



## **BANANA PINEAPPLE SMOOTHIE**

Recipe Project Name/Written By:	Chartwells + Dairy Management, Inc.
<b>Recipe Category:</b> Breakfast, Grab n' Go, Quick Scratch	
Cooking Process:	#1 No Cook
Prep Time:	50 minutes
Cook Time:	
Total Time:	50 minutes
K-12 Portion Size:	9.5 fluid ounces

Meal Pattern Contribution: 1 oz eq m/ma, 1/2 cup fruit

INCREDIENTE	16 Servings		64 Servings		DIDIONIONA	
INGREDIENTS	Weight	Measure	Weight	Measure	DIRECTIONS	
Pineapple, chunks or tidbits, canned, in juice, drained	2 lb	1/2 - #10 can	8 lb	2 - #10 cans	CCP: No bare hand contact with ready to eat food.	
Banana, ripe, frozen, EP	2 lb		8 lb		1. Refrigerate pineapple night before service.	
Yogurt, vanilla, low-fat, reduced sugar	4 lb		16 lb		2. Freeze bananas at least one day prior to service. To freeze, peel bananas, and lay on lined sheet pans in a single layer. Cover and place in the freezer overnight. Once frozen, bananas can be stored together.	
Milk, skim or low-fat		1 qt		1 gal	CCP: No bare hand contact with ready to eat food.	
					3. Place yogurt, canned pineapple, frozen bananas, and milk in a 5 gallon bucket. Blend using an immersion blender until pureed and smooth.	
					4. Pour 9.5 fl oz smoothies into 12 fl oz cups. Serve one smoothie to each student.	
					CCP: Hold and serve at 41° F or below.	

## BANANA PINEAPPLE SMOOTHIE

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nutrition information			
Serving Size	9.5 fluid ounces		
NUTRIENTS	AMOUNT		
Calories	185		
Total Fat	1 g		
Saturated Fat	0 g		
Cholesterol	5 mg		
Sodium	100mg		
Total Carbohydrate	38 g		
Dietary Fiber	3 g		
Total Sugars	27 g		
Added Sugars	5 g		
Protein	7 g		
Vitamin D	2.7 mcg		
Calcium	180 mg		
Iron	0.4 mg		
Potassium	669 mg		
N/A=data not available.			

## **ALLERGENS: Milk**

Allergen and nutrient information may vary based on the specific products and ingredients used on site.

## \*MARKETING GUIDE

Food as Purchased for	16 Servings	64 Servings
Bananas, fresh	3 lb 2 oz	12 lb 8 oz

	NOTES
*See Marketing Guide for AP (As Purchased) weights when EP (Edible Portion) weights are proving the recipe.	
#10 can pineapple chunks = 64.6 oz drained or 8 cups = 7.89 cups puree.	
Yield may slightly vary depending on blender and products.	

YIELD/VOLUME	
16 Servings	64 Servings
Total Volume: 1 gal 3 cups	Total Volume: 2 gal + 1 qt + 2 cups
Total Weight: 10 lb 1 oz	Total Weight: 40 lb 4 oz

