

Recipe Prep Sheet

American Dairy Association North East

990119 - Pumpkin Spice Smoothie~Lunch

Recipe HACCP Process: #1 No Cook
 Source: ADANE
 Number of Portions: 25
 Portion Size: 1 smoothie

Ingredient #	Ingredient Name	Measurements	Instructions
011424	PUMPKIN,CND,WO/SALT	25 CUP	<p>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.</p> <p>Put all ingredients into a blender with ice. Blend until smooth,about 1 minute. Serve in 16 oz cups.</p> <p>CCP: Hold for cold service at 41° F or lower.</p> <p>CCP: Refrigerate until served.</p>
001117	YOGURT,PLN,LOFAT,12 GRAMS PROT PER 8 OZ	25 CUP	
001082	MILK,LOWFAT,FLUID,1% MILKFAT,W/ VIT A	200 oz	
050455	OATS, ROLLED, UNENRICHED, QUICK, COOKED, NO S	1 CUP	
019296	HONEY	1/4 CUP	
002035	PUMPKIN PIE SPICE	1/4 cup	

*Nutrients are based upon 1 Portion Size (1 smoothie)

Calories ¹	351.921 kcal	Total Fat	6.880 g	Total Dietary Fiber	7.393 g	Vitamin C	12.458 mg	17.594% Calories from Total Fat
Saturated Fat ¹	4.312 g	Trans Fat ²	*0.000* g	Protein	23.501 g	Iron	3.908 mg	11.026% Calories from Sat Fat
Sodium ¹	284.180 mg	Cholesterol	26.040 mg	Vitamin A	38700.950 IU	Water	*633.432* g	*0.000%* Calories from Trans Fat
Sugars	*39.974* g	Carbohydrate	52.755 g	Calcium	802.033 mg	Ash	*N/A* g	59.963% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			26.712% Calories from Protein
Type of Fat	-							

Components									
Meat/Meat ALT	2 oz eq	Grain	oz eq	Fruit	1 cup	Vegetable	cup	Milk	1 cup

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

¹ - denotes required nutrient values

² - 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.