



# **CHERRY LIME SMOOTHIE BOWL**

Recipe Project Name/Written By:	To Taste
Recipe Category:	Breakfast, Grab n' Go, Speed Scratch
Cooking Process:	#1 No Cook
Prep Time:	45 minutes
Cook Time:	0 minutes
Total Time:	45 minutes
K-12 Portion Size:	#4 disher smoothie (1 cup), 1 oz granola

**Meal Pattern Contribution:** 1 oz eq WGR grain, 1 oz eq m/ma, 1/2 cup fruit

INGREDIENTS	14 Servings		56 Servings		DIRECTIONS	
	Weight	Measure	Weight	Measure	DIRECTIONS	
Yogurt, vanilla, reduced sugar, 64 oz		1 bag		4 bags	CCP: No bare hand contact with ready to eat food.	
Cherries, USDA, sweet, frozen, no sugar added, undrained	3 lb 14 oz		15 lb 8 oz		1. Place yogurt, frozen cherries, and lime juice in a 5-gallon bucket. Using an immersion blender, blend until pureed and smooth. Taste test smoothie. If texture is not smooth, continue to blend.	
Lime juice, bottled		3/4 c + 2 Tbsp		3 1/2 c	2. Using a #4 disher or 2 #8 dishers, portion 1 cup into 10 oz bowls.	
Granola, whole grain	14 oz		3 lb 8 oz		3. Place in freezer until time of service. Do not freeze day before service.	
					CCP: Hold at 41° F or below.	
					CCP: No bare hand contact with ready to eat food.	
					4. Shortly before service, top with 1 ounce granola by weight. Serve one bowl to each student.	
					CCP: Hold and serve at 41° F or below.	

## **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 8 g **Protein** Vitamin D 2.3 mcg Calcium 130 mg Iron .8 mg Potassium 240 mg

### **ALLERGENS: Milk, Wheat**

N/A=data not available.

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			

