



Chocolate Banana Power 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 | |
| Banana, frozen, EP | 1 lb | | 7 lb | | 14 lb | | <p>CCP: No bare hand contact with ready to eat food.</p> <p>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.</p> <p>2. Place yogurt, fresh bananas, frozen bananas, ice cubes, cocoa powder, and nut/seed/soy butter in 5-gallon bucket. Blend using immersion blender until pureed and smooth.</p> <p>Note: A 5-gallon bucket can hold 56 servings.</p> <p>3. Pour 8 oz smoothies into 9 oz cups evenly and top with lid.</p> <p>CCP: Hold and serve at 41° F or below.</p> <p>CCP: No bare hand contact with ready to eat food.</p> |
| Yogurt, Greek, vanilla, fat free | | 1 qt | | 1 gal + 3 qt | | 3 gal + 2 qt | |
| Bananas, fresh, EP | 1 lb | | 7 lb | | 14 lb | | |
| Ice cubes | | 1 cup | | 1 qt + 3 cups | | 3 qt + 2 cups | |
| Cocoa powder | | 1/4 cup + 1 Tbsp | | 2 cups + 3 Tbsp | | 4 1/4 cups + 2 Tbsp | |
| Nut/Seed/Soy butter | | 1/4 cup | | 1 3/4 cup | | 3 1/2 cups | |

Notes:

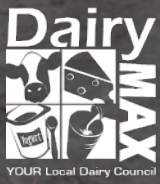
1 lb EP bananas = 1 lb 9 oz AP bananas or ~4 bananas or 2 cups puree.

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 | 247 kcal | 5.04 g | 1.05 g | 3.40 mg | 71.26 mg | 41.35 g | 5.76 g | 25.49 g | 13.44 g |

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