

# CHEF & CHILD FOUNDATION RECIPE COLLECTION

## BANANA SMOOTHIE

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ACF Tampa Bay Culinary Association

**SERVINGS  
PER RECIPE: 2**



### ORIGINAL RECIPE

#### Ingredients:

- 2-3 bananas (peeled and frozen)
- 8 ounces fruit yogurt
- 8 ounces pineapple juice
- 4 ounces vanilla soy milk
- 3 ounces fruit (any kind)
- 2 ounces vanilla yogurt
- 2 tablespoon wheat germ
- 2 tablespoons honey
- 1 package Knox gelatin

### DIRECTIONS:

1. Place all ingredients in a blender. Puree until combined and smooth. Serve chilled.

### ORIGINAL ANALYSIS PER SERVING:

Calories (kcal): 530  
Total Fat (g): 4  
Saturated Fat (g): 1.5  
Trans Fat (g): 0  
Cholesterol (mg): 10  
Sodium (mg): 135  
Carbohydrate (g): 117  
Dietary Fiber (g): 9  
Sugars (g): 81  
Protein (g): 12  
Vitamin A: 6%  
Calcium: 25%  
Vitamin C: 60%  
Iron: 10%

### THINGS TO CONSIDER:

- Scaling back some of the ingredients (juice and yogurt) while eliminating others (soy milk and gelatin) simplifies the recipe and helps with the overall flavor, consistency and texture of the beverage.
- Increasing the amount of fruit and making it frozen fruit adds to the level of sweetness and consistency.
- Cutting out the honey reduces the sugar content.

### MODIFIED RECIPE

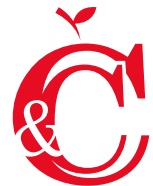
- 2 bananas
- 6 ounces pineapple juice
- 6 ounces frozen mixed berries
- 6 ounces fat-free vanilla yogurt
- 2 tablespoon wheat germ

### DIRECTIONS:

1. Place all ingredients in a blender. Puree until combined and smooth. Serve chilled.

### MODIFIED ANALYSIS PER SERVING:

Calories (kcal): 300  
Total Fat (g): 1  
Saturated Fat (g): 0  
Trans Fat (g): 0  
Cholesterol (mg): 0  
Sodium (mg): 70  
Carbohydrate (g): 68  
Dietary Fiber (g): 8  
Sugars (g): 46  
Protein (g): 8  
Vitamin A: 6%  
Calcium: 20%  
Vitamin C: 50%  
Iron: 8%



**CHEF & CHILD**  
foundation  
AMERICAN CULINARY  
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*Special thanks to Vince Blancato for collecting these recipes and Clemson University for providing the nutritional facts. The American Culinary Federation, Inc., established in 1929, is the premier professional organization for culinarians in North America. With more than 20,000 members in 225 chapters nationwide, ACF is the culinary leader in offering educational resources, training, apprenticeship and accreditation. In addition, ACF operates the most comprehensive certification program for chefs in the United States. ACF is home to ACF Culinary Team USA, the official representative for the United States in major international culinary competitions; and to the Chef & Child Foundation, founded in 1989 to promote proper nutrition in children and to combat childhood obesity. For more information, visit [www.acfchefs.org](http://www.acfchefs.org).*