



Bike Blender Directions and Recipes

Recommended Supplies

Small 3-4 oz Dixie cups

Knife & cutting board for fruit

Spoon or Spatula

Dishtowel or sponge

Extra Blender or Pitcher

Napkins

Fruit Smoothie Ingredients

Be mindful of fruit allergies. Try using a total of 3 different fruits, in case there is an allergy to one, you can still have some variety.

- Fresh Fruit: Bananas, strawberries, blueberries work well. Soft fruits blend best. Bananas are a staple and keep well
- Frozen Fruit: All berries work well and replace the need for ice, they also give the smoothie a more appealing color
- Yogurt
- Milk, soy milk, or rice milk: Using rice or soy milk doesn't require refrigeration, and is lactose-intolerant friendly
- Orange or apple juice: Apple juice is usually cheaper and doesn't require refrigeration
- Ice (if frozen fruit not used)

Directions

Place approximately 1 small handful of ice (optional), 1 handful each of type of berries, 1 banana in the blender. Top off with 2 parts milk to 1 part juice. Ride the bike to blend a delicious smoothie!

Bike Blender Care

If any parts are lost, damaged, or not working properly, please let us know as soon as possible.

Please make sure that the Bike Blender is returned in clean condition with all of its parts:

- Bicycle
- White Bike Stand
- Black rubber washer (inside of blender base)
- Blender with top



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