

# FRUIT SMOOTHIE

**MEAL COMPONENT CONTRIBUTION:**

1 oz. eq. meat/meat alternate, ½ cup fruit juice, 1 cup of milk

**NUMBER OF PORTIONS:** 10 **SIZE OF PORTION:** 18 ounces

**RECIPE HACCP PROCESS:** #1 - No cook


MEAT/MEAT ALTERNATE : FRUITS : MILK

INGREDIENT	MEASURE (FOR 10 SERVINGS)
Strawberries, Frozen, Sweetened, Sliced, #1530	1 quart + 3 1/2 cups
Milk, White, Fat Free (Skim) 1/2 pint	2 quarts + 2 cups
Yogurt, Vanilla, Low Fat, Bulk, #1323	1 quart + 1 cup

**DIRECTIONS**

- Use frozen fruit. If frozen fruit is not used, add ice to increase the volume and creaminess if needed. (Adding about ¼ cup of ice per serving will increase the volume by 2 ounces to 20 ounces.)
- Place all of the ingredients in a blender.
- Pulse the smoothie until it is smooth.
- Pour 18 ounces of the smoothie into each appropriate sized cup. Refrigerate the smoothies until ready for service.  
CCP: Cover and refrigerate at 41 degrees F or lower until ready for service.
- Portion one smoothie (18 ounces) per serving. Each portion provides 1 oz. eq. meat/meat alternate, ½ cup fruit juice, and 1 cup of milk.  
CCP: Hold and maintain the product at a maximum temperature of 41 degrees F. Check temperature every 30 minutes. Discard any leftover assembled product.

**PRODUCTION NOTES**

- Vanilla or strawberry fat free milk can be used; however, check crediting information and re-calculate the nutrition analysis.
- Other types of fruit (such as bananas, frozen or fresh blueberries, kiwifruit, canned mandarin oranges, fresh melon, fresh, canned or frozen peaches) may be used, but use frozen fruit for best results.
- Prepare Fruited Smoothie for just in time service. Batch cook: Prepare only what can be served in a 30-minute period to maintain maximum quality.

**PURCHASING GUIDE**

Refer to the USDA FNS Food Buying Guide for School Meal Programs and/or the item's product formulation statement for quantities to purchase if the recipe is altered.

**MISCELLANEOUS NOTES**

If changes are made in ingredients, check the crediting information and re-calculate the nutrition analysis.

**NUTRIENTS PER SERVING**

Calories	347	Dietary Fiber	3.00 g	Sodium	192.00 mg	Sat. Fat	1.80 g
Carbohydrates	63.63 g	Protein	12.00 g	Total Fat	3.35 g	Trans Fat	0.00 g