

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!

SMOOTHIE RECIPES - SUGGESTED SHOPPING LIST

(based on smoothie recipes below)

Ingredient	Amount
Milk	2x 4L (bags)
Vanilla yogurt	4x 750g containers
Frozen strawberries	2 regular size bags
Frozen mixed berries	2 regular size bags
Frozen peach (or mango or other tropical fruit mix)	2 regular size bag
Bananas	10
Spinach	1 big box (pre-washed)
Carrots	1 3lb bag OR 1 large bag of baby carrots
Oats (smaller flakes)	1 small bag
Cocoa powder	1 small can
Cinnamon, nutmeg and ginger	1 small bag of each
Black beans	1-19 oz can
Salsa	1 Jar
Chickpeas	1-19 oz can
Black pepper	1 Small bag
Salt	1 Small bag
Cumin	1 Small bag
Seed butter (WOW Butter or sunflower seed butter)	1 Jar
Maple Syrup	1 Jar
Vanilla Extract	1 Small container
Fresh fruit to dip	Apples, grapes, strawberries
Whole wheat pita bread	1 bag
Lime	1 lime
Whole peeled tomatoes with their juices	1-28 oz Can
Red onion chopped	½ onion
Jalapenos	2 Units
Fresh Cilantro	1 bunch
Garlic	3 Cloves
Almond milk and vegan yogurt	As needed!

PRO TIP: LEAVE YOUR FROZEN FRUIT OUT OF THE FREEZER FOR 30 MIN PRIOR TO EVENT (NO LONGER THAN 2 HOURS)

This recipe makes approximately 15 x 5oz sample cups half filled.

BANANA BERRY SMOOTHIE

INGREDIENTS

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

PREPARATION

1. Combine all the ingredients in a blender.
2. Blend until smooth.
3. Pour into sample/taster cups and enjoy fresh!

Source: Cookspiration



PEACH & OATS SMOOTHIE

INGREDIENTS

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

PREPARATION

1. Combine all the ingredients in a blender.
2. Blend until smooth.
3. Pour into sample/taster cups 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 & OATS SNACK SMOOTHIE

INGREDIENTS

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

PREPARATION

1. Combine all the ingredients in a blender.
2. Blend until smooth.
3. Pour into sample/taster cups and enjoy fresh!

Source: Crème de la Crumb



BANANA-COCOA SNACK SMOOTHIE

INGREDIENTS

- 1.5 cups (375 ml) of milk 1 cup (250 ml) of vanilla yogurt (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 sample/taster cups cup and enjoy fresh!

Source: Our Family Eats



BERRY BLAST SMOOTHIE

INGREDIENTS

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

PREPARATION

1. Combine all the ingredients in a blender.
2. Blend until smooth.
3. Pour into sample/taster cups and enjoy fresh!

Source: She Knows



CARROT CAKE SMOOTHIE

INGREDIENTS

- 1.5 cups (375 ml) of milk
- 1 cup (250 ml) of vanilla yogurt
- 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

1. Combine all the ingredients in a blender.
2. Blend until smooth.
3. Pour into sample/taster cups and enjoy fresh!

Source: Gimme some oven



SEED BUTTER & COCOA FUEL SMOOTHIE

INGREDIENTS

- 1.5 cups (375 ml) of milk
- 1 cup (250 ml) of vanilla yogurt
- 1 small banana
- 2 tablespoons of cocoa powder
- 2 tablespoons of seed butter
- 1 cup of ice cubes

PREPARATION

1. Combine all the ingredients in a blender.
2. Blend until smooth.
3. Pour into sample/taster cups and enjoy fresh!

Source: Allrecipes



GREEN PEACHY SMOOTHIE

INGREDIENTS

- 1.5 cups (375 ml) of milk
- 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

1. Combine all the ingredients in a blender.
2. Blend until smooth.
3. Pour into sample cups and enjoy fresh!

Source: Super Healthy Kids



BLACK BEAN DIP

INGREDIENTS

- 1-19 oz can Black beans, drained and rinsed.
- ½ cup salsa
- 1 garlic clove
- 1 tsp ground cumin
- 1/8 tsp ground black pepper
- 2 whole wheat pitas
- 1 medium carrot
- 1 medium cucumber
- 2 medium celery sticks



PREPARATION

1. Combine beans, salsa, garlic and spices in the blender
2. Blend until smooth, add water if dip is too thick
3. Pour into bowl and enjoy with washed raw vegetables and pita cut into 8 wedges.

Source: YTC

CHOCOLATE HUMMUS

INGREDIENTS

- 2 cup chickpeas (garbanzo beans)
- 4 tablespoon cocoa powder, unsweetened
- 2 tablespoon seed butter
- 1/4 cup maple syrup
- 1 teaspoon vanilla extract
- 2 tablespoon milk or more to reach desired consistency



PREPARATION

1. Add all ingredients into blender, and puree until very smooth. Add additional milk, 1 tablespoon at a time (if necessary) to reach desired consistency.
2. Serve with fresh fruit, crackers, or pita chips

Source: Super Healthy Kids

SALSA

INGREDIENTS

- 1 (28-ounce) can whole peeled tomatoes with their juices
- 1/2 small red onion coarsely chopped
- 2 jalapenos seeds removed, and coarsely chopped
- 2 garlic cloves
- 1 cup fresh cilantro loosely packed
- 1 teaspoon cumin
- 1 teaspoon salt or to taste
- Juice of one lime



PREPARATION

1. In a blender, or food processor, add tomatoes, onion, jalapenos, garlic, cilantro, cumin, salt and juice of one lime.
2. Blend until the salsa is as chunky or smooth as you would like. Taste and add more salt if desired.

Source: therecipecritic.com