



M! Smoothie

Strawberry Banana Smoothie

Yield: 10 – 20 ounce servings

(Provides 1 cup pureed fruit, 1 meat alternative, 1 milk)

Ingredients

- 10 cups 1% or fat free white milk
- 40 ounces (or 2.5 pounds) low fat vanilla yogurt
- 7 ½ cups frozen strawberries (no sugar added)
- 10 frozen ripe bananas (not petite)

Directions

Place frozen fruit, yogurt and milk in blender. Pulse until smooth. Pour into cups. Refrigerate until service. Hold for cold service at 41°F or below.



To see a video of this recipe, and for more smoothie inspiration, please visit:
MilkMeansMore.org/Schools-Educators/Dairy-School-Meals/Smoothies-in-School