# Breakfast Base Meal Smoothie

Recipe Type: Breakfast
Meal Components: 1 oz M/MA, 1 cup fruit, 1 cup milk
Preparation Time: 45 minutes

| Ingredients | 4 Servings | | 24 Servings | | 96 Servings | | Directions |
|---|---|---|---|---|---|---|---|
| | Weight | Measure | Weight | Measure | Weight | Measure | |
| | | | | | | | *CCP: No bare hand contact with ready to eat food.* |
| Milk, fat-free | | 1 qt | | 1 gal + 2 qt | | 6 gal | 1. Place milk, yogurt, fresh or canned fruit, and frozen fruit in 5-gallon bucket. Blend using immersion blender until pureed and smooth. |
| Yogurt, Greek, vanilla, fat free | | 2 cups | | 3 qt | | 3 gal | |
| Fresh or canned fruit | | 2 cups puree* | | 3 qt puree* | | 3 gal puree* | **Note: A 5-gallon bucket can hold 24 servings.** |
| Frozen fruit | | 2 cups puree** | | 3 qt puree** | | 3 gal puree** | |
| | | | | | | | 2. Pour 22 oz smoothies into 24 oz cups evenly and top with lid. |
| | | | | | | | *CCP: Hold and serve at 41° F or below.* <br> *CCP: No bare hand contact with ready to eat food.* |

**\*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: | Serving: |
|---|---|
| Fruit (puree) in smoothies credits as fruit juice. Fruit puree was weighed and measured without the addition of water or other ingredients. | 1 serving provides 1 oz meat/meat alternate, 1 cup fruit, and 1 cup milk. |
| Do not puree fruit and measure for smoothies. Use the weight measure found in the above charts and add whole. | |
| 1 smoothie can credit as a reimbursable breakfast meal (3 items). | |

| Portion Size | Calories | Total Fat | Saturated Fat | Cholesterol | Sodium | Carbohydrates | Dietary Fiber | Sugars | Protein |
|---|---|---|---|---|---|---|---|---|---|
| **22 fl oz** | 318 kcal | 0.77 g | 0.41 g | 8.30 mg | 142.57 mg | 62.56 g | 7.16 g | 46.26 g | 19.28 g |

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