



NUTS & SEEDS
Hard items like nuts and seeds are added next.

SOFT INGREDIENTS
The layer of ingredients should be soft items like yogurt, silken tofu, or nut butter.

DRY INGREDIENTS
This layer includes powders, sweeteners, or supplements. You can even give the blender a couple of pulses to help mix the powder with the liquid, to avoid any lumps.

ICE & FROZEN FRUITS
Ice and frozen fruits or veggies should be the very last ingredient you add. Heavy frozen items help to push the other ingredients down. For an extra-smooth blend, try using nugget ice.

FRESH FRUIT
Before adding a layer of fresh fruit, cut larger items like apples into small chunks to make them more manageable.

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

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

BLENDER JAR LAYERING GUIDE

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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