

Whole Fruit Smoothie



Ingredient:

Red grape, with seeds	1/2 cup	(120 ml)
Strawberries	1/2 cup	(120 ml)
Fresh pineapple, rind removed	1 ² slice	(1" tk)
Whole orange, peeled	1	
Banana, peeled	1	
Apple	1/4	
Honey or other sweetener, to taste (optional)	1 tablespoon	(15 ml)
Ice cubes	1 cup	(240 ml)

Procedure:

- Place liquid and soft fruit in the container first, solid items last, and lock the lid on.
- Select VARIABLE and set SPEED DIAL at #1, turn on the switch and quickly increase speed to #10, then to HIGH.
- Run the machine for 30 – 60 seconds.