



Mighty Strawberry Banana

Recipe Type: Breakfast

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

Ingredients	4 Servings		24 Servings		96 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 + 2 qt		6 gal	1. Place yogurt, milk, frozen strawberries, and frozen bananas in 5-gallon bucket. Blend using immersion blender until pureed and smooth. Note: A 5-gallon bucket can hold 24 servings.
Milk, fat free		1 qt		1 gal + 2 qt		6 gal	
Strawberries, whole or sliced, frozen	9 oz		3 lb 6 oz		13 lb 8 oz		
Banana, frozen, EP	8 oz		3 lb		12 lb		
							2. Pour 22 oz smoothies into 24 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:

8 oz EP bananas = 12.5 oz AP bananas or ~2 bananas or 1 cup puree.
 9 oz frozen strawberries = 1 cup 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 6-12 lunch (3 items) or breakfast (3 items).

Serving:

1 serving provides 2 oz meat/meat alternate, 1/2 cup fruit, and 1 cup milk.



Portion Size	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
22 fl oz	333 kcal	0.79 g	0.50 g	11.70 mg	180.53 mg	54.99 g	4.43 g	45.59 g	28.46 g

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