

Recipe Prep Sheet

RSU 14 Windham Raymond School District



990130 - Fruity Smoothie Bowl

Recipe HACCP Process:

Source:

Number of Portions: 50

Portion Size: 1 cup

Ingredient #	Ingredient Name	Measurements	Instructions
051370	BLUEBERRIES, FROZEN, WILD, IQF	3 qt	Blend all fruit together (for best results use all frozen fruit for smoothie bowl base) with yogurt & vanilla extract until smooth and creamy. If necessary, add milk/water/fruit juice as needed to desired consistency. NOTE: Smoothie bowl should be the consistency of sherbet.
009318	STRAWBERRIES,FRZ,UNSW TND	5 qt, unthawed	
009176	MANGOS,RAW	2 qt, pieces	
902889	PINEAPPLE TIDBITS IN JUICE	2 1/2 qt	
009040	BANANAS,RAW	5 CUP, sliced	
001297	YOGURT,GREEK,VANILLA,L OWFAT	5 LB	
901595	PURE VANILLA EXTRACT	1/2 oz	
			Portion 1 cup of smoothie mixture into each serving container. Serve immediately or freeze in serving containers for future meal service
009316	STRAWBERRIES,RAW	6 CUP, sliced	At time of service, top each smoothie bowl with sliced fruit, berries and crunchy granola, or allow students to top their own as desired.
009050	BLUEBERRIES,RAW	6 CUP	
008054	CEREALS RTE,QUAKER,100% NAT GRANOLA,OATS,WHEA	12 1/2 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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*Nutrients are based upon 1 Portion Size (1 cup)

Calories ¹	263.215 kcal	Total Fat	4.470 g	Total Dietary Fiber	6.839 g	Vitamin C	54.457 mg	15.284% Calories from Total Fat
Saturated Fat ¹	1.038 g	Trans Fat ²	*0.033* g	Protein	7.974 g	Iron	2.197 mg	3.550% Calories from Sat Fat
Sodium ¹	33.370 mg	Cholesterol	2.778 mg	Vitamin A	584.354 IU	Water	*197.001* g	*0.114%* Calories from Trans Fat
Sugars	*20.415* g	Carbohydrate	51.747 g	Calcium	103.230 mg	Ash	*N/A* g	78.638% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			12.118% Calories from Protein
Type of Fat	-							

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

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