

## Smoothie Freeze User Guide

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Back to Basics SMOOTHIE FREEZE User Manual (17 pages)

Back to Basics Blender User Manual. Brand: Back to Basics |

Category: Blender | Size: 0.6 MB Table of Contents. 2. Quick

Reference. 2. Smoothie Freeze Parts. 3. Important Safeguards. 5.

Warranty. 6. Operation. 6. Use and Care (Assembly) 7. Smoothie

Freeze Control Buttons. 7. Add Liquids ...

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Page 1 User's Guide SMOOTHIE SMOOTHIE FREEZE FREEZE

™ SUP400BINST V0306... Page 2 QUICK REFERENCE Smoothie

Freeze Parts™ Stir Stick Mixing Container Dispensing Valve

Blender Cap Motor Base... Page 3 Do not operate this appliance

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with a damaged cord or plug, after the appliance malfunctions or if the appliance is dropped or damaged in any manner. If you experience any problems with your machine, unplug it immediately from the electrical outlet and call Back to Basics 1.800.688.1989.

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smoothie , on-the-go , green-smoothie , food-storage , container , breakfast. By: Vitamix. Both wholesome and delicious, smoothies are a great choice for breakfast—not only because they pack a nutritional punch that's essential to starting your day, but because they're so easy to take with you on the go. For even more convenience, use your Vitamix blender to create large batches of smoothies ahead of time, and freeze individual servings for a

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week's worth of healthy breakfasts.

~~How to Freeze Single Serving Smoothies | Vitamix~~

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Page 1 User's Guide SMOOTHIE SMOOTHIE FREEZE FREEZE  
™ SUP400BINST V0306... Page 2 QUICK REFERENCE Smoothie  
Freeze Parts™ Stir Stick Mixing Container Dispensing Valve  
Blender Cap Motor Base... Page 3 Do not operate this appliance  
with a damaged cord or plug, after the appliance malfunctions or if  
the appliance is dropped or damaged in any manner.

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User Manuals, Guides and Specifications for your Back to Basics SMOOTHIE FREEZE Blender. Database contains 1 Back to Basics SMOOTHIE FREEZE Manuals (available for free online viewing or downloading in PDF): Operation & user's manual .

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Makes a single-serving (approx. 16 ounce) smoothie, which can work as a meal replacement. Or, divide it up among family members. Includes fruits and/or vegetables and a source of protein and healthy fats to keep you full and satisfied. Includes freezer smoothie pack instructions so you can prep several of them ahead of time to have on hand.

~~How to Make Freezer Smoothie Packs (+7 Printable Recipes ...~~



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4 More Time Saving Smoothie Tips Make Smoothie Packs. Making smoothie packs or containers in advance can significantly cut down your prepping time. All... Keep A Stocked Fridge. By keeping the fridge stocked with the basic ingredients, you'll have everything you need and the... Freeze Your Bananas. ...

~~Can You Freeze Smoothies? 6 Time Saving Tips for Smoothies ...~~

Add 1 cup of liquid (water, coconut water, juice, milk) to the blender, then add frozen smoothie pack contents. If you're using frozen fruit to build smoothie packs, work fast. Defrosted fruit will stick together once frozen resulting in a giant ice block. Boost your smoothie's nutrition by adding chia or flax seeds.

~~DIY Freezer Smoothie Packs: 5 Recipes to Get You Started ...~~

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Skip the urge to visit a drive-through or deli on the way to work by mixing up the Very Berry Smoothie pack by Live Simply. Just follow three simple steps: Add apple juice. Add the frozen smoothie pack. Blend. The blogger even suggests freezing yogurt in ice cube trays—one less step. Related: Keto Smoothie Recipes that Won't Kick You Out of Ketosis

### ~~Freezer Smoothies That Make Mornings Easier | Shape~~

30 ounces frozen spinach. 24 ounces frozen cauliflower. 21 bananas. 4 ounces Cocoa powder or Cacao nibs (we used a mix of both, but you can choose just one) 8 ounces honey or maple syrup (optional, but we like it with it) 6 oz mixed seeds of choice (pumpkin, sunflower, chia, flax) 4 ounces sliced almonds.

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~~Lexi's Clean Kitchen | 30 Smoothie Freezer Packs (Budget ...~~

To get ALL the recipes + tricks and tips for how to meal prep freezer smoothie packs.. download the guide [HERE](#). Once upon a time, I paid exorbitant amounts of money for smoothies that were delivered to my house on dry ice and in disposable cups. The idea.. dump the contents of the cup into the blender, add liquid base, blend, pour back into cup ...

~~How To Meal Prep Freezer Smoothie Packs | Simply Sissom~~

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smoothies, milkshakes, and frozen coffee Freezing Beets is a great  
way to store them for later use.

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The Smoothie Freeze makes it easy to create quick, healthy fruit  
smoothies day or night and in the comfort of your own home. ...  
The product manual even advises against filling the pitcher with hot  
water. They really should put a little more quality into these as it's a  
great idea. Read more. 3 people found this helpful. Helpful.

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Frozen Smoothie Kits Create ready-to-blend smoothie kits, eliminating the time it takes to prepare to make a smoothie. For example, if you were making a banana and spinach smoothie, dice up the bananas and freeze them in a single layer on a baking tray in the freezer. Portion the bananas into separate resealable freezer bags.

~~Can You Prepare Smoothies in Bulk & Freeze Them? | Our ...~~

Freeze the bags or jars. When you desire a smoothie, remove a package from the freezer, place 1 cup of liquid in the blender (or 1/2 cup liquid and 1/2 yogurt). Pour the fruit in the blender, and blend!

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This option allows you to prep smoothies up to 6 months in advance (about 2-3 months if you're using greens).

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