

# Orange Yogurt Smoothie - NSLP

## General Information

Recipe #	Category	Source
2031631	Breakfast Entree 	Local

## Ingredients

Name	Quantity	+ Quantity 2
Unsweetened Original Applesauce	8 lbs., 8 oz.	
Beverages, Orange juice, light, No pulp	120 fl oz	
Yogurt, Greek, vanilla, nonfat	7 lbs., 8 oz.	

## Preparation Instructions

HACCP Process: #4 - Non Potentially Hazardous

1. Combine applesauce and orange juice together in a container. Chill several hours or overnight in the refrigerator.
2. Add yogurt in the refrigerated mixture and whisk together. Until smooth.
3. To serve, portion 1 cup servings and cover. Serve chilled.

Food prep areas, equipment, and utensils, to be used in recipe will be washed and sanitized prior to beginning the preparation and cooking.

Assemble all ingredients, utensils, etc. to be used in recipe within easy reach of prep area so that food safety can be managed more effectively as well as better control of contamination and cross contamination.

Remove product from refrigerator using oldest pack date first.

CCP: Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. This applies as well to before and after glove use. Use clean pair of gloves when handling raw product. Replace gloves after handling any other object.

CCP: Ensure cold food is held at a temperature below 41° F.

CORRECTIVE ACTION COLD FOOD: Any food item being served cold must be maintained at or below 41 degrees. In the event the temperature of the cold item rises above 41 degrees it must be returned to a refrigerated or frozen atmosphere and temperature reduced to 41 degrees or below.

CCP: Record time and internal temperature of completed recipe on daily log.

## Dates

Last Updated	Created
12-10-2025	12-10-2025



## Orange Yogurt Smoothie - NSLP

Serving Size	Yield
1 Cups	50.00

## Nutrition Facts

### Serving Size 1 Cups (217 gm)

Amount Per Serving	
Calories	98.263

		% Daily Value*
Total Fat	0.122 gm	0.188%
Saturated Fat	0.090 gm	0.452%
Trans Fat	0.003 gm	
Cholesterol	2.041 mg	0.68%
Sodium	26.013 mg	1.084%
Total Carbohydrate	19.363 gm	6.454%
Dietary Fiber	0.957 gm	3.828%
Total Sugars	16.726 gm	
Includes 0.000 * gm of Added Sugars		

Protein	6.030 gm	12.06%
Vitamin A	7.200* mcg RAE	0.8%
Vitamin C	21.600* mg	36%
Vitamin D	0.612* mcg	3.062%
Calcium	70.443 mg	7.044%
Iron	0.027 mg	0.151%
Potassium	276.110 mg	5.875%
Saturated Fat % of Calories		0.829 %
Added Sugar % of Calories		0.000 %

\* Indicates missing Nutrient Information.  
^ Indicates user added nutrient.

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to the daily diet. 2,000 calories a day is used for general nutrition advice.

## Meal Components

Component	Measurement
Meat/Meat Alternates	0.5 oz

Fruits

0.5 cups

**Added Sugar Limitations** ⓘ

✗ Does not meet Added Sugar Guidelines for Yogurt.

Edit Recipe