

Purple Monster Smoothie

Recipe Category: Breakfast Main Dish

Ingredients	8 Servings		Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	
Grape Juice, 100% juice		2 cups			Place yogurt and grape juice in a blender.
Grapes, purple frozen		3 cups			Add frozen grapes and blueberries.
Blueberries, frozen		3 cups			Blend on high speed until smooth.
Yogurt, vanilla, low fat		4 cups			
					CCP: Hold at 41 degrees F or lower for cold service.

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
1 cup/8 ounces		

Meal Pattern Contribution			
Meat/Meat Alternate	Breads/Grains	Milk	Fruits
1	0	0	3/8 cup
Nutrient Analysis (optional)			
Calories: 152	Saturated Fat: 1 gram	Sodium: 84.98 mg	