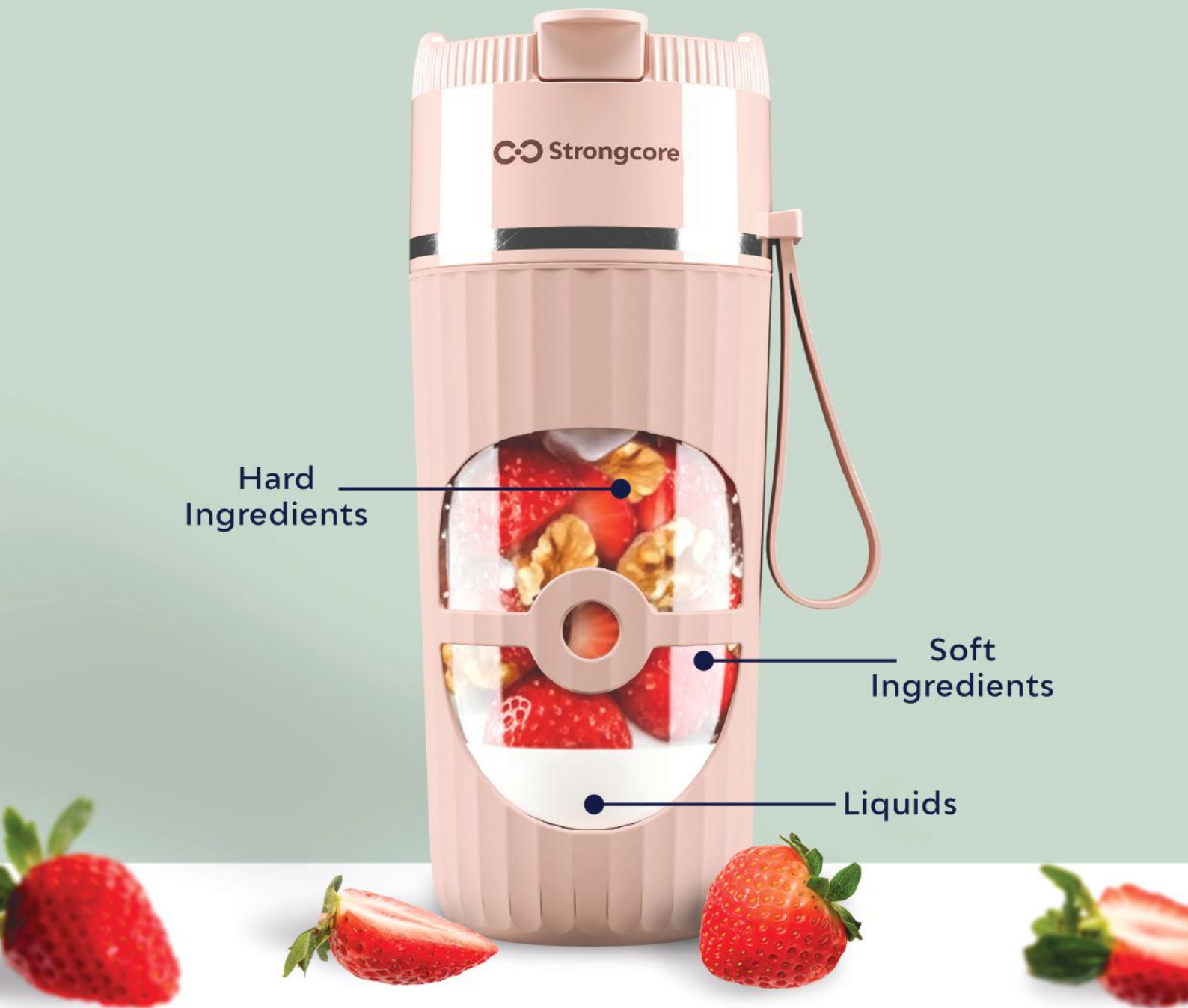


# **BOOST**

## **PORTABLE BLENDER**



**Fast, Fresh and On the Go Recipes**



# BOOST

## Quick Start Guide

- 1 Liquids First**  
Add your base: water, milk, or juice.  
Max Liquid Level: 100 ml
- 2 Soft Ingredients Next**  
Add fruits, greens, or protein powder.
- 3 Hard Ingredients Last**  
Add chilled fruits or crushed nuts.
- 4 Secure the Lid and Flip**  
Shake gently mid-blend for the best texture.

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Refreshing  
**SMOOTHIES**



# AVOCADO SMOOTHIE ENERGIZER



## Nutritional Value

423 kcal

**Carbohydrates** 43g

**Proteins** 30g

**Fats** 18g

## Ingredients

100 ml (100g) Unsweetened Almond Milk  
½ Ripe Avocado (75g), Pitted and Peeled  
1 Small Banana (120g), Chilled, Sliced  
1 Scoop (30g) Vanilla Protein Powder  
(Optional)  
1 Tbsp (12g) Chia Seeds  
Handful of Spinach (20g)  
Ice Cubes (To Serve, After Blending)

## Directions

1. Pour almond milk into the BOOST Portable Blender.
2. Add spinach and avocado.
3. Add banana, then chia seeds and protein powder.
4. Blend until smooth and creamy.
5. Pour into a glass over ice cubes and enjoy.

# BANANA SMOOTHIE REFRESHER



## Nutritional Value

261 kcal

**Carbohydrates** 53g

**Proteins** 8g

**Fats** 4g



## Ingredients

100 ml (100 g) Milk

1½ Ripe Bananas (150 g), Chilled, Sliced

½ tsp (2 g) Vanilla Extract

2 tbsp (20 g) Rolled Oats

Pinch of Cinnamon (Optional)

Ice cubes (To Serve, After Blending)

## Directions

1. Pour milk into the BOOST Portable Blender.
2. Add bananas and vanilla extract.
3. Add oats, then cinnamon.
4. Blend until smooth and creamy.
5. Pour over ice cubes and serve.

# MANGO BANANA SMOOTHIE BLISS



## Nutritional Value

219 kcal

**Carbohydrates** 53g

**Proteins** 4g

**Fats** 1g

## Ingredients

100 ml (100 g) Orange Juice (or Coconut Water)

Mango Chunks (150 g), Fresh and Chilled

½–1 Banana (80 g), Fresh and Chilled

1 tbsp (15 g) Greek Yoghurt (Optional)

Fresh Ginger (5 g), Peeled (Optional)

Ice cubes (To Serve, After Blending)

## Directions

1. Pour orange juice into the BOOST Portable Blender.
2. Add yoghurt and ginger (if using).
3. Add mango and banana last.
4. Blend until smooth.
5. Pour over ice cubes and serve immediately.

# DRAGON FRUIT GLOW BOWL



## Nutritional Value

459 kcal

**Carbohydrates** 58g

**Proteins** 32g

**Fats** 14g



## Ingredients

100 ml (100 g) Unsweetened Almond Milk  
1 Scoop (30 g) Vanilla or Berry Protein Powder

Dragon Fruit (Pitaya) Chunks (150 g),  
Fresh and Chilled

½ Banana (80 g), Chilled, Sliced

Mango Chunks (80 g), Fresh and Chilled

1 tbsp (15 g) Almond Butter

½ tbsp (5 g) Chia Seeds

Ice cubes (To Serve, After Blending)

## Directions

1. Pour almond milk into the BOOST Portable Blender.
2. Add protein powder and almond butter.
3. Add banana, dragon fruit, and mango.
4. Add chia seeds last.
5. Blend until thick and creamy.
6. Pour into a bowl and serve with ice on the side (or eat immediately).



# COLD BREW SMOOTHIE KICKSTART



## Nutritional Value

134 kcal

**Carbohydrates** 32g

**Proteins** 3g

**Fats** 2g

## Ingredients

70 ml (70 g) Cold Brew Coffee

30 ml (30 g) Milk (Dairy or  
Non-Dairy)

Banana (120 g), Chilled, Sliced

1 tsp (5 g) Unsweetened Cocoa  
Powder

Sweetener to taste (Stevia or  
1–2 Dates, Optional)

Ice cubes (To Serve, After Blending)

## Directions

1. Pour cold brew coffee and milk into the BOOST Portable Blender.
2. Add cocoa powder and sweetener (if using).
3. Add banana last.
4. Blend until smooth and frothy.
5. Pour over ice cubes and enjoy.

# BLUEBERRY GREEK YOGHURT SMOOTHIE



**Nutritional Value**  
331 kcal  
**Carbohydrates** 36g  
**Proteins** 18g  
**Fats** 1g

## Ingredients

100 ml (100 g) Unsweetened  
Almond Milk  
Plain Greek Yoghurt (170 g)  
Fresh Blueberries (200 g), Chilled  
Ice cubes (To Serve, After Blending)



## Directions

1. Pour almond milk into the BOOST Portable Blender.
2. Add Greek yoghurt.
3. Add blueberries last.
4. Blend until smooth.
5. Pour over ice cubes and serve.



# MIXED BERRY GREEN SMOOTHIE



**Nutritional Value**  
207 kcal  
**Carbohydrates** 50g  
**Proteins** 4g  
**Fats** 1g

## Ingredients

100 ml (100 g) Cold Water  
1 Banana (100 g), Chilled, Sliced  
Spinach (30 g)  
Mixed Berries (220 g), Fresh and Chilled  
Ice cubes (To Serve, After Blending)

## Directions

1. Pour water into the BOOST Portable Blender.
2. Add banana and spinach.
3. Add mixed berries last.
4. Blend until smooth.
5. Pour over ice cubes and enjoy.

The image features two tall, clear glasses filled with a vibrant orange-red juice. Each glass is garnished with a fresh orange slice and a sprig of green mint. The glasses are placed on a rustic wooden cutting board. In the foreground, there are more orange slices and mint leaves. In the background, a bottle of red liquid is visible, slightly out of focus. The overall scene is bright and fresh, suggesting a healthy and refreshing beverage.

*Immunity Booster*  
**JUICES**

# CRANBERRY JUICE IMMUNITY BOOST



## Nutritional Value

131 kcal

**Carbohydrates** 33g

**Proteins** 2g

**Fats** 1g



## Ingredients

80 ml (80 g) Unsweetened  
Cranberry Juice  
20 ml (20 g) Cold Water  
Watermelon Cubes (200 g), Chilled  
Strawberries (100 g), Fresh and Chilled  
Fresh Ginger (3 g), Peeled  
Ice cubes (To Serve, After Blending)

## Directions

1. Pour cranberry juice and water into the BOOST Portable Blender.
2. Add strawberries and watermelon.
3. Add ginger last.
4. Blend until smooth. Strain if preferred.
5. Pour over ice cubes and serve.



# ORANGE JUICE SUNRISE SHOT



## Nutritional Value

144 kcal

**Carbohydrates** 34g

**Proteins** 3g

**Fats** 1g

## Ingredients

100 ml (100 g) Fresh Orange Juice  
Orange Segments (150 g), Peeled  
No Pith/Seeds)  
½ Carrot (40 g), Peeled and Thinly  
Sliced  
¼ Red Bell Pepper (30 g), Deseeded  
and Chopped  
Pinch of Turmeric Powder (1 g)  
Small pinch of Black Pepper (Optional)  
Ice cubes (Optional, to Serve After  
Blending)

## Directions

1. Pour orange juice into the BOOST Portable Blender.
2. Add turmeric and black pepper.
3. Add orange segments.
4. Add carrot and red bell pepper last (chop small).
5. Blend until smooth. Strain if a pulp-free shot is preferred.
6. Serve chilled (over ice if desired).

# PRUNE JUICE POWER BLEND



## Nutritional Value

208 kcal

**Carbohydrates** 54g

**Proteins** 2g

**Fats** 0g

## Ingredients

100 ml (100 g) Prune Juice  
Pear (160 g), Cored and Chopped  
½ Banana (50 g), Chilled, Sliced  
Small piece Fresh Ginger (2 g)  
(Optional)  
Ice cubes (To Serve, After Blending)

## Directions

1. Pour prune juice into the BOOST Portable Blender.
2. Add banana.
3. Add chopped pear and ginger last.
4. Blend until smooth. Strain if preferred.
5. Pour over ice cubes and serve.

# FRUIT JUICE VITALITY MIX



## Nutritional Value

185 kcal

**Carbohydrates** 34g

**Proteins** 4g

**Fats** 5g



## Ingredients

60 ml (60 g) Apple Juice  
40 ml (40 g) Grape Juice  
Mixed Berries (150 g), Fresh  
and Chilled  
Spinach Leaves (20 g)  
1 tbsp (10 g) Flax Seeds  
Ice cubes (To Serve, After  
Blending)

## Directions

1. Pour apple juice and grape juice into the BOOST Portable Blender.
2. Add spinach.
3. Add berries, then flax seeds last.
4. Blend until smooth.
5. Pour over ice cubes and serve.

# POMEGRANATE JUICE GLOW TONIC



## Nutritional Value

194 kcal  
**Carbohydrates** 50g  
**Proteins** 2g  
**Fats** 1g

## Ingredients

100 ml (100 g) Pomegranate Juice (100%)  
Red Grapes (200 g), Chilled  
Mint Leaves (2 g)  
Lime zest (Optional)  
Ice cubes (To Serve, After Blending)

## Directions

1. Pour pomegranate juice into the BOOST Portable Blender.
2. Add mint leaves.
3. Add grapes last.
4. Blend until smooth.
5. Pour over ice cubes and garnish with extra mint if desired.



# JAMBA JUICE STYLE PINEAPPLE PUNCH



**Nutritional Value**  
350 kcal  
**Carbohydrates** 66g  
**Proteins** 13g  
**Fats** 2g

## Ingredients

100 ml (100 g) Pineapple Juice  
Plain Greek Yoghurt (100 g)  
Banana (80 g), Chilled, Sliced  
Strawberries (100 g), Fresh and Chilled  
Pineapple Chunks (150 g), Fresh  
and Chilled  
Ice cubes (To Serve, After Blending)

## Directions

1. Pour pineapple juice into the BOOST Portable Blender.
2. Add Greek yoghurt and banana.
3. Add strawberries and pineapple last.
4. Blend until thick and smooth.
5. Pour over ice cubes and serve.

# TRACY JUICE CULTURE–STYLE NUTTY PARADISE HOT DRINK



## Nutritional Value

392 kcal

**Carbohydrates** 44g

**Proteins** 11g

**Fats** 18g

## Ingredients

100 ml (100 g) Oat Milk, warmed  
(Hot but not Boiling)  
Nut Butter Mix (30 g total) – Cashew/  
Almond/Pine Nut Butters  
Rolled Oats (25 g)  
Banana (80 g), Sliced  
Pinch of salt (Optional)

## Directions

1. Pour warm oat milk into the BOOST Portable Blender.
2. Add nut butters and salt.
3. Add oats, then banana last.
4. Blend until silky smooth.
5. Pour into a mug, then warm gently (microwave or saucepan) if you want it hotter.



*Energizing protein*  
**SHAKES**



# ICED COFFEE PROTEIN SHAKE



## Nutritional Value

243 kcal

**Carbohydrates** 34g

**Proteins** 26g

**Fats** 3g

## Ingredients

70 ml (70 g) Cold Brew Coffee  
30 ml (30 g) Unsweetened  
Almond Milk  
1 Scoop (30 g) Chocolate Protein  
Powder  
1 tsp (5 g) Unsweetened Cacao  
Powder (Optional)  
Banana (120 g), Chilled, Sliced  
Ice cubes (To Serve, After Blending)

## Directions

1. Pour cold brew coffee and almond milk into the BOOST Portable Blender.
2. Add protein powder and cacao powder.
3. Add banana last.
4. Blend until smooth and frothy.
5. Pour over ice cubes and enjoy.

# APPLE JUICE ENERGY SHAKE



## Nutritional Value

315 kcal

**Carbohydrates** 32g

**Proteins** 28g

**Fats** 11g



## Ingredients

100 ml (100 g) 100% Apple Juice  
1 Scoop (30 g) Vanilla Protein Powder  
Apple (100 g), Cored and Chopped  
Spinach Leaves (20 g)  
1 tbsp (15 g) Almond Butter  
Cinnamon (Optional)  
Ice cubes (To Serve, After Blending)

## Directions

1. Pour apple juice into the BOOST Portable Blender.
2. Add protein powder and spinach.
3. Add almond butter.
4. Add chopped apple last.
5. Blend until smooth.
6. Pour over ice cubes and serve.



# BEETROOT JUICE RECOVERY SHAKE



## Nutritional Value

234 kcal

**Carbohydrates** 30g

**Proteins** 26g

**Fats** 3g

## Ingredients

70 ml (70 g) Beetroot Juice  
30 ml (30 g) Coconut Water  
1 Scoop (30 g) Unflavoured or Berry Protein Powder  
Mixed Berries (150 g), Fresh and Chilled  
Fresh Ginger (3 g), Peeled (Optional)  
Ice cubes (To Serve, After Blending)

## Directions

1. Pour beetroot juice and coconut water into the BOOST Portable Blender.
2. Add protein powder.
3. Add berries.
4. Add ginger last.
5. Blend until smooth.
6. Pour over ice cubes and enjoy post-workout.

# LIME JUICE POWER PROTEIN SHAKE



## Nutritional Value

225 kcal

**Carbohydrates** 32g

**Proteins** 25g

**Fats** 2g

## Ingredients

50 ml (50 g) Fresh Lime Juice  
50 ml (50 g) Cold Water  
1 Scoop (30 g) Vanilla Protein Powder  
Pear (160 g), Cored and Chopped  
Mint Leaves (2 g) (Optional)  
Ice cubes (To Serve, After Blending)

## Directions

1. Pour lime juice and water into the BOOST Portable Blender.
2. Add protein powder and mint (if using).
3. Add chopped pear last.
4. Blend until smooth and frothy.
5. Pour over ice cubes and serve.

# COCONUT JUICE PROTEIN BOOST



## Nutritional Value

305 kcal

**Carbohydrates** 36g

**Proteins** 26g

**Fats** 9g



## Ingredients

100 ml (100 g) Unsweetened  
Coconut Water

1 Scoop (30 g) Vanilla or  
Unflavoured Protein Powder

Pineapple Chunks (200 g), Fresh  
and Chilled

1 tbsp (10 g) Shredded Coconut  
(Unsweetened)

Lime zest (Optional)

Ice cubes (To Serve, After Blending)

## Directions

1. Pour coconut water into the BOOST Portable Blender.
2. Add protein powder and shredded coconut.
3. Add pineapple last.
4. Blend until smooth.
5. Pour over ice cubes and enjoy.

# STRAWBERRY CHOCO PROTEIN SHAKE



## Nutritional Value

232 kcal  
**Carbohydrates** 26g  
**Proteins** 26g  
**Fats** 4g

## Ingredients

100 ml (100 g) Unsweetened  
Almond Milk  
1 Scoop (30 g) Chocolate Protein  
Powder  
Cocoa Powder (5 g)  
Strawberries (250 g), Fresh and  
Chilled  
Ice cubes (To Serve, After Blending)

## Directions

1. Pour almond milk into the BOOST Portable Blender.
2. Add protein powder and cocoa powder.
3. Add strawberries last.
4. Blend until smooth.
5. Pour over ice cubes and serve.



# TROPICAL FRUIT COCKTAIL PROTEIN SHAKE



## Nutritional Value

440 kcal

**Carbohydrates** 80g

**Proteins** 26g

**Fats** 4g

## Ingredients

100 ml (100 g) Coconut Water  
1 Scoop (30 g) Vanilla Protein Powder  
Fruit Cocktail (280 g), Drained if  
Canned, Chilled  
Banana (70 g), Chilled, Sliced  
Ice cubes (To Serve, After Blending)

## Directions

1. Pour coconut water into the BOOST Portable Blender.
2. Add protein powder.
3. Add banana.
4. Add fruit cocktail last.
5. Blend until smooth.
6. Pour over ice cubes and enjoy.



*Weight Loss*  
**SMOOTHIES**



# KIYO GRAPE GLOW SMOOTHIE



## Nutritional Value

218 kcal

**Carbohydrates** 53g

**Proteins** 2g

**Fats** 1g

## Ingredients

60 ml (60 g) Kiyo Grape Juice  
40 ml (40 g) Cold Water  
Banana (80 g), Chilled, Sliced  
Blueberries (250 g), Fresh and Chilled  
Ice cubes (To Serve, After Blending)

## Directions

1. Pour grape juice and water into the BOOST Portable Blender.
2. Add banana.
3. Add blueberries last.
4. Blend until smooth.
5. Pour over ice cubes and serve.

# TART CHERRY SMOOTHIE



## Nutritional Value

266 kcal

**Carbohydrates** 44g

**Proteins** 18g

**Fats** 1g



## Ingredients

80 ml (80 g) Tart Cherry Juice  
20 ml (20 g) Unsweetened  
Almond Milk  
Plain Greek Yoghurt (170 g)  
Banana (80 g), Chilled, Sliced  
Ice cubes (To Serve, After Blending)

## Directions

1. Pour tart cherry juice and almond milk into the BOOST Portable Blender.
2. Add Greek yoghurt.
3. Add banana last.
4. Blend until frothy and smooth.
5. Pour over ice cubes and enjoy.



# COLD BREW PROTEIN MOCHA SMOOTHIE



## Nutritional Value

269 kcal

**Carbohydrates** 41g

**Proteins** 26g

**Fats** 4g

## Ingredients

70 ml (70 g) Cold Brew Coffee  
30 ml (30 g) Unsweetened  
Almond Milk  
1 Scoop (30 g) Protein Powder  
(Vanilla or Chocolate)  
Cocoa Powder (5 g)  
Banana (150 g), Chilled, Sliced  
Ice cubes (To Serve, After Blending)

## Directions

1. Pour cold brew and almond milk into the BOOST Portable Blender.
2. Add protein powder and cocoa powder.
3. Add banana last.
4. Blend until frothy and smooth.
5. Pour over ice cubes and serve.

# GINGER SHOT GREEN SMOOTHIE



**Nutritional Value**  
129 kcal  
**Carbohydrates** 30g  
**Proteins** 3g  
**Fats** 1g

## Ingredients

70 ml (70 g) Coconut Water  
30 ml (30 g) Ginger Shot  
Spinach (30 g)  
Kiwi (150 g), Peeled and Chopped  
Ice cubes (To Serve, After Blending)



## Directions

1. Pour coconut water and ginger shot into the BOOST Portable Blender.
2. Add spinach.
3. Add kiwi last.
4. Blend until smooth.
5. Pour over ice cubes and enjoy.



# HIGH PROTEIN AVOCADO VANILLA SMOOTHIE



## Nutritional Value

336 kcal

**Carbohydrates** 31g

**Proteins** 25g

**Fats** 16g

## Ingredients

100 ml (100 g) Unsweetened  
Soy Milk  
Plain Greek Yoghurt (150 g)  
Avocado (80 g), Pitted and Peeled  
Banana (80 g), Chilled, Sliced  
½ tsp Vanilla Extract (Optional)  
Ice cubes (To Serve, After Blending)

## Directions

1. Pour soy milk into the BOOST Portable Blender.
2. Add Greek yoghurt and avocado.
3. Add banana and vanilla last.
4. Blend until creamy.
5. Pour over ice cubes and serve.

# WATERMELON CUCUMBER SMOOTHIE



## Nutritional Value

125 kcal

**Carbohydrates** 29g

**Proteins** 3g

**Fats** 1g

## Ingredients

80 ml (80 g) Cold Water

15 ml (15 g) Lime Juice

Cucumber (150 g), Chopped

Watermelon (250 g), Chilled, Cubed

Mint Leaves (2 g) (Optional)

Ice cubes (To Serve, After Blending)

## Directions

1. Pour water and lime juice into the BOOST Portable Blender.
2. Add cucumber.
3. Add watermelon last.
4. Blend until smooth.
5. Pour over ice cubes and serve.

# FRUIT PUNCH SMOOTHIE



## Nutritional Value

224 kcal

**Carbohydrates** 36g

**Proteins** 15g

**Fats** 1g

## Ingredients

90 ml (90 g) Fruit Punch

10 ml (10 g) Cold Water

Plain Greek Yoghurt (150 g)

Mixed Berries (200 g), Fresh  
and Chilled

Ice cubes (To Serve, After Blending)



## Directions

1. Pour fruit punch and water into the BOOST Portable Blender.
2. Add Greek yoghurt.
3. Add mixed berries last.
4. Pour over ice cubes and enjoy.



*Detox*  
**JUICES**

# CALAMANSI SMALL LIME GREEN JUICE



## Nutritional Value

109 kcal

**Carbohydrates** 24g

**Proteins** 3g

**Fats** 1g

## Ingredients

55 ml (55 g) Cold Water  
30 ml (30 g) Calamansi Juice  
15 ml (15 g) Lime Juice  
Spinach (30 g)  
Green Apple (100 g), Sliced  
Cucumber (150 g), Chopped  
Ice cubes (To Serve, After Blending)

## Directions

1. Pour water, calamansi juice, and lime juice into the BOOST Portable Blender.
2. Add spinach and apple.
3. Add cucumber last.
4. Blend until smooth. Strain if preferred.
5. Pour over ice cubes and serve.



# PINEAPPLE JUICE CARROT GLOW



## Nutritional Value

256 kcal

**Carbohydrates** 61g

**Proteins** 4g

**Fats** 1g

## Ingredients

70 ml (70 g) Pineapple Juice  
30 ml (30 g) Cold Water  
Orange Segments (120 g), Peeled  
Carrot (120 g), Peeled and Thinly Sliced  
Pineapple Chunks (150 g), Fresh and Chilled  
Ice cubes (To Serve, After Blending)

## Directions

1. Pour pineapple juice and water into the BOOST Portable Blender.
2. Add orange segments.
3. Add pineapple chunks.
4. Add sliced carrot last (thin slices blend easier).
5. Blend until very smooth. Strain if preferred.
6. Pour over ice cubes and serve.

# COLD BREW TEA BERRY REFRESHER



## Nutritional Value

140 kcal

**Carbohydrates** 32g

**Proteins** 3g

**Fats** 1g

## Ingredients

100 ml (100 g) Cold Brew Tea  
(Unsweetened)

Mixed Berries (200 g), Fresh  
and Chilled

Apple (80 g), Cored and Chopped

Ice cubes (To Serve, After Blending)



## Directions

1. Pour cold brew tea into the BOOST Portable Blender.
2. Add apple.
3. Add mixed berries last.
4. Blend until smooth (or pulse briefly for a lighter texture).
5. Pour over ice cubes and enjoy.

# GINGER TURMERIC SHOT (BATCH)



## Nutritional Value

192 kcal  
**Carbohydrates** 46g  
**Proteins** 3g  
**Fats** 1g

## Ingredients

50 ml (50 g) Orange Juice  
30 ml (30 g) Lemon Juice  
20 ml (20 g) Cold Water  
Orange Segments (150 g), Peeled  
Apple (100 g), Cored and Chopped  
Fresh Ginger (25 g), Sliced  
Fresh Turmeric (15 g), Sliced (or  
1 tsp Ground Turmeric)  
Pinch of Black Pepper

## Directions

1. Pour orange juice, lemon juice, and water into the BOOST Portable Blender.
2. Add apple and orange segments.
3. Add ginger, turmeric, and black pepper last.
4. Blend until fully broken down.
5. Strain for a smoother shot.
6. Serve chilled (over ice if desired).



# TOMATO JUICE VEG LEAN



## Nutritional Value

85 kcal

**Carbohydrates** 18g

**Proteins** 4g

**Fats** 1g

## Ingredients

100 ml (100 g) Tomato Juice  
Fresh Tomatoes (250 g), Chopped  
Cucumber (80 g), Chopped  
Celery (50 g), Chopped  
Black pepper / Chilli Flakes  
(Optional)  
Ice cubes (To Serve, After Blending)

## Directions

1. Pour tomato juice into the BOOST Portable Blender.
2. Add chopped tomatoes and cucumber.
3. Add celery last.
4. Blend briefly until combined.
5. Season to taste.
6. Serve over ice cubes.

# GREEN DETOX JUICE



## Nutritional Value

169 kcal

**Carbohydrates** 38g

**Proteins** 7g

**Fats** 1g



## Ingredients

85 ml (85 g) Cold Water  
15 ml (15 g) Lemon Juice  
Spinach (50 g)  
Kale (30 g)  
Green Apple (150 g), Sliced  
Cucumber (150 g), Chopped  
Celery (50 g), Chopped  
Ice cubes (To Serve, After Blending)

## Directions

1. Pour water and lemon juice into the BOOST Portable Blender.
2. Add spinach and apple.
3. Add kale, cucumber, and celery last.
4. Blend until smooth. Strain if preferred.
5. Pour over ice cubes and serve.

# SUGARCANE LEMON JUICE (BLENDED COOLER)



## Nutritional Value

160 kcal  
**Carbohydrates** 36g  
**Proteins** 3g  
**Fats** 1g

## Ingredients

80 ml (80 g) Sugarcane Juice  
20 ml (20 g) Lemon Juice  
Watermelon (250 g), Chilled, Cubed  
Cucumber (100 g), Chopped  
Mint Leaves (2 g) (Optional)  
Pinch of salt (Optional)  
Ice cubes (To Serve, After Blending)

## Directions

1. Pour sugarcane juice and lemon juice into the BOOST Portable Blender.
2. Add watermelon and cucumber.
3. Add mint last (if using).
4. Blend until smooth. Strain if preferred.
5. Pour over ice cubes and serve immediately.



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