

# PURPLE MONSTER SMOOTHIE

YIELDS: 16 SERVINGS (1 CUP)

## INGREDIENTS:

- 1 quart plus 2 cups ice
- 5 medium (7-7 7/8-inch) ripe bananas
- 1 ½ cups orange juice, pasteurized, from concentrate
- 2 quarts low-fat vanilla yogurt
- 1 quart plus 2 cups frozen, unsweetened blueberries

## PREPARATION:

1. Turn off blender.
2. Layer ingredients in blender in the following order: ice, bananas, orange juice and yogurt. Start blender on low speed. Blend for 1 minute.
3. Stop blender and add frozen blueberries. Pulsate blender until all ingredients are combined.
4. Serve chilled 1 cup portions maintaining temperature at 40 degrees Fahrenheit or below.

Use the USDA Food Buying Guide to assist with produce purchasing needs. Be sure to market your blueberries as Michigan grown with label or signage. Your yogurt might be a Michigan product as well. Check with your distributor.

# HOW IT'S MADE



# NOURISHMENT

## NUTRITIONAL CONTENT:

Calories: 177 kcal

Calories from total fat: 10.36%

Calories from saturated fat: 5.39%

Total fat: 2.04 g

Cholesterol: 6 mg

Sodium: 85 mg

Protein: 6.84 g

Vitamin A: 28.5 RE

Calcium: 220.69 mg

Iron: 0.31 mg

Saturated fat: 1.06 g

Calories from trans fat: \*0%\*

Calories from carbohydrates: 78.87%

Calories from protein: 15.46%

Trans Fat<sup>1</sup>: \*0.00\* g

Carbohydrates: 34.92 g

Dietary fiber: 2.57 g

Vitamin A: 127.9 IU

Vitamin C: 14.7 mg

Water<sup>1</sup>: \*263.36\* g

Ash<sup>1</sup>: \*1.75\* g

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\*N/A\* - Denotes a nutrient that is either missing or incomplete for an individual ingredient. \* - Denotes combined nutrient totals with either missing or incomplete nutrient data. <sup>1</sup> - Denotes optional nutrient values.