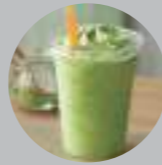




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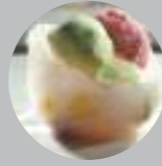
Blend creamy smoothies



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Make ice-cream with frozen fruits



Grind dry masalas and chutneys



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Sanyee Kapoor



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FOR 2 SERVINGS

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Goblin

Ingredients

- Greek yogurt..... $\frac{2}{3}$ cup
- Banana..... 1 cup
- Pineapple..... 1 cup
- Spinach..... 1 cup
- Apple juice or skimmed milk..... $\frac{1}{4}$ / $\frac{1}{2}$ cup
- Ice cubes..... if desired

Method

Place all the ingredients in Wonderchef Digital Power Blender & select 'Smoothie' function. If you are using frozen fruits, then use $\frac{1}{2}$ cup of liquid instead of just $\frac{1}{4}$. Serve immediately.

Health Benefits

Potassium | Vitamin B6 | Vitamin B12 | Fiber |
Protein | Vitamin C | Manganese

Cloudy Sky

Ingredients

- Milk 2 cups
- Greek yogurt 1 cup
- Blueberries 2½ cups
- Oats 1½ cup
- Honey 2 tbsp
- Vanilla extract 1 tsp
- Cinnamon ½ tsp
- Ice cubes if desired

Method

Place all the ingredients in Wonderchef Digital Power Blender and select 'Smoothie' function. Serve immediately.

Health Benefits

Potassium | Calcium | Protein | Vitamin B6 | Vitamin B12 |
Anti-oxidants | Carbohydrates | Iron | Zinc





Sunrise

Ingredients

- Milk 1 cup
- Mango puree ½ cup
- Orange 1 cup
- Banana 1 cup
- Dates 1 cup

Method

Place all the ingredients in Wonderchef Digital Power Blender and select 'Smoothie' function. Serve immediately.

Health Benefits

Potassium | Calcium | Protein | Minerals |
Vitamin C | Vitamin B6 | Vitamin B12

Muscle Master

Ingredients

- Milk 1 cup
- Cucumber ½ cup
- Banana 1 cup
- Spinach 1 cup
- Vanilla protein powder 1 scoop

Method

Place all the ingredients in Wonderchef Digital Power Blender and select 'Smoothie' function. Serve immediately.

Health Benefits

Calcium | Protein | Vitamin B6 | Vitamin B12 |
Magnesium | Fiber



Gentleman

Ingredients

- Coconut water 1 cup
- Banana ½ cup
- Romaine lettuce 2 leaves
- Cucumber ½ cup
- Spinach 1 cup
- Apple 1 peeled and chopped

Method

Place all the ingredients in Wonderchef Digital Power Blender and select 'Smoothie' function. Serve immediately.

Health Benefits

Calcium | Phosphorous | Magnesium | Potassium | Fiber | Vitamin C

Pumpkin Smoothie

Ingredients

- Milk 1 cup
- Oats ½ cup
- Banana 1 ripe
- Pumpkin puree ½ cup
- Nutmeg powder 1 tsp
- Ginger powder 1 tsp
- Ice cubes if desired

Method

Place all the ingredients in Wonderchef Digital Power Blender. Select 'Smoothie' function. If necessary, add more milk to get a smooth consistency. Serve chilled with ice.

Health Benefits

Vitamin E | Thiamin | Niacin | Vitamin B6 | Folate | Iron |
Magnesium | Phosphorus



Sweet Potato Smoothie

Ingredients

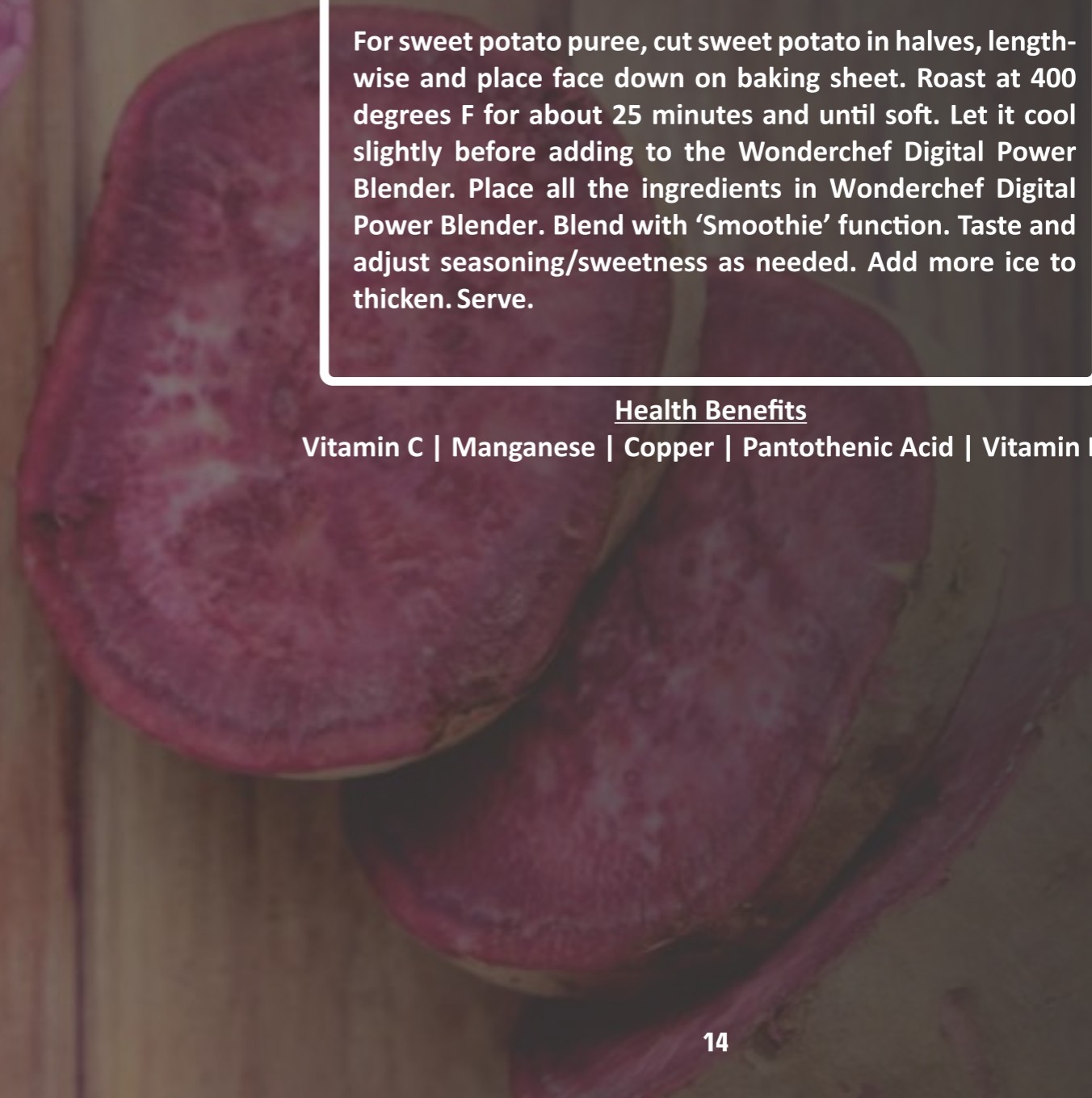
- Sweet potato puree ½ cup
- Banana 1 cup
- Cinnamon powder..... ¼ tsp
- Orange juice beverage ¾ cup
- Milk ½ cup
- Ice cubes if desired
- Vanilla protein powder..... 1 scoop

Method

For sweet potato puree, cut sweet potato in halves, length-wise and place face down on baking sheet. Roast at 400 degrees F for about 25 minutes and until soft. Let it cool slightly before adding to the Wonderchef Digital Power Blender. Place all the ingredients in Wonderchef Digital Power Blender. Blend with 'Smoothie' function. Taste and adjust seasoning/sweetness as needed. Add more ice to thicken. Serve.

Health Benefits

Vitamin C | Manganese | Copper | Pantothenic Acid | Vitamin B6



Papaya Smoothie

Ingredients

- Medium papaya ½ cup
- Banana 1 cup
- Almond milk 1½ cup
- Ground turmeric 1 tsp
- Lemon juice 1 tsp
- Honey 2 tbsp
- Ice cubes 1 cup

Method

Place all the ingredients in Wonderchef Digital Power Blender. Select 'Smoothie' function and blend until smooth. Serve immediately.

Health Benefits

Carotenes | Vitamin C | Flavonoids | Vitamin B | Folate |
Pantothenic Acid | Minerals | Potassium | Copper | Magnesium | Fiber



Coffee Banana Smoothie

Ingredients

- Fresh brewed coffee, cooled $\frac{3}{4}$ - 1 cup
- Banana 1 medium
- Honey $\frac{1}{2}$ tbsp
- Ice cubes $\frac{1}{2}$ cup
- Yogurt $1\frac{1}{2}$ cup
- Cinnamon 1 tsp

Method

Cool down the coffee by placing it in the freezer for 10 minutes. In the meanwhile, slice the banana onto a plate and place it in the freezer.

Combine the coffee, banana, ice and honey in Wonderchef Digital Power Blender and blend until smooth using the 'Smoothie' function. Add the yogurt and any of the remaining ingredients you wish to use. Transfer to the glasses and serve cold.

Health Benefits

Potassium | Vitamin B6 | Vitamin B12 | Magnesium | Fiber | Protein

Sunrise Smoothie

Ingredients

- Baby carrots, chopped..... 1½ cup
- Pineapples, chopped..... 1 cup
- Orange juice..... ¼ cup
- Ripe banana..... ½ cup
- Water..... 1 cup

Method

Add all the ingredients in Wonderchef Digital Power Blender. Blend with 'Smoothie' function. Serve immediately.

Health Benefits

Beta-carotene | Fiber | Vitamin K | Potassium | Anti-oxidants



Coconut Cauliflower Soup

Ingredients

- Cauliflower including the stem..... 1 large
- Olive oil 3 tsp
- Salt..... 1 tsp
- Onion, chopped..... 1 medium
- Carrots, chopped..... 4
- Ginger, chopped..... 2 tbsps
- Garlic crushed..... 3 cloves
- Ground turmeric..... 1 tsp
- Water..... 5 cups
- Coconut milk..... 1 cup
- Sliced green onion, chili,
freshly squeezed lime juice..... to garnish

Method

Pre-heat oven to 420 degrees. Line a baking sheet with butter paper. Place the chopped cauliflower on the baking sheet, drizzle with 1 teaspoon of olive oil and sprinkle salt. Roast the cauliflower for 30-40 minutes, or until it is soft and dark brown. Heat the remaining 2 teaspoons of olive oil in a large pot over medium-high heat. Add the onion and sauté for 5 minutes. Add the carrots and continue to cook, stirring. Occasionally, until both the carrots and onions are brown for about 10 minutes. Add the ginger and garlic and cook for 1 minute. Add the turmeric and cook for 1 more minute. De-glaze the pan with a splash of the water, scraping the bottom of the pot to remove dark bits. Add the remaining stock and bring the pot to a boil. Reduce the heat to low and gently simmer until the cauliflower has finished cooking. Pull the cauliflower from the oven and add it to the pot. Blend the soup in Wonderchef Digital Power Blender with 'Bisque' function. Add the coconut milk and season to taste with salt. Serve the soup garnished with the reserved cauliflower florets, chilli, green onion & lemon juice.

Health Benefits

Vitamin K | Protein | Thiamin | Riboflavin | Niacin | Magnesium |
Phosphorus | Fiber | Vitamin B6

Black Bean Soup

Ingredients

- Black beans 150 gms
- Diced tomatoes 2
- Water 1½ cup
- Capsicum ½ cup
- Onion chopped ½ cup
- Coriander chopped ⅓ cup
- Cumin 1 tsp
- Minced garlic 1 tsp
- Salt ½ tsp
- Roasted chilly paste to taste

Method

Place all the ingredients in Wonderchef Digital Power Blender and select 'Bisque' function. Pour blended soup into Wonderchef Granite Saucepan and heat through. Serve hot.

Health Benefits

Copper | Manganese | Vitamin B1 | Phosphorus | Protein | Magnesium | Iron

Spiced Watermelon Soup

Ingredients

- Watermelon 2 kg
- Yogurt ½ cup
- Grated fresh ginger 1 tsp
- Lemon juice 10ml
- Salt a pinch
- Ground nutmeg a pinch
- Mint leaves, chopped 5 / 6 leaves

To garnish

Dollop of yogurt, crushed walnuts, fresh basil or mint leaves, drizzle of honey

Method

Place all the ingredients in Wonderchef Digital Power Blender and blend with 'Bisque' function. Refrigerate until well chilled, preferably overnight. Garnish as desired and serve.

Health Benefits

Vitamin A | Vitamin B6 | Vitamin C | Lycopene |
Amino Acids | Anti-oxidants

Cucumber Buttermilk Soup

Ingredients

- Medium cucumber seeded and peeled 4
- Buttermilk 3 cups
- Sour cream ¾ cup
- Olive oil 2 tbsp
- Salt ½ tsp
- Pepper ½ tsp
- Garlic, chopped 1 large clove

To garnish

Finely diced tomatoes, salt and black pepper, olive oil, finely diced cucumber

Method

Dice ¾ of the cucumber and set aside for garnishing the soup.
Add coarsely diced cucumber, buttermilk, sour cream, olive oil, salt, and garlic in Wonderchef Digital Power Blender. Blend using 'Bisque' function.
Transfer the soup to a bowl and refrigerate until chilled, at least for 1 hour.
For extra chilled soup, put the bowl in the freezer for about 15 minutes before serving.
Serve topped with finely diced cucumber and tomato, a drizzle of olive oil, and some salt and pepper.

Health Benefits

Copper | Potassium | Manganese | Vitamin C | Phosphorus | Magnesium | Biotin | Vitamin B1





Blended Sweet Corn Soup

Ingredients

- Sweet corn 1 cup
- Chopped spring onions whites 1½ cup
- Chopped spring onion greens 1 cup
- Oil 1 tsp
- Finely chopped garlic 1 tsp
- Salt and pepper to taste

Method

Combine sweet corn and 1 cup of water in Wonderchef Digital Power Blender and blend using 'Bisque' function. Keep aside.

Heat oil in a non-stick Wonderchef Granite Fry Pan, add the spring onion whites and garlic and sauté on a medium flame for 2 to 3 minutes.

Add the corn-water mixture, salt and 2 cups of water, mix well and cook on a medium flame for 6 to 7 minutes, while stirring occasionally.

Add the spring onion greens and pepper, mix well and cook on a medium flame for 2 minutes, while stirring occasionally. Serve hot.

Health Benefits

Vitamin C | Protein

Oreo Milkshake

Ingredients

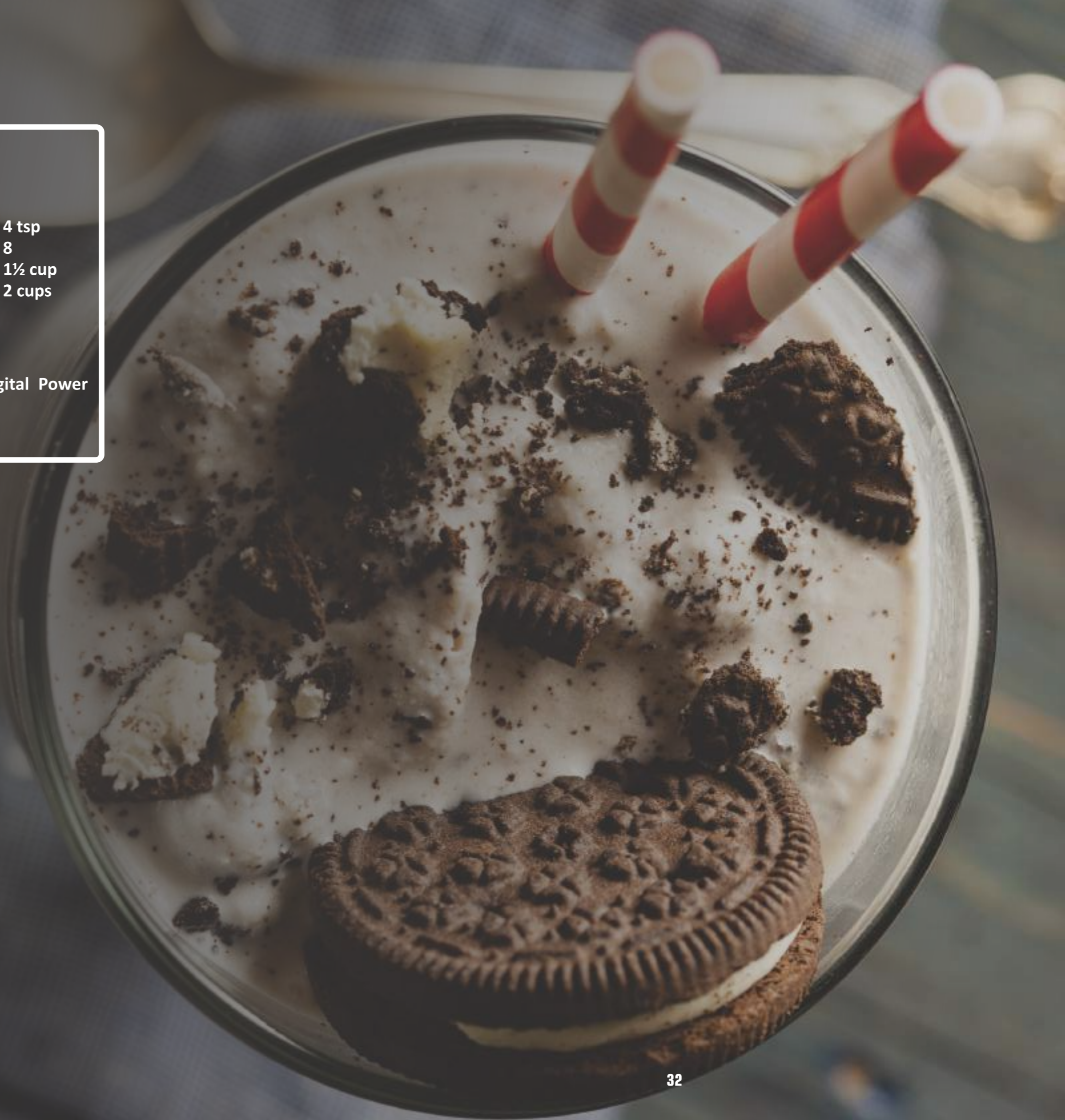
- Chocolate syrup 4 tsp
- OREO cookies 8
- Milk 1½ cup
- Vanilla ice cream 2 cups

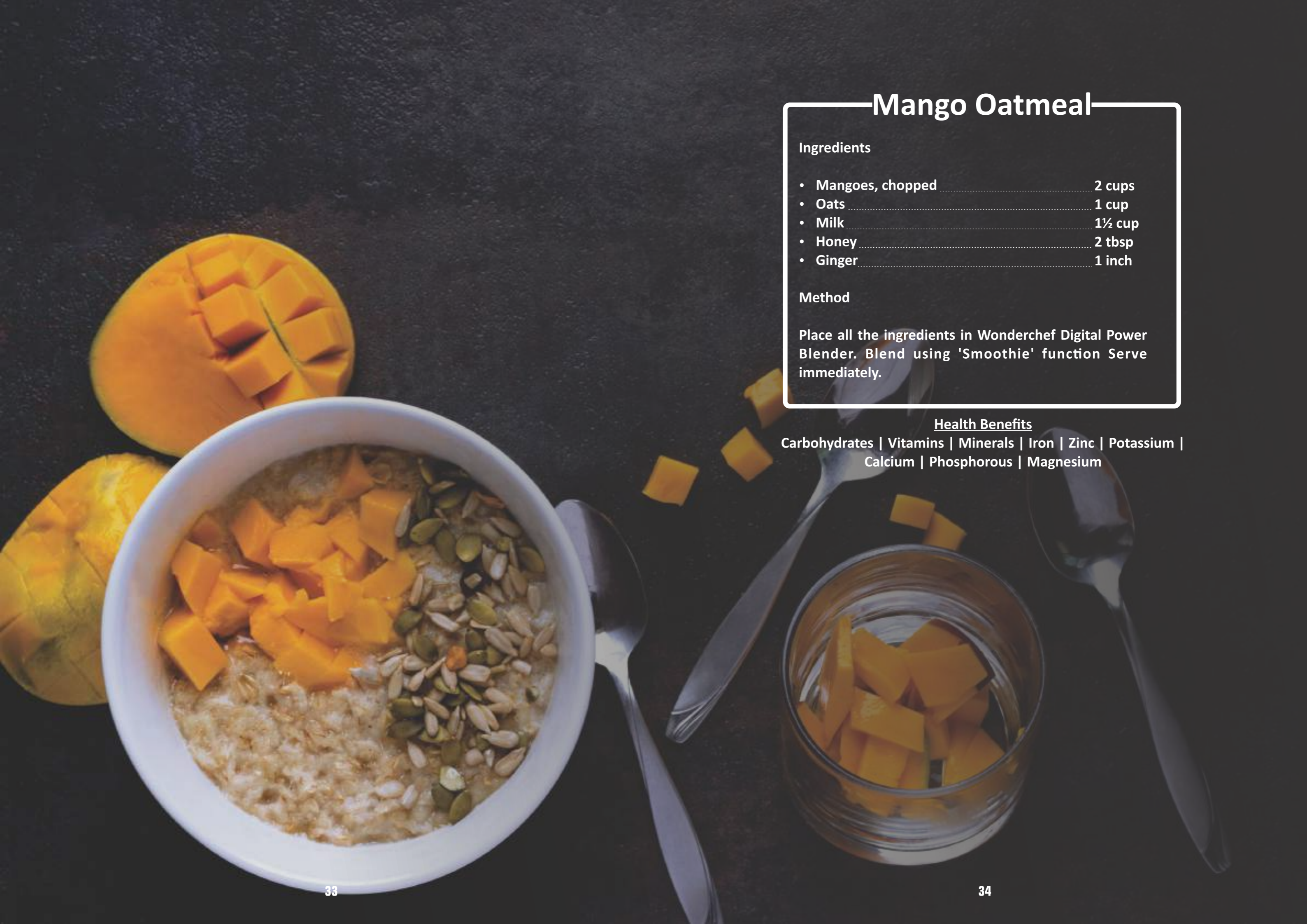
Method

Place all the ingredients in Wonderchef Digital Power Blender. Blend using 'Milkshake' function. Serve immediately.

Health Benefits

Calcium | Protein | Potassium





Mango Oatmeal

Ingredients

- Mangoes, chopped 2 cups
- Oats 1 cup
- Milk 1½ cup
- Honey 2 tbsp
- Ginger 1 inch

Method

Place all the ingredients in Wonderchef Digital Power Blender. Blend using 'Smoothie' function. Serve immediately.

Health Benefits

Carbohydrates | Vitamins | Minerals | Iron | Zinc | Potassium | Calcium | Phosphorous | Magnesium

Fig Milkshake

Ingredients

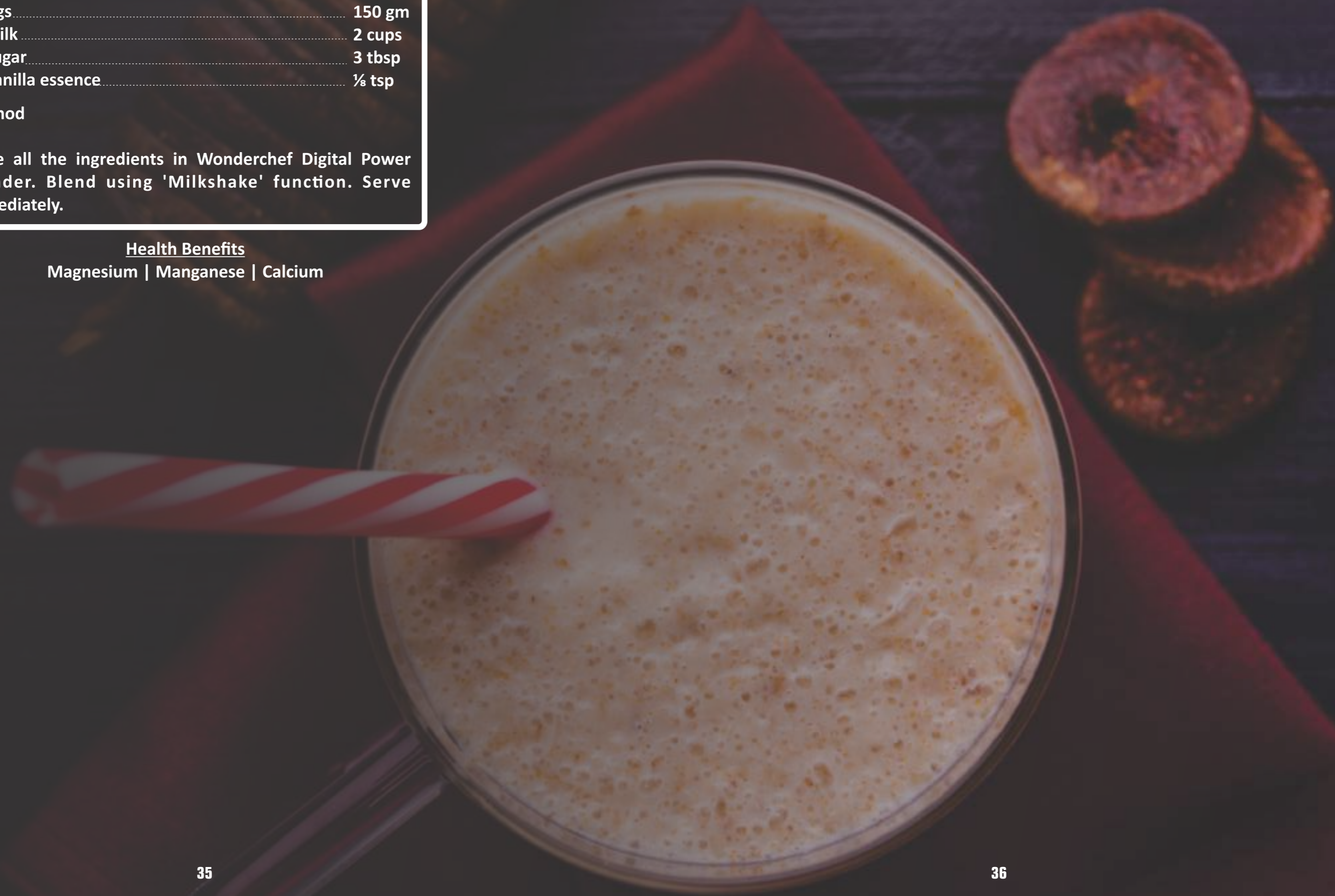
- Figs..... 150 gm
- Milk..... 2 cups
- Sugar..... 3 tbsp
- Vanilla essence..... ½ tsp

Method

Place all the ingredients in Wonderchef Digital Power Blender. Blend using 'Milkshake' function. Serve immediately.

Health Benefits

Magnesium | Manganese | Calcium



Tahini

Ingredients

- Sesame seeds 455 gms
- Olive oil 100 ml

Method

Toast sesame seeds over Wonderchef Granite Fry Pan for 10 minutes. Pour sesame seeds into Wonderchef Digital Power Blender and select manual pulse for 40-50 seconds. Then add olive oil. Blend for about 2 minutes.

Health Benefits

Carbohydrates | Protein

Peanut Chutney

Ingredients

- Peanuts 1½ cup
- Oil 1 tsp
- Garlic 3 cloves
- Dried red chillies 2
- Onions, chopped 2
- Tamarind 4 tsp
- Jaggery 4 tsp
- Salt ½ tsp

Method

Heat a Wonderchef Granite Fry Pan & dry roast peanuts until the skin is dark and the aroma is nutty. It will take 10 minutes.

Just keep tossing and blowing the peanuts until peanut skins are de-skinned.

Heat oil in Wonderchef Granite Fry Pan and add garlic. Add the dried red chillies and onions, saute on medium flame for 3-4 minutes until soft. No need to brown. Add salt, tamarind and jaggery.

Saute for a few seconds and remove off heat. Place this mixture in Wonderchef Digital Power Blender and turn on manual pulse for 40-50 seconds and along with the peanuts to a smooth paste. Add up to 1 cup of water while grinding. You can serve as is or do a simple tempering the following way.

Heat oil in a pan and add couple of dried red chillies and a sprig of curry leaves. Remove off heat and add it to the chutney.

Health Benefits

Manganese | Niacin | Molybdenum | Folate | Vitamin E | Phosphorus | Vitamin B1 | Protein

Haree Chutney

Ingredients

- Coriander leaves 1 cup
- Mint leaves ½ cup
- Spinach leaves ½ cup
- Green chillies 5 / 6
- Bread slice 2
- Lemon juice 2 tbsp
- Salt to taste
- Water for grinding

Method

Place all the ingredients in Wonderchef Digital Power Blender and turn on manual pulse for 40-50 seconds till smooth. Pour into an air tight container and store in refrigerator till use.

Health Benefits

Vitamin K | Vitamin A (in the form of Carotenoids) | Manganese | Folate | Magnesium | Iron | Copper | Vitamin B2 | Vitamin B6 | Vitamin E

Raw Mango Chutney

Ingredients

- Mango (raw)..... 100 gm
- Coriander..... 3 cups
- Mint leaves..... 2 cups
- Green chillies..... 3 / 4
- Garlic..... 4 cloves
- Turmeric powder..... ½ tsp
- Salt..... 1½ tsp
- Sugar..... ½ tsp
- Water..... ¼ cup

Method

Peel and finely chop the raw mango, to get roughly ½ cup of pieces.

Wash and roughly chop the coriander leaves, tender stems and mint leaves. Roughly chop green chillies. Peel the garlic cloves.

Blend everything together in Wonderchef Digital Power Blender along with turmeric, salt and sugar until you get a fine paste, using 'Pulse' Function. Store in airtight bottle in the fridge.

Health Benefits
Vitamin A | Vitamin E



Curry Leaves Chutney

Ingredients

- Coriander seeds 1 tsp
- Curry leaves 1 cup
- Red chillies 3 / 4
- Tamarind a small piece
- Split chickpeas 1 tbsp
- Split black beans 1½ tbsp
- Dry grated coconut 2 tbsp
- Salt 1 tsp
- Jaggery a small piece

Method

Fry all the above ingredients separately in a thick bottomed pan. Powder salt, chillies, curry leaves and tamarind in Wonderchef Digital Power Blender together. Keep it aside. Powder dals (pulses), coriander seeds and grated coconut into grainy powder on manual pulse 40-50 seconds. Keep it aside. Mix both the powders well with a fork and powder them together to get fine powder. Chutney powder is ready! Taste the powder and add more salt or jaggery if needed.

Health Benefits

Copper | Manganese | Vitamin B1 | Phosphorus | Protein | Magnesium | Iron

Kitchen King Masala Powder

Ingredients

- Cumin seeds 1 tbsp
- Caraway seeds ½ tbsp
- Dry red chilli 8
- Turmeric powder 1 tsp
- Coriander seeds 1 tbsp
- Dry ginger 2 stems
- Black peppercorns 4 / 5
- Cloves 8
- Whole yellow mustard seeds ½ tbsp
- Green cardamom 8
- Black cardamom 3
- Fenugreek seeds 2 tsp
- Bengal gram 2 tbsp
- Fennel seeds 1 tbsp
- Cinnamon 1 inch each 4 sticks
- Star anise 1
- Nutmeg powder ½ tsp
- Mace 2 small pieces
- Poppy seeds 1 tbsp
- Rock salt ½ tbsp

Method

Dry roast all the ingredients one by one and allow to cool. Cool all the ingredients and grind into smooth powder in Wonderchef Digital Power Blender, using manual pulse for 40-50 seconds only. Sieve powder through a big strainer, grind again if required. Cool powder masala to room temperature and store in air tight container.

Health Benefits
Niacin | Phosphorus | Zinc



Tandoori Masala

Ingredients

- Dried fenugreek leaves..... 2 tbsp
- Garam masala..... 2 tsp
- Red chilli powder..... ½ tsp
- Turmeric powder..... 1 tsp
- Fresh ground cumin..... 2 tbsp
- Coriander powder..... 1 tsp
- Paprika 2 / 3 tsp

Method

Mix all the ingredients and blend in Wonderchef Digital Power Blender using manual pulse for 40-50 seconds.

Health Benefits

Dietary Fiber | Vitamin A | Vitamin C | Vitamin K | Vitamin B6

Sambar Masala Powder

Ingredients

- Coriander seeds..... ¾ cup
- Red chilli..... 20
- Toor dal..... ¼ cup
- Channa dal..... ¼ cup
- Black pepper..... 3 tbsp
- Cumin seeds..... 3 tbsp
- Hing..... ½ tsp

Method

Dry roast red chilli, hing , channa dal and toor dal. Transfer to a plate for cooling and then roast coriander seeds and pepper until fragrant.

Once the coriander seeds are roasted well, add jeera. Fry until it starts popping. Cool everything completely.

Powder it to a fine powder in Wonderchef Digital Power Blender using 30 seconds pulse function and store in an airtight container.

Health Benefits

Potassium | Copper | Manganese



Dabeli Masala

Ingredients

- Cumin seeds 1 tsp
- Fennel seeds ½ tsp
- Black pepper ½ tsp
- Coriander seeds 1 tsp
- Cloves 5
- Dry red chilies 5
- Mace 4
- Nutmeg powder ¼ tsp
- Whole star anise 1
- Bay leaves 2
- Black cardamom 1
- Green cardamom 4
- Ginger powder ½ tsp

Method

Dry roast all the ingredients one by one until fragrant. Cool everything completely. Powder it to a fine powder in Wonderchef Digital Power Blender using 30 seconds pulse function and store in an airtight container.

Health Benefits

Folate | Calcium | Iron | Magnesium

Chettinad Fish Masala Powder

Ingredients

- Cumin seeds 1 tsp
- Fennel powder 1 tsp
- Black peppercorns 1 tsp
- Coriander seeds 3 tsp
- Dry red chili 8
- Cloves 4
- Turmeric powder ¼ tsp
- Asafoetida / Hing ¼ tsp

Method

Dry roast cumin, fennel seeds, peppercorns, coriander seeds, dry red chili and cloves for 1-2 mins in medium flame with regular stirring. Transfer roasted spices into a bowl or plate and allow to cool. Add spices in Wonderchef Digital Power Blender, add turmeric powder, hing and blend using 30 seconds pulse function and store in an airtight container.

Health Benefits

Vitamin E | Niacin | Phosphorus | Zinc |
Dietary Fiber | Vitamin A



Strawberry Lime Slush

Ingredients

- Strawberries, frozen 2 cups
- Ice cubes 2 cups
- Water $\frac{3}{4}$ cup
- Lime juice $\frac{1}{4}$ cup
- Sugar 4 tbsp
- Fresh strawberries 4
- Lime slices For garnish

Method

Add all the ingredients in Wonderchef Digital Power Blender. Blend using 'Smoothie' function. Serve immediately.

Health Benefits

Manganese | Potassium

Minty Choco Lust

Ingredients

- Bananas..... 2
- Coconut milk..... 1 cup
- Mint leaves..... 20 / 25 leaves
- Baby spinach..... 1 cup
- Mint extract..... ¼ tsp
- Dark chocolate, chopped..... 1 cup

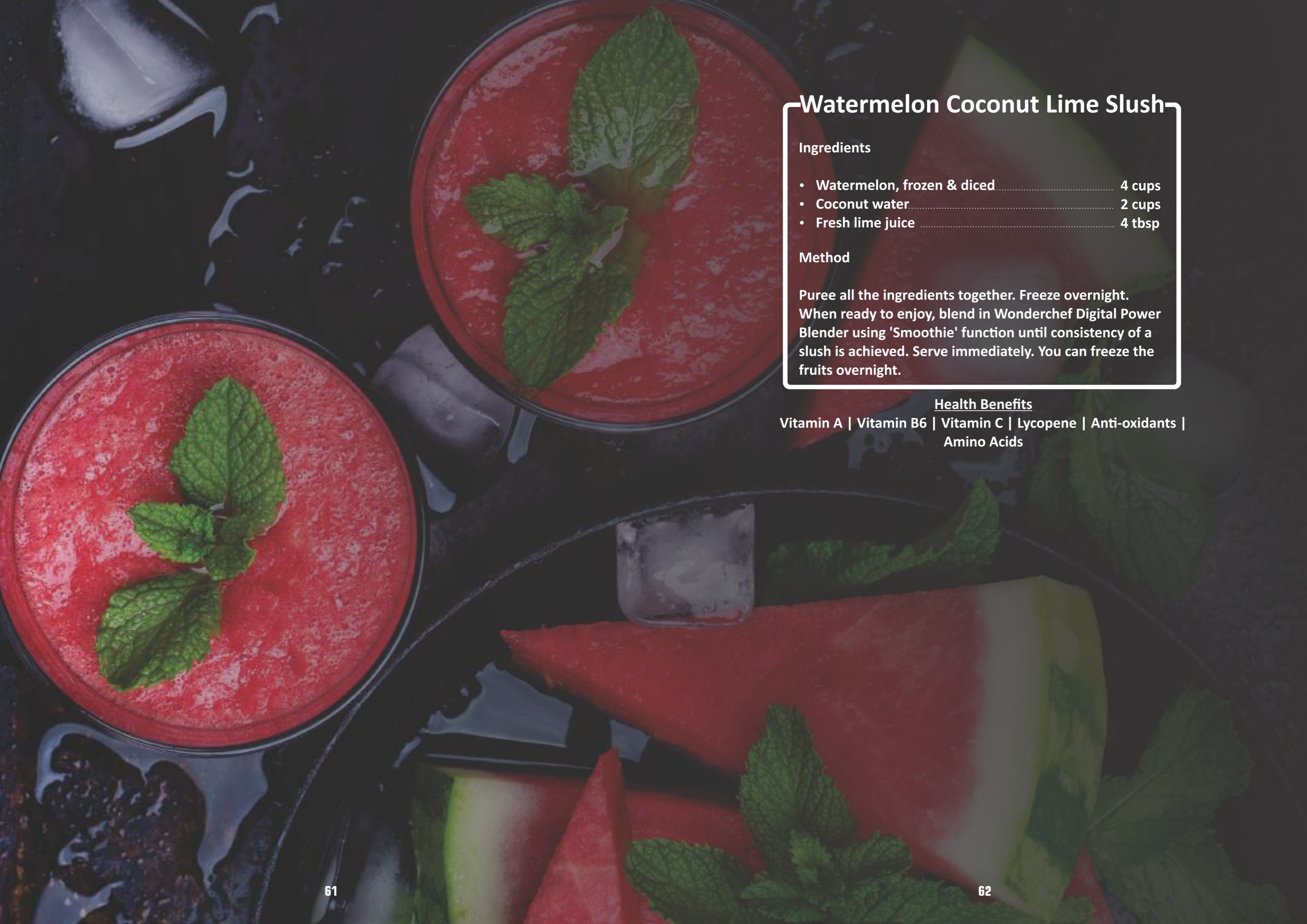
Method

Add coconut milk in Wonderchef Digital Power Blender along with the mint leaves, baby spinach, mint extract and blend. Then add in the bananas and blend using 'Smoothie' function. Pour out into glass and garnish with chopped dark chocolate. You can freeze the fruits overnight.

Health Benefits

Calcium | Protein | Manganese | Folate | Magnesium |
Iron | Copper | Vitamin B2 | Vitamin B6 | Vitamin E | Potassium





Watermelon Coconut Lime Slush

Ingredients

- Watermelon, frozen & diced 4 cups
- Coconut water 2 cups
- Fresh lime juice 4 tbsp

Method

Puree all the ingredients together. Freeze overnight. When ready to enjoy, blend in Wonderchef Digital Power Blender using 'Smoothie' function until consistency of a slush is achieved. Serve immediately. You can freeze the fruits overnight.

Health Benefits

Vitamin A | Vitamin B6 | Vitamin C | Lycopene | Anti-oxidants | Amino Acids

Strawberry Slush

Ingredients

- Water $\frac{3}{4}$ cup
- Lime powder $\frac{3}{4}$ cup
- Strawberries, frozen 10
- Ice cubes $\frac{3}{4}$ cup
- Lime soda 1 cup

Method

In Wonderchef Digital Power Blender, combine water, lime powder, strawberries and ice. Blend with 'Smoothie' function. Pour mixture into a freezer container and freeze for at least 12 hours.

When you are ready to serve, remove from freezer and let stand at room temperature for at least 1 hour before serving.

Divide frozen slush into 4 large glasses and pour $\frac{1}{4}$ cup of Soda in each cup. Serve immediately.

Health Benefits
Manganese | Potassium





Pineapple Coconut Slush

Ingredients

- Pineapple chunks, frozen..... 2 - 3 cups
- Coconut milk 1 cup
- Sugar..... 1 tbsp

Method

Place all the ingredients in Wonderchef Digital Power Blender & select 'Smoothie' function. Pour into glass and serve chilled with ice. You can freeze the fruits overnight.

Health Benefits

Vitamin C | Manganese | Copper | Vitamin B1 | Vitamin B6

Pine Banana Slush

Ingredients

- Pineapple, frozen..... 2 cups
- Bananas, frozen..... 2
- Coconut milk..... 2 cups
- Ice cubes..... 2 cups

Method

Place all the ingredients in Wonderchef Digital Power Blender & select 'Smoothie' function. Pour into glass and serve chilled with ice. You can freeze the fruits overnight.

Health Benefits

Protein | Magnesium | Vitamin B12 | Vitamin B6 | Potassium | Fiber





Strawberry Mango Slush

Ingredients

- Strawberries, frozen..... 1½ cup
- Mango, frozen..... 1½ cup
- Lime juice..... 10ml
- Orange juice..... 60ml
- Crushed ice, divided..... 3 cups

Method

Place all the ingredients in Wonderchef Digital Power Blender & select 'Smoothie' function. Pour into glass and serve chilled with ice. You can freeze the fruits overnight.

Health Benefits

Vitamins | Minerals | Manganese | Potassium