

WELCOME TO YOUR YOGURT SMOOTHIE KIT

The American Dairy Association Mideast is pleased to provide this yogurt smoothie kit for your school. The kit features 8 new large batch recipes, as well as 7 of our tried and true favorites along with corresponding countertop merchandising signs.

RECIPES INCLUDE

- Matcha Tea Smoothie
- Tea Smoothie Smoothie
- Mango Chili Lime Smoothie
- Cocoa Monkey Smoothie
- Chocolate Monkey Moo Smoothie
- Pineapple Banana Smoothie
- Strawberry Banana Smoothie
- Blueberry Smoothie
- 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!

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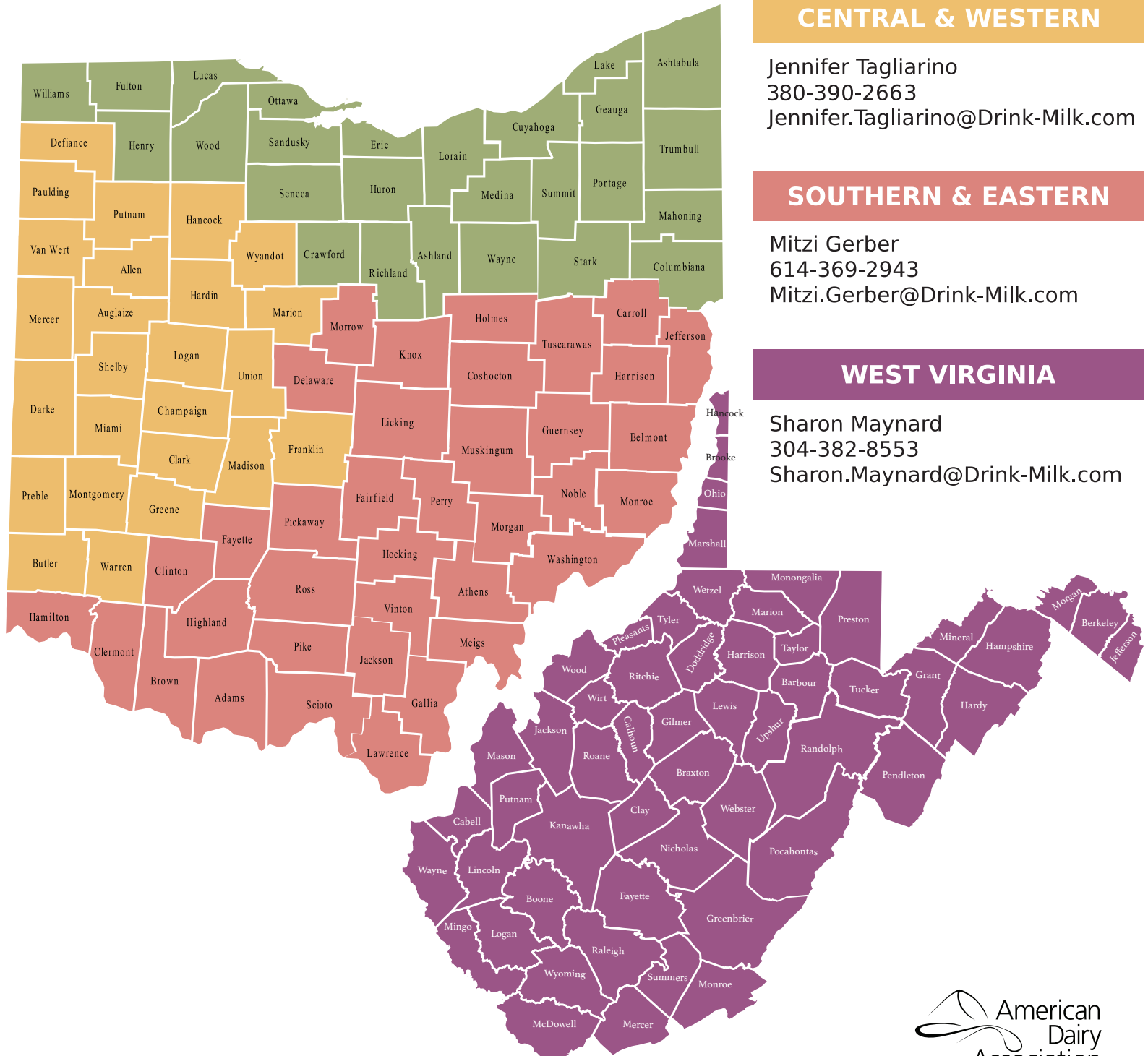
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16 16-OZ SERVINGS

MATCHA TEA SMOOTHIE



INGREDIENTS

Apple Juice

Matcha Powder

Low fat Vanilla Yogurt

Low Fat Milk

WEIGHT

4 lb 6 oz

0.6 oz

4 lb

128 fl oz

MEASURE

8 c

2²/₃ Tbsp

1 pouch

1 gal



MEAL COMPONENTS

½ c Juice

8 oz Fluid Milk

1 Meat/Meat Alternate

DIRECTIONS

- › Blend apple juice and matcha powder until combined.
- › Add yogurt and milk and blend thoroughly.
- › Pour 16 oz of smoothie mixture into 18-oz cups.
- › Cover and chill until ready for service.

MAX YIELD: 16 16-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.
- › Add 1/2 c fruit to the bottom of a 20-oz cup to boost the Meal Component value to 1/2 c fruit if desired (nutrition information will change).

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

NUTRITION FACTS PER 16-OZ SERVING

Calories 268

Total Fat 3 g

Saturated Fat 2 g

Cholesterol 18 mg

Sodium 183 mg

Protein 11.5 g

Total Carbohydrate 48 g

Dietary Fiber 0 g

Total Sugars 39 g

Includes 11 g Added Sugars

MATCHA TEA SMOOTHIE



MATCHA POWDER, APPLE JUICE,
MILK & VANILLA YOGURT

TEA SMOOTHIE



INGREDIENTS

	WEIGHT	MEASURE
Apple Juice	4 lbs	9 c
Tea Bags (any flavor)	2.7 oz	32 bags
Low Fat Vanilla Yogurt	8 lbs	1 pouch
Low Fat Milk	128 fl oz	1 gal

MEAL COMPONENTS

- 1/2 c Juice
- 8 oz Fluid Milk
- 1 Meat/Meat Alternate



MAX YIELD: 16 16-oz servings
ALLERGENS: Milk

DIRECTIONS

- › Add apple juice to saucepan and bring to a boil.
- › Remove from heat and add tea bags. Allow to steep at least 30 minutes or until juice is cool.
- › Blend tea mixture, yogurt and milk until smooth.
- › Pour 16 oz of smoothie mixture into 18-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.
- › Add 1/2 c fruit to the bottom of a 20-oz cup to boost the Meal Component value to 1/2 c fruit if desired (nutrition information will change).

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

NUTRITION FACTS PER 16-OZ SERVING

Calories	274	Cholesterol	18 mg	Total Carbohydrate	49 g
Total Fat	3 g	Sodium	185 mg	Dietary Fiber	0 g
Saturated Fat	2 g	Protein	11.5 g	Total Sugars	40 g
				Includes 11 g Added Sugars	

TEA SMOOTHIE



**TEA, APPLE JUICE,
MILK & VANILLA YOGURT**

16 14-OZ SERVINGS

MANGO CHILI LIME

SMOOTHIE

NEW

INGREDIENTS

Frozen Mango

Low Fat Vanilla Yogurt

Lime Juice

Crushed Red Pepper Flakes

Fat Free Milk

WEIGHT

3 lbs 14 oz

7 lbs 8 oz

8²/₃ oz

1/8 oz

32 fl oz

MEASURE

3 qt 1/2 c

1 gal

1 c

1 Tbsp 1 tsp

1 qt



MEAL COMPONENTS

1/2 c Juice

1 Meat/Meat Alternate

DIRECTIONS

- › Blend mango, yogurt, lime juice and red pepper flakes until smooth.
- › Add milk and blend thoroughly.
- › Pour 14 oz of smoothie mixture into 16-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: 16 14-oz servings

ALLERGENS: Milk

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

NUTRITION FACTS PER 14-OZ SERVING

Calories 284

Total Fat 2 g

Saturated Fat 1 g

Cholesterol 7.5 mg

Sodium 135 mg

Protein 9 g

Total Carbohydrate 59 g

Dietary Fiber 2 g

Total Sugars 46 g

Includes 21 g Added Sugars

MANGO CHILI LIME SMOOTHIE



MANGOES, RED PEPPER FLAKES, LIME JUICE,
MILK & VANILLA YOGURT

COCOA MONKEY

SMOOTHIE



INGREDIENTS

	WEIGHT	MEASURE
Bananas (7 in = ½ cup fruit)	13 lbs 8 oz	6 qt
Low Fat Chocolate Milk	96 fl oz	3 qt
Unsweetened Cocoa Powder	2.6 oz	¾ c
Low Fat Vanilla Yogurt	12 lbs	6 qt

MEAL COMPONENTS

- ½ c Juice
- 1 Meat/Meat Alternate



DIRECTIONS

- › Puree bananas and chocolate milk until smooth.
- › Gradually add cocoa powder and blend.
- › Add yogurt and blend thoroughly.
- › Pour 10 oz of smoothie mixture into 12-oz cups.
- › Cover and chill until ready for service.

BEST PRACTICES

- › Thoroughly chill all ingredients prior to preparation.
- › Do not add ice or water.
- › 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 10-oz servings
ALLERGENS: Milk

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

NUTRITION FACTS PER 10-OZ SERVING

Calories	269	Cholesterol	6 mg	Total Carbohydrate	57 g
Total Fat	2 g	Sodium	119 mg	Dietary Fiber	3 g
Saturated Fat	1 g	Protein	7 g	Total Sugars	36 g



COCOA MONKEY SMOOTHIE



**BANANAS, COCOA POWDER,
CHOCOLATE MILK & VANILLA YOGURT**

48 12-OZ SERVINGS

CHOCOLATE MONKEY MOO

SMOOTHIE



INGREDIENTS

Bananas (7 in = ½ cup fruit)
Low Fat Chocolate Milk
Unsweetened Cocoa Powder

WEIGHT

13 lbs 8 oz
384 fl oz
2.6 oz

MEASURE

6 qt
3 gal
¾ c



MEAL COMPONENTS

½ c Juice
8 oz Fluid Milk

DIRECTIONS

- › Puree bananas and 1 gallon chocolate milk until smooth.
- › Gradually add cocoa powder and blend.
- › Add remaining milk and blend thoroughly.
- › Pour 12 oz of smoothie mixture into 14-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 12-oz servings

ALLERGENS: Milk

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

NUTRITION FACTS PER 12-OZ SERVING

Calories	274	Cholesterol	15 mg	Total Carbohydrate	52 g
Total Fat	3 g	Sodium	209 mg	Dietary Fiber	3 g
Saturated Fat	2 g	Protein	10 g	Total Sugars	36 g

CHOCOLATE MONKEY MOO SMOOTHIE



BANANAS, COCOA POWDER & CHOCOLATE MILK

16 10-OZ SERVINGS

PINEAPPLE BANANA

SMOOTHIE

NEW

INGREDIENTS

Sliced Banana

Canned Pineapple, Drained

Low Fat Vanilla Yogurt

Fat Free Milk

WEIGHT

1 lbs 13 1/8 oz

1 lbs 12 3/4 oz

4 lbs 8 oz

32 fl oz

MEASURE

1 qt 1 1/2 c

1 qt 1/2 c

2 qt

1 qt



MEAL COMPONENTS

1/2 c Juice

1 Meat/Meat Alternate

DIRECTIONS

- › Blend banana, pineapple and yogurt until smooth.
- › Add milk and blend thoroughly.
- › Pour 10 oz of smoothie mixture into 12-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: 16 10-oz servings

ALLERGENS: Milk

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

NUTRITION FACTS PER 14-OZ SERVING

Calories	212	Cholesterol	5 mg	Total Carbohydrate	46 g
Total Fat	1 g	Sodium	93.5 mg	Dietary Fiber	2 g
Saturated Fat	0.5 g	Protein	7 g	Total Sugars	33 g
				Includes 13 g Added Sugars	

PINEAPPLE BANANA SMOOTHIE



**PINEAPPLES, BANANAS, MILK &
VANILLA YOGURT**

16 10-OZ SERVINGS

STRAWBERRY BANANA

SMOOTHIE

NEW

INGREDIENTS

Whole Strawberries

Sliced Banana

Low Fat Strawberry Yogurt

Fat Free Milk

WEIGHT

1 lbs 14 oz

1 lbs 13¹/₈ oz

4 lbs 8 oz

32 fl oz

MEASURE

1 qt 1 ³/₄ c

1 qt 1 ¹/₂ c

2 qt

1 qt



MEAL COMPONENTS

¹/₂ c Juice

1 Meat/Meat Alternate

DIRECTIONS

- › Blend strawberries, banana and yogurt until smooth.
- › Add milk and blend thoroughly.
- › Pour 10 oz of smoothie mixture into 12-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: 16 10-oz servings

ALLERGENS: Milk

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

NUTRITION FACTS PER 10-OZ SERVING

Calories 200

Total Fat 1 g

Saturated Fat 0.5 g

Cholesterol 5 mg

Sodium 94 mg

Protein 7 g

Total Carbohydrate 43 g

Dietary Fiber 2.5 g

Total Sugars 28 g

Includes 13 g Added Sugars

STRAWBERRY BANANA SMOOTHIE



**STRAWBERRIES, BANANAS,
MILK & STRAWBERRY YOGURT**

16 14-OZ SERVINGS

BLUEBERRY SMOOTHIE

NEW

INGREDIENTS

Frozen Unsweetened Blueberries

Whole Strawberries

Low Fat Blueberry Yogurt

Fat Free Milk

WEIGHT

2 lbs 5 oz

1 lb 14 oz

8 lbs

32 fl oz

MEASURE

1 qt 2 $\frac{3}{4}$ c

1 qt 1 $\frac{3}{4}$ c

1 gal

1 qt



MEAL COMPONENTS

$\frac{1}{2}$ c Juice

1 Meat/Meat Alternate

DIRECTIONS

- › Blend blueberries, strawberries and yogurt until smooth.
- › Add milk and blend thoroughly.
- › Pour 14 oz of smoothie mixture into 16-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: 16 14-oz servings

ALLERGENS: Milk

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

NUTRITION FACTS PER 14-OZ SERVING

Calories 315

Total Fat 3 g

Saturated Fat 1 g

Cholesterol 6 mg

Sodium 164 mg

Protein 10 g

Total Carbohydrate 65 g

Dietary Fiber 3 g

Total Sugars 53 g

Includes 31 g Added Sugars

BLUEBERRY SMOOTHIE



**BLUEBERRIES, STRAWBERRIES,
MILK & BLUEBERRY YOGURT**

48 8-OZ SERVINGS

PURPLE COW

SMOOTHIE

INGREDIENTS

Frozen Unsweetened Blueberries
Grape Juice 100%
Low Fat 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	Total Carbohydrate	32 g
Total Fat	1 g	Sodium	72 mg	Dietary Fiber	1 g
Saturated Fat	1 g	Protein	4 g	Total Sugars	23 g

PURPLE COW

SMOOTHIE



**BLUEBERRIES, GRAPE JUICE &
STRAWBERRY YOGURT**

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
Low Fat Strawberry Yogurt	12 lbs	6 qt

MEAL COMPONENTS

½ c Juice

1 Meat/Meat Alternate



DIRECTIONS

- › Puree strawberries (with liquid) and mangoes 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	Total Carbohydrate	28 g
Total Fat	1 g	Sodium	52.5 mg	Dietary Fiber	1.5 g
Saturated Fat	0.5 g	Protein	4 g	Total Sugars	21 g

FLA-MANGO

SMOOTHIE



**STRAWBERRIES, MANGOES &
STRAWBERRY YOGURT**

48 8-OZ SERVINGS

CHOCO-CHERRY

SMOOTHIE

INGREDIENTS

Frozen Sweet Pitted Cherries
Unsweetened Cocoa Powder
Low Fat Strawberry Yogurt

WEIGHT	MEASURE
13 lbs 12 oz	6 qt
3.5 oz	1 c
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.

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

CHOCO-CHERRY SMOOTHIE



**CHERRIES, COCOA POWDER &
STRAWBERRY YOGURT**

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
Low Fat 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	Total Carbohydrate	37 g
Total Fat	1 g	Sodium	61 mg	Dietary Fiber	1 g
Saturated Fat	1 g	Protein	4 g	Total Sugars	28 g

APPLE PIE

SMOOTHIE



APPLESAUCE, CINNAMON, NUTMEG,
HONEY, APPLE JUICE & VANILLA YOGURT

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
Low Fat 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	Total Carbohydrate	37 g
Total Fat	1 g	Sodium	79 mg	Dietary Fiber	3 g
Saturated Fat	1 g	Protein	4.5 g	Total Sugars	26 g

PEARY GREEN

SMOOTHIE



PEARS, SPINACH & VANILLA YOGURT

SUNSHINE

SMOOTHIE

INGREDIENTS

	WEIGHT	MEASURE
Canned Mandarin Oranges (in juice)	11 lbs 7 oz	5 qt
Orange Juice	32 fl oz	1 qt
Low Fat 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.

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.



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

NUTRITION FACTS PER 9-OZ SERVING

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

SUNSHINE

SMOOTHIE



MANDARIN ORANGES, ORANGE
JUICE & VANILLA YOGURT

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	½ oz	⅛ c
Low Fat Vanilla Yogurt	12 lbs	6 qt
Unsweetened Apple Juice 100%	32 fl oz	1 qt
Vanilla or Almond Extract	1 fl oz	⅛ c



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

Calories	153	Cholesterol	2.5 mg	Total Carbohydrate	32 g
Total Fat	1 g	Sodium	62 mg	Dietary Fiber	2 g
Saturated Fat	1 g	Protein	5 g	Total Sugars	20 g



PUMPKIN SPICE SMOOTHIE



**PUMPKIN PUREE, PUMPKIN PIE SPICE, APPLE SAUCE,
APPLE JUICE, VANILLA & VANILLA YOGURT**