Blend It with Dairy

All smoothie recipes yield 50 servings
Serve in 16 ounce cups with lids

**Blueberry Banana Smoothie**
Ingredients:
- 100 C frozen blueberries
- 400 oz low-fat vanilla yogurt
- 50 bananas
- 5 C ice

**Berry Berry Smoothie**
Ingredients:
- 50 C frozen blueberries
- 400 oz low-fat vanilla yogurt
- 160 oz dried cranberries (put in water for 10 minutes to reconstitute before using)
- 50 C frozen strawberries
- 5 C ice

**Orange Creamsicle Smoothie**
Ingredients:
- 200 oz mandarin oranges
- 400 oz low-fat vanilla yogurt
- 5 C ice

**Strawberry Smoothie**
Ingredients:
- 125 C frozen strawberries
- 400 oz low-fat vanilla yogurt
- 5 cup ice

**Peanut Butter Split Smoothie**
Ingredients:
- 400 oz low-fat vanilla yogurt
- 50 bananas (peel bananas and then freeze before using)
- 1/8 C creamy peanut butter

**Strawberry Banana Smoothie**
Ingredients:
- 100 C frozen strawberries
- 400 oz low-fat vanilla yogurt
- 50 bananas
- 5 cup ice

- Each serving has 8 oz of yogurt (2 Meat/MA) and at least ½ cup of fruit
- Offer each smoothie with a grain for a complete breakfast

Smoothie recipes created by Nassau County School District

Adapted from the Dairy Council of Florida