



## Peaches & Cream 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, frozen, EP	1 lb		6 lbs		24 lbs		<p>1. Freeze bananas at least one day prior to service. To freeze, peel bananas and lay on sheet pan prepared with pan liners. Do not overlap or pile the bananas. They will stick together. Immediately cover and place in freezer overnight. Once frozen, bananas can be stored together.</p> <p>2. Place milk, yogurt, canned peaches, and frozen bananas in 5-gallon bucket. Blend using immersion blender until pureed and smooth.</p> <p><b>Note: A 5-gallon bucket can hold 24 servings.</b></p>
Milk, fat-free		1 qt		1 gal + 2 qt		6 gal	
Yogurt, Greek, vanilla, fat free		2 cups		3 qt		3 gal	
Peaches, canned, sliced, drained	1 lb 8 oz		9 lb		36 lb		
							3. 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:**

1 lb EP bananas = 1 lb 9 oz AP bananas or ~4 bananas or 2 cups puree.  
 1 lb 8 oz canned, sliced drained peaches = 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.  
 1 smoothie can credit as a reimbursable breakfast meal (3 items).

**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	362 kcal	1.19 g	0.67 g	8.30 mg	183.23 mg	69.16 g	3.52 g	52.07 g	19.77 g

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