

#### Creamy Smooth Blending; Chunk free grinding, Everytime!



#### Presenting

#### Preethi MiniBlend

Experience the perfectly designed MiniBlend to indulge in silky-smooth blends and chunk-free grinds every time.

With two smart, multi-functional jars, MiniBlend adapts effortlessly to your daily routine. Grind fresh masalas or spices in one jar and store them right there, locking in their aroma and freshness. The second jar doubles as a convenient travel tumbler, letting you blend and sip your shakes or smoothies on the go. Perfect for your busy mornings or post-gym refreshment.

Whether you're whipping up a quick breakfast or prepping ingredients for dinner, MiniBlend ensures a hassle-free, mess-free, and ultra-smooth experience every time.

Here are few gently crafted recipes which can be done at ease.





**Blending Jar** 



**Grinding Jar** 



**Smoothies** 



**Milkshakes** 



**Dips** 



**Pastes** 



**Juices** 



**Purees** 



**Chutneys** 



**Dry Masala** 

#### **CONTENT**

Smoothies	Dips
Milkshakes	Pastes
Juices	Chutneys
Purees	Dry Masala Curry Masala Idli Podi Peri Peri Masala Rasam Masala Pepper Powder

### **Smoothies**

Smoothies are thick, creamy beverages made by blending fruits, vegetables, and liquids like milk, yogurt, or juice. They're a great way to pack in nutrients and are often enjoyed as a quick breakfast or snack. Customize them with seeds, nuts, or sweeteners for added flavor and texture. Ideal for both energy boosts and cooling refreshment.





## Strawberry Smoothie

#### **Ingredients Required**

Strawberry (cut) - 1 cup

Vanilla or strawberry yogurt - 1/2 cup

Milk -  $\frac{1}{2}$  cup

Sugar - 1 tsp

Ice cubes - 1 to 2 nos

- Clean the strawberries and cut into pieces.
- Add strawberries and all other ingredients in to the blending jar.
- Blend it for 45 seconds.
- Pour the juice from the jar and serve.



## Mango Smoothie

#### Ingredients Required

Mango (cut) - 1 cup

Milk - 1 cup

Sugar - 2 tsp

Ice cubes - 1 to 2 nos

- Cut mangoes into pieces and peel them.
- Add mangoes and all other ingredients in to the blending jar.
- Blend it for 45 seconds.
- Pour the smoothie from the jar and serve.



## Nuts Cream Smoothie

#### Ingredients Required

Almond - 1 tbsp

Cashew - 1 tbsp

Raisins - 1 tbsp

Dates (seedless) - 3 nos

Milk - 1 cup

Vanilla or strawberry ice cream - 2 tbsp

#### **Preparation Method**

- Add all the ingredients in to the blending jar.
- Blend it for 45 seconds.
- Pour the smoothie from the jar and serve.

Note: (For best results soak the nuts in hot water/hot milk prior grinding)



## Blueberry Banana Smoothie

#### Ingredients Required

Blueberry - 1 cup (frozen/fresh)

Banana (ripened) - 1 no

Dates (seedless) - 3 nos

Plain yogurt - 1 cup

Ice cubes - 2 nos

Honey - 2 tbsp

- Add all the ingredients in to the blending jar.
- Blend until smooth.
- Pour the smoothie from the jar and serve.



## Veggies Smoothie

#### Ingredients Required

Carrot - 1 no

Tomato - 1 no

Honey - 1 tbsp

Ginger - 1 inch

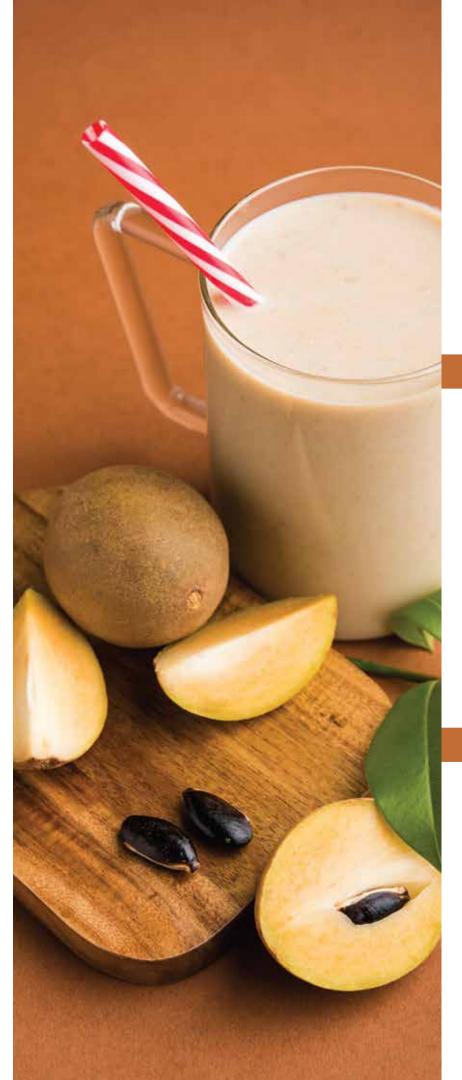
Water - 1 cup

- Add all the ingredients in to the blending jar.
- Blend until smooth.
- Pour the smoothie from the jar and serve.

### Milkshakes

Milkshakes are sweet, chilled drinks made by blending milk, ice cream, and flavorings like chocolate, fruit, or syrups. They're rich, indulgent, and perfect for dessert or a fun treat. Add toppings like whipped cream or sprinkles to make them extra special. A favorite among kids and adults alike.





## Chikku Milkshake

#### Ingredients Required

Chikku - 4 to 5 nos

Cold Milk - 1 cup

Sugar - 1 tbsp

- Wash the fruits, peel the skin, cut in to two halves and deseed it.
- Add this in to the blending jar along with other ingredients.
- Blend for 45 seconds.
- Pour it from the jar and serve.



# Custard Apple Milkshake

#### **Ingredients Required**

Custard apple - 1 no

Cold Milk - 1 cup

Sugar - 1 tbsp

- Crack open a custard apple and scoop the flesh from it.
- Add this in the blending jar and add milk.
- Pulse it 3 to 4 times this will remove the flesh from seeds.
- Now remove the seeds from the mixer jar by using strainer.
- Add sugar and blend it for 45 sec.
- Pour into glass and serve immediately.



# Pome granate Milkshake

#### **Ingredients Required**

Pomegranate seeds - 1 cup

Cold Milk - 1/2 cup

Sugar -  $\frac{1}{2}$  tbsp

- Add pomegranate seeds, milk and sugar in to the blending jar.
- Blend for 45 seconds.
- Pour it from the jar and serve.



## Avocado Milkshake

#### Ingredients Required

Avocado - 1 no

Cold Milk - 1 cup

Ice cream (vanilla) - 1 cup

Honey - 2 tbsp

- Scoop the flesh from fruit.
- Add this in to the blending jar along with milk, ice cream and sugar.
- Blend for 45 seconds.
- Pour it from the jar and serve.



## Oreo Milkshake

#### Ingredients Required

Oreo biscuit - 4 nos

Cold Milk - 1 cup

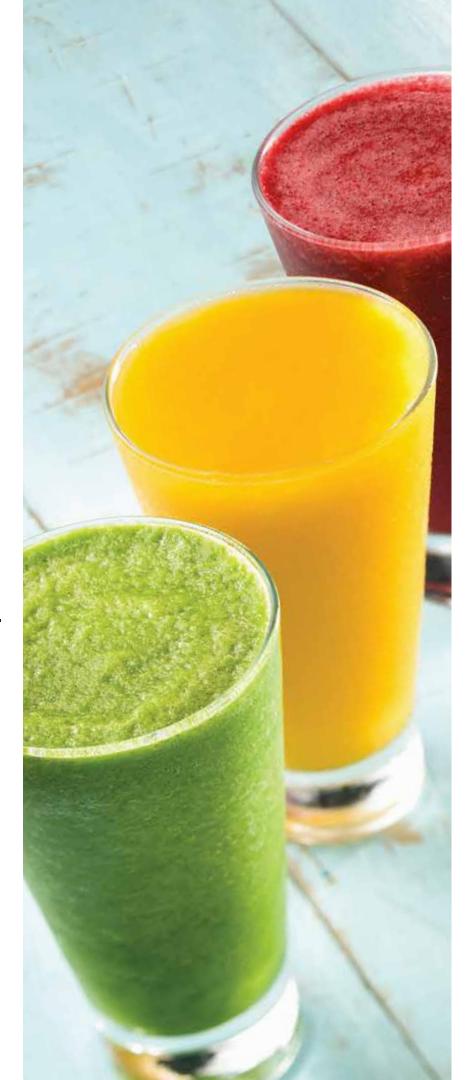
Ice cream (vanilla) - 1 cup

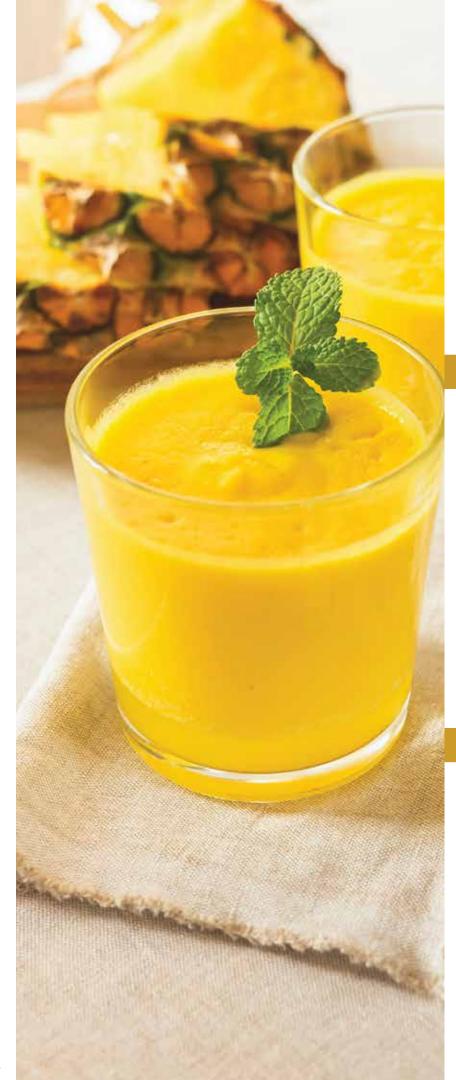
Honey - 2 tbsp

- Break the biscuits into pieces and add in to the blending jar.
- Add milk, ice cream and honey.
- Blend for 45 seconds.
- Pour it from the jar and serve.

## Juices

Juices are made by extracting liquid from fruits or vegetables, offering a refreshing burst of flavor and natural goodness. They're an excellent way to hydrate while consuming essential vitamins and minerals. Serve fresh and chilled for best taste. Ideal for detox, breakfast, or a midday refresh.





## Pineapple Juice

#### Ingredients Required

Pineapple - 1 cup

Water - 1/2 cup

Sugar - 2 tsp

- Add pineapple and sugar in to the blending jar.
- Add water.
- Blend for 45 seconds.
- Pour the juice from the jar and serve.



## Kiwi Juice

#### **Ingredients Required**

Kiwi - 2 nos (120g)

Sugar - 2 tsp

Water - 1 cup

- Wash the fruit and peel the skin, cut in to pieces.
- Add this in to the blending jar along with other ingredients.
- Blend for 45 seconds.
- Pour the juice from the jar and serve.



# Water melon Juice

#### Ingredients Required

Watermelon - 1 cup (200g)

Sugar -  $\frac{1}{2}$  tsp

- Add watermelon and sugar in to the blending jar.
- Blend for 45 seconds.
- Pour the juice from the jar and serve.



## Mint Coriander Detox Drink

#### Ingredients Required

Coriander leaves - 1/2 bunch

Mint leaves -  $\frac{1}{2}$  bunch

Lemon extract - 1 tsp

Rock salt -  $\frac{1}{2}$  tsp

Water - 1 cup

- Wash mint and coriander leaves.
- Add mint leaves, coriander leaves and all other ingredients in to the blending jar.
- Blend for 45 seconds.
- Pour the juice from the jar and serve.



## ABC Juice

#### Ingredients Required

Apple - 1 no

Beetroot -  $\frac{1}{2}$  portion

Carrot - 1 no

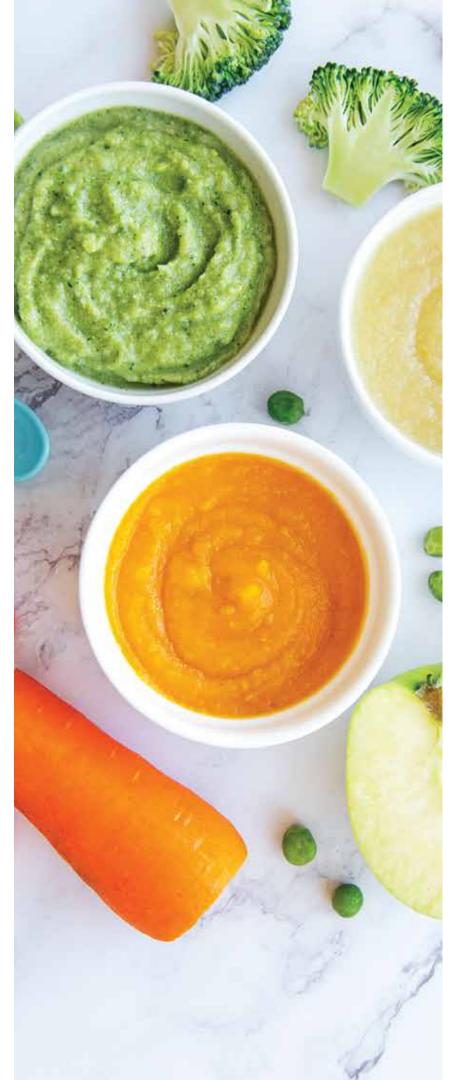
Water -  $\frac{1}{2}$  cup

Sugar - 1/2 tbsp

- Add apple, beetroot carrot in to the blending jar.
- Add water.
- Blend for 45 seconds.
- Pour the juice from the jar and serve.

### Purees

Purees are smooth, thick blends made from cooked or raw fruits, vegetables, or legumes. They form the base for soups, sauces, baby food, and more. Easily digestible and versatile, purees enhance both flavor and texture in cooking. A handy element in both traditional and modern recipes.





## Onion Puree

#### Ingredients Required

Onion (medium size) -

2 nos

- Roughly cut the onions into quarter pieces and add it in to the blending jar.
- Blend for a minute.
- This can be used in making both veg and non veg curries.



# Carrot Potato Puree

#### Ingredients Required

Carrot - 1 no

Potato - 1 no

Salt (optional) - A pinch

- Cut the carrot and potato into pieces.
- Steam the pieces until it gets cooked.
- Let it cool for sometime.
- Add this cooked carrot and potato in to the blending jar.
- Blend for 45 seconds.
- This can be used as a baby food.



## Tomato Pure

#### **Ingredients Required**

Tomato (medium size) -

2 nos

- Roughly cut the tomatoes into quarter pieces and add it in to the blending jar.
- Blend for a minute.
- This can be used in making both veg and non veg curries.



## Pumpkin Puree

#### Ingredients Required

Pumpkin - 2 cups

- Peel the pumpkin and remove the seeds from it.
- Cut into pieces.
- Add water and bring it to boil until the pumpkin get softened.
- Let it cool for sometime.
- Add this mixture in to the blending jar.
- Blend for 45 seconds.
- This can be used as a nutritious baby food and it can be added to baked foods like cookies, breads, pie and muffins.



## Lentil Puree

#### **Ingredients Required**

Red lentil - 1/2 cup

Carrot - 1 no

Sweet potato - 1 no (Small size)

Garlic - 3 cloves

Small onion - 5 to 6 nos

Salt (optional) - A pinch

- Cut the carrot and sweet potato into pieces.
- In a heat pan add lentil, carrot, sweet potato, garlic, onion and saute for 3 to 5 minutes.
- Add water and steam it until the lentil becomes soft.
- Let the mixture cool for sometime.
- Add this mixture in to the blending jar.
- Blend for 45 seconds to 1 minutes.
- This can be used as a nutritious baby food.

## Dips

Dips are creamy or chunky accompaniments served with snacks like chips, veggies, or breads. Made from ingredients like cheese, yogurt, herbs, or pulses, they add richness and flavor to any platter. Perfect for parties or casual snacking. A little dip goes a long way in elevating taste.





## Salsa Dip

#### Ingredients Required

Tomato (medium size) - 2 nos

Onion (medium size) - 1 no

Green Chilli - 1 to 2 nos

Coriander leaves (chopped) - 1 cup

Cumin powder -  $\frac{1}{4}$  tsp

Pepper powder - 1/4 tsp

Lemon juice extract - 2 tsp

Salt - To taste

- Cut the tomatoes, onions and add it in the jar
- Add chopped green chilli, chopped coriander leaves and other spice powders.
- Add lemon juice extract.
- Add water as required.



## Veg Mayonnaise

#### Ingredients Required

Paneer (cut into cubes) -  $\frac{3}{4}$  cup (80g)

Lemon juice - 2 tbsp

Cashews - 10 nos

Pepper powder - 1 tbsp

Garlic - 6 cloves

Olive oil - 3 tbsp (20g)

Water - As required

- Soak the cashews in warm water for 15 minutes.
- Add the soaked cashews, paneer cubes and other ingredients in the grinding jar.
- Grind it for 45 seconds and store it in refrigerator if required.



## Chocolate Dip

#### Ingredients Required

Cocoa powder - 1/2 cup

White sugar - 3/4 cup

Milk - 1 cup

All purpose flour (maida) -  $1^{1/2}$  tbsp

Butter - 2 tbsp

Vanilla extract - 1 tsp (optional)

Salt - Pinch

- Add flour, cocoa powder, sugar and salt in a bowl and mix it well.
- Add this mixture, butter, milk, vanilla extract in to the grinding jar.
- Grind for 45 seconds.
- It can be served over ice creams and can be used as a spread or dip.



#### Ingredients Required

Chopped mint leaves - 1 cup

Chopped coriander leaves - 1 cup

Green chili - 3 nos

Ginger - 1/2 inch

Lemon juice - 1/2 tsp

Cumin powder - 1 tsp

Salt - To taste

- Add all the ingredients in the grinding jar.
- Add water as per the required consistency.
- Grind for 45 seconds.
- Transfer the dip in an airtight container.
- This can be used as spread for sandwiches.



## Hummus Dip

#### Ingredients Required

Chickpea - 1 cup

Sesame seeds -  $\frac{1}{2}$  tbsp

Lemon juice extract - 2 tsp

Garlic - 3 cloves

Olive oil - 3 tbsp

Cumin powder -  $\frac{1}{2}$  tsp

Water - 1/2 cup

Salt - To taste

- Soak the chickpea in water for 30 minutes and cook it until it becomes soft.
- Let it cool for some time.
- Add the cooked chickpeas and all the other ingredients in to the grinding jar.
- Grind it for 45 seconds.
- This can be used as spread for sandwiches and wraps.

### Pastes

Pastes are concentrated blends of spices, herbs, or aromatics used as a base in cooking. From ginger-garlic to curry pastes, they help build deep, layered flavors in various cuisines. Typically sautéed in oil before adding other ingredients.

A must-have for quick and tasty cooking.





## Ginger Garlic Paste

#### Ingredients Required

Ginger (peeled) - 1/2 cup

Garlic (peeled) - 1/2 cup

- Wash the peeled ginger and garlic cloves.
- Add the ginger and garlic in to the grinding jar (add some water if required).
- Grind it for 1 minute.
- Store it in an airtight container.
- This can be used for making both veg and non veg curries.



# Green chili Paste

#### Ingredients Required

Green chili - 1 cup (60g)

Salt - Pinch

Oil -  $\frac{1}{2}$  tsp

- Wash green chilies and remove stems from them.
- Roughly snap the chilies in to half and add it in to the grinding jar.
- Add oil and salt to the green chilies.
- Grind it for 1 minutes to make a paste.
- This green chili paste can be used for making both veg and non veg curries.



## Tamarind Paste

#### **Ingredients Required**

Tamarind -

1/2 cup

Salt -

Pinch

- Remove seeds from the tamarind.
- Add tamarind in the bowl and add water till the tamarind get soaked fully.
- Bring it to boil till the tamarind becomes soft.
- Let it cool down for some time and filter the water.
- Add the tamarind in to the grinding jar and grind it for 1 minute till it becomes paste.
- Add the paste in the pan and boil it for 5 minutes.
- Add salt and let it cool.
- Store this paste in an airtight container for further use.
- This tamarind paste can be used in making veg, nonveg curries and dips.



### Cashew Paste

#### Ingredients Required

Cashews - 1 cup

- Soak the cashews in water for 1 to 2 hours.
- Add the soaked cashews in to the grinding jar and grind it for 1 minute to make a paste.
- Add water as required for grinding.
- This cashew paste can be used for adding creaminess and richness to the dishes and it also acts as a thickening agent in various recipes.



### Tikka Paste

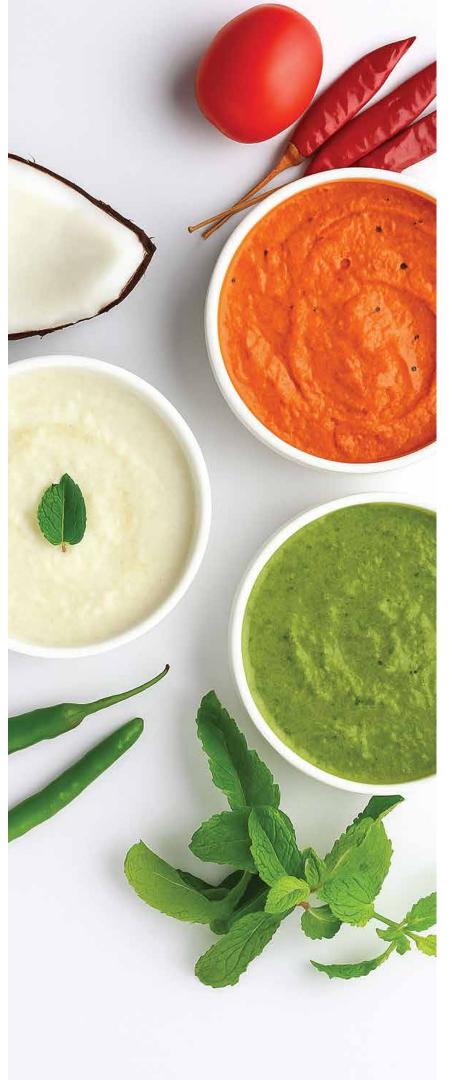
#### **Ingredients Required**

Coriander seeds -	1 tsp	Ginger (1 inch) -	1 no
Garlic (crushed) -	2 cloves	Sunflower oil -	2 tbsp
Black pepper -	$^{1}/_{2}$ tsp	Salt -	1 tsp
Turmeric powder -	1/2 tsp	Tomato puree -	1 tbsp
Red chili powder -	1/2 tsp	Paprika -	1 tsp
Fenugreek seeds -	1 tsp	Cumin seeds -	1 tsp
Tamarind paste -	1 tbsp		
Coriander leaves -	1 bunch (small)		

- Dry roast cumin seeds, fenugreek seeds,
   Black pepper and coriander seeds.
- Add this and all the other ingredients in to the grinding jar.
- Grind it for 1 minute to make a paste.
- This tikka paste can be used as versatile marinade for meat, vegetables and flavoring agent in curries, soups.

### Chutneys

Chutneys are flavorful condiments made by blending herbs, fruits, or vegetables with spices. They can be sweet, tangy, or spicy and are commonly served with Indian meals and snacks. A spoonful can brighten up any dish. They offer a delicious way to balance and enhance flavors.





### Coconut Chutney

#### Ingredients Required

Coconut (grated) -1/2 inch 1 cup Ginger -Fried gram dal -3 tbsp Green chili -1 no  $^{1}/_{2}$  tsp Cumin seeds -Red chili -1 no  $\frac{1}{2}$  tsp Mustard seeds -1/2 tbsp Besan -Curry leaves -1 spring

 $^{1}/_{2}$  tsp (as required)

#### **Preparation Method**

Salt -

- Add grated coconut, fried gram dal, ginger, garlic and green chili in to the grinding jar.
- Add water as required.
- Grind it for 45 seconds till it becomes a paste.
- Add oil in a hot pan.
- When oil heated up add mustard seeds, cumin seeds, urad dal, red chili, curry leaves and saute for a minute.
- Add this tempering in the prepared paste.
- This chutney goes well with idli, dosa, pongal and vada.



# Tomato Chutney

#### **Ingredients Required**

Tomato - 2 nos Tamarind - 1 Small chunk

Big onion - 1 no Cumin seeds -  $\frac{1}{2}$  tsp

Oil - 1 tbsp Salt -  $\frac{1}{2}$  tsp

Urad dal - 1 tsp

Red chili - 2 nos

Garlic - 3 nos

- Roughly slice tomatoes and onion.
- Add oil in a hot pan.
- When oil heated up add Cumin seeds, Urad dal and Red chili and saute for 1 minute.
- Add onion, garlic, tomato, tamarind and saute for
   7 to 10 minutes till it becomes fragrant.
- Let it cool for some time and add it in to the grinding jar.
- Grind for 45 sec till it becomes a paste.
- This tomato chutney goes well with idli, dosa and chapati.



### Peanut Chutney

#### **Ingredients Required**

Roasted peanuts -

1 cup

Garlic -

3 nos

Fried gram dal -

2 tbsp

Red chili -

2 nos

Mustard seeds -

 $^{1}/_{2}$  tsp

Besan -

1/2 tbsp

Curry leaves -

1 spring

Tamarind -

1 small chunk

Salt -

 $\frac{1}{2}$  tsp (as required)

- Add peanuts, fried gram dal, tamarind, garlic, red chili and salt in to the grinding jar.
- Add water as required.
- Grind it for 45 seconds till it becomes a paste.
- Add oil in a hot pan.
- When oil heated up add mustard seeds, curry leaves, besan and saute for few seconds.
- Add this tempering in the prepared paste.
- This chutney goes well with idli, dosa and vada.



### Raw Mango Chutney

#### Ingredients Required

Mango (small cut pieces) - 1/2 cup

Grated coconut - 1 cup

Green chili - 2 nos

Salt - as required

Coconut oil -  $\frac{1}{2}$  tsp

- Add all the ingredients in to the grinding jar (except coconut oil).
- Grind it for 45 seconds till it becomes a coarse.
- Transfer the prepared paste into a bowl.
- Add coconut oil and mix it.
- It can be used as a glaze, dip, topping condiment and spread for sandwich.



### Amla Chutney

#### **Ingredients Required**

Boiled amla - 1 cup Red chili powder - 1 tsp

Oil - 1 tbsp Ghee - 1 tbsp

Fennel seeds - 1 tbsp

Coriander powder - 1 tsp

Salt - As required

- In a pan, heat oil and add fennel seeds.
- Add boiled pieces of amla and saute for 3 to 5 minutes.
- Add coriander powder, red chili powder, ghee and cook for a minute.
- Let it cool for sometime.
- Add this in to the grinding jar and grind it for
   45 seconds till it becomes a paste.
- This chutney can be used as a dip or incorporated in to meals for added flavor and nutritional value.

### Dry Masala

Dry masalas are spice blends made by roasting and grinding whole spices. Each mix brings its own aroma and character—be it garam masala, sambar powder, or chai masala. They add warmth and complexity to dishes, whether sprinkled on top or used in cooking. Homemade blends elevate the taste like nothing else.





### Curry Masala

#### Ingredients Required

Dry ginger -	1 no	Nutmeg -	1 no
Black cardamoms -	8 nos	Mace -	1 no
Dhaniya powder -	4 tsp	Rock salt -	$\frac{1}{2}$ tsp
Turmeric powder -	1/2 tsp	Salt -	2 tsp
Cardamom -	2 tsp	Ajwain -	1/2 tsp
Red chili -	2 nos	Fennel seeds -	3 tsp
Rosted cumin -	2 tsp	Star anise -	1 no
Deggimirch powder -	2 tsp		

- Dry roast all the ingredients. (do not roast the ingredients which are in powder from)
- Let it cool down
- Transfer all the ingredients to the grinding jar and grind it for 1 minute
- This masala can be used for both veg and non veg curries.



### Idi Podi

#### Ingredients Required

Urad dal - 3 tsp

Channa dal - 2 tbsp

Seasame seeds - 1 tsp

Red chilli - 4 nos

Garlic (small) - 3 nos

Curry leaf - 15 pcs

Rock salt - 1 tbsp

- Dry roast all the ingredients.
- Let it cool down for sometime.
- Transfer all the ingredients to the grinding jar and grind it for 1 minute.
- This masala can be used as a condiment for dosa and idli.



# Peri Peri Masala

#### **Ingredients Required**

Coriander seeds - 2 tbsp Garlic flakes -  $1 \frac{1}{2}$  tbsp

Black pepper corns -  $\frac{1}{2}$  tsp Bay leaf - 1 no

Dried oregano leaves - 2 tsp Citric acid -  $\frac{1}{2}$  tsp

Dried parsley leaves -  $1^{1/2}$  tsp Salt - To taste

Dried basil leaves - 2 tsp

Dried onion flakes - 1 tsp

Cumin seeds -  $1 \frac{1}{2}$  tbsp

Dried red chillies - 4 nos

- Dry roast coriander seeds, cumin seeds, black peppercorns and dried red chillies until fragnant.
- Add this along with other ingredients in the grinding jar.
- Grind it for 1 minute and store it in a tight container.



### Rasam Masala

#### **Ingredients Required**

Curry leaf -Cumin seeds -8 pcs 2 tsp Coriander seeds -2 tbsp Gram dhal -1 tsp Black peppercorns -1 tsp Turmeric -2 nos  $^{1}/_{2}$  tsp

Dried red chilies -5 nos

Fenugreek seeds -

 $^{1}/_{2}$  tsp Mustard seeds -

- Dry roast all the ingredients until fragrant and let it cool for sometime.
- Add all the ingredients in the grinding jar.
- Grind it for 1 minute and store it in an air tight container.



### Pepper Powder

**Ingredients Required** 

Black Pepper corn - 50g

- Dry roast the pepper corn for 2 to 3 minutes in low flame.
- Let it cool for some time.
- Transfer the pepper corn in the jar and grind it for 1 minute.
- This masala can be used for both veg and non veg curries.

