

Hulk Fruit Smoothie

Prep: 30 minutes | Cook Time: No cook

Mixture of vanilla yogurt, banana, kiwi, apple juice, and spinach with a touch of honey.

Serving Size: 1 smoothie = 8 oz

Crediting Information: 1 smoothie provides 1 oz eq meat/MA, ¼ cup fruit, and ⅓ cup dark green vegetables.



Substitutions: Kale can be substituted for some or all of the spinach.



Source: Team Nutrition Training Grant for School Meal Recipe Development, Virginia Department of Education

FY 21 Cohort A



Ingredient	50 Servings Weight	50 Servings Measure	100 Servings Weight	100 Servings Measure
Kiwi, fresh, whole	8 lb 7 oz		16 lb 14 oz	
Bananas, raw, whole	18 lb 12 oz		37 lb 8 oz	
Spinach, raw 	12 lb		24 lb	
100% Apple Juice		3 qt		6 qt
Vanilla Yogurt, low-fat	13 lb	1 gal 2 qt 2 cups	26 lb	3 gal 1 qt
Honey 	12 oz	1 cup	24 oz	2 cups

Nutrition Information

Serving Size: 8 oz

Nutrients	Amount
Calories	368 kcal
Total Fat	3 g
Saturated Fat	1 g
Cholesterol	6 mg
Sodium	171 mg
Total Carbohydrate	82 g
Dietary Fiber	9 g
Total Sugars	39 g
Added Sugars Included	N/A
Protein	12 g
Vitamin D	N/A
Calcium	347 mg
Iron	4 mg
Potassium	N/A

N/A = Data not available

Marketing Guide

Food as Purchased for	50 Servings	100 Servings
Bananas	18 lb 12 oz	37 lb 8 oz
Kiwis	8 lb 7 oz	16 lb 14 oz
Spinach	12 lb	24 lb

Notes
*See Marketing Guide for purchasing information on foods that will change during preparation or when variation of the ingredient is available. Cooking Process #1: No Cook.

Yield/Volume

50 Servings	100 Servings
About 30 lb 5 oz	About 60 lb 10 oz
3 gal, 2 cup	6 gal, 1 qt



Chef Tips:

To peel a kiwi:

- Cut kiwis in half crosswise. Using a spoon, scoop out the flesh.

To wash greens:

- Sanitize a large prep sink.
- Fill the sink $\frac{3}{4}$ full of cold water.
- Add greens and swirl them around a few times.
- Let sit for 5 minutes to allow sand and dirt to settle at the bottom of the sink.
- Lift the greens out of the water (without disturbing the sediment at the bottom of the sink) and drain in a salad spinner or perforated pan.
- Allowing greens to dry overnight allows them to rehydrate and become crisper. DO NOT allow greens to sit in water this will accelerate the spoiling process.

Blend just prior to service.

- Leftover smoothie mixture can be stored in the refrigerator and whisked/blended again just prior to service.



Directions:

- **Advanced Preparation:** Freezing the kiwis and banana slices the night before saves time and improves the taste and consistency of these smoothies.



- The day prior to service, wash the spinach (refer to chef tip). Store in shallow, perforated containers overnight in the refrigerator to help drain and dry the greens. Make sure to have a container below the perforated pan to catch the water drippings.



1. Wash and peel kiwis.

- *See the chef tip.



2. Lay the kiwis out on parchment lined sheet pans, wrap in plastic wrap and freeze overnight.

3. Peel bananas and lay on a parchment lined sheet pan. Wrap in plastic wrap and freeze overnight.

4. Wash and drain spinach, if not already done.

- *See the chef tip.



5. Using a commercial immersion blender, puree spinach and apple juice for 2-3 minutes or until well blended.

- **Note:** This should be done in a mixing bucket with the immersion blender or in a large storage container.

6. Add frozen kiwi, frozen banana, and yogurt. Blend for 4-5 minutes or until fully blended.

7. Add the honey and mix until smooth, about 1 minute.

8. Place cups on full-sized sheet pans. Pour 1 cup (8 fl oz) smoothie into each 9 oz clear plastic cup. Place lids on cups and store in the refrigerator until served.



- **Critical Control Point:** Hold at 41 °F or lower.

