

# Canned Peach Smoothie



Category: Entrée

Portion Size(s): 1 Smoothie

Meal Components: 1 oz eq meat/meat alternate; 1/2 cup as fruit juice

Ingredients:	100 Portions	
	Weight	Measure
Peaches and juice, sliced, extra light syrup, canned (USDA or Commercial*)	28 lbs 2 1/2 oz	3 gal 1 qt OR 4-1/4 #10 cans
Yogurt, high protein, vanilla or strawberry, nonfat (USDA or Commercial)	25 lbs	12 1/2 - 32 oz containers OR 3 gal 2 cups

## Directions:

1. Prepare Smoothies: In a 1-gallon blender, prepare 12 smoothies at a time. Place 3 lbs 6 oz/1qt 2 1/4 cups peaches and juice in the blender. Add 3 lbs/1 qt 2 cups yogurt to the peaches. Blend for about 4-5 minutes or until peaches are pureed and ingredients are smooth. CCP: Hold at 40 °F degrees or lower.
2. Pour 1 cup (8 fl oz) smoothie into 9 fl oz or 10 fl oz clear plastic cups. (Note: If smoothie is more than 96 fl oz in the blender due to air being incorporated during blending, divide into 12 equal portions.) Cover and place filled cups on sheet pans and store in the refrigerator until service. CCP: Hold at 40 °F degrees or lower.

*For Grab n Go Service: Place in plastic cups with lids. If smoothies will be held for longer than 30 minutes before consumption, freeze before transported. Serve with spoons and/or straws.*



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## Nutrients Per One Serving (K-12):

Calories	162 kcal	Total Fat	0 g	Total Dietary Fiber	0 g	Vitamin C	1 mg
Saturated Fat	0 g	Trans Fat	0 g	Protein	10 g	Iron	0 mg
Sodium	55 mg	Cholesterol	5 mg	Vitamin A	309 IU		
Sugars	24 g	Carbohydrates	28 g	Calcium	130 mg		

## Components Per One Serving (K-12):

Meat/ Meat ALT	Grain	Vegetable(s)	Fruit	Milk
1 oz.eq.	0 oz.eq.	0 cup(s)	1/2 cup(s)	0 cup(s)

## Serving Size:

Serving Size: 1 smoothie	Yield: 100 smoothies
NSLP/SBP Crediting Information	
K-8:	1 oz eq meat/meat alternate 1 oz eq grain; 1 cup fruit juice
9- 12:	1 oz eq meat/meat alternate 1 oz eq grain; 1 cup fruit juice