

RASPBERRY PINEAPPLE SMOOTHIE

Three simple ingredients and a whisk will create a colorful, flavorful, kid-favorite, grab-and-go breakfast item. The sweet-tart flavor of frozen red raspberry puree will add an intense color and bright flavor to a variety of fruit smoothies.



PORTION SIZE: 1 cup

CREDITING: One portion provides ½ cup fruit and 1 oz. eq. m/ma.



| INGREDIENTS | 32 SERVINGS | DIRECTIONS |
|---|-------------|---|
| Washington red raspberry seedless puree | 4 pounds | 1. Add three ingredients to a mixing bowl. 2. Whisk until all ingredients are thoroughly incorporated. 3. Pour into 9-ounce plastic cups. Cover. Serve chilled. |
| Pineapple juice | 2 quarts | |
| Yogurt, vanilla | 4 quarts | |

| NUTRITION INFORMATION | | | 1 serving = 1 cup | | |
|-----------------------|--------|------|--------------------|--------|------|
| NUTRIENTS | AMOUNT | UNIT | NUTRIENTS | AMOUNT | UNIT |
| Calories | 150 | | Total Carbohydrate | 28 | (g) |
| Total Fat | 1.5 | (g) | Dietary Fiber | 1 | (g) |
| Saturated Fat | 1 | (g) | Total Sugars | 27 | (g) |
| Cholesterol | 5 | (mg) | Vitamin D | | (IU) |
| Sodium | 70 | (mg) | Calcium | 180 | (mg) |
| Protein | 5 | (g) | Iron | | (mg) |

NOTES

YIELD/VOLUME

SOURCE

redrazz.org