

Recipe Crediting Worksheet

Recipe Name Orangana Smoothie- Snack

Portion Size 1/2 cup

Resource used for Crediting FBG

Yield 16 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)
Snack quantities				
Vanilla Yogurt	32 oz	8		
Banana, sliced	4		2.5	
Orange juice	24 oz		3	
Breakfast quantities for 16				
Vanilla yogurt, 32 oz				
Banana, sliced, 6= 4.25 cups				
Orange juice, 3.75 cups				
(fruit must equal 1/2 cup per Serving)				
At snack, only the yogurt is credited.	(4) Recipe Total	8 ounces	5.5 cup(s)	_____equiv
At breakfast, the fruit is credited.	(5) Calculations	divide by the number of servings the recipe yields	Multiply by 4 = <u>22</u> 1/4 c divide by the number of servings the recipe yields	divide by the number of servings the recipe yields
	(6)			
	(7) Each portion contributes	.5 ounces	1.3 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 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.

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FBG

Component Contribution
 Meat/Alt@ snack
 Vegetable/Fruit@ breakfast

<u>Portion Size</u>	<u>Age Group</u>
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Ingredient	Form (whole, chopped)	Recipe Yield	
		Weight	Measure
Snack:			
Yogurt		32 oz	
Banana (4)	Sliced		2.5 cups
Orange juice		24 oz	3 cups
Breakfast:			
Yogurt		32 oz	
Banana (6)	Sliced		3.75 cups
Orange juice		34 oz	4.25 cups

Directions:

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

Notes:

At snack the yogurt is credited as meat/meat alternate. Each serving must have ¼ cup yogurt.
 At breakfast the fruit is credited and each serving must have ½ cup.