

SMOOTHIE RECIPE GUIDE

DAIRY
GOOD
SMOOTHIES



CREATE-A-SMOOTHIE

STEP 1 Select fluid milk, yogurt, fruits, and/or vegetables. Add ingredients to blender and cover.

STEP 2 Pulse until smooth.

STEP 3 Hold for cold service at 41F° or below.

Did you know that smoothies can be included as part of a reimbursable breakfast or lunch?

Milk, yogurt, fruits, 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. Fruits and vegetables in smoothies are credited as juice.

Smoothie Ingredients

Fluid Milk

Low-fat or Fat-free, flavored or unflavored, including lactose-free (in accordance with USDA regulations)

Low-fat or Fat-free Yogurt

Plain	Fruit-flavored
Vanilla	Greek Style

Fruits and Vegetables

Use frozen fruits for best consistency

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

Extras (optional)

Cinnamon	Mint
Cocoa	Nutmeg
Ginger	Vanilla

Middle/High School Base Recipe

Makes 10, 12-16 oz. servings

Credit as 1 cup of milk, ½ oz. equivalent of meat/meat alternate, and 1 cup of juice

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

Elementary School Base Recipe

Makes 10, 10-12 oz. servings

Credit as 1 oz. equivalent of meat/meat alternate, and 1/2 cup of juice

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

Watch our smoothie how-to videos on NewEnglandDairyCouncil.org for a bonus recipe, Razzle Dazzle Smoothie!

Smoothie 101

- ✔ Smoothies are a healthier offering than just fruit juice because they contain all the fiber of whole fruit with the added nutritional benefits of milk & yogurt.
- ✔ Smoothies are easy to make and can contain as few as three ingredients – yogurt, fruit, and milk.
- ✔ Use commodity fruits to lower cost.

Ingredient Tips

- ✔ Save peeled overripe bananas and leftover chunks of melon in the freezer to add to future smoothies.
- ✔ Remove frozen fruit from freezer 30 minutes prior to blending.
- ✔ Pair low acid fruits like blueberries with higher acid fruits like strawberries for a bigger flavor impact.
- ✔ Swap chocolate milk for white milk for a great chocolaty taste.
- ✔ Add spinach or kale to produce a vibrant green color and big nutritional boost.
- ✔ Consult USDA's Food Buying Guide for proper component crediting and accurate yields on fruits and vegetables.
- ✔ When developing standardized recipes, weigh volumes of pureed fruit to include in the final recipe. Test all your recipes in advance of serving to students.

Preparation Tips

- ✔ Watch our smoothie how-to videos for preparation tips and tricks.
- ✔ Smoothies may be prepared the day before and held in the refrigerator overnight.
- ✔ Include bananas for added sweetness and a creamy texture. Serve immediately or freeze. Banana-based smoothies will darken if refrigerated overnight.
- ✔ Use frozen fruits or freeze drained canned fruits to give smoothies a thicker consistency.
- ✔ If smoothies are thicker than desired, add milk to thin.
- ✔ Smoothies can be frozen if you need to hold longer than overnight. Leave some room in the cup since they will expand when frozen.

Serving Tips

- ✔ Serve smoothies in clear plastic cups to maximize their visual appeal.
- ✔ Offer lids with your smoothies and make them grab-n-go.
- ✔ Pair a smoothie with a whole grain option such as bagel, cereal bar, or muffin for a balanced meal.

Marketing & Merchandising Tips

- ✔ Use our smoothie labels to identify different flavors.
- ✔ Have smoothie tastings to introduce students to new flavors and generate excitement.
- ✔ Display daily options using point of sale materials.
- ✔ Have students “name the smoothie,” award prizes and put your favorite name on the menu.
- ✔ Use our smoothie club cards, and reward students who purchase 10 smoothie meals.
- ✔ Host a “smoothie blend-off” contest. Check out our blend-off guide to learn how.
- ✔ Spread the word about your smoothies using our social media sample posts.
- ✔ Name smoothies after the school mascot or a favorite staff member.
- ✔ Make holiday smoothies: use strawberries for Valentine's Day and spinach for St. Patrick's Day.
- ✔ Create smoothie parfaits with contrasting color layers.
- ✔ Make smoothies in school colors or serve in school logo cups.
- ✔ Garnish with a paper parasol or a fruit chunk for holidays or special occasions.
- ✔ Sprinkle with cinnamon, nutmeg, or cocoa powder.
- ✔ Celebrate with fun straws.



Acknowledgements

We would like to acknowledge and thank the following school districts and organizations for sharing their delicious recipes with us.

American Dairy Association North East and United Dairy Industry of Michigan

Barre Town Middle & Elementary School, Barre, VT

Billerica Public Schools, Billerica, MA

Groton Public Schools, Groton, CT

Milford Public Schools, Milford, NH

Milton Public Schools, Milton, MA

North Providence Public Schools, North Providence, RI

RI 2016 School Breakfast Recipe Challenge winner, Pier Middle School, Narragansett, RI

Providence Public Schools, Providence, RI

Southington Public Schools, Southington, CT

Waltham Public Schools, Waltham, MA

THANK YOU!

Portion Size Key

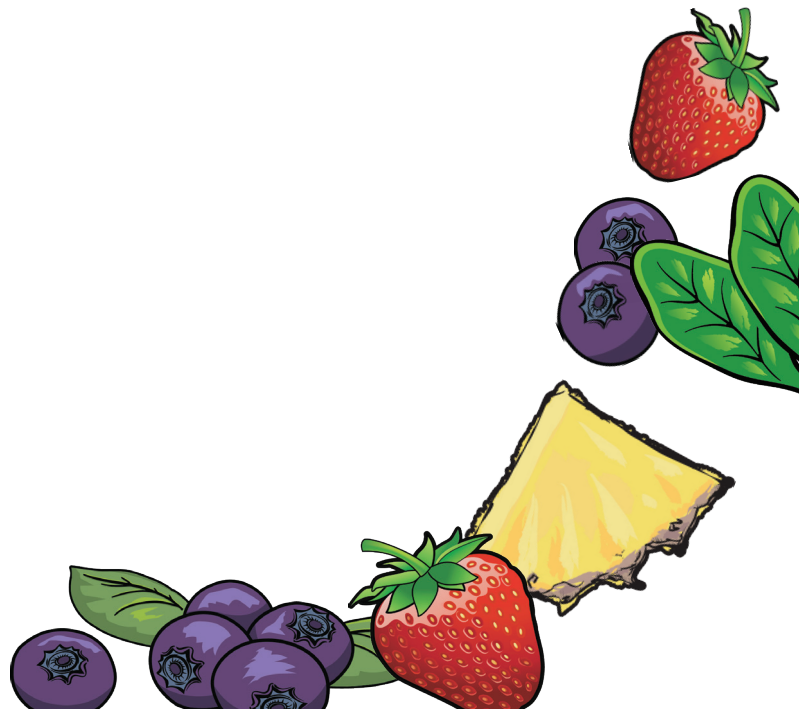


Appropriate for a middle or high school portion size



Appropriate for an elementary school portion size

Partial funding provided by the dairy farm families of Connecticut.





The Brotein Smoothie



Appropriate for a middle
or high school portion size

2 ½ C low-fat vanilla yogurt

10 C low-fat milk

5 C pureed strawberries

2 ½ C sunflower seed butter

**Credits as 1 C milk, 2 oz. equivalent meat/meat
alternate, and ½ C juice**

Makes 10 smoothies

*Adapted from recipe submitted by Billerica Public Schools,
Billerica, MA*



Sunflower Butter and Jelly Smoothie



Appropriate for an elementary
school portion size

5 C low-fat vanilla yogurt

5 C pureed strawberries

1 ¼ C sunflower seed butter

2 ½ C low-fat milk

**Credits as at least 1 oz. equivalent meat/meat
alternate and ½ C juice**

Makes 10 smoothies

*Adapted from recipe submitted by Billerica Public Schools,
Billerica, MA*



Falcon Nest Winter Escape Smoothie



Appropriate for an elementary
or middle school portion size

5 medium pureed bananas (frozen)

5 C low-fat vanilla yogurt

2 ½ C 100% apple juice

2 ½ C pureed frozen blueberries

1 ¼ tsp cinnamon

1 ¼ tsp ginger

**Credits as at least 1 oz. meat/meat alternate
and at least 1/2 C juice**

Makes 10 smoothies

Adapted from recipe submitted from Groton Public Schools, Groton, CT

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The Green Monster Smoothie



Appropriate for a middle
or high school portion size

5 C low-fat vanilla yogurt

10 C low-fat milk

5 medium pureed bananas

**10 C thawed pureed frozen peeled
apple slices**

5 C packed baby spinach

**Credits as 1 C milk, 1 oz. equivalent meat/meat
alternate, and at least 1 ½ C juice**

Makes 10 smoothies

*Adapted from recipe submitted from Barre Town Middle & Elementary
School, Barre, VT*



The Green Monster Smoothie



Appropriate for an elementary
or middle school portion size

5 C low-fat vanilla yogurt

5 medium pureed bananas

**5 C thawed pureed frozen peeled
apple slices**

1 ¼ C packed baby spinach

**Credits as 1 oz. equivalent meat/meal alternate
and at least ½ C juice**

Makes 10 smoothies

*Adapted from recipe submitted from Barre Town Middle & Elementary
School, Barre, VT*



Lemonade Stand Smoothie



Appropriate for a middle
or high school portion size

2 ½ C low-fat yogurt

10 C low-fat milk

⅔ C lemon juice, chilled

10 C applesauce, chilled

**Credits as 1 C milk, ½ oz. equivalent meat/meat
alternate, and 1 C juice**

Makes 10 smoothies

Adapted from recipe submitted by Milton Public Schools, Milton, MA



Lemonade Stand Smoothie



Appropriate for an elementary
school portion size

5 C low-fat yogurt

2 ½ C unsweetened apple juice, chilled

⅓ C + 1 TBSP lemon juice, chilled

2 ½ C applesauce, chilled

**Credits as 1 oz. equivalent meat/meat alternate
and 1/2 C juice**

Makes 10 smoothies

Adapted from recipe submitted by Milton Public Schools, Milton, MA

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Lucky Green Smoothie



Appropriate for a middle
or high school portion size

10 C low-fat milk

5 C low-fat vanilla yogurt

5 C pureed raspberries

5 C pureed strawberries

2 ½ C packed kale

3 TBSP + 1 tsp pomegranate juice

**Credits as 1 oz. equivalent meat/meat alternate
and 1/2 C juice**

Makes 10 smoothies

*Adapted from the RI 2016 School Breakfast Recipe Challenge winner,
Pier Middle School, Narragansett, RI*



Lucky Green Smoothie



Appropriate for an elementary school portion size

5 C low-fat milk

2 ½ C low-fat vanilla yogurt

2 ½ C pureed raspberries

2 ½ C pureed strawberries

2 ½ C packed kale

3 TBSP + 1 tsp pomegranate juice

Credits as ½ C milk, ½ oz. equivalent meat/meat alternate, and at least ½ C juice

Makes 10 smoothies

Adapted from the RI 2016 School Breakfast Recipe Challenge winner, Pier Middle School, Narragansett, RI



Mint Chocolate Chip Smoothie



Appropriate for a middle
or high school portion size

2 ½ C low-fat yogurt

10 C low-fat milk

10 pureed frozen bananas

5 C packed baby spinach

1 ¼ tsp mint extract

3 TBSP chocolate chips

2 TBSP cocoa powder

**Credits as 1 C milk, ½ oz. equivalent meat/meat
alternate, and 1 C juice**

Makes 10 smoothies

Adapted from recipe submitted by Waltham Public Schools, Waltham, MA



Mint Chocolate Chip Smoothie



Appropriate for an elementary
school portion size

5 C low-fat yogurt

5 C low-fat milk

10 pureed frozen bananas

2 ½ C packed baby spinach

1 ¼ tsp mint extract

3 TBSP chocolate chips

2 TBSP cocoa powder

**Credits as ½ C milk, ½ oz. equivalent meat/meat
alternate, and at least ½ C juice**

Makes 10 smoothies

Adapted from recipe submitted by Waltham Public Schools, Waltham, MA

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Mixed Berry Banana Smoothie



Appropriate for an elementary
school portion size

5 C low-fat vanilla yogurt

2 ½ C pureed frozen blueberries, thawed

2 ½ C pureed frozen strawberries, thawed

1 ¼ pureed medium bananas

⅔ C low-fat milk

¾ C + 1 TBSP orange juice

**Credits as 1 oz. equivalent meal/meat alternate and at
least ½ C juice**

Makes 10 smoothies

*Adapted from recipe submitted by Southington Public
Schools, Southington, CT*



Pineapple Mango Smoothie



Appropriate for a middle
or high school portion size

**5 C pureed frozen pineapple and
mango, mixed**

2 ½ medium pureed frozen bananas

¾ C + 1 TBSP orange juice

5 C vanilla yogurt

10 C milk

**Credits as 1 C milk, 1 oz. equivalent meat/meat
alternate, and at least ½ C juice**

Makes 10 smoothies

*Adapted from recipe submitted by Milford Public Schools,
Milford, NH*



Pineapple Mango Smoothie



Appropriate for an elementary school portion size

2 ½ C pureed frozen pineapple and mango, mixed

5 medium pureed frozen bananas

⅔ C orange juice

2 ½ C low-fat vanilla yogurt

5 C low-fat milk

Credits as ½ C milk, ½ oz. equivalent meat/meat alternate, and at least ½ C juice

Makes 10 smoothies

Adapted from recipe submitted by Milford Public Schools, Milford, NH

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The Roger Rabbit Smoothie



Appropriate for a middle
or high school portion size

5 C pureed carrot, raw

2 ½ C pureed pineapple chunks

5 pureed frozen medium bananas

5 tsp ginger, ground

5 tsp cinnamon, ground

5 C low-fat vanilla yogurt

10 C low-fat milk

Credits as 1 C milk, 1 oz. equivalent meat/meat
alternate, and 1 C juice

Makes 10 smoothies

*Adapted from American Dairy Association North East and
United Dairy Industry of Michigan*



Very Berry Smoothie



Appropriate for a middle
or high school portion size

10 C low-fat milk

10 C pureed frozen berry blend

5 C low-fat vanilla yogurt

**Credits as 1 C milk, 1 oz. equivalent meat/meat
alternate, and 1 C juice**

Makes 10 smoothies

*Adapted from recipe submitted by Providence Public Schools,
Providence, RI*



Very Berry Smoothie



Appropriate for an elementary school portion size

5 C low-fat milk

5 C pureed frozen berry blend

5 C low-fat vanilla yogurt

Credits as ½ C milk, 1 oz. equivalent meat/meat alternate, and ½ C juice

Makes 10 smoothies

Adapted from recipe submitted by Providence Public Schools, Providence, RI

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Peach Pie Smoothie



Appropriate for a middle
or high school portion size

10 C low-fat milk

2 ½ C low-fat vanilla yogurt

5 C pureed frozen banana

5 C pureed frozen peach slices

**Credits as 1 C milk, ½ oz. equivalent meat/meat
alternate, and 1 C juice**

Makes 10 smoothies

*Adapted from New England Dairy & Food Council Registered
Dietitian Jill Read*

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Strawberry Banana Smoothie



Appropriate for a middle
or high school portion size

5 pureed frozen medium bananas

5 C low-fat vanilla yogurt

5 C pureed strawberries

10 C low-fat milk

**Credits as 1 C milk, ½ oz. equivalent meat/meat
alternate, and 1 C juice**

Makes 10 smoothies

*Adapted from recipe submitted by North Providence Public
Schools, North Providence, RI*

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Strawberry Banana Smoothie



Appropriate for an elementary
school portion size

5 pureed frozen medium bananas

5 C low-fat vanilla yogurt

2 ½ C pureed strawberries

2 C low-fat milk

**Credits as 1/2 oz. equivalent meat/meat
alternate and at least 1/2 C juice**

Makes 10 smoothies

*Adapted from recipe submitted by North Providence Public
Schools, North Providence, RI*