




Cherry Chocolate Smoothie

Ingredients	For 4 Servings		Directions
	Weight	Measure	
Frozen unsweetened cherries Banana fresh Fresh spinach leaves Vanilla protein powder Milk – Low fat/skim Yogurt non-fat vanilla Cocoa powder		2 Cup 3 Each 2 Cups 2 scoops or 6 Tbsp. 2 Cup 1 Cup 2 TBSP	<ol style="list-style-type: none"> 1. Peel Bananas 2. Place in blender, milk, yogurt, protein powder, spinach and fruit. 3. Blend on high speed until smooth and creamy. 4. Pour into 16 oz. glass 5. Do not mix too far ahead. It will turn brown due to bananas. <p style="color: red;">CCP: Hold Cold at 41°F or below for cold service</p>
			

Serving Size: 2 cup (11.6 oz.) Yield: 4 Servings – Smart Snack Entrée 1 Cup Juice and ½ Cup Milk

Nutrition Analysis: Serving Size: 2 cup

Calories: 258 kcal	Calories from Fat: 36	Total Fat: 4 g	Saturated Fat: 0.79 g	Trans Fat: 0 g
Cholesterol: 7 mg	Sodium: 153 mg	Total Carbohydrate: 44 g	Dietary Fiber: 6 g	Sugars: 22 g
Protein: 16.5 g				