

CHEF & CHILD FOUNDATION RECIPE COLLECTION

GO APE STRAWBERRY SHAKE

SERVINGS
PER RECIPE: 4



Ingredients:

- 1 ½ cups strawberries, hulled, and cut in half
- 1 cup water, ice cold
- 1 ripe banana, sliced
- ½ cup orange juice
- 1 (14-ounce) can sweetened condensed milk (fat-free)
- 2 to 3 cups ice

Directions:

1. In a blender, combine strawberries, banana, sweetened condensed milk, ice water and orange juice. Blend until smooth.
2. Gradually add ice and continue blending until smooth.
3. Serve in tall glasses

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.

Nutrition Facts

Serving Size (406g)
Servings Per Container
Calories 330
Fat Cal. 0

Amount/serving	%DV*	Amount/serving	%DV*
Total Fat 0g	0%	Total Carb 75g	25%
Sat. Fat 0g	0%	Fiber 2g	8%
Trans Fat 0g		Sugars 70g	
Cholest. 15mg	5%	Protein 8g	
Sodium 110mg	5%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.			
Vitamin A 6% • Vitamin C 60% • Calcium 25% • Iron 2%			



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