SMEG



BLENDER

S M E G

The PERFECT ally

For a healthy fruit and yogurt smoothie for breakfast, to recuperate with a refreshing drink after a workout, or to prepare a quick and simple soup for lunch, SMEG blends ingredients of different textures to perfection, to accompany you throughout the day.



High performance and superior style A SUCCESSFUL BLEND

Painstakingly designed down to the smallest detail to offer a large, versatile and efficient appliance, this blender comes with 3 default functions: ice crusher for crushing ice, smoothie for thick and creamy shakes and pulse to speed up as necessary at the touch of a key.

DIE-CAST ALUMINUM BODY

Sturdy and stable, with a non-slip base and storage compartment for power cord.

2 DOUBLE STAINLESS STEEL BLADE

Removable blade, adjustable to **4 speed settings** to guarantee the desired blending consistency.

3 MOTOR WITH SMOOTH START

Gradual startup to facilitate blending and subsequent acceleration to achieve the selected speed.

4 TRITAN® JUG

Light-weight, unbreakable, dishwasher-proof, Bisphenol-free jug. Fitted with a transparent lid with measuring cap and non-drip spout.

LARGE

VERSATILE

fun









Range of COLORS

a sleek silhouette AND

VINTAGE COLORS



















BLFO1BLEU

BLF01RDEU





SPORTSMAN'S **SMOOTHIE**

Ingredients

Oranges	;
Carrots	1/2 CU]
Plain white yogurt	l cup
Honey	4 tablespoon
Fresh ginger, peeled	1 teaspoor

Use ripe fruit and vegetables to benefit fully from all their active ingredients. Select a different smoothie depending on the time of day: an energy-boosting detoxing one in the morning; a vitamin- and mineral-rich one for lunch; a more sugary one as an afternoon snack to take away your hunger pangs.

Preparation

Peel and de-pith the oranges and keep 1/4 of the rind of 1 orange.



5 minutes





Introduce the oranges in segments and the rind into the blender. then add the carrots and the ginger cut into chunks.





Blend at speed setting 4 for 20/25 seconds.





Add the yogurt and honey through the purpose-designed hole in the lid.





Blend at speed setting 2 for 10 seconds.

Pour the mixture into alasses.



DETOX **SMOOTHIE**

Ingredients

Ripe kiwis	
Pink grapefruit	
Green apples	
Honey	l 1/2 tablespoor



Add a pinch of spices to enhance the beneficial effects. Some of the most popular spices include: aniseed or cumin seeds to make it

easier to digest, pepper and chilli pepper to speed up the metabolism, cinnamon, star anise or ginger to enhance the flavor, turmeric to increase its antioxidant properties and fennel seeds to stimulate diuresis.

Preparation

Peel and de-pith the pink grapefruit and cut into segments.

Wash the apples, core them and slice them. Peel the kiwis and cut into chunks.



5 minutes







Blend at speed setting 4 for 40/45 seconds.



Add the kiwi chunks and the honey through the purposedesigned hole in the lid.





Blend at speed setting 4 for 20/25 seconds.

Pour the mixture into glasses.



ORANGE AND **CARROT SMOOTHIE**

Ingredients

Carrots, peeled	l 1/2 cups
Orange juice	2 cups
Plain white yogurt	1/2 cup
Acacia honey	2 tablespoons
Ice cubes	as necessary
Soda water	

Preparation:





Introduce the chopped carrots and half the orange juice into the blender and blend at speed 3 for 10 seconds using the standard function.



Add the remainder of the orange juice through the purposedesigned hole in the



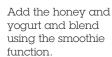
You can also add two tablespoons of filtered lemon juice to the other ingredients: this will give the drink a delicious tangy twist!

Drink it as soon as it's ready to benefit fully from the vitamins it contains as these deteriorate quickly, as in fresh juices.



10 minutes





3





Pour the mixture into glasses and decorate with an orange slice.



MOJITO

Ingredients

9	
Cuban white rum	2/3 CUP
Fresh lime juice	1/2 cup
Mint leaves	22
Teaspoons of white cane sugar	4
Ice cubes	as necessary
Soda water	

Only use the freshest mint leaves and do not squeeze or crush the lime rind in the Mojito as this would make it taste bitter. To make an interesting variant, use two types of rum: a younger white rum and an aged amber one.



10 minutes

Preparation:





Grind the mint leaves Use the Ice Crusher with the sugar and lime juice lightly and pour into glasses. Add a splash of soda. Pour the ice into the blender.





function.





Crush the ice to the desired consistency.





Pour the crushed ice into the glasses. Pour the rum and top off with more soda.

Decorate with mint leaves and slices of lime.



STRAWBERRY SMOOTHIE

Ingredients

Ripe strawberries	l 1/2 cup
Plain white yogurt	l 1/2 cur
Sugar (to taste)	2 1/2 tablespoon
Tablespoon of lemon juice	•

An alternative way to get children to have their daily helping of fresh fruit and vegetables: the bright colors and smooth consistency of smoothies tantalise their imagination and encourage them to try and drink what could be seen as a "magic potion".

Preparation:





Wash, hull and chop the strawberries and introduce them into the blender.



Add the yogurt, sugar and lemon juice.



Blend using the smoothie function.



5 minutes



Pour the drink into glasses.

Decorate with strawberries.



COFFEE MILKSHAKE

Ingredients

Strong coffee 1/2 cup
Vanilla or coffee flavored ice cream 2 cups
Cold milk 1 cup
Sugar 4 tablespoons

You can add a modern twist to the traditional recipe using barley or chicory coffee, which can be drunk at any time of day, or green coffee, which is rich in antioxidants, or dandelion coffee which helps purify the body.

Preparation:





Pour the ice cream into the blender.





Pour the milk and room-temperature coffee in through the purpose-designed hole in the lid.



3

Add the sugar and blend using the standard function at speed setting 2 for 15 seconds.



5 minutes





Pour the milkshake into glasses.

Decorate with a wisp of whipped cream, coffee beans and ground coffee.



TOMATO SOUP

Ingredients

Tomatoes	10 lb.
Garlic cloves	2-3
Mixed herbs (basil, oregano, thyme)	
Extra virgin olive oil	2 1/2 tablespoons

Choosing tomatoes as the main ingredient is a great idea as tomatoes are filled with healthy elements, especially lycopene, which helps reduce cholesterol, thereby protecting the cardiovascular system and fighting free radicals since it is a powerful antioxidant.

Salt and Pepper Preparation

Wash and hull the tomatoes and cut into quarters. Line an oven dish with greaseproof paper and place the tomato quarters on it, season with oil, salt and pepper and a finely chopped garlic clove.





Introduce the cooled tomatoes into the blender and add the remaining garlic.



Blend with the standard function at speed setting 2 for 10 seconds.



Pour a drizzle of oil in through the purposedesigned hole in the lid and season with the herbs, then blend at speed setting 1 for 6 seconds.



4

Bake at 370°F for 20 minutes. Remove from the oven and allow to cool. Pour the soup into bowls and decorate with basil and bread croutons to taste.



LEMON SORBET

Ingredients

Organic lemons	7 oz
Ice	16 oz
Egg whites	2 tablespoons
Dry white wine or vodka	3 1/2 tablespoons
Sugar	l cup

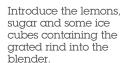
If you have children among your guests, prepare this sorbet alcohol-free. Follow the recipe using all the ingredients listed except for dry white wine and vodka.

Preparation

Grate the lemon rind and sprinkle into the ice cube tray, add water and put in the freezer. Peel and de-pith the lemons, chop into pieces and remove the seeds.









Add the egg whites, then blend using the Ice Crusher function.



Pour in the wine and gradually add in the ice 2 or 3 times. Blend until smooth.





Pour the sorbet into glasses and serve immediately or store in the freezer. Garnish the sorbets with mint and lemon rind.



BLF01 Smeg 50's Style BLENDER

Technical characteristics

Power 800 W (Max 18000 rpm)

Motor with Smooth Start function

4 manually selectable speed settings

3 default functions: ice crusher, smoothie, pulse

50 fl oz Tritan™ BPA-free jug

Transparent lid with measuring cap

Double stainless steel blade, removable

Painted die-cast aluminum body

Colors available

BLF01PGEU Aqua green

BLF01PKEU Pink

BLF01CREU Cream

BLF01BLEU Black

BLF01RDEU Red

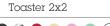
BLF01PBEU Baby blue

BLF01SVEU Silver



THE WHOLE









Stand Mixer







Slow Juicer



Coffee Machine







