

QUICK REFERENCE GUIDE

To activate blender	Press On/Off – The blender is in Standby mode.
To begin blending	Press desired speed or pre-programmed button.
To change speeds	Press desired speed button.
To pulse	Press On/Off, then Pulse, then press and release desired speed button as needed.
To crush ice	Press On/Off, then press Ice Crush button and program will begin. Ice Crush program runs for one cycle.
To stop blending (and deactivate blender)	Press On/Off button.
To stop blending (during a designated function and pause timer)	Press same function key under operation again.
To stop blending in Pulse	Release speed button.
To stop blending in Ice Crush mode	Press Ice Crush button again.

SPEED SELECTION GUIDE

Ingredient/Recipe	Speed	Result
Reconstituting frozen juice concentrate	Low	Smooth and full-bodied
Mayonnaise	Low	Thick and creamy
Salad dressings	Low	Completely blended and emulsified
Nuts (shelled, ½ cup or less at a time)	Pulse High to chop	Coarse to fine
Heavy or whipping cream	Pulse on Low	Thick, creamy topping
Bread, cookies or crackers (add ½-inch pieces, 1 cup or less at a time)	Low – Pulse to break up, then run on Low	Coarse to fine as desired
Grating/chopping citrus zest (add 1 to 2 tsp. sugar or salt from recipe)	Low	Uniformly fine
Smoothies, shakes, health drinks	Smoothie	Smooth, creamy and thick
Baby food/fruit and vegetable purée	Low	Smooth and creamy
Frozen cocktails	Ice Crush	Thick and slushy
Hard cheeses	Low – Pulse to break up then run on Low	Coarse to fine
Ice (approx. 12 cubes per cycle)	Ice Crush	Coarse crush to snowy

RECIPES

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Power Protein Smoothie

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

Makes about 4½ cups

- 1½ cups unsweetened soy, almond or hemp milk (cow's milk may also be used)**
- ½ cup plain or vanilla yogurt**
- 1 banana, quartered**
- 1 frozen banana, cut into ½-inch pieces**
- 1½ cups mixed frozen berries**
- 2 tablespoons protein powder**
- 2 tablespoons honey (optional)**

1. Put the ingredients in the order listed, into the blender jar.
2. Blend on the Smoothie function.
3. Serve immediately.

Nutritional information per serving (9 ounces):

*Calories 159 (19% from fat) • carb. 24g • pro. 10g • fat 4g
• sat. fat 1g • chol. 4mg • sod. 69mg
• calc. 220mg • fiber 3g*

Super Antioxidant Smoothie

Berries are the ultimate antioxidant ingredients. 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 flax seed**

1. Put the ingredients, in the order listed, into the blender jar.
2. 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*

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**
- 6 stems locinato kale, trimmed and chopped into 1-inch pieces**
- 1 medium-large apple, cored and cut into 1-inch pieces**
- ¾ cup frozen mango pieces**
- ¾ cup frozen strawberries**

1. The ingredients in the order listed, into blender jar.
2. Blend on the Smoothie function. For a smoother consistency, run on Smoothie function again.
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*

Very Berry Smoothie

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

Makes 5 cups

- 1½ cups orange juice**
- 1½ cups peeled ripe banana, cut into 2-inch pieces**
- 1½ cups fresh strawberries, hulled**
- ¾ cup frozen mixed berries**
- 1½ cups frozen strawberries**

1. Put the ingredients, in the order listed, into the blender jar.
2. Blend on the Smoothie function.
3. Serve immediately.

Nutritional information per serving (8 ounces):

*Calories 120 (3% from fat) • carb. 30g • pro. 1g • fat 1g
• sat. fat 0g • chol. 0mg • sod. 2mg
• calc. 23mg • 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 chopped papaya (¼ large papaya, cut into 1-inch dice)**
- 1 cup chopped mango (about 1 small mango, cut into 1-inch dice)**
- 2 cups frozen strawberries**

1. Put the ingredients, in the order listed, into the blender jar.
2. 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**
- 1 tablespoon grenadine**
- 3 cups chopped fresh pineapple (cut into 2-inch pieces)**
- 2 cups (1 pint) mango sorbet**
- 6 ice cubes**

1. Put the ingredients, in the order listed, into the blender jar.
2. Blend on High for 1 minute, or until fully blended.
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 chocolate-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 the ingredients, in the order listed, into the blender jar.
2. Blend on Low, 30 to 40 seconds, 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

Carrot and 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

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

1. Put the butter or oil into a 6-quart saucepan set over medium heat. Once heated, stir in the onion, ginger and garlic and sauté gently.
2. Add the carrots, salt, cinnamon, allspice, nutmeg and thyme. Stir to coat ingredients well and allow to heat through.
3. 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 speed 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 96 (42% from fat) • carb. 12g • pro. 3g • fat 5g
 • sat. fat 3g • chol. 12mg • sod. 757mg
 • calc. 37mg • fiber 3g

Creamy Greens Soup

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

Makes about 5 cups

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

1. Put the oil and butter into a 6-quart saucepan set over medium heat. Once butter is melted, add the shallots, garlic and leek. Sweat ingredients together so that they gently sauté, but do not pick up any color.
2. 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.
3. Put ingredients into the blender jar. Blend on Low for about 10 seconds, 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's great for a hot summer day.

Makes about 7 cups

- 3 **cups tomato or vegetable juice cocktail, 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 **green onions, 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, plus garlic, celery, cucumber, pepper, jalapeño and green onions into the blender jar. Blend on Low about 15 to 20 seconds, until vegetables are medium-finely chopped. Transfer to a large serving bowl.
2. Add the remaining juice with the tomatoes. 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 the ingredients in the order listed into the blender jar.
2. Blend on Low for about 20 seconds, or until homogenous.
3. Taste and adjust seasoning as desired. If not using immediately, place dressing in a covered, airtight container and refrigerate for up to 1 week. Bring to room temperature and stir before serving

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

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, cut in ½-inch cubes**
- 1** **large garlic clove, peeled**
- 1** **large egg yolk***
- 2** **teaspoons Dijon mustard**
- 1** **teaspoon white vinegar (wine or Champagne both work well)**
- 1** **teaspoon balsamic vinegar**
- 1** **teaspoon fresh lemon juice**
- 1** **teaspoon Worcestershire sauce**
- 1** **anchovy fillet (or 1–2 teaspoons anchovy paste)**
- 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. Turn on High for 5 seconds to chop.
2. Scrape down the sides of the blender jar and add the yolk, mustard, vinegars, lemon juice, Worcestershire, anchovy, salt and pepper. Blend on Low for about 10 seconds to combine.
3. Combine the oils together in a measuring cup with a pour spout. While running the blender on Low, slowly pour the oil through the opening in the lid while using the measuring cup to shield the opening to prevent any splatter.
4. Continue running to fully emulsify for a total of 45 seconds.
5. Taste and adjust seasonings as desired. If not using immediately, place dressing in a covered, airtight container and refrigerate for up to 3 days. Bring to room temperature and stir before serving.

Nutritional information per serving (1 tablespoon):
Calories 109 (94% from fat) • carb. 1g • pro. 1g • fat 12g
• sat fat • 2g • chol. 25mg • sod. 146mg
• calc. 27mg • 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 the ingredients, in the order listed, into the blender jar.
2. Blend on Low, about ½ minutes, until smooth.

3. Taste and adjust seasoning as desired.

Nutritional information per serving (2 tablespoons):
Calories 55 (73% from fat) • carb. 1g • pro. 2g • fat 4g
• sat. fat 1g • chol. 4mg • sod. 162mg • calc. 36mg
• fiber 0g

Hollandaise Sauce

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

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

- $\frac{1}{2}$ cup (1 stick) unsalted butter**
- 4 large egg yolks**
- $\frac{1}{4}$ teaspoon kosher salt**
- Pinch ground mustard**
- Pinch freshly ground black pepper**
- $1\frac{1}{2}$ tablespoons fresh lemon juice**

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, run the unit 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 drizzle 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. Once the blender is off, use a long, skinny spatula to stir, 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, until desired consistency is achieved.
4. Taste and adjust seasoning as desired. 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

Roasted Red Pepper and Garlic Sauce

Serve this sauce over chicken, pork or fish, or as an alternative to pasta sauce.

Makes $1\frac{1}{2}$ cups

- 3 red bell peppers**
- 2 garlic cloves, unpeeled**
- 1 tablespoon red wine vinegar**
- $\frac{1}{4}$ cup chicken broth, low sodium (use more for a thinner sauce)**
- $\frac{1}{2}$ teaspoon kosher salt**

1. Preheat oven to 425°F. Line a baking pan with parchment paper. Place peppers and garlic on prepared baking pan.
2. Roast peppers and garlic in oven for 20 minutes. Remove the garlic cloves and place in a small heatproof bowl. Return tray to oven and continue roasting peppers for an additional 30 minutes, flipping a few times so peppers are evenly charred.
3. Once peppers are charred all over, place them in the bowl with the garlic and cover tightly with plastic wrap. Allow peppers to cool and steam at least 30 minutes, so that their skins become loose. Once cool, peel the skins off the peppers and garlic.
4. Put the vinegar, peppers, garlic, and salt in the blender jar. Blend on Low about 10 seconds, until processed. With the blender still running on Low, carefully remove the measured pour lid and slowly pour in the hot broth. Blend until smooth, about 20 seconds. For a thinner sauce, pour in more hot broth.
5. Serve over meat, chicken, fish or roasted vegetables.

Nutritional information per serving ($\frac{1}{2}$ cup):
Calories 41 (8% from fat) • carb. 8g • pro. 2g • fat 0g
• sat. fat 0g • chol. 0mg • sod. 413mg
• calc. 12mg • fiber 3g

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, 8-inch crêpes

- 3 large eggs, room temperature**
- ¼ cup (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, 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. With the unit running on Low, carefully remove the pour lid from the cover of the blender jar. Add the milk and vanilla through the opening. Mix about 15 to 20 seconds, or until smooth. If time allows, let the batter rest in the refrigerator for at least 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 ¼ 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 the other side for an additional minute. Continue cooking crêpes until there is no more batter.
3. Serve with sweet or savory fillings of your choice.

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*

Raspberry Sauce

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

Makes about 1¼ cups

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

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

*Nutritional information per serving (2 tablespoons):
Calories 55 (1% from fat) • carb. 14g • pro. 0g • fat 0g •
sat. fat 0g • chol. 0mg • sod. 29mg
• calc. 10mg • fiber 1g*

*Raw egg warning: Caution is suggested in consuming raw and lightly cooked eggs due to the slight risk of salmonella or other food-borne illness. To reduce this risk, we recommend you use only fresh, properly refrigerated, clean, grade A or AA eggs with intact shells, and avoid contact between the yolks or whites and the shell. For a lower-cholesterol mayonnaise, and to avoid using raw eggs, use cholesterol-free egg substitute for the egg yolk.