



Strawberry Apple 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 | |
| | | | | | | | CCP: No bare hand contact with ready to eat food. |
| Applesauce | | 2 cups | | 3 qt | | 3 gal | 1. Place applesauce in refrigerator day before making smoothies. |
| Yogurt, Greek, vanilla, fat-free | | 2 cups | | 3 qt | | 3 gal | 2. Place applesauce, yogurt, and frozen strawberries 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. Note: A 5-gallon bucket can hold 24 servings. |
| Strawberries, frozen | 1 lb 2 oz | | 6 lb 12 oz | | 27 lb | | |
| Milk, fat-free | | 1 qt | | 1 gal + 2 qt | | 6 gal | |
| | | | | | | | 3. 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:

2 cups applesauce = 2 cups fruit puree.

1 lb 2 oz frozen strawberries = 2 cups 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).

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 | 268 kcal | 0.40 g | 0.29 g | 8.30 mg | 143.42 mg | 50.66 g | 5.20 g | 43.39 g | 18.05 g |

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