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.

QUESTIONS?

Contact your area representative!

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**WEST VIRGINIA**

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PURPLE COW
SMOOTHIE

INGREDIENTS
- Frozen Unsweetened Blueberries: 8 lbs
- Grape Juice 100%: 64 fl oz
- Lowfat Strawberry Yogurt: 12 lbs

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
- Total Fat: 1 g
- Saturated Fat: 1 g
- Cholesterol: 7 mg
- Sodium: 72 mg
- Carbohydrate: 32 g
- Dietary Fiber: 1 g
- Sugars: 23 g
- Protein: 4 g
PURPLE COW
SMOOTHIE

STRAWBERRY YOGURT
BLUEBERRIES
GRAPE JUICE
FLA-MANGO SMOOTHIE

INGREDIENTS
Frozen Unsweetened Strawberries, sliced
Frozen Mango, diced
Lowfat Strawberry Yogurt

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

NUTRITION FACTS PER 8-OZ SERVING
- Calories: 135
- Total Fat: 1 g
- Saturated Fat: 0.5 g
- Cholesterol: 2.5 mg
- Sodium: 52.5 mg
- Carbohydrate: 28 g
- Dietary Fiber: 1.5 g
- Sugars: 21 g
- Protein: 4 g

Created in partnership with Pisanick Partners
FLA-MANGO SMOOTHIE

STRAWBERRY YOGURT

STRAWBERRIES MANGO
CHOCO-CHERRY SMOOTHIE

INGREDIENTS

- Frozen Sweet Pitted Cherries: 13 lbs 12 oz, 6 qt
- Unsweetened Cocoa Powder: 3.5 oz, 1 c
- Lowfat Strawberry Yogurt: 12 lbs, 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.

MAX YIELD: 48 8-oz servings
ALLERGENS: Milk

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.

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

NUTRITION FACTS

PER 8-OZ SERVING

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

Created in partnership with Pisanick Partners
CHOCO-CHERRY SMOOTHIE

STRAWBERRY YOGURT
CHERRIES
COCOA
**APPLE PIE SMOOTHIE**

**INGREDIENTS**
- 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

**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.

**MEAL COMPONENTS**
- ½ c Juice
- 1 Meat/Meat Alternate

**WEIGHT MEASURE**
- MAX YIELD: 48 9-oz servings
- ALLERGENS: Milk

**NUTRITION FACTS**
**PER 9-OZ SERVING**
- Calories: 168
- Total Fat: 1 g
- Saturated Fat: 1 g
- Cholesterol: 2.5 mg
- Sodium: 61 mg
- Carbohydrate: 37 g
- Dietary Fiber: 1 g
- Sugars: 28 g
- Protein: 4 g

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

Created in partnership with Pisanick Partners
APPLE PIE SMOOTHIE

VANILLA YOGURT
APPLE SAUCE & JUICE
HONEY & SPICES
PEARY GREEN SMOOTHIE

INGREDIENTS
Canned Pears (in juice or light syrup) 13 lbs 9 oz 6 qt
Chopped Spinach (frozen or fresh) 3 lbs frozen/ 6 c frozen/
4 lbs 8 oz fresh 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

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<th></th>
<th>Calories</th>
<th>Total Fat</th>
<th>Saturated Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Carbohydrate</th>
<th>Dietary Fiber</th>
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<td></td>
<td>168</td>
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<td>1 g</td>
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PEARY GREEN SMOOTHIE

VANILLA YOGURT
PEARS
SPINACH
**SUNSHINE SMOOTHIE**

**INGREDIENTS**

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<tr>
<th>Ingredient</th>
<th>Weight</th>
<th>Measure</th>
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<tbody>
<tr>
<td>Canned Mandarin Oranges (in juice)</td>
<td>11 lbs 7 oz</td>
<td>5 qt</td>
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<tr>
<td>Orange Juice</td>
<td>32 fl oz</td>
<td>1 qt</td>
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<tr>
<td>Lowfat Vanilla Yogurt</td>
<td>12 lbs</td>
<td>6 qt</td>
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<tr>
<td>Vanilla or Almond Extract</td>
<td>2 fl oz</td>
<td>¼ c</td>
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**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.

MAX YIELD: 48 9-oz servings

ALLERGENS: Milk

**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.

**NUTRITION FACTS**

**PER 9-OZ SERVING**

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<td>Calories</td>
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<td>Total Fat</td>
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<td>Sodium</td>
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<td>Saturated Fat</td>
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<td>Carbohydrate</td>
<td>34 g</td>
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*Critical Control Points: Cool and hold smoothies at 41 °F or lower*
SUNSHINE SMOOTHIE

VANILLA YOGURT
MANDARIN ORANGES
ORANGE JUICE
PUMPKIN SPICE 
SMOOTHI

INGREDIENTS

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<th>Ingredient</th>
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<tr>
<td>Unsweetened Applesauce</td>
<td>2 lbs 4 oz</td>
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<tr>
<td>Pumpkin Puree</td>
<td>8 lbs 3 oz</td>
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<tr>
<td>Pumpkin Pie Spice or Cinnamon</td>
<td>0.5 oz</td>
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<tr>
<td>Lowfat Vanilla Yogurt</td>
<td>12 lbs</td>
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<tr>
<td>Unsweetened Apple Juice 100%</td>
<td>32 fl oz</td>
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<tr>
<td>Vanilla or Almond Extract</td>
<td>1 fl oz</td>
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MEAL COMPONENTS

- ½ 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

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<td>Protein</td>
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PUMPKIN SPICE SMOOTHIE

VANILLA YOGURT
APPLE SAUCE & JUICE
PUMPKIN & SPICES