



Stir it up!

WITH

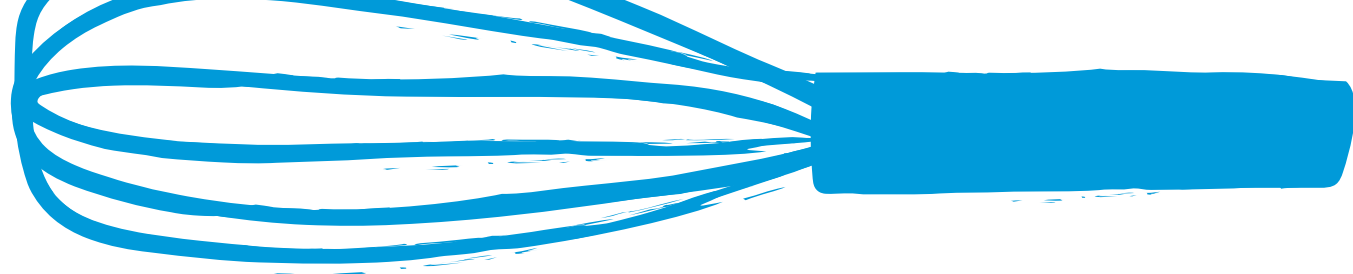
Yoplait
ParfaitPro

12
BLENDERLESS
SMOOTHIES
FOR K-12



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Add something new to the mix

Ready for the newest, tastiest smoothie recipes your students will love?
First things first—*ditch the blender.*

OUR BLENDERLESS SMOOTHIES FOR K-12 ARE READY IN JUST THREE EASY STEPS:



1

Combine yogurt, juice, and any additional ingredients in a large storage container



2

Add puréed fruit—2 cups at a time. **Stir** with a whisk, rubber spatula or immersion blender after each addition until smooth



3

Once you've reached 4 quarts (16 cups), **portion** 8 oz into each 9 oz serving cup

SERVE REGULATION-READY SMOOTHIES—ANYTIME, ANYWHERE

Perfect for **breakfast** and **lunch** in the classroom, our latest smoothie recipes offer a ½ cup of fruit and 1 meat alternate in each serving thanks to Yoplait® ParfaitPro®.

Read on to discover **12 Blenderless Smoothie combinations** that will make your school meals more exciting than ever!



Fresh classroom delivery!





Substitute Yoplait® ParfaitPro® Blueberry or Strawberry yogurt to stir up your menu

Lemonade Stand

MEAL COMPONENTS: 1 meat alternate, ½ cup fruit

YIELD: 16 each, 8 fluid oz portions

INGREDIENTS

Yoplait® ParfaitPro® Lowfat Vanilla Yogurt (16632)
 Juice, apple, unsweetened, chilled
 Juice, lemon, chilled
 Lemon extract
 Applesauce, unsweetened, chilled

WEIGHT

4 lb
 1 lb 12.5 oz

 2 lb 4 oz

MEASURE

1 bag (8 cups)
 3 ¼ cups
 ¾ cup
 1 tsp
 4 cups

INSTRUCTIONS

- 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 ½ 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.

— On your menu! MORE FUN RECIPE NAME IDEAS —

Pucker Berry Smoothie • Berry Drop Smoothie • Lemon Cooler Smoothie



Use Yoplait® ParfaitPro® Blueberry for a twist on this classic flavor combo

Food Court Smoothie

MEAL COMPONENTS: 1 meat alternate, ½ cup fruit

YIELD: 16 each, 8 fluid oz portions

INGREDIENTS

Yoplait® ParfaitPro® Lowfat Vanilla Yogurt (16632)
Juice, orange, unsweetened, chilled
Applesauce, canned, unsweetened, chilled

WEIGHT

4 lb
2 lb 3 oz
2 lb 4 oz

MEASURE


1 bag (8 cups)
4 cups
4 cups

INSTRUCTIONS

- 1 **Combine** yogurt and 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 ½ 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.

On your menu! MORE FUN RECIPE NAME IDEAS

Orange Dream Smoothie • OJ Blast Smoothie • Sunrise Smoothie



Freeze unserved smoothies for an extra refreshing on-the-go item

Tropical Escape Smoothie

MEAL COMPONENTS: 1 meat alternate, ½ cup fruit

YIELD: 16 each, 8 fluid oz portions

INGREDIENTS

Yoplait® ParfaitPro® Lowfat Vanilla Yogurt (16632)

Juice, pineapple, unsweetened, chilled

Bananas, overripe, mashed smooth, chilled

WEIGHT

4 lb

2 lb 3.27 oz

2 lb 4 oz

MEASURE

1 bag (8 cups)

4 cups

4 cups

INSTRUCTIONS

- 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 ½ 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

- May use pineapple juice drained from canned pineapple. Note nutrition information may be different.
- Substitute commercially available puree for overripe, mashed bananas.

On your menu! **MORE FUN RECIPE NAME IDEAS**

Island Dream Smoothie • Monkey Business Smoothie • Tropical Vibes Smoothie



Use a straw or coffee stirrer to skewer fresh kiwi and canned pineapple chunks as a garnish

Pineapple Matcha Smoothie

MEAL COMPONENTS: 1 meat alternate, ½ cup fruit
YIELD: 16 each, 8 fluid oz portions

INGREDIENTS	WEIGHT	MEASURE
Yoplait® ParfaitPro® Yogurt Low Fat Vanilla (16632)	64 oz	1 bag (8 cups)
Juice, pineapple, unsweetened, chilled	2 lb 3oz	4 cups
Matcha (green tea) powder		2 tsp
Applesauce, unsweetened, chilled	2 lb 4 oz	4 cups
OPTIONAL GARNISH		
Pineapple chunks, canned, drained	2.5 oz	½ cup

INSTRUCTIONS

- 1 Combine** yogurt, pineapple juice and matcha powder in 8 quart or larger measurement-marked food storage container; **stir** until well mixed.
- 2 Add** applesauce, 2 cups at a time, **stirring** until smooth.
- 3 Verify** finished smoothie yields 4 quarts (so each serving contains ½ cup fruit); **add** additional applesauce if needed.
- 4 Portion** 8 oz into 9 oz serving cup, **placing** lids on; **refrigerate** until serving.
- 5** If desired **garnish** with a pineapple chunk.

TIP Used drained juice from canned pineapple to prepare the smoothie.

On your menu! MORE FUN RECIPE NAME IDEAS

- Tropical Tea Smoothie
- Go Glow Smoothie
- Pineapple Match-up Smoothie



Instead of crumbling cookies on top, crush them into fine crumbs and stir in after step 2

Milk & Cookies Smoothie

MEAL COMPONENTS: 1 meat alternate, ½ cup fruit
YIELD: 16 each, 8 fluid oz portions

INGREDIENTS	WEIGHT	MEASURE
Yoplait® ParfaitPro® Yogurt Low Fat Vanilla (16632)	64 oz	1 bag (8 cups)
Juice, apple, unsweetened, chilled	2 lb 3oz	4 cups
Applesauce, unsweetened, chilled	2 lb 4 oz	4 cups
Chocolate sandwich cookies with vanilla crème filling	6 ½ oz	16 each

INSTRUCTIONS

- 1 Combine** yogurt and apple juice in 8 quart or larger measurement-marked food storage container; **stir** until well mixed.
- 2 Add** applesauce, 2 cups at a time, **stirring** until smooth.
- 3 Verify** finished smoothie yields 4 quarts (so each serving contains ½ cup fruit); **add** additional applesauce if needed.
- 4** For service, **portion** 8 oz into 9 oz serving cup and crumble 1 cookie across the top. **Add** lids and **refrigerate** until serving. May be prepared and refrigerated overnight.

TIP Chocolate chip or other cookies may be used as well.

— On your menu! **MORE FUN RECIPE NAME IDEAS** —

- Cookies 'n Cream Smoothie
- Cookie Monster Smoothie
- Black & White Smoothie



Serve an additional ½ cup of fruit when you portion into 12 oz cups with insert and dome lid

Power Up Smoothie

MEAL COMPONENTS: 1 meat alternate, ½ cup fruit
YIELD: 16 each, 8 fluid oz portions

INGREDIENTS

Yoplait® ParfaitPro® Yogurt Low Fat Vanilla (16632)
 Nut butter (peanut, sunflower, etc), smooth
 Juice, apple, unsweetened, chilled
 Applesauce, unsweetened, chilled

WEIGHT

64 oz
 4 ½ oz
 2 lb 3oz
 2 lb 4 oz

MEASURE

1 bag (8 cups)
 ½ cup
 4 cups
 4 cups

INSTRUCTIONS

- 1 **Combine** yogurt and nut butter in 8 quart or larger measurement-marked food storage container; **stir** until smooth.
- 2 **Add** apple juice and **stir** until well mixed.
- 3 **Add** applesauce, 2 cups at a time, **stirring** until smooth.
- 4 **Verify** finished smoothie yields just over 4 quarts (so each serving contains ½ cup fruit); **add** additional applesauce if needed.
- 5 **Portion** 8 oz into 9 oz serving cup, **placing** lids on; **refrigerate** until serving.

TIP Substitute sunflower seed or soy nut butter for the peanut butter.

On your menu! MORE FUN RECIPE NAME IDEAS

- PB&J Smoothie • Nuttin' Better Smoothie • Go Nutz Smoothie

Mango-licious

MEAL COMPONENTS: 1 meat alternate, ½ cup fruit

YIELD: 16 each, 8 fluid oz portions

INGREDIENTS

Yoplait® ParfaitPro® Lowfat Vanilla Yogurt (16632)

Juice, mango, chilled

WEIGHT

4 lb

4 lb 4 oz

MEASURE

1 bag (8 cups)

8 cups

INSTRUCTIONS

- 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 ½ 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.

On your menu! MORE FUN RECIPE NAME IDEAS

Mango Splash

•

Twisted Mango Juice

•

Mango Tango Splash

Create endless variations with different juices or juice combinations

Happy Birthday Smoothie

MEAL COMPONENTS: 1 meat alternate, ½ cup fruit

YIELD: 16 each, 8 fluid oz portions

Top with 1 Tbsp whipped topping before adding sprinkles



INGREDIENTS

	WEIGHT	MEASURE
Yoplait® ParfaitPro® Yogurt Low Fat Strawberry (16631)	64 oz	1 bag (8 cups)
Juice, apple, unsweetened, chilled	2 lb 3oz	4 cups
Applesauce, unsweetened, chilled	2 lb 4 oz	4 cups
Rainbow sprinkles		8 tsp

INSTRUCTIONS

- 1 Combine** yogurt and apple juice in 8 quart or larger measurement-marked food storage container; **stir** until well mixed.
- 2 Add** 2 cups applesauce at a time and **stir** each in until smooth.
- 3 Verify** finished smoothie yields 4 quarts (so each serving contains ½ cup fruit); **add** additional applesauce if needed.
- 4** For service, **portion** 8 oz into 9 oz serving cup and **scatter** ½ tsp sprinkles across the top. **Add** lids and **refrigerate** until serving. May be prepared and refrigerated overnight.

On your menu! MORE FUN RECIPE NAME IDEAS

- Celebration Smoothie
- Rainbow Smoothie
- Unicorn Smoothie



Use your “less than perfect” fruits in smoothies—browned bananas work great!

Berry Banana Smoothie

MEAL COMPONENTS: 1 meat alternate, ½ cup fruit

YIELD: 16 each, 8 fluid oz portions

INGREDIENTS

Yoplait® ParfaitPro® Lowfat Strawberry Yogurt (16631)
Juice, apple, unsweetened, chilled
Bananas, overripe, mashed smooth, chilled

WEIGHT

4 lb
2 lb 3 oz
2 lb 4 oz

MEASURE

1 bag (8 cups)
4 cups
4 cups

INSTRUCTIONS

- 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 ½ 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.

On your menu! MORE FUN RECIPE NAME IDEAS

- 'Nana Berry Blast
- Berry Wild Smoothie
- Go Bananas Smoothie



Use a straw or coffee stirrer to skewer fresh strawberries, green apples and canned pineapple chunks as a garnish

It's Almost Summer

MEAL COMPONENTS: 1 meat alternate, ½ cup fruit
YIELD: 16 each, 8 fluid oz portions

INGREDIENTS	WEIGHT	MEASURE
Yoplait® ParfaitPro® Yogurt Low Fat Strawberry (16631)	64 oz	1 bag (8 cups)
Juice, pineapple, unsweetened, chilled	2 lb 4 oz	4 cups
Applesauce, canned, unsweetened, chilled	2 lb 4 oz	4 cups

INSTRUCTIONS

- 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 ½ 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.

On your menu! MORE FUN RECIPE NAME IDEAS

- Tutti Frutti Smoothie • Summer Sun Smoothie • Pineapple Berry Smoothie

Serve with
½ cup frozen
melon “ice cubes”
in a 12 oz cup

Swirl a dollop
of vanilla or
strawberry Yoplait®
ParfaitPro® yogurt
across the top

Blueberry Yogurt Drink

MEAL COMPONENTS: 1 meat alternate, ½ cup fruit

YIELD: 16 each, 8 fluid oz portions

INGREDIENTS

Yoplait® ParfaitPro® Yogurt Low Fat Blueberry (16067)
Juice, grape, unsweetened, chilled

WEIGHT

64 oz
4 lb 6 oz

MEASURE

1 bag (8 cups)
8 cups

MADE WITH ONLY
2
INGREDIENTS

INSTRUCTIONS

- 1 Combine** yogurt and juice in 8 quart or larger measurement-marked food storage container; **stir** until well mixed.
- 2 Verify** mixture yields 4 quarts (16 cups) so each serving contains ½ cup fruit; **add** apple 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.

On your menu!

RECIPE NAME IDEAS

Blueberry Splash
Very Berry Juice
Princely Purple Drink

Blueberry Smoothie

MEAL COMPONENTS: 1 meat alternate, ½ cup fruit

YIELD: 16 each, 8 fluid oz portions

INGREDIENTS

Yoplait® ParfaitPro® Yogurt Low Fat Blueberry (16067)
Juice, apple, unsweetened, chilled
Applesauce, unsweetened, chilled

WEIGHT

64 oz
2 lb 3oz
2 lb 4 oz

MEASURE

1 bag (8 cups)
4 cups
4 cups

INSTRUCTIONS

- 1 Combine** yogurt and apple juice in 8 quart or larger measurement-marked food storage container; **stir** until well mixed.
- 2 Add** 2 cups applesauce at a time and **stir** each in until smooth.
- 3 Verify** finished smoothie yields 4 quarts (so each serving contains ½ cup fruit); **add** additional applesauce if needed.
- 4 Portion** 8 oz into 9 oz serving cup, **placing** lids on; **refrigerate** until serving.

On your menu!

RECIPE NAME IDEAS

Rockin' Blues Smoothie
Ocean Smoothie
Blue Ribbon Smoothie



MAKING *good.* DOING *good.*

SHARE YOUR SMOOTHIE SUCCESS!

Post your smoothie creations on social and **tag us**,
and you could be featured on our channels!



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@generalmillsk12



General Mills for K-12 Schools