

KALE STRAWBERRY SMOOTHIE

Hartford Public Schools, FCNS - 2018

Grades: K-12

Yield: 16 or 32 portions

INGREDIENTS	16 SERVINGS		32 SERVINGS		DIRECTIONS
	WEIGHT	MEASURE	WEIGHT	MEASURE	
Baby kale, washed and chopped.		8 cups		16 cups	<ol style="list-style-type: none"> 1. Sanitize work area with bleach & water solution. 2. Wash hands. 3. Put on food service gloves. <p>Cooking Methods</p> <ol style="list-style-type: none"> 1. Open all containers of juice, yogurt and milk and pour into blender container. 2. Add kale and strawberries into blender container. 3. Secure lid, press “Standby” to turn the blender on, and then “Pulse” for 10 seconds. 4. Blend on high for at least 1 minute, or until a smooth consistency is achieved.
Low fat vanilla Yogurt	5 lb.	1 container	10 lb.	2 containers	
Strawberries, washed and cleaned.	1 5/8 lbs	8 1/4 cups	3 1/8 lbs	16 1/2 cups	
Low fat unflavored milk		40 oz.		80 oz.	
Orange juice.		8 oz.		16 oz.	
<p>Serving Size: 10 oz.</p> <p>Meal Pattern Contribution: 1 M/MA & 1/2 cup Fruit & 1/4 cup Dark Leafy Greens</p> <p>Allergens: Dairy</p> <p>Note: 1 lb. Kale, raw with stem, ready to use, yields 17.85 portions of 1/2 cup measure (credits as 1/4 cup). As measured, 8 cups of Kale, raw, with stem, ready to use, equals 8.925 portions of 1 cup each (credits as 1/2 cup) or 17.85 portions of 1/2 cup (credits as 1/4 cup) 1 lb. fresh whole strawberries yields 10.5 portions of 1/4 cup or 5.25 portions of 1/2 cup. Recipe calls for 16 servings of 1/2 cup - therefore, 4 lbs. fresh, whole</p>					<p>HACCP/Serving Instructions</p> <ol style="list-style-type: none"> 1. Use the spigot to portion into 10 oz. serving cups. 2. Mix well before portioning into cups. <p>Cover and refrigerate at 40°F or lower until service time. If product is above 40°F for 2 hours or longer dispose of product and record in the action column of the temperature log sheet.</p>

strawberries yields 42 portions of 1/4 cup or 21 portions of 1/2 cup or 10.5 cups of whole strawberries.	
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Recipe and Meal Contribution Review completed by Put Local on Your Tray.

SFAs must check the crediting information for accuracy prior to including the item in reimbursable meals.



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