

Berry Cane Smoothie

Makes: 50 servings

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Ingredients	Weight	Measure
Lowfat Strawberry Yogurt		25 cup
Frozen Strawberries		25 cup
Raw Sweet Potatoes		6 1/4 cup
Raw (Frozen) Spinach		6 1/4 cup
Bananas	1 1/2 lb	3 cup
Ice		25 cup



Directions

1. Peel the sweet potatoes and cut them into 1/4 inch cubes
2. Defrost, wash, and drain the spinach; then set spinach aside in a colander.
3. Put the Strawberries, Yogurt, banana, and half of the ice into a VCM or vertical cutter/mixer. The industrial one is the best. *Do not turn the VCM on yet.* **The strawberries and bananas can be frozen.**
4. Blend the sweet potatoes in a blender, the higher the quality the better. Then put the blend into the VCM.
5. Blend the spinach in the blender; a little water helps chop the spinach to a liquid state. Then pour the liquid into the VCM.
6. Turn the VCM on and let it run for at least twenty minutes. Add the rest of the Ice as needed to generate the desired consistency.

7. Pour the drinks into the 14 oz. serving cups and let them sit in the cooler or walk in freezer until ready to serve.
8. Yes it is just that easy, and it tastes even better.

Notes

Serving Tips:

The set-up is the most important part of this recipe.