

Cantaloupe Veggie Smoothie



Ingredients (Serves 2):

- 1½ cup water
- 2 cup cantaloupe, diced
- 1 cup frozen pineapple chunks
- ½ banana
- 2 carrots, halved
- 1 tomato
- 1 tbsp agave nectar

HACCP- Standard Operating Procedure-
Use hand washing procedures before starting recipe.

Instructions:

Add ingredients to jar in order listed.

Secure lid and blend.

HACCP Critical Control Point: Bacteria grow most rapidly in the range of temperatures between 40°F and 140 °F. This range of temperatures is often called the "Danger Zone." Never leave food out of refrigeration over 2 hours.
HACCP Critical Control Point: Store cold food at 40°F or below.
HACCP Critical Control Point: Use 0°+/- 3° for storage.
***Allowing ice cream to rise above 10° can adversely affect the flavor and texture.**

Nutritional Information (per serving):

- Calories: 175 kcal
- Fat: 0g
- Saturated Fat: 0g
- Cholesterol: 0mg
- Sodium: 28mg
- Carbohydrates: 19g
- Fiber: 2g
- Sugar: 15g
- Protein: 1g