

Blender Bike Smoothie Recipe

Time: About 20 minutes (Add additional time for clean up.)

Equipment and Supplies

Blender
 Measuring cups (1 cup, ½ cup)
 Long-handled mixing spoon
 Cutting board and knife
 Cups
 Bowls

Do Ahead

Make sure you have all the equipment and ingredients assembled. The fruit can be frozen, but it works best if it has thawed slightly.

Ingredients (fills one large blender – 48 oz)

For each batch:
 1 cup plain or vanilla Greek yogurt (Choose the yogurt with lowest amount of fat, added sugar, and artificial sweeteners available.)
 2 ripe bananas, peeled and cut into chunks
 3 cups frozen fruit (one or more of the fruits such as raspberries, mango, peaches, strawberries, pineapple, and other berries).
 2 1/2 cups orange juice (with added calcium)
 ½ -1 cup fresh spinach (optional)
 1-2 cups of ice

Add all ingredients (softer ingredients on the bottom), in order. Cover securely and blend until even and smooth. Stir if blender stops or slows.

This recipe makes about 48 oz. That is six tall 8-ounce servings or sixteen 3-ounce samples! Two batches per group of 20-25 works great, while a small family would probably only need about half a batch.



Healthy Living Messages

- People should include a variety of vegetables and fruits in their diet, including whole fruit.
- People should consume non-fat or low-fat dairy products.
- Smoothies can help individuals increase their consumption of fruits and vegetables.
- Smoothies can substitute for beverages with added sugars.
- Children and adolescents need 60 minutes of physical activity daily.
- Physical activity is fun, is good for you, and will keep you fit.

2015-2020 Dietary Guidelines for Americans

<https://health.gov/dietaryguidelines/2015/>

Physical Activity Guidelines for Americans

<https://health.gov/paguidelines/>

<http://www.ohio4h.org/4Hblenderbike>



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