



Blueberry Banana Smoothie

Recipe Type: Breakfast

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

Ingredients	8 Servings		56 Servings		112 Servings		Directions
	Weight	Measure	Weight	Measure	Weight	Measure	
							CCP: No bare hand contact with ready to eat food.
Yogurt, Greek, vanilla, fat free		1 qt		1 gal + 3 qt		3 gal + 2 qt	1. Place yogurt, frozen blueberries, fresh bananas, and ice cubes in 5-gallon bucket. Blend using immersion blender until pureed and smooth. Note: A 5-gallon bucket can hold 56 servings.
Blueberries, frozen	1 lb 2 oz		7 lb 14 oz		15 lb 12 oz		
Banana, fresh, EP	1 lb		7 lb		14 lb		
Ice cubes		1 cup		1 qt + 3 cups		3 qt + 2 cups	
							2. 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:

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

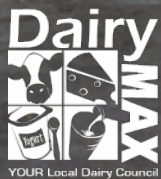
1 lb 2 oz frozen blueberries = 2 cups puree.

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	171 kcal	0.80 g	0.25 g	3.40 mg	40.63 mg	32.47 g	3.76 g	23.14 g	10.68 g

Nutrients generated with NUTRIKIDS® Menu Planning and Nutritional Analysis software and should not be used
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