



Hulk Smoothie

Mixture of vanilla yogurt, banana, kiwi, apple juice, and spinach with a touch of honey.

Recipe Project Name: Fiscal Year 2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development
Virginia Department of Education

Preparation Time: 30 minutes

Cook Time: No cook

NSLP/SBP crediting information:

8 oz serving provides 1 oz equivalent meats/meat alternates, 3/4 cup dark green vegetable, 3/4 cup fruit.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Kiwi, fresh, whole	8 lb 7 oz		16 lb 14 oz		<ol style="list-style-type: none"> 1. Wash and peel kiwis. 2. Lay the kiwis out on parchment lined sheet pans, wrap in plastic wrap and freeze overnight. 3. Peel bananas and lay on a parchment lined sheet pan. Wrap in plastic wrap and freeze overnight. 4. Wash and drain spinach, if not already done. 5. Using a commercial immersion blender, puree spinach and apple juice for 2-3 minutes or until well blended.
*Bananas, raw, whole	18 lb 12 oz		37 lb 8 oz		
Spinach, raw, whole	12 lb		24 lb		
100% apple juice		3 qt		1 gal 2 qt	



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Vanilla yogurt, low-fat	13 lb	1 gal 2 qt 2 cups	26 lb	3 gal 1 qt	<p>6. Add frozen kiwi, frozen banana, and yogurt to blender and blend for 4-5 minutes or until fully blended.</p> <p>7. 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.</p> <p>Critical Control Point: Hold for cold service at 41 °F or lower.</p>
Honey	12 oz	1 cup	24 oz	2 cups	



**HULK SMOOTHIE
NUTRITION INFORMATION**

For 8 oz

NUTRIENTS	AMOUNT
Calories	368
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Total Fat	3 g
Saturated Fat	1 g
Cholesterol	6 mg
Sodium	171 mg
Total Carbohydrate	82 g
Dietary Fiber	9 g
Total Sugars	39 g
Added Sugars included	N/A
Protein	12 g
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Vitamin A	N/A
Vitamin C	N/A
Vitamin D	N/A
Calcium	347 mg
Iron	4 mg
Potassium	N/A

N/A=data not available.

*MARKETING GUIDE		
Food as Purchased for	50 Servings	100 Servings
Bananas	18 lb 12 oz	37 lb 8 oz
Kiwi	8 lb 7 oz	16 lb 14 oz
Spinach	12 lb	24 lb

NOTES
<p>*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.</p> <p>Cooking Process #1: No cook</p>

YIELD/VOLUME	
50 Servings	100 Servings
About 30 lb 5 oz	About 60 lb 10 oz
About 3 gal 2 cups	About 6 gal 1 qt

SOURCE:

FY 2021 Cohort A Team Nutrition Training Grant

