



School Smoothie Base Recipe

Base smoothie recipe yields 16 - 12 oz servings

Equipment Needed:

18" immersion blender and 5 gallon container

1 yogurt

Add (1) 64 oz. bag of vanilla yogurt

2 milk

Add 1/2 gallon fat-free or 1% milk

TRY USING STRAWBERRY MILK!

3 Fruit and toppings

Add 4 lbs. (16-1/2 C) frozen fruit

Optional: Top with 1 oz. granola (1/4 C)

12 oz. serving =
1 M/MA
1/2 C Fruit

Optional Granola (1/4 C)
1 oz. equivalent Grain

Blend!

**Yogurt Smoothies Help Grow Breakfast
Average Daily Participation (ADP)
by 13% on average**