

"Super Drink" Smoothie

Makes: 12 or 48 servings

12 Servings

48 Servings

Ingredients	12 Servings		48 Servings	
	Weight	Measure	Weight	Measure
Strawberries, sliced		4 cups		16 cups
Peaches, canned, drained		2 cups		8 cups
Yogurt, plain, low-fat		4 cups		16 cups
Lemon juice		2 Tbsp		1/2 cup
Bananas		1/2 cup		2 cups

Directions

1. Combine peaches, strawberries, bananas, yogurt and lemon juice in blender.
2. Process until smooth.
3. Dish 3/4 cup servings into cups.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	87	
Total Fat	2 g	
Protein	5 g	
Carbohydrates	15 g	
Dietary Fiber	2 g	
Saturated Fat	1 g	
Sodium	58 mg	