

TASTY

SMOOTHIE

RECIPE SUGGESTIONS FOR
YOU TO MAKE AT HOME





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SWEET
& SPICY



PINEAPPLE-SPINACH SMOOTHIE

INGREDIENTS:

50 g fresh baby spinach
75 ml water
2 pineapple rings
2 sprigs of parsley

- ✓ Cut the pineapple rings into small pieces.
- ✓ Pluck the parsley leaves from the sprigs.
- ✓ Add the water followed by the pineapple, the spinach and the parsley to the blender jug and close this with the blade holder.
- ✓ Blend everything until all of the ingredients are thoroughly pureed and mixed.





TROPICAL SMOOTHIE

INGREDIENTS:

100 g coconut milk
60 ml pineapple juice
2 pineapple rings
1 kiwi
½ banana

- ✓ Cut the pineapple rings into small pieces.
- ✓ Peel the kiwi and the banana and chop them into small pieces.
- ✓ Add the pineapple juice, the fruit and then the coconut milk to the blender jug and close this with the blade holder.
- ✓ Blend everything until all of the ingredients are thoroughly pureed and mixed.



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BERRY-VANILLA SMOOTHIE

INGREDIENTS:

100 ml	apple juice
150 g	berries (deep-frozen, e.g. strawberries, rasp- berries, blueberries, etc.)
100 g	vanilla yoghurt

- ✓ First add the apple juice and vanilla yoghurt, followed by the berries, to the blender jug and close this with the blade holder.
- ✓ Blend everything until all of the ingredients are thoroughly pureed and mixed.





PINEAPPLE-BERRY SMOOTHIE

INGREDIENTS:

50 ml orange juice
50 ml pineapple juice
100 g berries (deep-frozen, e.g. strawberries, raspberries, blueberries, etc.)
1 pineapple ring
100 g natural yoghurt

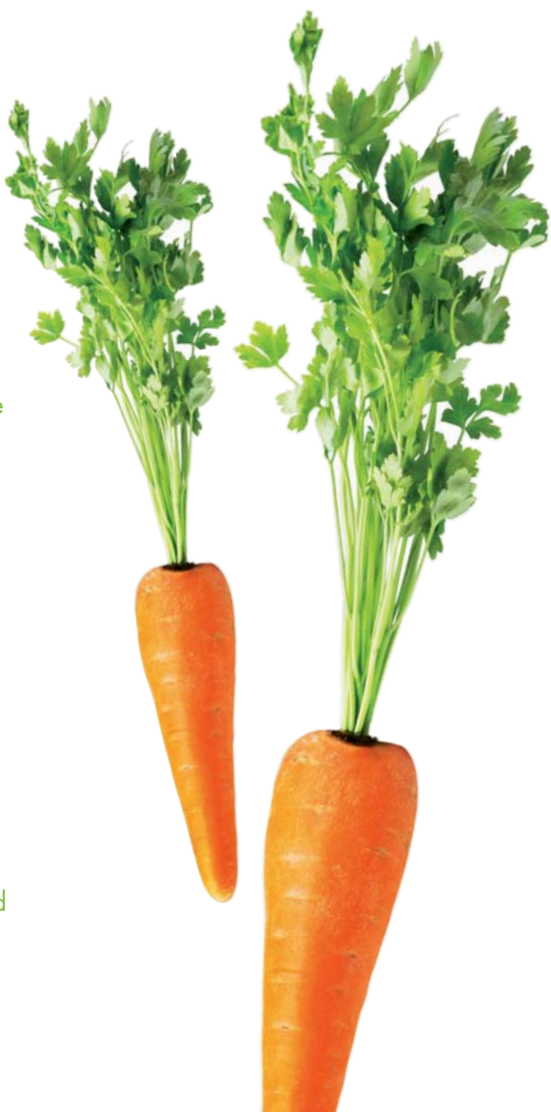
- ✓ Cut the pineapple ring into small pieces.
- ✓ Add the orange juice, the pineapple juice and the natural yoghurt, then the berries and the pineapple, to the blender jug.
- ✓ Close this with the blade holder.
- ✓ Blend everything until all of the ingredients are thoroughly pureed and mixed.

CARROT GREENS- SPINACH SMOOTHIE

INGREDIENTS:

150 ml water
15 g fresh baby spinach
15 g carrot greens
½ orange
50 g mango
½ banana
1 tablespoon of linseed oil

- ✓ Peel the mango, remove the stone and chop the fruit into small pieces.
- ✓ Peel the orange and the banana and chop them into small pieces.
- ✓ Chop the carrot greens and the spinach.
- ✓ Add the water followed by the fruit, the spinach and the carrot greens to the blender jug and close this with the blade holder.
- ✓ Blend everything until all of the ingredients are thoroughly pureed and mixed.



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Our recommendation:

Instead of cocoa powder, you can sprinkle cinnamon on the drink before serving.



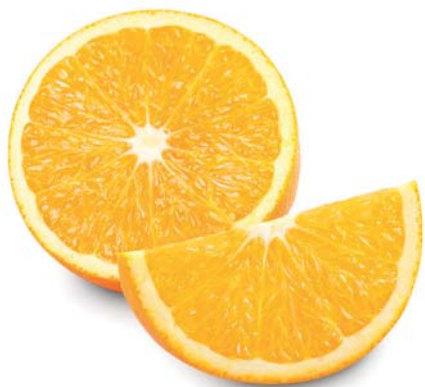
CHOCOLATE ORANGE CREAM DRINK



INGREDIENTS:

100 ml	cream
50 g	plain chocolate
2	oranges
2 tbsp.	quark (20% fat)
2	pinches of cocoa powder

- ✓ Heat up the cream and melt the plain chocolate in it, stirring constantly.
- ✓ Put the chocolate cream into the refrigerator to cool down.
- ✓ Squeeze the oranges and add the juice, the chocolate cream and the quark to the blender jug and close this with the blade holder.
- ✓ Blend everything thoroughly and sprinkle a little cocoa powder onto the drink before serving.



CUCUMBER, PEAR AND BUTTERMILK SMOOTHIE

INGREDIENTS:

100 g cucumber
½ pear
1 sprig of parsley
100 ml buttermilk
Salt
Cayenne pepper

- ✓ Peel and dice the cucumber. Peel the pear, remove the core and chop the fruit into small pieces.
- ✓ Wash the parsley and pluck the leaves from the sprig.
- ✓ Add the buttermilk followed by the cucumber, the pear and the parsley to the blender jug. Close this with the blade holder and blend everything thoroughly.
- ✓ Add salt and cayenne pepper to taste.



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FRUITY &
PIQUANT



Our recommendation:

Add a little mint to the blender jug. This gives the smoothie a fresh touch.





INGREDIENTS:

200 g water melon
50 ml apple juice
1 pinch of chilli powder
A little crushed ice

1 sprig of peppermint (optional)

MELON-CHILLI SMOOTHIE

- ✓ Remove the seeds from the melon, remove the fruit pulp and dice it.
- ✓ Add the melon, the apple juice and crushed ice to the blender jug.
- ✓ Close the blender jug with the blade holder and blend everything thoroughly.
- ✓ Add chilli powder to taste.

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Our recommendation:

If you like, you can add the almonds to the blender jug. This will give the smoothie a fresh touch.

BANANA-PEAR SMOOTHIE

INGREDIENTS:

1	banana
1	pear
½	lemon
150 ml	water
½ tsp.	cinnamon powder
2 tsp.	ground almonds

- ✓ Peel the pear, remove the core and chop the fruit into small pieces.
- ✓ Peel the banana and chop it into small pieces.
- ✓ Squeeze the lemon.
- ✓ Add the banana, the pear, the lemon juice and water to the blender jug and close this with the blade holder. Blend all the ingredients thoroughly.
- ✓ Fill the smoothie into glasses and sprinkle with a little cinnamon.





STRAWBERRY QUARK SMOOTHIE

INGREDIENTS:

125 g strawberries
(fresh or frozen)
75 ml red grape juice
100 g quark (20% fat)
½ lemon
1 tbsp. wheat bran
1 tbsp. ground almonds
A little maple syrup (optional)

- ✓ Wash the strawberries and remove the leaves. Thaw the deep-frozen strawberries.
- ✓ Squeeze the lemon.
- ✓ Add the grape juice, the quark, the lemon juice, the wheat bran, the ground almonds and the strawberries to the blender jug and close this with the blade holder.
- ✓ Blend everything thoroughly and add a little maple syrup according to your personal taste.

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MILD &
SWEET



PUMPKIN SMOOTHIE

INGREDIENTS:

150 g Hokkaido pumpkin
1 pear
50 ml carrot juice
A little water (optional)

- ✓ Steam the Hokkaido pumpkin pulp in a little water for about 10 minutes and allow it to cool.
- ✓ Peel the pear, remove the core and chop the fruit into small pieces.
- ✓ Add the carrot juice, the pumpkin and the pear to the blender jug; close this with the blade holder and blend everything thoroughly.
- ✓ If you would prefer the smoothie to be thinner, add a little water.



MANGO-ORANGE SMOOTHIE

INGREDIENTS:

200 g	mango
50 ml	orange juice
approx. 5 g	ginger
100 ml	coconut water

- ✓ Peel the mango, remove the pulp from the stone and dice it.
- ✓ Peel the ginger and grate it.
- ✓ Add the orange juice, the coconut water, the mango and the ginger to the blender jug and close it with the blade holder. Blend all the ingredients thoroughly.



BEETROOT-MELON SMOOTHIE

INGREDIENTS:

100 g beetroot (precooked)
150 g water melon (incl. rind)
1 sprig of dill
½ lemon
50 g natural yoghurt (1.5 % fat)
50 ml water
A little salt

- ✓ Cut the beetroot into small pieces.
- ✓ Remove the seeds from the melon, remove the fruit pulp and dice it.
- ✓ Wash the dill and pluck the soft tips from the coarse sprig.
- ✓ Squeeze the lemon.
- ✓ Add the water, the natural yoghurt, the lemon juice, the beetroot, the water melon and the dill to the blender jug and close this with the blade holder.
- ✓ Add a little salt to taste.



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KIWI-CUCUMBER SMOOTHIE

INGREDIENTS:

1 kiwi
125 g cucumber
1 sprig of peppermint
100 ml apple juice

- ✓ Peel the kiwi, remove the stem base in a cone form and dice the fruit.
- ✓ Peel and dice the cucumber.
- ✓ Wash the mint and pluck the leaves from the sprig.
- ✓ Add the apple juice, the kiwi, the cucumber and the mint leaves to the blender jug and close this with the blade holder.
- ✓ Blend all the ingredients thoroughly.



BANANA-KIWI SMOOTHIE

INGREDIENTS:

150 ml orange juice
(freshly squeezed)
1 kiwi
½ banana

- ✓ Peel the kiwi and the banana and chop them into small pieces.
- ✓ Add the orange juice and then the fruit to the blender jug and close this with the blade holder.
- ✓ Blend everything until all of the ingredients are thoroughly pureed and mixed.

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Notice

You can vary all the recipes in diverse ways according to your own personal taste. Give your creativity free rein!

The images in this recipe book are intended as examples and may, depending on the ripeness or types of vegetables/ fruits used, vary from your results.



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