



Recipe Project Name/Written By:	To Taste
Recipe Category:	Breakfast, Grab n' Go, Quick 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	

[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

Total Volume: 3 qt + 2 c

56 Servings

Total Volume: 3.5 gallons

