



Preparation manual Blenders Fresh Fruit Express (FFE)

FRUIT OR VEGGIE SMOOTHIE



- Pour **250 ml** Fresh Fruit Express Smoothie Express base fruit juice* for each fruit smoothie or 300 ml Fresh Fruit Smoothie Express base fruit juice* for each veggie smoothie in the blender.
- Put 1 **frozen** Fresh Fruit Express bag or 1 **frozen** Veggie Express bag with 150 grams of frozen fruit or frozen vegetables in the blender.
- Then turn on the blender and wait for about 30-40 seconds until the smoothie is blended. 2 and 3 smoothies need about 15 to 45 seconds longer.
The Fresh Fruit Express blender push button 1 for 1 fruit smoothie, button 2 for 2 smoothies, button 3 for 3 fruit smoothies and button 4 for 1 fruit smoothie with less noise.
- Then turn off the blender again.
- Pour the smoothie into a large glass (400 ml) or our special smoothie disposable cup and present them with our coloured straws with a diameter of 8 mm (see our web shop).



* You use *Fresh Fruit Express Smoothie Base Fruit juice 100% fruit.*

FRUIT MILKSHAKE

- Pour **250 ml** Fresh Fruit Express Smoothie Express base fruit juice* in the blender.
- Put 1 **frozen** Fresh Fruit Express bag with 150 grams of frozen fruit in the blender.
- Add soft ice-cream, milkshake or 2 scoops of ice-cream for each milkshake.
- Then turn on the blender and wait until the fruit milkshake is blended. 2 and 3 fruit milkshakes need about 30 to 60 seconds longer.



Preparation manual Blenders Fresh Fruit Express (FFE) **FRESH PINA COLADA / COCKTAILS**

- Pour 250 ml FFE Base fruit juice in the blender for each cocktail.
- Add 35 ml Bacardi Lemon or rum* for each Pina Colada**.
- Put 1 **frozen** FFE bag with 150 grams of pineapple mango*** in the blender for the Pina Colada cocktail. With Pina Colada and Red Daiquiri, you can add lemon juice.
- Add two spoons of our FFE Pina Colada instant mix (50 gr.) for each Pina Colada****.
- Add another 3-5 ice cubes.
- Then turn on the blender and wait until the cocktails are blended.
- Pour the smoothie into a large glass (400 ml) or our special smoothie disposable cup and present them with our coloured straws with a diameter of 8 mm (see our web shop).

* **For our other cocktails replace the rum by Baileys, Gin or Vodka (see our menu card).**

** **For a Pina Colada or other fruit cocktail without alcohol, don't add alcohol.**

*** **For our other cocktails use our smoothie fruit mixes which are mentioned on the menu card.**

**** **Don't use coco powder for our other cocktails.**

Other important points:

- Order our Smoothie and transparent cups and coloured straws at our web shop on the website.
- It is not necessary to wash the jars every time with water after blending. Blend from light to dark.
- Don't use the dishwasher, because it shortens the life of your jars.
- With FFE Smoothie Base fruit juice your fruit smoothies are 100% fruit and contain less calories. Also perfect as the base for our veggie smoothies.
- **It is very important that you don't freeze your fruit and veggie mixes colder than minus 18-20 degrees.**
- You can prepare your smoothie in advance, because our smoothies don't start separating for 4-6 hours in the fridge. Smoothies can be sold for 48 hours after preparation. You can prepare 60 smoothies in 15min.
- If you blend large quantities remove the frozen bags from the freezer at least 5 minutes in advance. Blend the fruit mixes with largest fruit chunks at the end (for example Mango-Banana).
- Don't add ice cubes with our smoothies and fruit milkshakes. With cocktails, you can add ice cubes.
- You can also use our fruit smoothies/cocktails as fruit shots with a High Tea, reception or like an amuse.
- De fruit milkshake is also used as dessert. (for example: raspberry-mango with chocolate ice-cream).
- It is also fun to offer different small 100 ml smoothies as Smoothie festival.
- Don't blend more than 3 fruit or veggie smoothies at the same time. Your jar will break!
- We advise you to use the IKEA Godis glass 40 cl (is 400 ml or 400 cc).
- **You can also prepare a Pina Colada milkshake with 3 litres of full cream long-life milk and 2 x 500g Pina Colada Instant mix in a Slush. 5 days shelf life. Slush machines are available at our website.**