



## 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 ( $\frac{1}{2}$  cup measuring cup and  $\frac{1}{4}$  cup measuring cup or 6 oz spoodle) provides  $\frac{1}{2}$  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  
 $\frac{1}{4}$  cup or 3 oz Agave syrup  
1  $\frac{1}{2}$  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  $\frac{3}{4}$  cup (portion with  $\frac{1}{2}$  cup measuring cup and  $\frac{1}{4}$  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



