Popeye Power Smoothie



1 Serving Provides:

CACFP: ½ cup Fruit Juice, ¼ cup Vegetable NSLP: ½ cup Fruit Juice, ¼ cup Dark Green Vegetable SFSP: ½ cup Fruit Juice, ¼ cup Vegetable

HACCP Process #1 No Cook Preparation

	12 Se	rvings	24 Servings			
Ingredients	Weight	Measure	Weight	Measure		
Orange juice		3 cups		1 quart + 2 cups		
Pineapple juice		1½ cups		3 cups		
Low-fat yogurt, plain or vanilla		1½ cups		3 cups		
Banana, peeled and sliced	1 pound	3 cups	2 pounds	1 quart + 2 cups		
Fresh spinach leaves, washed		2 cups		1 quart		
Crushed ice		3 cups		1 quart + 2 cups		



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	Nutrients Per Serving						
1 cup	12 servings, about 5 pounds 24 servings, about 10 pounds	12 servings, about 3 quarts 24 servings, about 6 quarts	Calories Total Fat Saturated Fat	99 0.7 g 0.4 g	g Carbohydrate	27 mg 22 g 1 a	Vitamin A Vitamin C Iron	577 IU 43 mg 0.4 mg	
			Cholesterol	2 mg	Protein	3 g	Calcium	72 mg	

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