



Beet the Blues



the 3X Bluicer Pro™

Sage®

Beet the Blues

 Prep 10 minutes

 Serves 4



the 3X Blucifer Pro™

250g blueberries
250g (approx. 2) medium pears,
quartered and cored
100g (approx. 5) ice cubes
45g (approx. ½) peeled lemon
300g (approx. 2) courgette, top removed
220g (approx. 2) medium beetroots,
stalk trimmed

Method

1. Add blueberries, pears and ice cubes into blender jug and attach to juicer spout.
2. Turn variable speed dial to Speed 1 and juice lemon.
3. Increase to speed 6 and juice courgette.
4. Increase to speed 10 and juice beetroots.
5. Remove juicer attachment and place blender jug onto motor base. Close lid securely.
6. Select Green Smoothie Program.
Serve immediately.