Blenderless Strawberry Smoothie
A classic strawberry smoothie in just 3 easy steps – measure, whisk and pour.

Ingredients
- 30 oz. Strawberry Puree
- 30 oz. Pineapple Juice
- 60 oz. lowfat vanilla yogurt

Directions
- Add thawed Strawberry puree, yogurt and juice to a mixing bowl.
- Whisk until all ingredients are incorporated together.
- Pour into plastic cups, serve chilled.

Why add Smoothies?
- Yogurt counts as a protein alternative
- Milk and Yogurt make smoothies a simple way to get dairy nutrition
- Smoothies are a portable powerhouse- blending grain, dairy, fruit and vegetables into a nutrient dense meal.
- Helps students feel fuller longer
- Helps eliminate waste by using over ripe or slightly damaged fruit.

This recipe adapted from http://www.dolefoodservice.com/recipe/

FOR MORE RECIPES, VISIT  HTTPS://WINNERSDRINKMILK.COM/
Strawberry Mango Bubble Tea

Bubble Tea - Cold, Creamy and Delicious- with Dairy

Ingredients
- 1 cup milk
- ¼ cup frozen strawberries
- ¼ cup frozen pieces mango
- ¼ cup Bursting Popping Boba

Instructions
- Blend milk, strawberries, and mango together.
- Add Bursting Popping Boba
- Stir into fruit and milk mixture.
- Pour into glass and serve with a fat straw.

For more recipes visit https://winnersdrinkmilk.com/

Getting started with Bubble Tea:
- Purchase large wrapped straws
- Purchase fruit filled pearls or purchase pearls that you can cook.
- Use frozen fruit just like smoothies
- Tea can be added for part of the fruit
- Adding the milk- it is reimbursable!
Mango Lassi

INGREDIENTS
1-1/2 cups frozen DOLE Mango Chunks
1 cup vanilla lowfat yogurt
1/4 teaspoon ground turmeric
1/4 teaspoon freshly grated ginger or ginger paste

DIRECTIONS
Combine mango, yogurt, turmeric, and ginger in a blender. Cover; blend until smooth.

For more recipes- visit- https://winnersdrinkmilk.com/
This recipe adapted from http://www.dolefoodservice.com/
BLUEBERRY BLAST

Ingredients:
- 1/2 cup of frozen berry mix
- 1 cup of 1% milk
- ½ cup of blueberry juice (no sugar added)
- ½ teaspoon of vanilla
- Pearls: 1/3 blueberry fruit pearls

Directions:
- Place pearls at bottom of cup
- Blend other ingredients until smooth
- Pour over pearls in cup
- Serve with a wide straw

Nutrition Information:
- Calories:
- Carbohydrates:
- Sugar:
- Protein:
- Fat:

Original Recipe: https://www.yummly.com/recipe/Peaches-n-Cream-Bubble-Tea-1622802

Adjusted by: Caroline Toon

Blueberry Pearls: https://tea-zone.com/shop-all/popping-pearls/b2056.html
Bubble Tea Recipes

MANGO GREEN TEA BOBA

Ingredients:
- 1/4 cup of frozen mango
- 1/4 cup mango juice (no sugar added)
- 1 cup of 1% milk
- 1/2 cup of green tea
- Pearls: 1/3 cup mango fruit pearls

Directions:
- Place pearls at bottom of cup
- Blend other ingredients until smooth
- Pour over pearls in cup
- Serve with a wide straw

Nutrition Information:
- Calories:
- Carbohydrates:
- Sugar:
- Protein:
- Fat:

Original Recipe: https://mindovermunch.com/recipes/how-to-make-bubble-tea/
Adjusted by: Caroline Toon

Mango Pearls: https://tea-zone.com/shop-all/popping-pearls/b2051.html
**Directions:**

- Place pearls at bottom of cup
- Blend other ingredients until smooth
- Pour over pearls in cup
- Serve with a wide straw
PEACH RAZZLEBERRY

Ingredients:
1/4 cup frozen strawberries
1/4 cup frozen peaches
1 cup of 1% milk
½ cup of peach nectar (no sugar added)
Pearls: 1/3 cup peach fruit pearls

Directions:
- Place pearls at bottom of cup
- Blend other ingredients until smooth
- Pour over pearls in cup
- Serve with a wide straw

Nutrition Information:
- Calories:
- Carbohydrates:
- Sugar:
- Protein:
- Fat:

Original Recipe: https://mildlymeandering.com/raspberry-peach-bubble-tea/

Adjusted by Caroline Toon

Peach Pearls: https://tea-zone.com/shop-all/popping-pearls/b2061.html
Bubble Tea Recipes

STRAWBERRY BOBA

Ingredients:

1/2 cup of frozen strawberries
1 ½ cup of 1% milk
½ teaspoon of vanilla
Pearls: strawberry fruit pearls

Directions:

- Place pearls at bottom of cup
- Blend other ingredients until smooth
- Pour over pearls in cup
- Serve with a wide straw

Nutrition Information:

- Calories:
- Carbohydrates:
- Sugar:
- Protein:
- Fat:

Original Recipe: https://mindovermunch.com/recipes/how-to-make-bubble-tea/
Adjusted by: Caroline Toon

Strawberry Pearls: https://tea-zone.com/shop-all/popping-pearls/b2053.html