

Apple Yogurt Smoothie - CACFP



General Information

Recipe #	Category	Source
2033810	Breakfast Entree 	Local

Ingredients

Name	Quantity	+ Quantity 2
Vanilla extract	¾ tsp.	
Unsweetened Original Applesauce	14 ½ oz.	
Apple juice, canned or bottled, unsweetened, without added ascorbic acid	12 ½ FL	
Yogurt, Greek, plain, nonfat (Includes foods for USDA's Food Distribution Program)	OZ	
	13 oz.	

Preparation Instructions

HACCP Process: #1 - No Cook

1. Combine vanilla extract, applesauce, and apple juice together in a container. Chill for several hours or overnight in the fridge.
2. In a large bowl, add yogurt to the refrigerated mixture and whisk until smooth.
3. To serve, portion 8.5 ounces into a clear 10 oz cup 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.

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.



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Serving Size	Yield
1 Cup	6.00

Nutrition Facts

Serving Size 1 Cup (194 gm)

Amount Per Serving	
Calories	93.865
% Daily Value*	
Total Fat	0.323 gm 0.497%
Saturated Fat	0.086 gm 0.429%
Trans Fat	0.004 gm
Cholesterol	3.062 mg 1.021%
Sodium	24.669 mg 1.028%
Total Carbohydrate	17.023 gm 5.674%
Dietary Fiber	0.675 gm 2.7%
Total Sugars	14.654 gm
Includes 0.000 * gm of Added Sugars	
Protein	6.305 gm 12.609%
Vitamin A	0.612* mcg RAE 0.068%
Vitamin C	0.580* mg 0.967%
Vitamin D	0.000* mcg
Calcium	75.303 mg 7.53%
Iron	0.121 mg 0.671%
Potassium	202.729 mg 4.313%
Saturated Fat % of Calories	0.823 %
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

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.

Dates

Last Updated	Created
03-03-2026	12-15-2025

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 ⓘ

Not applicable.

Edit Recipe