



## K-12 Breakfast Base Recipe

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>
Yogurt, Greek, vanilla, fat-free		1 qt		1 gal + 3 qt		3 gal + 2 qt	1. Place yogurt, fresh or canned fruit, frozen fruit, ice cubes, and optional nut/seed/soy butter and/or spinach in 5-gallon bucket. Blend using immersion blender until pureed and smooth.  <b>Note: A 5-gallon bucket can hold 56 servings.</b>
Fresh or canned fruit		2 cups puree*		3 qt + 2 cups puree*		1 gal + 3 qt puree*	
Frozen fruit		2 cups puree**		3 qt + 2 cups puree**		1 gal + 3 qt puree**	
Ice cubes		1 cup		1 qt + 3 cups		3 qt + 2 cups	
<i>Optional Mix-In: Nut/Seed/Soy butter</i>		1/4 cup		1 3/4 cup		3 1/2 cups	
<i>Optional Mix-In: Spinach, fresh</i>	1.2 oz		8.4 oz		1 lb 0.8 oz		2. 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>

### \*Fresh fruit puree weights:

1 lb EP bananas = 1 lb 9 oz AP bananas or ~4 bananas or 2 cups puree.  
 #10 (105 oz) can canned sliced peaches = 72 oz drained or 9 cups = 6 cups puree.  
 #10 (105 oz) can canned sliced pears = 66 oz drained or 9.5 cups = 6.5 cups puree.

### \*\*Frozen fruit puree weights:

1 lb 2 oz frozen strawberries = 2 cups puree.  
 1 lb 2 oz frozen blueberries = 2 cups puree.  
 1 lb 1.2 oz frozen pineapple = 2 cups puree.  
 1 lb 1.6 oz frozen cherries = 2 cups puree.



**Notes:**

Fruit (puree) in smoothies credits as fruit juice. Fruit puree was weighed and measured without the addition of water or other ingredients.

Do not puree fruit and measure for smoothies. Use the weight measure found in the above charts and add whole.

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	162 kcal	0.39 g	0.21 g	3.40 mg	39.99 mg	31.08 g	3.86 g	22.30 g	10.41 g

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