

Fruit Smoothie

Servings:	4.00
Serving Size:	1.00
Meal Type:	Breakfast
Category:	Entree
HACCP Process:	No Cook

Strawberry Banana Fruit Smoothie

Nutrition Information

Calories	297.50	Protein	6.17g
Fat	4.75g	SaturatedFat	1.50g
Trans Fat	0.00g	Cholesterol	2.50mg
Carbohydrates	59.92g	Fiber	5.58g
Sugar	33.42g	Sodium	177.50mg
Iron	1.74mg	Vitamin C	44.50mg
Vitamin A	1033.33IU	Calcium	215.00mg

Ingredients

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

Preparation Instructions

Wash hands. Pour 16 ounces of yogurt into blender. Add 3 cups of frozen strawberries, 1 cup of frozen bananas and 3 to 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, 6 to 8 ounces of milk. Offer chocolate elf graham, or any other one ounce equivalent grain.