

build your **smoothie.**

For the smoothest results,
add ingredients in the order listed below.



7 ice

6 greens (fresh or frozen)

5 powdered ingredients
(protein powder, matcha,
cacao, spices)

4 nut & seed butters

3 yogurt, oats

2 frozen fruit, soft fresh
fruits & vegetables
(melon, peeled cucumber,
banana, etc.)

1 liquid ingredients
(milk, nut milk, water, vinegar,
oils, liquid sweeteners, etc.)

! warning! Do not overfill
with ice and always use
sufficient liquids.

build your **smoothie.**

- 1** Start with your liquid — we recommend about 1 cup for a standard smoothie.
- 2** Add in fruits, greens, boosts, and powders. Frozen fruits or a little ice will make it frosty. Just be sure to keep everything under the MAX line.
- 3** Blend and enjoy! Open the sip & carry lid between blending cycles to release any built-up pressure.

! **warning! NEVER** add hot or carbonated ingredients to the sealed magic bullet® Cups.



recipes.

Scan here for delicious inspiration and tasty recipes to make with your new magic bullet® Portable Blender!

