



# Recipe Name: Berry Banana Fruit Smoothie

Resources used for Crediting  
SBG

Component Contribution  
 X \_\_\_ Meat/Alt     \_\_\_ Vegetable/Fruit  
 \_\_\_ Grain/Bread

<u>+ 1/2 Cup</u> Portion Size	<u>3-5 yr old</u> Age Group
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Ingredient	Form (whole, chopped)	<u>12 Cups = 22 servings</u> Recipe Yield	
		Weight	Measure
Banana	Sliced		6 banana
Unsweetened Pineapple juice		36 oz	
Strawberry Yogurt			1.5 qt=48 oz

**Directions:**  
 Place all ingredients in a blender or food processor and blend until smooth.