



“Meal Deal” smoothie

STEP 1

Choose fluid milk and fruit.
Select yogurt. Add choices to blender.

STEP 2

Add extras*, optional.
Put the cover on the blender.

STEP 3

Pulse until smooth. Pour into cups.

STEP 4

Refrigerate until service. Hold for
cold service at 41°F or below.

Yield: Approximately 1-20 oz serving

Yogurt and fruit (breakfast and lunch) can be credited in smoothies prepared by program operators to meet meal pattern requirements. Fruit used in smoothies is credited as fruit juice and should be averaged over the week so as to comply with the 1/2 cup per day juice maximum. Vegetables are now a creditable component (minimum 1/8 cup required) in smoothies per USDA SP10 CACFP05 SFS10-2014 (v2)

*Recipe adapted from Western Dairy Association
and Southeast Dairy Association.*

fluid milk

Fluid Milk

Unflavored Fat-free or Low-fat **8 oz. Fluid Milk**
Flavored Fat-free (credit as 1 milk serving)
Lactose-free

yogurt

Yogurt, Low-fat

Plain Fruit-flavored
Vanilla Greek-style

4 oz. (credit as 1 oz.
meat alternative component)

Use yogurt for smooth, creamier consistency.

tasty treat tips

Use frozen for best consistency.

Bananas

Berries

Blueberries

Raspberries

Strawberries

Cherries, pitted

Kiwi

Mango

Melons

Cantaloupe

Honeydew

Papaya

fruit

1 cup total

(credit as juice not more than
50% of weekly offerings)

Peaches

Pineapple

extras*

(optional)

Nuts

Almonds, Cashews, Walnuts

Carrot

Avocado

Peanut or almond butter

Honey

Fresh mint

Vanilla

Cinnamon

Chocolate syrup

Instant, non-fat dry pudding mix

Oats or oatmeal

Ground flax seeds

Spinach

Nutmeg

Cocoa powder

*Extra ingredients add calories so recommend limiting to 1 or 2 items from this list.

(over)

Berry Smoothie Example*

Nutrition Facts	
Serving Size 20 fl oz (591mL)	
Amount Per Serving	
Calories 250	Calories from Fat 40
% Daily Value	
Total Fat 4.5g	7%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 180mg	8%
Total Carbohydrate 41g	14%
Dietary Fiber 3g	12%
Sugars 36g	
Protein 15g	
Vitamin A 10% • Vitamin C 160%	
Calcium 50% • Iron 4%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower based on your calorie needs:	
Calories: 2,000 2,500	
Total Fat Less than 65g	80g
Sat Fat Less than 20g	25g
Cholesterol Less than 300mg	300mg
Sodium Less than 2,400mg	2,400mg
Total Carbohydrate 300g	375g
Dietary Fiber 25g	30g

*Nutritionals reflect: 8 fl. oz. low fat milk w/ added vitamin A & D, 4 oz. low fat vanilla yogurt, 1 cup fresh sliced strawberries
For Illustration Purposes Only



larger quantity
extension

(Base Recipe)

Servings-Portion Size: 10 - 20 oz Smoothies

Ingredients:	Amount:
Milk, fat-free or low-fat	80 oz
Yogurt, vanilla, low-fat	40 oz
Fruit (fresh, frozen, canned, pureed)	10 cups

