



Stir it up!



Yoplait
ParfaitPro

12
BLENDERLESS
SMOOTHIES
FOR K-12



Table of Contents

INTRODUCTION	4
LEMONADE STAND	6
FOOD COURT SMOOTHIE	8
TROPICAL ESCAPE SMOOTHIE	10
PINEAPPLE MATCHA SMOOTHIE	12
MILK & COOKIES SMOOTHIE.....	14
POWER UP SMOOTHIE.....	16
MANGO-LICIOUS.....	18
HAPPY BIRTHDAY SMOOTHIE.....	20
BERRY BANANA SMOOTHIE	22
IT'S ALMOST SUMMER	24
BLUEBERRY YOGURT DRINK	26
BLUEBERRY SMOOTHIE	26



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