Recipe: 001317 MIXED BERRY SMOOTHIE: SEC
Recipe Source:
Recipe Group: BREAKFAST

Alternate Recipe Name: MIXED BERRY SMOOTHIE

Number of Portions: 122
Size of Portion: SERVING:10oz

903320 MIXED BERRY SMOOTHIE: CORNABY'S...
902233 1% LOW FAT MILK.................................
900642 YOGURT, VANILLA: UPSTATE FARMS........

1 CASE/4/8LB
1 CASE/4/8LB
1 CASE/4/8LB

4 GALLON
4 TUB
4 TUB

PUT CHUNKS IN HOBART MIXER.
ADD 1 GALLON OF MILK AND 1 TUB OF YOGURT.
TURN MIXER ON LOW AND SLOWLY BLEND THROUGHLY.
POUR INTO CUPS
SERVE

*Nutrients are based upon 1 Portion Size (SERVING:10oz)

<table>
<thead>
<tr>
<th>Calorie</th>
<th>Calories</th>
<th>Cholesterol</th>
<th>Dietary Fiber</th>
<th>Trans Fat</th>
<th>Saturated Fat</th>
<th>Sodium</th>
<th>Protein</th>
<th>Calcium</th>
<th>Iron</th>
<th>Water</th>
<th>Ash</th>
<th>Calories from Total Fat</th>
<th>Calories from Saturated Fat</th>
<th>Calories from Trans Fat</th>
<th>Calories from Carbohydrates</th>
<th>Calories from Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>259 kcal</td>
<td></td>
<td>5.25 mg</td>
<td>5.60 g</td>
<td>0.00 g</td>
<td>0.79 g</td>
<td>117.38 mg</td>
<td>7.56 g</td>
<td>354.10 mg</td>
<td>0.00 mg</td>
<td>0.00 g</td>
<td>0.00 g</td>
<td>4.55%</td>
<td>2.73%</td>
<td>0.00%</td>
<td>84.16%</td>
<td>11.86%</td>
</tr>
</tbody>
</table>

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.
Mixed Berry Smoothie Mix Spec Sheet & CN Formulation Statement

<table>
<thead>
<tr>
<th>Description of Credible Ingredient per (FBG)</th>
<th>Ounces per Raw Portion of Credible Ingredient</th>
<th>Multiply</th>
<th>FBG Yield/Serving Per Unit</th>
<th>Credible Amount (quarter cups)</th>
</tr>
</thead>
<tbody>
<tr>
<td>White Grape Juice Concentrate (65 Brix)</td>
<td>0.42</td>
<td>x</td>
<td>34.16/16</td>
<td>0.8967</td>
</tr>
<tr>
<td>Raspberry Puree</td>
<td></td>
<td></td>
<td>2.135</td>
<td>0.56</td>
</tr>
<tr>
<td>Strawberry Puree</td>
<td></td>
<td></td>
<td>0.27</td>
<td>0.16</td>
</tr>
<tr>
<td>Blackberry Puree</td>
<td></td>
<td></td>
<td>0.11</td>
<td></td>
</tr>
<tr>
<td>Blueberry Puree</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Total Creditable Fruit Amount in quarter cups 2

*FBG calculations for fruits are in quarter cups. See chart below for quarter cup to cup conversions.

Fruit purees credit on volume served.

*At least ⅛ cup of recognizable fruit is required to contribute towards the fruit component.

Cornaby's LLC fruit is in puree form except for juice concentrate.

Product Name: Raspberry Smoothie Mix
Product Code: 762907900028
Serving Size: 3 oz

Certification Statement: I certify the above information is true and correct and that one, 3 oz serving of the above product contains 2 quarter cups of creditable fruit.

Signature: [Signature]

Title: Vice President of Sales & Marketing
Printed Name: Timothy Stocks   Date: 6/11/2014
Phone Number: (801) 864-9151

Ingredients: mixed berries (raspberries, strawberries, blackberries, blueberries), white grape juice concentrate, sugar, Less than 1% corn starch, citric acid, xanthan gum.

Instructions: Combine one bag of smoothie mix and 2 2/3 gallon milk in blender and stand mixer. Mix until smooth. Each smoothie contains 3 oz of mix and 8 oz of milk. Yield: 45-11 oz Smoothies

Shelf Life: One year at zero degrees or less. Keep product frozen until ready to use.

Product of USA
Benefits

Ingredients

Cultured Pasteurized Grade A Nonfat Milk, Sugar, Modified Corn Starch, Whey, Tricalcium Phosphate, Gellan Gum, Potassium Sorbate (for freshness), Natural Flavors, Citric Acid, Vitamin D3

Allergens

Contains:
- dairy

Free From:
- shellfish
- eggs
- fish
- peanuts
- sesame
- soy
- tree nuts
- wheat

Nutrition Facts

Serving Size: 170 Grams
Number of Servings per 52
Amount Per Serving
Calories: 130
Calories from Fat: 0
D70
% Daily Value*

Total Fat 0
Saturated Fat 0 GRM
Trans Fat 0 GRM
Cholesterol 5
Sodium 80 MGM
Total Carbohydrate 28 GRM
Dietary Fiber 1 GRM
Sugars 22
Protein 5

Vitamin A Vitamin C
Per 52 Per 52
0% 0%
Calcium 35% Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Handling Suggestions

Serving Suggestions

Ready to eat as is or delicious when mixed with fruit or granola. Our Upstate Farms Dispensing System makes parfait building easy by dispensing 1 oz. portions per pump.

Prep & Cooking Suggestions

Keep refrigerated until ready to serve.

Product Specifications

Brand
UPSTATE

Manufacturer
Upstate Farms Cooperative Inc**

Product Category
Yogurt

MFG # 00469886

Pack
4/5 LB

Gross Weight 21 lb

Shipping Information

Length 12.25 in

Volume 0.72 Cubic Foot

Shipping Information

Width 12.25 in

Height 8.25 in

TILTH 12x6

Shelf Life 75

Storage Temp From/To 34°F / 40°F