

# 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	48 Servings		96 Servings	
	Weight	Measure	Weight	Measure
Orange juice		3 quarts		1 gallon + 2 quarts
Pineapple juice		1 quart + 2 cups		3 quarts
Low-fat yogurt, plain or vanilla		1 quart + 2 cups		3 quarts
Banana, peeled and sliced	4 pounds	3 quarts	8 pounds	1 gallon + 2 quarts
Fresh spinach leaves, washed		2 quarts		1 gallon
Crushed ice		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	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