



Blender Bike

Recipes

Volume II



PARTIALLY FUNDED BY
KAISER COMMUNITY BENEFITS
FOUNDATION



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FOREWORD



Health Education Program at Give Every Child A Chance (GECAC) is proud to present Volume II of our famous Blender Bike Recipe book. Since 2007, GECAC has been dedicated to create and conduct research based health education lesson along with fun hands-on activities for our students. The Health Education program at GECAC has also integrated a wellness policy, which is distributed and posted at all GECAC After School Advantage Program (ASAP) sites. The key points of the wellness policy are as follow: “Health matters to all in our community; we promote a healthy site environment, we teach meaningful nutritious and health education; we ensure opportunities to be active and learn about physical activity; we develop our staff to be healthy role models; and we partner with others in the community.”

We strongly believe that healthy environments are just as important as making healthy lifestyle choices. Therefore, we are dedicated to provide a healthy and safe environment for our students. This book is an example of our staff, volunteers, and students’ dedication for creating nutritious, healthy, and delicious snack throughout the year. Our students use the Blender Bike to create their own recipes while learning about the importance of physical activity.

We hope you enjoy the recipes created by our students just as much as our students do! So grab your blender and family members and get ready to make a healthy and delicious snack using one of our students’ recipe.

Sherly Sarkizzadeh, MPH
Healthy Lifestyle Coordinator
Give Every Child A Chance



August Knodt School –Weston Ranch

After School Program

Strawberry Mango Smoothie

- 1 large banana
- 1 cup frozen mango
- 2/3 cup of frozen strawberries
- ½ cup yogurt of your choosing
- ½ cup orange juice (add more to suit taste)
- ¾ cup of ice (add more for desired thickness)

Place all ingredients in blender with frozen items and ice going in last, blend until smooth, usually between 30-60 seconds.



Nile Garden School - Manteca

After School Program

Chunky Salsa

- 1 28 ounce can of whole peeled tomatoes (drained)
- Juice of 1 lime
- ½ of a medium white onion or ¼ of a large white onion cut into large chunks
- 2 jalapenos with stems cut off
- 1 garlic clove (peeled)
- 2 teaspoons of cumin
- 1 teaspoon of sugar
- 1 ½ teaspoons of kosher salt
- 1 cup of fresh cilantro

Combine all ingredients in the blender with the tomatoes and lime juice in first. Pulse blend until salsa reaches a chunky consistency.



Golden West School - Manteca

After School Program

Watermelon Lemonade Slushies

4 cups cubed seedless watermelon (chilled)
2 cups Minute Maid Lemonade (more or less to taste)
Ice (amount to be determined based on thickness)
Fresh mint for serving (optional)

Add watermelon to blender and pulse until well pureed (should produce about 3 cups). Pour through a fine mesh strainer into a bowl. Put back in blender with lemonade and ice and blend until desired consistency is reached. Serve immediately.

Berry Green Banana Smoothie

2 cups packed spinach
1 cup frozen strawberries
Orange or apple juice which ever you prefer
1 ½ banana

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



SMOOTHIES

Very Berry Smoothie

2 cups of frozen strawberries
1 cup of raspberries
1 cup of blueberries
1 cup cranberry juice

Put all items in blender and blend until desired consistency. Add more or less of ingredients to suit individual taste.



French Camp School

After School Program

Peach Pie Smoothie

2 cups frozen peach slices
½ cup vanilla yogurt
¼ cup oats
¼ teaspoon cinnamon
2 cups almond milk

Place ingredients in blender and mix until desired consistency.

Chocolate Peanut Butter Banana Smoothie

1 cup almond milk
1 banana
2 tablespoons creamy peanut butter
2 tablespoons unsweetened cocoa powder
1 handful of ice

Put in blender (ice last) blend until all items are blended equally.

Vacation Smoothie

1 cup orange juice (pulp free)
1 cup pineapple chunks
1 cup apple juice
1 banana
1 cup ice

Place all items in blender (ice last) and blend until desired consistency.





Great Valley School - Weston Ranch

After School Program

Salsa

4 large tomatoes, cut in cubes
¼ onion chopped –more or less for taste
½ cup cilantro
2 cloves garlic-chopped
1 jalapeno pepper –sliced (optional)
Salt to taste (sea salt)

Place all items in blender and “PULSE” blend until desired thickness.

Chunky Berry Bananza

2 bananas
½ cup frozen blueberries
1 tablespoon organic honey
1 cup almond milk

Place all items in blender and blend until desired thickness

Nile Garden School -Manteca

After School Program

Strawberry Oatmeal Smoothie

Makes 4 cups / Prep time is about 10 minutes

12 ounces frozen strawberries
1 cup cooked old-fashioned oats (oatmeal)
1 cup Greek vanilla yogurt
3 tablespoons brown sugar (adjust to taste)
Pinch of ground cinnamon
¼ teaspoon vanilla
3 ounces of water

Put all ingredients in blender and blend until smooth, adjust sweetness to taste.



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





Lathrop School

After School Program

Easy "GREEN" Blender Salsa

½ red onion
1 jalapeno
Lime juice to taste (start with ¼ cup)
3 cloves garlic
1 teaspoon sea salt
½ teaspoon of your favorite sugar substitute
1 cup cilantro

Pulse blend until you reach your desired thickness



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Pumpkin Pie Smoothie

1 cup pumpkin puree
1 large banana
1 cup 2% milk
1 tablespoon honey
½ teaspoon vanilla extract
1 ¼ teaspoon of pumpkin pie spice
1/3 cup vanilla yogurt
5-6 ice cubes

Place all ingredients in blender with ice in last, blend until you reach your desired consistency.



Sequoia School-Manteca

After School Program

Healthy Mango Greek Yogurt Smoothie

(1 serving)

1 ripe mango or frozen mango chunks

2 tablespoons plain or vanilla Greek yogurt

¼ teaspoon cinnamon

- Place mango in freezer for 30 minutes to allow it to cool. If you are in a hurry, you can skip this and add 2 ice cubes into the smoothie.
- Remove the skin of the mango with a food peeler and cut into medium chunks, hold out about 1 teaspoon of mango to use later for garnish/topping on the smoothie (dice in smaller pieces).
- Place the mango, yogurt and cinnamon in the blender (if using ice put in last).
- Blend for 2-3 minutes on high or until the mixture is creamy.
- Use a long spoon to scrape edges of blender
- Pour in to cup and top with remaining mango and lightly sprinkle with cinnamon (optional).





Shasta School-Manteca

After School Program

Strawberry Honey Lemonade

Ingredients:

1 pound strawberries
4 cups water
2/3 cup raw honey
5-6 lemons (to taste) –to make lemon juice

Process:

- Place strawberries, water, lemon juice and honey in the blender
- Blend until smooth
- Taste, stir in more honey to taste
- Serve over ice



Healthier Cinnamon Roll Smoothie

Ingredients:

1 frozen banana
1 cup vanilla almond milk
¼ cup oats (old fashioned)
1 tablespoon brown sugar
¼ teaspoon cinnamon
½ cup vanilla Greek yogurt

Process:

Place all ingredients in blender and blend until smooth.



Lincoln School-Manteca

After School Program

Healthy Smoothie

Ingredients:

1 ½ cups spinach
1 cup water
1 banana, sliced
1 cup frozen pineapple

Process:

- Place all ingredients in blender. Cover; blend on high speed about 30 seconds or until smooth.
 - Serve and enjoy.
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Healthy Smoothie II

Ingredients:

¼ avocado
1 cup blueberries
6 ounces of plain Greek yogurt (more or less to taste)
½ cup milk (2%)
½ cup water

Process:

- Place all ingredients in blender. Cover and blend on medium speed 30-45 seconds, stopping blender occasionally to scrape sides, until thick and smooth.
- Pour into glass and enjoy.



Banta School

After School Program

Spicy Salsa

- 1 can whole tomatoes
- ¼ cup cilantro
- 1 jalapeno (can substitute with Serrano pepper if you prefer)
- ¼ onion
- 2 tablespoons of garlic salt (more or less to taste)

Put all ingredients in blender and mix to desired consistency. Serve with your choice of chips. Also makes a great topping for food items.

Ripon Elementary School

After School Program

Guacamole

- 3-4 large Avocado
- ½ white onion chopped (more or less for flavor)
- ¼ cilantro
- 2 tablespoons of lemon juice
- 1 tomato chopped (more or less for taste)
- 1 bag of favorite dipping chips

Put all ingredients in blender, pulse blend to desired thickness, do not over blend. Also makes a great topping for tacos.





Golden West School - Manteca

After School Program

Delicious Ranch Dip

1 cup Greek yogurt
1 teaspoon garlic powder
1 teaspoon sea salt (more of less to taste)
½ teaspoon pepper (more of less to taste)
½ teaspoon parsley
½ teaspoon dill
Optional: 1 teaspoon or onion powder

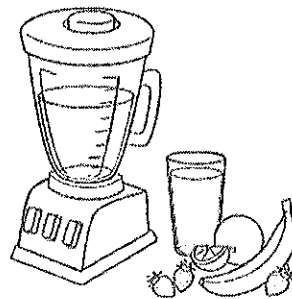
Put all ingredients into blender and pulse blend to desired thickness, should be creamy. Do not over blend.

Great Valley School – Weston Ranch

Incredible Hulk Smoothie

2 cups fresh spinach
1 cup almond milk
1 leaf Kale
1 sliced frozen banana

Put all ingredients in blender and blend until desired thickness.





Blender Bike Book – Volume I Popular Recipes

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.

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.



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!
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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.



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

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.

Acknowledgements

This book would have not been possible without the help of the following people and organizations:

- * Kaiser Community Benefits Foundation
- * Chuck Crutchfield
- * Ken Sanders
- * Christina Keefhaver
- * Sherly Sarkizzadeh
- * Liliana Lara
- * Oscar Munguia



Staff at the following After School Advantage Program sites:

- * August Knodt
- * Banta
- * French Camp
- * Golden West
- * Great Valley
- * George Komure
- * Lathrop
- * Lincoln
- * Nile Garden
- * Ripon
- * River Islands Technology Academy
- * Sequoia
- * Shasta

The Health Education Program would also like to thank:

- * Manteca Unified School District
- * Second Harvest Food Bank
- * Manteca Garden Club
- * Master Gardeners of San Joaquin County
- * Tom Powell