

# Strawberry Shake

Makes: 50 or 100 Servings

Ingredients	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
100% pineapple juice, unsweetened, canned		3 qt		1 1/2 gal
Strawberries, fresh or frozen	8 lb		16 lb	
Vanilla yogurt, nonfat or lowfat		2 qt		4 at
Honey		2/3 cup		1 1/3 cup
Milk, lowfat (1%)		1 gal		2 gal
Lemon juice		1/4 cup		1/2 cup

## Directions

1. Add pineapple juice, strawberries and yogurt in a gallon container.
2. Use immersion blender to puree until smooth. If immersion blender is not available, mixture can be divided into smaller batches and blended in upright blender or food

## Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>100</b>
<b>Total Fat</b>	<b>N/A</b>
Saturated Fat	N/A
Cholesterol	10 mg
<b>Sodium</b>	<b>70 mg</b>
<b>Total Carbohydrate</b>	<b>24 g</b>
Dietary Fiber	2 g
Total Sugars	N/A
Added Sugars included	N/A
<b>Protein</b>	<b>5 g</b>
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A
N/A - data is not available	
<b>Meal Components</b>	
Fruits	1/2 cup

processor.

3. Add honey, milk and lemon juice to fruit puree and blend until completely incorporated.

4. Chill until ready to serve.

5. Serve 3/4 cup (6 ounces).

## Notes

Serving Tips:

To make a thicker shake, use unthawed frozen berries.

Additional Tips

You can find the recipe for 25 servings and family sized servings [here](#).

**Source:** NH Obesity Prevention Program, DHHS, DPHS