

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	12 Cup 8 Tablespoon (12 1/2 Cup)	3 1/2 pounds	241851
Banana	616 Ounce	peeled	197769
MILK WHT FF	42 Cup	20.5 cups	557862
Cocoa	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.

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