AVANID

ICE & PROZEN PRUITS

less and fromen fewire or veggies should be the very last. ingredient you add. Heavy frequentitions help to push the other ingredients down. For an extra-amounth bliend, try using magget los.

PRESENTATION OF

Before adding a layer of fresh fruit, out larger items like apples into small shanks to make them. more manageable.

LEAFY GREENS

Add greens like spinach and hale for this layer. Pulse the blender to get a head start on blanding the greens before adding more items. This ensures that fibrous greens get broken down thoroughly.

LEGISTON

Juice, will, or water should. be the first lover you add to the blender. This prevents cavitation, which can overwork the blades and motor of your

BLENDER JAR LAYERING GUIDE

NUTS & SECONS Hand items like roots and pends are added next.

SOFTENGREDIENTS The layer of ingredients aboutd be soft because

like popurt, silken tofu,

DOVERGREDIENTS

even give the blender

a couple of pulses to

help mix the powder

many horseps.

with the liquid, to avoid

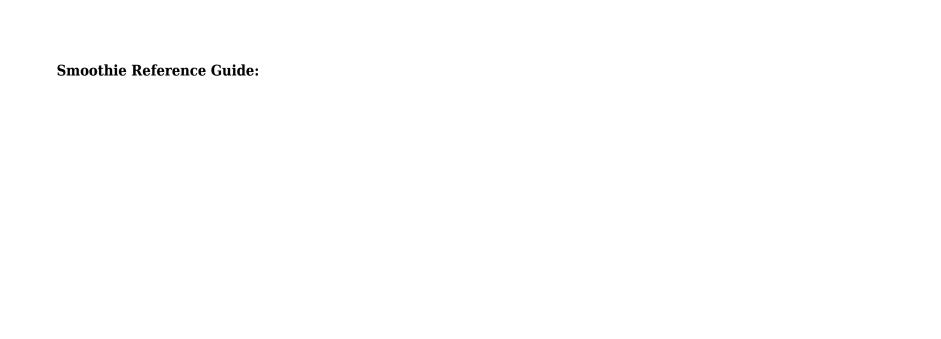
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or root butter.

To achieve the best results with your smoothies and blended drinks, follow our layering guide. Your drinks will have a consistent texture and you'll extend the life of your blender.

Smoothie Reference Guide

Rachel Sandford



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