

Cuisinart®

INSTRUCTION BOOKLET



SMARTPOWER™ 5-SPEED ELECTRONIC BLENDER

CB-9 Series

For your safety and continued enjoyment of this product, always read the instruction book carefully before using.
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IMPORTANT SAFEGUARDS

When using an electrical appliance basic safety precautions should always be followed, including the following:

1. **READ ALL INSTRUCTIONS BEFORE USING.**
 2. To protect against the risk of electrical shock, do not put motor base of blender in water or other liquid.
 3. Close supervision is necessary when any appliance is used by or near children.
 4. Always unplug from outlet when not in use, before putting on or taking off parts, and before cleaning or removing contents from blender jar or container.
- Never put hands into the blender jar or container, or handle the blades with appliance plugged in.**
5. Avoid contact with moving parts.
 6. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions, or is dropped or damaged in any manner. Return appliance to nearest Cuisinart service facility for examination, repair, and/or mechanical or electrical adjustment.
 7. The use of attachments, including canning or ordinary jars, not recommended or sold by Cuisinart may cause fire, electrical shock, or risk of injury to persons.
 8. Do not use outdoors.
 9. Do not let cord hang over edge of counter or table where it can be inadvertently pulled on or tripped over or touch hot surfaces, which might damage the cord.
 10. **Keep hands and utensils out of jar while blending to reduce the risk of severe injury to persons or damage to blender itself.** A rubber

or plastic spatula may be used, but must be used only when the blender is turned OFF.

11. When blender is in ON mode, and LED lights are flashing, do not touch cutting assembly, interfere with blade movement, or remove blender jar cover. Accidentally touching a speed button may activate the blender.
 12. **BLADES ARE SHARP. HANDLE CAREFULLY.**
 13. To reduce the risk of injury, never place cutting assembly on base unless the blender jar is properly attached.
 14. Always operate blender with the cover in place.
 15. Never leave your blender unattended while running.
 16. When blending **HOT** liquids, remove measured pour lid (center piece of cover) to allow steam to escape.
 17. Twist on locking ring firmly. Injury can result if moving blades accidentally become exposed.
 18. Do not use an extension cord with this unit. Doing so may result in fire, electrical shock, or personal injury.
- Regarding your cord set:** A longer cord has been provided so that you will have flexibility in positioning your Cuisinart® SmartPower™ Blender near an electrical outlet. Exercise care when using the longer cord to avoid entangling or tripping over the cord. The longer cord should be arranged so that it will not drape over the counter or table top, where it can be pulled on by children or tripped over. Excess cord should be stored in the cord storage area at the back of the blender base, to avoid injury caused by the longer cord.
 19. Wash the blender jar, cutting assembly, locking ring, and cover before first use.
 20. **WARNING: TO REDUCE THE RISK OF ELECTRICAL SHOCK OR FIRE, DO NOT REMOVE THE BASE PANEL. NO**

USER SERVICEABLE PARTS ARE INSIDE. REPAIR SHOULD BE DONE ONLY BY AUTHORIZED PERSONNEL.

21. **WARNING: FLASHING LIGHT INDICATES READY TO OPERATE. DO NOT TOUCH BLADES.**

SAVE THESE INSTRUCTIONS FOR HOUSEHOLD USE ONLY

NOTICE:

This appliance has a polarized plug (one prong is wider than the other). To reduce the risk of electric shock, this plug will fit into a polarized outlet only one way. If the plug does not fit fully into the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not modify the plug in any way.

UNPACKING INSTRUCTIONS

Place the gift box containing your Cuisinart® SmartPower™ 5-Speed Electronic Blender on a flat, sturdy surface before unpacking. Remove More Frozen Drinks book from top of Glass Box insert. Next carefully remove glass insert box. Remove glasses and set aside. Next remove instruction booklet and other printed materials from top of corrugated insert. Next remove the top corrugated insert. Carefully lift blender base from box and set aside. Remove the lower corrugated insert containing the blender jar assembly. Use caution – do not tip the jar when removing. Remove any additional literature from the box. To assemble the blender, follow the “Assembly” instructions on page 4 of this instruction booklet. Replace all corrugated inserts in the box and save the box for repackaging. See the “Features and Benefits” section of this booklet for a listing of all blender parts.

Before using for the first time: Wash all parts according to the “Cleaning and Maintenance” section on page 6 of this booklet to remove any dust or residue.

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INTRODUCTION

Congratulations! You have purchased a Cuisinart® SmartPower™ Electronic Blender.

The life of the party, the SmartPower™ Electronic Blender is engineered with five speeds that crush ice, including one speed *just* for ice crushing. The results are delicious, professional-quality frozen drinks, from the thickest strawberry daiquiris to the most flavorful piña colodas.

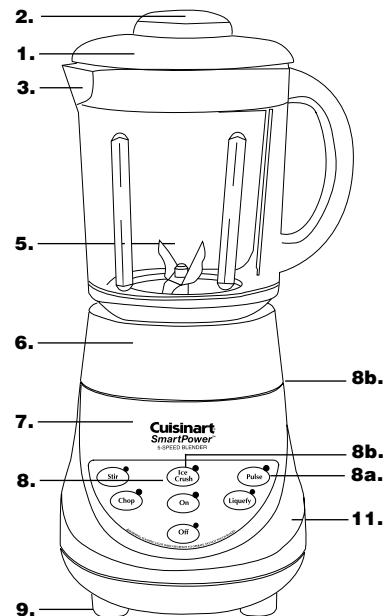
The SmartPower™ Electronic Blender blends, chops, liquefies, and more. So whether you're making soup, salsa, salad dressing, or baby food, you can do it easily and quickly. No need to worry about spills or messy cleanups, either. The SmartPower™ Electronic Blender comes with a dripless pour spout and touchpads that wipe clean in an instant.

Like all Cuisinart® appliances, the SmartPower™ Electronic Blender was designed to bring you years of enjoyment, and it is backed by a three year limited warranty.

FEATURES AND BENEFITS

- 1. Cover**
is easy to use. Just press on; no turning or twisting required. Tightfitting seal resists leakage.
- 2. 2 oz. Measured Pour Lid**
allows you to measure and add ingredients neatly without removing the cover.
- 3. 40 oz. Glass Jar with Dripless Pour Spout**
has a unique, sturdy, widemouth design and a dripless pour spout for no mess pouring.
- 4. Leakproof Rubber Gasket (not shown)**
holds the glass jar snugly in position for safe operation.
- 5. High Quality Cutting Assembly with Patented Stainless Steel Blades**
is strong enough for all blender tasks, including tough jobs, from ice crushing to chopping delicate herbs.
Note: Blades are sharp...handle carefully.
- 6. Locking Ring**
is self-aligning so that the glass blender jar slides easily into position, eliminating the frustration of twisting and turning the blender jar to lock it into place.
- 7. Heavy-Duty Motor Base**
is so sturdy and stable, it will not “walk” on your counter – even during ice crushing! The motor is strong enough to handle all blending tasks, including crushing ice without liquid, and is backed by a three year limited warranty.
- 8. 5-Speed Touchpad Control with Indicator Lights**
is easy to use, read and clean. Five speeds give you great versatility—use low speeds for delicate blending all the way up to high speeds for cheese, garlic, or lemon zest. The red LED lights clearly indicate what blender speed you are using.

- 8a. Pulse at Any Speed Button**
allows you to pulse at any speed from high to low, so you can blend ingredients only as much as needed.
- 8b. Ice Crush Button**
activates the ice crushing speed. This button is preset to the best speed for crushed ice. However, you can crush ice at any speed.
- 9. Slip-Proof Feet**
prevent movement during use and prevent damaging marks on countertops or tables.
- 10. Hidden Cord Storage Compartment (not shown)**
keeps countertop safe and neat by conveniently storing excess cord.
- 11. Impact-Resistant Plastic Housing**
is crafted of the finest quality materials to resist staining, cracking, and odors.
- 12. Innovative Cuisinart Design**
in combination with power, performance, and sturdiness, makes this blender a winner.



USE AND CARE

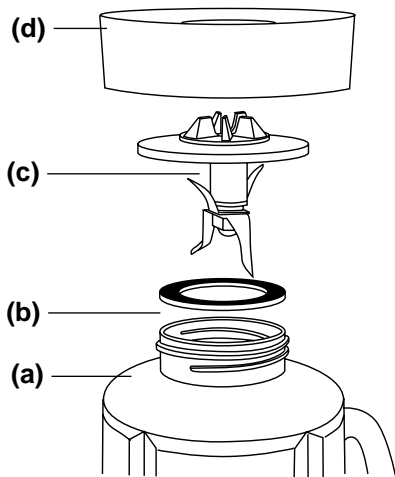
ASSEMBLY

To use your Cuisinart® SmartPower™ Electronic Blender, begin by assembling the blender jar.

1. Turn the blender jar (a) upside down, and place it flat on a sturdy surface.
2. Position the rubber gasket (b) on the round opening on the bottom of the blender jar.
3. Turn the cutting assembly (c) upside down, and place the blade end in the blender jar opening.

Note: Blades are sharp...handle carefully.

4. Secure the rubber gasket and cutting assembly into position by placing the smaller opening of the locking ring (d) on top of the cutting assembly. Engage threads by twisting the locking ring clockwise until tightened. Make sure locking ring is tightly fastened to blender jar. Once blender jar is assembled, turn right side up.



5. Push the cover onto the top of the blender jar. Push the measured pour lid into the cover.
6. Place the blender jar on the motor base so that the jar markings are facing you and the handle is positioned to one side.
7. Plug in power cord. Your blender is now ready to be used.

HELPFUL REMINDERS

- Once the cover is in position, additional ingredients can be added during blending by simply lifting the measured pour lid, adding ingredients, and replacing the measured pour lid.
- Cover should always be in place while the unit is ON.
- **Warning:** Do not place blender jar onto base while motor is running.
- Do not twist locking ring from blender jar when removing blender jar from base. Simply lift blender jar from motor base.
- Boiling liquid or solid frozen foods (with the exception of ice cubes or 1/2" pieces of frozen fruit) should never be placed in the blender jar.
- Do not place ice, frozen foods or very cold liquids into a blender jar which has come directly from a hot dishwasher.
- Do not place very hot liquids or foods into a blender jar which has come directly from the freezer. Boiling liquids should cool for 5 minutes before being placed in blender jar.
- Follow "Cleaning and Maintenance" instructions on page 6 prior to your first use.

OPERATION

1. Place the motor base of your Cuisinart® SmartPower™ Electronic Blender onto a flat, sturdy surface. It is important that the surface be clean and dry. Assemble the blender by following the "Assembly" instructions. Once the jar is assembled and is in position on the

motor base, plug the Cuisinart® SmartPower™ Electronic Blender into an electrical outlet.

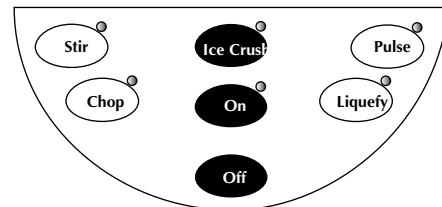
2. Add all necessary ingredients to the blender jar, and replace the cover. You may add additional ingredients by lifting the measured pour lid and dropping ingredients through the fill area. Replace the measured pour lid after adding ingredients. **Do not place hands into blender jar with blender plugged in.**

Note: Add liquid ingredients first, then follow with solid ingredients. This will provide more consistent blending and prevent unnecessary stress on the motor.

Tip: Liquid ingredients can be measured in the measured pour lid, using the measurement marking. Solid ingredients can be added by simply dropping them through the fill area into the blender jar. Replace the measured pour lid after adding ingredients.

Note: To remove blender jar cover, lift edge of cover upwards. Lifting measured pour lid will not remove cover.

3. **TO START BLENDING:** press the ON button. The red ON LED light will flash, indicating that the blender is turned on but no speed has been selected.



4. **PRESS THE DESIRED BLENDING SPEED:** both the ON indicator light and the activated speed indicator light will glow. Now the blender will be functioning at the desired speed. It is possible to switch speeds without pressing the OFF button, by simply pushing the next desired speed button.
5. **TO STOP THE BLENDING PROCESS:** re-press the activated speed button. The blending process will stop. The red ON indicator light will continue to flash to let

you know that the blender is still ON and can be reactivated by pushing the desired speed button. The blender can be completely deactivated and stopped at any speed by pushing the OFF button. You will need to press the ON button again to continue blending.

6. **PULSE MODE:** while the blender is turned ON, you can create a burst of power for quick, efficient blending by activating the PULSE function. To do so, first push the PULSE button, which will cause the PULSE indicator light to flash. Next, push and release the desired speed button. Repeat as desired. You determine the duration of each pulse. While pulsing, all indicator lights (the ON, the PULSE, and the desired SPEED) will glow.

The PULSE function can be used to break apart larger pieces of food or to control the texture of food when chopping. The PULSE function is also effective in starting the blending process when you do not want continuous power, or when processing items which do not require an extended amount of blending.

7. **TO CRUSH ICE:** the SmartPower™ Electronic Blender motor is strong enough to crush ice without liquid at any speed; however, for your convenience we have preset the best speed for ice crushing. To give you greater control, the ICE CRUSH function automatically operates as a PULSE function. To crush ice, place ice cubes in the blender jar, and place the cover and the measured pour lid on the blender jar. Press the ON button. Press the ICE CRUSH button in short pulses until ice is crushed to desired consistency. See the "Recipe Tips" section on page 7 for more details.

8. **TO DISLODGE FOOD:** use a rubber or plastic spatula to help remove food lodged around the cutting assembly. **DO NOT USE SPATULA UNTIL YOU HAVE TURNED OFF THE BLENDER.** Replace the cover and measured pour lid and continue

QUICK REFERENCE GUIDE

To Activate Blender
To Begin Blending
To Change Speeds
To Pulse

To Crush Ice

To Stop Blending (and Deactivate Blender)
To Stop Blending (in Pulse or ICE CRUSH Mode)
To Stop Blending in Stir, Chop, or Liquefy Mode

Press ON- The blender is in ON Mode.

Press desired speed button.

Press desired speed button.

In ON mode press PULSE, then press and release desired speed button as needed.

In ON mode, press and release ICE CRUSH button as needed.

Press OFF button.

Release button.

Press speed button again. This will return the blender to ON mode. Press OFF button to turn blender OFF.

SPEED SELECTION GUIDE

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

Ingredient/Recipe	Speed	Result
Reconstituting frozen orange juice concentrate	Stir	Smooth and full-bodied
Mayonnaise	Stir	Thick and creamy
Salad dressings	Stir	Desired consistency
Nuts	Chop	Coarse to fine
Whipping cream	Chop	Thick topping
Bread Crumbs	Chop	Uniformly fine
Grating citrus zest	Liquefy	Uniformly fine
Milk shakes	Liquefy	Smooth and creamy
Baby food	Liquefy	Smooth and creamy
Health drinks	Liquefy	Smooth and creamy
Frozen cocktails	Liquefy	Thick and slushy
Grinding hard cheese	Liquefy	Coarse to fine
Spices	Liquefy	Coarse to fine
Ice	Ice Crush	Snowy

blending, if necessary. Make sure spatula is not inside the blender jar before blending.

9. **WHEN FINISHED BLENDING:** press the OFF button, and unplug the blender from the electrical outlet. Never remove the blender jar from the motor base until pressing the OFF button. Do not twist locking ring from blender jar when removing jar from motor base. Simply lift blender jar from motor base. **Do not place hands into blender jar with blender plugged in.**

CLEANING AND MAINTENANCE

Always unplug your Cuisinart® SmartPower™ Electronic Blender from the electrical outlet before cleaning. The blender is made of corrosion-resistant parts which are easy to clean. Before first use and after every use, clean each part thoroughly. Periodically check all parts before reassembly. If any part is damaged or blender jar is chipped or cracked, **DO NOT USE BLENDER.**

Remove the blender jar from the motor base by lifting straight up and away. Twist off the locking ring by turning counterclockwise. Remove the cutting assembly and rubber gasket. Wash in warm soapy water, rinse and dry thoroughly. Place the locking ring in the upper rack of the dishwasher or wash in warm water.

CAUTION: Handle the cutting assembly carefully. It is SHARP and may cause injury. Do not attempt to remove blades from cutting assembly.

Remove the blender jar cover and the measured pour lid. Wash in warm, soapy water; rinse and dry thoroughly, or place in upper rack of dishwasher.

Finally, wipe the motor base clean with a damp cloth to remove any residue, and dry thoroughly. Never submerge the motor base in water or other liquid, or place in a dishwasher.

Tip: You may wish to clean your blender cutting assembly as follows: Squirt a small amount of

dishwashing liquid into assembled blender jar and fill halfway with warm water. Run on STIR for 15 seconds. Repeat, using clean tap water. Empty blender jar and carefully disassemble parts. Wash cutting assembly, gasket and locking ring in warm, soapy water. Rinse and dry all parts thoroughly.

DOs AND DON'Ts WHEN USING YOUR BLENDER

DO:

- Make sure the electrical outlet is rated at the same voltage as that stated on the bottom of the blender motor base.
- Always use the blender on a clean, sturdy and dry surface.
- **Always add liquid ingredients to the blender jar first, then add remaining ingredients. This will ensure that ingredients are uniformly mixed.**
- Cut most foods into cubes approximately 1/2" to 1" to achieve a more uniform result. Cut all cheeses into pieces no larger than 1/2".
- Use the measured pour lid to measure liquid ingredients such as alcohol. Replace measured pour lid after ingredients have been added.
- Use a rubber or plastic spatula as needed only when the blender is turned OFF. Never use metal utensils, as damage may occur to the blender jar or cutting assembly.
- Place cover firmly on blender. Never operate the blender without cover.
- Make sure locking ring is tightly attached to blender jar.
- Always remove locking ring, cutting assembly, and rubber gasket before cleaning.
- When scraping the blender jar with a spatula, remove the food from the sides of the blender jar and place food in the center of the blender jar, over the cutting assembly.

- When chopping fresh herbs, garlic, onion, zest, bread crumbs, nuts, spices, etc., make sure the blender jar and cutting assembly are completely dry.
- If food tends to stick to the sides of the blender jar when blending, pulse in short bursts.
- Pulses should be short bursts. Space the pulses so the blades stop rotating between pulses.

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 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 1/2" pieces of frozen fruit) to glass blender jar. Boiling liquids should cool for 5 minutes before being placed in blender jar.

RECIPE TIPS

You'll find many easy ways to prepare savory, healthful meals with your Cuisinart® SmartPower™ Electronic Blender. 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™ Electronic Blender, you'll also be able to make delicious frozen drinks.

RECIPE TIPS:

Chopping Nuts

Pulse 1/2 cup of nuts (shells removed) on **Chop** 4-5 times. **Turn blender OFF**; scrape blender jar with spatula. Turn blender ON and pulse on **Chop** 2-3 times. **Turn blender OFF**. Do not pulse as many 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 1/2" pieces, and process no more than 1 cup of pieces at a time on **Chop** for 5-10 seconds. Crackers and cookies should also be broken into 1/2" pieces; process 1 cup at a time on **Chop** for 10-15 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**. Do not pulse as many 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 15-20 seconds. **Turn blender OFF**.

Grinding Hard Cheese

Cut cheese into 1/2" 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 1/4-1/2 cup of spices/seeds/peppercorns to blender jar. Blend on **Liquefy** for 30-35 seconds. **Turn blender OFF**.

Whipping Cream

Whip 1 cup of cream (whipping or heavy cream) at a time. Blend on **Chop**, and process for 45-60 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 15-20 seconds. **Turn blender OFF**. Drain in fine strainer if desired. Makes about 1/2 cup of puréed tomatoes.

RECIPES

Before following any of these Cuisinart recipes, make sure the SmartPower™ Electronic Blender is properly assembled. Follow the "Assembly" directions on page 4 of this instruction booklet for correct blender assembly procedure.

FROZEN BEVERAGES

FROZEN CRANBERRY-ORANGE MIMOSAS

Makes ten servings

1 cup cranberry juice cocktail, chilled

1 cup orange juice, chilled

1-1/2 cups ice cubes

1 bottle (750 ml) brut champagne, chilled

Place cranberry juice, orange juice, and ice cubes in blender jar in order listed. Place cover on blender jar. Turn blender ON and process on **Liquefy** until thick and frothy, about 30-40 seconds. **Turn blender OFF**.

Pour 1/3 cup juice mixture into each champagne glass. Top with chilled champagne. Serve immediately.

Nutritional analysis per serving:

Calories 32 (0% from fat) • carbo. 8g • prot. 0g • fat 0g
sat. fat 0g • chol. 0mg • sod. 14mg

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" pieces
(strawberries, bananas, peaches)

Place ingredients in blender jar in order listed. Place cover on blender jar. Turn blender ON and process on **Liquefy** until slushy, about 45-50 seconds. **Turn blender OFF**. Serve immediately.

Nutritional analysis per serving:

Calories 90 (0% from fat) • carbo. 13g • prot. 0g • fat 0g
sat. fat 0g • chol. 0mg • sod. 3mg

FROZEN DAIQUIRI

Makes four 4-ounce servings

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

Place ingredients in blender jar in order listed. Place cover on blender jar. Turn blender ON and process on **Liquefy** until slushy, about 45-50 seconds. **Turn blender OFF.** Serve immediately.

Nutritional analysis per serving:

Calories 105 (0% from fat) • carbo. 14g • prot. 0g • fat 0g
sat. fat 0g • chol. 0mg • sod. 4mg

RUM AND ORANGE FREEZE

Makes four 4-ounce servings

- 1 cup orange juice
- 1-1/2 ounces dark rum
- 1 cup ice cubes

Place ingredients in blender jar in order listed. Place cover on blender jar. Turn blender ON and process on **Liquefy** until slushy, about 30 seconds. **Turn blender OFF.** Serve immediately.

Nutritional analysis per serving:

Calories 45 (0% from fat) • carbo. 6g • prot. 0g • fat 0g
sat. fat 0g • chol. 0mg • sod. 2mg

MARGARITA

Makes four 4-ounce servings

- 1/2 cup lime juice
- 4 ounces tequila
- 1 tablespoon sugar
- 2 cups ice cubes

Place ingredients in blender jar in order listed. Place cover on blender jar. Turn blender ON and process on **Liquefy** until slushy, about 45-60 seconds. **Turn blender OFF.** Serve immediately.

Nutritional analysis per serving:

Calories 94 (0% from fat) • carbo. 6g • prot. 0g • fat 0g
sat. fat 0g • chol. 0mg • sod. 4mg

PIÑA COLADA

Makes two 6-ounce servings

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

Place ingredients in blender jar in order listed. Place cover on blender jar. Turn blender ON and process on **Liquefy** until slushy, about 45-50 seconds. **Turn blender OFF.** Serve immediately.

Nutritional analysis per serving:

Calories 143 (25% from fat) • carbo. 10g • prot. 1g • fat 4g
sat. fat 2g • chol. 11mg • sod. 17mg

MILK SHAKES/FRAPPEES

ORANGE CREAMSICLE

Makes one 12-ounce serving

- 3/4 cup skim milk
- 2 scoops (8 ounces) orange sherbet
- 2 tablespoons instant non-fat dry milk
- 1/2 teaspoon vanilla extract

Place ingredients in blender jar in order listed. Place cover on blender jar. Turn blender ON and process on **Liquefy** until smooth, about 30 seconds. **Turn blender OFF.** Serve immediately.

Nutritional analysis per serving:

Calories 396 (9% from fat) • carbo. 76g • prot. 14g • fat 4g
sat. fat 3g • chol. 20mg • sod. 265mg

CHOCOLATE MILK SHAKE

Makes two 8-ounce servings

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

Place ingredients in blender jar in order listed. Place cover on blender jar. Turn blender ON and process on **Liquefy** until smooth and creamy, about 25-30 seconds. **Turn blender OFF.** Serve immediately.

Nutritional analysis per serving:

Calories 243 (41% from fat) • carbo. 29g • prot. 7g
fat 11g • sat. fat 7g • chol. 34mg • sod. 127mg

Variation:

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

CAPPUCCINO SHAKE

Makes four 8-ounce servings

- 1 cup espresso coffee or strong coffee
- 1/2 cup half-and-half
- 1/4 cup sugar*
- 1 cup ice cubes
- ground cinnamon

Place all ingredients except cinnamon in blender jar in order listed. Place cover on blender jar. Turn blender ON and process on **Liquefy** until smooth, about 25-30 seconds. **Turn blender OFF.** Pour into glasses, and sprinkle with cinnamon. Serve immediately.

* Use less sugar (about 3 tablespoons) if less sweetness is desired.

Nutritional analysis per serving:

Calories 87 (31% from fat) • carbo. 14g • prot. 1g • fat 3g
sat. fat 2g • chol. 11mg • sod. 14mg

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.

ICE CREAM SODA

Makes two 12-ounce servings

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

Place milk, ice cream, and chocolate syrup in blender jar in order listed. Place cover on blender jar. Turn blender ON and process on **Liquefy** until smooth and creamy, about 40-45 seconds. **Turn blender OFF.** Divide ginger ale into two tall glasses (about 14-16 ounces each). Add ice cream mixture, and stir gently. Serve immediately.

Nutritional analysis per serving:

Calories 287 (34% from fat) • carbo. 40g • prot. 7g
fat 11g • sat. fat 7g • chol. 34mg • sod. 136mg

MOCHA SHAKE

Makes one 12-ounce serving

- 1 teaspoon instant coffee crystals
- 1 tablespoon hot water
- 1/2 cup 2% 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 blender jar. Add remaining ingredients in order listed. Place cover on blender jar. Turn blender ON and process on **Liquefy** until smooth, about 25-30 seconds. **Turn blender OFF.** Serve immediately.

Nutritional analysis per serving:

Calories 479 (28% from fat) • carbo. 71g • prot. 15g
fat 15g • sat. fat 7g • chol. 43mg • sod. 255mg

SMOOTHIES

ALL-FRUIT SMOOTHIE

Makes six 6-ounce servings

- 1/3 cup orange juice
- 1 cup cantaloupe, cut into 1" pieces
- 1 cup green or red seedless grapes
- 1 cup canned pineapple chunks, drained
- 1 cup navel orange segments, cut into 1" pieces
- 1 cup strawberries, cut into 1" pieces
- 1 medium banana, cut into 1" pieces
- 1 cup ice cubes

Layer the ingredients in the blender jar in the order listed. Do not pack fruit tightly into blender jar. Place cover on blender jar. Turn blender ON and process on **Liquefy** until smooth, about 30-40 seconds. **Turn blender OFF.**

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

Nutritional analysis per serving:

Calories 92 (0% from fat) • carbo. 22g • prot. 1g • fat 0g
sat. fat 0g • chol. 0mg • sod. 5mg

BANANA-PINEAPPLE FREEZE

Makes two 8-ounce servings

- 1 cup unsweetened pineapple juice
- 1/2 medium banana, cut into 1" pieces
- 1/4 cup instant nonfat dry milk
- 1 cup ice cubes

Place ingredients in blender jar in order listed. Place cover on blender jar. Turn blender ON and process on **Liquefy** until smooth, about 25-30 seconds. **Turn blender OFF.** Serve immediately.

Nutritional analysis per serving:

Calories 152 (0% from fat) • carbo. 32g • prot. 6g • fat 0g
sat. fat 0g • chol. 3mg • sod. 87mg

DIPS/SPREADS/APPETIZERS

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

HUMMUS

Makes 2-1/4 cups

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

Place lemon juice, garbanzo beans, reserved liquid, garlic, tahini, olive oil and salt in blender jar in order listed. Place cover on blender 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 25-30 seconds until smooth. **Turn blender OFF.** Transfer to a serving dish, and sprinkle with parsley. Serve at room temperature.

Nutritional analysis per tablespoon:

Calories 40 (27% from fat) • carbo. 6g • prot. 1g
fat 1g • sat. fat 0g • chol. 0mg • sod. 69mg

MINTED YOGURT SAUCE

Makes two cups

- 2 cups low-fat vanilla yogurt
- 1 tablespoon sugar
- 3 tablespoons fresh mint leaves

Place ingredients in blender jar. Place cover on blender jar. Turn blender ON and process on **Liquefy** until well blended, about 10-15 seconds. **Turn blender OFF.** Serve chilled with fresh fruit.

Nutritional analysis per tablespoon:

Calories 16 (0% from fat) • carbo. 3g • prot. 1g • fat 0g
sat. fat 0g • chol. 1mg • sod. 8mg

Variation:

Substitute fruit flavored yogurt.

MEXICAN SALSA CRUDA

Makes two cups

- 1 28-ounce can plum tomatoes, drained
- 1/4 cup cilantro leaves
- 2 jalapeño peppers, halved, seeded, cut into 1/2" pieces
- 1 small onion, peeled, cut into 1/2" pieces
- 1 teaspoon fresh lime juice
- 1 teaspoon salt

Place ingredients in blender jar in order listed. Place cover on blender jar. Turn blender ON and pulse on **Chop** 5-6 times until coarsely chopped. **Turn blender OFF.** Allow to sit for 1-2 hours to develop flavor. Drain before serving if a thicker salsa is desired.

Nutritional analysis per tablespoon:

Calories 8 (0% from fat) • carbo. 2g • prot. 0g • fat 0g
sat. fat 0g • chol. 0mg • sod. 76mg

SPICY CRABMEAT DIP

Makes 1-3/4 cups

- 1/3 cup milk
- 1 cup low-fat sour cream
- 1/4 cup low-fat mayonnaise
- 1 can (6 ounces) crabmeat, drained (about 3/4 cup)
- 1 tablespoon fresh chopped chives
- 1-1/2 teaspoons prepared horseradish
- 1/4 teaspoon ground white pepper

Place ingredients in blender jar in order listed. Place cover on blender jar. Turn blender ON and process on **Liquefy** until well blended, about 20-25 seconds. **Turn blender OFF.** Scrape blender jar with a spatula. Turn blender ON and process an additional 20-25 seconds until well combined. **Turn blender OFF.** Refrigerate 1-2 hours before serving to develop flavor.

Nutritional analysis per tablespoon:

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

CHUNKY GUACAMOLE

Makes 1-1/2 cups

- 1/4 cup fresh cilantro leaves
- 1 medium garlic clove, peeled, quartered
- 1 small scallion, trimmed, cut into 1" pieces
- 1/2 small green chili, seeded and quartered
- 1/4 teaspoon salt
- 1/8 teaspoon chili powder
- 1/2 cup nonfat plain yogurt
- 2 tablespoons fresh lemon juice
- 1 small plum tomato, cut into 1/2" pieces
- 2 small ripe avocados, peeled, pits removed, cut into 1/2" pieces

Place cilantro, garlic, scallion, chili, salt, and chili powder in blender jar. Place cover on blender jar. Turn blender ON and pulse on **Stir** until coarsely chopped, about 5-6 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 blender 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 avocado pit in the center of the mixture for serving or storage.

Nutritional analysis per tablespoon:

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

SAUCES/DRESSINGS/ VINAIGRETTES

CHOCOLATE SAUCE

Makes six tablespoons

- 3 1-ounce squares semisweet chocolate, each broken into 8 pieces
- 1-1/2 teaspoons sugar
- 1/4 cup boiling water, cooled for 5 minutes

Place chocolate and sugar in blender jar. Place cover on blender jar. Turn blender ON and process on **Liquefy** until coarsely chopped, about 10-15 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 analysis per tablespoon:

Calories 85 (53% from fat) • carbo. 9g • prot. 1g • fat 5g
sat. fat 3g • chol. 0mg • sod. 0mg

NONFAT HERBED SALAD DRESSING

Makes one cup

- 1 cup fresh parsley
- 1 small shallot, peeled and quartered
- 1-1/2 tablespoons fresh dill weed
- 1 tablespoon celery seed
- 1 tablespoon fresh cilantro
- 1 tablespoon fresh oregano
- 1/4 teaspoon white pepper
- 1/4 teaspoon salt
- 1/3 cup skim milk
- 1/2 cup nonfat 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 blender jar. Place cover on blender jar. Turn blender ON and pulse on **Stir** until coarsely chopped, about 5 times. **Turn blender OFF.** Scrape blender 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 15-20 seconds. **Turn blender OFF.** Store in the refrigerator in an airtight container for up to 2 weeks.

Nutritional analysis per tablespoon:

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

TOMATO SAUCE

Makes four 2-ounce servings

- 1 28-ounce can Italian plum tomatoes, drained
- 2 medium shallots, peeled, cut into 1/2" pieces
- 1/2 teaspoon dried oregano
- 1/2 teaspoon salt
- 1/2 teaspoon sugar

Place ingredients in blender jar in order listed. Place cover on blender jar. Turn blender ON and process on **Liquefy** until coarsely chopped, about 10-15 seconds. **Turn blender OFF.** Transfer to skillet or saucepan; simmer over medium-low heat, stirring occasionally, until thick, about 20-30 minutes.

Note: Liquefy 20-25 seconds for a smoother sauce.

Nutritional analysis per serving:

Calories 57 (16% from fat) • carbo. 10g • prot. 2g • fat 1g
sat. fat 0g • chol. 0mg • sod. 312mg

PESTO SAUCE

Makes eight 1-ounce servings

- 3 ounces Parmesan cheese, cut into 1/2" pieces
- 3 small garlic cloves, peeled and quartered
- 3/4 cup olive oil
- 2 cups fresh basil leaves, loosely packed
- 1/4 cup pine nuts

Place cheese in blender jar. Place cover on blender 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 and add reserved cheese; blend on **Liquefy** until combined, about 45-50 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

RASPBERRY SAUCE

Makes eight 1-ounce servings

- 12 ounces frozen raspberries, thawed, at room temperature (about 1-1/2 cups)
- 1 tablespoon sugar

Place raspberries and sugar in blender jar. Place cover on blender jar. Turn blender ON and pulse 5 times on **Liquefy**, then run continuously on **Liquefy** 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 analysis per serving:

Calories 52 (0% from fat) • carbo. 13g • prot. 0g • fat 0g
sat. fat 0g • chol. 0mg • sod. 0mg

CLASSIC MAYONNAISE WITH COOKED EGGS

Heating eggs to 160° F, and holding them there for a moment sanitizes them to kill salmonella bacteria.

Makes 1 cup

- 1 large egg
- 1 large egg yolk
- 1/2 teaspoon sugar
- 1/2 teaspoon flour
- 1 tablespoon white wine vinegar
- 1-1/4 teaspoons dry mustard
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground white pepper
- 2/3 cup (6 ounces, 175 ml) 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 blender jar. Place cover on blender jar and press "On" button. Process on stir until combined, about 5 seconds. Transfer to a 7-inch nonstick skillet. Wash the blender 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 1-1/2 minutes. Stir for 1/2 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 2/3 cup of the oil in a very slow, steady stream, taking about 2 minutes. Hold the measured pour lid over the opening while adding the oil to prevent splattering. The mayonnaise will thicken gradually. Stop processing once all the oil has been added and the mixture is emulsified. Chill for one hour or longer before serving for a thicker mayonnaise. Store in an airtight container in the refrigerator for up to 5 days.

Variation: Cholesterol-Free Mayonnaise

Substitute 1/2 cup pasteurized liquid egg substitute for the egg and egg yolk. Omit the cooking/cooling steps.

Nutritional analysis per tablespoon of Classic Mayonnaise: Calories 93 (96% from fat) • carbo. 0g • prot. 1g • fat 10g • sat. fat 1g • chol. 27mg • sod. 77mg

LOW-FAT BLUE CHEESE DRESSING

Makes one cup

- 1 cup fresh parsley
- 1/3 cup skim milk
- 1/2 cup nonfat yogurt
- 2 ounces blue cheese, in 1/2" pieces
- 1 tablespoon fresh lemon juice
- 1 tablespoon balsamic vinegar
- 1/4 teaspoon ground white pepper
- 1/4 teaspoon salt

Place parsley in the blender jar. Place cover on blender 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 15-20 seconds. **Turn blender OFF.** Store in the refrigerator in an airtight container for up to 2 weeks.

Nutritional analysis per tablespoon:

Calories 17 (53% from fat) • carbo. 1g • prot. 1g • fat 1g
sat. fat 1g • chol. 3mg • sod. 96mg

CHOLESTEROL-FREE MAYONNAISE

Makes 2/3 cup

- 1/2 cup liquid egg substitute
- 2 tablespoons red wine vinegar
- 1 tablespoon vegetable oil
- 1 teaspoon dry mustard
- 1/8 teaspoon ground white pepper
- 1/8 teaspoon salt
- 2/3 cup vegetable oil

Place egg substitute, vinegar, 1 tablespoon vegetable oil, mustard, pepper and salt in the blender jar. Place cover on blender jar. Turn blender ON and process on **Stir** until blended, about 5 seconds. With blender running on **Stir**, lift the measured pour lid, and add the 2/3 cup oil in a slow, steady stream. *Hold the measured pour lid over the opening while adding the oil to prevent splatter.* The mayonnaise will thicken and emulsify as the oil is added. **Turn blender OFF.** For a thicker mayonnaise, chill for one hour before serving. Store in an airtight container in the refrigerator.

Nutritional analysis per tablespoon:

Calories 66 (94% from fat) • carbo. 0g • prot. 1g • fat 7g
sat. fat 1g • chol. 0mg • sod. 22mg

CLASSIC VINAIGRETTE

Makes 3/4 cup

- 1 small garlic clove, peeled and quartered
- 3/4 cup vegetable oil
- 1/4 cup red wine vinegar
- 1 tablespoon Dijon mustard
- 1/8 teaspoon ground white pepper
- 1/8 teaspoon salt

Place garlic in blender jar. Place cover on blender 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 15-20 seconds. **Turn blender OFF.** Store in refrigerator in an airtight container for up to 3 weeks.

Nutritional analysis per tablespoon:

Calories 126 (100% from fat) • carbo. 0g • prot. 0g
fat 14g • sat. fat 2g • chol. 0mg • sod. 56mg

BABY FOOD

PURÉED SQUASH

Makes four 2-ounce servings

- 1 medium acorn squash (about 1-1/4 pounds)
- 1/4 cup water

Cut squash in half, and remove seeds. Place in a microwave-safe dish with 2 tablespoons of water, cover with plastic wrap, and cook at 100% power until soft, about 12-14 minutes. Allow to cool, and scrape out pulp with a spoon. (There will be about 1-1/2 cups pulp.) Place water and pulp in blender jar in that order. Place cover on blender jar. Turn blender ON and blend on **Liquefy** until smooth, about 15-20 seconds. **Turn blender OFF.** Scrape blender jar with a spatula. Turn blender ON and blend on **Liquefy** for 10-15 more seconds. **Turn blender OFF.** Store in an airtight container in the refrigerator for up to 1 week, or freeze in individual portions for up to 2 months.

Nutritional analysis per serving:

Calories 38 (0% from fat) • carbo. 9g • prot. 1g • fat 0g
sat. fat 0g • chol. 0mg • sod. 2mg

OATMEAL WITH BANANAS

Makes eight 2-ounce servings

- 1-1/2 cups milk
- 1/2 cup plus 2 tablespoons quick cooking oats
- 1/2 cup banana pieces,
in 1" pieces (about 1/2 of a small banana)

Place milk in a small saucepan over medium heat and warm for about 5 minutes (do not boil). Add oats, and stir to combine. Reduce heat to low, and cook, stirring frequently, until oatmeal thickens, about 1 minute.

Place oatmeal mixture and banana in blender jar. Place cover on blender jar. Turn blender ON and blend on **Liquefy** until smooth, about 20-25 seconds. **Turn blender OFF.** Store in an airtight container in the refrigerator for 1-2 days. Add 1-2 tablespoons of milk if the oatmeal thickens too much during storage. Warm before serving.

Nutritional analysis per serving:

Calories 67 (26% from fat) • carbo. 10g • prot. 3g • fat 2g
sat. fat 1g • chol. 5mg • sod. 23mg

Variation:

Substitute other ripe fruits such as peaches, pears, or fresh apricots.

PURÉED PEACHES

Makes nine 2-ounce servings

4 medium peaches (about 6 ounces each),
peeled, pits removed, cut into 1" pieces

1/2 cup water

Place peaches in a steamer basket in a medium saucepan. Add enough water to be 1" deep in pan. Cover tightly, and bring to a boil over medium-high heat. Steam until peaches are soft but not mushy, about 4-5 minutes. Replenish water if necessary during steaming.

Place water and steamed peaches in blender jar in that order. Place cover on blender jar. Turn blender ON and blend on **Liquefy** until smooth, about 15-20 seconds. **Turn blender OFF.** Scrape blender jar with a spatula. Turn blender ON and blend on **Liquefy** for an additional 10-15 seconds. **Turn blender OFF.** Store in an airtight container in the refrigerator for up to 1 week.

Nutritional analysis per serving:

Calories 25 (0% from fat) • carbo. 6g • prot. 0g • fat 0g
sat. fat 0g • chol. 0mg • sod. 0mg

CHICKEN WITH NOODLES

Makes twenty 2-ounce servings

1/2 pound boneless, skinless chicken breast,
cut into 1" pieces

1-1/2 cups reduced-sodium chicken broth

1/2 cup egg pasta

1/2 cup frozen peas

Place chicken, broth, pasta and peas in a medium saucepan. Cover; bring to a boil over medium-high heat. Reduce heat to low, and simmer, partially covered, until chicken is cooked and pasta is soft but not mushy, about 8-9 minutes. Remove from heat, and cool for 5 minutes.

Place chicken mixture in blender jar. Place cover on blender jar. Turn blender ON and blend on **Liquefy** until smooth, about 30 seconds. **Turn blender OFF.** Scrape blender jar with a spatula. Turn blender ON and continue blending on **Liquefy** for 30 more seconds. **Turn blender OFF.** Store in an airtight container in the refrigerator for up to 1 week, or freeze in individual portions for up to 2 months.

Note: For a thinner consistency, add 1-2 tablespoons of milk.

Nutritional analysis per serving:

Calories 24 (0% from fat) • carbo. 3g • prot. 3g • fat 0g
sat. fat 0g • chol. 7mg • sod. 17mg

BATTERS

BUTTERMILK PANCAKES

Makes sixteen 4-inch pancakes

1-1/2 cups buttermilk

2 large eggs

1-1/4 cups all-purpose flour

3 tablespoons vegetable oil

1 tablespoon sugar

1 teaspoon baking soda

1/2 teaspoon baking powder

1/2 teaspoon salt

vegetable oil cooking spray

Place first eight ingredients, in order listed, in blender jar (not vegetable oil cooking spray). Place cover on blender jar. Turn blender ON and blend on **Liquefy** for 10 seconds. **Turn blender OFF.** Scrape blender jar with a spatula. Turn blender ON and blend on **Liquefy** for an additional 15-20 seconds. **Turn blender OFF.**

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

Nutritional analysis per pancake:

Calories 75 (36% from fat) • carbo. 9g • prot. 3g • fat 3g
sat. fat 1g • chol. 27mg • sod. 168mg

CUISINART CRÊPES

Makes sixteen crêpes (about 8-9" diameter)

1-2/3 cups warm water

3 tablespoons softened butter, in 1" pieces

1 cup all-purpose flour

3 large eggs

1 teaspoon vanilla extract

1/2 teaspoon salt

vegetable oil cooking spray

Place first six ingredients, in order listed, into blender jar (not vegetable oil cooking spray). Place cover on blender jar. Turn blender ON and blend on **Chop** for 10 seconds. **Turn blender OFF.** Scrape blender jar with a spatula. Turn blender ON and continue blending on **Chop** until smooth, about 5-10 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 9-1/2" nonstick skillet with vegetable oil 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 vegetable oil cooking spray as necessary.

Serve with creamed chicken, fresh berries or sautéed apples.

Nutritional analysis per crêpe:

Calories 59 (46% from fat) • carbo. 6g • prot. 2g • fat 3g
sat. fat 2g • chol. 46mg • sod. 107mg

HONEY WHEAT WAFFLES

Makes six waffles (about 3 cups batter)

- 1-1/2 cups milk
- 2 large eggs
- 3/4 cup plus 2 tablespoons all-purpose flour
- 1/2 cup whole wheat flour
- 4 tablespoons butter, melted
- 2 tablespoons honey
- 1 teaspoon baking powder
- 1 teaspoon vanilla extract
- 1/2 teaspoon salt
- 1/4 teaspoon baking soda

Preheat waffle iron. Place ingredients in blender jar in order listed. Place cover on blender jar. Turn blender ON and blend on **Liquefy** for 10 seconds. **Turn blender OFF.** Scrape blender jar with spatula. Turn blender ON and continue blending on **Liquefy** until smooth, about 10-15 seconds. **Turn blender OFF.**

Follow manufacturer's instructions to bake waffles.

Nutritional analysis per waffle:

Calories 239 (41% from fat) • carbo. 28g • prot. 7g
fat 11g • sat. fat 6g • chol. 96mg • sod. 419mg

SOUPS

COLD GAZPACHO

Makes five 6-ounce servings

- 2 cups tomato juice, divided
- 1 rib celery, peeled, cut into 1" pieces
- 1 medium cucumber, peeled, cut in half lengthwise, seeds removed, in 1" pieces
- 1 clove garlic, peeled, cut in 4 pieces
- 1/2 medium green bell pepper, cored, seeded, cut into 1" pieces
- 1 small jalapeño pepper, cut in half, seeds removed, cut into 1/4" pieces
- 4 scallions, cut into 1" pieces
- 2 medium tomatoes, seeds removed, each cut into 8 pieces
- 2 tablespoons lemon juice
- 1/4 teaspoon black pepper

Place 1 cup tomato juice in blender jar. Add celery and next six ingredients. Place cover on blender jar. Turn blender ON and blend on **Liquefy** until vegetables are medium-finely chopped, about 10-15 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 analysis per serving:

Calories 85 (11% from fat) • carbo. 16g • prot. 3g • fat 1g
sat. fat 0g • chol. 0mg • sod. 511mg

CREAM OF ASPARAGUS SOUP

Makes eight 6-ounce servings

- 3/4 cup parsley leaves
- 3 tablespoons butter or margarine
- 1 small onion, cut into 1" pieces
- 3/4 pound asparagus, trimmed, cut into 1" pieces

- 3 cups chicken stock or broth
- 1 cup half-and-half
- 3 teaspoons cornstarch
- 1-1/2 cups cold water

salt and white pepper to taste

Place parsley in the blender jar. Place cover on blender jar. Turn blender ON and pulse on **Liquefy** until coarsely chopped, about 4-5 times. Reserve.

Melt butter in a medium saucepan over medium heat. Add onion, and cook until soft but not brown, about 2-3 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 10-12 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, in order listed, to the blender jar. Place cover on blender jar. Turn blender ON and blend on **Liquefy** until smooth, about 25-30 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 6-8 minutes. Do not boil. Adjust seasonings to taste; garnish with remaining parsley, and serve.

Nutritional analysis per serving:

Calories 112 (64% from fat) • carbo. 7g • prot. 3g • fat 8g
sat. fat 5g • chol. 23mg • sod. 610mg

POTATO-LEEK SOUP

Makes four 6-ounce servings

- 1 tablespoon margarine
- 2 medium leeks, whites only, sliced horizontally and cut into 1" pieces
- 1 small onion, in 1" pieces

- 2 medium potatoes, peeled, in 1" pieces
- 1-3/4 cups reduced-sodium chicken broth
- 1/2 cup water
- 1/2 teaspoon salt
- 1/4 teaspoon white pepper
- 3 tablespoons chopped chives (optional)

Melt margarine in a medium saucepan over medium heat. Add leeks and onion; sauté until soft but not brown, about 5-8 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 10-15 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 blender jar. Place cover on blender jar. Turn blender ON and blend on **Liquefy** until smooth, about 15-20 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 analysis per serving:
Calories 208 (17% from fat) • carbo. 38g • prot. 5g • fat 4g
sat. fat 1g • chol. 0mg • sod. 380mg

CREAMY CANTALOUPE SOUP

Makes five 6-ounce servings

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

Place orange juice and cantaloupe in blender jar. Place cover on blender jar. Turn blender ON and blend on **Liquefy** until smooth, about 20-25 seconds. Add yogurt, sugar, and wine (if using). Blend on **Liquefy**

until smooth, about 15 seconds. **Turn blender OFF**. Serve chilled. Garnish with mint leaves.

*Use less sugar if the cantaloupe is naturally sweet.

Nutritional analysis per serving:
Calories 96 (0% from fat) • carbo. 20g • prot. 4g • fat 0g
sat. fat 0g • chol. 1mg • sod. 45mg

CORN CHOWDER

Makes five 6-ounce servings

- 1 tablespoon butter or margarine
- 1 medium leek, white only, washed, cut into 1" pieces
- 1 medium onion, cut into 1/4" pieces
- 2 celery ribs, peeled, sliced in 1/4" pieces
- 1 medium potato (about 9 ounces), peeled, cut into 1/2" pieces
- 1-2/3 cups reduced-sodium chicken broth
- 1 bay leaf
- 1/4 teaspoon dried thyme
- 1-1/3 cups 2% 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 8-10 minutes.

Place milk and 1 cup corn kernels in blender jar. Place cover on blender jar. Turn blender ON and blend on **Liquefy** until well combined, about 25-30 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 analysis per serving:
Calories 208 (17% from fat) • carbo. 36g • prot. 7g • fat 4g

sat. fat 2g • chol. 8mg • sod. 290mg

DESSERTS

ESPRESSO GRANITA

Makes six 1/2 cup servings

- 2 cups hot espresso coffee
- 1/2 cup 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 blender jar. Place cover on blender jar. Turn blender ON and blend on **Liquefy** until thick, about 20-30 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, if desired.

Nutritional analysis per serving:
Calories 68 (0% from fat) • carbo. 17g • prot. 0g • fat 0g
sat. fat 0g • chol. 0mg • sod. 1mg

FRESH LEMON GRANITA

Makes eight 1/2 cup servings

- 2 cups sugar
- 2 cups water
- 1-1/2 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 3-4 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 blender jar. Place cover on blender 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

LEMON RICOTTA CHEESECAKE WITH RASPBERRY SAUCE

Makes eight servings (one 9" cheesecake)

- 3 whole graham crackers
- 1 tablespoon cold butter, in 8 pieces
- 1 tablespoon sugar
- 4 strips lemon zest, cut in half
- 1/2 cup liquid egg substitute
- 6 tablespoons lemon juice
- 30 ounces part-skim ricotta cheese
- 1/2 cup sugar, divided

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

Break each graham cracker into 8 pieces and add to blender jar. Place cover on blender jar. Turn blender ON and blend on **Chop** until crushed, about 10-15 seconds. Add butter and 1 tablespoon sugar; blend on **Chop** until combined, about 10-15 seconds. **Turn blender OFF.** Press mixture into bottom of pan, and bake 10 minutes.

Add lemon zest and 1 teaspoon sugar to clean and dry blender jar. Place cover on blender jar. Turn blender ON and blend on **Liquefy** for 15-20 seconds. Add egg substitute and remaining ingredients in the order listed; blend on **Chop** for 60-75 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 prebaked 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 11).

Nutritional analysis per serving (cheesecake only):

Calories 251 (39% from fat) • carbo. 24g • prot. 14g
fat 11g • sat. fat 6g • chol. 37mg • sod. 211mg

WHIPPED CREAM

See Recipe Tips section, page 7.

BAKED ALMOND CUSTARD

Makes six servings

- 3 large eggs
- 1-1/2 cups 2% milk
- 1 cup evaporated skim milk
- 1/2 cup sugar
- 1 teaspoon almond extract
- 6 teaspoons finely chopped or slivered almonds

Preheat oven to 325°F. Add first five ingredients to blender jar (not almonds). Place cover on blender jar. Turn blender ON and blend on **Chop** until combined, about 10 seconds. **Turn blender OFF.** Divide mixture among six 6-ounce ramekins or custard cups, filling each about 3/4 full. Top each with 1 teaspoon almonds. Place ramekins in a 9" x 13" baking dish, and add hot water to reach 1" 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 analysis per serving:

Calories 181 (25% from fat) • carbo. 25g • prot. 9g • fat 5g
sat. fat 2g • chol. 112mg • sod. 111mg

WARRANTY

THREE YEAR LIMITED WARRANTY

This warranty supersedes all previous warranties on Cuisinart® SmartPower™ 5-Speed Series Electronic Blenders.

This warranty is available to consumers only. You are a consumer if you own a Cuisinart® SmartPower™ 5-Speed Series Electronic Blender that was purchased at retail for personal, family, or household use. Except as otherwise required under applicable state law, this warranty is not available to retailers or other commercial purchasers or owners.

We warrant that your Cuisinart® SmartPower™ 5-Speed Series Electronic Blender will be free of defects in material or workmanship under normal home use for three years from the date of original purchase.

We suggest that you complete and return the enclosed warranty registration card promptly to facilitate verification of the date of original purchase. However, return of the warranty registration card is not a condition of this warranty and does not eliminate the need for the consumer to maintain the original proof of purchase. In the event that you do not have the proof of purchase date, the purchase date for purposes of this warranty will be the date of manufacture.

If your blender should prove to be defective within the warranty period, we will repair it (or, if we think it necessary, replace it) without charge to you. To obtain warranty service, please call our Consumer Service Center toll-free at 1-800-726-0190, or write to:

Cuisinart
150 Milford Road
East Windsor, NJ 08520

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

handling of the product. (California residents need only supply proof of purchase and should call 1-800-726-0190 for shipping instructions.) Please also be sure to include a return address, daytime phone number, description of the product defect, product serial number (stamped on bottom of product base), and any other information pertinent to the product's return. Please pay by check or money order.

Your Cuisinart® SmartPower™ 5-Speed Electronic Blender has been manufactured to strict specifications and has been designed for use with the Cuisinart® SmartPower™ 5-Speed Series Electronic Blender accessories and replacement parts. These warranties expressly exclude any defects or damages caused by accessories, replacement parts, or repair service other than those that have been authorized by Cuisinart. These warranties do not cover any damage caused by accident, misuse, shipment, or other than ordinary household use. These warranties exclude all incidental or consequential damages. Some states do not allow the exclusion of or limitation of incidental or consequential damages, so the foregoing limitation may not apply to you.

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 choice, 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 either of the above two options does 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.

California residents may also, at their preference, return nonconforming products directly to Cuisinart for repair or, if necessary, replacement by calling our Consumer Service Center toll-free at 800-726-0190. Cuisinart will be responsible for the cost of the repair, replacement, and shipping and handling for such nonconforming products under warranty.

BEFORE RETURNING YOUR CUISINART® PRODUCT

If you are experiencing problems with your Cuisinart® product, we suggest that you call our Consumer Service Center at 1-800-726-0190 before returning the product for servicing. Often, our Consumer Service Representatives can help solve the problem without having the product serviced. If servicing is needed, a Representative can confirm whether the product is under warranty and direct you to the nearest service location.

*** Important:** If the nonconforming product is to be serviced by someone other than Cuisinart's Authorized Service Center, please remind the servicer to call our Consumer Service Center at 1-800-726-0190 to ensure that the problem is properly diagnosed, the product is serviced with the correct parts, and that the product is still under warranty.

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