

# Fruit Smoothie

<b>Servings:</b>	4.00
<b>Serving Size:</b>	1.00 1
<b>Meal Type:</b>	Breakfast
<b>Category:</b>	Entree
<b>HACCP Process:</b>	No Cook

Peanut Butter Banana Fruit Smoothie

## Nutrition Information

<b>Calories</b>	480.00	<b>Protein</b>	11.67g
<b>Fat</b>	12.75g	<b>SaturatedFat</b>	3.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	2.50mg
<b>Carbohydrates</b>	86.17g	<b>Fiber</b>	8.83g
<b>Sugar</b>	45.17g	<b>Sodium</b>	257.50mg
<b>Iron</b>	2.46mg	<b>Vitamin C</b>	16.00mg
<b>Vitamin A</b>	1133.33IU	<b>Calcium</b>	200.00mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
4 cup	143710	BANANA SLCD IQF 20 GFS	
4 Package	123171	CRACKER GRHM ELF CHOC 150-1Z KEEB	
16 Ounce	811500	YOGURT VAN L/F PARFPR 6-4 YOPL	READY_TO_EAT Ready to use with pouch & serving tip.
3		Prairie Farms Fat Free Chocolate Milk	
4 Serving	110780	PEANUT BUTTER SMOOTH 6- 5 COMM	

## Preparation Instructions

Wash hands. Pour 16 ounces of yogurt into blender. Add 4 cups of frozen bananas, 4 TBLS Peanut butter, 3 to 4 chocolate milks up to the 64 ounce line. Blend on high speed for 30 to 40 seconds, until well blended. Pour into four 20 ounce cups. Each smoothie contains 4 ounces of yogurt, 1 cup fruit, 6 to 8 ounces of milk. Offer chocolate elf grahams, or any other one ounce equivalent grain.