

Cuisinart® INSTRUCTION BOOKLET

Recipe
Booklet
Reverse Side



SmartPower® Deluxe™ 600-Watt Blender

SPB-600

For your safety and continued enjoyment of this product, always read the instruction book carefully before using.

IMPORTANT SAFEGUARDS

When using an electrical appliance, basic safety precautions should always be followed, including the following:

1. **READ ALL INSTRUCTIONS BEFORE USING.**
2. To protect against the risk of electrical shock, do not put motor base of blender in water or other liquids.
3. Close supervision is necessary when any appliance is used by or near children.
4. Unplug from outlet when not in use, before putting on or taking off parts, and before cleaning or removing contents from blender jar. **Never put hands into the blender jar, or handle the blades with appliance plugged in.**
5. Avoid contact with moving parts.
6. Do not operate any appliance with a damaged cord or plug, or after the appliance malfunctions or is dropped or damaged in any manner. Return appliance to nearest Cuisinart service facility for examination, repair, and/or mechanical or electrical adjustment.
7. The use of attachments, including canning or ordinary jars, not recommended or sold by Cuisinart may cause fire, electrical shock, or risk of injury to persons.
8. Do not use outdoors.
9. Do not let cord hang over edge of counter or table or touch hot surfaces.
10. **Keep hands and utensils out of jar while blending, to reduce the risk of severe injury to persons or damage to blender itself.** A rubber or plastic spatula may be used but must be used only when the blender is turned off.
11. When blender is on, and LED lights are illuminated or flashing, do not touch cutting assembly, interfere with blade movement, or remove blender jar cover. Accidentally touching a speed button may activate the blender.
12. **BLADES ARE SHARP. HANDLE CAREFULLY.**
13. To reduce the risk of injury, never place cutting assembly on base unless the blender jar is properly attached.
14. Always operate blender with the cover in place.
15. Never leave your blender unattended while it is running.
16. Twist locking ring on firmly. Injury can result if moving blades accidentally become exposed.
17. **Regarding your cord set:** A longer cord has been provided so that you will have flexibility in positioning your Cuisinart SmartPower® Deluxe™ 600-Watt Blender. Exercise care when using the longer cord to avoid entangling or tripping over the cord. The longer cord should be arranged so that it will not drape over the counter or tabletop, where it can be pulled on by children or tripped over. Excess cord should be stored in the cord storage area at the back of the blender base to avoid injury caused by the longer cord.
18. Wash the blender jar, cutting assembly, locking ring, and cover before first use.
19. **WARNING: TO REDUCE THE RISK OF ELECTRICAL SHOCK OR FIRE, DO NOT REMOVE THE BASE PANEL. NO USER-SERVICEABLE PARTS ARE INSIDE. REPAIR SHOULD BE DONE ONLY BY AUTHORIZED PERSONNEL.**
20. **WARNING: FLASHING LIGHT INDICATES READY TO OPERATE. DO NOT TOUCH BLADES.**
21. When blending hot liquids in blender jar, remove measured pour lid to allow steam to escape.
22. Do not operate your appliance in an appliance garage or under a wall cabinet. **When storing in an appliance garage always unplug the unit from the electrical outlet.** Not doing so could create a risk of fire, especially if the appliance touches the walls of the garage or the door touches the unit as it closes.

SAVE THESE INSTRUCTIONS FOR HOUSEHOLD USE ONLY NOTICE:

This appliance is of the grounded type. If you use an extension cord, it should be a grounded type 3-wire cord. If the plug does not fit, contact a qualified electrician. Do not modify the plug in any way.

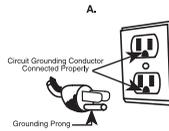
This appliance comes with a resettable thermal fuse to prevent damage to the motor in the case of extreme overload. Should the unit shut off unexpectedly, unplug it and let it cool for at least 15 minutes before continuing (see "To reset the unit," #5 on page 6).

Maximum of 600 watts rated power is based on Cuisinart AFP-7 food processor attachment. Other attachments may draw significantly less power.

SPECIAL CORD SET INSTRUCTIONS

NOTICE

For your protection, this unit is equipped with a 3-conductor cord set that has a molded 3-prong grounding-type plug, and should be used in combination with a properly connected grounding-type outlet as shown in Figure A.



NOTE: Do not remove the grounding prong.

CAUTION: Before using an adapter, it must be determined that the outlet cover plate screw is properly grounded. If in doubt, consult a licensed electrician. Never use an adapter unless you are sure it is properly grounded.

Note: Use of an adapter is not permitted in Canada.

UNPACKING INSTRUCTIONS

1. Place the gift box containing your Cuisinart® SmartPower® Deluxe™ 600-Watt Blender on a flat, sturdy surface before unpacking.
2. Remove instruction booklet and other printed materials from top of corrugated insert. Next remove the top corrugated insert.
3. Carefully lift blender base from box and set aside.
4. Remove the lower corrugated insert containing the blender jar assembly. Be careful not to tip the jar when removing.

To assemble the blender, follow the Assembly Instructions on page 4 in this instruction booklet. Replace all corrugated inserts in the box and save the box for repackaging.

Before using for the first time: Wash all parts according to the Cleaning and Maintenance section on page 6 of this booklet to remove any dust or residue.

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FEATURES AND BENEFITS

1. Cover

Just press on. Tightfitting seal resists leakage.

2. Measured Pour Lid

Allows you to measure and add ingredients without removing the cover.

3. 48-oz. Glass Jar

Has a unique, sturdy, wide-mouth design.

4. Leak-proof Rubber Gasket (not shown)

Holds the glass jar snugly in position for safe operation.

5. High-quality Cutting Assembly with Patented Stainless Steel Blades

Is strong enough for all blending tasks, including tough jobs like crushing ice.

6. Locking Ring

Is self-aligning so that the glass blender jar slides easily into position.

7. Electronic Touchpad Controls

a. On/Off Button

Turns blender on or off.

b. High Button

Choose High speed to blend ingredients to the desired consistency. Blue LED lights will indicate which speed you are using.

c. Low Button

Choose Low speed to blend ingredients to the desired consistency. Blue LED lights will indicate which speed you are using.

d. Ice Crush Button

Press Ice Crush and begin crushing. This button is the best speed for crushing ice.

e. Pulse Button

Allows you to pulse at High, Low or Ice Crush speeds, so you can blend ingredients only as much as needed.



Note: Blades are sharp. Handle carefully.

8. Heavy-duty Motor Base

Is so sturdy and stable, it will not “walk” on your counter – even during ice crushing!

9. Slip-proof Feet

Prevent movement during use and prevent damaging marks on countertops or tables.

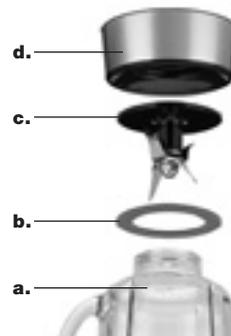
10. Cord Storage (not shown)

Keeps countertop safe and neat by conveniently storing excess cord.

ASSEMBLY

To use your Cuisinart® SmartPower® Deluxe™ 600-Watt Blender, begin by assembling the blender jar.

1. Turn the blender jar (a) upside down, and place it flat on a sturdy surface.
2. Position the rubber gasket (b) on the round opening on the bottom of the blender jar.
3. Turn the cutting assembly (c) upside down, and place the blade end in the blender jar opening.



Note: Blades are sharp. Handle carefully.

4. Secure the rubber gasket and cutting assembly into position by placing the smaller opening of the locking ring (d) on top of the cutting assembly. Engage threads by twisting the locking ring clockwise until tightened. Make sure locking ring is tightly fastened to blender jar. Once assembled, turn the blender jar right-side up.
5. Push the cover onto the top of the blender jar. Push the measured pour lid into the cover.
6. Place the blender jar on the motor base so that the jar markings are facing you and the handle is positioned to one side.
7. Plug in power cord. Your blender is now ready to be used.

HELPFUL REMINDERS

- Once the cover is in position, additional ingredients can be added during blending by simply lifting the measured pour lid, adding ingredients, and replacing the measured pour lid.
- Cover should always be in place while the unit is on.
- **Warning:** Do not place blender jar on base while motor is running.

- Do not twist locking ring from blender jar when removing blender jar from base. Simply lift blender jar from motor base.
- Boiling liquids or solid frozen foods (with the exception of ice cubes or ½-inch [1.3 cm] pieces of frozen fruit) should never be put into the blender jar.
- Do not put ice, frozen foods or very cold liquids into a blender jar that has come directly from a hot dishwasher.
- Do not put very hot liquids or foods into a blender jar that has come directly from the freezer. Boiling liquids should cool for 5 minutes before being poured into blender jar.
- Follow Cleaning and Maintenance instructions on page 6, prior to your first use.

OPERATION

1. Place the motor base of your Cuisinart® SmartPower® Deluxe™ 600-Watt Blender on a flat, sturdy surface. It is important that the surface be clean and dry. Assemble the blender by following the Assembly Instructions. Once the jar is assembled and is in position on the motor base, plug the unit into an electrical outlet.
2. Put all necessary ingredients into the blender jar and replace the cover. You may add more ingredients by lifting the measured pour lid and dropping ingredients through the fill area. Replace the measured pour lid after adding ingredients. Do not put hands into blender jar with blender plugged in.

Note: Add liquid ingredients first, then follow with solid ingredients. This will provide more consistent blending and prevent unnecessary stress on the motor.

Note: To remove blender jar cover, lift edge of cover upward. Lifting measured pour lid will not remove cover.

3. **Start blending:** Press the On/Off button. The red LED indicator light will illuminate and flash, indicating that the blender is turned on but no speed has been selected.



4. **Choose blending speed:** Press High, Low or Ice Crush buttons to determine the speed at which you would like to blend the ingredients. Both the On indicator light and the activated speed indicator lights will glow. The blender will now be functioning at the desired speed. It is possible to switch speeds

without pressing the On/Off button, by simply pushing another speed button.

WARNING: FLASHING RED LIGHT INDICATES READY TO OPERATE. DO NOT TOUCH BLADES.

5. **To reset the unit:** This appliance features an advanced resettable thermal fuse. In the event of an overload condition, the unit will shut down to protect the motor from overheating. To reset the appliance when this happens, unplug the unit and let it cool for a minimum of 15 minutes. Then, reduce the contents of the blender jar and/or clear any jams. Restart the unit as noted in the operating directions.
6. **To pause or stop blending process:**
 - a. **To pause blending process:** Push the button corresponding to the speed at which you are currently blending. For example: If you are blending on High speed, push the High speed button and the blender will stop blending but the unit will remain on.
 - b. **To stop blending process:** Push the On/Off button when you are finished with your recipe and would like to turn the blender off.
 - c. **To prevent excessive stress to the motor:** Your blender incorporates an auto-stop feature. After running continuously for two minutes, the blender will automatically revert to Standby mode. To continue blending, press the desired function.
7. **Pulse mode:** The Pulse mode allows you to create a burst of power for quick, efficient blending. To use the Pulse function, push the On/Off button and the red LED indicator light will illuminate. Push the Pulse button and the Pulse LED indicator light will blink. Push and release the desired speed button. Repeat as desired. You determine the duration of each pulse. While pulsing, the LED indicator light will glow. The Pulse function can be used to break apart larger pieces of food or to control the texture of food when chopping. The Pulse function is also effective in starting the blending process when you do not want continuous power, or when processing items that do not require an extended amount of blending.
8. **To crush ice:** The SmartPower® Deluxe™ 600-Watt Blender motor is strong enough to crush ice without liquid at any speed; however, for your convenience, we have preset the best speed for ice crushing. To crush ice, place ice cubes in the blender jar. Press the On/Off button. The On indicator light will illuminate. Press the Ice Crush button until ice is crushed to desired consistency.

Ice Crush can also be used in Pulse mode. See Recipe Tips section on page 2 of the recipe booklet for more details.

9. **To dislodge food:** Use a rubber or plastic spatula to help remove food lodged around the cutting assembly. Do not use spatula until you have turned the blender off. Replace the cover and measured pour lid and continue blending, if necessary. Make sure spatula is not inside the blender jar before blending.
10. **When finished blending:** Press the On/Off button and unplug the blender from the electrical outlet. Never remove the blender jar from the motor base until the blender is off. Do not twist locking ring from blender jar when removing jar from motor base. Simply lift blender jar from motor base. Do not put hands into blender jar with blender plugged in.

CLEANING AND MAINTENANCE

Always unplug your Cuisinart® SmartPower® Deluxe™ 600-Watt Blender from the electrical outlet before cleaning. The blender is made of corrosion-resistant parts that are easy to clean. Before first use and after every use, clean each part thoroughly. Periodically check all parts before reassembly. If any part is damaged or blender jar is chipped or cracked, **DO NOT USE BLENDER.**

Remove the blender jar from the motor base by lifting straight up and away. Twist off the locking ring by turning counterclockwise.

Remove the cutting assembly and rubber gasket. Wash in warm soapy water, rinse, and dry thoroughly.

Place the locking ring in the upper rack of the dishwasher or wash in warm water.

CAUTION: Handle the cutting assembly carefully. It is SHARP and may cause injury. Do not attempt to remove blades from cutting assembly.

Remove the blender jar cover and the measured pour lid. Wash in warm, soapy water; rinse and dry thoroughly, or place in upper rack of dishwasher. The blender jar must be washed in warm, soapy water and rinsed and dried thoroughly. The blender jar can also be placed upside down in dishwasher.

Finally, wipe the motor base clean with a damp cloth to remove any residue, and dry thoroughly. Never submerge the motor base in water or other liquid, or place in a dishwasher.

Tip: You may wish to clean your blender cutting assembly as follows: Squirt a small amount of dishwashing liquid into assembled blender jar and fill halfway with warm water. Run on Low for 15 seconds. Repeat, using clean tap water. Empty blender jar and

carefully disassemble parts. Wash cutting assembly, gasket and locking ring in warm, soapy water. Rinse and dry all parts thoroughly.

Any other servicing should be performed by an authorized service representative.

DOs and DON'Ts WHEN USING YOUR BLENDER

DO:

- Make sure the electrical outlet is rated at the same voltage as that stated on the bottom of the blender motor base.
- Always use the blender on a clean, sturdy and dry surface.
- **Always add liquid ingredients to the blender jar first, then add remaining ingredients. This will ensure that ingredients are uniformly mixed.**
- Cut most foods into cubes approximately ½ inch (1.3 cm) to 1 inch (2.5 cm) to achieve a more uniform result. Cut all cheeses into pieces no larger than ½ inch (1.3 cm).
- Use the measured pour lid to measure liquid ingredients such as alcohol. Replace measured pour lid after ingredients have been added.
- Use a rubber or plastic spatula as needed, only when the blender is turned off. Never use metal utensils, as damage may occur to the blender jar or cutting assembly.
- Place cover on firmly. Always operate the blender with the cover on.
- Make sure locking ring is tightly attached to blender jar.
- Always remove locking ring, cutting assembly, and rubber gasket before cleaning.
- When scraping the blender jar with a spatula, remove the food from the sides of the blender jar and place food in the center of the blender jar, over the cutting assembly.
- When chopping fresh herbs, garlic, onion, zest, bread crumbs, nuts, spices, etc., make sure the blender jar and cutting assembly are completely dry.
- If food tends to stick to the sides of the blender jar when blending, pulse in short bursts.
- Pulses should be short bursts. Space the pulses so the blades stop rotating between pulses.

DON'T:

- Don't store food or liquids in your blender jar.
- Don't place cutting assembly and locking ring on motor base without the blender jar attached.
- Don't attempt to mash potatoes, knead heavy dough, or beat egg whites.
- Don't remove blender jar while unit is on. Keep the blender jar cover on the blender jar while blending.
- Don't twist locking ring from blender jar when removing blender jar from motor base. Simply lift blender jar from motor base.
- Don't overprocess foods. Blender will achieve most desired results in seconds, not minutes.
- Don't overload blender. If the motor stalls, turn the blender off immediately, unplug the unit and remove a portion of the food, then continue.
- Don't use any utensil inside the blender jar while the motor is on.
- Don't use any container or accessories not recommended by Cuisinart. Doing so may result in injury.
- Don't put hands inside the blender jar when blender is plugged in.
- Don't add boiling liquids or frozen foods (except ice cubes or 1/2-inch pieces of frozen fruit) to glass blender jar. Boiling liquids should cool for 5 minutes before being poured into blender jar.
- Don't run blender when jar is empty.

WARRANTY LIMITED THREE-YEAR WARRANTY

This warranty supersedes all previous warranties on the Cuisinart® SmartPower® Deluxe™ 600-Watt Blender. This warranty is available to consumers only. You are a consumer if you own a Cuisinart® SmartPower® Deluxe™ 600-Watt Blender that was purchased at retail for personal, family, or household use. Except as otherwise required under applicable state law, this warranty is not available to retailers or other commercial purchasers or owners. We warrant that your Cuisinart® SmartPower® Deluxe™ 600-Watt Blender will be free of defects in material or workmanship under normal home use for three years from the date of original purchase. We recommend that you visit our website, www.cuisinart.com for the fastest, most efficient way to complete your product registration. However, product registration online does not eliminate the need for the consumer to maintain the original proof of purchase in order to obtain the warranty benefits. In the event that you do not have proof of purchase date, the purchase date for purposes of this warranty will be the date of manufacture.

If your blender should prove to be defective within the warranty period, we will repair it or, if we think it necessary, replace it. To obtain warranty service, please call our Consumer Service Center toll-free at 1-800-726-0190 or write to: Cuisinart, 150 Milford Road, East Windsor, NJ 08520.

To facilitate the speed and accuracy of your return, please enclose \$10.00 for shipping and handling of the product. Be sure to include a return address, daytime phone number, description of the product defect, product serial number (stamped on bottom of product base), and any other information pertinent to the product's return. Please pay by check or money order. (California residents need only supply proof of purchase and should call 1-800-726-0190 for shipping instructions).

NOTE: For added protection and secure handling of any Cuisinart product that is being returned, we recommend you use a traceable, insured delivery service. Cuisinart cannot be held responsible for in-transit damage or for packages that are not delivered to us. Lost and/or damaged products are not covered under warranty.

CALIFORNIA RESIDENTS ONLY

California law provides that for In-Warranty Service, California residents have the option of returning a nonconforming product (A) to the store where it was purchased or (B) to another retail store that sells Cuisinart products of the same type. The retail store shall then, according to its preferences, either repair the product, refer the consumer to an independent repair facility, replace the product, or refund the purchase price less the amount directly attributable to the consumer's prior usage of the product. If either of the above two options does not result in the appropriate relief to the consumer, the consumer may then take the product to an independent repair facility if service or repair can be economically accomplished.

Cuisinart and not the consumer will be responsible for the reasonable cost of such service, repair, replacement, or refund for nonconforming products under warranty.

California residents may also, at their preference, return nonconforming products directly to Cuisinart for repair or, if necessary, replacement by calling our Consumer Service Center toll-free at 1-800-726-0190. Cuisinart will be responsible for the cost of the repair, replacement, and shipping and handling for such nonconforming products under warranty.

BEFORE RETURNING YOUR CUISINART PRODUCT

If you are experiencing problems with your Cuisinart product, we suggest that you call our Consumer Service Center at 1-800-726-0190 before returning the product for servicing. Often, our Consumer Service Representatives can help solve the problem without having the product serviced. If servicing is needed, a Representative can confirm whether the product is under warranty and direct you to the nearest service location.

Your Cuisinart® SmartPower® Deluxe™ 600-Watt Blender has been manufactured to the strictest specifications and has been designed for use only in 120 volt outlets and only with authorized accessories and replacement parts. This warranty expressly excludes any defects or damages caused by attempted use of this unit with a converter, as well as use with accessories, replacement parts or repair service other than those authorized by Cuisinart. This warranty does not cover any damage caused by accident, misuse, shipment or other than ordinary household use. This warranty excludes all incidental or consequential damages. Some states do not allow the exclusion or limitation of these damages, so these exclusions may not apply to you. You may also have other rights, which vary from state to state.

Important: If the nonconforming product is to be serviced by someone other than Cuisinart's Authorized Service Center, please remind the servicer to call our Consumer Service Center at 1-800-726-0190 to ensure that the problem is properly diagnosed, the product is serviced with the correct parts, and to ensure that the product is still under warranty.

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1. Butter a 2-quart soufflé dish or another baking dish equivalent to 2 quarts. Put bread cubes into a large mixing bowl.

2. Put the remaining ingredients into the blender jar. Run on Low until homogeneous, about 30 to 45 seconds. Pour egg mixture over the bread cubes and toss together so that all of the bread cubes are coated with egg mixture. Let stand for 45 minutes, or cover and refrigerate up to 12 hours (if refrigerated, let come to room temperature for 30 minutes before proceeding). Pour mixture into prepared pan before baking or refrigerating.
3. Ten minutes before baking, preheat oven to 325°F. Place the soufflé dish with the bread pudding into a larger baking pan with a rim that is at least 2 inches. Place in the oven and carefully pour warm water into the larger outer pan until the water comes up the sides of the soufflé dish by 1-inch. Cover loosely with foil. Bake for about 75 minutes, uncovering for the last 15 minutes. Bread pudding is done when internal temperature reaches 140°F. Remove from oven and allow the bread pudding to rest for about 20 minutes on a rack before serving. Serve with sweetened whipped cream.

Nutritional information per serving (based on 12 servings):

Calories 242 (46% from fat) • carb. 25g • pro. 7g • fat 12g • sat. fat 6g • chol. 148mg • sod. 189mg • calc. 123mg • fiber 1g

Coconut Custards

A delicious treat, with the essence of the islands.

Makes 4 servings

- | | |
|-----|--|
| 1 | can (13.5 ounces) unsweetened coconut milk |
| 2/3 | cup heavy cream |
| 1/2 | teaspoon pure vanilla extract |
| 1/4 | teaspoon coconut extract |
| 1/2 | cup unsweetened shredded coconut |
| 2 | large eggs |
| 4 | large egg yolks |
| 1/2 | cup granulated sugar |
| 1/4 | teaspoon table salt |
1. Preheat oven to 300°F. Pour 1 inch of warm water into a 9-inch square pan.
 2. Put the coconut milk, cream, extracts and coconut into a saucepan and bring just to a boil. Simmer for about 10 minutes. Remove from heat and let steep for an additional 10 minutes.
 3. Put the eggs, egg yolks, sugar and salt into the blender jar. Run on Low for about 45 seconds until eggs are light in color. Scrape the sides of the blender jar halfway through processing to ensure the mixture is homogeneous.
 4. Pour the coconut mixture through a fine strainer and squeeze out any excess liquid from the shredded coconut. Discard shredded coconut. Remove the pour lid from the blender cover. With the blender running on Low, very slowly pour the warm coconut mixture through the
1. Put the chocolate, sugar and vanilla extract into the blender jar.
 2. Put soy milk into a saucepan and place over medium heat. Bring milk just to a boil. Once milk is hot, pour over the chocolate in the blender and run on Low. Remove the pour lid from the blender cover and add the tofu cubes while the blender is still running on Low.
 3. Blend until homogeneous, scraping down sides as needed, about 45 seconds.
 4. Pour mousse into individual custard cups. Tap custard cups on the counter to remove any air bubbles. Wrap with plastic and refrigerate for at least 2 hours before serving.
- Nutritional information per serving:*
- Calories 222 (42% from fat) • carb. 31g • pro. 4g • fat 11g • sat fat 6g • chol. 0mg • sod. 151mg • calc. 27mg • fiber 2g*

Dairy-free Chocolate Mousse

This rich chocolate mousse is so good, you won't miss a thing!

Makes ten 1/2-cup servings

1. Package silken tofu (14 to 16 ounces), drained and cut into 1-inch cubes
 - 1/2. Cup granulated sugar
 - 1/2. Teaspoon pure vanilla extract
 1. Cup soy milk
 1. Package silken tofu (14 to 16 ounces), drained and cut into 1-inch cubes
- Nutritional information per serving:*
- Calories 543 (71% from fat) • carb. 32g • pro. 8g • fat 44g • sat. fat 32g • chol. 370mg • sod. 232mg • calc. 63mg • fiber 1g*
5. Place individual custards into the prepared pan with water, wrap the pan tightly with aluminum foil and place in oven. Bake for about 35 to 40 minutes until just set (the centers will still move slightly when shaken).
 6. Once cool to the touch, wrap each custard individually with plastic and refrigerate at least 2 hours before serving.

Marinara Sauce

This versatile sauce can be used on top of pastas or as a pizza sauce. It freezes well, too!

Makes about 3 to 3½ cups

1	1	tablespoon extra virgin olive oil
5	½	garlic cloves, chopped
1	¼	small onion, chopped
1	¼	bulb fennel, sliced
1	¼	teaspoon kosher salt, divided
1	1	28-ounce can whole plum tomatoes in puree
½	½	teaspoon freshly ground black pepper
½	½	teaspoon dried oregano
2½	2½	tablespoons granulated sugar, divided
6	6	large leaves fresh basil, torn into small pieces

1. Heat oil in a large sauté pan over low heat. Add garlic and onion to pan; sauté until softened and fragrant, but not browned, about 5 minutes.

2. Add the fennel and a pinch of the salt. Sauté until very soft and lightly browned, about 6 to 8 minutes.

3. Add the tomatoes with their juices; crush slightly with the back of a wooden spoon. Bring to a strong simmer. Add spices, 2 tablespoons of the sugar and basil; let simmer 20 to 30 minutes, until thickened.

4. Transfer sauce to the jar or the blender. Add the remaining salt and sugar. Pulse on Low 8 to 12 times, or until desired consistency. If a smoother sauce is desired, let run on Low after pulsing 4 times. Adjust seasoning to taste.

Nutritional information per serving (¼ cup):

Calories 33 (27% from fat) • carb. 6g • pro. 1g • fat 1g • sat. fat 0g • chol. 0mg • sod. 163mg • calc. 15mg • fiber 1g

Pumpkin Bread Pudding

Bread pudding can be mixed and assembled ahead of time and baked while dinner is being served for a warm dessert. Top with sweetened whipped cream.

Makes about 10 to 12 servings

1	1	tablespoon unsalted butter
1	1	pound challah loaf, cut into 2-inch cubes
6	6	large eggs
1	1	can (15 ounces) pumpkin puree (about 1½ to 1¾ cups)
1	1	can (12 ounces) evaporated low-fat milk
½	½	cup plus 2 tablespoons granulated sugar
½	½	tablespoon pure vanilla extract
1¼	1¼	cups heavy cream
1½	1½	teaspoons ground cinnamon
⅛	⅛	teaspoon ground allspice
⅛	⅛	teaspoon ground ginger
1	1	pinch freshly ground nutmeg

1. Put the vinegar, mustard, parsley, spices and salt into the jar of the blender. Run on Low until combined, and parsley is finely chopped.

2. Once the mixture is combined, carefully remove the pour lid from the cover of the blender. Run the blender on Low and slowly add the oil through the opening. The process should take about 2½ minutes.

3. Taste and adjust seasonings as desired.

Nutritional information per serving (1 tablespoon):

Calories 91 (99% from fat) • carb. 0g • pro. 0g • fat 11g • sat. fat 2g • chol. 0mg • sod. 76mg • calc. 3mg • fiber 0g

Ancho Chile Sauce

A traditional smoky-spicy sauce, this is delicious over most Mexican dishes, especially enchiladas.

Makes about 5 cups

9	1	dried ancho chiles
2	2	large shallots, chopped
2	2	garlic cloves, chopped
1	1	jalepeño, seeded and chopped
1	1	medium-large carrot, chopped
½	½	cup white wine
3½	3½	cups chicken broth, low-sodium, hot
2	2	teaspoons kosher salt, divided
4¼	4¼	tablespoons honey
2	2	tablespoons fresh lemon juice

1. Reconstitute chiles: put them in a bowl and pour boiling water over them so they are completely submerged.

Cover bowl with foil or an inverted plate. Allow the chiles to sit until they soften, about 30 to 45 minutes. Once soft, carefully remove all seeds and stems; reserve.

2. Put the olive oil into a large sauté pan and set over medium heat. Once oil is hot, add the chopped

vegetables and a pinch or two of salt. Stir and sauté until softened and lightly golden, about 6 to 8 minutes.

3. Stir in reserved chiles; heat through for about 1 minute.

Stir in white wine. Scrape any bits that are clinging to the bottom of the pan. Allow wine to reduce until almost completely evaporated. Add the broth and bring to a boil. Reduce heat to allow mixture to simmer for about 10 to 15 minutes. Stir in the remaining ingredients.

4. Carefully transfer mixture from the sauté pan to the jar of the blender. Pulse 3 times on High, then run on High for 1 minute, or until completely smooth.

Nutritional information per serving (2 tablespoons):

Calories 26 (13% from fat) • carb. 4g • pro. 1g • fat 0g • sat. fat 0g • chol. 0mg • sod. 162mg • calc. 6mg • fiber 0g

Hollandaise Sauce
A staple to Eggs Benedict, this rich, buttery sauce is also great over steamed vegetables.
 Makes 1 cup

cup (¼ pound, 1 stick) unsalted butter ½

large egg yolks 4

teaspoon kosher salt ¼

pinch ground mustard

pinch freshly ground black pepper

tablespoons fresh lemon juice 1½

1. Put the butter into a saucepan set over low heat until butter is melted and reaches a bubbling boil.

2. While the butter is melting, put the remaining ingredients into the blender jar. About a minute before adding the butter, run the unit on Low for about 30 seconds to combine.

3. With the blender still running on Low, carefully remove the pour lid from the cover. Very slowly drizzle about 1 tablespoon of the hot butter through the opening and blend about 15 seconds to fully combine, then very slowly added, return the pour lid and continue blending for 45 to 60 seconds, or until thickened.

4. Taste and adjust seasoning as desired. Serve while still warm.

Note: To minimize splatter, use a dish towel to shield the opening when pouring in butter.

Nutritional information per serving (1 tablespoon):

Calories 64 (94% from fat) • carb. 0g • pro. 1g • fat 7g • sat. fat 4g • chol. 67mg • sod. 35mg • calc. 6mg • fiber 0g

Basic Vinaigrette

This simple vinaigrette is perfect over a salad of mixed greens and fresh vegetables. Substituting 1½ teaspoons of herbes de Provence for the combined basil/thyme/marjoram is an easy way to change it up a bit, and saves on the amount of dried herbs you need to have on hand.
 Makes about 1 cup

cup red wine vinegar ¼

teaspoon Dijon-style mustard 1

cup fresh parsley ¼

teaspoon dried basil ½

teaspoon dried thyme ½

teaspoon dried marjoram ½

teaspoon ground white pepper ¼

teaspoon kosher salt ½

cup extra virgin olive oil ¾

2½ cups chicken broth, low-sodium

1½ teaspoons granulated sugar

½ teaspoon sea or kosher salt

1 to 2 pinches freshly ground black pepper

½ teaspoon orange zest

½ tablespoon white balsamic vinegar

1. Flatten the seeded bell peppers and lay them on a foil-lined baking sheet. Place on the top rack in your oven and broil until the peppers are blackened. Remove and put into a mixing bowl and cover with plastic. Reserve.

2. While the peppers are roasting, put the butter into a medium saucepan set over medium heat. Once the butter has melted, add the garlic, shallot and onion. Cook until softened and just golden. Deglaze the pan by adding the sherry to the saucepan and cook until reduced by half. Add the broth and raise the heat to medium-high. Bring the broth just to a boil. Add the sugar, salt, pepper and zest. Reduce the heat to allow the mixture to simmer for about 5 minutes. Put into the jar of the blender.

3. Carefully take the skins off of the roasted peppers; cut into quarters. Add to the broth mixture in the blender jar, along with the vinegar.

4. Pulse on High 3 to 4 times to break up, and then run on High until smooth, about 1 minute.

5. Adjust seasonings to taste and serve either hot or chilled.

Nutritional information per serving (1 cup):

Calories 92 (15% from fat) • carb. 16g • pro. 4g • fat 2g • sat. fat 1g • chol. 3mg • sod. 524mg • calc. 24mg • fiber 4g

Creamy Dill Dressing

A perfect match for a wedge of iceberg lettuce or as a sauce on top of roasted potatoes.
 Makes about 3 cups

1 cup buttermilk

8 ounces sour cream

½ cup light mayonnaise

⅔ cup packed fresh dill

1½ tablespoons fresh lemon juice

½ ounce shallot (about ½ medium shallot)

½ teaspoon kosher salt

freshly ground black pepper

1. Put ingredients into the blender jar in order listed.

2. Run on High for about 45 seconds until smooth. Can be used immediately. For the best flavor, allow to rest for at least 30 minutes so that flavors have the chance to blend and develop.

Note: Dressing will last up to 1 week stored in the refrigerator.

Nutritional information per serving (1 tablespoon):

Calories 20 (76% from fat) • carb. 1g • pro. 0g • fat 2g • sat. fat 1g • chol. 4mg • sod. 55mg • calc. 11mg • fiber 0g

- Put the butter into a 6-quart saucapan set over medium heat. Once butter is melted, add the chopped onion. Turn the heat to medium-low to sweat the onions so that they do not pick up any color. After about 5 minutes add the parsnips, apple and potato to the pot. Add the thyme and salt and stir ingredients together well.
- Add broth to the pot and bring to a boil. Once boiling, reduce heat and simmer uncovered until tender, about 20 to 30 minutes, stirring occasionally.
- Once vegetables are tender, separate the solids from liquids. Put about 1½ cups of broth and half of the solids into the blender jar. Run on Low for about 10 seconds and then switch speed to High to blend thoroughly. Pour soup into a clean pot. Repeat with remaining ingredients.

- | | |
|--------|---|
| 2 | tablespoons unsalted butter |
| 1 | medium onion (about 6 ounces) chopped |
| 2 | pounds parsnips, peeled and cut into 1-inch slices |
| 1 | medium apple (about 6 ounces) peeled, cored and sliced |
| 1 | medium potato (about 7 ounces) peeled and sliced |
| 1 to 2 | thyme sprigs |
| ¾ | teaspoon kosher salt |
| 6 | cups chicken broth, low-sodium, plus extra for thinning finished soup |

Makes 8 cups

A bowl of soup, a salad and crusty bread make a perfect weeknight meal.

Parsnip and Apple Soup

Nutritional information per serving (1 cup):
 Calories 79 (44% from fat) • carb. 10g • pro. 2g • fat 4g • sat. fat 2g • chol. 10mg • sod. 611mg • calc. 57mg • fiber 2g

- Once tender, separate the solids from liquids. Put about half of the broth and half of the solids into the blender jar. Run on Low for about 10 seconds and then switch speed to High to blend thoroughly. Pour soup into a clean pot. Repeat with remaining ingredients. Taste and adjust seasoning accordingly.
- Add the carrots, cinnamon, allspice, nutmeg, thyme and salt. Stir to coat ingredients well and allow to heat through.
- Add the chicken broth. Increase heat and bring to a boil. Once soup comes to a boil, reduce the heat so that it is barely simmering. Cover and simmer until the carrots become tender, about 50 to 60 minutes.

- Put the butter or oil into a 6-quart saucapan set over medium heat. Once heated, stir in the onion, ginger and garlic and allow to sauté gently.
- Add the carrots, cinnamon, allspice, nutmeg, thyme and salt. Stir to coat ingredients well and allow to heat through.
- Add the chicken broth, low-sodium

Nutritional information per serving (1 cup):
 Calories 150 (18% from fat) • carb. 29g • pro. 3g • fat 3g • sat. fat 2g • chol. 8mg • sod. 641mg • calc. 77mg • fiber 7g

- This soup has a very thick consistency; if a thinner soup is preferred, stir in additional warm stock to thin. Taste and adjust seasoning accordingly.

Creamy Greens Soup

This earthy, nourishing soup is so delicious! Garnish with a dollop of crème fraîche and a sprig of parsley.

Makes about 4 cups

- | | |
|---|---|
| 1 | tablespoon extra virgin olive oil |
| 2 | tablespoons unsalted butter |
| 2 | small shallots (about 3 ounces) finely chopped |
| 3 | garlic cloves, crushed |
| 1 | small leek (about 2 ounces) white part only, sliced |
| 1 | bunch kale, hard stems discarded and roughly chopped |
| 1 | bunch Italian parsley, stems reserved for other use and roughly chopped |
| ½ | teaspoon kosher salt |
| ¼ | teaspoon freshly ground black pepper |
| 4 | cups vegetable broth |
| ½ | cup heavy cream |

Nutritional information per serving (1 cup):
 Calories 245 (64% from fat) • carb. 17g • pro. 6g • fat 18g • sat. fat 9g • chol. 49mg • sod. 688mg • calc. 161mg • fiber 2g

Roasted Red Pepper Soup

This soup is delicious either hot or chilled – your choice!

Makes about 5 cups

- | | |
|---|---|
| 6 | red bell peppers, seeded |
| ½ | tablespoon unsalted butter |
| 6 | garlic cloves, roughly chopped |
| 1 | small shallot (about 1 ounce) roughly chopped |
| ¼ | small onion, roughly chopped |
| 2 | tablespoons sherry |

Curried Coconut and Butternut Squash Soup

A smooth and mellow soup with inspiration from the East.

Makes about 5½ cups

2	tablespoons butter or ghee*
1	small onion, chopped
1	jalapeno, seeded and finely chopped
2	garlic cloves, finely chopped
1	tablespoon curry powder
1	butternut squash, about 2½ pounds, peeled, seeded and cut into 2-inch cubes
1	can (13.5 ounces) coconut milk
1½	cups chicken broth, low sodium
½	teaspoon kosher salt

1. Heat the butter or ghee in a 6-quart saucepan set over medium-low heat. Once melted add the onion, jalapeno, ginger and garlic; stir. Add the curry powder and let sauté very gently for about 5 minutes; be careful to keep the heat low enough so that it will gently heat but the mixture will not burn.
2. Stir in the squash well, to ensure that the ingredients are well coated. Add the coconut milk, broth and salt and bring mixture to a boil. Reduce to a simmer and continue cooking uncovered, stirring occasionally, until squash is tender, about 30 minutes.
3. Once tender, separate the solids from liquids. Put about half of the broth and half of the solids into the blender jar. Run on Low for about 10 seconds and then switch speed to High to blend thoroughly. Pour soup into a clean pot. Repeat with remaining ingredients, gradually adding the remaining broth to reach desired consistency. Taste and adjust seasoning accordingly.

*Ghee is an Indian clarified butter found in the specialty food section of supermarkets or health food stores.

Nutritional information per serving (1 cup):

Calories 246 (54% from fat) • carb. 28g • pro. 3g • fat 16g • sat. fat 14g • chol. 10mg • sod. 362mg • calc. 112mg • fiber 4g

Carrot and Ginger Soup

A great soup for any time of the year.

Makes about 4 cups

2	tablespoons unsalted butter or olive oil
1	small onion (about 3 ounces) peeled and chopped
½	ounce ginger, peeled and finely chopped
1	garlic clove, finely chopped
1	pound carrot, peeled and cut into 1-inch slices
¼	teaspoon ground cinnamon
¼	teaspoon ground allspice
1	pinch freshly ground nutmeg
1	thyme sprig

2. Put the remaining ingredients in a separate small mixing bowl. Stir until well mixed. Reserve.

3. To assemble, spread about 2 tablespoons of the yogurt mixture on each crepe. Top with about 1 tablespoon of the nut mixture. Fold in half, and then half again. Serve with fresh berries and a drizzle of honey on top.

Nutritional information per filled crepe:

Calories 126 (58% from fat) • carb. 10g • pro. 2g • fat 8g • sat. fat 4g • chol. 48mg • sod. 104mg • calc. 54mg • fiber 0g

Frittata Primavera

Frittatas are a great alternative to traditional omelets.

Try this one – you will not be disappointed.

Makes ten to twelve servings

1	tablespoon extra virgin olive oil
1	small zucchini (about 4 ounces), shredded
1	medium to large carrot, shredded
1	medium red bell pepper, sliced
6	medium mushrooms (firm white mushrooms work well), sliced
1	small onion, sliced
½	teaspoon kosher salt, divided
10	large eggs
¼	cup whole or reduced-fat milk
¼	teaspoon freshly ground black pepper
3	ounces Parmesan, finely grated
6	large basil leaves, torn into pieces

1. Preheat oven to 375°F.
2. Put oil in a 12-inch, oven-proof, nonstick skillet (the Cuisinart® GreenGourmet® Skillet is the perfect pan for this recipe). Set over medium heat. Once oil is hot, add the vegetables with 1 to 2 pinches of the salt. Sauté until softened.
3. While the vegetables are cooking, put the eggs, milk, remaining salt and pepper into the blender. Run on High until well combined and frothy.
4. After the vegetables are cooked, remove and reserve in a small mixing bowl. Lightly coat the same pan with the nonstick cooking spray. Return the sautéed vegetables to the pan, pour the egg mixture over the vegetables, and then top with the cheese and basil. Let cook over medium-low heat until bottom is just set. Transfer to the preheated oven and cook until frittata is puffed and browned on top, about 20 to 25 minutes.
5. After baking, let frittata sit for 5 minutes before slicing and serving.

Nutritional information per serving (based on 12 servings):

Calories 117 (58% from fat) • carb. 3g • pro. 9g • fat 8g • sat. fat 3g • chol. 183mg • sod. 264mg • calc. 114mg • fiber 1g

Crêpe Batter

Extremely versatile, this recipe should be added to everyone's collection. The crêpes can be filled with sweet items (cinnamon-sugar and fruit; whipped cream and chocolate) or savory (eggs and ham; vegetables and hollandaise).

Makes about 20 eight-inch crêpes

- 3 large eggs, room temperature
- 1/4 cup unsalted butter, melted and cooled to room temperature
- 3% cup unbleached, all-purpose flour
- 1/2 teaspoon salt
- 1 tablespoon granulated sugar
- 1 cup reduced-fat milk, room temperature
- 1/4 cup vegetable oil
- 3/4 teaspoon pure vanilla extract
- 3 tablespoons packed light brown sugar
- 1 1/2 cups unbleached, all-purpose flour
- 1/4 cup wheat germ
- 1 tablespoon plus 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1/4 teaspoon ground cinnamon
- 1/2 cup toasted walnuts, finely chopped
- 1/2 large apple, cored and shredded

1. Put the eggs, melted butter, flour, salt and sugar into the blender jar. With the unit running on Low, carefully remove the pour lid from the cover of the blender. Add the milk and vanilla through the opening. Mix about 15 to 20 seconds, or until smooth. If time allows, let the batter rest in the refrigerator for at least 1/2 hour. Before using batter, whisk to re-blend, straining if necessary to remove any lumps.
2. Melt the teaspoon of butter in an 8-inch skillet set over medium heat. Once pan is hot, add a scant 1/4 cup of batter to the pan, moving the batter around quickly to make a thin coating on the pan. Cook the crêpe for 2 minutes or until the edges just start to brown, and then carefully flip and finish the other side for an additional minute. Continue cooking crêpes until the batter is gone.
3. Serve with yogurt and nut filling (see next recipe).

Nutritional information per crêpe:

Calories 56 (52% from fat) • carb. 5g • pro. 2g • fat 3g • sat. fat 2g • chol. 39mg • sod. 77mg • calc. 22mg • fiber 0g

Crêpes with Yogurt and Walnuts

Tangy and sweet blend well together in this delicious breakfast treat.

Makes about 1 cup (enough to fill 20 eight-inch crêpes)

- 1 recipe prepared crêpes (see previous recipe)
- 16 ounces Greek yogurt (reduced-fat works fine)
- 1/2 pinch kosher salt
- 3/2 teaspoon pure vanilla extract
- 3 tablespoons honey
- 1 1/4 cups toasted walnuts, finely chopped
- 2 tablespoons packed light brown sugar
- 2 tablespoons unsalted butter, softened
- 1/4 pinch kosher salt

1. In a small mixing bowl, whisk the first four ingredients together until fully combined. Reserve.

3. Prepare pancakes using a 1/2-cup measuring cup to scoop pancakes onto prepared pan to cook.

Nutritional information per serving (2 pancakes):

Calories 188 (42% from fat) • carb. 20g • pro. 7g • fat 9g • sat. fat 5g • chol. 71mg • sod. 273mg • calc. 130mg • fiber 0g

Apple Walnut Waffles

Served with warm maple syrup, these waffles are a comforting fall treat.

Makes 10 Belgian-style waffles (6 cups of batter)

- 1 3/4 cups reduced-fat milk
- 1 large egg
- 1 large egg white
- 1/4 cup vegetable oil
- 3/4 teaspoon pure vanilla extract
- 3 tablespoons packed light brown sugar
- 1 1/2 cups unbleached, all-purpose flour
- 1/4 cup wheat germ
- 1 tablespoon plus 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1/4 teaspoon ground cinnamon
- 1/2 cup toasted walnuts, finely chopped
- 1/2 large apple, cored and shredded

1. Put the milk, egg, egg white, oil and vanilla into the blender jar. Run on Low for 20 seconds to fully combine. Add half of the dry ingredients (not nuts or apple). Pulse on Low to combine; scrape down sides of the jar. Add the remaining dry ingredients and pulse on Low to just combine (it is OK if there are still dry patches in the batter).
2. Transfer the batter to the large mixing bowl that was previously holding the dry ingredients. Add the apple and walnuts; fold to just combine.
3. Preheat a Belgian waffle maker to desired setting. Pour the suggested amount of batter (refer to waffle maker instructions) onto the prepared, preheated waffle maker. Quickly and carefully spread the batter evenly with a heatproof spatula. Close the cover and cook until done. Serve immediately.

Nutritional information per waffle:

Calories 220 (45% from fat) • carb. 24g • pro. 6g • fat 11g • sat. fat 1g • chol. 25mg • sod. 352mg • calc. 230mg • fiber 1g

1. Put the milk, ricotta, eggs, butter and vanilla into the blender jar. Run on High for about 15 seconds. Add zest and sugar and blend for an additional 10 seconds. Scrape the blender jar down with a flexible rubber spatula.
2. Add remaining dry ingredients and pulse on High for about 30 seconds until ingredients are well blended.
- 2 times
- cup orange juice** 1½
ounces fresh lime juice (the juice of approximately
- Makes about 6 cups
- A sweet and fruity summer party favorite.*

Frozen Rum Punch

Nutritional information per serving (½ cup):
Calories 273 (15% from fat) • carb. 34g • pro. 1g • fat 5g • sat. fat 4g • chol. 0mg • sod. 18mg • calc. 13mg • fiber 2g

1. Put rum, coconut milk, pineapple, sorbet and frozen pineapple into the blender jar.
2. Run on High until well blended, about 45 seconds. With blender running, remove the pour lid from the blender cover and add ice cubes 1 at a time.
3. Drink may be slightly thin, so it is also great over ice.
- 1
1
1
3
½
1
- cup good quality rum**
cup unweetened coconut milk
cups RIFE, fresh pineapple, cut into 2-inch pieces
cup coconut sorbet
cup frozen pineapple, cut into ½-inch pieces
ice cubes

Makes about 5 cups

This is a more natural take on the traditional pina colada, using coconut milk rather than cream of coconut.

Pina Colada

Nutritional information per serving (½ cup):
Calories 72 (17% from fat) • carb. 14g • pro. 2g • fat 1g • sat. fat 1g • chol. 6mg • sod. 21mg • calc. 52mg • fiber 1g

- *Ripe bananas should be peeled, cut into pieces, wrapped in plastic and placed overnight in the freezer.
1. Put milk, one banana and honey into the blender jar. Run on High until blended, about 15 seconds. With blender running on Low, remove the pour lid from the blender cover and drop remaining frozen banana pieces through the opening, one at a time.
2. Continue running on High until smooth, about 45 seconds.
3. Serve immediately while cold or keep chilled in the refrigerator.
- 1
3
1
- cups milk**
frozen bananas*, cut into ½-inch pieces, divided
tablespoon honey

Makes about 4½ cups

A delicious, creamy and thick milk shake with no ice cream!

Banana "Shake"

- ¾
1
3
1
1
- cup rum**
tablespoon grenadine
cups fresh pineapple, cut into 2-inch pieces
pint mango sorbet
ice cubes

1. Put ingredients into the blender jar in the order listed.

2. Run on High until smooth, about 45 seconds.

3. Serve immediately.

Nutritional information per serving (½ cup):

Calories 91 (1% from fat) • carb. 14g • pro. 0g • fat 0g • sat. fat 0g • chol. 0mg • sod. 4mg • calc. 7mg • fiber 1g

Frozen Mudslide

Makes about 6 cups

- 1
¼
¼
2
3
- cup milk**
cup Kahula
cup vodka
tablespoons Irish cream liqueur
cups vanilla ice cream

1. Put ingredients into the blender jar in the order listed.
2. Run on High until smooth, about 40 to 45 seconds.

Nutritional information per serving (½ cup):

Calories 232 (49% from fat) • carb. 22g • pro. 3g • fat 13g • sat. fat 8g • chol. 46mg • sod. 48mg • calc. 89mg • fiber 0g

Ricotta Pancakes

For an extra treat, mix a cup of berries gently into the batter before cooking.

Makes about 18 pancakes

- 1
2
¼
½
½
1
1
1
1
1
1
1
1
1
- cup milk**
cup reduced-fat ricotta
large eggs, beaten
cup unsalted butter, melted and cooled to room temperature
teaspoon pure vanilla extract
teaspoon orange zest
cup granulated sugar
cup unbleached, all-purpose flour
teaspoon ground cinnamon
teaspoon table salt
teaspoons baking powder

Vitamin C Smoothie

This delicious smoothie is packed with vitamin C.

Makes about 5 cups

2	tablespoons protein powder
2	tablespoons honey (optional)

- Put ingredients into the blender jar in the order listed.
- Run on High until smooth, about 40 seconds.
- Serve immediately.

Nutritional information per serving (1 cup):

Calories 72 (14% from fat) • carb. 13g • pro. 4g • fat 1g • sat. fat 0g • chol. 2mg • sod. 46mg • calc. 37mg • fiber 1g

Green Smoothie

A delicious way to get more healthy greens into your diet – you will be so surprised at how good they taste!

Makes about 5 cups

1½	cups filtered water
1	banana, quartered
1	frozen banana, cut into ½-inch pieces
1	apple, cored, cut into 1-inch pieces
1	tablespoon flax seed oil
8	loosely packed cups of mixed fresh greens (chard, parsley, spinach and kale), roughly chopped

- Put water, banana, frozen banana, apple and flax seed oil into the blender jar. Blend on High for about 15 seconds.
- With the blender running on High, remove the pour lid from the blender cover and add the greens a handful at a time, until well blended and smooth, about 1½ minutes.
- Serve immediately.

Nutritional information per serving (1 cup):

Calories 95 (27% from fat) • carb. 17g • pro. 2g • fat 3g • sat. fat 0g • chol. 0mg • sod. 56mg • calc. 58mg • fiber 3g

Café au Lait “Shake”

It is easy to make delicious and thick coffee beverages at home. Plan ahead, as you need to make special ice cubes.

Makes about 4 cups

6	ounces heavy cream or half-and-half
2½	cups strongly brewed coffee, divided
2	tablespoons granulated sugar

- Mix the cream and ¾ cup of the coffee and pour into an ice cube tray. Put in the freezer overnight to freeze solid.
- Once the cream and coffee are frozen, put the remaining coffee into the blender jar with the sugar. Add the frozen cubes and blend on High until fully blended, about 45 seconds to a minute. The drink is very thick, so it will take time to blend.
- Serve immediately. It may be easier to scoop than pour.

Nutritional information per serving (½ cup):

Calories 40 (54% from fat) • carb. 4g • pro. 1g • fat 2g • sat. fat 2g • chol. 8mg • sod. 10mg • calc. 24mg • fiber 0g

Berry Cherry Smoothie

This kid-friendly smoothie is a vitamin-packed way to start the day.

Makes about 4 cups

½	cup orange juice
½	cup plain yogurt
2	bananas, quartered
1	cup fresh strawberries, hulled and halved
1	cup frozen blueberries
1	cup frozen cherries
1 to 2	tablespoons honey (optional)

- Put ingredients into the blender jar in the order listed.
- Run on High until smooth, about 45 seconds.
- Serve immediately.

Nutritional information per serving (1 cup):

Calories 160 (9% from fat) • carb. 37g • pro. 3g • fat 2g • sat. fat 1g • chol. 4mg • sod. 20mg • calc. 70mg • fiber 4g

Super Protein Smoothie

Refresh with this smoothie after your workout.

Makes about 4½ cups

1½	cups soy, almond or hemp milk (cow’s milk may also be used)
½	cup plain or vanilla yogurt
1	banana, quartered
1	frozen banana, cut into ½-inch pieces
1½	cups mixed frozen berries

- Serve immediately. It may be easier to scoop than pour.

QUICK REFERENCE GUIDE – BLENDER

To activate blender	Press On/Off - The blender is in Standby mode
To begin blending	Press desired speed button
To change speeds	Press desired speed button
To pulse	In Standby mode press Pulse, then press and release desired speed button as needed
To crush ice	In Standby mode, press Ice Crush button
To stop blending (and deactivate blender)	Press On/Off button
To stop blending (in High, Low or Ice Crush speeds)	Press any speed button
To stop blending (in Pulse)	Release speed button
Refer to this guide to choose the best blender speed for your desired result.	
Ingredient/Recipe	Speed
Reconstituting frozen juice concentrate	Low
Mayonnaise	Low
Salad dressings	Low or High
Sandwich dressings	Low or High
Nuts (shelled, ½ cup or less at a time)	High – Pulse to chop
Heavy or whipping cream	Low – Pulse
Bread, cookies or crackers (add ½-inch pieces, 1 cup or less at a time)	High – Pulse first, then blend as desired
Smoothies, shakes, health drinks	Low or High
Baby food/fruit and vegetable puree	High
Frozen cocktails	High
Hard cheeses	High – Pulse first, then blend
Spices	Low or High – Pulse first, then blend
Ice	Ice Crush, pulse or Coarse crush to blend

Fresh Fruit Smoothie

Layers of fresh fruit blend in just seconds to make this all-fruit smoothie.

Makes about 5 cups

- | | |
|---|--|
| ½ | cup orange juice |
| 1 | cup cantaloupe, cut into 1-inch pieces |
| 1 | medium banana, cut into 1-inch pieces |
| 1 | cup mango chunks, 1-inch pieces (about 1 small mango) |
| ¾ | cup raspberries or mixed berries (fresh or frozen) |
| ¾ | cup pineapple chunks, 1-inch pieces (fresh or canned, drained) |
| 1 | cup navel orange segments, cut into 1-inch pieces |
| 1 | cup strawberries, hulled and halved |
| 1 | cup ice cubes (about 6 standard) |

- Put ingredients into the blender jar in the order listed.
 - Run on High until smooth, about 45 seconds.
 - Serve immediately.
- Note:** Be sure the fruit is really ripe, for the sweetest smoothie.

Nutritional information per serving (1 cup):

Calories 101 (4% from fat) • carb. 25g • pro. 2g • fat 0g • sat. fat 0g • chol. 0mg • sod. 10mg • calc. 35mg • fiber 4g

Immune Support Smoothie

When you are feeling rundown, this smoothie is a great pick-me-up!

Makes about 4 cups

- | | |
|---|---|
| ¾ | cup pomegranate juice |
| 1 | mango, cut into 1-inch pieces |
| 1 | cup seedless grapes (red or green) |
| 1 | ripe persimmon, cut into 1-inch pieces* |
| 1 | kiwi, cut into 4 pieces |
| 1 | cup frozen strawberries |
| 1 | cup frozen blackberries |
| 1 | tablespoon wheat germ |
| 1 | tablespoon flax seed oil |

- Put ingredients into the blender jar in the order listed.
 - Run on High until smooth, about 40 seconds.
 - Serve immediately.
- *If persimmon is not available, any other ripe fruit can be substituted (mango, papaya, pineapple, etc).

Nutritional information per serving (1 cup):

Calories 163 (20% from fat) • carb. 33g • pro. 2g • fat 4g • sat. fat 0g • chol. 0mg • sod. 7mg • calc. 32mg • fiber 5g

RECIPE TIPS

The simple recipes that follow include some old Cuisinart favorites as well as some creative combinations that are sure to please your friends and family. Thanks to the superior ice crushing power of the SmartPower® Deluxe™ 600-Watt Blender, you'll also be able to make delicious frozen drinks.

Chopping Nuts

Put ½ cup shelled nuts into the blender jar and cover blender. Pulse on Low or High until desired chop is achieved. Pulse fewer times for coarsely chopped nuts. For best results process small amounts, ½ cup or less.

Bread, Cookie or Cracker Crumbs

Break or cut bread, cookies or crackers into pieces ½ inch or less in size. For best bread results, use day-old bread (drier bread works best). Put bread, cookie or cracker pieces in blender jar. Set on Low or High and pulse to chop, then run continuously until desired texture of crumbs is achieved. For best results, process 1 cup or less at a time.

Crushing Ice

Put up to 10 standard ice cubes into the blender jar. Cover. Pulse on Ice Crush, using short bursts, 10 times, or until cubes are the consistency of snow. Turn blender off. Pulse fewer times if coarsely chopped ice is desired.

Grating Fresh Citrus Zest

For best results, blender jar and cutting assembly must be clean and dry. Remove zest from fruit in strips using a vegetable peeler; use a sharp knife to remove the bitter white pith from the underside of the zest. Process no more than 8 strips at a time (zest of 1 medium lemon). Cut strips in half. Put strips and 1 teaspoon sugar or coarse salt (from recipe) into the blender jar. Cover blender jar. Run on Low for 15 to 20 seconds.

Baby Food

Combine ½-cup cooked vegetables, fruit or meat with 3 to 4 tablespoons liquid (water, milk, fruit juice, broth, or cooking liquid) in the blender jar. Run on Low for 15 to 20 seconds until a smooth purée is reached. Add more liquid as necessary and process further until desired texture is reached. Always consult with your pediatrician/family physician concerning the best foods for your baby and when to introduce new foods to his/her diet.

Grinding Hard Cheese

Cut cheese into ½-inch pieces; remove all outer hard rind. Put cheese into blender jar. Pulse on Low to chop cheese, 10 to 12 times, then run until desired grind is reached. For best results, grind no more than 3 ounces of cheese at a time.

Grinding Spices

For best results, blender jar and cutting assembly must be clean and dry. Put ¼ to ½ cup of spices/seeds/peppercorns into blender jar. Pulse on Low or High to break up, then run for 20 to 40 seconds.

Whipping Cream

If possible, chill blender jar and cutting assembly in refrigerator for 15 minutes. Put 1 cup heavy or whipping cream into blender jar. Cover jar. Pulse on Low 20 to 30 times until cream is thickened. (Do not overblend – bits of butter will begin to form.) If desired, add 1 tablespoon sugar and 1 to 2 teaspoons of vanilla or other flavoring. Consistency will be that of a thickened but not fluffy whipped cream, and is most appropriate for topping desserts or coffee drinks.

When using the blender to purée hot mixtures such as creamed soups and baby foods, strain the solids from the liquid, reserving the cooking liquid. Then put ½ to 1 cup of the reserved cooking liquid into the blender jar along with the cooked solids. Pulse on Low to chop, then run on Low or High until desired consistency/purée is reached.

Allow hot foods to cool slightly before blending to prevent steam buildup, which may cause the lid to lift up from the blender jar.

Keep your blender out on the counter within easy reach, and you will be surprised how often you will use it.

Keep ice cubes made of juices, yogurt, milk or fruit purées on hand to substitute for plain ice when making smoothies and frosty beverages to prevent diluting the drink.

For quick cleaning, add 1 cup of warm water and a drop of liquid dish soap to the blender jar. Cover and run on Low or High for 30 seconds or more as needed. Discard the soapy water and rinse blender thoroughly before the next use.

SmartPower® Deluxe™ 600-Watt Blender



Cuisinart®
Recipe Booklet
Instruction Booklet on reverse side

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