### **Morphy** Moments



#### **Happy New Year!**

As we leave behind another year and step into a new one, the team at Morphy Richards would like to extend our warmest wishes for a happy 2024. We're excited to see what the year will bring and how we can continue to innovate and create products that make life simpler and more enjoyable for all.

#### Whats coming up in 2024?

#### **Show Time:**

We are thrilled to announce that Morphy Richards will be exhibiting at the INDX show this February for the first time ever! Not only will you be able to see our range of high-quality products up close, but you'll also have the opportunity to talk to our knowledgeable team. We will also be showcasing some Brand New products, launching very soon ••

# Come and see us at Stand DH150 Tabletop | Cookshop | Electricals | Soft Furnishing | Linens | Home Gift | Pet 20-21 FEBRUARY 2024 www.indxshows.co.uk

#### **New Products:**

Our team has been hard at work developing new products that we are thrilled to share with you very soon. Trust us when we say that you won't be disappointed. Keep an eye out for our official announcement, and get ready to be wowed.

M R.

#### THIS ISSUE:

Whats up coming in 2024 Page 1

Sharing the Love of Soup! Page 2

Strawberry Banana Smoothie Page 3

Air Fryer 101: Tips and Tricks for Beginners Page 4



Vol 5 | Page 1



#### **Sharing the Love for Soup!**

We love seeing you share the love for your Morphy Richards products on social media. Soup Season is upon us, we have seen some great content recently of your amazing homemade soup recipes.

# month industrial and the second secon

#### Want to be involved?

Simply snap a photo of your Morphy treasures and share it on Instagram tagging us (@morphyrichardsuk) and using the hashtag #loveyourmorphy.

Let's share the love for Morphy Richards; show us how you Love Your Morphy.

## Do you have a favourite recipe you'd love featured on our site?

If you have a favourite recipe that you would like to share, we would be honoured to feature it on our site. Submit your recipe at the bottom of this **page**.





#### **Strawberry Banana Smoothie**

This strawberry banana smoothie is a delightful and nutritious option for a quick breakfast, a post-workout refresher, or a satisfying snack any time of the day. Feel free to customise the ingredients based on your preferences and dietary needs! Enjoy your homemade blend

#### **Ingredients:**

- 1 cup fresh or frozen strawberries
- 1 ripe banana 🤌
- 1/2 cup plain or vanilla yogurt
- 1/2 cup milk (dairy or non-dairy)
- 1-2 tablespoons honey or maple syrup (optional, for added sweetness) €
- Ice cubes (if using fresh strawberries)

#### **Method:**

#### 1. Prepare the Ingredients:

 If using fresh strawberries, wash and hull them. Peel the ripe banana and chop it into chunks.

#### 2. Load the Blender:

o Place the strawberries, banana chunks, yogurt, and milk into the blender pitcher.

#### 3. Optional Sweetener:

o If desired, add honey or maple syrup for extra sweetness.

#### 4. Blend Until Smooth:

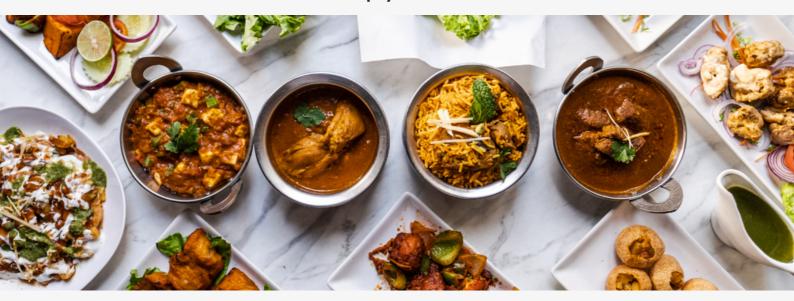
 Secure the blender lid and start blending on low speed, gradually increasing to high, until all ingredients are well combined and the mixture is smooth. Blend for about 1-2 minutes, ensuring there are no chunks remaining.

#### 5. Check Consistency:

o If the smoothie is too thick, add a splash of additional milk and blend again until reaching the desired consistency.

#### 6. Serve and Enjoy:

 Pour the refreshing strawberry banana smoothie into glasses. Optionally, garnish with a strawberry slice or a banana slice on the rim of the glass.



# Air Fryer 101: Tips and Tricks for Beginners

Welcome to the world of air frying—a culinary journey that combines the joy of indulgence with the benefits of healthier cooking. Whether you're unboxing a brand-new appliance or considering adding an air fryer to your kitchen arsenal, this Air Fryer 101 guide is here to help you navigate the basics and unleash the full potential of your new

kitchen companion.

#### **Getting Started:**

- 1. Read the Manual
- 2. Preheat Your Air Fryer
  - 3. Use the Right Oil

#### **Cooking Techniques:**

- 4. Single Layer Rule
  - 5. Shake and Flip
- 6. Experiment with Seasonings

# Cooking Times and Temperatures:

7. Start with Recommended Settings:



With these Air Fryer 101 tips, you're well on your way to mastering the art of air frying. Experiment, have fun, and get ready to enjoy a healthier, crispy culinary adventure! Happy air frying! \*\*