



ZANDREW'S ORANGE DREAMSICLE SMOOTHIE RECIPE



HACCP Process: X 1 - No Cook 2 - Cook & Same Day Serve 3 - Cook, Cool, Reheat, Serve 4 - SOP Controlled

Ingredients	For 8 Servings 1 serving = 1 cup		Directions
	Weight	Volume	
Vanilla Yogurt, Low Fat Orange Juice 100% Juice Zee Zees® Dreamsicle Applesauce Cups, 4.5 oz cups		32 oz 16 fluid oz 27 oz (6 applesauce cups)	1. Blend all ingredients in a blender or whip in a large bowl. 2. Chill and hold at 40°F before service. NOTE: Can be prepared a day in advance and chilled overnight.

Serving Size: 1 cup

Pan Size: N/A

Oven Temperature & Baking Time: N/A

Yield Size: 8 cups

Number of Pans: N/A

Temperature Minutes

Conventional: _____

Convection: _____

Meal Pattern (Based on Serving Size):

1 Meat/Meat Alternate

1/2 cup Fruit

Nutrition Analysis: Serving Size: 1 cup

<u> 150 </u> Calories	<u> 1 </u> Saturated Fat	<u> 30 </u> Vitamin C (mg)
<u> 6 </u> Protein (g)	<u> 75 </u> Sodium (mg)	<u> 200 </u> Calcium (mg)
<u> 1.5 </u> Total Fat (g)	<u> 1 </u> Fiber (g)	<u> 0.34 </u> Iron (mg)
<u> 30 </u> Carbohydrates (g)	<u> 27 </u> Sugar (g)	<u> 370 </u> Potassium (mg)
		<u> 1 </u> Vitamin D (IU)