create-a-smoothie

**Step 1**
Choose fluid milk, fruit and vegetable. Select yogurt. Add choices to blender and cover.

**Step 2**
Pulse until smooth. Pour into cups.

**Step 3**
Refrigerate until service. Hold for cold service at 41°F or below.

Fluid Milk
- Fat-free or Low-fat, unflavored
- Flavored Fat-free
- Lactose-free, low-fat unflavored or fat-free (unflavored or flavored)

Low-fat or Fat-free Yogurt
- Plain
- Fruit-flavored
- Vanilla
- Greek Style

Use frozen for best consistency.

- Kale
- Kiwi
- Mango
- Melons
- Papaya
- Peaches
- Pineapple
- Pumpkin
- Spinach

Cinnamon
- Cocoa powder
- Ginger
- Mint
- Nutmeg
- Vanilla

Adapted from Western Dairy Association

New England Dairy & Food Council
NewEnglandDairyCouncil.org
Peach Pie Smoothie
Recipe yields 10 middle/high school-sized smoothies.
Credit as 1 cup of milk, ½ ounce equivalent of meat/meat alternate and 1 cup of juice

Ingredients:
80 fl oz fat-free milk
20 oz vanilla yogurt
5 C pureed frozen banana pieces
5 C pureed frozen peach slice

Preparation Instructions:
1) Add all ingredients into blender and pulse until smooth.
2) Pour into cups.
3) Refrigerate until service.
4) Hold for cold service at 41°F or below.

Tip - Sprinkle graham cracker crumbs on top for a little crunch!

Middle/High School Base Recipe
Makes 10, 14-16 oz. servings
Credit as 1 cup of milk, ½ ounce equivalent of meat/meat alternate and 1 cup of juice

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

Elementary School Base Recipe
Makes 10, 10-12 oz. servings
Credit as 1 ounce equivalent of meat/meat alternate and ½ cup of juice

Ingredients:            Amount:
Milk, fat-free or low-fat   20 fl oz
Yogurt, vanilla, low-fat   40 oz
Frozen fruit, pureed       5 cups
**Razzle Dazzle Smoothie**

Recipe yields 10 elementary-sized smoothies

Credit as 1 ounce equivalent of meat/meat alternate and ½ cup of juice

**Ingredients:**
- 20 fl oz fat-free milk
- 40 oz vanilla yogurt
- 2 1/2 C pureed frozen mixed berries
- 2 1/2 C pureed frozen banana pieces

**Preparation Instructions:**
1) Add all ingredients into blender and pulse until smooth.
2) Pour into cups.
3) Refrigerate until service.
4) Hold for cold service at 41°F or below.

**Tip** - Have extra canned commodity fruits? Freeze them overnight for use in tomorrow's smoothies!

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**Smoothie 101**

- Blended yogurt fruit beverages or smoothies are a healthier offering than just fruit juice because they contain all the fiber of fruit with the added nutritional benefit of yogurt.
- Smoothies are easy to make – can contain as few as three ingredients – yogurt, fruit and milk.
- Utilize USDA fruits in an exciting way.
- Please consult USDA's Food Buying Guide for proper component crediting and accurate yields on fruit and vegetables.

**Ingredient Tips**

- Stockpile chunks of peeled, overripe bananas in the freezer to add to smoothies.
- Add fresh fruit to canned or frozen fruit to perk up the flavor.
- Pair a smoothie with a whole grain option such as bagel, cereal bar or muffin for a balanced meal.
- Pair low acid fruits like blueberries with higher acid fruits like strawberries for a bigger flavor impact.
- Swap fat-free chocolate milk for plain milk in your banana or cherry smoothie for a great chocolaty taste!
- Freeze chunks of melon to make a smoothie.
- Add spinach or kale to produce a vibrant green color and big nutritional boost.
Preparation Tips

• Smoothies may be prepared the day before and held chilled overnight.
• Add bananas for added sweetness, nutrition and a creamy texture. Serve immediately or freeze. Banana-based smoothies will darken if refrigerated overnight.
• Smoothies can be frozen if you need to hold longer than overnight. Leave some headroom in the cup since they will expand when frozen.
• Use frozen fruits or freeze drained, canned fruits to give smoothies a thicker consistency.
• If smoothies are thicker than desired, add milk to thin.
• Refrigerate canned fruits overnight for chilled smoothie prep in the morning or make smoothies ahead and chill overnight.

Adapted from General Mills Bakeries and Foodservice

Merchandising Tips

• Have smoothie tastings to familiarize students with new offerings and generate enthusiasm.
• Have a “name the smoothie” or smoothie recipe contest.
• Name smoothies after the school mascot or a favorite staff member.
• Make smoothies “holiday” colors: use strawberries for Valentine’s Day, add spinach for St. Patrick’s Day.
• Layer contrasting colors/flavors of smoothies.
• Make smoothies in school colors.
• Serve in school logo cups for fundraisers.
• Garnish with a paper parasol for holidays.

Serving Tips

• Top with slices or chunks of fruit used in the smoothie.
• Sprinkle cinnamon or nutmeg across the top of smoothies.
• Serve smoothies in clear plastic cups to help them look more visually appealing.
• Offer lids with your smoothies so that students may be able to finish them in the classroom.

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