



Toddler Smoothie Bowl – Baby Bites Stage 4 Food

6 Portions • 1 Portion = ¼ Cup

INGREDIENTS

- 2 bananas, ½ banana separated
- 1 cup frozen berries
- 1 cup plain, nonfat Greek yogurt
- Optional: ½ cup granola or cereal, 1 Tablespoon shredded coconut, 1 Tablespoon sprinkles, 1 Tablespoon chopped sunflower seeds

DIRECTIONS

1. In a blender or food processor, combine 1 ½ bananas, berries, and Greek yogurt. Blend until smooth.
2. Divide into ¼ cup servings. Top with your choice of optional ingredients.
3. Serve immediately, store in the refrigerator for up to two days, or store in the freezer for up to two months. Make sure to label each container with the name of the recipe and the date it was made.

Nutrition Facts

6 servings per container	
Serving size	1/4 cup (113g)
Amount per serving	
Calories	130
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 1g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 22g	8%
Dietary Fiber 2g	7%
Total Sugars 11g	
Includes 2g Added Sugars	4%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 55mg	4%
Iron 1mg	6%
Potassium 242mg	6%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

chefs.org

@CHEFSanAntonio

