



JERSEY TASTES! RECIPES

Blu-Nana Smoothie

INGREDIENTS:

**FAMILY-SIZE
SERVES: 4 (8 OZ. EACH)**



- 1 each 8 oz. Low-Fat Vanilla Yogurt or your favorite flavor
- 1 1/4 cups Blueberries, frozen or fresh
- 1 1/2 each Bananas
- 1 cup Spinach or Kale, fresh
- 3/4 cup Low-Fat Milk or Water



(Can be substituted w/ alternative Milk varieties such as Almond, Coconut, Rice, Soy...)

- 1/2 cup Ice, crushed



DIRECTIONS:

- 1 Combine all ingredients in a blender.
- 2 Blend until smooth. Enjoy!

GREAT BREAKFAST ENTREE!

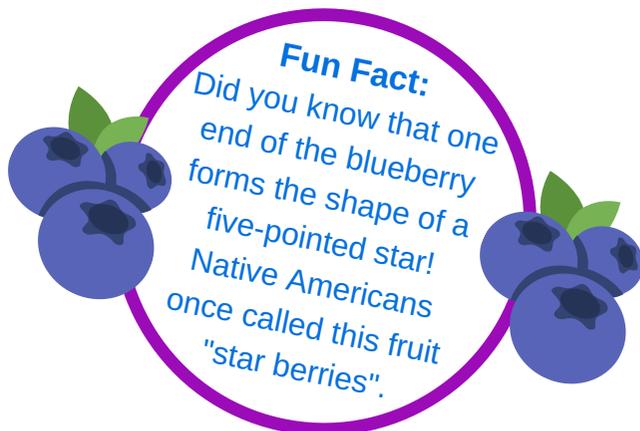
**SCHOOL FOOD SERVICE
PORTIONS: 24 (12 OZ. EACH)**

- 3 quarts of Low-Fat Vanilla Yogurt
- 4.25 lbs. Blueberries, frozen
- 12 each Bananas, petit
- 3 quarts, approx. 1.6 lbs., Spinach or Kale, fresh
- 6 cups Low-Fat Milk or Water

(Can be substituted w/ alternative Milk varieties such as Almond, Coconut, Rice, Soy...)

- 1.5 quarts Ice, crushed

**Portion Size: 12 oz. =
1 oz. Meat Alternate; 3/4 cup
Fruit; 1/4 cup Veg/Dark Green
Add Graham Crackers or Granola w/
your Smoothie for Breakfast!**



RECIPES MADE IN COLLABORATION WITH:

