

Breville

the Light & Mighty

Instruction Booklet



BBL100

CONGRATULATIONS

on the purchase of your new Breville
Light & Mighty

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Light & Mighty
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Light & Mighty
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At Breville we are very safety conscious. We design and manufacture consumer products with the safety of you, our valued customer, foremost in mind. In addition we ask that you exercise a degree of care when using any electrical appliance and adhere to the following precautions.

IMPORTANT SAFEGUARDS

READ ALL INSTRUCTIONS BEFORE USE AND SAVE FOR FUTURE REFERENCE

- Carefully read all instructions before operating the Breville Power Blender for the first time and save for future reference.
- Remove and safely discard any packaging material and promotional labels before using the blender for the first time.
- To eliminate a choking hazard for young children, remove and safely discard the protective cover fitted to the power plug of this appliance.
- Do not place the blender near the edge of a bench or table during operation. Ensure the surface is level, clean and free of water and other substances. Vibration during operation may cause the appliance to move.
- Do not use the blender on a sink drain board.
- Do not place the blender on or near a hot gas or electric burner, or where it could touch a heated oven.
- Handle the blender and attachments with care – remember the blades are razor-sharp and should be kept out of the reach of children.
- Always ensure the blender is completely assembled before operating. The blender will not operate unless properly assembled.
- Do not use attachments other than those provided with the blender.
- Do not attempt to operate the blender by any method other than those described in this book.
- Always secure the blade assembly onto the blender jug before attaching to the motor base.
- Ensure the speed selection dial is in the OFF position and the blender is switched off at the power outlet and the power cord is unplugged before attaching the blender jug.
- Always operate the blender with the blender jug lid in position.
- Keep fingers, hands, knives and other utensils away from moving blades.
- Do not place hands or fingers into the blender jug unless the motor and blades have come to a complete stop. Ensure the speed selection dial is in the OFF position and the appliance is switched off at the power outlet and the power cord is unplugged before removing the lid from the blender.
- Ensure the motor and the blades have completely stopped before disassembling. Ensure the speed selection dial is in the OFF position and the appliance is switched off at the power outlet and the power cord is unplugged from the power outlet before attempting to move the blender, when not in use, if left unattended and before disassembling, cleaning or storing.
- Care should be taken when removing the food from the blender jug by ensuring the motor and the blades have completely stopped before disassembling. Ensure the speed selection dial is turned to the OFF position, the appliance is switched off at the power outlet and unplugged, before removing the lid from the blender jug. The blender jug should then be lifted from the motor base and the food carefully removed before attempting to remove the blade assembly.

BREVILLE RECOMMENDS SAFETY FIRST

- Do not operate the blender continuously for periods longer than 1 minute on any setting or if processing a heavy load. None of the recipes in this book are considered a heavy load. If the blender is operated continuously for too long, it should be switched off, unplugged and allowed to cool for 30 minutes before recommencing.
- Do not process hot or boiling liquids – allow liquids to cool before placing into the blender jug.
- Do not move the blender whilst in operation.
- Do not leave the blender unattended when in use.
- Do not place any part of the blender in a microwave oven.
- Do not place the motor body, lid, inner measuring cup, silicone seal, blender jug or blade assembly into a dishwasher.
- Do not place anything on top of the motor base and/or blender jug when the lid is on or off, when in use and when stored.
- Keep the blender clean. Follow the cleaning instructions provided in this book.
- It is recommended to regularly inspect the appliance. To avoid a hazard do not use the appliance if power cord, power plug or appliance becomes damaged in any way. Return the entire appliance to the nearest authorised Breville Service Centre for examination and/or repair.
- If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.
- Any maintenance other than cleaning should be performed at an authorised Breville Service Centre.
- This appliance is for household use only. Do not use this appliance for anything other than its intended use. Do not use in moving vehicles or boats. Do not use outdoors. Misuse may cause injury.
- The installation of a residual current device (safety switch is recommended to provide additional safety protection when using electrical appliances. It is advisable that a safety switch with a rated residual operating current not exceeding 30mA be installed in the electrical circuit supplying the appliance. See your electrician for professional advice.

IMPORTANT SAFEGUARDS FOR ALL ELECTRICAL APPLIANCES

- Fully unwind the power cord before use.
- Do not let the power cord hang over the edge of a bench or table, touch hot surfaces or become knotted.
- To protect against electric shock do not immerse the power cord, power plug or appliance in water or any other liquid.
- The appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Children should be supervised to ensure that they do not play with the appliance.

SAVE THESE INSTRUCTIONS

KNOW

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KNOW YOUR BREVILLE LIGHT & MIGHTY



- A. **Inner measuring cup** for adding ingredients whilst blending and removing the blade assembly from the blender jug.
- B. **1.5 litre jug**
- C. **Serrated Ice crushing stainless steel blade**
- D. **2 speeds plus Pulse**
- E. **Non-slip feet**
- F. **Blade assembly** easily removable for cleaning using the inner measuring cup.
- G. **Blender jug base**
- H. **Motor base**

OPERATING

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OPERATING YOUR BREVILLE LIGHT & MIGHTY

BEFORE FIRST USE

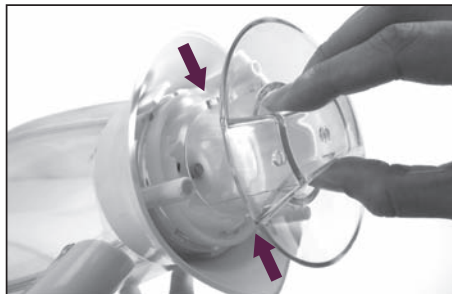
Remove and safely discard any packaging material and promotional labels.

Disassemble the blender jug by following the steps in the 'Disassembling the blender' section below. Wash the lid, inner lid, blender jug, silicone seal, blender jug base and blade assembly in warm, soapy water with a soft cloth. Rinse and dry thoroughly.

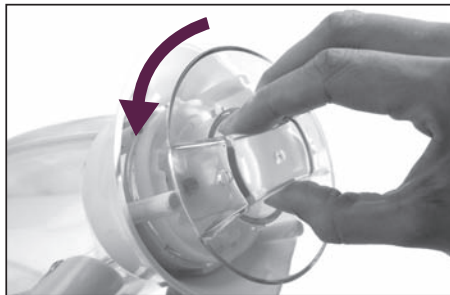
Wipe the motor base with a damp cloth and dry thoroughly.

DISASSEMBLING THE BLENDER

1. Place the motor base on a flat, dry surface such as a bench top. Ensure that the speed selection dial is in the OFF position, the appliance is switched off at the power outlet and the power cord is unplugged.
2. Remove the blender jug from the motor base by lifting the jug up by the handle.
3. Remove the lid and inner measuring cup from the blender jug.
4. Place the jug upside down on a flat, dry surface such as a bench top.
5. Take the inner measuring cup (which doubles as a blade assembly cup removal tool). Insert the two tabs on the blade assembly tool into the two grooves on the blade assembly.



6. Use one hand to hold the jug handle and the other hand to turn the blade assembly tool counter clockwise to loosen the blade assembly.



7. Once loose, lift the blade assembly up and out of the jug.



8. Remove the silicone seal from outside the narrow end of the blender jug.



OPERATING YOUR BREVILLE LIGHT & MIGHTY

NOTE

The blending blades are extremely sharp. Avoid any contact with fingers and hands.

ASSEMBLING AND ATTACHING THE BLENDER JUG

1. Place the motor base on a flat, dry surface such as a bench top. Ensure the speed selection dial is in the OFF position, the appliance is switched off at the power outlet and the power cord is unplugged.
2. Ensure the lid is off the blender jug and place the blender jug upside down on a flat, dry surface such as a bench top.
3. Place the silicone seal onto the narrow end of the blender jug so that the seal sits underneath the 3 tabs.



4. Carefully insert the blade assembly.



5. Place the two tabs of the blade assembly tool into two grooves of the blade assembly.
6. Use one hand to hold the jug handle and the other to turn the assembly tool clockwise to secure into place.
7. Turn the assembled blender jug upright and place onto the motor base.
8. Insert the inner measuring cup into the lid, then insert the lid firmly into the top of the blender jug.

NOTE

Ensure lid is placed onto blender jug firmly and the inner measuring cup is in position before operating the blender. Do not operate blender without the lid. Additional ingredients can be added whilst blending by removing the inner measuring cup and placing or pouring ingredients through the middle opening in the lid.

NOTE

Liquids should be placed into the blender jug before solid ingredients, unless specified differently in a recipe.

NOTE

All foods should be cut into cubes (approx. 2-3cm square) to achieve an even result.

USING THE BLENDER

NOTE

When using the blender for the first time, you may notice an odour coming from the motor. This is normal and will dissipate with use.

1. Ensure the speed selection dial is in the OFF position. Insert the power cord into a 230/240V power outlet and switch on at the power outlet.
2. Remove the lid and add food and/or liquid into the blender jug.
3. Select the desired speed by turning the speed selection dial clockwise to the low or high speed setting. The speed can be changed at any time during the blending process. Turn the speed selection dial anti-clockwise to select the Pulse setting.

Low: suitable for savoury dips, thin batters and soups.

High: suitable for smoothies, cocktails, drinks, sauces and pesto.

Pulse: can be used for foods that require short bursts of power to process such as herbs, nuts (pesto), small vegetables and ice. When using the Pulse function, hold the blender lid in place.

NOTE

If any moisture or liquid appears on the motor base, ensure the speed selection dial is in the OFF position, the appliance is switched off at the power outlet and the power cord is unplugged, remove the blender jug then wipe the spillage immediately with paper towel and dry thoroughly. Ensure the blender jug is correctly assembled before placing back onto the motor body and operating.

4. During the blending process, some ingredients may stick to the sides of the blender jug. To push the food back onto the blades, turn the speed selection dial to the OFF position and switch off at the power outlet. Remove the lid and use a plastic spatula to scrape down the sides of the blender jug. Replace the lid before recommencing blending.
5. At the end of use, always ensure the speed selection dial is turned to the OFF position. Then switch the appliance off at the power outlet and unplug the power cord.

NOTE

Ensure the motor and blades have completely stopped before attempting to move the appliance, when not in use, if left unattended and before disassembling, cleaning and storing.

CARE, CLEANING & STORAGE

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CARE AND CLEANING

Before cleaning, ensure the speed selection dial is in the OFF position, the appliance is switched off at the power outlet and the power cord is unplugged from the power outlet.

CLEANING THE BLENDER JUG, LID, INNER MEASURING CUP, SILICONE SEAL, BLENDER JUG BASE AND BLADE ASSEMBLY

Wash blender jug, lid, inner measuring cup, silicone seal, blender jug base and blade assembly in warm soapy water with a soft cloth. Use a kitchen bottle brush to dislodge stubborn food. Rinse and dry thoroughly. Do not place the lid, inner measuring cup, silicone seal, blender jug or blade assembly into a dishwasher.

CLEANING THE MOTOR BASE

Wipe the motor base with a soft, damp cloth then dry thoroughly. Wipe any excess food particles from the power cord.

NOTE

Do not use abrasive scouring pads or cleaners when cleaning the motor base as they may scratch the surface.



CAUTION

The blending blades are extremely sharp. Avoid any contact with fingers and hands. Use caution when handling and storing.

REMOVING STUBBORN OR STRONG FOOD STAINS AND ODOURS

Strong smelling foods such as garlic and fish may leave an odour and some vegetables such as carrots may leave a stain on the blender jug and lid. To remove, soak blender jug and lid for 5 minutes in warm soapy water. Then wash with a mild detergent and warm water, rinse well and dry thoroughly.

STORAGE

Store the blender upright with the blender jug, silicone seal, blade assembly, blender jug base, lid and inner measuring cup assembled and inserted on the motor base or beside it. Do not place anything on top

HINTS & TIPS

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HINTS AND TIPS

- Do not put more than 2 cups of ingredients into the blender before blending commences. After the blending process has begun and the blades are turning you may slowly add another 1½ cups of ingredients through the inner measuring cup opening if desired.
- Do not blend a heavy mixture for more than 1 minute at one time without switching off the blender. For normal blending tasks, such as mayonnaise, dressings, etc., do not operate for longer than 1 minute at one time without switching off the blender, stirring the ingredients then continuing operation.
- Do not place hot or boiling foods and/or liquids into the blender; allow to cool before placing into the blender jug.
- When using several ingredients, place liquid ingredients in the blender jug first unless specified in the recipe to do otherwise.
- When blending thick or dry mixtures it may be necessary to stop the blender and scrape down the sides of the jug, once or twice, during blending.
- The blender will not knead dough or mash potatoes.
- The blender is not designed to chop/mince meat or extract juice from fruit and vegetables.
- Thick mixtures such as patés, puree more efficiently when the blender jug is ¼ to ½ full.
- Do not use the blender to store food.
- Do not overload the blender with more than the specified quantity of ingredients as doing so could cause the motor to stall. Turn the blender off by turning the speed selection dial to the OFF position, switch off at the power outlet and unplug the power cord. Remove a portion of the mixture from the blender jug before continuing.
- Do not operate the blender without the blender lid in position. To add additional ingredients whilst blending, remove the inner measuring cup and place or pour ingredients through the opening in the lid.
- Do not fill the blender jug above the MAX line. When the blender jug is filled at or near the MAX line, hold the blender lid in place to avoid displacement of the lid during operation.
- Do not use metal utensils as they may damage the blades or blender jug.
- Do not place any objects, other than food or liquid, into the blender whilst the motor is running.
- Do not remove the blender jug when the blender is operating. Always ensure the speed selection dial is turned to the OFF position, the appliance is switched off at the power outlet and the power cord is unplugged from the power outlet.

SUGGESTED USES

Crush ice

To crush ice, place 1 cup of ice cubes into the blender jug. Replace the lid and turn the speed selection dial to the Pulse setting for short bursts until a snowy textured ice is achieved. This will take approximately 15 seconds. When crushing ice, hold lid in place to avoid displacement during operation.

Bread crumbs

Remove the crusts from the bread and tear into pieces. Process sufficient pieces at a time to cover the blades. Up to 5 slices at a time can be crumbed. Stale bread will produce the best results.

Chopped nuts

Process ¾ cup of nuts at a time. Use the Pulse setting as this will give more even chopping.

Drinks

Fill the blender jug at least $\frac{1}{4}$ full and remember to leave room to allow froth to form as the drink is aerated.

Soups, sauces, purees

The most efficient amount to blend will depend on the food/recipe used. However, generally, the more liquid used, the more can be processed at one time. Never process boiling liquids or hot ingredients, allow to cool before placing into the blender jug.

RECIPES

GUACAMOLE

Makes approx. 1¼ cups

INGREDIENTS

- 1 large avocado, peeled, de-stoned and chopped
- 3 tablespoons lemon juice
- ½ cup sour cream
- 1 teaspoon minced garlic
- 1 teaspoon chilli

METHOD

1. Place all ingredients into blender jug and blend using speed 3 until smooth. Serve with crustini or crudites.

PESTO DIP

Makes approx. 1½ cups

INGREDIENTS

- 1 cup fresh basil leaves
- 1 clove garlic, peeled and chopped
- 2 tablespoons lemon juice
- ¼ cup pine nuts
- ¼ cup olive oil
- ½ cup cottage cheese
- ¼ cup grated fresh Parmesan cheese

METHOD

1. Place basil leaves, garlic, lemon juice and pine nuts into blender jug and blend using speed 2 until finely chopped.
2. With motor running, remove the inner measuring cup, slowly pour in oil and blend until smooth.
3. Remove mixture, stir in cheeses, cover and chill until ready to use. Serve with toasted Turkish bread

TOMATO SOUP

Serves 2-4

INGREDIENTS

- 1 tablespoon oil
- 2 cloves garlic, peeled and crushed
- 1 brown onion, peeled and diced
- 2 x 410g cans diced tomatoes
- 1 tablespoon tomato paste
- 2 teaspoons brown sugar

METHOD

1. Heat oil in a large saucepan, add garlic and onions, cook over a medium heat for 2-3 minutes or until onion is soft.
2. Combine tomatoes, tomato paste and brown sugar and pour into pan with onion mixture, bring to the boil, then reduce heat and simmer uncovered for 20 minutes or until liquid has reduced by one third.
3. Allow the mixture to cool.
4. Transfer mixture in three batches into blender jug, select speed 5 and blend until smooth.

Variations

TOMATO AND BASIL SOUP

Add ¼ cup of basil leaves to the blender jug when pureeing.

TOMATO AND CHILLI SOUP

Add 1 teaspoon of chilli powder or ½ small red chilli to the onion when sauteing.

CREAMY TOMATO SOUP

Add ¼ cup of sour cream to the blender when pureeing the soup.

PUMPKIN SOUP

Serves 2-4

INGREDIENTS

- 2 tablespoons oil
- 1 brown onion, peeled and diced
- 2 cloves garlic, peeled and crushed
- 400g butternut pumpkin, peeled and diced
- 4 cups/1 litre chicken stock

METHOD

1. Heat oil in a large saucepan, add onion and garlic, sauté for 5 minutes.
2. Add the pumpkin to the pan and stir to coat with the onion mix, then add the stock, bring the mixture to the boil.
3. Reduce to a simmer for 20 minutes, cook with the lid on until the pumpkin is cooked.
4. Allow the mix to cool, transfer mixture in three batches into blender jug, select speed 5 and blend until smooth.
5. Return the mix to the saucepan to heat through, adjust the seasoning before serving.

Variations

MOROCCAN PUMPKIN SOUP

Add the following spices to the onion when sautéing. Serve with coriander leaves and yoghurt.

- 1 teaspoon ground cumin
- 1 teaspoon garam marsala
- 1 teaspoons paprika
- ½ teaspoon ground white pepper

CURRIED PUMPKIN SOUP

Add 1 tablespoon curry powder to the onions when sauteing.

CREAMY PUMPKIN SOUP

Add ½ cup cream when adding the stock.

THAI STYLE PUMPKIN SOUP

Add 2 small fresh red chillies and 1 tablespoon chopped lemon grass to the onion mixture. Add ½ cup/125ml coconut milk before pureeing the mix.

RASPBERRY MAYONNAISE

Makes approx. 2 cups

INGREDIENTS

6 egg yolks
1 teaspoon French mustard
1 tablespoon Raspberry vinegar
¾ cup grapeseed oil
¾ cup peanut oil
Freshly ground black pepper
1 tablespoon boiling water

METHOD

1. Whisk together egg yolks, mustard, lemon juice and vinegar.
2. Pour mixture into blender jug, select speed 1, and blend until light and fluffy.
3. With motor running, remove the inner measuring cup, slowly pour combined oils in and blend until mixture thickens.
4. Season to taste with pepper and stir in water.
5. Transfer to a sterilised, screw top jar. Cover with lid and refrigerate until required.

Variations

GARLIC MAYONNAISE

Add 6 cloves of peeled and chopped garlic cloves to the egg yolk mixture and replace lemon juice with lime juice and raspberry vinegar with tarragon vinegar.

HERBED MAYONNAISE

Replace lemon juice with raspberry vinegar with ½ cup chopped mixed fresh herbs (such as basil, chives, parsley and thyme) and 1 clove garlic, peeled and chopped. Blend into prepared mayonnaise.

BEER BATTER

Makes approx. 2 cups

INGREDIENTS

½ cup beer (such as Coopers)
1 cup/250ml soda water
1½ cups/375g plain flour

METHOD

1. Place beer, soda water then flour into blender jug, select speed 3 and blend until smooth.
2. Use to coat seafood or poultry.

TEMPURA BATTER

Makes approx. 2 cups

INGREDIENTS

1 x 60g egg
1 cup/250ml iced water
1½ cups/225g plain or tempura flour

METHOD

1. Place the egg and water into the blender jug, mix on speed 3 to combine.
2. Add the flour into the blender, mix using the pulse function until almost combined. Do not over-mix, as the batter will not flake. The batter should have some small lumps of flour remaining.

YORKSHIRE PUDDINGS

Makes 6

INGREDIENTS

¼ cup/60ml water

⅓ cup/75ml milk

1 x 60g egg, lightly beaten

¾ cup/112g plain flour

Freshly ground black pepper

1½ tablespoons beef dripping or oil

METHOD

1. Place water, milk, egg, flour and pepper into blender jug, select speed 4 and blend until smooth.
2. Place 1 teaspoon beef dripping or oil in each of six muffin pans and heat in oven until dripping or oil is sizzling.
3. Divide batter between muffin pans and cook at 220°C for 10-15 minutes, or until puffed and golden. Serve as an accompaniment for roast beef.

PANCAKES

Makes approx. 8-10 pancakes

INGREDIENTS

1 cup/150g plain flour

¼ teaspoon salt

1 x 60g egg

1¼ cups/312ml milk

2 tablespoons butter, softened

METHOD

1. Combine the flour, salt, egg and milk in the blender jug, mix on speed 4 with the lid firmly held in position, to form a smooth batter.
2. Heat a small greased frying pan over a moderate heat; pour a small quantity of batter into frying pan to cover base of pan.
3. Cook until bubbles come to the surface and break.
4. Carefully turn the pancake over and cook until golden brown. Remove from pan.
5. Repeat with remaining batter mixture.
6. Serve with maple syrup and ice cream.

CRÊPES

Makes approx. 10 - 12

INGREDIENTS

- 1¼ cups/312ml milk
- 3 x 60g eggs, lightly beaten
- 1½ cups/225g plain flour
- ¼ teaspoon salt
- 1 teaspoon vanilla essence
- 2 tablespoons butter, melted
- 1 tablespoon oil, for greasing

METHOD

1. Add the milk, eggs, flour, salt, essence, eggs and butter to the blender jug, mix on speed 2 with the lid firmly held in position, mix to form a smooth batter.
2. Lightly grease a small crêpe pan. Heat pan over a moderate heat.
3. Pour ¼ cup batter into the pan, swirl mixture to spread evenly over the pan.
4. Cook over medium heat until golden brown.
5. Turn crêpe over and cook for 30 seconds longer.
6. Repeat with remaining batter mixture.
7. Serve with Raspberry Sauce.

RASPBERRY SAUCE

Makes approx. 1¼ cups

INGREDIENTS

- 250g fresh or frozen raspberries
- ¼ cup icing sugar
- 2 tablespoons Grand Marnier or orange liqueur
- 2 tablespoons water

METHOD

1. Place raspberries, icing sugar, Grand Marnier and water into the blender jug, select speed 3 and blend until smooth.
2. Serve Raspberry Sauce drizzled over crêpes or ice cream

SUGAR SYRUP

Makes approx. 2 cups

INGREDIENTS

1 cup white sugar
1 cup/250ml water

METHOD

1. Place sugar and water into a saucepan and bring to the boil. Allow to cool.
2. Place the warm sugar syrup (also called cocktail syrup) into a sterilized screw-top jar and refrigerate until required. This syrup is used to sweeten drinks and provides a liquid to assist blending.

MARGARITA

Serves 2

INGREDIENTS

¼ cup/60ml Tequila
¼ cup/60ml Cointreau
1 cup/250ml lime juice
12 ice cubes
Lime slices for serving

METHOD

1. Place Tequila, Cointreau, lime juice and ice cubes into the blender jug, select speeds 4-5 and blend until well combined and ice is crushed.
2. Serve in margarita glasses, garnish with small wedges of lime.

DAIQUIRIS

General recipe

Serves 2

INGREDIENTS

Fruit (approximately 1 cup)
½ cup/125ml white spirits (white rum, vodka or kirsch)
cup/75ml sugar syrup
1 cup ice

METHOD

1. Place all ingredients into the blender jug and puree using speed 5.
2. Most fresh fruit and berries can be used. Frozen fruit should be defrosted.
3. Fruit with hard skin or stones must have them removed before pureeing.
4. Large fruit should be diced.

WATERMELON AND VODKA SLUSHIE

Serves 2

INGREDIENTS

2 cups watermelon, peeled and diced
1½ tablespoons/30ml vodka
1 cup ice cubes
Lime juice, for serving

METHOD

1. Place watermelon, vodka and ice cubes into the blender jug, select speeds 4-5 and blend until thick.
2. Serve in parfait glasses with drizzle of fresh lime juice.

PEAR AND VODKA FRAPPÉ

Serves 2

INGREDIENTS

1 cup diced green pear, skin on
1 cup ice
¼ cup/60ml vodka

METHOD

1. Place all ingredients into the blender jug, select speed 3 and blend until combined.
2. Serve in martini glasses

BLOODY MARY FREEZER

Serves 2

INGREDIENTS

1 cup/250ml tomato juice
¼ cup/60ml vodka
¼ cup/60ml lemon juice
1 egg white
Salt and pepper
¼ teaspoon Tabasco sauce
¼ teaspoon Worcestershire sauce
1 cup ice cubes
Celery leaves optional

METHOD

1. Place all ingredients into the blender jug, select speed 4-5 and blend until well combined and ice is crushed.
2. Serve in tall glasses, garnished with celery leaves.

FLUFFY DUCK

Serves 2

INGREDIENTS

1½ tablespoons/30ml white rum
1½ tablespoons/30ml advocaat
¼ cup/60ml orange juice
1½ tablespoons/30ml cream
6 ice cubes
Orange slices, cherries, optional

METHOD

1. Place all ingredients into the blender jug, select speeds 4-5 and blend until well combined and ice is crushed.
2. Pour into tall glasses and garnish with orange slices and cherries.

BRANDY ALEXANDER

Serves 2

INGREDIENTS

½ cup/125ml brandy
½ cup/125ml crème de cocoa
2 scoops ice cream
Ground nutmeg

METHOD

1. Place all ingredients into the blender jug, select speed 4 and blend until the ingredients are well mixed.
2. Serve in martini glasses, dusted with nutmeg.

PINA COLADA

Serves 2

INGREDIENTS

½ cup/125ml pineapple juice
¼ cup/60ml coconut cream
¼ cup/60ml dark rum
½ cup ice cubes
Pineapple leaves, optional

METHOD

1. Place all ingredients into the blender jug, select speeds 4-5 and blend until the ingredients are well mixed.
2. Serve in tall glasses garnished with pineapple leaves.

MELON DREAM

Serves 2

INGREDIENTS

1 tablespoon/20ml Triple Sec
1½ tablespoons/30ml Galliano
1½ tablespoons/30ml cream
1½ tablespoons/30ml orange juice
1 cup chopped rockmelon
1 cup ice cubes
Melon slices for serving

METHOD

1. Place all ingredients into the blender jug, select speeds 4-5, blend until well combined and ice is crushed.
2. Pour into tall glasses, garnish with small slices of melon.

FRUIT COCKTAIL

Serves 2

INGREDIENTS

- 1 cup/250ml pineapple juice
- 1 banana, peeled and chopped
- 1 orange, skin and pith removed, then quartered
- 1 cup/250ml soda water
- 2 tablespoons passionfruit pulp

METHOD

1. Place pineapple juice, banana and orange into the blender jug, select speeds 4-5 and blend until well combined.
2. Stir in passionfruit pulp and soda water and serve.

CRANBERRY CRUSHER

Serves 2

INGREDIENTS

- 1 cup peeled and chopped pink grapefruit
- ½ cup/125ml orange juice
- ½ cup/125ml cranberry juice
- 1 tablespoon caster sugar
- 1 cup/250ml ginger ale

METHOD

1. Place grapefruit, orange juice, cranberry juice, sugar into blender jug, select speeds 4-5 and blend until well combined.
2. Pour into chilled glasses and top with ginger ale.

ROCKMELON AND PINEAPPLE FRAPPÉ

Serves 2

INGREDIENTS

- 1 cup chopped rockmelon
- 1 cup canned pineapple pieces
- 1 cup ice
- Mint leaves, to serve

METHOD

1. Place all ingredients into blender jug, select speeds 4-5 and blend until all ingredients are crushed and mixture is thick.
2. Serve with chopped mint leaves.

PEAR AND LEMON FRAPPÉ

Serves 2

INGREDIENTS

- 1 cup canned pear
- 1 cup ice
- 1 tablespoon/20ml lemon juice

METHOD

1. Place all ingredients into the blender jug, select speeds 4-5 and blend until all ingredients are crushed and thick.
2. Serve immediately.

PINEAPPLE COCONUT CREAM COOLER

Serves 2

INGREDIENTS

1 cup/250ml pineapple juice

½ cup/125ml coconut cream

½ cup ice

METHOD

1. Place pineapple juice, coconut cream and ice into the blender jug, select speeds 4-5 and blend until well combined.
2. Serve chilled.

LIME CRUSH

Serves 2

INGREDIENTS

¼ cup/60ml fresh lime juice

1 tablespoon white sugar

1 cup/250ml mineral water

1 cup ice

1 lime, thinly sliced

METHOD

1. Place lime juice, sugar, mineral water and ice into the blender jug, select speed 5, and blend until well combined.
2. Serve with lime slices.

MANGO SMOOTHIE

Serves 2

INGREDIENTS

1 mango, peeled and sliced
¾ cup unflavoured yoghurt
½ cup/125ml orange juice

METHOD

1. Place mango, yoghurt and orange juice into blender jug, select speed 5 and blend until smooth.
2. Serve immediately.

STRAWBERRY SMOOTHIE

Serves 2

INGREDIENTS

150 g strawberries
1 cup/250ml milk
2 scoops vanilla ice cream
Strawberry topping, to serve

METHOD

1. Place the strawberries, milk and ice cream into blender jug, select speed 5 and blend until smooth and well combined.
2. Pour into tall glasses and drizzle with strawberry topping.

BANANA SMOOTHIE

Serves 1

INGREDIENTS

1 banana, peeled and chopped
½ cup unflavoured yoghurt
½ cup/125ml milk
1 tablespoon honey

METHOD

1. Place banana, yoghurt, milk and honey into blender jug, select speed 5 and blend until well combined.
2. Serve immediately.

BANANA, SOY AND PEANUT SMOOTHIE

Serves 2

INGREDIENTS

1 banana, peeled and chopped
1 cup/250ml soy milk
1 tablespoon smooth peanut butter
½ cup natural yoghurt

Place banana, milk, peanut butter and yoghurt into blender jug, select speed 5 and blend until well combined.

Serve immediately.

Breville

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