

Chocolate Banana Smoothie w/Donut Holes



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-23217
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR	4 Ounce	READY_TO_EAT Ready to use with pouch & serving tip.	811500
DONUT HOLE WGRAIN .41Z	3 Each		839520
1% Chocolate Milk	1 Cup	READY_TO_DRINK	1555
BANANA GREEN	1 Each		686503

Preparation Instructions

Smoothie Cup- 672292
Smoothie Lid- 792201
Straw- 705980

18 oz. Smoothie

- 1. Place all ingredients in container. Add ice to increase volume and creaminess if needed.
- 2. Pulse with immersion blender until smooth.
- 3. Pour into appropriate - sized cups.

CCP: Refrigerate until service.

CCP: Hold for cold service below 41 F or lower.

Donut Holes-

Basic Preparation

Thaw and serve.

Meal Components (SLE)

Amount Per Serving

Meat	0.933
Grain	4.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		356.94	
Fat		9.15g	
SaturatedFat		3.97g	
Trans Fat*		0.00g	
Cholesterol		3.73mg	
Sodium		220.90mg	
Carbohydrates		65.13g	
Fiber		4.10g	
Sugar		33.42g	
Protein		7.03g	
Vitamin A	75.52IU	Vitamin C	10.27mg
Calcium	147.23mg	Iron	1.04mg

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

Nutrition - Per 100g

No 100g Conversion Available