

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	48 Servings		96 Servings	
	Weight	Measure	Weight	Measure
Low-fat vanilla yogurt	18 pounds	2 gallons + 1 quart	36 pounds	4 gallons + 2 quarts
Pumpkin, canned	6 pounds	3 quarts	12 pounds	1 gallon + 2 quarts
Brown sugar	1 pound 2 ounces	2 cups	2 pounds 4 ounces	1 quart
Cinnamon		1/4 cup		1/2 cup
Nutmeg, ground		2 Tablespoons		1/4 cup



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	48 Servings: about 24 pounds 96 Servings: about 48 pounds	48 Servings: about 9 quarts 96 Servings: about 4 gallons 2 quarts

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