



Strawberry Apple Smoothie

Recipe Type: Breakfast

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

Preparation Time: 55 minutes

Ingredients	4 Servings		24 Servings		96 Servings		Directions
	Weight	Measure	Weight	Measure	Weight	Measure	
							CCP: No bare hand contact with ready to eat food.
Applesauce		2 cups		3 qt		3 gal	1. Place applesauce in refrigerator day before making smoothies. 2. Place applesauce, yogurt, and frozen strawberries in 5-gallon bucket. Pour milk on top. Blend using immersion blender until pureed and smooth. Taste test smoothie. If texture is not smooth, continue to blend. Note: A 5-gallon bucket can hold 24 servings. 3. Pour 22 oz smoothies into 24 oz cups evenly and top with lid.
Yogurt, Greek, vanilla, fat-free		2 cups		3 qt		3 gal	
Strawberries, frozen	1 lb 2 oz		6 lb 12 oz		27 lb		
Milk, fat-free		1 qt		1 gal + 2 qt		6 gal	
							CCP: Hold and serve at 41° F or below.
							CCP: No bare hand contact with ready to eat food.

Notes:

2 cups applesauce = 2 cups fruit puree.

1 lb 2 oz frozen strawberries = 2 cups fruit puree.

Fruit (puree) in smoothies credits as fruit juice. Fruit puree was weighed and measured without the addition of water or other ingredients.

1 smoothie can credit as a reimbursable breakfast meal (3 items).

Serving:

1 serving provides 1 oz meat/meat alternate, 1 cup fruit, and 1 cup milk.



Portion Size	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
22 fl oz	268 kcal	0.40 g	0.29 g	8.30 mg	143.42 mg	50.66 g	5.20 g	43.39 g	18.05 g

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