

Blender Bike Recipes



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Foreword

Since 2007, GECAC has incorporated health education as a fundamental piece among 13 of our After School Advantage Program (ASAP) sites. Not only does our program staff deliver healthy messages and activities, but the Healthy Lifestyles Coordinator frequently visits each site throughout the year to conduct research-based nutrition education lessons and activities that align with the USDA Guidelines. From our work with Team California's Healthy After Schools (TCHAS) program, we have integrated five leading principles that guide our program. These principles include developing and implementing a wellness policy, consistently exposing students to nutrition education, making sure healthy snacks and suppers are available to students, ensuring students get physical activity every day, and constant mentoring and coaching among sites. We believe kids have to be healthy in order to be successful at school, and with measurable outcomes, we believe that our students and our schools are leading healthier lives as a result.

This recipe book is just another example of our dedication to finding meaningful and healthful ways for students to engage in our program. With the advent of a Blender Bike, we were able to bring a more hands-on edge to traditional cooking lessons. Blenders are a great healthy cooking appliance made even healthier by using our bodies to power it. In this way, students are able to make the connection between the value of physical activity with the value of nutritious food preparation.

So try one of these recipes at home on a regular blender knowing that it's been tried and true at one of our ASAP sites by students who are staying healthy one smart choice at a time!

-Christine Hwang
Healthy Lifestyles Coordinator
Give Every Child a Chance

Pumpkin Spice Smoothie

As Demonstrated on the Blender Bike at the
2015 Great Valley Book Fest

-1 cup pumpkin puree (canned or fresh)

-1 banana

-1 cup low-fat vanilla yogurt

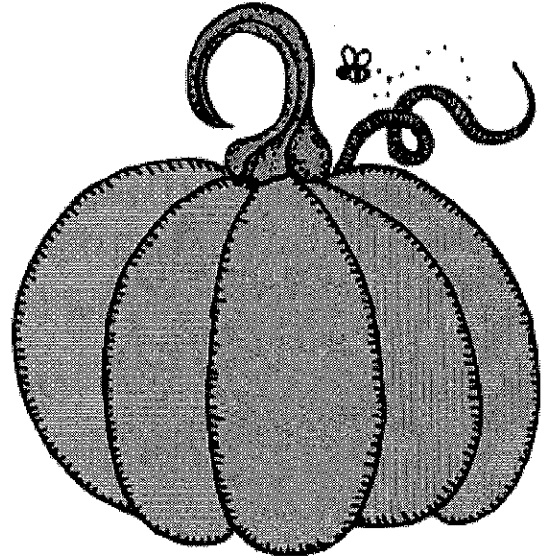
-1/2 tsp pumpkin pie spice

-1 cup ice

-2-3 Tbsp honey

-1 cup non-fat or low-fat milk

-1/2 cup orange juice (optional)



Directions: Combine all ingredients into blender and blend till smooth. Make sure ice is on the top. Enjoy!!





Banta
After School Program

Salsa

1 can whole tomatoes
1/8 cup cilantro or to taste
1 jalapeño (can substitute Serrano peppers)
1/4 onion
2 tablespoons garlic salt
Blend to desired thickness

Serve with tortilla chips.



El Portal Middle School -Escalon
After School Program

Salsa (Spicy)

3-5 medium sized fresh tomatoes
1/2 red onion
2 serrano or jalapeño chilies (stems, ribs, seeds removed), less or more
to taste
Juice of one lime to taste
1/2 cup chopped cilantro
Salt and pepper to taste
Blend to desired thickness

Serve with tortilla chips or serve over your favorite dish.



El Portal Middle School -Escalon

After School Program

Paradise Punch Smoothie

2/3 cup frozen pineapple

1 cup frozen mango

1 ripe banana

1/2 cup yogurt (Greek or regular)

orange juice to taste

ice –amount depends on consistency (put in blender last)

Blend until all items are blended equally.

Lincoln School – Manteca

After School Program

Berry Green Smoothie

Prep time: 1 minute

2 cups packed spinach

2 cups frozen mixed berries

2 cups coconut water

1 large banana

Place all ingredients in blender, blend for approximately 1 minute.



SMOOTHIES



French Camp School
After School Program

Healthier Cookies & Cream Milkshakes

- 1 banana medium frozen
- 3 reduced fat Oreos
- $\frac{3}{4}$ cup skim milk
- 1 dollop of fat free cool whip

Place ingredients in blender and mix until desired consistency.

Peanut Butter & Jelly Smoothie

- $\frac{1}{2}$ cup plain Greek yogurt
- $\frac{1}{2}$ cup milk
- 1 banana
- 2 tablespoons grape jelly
- 2 tablespoons creamy all natural peanut butter

Blend until all items are blended equally combined.

Tutti-Frutti Smoothie

- 1 Banana, peeled and cut up
- $\frac{1}{4}$ cup fresh or frozen blueberries
- $\frac{1}{4}$ cup sliced fresh or frozen strawberries
- $\frac{3}{4}$ cup milk
- $\frac{1}{2}$ cup cranberry juice
- $\frac{1}{2}$ cup vanilla frozen yogurt

Place all items in blender and blend until desired consistency.



Golden West School - Manteca

After School Program

Ice Cream in a Blender

3-4 bunches of ripe bananas

Cocoa powder to taste

Cinnamon to taste

Instructions:

Start with ripe bananas: They should be sweet and soft.

Peel the bananas and cut them into coins: It doesn't matter what shape the pieces are, as long as they are chopped up into evenly sized and somewhat small pieces.

Put the bananas in an airtight container: A freezer-safe glass bowl is fine, or you can use a freezer bag.

Freeze the banana pieces for at least 2 hours: Best if frozen overnight.

Blend the frozen banana pieces in a small food processor or powerful blender: Pulse the frozen banana pieces. We've found that a small food processor or chopper works best.

Keep blending — the bananas will look crumbly: At first the banana pieces will look crumbled or smashed. Scrape down the food processor.

Keep blending — the bananas will look gooey: like banana mush. Scrape down the food processor.

Keep blending — the bananas will look like oatmeal: It will get smoother but still have chunks of banana in it. Scrape down the food processor.

Watch the magic happen! Suddenly, as the last bits of banana smooth out, you'll see the mixture shift from blended banana to creamy, soft-serve ice cream texture. Blend for a few more seconds to aerate the ice cream. (If adding any mix-ins, like peanut butter or chocolate chips, this is the moment to do it.)

Transfer to an airtight container and freeze until solid: You can eat the ice cream immediately, but it will be quite soft. You can also transfer it back into the airtight container and freeze it until solid, like traditional ice cream.



Great Valley School-Weston Ranch

After School Program

Chocolate Banana Bus

- 3 Whole Bananas (Best with brown freckles on peel)
- 1/2 Cup of Ice (put in blender last)
- 1 Tablespoon of Cocoa
- Nice Drizzle of Honey
- 1 Cup of Strawberries
- 1 Cup of Low Fat Vanilla Yogurt

Place all items in blender and blend until desired thickness.

Orange Crush

- 1 1/2 Cup of Orange Juice (Pulp free if available)
- 8 ounces of Pineapple Chunks
- 1/2 Cup of Low Fat Vanilla Yogurt
- 1/2 Cup Ice Cubes (Put in blender last)
- 1 1/2 Tablespoons of Honey

Place all items in blender and blend until desired consistency.

Super Mario Smoothie

- 4 Cups of Seedless Watermelon
- 2 Cups Sliced Strawberries
- 1 Cup of Ice (put in blender last)
- 1 Cup of Low Fat Vanilla Yogurt

Mix together in blender and enjoy.



George Komure School-Weston Ranch

After School Program

Easy 5 minute Hummus

- ¼ cup extra virgin olive oil
- 2 ½ tablespoons fresh lemon juice (taste to see if you need more)
- 1 15oz/425g tin garbanzo beans/ chickpeas thoroughly rinsed & drained
- 3 tablespoon hulled tahini (optional, hummus still taste great without)
- ¾ teaspoon of sea salt
- 2 or more cloves of garlic minced
- 1 pinch cayenne pepper
- 1 pinch sweet paprika (optional, for garnish)

Blend to desired thickness.

Mild Guacamole

- 4-6 ripe fresh avocados, seeded, peeled cut into chunks
- 1 tablespoon, lemon juice
- ½ small sweet white onion diced (optional)
- 1 ripe roma tomato, seeded and diced
- 1 pinch of salt and pepper to add for taste
- ½ cup of cilantro

Put in blender and do not over-blend.

Staff recommends this website for other great tasting blender recipes:

Healthyblenderrecipes.com



Nile Garden School-Manteca After School Program

Ranch Dip

8 ounces of low fat sour cream
1/3 cup low fat mayonnaise
1 teaspoon of onion powder
1/2 teaspoon of garlic powder
2 teaspoons of dried dill
1 teaspoon of dried basil
1/2 teaspoon of dried parsley
Salt and pepper (to taste)

Blend until creamy.

Carrots, Broccoli, Cauliflower or healthier chips for dipping!



www.nilegardenschool.com

Watermelon Cucumber Slushies

3 cups of seedless watermelon, fresh or frozen
1 cup cucumber, peeled
1/4 cup freshly squeezed lemon juice, about 2 lemons
3-4 tablespoons raw honey
1/4 teaspoon sea salt, optional
3 cups ice cubes (put in blender last)

Blend until you reach your desired consistency.



Sequoia School-Manteca After School Program

Dole Whip

(This is not an official Disney recipe but rather a close replication)

- 2 – 20 ounce cans of Dole crushed pineapple with juice
- 2 tablespoons lemon juice
- 2 table spoons lime juice
- 1/3 cup sweetener (or to taste)
- 1½ cups heavy whipping cream (whipped)

- Drain pineapple, reserve 2 table spoons juice and set aside.
- Place pineapple, lemon juice, lime juice, sweetener and reserved pineapple juice in blender, cover and blend until smooth
- Pour into two 1-quart freezer zipped bags and store flat in freezer
- Freeze 1½ hours or until slushy
- Stir pineapple slush gently into whipped cream until slightly blended in large bowl
- Return to freezer until completely frozen, 1 hour or more
- Enjoy!





Shasta School-Manteca After School Program

Almond Butter

Yields: 1 blender

Ingredients:

4 cups roasted unsalted almonds – don't forget to roast them!

4 teaspoons sea salt

Water, as needed

Process:

Add the almonds and salt to the blender, using small amounts for easy blending.

If needed, add water to smooth it out.

Blend until creamy.

Use a spatula to scrape off sides and bottom.

Serve with apple slices.

Banana Pineapple Sorbet

Yields: 1 blender

Ingredients:

4 fresh bananas

3 cups frozen pineapple

$\frac{3}{4}$ cup lemon juice

$\frac{1}{2}$ cup honey

Process:

Add all ingredients, using small amounts for easy blending, serve immediately.



August Knodt-Weston Ranch

After School Program

Cocoa- Peanut Butter Banana Smoothies

Ingredients:

- 1 ½ cups 99% Fat Free creamy vanilla yogurt (from 2 pound container)
- 1 cup chocolate milk
- ¼ cup creamy peanut butter
- 2 small bananas, sliced
- 3 to 5 ice cubes (add in blender last)
- 1 cup Cocoa Puffs cereal, coarsely crushed

Directions:

1. Place all ingredients except cereal in blender, put ice in last. Cover, blend on high speed about 30 seconds or until smooth.
 2. Pour into 4 glasses. Sprinkle with cereal. Serve immediately.
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Orange Smoothie

Ingredients:

- 1 quart (4 cups) vanilla frozen yogurt, slightly softened
- ½ cup frozen orange juice concentrate, thawed
- ¼ cup milk
- Orange slices, if desired

Directions:

1. Place yogurt, juice concentrate and milk in blender. Cover and blend on medium speed about 45 seconds, stopping blender occasionally to scrape sides, until thick and smooth.
2. Pour mixture into 4 glasses. Garnish with orange slices.



Lathrop School
After School Program

Basic Pesto

- 2 garlic cloves, peeled
- 4 cups basil leaves
- ½ cup grated parmesan cheese
- ½ tsp salt
- ½ tsp pepper
- ¾ cup olive oil

Put all ingredients in blender and mix to desired consistency.

Mango Salsa

- 2 semi-ripe mangoes, pitted, chunked, peeled
- 1 cup fresh cilantro
- ½ medium red onion, peeled, and chopped
- 1 jalapeno, halved, seeded
- 1 tbsp. lemon or lime juice

Put all ingredients into blender, mix until desired thickness, do not overblend.

Classic Hummus

- 2 cans drained garbanzo beans
- ¼ cup lemon juice
- ¼ cup olive oil
- 1 garlic clove, peeled
- 1 tsp cayenne pepper
- 1 tsp salt

Put all ingredients into blender, mix until desired thickness.



Ripon Elementary School
After School Program

Banana Raspberry Green Smoothie

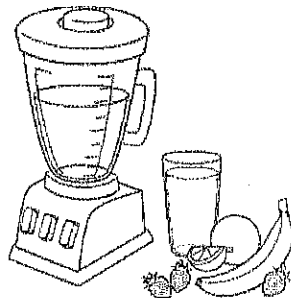
- 1 cup of milk (low fat is optional)
- 1 cup of fresh spinach
- 2 bananas
- 1 cup of raspberries
- 1 cup ice (place in blender last)

Put all ingredients in blender (ice last) and mix to desired consistency.

Blueberry Coconut Smoothie

- 4 ounces low fat vanilla yogurt
- 2 cups of frozen blueberries
- ½ cup of shredded coconut
- ½ cup of cranberry juice
- ½ cup of milk (low fat optional)

Put all ingredients in blender (ice last) and mix to desired consistency.



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