

Recipe Name: Almond Berry Smoothie

Recipe Category: Beverages

Portion Size: 1 1/2 cup (1 milk and fruit serving)

Ingredients: Yields: 12 cups

Ingredients	Notes:
1 cup almond milk (nonfat or low fat)	
2 cups frozen blue berries	
2 teaspoons honey	
8 cups Greek nonfat plain yogurt	
2 cups banana	Washed and trimmed.
1/2 cup grape juice	
1/4 cup almond butter	

Directions:

Steps:	Directions:	Critical Control Point / Quality Assurance
1	In a blender, combine all the ingredients.	
2	Blend until smooth.	

Time Temperature Sensitive food. Food safety Standards: Cold holding at 41°F or colder or using time alone (less than four hours). Discard if not used.

Texture Modified Diets:

Soft & Bite Size: (aka Bite size) **Food particle size 1/2 inch (~width of standard fork)** No changes.

Chopped: **Food particle size 1/4 inch (~ 1/2 width of standard fork)** No changes

Minced and Moist:(aka Minced/Mechanical Soft/Ground) **Food particle size 1/8 inch (fits through prongs of standard fork)** No changes.

Pureed: Smooth and cohesive. Use a food processor to puree to a smooth consistency. Foods are processed by grinding and then pureeing them. Do not add too much liquid. Puree liquids should be prepared at correct liquid consistency. Thicken as needed to correct liquid consistency.

Therapeutic Modified Diets:

Lowfat: Use nonfat milk

Diabetic/No added Sugar/No Conc. Sweets/Calorie Controlled: No honey; use sugar sub.

Bland/Anti Reflux: no changes

Liberal House Renal: Use alternate menu item

No Added Salt: No changes needed

2 Gram Sodium: No changes needed

Gluten Free: No changes needed. Prepare foods separately to prevent cross contamination.

Allergy Alerts: When an "X" is present, this indicates the allergen is present.

Always read all food labels to ensure allergens are not present.

Wheat	Milk	Eggs	Fish Shellfish	Soy	Peanuts/Nuts	Other
	X				X	

Key: SF= Salt Free D= Diet or Sugarfree LF = Lowfat FF = Fat Free GF = Gluten Free