



# create-a-smoothie



Choose fluid milk, fruit and vegetable. Select yogurt. Add choices to blender and cover.



Pulse until smooth. Pour into cups.



Refrigerate until service. Hold for cold service at 41 F° or below.

Milk, yogurt, fruit and vegetables in smoothies can be credited at breakfast and lunch. Smoothies must be prepared by program operators and use ingredient quantities that meet meal pattern requirements. Fruit and vegetables in smoothies are credited as juice.

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Adapted from Western Dairy Association



NewEnglandDairyCouncil.org

## fluid milk

- Fluid Milk
  - Fat-free or Low-fat, unflavored
  - Flavored Fat-free
  - Lactose-free, low-fat unflavored or fat-free (unflavored or flavored)

## yogurt

- Low-fat or Fat-free Yogurt
  - Plain
  - Vanilla
  - Fruit-flavored
  - Greek Style

## fruit and vegetables

Use frozen for best consistency.

- Bananas
- Beets
- Berries
- Carrots
- Cherries, pitted
- Kale
- Kiwi
- Mango
- Melons
- Papaya
- Peaches
- Pineapple
- Pumpkin
- Spinach

## extras (optional)

- Cinnamon
- Cocoa powder
- Ginger
- Mint
- Nutmeg
- Vanilla

## Peach Pie Smoothie

Recipe yields 10 middle/high school-sized smoothies.

*Credit as 1 cup of milk, ½ ounce equivalent of meat/meat alternate and 1 cup of juice*

### Ingredients:

- 80 fl oz fat-free milk
- 20 oz vanilla yogurt
- 5 C pureed frozen banana pieces
- 5 C pureed frozen peach slice

### Preparation Instructions:

- 1) Add all ingredients into blender and pulse until smooth.
- 2) Pour into cups.
- 3) Refrigerate until service.
- 4) Hold for cold service at 41°F or below.

**Tip** - Sprinkle graham cracker crumbs on top for a little crunch!

# Reimbursable Smoothie Recipes

## Middle/High School Base Recipe

Makes 10, 14-16 oz. servings

*Credit as 1 cup of milk, ½ ounce equivalent of meat/meat alternate and 1 cup of juice*

Ingredients:	Amount:
Milk, fat-free or low-fat	80 fl oz
Yogurt, vanilla, low-fat	20 oz
Frozen fruit, pureed	10 cups

## Elementary School Base Recipe

Makes 10, 10-12 oz. servings

*Credit as 1 ounce equivalent of meat/meat alternate and ½ cup of juice*

Ingredients:	Amount:
Milk, fat-free or low-fat	20 fl oz
Yogurt, vanilla, low-fat	40 oz
Frozen fruit, pureed	5 cups



## Razzle Dazzle Smoothie

Recipe yields 10 elementary-sized smoothies

*Credit as 1 ounce equivalent of meat/meat alternate and ½ cup of juice*

### Ingredients:

20 fl oz fat-free milk

40 oz vanilla yogurt

2 1/2 C pureed frozen mixed berries

2 1/2 C pureed frozen banana pieces

### Preparation Instructions:

- 1) Add all ingredients into blender and pulse until smooth.
- 2) Pour into cups.
- 3) Refrigerate until service.
- 4) Hold for cold service at 41°F or below.

**Tip** - Have extra canned commodity fruits? Freeze them overnight for use in tomorrow's smoothies!

# Smoothie Tips

## Smoothie 101

- Blended yogurt fruit beverages or smoothies are a healthier offering than just fruit juice because they contain all the fiber of fruit with the added nutritional benefit of yogurt.
- Smoothies are easy to make – can contain as few as three ingredients – yogurt, fruit and milk.
- Utilize USDA fruits in an exciting way.
- Please consult USDA's Food Buying Guide for proper component crediting and accurate yields on fruit and vegetables.

## Ingredient Tips

- Stockpile chunks of peeled, overripe bananas in the freezer to add to smoothies.
- Add fresh fruit to canned or frozen fruit to perk up the flavor.
- Pair a smoothie with a whole grain option such as bagel, cereal bar or muffin for a balanced meal.
- Pair low acid fruits like blueberries with higher acid fruits like strawberries for a bigger flavor impact.
- Swap fat-free chocolate milk for plain milk in your banana or cherry smoothie for a great chocolaty taste!
- Freeze chunks of melon to make a smoothie.
- Add spinach or kale to produce a vibrant green color and big nutritional boost.



## Preparation Tips

- Smoothies may be prepared the day before and held chilled overnight.
- Add bananas for added sweetness, nutrition and a creamy texture. Serve immediately or freeze. Banana-based smoothies will darken if refrigerated overnight.
- Smoothies can be frozen if you need to hold longer than overnight. Leave some headroom in the cup since they will expand when frozen.
- Use frozen fruits or freeze drained, canned fruits to give smoothies a thicker consistency.
- If smoothies are thicker than desired, add milk to thin.
- Refrigerate canned fruits overnight for chilled smoothie prep in the morning or make smoothies ahead and chill overnight.

Adapted from General Mills  
Bakeries and Foodservice



## Merchandising Tips

- Have smoothie tastings to familiarize students with new offerings and generate enthusiasm.
- Have a "name the smoothie" or smoothie recipe contest.
- Name smoothies after the school mascot or a favorite staff member.
- Make smoothies "holiday" colors: use strawberries for Valentine's Day, add spinach for St. Patrick's Day.
- Layer contrasting colors/flavors of smoothies.
- Make smoothies in school colors.
- Serve in school logo cups for fundraisers.
- Garnish with a paper parasol for holidays.

## Serving Tips

- Top with slices or chunks of fruit used in the smoothie.
- Sprinkle cinnamon or nutmeg across the top of smoothies.
- Serve smoothies in clear plastic cups to help them look more visually appealing.
- Offer lids with your smoothies so that students may be able to finish them in the classroom.



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