

SMOOTHIE

RECIPE GUIDE

- FOR SCHOOLS -



MILK MEANS MORE



SMOOTHIE

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- FOR SCHOOLS -

- CREATE A SMOOTHIE -

STEP 1

Select fluid milk, yogurt, fruits and/or vegetables.
Add ingredients to blender and cover.

STEP 2

Pulse until smooth.

STEP 3

Hold for cold service at 41° F or below.

Did you know that smoothies can be included as part of a reimbursable breakfast or lunch?

Milk, yogurt, fruits and vegetables in smoothies can be credited at breakfast and lunch. Smoothies can be prepared by program operators if they use ingredient quantities that meet meal pattern requirements. Commercially prepared smoothies can also be used, if the product formulation statement documents meal pattern contribution or has a CN label. Fruits and vegetables in smoothies are credited as juice. They are credited based on their volume after it is pureed. Pureed fruit credits as juice and only half of the fruit offerings per week may be in the form of juice. Grains cannot be credited when served in a smoothie. Yogurt is the ONLY meat/meat alternate food that can be credited in smoothies.

SMOOTHIE INGREDIENTS

Fluid Milk

Low-fat (1%) or Fat-free, flavored or unflavored, including lactose-free (in accordance with USDA regulations)

Low-fat or Fat-free Yogurt

Plain
Fruit-flavored
Vanilla
Greek Style

Vegetables

Beets
Broccoli
Carrots
Cucumbers
Celery
Kale
Pumpkin
Spinach

Fruits

Use frozen fruits for best consistency

Apples
Applesauce
Overripe Bananas
Blueberries
Blackberries

Fruits *continued*

Cherries
Fruit Cocktail
Kiwi
Mango
Mandarin Oranges
Melons
Oranges
Papaya
Peaches
Pineapple
Strawberries
Watermelon

Extras *(optional)*

Cinnamon
Mint
Cocoa
Nutmeg
Ginger
Vanilla

BASE RECIPES

Middle/High School Base Recipe

MAKES 10, 12-16 OZ. SERVINGS

Credit as 1 cup of milk, ½ oz. equivalent of meat/meat alternate, and 1 cup of juice

Ingredients	Amount
Milk, fat-free or low-fat	80 fl. oz.
Yogurt, low-fat	20 oz.
Frozen fruit, pureed	10 cups

Elementary School Base Recipe

MAKES 10, 10-12 OZ. SERVINGS

Credit as 1 oz. equivalent of meat/meat alternate, and 1/2 cup of juice

Ingredients	Amount
Milk, fat-free or low-fat	20 fl. oz.
Yogurt, low-fat	40 oz.
Frozen fruit, pureed	5 cups

- SMOOTHIE 101 -

A smoothie can offer more than fruit juice because of the added nutritional benefits of protein and calcium from milk and yogurt. Smoothies are easy to make and can contain as few as three ingredients – yogurt, fruit and milk.

Ingredient Tips

- Use USDA commodity fruits to lower cost.
- Save peeled overripe bananas and leftover chunks of melon in the freezer to add to future smoothies. Freeze in a single layer on a sheet pan.
- Pair low acid fruits like blueberries with higher acid fruits like strawberries for a bigger flavor impact.
- Freeze canned fruit on a sheet tray over night for better consistency.
- Frozen fruit needs to be no sugar added.
- Swap chocolate milk for white milk for a great chocolaty taste.
- Add spinach or kale to produce a vibrant green color and big nutritional boost.
- Consult USDA's Food Buying Guide for proper component crediting and accurate yields on fruits and vegetables.
- When developing standardized recipes, weigh volumes of pureed fruit to include in the final recipe. Test all your recipes in advance of serving to students.

Preparation Tips

- Smoothies may be prepared the day before and held in the refrigerator overnight.
- Include bananas for added sweetness and a creamy texture. Serve immediately or freeze. Banana-based smoothies will darken if refrigerated overnight.
- Use frozen fruits or freeze drained canned fruits to give smoothies a thicker consistency.
- If smoothies are thicker than desired, add milk to thin.
- Smoothies can be frozen if you need to hold longer than overnight.
- Leave some room in the cup since they will expand when frozen.
- Remove frozen fruit from freezer 30 minutes prior to blending.



Serving Tips

- Serve smoothies in clear plastic cups to maximize their visual appeal.
- Offer lids with your smoothies and make them grab-n-go.
- Pair a smoothie with a whole grain option such as bagel, cereal bar, or muffin for a reimbursable breakfast meal.
- Keep smoothies refrigerated at 41°F or below until service.

Marketing & Merchandising Tips

- Use our smoothie flavor of the day signs to identify different flavors.
- Have smoothie tastings to introduce students to new flavors and generate excitement.
- Display daily options using point of sale materials.
- Have students “name the smoothie,” award prizes and put your favorite name on the menu.
- Use our smoothie punch cards and reward students who purchase 10 smoothie meals.
- Host a “smoothie blend-off” contest.
- Spread the word about your smoothies using our social media sample posts.
- Name smoothies after the school mascot or a favorite staff member.
- Make holiday smoothies: use strawberries for Valentine’s Day and spinach for St. Patrick’s Day.
- Create smoothie parfaits with contrasting color layers.
- Make smoothies in school colors or serve in school logo cups.
- Garnish with a paper parasol or a fruit chunk for holidays or special occasions.
- Sprinkle with cinnamon, nutmeg, or cocoa powder. Celebrate with fun straws.
- Host a smoothie recipe contest among students to be served on the menu.



Equipment Guide

A commercial-grade blender is necessary when making smoothies. Waring and Vitamix brands have gallon and 1 ½ gallon blenders, for example. For larger schools with higher volume, an immersion blender is a smart purchase. For quicker service, use a bucket with a spout to blend the smoothies when using an immersion blender.

Blenderless smoothie recipes are available from General Mills. These recipes use a stand mixer or whisk.

Healthy Smoothies Anytime

Smoothies can work as part of Smart Snacks, After School Snack Program, CACFP Supper and Summer Meals. Smoothies are not just for breakfast and lunch.

Smoothies can be part of healthy celebrations at school (and a new revenue source):

- Family and parents' night
- Muffins with Mom
- Holiday lunches
- Classroom parties
- PTO sponsored events
- Parent-Teacher conferences
- School Open House
- Athlete training table
- Prize for a contest

Nutrition Education

- Smoothies could be part of a lesson on the importance of dairy and calcium for growing kids.
- A smoothie demonstration shows students how easy it is to make a healthy smoothie at home.
- Teach students how a smoothie can be a healthy snack option by including dairy and fruit in it.
- Free nutrition education resources are available to order at [MilkMeansMore.org/educational-resources](https://www.milkmeansmore.org/educational-resources)

More resources are available at:

<https://www.milkmeansmore.org/schools-educators/school-meals/smoothies-in-schools/>

- MICHIGAN SMOOTHIE RECIPES -

Mandarin Orange Smoothie

from Judi Burgio at Milan Area Schools

YIELD: 1- 20 OZ. SERVING (provides $\frac{3}{4}$ cup fruit*, 1 meat alternative, 1 milk)

1 cup 1% white milk

4 oz. low fat vanilla or plain yogurt

1 cup mandarin oranges (slightly drained with slotted spoon)

Place all ingredients in blender. Pulse until smooth. Pour into cups.
Refrigerate until service. Hold for cold service at 41° F or below.

Banana Split Smoothie

from Diane Tomakowski at Whitmore Lake High School

YIELD: 10 - 20 OZ. SERVINGS (provides $\frac{1}{3}$ cup fruit*, 1 meat alternative, 1 milk)

40 oz. low fat vanilla yogurt

10 cups 1% white milk

4 $\frac{1}{2}$ cups frozen bananas

2 $\frac{1}{2}$ cups frozen strawberries

2 $\frac{1}{2}$ cups frozen pineapple

$\frac{1}{2}$ cup cherries

$\frac{1}{3}$ cup chocolate syrup

Place all ingredients in blender. Pulse until smooth. Pour into cups.
Refrigerate until service. Hold for cold service at 41° F or below.

Strawberry Mango Smoothie

from Diane Tomakowski at Whitmore Lake High School

YIELD: 10 - 20 OZ. SERVINGS (provides $\frac{3}{4}$ cup fruit*, 1 meat alternative, 1 milk)

40 oz. low fat vanilla yogurt

10 cups 1% white milk

4 cups frozen mango

6 cups frozen strawberries

-use strawberry yogurt instead of vanilla for an additional flavor boost

Place all ingredients in blender. Pulse until smooth. Pour into cups.
Refrigerate until service. Hold for cold service at 41° F or below.

**fruit is credited based on its volume after it is pureed. Pureed fruit credits as juice and only half of the fruit offerings per week may be in the form of juice.*

Chunky Monkey Smoothie

From Tina Shafer at Shepherd Schools

YIELD: 1 - 20 OZ. SERVING (provides $\frac{1}{3}$ cup fruit*, 1 meat alternative, 1 milk)

1 cup low fat or fat free chocolate milk

$\frac{1}{2}$ cup nonfat vanilla yogurt

1 ripe banana (not petite)

Splash of chocolate syrup

Place all ingredients in blender. Pulse until smooth. Pour into cups.
Refrigerate until service. Hold for cold service at 41° F or below.

Wild Berry Smoothie

from Tina Shafer at Shepherd Schools

YIELD: 1 - 20 OZ. SERVING (provides 1 $\frac{1}{2}$ cup fruit*, 1 meat alternative, 1 milk)

1 cup low fat or fat free white milk

4 oz. low fat yogurt

1 $\frac{3}{4}$ cup whole frozen berry mix

Place all ingredients in blender. Pulse until smooth. Pour into cups.
Refrigerate until service. Hold for cold service at 41° F or below.

Strawberry-Banana Smoothie

from Tina Shafer at Shepherd Schools

YIELD: 1 - 20 OZ. SERVING (provides $\frac{3}{4}$ cup fruit*, 1 meat alternative, 1 milk)

1 cup low fat or fat free white milk

4 oz. low fat yogurt

1 ripe banana (not petite)

$\frac{1}{2}$ cup strawberries

Place all ingredients in blender. Pulse until smooth. Pour into cups.
Refrigerate until service. Hold for cold service at 41° F or below.



Orange Pineapple Smoothie

from Tina Shafer at Shepherd Schools

YIELD: 1 - 20 OZ. SERVING (provides 1 cup fruit*, 1 meat alternative, 1 milk)

1 cup 1% or fat free white milk

4 oz. low fat yogurt

1 orange (138 count)

½ cup pineapple tidbits

Place all ingredients in blender. Pulse until smooth. Pour into cups. Refrigerate until service. Hold for cold service at 41° F or below.

Peach Smoothie

from Tina Shafer at Shepherd Schools

YIELD: 1 - 20 OZ. SERVING (provides ¾ cup fruit*, 1 meat alternative, 1 milk)

1 cup low fat or fat free white milk

4 oz. low fat yogurt

1 cup sliced or diced peaches

Place all ingredients in blender. Pulse until smooth. Pour into cups. Refrigerate until service. Hold for cold service at 41° F or below.

Tip from Tina: We freeze left over canned fruit/juice from lunch and use it in our smoothies.

Green Machine Smoothie

From Bukelwa Hornsby at East Kentwood High School

YIELD 14 - 12 OZ. CUPS (provides ½ milk, .75 oz. meat alternative, ⅓ cup dark green veg)

8 half pint cartons fat free strawberry milk

3 lb. low fat vanilla yogurt

Vegetable mix of:

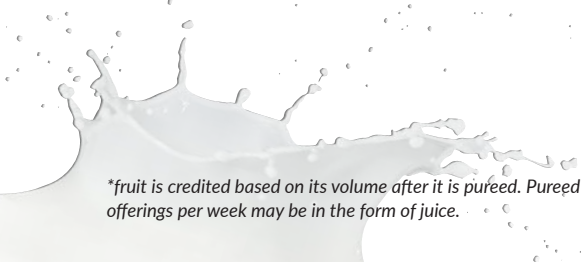
5 cups spinach (dark green veg)

1 cup cucumber

1 cup celery

1 cup broccoli (dark green veg)

Place all ingredients in blender. Pulse until smooth. Pour into cups. Refrigerate until service. Hold for cold service at 41° F or below.



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Super Green Smoothie

from American Dairy Association and Dairy Council

YIELD: 6 – 16 OZ. SERVINGS (provides ½ cup fruit*, 1 meat alternative, 1 milk)

1 ½ cups spinach, raw
3 cups pineapple, chunks (frozen)
6 tsp honey
3 cups vanilla, low-fat yogurt
48 oz. fat free milk

Blend spinach, pineapple and honey together. Add milk and yogurt and blend. Refrigerate until service. Hold for cold service at 41° F or below.

Roger Rabbit Smoothie

from American Dairy Association and Dairy Council (tastes like carrot cake)

YIELD: 6 – 16 OZ. SERVINGS

(provides ⅓ cup fruit*, 1 meat alternative, 1 milk, ⅓ cup red-orange vegetable)

3 cups carrots, grated, raw
3 cups pineapple chunks
1 TBSP ginger, ground
1 TBSP cinnamon, ground
3 cups vanilla, low-fat yogurt
48 oz. fat free milk

Blend carrots, pineapple, ginger and cinnamon together. Add milk and yogurt and blend. Refrigerate until service. Hold for cold service at 41° F or below.

Michigan Smoothie

from Tracy Leman at Grand Blanc Academy

YIELD: 1- 16 OZ. SERVING (provides 1 ⅓ cup fruit, 1 oz. meat alternative and 1 milk)

1 cup 1% or fat free milk
4 oz. low fat vanilla yogurt
⅓ cup (1.65 oz.) frozen cherries
⅓ cup (1.75 oz.) frozen apple slices
1 cup (4.75 oz.) frozen blueberries

For gallon blender:

6 cups (48 oz.) milk
3 cups (24 oz.) yogurt
6 cups blueberries
1 ⅓ cup apple slices
1 ⅓ cup cherries

Place all ingredients in blender. Pulse until smooth. Pour into cups. Refrigerate until service. Hold for cold service at 41° F or below.



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THANK YOU!

