



Mango Smoothie Bowl

USDA Recipe for CACFP

This quick and easy Mango Smoothie Bowl recipe is a refreshing combination of frozen mangoes, Greek yogurt, agave, and vanilla.

CACFP CREDITING INFORMATION

One smoothie bowl (¾ cup) provides 1 oz equivalent meat alternate and ½ cup fruit.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Greek yogurt, low-fat	6 lb 4 oz	3 qt 3 cups	12 lb 8 oz	1 gal 3 qt 2 cups	<ol style="list-style-type: none"> Place yogurt in a large bowl. Cover, and refrigerate at 40 °F. Set aside for step 5. Drain mangoes in a colander. Drain for at least 30 minutes to 1 hour. Set aside for step 3. Pour mangoes into a food processor. Purée mangoes on medium speed until mangoes have a smooth consistency. DO NOT OVERMIX. For 25 servings, purée for 1–2 minutes. For 50 servings, purée for 2–3 minutes. Pour mango purée over yogurt. Stir well. Recommend to prepare in batches of 25.
Frozen mangoes, diced	5 lb	3 qt 3 cups	10 lb	1 gal 3 qt 2 cups	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Agave syrup		¼ cup		½ cup	6 Add agave syrup and vanilla extract. Stir well.
Vanilla extract		2 Tbsp		¼ cup	
					7 Pour 1 gal 2 cups (about 11 lb 6 oz) smoothie mixture into a half steam table pan (12¾" x 10½" x 6"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					8 Critical Control Point: Cool to 40 °F or lower within 4 hours.
					9 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).
					10 Using a 6-fl-oz spoodle, portion ¾ cup (about 6.5 oz) mango smoothie into each bowl.
					Critical Control Point: 11 Hold at 40 °F or below.
					12 Serve 1 smoothie bowl (¾ cup).



NUTRITION INFORMATION

For 1 smoothie bowl (¾ cup).

NUTRIENTS	AMOUNT
Calories	154
Total Fat	2 g
Saturated Fat	1 g
Cholesterol	11 mg
Sodium	39 mg
Total Carbohydrate	23 g
Dietary Fiber	1 g
Total Sugars	20 g
Added Sugar included	N/A
Protein	11 g
Vitamin D	N/A
Calcium	143 mg
Iron	1 mg
Potassium	161 mg

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

NOTES

Cooking Process #1: No Cook.

YIELD/VOLUME

25 Servings	50 Servings
About 11 lb 6 oz	About 22 lb 12 oz
About 1 gal 1 qt 2¾ cups/25 smoothie bowls	About 2 gal 3 qt 1½ cups/50 smoothie bowls