

Trisa[®]
ELECTRONICS



SMOOTHIE CREATIONS

only for «Trisa Vital Fit» blenders



COLD SOUPS

WITH ICE CUBES

VICHYSOISE

Cut potatoes (floury)	300 g
Roughly chopped onion	2 pcs
Whole leek without green part	1 pcs
Celery	100 g
Bouillon	5.5 dl
Roasted slices of bread	2 pcs
Full cream	1 dl
Butter flakes	2 pcs
Salt and Pepper	

GAZPACHO

Tomatoes	600 g
Red peperoni, peeled and diced	1 pcs
Diced zucchetti	100 g
Garlic	1 pcs
Chopped onion	½ pcs
Vegetable stock	4 dl
Roasted slices of bread	1 pcs
Olive oil	½ dl

CUCUMBER SOUP

Cucumber	1 pcs
Onion	1 pcs
Vegetable stock	6 dl
Joghurt nature	180 g
Salt and Pepper	
Dill, chervil, chive	



COLD / WARM SOUPS



CURRY SOUP

Pineapple	100 g
Apple (sour)	1 pcs
Onion	½ pcs
Garlic	1 pcs
Curry powder	2 tblsp
Celery	100 g
Coriander	50 g
Ginger	20 g
Sultanas	50 g
Coconut milk	2 dl
Chilli pepper	½ pcs
Vegetable stock	4 dl
Full cream	1 dl

WARM SOUPS

MASHED VEGETABLE SOUP

Carrots	200 g
Celery	150 g
Lauch	150 g
Onion	1 pcs
Vegetable stock	7 dl
Olive oil	2 tblsp
Leaf parsley	½ bundle
Soy sauce	½ tsp
Creme fraîche	3 tblsp

SPINACH SOUP

Potatoes (floury)	300 g
Chopped onion	½ pcs
Garlic	½ pcs
Spinach	150 g
Olive oil	2 tblsp
Vegetable stock	5 dl
Peppermint leaves	4 pcs
Full cream	1 dl
Salt and Pepper	

PUMPKIN SOUP

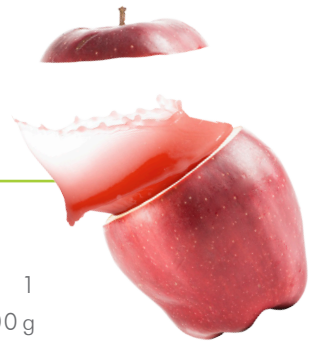
Pumpkin	400 g
Carrots	100 g
Potatoes (floury)	200 g
Curry powder	1 tblsp
Vegetable stock	5 dl
Butter flakes	2 pcs
Cream	1.5 dl
Pumpkin seed oil	3 tblsp
Salt, pepper and soy sauce	

CAULIFLOWER SOUP

Potatoes (floury)	300 g
Cauliflower	500 g
Onion	1 pcs
White flour	2 tblsp
Vegetable stock	6 dl
Cream	1 dl



RED SMOOTHIES



APPLE

Apple	1
Berries (raspberries, strawberries)	100 g
Hazelnuts	5-6

BERRIES

Strawberries (deep-frozen)	3
Raspberries	20
Banana	1
Orange juice (freshly squeezed)	125 ml
Water (cold)	25 ml

ORANGE SMOOTHIES

CARROTS

Carrots	1
Apple	1
Banana	½
Water / fruit juice	2 dl

CARROTS/ORANGE

Carrots	1
Apple	1
Ginger root, fresh, hazelnut-sized	1
Orange, Saft davon	1
Lemon, its juice	½

YELLOW SMOOTHIES

MANGO

Ripe mango	1
Papaya	1
Banana	½–1
Water	

KIWI/HONEYDEW MELON

Apple	½
Kiwi	½
Honeydew melon	¼
A little water to dilute	

GREEN SMOOTHIES

BANANA/CUCUMBER

Apple	1
Banana	1
Cucumber	½
Parsley	1 bundle

SPINACH/AVOCADO

Baby spinach	2 handful
Apple	1
Banana	1
Soft avocado	½
Unpeeled lemon	⅛
Sufficient water	
Basil to taste, salt	



PROGRAMME OVERVIEW

Switch on / off,
cancel

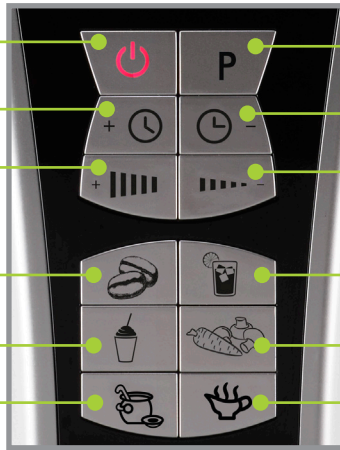
Raise time

Raise rotational speed

Grind

Milk shakes

Soups



PULSE button

Reduce time

Reduce rotational speed

Smoothies

Vegetable juices

Sauces



For coffee beans, herbs, spice mixtures, etc.

In order to fully use this function, it is better to use the small mixing recipient.
Art. 6927.9800



For milk shakes and frappés

Time 1:00 min.



For all hot cream soups and soups with mashed potatoes

Time 7:00 min. Heats up the contents.



For smoothies and cold mixed drinks of any type

Time 1:00 min. Tip: Add ice cubes or crushed ice



For vegetable juices and mashed vegetables, purees and dips

Time 2:00 min.



For hot sauces

Time 1:00 min. Warms up the contents.

