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

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

Many recipes have large yields, but they can easily be halved if you desire a smaller amount.

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

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

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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 High and blend until completely smooth, about 1 minute.
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

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 sweetener if preferred.

Makes 6 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 Smoothie function to blend.
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*

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 the Smoothie function to blend.
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*

Creamy Mango Smoothie

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

Makes about 5 cups

- 2 ripe mangos, peeled and pitted, cut into large cubes**
- 1 cup plain yogurt, full fat**
- 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 the Smoothie function to blend.

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*

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 packed baby spinach**
- 1 cup frozen strawberries**

1. Put all of the ingredients, in the order listed, into the blender jar. Secure lid.
2. Select the Smoothie function to blend.
3. Serve immediately.

Nutritional information per serving (about 1 cup):

*Calories 138 (9% from fat) • carb. 32g • pro. 2g • fat 2g • sat. fat 0g
• chol. 0mg • sod. 55mg • calc. 178mg • fiber 4g*

Strawberry-Lime Agua Fresca

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

Makes about 4 cups

- 2 tablespoons Simple Syrup***
- 4 to 6 tablespoons water**
- 2 tablespoons fresh lime juice**
- 4 cups fresh strawberries, hulled and halved**
- ¼ cup packed 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 High and blend until completely smooth, about 2 minutes.
3. Pour over a cup of ice and serve immediately.

* Simple syrup is sugar dissolved in water. To make, put equal parts water and granulated sugar in a saucepan set over medium-low heat. Syrup is done once the sugar has dissolved. Cool completely before using.

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*

Cookies and Cream Milk Shake

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

- 2 cups vanilla ice cream**
- ¾ cup milk, any fat variety**
- 6 chocolate sandwich cookies, broken up**

1. Put all of the ingredients, in the order listed, into the blender jar. Secure lid.
2. Select Low and blend until fully smooth and homogenous, about 30 seconds.
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*

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***
- 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 High and blend until fully smooth and homogenous, about 20 seconds.
4. Serve immediately.

* Simple syrup is sugar dissolved in water. To make, put equal parts water and granulated sugar in a saucepan set over medium-low heat. Syrup is done once the sugar has dissolved. Cool completely before using.

Nutritional information per serving (about 1 cup):

*Calories 109 (0% from fat) • carb. 8g • pro. 0g • fat 0g • sat. fat 0g
• chol. 0mg • sod. 444mg • calc. 3mg • fiber 0g*

Frozen Mudslide

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

Makes about 3½ cups

- 3 cups vanilla ice cream**
- ½ cup milk, any fat variety**
- ¾ cup coffee-flavored liqueur**

1. Put all of the ingredients, in the order listed, into the blender jar. Secure lid.

2. Select Low and blend until fully smooth and homogenous, about 30 seconds.
3. Serve immediately.

Nutritional information per serving (about ½ cup):

*Calories 342 (43% from fat) • carb. 33g • pro. 5g • fat 16g • sat. fat 10g
• chol. 105mg • sod. 72mg • calc. 150mg • fiber 0g*

Piña Colada

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

Makes about 6 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, cut into ½-inch pieces**
- 6 ice cubes**

1. Put all of the ingredients, in the order listed, into the blender jar. Secure lid.
2. Select High and blend until fully smooth and homogenous, about 45 seconds.
3. Serve immediately.

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 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 and will need to be shaken or re-blended to bring it back together before using.

Makes about 2 cups

- 1 cup raw almonds**
- 2 cups water, plus more for soaking**
- Pinch kosher salt**
- ¼ teaspoon pure vanilla extract (optional)**
- Sweetener (optional)**

1. Put the almonds into a mixing bowl and cover with water (the amount of water needed to cover will depend on the size of the bowl you are using). 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 High and blend until thin and smooth, about 2 minutes. Pour milk through a very fine strainer, or through a cheesecloth. Discard the almond pulp and reserve the milk.
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*

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® 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 and 2 cups of the water into a mixing bowl and cover. Allow to sit for a minimum of 30 minutes, or up to overnight. Do not refrigerate. After resting, drain and rinse the oats very well.
2. Put 2 cups of fresh water, the soaked, drained oats and a pinch of salt into the blender jar.
3. Select High and blend until smooth, about 1 minute.
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 4 cups

- 4 cups water**
- 1 cup cooked and cooled 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 High and blend until completely smooth, about 3 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*

Blueberry Buckwheat Pancakes

The natural nuttiness of the buckwheat flour adds great flavor to these low-in-fat pancakes. You can eat these for breakfast without the guilt!

Makes about 20 pancakes

- 1 cup unbleached, all-purpose flour**
- ½ cup buckwheat 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 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 together in the blender jar. Select Low and blend to “sift” for 30 seconds. Transfer to a medium mixing bowl; reserve.
2. Put the buttermilk, eggs, maple syrup and vanilla into the blender jar. Select Low and blend until completely combined, about 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 a 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).

Nutritional information per serving (per pancake):

*Calories 54 (14% from fat) • carb. 9g • pro. 2g • fat 1g • sat. fat 0g
• chol. 20mg • sod. 113mg • calc. 44mg • fiber 0g*

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 15, eight-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**

1. Put the eggs, melted butter, flour, salt and sugar into the blender jar. Select Low and while the unit is running, carefully remove the measuring cup from the cover of the blender. Add the milk and vanilla through the opening. Mix about 15 to 20 seconds, or until smooth. Allow the batter to rest for a minimum of 1 hour, or up to overnight, refrigerated.
2. Before using batter, re-blend or whisk to remove any lumps (strain if necessary).
3. 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 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 30 seconds. Remove and repeat with remaining batter.

Nutritional information per crêpe:

*Calories 75 (54% from fat) • carb. 6g • pro. 2g • fat 4g • sat. fat 3g
• chol. 47mg • sod. 97mg • calc. 30mg • fiber 0g*

Curried Coconut and 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.

Makes about 4 cups

- 1 pound butternut squash, seeded, roasted***
- 1 tablespoon unsalted butter or ghee****
- ½ small onion, chopped**
- 2 garlic cloves, chopped**
- ½ jalapeño, seeded and chopped**
- 1-inch piece ginger, peeled and chopped**
- ½ teaspoon kosher salt, divided**
- 1 tablespoon curry powder**
- ½ cup coconut milk**
- 2 cups chicken broth, low sodium**

1. In a medium to large saucepan or casserole pan, heat butter or ghee over medium heat. Once the butter or ghee is hot, add the onion, garlic, jalapeño, ginger and ¼ teaspoon of the salt. Cook vegetables until soft and fragrant, about 6 to 8 minutes. Add curry powder and stir; cook until fragrant, about 1 minute.

2. Scoop out the roasted butternut squash (it should yield about 1½ cups roasted) and add to the pan with the softened vegetables. Add the coconut milk, chicken broth and remaining salt. Using a heatproof spoon or spatula, stir ingredients together, being sure to break up the butternut squash and incorporating it into the other ingredients. Increase heat to bring mixture to a boil and then reduce to maintain a steady simmer. Allow to simmer for 20 to 30 minutes. Remove pan from heat and allow to rest for 5 minutes.
3. Transfer rested soup to the blender jar. Secure lid.
4. Select Low and blend for 30 seconds, and then switch to High and allow to blend until completely smooth, an additional minute.
5. When soup has finished blending, carefully remove lid—soup will be hot. Taste and adjust seasoning as desired.

*How to roast butternut squash: Preheat oven to 425°F. Cut squash in half, lengthwise. Scoop out all the seeds and stringy matter. Drizzle 1 to 2 teaspoons olive oil onto the flesh of each half of the butternut squash and then sprinkle with ¼ teaspoon kosher salt and ⅓ 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.

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

Nutritional information per serving (about 1 cup):

*Calories 149 (52% from fat) • carb. 16g • pro. 4g • fat 10g • sat. fat 7g
• chol. 8mg • sod. 316mg • calc. 59mg • fiber 2g*

Roasted Red Pepper Soup

This soup is so good and easy to make that it may become a new staple in your household, especially if you start keeping jars of roasted red peppers on hand.

Makes 4 cups

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

1. In a medium saucepan, heat the olive oil over medium-low heat. When 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 3 to 4 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. Add the roasted peppers and the chicken broth. Increase heat to bring mixture to a boil and then reduce to maintain a steady simmer. Allow to simmer for 20 to 30 minutes. Remove pan from heat and allow to rest for 5 minutes.
3. Transfer the hot mixture to the blender jar. Secure lid and select Low to blend until smooth, about 1 minute. Add the heavy cream, zest and remaining salt and pepper. Select Low to fully mix, an additional 30 seconds.

- 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 195 (67% from fat) • carb. 11g • pro. 4g • fat 15g • sat. fat 8g
• chol. 40mg • sod. 439mg • calc. 16mg • fiber 2g*

Herbed Balsamic Dressing

If you'd like to use fresh herbs, double the amount of each of the dried ingredients.

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 Dijon-style mustard**
- $\frac{3}{4}$ cup balsamic vinegar**
- $1\frac{1}{3}$ cups extra virgin olive oil**

- Put all ingredients, in the order listed, into the blender jar. Secure lid.
- Select High and blend until fully mixed and emulsified, about 30 to 40 seconds.
- Taste and adjust seasoning as desired. If not using right away, store in the refrigerator in an airtight container for up to 1 week.

Nutritional information per serving (2 tablespoons):

*Calories 171 (95% from fat) • carb. 2g • pro. 0g • fat 19g • sat. fat 3g
• chol. 0mg • sod. 149mg • calc. 13mg • fiber 0g*

Honey Mustard Vinaigrette

You might crave chicken tenders after tasting this dressing—it's loaded with flavors reminiscent of the classic childhood combo.

Makes about 2 cups

- 1 small lemon**
- 1 small shallot (about 2 ounces), peeled and halved**
- 3 tablespoons honey**
- 1 tablespoon Dijon-style mustard**
- $\frac{1}{4}$ cup white wine vinegar**
- 1 teaspoon kosher salt**
- $\frac{1}{2}$ teaspoon freshly ground black pepper**
- 1 cup extra virgin olive oil**

- With a vegetable peeler, remove the zest of the lemon, being very careful not to include any of the bitter white pith. Put lemon peel into the blender jar.
- Juice the peeled lemon. Add juice to the blender along with the remaining ingredients, in the order listed. Secure lid.
- Select High and blend until fully mixed and emulsified, about 1 minute.
- Taste and adjust seasoning as desired. If not using right away, store in the refrigerator in an airtight container 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. 156mg • calc. 1mg • fiber 0g*

BBQ Sauce

Whether slathered on grilled chicken, or used in baked beans, homemade BBQ sauce beats out the jarred style any day.

Makes about 2 cups

- 1** **tablespoon vegetable oil**
- 1** **small onion, chopped**
- 3** **garlic cloves, chopped**
- 1** **cup ketchup**
- 1/3** **cup water**
- 1** **tablespoon Dijon-style mustard**
- 1** **tablespoon Worcestershire sauce**
- 1** **chipotle pepper**
- 1** **tablespoon chili powder**
- 1** **tablespoon paprika**
- 1/4** **cup packed brown sugar**

1. Put the oil into a medium skillet and place over medium heat. Once hot, add the chopped onion and garlic to the pan. Sauté until soft and fragrant, about 5 minutes.
2. Put the remaining ingredients into the blender jar, in the order listed, along with the sautéed vegetables. Select High and blend until smooth, about 2 minutes.
3. Taste and adjust seasoning as desired. Allow to cool to room temperature and transfer to an airtight container and store in the refrigerator. Sauce will keep for up to 2 weeks.

Nutritional information per serving (2 tablespoons):

*Calories 46 (20% from fat) • carb. 8g • pro. 0g • fat 1g • sat. fat 0g
• chol. 0mg • sod. 271mg • calc. 6mg • fiber 0g*

Instant Hollandaise Sauce

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

Makes 1 cup

- 8** **tablespoons (1 stick) unsalted butter**
- 4** **large egg yolks**
- 1/4** **teaspoon kosher salt**
- Pinch cayenne**
- 1 1/2** **tablespoons fresh lemon juice**

1. Put the butter into a small skillet over low heat until it is melted and reaches a slight simmer.
2. While the butter is melting, put the remaining ingredients into the blender jar. Select Low and blend to combine ingredients, about 30 seconds.
3. With the blender still running on Low, remove the measuring cup from the cover. Very carefully drizzle in the hot butter through the opening while using the measuring cup or a dishtowel as a shield to prevent any splatter.
4. Once all the butter has been added, turn off blender and check sauce for consistency. If overall consistency is too thick, blend in 1 tablespoon of hot water at a time.
5. 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*

Baby's First Pears

Apples are an easy substitution.

Makes about 1½ 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 Low and blend until completely smooth, about 1 minute.

Nutritional information per serving (1 ounce):

*Calories 26 (2% from fat) • carb. 7g • pro. 0g • fat 0g • sat. fat 0g
• chol. 0mg • sod. 0mg • calc. 4mg • 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 squash into the blender jar with 3 tablespoons of steaming liquid.
3. Select Low and 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*

Sweetened Whipped Cream

The timer on the blender makes this recipe for whipped cream foolproof.

Makes about 2 cups

- 2 cups heavy cream**
- ¼ cup confectioners' sugar**
- 1 teaspoon pure vanilla extract**
- Pinch kosher salt**

1. Put all of the ingredients, in the order listed, into the blender jar. Secure lid.
2. Set the timer for 20 seconds by pressing the up arrow. Select Low and blend for the allotted time, or until desired consistency.
3. Serve immediately or store in the refrigerator in an airtight container for up to 3 days.

Nutritional information per serving (2 tablespoons):

*Calories 110 (90% from fat) • carb. 2g • pro. 0g • fat 10g
• sat. fat 7g • chol. 40mg • sod. 9mg • calc. 0mg • 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 4 cups

- 3 tablespoons fresh lemon juice**
- ⅓ cup granulated sugar (or less depending on sweetness of strawberries and personal preference)**
- Pinch kosher salt**
- 2 pounds strawberries, hulled and halved**

1. Put all ingredients, in the order listed, into the blender jar. Secure lid.
2. Select Low and blend until fully smooth, about 15 to 20 seconds.
3. Pour strawberry mixture into 2 ice cube trays (they will be very full). Freeze until completely frozen, at least 12 hours.
4. When completely frozen, put one tray of the frozen strawberry cubes into the blender jar. Secure lid. Select the Ice Crush function. If a smoother consistency is desired, scrape down and run on Ice Crush again. Remove and reserve in a freezer-safe, airtight container and repeat with second tray.
5. Serve immediately or store in the freezer for up to 1 month.

Nutritional information per serving (½ cup):

*Calories 58 (5% from fat) • carb. 15g • pro. 1g • fat 0g
• sat. fat 0g • chol. 0mg • sod. 19mg • calc. 18mg • fiber 2g*

Coffee Liqueur-Flavored Truffles

The trick to rolling truffles is to work quickly—you don't want the heat of your hands melting the chocolate. We recommend wearing disposable gloves.

Makes about 28 truffles (¾ inch in diameter)

- ½ **cup heavy cream**
- 1 tablespoon plus 1 teaspoon unsalted butter**
- 8 ounces semisweet chocolate**
- 1 tablespoon coffee-flavored liqueur**
- ¼ **teaspoon kosher salt**
- ¼ **cup unsweetened cocoa powder**

1. In a small saucepan, bring cream and butter to a boil.
2. While cream and butter are coming to a boil, put chocolate into the blender jar. Secure lid. Select High and blend to finely chop, about 10 seconds. Scrape down sides and blend for additional time if necessary.
3. Pour the hot cream and butter mixture into the blender over the chocolate. Select Low and blend until mixed, about 5 seconds. Add the coffee-flavored liqueur and pulse on Low to combine, about 2 to 4 pulses.
4. Transfer chocolate mixture to a bowl. Cover and chill in the refrigerator until firm, about 2 hours.
5. While chocolate is chilling, put the cocoa powder into a medium mixing bowl.
6. Once well-chilled, scoop the chocolate into about 1½-teaspoon rounds (using an ice cream scoop makes this task much easier. If you do not have a scoop, you can use a spoon or measuring spoon – the truffles need not be perfectly round). Roll each round into a ball between the palms of your hands. Transfer to the bowl of cocoa powder and toss to coat. If chocolate becomes too difficult to roll, refrigerate until cold and try again.

Nutritional information per truffle:

*Calories 62 (61% from fat) • carb. 6g • pro. 1g • fat 5g
• sat. fat 3g • chol. 7mg • sod. 3mg • calc. 5mg • fiber 1g*

Raspberry Sauce

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

Makes about 1 cup

- 2-inch** strip lemon peel, bitter white pith removed
- 3** tablespoons granulated sugar
- Pinch kosher salt
- 2** tablespoons water
- 8–10** ounces frozen raspberries, thawed
(1 bag – different brands vary)

1. Put all of the ingredients, in the order listed, into the blender jar. Secure lid.
2. Select Low, blend for 30 seconds and then switch to High (no need to stop the blender), and allow to blend until completely smooth, an additional 30 to 40 seconds.
3. Strain the raspberry sauce through a fine sieve (discard any seeds). Serve immediately or store in an airtight container for up to 2 weeks in the refrigerator.

Nutritional information per serving (2 tablespoons):

*Calories 38 (0% from fat) • carb. 9g • pro. 0g • fat 0g • sat. fat 0g
• chol. 0mg • sod. 18mg • calc. 6mg • fiber 1g*

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