

DRINKS

Total Juice

1 handful of grapes (seedless)	½ a carrot
1 slice of melon with seeds	1 handful of cabbage
1 orange (peeled)	1 squeeze of honey (optional)
1 apple with seeds, peel, stem etc.	½ cup of rolled oats (optional)
2-4 strawberries with stem	Yoghurt (optional)
½ banana (peeled)	Frozen berries (optional)
1 small slice of lemon with peel	½ passionfruit (optional)
1-2 slices of pineapple with core	Peach (optional)
Mango (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)	1-2 sticks of celery (with leaves good)
1 slice of honeydew melon with seeds	1 handful of cabbage
1 orange (peeled)	1 squeeze of honey (optional)
1 apple with seeds, peel, stem etc.	1 good handful of spinach
½ banana (peeled)	1 handful of parsley
1 small slice of lime with peel	1-2 slices of pineapple with core

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

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 large slice of lemon with peel
1 slice of pineapple with core	2 strawberries with stem

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

Carrot, Celery & Ginger Juice

1 Carrot	Slice of ginger
½ stick of celery	1 slice of pineapple with core
1 orange	1 squeeze of honey (optional)
1 apple with seeds, peel, stem.	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

1-2 cups of seedless grapes	1-2 strawberries
1 slice of pineapple	1 slice of ginger (not too much)
1 slice of lime with the peel	1 cup of ice

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

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Frappuccino (= 1 part liquid - 1 part frozen)

Thickened Cream (enough to cover the blades)	1 squeeze of honey
1 shot of your favourite coffee	A little cabbage (optional)
1 squeeze of chocolate topping	A little carrot (optional)
2-4 bars of Kit Kat or Tim Tam	1-2 cup of ice cubes
1 shot of Bailey's or Tia Maria (optional)	

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

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	1 small handful of cabbage (optional)
¼ of sugar	1-2 caps of Vanilla Essence
½ cup of powdered milk	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	1 small handful of cabbage (optional)
4 Strawberries with stem	½ cup of powdered milk
¼ of sugar	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.

Orange or Jaffa Sorbet

1 large orange (peeled)	1 good squeeze of chocolate sauce (optional)
¼ cup of sugar or honey to sweeten	4 bars of kit kat (optional)
¼ cup of powdered milk (optional)	1 small handful of cabbage (optional)
About 3-4 cups of ice	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 teaspoon of cinnamon
1 Handful of Baby Spinach	1 small handful of cabbage
¼ cup of powdered milk	¼ cup of sugar
About 3-4 cups of ice cubes	

- 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.

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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.

SOUP

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,
2 cups of hot water
¼ clove garlic
1 small handful of coriander
1 slice of cheese (optional)

1 medium carrot
1 slice of yellow squash
1 slice of lemon with peel
1 small handful of cabbage
1 finger tip of fresh ginger root
1 stock cube (eg. massel)
1 small slice of red chilli
Salt & Pepper

- Start the machine on low speed, walk to high speed and run for approximately 1 minute.
(Optional: Stop the machine and add a small handful of cabbage <cooked chicken or noodles would be nice also>. Chop on variable speed 4 or 5 for about 10 seconds).

Vegetable Soup

1 small steamed potato
½ 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)

1 slice red capsicum
1 medium carrot
½ small yellow squash
1 small piece of zucchini
2 cups of hot water
1 small handful of cabbage
¼ clove garlic (optional)

- Start the machine on low speed, walk to high speed and run for approx. 1 - 2 mins
(Optional: Stop the machine and add some cooked vegetables and / or cooked meat.
Chop on variable speed 4 or 5 for about 10 seconds).

Chilli & Lime Soup

2 medium carrots
½ a stick of celery
1 slice red capsicum
1 shallot
1 stock cube (eg. massel)
1 small handful of cabbage
1 small slice cheese (optional)
A tiny slice of ginger (optional)

2 small tomatoes
½ small yellow squash
1 small piece of zucchini
2 cups of hot water
1 small slice of lime with peel
¼ chilli with seeds
¼ clove garlic (optional)
Salt & Pepper

- Start the machine on low speed, walk to high speed and run for approx. 1 - 2 mins. (Optional: Stop the machine and add a small handful of corn chips and half a tomato <cooked beef or chicken etc. would be nice also>.
Chop on variable speed 4 or 5 for about 10 seconds).