

**S M E G**

**RECIPE BOOK  
HIGH PERFORMANCE  
BLENDER**

*6 recipes*



**S M E G**

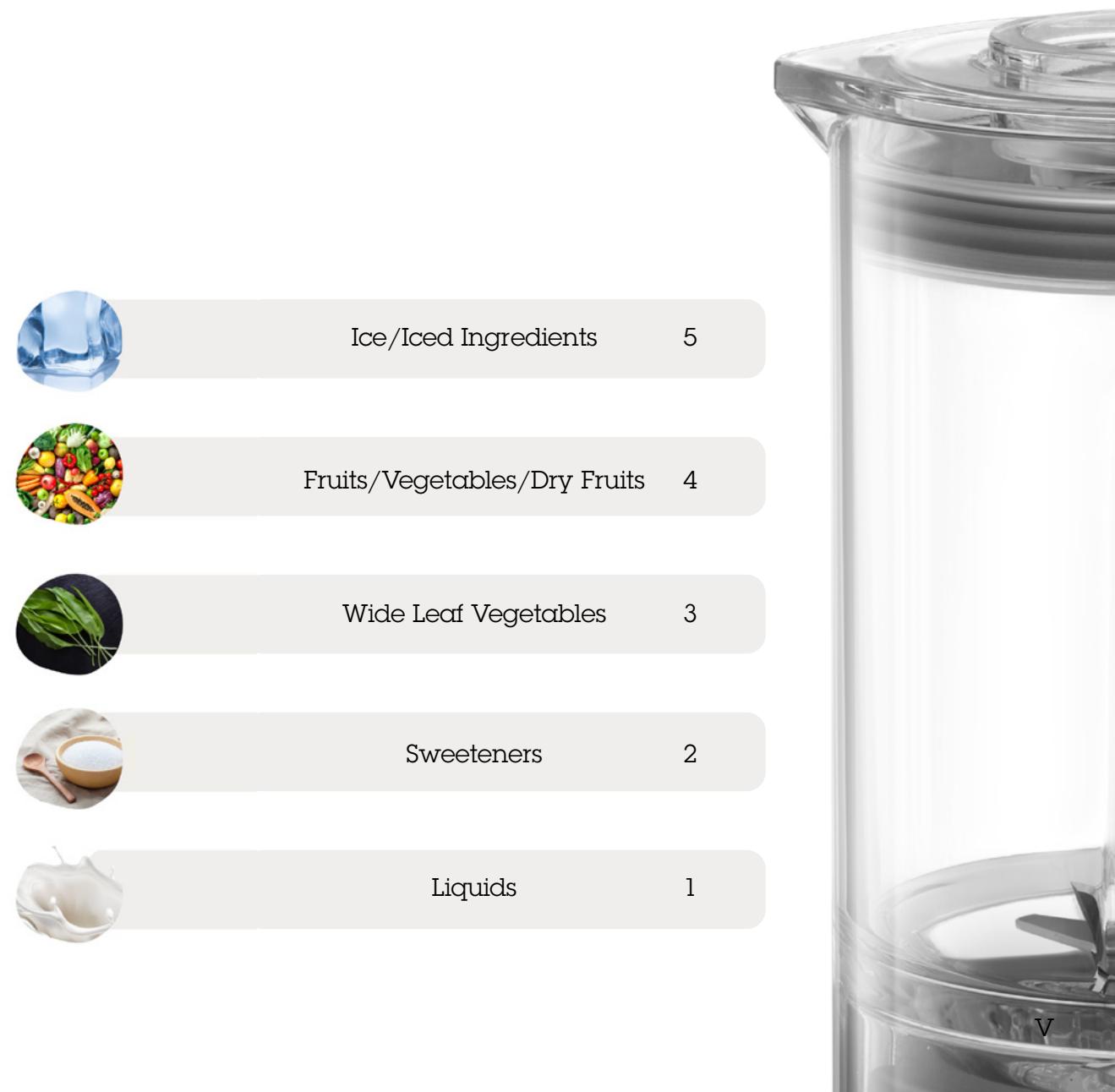
**RECIPE BOOK**  
**HIGH PERFORMANCE BLENDER**

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# Legend

-  difficulty
-  serves
-  preparation time
-  smoothie
-  green smoothie
-  frozen dessert
-  ice crush
-  auto clean
-  pulse function
-  9 manual speeds

# Ingredients insertion sequence



	Chickpeas, pumpkin and curry hot soup	2
	Frozen Aperol spritz	4
	Hazelnut cream rolls	6
	Pumpkin spice latte	8
	Spinach and kiwi green smoothie	10
	Strawberries ice cream cookie sandwiches	12



Easy



4 people



10 minutes

# CHICKPEAS, PUMPKIN AND CURRY HOT SOUP

## INGREDIENTS

- 500 g chickpeas
- 300 g steamed pumpkin
- 500 g vegetable broth
- 200 g coconut milk
- 20 g extra virgin olive oil
- 1 pinch of salt
- 2 tsp curry

In the blender jug pour the vegetable broth, coconut milk, chickpeas, steamed pumpkin, 1 pinch of salt and 2 tsp of curry.

Select speed 9 and press start. After 5 minutes of blending, the soup will be hot and ready to serve.

Pour the soup in a bowl and garnish with sunflower seeds.





Easy



4 people



10 minutes

# FROZEN APEROL SPRITZ

Use fresh oranges to make 500 ml of fresh orange juice. In a jug mix together Aperol and the fresh orange juice. Pour the mix in ice cube trays and freeze for at least 6 hours before use.

In the blender jug pour 350 ml of prosecco and half of the frozen mixture.

Select the ice crush mode and press start. At the end of the program, you can use the pulse mode to obtain a smoother texture.

Pour the frozen Aperol spritz in a large glass and add a slice of orange.

Serve immediately.

## INGREDIENTS

500 ml fresh orange juice

500 ml Aperol

750 ml prosecco

Orange



PULSE



Medium



8 people



10 minutes

# HAZELNUT CREAM ROLL

In a bowl whip the eggs with vanilla extract until frothy. Add the sugar little by little and keep whipping until the mix is clear and frothy. Add the flour slowly and mix with a spatula without deflating the mix.

Pour the dough in a 30x40 cm baking tray lined with parchment paper, level the dough with a spatula and bake at 220° C for 8/9 minutes.

Once baked, overturn the dough on parchment paper and let it cool.

Prepare the hazelnut cream pouring all the hazelnuts in the blender jug. Select speed 5 and press start. Use the tamper to get a smooth texture. Once the hazelnuts have a buttery texture, add sugar, 30 ml of seed oil and for last 4 tablespoons of cocoa powder. Mix until homogeneous. Pour the hazelnut cream in a jar.

Spread a good amount on the cooled dough and roll it. Cut it in slices in serve.

## INGREDIENTS

### For hazelnut cream:

- 500 g hazelnuts
- 4 tbsp cocoa powder
- 50 g sugar
- 30 ml seed oil

### For the roll:

- 4 eggs
- 115 g sugar
- 80 g all-purpose flour
- 1 tsp vanilla extract





Easy



2 people



10 minutes

# PUMPKIN SPICE LATTE

In a jug add the almonds and the water. Cover with a lid and let it rest for at least one hour.

Pour the mix in the blender jug, select speed 7 and press start. Blend for at least 1 minute.

Filter with cheesecloth and pour the milk in a bottle.

In a saucepan mix the pumpkin puree with cinnamon, honey and sugar and 600 ml of almond milk.

Heat everything well.

Pour in a glass or a cup, add the coffee and hot almond milk to pleasure. Garnish with whipped cream and a sprinkle of cinnamon.

## INGREDIENTS

### For the almond milk:

200 g peeled almonds

1 l water

### For the pumpkin spice latte:

200 g pumpkin puree

30 g sugar

60 g coffee

1 tsp honey

2 tsp cinnamon

Whipped cream





Easy



2 people



10 minutes

# SPINACH AND KIWI GREEN SMOOTHIE

Wash well the spinach leaves. Pour the coconut milk in the blender jug, add the spinach leaves and the kiwi cut in pieces and for last the almonds and hazelnuts. Attach the vacuum pump to the jug lid and press the upper button to start extracting the air. Once finished remove the vacuum pump and select the green smoothie mode. Press start and once the program is finished release the air. Pour the green smoothie in a large glass and serve immediately.

## INGREDIENTS

500 ml coconut milk

300 g fresh spinach

4 kiwi

30 g almonds and hazelnuts





Easy



2 people



10 minutes

# STRAWBERRIES ICE CREAM COOKIES SANDWICHES

## INGREDIENTS

### For the strawberry ice cream:

- 500 g strawberries
- 200 g yogurt
- 2 tablespoons honey

### For the cookies:

- 100 g butter room temperature
- 100 g all-purpose flour
- 100 g almonds
- 150 g sugar
- 1 tsp vanilla extract
- 1 egg
- 8 g baking soda
- 1 pinch of salt

Wash and cut the strawberries in pieces and freeze them for at least 6 hours.

Prepare the cookies by making the almond flour first. Add the almond in the blender jug. Select speed 8 and press start. After about 30 seconds the almond flour is ready. Mix the almond flour with the all-purpose flour, baking soda, pinch of salt. In another bowl whisk together butter, sugar, vanilla extract and egg. Mix with the flour. Once the dough is smooth, use an ice cream scoop to make the cookies. Bake at 190° C for 10 minutes. Once cooked, let the cookies cool on a tray.

In the blender jug add the frozen strawberries, yogurt and honey. Use the frozen dessert mode and press start. Once finished, transfer the ice cream in a can and keep in the freezer until ready to use.

Assemble the sandwiches and serve immediately.



8



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