

Chocolate, Peanut butter, Banana Smoothie



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-51080

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEANUT BUTTER CRMY	3 Quart 1/2 Cup (12 1/2 Cup)	3 1/2 pounds	241851
Banana	38 1/2 Pound	peeled	197769
MILK WHT FF	2 Gallon 2 1/2 Quart (10 1/2 Quart)	20.5 cups	557862
Cocoa	1 Pint 1 Cup (3 Cup)		269654

Preparation Instructions

Instructions

Combine all ingredients in a container. Blend together in with an immersion blender until smooth.

Served chilled.

(if using frozen bananas, peel and smash before freezing. Partially thaw before pureeing with immersion blender)

For small batch, use food processor. Recipe Notes

Variations:

Dessert

For a dessert option, reduce milk to 3 quarts for 50 servings, which will yield 1 cup portions. Partially freeze until it is thick and slushy. It will have a pudding texture. Same crediting will apply.

Serving notes:

Serving size

1 ¼ cup

Yield, volume

62 ½ cups

Crediting: 1/2 cup fruit

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	0.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	267.79
Fat	16.08g
SaturatedFat	3.54g
Trans Fat	0.00g
Cholesterol	2.10mg
Sodium	183.22mg
Carbohydrates	23.44g
Fiber	3.16g
Sugar	13.43g
Protein	10.90g
Vitamin A 209.92IU	Vitamin C 0.00mg
Calcium 145.06mg	Iron 0.89mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available