

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
1% Chocolate Milk	1 Cup	READY_TO_DRINK	1555
BANANA GREEN	1 Each		686503
DONUT HOLE YST RSD WGRAIN FZ	3 Each		583292

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

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	339.93
Fat	4.08g
Saturated Fat	2.17g
Trans Fat	0.00g
Cholesterol	13.73mg
Sodium	305.19mg
Carbohydrates	75.51g
Fiber	3.21g
Total Sugar	44.51g
Added Sugar	12.96g
Protein	13.25g
Vitamin A 248.55mcg	Vitamin C 10.27mg
Calcium 417.89mg	Iron 0.38mg

Nutrition - Per 100g

No 100g Conversion Available