

Follow these steps for the best results.



5 Finish with ice or frozen ingredients.

4 Then add dry or sticky ingredients like seeds, protein powders, & nut butters.

3 Then add leafy greens.

2 Next add fresh fruits.

1 Start by adding liquid or yogurt, enough to cover the blades.





Tips & tricks for best results

DO NOT blend without ingredients or without lid.

Start with enough liquid to cover the blades.

Add fresh ingredients, powders, and nut butters before frozen ingredients.

Do not exceed **MAX FILL** line, especially with protein powders as it expands when blended.

Shake, shake, shake to help move stuck ingredients while blending.

NOTE: If still too thick, add more liquid