

S M E G



BLENDER

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.....

The PERFECT *ally*

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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.



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High performance and superior style

A SUCCESSFUL BLEND

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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.

**1
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



PASTEL GREEN

BLF01PGEU



SILVER

BLF01SVEU



PASTEL BLUE

BLF01PBEU



CREAM

BLF01CREU



PINK

BLF01PKEU



BLACK

BLF01BLEU



RED

BLF01RDEU

.....
Smoothies with
fragrances
and colors
THAT ARE UBER-HEALTHY
.....





SPORTSMAN'S SMOOTHIE

Ingredients

Oranges	3
Carrots	1/2 cup
Plain white yogurt	1 cup
Honey	4 tablespoons
Fresh ginger, peeled	1 teaspoon

Preparation

Peel and de-pith the oranges and keep $\frac{1}{4}$ of the rind of 1 orange.



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.



5 minutes



1

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



2

Blend at speed setting 4 for 20/25 seconds.



3

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



4

Blend at speed setting 2 for 10 seconds.

Pour the mixture into glasses.



DETOX SMOOTHIE

Ingredients

Ripe kiwis	2
Pink grapefruit	2
Green apples	2
Honey	1 1/2 tablespoons

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.



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.



5 minutes



1

Introduce the pink grapefruit into the blender, followed by the apples.



2

Blend at speed setting 4 for 40/45 seconds.



3

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



4

Blend at speed setting 4 for 20/25 seconds. Pour the mixture into glasses.



ORANGE AND CARROT SMOOTHIE

Ingredients

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

Preparation:



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



1

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



2

Add the remainder of the orange juice through the purpose-designed hole in the lid.



3

Add the honey and yogurt and blend using the smoothie function.



4

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



MOJITO

Ingredients

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	

Preparation:



1

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



2

Use the Ice Crusher function.



3

Crush the ice to the desired consistency.



4

Pour the crushed ice into the glasses. Pour the rum and top off with more soda. Decorate with mint leaves and slices of lime.



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



STRAWBERRY SMOOTHIE

Ingredients

Ripe strawberries	1 1/2 cups
Plain white yogurt	1 1/2 cup
Sugar (to taste)	2 1/2 tablespoons
Tablespoon of lemon juice	1



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:



5 minutes



1

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



2

Add the yogurt, sugar and lemon juice.



3

Blend using the smoothie function.



4

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

Preparation:



1

Pour the ice cream into the blender.



2

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.



4

Pour the milkshake into glasses.

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



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.



5 minutes



TOMATO SOUP

Ingredients

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



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.



15 minutes



1

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



2

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



3

Pour a drizzle of oil through the purpose-designed 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	1 cup

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.



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.



15 minutes



1

Introduce the lemons, sugar and some ice cubes containing the grated rind into the blender.



2

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



3

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



4

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 FAMILY



Toaster 2x2



Toaster 2x4



Variable Temperature Kettle



Kettle



Stand Mixer



Slow Juicer



Coffee Machine



Citrus Juicer



