



Recipe Prep Sheet

American Dairy Association North East

990173 -Tummy Yummy Smoothie- Breakfast 50 por

Recipe HACCP Process: #1 No Cook

Source: ADANE

Number of Portions: 50

Portion Size: 16 oz.

Ingredient#	Ingredient Name	Measurements	Instructions
051776	Strawberries, Sliced, Unsweetened, IQF	4 5/8 LB	No Instructions Assigned
051371	BLUEBERRIES, FROZEN, CULTIVATED, IQF	3 1/8 LB	
009040	BANANAS,RAW	1 5/8 LB	
011235	KALE,FROZEN,UNPREPARED	2 1/2 LB	
001287	YOGURT,GREEK,PLN,LOWFAT	12 1/2 LB	
009057	BOYSENBERRIES,FRZ,UNSWTND	3 1/8 LB	
001082	MILK,LOWFAT,FLUID,1% MILKFAT,W/ VIT A	3 gal+ 2 CUP	
			Blend all of the smoothie ingredients together in a high powdered blender until smooth
			Portion in 16 oz. cup,may top with granola (see recipe 990167) and/or fruit. CCP: Hold for cold service at 41° F or lower.
			Boysenberries or Acai may be used If topping with granola see recipe Homemade Granola #990167 and include grain equivalent as per recipe. CCP: Hold for cold service at 41° F or lower.

NIA - denotes a nutrient that is either missing or incomplete for an individual ingredient

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

' - denotes required nutrient values

- - 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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*Nutrients are based upon 1 Portion Size (16 oz.)

Calories'	247.822 kcal	Total Fat	4.950 g	Total Dietary Fiber	4.316 g	Vitamin C	*12.656* mg	17.977% Calories from Total Fat
Saturated Fat'	2.985 g	Trans Fat ²	*0.068* g	Protein	20.692 g	Iron	*0.658* mg	10.842% Calories from Sat Fat
Sodium'	150.105 mg	Cholesterol	23.540 mg	Vitamin A	*1804.174* IU	Water	*369.779* g	*0.247%* Calories from Trans Fat
Sugars	*23.390* g	Carbohydrate	32.064 g	Calcium	*476.794* mg	Ash	*N/A* g	51.754% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			33.398% Calories from Protein

Type of Fat

Components									
Meat/Meat ALT	1 oz eq	Grain	oz eq	Fruit	.5 cup	Vegetable	.125 cup	Milk	1 cup

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