



## Title: Beet and Cherry Yogurt Breakfast Smoothie

Recipe Code No:

Category: Breakfast

Cooking Process: #1 No Cook

Ingredients	125 Servings		Directions
	Weight	Measure	
Beets, fresh, loose, AP		25 lb	<ol style="list-style-type: none"> <li>1. Wash and scrub beets using a vegetable brush under running water.</li> <li>2. Place beets in a perforated pan and steam until fork tender. Smaller beets can steam as quickly as 30 minutes, whereas larger may take up to one hour. Do <u>not</u> peel until after they are cooked! <i>Note: May use 19 lb 4 oz of cooked, cooled, packaged, ready to eat beets as a substitute for the fresh beets.</i> <b>CCP: Cook to an internal temperature at or above 135° F.</b></li> <li>3. Allow to slightly cool, remove peel, then dice into large chunks. Note: beets stain everything they touch! Place in a storage container, cover, and chill until cold. Edible portion is about 19 lb 4 oz. <b>CCP: No bare hand contact with ready to eat food.</b> <b>CCP: Hold at or below 41° F.</b></li> <li>4. For easiest preparation, using an immersion blender, puree the ingredients until smooth in two batches using a 22 qt clean storage container: 9 lb 10 oz of cooked and peeled beets, 8 lb 9 oz of frozen cherries, 7 lb 13 oz bananas, and 7 qt plus 4 ½ cups of yogurt. As an option, product may be prepared in cleaned and sanitized gallon buckets approved for food production.</li> </ol>
Cherries, pitted, frozen	17 lb 3 oz		
Banana, fresh, <b>Very Ripe</b> , EP	15 lb 10 oz		
Yogurt, Greek, vanilla, fat-free		15 qt + 2 ½ cups	

125 Servings			
Ingredients	Weight	Measure	Directions
			<p><b>CCP: No bare hand contact with ready to eat food.</b></p> <p>5. Pour 8 fluid oz (1 cup) into each 9 oz cup. Place lid on cup and chill until service.</p> <p><b>CCP: No bare hand contact with ready to eat food.</b></p> <p><b>CCP: Hold and serve at or below 41° F.</b></p>

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Meal Components: 1 oz eq M/MA and ½ cup Fruit

**Notes:**

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Food as Purchased for	125 Servings
Bananas, fresh, 100-120 count, Regular, Whole	24 lb

**Serving**

1 cup (8 fl oz) provides 1 oz eq m/ma and ½ cup fruit.

Nutrients Per Serving			
Calories	208	kcal	Sat Fat <1 g
Protein	13	g	Chol 3 mg
Carb	41	g	Sodium 110 mg
Total Fat	.5	g	Dietary Fiber 5 g