

Recipe Name: Double Berry Smoothie

Resources used for Crediting
Food Buying Guide

Component Contribution
 ___ Meat/Alt X ___ Vegetable/Fruit
 ___ Grain/Bread

<u>1/2 Cup</u> Portion Size	<u>3-5 yr old</u> Age Group
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Ingredient	Form (whole, chopped)	<u>19 cups = 38 servings</u> Recipe Yield	
		Weight	Measure
Frozen Strawberries	frozen	40 Oz.	7.4 cups
Frozen Raspberries	frozen	1 lb.	3 cups
Banana	fresh	2.3 lb.	3 cups
Apple Juice		48 oz	6 cups

Directions:

COMBINE ALL THE INGREDIENTS IN A BLENDER. BLEND UNTIL SMOOTH.