

TEAMI MIXit

HELPFUL USER GUIDE + RECIPE E-BOOK!



*smoothies
in 30 seconds!*

teami

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welcome

TO THE TEAMI COMMUNITEA!

Welcome to the Teami Communita! My name is Adi Arezzini and I am the Co-Founder + CEO of Teami Blends, a lifestyle brand that is dedicated to creating wellness and beauty products inspired by the health benefits of tea! A few years ago I suffered from terrible digestive/stomach issues and that is what got me on the path of researching natural remedies, teas, herbs, and superfoods!



Throughout my journey, I started experimenting with different foods, diets, and methodologies. One of the healthy habits that have stayed consistent through it all is drinking a smoothie for breakfast every day before work!

But let's be real, life is BUSY no matter what type of schedule you have! Whether you are a career professional, mama bear, student or a wellness advocate, **you are always on the GO!** That is why I created our [Teami MIXit Portable Smoothie Blender](#), so that you could make your juices, smoothies or protein shakes....wherever you are!

I can't wait for you to start using your [Teami MIXit!](#)

SHARE YOUR JOURNEY WITH US BY TAGGING
[@TEAMIBLENDS](#) + [#THANKYOUTEAMI](#) + [#TEAMIMIXIT](#)

CO-FOUNDER & CEO
[@ADIAREZZINI](#)

BACKSTORY ON TEAMI MIXit



I AM ALWAYS ON THE GO, like for real!
My schedule goes something like this..

6:45 - 7:45 AM

Morning workout

8:00 - 8:30 AM

Shower, get ready quick so I can be at work by 9

(I usually need to make a smoothie during time too, which leaves me with a lot of clean-up of a bigger blender.)

9:00 - 6:00 PM

Work, work, work baby!



Then every night I have meetings and more work, no joke!

I wanted less clean up and an easier way to make my morning breakfast smoothies on the go!

I understand that living a healthy, balanced lifestyle while also being a busy bee / multi-tasker can be challenging- which is why I spent over 18 months perfecting our new Teami MIXit Portable Smoothie Blender!

The **Teami MIXit** is a USB rechargeable portable smoothie blender that allows you to make and take your smoothies + juice on the go! Just one press of a button and you'll get your nutritious superfood smoothie in just 30 seconds! No mess, no spill and no need to plug into a power outlet! Convenient, cute and perfect for a busy, healthy lifestyle!

I can't wait for you to use it!



TEAMI MIXit *features*

Our Teami MIXit is super cute + easy to use! Here is the breakdown of all of the different features for you!

- ✓ A powerful, portable blender perfect smoothies, protein shakes, juice, and baby food on the go!
- ✓ 18.6oz Durable Glass Cup.
(Yes, it's GLASS baby, not flimsy plastic!!)
- ✓ 6 Powerful Stainless Steel Blades for a smooth blend
- ✓ Convenient Sport Top
- ✓ Comfortable Rubber Strap for easy carry
- ✓ USB charging gives you 4-6 hours of battery life
- ✓ Each piece disassembles for easy cleaning



**BLENDS FRUITS, HERBS, POWDERS,
VEGGIES AND ICE!**

HOW TO *use* YOUR TEAMI MIXit

Included in your Teami MIXit order you will receive a USB cable and a user guide!



STEP BY STEP INSTRUCTIONS:

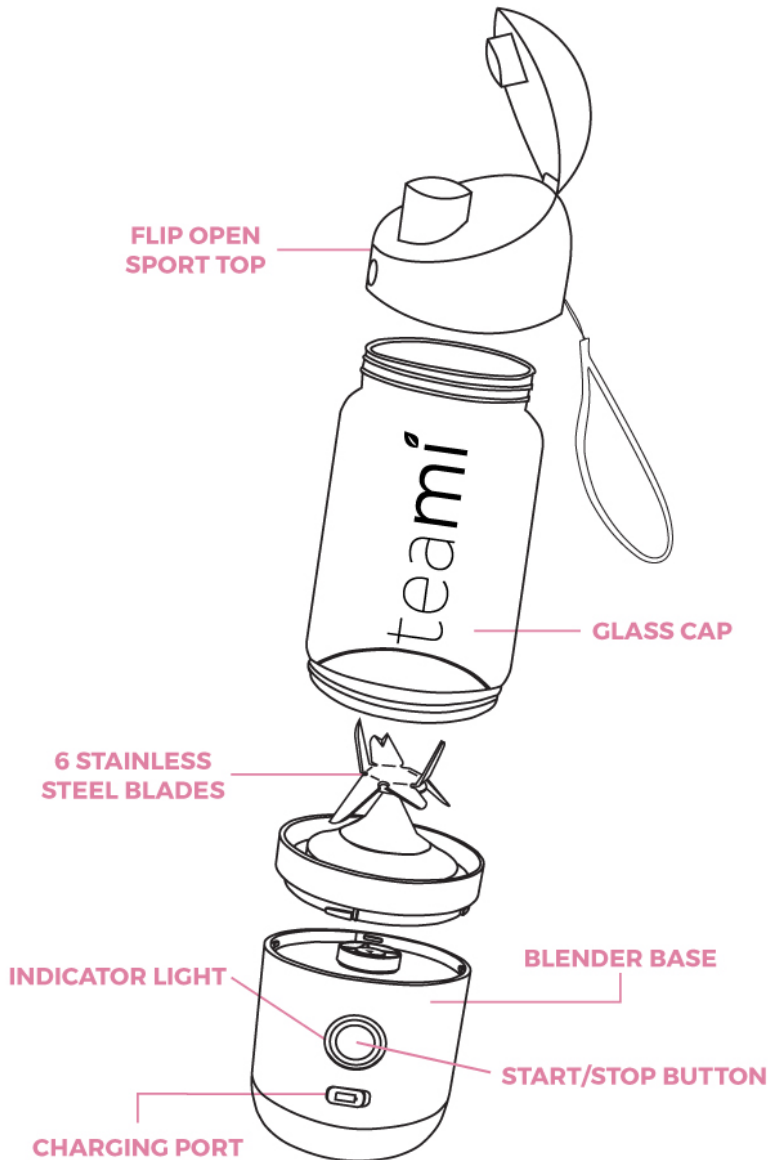
1. When you receive your Teami MIXit in the mail, make sure you **charge** it for 4-5 hours until the light turns solid **green** and shows a full charge.
2. We recommend to **clean** your Teami MIXit prior to using it for the very first time!
3. Ensure the Teami MIXit glass cup is **secured** to the electrical bottom. When the cup is twisted into the correct position the indicator like will be blue.
4. Add liquid, fruits, ice into your Teami MIXit up to about ½ inch of space from the top. **Do not fill all the way up to the brim** as your MIXit needs space to blend and turn your fruit into more liquid.
5. Securely screw on the sports top.
6. Hold / Press the Start / Stop Button to blend!
7. Feel free to blend for multiple times until your smoothie is perfect!

If you have any questions about how to use your Teami MIXit, please email us service@teamiblends.com!

We would be happy to help you!

HOW TO *clean* YOUR TEAMI MIXIt

There are **2 simple ways** you can clean your Teami MIXIt!



1

Disassemble your Teami MIXIt and clean by hand washing or using a dishwasher, the only parts you should be cleaning are the sports top, glass cup and stainless steel blades base. Do not put the electronic bottom into water.

2

Another way to easily clean your Teami MIXIt is by having all of the pieces assembled in the same way you would if you were to make a smoothie- then add water + soap and turn it on! It will self clean this way!

If you have any questions about how to clean your Teami MIXIt, please email us [service@teamiblends.com!](mailto:service@teamiblends.com)

We would be happy to help you!

IMPORTANT TEAMI MIXit *info*

We want you to have your Teami MIXit forever! Please read this information carefully so that you take great care of your Teami MIXit!



IMPORTANT INFORMATION:

- Do not turn on your Teami MIXit when it has no liquid or contents inside, this can unnecessarily burn out the motor.
- Do not use Teami MIXit while it is charging.
- Do not place the electrical bottom connector into the water during cleaning. This part does not need to be cleaned, make sure it is set aside!
- Do not place the MIXit under heavy load to prevent overheating of electronic components, which may lead to lifetime reduction of this product.



ANSWERING YOUR MIXit *questions*

Q: What is the Teami MIXit battery life?

A fully charged MIXit will show a solid green light on the START/STOP button. When your MIXit is fully charged it will have a 4-6 hour battery life!

Q: How long does it take to fully charge my MIXit?

1-2 hours!

Q: Is the Teami MIXit cup made of plastic?

Nope! We created our Teami MIXit from a durable glass to ensure sustainability and preventing toxins usually found in non-bpa free plastic.

Q: How do I clean my Teami MIXit?

It's super easy! There are 2 simple ways to clean your MIXit, please refer to the [HOW TO CLEAN SECTION](#) on page 7.

Q: What can I blend in my Teami MIXit?

The options are endless, seriously!! Fruit, veggies, herbs, powders and ice! Make smoothies, juice and even baby food on the go!

Q: How many ounces does my MIXit hold?

The MIXit can hold up to 18.6 ounces! We recommend leaving a little room at the top while blending for best results!

ANSWERING YOUR MIXit *questions*

Q: What do the different color lights mean?

- Solid Red light means charging
- Solid Green means it is fully charged
- Flashing Blue light means it is ready to blend
- Flashing Red and Blue means the magnet is not aligned or connected
- Flashing Red means the MIXit needs charged, or it is overfilled
- Flashing Green means it is idle and ready to use

Q: Can I travel with my MIXit?

Yes, our MIXit was created to take with you on the go! If you are flying with your MIXit, we recommend putting it in your checked bag with no liquids inside! You can bring it in your carry-on if it is empty, but it may be inspected and in rare cases confiscated due to the blades.

Q: How do I store my MIXit?

You can keep it in your cupboard along with your other cups and tumblers! Make sure it is clean and dry before storing and keep the lid open so any extra moisture will be dried!

Q: Can I put my MIXit in the dishwasher?

You can put your glass bottle, sports top, and blades base in the dishwasher, but do not put the electronic bottom in water.

Q: How many pieces is the MIXit?

The MIXit is composed of 4 pieces, the lid, bottle, blade base, and blender base! Do not disconnect the bottle from the blade base unless you are deep cleaning it!

READY TO GET STARTED?!

Now that you know everything there is to know about your new best friend, are you ready to start making healthy smoothies that you can take on the go?!?!

YES!

HECK YES!

benefits

OF DRINKING SMOOTHIES FOR BREAKFAST

Smoothies are a great way to start your day off on a healthy note! Here are 5 of my favorite reasons to drink a smoothie as your breakfast every day!



- 1. Fast + efficient for your busy lifestyle!**
Smoothies take under 5 minutes to make!
- 2. Stay full longer!**
Because smoothies include real fruits and veggies, they are bursting with fiber that keep hunger at bay.
- 3. Reduce cravings naturally!**
Because smoothies keep you full longer, it also comes with the added benefit of less cravings for snacks or unhealthy foods, especially if you add fruits to your recipes!
- 4. Full of antioxidants!**
Fruits, veggies and superfoods are high in antioxidants, drinking a smoothie is a great way to get your dose of antioxidants in the morning!
- 5. Better Digestion!**
Consuming fruits and vegetables in liquid form makes it easier for your body to break down nutrients and digest them.

5 DAY SMOOTHIE DETOX

challenge!



As a Certified Nutrition Health Coach, I understand how important it is to get FRESH fruits, veggies, and superfoods into your diet. Easier said than done, I know!

I personally believe that if you start your morning with real foods your day will be more productive, your energy will be elevated and you will feel more vibrant overall!

THE 5 DAY SMOOTHIE DETOX CHALLENGE IS SIMPLE:

- ✓ Make a smoothie every morning for breakfast instead of your usual meal (or lack thereof).
- ✓ Check-in with us on your social media and show us what you made!

Tag [@teamiblends](#) + [#thankyouteami](#) + [#teamismoothiechallenge](#)

You can use our Healthy Smoothie Recipes in this ebook, or make your own! Feel free to change our recipes to fit your own liking! Add more superfoods, add your choice of protein powder, just have fun with it!

CO-FOUNDER & CEO
[@ADIAREZZINI](#)

5 DAY SMOOTHIE DETOX CHALLENGE

Success checklist

- Get your ingredients!** Pick out which recipes you want to make for the week and get the ingredients at your local grocery store! You can always order them on insta-cart as well!
- Frozen really is better!** Frozen fruits + veggies stay fresh longer, which means they won't go bad on you mid-week. There's nothing worse than having to throw away produce! If you already purchased fresh produce, I suggest putting them in Ziploc bags and storing them in your freezer!
- Stock up on Teami Superfood Greens!** You're going to love adding our superfood greens powder into your smoothies! Not only does it taste great, but it is an easy way to add 16 superfood ingredients to create the perfect nutrient-dense smoothie! You can order yours [HERE!](#)
- Drink Water!** Don't neglect your water intake! While doing the 5 Day Smoothie Detox Challenge it is important to also stay hydrated! Take a 1/2 gallon or gallon jug with you to work to help you stay on track! (You can also use and refill your Teami Tumbler!)
- Inspire Others!** It's AWESOME that you decided to do the 5 Day Detox Smoothie Challenge, but now it's your turn to inspire your friends, family, and co-workers to do the same! Invite them to do the challenge with you!



26 HEALTHY SUPERFOOD

smoothie

RECIPES





TAKE ME ON THE GO!

SUPER IMMUNITY SMOOTHIE

INGREDIENTS:

- 2/3 cup spinach blend
- 1/2 medium avocado
- 1 scoop [Teami Greens Superfood Powder](#)
- 1 tsp pure vanilla extract
- 1/2 cup coconut milk
- 1/2 tsp turmeric
- 2/3 cup water
- 5 ice cubes

INSTRUCTIONS:

Blend all of your ingredients together in your blender at home OR take your smoothie on the go in your new [Teami MIXit!](#)

TROPICAL KALE








INGREDIENTS:

- 1/2 cup yogurt plain or Greek
- 2 cups kale chopped
- 1 banana
- 1 cup pineapple chopped
- 1 tablespoon flax seeds
- 1 cup milk
- 1 scoop [Teami Greens Superfood Powder](#)



MORNING SUPERFOOD BOOST

INGREDIENTS:

- 1/2 frozen banana 
 - 1/2 cup frozen blackberries 
 - Handful frozen spinach 
 - 1 cup unsweetened almond milk 
 - 1/2 tablespoon ground chia seeds 
 - 1 cup water / ice 
 - 1 scoop [Teami Greens](#) 
- [Superfood Powder](#)

INSTRUCTIONS:








- Add all ingredients to blender.
- Blend until smooth.



HEALTHY CHOCOLATE GREENS



INGREDIENTS:

-  1/2 frozen banana
-  1 tablespoon almond butter
-  1 serving chocolate protein powder (any kind you want!)
-  1 cup unsweetened almond milk
-  [Teami Greens Superfood Powder](#)
-  1 cup water / ice
-  Top with shaved coconut

INSTRUCTIONS:

- Add all ingredients to blender.
- Blend until smooth.

GLOW GREEN

INGREDIENTS:

- 2 handfuls of spinach
- 1 scoop [Teami Greens Superfood Powder](#)
- 2 cups organic apple juice
- 1/2 cucumber sliced
- 1/2 lemon squeezed
- 1 banana sliced
- Handful of ice

INSTRUCTIONS:

Add all ingredients to blender.
Blend until smooth.



ACHIEVE GRAPENESS

INGREDIENTS:

- 1 cup almond milk
- 1 scoop [Teami Greens Superfood Powder](#)
- 1/2 cucumber peeled & sliced
- 1 cup seedless grapes
- 2 celery stalks peeled & sliced
- 2 teaspoons honey







INSTRUCTIONS:

Add all ingredients to blender.
Blend until smooth.



VACAY VIBES

INGREDIENTS:

- 1 scoop [Teami Greens Superfood Powder](#) 
- 1 cups spinach 
- 1 cup coconut milk 
- 1 cup chopped mango 
- 1/2 cup chopped fresh pineapple 
- Handful of ice 







INSTRUCTIONS:

- Add all ingredients to blender.
- Blend until smooth.



TROPICAL GREENS

INGREDIENTS:

-  1 cup coconut milk
-  1 scoop [Teami Greens Superfood Powder](#)
-  1-2 frozen bananas
-  1-2 kiwis, peeled
-  1 cup pineapple
-  Handful of ice

INSTRUCTIONS:

- Add all ingredients to blender.
- Blend until smooth. Top with your favorite fruits and enjoy!





STRAWBERRY SUNRISE

INGREDIENTS:

- 1 cup water
- 1 cup frozen or fresh strawberries
- 1 medium-sized beet, cooked and peeled
- 2 tbsp chia seeds
- Half an avocado

INSTRUCTIONS:

1. Add one whole beet, skin on, to a pot of boiling water and boil for about 40 minutes until fork can easily pierce through flesh.
2. Let cool, and remove skin (skin will peel easily once cooked).
3. Add all ingredients to blender and blend until smooth, about 30 seconds.

For sweetness, add honey or half a banana!



ORANGE DREAMSICLE

INGREDIENTS:

- 1 cup milk of choice
- 1 frozen banana
- 1 small-medium navel orange
- 1 small carrot
- 1-inch chunk fresh ginger, peeled
(or use 1 tsp ground ginger)
- 1/4 tsp ground turmeric

INSTRUCTIONS:

Blend all ingredients together until smooth.

LEAN GREEN

INGREDIENTS:

- 3/4 cup water
- 1 frozen banana
- 1/3 cup fresh or frozen pineapple
- 1 large handful baby spinach
- 1/4 tsp wheat grass
- 1 tbs [Teami Ceremonial Matcha](#)
- Handful of ice

INSTRUCTIONS:

Blend all ingredients together until smooth.



GREEN SUPER-FOOD BOWL

INGREDIENTS:

- 🍌 1-2 frozen bananas
- 🍌 6-8 frozen strawberries
- 🍌 1 cup pineapple chunks
- 🍌 1 scoop [Teami Greens Superfood Powder](#)
- 🍌 1 tbsp almond butter
- 🍌 1 cup almond milk
- 🍌 1 handful of ice

INSTRUCTIONS:

Blend all of your ingredients together in your blender. The texture should be on the thicker side! Pour into a bowl and top with coconut, fruit, granola, and any other desired toppings!

AÇAÍ BOWL

INGREDIENTS:

- 1 frozen banana 🍌
- 1/2 cup of almond milk 🍌
- 1 handful of frozen blueberries 🍌
- 1 tbsp of açai berry powder 🍌
- 1 tbsp almond butter 🍌








INSTRUCTIONS:

Blend all ingredients together. Pour into a bowl and add desired toppings.



GREEN MATCHA BOWL

INGREDIENTS:

- 1/2 tsp [Teami Ceremonial Matcha](#) 
- 1 handful baby spinach 
- 1/4 avocado 
- 1 frozen banana 
- 3/4 cup almond milk 
- 1/2 cup frozen pineapple 
- 1 cup ice 

INSTRUCTIONS:







Blend all ingredients together. Pour into a bowl and add toppings.



CANTALOUPE BOWL



INGREDIENTS:

-  1 frozen banana
-  3-5 cantaloupe chunks
-  1/2 cup almond milk
-  1/2 an avocado
-  1 tsp turmeric
-  1 tbs almond butter

INSTRUCTIONS:

Blend all ingredients together. Texture should be on the thicker side! Pour into a bowl and add desired toppings.



HEALTHY PIÑA COLADA

INGREDIENTS:

- 1 cup frozen pineapple
- 1 frozen banana
- 1 cup coconut milk
- 1 tbsp unsweetened shredded coconut flakes

HEALTHY GREEN MACHINE

INGREDIENTS:

- 1 cup spinach
- 1 cup fresh/frozen mango
- 1 frozen banana
- 3/4 cup coconut milk
- 1/4 cup orange juice

ALMOND BUTTER DELIGHT

INGREDIENTS:

- 1 frozen banana
- 1 cup almond milk
- 2 tbsp almond butter
- 1 tbsp honey

INSTRUCTIONS:

For each smoothie, blend all ingredients until smooth. Pour in your favorite glass and enjoy!



HEALTHY CHAI

INGREDIENTS:

- 3/4 cup coconut or nut milk
- 1/2 cup [Teami Chai](#)
- 1 frozen banana
- 1 pinch of cayenne
- 1/8 tsp turmeric
- 1 tbsp almond butter

INSTRUCTIONS:

Add all ingredients to your blender.
Blend until smooth and enjoy!

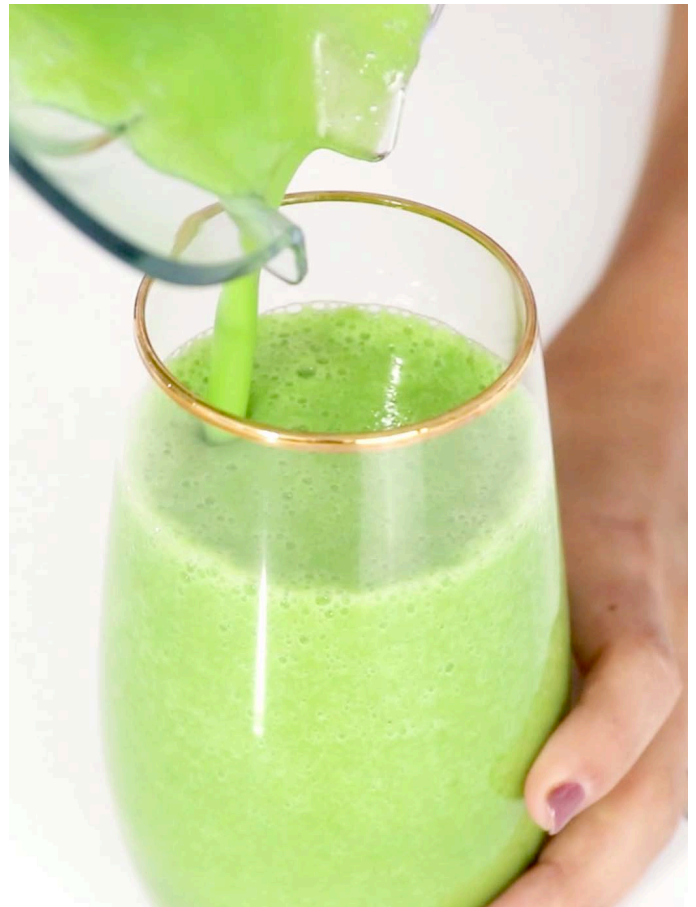
LEMON-GINGER

INGREDIENTS:

- 1 cup baby spinach
- 1 cup kale leaves
- 1 frozen banana
- 1 pear, cored
- 1/4 - 1/2 inch chunk fresh ginger, peeled
- 1 lemon, juiced
- 1/2 cup water

INSTRUCTIONS:

Blend all ingredients together until smooth.





CARROT ON

INGREDIENTS:

- 1 large sliced carrot
- 1 orange, peeled
- 1/2 cup pineapple
- 1 tsp white chia seeds
- 1 cup milk of choice
- Squeeze of lime
- Handful of ice

INSTRUCTIONS:

Blend all ingredients together until smooth. Enjoy!

MAPLE SWEET POTATO

INGREDIENTS:

- 1 tsp ginger
- 1 tsp cinnamon
- 1 tsp nutmeg
- 1 tbsp black chia seeds
- 1 tbsp organic maple syrup
- 1 frozen banana
- 1 tbsp almond butter
- 1 cup sweet potato puree
- 1 cup almond milk
- Handful of ice

INSTRUCTIONS:

Blend all ingredients together.





COCONUT VANILLA MATCHA

INGREDIENTS:









- 1 can light coconut milk
- 1 tbsp [Teami Ceremonial Matcha](#)
- 1 tbsp vanilla extract
- 2 1/2 tbsp agave nectar
- 1/2 cup shredded coconut
- 1 cup frozen pineapple
- 1/2 ripe banana
- 1/2 cup ice
- 1 tbsp chia seeds
- Small pinch salt

INSTRUCTIONS:

Add all ingredients to blender.
Blend until smooth and enjoy!

CLEAN CHOCOLATE

INGREDIENTS:

- Handful of blueberries 
- 1 frozen banana 
- 1/2 avocado 
- 1 tbsp raw cacao 
- 1 tsp cinnamon 
- 1 tbsp raw almond butter 
- 1 cup milk of choice 
- Handful of Ice 







INSTRUCTIONS:

Add all ingredients to your blender.
Blend until smooth and enjoy!



BLUEBERRY MUFFIN

INGREDIENTS:

-  2/3 cup fresh or frozen blueberries
-  1/2 cup rolled oats
-  2 tbsp flax oil
-  1 1/2 cups orange juice
-  1/2 tsp cinnamon
-  1 cup ice

INSTRUCTIONS:

Add all ingredients to your blender.
Blend until smooth and enjoy!





BERRY BUTTERFLY

INGREDIENTS:

- 1/2 cup steeped [Teami Butterfly](#)
- 3/4 cup almond milk
- 2-3 frozen bananas
- 3-4 blackberries
- 1 dragon fruit, peeled

Tip: Steep your butterfly tea and refrigerate overnight so it is nice and cold!

INSTRUCTIONS:

1. Add 1 tbsp of Teami Butterfly tea to 1/4 cup of boiling water and let steep for 5-10 mins (*until you see a rich blue color!*).
2. Add all ingredients to blender and blend until smooth, about 30 seconds. Texture should be on the thicker side.
3. Pour into a bowl and add desired toppings.

you did it!

I am so proud of you! It can be daunting to try new morning routines, new recipes and new habits, but you DID IT!

So, how do you feel?

Check-in with yourself and see if you saw any improvements.

ASK YOURSELF THESE QUESTIONS:

Did your mood change? _____

How were your energy levels? _____

Did you have less or more cravings? _____

How was your appetite? _____

Did you see any changes in your digestion? _____

Were there improvements in your skin complexion? _____

Feel free to DM [@teamiblends](#) or me directly [@adiarezzini](#) and share what changes you saw and felt!



CO-FOUNDER & CEO
[@ADIAREZZINI](#)

MAKE YOUR SMOOTHIES

on the go!



Our [Mixit Portable Smoothie Blender](#) helps you make your superfood creations **ON THE GO!**

Add in your ingredients and make your smoothie in the car, office, gym, basically everywhere!

Check out our website to learn more!

teamiblends.com

YOUR JOURNEY TO WELLNESS

starts now!

I am so proud of you for making an investment in YOURSELF! It makes me so happy when I know that you are making your health a priority in your life. And I know...it is easier said than done!

I am challenging you to use your Teami MIXit on a regular basis to make healthy smoothies, juices and protein shakes on the go! If you need to do a little body reset you can also do our 5 day smoothie challenge any time you want!

Feel free to DM [@teamiblends](#) or me directly [@adiarezzini](#) and share your journey! I love being in touch with all of you!



CO-FOUNDER & CEO
[@ADIAREZZINI](#)



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FIND MORE RECIPES AT [TEAMIBLENDS.COM](https://www.teamiblends.com)

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