



MAKO

MULTI-FUNCTIONAL BLENDER



35 Fresh Juices, Coolers & Everyday Blends

Welcome

to the MAKO Multi-Functional Blender recipe book!

MAKO is your everyday kitchen all-rounder - blending fresh smoothies and juices, smooth soups, cooking sauces, dips and chutneys, dressings and batters for the whole family.

Every recipe is sized for the jar and serves the family. Add liquids first, then the softer ingredients, secure the lid, and choose the speed that suits the job - pulse for chunky dips and salsas, and high speed for smooth drinks and soups.

A note on hot food: let cooked soups and sauces cool slightly and work in batches - never fill the jar with boiling liquid, and leave the centre cap slightly open so steam can escape.

Happy Blending,
— **The Strongcore Team**



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FRESH JUICES & REFRESHERS



FRESH ORANGE JUICE



Preparation Time
5 Minutes



Cooking Time
1 Minute



Servings
2 Glasses /
2 Persons



Nutritional Value
Calories 100 kcal
Carbohydrates 24g
Protein 2g
Fats 0g



Ingredients

- 5 Oranges, Peeled and Segmented
- 100ml Cold Water
- 1 Teaspoon (7g) Honey (Optional)

Directions

1. Add the orange segments and water to the MAKO jar.
2. Twist the jar to lock, then press and hold to blend for 20-30 seconds.
3. Strain through a sieve for a smooth juice.
4. Pour over ice and serve.



CARROT, APPLE & GINGER JUICE



Preparation Time
10 Minutes



Cooking Time
1 Minute



Servings
2 Glasses /
2 Persons



Nutritional Value
Calories 110 kcal
Carbohydrates 26g
Protein 1g
Fats 0g

Ingredients

- 2 Carrots, Chopped Small
- 1 Apple, Cored and Chopped
- 1 cm Fresh Ginger
- 300ml Water
- Juice of 1/2 Lemon

Directions

1. Add the carrot, apple, ginger, water and lemon juice to the jar.
2. Twist to lock, then press and hold for 40-50 seconds until broken down.
3. Strain through a sieve.
4. Pour over ice and serve.

PINEAPPLE MINT REFRESHER



Preparation Time
5 Minutes



Cooking Time
1 Minute



Servings
2 Glasses /
2 Persons



Nutritional Value
Calories 100 kcal
Carbohydrates 24g
Protein 1g
Fats 0g

Ingredients

- 250g Pineapple Chunks
- 6 Mint Leaves
- 200ml Cold Water
- 1 Teaspoon (7g) Honey

Directions

1. Add the pineapple, mint, water and honey to the jar.
2. Twist to lock, then press and hold for 30 seconds.
3. Strain if you like.
4. Pour over ice and garnish with mint.

CLASSIC LEMONADE



Preparation Time

5 Minutes



Cooking Time

1 Minute



Servings

2 Glasses /
2 Persons



Nutritional Value

Calories 90 kcal
Carbohydrates 22g
Protein 0g
Fats 0g

Ingredients

- 3 Lemons, Peeled and Segmented
- 3 Tablespoons Sugar or Honey
- 350ml Cold Water

Directions

1. Add the lemon segments, sugar and water to the jar.
2. Twist to lock, then press and hold for 20 seconds.
3. Strain through a sieve.
4. Pour over plenty of ice and serve.

CALAMANSI JUICE



Preparation Time

5 Minutes



Cooking Time

1 Minute



Servings

2 Glasses /
2 Persons



Nutritional Value

Calories 80 kcal
Carbohydrates 20g
Protein 0g
Fats 0g

Ingredients

- 15 Calamansi, Halved and Juiced (About 75ml)
- 3 Tablespoons Honey or Sugar
- 350ml Cold Water

Directions

1. Add the honey and a little of the water to the jar.
2. Twist to lock and press briefly to dissolve the honey.
3. Stir in the calamansi juice and remaining water.
4. Pour over ice and serve.

HONEY LEMON GINGER ADE



Preparation Time
5 Minutes



Cooking Time
1 Minute



Servings
2 Glasses /
2 Persons



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

Ingredients

- Juice of 2 Lemons
- 1 cm Fresh Ginger
- 3 Tablespoons Honey
- 400ml Cold Water

Directions

1. Add the ginger, honey and a little water to the jar.
2. Twist to lock and press and hold to blend the ginger smooth.
3. Stir in the lemon juice and remaining water; strain.
4. Pour over ice and serve.



WATERMELON JUICE



Preparation Time
5 Minutes



Cooking Time
1 Minute



Servings
2 Glasses /
2 Persons



Nutritional Value
Calories 80 kcal
Carbohydrates 20g
Protein 1g
Fats 0g

Ingredients

- 400g Seedless Watermelon Cubes
- Juice of 1/2 Lime
- 1 Teaspoon (7g) Honey (Optional)

Directions

1. Add the watermelon and lime juice to the jar.
2. Twist to lock, then press and hold to blend for 20-30 seconds until smooth.
3. Strain if you prefer a clearer juice.
4. Pour over ice and serve.

GREEN APPLE & CELERY DETOX JUICE



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

- 2 Green Apples, Cored and Chopped
- 1 Stalk Celery, Chopped
- 1/2 Cucumber, Chopped
- 250ml Water
- Juice Of 1/2 Lemon

Directions

1. Add the apples, celery, cucumber, water and lemon juice to the jar.
2. Twist to lock, then press and hold for 40 seconds until smooth.
3. Strain through a sieve.
4. Pour over ice and serve.

CUCUMBER LIME COOLER



Preparation Time

5 Minutes



Cooking Time

1 Minute



Servings

2 Glasses /
2 Persons



Nutritional Value

Calories 40 kcal
Carbohydrates 9g
Protein 1g
Fats 0g

Ingredients

- 1 Cucumber, Chopped
- Juice of 1 Lime
- 250ml Cold Water
- 1-2 Teaspoons Honey
- A Few Mint Leaves

Directions

1. Add the cucumber, lime juice, water, honey and mint to the jar.
2. Twist to lock, then press and hold for 20-30 seconds.
3. Strain through a sieve.
4. Pour over ice and serve.

ABC JUICE - APPLE, BEETROOT, CARROT



Preparation Time
10 Minutes



Cooking Time
1 Minute



Servings
2 Glasses /
2 Persons



Nutritional Value
Calories 120 kcal
Carbohydrates 28g
Protein 2g
Fats 0g

Ingredients

- 1 Apple, Cored and Chopped
- 1 Small Beetroot, Peeled and Chopped
- 1 Carrot, Chopped Small
- 250ml Water
- Juice of 1/2 Lemon

Directions

1. Add the apple, beetroot, carrot, water and lemon juice to the jar (chop everything small).
2. Twist to lock, then press and hold for 50-60 seconds until broken down.
3. Strain through a sieve.
4. Pour over ice and serve.





SOURSOP JUICE



Preparation Time
5 Minutes



Cooking Time
1 Minute



Servings
2 Glasses /
2 Persons



Nutritional Value
Calories 120 kcal
Carbohydrates 26g
Protein 1g
Fats 1g

Ingredients

- 200g Soursop Flesh, Seeds Removed
- 300ml Cold Water or Milk
- 2 Tablespoons Sugar

Directions

1. Add the soursop, water and sugar to the jar.
2. Twist to lock, then press and hold for 30 seconds until smooth.
3. Strain through a sieve.
4. Pour over ice and serve.

ICED LYCHEE REFRESHER



Preparation Time
5 Minutes



Cooking Time
1 Minute



Servings
2 Glasses /
2 Persons



Nutritional Value
Calories 110 kcal
Carbohydrates 27g
Protein 0g
Fats 0g

Ingredients

- 12 Lychees, Peeled and Pitted (or 200g Canned, Drained)
- 300ml Cold Water
- Juice of 1/2 Lime

Directions

1. Add the lychees, water and lime juice to the jar.
2. Twist to lock, then press and hold for 20-30 seconds.
3. Strain through a sieve.
4. Pour over ice and add a few whole lychees to serve.



EVERYDAY SMOOTHIES & SHAKES



CLASSIC BANANA SMOOTHIE



Preparation Time
5 Minutes



Cooking Time
1 Minute



Servings
1-2 Glasses /
1-2 Persons



Nutritional Value
Calories 180 kcal
Carbohydrates 34g
Protein 6g
Fats 3g

Ingredients

- 2 Ripe Bananas, Sliced
- 300ml Cold Milk
- 80g Plain Yoghurt
- 1 Tablespoon (21g) Honey

Directions

1. Add the bananas, milk, yoghurt and honey to the MAKO jar.
2. Twist to lock, then press and hold for 20-30 seconds until smooth.
3. Pour into glasses.
4. Serve chilled.



STRAWBERRY BANANA SMOOTHIE



Preparation Time
5 Minutes



Cooking Time
1 Minute



Servings
1-2 Glasses /
1-2 Persons



Nutritional Value
Calories 170 kcal
Carbohydrates 36g
Protein 5g
Fats 2g

Ingredients

- 150g Strawberries, Hulled
- 1 Ripe Banana, Sliced
- 250ml Cold Milk
- 1 Teaspoon (7g) Honey

Directions

1. Add the strawberries, banana, milk and honey to the jar.
2. Twist to lock, then press and hold for 30 seconds until smooth.
3. Pour into glasses.
4. Serve chilled.

AVOCADO SMOOTHIE



Preparation Time
5 Minutes



Cooking Time
1 Minute



Servings
1-2 Glasses /
1-2 Persons



Nutritional Value
Calories 240 kcal
Carbohydrates 24g
Protein 4g
Fats 14g

Ingredients

- 1/2 Ripe Avocado
- 300ml Cold Milk
- 2 Tablespoons (40g)
Condensed Milk or Honey

Directions

1. Scoop the avocado into the jar with the milk and condensed milk.
2. Twist to lock, then press and hold for 30 seconds until silky.
3. Pour into glasses.
4. Serve chilled.

CLASSIC VANILLA MILKSHAKE



Preparation Time
5 Minutes



Cooking Time
1 Minute



Servings
1-2 Glasses /
1-2 Persons



Nutritional Value
Calories 260 kcal
Carbohydrates 34g
Protein 7g
Fats 10g

Ingredients

- 2 Scoops Vanilla Ice Cream
- 250ml Cold Milk
- 1/2 Teaspoon Vanilla

Directions

1. Add the ice cream, milk and vanilla to the jar.
2. Twist to lock, then press and hold for 15-20 seconds until smooth and frothy.
3. Pour into glasses.
4. Serve immediately.

MANGO LASSI



Preparation Time
5 Minutes



Cooking Time
1 Minute



Servings
1-2 Glasses /
1-2 Persons



Nutritional Value
Calories 210 kcal
Carbohydrates 38g
Protein 6g
Fats 4g



Ingredients

- 1 Ripe Mango, Cubed (About 250g)
- 200g Plain Yoghurt
- 100ml Cold Milk
- 2 Tablespoons (28g) Sugar
- Pinch of Ground Cardamom

Directions

1. Add the mango, yoghurt, milk, sugar and cardamom to the jar.
2. Twist to lock, then press and hold for 30 seconds until creamy.
3. Pour into glasses.
4. Dust with cardamom and serve chilled.



FRESH MANGO SMOOTHIE



Preparation Time
5 Minutes



Cooking Time
1 Minute



Servings
1-2 Glasses /
1-2 Persons



Nutritional Value
Calories 190 kcal
Carbohydrates 38g
Protein 4g
Fats 3g

Ingredients

- 1 Large Ripe Mango, Cubed (About 250g)
- 250ml Cold Milk
- 60g Plain Yoghurt
- 1 Teaspoon (7g) Honey

Directions

1. Add the mango, milk, yoghurt and honey to the jar.
2. Twist to lock, then press and hold for 20-30 seconds until smooth.
3. Pour into glasses.
4. Serve chilled.

MIXED BERRY SMOOTHIE



Preparation Time
5 Minutes



Cooking Time
1 Minute



Servings
1-2 Glasses /
1-2 Persons



Nutritional Value
Calories 160 kcal
Carbohydrates 32g
Protein 5g
Fats 2g



Ingredients

- 150g Mixed Berries (Fresh or Thawed)
- 1/2 Banana
- 250ml Milk or Drinking Yoghurt
- 1 Teaspoon (7g) Honey

Directions

1. Add the berries, banana, milk and honey to the jar.
2. Twist to lock, then press and hold for 30 seconds until smooth.
3. Add a splash more milk if too thick and blend briefly.
4. Pour into glasses and serve.



PAPAYA BANANA SMOOTHIE



Preparation Time
5 Minutes



Cooking Time
1 Minute



Servings
1-2 Glasses /
1-2 Persons



Nutritional Value
Calories 180 kcal
Carbohydrates 38g
Protein 4g
Fats 2g

Ingredients

- 200g Ripe Papaya, Cubed
- 1 Banana, Sliced
- 250ml Cold Milk
- Squeeze of Lime

Directions

1. Add the papaya, banana, milk and lime to the jar.
2. Twist to lock, then press and hold for 20-30 seconds until smooth.
3. Pour into glasses.
4. Serve chilled.

CHOCOLATE MILKSHAKE



Preparation Time
5 Minutes



Cooking Time
1 Minute



Servings
1-2 Glasses /
1-2 Persons



Nutritional Value
Calories 290 kcal
Carbohydrates 40g
Protein 8g
Fats 10g

Ingredients

- 2 Scoops Chocolate Ice Cream
- 250ml Cold Milk
- 1 Tablespoon (5g) Cocoa Powder

Directions

1. Add the ice cream, milk and cocoa to the jar.
2. Twist to lock, then press and hold for 15-20 seconds until smooth.
3. Pour into glasses.
4. Top with grated chocolate and serve.

MILKS, LASSIS & COOLERS





PAPAYA MILK



Preparation Time
5 Minutes



Cooking Time
1 Minute



Servings
1-2 Glasses /
1-2 Persons



Nutritional Value
Calories 150 kcal
Carbohydrates 28g
Protein 4g
Fats 3g

Ingredients

- 300g Ripe Papaya, Cubed
- 300ml Cold Milk
- 2 Tablespoons (28g) Sugar
- Squeeze of Lime

Directions

1. Add the papaya, milk, sugar and lime to the jar.
2. Twist to lock, then press and hold for 20-30 seconds until smooth.
3. Pour into glasses.
4. Serve chilled.

HOMEMADE SOYA BEAN MILK



Preparation Time
10 Minutes



Cooking Time
20 Minutes



Servings
3-4 Glasses



Nutritional Value
Calories 110 kcal
Carbohydrates 13g
Protein 8g
Fats 5g

Ingredients

- 120g Dried Soybeans, Soaked Overnight and Drained
- 800ml Water (Used In Batches)
- 3 Tablespoons Sugar
- 1 Pandan Leaf (Optional)

Directions

1. Blend the soaked soybeans with 400ml of the water in the MAKO jar in two batches, not above the max line, until smooth.
2. Strain through a muslin cloth into a pot.
3. Add the remaining water and pandan; bring to a boil, then simmer 15-20 minutes, skimming off foam.
4. Stir in sugar; serve warm or chilled.

STRAWBERRY MILK



Preparation Time
5 Minutes



Cooking Time
1 Minute



Servings
2 Glasses /
2 Persons



Nutritional Value
Calories 170 kcal
Carbohydrates 28g
Protein 6g
Fats 4g

Ingredients

- 200g Strawberries, Hulled
- 350ml Cold Milk
- 2 Tablespoons Sugar or Honey

Directions

1. Add the strawberries, milk and sugar to the jar.
2. Twist to lock, then press and hold for 20-30 seconds until smooth.
3. Strain if you prefer it smooth.
4. Pour over ice and serve.

HONEYDEW COOLER

**Preparation Time**

5 Minutes

**Cooking Time**

1 Minute

**Servings**

2 Glasses /
2 Persons

**Nutritional Value**

Calories 140 kcal
Carbohydrates 28g
Protein 3g
Fats 2g

Ingredients

- 300g Honeydew Melon Cubes
- 200ml Cold Milk
- 1 Tablespoon Sugar
- Cooked Sago, To Serve (Optional)

Directions

1. Add the honeydew, milk and sugar to the jar.
2. Twist to lock, then press and hold for 20-30 seconds until smooth.
3. Pour over ice.
4. Add cooked sago if using and serve.

AVOCADO COCONUT MILK



Preparation Time

5 Minutes



Cooking Time

1 Minute



Servings

2 Glasses /
2 Persons



Nutritional Value

Calories 240 kcal
Carbohydrates 22g
Protein 3g
Fats 15g

Ingredients

- 1 Ripe Avocado
- 250ml Coconut Milk (Light)
- 2 Tablespoons (40g) Condensed Milk
- 100ml Cold Water

Directions

1. Scoop the avocado into the jar with the coconut milk, condensed milk and water.
2. Twist to lock, then press and hold for 30 seconds until silky.
3. Pour over ice.
4. Serve chilled.

BANDUNG ROSE MILK



Preparation Time
5 Minutes



Cooking Time
1 Minute



Servings
2 Glasses /
2 Persons



Nutritional Value
Calories 160 kcal
Carbohydrates 32g
Protein 3g
Fats 3g

Ingredients

- 4 Tablespoons (60ml) Rose Syrup (Sirap Bandung)
- 300ml Evaporated or Fresh Milk
- 150ml Cold Water

Directions

1. Add the rose syrup, milk and water to the jar.
2. Twist to lock, then press and hold for 15-20 seconds to combine and lightly froth.
3. Pour over ice.
4. Serve well chilled.

BANANA DATE MILK



Preparation Time
5 Minutes



Cooking Time
1 Minute



Servings
2 Glasses /
2 Persons



Nutritional Value
Calories 210 kcal
Carbohydrates 40g
Protein 7g
Fats 4g



Ingredients

- 1 Banana, Sliced
- 4 Pitted Dates
- 350ml Cold Milk
- Pinch of Cinnamon

Directions

1. Add the banana, dates, milk and cinnamon to the jar.
2. Twist to lock, then press and hold for 30 seconds until smooth (the dates soften as they blend).
3. Pour into glasses.
4. Serve chilled.

THAI-STYLE LIME COOLER - NAM MANAO



Preparation Time

5 Minutes



Cooking Time

1 Minute



Servings

2 Glasses /
2 Persons



Nutritional Value

Calories 70 kcal
Carbohydrates 18g
Protein 0g
Fats 0g

Ingredients

- Juice of 3 Limes
- 3 Tablespoons Sugar or Honey
- 400ml Cold Water
- Pinch of Salt

Directions

1. Add the sugar, salt and a little water to the jar.
2. Twist to lock and press to dissolve the sugar.
3. Stir in the lime juice and remaining water.
4. Pour over plenty of ice and serve.

DIPS, DRESSINGS & SAUCES





CLASSIC HUMMUS



Preparation Time
10 Minutes



Cooking Time
1 Minute



Servings
About 300g /
4 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 Garlic
- 1/2 Teaspoon Ground Cumin
- 3-4 Tablespoons Cold Water
- Salt

Directions

1. Add the chickpeas, tahini, olive oil, lemon juice, garlic and cumin to the jar (do not fill past the max line).
2. Twist to lock and press and hold in short bursts, scraping down the sides between bursts.
3. Add cold water a little at a time until smooth and creamy.
4. Season with salt and drizzle with olive oil.



SAMBAL CHILI



Preparation Time
10 Minutes



Cooking Time
10 Minute



Servings
About 250g



Nutritional Value
Calories 70 kcal
Carbohydrates 8g
Protein 1g
Fats 4g

Ingredients

- 8 Dried Red Chilies, Soaked
- 3 Fresh Red Chilies
- 5 Shallots, Peeled
- 2 Cloves Garlic
- 1 Teaspoon Shrimp Paste (Belacan)
- 1 Tablespoon Tamarind Paste
- 2 Tablespoons Oil
- 1 Teaspoon Sugar
- Salt

Directions

1. Add the chilies, shallots, garlic and belacan to the jar with a splash of water and blend to a paste in short bursts.
2. Heat the oil and fry the paste with the tamarind and sugar.
3. Cook 8-10 minutes until fragrant and darkened.
4. Season with salt and serve as a condiment.

FRESH TOMATO SALSA



Preparation Time
10 Minutes



Cooking Time
1 Minute



Servings
About 300g /
4 Persons



Nutritional Value
Calories 25 kcal
Carbohydrates 5g
Protein 1g
Fats 0g



Ingredients

- 2 Ripe Tomatoes, Quartered
- 1/4 Onion, Chopped
- 1 Clove Garlic
- Handful Fresh Coriander
- 1 Chili (Optional)
- Juice of 1 Lime
- Salt

Directions

1. Add the onion, garlic, chili and coriander to the jar and pulse to chop.
2. Add the tomatoes and lime juice.
3. Press in short bursts for a chunky salsa (do not over-blend).
4. Season with salt and serve.

BABY FOOD & EVERYDAY BASICS



HOMEMADE BABY FOOD PUREE



Preparation Time
10 Minutes



Cooking Time
15 Minutes



Servings
About 300g



Nutritional Value
Calories 60 kcal
Carbohydrates 12g
Protein 2g
Fats 1g

Ingredients

- 1 Carrot, Peeled and Chopped
- 1 Apple, Peeled and Chopped
- 1 Small Sweet Potato, Peeled and Cubed
- Water, For Steaming

Directions

1. Steam the carrot, sweet potato and apple until very soft.
2. Cool slightly, then add to the MAKO jar with a little of the cooking water.
3. Twist to lock and press and hold to a smooth puree, adding more water for a thinner texture.
4. Cool and portion; refrigerate or freeze.

FRESH BREADCRUMBS



Preparation Time
10 Minutes



Cooking Time
15 Minutes



Servings
About 150g



Nutritional Value
Calories 70 kcal
Carbohydrates 13g
Protein 2g
Fats 1g

Ingredients

- 3-4 Slices Day-Old Bread, Torn Into Pieces

Directions

1. Add the torn bread to the MAKO jar.
2. Twist to lock and pulse in short bursts to crumbs of the size you want.
3. Use fresh, or toast in a dry pan for golden crumbs.
4. Store any extra in the freezer.

FLUFFY PANCAKE BATTER



Preparation Time
5 Minutes



Cooking Time
1 Minutes



Servings
About 8 Pancakes /
2-3 Persons



Nutritional Value
Calories 150 kcal
Carbohydrates 24g
Protein 5g
Fats 4g

Ingredients

- 150g Plain Flour
- 1 Tablespoon Sugar
- 1 1/2 Teaspoons Baking Powder
- Pinch of Salt
- 1 Egg
- 250ml Milk
- 1 Tablespoon Melted Butter

Directions

1. Add all the ingredients to the MAKO jar (do not fill past the max line).
2. Twist to lock and press and hold for 15-20 seconds until just smooth.
3. Rest the batter for 5 minutes.
4. Cook on a greased pan until bubbles form, then flip and cook through.





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