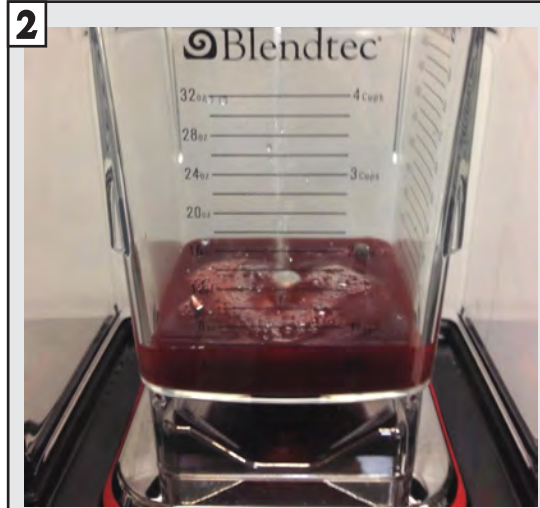


Preparing Fruit Smoothie



1 Measure 5 oz (150 ml) smoothie puree and add to blender jug



2 Measure 3 oz (90 ml) cold water and add to blender jug



3 Measure just under one full 16 oz cup of ice and add to blender jug (amount of ice depends on cube size)



4 Place lid on blender and start blender. Non-programmable blenders run for 30-40 seconds until smooth



5 Pour blended smoothie into 16 oz clear cup and place a lid on top



6 Serve with a straw and napkin

*You can make 2 smoothies of the same flavour at once by doubling the above measurements