

QUICK REFERENCE GUIDE

To activate blender	Press On/Off - The blender is in Standby mode
To begin blending	Press desired speed button
To change speeds	Press desired speed button
To pulse	In Standby mode press Pulse, then press and release desired speed button as needed
To crush ice	In Standby mode, press Ice Crush button
To stop blending (and deactivate blender)	Press On/Off button
To stop blending (in High, Low or Ice Crush speeds)	Press any speed button
To stop blending (in Pulse)	Release speed button

SPEED SELECTION GUIDE

Refer to this guide to choose the best blender speed for your desired result.

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

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Berry Cherry Smoothie

This kid-friendly smoothie is a vitamin-packed way to start the day.

Makes about 4 cups

- ½ **cups orange juice**
- ½ **cup plain yogurt**
- 2 ripe bananas, quartered**
- 1 cup fresh strawberries, hulled and halved**
- 1 cup frozen blueberries**
- 2 cups frozen cherries**
- 1 to 2 tablespoons honey (optional)**

1. Put ingredients into the blender jar in order listed.
2. Blend on High until smooth, about 1 minute.
3. Serve immediately.

Nutritional information per serving (8 ounces):

*Calories 160 (9% from fat) • carb. 37g • pro. 3g • fat 1g
• sat. fat 0g • chol. 4mg • sod. 20mg
• calc. 70mg • fiber 4g*

Power Blast Protein Smoothie

Blend up this smoothie for a post-workout boost.

Makes about 5 cups

- 2 cups soy, almond or hemp milk (cow's milk may also be used)**
- ½ **cup plain or vanilla yogurt**
- 2 tablespoons protein powder**
- 3 tablespoons almond butter (any nut butter may be substituted)**
- 2 tablespoons honey**
- 2 ripe bananas, quartered**
- 1 cup frozen peaches**
- 1 cup frozen blueberries**

1. Put ingredients into the blender jar in order listed.
2. Blend on High until smooth, about 1 minute.
3. Serve immediately.

Nutritional information per serving (8 ounces):

*Calories 175 (23% from fat) • carb. 28g • pro. 8g • fat 5g
• sat. fat 1g • chol. 3mg • sod. 76mg • calc. 70mg • fiber 3g*

Very Berry Smoothie

A simple formula for a summertime drink, the mix of frozen and fresh fruit creates the perfect slushy consistency.

Makes about 3 cups

- 1 cup orange juice**
- 1 ripe banana, quartered**
- 1 cup fresh strawberries, hulled**
- ½ **cup frozen mixed berries**
- 1 cup frozen strawberries**

1. Put all ingredients into blender jar in order listed.
2. Run on High until smooth, about 1½ minutes.

Nutritional information per serving (8 ounces):

*Calories 56 (3% from fat) • carb. 14g • pro. 1g • fat 0g
• sat. fat 0g • chol. 0mg • sod. 6mg
• calc. 18mg • fiber 2g*

Kale Smoothie

Green smoothies are all the rage for good reason – they are packed with nutrients and are a great way to start the day. This is what we like to call the beginner's smoothie, for the mango and strawberries add just the right amount of sweetness to balance out the kale.

Makes about 2½ cups

- 1 cup almond milk, or orange juice**
- 4 stems locinato kale, trimmed of hard stems and cut into 2-inch pieces (2 cups chopped)**
- 1 medium apple, cored and cut into 1-inch pieces**
- ½ **cup frozen mango**
- ½ **cup frozen strawberries**

1. Put all ingredients into blender jar in the order listed.
2. Run on High until completely smooth and bright green, for 1½ minutes.
3. Serve immediately.

Nutritional information per serving (10 ounces):

*Calories 48 (16% from fat) • carb. 9g • pro. 2g • fat 1g
• sat. fat 0g • chol. 0mg • sod. 10mg • calc. 27mg • fiber 2g*

Immune Support Smoothie

When you are feeling run down, this smoothie is a great pick-me-up!

Makes about 4 cups

- ¼ cups pomegranate juice**
- 1 ripe mango, cut into 1-inch pieces (about 1¼ to 1½ cups)**
- 2 kiwis, each cut into 4 pieces**
- 1 cups frozen strawberries**
- 1 cup frozen blackberries**
- 1 tablespoons wheat germ**
- 1 tablespoon flax seed oil**

1. Put ingredients into the blender jar in order listed.
2. Run on High until smooth, about 1½ minutes.
3. Serve immediately.

Nutritional information per serving (8 ounces):

*Calories 150 (24% from fat) • carb. 29g • pro. 2g • fat 4g
• sat. fat 0g • chol. 0mg • sod. 6mg • calc. 33mg • fiber 5g*

Vitamin C Smoothie

This tropical combination of ingredients gives you well over the daily recommended amount of vitamin C. The papaya gives it a beautiful color, just asking to be served in a chilled, tall, clear glass.

Makes about 5 cups

- 1 cups orange juice**
- 2 cups fresh strawberries, hulled and halved**
- 1 medium orange, in segments, about 1 cup**
- 1 cup papaya pieces (1-inch pieces)**
- 1½ cups frozen mango pieces (1-inch pieces)**
- Lime wedges, for serving**

1. Put ingredients into the blender jar in order listed.
2. Run on High until smooth, about 1 minute.
3. Serve immediately with a wedge of lime.

Nutritional information per serving (8 ounces):

*Calories 94 (5% from fat) • carb. 23g • pro. 2g • fat 1g
• sat. fat 0g • chol. 0mg • sod. 10mg • calc. 41mg • fiber 3g*

Piña Colada

This is a more natural take on the traditional piña colada, using coconut milk rather than cream of coconut.

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 rum, coconut milk, fresh pineapple, sorbet and frozen pineapple together into the blender jar.
2. Blend on High until well blended, about 45 seconds. With blender running, remove the pour lid from the blender cover and add ice cubes, one at a time.
3. Drink may be slightly thin, so it is also great over ice.

Nutritional information per serving (8 ounces):

*Calories 237 (14% from fat) • carb. 27g • pro. 1g • fat 4g
• sat. fat 4g • chol. 0mg • sod. 15mg • calc. 11mg • fiber 1g*

Strawberry Daiquiri

Four ingredients blend together to make this classic frozen cocktail – cocktail umbrellas optional.

Makes about 4 cups

- 1½ cups good quality white rum**
- ¼ cup fresh lime juice**
- ¼ cup simple syrup***
- 4 cups frozen strawberries (1-pound bag)**

1. Put all ingredients, in the order listed, into the blender jar.
2. Blend on High until well blended, about 45 seconds.
3. Serve immediately, preferably in chilled glasses.

*Simple syrup is sugar dissolved in water. To make, place 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 (8 ounces):

*Calories 266 (0% from fat) • carb. 21g • pro. 1g • fat 0g
• sat. fat 0g • chol. 0mg • sod. 1mg • calc. 22g • fiber 3g*

Frozen Hot Chocolate with Baileys

The ultimate chocolate indulgence, this will satisfy the most serious of chocolate cravings. Go the extra mile with whipped cream and chocolate shavings.

Makes about 5 cups

- 2 cups whole milk**
- 4 ounces semisweet chocolate chips (about ½ cup)**
- 1 tablespoon cocoa powder**
- ⅓ cup granulated sugar**
- 2 tablespoons Liqueur Irish Cream**
- 3 cups ice (about 21 cubes)**
- Freshly whipped cream, for topping**
- Grated chocolate, for garnish**

1. Put the milk in a medium saucepan and set over medium heat to bring to just a boil.
2. While the milk is heating, put the chocolate chips, cocoa powder and sugar into a small heatproof mixing bowl. Once milk has just come to a boil, pour over the chocolate mixture and let sit for a few minutes. After resting, whisk to fully combine and then cool to room temperature.
3. Once the milk/chocolate mixture has cooled, transfer to the blender jar. Add the Baileys and the ice.
4. Blend on High until well blended, about 35 seconds. Transfer to serving glasses and top with whipped cream and sprinkle with chocolate. Serve immediately.

Nutritional information per serving (4 ounces)

Calories 235 (36% from fat) • carb. 33g • pro. 4g • fat 10g • sat. fat 6g • chol. 10mg • sod. 47mg • calc. 120mg • fiber 2g

Pistachio Milkshake

While any flavor will do, we in the test kitchen are partial to pistachio. Do not skimp on ingredients – seek out the best quality ice cream that you can find – this is dessert, after all!

Makes about 3 cups

- 1 to 1¼ cups whole milk**
- 2 cups (1 pint) pistachio ice cream**
- Toasted, chopped pistachios, for garnish**

1. Put 1 cup of the milk and the ice cream into the blender jar.
2. Blend on Low until well blended, about 15 to 20 seconds, adding more milk through the opening in the lid to reach desired consistency.
3. Divided among glasses and sprinkle with chopped pistachios for garnish.

Nutritional information per serving (6 ounces):

Calories 327 (61% from fat) • carb. 25g • pro. 7g • fat 22g • sat. fat 12g • chol. 116mg • sod. 106mg • calc. 169mg • fiber 1g

Curried Coconut and Butternut Squash Soup

The coconut milk and puréed butternut squash make this a rich-tasting and creamy soup without the added calories of heavy cream.

Makes about 5½ cups

- 2 tablespoons butter or ghee***
- 1 small onion, chopped**
- 1 jalapeño, seeded and finely chopped**
- 1 1-inch piece of ginger, peeled and finely chopped**
- 2 garlic cloves, finely chopped**
- 1 tablespoon curry powder**
- 1 butternut squash, about 2½ pounds, peeled, seeded and cut into 2-inch cubes**
- 1 can (13.5 ounces) coconut milk**
- 1½ cups chicken broth, reduced sodium**
- ½ teaspoon kosher salt**

1. Heat the butter or ghee in a 6-quart saucepan set over medium-low heat. Once melted, add the onion, jalapeño, ginger and garlic; stir. Add the curry powder and let sauté very gently for about 5 minutes; be careful to keep the heat low enough so that it will gently heat, but the mixture will not burn.
2. Stir in the squash, mix well to ensure that the ingredients are well coated. Add the coconut milk, broth and salt and bring mixture to a boil. Reduce to a simmer and continue cooking uncovered, stirring occasionally, until squash is tender, about 30 minutes.
3. Once tender, separate the solids from liquids. 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. Transfer soup into a clean pot. Repeat with remaining ingredients, gradually adding the remaining broth to reach desired consistency. Taste and adjust seasoning accordingly.

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

Nutritional information per serving (1 cup):

Calories 296 (54% from fat) • carb. 33g • pro. 4g
 • fat 19g • sat. fat 16g • chol. 12mg • sod. 443mg
 • calc. 123mg • fiber 5g

Corn and Green Chile Chowder

This chowder carries a bit of heat, so use half of the jalapeño if you are sensitive to spice.

Makes about 6 cups

- 2** **tablespoons unsalted butter**
- 1** **medium onion, finely chopped**
- 1** **jalapeño pepper, seeded and finely chopped**
- 1** **garlic clove, finely chopped**
- 1** **medium red pepper, finely chopped**
- 1** **teaspoon kosher salt, divided**
- ½** **teaspoon freshly ground pepper, divided**
- 1** **tablespoon unbleached, all-purpose flour**
- ½** **cup lager-style beer**
- 1** **can (4.5 ounces) chopped green chiles**
- 3** **cups corn kernels (cut from about 3 ears of corn, or use frozen, thawed, corn kernels)**
- 1** **cup chicken broth, reduced sodium**
- ⅓** **cup heavy cream**

1. Heat the butter in a 6-quart saucepan set over medium-low heat. Once melted add the onion, jalapeño and garlic, with ½ of the salt and ½ of the pepper. Stir and sauté until fragrant, but picking up no color. Add the red pepper and sauté for 2 to 5 minutes, until softened. Stir in the flour and stir for 1 to 2 minutes to be sure to cook off the flour taste.

2. Add the beer, chiles, corn, broth and remaining salt and pepper, and bring to a boil. Once the liquid begins to boil, reduce heat and allow to simmer for about 15 minutes, to blend flavors. Stir in cream and allow to simmer, stirring occasionally, for another 15 minutes, until reduced slightly.
3. Remove about 2 cups of soup and transfer the remaining to the blender jar. Run on Low to begin blending, and then switch to High and run for about 1 minute until puréed.
4. Stir in reserved chowder and taste, adjusting seasoning if necessary. Serve immediately.

Nutritional information per serving:

Calories 177 (45% from fat) • carb. 21g • pro. 3g • fat 9g
 • sat. fat 6g • chol. 28mg • sod. 449mg
 • calc. 22mg • fiber 3g

Lightened Broccoli and Potato Soup

Everyone is looking for ways to make cream soups “healthy” and this recipe may have just done so. There is no milk or cream in this version of the old favorite, rather the potatoes blended with the broccoli create the creamy texture that everyone craves.

Makes about 4 cups

- 1** **tablespoon olive oil**
- 1** **garlic clove, chopped**
- 1** **small leek, white and light green parts only, thinly sliced**
- 1** **teaspoon kosher salt, divided**
- ¼** **teaspoon freshly ground black pepper**
- 1** **pound broccoli, stems cut into ½-inch pieces, florets separated – tougher/bottom stalks peeled**
- ½** **pound red potatoes, peeled and cut into ½-inch pieces**
- 3** **cups chicken or vegetable broth, reduced sodium**

1. Heat the olive oil in a 6-quart saucepan over low heat. Add the garlic and leek, with ½ teaspoon of the salt and pepper. Sauté until softened, about 8 to 10 minutes. Raise the heat to medium and add the broccoli stems, potatoes and remaining salt; sauté 2 to 3 minutes. Add the stock and bring to

a boil. Reduce heat to a medium-low, and stir in the florets. Simmer until vegetables are tender.

2. Once tender, separate the solids from liquids. Put about half the broth and half of the solids into the blender jar. Blend on Low for about 10 seconds and switch to High to blend thoroughly. Transfer soup into a clean pot. Repeat with remaining ingredients.
3. Taste and adjust seasoning as desired.

Nutritional information per serving (1 cup):

*Calories 76 (4% from fat) • carb. 17g • pro. 4g • fat 0g
• sat. fat 0g • chol. 0mg • sod. 795mg
• calc. 54mg • fiber 4g*

Creamy Tomato Soup

So simple and satisfying, this soup can be made in less than 20 minutes.

Makes about six 8-ounce servings

- 2 **teaspoons olive oil**
- 1 **small to medium onion, chopped**
- 2 **garlic cloves, chopped**
- ¾ **teaspoon kosher salt**
- ¼ **teaspoon freshly ground black pepper**
- ¼ **teaspoon dried thyme**
- 2 **cans (14.5 ounces each) diced tomatoes**
- 1 **cup reduced sodium chicken broth**
- ½ **cup heavy cream**

1. Heat the oil in a medium saucepan over medium heat. Add the chopped onions and garlic with the salt, pepper and thyme. Sauté until soft and fragrant, about 5 minutes.
2. Add the tomatoes and chicken broth and turn up heat so that the soup comes to a boil. Once boiling, reduce temperature to maintain a healthy simmer. Add the cream and let simmer for about 5 to 8 minutes.
3. Once finished, add ingredients to the blender jar. Blend, starting on Low for about 5 to 10 seconds, and then increase to High for 45 seconds total.
4. Taste and adjust seasoning accordingly before serving.

Nutritional information per serving (1 cup):

*Calories 102 (67% from fat) • carb. 6g • pro. 2g • fat 7g
• sat. fat 5g • chol. 27mg • sod 474mg • calc. 21mg • fiber 1g*

Gazpacho

Great for a hot summer day, serve this simple no-cook soup at your next barbecue.

Makes about 8 cups

- 3 **cups tomato or vegetable juice cocktail, divided**
- 1 to 2 **garlic cloves**
- 1 **large celery stalk, peeled and cut into 1-inch pieces**
- 1 **medium to large cucumber, peeled halved lengthwise, seeded and cut into 1-inch pieces**
- 1 **red or yellow bell pepper, cored, seeded and cut into 1-inch pieces**
- 1 **jalapeño, seeded and cut into ½-inch pieces**
- 6 **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, garlic, celery, cucumber, pepper, jalapeño and green onions to the blender jar. Blend on Low until vegetables are medium-finely chopped, about 15 to 20 seconds. Transfer to a large serving bowl.
2. Add the remaining juice with the tomatoes. 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 45 (4% from fat) • carb. 10g • pro. 2g • fat 0g
• sat. fat 0g • chol. 0mg • sod. 206mg • calc. 32mg • fiber 2g*

Champagne Vinaigrette

This all-purpose dressing is incredibly versatile as a salad topper, marinade or finishing drizzle for roasted vegetables.

Makes about 1 scant cup

2½ tablespoons Champagne vinegar

1 teaspoon Dijon mustard

1 small shallot, halved

¼ teaspoon kosher salt

Pinch ground black pepper

¾ cup extra virgin olive oil

1. Put the vinegar, mustard, shallot, salt and pepper into the blender jar. Blend on Low until processed. Slowly add the oil through the opening while blending on Low (while using the measuring cap or a dishtowel to shield the opening to prevent any splatter).
2. Let mixture blend an additional 20 seconds after all has been added.
3. Taste and adjust seasoning as desired.

Nutritional information per serving (1 tablespoon):

*Calories 91 (96% 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 tablespoon white vinegar (wine or Champagne both work well)

1 tablespoon balsamic vinegar

1 tablespoon 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 or dishtowel 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. If not using immediately, place dressing in a covered airtight container and refrigerate for up to 3 days.

Nutritional information per serving (one tablespoon):

*Calories 109 (94% from fat) • carb. 1g • pro. 1g • fat 12g
• sat. fat 2g • chol. 25mg • sod. 146mg
• calc. 27mg • fiber 0g*

*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.

Creamy Dill Dressing

This dressing packs a punch of flavor, perfect for sliced cucumbers or served with poached salmon. Allowing it to sit overnight gives the flavors a chance to fully develop plus the consistency will thicken.

Makes about 3 cups

- 1 cup buttermilk**
- 1 cup sour cream**
- ½ cup mayonnaise (may use light)**
- ⅔ cup fresh dill, packed**
- 1 tablespoon, plus 2 teaspoons fresh lemon juice**
- 1 small shallot, about ½ ounce**
- ¾ teaspoon kosher salt**
- Pinch freshly ground black pepper**

1. Place ingredients in the blender jar in order listed.
2. Blend on low for about 30 seconds and then up to High for an additional 10 seconds until smooth.
3. Dressing can be used right away, but for the best flavor, allow to rest for at least 30 minutes so that flavors have the chance to blend and develop.

Note: Dressing will last up to 1 week stored in the refrigerator.

Nutritional information per serving (1 tablespoon):

*Calories 29 (88% from fat) • carb. 1g • pro. 0g • fat 3g
• sat. fat 1g • chol. 4mg • sod. 56mg • calc. 13mg • fiber 0g*

Hollandaise Sauce

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

Makes 1 cup

- ½ cup (¼ pound, 1 stick) unsalted butter**
- 4 large egg yolks**
- ¼ teaspoon kosher salt**
- Pinch ground mustard**
- Pinch freshly ground black pepper**
- 1½ 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 pour lid from the cover. Very slowly drizzle the hot butter through the opening while using the measuring cup or dishtowel to shield the opening to prevent any splatter. 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. 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, blend in some hot water, 1 tablespoon at a time, until desired consistency is achieved.
4. Taste and adjust seasoning accordingly.
5. Serve immediately or transfer hollandaise to a double boiler to keep warm for serving.

Nutritional information per serving (1 tablespoon):

*Calories 114 (97% from fat) • carb. 0g • pro. 1g • fat 12g
• sat. fat 7g • chol. 82mg • sod. 35mg • calc. 6mg • fiber 0g*

Thai Peanut Sauce

This addictive sauce, traditionally used for chicken or beef satay – is also delicious spooned over steamed rice or sautéed vegetables.

Makes about 1¾ cups

- 1 serrano chile, seeded and roughly chopped**
- 1 garlic clove**
- 1-inch piece ginger, peeled and cut into 4 pieces**
- 1 cup roasted, unsalted peanuts**
- ½ cup coconut milk**
- 2 tablespoons soy sauce, low sodium**
- 1 tablespoon sesame oil**
- 1 tablespoon rice vinegar**
- 2 teaspoons fish sauce (if you are using salted peanuts, you may want to reduce this to 1 teaspoon)**
- 2 tablespoons packed light or dark brown sugar**
- 1 tablespoon red chile paste**

- Put the chile, garlic and ginger into the blender jar. Pulse on High 2 to 3 times to finely chop. Scrape down the sides of the jar.
- Add the remaining ingredients. Blend on Low until completely smooth, about 30 to 40 seconds, switching to High for the last 15 seconds.
- Serve immediately, or store in the refrigerator for up to one week.

Nutritional information per serving (2 tablespoons):

*Calories 98 (69% from fat) • carb. 5g • pro. 3g • fat 8g
• sat. fat 2g • chol. 0mg • sod. 125mg • calc. 8mg • fiber 1g*

Banana Buttermilk Pancakes

These pancakes lean on the sweet side –fitting for that special Sunday brunch, plus the kids will love them.

Makes 16 pancakes

- 1¾ cups unbleached, all-purpose flour**
 - ¼ cup granulated sugar**
 - ¼ cup packed light brown sugar**
 - 1 teaspoon baking soda**
 - ½ teaspoon baking powder**
 - ¼ teaspoon kosher salt**
 - ¼ teaspoon ground cinnamon**
 - 1½ cups buttermilk**
 - 2 large eggs**
 - ¾ teaspoon pure vanilla extract**
 - 2 ripe bananas (½ mashed, 1½ cut into thin slices)**
 - ¼ cup unsalted butter, melted (½ stick, 4 tablespoons)**
- Unsalted butter for cooking**

- Stir together the flour, sugars, baking soda, baking powder, salt and cinnamon together in a small bowl.
- Put the buttermilk, eggs, vanilla and the mashed banana into the blender jar. Blend on Low for 10 seconds. With the blender still running, slowly pour the melted butter through the lid until incorporated.
- Add the reserved dry ingredients and Pulse on Low, about 10 to 15 times and then run on Low for about 5 to 10 seconds to just fully incorporate. If necessary, scrape the sides of the blender jar with a rubber spatula before blending on Low.

- Place a griddle or large nonstick skillet over medium heat. Once preheated, melt a small amount of butter to just coat the pan. Drop batter evenly into the pan using a ¼-cup measure. Place 2 to 3 banana slices on each pancake. Cook pancakes until bubbles form, about 2 minutes; flip and cook until done, about 1 to 2 minutes longer. Repeat with remaining batter.
- 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 (2 pancakes):

*Calories 199 (34% from fat) • carb. 27g • pro. 6g • fat 8g
• sat. fat 4g • chol. 71mg • sod. 306mg • calc. 81mg • fiber 1g*

Dairy-Free Chocolate Mousse

This rich chocolate mousse is so good, you won't miss a thing!

Makes eight, ½-cup servings

- 1 cup soy milk**
- 12 ounces semisweet chocolate chips**
- ⅓ cup granulated sugar**
- 2 teaspoons pure vanilla extract**
- 1 package (14 ounces) silken tofu, cut into 1-inch cubes**

- Put soy milk into a saucepan and place over medium heat. Bring milk to just a boil.
- While milk is heating, put the chocolate, sugar and vanilla extract into the blender jar.
- Once milk is hot, pour over the chocolate in the blender and blend on Low for about 20 seconds. Remove the measuring cup from the blender cover and add the tofu cubes while the blender is running on Low for about 1 minute, until homogenous.
- Pour mousse into individual custard cups, wrap with plastic and refrigerate for at least 2 hours before serving.

Nutritional information per serving:

*Calories 290 (41% from fat) • carb. 39g • pro. 5g • fat 14g
• sat. fat 8g • chol. 0mg • sod. 14mg • calc. 21mg • fiber 2g*

Raspberry Sauce

Use this sauce as a component to a variety of desserts, from ice cream to cheesecake to chocolate, it complements all very nicely.

Makes 1¼ cups

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

1. Place all ingredients into the blender jar.
2. Blend on High for 15 seconds.
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 34 (0% from fat) • carb. 9g • pro. 0g • fat 0g
• sat. fat 0g • chol. 0mg • sod. 0mg • calc. 5mg • fiber 1g*