

# Recipe Prep Sheet

American Dairy Association North East

## 990092 - Maple Oatmeal Smoothie Breakfast

Recipe HACCP Process: #3 Complex Food Preparation

Source: DSB

Number of Portions: 50

Portion Size: 8 oz

Ingredient #	Ingredient Name	Measurements	Instructions
001295	YOGURT,VANILLA,NON-FAT	6 LB + 4 oz	No Instructions Assigned
			<p><b>Wet your hands with clean,running water — either warm or cold. Apply soap and lather well. Rub your hands vigorously for at least 20 seconds. Remember to scrub all surfaces,including the backs of your hands,...Rinse well. Dry your hands with a clean towel or air-dry them.</b></p> <p>Day Before: Peel and slice the bananas and freeze.</p>
121631	OATMEAL	6 LB + 4 oz	<p>Combine all ingredients in a blender. Mix Well. Serve an 8 oz portion in a 9 oz or larger cold cup with slotted lid for straw.</p> <p>Students may choose a grain component to make this a reimbursable meal.</p> <p><b>CCP:</b> Hold for cold service at 41° F or lower.</p> <p><b>CCP:</b> Refrigerate until served.</p>
011424	PUMPKIN,CND,WO/SALT	1 1/2 gal + 1 CUP	
009040	BANANAS,RAW	1 1/2 gal, mashed + 1 CUP, mashed	
001082	MILK,LOWFAT,FLUID,1% MILKFAT,W/ VIT A	3 gal + 2 CUP	
119539	Maple Syrup	1 Cup	

\*Nutrients are based upon 1 Portion Size (8 oz)

Calories <sup>1</sup>	363.860 kcal	Total Fat	3.748 g	Total Dietary Fiber	7.478 g	Vitamin C	14.932 mg	9.270% Calories from Total Fat
Saturated Fat <sup>1</sup>	1.949 g	Trans Fat <sup>2</sup>	*0.000* g	Protein	13.797 g	Iron	2.735 mg	4.821% Calories from Sat Fat
Sodium <sup>1</sup>	147.633 mg	Cholesterol	13.901 mg	Vitamin A	19730.989 IU	Water	*458.684* g	*0.000%* Calories from Trans Fat
Sugars	*40.490* g	Carbohydrate	73.785 g	Calcium	421.384 mg	Ash	*N/A* g	81.114% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			15.167% Calories from Protein
Type of Fat	-							

### Components

Meat/Meat ALT	.5 oz eq	Grain	1 oz eq	Fruit	.25 cup	Vegetable	.25 cup	Milk	cup
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\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - denotes required nutrient values

<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.