

CHEF & CHILD FOUNDATION RECIPE COLLECTION

SUNNY STRAWBERRY ORANGE SMOOTHIE

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SERVINGS
PER RECIPE: 1



ORIGINAL RECIPE

Ingredients:

- ½ cup fresh strawberries, hulled and halved
- ½ cup fresh pineapple chunks
- ½ cup orange juice
- Ice cubes (optional)

DIRECTIONS:

1. In a blender, combine all ingredients and blend until smooth. Serve immediately.

ORIGINAL ANALYSIS PER SERVING:

Calories (kcal): 120
Total Fat (g): 0
Saturated Fat (g): 0
Trans Fat (g): 0
Cholesterol (mg): 0
Sodium (mg): 0
Carbohydrate (g): 31
Dietary Fiber (g): 3
Sugars (g): 26
Protein (g): 1
Vitamin A: 2%
Calcium: 2%
Vitamin C: 140%
Iron: 2%

THINGS TO CONSIDER:

- Adding fruits increase the vitamin A and vitamin C amounts.
- Adding yogurt improves consistency, increases the calcium and iron levels, and adds pro-biotics.
- The modified recipe could easily be divided into two servings rather than one.

MODIFIED RECIPE

- ¾ cup frozen whole strawberries
- ¾ cup frozen pineapple chunks
- ¼ cup orange juice
- ¼ cup nonfat vanilla yogurt

DIRECTIONS:

1. In a blender, combine all ingredients and blend until smooth. Serve immediately.

MODIFIED ANALYSIS PER SERVING:

Calories (kcal): 170
Total Fat (g): 0
Saturated Fat (g): 0
Trans Fat (g): 0
Cholesterol (mg): 0
Sodium (mg): 110
Carbohydrate (g): 39
Dietary Fiber (g): 2
Sugars (g): 31
Protein (g): 5
Vitamin A: 6%
Calcium: 15%
Vitamin C: 190%
Iron: 4%



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Special thanks to Vince Blancato for collecting these recipes and Clemson University for providing the nutritional facts. The American Culinary Federation, Inc., established in 1929, is the premier professional organization for culinarians in North America. With more than 20,000 members in 225 chapters nationwide, ACF is the culinary leader in offering educational resources, training, apprenticeship and accreditation. In addition, ACF operates the most comprehensive certification program for chefs in the United States. ACF is home to ACF Culinary Team USA, the official representative for the United States in major international culinary competitions, and to the Chef & Child Foundation, founded in 1989 to promote proper nutrition in children and to combat childhood obesity. For more information, visit www.acfchefs.org.