



Apple Banana Peanut Butter Smoothie

Recipe Type: Breakfast

Meal Components: 1 oz M/MA, 1/2 cup fruit

Preparation Time: 60 minutes

Ingredients	8 Servings		56 Servings		112 Servings		Directions
	Weight	Measure	Weight	Measure	Weight	Measure	
							CCP: No bare hand contact with ready to eat food.
Banana, fresh, EP	8 oz		3 lb 8 oz		7 lb		1. Freeze bananas at least one day prior to service. To freeze, peel bananas and lay on sheet pan prepared with parchment paper. Do not overlap or pile the bananas. They will stick together. Cover and place in freezer overnight. Once frozen, bananas can be stored together.
Applesauce		2 cups		3 qt + 1 pint		1 gal + 3 qt	2. Place applesauce in refrigerator day before making smoothies.
Yogurt, Greek, vanilla, fat-free		1 qt		1 gal + 3 qt		3 gal + 2 qt	3. Place applesauce, yogurt, peanut butter, frozen bananas, and ice cubes in 5-gallon bucket. Blend using immersion blender until pureed and smooth. Taste test smoothie. If texture is not smooth, continue to blend.
Peanut butter		¼ cup		1 3/4 cup		3 1/2 cups	
Ice cubes		1 cup		1 qt + 3 cups		3 qt + 2 cups	
							Note: A 5-gallon bucket can hold 56 servings.
							4. Pour 8 oz smoothies into 9 oz cups evenly and top with lid.
							CCP: Hold and serve at 41° F or below. CCP: No bare hand contact with ready to eat food.



Notes:
 8 oz EP bananas = 12.5 oz AP bananas or ~2 bananas or 1 cup puree.
 ½ cup apple sauce = ½ cup fruit puree.
 Fruit (puree) in smoothies credits as fruit juice. Fruit puree was weighed and measured without the addition of water or other ingredients.
 Pair with 1 more item to credit as a reimbursable breakfast meal!
 Add frozen bananas last. If placed on the bottom, they do not blend well.

Serving:
 1 serving provides 1 oz meat/meat alternate and 1/2 cup fruit.

Portion Size	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
8 fl oz	196 kcal	4.30 g	0.93 g	3.40 mg	80.98 mg	29.22 g	2.44 g	22.10 g	11.85 g

Nutrients generated with NUTRIKIDS® Menu Planning and Nutritional Analysis software and should not be used for medical conditions or food allergies.