
RECIPES

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Power Protein Smoothie

This on-the-go drink, packed with energy-dense ingredients, will keep you full, longer.

Makes about 2 cups*

- $\frac{3}{4}$ **cup mixed frozen berries**
- 1 banana, quartered**
- 1 tablespoon protein powder**
- $\frac{1}{4}$ **cup plain or vanilla yogurt**
- $\frac{3}{4}$ **cup unsweetened soy, almond or hemp milk (cow's milk may also be used)**
- 1 tablespoon honey (optional)**

1. Put ingredients into the travel cup, in order listed. Screw the blending blade attachment very well. Place into base, press and turn to lock.
2. Blend on the Smoothie function.
3. Turn cup over, remove the blending blade assembly, screw the lid on and GO!

*To make this in the blender jar, double the recipe and put ingredients into jar in the reverse order.

Nutritional information per serving (2 cups):
Calories 303 (9% from fat) • carb. 49g • pro. 21g • fat 3g
• sat. fat 1g • chol. 1mg • sod. 199mg • calc. 153mg
• fiber 6g

Very Berry Smoothie

Blend up this combination of fresh and frozen fruit for a refreshing morning or afternoon treat.

Makes about 2 cups*

- $\frac{1}{2}$ **cup frozen strawberries**
- $\frac{1}{4}$ **cup frozen mixed berries**
- $\frac{1}{2}$ **cup fresh strawberries, hulled**
- $\frac{1}{2}$ **medium to large peeled ripe banana, cut into 2-inch pieces**
- $\frac{3}{4}$ **cup orange juice**

1. Put all the ingredients into the travel cup, in the order listed. Screw the blending blade attachment very well. Place into base, press and turn to lock.
2. Blend on the Smoothie function.
3. Turn cup over, remove blending blade assembly, screw the lid on and GO!

*To make this in the blender jar, double the recipe and put ingredients into jar in the reverse order.

Nutritional information per serving (2 cups):
Calories 198 (4% from fat) • carb. 49g • pro. 3g • fat 1g
• sat. fat 0g • chol. 0mg • sod. 3mg • calc. 51mg • fiber 6g

Sweet Green Smoothie

This sweet—yes, sweet!—green drink will give you the extra energy boost you need early in the morning or late in the afternoon.

Makes 3½ cups

- 1½ cups almond milk
- 1 medium-large apple, cored and cut into 1-inch pieces
- ¾ cup frozen mango chunks
- ¾ cup frozen strawberries
- 6 stems lacinato kale, trimmed and chopped into 1-inch pieces

1. Put all ingredients into blender jar, in the order listed.
2. Cover and blend on the Smoothie function. For a smoother consistency, run on Smoothie function again, or run on High until desired result.
3. Serve immediately.

Nutritional information per serving (7 ounces):
Calories 82 (15% from fat) • carb. 18g • pro. 1g • fat 1g
• sat. fat 0g • chol. 0mg • sod. 128mg • calc. 102mg
• fiber 3g

Super Antioxidant Smoothie

Berries are the ultimate antioxidant ingredient. Sip on this mix for breakfast, especially after a day of indulgent eating, to kick-start your healthy-eating routine.

Makes about 6 cups

- 2 cups pomegranate juice
- 1 banana, cut into 1-inch pieces
- 4 cups mixed frozen berries
- 2 tablespoons ground flaxseed

1. Put ingredients into the blender jar in the order listed.
2. Cover and blend on the Smoothie function.
3. Serve immediately.

Nutritional information per serving (8 ounces):
Calories 118 (11% from fat) • carb. 28g • pro. 1g • fat 2g
• sat. fat 0g • chol. 0mg • sod. 5mg • calc. 14mg • fiber 4g

Vitamin C Smoothie

Enjoy this smoothie when you need the ultimate cold-fighting punch. Plus, the tropical flavors will instantly whisk you away to warmer climates.

Makes about 5 cups

- 1 cup orange juice
- 2 cups fresh strawberries, hulled
- 1 small to medium orange, cut into segments (about ¾ cup)
- 1 cup cut papaya (about ¼ large papaya, cut into 1-inch pieces)
- 1 cup cut mango (about 1 small mango, cut into 1-inch pieces)
- 2 cups frozen strawberries

1. Put ingredients into the blender jar in order listed.
2. Cover and blend on the Smoothie function.
3. Serve immediately.

Nutritional information per serving (8 ounces):
Calories 106 (3% from fat) • carb. 26g • pro. 1g • fat 0g
• sat. fat 0g • chol. 0mg • sod. 5mg • calc. 42mg • fiber 4g

Frozen Rum Punch

Your friends may never leave if you prepare this for them at your next get-together.

Makes about 6 cups

- ½ cup orange juice
- 3 tablespoons fresh lime juice (the juice of approximately 2 limes)
- ¾ cup rum (light or dark)
- 1 tablespoon grenadine
- 3 cups fresh pineapple, cut into 2-inch pieces
- 1 pint mango sorbet
- 6 ice cubes

1. Put ingredients into the blender jar in order listed.
2. Cover and blend on the Smoothie function.
3. Serve immediately.

Nutritional information per serving (4 ounces):
Calories 111 (0% from fat) • carb. 22g • pro. 0g • fat 0g
• sat. fat 0g • chol. 0mg • sod. 107mg • calc. 1mg
• fiber 1g

Mocha Shake

This chocolatey coffee treat will quickly satisfy your sweet tooth.

Makes about 4½ cups

- 3 cups coffee ice cream**
- 2¼ cups reduced-fat milk**
- ¼ cup chocolate syrup**

1. Put all of the ingredients into the blender jar, in the order listed.
2. Cover and blend on Low for 30 to 40 seconds, or until smooth.
3. Serve immediately.

Nutritional information per serving (4 ounces):

*Calories 203 (58% from fat) • carb. 17g • pro. 5g • fat 13g
• sat. fat 8g • chol. 83mg • sod. 65mg • calc. 145mg
• fiber 0g*

Apple-Walnut Waffles

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

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

- ½ cup toasted walnuts**
- ½ large apple, cored**
- 1½ cups unbleached, all-purpose flour**
- ¼ cup wheat germ**
- 3 tablespoons light brown sugar**
- 1 tablespoon, plus 1 teaspoon baking powder**
- ½ teaspoon kosher salt**
- ¼ teaspoon ground cinnamon**
- 1¾ cups reduced-fat milk**
- 1 large egg**
- 1 large egg white**
- ¼ cup vegetable oil**
- ¾ teaspoon pure vanilla extract**

1. Insert the chopping blade into the Food Processor Attachment of the Cuisinart® Blender. Fit onto the blender base.
2. Put the walnuts in the work bowl of the food processor. Pulse 2 to 3 times on High to chop. Remove the chopping blade and replace with the reversible shredding/slicing disc, with the shredding side facing up. Shred the apple directly into the work bowl with the nuts.

Remove the Food Processor Attachment and reserve.

3. Put the flour, wheat germ, sugar, baking powder, salt and cinnamon into a large mixing bowl, whisk to combine. Put the milk, egg, egg white, oil and vanilla to the blender jar. Cover and run on Low for 20 seconds to fully combine. Add half of the dry ingredients. Pulse on Low to combine; turn blender off, scrape down sides of the jar. Add the remaining dry ingredients and pulse on Low to just combine (it is OK if there are still dry patches in the batter).
4. Transfer the batter to the large mixing bowl that was previously holding the dry ingredients. Add the reserved apple and walnuts; fold to just combine.
5. Preheat a Cuisinart® Belgian Waffle Maker to desired setting. Pour the suggested amount of batter (refer to waffle maker instructions) onto the prepared, preheated waffle maker. Quickly and carefully spread the batter evenly with a heatproof spatula. Close the cover and cook until tone sounds. Serve immediately.

Nutritional information per waffle:

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

Crêpe Batter

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

Makes about 12, eight-inch crêpes

- 3 large eggs, room temperature**
- ¼ cup unsalted butter (½ stick), 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, room temperature**
- 1 teaspoon pure vanilla extract**
- 1 teaspoon unsalted butter, room temperature**

1. Put the eggs, melted butter, flour, salt and sugar into the blender jar. With the unit running on Low, carefully remove the measured pour lid from the cover of the blender. Add the milk and vanilla through the opening and blend for

- about 15 to 20 seconds, or until smooth. If time allows, let the batter rest in the refrigerator for at least 30 minutes. Before using batter, whisk to re-blend, straining if necessary to remove any lumps.
2. Melt the teaspoon of butter in an 8-inch, nonstick skillet set over medium heat. Once pan is hot, add a scant $\frac{1}{4}$ cup of batter to the pan, moving the batter around quickly to make a thin coating on the pan. Cook the crêpe for 2 to 3 minutes, until the edges just start to brown, and then carefully flip and finish cooking on the other side for an additional minute. Continue cooking crêpes until there is no more batter.
 3. Serve with your favorite sweet or savory fillings.

Nutritional information per crêpe:

Calories 92 (52% from fat) • carb. 8g • pro. 3g • fat 5g
 • sat. fat 3g • chol. 59g • sod. 129mg • calc. 36mg
 • fiber 0g

Carrot-Ginger Soup

A small amount of fresh ginger goes a long way. You'll love how it brightens up the warm flavors in this silky-smooth soup.

Makes about 5 cups

- 1 small onion, cut into 1-inch pieces
- 2 tablespoons unsalted butter or olive oil
- $\frac{1}{2}$ ounce fresh ginger, peeled and cut into $\frac{1}{2}$ -inch pieces
- 1 garlic clove
- 1 pound carrots, peeled and cut to fit feed tube
- $\frac{1}{2}$ teaspoon kosher salt
- $\frac{1}{4}$ teaspoon ground cinnamon
- $\frac{1}{8}$ teaspoon ground allspice
- Pinch freshly ground nutmeg
- 1 thyme sprig
- 4 cups chicken broth, low sodium

1. Insert the metal chopping blade into the Food Processor Attachment and place on the blender base. Add the onion and pulse on High to roughly chop, about 8 to 10 pulses.
2. Put the butter or oil into a 6-quart saucepan set over medium heat. Add onion. While onion is cooking, chop ginger and garlic together by running on High. Add ingredients to the saucepan.

3. Continue cooking and replace the chopping blade with the slicing disc. Slice the carrots and then stir directly into the saucepan, adding the salt, cinnamon, allspice, nutmeg and thyme. Stir ingredients together well and then add the chicken broth. Increase heat and bring to a boil. Once soup comes to a boil, reduce the heat so that it is barely simmering. Cover and simmer until the carrots become tender, about 50 to 60 minutes.
4. Once tender, separate the solids from liquid. Put about half of the broth and half of the solids into the blender jar. Blend on Low for about 10 seconds and then switch to High to blend thoroughly. Pour soup into a clean pot. Repeat with remaining ingredients. Taste and adjust seasoning as desired.

Nutritional information per serving (1 cup):

Calories 95 (44% from fat) • carb. 12g • pro. 2g • fat 5g
 • sat. fat 3g • chol. 12mg • sod. 733mg • calc. 69mg
 • fiber 3g

Creamy Greens Soup

Don't let the color fool you—this earthy, nourishing soup is delicious! Garnish with a dollop of crème fraîche and a sprig of parsley for a special, restaurant-like touch.

Makes about 5 cups

- 2 small shallots (about 3 ounces)
- 3 garlic cloves
- 1 small leek (about 2 ounces), white part only
- 1 tablespoon olive oil
- 2 tablespoons unsalted butter
- 1 bunch kale, hard stems discarded and roughly chopped
- 1 bunch Italian parsley, leaves only
- $\frac{1}{2}$ teaspoon kosher salt
- $\frac{1}{4}$ teaspoon freshly ground black pepper
- 4 cups vegetable broth low sodium
- $\frac{1}{2}$ cup heavy cream

1. Insert the metal chopping blade into the Food Processor Attachment and place on the blender base. Add the shallot, garlic and leek and process on High until finely chopped.
2. Put the oil and butter into a 6-quart saucepan set over medium heat. Once butter is melted, add the chopped shallot-garlic-leek mixture. Sweat ingredients together so that they gently sauté, but do not pick up any color.

3. Add the kale, parsley, salt and pepper and stir to coat. Add the vegetable broth and bring to a boil. Cover and reduce heat so that the soup is just simmering. Simmer for about 30 minutes. Add the cream and continue simmering, uncovered, for an additional 20 to 30 minutes.
4. Put ingredients into the blender jar. Blend on Low for about 10 seconds and then switch to High to thoroughly blend, about 45 seconds. Taste and adjust seasoning as desired.

Nutritional information per serving (1 cup):
 Calories 216 (67% from fat) • carb. 14g • pro. 5g • fat 17g • sat. fat 9g • chol. 45mg • sod. 694mg • calc. 129mg • fiber 2g

Gazpacho

Serve this simple, no-cook soup at your next barbecue. It is great for a hot summer day.

Makes about 7 cups

- 3 cups tomato or vegetable juice cocktail, divided**
- 1 to 2 garlic cloves**
- 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**
- ½ teaspoon kosher salt**
- ¼ teaspoon freshly ground black pepper**

1. Put 1 cup of the juice, the garlic, celery, cucumber, pepper, jalapeño and scallions to the blender jar. Blend on Low until vegetables are medium-finely chopped, about 15 to 20 seconds. Transfer to a large serving bowl.
2. Add the remaining juice with the tomatoes to the blender jar. Pulse the blender on High, about 4 to 5 times to chop (or you may blend it if a smoother gazpacho is preferred). Add to the bowl of vegetables/juice. Season with the sherry vinegar, salt and pepper, adjusting amounts to taste.

3. Chill well before serving.

Nutritional information per serving (1 cup):
 Calories 47 (6% from fat) • carb. 9g • pro. 2g • fat 0g • sat. fat 0g • chol. 0mg • sod. 399mg • calc. 23mg • fiber 2g

Champagne Vinaigrette

This all-purpose dressing can be used as a salad topper, marinade or finishing drizzle for roasted vegetables.

Makes about 1 scant cup

- 2½ tablespoons Champagne vinegar**
- 1 teaspoon Dijon mustard**
- ¼ teaspoon kosher salt**
- ¼ teaspoon freshly ground black pepper**
- 1 small shallot, halved**
- ¾ cup extra virgin olive oil**

1. Put all ingredients into the blender jar, in the order listed.
2. Blend on Low until processed, about 20 seconds.
3. Taste and adjust seasoning as desired.

Nutritional information per serving (1 tablespoon):
 Calories 91 (99% from fat) • carb. 0g • pro. 0g • fat 11g • sat. fat 2g • chol. 0mg • sod. 45mg • calc. 0mg • fiber 0g

Green Goddess Dressing

Packed with fresh herbs, this classic dressing has a refreshing tang. It's perfect over grilled chicken, vegetables or salad.

Makes about 1¼ cups

- 1 anchovy fillet**
- 2 teaspoons white wine vinegar**
- ⅓ cup packed Italian parsley**
- 2 tablespoons fresh tarragon**
- 2 tablespoons chopped chives**
- 1 cup nonfat Greek yogurt**
- ¼ cup mayonnaise**
- ½ teaspoon kosher salt**
- ¼ teaspoon freshly ground black pepper**
- 1 small garlic clove**

1. Put all ingredients in blender jar, in the order listed above.
2. Blend on Low until smooth, about 1½ minutes.

Nutritional information per serving (2 tablespoons):
 Calories 110 (73% from fat) • carb. 3g • pro. 3g • fat 9g sat.
 fat 3g • chol. 9mg • sod. 325mg • calc. 72mg • fiber. 0g

Hollandaise

Fair warning: It is almost too easy to make this creamy and decadent sauce in the Cuisinart® Blender.

Makes ¾ cup

- ½ **cup (1 stick) unsalted butter**
- 4 large egg yolks**
- 1½ tablespoons fresh lemon juice**
- ¼ **teaspoon kosher salt**
- Pinch ground mustard**
- Pinch freshly ground black pepper**

1. Put the butter into a saucepan set over low heat until butter is melted and reaches a slight simmer.
2. While the butter is melting, put the remaining ingredients into the blender jar. About a minute before adding the butter, blend on Low for about 30 seconds to combine.
3. With the blender still running on Low, carefully remove the measured pour lid from the cover. Very slowly add the hot butter through the opening (holding the pour lid or even a dishtowel in place to prevent any splattering). When adding the butter, be careful not to add the white milk solids that will be left on the bottom of the pan. Once all butter has been added, check hollandaise for consistency. With the blender turned off, use a long, slim spatula to scrape down the sides, as some yolk may have accumulated in the well by the blade. If overall consistency is too thick, add some hot water, 1 tablespoon at a time, and blend until desired consistency is achieved.
4. Taste and adjust seasoning as desired.
5. Serve immediately or transfer hollandaise to a double boiler to keep warm for serving.

Nutritional information per serving (1 tablespoon):
 Calories 85 (94% from fat) • carb. 0g • pro. 1g • fat 9g
 • sat. fat 5g • chol. 81mg • sod. 47mg • calc. 8mg.
 • fiber 0g

Hummus

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

Makes about 1½ cups

- 1 can (15.5 ounce) chickpeas, drained and rinsed**
- 1 garlic clove**
- 3 tablespoons water**
- 2 tablespoons tahini**
- 2 tablespoons extra virgin olive oil, plus 1 tablespoon for serving**
- 1 tablespoon fresh lemon juice**
- ½ **teaspoon kosher salt**
- ¼ **teaspoon ground cumin**
- ⅛ **teaspoon paprika (optional)**
- Pinch za'atar (optional)**

1. Insert the chopping blade into the work bowl of the Food Processor Attachment. Fit onto the blender base. Put all the ingredients into the work bowl and process on Low until smooth, about 3 minutes, stopping to scrape down the sides of the bowl as needed.
2. For serving, transfer hummus to a shallow bowl. Make a slight indentation in the center of the dip and fill with the remaining tablespoon of oil. Sprinkle the paprika and za'atar, if using, over the oil.

Nutritional information per serving (2 tablespoons):
 Calories 79 (44% from fat) • carb. 2g • pro. 2g • fat 4g
 • sat. fat 1g • chol. 0mg • sod. 207mg • calc. 23mg
 • fiber 2g

Peach Salsa

Peach salsa is excellent served over grilled fish, chicken or even pork tenderloin. It can also be served like traditional tomato salsa with tortilla chips. We love it paired with our Crab Cakes on page 22.

Makes about 1½ cups

- ¼ **large red bell pepper, cored, seeded and cut into ½-inch pieces**
- 1 small garlic clove**
- 1 small jalapeño, halved and seeded, cut into ½-inch pieces**
- ½ **small red onion, cut into ½-inch pieces**
- 2 peaches, peeled and pitted, cut into ½-inch pieces**
- 1½ **tablespoons fresh cilantro or parsley**
- 2 teaspoons fresh lime juice**
- 1½ **teaspoons rice vinegar (may use raspberry or white balsamic vinegar in place of the rice)**
- ½ **teaspoon honey**
Pinch kosher salt

1. Insert the chopping blade into the work bowl of the Food Processor Attachment. Fit onto blender base.
2. Put the red pepper into the work bowl and pulse on High to roughly chop, about 2 pulses. Reserve in a separate mixing bowl.
3. Put the garlic, jalapeño and onion in the work bowl. Pulse on High, 2 to 3 times, to chop. Remove and reserve in the same bowl as the red pepper.
4. Add the peaches and cilantro or parsley to the work bowl and pulse on High, 2 to 3 times, until peaches are roughly chopped. Transfer peaches and cilantro or parsley to the bowl with the other chopped vegetables. Stir in the lime juice, vinegar, honey and salt. Cover and let salsa rest to allow flavors to develop (a minimum of 30 minutes). Taste and adjust seasoning as desired.

Nutritional information per serving (2 tablespoons):
Calories 10 (5% from fat) • carb. 2g • pro. 0g • fat 0g
• sat. fat 0g • chol. 0mg • sod. 6mg • calc. 2mg • fiber 0g

Pesto

If you have other herbs or nuts, use them in place of the basil and pine nuts.

Makes ½ cup

- 1 ounce Parmesan, cut into ½-inch pieces**
- ¼ **cup pine nuts, lightly toasted**
- 2 garlic cloves**
- ½ **teaspoon kosher salt**
Pinch freshly ground black pepper
- 1 cup tightly packed fresh basil leaves**
- ⅓ **cup extra virgin olive oil, divided**

1. Insert the chopping blade into the work bowl of the Food Processor Attachment. Fit onto blender base. Put the cheese into the work bowl. Pulse to break up, about 5 times on High, and then process continuously for about 20 seconds, or until ground (it does not have to be extra fine because it will be blended more with the rest of the ingredients).
2. Add the nuts, garlic, salt and pepper to the work bowl with the cheese. Pulse on High about 5 times and then process on High for about 5 seconds. Scrape down the sides of the bowl. Add the basil and half of the olive oil. Pulse a few times, and then run continuously on Low while adding the remaining olive oil through the drizzle hole in the food pusher, until desired consistency is achieved.
3. To store the pesto, transfer to a glass jar or bowl, tap to remove all air bubbles, even out the surface. Float a layer of olive oil on top; cover with plastic wrap and refrigerate. The pesto will keep for 5 days in the refrigerator, or it may be frozen.

Nutritional information per serving (1 tablespoon):
Calories 125 (90% from fat) • carb. 1g • pro. 2g • fat 13g
• sat. fat 2g • chol. 2mg • sod. 190mg • calc. 52mg.
• fiber 0g

Crab Cakes

A gentle mixing hand is key to these delicate and delicious crab cakes. Pair with our Peach Salsa found on page 21.

Makes about 20 crab cakes

- 16 ounces lump crabmeat**
- 1 medium red bell pepper, cored, seeded and cut into ½-inch pieces**
- 1 jalapeño, halved, seeded and cut into ½-inch pieces**
- 3 scallions, trimmed and cut into ½-inch pieces**
- 1 garlic clove**
- 1 teaspoon olive oil**
- ¼ teaspoon kosher salt**
- 1 egg, lightly beaten**
- 1½ cups panko (Japanese) breadcrumbs, plus extra for dredging**
- ½ cup mayonnaise**
- 1 teaspoon Worcestershire sauce**
- 1 teaspoon Dijon mustard**
- 1½ teaspoons crab/seafood seasoning**
Hot sauce (optional)
- 1 tablespoon vegetable oil**

1. Look through crabmeat to make sure there are no shells or cartilage. Reserve in refrigerator.
2. Insert the chopping blade into the work bowl of the Food Processor Attachment. Fit onto the blender base.
3. Add the red pepper to the bowl. Pulse on High 3 times to finely chop. Reserve in a separate mixing bowl.
4. Add the jalapeño, scallions and garlic. Pulse on High 3 times to finely chop. Add to the same bowl with the red pepper.
5. Put the olive oil in a large skillet and place over medium heat. Add the peppers, scallions and garlic to the pan. Sauté until softened, about 6 to 8 minutes. Remove from heat and allow to cool for a few minutes.
6. Once the vegetables are cool to the touch, add them to the reserved crabmeat. To the mixture, add the egg, panko, mayonnaise, Worcestershire, mustard and seasoning, along with a dash or two of the hot sauce, if desired. Very gently mix all the ingredients together. The best way to mix the crab mixture is with clean hands, however, you can mix with a spoon. It is

important to mix carefully to keep the crabmeat intact.

7. From the mixture, form ¼-cup oval cakes with your hands and place them on a clean plate, separating the layers of patties with wax paper. Cover with plastic wrap and refrigerate for 1 hour before sautéing.
8. Place a Cuisinart® nonstick skillet over medium heat and add the vegetable oil. Lightly dredge the crab cakes in panko crumbs. When oil is hot, sauté crab cakes in batches, approximately 3 to 5 minutes per side. Crab cakes should be a deep golden brown on each side.
9. Serve immediately with our Peach Salsa. Lemon wedges make a nice accompaniment as well.

Nutritional information per crab cake:
Calories 52 (29% from fat) • carb. 5g • pro. 4g • fat 2g
• sat. fat 0g • chol. 29mg • sod. 211mg • calc. 12mg
• fiber 0g

Raspberry Sauce

Use this sweet sauce to complement different desserts, from ice cream to cheesecake to chocolate cake.

Makes about 1¼ cups

- 1 bag (12 ounces) frozen raspberries, thawed**
- ¼ cup granulated sugar**
- Pinch kosher salt**
- Pinch grated orange zest**

1. Put all ingredients into the blender jar, in the order listed.
2. Blend on High for 15 seconds, or until smooth.
3. Pass through a fine mesh strainer to remove all of the raspberry seeds.
4. Raspberry sauce will keep refrigerated for about 1 week to 10 days.

Nutritional information per serving (2 tablespoons)
Calories 109 (1% from fat) • carb. 28g • pro. 0g • fat 0g
• sat. fat 0g • chol. 0mg • sod. 58mg • calc. 10mg • fiber 3g