



# 1000W ROCKET BLENDER PRO SET

(10-PIECE)

KANM10PC1WA



# Green Healthy Smoothie



## Method

1. Add all the ingredients to the tall mixing cup and twist on the extractor blade.
2. Lock on and mix until smooth.

## Ingredients

- 100g Spinach
- 1 Avocado
- 2 Bananas
- 300ml Yoghurt

# Hummus



## Method

1. Add all the ingredients into the tall mixing cup.
2. Twist on the extractor blade and blend until smooth.
3. Add salt and pepper to taste.
4. Serve with warm pita bread.

## Ingredients

- 60ml Chicken or Vegetable Stock
- 400g Can Chickpeas (Drained)
- 3 Cloves of Garlic
- 2tbs Lemon Juice
- 3tbs Tahini (Sesame Paste)

# Strawberry Daiquiri



## Method

1. Fill the tall mixing cup and twist on the extractor blade.
2. Add all the ingredients and blend until smooth.

## Ingredients

- Ice
- 120ml Daiquiri Mix
- 60ml Light Rum
- Handful of Fresh or Frozen Strawberries

# Margarita



## Method

1. Fill the tall mixing cup and twist on the extractor blade.
2. Add all the ingredients and blend until smooth.

## Ingredients

- Ice
- 45ml Tequila
- 30ml Fresh Lime Juice
- 15ml Triple Sec or Cointreau
- 1tsp Sugar

# Classic Milkshake



## Ingredients

- Splash of milk
- Few scoops of vanilla ice cream

## Method

1. Add all the ingredients into the tall mixing cup and twist on the extractor blade.
2. Blend until smooth.
3. Add more milk if the consistency is too thick.
4. To create different flavours, add different ingredients to the classic recipe, for example, chocolate syrup, blueberries, strawberries, banana, peanut butter.

# Iced Mocha



## Method

1. Brew a pot of coffee.
2. Fill the tall mixing cup with ice. Add chocolate, milk, sugar then fill the cup to the top with coffee.
3. Twist on extractor blade and blend until smooth.
4. Pour into cups and serve.
5. As desired, add whipping cream to small mixing cup and blend with the milling blade for 5 seconds. Add to the top of the coffee and serve.

## Ingredients

- 2 Cups of Coffee
- 2-3tbs Chocolate Syrup (or Cocoa Powder)
- 2 Cups Milk
- 1-2tsp Sugar (Optional)
- 1 1/2 Cups Ice



# Strawberry Banana Smoothie



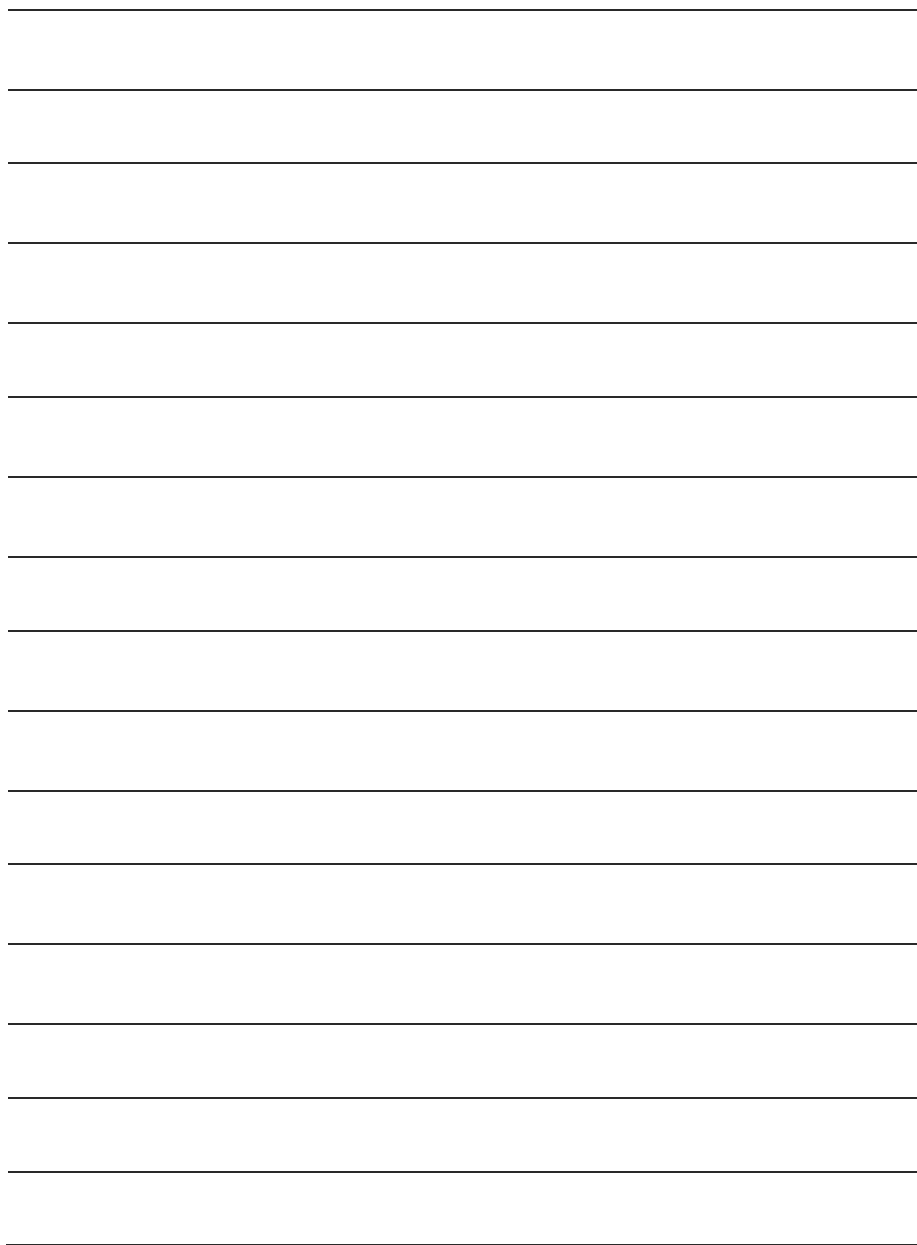
## Method

1. Add all the ingredients to the tall mixing cup and twist on the extractor blade.
2. Lock on and mix until smooth.

## Ingredients

- Handful of Fresh or Frozen Strawberries
- 1 Banana
- 1 Cup of Ice
- Splash of Orange Juice





kügan