

Cuisinart  
*Hurricane*  
Handbook



*A collection of  
recipes for the  
Hurricane™ Pro  
blender*



# Introduction

*Welcome to the start of a beautiful blender relationship! The Cuisinart® Hurricane™ Pro delivers maximum power and performance in the kitchen, letting you make things in a blender jar you never thought possible! Take a look at our Table of Contents to see the incredible range of drinks, snacks, appetizers, meals and desserts you can make in your Hurricane™ Pro. Besides basics like smoothies, batters, soups and sauces, this powerful blender turns nuts and water into nondairy “milk,” and grains and beans into all types of flour. Our book is full of fabulous recipes that use these healthy homemade alternatives, as well as decadent desserts and shakes. We suggest leaving your new blender out on the counter full time; from early morning to late night, it’s ready to go!*









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**Re & Shine**



# Banana-Oat Tea Loaf

*The oat flour makes this a softer quick bread than usual, which is delicious served room temperature, chilled or toasted.*

## **Makes 10 servings**

- unsalted butter, softened, or nonstick cooking spray, for coating pan
- 2 large eggs
- 8 tablespoons (1 stick) unsalted butter, softened and cut into 4 pieces
- 3 medium bananas, very ripe and cut into 2-inch pieces
- $\frac{3}{4}$  cup granulated sugar
- 1 cup unbleached, all-purpose flour
- $\frac{3}{4}$  cup oat flour\*
- $\frac{3}{4}$  teaspoon baking soda
- $1\frac{1}{4}$  teaspoons cream of tartar
- $\frac{1}{2}$  teaspoon kosher salt
- 2 tablespoons rolled oats, for topping

1. Preheat oven to 350°F with the rack in the middle position. Grease a 9-inch loaf pan with the softened butter or nonstick cooking spray; reserve.
2. Put the eggs, butter, bananas and sugar into the blender jar. Select Speed 3 and press Start. Blend until smooth, about 30 to 40 seconds.
3. Add the remaining ingredients, except for the 2 tablespoons of oats. Select Speed 3 and pulse until combined, about 5 to 6 times.
4. Pour the batter into the prepared pan and sprinkle the oats over the top.
5. Put in the preheated oven. Bake until golden brown on the top, about 40 to 45 minutes.
6. Transfer pan to a rack to cool before unmolding and serving.

\*Oat flour can be easily made in the Cuisinart® blender. See page 22 for guidelines on how to make your own.

## **Nutritional information per serving:**

*Calories 252 (36% from fat) | Carb. 37g | Pro. 4g | Fat 10g | Sat. Fat 6g | Chol. 61mg  
Sod. 224mg | Calc. 8mg | Fiber 2g*



# Blueberry Buckwheat Pancakes

*The natural nuttiness of the buckwheat flour adds great flavor to these blueberry pancakes. There is very little fat and just a bit of added sugar (maple syrup!) so you can eat these for breakfast without the guilt.*

## **Makes 16 pancakes**

- 1 cup unbleached, all-purpose flour
- ½ cup buckwheat or whole wheat flour\*
- 1½ teaspoons baking powder
- ½ teaspoon baking soda
- ½ teaspoon ground cinnamon
- ¼ teaspoon kosher salt
- 1½ cups buttermilk
- 2 large eggs
- 2 tablespoons pure maple syrup
- ½ teaspoon pure vanilla extract
- 1 cup fresh or frozen (thawed) blueberries (if using frozen blueberries, toss with 2 tablespoons of the flour being used in the recipe)
- unsalted butter, for greasing the pan

1. Put the flours, baking powder, baking soda, cinnamon and salt into a small bowl. Whisk to combine; reserve.
2. Put the buttermilk, eggs, maple syrup and vanilla into the blender jar. Select Speed 2 and press Start. Blend until combined, 20 seconds.
3. Pour the liquid mixture over the dry ingredients and gently fold with a spatula to just combine. Add the blueberries and gently fold once or twice.
4. Preheat a griddle over medium heat. Once preheated, melt a small amount of butter to just coat the pan. Drop batter using ¼-cup measure. Cook pancakes until bubbles form, about 2 minutes; flip and cook until done, another 1 to 2 minutes. Repeat with remaining batter.
5. Transfer to warm plates for serving. As you finish each round of pancakes, you can keep them warm on a wire rack placed on a baking sheet inside a low oven (200°F).

\*Buckwheat flour adds a nice flavor to the pancakes, but if you prefer whole wheat, it can be used in its place. Both flours can be easily made in the Cuisinart® blender. See page 22 for guidelines on how to make your own.

## **Nutritional information per serving (per pancake):**

Calories 67 (14% from fat) | Carb. 12g | Pro. 3g | Fat 1g | Sat. Fat 0g | Chol. 25mg | Sod. 142mg  
Calc. 44mg | Fiber 0g

# Cinnamon Rolls

*Homemade cinnamon rolls fill your house with a delicious aroma. They take a bit of time, due to the dough needing to rise and rest, but thankfully they reheat really well.*

## **Makes 16 rolls**

unsalted butter, softened, or nonstick cooking spray,  
for coating pan

### **Dough:**

- 1¼ cups nonfat milk
- ¼ cup granulated sugar
- 2¼ teaspoons active dry yeast (1 standard packet)
- 4 tablespoons (½ stick) unsalted butter, softened and cut into 2 pieces
- ½ teaspoon kosher salt
- 2 large eggs
- 1 teaspoon pure vanilla extract
- 2 cups bread flour
- 2 cups unbleached, all-purpose flour

### **Filling:**

- ¾ cup packed dark brown sugar
- 1 tablespoon ground cinnamon
- 8 tablespoons (1 stick) unsalted butter, softened and cut into 4 pieces

### **Glaze:**

- 1 cup confectioners' sugar, sifted
- 2 tablespoons milk (any variety will work)
- ¼ teaspoon pure vanilla extract







1. Grease a 13x9-inch pan with the butter, or lightly coat with the nonstick cooking spray; reserve.
2. Put the milk, sugar, yeast, 4 tablespoons of butter and salt into the blender jar. Select Speed 6 and press Start. Blend until completely combined and mixture is slightly warm, about 2 minutes.
3. Add the eggs and vanilla. Select Speed 4 and pulse to mix, about 4 pulses.
4. Add the bread flour. Select Speed 4 and pulse until homogenous, about 4 pulses. Transfer dough (it will be more of a batter at this point) to a greased mixing bowl. Cover with plastic wrap and allow to rest for 1 hour.
5. After the hour has elapsed, add the 2 cups of all-purpose flour and knead by hand until completely mixed. Cover again with plastic wrap and allow to rest and rise for an additional hour.
6. While the dough is resting, prepare the filling. Put the filling ingredients into a small bowl and stir to combine.
7. Once the dough has sufficiently risen (it should be about double the size), turn out onto a floured surface and divide the dough into two pieces (keep covered with plastic wrap). Allow to rest for 15 minutes. Roll each ball into a flat sheet, about 12 inches by 18 inches. Divide the filling mixture over each piece of dough, leaving about ½-inch border (the filling is a thick paste, so either spread using clean hands or a small spatula – it is OK if it does not fully cover every bit of the dough). Roll each sheet up from the 12-inch side of the rectangle (this is easiest if this is the side horizontal to you). Cut each roll into 8 equal pieces.
8. Place pieces into the greased pan, cover with plastic wrap and allow to rise until doubled in size, about 1 hour.
9. While the rolls are rising, preheat oven to 350°F with the rack in the middle position.
10. Place the prepared pan into the preheated oven. Allow to bake until lightly brown, about 25 minutes.
11. While cinnamon rolls are baking, prepare the glaze. Put the confectioners' sugar into the blender jar. Select Speed 1 and press Start. While blender is running, add the milk and vanilla through the opening in the top of the lid. Gradually increase to Speed 10 while adding the milk and vanilla and let mix for 1 minute. Reserve until ready to use. Note: You may have to blend or stir again right before using to smooth out the glaze.
12. Let the cinnamon rolls cool in the pan for about 5 minutes, and then transfer to a cooling rack. Spoon the reserved glaze over warm rolls.

**Nutritional information per cinnamon roll:**

*Calories 272 (29% from fat) | Carb. 43g | Pro. 5g | Fat 9g | Sat. Fat 5g | Chol. 46mg | Sod. 95mg  
Calc. 34mg | Fiber 1g*

# Lemon Ginger Waffles

*The blender does all the work for you in this recipe, from chopping the zest and ginger, to “sifting” the dry ingredients. We prefer to stir the dry and wet ingredients in separate bowls, because a light hand makes for the lightest waffles.*

## **Makes 2 cups batter**

2-inch piece fresh lemon peel, bitter white pith removed  
¼ cup candied/crystallized ginger  
1 cup unbleached, all-purpose flour  
1 tablespoon yellow cornmeal  
1 tablespoon granulated sugar  
¼ teaspoon baking soda  
¼ teaspoon kosher salt  
pinch ground ginger  
1 cup buttermilk  
1 large egg  
¼ teaspoon pure vanilla extract  
¼ cup vegetable oil  
nonstick cooking spray, for waffle plates

1. Put the lemon peel and ginger into the blender jar. Select Speed 5 and pulse to chop, about 2 to 3 times. Add the dry ingredients (flour through the ground ginger). Select Speed 3 and press Start. Blend until fully combined. Transfer the mixture to a large mixing bowl; reserve.
2. Put the buttermilk, egg, vanilla and oil into the blender jar. Select Speed 2 and press Start. Blend until combined, about 20 seconds.
3. Pour the liquid mixture over the dry ingredients and gently fold with a spatula to just combine.
4. Preheat a Cuisinart® Waffle Maker to desired setting. Lightly coat the plates with nonstick cooking spray and pour the recommended amount of batter in the middle of the waffle grid(s). Gently spread to ½ inch from the edge of the waffle plate. Close lid of waffle maker and cook for recommended time. Repeat with remaining batter. For best results, serve immediately.

## **Nutritional information per serving (based on 4 servings):**

*Calories 294 (47% from fat) | Carb. 33g | Pro. 7g | Fat 15g | Sat. Fat 2g | Chol. 49mg  
Sod. 304mg | Calc. 85mg | Fiber 1g*





# Sweet Crêpe Batter

*Think of crêpes as a blank canvas. They can be stuffed with traditional sweet fillings such as fresh fruit or chocolate sauce, but they can also be used with savory fillings such as scrambled eggs, vegetables and cheese. Looking to “wow” with a special dessert? Use the crêpes to make a knockout layer cake. The crêpes are the “cake layers” and you can fill with anything from a thick whipped cream, to your favorite cake filling.*

## **Makes about twelve, 8-inch crêpes**

- 3 large eggs
- 4 tablespoons (½ stick) unsalted butter, melted and cooled to room temperature
- ¾ cup unbleached, all-purpose flour
- ½ teaspoon kosher salt
- 1 tablespoon granulated sugar
- 1 cup reduced-fat milk
- 1 teaspoon pure vanilla extract
- 1 teaspoon unsalted butter

Put the eggs, melted butter, flour, salt and sugar into the blender jar.

Select Speed 3 and press Start. With the unit running, carefully remove the measuring cup from the lid of the blender. Add the milk and vanilla through the opening. Mix until smooth, about 15 to 20 seconds. Allow the batter to rest for a minimum of 1 hour, or up to overnight, refrigerated.

1. Before using batter, re-blend or whisk to remove any lumps (strain if necessary).
2. Set an 8 to 10-inch crêpe pan or nonstick skillet over medium/medium-high heat. Once pan is hot, add the 1 teaspoon of butter. Tilt pan to evenly distribute the butter; let pan rest on heat for an additional 30 seconds. Add batter, about a scant quarter-cup, and with the pan in hand, quickly and evenly rotate it so the crêpe batter thinly coats the entire bottom surface. Allow to cook until set, about 2 minutes (traditionally the crêpe should not brown). Flip and cook on the second side for no more than 30 seconds. Remove and repeat with remaining batter.

## **Nutritional information per serving (per crêpe):**

*Calories 94 (54% from fat) | Carb. 8g | Pro. 3g | Fat 6g | Sat. Fat 3g | Chol. 59mg | Sod. 122mg  
Calc. 30mg | Fiber 0g*

# Pâte Brisée

*Pastry dough prepared in a blender? Oh yes! Thanks to the range of speed and functions in the Cuisinart® blender, pastry dough can be pulsed together to form the flaky dough. Be sure not to overmix – the dough may look too dry, but trust us, it is better to go under than over in this process.*

## **Makes 1 single pie/tart crust**

- 1 cup unbleached, all-purpose flour
- ½ teaspoon kosher salt
- 8 tablespoons (1 stick) unsalted butter, cold and cubed
- 2 to 3 tablespoons ice water

1. Put the flour and salt into the blender jar. Select Speed 3 and press Start. Blend until combined, 10 seconds.
2. Add the cubed butter. Select Speed 5 and pulse to form large crumbs, about 2 to 6 times. If it looks uneven, scrape down and pulse 1 to 2 more times.
3. Add 1 tablespoon of the water. Select Speed 5 and pulse to just combine. Using a wooden spoon, scoop a bit of the mixture out of the blender jar. Pinch the mixture. If it sticks together, then the mixture is ready. If it is too dry, drizzle additional water, 1 tablespoon at a time, and repeat pulsing 1 to 2 times until it just comes together. Do not overmix or your baked pie/tart shell will be tough and not flaky.
4. Dump the mixture onto a large piece of parchment paper or plastic wrap. Using the heel of your hand, combine and work together gently – just a few times – to shape into a disk. Wrap well and chill in the refrigerator for a minimum of 1 hour, or up to 3 days.

## **Nutritional information per serving (based on 12 servings):**

*Calories 100 (66% from fat) | Carb. 7g | Pro. 1g | Fat 7g | Sat. Fat 5g | Chol. 20mg | Sod. 95mg  
Calc. 0mg | Fiber 0g*



# Sausage & Kale Quiche

*Great for a Sunday brunch, this quiche will please any crowd.*

**Makes one 9-inch quiche, 8 to 12 servings**

1 recipe Pâte Brisée (page 15)

**Filling:**

- 1 ounce Pecorino Romano cheese
- 1 garlic clove, peeled
- 1 small shallot, cut into 1-inch pieces
- 4 large lacinato kale leaves, tough stems removed
- 1½ teaspoons olive oil
- ¼ teaspoon kosher salt
- pinch freshly ground black pepper
- ¼ teaspoon fresh thyme leaves
- 1 link (about 3 ounces) hot Italian sausage, casing removed
- ½ cup whole milk
- ½ cup heavy cream
- 4 large eggs





1. Preheat oven to 350°F with the rack in the middle position.
2. Roll out dough to a 1/8-inch-thick circle and fit it into a 9-inch tart pan. Chill in refrigerator for 30 to 40 minutes. Using a fork, prick the chilled dough evenly all over, but make sure not to go entirely through the dough. Line the shell with parchment paper or foil and weigh it down with dried beans or rice. Bake for 15 to 20 minutes, or until the dough under the parchment is no longer wet. Remove the beans/rice and parchment/foil and continue baking until the shell is golden brown, an additional 10 to 15 minutes. Remove and set aside. Reduce the oven temperature to 325°F.
3. While the dough is chilling/baking, prepare the filling. Put the cheese into the blender jar. Select Speed 10 and press Start. Blend to finely chop, about 10 seconds; remove and reserve. Select Speed 4 and press Start. While running, remove the measuring cup from the lid of the blender and drop the garlic and shallot through the opening and blend until finely chopped (you may need to stop to scrape down, and then blend again on Speed 4). Add the kale. Select Speed 5 and pulse until finely chopped, about 6 times.
4. Put the oil into a medium skillet (about 10 inches) set over medium/medium-low heat. Once oil is hot, add the garlic, shallot and kale with a pinch of the salt, pepper and all of the thyme. Sauté until the garlic and shallot are softened and the kale is bright green. Remove and reserve.
5. Increase the heat to medium-high. Once hot, add the sausage, breaking it up with a heatproof utensil/spatula while cooking. Sauté until fully cooked (no pink present), about 1½ to 2 minutes. Remove pan from heat and reserve.
6. Put the milk, cream, and eggs and the remaining salt, into the blender jar. Select Speed 2 and press Start. Blend until combined, about 30 seconds.
7. Scatter the sausage over the bottom of the blind-baked *pâte brisée* shell, and then top with the kale mixture. Pour the custard mixture, being careful to avoid adding any foam, over the sausage and vegetables and then sprinkle the cheese on top.
8. Carefully place the quiche in the preheated oven. Bake until just set, about 20 minutes.
9. Allow to cool for about 5 minutes before slicing and serving.

**Nutritional information per serving (based on 12 servings):**

*Calories 294 (47% from fat) | Carb. 33g | Pro. 7g | Fat 15g | Sat. Fat 2g | Chol. 49mg  
Sod. 304mg | Calc. 85mg | Fiber 1g*





# Bran Muffins

*High in fiber, these muffins make for a great midday snack. There are many different “bran cereals” on the market – do your best to find ones that are 100% bran, as opposed to having other fillers. This will ensure the best bran flavor.*

## **Makes 12 muffins**

- nonstick cooking spray
- 1¾ cups bran cereal
- ½ cup hot water
- 1¼ cups buttermilk
- 1 large egg
- ¼ cup vegetable oil
- 2 tablespoons molasses
- ⅓ cup packed light brown sugar
- 1 cup unbleached, all-purpose flour
- ¼ cup wheat bran
- ¼ teaspoon baking soda
- ¼ teaspoon kosher salt
- ⅓ cup raisins
- ¼ cup toasted walnuts

1. Preheat oven to 350°F. Grease a 12-cup muffin pan with nonstick cooking spray; reserve.
2. Put the cereal and water into the blender jar. Select Speed 6 and press Start. Blend until well combined, about 8 seconds. Add the buttermilk, egg, oil and molasses. Select Speed 5 and press Start. Blend to mix, about 15 seconds. Add the remaining ingredients. Select Speed 5 and pulse about 8 times, stopping to scrape down as needed. Do not overmix.
3. Divide the batter evenly among the muffin pan. Bake in the preheated oven until the tops spring back to the touch, about 22 to 24 minutes.
4. Transfer pan to a rack to cool slightly before removing muffins from the pan.

## **Nutritional information per muffin:**

*Calories 174 (28% from fat) | Carb. 30g | Pro. 4g | Fat 6g | Sat. Fat 1g | Chol. 17mg | Sod. 161mg  
Calc. 4mg | Fiber 4g*





**Flour Power**



# Milling Grains

When most people think about milling grains at home, they think first of those bulky, expensive grain mills. Put those thoughts aside because you can make all of your own flours and meals using your new Cuisinart® blender! Be it buckwheat, oats, garbanzo beans or rice, they can all be blended to a fine powder with the touch of a button. In less than 1 minute you will have the freshest flours for your next batch of baked goods.

Here we give you guidelines, which work for just about any grain. We use 1 cup as a starting point, but you can go up to a maximum of 3 cups for any of the grains. Milling these items at home will save you a lot of money at the market and will be the freshest-tasting flours.

Put 1 cup of your desired grain into the blender jar. Turn the dial to Speed 10 and blend for 20 to 40 seconds (softer items, like quinoa and oats will take less time, while harder items like wheat berries will take the full 40 seconds).

Grain	Amount	Time	Yield	Use
Wheat Berries	1 cup	40 seconds	1½ cups flour	Whole wheat flour – substitute for all-purpose flour as needed.
Buckwheat	1 cup	30 seconds	1½ cups flour	Buckwheat flour – use in addition to other flours in baked goods from cookies and breads to pancakes.
Rice (White or Brown)	1 cup	30 seconds	1⅓ cups flour	A great, gluten-free alternative to flour. Since there is no gluten in rice flour, it cannot be substituted 1 for 1 for all-purpose flour.
Garbanzo Beans	1 cup	30 seconds	1½ cups flour	Another good, gluten-free flour that can be used in combination with other gluten-free flours. This has a stronger flavor than others, such as rice, so it may work better in savory items than chocolate chip cookies for example.
Dried Corn Kernels	1 cup	30 seconds	1½ cups meal	Cornmeal – use it in cornbread, or use it when making pizza (gives that great crunch to the bottom crust and prevents it from sticking to pizza stones or pans).
Quinoa	1 cup	20 seconds	1½ cups flour	This gluten-free flour is very high in protein.
Oats	1 cup	20 seconds	1⅓ cups flour	Great in muffins and pancakes, and also a nice addition to yeast breads.

# Gluten-Free Waffles

*Gluten-free flours are becoming more available in grocery stores, but they are rather expensive. Save money and make your own at home. This recipe calls for rice flour, which has a fairly neutral flavor. Use our guide on page 22 for tips on how to mill your own flours in your blender.*

## **Makes 2 $\frac{1}{3}$ cups batter**

- 1½ cups rice flour\*
- ¼ cup tapioca starch
- 2 tablespoons milk powder
- 2 tablespoons granulated sugar
- 2 teaspoons baking powder
- ¾ teaspoon kosher salt
- 1 cup buttermilk
- 1 large egg, lightly beaten
- 2 teaspoons pure vanilla extract
- ¼ cup vegetable oil

1. Put the dry ingredients into the blender jar. Select Speed 3 and press Start. Blend to fully combine, about 10 seconds. Transfer the mixture to a large mixing bowl; reserve.
2. Put the buttermilk, egg, vanilla and oil into the blender jar. Select Speed 2 and press Start. Blend for 20 seconds.
3. Pour the liquid mixture over the dry ingredients and gently fold with a spatula to just combine.
4. Preheat a Cuisinart® Waffle Maker to desired setting. Lightly coat the plates with nonstick cooking spray and pour the recommended amount of batter in the middle of the waffle grid(s). Gently spread to ½ inch from the edge of the waffle plate. Close lid of waffle maker and cook for recommended time. Repeat with remaining batter. For best results, serve immediately.

\*Rice flour can be easily made in the Cuisinart® Hurricane™ Pro blender. See guidelines on how to make your own.

## **Nutritional information per waffle:**

*Calories 810 (38% from fat) | Carb. 106g | Pro. 19g | Fat 35g | Sat. Fat 5g | Chol. 102mg  
Sod. 1284mg | Calc. 259mg | Fiber 3g*



**Loa ng  
Around**



# English Muffins

*There is a quality about a homemade English muffin that beats out the pre-packaged variety any day. Serve warm with butter, jam, or use as a base for a sandwich. While the dough needs some time to rise and prepare, the cooking process is quick – and you do not need to turn on your oven!*

## **Makes 18 muffins**

- 1 cup nonfat milk
- 2¼ teaspoons dry active yeast (1 standard packet)
- 1 cup warm water (105°F to 110°F)
- 1 teaspoon kosher salt
- ¼ cup vegetable shortening, melted and cooled slightly
- 2 cups bread flour
- 2 cups whole wheat flour
- 2 cups unbleached, all-purpose flour
- ½ cup yellow cornmeal
- 2 tablespoons oil, for pan, plus more as needed





1. Put the milk, yeast, water, salt and shortening into the blender jar. Select Speed 4 and press Start. Blend until mixed, about 5 to 10 seconds.
2. Add the bread flour. Select Speed 4 and pulse to combine (scrape down sides of jar and repeat if necessary).
3. Transfer the batter to a large bowl, cover with plastic wrap and let rest for 1 hour.
4. After the hour has elapsed, add the whole wheat and all-purpose flours to the batter. Using floured hands, knead the mixture together until a nice dough forms (you may need additional flour – the dough should be smooth, but not dry). Form into a ball and return to the bowl and cover with plastic wrap. Allow to rest until the dough has doubled in size, about 1 hour.
5. While dough is resting, line a rimmed baking sheet with wax or parchment paper and sprinkle with the cornmeal.
6. Once the dough has doubled in size, transfer to a heavily floured work surface and roll into a rectangle, about ½-inch thick. Using a round biscuit cutter (about 3 inches in diameter), cut into 18 rounds and transfer to the cornmeal-dusted pan. Sprinkle more cornmeal over the tops of the dough rounds. Cover with plastic wrap and allow to rise for 1 hour.
7. Heat a large skillet over medium heat. Add the oil. Once the oil is hot, add a few of the dough rounds to the hot oil (be sure not to overcrowd the pan). Cook until nicely browned on the bottom, about 2 to 4 minutes, and then flip. Cover and allow to cook for an additional 2 minutes, until nicely browned on the opposite side. Transfer to a paper towel-lined baking sheet and repeat with remaining dough. Very important – do not let pan get dry. Add additional oil as necessary, otherwise the English muffins will burn.

**Nutritional information per muffin:**

*Calories 289 (16% from fat) | Carb. 34g | Pro. 6g | Fat 3g | Sat. Fat 1g | Chol. 0mg | Sod. 137mg  
Calc. 26mg | Fiber 3g*



# Focaccia

*A blender is not the first tool that comes to mind when thinking about making dough, but it makes the process a little more foolproof. You do not have to proof the yeast ahead of time, just throw it into the blender with the other ingredients and blend to mix well – you will see that the power of the blender and the resting time are all you need to make flavorful yeasted products.*

## **Makes 16 servings**

- 1½ cups warm water (105°F to 110°F)
- 2¼ teaspoons dry active yeast (1 standard packet)
- 4 tablespoons olive oil, divided
- 1 tablespoon kosher salt, plus more for sprinkling
- 1½ cups bread flour
- 1 cup Sourdough Starter (recipe on page 30; this must be prepared 3 days in advance)
- 1 cup unbleached, all-purpose flour
- ¼ cup fresh rosemary leaves
- oil for pan

1. Put the water, yeast, 2 tablespoons of the olive oil, salt and bread flour into the blender jar. Select Speed 6 and press Start. Blend until smooth, about 20 seconds.
2. Transfer the batter to a large mixing bowl. Cover with plastic wrap and allow to rest for 2 hours.
3. Add the Sourdough Starter to the batter mixture. Stir to combine and then add the all-purpose flour and, using floured hands, knead the mixture together until a nice dough forms (you may need additional flour – the dough should be smooth and slightly sticky, not dry).
4. Oil a rimmed 13 x 18-inch baking pan. Roll out dough to fit and transfer to the pan. Cover and allow to rise until doubled in size.
5. Preheat oven to 425°F with the rack in the middle position.
6. Once the dough is ready, use your fingers to make indentations in the dough over the entire surface. Brush the dough with the remaining olive oil, and sprinkle the top with the rosemary and a few pinches of the kosher salt. Bake until the focaccia is a nice golden brown on top, about 35 to 40 minutes.
7. Allow to cool for 10 minutes before serving.

## **Nutritional information per serving:**

*Calories 112 (28% from fat) | Carb. 18g | Pro. 3g | Fat 4g | Sat. Fat 1g | Chol. 0mg | Sod. 431mg  
Calc. 2mg | Fiber 1g*



# Sourdough Starter

*A sourdough starter can be used for more than just sourdough bread. We use it for our focaccia (preceding recipe) because it gives a deeper flavor profile to the final baked bread.*

## **Makes about 3 cups**

- 1½ cups warm water (105°F to 110°F)
- 2 cups unbleached, all-purpose flour
- 2¼ teaspoons dry active yeast

1. Put all of the ingredients into the blender jar. Select Speed 6 and press Start. Blend until smooth, about 20 seconds.
2. Transfer starter to a medium mixing bowl. Cover with plastic wrap and allow to sit for 3 days at room temperature.
3. After sitting at room temperature for 3 days, it can then be used in recipes, or it can be stored in the refrigerator – it will need to be “fed” to keep the starter alive by removing 2 tablespoons of existing starter and adding 1 tablespoon of flour and 2 tablespoons of water, about once a week. Stir the flour and water into the starter, and then cover and keep in the refrigerator. If the starter is not bubbly, that means that it is no longer alive. Sourdough starters can be revived by discarding the surface liquid and feeding the starter as usual.



# Sourdough Rolls

*Perfect for dinner rolls, small sandwiches, or alongside all of the fixings at a BBQ, these sourdough rolls will be sure to please.*

## **Makes 18 rolls**

- 1½ cups warm water (105°F to 110°F)
- 1 cup whole wheat flour
- 1 cup bread flour, plus more as needed
- 2¼ teaspoons dry active yeast (1 standard packet)
- 1 teaspoon kosher salt
- 1 cup Sourdough Starter (preceding recipe)
- ⅓ cup cornmeal

1. Put the water, flours, yeast and salt into the blender jar. Select Speed 4 and press Start. Blend until smooth, about 30 seconds.
2. Transfer the batter to a large mixing bowl. Add the Sourdough Starter and stir to combine. Add more bread flour and knead with floured hands until dough comes together into a smooth ball. Cover with plastic wrap and allow to rest for 2 hours.
3. Sprinkle the cornmeal onto a rimmed baking sheet; reserve.
4. Transfer the dough to a lightly floured work surface. Cut the dough into 18 pieces of equal size and roll into smooth rounds. Place on the cornmeal-dusted baking sheet, cover with plastic wrap and allow to rise for 1 hour.
5. Preheat oven to 450°F with the rack in the middle position.
6. Once the dough is ready, bake until the tops of the rolls are nicely golden, about 20 minutes.
7. Allow to cool for a few minutes before serving.

## **Nutritional information per roll:**

*Calories 67 (3% from fat) | Carb. 14g | Pro. 3g | Fat 0g | Sat. Fat 0g | Chol. 0g | Sod. 129mg  
Calc. 3mg | Fiber 1g*

# Garlic Rosemary Popovers

*Popovers are a way to impress your dinner guests. They are best served right out of the oven, so try to time it as best you can.*

## **Makes 12 popovers**

- nonstick cooking spray
- 1 garlic clove, peeled
- 1 teaspoon kosher salt
- ½ teaspoon freshly ground black pepper
- ¼ cup fresh rosemary leaves
- 1½ cups nonfat milk
- 4 large eggs
- 3 tablespoons unsalted butter, melted and cooled slightly
- 1½ cups unbleached, all-purpose flour

1. Preheat oven to 425°F with the rack in the lower third of the oven. Lightly coat a 12-cup muffin pan with nonstick cooking spray; reserve.
2. Put the garlic, salt, pepper and rosemary in the blender jar. Select Speed 4 and pulse to chop, 3 to 4 times. Stop to scrape down sides of jar as needed and repeat pulsing. (It does not need to be finely chopped for it will chop some more once the other ingredients are added.)
3. Add the milk, eggs and butter. Select Speed 4 and press Start. Blend until completely combined, about 20 seconds. Add the flour. Select Speed 4 and pulse until combined, about 4 times.
4. Divide the batter evenly among the 12 cups of the prepared pan. Bake for 40 minutes, or until nicely browned (it is very important to not open the oven door during baking). At the end of 40 minutes, using the tip of a paring knife, pierce the top of each popover and then allow to bake for an additional 5 to 10 minutes (this allows the popovers' interiors to dry).
5. Serve immediately.

### **Nutritional information per popover:**

*Calories 111 (36% from fat) | Carb. 13g | Pro. 5g | Fat 4g | Sat. Fat 2g | Chol. 70mg | Sod. 231mg  
Calc. 49mg | Fiber 0g*



# Cornbread

*A staple with a bowl of a chili, although maybe not authentic Southern style, our version has a great texture with just a touch of sugar.*

## **Makes 10 servings**

	unsalted butter, softened, or nonstick cooking spray, for pan
1½	cups yellow cornmeal
1½	cups unbleached, all-purpose flour
12	tablespoons (1½ sticks) unsalted butter, softened
3	tablespoons granulated sugar
1½	teaspoons baking powder
½	teaspoon baking soda
¾	teaspoon kosher salt
2	cups buttermilk
2	large eggs

1. Preheat oven to 425°F. Grease a 9-inch round or square baking pan with the softened butter or nonstick cooking spray; reserve.
2. Put the cornmeal and flour into the blender jar. Select Speed 3 and press Start. Blend to fully combine, about 10 seconds. Transfer the mixture to a large mixing bowl; reserve.
3. Put the butter, sugar, baking powder, baking soda and salt in the blender jar. Mix on Speed 4 until creamy, about 10 seconds.
4. Add buttermilk and eggs and pulse on Speed 4 to just incorporate, about 5 pulses. Scrape down and pulse a few more times, if necessary.
5. Transfer to the bowl of dry ingredients. Stir until just combined – it is important not to overmix or the cornbread will be tough and dry.
6. Pour the batter into the prepared pan and bake in the preheated oven until golden brown, about 20 to 25 minutes.
7. Transfer pan to a wire rack to cool slightly before serving.

## **Nutritional information per serving:**

*Calories 293 (47% from fat) | Carb. 33g | Pro. 7g | Fat 16g | Sat. Fat 9g | Chol. 76mg | Sod. 345mg  
Calc. 78mg | Fiber 2g*



# Dried Fruit Scones

*The power of the Cuisinart® Hurricane™ Pro blender takes care of all of the tedious prep needed to make these tasty scones. It blasts through the dried fruit and mixes them perfectly with the other dry ingredients. Whip up the butter, milk and eggs next and the scones will be ready in no time.*

## **Makes 16 scones**

- 1/3 cup pitted dates
- 1/3 cup raisins or dried cranberries
- 1/3 cup dried apricots
- 1 cup unbleached, all-purpose flour
- 1/2 cup whole wheat flour
- 1/4 cup granulated sugar
- 2 teaspoons cream of tartar
- 2 teaspoons baking soda
- 1/2 teaspoon kosher salt
- 8 tablespoons (1 stick) unsalted butter, melted and cooled
- 1/2 cup buttermilk, room temperature
- 2 large eggs

1. Preheat oven to 350°F with the rack in the middle position.
2. Put all of the dried fruit and dry ingredients into the blender jar. Select Speed 6 and pulse to chop, about 8 to 10 times. Transfer to a large mixing bowl; reserve.
3. Put the butter, buttermilk and eggs into the blender jar. Select Speed 4 and press Start. Blend until smooth, about 10 seconds.
4. Add the liquid ingredients to the bowl of the dry mixture. Using either floured hands or a large fork, mix until mixture just forms a dough.
5. Line a rimmed baking sheet with parchment paper. Transfer the dough to the pan and form a 10-inch circle. Cut into 16 wedges and distribute on pan, leaving 1 to 2 inches between each wedge.
6. Bake in preheated oven for 10 to 12 minutes, or until scones are golden brown.
7. Serve scones warm.

## **Nutritional information per scone:**

*Calories 137 (41% from fat) | Carb. 18m | Pro. 3g | Fat 6g | Sat. Fat 4g | Chol. 39mg | Sod. 242mg  
Calc. 19mg | Fiber 1g*







A decorative flourish consisting of two thin black lines that curve upwards at both ends, framing the text.

# Smooth Operator



# Antioxidant Smoothie

*Berries are a widely known superfood loaded with antioxidant properties. The cranberry juice makes this smoothie a bit tart, so substitute with some additional water or add a small amount of natural sweetener if preferred.*

## **Makes 5½ cups**

- 1 cup unsweetened cranberry juice
- 1 cup water
- 1 banana, cut into 2-inch pieces
- 2 cups fresh strawberries, hulled and halved
- 2 cups frozen wild blueberries

1. Put all of the ingredients, in the order listed, into the blender jar. Secure lid.
2. Select the Fruit Smoothie function and press Start.
3. Serve immediately.

## **Nutritional information per serving (about 1 cup):**

*Calories 97 (3% from fat) | Carb. 25g | Pro. 1g | Fat 0g | Sat. Fat 0g • Chol. 0mg | Sod. 6mg  
Calc. 40mg | Fiber 4g*



# Tropical Vitamin C Smoothie

*You'll barely taste the kale in this smoothie, but including it in your daily drink is a good way to sneak in some extra, good-for-you greens, not to mention vitamin C.*

## **Makes 5 cups**

- 2 cups orange juice
- 2 cups fresh papaya (about 12 ounces), cut into 1-inch pieces
- 1 cup fresh pineapple (about 5 ounces), cut into 1-inch pieces
- 4 large kale leaves (about 2 ounces), stems removed and cut into 1-inch pieces
- 1 cup frozen mango chunks

1. Put all of the ingredients, in the order listed, into the blender jar. Secure lid.
2. Select the Green Smoothie function and press Start.
3. Serve immediately.

## **Nutritional information per serving (1 cup):**

*Calories 114 (3% from fat) | Carb. 27g | Pro. 1g | Fat 0g | Sat. Fat 0g | Chol. 0mg | Sod. 14mg  
Calc. 42mg | Fiber 2g*



# The Green Monster

*We know what you're thinking—broccoli? In a blender?! Give it a try; this creamy, calcium-rich drink might become your new go-to.*

## **Makes 3½ cups**

- 1½ cups almond milk
- 1 banana, cut into 2-inch pieces
- 1 cup broccoli florets, cut into 1-inch pieces
- 1 cup packed baby spinach
- 1 cup frozen strawberries
- 2 teaspoons light agave nectar

1. Put all of the ingredients, in the order listed, into the blender jar. Secure lid.
2. Select Green Smoothie function and press Start.
3. Serve immediately, over ice.

## **Nutritional information per serving (about 1 cup):**

*Calories 94 (17% from fat) | Carb. 19g | Pro. 2g | Fat 2g | Sat. Fat 0g | Chol. 0mg | Sod. 111mg  
Calc. 157mg | Fiber 3g*



# Light Green Smoothie

*This green smoothie is as delicious and nutritious as it is simple.  
Use any greens you have on hand to substitute.*

## **Makes 2 cups**

- 1 cup non-dairy milk (e.g., rice, almond or soy)
- 1 ripe banana, cut into 2-inch pieces
- 1 cup baby spinach
- 1 cup frozen strawberries

1. Put all of the ingredients, in the order listed, into the blender jar. Secure lid.
2. Select Green Smoothie function, adjust time to 45 seconds and press Start.
3. Serve immediately.

## **Nutritional information per serving (about 1 cup):**

*Calories 150 (4% from fat) | Carb. 35g | Pro. 5g | Fat 2g | Sat. Fat 0g | Chol. 0mg | Sod. 86mg  
Calc. 220mg | Fiber 5g*

# Pineapple-Berry Smoothie with Fresh Mint

*The mint in this recipe is an unexpected flavor that pleasantly offsets the sweetness of the berries in this refreshing drink.*

## **Makes about 5 cups**

- 1 cup pineapple juice
- 1 small lime, peeled (white pith removed) seeded and quartered
- 1/3 cup packed fresh mint leaves
- 2 teaspoons honey
- 3 cups fresh pineapple, cut into 1-inch pieces
- 3 cups frozen mixed berries

1. Put all of the ingredients, in the order listed, into the blender jar. Secure lid.
2. Select Fruit Smoothie function and press Start.
3. Serve immediately.

## **Nutritional information per serving (about 1 cup):**

*Calories 74 (2% from fat) | Carb. 19g | Pro. 1g | Fat 0g | Sat. Fat 0g | Chol. 0mg | Sod. 4mg  
Calc. 20mg | Fiber 3g*



# Cherry-Ginger Smoothie

*This smoothie is packed with foods and spices that are well-known for offering anti-inflammatory benefits. The coconut and cinnamon add a nice sweetness to this bright and fresh smoothie.*

## **Makes about 4 cups**

- 3 cups coconut milk (canned is preferred for a thicker smoothie)
- 2 tablespoons flax or coconut oil
- ¼ teaspoon ground turmeric
- ¼ teaspoon ground cinnamon
- ½ ounce (1-inch piece) fresh ginger, peeled and halved
- 2 cups frozen cherries

1. Put all of the ingredients, in the order listed, into the blender jar. Secure lid.
2. Select Fruit Smoothie function and press Start.
3. Serve immediately.

## **Nutritional information per serving (1 cup):**

*Calories 244 (74% from fat) | Carb. 15g | Pro. 1g | Fat 19g | Sat. Fat 15g | Chol. 0mg | Sod. 37mg  
Calc. 32mg | Fiber 2g*



# Oatmeal Breakfast Smoothie

*Kids will love this alternative to a bowl of oatmeal – it has all of the components, but in a to-go format. We use our homemade oat milk in it (which could not be easier to make!), for it gives a true oat flavor to the smoothie.*

## **Makes about 3 cups**

- 2 cups Oat Milk (page 74 or store bought)
- 1 tablespoon flax oil
- 1 tablespoon pure maple syrup
- ½ teaspoon ground cinnamon
- 1 banana, cut into 2-inch pieces
- ½ cup frozen blueberries

1. Put all of the ingredients, in the order listed, into the blender jar. Secure lid.
2. Select Fruit Smoothie function and press Start.
3. Serve immediately.

## **Nutritional information per serving (1 cup):**

*Calories 172 (31% from fat) | Carb. 29g | Pro. 3g | Fat 6g | Sat. Fat 1g | Chol. 0mg | Sod. 39mg  
Calc. 18mg | Fiber 4g*



# Fresh Summer Smoothie

*This cold and frothy smoothie is a perfect refresher for a summer's day.*

## **Makes 5 cups**

- 1 fresh pineapple, peeled, cored and cubed, about 6 cups
- ¼ cup fresh mint leaves
- 6 ice cubes
- pinch kosher salt (optional)

1. Put all of the ingredients, in the order listed, into the blender jar. Secure lid.
2. Select Fruit Smoothie function and press Start.
3. Serve immediately.

## **Nutritional information per serving (about 1 cup):**

*Calories 101 (2% from fat) | Carb. 26g | Pro. 1g | Fat 0g | Sat. Fat 0g | Chol. 0mg | Sod. 4mg  
Calc. 36mg | Fiber 3g*



# Creamy Mango Smoothie

*Yogurt gives this smoothie a nice and creamy texture,  
not to mention extra protein!*

## **Makes about 4 cups**

- 2 ripe mangos, peeled, pitted and cut into large cubes
- 1 cup plain whole milk yogurt
- 1 teaspoon fresh lime juice
- 6 ice cubes

1. Put all of the ingredients, in the order listed, into the blender jar. Secure lid.
2. Select Fruit Smoothie function and press Start.
3. Serve immediately.

## **Nutritional information per serving (about 1 cup):**

*Calories 105 (19% from fat) | Carb. 19g | Pro. 4g | Fat 2g | Sat. Fat 1g | Chol. 8mg | Sod. 28mg  
Calc. 100mg | Fiber 2g*



# Coconut Cardamom Date Smoothie

*Thanks to the canned coconut milk, this smoothie has a great, thick texture. The health benefits are hidden by the sweetness of the dates.*

## **Makes about 2 $\frac{3}{4}$ cups**

- 1 can coconut milk (you may use “lite” if concerned about the fat content)
- $\frac{1}{2}$  teaspoon ground cardamom
- pinch kosher salt
- 6 dates, pitted
- 6 ice cubes

1. Put all of the ingredients, in the order listed, into the blender jar. Secure lid.
2. Select Fruit Smoothie function and press Start.
3. Serve immediately.

## **Nutritional information per serving (7 ounces):**

*Calories 357 (55% from fat) | Carb. 41g | Pro. 2g | Fat 24g | Sat. Fat 22g | Chol. 0mg | Sod. 81mg  
Calc. 32mg | Fiber 3g*



# Brazilian Power Shake

*Packed with nutrients and monosaturated fats (the good ones – we swear!), this will fill you up and give you the energy to keep on moving.*

## **Makes about 6 cups**

- 3 cups rice milk
- 1 ripe avocado, pitted
- 2 tablespoons honey
- 1 ripe banana, cut into 2-inch pieces
- ¼ teaspoon ground cinnamon
- 8 ice cubes

1. Put all of the ingredients, in the order listed, into the blender jar. Secure lid.
2. Select Fruit Smoothie function and press Start.
3. Pour over ice and enjoy!

## **Nutritional information per serving (1 cup):**

*Calories 136 (31% from fat) | Carb. 23g | Pro. 1g | Fat 5g | Sat. Fat 1g | Chol. 0mg | Sod. 46mg  
Calc. 157mg | Fiber 2g*

# Almond-Cocoa Protein Shake

*A great way to treat yourself, and your body, after a hard workout is with a protein-rich shake. This one contains only a few ingredients, with just a hint of sweetness.*

## **Makes about 3 cups**

- 2 cups almond milk
- 1 tablespoon agave nectar (optional)
- 2 tablespoons cocoa powder
- 2 tablespoons almond butter
- 8 ice cubes

1. Put all of the ingredients, in the order listed, into the blender jar. Secure lid.
2. Select Speed 1 and press Start. Blend, gradually increasing to Speed 10, until smooth, at least 45 seconds (longer if a thinner consistency is desired).
3. Serve immediately.

## **Nutritional information per serving (1 cup):**

*Calories 110 (63% from fat) | Carb. 6g | Pro. 4g | Fat 8g | Sat. Fat 0g | Chol. 0mg | Sod. 123mg  
Calc. 198mg | Fiber 3g*





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**Let's Get  
Shakin'**



# Strawberry-Lime Agua Fresca

*Perfect for a hot summer day, this fresh and light beverage will help you to cool off. Be sure to serve over a tall glass of ice — the colder the drink the better!*

## **Makes about 3½ cups**

- 2 tablespoons Simple Syrup (recipe follows)
- 4 to 6 tablespoons water
- 2 tablespoons fresh lime juice
- 4 cups fresh strawberries, hulled and halved
- ¼ cup fresh mint leaves
- 8 ice cubes, plus more for serving

1. Put all of the ingredients, in the order listed, into the blender jar. Secure lid.
2. Select Speed 1 and press Start. Blend, gradually increasing to Speed 10 until completely smooth.
3. Pour over a cup of ice and serve immediately.

## **Nutritional information per serving (½ cup):**

*Calories 36 (6% from fat) | Carb. 9g | Pro. 1g | Fat 0g | Sat. Fat 0g | Chol. 0mg | Sod. 3mg  
Calc. 22mg | Fiber 2g*

# Simple Syrup

*Simple syrup is a great ingredient to have on hand. It has the ability to sweeten many different types of foods, but is most notably used in cocktails and iced drinks, since regular granulated sugar takes a bit of time to dissolve into chilled drinks. Use to taste since it sweetens slightly differently than granulated sugar.*

## **Makes about 3 cups**

- 2 cups water
- 2 cups granulated sugar

1. Put the water and sugar into the blender jar. Secure lid.
2. Select Speed 3 and press Start. Blend, gradually increasing to Speed 6 to fully dissolve the sugar into the water, about 6 minutes.
3. Use immediately or store in an airtight container in a refrigerator for up to 3 weeks.



# Ruby Power Juice

*This earthy, yet bright juice is full of nutrients that will keep you energized when you need it most.*

## **Makes 2½ cups**

- 1½ cups water
- ¼ lemon, peeled, white pith removed and seeded
- ¼ to ½ ounce (½ to 1-inch piece) ginger, peeled
- ½ green apple, cored, seeded and cut into 1-inch pieces
- 1 carrot, peeled and cut into 1-inch pieces
- 1 beet, scrubbed and cut into 1-inch pieces
- 4 ice cubes, plus more for serving

1. Put all of the ingredients, in the order listed, into the blender. Secure lid.
2. Press Turbo to pulse and break up ingredients, about 4 to 5 times. Select Speed 10 and press Start. Blend until smooth, about 1 minute.
3. Serve cold over ice.

## **Nutritional information per serving (about 1 cup):**

*Calories 33 (5% from fat) | Carb. 8g | Pro. 1g | Fat 0g | Sat. Fat 0g | Chol. 0mg | Sod. 57mg  
Calc. 20mg | Fiber 2g*



# Orange & Fennel Juice

*Three ingredients and a little bit of water are all you need to make this frothy and refreshing drink.*

## **Makes about 3½ cups**

- ½ cup cold water
- 2 medium oranges, peeled, quartered and seeded
- 1 small fennel bulb, cleaned, trimmed and cored
- ¼ cup packed fresh Italian parsley leaves
- ice, for serving

1. Put all of the ingredients, in the order listed, into the blender jar. Secure lid.
2. Press Turbo to pulse and break up ingredients, about 4 to 5 times. Select Speed 10 and press Start. Blend until smooth, about 1 minute.
3. Serve cold over ice.

## **Nutritional information per serving (about 1 cup):**

*Calories 72 (5% from fat) | Carb. 18g | Pro. 2g | Fat 0g | Sat. Fat 0g | Chol. 0mg | Sod. 44mg  
Calc. 8mg | Fiber 5g*



# Cherry-Vanilla Shake

*Try any ice cream flavor and frozen fruit combination to create your own customized shake.*

## **Makes 2 cups**

- $\frac{3}{4}$  cup whole milk
- 1 cup vanilla ice cream
- $\frac{1}{2}$  cup frozen dark sweet cherries

1. Put all of the ingredients, in the order listed, into the blender jar. Secure lid.
2. Select Speed 1 and press Start. Blend until fully smooth and homogenous, about 1 minute 30 seconds.
3. Serve immediately.

## **Nutritional information per serving ( $\frac{1}{2}$ cup):**

*Calories 161 (51% from fat) | Carb. 12g | Pro. 4g | Fat 9g | Sat. Fat 6g | Chol. 61mg | Sod. 39mg  
Calc. 131 mg | Fiber 0g*



# Cookies & Cream Milkshake

*For the ultimate chocolate version, swap out the vanilla ice cream for chocolate ice cream and add 1 to 2 tablespoons of chocolate syrup.*

## **Makes 2 cups**

- ¾ cup whole milk
- 2 cups vanilla ice cream
- 6 chocolate sandwich cookies, broken up

1. Put all of the ingredients, in the order listed, into the blender jar. Secure lid.
2. Select Speed 1 and press Start. Blend until fully smooth and homogenous, about 1 minute.
3. Serve immediately.

## **Nutritional information per serving (½ cup):**

*Calories 378 (54% from fat) | Carb. 36g | Pro. 8g | Fat 23g | Sat. Fat 13g | Chol. 127mg  
Sod. 189mg | Calc. 206mg | Fiber 1g*

# Peach Pie Milkshake

*There's nothing quite like just-baked pie topped with ice cream, so we put the key ingredients into our blender to come up with this sweet shake. For even more fruit flavor, add 2 tablespoons of your favorite fruit preserves.*

## **Makes 2½ cups**

- ¾ cup whole milk
- 1 cup sliced, very ripe, fresh peaches  
or canned peaches in 100% juice
- 2 cups vanilla ice cream
- ¼ cup Cookie Butter (recipe page 95)

1. Put all of the ingredients, in the order listed, into the blender jar. Secure lid.
2. Select Speed 1 and press Start. Blend until fully smooth and homogenous, about 1 minute.
3. Serve immediately.

## **Nutritional information per serving (½ cup):**

*Calories 244 (45% from fat) | Carb. 31g | Pro. 4g | Fat 13g | Sat. Fat 6g | Chol. 35mg | Sod. 103mg  
Calc. 125mg | Fiber 1g*



# Frozen Mudslide

*This adult milkshake is the perfect after-dinner drink—creamy and just a little sweet.*

## **Makes about 3 cups**

- 1 cup whole milk
- $\frac{1}{4}$  cup coffee-flavored liqueur
- 3 cups vanilla ice cream

1. Put all of the ingredients, in the order listed, into the blender jar. Secure lid.
2. Select Speed 1 and press Start. Blend until fully smooth and homogenous, about 40 seconds.
3. Serve immediately.

## **Nutritional information per serving (about $\frac{1}{2}$ cup):**

*Calories 334 (35% from fat) | Carb. 29g | Pro. 6g | Fat 19g | Sat. Fat 12g | Chol. 126mg  
Sod. 93mg | Calc. 200mg | Fiber 0g*



# Strawberry Daiquiri

*Swap out the frozen strawberries in this recipe for any frozen fruit you like—you'll never go back to store-bought mixes again.*

## **Makes about 4 cups**

- 1½ cups white rum
- ¼ cup fresh lime juice
- ¼ cup Simple Syrup (recipe page 55)
- 4 cups frozen strawberries

1. Put all of the ingredients, in the order listed, into the blender jar. Secure lid.
2. Select Speed 10 and press Start. Blend until fully smooth and homogenous, about 45 seconds.
3. Serve immediately, ideally in chilled glasses.

## **Nutritional information per serving (about ½ cup):**

*Calories 157 (1% from fat) | Carb. 17g | Pro. 1g | Fat 0g | Sat. Fat 0g | Chol. 0mg | Sod. 3mg  
Calc. 19mg | Fiber 2g*





# Piña Colada

*Using coconut milk instead of the traditional cream of coconut makes this drink a little lighter than the classic.*

## **Makes about 6½ cups**

- 1 cup good quality white rum
- ½ cup unsweetened coconut milk
- 3 cups ripe, fresh pineapple, cut into 2-inch pieces
- 1 cup coconut sorbet
- 1 cup frozen pineapple chunks
- 6 ice cubes

1. Put all ingredients, in the order listed, into the blender jar. Secure lid.
2. Select Speed 10 and press Start. Blend until fully smooth and homogenous, about 45 seconds. With blender running, carefully remove the measuring cup from the lid. Add ice cubes, one at a time. Add more ice cubes if thicker consistency is desired.

## **Nutritional information per serving (about ½ cup):**

*Calories 137 (25% from fat) | Carb. 14g | Pro. 0g | Fat 4g | Sat. Fat 4g | Chol. 0mg | Sod. 12mg  
Calc. 0mg | Fiber 0g*

# Frozen Screwdriver

*This cocktail gets an upgrade with some ice, turning into a slushy you would want to drink any time of the day.*

## **Makes 5 cups**

- 1½ cups orange juice
- 4 ounces vodka
- 2 ounces peach schnapps
- 2 ounces orange-flavored liqueur
- 28 ice cubes

1. Put all of the ingredients, in the order listed, into the blender jar. Secure lid.
2. Select Speed 10 and press Start. Blend until fully smooth and homogenous, about 20 seconds.
3. Serve immediately, ideally in chilled glasses.

## **Nutritional information per serving (about ½ cup):**

*Calories 70 (0% from fat) | Carb. 10g | Pro. 0g | Fat 0g | Sat. Fat 0g | Chol. 0mg | Sod. 444mg  
Calc. 3mg | Fiber 0g*

# Mexicali Sunrise

*This is a refreshing cocktail made with fresh ingredients.*

## **Makes about 6 cups**

- 5 ounces tequila
  - 3 ounces Campari
  - 1 ounce orange-flavored liqueur
  - 1 ounce fresh lime juice
  - 2 large grapefruits, peeled with bitter white pith removed, quartered lengthwise and obvious seeds removed
  - 8 ice cubes
  - pinch kosher salt (optional)
1. Put ingredients, except for salt, into blender jar in the order listed. Secure lid.
  2. Select Speed 5 and press Start. Blend, gradually increasing to Speed 10 until well blended, about 30 seconds.
  3. Serve immediately over ice with a pinch of salt if desired.

## **Nutritional information per serving (about ½ cup):**

*Calories 79 (1% from fat) | Carb. 9g | Pro. 0g | Fat 0g | Sat. Fat 0g | Chol. 0mg | Sod. 1mg  
Calc. 8mg | Fiber 1g*





# Frozen Margarita

*As a stand-alone classic or the foundation for fun flavors, this is the perfect frozen margarita.*

## **Makes 2½ cups**

- lime wedge for rim, optional
- kosher salt for rim, optional
- 5 ounces tequila
- 1 ounce orange-flavored liqueur
- ¼ cup fresh lime juice
- 2 tablespoons Simple Syrup (recipe page 55)
- 12 ice cubes

1. If salting, rub the rims of serving glasses with a lime wedge and then dip them into a shallow bowl of kosher salt. Reserve.
2. Put all of the ingredients, in the order listed, into the blender jar. Secure lid.
3. Select Speed 10 and press Start. Blend until fully smooth and homogenous, about 20 seconds.
4. Serve immediately.

## **Nutritional information per serving (½ cup):**

*Calories 102 (0% from fat) | Carb. 6g | Pro. 0g | Fat 0g | Sat. Fat 0g | Chol. 0mg | Sod. 444mg  
Calc. 3mg | Fiber 0g*



# Icy Coffee

*This rich coffee drink is creamy and loaded with flavor.  
The sugar is optional, based on your preference.*

## **Makes 3½ cups**

- 1 cup whole milk
- 1 cup heavy cream
- 5 teaspoons instant espresso
- 1 to 2 tablespoons granulated sugar, optional
- 12 ice cubes
- ¼ teaspoon ground cinnamon, for serving

1. Put milk, heavy cream, espresso and sugar, if using, into the blender jar in the order listed. Secure lid.
2. Select Speed 10 and press Start. Blend for 10 seconds.
3. Add ice cubes to the blender jar. Secure lid.
4. Select Speed 10 and press Start. Blend until fully smooth and homogenous, about 30 seconds.
5. Serve immediately with a sprinkle of cinnamon.

## **Nutritional information per serving (½ cup):**

*Calories 137 (89% from fat) | Carb. 2g | Pro. 1g | Fat 13g | Sat. Fat 9g | Chol. 51mg | Sod. 20mg  
Calc. 44mg | Fiber 0g*



# Matcha Latte Smoothie

*Matcha is a finely ground, green tea powder, the focus of Japanese tea ceremonies. Here it lends its unique flavor to this cool, green “latte,” the perfect afternoon pick-me-up.*

## **Makes about 2½ cups**

- 2 cups rice milk
- 1 tablespoon matcha
- 1 tablespoon agave nectar
- 6 ice cubes, plus more for serving

1. Put all of the ingredients, in the order listed, into the blender jar. Secure lid.
2. Select Speed 10 and press Start. Blend until smooth, about 1 minute.
3. Serve immediately over ice for the frostiest beverage.

## **Nutritional information per serving (about 1 cup):**

*Calories 134 (13% from fat) | Carb. 28g | Pro. 1g | Fat 2g | Sat. Fat 0g | Chol. 0mg | Sod. 83mg  
Calc. 331mg | Fiber 3g*







**Who Needs  
Cows?**

# Oat Milk

*Alternative milks do not just have to be for those who are sensitive to dairy. They each offer different health benefits and are a breeze to make in the Cuisinart® Hurricane™ Pro blender. On top of that, they are much less expensive to make at home than to purchase in the store, especially oat and rice milks. You can sweeten them as you wish, or even add a pinch of cinnamon. The only caveat is that homemade milks do not last as long in the refrigerator as their store-bought counterparts since there are no stabilizers added.*

## **Makes about 3 cups**

- 1 cup old-fashioned rolled oats (not quick cooking)
- 4 cups water, divided
- pinch kosher salt

1. Put the oats into a mixing bowl and cover with 2 cups of water. Allow to sit at room temperature for a minimum of 30 minutes, or up to overnight. After resting, drain and rinse the oats very well.
2. Put 2 cups of fresh water, the soaked, drained oats and pinch of salt into the blender jar.
3. Select Speed 3 and press Start. Blend, gradually increasing to Speed 8, until smooth.
4. Use immediately. The oat milk will last up to 3 days, refrigerated. Shake, stir or re-blend before using.

## **Nutritional information per serving (1 cup):**

*Calories 100 (17% from fat) | Carb. 18g | Pro. 3g | Fat 2g | Sat. Fat 0g | Chol. 0mg | Sod. 57mg  
Calc. 9mg | Fiber 3g*



# Rice Milk

*Be sure to use brown rice for the greatest health benefits. Rice milk has the most neutral flavor of the alternative milks that we provide in this recipe book, so if you are looking for a liquid that has more flavor than water and a bit more body, choose rice milk.*

## **Makes about 4½ cups**

- 4 cups water
  - 1 cup cooked brown rice (any size variety works, i.e., short, medium or long grain)
  - 1 tablespoon sweetener (optional)
1. Put the water, rice and sweetener, if using, into the blender jar.
  2. Select Speed 3 and press Start. Blend, gradually increasing to Speed 10, until smooth, about 1½ minutes.
  3. Use immediately. The rice milk will last up to 3 days, refrigerated. Shake, stir or re-blend before using.

## **Nutritional information per serving (1 heaping cup):**

*Calories 69 (6% from fat) | Carb. 15g | Pro. 1g | Fat 0g | Sat. Fat 9g | Chol. 0mg | Sod. 10mg  
Calc. 12mg | Fiber 1g*

# Almond Milk

*One of the more popular milks on the market, the homemade version allows you to control the number of additives in the drink – add salt, sweeteners and flavors to taste, or follow our guidelines. Like the other alternative milks, this will separate if not used immediately. Shake or re-blend to bring back together before using.*

## **Makes about 3 cups**

- 1 cup raw almonds
- 4 cups water, divided
- Pinch kosher salt
- ¼ teaspoon pure vanilla extract (optional)
- Sweetener (optional)

1. Put the almonds into a mixing bowl and cover with 2 cups of water. Cover and allow to soak overnight at room temperature. After soaking, drain and discard the water.
2. Put 2 cups of fresh water, the soaked, drained almonds and a pinch of salt into the blender jar (along with the vanilla and sweetener, if using).
3. Select Speed 3 and press Start. Blend, gradually increasing to Speed 10, until smooth, about 1½ minutes.
4. Use immediately. The almond milk will last up to 3 days, refrigerated. Shake, stir or re-blend before using.

## **Nutritional information per serving (1 cup):**

*Calories 275 (72% from fat) | Carb. 10g | Pro. 10g | Fat 24g | Sat. Fat 2g | Chol. 0mg | Sod. 53mg  
Calc. 131mg | Fiber 6g*







**Soup's On**

# Roasted Red Pepper Soup

*This soup is so good and easy to make that it may become a new staple in your household, especially when you already have the ingredients in your pantry.*

## **Makes 4 cups**

- 1      tablespoon olive oil
- 1      garlic clove, finely chopped
- 1      shallot, cut into ½-inch pieces
- 1      teaspoon fresh thyme leaves
- ¾     teaspoon kosher salt, divided
- 2      pinches freshly ground black pepper, divided
- 1      tablespoon sherry
- 4      roasted red bell peppers, seeded (may use one 12-ounce jar or homemade) and cut into 1-inch pieces
- 2      cups chicken broth, low sodium
- ½     cup heavy cream
- ¼     teaspoon grated orange zest

1. In a medium skillet, heat the olive oil over medium heat. Once the oil is hot, add the garlic, shallot, thyme, ¼ teaspoon of the salt and one pinch of the pepper to the skillet; cook until soft and fragrant, about 5 minutes. Add the sherry, scraping up any brown bits from the bottom of the pan. Cook until sherry is almost evaporated, about 1 minute.
2. Put the softened vegetables into the blender jar. Add the roasted peppers, chicken broth, heavy cream, orange zest, remaining salt and remaining pepper. Secure lid.
3. Select the Soup function and press Start.
4. When soup has finished blending, carefully remove lid—soup will be hot. Taste and adjust seasoning as desired.

## **Nutritional information per serving (1 cup):**

*Calories 195 (67% from fat) | Carb. 11g | Pro. 4g | Fat 15g | Sat. Fat 8g | Chol. 40mg | Sod. 438mg  
Calc. 16mg | Fiber 2g*



# Curried Coconut & Butternut Squash Soup

*The butternut squash in this soup can be prepared up to 3 days in advance and stored in the fridge to make dinner prep extra easy when you're in a time crunch. If the squash is cold before you put it into the blender, add an extra minute to the Soup function to guarantee a hot temperature.*

## **Makes about 3½ cups**

- 1       tablespoons butter or ghee\*
- ½       small onion, cut into 1-inch pieces
- 2       garlic cloves, finely chopped
- ¼ to ½ jalapeño, seeded and cut into ½-inch pieces
- 1-inch piece fresh ginger, peeled and finely chopped
- ½       teaspoon kosher salt, divided
- 1       tablespoon curry powder
- 1       small roasted butternut squash, about 1 pound, see note below
- ½       cup coconut milk
- 1       cup chicken broth, low sodium

1. In a medium skillet, heat the butter or ghee over medium heat. Once hot, add the onion, garlic, jalapeño, ginger and ¼ teaspoon of the salt. Cook vegetables until soft and fragrant, about 5 minutes. Add curry powder and stir; cook until fragrant, about 1 minute.
2. Put the softened vegetables into the blender jar. Scoop out the roasted butternut squash and add to blender jar with the softened vegetables. Add the coconut milk, chicken broth and remaining salt. Secure lid.
3. Select the Soup function and press Start.
4. When soup has finished blending, carefully remove lid—soup will be hot. Taste and adjust seasoning as desired.

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

**How to roast butternut squash:** Preheat oven to 425°F. Cut butternut squash in half lengthwise and scoop out and discard the seeds. Drizzle 1 to 2 teaspoons of olive oil onto the flesh of the butternut squash and then sprinkle with ¼ teaspoon kosher salt and ½ teaspoon freshly ground pepper. On an aluminum foil-lined pan, place butternut squash flesh-side down. When oven is hot, roast squash until skin can be easily pierced with a knife, about 35 minutes.

## **Nutritional information per serving (about 1 cup):**

*Calories 139 (54% from fat) | Carb. 15g | Pro. 3g | Fat 9g | Sat. Fat 7g | Chol. 8mg  
Sod. 298mg | Calc. 56mg | Fiber 2g*

# Carrot Ginger Soup

*A small amount of ginger goes a long way in this naturally sweet soup. Increase the amount for an even bigger kick.*

## **Makes 4½ cups**

- 2 tablespoons unsalted butter or olive oil
- 1 small onion, chopped
- 1 garlic clove, finely chopped
- 1-inch piece fresh ginger, peeled and finely chopped
- ¾ teaspoon kosher salt, divided
- 1 pound carrots, peeled and cut into ½-inch slices
- ¼ teaspoon ground cinnamon
- ⅛ teaspoon ground allspice
- pinch freshly ground nutmeg
- 1 thyme sprig
- 4 cups chicken broth, low sodium

1. In a large skillet, heat the butter or olive oil over medium heat. Once hot, add the onion, garlic, ginger and ¼ teaspoon of the salt. Cook until soft and fragrant, about 5 minutes.
2. Add the carrots, remaining salt, cinnamon, allspice, nutmeg and thyme sprig to the skillet; stir to coat ingredients and cook until carrots are slightly tender, about 8 minutes. Remove thyme sprig.
3. Put the softened vegetables into the blender jar. Add chicken broth. Secure lid.
4. Select the Soup function and press Start.
5. When soup has finished blending, carefully remove lid—soup will be hot. Taste and adjust seasoning as desired.

## **Nutritional information per serving (about 1 cup):**

*Calories 133 (47% from fat) | Carb. 13g | Pro. 6g | Fat 7g | Sat. Fat 4g | Chol. 15mg | Sod. 580mg  
Calc. 55mg | Fiber 2g*





# Gazpacho

*This no-cook soup is best enjoyed cold on a hot summer day — preferably on your back porch with your feet up. Serve with crunchy bread.*

## **Makes 6½ cups**

- 3 cups tomato or vegetable juice, divided
- 1 to 2 garlic cloves, peeled
- 1 large celery stalk, peeled and cut into 1-inch pieces
- 1 medium to large cucumber, peeled, halved lengthwise, seeded and cut into 1-inch pieces
- 1 red or yellow bell pepper, cored, seeded and cut into 1-inch pieces
- 1 jalapeño, seeded and cut into ½-inch pieces
- 6 scallions, trimmed and cut into ½-inch pieces
- 4 medium tomatoes, cored, seeded and cut into 1-inch pieces
- 3 tablespoons sherry vinegar
- ¾ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper

1. Put 1 cup of the tomato or vegetable juice into the blender jar with the garlic, celery, cucumber, bell pepper, jalapeño and scallions. Secure lid. Select Speed 1 and press Start. Blend until vegetables achieve a medium chop, about 15 to 20 seconds. Transfer to a large serving bowl.
2. Add the remaining juice to the blender with the tomatoes. Secure lid. Select Speed 10 and pulse to chop, about 4 to 5 times. Add the tomato mixture to the serving bowl with the other blended ingredients. Season with the sherry vinegar, salt and pepper. Taste and adjust seasoning as desired.
3. Chill well before serving.

## **Nutritional information per serving (about 1 cup):**

*Calories 54 (5% from fat) | Carb. 11g | Pro. 2g | Fat 0g | Sat. Fat 0g | Chol. 0mg | Sod. 553mg  
Calc. 129mg | Fiber 3g*

# Asparagus Leek Soup

*Nothing screams “Spring!” louder than this soup when asparagus and leeks are abundant.*

## **Makes 4½ cups**

- 2 tablespoons olive oil
- 1 garlic clove, finely chopped
- 1 medium leek, white and light green parts only, washed well and sliced
- ¾ to 1 teaspoon kosher salt, divided
- ¼ teaspoon freshly ground black pepper
- 2 large bunches asparagus, about 1 pound each, rough ends trimmed and cut into ½-inch pieces
- 1 large red potato, peeled and cut into ½-inch pieces
- 3 tablespoons dry white wine or cognac
- 3 cups vegetable broth
- 1 teaspoon fresh lemon juice
- crème fraîche for garnish, optional

1. In a large skillet, heat the olive oil over medium heat. Once the oil is hot, add the garlic, leek and ¼ teaspoon of the salt. Cook until soft and fragrant, about 6 to 8 minutes. Add the asparagus, potato and ½ teaspoon of the salt, plus the pepper. Increase heat to medium-high and cook until asparagus and potatoes are soft, about 12 minutes.
2. Add the white wine or cognac, scraping up any brown bits from the bottom of the pan. Cook until wine or cognac is reduced by half, 1 to 2 minutes.
3. Put softened vegetables into the blender jar. Add the vegetable broth. Secure lid.
4. Select the Soup function and press Start.
5. When soup has finished blending, carefully remove lid—soup will be hot. Add lemon juice, taste and adjust seasoning as desired.

## **Nutritional information per serving (about 1 cup):**

*Calories 208 (30% from fat) | Carb. 30g | Pro. 7g | Fat 7g | Sat. Fat 1g | Chol. 0mg | Sod. 964mg  
Calc. 78mg | Fiber 7g*



# Creamy Greens Soup

*This soup is sharp and earthy. For a milder flavor, simmer on the stove instead of using the Soup function and then blend ingredients on High for one minute to make soup smooth.*

## **Makes about 4 cups**

- 2 tablespoons olive oil
- 1 small shallot, cut into ½-inch pieces
- 2 garlic cloves, finely chopped
- 1 small leek, white part only, cut into ½-inch slices
- 1 teaspoon kosher salt, divided
- 8 ounces kale (or other leafy greens), hard stems discarded and roughly chopped
- 2 tablespoons uncooked rice\*
- ¼ teaspoon freshly ground black pepper
- 1 cup packed Italian parsley leaves
- 2½ cups vegetable broth
- 1 teaspoon fresh lemon juice

1. In a large skillet, heat olive oil over medium heat. Once the oil is hot, add the shallot, garlic, leek and ¼ teaspoon of the salt. Cook until soft and fragrant, about 6 to 8 minutes. Add the kale, rice, ½ teaspoon of the salt and pepper. Cook until the kale is wilted and rice is slightly translucent, about 2 to 4 minutes.
2. Put the cooked vegetable mixture into the blender jar. Add the parsley, vegetable broth, lemon juice and remaining salt. Secure lid.
3. Select the Soup function and press Start.
4. When soup has finished blending, carefully remove lid—soup will be hot. Taste and adjust seasoning as desired.

\*The uncooked rice in this recipe helps make the soup rich and silky without taking away from the other flavors. You could also try other foods for thickening like cooked potato or heavy cream.

## **Nutritional information per serving (1 cup):**

*Calories 132 (49% from fat) | Carb. 15g | Pro. 2g | Fat 7g | Sat. Fat 1g | Chol. 0mg | Sod. 1034mg  
Calc. 83mg | Fiber 2g*



A decorative graphic consisting of a thin black line that forms a scroll shape, starting with a small loop on the left, curving upwards and to the right, then downwards and to the left, and ending with a small loop on the right. The text is centered within this scroll.

**Spread  
Good Cheer**



# Nut & Seed Butters

*The blender is the perfect machine to make fresh, homemade nut butters. Thanks to the extra-low speeds of the Cuisinart® Hurricane™ Pro blender, little has to be done other than add the ingredients into the jar and blend. Some nuts are oilier than others and require more or less oil to be added. We give a range with  $\frac{1}{4}$  cup being the least amount usually needed, and we suggest going up to  $\frac{3}{4}$  cup for some drier nuts, such as almonds.*

## **Makes about 2 cups**

- 1 pound nuts or seeds (raw or dry roasted)
- $\frac{1}{4}$  to  $\frac{3}{4}$  cup vegetable oil (or, if processing a particular type of nut, you can use that type of oil, such as walnut oil)
- 1 tablespoon maple syrup or honey (optional)
- $\frac{1}{4}$  teaspoon ground cinnamon (optional)
- $\frac{1}{4}$  teaspoon kosher salt (optional)

1. Put the nuts into the blender jar. Secure lid. Select Speed 1 and press Start. As soon as the nuts start falling into the blades, remove the measuring cup from the lid and then very gradually add the oil through the opening. Continue to blend on Speed 1 until desired consistency is reached, about 2 to 4 minutes. If adding optional ingredients (spices, sweeteners, etc.), add them after the oil has been added.
2. Serve on your favorite sandwich bread or with fresh fruit. Store in an airtight container in the refrigerator for up to 3 weeks.

## **Nutritional information per serving (based on 1 tablespoon of peanut butter, without salt or seasonings):**

*Calories 98 (75% from fat) | Carb. 3g | Pro. 3g | Fat 9g | Sat. Fat 1g | Chol. 0mg | Sod. 1mg  
Calc. 8mg | Fiber 1g*



# Hummus

*Serve this brightly flavored dip with warm pita for a satisfying snack.*

## **Makes 3 cups**

- 2 cans (15.5 ounces each) chickpeas,  
drained and rinsed
- 1 small garlic clove, peeled
- $\frac{2}{3}$  cup water
- $\frac{1}{4}$  cup plus 2 tablespoons tahini
- $\frac{1}{4}$  cup fresh lemon juice
- $\frac{3}{4}$  teaspoon kosher salt
- $\frac{1}{4}$  teaspoon ground cumin
- pinch za'atar (optional)
- olive oil, for serving

1. Put all of the ingredients, in the order listed, into the blender jar (through the cumin). Secure lid. Set the timer for 2 minutes. Select Speed 2 and press Start. If a smoother consistency, is desired turn the speed up to 5 once the 2 minutes have elapsed.
2. Taste and adjust seasoning as desired. Serve immediately with a pinch of the za'atar and a drizzle of the olive oil.

## **Nutritional information per serving (2 tablespoons):**

*Calories 64 (30% from fat) | Carb. 9g | Pro. 2g | Fat 2g | Sat. Fat 0g | Chol. 0mg | Sod. 180mg  
Calc. 28mg | Fiber 2g*

# Vegetable Dip

*A heartier hummus.*

## **Makes 3 cups**

- 2 ounces Pecorino Romano cheese, cut into two pieces
- $\frac{1}{3}$  cup olive oil
- 1 jar (12 ounces) roasted red peppers, drained
- 1 can (15.5 ounces) chickpeas, drained and rinsed
- 2 garlic cloves, peeled
- 1 can (8.5 ounces) artichoke hearts, drained
- 2 anchovy fillets\*
- 1 teaspoon fresh thyme leaves

1. Put cheese into the blender jar. Secure lid.
2. Select Speed 10 and press Start. Blend until finely chopped, about 10 seconds.
3. Add the remaining ingredients into the blender jar in the order listed. Secure lid. Select Speed 1 and press Start. Blend until dip is smooth, about 1 minute.

\*Anchovies add a deep, layered flavor to sauces, dressings and dips like this one. If you prefer not to use anchovies, add  $\frac{1}{4}$ – $\frac{1}{2}$  teaspoon kosher salt, 1 teaspoon lemon zest and 1 tablespoon lemon juice.

## **Nutritional information per serving (2 tablespoons)**

*Calories 127 (55% from fat) | Carb. 11g | Pro. 4g | Fat 8g | Sat. Fat 2g | Chol. 5mg | Sod. 643mg  
Calc. 75mg | Fiber 3g*



# Curry Dip

*This dip goes great with grilled chicken or shrimp, or alongside a vegetable platter.*

## **Makes 1½ cups**

- 1 scallion, trimmed and cut into 1-inch pieces
- 1 cup plain whole milk yogurt
- ½ cup mayonnaise
- 1 teaspoon curry powder
- ½ teaspoon kosher salt
- ½ teaspoon ground turmeric

1. Put scallion into blender. Secure lid. Select Speed 5 and pulse to roughly chop, about 3 to 4 times.
2. Add remaining ingredients into blender jar. Secure lid. Select Speed 1 and press Start. Blend, gradually increasing to Speed 5, until smooth, about 1 minute. Serve immediately or refrigerate until ready to use.

## **Nutritional information per serving (2 tablespoons):**

*Calories 168 (87% from fat) | Carb. 4g | Pro. 2g | Fat 16g | Sat. Fat 4g | Chol. 18mg | Sod. 310mg  
Calc. 71mg | Fiber 0g*

# Chunky Guacamole

*The Cuisinart® Hurricane™ Pro makes making guacamole a breeze — the best part is you control the consistency from chunky to smooth.*

## **Makes 1½ cups**

- 1 small garlic clove, peeled
- ½ jalapeño, seeded and cut into 1-inch pieces
- 1 scallion, trimmed and cut into 1-inch pieces
- 1 tablespoon fresh cilantro leaves
- 2 ripe avocados, pitted
- 2 tablespoons fresh lime juice
- ¾ teaspoon kosher salt, plus more to taste

1. Put the garlic and jalapeño into the blender jar. Secure lid. Select Speed 5 and pulse to chop, about 3 to 4 times.
2. Add the remaining ingredients to the blender jar in the order listed. Select Speed 5 and pulse until ingredients are roughly chopped and mixed together, 2 to 3 times. Then, select Speed 1 and press Start. Blend until desired consistency is achieved, 10 to 30 seconds.
3. Taste and adjust seasoning as desired.

## **Nutritional information per serving (2 tablespoons):**

*Calories 40 (72% from fat) | Carb. 2g | Pro. 1g | Fat 3g | Sat. Fat 0g | Chol. 0mg | Sod. 136mg  
Calc. 6mg | Fiber 2g*





# Tapenade

*This spread goes great with fresh, crusty bread. Spread on sandwiches or even bake a thin layer onto salmon or chicken.*

## **Makes 1½ cups**

- 1 garlic clove, peeled
- 3 tablespoons packed fresh parsley leaves
- 1½ cups pitted black olives, such as Kalamata or Niçoise
- ⅓ cup pitted green olives
- ¼ cup capers, drained and rinsed
- 1½ teaspoons fresh lemon juice
- 1½ teaspoons Dijon-style mustard
- ½ teaspoon freshly ground black pepper
- 2 tablespoons extra virgin olive oil

1. Put all ingredients into the blender jar. Secure lid. Select Speed 1 and pulse to evenly chop up ingredients, about 15 times. Scrape down sides.
2. Select Speed 1 and press Start. Blend until desired consistency is achieved, 15 to 45 seconds.

## **Nutritional information per serving (2 tablespoons):**

*Calories 56 (90% from fat) | Carb. 1g | Pro. 0g | Fat 6g | Sat. Fat 0g | Chol. 0mg | Sod. 390mg  
Calc. 3mg | Fiber 0g*



# Cookie Butter

*A sweet and playful “butter”—spread it on toast and fruit or add to shakes.*

## **Makes $\frac{3}{4}$ cup**

- 13 vanilla sandwich cookies, halved
- $\frac{1}{2}$  cup low-fat evaporated milk
- 2 tablespoons sweetened condensed milk
- $\frac{1}{2}$  teaspoon ground cinnamon
- $\frac{1}{4}$  teaspoon ground ginger
- $\frac{1}{8}$  teaspoon ground nutmeg

1. Put cookie halves in blender jar. Secure lid. Select Speed 5 and pulse until fully broken up, about 6 to 8 times. Scrape down sides.
2. Add the remaining ingredients to the blender jar. Secure lid. Select Speed 1 and press Start. Blend, stopping to scrape down the sides if necessary, until fully smooth, about  $1\frac{1}{2}$  minutes.

## **Nutritional information per serving (1 tablespoon):**

*Calories 100 (37% from fat) | Carb. 15g | Pro. 1g | Fat 4g | Sat. Fat 1g | Chol. 3mg | Sod. 67mg  
Calc. 36mg | Fiber 0g*





**Dr All  
sed Up**



# Honey Mustard Vinaigrette

*Sweet, creamy and tangy, this dressing goes great with crunchy greens or served alongside chicken tenders.*

## **Makes 2 cups**

- 1 small lemon
- 1 small shallot (about 2 ounces), quartered
- 3 tablespoons honey
- 1 tablespoon Dijon-style mustard
- ¼ cup white wine vinegar
- 1 teaspoon kosher salt
- ½ teaspoon freshly ground black pepper
- 1 cup extra virgin olive oil

1. Using a vegetable peeler, remove lemon peel, being very careful not to include any of the bitter white pith. Put lemon peel into the blender jar.
2. Juice the peeled lemon. Add juice to the blender jar. Add remaining ingredients, in the order listed. Secure lid.
3. Select Speed 10 and press Start. Blend until fully mixed and emulsified, about 20 seconds.
4. Taste and adjust seasoning as desired. If not using right away, store in an airtight container in the refrigerator for up to 1 week.

## **Nutritional information per serving (2 tablespoons):**

*Calories 136 (88% from fat) | Carb. 4g | Pro. 0g | Fat 14g | Sat. Fat 2g | Chol. 0mg | Sod. 161mg  
Calc. 1mg | Fiber 0g*



# Creamy Caesar Dressing

*Toss with crispy romaine lettuce, croutons and freshly grated Parmesan for the quintessential Caesar salad.*

## **Makes about ¾ cup**

- 1 ounce Parmesan cheese
- 1 large garlic clove, peeled
- 1 anchovy fillet or 1 to 2 teaspoons anchovy paste
- 1 large egg yolk\*
- 2 teaspoons Dijon-style mustard
- 1 tablespoon white wine vinegar
- 1 tablespoon balsamic vinegar
- 1 tablespoon fresh lemon juice
- 1 teaspoon Worcestershire sauce
- ½ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper
- ⅓ cup vegetable oil
- ⅓ cup extra virgin olive oil

1. Put cheese and garlic into the blender jar. Secure lid.
2. Select Speed 10 and press Start. Blend until cheese and garlic are finely chopped, about 10 seconds.
3. Scrape down the sides of the blender and add the anchovy, egg yolk, mustard, vinegars, lemon juice, Worcestershire, salt and pepper. Secure lid. Select Speed 1 and press Start. Blend to combine, about 10 seconds.
4. While the blender is running on Speed 1, remove the measuring cup from the lid and slowly pour the oils through the opening; use the measuring cup lid or a dishtowel as a shield to prevent any splatter. Blend until dressing is fully mixed and emulsified, 45 seconds total.
5. Taste and adjust seasoning as desired. If not using right away, store in an airtight container in the refrigerator for up to 3 days.

**\*Raw Egg Warning:** Caution is suggested in consuming raw and lightly cooked eggs due to the slight risk of salmonella or other food-borne illnesses. To reduce this risk, we recommend you use only fresh, properly refrigerated, clean, grade A or AA eggs with intact shells. Avoid contact between the yolks or whites and the shell. Pasteurized egg substitute can also be used.

## **Nutritional information per serving (2 tablespoons):**

*Calories 245 (95% from fat) | Carb. 1g | Pro. 2g | Fat 27g | Sat. Fat 5g | Chol. 36mg | Sod. 326mg  
Calc. 62mg | Fiber 0g*

# Blue Cheese Dressing

*Best as a dip served with fresh crudité's (or chicken wings!) or over a lettuce wedge with crumbled bacon bits and tomatoes.*

## **Makes 2¼ cups**

- 1 garlic clove, peeled
- 3 tablespoons fresh lemon juice
- ¼ cup distilled white vinegar
- ¾ cup sour cream
- 3 tablespoons mayonnaise
- 1 teaspoon freshly ground black pepper
- ¼ teaspoon kosher salt
- 8 ounces crumbled blue cheese
- ⅔ cup extra virgin olive oil

1. Put all ingredients, in the order listed, into the blender jar. Secure lid.
2. Select Speed 10 and press Start. Blend until smooth, about 10 seconds.
3. Taste and adjust seasoning as desired. If not using right away, store in an airtight container in the refrigerator for up to 1 week.

## **Nutritional information per serving (2 tablespoons):**

*Calories 277 (90% from fat) | Carb. 2g | Pro. 6g | Fat 28g | Sat. Fat 9g | Chol. 32mg | Sod. 400mg  
Calc. 134mg | Fiber 0g*



# Herbed Balsamic Dressing

*We use dried herbs to make this tasty vinaigrette simple to prepare. Fresh herbs can always be substituted, just double the amounts.*

## **Makes about 2 cups**

- 2 garlic cloves, peeled
- 2 tablespoons dried basil
- 1 teaspoon dried oregano
- 1 teaspoon kosher salt
- 1 teaspoon freshly ground black pepper
- 2 teaspoons mustard, any type
- $\frac{3}{4}$  cup balsamic vinegar
- $1\frac{1}{3}$  cups extra virgin olive oil

1. Put all ingredients, in the order listed, into the blender jar. Secure lid.
2. Select Speed 10 and press Start. Blend until fully mixed and emulsified, about 10 seconds. For a creamier dressing, blend an additional 10 seconds.
3. Taste and adjust seasoning as desired. If not using right away, store in an airtight container in the refrigerator for up to 1 week.

## **Nutritional information per serving (2 tablespoons):**

*Calories 171 (94% from fat) | Carb. 2g | Pro. 0g | Fat 19g | Sat. Fat 3g | Chol. 0mg | Sod. 150mg  
Calc. 15mg | Fiber 0g*

# Tarragon Dressing

*Use this green, herby dressing to brighten up any salad.  
It also goes great with grilled chicken or a white fish.*

## **Makes 1 cup**

- 1 small shallot, cut into ½-inch pieces
- ¼ cup packed fresh tarragon leaves
- ¾ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper
- 1 teaspoon fresh lemon juice
- 1 teaspoon Dijon-style mustard
- ¼ cup apple cider vinegar
- ¾ cup extra virgin olive oil

1. Put shallot and tarragon into the blender jar. Secure lid.
2. Select Speed 5 and pulse to chop, 3 to 5 times. Scrape down sides.
3. Add salt, pepper, lemon juice, mustard and vinegar to the blender jar. Select Speed 1 and press Start. While blender is running, remove measuring cup from blender lid and slowly pour in oil, using the measuring cup lid or a dishtowel as a shield to prevent splatter. Blend until fully mixed and emulsified, about 1 minute total.
4. Taste and adjust seasoning as desired. If not using right away, store in an airtight container in the refrigerator for up to 1 week.

## **Nutritional information per serving (2 tablespoons):**

*Calories 188 (94% from fat) | Carb. 2g | Pro. 0g | Fat 21g | Sat. Fat 3g | Chol. 0mg | Sod. 215mg  
Calc. 15mg | Fiber 0g*





# Creamy Dill Dressing

*This tangy dressing goes great with crunchy, roasted potatoes or over a hearty green salad.*

## **Makes about 1½ cups**

- 1 scallion, trimmed and cut into 1-inch pieces
- 1 small garlic clove, peeled
- 1¼ cups mayonnaise
- ½ cup sour cream
- 3 tablespoons fresh lemon juice
- ½ cup packed fresh dill
- ¼ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper

1. Put the scallion and garlic into the blender jar. Secure lid.
2. Select Speed 5 and pulse once to chop.
3. Add mayonnaise, sour cream and lemon juice to blender jar. Secure lid. Select Speed 10 and press Start. Blend until fully mixed, about 10 seconds.
4. Add dill, salt and pepper. Select Speed 5 and pulse to mix, about 5 times.
5. Taste and adjust seasoning as desired. Serve immediately or store in an airtight container in the refrigerator for up to 1 week.

## **Nutritional information per serving (2 tablespoons):**

*Calories 189 (97% from fat) | Carb. 1g | Pro. 0g | Fat 20g | Sat. Fat 5g | Chol. 23mg | Sod. 186mg  
Calc. 9mg | Fiber 0g*

# Cucumber Yogurt Sauce

*This thin sauce, served cold, is a great accompaniment for grilled meats.*

## **Makes 1½ cups**

- ½ cup plain, low-fat yogurt
- 1 teaspoon kosher salt
- ½ cup packed fresh mint leaves
- ½ teaspoon freshly ground black pepper
- 2 medium cucumbers, peeled, seeded and cut into 1-inch pieces

1. Put all ingredients, in the order listed, into the blender jar. Secure lid.
2. Select Speed 10 and press Start. Blend until smooth, about 15 to 20 seconds.
3. Taste and adjust seasoning as desired. Serve immediately. If not using right away, store in an airtight container in the refrigerator for up to 1 week.

## **Nutritional information per serving (2 tablespoons):**

*Calories 11 (17% from fat) | Carb. 2g | Pro. 1g | Fat 0g | Sat. Fat 0g | Chol. 1mg | Sod. 186mg  
Calc. 26mg | Fiber 0g*



# Peanut Sauce

*This sauce tastes great over lean meats, roasted vegetables or rice.*

## **Makes 3 cups**

- 6 small garlic cloves, peeled
- 1 large onion, quartered
- ¼ cup olive oil
- 1 cup dry roasted peanuts
- ¾ teaspoon hot chili paste
- ¼ cup plus 2 tablespoons fresh lemon juice
- 3 tablespoons light brown sugar
- ¼ cup plus 2 tablespoons reduced sodium soy sauce
- ¾ cup plain, whole milk yogurt

1. Put garlic and onion in blender jar. Secure lid.
2. Select Speed 8 and pulse until chopped, 4 to 6 times.
3. Heat oil in a medium skillet over medium-low heat. Once oil is hot, add the chopped garlic and onion to the skillet; cook until soft and translucent, about 5 minutes.
4. Put peanuts into the blender jar. Secure lid. Select Speed 2 and press Start. Blend until coarsely chopped, about 5 seconds.
5. Add remaining ingredients to the blender jar, including the cooked garlic and onion. Secure lid. Select Speed 10 and press Start. Blend until fully smooth, about 20 seconds.
6. Taste and adjust seasoning as desired. Serve at room temperature.

## **Nutritional information per serving (2 tablespoons):**

*Calories 68 (64% from fat) | Carb. 5g | Pro. 2g | Fat 5g | Sat. Fat 1g | Chol. 1mg | Sod. 117mg  
Calc. 20mg | Fiber 1g*



# Sesame Sauce

*This familiar restaurant-style hibachi sauce pairs very well with red meats.*

## **Makes 3 cups**

- ¾ cup toasted sesame seeds
- ¼ cup plus 2 tablespoons sesame oil
- 4 garlic cloves, peeled
- 1-inch piece fresh ginger, peeled
- ¼ cup plus 2 tablespoons reduced sodium soy sauce
- ¼ cup plus 2 tablespoons red wine vinegar
- 2 tablespoons dry sherry
- 1 tablespoon granulated sugar
- ¼ teaspoon red pepper flakes
- 1 cup chicken broth, low sodium

1. Put sesame seeds and oil into the blender jar. Secure lid.
2. Select Speed 5 and press Start. Blend until a thick paste forms, about 10 seconds. Scrape down sides if necessary.
3. Add the remaining ingredients, in the order listed, to the blender jar with the sesame paste. Secure lid. Select Speed 10 and press Start. Blend until smooth, about 10 seconds.
4. Taste and adjust seasoning as desired. Serve at room temperature.

## **Nutritional information per serving (2 tablespoons):**

*Calories 51 (71% from fat) | Carb. 3g | Pro. 1g | Fat 4g | Sat. Fat 1g | Chol. 0mg | Sod. 101mg  
Calc. 2mg | Fiber 1g*





# Instant Hollandaise Sauce

*Hollandaise sauce is notoriously tricky to make — but this recipe makes it almost impossible to mess up.*

## **Makes $\frac{2}{3}$ cup**

- 8        tablespoons (1 stick) unsalted butter
- 4        large egg yolks
- $\frac{1}{4}$       teaspoon kosher salt
- pinch cayenne pepper
- 1        tablespoon fresh lemon juice

1. Put the butter into a small skillet over low heat. Melt butter until it reaches a slight simmer.
2. While the butter is melting, put the remaining ingredients into the blender jar. Secure lid.
3. Select Speed 1 and press Start. Blend to combine ingredients, about 30 seconds.
4. With the blender still running on Speed 1, remove the measuring cup from the blender lid. Very carefully drizzle in the hot butter through the opening, using the measuring cup or a dishtowel as a shield to prevent any splatter. When adding the butter be careful not to add the white milk solids that will be left in the bottom of the pan.
5. Once all the butter has been added, turn off blender and check sauce for consistency. If overall consistency is too thick, blend in hot water, 1 tablespoon at a time.
6. Taste and adjust seasoning as desired. Serve immediately or transfer to a double boiler to keep warm.

## **Nutritional information per serving (2 tablespoons):**

*Calories 194 (95% from fat) | Carb. 0g | Pro. 2g | Fat 21g | Sat. Fat 12g | Chol. 192mg | Sod. 104mg  
Calc. 22mg | Fiber 0g*

# Remoulade Sauce

*Use this classic French sauce as a dip, dressing or on potatoes in a cold salad.*

## **Makes about 1 cup**

- 2 anchovy fillets
- 3 small garlic cloves, peeled
- 2 tablespoons capers, drained and rinsed
- ½ cup packed fresh Italian parsley leaves
- 2 tablespoons whole-grain mustard
- 1 cup mayonnaise
- ⅛ teaspoon cayenne

1. Put all ingredients, in the order listed, into the blender jar. Secure lid.
2. Select Speed 10 and press Start. Blend until smooth, about 10 seconds.
3. Taste and adjust seasoning as desired. If not using right away, store in an airtight container in the refrigerator for up to 1 week.

## **Nutritional information per serving (2 tablespoons):**

*Calories 208 (96% from fat) | Carb. 1g | Pro. 0g | Fat 22g | Sat. Fat 4g | Chol. 21mg | Sod. 307mg  
Calc. 8mg | Fiber 0g*



# Raw Puttanesca Sauce

*Traditionally this sauce is cooked, but serving it raw over warm pasta, like we do in this recipe, offers an updated spin and allows the fresh ingredients to really shine through.*

## **Makes 5 cups**

- 4 ounces Parmesan cheese, cut into two pieces
- 4 small garlic cloves, peeled
- 2 pounds ripe plum tomatoes, quartered
- 6 anchovy fillets
- 1 cup packed fresh Italian parsley leaves
- 1 cup pitted Kalamata olives
- 3 tablespoons capers, drained and rinsed
- ¼ cup plus 2 tablespoons olive oil
- ½ teaspoon red pepper flakes

1. Put cheese into the blender jar. Secure lid.
2. Select Speed 10 and press Start. Blend to chop until finely grated, about 10 seconds. Remove and reserve.
3. Replace lid and remove measuring cup. Select Speed 2 and press Start. While machine is running, drop garlic through the opening in the lid. Blend until finely chopped, about 3 seconds. Stop blender.
4. Add remaining ingredients (except cheese) to the blender jar. Secure lid. Select Speed 10 and pulse until roughly chopped, about 6 to 8 times.
5. Mix with cheese. Taste and adjust seasoning as desired. Toss with your favorite pasta.

## **Nutritional information per serving (½ cup):**

*Calories 136 (73% from fat) | Carb. 5g | Pro. 5g | Fat 12g | Sat. Fat 3g | Chol. 10mg | Sod. 335mg  
Calc. 59mg | Fiber 2g*

# Pesto

*Bright in color and flavor, pesto can easily jazz up any dish, from pasta or rice to vegetables and meat.*

## **Makes 2 cups**

- 4 ounces Pecorino Romano cheese, cut into two pieces
- 1 cup extra virgin olive oil
- 2 garlic cloves, peeled
- 4 cups fresh basil leaves
- ½ teaspoon freshly ground black pepper

1. Put cheese into the blender jar. Secure lid.
2. Select Speed 10 and press Start. Blend until finely chopped, about 10 seconds.
3. Add remaining ingredients and secure lid. Select Speed 1 and press Start. Blend until garlic and basil are chopped, about 35 seconds. Increase to Speed 6 and blend until smooth, about an additional 30 seconds.
4. Taste and adjust seasoning as desired.

## **Nutritional information per serving (2 tablespoons):**

*Calories 41 (65% from fat) | Carb. 1g | Pro. 3g | Fat 3g | Sat. Fat 1g | Chol. 5mg | Sod. 115mg  
Calc. 36mg | Fiber 0g*



# Raspberry Sauce

*Serve over ice cream, a warm dessert or anywhere you need a little extra sweetness.*

## **Makes 1¼ cups**

- 1 small lemon
- 2 tablespoons granulated sugar, plus more to taste
- 10 ounces frozen raspberries, thawed

1. With a vegetable peeler, remove the peel of the lemon, being very careful not to include any of the bitter white pith. Put lemon peel and sugar into the blender jar. Secure lid.
2. Select Speed 10 and press Start. Blend until lemon peel is finely chopped, about 4 seconds. Scrape down sides if necessary.
3. Add the raspberries to the blender jar with the lemon zest. Select Speed 6 and press Start. Blend until fully combined, about 20 seconds. Taste and adjust sweetness as desired.
4. For a smoother sauce, strain raspberry mixture through a fine sieve.

## **Nutritional information per serving (2 tablespoons):**

*Calories 26 (0% from fat) | Carb. 6g | Pro. 0g | Fat 0g | Sat. Fat 0g | Chol. 0mg | Sod. 0mg  
Calc. 5mg | Fiber 1g*





**Sugar Rush**

# Citrus Cookies

*We used lemon, but you can substitute any citrus fruit you'd like when making these light cookies.*

## **Makes 74, 1½-inch cookies**

- 1¾ cups unbleached, all-purpose flour
- ¼ teaspoon baking powder
- ¼ teaspoon kosher salt
- ½ medium lemon
- ¾ cup granulated sugar, plus more for sprinkling cookies before baking
- 1 large egg
- 1 tablespoon nonfat milk
- 8 tablespoons (1 stick) unsalted butter, cut into ½-inch pieces and softened

1. In a large mixing bowl, whisk together flour, baking powder and salt. Reserve.
2. With a vegetable peeler, remove the peel of half the lemon, being very careful not to include any of the bitter white pith. Put the lemon peel and sugar into the blender jar. Secure lid.
3. Select Speed 10 and press Start. Blend until lemon peel is finely chopped, about 4 seconds.
4. Juice the lemon.
5. Add 1½ tablespoons of the freshly squeezed lemon juice, egg, milk and butter into the blender jar with the lemon zest and sugar. Secure lid. Select Speed 5 and press Start. Blend until smooth, about 6 seconds.
6. Add liquid mixture to the dry ingredients in the large mixing bowl; gently mix by hand until smooth.
7. Form dough into a disc and wrap in plastic wrap. Refrigerate until chilled, at least 3 hours and up to 1 week.
8. To bake cookies, preheat oven to 425°F. While oven is heating, roll dough into a ¼-inch-thick layer.
9. Cut cookies with a cookie cutter of your choice and arrange on a baking sheet lined with parchment paper. Sprinkle with sugar.
10. Bake cookies until golden, about 5 to 7 minutes or longer if cookies are larger than 1½ inches.
11. Let cool on pan for 1-2 minutes, then transfer to a wire rack to cool completely before serving.

## **Nutritional information per serving (two 1½-inch cookies)**

*Calories 57 (39% from fat) | Carb. 8g | Pro. 1g | Fat 3g | Sat. Fat 2g | Chol. 12mg | Sod. 21mg  
Calc. 2mg | Fiber 0g*



# Espresso Granita

*If you love strong coffee, you're going to love this icy treat.*

## **About 2 cups**

1½ cups hot espresso or strong coffee  
2 tablespoons granulated sugar

1. Put hot espresso or coffee and sugar into the blender jar. Secure lid. Select Speed 2 and press Start. Blend until well mixed, about 10 seconds.
2. Allow espresso to cool to room temperature and then pour espresso or coffee mixture into an ice cube tray and freeze until completely frozen, at least 12 hours.
3. When completely frozen, put frozen coffee cubes into the blender jar. Secure lid. Select Ice Crush function and press Start.
4. Serve immediately with a dollop of whipped cream, if desired, or store in an airtight container in the freezer.

## **Nutritional information per serving (½ cup, without whipped cream):**

*Calories 24 (6% from fat) | Carb. 6g | Pro. 0g | Fat 0g | Sat. Fat 0g | Chol. 0mg | Sod. 13mg  
Calc. 2mg | Fiber 0g*







# Strawberry Sorbet

*Adjust the amount of sugar in this recipe based on your liking and the natural sweetness of the strawberries—riper strawberries are sweeter.*

## **Makes about 1½ cups**

- 1½ tablespoons fresh lemon juice
- 3 tablespoons granulated sugar (or less depending on sweetness of strawberries and personal preference)
- 1 pound strawberries, hulled

1. Put all ingredients, in the order listed, into the blender jar. Secure lid.
2. Select Speed 8 and press Start. Blend until fully smooth, about 20 seconds.
3. Pour strawberry mixture into an ice cube tray. Freeze until completely frozen, at least 12 hours.
4. When completely frozen, put the frozen strawberry cubes into the blender jar. Secure lid. Select Ice Crush function and press Start.
5. Serve immediately or store in the freezer in an airtight container.

## **Nutritional information per serving (½ cup):**

*Calories 77 (5% from fat) | Carb. 20g | Pro. 1g | Fat 0g | Sat. Fat 0g | Chol. 0mg | Sod. 2mg  
Calc. 25mg | Fiber 3g*

# Dairy-Free Chocolate Mousse

*This rich mousse is so good, you won't miss a thing. To top it off, it is completely "cooked" in the blender jar – no need to dirty any extra pots or pans.*

## **Makes eight, ¼-cup servings**

- 1 cup soy milk
- 2 teaspoons pure vanilla extract
- 12 ounces semisweet chocolate chips
- ½ cup granulated sugar
- 1 package (14 ounces) silken tofu,  
drained and cut into 1-inch cubes

1. Put the soy milk and vanilla extract into the blender jar. Secure lid.
2. Select the Soup function, adjust the timer to 5 minutes and press Start.
3. When the Soup function is finished, select Speed 3 and press Start. While blender is running, remove the measuring cup from the lid and slowly add the chocolate chips and sugar through the opening, allowing to blend until fully melted and incorporated.
4. Once incorporated, add the tofu cubes. Blend, gradually increasing to Speed 8, until completely homogenous, about 2 minutes.
5. Pour the mousse into individual custard cups. Tap each filled cup on the counter a few times to remove any air bubbles. Cover with plastic wrap and refrigerate for at least 2 hours prior to serving.

## **Nutritional information per serving:**

*Calories 290 (41% from fat) | Carb. 39g | Pro. 5g | Fat 14g | Sat. Fat 8g | Chol. 0mg | Sod. 14mg  
Calc. 21mg | Fiber 2g*



# Chantilly Cream

*The timer on the Cuisinart® Hurricane™ Pro blender makes this recipe for whipped cream foolproof.*

## **Makes about 2 cups**

- 2 cups heavy cream
- 2 to 3 tablespoons confectioners' sugar
- 1 teaspoon pure vanilla extract

1. Put all of the ingredients, in the order listed, into the blender jar. Secure lid. Select Speed 1. Set the timer for 40 seconds by pressing the up arrow. Press Start and gradually increase to Speed 4.
2. For a thicker cream, scrape down the sides when the blender stops. Select Speed 1. Set the timer for 12 seconds by pressing the up arrow. Press Start and gradually increase the speed to Speed 4.
3. Serve immediately or store in an airtight container in the refrigerator for up to 3 days.

## **Nutritional information per serving (2 tablespoons):**

*Calories 105 (94% from fat) | Carb. 1g | Pro. 0g | Fat 10g | Sat. Fat 7g | Chol. 40mg | Sod. 0mg  
Calc. 0mg | Fiber 0g*

# Golden Almond Cake

*A sweet cake, perfect to pair with a cup of coffee in the morning, or serve as dessert topped with fresh berries and whipped cream.*

## **Makes 12 servings**

- nonstick cooking spray
- 1/3 cup sliced almonds, plus more for garnish
- 1 cup granulated sugar
- 12 tablespoons (1½ sticks) unsalted butter, softened
- 2/3 cup sour cream, room temperature
- 2 large eggs, room temperature
- 1 teaspoon almond extract
- 1/4 teaspoon pure vanilla extract
- 1¼ cups cake flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon kosher salt

1. Preheat oven to 350°F with the rack in the middle position.
2. Lightly coat a 9-inch round cake pan with the nonstick cooking spray. Line the bottom of the pan with parchment paper (cut to fit). Reserve.
3. Once oven is preheated, put almonds on a rimmed baking sheet and toast in the oven until lightly brown, about 6 to 8 minutes. Allow to cool slightly.
4. Put the cooled almonds and the sugar into the blender jar. Select Speed 4 and press Start. Blend until finely ground, about 20 seconds. Scrape down the sides of the jar and add the butter, sour cream, eggs and extracts. Select Speed 3 and press Start. Blend, gradually increasing to Speed 6, until homogenous, about 10 seconds.
5. Scrape down the sides of the jar and add the remaining ingredients. Select Speed 4 and pulse to combine, about 4 to 6 times. Scrape down sides and pulse a few more times if necessary.
6. Transfer the batter to the prepared cake pan. Tap on the counter a few times to remove any air bubbles. Bake in the preheated oven until the top of the cake is evenly golden and a cake tester comes out clean, about 35 to 40 minutes.
7. Allow cake to cool on a rack before unmolding. Sprinkle with almonds and serve.

## **Nutritional information per serving:**

*Calories 271 (52% from fat) | Carb. 29g | Pro. 3g | Fat 15g | Sat. Fat 9g | Chol. 70mg  
Sod. 184mg | Calc. 26mg | Fiber 1g*





# Yellow Cake

*A simple, but delicious cake for every occasion.  
Dress up with a simple whipped cream, like our recipe  
on page 121, or your favorite frosting.*

## **Makes one, 9-inch cake, 8 servings**

- softened butter and unbleached, all-purpose flour, for pan
- 1 cup nonfat milk
- 2 teaspoons pure vanilla extract
- 8 tablespoons (1 stick) unsalted butter,  
cut into ½-inch pieces and softened
- 1½ cups granulated sugar
- 3 large eggs
- 2 cups unbleached, all-purpose flour
- 1 tablespoon baking powder
- 1 teaspoon kosher salt

1. Preheat oven to 350°F. Butter and flour a 9-inch cake pan.
2. Put milk, vanilla extract, butter, sugar and eggs into the blender jar. Secure lid. Select Speed 4 and press Start. Blend until combined, about 5 seconds. Scrape down sides.
3. Add flour, baking powder and salt to the blender jar with the liquid mixture. Secure lid. Select Speed 1 and pulse to fully combine, about 4 to 5 times. Pour into prepared pan.
4. Bake until cake is a light golden brown and a cake tester inserted into the center comes out clean, about 25 to 30 minutes.
5. Remove from oven and allow cake to cool in pan for 5 to 6 minutes, then remove from pan and let cool completely before decorating.

### **Nutritional information per serving (1 slice):**

*Calories 471 (25% from fat) | Carb. 75g | Pro. 14g | Fat 13g | Sat. Fat 8g | Chol. 100mg | Sod. 918mg  
Calc. 92mg | Fiber 1g*



# Lemon Tart

*Make this tart up to a couple of days in advance — it tastes just as great chilled as it does the day you make it.*

## **Makes one, 9-inch tart, 12 servings**

- 4 medium lemons
- 1½ cups granulated sugar, divided
- 2 tablespoons cornstarch
- 2 tablespoons unsalted butter, cut into ½-inch pieces
- 5 large eggs
- 1 prepared crust of your choice, such as the Pâte Brisée (blind-baked\* in a 9-inch tart pan) on page 15  
confectioner's sugar for garnish

1. Preheat oven to 375°F with the rack in the middle position.
2. With a vegetable peeler, remove the peel of one of the lemons, being very careful not to include any of the bitter white pith. Put lemon peel and ½ cup of the sugar into the blender jar. Secure lid.
3. Select Speed 10 and press Start. Blend until lemon peel is finely chopped, about 10 seconds.
4. Juice all of the lemons. Add ¾ cup of the juice to the blender jar. (Reserve remaining juice for another use.) Add the remaining sugar, cornstarch, butter and eggs to the blender jar. Secure lid.
5. Select Speed 6 and press Start. Blend until just combined, about 20 seconds.
6. Put tart pan with the blind-baked crust onto a rimmed baking sheet. Pour the filling into the crust so it just reaches the top. Be sure to use steady hands here because the filling can be prone to spilling.
7. Bake lemon tart on the rimmed baking sheet until just set, about 30 to 40 minutes. Start checking your tart at 20 minutes.
8. Remove from oven and cool on a wire rack. Sprinkle with confectioners' sugar. Serve at room temperature or refrigerate to have a chilled tart.

**\*How to blind bake Pâte Brisée:** Preheat oven to 350°F. Roll out dough to ⅛-inch thick circle and fit into a 9-inch tart pan, taking attention to ensure there are no tears or holes in the dough – these can be patched with extra dough. Chill in refrigerator for 30 to 40 minutes. Using a fork, prick the chilled dough evenly all over, but make sure not to go entirely through the dough. Line the shell with foil or parchment and weigh it down with dried beans or rice. Bake for 15 to 20 minutes, or until the dough under the foil/parchment is no longer wet. Remove the beans/rice and parchment and continue baking until the shell is golden brown, an additional 10 to 15 minutes.

### **Nutritional information per serving (1 slice):**

*Calories 251 (40% from fat) | Carb. 34g | Pro. 4g | Fat 11g | Sat. Fat 7g | Chol. 103mg | Sod. 125mg  
Calc. 13mg | Fiber 0g*

# Ricotta Cheesecake

*Ricotta makes this cheesecake lighter and airier than your typical cheesecake made with cream cheese.*

## **Makes one, 9-inch cheesecake, 12 servings**

- 1 prepared graham cracker crust, pressed into a 9-inch springform pan, unbaked (recipe page 129)
- 2 medium lemons
- ½ cup granulated sugar
- 30 ounces part-skim ricotta cheese
- 2 large eggs, lightly beaten

1. Place one oven rack in the middle of the oven and one oven rack on the bottom. Put a half sheet tray filled with water on the bottom rack. Preheat oven to 325°F. Wrap the outside and bottom of prepared pan with foil to prevent leakage.
2. With a vegetable peeler, remove the peel of one of the lemons, being very careful not to include any of the bitter white pith. Put lemon peel and ½ cup of sugar into the blender jar. Secure lid.
3. Select Speed 10 and press Start. Blend until lemon peel is finely chopped, about 4 seconds.
4. Juice the lemons and add ¼ cup lemon juice to the blender jar with the zest (if any juice remains, reserve for a separate use). Add ricotta and eggs. Select Speed 4 and press Start. Blend until mixed, about 30 seconds.
5. Pour ricotta mixture into the prepared pan. Bake until just set, about 50 minutes.
6. Remove from oven and cool completely on wire rack, and then refrigerate at least 6 hours before serving.

### **Nutritional information per serving (1 slice):**

*Calories 223 (46% from fat) | Carb. 20g | Pro. 9g | Fat 12g | Sat. Fat 7g | Chol. 61mg  
Sod. 129mg | Calc. 230mg | Fiber 0g*







# Coffee Liqueur Flavored Truffles

*The trick to rolling truffles is to work quickly—you don't want the heat of your hands to melt the chocolate.*

## **Makes 28 truffles**

- ½ cup heavy cream
- 1 tablespoon plus 1 teaspoon unsalted butter
- 8 ounces semisweet chocolate
- 2½ teaspoons coffee-flavored liqueur
- ¼ cup unsweetened cocoa

1. In a small saucepan, bring the cream and butter to a boil.
2. While cream and butter are heating, put chocolate into the blender jar. Secure lid. Select Speed 10 and press Start. Blend to finely chop, about 10 seconds. Scrape down sides.
3. Pour hot cream and butter mixture into the blender over the chocolate. Select Speed 1 and press Start. Blend until mixed, about 5 seconds.
4. Add coffee-flavored liqueur. Select Speed 1 and pulse to mix in, 2 to 4 times.
5. Transfer chocolate mixture to a bowl. Cool, cover and chill until firm, about 2 hours. Put the cocoa into a shallow mixing bowl; reserve.
6. Once firm, roll 1½ rounded teaspoons of the chocolate mixture into a ball between the palms of your hands. Roll each ball in cocoa to coat. If mixture becomes too difficult to roll, refrigerate until cold and try again.

## **Nutritional information per serving (2 truffles):**

*Calories 70 (61% from fat) | Carb. 8g | Pro. 1g | Fat 6g | Sat. Fat 4g | Chol. 9mg | Sod. 3mg  
Calc. 7mg | Fiber 1g*



# Graham Cracker Crust

*Use this crust for cheesecake like we do on page 126, or bake it and fill with instant pudding or any filling you'd like.*

## **Makes one, 9-inch crust, 8 servings**

- 16 whole graham crackers, halved
- 8 tablespoons (1 stick) unsalted butter, melted and slightly cooled
- 3 tablespoons granulated sugar

1. If baking, preheat oven to 375°F.
2. Put the graham cracker halves into the blender jar. Secure lid. Select Speed 10 and press Start. Blend until finely chopped, about 10 seconds. Scrape down sides.
3. Add the melted butter and sugar to the blender jar with the graham cracker crumbs. Select Speed 3 and pulse to combine, about 3 to 4 times.
4. Put mixture into a 9-inch pie, cake or springform pan and press down evenly into the bottom and sides of pan. Chill until firm.
5. If baking, put pan into the heated oven until golden brown, about 8 minutes. Remove from oven and cool on a wire rack. Fill with your favorite filling.

## **Nutritional information per serving (1/8 of pie crust):**

*Calories 163 (69% from fat) | Carb. 12g | Pro. 1g | Fat 12g | Sat. Fat 7g | Chol. 30mg | Sod. 67mg  
Calc. 3mg | Fiber 0g*





**Feeding  
Little Foodi**



# Baby's First Carrots

*One of the basics to start your baby off right.*

## **Makes 2 cups**

1 pound baby carrots

1. Steam carrots until completely fork tender, approximately 20 to 25 minutes, in a stovetop steamer.
2. Put the steamed carrots into the blender jar with 2 tablespoons of steaming liquid.
3. Select Speed 2 and press Start. Gradually increase to Speed 4 once the ingredients begin to move around the jar. Blend until completely smooth, about 2 minutes.

## **Nutritional information per serving (1 ounce):**

*Calories 12 (5% from fat) | Carb. 3g | Pro. 0g | Fat 0g | Sat. Fat 0g | Chol. 0mg | Sod. 20mg  
Calc. 9mg | Fiber 1g*



# Baby's First Pears

*Apples can easily be substituted as a first fruit in this recipe.*

## **Makes about 2 cups**

- 3 medium pears, peeled, cored and cut into 1-inch cubes
1. Steam pears until completely fork tender, approximately 10 minutes, in a stovetop steamer.
  2. Put the steamed pears into the blender jar.
  3. Select Speed 2 and press Start. Gradually increase to Speed 5 once the ingredients begin to move around the jar. Blend until completely smooth, about 1 minute.

## **Nutritional information per serving (1 ounce):**

*Calories 19 (2% from fat) | Carb. 5g | Pro. 0g | Fat 0g | Sat. Fat 0g | Chol. 0mg | Sod. 0mg  
Calc. 3mg | Fiber 1g*



# Baby's First Green Beans

*The blender turns steamed green beans into a smooth purée with ease, perfect for baby.*

## **Makes 1 cup**

12 ounces green beans, trimmed

1. Steam green beans until completely fork tender, approximately 10 to 15 minutes, in a stovetop steamer.
2. Put the steamed green beans into the blender jar with 1 tablespoon of steaming liquid.
3. Select Speed 2 and press Start. Gradually increase to Speed 6 once the ingredients begin to move around the jar. Blend until completely smooth, about 2 minutes.

## **Nutritional information per serving (1 ounce):**

*Calories 13 (5% from fat) | Carb. 3g | Pro. 1g | Fat 0g | Sat. Fat 0g | Chol. 0mg | Sod. 3mg  
Calc. 16mg | Fiber 1g*

# Baby's First Butternut Squash

*Packed with vitamins, butternut squash is sure to become one of baby's favorites.*

## **Makes about 2 cups**

4 cups cubed butternut squash (about 1 pound)

1. Steam butternut squash until completely fork tender, approximately 15 to 20 minutes, in a stovetop steamer.
2. Put the steamed butternut squash into the blender jar with 2 tablespoons of steaming liquid.
3. Select Speed 2 and press Start. Gradually increase to Speed 4 once the ingredients begin to move around the jar. Blend until completely smooth, about 2 minutes.

## **Nutritional information per serving (1 ounce):**

*Calories 21 (2% from fat) | Carb. 5g | Pro. 0g | Fat 0g | Sat. Fat 0g | Chol. 0mg | Sod. 2mg  
Calc. 22mg | Fiber 1g*



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