

Recipe Crediting Worksheet

Recipe Name Berry Banana Fruit Smoothie Portion Size +1/2 Cup

Resource used for Crediting SBG Yield 12 cups=22 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)
Banana	6 banana			
Unsweetened Pineapple juice	36 oz			
Strawberry yogurt	48 oz (1.5 qt)	48 oz		
(4)	Recipe Total	48 ounces	cup(s)	equiv
(5)	Calculations	divide by the number of servings the recipe yields	Multiply by 4 = _____ $\frac{1}{4}$ c	divide by the number of servings the recipe yields
(6)			divide by the number of servings the recipe yields	
(7)	Each portion contributes	2 oz = $\frac{1}{4}$ cup ounces	$\frac{1}{4}$ 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 $\frac{1}{4}$ 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 $\frac{1}{4}$ cup. If the Vegetable/Fruit contribution is less than 0.5, it is too small to be counted.

Recipe Name: Berry Banana Fruit Smoothie

Resources used for Crediting
SBG

Component Contribution
 X ___ Meat/Alt ___ Vegetable/Fruit
 ___ Grain/Bread

<u>+ 1/2 Cup</u> Portion Size	<u>3-5 yr old</u> Age Group
----------------------------------	--------------------------------

Ingredient	Form (whole, chopped)	<u>12 Cups = 22 servings</u> Recipe Yield	
		Weight	Measure
Banana	Sliced		6 banana
Unsweetened Pineapple juice		36 oz	
Strawberry Yogurt			1.5 qt=48 oz

Directions:
 Place all ingredients in a blender or food processor and blend until smooth.