



# Recipe Prep Sheet

American Dairy Association North East

**· 990092 - Maple Oatmeal Smoothie Breakfast**

Recipe HACCP Process: #3 Complex Food Preparation  
 Source: DSB  
 Number of Portions: 50  
 Portion Size: CUP

Ingredient #	Ingredient Name	Measurements	Instructions
			<p><b>Wet your hands with clean, running water — either warm or cold. Apply soap and lather well. Rub your hands vigorously for at least 20 seconds. Remember to scrub all surfaces, including the backs of your hands, ... Rinse well. Dry your hands with a clean towel or air-dry them.</b></p> <p>Day Before: Peel and slice the bananas and freeze.</p>
051543	Yogurt, High-Protein, Vanilla, Tubs	100 oz	<p>Combine all ingredients in a blender. Mix Well. Serve an 8 oz portion in a 9 oz or larger cold cup with slotted lid for straw.</p> <p>Students may choose an additional fruit/juice serving and a milk.</p> <p><b>CCP:</b> Hold for cold service at 41° F or lower.</p> <p><b>CCP:</b> Refrigerate until served.</p>
121631	OATMEAL	60 oz	
011424	PUMPKIN, CND, WO/SALT	12 CUP + 1/2 CUP	
009040	BANANAS, RAW	12 CUP, sliced + 1/2 CUP, sliced	
001082	MILK, LOWFAT, FLUID, 1% MILKFAT, W/ VIT A	25 CUP	
119539	Maple Syrup	1/2 Cup	

\*Nutrients are based upon 1 Portion Size (CUP)

Calories <sup>1</sup>	199.503 kcal	Total Fat	1.879 g	Total Dietary Fiber	3.351 g	Vitamin C	5.835 mg	8.475% Calories from Total Fat
Saturated Fat <sup>1</sup>	0.964 g	Trans Fat <sup>2</sup>	*0.000* g	Protein	11.006 g	Iron	1.386 mg	4.347% Calories from Sat Fat
Sodium <sup>1</sup>	83.316 mg	Cholesterol	8.606 mg	Vitamin A	9795.662 IU	Water	*192.900* g	*0.000%* Calories from Trans Fat
Sugars	*23.472* g	Carbohydrate	36.099 g	Calcium	242.729 mg	Ash	*N/A* g	72.377% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			22.067% Calories from Protein
Type of Fat	-							

Components									
Meat/Meat ALT	.5 oz eq	Grain	1 oz eq	Fruit	.25 cup	Vegetable	.25 cup	Milk	cup

*\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient*  
*\* - denotes combined nutrient totals with either missing or incomplete nutrient data*  
<sup>1</sup> - denotes required nutrient values  
<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.