

# Recipe Crediting Worksheet

Recipe Name Double Berry Smoothie

Portion Size 1/2 cup

Resource used for Crediting FBG

Yield 38 servings

(1) Ingredient	(2) Amount (weight or measure)	(3) Meat/Meat Alternate (ounces)	(3) Vegetable/ Fruit (total cups)	(3) Grains/ Breads (equivalent for 3-5 yr old)
Frozen Strawberries	40 Oz.		7.43	
Frozen Raspberries	1 lb.		3	
Banana	2.3 lb.		3	
Apple Juice	6 cups		6	
(4)	<b>Recipe Total</b>		19.43 cup(s)	_____ equiv
(5)	<b>Calculations</b>	divide by the number of servings the recipe yields	<b>Multiply by 4 =</b>	divide by the number of servings the recipe yields
(6)			<u>77.72</u> 1/4 c	
			divide by the number of servings the recipe yields	
(7)	<b>Each portion contributes</b>		38.86---- 1/2 cup(s)	_____ equiv

**Instructions:**

- List all ingredients and the form they are in (whole, diced, chopped, etc).
- List the measured amount of the food item in either the weight or measure (volume).
- Record the yield of the Meat/Meat Alt. in ounces, the yield of Vegetable/Fruit in whole cup servings, and the Grains/Breads in equivalents for ages 3-5. Use the *USDA Food Buying Guide* and the *Easy to Use Grains/Breads Chart* to determine the yield of these ingredients.
- Add up the number of ounces of Meat/Meat Alt., total cup servings of Vegetable/Fruit, and the total equivalents of Grains/Breads for ages 3-5.
- Multiply the total cups of Vegetable/Fruit by 4 to get the total number of 1/4 cups.
- Divide the total of each component (Meat/Meat Alt., Grain/Bread, Vegetable/Fruit) by the total number of portions the recipe yields to get the amount each portion contributes.
- Round down the ounces fo Meat/Meat Alt. to the nearest 0.25 ounce. Round down the Grain/Bread to the nearest 0.25 equivalent. Round down the Vegetable/Fruit to the nearest 0.5 1/4 cup. If the Vegetable/Fruit contribution is less than 0.5, it is too small to be counted.

# Recipe Name: Double Berry Smoothie

**Resources used for Crediting**  
Food Buying Guide

**Component Contribution**  
 \_\_\_ Meat/Alt    X \_\_\_ Vegetable/Fruit  
 \_\_\_ Grain/Bread

<u>1/2 Cup</u> Portion Size	<u>3-5 yr old</u> Age Group
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Ingredient	Form (whole, chopped)	<u>19 cups = 38 servings</u> Recipe Yield	
		Weight	Measure
Frozen Strawberries	frozen	40 Oz.	7.4 cups
Frozen Raspberries	frozen	1 lb.	3 cups
Banana	fresh	2.3 lb.	3 cups
Apple Juice		48 oz	6 cups

**Directions:**

COMBINE ALL THE INGREDIENTS IN A BLENDER. BLEND UNTIL SMOOTH.