

# Strawberry Smoothie w/Donut Holes

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-23206
<b>School:</b>	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
STRAWBERRY SLCD 4+1	1/2 Cup		293393
MILK WHT FF	1 Cup		557862
DONUT HOLE YST RSD WGRAIN FZ	3 Each		583292

## Preparation Instructions

Smoothie Cup- 672292 (20 oz) or 672312 (16 oz)

Smoothie Lid- 792210

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

Amount Per Serving

<b>Meat/Meat Alternate</b>	1.119
<b>Grain</b>	1.200
<b>Fruit</b>	0.500
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	248.23
<b>Fat</b>	1.38g
<b>Saturated Fat</b>	0.67g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	8.73mg
<b>Sodium</b>	176.89mg
<b>Carbohydrates</b>	55.51g
<b>Fiber</b>	1.11g
<b>Total Sugar</b>	37.01g
<b>Added Sugar</b>	26.96g
<b>Protein</b>	12.25g
<b>Vitamin A</b> 499.83mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 442.89mg	<b>Iron</b> 0.64mg

## Nutrition - Per 100g

No 100g Conversion Available