



Peach and Yogurt Smoothies

With just two ingredients, this simple smoothie will be a new favorite.

AGES: 6–18 years
PREP TIME: 45 minutes
COOK TIME: 0 minutes

CACFP CREDITING INFORMATION

$\frac{3}{4}$ cup fruit
1 oz eq meat alternate

SOURCE

Team Nutrition CACFP Easy Recipe Project
TeamNutrition.USDA.gov

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					1 Wash hands with soap and water for at least 20 seconds.
Peaches, frozen, unsweetened, thawed, drained	10 lb 6 oz	2 gal + 3 qt + 3 cups	20 lb 12 oz	5 gal + 3 qt + 2 cups	2 Combine peaches and yogurt in a blender. Mix until smooth.
Vanilla yogurt, low-fat	6 lb 4 oz	3 qt + $\frac{1}{2}$ cup	12 lb 8 oz	1 gal + 2 qt + 1 cup	
					3 Serve $1\frac{1}{4}$ cups (10 oz ladle). Serve immediately, or keep cold at 40 °F or lower.

NUTRITION INFORMATION

1 ¼ cups Peach and Yogurt Smoothie

NUTRIENTS **AMOUNT**
Calories **187**

Total Fat	1 g
Saturated Fat	1 g
Cholesterol	6 mg
Sodium	75 mg
Total Carbohydrate	40 g
Dietary Fiber	3 g
Total Sugars	37 g
Includes Added Sugars	N/A
Protein	7 g
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Vitamin D	N/A
Calcium	194 mg
Iron	1 mg
Potassium	N/A

N/A = Data not available

NOTES

- **Contains milk (yogurt).**
- Yogurt must not contain more than 23 grams of total sugars per 6 ounces.
- Refrigerating smoothies for more than 3 hours may cause a texture change.
- Smoothies can be made in advance and stored in the freezer.

WEIGHT/YIELDS

25 Servings	50 Servings
16 lb 10 oz	33 lb 4 oz
25 Peach and Yogurt Smoothies	50 Peach and Yogurt Smoothies