

# Pumpkin Smoothie in a Cup

HACCP Process #2 Same Day Service

1 Cup Provides:

CACFP: 1.5 ounces Meat/Meat Alternate, 1/8 cup Vegetables

NSLP: 1.5 ounces Meat/Meat Alternate, 1/8 cup Red/Orange Vegetables

SFSP: 1.5 ounces Meat/Meat Alternate, 1/8 cup Vegetables

Ingredients	12 Servings		24 Servings	
	Weight	Measure	Weight	Measure
Low-fat vanilla yogurt	4 pounds 8 ounces	2 quarts + 1 cup	9 pounds	1 gallon + 1 pint
Pumpkin, canned	8 ounces	3 cups	3 pounds	1 quart + 1 pint
Brown sugar	4.5 ounces	1/2 cup	9 ounces	1 cup
Cinnamon		1 Tablespoon		2 Tablespoons
Nutmeg, ground		1 1/2 teaspoons		1 Tablespoon



## Directions

1. Stir all ingredients together.

CCP: Hold for cold service at 41°F or below.

Serve 1 cup portions.

Serving	Yield	Volume
1 cup	12 Servings: about 6 pounds 24 Servings: about 12 pounds	12 Servings: about 2 quarts 1 cup 24 Servings: about 1 gallon 2 cups

Nutrients Per Serving			
Calories	207	Sodium	118 mg
Total Fat	2.4 g	Carbohydrate	39 g
Saturated Fat	1.5 g	Dietary Fiber	2 g
Cholesterol	39 mg	Protein	9 g
		Vitamin A	8899 IU
		Vitamin C	4 mg
		Iron	1 mg
		Calcium	321 mg