Dear valued Raw Blend customer,

Thank you for downloading our 5 day detox guide and congratulations on being committed to improving your health and wellbeing.

Most foods that we consume are contaminated by various ingredients deemed unnecessary for human life, such as flavor enhancers, food colorings, pesticides, and preservatives.

A detox is a great way to take the load off the organs that detoxify our bodies and help improve their regular detoxing functions. With modern day foods our liver, kidneys, stomach and bowel work overtime and a detox helps to give them a well-deserved cleanse and break.

This 5 day detox guide is designed to eliminate hard to digest foods from your diet: caffeine, dairy, animal fats, sugars and alcohol. The recipes in this guide focus on a large variety of fresh fruits, vegetables, herbs, superfoods, nuts, seeds, plant based fats and lots of filtered water.

During a detox it is also recommended to give your body and mind some extra love and care. This can be in the form of extra rest, sleeping in, stretching, exercise, yoga, meditation, massage, or even taking a day or two off work. This will really help to rejuvenate the mind, boost your vitality and reboot your system.

This 5 day detox guide contains a range of different recipes for breakfast, lunch, pre/post workout, dinner and even a few naughty dessert recipes if desired. A Vitamix or similar high powered blender is required for all recipes in this guide.

At times the detox process can be tough, so we encourage you to try our detox guide with a friend or family member. Share the cleansing experience together and enjoy the benefits of feeling clean, clear and healthier. We would truly appreciate your feedback and comments.

All the best and cheers to your health!

Tommy Nicholas
National Sales Manager
Please note:

- This is a detox guide only and not a diet plan. If you have any health concerns or questions re commencing this 5 day detox guide please contact a qualified health professional for advice. Raw Blend Pty Ltd will not be held responsible for any health related problems, reactions or outcomes that may arise from following this 5 day detox guide.
- A Vitamix or similar high powered blender is required for all recipes in this guide.
- All recipes listed in this detox guide are optional and feel free to skip any recipes if desired.

Tips:

- Wake up and start your morning each day with some warm lemon and apple cider vinegar water and a large glass of filtered water.
- Continue to drink lots of filtered water throughout the day.

Day 1

Post/pre workout
Pre Gym Smoothie
Breakfast
Breakfast Green Smoothie
Lunch
Thai Ginger Soup
Dinner
Curried Butternut Pumpkin & Broccoli Soup
Dessert (optional)
Blueberry Superfood Smoothie

Day 2

Breakfast
Mystique Mountain Berry Smoothie
Morning Tea
Kale & Avocado Smoothie
Lunch
Curry Carrot Soup
Late Afternoon Energy Drink
Natures Red Bull
Dinner
Tomato & Basil Soup
Dessert (optional)
Your choice of our 4 fruit ice creams
Day 3

Post/pre workout
After Workout Energy Smoothie
Breakfast
Complete Breakfast Green Smoothie
Lunch
Pea & Cabbage Soup
Dinner
Creamy Broccoli Soup
Dessert (optional)
Super Cacao Healthy Milkshake

Day 4

Breakfast
Purple Rain Breakfast Smoothie
Morning Tea
It's Easy Being Green Smoothie
Lunch
Beautifying Beetroot Soup
Dinner
Peter Peter Pumpkin Eater Soup
Dessert (optional)
Your choice of our 4 fruit ice creams

Day 5

Post/pre workout
Cherry Ripe Protein Smoothie
Breakfast
Weekly Leftovers Green Smoothie
Lunch
Broccoli & Carrot Soup
Dinner
Chilli & Lime Soup or have a light dinner with your friends
Day 1 - Pre Gym Smoothie

Makes: 0.5 - 1 Litre

Ingredients
- 1 cup organic rice milk (or similar)
- 1 banana
- 5 strawberries
- 1 tsp Spirulina
- 1 tsp acai berry
- 1/3 cup organic barley oats
- 1 tbsp chia seeds
- 1 tsp cinnamon
- Ice cubes to chill

Optional
- 1 tsp organic honey

Method
1. Put all the ingredients into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1. Turn the machine on and slowly increase the speed to 10, then to High.
3. Use tamper to press the ingredients into the blades if required.
4. Blend for 40-60 seconds or until smooth.

Notes
- This recipe can be reduced by half and made in small containers.
Day 1 - Breakfast Green Smoothie

Makes: 1.5 - 2 Litres

Ingredients
- 1 handful green seedless grapes
- 1 whole green apple (quartered)
- 1 kiwi fruit (peeled)
- 2 sticks celery (with leaves)
- 3 florets broccoli
- 1/3 cucumber
- 1 slice paw paw (with seeds)
- 1 aloe vera leaf
- 1 handful parsley
- 1 handful spinach
- 1 handful mint
- 1 handful snow pea sprouts
- 300ml organic coconut water
- 2 cups ice cubes

Optional
- 1 tsp Spirulina
- 1/4 cup Pure Veda
- 1 Tbsp organic honey

Method
1. Put all the ingredients into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1. Turn the machine on and slowly increase the speed to 10, then to High.
3. Use tamper to press the ingredients into the blades if required.
4. Blend for 60-90 seconds or until smooth.

Notes
- This recipe can be reduced by half and made in small containers.
- For a nicer taste, leave out the paw paw seeds.
Day 1 - Thai Ginger Soup

Makes: 1 - 1.5 Litres
Serves: 4

Ingredients
• 2 cups room temperature spring water
• 1 slice red capsicum (with seeds and stem)
• 1 medium carrot
• 1 stick celery (with leaves)
• 1 yellow squash
• 2 handfuls cashews
• 1 handful cabbage
• 1 shallot/spring onion (with root)
• 1 slice lemon (with peel and seeds)
• 1/2 an apple (with peel and seeds)
• 1 fingertip fresh ginger root (with peel)
• 1 clove garlic (with skin)
• 1 small handful coriander
• 1 tsp Herbamare or a Massel stock cube.

Optional
• 1/4 jalapeno or chilli (with stems and seeds)
• Pepper to taste
• Garnish with some coriander

Method
1. Put all the ingredients into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1. Turn the machine on and slowly increase the speed to 10, then to High.
3. Use tamper to press the ingredients into the blades if required.
4. Blend for 4-6 minutes or until soup reaches desired temperature.

Notes
• If using hot water, run only for 1-2 minutes.
• This recipe can be reduced by half and made in small containers.
• Most Raw foodists like to only heat their soup to about 45 degrees so no enzymes are lost. *Please note, this temperature may vary slightly.
Day 1- Curried Butternut Pumpkin & Broccoli Soup

Makes: 1 - 1.5 Litres
Serves: 4

Ingredients
- 2 cups room temperature water
- 2 cups chopped butternut pumpkin
- 2 cups broccoli florets
- 2 handful cashews
- 1 shallot/spring onion (with root)
- 1/2 tsp mustard powder
- 1 tsp cumin powder
- 1/2 handful coriander
- 1 tsp Herbamare, sea salt or 1 Massel stock cube

Optional
- 1 small slice ginger (with peel)
- 1 clove garlic (with peel)

Method
1. Put all the ingredients into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1. Turn the machine on and slowly increase the speed to 10, then to High.
3. Use tamper to press the ingredients into the blades if required.
4. Blend for 4-6 minutes or until soup reaches desired temperature.

Notes
- If using hot water, run only for 1-2 minutes.
- This recipe can be reduced by half and made in small containers.
- Most Raw foodists like to only heat their soup to about 45 degrees so no enzymes are lost. *Please note, this temperature may vary slightly.
Day 1 - Blueberry Superfood Smoothie

Makes: 0.5 - 1 Litre

Ingredients

- 1 cup almond milk
  (option: home made)
- 1 banana
- 1/2 cup frozen blueberries
- 1/2 cups organic rolled oats
- 1 tbsp chia seeds
- 1 tsp cinnamon
- 1 tsp Spirulina
- 1 cup ice cubes

Optional

- 1 tsp organic honey

Method

1. Put all the ingredients into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1. Turn the machine on and slowly increase the speed to 10, then to High.
3. Use tamper to press the ingredients into the blades if required.
4. Blend for 40-60 seconds or until smooth.

Notes

- This recipe can be reduced by half and made in small containers.
Day 2- Mystique Mountain Berry Smoothie

Makes: 1 - 1.5 Litres

Ingredients
- Blueberries 125g
- Strawberries 250g (with stem)
- Raspberries 125g
- 2 slices honeydew melon (with seeds)
- 1 kiwi fruit (peeled)
- 1/2 cup water
- 2 cups ice

Optional
- 1 slice lime (with peel)
- 1 tsp acai

Method
1. Put all the ingredients into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1. Turn the machine on and slowly increase the speed to 10, then to High.
3. Use tamper to press the ingredients into the blades if required.
4. Blend for 60 seconds or until smooth.

Notes
- This recipe can be reduced by half and made in small containers.

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Day 2 - Kale & Avocado Smoothie

Makes: 1.5 - 2 Litres

Ingredients
• 3 handfuls of kale
• 1 avocado (peeled and seeded)
• 4 florets broccoli
• 1/3 cucumber
• 1 stick of celery (with leaves)
• 1 whole pear (halved)
• 1 banana (peeled)
• 1/2 mango (peeled and seeded)
• 1 handful basil
• 1-2 cups water
• 2 cups ice cubes

Optional
• 1 handful walnuts
• 1 tsp maca powder
• 1 tbsp hemp seeds
• 1 tbsp organic honey

Method
1. Put all the ingredients into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1. Turn the machine on and slowly increase the speed to 10, then to High.
3. Use tamper to press the ingredients into the blades if required.
4. Blend for 60-90 seconds or until smooth.

Notes
• This recipe is for adventurous souls.
• This recipe can be reduced by half and made in small containers.
Day 2 - Curry Carrot Soup

Makes: 1 - 1.5 Litres
Serves: 4

Ingredients
• 6 (336g) medium carrots cut into large pieces
• 1 spring onion
• 2 cups of Vegetable stock
• 1/2 cup (102mL) rice milk/almond milk/cashew milk
• 3/4 tsp curry powder
• 1/8 lemon, peeled
• 1/2 tsp Himalayan sea salt
• Ground pepper to taste

Method
1. Put all the ingredients into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1. Turn the machine on and slowly increase the speed to 10, then to High.
3. Use tamper to press the ingredients into the blades if required.
4. Blend for 4-6 minutes or until soup reaches desired temperature.

Notes
• If using hot water, run only for 1-2 minutes.
• This recipe can be reduced by half and made in small containers.
• Most Raw foodists like to only heat their soup to about 45 degrees so no enzymes are lost. *Please note, this temperature may vary slightly.
Day 2 - Natures Red Bull

Makes: 0.5 - 1 Litre

Ingredients
• 1-2 cups seedless grapes (red for a nicer colour)
• 1-2 strawberries
• 1 slice pineapple (with core)
• 1 small slice lime (with peel)
• 1 small slice ginger (with peel)
• 1 cup ice

Method
1. Put all the ingredients into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1. Turn the machine on and slowly increase the speed to 10, then to High.
3. Blend for 30-45 seconds or until smooth.

Notes
• This recipe can be reduced by half and made in small containers.
Day 2 - Tomato & Basil Soup

Makes: 1 - 1.5 Litres
Serves: 4

Ingredients
• 2 cups room temperature spring water
• 3 whole tomatoes
• 1 shallot/spring onion (with root)
• stick celery
• 1/2 handful cabbage
• 1/4 red capsicum
• 1-2 handfuls cashews
• 1 handful basil (with stalk)
• 1 garlic clove
• 1-2 tsp Herbamare, sea salt or 1 Massel stock cube

Optional
• 1 small slice ginger (with peel)
• 1/4 jalapeno or chilli (with stem and seeds)
• Garnish with some thin slices of red capsicum and basil leaves

Method
1. Put all the ingredients into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1. Turn the machine on and slowly increase the speed to 10, then to High.
3. Use tamper to press the ingredients into the blades if required.
4. Blend for 4-6 minutes or until soup reaches desired temperature.

Notes
• If using hot water, run only for 1-2 minutes.
• This recipe can be reduced by half and made in small containers.
• Most Raw foodists like to only heat their soup to about 45 degrees so no enzymes are lost. *Please note, this temperature may vary slightly.
Day 3 - After Workout Energy Smoothie

Makes: 0.5 - 1 Litre

Ingredients
- 1 cup organic rice milk (or similar)
- 1 banana
- 5 strawberries
- 1 tsp Spirulina
- 1 tsp acai berry
- 1/3 cup organic barley oats
- 1 tbsp chia seeds
- 1 tsp cinnamon
- Ice cubes to chill

Optional
- 1 tsp organic honey
- 1 scoop of pea protein or your choice of protein powder

Method
1. Put all the ingredients into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1. Turn the machine on and slowly increase the speed to 10, then to High.
3. Use tamper to press the ingredients into the blades if required.
4. Blend for 40-60 seconds or until smooth.

Notes
- This recipe can be reduced by half and made in small containers.
Day 3 - Complete Breakfast Smoothie

Makes: 1.5 - 2 Litres

Ingredients
• 1 slice of paw paw (with seeds)
• 3 handfuls of celery leaves
• 1 whole green apple
• 1 whole pear
• 1 slice of raw beetroot
• 3 handfuls of baby spinach
• 1 handful of green beans
• 1 handful of green grapes
• 1 banana
• 1 handful of alfalfa sprouts
• 1 tsp of spirulina
• 1 tsp of acai
• 1 tbsp of chia seeds
• 1 cup of water
• 1 tray of ice cubes

Method
1. Put all the ingredients into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1. Turn the machine on and slowly increase the speed to 10, then to High.
3. Use tamper to press the ingredients into the blades if required.
4. Blend for 60-90 seconds or until smooth.

Notes
• This recipe can be reduced by half and made in small containers.
• For a nicer taste, leave out the paw paw seeds.

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Day 3 - Pea & Cabbage Soup

Makes: 1 - 1.5 Litres
Serves: 4

Ingredients
• 2 cups room temperature water
• 500g frozen peas (defrosted)
• 1/2 a zucchini
• 1 stick of celery
• 1 generous handful cabbage
• 2 tsp chia seeds
• 1-2 tsp onion powder
• 1 tsp Herbamare, sea salt or Massel stock cube

Optional
• 1 small slice ginger (with peel)
• 1 clove garlic (with peel)

Method
1. Put all the ingredients into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1. Turn the machine on and slowly increase the speed to 10, then to High.
3. Use tamper to press the ingredients into the blades if required.
4. Blend for 4-6 minutes or until soup reaches desired temperature.

Notes
• If using hot water, run only for 1-2 minutes.
• This recipe can be reduced by half and made in small containers.
• Most Raw foodists like to only heat their soup to about 45 degrees so no enzymes are lost. *Please note, this temperature may vary slightly.
Day 3 - Creamy Broccoli Soup

Makes: 1 - 1.5 Litres  
Serves: 4

Ingredients
- 2 cups filtered water
- 2 cups raw broccoli
- 1/4 zucchini
- 1/2 stick celery
- 1/2 spring onion stem or shallot
- 2 handfuls cashews
- 1 clove garlic
- 1 vegetarian stock cube
- 1 sprig rosemary
- 1 sprig thyme
- Salt and pepper to taste

Optional
- 1/4 jalapeno or chilli (with stems and seeds)
- 1 small slice ginger (with peel)

Method
1. Put all the ingredients into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1. Turn the machine on and slowly increase the speed to 10, then to High.
3. Use tamper to press the ingredients into the blades if required.
4. Blend for 4-6 minutes or until soup reaches desired temperature.

Notes
- If using hot water, run only for 1-2 minutes.
- This recipe can be reduced by half and made in small containers.
- Most Raw foodists like to only heat their soup to about 45 degrees so no enzymes are lost. *Please note, this temperature may vary slightly.
Day 3 - Super Cacao Healthy Milkshake

Makes: 0.5 - 1 Litre

Ingredients
• 1 cup home made almond milk (or similar)
• 3 tbsp cacao nibs
• 1 banana
• 5 strawberries
• 1 tbsp goji berries
• 1 tsp chia seeds
• 1/3 vanilla bean stem
• 1 cup ice

Optional
• 1 tsp organic honey

Method
1. Put all the ingredients into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1. Turn the machine on and slowly increase the speed to 10, then to High.
3. Use tamper to press the ingredients into the blades if required.
4. Blend for 40-60 seconds or until smooth.

Notes
• This recipe can be reduced by half and made in small containers.
Day 4 - Purple Rain Smoothie

Makes: 1 - 1.5 Litres

Ingredients
- 1/2 beetroot (peeled)
- 1 carrot
- 1 stick celery
- 1 whole pear (halved)
- 1 whole apple (quartered)
- 1-2 handfuls of red seedless grapes
- 1 slice ginger (with peel)
- 1-2 cups ice cubes
- 1 cup water

Optional
- tbsp of LSA
- 1 tsp organic honey

Method
1. Put all the ingredients into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1. Turn the machine on and slowly increase the speed to 10, then to High.
3. Use tamper to press the ingredients into the blades if required.
4. Blend for 60 seconds or until smooth.

Notes
- This recipe can be reduced by half and made in small containers.
Day 4 - It’s Easy Being Green Smoothie

Makes: 1.5 - 2 Litres

Ingredients
- 2 handfuls kale
- 2 handfuls parsley
- 2 handfuls baby spinach
- 1/2 cucumber
- 1-2 slices pineapple (with core)
- 2 slices honeydew melon (with seeds)
- 1 whole apple (quartered)
- 1 whole pear (halved)
- 1-2 cups ice cubes
- 1/2 cup water

Optional
- 1 tsp Spirulina
- 1 tsp organic honey
- 1 tbsp LSA mix

Method
1. Put all the ingredients into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1. Turn the machine on and slowly increase the speed to 10, then to High.
3. Use tamper to press the ingredients into the blades if required.
4. Blend for 60-90 seconds or until smooth.

Notes
- This recipe can be reduced by half and made in small containers.
Day 4 - Beautifying Beetroot Soup

Makes: 1 - 1.5 Litres
Serves: 4

Ingredients
• 2 cups room temperature water
• 2 beetroots (peeled)
• 2 whole tomatoes
• 8 strawberries (with stem)
• 5 shallots/spring onion stalks (without root)

Method
1. Put all the ingredients into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1. Turn the machine on and slowly increase the speed to 10, then to High.
3. Use tamper to press the ingredients into the blades if required.
4. Blend for 4-6 minutes or until soup reaches desired temperature.

Notes
• If using hot water, run only for 1-2 minutes.
• This recipe can be reduced by half and made in small containers.
• Most Raw foodists like to only heat their soup to about 45 degrees so no enzymes are lost. *Please note, this temperature may vary slightly.
Day 4 - Peter Peter Pumpkin Eater Soup

Makes: 1 - 1.5 Litres
Serves: 4

Ingredients
• 2 cups room temperature water
• 2-3 cups chopped butternut pumpkin (without peel and seeds)
• 1 carrot
• 1 stick celery
• 1 shallot/spring onion
• 1/2 cup brazil nuts
• 1/2 clove garlic (with peel)
• 1 kaffir lime leaf
• 1/2 tsp cumin
• 1 pinch cinnamon
• 1/2 tsp Herbamare or a Massel stock cube

Optional
• 1/4 jalapeno or chilli (with stems and seeds)
• 1 small slice ginger (with peel)

Method
1. Put all the ingredients into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1. Turn the machine on and slowly increase the speed to 10, then to High.
3. Use tamper to press the ingredients into the blades if required.
4. Blend for 4-6 minutes or until soup reaches desired temperature.

Notes
• If using hot water, run only for 1-2 minutes.
• This recipe can be reduced by half and made in small containers.
• Most Raw foodists like to only heat their soup to about 45 degrees so no enzymes are lost. *Please note, this temperature may vary slightly.
Day 5 - Cherry Ripe Protein Shake

Makes: 0.5 - 1 Litre

Ingredients
- 1 cup filtered water
- 1 ½ scoops of pea protein or a protein powder of your choice
- 2 teaspoons raw cacao powder
- ½ cup frozen cherries
- ½ cup frozen raspberries
- 3 drops liquid stevia (gluten free)
- 4 cubes of ice

Method
1. Put all the ingredients into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1. Turn the machine on and slowly increase the speed to 10, then to High.
3. Use tamper to press the ingredients into the blades if required.
4. Blend for 40-60 seconds or until smooth.

Notes
- This recipe can be reduced by half and made in small containers.
Day 5 - Weekly Leftover Green Smoothie

Makes: 1.5 - 2 Litres

Ingredients
• 1 handful spinach
• 1 handful kale
• 1 handful parsley
• 2 florets broccoli
• 1 leaf silver beet
• 1/3 cucumber
• 1 whole green apple
• 1 whole pear
• 1 kiwi fruit (peeled)
• 1 slice paw paw (with seeds)
• 1 banana (peeled)
• 1 tray ice cubes

Optional
• 1 tbsp chia seeds
• 1 tbsp goji berries
• 1 slice lime (with peel)
• 1 slice lemon (with peel)
• 1 tbsp organic honey

Method
1. Put all the ingredients into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1. Turn the machine on and slowly increase the speed to 10, then to High.
3. Use tamper to press the ingredients into the blades if required.
4. Blend for 60-90 seconds or until smooth.

Notes
• This recipe can be reduced by half and made in small containers.
Day 5 - Broccoli & Carrot Soup

Makes: 1 - 1.5 Litres
Serves: 4

Ingredients
• 2 cups room temperature water
• 1 whole broccoli bunch
• 2 carrots
• 1 whole tomato
• 1 stick celery
• 2 shallots/spring onions
• 1/3 zucchini
• 1-2 handfuls cashews
• 1 tsp Herbamare, sea salt or Massel stock cube

Optional
• 1 small slice ginger (with peel)
• 1 clove garlic (with peel)
• 1/4 jalapeno or chilli (with stem and seeds)

Method
1. Put all the ingredients into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1. Turn the machine on and slowly increase the speed to 10, then to High.
3. Use tamper to press the ingredients into the blades if required.
4. Blend for 4-6 minutes or until soup reaches desired temperature.

Notes
• If using hot water, run only for 1-2 minutes.
• This recipe can be reduced by half and made in small containers.
• Most Raw foodists like to only heat their soup to about 45 degrees so no enzymes are lost. *Please note, this temperature may vary slightly.
Day 5 - Chilli & Lime Soup

Makes: 1 - 1.5 Litres  
Serves: 4

Ingredients
- 2 cups room temperature water
- 1 small slice lime (with peel)
- 1 small slice hot red chilli (with stem and seeds)
- 2 medium carrots
- 2 small tomatoes
- 1/2 stick celery
- 1/2 small yellow squash
- 1 slice red capsicum
- 1 small piece zucchini
- 1 shallot/spring onion (with root)
- 1 small handful cabbage
- 1 clove garlic (with peel)
- 1 Massel stock cube
- Salt and pepper to taste

Optional
- 1 small slice ginger (with peel)

Method
1. Put all the ingredients into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1. Turn the machine on and slowly increase the speed to 10, then to High.
3. Use tamper to press the ingredients into the blades if required.
4. Blend for 4-6 minutes or until soup reaches desired temperature.

Notes
- If using hot water, run only for 1-2 minutes.
- This recipe can be reduced by half and made in small containers.
- Most Raw foodists like to only heat their soup to about 45 degrees so no enzymes are lost. *Please note, this temperature may vary slightly.
Blueberry Ice Cream

Makes: 0.5 - 1 Litre
Serves 2-4

Rule = 1 part liquid to 3 parts frozen fruit

Liquid Ingredients
(Select only 1 ingredient from the list below):
• 1/2 cup vanilla or plain yogurt
• 1 large banana (peeled)
• 1/2 cup milk (nut, rice, soy, oat, dairy)
• 1/2 cup tofu

Frozen Ingredients
• 500g frozen Blueberries

Optional
• 1/2 frozen Banana

Method
1. Put all the ingredients into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1. Turn the machine on and slowly increase the speed to 10, then to High.
3. Use tamper effectively to press the ingredients into the blades.
4. In 30-60 seconds, the sound of the motor will change and four mounds should form.
5. Stop the machine. Serve immediately.

Notes
• Do not over-mix or the Ice Cream will begin to melt.
• For sweeter tasting ice cream, add a few drops of stevia or some raw honey.
Mango Ice Cream

Makes: 0.5 - 1 Litre
Serves 2-4

Rule = 1 part liquid to 3 parts frozen fruit

Liquid Ingredients
(Select only 1 ingredient from the list below):
• 1/2 cup vanilla or plain yogurt
• 1 large banana (peeled)
• 1/2 cup milk (nut, rice, soy, oat, dairy)
• 1/2 cup tofu

Frozen Ingredients
• 500g frozen Mango

Optional
• 1/2 frozen Banana

Method
1. Put all the ingredients into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1. Turn the machine on and slowly increase the speed to 10, then to High.
3. Use tamper effectively to press the ingredients into the blades.
4. In 30-60 seconds, the sound of the motor will change and four mounds should form.
5. Stop the machine. Serve immediately.

Notes
• Do not over-mix or the Ice Cream will begin to melt.
• For sweeter tasting ice cream, add a few drops of stevia or some raw honey.
Strawberry Ice Cream

Makes: 0.5 - 1 Litre
Serves 2-4

Rule = 1 part liquid to 3 parts frozen fruit

Liquid Ingredients
(SELECT only 1 ingredient from the list below):
- 1/2 cup vanilla or plain yogurt
- 1 large banana (peeled)
- 1/2 cup milk (nut, rice, soy, oat, dairy)
- 1/2 cup tofu

Frozen Ingredients
- 500g frozen Strawberries (with stems)

Optional
- 1/2 frozen Banana

Method
1. Put all the ingredients into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1. Turn the machine on and slowly increase the speed to 10, then to High.
3. Use tamper effectively to press the ingredients into the blades.
4. In 30-60 seconds, the sound of the motor will change and four mounds should form.
5. Stop the machine. Serve immediately.

Notes
- Do not over-mix or the Ice Cream will begin to melt.
- For sweeter tasting ice cream, add a few drops of stevia or some raw honey.
Raspberry Ice Cream

Makes: 0.5 - 1 Litre
Serves 2-4

Rule = 1 part liquid to 3 parts frozen fruit

Liquid Ingredients
(Select only 1 ingredient from the list below):
• 1/2 cup vanilla or plain yogurt
• 1 large banana (peeled)
• 1/2 cup milk (nut, rice, soy, oat, dairy)
• 1/2 cup tofu

Frozen Ingredients
• 500g frozen Raspberries

Optional
• 1/2 frozen Banana

Method
1. Put all the ingredients into the Vitamix container in the order listed and secure the lid.
2. Select Variable 1. Turn the machine on and slowly increase the speed to 10, then to High.
3. Use tamper effectively to press the ingredients into the blades.
4. In 30-60 seconds, the sound of the motor will change and four mounds should form.
5. Stop the machine. Serve immediately.

Notes
• Do not over-mix or the Ice Cream will begin to melt.
• For sweeter tasting ice cream, add a few drops of stevia or some raw honey.