



## Cherry Banana Apple Blast Smoothie

Recipe Type: Breakfast

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

Ingredients	4 Servings		24 Servings		96 Servings		Directions
	Weight	Measure	Weight	Measure	Weight	Measure	
							<b>CCP: No bare hand contact with ready to eat food.</b>
Banana, fresh, EP	8 oz		3 lbs		12 lbs		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		3 gal	2. Place applesauce in refrigerator day before making smoothies.
Yogurt, Greek, vanilla, fat-free		2 cups		3 qt		3 gal	3. Place applesauce, yogurt, frozen cherries, and frozen banana 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.  <b>Note: A 5-gallon bucket can hold 24 servings.</b>
Cherries, frozen	8.8 oz		3 lbs 5 oz		13 lbs 4 oz		
Milk, fat-free		1 qt		1 gal + 2 qt		6 gal	
							4. Pour 22 oz smoothies into 24 oz cups evenly and top with lid.
							<b>CCP: Hold and serve at 41° F or below.</b> <b>CCP: No bare hand contact with ready to eat food.</b>



**Notes:**

2 cups applesauce = 2 cups fruit puree.

8 oz EP bananas = 12.5 oz AP bananas or ~2 bananas or 1 cup puree.

8.8 oz frozen cherries = 1 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.

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

Do not make this smoothie until day of service; the cherries cause the smoothie to slightly separate.

**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	302 kcal	0.59 g	0.35 g	8.30 mg	144.79 mg	58.07 g	3.83 g	46.82 g	19.47 g

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