



FRESH & DELICIOUS BLENDING!

新鲜&美味料理配方!

Perfectly Blended Recipes for
Healthful Smoothies, Juices,
Frozen Treats, Snacks & More!

健康冰沙、蔬果汁、冷冻小食、小
吃&其他更多料理之完美调配食谱!





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Nutritional Analyses: Calculations for the nutritional analyses in this book are based on the largest number of servings listed within the recipes. Calculations are rounded up to the nearest gram or milligram, as appropriate. If two options for an ingredient are listed, the first one is used. Not included are optional ingredients or serving suggestions.

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营养分析：在本书里，营养分析是按照食谱中最大的食材份量计算，并视情况而定，数值已修整至最接近的克或毫克。如果成份含有两个选项，就使用第一个，可选配料或一人份量建议并不包括。

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Introduction

For over 100 years, Hamilton Beach® has been making products for both home and commercial use. Our product quality, wide variety of options, superior design, and performance continue to earn us praise from consumers. We are committed to helping make your day a little easier, more creative, and flavorful through Good Thinking®. This is applied to the style and function of all of our small appliances.

Hamilton Beach Professional takes Good Thinking® to the next level. Our internal Good Thinking® team is devoted specifically to researching how people actually use the products in their home, and they work hard to understand how we can make them better. This helps us develop unique products that ultimately solve problems and address unmet consumer needs. As a result of our research, we have created a new line of appliances for home use, developed with professional-level components, durable quality construction, attention to detail, and exceptional performance. Thoughtful features like precise speed control, convenient pre-programmed settings, and powerful motors to push through any job will make your time in the kitchen easier and more enjoyable.

Inside the pages of this book, you'll find recipes to inspire your own blended creations using the Hamilton Beach Professional Blender. From fruit smoothies and whole juices to hot, vegetable based soups, dressings and fruity frozen desserts, each recipe offers fresh ingredients, vibrant flavors, and easy blending instructions. Get in and out of the kitchen effortlessly with Hamilton Beach Professional.

For more Good Thinking, visit www.hamiltonbeach.cn



简介

过去的100年，Hamilton Beach®为着家庭和商业用途而制造各样的产品。我们的产品质量、多种型号的不同选择、卓越的设计和性能，都不断为我们赢得消费者的赞誉。我们致力于通过 Good Thinking®帮助你，使你的每一天变得更轻松、生活更有创意、餐桌更美味。我们全部小家电的款式和功能都要合乎这个目标。

Hamilton Beach Professional 将 Good Thinking®提升到一个全新水平。我们的内部 Good Thinking®团队专门致力于研究大众如何在家实际地使用各种产品，他们努力理解我们如何能够使他们更好，这样有助于我们开发独特的产品，最终可解决各种问题，并满足消费者的需求。由于我们的研究结果，我们创建了一个配合家用电器的全新生产线设备，此具备专业级组件、耐用的高品质建设、注意细节、以及卓越性能。体贴的功能如精确的速度控制、便利的预编程序设定、强力的马达推动，能使你在厨房的工作更轻松更愉快。

在这本书里，你会发现各种食谱，用以启发你 Hamilton Beach® 专业多功能高速破壁料理机的用途，以创作出各式自家美食。从水果冰沙到全果汁到热蔬果汤、沙拉酱与冷冻水果甜品，每个食谱都使用新鲜食材，提供充满活力的口味，简易的搅拌指示。Hamilton Beach® Professional使你入得厨房出得厅堂。

更多的好思考，请访问 www.hamiltonbeach.cn

Blender Program Settings

The Hamilton Beach Professional blender features pre-programmed settings to make blending easier. Look for the following symbols next to recipes in this book, and enjoy great tasting results at the touch of a button.



SOUP

Instead of heating soup ingredients on the stovetop, this blender features a hot SOUP program. The SOUP setting purees and heats ingredients to just under the boiling point. When making soups, start with cold or room temperature ingredients.



SMOOTHIE

SMOOTHIE programs are perfect for blending frozen or fresh smoothies. For best results, add liquid ingredients first, then add fruit or vegetables. Ice and other frozen ingredients should be placed in the jar last.



ICE CRUSH

For cocktails or slushies, the ICE CRUSH program will be your best helper. The ICE CRUSH setting breaks ice into small pieces for making fine cocktails icy or making snow cones in short order.



WHOLE JUICE

The WHOLE JUICE setting gives a smooth, creamy consistency to pureed fruit or vegetables and a fine texture when whole grains or seeds are included in the juice recipe. It is great for blending more fibrous fruits and vegetables into a delicious, healthy juice.

料理机程序设定

Hamilton Beach®专业多功能高速破壁料理机配备程序设定,使搅拌变得更容易。在这本书中的食谱旁边寻找以下符号,只需一按,即可享受美味可口的餐点。



热汤

这台料理机配备热汤程序,无需把汤品材料放在炉头上加热。热汤程序可把原料打成浓汤,加热至刚刚低于沸点。当制作汤品时,只需使用冷冻或室温材料。



冰沙

冰沙程序最适合搅拌冰冻或新鲜冰沙。为达到最佳效果,要先添加液体材料,然后加入水果或蔬菜,最后才把冰块及其他冰冻材料放进搅拌杯。



刨冰

对于制作鸡尾酒或刨冰,刨冰程序将会是你的最佳好帮手。刨冰程序可将冰块打成小块,让你制作出精致的鸡尾酒或可于短时间内制成刨冰。



纯果汁

纯果汁程序可将水果或蔬菜搅拌至浓稠顺滑,颗粒质地细腻,即使果汁包含籽或全谷类。将含大量纤维素的水果以及蔬菜制成美味健康的果汁,真的很棒。

PINEAPPLE COCONUT SMOOTHIE P. 8

菠萝椰子奶昔 P. 8

CHAPTER 1 第1章

Beverages:

Smoothies, Whole Juices
& Delicious Blends

饮料: 冰沙、纯果汁
& 精选特调



2 SERVINGS (ABOUT 700ML)

Pineapple Coconut Smoothie

INGREDIENTS

120ml pineapple juice**120ml coconut milk****300g fresh pineapple,
cut in chunks****1 medium banana, peeled**

DIRECTIONS

Place ingredients into the blender in the order listed. Blend on the Smoothie setting or press Start and increase the power gradually until the ingredients are well-blended. The smoothie is done when the consistency is smooth and blended to your preference. Divide between glasses and serve.

Calories: 295 Fat: 10g; Chol: 0mg; Sodium: 32mg; Carb: 49g; Fiber: 5g; Protein: 4g



2份(约700毫升)

菠萝椰子奶昔

菠萝汁120毫升

椰奶 120毫升

新鲜菠萝 300克,切成大块

中香蕉 1根,去皮

将原料按照所列顺序放入料理机中,按冰沙程序进行搅拌,或按下启动开关,并调节变速旋钮逐渐增加速度,直到配料完全混合均匀。根据个人喜好,将奶昔搅拌到所需的浓稠顺滑度,倒入水杯中,即可享用。

卡路里 295 脂肪 10 胆固醇 0 钠 32 碳水化合物 49 纤维 5 蛋白质 4



MAKES 2 SERVINGS (ABOUT 700ML)

Berry Peachy Smoothie

INGREDIENTS

160g vanilla-flavored yogurt

1 small orange, peeled

1 medium banana, peeled

75g fresh strawberries, hulled

2 ripe peaches, peeled, pitted, quartered

DIRECTIONS

Place ingredients into the blender in the order listed. Blend on the Smoothie setting or press Start and increase the power gradually until the ingredients are well-blended. The smoothie is done when the consistency is smooth and blended to your preference. Divide between glasses and serve.

Calories: 220 Fat: 2g; Chol: 5mg; Sodium: 51mg; Carb: 50g; Fiber: 5g; Protein: 7g



2份(约700毫升)

草莓蜜桃饮料

香草味酸奶 160克

小橙 1个, 去皮

中香蕉 1根, 去皮

新鲜草莓 75克, 去蒂

熟桃子 2颗, 去皮, 去核, 切四块

将原料按照所列顺序放入料理机中, 按冰沙程序进行搅拌, 或按下启动开关, 并调节变速旋钮逐渐增加速度, 直到配料完全混合均匀。根据个人喜好, 将饮品搅拌到所需的浓稠顺滑度, 倒入水杯中, 即可享用。

卡路里 220 脂肪 2 胆固醇 5 钠 51 碳水化合物 50 纤维 5 蛋白质 7



MAKES 1 SERVING (360ML)

Raspberry Smoothie

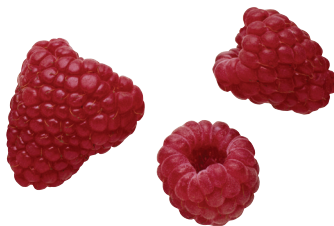
INGREDIENTS

120g vanilla-flavored yogurt**100g fresh raspberries****1 medium orange, peeled****1 fresh mint leaf**

DIRECTIONS

Place ingredients into the blender in the order listed. Blend on the Smoothie setting or press Start and increase the power gradually until the ingredients are well-blended. The smoothie is done when the consistency is smooth and blended to your preference. Serve right away.

Calories: 199 Fat: 3g; Chol: 3mg; Sodium: 87mg; Carb: 40g; Fiber: 4g; Protein: 7g



1份(约360毫升)

红莓鲜果奶昔

香草味酸奶120克

新鲜红莓 100克

中橙1个,去皮

新鲜薄荷叶1片

将原料按照所列顺序放入料理机中,按冰沙程序进行搅拌,或按下启动开关,并调节变速旋钮逐渐增加速度,直到配料完全混合均匀。根据个人喜好,将饮品搅拌到所需的浓稠顺滑度,倒入水杯中,即可享用。

卡路里 199 脂肪 3 胆固醇 3 钠 87 碳水化合物 40 纤维 4 蛋白质 7



MAKES 2 SERVINGS (700ML)

Carrot Orange Smoothie

INGREDIENTS

120ml orange juice

1 large carrot, peeled and quartered

1 small banana, peeled

¼ fresh mango, cut in chunks

3 tbsp nonfat milk powder

DIRECTIONS

Place ingredients into the blender in the order listed. Blend on the Smoothie setting or press Start and increase the power gradually until the ingredients are well-blended. The smoothie is done when the consistency is smooth and blended to your preference. Divide between glasses and serve.

Calories: 218 Fat: 3g; Chol: 9mg; Sodium: 55mg; Carb: 43g; Fiber: 4g; Protein: 9g



二人份量 (700毫升)

胡萝卜香橙奶昔

橙汁 120毫升

大胡萝卜1根, 削皮, 切成四块

小香蕉 1根, 削皮

新鲜芒果 ¼ 个, 切块

脱脂奶粉 3 大匙

将原料按照所列顺序放入料理机中, 按冰沙程序进行搅拌, 或按下启动开关, 并调节变速旋钮逐渐增加速度, 直到配料完全混合均匀。根据个人喜好, 将饮品搅拌到所需的浓稠顺滑度, 倒入水杯中, 即可享用。

卡路里 218 脂肪 3 胆固醇 9 钠 55 碳水化合物 42
纤维 4 蛋白质 9





MAKES 3 TO 4 SERVINGS (700ML)

Pomegranate Mango Smoothie

INGREDIENTS

225g strawberries**225g fresh pineapple, cut in chunks****150g fresh mango, cut in chunks****5 tbsp pomegranate seeds****2 small bananas, peeled**

DIRECTIONS

Place ingredients into the blender in the order listed. Blend on the Smoothie setting or press Start and increase the power gradually until the ingredients are well-blended. The smoothie is done when the consistency is smooth and blended to your preference. Divide between glasses and serve.

Calories: 130 Fat 1g; Chol: 0mg; Sodium: 2mg; Carb: 36g; Fiber: 4g; Protein: 1g



三至四人份量 (700毫升)

石榴芒果饮料

草莓 225克

新鲜菠萝225克,切块

新鲜芒果150克,切块

石榴籽5大匙

小香蕉 2根,去皮

将原料按照所列顺序放入料理机中,按冰沙程序进行搅拌,或按下启动开关,并调节变速旋钮逐渐增加速度,直到配料完全混合均匀。根据个人喜好,将饮品搅拌到所需的浓稠顺滑度,倒入水杯中,即可享用。

卡路里 130 脂肪 1 胆固醇 0 钠 2 碳水化合物 36 纤维 4 蛋白质 1



MAKES 2 SERVINGS (750ML)

Sweet Tart Peach Smoothie

INGREDIENTS

160g plain unflavored yogurt

2 fresh peaches, peeled and pitted

225g fresh mango, cut in chunks

1 lemon, peeled and seeded

DIRECTIONS

Place ingredients into the blender in the order listed. Blend on the Smoothie setting or press Start and increase the power gradually until the ingredients are well-blended. The smoothie is done when the consistency is smooth and blended to your preference. Divide between glasses and serve.

Calories: 217 Fat: 1g; Chol: 5mg; Sodium: 5mg; Carb: 47g; Fiber: 5g; Protein: 6g



二人份量 (750毫升)

新鲜酸甜水蜜桃饮料

原味酸奶 160克

新鲜水蜜桃 2颗, 削皮, 去核

新鲜芒果225克, 切块

柠檬1个, 削皮, 去核

将原料按照所列顺序放入料理机中, 按冰沙程序进行搅拌, 或按下启动开关, 并调节变速旋钮逐渐增加速度, 直到配料完全混合均匀。根据个人喜好, 将饮品搅拌到所需的浓稠顺滑度, 倒入水杯中, 即可享用。

卡路里 217 脂肪 1 胆固醇 5 钠 5 碳水化合物 47
纤维 5 蛋白质 6





MAKES 1 TO 2 SERVINGS (ABOUT 600ML)

Super Strawberry Goodness

INGREDIENTS

220g plain unflavored yogurt**300g strawberries****1 medium banana, peeled**

DIRECTIONS

Place ingredients into the blender in the order listed. Blend on the Smoothie setting or press Start and increase the power gradually until the ingredients are well-blended. The smoothie is done when the consistency is smooth and blended to your preference. Divide between glasses and serve.

Calories: 179 Fat: 5g; Chol: 15mg; Sodium: 54mg; Carb: 47g; Fiber: 5g; Protein: 6g



一至二人份量 (约 600毫升)

超級草莓饮料

原味酸奶 220克

草莓 300克

中香蕉1根, 去皮

将原料按照所列顺序放入料理机中, 按冰沙程序进行搅拌, 或按下启动开关, 并调节变速旋钮逐渐增加速度, 直到配料完全混合均匀。根据个人喜好, 将饮品搅拌到所需的浓稠顺滑度, 倒入水杯中, 即可享用。

卡路里 179 脂肪 5 胆固醇 15 钠 54 碳水化合物 47 纤维 5 蛋白质 6





MAKES 3 TO 4 SERVINGS (ABOUT 1L)

Sunrise Smoothie

INGREDIENTS

180ml strawberry-flavored yogurt drink

150g fresh strawberries, hulled

150g fresh mango, cut in chunks

150g peaches, pitted, peeled and quartered

DIRECTIONS

Place ingredients into the blender in the order listed. Blend on the Smoothie setting or press Start and increase the power gradually until the ingredients are well-blended. The smoothie is done when the consistency is smooth and blended to your preference. Divide between glasses and serve.

Calories: 102 Fat: 1g; Chol: 2mg; Sodium: 21mg; Carb: 24g; Fiber: 3g; Protein: 2g



三至四人份量 (约 1公升)

草莓芒果&水蜜桃奶昔

草莓酸奶饮料 180毫升

新鲜草莓 150克, 去蒂

新鲜芒果 150克, 切块

水蜜桃 150克, 去核, 削皮, 切四块

将原料按照所列顺序放入料理机中, 按冰沙程序进行搅拌, 或按下启动开关, 并调节变速旋钮逐渐增加速度, 直到配料完全混合均匀。根据个人喜好, 将饮品搅拌到所需的浓稠顺滑度, 倒入水杯中, 即可享用。

卡路里 102 脂肪 1 胆固醇 2 钠 21 碳水化合物 24 纤维 3 蛋白质 2



MAKES 2 SERVINGS (ABOUT 600ML)

Pineapple Kiwi Smoothie

INGREDIENTS

120ml Unsweetened Almond Milk
(see recipe p. 123)

150g fresh pineapple, cut in chunks

½ Persian cucumber, peeled

2 kiwi fruit, peeled

½ green apple, cored

100g green grapes

DIRECTIONS

Place ingredients into the blender in the order listed. Blend on the Smoothie setting or press Start and increase the power gradually until the ingredients are well-blended. The smoothie is done when the consistency is smooth and blended to your preference. Divide between glasses and serve.

Calories: 114 Fat 1g; Chol: 1mg; Sodium: 9mg; Carb: 23g; Fiber: 4g; Protein: 3g



二至三人份量 (600毫升)

菠萝猕猴桃奶昔

无糖杏仁奶 120毫升
(见食谱p.123)

新鲜菠萝 150克,切块

小青瓜½根,削皮

猕猴桃2个,削皮

青苹果½个,去芯

绿葡萄 100克

将原料按照所列顺序放入料理机中,按冰沙程序进行搅拌,或按下启动开关,并调节变速旋钮逐渐增加速度,直到配料完全混合均匀。根据个人喜好,将饮品搅拌到所需的浓稠顺滑度,倒入水杯中,即可享用。

卡路里 114 脂肪 1 胆固醇 1 钠 9 碳水化合物 23 纤维 4 蛋白质 3



MAKES 1 SERVING (ABOUT 400ML)

Pomegranate Pineapple Refresher

INGREDIENTS

½ Persian cucumber, peeled

150g fresh pineapple, cut in chunks

2 tbsp pomegranate seeds

4-5g ginger root, peeled

DIRECTIONS

Place ingredients into the blender in the order listed. Blend on the Smoothie setting or press Start and increase the power gradually until the ingredients are well-blended. The smoothie is done when the consistency is smooth and blended to your preference. Serve at once.

Calories: 97 Fat 0g; Chol: 0mg; Sodium: 3mg; Carb: 21g; Fiber: 2g; Protein: 1g



一人份量 (约 400毫升)

石榴菠萝清爽饮料

小青瓜½根, 削皮

新鲜菠萝150克, 切块

石榴籽 2大匙

生姜4-5克, 削皮

将原料按照所列顺序放入料理机中, 按冰沙程序进行搅拌, 或按下启动开关, 并调节变速旋钮逐渐增加速度, 直到配料完全混合均匀。根据个人喜好, 将饮品搅拌到所需的浓稠顺滑度, 倒入水杯中, 即可享用。

卡路里 97 脂肪 0 胆固醇 0 钠 3 碳水化合物 21 纤维 2 蛋白质 1



MAKES 2 SERVINGS (ABOUT 600ML)

Strawberry, Apple & Banana Smoothie

INGREDIENTS

180ml Unsweetened Almond Milk
(see recipe p. 123)

1 medium banana, peeled and quartered

6 large fresh strawberries

½ small apple, peeled

3 tbsp nonfat milk powder

DIRECTIONS

Place ingredients into the blender in the order listed. Blend on the Smoothie setting or press Start and increase the power gradually until the ingredients are well-blended. The smoothie is done when the consistency is smooth and blended to your preference. Divide between glasses and serve.

Calories: 215 Fat: 1g; Chol: 5mg; Sodium: 208mg; Carb: 41g; Fiber: 4g; Protein: 12g



二人份量 (约 600毫升)

草莓、苹果&香蕉奶昔

杏仁奶 180毫升 (见食谱p.123)

中香蕉 1根, 去皮, 切四块

新鲜草莓 6大颗

小苹果 ½个, 削皮

脱脂奶粉 3大匙

将原料按照所列顺序放入料理机中, 按冰沙程序进行搅拌, 或按下启动开关, 并调节变速旋钮逐渐增加速度, 直到配料完全混合均匀。根据个人喜好, 将饮品搅拌到所需的浓稠顺滑度, 倒入水杯中, 即可享用。

卡路里 215 脂肪 1 胆固醇 5 钠 208 碳水化合物 41 纤维 4 蛋白质 12





MAKES 2 SERVINGS (ABOUT 600ML)

Tangerine, Banana & Blueberry Smoothie

INGREDIENTS

240ml Unsweetened Almond Milk (see recipe p. 123) (use low-fat, if desired)

160g vanilla-flavored yogurt

1 banana, peeled and quartered

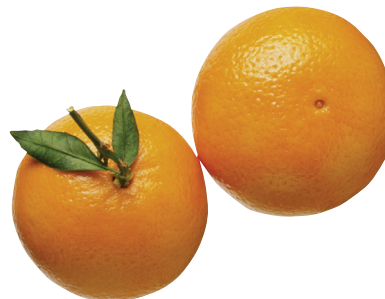
2 tangerines or mandarin oranges, peeled

100g fresh blueberries

DIRECTIONS

Place ingredients into the blender in the order listed. Blend on the Smoothie setting or press Start and increase the power gradually until the ingredients are well-blended. The smoothie is done when the consistency is smooth and blended to your preference. Divide between glasses and serve.

Calories: 175 Fat: 2g; Chol: 0mg; Sodium: 78mg; Carb: 37g; Fiber: 2g; Protein: 1g



二人份量 (约 600毫升)

橘子、香蕉&蓝莓奶昔

杏仁奶 240毫升 (见食谱 p. 123) (如有需要, 可使用低脂奶)

香草酸奶 160克

香蕉 1根, 去皮, 切四块

橘子或柑橘 2个, 削皮

新鲜蓝莓 100克

将原料按照所列顺序放入料理机中, 按冰沙程序进行搅拌, 或按下启动开关, 并调节变速旋钮逐渐增加速度, 直到配料完全混合均匀。根据个人喜好, 将饮品搅拌到所需的浓稠顺滑度, 倒入水杯中, 即可享用。

卡路里 175 脂肪 2 胆固醇 0 钠 78 碳水化合物 37 纤维 2 蛋白质 1



MAKES 2 SERVINGS (ABOUT 700ML)

Berry Blast Smoothie

INGREDIENTS

120ml cranberry juice**120g nonfat vanilla yogurt****150g fresh mixed berries****3 tbsp nonfat milk powder**

DIRECTIONS

Place ingredients into the blender in the order listed. Blend on the Smoothie setting or press Start and increase the power gradually until the ingredients are well-blended. The smoothie is done when the consistency is smooth and blended to your preference. Divide between glasses and serve.

Calories: 210 Fat: 3g; Chol: 62mg; Sodium: 122mg; Carb: 28g; Fiber: 3g; Protein: 21g



二人份量 (约 700毫升)

莓果饮料

脱脂香草酸奶 120克

纯蔓越莓汁 120毫升

新鲜混合莓果 150克

脱脂奶粉 3 大匙

将原料按照所列顺序放入料理机中,按冰沙程序进行搅拌,或按下启动开关,并调节变速旋钮逐渐增加速度,直到配料完全混合均匀。根据个人喜好,将饮品搅拌到所需的浓稠顺滑度,倒入水杯中,即可享用。

卡路里 210 脂肪 3 胆固醇 62 钠 122
碳水化合物 28 纤维 3 蛋白质 21





MAKES 1 SERVING (ABOUT 360ML)

Mixed Berry Smoothie



INGREDIENTS

80ml unsweetened vanilla almond milk

220g nonfat plain yogurt

3 large strawberries, hulled

100g fresh blueberries

DIRECTIONS

Place ingredients into the blender in the order listed. Blend on the Smoothie setting or press Start and increase the power gradually until the ingredients are well-blended. The smoothie is done when the consistency is smooth and blended to your preference. Serve right away.

Calories: 206 Fat 1g; Chol: 15mg; Sodium: 122mg; Carb: 21g; Fiber: 1g; Protein: 23g



一人份量 (约 360毫升)

混合莓果奶昔

无糖香草杏仁奶 80毫升

脱脂原味酸奶 220克

草莓3大颗, 去蒂

新鲜蓝莓 100克

将原料按照所列顺序放入料理机中, 按冰沙程序进行搅拌, 或按下启动开关, 并调节变速旋钮逐渐增加速度, 直到配料完全混合均匀。根据个人喜好, 将饮品搅拌到所需的浓稠顺滑度, 倒入水杯中, 即可享用。

卡路里 206 脂肪 1 胆固醇 15 钠 122 碳水化合物 21 纤维 1 蛋白质 23



MAKES 2 TO 3 SERVINGS (ABOUT 700ML)

Watermelon & Double Berry Smoothie

INGREDIENTS

160g nonfat plain yogurt

100g watermelon, seeded, cut in chunks

100g strawberries

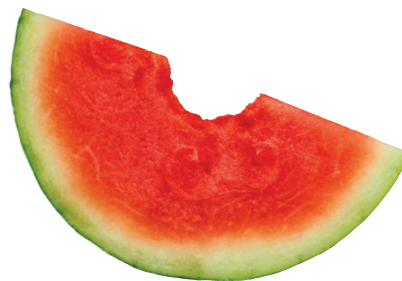
100g raspberries

1 tsp honey, optional

DIRECTIONS

Place ingredients into the blender in the order listed. Blend on the Smoothie setting or press Start and increase the power gradually until the ingredients are well-blended. The smoothie is done when the consistency is smooth and blended to your preference. Divide between glasses and serve.

Calories: 110 Fat: 1g; Chol: 3mg; Sodium: 30mg; Carb: 24g; Fiber: 2g; Protein: 4g



二至三人份量 (约 700毫升)

西瓜&双莓饮料

脱脂原味酸奶 160克

西瓜 100克, 去籽, 切块

草莓 100克

覆盆子 100克

蜂蜜 1 茶匙, 可选

将原料按照所列顺序放入料理机中, 按冰沙程序进行搅拌, 或按下启动开关, 并调节变速旋钮逐渐增加速度, 直到配料完全混合均匀。根据个人喜好, 将饮品搅拌到所需的浓稠顺滑度, 倒入水杯中, 即可享用。

卡路里 110 脂肪 1 胆固醇 3 钠 30 碳水化合物 24 纤维 2 蛋白质 4



MAKES 1 TO 2 SERVINGS (ABOUT 600ML)

Banana & Blueberry Smoothie



INGREDIENTS

180ml Unsweetened Almond Milk
(see recipe p. 123)

120g nonfat blueberry-flavored yogurt

1 large banana, peeled

225g blueberries

DIRECTIONS

Place ingredients into the blender in the order listed. Blend on the Smoothie setting or press Start and increase the power gradually until the ingredients are well-blended. The smoothie is done when the consistency is smooth and blended to your preference. Divide between glasses and serve.

Calories: 119 Fat: 1g; Chol: 1mg; Sodium: 47mg; Carb: 27g; Fiber: 4g; Protein: 4g



一至二人份量 (约 600毫升)

香蕉&蓝莓奶昔



杏仁奶 180毫升 (见食谱p.123)

脱脂蓝莓酸奶120克

大香蕉1根, 去皮

蓝莓225克

将原料按照所列顺序放入料理机中, 按冰沙程序进行搅拌, 或按下启动开关, 并调节变速旋钮逐渐增加速度, 直到配料完全混合均匀。根据个人喜好, 将饮品搅拌到所需的浓稠顺滑度, 倒入水杯中, 即可享用。

卡路里 119 脂肪 1 胆固醇 1 钠 47 碳水化合物 27 纤维 4 蛋白质 4



MAKES 2 SERVINGS (ABOUT 700ML)

Nutty Pumpkin Pecan Smoothie

INGREDIENTS

240ml low-fat milk

160g low-fat vanilla yogurt

**150g canned or fresh
pumpkin purée**

3 tsp honey

2 tbsp toasted pecans

pinch ground nutmeg

pinch ground cinnamon

DIRECTIONS

Place ingredients into the blender in the order listed. Blend on the Smoothie setting or press Start and increase the power gradually until the ingredients are well-blended. The smoothie is done when the consistency is smooth and blended to your preference. Divide between glasses and serve.

Calories: 399 Fat: 12g; Chol: 7mg; Sodium: 411mg;
Carb: 67g; Fiber: 13g; Protein: 12g



二人份量 (约 700毫升)

坚果南瓜胡桃饮料

低脂奶 240毫升

低脂香草酸奶 160克

罐装或新鲜南瓜果泥 150克

蜂蜜 3 茶匙

烤山核桃 2 大匙

肉豆蔻粉 少量

肉桂粉 少量

将原料按照所列顺序放入料理机中，按冰沙程序进行搅拌，或按下启动开关，并调节变速旋钮逐渐增加速度，直到配料完全混合均匀。根据个人喜好，将饮品搅拌到所需的浓稠顺滑度，倒入水杯中，即可享用。

卡路里 399 脂肪 12 胆固醇 7
钠 411 碳水化合物 67 纤维 13 蛋白质 12



MAKES 2 SERVINGS (ABOUT 700ML)

Loquat & Spinach Spiced Smoothie

INGREDIENTS

60ml orange juice

235g nonfat vanilla yogurt

300g loquats, unpeeled, seeded

30g torn spinach, loosely packed

pinch ground cinnamon

DIRECTIONS

Place ingredients into the blender in the order listed. Blend on the Smoothie setting or press Start and increase the power gradually until the ingredients are well-blended. The smoothie is done when the consistency is smooth and blended to your preference. Divide between glasses and serve.

Calories: 204 Fat: 1g; Chol: 3mg; Sodium: 35mg; Carb: 46g; Fiber: 3g; Protein: 6g



二人份量 (约 700毫升)

枇杷&菠菜五香饮料

橙汁60毫升

脱脂香草酸奶 235克

枇杷300克,连皮,去核

手撕菠菜 30克,散包装

肉桂粉 少量

将原料按照所列顺序放入料理机中,按冰沙程序进行搅拌,或按下启动开关,并调节变速旋钮逐渐增加速度,直到配料完全混合均匀。根据个人喜好,将饮品搅拌到所需的浓稠顺滑度,倒入水杯中,即可享用。

卡路里 204 脂肪 1 胆固醇 3 钠 35 碳水化合物 46 纤维 3 蛋白质 6



MAKES 2 SERVINGS (ABOUT 700ML)

Honeydew Cucumber Smoothie

INGREDIENTS

2 tbsp water

1 Persian cucumber, peeled and quartered

½ honeydew melon, peeled and cut in chunks

2 ice cubes

DIRECTIONS

Place ingredients into the blender in the order listed. Blend on the Smoothie setting or press Start and increase the power gradually until the ingredients are well-blended. The smoothie is done when the consistency is smooth and blended to your preference. Divide between glasses and serve.

Calories: 34 Fat: 0g; Chol: 0mg; Sodium: 3mg; Carb: 15g; Fiber: 2g; Protein: 0g



二人份量 (约 600毫升)

哈密瓜青瓜冰沙

凉开水2 大匙

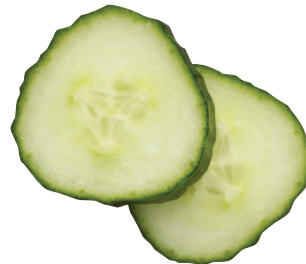
小青瓜1根, 削皮, 然后切成四块

哈密瓜½ 根, 去皮后, 切块

冰块2粒

将原料按照所列顺序放入料理机中, 按冰沙程序进行搅拌, 或按下启动开关, 并调节变速旋钮逐渐增加速度, 直到配料完全混合均匀。根据个人喜好, 将饮品搅拌到所需的浓稠顺滑度, 倒入水杯中, 即可享用。

卡路里 34 脂肪 0 胆固醇 0 钠 3 碳水化合物 15 纤维 2 蛋白质 0





MAKES 2 SERVINGS (ABOUT 360ML)

Papaya, Mango & Pineapple Smoothie

INGREDIENTS

½ lime, juiced

110g fresh mango, cut in chunks

150g fresh papaya, cut in chunks

150g fresh pineapple, cut in chunks

DIRECTIONS

Place ingredients into the blender. Blend on the Smoothie setting or press Start and increase power gradually until the ingredients are well-blended. The smoothie is done when the consistency is smooth and blended to your preference. Divide between glasses and serve.

Calories: 143 Fat: 0g; Chol: 0mg; Sodium: 0mg; Carb: 14g; Fiber: 1g; Protein: 1g



二人份量 (约 360毫升)

木瓜、芒果&菠萝汁

青柠½个,榨汁

新鲜芒果110克,切块

新鲜木瓜150克,切块

新鲜菠萝150克,切块

将原料按照所列顺序放入料理机中,按冰沙程序进行搅拌,或按下启动开关,并调节变速旋钮逐渐增加速度,直到配料完全混合均匀。根据个人喜好,将饮品搅拌到所需的浓稠顺滑度,倒入水杯中,即可享用。

卡路里 143 脂肪 0 胆固醇 0 钠 0 碳水化合物 14 纤维 1 蛋白质 1



MAKES 2 SERVINGS (ABOUT 655ML)

Kiwi, Mango & Pineapple Smoothie

INGREDIENTS

120ml coconut water

150g pineapple, cut in chunks

150g mango, cut in chunks

1 kiwi fruit, peeled

2 ice cubes

DIRECTIONS

Place ingredients into the blender in the order listed. Blend on the Smoothie setting or press Start and increase the power gradually until the ingredients are well-blended. The smoothie is done when the consistency is smooth and blended to your preference. Divide between glasses and serve.

Calories: 133 Fat: 0g; Chol: 0mg; Sodium: 66mg; Carb: 32g; Fiber: 5g; Protein: 2g



二人份量 (约655毫升)

猕猴桃、芒果&菠萝冰沙

椰子水120毫升

菠萝150克,切块

芒果150克,切块

猕猴桃1个,去皮

冰块2粒

将原料按照所列顺序放入料理机中,按冰沙程序进行搅拌,或按下启动开关,并调节变速旋钮逐渐增加速度,直到配料完全混合均匀。根据个人喜好,将饮品搅拌到所需的浓稠顺滑度,倒入水杯中,即可享用。

卡路里 133 脂肪 0 胆固醇 0 钠 66 碳水化合物 32 纤维 5 蛋白质 2



MAKES 2 SERVINGS (ABOUT 475ML)

Papaya Shake

INGREDIENTS

200ml milk

3 tbsp fresh lime juice

1-2 tbsp sweetened condensed milk (more or less to taste)

200g papaya, peeled, seeded, cut in chunks

ice cubes for serving

DIRECTIONS

Place all ingredients into the blender in the order listed. Gradually increase power until the ingredients are well-blended. The shake is done when the consistency is smooth and blended to your preference. Place ice cubes in glasses and add the shake.

Calories: 120 Fat: 3g; Chol: 10mg; Sodium: 50mg; Carb: 20g; Fiber: 2g; Protein: 5g



二人份量 (约 475毫升)

木瓜奶昔

鲜奶 200毫升

鲜青柠汁 3 大匙

加糖炼乳 1-2 大匙 (依口味增减)

木瓜200克, 削皮, 去籽, 切块

冰块

将原料按照所列顺序放入料理机中, 按下启动开关, 并调节变速旋钮逐渐增加速度, 直到配料完全混合均匀。根据个人喜好, 将奶昔搅拌到所需的浓稠顺滑度。先将冰块加入水杯中, 然后添加奶昔。

卡路里 120 脂肪 3 胆固醇 10 钠 50 碳水化合物 20 纤维 2 蛋白质 5



MAKES 6 TO 8 SERVINGS (ABOUT 3 LITERS)

Green Fusion Whole Juice

INGREDIENTS

300g green grapes**150g mango, cut in chunks****1 orange, peeled, cut in half****½ tart green apple, cut in half****225g fresh pineapple,
roughly cut****30g baby spinach leaves****8 ice cubes**

DIRECTIONS

Place ingredients into the blender in the order listed. Press the Whole Juice button and blend until the program finishes. Divide between glasses and serve.

Calories: 57 Fat: 0g; Chol: 1mg; Sodium: 4mg; Carb: 18g; Fiber: 2g; Protein: 7g



六至八人份量 (约 3 公升)

绿色全天然混合果汁

绿葡萄300克

芒果150克, 切块

鲜橙1个, 去皮, 切半

酸青苹果½个, 切半

新鲜菠萝225克, 粗切

菠菜叶30克

8 冰块

将原料按照所列顺序放入料理机中, 按纯果汁程序进行搅拌, 直到程序结束。倒入水杯中, 即可享用。

卡路里 57 脂肪 0 胆固醇 1 钠 4 碳水化合物 18 纤维 2 蛋白质 7







MAKES 2 SERVINGS (700ML)

Green Zest Juice

INGREDIENTS

240ml apple juice

60g baby spinach

100g celery, cut into pieces

1 Persian cucumber, peeled and quartered

½ lemon, peeled

6-7g ginger root, peeled

DIRECTIONS

Place ingredients into the blender in the order listed. Blend on the Whole Juice setting until the program finishes. Divide between glasses and serve.

Calories: 80 Fat: 0g; Chol: 0mg; Sodium: 45mg; Carb: 19g; Fiber: 2g; Protein: 2g



二人份量 (700毫升)

绿色热情蔬果汁

苹果汁 240毫升

菠菜60克

芹菜100克,切块

小青瓜 1个,削皮,切四块

柠檬½个,削皮

生姜6-7克,削皮

将原料按照所列顺序放入料理机中,按纯果汁程序进行搅拌,直到程序结束。倒入水杯中,即可享用。

卡路里 80 脂肪 0 胆固醇 0 钠 45 碳水化合物 19 纤维 2 蛋白质 2



SERVES 4 (ABOUT 600ML)

Whole Orange Juice

INGREDIENTS

100ml cold water

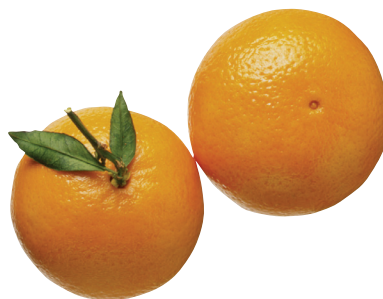
4 oranges, peeled and quartered

**3-4g ginger root, peeled
ice cubes for serving**

DIRECTIONS

Place ingredients into the blender in the order listed. Blend on the Whole Juice setting until the program finishes. Place a few ice cubes in each glass and add the juice.

Calories: 62 Fat: 0g; Chol: 0mg; Sodium: 0mg; Carb: 16g; Fiber: 3g; Protein: 1g



四人份量 (约 600毫升)

全橙汁

冷开水 100毫升
鲜橙4个, 去皮, 切四块
生姜3-4克, 去皮
冰块

将原料按照所列顺序放入料理机中, 按纯果汁程序进行搅拌, 直到程序结束。先将冰块放进水杯中, 再倒入果汁, 即可享用。

卡路里 62 脂肪 0 胆固醇 0 钠 0 碳水化合物 16 纤维 3 蛋白质 1





MAKES ABOUT 4 SERVINGS (700ML)

Orange Mango Fruit Juice

INGREDIENTS

600ml water

3 oranges, peeled, quartered

1 medium apple, cored, quartered

1 mango, peeled, pitted

4g ginger root, peeled

DIRECTIONS

Place ingredients into the blender in the order listed. Blend on the Whole Juice setting until the program finishes. Place ice cubes in each glass and add the juice.

Calories: 94 Fat: 0g; Chol: 0mg; Sodium: 1mg; Carb: 24g; Fiber: 4g; Protein: 1g



约四人份量 (700毫升)

香橙芒果新鲜果汁

冷开水600毫升

鲜橙3个,去皮,切四块

中苹果1个,去芯,切四块

芒果1个,削皮,去核

生姜4克,削皮

将原料按照所列顺序放入料理机中,按纯果汁程序进行搅拌,直到程序结束。倒入水杯中,即可享用。

卡路里 94 脂肪 0 胆固醇 0 钠 1 碳水化合物 24 纤维 4 蛋白质 1



MAKES ABOUT 6 SERVINGS (1.5 LITERS)

Orange Pineapple Juice

INGREDIENTS

540ml water

10g alfalfa sprouts

50g tbsp celery, chopped

1 carrot, peeled, cut in chunks

½ orange, peeled

200g fresh pineapple, cut in chunks

1 tbsp almonds

2 tbsp rolled oats

ice cubes for serving

DIRECTIONS

Place ingredients into the blender in the order listed. Blend on the Whole Juice setting until the program finishes. Place ice cubes in each glass and add juice.

Calories: 47 Fat: 1g; Chol: 0mg; Sodium: 0mg; Carb: 9g; Fiber: 2g; Protein: 1g



约六人份量 (1.5 公升)

香橙菠萝汁

冷开水540毫升

苜蓿芽10克

芹菜50克,切块

胡萝卜1根,削皮,切块

橙½个,削皮

新鲜菠萝200克,切块

杏仁1大匙

燕麦片2大匙

冰块

将原料按照所列顺序放入料理机中,按纯果汁程序进行搅拌,直到程序结束。先将冰块放进水杯中,再倒入果汁,即可享用。

卡路里 47 脂肪 1 胆固醇 0 钠 0 碳水化合物 9 纤维 2 蛋白质 1

MAKES 4 SERVINGS (ABOUT 1L)

Fresh Melon Drink

INGREDIENTS

700ml water

½ cantaloupe or honeydew melon, seeded, cubed (about 450g)

3 tbsp honey (less or more to taste)

ice cubes for serving

DIRECTIONS

Place ingredients into the blender in the order listed. Gradually increase the power to medium and blend for 30 seconds. Increase power to high and blend for 1 minute or until smooth. Place ice cubes in glasses and add the melon drink.

Calories: 74 Fat: 0g; Chol: 0mg; Sodium: 19mg; Carb: 20g; Fiber: 1g; Protein: 1g



四人份量 (约 1公升)

新鲜密瓜饮料

冷开水700毫升

哈密瓜或香瓜瓜½个，去籽，切成方块 (约 450克)

蜂蜜3大匙 (依口味增减)

冰块

将原料按照所列顺序放入料理机中，或按下启动开关，并调节变速旋钮逐渐增加速度至中速，搅拌30秒，再增加速度至高速，再搅拌1分钟，或直至变得顺滑。先将冰块放入水杯中，倒入密瓜饮料，即可享用。

卡路里 74 脂肪 0 胆固醇 0 钠 19 碳水化合物 20 纤维 1 蛋白质 1

MAKES 1 TO 2 SERVINGS (ABOUT 475ML)

Spicy Tomato Juice

INGREDIENTS

120ml water

2 ripe tomatoes, cored

2 ribs celery, with leaves

**1 tsp wasabi powder
(add more to taste)**

½ lemon, peeled, pith removed

**½ siling loyuba chili pepper
(or any mild to spicy pepper)**

pinch salt

dash black pepper

DIRECTIONS

Place ingredients into the blender in the order listed. Press Start and increase the power gradually until the ingredients are well-blended. The juice is done when the consistency is smooth and blended to your preference. Divide between glasses and serve.

Calories: 29 Fat: 1g; Chol: 0mg; Sodium: 40mg;
Carb: 8g; Fiber: 2g; Protein: 1g

一至二人份量 (约 475毫升)

辣味西红柿汁

冷开水120毫升

熟西红柿2个,去芯

芹菜2棵,连叶

芥末粉 1茶匙 (依口味增加)

柠檬½个,去皮,去籽

朝天椒 ½个 (或任何微辣至辛辣
的辣椒)

盐 少量

黑胡椒 少量

将原料按照所列顺序放入料理机中,按下启动开关,并调节变速旋钮逐渐增加速度,直到配料完全混合均匀。根据个人喜好,将饮品搅拌到所需的浓稠顺滑度,倒入水杯中,即可享用。

卡路里 29 脂肪 1 胆固醇 0 钠 40
碳水化合物 8 纤维 2 蛋白质 1



MAKES 2 SERVINGS (ABOUT 475ML)

Pineapple, Blueberry & Passion Fruit Juice

INGREDIENTS

100ml cold water

3 passion fruits (inside pulp and seeds)

200g fresh pineapple, cut in chunks

50g fresh blueberries

3 fresh mint leaves

ice cubes for serving

DIRECTIONS

Rinse the passion fruit. Cut open and scoop the fruit and seeds into the blender jar. Place all other ingredients into the blender in the order listed. Blend on the Whole Juice setting until the program finishes. Place ice cubes in each glass and add the juice.

Calories: 122 Fat: 0g; Chol: 0mg; Sodium: 10mg; Carb: 32g; Fiber: 6g; Protein: 1g



二人份量 (约 475毫升)

菠萝、蓝莓&百香果汁

凉开水100毫升

百香果 3个 (果肉和种子)

新鲜菠萝200克,切块

新鲜蓝莓50克

新鲜薄荷叶3片

冰块

冲洗百香果,切开,舀出果肉和种籽并放入搅拌杯。将其他原料按照所列顺序放入料理机中,按纯果汁程序进行搅拌,直到程序结束。先将冰块放进水杯中,再倒入果汁,即可享用。

卡路里 122 脂肪 0 胆固醇 0 钠 10 碳水化合物 32 纤维 6 蛋白质 1



MAKES 2 SERVINGS (ABOUT 600ML)

Pineapple, Mango & Fresh Cucumber Juice

INGREDIENTS

250g pineapple, cut in chunks

150g mango, cut in chunks

**1 Persian cucumber, peeled,
cut in chunks**

8 ice cubes

DIRECTIONS

Place ingredients into the blender in the order listed. Press Start and increase the power gradually until the ingredients are well-blended. The juice is done when the consistency is smooth and blended to your preference. Divide between glasses and serve.

Calories: 127 Fat: 0g; Chol: 0mg; Sodium: 2mg; Carb: 36g; Fiber: 4g; Protein: 2g

二人份量 (约600毫升)

菠萝、芒果&鲜青瓜汁

菠萝250克,切块

芒果150克,切块

小青瓜1根,削皮,切块

冰块8粒

将原料按照所列顺序放入料理机中,按下启动开关,并调节变速旋钮逐渐增加速度,直到配料完全混合均匀。根据个人喜好,将饮品搅拌到所需的浓稠顺滑度。先将冰块放入水杯中,再倒入果汁,即可享用。

卡路里 127 脂肪 0 胆固醇 0 钠 2 碳水化合物 36 纤维 4 蛋白质 2



MAKES 4-6 SERVINGS (ABOUT 1L)

Watermelon Juice with Ginger

INGREDIENTS

650g watermelon with seeds, cut in chunks

5g ginger root, peeled

½ lemon or lime, peeled

5 fresh mint leaves

ice cubes for serving

DIRECTIONS

Place all ingredients into the blender in the order listed. Blend on the Whole Juice setting until the program finishes. Place ice cubes in glasses and add the juice.

Calories: 30 Fat: 0g; Chol: 0mg; Sodium: 1mg; Carb: 10g; Fiber: 0g; Protein: 0g



四至六人份量 (约 1公升)

西瓜汁配姜

西瓜连籽650克,切块

生姜5克,削皮

柠檬或青柠½个,削皮

新鲜薄荷叶5片

冰块

将原料按照所列顺序放入料理机中,按纯果汁程序进行搅拌,直到程序结束。先将冰块放进水杯中,再倒入果汁,即可享用。

卡路里 30 脂肪 0 胆固醇 0 钠 1 碳水化合物 10 纤维 0 蛋白质 0





MAKES 6 SERVINGS (ABOUT 1.5 LITERS)

Carrot, Pineapple & Orange Energy Juice

INGREDIENTS

550ml cold water

110g carrots, peeled, cubed

250g fresh pineapple, cut in chunks

½ orange, peeled

20g alfalfa sprouts

60g celery, cut in chunks

1 tbsp almonds

2 tbsp rolled oats

ice cubes for serving

DIRECTIONS

Place all ingredients into the blender in the order listed. Blend on the Whole Juice setting until the program finishes. Place ice cubes in glasses and add the juice.

Calories: 61 Fat: 1g; Chol: 0mg; Sodium: 12mg; Carb: 14g; Fiber: 2g; Protein: 1g



六人份量 (约 1.5 公升)

胡萝卜、菠萝&香橙能量汁

凉开水 550毫升

胡萝卜110克,削皮,切块

新鲜菠萝250克,切块

鲜橙 ½ 个,去皮

苜蓿芽20克

芹菜60克,切块

杏仁 1 大匙

燕麦片 2 大匙

冰块

将原料按照所列顺序放入料理机中,按纯果汁程序进行搅拌,直到程序结束。先将冰块放进水杯中,再倒入果汁,即可享用。

卡路里 61 脂肪 1 胆固醇 0 钠 12 碳水化合物 14 纤维 2 蛋白质 1



MAKES 2 SERVINGS (ABOUT 600ML)

Strawberry Supercharge Juice

INGREDIENTS

120ml orange juice

150g strawberries

2 mangos, peeled, cut in chunks

8 ice cubes

DIRECTIONS

Place ingredients into the blender in the order listed. Press Start and increase the power gradually until the ingredients are well-blended. The juice is done when the consistency is smooth and blended to your preference. Divide between glasses and serve.

Calories: 177 Fat: 2g; Chol: 0mg; Sodium: 4mg; Carb: 45g; Fiber: 5g; Protein: 3g



二人份量 (约 600毫升)

草莓超能量汁

橙汁120毫升

草莓 150克

芒果2个, 削皮, 切块

冰块8粒

将原料按照所列顺序放入料理机中, 按下启动开关, 并调节变速旋钮逐渐增加速度, 直到配料完全混合均匀。根据个人喜好, 将饮品搅拌到所需的浓稠顺滑度。先将冰块放入水杯中, 再倒入果汁, 即可享用。

卡路里 177 脂肪 2 胆固醇 0 钠 4 碳水化合物 45 纤维 5 蛋白质 3

MAKES 2 TO 4 SERVINGS (ABOUT 700ML)

Fresh Pineapple Watermelon Juice

INGREDIENTS

300g fresh pineapple, cut in chunks

300g watermelon, cut in chunks

1 lime, peeled

DIRECTIONS

Place ingredients into the blender in the order listed. Press Start and increase the power gradually until the ingredients are well-blended.

The juice is done when the consistency is smooth and blended to your preference. Divide between glasses and serve.

Calories: 65 Fat: 0g; Chol: 0mg; Sodium: 2mg; Carb: 17g; Fiber: 2g; Protein: 1g

二至四人份量 (约 700毫升)

新鲜菠萝西瓜汁

新鲜菠萝 300克, 切块

西瓜300克, 切块

青柠1个, 削皮

将原料按照所列顺序放入料理机中, 按下启动开关, 并调节变速旋钮逐渐增加速度, 直到配料完全混合均匀。根据个人喜好, 将饮品搅拌到所需的浓稠顺滑度。倒入水杯中, 即可享用。

卡路里 65 脂肪 0 胆固醇 0 钠 2 碳水化合物 17 纤维 2 蛋白质 1



MAKES 1 TO 2 SERVINGS (ABOUT 475ML)

All Green 24/7 Juice

INGREDIENTS

300ml peach nectar (or other fruit nectar)

30g baby spinach

4 romaine lettuce leaves (or other field greens)

100g loquats, seeded

1 kiwi, peeled

DIRECTIONS

Place ingredients into the blender in the order listed. Blend on the Whole Juice setting until the program finishes. Divide between glasses and serve.

Calories: 177 Fat: 0g; Chol: 0mg; Sodium: 27mg; Carb: 45g; Fiber: 6g; Protein: 2g



一至二人份量 (约 475毫升)

全绿 24/7 汁

水蜜桃果汁 300毫升 (或其他水果果汁)

菠菜30克

油麦菜4块 (或其他绿叶)

枇杷100克, 去核

猕猴桃1个, 削皮

将原料按照所列顺序放入料理机中, 按纯果汁程序进行搅拌, 直到程序结束。倒入水杯中, 即可享用。

卡路里 177 脂肪 0 胆固醇 0 钠 27 碳水化合物 45 纤维 6 蛋白质 2

MAKES 1 SERVING (ABOUT 350ML)

Carrot, Ginger & Orange Juice

INGREDIENTS

240ml grape juice

1 large carrot, peeled

1 orange, peeled, cut in half

6-7g ginger root, peeled

DIRECTIONS

Place ingredients into the blender in the order listed. Press Start and increase the power gradually until the ingredients are well-blended.

The juice is done when the consistency is smooth and blended to your preference. Serve right away.

Calories: 179 Fat: 0g; Chol: 0mg; Sodium: 53mg; Carb: 43g; Fiber: 5g; Protein: 2g



一人份量 (约 350毫升)

红萝卜、姜&橙汁

葡萄汁 240毫升

大胡萝卜 1根, 削皮

鲜橙1个, 削皮, 切半

生姜6-7克, 削皮

将原料按照所列顺序放入料理机中, 按下启动开关, 并调节变速旋钮逐渐增加速度, 直到配料完全混合均匀。根据个人喜好, 将饮品搅拌到所需的浓稠顺滑度。倒入水杯中, 即可享用。

卡路里 179 脂肪 0 胆固醇 0 钠 53 碳水化合物 43
纤维 5 蛋白质 2



MAKES 2 TO 3 SERVINGS (ABOUT 600ML)

Cucumber Lime Refresher

INGREDIENTS

180ml water

2 limes, juiced

3 Persian cucumbers, peeled and quartered

6-7g ginger root, peeled

DIRECTIONS

Place ingredients into the blender in the order listed. Press Start and gradually increase power until the ingredients are well-blended. The juice is done when the consistency is smooth and blended to your preference. Divide between glasses and serve.

Calories: 15 Fat: 0g; Chol: 0mg; Sodium: 1mg; Carb: 3g; Fiber: 0g; Protein: 0g

二至三人份量 (约 600毫升)

青瓜青柠清爽饮品

冷开水 180毫升

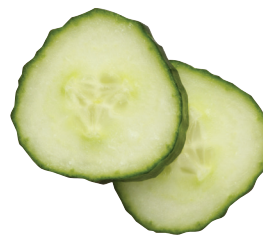
青柠2个,榨汁

小青瓜 3根,削皮,然后切四块

生姜6-7克,削皮

将原料按照所列顺序放入料理机中,按下启动开关,并调节变速旋钮逐渐增加速度,直到配料完全混合均匀。根据个人喜好,将饮品搅拌到所需的浓稠顺滑度。倒入水杯中,即可享用。

卡路里 15 脂肪 0 胆固醇 0 钠 1 碳水化合物 3 纤维 0 蛋白质 0





MAKES 2 SERVINGS (ABOUT 425ML)

Cucumber Lime Splash

INGREDIENTS

100ml cold water

**2 Persian cucumbers, peeled,
cut in half**

½ lime, peeled

10 fresh mint leaves

ice cubes for serving

DIRECTIONS

Place all ingredients into the blender in the order listed. Blend on the Whole Juice setting until the program finishes. Place ice cubes in glasses and add the drink.

Calories: 23 Fat: 0g; Chol: 0mg; Sodium: 5mg; Carb: 15g; Fiber: 0g; Protein: 0g



二人份量 (约 425毫升)

青瓜青柠汁

冷开水100毫升

小青瓜2根,削皮,切半

青柠½个,削皮

新鲜薄荷叶 10片

冰块

将原料按照所列顺序放入料理机中,按纯果汁程序进行搅拌,直到程序结束。先将冰块放进水杯中,再倒入果汁,即可享用。

卡路里 23 脂肪 0 胆固醇 0 钠 5 碳水化合物 15 纤维 0 蛋白质 0



SERVES 2 TO 3 (ABOUT 700ML)

Iced Coffee Drink



INGREDIENTS

300ml brewed coffee

3 tbsp milk

1 tbsp sweetened condensed milk

10 ice cubes

DIRECTIONS

Place ingredients into the blender in the order listed. Blend on the Smoothie setting until the program finishes. Divide between glasses and serve.

Calories: 21 Fat: 0g; Chol: 3mg; Sodium: 13mg; Carb: 3g; Fiber: 0g; Protein: 1g



二至三人份量 (约 700毫升)

冰咖啡

煮好的咖啡 300毫升

鲜奶 3 大匙

加糖炼乳 1 大匙

10 冰块

将原料按照所列顺序放入料理机中，按冰沙程序进行搅拌，直到程序结束。倒入水杯中，即可享用。

卡路里 21 脂肪 0 胆固醇 3 钠 13
碳水化合物 3 纤维 0 蛋白质 1



MAKES 2 SERVINGS (ABOUT 475ML)

Four Berry Nectar

INGREDIENTS

**75g fresh strawberries,
hulled**

75g fresh raspberries

75g fresh blackberries

75g fresh blueberries

1-2 tbsp honey (optional)

DIRECTIONS

Place ingredients into the blender in the order listed. Press Start and increase the power gradually until the ingredients are well-blended. The nectar is ready when the consistency is smooth and blended to your preference. Strain, if desired. Divide between glasses and serve.

Calories: 128 Fat: 0g; Chol: 0mg; Sodium: 3mg; Carb: 33g; Fiber: 4g; Protein: 2g

二人份量 (约 475毫升)

四色莓果果汁

新鲜草莓75克, 去蒂

新鲜覆盆子75克

新鲜黑莓75克

新鲜蓝莓75克

蜂蜜1-2 大匙(可选)

将原料按照所列顺序放入料理机中, 按下启动开关, 并调节变速旋钮逐渐增加速度, 直到配料完全混合均匀。根据个人喜好, 将饮品搅拌到所需的浓稠顺滑度。如果需要的话, 先过滤, 再倒入水杯中, 即可享用。

卡路里 128 脂肪 0 胆固醇 0 钠 3
碳水化合物 33 纤维 4 蛋白质 2





MAKES ABOUT 2 SERVINGS (700ML)

Peachy Green Tea

INGREDIENTS

500ml brewed green tea
200g peaches, peeled, pitted
1 tbsp brown sugar
ice cubes for serving

DIRECTIONS

Place the ingredients into the blender in the order listed. Gradually increase the power to medium-high until well-blended. Divide the ice cubes between 2 glasses and add the tea.

Calories: 62 Fat: 0g; Chol: 0mg; Sodium: 0mg; Carb: 16g; Fiber: 1g; Protein: 1g



约二人份量 (700毫升)

水蜜桃绿茶

冲泡好的绿茶 500毫升
 水蜜桃 200克, 削皮, 去核
 红糖 1 大匙
 冰块

将原料按照所列顺序放入料理机中, 按下启动开关, 并调节变速旋钮逐渐增加速度至中高速, 直到配料完全混合均匀。先将冰块放进水杯中, 再倒入绿茶, 即可享用。

卡路里 62 脂肪 0 胆固醇 0 钠 0 碳水化合物 16 纤维 1 蛋白质 1

MAKES 2 SERVINGS (ABOUT 475ML)

Tart Apple & Blueberry Nectar

INGREDIENTS

240ml orange juice

2 tart apples, cored

150g blueberries

6-7g ginger root, peeled

DIRECTIONS

Place ingredients into the blender in the order listed. Press Start and increase the power gradually until the ingredients are well-blended. The nectar is ready when the consistency is smooth and blended to your preference. Strain, if desired. Divide between glasses and serve.

Calories: 153 Fat: 1g; Chol: 0mg; Sodium: 4mg; Carb: 37g; Fiber: 7g; Protein: 1g

二人份量 (约 475毫升)

酸苹果&蓝莓饮料

橙汁240毫升

酸苹果2个,去芯

蓝莓150克

生姜6-7克,削皮

将原料按照所列顺序放入料理机中,按下启动开关,并调节变速旋钮逐渐增加速度,直到配料完全混合均匀。根据个人喜好,将饮品搅拌到所需的浓稠顺滑度。如果需要的话,先过滤,再倒入水杯中,即可享用。

卡路里 153 脂肪 1 胆固醇 0 钠 4 碳水化合物 37 纤维 7 蛋白质 1





SERVES 4 (ABOUT 600ML)

Fresh Cucumber & Orange Fizz

INGREDIENTS

120ml fresh orange juice

3 tbsp fresh squeezed lime juice

500ml sparkling water

½ Persian cucumber, peeled and seeded

lime wedges for garnish (optional)

ice cubes for serving

DIRECTIONS

Place cucumber, orange juice and lime juice into the blender. Press Start and blend until smooth. Strain, if desired. Divide juice between four ice-filled glasses and top each with sparkling water. Garnish with lime and serve immediately.

Calories: 21 Fat: 0g; Chol: 0mg; Sodium: 0mg; Carb: 5g; Fiber: 0g; Protein: 0g

四人份量 (约 600毫升)

新鲜青瓜&香橙气泡饮料

新鲜橙汁 120毫升

鲜榨青柠汁3大匙

苏打水 500毫升

小青瓜 ½ 根, 削皮, 去籽

青柠角 作配菜 (选料)

冰块

将青瓜、橙汁和青柠汁放进料理机。按下启动并搅拌至顺滑。如果需要的话,先过滤。把蔬果汁平分到四个水杯里加冰,倒入苏打水,以青柠当配菜,即可享用。

卡路里 21 脂肪 0 胆固醇 0 钠 0 碳水化合物 5 纤维 0 蛋白质 0



MAKES ABOUT 4 SERVINGS (500ML)

Hot Purple Yam Drink

INGREDIENTS

500ml coconut milk

30g steamed purple yam (or use sweet potato)

3 tbsp blackberry jam or marmalade

DIRECTIONS

Place ingredients into the blender in the order listed. Blend on the Soup setting until the program finishes. Serve in small bowls.

Calories: 290 Fat: 20g; Chol: 0mg; Sodium: 72mg; Carb: 22g; Fiber: 0g; Protein: 6g



约四人份量 (500毫升)

热紫薯饮料

椰奶 500毫升

蒸紫薯 30克 (或使用白薯)

黑莓果酱或橘子果酱 3 大匙

将原料按照所列顺序放入料理机。按热汤程序进行搅拌，直到程序结束。放进小碗，即可享用。

卡路里 290 脂肪 20 胆固醇 0 钠 72 碳水化合物 22 纤维 0 蛋白质 6



CHAPTER 2 第2章

Soups, Sauces
& Spreads
汤品、酱汁
& 抹酱



THAI CARROT SOUP, P. 60
泰式胡萝卜浓汤 P. 60





SERVES 6

Pumpkin Cashew Soup

INGREDIENTS

600ml chicken or vegetable broth, room temperature

300g steamed pumpkin, cut in chunks (or use yellow squash)

60g raw cashews

1 clove garlic, roasted, peeled

dash black pepper

pinch salt

cashew pieces for garnish

cilantro or Chinese parsley leaves for garnish

sesame oil for garnish

DIRECTIONS

Place the first six ingredients into the blender in the order listed. Set aside the cashew pieces, cilantro and sesame oil. Blend on the Soup setting until the program finishes. Garnish each serving with cashew pieces, cilantro and a splash of sesame oil. Serve at once.

Calories: 130 Fat: 6g; Chol: 2mg; Sodium: 494mg; Carb: 18g; Fiber: 4g; Protein: 2g



六人份量

南瓜腰果汤

鸡上汤或蔬菜上汤 600毫升，
室温

蒸南瓜 300克，切块（或使用夏
南瓜）

腰果 60克

大蒜 1瓣，香烤，削皮

黑胡椒 少量

盐 少量

腰果 当配菜

芫荽叶或香菜叶 当配菜

麻油 当配菜

将前面六种原料按照所列顺序放入料理机。把腰果、芫荽叶以及麻油放置一旁待用。按热汤程序进行搅拌，直到程序结束。每份用腰果、芫荽叶以及少许麻油作配菜，即可享用。

卡路里 130 脂肪 6 胆固醇 2 钠 494 碳水化合物 18 纤维 4 蛋白质 2



SERVES 6

Carrot Ginger Soup

INGREDIENTS

4 carrots, peeled and sliced

60g butter

1 tbsp honey

¼ tsp ground ginger

½ tsp salt

½ tsp white pepper

1.5L chicken or vegetable broth

DIRECTIONS

In a large heavy-bottomed skillet, melt butter over medium-high heat. When sizzling, add carrots, reduce heat to medium and sauté, stirring frequently until softened and golden brown around edges. Stir in honey and spices and cook for a minute or two longer to incorporate flavors. Add broth and bring to a simmer. Remove pan from heat and, when cool enough to handle, transfer contents to blender jar. Blend on the Soup setting until the program finishes. If desired, return soup to stockpot to re-heat for a few minutes or serve as is.

Calories: 122 Fat: 8g; Chol: 24mg; Sodium: 745mg; Carb: 11g; Fiber: 2g; Protein: 2g



六人份量

胡萝卜生姜浓汤

胡萝卜 4根, 削皮并切片

奶油 60克

蜂蜜 1 大匙

生姜碎 ¼ 茶匙

盐 ½ 茶匙

白胡椒 ½ 茶匙

鸡上汤或蔬菜上汤 1.5公升

用一个大厚底锅, 放入奶油以中-高火融化。当发出滋滋声, 加入胡萝卜, 调至中火爆炒, 翻炒到软化, 边缘呈金黄色。拌入蜂蜜和香料, 煮一两分钟或更长时间以入味。加入上汤, 用文火煮。把锅移离火源, 待放凉后, 把原料倒入搅拌杯。按热汤程序进行搅拌, 直到程序结束。如果需要的话, 把浓汤倒入锅, 再加热几分钟或维持现状, 即可享用。

卡路里 122 脂肪 8 胆固醇 24 钠 745 碳水化合物 11 纤维 2 蛋白质 2



SERVES 4

Thai Carrot Soup

INGREDIENTS

475ml chicken broth**400ml coconut milk****700g carrots, peeled, cut in chunks****1 small shallot or onion, peeled****1 pc fresh lemongrass (about 4 in.)****30g ginger root, peeled****1 small dried red chili****20g fresh cilantro leaves****1 tbsp fresh lime juice****1½ tsp fish sauce****½ tsp salt****cilantro leaves for garnish (optional)**

DIRECTIONS

Place ingredients into the blender in the order listed. Blend on the Soup setting until the program finishes. Divide between bowls, garnish with cilantro and serve.

Calories: 316 Fat: 18g; Chol: 3mg; Sodium: 691mg; Carb: 23g; Fiber: 5g; Protein: 4g



四人份量

泰式胡萝卜浓汤

鸡上汤 475毫升

椰奶 400毫升

胡萝卜 700克, 削皮, 切块

细红葱或洋葱1棵, 削皮

新鲜柠檬草 1棵 (约 4 寸)

生姜30克, 削皮

细干红辣椒 1只

新鲜芫荽叶 20克

鲜青柠汁 1 大匙

鱼露 1½ 茶匙

盐 ½ 茶匙

芫荽叶 当配菜 (选料)

将原料按照所列顺序放入料理机。按热汤程序进行搅拌, 直到程序结束。平分到碗中, 用芫荽叶当配菜, 即可享用。

卡路里 316 脂肪 18 胆固醇 3 钠 691 碳水化合物 23 纤维 5 蛋白质 4



SERVES 4

Creamy Broccoli Soup



INGREDIENTS

225g raw cashews

1 tbsp olive oil

300g fresh broccoli, cut in florets

½ yellow onion, peeled and chopped

1L vegetable broth

½ tsp ground black pepper

DIRECTIONS

Place cashews in a medium bowl and add enough water to cover. Soak nuts in water for at least 2 hours. Drain nuts, discard water and set nuts aside. Heat oil in a stockpot over medium heat. Add onion and sauté until softened, stirring often. Add 60ml vegetable broth and broccoli and simmer until tender-crisp, about 5 minutes. Place drained nuts, broth, broccoli mixture and pepper in the blender jar. Blend on the Soup setting until the program finishes. Taste and add seasonings to taste. Serve hot, at room temperature, or chilled.

Calories: 401 Fat: 32g; Chol: 0mg; Sodium: 1643mg; Carb: 23g; Fiber: 3g; Protein: 14g



四人份量

西兰花奶油浓汤

腰果225克

橄榄油 1 大匙

新鲜西兰花 300克,切掉小花

洋葱 ½ 颗,削皮,切碎

蔬菜上汤 1公升

黑胡椒碎 ½ 茶匙

将腰果放入碗中,加入足够凉开水,浸泡最少 2 小时,然后把腰果沥干,将水倒掉,放置一旁。

用汤锅以中火把橄榄油加热。加入洋葱,翻炒到软化,添加60毫升蔬菜上汤及西兰花,小火煮约5分钟至软酥。

将已沥干的腰果、蔬菜上汤、椰菜、西兰花混合物以及胡椒碎放进搅拌机,按热汤程序进行搅拌,直到程序结束。尝味道,视情况添加调味料。在室温下趁热食用,或充分冷却。

卡路里 401 脂肪 32 胆固醇 0 钠 1643 碳水化合物 23 纤维 3 蛋白质 14

MAKES 4 SERVINGS

Chilled Garden Vegetable Soup

INGREDIENTS

2 large ripe tomatoes, cored and quartered

1 cucumber, peeled and quartered

1 sweet pepper, cored, seeded, and quartered

½ yellow onion, peeled and quartered

2 spring onions, white and light green parts only, trimmed

2 cloves garlic, peeled

¼ bunch cilantro, stemmed

4 tbsp water

2 tbsp red or white wine vinegar

1 tbsp olive oil

1 tsp Chinese five-spice powder

1 tsp ground black pepper

DIRECTIONS

Combine vegetables and herbs in a large bowl. Transfer half of mixture into blender and Pulse until mixture is chunky-smooth. Add water, vinegar, oil and spices and gradually increase speed to medium-low. Blend for 30 seconds and add remaining vegetable mixture. Pulse just until combined. Cover and refrigerate until well-chilled, at least one hour. Taste and adjust seasonings.

Calories: 73 Fat: 3g; Chol: 0mg; Sodium: 189mg; Carb: 4g; Fiber: 1g; Protein: 1g



四人份量

田园蔬菜冻浓汤

熟西红柿 2大颗,去芯,切四块
 小青瓜 1根,削皮,切四块
 灯笼椒 1个,去核,切四块
 洋葱 ½个,削皮,切四块
 绿葱2条,只需白色浅绿色部份,切掉多余部份
 大蒜 2瓣,削皮
 香菜叶 ¼束,切掉茎
 冷开水 4大匙
 红酒醋或白酒醋 2大匙
 橄榄油 1大匙
 中式五香粉 1茶匙
 黑胡椒碎 1茶匙

将蔬菜和香菜放在一个大碗里。把一半混合物倒入料理机,搅拌直到混合物变得润滑。再添加冷开水、醋、橄榄油及香料,逐渐增加速度至中-低速,搅拌 30 秒,加入剩余的蔬菜混合物,搅拌直到完全混合。盖好,放进冰箱最少1小时至冷却。尝味道,视情况调整调味料用量。

卡路里 73 脂肪 3 胆固醇 0 钠 189 碳水化合物 4 纤维 1 蛋白质 1

SERVES 8 TO 10

Italian Winter Soup

INGREDIENTS

- 2 tbsp olive oil**
- 1 onion, peeled and chopped**
- 2 carrots, peeled and chopped**
- 2 ribs celery, cut into large pieces**
- 2 cloves garlic, minced**
- 790g canned tomatoes, with juice**
- 1L chicken or vegetable broth**
- 1 white potato, peeled and cubed**
- 1 tsp dried oregano**
- 1 bay leaf**
- ½ tsp salt**
- 1 tsp freshly ground black pepper**
- ½ head green cabbage, cored and shredded**
- 1 yellow squash, thickly sliced**
- 450g canned chickpeas, rinsed and drained**
- 140g small pasta (shells, elbows, etc.), uncooked**
- freshly grated aged white cheese for garnish**
- handful chopped fresh parsley for garnish**

DIRECTIONS

In a large stockpot, heat oil over medium heat. Add onion, carrots and celery and sauté until softened. Add garlic and sauté for 1 minute. Add tomatoes with juice, chicken stock, potato, oregano, bay leaf, salt and pepper and bring to a boil. Partially cover, lower heat and simmer until potatoes are tender, about 10 minutes. Remove bay leaf and carefully transfer one-half of the soup into the blender (no more than 1.5 liters). Replace the lid and Pulse on medium speed until soup is smooth. Return mixture to stockpot. Add cabbage, squash, chickpeas and pasta and simmer for 15 to 20 minutes, until vegetables are tender and pasta is cooked through. Adjust seasonings and serve hot, garnished with cheese and parsley.

Calories: 173 Fat: 2g; Chol: 3mg; Sodium: 709mg; Carb: 16g; Fiber: 7g; Protein: 8g



八至十人份量

意大利式冬日浓汤

橄榄油 2 大匙
 洋葱 1 个, 削皮, 然后切成碎粒
 胡萝卜 2 根, 削皮, 然后切成碎粒
 芹菜 2 棵, 切成大块
 大蒜 2 瓣, 切碎
 罐装西红柿汁 790 克
 鸡上汤或蔬菜上汤 1 公升
 土豆 1 个, 削皮, 然后切成块状
 干牛至 1 茶匙
 月桂叶 1 块
 盐 ½ 茶匙
 现磨黑胡椒 1 茶匙
 青椰菜 ½ 棵, 去芯并切碎
 夏南瓜 1 颗, 切成厚片
 罐装鹰嘴豆 450 克, 冲洗, 然后沥干
 意大利面 140 克 (贝壳状、弯管面等等),
 未熟煮
 现磨熟成白奶酪 当配菜
 新鲜欧芹切碎一把 当配菜

用一个大汤锅, 中火烧热橄榄油。加入洋葱、胡萝卜以及芹菜, 然后爆炒至软化, 加入大蒜爆炒 1 分钟。加入西红柿汁、鸡上汤、土豆、牛至、月桂叶、盐和胡椒, 煮至沸腾。局部复盖, 将火调低, 煨约 10 分钟, 直到土豆变软。移走月桂叶, 小心地把一半浓汤倒入料理机 (不要多于 1.5 公升), 盖上盖, 以中速搅拌, 直至浓汤变得顺滑。把混合物倒回汤锅。加入青椰菜、夏南瓜、鹰嘴豆以及意大利面, 煨 15 至 20 分钟, 直至蔬菜变软, 意大利面煮熟。调整调味料用量, 趁热吃, 用奶酪和欧芹当配菜。

卡路里 173 脂肪 2 胆固醇 3 钠 709 碳水化合物 16 纤维 7 蛋白质 8





SERVES 4

Roasted Vegetable Soup

INGREDIENTS

4 cloves garlic, peeled
300g yellow squash, cubed
1 rib celery, cut into thirds
½ yellow onion, peeled and quartered
2 tbsp olive oil
1 tsp Chinese five-spice powder
½ tsp ground black pepper
1L vegetable broth
plain yogurt for garnish



四人份量

焗烤蔬菜浓汤

大蒜 4瓣, 去皮
 夏南瓜 300克, 切成块状
 芹菜 1棵, 切三块
 黄皮洋葱 ½ 个, 削皮, 然后切四块
 橄榄油 2 大匙
 中式五香粉 1 茶匙
 黑胡椒碎 ½ 茶匙
 蔬菜上汤 1公升
 原味酸奶 当配菜

DIRECTIONS

Preheat oven to 205°C. Line a approximately 23 x 33cm baking pan with parchment paper and set aside.

Toss garlic, squash, celery and onion with oil and spices to coat. Place on prepared baking pan and roast until tender, about 20 minutes. Cool vegetables slightly and transfer to blender. Add vegetable broth and blend on the Soup setting until the program finishes. Warm briefly on the stovetop or in a microwave oven, if desired. Garnish each serving with a small dollop of yogurt.

Calories: 105 Fat: 6g; Chol: 0mg; Sodium: 1299mg; Carb: 11g; Fiber: 2g; Protein: 1g

将烤箱预热至 205°C。在 23 x 33厘米烤盘上放上烘焙纸, 放置一旁。

大蒜、南瓜、芹菜和洋葱用橄榄油及香料涂抹拌匀。放在准备好的烤盘, 烤约20分钟, 烤至变软。蔬菜稍微冷却后, 倒入料理机。添加蔬菜上汤, 按热汤程序进行搅拌, 直到程序结束。如果需要的话, 以煤气炉或微波炉轻微加热。每份放上一小球酸奶当配菜。

卡路里 105 脂肪 6 胆固醇 0 钠 1299 碳水化合物 11 纤维 2 蛋白质 1



MAKES ABOUT 180ML

Miso Ginger Sauce

INGREDIENTS

- 3 tbsp olive oil**
- 4 tbsp black vinegar**
- 2 tbsp soy sauce**
- 1 clove garlic, peeled**
- 2 tbsp honey**
- 15g ginger root, peeled**
- 1 tsp sesame oil**
- 2 tbsp miso paste**
- 2 tbsp toasted sesame seeds**

可制成约 180毫升

姜汁味噌酱

- 橄榄油 3 大匙
- 陈醋 4 大匙
- 酱油 2 大匙
- 大蒜 1瓣, 去皮
- 蜂蜜 2 大匙
- 生姜 15克, 削皮
- 麻油 1 茶匙
- 味噌酱 2 大匙
- 烤芝麻 2 大匙

DIRECTIONS

Place ingredients into the blender in the order listed. Blend on high speed for 1 minute.

Calories: 57 Fat: 4g; Chol: 0mg; Sodium: 203mg; Carb: 5g; Fiber: 0g; Protein: 1g



将原料按照所列顺序放入料理机。高速搅拌 1 分钟。

卡路里 57 脂肪 4 胆固醇 0 钠 203 碳水化合物 5 纤维 0 蛋白质 1

MAKES ABOUT 180ML

Garlic Cashew Sauce

INGREDIENTS

100ml water

1 tbsp olive oil

150g raw cashews

**8 cloves garlic, roasted,
peeled**

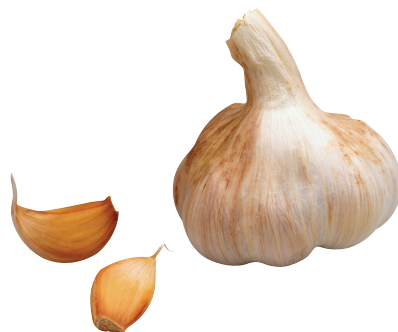
**2 tbsp brown sugar (or use
sugar in the raw or turbinado)**

½ tsp salt

DIRECTIONS

Place all ingredients into the blender in the order listed. Gradually increase power to medium speed until the sauce begins to incorporate. Increase power to medium-high for approximately 10 seconds or until well-blended.

Calories: 99 Fat: 8g; Chol: 0mg; Sodium: 118mg; Carb: 6g; Fiber: 0g; Protein: 3g



可制成约 180毫升

大蒜腰果调味酱

冷开水 100毫升

橄榄油 1 大匙

腰果 150克

大蒜 8瓣, 香烤, 去皮

红糖 2 大匙 (使用天然粗糖或
蔗糖)

盐 ½ 茶匙

将原料按照所列顺序放入料理机中, 按下启动开关, 并调节变速旋钮逐渐增加速度至中速, 直至调味酱开始入味, 增加速度至中高速, 并搅拌约10秒, 或拌至细滑。

卡路里 99 脂肪 8 胆固醇 0 钠 118 碳水化合物 6 纤维 0 蛋白质 3



MAKES 240G

Cashew Spread

INGREDIENTS

300g raw cashews**3 to 4 tbsp vegetable oil, divided****salt, if desired**

DIRECTIONS



Place cashews and 2 tablespoons oil into blender and press Start. Gradually increase speed to medium and blend until butter starts to form. Turn off and scrape down sides as needed. Add remaining oil and salt, if using. Replace lid and press Start. Blend on low speed and increase speed to medium speed again, blending until smooth. Transfer to an airtight container and refrigerate for up to 1 month.

Calories: 98 Fat: 8g; Chol: 0mg; Sodium: 3mg; Carb: 6g; Fiber: 1g; Protein: 3g

可制成240克

腰果抹酱

腰果 300克

植物油 3 至 4 大匙，分开放

盐，如需要

将腰果和油 2 大匙放入料理机。按下启动开关，并调节变速旋钮逐渐增加速度至中速，搅拌至开始形成奶油。关掉后，根据需要刮掉两侧，加入剩余的植物油和盐，如果需要的话。把杯盖盖回，按下启动并用低速搅拌，然后再把速度增加至中速，搅拌至幼滑。转放到密闭容器，置于冰箱可保存最长1 个月。

卡路里 98 脂肪 8 胆固醇 0 钠 3 碳水化合物 6 纤维 1 蛋白质 3

MAKES ABOUT 240G

Homemade Peanut Spread

INGREDIENTS

300g roasted peanuts

4 tbsp peanut or vegetable oil, divided

pinch salt or rock sugar, if desired

DIRECTIONS

Place peanuts and 2 tablespoons oil into the blender and press Start. Gradually increase speed to medium and blend until butter starts to form. Turn off and scrape down sides as needed. Add remaining oil and salt or sugar, as preferred. Press Start and gradually increase speed to medium, blending to desired consistency. Transfer to an airtight container and refrigerate for up to 1 month.

Calories: 106 Fat: 9g; Chol: 0mg; Sodium: 1mg; Carb: 4g; Fiber: 1g; Protein: 4g

可制成约 240克

自制花生酱

烘焙花生 300克

花生油或植物油 4 大匙，分开放

盐或冰糖 少量，如需要

将花生及食油2 大匙放进料理机。按下启动开关，并调节变速旋钮逐渐增加速度至中速，并搅拌至开始形成黄油。关掉后，根据需要刮掉两侧。加入剩余的食油，按喜好加盐或糖。按下启动并逐渐增加至中速，搅拌至所需浓度。转放到密闭容器，置于冰箱可保存最长1 个月。

卡路里 106 脂肪 9 胆固醇 0 钠 1 碳水化合物 4 纤维 1 蛋白质 4





MAKES ABOUT 150G

Toasted Sesame Paste

INGREDIENTS

300g toasted sesame seeds

3 tbsp rock sugar

DIRECTIONS

Place ingredients into the blender in the order listed. Gradually increase power to medium and blend for 30 seconds. Increase the power to high and blend for 1 minute, or until completely smooth.

Calories: 187 Fat: 15g; Chol: 0mg; Sodium: 3mg; Carb: 10g; Fiber: 4g; Protein: 5g

可制成约 150克

芝麻酱

烤芝麻 300克

冰糖 3 大匙

将原料按照所列顺序放入料理机。按下启动开关，并调节变速旋钮逐渐增加速度至中速，并搅拌 30 秒。再增加速度至高速，搅拌 1 分钟，或拌至细滑。

卡路里 187 脂肪 15 胆固醇 0 钠 3 碳水化合物 10 纤维 4 蛋白质 5

MAKES ABOUT 1½ CUPS

Easy Parsley Pesto



INGREDIENTS

45g fresh parsley leaves

2 cloves garlic, peeled and crushed

40g walnuts, toasted

45g tangy aged cheese (such as Parmesan), grated

2 tbsp lemon juice

¼ tsp salt

120ml olive oil

DIRECTIONS

Place parsley, garlic, walnuts, cheese, lemon juice and salt into blender. Press Start and gradually increase speed to medium. Blend to a rough chop. Gradually drizzle oil into the blender through the lid opening and continue blending until smooth. Refrigerate any unused portion in an airtight container for up to 5 days.

Calories: 58 Fat: 6g; Chol: 2mg; Sodium: 53mg; Carb: 0g; Fiber: 0g; Protein: 1g

可制成约 1½ 杯

简易自制西芹酱

新鲜欧芹叶 45克

大蒜2瓣, 去皮, 压碎

核桃 40克, 香烤

口感辛烈熟成奶酪 (例如帕马森)

45克, 磨碎

柠檬汁2 大匙

盐 ¼ 茶匙

橄榄油 120毫升

将欧芹、大蒜、核桃、奶酪、柠檬汁及盐放进料理机。按下启动开关, 并调节变速旋钮逐渐增加速度至中速, 搅拌至粗切状态, 经搅拌杯盖孔逐渐把橄榄油淋进料理机, 继续搅拌至幼滑。剩余部分放到密闭容器, 置于冰箱可保存最长5天。

卡路里 58 脂肪 6 胆固醇 2 钠 53 碳水化合物 0 纤维 0 蛋白质 1



MAKES ABOUT 300ML

Grapefruit Balsamic Dressing

INGREDIENTS

- 1 grapefruit, peeled and pith removed**
- 2 tbsp balsamic vinegar**
- 120ml sunflower oil**
- ¼ tsp salt**

DIRECTIONS

Place all ingredients into blender and press Start. Gradually increase speed to high and blend until very smooth. Refrigerate in an airtight container for up to 2 weeks. Let stand at room temperature before using to liquefy the oil.

Calories: 53 Fat: 6g; Chol: 0mg; Sodium: 28mg; Carb: 1g; Fiber: 0g; Protein: 0g



可制成约 300毫升

柚子香酱

- 西柚 1个, 削皮, 去除髓部
- 巴萨醋 2 大匙
- 葵花油 120毫升
- 盐 ¼ 茶匙

将原料放进料理机。按下启动开关, 并调节变速旋钮逐渐增加速度至高速, 搅拌至细滑。放进密闭容器里, 置于冰箱可保存最长2个星期。食用前放在室温下, 使呈凝固状的食用油液化。

卡路里 53 脂肪 6 胆固醇 0 钠 28 碳水化合物 1 纤维 0 蛋白质 0

MAKES ABOUT 360ML

Orange Sunflower Seed Dressing

INGREDIENTS

160ml orange juice

4 tbsp rice wine vinegar

120ml sunflower oil

80ml honey

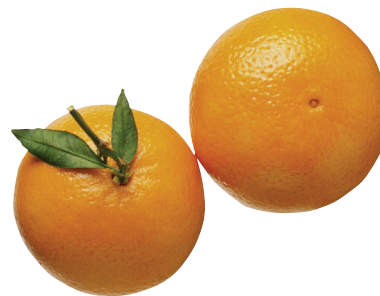
¼ tsp salt, optional

1 tbsp sunflower seeds

DIRECTIONS

Place all ingredients, except the seeds, into blender and press Start. Gradually increase speed to medium-low and blend until smooth. Add sunflower seeds and Pulse once or twice to combine. Refrigerate in an airtight container for up to 2 weeks.

Calories: 73 Fat: 7g; Chol: 0mg; Sodium: 32mg; Carb: 7g; Fiber: 2g; Protein: 1g



可制成约 360毫升

香橙葵花籽调味酱

橙汁 160毫升

白米醋 4 大匙

葵花油 120毫升

蜂蜜 80毫升

盐 ¼ 茶匙, (选料)

葵花籽 1 大匙

将全部原料,葵花籽除外,放进料理机。按下启动开关,并调节变速旋钮逐渐增加速度至中低速,搅拌至顺滑。加进葵花籽,再搅拌一次或两次以混合。放进密闭容器里,置于冰箱可保存最长2个星期。

卡路里 73 脂肪 7 胆固醇 0 钠 32 碳水化合物 7 纤维 2 蛋白质 1



MAKES ABOUT 320ML

Honey Mustard Dressing

INGREDIENTS

120ml apple cider vinegar

2 tbsp Dijon mustard

60ml honey

½ tsp salt

½ tsp ground black pepper

180ml olive oil

DIRECTIONS

Place all ingredients, except oil, into blender in order listed. Press Start and blend on low until well-combined. Increase speed to medium and drizzle olive oil through the lid opening into the dressing. Continue blending until smooth. Refrigerate in an airtight container for up to 2 weeks.

Calories: 86 Fat: 8g; Chol: 0mg; Sodium: 58mg; Carb: 4g; Fiber: 0g; Protein: 0g



可制成约 320毫升

蜂蜜芥末调味酱

苹果醋 120毫升

狄戎芥末酱 2 大匙

蜂蜜 60毫升

盐 ½ 茶匙

黑胡椒碎 ½ 茶匙

橄榄油 180毫升

将全部原料按照所列，橄榄油除外，放进料理机。按下启动，用低速搅拌，直至充分混合，增加速度至中速，然后经搅拌杯盖孔淋下橄榄油到沙拉酱，继续搅拌直至变得顺滑。放进密闭容器里，置于冰箱可保存最长2个星期。

卡路里 86 脂肪 8 胆固醇 0 钠 58 碳水化合物 4 纤维 0 蛋白质 0

MAKES ABOUT 320ML

Lemon & Oregano Vinaigrette

INGREDIENTS

180ml olive oil

1 tbsp yellow mustard

2 lemons, peeled and seeded

2 tsp fresh oregano

½ tsp salt

½ tsp ground black pepper

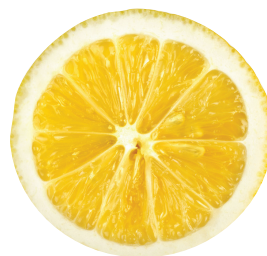
DIRECTIONS

Place all ingredients into blender in order listed and press Start.

Gradually increase speed to high, blending until very smooth.

Refrigerate in an airtight container for up to 2 weeks.

Calories: 71 Fat: 8g; Chol: 0mg; Sodium: 58mg; Carb: 0g; Fiber: 0g; Protein: 0g



可制成约 320毫升

柠檬&牛至油醋酱

橄榄油 180毫升

柠檬 2个, 削皮, 去籽

黄芥末酱 1 大匙

新鲜牛至 2 茶匙

盐 ½ 茶匙

黑胡椒碎 ½ 茶匙

将原料按照所列顺序放入料理机。按下启动开关, 并调节变速旋钮逐渐增加速度至高速, 搅拌至变得细滑。放进密闭容器里, 置于冰箱可保存最长2 个星期。

卡路里 71 脂肪 8 胆固醇 0 钠 58 碳水化合物 0 纤维 0 蛋白质 0



MAKES ABOUT 300ML

Raspberry Vinaigrette

INGREDIENTS

120ml olive oil or safflower oil

60ml champagne vinegar

75g fresh raspberries

2 tbsp fresh lime juice

2 tbsp honey

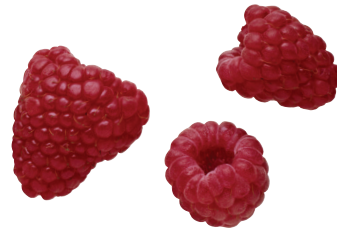
½ tsp salt

½ tsp ground black pepper

DIRECTIONS

Place all ingredients into blender and press Start. Gradually increase speed to medium-low until smooth. Refrigerate in an airtight container for up to 2 weeks.

Calories: 53 Fat: 5g; Chol: 0mg; Sodium: 58mg; Carb: 1g; Fiber: 0g; Protein: 0g



可制成约 300毫升

覆盆子油醋酱

橄榄油或红花籽油 120毫升

香槟酒醋 60毫升

新鲜覆盆子 75毫升

鲜青柠汁 2 大匙

蜂蜜 2 大匙

盐 ½ 茶匙

黑胡椒碎 ½ 茶匙

将全部原料放入料理机，按下启动开关，并调节变速旋钮逐渐增加速度至中低速，直至变得顺滑。放进密闭容器里，置于冰箱可保存长达2 星期。

卡路里 53 脂肪 5 胆固醇 0 钠 58 碳水化合物 1 纤维 0 蛋白质 0

MAKES ABOUT 360ML

Spicy Blackberry Dressing

INGREDIENTS

150g fresh blackberries

180ml olive oil

60ml balsamic vinegar

2 tbsp honey

¼ tsp bottled chili sauce

DIRECTIONS

Place all ingredients into blender and press Start. Gradually increase speed to medium and blend until smooth. Strain, if desired. Refrigerate in an airtight container for up to 2 weeks.

Calories: 67 Fat: 7g; Chol: 0mg; Sodium: 5mg; Carb: 2g; Fiber: 0g; Protein: 0g



可制成约 360毫升

辣味黑莓调味酱

新鲜黑莓 150克

橄榄油 180毫升

巴萨醋 60毫升

蜂蜜 2大匙

瓶装辣酱 ¼茶匙

将全部原料放入料理机。按下启动开关，并调节变速旋钮逐渐增加速度至中速，然后搅拌至顺滑。如果需要的话，先过滤。放进密闭容器里，置于冰箱可保存最长2个星期。

卡路里 67 脂肪 7 胆固醇 0 钠 5 碳水化合物 2 纤维 0 蛋白质 0



CHAPTER 3 第3章

Light Meals
& Snacks
轻食 & 小食

BARBECUE CHICKEN PIZZA, P. 94
烧烤酱鸡肉披萨 P. 94



MAKES 9 TO 16 BARS

Coconut Island Bars

INGREDIENTS

60g dried mango

120g dried dates

60g dried pineapple

45g shredded coconut

75g macadamia nuts

75g sesame seeds

60g finely ground almonds

½ tsp ground cardamom

80g puffed rice cereal

可制成 9 至 16 块

椰子方块酥

干芒果 60克

干核枣 120克

干菠萝 60克

椰子 45克 切碎

夏威夷果 75克

芝麻 75克

细磨的杏仁 60克

豆蔻粉 ½ 茶匙

脆香米 80克

DIRECTIONS

Place all ingredients, except puffed rice, into the blender and press Start. Pulse until just combined, scraping down sides as needed to mix. Stir the rice cereal into the mixture by hand. Press into a parchment-lined, approximately 46cm square baking pan and refrigerate until firm. Cut into bars or bite-sized squares, as desired.

Calories: 167 Fat: 13g; Chol: 0mg; Sodium: 5mg; Carb: 12g; Fiber: 3g; Protein: 3g



将全部原料，脆香米除外，放入料理机。按下启动开关，搅拌至充分混合，按需要刮掉两侧继续混合。加入脆香米到混合物，用手搅拌均匀。压按在一块铺上烘焙纸的46厘米方形烤盘，放进冰箱冷藏至坚固。如果需要的话，切成小块。

卡路里 167 脂肪 13 胆固醇 0 钠 5 碳水化合物 12 纤维 3 蛋白质 3



MAKES 6 TO 18 LEATHERS

Apple Strawberry Fruit Leather



INGREDIENTS

2-4 tbsp water**2 tbsp lemon juice****3 apples, peeled, cored and roughly chopped****75g fresh strawberries, hulled**

DIRECTIONS

Line a 30 x 43cm baking sheet with parchment paper and set aside. Place all ingredients into blender in order listed. Press

Start and gradually increase speed to medium-high. Blend until a smooth purée is formed. Transfer to a small saucepan and cook on low heat until the mixture simmers. Stir occasionally as the mixture reduces and is thickened.

Preheat the oven to 80°C. Pour the purée onto the prepared baking sheet. Spread the mixture with a spatula to a 6mm even thickness. Place into the oven and bake for 3 to 4 hours, until leather is tacky, but does not stick to your finger. Remove and cool. When completely cooled, cut the fruit into strips or squares and roll individually. Store in the refrigerator in a self-sealing plastic bag.

Calories: 17 Fat: 0g; Chol: 0mg; Sodium: 0mg; Carb: 5g; Fiber: 1g; Protein: 0g

可制成 6 至 18 水果软糖

苹果草莓水果软糖

冷开水 2-4 大匙

柠檬汁 2 大匙

苹果 3个, 削皮, 去芯, 粗切

新鲜草莓 75克, 去莖

在 30 x 43厘米烤盘上放上烘焙纸, 放置到一旁。将原料按照所列顺序放入料理机。按下启动开关, 并调节变速旋钮逐渐增加速度至中高速, 搅拌至

形成果泥。转到小平锅, 然后用慢火煮, 直至混合物增稠。偶尔搅拌一下, 直到混合物缩小和增稠。

将烤箱预热至 80 C。把果泥倒进准备好的烤盘。把混合物用抹刀均匀铺在上面, 约 6毫米厚。放进烤箱, 然后烤焗 3 至 4 小时, 直至水果软糖发黏, 但不要黏到你的手指。移离烤箱后, 放凉备用。待完全放凉后, 水果软糖切条或切块, 单独卷起, 放入自封塑料袋, 然后放进冰箱冷藏。

卡路里 17 脂肪 0 胆固醇 0 钠 0 碳水化合物 5 纤维 1 蛋白质 0



MAKES 6 TO 18 LEATHERS

Mango Pineapple Fruit Leather

INGREDIENTS

80ml water

**2 fresh mangos, pitted,
peeled and roughly cut**

**300g fresh pineapple,
cut in chunks**

DIRECTIONS

Line a approximately 30 x 43cm baking pan with parchment paper and set aside. Place the mangoes, pineapple and water in the blender as listed and press Start. Gradually increase speed to high and blend until the mixture is a smooth purée. Transfer the mixture to a small saucepan and cook over low heat, stirring occasionally, until the mixture is reduced and thickened.

Preheat the oven to 80°C. Pour the purée onto the prepared baking sheet. Spread the mixture with a spatula to a 6mm even thickness. Place into the oven and bake for 3 to 4 hours, until leather is tacky, but does not stick to your finger. Remove and cool. When completely cooled, cut the fruit into strips or squares and roll individually. Store in the refrigerator in a self-sealing plastic bag.

Calories: 16 Fat: 0g; Chol: 0mg; Sodium: 0mg; Carb: 4g; Fiber: 0g; Protein: 0g

可制成 6 至 18 水果软糖

芒果菠萝水果软糖

冷开水 80毫升

新鲜芒果 2 颗, 去核, 削皮, 粗略地切块

新鲜菠萝 300克, 切块

在 30 x 43厘米烘焙烤盘上放上烘焙纸, 放置到一旁。将芒果、菠萝以及冷开水按照所列放进料理机。按下启动开关, 并调节变速旋钮逐渐增加速度至高速, 搅拌至混合物变得幼滑果泥, 把混合物转到小平锅, 用慢火煮, 偶尔搅拌一下, 直到混合物缩小和增稠。

将烤箱预热至 80 C。把果泥倒进准备好的烤盘。把混合物用抹刀均匀铺在上面, 约 6毫米厚。放进烤箱, 然后烤焗 3 至 4 小时, 直至水果软糖发黏, 但不要黏到你的手指, 移离烤箱后, 放凉备用。待完全放凉后, 水果软糖切条或切块, 单独卷起, 放入自封塑料袋, 然后放进冰箱冷藏。

卡路里 16 脂肪 0 胆固醇 0 钠 0 碳水化合物 4 纤维 0 蛋白质 0



MAKES 6 TO 8 SERVINGS

Avocado, Tomato & Siling Labuyo Chili Dip

INGREDIENTS

3 ripe butter avocados (cheese pears), peeled and pitted

1 large lime, juiced

½ medium ripe tomato, cut in half

1 siling labuyo chili, chopped (use any mild to spicy chili)

½ tsp salt

DIRECTIONS

Place avocado, lime juice, tomato, chili and salt into the blender and Pulse to desired consistency. Scrape down the sides of the blender as needed. Taste and adjust seasonings. Serve immediately or cover and chill.

Calories: 123 Fat: 11g; Chol: 0mg; Sodium: 161mg; Carb: 7g; Fiber: 5g; Protein: 2g



六至八人份量

牛油果、西红柿&朝天椒沾酱

熟牛油果(鳄梨) 3个, 削皮并去核

大青柠 1个, 榨汁

半熟西红柿 ½ 颗, 切半

朝天椒 1 只, 剁碎 (或使用其他微辣至辛辣的辣椒)

盐 ½ 茶匙

将牛油果、青柠汁、西红柿、辣椒以及盐放进料理机, 然后搅拌至所需浓度。根据需要刮掉料理机两侧。再尝味道, 视情况调整调味料用量。立即食用, 或盖好后再冷藏备用。

卡路里 123 脂肪 11 胆固醇 0 钠 161 碳水化合物 7 纤维 5 蛋白质 2



MAKES ABOUT 900G

Moroccan Baked Muesli

INGREDIENTS

- 150g almonds, shelled**
- 150g hazelnuts, shelled**
- 180g toasted rolled oats (not instant)**
- 120ml orange juice**
- 4 tbsp honey**
- 3 tbsp canola oil**
- 1 tsp pure vanilla extract**
- 1 tsp ground cardamom**
- 20g goji berries**
- 60g dates, finely chopped**
- 60g dried apple, finely chopped**

DIRECTIONS

Preheat oven to 150°C. Place almonds and hazelnuts into blender and press Start. Pulse to chop evenly. Transfer nuts to a large mixing bowl and add rolled oats. Set aside.

Line a approximately 23 x 33cm baking sheet with parchment paper and set aside. Place orange juice, honey, canola oil, vanilla and cardamom into blender and press Start. Gradually increase speed to medium until mixture is well-combined. Pour mixture over nuts and oats, tossing well to coat. Spread muesli evenly on the prepared baking sheet and bake for 10 minutes. Remove mixture from oven and stir with a fork, breaking up any large pieces. Return to oven and continue baking for an additional 10 minutes, stirring mixture occasionally. Cool completely and mix with remaining ingredients. Store in an airtight container for up to two weeks.

Calories: 378 Fat: 19g; Chol: 0mg; Sodium: 23mg; Carb: 46g; Fiber: 8g; Protein: 10g



可制成约 900克

摩洛哥焙烧麦片

杏仁 150克,去壳

榛子 150克,去壳

烤香燕麦片 180克 (非即食麦片)

橙汁 120毫升

蜂蜜 4 大匙

芥花油 3 大匙

纯香草精 1 茶匙

豆蔻碎 1 茶匙

枸杞子 20克

核枣 60克,细剁

干苹果 60克,细剁

将烤箱预热至 150°C。将杏仁和榛子放入料理机。按下启动开关,均匀地搅碎,将坚果转到一个大搅拌碗,倒入燕麦片。放置到一旁。

在 23 x 33厘米烤盘上放上烘焙纸,放置到一旁。把橙汁、蜂蜜、芥花油、香草以及豆蔻放进料理机。按下启动开关,并调节变速旋钮逐渐增加速度至中速,直到完全混合。把混合物倒入坚果和燕麦拌匀,在准备好的烤盘均匀铺上麦片,然后烘焙 10 分钟。把混合物移离烤箱,然后用叉子搅拌,搅碎大块的颗粒,放回烤箱,然后继续烘烤10 分钟,偶尔搅拌混合物。待完全放凉后,混合剩余原料。放进密闭容器里可保存最长2 星期。

卡路里 378 脂肪 19 胆固醇 0 钠 23 碳水化合物 46 纤维 8 蛋白质 10

MAKES 4 TO 6 SERVINGS

Baba Ganoush

INGREDIENTS

- 1 large eggplant (aubergine),
baked until softened**
- 2 cloves garlic, roasted and peeled**
- 2 tbsp sesame tahini paste**
- 2 tbsp olive oil, divided**
- 2 tbsp lemon juice**
- ½ tsp ground cumin**
- ½ tsp salt**
- 2 tbsp fresh parsley, minced**

四至六人份量

中東烤茄泥沾醬

茄子1根，烤焗至变软
 大蒜 2瓣，香烤，去皮
 中東式塔希尼芝麻醬 2 大匙
 橄榄油 2 大匙，分开放
 柠檬汁 2 大匙
 孜然粉 ½ 茶匙
 盐 ½ 茶匙
 新鲜欧芹2 大匙，切碎

DIRECTIONS

Cut eggplant in half and scoop pulp into blender. Add garlic, tahini, 15ml oil, lemon juice, cumin and salt and process until smooth. Transfer to a serving bowl and drizzle with remaining olive oil. Sprinkle with parsley to garnish.

Calories: 84 Fat: 8g; Chol: 0mg; Sodium: 197mg; Carb: 5g; Fiber: 2g; Protein: 2g



将茄子切半，把果肉舀进料理机，加入大蒜、塔希尼芝麻酱、食油 15毫升、柠檬汁、孜然粉、盐，搅拌至幼滑，转到碗盘，淋上剩余的橄榄油，洒上欧芹当配菜。

卡路里 84 脂肪 8 胆固醇 0 钠 197 碳水化合物 5 纤维 2 蛋白质 2



SERVES 8

Savory Garlic Hummus

INGREDIENTS

450g canned chickpeas, liquid drained and reserved

3 tbsp *Toasted Sesame Paste* (see recipe p. 71)

2 tbsp lemon juice

3 cloves roasted garlic

¼ tsp ground cumin

pinch salt

DIRECTIONS

Place all ingredients and 2 tablespoons reserved liquid into the blender. Press Start and increase the power gradually to medium speed. Blend until the spread is well-combined and smooth. Add more liquid, if necessary to reach desired consistency.

Cook's Note: Slice off the pointed end of a head of garlic. Place garlic head on a square of foil and drizzle with olive oil. Add herbs, if desired, loosely wrap and place in a 175°C oven for about 40 minutes, or until garlic has softened. Cool slightly and use fingers to pop cloves from their papery skins. Use as desired.

八人份量

开胃大蒜鹰嘴豆泥酱

罐装鹰嘴豆 450克, 沥干备用

烤芝麻酱 3大匙 (见食谱 p. 71)

柠檬汁 2大匙

烤大蒜 3瓣

孜然粉 ¼茶匙

盐 少量

将全部原料及2大匙罐头里的液体放入料理机。按下启动开关, 并调节变速旋钮逐渐增加速度至中速, 搅拌至抹酱充分混合且顺滑。如果需要的话, 加入更多液体, 以达到所需浓度。

厨师笔记: 切掉大蒜顶部的尖头, 把蒜头放在正方形的铝箔纸, 洒些橄榄油。加入香料, 如果需要的话。松松地包起, 放进177°C烤箱烤约40分钟, 或直至大蒜变软。稍微放凉, 用手指将蒜肉从像纸一样的蒜皮取出。按照需要使用。



SERVES 12

Homemade French Onion Dip

INGREDIENTS

3 tbsp canola or vegetable oil

2 yellow onions, peeled and thinly sliced

225g sour cream

50g soft tofu, at room temperature

½ tsp Worcestershire sauce

1 clove garlic, peeled

½ tsp salt

DIRECTIONS

Heat oil over medium-high heat, add onions and sauté for 5 minutes, stirring frequently to avoid burning. Reduce heat and cook, stirring occasionally, until onions are softened and nicely browned, about 25 minutes. Set aside and cool. Reserve 2 tablespoons for garnish.

Place remaining onions in blender and add remaining ingredients. Press Start and gradually increase the speed to high. Blend until the mixture is mostly smooth. Transfer to a serving bowl, cover tightly and chill for at least 1 hour. Garnish with reserved caramelized onions and serve.

Calories: 99 Fat: 9g; Chol: 10mg; Sodium: 130mg; Carb: 1g; Fiber: 0g; Protein: 2g

十二人份量

自制法式洋葱沾酱

芥花油或植物油 3 大匙

洋葱 2 个, 削皮, 切薄片

酸奶油 225克

嫩豆腐 50克, 存放在室温

伍斯特郡酱 ½ 茶匙

大蒜 1 瓣, 削皮

盐 ½ 茶匙

将菜油以中-高温加热, 加入洋葱爆炒 5 分钟, 不停搅拌以防烧焦。调低炉火煮约 25 分钟, 偶尔搅拌一下, 直至洋葱软化呈微焦的, 放置到一旁然后放凉备用。取 2 大匙当配菜待用。

将剩余洋葱放入料理机, 并添加剩余材料。按下启动开关, 并调节变速旋钮逐渐增加速度至高速, 搅拌直至混合物变得细滑。转至饭碗, 加盖密封后冷藏最少 1 小时。保留焦糖洋葱作配菜, 即可享用。

卡路里 99 脂肪 9 胆固醇 10 钠 130 碳水化合物 1 纤维 0 蛋白质 2



SERVES 4

Cold Peanut Noodles

INGREDIENTS

80g *Homemade Peanut Spread*
(see recipe p. 70)

6g ginger root, peeled

3 tbsp soy sauce

3 tbsp sesame oil

2 tbsp honey

3 tbsp rice vinegar

2 tsp black vinegar

1 small clove garlic, peeled

3 tbsp toasted sesame seeds, plus more for garnish

3 tbsp olive oil

640g fresh egg noodles, cooked
(or use spaghetti noodles)

DIRECTIONS

Place all ingredients, except noodles, in the blender jar and gradually increase power to medium for 30 seconds. Chill sauce in the refrigerator for 45-60 minutes. Just before serving, toss sauce with cooked noodles and serve with a sprinkle of toasted sesame seeds.

Calories: 486 Fat: 23g; Chol: 45mg; Sodium: 848mg; Carb: 55g; Fiber: 4g; Protein: 15g

四人份量

花生酱冷面

自制花生酱 80克 (见食谱 p. 70)

生姜 6克, 削皮

酱油 3 大匙

麻油 3 大匙

蜂蜜 2 大匙

米醋 3 大匙

陈醋 2 茶匙

大蒜 1 粒, 削皮

熟芝麻 3 大匙, 再加多一些以作装饰

橄榄油 3 大匙

新鲜鸡蛋面 640克, 煮熟 (或使用意大利面)

将全部原料放进搅拌机, 面条除外, 按下启动开关, 并调节变速旋钮逐渐增加速度至中速搅拌 30 秒。把花生酱放进冰箱冷藏 45 至 60 分钟。上菜前, 将煮熟的鸡蛋面加入酱油拌匀, 洒上熟芝麻, 即可享用。

卡路里 486 脂肪 23 胆固醇 45 钠 848 碳水化合物 55 纤维 4 蛋白质 15



MAKES 1 PIZZA CRUST

Basic Pizza Dough

INGREDIENTS

240ml water, warmed to 43-46°C

7g dry active yeast

1 tsp granulated sugar

2 tbsp olive oil

370g all-purpose white flour, divided

1 tsp salt

DIRECTIONS

Place water, yeast, sugar and oil into blender and set aside until foamy, about 5 minutes. When foamy, press Start and Pulse briefly to combine. Add 120g flour and salt and pulse again just until combined. Add remaining flour in 30g increments, pulsing to form a sticky dough. Transfer to a lightly oiled bowl and turn to coat all sides. Let rise until doubled in size, about 30 to 45 minutes. Roll out dough and bake according to recipe.

Calories: 84 Fat: 1g; Chol: 0mg; Sodium: 147mg; Carb: 17g; Fiber: 1g; Protein: 3g

可制成1 披萨皮

基本披萨饼皮

冷开水 240毫升, 加热至 43-46 C

干酵母 7克

细砂白糖 1 茶匙

橄榄油 2 大匙

多用途中筋面粉370克, 分开放

盐 1 茶匙

将冷开水、干酵母、糖和油放进料理机, 然后放置到一旁约 5 分钟直至起泡沫。当呈泡沫状时, 按下启动搅拌至混合在一起, 加入 120克面粉和盐, 再次搅拌至混合起来。加入剩余面粉每次增加 30克, 间歇搅拌形成湿黏的面团。转到一个用油稍微擦拭过一遍的碗, 然后拌匀。使面团发起来至双倍体积, 约 30 至 45 分钟, 压平面团, 并根据食谱烧烤。

卡路里 84 脂肪 1 胆固醇 0 钠 147 碳水化合物 17 纤维 1 蛋白质 3

MAKES 1 PIZZA

Roasted Corn & Green Chili Pizza



INGREDIENTS

225g ground turkey

1 tsp dried oregano

½ tsp ground cumin

¼ tsp cayenne pepper

½ tsp salt, divided

½ tsp ground black pepper

240ml prepared white sauce

75g canned diced green chilies

1 *Basic Pizza Dough*
(see recipe p. 91)

**85g mild to medium yellow
cheese, shredded**

**75g white corn, roasted (or use
cooked white or yellow corn)**

**2 tbsp fresh cilantro leaves,
chopped**

DIRECTIONS

Preheat oven to 230°C. In a sauté pan over medium-high heat, sauté turkey, oregano, cumin, cayenne pepper and half of the salt until cooked through and crumbly, breaking up large pieces with the back of a wooden spoon. Set aside.

In a small bowl, combine the white sauce with the green chilies and set aside.

On a lightly floured surface, roll out dough to 13mm thickness and transfer to pizza pan. Spread green chili sauce evenly over dough, leaving a 6mm border around the edge. Scatter cheeses, turkey mixture, corn and cilantro over pizza. Bake pizza until cheese is melted and crust is golden brown, about 10 to 12 minutes. Slice and serve.

Calories: 253 Fat: 13g; Chol: 13mg; Sodium: 651mg; Carb: 23g; Fiber: 1g; Protein: 13g



可制成1 披萨

烤粟米 & 青椒披萨

火鸡肉馅 225克

干牛至 1 茶匙

孜然粉 ½ 茶匙

红辣椒粉 ¼ 茶匙

盐 ½ 茶匙, 分开放

黑胡椒碎 ½ 茶匙

白酱汁240毫升 备好待用

罐装青椒粒 75克

基本披萨饼皮 1 块 (见食谱 p. 91)

淡味至中度熟成的黄色奶酪85克,
切碎

白色粟米 75克, 烘烤 (或使用煮熟的
白色粟米或黄粟米)

新鲜芫荽叶 2 大匙, 细剁

将烤箱预热至 230 C。用炒菜锅以中-高火爆炒火鸡肉、牛至、孜然粉、红辣椒粉和一半的盐, 直至煮透和酥脆, 用木勺的背面将大块压碎。放置到一旁。

用一小碗, 把白酱汁和青椒放在小碗拌匀, 放置到一旁。

在工作台上撒一层薄面粉, 把面团揉成 13毫米厚, 转至披萨平底盘, 把青椒酱均匀地涂沫在面团上, 在边沿留下 6毫米距离, 撒上奶酪、火鸡肉和粟米, 并在披萨面放上芫荽叶。把披萨烤约 10 至 12分钟至奶酪融化, 而边缘的皮呈金黄色。切片后即可享用。

卡路里 253 脂肪 13 胆固醇 13 钠 651 碳水化合物 23 纤维 1 蛋白质 13

MAKES 1 PIZZA

Barbecue Chicken Pizza

INGREDIENTS

180ml bottled barbeque sauce

60ml tomato paste

3 cloves garlic, peeled

3 tbsp olive oil

½ tsp red pepper flakes

**1 recipe *Basic Pizza Dough*
(see recipe p. 91)**

**90g white or yellow cheese,
shredded**

**225g chicken meat, cooked,
shredded**

**½ red onion, peeled, thinly
sliced**

**2 scallions, trimmed and thinly
chopped**

**56g tangy aged cheese,
crumbled (such as blue cheese
or Parmesan)**

DIRECTIONS

Preheat oven to 230°C. Place barbeque sauce, tomato paste, garlic, oil and red pepper into the blender and press Start. Gradually increase the speed to medium high and blend until smooth. Set aside.

On a lightly floured surface, roll out dough to 13mm thickness and transfer to pizza pan. Spread pizza sauce evenly over dough, leaving a 6mm border around the edge. Scatter white or yellow cheese over sauce and layer with chicken, red onions and scallions. Dot with aged cheese. Bake pizza until cheese is melted and crust is golden brown, about 10 to 12 minutes. Slice and serve.

Calories: 273 Fat: 12g; Chol: 49mg; Sodium: 822mg; Carb: 26g; Fiber: 1g; Protein: 19g



可制成1 披萨

烧烤酱鸡肉披萨

瓶装烧烤酱 180毫升

西红柿酱 60毫升

大蒜3瓣, 削皮

橄榄油 3 大匙

红辣椒碎 ½ 茶匙

基本披萨饼皮 1块(见食谱 p. 91)

白奶酪或黄色奶酪 90克, 切碎

鸡肉 225克, 煮熟, 切碎

红洋葱 ½ 颗, 削皮, 切薄片

葱 2 棵, 切段, 切幼

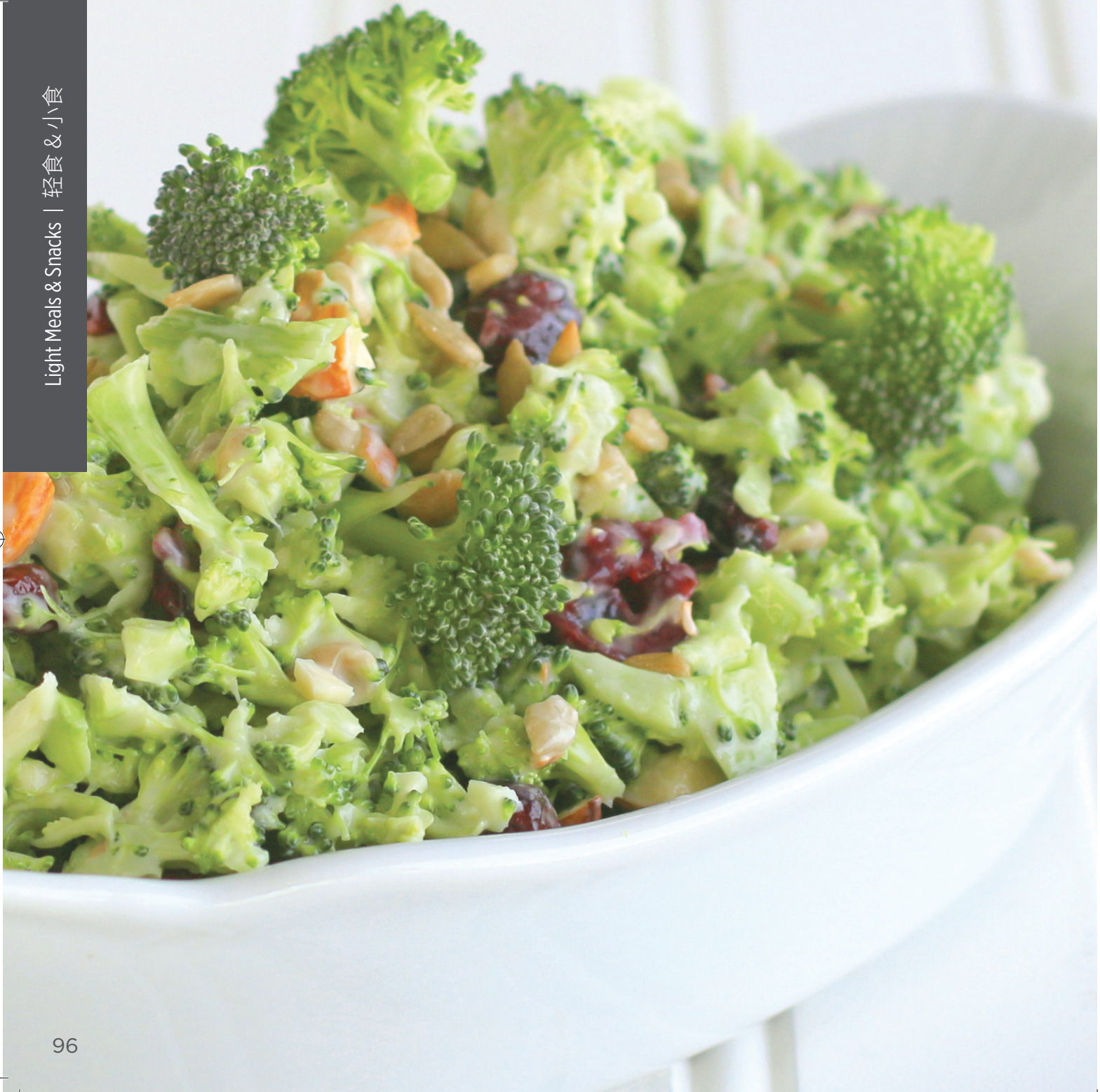
浓郁的熟成奶酪 56克, 捏碎 (例如蓝纹奶酪或帕马森干酪)

将烤箱预热至 230 C。把烧烤酱、西红柿酱、大蒜、食油以及红辣椒放进料理机, 按下启动开关, 并调节变速旋钮逐渐增加速度至中高速, 搅拌至顺滑。放置到一旁。

在工作台上撒一层薄面粉, 把面团揉成 13毫米厚, 转至披萨平底盘。把披萨酱均匀地涂抹在面团上, 在边沿留下 6毫米距离。在酱汁撒上白奶酪或黄色奶酪, 然后铺上鸡肉、红洋葱及葱, 加上熟成奶酪做点缀。把披萨烤约10 至 12分钟至奶酪融化而边缘的皮呈金黄色。切片后即可享用。

卡路里 273 脂肪 12 胆固醇 49 钠 822 碳水化合物 26 纤维 1 蛋白质 19







SERVES 6

Vegetable Sunflower Slaw

INGREDIENTS

600g broccoli florets
1 lemon, washed
½ cup mayonnaise
2 tbsp raspberry vinegar
½ tsp salt
1 tsp ground black pepper
30g dried cranberries
75g roasted sunflower seeds
75g almonds, chopped

DIRECTIONS

Place florets into blender jar, add water to cover and Pulse until chopped. Drain water and transfer broccoli to large mixing bowl. Zest the lemon and juice. Place zest, juice, mayonnaise, raspberry vinegar, salt and pepper into blender press Start. Gradually increase the power to medium and blend for 30 seconds. Pour dressing over cauliflower, add remaining ingredients and toss to combine. Cover and refrigerate for at least two hours. Serve chilled.

Calories: 21 Fat: 14g; Chol: 0mg; Sodium: 279mg; Carb: 20g; Fiber: 5g; Protein: 6g

六人份量

蔬果葵花籽西兰花沙拉

西兰花 600克
 柠檬1 颗, 洗净
 蛋黄酱 ½ 杯
 覆盆子醋 2 大匙
 盐 ½ 茶匙
 黑胡椒碎 1 茶匙
 蔓越莓干 30克
 烘焙葵花籽 75克
 杏仁 75克, 切碎

将西兰花放进搅拌杯, 用冷开水复盖, 然后脉冲至打碎, 沥干水份, 把西兰花转到大搅拌碗。柠檬切片榨汁, 把柠檬片、柠檬汁、蛋黄酱、覆盆子醋、盐以及胡椒碎放进料理机, 然后按下启动开关, 并调节变速旋钮逐渐增加速度至中速, 搅拌 30 秒。把沙拉酱倒在椰菜上, 加入剩余原料拌匀。盖好后放进冰箱冷藏最少2小时, 待冷却后即可享用。

卡路里 21 脂肪 14 胆固醇 0 钠 279 碳水化合物 20 纤维 5 蛋白质 6



MAKES 2 TO 4 SERVINGS

Chicken Salad with Sesame Ginger Vinaigrette

INGREDIENTS

Dressing:

2 tbsp canola or vegetable oil

2 tbsp rice wine vinegar

1 tbsp soy sauce

1 tsp Dijon mustard

¼ tsp sesame oil

6-7g ginger root, peeled

2 tbsp honey

1 tsp sesame seeds

Salad:

280g field lettuce, chopped

150g Napa cabbage, chopped

150g red cabbage, chopped

1 carrot, peeled and shredded

**170g chicken breast, cooked
and thinly sliced**

**2 scallions, trimmed and
chopped**

20g roasted cashews

15g crispy chow mein noodles

DIRECTIONS

Place oil, vinegar, soy sauce, mustard, sesame oil, ginger and honey into the blender. Press Start and blend on a medium-high speed until smooth. Add sesame seeds and Pulse just to combine. Set aside.

In a large serving bowl, toss lettuce, cabbages and carrot. Add 4 to 5 tablespoons vinaigrette and toss to coat. Divide salad mixture between two plates and top with chicken breast, onions, cashews and crispy noodles. Drizzle with additional vinaigrette and serve right away.

Calories: 446 Fat: 21g; Chol: 52mg; Sodium: 330mg; Carb: 33g; Fiber: 4g; Protein: 27g





二至四人份量

鸡肉沙拉配芝麻姜油醋酱

沙拉酱

芥花油或植物油 2 大匙

白米醋 2 大匙

酱油 1 大匙

狄戎芥末酱 1 茶匙

麻油 ¼ 茶匙

生姜 6-7克, 削皮

蜂蜜 2 大匙

芝麻 1 茶匙

将食油、米醋、酱油、芥末酱、麻油、生姜以及蜂蜜放进料理机，按下启动，用中-高速搅拌直至顺滑。加上芝麻，然后拌匀。放置到一旁。

将生菜、大白菜、紫甘蓝菜以及胡萝卜盛于一个大碗，加入油醋酱4至5大匙拌匀，把沙拉混合物平分到两碟，然后铺上鸡胸肉、洋葱、腰果以及炒面。洒些油醋酱，即可享用。

卡路里 446 脂肪 21 胆固醇 52 钠 330 碳水化合物 33 纤维 4 蛋白质 27

沙拉

生菜 280克, 切碎

大白菜 150克, 切碎

紫甘蓝 150克, 切碎

胡萝卜 1根, 削皮, 切碎

鸡胸肉170克, 煮熟, 然后切薄片

葱 2根, 切段后切碎

烘焙腰果 20克

香脆炒面 15克



CHAPTER 4 第4章

Healthy
Treats
诱人美食&冷
冻甜点

WATERMELON LIME MINT SORBET, P. 108

西瓜青柠薄荷叶雪波 P. 108





SERVES 4

Mixed Berry Jelly

INGREDIENTS

350ml water

50g fresh blackberries

50g fresh blueberries

3 tbsp brown sugar (use sugar in the raw or turbinado)

2 tbsp agar powder

mint leaves for garnish

DIRECTIONS

Place all ingredients, except mint, into the blender in the order listed and press Start. Blend on the Soup setting until the program finishes. Pour jelly into a shallow dish, cover tightly, and refrigerate for several hours or overnight. Cut into cubes and garnish with mint leaves to serve.

Calories: 25 Fat: 0g; Chol: 0mg; Sodium: 3mg; Carb: 6g; Fiber: 0g; Protein: 1g



四人份量

混合莓果果冻

冷开水 350毫升

新鲜黑莓 50克

新鲜蓝莓50克

红糖 3大匙 (使用天然粗糖或蔗糖)

魔芋果冻粉 2大匙

薄荷叶 当配菜

将全部原料按照所列顺序放进料理机,薄荷叶除外。按热汤程序进行搅拌,直到程序结束。把果冻倒进浅盘,盖紧,然后放进冰箱冷藏数小时或隔夜,切块然后用薄荷叶作配菜,即可享用。

卡路里 25 脂肪 0 胆固醇 0 钠 3 碳水化合物 6 纤维 0 蛋白质 1

SERVES 4

Black Sesame Dessert

INGREDIENTS

600ml water

200g cooked brown rice

**200g black sesame seeds,
toasted**

30g rock sugar

2 tbsp *Homemade Peanut Spread* (see recipe p. 70)

DIRECTIONS

Place all ingredients into the blender jar in the order listed and press Start. Gradually increase power to high and blend for 3 minutes, or until the consistency is to your preference. Serve in small bowls.

Calories: 437 Fat: 29g; Chol: 0mg; Sodium: 45mg; Carb: 35g; Fiber: 7g; Protein: 12g

四人份量

黑芝麻甜点

冷开水 600毫升

煮熟的糙米 200克

黑芝麻200克,香烤

冰糖 30克

自制花生酱 2大匙 (见食谱p.70)

将全部原料按照所列顺序放进搅拌杯。按下启动开关,并调节变速旋钮逐渐增加速度至高速,搅拌3分钟,或直至所需浓度。放进小碗,即可享用。

卡路里 437 脂肪 29 胆固醇 0 钠 45 碳水化合物 35 纤维 7 蛋白质 12



SERVES 4

Mango Ice Cream

INGREDIENTS

300g mango, peeled, pitted, cubed

50ml coconut milk

5 fresh mint leaves

sweetened condensed milk for garnish

DIRECTIONS

Freeze the mango cubes for several hours or overnight. Thaw for 3-5 minutes just before blending. Place the coconut milk, mango chunks and mint in the blender jar and press Start. Blend on the Ice Crush cycle, using the tamper to continually push the mixture into the blades. Garnish each serving with a drizzle of condensed milk and serve right away.

Calories: 140 Fat: 4g; Chol: 5mg; Sodium: 25mg; Carb: 25g; Fiber: 1g; Protein: 2g



四人份量

芒果冰淇淋

芒果 300克, 削皮, 去核, 切块

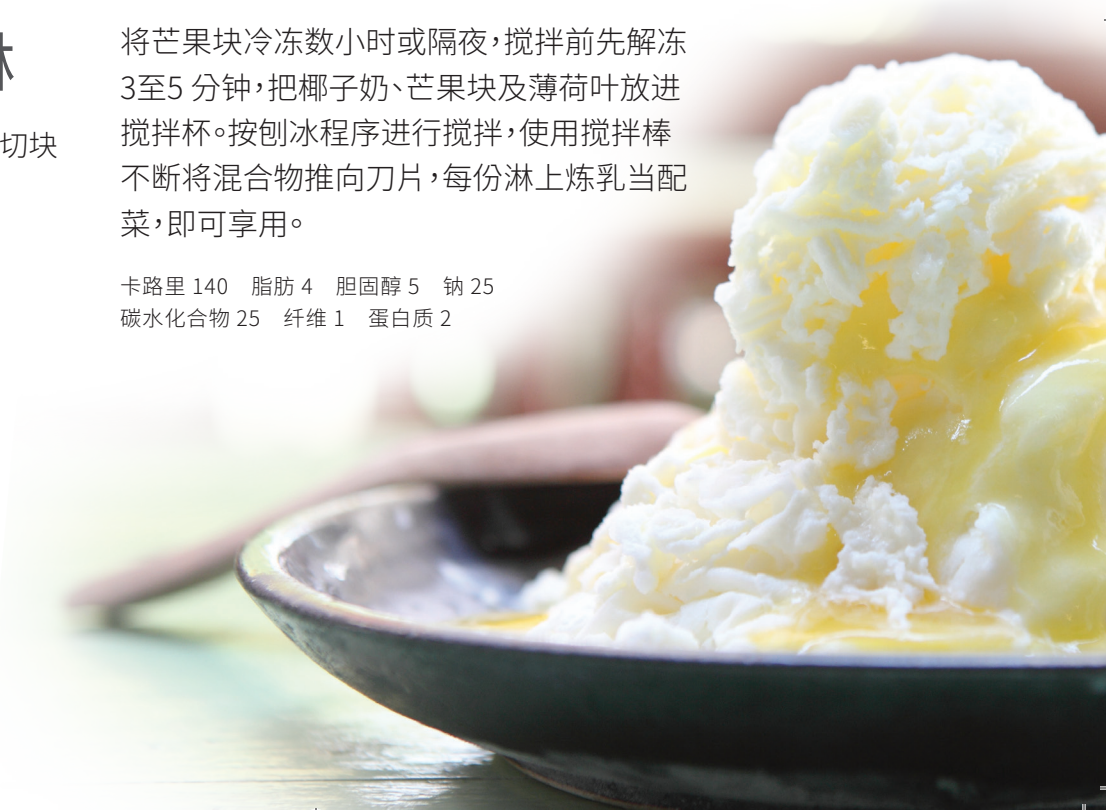
椰子奶 50毫升

新鲜薄荷叶 5块

加糖炼乳 当配菜

将芒果块冷冻数小时或隔夜, 搅拌前先解冻3至5分钟, 把椰子奶、芒果块及薄荷叶放进搅拌杯。按刨冰程序进行搅拌, 使用搅拌棒不断将混合物推向刀片, 每份淋上炼乳当配菜, 即可享用。

卡路里 140 脂肪 4 胆固醇 5 钠 25
碳水化合物 25 纤维 1 蛋白质 2



SERVES 2

Mango Cardamom Milkshake

INGREDIENTS

360ml cups light coconut milk

2 tbsp honey

**1 large ripe mango, peeled,
cut in chunks**

1 tsp ground cardamom

6 to 8 ice cubes

caramel sauce for garnish

DIRECTIONS

Place all ingredients into blender, except the garnish, and press Start. Gradually increase the speed and blend on high speed until smooth. Divide evenly between two tall glasses, top with a drizzle of caramel and serve immediately.

Calories: 262 Fat: 13g; Chol: 0mg; Sodium: 38mg; Carb: 37g; Fiber: 2g; Protein: 1g



二人份量

芒果豆蔻奶昔

椰奶 360毫升

蜂蜜 2 大匙

大熟芒果 1颗, 削皮, 切块

豆蔻粉 1 个匙

冰块 6 至 8粒

焦糖浆 当配菜

将全部原料放入料理机, 配菜除外。按下启动并逐渐增加速度, 以高速搅拌直至顺滑。平均分配到两只高身水杯, 淋上焦糖浆, 即可享用。

卡路里 262 脂肪 13 胆固醇 0 钠 38 碳水化合物 37 纤维 2 蛋白质 1



SERVES 4

Pineapple, Banana & Peach Ice Cream

INGREDIENTS

100ml milk

400g fresh pineapple

200g banana, peeled

200g peaches, peeled, pitted

3 fresh basil leaves

DIRECTIONS

Cut pineapple, banana, and peaches into chunks and freeze overnight. When ready to make ice cream, remove fruit from the freezer and let thaw 3-5 minutes. Place milk in the blender jar, and add the fruit and basil. Press Start and blend on the Ice Crush cycle until the program finishes. Use the tamper to continually push the mixture into the blades. Serve right away.

Calories: 130 Fat: 1g; Chol: 2mg; Sodium: 13mg; Carb: 31g; Fiber: 4g; Protein: 2g



四人份量

菠萝、香蕉&水蜜桃冰淇淋

鲜奶100毫升

新鲜菠萝 400克

香蕉 200克, 削皮

水蜜桃 200克, 削皮, 去核

新鲜罗勒叶 3块

将菠萝、香蕉及水蜜桃切块, 然后冷冻放隔夜。当准备制作冰淇淋时, 将水果移离冰箱, 然后解冻 3至5 分钟, 把鲜奶倒进搅拌杯, 并加入水果和罗勒叶。按刨冰程序进行搅拌, 直到程序结束。使用搅拌棒不断将混合物推向刀片, 即可享用。

卡路里 130 脂肪 1 胆固醇 2 钠 13 碳水化合物 31 纤维 4 蛋白质 2



SERVES 6

Watermelon Lime Mint Sorbet

INGREDIENTS

240ml water

**240ml fresh-squeezed
lime juice**

**600g seedless watermelon,
cut in chunks**

200g sugar

6 mint leaves

DIRECTIONS

Place the watermelon chunks in a self-sealing plastic bag and freeze for several hours or overnight. Place the water, sugar and mint leaves in a medium saucepan and bring to a boil on high heat. Stir until the sugar dissolves. Remove from the heat, discard the mint leaves and cool. Refrigerate until cold. When ready to make the sorbet, thaw the watermelon chunks for 3-5 minutes. Place the syrup, watermelon and lime juice in the blender jar and blend on the Ice Crush cycle. Use the tamper to push the sorbet into the blades until smooth. Serve at once.

Calories: 43 Fat: 0g; Chol: 0mg; Sodium: 6mg; Carb: 15g; Fiber: 0g; Protein: 0g



六人份量

西瓜青柠薄荷叶雪芭

无籽西瓜600克,切块

冷开水 240毫升

糖 200克

薄荷叶 6块

鲜榨青柠汁 240毫升

将西瓜块放置在自封塑料袋,放进冰箱冷冻数小时或隔夜。把冷开水、糖以及薄荷叶放进中平底锅,用高火煮沸,搅拌直至糖融化,扔掉薄荷叶然后放凉。放进冰箱至冷冻。准备制作雪芭时,将西瓜块解冻 3至5 分钟,再将糖浆、西瓜以及青柠汁放进搅拌机,按刨冰程序进行搅拌,使用搅拌棒将雪芭推向刀片直至变得幼滑,即可享用。

卡路里 43 脂肪 0 胆固醇 0 钠 6 碳水化合物 15 纤维 0 蛋白质 0







SERVES 6 TO 8

Black & Blueberry Frozen Yogurt

INGREDIENTS

450g frozen mixed blueberries and blackberries

2 tbsp honey

2 tbsp lime juice

pinch salt

300g plain yogurt (do not use low-fat or fat-reduced)

fresh berries for garnish

fresh mint for garnish

DIRECTIONS

Place the mixed frozen berries, honey, lime juice and salt in the blender jar. Press Start and gradually increase speed to high. Blend until very smooth. Add yogurt, blending well to thoroughly combine. Cover and freeze for 2 hours or until to your preferred consistency. Serve garnished with berries and mint.

Calories: 136 Fat: 3g; Chol: 8mg; Sodium: 92mg; Carb: 26g; Fiber: 2g; Protein: 6g

六至八人份量

黑莓&蓝莓冷冻酸奶

冷冻混合蓝莓与黑莓 450克

蜂蜜 2 大匙

青柠汁 2 大匙

盐 少量

原味酸奶 300克 (不要使用低脂或减脂)

新鲜莓果 当配菜

新鲜薄荷叶 当配菜

将冷冻混合莓果、蜂蜜、青柠汁以及盐放进搅拌杯。按下启动并逐渐增加速度至高速，搅拌至变得细滑。加入酸奶，搅拌均匀至完全混合，盖好，放进冰箱冷藏 2 小时，或至所需浓度。使用莓果以及薄荷叶当配菜。

卡路里 136 脂肪 3 胆固醇 8 钠 92 碳水化合物 26 纤维 2 蛋白质 6

SERVES 3

Lychee Berry Slushie

INGREDIENTS

4 cups ice

250g lychees, peeled, pitted

100g blueberries

90g brown sugar (sugar in the raw or turbinado)

DIRECTIONS

Place all ingredients in the blender jar and Pulse just until mixed.

Gradually increase the power to medium-high until the slushie is smooth and well-blended. Serve right away.

Calories: 212 Fat: 0g; Chol: 0mg; Sodium: 15mg; Carb: 56g; Fiber: 1g; Protein: 1g

三人份量

荔枝莓果雪泥

冰块 4杯

荔枝 250克, 剥皮, 去核

蓝莓 100克

红糖 90克 (使用天然粗糖或蔗糖)

将全部原料放进搅拌机, 搅拌至混合在一起并逐渐增加速度至中-高速, 直至雪泥口感细滑。即可享用。

卡路里 212 脂肪 0 胆固醇 0 钠 15 碳水化合物 56 纤维 1 蛋白质 1





MAKES 4 SERVINGS

Cherry Banana Sorbet

INGREDIENTS

240ml vanilla almond milk

2 frozen bananas, peeled and cut into chunks

300g frozen, pitted sweet cherries

1 tsp pure vanilla extract

sliced ripe bananas for garnish

chopped sweet cherries for garnish



四人份量

樱桃香蕉雪芭

冷冻香蕉2根,剥皮,切块

甜樱桃 300克,冷冻,去核

香草杏仁奶 240毫升

纯香草精 1茶匙

熟香蕉切片 当配菜

甜樱桃碎 当配菜

DIRECTIONS

Place frozen fruit, milk and vanilla into blender in order listed.

Blend on the Ice Crush setting until the program finishes. Serve immediately topped with sliced bananas and cherries for garnish.

Tip: substitute low-fat soy, rice, hemp, or cow's milk, if desired.

Calories: 166 Fat: 3g; Chol: 0mg; Sodium: 38mg; Carb: 39g; Fiber: 6g; Protein: 2g



将冷冻水果、杏仁奶和香子兰按照所列顺序放进料理机,按刨冰程序进行搅拌,直到程序结束。铺上切片香蕉和甜樱桃当配菜,即可享用。

提示: 如果需要的话,以低脂奶、米饭、大麻籽或牛奶替代。

卡路里 166 脂肪 3 胆固醇 0 钠 38 碳水化合物 39 纤维 6 蛋白质 2



MAKES 4 SERVINGS

Grilled Pineapple with Mango Lime Sauce

INGREDIENTS

4 large slices pineapple, about 2.5cm thick
1 tbsp coconut oil
1 ripe mango, peeled and pitted
3 tbsp honey
3 tbsp lime juice
pinch ground red chillies
pinch salt

DIRECTIONS

Brush pineapple slices with coconut oil and grill over medium-high heat, 2 to 4 minutes per side. Place remaining ingredients into blender and process until smooth. Serve grilled pineapple slices drizzled with mango lime sauce.

Cook's Note: to serve as a refreshing appetizer, garnish with chopped avocado and diced red onion.

Calories: 130 Fat: 4g; Chol: 0mg; Sodium: 54mg; Carb: 27g; Fiber: 2g; Protein: 1g

四人份量

烤菠萝配芒果青柠汁

菠萝片4大块,切成约2.5厘米厚
 椰子油1大匙
 熟芒果1个,削皮,去核
 蜂蜜3大匙
 青柠汁3大匙
 红辣椒粉 少量
 盐 少量

将椰子油涂沫在菠萝片,然后用中至高火每面烤2至4分钟。将剩余原料放进料理机,搅拌至幼滑。烤菠萝片淋上芒果青柠制成的酱汁。

厨师笔记:作为开胃菜,可用切碎的牛油果及红葱头粒作配菜。

卡路里 130 脂肪 4 胆固醇 0 钠 54 碳水化合物 27 纤维 2 蛋白质 1



MAKES 8 POPS

Raspberry Orange Frozen Fruit Pops

INGREDIENTS

1 lime, juiced

120ml water

300g frozen raspberries

2 large oranges peeled and pith removed

DIRECTIONS

Place all ingredients into blender and press Start. Blend on the Whole Juice setting until the program finishes. Fill 8 frozen pop molds about three-fourths full and freeze until solid. Serve frozen.

Calories: 146 Fat: 2g; Chol: 0mg; Sodium: 3mg; Carb: 34g; Fiber: 19g; Protein: 6g



可制成 8 冰棒

覆盆子香橙冰棒

青柠1个,榨汁

冷开水 120毫升

冷冻覆盆子 300克

鲜橙 2个大,削皮,去籽

将原料放进料理机。按纯果汁程序进行搅拌,直到程序结束。把8个冰棒模具注满约四分之三,然后冷冻至坚固。冷食。

卡路里 146 脂肪 2 胆固醇 0 钠 3 碳水化合物 34 纤维 19 蛋白质 6



MAKES 8 POPS

Kiwi Coconut Frozen Pops

INGREDIENTS

350ml low-fat coconut milk**225g fresh kiwi, peeled and cut in chunks****3 tbsp honey****100g sweetened shredded coconut**

DIRECTIONS

Place coconut milk, kiwi and honey into blender and press Start.

Gradually increase speed to high and blend until very smooth. Add coconut and Pulse once to combine. Fill 8 frozen pop molds three-fourths full and freeze until solid. Serve frozen.

Tip: if frozen pop molds are unavailable, divide mixture into small paper cups and cover each with a small square of aluminum foil. Cut a small slit in center, insert a wooden stick and freeze until solid. To serve, peel away paper and foil and enjoy.**Calories: 151 Fat: 11g; Chol: 0mg; Sodium: 15mg; Carb: 15g; Fiber: 3g; Protein: 1g**

可制成 8 冰棒

猕猴桃椰子冰棒

低脂椰子奶 350毫升

新鲜猕猴桃 225克, 削皮, 切块

蜂蜜 3 大匙

碎椰子加糖 100克

将椰子奶、猕猴桃及蜂蜜放进料理机。按下启动并逐渐增加速度至高速, 搅拌至细滑。加入椰子, 然后搅拌均匀, 把 8 个冰棒模具注满约四分之三, 然后冷冻至坚固。冷食。

提示: 如果无法使用冰棒模具, 把混合物平分至小纸杯, 用小方形的铝箔纸复盖, 在中心作一小切口, 插入一根木棒, 然后放进冰箱冷藏至固体。撕走铝箔和纸, 即可享用。

卡路里 151 脂肪 11 胆固醇 0 钠 15 碳水化合物 15 纤维 3 蛋白质 1



MAKES ABOUT 48 COOKIES

Honey Walnut & Black Pepper Cookies

INGREDIENTS

450g walnuts, shelled

240g unsalted butter, at room temperature

50g granulated sugar

4 tbsp honey

$\frac{3}{4}$ tsp ground black pepper

$\frac{1}{4}$ tsp salt

240g all-purpose flour

75g powdered sugar

DIRECTIONS

Roughly chop 75g walnuts and set aside.

Place remaining walnuts into blender and press Start. Pulse until most walnuts are finely ground. Add butter, sugar, honey, pepper and salt and blend on low speed until well-combined, scraping down sides as needed. Place flour and chopped walnuts into a large bowl, stir in mixture from blender, and mix well to form a moist dough. Wrap dough in plastic wrap and refrigerate until chilled, at least 30 minutes.

Preheat oven to 175°C. Line baking sheets with parchment paper and set aside. Roll heaping teaspoons of dough into small balls, place on the prepared baking sheet and flatten slightly with the tines of a fork. Bake for 15 to 18 minutes or until bottoms are golden brown. Remove from oven and sprinkle immediately with powdered sugar. Cool slightly, then transfer to a rack to cool completely. Store in an airtight container for up to three days.

Calories: 180 Fat: 13g; Chol: 20mg; Sodium: 78mg; Carb: 14g; Fiber: 1g; Protein: 2g



可制成约 48 小饼干

蜂蜜、核桃&黑胡椒小饼干

核桃 450克, 去壳
无盐黄油 240克, 室温
细砂白糖 50克
蜂蜜 4 大匙
黑胡椒碎 $\frac{3}{4}$ 茶匙
盐 $\frac{1}{4}$ 茶匙
普通中筋面粉 240克
糖粉 75克

核桃75克略切, 放置到一旁。

将剩余核桃放进料理机。按下启动并搅拌至大部份核桃细磨成粉。加入奶油、糖、蜂蜜、胡椒碎以及盐, 用低速搅拌至完全混合, 如有需要, 刮掉两侧。将面粉以及核桃碎放进大碗, 将混合物拌匀, 以形成一团湿面团, 用保鲜膜包著面团, 然后放进冰箱最少 30 分钟至冷却。

将烤箱预热至 175°C.

在烤盘上放上烘焙纸, 放置到一旁。将与茶匙 大小相若的面团搓揉成小球, 放在准备好的烤盘, 用叉子末端的齿轻轻压扁, 烤 15 至 18 分钟, 或直至底部呈金黄色。把烤盘移离烤箱, 立即洒上糖粉, 稍微冷却, 然后转放到架上待完全冷却, 放进密闭容器里可保存最长3天。

卡路里 180 脂肪 13 胆固醇 20 钠 78 碳水化合物 14 纤维 1 蛋白质 2

MAKES 8 POPS

Vanilla Bean Frozen Pops

INGREDIENTS

240ml sweetened vanilla almond milk

225g low-fat vanilla ice cream

115g low-fat vanilla-flavored yogurt

3 tbsp honey

1 fresh vanilla bean, split

DIRECTIONS

Place almond milk, ice cream, yogurt and honey into blender. Slit the vanilla bean lengthwise and scrape paste into blender. Press Start and gradually increase speed to high. Blend until mixture is smooth. Fill 8 frozen pop molds three-fourths full and freeze until solid. Serve frozen.

Calories: 48 Fat: 1g; Chol: 0mg; Sodium: 36mg; Carb: 8g; Fiber: 0g; Protein: 2g

可制成8 冰棒

香草冰棒

甜味香草杏仁奶 240毫升

低脂香草冰淇淋 225克

低脂香草味酸奶 115克

蜂蜜 3 大匙

新鲜香草豆荚 1 棵，割开

将杏仁奶、冰淇淋、酸奶以及蜂蜜放进料理机。将香草豆荚纵向割开，把打成糊状的混合物刮进料理机。按下启动并逐渐增加速度至高速，搅拌直至混合物变得细滑。把8个冰棒模具注满约四分之三，然后冷冻至坚固。冷食。

卡路里 48 脂肪 1 胆固醇 0 钠 36 碳水化合物 8 纤维 0 蛋白质 2



CHAPTER 5 第5章

Homemade
Flours & Milks
自制健康面粉
& 鲜奶

BROWN RICE FLOUR, P. 122
糙米面粉 P. 122



MAKES 240G

Brown Rice Flour

INGREDIENTS

570g brown rice, uncooked

可制成 240克

糙米面粉

糙米 570克, 未经烹调



DIRECTIONS

Place rice into blender and press Start. Gradually increase speed to high and blend until the rice is finely ground. Store in an airtight container for up to 2 months.

Calories: 113 Fat: 1g; Chol: 0mg; Sodium: 0mg; Carb: 26g; Fiber: 2g; Protein: 2g

将糙米放进料理机。按下启动并逐渐增加速度至高速, 搅拌直至米粒细磨成粉, 放进密闭容器里可保存最长2个月。

卡路里 113 脂肪 1 胆固醇 0 钠 0 碳水化合物 26 纤维 2 蛋白质 2

MAKES ABOUT 480G

Whole Wheat Flour

INGREDIENTS

240g wheat berries

可制成约 480克

全麦面粉

小麦麦粒 240克



DIRECTIONS

Place wheat berries into blender and press Start. Gradually increase speed to high and blend until the berries are finely ground. Store in an airtight container for up to 2 months.

Calories: 25 Fat: 0g; Chol: 0mg; Sodium: 0mg; Carb: 5g; Fiber: 1g; Protein: 1g

将全粒小麦放进料理机。按下启动并逐渐增加速度至高速, 搅拌直至麦粒细磨成粉, 放进密闭容器里可保存最长2个月。

卡路里 25 脂肪 0 胆固醇 0 钠 0 碳水化合物 5 纤维 1 蛋白质 1



MAKES 1 LITER

Unsweetened Almond Milk



INGREDIENTS

150g raw almonds
720ml water, divided
10 ice cubes

DIRECTIONS

Soak almonds in enough water to cover for eight hours or overnight. Drain and discard water.

Place almonds into blender and add 480ml water. Press Start and gradually increase speed to medium. Blend until almonds are coarsely chopped. Add remaining water and ice and blend on high until very smooth. Strain through a nut bag or cheesecloth-lined sieve and refrigerate in an air-tight container for up to 5 days.

Calories: 156 Fat: 1g; Chol: 0mg; Sodium: 0mg; Carb: 5g; Fiber: 3g; Protein: 6g

可制成1 公升

杏仁奶

杏仁150克
冷开水 720毫升,分开放
冰块 10粒

用足够冷开水复盖杏仁,浸泡八小时或隔夜,沥干,然后将水倒掉。

将杏仁放进料理机,然后添加冷开水480毫升。按下启动并逐渐增加速度至中速,搅拌直至杏仁打成粗碎粒,加入剩余的冷开水和冰块,再以高速搅拌直至幼滑。用薄纱布或坚果滤袋过滤,放进密闭容器里,置于冰箱可保存最长5天。

卡路里 156 脂肪 1 胆固醇 0 钠 0 碳水化合物 5 纤维 3 蛋白质 6

MAKES 1 LITER

Basic Soy Milk

INGREDIENTS

80g dried soy beans

600ml water

500ml hot water

70g rock sugar

DIRECTIONS

Rinse soy beans with water. Place the beans and 600ml water in a medium sauce pan. Cook on medium-high until the mixture reaches boiling. Reduce the heat to simmer and cook for 10 minutes, stirring occasionally.

Transfer the beans and liquid to the blender jar and add the sugar. Press Start and gradually increase the power to high and blend for 2 minutes. Add the hot water and continue blending for 5 seconds. Strain in batches through a nut bag or cheesecloth-lined sieve.

Transfer to an airtight pitcher and chill.

Calories: 165 Fat: 8g; Chol: 0mg; Sodium: 52mg; Carb: 5g; Fiber: 1g; Protein: 17g

可制成1 公升

原味豆浆

干黄豆 80克

冷开水 600毫升

热水 500毫升

冰糖 70克

使用冷开水冲洗黄豆。将黄豆和 600毫升冷开水放入奶锅，用中-高火煮直至混合物煮沸，然后调低火炉，煨煮10分钟。偶尔搅拌一下。

将黄豆及汁液转至搅拌杯，然后加入冰糖。按下启动并逐渐增加功率至高速，搅拌2分钟，加入热水，然后继续搅拌5秒。用薄纱布或坚果滤袋过滤。转放到密闭瓶，然后冷藏。

卡路里 165 脂肪 8 胆固醇 0 钠 52 碳水化合物 5 纤维 1 蛋白质 17



MAKES 1 LITER

Black Sesame Soy Milk

INGREDIENTS

45g dried black soy beans

15g dried soy beans

20g raw peanuts

10g toasted black sesame seeds

600ml water

500ml hot water

DIRECTIONS

Rinse the soy beans, peanuts and black sesame seeds. Place the soy beans, peanuts and seeds in a medium saucepan and add 600ml water. Cook on high heat until the mixture boils, stirring occasionally. Reduce the heat and simmer for 10 minutes.

Transfer the mixture to the blender jar and gradually increase the power to high. Add the hot water and blend for 5 seconds. Strain in batches through a nut bag or cheesecloth-lined sieve. Transfer to an airtight pitcher and chill.

Calories: 160 Fat: 8g; Chol: 0mg; Sodium: 150mg; Carb: 17g; Fiber: 0g; Protein: 6g

可制成1 公升

黑芝麻豆浆

干黑豆 45克

干大豆 15克

花生 20克

香烤黑芝麻 10克

冷开水600毫升

热水 500毫升

冲洗大豆、花生和黑芝麻。将大豆、花生和黑芝麻放入奶锅，然后加 600毫升冷开水。用高火煮至混合物沸腾，偶尔搅拌一下。调低火炉，用慢火煮10 分钟。

将混合物倒进搅拌杯，逐渐增加速度至高速，加入热水后搅拌 5 秒。用薄纱布或坚果滤袋过滤。转放到密闭瓶，然后冷藏。

卡路里 160 脂肪 8 胆固醇 0 钠 150 碳水化合物 17 纤维 0 蛋白质 6



MAKES ABOUT 1 LITER

Vanilla Soy Milk

INGREDIENTS

60g soy beans, picked though and rinsed

1L + 240ml water

2 tbsp pure vanilla extract

3 tbsp honey

DIRECTIONS

Soak soybeans in enough water to cover for 10 hours or overnight. Drain water and discard.

Place soybeans into blender, add water and press Start. Gradually increase speed to high and blend until very warm, about 4 minutes. Cool mixture and strain through a nut bag or cheesecloth-lined sieve. Transfer mixture to a saucepan and bring to a boil, reduce heat and simmer for about 15 minutes. Add vanilla and honey; simmer for 5 minutes. Cool and refrigerate in an airtight container for up to 5 days.

Calories: 121 Fat: 9g; Chol: 0mg; Sodium: 2mg; Carb: 34g; Fiber: 4g; Protein: 17g

可制成约 1 公升

香草豆浆

60克 大豆,挑选后冲洗
冷开水 1公升 + 240毫升
纯香草精 2 大匙
蜂蜜 3 大匙

用足够冷开水复盖大豆,浸泡 10 小时或隔夜。沥干水份,倒掉。

将大豆放进料理机,添水。按下启动并逐渐增加速度至高速,搅拌4分钟直至变热,待冷却后,用薄纱布或坚果滤袋过滤。将混合物转至奶锅,煮沸,调低火炉用慢火煮约 15 分钟,加入香草和蜂蜜;用慢火煮 5 分钟。放凉后,放进密闭容器里,置于冰箱可保存最长5天。

卡路里 121 脂肪 9 胆固醇 0 钠 2 碳水化合物 31 纤维 4 蛋白质 17

SERVES 6 TO 8

Rice Milk Horchata



INGREDIENTS

190g long grain white rice, uncooked

2 cinnamon sticks, broken into pieces

1 vanilla bean, split

1.5l water, divided

180ml sweetened condensed milk

ground cinnamon for garnish, optional

DIRECTIONS

Place rice, cinnamon sticks, scrapings from vanilla bean and 480ml water into blender and press Start. Gradually increase speed to high and blend until coarsely chopped. Add remaining water and Pulse to incorporate. Cover blender with lid and set aside to soak for four hours. Add condensed milk to blender and press Start. Gradually increase speed to high and blend until smooth. Strain in batches through a nut bag or cheesecloth-lined sieve. Transfer to an airtight pitcher and chill. To serve, stir horchata well and pour into tall, ice-filled glasses. Garnish with a dash of ground cinnamon, if desired.

Calories: 130 Fat: 1g; Chol: 2mg; Sodium: 18mg; Carb: 3g; Fiber: 0g; Protein: 3g

六至八人份量

欧恰塔米浆

长米 190克，未煮熟
肉桂棒 2 条，断成数截
香草豆荚 1 棵，割开
冷开水 1.5 公升，分开放
加糖炼乳 180 毫升
肉桂粉 当配菜，选料

将米粒、肉桂棒、香草豆荚肉以及冷开水 480 毫升放进料理机。按下启动并逐渐增加至高速，搅拌至粗粒。添加剩余冷开水并搅拌至混合。将料理机盖好，放置到一旁，浸泡四小时。把炼乳加进料理机，按下启动并逐渐增加至高速，搅拌至顺滑。用薄纱布或坚果滤袋过滤。转放到密闭瓶，然后冷藏。要享用时，将欧恰塔搅拌均匀，然后倒进加满冰块的水杯，如果需要的话，以少量肉桂粉作配菜。

卡路里 130 脂肪 1 胆固醇 2 钠 18 碳水化合物 3 纤维 0 蛋白质 3

COOKING \$28.95 美元/ ¥180.00

Inside the pages of this book, you'll find recipes to inspire your own blended creations using the *Hamilton Beach Professional Blender*. From fruit smoothies and whole juices to hot, vegetable based soups, dressings and fruity frozen desserts, each recipe offers fresh ingredients, vibrant flavors, and easy blending instructions. Get in and out of the kitchen effortlessly with Hamilton Beach Professional.

在这本书里,你会发现各种食谱,用以启发你Hamilton Beach® 专业搅拌机的用途,以创作出各式自家美食。从水果冰沙到全果汁到热蔬果汤、沙拉酱与冷冻水果甜品,每个食谱都使用新鲜食材,提供充满活力的口味,简易的搅拌指示。Hamilton Beach® Professional使你入得厨房出得厅堂。



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