



YOUR Local Dairy Council



for tomorrow's leaders



## The Unicorn Smoothie

Recipe Type: Breakfast

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

Preparation Time: 60 minutes

Ingredients	16 Servings		56 Servings		112 Servings		Directions
	Weight	Measure	Weight	Measure	Weight	Measure	
							<b>CCP: No bare hand contact with ready to eat food.</b>
Yogurt, Greek, vanilla, fat free		2 qt		1 gal + 3 qt		3 gal + 2 qt	<p>1. Place half of the yogurt, half of the fresh bananas, all of the frozen blueberries, and half of the ice cubes in 5-gallon bucket. Blend using immersion blender until pureed and smooth.</p> <p>2. Place remaining half of yogurt, half of the bananas, all of the frozen strawberries, and half of the ice in another 5-gallon bucket. Blend using immersion blender until pureed and smooth.</p> <p>3. Pour 4 oz of blueberry smoothie into 9 oz cups. It should fill about halfway. Then pour 4 oz of strawberry smoothie on top. This equals an 8 oz smoothie. The strawberry will initially sink into the blueberry smoothie, but then will fill the rest of the cup. Optionally, add swirls using a knife or straw for a fun presentation.</p> <p><b>Note: A 5-gallon bucket can hold 56 servings.</b></p> <p>4. Top each smoothie with 2 Tbsp whipped cream. If dome lids are available, draw unicorn eyes and a horn using a black permanent marker before placing on top of smoothie.</p>
Banana, fresh, EP	2 lb		7 lb		14 lb		
Blueberries, frozen	1 lb 2 oz		3 lb 15 oz		7 lb 14 oz		
Ice cubes		2 cups		1 qt + 3 cups		3 qt + 2 cups	
Strawberries, whole or sliced, frozen	1 lb 2 oz		3 lb 15 oz		7 lb 14 oz		
Whipped cream, real dairy, prepared		2 cups		1 qt + 3 cups		3 qt + 2 cups	
							<p><b>CCP: Hold and serve at 41° F or below.</b></p> <p><b>CCP: No bare hand contact with ready to eat food.</b></p>



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**Notes:**

1 lb EP bananas = 1 lb 9 oz AP bananas or ~4 bananas or 2 cups puree.  
1 lb 2 oz frozen blueberries = 2 cups 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!

**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	218 kcal	6.01	3.69 g	20.35 mg	44.36 mg	32.20 g	3.81 g	23.16 g	10.97 g

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