

Easy Salsa

6 fresh tomatoes, quartered
½ medium onion
½ tsp minced garlic (or press one garlic clove)
1 Tbsp lime juice
1 tsp sea salt
½ tsp cumin
4 oz can green chilies—do not drain
2 Tbsp chopped cilantro (or parsley for a nice fresh flavor to salsa)
1 drop hot sauce
1 scoop Red fruits and vegetables

Directions: Place ingredients into blender jar in order as listed and secure lid. Press **Pulse** button 5 to 10 times

Guacamole

3 avocados—peeled and pitted
½ cup red bell pepper-quartered (green pepper is also fine)
1 Roma tomato—quartered
½ small lemon—peeled
¼ yellow onion—peeled
¾ tsp sea salt
1 scoop Green fruits and vegetables

Directions: Place ingredients into blender jar and secure lid. Press **Pulse** button and release after one second. You may need to stop between pulsing and use spatula to scrape ingredients toward blade. Press 8 times or until desired consistency is reached.

Hummus

1 Tbsp olive oil
15 oz canned chickpeas (Garbanzo beans)—drained
½ cup sesame seeds
¼ cup lemon juice
1 clove garlic (peeled and pressed)
1/8 tsp salt
1 scoop Orange fruits and vegetables

Directions: Place ingredients into blender jar in order as listed and secure the lid. Press **Speed Up** button until the blender reaches speed 1. Allow blender to run the full cycle (it may appear as though the ingredients are not being blended). When the cycle has finished, remove the lid and scrape ingredients toward center of jar with a spatula.

Secure the lid and press the **Speed Up** button until the blender reaches speed 5. During this cycle, the spread will begin to form around the blade. After cycle is finished, remove the lid and scrape ingredients toward center of jar again.

Secure the lid and press the **Speed Up** button until the blender reaches speed 5. Repeat this process 4 or 5 times or until the spread has reached the desired consistency.