

SMOOTHIE

ORANGE BLUSH

PREP: 5 MINUTES | **CONTAINER:** 32-OUNCE SINGLE-SERVE CUP | **MAKES:** 2 (16-OUNCE) SERVINGS

INGREDIENTS

1 cup watermelon, cut in 1-inch pieces
2 cups orange juice
1 cup frozen strawberries
1/2 cup ice cubes

DIRECTIONS

1. Place all ingredients in the 32-ounce Single-Serve Cup in the order listed, then install the blade assembly.
2. Select SMOOTHIE.
3. Remove blades from cup after blending.

SMOOTHIE

MAPLE ALMOND BUTTER SMOOTHIE

PREP: 2 MINUTES | **CONTAINER:** 32-OUNCE SINGLE-SERVE CUP | **MAKES:** 2 (16-OUNCE) SERVINGS

INGREDIENTS

1 1/2 cups almond milk
3 tablespoons almond butter
2 tablespoons maple syrup
3 small frozen bananas, cut in quarters
1/2 cup ice cubes

DIRECTIONS

1. Place all ingredients in the 32-ounce Single-Serve Cup in the order listed, then install the blade assembly.
2. Select SMOOTHIE.
3. Remove blades from cup after blending.

THE GREEN NINJA SMOOTHIE

SMOOTHIE

PREP: 5 MINUTES | **CONTAINER:** 32-OUNCE SINGLE-SERVE CUP | **MAKES:** 2 (16-OUNCE) SERVINGS

INGREDIENTS

2 cups plant-based milk
6 strawberries, hulled, cut in quarters
3 cups spinach
2 small frozen bananas, cut in quarters

DIRECTIONS

1. Place all ingredients in the 32-ounce Single-Serve Cup in the order listed, then install the blade assembly
2. Select SMOOTHIE.
3. Remove blades from cup after blending.

VANILLA PEACH COBBLER SMOOTHIE

SMOOTHIE

PREP: 5 MINUTES | **CONTAINER:** 32-OUNCE SINGLE-SERVE CUP | **MAKES:** 3 (10-OUNCE) SERVINGS

INGREDIENTS

2 cup whole milk
2 scoops vanilla protein powder
2 teaspoon ground nutmeg
2 teaspoon ground cinnamon
1 cup frozen peach slices

DIRECTIONS

1. Place all ingredients into the 32-ounce Single-Serve Cup in the order listed, then install the blade assembly.
2. Select SMOOTHIE.
3. Remove blades from cup after blending.

SMOOTHIE

BAHAMA MAMA

PREP: 5 MINUTES | **CONTAINER:** 32-OUNCE SINGLE-SERVE CUP | **MAKES:** 3 (10-OUNCE) SERVINGS

INGREDIENTS

2 cups whole milk
1 tablespoon granulated sugar
1 cup frozen mango chunks
1 cup frozen pineapple chunks
1 small frozen banana, cut in quarters
5 frozen strawberries

DIRECTIONS

1. Place all ingredients in the 32-ounce Single-Serve Cup in the order listed, then install the blade assembly.
2. Select SMOOTHIE.
3. Remove blades from cup after blending.

SMOOTHIE

BERRIES, MILK & HONEY SMOOTHIE

PREP: 5 MINUTES | **CONTAINER:** 32-OUNCE SINGLE-SERVE CUP | **MAKES:** 3 (10-OUNCE) SERVINGS

INGREDIENTS

1 1/2 cups milk of choice
2 tablespoons honey
1 cup raspberries
1 cup blackberries
1 cup frozen strawberries

DIRECTIONS

1. Place all ingredients in the 32-ounce Single-Serve Cup in the order listed, then install the blade assembly.
2. Select SMOOTHIE.
3. Remove blades from cup after blending.

CHOCOLATE PEANUT BUTTER & OAT SMOOTHIE

SMOOTHIE

PREP: 5 MINUTES | **CONTAINER:** 32-OUNCE SINGLE-SERVE CUP | **MAKES:** 3 (10-OUNCE) SERVINGS

INGREDIENTS

1 1/2 cups oat milk
1/2 cup oats
2 tablespoons cocoa powder
2 tablespoons creamy peanut butter
2 tablespoons maple syrup
1 teaspoon vanilla extract
1 small frozen banana, cut in quarters
1 cup ice cubes

DIRECTIONS

1. Place all ingredients in the 32-ounce Single-Serve Cup in the order listed, then install the blade assembly.
2. Select SMOOTHIE.
3. Remove blades from cup after blending.

APPLE PEANUT BUTTER SMOOTHIE

SMOOTHIE

PREP: 5 MINUTES | **CONTAINER:** 32-OUNCE SINGLE-SERVE CUP | **MAKES:** 3 (10-OUNCE) SERVINGS

INGREDIENTS

2 apples of choice, unpeeled, cored, cut in 1-inch pieces
1 cup oat milk
1 teaspoon vanilla extract
2 tablespoons peanut butter
1 teaspoon ground cinnamon
1/2 cup ice cubes

DIRECTIONS

1. Place all ingredients in the 32-ounce Single-Serve Cup in the order listed, then install the blade assembly.
2. Select SMOOTHIE.
3. Remove blades from cup after blending.

CRUSH

FROZEN GINGER MINT MOCKTAIL

PREP: 5 MINUTES | **CONTAINER:** 32-OUNCE SINGLE-SERVE CUP | **MAKES:** 2 (16-OUNCE) SERVINGS

INGREDIENTS

2 oranges, peeled, cut in quarters,
seeds removed
1/2 cup lemon juice
1 cup orange juice
1 tablespoon fresh ginger, grated
5 fresh mint leaves
1/3 cup granulated sugar
1 cup ice cubes

DIRECTIONS

1. Place all ingredients in the 32-ounce Single-Serve Cup in the order listed, then install the blade assembly.
2. Select CRUSH.
3. Remove blades from cup after blending.

CRUSH

VIRGIN MANGO DAIQUIRI

PREP: 5 MINUTES | **CONTAINER:** 32-OUNCE SINGLE-SERVE CUP | **MAKES:** 2 (16-OUNCE) SERVINGS

INGREDIENTS

Juice of 2 limes
3/4 cup simple syrup
1 cup frozen mango chunks
1 cup frozen pineapple chunks

DIRECTIONS

1. Place all ingredients in the 32-ounce Single-Serve Cup in the order listed, then install the blade assembly.
2. Select CRUSH.
3. Remove blades from cup after blending.

FROZEN HOT CHOCOLATE

CRUSH

PREP: 5 MINUTES | **CONTAINER:** 32-OUNCE SINGLE-SERVE CUP | **MAKES:** 2 (16-OUNCE) SERVINGS

INGREDIENTS

2 cups milk of choice
2 packets (2.5 ounces) hot chocolate powder
3 scoops vanilla ice cream
1/2 cup ice cubes
Whipped topping, optional

DIRECTIONS

1. Place all ingredients in the 32-ounce Single-Serve Cup in the order listed, then install the blade assembly.
2. Select CRUSH.
3. Remove blades from cup after blending.

FROZEN WHITE RUSSIAN

CRUSH

PREP: 5 MINUTES | **CONTAINER:** 32-OUNCE SINGLE-SERVE CUP | **MAKES:** 3 (10-OUNCE) SERVINGS

INGREDIENTS

1 cup milk of choice
4 ounces coffee liqueur
4 ounces Irish cream liqueur
3 scoops vanilla ice cream
1 1/2 cups ice cubes

DIRECTIONS

1. Place all ingredients into the 32-ounce Single-Serve Cup in the order listed, then install the blade assembly.
2. Select CRUSH.
3. Remove blades from cup after blending.

CRUSH

MANGO PUNCH SLUSH

PREP: 5 MINUTES | **CONTAINER:** 32-OUNCE SINGLE-SERVE CUP | **MAKES:** 3 (10-OUNCE) SERVINGS

INGREDIENTS

1/2 cup lime juice
1/2 cup orange juice
4 ounces rum
5 dashes cocktail bitters
2 cups frozen mango chunks
1/2 cup ice cubes

DIRECTIONS

1. Place all ingredients into the 32-ounce Single-Serve Cup in the order listed, then install the blade assembly.
2. Select CRUSH.
3. Remove blades from cup after blending.

CRUSH

FRO-JITO

PREP: 5 MINUTES | **CONTAINER:** 32-OUNCE SINGLE-SERVE CUP | **MAKES:** 3 (10-OUNCE) SERVINGS

INGREDIENTS

1/2 cup lime juice
1/2 cup seltzer
4 ounces rum
5 fresh mint leaves
2 cups ice cubes

DIRECTIONS

1. Place all ingredients in the 32-ounce Single-Serve Cup in the order listed, then install the blade assembly.
2. Select CRUSH.
3. Remove blades from cup after blending.

FROZEN SCREWDRIVER

CRUSH

PREP: 5 MINUTES | **CONTAINER:** 32-OUNCE SINGLE-SERVE CUP | **MAKES:** 3 (10-OUNCE) SERVINGS

INGREDIENTS

1 orange, peeled, cut in quarters, seeds removed
1 cup orange Juice
4 ounces vodka
2 cups ice cubes

DIRECTIONS

1. Place all ingredients into the 32-ounce Single-Serve Cup in the order listed, then install the blade assembly.
2. Select CRUSH.
3. Remove blades from cup after blending.

FROZEN STRAWBERRY LEMONADE

CRUSH

PREP: 2 MINUTES | **CONTAINER:** 32-OUNCE SINGLE-SERVE CUP | **MAKES:** 3 (10-OUNCE) SERVINGS

INGREDIENTS

1/2 cup lemon juice
1/2 cup water
1 tablespoon granulated sugar
2 cups frozen strawberries
1 cup ice cubes

DIRECTIONS

1. Place all ingredients in the 32-ounce Single-Serve Cup in the order listed, then install the blade assembly.
2. Select CRUSH.
3. Remove blades from cup after blending.

PESTO

PREP: 5 MINUTES | **CONTAINER:** 32-OUNCE SINGLE-SERVE CUP | **MAKES:** 2 ³/₄ CUPS

INGREDIENTS

3 cups fresh basil leaves
2 cups grated Parmesan
2 cups extra-virgin olive oil
Juice from 1 lemon
1/2 cup pine nuts
1 tablespoon kosher salt
1 tablespoon ground black pepper

DIRECTIONS

1. Place all ingredients in the 32-ounce Single-Serve Cup in the order listed, then install the blade assembly.
2. Select START/STOP and blend for 30 seconds, or until desired consistency is achieved.
3. Remove blades from cup after blending.

AVOCADO CAESAR DRESSING

PREP: 5 MINUTES | **CONTAINER:** 32-OUNCE SINGLE-SERVE CUP | **MAKES:** 10 (3-OUNCE) SERVINGS

INGREDIENTS

2 ripe avocados, peeled, cut in half, pits removed
4 cloves garlic, peeled
1/2 cup grated Parmesan cheese
2 oil-cured anchovy filets
1/8 teaspoon kosher salt
1/2 teaspoon ground black pepper
2 tablespoons fresh lemon juice
2 tablespoons apple cider vinegar
1 cup cold water

DIRECTIONS

1. Place all ingredients in the 32-ounce Single-Serve Cup in the order listed, then install the blade assembly.
2. Select START/STOP and blend for 30 seconds, or until desired consistency is achieved.
3. Remove blades from cup after blending.

LEMON GARLIC AOILI

PREP: 5 MINUTES | **CONTAINER:** 32-OUNCE SINGLE-SERVE CUP | **MAKES:** 2 ³/₄ CUPS

INGREDIENTS

1/4 cup fresh lemon juice
1 tablespoon water
5 cloves garlic, peeled
1 tablespoon parsley leaves
1 tablespoon kosher salt
1 tablespoon ground black pepper
2 cups mayonnaise

DIRECTIONS

1. Place all ingredients into the 32-ounce Single-Serve Cup in the order listed, then install the blade assembly.
2. Select START/STOP and blend for 40 seconds, or until desired consistency is achieved.
3. Remove blades from cup after blending.

BANANA CHOCOLATE MOUSSE

PREP: 5 MINUTES | **CONTAINER:** 32-OUNCE SINGLE-SERVE CUP | **MAKES:** 2 (16-OUNCE) SERVINGS

INGREDIENTS

3 small ripe bananas, peeled, cut in quarters
2 ripe avocados, peeled, cut in quarters, pits removed
1/3 cup chocolate syrup
1/4 cup fresh orange juice
1/4 cup unsweetened cocoa powder

DIRECTIONS

1. Place all ingredients in the 32-ounce Single-Serve Cup in the order listed, then install the blade assembly.
2. Press PULSE 3 times. Then select START/STOP and blend for 40 seconds, or until desired consistency is achieved.
3. Remove blades from cup after blending.