



Strawberry Smoothie Bowl

This Smoothie Bowl recipe is a fresh and delicious way to incorporate fruits into your day! Sweet frozen strawberries blend deliciously with cool and creamy Greek yogurt.

CACFP Adult Portion Crediting Information

One smoothie bowl (6 oz serving bowl) provides ½ cup fruit and 1 oz equivalent meat alternate.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS Recommend to prepare and cook in batches of 25 servings
	Weight	Measure	Weight	Measure	
Low-fat Greek yogurt	3 lb 2 oz	1 qt 3 ½ cups	6 lb 4 oz	3 qt 3 cups	1 Place yogurt in a large mixing bowl. Place bowl of yogurt in refrigerator, setting aside for step 4.
Frozen strawberries, diced	7 lb	3 qt	14 lb	1 gal 2 qt	
					2 Pour strawberries into a high-speed blender.
					3 Puree strawberries on medium speed until strawberries have a smooth consistency. DO NOT OVERMIX. For 25 servings, puree for 1-2 minutes. For 50 servings, puree for 2-3 minutes.
					4 Pour 7 lb (3 qt) strawberry puree over yogurt. Stir well.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Agave syrup		½ cup		1 cup	5 Add agave syrup and vanilla extract. Stir well.
Vanilla extract		¼ cup		½ cup	
					6 Pour about 10 ½ lb (1 gal 1 qt) smoothie mixture into a deep half steam table pan (12 ¾" x 10 ½" x 6"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					7 Critical Control Point: Cool to 40 °F or lower within 4 hours.
					8 Place 8 oz serving bowls on a sheet pan (18" x 26" x 1"). For 25 servings, use 2 pans (13 bowls on 1 pan and 12 bowls on 1 pan). For 50 servings, use 4 pans (13 bowls on 3 pans and 11 bowls on 1 pan).
					9 Using a 6 oz spoodle, portion about 6 ½ oz strawberry smoothie into each bowl.
					10 Critical Control Point: Hold at 40 °F or below.
					11 Serve 1 smoothie bowl (portion with 6 oz spoodle).

NUTRITION INFORMATION

For 1 smoothie bowl (6 oz serving bowl)

NUTRIENTS	AMOUNT
Calories	114

Total Fat	1 g
Saturated Fat	0.7 g
Cholesterol	6 mg
Sodium	21 mg
Total Carbohydrate	19 g
Dietary Fiber	2 g
Total Sugars	16 g
Added Sugars included	N/A
Protein	6 g
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Vitamin A	52 mcg RAE
Vitamin C	71 mg
Vitamin D	0 IU
Calcium	84 mg
Iron	1 mg
Potassium	266 mg
N/A=no data available.	

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service.

YIELD/VOLUME

25 Servings	50 Servings
About 10 lbs	About 20 lbs
About 1 gal 1 qt/25 bowls	About 2 gal 2 qt/50 bowls

SOURCE:

CACFP Adult Portion Recipe Project