



Chocolate Banana Power Smoothie

Recipe Type: Breakfast

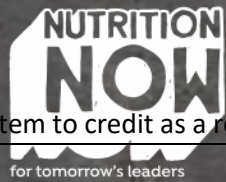
Meal Components: 1 oz M/MA, 1/2 cup fruit

Preparation Time: 50 minutes

Ingredients	8 Servings		56 Servings		112 Servings		Directions
	Weight	Measure	Weight	Measure	Weight	Measure	
Banana, frozen, EP	1 lb		7 lb		14 lb		<p>CCP: No bare hand contact with ready to eat food.</p> <p>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.</p> <p>2. Place yogurt, fresh bananas, frozen bananas, ice cubes, cocoa powder, and nut/seed/soy butter in 5-gallon bucket. Blend using immersion blender until pureed and smooth.</p> <p>Note: A 5-gallon bucket can hold 56 servings.</p> <p>3. Pour 8 oz smoothies into 9 oz cups evenly and top with lid.</p> <p>CCP: Hold and serve at 41° F or below.</p> <p>CCP: No bare hand contact with ready to eat food.</p>
Yogurt, Greek, vanilla, fat free		1 qt		1 gal + 3 qt		3 gal + 2 qt	
Bananas, fresh, EP	1 lb		7 lb		14 lb		
Ice cubes		1 cup		1 qt + 3 cups		3 qt + 2 cups	
Cocoa powder		1/4 cup + 1 Tbsp		2 cups + 3 Tbsp		4 1/4 cups + 2 Tbsp	
Nut/Seed/Soy butter		1/4 cup		1 3/4 cup		3 1/2 cups	

Notes:
<p>1 lb EP bananas = 1 lb 9 oz AP bananas or ~4 bananas or 2 cups puree.</p> <p>Fruit (puree) in smoothies credits as fruit juice. Fruit puree was weighed and measured without the addition of water or other ingredients.</p>

Serving:
<p>1 serving provides 1 oz meat/meat alternate and 1/2 cup fruit.</p>



Pair with 1 more item to credit as a reimbursable breakfast meal!



Portion Size	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
8 fl oz	247 kcal	5.04 g	1.05 g	3.40 mg	71.26 mg	41.35 g	5.76 g	25.49 g	13.44 g

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