



Blueberry Banana Smoothie

Recipe Type: Breakfast

Meal Components: 1 oz M/MA, 1/2 cup fruit

Preparation Time: 40 minutes

| Ingredients | 8 Servings | | 56 Servings | | 112 Servings | | Directions |
|----------------------------------|------------|---------|-------------|---------------|--------------|---------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| | Weight | Measure | Weight | Measure | Weight | Measure | |
| Yogurt, Greek, vanilla, fat free | | 1 qt | | 1 gal + 3 qt | | 3 gal + 2 qt | <p>CCP: No bare hand contact with ready to eat food.</p> <p>1. Place yogurt, frozen blueberries, fresh bananas, and ice cubes in 5-gallon bucket. Blend using immersion blender until pureed and smooth.</p> <p>Note: A 5-gallon bucket can hold 56 servings.</p> |
| Blueberries, frozen | 1 lb 2 oz | | 7 lb 14 oz | | 15 lb 12 oz | | |
| Banana, fresh, EP | 1 lb | | 7 lb | | 14 lb | | |
| Ice cubes | | 1 cup | | 1 qt + 3 cups | | 3 qt + 2 cups | |
| | | | | | | | 2. Pour 8 oz smoothies into 9 oz cups evenly and top with lid. |
| | | | | | | | <p>CCP: Hold and serve at 41° F or below.</p> <p>CCP: No bare hand contact with ready to eat food.</p> |

Notes:

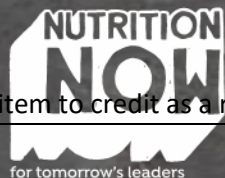
1 lb EP bananas = 1 lb 9 oz AP bananas or ~4 bananas or 2 cups puree.

1 lb 2 oz frozen blueberries = 2 cups puree.

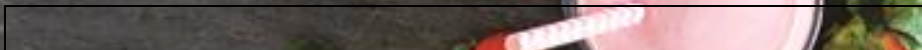
Fruit (puree) in smoothies credits as fruit juice. Fruit puree was weighed and measured without the addition of water or other ingredients.

Serving:

1 serving provides 1 oz meat/meat alternate and 1/2 cup fruit.



Pair with 1 more item to credit as a reimbursable breakfast meal!



| Portion Size | Calories | Total Fat | Saturated Fat | Cholesterol | Sodium | Carbohydrates | Dietary Fiber | Sugars | Protein |
|--------------|----------|-----------|---------------|-------------|----------|---------------|---------------|---------|---------|
| 8 fl oz | 171 kcal | 0.80 g | 0.25 g | 3.40 mg | 40.63 mg | 32.47 g | 3.76 g | 23.14 g | 10.68 g |

Nutrients generated with NUTRIKIDS® Menu Planning and Nutritional Analysis software and should not be used for medical conditions or food allergies.