

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.

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.

Source: <http://rockthebike.com/pumpkin-hummus-bike-blender-recipe/>



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES



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