



JERSEY TASTES! RECIPES

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Blu-Nana Smoothie

INGREDIENTS:

FAMILY-SIZE

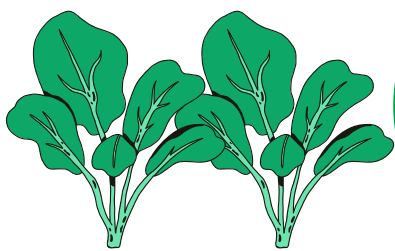
SERVES: 4

PORTION SIZE: 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, 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



Fun Fact:
New Jersey ranks
3rd in spinach
production in the
country

DIRECTIONS:

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

GREAT BREAKFAST ENTREE!

SCHOOL FOOD SERVICE

PORTIONS: 24

PORTION SIZE: 12 OZ. EACH

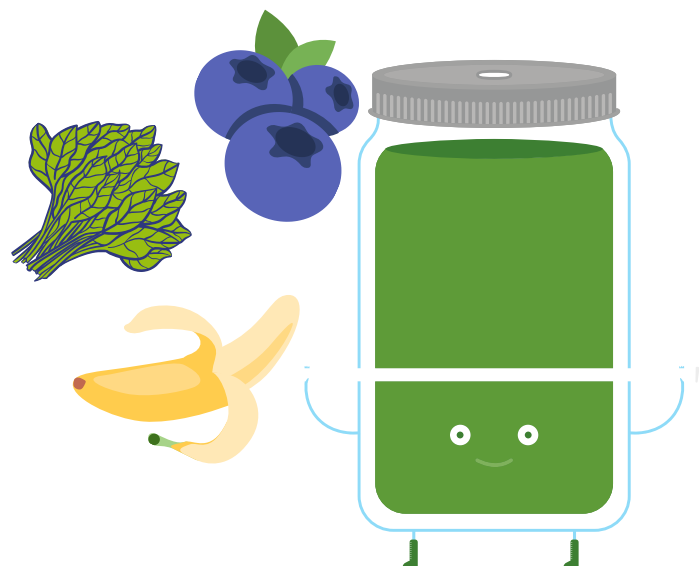
- 3 quarts of Low-Fat Vanilla Yogurt
- 4.25 lbs. Blueberries, frozen
- 12 each Bananas, petit
- 3 quarts, approx. 1.6 lbs., Spinach , fresh
- 6 cups Low-Fat Milk or Water

(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:

