

BLENDER BIKE



Smoothie Ideas

Here are just a few smoothie options that can be made in the Blender Bike.
Try some of these, or get creative and make up your own!

Recipe	Measurements (Approx)	Ingredients & Budget for 50 Blender Bike Rides
Banana Berry Recipe		
150ml milk	150 ml	Full Cream Milk 3L (3 bottles, \$4.35 each)
1/2 banana	50g	25 Bananas (\$0.81 each)
1/2 cup frozen mixed berries	100g	Frozen Mixed Berries 1kg (5 bags, \$11.00 each)
1 tablespoon plain yoghurt	15.3g	Yoghurt 1kg (1 tub, \$3.80 each)
		Estimated total price: \$92.10
Pink Milk Recipe		
150ml milk	150 ml	Full Cream Milk 3L (3 bottles, \$4.35 each)
1/2 cup frozen raspberries	100g	Frozen Raspberries 1kg (5 bags, \$13.60 each)
		Estimated total price: \$81.05
Banana Mango Recipe		
150ml milk	150 ml	Full Cream Milk 3L (3 bottles, \$4.35 each)
1/2 cup frozen mango	100g	Frozen Mango 1kg (5 bags, \$9.00 each)
1/2 banana	50g	25 Bananas (\$0.81 each)
1 tablespoon plain yoghurt	15.3g	Yoghurt 1kg (1 tub, \$3.80 each)
		Estimated total price: \$82.10
Mellow Mango Recipe		
200ml milk	200 ml	Full Cream Milk 3L (4 bottles, \$4.35 each)
1 tablespoon plain yoghurt	15.3g	Yoghurt 1kg (1 tub, \$3.80 each)
1/2 cup frozen mango	100g	Frozen Mango 1kg (5 bags, \$9.00 each)
1 tablespoon passionfruit pulp	15.3g	Passionfruit Pulp Can 170g (5 cans, \$1.09 each)
		Estimated total price: \$71.65

NOTE: Each recipe fills approximately 2 x 360ml cups (e.g. one Blender Bike ride produces two smoothies). Measurements, ingredients and budget above are approximate only and can be used as an estimate to help plan for your activity or event. Remember to put the soft ingredients in first, followed by the frozen ingredients last.