

# Chocolate, Peanut butter, Banana Smoothie



<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	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

<b>Meat</b>	1.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

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