



## Peachy Banana Apple 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	
							<b>CCP: No bare hand contact with ready to eat food.</b>
Banana, fresh, EP	8 oz		3 lb 8 oz		7 lb		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 + 1 pint		1 gal + 3 qt	2. Place applesauce in refrigerator day before making smoothies.
Yogurt, Greek, vanilla, fat-free		1 qt		1 gal + 3 qt		3 gal + 2 qt	3. Place applesauce, yogurt, frozen peaches, frozen bananas, and ice cubes in 5-gallon bucket. Blend using immersion blender until pureed and smooth. Taste to ensure smoothie is smooth. If not, continue to blend.  <b>Note: A 5-gallon bucket can hold 56 servings.</b>
Peaches, frozen	9 oz		3 lb 15 oz		7 lb 14 oz		
Ice cubes		1 cup		1 qt + 3 cups		3 qt + 2 cups	
							4. Pour 8 oz smoothies into 9 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 apple sauce = 2 cups fruit puree.

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

9 oz frozen peaches = 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.

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	154 kcal	0.30 g	0.18 g	3.40 mg	40.70 mg	29.31 g	2.31 g	23.35 g	10.36 g

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