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## RECIPES

## Power Shake

2 servings

- 1/2** cup orange juice
- 1** ripe banana
- 1 1/2** cups fresh or frozen strawberries
- 1** tablespoon sugar (optional)
- 6–8** ice cubes

Place ingredients in blender jar in order listed. Blend for 1–2 minutes on HI.

*Nutritional information per serving (with sugar):*  
Calories 138 (5% from fat) • carb. 34g • pro. 2g • fat 1g  
chol. 0mg • sod. 5mg • calc. 28mg • fiber 4g

## Strawberry Banana Smoothie

2 servings

- 3/4** cup nonfat milk
- 1** cup strawberries, hulled, cut in half
- 1/2** cup banana slices (1/2-inch slices)
- 1** tablespoon plain, fat-free yogurt
- 10** ice cubes

Place ingredients in blender jar in order listed. Cover and blend on LO for about 20 seconds, then on HI for another 40 seconds. Serve immediately.

*Nutritional information per serving:*  
Calories 84 (6% from fat) • carb. 17g • pro. 4g • fat 1g  
chol. 2mg • sod. 56mg • calc. 139mg • fiber 2g

## Chocolate Malted Shake

2 servings

- 1/2** cup whole milk
- 1** tablespoon chocolate syrup
- 1** cup chocolate ice cream
- 3** tablespoons malt powder
- 1** teaspoon vanilla

Place ingredients in blender jar in order listed. Blend for 2 minutes on HI.

*Nutritional information per serving:*  
Calories 335 (31% from fat) • carb. 51g • pro. 8g  
fat 12g • sat. fat 7g • chol. 37mg • sod. 242mg  
calc. 239mg • fiber 0g

## Mango Lime Smoothie

4 servings

- 2** mangoes, peeled, pitted, and cut into 1-inch pieces
- 1/2** cup lime juice
- 1/4** cup apple juice
- 1/4** cup mango juice
- 6** tablespoons sugar
- 9** ice cubes
- 1/4** cup rum (optional)

Place all ingredients in blender jar in order listed, cover, and blend for 1–2 minutes on HI.

*Nutritional information per serving:*  
Calories 196 (2% from fat) • carb. 43g • pro. 1g • fat 0g  
chol. 0mg • sod. 6mg • calc. 16mg • fiber 2g

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## Citrus Julius

2 servings

- 1** cup milk
- ¼** cup tangerine juice
- ¼** cup orange juice
- 2** tablespoons sugar
- 10** ice cubes
- ½** egg white
- ½** teaspoon vanilla

Place all ingredients in blender jar in order listed, cover, and blend for 1–2 minutes on HI.

*Nutritional information per serving:*

Calories 175 (21% from fat) • carb. 24g • pro. 10g • fat 4g  
chol. 17mg • sod. 151mg • calc. 162mg • fiber 0g

## Oatmeal Banana Waffles

Makes 8–10 waffles

- 1** cup old-fashioned oats (not instant)
- 1** cup flour
- 1** tablespoon baking powder
- ½** teaspoon baking soda
- ½** teaspoon ground cinnamon
- ⅛** teaspoon ground nutmeg
- 3** tablespoons brown sugar
- 1½** cups buttermilk
- 2** large eggs
- 2** medium-size ripe bananas, sliced
- 4** tablespoons butter (melted)
- 1** tablespoon vanilla extract
- Pinch** salt

Blend ½ cup oats on HI until they reach a powdery consistency. Put blended oats into a bowl with remaining oats and set aside. Blend the remainder of dry ingredients until thoroughly mixed. Add to oats.

Blend buttermilk, eggs, banana, butter and vanilla extract on LO until smooth.

Pour wet ingredients over dry ingredients, and stir until just mixed. Do not overmix.

Pour ½ cup of batter per waffle onto hot waffle iron. Cook. Serve immediately, or reserve baked waffles in 200°F degree oven until all waffles have been baked.

*Nutritional information per waffle (10-waffle yield):*

Calories 183 (32% from fat) • carb. 26g • pro. 5g • fat 7g  
chol. 56mg • sod. 777mg • calc. 142mg • fiber 2g

## Guacamole

8 servings

- 1** ripe avocado, peeled, halved, and pitted
- 1** lime, juiced
- 1** garlic clove, chopped
- 1** plum tomato, quartered
- ⅓** cup fresh cilantro leaves
- ⅓** teaspoon salt
- 1** green onion, sliced
- 2–3** drops Tabasco® sauce or other hot sauce

Place all ingredients in a bowl and mash slightly with fork. Transfer to blender and blend on LO just until combined. Do not overblend.

For a chunkier texture: Blend all ingredients except avocado. Mash avocado by hand and stir into blended mixture.

*Nutritional information per serving (2 tablespoons):*

Calories 43 (66% from fat) • carb. 4g • pro. 1g • fat 4g  
• chol. 0mg • sod. 44mg • calc. 6mg • fiber 2g

## Sun-Dried Tomato Tapenade

16 servings

- 8** ounces sun-dried tomatoes in oil, drained
- 2** garlic cloves
- 2** tablespoons grated Parmesan cheese
- ½** teaspoon oregano
- ½** teaspoon basil
- ¼** teaspoon salt
- 3** tablespoons extra virgin olive oil

Place all ingredients in blender. Mix on HI, stopping frequently to scrape down the sides of blender jar. Tapenade is best when paired with cheese and bread.

*Nutritional information per serving (2 tablespoons):*

Calories 56 (70% from fat) • carb. 4g • pro. 1g • fat 5g  
chol. 1mg • sod. 83mg • calc. 17mg • fiber 0g

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## Balsamic Vinaigrette

Makes about 2 cups

- 1**      **tablespoon Dijon mustard**
- 3**      **tablespoons balsamic vinegar**
- 2**      **garlic cloves, peeled**
- ½**     **teaspoon salt**
- 1**      **cup olive oil**
- Pepper to taste**

Blend first 4 ingredients on HI for a few seconds. Then, with blender running, remove small lid insert and pour in oil VERY SLOWLY. It will take a while, but the results are worth it! Season with pepper.

*Nutritional information per serving (2 tablespoons):*

*Calories 97 (98% from fat) • carb. 0g • pro. 0g • fat 11g  
• chol. 0mg • sod. 77mg • calc. 1mg • fiber 0g*

## Tangy Blue Cheese Dressing

Makes 1¾ cups

- 1**      **garlic clove, peeled**
- 1**      **shallot, peeled and cut into  
½-inch pieces**
- 2**      **tablespoons fresh Italian  
parsley leaves**
- 1**      **cup lowfat mayonnaise**
- ½**     **cup buttermilk or fat-free plain yogurt**
- ¼**     **cup crumbled blue cheese**
- ½**     **teaspoon kosher salt**
- ¼**     **teaspoon ground white pepper**
- Dash Tabasco® or other hot sauce  
to taste**

Place garlic, shallot and parsley in blender container. Blend on HI for 10 seconds. Scrape blender jar and add remaining ingredients. Blend on HI for 30–40 seconds until smooth and creamy. Let stand for 30 minutes before serving, to allow flavors to develop.

*Nutritional information per tablespoon:*

*Calories 31 (84% from fat) • carb. 1g • pro. 0g • fat 3g  
chol. 4mg • sod. 112mg • calc. 13mg • fiber 0g*

## Gazpacho

8 servings

- 1**      **can (12 ounces) spicy vegetable juice**
- 4–5**   **fresh plum tomatoes, quartered**
- 1**      **can (14 ounces) crushed tomatoes**
- with**
- roasted garlic (if available)**
- 2**      **garlic cloves, peeled**
- 1**      **medium onion, chopped**
- 1**      **celery stalk with leaves, cut into  
1-inch chunks**
- 1**      **teaspoon Worcestershire sauce**
- 1**      **teaspoon balsamic vinegar**
- ½**     **teaspoon lemon juice**
- Red pepper flakes to taste**
- Salt to taste**
- Pepper to taste**
- 5–6**   **drops hot sauce**

Place all ingredients in blender and run for 2–3 minutes on HI. If the blender is too full, you may want to make this recipe in 2 batches.

*Nutritional information per serving (1 cup):*

*Calories 22 (7% from fat) • carb. 5g • pro. 1g • fat 0g  
chol. 0mg • sod. 166mg • calc. 13mg • fiber 1g*

## Cream of Carrot Soup

8 servings

- 4**      **carrots, peeled and sliced**
- 1**      **medium onion, sliced**
- 1**      **celery stalk, cut into 1-inch chunks**
- 1½**   **cups chicken stock**
- ½**     **cup cooked white rice**
- 1**      **teaspoon salt**
- Cayenne pepper to taste**
- ¾**     **cup light cream**
- Sour cream and diced roasted red  
peppers (garnish)**

In a small stockpot, bring vegetables and one cup of chicken stock to a simmer, and cook for 20–25 minutes. Let cool for 15–20 minutes. Pour soup into blender with remaining stock, rice, salt and cayenne. Blend on LO for 1–2 minutes, until smooth. Add cream and chill in refrigerator to serve cold, or reheat to just below a simmer to serve hot. Garnish with diced peppers and a dollop of sour cream.

*Nutritional information per serving (1 cup):*

*Calories 88 (45% from fat) • carb. 10g • pro. 2g • fat 4g  
chol. 15mg • sod. 143mg • calc. 37mg • fiber 1g*

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# Berry Cobbler

8 servings

- 3** eggs
- 1** cup milk
- ¾** tablespoon baking powder
- 1** cup flour
- ½** cup sugar
- 1** teaspoon vanilla
- Nutmeg to taste**
- Cinnamon to taste**
- Lemon zest to taste**
- 3** cups berries, tossed with sugar

Mix all ingredients, except fruit, in blender on LO. Grease individual ramekins with butter. Place fruit on the bottom and pour in batter to cover the fruit. Sprinkle with sugar and bake in 350°F degree oven for 30 minutes. Serve warm.

Note: Cobbler can be made with peaches, pears, apples, and other fruits.

*Nutritional information per serving (cobbler batter only):*

*Calories 152 (18% from fat) • carb. 26g • pro. 5g  
fat 3g • chol. 84mg • sod. 39mg • calc. 89mg • fiber 0g*

# Amazing Chocolate Silk Pie

12 slices

- 12** ounces bittersweet or semisweet chocolate, broken into small pieces
- 1** tablespoon vanilla extract
- 1** package (19 ounces) silken tofu
- 1** nine-inch graham cracker or chocolate cookie crust (purchased or homemade)

Melt chocolate in double boiler over barely simmering water (may also be done in microwave); stir in vanilla extract. Place tofu in blender jar; blend on HI until smooth, 10–15 seconds. Remove small lid, and, with blender running on HI, add melted chocolate mixture in a steady stream; blend 15 seconds. Stop blender and scrape sides of blender jar with a spatula. Blend on HI 10–15 seconds longer. Pour into crust. Cover and chill at least 4 hours before serving. May be served with slightly sweetened whipped cream.

*Nutritional information per serving:*

*Calories 281 (53% from fat) • carb. 28g • pro. 8g • fat 18g  
chol. 0mg • sod. 145mg • calc. 90mg • fiber 1g*