

1000W Liquidiser

Recipe Booklet



Bellini®

BTGW845

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Smoothies & Shakes

Power Puncher

Handful of Kale
Bunch of green grapes
Cucumber
Granny Smith apple

Fill to the MAX indicator mark with spring water.
Juice Away!

Vitality Bonanza

1 Apple
1 pear, handful of cherries (stone removed)

Fill to the MAX indicator mark with spring water.
Juice Away!

Antioxidant Amore

Handful of blueberries
Handful of strawberries
Handful of blackberries
1/2 mango

Fill to the MAX indicator mark with spring water.
Juice Away!

Mint Mania

Serves 1

100ml almond milk
100ml coconut water
40g baby spinach
50g unsalted cashew nuts, soaked
1 large banana
1/4 tsp spirulina powder
1/2 tbsp protein powder
1/2 tsp chorella powder
1/2 tsp wheatgrass powder
Handful of mint leaves
1/2 tsp vanilla extract
Splash of peppermint extract
60g ice cubes

Add all ingredients, to the tall cup, attach the cross blade and blend until smooth.

Soother

2 Carrots
2 celery sticks
1 apple, broccoli
2 asparagus spears
Table spoon olive oil
Sprinkling parsley

Fill to the MAX indicator mark with spring water.
Juice Away!

Gourmet Gazpacho

Serves 1

1/4 cucumber, peeled
1/4 avocado, peeled and chopped
1 tomato, quartered
1/2 tbsp onion, finely chopped
1/4 red capsicum, seeded and roughly chopped
1 tbsp lime juice
1 tbsp coriander, finely chopped
A few ice cubes
Pinch of salt, pepper, chilli flakes

Add all ingredients, to the tall cup, attach the cross blade and blend until smooth.



Green Machine

1 Apple
2 celery sticks
1 orange
Handful of spinach
Lemon juice

Fill to the MAX indicator mark with spring water.
Juice Away!

Rise & Shine

Serves 1

3/4 cup pomegranate juice
1/2 cup coconut water
1 large banana, cut into chunks
1 tbsp almonds
1/2 tsp honey

Add all ingredients to the tall cup, attach the cross blade and blend until smooth.

Citra-Sational

2 slices pineapple
1 apple
1 grapefruit

Fill to the MAX indicator mark with spring water.
Juice Away!

Protein Performer

Serves 1

120ml almond milk
1/4 tsp probiotic powder
1/2 tbsp protein powder
3 apples, unpeeled, cored and diced
40g baby spinach
1/2 banana
1 tbsp raw almond butter
1/2 tbsp lime juice
1 tsp fresh ginger
Pinch of salt
60g ice cubes
1 date, pitted

Add all ingredients to the tall cup, attach the cross blade and blend until smooth.

Terrific Tomato

2 tomatoes
Half a capsicum
2 celery sticks
Touch spring onion
1 garlic glove
Touch of pepper

Fill to the MAX indicator mark with spring water.
Juice Away!

Antioxidant Surge

Serves 1

60ml coconut water
1 tbsp dried açai powder
300g mixed berries (fresh or frozen),
40g seedless red grapes
1/2 pear, unpeeled, cored and diced
1/4 tsp grated fresh ginger
Pinch of ground cinnamon
1/4 tsp finely grated orange zest
60g ice cubes
1 pitted date, chopped

Add all ingredients to the tall cup, attach the cross blade and blend until smooth.



Body Balance Blaster

2 handfuls of spinach
1/2 cup raspberries
1 banana
6 almonds
3 tbs raw cacao

Fill to the MAX indicator mark with spring water.
Juice Away!

The Rasp-Cado

Serves 1

150g avocado, peeled and cubed
1 cup apple juice
60g raspberries

Add all ingredients, to the tall cup, attach the cross blade and blend until smooth.

The Relaxer

1/2 raw beet
8 red seedless grapes
3 small broccoli florets
8 blueberries
1 tbs goji berries
1/2 inch of ginger root
Dash of coconut milk

Fill to the MAX indicator mark with spring water.
Juice Away!

Berry - Beet

Serves 1

150g strawberries
60g raspberries
60g sliced beetroot
1/4 cup non-fat Greek yoghurt
1/4 cup fresh orange juice
1 tsp apricot nectar

Add all ingredients to the tall cup, attach the cross blade and blend until smooth.

Young At Heart

- 1 handful of kale
- 1/2 avocado (pitted and peeled)
- 2 medium apricots
- 1 cup blueberries
- 8 walnut halves
- 1 kiwi fruit (peeled)

Fill to the MAX indicator mark with spring water.
Juice Away!

Raspberry Celery

Serves 1

- 1 large banana
- 150g frozen raspberries
- 5 stalks celery, cut into chunks
- 250ml coconut water

Add all ingredients to the tall cup, attach the cross blade and blend until smooth.

Sleepy Hollow

- 1 handful of spinach
- 1 banana
- 1/2 cup raspberries
- 1/2 cup blackberries
- 1 tbs pumpkin seeds
- 1 tbs sunflower seeds
- 1 tbs Chia seeds

Fill to the MAX indicator mark with spring water.
Juice Away!

Spinach & Melon

Serves 1

- 150g baby spinach leaves
- 250g watermelon, cut into chunks
- 1/3 cup non-fat Greek yoghurt

Add all ingredients to the tall cup, attach the cross blade and blend until smooth.

Glowing Beauty

1 handful of swiss chard
1/2 cup pineapple
1/2 cup strawberries
1 tbs goji berries
8 cashews

Fill to the MAX indicator mark with spring water.
Juice Away!

Spintrus

3 to 4 spinach leaves
1 banana
1/8 cup pumpkin seeds
1 orange (peeled)
1 stick of celery

Fill to the MAX indicator mark with spring water.
Juice Away!

Drinks

Electrifying Energizer

1 cup lychees in syrup
1/2 peach
1 apricot
Fill with coconut water

Fill to the MAX indicator mark.
Juice Away!

Immunity-Booster

Serves 1

350ml water
2 carrots, peeled and chopped
1 small green apple, cored and chopped
1 tbsp lemon juice
1 tsp finely grated ginger
Pinch of cinnamon, cayenne pepper

Add all ingredients to the tall cup, attach the cross blade and blend until smooth. Drink straight, chilled or over ice.

Skin Rejuvenation

Serves 1

- 1 green tea bag
- 350ml boiling water
- 2 kiwi fruit, peeled and chopped
- 1 small green apple, cored and chopped
- 45g baby spinach
- 1 tsp flaxseed oil
- 1 tbsp lemon juice
- Pinch of finely grated lemon rind

Steep the tea bags in the boiling water for 3 minutes. Remove the bags and allow the tea to cool. Add all ingredients and the tea to the tall cup, attach the cross blade and blend until smooth. Strain through a fine sieve, chill and serve.



Refueller

1 x Orange
1 handful of almonds
1 x sweet potato, peeled and chopped coarsely into cubes
1 pear

Fill to the MAX indicator mark with spring water.
Juice Away!

Ginger & Lemon

Serves 1 - 2

240ml water
60ml lemon juice
240g diced pineapple
1/2 tbsp finely grated ginger
1 tbsp apricot nectar

Add all ingredients to the tall tumbler, attach the cross blade and blend until smooth. Strain through a fine sieve, chill and serve.

Grape & Mint Lemonade

Serves 1 - 2

250ml water
60ml lemon juice
340g green, seedless grapes
15 mint leaves
1 tbsp apricot nectar

Add all ingredients to the tall cup, attach the cross blade and blend until smooth. Strain through a fine sieve, chill and serve.

Doctor Detox

5cm-piece fresh ginger, peeled, sliced

1 beet

1 carrot, chopped into rough cubes

1 apple, chopped into rough cubes

Handful of parsley

Fill to the MAX indicator mark with spring water.

Juice Away!

Pick-Me-Up

Serves 1

240ml coconut water

50g baby spinach

2 small lemons, peeled, quartered and seeded

1 cucumber, peeled and roughly chopped

1 red apple, cored and chopped

1 tsp finely chopped ginger

Add all ingredients to the tall cup, attach the cross blade and blend until smooth. Strain through a fine sieve and drink chilled or over ice.



Blueberry & Basil Lemonade

Serves 1 - 2

240ml water
60ml lemon juice
240g chopped blueberries
40ml agave nectar
10g basil

Add all ingredients to the tall cup, attach the cross blade and blend until smooth. Strain through a fine sieve, chill and serve.

Spark Up

2 carrots, chopped into rough cubes
1 apple, chopped into rough cubes
1 orange, peeled
Fill with green tea
1 tsp honey

Fill to the MAX indicator mark.
Juice Away!

Chilled Celery & Avocado

Serves 2

180ml water
215g celery, peeled, seeded, diced
1 avocado, peeled and chopped
1 handful of rocket
1 handful of coriander leaves, finely chopped
1 1/2 tbsp lime juice
1 tbsp extra virgin olive oil
1/2 tbsp spring onion, finely chopped
1/4 tsp chilli, finely chopped
1/2 tsp salt

Add all ingredients to the tall cup, attach the cross blade and blend until smooth.

Savoury Snacks

Bacon & Cheese Omelette

Serves 1

3 eggs
1 slice bacon
1 slice cheddar cheese
1/2 cup fresh spinach leaves

Add all ingredients to the tall cup, attach the cross blade and mix until well blended. Pour into a preheated pan sprayed with cooking oil cook until done.

Beef Burgers

Makes 2 large or 3 - 4 smaller burgers

250g beef mince
1 onion
1 slice of bread crust
2 tbsp Worcestershire sauce
Ground pepper to taste

Place the onion in the tall cup, attach the cross blade and blend in short pulses until finely chopped.
Place the bread in the short tumbler, attach the cross blade and pulse until fine crumbs.

Add the mince, breadcrumbs and Worcestershire sauce to the onions in the tall cup, attach the cross blade and blend until mixed thoroughly.

Form burgers from the mixture using your hands and either grill or fry in a frypan with a little vegetable oil until cooked through.



Desserts

Cutie Citrus

Serves 4

80ml light agave nectar
120ml lemon juice
120ml lime juice
2 ripe avocados, pitted and peeled
1 chopped banana
1 tsp finely grated lemon zest

Add all ingredients to the tall cup, attach the cross blade and blend until smooth. Chill for 3 hours. Serve the same day.

Mango & Lime

Serves 3

120ml coconut water
320g fresh chopped mango
1 1/2 tbsp lime juice
1 tsp finely grated lime zest

Add all ingredients to the tall cup, attach the cross blade and blend until smooth.

Transfer to a baking dish, cover and freeze for 1 hour. Remove from the freezer and stir with a fork, mashing up any frozen bits. Freeze for another 2 hours.

Using a fork, scrape to form icy flakes and serve in glasses.



Dark Chocolate

Serves 2 - 4

120ml almond milk
1 ripe avocado, pitted and peeled
1 1/2 tbsp cacao powder
60ml honey
1 tsp vanilla extract
Pinch of cinnamon, salt

Add all ingredients to the tall cup, attach the cross blade and blend until smooth. Chill for 3 hours. Serve the same day.



Condiments

French Dressing

40ml extra virgin olive oil
50ml apple cider vinegar
60ml fresh tomato ketchup or preferred brand
1 tbsp lemon juice
2 tsp maple syrup
1 clove garlic
1/2 tsp soy sauce
3/4 tsp dried tarragon
3/4 tsp salt
1/2 tsp freshly ground black pepper

Add all ingredients, to the tall cup, attach the cross blade and blend until smooth. Keep in the fridge until ready to serve.

BBQ Sauce

120ml apple juice
60ml maple syrup
2 tbsp molasses
170g tomato puree
2 tbsp soy sauce
1 tbsp mustard
2 tbsp apple cider vinegar
1 tbsp lemon juice
1 tsp finely chopped garlic
1/2 tsp onion powder
Pinch of salt, ground black pepper, chilli powder

Add all ingredients to the tall cup, attach the cross blade and blend until smooth. Store in an airtight container, in the fridge, for up to 4 days.



Eggless Mayo

60ml water
140g raw, unsalted cashews, soaked
30g chopped cauliflower florets
50ml virgin olive oil
2 tsp yellow mustard
1 tsp apple cider vinegar
3 tbsp lemon juice
1 tsp palm sugar
1/4 teaspoon salt

Add all ingredients to the tall cup, attach the cross blade and blend until smooth. Store covered in the fridge for up to 5 days.

Tomato Ketchup

2 cans chopped tomatoes
2 tbsp tomato puree
50g diced red onion
1 clove garlic, roughly chopped
2 tbsp maple syrup
2 tbsp apple cider vinegar
1/2 tsp Worcestershire sauce
1/2 tsp salt
Pinch of mustard powder, ground black pepper

Add all ingredients to the tall cup, attach the cross blade and blend until smooth. Transfer to a saucepan and bring to the boil over high heat. Reduce the heat and simmer for about 30 minutes, stirring occasionally. Let the ketchup cool to room temperature. Transfer to a sealable glass container and keep in the fridge for up to 1 week.



Cranberry Sauce

250g cranberries
1 orange, peeled and chopped
120ml orange juice
60ml maple syrup
1 tsp ginger, freshly grated
1 tsp orange zest, finely grated
1/4 tsp ground cinnamon

Add all ingredients, to the tall cup, attach the cross blade and blend until well combined but still a little chunky. Transfer to a sealable container and chill for 30 minutes. The sauce will keep in the fridge for up to 4 days.

Caesar Salad

60ml almond milk
60ml extra virgin olive oil
1 tbsp lemon juice
30g raw almonds, soaked
1 tbsp pine nuts, soaked
1 tbsp sunflower seeds
1 tbsp capers, drained and rinsed
1 tsp Dijon mustard
1 1/2 tsp soy sauce
1 clove garlic, finely chopped
1/4 tsp salt

Add all ingredients to the tall tumbler, attach the cross blade and blend until nearly smooth. Chill in the fridge.



Notes

Notes

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