

Kiwi, Fig, Banana and Apple Smoothie Recipe

You will need:

- 1 banana, peeled
- 1 large green apple, cored and chopped
- 3 kiwis, cubed
- 300ml / 10 US fl oz of unsweetened yoghurt
- 100ml / 3 US fl oz of filtered water
- 100 grams of spinach

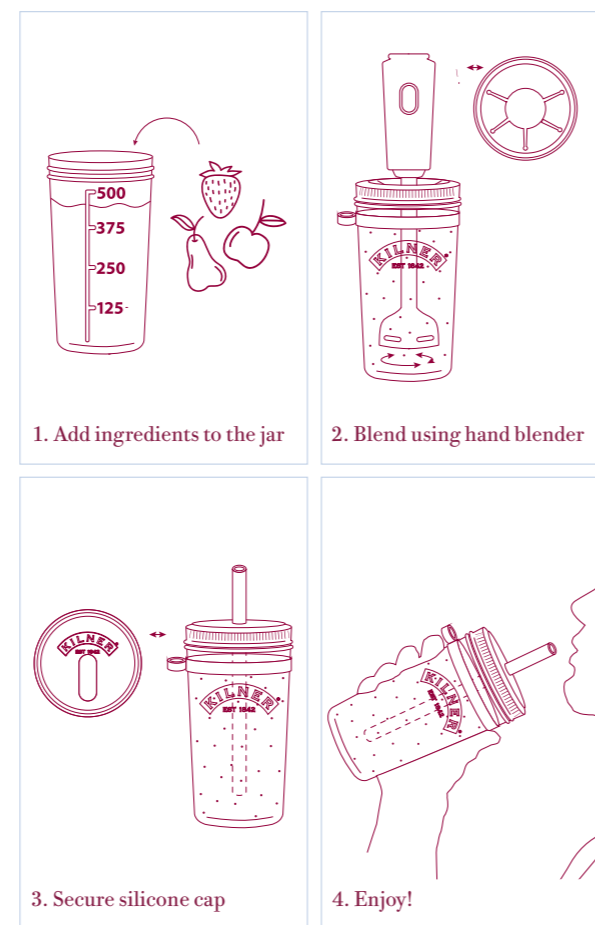
Method:

1. Add all ingredients to the jar.
2. Place the silicone splash guard on the jar and secure with the screw band.
3. Insert the hand blender into the jar and mix the ingredients until the desired consistency is reached.
4. Remove the splash guard.
5. Place the silicone cap on the jar and secure with the screw band.
6. Consume through the smoothie straw and enjoy!

View the 'How To' video on Youtube

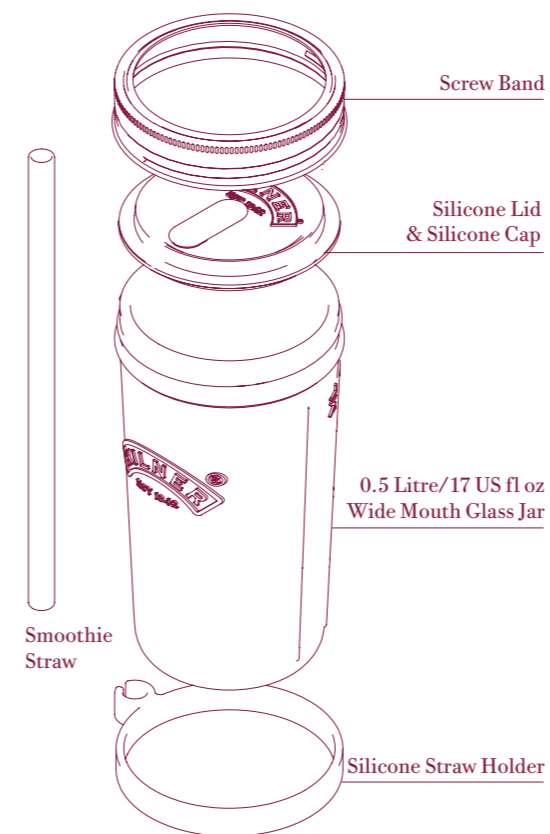


For more information, recipes and hints, visit www.kilnerjar.co.uk



Please refer to the method.

ASSEMBLY



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BRAND: KILNER

RANGE: CREATE & MAKE

PRODUCT: SMOOTHIE MAKING SET

ITEM CODE:

DIMENSIONS: 246 x 141mm

VERSION: 01

DATE CREATED: 15 / 11 / 20

CREATED BY: NAT

DATE MODIFIED:

MODIFIED BY:

DATE MODIFIED:

MODIFIED BY:

APPROVED BY BRAND MANAGER:

ARTWORK SENT:

SENT BY:

SENT VIA:

NOTE TO SUPPLIERS / PRINTERS:

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🇬🇧 Care and Use

CAUTION: DO NOT POUR BOILING WATER DIRECTLY INTO JARS.

- Always clean all components before first use. Wash thoroughly and rinse in clean, warm water.
- Glass jar and silicone components are dishwasher safe.
- Metal components can be washed in warm, soapy water. Dry thoroughly. Do not allow to air dry.
- Suitable for hand blenders with a diameter of up to 6cm/2.4".

🇫🇷 Usage et Entretien

ATTENTION: NE PAS METTRE SA BOISSON BRULANTE DIRECTEMENT DANS LES CONTENANTS EN VERRES.

- Toujours laver tous les composants avant la première utilisation. Bien laver et rincer à l'eau claire et tiède.
- Le bocal en verre et les composants en silicone peuvent aller au lave-vaisselle.
- Les composants métalliques peuvent être lavés à l'eau chaude savonneuse. Bien sécher. Ne pas laisser sécher à l'air libre.
- Convient pour les mélangeurs à main d'un diamètre allant jusqu'à 6 cm.

🇩🇪 Pflege und Gebrauch

VORSICHT: KEIN KOCHENDES WASSER DIREKT INS GLAS FÜLLEN.

- Reinigen Sie immer alle Komponenten vor dem ersten Gebrauch. Gründlich waschen und mit klarem, warmem Wasser abspülen.
- das Glasgefäß und die Silikonkomponenten sind spülmaschinenfest.
- die Metallteile können in warmem Seifenwasser gewaschen werden. Gründlich abtrocknen. Nicht an der Luft trocknen lassen.
- Geeignet für Stabmixer mit einem Durchmesser von bis zu 6cm.

🇪🇸 Uso y Cuidado

ATENCIÓN: NO VERTER AGUA HERVIENDO DIRECTAMENTE EN LOS BOTES.

- Siempre Lave todos los componentes antes de utilizar. Lávelos completamente y enjuáguelos con agua limpia y caliente.
- El Frasco de vidrio y componentes de Silicona son apropiados para el lava-vaajillas.
- Los componentes metálicos pueden lavarse con agua caliente y jabón líquido. Séquelos completamente. No los ponga a secar al ambiente.
- Apropiado para Batidoras portátiles con un diámetro no mayor de 6 cm/ 2.4".

