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

	12 Servings		24 Servings		
Ingredients	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	½ cup	9 ounces	1 cup	
Cinnamon		1 Tablespoon		2 Tablespoons	
Nutmeg, ground		1 ½ teaspoons		1 Tablespoon	







Directions

 ${\bf 1. \ Stir \, all \, ingredients \, together.}$

CCP: Hold for cold service at 41°F or below. Serve 1 cup portions.

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

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

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