



CHERRY LIME SMOOTHIE BOWL

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

CHERRY LIME SMOOTHIE BOWL**NUTRITION INFORMATION**

Serving Size	1 bowl
NUTRIENTS	
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: 3.5 gallons

