



GENERAL MILLS
Foodservice

Blender-less smoothies made for versatility



Blender-less smoothie recipes for K-12 Programs

Blender-*less* Smoothie Recipes Made for Participation.

Applesauce Yogurt Smoothies



Pages 6-16

Banana Yogurt Smoothies



Pages 17-20

Cranberry Sauce Yogurt Smoothies



Pages 21-22

Bonus Items!

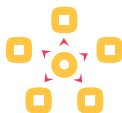
- All juice recipe
- Smoothie fun for parents or school parties



Pages 23

All Blender-*less* Smoothies = $\frac{1}{2}$ cup fruit + 1 meat alternate (4 oz. yogurt)
Perfect to serve with a 1 Ounce Equivalent Grain item.

Did you *know*?



4 OZ. of YOGURT in smoothies credits as a **MEAT ALTERNATE** in all programs.



The percentage of operators who say there has been a considerable or moderate **INCREASE** in the number of **CUSTOMERS CHOOSING HEALTHIER BEVERAGES** compared to two years ago*



Of **K-12 OPERATORS** who are currently **OFFERING SMOOTHIES** on school menus*.



Tips & Tricks

- Use your '**LESS THAN PERFECT**' fruits in smoothies. **A BROWNE BANANA WORKS GREAT!**
- Use a **CROSS WIRE GRID COOLING RACK** to push ripe bananas and cranberry sauce through for quicker mash-ability.
- **PREP & FREEZE** smoothies ahead of time, then **THAW OVERNIGHT** before serving.
- **REDUCE WASTE** by freezing single smoothies to be served on the line for after the bell breakfast and lunch.



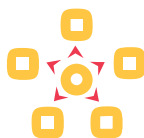
Get the KIDS *involved!*

- Serve smoothies in a 12 oz cup with space to allow for kids to **ADD THEIR FAVORITE FRUIT** on top.
- **ALLOW** students **TO EXPERIMENT** and customize their smoothies with different spices – add a self-serve bar!
- Create smoothie recipes that are your **SCHOOL COLORS** and sell them for a fundraiser.
- Have a **RECIPE CONTEST FOR STUDENTS** to come up with their **OWN IDEAS** for smoothies.

*Source: http://www.foodservicedirector.com/sites/default/files/fsd-menu-survey_0.pdf

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Smoothies Succeed in *Several Ways*



MEET MULTIPLE *Requirements*

Yogurt in smoothies credits as a **MEAT ALTERNATE** in all programs. **FRUIT** and **VEGETABLES** in smoothies credit as*:

- Up to **50%** of weekly fruit and veg requirements for:
 - *School Breakfast Program*
 - *National School Lunch Program*
 - *After School Snack Program*
- Up to **50%** of the daily fruit and veg requirements for:
 - *Summer Foodservice Program - CACFP*



Kid favorite WITH RESTAURANT APPEAL


From 2013 to 2015, the number of restaurants featuring smoothies on kid menus grew by 13%¹



PREVENT FRUIT AND VEGETABLE *waste*

Delicious smoothies are a great way to get students to actually eat fruits and vegetables instead of throwing them in the trash.

* Pureed fruit and vegetables in smoothies credit as juice. ¹ Technomic MenuMonitor, 2013 Q1 (Jan-March) to 2015 Q1 (Jan-March)

	Page #	# of Servings	fl. oz. per serving	1 Meat Alternate	Smart Snack Compliant	Half cup fruit	Gluten-Free*	Calories (kcal)	Calories from Fat	Total Fat (g)	Total Sat Fat (g)	Total Trans-fat (g)	Sodium (mg)	Total Sugars (g)	Carb Count
Grandma's Apple Pie Smoothie	6	16	8	✓	✓	✓	✓	170	10	1	0.5	0	55	28	37
Spice is Nice Smoothie	7	16	8	✓	✓	✓	✓	180	10	1	0.5	0	55	29	37
Lemonade Stand Smoothie	8	16	8	✓	✓	✓	✓	160	10	1	0.5	0	55	25	33
Old Fashioned Pink Lemonade Smoothie	9	16	8	✓	✓	✓	✓	160	10	1	0.5	0	55	25	33
Minty Fresh Smoothie	10	16	8	✓	✓	✓	✓	160	10	1	0.5	0	55	26	34
Thin Mint Smoothie	11	16	8	✓	✓	✓	✓	170	10	1	0.5	0	55	26	35
Caribbean Cruise in a Cup Smoothie	12	16	8	✓	✓	✓	✓	170	20	2	1.5	0	55	26	35
Island Joy Smoothie	13	16	8	✓	✓	✓	✓	180	25	3	2	0	60	26	35
Berry Patch Smoothie	14	16	8	✓	✓	✓	✓	160	10	1	0.5	0	55	26	34
Chocolate Dipped Strawberry Smoothie	15	16	8	✓	✓	✓	✓	170	10	1	0.5	0	55	26	35
It's Almost Summer Smoothie	16	16	8	✓	✓	✓	✓	160	10	1	0.5	0	55	26	35
Food Court Smoothie	17	16	8	✓	✓	✓	✓	160	10	1	0.5	0	55	25	34
Tropical Escape Smoothie	18	16	8	✓	✓	✓	✓	200	10	1	0.5	0	55	28	42
Berry Banana Smoothie	19	16	8	✓	✓	✓	✓	190	5	1	0.5	0	55	28	41
Ba-Ba-Ba Banana Smoothie	20	16	8	✓	✓	✓	✓	190	10	1	0.5	0	55	28	41
Cocoa Banana Smoothie	21	16	8	✓	✓	✓	✓	200	10	1.5	0.5	0	55	28	42
Barney's Favorite Smoothie	22	16	8	✓		✓	✓	240	5	1	0.5	0	60	48	55
Blushberry Orange Smoothie	23	16	8	✓		✓	✓	230	10	1	0.5	0	55	44	53
Mango-licious	24	16	8	✓	✓	✓	✓	150	10	1	0.5	0	55	22	30

*Cooking Gluten Free? Always read labels to make sure each recipe ingredient is gluten free. Products and ingredient sources can change.



4 Blender-less Smoothie Steps

Wash Hands Before Beginning Preparation. Sanitize All Surfaces And Equipment.

1



Use USDA available products such as applesauce, cranberry sauce or puree fresh, frozen or canned fruit ahead of time.

2



Combine yogurt, juice (& any spices) in a large storage container. Using a measurement-marked container makes the process even easier.

3



Add applesauce, bananas, cranberry sauce or other pureed fruit, 2 cups at a time. Stir with a whisk or a rubber spatula after each addition until smooth.

4



Verify that the finished smoothie mixture yields 4 quarts (16 cups). This ensures that each serving will contain $\frac{1}{2}$ cup fruit.* Portion 8 ounces into a 9 ounce serving cup. Place lids on cups and serve chilled! Smoothies may be refrigerated overnight.

** If necessary, add additional pureed fruit to meet 16 cups total yield.*

For K-12 recipe inspiration, please visit: Generalmillscf.com
Access smoothie images here for poster or menu usage.



Grandma's Apple Pie Smoothie

| ½ c. fruit | 1 meat alt. | Yield: 16 - 8 fluid ounce servings

INGREDIENTS

Names	Weight	Measure
Yoplait® ParfaitPro® Lowfat Vanilla Yogurt (16632)	4 lb	8 cups
Juice, apple, unsweetened, chilled	2 lb 3 oz	4 cups
Cinnamon, ground		1 Tbsp
Nutmeg, ground		3/4 tsp
Allspice, ground		1/4 tsp
Sugar, brown		3 Tbsp
Applesauce, unsweetened, chilled	2 lb 4 oz	4 cups
Total Weight	8 lb 7 oz	

DIRECTIONS

1. Combine yogurt, apple juice, spices and brown sugar in 8 quart or larger measurement-marked storage container; stir until well mixed.
2. Add applesauce, 2 cups at a time, stirring until smooth.
3. Verify mixture yields 4 quarts (16 cups) so each serving contains 1/2 cup fruit; add applesauce as needed to yield 16 total cups and stir.
4. Portion 8 oz into 9 oz serving cups; place lids on cups and serve chilled; refrigerate if not serving immediately. May also refrigerate overnight.

TIPS

1. Substitute 4 tsp Apple Pie Spice in place of cinnamon, nutmeg and allspice.
2. Fill 1 serving cup with 8 oz of smoothie; use as a visual guide to fill remaining cups.

NUTRITION

Nutrition values calculated using weights of ingredients

8 fluid oz: Calories 170 (Calories from Fat 10); Total Fat 1g (Saturated Fat 0.5g; Trans Fat 0g); Cholesterol 0mg; Sodium 55mg; Total Carbohydrate 37g (Dietary Fiber 1g; Sugars 28g); Protein 3g

% Daily Value: Vitamin A 10%; Vitamin C 2%; Calcium 10%; Iron 0%

Exchanges: 1 Fruit, 1 Other Carbohydrate, 1/2 Skim Milk

Carbohydrate Choices: 2 1/2

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Spice is Nice Smoothie

| ½ c. fruit | 1 meat alt. | Yield: 16 - 8 fluid ounce servings

INGREDIENTS

Names	Weight	Measure
Yoplait® ParfaitPro® Lowfat Vanilla Yogurt (16632)	4 lb	8 cups
Juice, apple, unsweetened, chilled	2 lb 3 oz	4 cups
Vanilla bean seeds (<i>optional</i>)		1 tsp
Vanilla extract		3 Tbsp
Cinnamon, ground		2 Tbsp
Sugar, brown		3 Tbsp
Applesauce, unsweetened, chilled	2 lb 4 oz	4 cups
Total Weight	8 lb 7 oz	

DIRECTIONS

1. Combine yogurt, apple juice, vanilla, cinnamon and brown sugar in 8 quart or larger measurement-marked storage container; stir until well mixed.
2. Add applesauce, 2 cups at a time, stirring until smooth.
3. Verify mixture yields 4 quarts (16 cups) so each serving contains 1/2 cup fruit; add applesauce as needed to yield 16 total cups and stir.
4. Portion 8 oz into 9 oz serving cups; place lids on cups and serve chilled; refrigerate if not serving immediately. May also refrigerate overnight.

TIPS

1. Eliminate spices from recipe and provide shakers of spice for students to customize their smoothies.
2. Fill 1 serving cup with 8 oz of smoothie; use as a visual guide to fill remaining cups.

NUTRITION

Nutrition values calculated using weights of ingredients

8 fluid oz: Calories 180 (Calories from Fat 10); Total Fat 1g (Saturated Fat 0.5g; Trans Fat 0g); Cholesterol 0mg; Sodium 55mg; Total Carbohydrate 37g (Dietary Fiber 1g; Sugars 29g); Protein 3g

% Daily Value: Vitamin A 10%; Vitamin C 2%; Calcium 10%; Iron 0%

Exchanges: 1 Fruit, 1 Other Carbohydrate, 1/2 Skim Milk

Carbohydrate Choices: 2 1/2

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Lemonade Stand Smoothie

| ½ c. fruit | 1 meat alt. | Yield: 16 - 8 fluid ounce servings

INGREDIENTS

Names	Weight	Measure
Yoplait® ParfaitPro® Lowfat Vanilla Yogurt (16632)	4 lb	8 cups
Juice, apple, unsweetened, chilled	1 lb 12.5 oz	3 1/4 cups
Juice, lemon, chilled		3/4 cup
Lemon extract		1 tsp
Applesauce, unsweetened, chilled	2 lb 4 oz	4 cups
Total Weight	7 lb 16.5 oz	

DIRECTIONS

1. Combine yogurt, juices and lemon extract in 8 quart or larger measurement-marked storage container; stir until well mixed.
2. Add applesauce, 2 cups at a time, stirring until smooth.
3. Verify mixture yields 4 quarts (16 cups) so each serving contains 1/2 cup fruit; add applesauce as needed to yield 16 total cups and stir.
4. Portion 8 oz into 9 oz serving cups; place lids on cups and serve chilled; refrigerate if not serving immediately. May also refrigerate overnight.

TIP

Fill 1 serving cup with 8 oz of smoothie; use as a visual guide to fill remaining cups.

NUTRITION

Nutrition values calculated using weights of ingredients

8 fluid oz: Calories 160 (Calories from Fat 10); Total Fat 1g (Saturated Fat 0.5g; Trans Fat 0g); Cholesterol 0mg; Sodium 55mg; Total Carbohydrate 33g (Dietary Fiber 0g; Sugars 25g); Protein 3g

% Daily Value: Vitamin A 10%; Vitamin C 10%; Calcium 10%; Iron 0%

Exchanges: 1 Fruit, 1 Other Carbohydrate, 1/2 Skim Milk

Carbohydrate Choices: 2



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Old Fashioned Pink Lemonade Smoothie

| ½ c. fruit | 1 meat alt. | Yield: 16 - 8 fluid ounce servings

INGREDIENTS

Names	Weight	Measure
Yoplait® ParfaitPro® Lowfat Strawberry Yogurt (16631)	4 lb	8 cups
Juice, apple, unsweetened, chilled	1 lb 12.5 oz	3 1/4 cups
Juice, lemon, chilled		3/4 cups
Lemon extract	2 lb 7 oz	1 tsp
Applesauce, unsweetened, chilled	2 lb 4 oz	4 Cups
Total Weight	8 lb .5 oz	

DIRECTIONS

1. Combine yogurt, juices and lemon extract in 8 quart or larger measurement-marked storage container; stir until well mixed.
2. Add applesauce, 2 cups at a time, stirring until smooth.
3. Verify mixture yields 4 quarts (16 cups) so each serving contains 1/2 cup fruit; add applesauce as needed to yield 16 total cups and stir.
4. Portion 8 oz into 9 oz serving cups; place lids on cups and serve chilled; refrigerate if not serving immediately. May also refrigerate overnight.

TIP

Fill 1 serving cup with 8 oz of smoothie; use as a visual guide to fill remaining cups.

NUTRITION

Nutrition values calculated using weights of ingredients

8 fluid oz: Calories 160 (Calories from Fat 10); Total Fat 1g (Saturated Fat 0.5g; Trans Fat 0g); Cholesterol 0mg; Sodium 55mg; Total Carbohydrate 33g (Dietary Fiber 0g; Sugars 25g); Protein 3g

% Daily Value: Vitamin A 10%; Vitamin C 10%; Calcium 10%; Iron 0%

Exchanges: 1 Fruit, 1 Other Carbohydrate, 1/2 Skim Milk

Carbohydrate Choices: 2



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Minty Fresh Smoothie

| ½ c. fruit | 1 meat alt. | Yield: 16 - 8 fluid ounce servings

INGREDIENTS

Names	Weight	Measure
Yoplait® ParfaitPro® Lowfat Vanilla Yogurt (16632)	4 lb	8 cups
Juice, apple, unsweetened, chilled	2 lb 3 oz	4 cups
Mint extract		1 tsp
Mint leaves, fresh, chopped (optional)		2 tsp
Applesauce, unsweetened, chilled	2 lb 4 oz	4 cups
Total Weight	8 lb 7 oz	

DIRECTIONS

1. Combine yogurt, apple juice, mint extract and leaves (optional) in 8 quart or larger measurement-marked storage container; stir until well mixed.
2. Add applesauce, 2 cups at a time, stirring until smooth.
3. Verify mixture yields 4 quarts (16 cups) so each serving contains 1/2 cup fruit; add applesauce as needed to yield 16 total cups and stir.
4. Portion 8 oz into 9 oz serving cups; place lids on cups and serve chilled; refrigerate if not serving immediately. May also refrigerate overnight.

TIP

Fill 1 serving cup with 8 oz of smoothie; use as a visual guide to fill remaining cups.

NUTRITION

Nutrition values calculated using weights of ingredients

8 fluid oz: Calories 160 (Calories from Fat 10); Total Fat 1g (Saturated Fat 0.5g; Trans Fat 0g); Cholesterol 0mg; Sodium 55mg; Total Carbohydrate 34g (Dietary Fiber 0g; Sugars 26g); Protein 3g

% Daily Value: Vitamin A 10%; Vitamin C 2%; Calcium 10%; Iron 0%

Exchanges: 1 Fruit, 1 Other Carbohydrate, 1/2 Skim Milk

Carbohydrate Choices: 2



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Thin Mint Smoothie

| ½ c. fruit | 1 meat alt. | Yield: 16 - 8 fluid ounce servings

INGREDIENTS

Names	Weight	Measure
Yoplait® ParfaitPro® Lowfat Vanilla Yogurt (16632)	4 lb	8 cups
Juice, apple, unsweetened, chilled	2 lb 3 oz	4 cups
Cocoa powder, unsweetened		1/3 cup
Mint extract		1 tsp
Mint leaves, fresh, chopped (optional)		2 tsp
Applesauce, unsweetened, chilled	2 lb 4 oz	4 cups
Total Weight	8 lb 7 oz	

DIRECTIONS

1. Combine yogurt, apple juice, cocoa powder, mint extract and leaves (optional) in 8 quart or larger measurement-marked storage container; stir until well mixed.
2. Add applesauce, 2 cups at a time, stirring until smooth.
3. Verify mixture yields 4 quarts (16 cups) so each serving contains 1/2 cup fruit; add applesauce as needed to yield 16 total cups and stir.
4. Portion 8 oz into 9 oz serving cups; place lids on cups and serve chilled; refrigerate if not serving immediately. May also refrigerate overnight.

TIP

Fill 1 serving cup with 8 oz of smoothie; use as a visual guide to fill remaining cups.

NUTRITION

Nutrition values calculated using weights of ingredients

8 fluid oz: Calories 170 (Calories from Fat 10); Total Fat 1g (Saturated Fat 0.5g; Trans Fat 0g); Cholesterol 0mg; Sodium 55mg; Total Carbohydrate 35g (Dietary Fiber 1g; Sugars 26g); Protein 4g

% Daily Value: Vitamin A 10%; Vitamin C 2%; Calcium 10%; Iron 2%

Exchanges: 1 Fruit, 1 Other Carbohydrate, 1/2 Skim Milk

Carbohydrate Choices: 2

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Caribbean Cruise in a Cup Smoothie

| ½ c. fruit | 1 meat alt. | Yield: 16 - 8 fluid ounce servings

INGREDIENTS

Names	Weight	Measure
Yoplait® ParfaitPro® Lowfat Vanilla Yogurt (16632)	4 lb	8 cups
Juice, pineapple, unsweetened, chilled	2 lb 3 oz	4 cups
Coconut, unsweetened, finely chopped, lightly toasted	1 oz	1/2 cups
Applesauce, unsweetened, chilled	2 lb 4 oz	4 cups
Total Weight	8 lb 8 oz	

DIRECTIONS

1. Combine yogurt, pineapple juice and coconut in 8 quart or larger measurement-marked storage container; stir until well mixed.
2. Add applesauce, 2 cups at a time, stirring until smooth.
3. Verify mixture yields 4 quarts (16 cups) so each serving contains 1/2 cup fruit; add applesauce as needed to yield 16 total cups and stir.
4. Portion 8 oz into 9 oz serving cups; place lids on cups and serve chilled; refrigerate if not serving immediately. May also refrigerate overnight.

TIP

Fill 1 serving cup with 8 oz of smoothie; use as a visual guide to fill remaining cups.

NUTRITION

Nutrition values calculated using weights of ingredients

8 fluid oz: Calories 170 (Calories from Fat 20); Total Fat 2g (Saturated Fat 1.5g; Trans Fat 0g); Cholesterol 0mg; Sodium 55mg; Total Carbohydrate 35g (Dietary Fiber 1g; Sugars 26g); Protein 4g

% Daily Value: Vitamin A 10%; Vitamin C 10%; Calcium 10%; Iron 2%

Exchanges: 1 Fruit, 1 Other Carbohydrate, 1/2 Skim Milk, 1/2 Fat

Carbohydrate Choices: 2





Island Joy Smoothie

| ½ c. fruit | 1 meat alt. | Yield: 16 - 8 fluid ounce servings

INGREDIENTS

Names	Weight	Measure
Yoplait® ParfaitPro® Lowfat Vanilla Yogurt (16632)	4 lb	8 cups
Juice, apple, unsweetened, chilled	2 lb 3 oz	4 cups
Cocoa powder, unsweetened		1/3 cup
Coconut, unsweetened, finely chopped, lightly toasted	1 oz	1/2 cup
Applesauce, unsweetened, chilled	2 lb 4 oz	4 cups
Total Weight	8 lb 8 oz	

DIRECTIONS

1. Combine yogurt, apple juice, cocoa powder and coconut in 8 quart or larger measurement-marked storage container; stir until well mixed.
2. Add applesauce, 2 cups at a time, stirring until smooth.
3. Verify mixture yields 4 quarts (16 cups) so each serving contains 1/2 cup fruit; add applesauce as needed to yield 16 total cups and stir.
4. Portion 8 oz into 9 oz serving cups; place lids on cups and serve chilled; refrigerate if not serving immediately. May also refrigerate overnight.

TIP

Fill 1 serving cup with 8 oz of smoothie; use as a visual guide to fill remaining cups.

NUTRITION

Nutrition values calculated using weights of ingredients

8 fluid oz: Calories 180 (Calories from Fat 25); Total Fat 3g (Saturated Fat 2g; Trans Fat 0g); Cholesterol 0mg; Sodium 60mg; Total Carbohydrate 35g (Dietary Fiber 2g; Sugars 26g); Protein 4g

% Daily Value: Vitamin A 10%; Vitamin C 2%; Calcium 10%; Iron 4%

Exchanges: 1 Fruit, 1 Other Carbohydrate, 1/2 Skim Milk, 1/2 Fat

Carbohydrate Choices: 2





Berry Patch Smoothie

| ½ c. fruit | 1 meat alt. | Yield: 16 - 8 fluid ounce servings

INGREDIENTS

Names	Weight	Measure
Yoplait® ParfaitPro® Lowfat Strawberry Yogurt (16631)	4 lb	8 cups
Juice, apple, unsweetened, chilled	2 lb 3 oz	4 cups
Applesauce, unsweetened, chilled	2 lb 4 oz	4 cups
Total Weight	8 lb 7 oz	

DIRECTIONS

1. Combine yogurt and apple juice in 8 quart or larger measurement-marked storage container; stir until well mixed.
2. Add applesauce, 2 cups at a time, stirring until smooth.
3. Verify mixture yields 4 quarts (16 cups) so each serving contains 1/2 cup fruit; add applesauce as needed to yield 16 total cups and stir.
4. Portion 8 oz into 9 oz serving cups; place lids on cups and serve chilled; refrigerate if not serving immediately. May also refrigerate overnight.

TIP

Fill 1 serving cup with 8 oz of smoothie; use as a visual guide to fill remaining cups.

NUTRITION

Nutrition values calculated using weights of ingredients

8 fluid oz: Calories 160 (Calories from Fat 10); Total Fat 1g (Saturated Fat 0.5g; Trans Fat 0g); Cholesterol 0mg; Sodium 55mg;

Total Carbohydrate 34g (Dietary Fiber 0g; Sugars 26g); Protein 3g

% Daily Value: Vitamin A 10%; Vitamin C 0%; Calcium 10%; Iron 0%

Exchanges: 1 Fruit, 1 Other Carbohydrate, 1/2 Skim Milk

Carbohydrate Choices: 2

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Chocolate Dipped Strawberry Smoothie

| ½ c. fruit | 1 meat alt. | Yield: 16 - 8 fluid ounce servings

INGREDIENTS

Names	Weight	Measure
Yoplait® ParfaitPro® Lowfat Strawberry Yogurt (16631)	4 lb	8 cups
Juice, apple, unsweetened, chilled	2 lb 3 oz	4 cups
Cocoa powder, unsweetened		1/3 cup
Applesauce, unsweetened, chilled	2 lb 4 oz	4 cups
Total Weight	8 lb 7 oz	

DIRECTIONS

1. Combine yogurt, apple juice and cocoa in 8 quart or larger measurement-marked storage container; stir until well mixed.
2. Add applesauce, 2 cups at a time, stirring until smooth.
3. Verify mixture yields 4 quarts (16 cups) so each serving contains 1/2 cup fruit; add applesauce as needed to yield 16 total cups and stir.
4. Portion 8 oz into 9 oz serving cups; place lids on cups and serve chilled; refrigerate if not serving immediately. May also refrigerate overnight.

TIP

Fill 1 serving cup with 8 oz of smoothie; use as a visual guide to fill remaining cups.

NUTRITION

Nutrition values calculated using weights of ingredients

8 fluid oz: Calories 170 (Calories from Fat 10); Total Fat 1g (Saturated Fat 0.5g; Trans Fat 0g); Cholesterol 0mg; Sodium 55mg; Total Carbohydrate 35g (Dietary Fiber 1g; Sugars 26g); Protein 4g

% Daily Value: Vitamin A 10%; Vitamin C 0%; Calcium 10%; Iron 2%

Exchanges: 1 Fruit, 1 Other Carbohydrate, 1/2 Skim Milk

Carbohydrate Choices: 2

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It's Almost Summer Smoothie

| ½ c. fruit | 1 meat alt. | Yield: 16 - 8 fluid ounce servings

INGREDIENTS

Names	Weight	Measure
Yoplait® ParfaitPro® Low Fat Strawberry Yogurt (16631)	4 lb	8 cups
Pineapple Juice, chilled	2 lb 4 oz	4 cups
Applesauce, canned, unsweetened, chilled	2 lb 4 oz	4 cups
Total Weight	8 lb 8 oz	

DIRECTIONS

1. Combine yogurt, pineapple juice in 8 quart or larger measurement-marked storage container; stir until well mixed.
2. Add applesauce, 2 cups at a time, stirring until smooth.
3. Verify mixture yields 4 quarts (16 cups) so each serving contains 1/2 cup fruit; add applesauce as needed to yield 16 total cups and stir.
4. Portion 8 oz into 9 oz serving cups; place lids on cups and serve chilled; refrigerate if not serving immediately. May also refrigerate overnight.

TIP

Fill 1 serving cup with 8 oz of smoothie; use as a visual guide to fill remaining cups.

NUTRITION

Nutrition values calculated using weights of ingredients

8 fluid oz: Calories 160 (Calories from Fat 10); Total Fat 1g (Saturated Fat 1/2g; Trans Fat 0g); Cholesterol 0mg; Sodium 55mg; Total Carbohydrate 35g (Dietary Fiber 0g; Sugars 26g); Protein 4g

% Daily Value: Vitamin A 10%; Vitamin C 10%; Calcium 10%; Iron 0%

Exchanges: 0 Starch, 1/2 Fruit; 1 1/2 Other Carbohydrate, 1/2 Skim Milk, 0 Low -Fat Milk; 0 Milk; 0 Vegetable; 0 Very Lean Meat; 0 Lean Meat; 0 High-Fat Meat; 0 Fat;

Carbohydrate Choices: 2

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Food Court Smoothie

| ½ c. fruit | 1 meat alt. | Yield: 16 - 8 fluid ounce servings

INGREDIENTS

Names	Weight	Measure
Yoplait® ParfaitPro® Lowfat Vanilla Yogurt (16632)	4 lb	8 cups
Juice, orange, unsweetened, chilled	2 lb 3 oz	4 cups
Applesauce, canned, unsweetened, chilled	2 lb 4 oz	4 cups
Total Weight	8 lb 7 oz	

DIRECTIONS

1. Combine yogurt, orange juice in 8 quart or larger measurement-marked storage container; stir until well mixed.
2. Add applesauce, 2 cups at a time, stirring until smooth.
3. Verify mixture yields 4 quarts (16 cups) so each serving contains 1/2 cup fruit; add applesauce as needed to yield 16 total cups and stir.
4. Portion 8 oz into 9 oz serving cups; place lids on cups and serve chilled; refrigerate if not serving immediately. May also refrigerate overnight.

TIP

Fill 1 serving cup with 8 oz of smoothie; use as a visual guide to fill remaining cups.

NUTRITION

Nutrition values calculated using weights of ingredients

8 fluid oz: Calories 160 (Calories from Fat 10); Total Fat 1g (Saturated Fat 1/2g; Trans Fat 0g); Cholesterol 0mg; Sodium 55mg; Total Carbohydrate 34g (Dietary Fiber 1g; Sugars 25g); Protein 4g

% Daily Value: Vitamin A 10%; Vitamin C 35%; Calcium 10%; Iron 0%

Exchanges: 0 Starch, 1/2 Fruit; 1 1/2 Other Carbohydrate, 1/2 Skim Milk, 0 Low -Fat Milk; 0 Milk; 0 Vegetable; 0 Very Lean Meat; 0 Lean Meat; 0 High-Fat Meat; 0 Fat;

Carbohydrate Choices: 2

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Tropical Escape Smoothie

| ½ c. fruit | 1 meat alt. | Yield: 16 - 8 fluid ounce servings

INGREDIENTS

Names	Weight	Measure
Yoplait® ParfaitPro® Lowfat Vanilla Yogurt (16632)	4 lb	8 cups
Juice, pineapple, unsweetened, chilled	2 lb 3.27 oz	4 cups
Bananas, overripe, mashed smooth, chilled	2 lb 4 oz	4 cups
Total Weight	8 lb 7.27 oz	

DIRECTIONS

1. Combine yogurt and pineapple juice in 8 quart or larger measurement-marked storage container; stir until well mixed.
2. Add mashed bananas, 2 cups at a time, stirring until smooth.
3. Verify mixture yields 4 quarts (16 cups) so each serving contains 1/2 cup fruit; add mashed bananas as needed to yield 16 total cups and stir.
4. Portion 8 oz into 9 oz serving cups; place lids on cups and serve chilled; refrigerate if not serving immediately. May also refrigerate overnight; stir before serving.

TIPS

1. May use pineapple juice drained from canned pineapple. Note nutrition information may be different.
2. Substitute commercially available puree with overripe, mashed bananas.
3. Fill 1 serving cup with 8 oz of smoothie; use as a visual guide to fill remaining cups.
4. Refrigerated banana smoothies may discolor on very top layer if held overnight.

NUTRITION

Nutrition values calculated using weights of ingredients

8 fluid oz: Calories 200 (Calories from Fat 10); Total Fat 1g (Saturated Fat 0.5g; Trans Fat 0g); Cholesterol 0mg; Sodium 55mg; Total Carbohydrate 42g (Dietary Fiber 2g; Sugars 28g); Protein 4g

% Daily Value: Vitamin A 10%; Vitamin C 20%; Calcium 10%; Iron 2%

Exchanges: 1 1/2 Fruit, 1 Other Carbohydrate, 1/2 Skim Milk

Carbohydrate Choices: 3

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Berry Banana Smoothie

| ½ c. fruit | 1 meat alt. | Yield: 16 - 8 fluid ounce servings

INGREDIENTS

Names	Weight	Measure
Yoplait® ParfaitPro® Lowfat Strawberry Yogurt (16631)	4 lb	8 cups
Juice, apple, unsweetened, chilled	2 lb 3 oz	4 cups
Bananas, overripe, mashed smooth, chilled	2 lb 4 oz	4 cups
Total Weight	8 lb 7 oz	

DIRECTIONS

1. Combine yogurt and apple juice in 8 quart or larger measurement-marked storage container; stir until well mixed.
2. Add mashed bananas, 2 cups at a time, stirring until smooth.
3. Verify mixture yields 4 quarts (16 cups) so each serving contains 1/2 cup fruit; add mashed bananas as needed to yield 16 total cups and stir.
4. Portion 8 oz into 9 oz serving cups; place lids on cups and serve chilled; refrigerate if not serving immediately. May also refrigerate overnight; stir before serving.

TIPS

1. Substitute commercially available puree with overripe, mashed bananas.
2. Fill 1 serving cup with 8 oz of smoothie; use as a visual guide to fill remaining cups.
3. Refrigerated banana smoothies may discolor on very top layer if held overnight.

NUTRITION

Nutrition values calculated using weights of ingredients

8 fluid oz: Calories 190 (Calories from Fat 10); Total Fat 1g (Saturated Fat 0.5g; Trans Fat 0g); Cholesterol 0mg; Sodium 55mg; Total Carbohydrate 41g (Dietary Fiber 2g; Sugars 28g); Protein 4g

% Daily Value: Vitamin A 10%; Vitamin C 10%; Calcium 10%; Iron 0%

Exchanges: 1 1/2 Fruit, 1 Other Carbohydrate, 1/2 Skim Milk

Carbohydrate Choices: 3

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Ba-Ba-Ba Banana Smoothie

| ½ c. fruit | 1 meat alt. | Yield: 16 - 8 fluid ounce servings

INGREDIENTS

Names	Weight	Measure
Yoplait® ParfaitPro® Lowfat Vanilla Yogurt (16632)	4 lb	8 cups
Juice, apple, unsweetened, chilled	2 lb 3 oz	4 cups
Bananas, overripe, mashed smooth, chilled	2 lb 4 oz	4 cups
Total Weight	8 lb 7 oz	

DIRECTIONS

1. Combine yogurt and apple juice in 8 quart or larger measurement-marked storage container; stir until well mixed.
2. Add mashed bananas, 2 cups at a time, stirring until smooth.
3. Verify mixture yields 4 quarts (16 cups) so each serving contains 1/2 cup fruit; add mashed bananas as needed to yield 16 total cups and stir.
4. Portion 8 oz into 9 oz serving cups; place lids on cups and serve chilled; refrigerate if not serving immediately. May also refrigerate overnight; stir before serving.

TIPS

1. Substitute commercially available puree with overripe, mashed bananas.
2. Fill 1 serving cup with 8 oz of smoothie; use as a visual guide to fill remaining cups.
3. Refrigerated banana smoothies may discolor on very top layer if held overnight.

NUTRITION

Nutrition values calculated using weights of ingredients

8 fluid oz: Calories 190 (Calories from Fat 10); Total Fat 1g (Saturated Fat 0.5g; Trans Fat 0g); Cholesterol 0mg; Sodium 55mg; Total Carbohydrate 41g (Dietary Fiber 2g; Sugars 28g); Protein 4g

% Daily Value: Vitamin A 10%; Vitamin C 10%; Calcium 10%; Iron 0%

Exchanges: 1 1/2 Fruit, 1 Other Carbohydrate, 1/2 Skim Milk

Carbohydrate Choices: 3



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Cocoa Banana Smoothie

| ½ c. fruit | 1 meat alt. | Yield: 16 - 8 fluid ounce servings

INGREDIENTS

Names	Weight	Measure
Yoplait® ParfaitPro® Lowfat Vanilla Yogurt (16632)	4 lb	8 cups
Juice, apple, unsweetened, chilled	2 lb 3 oz	4 cups
Cocoa powder, unsweetened		1/3 cup
Bananas, overripe, mashed smooth, chilled	2 lb 4 oz	4 cups
Total Weight	8 lb 7 oz	

DIRECTIONS

1. Combine yogurt, apple juice and cocoa powder in 8 quart or larger measurement-marked storage container; stir until well mixed.
2. Add mashed bananas, 2 cups at a time, stirring until smooth.
3. Verify mixture yields 4 quarts (16 cups) so each serving contains 1/2 cup fruit; add mashed bananas as needed to yield 16 total cups and stir.
4. Portion 8 oz into 9 oz serving cups; place lids on cups and serve chilled; refrigerate if not serving immediately. May also refrigerate overnight; stir before serving.

TIPS

1. Substitute commercially available puree with overripe, mashed bananas.
2. Fill 1 serving cup with 8 oz of smoothie; use as a visual guide to fill remaining cups.
3. Refrigerated banana smoothies may discolor on very top layer if held overnight.

NUTRITION

Nutrition values calculated using weights of ingredients

8 fluid oz: Calories 200 (Calories from Fat 10); Total Fat 1.5g (Saturated Fat 0.5g; Trans Fat 0g); Cholesterol 0mg; Sodium 55mg;

Total Carbohydrate 42g (Dietary Fiber 2g; Sugars 28g); Protein 4g

% Daily Value: Vitamin A 10%; Vitamin C 10%; Calcium 10%; Iron 2%

Exchanges: 1 1/2 Fruit, 1 Other Carbohydrate, 1/2 Skim Milk

Carbohydrate Choices: 3

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Barney's Favorite Smoothie

| ½ c. fruit | 1 meat alt. | Yield: 16 - 8 fluid ounce servings

INGREDIENTS

Names	Weight	Measure
Yoplait® ParfaitPro® Lowfat Vanilla Yogurt (16632)	4 lb	8 cups
Juice, grape, unsweetened, chilled	2 lb 2 oz	4 cups
Cranberry sauce, canned, chilled, mashed	2 lb 7 oz	4 cups
Total Weight	8 lb 9 oz	

DIRECTIONS

1. Combine yogurt and grape juice in 8 quart or larger measurement-marked storage container; stir until well mixed.
2. Add cranberry sauce, 2 cups at a time, stirring until smooth.
3. Verify mixture yields 4 quarts (16 cups) so each serving contains 1/2 cup fruit; add cranberry sauce as needed to yield 16 total cups and stir.
4. Portion 8 oz into 9 oz serving cups; place lids on cups and serve chilled; refrigerate if not serving immediately. May also refrigerate overnight.

TIP

Fill 1 serving cup with 8 oz of smoothie; use as a visual guide to fill remaining cups.

NUTRITION

Nutrition values calculated using weights of ingredients

8 fluid oz: Calories 240 (Calories from Fat 5); Total Fat 1g (Saturated Fat 0.5g; Trans Fat 0g); Cholesterol 0mg; Sodium 60mg; Total Carbohydrate 55g (Dietary Fiber 0g; Sugars 48g); Protein 3g

% Daily Value: Vitamin A 10%; Vitamin C 2%; Calcium 10%; Iron 0%

Exchanges: 1/2 Fruit, 3 Other Carbohydrate, 1/2 Skim Milk

Carbohydrate Choices: 3 1/2





Blushberry Orange Smoothie

| ½ c. fruit | 1 meat alt. | Yield: 16 - 8 fluid ounce servings

INGREDIENTS

Names	Weight	Measure
Yoplait® ParfaitPro® Lowfat Strawberry Yogurt (16631)	4 lb	8 cups
Juice, apple, unsweetened, chilled	2 lb 3 oz	4 cups
Orange zest (<i>optional</i>)		1 Tbsp
Cranberry sauce, canned, chilled, mashed	2 lb 7 oz	4 cups
Total Weight	8 lb 10 oz	

DIRECTIONS

1. Combine yogurt, orange juice and zest in 8 quart or larger measurement-marked storage container; stir until well mixed.
2. Add cranberry sauce, 2 cups at a time, stirring until smooth.
3. Verify mixture yields 4 quarts (16 cups) so each serving contains 1/2 cup fruit; add cranberry sauce as needed to yield 16 total cups and stir.
4. Portion 8 oz into 9 oz serving cups; place lids on cups and serve chilled; refrigerate if not serving immediately. May also refrigerate overnight.

TIP

Fill 1 serving cup with 8 oz of smoothie; use as a visual guide to fill remaining cups.

NUTRITION

Nutrition values calculated using weights of ingredients

8 fluid oz: Calories 230 (Calories from Fat 10); Total Fat 1g (Saturated Fat 0.5g; Trans Fat 0g); Cholesterol 0mg; Sodium 55mg; Total Carbohydrate 53g (Dietary Fiber 0g; Sugars 44g); Protein 4g

% Daily Value: Vitamin A 15%; Vitamin C 50%; Calcium 10%; Iron 0%

Exchanges: 1/2 Fruit, 2 1/2 Other Carbohydrate, 1/2 Skim Milk

Carbohydrate Choices: 3 1/2





Mango-licious

| ½ c. fruit | 1 meat alt. | Yield: 16 - 8 fluid ounce servings

INGREDIENTS

Names	Weight	Measure
Yoplait® ParfaitPro® Lowfat Vanilla Yogurt (16632)	4 lb	8 cups
Juice, mango, chilled	4 lb 4 oz	8 cups
Total Weight	8 lb 4 oz	

DIRECTIONS

1. Combine yogurt and mango juice in 8 quart or larger measurement-marked storage container; stir until well mixed.
2. Verify mixture yields 4 quarts (16 cups) so each serving contains 1/2 cup fruit; add mango juice as needed to yield 16 total cups and stir.
3. Portion 8 oz into 9 oz serving cups; place lids on cups and serve chilled; refrigerate if not serving immediately. May also refrigerate overnight.

TIPS

1. Mango blend may be substituted for mango juice; note nutrition information will differ.
2. Create endless variations with different juices and juice combinations.
3. Fill 1 serving cup with 8 oz of smoothie; use as a visual guide to fill remaining cups.

NUTRITION

Nutrition values calculated using weights of ingredients

8 fluid oz: Calories 150 (Calories from Fat 10); Total Fat 1g (Saturated Fat 0.5g; Trans Fat 0g); Cholesterol 0mg; Sodium 55mg; Total Carbohydrate 30g (Dietary Fiber 1g; Sugars 22g); Protein 3g

% Daily Value: Vitamin A 35%; Vitamin C 10%; Calcium 10%; Iron 0%

Exchanges: 1/2 Fruit, 1 Other Carbohydrate, 1/2 Skim Milk

Carbohydrate Choices: 2





YOPLAIT® PARFAIT PRO® MAKES VERSATILE *Parfaits AND Smoothies* EASY.



PARFAITS AND SMOOTHIES: ALL DAY VERSATILITY

- One yogurt parfait can meet fruit, grain and meat alternate requirements.
- Parfaits and smoothies work great for many occasions including breakfast, lunch and after school snack.

YOPLAIT® PARFAIT PRO®

- Cuts parfait prep time in half.¹
- No utensils needed, making cleanup a breeze.
- 72% less plastic waste than 32oz plastic tubs².
- Designed to easily let you squeeze out every last drop.

	ParfaitPro® Low Fat - Vanilla	ParfaitPro® Strawberry
UPC	70470-16632-2	70470-16631-5
Unit Size	64 oz.	64 oz.
Pack Size	6 - 64 OZ. Pouches	6 - 64 OZ. Pouches
Case Weight	26 lb.	26 lb.
Case Dimen. (LxWxH)	13.0" x 6.25" x 12.0"	13.0" x 6.25" x 12.0"
Cases/Layer	12	12
Cases/Pallet	96	96

¹ According to General Mills time test with both experienced and inexperienced parfait makers.

² Based on comparison of plastic waste to 32 oz. tubs for equivalent yogurt volume. Corrugate weight not included due to high recyclability.