

RASPBERRY PEACH SMOOTHIE

Three simple ingredients and a whisk will create a colorful, flavorful, grab-and-go breakfast item.



PORTION SIZE: 1 cup

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



INGREDIENTS	32 SERVINGS	DIRECTIONS
Washington red raspberry 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.
Peach puree (or pureed canned peaches)	2 quarts	
Yogurt, vanilla	4 quarts	

NUTRITION INFORMATION			1 serving = 1 cup		
NUTRIENTS	AMOUNT	UNIT	NUTRIENTS	AMOUNT	UNIT
Calories	150		Total Carbohydrate	29	(g)
Total Fat	2	(g)	Dietary Fiber	1	(g)
Saturated Fat	1	(g)	Total Sugars	28	(g)
Cholesterol	5	(mg)	Vitamin D		(IU)
Sodium	70	(mg)	Calcium	180	(mg)
Protein	6	(g)	Iron		(mg)

NOTES

Optional presentation: Layer yogurt, peach puree and raspberry puree for a sunrise smoothie.

YIELD/VOLUME

SOURCE

redrazz.org