





► **FRUIT PUREE**

 CUP (ML)	 ICE	 MIXER FRUIT PUREE	 LOW FAT YOGHURT	 LIQUID *	 TECHNIQUE
360 ml.	1 SCOOP	40 ml.	125 ml.	30 ml.	BLEND
420 ml.	1 SCOOP	50 ml.	140 ml.	45 ml.	BLEND
480 ml.	1 SCOOP	60 ml.	150 ml.	60 ml.	BLEND

► **FRUIT PUREE & SYRUP**

 CUP (ML)	 ICE	 MIXER FRUIT PUREE	 MIXER SYRUP	 LOW FAT YOGHURT	 LIQUID *	 TECHNIQUE
360 ml.	1 SCOOP	30 ml.	15 ml.	125 ml.	30 ml.	BLEND
420 ml.	1 SCOOP	40 ml.	20 ml.	140 ml.	45 ml.	BLEND
480 ml.	1 SCOOP	50 ml.	25 ml.	150 ml.	60 ml.	BLEND



* LIQUID: WATER / MILK / ALMOND MILK
COCONUT WATER / SOY MILK / SKIMMED MILK

Jummy
Smoothie

► FRUIT PUREE

 CUP (ML)	 ICE	 MIXER FRUIT PUREE	 WATER	 TECHNIQUE
360 ml.	FULL CUP	40 ml.	90 ml.	BLEND
420 ml.	FULL CUP	50 ml.	120 ml.	BLEND
480 ml.	FULL CUP	60 ml.	150 ml.	BLEND

► FRUIT PUREE & SYRUP

 CUP (ML)	 ICE	 MIXER FRUIT PUREE	 MIXER SYRUP	 WATER	 TECHNIQUE
360 ml.	FULL CUP	30 ml.	15 ml.	90 ml.	BLEND
420 ml.	FULL CUP	40 ml.	20 ml.	120 ml.	BLEND
480 ml.	FULL CUP	50 ml.	25 ml.	150 ml.	BLEND



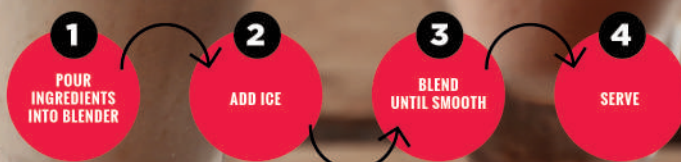
Refreshing
Smoothie

▶ FRUIT PUREE

 CUP (ML.)	 ICE	 MIXER PUREE	 ICE CREAM	 MILK	 TECHNIQUE
360 ml.	1 SCOOP	40 ml.	120 ml.	30 ml.	BLEND
420 ml.	1 SCOOP	50 ml.	140 ml.	45 ml.	BLEND
480 ml.	1 SCOOP	60 ml.	150 ml.	60 ml.	BLEND

▶ FRUIT PUREE & SYRUP

 CUP (ML.)	 ICE	 MIXER PUREE	 SYRUP	 ICE CREAM	 MILK	 TECHNIQUE
360 ml.	1 SCOOP	30 ml.	15 ml.	120 ml.	30 ml.	BLEND
420 ml.	1 SCOOP	45 ml.	15 ml.	140 ml.	45 ml.	BLEND
480 ml.	1 SCOOP	50 ml.	20 ml.	150 ml.	60 ml.	BLEND



Milkshakes