

Peach and Yogurt Smoothies

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

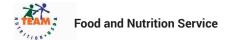
AGES: 3–5 years PREP TIME: 45 minutes COOK TIME: 0 minutes

CACFP CREDITING INFORMATION 1/2 cup fruit 1/2 oz eq meat alternate

SOURCE

Team Nutrition CACFP Easy Recipe Project TeamNutrition.USDA.gov

| INGREDIENTS | 25 SERVINGS | | 50 SERVINGS | | DIDECTIONO |
|---|-------------|-------------------|-------------|--------------|--|
| | Weight | Measure | Weight | Measure | DIRECTIONS |
| | | | | | 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 ³ / ₄ cup (6 oz ladle). Serve immediately, or keep cold at 40 °F or lower. |





NUTRITION INFORMATION

³/₄ 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 | | | |

