



Green Machine Smoothie

Recipe Type: Breakfast

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

Preparation Time: 45 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 pineapple, fresh bananas, ice cubes, and spinach in 5-gallon bucket. Blend using immersion blender until pureed and smooth.</p> <p>Note: A 5-gallon bucket can hold 56 servings.</p>
Pineapples, frozen	1 lb 1.2 oz		7 lb 8.4 oz		15 lb 0.8 oz		
Banana, fresh, EP	1 lb		7 lb		14 lb		
Ice cubes		1 cup		1 qt + 3 cups		3 qt + 2 cups	
Spinach, fresh	1.2 oz		8.4 oz		1 lb 0.8 oz		
							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 1.2 oz frozen pineapple = 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.
 Pair with 1 more item to credit as a reimbursable breakfast meal!

Serving:

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



Portion Size	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein
8 fl oz	192 kcal	0.47 g	0.22 g	3.40 mg	44.57 mg	38.39 g	2.80 g	30.62 g	10.78 g

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