

Cran Razz Fusion Smoothie



Ingredients (Serves 2):

8 fl. oz. cranberry juice

1/2 cup water

1 banana

1/2 cup fresh raspberries

2/3 cup vanilla Greek yogurt

1 cup frozen strawberries

1 cup ice cubes

1 1/2 cups red cabbage

Nutritional Information (per serving):

- Calories: 157 kcal
- Fat: 0g
- Saturated Fat: 0g
- Cholesterol: 0mg
- Sodium: 35mg
- Carbohydrates: 24g
- Fiber: 3g
- Sugar: 17g

HACCP- Standard Operating Procedure- Use hand washing procedures before starting recipe.

Instructions:

Add ingredients to blender jar in order listed and secure lid.

Blend on a Medium to Medium-High speed for 50-60 seconds.

HACCP Critical Control Point: Bacteria grow most rapidly in the range of temperatures between 40°F and 140 °F. This range of temperatures is

often called the "Danger Zone." Never leave food out of refrigeration over 2 hours.

HACCP Critical Control Point: Store cold food at 40°F or below.

HACCP Critical Control Point: Use 0°+/- 3° for storage.

***Allowing ice cream to rise above 10° can adversely affect the flavor and texture.**

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