

# Strawberry Banana Smoothie

Servings:	16.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-50633
School:	Prairie Crossing		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Strawberries IQF sliced	4 Cup		110860
BANANA TURNING SNGL 150CT	8 Each		197769
YOGURT VAN L/F	8 Cup		881161
1% Low Fat White Milk*	8 Cup		13871

## Preparation Instructions

1. Add all ingredients to blender.
  2. Pulse until smooth. Pour into cups.
  3. Refrigerate until serve. Hold for cold service at 41 degrees F or below.
- Please note that the fruit in the smoothie counts as juice. A student should not be able to take both a smoothie and juice at breakfast.

## 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>Beans, Peas, and Lentils</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>		228.98	
<b>Fat</b>		2.94g	
<b>Saturated Fat</b>		1.50g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		14.96mg	
<b>Sodium</b>		131.90mg	
<b>Carbohydrates</b>		42.66g	
<b>Fiber</b>		2.50g	
<b>Sugar</b>		28.43g	
<b>Added Sugar</b>		0.00g	
<b>Protein</b>		8.98g	
<b>Vitamin A</b>	107.76mcg	<b>Vitamin C</b>	5.14mg
<b>Calcium</b>	302.43mg	<b>Iron</b>	0.21mg

## Nutrition - Per 100g

No 100g Conversion Available