

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

Ingredients	12 Servings		24 Servings	
	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
1 cup	12 servings, about 5 pounds 24 servings, about 10 pounds	12 servings, about 3 quarts 24 servings, about 6 quarts

Nutrients Per Serving					
Calories	99	Sodium	27 mg	Vitamin A	577 IU
Total Fat	0.7 g	Carbohydrate	22 g	Vitamin C	43 mg
Saturated Fat	0.4 g	Dietary Fiber	1 g	Iron	0.4 mg
Cholesterol	2 mg	Protein	3 g	Calcium	72 mg