


Banana Berry Smoothie

 Cooking time: 5 minutes

HACCP Process #1 No Cook Preparation



1 Serving Provides:

CACFP: ¾ cup Fruit

NSLP: ¾ cup Fruit

SFSP: ¾ cup Fruit

Ingredients	48 Servings		96 Servings	
	Weight	Measure	Weight	Measure
Banana, peeled and sliced	4 pounds	3 quarts	8 pounds	1 gallon + 2 quarts
Frozen berries, unsweetened	4 pounds	3 quarts	8 pounds	1 gallon + 2 quarts
Milk, nonfat or 1%		3 quarts		1 gallon + 2 quarts
Orange juice		3 quarts		1 gallon + 2 quarts



Directions

1. Combine all ingredients in a blender, working in batches if necessary. Puree until completely smooth.

CCP: Hold for cold service at 41°F or below.

Serve immediately in 1 cup portions.

Serving	Yield	Volume
1 cup	48 servings, about 20 pounds	48 servings, about 3 gallons
	96 servings, about 40 pounds	96 servings, about 6 gallons

Nutrients Per Serving					
Calories	104	Sodium	37 mg	Vitamin A	232 IU
Total Fat	1 g	Carbohydrate	22 g	Vitamin C	44 mg
Saturated Fat	0.5 g	Dietary Fiber	2 g	Iron	0.5 mg
Cholesterol	2 mg	Protein	3 g	Calcium	101 mg