

Recipe Prep Sheet

American Dairy Association North East



990150 - Apple Yogurt Smoothie

Recipe HACCP Process: #1 No Cook

Source:

Number of Portions: 20

Portion Size: 10oz

Ingredient #	Ingredient Name	Measurements	Instructions
001119	YOGURT,VANILLA,LOFAT,11 GRAMS PROT PER 8 OZ	20 cup (8 fl oz)	No Instructions Assigned
051451	APPLES, FRESH, GRANNY SMITH, WITH SKIN	10 medium (3" dia)	
009206	ORANGE JUICE,RAW	1 qt + 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.

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Ingredient #	Ingredient Name	Measurements	Instructions
			<p>CCP: Hold for cold service at 41° F or lower.</p> <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> <ol style="list-style-type: none"> 1. Core,peel,and dice 10 Granny Smith medium apples 2. Put 20 cups low-fat vanilla yogurt into food processor 3. Add apples in the food processor 4. Add 5 cups orange juice 5. Add 1 cup ice <p>Note: 1/4 cup honey may be added to the recipe due to sweetness and seasonality of green apples in recipe.</p> <p>***Honey is not included in the recipe add nutritional information as needed.</p> <p>Directions: Mix all ingredients in a blender or food processor until smooth. Pour into 10oz cups</p> <p>CCP: Hold for cold service at 41° F or lower.</p>

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*Nutrients are based upon 1 Portion Size (10oz)

Calories ¹	283.652 kcal	Total Fat	3.341 g	Total Dietary Fiber	2.326 g	Vitamin C	37.164 mg	10.601% Calories from Total Fat
Saturated Fat ¹	2.017 g	Trans Fat ²	*0.000* g	Protein	12.749 g	Iron	0.405 mg	6.399% Calories from Sat Fat
Sodium ¹	163.321 mg	Cholesterol	12.250 mg	Vitamin A	278.354 IU	Water	*248.296* g	*0.000%* Calories from Trans Fat
Total Sugars	*39.018* g	Carbohydrate	52.825 g	Calcium	431.266 mg	Ash	*N/A* g	74.493% Calories from Carbohydrates
Added Sugars	*N/A* g							
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			17.978% Calories from Protein
Type of Fat	-							

Components									
Meat/Meat ALT	2 oz eq	Grain	oz eq	Fruit	.75 cup	Vegetable	cup	Milk	cup

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