**Blu-Nana Smoothie**

**INGREDIENTS:**

**FAMILY-SIZE**

SERVES: 4  
PORTION SIZE: 8 OZ. EACH
- 1 each 8 oz. Low-Fat Vanilla Yogurt or your favorite flavor
- 1 1/4 cups Blueberries, frozen or fresh
- 1 1/2 each Bananas
- 1 cup Spinach, fresh
- 3/4 cup Low-Fat Milk or Water
  *(Can be substituted w/ alternative Milk varieties such as Almond, Coconut, Rice, Soy...)*
- 1/2 cup Ice, crushed

**SCHOOL FOOD SERVICE**

# PORTIONS: 24  
PORTION SIZE: 12 OZ. EACH
- 3 quarts of Low-Fat Vanilla Yogurt
- 4.25 lbs. Blueberries, frozen
- 12 each Bananas, petit
- 3 quarts, approx. 1.6 lbs., Spinach , fresh
- 6 cups Low-Fat Milk or Water
  *(Can be substituted w/ alternative Milk varieties such as Almond, Coconut, Rice, Soy...)*
- 1.5 quarts Ice, crushed

**DIRECTIONS:**

1. Combine all ingredients in a blender.
2. Blend until smooth. Enjoy!

**Fun Fact:**
New Jersey ranks 3rd in spinach production in the country