


# 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	12 Servings		24 Servings	
	Weight	Measure	Weight	Measure
Banana, peeled and sliced	1 pound	3 cups	2 pounds	6 cups
Frozen berries, unsweetened	1 pound	3 cups	2 pounds	6 cups
Milk, nonfat or 1%		3 cups		6 cups
Orange juice		3 cups		6 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	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