



<b>Recipe Project Name/Written By:</b>	To Taste
<b>Recipe Category:</b>	Breakfast, Grab n' Go, Quick Scratch
<b>Cooking Process:</b>	#1 No Cook
<b>Prep Time:</b>	45 minutes
<b>Cook Time:</b>	0 minutes
<b>Total Time:</b>	45 minutes
<b>K-12 Portion Size:</b>	#4 disher smoothie (1 cup), 1 oz granola
<b>Meal Pattern Contribution:</b> 1 oz eq WGR grain, 1 oz eq m/ma, 1/2 cup fruit	

[illegible]

## CHERRY LIME SMOOTHIE BOWL

### NUTRITION INFORMATION

Serving Size 1 bowl

#### NUTRIENTS AMOUNT

Calories 270

Total Fat 2.5 g

Saturated Fat .5 g

Cholesterol 5 mg

Sodium 115 mg

Total Carbohydrate 56 g

Dietary Fiber 6 g

Total Sugars 37 g

Added Sugars 6 g

Protein 8 g

Vitamin D 2.3 mcg

Calcium 130 mg

Iron .8 mg

Potassium 240 mg

N/A=data not available.

#### ALLERGENS: Milk, Wheat

Allergen and nutrient information may vary based on the specific products and ingredients used on site.

## \*MARKETING GUIDE

Food as Purchased for	14 Servings	56 Servings
N/A		

### NOTES

8.8 ounces frozen cherries = 1 cup fruit puree.

Fruit (puree) in smoothies credits as fruit juice. Fruit puree was weighed and measured without the addition of water or other ingredients.

Do not make this smoothie bowl until day of service; the cherries cause the smoothie to slightly separate.

Yield may slightly vary depending on blender and products.

### YIELD/VOLUME

14 Servings	56 Servings
Total Volume: 3 qt + 2 c	Total Volume: 7 gallons

