



App'ocado Spice



the 3X Bluicer Pro™

Sage®

App'ocado Spice

 Prep 10 minutes

 Serves 4



the 3X Blucifer Pro™

*85g (approx. ½ large) ripe avocado flesh,
skin and stone removed*

1 tablespoon walnuts

½ teaspoon ground cinnamon

¼ teaspoon vanilla extract

120g (approx. 6) ice cubes

*600g (approx. 3) medium sized
Granny smith apples*

100g baby spinach

330g (approx. 1) English cucumbers

Ground nutmeg to garnish

Method

- 1. Add avocado, walnuts, ground cinnamon, vanilla extract and ice cubes into the blender jug and attach to juicer spout.*
- 2. Turn variable speed dial to Speed 10 and juice apple and spinach.*
- 3. Reduce speed to 4 and juice cucumbers.*
- 4. Remove juicer attachment and place blender jug onto motor base. Close lid securely.*
- 5. Select Green smoothie program.*
- 6. Pour mix into tall glasses and serve topped with a sprinkle of nutmeg.*