

Strawberry Smoothie Bowl

This Smoothie Bowl recipe is a fresh and delicious way to incorporate fruits into your day! Sweet frozen strawberries blend deliciously with cool and creamy Greek yogurt.

CACFP Home Childcare Crediting Information

One smoothie bowl (½ cup measuring cup and ¼ cup measuring cup or 6 oz spoodle) provides ½ cup fruit and 1 oz equivalent meat alternate.



Preparation Time: 15 minutes

Cooking Time: 5 minutes

Makes: 6 servings

Ingredients

3 cups or 1 lb 8 oz Low-fat Greek yogurt
1 qt 2 cups or 1 lb 11 oz Frozen strawberries,
diced ¼ cup or 3 oz Agave syrup
1 ½ tsp Vanilla extract

Directions

- 1 Place yogurt in a large bowl. Place yogurt in refrigerator to be set aside for step 4.
- 2 Pour strawberries into a high-speed blender.
- 3 Puree strawberries on medium speed until strawberries have a smooth consistency. DO NOT OVERMIX.
- 4 Pour strawberry puree over yogurt. Stir well.
- 5 Add agave syrup and vanilla extract. Stir well.
- 6 Pour smoothie mixture into a serving bowl.
- 7 Critical Control Point:
Hold at 40 °F or below until served.
- 8 Serve ¾ cup (portion with ½ cup measuring cup and ¼ measuring cup or 6 oz spoodle) in smoothie bowl.

Source:

CACFP Home Childcare 6-Serving Recipe Project

Nutrients Per Serving: Calories 164, **Protein** 12 g, **Carbohydrates** 24 g, **Dietary Fiber** 2 g, **Total Sugars** 21 g, **Total Fat** 3 g, **Saturated Fat** 1 g, **Cholesterol** 11 mg, **Sodium** 40 mg, **Vitamin A** 103 mcg RAE, **Vitamin C** 71 mg, **Vitamin D** 0 IU, **Calcium** 150 mg, **Iron** 1 mg, **Potassium** 345 mg

