

RAZOR

POWER BLENDER



35 Power Blends From Frozen Fruit to Nut Butter

Welcome

Welcome to the RAZOR Power Blender recipe book!

RAZOR is built for the jobs an everyday blender struggles with – crushing ice, blitzing frozen fruit, and grinding nuts into smooth, creamy butters.

These 35 recipes are chosen to make the most of that power: thick frozen-fruit smoothies, frozen shakes, ice-crushed slushies and frappes, frozen nice creams, and homemade peanut, almond and cashew butters. Every recipe is portioned for the 700ml jar.

Tip: add liquids first, then ice or frozen fruit, then soft ingredients on top. Pulse in short bursts to break down ice and frozen fruit, and when making nut butters, scrape down the sides and let the jar rest between bursts so the motor stays cool. Never fill past the maximum line.

Happy Blending,
— **The Strongcore Team**



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SMOOTHIES & SHAKES



FROZEN STRAWBERRY BANANA SMOOTHIE



Preparation Time
5 Minutes



Cooking Time
1 Minute



Servings
2 Glasses /
2 Persons



Nutritional Value
Calories 190 kcal
Carbohydrates 40g
Protein 5g
Fats 2g

Ingredients

- 200g Frozen Strawberries
- 1 Frozen Banana, Sliced
- 150ml Milk (Dairy or Plant-Based)
- 100g Plain Yoghurt
- 1 Teaspoon (7g) Honey (Optional)

Directions

1. Add the frozen strawberries and frozen banana to the RAZOR Power Blender jar.
2. Pour the milk and yoghurt over the top and add the honey.
3. Twist-lock the jar; press in short bursts to break down the frozen fruit, then blend for 30-40 seconds until thick and smooth.
4. Snap on the sip-cover lid and serve immediately.



PEANUT BUTTER BANANA SHAKE



Preparation Time
5 Minutes



Cooking Time
1 Minute



Servings
2 Glasses /
2 Persons



Nutritional Value
Calories 310 kcal
Carbohydrates 38g
Protein 10g
Fats 13g

Ingredients

- 2 Frozen Bananas, Sliced
- 2 Tablespoons (32g) Peanut Butter
- 250ml Milk
- 100g Vanilla Yoghurt
- Pinch of Cinnamon

Directions

1. Add the frozen bananas, peanut butter, yoghurt and milk to the jar.
2. Add a pinch of cinnamon.
3. Twist-lock and press in short bursts to crush the frozen banana, then blend for 30-40 seconds until thick and creamy.
4. Pour into glasses and serve.

TEH TARIK BANANA SHAKE



Preparation Time
10 Minutes



Cooking Time
1 Minute



Servings
2 Glasses /
2 Persons



Nutritional Value
Calories 240 kcal
Carbohydrates 38g
Protein 6g
Fats 7g



Ingredients

- 200ml Black Tea, Brewed and Cooled
- 1 Frozen Banana, Sliced
- 120ml Evaporated Milk
- 2 Tablespoons (40g) Condensed Milk
- 5-6 Ice Cubes

Directions

1. Brew the black tea strong and leave to cool.
2. Add the cooled tea, frozen banana, evaporated milk and condensed milk to the jar, then add the ice.
3. Twist-lock and press in short bursts to crush the frozen banana and ice.
4. Blend for 30-40 seconds until frothy, then pour into glasses to serve.

FROZEN MANGO COCONUT SMOOTHIE



Preparation Time
5 Minutes



Cooking Time
1 Minute



Servings
2 Glasses /
2 Persons



Nutritional Value
Calories 230 kcal
Carbohydrates 38g
Protein 3g
Fats 8g

Ingredients

- 250g Frozen Mango Chunks
- 1 Frozen Banana, Sliced
- 200ml Coconut Milk
- 1 Tablespoon (21g) Honey
- 4 Ice Cubes

Directions

1. Add the frozen mango, frozen banana, coconut milk, honey and ice to the jar.
2. Twist-lock and press in short bursts to crush the frozen fruit and ice.
3. Blend for 40-50 seconds until thick and smooth.
4. Pour into glasses and serve.

TRIPLE BERRY BLAST SMOOTHIE

**Preparation Time**

5 Minutes

**Cooking Time**

1 Minute

**Servings**

2 Glasses /
2 Persons

**Nutritional Value**

Calories 175 kcal
Carbohydrates 35g
Protein 5g
Fats 2g

Ingredients

- 100g Frozen Strawberries
- 80g Frozen Blueberries
- 70g Frozen Raspberries
- 1 Frozen Banana, Sliced
- 200ml Milk or Almond Milk
- 1 Tablespoon (21g) Honey

Directions

1. Add all the frozen berries and frozen banana to the jar.
2. Pour in the milk and add the honey.
3. Twist-lock and pulse in short bursts to crush the frozen fruit, then blend for 40-50 seconds until smooth.
4. Add a splash more milk if too thick, blend briefly, then pour and serve.



AVOCADO COCONUT SMOOTHIE



Preparation Time
5 Minutes



Cooking Time
1 Minute



Servings
2 Glasses /
2 Persons



Nutritional Value
Calories 260 kcal
Carbohydrates 30g
Protein 4g
Fats 15g

Ingredients

- 1 Ripe Avocado, Peeled and Pitted
- 200ml Coconut Milk (Light)
- 2 Tablespoons (40g) Condensed Milk or Honey
- 6-8 Ice Cubes

Directions

1. Scoop the avocado flesh into the jar with the coconut milk and condensed milk.
2. Add the ice cubes.
3. Twist-lock and press in short bursts to crush the ice, then blend for 30-40 seconds until silky and thick.
4. Pour into glasses and serve chilled.



MANGO LASSI



Preparation Time
5 Minutes



Cooking Time
1 Minute



Servings
2 Glasses /
2 Persons



Nutritional Value
Calories 220 kcal
Carbohydrates 38g
Protein 6g
Fats 5g

Ingredients

- 300g Frozen Mango Chunks
- 200g Plain Full-Fat Yoghurt
- 120ml Cold Milk or Water
- 2 Tablespoons (28g) Sugar or Honey
- 1/4 Teaspoon Ground Cardamom

Directions

1. Add the frozen mango, yoghurt, milk, sugar and cardamom to the jar.
2. Twist-lock and pulse in short bursts to break down the frozen mango.
3. Blend for 40-50 seconds until thick and creamy.
4. Pour into glasses, dust with a little cardamom and serve.



DRAGON FRUIT BERRY SMOOTHIE



Preparation Time
5 Minutes



Cooking Time
1 Minute



Servings
2 Glasses /
2 Persons



Nutritional Value
Calories 180 kcal
Carbohydrates 36g
Protein 3g
Fats 2g

Ingredients

- 150g Frozen Red Dragon Fruit Chunks
- 100g Frozen Mixed Berries
- 1/2 Frozen Banana
- 200ml Milk or Coconut Water
- 1 Teaspoon (7g) Honey

Directions

1. Add the frozen dragon fruit, frozen berries and frozen banana to the jar.
2. Pour in the milk and add the honey.
3. Twist-lock and press in short bursts to crush the frozen fruit, then blend for 40-50 seconds until smooth.
4. Pour into glasses and serve.

FROZEN DRINKS & SLUSHIES



FROZEN MARGARITA



Preparation Time
5 Minutes



Cooking Time
1 Minute



Servings
2 Glasses /
2 Persons



Nutritional Value
Calories 210 kcal
Carbohydrates 22g
Protein 0g
Fats 0g

Ingredients

- 100ml Tequila
- 50ml Triple Sec
- 70ml Fresh Lime Juice
- 2 Tablespoons (30ml) Agave or Sugar Syrup
- 250g Ice Cubes
- Lime Wedge And Salt, To Rim

Directions

1. Add the tequila, triple sec, lime juice and syrup to the jar.
2. Add the ice cubes.
3. Twist-lock and press in short bursts to crush the ice, then blend for 30-40 seconds until slushy.
4. Rim chilled glasses with lime and salt, pour in and serve.

STRAWBERRY DAIQUIRI



Preparation Time
5 Minutes



Cooking Time
1 Minute



Servings
2 Glasses /
2 Persons



Nutritional Value
Calories 200 kcal
Carbohydrates 28g
Protein 1g
Fats 0g

Ingredients

- 250g Frozen Strawberries
- 60ml White Rum (Optional)
- 45ml Fresh Lime Juice
- 2 Tablespoons (30ml) Sugar Syrup
- 150g Ice Cubes

Directions

1. Add the frozen strawberries, rum (if using), lime juice and syrup to the jar.
2. Add the ice.
3. Twist-lock and press in short bursts to crush the frozen fruit and ice, then blend for 30-40 seconds until smooth and slushy.
4. Pour into chilled glasses and garnish with a strawberry.

BANDUNG ROSE SLUSHIE



Preparation Time
5 Minutes



Cooking Time
1 Minute



Servings
2 Glasses /
2 Persons



Nutritional Value
Calories 180 kcal
Carbohydrates 34g
Protein 3g
Fats 4g

Ingredients

- 4 Tablespoons (60ml) Rose Syrup (Sirap Bandung)
- 150ml Evaporated Milk
- 100ml Cold Water
- 300g Ice Cubes

Directions

1. Add the rose syrup, evaporated milk and water to the jar.
2. Add the ice cubes.
3. Twist-lock and press in short bursts to crush the ice, then blend for 30-40 seconds until slushy and bright pink.
4. Pour into glasses and serve.



WATERMELON MINT GRANITA



Preparation Time
5 Minutes



Cooking Time
1 Minute



Servings
2 Glasses /
2 Persons



Nutritional Value
Calories 90 kcal
Carbohydrates 22g
Protein 1g
Fats 0g

Ingredients

- 400g Frozen Watermelon Cubes
- 200g Ice Cubes
- Juice of 1 Lime
- 5 Mint Leaves
- 1 Tablespoon (14g) Sugar

Directions

1. Add the frozen watermelon, ice, lime juice, mint and sugar to the jar.
2. Twist-lock and press in short bursts to crush the ice and frozen watermelon into a granita slush.
3. Blend briefly for 20-30 seconds, keeping the texture icy.
4. Spoon into glasses and garnish with a mint sprig.

PINA COLADA

**Preparation Time**

5 Minutes

**Cooking Time**

1 Minute

**Servings**

2 Glasses /
2 Persons

**Nutritional Value**

Calories 280 kcal
Carbohydrates 35g
Protein 2g
Fats 8g



Ingredients

- 200g Frozen Pineapple Chunks
- 120ml Coconut Milk
- 60ml Pineapple Juice
- 60ml White Rum (Optional)
- 2 Tablespoons (28g) Sugar
- 200g Ice Cubes

Directions

1. Add the frozen pineapple, coconut milk, juice and rum (if using) to the jar.
2. Add the sugar and ice.
3. Twist-lock and press in short bursts to crush the ice and frozen fruit, then blend for 30-40 seconds until thick and creamy.
4. Pour into glasses and garnish with a pineapple wedge.



CENDOL ICE BLEND



Preparation Time
10 Minutes



Cooking Time
1 Minute



Servings
2 Glasses /
2 Persons



Nutritional Value
Calories 260 kcal
Carbohydrates 42g
Protein 3g
Fats 9g

Ingredients

- 200g Ice Cubes
- 120ml Coconut Milk
- 3 Tablespoons (45ml) Gula Melaka (Palm Sugar) Syrup
- 60g Green Cendol Jelly
- 2 Tablespoons Cooked Red Beans
- Pinch Of Salt

Directions

1. Add the ice, coconut milk, gula melaka and salt to the jar.
2. Twist-lock and press in short bursts to crush the ice to a fine slush.
3. Spoon the cendol jelly and red beans into glasses.
4. Pour the blended coconut ice over, drizzle with extra gula melaka and serve.



THAI MILK TEA FRAPPE



Preparation Time
10 Minutes



Cooking Time
1 Minute



Servings
2 Glasses /
2 Persons



Nutritional Value
Calories 250 kcal
Carbohydrates 40g
Protein 5g
Fats 8g

Ingredients

- 200ml Strong Brewed Thai Tea, Cooled
- 3 Tablespoons (60g) Condensed Milk
- 60ml Evaporated Milk
- 250g Ice Cubes

Directions

1. Brew the Thai tea strong and leave to cool.
2. Add the tea, condensed milk, half the evaporated milk and the ice to the jar.
3. Twist-lock and press in short bursts to crush the ice, then blend for 30-40 seconds until frothy.
4. Pour into glasses and top with the remaining evaporated milk.

SOURSOP ICE BLEND



Preparation Time
5 Minutes



Cooking Time
1 Minute



Servings
2 Glasses /
2 Persons



Nutritional Value
Calories 220 kcal
Carbohydrates 36g
Protein 2g
Fats 8g

Ingredients

- 200g Frozen Soursop Flesh, Seeds Removed
- 120ml Coconut Milk
- 2 Tablespoons (40g) Condensed Milk
- 200g Ice Cubes

Directions

1. Add the frozen soursop, coconut milk and condensed milk to the jar.
2. Add the ice cubes.
3. Twist-lock and press in short bursts to crush the ice and frozen fruit, then blend for 30-40 seconds until slushy.
4. Pour into glasses and serve.



A top-down view of two glass jars filled with a thick, green smoothie, speckled with small green herbs. Each jar has a light blue straw. The jars are on a dark wooden surface. Surrounding them are various fresh ingredients: a sliced kiwi, a sliced green apple, a sliced cucumber, and some leafy greens in a small basket. The text 'PROTEIN & WELLNESS BLENDS' is overlaid in a white serif font on a semi-transparent white banner across the top half of the image.

PROTEIN & WELLNESS BLENDS

CLASSIC CHOCOLATE PROTEIN SHAKE



Preparation Time
5 Minutes



Cooking Time
1 Minute



Servings
1-2 Glasses /
1-2 Persons



Nutritional Value
Calories 300 kcal
Carbohydrates 28g
Protein 30g
Fats 6g

Ingredients

- 1 Scoop (30g) Chocolate Protein Powder
- 1 Frozen Banana, Sliced
- 250ml Milk
- 1 Tablespoon (5g) Cocoa Powder
- 1 Tablespoon (16g) Peanut Butter
- 4 Ice Cubes

Directions

1. Add the protein powder, frozen banana and milk to the jar.
2. Add the cocoa, peanut butter and ice.
3. Twist-lock and press in short bursts to crush the frozen banana and ice, then blend for 30-40 seconds until smooth.
4. Snap on the sip-cover lid and enjoy post-workout.

GREEN POWER SMOOTHIE



Preparation Time
5 Minutes



Cooking Time
1 Minute



Servings
2 Glasses /
2 Persons



Nutritional Value
Calories 170 kcal
Carbohydrates 33g
Protein 5g
Fats 3g



Ingredients

- 1 Handful (30g) Spinach or Kale
- 1 Frozen Banana, Sliced
- 100g Frozen Pineapple Chunks
- 1/2 Cucumber, Chopped
- 200ml Coconut Water
- Juice of 1/2 Lemon

Directions

1. Add the spinach, cucumber, coconut water and lemon juice to the jar.
2. Add the frozen banana and frozen pineapple on top.
3. Twist-lock and press in short bursts to crush the frozen fruit, then blend for 40-50 seconds until smooth and bright green.
4. Pour into glasses and serve.

PANDAN COCONUT PROTEIN SMOOTHIE



Preparation Time
5 Minutes



Cooking Time
1 Minute



Servings
2 Glasses /
2 Persons



Nutritional Value
Calories 270 kcal
Carbohydrates 30g
Protein 20g
Fats 10g



Ingredients

- 1 Scoop (30g) Vanilla Protein Powder
- 200ml Coconut Milk
- 1 Frozen Banana, Sliced
- 1/2 Teaspoon Pandan Extract
- 1 Tablespoon (8g) Grated Coconut
- 4 Ice Cubes

Directions

1. Add the protein powder, coconut milk and frozen banana to the jar.
2. Add the pandan extract, grated coconut and ice.
3. Twist-lock and press in short bursts to crush the frozen banana and ice, then blend for 30-40 seconds until smooth and pale green.
4. Pour into glasses and serve.



VANILLA OAT PROTEIN SMOOTHIE



Preparation Time
5 Minutes



Cooking Time
1 Minute



Servings
1-2 Glasses /
1-2 Persons



Nutritional Value
Calories 320 kcal
Carbohydrates 40g
Protein 25g
Fats 7g

Ingredients

- 1 Scoop (30g) Vanilla Protein Powder
- 40g Rolled Oats
- 1 Frozen Banana, Sliced
- 250ml Almond Milk
- 1 Tablespoon (16g) Almond Butter
- 4 Ice Cubes

Directions

1. Add the oats and almond milk to the jar and let sit for 1 minute.
2. Add the protein powder, frozen banana, almond butter and ice.
3. Twist-lock and press in short bursts to break down the oats and frozen banana, then blend for 40-50 seconds until smooth.
4. Pour and serve, or take to go with the sip-cover lid.



CACAO ALMOND PROTEIN SHAKE



Preparation Time
5 Minutes



Cooking Time
1 Minute



Servings
1-2 Glasses /
1-2 Persons



Nutritional Value
Calories 330 kcal
Carbohydrates 30g
Protein 28g
Fats 12g

Ingredients

- 1 Scoop (30g) Chocolate Protein Powder
- 30g Whole Almonds
- 1 Frozen Banana, Sliced
- 250ml Milk
- 1 Tablespoon (5g) Cacao Powder
- 4 Ice Cubes

Directions

1. Add the whole almonds to the jar and pulse to grind them down.
2. Add the protein powder, frozen banana, milk, cacao and ice.
3. Twist-lock and press in short bursts to crush the frozen banana and ice, then blend for 40-50 seconds until smooth.
4. Pour into glasses and serve.



SOYA BEAN PROTEIN BLEND



Preparation Time
10 Minutes



Cooking Time
1 Minute



Servings
2 Glasses /
2 Persons



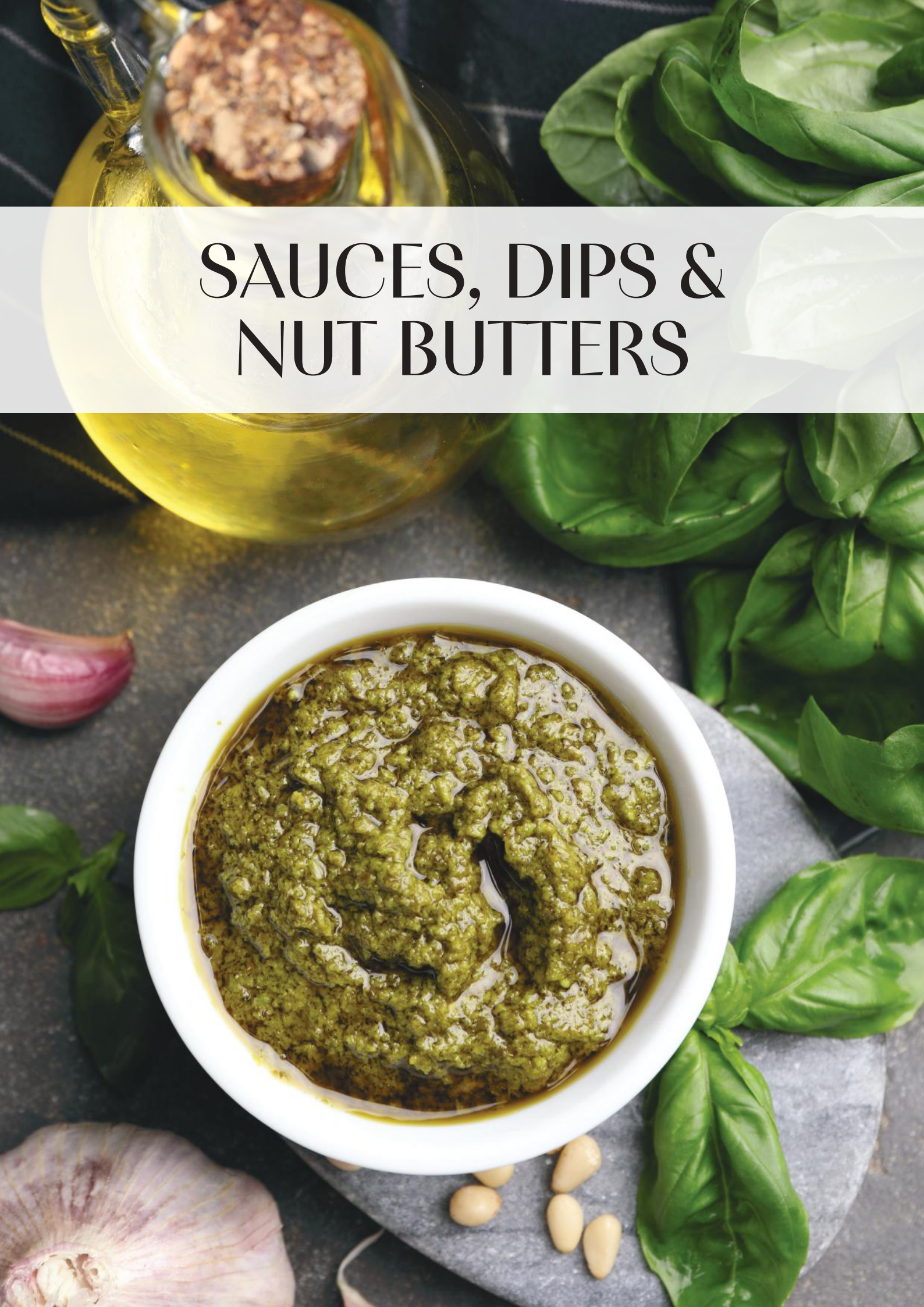
Nutritional Value
Calories 180 kcal
Carbohydrates 20g
Protein 14g
Fats 6g

Ingredients

- 150g Soft Cooked Soybeans
- 250ml Water
- 3 Tablespoons (42g) Sugar
- 1/2 Teaspoon Vanilla
- 4 Ice Cubes

Directions

1. Add the cooked soybeans and water to the jar.
2. Twist-lock and blend for 40-50 seconds until very smooth, scraping down as needed.
3. Add the sugar, vanilla and ice, then blend again to chill.
4. Strain if you prefer a lighter texture, then pour and serve.

A top-down view of a white ceramic bowl filled with a vibrant green pesto sauce, topped with a drizzle of golden olive oil. The bowl sits on a dark grey stone surface. Surrounding the bowl are fresh ingredients: a large bunch of bright green basil leaves to the right, several whole pine nuts scattered at the bottom, a small red onion to the left, and a large glass bottle of olive oil in the upper left corner. The text "SAUCES, DIPS & NUT BUTTERS" is centered over a semi-transparent white banner across the middle of the image.

SAUCES, DIPS & NUT BUTTERS

HOMEMADE PEANUT BUTTER



Preparation Time
5 Minutes



Cooking Time
3 Minutes



Servings
About 300g /
12 Servings



Nutritional Value
Calories 190 kcal
Carbohydrates 6g
Protein 8g
Fats 16g

Ingredients

- 300g Roasted Unsalted Peanuts
- 1 Tablespoon (14ml) Neutral Oil (If Needed)
- 1 Teaspoon (7g) Honey (Optional)
- 1/4 Teaspoon Salt

Directions

1. Add the peanuts to the jar.
2. Twist-lock and blend in short bursts, scraping down between bursts, until the oils release.
3. Continue blending until smooth, adding the oil if needed; let the jar rest briefly to avoid overheating.
4. Blend in the honey and salt, then transfer to a clean jar.



CASHEW BUTTER



Preparation Time
5 Minutes



Cooking Time
3 Minutes



Servings
About 300g /
12 Servings



Nutritional Value
Calories 200 kcal
Carbohydrates 9g
Protein 6g
Fats 16g

Ingredients

- 300g Roasted Unsalted Cashews
- 1 Tablespoon (14ml) Neutral Oil (If Needed)
- 1/4 Teaspoon Salt

Directions

1. Add the cashews to the jar.
2. Twist-lock and blend in short bursts, scraping down the sides, until the cashews break down.
3. Continue blending until smooth and creamy, adding oil if needed and resting the jar between bursts.
4. Blend in the salt, then transfer to a clean jar.

CLASSIC HUMMUS



Preparation Time
10 Minutes



Cooking Time
2 Minutes



Servings
About 400g /
6 Persons



Nutritional Value
Calories 120 kcal
Carbohydrates 12g
Protein 4g
Fats 7g



Ingredients

- 1 Can (240g) Chickpeas, Drained
- 2 Tablespoons (30g) Tahini
- 2 Tablespoons (28ml) Olive Oil
- Juice Of 1 Lemon
- 1 Clove (3g) Garlic
- 1/2 Teaspoon Ground Cumin
- 3-4 Tablespoons Cold Water
- Salt, To Taste

Directions

1. Add the chickpeas, tahini, olive oil, lemon juice, garlic and cumin to the jar.
2. Twist-lock and press in short bursts, scraping down the sides between bursts.
3. Add cold water a tablespoon at a time and blend until smooth and creamy.
4. Season with salt, spoon into a bowl and drizzle with olive oil.

SATAY PEANUT SAUCE



Preparation Time
10 Minutes



Cooking Time
1 Minute



Servings
About 350g /
6 Persons



Nutritional Value
Calories 160 kcal
Carbohydrates 10g
Protein 6g
Fats 12g



Ingredients

- 150g Roasted Peanuts
- 2 Shallots, Peeled
- 1 Clove (3g) Garlic
- 1 Teaspoon Chili Paste
- 1 Tablespoon (15g) Tamarind Paste
- 2 Tablespoons (30ml) Kecap Manis or Sugar
- 150ml Coconut Milk
- 1 Teaspoon (6g) Salt

Directions

1. Add the peanuts to the jar and blend in short bursts to a coarse crumb.
2. Add the shallots, garlic, chili paste, tamarind and kecap manis.
3. Pour in the coconut milk, then blend to a thick sauce.
4. Season with salt; warm through in a pan before serving with skewers.

ROASTED ALMOND BUTTER



Preparation Time
5 Minutes



Cooking Time
4 Minutes



Servings
About 300g /
12 Servings



Nutritional Value
Calories 190 kcal
Carbohydrates 6g
Protein 7g
Fats 17g



Ingredients

- 300g Roasted Unsalted Almonds
- 1 Tablespoon (14ml) Neutral Oil (If Needed)
- 1 Teaspoon (7g) Honey (Optional)
- 1/4 Teaspoon Salt

Directions

1. Add the almonds to the jar.
2. Twist-lock and blend in short bursts, scraping down the sides, until the almonds turn from crumbs to a paste.
3. Keep blending until smooth and glossy, adding oil if needed; let the jar rest between bursts to avoid overheating.
4. Blend in the honey and salt, then transfer to a clean jar.

CHOCOLATE HAZELNUT SPREAD



Preparation Time

10 Minutes



Cooking Time

3 Minutes



Servings

About 350g /
14 Servings



Nutritional Value

Calories 150 kcal
Carbohydrates 10g
Protein 3g
Fats 12g

Ingredients

- 200g Roasted Hazelnuts
- 60g Dark Chocolate, Melted
- 2 Tablespoons (10g) Cocoa Powder
- 3 Tablespoons (24g) Icing Sugar
- 2 Tablespoons (28ml) Neutral Oil
- Pinch of Salt

Directions

1. Add the hazelnuts to the jar and blend in short bursts, scraping down, until they form a smooth nut butter.
2. Add the melted chocolate, cocoa, icing sugar, oil and salt.
3. Blend until glossy and pourable, resting the jar between bursts to avoid overheating.
4. Transfer to a clean jar; it thickens as it cools.



BASIL PESTO



Preparation Time
5 Minutes



Cooking Time
1 Minute



Servings
About 200g /
4 Persons



Nutritional Value
Calories 180 kcal
Carbohydrates 3g
Protein 4g
Fats 18g

Ingredients

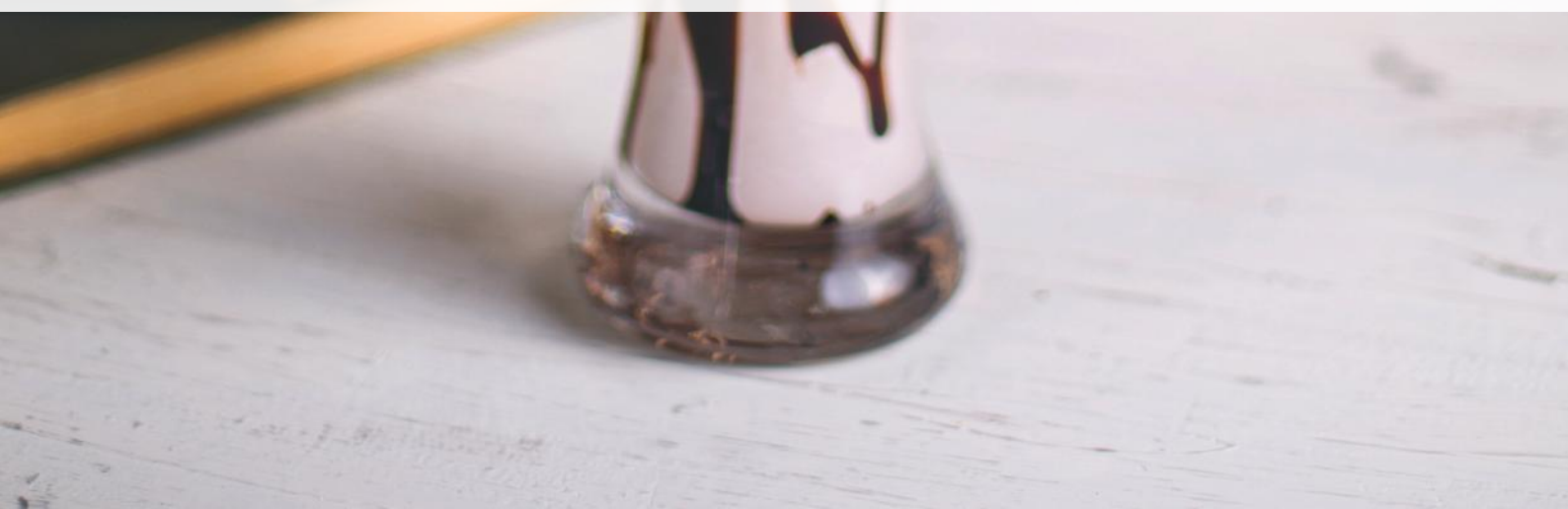
- 50g Fresh Basil Leaves
- 30g Parmesan, Grated
- 30g Pine Nuts (Or Cashews)
- 1 Clove (3g) Garlic
- 80ml Olive Oil
- Salt, To Taste

Directions

1. Add the pine nuts and garlic to the jar and pulse to break them down.
2. Add the basil and parmesan and pulse to a coarse paste, scraping down as needed.
3. With the jar steady, blend while adding the olive oil until smooth.
4. Season with salt and toss through pasta or spread on bread.



FROZEN TREATS & DESSERT BLENDS



BANANA ICE CREAM



Preparation Time
5 Minutes



Cooking Time
1 Minute



Servings
2 Bowls /
2 Persons



Nutritional Value
Calories 160 kcal
Carbohydrates 38g
Protein 2g
Fats 1g

Ingredients

- 3 Frozen Ripe Bananas, Sliced
- 2 Tablespoons (30ml) Milk
- 1/2 Teaspoon Vanilla

Directions

1. Add the frozen banana slices to the jar.
2. Twist-lock and blend in short bursts, scraping down the sides, to break down the frozen fruit.
3. Add the milk a little at a time and the vanilla, blending until you reach a soft-serve texture.
4. Scoop into bowls and serve immediately.

OREO COOKIES & CREAM FRAPPE



Preparation Time
5 Minutes



Cooking Time
1 Minute



Servings
2 Glasses /
2 Persons



Nutritional Value
Calories 330 kcal
Carbohydrates 45g
Protein 7g
Fats 13g

Ingredients

- 6 Oreo Cookies
- 250ml Milk
- 2 Scoops Vanilla Ice Cream
- 200g Ice Cubes

Directions

1. Add the cookies, milk and ice cream to the jar.
2. Add the ice cubes.
3. Twist-lock and press in short bursts to crush the cookies and ice, then blend for 30-40 seconds until thick and frosty.
4. Pour into glasses, top with crushed Oreo and serve.





MANGO STICKY RICE SHAKE



Preparation Time
5 Minutes



Cooking Time
1 Minute



Servings
2 Glasses /
2 Persons



Nutritional Value
Calories 300 kcal
Carbohydrates 50g
Protein 5g
Fats 9g

Ingredients

- 250g Frozen Mango Chunks
- 100g Cooked Glutinous (Sticky) Rice
- 150ml Coconut Milk
- 2 Tablespoons (28g) Sugar
- Pinch of Salt
- 100g Ice Cubes

Directions

1. Add the frozen mango, sticky rice and coconut milk to the jar.
2. Add the sugar, salt and ice.
3. Twist-lock and press in short bursts to crush the frozen mango and ice, then blend for 40-50 seconds until thick and creamy.
4. Pour into glasses and top with toasted coconut or a mango cube.



MIXED BERRY FROZEN YOGHURT



Preparation Time
5 Minutes



Cooking Time
1 Minute



Servings
2 Bowls /
2 Persons



Nutritional Value
Calories 150 kcal
Carbohydrates 28g
Protein 6g
Fats 2g

Ingredients

- 300g Frozen Mixed Berries
- 150g Greek Yoghurt
- 2 Tablespoons (42g) Honey
- 1 Tablespoon (15ml) Milk (If Needed)

Directions

1. Add the frozen berries and Greek yoghurt to the jar.
2. Twist-lock and blend in short bursts, scraping down, to crush the frozen berries.
3. Add the honey and a splash of milk if needed, blending to a thick soft-serve texture.
4. Scoop into bowls and serve immediately.

MILO DINOSAUR ICE BLEND



Preparation Time
5 Minutes



Cooking Time
1 Minute



Servings
2 Glasses /
2 Persons



Nutritional Value
Calories 280 kcal
Carbohydrates 45g
Protein 8g
Fats 8g

Ingredients

- 5 Tablespoons (50g) Milo Powder
- 200ml Milk
- 2 Tablespoons (40g) Condensed Milk
- 250g Ice Cubes
- Extra Milo Powder, To Top

Directions

1. Add 4 tablespoons of Milo, the milk and condensed milk to the jar.
2. Add the ice cubes.
3. Twist-lock and press in short bursts to crush the ice, then blend for 30-40 seconds until slushy.
4. Pour into glasses and top generously with the remaining undissolved Milo powder.

UBE ICE CREAM SHAKE



Preparation Time
5 Minutes



Cooking Time
1 Minute



Servings
2 Glasses /
2 Persons



Nutritional Value
Calories 310 kcal
Carbohydrates 46g
Protein 6g
Fats 11g



Ingredients

- 120g Ube Halaya (Purple Yam Jam) or 2 Scoops Ube Ice Cream
- 250ml Milk
- 2 Tablespoons (40g) Condensed Milk
- 200g Ice Cubes

Directions

1. Add the ube, milk and condensed milk to the jar.
2. Add the ice cubes.
3. Twist-lock and press in short bursts to crush the ice, then blend for 30-40 seconds until thick and vivid purple.
4. Pour into glasses, top with whipped cream and serve.



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