



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	

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CHUNKY MONKEY SMOOTHIE

NUTRITION 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 in the recipe.

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.

YIELD/VOLUME

16 Servings

Total Volume: 1 gal 1 qt

Total Weight: 10 lb 6 oz

64 Servings

Total Volume: 5 gal

Total Weight: 41 lb 8 oz

