

# RASPBERRY APPLE SMOOTHIE

Three simple ingredients and a whisk will create a colorful, flavorful, kid-favorite, grab-and-go breakfast item. The sweet-tart flavor of frozen red raspberry puree will add intense color and bright flavor to a variety of fruit smoothies.



**PORTION SIZE:** 1 cup

**CREDITING:** One portion provides ½ cup fruit and 1 oz eq. m/ma

INGREDIENTS	32 SERVINGS	DIRECTIONS
Washington red raspberry seedless puree	4 pounds	1. Add three ingredients to a mixing bowl. 2. Whisk until all ingredients are thoroughly incorporated. 3. Pour into 9-ounce plastic cups. Cover. Serve chilled.
Applesauce	2 quarts	
Yogurt, vanilla	4 quarts	

NUTRITION INFORMATION			1 serving = 1 cup		
NUTRIENTS	AMOUNT	UNIT	NUTRIENTS	AMOUNT	UNIT
Calories	140		Total Carbohydrate	27	(g)
Total Fat	2	(g)	Dietary Fiber	1	(g)
Saturated Fat	1	(g)	Total Sugars	26	(g)
Cholesterol	5	(mg)	Vitamin D		(IU)
Sodium	70	(mg)	Calcium	176	(mg)
Protein	5	(g)	Iron	1	(mg)

NOTES
YIELD/VOLUME
SOURCE
redrazz.org