



5 Day Bluicing Plan

You no longer need to choose. You can now blend, juice or combine both and bluiice. Maximise the freshness and get 3X the flavours, variety and fun!

Day 1

App'ocado
Spice

Day 2

Beet the
Blues

Day 3

Orange &
Mango
Slushie

Day 4

Fruit Salad
Smoothie

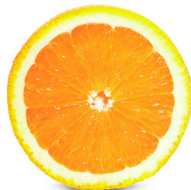
Day 5

Peach &
Mango
Yoghurt Pops

Just some of the nutritional benefits you will be getting more of



Vitamin C
Dietary Fibre
Potassium



Vitamin C
Vitamin B6
Calcium



Dietary Fibre
Vitamin C
Folate



Vitamin C
Vitamin A
Dietary Fibre



Potassium
Dietary Fibre
Vitamin C



Vitamin C
Vitamin B6
Potassium



Vitamin C
Dietary Fibre
Magnesium



Vitamin C
Magnesium
Potassium



Day 1 - App'ocado Spice

 Makes 1L / Serves 4

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 cucumber

Ground nutmeg to garnish

1. Add avocado, walnuts, ground cinnamon, vanilla extract and ice cubes into the blender jug and attach to juicer spout.
2. Place apples and spinach into feed chute and juice on speed 10, using the variable speed dial.
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. Serve immediately.

Day 2 - Beet the Blues

 Makes 1L / Serves 4

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

1. Add blueberries, pears and ice cubes into blender jug and attach to juicer spout.
2. Place beetroots in feed chute and juice on speed 10, using the variable speed dial.
3. Reduce to speed 6 and juice courgette.
4. Reduce to speed 1 and juice lemon.
5. Remove juicer attachment and place blender jug onto motor base. Close lid securely.
6. Select Green Smoothie program. Serve immediately.



Day 3 - Orange & Mango Slushie

 Makes 1L / Serves 4

350g frozen mango, chopped
120g (approx. 6) ice cubes
5g (approx. 15) fresh mint leaves
760g (approx. 5) peeled oranges
2 limes, peeled
2 passionfruit, pulp removed

1. Add mango, ice cubes and mint leaves into the blender jug and attach to juicer spout.
2. Place oranges and lime into feed chute and juice on speed 1, using the variable speed dial.
3. Remove juicer attachment and place blender jug onto motor base. Close lid securely.
4. Select Frozen Cocktail program.
5. Add passionfruit pulp. Select speed 2 and stir for 5 seconds. Serve immediately.

Day 4 -Fruit Salad Smoothie

 Makes 1L / Serves 4

85g (approx. 4 large) strawberries, hulled, plus extra to garnish
125g (approx. 6) ice cubes
335g (approx. 2) peeled oranges
350g (approx. 1/8) peeled watermelon flesh
200g (approx. 1/4) peeled cantaloupe flesh
115g (approx. 1 large) peeled green kiwi fruit
135g (approx. 16 large) seedless green grapes, plus extra
for garnish
Garnish with green grape and strawberry fruit kebabs
(sticks), optional

1. Add strawberries and ice into blender jug and attach to juicer spout.
2. Place oranges into feed chute and juice on speed 2, using the variable speed dial.
3. Increase speed to 4 and juice watermelon, cantaloupe, kiwi fruit and grapes.
4. Remove juicer attachment and place blender jug onto motor base. Close lid securely.
5. Select Smoothie program.
6. Pour smoothie evenly into 4-6 chilled glasses. Garnish accordingly. Serve immediately.



Day 5 - Peach & Mango Yoghurt Pops

 Makes 6 yoghurt pops

340g (approx. 2) ripe peaches, stones removed
335g (approx. 2) peeled oranges
200g (approx. 1 medium) chopped mango flesh
60ml low-fat peach-mango yoghurt or fruit soy yoghurt
15ml runny honey

1. Add mango, yoghurt and honey into the blender jug and attach to juicer spout.
2. Place peach into feed chute and juice on speed 10, using the variable speed dial.
3. Reduce speed to 2 and juice oranges.
4. Remove juicer attachment and place blender jug on motor base. Close lid securely.
5. Select speed 6 and blend for 60 seconds or until smooth.
6. Pour mixture into 6 x 110ml ice pop moulds or ice cube trays until frozen.

Note –

Orange juice makes 200g

Peach juice makes 210g