



CHUNKY MONKEY SMOOTHIE

Recipe Project Name/Written By:	American Dairy Association North East
Recipe Category:	Breakfast, Grab n' Go, Speed Scratch
Cooking Process:	#1 No Cook
Prep Time:	50 minutes
Cook Time:	
Total Time:	50 minutes
K-12 Portion Size:	10 fluid ounces

Meal Pattern Contribution: 1 oz eq m/ma, 1/2 cup fruit

INCORPORA	16 Servings		64 Servings		DIDIOMICANO
INGREDIENTS DIRECTIONS Weight Measure Weight Measure		DIRECTIONS			
Banana, ripe, frozen, EP	2 lb		8 lb		CCP: No bare hand contact with ready to eat food.
Banana, ripe, fresh, EP	2 lb		8 lb		1. Freeze bananas at least one day prior to service. To freeze, peel bananas, and lay on lined sheet pans in a single layer. Cover and place in the freezer overnight. Once frozen, bananas can be stored together.
Yogurt, vanilla, low-fat, reduced sugar	4 lb		16 lb		CCP: No bare hand contact with ready to eat food.
Cocoa powder		1 cup		1 qt	2. Place yogurt, fresh bananas, frozen bananas, cocoa powder, vanilla extract, and milk in a 5 gallon bucket. Blend using an immersion blender until pureed and smooth.
Vanilla extract (optional)		2 tsp		1 Tbsp + 1 tsp	3. Pour 10 fl oz smoothies into 12 fl oz cups. Serve one smoothie to each student.
Milk, skim or low-fat		1 qt		1 gal	CCP: Hold and serve at 41° F or below.

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NUTRIT	ION INFORMATION	
Serving Size	10 fluid ounces	
NUTRIENTS	AMOUNT	
Calories	215	
Total Fat	2 g	
Saturated Fat	5 g	
Cholesterol	5 mg	
Sodium	100 mg	
Total Carbohydrate	47 g	
Dietary Fiber	5 g	
Total Sugars	26 g	
Added Sugars	5 g	
Protein	8 g	
Vitamin D	2.7 mcg	
Calcium	190 mg	
Iron	1.1 mg	
Potassium	978 mg	
N/A=data not available.		

ALLERGENS: Milk

Allergen and nutrient information may vary based on the specific products and ingredients used on site.

*MARKETING GUIDE

Food as Purchased for	16 Servings	64 Servings
Bananas, fresh	3 lb 2 oz	12 lb 8 oz

NOTES
*See Marketing Guide for AP (As Purchased) weights when EP (Edible Portion) weights are provided

1 lb EP bananas = 1 lb 9 oz AP bananas or ~4 bananas or 2 cups puree.

Yield may slightly vary depending on blender and products.

the recipe.

YIELD/VOLUME		
16 Servings	64 Servings	
Total Volume: 1 gal 1 qt	Total Volume: 5 gal	
Total Weight: 10 lb 6 oz	Total Weight: 41 lb 8 oz	

