
Don't:

- Don't store food or liquids in your blender jar.
- Don't place cutting assembly and locking ring onto motor base without the blender jar attached.
- Blender will not mash potatoes, knead heavy dough, or beat egg whites.
- Don't remove blender jar while unit is on. Keep the blender jar cover on the blender jar while blending.
- Don't twist locking ring from blender jar when removing blender jar from motor base. Simply lift blender jar from motor base.
- Don't overprocess foods. Blender will achieve most desired results in seconds, not minutes.
- Don't overload blender. If the motor stalls, turn the blender off immediately, unplug the unit, and remove a portion of the food, then continue.
- Don't use any utensil inside the blender jar while the motor is on.
- Don't use any container or accessories not recommended by Cuisinart. Doing so may result in injury.
- Don't place hands inside the blender jar when blender is plugged in.
- Don't add boiling liquids or frozen foods (except ice cubes or ½ inch pieces of frozen fruit) to glass blender jar. Boiling liquids should cool for 5 minutes before being placed in blender jar.

RECIPE TIPS

The simple recipes that follow include some old Cuisinart favorites as well as some creative combinations that are sure to please your friends and family. Thanks to the superior ice crushing power of the SmartPower® 7-Speed Electronic Blender, you'll also be able to make delicious frozen drinks.

Chopping Nuts

Pulse ½ cup of nuts (shells removed) on chop 4 to 5 times. Turn blender off; scrape blender jar with spatula. Turn blender on and pulse on Chop 2 to 3 times. Turn blender off. Pulse fewer times for more coarsely chopped results. For best results, process no more than 1 cup at a time.

Bread, Cookie or Cracker Crumbs

For best results, use day old bread (drier bread works best). Break bread slices into ½ inch pieces, and process no more than 1 cup of pieces at a time on mix for 5 to 10 seconds. Crackers and cookies should also be broken into ½ inch pieces; process 1 cup at a time on Mix for 10 to 15 seconds. Turn blender off.

Crushing Ice

Add up to 10 large ice cubes to blender jar. Press the Ice Crush button, using short bursts, 10 times, or until cubes are the consistency of snow. Turn blender off. Pulse fewer times if coarsely chopped ice is desired.

Grating Citrus Zest

For best results, blender jar and cutting assembly must be clean and dry. Remove zest from fruit in strips (using vegetable peeler). Use no more than 8 strips at a time (zest of one medium lemon). Cut strips in half. Add strips and 1 teaspoon sugar (from recipe) to the blender jar. Blend on Liquefy for 15 to 20 seconds. Turn blender off.

Baby Food

Combine ½ cup cooked vegetables, fruit or meat with 3 tablespoons liquid (water, milk or fruit juice) in the blender jar. Blend on Purée for 15 to 20 seconds. Add more liquid if necessary and process again. Turn blender off.

Grinding Hard Cheese

Cut cheese into ½ inch pieces. Blend on Liquefy for 30 seconds. Turn blender off. For best results, grind no more than 3 ounces of cheese at a time.

Grinding Spices

For best results, blender jar and cutting assembly must be clean and dry. Add ¼ to ½ cup of spices/seeds/peppercorns to blender jar. Blend on Liquefy for 30 to 35 seconds. Turn blender off.

Whipping Cream

Whip 1 cup of cream (whipping or heavy cream) at a time. Blend on Mix, and process for 45 to 60 seconds or until creamy and smooth. If making sweetened cream, add sugar after 10 seconds. Turn blender off. Makes about 1 cup.

Puréeing Sun-Dried Tomatoes

Rehydrate 1 ounce of tomatoes in 1 cup boiling water. Allow to sit for 10 minutes or until softened. Add tomatoes and water to blender jar. Cover and pulse on Liquefy 5 times; then run continuously on Liquefy for 15 to 20 seconds. Turn blender off. Drain in fine strainer if desired. Makes about ½ cup of puréed tomatoes.

RECIPES

Frozen Beverages

Frozen Cranberry-Orange Mimosas

Makes ten 5½-ounce servings

- 1 cup cranberry juice cocktail, chilled**
- 1 cup orange juice, chilled**
- 1½ cups ice cubes**
- 1 bottle (750 ml) brut champagne, chilled**

Place cranberry juice, orange juice, and ice cubes in jar of Cuisinart® SmartPower® 7-Speed Electronic Blender in order listed. Place cover on jar. Turn blender on and process on Liquefy until thick and frothy, about 30 to 40 seconds. Turn blender off.

Pour ⅓ cup juice mixture into each champagne glass. Top with chilled champagne. Serve immediately.

Nutritional information per serving:

*Calories 32 (0% from fat) • carb. 8g • pro. 0g • fat 0g • sat. fat 0g
• chol. 0mg • sod. 14mg • calc. 3mg • fiber 1g*

Frozen Fruit Daiquiri

Makes five 4-ounce servings

- 4 ounces frozen limeade concentrate, thawed**
- 3 ounces light rum**
- 2 cups ice cubes**
- 1 cup ripe fruit, cut into 1-inch pieces
(strawberries, bananas, peaches)**

Place ingredients in jar of Cuisinart® SmartPower® 7-Speed Electronic Blender in order listed. Place cover on jar. Turn blender on and process on Liquefy until slushy, about 45 to 50 seconds. Turn blender off. Serve immediately.

Nutritional analysis per serving:

*Calories 90 (0% from fat) • carb. 13g • pro. 0g • fat 0g • sat. fat 0g
• chol. 0mg • sod. 3mg • calc. 5mg • fiber 1g*

Frozen Daiquiri

Makes four 4-ounce servings

- 4 ounces frozen limeade concentrate, thawed**
- 3 ounces light rum**
- 2 cups ice cubes**

Place ingredients in jar of Cuisinart® SmartPower® 7-Speed Electronic Blender in order listed. Place cover on jar. Turn blender on and process on Liquefy until slushy, about 45 to 50 seconds. Turn blender off. Serve immediately.

Nutritional information per serving:

*Calories 105 (0% from fat) • carb. 14g • pro. 0g • fat 0g • sat. fat 0g
• chol. 0mg • sod. 4mg • calc 0mg • fiber 0g*

Rum and Orange Freeze

Makes four 4-ounce servings

- 1 cup orange juice**
- 1½ ounces dark rum**
- 1 cup ice cubes**

Place ingredients in jar of Cuisinart® SmartPower® 7-Speed Electronic Blender in order listed. Place cover on jar. Turn blender on and process on Liquefy until slushy, about 30 seconds. Turn blender off. Serve immediately.

Nutritional information per serving:

*Calories 45 (0% from fat) • carb. 6g • pro. 0g • fat 0g • sat. fat 0g
• chol. 0mg • sod. 2mg • calc. 6mg • fiber 0g*

Margarita

Makes four 4-ounce servings

- ½ cup lime juice**
- 4 ounces tequila**
- 1 tablespoon granulated sugar**
- 2 cups ice cubes**

Place ingredients in jar of Cuisinart® SmartPower® 7-Speed Electronic Blender in order listed. Place cover on jar. Turn blender on and process on Liquefy until slushy, about 45 to 60 seconds. Turn blender off. Serve immediately.

Nutritional information per serving:

*Calories 94 (0% from fat) • carb. 6g • pro. 0g • fat 0g • sat. fat 0g
• chol. 0mg • sod. 4mg • calc. 4mg • fiber 0g*

Piña Colada

Makes two 6-ounce servings

- ½ cup unsweetened pineapple juice**
- 2 ounces sweetened cream of coconut**
- 2 ounces dark rum**
- 1 cup ice cubes**

Place ingredients in jar of Cuisinart® SmartPower® 7-Speed Electronic Blender in order listed. Place cover on jar. Turn blender on and process on Liquefy until slushy, about 45 to 50 seconds. Turn blender off. Serve immediately.

Nutritional information per serving:

*Calories 143 (25% from fat) • carb. 10g • pro. 1g • fat 4g • sat. fat 2g
• chol. 11mg • sod. 17mg • calc. 14mg • fiber 1g*

Milk Shakes/Frappes

Orange Creamsicle

Makes one 12-ounce serving

- ¾ cup fat-free milk**
- 2 scoops (8 ounces) orange sherbet**
- 2 tablespoons instant fat-free dry milk**
- ½ teaspoon vanilla extract**

Place ingredients in jar of Cuisinart® SmartPower® 7-Speed Electronic Blender in order listed. Place cover on jar. Turn blender on and process on Liquefy until smooth, about 30 seconds. Turn blender off. Serve immediately.

Nutritional information per serving:

*Calories 396 (9% from fat) • carb. 76g • pro. 14g • fat 4g • sat. fat 3g
• chol. 20mg • sod. 265mg • calc. 411mg • fiber 5g*

Chocolate Milk Shake

Makes two 8-ounce servings

- 1 cup reduced fat milk**
- 1 scoop (4 ounces) vanilla ice cream**
- 2 tablespoons chocolate syrup**

Place ingredients in jar of Cuisinart® SmartPower® 7-Speed Electronic Blender in order listed. Place cover on jar. Turn blender on and process on Purée until smooth and creamy, about 25 to 30 seconds. Serve immediately.

Variation: For a strawberry milk shake, substitute strawberry syrup and strawberry ice cream.

Nutritional information per serving:

*Calories 243 (41% from fat) • carb. 29g • pro. 7g • fat 11g • sat. fat 7g
• chol. 34mg • sod. 127mg • calc. 234mg • fiber 1g*

Cappuccino Shake

Makes four 8-ounce servings

- 1 cup espresso coffee or strong coffee**
- ½ cup half-and-half**
- ¼ cup granulated sugar***
- 1 cup ice cubes**
- ground cinnamon**

Place all ingredients except cinnamon in jar of Cuisinart® SmartPower® 7-Speed Electronic Blender in order listed. Place cover on jar. Turn blender on and process on Liquefy until smooth, about 25 to 30 seconds. Pour into glasses, and sprinkle with cinnamon. Serve immediately.

*Use less sugar (about 3 tablespoons) if a less sweet beverage is desired.

Variation: Pour mixture into ice cube trays, and freeze until solid. Place in blender jar, and crush, using Ice Crush to make a refreshing frozen dessert.

Nutritional information per serving:

*Calories 87 (31% from fat) • carb. 14g • pro. 1g • fat 3g • sat. fat 2g
• chol. 11mg • sod. 14mg • calc. 33mg • fiber 0g*

Ice Cream Soda

Makes two 12-ounce servings

- 1 cup reduced fat milk**
- 1 scoop (4 ounces) vanilla ice cream**
- 2 tablespoons chocolate syrup**
- 1 cup ginger ale**

Place milk, ice cream, and chocolate syrup in jar of Cuisinart® SmartPower® 7-Speed Electronic Blender in order listed. Place cover on jar. Turn blender on and process on Purée until smooth and creamy, about 40 to 45 seconds. Turn blender off. Divide ginger ale into two tall glasses (about 14 to 16 ounces each). Add ice cream mixture, and stir gently. Serve immediately.

Nutritional information per serving:

*Calories 287 (34% from fat) • carb. 40g • pro. 7g • fat 11g • sat. fat 7g
• chol. 34mg • sod. 136mg • calc. 238mg • fiber 1g*

Mocha Shake

Makes one 12-ounce serving

- 1 teaspoon instant coffee crystals**
- 1 tablespoon hot water**
- ½ cup reduced fat milk**
- 2 scoops (8 ounces) vanilla low-fat frozen yogurt or vanilla ice milk**
- 2 tablespoons chocolate syrup**

Dissolve coffee crystals in hot water, and place in jar of Cuisinart® SmartPower® 7-Speed Electronic Blender. Add remaining ingredients in order listed. Place cover on jar. Turn blender on and process on Purée until smooth, about 25 to 30 seconds. Turn blender off. Serve immediately.

Nutritional information per serving:

*Calories 479 (28% from fat) • carb. 71g • pro. 15g • fat 15g • sat. fat 7g
• chol. 43mg • sod. 255mg • calc. 540mg • fiber 1g*

Smoothies

All-Fruit Smoothie

Makes six 6-ounce servings

- 1/3 cup orange juice**
- 1 cup cantaloupe, cut into 1-inch pieces**
- 1 cup raspberries**
- 1 cup canned pineapple chunks, drained**
- 1 cup navel orange segments, cut into 1-inch pieces**
- 1 cup strawberries, cut into 1-inch pieces**
- 1 medium banana, cut into 1-inch pieces**
- 1 cup ice cubes**

Layer the ingredients in the jar of Cuisinart® SmartPower® 7-Speed Electronic Blender in the order listed. Do not pack fruit tightly into jar. Place cover on jar. Turn blender on and process on Liquefy until smooth, about 30 to 40 seconds. Turn blender off. Serve immediately.

Note: The riper the fruit, the sweeter the smoothie.

Nutritional information per serving:

*Calories 92 (0% from fat) • carb. 22g • pro. 1g • fat 0g • sat. fat 0g
• chol. 0mg • sod. 5mg • calc. 30mg • fiber 4g*

Banana-Pineapple Freeze

Makes two 8-ounce servings

- 1 cup unsweetened pineapple juice**
- 1/2 medium banana, cut into 1-inch pieces**
- 1/4 cup instant fat-free dry milk**
- 1 cup ice cubes**

Place ingredients in jar of Cuisinart® SmartPower® 7-Speed Electronic Blender in order listed. Place cover on jar. Turn blender on and process on Liquefy until smooth, about 25 to 30 seconds. Turn blender off. Serve immediately.

Nutritional information per serving:

*Calories 152 (0% from fat) • carb. 32g • pro. 6g • fat 0g • sat. fat 0g
• chol. 3mg • sod. 87mg • calc. 124mg • fiber 2g*

Dips/Spreads/Appetizers

For best results when blending fresh herbs, the herbs, blender jar and cutting assembly must be dry and clean.

Hummus

Makes 2 1/4 cups

- 1/2 cup fresh lemon juice**
- 2 cups canned, cooked garbanzo beans, drained**
- 2 tablespoons water**
- 4 medium garlic cloves, peeled, quartered**
- 4 tablespoons tahini (optional)**
- 1 1/2 tablespoons olive oil**
- 2 teaspoons table salt**
- 1 teaspoon chopped parsley**

Place lemon juice, garbanzo beans, water, garlic, tahini, olive oil and salt in jar of Cuisinart® SmartPower® 7-Speed Electronic Blender in order listed. Place cover on jar. Turn blender on and process on Liquefy until smooth, about 20 seconds. Turn blender off. Scrape blender jar with a spatula. Turn blender on and process an additional 25 to 30 seconds until smooth. Turn blender off. Transfer to a serving dish, and sprinkle with parsley. Serve at room temperature.

Nutritional information per tablespoon:

*Calories 40 (27% from fat) • carb. 6g • pro. 1g • fat 1g • sat. fat 0g
• chol. 0mg • sod. 69mg • calc. 12mg • fiber 1g*

Minted Yogurt Sauce

Makes two cups

- 2 cups lowfat vanilla yogurt**
- 1 tablespoon granulated sugar**
- 3 tablespoons fresh mint leaves**

Place ingredients in jar of Cuisinart® SmartPower® 7-Speed Electronic Blender. Place cover on jar. Turn blender on and process on Purée until well blended, about 10 to 15 seconds. Turn blender off. Serve chilled with fresh fruit.

Variation: Substitute fruit-flavored yogurt.

Nutritional information per tablespoon:

*Calories 16 (0% from fat) • carb. 3g • pro. 1g • fat 0g • sat. fat 0g
• chol. 1mg • sod. 8mg • calc. 27mg • fiber 0mg*

Mexican Salsa Cruda

Makes two cups

- 1 (28-ounce cans) plum tomatoes, drained**
- ¼ cup fresh cilantro leaves**
- 2 jalapeño peppers, halved, seeded, cut into ½-inch pieces**
- 1 small onion, peeled, cut into ½-inch pieces**
- 1 teaspoon fresh lime juice**
- 1 teaspoon table salt**

Place ingredients in jar of Cuisinart® SmartPower® 7-Speed Electronic Blender in order listed. Place cover on jar. Turn blender on and pulse on Mix 5 to 6 times until coarsely chopped. Turn blender off. Allow to sit for 1 to 2 hours to develop flavor. Drain before serving if a thicker salsa is desired.

Nutritional information per tablespoon:

*Calories 8 (0% from fat) • carb. 2g • pro. 0g • fat 0g • sat. fat 0g
• chol. 0mg • sod. 76mg • calc. 3mg • fiber 0g*

Spicy Crabmeat Dip

Makes 1¾ cups

- ⅓ cup whole or reduced fat milk**
- 1 cup lowfat sour cream**
- ¼ cup lowfat mayonnaise**
- 1 can (6 ounces) crabmeat, drained (about ¾ cup)**
- 1 tablespoon fresh chopped chives**
- 1½ teaspoons prepared horseradish**
- ¼ teaspoon ground white pepper**

Place ingredients in jar of Cuisinart® SmartPower® 7-Speed Electronic Blender in order listed. Place cover on jar. Turn blender on and process on Purée until well blended, about 20 to 25 seconds. Turn blender off. Scrape jar with a spatula. Turn blender on and process an additional 20 to 25 seconds until well combined. Refrigerate 1 to 2 hours before serving to develop flavor.

Nutritional information per tablespoon:

*Calories 34 (53% from fat) • carbo. 2g • prot. 2g • fat 2g • sat. fat 1g
• chol. 15mg • sod. 91mg • calc. 23mg • fiber 0g*

Chunky Guacamole

Makes 1½ cups

- ¼ cup fresh cilantro leaves**
- 1 medium garlic clove, peeled, quartered**
- 1 small scallion, trimmed, cut into 1 inch pieces**
- ½ small green chili, seeded and quartered**
- ¼ teaspoon table salt**
- ⅛ teaspoon chili powder**
- ½ cup nonfat plain yogurt**
- 2 tablespoons fresh lemon juice**
- 1 small plum tomato, cut into ½ inch pieces**
- 2 small ripe avocados, peeled, pits removed, cut into ½- inch pieces**

Place cilantro, garlic, scallion, chili, salt, and chili powder in jar of Cuisinart® SmartPower® 7-Speed Electronic Blender. Place cover on jar. Turn blender on and pulse on Stir until coarsely chopped, about 5 to 6 times. Add yogurt, lemon juice, and tomato pieces. Pulse on Stir until coarsely chopped (about 5 times), then run continuously on stir until combined, about 10 seconds. Add avocado pieces, and pulse on Stir to combine, about 10 times. Turn blender off. Scrape jar with a spatula. Turn blender on. Run continuously on Stir until combined, but still chunky, about 10 seconds. Turn blender off.

Tip: To prevent browning, bury the pit in the center of the mixture for serving or storage.

Nutritional information per tablespoon:

*Calories 39 (69% from fat) • carbo. 2g • prot. 1g • fat 3g • sat. fat 0g
• chol. 0mg • sod. 30mg • calc. 13mg • fiber 1g*

Sauces/Dressings

Chocolate Sauce

Makes six tablespoons

3 1-ounce squares semisweet chocolate, each broken into 8 pieces

1½ teaspoons granulated sugar

¼ cup boiling water, cooled for 5 minutes

Place chocolate and sugar in jar of Cuisinart® SmartPower® 7-Speed Electronic Blender. Place cover on jar. Turn blender on and process on Liquefy until coarsely chopped, about 10 to 15 seconds. Add water, and process on Liquefy until smooth, about 10 seconds. Turn blender off. Serve immediately or cool and refrigerate in an airtight container for up to 4 weeks. Reheat before serving.

Nutritional information per tablespoon:

*Calories 85 (53% from fat) • carb. 9g • pro. 1g • fat 5g • sat. fat 3g
• chol. 0mg • sod. 0mg • calc. 5mg • fiber 1g*

NonFat Herbed Salad Dressing

Makes one cup

1 cup fresh parsley

1 small shallot, peeled and quartered

1½ tablespoons fresh dill weed

1 tablespoon celery seed

1 tablespoon fresh cilantro

1 tablespoon fresh oregano

¼ teaspoon ground white pepper

¼ teaspoon kosher salt

⅓ cup fat-free milk

½ cup fat-free plain yogurt

1 tablespoon fresh lemon juice

1 tablespoon Dijon mustard

1 tablespoon balsamic vinegar

Place parsley, shallot, dill, celery seed, cilantro, oregano, pepper, and salt in the jar of Cuisinart® SmartPower® 7-Speed Electronic Blender. Place cover on jar. Turn blender on and pulse on Stir until coarsely chopped, about 5 times. Turn blender off.

Scrape jar with a spatula. Turn blender on and pulse on Stir 5 times. Add milk, yogurt, lemon juice, mustard, and vinegar in order listed; process on Stir until well blended, about 15 to 20 seconds. Turn blender off. Store in the refrigerator for up to 2 weeks in an airtight container.

Nutritional information per tablespoon:

*Calories 12 (0% from fat) • carbo. 2g • prot. 1g • fat 0g • sat. fat 0g
• chol. 0mg • sod. 71mg • calc. 38mg • fiber 0g*

Tomato Sauce

Makes four servings

1 can (28-ounces) Italian plum tomatoes, drained

2 medium shallots, peeled, cut into ½-inch pieces

½ teaspoon dried oregano

½ teaspoon table salt

½ teaspoon granulated sugar

Place ingredients in jar of Cuisinart® SmartPower® 7-Speed Electronic Blender in order listed. Place cover on jar. Turn blender on and process on Purée until coarsely chopped, about 10 to 15 seconds. Turn blender off. Transfer to skillet or saucepan; simmer over medium-low heat, stirring occasionally, until thick, about 20 to 30 minutes.

Note: Purée 20 to 25 seconds for a smoother sauce.

Nutritional analysis per serving:

*Calories 57 (16% from fat) • carb. 10g • pro. 2g • fat 1g • sat. fat 0g
• chol. 0mg • sod. 312mg • calc. 25mg • fiber 2g*

Pesto Sauce

Makes eight servings

3 ounces Parmesan cut into ½-inch pieces

3 small garlic cloves, peeled and quartered

¾ cup extra virgin olive oil

2 cups fresh basil leaves, loosely packed

¼ cup toasted pine nuts

Place cheese in jar of Cuisinart® SmartPower® 7-Speed Electronic Blender. Place cover on jar. Turn blender on and blend on Liquefy until finely ground, about 30 seconds. Reserve. Add garlic, and blend on Liquefy until minced, about 15 seconds. Add remaining ingredients in order listed including reserved cheese; blend on

Liquefy until combined, about 45 to 50 seconds. Turn blender off. Pesto may be stored in refrigerator, in an airtight container, for up to 5 days. It also freezes well.

Nutritional analysis per serving:

Calories 262 (89% from fat) • carbo. 2g • prot. 5g • fat 26g • sat. fat 5g
• chol. 8mg • sod. 202mg • calc. 137mg • fiber 1g

Raspberry Sauce

Makes eight servings

12 ounces frozen raspberries, thawed, at room temperature
(about 1½ cups)

1 tablespoon granulated sugar

Place raspberries and sugar in jar of Cuisinart® SmartPower® 7-Speed Electronic Blender. Place cover on jar. Turn blender on and pulse 5 times on Purée, then run continuously on Purée until smooth, about 10 seconds. Turn blender off. Strain mixture through a fine sieve. Store in an airtight container in the refrigerator. Serve over ice cream or cheesecake.

Nutritional information per serving:

Calories 52 (0% from fat) • carb. 13g • pro. 0g • fat 0g • sat. fat 0g
• chol. 0mg • sod. 0mg • calc. 6mg • fiber 2g

Classic Mayonnaise with Cooked Eggs

Makes 1 cup

1 large egg

1 large egg yolk

½ teaspoon granulated sugar

½ teaspoon unbleached, all-purpose flour

1 tablespoon white wine vinegar

1¼ teaspoons dry mustard

½ teaspoon table salt

¼ teaspoon ground white pepper

⅔ cup (6 ounces) vegetable oil

Have ready a pie plate filled with ice cubes and cold water. Place the whole egg, egg yolk, sugar and flour in the jar of Cuisinart® SmartPower® 7-Speed Electronic Blender. Place cover on jar and press On button. Process on Stir until combined, about 5 seconds. Transfer to a 7-inch nonstick skillet. Wash the jar, blade and lid with hot water and soap; dry.

Over medium heat, using a heat-proof scraper, stir the egg mixture until it thickens to the consistency of a thin custard, about 1 to 1½ minutes. Stir for ½ minute longer, then remove the pan from the heat and place it in the prepared ice water bath, stirring the egg mixture until it is cool.

Add the cooled egg mixture to the blender jar along with the vinegar, dry mustard, salt, and pepper. Process on Stir to blend, about 15 seconds. With the machine running on stir, add the ⅔ cup of the oil in a very slow, steady stream, taking about 2 minutes. Hold the measured pour lid over the opening while adding oil to prevent splattering. The mayonnaise will thicken gradually. Stop processing once all the oil has been added and the mixture is emulsified. For a thicker mayonnaise, chill for one hour or longer before serving. Store in an airtight container in the refrigerator for up to 5 days.

Variation: Cholesterol-Free Mayonnaise: Substitute ½ cup pasteurized liquid egg substitute for the egg and egg yolk. Omit the cooking/cooling steps. Substitute olive oil for the vegetable oil.

Nutritional information per tablespoon of Classic Mayonnaise:

Calories 93 (96% from fat) • carb. 0g • pro. 1g • fat 10g • sat. fat 1g
• chol. 27mg • sod. 77mg • calc. 3mg • fiber 0g

Low-Fat Blue Cheese Dressing

Makes 1 cup

1 cup fresh parsley

⅓ cup fat-free milk

½ cup fat-free plain yogurt

2 ounces blue cheese, cut into ½-inch pieces

1 tablespoon fresh lemon juice

¼ teaspoon ground white pepper

¼ teaspoon table salt

Place parsley in the jar of Cuisinart® SmartPower® 7-Speed Electronic Blender. Place cover on jar. Turn blender on and pulse on Stir until coarsely chopped, about 5 times. Add remaining ingredients in order listed, and blend on Stir until combined, about 15 to 20 seconds. Turn blender off. Store in the refrigerator for up to 2 weeks in an airtight container.

Nutritional information per tablespoon:

Calories 17 (53% from fat) • carb. 1g • pro. 1g • fat 1g • sat. fat 1g
• chol. 3mg • sod. 96mg • calc. 46mg • fiber 0g

Classic Vinaigrette

Makes ¾ cup

- 1 small garlic clove, peeled and quartered**
- ¾ cup vegetable oil**
- ¼ cup red wine vinegar**
- 1 tablespoon Dijon mustard**
- ⅛ teaspoon ground white pepper**
- ⅛ teaspoon table salt**

Place garlic in jar of Cuisinart® SmartPower® 7-Speed Electronic Blender. Place cover on jar. Turn blender on and process on Liquefy until finely chopped, about 10 seconds. Add remaining ingredients in order listed, and blend on Stir until combined, about 15 to 20 seconds. Turn blender off. Store in refrigerator in an airtight container for up to 3 weeks.

Nutritional information per tablespoon:

*Calories 126 (100% from fat) • carb. 0g • pro. 0g • fat 14g • sat. fat 2g
• chol. 0mg • sod. 56mg • calc. 2mg • fiber 0g*

Batters

Buttermilk Pancakes

Makes sixteen 4-inch pancakes

- 1½ cups lowfat buttermilk**
- 2 large eggs**
- 1¼ cups unbleached all-purpose flour**
- 3 tablespoons vegetable oil**
- 1 tablespoon granulated sugar**
- 1 teaspoon baking soda**
- ½ teaspoon baking powder**
- ½ teaspoon table salt**
- cooking spray**

Place first eight ingredients, in order listed, in jar of Cuisinart® SmartPower® 7-Speed Electronic Blender (not vegetable oil cooking spray). Place cover on jar. Turn blender on and blend on purée for 10 seconds. Turn blender off. Scrape blender jar with a spatula. Turn blender on and blend on Purée for an additional 15 to 20 seconds. Turn blender off.

Coat a large nonstick skillet or griddle with vegetable oil cooking spray, and heat over medium heat. Pour batter into 4-inch pancakes. When they start to bubble, turn and brown the other side, about 45 seconds. Repeat with remaining batter, coating skillet with cooking spray as necessary.

Nutritional information per pancake:

*Calories 75 (36% from fat) • carb. 9g • pro. 3g • fat 3g • sat. fat 1g
• chol. 27mg • sod. 168mg • calc. 63mg • fiber 0g*

Cuisinart Crêpes

Makes sixteen crêpes (about 8-9" diameter)

- 1½ cups warm water**
- 3 tablespoons softened, unsalted butter, cut into 1-inch pieces**
- 1 cup unbleached all-purpose flour**
- 3 large eggs**
- 1 teaspoon vanilla extract**
- ½ teaspoon table salt**
- cooking spray**

Place first six ingredients, in order listed, into jar of Cuisinart® SmartPower® 7-Speed Electronic Blender (not cooking spray). Place cover on jar. Turn blender on and blend on Mix for 10 seconds. Turn blender off. Scrape blender jar with a spatula. Turn blender on and continue blending on Mix until smooth, about 5 to 10 seconds. Turn blender off.

Refrigerate in a covered container for 2 hours before using. Store in an airtight container in the refrigerator for up to 2 days. Stir well before using.

Coat a 9½-inch nonstick skillet with cooking spray, and place over medium heat. Pour 3 tablespoons batter into skillet, and swirl to coat bottom of the pan evenly with a thin film. Cook about 1 minute on each side, or until lightly browned.

Reserve crêpes. Repeat with remaining batter, coating pan with cooking spray as necessary.

Serve with creamed chicken, fresh berries or sautéed apples.

Nutritional analysis per crêpe:

*Calories 59 (46% from fat) • carb. 6g • pro. 2g • fat 3g • sat. fat 2g
• chol. 46mg • sod. 107mg • calc. 26mg • fiber 0g*

Honey Wheat Waffles

Makes six waffles (about 3 cups batter)

- 1½ cups whole milk**
- 2 large eggs**
- ¾ cup plus 2 tablespoons unbleached all-purpose flour**
- ½ cup whole wheat flour**
- 4 tablespoons unsalted butter, melted**
- 2 tablespoons honey**
- 1 teaspoon baking powder**
- 1 teaspoon pure vanilla extract**
- ½ teaspoon table salt**
- ¼ teaspoon baking soda**

Preheat waffle iron. Place ingredients in jar of Cuisinart® SmartPower® 7-Speed Electronic Blender in order listed. Place cover on jar. Turn blender on and blend on Purée for 10 seconds. Turn blender off. Scrape blender jar with spatula. Turn blender on and continue blending on Purée until smooth, about 10 to 15 seconds. Turn blender off.

Follow manufacturer's instructions to bake waffles.

Nutritional information per waffle:

*Calories 239 (41% from fat) • carb. 28g • pro. 7g • fat 11g • sat. fat 6g
• chol. 96mg • sod. 419mg • calc. 175mg • fiber 2g*

Soups

Gazpacho

Makes five 6-ounce servings

- 2 cups tomato juice, divided**
- 1 rib celery, peeled, cut into 1 inch pieces**
- 1 medium cucumber, peeled, cut in half lengthwise, seeds removed, in 1-inch pieces**
- 1 clove garlic, peeled, cut into 4 pieces**
- ½ medium green bell pepper, cored, seeded, cut into 1-inch pieces**
- 1 small jalapeño pepper, cut in half, seeds removed, cut into ¼-inch pieces**

- 4 scallions, cut into 1-inch pieces**
- 2 medium tomatoes, seeds removed, each cut into 8 pieces**
- 2 tablespoons fresh lemon juice**
- ¼ teaspoon freshly ground black pepper**

Place 1 cup tomato juice in jar of Cuisinart® SmartPower® 7-Speed Electronic Blender. Add celery and next six ingredients. Place cover on jar. Turn blender on and blend on Purée until vegetables are medium-finely chopped, about 10 to 15 seconds. Turn blender off. Place in a large serving bowl, and add remaining 1 cup tomato juice, lemon juice, and pepper; stir to combine. Chill before serving.

Nutritional information per serving:

*Calories 85 (11% from fat) • carb. 16g • pro. 3g • fat 1g • sat. fat 0g
• chol. 0mg • sod. 511mg • calc. 34mg • fiber 2g*

Cream of Asparagus Soup

Makes eight 6-ounce servings

- ¾ cup fresh parsley leaves**
- 3 tablespoons unsalted butter**
- 1 small onion, cut into 1-inch pieces**
- ¾ pound asparagus, trimmed, cut into 1-inch pieces**
- 3 cups chicken stock or broth**
- 1 cup half-and-half**
- 3 teaspoons cornstarch**
- 1½ cups cold water**
- salt and white pepper to taste**

Place parsley in the jar of Cuisinart® SmartPower® 7-Speed Electronic Blender. Place cover on blender jar. Turn blender on and pulse on Purée until coarsely chopped, about 4 to 5 times. Reserve.

Melt butter in a medium saucepan over medium heat. Add onion, and cook until soft but not brown, about 2 to 3 minutes. Add asparagus, stock, and all but 1 tablespoon of reserved parsley. Cover; bring to a boil over medium-high heat. Reduce heat to low and cook, partially covered, until asparagus is tender, about 10 to 12 minutes.

Drain vegetables, being sure to reserve the cooking liquid. Allow cooking liquid to cool 5 minutes. Add 1 cup of the cooking liquid and half of the solids to the jar. Place cover on jar. Turn blender on and blend on liquefy until smooth, about 25 to 30 seconds. Turn blender off. Return the puréed vegetable mixture to the saucepan. Repeat with remaining 1 cup liquid and vegetables. Add remaining cooking liquid and half-and-half to puréed vegetables in the saucepan; stir to combine. Stir

cornstarch into water, and add to soup. Cook, stirring often, over medium heat, until soup thickens, about 6 to 8 minutes. Do not boil. Adjust seasonings to taste; garnish with remaining parsley, and serve.

Nutritional information per serving:

*Calories 112 (64% from fat) • carb. 7g • pro. 3g • fat 8g • sat. fat 5g
• chol. 23mg • sod. 610mg • calc. 61mg • fiber 2g*

Potato-Leek Soup

Makes four 6-ounce servings

- 1** **tablespoon unsalted butter**
- 2** **medium leeks, whites only, sliced horizontally and cut into 1-inch pieces**
- 1** **small onion, in 1-inch pieces**
- 2** **medium potatoes, peeled, in 1-inch pieces**
- 1¾** **cups reduced-sodium chicken broth**
- ½** **cup water**
- ½** **teaspoon table salt**
- ¼** **teaspoon ground white pepper**
- 3** **tablespoons chopped chives (optional)**

Melt butter in a medium saucepan over medium heat. Add leeks and onion; sauté until soft but not brown, about 5 to 8 minutes; stir occasionally. Add potatoes, broth, and water; cover; bring to a boil over medium-high heat. Reduce heat to low, and simmer, uncovered, until potatoes are soft, about 10 to 15 minutes.

Drain vegetables, being sure to reserve the cooking liquid. Allow cooking liquid to cool 5 minutes. Add half of the cooking liquid and half of the solids to the jar. Place cover on jar. Turn blender on and blend on Liquefy until smooth, about 15 to 20 seconds. Turn blender off. Return the puréed vegetable mixture to the saucepan. Repeat with remaining liquid and vegetables and return vegetable mixture to saucepan. Add salt and pepper; stir to combine. Garnish with chopped chives, if desired.

Nutritional information per serving:

*Calories 208 (17% from fat) • carb. 38g • pro. 5g • fat 4g • sat. fat 1g
• chol. 0mg • sod. 380mg • calc. 48mg • fiber 4g*

Creamy Cantaloupe Soup

Makes five 6-ounce servings

- ½** **cup orange juice**
- 1** **medium cantaloupe, seeds and peel removed, cut into 1-inch pieces**
- 1** **cup plain nonfat yogurt**
- 2** **tablespoons granulated sugar***
- 2** **tablespoons port wine (optional)**
- 2** **tablespoons fresh mint leaves**

Place orange juice and cantaloupe in jar of Cuisinart® SmartPower® 7-Speed Electronic Blender. Place cover on jar. Turn blender on and blend on Purée until smooth, about 20 to 25 seconds. Add yogurt, sugar, and wine (if using). Blend on Purée until smooth, about 15 seconds. Turn blender off. Serve chilled. Garnish with mint leaves.

*Use less sugar if the cantaloupe is naturally sweet.

Nutritional information per serving:

*Calories 96 (0% from fat) • carb. 20g • pro. 4g • fat 0g • sat. fat 0g
• chol. 1mg • sod. 45mg • calc. 115mg • fiber 1g*

Corn Chowder

Makes seven 6-ounce servings

- 1** **tablespoon unsalted butter**
- 1** **medium leek, white only, washed, cut into 1-inch pieces**
- 1** **medium onion, cut into ¼-inch pieces**
- 2** **celery ribs, peeled, cut into ¼-inch pieces**
- 1** **medium potato (about 9 ounces), peeled, cut into ½-inch pieces**
- 1⅔** **cups reduced-sodium chicken broth**
- 1** **bay leaf**
- ¼** **teaspoon dried thyme**
- 1½** **cups reduced fat milk**
- 2** **cups corn kernels (fresh or frozen; thaw if frozen) divided salt and pepper to taste**

Melt butter in a medium saucepan over medium heat. Add leek and onion; cook over medium heat for 3 minutes. Add celery, and sauté until soft, about 2 minutes. Add potato, broth, bay leaf, and thyme. Cover; bring to a boil over medium-high heat. Reduce heat to low, and cook, partially covered, until potato is tender, about 8 to 10 minutes.

Place milk and 1 cup corn kernels in jar of Cuisinart® SmartPower® 7-Speed Electronic Blender. Place cover on jar. Turn blender on and blend on Liquefy until well combined, about 25 to 30 seconds. Turn blender off. Add milk mixture and remaining corn to saucepan. Season with salt and pepper, if desired. Cook gently over low heat until heated through.

Remove bay leaf before serving.

Nutritional information per serving:

*Calories 208 (17% from fat) • carb. 36g • pro. 7g • fat 4g • sat. fat 2g
• chol. 8mg • sod. 290mg • calc. 93mg • fiber 3g*

Desserts

Espresso Granita

Makes six ½-cup servings

- 2 cups hot brewed espresso**
- ½ cup granulated sugar**
- 1 cup chilled coffee**

Combine espresso and sugar in a small bowl until sugar dissolves. Pour into ice cube trays, and freeze until solid, about 8 hours. Place chilled coffee and 10 espresso cubes in jar of Cuisinart® SmartPower® 7-Speed Electronic Blender. Place cover on jar. Turn blender on and blend on Liquefy until thick, about 20 to 30 seconds. Turn blender off. Add remaining ice cubes. Turn blender on and blend until thick, about 20 seconds. Turn blender off. Serve immediately in well-chilled parfait cups. Top with a dollop of whipped cream.

Nutritional information per serving:

*Calories 68 (0% from fat) • carb. 17g • pro. 0g • fat 0g • sat. fat 0g
• chol. 0mg • sod. 1mg • calc. 3mg • fiber 0mg*

Fresh Lemon Granita

Makes eight ½-cup servings

- 2 cups granulated sugar**
- 2 cups water**

- 1½ cups fresh lemon juice (juice of about 6 lemons)**
- 1 tablespoon grated lemon zest***

Combine sugar and water in a medium saucepan, and bring to a boil over medium-high heat. Reduce heat to low, and simmer until sugar dissolves, about 3 to 4 minutes. Cool completely.** When cool, add lemon juice and zest; stir to combine. Pour into ice cube trays, and freeze until solid, about 8 hours. Place 10 frozen cubes in jar of Cuisinart® SmartPower® 7-Speed Electronic Blender. Place cover on jar. Turn blender on and press Ice Crush button 10 times or until ice is the consistency of snow. Continue crushing 10 cubes at a time until all are crushed. Turn blender off. Spoon into well-chilled parfait cups and serve immediately.

*Zest is the colored part of the citrus rind. Do not use the white pith. For best results, remove zest from the lemon with a vegetable peeler.

**Place mixture in a covered container, and store in the refrigerator overnight, or chill over an ice bath for 30 minutes.

Nutritional information per serving:

*Calories 216 (0% from fat) • carbo. 54g • prot. 0g • fat 0g • sat. fat 0g
• chol. 0mg • sod. 1mg • calc. 6mg • fiber 0mg*

Lemon Ricotta Cheesecake with Raspberry Sauce

Makes eight servings (one 9-inch cheesecake)

- 3 whole graham crackers**
- 1 tablespoon cold unsalted butter, cut into 8 pieces**
- 1 tablespoon granulated sugar**
- 4 strips lemon zest, cut in half**
- ½ cup liquid egg substitute**
- 6 tablespoons fresh lemon juice**
- 30 ounces part-skim ricotta cheese**
- ½ cup granulated sugar, divided**

Preheat oven to 325°F. Cover the outside of 9-inch springform pan with foil.

Break each graham cracker into 8 pieces and add to jar of Cuisinart® SmartPower® 7-Speed Electronic Blender. Place cover on jar. Turn blender on and blend on Mix until crushed, about 10 to 15 seconds. Add butter and 1 tablespoon sugar; blend on Mix until combined, about 10 to 15 seconds. Turn blender off. Press mixture into bottom of pan, and bake 10 minutes.

Add lemon zest and 1 teaspoon sugar to clean, dry jar. Place cover on jar. Turn blender on and blend on Liquefy for 15 to 20 seconds. Add egg substitute and remaining ingredients in the order listed; blend on Mix for 60 to 75 seconds. (It may

look as if the ingredients are not mixing; however, the blender is working. After about 30 seconds, the mixture will start to circulate in the blender jar.) Turn blender off. Pour into pre-baked crust, and bake until firm, about 1 hour. Cool completely on a wire rack, and then refrigerate at least 6 hours before serving. Serve with raspberry sauce (see page 14).

Nutritional information per serving (cheesecake only):

*Calories 251 (39% from fat) • carb. 24g • pro. 14g • fat 11g • sat. fat 6g
• chol. 37mg • sod. 211mg • calc. 299mg • fiber 0mg*

Baked Almond Custard

Makes six servings

3 large eggs

1½ cups reduced fat milk

1 cup evaporated fat-free milk

½ cup granulated sugar

1 teaspoon pure almond extract

6 teaspoons finely chopped or slivered almonds

Preheat oven to 325°F. Add first five ingredients to jar of Cuisinart® SmartPower® 7-Speed Electronic Blender (everything but almonds). Place cover on jar. Turn blender on and blend on Mix until combined, about 10 seconds. Turn blender off. Divide mixture among six 6-ounce ramekins or custard cups, filling each about ¾ full. Top each with 1 teaspoon almonds. Place ramekins in a 9x13 inch baking dish, and add hot water to reach 1 inch up the sides of the ramekins. Bake until a knife inserted in the center comes out clean, about 1 hour. Remove ramekins from water bath, and cool on a wire rack. Cover and chill in the refrigerator before serving.

Nutritional information per serving:

*Calories 181 (25% from fat) • carb. 25g • pro. 9g • fat 5g • sat. fat 2g
• chol. 112mg • sod. 111mg • calc. 230mg • fiber 0mg*

WARRANTY LIMITED THREE-YEAR WARRANTY

This warranty is available to consumers only. You are a consumer if you own a Cuisinart® SmartPower® 7-Speed Electronic Blender that was purchased at retail for personal, family or household use. Except as otherwise required under applicable law, this warranty is not available to retailers or other commercial purchasers or owners.

We warrant that your Cuisinart® SmartPower® 7-Speed Electronic Blender will be free of defects in materials and workmanship under normal home use for 3 years from the date of original purchase.

We recommend that you visit our website, www.cuisinart.com for a fast, efficient way to complete your product registration. However, product registration does not eliminate the need for the consumer to maintain the original proof of purchase in order to obtain the warranty benefits. In the event that you do not have proof of purchase date, the purchase date for purposes of this warranty will be the date of manufacture.

If your Cuisinart® SmartPower® 7-Speed Electronic Blender should prove to be defective within the warranty period, we will repair it, or if we think necessary, replace it. To obtain warranty service, simply call our toll-free number 1-800-726-0190 for additional information from our Customer Service Representatives, or send the defective product to Customer Service at Cuisinart, 7475 North Glen Harbor Blvd., Glendale, AZ 85307.

To facilitate the speed and accuracy of your return, please enclose \$10.00 for shipping and handling of the product.

Please pay by check or money order (California residents need only supply proof of purchase and should call 1-800-726-0190 for shipping instructions).

NOTE: For added protection and secure handling of any Cuisinart® product that is being returned, we recommend you use a traceable, insured delivery service. Cuisinart cannot be held responsible for in-transit damage or for packages that are not delivered to us. Lost and/or damaged products are not covered under warranty. Please be sure to include your return address, daytime phone number, description of the product defect, product model number (located on bottom of product), original date of purchase, and any other information pertinent to the product's return.

CALIFORNIA RESIDENTS ONLY:

California law provides that for In-Warranty Service, California residents have the option of returning a nonconforming product (A) to the store where it was purchased or (B) to another retail store which sells Cuisinart products of the same type.

The retail store shall then, at its discretion, either repair the product, refer the consumer to an independent repair facility, replace the product, or refund the purchase price less the amount directly attributable to the consumer's prior usage of the product. If the above two options do not result in the appropriate relief to the consumer, the consumer may then take the product to an independent repair facility if service or repair can be economically accomplished. Cuisinart and not the consumer will be responsible for the reasonable cost of such service, repair, replacement, or refund for nonconforming products under warranty.