Smoothie Bike
For a Successful Event

Thank you for your interest in the Wildcat Wheels/Office of Sustainability Smoothie Bike. We want to help you run a successful event and have compiled this list of tips to help you avoid common pitfalls in the use of the smoothie bike.

**Supplies You Will Need**

1. Dish soap and sanitizer.
2. Food handler gloves.
3. Table for staging
4. Cups
5. Ingredients

**Supplies You Will Want**

1. Spoons
2. Straws
3. Coolers w/ice
4. A good play list of music

**Supplies We Provide**

1. Smoothie Bike
2. 3 Food Grade Buckets
3. Instructions on operation

**The Recipe we use:**

When we use the blender bike for events like Pedalpalooza or Earth Day we want to make sure that we don’t run out, in order to help you out we have a recipe we follow that will make 50, five oz. servings:

- **8 lbs of strawberries**
- **16 bananas**
- **1 gallon of apple juice**

You can always substitute apple juice for some other liquid, and you can add in plain greek yogurt too, but these can sometimes be expensive and you should plan accordingly.

**Contacts**

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