

Bike n' Blend[®] Recipes

Better by Bike Banana Smoothie

- 130ml milk
- 2/3 medium sized banana (or 1 small banana)
- Sprinkle of cinnamon
- Squeeze of honey (about a teaspoon)
- 2-3 blocks of ice (optional)

Tropical Speed Smoothie

- 130ml pineapple juice
- 1/4 cup of frozen strawberries
- 1/4 cup frozen mango pieces
- Sprinkle of desiccated coconut

Tour de France Smoothie

- 130ml milk
- 1/3 medium sized banana (or 1/2 small banana)
- 1/4 cup frozen mango pieces
- 2-3 blocks of ice (optional)

Penny-farthing Smoothie

- 130ml apple juice
- 1/2 cup of frozen strawberries, blackberries and raspberries (pre mixed)
- 1/2 medium sized banana
- 2-3 blocks of ice (optional)

Cadel Heavens Smoothie

- 130ml milk
- 1/2 cup of frozen mixed berries
- 1/2 banana
- Squeeze of honey (about a teaspoon)

Three Bs: Bike, Blueberry and Banana smoothie

- 130ml milk
- 1/2 cup of frozen blueberries
- 1/2 medium sized banana

Lemon Fixie Ice Crush

- 55ml lemon cordial
- 70ml water
- 2/3 cup of ice

- All drinks take about 30 seconds to blend and make about 260ml per serving
- Add another 25ml milk if using soy or oat as it doesn't froth as much as cows milk
- 1/2 cup of frozen berries (or mango) = about 55g
- One banana = about 180g

