

# Fruit Smoothie

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

Blueberry Fruit Smoothie

## Nutrition Information

<b>Calories</b>	305.00	<b>Protein</b>	6.17g
<b>Fat</b>	4.75g	<b>SaturatedFat</b>	1.50g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	2.50mg
<b>Carbohydrates</b>	61.67g	<b>Fiber</b>	6.33g
<b>Sugar</b>	33.67g	<b>Sodium</b>	178.50mg
<b>Iron</b>	1.56mg	<b>Vitamin C</b>	31.00mg
<b>Vitamin A</b>	1033.33IU	<b>Calcium</b>	210.00mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
<b>16 Ounce</b>	811490	YOGURT STRAWB L/F PARFPR 6-4 YOPL	READY_TO_EAT Ready to use with pouch & serving tip.
<b>2 cup</b>	244630	STRAWBERRY WHL IQF 4-5 GFS	
<b>1 cup</b>	143710	BANANA SLCD IQF 20 GFS	
<b>4 8 ounce</b>	2	Fat Free Strawberry Milk	BAKE
<b>4 Package</b>	123171	CRACKER GRHM ELF CHOC 150-1Z KEEB	
<b>1 cup</b>	764740	BLUEBERRIES FZ WILD IQF 30 COMM	

## Preparation Instructions

Wash hands. Pour 16 ounces of yogurt into blender. Add 2 cups of frozen strawberries, 1 cup of frozen bananas, 1 cup frozen blueberries and 4 strawberry 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, 8 ounces of

milk. Offer chocolate elf grahams, or any other one ounce equivalent grain.