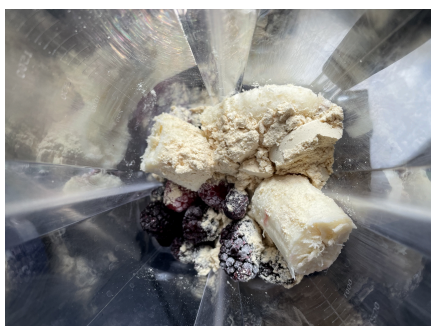


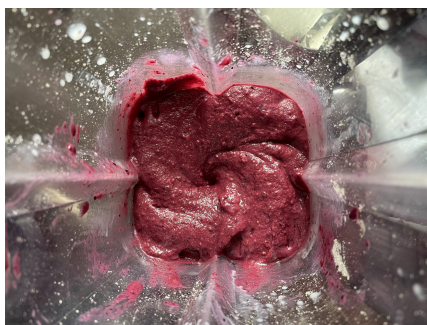
Very Berry Smoothie Bowl

| | | | | |
|---------------------|-------------------|--------------|----------|--------------|
| Recipe group | Additional name | Diet factors | Portions | Portion size |
| Breakfast, American | Breakfast Recipes | VG, SF | 12 | 13.65 oz |

| | Capacity measure | | EP | Trim loss | AP | Name of ingredient | Methods |
|----------|------------------|---------------|-----|---------------|----|---|--|
| 1 | 12 cup | 3 lb 15.60 oz | 0% | 3 lb 15.60 oz | | Mixed berries, frozen | For Berry Smoothie: In a high-powered blender add all ingredients in step 1. Blend on high for 2-3 minutes or until mixture reaches a smooth, soft serve consistency. Store in a sealed container in cooler until service. |
| | 9 cup | 3 lb 4.20 oz | 34% | 4 lb 14.73 oz | | Bananas, fresh, peeled, sliced <i>1 banana per portion</i> | |
| | 1 1/2 cup | 0 lb 7.20 oz | 0% | 0 lb 7.20 oz | | Protein Powder, vanilla, unsweetened <i>1 scoop of Protein Powder = 2 Tbsp</i> | |
| | 2 1/4 cup | 1 lb 2.00 oz | 0% | 1 lb 2.00 oz | | Non-Dairy Milk, Almond, unsweetened | |
| | 1 tbsp | 0 lb 0.52 oz | 59% | 0 lb 1.26 oz | | Lemons, juice | |



Ingredients in step 1 added to blender



Smoothie blended

| | Capacity measure | | EP | Trim loss | AP | Name of ingredient | Methods |
|----------|------------------|--------------|-----|--------------|----|---|--|
| 2 | 4 tbsp | 0 lb 0.62 oz | 0% | 0 lb 0.62 oz | | Coconut, unsweetened, shredded | For service: In a bowl, add 1 cup of smoothie, top with 1 teaspoon of coconut and chia seeds, 2 tablespoons of granola, and 1/4 cup of berries of choice. Serve immediately. |
| | 1/4 cup | 0 lb 1.69 oz | 0% | 0 lb 1.69 oz | | Chia Seeds, whole | |
| | 1 1/2 cup | 0 lb 4.80 oz | 0% | 0 lb 4.80 oz | | Granola, premade <i>Crunchy Cranberry Pecan Granola Recipe</i> | |
| | 3/4 cup | 0 lb 4.39 oz | 8% | 0 lb 4.77 oz | | Strawberries, fresh, sliced | |
| | 3/4 cup | 0 lb 3.83 oz | 11% | 0 lb 4.28 oz | | Blueberries, fresh | |
| | 3/4 cup | 0 lb 3.22 oz | 4% | 0 lb 3.37 oz | | Raspberries, fresh | |
| | 3/4 cup | 0 lb 3.75 oz | 5% | 0 lb 3.95 oz | | Blackberries, fresh | |



Smoothie in bowl



Toppings on bowl



Final- Very Berry Smoothie Bowl

RECIPE IMAGES



Very Berry Smoothie Bowl

ALLERGENS

-

WEIGHTS

| | Raw | Cooking loss | Cooked | Loss when served | Final |
|-----------------|---------------|--------------|---------------|------------------|---------------|
| Total weight | 10 lb 3.82 oz | 0 % | 10 lb 3.82 oz | 0 % | 10 lb 3.82 oz |
| Size of portion | 13.65 oz | | 13.65 oz | | 13.65 oz |

ADDITIONAL INFO

-

MEMO

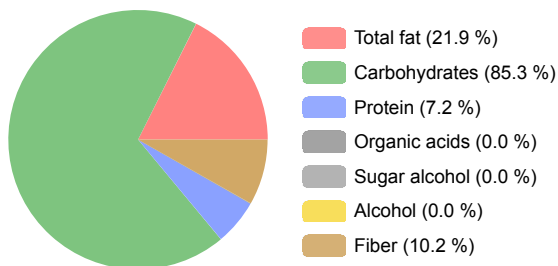
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NUTRITION INFORMATION

per portion

| Energy nutritives | | RDI | % of energy | Calories | RDI | Minerals | RDI | Vitamins | RDI |
|---------------------------|----------------|-------------|----------------|--------------------|-------------|-------------|----------------|-------------|---------------|
| Total fat | 9.16 g | 12 % | 21.95 % | 369.15 kcal | 18 % | Salt | 0.26 g | | |
| Saturated | 3.38 g | 17 % | 8.09 % | 1,544.57 kJ | | Salt | 0.07 % | Vitamin A | 34.77 µg 4 % |
| Monounsaturated | 1.51 g | | 3.62 % | | | Sodium | 107.02 mg 5 % | Vitamin D | 0.43 µg 2 % |
| Polyunsaturated | 2.42 g | | 5.80 % | | | Phosphorus | 162.55 mg 13 % | Thiamine | 0.18 mg 15 % |
| Trans fatty acids | 0.05 g | | 0.12 % | | | Potassium | 957.76 mg 20 % | Riboflavin | 0.27 mg 21 % |
| Cholesterol | 1.36 mg | 0 % | | | | Iron | 4.38 mg 24 % | Niacin | 3.86 mg 24 % |
| Linolenic acid | 1.35 g | | 3.24 % | | | Calcium | 284.94 mg 22 % | Vitamin B6 | 0.65 mg 38 % |
| Alpha-linolenic acid | 812.55 mg | | 1.95 % | | | Zinc | 1.46 mg 13 % | Vitamin B12 | 0.05 µg 2 % |
| Total Carbohydrate | 77.47 g | 28 % | 85.26 % | | | Magnesium | 139.90 mg 33 % | Folate | 0.00 µg 0 % |
| Sugars total | 39.02 g | 78 % | | | | Iodine | 0.00 µg 0 % | Vitamin C | 25.06 mg 28 % |
| Added sugar | 0.00 g | 0 % | 0.00 % | | | Selenium | 7.51 µg 14 % | Vitamin E | 5.37 mg 36 % |
| Lactose | 0.00 g | | | | | Copper | 0.46 mg 51 % | Vitamin K | 59.41 µg 50 % |
| Fiber | 19.74 g | 70 % | 10.22 % | | | | | Others | |
| Organic acids | 0.00 g | | 0.00 % | | | | | Water | 290.30 g |
| Sugar alcohol | 0.00 g | | 0.00 % | | | | | | |
| Starch | 6.64 g | | 7.31 % | | | | | | |
| Protein | 6.52 g | 13 % | 7.17 % | | | | | | |
| Alcohol | 0.00 g | | 0.00 % | | | | | | |

PERCENTAGE OF ENERGY



CO2



Comparable values

| | |
|--------------|---------|
| Snacks | 1.16 kg |
| Main courses | 1.63 kg |
| Desserts | 0.74 kg |

Comparable CO2 emissions for equal sized portions.

Though the reported CO2 emissions represent a major part of the actual emissions, they do not make up the whole amount. Rather than comparing the absolute values, we recommend comparing the portions in relation to each other. The CO2 emissions are based on the size of the portions and the average climate impact of the ingredients, but they do not take into account the general climate impact allocated for all the portions in restaurant services or the climate impact caused by the manufacturing. The average CO2 emission values have been calculated from the JAMIX sample database, which contains different types of recipes.