Portable Blender Smoothie Recipes & Care Guide

10 quick single-serving recipes, the right blending order, and how to keep a USB blender working for years. Made for the 700ML USB rechargeable portable blender.

The Golden Rule of Blending Order

Liquid first, then soft fruit, then hard fruit, then powders and ice last. This order keeps the blades moving and stops the motor from stalling. Fill only to about 80% of the cup — a full cup has nowhere for the vortex to form.

1. Classic Strawberry Banana

1 cup milk or oat milk, 5 strawberries, half a banana, 1 teaspoon honey. Blend 30 seconds. About 180 calories.

2. Mango Blueberry Boost

Half a cup of water, half a cup of mango chunks, a small handful of blueberries, a squeeze of lemon. Blend 30 seconds. Best with frozen mango — it blends smoother than fresh.

3. Green Morning

1 cup water, a handful of spinach, half a green apple, half a banana, a few drops of lemon juice. Blend 40 seconds. Add the spinach first with the water so it breaks down fully.

4. Peanut Butter Protein

1 cup milk, 1 scoop protein powder, 1 tablespoon peanut butter, half a banana, 3 ice cubes. Blend 40 seconds. Add the powder after the liquid, never first.

5. Tropical Pineapple Coconut

Half a cup of coconut water, half a cup of pineapple chunks, half a banana. Blend 30 seconds. A holiday in a cup.

6. Chocolate Oat Shake

1 cup milk, 2 tablespoons oats, 1 tablespoon cocoa powder, half a banana, 1 teaspoon honey. Blend 45 seconds. Let the oats soak for 2 minutes first for a smoother shake.

7. Berry Beet

Half a cup of water, a small handful of mixed berries, 2 small cooked beetroot cubes, half an apple. Blend 40 seconds. Earthy and bright at the same time.

8. Iced Coffee Shake

Half a cup of cold coffee, half a cup of milk, 1 teaspoon cocoa, 3 ice cubes, 1 teaspoon sugar or honey. Blend 30 seconds. Use small ice cubes — big cubes stall small motors.

9. Peach Yogurt Smoothie

Half a cup of yogurt, half a peach (fresh or frozen), half a banana, 1 teaspoon honey. Blend 30 seconds. Thick and creamy.

10. Cucumber Mint Cooler

1 cup cold water, 5 cucumber slices, 4 mint leaves, half a lime (juiced), 1 teaspoon honey. Blend 30 seconds. The lightest recipe in this guide.

Care & Cleaning

Self-clean in 20 seconds: fill the cup halfway with warm water and a drop of dish soap, run the blender for 20 seconds, rinse, and air-dry with the lid off. Never submerge the motor base in water — wipe it with a damp cloth only. Charge with a standard 5V USB adapter; a full charge usually lasts several blends. Store the cup dry with the lid off so no smell builds up.

What Not to Blend

Skip whole ice cubes, frozen fruit with no liquid, nuts, and hot liquids above 60°C / 140°F. These are the four things that wear out small portable motors fastest. Cut frozen fruit into small pieces and always add liquid first.

Troubleshooting

Blender will not start: check the cup is locked onto the base and the battery is charged. **Blades spin but food stays put:** add more liquid and shake the cup once. **Weak blending:** charge fully — a low battery is the most common cause. **Smell after storage:** blend warm soapy water, rinse, and dry with the lid off.