



5 DAY Blending Plan

Give a rainbow of fresh food a spin with this 5 day blending plan, packed full of colorful and nutritional variety.

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Master Every Moment[™]

For more blended recipes visit: www.foodthinkers.com.ph

Green Goddess Smoothie

Breville PH

Servings/Yield: 1.00 Serving

Ingredients

- 3 pieces Banana (saba)
- 3 pieces Pechay
- 2 cups Coconut Water
- 2 cups Coconut Meat
- 1 piece Cucumber
- 1 piece Ripe Mango
- 2 cups Ice cubes

Procedure

1. Wash the pechay and cucumber thoroughly.
2. Put all ingredients into Breville blender jug and process through the smoothie function.
3. Transfer the smoothie into the glass and serve.



Mixed Fruits & Chaff Smoothie Bowl

Breville PH

Servings/Yield: 2 person

Ingredients

- 128g Strawberries
- 0.25 cup Kiwi, peeled and sliced
- 4 pieces Banana
- 1 tbsp Chia Seeds
- 0.5 cup Chia Chaff
- 1 tbsp Walnuts
- 1 cup Full Cream Milk

Procedure

1. In a mason jar combine milk and chia chaff and chill overnight.
2. Freeze the fruits overnight.
3. Set aside 1 banana, 2 strawberries and kiwi. Put all ingredients in the Breville blender jug and process through the smoothie function.
4. Once the fruits and chia chaff are set, transfer the smoothie into a bowl.
5. Top the smoothie bowl with fresh strawberries, bananas, kiwi, chia seeds and walnuts. Serve!



Coco Twist Smoothie

Breville PH

Servings/Yield: 2 cups

Ingredients

- 1 cup Coconut Water
- 1 cup Coconut Meat
- 1 piece Ripe Mango
- 2 pieces Banana (saba)
- 5 pieces Pechay
- 8 pieces Mint Leaves
- 3 cups Ice Cubes

Procedure

1. Wash the pechay and mint leaves thoroughly. Cut the mango and remove the skin of the banana.
2. Put all ingredients in the Breville blender jug and process through the smoothie function..
3. Transfer the smoothie into the glass and serve.



Avocado Buko shake

Breville PH

Servings/Yield: 2 Serving

Ingredients

- 3 pieces Avocado
- 150 Coconut Water
- 2 pieces Young Coconut Meat
- 115 ml Whipping cream
- 75 g Honey
- 0.5 cup Ice Cubes

Procedure

1. Freeze sliced and deseeded avocado and coconut meat overnight.
2. Combine avocado, coconut water, cream and ice cubes in the Breville blender and process through a smoothie function.
3. Transfer the smoothie into the glass and season with honey to taste.



Tropical Detox Smoothie

Breville PH

Servings/Yield: 1 cup

Ingredients

- 236 ml Almond Milk
- 236 g Pineapple
- 1 cup Camote Tops
- 1 piece Banana
- 15 g Chia Chaff

Procedure

1. Freeze pineapple chunks and peeled banana overnight. Chill the almond milk.
2. Wash the camote tops thoroughly.
3. Put all ingredients in the Breville blender jug and process through the smoothie function.
4. Transfer the smoothie into the glass and serve.



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