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Blender. Secure lid and set blender to Smoothie setting. Blend until machine turns itself off. 2 Alternatively, combine ingredients in blender as directed, secure lid and turn dial to Speed 1. Slowly increase speed to high (Speed 10 or 11). Blend until completely smooth, about 1 minute. If necessary, scrape down sides of jar with the Flex Edge tamper.

A Simple Guide to Healthy Blending BLENDER RECIPES

blender jar blades during operation. Metal utensils may damage blades. NEVER put hands into the blender jar or add substances by hand when the blender jar is on the motor base. NEVER touch the blade with your fingers whether it is on or off the motor base. NEVER place jar into drive socket if blender motor is operating.

Manual and Recipe Book - Blendtec

Good Green Tea Smoothie..... 2 Clean Breeze Smoothie 2 Pomegranate Berry Smoothie 3

Eating Well Favorite Smoothie - Saline County, Nebraska

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Greens are a go! Get them in with this deliciously nutritious recipe. Ingredients: 1 1/4 cups cold unsweetened almond milk or coconut milk 1 ripe avocado 1 ripe banana 1 apple 1/2 large or 1 small stalk celery, chopped 2 cups lightly packed kale leaves or spinach A few slices of fresh ginger Ice cubes. Method: Add all the ingredients to a blender.

10 Healthy and Easy Blender Recipes - Cape Town's Unique

Healthy Breakfast Smoothies Your Secret Weapon To A Healthy Eating Lifestyle www.healthymenemailer.com ... Youâ€™ll find quick and easy recipes for a variety of smoothies in this ebook. The nutritious shakes blend ... Add all ingredients to the blender and blend until smooth. Nutritional Facts Per Serving: Calories 274

Healthy Breakfast Smoothies - FitWatch

Hamilton Beach Smoothie Smart Blender Recipes Hamilton Beach's Strawberry Smoothie recipe and other delicious recipes for Drinks can be found Smart Search Place all ingredients in blender jar, cover. Get the

Hamilton Beach 56206 Smoothie Smart Blender for only \$27.08 shipped at Bon-Ton. The price drops from \$65.00 to \$30.09. Use the code MYMOM.

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