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VITAMIX® 6300 Owner's Manual

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WebGoing Green Smoothie Preparation: 10 minutes | Processing: 45 seconds Yield: 6½ cups (1.5 l) 1 cup (240 ml) water 2 cup (300 g) green grapes 1 cup (150 g) pineapple chunks 1 ripe banana, peeled 4 cups (120 g) fresh spinach, packed

Webinto the bag. Squeeze all the liquid out of the pulp into the bowl. The fiber that is left is loaded with nutrients, so consider using it in other recipes. Super Easy If using a Vitamix with program settings, place ingredients in the container as noted on page 33 and select the Smoothie setting. Your Vitamix does all the work! Power Your Days

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