

## Peach and Yogurt Smoothies

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

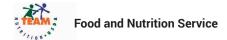
AGES: 3–5 years PREP TIME: 45 minutes COOK TIME: 0 minutes

**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,<br>unsweetened, thawed,<br>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 +<br>2¼ cups | 6 lb 4 oz   | 3 qt + ½ cup |  |
|   |             |                   |             |              | 3 Serve <sup>3</sup> / <sub>4</sub> cup (6 oz ladle). Serve immediately, or keep cold at 40 °F or lower. |





## NUTRITION INFORMATION

<sup>3</sup>/<sub>4</sub> 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).

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- 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.
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| WEIGHT/YIELDS                 |                               |  |  |  |
|-------------------------------|-------------------------------|--|--|--|
| 25 Servings                   | 50 Servings                   |  |  |  |
| 10 lb 2 oz                    | 20 lb 4 oz                    |  |  |  |
| 25 Peach and Yogurt Smoothies | 50 Peach and Yogurt Smoothies |  |  |  |

