

**Implementation of Smoothies
Best Practices**

FAQ	Solution	Best Practice
What factors help determine the use of immersion blender over a product such as Vitamix (brand example)?	Immersion blenders are more commonly used; a standing blender sometimes does not produce fast enough to roll out the quantities needed within a breakfast or lunch period.	
Is the smoothie part of reimbursable meal or ala carte?	Both! Smoothies can be served with another component, for example, with graham crackers to make it reimbursable. Leftovers or extras can be made for ala carte sales at breakfast or lunch.	Left over smoothies can be placed in freezer between meals and used that day. Overnight storage not recommended due to the breakdown in the product.
Ingredients	Yogurt, any fruit drained (frozen preferred), spinach, kale Make no more than 2 flavors each day Change up flavors each day	Bananas make the final product creamier and is a favorite ingredient.
What equipment/supply is needed other than ingredients and blender?	20 oz cups with lid and straw (reimbursable size) Container for mixing 1 gal pitcher or pourable measuring container Spatula	A round mixing container is preferred (rather than square) to prevent ingredients from lodging in the corners. Do not add straw, let the students insert so they will stack.

Day before Service:

- Weigh/measure ingredients
- Place fruit (frozen preferred) in bottom on mixing container; a round container is better to prevent ingredients from lodging in corners; cover fruit with yogurt; Place in cooler and hold
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Day of service:

- Measure milk and add to container and blend with blender
- Place in freezer for about 10 minutes to firm.
- Portion out and hold in refrigerator until service
- Freezer breakfast leftovers in cups with lid and remove about 30 minutes before lunch
- Discard any at end of day