

A glass of red beverage with a thick white foam on top. The glass is surrounded by sliced red fruit and yellow fruit on a grey textured surface. A second glass is visible in the background.

Moulinex
PERFECT MIX

Summary

PERFECT MIX



GUACAMOLE WITH RED ONIONS

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LEMONADE & VIOLET FLOWER COCKTAIL

CRANBERRY,
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RED CABBAGE & MANGO TWO-TONE SMOOTHIE

MANGO, CHIA SEED & OAT MILK SMOOTHIE

RASPBERRY, COCONUT & VANILLA SMOOTHIE

RED SMOOTHIE

Moulinex

Powelix



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Because innovation is part of our DNA, our experts have developed the new Powelix blades technology. Combined to the power of our motor, this new technology amplifies the mixing power, to reach perfect results in no time. And for long.

Powelix blades technology ensures incredible smoothness in a flash and effortless blending on even the hardest ingredients!

ONE AIM: NEVER STOP BLENDING!

Guacamole with red onions



15 mins

• Ingredients •

3 ripe avocados

½ red onion

The juice of one lime

1 tomato

1 tablespoon of olive oil

½ teaspoon of ground cumin

A few drops of Tabasco

A few sprigs of coriander

Salt, Pepper



• Preparation •

1 | Peel and chop the red onion. Set aside.

2 | Peel the tomato and remove the seeds. Cut the avocados in two and scoop out the flesh with a small spoon. Put it in the Perfect Mix bowl. Add the tomato, lemon juice, olive oil, cumin and Tabasco. Season with salt and pepper and set the processor to maximum speed for 30 seconds then mix with a spatula.

3 | Put the guacamole into a bowl and add the chopped onion.

4 | Sprinkle with chopped coriander and serve.

Tip - Add diced peppers and cherry tomatoes just before serving.

Beetroot and chickpea houmous



15 mins

• Ingredients •

- 250 g tinned chickpeas
- 1 cooked beetroot
- 1 clove of garlic
- 1 tablespoon of tahini
- 2 tablespoons of lemon juice
- 3 tablespoons of olive oil
- 50 ml water
- 1 generous pinch of paprika
- Salt, Pepper
- A few sunflower seeds



• Preparation •

- 1 | Peel and cut the garlic clove in half. Remove the sprout. Peel the beetroot and cut it into pieces. Rinse and drain the chickpeas.
- 2 | In the Perfect Mix bowl, add the chickpeas, beetroot, garlic, tahini, lemon juice and paprika. Add the salt, pepper and olive oil.
- 3 | Start the blender at minimum speed and mix for 1 minute, slowly adding the water via the feed tube.
- 4 | Put the hummus in a bowl and sprinkle over the sunflower seeds.

Tip - You can replace the paprika with mustard seeds.

Mackerel and mustard rillettes



15 mins

• Ingredients •

- 2 boxes of unprocessed mackerel
- 60 g mascarpone
- 1 shallot
- 1 tablespoon of mustard seeds
- 1 teaspoon of lemon juice
- 2 tablespoons of rapeseed oil
- 5 red berries
- Salt, Pepper
- A few sprigs of chives

• Preparation •

- 1 | Open the boxes of mackerel and drain them. Peel and chop the shallot.
- 2 | In the Perfect Mix bowl, add the mascarpone with the mustard seeds, lemon juice, oil and red berries. Season with salt and pepper and blend for 15 seconds at medium speed.
- 3 | Add the flaked mackerel fillets and shallot, then mix for 1 minute at minimum speed.
- 4 | Form the rillettes and serve with a little chopped chive.

Tip - For a more creamy rillette, add a large tablespoon of mascarpone. Replace the mackerels with sardines. Spread on seeded crackers.



Tomato and lemongrass gazpacho



20 mins

● Ingredients ●

- 600 g ripe tomatoes
- 1 celery stalk
- ½ cucumber
- 2 stalks of lemongrass
- 2 tablespoons of white wine vinegar
- 1 fresh onion
- ½ green pepper
- A few basil leaves
- 120 ml olive oil
- Salt, Pepper



● Preparation ●

- 1 | Wash the pepper, remove the seeds and dice it. Chop the fresh onion and basil. Put the ingredients into a bowl and add 2 tablespoons of olive oil. Season with the salt and pepper, and mix. Chill in the fridge.
- 2 | Immerse the tomatoes for 2 minutes in a large pan of boiling water then place them in a pan of very cold water. Peel them and remove the seeds. Remove the outer leaf and hard end of the lemongrass then cut the stalks in half and chop them. Wash and chop the celery. Peel and dice the cucumber.
- 3 | In the blender bowl, add the celery, cucumber and tomatoes. Add the lemongrass, vinegar and the rest of the olive oil. Season with salt and pepper. Start the "Smoothie" program. Put the gazpacho in the refrigerator.
- 4 | When serving, pour the gazpacho into the bowls then top with a tablespoon of pepper and onion. Serve immediately.

Tip - This recipe should be made in season with good tomatoes.

Lactose-free buckwheat pancakes



• Ingredients •

- 120 g buckwheat flour
- 130 g wheat flour
- 1 egg
- 750 ml oat milk
- 1 teaspoon of salt

• Preparation •

- 1 | In the blender bowl, add the egg and salt. Add the milk and mix at minimum speed for 10 seconds.
- 2 | Add the buckwheat flour and wheat flour and blend again at maximum speed for 1 minute.
- 3 | Pour the pancake batter into a bowl and leave to chill for 1 to 2 hours.
- 4 | In a lightly oiled pan, cook the pancakes for 1 minute on each side.

Tip - You can make this recipe using unsweetened almond milk.



Coconut and goji berry acai bowl



20 mins

• Ingredients •

100 g frozen acai purée
1 teaspoon
of maca powder
2 bananas
200 ml apple juice
10 strawberries

For the topping

1 banana
4 strawberries
2 tablespoons
of goji berries
100 g granola
A few shavings of coconut
Maple syrup

To serve

2 coconuts (optional)



• Preparation •

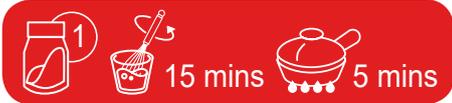
- 1 | Wash the strawberries. Cut the bananas into round pieces.
- 2 | In the blender bowl, add a banana, acai berries, maca powder, strawberries and apple juice.
- 3 | Select the “Smoothie” program.
- 4 | Cut the 4 strawberries into pieces. Break the coconuts in half. Pour the smoothie into each half of the coconut (or into bowls) then decorate with a little

granola, banana, strawberries, goji berries and a few shavings of coconut.

- 5 | Pour over a little syrup and serve immediately.

Tip - If you want to serve the smoothie in glasses, only add one banana to the recipe.

Nut spread



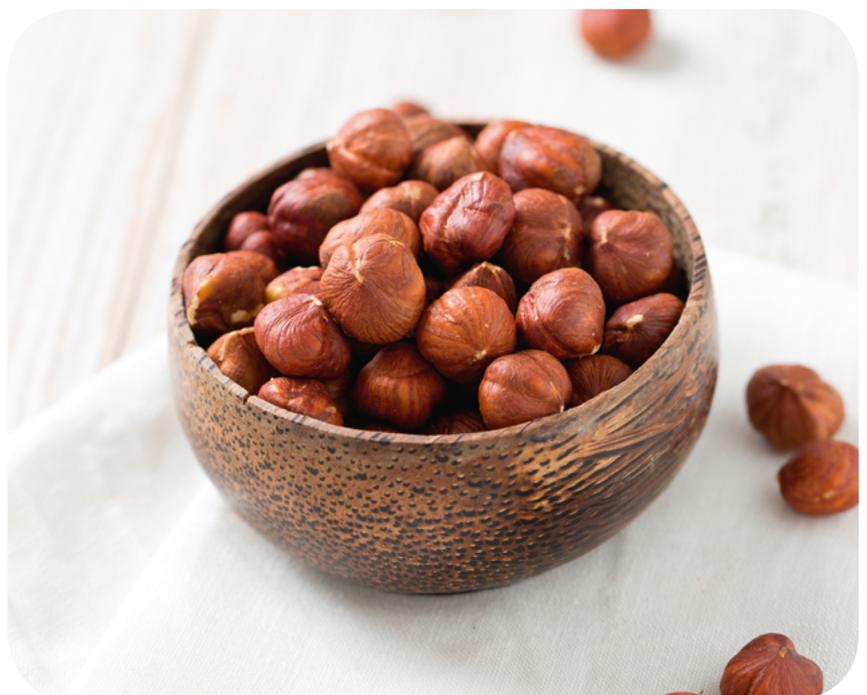
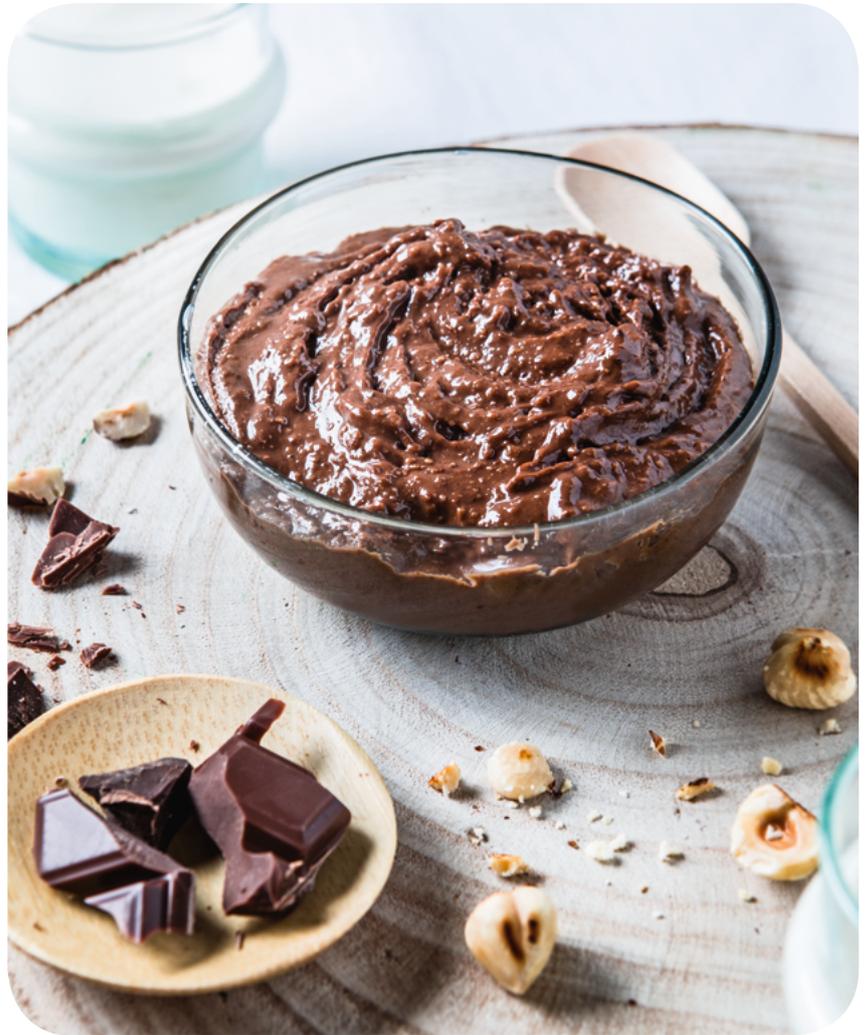
● Ingredients ●

- 60 g shelled hazelnuts
- 150 g milk chocolate
- 1 teaspoon of hazelnut purée
- 50 g dark chocolate
- 2 tablespoons of hazelnut oil

● Preparation ●

- 1 | Put the hazelnuts in the bowl and grind them coarsely at medium speed.
- 2 | Dry roast them in a pan. Once golden, set them aside.
- 3 | Break the milk chocolate and dark chocolate into pieces and melt them over a bowl of hot water. Let it cool.
- 4 | Put the roasted hazelnuts into the Perfect Mix and blend at minimum speed for 45 seconds until you obtain a fine powder. Add the melted chocolate, hazelnut purée and oil, then mix for a maximum of 1 minute until a uniform mixture is achieved.
- 5 | Put in a glass jar.

Tip - Keep the spread in a dry place that is protected from direct light. If it hardens, reheat it for a few seconds so that it spreads more easily.



Chocolate, date and bergamot milkshake



10 mins

● Ingredients ●

- 400 ml rice milk
- 300 g chocolate ice cream
- 2 drops of bergamot oil
- 1 banana
- 3 dates
- 3 ice cubes



● Preparation ●

- 1 | Peel the banana and cut it into round pieces. Stone the dates.
- 2 | In the blender bowl, add the chocolate ice cream and ice cubes. Add the banana and dates.
- 3 | Pour in the rice milk and bergamot oil.
- 4 | Select the "Ice Crush» program. Serve in large glasses.

Tip - Bergamot oil is soothing and aids digestion. It is optional in the recipe but adds a lovely citrus note to the chocolate.

Mango, passion fruit and coconut water milkshake



10 mins

• Ingredients •

- 1 mango
- 200 g mango sorbet
- 250 ml coconut water
- 1 cm galangal
(or ginger) root
- 2 passion fruits
- 4 ice cubes



• Preparation •

- 1 | Peel the mango and dice the flesh. Peel the galangal and chop it.
- 2 | In the blender bowl, add the mango, sorbet, galangal and ice cubes. Pour in the coconut water.
- 3 | Select the "Ice Crush» program. Cut the passion fruits in half. Pour the milkshake into glasses and add half a passion fruit.

Tip - You can replace the coconut water with aloe vera juice.

Red berry, lemonade and violet flower cocktail



15 mins

• Ingredients •

200 g mixed red berries

1 citron wedge
(or ½ lime)

8 ice cubes

500 ml lemonade

A few violet flowers



• Preparation •

- 1 | Remove the zest of the lime and press the juice. Wash the red berries.
- 2 | In the blender bowl, add the lime juice, zest and red berries. Add the ice cubes. Select the "Ice Crush» program.
- 3 | Pour the mixture into glasses and finish with the lemonade. Decorate with a violet flower and serve immediately.

Tip - For a version with less sugar, replace the lemonade with sparkling water.

Cranberry, lemon and ginger cocktail



10 mins

• Ingredients •

12 fresh
or frozen cranberries

8 ice cubes

500 ml ginger ale
(or tonic)

1 cm ginger root

1 lemon



• Preparation •

- 1 | Peel the lemon and scoop out the flesh. Peel the ginger and cut it into small pieces.
- 2 | In the blender bowl, add the cranberries, ginger and lemon. Blend for several seconds at medium speed.
- 3 | Add the ice cubes and ginger ale, and start the "Ice Crush" program.
- 4 | Pour into glasses and serve immediately.

Tip - For a sweeter version, replace the ginger ale with lemonade. Cranberries are very rich in vitamin C. If you don't have any, replace with orange juice.

Red cabbage and mango two-tone smoothie



15 mins

● *Ingredients* ●

- 80 g red cabbage
- 1 Granny Smith apple
- 200 ml rice milk
- 1 tablespoon of honey
- 1 mango
- 100 g Victoria pineapple
- 1 tablespoon of lemon juice
- 150 ml orange juice



● *Preparation* ●

- 1 | Wash and grate the cabbage. Peel the apple, remove the seeds, then cut it into pieces. Peel and cut the pineapple and mango into pieces.
- 2 | In the blender bowl, add the red cabbage, apple and honey. Pour in the rice milk and select the “Smoothie» program. At the end of the program, pour into 4 glasses.
- 3 | Rinse the bowl. Put the pineapple and mango into the blender bowl. Add the lemon juice and orange juice. Select the “Smoothie” program.
- 4 | At the end of the program, very slowly pour the yellow smoothie onto the red smoothie, using a large spoon to help you.
- 5 | Chill.

Tip - Cabbages are rich in fibre, anti-oxidants and vitamin C. It is better to eat it raw to benefit from all its nutrients.

Mango, chia seed and oat milk smoothie



15 mins

• Ingredients •

- 1 large mango
- 2 oranges
- 2 tablespoons of chia seeds
- 400 ml oat milk
- 2 dates

• Preparation •

- 1 | Peel the mango and dice the flesh. Stone the dates.
- 2 | Peel the orange and divide the segments.
- 3 | In the blender bowl, add the dates, orange segments and diced mango. Add the chia seeds.
- 4 | Pour in the milk and select the "Smoothie» program.

Tip - If you do not drink the smoothie straight away, the chia seeds will thicken it. Use it to make a smoothie bowl.



Raspberry, coconut and vanilla smoothie



15 mins

• Ingredients •

- 1 fresh coconut
- 1 banana
- 125 g raspberries
- 1 teaspoon of lime juice
- 1 tablespoon of agave syrup
- 1 vanilla pod



• Preparation •

- 1 | Open the coconut and set its water aside in a container (approx. 100 ml). Top up with water to obtain 250 ml of liquid. Retrieve the equivalent of 100 g of fresh coconut flesh by removing the brown skin. Split the vanilla pod and remove the seeds.
- 2 | Peel the banana and cut it into pieces
- 3 | In the blender bowl, add the coconut flesh and coconut water, and start the «Ice Crush» program.
- 4 | Add the raspberries, banana, vanilla seeds, lime juice and agave syrup.
- 5 | Select the «Smoothie» program. Serve immediately.

Tip - Replace the fresh coconut with 250 ml of coconut milk.

Red Smoothie



15 mins

• Ingredients •

- 400 g strawberries
- 1 pomegranate
- 150 ml coconut water
- 1 tablespoon of agave syrup
- 1 pinch of ground ginger

• Preparation •

- 1 | Wash and hull the strawberries. Peel the pomegranate and remove the seeds.
- 2 | In the blender bowl, add the strawberries, ginger and pomegranate.
- 3 | Add the syrup and coconut water. Select the "Smoothie" program.
- 4 | Pour into glasses. If you want a smoother texture, pass the mixture through a strainer.

Tip - The pomegranate has lots of anti-oxidant properties, eat it!

