



Breakfast Smoothies

This recipe was provided by **Breakfast Smoothie Recipe & Lesson Plan (Hands on Food)**

- Yield: 50–60 servings
- Serving Size: 250 ml cups

Ingredients

- 15 bananas
- 2x 3 lb bags frozen fruit (15 cups)
- 4 L yogurt or plant-based alternative
- 4 L milk or plant-based alternative
- 225 g spinach (5 cups)

Method

Step 1
In each 3 L blender bowl, place 3 chopped bananas, 3 cups mixed frozen fruit, 3 cups yogurt, 3 cups milk and 1 handful spinach. (Do not fill the blender more than $\frac{3}{4}$ full and ensure the lid is secured before you turn it on).

Step 2
Blend until smooth, adding more liquid, if necessary.

Step 3
Pour in cups and Enjoy!

*Note: Do not add ingredients while the blender is turned on and unplug the blender when finished.

HACCP

- Wash hands before handling food, after handling raw foods, and after any activity that may contaminate hands.
- Use clean and sanitized equipment and utensils. Use gloves or tongs when handling food.
- Return all ingredients to refrigerated storage if preparation is delayed or interrupted.
- Hold cold items below 40°F or 4°C, and hot food items above 140°F or 60°C.