



Peach and Yogurt Smoothies

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

AGES: 3–5 years
PREP TIME: 45 minutes
COOK TIME: 0 minutes

CACFP CREDITING INFORMATION

½ cup fruit
½ 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	7 lb	2 gal	14 lb	4 gal	2 Combine peaches and yogurt in a blender. Mix until smooth.
Vanilla yogurt, low-fat	3 lb 2 oz	1 qt + 2¼ cups	6 lb 4 oz	3 qt + ½ cup	
					3 Serve ¾ cup (6 oz ladle). Serve immediately, or keep cold at 40 °F or lower.

NUTRITION INFORMATION

¾ cup Peach and Yogurt Smoothie

NUTRIENTS	AMOUNT
Calories	109
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	3 mg
Sodium	37 mg
Total Carbohydrate	24 g
Dietary Fiber	2 g
Total Sugars	22 g
Includes Added Sugars	N/A
Protein	4 g
Vitamin D	N/A
Calcium	97 mg
Iron	0 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
10 lb 2 oz	20 lb 4 oz
25 Peach and Yogurt Smoothies	50 Peach and Yogurt Smoothies

