

WELCOME TO YOUR SMOOTHIE KIT

The American Dairy Association Mideast is pleased to provide this Smoothie Kit for your school, which includes seven large-batch recipes and complementary countertop signs.

RECIPES INCLUDE

- Purple Cow Smoothie
- Fla-Mango Smoothie
- Choco-Cherry Smoothie
- Apple Pie Smoothie
- Peary Green Smoothie
- Sunshine Smoothie
- Pumpkin Spice Smoothie

These recipes were developed to meet the current USDA meal pattern requirements for K-12 breakfast and lunch through the 2023-2024 school year. As requirements change, we are committed to reformulating the recipes for 2024 and beyond.

Please refer to the [USDA Offering Smoothies guide](#) for sample menus that demonstrate how smoothies can be included as part of Offer versus Serve meal service at school, as well as the [USDA Crediting Fluid Milk tip sheet](#).

Download smoothie recipe photos for use on menus or in digital promotion at <https://bit.ly/SmoothiePhotos>



QUESTIONS?

Contact your area representative!

NORTHERN

Jan Diamond
614-602-9444
Jan.Diamond@Drink-Milk.com

CENTRAL & WESTERN

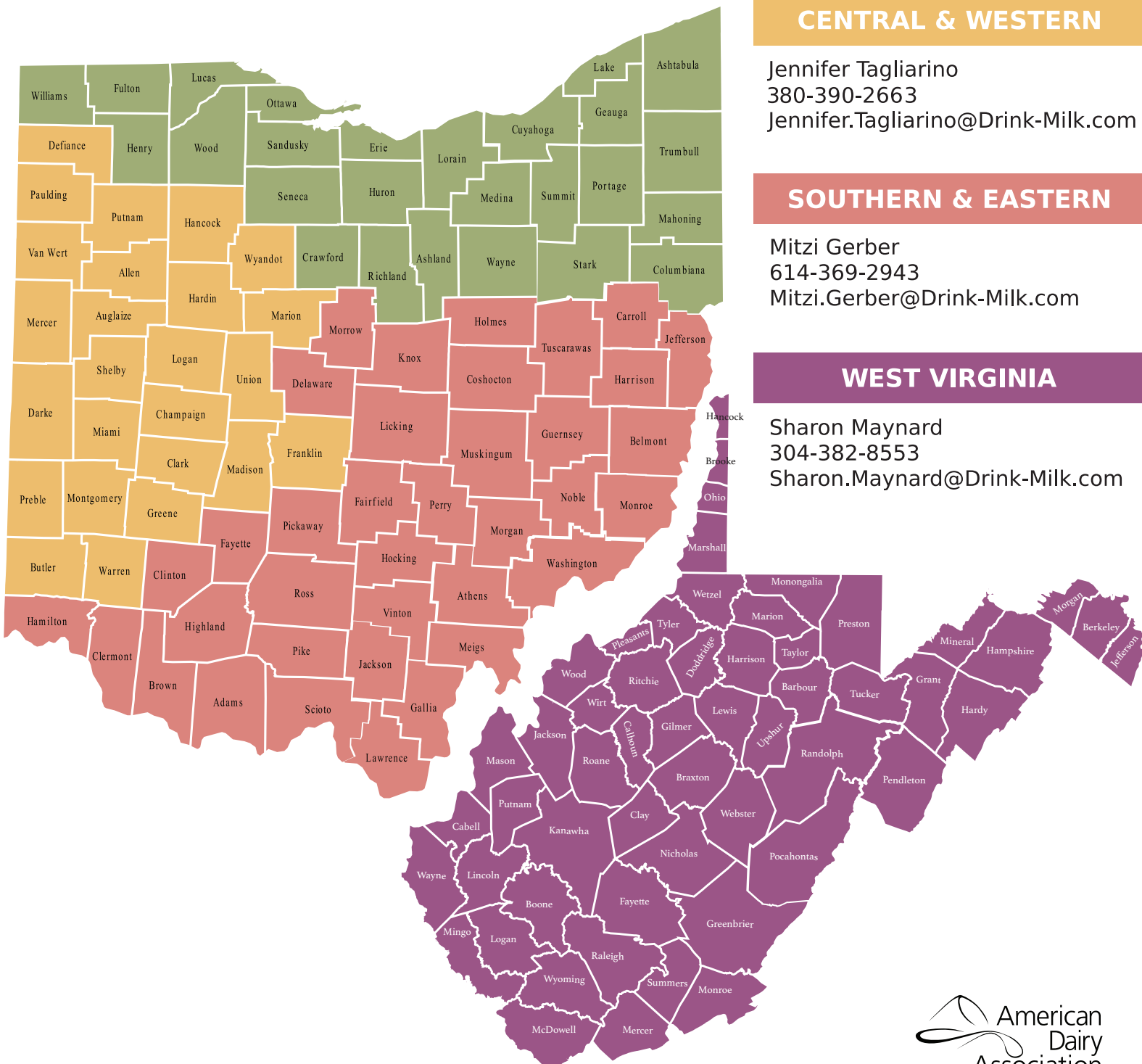
Jennifer Tagliarino
380-390-2663
Jennifer.Tagliarino@Drink-Milk.com

SOUTHERN & EASTERN

Mitzi Gerber
614-369-2943
Mitzi.Gerber@Drink-Milk.com

WEST VIRGINIA

Sharon Maynard
304-382-8553
Sharon.Maynard@Drink-Milk.com



PURPLE COW

SMOOTHIE

INGREDIENTS

Frozen Unsweetened Blueberries
Grape Juice 100%
Lowfat Strawberry Yogurt

WEIGHT

8 lbs
64 fl oz
12 lbs

MEASURE

4 qt
2 qt
6 qt



MEAL COMPONENTS

½ c Juice

1 Meat/Meat Alternate

DIRECTIONS

- › Puree blueberries until smooth.
- › Blend grape juice with blueberry puree.
- › Add yogurt and blend until smooth.
- › Pour 8 oz of smoothie mixture into 9-oz cups.
- › Cover and chill until ready for service.

MAX YIELD: 48 8-oz servings

ALLERGENS: Milk

BEST PRACTICES

- › Thoroughly chill all ingredients prior to preparation.
- › Do not add ice or water.
- › Freeze "past-its-prime" fresh fruit to puree for use in smoothies.
- › Fruit is easiest to puree when semi-frozen.
- › For maximum yield, thoroughly scrape all containers and blender head.
- › Smoothies can be prepared and refrigerated up to 24 hours prior to service.

Critical Control Points: Cool and hold smoothies at 41°F or lower

NUTRITION FACTS

PER 8-OZ SERVING

Calories	154	Cholesterol	7 mg	Dietary Fiber	1 g
Total Fat	1 g	Sodium	72 mg	Sugars	23 g
Saturated Fat	1 g	Carbohydrate	32 g	Protein	4 g

PURPLE COW

SMOOTHIE



STRAWBERRY YOGURT
BLUEBERRIES
GRAPE JUICE

FLA-MANGO

SMOOTHIE

INGREDIENTS

	WEIGHT	MEASURE
Frozen Unsweetened Strawberries, sliced	6 lbs 8 oz	3 qt
Frozen Mango, diced	6 lbs 4 oz	3 qt
Lowfat Strawberry Yogurt	12 lbs	6 qt



MEAL COMPONENTS

½ c Juice

1 Meat/Meat Alternate

DIRECTIONS

- › Puree strawberries (with liquid) and mangos until smooth.
- › Add yogurt and blend thoroughly.
- › Pour 8 oz of smoothie mixture into 9-oz cups.
- › Cover and chill until ready for service.

MAX YIELD: 48 8-oz servings

ALLERGENS: Milk

BEST PRACTICES

- › Thoroughly chill all ingredients prior to preparation.
- › Do not add ice or water.
- › Freeze "past-its-prime" fresh fruit to puree for use in smoothies.
- › Fruit is easiest to puree when semi-frozen.
- › For maximum yield, thoroughly scrape all containers and blender head.
- › Smoothies can be prepared and refrigerated up to 24 hours prior to service.

Critical Control Points: Cool and hold smoothies at 41 °F or lower

NUTRITION FACTS

PER 8-OZ SERVING

Calories	135	Cholesterol	2.5 mg	Dietary Fiber	1.5 g
Total Fat	1 g	Sodium	52.5 mg	Sugars	21 g
Saturated Fat	0.5 g	Carbohydrate	28 g	Protein	4 g

FLA-MANGO

SMOOTHIE



STRAWBERRY YOGURT
STRAWBERRIES
MANGO

CHOCO-CHERRY

SMOOTHIE

INGREDIENTS

Frozen Sweet Pitted Cherries
Unsweetened Cocoa Powder
Lowfat Strawberry Yogurt

WEIGHT

13 lbs 12 oz
3.5 oz
12 lbs

MEASURE

6 qt
1 c
6 qt



MEAL COMPONENTS

½ c Juice

1 Meat/Meat Alternate

DIRECTIONS

- › Puree cherries and 2 qt of yogurt until smooth.
- › Gradually add cocoa powder and continue blending.
- › Add remaining yogurt and blend until smooth.
- › Pour 8 oz of smoothie mixture into 9-oz cups.
- › Cover and chill until ready for service.

BEST PRACTICES

- › Do not add ice or water.
- › Freeze "past-its-prime" fresh fruit to puree for use in smoothies.
- › Fruit is easiest to puree when semi-frozen.
- › For maximum yield, thoroughly scrape all containers and blender head.
- › Smoothies can be prepared and refrigerated up to 24 hours prior to service.

MAX YIELD: 48 8-oz servings

ALLERGENS: Milk

Critical Control Points: Cool and hold smoothies at 41°F or lower

NUTRITION FACTS

PER 8-OZ SERVING

Calories	149	Cholesterol	7 mg	Dietary Fiber	1 g
Total Fat	2 g	Sodium	89 mg	Sugars	22 g
Saturated Fat	1 g	Carbohydrate	30 g	Protein	5 g

CHOCO-CHERRY

SMOOTHIE



STRAWBERRY YOGURT
CHERRIES
COCOA

APPLE PIE SMOOTHIE

INGREDIENTS

	WEIGHT	MEASURE
Unsweetened Applesauce	9 lbs	4 qt
Ground Cinnamon	1 oz	¼ cup
Ground Nutmeg	0.25 oz	1 Tbsp
Honey (or Brown Sugar)	8.5 oz	¾ cup
Lowfat Vanilla Yogurt	12 lbs	6 qt
Unsweetened Apple Juice 100%	64 fl oz	2 qt



MEAL COMPONENTS

½ c Juice

1 Meat/Meat Alternate

DIRECTIONS

- › Blend applesauce, spices and honey (or brown sugar).
- › Add yogurt and apple juice and blend thoroughly.
- › Pour 9 oz of smoothie mixture into 10-oz cups.
- › Cover and chill until ready for service.

BEST PRACTICES

- › Thoroughly chill all ingredients prior to preparation.
- › Do not add ice or water.
- › For maximum yield, thoroughly scrape all containers and blender head.
- › Smoothies can be prepared and refrigerated up to 24 hours prior to service.

MAX YIELD: 48 9-oz servings

ALLERGENS: Milk

Critical Control Points: Cool and hold smoothies at 41°F or lower

NUTRITION FACTS PER 9-OZ SERVING

Calories	168	Cholesterol	2.5 mg	Dietary Fiber	1 g
Total Fat	1 g	Sodium	61 mg	Sugars	28 g
Saturated Fat	1 g	Carbohydrate	37 g	Protein	4 g



APPLE PIE

SMOOTHIE



**VANILLA YOGURT
APPLE SAUCE & JUICE
HONEY & SPICES**

PEARY GREEN

SMOOTHIE

INGREDIENTS

	WEIGHT	MEASURE
Canned Pears (in juice or light syrup)	13 lbs 9 oz	6 qt
Chopped Spinach (frozen or fresh)	3 lbs frozen/ 4 lbs 8 oz fresh	6 c frozen/ 9 c fresh
Lowfat Vanilla Yogurt	12 lbs	6 qt



MEAL COMPONENTS

½ c Juice

1 Meat/Meat Alternate

1/8 c Dark Green Vegetable (Lunch Only)

DIRECTIONS

- › Puree pears (with liquid) and spinach until smooth.
- › Add yogurt and blend thoroughly.
- › Pour 9 oz of smoothie mixture into 10-oz cups.
- › Cover and chill until ready for service.

MAX YIELD: 48 9-oz servings

ALLERGENS: Milk

BEST PRACTICES

- › Thoroughly chill all ingredients prior to preparation.
- › Do not add ice or water.
- › Freeze "past-its-prime" fresh fruit to puree for use in smoothies.
- › For maximum yield, thoroughly scrape all containers and blender head.
- › Smoothies can be prepared and refrigerated up to 24 hours prior to service.

Critical Control Points: Cool and hold smoothies at 41°F or lower

NUTRITION FACTS

PER 9-OZ SERVING

Calories	168	Cholesterol	2.5 mg	Dietary Fiber	3 g
Total Fat	1 g	Sodium	79 mg	Sugars	26 g
Saturated Fat	1 g	Carbohydrate	37 g	Protein	4.5 g

PEARY GREEN

SMOOTHIE



VANILLA YOGURT
PEARS
SPINACH

SUNSHINE

SMOOTHIE

INGREDIENTS

	WEIGHT	MEASURE
Canned Mandarin Oranges (in juice)	11 lbs 7 oz	5 qt
Orange Juice	32 fl oz	1 qt
Lowfat Vanilla Yogurt	12 lbs	6 qt
Vanilla or Almond Extract	2 fl oz	¼ c



MEAL COMPONENTS

½ c Juice

1 Meat/Meat Alternate

DIRECTIONS

- › Puree mandarin oranges (with liquid) and orange juice until smooth.
- › Add yogurt and vanilla or almond extract and blend thoroughly.
- › Pour 9 oz of smoothie mixture into 10-oz cups.
- › Cover and chill until ready for service.

BEST PRACTICES

- › Thoroughly chill all ingredients prior to preparation.
- › Do not add ice or water.
- › For maximum yield, thoroughly scrape all containers and blender head.
- › Smoothies can be prepared and refrigerated up to 24 hours prior to service.

MAX YIELD: 48 9-oz servings

ALLERGENS: Milk

Critical Control Points: Cool and hold smoothies at 41°F or lower

NUTRITION FACTS

PER 9-OZ SERVING

Calories	163	Cholesterol	2.5 mg	Dietary Fiber	.06 g
Total Fat	1 g	Sodium	62 mg	Sugars	25 g
Saturated Fat	1 g	Carbohydrate	34 g	Protein	4.5 g

SUNSHINE

SMOOTHIE



VANILLA YOGURT
MANDARIN ORANGES
ORANGE JUICE

PUMPKIN SPICE

SMOOTHIE

INGREDIENTS

	WEIGHT	MEASURE
Unsweetened Applesauce	2 lbs 4 oz	1 qt
Pumpkin Puree	8 lbs 3 oz	4 qt
Pumpkin Pie Spice or Cinnamon	0.5 oz	1/8 c
Lowfat Vanilla Yogurt	12 lbs	6 qt
Unsweetened Apple Juice 100%	32 fl oz	1 qt
Vanilla or Almond Extract	1 fl oz	1/8 c



MEAL COMPONENTS

1/2 c Juice

1 Meat/Meat Alternate

DIRECTIONS

- › Blend applesauce, pumpkin puree and spices thoroughly.
- › Add yogurt, apple juice and vanilla or almond extract and blend thoroughly.
- › Pour 9 oz of smoothie mixture into 10-oz cups.
- › Cover and chill until ready for service.

BEST PRACTICES

- › Thoroughly chill all ingredients prior to preparation.
- › Do not add ice or water.
- › For maximum yield, thoroughly scrape all containers and blender head.
- › Smoothies can be prepared and refrigerated up to 24 hours prior to service.

MAX YIELD: 48 9-oz servings

ALLERGENS: Milk

Critical Control Points: Cool and hold smoothies at 41°F or lower

NUTRITION FACTS

PER 9-OZ SERVING

Calories	153	Cholesterol	2.5 mg	Dietary Fiber	2.4 g
Total Fat	1 g	Sodium	62 mg	Sugars	20 g
Saturated Fat	1 g	Carbohydrate	32 g	Protein	5 g

PUMPKIN SPICE

SMOOTHIE



VANILLA YOGURT
APPLE SAUCE & JUICE
PUMPKIN & SPICES