



DAIRY DELICIOUS SMOOTHIES

Recipes Yield: 50 Servings — Serving: 10 oz. Smoothie
Credits as 1 M/MA & ½ Cup Pureed Fruit Juice

Very Berry Smoothie

Very Berry Smoothie:

200 oz. vanilla yogurt
7 lbs. frozen blueberries, whole
7 lbs. frozen strawberries, whole
1 gallon milk

Strawberry Banana Smoothie

Strawberry Banana Smoothie:

200 oz. vanilla yogurt
13 lbs. frozen strawberries, whole
8 bananas
1 gallon milk

Go Green Smoothie

Go Green Smoothie:

200 oz. vanilla yogurt
14 lbs. canned pears, halves, drained
4 bananas
2 lbs. raw spinach
1 gallon milk

Sunrise Surprise Smoothie

Sunrise Surprise Smoothie:

200 oz. vanilla yogurt
14 lbs. canned Mandarin oranges, drained
1 gallon strawberry milk
½ T vanilla extract

Peachy King Smoothie:

200 oz. vanilla yogurt
14 lbs. frozen peaches, sliced
1 gallon milk

TIPS & TRICKS

- Experiment with various yogurt and milk flavors.
- Add bananas or additional yogurt to thicken your smoothies.
- Try fresh, frozen or canned fruits—Check your Food Buying Guide for crediting.
- Blend frozen fruit with yogurt and then add the milk last—Blend until smooth!
- Program operators should determine the volume/crediting after pureeing.
- For additional crediting information consult your state school nutrition department.

Peachy King

