

## Blender Bike Smoothie Recipe Suggestions



### 1 Choose your base liquid:

Add 1 cup of liquid to your blender. If you like a thinner smoothie, add 1.5–2 cups.

Choose from:

- Water
- Skim, 1%, or 2% milk
- Unsweetened fortified soy beverage

### 2 Choose your veggies & fruit:

Add ½ cup veggies and ½ cup fruit to your blender. You can use fresh or frozen.

Try new-to-you veggies and fruit and mix them up!

#### Veggies to try

- Spinach
- Kale
- Cucumberslices
- Cauliflowerflorets
- Shreddedzucchini
- Shreddedcarrots

#### Fruit to try

- Strawberries
- Mango
- Banana
- Pineapple
- Raspberries
- Blueberries

### 3 Choose your extras:

Try adding in some healthy add-ins.

Some options are:

- ½ cup plain Greek or regular yogurt
- 1 tablespoon nut butter
- ½ teaspoon cinnamon or other spice
- Ice cubes

### 4 Blend it up and enjoy!



### Food Safety Tips

- Before getting started, wash your hands (with warm, soapy water); sanitize counter tops and utensils
- Wash your fruit and vegetables by running them under safe water before adding them to your smoothie
- If you are using water as the liquid in your smoothie, be sure to use safe drinking water
- Remember to wash and sanitize your blender after using it; make sure to take apart all of the pieces
- If you have leftover smoothies, store them at 4°C or lower in a sealed container

**Choose veggies and fruit that are grown locally when possible!**

## Banana Berry Smoothie

Ingredients for 2 servings

- 1.5 cups (375 ml) of milk (2%)
- 1 cup (250 ml) of vanilla yogurt (<3.25% fat)
- 1 small banana
- ½ cup of fresh/frozen berries (any combination)

Preparation

Combine all the ingredients in a blender.

Blend until smooth.

Pour into a cup and enjoy fresh!

*Source: Cookspiration*



## Berry & Oats Snack Smoothie

Ingredients for 2 servings

- 1.5 cups (375 ml) of milk (2%)
- 1 cup (250 ml) of vanilla yogurt (<3.25% fat)
- 1 cup of fresh/frozen berries (any combination)
- ¾ cups of oats (small flakes)
- ½ cup of ice cubes

Preparation

Combine all the ingredients in a blender.

Blend until smooth.

Pour into a cup and enjoy fresh!

*Source: Crème de la Crumb*



## Banana-Cocoa Snack Smoothie

Ingredients for 2 servings

- 1.5 cups (375 ml) of milk (2%)
- 1 cup (250 ml) of vanilla yogurt (<3.25% fat)
- 1 small banana
- 2 tablespoons of cocoa powder
- 1 cup of ice cubes



Preparation

Combine all the ingredients in a blender.

Blend until smooth.

Pour into a cup and enjoy fresh!

*Source: Our Family Eats*

## Peach & Oats Smoothie

Ingredients for 2 servings

- 1.5 cups (375 ml) of milk (2%)
- 1 cup (250 ml) of vanilla low-fat (<3.25% fat)
- 2 peaches (sliced, peel on OR frozen)
- 1/3 cup of oats (small flakes)
- 2 tsp of cinnamon
- 1 cup of ice cubes

Preparation

Combine all the ingredients in a blender.

Blend until smooth.

Pour into a cup and enjoy fresh!

Suggestion – the peaches can also be replaced with frozen mango or a tropical fruit mix.

*Source: Produce for kids – creating a healthier generation*



## Berry Blast Smoothie

Ingredients for 4 servings:

- 1.5 cups (375 ml) of milk (2%)
- 1 cup (250 ml) of vanilla yogurt (<3.25% fat)
- 2 cups of frozen mixed berries
- 2 cups loosely packed of baby spinach (about two handfuls)

Preparation

Combine all the ingredients in a blender.

Blend until smooth.

Pour into a cup and enjoy fresh!



*Source: She Knows*

## Carrot Cake Smoothie

Ingredients for 2 servings

- 1.5 cups (375 ml) of milk (2%)
- 1 cup (250 ml) of vanilla yogurt (<3.25% fat)
- 1 medium banana
- 1 cup of diced carrots (about 2 medium carrots)
- 1 tsp of maple syrup (as needed)
- Pinch of cinnamon, ginger and nutmeg (as desired)

Preparation

Combine all the ingredients in a blender.

Blend until smooth.

Pour into a cup and enjoy fresh!

*Source: Gimme some oven*



## PB & Cocoa Fuel Smoothie

Ingredients for 2 servings

- 1.5 cups (375 ml) of milk (2%)
- 1 cup (250 ml) of vanilla yogurt (<3.25% fat)
- 1 small banana
- 2 tablespoons of cocoa powder
- 2 tablespoons of peanut butter
- 1 cup of ice cubes

Preparation

Combine all the ingredients in a blender.

Blend until smooth.

Pour into a cup and enjoy fresh!

*Source: Allrecipes*



## Green Peachy Smoothie

Ingredients for 2 servings

- 1.5 cups (375 ml) of milk (2%)
- 1 cup (250 ml) of vanilla yogurt (<3.25% fat)
- 1 medium banana
- 1.5 cup of frozen peaches
- 2 cups loosely packed of baby spinach (about two handfuls)

Preparation

Combine all the ingredients in a blender.

Blend until smooth.

Pour into a cup and enjoy fresh!

*Source: Super Healthy Kids*

