SMART SWAPS

MINT CHOCOLATE CHIP SMOOTHIE

Recipe Project Name/Written By:	Waltham, MA Public Schools
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

INGREDIENTS	16 Servings		64 Servings		DIRECTIONS
	Weight	Measure	Weight	Measure	
Banana, ripe, frozen, EP	2 lb		8 lb		***CCP: No bare hand contact with ready to eat food.***
Bananas, 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.***
Chocolate chips, semi-sweet	4 oz		1 lb		2. Place yogurt, fresh bananas, frozen bananas, chocolate chips, spinach, peppermint extract, and milk in a 5 gallon bucket. Blend using an immersion blender until pureed and smooth.
Spinach, fresh	2.4 oz		9.6 oz		3. Pour 10 fl oz smoothies into 12 fl oz cups. Serve one smoothie to each student.
Peppermint extract		3/4 tsp		1 Tbsp	***CCP: Hold and serve at 41° F or below.***
Milk, skim or low-fat		1 qt		1 gal	

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NUTRITION INFORMATION

Serving Size	10 fluid ounces
NUTRIENTS	**AMOUNT**
Calories	**240**
Total Fat	**3.5 g**
Saturated Fat	1.5 g
Cholesterol	**0 mg**
Sodium	**100 mg**
Total Carbohydrate	**48 g**
Dietary Fiber	3 g
Total Sugars	30 g
Added Sugars	9 g
Protein	**8 g**
Vitamin D	2.8 mcg
Calcium	170 mg
Iron	0.4 mg
Potassium	710 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	64 Servings
Total Volume: 1 gal + 1 qt	Total Volume: 5 gal
Total Weight: 10 lb 9 oz	Total Weight: 42 lb 4 oz

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