



THE  CLUB
Learn to cook, eat well for life



The Kitchen Club SMOOTHIE BIKE

Our smoothie bikes are a wacky invention. They are stationary bikes fitted with special blenders that spin as you pedal, mixing up delicious fruit smoothies in an instant. You simply fill the blender with fruit and juices, pedal away for a minute or two, and you have yourself a healthy pedal - powered fruit smoothie. It's as simple as that! Available to hire for fundraising events; parties; sports days; village fetes and more! The bikes take only 2 minutes to set up and we provide full instructions, recipes, and are on the phone to answer any questions you may have. Please call for current prices.



For more information, please call

07980 143289

www.thekitchenclub.org.uk

admin@thekitchenclub.org.uk