Recipes for a Blender Bike

**SALSA**

**Prep:** 5-10 minutes  
**Yield:** Makes about 4 cups

**Ingredients:**  
1 28 oz. can tomatoes, drained  
1 white onion, peeled and quartered  
1 jalapeno pepper, seeded  
½ a bunch of cilantro, stems trimmed  
1 lime, peeled and quartered  
Salt and pepper to taste  
Tortilla chips

**Instructions:**  
1. Add all of the ingredients to the blender pitcher and cover with the lid.  
2. Blend until chunky (it won’t take too long).  
3. Serve with chips either immediately, or cover in a bowl and refrigerate for later.

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**PUMPKIN HUMMUS**

**Prep:** 5-10 minutes  
**Yield:** Makes about 2 cups (8 ¼ cup servings)

**Ingredients:**  
2/3 cup canned pumpkin (or half a 15 oz. can)  
1 15 oz. can garbanzo beans, drain and reserve liquid  
1 ½ Tablespoons tahini  
1 ½ Tablespoons lemon juice (or half of a lemon)  
1 garlic clove  
½ teaspoon sea salt  
½ teaspoon ground cumin  
Whole grain crackers and/or cut up vegetables (e.g., carrots, celery)

**Instructions:**  
1. Add all the ingredients to the blender pitcher and cover with the lid.  
2. Blend slowly. After about 1-2 minutes check the consistency. If you’re having trouble incorporating all the ingredients add a little of the drained liquid.  
3. Serve with crackers and/or cut up vegetables either immediately, or cover in a bowl and refrigerate for later.