



Jam Jar



the 3X Bluicer Pro™

Sage

Jam Jar

 Prep 10 minutes

 Serves 4



the 3X Blucifer Pro™

250g frozen strawberries

150g (approx. 1/2) English cucumber,
cut into 1cm rounds

4g (approx. 10) mint leaves

400g (approx. 2) medium sized red apples

200g (approx. 3) thin rhubarb stalk,
leaves removed

150g (approx. 1) courgette, top removed

Method

1. Add frozen strawberries, cucumber and mint leaves into blender jug and attach to juicer spout.
2. Turn variable speed dial to Speed 10 and juice apple.
3. Reduce speed to 8 and juice rhubarb. Reduce speed again to 6 and juice courgette.
4. Remove juicer attachment and place blender jug onto motor base. Close lid securely.
5. Select Green smoothie program for 30 seconds. Serve immediately.