



Preethi[®]
peppy
plus

Transform regular food into superfood.

Supports increase in bio accessibility of essential nutrients.*

Recipe Book

*Disclaimer : Based on research papers and sample (Chia Seeds) tested and validated by NABL accredited external Lab. Efficiency of grinding exhibited particle size reduction and better nutrient extraction from the ground particles than its raw form during testing thereby supporting increase in bio accessibility.

Presenting

Preethi Peppy Plus

Peppy Plus comes with a specially designed Superfood jar for nutritious smoothie meal. Unique square shaped jar with 6 prong blades and stirrer supports in breaking bigger chunks of ingredients into finest and dense smoothies.

Here are few gently crafted recipes which can be done at ease using your Superfood jar (Blender jar).



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Eat healthy, live healthy.

Smoothie bowls are nutrient-dense smoothies, thick enough to eat with a spoon and often topped with fruits, nuts, seeds, muesli or granola which are visually appealing and healthilicious.

3 step for your healthy smoothie meal

1. Choose

The right mix of fruits and vegetables will help optimise the nutrient content of your smoothie bowl.

Choose accordingly to transform regular food into superfood.

2. Blend n Stir

Blend the smoothies with Preethi Blender jar. With the provided stirrer you can monitor and maintain the thickness as per your choice.

3. Top up

Top up your smoothie bowl with healthy, tasty and nutritious ingredients. Refer to some innovative suggestions below.



Apple Banana Smoothie Bowl

Preethi brings some healthy and attractive topping suggestions just for you.

Go colourful!

Fresh berries, diced mango, pineapple, sliced banana, chikku, apple, peaches make your smoothie colorful and healthy.

Protein punch!

Dollop of almond butter or a handful of nuts as a topping along with fruits provide enough protein and make it filling as well.

Crunchy and appealing!

Give a final touch by adding some shredded coconut, chia seeds, flax seeds, muesli, granola, corn flakes, a dash of honey, maple syrup or a pinch of cinnamon.

Ingredients	Unit
Frozen apple	70 g
Frozen banana	170 g
Cinnamon powder	2 pinch
Sugar	10 g
Boiled milk	45 ml
Oats	10 g

Method

Soak oats in hot boiled milk for 15-20 mins and allow it to cool

Blend the soaked oats along with the other ingredients in blender jar using stirrer and transfer to the bowl

Garnish with **topping suggestions** provided or add toppings of your choice



Chikku Dates Smoothie Bowl

Ingredients	Unit
Dates	30g
Fried oats	10g
Boiled milk	60g
Frozen chikku	100 g
Frozen banana	100 g
Honey	5 g

Method

Soak fried oats in hot boiled milk for 15-20 mins and allow it to cool

Blend the soaked oats along with the other ingredients in blender jar using stirrer and transfer to the bowl

Garnish with **topping suggestions** provided or add toppings of your choice



Millet Banana Smoothie Bowl

Ingredients	Unit
Health mix powder	30 g
Milk	300 ml
Frozen banana	110 g
Honey	15 g
Oats	10 g

Method

Boil health mix powder in milk and allow it to cool

Blend the boiled health mix drink along with the other ingredients in blender jar using stirrer and transfer to the bowl

Garnish with **topping suggestions** provided or add toppings of your choice



Humble Chikku Smoothie Bowl

Ingredients	Unit
Frozen chikku	220g
Coconut milk	50ml
Honey	13g

Method

Blend all the ingredients in blender jar using stirrer and transfer to the bowl
Garnish with **topping suggestions** provided or add toppings of your choice



Dry Fruit Smoothie Bowl

Ingredients	Unit
Boiled milk	100 ml
Frozen banana	100 g
Dry grapes	15 g
Cashewnut	15 g
Almond	15 g
Dates	20 g
Honey	5 g

Method

Soak dry grapes, cashewnut, almond and dates in milk for atleast 30 minutes
Blend soaked ingredients along with the other ingredients in blender jar using stirrer and transfer to the bowl
Garnish with **topping suggestions** provided or add toppings of your choice



Cooked Strawberry Smoothie Bowl

Ingredients	Unit
Strawberry	200g
Sugar	40g
Hung curd	170g

Method

Cook the strawberry with sugar on a open pan till it softens and allow it to cool

Blend the cooked strawberry along with the other ingredients in blender jar using stirrer and transfer to the bowl

Garnish with **topping suggestions** provided or add toppings of your choice



Chikku Goodness Smoothie Bowl

Ingredients	Unit
Roasted chikku	200 g
Milk	50 ml
Hung curd	120 g

Method

Roast chikku in microwave/open pan for 1-2 mins. and allow it to cool

Blend all the ingredients together in blender jar using stirrer and transfer to the bowl

Garnish with **topping suggestions** provided or add toppings of your choice



Apple Cinnamon Smoothie Bowl

Ingredients	Unit
Roasted apple	400g
Cinnamon powder	1g
Boiled milk	50ml
Hung curd	50 g

Method

Mix apple with cinnamon powder

Roast apple for in microwave/ open pan for 1-2 mins and allow it to cool

Blend the roasted apple along with the other ingredients in blender jar using stirrer and transfer to the bowl

Garnish with **topping suggestions** provided or add toppings of your choice





Ridge Gourd Tamarind Chutney

Ingredients	Unit (gms)
Peer kangai (Ridge Gourd) skin	100
Tamarind	20
Coconut grated	30
Dry red chili	2
Gingelly oil	15
Mustard	2
Urad dal	2
Asafoetida	1
Rock salt	to taste
Water	150

Method

Heat the pan
 Add oil and saute the Ridge Gourd skin, coconut grated or small pieces, red chillies
 Saute until cooked, let it cool
 Grind in blender jar using stirrer by adding tamarind and salt
 Temper the mustard, urad dal & asafoetida
 Mix with the blended mixture
 Serve with rice



Mudakathan Thuvaiyal

Ingredients	Unit (gms)
Mudakathan Keerai	100
Gingelly oil	25
Red dry chilli	5
Mustard	2
Tamarind	25
Rock salt	2
Urad dal	2
Water	100

Method

Heat the pan
 Add oil and saute the mustard, urad dal, red chilli
 Saute until cooked then add in the tamarind, greens & salt
 Once cooked, let it cool
 Grind in blender jar using stirrer
 Serve with rice



Veld Grape Chutney

Ingredients	Unit (gms)
Pirandai (Veld Grape)	200
Coconut	15
Sesame seeds	2
Urad dal	2
Pepper	2
Curry leaves	2
Jaggery	15
Tamarind	5
Gingelly oil	25
Salt	2
Red dry chilli	2
Water	200

Method

In hot pan, dry fry the sesame seeds until roasted & keep it separately

Add oil in the pan saute rest of the ingredients and let it cool down

Grind in blender jar using stirrer

Serve with rice

Temper the mustard, urad dal & asafoetida

Mix with the blended mixture

Serve with rice



Amla Khatta Chutney

Ingredients	Unit (gms)
Amla/ Nelli Kai (Indian Big Gooseberry)	100
Asafoetida	2
Red dry chilli	2
Coconut	15
Rock salt	2
Lemon juice	15
Green chilli	2
Water	150

Method

Boil the amla/ nelli kai, let it cool down and deseed it

Grind all the ingredients in blender jar using stirrer

Serve with rice.



Coconut Thuvaiyal

Ingredients	Unit (gms)
Coconut	150
Tamarind	15
Asafoetida	2
Dry red chilli	5
Urad dal	2
Mustard	2
Curry leaves	2
Rock salt	2
Water	200

Method

Dry fry the red chilli, mustard, urad dal until crisp, remove from pan and let it cool
Grind in blender jar using stirrer with rest of the ingredients, add little water if required
Serve with rice



Chettinad Curry Leaves Chutney

Ingredients	Unit (gms)
Curry leaves	75
Tamarind	15
Asafoetida	2
Dry red chilli	5
Urad dal	2
Mustard	2
Rock salt	2
Coconut	50
Gingelly oil	15
Water	250

Method

Heat the oil in a pan and fry the red chilli, mustard, urad dal, curry leaves until cooked
Once cold blend it in blender jar using stirrer with the rest of the ingredients, add little water if required
Serve with rice



Simple Sesame Chutney

Ingredients	Unit (gms)
Sesame seeds	150
Dry red chilli	5
Coconut	25
Tamarind	10
Rock salt	2
Gingelly oil	15
Water	250

Method

Dry fry the sesame seeds, remove from pan and let it cool

In the same pan add oil and fry red chilli, coconut and let it cool

Grind in blender jar using stirrer with the rest of the ingredients, add little water if required

Serve with rice



Chayote-Tomato Chutney

Ingredients	Unit (gms)
Chayote / Chow chow	150
Oil	15
Tomato	25
Toor dal	5
Channa dal	5
Red chilli	5
Salt	2
Water	30

Method

Heat the oil in a pan and fry the red chilli, urad dal, channa dal until cooked and cool it down

In the same pan heat the oil and cook chow chow and tomato until soft & let it cool

Grind in blender jar using stirrer with the rest of the ingredients. Add little water if required

Serve with rice



Andra Style Potlakaya Chutney

Ingredients	Unit (gms)
Potlakaya (Snake Gourd)	150
Coconut	25
Tamarind	15
Red chilli	5
Channa dal	5
Urad dal	5
Asafoetida	2
Curry leaves	2
Ginger	15
Gingelly oil	25
Rock salt	2
Water	100

Method

Heat the oil in a pan and fry the red chilli, urad dal, channa dal, Snake Gourd until cooked and let it cool

Grind in blender jar using stirrer with the rest of the ingredients add little water if required

Serve with Rice



Spicy Shallot Chutney

Ingredients	Unit (gms)
Small onion	150
Green chilli	15
Asafoetida	2
Tamarind	2
Ginger	2
Salt	2
Oil	15
Water	50

Method

Heat oil in pan

Fry the green chilli, asafoetida, onion until cooked and let it cool

Grind in blender jar using stirrer with the rest of the ingredients

Serve with rice



Crunchy Kollu Chutney

Ingredients	Unit (gms)
Kollu (Horse Gram)	100
Dry red chilli	5
Urad dal	5
Gingelly oil	25
Coconut	25
Tamarind	15
Garlic	25
Rock salt	2
Water	250

Method

Dry fry the horse gram until crisp, remove from pan and let it cool

In the same pan add oil and fry red chilli, urad dal and let it cool

Grind in blender jar with stirrer with the rest of the ingredients, add little water if required

Serve with rice



Orange Zest Chutney

Ingredients	Unit (gms)
Orange rind	150
Ginger	15
Dry red chilli	5
Urad dal	5
Oil	25
Rock salt	2
Water	100

Method

Cut the orange rind into small pieces and saute in oil until cooked. Keep It separately

Heat the oil in a pan and fry the red chilli, urad dal, ginger until cooked

Grind in blender jar using stirrer with the rest of the ingredients. Add little water if required

Serve with rice



Moong Dal Chutney

Ingredients	Unit (gms)
Moong dal (Green Gram Dal)	50
Onion	50
Red dry chili	5
Mustard	5
Cummins	5
Coconut	50
Gingelly oil	25
Rock salt	2
Water	250

Method

Boil the green gram dal with salt, strain remove from pan and let it cool

In pan add oil and fry red chilli, mustard, onion, coconut salt and cold down

Grind in blender jar using stirrer with all the ingredients, add little water if required

Serve with rice



Roasted Apple Chutney

Ingredients	Unit (gms)
Apple	150
Onion	50
Red chilli	5
Curry leaf	2
Mustard	2
Urad dal	2
Asafoetida	2
Gingelly oil	15
Rock salt	2
Coconut	25
Water	60

Method

Heat the oil in a pan and fry the red chilli, onion, apple, coconut, curry leaves until cooked and let it cool

Grind in blender jar using stirrer, add salt and little water if required

In a separate pan, temper the mustard seeds, urad dal, asafoetida and mix the blended chutney in the tempering

Serve with rice



Red Garlic Thuvaiyal

Ingredients	Unit (gms)
Garlic	150
Red chilli	5
Tamarind	15
Rock salt	2
Gingelly oil	15
Water	100

Method

Heat the oil in a pan and fry the red chilli, garlic until cooked and let it cool

Grind in blender jar using stirrer with the rest of the ingredients, add little water if required

Serve with rice



Peary Green Smoothie

Ingredients	Unit
Spinach	1 bunch
Yogurt	150ml
Pears	1no.
Ginger	15gms

Method

Wash the spinach and remove the stem

Peel and cut the pears

Clean the ginger and peel

Blend all together with yogurt in blender jar using stirrer and add ice if desired



Ginger Smoothie

Ingredients	Unit
Green apple	1no.
Coconut water	150ml
Lemon juice	1no.
Fresh ginger	15gms
Honey	25gms

Method

Wash and peel the green apple and cut it into cubes
Also clean the ginger and cut into small pieces
Blend rest of the ingredients in blender jar using stirrer and add ice if desired



Berry & Coconut Smoothie

Ingredients	Unit
Strawberry	10no.
Raspberry	10no.
Blackberries	20no.
Coconut Milk	150ml

Method

Add all ingredients in the blender jar
Blend until smooth using stirrer
Add ice if desired



Pina Protein Smoothie

Ingredients	Unit
Coconut milk	100ml
Banana	1no
Pineapple	75gms
Mango	50gms
Protein powder	1 tbsp

Method

Peel and cut all the fruits into small pieces
 Add all ingredients in the blender
 Blend until smooth and fine using stirrer
 Add ice if desired while blending



Super Fruit Smoothie

Ingredients	Unit
Dragon fruit	½ no.
Kiwi	1no.
Milk	100ml
Chia seeds	1tbsp.

Method

Peel and cut all the fruits into small pieces
 Add all ingredients in the blender
 Blend until smooth and fine using stirrer
 Add ice if desired while blending



Pure Bliss Smoothie

Ingredients	Unit
Strawberry	20no.
Peach	50gms
Yogurt	150ml
Coconut Water	75ml

Method

Peel and cut all the fruits into small pieces
 Add all ingredients in the blender
 Blend until smooth and fine using stirrer
 Add ice if desired while blending



Apricot Mango Mint Smoothie

Ingredients	Unit
Apricot chopped	100gms
Mango	100gms
Yogurt	100gms
Lemon juice	1no.
Vanilla essence	2drops
Mint	1 spring

Method

Peel and cut all the fruits into small pieces
 Add all ingredients in the blender
 Blend until smooth and fine using stirrer
 Add ice if desired while blending



Soy Smoothie

Ingredients	Unit
Soy milk	100ml
Blueberries	2No.
Corn flakes	2tbsp
Banana	2no.

Method

Peel and cut all the fruits into small pieces
 Add all ingredients in the blender
 Blend until smooth and fine using stirrer
 Add ice if desired while blending



Cranberry Citrus Smoothie

Ingredients	Unit
Oranges	1no.
Cranberries	50gms
Banana	1no.
Yogurt	150gms
Vanilla essence	2drops

Method

Peel and cut all the fruits into small pieces
 Add all ingredients in the blender
 Blend until smooth and fine using stirrer
 Add ice if desired while blending



Roco Choco Smoothie

Ingredients	Unit
Banana	1no.
Butter	25gms
Cocoa powder	25gms
Cinnamon powder	1/4tsp
Himalayan pink salt	1/4tsp
Milk	150ml

Method

Peel and cut all the fruits into small pieces
 Add all ingredients in the blender
 Blend until smooth and fine using stirrer
 Add ice if desired while blending



Orange Yogurt Smoothie

Ingredients	Unit
Orange	2no.
Yogurt	150ml
Vanilla essence	2 drops

Method

Squeeze out juice from fresh orange
 Blend the yogurt with orange juice and the vanilla drops until smooth using stirrer
 Add ice if desired while blending



Strawbewi Smoothie

Ingredients	Unit
Green apple	1no.
Banana	2no.
Kiwi	1no.
Strawberry	10no.

Method

Peel and cut all the fruits into small pieces
 Add all ingredients in the blender
 Blend until smooth and fine using stirrer
 Add ice if desired while blending



Pineapple Berry Smoothie

Ingredients	Unit
Berries	50gms.
Pineapple	70gms
Plain yogurt	100gms
Banana	1no.
Orange juice	50ml

Method

Peel and cut all the fruits into small pieces
 Add all ingredients in the blender
 Blend until smooth and fine using stirrer
 Add ice if desired while blending



Himili Avocado Smoothie

Ingredients	Unit
Avocado	1no.
Milk	100ml
Himalayan salt	1/4tsp

Method

Peel and cut all the fruits into small pieces
 Add all ingredients in the blender
 Blend until smooth and fine using stirrer
 Add ice if desired while blending



Gincebel Smoothie

Ingredients	Unit
Beetroot	75gms
Mango	75gms
Ginger	10gms
Celery	75gms
Lemon	1no.

Method

Peel and cut all the fruits into small pieces
 Add all ingredients in the blender
 Blend until smooth and fine using stirrer
 Add ice if desired while blending

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