

Very Berry Fruit Smoothie (side)



Servings:	25.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

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

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 0.50 Cup

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

Nutrition - Per 100g

No 100g Conversion Available