

# Nurture via Nature



*Appliance Science & Recipes for the Boss To Go™*

A top-down view of a vibrant, multi-layered garden. The foreground is dominated by a dense row of tall, thin green grasses. Above this, there's a thick carpet of various leafy greens, including curly kale and other leafy varieties. Interspersed among the greens are several large, dark green leaves, possibly basil or mint, and some purple-tinged leaves. The overall scene is a rich, textured display of greenery.

*Welcome to  
the jungle...*



# Tame tough smoothie ingredients and be king of the jungle.

Smoothies are a simple, delicious way to consume more nutrients. What's more, smoothie ingredients such as fruits, vegetables and nuts contain vitamins, minerals and enzymes that combine in ways that can't be replicated on the pharmacy shelf.

So get the most out of your day the natural way, and be creative as you play with the following tips...





# Particle size matters.

Icing sugar grains



10 microns

Single sugar grain



500 microns

Some ingredients need tough treatment to break through their tough cellulose walls and turn them into a silky smooth smoothie. In fact, particle size influences how we perceive not just the texture, but also the taste of food. The way our taste buds perceive salt, sugar, creaminess, fattiness, and aftertaste of the same ingredients, changes when we alter a food's particle size.

In a lab, particle size is measured in microns, where 1 micron is a millionth of a meter. In food terms, when making chocolate for instance, confectioners try to ensure that each particle size is less than 25 microns. Smaller than that, the particles aren't detectable to the tongue, and the chocolate just doesn't taste as creamy.

Yet in everyday cooking, you find that some recipes focus more on the taste combinations of the individual ingredients, rather than on their final texture, even though the texture can be every bit as important to how we perceive taste.

Just to demonstrate the impact that particle size can have, here's a simple experiment you can do at home – compare a blind taste test of granulated white sugar against pure icing sugar (with no added starch).

Granulated white sugar is grainy at first, and has a lot less initial taste than icing sugar. As it dissolves it forms a heavier, caramel kind of aftertaste. The flavour of icing sugar, on the other hand, explodes on the tongue immediately, tasting sharper, sweeter and thinner.

They taste very different, yet they are exactly the same thing – sugar – it's just that one is ground finer than the other. This shows that texture can have a dramatic impact on flavour.

Granulated white sugar has a particle size of about 500 microns, meaning that each particle is easily detectable to the tongue. Pure icing sugar (or confectioner's sugar) has exactly the same chemical structure, but it has been ground and sifted to an average particle size of around 10 microns. That's about 50 times smaller than regular sugar. And we perceive the same ingredients as two completely different things, purely because of the change in particle size.

Texture influences the flavour of many foods, and is particularly important when blending. Blenders are designed to mix ingredients into smaller particles, but – as the sugar taste test shows – the size of those particles can make a huge difference to the taste and texture of the finished product. And when it comes to blending, for most things, the finer the result the better.

The Boss To Go™ really pulverises ingredients, breaking through the tough cellular walls of the fresh fruit and vegetables, nuts and leafy greens. The combination of the powerful motor and blade system produces spectacularly fine particles, giving you the chance to create smoothies that are truly super-smooth. In the pages that follow, Breville has put together a tantalising mix of recipes along with some useful insights into how to get the most out of your smoothies.

So get blending and enjoy!

# Thick & creamy without the cow.

Milks and yoghurts are the traditional way to make a creamy smoothie. But dairy and milk alternatives, like soy or nut milks, are not the only way to create a creamy texture.

If you like thick, creamy green smoothies, banana, mango or avocado will thicken and begin to emulsify when blended aggressively. Other fruits like peach, nectarine, papaya, pear or apple will also create a thicker smoothie texture.

You can even try adding soaked chia seeds, soaked cashews, or silken tofu for a thick and creamy smoothie that's also higher in protein.



*Super soft with avocado*





## Increase vitamin and mineral concentration by adding juice.

Fruits and vegetables with high dietary fibre, such as carrots or celery, can have a bland or bitter flavour when blended, but taste superb when juiced. The reason is that juicers separate the bitter pith, leaving just the pure flavourful liquid.

The Boss To Go has a blending action which can blend whole low to moderate fibre vegetables, or mix higher fibre ingredients with juice.

You can use fresh juice straight from a Sage Nutri Juicer™ Pro to make a fresh 'Juicie-Smoothie'. And don't let the fun stop there – take the leftover fresh juice and freeze it in an ice cube tray, ready for your next smoothie.



## Don't over dilute, add frozen fruit!

It's fine to add ice to smoothies when using unrefrigerated fruit, but frozen fruit is a higher nutrient alternative that means you can make smoothies with literally nothing but the goodness of fruit and veggies.

You can also use frozen fruit to boost flavour because it won't dilute the smoothie's flavour with water like ice does.

Aside from using packaged frozen berries and mangoes, which are usually just as nutritious as their fresh counterparts, try freezing fresh bananas cut in half, and pieces of melon or pineapple for later use. Just be sure they don't clump together in the freezer by layering them on baking paper before freezing.

With green smoothies,  
start out easy and build up!



Leafy greens have distinctive 'green flavour', which can seem bitter to some people. Start with milder flavoured greens, like baby spinach or bok choy. Go for a ratio of 30% leafy greens to 70% fruit, and opt for sweeter fruits like ripe banana, sweet red apple, mango, and blueberries. If your green smoothie is still too green for your taste, add an extra half banana or a couple of dates and re-blend.

As your palette becomes more comfortable with green flavours, start experimenting to increase the proportion of leafy greens.

Hardcore smoothie drinkers use the reverse proportion, blending 70% or more leafy greens and vegetables, and 30% or less fruit in their smoothies.

This 70/30 principle feeds the body with maximum nutrients, with a lean, lower GI and alkalisng green smoothie.



# 4 steps to make a healthy and more delicious green smoothie.

Drinking green smoothies is an easy way to boost nutrition and health, and there are endless flavour combinations you can experiment with. Remember that a green smoothie is not always coloured green, but it will always contain the nutritional goodness of green leafy vegetables.

Don't be afraid of the bitterness you may taste in a green smoothie. It is a common feature in the flavour profile of all leafy greens, and you can use sweet fruits and 'top notes' to balance the bitterness to be just as you like. The strength of the green flavour is up to you, and as you become a more advanced green smoothie drinker, your palette will adjust and you can start experimenting with the more hardcore leafy greens.

To get you started, here are the simple principles for making green smoothies.

## 1. Choose the leafy green.

Spinach is a savvy green to start with because it has a mild flavour and packs a nutritional punch. Begin with a handful and increase the quantity over time, up to 70% of your smoothie for maximum impact.

Varying your greens will nourish your body with the different nutrient profiles present in each leafy green. As you get used to the flavours, try branching out to kale, silverbeet, or parsley.

As you become a more advanced green smoothie connoisseur, you may want to try adding some of the stronger leafy greens like dandelion, watercress, rocket or broccoli florets.

Beginner



Baby Spinach

Advanced



Kale

Hardcore



Watercress

Beginner



Spinach



Cos Lettuce



Bok Choy



Chinese Cabbage

Advanced



Microgreens



Silverbeet



Tuscan Cabbage



Parsley

Hardcore



Red Cabbage



Beetroot Greens



Dandelion



Broccolini Florets

## 2. Select the liquid.

Dairy milk is great in some smoothies but not others. For instance, a zesty fresh pineapple smoothie is better complemented with a non-dairy option such as soy or rice milk. And you can make some of these non-dairy milks with the Boss To Go itself, and you know there are no additives when you've made it yourself.

When first starting with green smoothies, we recommend plant-based milks including soy, rice, nut, or coconut. These fuller-bodied liquids tame the green flavours and add their own naturally sweet flavours.

For a milder-flavoured, lower kilojoule option, blend coconut water, green or herbal tea, or any other plant-based milk with equal parts filtered water. Chilled green and herbal teas like rooibos and peppermint work superbly, too, especially when paired with fruits with delicate flavours like peach, blueberries or pear.

Keep in mind fresh juices such as pomegranate, orange or cranberry when you want a more fruity smoothie profile. It's a bonus that these juices increase your antioxidant intake too!

As a general rule, for a smooth, drinkable texture, use equal parts of leafy greens to liquid.

Coconut Water



Green Tea



Almond Milk





Rice Milk



Rooibos Tea

Look beyond the dairy



Green Juice



Soy Milk

### 3. Pimp your smoothie!

There are some days when you need more energy to get through the day. Whether you need that energy for working out hard, a long day at work, or running around after children, we all want to avoid a mid-afternoon crash.

The vitamin and mineral boost in any green smoothie can be enough most days, but it helps to be knowledgeable about what more you can do for an added boost.

Here are our three of our favourite tips for pimping up your smoothie for added punch...



#### Antioxidants

Some foods are known to have higher concentrations of micronutrients that are thought to help prevent oxidation in the body by neutralising 'free-radicals'. Oxidation may be linked to inflammation in the body's tissues, which can contribute to a variety of health ailments.

Foods such as goji berry, acai and chia seeds are often called 'Superfoods' because of their concentrations of micronutrients, such as vitamins A, C and E, carotenoids, isoflavonoids and minerals like copper, zinc and selenium. Maintaining a good level of these in the diet is important for good health, and may contribute to a wide range of health benefits, including better digestive health and lower cholesterol.

Foods that are high in these important micronutrients are nuts, seeds, red and purple fruits, green tea and cruciferous vegetables such as kale, broccoli and bok choy, so put them on your smoothie shopping list now!



## Omega-3 Fatty Acids

Low-fat diets were trendy years ago and, unfortunately, many people still think that all dietary fats are the enemy. While some are best avoided (such as trans fats) others like omega-3 fatty acids are positively essential, especially because our bodies can't produce them on their own.

Among many benefits, omega-3 fatty acids are thought to help lower cholesterol, improve cognitive skills, prevent inflammatory diseases, and promote skin health. Keep an eye out for linseed, pepitas and walnuts, all stellar sources of omega-3 fatty acids. These additions will also boost protein, keeping you satisfied for longer.

If you are looking for protein and energy boosters, other options to consider are such as raw almonds, raw cacao, acai powder, or organic protein powders.

Although the freshest ground nuts and seeds are best, you can also grind small batches in advance, and store in an air-tight container in a cool dark place for up to a week or the fridge or freezer for longer.



## pH and Alkalinity

Maintaining the body's ideal pH level is thought to be important for maintaining good health, and may even help reduce the risk of high blood pressure, heart disease, diabetes and obesity. Eating too many acid forming foods, such as foods with high levels of sugar or refined carbohydrates, causes the pH level in the blood to drop and become more acidic. The body has to pull alkaline rich minerals from our organs, bones and teeth to elevate and restore pH levels. This can compromise the immune system, and may make us vulnerable to viruses and disease.

Eating leafy greens and cruciferous vegetables (like kale and broccolini) can increase alkalinity in the body, which is another great reason to incorporate them into your smoothie repertoire.

Lemon is the star fruit to create an internal alkaline pH balance. The alkalising effect and high level of vitamin C is thought to boost the immune system, promote digestive health, nourish the brain and be a tonic for nerve cells.

We always recommend drinking smoothies as soon as possible to get maximum benefit from vitamins and minerals. If you need to take your smoothie with you on the go, adding lemon to your mix can help prevent it from changing colour or turning brown.

## 4. Make your smoothie sing.

Green smoothies often benefit from the goodness of ripe fruit to help balance the green flavours that leafy greens create. But sometimes you might want to add an extra sweet burst to create a top note and balance out stronger flavours like dandelion greens.

For a sweet note, try adding dates, fresh grapes, blueberries, honey or maple syrup. There are also other sugar alternatives you can consider, like rice malt syrup, stevia, coconut blossom sugar, coconut syrup, rapadura sugar or agave nectar.

There are other ways to add a top note to your green smoothie. Try a herbal addition like mint, coriander, basil or parsley for a herbal burst. Zesty flavours like ginger, lime, mint and lemon compliment many green smoothies, so try out your creativity different combinations.



*Sweet Notes*

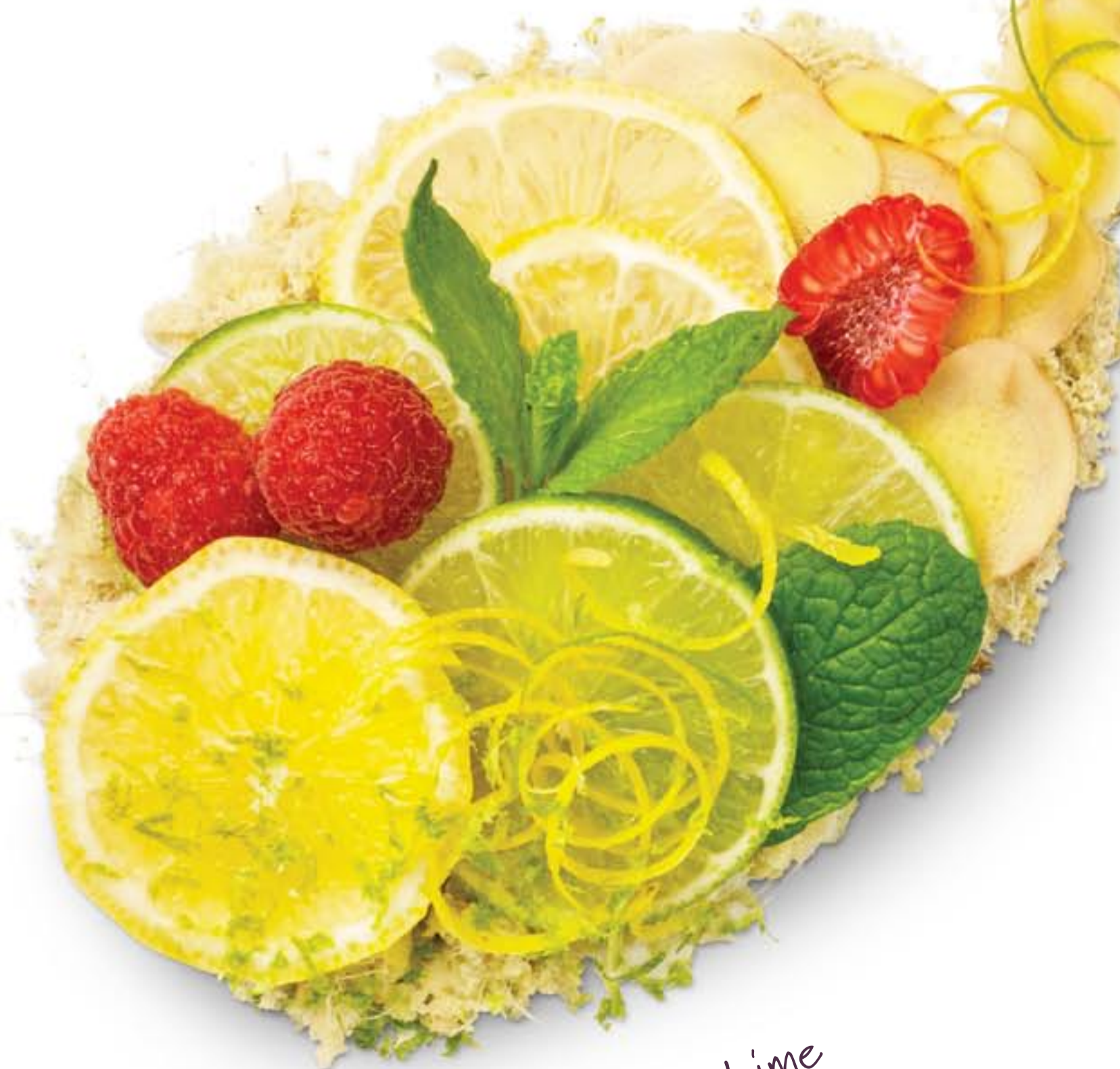
*Dates, Blueberries, Honey and Maple Syrup*

Herbal Notes



Mint, Coriander, Basil and Parsley

Zesty Notes



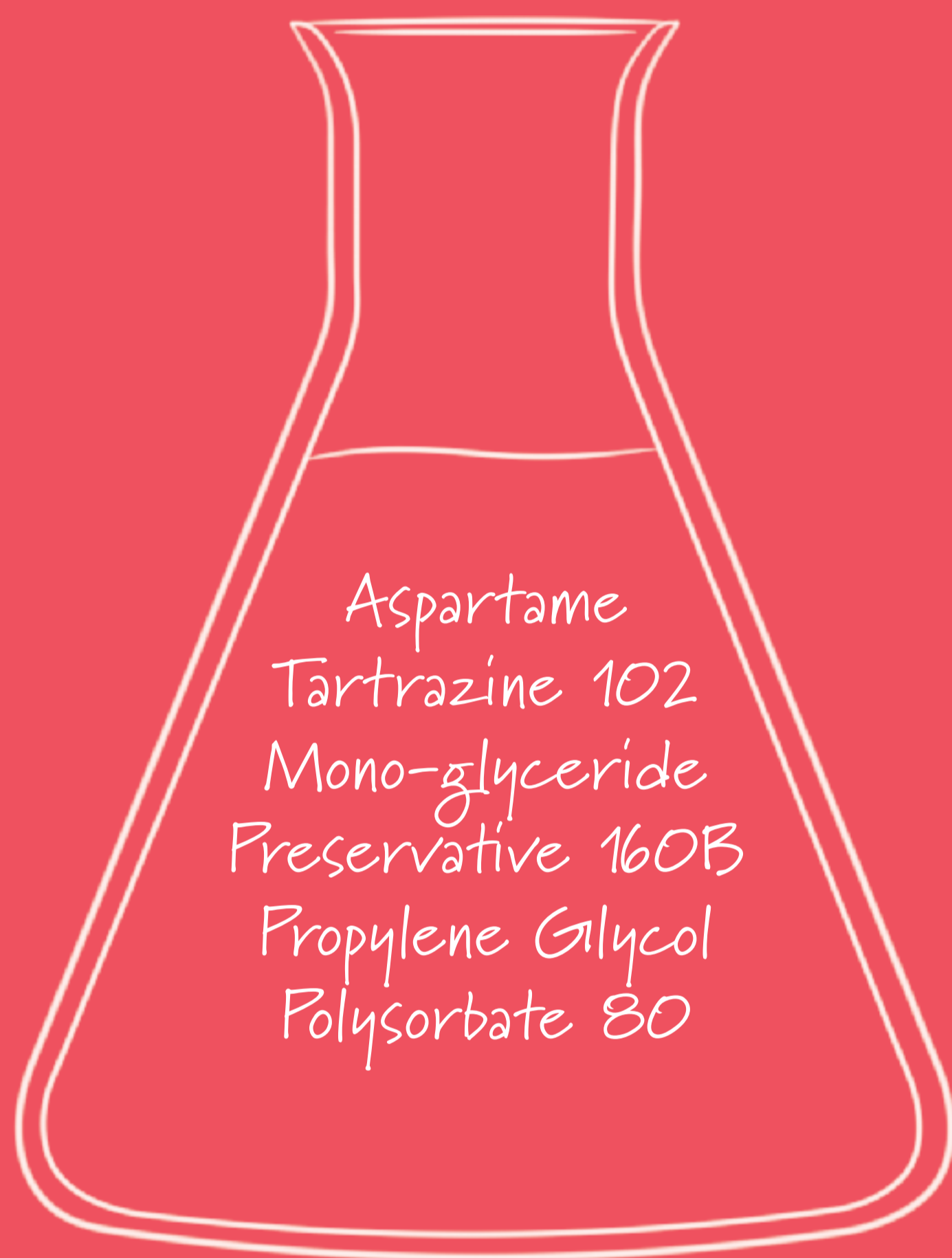
Ginger, Lemon, Mint and Lime







# Homemade beats store-bought.



Chemistry and Additives

vs.



Simply Natural

Ice cream, sorbets, and other store bought desserts contain additives and are often high in sugar and fat. Names like mono-glyceride, aspartame, and propylene glycol (also used in antifreeze) don't really belong in your food. And numbers like polysorbate 80, tartrazine 102 or preservatives like 160B sound equally unappealing.

We believe dessert can and should be natural, not a laboratory experiment. Smoothies make great

frozen treats, and because you can control the ingredients, they are much healthier than bought desserts.

You can add a Sweet Note in many different ways. Try adding a little nut butter or raw cacao to your smoothie and freeze into icy pole moulds for a healthy, nutritious and tasty dessert.

Now you know the basics, here are our  
favourite recipes to get you started...



The Boss To Go™ comes with a variety of accessories. Some of the recipes in this book may not be suited to the variant you have purchased. Accessories are available separately.

# Raspberry, Pear & Vanilla Smoothie

 Makes approx. 500ml

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*¾ cup (180ml) dairy milk*  
*1 (110g) peeled banana, chopped*  
*⅔ cup (85g) frozen raspberries*  
*¼ cup (70g) vanilla yoghurt*  
*¼ (50g) pear, cored, chopped*

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1. Place ingredients into tumbler and secure blades.
2. Lock into motor base and blend for 45 seconds, or until smooth.

# Spiced Fig & Honey Shake

 Makes approx. 500ml

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*1½ cups (375ml) cups filtered water, chilled*  
*2 (75g) fresh figs, chopped*  
*¼ cup (50g) linseeds*  
*2 tablespoons honey*  
*1 tablespoon natural almond butter*  
*⅛ teaspoon ground cinnamon*  
*3 ice cubes*

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1. Place ingredients into tumbler and secure blades.
2. Lock into motor base and blend for 60 seconds, or until smooth.



## Berry Mint Bliss

 Makes approx. 500ml

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1 cup (250ml) coconut milk, chilled  
1 cup (185g) frozen mixed berries  
¼ cup (60g) coconut or vanilla yoghurt  
3 mint leaves

Optional:  
1 tablespoon agave, coconut or rice malt syrup

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1. Place ingredients into tumbler and secure blades.
  2. Lock into motor base and blend for 45 seconds, or until smooth.

## Antioxidant Blast

 Makes approx. 500ml

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½ cup (125ml) pomegranate juice, chilled  
½ cup (130g) vanilla probiotic yoghurt  
1 cup (125g) frozen raspberries  
4 large fresh strawberries  
1 tablespoon LSA meal

Optional:  
1 tablespoon honey, rice malt syrup or maple syrup

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1. Place ingredients into tumbler and secure blades.
  2. Lock into motor base and blend for 45 seconds, or until smooth.



# Summer Peach Shake

 Makes approx. 450ml

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*2/3 cup (160ml) dairy milk*  
*1 (125g) peach, remove stone, chopped*  
*1/4 cup (60ml) Greek yoghurt*  
*2 teaspoons honey*  
*1/2 teaspoon vanilla extract*  
*1/4 teaspoon ground cinnamon*  
*3 ice cubes*

*Dairy-free:*

*Substitute with almond milk and coconut yoghurt*

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- 1. Place ingredients into tumbler and secure blades.*
- 2. Lock into motor base and blend for 30 seconds, or until smooth.*

# Strawberry Crush Refresher

 Makes approx. 500ml

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*1 cup (250ml) brewed Rooibos tea, chilled*  
*1/2 cup (70g) frozen strawberries*  
*1/2 (65g) red apple, cored, chopped*  
*1/4 (30g) small beetroot, peeled*  
*1cm piece ginger, peeled*

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- 1. Place ingredients into tumbler and secure blades.*
- 2. Lock into motor base and blend for 45 seconds, or until smooth.*



# Melon Madness

 Makes approx. 500ml

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*1¼ cups (310ml) coconut water, chilled*  
*⅓ cup (45g) peeled, chopped rockmelon*  
*⅓ cup (45g) peeled, chopped honeydew melon*  
*⅓ cup (55g) frozen diced mango*  
*¼ (50g) avocado, peeled, stone removed*  
*¼ lime, peeled, seeds removed*  
**3 ice cubes**

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1. Place ingredients into tumbler and secure blades.
2. Lock into motor base and blend for 60 seconds, or until smooth.

# Gingerbread Delight

 Makes approx. 500ml

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*1 cup (250ml) unsweetened almond milk*  
*1 pear, peeled, cored, chopped*  
*1 fresh Medjool date, pitted, halved*  
*2 thin slices peeled ginger*  
*1 teaspoon date molasses or treacle*  
*½ teaspoon ground cinnamon*  
**3 ice cubes**

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1. Place ingredients into tumbler and secure blades.
2. Lock into motor base and blend for 45 seconds, or until smooth.



## Dragon's Lair

 Makes approx. 500ml

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1 cup (250ml) coconut water  
½ cup (90g) peeled, chopped pink flesh dragonfruit (pitaya)  
¼ cup (50g) coconut or vanilla yoghurt  
¼ cup (40g) peeled pineapple, chopped  
¼ lime, peeled  
1 tablespoon chia seeds  
3 ice cubes

To serve:  
1 teaspoon bee pollen

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1. Place ingredients into tumbler and secure blades.
  2. Lock into motor base and blend for 45 seconds, or until smooth.
  3. Serve garnished with bee pollen.

## Chai Spiced Mango Lassi

 Makes approx. 500ml

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1 cup (250ml) unsweetened almond or coconut milk, chilled  
⅔ cup (95g) frozen diced mango  
½ cup (125g) coconut or vanilla yoghurt  
1 tablespoon honey, rice malt or maple syrup  
¼ teaspoon ground turmeric  
⅛ teaspoon ground cinnamon  
⅛ teaspoon ground cardamom  
⅛ teaspoon ground ginger

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1. Place ingredients into tumbler and secure blades.
  2. Lock into motor base and blend for 45 seconds, or until smooth.



# Green Smoothies



## Zesty Zinger

 Makes approx. 500ml

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*¾ cups (180ml) chilled coconut water*  
*½ cup (15g) roughly torn kale leaves, stem removed*  
*½ (100g) pear, cored, chopped*  
*½ (50g) small Lebanese cucumber, chopped*  
*¼ kiwi fruit, peeled*  
*¼ lime, peeled*  
*3 ice cubes*

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1. Place ingredients into tumbler and secure blades.
2. Lock into motor base and blend for 45 seconds, or until smooth.



## Pink Green Smoothie

 Makes approx. 300ml

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*⅓ cup (80ml) pomegranate juice, chilled*  
*½ cup (125ml) coconut water*  
*¼ cup (70g) natural or coconut yoghurt*  
*⅔ cup (20g) baby spinach leaves*  
*½ (55g) peeled banana, chopped*  
*½ cup (70g) frozen mixed berries*

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1. Place ingredients into tumbler and secure blades.
2. Lock into motor base and blend for 60 seconds, or until smooth.

# Tropical Tiger Tonic

 Makes approx. 500ml

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1 cup (250ml) coconut water, chilled  
2/3 cup (15g) roughly torn kale leaves, stem removed  
1/2 cup (90g) peeled pineapple, chopped  
1/3 cup (50g) frozen diced mango  
1 tablespoon raw almonds  
1/4 teaspoon ground turmeric

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1. Place ingredients into tumbler and secure blades.
2. Lock into motor base and blend for 45 seconds, or until smooth.



# Pina-kale-ada

 Makes approx. 500ml

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1 cup (250ml) coconut milk, chilled  
1/3 cup (80ml) coconut water, chilled  
1 cup (20g) roughly torn kale leaves, stem removed  
1 cup (140g) peeled pineapple, chopped  
1/2 (55g) peeled frozen banana, chopped  
1/4 lime, peeled  
2 teaspoon white chia seeds  
2 ice cubes

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1. Place ingredients into tumbler and secure blades.
2. Lock into motor base and blend for 45 seconds, or until smooth.

# Green Smoothie Blast

 Makes approx. 500ml

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*2/3 cup (160ml) chilled coconut water*  
*1/2 cup (15g) baby spinach leaves*  
*1/4 cup (40g) green seedless grapes*  
*1/2 (75g) small orange, peeled, chopped, seeds removed*  
*1/2 (65g) small Granny Smith apple, cored, chopped*  
*1/4 (30g) small Lebanese cucumber, chopped*  
**3 ice cubes**

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1. Place ingredients into tumbler and secure blades.
2. Lock into motor base and blend for 60 seconds, or until smooth.



# Triple Greenie

 Makes approx. 500ml

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*1 cup (250ml) coconut water, chilled*  
*1/4 cup (7g) baby spinach leaves*  
*1/4 cup (5g) roughly torn kale leaves, stem removed*  
*1/4 cup (5g) roughly torn baby cos leaves*  
*1/2 (60g) small Granny Smith apple, cored, chopped*  
*1/2 (50g) small Lebanese cucumber, chopped*  
*1/3 (40g) banana, peeled chopped*  
*1/4 (40g) medium celery stick, chopped*  
*1/8 lemon, peeled, seeds removed*  
**2 ice cubes**

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1. Place ingredients into tumbler and secure blades.
2. Lock into motor base and blend for 45 seconds, or until smooth.

# Beetroot Burst

 Makes approx. 500ml

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1 cup (250ml) organic cloudy apple juice or coconut water, chilled  
½ cup (15g) baby spinach leaves  
½ (30g) small beetroot, peeled, chopped  
¼ cup (40g) seedless red grapes  
½ (75g) small orange, peeled, seeds removed  
¼ lemon, peeled, seeds removed  
½ cm piece ginger, peeled, chopped  
4 fresh mint leaves  
2 ice cubes

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1. Place ingredients into tumbler and secure blades.
2. Lock into motor base and blend for 60 seconds, or until smooth.



# Green Tea Zen Goddess

 Makes approx. 500ml

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¾ cup (160ml) brewed green tea, chilled  
1 cup (20g) baby spinach leaves  
¾ cup (125g) peeled, chopped honeydew melon  
½ cup (80g) green seedless grapes  
5cm piece (50g) Lebanese cucumber, chopped  
3-4 fresh mint leaves  
3 ice cubes

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1. Place ingredients into tumbler and secure blades.
2. Lock into motor base and blend for 45 seconds, or until smooth.

# Green Lantern

 Makes approx. 500ml

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*1½ cups (310ml) coconut water, chilled*  
*½ cup (15g) roughly torn Tuscan cabbage (cavolo nero) leaves, stem removed*  
*½ (100g) small orange, peeled, seeds removed*  
*¼ (50g) avocado, peeled, chopped*  
*⅓ cup (60g) frozen diced mango*

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1. Place ingredients into tumbler and secure blades.
2. Lock into motor base and blend for 45 seconds, or until smooth.



# Lady Green

 Makes approx. 500ml

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*1 cup (250ml) coconut water, chilled*  
*½ cup (10g) baby spinach leaves*  
*½ cup (10g) roughly torn kale leaves, stem removed*  
*½ (60g) medium Pink Lady apple, cored, chopped*  
*5cm piece (50g) Lebanese cucumber, chopped*  
*2 teaspoon white chia seeds*  
*2 teaspoons pepita seeds*  
*2 teaspoons linseeds*  
*2 ice cubes*

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1. Place ingredients into tumbler and secure blades.
2. Lock into motor base and blend for 45 seconds, or until smooth.



# Superfood Smoothie

 Makes approx. 400ml

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*1½ cups (310ml) coconut water, chilled*  
*1 cup (110g) frozen blueberries*  
*¼ cup (15g) dried coconut flakes*  
*1 tablespoon whey or vegan protein powder*  
*1 tablespoon raw almonds*  
*4 fresh mint leaves*

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1. Place ingredients into tumbler and secure blades.
2. Lock into motor base and blend for 45 seconds, or until smooth.

# Raspberry Protein Shake

 Makes approx. 500ml

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*½ cup (125ml) coconut water, chilled*  
*½ cup (125ml) soy milk, chilled*  
*½ cup (130g) silken tofu, drain*  
*1 cup (125g) frozen raspberries*  
*1 tablespoon chia seeds*  
*1 tablespoon rice malt syrup*

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1. Place ingredients into tumbler and secure blades.
2. Lock into motor base and blend for 30-45 seconds, or until smooth.

# Coffee Pecan Treat

 Makes approx. 500ml

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*1 cup (250ml) dairy milk*  
*1 espresso shot (30ml), chilled*  
*1 (110g) peeled frozen banana, chopped*  
*2 tablespoons pecans*  
*2 tablespoons whey or vegan protein powder*  
*1 tablespoon maple or rice malt syrup*

To serve:  
*Ice cubes*

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1. Place ingredients into tumbler and secure blades.
2. Lock into motor base and blend for 45 seconds, or until smooth. Serve over ice cubes.



# Breakfast Thick Shake

 Makes approx. 560ml

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*1½ cups (310ml) almond, rice or soy milk, chilled*  
*1 (110g) peeled frozen banana, chopped*  
*¼ cup (75g) Greek yoghurt, reduced fat*  
*3 Medjool dates, pitted, halved*  
*2 tablespoons rolled oats*  
*1 tablespoon white chia seeds*  
*2 teaspoons honey or maple syrup*

To serve:  
*Ice cubes*

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1. *Place ingredients into tumbler and secure blades.*
  2. *Lock into motor base and blend for 60 seconds, or until smooth.*
  3. *Serve over ice cubes.*

# Peanut Butter & Honey Pot

 Makes approx. 500ml

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*1½ cups (375ml) dairy milk*  
*1 (110g) peeled frozen banana, chopped*  
*2 tablespoons natural peanut butter*  
*1 tablespoon honey*  
*1 tablespoon skim milk powder*  
*½ teaspoon ground cinnamon*  
*Small pinch of sea salt flakes*  
*3 ice cubes*

To serve:  
*1 tablespoon bee pollen*

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1. *Place ingredients into tumbler and secure blades.*
  2. *Lock into motor base and blend for 30-45 seconds, or until smooth.*
  3. *Serve garnished with bee pollen.*



# Mango, Vanilla & Chia Smoothie

 Makes approx. 550ml

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*1¼ cups (310ml) reduced fat dairy milk*  
*½ cup (85g) frozen diced mango*  
*1 tablespoon Greek yoghurt*  
*1 tablespoon honey or coconut syrup*  
*1 tablespoon white chia seeds*  
*½ teaspoon vanilla bean paste*

*Dairy-free:*  
*Substitute with soy milk and coconut yoghurt*

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- 1. Place ingredients into tumbler and secure blades.*
  - 2. Lock into motor base and blend for 30-40 seconds, or until smooth.*

# Cacao Protein Shake

 Makes approx. 500ml

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*1¼ cups (310ml) chilled almond, soy or coconut milk*  
*1 (110g) peeled frozen banana, chopped*  
*2-3 Medjool dates, pitted, halved*  
*2 tablespoons almond butter*  
*1 tablespoon white chia seeds*  
*1 tablespoon Maca powder*  
*2 teaspoons raw cacao powder*

*Optional:*  
*1 tablespoon honey, maple or rice malt syrup*

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- 1. Place ingredients into tumbler and secure blades.*
  - 2. Lock into motor base and blend for 45 seconds, or until smooth.*





# Smoothie Bowls



## Acai Beet & Berry Bowl

 Makes approx. 250ml

*½ cup (125ml) coconut water, chilled*  
*½ (55g) peeled banana, chopped*  
*½ cup (60g) frozen blueberries*  
*⅓ cup (100g) frozen acai berry puree*  
*½ (30g) small beetroot, peeled, chopped*  
*1 tablespoon whey or vegan protein powder*

To serve:

*¼ cup (35g) organic granola*  
*2 tablespoons frozen blueberries*  
*2 teaspoons goji berries*

1. Place ingredients into tumbler and secure blades.
2. Lock into motor base and pulse repeatedly until mix combines.
3. Blend for another 15-20 seconds or until just smooth.
4. Use a spatula to scoop into a bowl, and serve topped with granola, blueberries and goji berries.

## Quinoa Breakfast Bowl

 Makes approx. 250ml

*½ cup (125ml) almond or soy milk*  
*1 cup (150g) fresh strawberries*  
*1 (110g) peeled frozen banana, chopped*  
*¼ cup (25g) quinoa flakes*  
*1 tablespoon linseeds*  
*1 tablespoon rice malt syrup*  
*1 teaspoon vanilla extract*

To serve:

*¼ cup (40g) puffed amaranth & quinoa muesli*  
*2 strawberries, sliced*  
*2 tablespoons dried banana chips*  
*1 tablespoon pepitas*

1. Place ingredients into tumbler and secure blades.
2. Lock into motor base and pulse repeatedly until mix combines. Blend for another 20-30 seconds or until just smooth.
3. Use a spatula to scoop into a bowl, and serve topped with muesli, strawberries, banana chips and pepitas.



## Mango Melba

 Makes approx. 250ml

1 cup (250ml) soy milk, chilled  
½ cup (65g) frozen diced mango  
½ cup (60g) frozen raspberries

To serve:

⅓ cup (40g) frozen raspberries  
¼ cup (35g) organic granola  
½ peach, sliced  
1 tablespoon pepitas

1. Place ingredients into tumbler and secure blades.
2. Lock into motor base and pulse repeatedly until mix combines. Blend for another 15-20 seconds or until just smooth.
3. Use a spatula to scoop into a bowl, and serve topped with raspberries, granola, peach and pepitas.

## Hazelnutella Bowl

 Makes approx. 250ml

¼ cup (30g) raw hazelnuts  
¾ cup (180ml) almond milk  
1 (110g) peeled frozen banana, chopped  
1 tablespoon chia seeds or linseeds  
1 tablespoon raw cacao powder  
2 Medjool dates, pitted, halved

To serve:

½ (55g) banana, sliced  
2 tablespoons raw hazelnuts, chopped  
1 tablespoon dried pomegranate seeds or dried cranberries  
1 tablespoon chia seeds or linseeds  
1 teaspoon cacao nibs

1. Place hazelnuts in a bowl, cover with filtered water, soak for 1 hour. Drain.
2. Place drained hazelnuts and remaining ingredients into tumbler and secure blades. Lock into motor base and pulse repeatedly until mix combines. Blend for another 30-40 seconds or until just smooth.
3. Use a spatula to scoop into a bowl, and served topped with banana, hazelnuts, pomegranate seeds, chia and cacao nibs.



## Orange & Chia Bircher

 *Makes approx. 250ml*

*½ cup (50g) wholegrain rolled oats*  
*1 tablespoon chia seeds*  
*¾ cup (180ml) freshly squeezed orange juice*  
*½ cup (125ml) almond milk*  
*2 tablespoons Greek yoghurt*  
*1 tablespoon shredded coconut*  
*¼ teaspoon vanilla bean paste*

To serve:

*½ pink lady apple, sliced*  
*1 tablespoon crimson raisins or dried cranberries*  
*1 tablespoon chopped pistachio nuts*  
*1 tablespoon shredded coconut*

1. Combine oats, chia and orange juice in a bowl, and cover in the fridge overnight to soak.
2. Place oat mixture and remaining ingredients into tumbler and secure blades. Lock into motor base and pulse repeatedly until mix combines. Blend for another 20-30 seconds or until just smooth.
3. Use a spatula to scoop into a bowl, and serve topped with apple, pistachios, raisins and coconut.

## Coconut & Cherry Treat

 *Makes approx. 250ml*

*⅔ cup (160ml) coconut milk, chilled*  
*1½ cups (210g) frozen pitted cherries*  
*2 tablespoons LSA mix*

To serve:

*¼ cup (35g) gluten-free muesli*  
*2 tablespoons frozen cherries*  
*1 tablespoon coconut flakes*  
*1 tablespoon raw almond slivers*  
*1 teaspoon LSA mix*

1. Place ingredients into tumbler and secure blades.
2. Lock into motor base and pulse repeatedly until mix combines. Blend for another 15-20 seconds or until just smooth.
3. Use a spatula to scoop into a bowl, and serve topped with muesli, cherries, coconut, almonds and LSA.



# Protein Boosters



## ***LSA Boost***

 Makes approx. 1 cup (100g)

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*50g linseeds  
35g sunflower seeds  
20g natural almonds*

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- 1. Place ingredients into milling container and secure blades.*
- 2. Lock into motor base and mill for 10-15 seconds or until it becomes a fine meal. Do not over process.*
- 3. Store in an air-tight container in the fridge or freezer.*



## Lentil As Anything

 Makes approx. 1½ cups (200g)

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*¼ cup (50g) dried green lentils*  
*¼ cup (50g) dried sprouted brown rice*  
*¼ cup (40g) linseeds*  
*2 tablespoons chia seeds*  
*¼ cup (40g) pepitas*

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1. Mill lentils and rice together. Place into milling container and secure blades. Lock onto motor base and mill for 10-15 seconds or until it becomes a fine meal. When each is finished, transfer to an airtight container.
2. Mill linseeds and chia seeds together, using the same method.
3. Mill pepitas last, using the same method.
4. Stir ingredients to evenly combine.
5. Store in an airtight container in a cool, dry, dark place for 2 weeks, or longer in the fridge or freezer.



# Choc Protein Boost

 Makes approx. 2 cups (270g)

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*½ cup (85g) raw almonds*  
*¼ cup (35g) raw cacao beans*  
*⅓ cup (50g) chia seeds*  
*¼ cup (40g) linseeds*  
*2 tablespoons Maca powder*

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1. Mill almonds, cacao, chia and linseeds separately.
2. One at a time, place into milling container and secure blades. Lock onto motor base and mill for 10-15 seconds or until it becomes a fine meal.
3. When each is finished, transfer to an airtight container, add Maca powder and stir to combine.
4. Store in an airtight container in the fridge or freezer.

### Alternatives:

For a coffee flavour, use 2 tablespoons coffee beans instead of the cacao beans.

For a sweeter flavour, add 1 tablespoon of Stevia, coconut sugar or Rapadura sugar in with the Maca powder.



# Oats & Whey Powder

 Makes approx. 1 cup (125g)

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*½ cup (35g) wholegrain rolled oats*  
*⅓ cup (45g) raw natural almonds*  
*⅓ cup (50g) instant skim milk powder*

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1. Mill oats and almonds separately. One at a time, place into milling container and secure blades.
2. Lock onto motor base and mill for 10-15 seconds or until it becomes a fine meal.
3. When each is finished, transfer to an airtight container, add milk powder and stir to combine.
4. Store in an air tight container in a cool, dry, dark place for 2 weeks, or longer in the fridge or freezer.



# Mocktails

# Citrus & Cranberry Refresher

 Makes approx. 500ml

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*1 (200g) small orange, peeled, chopped, seeds removed*  
*¼ (90g) medium ruby red grapefruit, peeled, seeds removed*  
*1 cup (250ml) cranberry juice, chilled*  
*1 tablespoon agave nectar or rice malt syrup*  
*3 ice cubes*

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1. *Place ingredients into tumbler and secure blades.*
2. *Lock into motor base and blend for 45 seconds, or until smooth. Serve over ice, and garnish with lime.*

# Peach & Lime Crush

 Makes approx. 450ml

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*⅔ cup (160ml) coconut water, chilled*  
*1 (125g) yellow peach, remove stone, chopped*  
*1 tablespoon coconut sugar or Rapadura sugar*  
*½ lime, peeled*  
*3 ice cubes*

To serve:

*Lime, sliced*  
*Ice cubes*

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1. *Place ingredients into tumbler and secure blades.*
2. *Lock into motor base and blend for 45 seconds, or until smooth. Serve over ice, and garnish with lime.*

## Pomegranate Fritoska

 Makes approx. 450ml

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*6 medium strawberries*  
*8 fresh mint leaves*  
*2 tablespoons agave nectar or rice malt syrup*  
*1½ cups (375ml) pomegranate juice, chilled*

To serve:

*Mint leaf*  
*Ice cubes*

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1. *Place strawberries, mint and syrup into tumbler and secure blades.*
2. *Lock into motor base and pulse 2-3 times or until chopped and combined.*
3. *Add pomegranate juice, and pulse the whole mixture 2-3 additional times.*
4. *Serve over ice, and garnish with mint.*

## Watermelon Zinger

 Makes approx. 450ml

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*1½ cups (270g) seedless watermelon, peeled, chopped*  
*⅔ cup (160ml) freshly squeezed orange juice*  
*1cm piece ginger, peeled, chopped*

To serve:

*Small watermelon wedge*  
*Ice cubes*

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1. *Place ingredients into tumbler and secure blades.*
2. *Lock into motor base and blend for 60 seconds, or until evenly blended. Serve over ice, and garnish with watermelon wedge.*

# Pacific Island Punch

 Makes approx. 600ml

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*1 cup (250ml) pineapple juice, chilled*

*½ cup (125ml) coconut water, chilled*

*½ cup (105g) drained canned lychees*

*½ cup (55g) frozen diced mango*

*¼ lime, peeled*

*5 mint leaves*

To serve:

*Ice cubes*

*1 tablespoon passionfruit pulp (approx. 1 passionfruit)*

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1. *Place ingredients into tumbler and secure blades.*
2. *Lock into motor base and blend for 60 seconds, or until evenly blended. Serve over ice, and stir in passionfruit.*

# Cucumber & Lime Cooler

 Makes approx. 500ml

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*1 (145g) medium Lebanese cucumber, chopped*

*1 (125g) medium green apple, cored, chopped*

*1 cup (250ml) coconut water, chilled*

*2 tablespoons agave nectar or rice malt syrup*

*2 tablespoons lime juice*

To serve:

*½ lime, wedges*

*Ice cubes*

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1. *Place ingredients into tumbler and secure blades.*
2. *Lock into motor base and blend for 60 seconds, or until evenly blended. Serve over ice, and garnish with lime.*



## Milk Alternatives

Making your own non-dairy milks from nuts, seeds and grains is a great way to avoid nasty additives. These 100% natural milks contain no stabilisers or emulsifiers, and may separate during storage. It's always best to use ingredients as soon as possible after making, but if it is starting to separate, just shake or stir before using.

Find the freshest and best quality nuts, seeds and grains that you can. It's smart to taste before making milks, because any unpleasant stale or rancid flavours will ruin the milk.

Nut milk bags are available from health food stores. Alternatively use a large piece of double layered fine muslin (cheesecloth) in a fine strainer.

If you aren't using all the milk straight away, store in the fridge for up to three days, or pour into ice cube trays and freeze for later use. Once frozen, tap out into an air-tight container and keep in the freezer for up to a month.

# Almond Milk

 Makes approx. 375ml

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*½ cup (80g) raw almonds  
2 cups (500ml) filtered water, for soaking  
1½ cups (375ml) filtered water, for the milk*

*Optional:*

*Either a pinch of sea salt or 1 tablespoon of the sweetener of your choice*

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- 1. Soaking is optional, however it is thought that soaking may make nuts more easily digested. If you chose to soak, place almonds in a bowl with 2 cups of filtered water. Cover in the fridge overnight to soak (minimum 8 hours). Drain and rinse well.*
- 2. Place almonds and 375ml filtered water into tumbler and secure blades. Lock into motor base and blend for 60 seconds.*
- 3. Pour into a nut milk bag over a bowl (or fine strainer lined with a double layer of muslin), and squeeze out as much liquid as possible. Discard the remaining fibre.*
- 4. Stir salt or sweetener into the milk.*
- 5. Transfer to an airtight container and place in the fridge to chill thoroughly before serving. Store in the fridge and use within 3 days. Shake or stir before serving.*

**Alternatives:**

*For vanilla nut milk, stir in ¼ teaspoon vanilla bean paste, or a dash of vanilla extract to the milk after straining.*

*For alternative nut milks, substitute almonds for cashews, pistachios, macadamias, or hazelnuts.*



# Quinoa Milk

 Makes approx. 375ml

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*½ (80g) cup cooked white quinoa, chilled completely*  
*½ cup (125ml) filtered water*

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1. Place quinoa and filtered water into tumbler and secure blades. Lock onto motor base and blend for 60 seconds.
2. Pour into a nut milk bag over a bowl (or fine strainer lined with a double layer of muslin), and squeeze out as much liquid as possible. Discard the remaining fibre.
3. Transfer to an airtight container and place in the fridge to chill thoroughly before serving. Store in the fridge and use within 3 days. Shake or stir before serving.

# Cashew Cream

 Makes approx. 375ml

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*1 cup (150g) raw cashews*  
*2 cups (500ml) filtered water, for soaking*  
*½ cup (125ml) filtered water, for the cream*

Optional:  
*Either a dash of vanilla extract or 1 teaspoon of the sweetener of your choice*

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1. Place cashews in a bowl with 2 cups of filtered water. Cover in the fridge overnight to soak (minimum of 8 hours). Drain and rinse well.
2. Place cashews and 125ml filtered water into tumbler and secure blades. Lock into motor base and blend for 60 seconds.
3. Stir in vanilla or sweetener.
4. Transfer to an airtight container and place in the fridge to chill thoroughly before serving. Store in the fridge and use within 3 days. Stir before serving as a side with dessert, or on top of fresh fruit.



# Coconut Milk

 Makes approx. 375ml

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*¾ cup (65g) desiccated coconut*  
*1½ cups (375ml) boiling water*

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1. Place coconut in a heatproof bowl. Cover with boiling water and set aside for 1 hour until the mixture has cooled to room temperature, then place in the fridge to chill for an additional 1 hour.
2. Place coconut and water mixture into tumbler and secure blades. Lock onto motor base and blend for 60 seconds.
3. Pour into a nut milk bag over a bowl (or fine strainer lined with a double layer of muslin), and squeeze out as much liquid as possible. Discard the remaining fibre.
4. Transfer into an airtight container and place in the fridge to chill thoroughly before serving. Store in the fridge and use within 3 days. Shake or stir before serving.





# Peach & Passion Pops

 Makes 6 x 90ml ice blocks, allow freezing time overnight

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1 cup (280g) vanilla or naturally sweetened yoghurt  
410g can peach slices in natural juice, drained  
1 tablespoon passionfruit pulp (approx. 1 passionfruit)  
1 cup (150g) fresh or frozen raspberries  
2 tablespoons agave nectar

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1. This is a layered smoothie pop. Place  $\frac{1}{2}$  cup yoghurt, peaches and passionfruit into tumbler and secure blades.
2. Lock onto motor base and blend for 20 seconds, or until smooth. Divide the mixture among the 6 moulds.
3. Place the remaining yoghurt, raspberries and agave into tumbler and secure blades. Lock onto motor base and blend for 20 seconds, or until smooth.
4. Pour into moulds over peach mixture. Insert ice block sticks and freeze overnight (minimum 8 hours) until frozen solid.



# Blueberry & Yoghurt Freezie Pops

 Makes 6 x 90ml ice blocks, allow freezing time overnight

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2 cups (560g) vanilla or naturally sweetened yoghurt  
½ cup (125ml) coconut water  
1½ cups (225g) frozen blueberries  
1 tablespoon coconut syrup or honey

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1. This is a layered smoothie pop. Scoop 2 tablespoons of yoghurt into the base of each of the ice block moulds.
2. Place remaining ingredients into the tumbler, together with the remaining yoghurt, and secure blades. Lock into motor base and blend for 30 seconds, or until smooth.
3. Divide the mixture among the 6 moulds, and insert ice block sticks. Freeze overnight (minimum 8 hours) until frozen solid.

# Banana, Pecan & Maple Paddle Pops

 Makes 6 x 90ml ice blocks, allow freezing time overnight

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1½ cups (310ml) dairy milk, or non-dairy milk alternative  
1½ (165g) peeled bananas, chopped  
¼ cup (35g) pecans  
1 Medjool date, pitted, halved  
2 tablespoons maple syrup or honey

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1. Place ingredients into the tumbler, and secure blades.
2. Lock into motor base and blend for 20-30 seconds, or until smooth.
3. Divide the mixture among the 6 moulds, and insert ice block sticks. Freeze overnight (minimum 8 hours) until frozen solid.



# Pine-Lime Rocket Pops

 Makes 6 x 90ml ice blocks, allow freezing time overnight

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1 cup (250ml) coconut milk  
½ cup (15g) baby spinach leaves  
½ cup (75g) peeled pineapple, chopped  
½ cup (70g) frozen diced mango  
¼ lime, peeled  
2 tablespoons agave nectar or rice malt syrup

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1. Place ingredients into the tumbler, and secure blades.
2. Lock into motor base and blend for 20-30 seconds, or until smooth.
3. Divide the mixture among the 6 moulds, and insert ice block sticks. Freeze overnight (minimum 8 hours) until frozen solid.





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