



5 Day Bluicing Plan

You no longer need to choose. You can now blend, juice or combine both and bluiice. Maximize the freshness and get 3X the flavors, variety and fun!

Day 1

App'ocado
Spice

Day 2

Beet the
Blues

Day 3

Citrus-Mango
Slushie

Day 4

Fruit Salad
Smoothie

Day 5

Peach &
Mango Yogurt
Pops

Just some of the nutritional benefits you will be getting more of



Vitamin C
Dietary Fiber
Potassium



Vitamin C
Vitamin B6
Calcium



Dietary Fiber
Vitamin C
Folate



Vitamin C
Vitamin A
Dietary Fiber



Potassium
Dietary Fiber
Vitamin C



Vitamin C
Vitamin B6
Potassium



Vitamin C
Dietary Fiber
Magnesium



Vitamin C
Magnesium
Potassium



Day 1 - App'ocado Spice

 Serves 4

1 medium (170g) avocado, skin and seed removed
2 tablespoons (15g) walnuts
½ teaspoon ground cinnamon
¼ teaspoon vanilla extract
2 handfuls (100g) baby spinach
4 (110g) ice cubes
3 medium (300g) Persian cucumbers
4 medium (720g) Granny Smith apples
Ground nutmeg, to garnish

1. Add avocado, walnuts, cinnamon, vanilla, spinach and ice into blender jug and attach to juicer spout.
2. Turn variable speed dial to speed 4 and juice cucumbers.
3. Increase speed to 10 and juice apples.
4. Remove juicer assembly and place blender jug onto motor base. Close lid securely.
5. Select Green Smoothie program.
6. Pour into glasses, garnish with a dash of nutmeg and serve immediately.

Day 2 - Beet the Blues

 Serves 4

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- 1¾ cups (250g) blueberries
 - 2 (360g) ripe pears, quartered and cored
 - 3 (100g) ice cubes
 - 1 (90g flesh) medium lemon, peeled
 - 2 small (320g) zucchini
 - 2 medium (280g) beets
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1. Place blueberries, pears and ice into blender jug and attach to juicer spout.
2. Turn variable speed dial to speed 1 and juice lemon.
3. Increase speed to 6 and juice zucchini.
4. Increase speed to 10 and juice beets.
5. Remove juicer assembly and place blender jug onto motor base. Close lid securely.
6. Select Green Smoothie program. Serve immediately.



Day 3 - Citrus-Mango Slushie

 Serves 4

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- 2 (140g flesh) limes, zested and peeled
 - 4½ cups (500g) frozen mango chunks
 - 5 mint leaves
 - 4 (110g) ice cubes
 - 5 small (800g flesh) navel oranges, peeled
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1. Place lime zest, mango, mint and ice into blender jug and attach to juicer spout.
2. Turn variable speed dial to speed 1 and juice limes and oranges.
3. Remove juicer assembly and place blender jug onto motor base. Close lid securely.
4. Select Frozen Cocktail program.
5. Serve immediately.

Day 4 - Fruit Salad Smoothie

 Serves 4

2 oranges, peel and pith removed, cut in half
1lb (500g), cubed watermelon, rind and seeds removed
8oz (250g), cubed cantaloupe
1 kiwi fruit, peeled and cut in half
16 seedless green grapes
4 ripe strawberries, hulled
6 ice cubes

1. Add strawberries and ice into blender jug and attach to juicer spout.
2. Place oranges into feed chute and juice on speed 2, using the variable speed dial.
3. Increase speed to 4 and juice watermelon, cantaloupe, kiwi fruit and grapes.
4. Remove juicer attachment and place blender jug onto motor base. Close lid securely.
5. Select Smoothie program.
6. Pour smoothie evenly into 4 chilled glasses. Serve immediately.



Day 5 - Peach & Mango Yogurt Pops

 Makes 8 yogurt pops

2 ripe peaches, stone removed and cut in half
2 oranges, peeled and cut in half
1 large (12oz / 375g) ripe mango, peeled, stone removed and cubed
4 tablespoons (2oz / 60ml) low-fat peach-mango yogurt or fruit soy yogurt
1 tablespoon (½oz / 15ml) honey

1. Add mango, yogurt and honey into the blender jug and attach to juicer spout.
2. Place peach into feed chute and juice on speed 10, using the variable speed dial.
3. Reduce speed to 2 and juice oranges.
4. Remove juicer attachment and place blender jug on motor base. Close lid securely.
5. Select speed 6 and blend for 60 seconds or until smooth.
6. Pour mixture into ice pop trays or ice cube trays until frozen.