SMART SWAPS

PEACHY KING SMOOTHIE

Recipe Project Name/Written By:	The Dairy Alliance
Recipe Category:	Breakfast, Grab n' Go, Quick 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

INGREDIENTS	16 Servings		64 Servings		DIRECTIONS
	Weight	Measure	Weight	Measure	
Peaches, canned, in juice, drained	3 lb		12 lb		***CCP: No bare hand contact with ready to eat food.***
Bananas, frozen, EP	2 lb		8 lb		1. Refrigerate peaches night before service.
Yogurt, vanilla, low-fat, reduced sugar	4 lb		16 lb		2. 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.
Milk, skim or low-fat		1 qt		1 gal	***CCP: No bare hand contact with ready to eat food.***
					3. Place yogurt, canned peaches, frozen bananas, and milk in a 5 gallon bucket. Blend using an immersion blender until pureed and smooth.
					4. Pour 10 fl oz smoothies into 12 fl oz cups. Serve one smoothie to each student.
					CCP: Hold and serve at 41° F or below.

PEACHY KING SMOOTHIE

NUTRITION INFORMATION

Serving Size	10 fluid ounces
NUTRIENTS	**AMOUNT**
Calories	**195**
Total Fat	**1 g**
Saturated Fat	0 g
Cholesterol	**5 mg**
Sodium	**105 mg**
Total Carbohydrate	**40 g**
Dietary Fiber	1 g
Total Sugars	27 g
Added Sugars	5 g
Protein	**7 g**
Vitamin D	2.7 mcg
Calcium	180 mg
Iron	.2 mg
Potassium	650 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

#10 (105 oz) can canned sliced peaches = 72 oz drained or 9 cups = 6 cups puree.

Diced peaches can be substituted, but yield might be slightly less.
A #10 can of diced peaches yields 8.75 cups drained.

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	64 Servings
Total Volume: 1 gal 1 qt	Total Volume: 5 gal
Total Weight: 11 lb	Total Weight: 44 lb

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