### DRINKS

#### Total Juice
- 1 handful of grapes (seedless)
- 1 slice of melon with seeds
- 1 orange (peeled)
- 1 apple with seeds, peel, stem etc.
- 2-4 strawberries with stem
- ½ banana (peeled)
- 1 small slice of lemon with peel
- 1-2 slices of pineapple with core
- Mango (optional)
- ½ a carrot
- 1 handful of cabbage
- 1 squeeze of honey (optional)
- ½ cup of rolled oats (optional)
- Yoghurt (optional)
- Frozen berries (optional)
- ½ passionfruit (optional)

Add a tray of ice cubes and run the machine on high speed (start with tamper) for 60-90 seconds.

#### Green Smoothie
- 1 handful of green grapes (seedless)
- 1 slice of honeydew melon with seeds
- 1 orange (peeled)
- 1 apple with seeds, peel, stem etc.
- ½ banana (peeled)
- 1 small slice of lime with peel
- 1-2 sticks of celery (with leaves good)
- 1 handful of cabbage
- 1 squeeze of honey (optional)
- 1 good handful of spinach
- 1 handful of parsley

Add a tray of ice cubes and run the machine on high speed (start with tamper) for 60-90 seconds.

#### Green Herb Smoothie
- 1 handful of green grapes (seedless)
- 1 slice of pawpaw with seeds
- 1 green apple (peeled)
- 1 pear
- ½ banana (peeled)
- 1 Kiwi Fruit (peeled or not peeled)
- 1 handful of sage
- ¼ cup of seeds (flax seeds, chia seeds etc. - optional)
- 1-2 sticks of celery (with leaves good)
- 1 handful of cabbage
- 1 squeeze of honey (optional)
- 1 good handful of spinach
- 1 handful of parsley
- 1 handful of mint
- 1 handful of basil

Add a tray of ice cubes and run the machine on high speed (start with tamper) for 60-90 seconds.

#### Fruit Lemonade
- 2 cups of seedless red grapes
- 1 slice of pineapple with core
- 1 large slice of lemon with peel
- 2 strawberries with stem

Add a cup of ice cubes and run the machine on high speed for 30-60 seconds.

#### Carrot, Celery, Orange & Ginger Smoothie
- 1 Carrot
- ½ stick of celery
- 1 orange
- 1 apple with seeds, peel, stem.
- Slice of ginger
- 1 slice of pineapple with core
- 1 squeeze of honey (optional)
- 1 slice of beetroot (optional)

- Add a tray of ice cubes and run the machine on high speed (start with tamper) for 60-90 seconds.
### Natures Red Bull

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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</thead>
<tbody>
<tr>
<td>1-2 cups of seedless grapes</td>
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<tr>
<td>1 slice of pineapple</td>
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<tr>
<td>1 slice of lime with the peel</td>
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<tr>
<td>1-2 strawberries</td>
<td></td>
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<tr>
<td>1 slice of ginger (not too much)</td>
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<tr>
<td>1 cup of ice</td>
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</table>

- Add a cup of ice cubes and run the machine on high speed for 30-60 seconds.

### Frappuccino (1 part liquid - 1 part frozen)

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thickened Cream (enough to cover the blades)</td>
<td></td>
</tr>
<tr>
<td>1 shot of your favourite coffee</td>
<td>A little cabbage (optional)</td>
</tr>
<tr>
<td>1 squeeze of chocolate topping</td>
<td>A little carrot (optional)</td>
</tr>
<tr>
<td>2-4 bars of Kit Kat or Tim Tam</td>
<td>1-2 cup of ice cubes</td>
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<tr>
<td>1 shot of Bailey’s or Tia Maria (optional)</td>
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</tbody>
</table>

- Blend on high speed for approximately 20-30 seconds.

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DESSERTS

**Fruit Ice Cream** (Ice Cream = 1 part liquid to 3 part frozen)

½ cup of yoghurt or tofu (just enough to cover the blades works best)
2 - 3 cups of frozen fruit (mango/banana/strawberries/blueberries or any fruit desired)

Start the machine on high speed. You will need to use the tamper. Move the tamper up, down and around for approximately 30-45 seconds. Make sure the lid is in place before using the tamper.

**Vanilla Sorbet**

1 cup of cold water
½ of sugar
½ cup of powdered milk
1 small handful of cabbage (optional)
1-2 caps of Vanilla Essence
3-4 cups of ice

Start the machine on high speed. You will need to use the tamper. Move the tamper up, down and around for approximately 30-45 seconds. Make sure the lid is in place before using the tamper.

**Strawberry Sorbet**

½ cup of cold water
4 Strawberries with stem
½ of sugar
3-4 cups of ice
1-2 caps of Vanilla Essence

Start the machine on high speed. You will need to use the tamper. Move the tamper up, down and around for approximately 30-45 seconds. Make sure the lid is in place before using the tamper.

**Orange or Jaffa Sorbet**

1 large orange (peeled)
½ cup of sugar or honey to sweeten
½ cup of powdered milk (optional)
About 3-4 cups of ice
1 good squeeze of chocolate sauce (optional)
4 bars of kit kat (optional)
1 small handful of cabbage (optional)
1 small piece of carrot (optional)

Start the machine on high speed. You will need to use the tamper. Move the tamper up, down and around for approximately 30-45 seconds. Make sure the lid is in place before using the tamper.

**Green Apple Pie Sorbet**

1 Green Apple (quartered with seeds, stem, peel)
1 Handful of Baby Spinach
½ cup of powdered milk
About 3-4 cups of ice cubes
1 teaspoon of cinnamon
1 small handful of cabbage
½ cup of sugar

- Start the machine on high speed. You will need to use the tamper. Move the tamper up, down and around for approximately 30-45 seconds. Make sure the lid is in place before using the tamper.

**Lemon Sorbet**

1 cup of water
1 lemon (or lime) peeled and seeds removed
½ a cup of sugar
About 3-4 cups of ice

- Start the machine on high speed. You will need to use the tamper. Move the tamper up, down and around for approximately 30-45 seconds. Make sure the lid is in place before using the tamper.

More recipes on next page >
# SOUPS

## Thai Ginger Soup

- 1 slice of red capsicum
- ½ a stick of celery
- 2 shallots (Melbourne-Spring Onion)
- ¼ of an apple
- 2 handfuls of cashews
- 1 slice of lemon with peel
- 1 slice of cheese (optional)
- 1 small handful of coriander
- 1 slice of cheese (optional)

- Start the machine on low speed, walk to high speed and run for approximately 4-5 minutes.
  Optional: Stop the machine; add a small handful of cabbage, cooked chicken or noodles.
  Chop on variable speed 4 or 5 for about 10 seconds.

## Vegetable Soup

- 1 small steamed potato
- ¼ of a stick of celery
- 1 shallot
- 1 small tomato
- 1 stock cube (eg. massel)
- 1 small slice cheese (optional)
- A tiny slice of ginger (optional)

- Start the machine on low speed, walk to high speed and run for approximately 4-5 minutes.
  Optional: Stop the machine and add some cooked vegetables, cooked meat, pasta or rice.
  Chop on variable speed 4 or 5 for about 10 seconds.

## Chilli & Lime Soup

- 2 medium carrots
- 1 slice red capsicum
- 1 medium carrot
- 1 small piece of zucchini
- 2 cups of water
- 1 small handful of cabbage
- 1 clove garlic (optional)
- 1 small slice of lime with peel
- A tiny slice of ginger (optional)

- Start the machine on low speed, walk to high speed and run for approximately 4-5 minutes.
  Optional: Stop the machine and add a small handful of corn chips and half a tomato.
  Chop on variable speed 4 or 5 for about 10 seconds.

## Tomato & Basil Soup

- 3-4 whole tomatoes
- ½ a stick of celery
- 1 slice red capsicum
- 2 cups of water
- 1 stock cube (eg. massel)
- 1 clove garlic (optional)
- 2 handfuls of cashews
- ½ carrot
- 1 small handful of cabbage
- 1 shallot
- 1 handful of basil
- 1 slice of red chilli
- 1 small slice of ginger (optional)

- Start the machine on low speed, walk to high speed and run for approximately 4-5 minutes.
  Optional: Stop the machine and add a small handful of tomato and basil.
  Chop on variable speed 4 or 5 for about 10 seconds.