

# Very Berry Fruit Smoothie (side)



<b>Servings:</b>	25.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-57781

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY DCD 1/2" IQF	7 Cup	READY_TO_EAT Ready to Eat	621420
BLUEBERRY IQF	7 Cup		166720
JUICE APPLE 100%	16 Fluid Ounce		100374

## Preparation Instructions

Place berries in blender. Pour apple juice to just cover the fruit. Work in batches as needed. Cover and blend on high speed about 1 minute or until smooth.

Pour into cups, serve immediately as a fruit option.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.640
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	46.00
<b>Fat</b>	0.00g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	2.00mg
<b>Carbohydrates</b>	11.64g
<b>Fiber</b>	1.68g
<b>Total Sugar</b>	7.68g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	0.56g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 0.00mg	<b>Iron</b> 0.50mg

## Nutrition - Per 100g

No 100g Conversion Available