

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

Aramark
Johnathan Schumacher 202.412.1230
Schumacher-Johnathan@aramark.com

Wildcat Wheels
Kevin Joiner 859-907-1379
Kevin.Joiner@uky.edu

