

CRANBERRIES, ORANGE AND PEAR



Preparation : 5 min - **Resting :** -- **Cooking :** -- **Equipment :** Juice extractor & SmoothieMix kit

Ingredients : 2 glasses

- 1 handful of cranberries* - 1 pear - 2 oranges

1. Wash the cranberries and the pear and destalk the pear. Cut the oranges in half.
2. Process the fruit in the Smoothiemix starting with the cranberries, followed by the pear.
3. Remove the SmoothieMix attachment and attach the citrus press, juice the oranges using the large cone of the citrus press.

Chef's tip :

* Cranberries, originally from North America, are rich in antioxidants and effective in preventing urinary infections. You can replace them with bottled bilberries (their European cousin) or dried cranberries (easier to find) that you soak in hot tea for at least 1 hour before using.

Compact 3200 XL ■

CS 4200 XL ■

CS 5200 XL ■

