



Tips for a successful smoothie bike event:

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) Three food grade buckets
- 3) Instructions on operation

Recipe we use:

This recipe makes 50 five-ounce servings.

Feel free to customize the recipe however you like!

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

If you would like to purchase your food through Aramark, please contact:

Johnathan Schumacher, 202-412-1230
Schumacher-Johnathan@aramark.com

To make a reservation, or for questions about the smoothie bike, contact:

Sandra Broadus, 859-323-4578
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