

Strawberry Yogurt Shake

Makes: 50 or 100 Servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
100% pineapple juice, unsweetened, canned	2- 48 oz cans		4- 48 oz cans	
Strawberries, fresh or frozen	4 lb	8 at	8 lb	
Vanilla yogurt	4 lb	2 qt	8 lb	4 qt
Honey		2/3 cup		1 1/3 cup
Milk, 2%		4 qt		1 gal
Lemon juice, full strength		1/4 cup		1/2 cup

Directions

1. Add pineapple juice, strawberries and yogurt in a gallon container. Use immersion blender to puree until smooth.
2. Add honey, milk and lemon juice to fruit puree and blend until completely incorporated.
3. Chill until service. Serve 1 ½ cup portion per person

Notes

Serving Tips:

If immersion blender is not available mixture can be divided into smaller batches and blended in upright blender or robocoupe.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	149	
Total Fat	2.3 g	
Protein	5.5 g	
Carbohydrates	28.1 g	
Dietary Fiber	1.6 g	
Saturated Fat	1.3 g	
Sodium	72.1 mg	

Meal Components

Fruits	1/2 cup
Vegetables	1/2 cup