



Mango Smoothie Bowl

USDA Recipe for Schools

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

NSLP/SBP CREDITING INFORMATION

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

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Greek yogurt, low-fat	12 lb 8 oz	1 gal 3 qt 2 cups	25 lb	3 gal 3 qt	1 Place yogurt in a large bowl. Cover, and refrigerate at 41 °F. Set aside for step 5.
Frozen mangoes, diced	10 lb	1 gal 3 qt 2 cups	20 lb	3 gal 3 qt	2 Drain mangoes in a colander. Drain for at least 30 minutes to 1 hour. Set aside for step 3.
					3 Pour mangoes into a food processor.
					4 Purée mangoes on medium speed until mangoes have a smooth consistency. DO NOT OVERMIX. For 50 servings, purée for 2–3 minutes. For 100 servings, purée for 3–4 minutes.
					5 Pour mango purée over yogurt. Stir well.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Agave syrup		½ cup		1 cup	6 Add agave syrup and vanilla extract. Stir well.
Vanilla extract		¼ cup		½ cup	
					7 Pour 1 gal 2 cups (about 11 lb 6 oz) smoothie mixture into a half steam table pan (12 ¾" x 10½" x 6"). For 50 servings, use 2 pan. For 100 servings, use 4 pans.
					8 Critical Control Point: Cool to 41 °F or lower within 4 hours.
					9 Place 8 oz serving bowls on a sheet pan (18" x 26" x 1"). For 50 servings, use 4 pans (13 bowls on 3 pans and 11 bowls on 1 pan). For 100 servings, use 8 pans (13 bowls on 7 pans and 9 bowls on 1 pan).
					10 Using a 6 fl oz spoodle, portion ¾ cup (about 6½ oz) mango smoothie into each bowl.
					11 Critical Control Point: Hold at 41 °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

50 Servings	100 Servings
About 22 lb 12 oz	About 45 lb 8 oz
About 2 gal 3 qt 1½ cups/50 smoothie bowls	About 5 gal 2 qt 3 cups/100 smoothie bowls