



JERSEY TASTES!

RECIPES

Kids Kale Smoothie

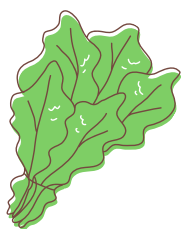
INGREDIENTS:

FAMILY-SIZE

SERVES: 4

PORTION SIZE: 12 OUNCES

- 2 medium Apples, chopped
- 2 Bananas, chopped & frozen
- 8 large Kale leaves, remove stems & chop
- 2 each 8 oz. Low-Fat Vanilla Yogurt
- 2 cups Apple Juice
- Ice, if desired



DIRECTIONS:

1 In a blender or food processor combine all ingredients.

2 Blend until smooth!



SCHOOL FOOD SERVICE

PORTIONS: 24

PORTION SIZE: 12 OUNCES

- 12 medium Apples, chopped
- 12 Bananas, chopped & frozen
- 2.75 pounds Kale, remove stems & chop
- 3 quarts Low-Fat Vanilla Yogurt
- 3 quarts Apple Juice
- Ice, if desired

**Portion Size: 12 ounces =
1 oz. Meat Alt.; 1 c Fruit;
1/2 c Veg/Dk. Green**

GREAT BREAKFAST ENTRÉE !

Fun Fact:

Kale is rich source of dietary fibers, vitamins A, K, B9 & C & minerals such as calcium, iron & magnesium. It also contains omega 3 fatty acids