

# Sweet North Carolina Orange Smoothie

Meal Component(s):  
1 oz. Meat Alternate; ½ c Fruit

Recipe HACCP Process: : #1 No Cook

Portion Size: 1 cup (8 fluid ounces)

Servings: 16

| INGREDIENTS                            | WEIGHT             | MEASURE         | DIRECTIONS  |
|--|--------------------|-----------------|---|
| Mandarin oranges, drained              | 2 pounds, 2 ounces | 1 quart, packed | <ol style="list-style-type: none"> <li>1. CCP: No bare hand contact with ready to eat food.</li> <li>2. Chill mandarin oranges overnight in refrigerator. Drain mandarin oranges well, and discard liquid.</li> </ol>   |
| Yogurt, vanilla, low fat, 64 oz. pouch |                    | 1 pouch         |   |
| Sweetpotato puree                      |                    | 1 quart         |   |
| Whipped topping                        | 4.5 ounces         |                 |   |
| Garnish - Mandarin orange sections     |                    | 16 sections     | <ol style="list-style-type: none"> <li>3. Combine yogurt, sweetpotato puree, and chilled mandarin orange sections in large container or commercial blender.</li> <li>4. Puree/liquefy all ingredients until smooth using a commercial blender or immersion blender.</li> <li>5. Using an 8 ounce measure, pre-portion into 10 ounce cups.</li> <li>6. Garnish with 2 Tablespoons (.28 oz.) of whipped topping and 1 mandarin orange section.<br/><b>(Note: There are 56 servings per 16 oz. bag of whipped topping.)</b></li> <li>7. CCP: Hold and serve at 41°F or below.</li> <li>8. Smoothies may be made and held in the refrigerator overnight.<br/><b>(Note: Apply garnish on the day of service.)</b></li> </ol> |

## Nutrients Per Serving

Calories 208 Total Fat 2.83g Saturated Fat 2.50g Protein 5.12g Carbohydrate 41.55g Sodium 66mg



Recipe created and shared by the [North Carolina Farm to School Program](http://www.ncfarmtoschool.org)