

Chobani Strawberry Banana Smoothie

Serving Size: 8oz (300g)

Nutrition Facts	
Calories 160 Calories from Fat 5	
% Daily Value	
Total Fat 0g	1%
Saturated Fat 0g	2%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 70mg	3%
Total Carb. 25g	8%
Fiber 2g	9%
Sugars 19g	
Protein 16g	
Vitamin A 2%	Vitamin C 0%
Calcium 20%	Iron 4%

NSLP Counts as 3/8 cups of fruit and 1 ounces of meat and 1/8 cups of milk.

This recipe meets MA Nutrition Standards for category *Yogurt*.

Ingredients: greek non fat vanilla yogurt, strawberries, skim milk w/ added vitamin a & vitamin d, ice, bananas

Allergens: Contains Milk (Some ingredients not reviewed for Eggs, Fish, Shellfish, Soy, Wheat, Treenuts, Peanuts)

Recipe

Servings: 62

4 qt strawberries
5 lbs bananas, (about 16 whole bananas)
2 qt skim milk w/ added vitamin a & vitamin d
2 qt ice
10 qt greek non fat vanilla yogurt

Steps

1. In a gallon size blender, place 2 1/2 qts greek yogurt, 1 qt strawberries, 4 bananas, 2 cups milk and 2 cups ice. Blend until smooth.
2. Portion 8 oz into each cup
3. Repeat steps 1 and 2