

Berry Cane Smoothie

by Fontainebleau Junior High



Our school is located 25 miles north of New Orleans, just across Lake Pontchartrain. Our mascot is the Hurricane, and our school pride is very strong . It tends to get very hot in the south and one of the local favorite things to enjoy is the snowball. It is made with shaved ice so soft you can make snow angels with it, and drink syrup made into almost any flavor you can think of. The only problem is the nutritional content of the snowballs. In 1987 Smoothie King became a corporation, and was open for business on Barrone St. in New Orleans, LA. This is essentially a nutritional snowball, which is blissful for the people who call New Orleans home. We have adapted a similar recipe, but we decided to use vegetable in the mix for this contest. Most of the ingredients are raw which boost the nutritional value, and there is no sugar added. Even though the winters are not cold the kids still ask for the smoothie all year long. I think this speaks volumes about how much the students love the smoothie, and that is what it is all about

Ingredients

6 SERVINGS

3 cups of Lowfat Strawberry Yogurt
3 cups of Frozen Strawberries
1 1/8 cups of Raw Sweet Potatoes
1 1/8 cups of Raw (Frozen) Spinach
3/4 cup of Bananas
3 cups of Ice

50 SERVINGS

25 cups of Lowfat Strawberry Yogurt (288 oz.)
25 cups of Frozen Strawberries (13 lb.)
6 1/4 cups of Raw Sweet Potatoes (3.8 lb.)
6 1/4 cups of Raw (Frozen) Spinach (15 oz.)
3 cups of Bananas (1.5 lb.)
25 cups of Ice

Preparation

The mise en place is the most important thing for this recipe.

1. Peel the sweet potatoes and cut them into 1/4 inch cubes
2. Defrost, wash, and drain the spinach; then set spinach aside in a colander.
3. Put the Strawberries, Yogurt, banana, and half of the ice into a VCM or vertical cutter/mixer. The industrial one is the best. *Do not turn the VCM on yet.* **The strawberries and bananas can be frozen.**
4. Blend the sweet potatoes in a blender, the higher the quality the better. Then put the blend into the VCM.

5. Blend the spinach in the blender; a little skim milk or water helps chop the spinach to a liquid state. Then pour the liquid into the VCM.
6. Turn the VCM on and let it run for at least twenty minutes. Add the rest of the Ice as needed to generate the desired consistency.
7. Pour the drinks into the 14 oz. serving cups and let them sit in the cooler or walk in freezer until ready to serve.
8. Yes it is just that easy, and it tastes even better.