# Strawberry PB Smoothie

**HACCP Process Category 1**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>For 4 Servings</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Frozen unsweetened strawberries</td>
<td>2 Cups</td>
<td>1. Peel Bananas</td>
</tr>
<tr>
<td>Banana</td>
<td>5 each</td>
<td>2. Place in blender, milk, yogurt, peanut butter, and fruit.</td>
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<tr>
<td>Peanut butter 🌾</td>
<td>4 Tbsp</td>
<td>3. Blend on High speed until smooth and creamy.</td>
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<tr>
<td>Milk –Low fat/skim</td>
<td>2 Cups</td>
<td>4. Pour into 8 oz. glass</td>
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<tr>
<td>Yogurt low-fat vanilla</td>
<td>1 1/3cups</td>
<td>5. Do not mix too far ahead. It will turn brown due to bananas.</td>
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</tbody>
</table>

**CCP**: Keep cold food cold at 41°F or below in refrigerator for cold service.

**Serving Size**: 2 cup  
**Yield**: 4 Servings

**1 oz. Meat/Meat Alternate, 1 cup Juice and ½ cup Milk**

**Nutrition Analysis**:  
**Serving Size**: 2 cup

- Calories: 311 kcal  
- Calories from Fat: 26%  
- Cholesterol: 4 mg  
- Sodium: 180 mg  
- Protein: 12 g  
- Vitamin A: 685 IU

- Total Fat: 9 g  
- Total Carbohydrate: 50 g  
- Vitamin C: 43.74 mg

- Saturated Fat: 2 g  
- Dietary Fiber: 6 g  
- Calcium: 386 mg

- Trans Fat: 0 G  
- Sugars: 32 g  
- Iron: 1.31 mg