



Peach and Yogurt Smoothie

Yield: 50 Smoothies and 100 Smoothies

Serving size: 8 fl oz

Crediting: ½ cup fruit juice and
1 oz eq meat alternates

Ingredients	50 Servings	100 Servings
Peaches, frozen, no sugar added	3 gallons 3 quarts 2½ cups	7 gallons 3 quarts 1 cup
Vanilla yogurt, low-fat	1 gallon 2 quarts 1 cup	3 gallons 2 cups

Ingredients		50 servings		100 Servings		Directions for 50 Servings	Directions for 100 Servings
Items	Weight lbs + oz	Measure largest unit	Weight lbs + oz	Measure largest unit		Include Critical Control Point (CCP), pan sizes, scoop sizes	Include CCP, pan sizes, scoop sizes
Peaches, frozen, no sugar added	13 lb 14 oz	3 gal 3 qt 2½ cups	27 lb 12 oz	7 gal 3 qt 1 cup		1. Place frozen peaches in a 4" steam table pan and cover. Place in the refrigerator for 20-24 hours to thaw. CCP: Hold at 41 °F or lower. Note: Peaches must be free of ice crystals for best smoothie consistency. 2. Measure 8⅓ cups of thawed peaches and place in a 1 gallon blender. This will prepare 12 smoothies at a time.	1. Place frozen peaches in a 4" steam table pan and cover. Each pan should contain 13 lb 14 oz of frozen peaches. Place in the refrigerator for 20-24 hours to thaw. CCP: Hold at 41 °F or lower. Note: Peaches must be free of ice crystals for best smoothie consistency. Peaches thaw best with no more than 15 lb per 4" steam table pan. 2. Measure 8⅓ cups of thawed peaches and place in a 1 gallon blender. This will prepare 12 smoothies at a time.
Vanilla yogurt, low-fat	12 lb 8 oz	1 gal 2 qt 1 cup	25 lb	3 gal 2 cups		3. Add 1 qt 2 cups of yogurt to the blender. Blend for about 4-5 minutes or until peaches are pureed and ingredients are fully blended. 4. Pour 1 cup (8 fl oz) smoothie into each 9 oz clear plastic cup. Place on full-sized sheet pans and store in the refrigerator until served. CCP: Hold at 41 °F or lower. 5. Repeat steps 2-4 until you reach a total of 50 servings.	3. Add 1 qt 2 cups of yogurt to the blender. Blend for about 4-5 minutes or until peaches are pureed and ingredients are fully blended. 4. Pour 1 cup (8 fl oz) of smoothie into 9 oz clear plastic cups. Place cups on full-sized sheet pans and store in the refrigerator until served. CCP: Hold at 41 °F or lower. 5. Repeat steps 2-4 until you reach a total of 100 servings.

Final Weights and Yields

Weight: 25 lb

Yield: 50 Peach smoothies

Weight: 50 lb

Yield: 100 Peach smoothies

Serving	Weight	Volume
NSLP/SBP Crediting Information	50 Servings: 25 pounds	50 Servings: 3 gallons 2 cups
	100 Servings: 50 pounds	100 Servings: 6 gallons 1 quart

Recipe notes: This is a no-cook recipe. Each batch of 12 servings needs 3 quarts 3 cups of frozen peaches. The peaches thaw to 8⅓ cups and puree down to 6 cups.

Storage: 12 smoothies fit on one half sheet pan. Twenty-four smoothies fit on one full-sized sheet pan. Half sheet pans will weigh less and are easier to balance.

Nutrition Information

8 fl oz Peach and Yogurt Smoothie

Nutrients	Amount
Calories	157
Total Fat	1.5 g
Saturated Fat	1 g
Cholesterol	6 mg
Sodium	75 mg
Total Carbohydrate	32 g
Dietary Fiber	2 g
Total Sugars	30 g
Added Sugars included	N/A
Protein	7 g
Vitamin D	N/A
Calcium	194 mg
Iron	0.4 mg
Potassium	N/A

N/A = Data not available