

Smoothie Bowl - CACFP

General Information

Recipe #	Category	Source
2040937	Breakfast Entree 	Local

Ingredients

Name	Quantity	Quantity + 2
Mixed Berries, Diced, Cups, Frozen 96 / 4 oz.	6 c	
Bananas, raw	12 oz. (about 3 medium)	
Yogurt, Greek, plain, nonfat	24 oz.	
Milk, fluid, nonfat, calcium fortified (fat free or skim)	2 c.	
Honey	2 tbsp.	
Granola, Cinnamon, Whole Grain, Bulk	6 oz.	
Strawberries, raw	1.5 lbs.	

Preparation Instructions

HACCP Process: #1 - No Cook

- Prep Fruit
 - Peel bananas.
 - Wash fresh fruit toppings and cut into bite-size pieces.
- Blend Smoothie Base
 - In batches, blend frozen berries, bananas, yogurt, milk, and honey until smooth and thick.
 - Pour into a large food-safe container and stir to combine batches for consistent flavor.
- Assemble Bowls
 - Portion 6 oz of smoothie base into each bowl.
 - Top with ¼ cup fresh fruit and 2 Tbsp granola (if using).
- Serve
 - Serve immediately for best texture.

Holding & Storage

- Best served immediately.
- If holding, keep at ≤41°F and stir before portioning.
- Do not freeze after assembly.



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Serving Size	Yield
1 Cup	6.00

Nutrition Facts

Serving Size 1 Cup (602 gm)

Amount Per Serving		
Calories		460.019
		% Daily Value*
Total Fat	5.181 gm	7.97%
Saturated Fat	0.311 gm	1.555%
Trans Fat	0.007* gm	
Cholesterol	7.478 mg	2.493%
Sodium	146.197 mg	6.092%
Total Carbohydrate	86.512 gm	28.837%
Dietary Fiber	9.769 gm	39.074%
Total Sugars	60.765 gm	
Includes 25.622 gm of Added Sugars		
Protein	19.139 gm	38.278%
Vitamin A	112.299* mcg RAE	12.478%
Vitamin C	72.435* mg	120.725%
Vitamin D	0.948 mcg	4.742%
Calcium	359.120 mg	35.912%
Iron	1.849 mg	10.274%
Potassium	980.503 mg	20.862%

Saturated Fat % of Calories	0.608 %
Added Sugar % of Calories	22.279 %

* 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.

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.

Wash all raw fruits and vegetables thoroughly before combining with other ingredients including: * Unpeeled fresh fruit and vegetables that are served whole or cut into pieces. * Fruits and vegetables that are peeled and cut to use in cooking or served ready-to-eat.

Wash fresh produce vigorously under cold running water or by using chemicals that comply with the 2001 FDA Food Code. Packaged fruits and vegetables labeled as being previously washed and ready-to-eat are not required to be washed.

Scrub the surface of firm fruits or vegetables such as apples or potatoes using a clean and sanitized brush designated for this purpose.

Remove any damaged or bruised areas.

Label, date, and refrigerate fresh-cut items.

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.

Meal Components

Component	Measurement
Meat/Meat Alternates	1 oz
Grains	1 oz
Fruits	1 cups

Added Sugar Limitations ⓘ

Not applicable.

Dates

Last Updated

02-02-2026

Created

01-06-2026

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