

# GEORGE FOREMAN®

HEALTHY LIVING

*George Foreman*



## GEORGE FOREMAN MIX & GO PRO

Instructions & Warranty

21820AU\_IB\_RB\_FA\_020714

21820AU

## Spectrum Brands Australia Pty Ltd

Locked Bag 3004 Braeside  
Victoria 3195 Australia

### Customer Service in Australia

TollFree: 1800 623 118  
Email: [info@spectrumbrands.com.au](mailto:info@spectrumbrands.com.au)  
Website: [www.spectrumbrands.com.au](http://www.spectrumbrands.com.au)

## Spectrum Brands New Zealand Ltd

PO Box 9817 Newmarket  
Auckland 1149 New Zealand

### Customer Service in New Zealand

TollFree: 0800 736 776  
Email: [service@spectrumbrands.co.nz](mailto:service@spectrumbrands.co.nz)  
Website: [www.spectrumbrands.co.nz](http://www.spectrumbrands.co.nz)

## Spectrum Brands Australia Pty Ltd and Spectrum Brands New Zealand Ltd Warranty Against Defects



In this warranty:

**Australian Consumer Law** means the Australian consumer law set out in Schedule 2 to the Competition and Consumer Act 2010;

**CGA** means the New Zealand Consumer Guarantees Act 1993;

**Goods** means the product or equipment which was accompanied by this warranty and purchased in Australia or New Zealand, as the case may be;

**Manufacturer, We or us** means:

1. for Goods purchased in Australia, Spectrum Brands Australia Pty Ltd ABN, 78 007 070 573;  
or
2. for Goods purchased in New Zealand, Spectrum Brands New Zealand Ltd, as the case may be, contact details as set out at the end of this warranty;

**Supplier** means the authorised distributor or retailer of the Goods that sold you the Goods in Australia or in New Zealand; and

**You** means you, the original end-user purchaser of the Goods.

1. Our goods come with guarantees that cannot be excluded under the Australian Consumer Law, or the CGA. You are entitled to a replacement or refund for a major failure and compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.
2. The benefits provided by this Warranty are in addition to all other rights and remedies in respect of the Goods which the consumer has under either the Australian Consumer Law or the CGA. The original purchaser of the Goods is provided with the following Warranty subject to the Warranty Conditions:
3. We warrant the Goods for all parts defective in workmanship or materials from the date of purchase (**Warranty Period**), for the period of:-
  - (a) Two (2) years for Russell Hobbs products (see product packaging for details)
  - (b) Two (2) years with five (5) year motor warranty for Russell Hobbs products (see product packaging for details)
  - (c) Limited Lifetime, Ten (10) years for Russell Hobbs cookware.
  - (d) One (1) year for George Foreman® appliances.

If the Goods prove defective within the Warranty Period by reason of improper workmanship or material, we may, at our own discretion, repair or replace the Goods without charge.

## Warranty Conditions

4. The Goods must be used in accordance with the manufacturer's instructions. This Warranty does not apply should the defect in or failure of the Goods be attributable to misuse, abuse, accident or non-observance of manufacturer's instructions on the part of the user. As far as the law permits, the manufacturer does not accept liability for any direct or consequential loss, damage or other expense caused by or arising out of any failure to use the Goods in accordance with the manufacturer's instructions.
5. Exhaustible components (such as batteries, filters and brushes) of the Goods are included under this Warranty only where there is a defect in workmanship or materials used.
6. The warranty granted under clause 3 is limited to repair or replacement only.
7. Any parts of the Goods replaced during repairs or any product replaced remain the property of the manufacturer. In the event of the Goods being replaced during the Warranty Period, the warranty on the replacement Goods will expire on the same date as for the Warranty Period on the original Goods which are replaced.
8. In order to claim under the warranty granted under clause 3 you must:
  - (a) Retain this warranty with your receipt/proof of purchase; and
  - (b) Return the Goods to us at the relevant address or to the Supplier by prepaid freight within the Warranty Period accompanied with (i) the legible and unmodified original proof of purchase, which clearly indicates the name and address of the Supplier, the date and place of purchase, the product name or other product serial number and (ii) this warranty.
9. This warranty is immediately void if:
  - (a) Any serial number or appliance plate is removed or defaced;
  - (b) The Goods have been serviced or otherwise repaired by a person not authorised to do so by us or where non approved replaced parts are used.
10. The Goods are designed for domestic use only. A limited 90-day Warranty applies to any industrial or commercial use of the Goods. The Goods must be connected to the electrical voltage requirements as specified in the ratings label located on the Goods.
11. This warranty does not cover the cost of claiming under the warranty or transport of the Goods to and from the Supplier or us.
12. This warranty is only valid and enforceable in Australia against Spectrum Brands Australia Pty Ltd and in New Zealand against Spectrum Brands New Zealand Ltd.

Contact us or the Supplier for further details.

### Register your product online

If you live in Australia please visit: [www.spectrumbrands.com.au/warranty](http://www.spectrumbrands.com.au/warranty)

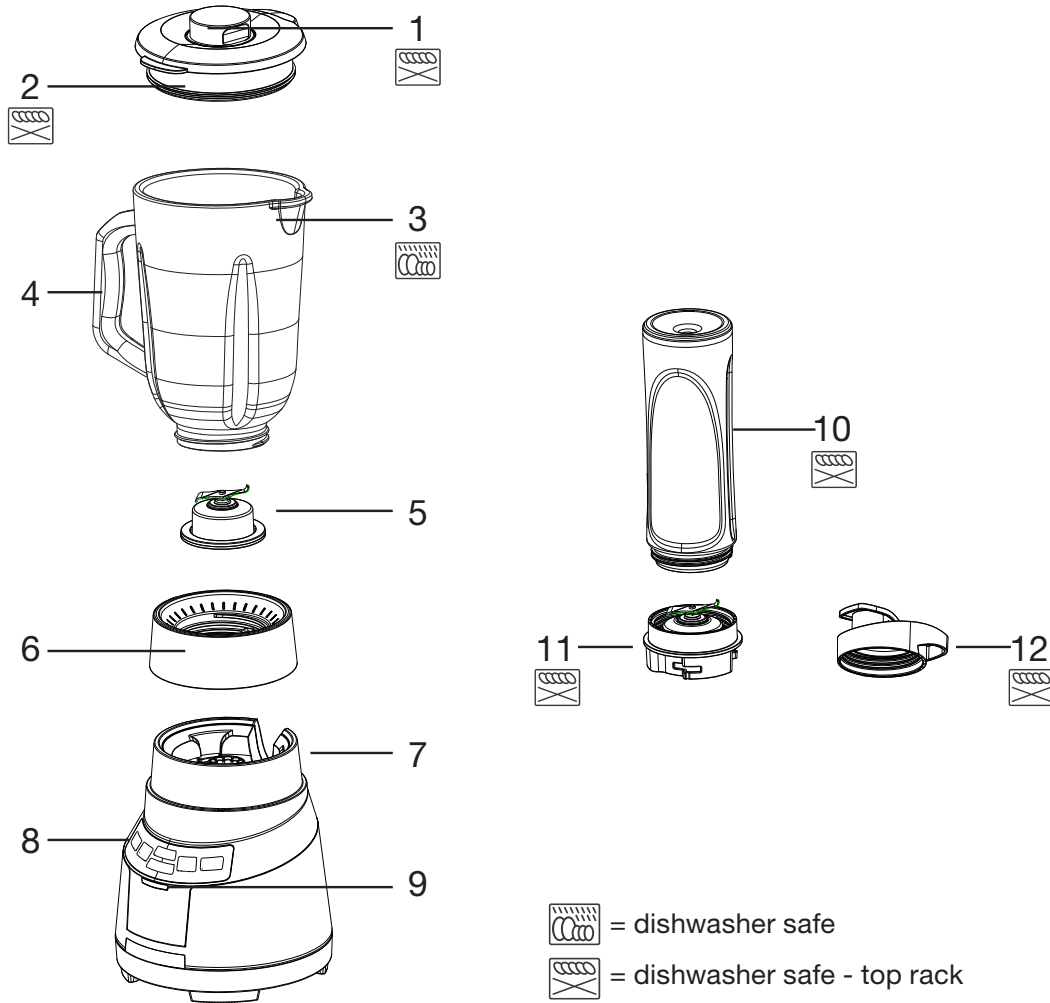
If you live in New Zealand Please visit: [www.spectrumbrands.co.nz/warranty](http://www.spectrumbrands.co.nz/warranty)

Registration of your warranty is not compulsory, it gives us a record of your purchase AND entitles you to receive these benefits: Product information; Hints and tips; Recipes and news; Information on special price offers and promotions.

**Any questions?** Please contact Customer Service for advice.



Congratulations on the purchase of your George Foreman® Mix & Go PRO. Each unit is manufactured to ensure safety and reliability. Before using the appliance for the first time, please read the instruction book carefully and keep it for future reference. Pass it on if you pass on the appliance.

When using electrical appliances, basic safety precautions should always be followed.



- 1. Cap
- 2. Lid
- 3. Jug
- 4. Handle
- 5. Blade assembly
- 6. Jug base
- 7. Motor unit
- 8. Control panel
- 9. Power on/off LED light

- 10. Blender / Drink bottle
- 11. Bottle blade assembly
- 12. Drink bottle lid

 = dishwasher safe  
 = dishwasher safe - top rack

## BEFORE FIRST USE

**CAUTION: Handle blades carefully.**

- Remove all packaging material and any stickers from the product.
- As some parts may be packed separately, check to ensure all items have been unpacked before disposing of the packaging.
- Dismantle and clean all parts as instructed in the “CARE AND CLEANING” section of this manual.

## PREPARE THE BLENDER JUG FOR USE

**NOTE: Prior to use, the blender jug should be dismantled and washed as instructed in the “CARE AND CLEANING” section of this manual. Following cleaning:**

- With the lid removed, turn the blending jug upside down and place flat on a counter top or work surface.

**CAUTION: Handle the sharp blade assembly with care.**

- Place the blade assembly onto the bottom opening of the jug with the blades to the inside of the jug.
- Place the jug base over the blade assembly and screw the base clockwise until it is tight.
- Turn assembled jug right side up.
- Uncoil the power cord from the storage area under the motor unit.
- Sit the motor unit on a stable, level, dry surface.

**NOTE: The jug can be placed in a number of positions on the base.**

- Place the assembled jug onto the motor unit, ensuring it is correctly seated with the tabs under the jug assembly aligned with the recesses in the motor unit.

**CAUTION – Do not place hot ingredients into the jug. For your own safety we recommend you do not process ingredients above 40°C. Do not fill past the 1250mL mark. If you do, the contents may force the lid off when the motor starts.**

- Place foods to be blended into the jug, solids first, then liquids.
- Place the lid on the blender jug and press it down firmly.
- Insert the measuring cap into the opening of the lid by aligning the cap tabs with the notches in the lid opening. Rotate the cap in a clockwise direction to lock it in place.

**NOTE: Do not run the blender without the cap as ingredients may be ejected through the hole.**

- Plug the cord into a wall power outlet and switch the outlet on.
- Press the Power on/off button. The blue power LED will glow steadily to signify the blender is in standby mode (the blender will power-off in 60 seconds if no buttons are pressed).

**CAUTION: Hold the lid!**

- Before starting the motor, place and leave your hand on the blender lid to prevent the possibility of the lid being dislodged by the sudden movement of ingredients when the motor starts.

- Start the motor by pressing the desired speed or function button. Select the speed that best suits your task (**see the Speed Chart on page 9 for more information**). The power LED will flash slowly while the blender is in use.
- When done, press the Pulse/Stop button to stop the motor.

**CAUTION: Wait until the blades come to a complete stop before proceeding further!**

- Lift the jug upward to remove it from the motor unit.
- Switch the blender off by pressing the Power on/off button and disconnect the plug from the wall power outlet.

## PREPARE THE BOTTLE FOR USE

**NOTE: Prior to use, the blender bottle should be dismantled and washed as instructed in the “CARE AND CLEANING” section of this manual. Following cleaning:**

- Place the blender bottle on a flat surface with the open end facing up.

**CAUTION: Do not place hot ingredients into the bottle. For your own safety we recommend you do not process ingredients above 40C. Do not add hot liquid (over 40°C), as it may be ejected due to sudden steaming. Do not fill past the 600mL mark.**

- Place ingredients to be blended into the bottle, solids first, then any liquids.

**CAUTION: Handle the sharp blade assembly with care.**

- Fasten the blade assembly on the open end of the blender bottle and turn it clockwise until it is tight.
- Uncoil the power cord from the storage area under the motor unit.
- Sit the motor unit on a stable, level, dry surface.
- Turn the bottle upside down and place it on the motor unit ensuring it is correctly seated with the tabs of the blade assembly aligned with the recesses in the motor unit.
- Turn the bottle clockwise to lock it into place.
- Press the Power on/off button. The blue power LED will glow steadily to signify the blender is in standby mode (the blender will power-off in 60 seconds if no buttons are pressed).

**CAUTION: Hold the bottle!**

- Before starting the motor, place and leave your hand on top of the bottle to prevent the possibility of the bottle being dislodged by the sudden movement of ingredients when the motor starts.
- Start the motor by pressing the desired speed or function button. Select the speed that best suits your task (**see the Speed Chart on page 9 for more information**). The power LED will flash slowly while the blender is in use.
- When done, press the Pulse/Stop button to stop the motor.

**CAUTION: Wait until the blades come to a complete stop before proceeding further!**

**CAUTION: Ensure the bottle does not unscrew from the blade assembly when removing it from the motor unit. If loose, turn the bottle clockwise again to tighten, then turn anti-clockwise to remove the bottle and blade assembly from the motor unit.**

- Turn the bottle anti-clockwise and lift upwards to disengage it from the motor unit.
- Stand the bottle on a flat surface with the blade assembly end facing upwards.

- Unscrew and remove the blade assembly and replace it with the drink bottle lid.
- Switch the blender off by pressing the Power on/off button and disconnect the plug from the wall power outlet.

## SMOOTHIE FUNCTION

The 'Smoothie' function will automatically take the blender cycle through different speed settings to produce optimal results when blending smoothies and icy drinks.

- Noting instructions above in "PREPARE THE BOTTLE FOR USE" / "PREPARE THE BLENDER JUG FOR USE", press the "SMOOTHIE" button. The blender will run the program over the course of 30 seconds. The power LED will flash slowly while the blender is in use.
- The program can also be stopped at any time by pressing the Pulse/Stop button.

## BLENDING TIPS AND TECHNIQUES

- When pureeing solid ingredients, start with small portions in the jug and gradually add more ingredients as they begin to combine.
- Put solids in the blender jug/bottle first before liquids to prevent overflowing (unless a recipe states otherwise).
- When blending liquids into solid ingredients, start with a small amount of liquid and gradually add more liquid through the lid opening.
- When blending cooked ingredients always let them cool before blending in blender jug or bottle. Pouring hot liquids into a cold glass jug could cause the jug to crack. Liquids should be below 40°C.

**NOTE: Always use extreme caution when blending any heated ingredients.**

- For stirring solid or very thick liquid ingredients it is recommended that you use the blender Pulse setting to avoid overloading the motor.
- Cut all firm fruits and vegetables into smaller pieces no larger than 1.8cm to 2.5cm for the blender bottle. For the blender jug, food should be no larger than 4cm to 5cm.
- Do not overload the blender jug or bottle. If the motor stalls, turn the device off immediately, unplug the unit and let it cool for at least 15 minutes. Then remove a portion of the food and continue.
- The lid cap holds up to 30mL of liquid and can be used as a measure when adding ingredients such as olive oil, vinegar, milk, etc.
- When using the Pulse function, use short bursts. Allow the blades to stop rotating between pulses. Do not pulse for more than 30 seconds continuously.
- To stop blending at any time, press the Pulse/Stop or Power on/off button.
- When ingredients collect on the sides of the jug or the mixture is very thick, turn the appliance off. Wait for the blades to stop rotating. Remove the lid and use a rubber spatula to scrape down the sides of the jug and redistribute, pushing food toward the blades. Replace the lid and continue blending.
- Always place your hand on top of the blender jug lid to hold the jug steady when you are operating the appliance.

### **IMPORTANT:**

- When using the blender jug the lid **MUST ALWAYS** be in place before starting the blender.
- Do not run the motor for longer than 1 minute. After 1 minute, switch off for at least 2 minutes to allow the motor to cool down.
- Liquids and ingredients should be below 40°C. Always ensure pre-cooked ingredients have cooled sufficiently before placing them in the blender jug. Placing hot ingredients into a cold glass jug could cause the jug to break.
- Always disconnect the blender from the wall power outlet when not in use.

### **DO NOT PLACE ANY OF THE FOLLOWING IN THE BLENDER:**

- Large pieces of frozen food
- Tough foods such as raw turnips, raw sweet potatoes and raw potatoes
- Bones
- Hard salami, pepperoni and hard sausages
- Hot ingredients/liquids

### **TASKS NOT RECOMMENDED FOR THE BLENDER:**

- Whipping egg whites
- Mixing dough
- Mashing potatoes
- Grinding meats

## TROUBLESHOOTING

Problem	Possible Cause	Solution
LED blinking quickly (100 msec/time)	Overheat warning or button held longer than 30 seconds	Unit must be reset. Let unit cool for at least 20 minutes
Unit stops/goes into standby mode	Work time exceeds 150 seconds (2.5 minutes)	Re-select appropriate speed

## SPEED CHART

Speed	Function	Usage
1	Stir Mix Crumb	Prepare salad dressings Mix ingredients for baked goods Make cereal and bread crumbs
2	Chop Whip Clean Blend	Chop fruit, vegetables, and cooked meats Blend salsas
3	Puree Liquefy Ice Crush Grind	Prepare sauces Grind hard cheeses, cooked meats, and coconut. Puree fruits and vegetables. Blend low-fat milkshakes and malts
SMOOTHIE	Smoothie Icy Drinks	Fruit smoothie Yoghurt smoothie Protein shake Fruit Slushies

## CARE AND CLEANING

This product contains no user serviceable parts. Refer service to qualified service personnel.

**CAUTION: To prevent possible damage to the appliance do not use harsh abrasive or alkaline cleaning agents.**

### CLEANING THE BLENDER JUG (QUICK CLEAN)

- For a quick clean of the blender jug, simply half fill the jug with warm water and add a drop or two of dishwashing liquid, fit the lid onto the jug (with the cap in place) and run the motor for 30 seconds. The blender uses its own power to clean both the jug and the blade system.
- Rinse and dry thoroughly.

## CLEANING THE BLENDER JUG (THOROUGH CLEAN)

- Before cleaning, turn off and disconnect the appliance from the wall power outlet.
- Remove the blender jug from the motor unit. Rinse the jug with water, then with the lid removed sit the jug upside down on a flat bench or table.
- Disassemble the jug from the jug base by holding the jug handle with one hand and using your other hand to turn the jug base in a anti-clockwise direction.

### **CAUTION: Handle the sharp blade assembly with care.**

- Carefully lift the blade unit out from the jug. Wash these parts in warm soapy water, rinse and air dry.
- Wash the jug and all other removable parts in hot soapy water. Alternatively, the jug, lid and cap can be washed in the dishwasher. Place the jug on the bottom rack upside down and the lid and cap on the top-rack only.
- Rinse well and allow all parts to dry before storing.

## CLEANING THE BLENDER BOTTLE

- Before cleaning, turn off and disconnect the appliance from the wall power outlet.

### **CAUTION: Handle the sharp blade assembly with care.**

- If assembled, remove the blade assembly from the blender bottle by unscrewing it anti-clockwise.
- Wash the bottle, blade assembly and drink bottle lid by hand or alternatively place in the dishwasher. Place the bottle and all other bottle parts on the top-rack only.

## IMPORTANT:

- Do not place jug or bottle parts in boiling liquids or pour boiling liquids into the jug or bottle.
- Do not immerse the motor unit in liquid. Wipe with a damp cloth and dry thoroughly.
- Remove stubborn spots by rubbing with a damp cloth and non-abrasive cleaner.

**NOTE: If liquids spill onto the motor unit, immediately switch off and disconnect from the wall power outlet, wipe with a damp cloth and dry thoroughly. Do not use rough scouring pads or cleansers on parts or finish.**

## TO STORE

- Unplug the appliance.
- Coil the power cord in storage area under the motor unit.
- Ensure all parts are dry before storing the unit.

## IMPORTANT SAFEGUARDS

When using this appliance, basic safety precautions should always be followed, including the following:

Read all instructions before, and follow whilst using this appliance.

1. To protect against electric shock DO NOT immerse cord, plug or motor unit in water or any other liquid.
2. Do not use in the bathroom or near any source of water.
3. Do not use outdoors.
4. This product is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the product by a person responsible for their safety.
5. This appliance is not a toy. Children must be supervised to ensure they do not play with this appliance.
6. Always switch off and disconnect this appliance from the wall power outlet when not in use and before cleaning.
7. To disconnect, set the controls to off. Turn off the wall power outlet, then grasp the plug and remove from the wall power outlet. Never pull by the cord.
8. Do not operate any appliance with a damaged cord or plug or after the appliance has malfunctioned, or has been dropped or damaged in any manner. Contact customer service for replacement, examination, repair or adjustment.
9. There are no user serviceable parts. If the power cord is damaged, it must be replaced by the manufacturer or similarly qualified person in order to avoid a hazard.
10. Cutting blades are very sharp. Handle with extreme care and caution when emptying the jug and during cleaning.
11. Before switching on, ensure the glass jug or bottle has been assembled correctly and has been seated onto the motor unit with the lid attached. The motor will only operate if the glass jug or bottle has been properly seated onto the motor unit.
12. Do not operate the appliance with an empty glass jug or bottle.
13. Liquids and ingredients should be below 40°C. Always ensure pre-cooked ingredients have cooled sufficiently before placing them in the blender jug. Placing hot ingredients into a cold glass jug could cause the jug to break.
14. Wait until the blades come to a complete stop before removing the lid from the jug, and before removing the jug from the motor unit.
15. Switch off and unplug the appliance before changing accessories or touching parts that move whilst in use.
16. Do not leave the appliance unattended when in use.
17. Do not use on an inclined plane or unstable surface.
18. Do not run the motor for longer than 1 minute. After 1 minute, switch off for at least 2 minutes to allow the motor to cool down.
19. Keep the appliance and the power cord away from the edges of benches and countertops.
20. Do not place on or near any heat sources.

21. Do not use appliance for other than its intended purpose.
22. This appliance is not intended to be operated by means of an external timer or separate remote control system.
23. For added safety, electrical appliances should be connected to a power outlet that is protected by a residual current device (RCD), also often referred to as a 'Safety Switch'. Your switchboard may already incorporate an RCD. If unsure, call an electrician for verification and fitting if necessary.

**SAVE THESE INSTRUCTIONS**

**THIS APPLIANCE IS FOR HOUSEHOLD USE ONLY**

# GEORGE FOREMAN<sup>®</sup>

HEALTHY LIVING



# RECIPES

## MIX & GO PRO

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WWW.GEORGEFOREMAN.CO.NZ

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Recipes are to be used in conjunction with the (21820AU) George Foreman ® Mix & Go PRO.  
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# RECIPES: BLENDER BOTTLE

## INSTRUCTIONS FOR ALL BLENDER BOTTLE RECIPES:

PLACE ALL INGREDIENTS IN THE BOTTLE, PULSE SEVERAL TIMES TO COMBINE AND THEN PRESS THE SMOOTHIE FUNCTION.

### SERVES 1

#### THE WATERSLIDE

##### Ingredients:

- 1 banana
  - 1 cup orange juice
  - 4 strawberries
  - 1 cup chopped frozen watermelon
- 

#### COCOMAGIC

##### Ingredients:

- 1 cup pineapple coconut water
  - 1 banana
  - ½ cup cranberry juice
  - 1 cup frozen raspberries
- 

#### SUMMER FRUITS SLUSHIE

##### Ingredients:

- 1 lime, juice only
  - 1 cup orange juice
  - 1 cup red grapes
  - 1 large ripe peach, peeled and diced (or tinned)
  - ½ cup frozen raspberries
-

# RECIPES: BLENDER BOTTLE

## BERRIE DELICIOUS SMOOTHIE

### Ingredients:

6 strawberries  
½ cup frozen raspberries  
1 cup low fat berry yoghurt  
1 cup orange juice

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## BREAKFAST POWER SMOOTHIE

### Ingredients:

1 cup milk  
1 cup frozen raspberries  
1 cup natural yoghurt  
1 ripe banana  
2 tbs \*LSA mix (linseeds, sunflower seeds & almonds)  
1 tbs honey

\*Purchase LSA mix from most supermarkets in the health aisle or your health food shop.

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## PURPLE PEAR SMOOTHIE

### Ingredients:

1 cup apple juice  
1 cup frozen blueberries  
1 pear, cored and halved

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# RECIPES: BLENDER BOTTLE

## PINEAPPLE PASSION SMOOTHIE

### Ingredients:

1 cup fresh pineapple, chopped  
1 cup vanilla yoghurt  
1 passion fruit, pulp only  
1 cup orange juice

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## BERRY BERRY SMOOTHIE

### Ingredients:

1 cup cranberry juice  
1 cup frozen mixed berries  
4 strawberries, hulled & halved  
½ cup low fat strawberry yoghurt

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## BANANA, SOY & BERRY

### Ingredients:

1 banana  
1 cup soy milk  
½ cup frozen mixed berries  
1 tsp vanilla extract  
1 tsp honey

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# RECIPES: BLENDER BOTTLE

## APPLE MAGIC

### Ingredients:

½ apple, halved  
1 cup cloudy apple juice  
Juice of half a lemon  
1 kiwi fruit, peeled and quartered

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## BANANA BENDER

### Ingredients:

1 banana  
1 cup low fat milk  
½ cup vanilla low fat yoghurt  
1 tsp honey  
¼ tsp nutmeg  
2 ice cubes

# RECIPES: BLENDER JUG

## **SPICY MEXICAN MARINADE**

**Preparation Time:** 5 minutes

### **Ingredients:**

½ cup extra virgin olive oil  
1 brown onion  
4 cloves garlic  
2 tbs tomato paste  
2 tbs coriander leaves  
20ml soy sauce  
2 chillies, de-seeded, chopped  
½ cup orange juice  
25ml white wine vinegar  
1 tsp dried oregano  
30g brown sugar  
1 tsp Worcestershire sauce  
1 lime, zest and juice

### **Method:**

1. Place all marinade ingredients in the blender jug and pulse to combine. Blend on speed setting 2 for 20 seconds. Great for chicken, beef, pork or lamb. Simply marinate meat overnight before barbecuing.

# RECIPES: BLENDER JUG

## ZUCCHINI SOUP

**Preparation Time:** 10 minutes

**Cooking Time:** 45 minutes

### Ingredients:

1 tbs olive oil  
2 celery stalks, chopped  
2 cloves garlic, crushed  
4 zucchini, chopped  
500ml chicken stock (or vegetable stock)  
Salt & black pepper, to taste

### Method:

1. Heat the oil in a large saucepan over medium heat. Add the vegetables and garlic and sauté over gentle heat for 5 minutes.
2. Pour the chicken stock into the pan and simmer for 10 minutes. Turn the heat off and let cool for 30 minutes.
3. Ladle cooled soup into in the blender jug and blend on speed setting 1 for 10 seconds. Increase to speed setting 3 for 10 seconds until smooth. Process soup in batches and taste before seasoning.

Serves 2-4

# RECIPES: BLENDER JUG

## BERRY KALE BLASTER SMOOTHIE

### Ingredients:

1 cup frozen raspberries  
Handful of kale, 4 leaves  
1 stick of celery, chopped  
1 ripe pear, cored & quartered  
½ apple, cored & quartered  
Juice of half a lemon  
1 cm piece of ginger  
2 cups cold water

### Method:

1. Place all ingredients in the blender, pulse several times to combine and then press the SMOOTHIE function.

Serves 2-4

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## APRICOT MANGO MADNESS SMOOTHIE

### Ingredients:

2 cups orange juice  
1 cup apricot yoghurt  
3 ripe apricots, pitted & halved\*  
4 frozen mango cheeks

### Method:

1. Place all ingredients in the blender and press the SMOOTHIE function.

Serves 2-4

\*You can substitute ripe apricots for 1 cup tinned apricots

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# RECIPES: BLENDER JUG

## BREAKFAST POWER SMOOTHIE

### Ingredients:

- 2 cups milk
- 1 cup frozen raspberries
- 1 cup natural yoghurt
- 2 ripe bananas
- 1 tbs honey

### Method:

1. Place all ingredients in the blender, pulse several times to combine and then press the SMOOTHIE function

Serves 2

# RECIPES: BLENDER JUG

## BUTTERMILK RICOTTA PANCAKES

**Preparation Time:** 5 minutes

**Cooking Time:** 15 minutes

### Ingredients:

1 cup low fat buttermilk  
¾ cup low fat milk  
200g fresh ricotta cheese  
2 tbs caster sugar  
1 egg plus 1 egg white  
2 cups plain flour  
2 tsp baking powder  
Cooking oil spray  
Fresh fruit and yoghurt to serve

### Method:

1. Place the buttermilk, milk, ricotta, caster sugar, egg and egg white in the blender jug and blend on speed setting 2 for 20 seconds. Add the flour and baking powder and pulse a few times to just combine.
2. Heat a non-stick frying pan over medium heat and spray with cooking oil spray. Place ½ cup of mixture in the pan to form a circle and add as many more pancakes as will fit in the pan. Cook for 1 minute or until small bubbles rise to the surface and are golden brown on the cooked side. Flip and cook for a further minute. Transfer to a warm plate and cover with foil. Cook remaining pancakes.
3. Serve with fresh fruit and yoghurt.

Makes 8-10