

PHILIPS

Avance Juicer

MicroMasticating technology



Inspiring recipes

for the Philips Avance Collection Juicers

飞利浦Avance系列榨汁机

激发灵感的食谱



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食谱

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Unleash all the goodness from fruits & vegetables into your glass

Eating the right amount of fruits and vegetables is widely recognized as one of the most important elements of a healthy eating plan. Unfortunately, it's hard to eat enough of them if you're leading a busy life and don't have a lot of time to prepare interesting menus. That's why squeezing fresh, home-made juices is a great – and fast – way to include the right combination of fruits and vegetables in your daily routine.



Making juicing better

Philips is now introducing a new-generation juicer that will allow you to unleash all the goodness of fruits and vegetables into your glass, so that you can enjoy a highly nutritious glass of juice every day! Philips is a global leader in healthcare and personal well-being, and focuses on improving people's lives through meaningful innovation. As leading juicer brand worldwide, Philips gives you the results you want by developing the most advanced products – such as the Avance juicer with MicroMasticating technology.

Extract up to 90% of the whole fruit

The new Philips Avance Juicer is designed to help you to get the very best out of fruits and vegetables. Thanks to its MicroMasticating technology, you can now squeeze up to 90% of the whole fruit* into your glass. Fruits and vegetables are composed of millions of cells that contain juice rich in vitamins and nutrients. MicroMasticating technology opens up these cells by cutting the external and internal cell walls into microscopic parts, thereby releasing more of the goodness from fruits and vegetables for you to enjoy.

Clean in less than one minute

Your new Philips Avance juicer was designed to make daily juicing possible even on your busiest days. It's easy to use and quick to clean because the pre-clean function helps to get the last drops of juice into your glass while removing leftovers from the juicing chamber. Afterwards, it takes less than a minute for you to rinse all the necessary parts clean under the tap – and you don't need to clean the sieve, because there isn't one!

Healthy, tasty juice every day

With its slim design (only 11cm wide), the Philips Avance was thoughtfully designed for your kitchen worktop. It's also been created to give you the benefit of a very wide range of ingredients: you can pop in a banana, mango, avocado or even almonds, wheatgrass, leaves and nuts. Surprise yourself or your loved ones with a different healthy and tasty juice full of delicious, concentrated goodness every day.



*In internal tests conducted on grapes, watermelons, tomatoes, apples, oranges, strawberries and pine-apples in Austria in 2015, the amount of juice extracted ranged from 69% to 92%, depending on the fruit.

将滴滴果蔬精华 释放到杯中

吃对足量的水果蔬菜是被广泛认可的健康饮食的重要元素。但是，繁忙的生活中很难挤出时间来准备多样的食谱。正因为如此，在家里榨出新鲜的果汁是能够帮助摄入日常适量果蔬搭配的快捷有效方法。



提升果蔬汁质量

飞利浦推出新一代榨汁机，将滴滴果蔬精华释放到杯中，让您每一天都能享受到一杯富含营养的果汁。飞利浦在全球领跑医疗保健和优质生活，致力于通过有意义的创新改善人们的生活。作为全球领先的榨汁机品牌，飞利浦为您提供先进的产品以保证品质，正如Avance榨汁机的微分子慢榨技术。

果蔬出汁率至多可达90%*

全新飞利浦Avance榨汁机的设计旨在帮助您萃取果蔬的精华。微分子慢榨技术可以提取至多90%的果蔬汁*。蔬菜和水果由数百万个富含维生素和营养的细胞组成，飞利浦创新微分子慢榨技术可切分细胞内外壁的细小分子，榨取果蔬中的滴滴精华。

清洁仅需不到一分钟

全新飞利浦Avance榨汁机旨在帮助您在忙碌的日子里也能轻松每日制作果蔬汁。操作简单且可迅速清洁，预洗功能不仅在榨汁过程中帮助你榨取更多果汁，并且从榨汁箱内部去除剩余的果肉。榨汁结束后，一分钟之内就可以在水龙头下完成所有必须的零部件清洗-不需要清洗过滤网，因为根本没有过滤网！

*备注：经内部测试，在榨取葡萄、西瓜、番茄、苹果、橘子、草莓和菠萝时，出汁率可达69%-92%，根据不同水果，出汁率不同。

健康，美味果汁每一天

苗条的设计（仅11cm宽）使得飞利浦Avance榨汁机贴心切合您的厨房工作台。它的设计旨在让您可以运用多种不同的原料，可用香蕉、芒果、牛油果甚至是杏仁、小麦草、蔬菜叶和坚果。给您和您爱的人带来不一样的惊喜，尽在每日健康美味的蔬果精华中。



Grasshopper

开胃鸡尾酒

1/2



pineapple
半个菠萝

1



kiwi
一个猕猴桃

1/2 glass



mineral water
半杯矿泉水

Health benefit

Grasshopper is high in Vitamin C. Vitamin C contributes to normal functioning of the nervous system.

健康益处

开胃鸡尾酒富含维生素 C。维生素 C 有助于支持神经系统的正常机能。



Green Eyecatcher

鲜绿亮眼

1/2



cucumber
半个黄瓜

2 cups



cups spinach
100 克菠菜汁

1 tbsp



honey
汤匙蜂蜜

100 ml



mineral water
毫升矿泉水

Health benefit

Green Eyecatcher is high in Vitamin C, Vitamin A and Vitamin K and a source of Potassium and Magnesium. Vitamin C increases iron absorption, Vitamin A contributes to maintaining the normal vision, Vitamin K plays a role in the maintenance of normal bones. Potassium and Magnesium contribute to normal muscle function.

健康益处

鲜绿亮眼富含维生素 C、维生素 A 和维生素 K 并且可提供钾和镁。维生素 C 可促进铁的吸收，维生素 A 有助于保持正常视力，维生素 K 对维持正常骨骼机能起着重要作用。钾和镁有助于维持正常的肌肉机能。



Red Sensation

红色迷情

¼



watermelon
个西瓜

1 handful



strawberries
把草莓

½



pineapple
半个菠萝

1-inch piece



lime
个酸橙

Health benefit

Red Sensation is high in Vitamin C. Vitamin C contributes to the production of cells from oxidative stress.

健康益处

红色迷情富含维生素 C。维生素 C 有助于防止细胞发生氧化应激。



Cranapple Juice

越橘苹果汁

1 handful



cranberries (fresh)
蔓越莓

2



apples
个苹果

1/2



pineapple
半个菠萝

Health benefit

Cranapple Juice is a source of Vitamin C. Vitamin C supports the normal function of the nervous system.

健康益处

越橘苹果汁可提供维生素 C。维生素 C 可支持神经系统的正常机能。



Summer Sun

夏日阳光

4



pears
个梨

4



mandarins
个柑橘

1



lemons
个柠檬

Health benefit

Summer Sun is a source of Vitamin C. Vitamin C supports the normal psychological function.

健康益处

Summer Sun 可提供维生素 C。维生素 C 可支持正常的心理机能。



Piña Lavender

椰香薰衣草

1



pineapple

个菠萝

1 tbsp



fresh lavender blossoms or
rosemary

汤匙新鲜的薰衣草或迷迭香

1



lemon

个柠檬

Health benefit

Pina Lavender is high in Vitamin C. Vitamin C contributes to normal psychological function.

健康益处

Pina Lavender 富含维生素 C。维生素 C 有助于支持正常的心理机能。



Beautylicious 迷人美味

1



orange
个橘子

1/4



pineapple
个菠萝

2



carrots
根胡萝卜

1



lemon
个柠檬

1 tsp



olive oil
茶匙橄榄油

Health benefit

Beautylicious is high in Vitamin C and Vitamin A. Vitamin C plays a role in the protection of cells from oxidative stress and Vitamin A contributes to supporting the maintenance of normal skin.

健康益处

Beautylicious 富含维生素 C 和维生素 A。维生素 C 对于防止细胞发生氧化应激起着重要作用，维生素 A 有助于支持正常皮肤保养。



Farmers Market Juice

新鲜活力

1 handful



strawberries
把草莓

1



cucumber
根黄瓜

1



apple
个苹果

2



carrots
根胡萝卜

Health benefit

Farmers Market Juice is high in Vitamin A. Vitamin A supports the normal iron Metabolism.

健康益处

新鲜活力富含维生素 A。维生素 A 可支持正常的铁代谢。



Liquid Snack

液体点心

2



apples
个苹果

1



carrot
根胡萝卜

1/2



lime
个酸橙

some



mint leaves
一些薄荷叶

Health benefit

Liquid Snack is a source of Vitamin A. Vitamin A contributes to the maintenance of normal skin.

健康益处

液体点心可提供维生素 A。维生素 A 有助于进行正常皮肤保养。



Hangover Remedy

解酒汁

3



tomatoes
个番茄

2



celery stalks
根芹菜杆

1



lemon
个柠檬

1/2-inch piece



ginger
英寸大小的生姜

1



jalapeño pepper
个墨西哥辣椒

1/2



cucumber
根黄瓜

Health benefit

Hangover Remedy is a source of Vitamin C. Vitamin C supports the normal energy-yielding metabolism.

健康益处

解酒汁可提供维生素 C。维生素 C 可支持正常产能代谢。



Deep Red Flamingo

深红火烈鸟

1



orange
个橘子

2



kale leaves
片羽衣甘蓝叶

2



apple
个苹果

1



carrot
根胡萝卜

1



beet root
个甜菜根

1 cm



fresh ginger
厘米大小的新鲜生姜

Health benefit

Deep Red Flamingo is high in Vitamin C and a source of Vitamin A. Vitamin C and A support a normal function of the immune system.

健康益处

Deep Red Flamingo 富含维生素 C 并且可提供维生素 A。维生素 C 和 A 可支持免疫系统的正常机能。



Love It Up

爱意晋级

4



kiwi fruits
个猕猴桃

1 handful



raspberries
把木莓

1



pomegranate
个石榴

1



apple
个苹果

3



carrots
根胡萝卜

1/2



lemon
份柠檬

Health benefit

Love It Up is high in Vitamin C and Vitamin A and contains Vitamin K. Vitamin C and A contribute to the normal function of the immune system. Vitamin K plays a role in the maintenance of normal bones.

健康益处

Love It Up 富含维生素 C 和维生素 A 并含有维生素 K。维生素 C 和 A 有助于支持免疫系统的正常机能。维生素 K 对维持正常骨骼机能起着重要作用。



Mixed Berry Jelly

什锦浆果冻

600 g



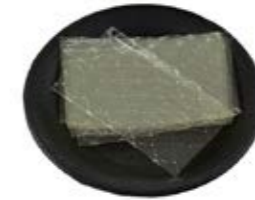
mixed berries
克混合浆果

40 g



honey
克蜂蜜

3 pieces



gelatin
片明胶

Directions

- 1 Soften the gelatin in water for some minutes.
- 2 Take out the gelatin, put it in a bowl of warm water until the gelatin melts and becomes liquid.
- 3 Juice the fruits
- 4 Add some honey in the juice and mix it well.
- 5 Mix the juice and the liquid gelatin until it becomes even.
- 6 Pour the mixture into small cups, covered with cling film, put it in the refrigerator for 2 hours until it solidifies.

Health benefit

Mixed Berry Jelly is high in Vitamin C. Vitamin C contributes to normal psychological function.

制作说明

- 1 将明胶在水中软化数分钟。
- 2 取出明胶，放入一碗温水中，直至明胶融化成液体。
- 3 榨取果汁
- 4 向果汁中加入一些蜂蜜，混合均匀。
- 5 将果汁和液体明胶进行混合，直至混合均匀。
- 6 将混合物倒入小杯中，盖上保鲜膜，放入冰箱中 2 小时，直至凝固。

健康益处

Mixed Berry Jelly 富含维生素 C。维生素 C 有助于支持正常的心理机能。



Pear Blossom

梨花盛开

4



pears
个梨

2



bunch of red grapes
串红葡萄

1 tsp



honey
茶匙蜂蜜

Health benefit

Pear Blossom can help to reduce oxidative stress.

健康益处

梨花盛开有助于减少氧化应激。



Immunblast Juice

免疫增强果汁

1 handful



strawberries
把草莓

2



orange
个橘子

1



apple
个苹果

1



apricot
个杏

3



broccoli florets
个椰菜花

Health benefit

Immunblast Juice is high in Vitamin C and Vitamin K. Vitamin C plays a role in the normal function of the immune system. Vitamin K contributes to supporting the maintenance of normal bones.

健康益处

免疫增强果汁富含维生素 C 和维生素 K。维生素 C 对免疫系统发挥正常机能起着重要作用。维生素 K 有助于支持正常骨骼机能的维持。



Bunny Delight

橙趣

2



tomatoes
个西红柿

1/4



chilli pepper
根辣椒

1



red bell pepper
根红甜椒

2



stalks celery
个芹菜茎

1



carrots
根胡萝卜

Health benefit

Bunny Delight is high in Vitamin C and A. Vitamin C plays a role in the protection of cells from oxidative stress and Vitamin A contributes to supporting the maintenance of normal skin.

健康益处

Bunny Delight 富含维生素 C 和 A。维生素 C 对于防止细胞氧化应激起着重要作用，维生素 A 有助于支持正常皮肤保养。



Pure Citrus

纯柑橘汁

2



grapefruit
个葡萄柚

2



oranges
个橘子

4



mandarins
个芦柑

2



lemons or limes
个柠檬或酸橙

Health benefit

Pure Citrus is high in Vitamin C and contains Folate. Vitamin C and Folate contributes to the normal function of the immune system.

健康益处

纯柑橘汁富含维生素 C 并含有叶酸。维生素 C 和叶酸有助于维持免疫系统的正常机能。



Fitness Wonder

健康惊喜

1/2



cucumber
根黄瓜

1



stick celery
根芹菜梗

2



apples
个苹果

1/2



lemon
柠檬

Health benefit

Fitness Wonder is a source of Vitamin C. Vitamin C plays a role in the reduction of tiredness and fatigue.

健康益处

健康惊喜可提供维生素 C。维生素 C 对减少疲劳和倦怠具有重要作用。



Workout Punch

健身活力

1



lemon
个柠檬

1



orange
个橘子

1



pear
个梨

1



apple
个苹果

5



broccoli florets
个椰菜花

Health benefit

Workout Punch is high in Vitamin C and a source of Vitamin K. Vitamin C plays a role in normal collagen formation for the normal function of cartilage and Vitamin K contributes to the maintenance of normal bones.

健康益处

健身活力富含维生素 C 并且可提供维生素 K。维生素 C 对于维持正常软骨机能的胶原蛋白的正常形成具有重要作用，而维生素 K 则有助于维持正常骨骼机能。



Veggietastic

奇妙蔬菜

¼



cucumber
根黄瓜

3



broccoli florets
根西兰花菜茎

1



piece of fennel
根茴香

2



apples
个苹果

1



lime
个酸橙

Health benefit

Veggietastic is high in Vitamin C and K. Vitamin C plays a role in normal collagen formation for the normal unction of cartilage and Vitamin K contributes to the maintenance of normal bones.

健康益处

Veggietastic 富含维生素 C 和 K。维生素 C 对于维持正常软骨机能的胶原蛋白的正常形成具有重要作用，而维生素 K 则有助于维持正常骨骼机能。



Green Booster

翠绿鲜活

1/2



bunch parsley
束香菜

1



cup spinach
50克 菠菜汁

1/2



lemon
柠檬

2



pears
个梨

1



large stalks celery
个大芹菜茎

Health benefit

Green Booster is high in Vitamin K. Vitamin K contributes to the maintenance of normal bones.

健康益处

翠绿鲜活富含维生素 K。维生素 K 有助于维持正常骨骼机能。



Power Shot

活力源泉

2 cups



spinach
杯菠菜汁

1



cucumber
根黄瓜

1



apple
个苹果

pure cacao powder
茶匙纯可可粉

Health benefit

Power Shot is a source of Vitamin C, Vitamin A and Potassium and high in Vitamin K. Vitamin C and Potassium contribute to a normal functioning of the nervous system. Vitamin K supports the normal blood clotting and Vitamin A plays a role in the maintenance of normal vision.

健康益处

活力源泉可提供维生素 C、维生素 A 和钾并富含维生素 K。维生素 C 和钾有助于支持神经系统的正常机能。维生素 K 可支持正常的凝血，而维生素 A 则对维持正常视力起着重要作用。



Cold Prevention

感冒克星

2 cups



kale leaves
杯甘蓝叶汁

1



grapefruit
个葡萄柚

1/2



honey melon
半个哈密瓜

1-inch piece



ginger
英寸生姜

Topping
black sesame

配料
黑芝麻

Health benefit

Cold Prevention is high in Vitamin C. Vitamin C and A contribute to maintaining the normal function of the immune system.

健康益处

感冒克星富含维生素 C。维生素 C 有助于维持免疫系统的正常机能。



Fresh Breeze

微风沁心

2



tomatoes
个西红柿

1



cucumber
根黄瓜

1/2



bunch of mint
束薄荷

1 tsp



celery salt
茶匙食盐

Health benefit

Fresh Breeze could have a positive effect on the acid-base balance of the body.

健康益处

Fresh Breeze 对人体的酸碱平衡可能具有积极作用。



Yellow Thunder

激情惊雷

2



apples
个苹果

3



oranges
个橘子

Health benefit

Yellow Thunder is high in Vitamin C. Vitamin C plays a role in in the normal collagen formation for the normal function of skin.

健康益处

Yellow Thunder 富含维生素 C。维生素 C 对于维持正常皮肤机能的胶原蛋白的正常形成具有重要作用。



Tomato Basil Soup

蕃茄罗勒汤

6



tomatoes
个番茄

some



fresh basil leaves
一些鲜罗勒叶

1



bell pepper
个甜椒

$\frac{3}{4}$ cup



unsweetened coconut milk
杯无糖椰奶

salt and pepper to taste

调味用食盐和辣椒

Directions

- 1 Juice tomatoes, basil and bell pepper.
- 2 Combine the coconut milk and juice in a small sauce pan and heat though.
- 3 Season with salt and pepper.

制作说明

- 1 将番茄、罗勒叶和甜椒榨汁。
- 2 将椰奶和榨出的汁加入小汤锅，加热。
- 3 用盐和胡椒粉调味。

Health benefit

Tomato Basil Soup is high in Vitamin C. Vitamin C contributes to the production of cells from oxidative stress.

健康益处

蕃茄罗勒汤富含维生素 C。维生素 C 有助于防止细胞发生氧化应激。



Heart Rocker

摇滚心四射

1/2



lemon
柠檬

1



red apple
个红苹果

1 handful



strawberries
把草莓

Health benefit

Heart Rocker is high in Vitamin C. Vitamin C supports the normal energyyielding metabolism.

健康益处

Heart Rocker 富含维生素 C。维生素 C 可支持正常产能代谢。



Purple Power Punch

紫色活力

1/4



red cabbage
份紫色卷心菜

1



cucumber
根黄瓜

1 cup



fresh blueberries
杯鲜蓝莓汁

1



apple
个苹果

Health benefit

Purple Power Punch is a source of Vitamin C and Vitamin K. Vitamin C plays a role in normal collagen formation for the normal function of cartilage and Vitamin K contributes to the maintenance of normal bones.

健康益处

紫色活力可提供维生素 C 和维生素 K。维生素 C 对于维持正常软骨机能的胶原蛋白的正常形成具有重要作用，而维生素 K 则有助于维持正常骨骼机能。



Ruby 红宝石

1 bunch



purple grapes
束紫葡萄

1



pomegranate
个石榴

Health benefit

Ruby contains a lot of natural antioxidants.

健康益处

Ruby 含有大量天然抗氧化剂。



Pepperino

彩椒汁

1/2



red pepper
个红辣椒

1/2



yellow pepper
个黄辣椒

2



big tomatoes
个大番茄

Health benefit

Pepperino is high in Vitamin C. Vitamin C plays a role in normal collagen formation for the normal function of skin.

健康益处

Pepperino 富含维生素 C。维生素 C 对于维持正常皮肤机能的胶原蛋白的正常形成具有重要作用。



Sunny Peach

阳光鲜桃

2



peaches
个桃

2



nectarines
个油桃

1/2



pineapple
半个菠萝

Health benefit

Sunny Peach is a source of Vitamin C. Vitamin C plays a role in the reduction of tiredness and fatigue.

健康益处

阳光鲜桃可提供维生素 C。维生素 C 对减少疲劳和倦怠具有重要作用。



Red Passion 红色激情

1/4



watermelon
份西瓜

1



passion fruit
个百香果

5



radishes
个水萝卜

Health benefit

Red Passion is a source of vitamin C. Vitamin C can have positive influence on the health.

健康益处

红色激情可提供维生素 C。维生素 C 对健康具有积极影响。



Frozen Yoghurt

冷冻酸奶

500 g



papaya / banana
克木瓜/香蕉

200 ml



plain yoghurt
毫升普通酸奶

3 tbsp



condensed milk
汤匙炼乳

Directions

- 1 Cut the fruits into pieces and run through the juicer.
- 2 Mix the juice with the yoghurt and condensed milk.
- 3 Pour mixture into a shallow metal dish, cover and freeze.
- 4 Overall, the ice should be 2.5-3 hours in the freezer, during which you should stir every 15-20 minutes.
- 5 After 3 hours eat the frozen yoghurt, otherwise it would be too hard.

Health benefit

Frozen Yoghurt is a source of magnesium which helps in the normal function of the muscles.

制作说明

- 1 将水果切成小块，用榨汁机榨汁。
- 2 将果汁与酸奶和炼乳混合。
- 3 将混合物倒入浅金属盘，盖住并冷冻。
- 4 一般来说，应在冰箱中冷冻 2.5-3 小时；冷冻过程中，应每隔 15-20 分钟搅拌一次。
- 5 3 小时后便可以食用，不然会太硬。

健康益处

冷冻酸奶是镁的来源，这有助于在肌肉的正常功能。



Milk Shake (Banana / Strawberry / Blueberry)

奶昔 (香蕉/草莓/蓝莓)

1 handful

200 ml



strawberry
or blueberry
or 1 banana

把草莓或蓝莓或1根香蕉



milk

毫升牛奶

Directions

- 1 First juice half of the fruits
- 2 Add the half of the milk.
- 3 Then juice the rest of the fruits with the rest of the milk.
- 4 After finishing stir the fruit milk with a spoon.

制作说明

- 1 先将半份水果榨汁
- 2 加入半份牛奶。
- 3 然后将其余水果榨汁并加入其余的牛奶。
- 4 完成后，用匙搅拌果奶。

Health benefit

Milk Shake is a source of magnesium which helps in the normal function of the muscles.

健康益处

奶昔是镁的来源，这有助于在肌肉的正常功能

Soy-Milk / Almond Milk

豆奶/杏仁奶

200 g



almonds / soy beans (dry)
克杏仁/大豆(干)

1 liter



water for soaking
升水(用于浸泡)

600 g



water for the milk
克水(用于制奶)

Directions

- 1 Soak almonds / soy beans at least 8 hours in water (200 g / 1 L water)
- 2 After soaking rinse ingredients with fresh water
- 3 Mix soaked ingredients 1:3 with water
- 4 Put the beans in the juicer first, start juicing and also add some water.
- 5 If leftovers still appear wet you can rejuice to gain even more milk.

Health benefit

Soy milk: Can reduce cholesterol levels, can protect against heart disease and can have a positive effect on bone health.

Almond milk: The good fats and antioxidants contained in almonds can have a positive effect on the cholesterol level but also on the skin.

制作说明

- 1 将杏仁/大豆在水中至少浸泡8小时(200克/1升水)
- 2 浸泡后,用清水冲洗原料
- 3 将浸泡后的原料与1/3水进行混合用于制奶
- 4 先将杏仁/大豆放入榨汁机,开始榨汁,同时加入剩余的水制奶。
- 5 如果残余物仍很湿,则可以再次榨汁以获得更多奶液。

健康益处

豆奶:可降低胆固醇水平、预防心脏疾病并对骨健康具有积极作用。
杏仁奶:杏仁中含有有益脂肪和抗氧化剂,对胆固醇水平和皮肤具有积极作用。



Sorbet

冰糕

500 g



watermelon / tomato /
orange peeled

克西瓜/
番茄/橘子（去皮）

100 g



honey or agave syrup
(1 tbsp per 100 ml juice)

蜂蜜或龙舌兰蜜（1 汤匙/
100 毫升果汁）

Directions

- 1 Cut fruit into pieces and run through the juicer.
- 2 Mix the extracted juice with honey or agave syrup to taste.
- 3 Pour mixture into a shallow metal dish, cover and freeze.
- 4 Provide 4 hours in the freezer and stir every 30 minutes with a whisk or hand blender.
- 5 Consume the sorbet or store it in the freezer in a suitable freezer box.

Health benefit

Sorbet is high in Vitamin C. Vitamin C contributes to the production of cells from oxidative stress.

制作说明

- 1 将水果切成小块，用榨汁机榨汁。
- 2 将榨取的果汁与蜂蜜或龙舌兰蜜混合调味。
- 3 将混合物倒入浅金属盘，盖住并冷冻。
- 4 在冰箱中放置 4 小时，用打蛋器或手持式搅拌机每隔 30 分钟搅拌一次。
- 5 享用冰糕或放入适合的冷藏盒，存放在冰箱中。

健康益处

冰糕富含维生素 C。维生素 C 有助于防止细胞发生氧化应激。



Sunset

日落云霞

1



tomato
个西红柿

1



orange
个橘子

1



pomegranate
个石榴

Health benefit

Sunset is high in Vitamin C. Vitamin C plays a role in normal collagen formation for the normal function of gums.

健康益处

Sunset 富含维生素 C。维生素 C 对于维持正常牙龈机能的胶原蛋白的正常形成具有重要作用。



Orange Vision

橙色视觉

1



peach
个桃

1/2



honey melon
半个哈密瓜

1



carrot (medium size)
根胡萝卜 (中等大小)

50 ml



water
毫升水

Health benefit

Orange Vision is a source of Vitamin A. Vitamin A has a role in the process of cell specialisation.

健康益处

橙色视觉可提供维生素 A。维生素 A 可在细胞适应化过程中发挥作用。



Melon Symphony

瓜果交响

¼



water melon
份西瓜

½



honey melon
半个哈密瓜

½



cucumber
根黄瓜

Health benefit

Melon Symphony is high in Vitamin C. Vitamin C contributes to the production of cells from oxidative stress.

健康益处

瓜果交响富含维生素 C。维生素 C 有助于防止细胞发生氧化应激。



Berry Blast

浆果干茶

2



beet root
个甜菜根

1 handful



black currants
把黑葡萄干

1 handful



strawberries
把草莓

1 tsp



cinnamon
茶匙肉桂

Health benefit

Berry Blast is high in Vitamin C and Folate. Vitamin C contribute to normal functioning of the nervous system. Folate contributes to maternal tissue growth during pregnancy.

健康益处

浆果干茶富含维生素 C 和叶酸。维生素 C 有助于支持神经系统的正常机能。叶酸有助于孕期母体组织生长。



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