

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/](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/>

Bubble Tea Recipes



BLUEBERRY BLAST

Ingredients:

1/2 cup of frozen berry mix

1 cup of 1% milk

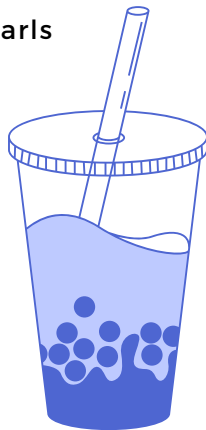
1/2 cup of blueberry juice (no sugar added)

1/2 teaspoon of vanilla

Pearls: 1/3 blueberry fruit pearls

Directions:

- o Place pearls at bottom of cup
- o Blend other ingredients until smooth
- o Pour over pearls in cup
- o 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

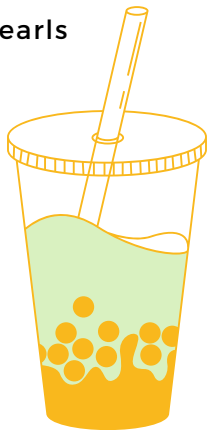
MANGO GREEN TEA BOBA

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:

- o Place pearls at bottom of cup
- o Blend other ingredients until smooth
- o Pour over pearls in cup
- o 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>

Bubble Tea Recipes

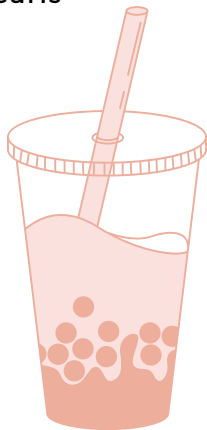
PEACHES N' CREAM

Ingredients:

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

Directions:

- o Place pearls at bottom of cup
- o Blend other ingredients until smooth
- o Pour over pearls in cup
- o 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

Peach Pearls: <https://tea-zone.com/shop-all/popping-pearls/b2061.html>

Bubble Tea Recipes

PEACH RAZZLEBERRY

Ingredients:

1/4 cup frozen strawberries

1/4 cup frozen peaches

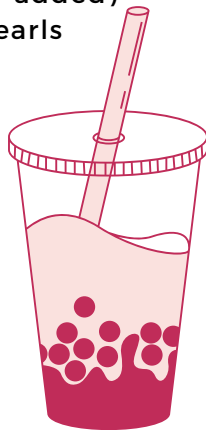
1 cup of 1% milk

1/2 cup of peach nectar (no sugar added)

Pearls: 1/3 cup peach fruit pearls

Directions:

- o Place pearls at bottom of cup
- o Blend other ingredients until smooth
- o Pour over pearls in cup
- o 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

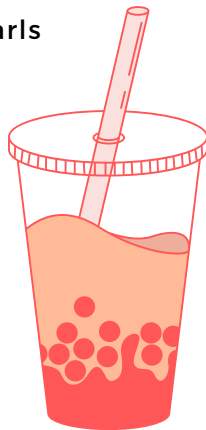
1 1/2 cup of 1% milk

1/2 teaspoon of vanilla

Pearls: strawberry fruit pearls

Directions:

- o Place pearls at bottom of cup
- o Blend other ingredients until smooth
- o Pour over pearls in cup
- o 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>