



SMOOTH CHOPPER RECIPES



ADD SOME FLAVOR TO YOUR LIFE!

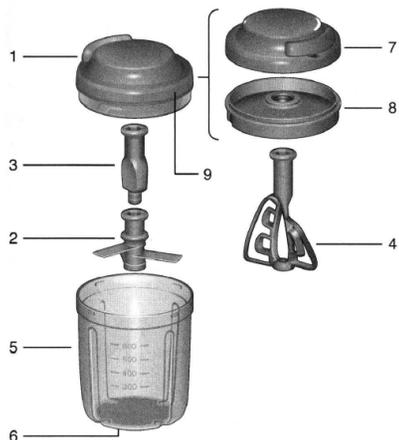
Congratulations and thank you for choosing the Smooth Chopper from Tupperware. This fantastic tool chops, blends, whisks and emulsifies in almost no time. Thanks to its three blades and the speed of the cord mechanism, it chops food into tiny pieces quickly and with very little effort. In addition, the specially designed whisk helps you easily prepare smoothies, dressings, mousse or different types of sauces. The Smooth Chopper is both efficient and quiet to operate. A virtually airtight and liquid-tight seal is included, so you can also store your creations for later use.

3 CUP CAPACITY

WARNING! Use extreme care when handling the blades, as they are very sharp.

TO ASSEMBLE AND OPERATE

1. To assemble the blade holder (2) and the connector (3), use one hand to pick up the blade holder by the top (a).
2. Use your other hand to pick up the connector and insert it into the blade holder (b). Please note: use extreme care when handling the blade holder, as its blades are very sharp.
3. Place the base of the Smooth Chopper (5) on a countertop and insert the complete blade axle (2+3) or the whisk assembly (4) with blades or whisk positioned towards the bottom into the center of the base over the pin.
4. Place ingredients in the base. To ensure best performance when using liquids, fill to no higher than the 400 ml (14 oz.) fill line. When preparing dry ingredients like herbs and vegetables, it is best to fill to no higher than the 600 ml (2½ cup) fill line. Note: When chopping herbs, always dry them completely and remove any stalks so that only the edible parts remain.
5. Place the cover (1) over the base and rotate the cover clockwise until you feel it lock onto the base.
6. Place the Smooth Chopper on the countertop. Hold the Smooth Chopper firmly by grasping the cover with one hand. With your other hand, pull the cord in fast movements. The anti-slip base (6) will prevent the Smooth Chopper from sliding around while pulling the cord. After two or three pulls, take the Smooth Chopper in both hands and shake it to regroup ingredients. Place it back on the countertop and continue pulling the cord until you've achieved the desired result.
7. Remove the cover by turning it counterclockwise. It using the blade assembly, remove it carefully before dispensing the food.



SMOOTH CHOPPER RECIPES

5. Almond Basil Pesto
6. Almond Whipped Cream
7. Apple Pie Smoothie
8. Banana Cream Pie Smoothie
9. Berry & Beets Smoothie
10. Blackberry Apple Smoothie
11. Bourbon Whipped Cream
12. Chunky Coconut Mango Smoothie
13. Chocolate Covered Strawberry Smoothie
14. Coffee Banana Smoothie
15. Green Tea Smoothie
16. Mango & Ginger Smoothie
17. Mango & Pineapple Smoothie
18. Mixed Berry Smoothie
19. Orange & Pomegranate Smoothie
20. Orange & Strawberry Smoothie
21. Peach Cobbler Smoothie
22. Peach & Grapefruit Smoothie
23. Peanut Butter & Banana Smoothie
24. Strawberry & Banana Smoothie
25. Strawberry & Orange Smoothie
26. Strawberry & Peach Smoothie
27. Tangy Raspberry Smoothie
28. Tropical Sunset Smoothie



APPLE PIE SMOOTHIE

- ¼ cup apple juice
- ½ cup frozen yogurt
- ¼ cup unsweetened apple sauce
- ¼ tsp. ground cinnamon



1. Place all ingredients in the base of the Smooth Chopper fitted with blade attachment.
2. Place cover and pull cord until smooth and well combined.
3. Serve immediately.



ALMOND WHIPPED CREAM

- 1 cup heavy cream, thoroughly chilled
- 3 tbsp. confectioners' sugar
- ¼ tsp. almond extract
- 2 tbsp. toasted slivered almonds, optional



1. Place heavy cream, confectioners' sugar and almond extract in the base of the Smooth Chopper fitted with whip attachment.
2. Place cover and pull cord until you get stiff peaks.
3. Fold in slivered almonds.



ALMOND BASIL PESTO

- 1½ cups packed fresh basil leaves from about 3 oz. fresh basil
- ¼ cup almonds
- ¼ cup grated parmesan cheese
- 1 garlic cloves
- ¼ tsp. salt
- ⅙ tsp. ground black pepper
- ¼ cup extra virgin olive oil



1. Place all ingredients except oil in the base of the Smooth Chopper fitted with blade attachment.
2. Place cover and pull cord until smooth and well combined.
3. Slowly drizzle in the olive oil until well combined.
4. Store in a sealed Tupperware container in the refrigerator.



BANANA CREAM PIE SMOOTHIE

- 3 vanilla wafer cookies
- 1 bananas, sliced and frozen
- ¼ cup low-fat vanilla Greek yogurt
- 1 tsp. vanilla extract
- ¼ cup unsweetened vanilla almond milk
- 1 tbsp. honey
- ¼ tsp. freshly grated nutmeg
- ¼ tsp. ground cinnamon
- ½ heaping cup of ice



1. Place all ingredients in the base of the Smooth Chopper fitted with blade attachment.
2. Place cover and pull cord until smooth and well combined.
3. Serve immediately.

BERRY & BEETS SMOOTHIE

- ¾ cup mixed berries, fresh or frozen
- 1 overripe small banana
- ¼ cup Greek yogurt
- ¼ cup coconut milk
- ¼ cup sliced beets
- 1 tbsp. honey



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1. Place all ingredients in the base of the Smooth Chopper fitted with blade attachment.
2. Place cover and pull cord until smooth and well combined.
3. Serve immediately.

BLACKBERRY APPLE SMOOTHIE

- 1 cups frozen blackberries
- ¼ cup apple cider
- 1 gala or fuji apple, peeled & cubed
- 1 (5 oz.) container lemon yogurt



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1. Place all ingredients in the base of the Smooth Chopper fitted with blade attachment.
2. Place cover and pull cord until smooth and well combined.
3. Serve immediately.

BOURBON WHIPPED CREAM

- 1 cup heavy cream, thoroughly chilled
- 3 Tbsp. confectioners' sugar
- 1½ tsp. bourbon
- 2 Tbsp. walnuts, toasted, chopped, optional



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1. Place heavy cream, confectioners' sugar and bourbon in the base of the Smooth Chopper fitted with whip attachment.
2. Place cover and pull cord until smooth until stiff peaks form.
3. Fold in walnuts, if desired.

CHUNKY COCONUT MANGO SMOOTHIE

- 2 Tbsp. lime juice
- ¼ cup orange juice
- 4 oz. frozen mango
- 3 oz. low-fat yogurt
- 1½ tbsp. shredded coconut



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1. Place all ingredients in the base of the Smooth Chopper fitted with blade attachment.
2. Place cover and pull cord until smooth and well combined.
3. Serve immediately.



CHOCOLATE COVERED STRAWBERRY SMOOTHIE

1 cups frozen strawberries
¼ cup yogurt
½ cup reduced-fat (2%) milk
1½ tsp. chocolate hazelnut spread



1. Place all ingredients in the base of the Smooth Chopper fitted with blade attachment.
2. Place cover and pull cord until smooth and well combined.
3. Serve immediately.



COFFEE BANANA SMOOTHIE

1 frozen bananas, peeled & sliced
½ cup Greek yogurt, plain or vanilla
½ cup reduced-fat (2%) milk
1 Tbsp. instant coffee or 2 Tbsp. Cold Brew coffee concentrate



1. Place all ingredients in the base of the Smooth Chopper fitted with blade attachment.
2. Place cover and pull cord until smooth and well combined.
3. Serve immediately.



GREEN TEA SMOOTHIE

¾ cup green tea, chilled
1 cups frozen mixed berries
2 tbsp. honey



1. Place all ingredients in the base of the Smooth Chopper fitted with blade attachment.
2. Place cover and pull cord until smooth and well combined.
3. Serve immediately.



MANGO & GINGER SMOOTHIE

¾ cup mango chunks, fresh or frozen
½ cup vanilla Greek yogurt
½ cup unsweetened almond milk
1 tsp. ground turmeric
Pinch black pepper
½ tsp. grated ginger



1. Place all ingredients in the base of the Smooth Chopper fitted with blade attachment.
2. Place cover and pull cord until smooth and well combined.
3. Serve immediately.

MANGO & PINEAPPLE SMOOTHIE

- 1 cup frozen mango
- ½ cup vanilla yogurt
- 1 cup pineapple juice



1. Place all ingredients in the base of the Smooth Chopper fitted with blade attachment.
2. Place cover and pull cord until smooth and well combined.
3. Serve immediately.

MIXED BERRY SMOOTHIE

- ½ cup blueberries, blackberries, strawberries or mixed berries
- ½ cup vanilla yogurt
- ¼ cup orange juice



1. Place all ingredients in the base of the Smooth Chopper fitted with blade attachment.
2. Place cover and pull cord until smooth and well combined.
3. Serve immediately.

ORANGE & POMEGRANATE SMOOTHIE

- ¾ cup pomegranate juice
- ½ cup orange juice
- 1 cup low-fat vanilla frozen yogurt



1. Place all ingredients in the base of the Smooth Chopper fitted with blade attachment.
2. Place cover and pull cord until smooth and well combined.
3. Serve immediately.

ORANGE & STRAWBERRY SMOOTHIE

- ¾ cup fresh orange juice (1 orange)
- 1 cup frozen strawberries
- 6 oz. low-fat vanilla yogurt



1. Place all ingredients in the base of the Smooth Chopper fitted with blade attachment.
2. Place cover and pull cord until smooth and well combined.
3. Serve immediately.

PEACH COBBLER SMOOTHIE

- 1 cup frozen sliced peaches
- 2 frozen bananas, peeled & sliced
- $\frac{3}{4}$ cup plain of Greek yogurt
- $\frac{1}{4}$ tsp. cinnamon
- Pinch of ground ginger
- Pinch of ground nutmeg



1. Place all ingredients in the base of the Smooth Chopper fitted with blade attachment.
2. Place cover and pull cord until smooth and well combined.
3. Serve immediately.

PEACH & GRAPEFRUIT SMOOTHIE

- $\frac{1}{2}$ cup fresh grapefruit juice (about $\frac{1}{2}$ grapefruit)
- 1 cup frozen peaches
- 6 oz. low-fat vanilla yogurt



1. Place all ingredients in the base of the Smooth Chopper fitted with blade attachment.
2. Place cover and pull cord until smooth and well combined.
3. Serve immediately.

PEANUT BUTTER & BANANA SMOOTHIE

- 1 cup sliced and frozen bananas
- 2 tsp. peanut butter
- 3 Tbsp. vanilla yogurt
- 1 cup skim milk



1. Place all ingredients in the base of the Smooth Chopper fitted with blade attachment.
2. Place cover and pull cord until smooth and well combined.
3. Serve immediately.

STRAWBERRY & BANANA SMOOTHIE

- 1 banana, frozen
- $\frac{3}{4}$ cup strawberries, frozen
- $\frac{3}{4}$ cup plain yogurt
- 1 tsp. stevia (1 Tbsp. honey or agave nectar)
- 1 tsp vanilla
- $\frac{1}{2}$ cup water
- 4 ice cubes



1. Place all ingredients in the base of the Smooth Chopper fitted with blade attachment.
2. Place cover and pull cord until smooth and well combined.
3. Serve immediately.

STRAWBERRY & ORANGE SMOOTHIE

- 1 cup strawberries
- ½ cup vanilla or strawberry yogurt
- ½ cup orange juice



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1. Place all ingredients in the base of the Smooth Chopper fitted with blade attachment.
2. Place cover and pull cord until smooth and well combined.
3. Serve immediately.

STRAWBERRY & PEACH SMOOTHIE

- ½ cup frozen strawberries
- ¼ cup frozen sliced peaches
- ½ cup yogurt
- ¾ cup coconut water



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1. Place all ingredients in the base of the Smooth Chopper fitted with blade attachment.
2. Place cover and pull cord until smooth and well combined.
3. Serve immediately.

TANGY RASPBERRY SMOOTHIE

- 1 Tbsp. lime juice
- ¼ cup orange juice
- 4 oz. frozen raspberries
- 3 oz. low-fat yogurt
- 1 Tbsp. fresh mint



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1. Place all ingredients in the base of the Smooth Chopper fitted with blade attachment.
2. Place cover and pull cord until smooth and well combined.
3. Serve immediately.

TROPICAL SUNSET SMOOTHIE

- ½ cup frozen raspberries
- ¼ cup frozen mango
- ¼ cup pineapple chunks
- ¼ cup pineapple juice
- ¾ cup coconut milk



TUPPERWARE



1. Place all ingredients in the base of the Smooth Chopper fitted with blade attachment.
2. Place cover and pull cord until smooth and well combined.
3. Serve immediately.