

Cuisinart®

INSTRUCTION AND
RECIPE BOOKLET



SmartPower Bar Basics™ 18-Speed Blender

CB-18BKSS

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. Unplug from outlet when not in use, before putting on or taking off parts, and before cleaning or removing contents from blender jar. **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 or touch hot surfaces.
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 or glowing, 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 Bar Basics™ 18-Speed 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 tabletop, 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 SERVICE-ABLE PARTS ARE INSIDE. REPAIR SHOULD BE DONE ONLY BY AUTHORIZED PERSONNEL.**

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

1. Place the gift box containing your Cuisinart® SmartPower Bar Basics™ 18-Speed Blender on a flat, sturdy surface before unpacking.
2. Remove instruction booklet and other printed materials from top of corrugated insert. Next remove the top corrugated insert.
3. Carefully lift blender jar assembly from box and set aside. Be careful not to tip the jar when removing.
4. Remove the lower corrugated insert containing the blender base.
5. 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.

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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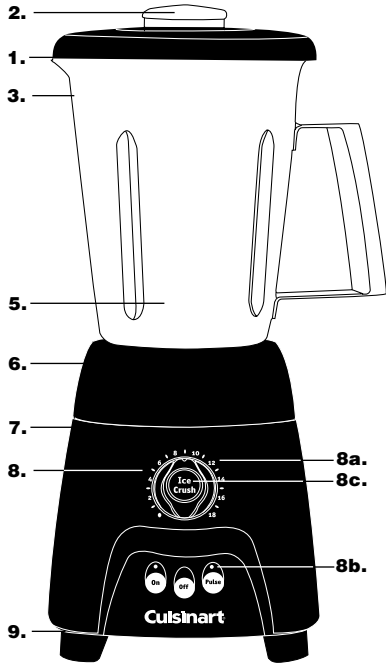
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INTRODUCTION

Get ready to blend bigger batches than ever! Your Cuisinart® SmartPower Bar Basics™ 18-Speed Blender comes with a 50 oz. stainless steel jar that holds more ... and won't break. We've engineered this big blender with 18 precision speeds and a separate ice crush button to give you unlimited blending options. Since it's from Cuisinart, it's easy to use and even easier to clean.

Have fun and ... happy blending!

FEATURES AND BENEFITS



- 1. Cover**
Just press on. Tightfitting seal resists leakage.
- 2. 2-oz. Measured Pour Lid**
Allows you to measure and add ingredients without removing the cover.
- 3. 50-oz. Stainless Steel Jar**
This unbreakable stainless steel jar has easy-to-read graduation marks.
- 4. Leak-proof 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.
- 7. Heavy-duty Motor Base**
Is so sturdy and stable, it will not “walk” on your counter – even during ice crushing!
- 8. 18-Speed Dial with Push-button Controls**
 - a. 18-Speed Dial Control**
Choose from 18 speeds to blend ingredients to the desired consistency.

b. Pulse Button

Set the dial to the desired speed and press the Pulse button. Pulse at any speed to blend ingredients only as much as needed.

c. Ice Crush Button

Press the ice crush button to begin crushing. This button is preset to the best speed for crushing ice.

9. Slip-proof Feet

Prevent movement during use and prevent damaging marks on countertops or tables.

10. Cord Storage (not shown)

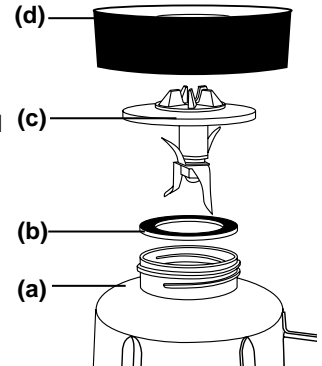
Keeps countertop safe and neat by conveniently storing excess cord.

USE AND CARE

ASSEMBLY

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

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



Note: Blades are sharp ... handle carefully.

- 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 assembled, turn the blender jar right side up.
- Push the cover onto the top of the blender jar. Push the measured pour lid into the cover.
- Place blender jar on the motor base so that the jar markings are facing you and the handle is positioned to one side.
- 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 off blender jar when removing blender jar from base. Simply lift blender jar from motor base.
- Follow Cleaning and Maintenance instructions on page 6, prior to your first use.

OPERATION

1. Place the motor base of your Cuisinart® SmartPower Bar Basics™ 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 Bar Basics™ Blender into an electrical outlet.
2. Add all necessary ingredients to the blender jar, and replace the cover. You may add more 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.

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

3. **TO START BLENDING:** Choose a speed for blending your ingredients. Press the ON button for continuous blending. The LED light will illuminate when the blender is on.
4. **TO STOP BLENDING:** To stop the blending process, push the OFF button.
5. **PULSE MODE:** The pulse mode allows you to create a burst of power for quick, efficient blending. To use the pulse function, choose a speed for blending your ingredients. Push and release the PULSE button. Repeat as desired. You determine the duration of each pulse.

QUICK REFERENCE GUIDE

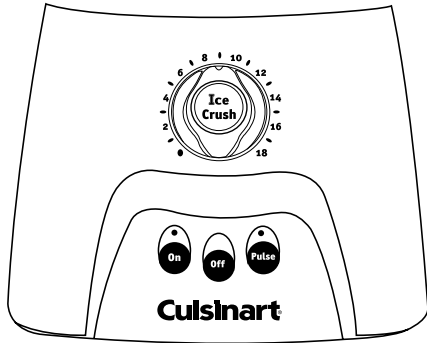
To Activate Blender	Press ON- The blender is in ON mode.
To Begin Blending	Press desired speed button.
To Change Speeds	Press desired speed button.
To Pulse	In ON mode press PULSE, then press and release desired speed button as needed.
To Crush Ice	In ON mode, press and release ICE CRUSH button as needed.
To Stop Blending (and Deactivate Blender)	Press OFF button.
To Stop Blending (in Pulse or Ice Crush Mode)	Release button.

SPEED SELECTION GUIDE

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

Ingredient/Recipe	Speed	Result
Reconstituting frozen juice concentrates	8-12	Smooth and full-bodied
Mayonnaise	10-12	Thick and Creamy
Salad dressings	10-14	Completely blended and emulsified
Nuts (shelled, 1/2 cup or less at a time)	2-6	Coarse to fine pulse to chop
Heavy or whipping cream	2-pulse	Thick creamy topping
Bread, Cookies or Crackers (1/2-inch pieces, 1 cup or less at a time)	12-pulse/blend	Coarse to fine as desired
Grating/chopping citrus zest (add 1-2 tsp. Sugar or salt from recipe)	12-pulse/blend	Uniformly fine
Smoothies, shakes, health drinks	14-18	Smooth, creamy and thick
Baby foods/fruit and vegetable purées	14-16	Smooth and creamy
Frozen cocktails	16 -18	Thick and slushy
Hard cheeses	12-pulse/blend	Coarse to fine
Spices	12-18 pulse/blend	Coarse to fine
Ice	Ice Crush, pulse or continuous	Coarse crush to snowy

While you are pulsing, the LED indicator light 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 that do not require an extended amount of blending.

- 6. TO CRUSH ICE:** The SmartPower Bar Basics™ 18-Speed 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 ICE CRUSH button. Press the ICE CRUSH button in short pulses until ice is crushed to desired consistency. See the Recipe Tips section on page 6 for more details.
- 7. TO DISLUDGE FOOD:** Use a rubber or plastic spatula to help remove food lodged around the cutting assembly. **DO NOT USE SPATULA UNTIL YOU HAVE TURNED THE BLENDER OFF.** Replace the cover and measured pour lid and continue blending, if necessary. Make sure spatula is not inside the blender jar before blending.
- 8. 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 the blender is off. Do not twist locking ring off 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 Bar Basics™ 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. The blender jar must be washed in warm, soapy water and rinsed and dried thoroughly. The blender jar can also be placed upside down in 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 Speed 10 for 30 seconds, or as needed. 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 approximately ½ inch (1.3 cm) to 1 inch (2.5 cm) cubes to achieve a more uniform result. Cut all cheeses into pieces no larger than ½ inch (1.3 cm).
- 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 on firmly. Always operate the blender with the cover on.
- 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.
- Don't attempt to mash potatoes, knead heavy dough, or beat egg whites.
- Don't remove blender jar while unit is on. Keep the blender jar cover on the blender jar while blending.
- Don't twist locking ring from blender jar when removing blender jar from motor base. Simply lift blender jar from motor base.
- Don't overprocess foods. Blender will achieve most desired results in seconds, not minutes.
- Don't overload blender. If the motor stalls, turn the blender off immediately, unplug the unit, and remove a portion of the food, then continue.
- Don't use any utensil inside the blender jar while the motor is on.
- Don't use any container or accessories not recommended by Cuisinart. Doing so may result in injury.
- Don't place hands inside the blender jar when blender is plugged in.

RECIPE TIPS

Blender Tips:

The simple recipes that follow include some old Cuisinart favorites as well as some creative combinations that are sure to please your friends and family. Thanks to the superior Ice Crushing power of the SmartPower Bar Basics™ 18-Speed Blender, you'll also be able to make delicious frozen drinks.

Chopping Nuts: Place ½ cup shelled nuts in the blender jar and cover blender. Set on Speed 6 and pulse until desired chop is achieved. Pulse fewer times for coarsely chopped nuts. For best results process small amounts, ½ cup or less.

Bread, Cookie or Cracker Crumbs: Break or cut bread, cookies or crackers into pieces ½-inch or less in size. For best bread results, use day-old bread (drier bread works best). Place bread, cookie or cracker pieces in blender jar. Set on Speed 12 and Pulse to chop, then blend continuously until desired texture of crumbs is achieved. For best results process 1 cup or less at a time.

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

Grating Fresh Citrus Zest: For best results, blender jar and cutting assembly must be clean and dry. Remove zest from fruit in strips using a vegetable peeler; use a sharp knife to remove the bitter white pith from the underside of the zest. Process no more than 8 strips at a time (zest of 1 medium lemon). Cut strips in half. Add strips and 1 teaspoon sugar or coarse salt (from recipe) to the blender jar. Cover blender jar. Set on Speed 12; blend for 15 to 20 seconds. Turn blender off.

Baby Food: Combine 1/2 cup cooked vegetables, fruit or meat with 3-4 tablespoons liquid (water, milk, fruit juice, broth, or cooking liquid) in the blender jar. Set on Speed 16. Blend for 15 to 20 seconds until a smooth purée is reached. Add more liquid as necessary and process further until desired texture is reached. For "junior" type foods, set on Speed 16 and use the Pulse. Always consult with your pediatrician/family physician concerning the best foods for your baby and when to introduce new foods to his/her diet.

Grinding Hard Cheese: Cut cheese into ½-inch pieces; remove all hard outer rind. Place cheese in blender jar. Set on Speed 12. Pulse to chop cheese, 10-12 times, then blend until desired grind is reached. For best results, grind no more than 3 ounces of cheese at a time.

Grinding Spices: For best results, blender jar and cutting assembly must be clean and dry. Add ¼-½ cup of spices/seeds/peppercorns to blender jar. Set on Speed 14, Pulse to break up, then blend for 20 to 40 seconds. Turn blender off.

Whipping Cream: If possible, chill blender jar and cutting assembly in refrigerator for 15 minutes. Add 1 cup heavy or whipping cream to blender jar. Cover jar. Set on Speed 2 and Pulse (1-second pulses) 20 to 30 times until cream is thickened. (Do not overblend – bits of butter will begin to form.) If desired add 1 tablespoon sugar and 1-2 teaspoons of vanilla or other flavoring. Consistency will be that of a thickened but not fluffy whipped cream and is most appropriate for topping desserts or coffee drinks.

When using the blender to purée hot mixtures such as creamed soups and baby foods, strain the solids from the liquid, reserving the cooking liquid. Then place the cooked solids in the blender jar along with ½-1 cup of the reserved cooking liquid. Use the Pulse button to chop, then blend until desired consistency/purée is reached.

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

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

Keep ice cubes made of juices, yogurt, milk or fruit purées on hand to substitute for plain ice to make smoothies and frosty beverages without diluting the drink.

For quick cleaning, add 1 cup of warm water and a drop of liquid dish soap to the blender jar. Cover and blend on Speed 10 for 30 to 40 seconds. Discard the soapy water and rinse blender thoroughly before the next use.

RECIPES

Before starting any of these or your own recipes, make sure the Cuisinart® SmartPower Bar Basics™ 18-Speed Blender is properly assembled. Follow the assembly directions on page 4 of this instruction booklet for correct blender assembly procedure.

Nutritional information is based on number of servings indicated. If a recipe produces a range of servings, they are based on the highest serving yield for that particular recipe. If a recipe has a lower fat option, that is the one used for nutritional analysis.

SMOOTHIES, SHAKES, FRAPPÉS, FROZEN BEVERAGES

FRESH FRUIT SMOOTHIE

Layers of fresh fruit blend in just seconds to make this all fruit smoothie.

Makes six 8-ounce servings

- ½ **cup orange juice**
- 1 **cup cantaloupe, cut into 1-inch pieces**
- 1 **cup raspberries (fresh or frozen)**
- 1 **cup pineapple chunks in 1-inch pieces (fresh or canned, drained)**
- 1 **cup navel orange segments, cut into 1-inch pieces**
- 1 **cup strawberries, hulled and halved**
- 1 **cup mango, cut into 1-inch pieces**
- 1 **medium banana, cut into ½-inch slices**
- 1 **cup ice cubes (about 6 standard)**

Layer the ingredients in the blender jar in the order listed. Place cover on blender jar. Set blender speed on 18. Turn blender on and process for 25 to 30 seconds until smooth. Turn blender off.

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

Nutritional information per serving:

Calories 101 (4% from fat) • carb. 25g • pro. 2g • fat 0g • sat. fat 0g • chol. 0mg • sod. 10mg • calc. 35mg • fiber 4g

JUICE BAR ORANGE SMOOTHIE

This calcium-rich smoothie makes a refreshing afternoon snack.

Makes 4 servings

- 4 **strips orange zest, bitter white pith removed**
- 2 **tablespoons sugar**
- 1 **cup orange segments, cut into 1-inch pieces**
- 1 **cup fat-free milk**
- 1 **cup orange-tangerine juice blend**
- ½ **cup powdered fat-free milk**
- 1 **teaspoon powdered egg white**
- 2 **teaspoons vanilla extract**
- 15 **ice cubes**

Place orange zest and half the sugar in blender jar. Set on Speed 12 and blend for 10 to 15 seconds. Add remaining ingredients to blender jar in order listed; cover blender jar. Set on Speed 18 and cover and blend until smooth and slushy, about 20 to 30 seconds. Serve immediately.

Nutritional information per serving:

Calories 130 (2% from fat) • carb. 26g • pro. 6g • fat 0g • sat. fat 0g • chol. 3mg • sod. 89mg • calc. 219mg • fiber 1g

FRUIT AND YOGURT SMOOTHIE

A delicious drink for breakfast on the run. The fruits may be varied to suit your own taste. Add more calcium by using calcium-enriched orange juice.

Makes 48 ounces

- 2 **cups pineapple chunks**
- 1 **medium banana, cut into 1-inch pieces**
- 1 **cup orange juice**
- 1 **cup fat-free vanilla yogurt**
- 2 **cups frozen strawberries (do not thaw)**

Place all ingredients in blender jar in order listed. Set on Speed 18 and blend until smooth and creamy, about 20 seconds. Serve immediately or refrigerate.

Nutritional information per serving (based on 6 servings):

Calories 105 (4% from fat) • carb. 25g • pro. 3g • fat 0g • sat. fat 0g • chol. 1mg • sod. 23mg • calc. 76mg • fiber 2g

TO-FRUITTI SMOOTHIES

The much-maligned tofu is a good source of protein and a nice alternative to using dairy products in smoothies.

Change the fruits to suit your own taste.

Makes 48 ounces

- 2 cups mango, cut into 1-inch pieces (about 12 ounces)**
- 1 medium banana, cut into 1-inch pieces**
- ½ cup orange, apple or other fruit juice**
- 1 cup soy milk/beverage**
- 1 tablespoon vanilla extract**
- 1 cup silken tofu, cut into 1-inch pieces**
- 2 cups frozen strawberries (do not thaw)**

Place all ingredients in blender jar in order listed. Set on Speed 18 and blend until smooth and creamy, about 20 seconds. Serve immediately or refrigerate.

Nutritional information per serving (based on 6 servings):

Calories 135 (18% from fat) • carb. 25g • pro. 5g • fat 2g • sat. fat 0g • chol. 0mg • sod. 10mg • calc. 63mg • fiber 4g

CHOCOLATE PEPPERMINT SHAKE

Serve with a candy cane stirrer for a festive garnish.

Makes 6 servings

- ½ cup chocolate syrup**
- 4 cups chilled lowfat milk**
- 2 cups chocolate ice cream**
- 1 teaspoon peppermint extract**

Place all ingredients in blender jar in order listed; cover blender jar. Set on Speed 16 and blend until thick, smooth, and creamy, about 30 to 40 seconds. Serve immediately in tall glasses with straws.

Nutritional information per serving:

Calories 301 (31% from fat) • carb. 44% • pro. 10g • fat 10g • sat. fat • 7g • chol. 35mg • sod. 163mg • calc. 307mg • fiber 0g

CRÈME CARAMEL SHAKE

This shake is an excellent source of calcium, making a now and then indulgence “a good thing.”

Makes 4 servings

- 2 cups lowfat milk**
- 2 cups “light” vanilla ice cream or frozen yogurt**
- 3 tablespoons caramel syrup**
- 2 teaspoons vanilla extract**

Place all ingredients in blender jar in order listed; cover blender jar. Set on Speed 16. Blend until smooth, creamy and thick, about 40 to 50 seconds. Serve immediately in tall glasses with straws.

Nutritional information per serving:

Calories 223 (30% from fat) • carb. 29g • pro. 9g • fat 8g • sat. fat 5g • chol. 39mg • sod. 131mg • calc. 315mg • fiber 0g

MONKEY-DOODLE SHAKE

Chocolate frozen yogurt and bananas are combined to make this creamy shake.

Makes 4 servings

- 2 cups lowfat milk**
- 2 bananas, cut into 1-inch pieces**
- 2 cups lowfat chocolate frozen yogurt**
- 2 tablespoons chocolate syrup**

Place all ingredients in blender jar in order listed; cover blender jar. Set on Speed 16 and blend until smooth, creamy and thickened, about 40 to 50 seconds. Serve immediately in tall glasses with straws.

Nutritional information per serving:

Calories 257 (18% from fat) • carb. 46g • pro. 8g • fat 5g • sat. fat 3g • chol. 19mg • sod. 95mg • calc. 216mg • fiber 2g

ORANGE MANGO PEACH FRAPPÉ

Make orange juice ice cubes ahead of time and be ready to make frappes and smoothies whenever you want a refreshing treat.

Makes 4 servings

- ¾ cup orange juice**
- 2 mangoes, cut into cubes**
- ¾ cup peach slices (may use frozen)**
- ½ cup peach or apricot nectar or juice**
- ¼ cup lime juice**
- ½ cup white grape juice**
- Orange slices and fresh mint for garnish**

Freeze orange juice in ice cube trays (¾ cup will make 7-8 standard ice cubes).

Place ingredients in the blender jar in the order listed. Cover blender jar. Set on Speed 18 and blend until smooth, 20 to 30 seconds. Turn blender off. Serve immediately in chilled glasses garnished with orange slices and fresh mint sprigs.

Nutritional information per serving:

Calories 135 (3% from fat) • carb 35g • pro. 1g • fat 0g • sat. fat 0g • chol. 0mg • sod. 5mg • calc. 23mg • fiber 3g

Note: For a frappé with a kick, substitute vodka or light rum for the white grape juice.

MOCHA FRAPPÉ

Why go out for special coffee drinks when you can prepare them easily at home in your Cuisinart® Blender

Makes 2 servings

- 8 ounces espresso or double strength coffee, chilled***
- ¼ cup chocolate sauce**
- 2 tablespoons flavored syrup – vanilla, hazelnut, almond, raspberry, etc.**
- 15 ice cubes**

Place all ingredients in blender jar in order listed. Cover blender jar. Set on Speed 18 and blend until smooth and slushy, about 30 to 40 seconds. Serve immediately in tall glasses. Garnish with a dollop of whipped cream if desired.

Nutritional information per serving:

Calories 138 (0% from fat) • carb. 33g • pro. 1g • fat 0g • sat. fat 0g • chol. 0mg • sod. 37mg • calc. 6mg • fiber 0g

For a creamy frappé, add 2 tablespoons half-and-half before blending.

*May be prepared from instant espresso powder.

FROSTY FRESH STRAWBERRY MARGARITAS

These are best made with summertime fresh strawberries.

You may vary your fruit to make other flavors such as mango, watermelon or fresh peach.

Makes 4 servings

- 1 pint fresh strawberries, hulled and halved (2 cups)**
- 3 ounces Tequila (6 T)**
- 2 ounces Triple Sec or Cointreau (4 T)**
- 2 ounces fresh lime juice (4 T)**
- 3 tablespoons superfine sugar**
- 2 cups ice cubes**

Place all ingredients in blender jar in order listed. Set on Speed 18. Blend until thick and smooth, about 30 to 40 seconds. Pour into stemmed glasses and serve. May be garnished with a whole strawberry and a slice of lime.

Nutritional information per serving:

Calories 193 (2% from fat) • carb. 25g • pro. 1g • fat 1g • sat. fat 0g • chol. 0mg • sod. 5mg • calc. 21mg • fiber 2g

Note: For an alcohol-free Margarita, substitute 5 ounces fruit juice such as cranberry juice for the Tequila and Triple Sec.

FROZEN DAIQUIRI

Makes 4 servings

- 6 ounces frozen limeade**
- 5 ounces light rum**
- 3 cups ice cubes**

Place ingredients in blender jar in order listed. Cover blender jar. Set on Speed 18. Turn blender on and process until smooth and slushy, about 30 to 40 seconds. Turn blender off. Serve immediately.

Nutritional information per serving:

Calories 92 (0% from fat) • carb. 14g • pro. 0g • fat 0g • sat. fat 0g • chol. 0g • sod. 2mg • calc. 2mg • fiber 0g

For Frozen Fruit Daiquiris, add 2-3 cups fruit (strawberries, peaches, melon, etc.) cut into 1-inch pieces. For a more pronounced fruit flavor, freeze some of the fruit and use in place of ice cubes.

FROZEN CRANBERRY-ORANGE MIMOSAS

For an alcohol-free alternative, top off with chilled ginger ale or sparkling cider in place of champagne.

Makes 10 servings

- 1 cup cranberry juice cocktail, chilled**
- 1 cup orange juice, chilled**
- 1-½ cups (about 12 standard) ice cubes**
- 1 bottle (750ml) brut champagne, chilled**

Place cranberry juice, orange juice and ice cubes in blender jar in order listed. Cover blender jar. Set on Speed 18 and blend until thick, smooth and frosty, about 25 to 35 seconds. Turn blender off.

Divide mixture evenly (about ⅓ cup) among 10 champagne glasses. Top with chilled champagne and serve immediately.

Nutritional information per serving:

Calories 95 (0% from fat) • carb. 6g • pro. 0g • fat 0g • sat. fat 0g • chol. 0mg • sod. 6mg • calc. 9mg • fiber 0g

APPETIZERS, DIPS, SPREADS

LEMON HERB HUMMUS

This popular Middle Eastern spread is simple to make in your Cuisinart® Blender – we have spiced it up just a bit. Serve with pita wedges or use as a spread for sandwiches.

Makes about 2 cups

Preparation: less than 15 minutes

- 2-3 cloves garlic**
- peeled strips lemon zest, 2 x ½ -inch each (zest of ½ lemon), bitter white pith removed, cut in ½ -inch pieces**
- 1 teaspoon kosher salt**
- 2 teaspoons cumin**
- ½ teaspoon thyme**
- 1 tablespoon herbs de Provence or Mediterranean herb blend**
- 4 tablespoon fresh lemon juice**
- 4-6 tablespoons water**
- 1 can (19 ounces) chick peas, drained, rinsed and drained again**
- 3 tablespoons tahini paste**
- ¼ teaspoon hot sauce such as Tabasco®***
- 2 tablespoons extra virgin olive oil**

Place the garlic cloves and lemon zest in the blender. Use Pulse button to chop, 10 pulses. Scrape the sides of the blender jar and add the cumin, salt and thyme. Blend for 10 seconds. Scrape the sides of the blender jar and add the lemon juice, water, chickpeas, tahini and hot sauce in that order. Blend for 40 seconds; scrape the sides of the blender jar if necessary. Add the olive oil in a steady stream through the opening in the blender jar lid while blending for 20 seconds. Transfer the hummus to a bowl and let stand for 30 minutes before serving to allow flavors to develop. Hummus will keep covered in the refrigerator for up to a week.

Nutritional information per tablespoon:

Calories 23 (44% from fat) • carb. 2g • pro. 1g • fat 1g • sat. fat 0g • chol. 0mg • sod. 34mg • calc. 8mg • fiber 1g

*Tabasco® is a registered trademark owned by the McIlhenny Company

SPINACH PESTO AND WHITE BEAN DIP

Serve this dip with crudité's or pita chips as dippers.

Makes about 2 cups

- 1** **tablespoon fresh lemon juice or white balsamic vinegar**
- 1/2** **cup pesto (page 17), made with spinach**
- 1** **can white beans (15 ounces), rinsed and drained**

Place ingredients in blender jar in order listed. Cover blender jar. Set on Speed 10 and blend until smooth and creamy, about 30 to 40 seconds.

Nutritional information per serving (2 tablespoons):
calories 53 (50% from fat) • carb. 5g • pro. 2g • fat 3g •
sat. 1g • chol. 1mg • sod. 13mg • calc. 31mg • fiber 1g

SUN-DRIED TOMATO, GARLIC AND HERB CHEESE SPREAD

Serve with crackers, crudité's, use as a sandwich spread or topping for baked potatoes.

Makes about 1-3/4 cups

- 3** **sun-dried tomatoes (dry, not oil packed)**
- 2** **cloves garlic, peeled**
- 1/2** **cup boiling water**
- 3** **green onions, trimmed, cut into 1-inch pieces**
- 1** **package lowfat cream cheese, cut in 1-inch pieces**
- 1/2** **cup fat-free cottage cheese**
- 2** **teaspoons herbs de Provence**

Place sun-dried tomatoes and garlic cloves in a small bowl and cover with boiling water; let stand 5 minutes. Drain, reserving soaking liquid, and place tomatoes and garlic in blender jar; cover blender jar. Set on Speed 12; Pulse to chop, 10 times. Add green onions; Pulse to chop, 10 times. Add remaining ingredients in order listed. Blend for 10 to 15 seconds. Scrape blender jar as needed. Add a teaspoon or two of the reserved soaking liquid if mixture seems thick, blend for an additional 15 to 20 seconds, until mixture is smooth and creamy. Let stand 30 minutes before serving to allow flavors to develop. Place in an airtight container and cover to refrigerate. Allow to come to room temperature for 15 to 20 minutes before serving.

Nutritional information per serving (2 tablespoons):
Calories 48 (56% from fat) • carb. 2g • pro. 3g • fat 3g •
sat. fat 2g • chol. 6mg • sod. 135mg • calc. 39mg • fiber 0g

HOT AND COLD SOUPS

CHILLED GAZPACHO

A Cuisinart favorite, made with fresh, ripe summer tomatoes, Chilled Gazpacho is perfect on a hot summer night.

Makes 8 servings, about 6 ounces each

- 1-2** **cloves garlic, peeled**
- 3** **cups tomato or vegetable juice cocktail, divided**
- 1** **large rib celery, peeled, cut into 1-inch pieces**
- 1** **large cucumber, peeled, halved lengthwise, seeded, cut into 1-inch pieces**
- 1/2** **medium green bell pepper, cored, seeded, cut into 1-inch pieces**
- 1/2** **medium red bell pepper, cored, seeded, cut into 1-inch pieces**
- 1** **large jalapeño pepper, cored, seeded, cut into 1/2 -inch pieces**
- 6** **green onions, trimmed, cut into 1/2 -inch pieces**
- 4** **medium tomatoes, cored, seeded, cut into 1-inch pieces**
- 3** **tablespoons sherry vinegar or lemon juice**
- 1/2** **teaspoon kosher salt**
- 1/4** **teaspoon freshly ground black pepper**

Place garlic in blender jar; cover jar. Set on Speed 14; Pulse to chop garlic, 10 times. Add 1 cup tomato juice/vegetable juice cocktail to blender jar along with celery, cucumber, green pepper, red pepper, jalapeño pepper, and green onions. Blend on Speed 14 until vegetables are medium-finely chopped, about 5 to 10 seconds. Transfer to a large serving bowl. Add remaining tomato juice/vegetable cocktail to blender jar with fresh tomatoes. Pulse 10 times to chop, or blend continuously if a smoother gazpacho is preferred. Add to the bowl of vegetables with the remaining juice. Season with sherry vinegar or lemon juice, salt and pepper. Chill before serving.

Nutritional information per serving:
Calories 51 (5% from fat) • carb. 11g • pro. 2g • fat 0g •
sat. fat 0g • chol. 0mg • sod. 429mg • calc. 28mg • fiber 2g

CHILLED MELON AND MANGO SOUP

Sweet cantaloupe and mango combine with orange juice for this refreshing cold soup. Perfect for a summer brunch or as a refreshing, cool ending to a warm-weather meal.

Makes 8 servings

- 2-3 slices fresh ginger (each about the size of a quarter)**
- 1 mango, about 12-14 ounces, peeled, seeded, cut into 1-inch pieces**
- 1 cantaloupe, about 3 pounds, peeled, seeded, cut into 1-inch pieces**
- ½-1 cup orange juice**

Place ginger, mango, melon and ½ cup orange juice in the blender jar; cover blender jar. Set on Speed 14 and blend until smooth, about 20 to 30 seconds. Add as much remaining orange juice as necessary to adjust consistency to that of a thick soup. Chill completely before serving. May be garnished with fresh raspberries or blueberries and a sprig of mint.

Nutritional information per serving:

Calories 68 (2% from fat) • carb. 17g • pro. 1g • fat 0g • sat. fat 0g • chol. 0mg • sod. 14mg • calc. 17mg • fiber 1g

CREAM OF ASPARAGUS SOUP

A favorite, served warm when weather is cool and cool, when weather is warm!

Makes eight 6-ounce servings

- ¾ cup Italian parsley leaves, washed and dried**
- 3 tablespoons unsalted butter**
- ⅔ cup chopped onion or leek**
- 1 pound asparagus, trimmed, cut into 1-inch pieces**
- 3 cups fat-free, low-sodium chicken or vegetable stock or broth**
- 1 cup half-and-half**
- 1 tablespoon cornstarch**
- 1-½ cups cold water**
- 1 teaspoon kosher salt**
- ½ teaspoon white pepper**

Place the parsley in the blender jar. Place cover on blender jar. Set blender on Speed 4 and pulse until coarsely chopped, about 4 to 5 times. Remove and reserve.

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

Pour the soup through a strainer, reserving the solids and liquids. Allow to cool 5 minutes. Place the solids in the blender jar with 1 cup of the cooking liquid; return the remaining liquid to the saucepan. Cover blender jar and set on Speed 12. Turn blender on and blend until creamy and smooth, about 25 to 30 seconds. Turn blender off. Return puréed vegetable mixture to the saucepan and stir to combine. Stir in half-and-half. Stir cornstarch into water, and add to soup. Add salt and pepper. Cook, stirring often, over medium heat, until soup thickens, about 6 to 8 minutes. Do not allow to boil. Taste and adjust seasonings as needed. Serve in warmed bowls garnished with the remaining parsley.

Nutritional information per serving:

Calories 98 (59% from fat) • carb. 7g • pro. 4g • fat 7g • sat. fat 4g • chol. 19mg • sod. 510g • calc. 56mg • fiber 2g

CREAMY POTATO LEEK SOUP

This versatile soup may be served hot or chilled.

Makes 6 servings

- 2 medium leeks, white and tender green only, sliced horizontally and cut into ½ - inch pieces**
- 1 tablespoon unsalted butter**
- 1 small (3-4 ounces) onion, peeled and cut into ½ - inch pieces**
- ¼ teaspoon thyme**
- 2 medium russet potatoes (about ¾ -pound total), peeled, cut into 1-inch slices**
- 1-½ cups fat-free, low-sodium chicken or vegetable stock or broth**
- ¾ cup water**
- 1 teaspoon kosher salt**
- ½ teaspoon white pepper**
- ¾ cup half-and-half**

Place leeks in a medium bowl and add cold water. Swirl, then let stand for minutes. Lift leeks from the water without disturbing the sand/sediment collected in the bowl; allow to drain completely.

Melt butter in a large Cuisinart® Saucepan over medium heat. Add the drained leeks, onion, and thyme. Let cook until softened, 3 to 5 minutes. Add potatoes, stock, and water; cover and bring to a boil over medium high heat. Reduce heat to low, and simmer, uncovered, until potatoes are soft, about 10 to 15 minutes.

Drain vegetables, reserving cooking liquid. Place vegetables in blender jar. Add 1 cup cooking liquid; return remaining cooking liquid to saucepan. Cover blender jar. Set on Speed 16. Blend until totally smooth, about 30 to 40 seconds. Stir vegetable purée into stock in saucepan and reheat over medium low heat. Add salt, pepper and half-and-half.

Nutritional information per serving:

Calories 132 (37% from fat) • carb. 18g • pro. 3g • fat 6g • sat. fat 3g • chol. 16mg • sod. 369mg • calc. 56mg • fiber 3g

Variation: Turn this soup into Creamy Watercress Soup by adding 1 bunch watercress, washed and dried. Pick leaves and reserve. Chop stems and measure out 1-½ cups. Add stems to vegetable mixture when sautéing. Follow recipe as directed. Stir in reserved watercress leaves along with the half-and-half. Serve hot or chilled.

CREAMY TOMATO AND RED PEPPER BISQUE

Makes 8 servings

- 1** **teaspoon unsalted butter**
- 1** **teaspoon extra virgin olive oil**
- 1** **small onion (4 ounces), peeled and cut into ½ - inch pieces**
- 1** **rib celery (2 ounces), cleaned and cut into ½ - inch pieces**
- 1** **carrot (2 ounces), peeled and cut into ½ - inch pieces**
- 2** **tablespoons white rice**
- 1** **teaspoon basil**
- 2** **cups fat-free, low-sodium chicken or vegetable stock**
- 2** **cans recipe-ready diced tomatoes (15 -½ oz.) with juice**
- ½ **teaspoon kosher salt**
- ⅛ **teaspoon white pepper**
- ½ **cup half-and-half**

Heat the butter and olive oil in a Cuisinart® 3-¼ quart Saucepan over medium-low heat. Add the onion, celery, and carrot, cover loosely and cook until the vegetables are tender, 8 to 10 minutes. Stir in the rice and basil, cook until rice is opaque, 2 minutes. Stir in the stock and tomatoes. Raise heat and bring to a boil. Lower the heat, cover loosely and simmer over low heat for 20 to 25 minutes. Turn off heat and let stand for 5 minutes.

Strain the solids from the cooking liquid, reserving the cooking liquid and returning it to the saucepan. Place the solids in the blender jar. Add 1 cup of the cooking liquid to the blender jar. Set on Speed 16. Pulse 10 times to chop, then process for 30 to 40 seconds until totally smooth and creamy. Add the salt and pepper; blend 5 seconds longer. Return the blended tomato mixture to the cooking liquid in the saucepan. Heat on medium until it just begins to simmer then add the half-and-half. Do not allow to boil. The soup may be made ahead and reheated – if making ahead, do not add half-and-half until it is reheated.

Nutritional information per serving:

Calories 87 (28 % from fat) • carb. 13g • pro. 3g • fat 3g • sat. fat 1g • chol. 7mg • sod. 367mg • calc. 47mg • fiber 3g

ENTRÉES

RICOTTA SPINACH PIE

Somewhat like a crustless quiche, Ricotta Spinach Pie can be served with Rustic Tomato Sauce as a simple supper entrée.

Makes 8 servings

- 1** **teaspoon extra virgin olive oil**
- ½ **ounce Asiago cheese, cut into ½ -inch cubes**
- ½ **slice white or wheat bread (½ ounce) cut into ½ -inch cubes**
- ½ **teaspoon dry basil**
- 4** **large eggs**
- 2** **cups fresh baby spinach leaves, packed (about 2-½ ounces), washed and dried**
- 3** **cups lowfat ricotta cheese**
- ½ **teaspoon kosher salt**
- ½ **teaspoon freshly ground black or white pepper**

Preheat oven to 350° F. Use a pastry brush to coat a 10-inch deep dish pie plate with olive oil and set aside.

Place Asiago cheese cubes in blender jar; cover blender jar. Set on Speed 12 and pulse 10 to 12 times to grind the cheese. Remove and reserve. Place bread cubes in blender jar, pulse 5 to 10 times to grind; add basil, blend for 5 seconds. Remove and reserve.

Place the eggs, spinach, ricotta, reserved Asiago cheese, salt, and pepper in the blender jar. Set on Speed 16 and pulse 10 times, then blend for 15 seconds; use a spatula to scrape the sides of the blender jar. Blend for an additional 15 to 20 seconds. Pour the blended ricotta mixture into the prepared pie plate. Sprinkle evenly with the reserved breadcrumbs. Bake in the preheated 350° F oven for 45 to 50 minutes, until the custard is set and the pie is puffed. Remove and let rest for 5 to 10 minutes. Cut into wedges to serve. Top with Rustic Tomato Sauce.

Nutritional information per serving:

Calories 182 (54% from fat) • carb. 6g • pro. 14g • fat 11g • sat. fat. 6g • chol. 136mg • sod. 254mg • calc. 291g • fiber 0g

RUSTIC TOMATO SAUCE

A great sauce for Ricotta Spinach Pie and favorite pastas.

Makes about 8 cups

- 1** **tablespoon extra virgin olive oil**
- 1** **onion (8 ounces), peeled and cut into ½ -inch pieces**
- 2** **carrots (4 ounces), peeled and cut into ½ -inch pieces**
- 2** **ribs celery, trimmed and cut into ½ -inch pieces**
- 4** **cloves garlic, peeled**
- 1** **teaspoon dried oregano**
- 1** **teaspoon dried basil**
- 4** **roasted red bell peppers, cut into 1-inch pieces**
- ½** **cup dry white wine (such as vermouth)**
- 2** **tablespoons tomato paste**
- 3** **cans (15-ounce) recipe-ready diced tomatoes with juices**
- ½** **teaspoon kosher salt**
- ¼** **teaspoon freshly ground black pepper**

In a Cuisinart® 3-¾ quart Saucepan, heat the olive oil over medium heat. Add the onion, carrot, celery, garlic, basil, and oregano. Cover loosely and cook until the vegetables are softened, 6 to 8 minutes. Stir in the roasted red pepper, wine, tomato paste, and tomatoes.

Bring to a boil, then reduce heat and simmer for 35 to 40 minutes, loosely covered. Uncover and simmer for 15 to 20 minutes longer to thicken. Turn off heat and let sit 5 minutes.

Drain the solids, and return the liquid to the saucepan. Place the solids in the blender jar with ½ cup of the cooking liquid. Cover the blender jar. Set on Speed 16 and Pulse 10 times to chop. Use a plastic spatula to scrape the sides of the blender jar. Blend for 30 to 40 seconds, until smooth. Return the puréed tomato mixture to the liquid in the saucepan and reheat gently over medium low heat. Add salt and pepper.

Nutritional information per half cup serving:

Calories 48 (17% from fat) • carb. 8g • pro. 1g • fat 1g • sat. fat 0g • chol. 0mg • sod. 194mg • calc. 26mg • fiber 2g

DRESSINGS, VINAIGRETTES, MARINADES

BASIC VINAIGRETTE

This basic vinaigrette is perfect for a crisp green salad.

Makes about 1-½ cups, can be doubled

- 1** **clove garlic, peeled**
- 2** **tablespoons Dijon-style mustard**
- ½** **cup wine vinegar**
- 1** **teaspoon kosher salt**
- ½** **teaspoon freshly ground pepper**
- ⅓** **cup extra virgin olive oil**
- ⅓** **cup vegetable oil**

Place the garlic in the blender jar and cover jar. Set on Speed 8. Use the Pulse button to chop the garlic, 5 times. Add the mustard, vinegar, salt and pepper. Turn the blender on and blend for 10 to 15 seconds. With the blender running, add the oils in a slow, steady stream, taking about 20 seconds, then blend for 20 seconds longer until completely emulsified.

You may change the Basic Vinaigrette by changing the flavor of the vinegar, mustard or oil. Try using fresh lemon juice and a little honey for a honey-mustard vinaigrette. Add fresh herbs, sun-dried tomatoes, or pesto for other flavor changes.

Nutritional information per tablespoon:

Calories 109 (97% from fat) • carb. 1g • pro. 0g • fat 12g • sat. fat 2g • chol. 0mg • sod. 86mg • calc. 1mg • fiber 0g

CREAMY CAESAR SALAD DRESSING

Traditional Caesar salads are made with crispy romaine lettuce, croutons, freshly grated Parmesan and a richly flavored dressing with garlic, anchovies and raw eggs. Our updated version uses a pasteurized liquid egg substitute and adds the flavor of balsamic vinegar for a little twist.

Makes about 1- $\frac{1}{4}$ cups

- 1 ounce Parmesan cheese, cut into $\frac{1}{2}$ -inch cubes**
- 1-2 cloves garlic, peeled**
- 2 tablespoons pasteurized liquid egg substitute***
- 1 tablespoon balsamic vinegar**
- 1 tablespoon red wine vinegar**
- 1 tablespoon fresh lemon juice**
- 2 teaspoons Dijon-style mustard**
- 1 teaspoon Worcestershire Sauce**
- 1 anchovy fillet (or 1-2 teaspoons anchovy paste)**
- $\frac{1}{2}$ teaspoon kosher salt**
- $\frac{1}{4}$ teaspoon freshly ground black pepper**
- $\frac{1}{3}$ cup vegetable oil**
- $\frac{1}{3}$ cup extra virgin olive oil**

Place cheese in blender jar; cover blender jar. Set on Speed 12. Pulse to chop, 10-12 times. Add garlic to blender jar; Pulse to chop, 5 to 10 times. Add the next 9 ingredients and blend for 10 seconds until smooth. Combine the two oils in a measuring cup with pour spout. Remove the Measured Pour Lid. With the blender running, slowly add the oils in a steady stream through the lid while holding the Measured Pour Lid loosely over the cover to prevent spattering. Blend until smooth and creamy, about 45 to 50 seconds. Allow dressing to sit for 15 to 20 minutes for flavors to blend. If not using immediately, place dressing in a

covered airtight container and refrigerate for up to 3 days. If separation occurs, return dressing to blender jar, cover and blend on Speed 12 for 5 seconds.

Nutritional information per tablespoon:

Calories 72 (93% from fat) • carb. 0g • pro. 1g • fat 8g • sat fat • 1g • chol. 3mg • sod. 100mg • calc. 18mg • fiber 0g

* You may also substitute prepared mayonnaise for the egg/egg substitute.

PESTO SAUCE

Serve as a topping for hot pasta or to add flavor to dips, dressings, or other sauces.

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

- 1 ounce Parmesan cheese, cut into $\frac{1}{2}$ -inch cubes**
- 1-2 cloves garlic, peeled**
- $\frac{1}{3}$ cup extra virgin olive oil**
- 2 cups fresh basil leaves, loosely packed ***
- 3 tablespoons lightly toasted pine nuts or walnuts**

Place cheese cubes in blender jar; cover blender jar. Set on Speed 12. Pulse to chop, 10 to 15 times. Remove and reserve cheese. Add garlic to blender jar; cover, and pulse to chop, 10 to 15 pulses. Add remaining ingredients in order listed, including reserved cheese. Cover blender jar; blend on Speed 12 until combined, about 30 to 40 seconds. Pesto may be stored in refrigerator in an airtight container. After placing in container, smooth over top, and drizzle with olive oil to keep from turning dark. Stir oil in before using.

Nutritional information per 1- $\frac{1}{2}$ tablespoons:

Calories 116 (87% from fat) • carb. 1g • pro. 2g • fat 12g • sat. fat 2g • chol. 3mg • sod. 45mg • calc. 61mg • fiber 0g

***For Spinach Pesto:**

Add $\frac{1}{2}$ teaspoon fennel seed and 2 teaspoons dried basil when chopping the garlic. Substitute 2 cups washed and dried baby spinach leaves for the basil.

CHOLESTEROL-FREE MAYONNAISE

The safest mayonnaise made at home is made with an egg substitute or liquid pasteurized egg product. Made with an egg substitute, it has the added advantage of being cholesterol-free.

Makes about ¾ cup

- ½ cup liquid egg substitute or pasteurized liquid egg product
- 2 tablespoons wine vinegar
- 1 tablespoon extra virgin olive oil (mild in flavor)
- 1 teaspoon dry mustard
- ⅙ teaspoon ground white pepper
- ⅙ teaspoon kosher salt
- ⅓ cup flavorless vegetable oil

Place egg substitute, vinegar, olive oil, dry mustard, pepper and salt in the blender jar. Cover blender jar. Set on Speed 12. Turn blender on and blend for about 5 seconds. With blender running, remove the Measured Pour Lid, and add the vegetable oil in a slow steady stream, taking about 30 to 40 seconds to add the oil. Hold the Measured Pour Lid loosely over the opening to prevent spattering. The mayonnaise will thicken and emulsify as the oil is added, about 30 to 40 seconds. Turn blender off. Mayonnaise may be used immediately or placed in an airtight, covered container and refrigerated. Mayonnaise will thicken further when refrigerated.

Nutritional information per tablespoon:

Calories 126 (95% from fat) • carb. 0g • pro. 1g • fat 13g • sat. fat 1g • chol. 0mg • sod. 32mg • calc. 6mg • fiber 0g

CAJUN CREOLE SPICE RUB

Our Cajun Creole Spice Rub is a comparable alternative to purchased spice mixtures, but much fresher and more economical. Adjust the spiciness to taste with the amount of cayenne used.

Makes about ½ cup

- 2 teaspoons coriander seed
- 1 teaspoon mustard seed
- ½ teaspoon celery seed
- ½ teaspoon white peppercorns

- ½ teaspoon black peppercorns
- 1 bay leaf, roughly broken
- 3 tablespoons sweet paprika
- 1 tablespoon kosher salt
- ½ tablespoon sugar
- 2 teaspoons dried minced garlic
- 2 teaspoons minced dry onions
- 1-2 teaspoons cayenne pepper, to taste
- 2 teaspoons dry oregano
- 1 teaspoon dry thyme leaves
- 1 teaspoon dry basil
- ½ teaspoon dry rosemary
- ½ teaspoon ground allspice

Place the coriander seed, mustard seed, celery seed, all peppercorns, and bay leaf in the blender jar. Cover jar and set on Speed 14. Blend until seeds are finely ground, 10 to 15 seconds. Add the remaining ingredients and blend until no signs of the bay leaf are visible, about 30 seconds.

Use as a rub for meat, poultry, or seafood before sautéing, roasting or grilling, or add as a seasoning to rice or dressing to brighten up flavors.

Nutritional information per tablespoon:

Calories 18 (24% from fat) • carb. 4g • pro. 1g • fat 1g • sat. fat 0g • chol. 0mg • sod. 501mg • calc. 23mg • fiber 1g

DESSERTS AND SWEET SAUCES

COOKIE CRUST PUMPKIN PIE

This traditional holiday favorite is made with a cookie crumb crust for a crunchy change.

Makes 12 servings

CRUST:

- ⅔ cup pecan halves
- 45 vanilla wafers (may use reduced-fat wafers)
- ⅓ cup unsalted butter, melted

PUMPKIN FILLING:

- 2** large eggs
- ½** cup brown sugar
- 1** can (12 ounces) evaporated fat free milk
- 1** can (15-16 ounces, 1-½ cups) solid pack pumpkin (not pie filling)
- 1** tablespoon cornstarch
- ¼** cup molasses
- 1** tablespoon vanilla extract
- 1** teaspoon cinnamon
- 1** teaspoon ginger
- ¼** teaspoon freshly grated nutmeg

Preheat the oven to 375° F.

Place the pecans in the blender jar; cover the blender jar. Set on Speed 6 and Pulse 8 to 10 times to finely chop. Remove and transfer to a 10-inch deep-dish pie plate. Place 15 cookies in the blender jar; cover the blender jar. Set on Speed 18 and Pulse 5 times to chop the cookies, then blend for 10 seconds to pulverize; add the cookie crumbs to the nuts in the pie plate and repeat with the remaining cookies. Stir the nuts and cookies with a fork to blend; add the melted butter and stir to combine. Press the cookie/nut mixture evenly onto the sides and bottom of the pie plate. Bake in the preheated 375° F oven for 5 minutes. Remove and let cool on a rack while continuing. Lower the oven temperature to 350° F.

Place the eggs and remaining ingredients in the blender jar in the order listed; cover the blender jar. Set on Speed 6 and blend until smooth, about 10 to 15 seconds. Pour the pumpkin mixture into the prepared cookie crust. Bake in the preheated 350° F oven for 55 to 60 minutes. Center of the pie may appear slightly jiggly – it will continue to set as the pie cools. Place the pie on a rack and cool completely before serving. Refrigerate after completely cooled.

Nutritional information per serving:

Calories 252 (41% from fat) • carb. 33g • pro. 5g • fat 12g • sat. fat 4g • chol. 42mg • sod. 117mg • calc. 129mg • fiber 2g

WHITE CHOCOLATE RASPBERRY BREAD PUDDING

Bread pudding can be mixed and assembled ahead of time and baked while dinner is being served for an oven-fresh warm dessert. Top with sweetened whipped cream.

Makes 8 to 12 servings

- 1** tablespoon unsalted butter
- 6** cups firm bread cubes *
- 4** ounces chopped white chocolate
- 1** cup raspberries (fresh or frozen, no need to thaw)
- 6** large eggs
- 1** can (12 ounces) fat-free evaporated milk
- ⅔** cup sugar
- 1** tablespoon vanilla extract
- ½** cup heavy cream

Butter a 2-quart shallow baking dish (9 x 9 square or equivalent) with unsalted butter and place in a larger shallow baking pan. Layer half the bread cubes in the dish, top evenly with the chopped white chocolate and raspberries, then with the remaining bread cubes.

Place the eggs, evaporated milk, sugar, and vanilla in the blender jar. Set on Speed 10 and blend for 10 seconds. Pour the mixture slowly over the bread cubes. Let the mixture stand for 30 minutes, or cover and refrigerate up to 12 hours (if refrigerated, let come to room temperature for 30 minutes before proceeding). Ten minutes before baking, preheat oven to 325° F. Place the baking pans in the oven and carefully pour hot water into the larger, outer pan until the water reaches 1 inch up the sides of the inner dish. Bake for 60 to 70 minutes; bread pudding will be puffed and custard will be set. Remove from oven and allow the bread pudding to rest for 20 to 30 minutes on a rack before serving. Serve with sweetened whipped cream.

* Bread pudding is best made from day-old or slightly stale bread. Challah bread is an excellent choice.

Nutritional information per serving:

Calories 243 (41% from fat) • carb. 28g • pro. 7g • fat 11g • sat. fat 6g • chol. 126mg • sod. 148mg • calc. 143mg • fiber 1g

QUICK BERRY SAUCE

Makes about 2 cups/8 servings

- 12 ounces fresh or frozen, thawed strawberries or raspberries**
- ½ cup red berry preserves**
- 1 tablespoon sugar**
- 2 tablespoons fresh lemon juice**

Place all ingredients in blender jar; cover blender jar. Set on Speed 12. Blend until smooth and completely puréed, 20 to 30 seconds. Strain mixture through a fine sieve to remove seeds; discard seeds. Store in an airtight container in refrigerator. Serve with desserts, pancakes or waffles.

Nutritional information per serving
Calories 128 (0% from fat) • carb. 33g • pro. 1g • fat 0g •
sat. fat 0g • chol. 0mg • sod. 5mg • calc. 14mg • fiber 2g

CHOCOLATE SAUCE

Makes 1-¼ cups / 20 tablespoons

- 4 ounces good quality bittersweet or semi-sweet chocolate, broken into ½ - inch pieces**
- 4 ounces good quality milk chocolate, broken into ½ - inch pieces**
- 2 tablespoons sugar**
- ½ cup fat-free milk, heated until just bubbling around the edges**
- 1-½ teaspoons vanilla extract**

Place the chocolates in the blender jar; cover blender jar. Set on Speed 12. Pulse to chop, 10 to 15 times. Add the sugar, process to chop, 20 seconds. With the blender running, remove the Measured Pour Lid. Pour the hot milk slowly and carefully through the pour spout and blend, until the chocolate is melted and smooth, 1 minute. Add the vanilla; blend to combine, 10 seconds. Serve warm or let cool, place in an airtight container and refrigerate. Reheat before serving.

Nutritional information per tablespoon:
Calories 65 (50% from fat) • carb. 8g • pro. 1g • fat 4g •
sat. fat 2g • chol. 1g • sod. 3mg • calc. 11mg • fiber 0g

Chocolate Mint Sauce: Make the chocolate sauce as per instructions. Omit the vanilla and add 2 teaspoons peppermint extract.

WARRANTY

Limited Three-Year Warranty

This warranty supersedes all previous warranties on Cuisinart® SmartPower Bar Basics™ 18-Speed Series Electronic Blenders. This warranty is available to consumers only. You are a consumer if you own a Cuisinart® SmartPower Bar Basics™ 18-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 Bar Basics™ 18-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 product registration card promptly to facilitate verification of the date of original purchase. However, return of the product 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. 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. 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. (California residents need only supply proof of purchase and should call 1-800-720-0190 for shipping instructions).

NOTE: For added protection and secure handling of any Cuisinart® product that is being returned, we recommend you use a traceable, insured delivery service. Cuisinart cannot be held responsible for in-transit damage or for packages that are not delivered to us. Lost and/or damaged products are not covered under warranty.

Your Cuisinart® SmartPower Bar Basics™ 18-Speed Series Electronic Blender has been manufactured to strict specifications and has been designed for use with the Cuisinart® SmartPower Bar Basics™ 18-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 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 1-800-726-0190. 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 to ensure that the product is still under warranty.

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