



ALL-METAL BLENDER

RECIPES AND USER GUIDE



READ BEFORE USE

USA: 1-800-851-8900 Canada: 1-800-267-2826

840130600

Dear Blender Owner,

Congratulations on your purchase. The Hamilton Beach® Eclectrics™ Collection adds a modern twist to those dependable, all-metal appliances you remember from yesteryear.

Owning a Hamilton Beach® is like owning a piece of history. In 1904, Louis Hamilton and Chester Beach teamed up to bring motorized appliances like vacuums, sewing machines, and mixers into American households. In honor of their 100-year legacy, we've combined the "built to last" metal construction of the past with the styling of today to bring lasting quality and style to your kitchen.

As you use your all-metal appliance, think about the history that came before it. Enjoy the confidence you have in a product backed by years of experience and a 3-year warranty. But most of all, fill your home with the delicious aroma of homemade recipes that your appliance helps you create!

I hope you enjoy your Hamilton Beach® Eclectrics™ appliance for many years to come.

Sincerely,



*Michael J. Morecroft
President and Chief Executive Officer
Hamilton Beach/Proctor-Silex, Inc.*

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Warranty Information

Standard Three Year Warranty

Congratulations! You now own one of the finest blenders. We're so confident in the quality and craftsmanship of your new blender that we're backing your purchase with a No-Hassle 3-Year Replacement Warranty. If your blender malfunctions within 3 years of purchase, we will deliver a brand new replacement blender to your door and remove the old unit at no cost to you. Here's how it works:

Warranty Term	To fulfill the warranty:	Hamilton Beach® will	Hamilton Beach® will not pay for
<p>Three years from date of original purchase for blenders operated in the continental United States, Alaska, and Hawaii.</p> <p>This warranty applies only to the original consumer purchaser.</p>	<ol style="list-style-type: none"> 1. Follow the instructions in this Manual. Refer to Hints for Best Use section if you have any problems operating the unit. If you have any questions, call one of the Customer Service numbers on page 5. 2. Keep your proof of purchase. If the unit malfunctions within 3 years of purchase, call one of the Customer Service numbers on page 5. 	<ol style="list-style-type: none"> 1. Send a pre-paid shipping label so you can send us the unit. 2. Ship a brand new replacement unit to your address. 	<p>Product failures arising from abuse, misuse, neglect, use for commercial purposes, or use contrary to this Manual.</p> <p>THIS WARRANTY IS IN LIEU OF ANY OTHER WARRANTY, EXPRESS OR IMPLIED, WRITTEN OR ORAL, INCLUDING ANY WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE. ANY LIABILITY IS EXPRESSLY LIMITED TO THE PURCHASE PRICE PAID. ALL CLAIMS FOR SPECIAL, INCIDENTAL OR CONSEQUENTIAL DAMAGES ARE EXPRESSLY EXCLUDED.</p>

IMPORTANT SAFEGUARDS

When using electric appliances, basic safety precautions should always be followed, including the following:

1. Read all instructions.
2. To protect against risk of electrical shock, do not put cord, plug, base, or motor in water or other liquid.
3. Close supervision is necessary when any appliance is used by or near children.
4. Unplug cord from outlet when not in use, before putting on or taking off parts, and before cleaning.
5. Avoid contact with moving parts.
6. Do not operate any appliance with a damaged cord or plug, or after the appliance malfunctions, or is dropped or damaged in any manner. Call our toll-free customer service number for information on examination, repair or electrical or mechanical adjustment.
7. The use of attachments, including canning jars, not recommended or sold by Hamilton Beach/Proctor-Silex, Inc. may cause a risk of injury to persons.
8. Do not use outdoors.
9. Do not let cord hang over edge of table or counter, or touch hot surfaces, including the stove.
10. Keep hands and utensils out of jar while blending to reduce the risk of severe personal injury and/or damage to blender. A rubber spatula may be used but must be used only when the blender is not running.
11. Blades are sharp; handle carefully— especially when assembling, disassembling or cleaning inside blender jar.
12. Do not use a broken, chipped, or cracked blender jar.
13. Do not use broken, cracked, or loose cutting blades.
14. To reduce the risk of injury, never place cutter assembly blades on base without jar properly attached.
15. Always operate blender with lid in place.
16. When blending hot liquids, remove center piece of two-piece lid. Do not fill blender jar beyond the 3-cup (750 ml) level. Always begin processing at the lowest speed setting. Keep hands and other exposed skin away from the cover opening to reduce the risk of possible burns.
17. Screw on jar safety base firmly. Injury can result if moving blades accidentally become exposed.
18. If the jar should turn when the motor is switched ON, switch OFF immediately and tighten jar in threaded safety base.
19. Do not leave blender unattended while it is operating.
20. To disconnect cord, turn the control to OFF. Then remove plug from wall outlet.
21. Do not use appliance for other than intended purpose.

SAVE THESE INSTRUCTIONS

Other Consumer Safety Information

This appliance is intended for household use only.

This appliance is equipped with a grounded-type 3-wire cord (3-prong plug). This type of plug will only fit into an electrical outlet made for a 3-prong plug. This is a safety feature intended to help reduce the risk of electrical shock. If the plug should fail to fit contact a qualified electrician to replace the obsolete outlet. Do not attempt to defeat the safety purpose of the grounding pin by modifying the plug in any way.

The length of the cord used on this appliance was selected to reduce the hazards of becoming tangled in, or tripping over, a longer cord. If a longer cord is necessary, an approved extension cord may be used. The electrical rating of the extension cord must be equal to or greater than the rating of the blender. Care must be taken to arrange the

extension cord so that it will not drape over the countertop or tabletop where it can be pulled on by children or accidentally tripped over.

Do not use the Hamilton Beach/Proctor-Silex, Inc., food processor attachment with this blender.

The wattage rating of the blender is based on available cutting blades and jar combinations that may not be provided with your unit, but are available as replacement parts. The blender as provided may draw significantly less power.

If the cutting blades lock and do not move, it will damage the motor. Do not use. Call the toll-free customer service number for information.

Do not place blender jar in the freezer filled with food or liquid. This will freeze and damage the cutting blades.

Assistance and Service Information

Before Calling for Assistance

Please read before calling:

- The blender may warm up during use. Under heavy loads with extended blending time periods, the base of the unit may feel warm to the touch. This is normal.
- The blender may emit an odor, especially when new. This is common with electric motors.

If your blender should malfunction or fail to operate, please check the following:

- Is the blender plugged in?
- Is the fuse in the circuit to the blender in working order? If you have a circuit breaker box, be sure the circuit is closed.
- Turn the blender off for 10 to 15 seconds, then turn the blender back on.
- If the problem is not due to one of the items mentioned above, see Customer Service Information.
- DO NOT return the blender to the retailer as they do not provide service.

Customer Service Information

If you have a question about your blender, call our toll-free customer service number. Before calling, please note the model, type, and series numbers and fill in that information below. These numbers can be found on the bottom of your blender. This information will help us answer your question much more quickly.

MODEL: _____ **TYPE :** _____ **SERIES:** _____

CUSTOMER SERVICE NUMBERS

In the U.S. 1-800-851-8900

In Canada 1-800-267-2826

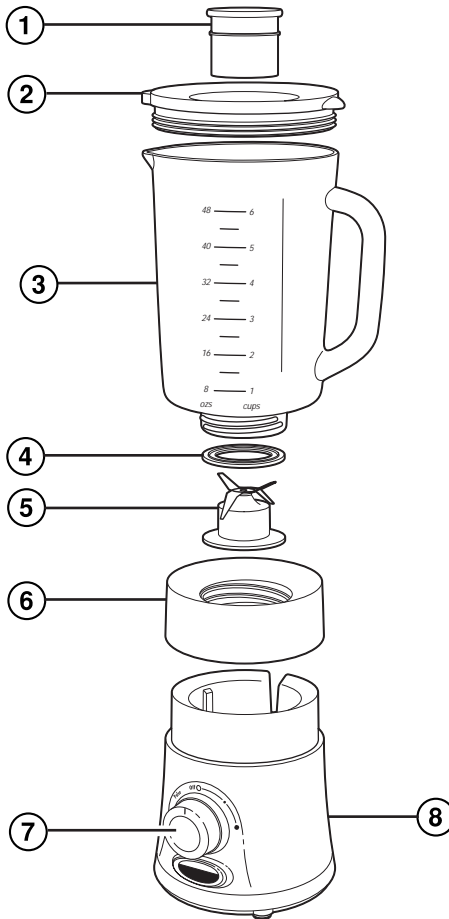
hamiltonbeach.com

KEEP THESE NUMBERS FOR FUTURE REFERENCE!

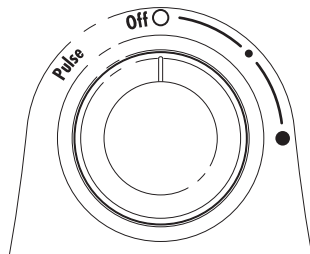
Parts and Features

1. Filler Cap
2. Lid
3. Jar
4. Gasket
5. Cutting Blades
6. Safety Base
7. Rotary Speed Dial
8. Base

Before First Use: After unpacking the blender, wash everything except the blender base in hot, soapy water. Dry thoroughly. Wipe the blender base with a damp cloth or sponge. **DO NOT IMMERSE THE BASE IN WATER.** Care should be taken when handling the cutting blades as they are very sharp.



Rotary Speed Dial



Your blender offers a 2 speed range controlled by the rotary knob. The blender will operate until you rotate the dial to Off / **O**. Turn the dial to Pulse for instant control of blending.

- = Low
- = High

How to Assemble and Use

IMPORTANT: Your blender jar and cutting blades are subject to wear during normal use. Always inspect jar for nicks, chips, or cracks. Always inspect cutting blades for broken, cracked, or loose blades. If jar or cutting blades are damaged, do not use. Call our toll-free customer service number to obtain replacement parts.

1. Make sure blender is unplugged. Place blender base on clean, dry surface to keep foreign particles from being pulled up into motor during operation.
2. Place blades in safety base. Fit gasket over blades. The gasket must lie flat. Set jar on top of gasket and screw on safety base.
3. Make sure the safety base is firmly screwed onto the jar. If not, it may loosen later when motor is turned on.
4. Set jar into place on blender base, making sure it is securely seated.
5. Plug cord into outlet.
6. Put ingredients in jar; place lid on jar. Place hand on lid when blending thin liquids.
7. Process food or beverages. See the "Blending Techniques" section for speeds and processing tips.
8. ALWAYS turn blender off and wait until blades have stopped rotating before removing jar.
9. To remove jar after blending is complete, lift the jar straight up.
10. NEVER replace jar onto unit while motor is running.

Crushing Ice

Fill blender jar half-full with cold water. Add about 2 cups (500 ml) of ice cubes. Place lid on blender jar then turn the rotary dial to the high speed setting. Continue until ice is crushed to desired consistency. Pour contents into colander or sieve to drain off water.

DO NOT CRUSH ICE WITHOUT LIQUID. Failure to follow these directions can result in damage to the blades, jar, blender, and possibly result in personal injury.

Hints for Best Use

- Processing hot foods or liquids in the blender may cause hot liquid to spurt out when the lid is removed. Always remove the filler cap of the cover before blending hot foods or liquids. When blending hot liquids, remove center piece of two-piece lid. Do not fill blender jar beyond the 3-cup (750 ml) level. Always begin processing at the lowest speed setting. Keep hands and other exposed skin away from the cover opening to reduce the risk of possible burns.
- To add foods when blender is operating, remove filler cap from lid and add ingredients through the opening.
- If blending action stops during blending or ingredients stick to sides of the jar, turn blender Off / **O**. Remove lid and use a rubber spatula to push mixture toward blades.
- Do not try to mash potatoes, mix stiff dough, whip egg whites, grind raw meat, or extract juices from fruits and vegetables. The blender is not made to perform these tasks.
- Do not store food or liquids in the blender jar.
- Moisten lip of lid to facilitate placing lid on jar.

Blending Techniques

Baby Foods

Follow feeding guidelines appropriate for age. Place 1 cup (250 ml) cooked fruits or vegetables in blender jar. Add liquid, such as water, milk, or juice, if needed. Process on LOW for 10 seconds or until smooth.

Bread Crumbs

Tear bread into pieces and put in blender jar. Process on LOW for 10 seconds.

Cookie or Cracker Crumbs

Break cookies or crackers into pieces and put in blender jar. Process 1 cup (250 ml) at a time. Process on LOW for 10 seconds. For a finer consistency, process on LOW for a few seconds longer.

Chopped Nuts

Place 1 cup (250 ml) nuts in blender jar. Process on LOW for 10 seconds.

Remove jar from base and shake to redistribute pieces. Place jar on base and process on LOW for a few more seconds.

Chopping Vegetables

Cabbage, carrots, onion, green pepper, potatoes. Place 2 cups (500 ml) of chunks in blender jar. Cover with water. Process on LOW until desired chopped consistency is reached. Pour into colander to drain off water.

Frozen Juice Concentrate

Place 6 ounces (170 g) frozen juice in blender jar with recommended amount of water. Process on HIGH for 20 seconds. Or place 12 ounces (350 g) frozen juice in blender jar with 1 can of water. Process on HIGH for 30 seconds. Pour into pitcher and stir in remaining 2 cans water.

Coffee Beans

Place ½ cup (125 ml) beans in blender jar. Process on HIGH for 30 seconds or until desired grind consistency is reached.

Grated Baking Chocolate

On a cutting board, cut 2 to 3 ounces (50 to 85 g) baking chocolate into chunks. Place in blender jar. Process on LOW for 10 seconds.

Smooth Gravy

If your gravy has lumps, place in blender jar. Remove filler cap from cover to allow steam to escape. Process on LOW for 5 seconds or until smooth.

Pancakes or Waffles

Place liquid ingredients into blender jar; then dry ingredients. Process on LOW for 10 seconds or until blended.

Parmesan Cheese

Cut cheese into half-inch (1 cm) chunks and place in blender jar. Process on HIGH for 30 seconds or until desired consistency.

Superfine Sugar

Place 1 cup (250 ml) regular granulated sugar in blender jar. Process on HIGH for 30 seconds to make superfine sugar which dissolves instantly in iced tea.

“Thickened” Whipping Cream

The blender will not whip cream but produces a spoonable topping. Pour 1 cup (250 ml) heavy or whipping cream in blender jar. Process on HIGH for 20 seconds or until thickened.

Cleaning Your Blender

1. Unplug unit from electrical outlet.
2. Wipe blender base, rotary dial, and cord with a damp cloth or sponge. To remove stubborn spots, use a mild, non-abrasive cleanser.
3. To clean jar, unscrew safety base and remove cutting blades from jar.
4. Carefully remove blades and gasket from bottom of safety base.
5. Carefully wash blades, safety base, gasket, jar, and lid in hot, soapy water. Rinse and dry thoroughly. Do not soak. Glass jars may be washed in an automatic dishwasher. Do not wash blades, safety base, gasket, plastic jar, or lid in a dishwasher.
6. Reassemble cutting blades and gasket onto jar, and replace jar onto blender base.
7. Store blender with lid ajar to prevent container odor.

Breakfast Recipes

Check our Web site for more recipes.

Basic Waffles

2 cups flour
2 tablespoons sugar
1 tablespoon baking powder
1 teaspoon salt
1¾ cups milk
⅓ cup vegetable oil
2 eggs

Place milk, oil and eggs into blender jar; cover. Blend on low for 10 seconds. Add flour, sugar, baking powder and salt. Blend on low until mixed. Pour batter onto preheated waffle baker. **Yield: 8 servings.**

For Blueberry Waffles: After pouring batter onto waffle grids, sprinkle fresh blueberries over batter then close lid.

Sunshine French Toast

2 eggs
2 tablespoons orange juice concentrate
¼ teaspoon cinnamon
1 teaspoon sugar
1 teaspoon vanilla
1 cup milk
8 slices bread

Combine all ingredients except bread slices in blender. Process on medium speed about 5 seconds. Pour mixture into shallow bowl. Dip bread slices in mixture. Melt a small pat of butter in skillet. Cook over medium heat about 2 minutes per side or until lightly brown. **Yield: 4 servings.**

Appetizers Check our Web site for more recipes.

Hummus

1 can (19 ounce) garbanzo beans (chickpeas) (drained)
½ cup lemon juice
1 teaspoon sesame oil
3 cloves garlic
1 teaspoon salt
Water

Place beans, lemon juice, sesame oil, garlic and salt in blender jar; cover. Blend on high. If mixture is too thick, add one tablespoon of water at a time. **Yield: 3 cups.**

Red Pepper and Garlic Dip

6 large cloves garlic
2 tablespoons fresh basil leaves (packed)
1 tablespoon soy sauce
1 teaspoon hot pepper sauce
½ cup roasted red bell pepper*
4 ounces cream cheese (cut into 4 cubes)

Place garlic and basil in blender jar. Pulse for 5 to 10 seconds or until coarsely chopped. Add remaining ingredients. Process on high speed until smooth and blended. Serve with crackers or fresh vegetables for dipping. Cover and refrigerate to serve. **Yield: 1 1/2 cups.**

* Roasted red peppers are available already processed in some large supermarkets. If not, roast your own: place 2 medium peppers, halved, seeded and cored on a baking sheet, cut side down. Put in the oven on broil. Watch closely. When skins are black, remove from oven and let stand 15 minutes. Remove black skins. Peppers are now ready to use.

Substitution: When bell peppers are at their peak, choose from a variety of vibrant colors – red, orange, yellow and green.

Success Tip!

Easily peel garlic cloves by placing the flat part of a large knife on top of the clove. Tap the knife with the heel of your hand to crack the garlic clove. The skin will then slip right off.

Soups/Sauces/Salsas

Check our Web site for more recipes.

Fresh Broccoli Soup

2 tablespoons butter or margarine
 1 small onion (quartered)
 2 cups broccoli (cut in big chunks)
 1½ cups chicken broth or bouillon
 1 cup milk
 ¼ teaspoon salt
 ¼ teaspoon pepper

In a medium saucepan over medium heat, sauté onion in butter until onion is limp. Add chicken broth and broccoli. Bring to a boil, then reduce heat, cover and simmer 10 minutes. Place broccoli, onion and broth in blender jar. Add milk, salt and pepper. Remove filler cap from cover to allow steam to escape. Blend on high speed for 5 seconds. Turn blender OFF. Remove cover and check consistency. For a smoother texture, replace cover and blend on high for 5 to 10 seconds. If desired, pour soup back into saucepan to reheat. **Yield: 3½ cups.**

Pepper Corn Soup

4 ounces Monterey Jack cheese with peppers (cut in 1-inch chunks)
 1 cup milk
 1 can (14 ounces) cream style corn
 1 can (4.5 ounces) chopped green chilies

Place milk and chunks of cheese in blender jar; cover. Pulse until coarsely chopped, about 5 seconds. Pour into saucepan. Add corn and chilies and heat over medium until warmed through and cheese is melted. **Yield: 4 cups.**

Pesto Tomato Sauce

1 ounce Parmesan cheese (cut in cubes)
 1 clove garlic
 1 tablespoon pignoli nuts or walnuts
 1 cup parsley or basil leaves
 2 small plum tomatoes
 2 tablespoons olive oil

Place cover on blender jar and remove center filler cap of cover. Start blender processing on low speed. Drop in cheese, garlic and nuts. Stop blender. Add parsley and tomatoes. Replace cover with center filler cap removed. Start blender processing on medium speed. Add oil through hole in cover. Blend until smooth. Use over pasta. **Yield: 2 servings.**

Soups/Sauces/Salsas

Check our Web site for more recipes.

Cranberry Orange Relish

12 ounces cranberries (fresh with stems removed or frozen)
1 cup sugar
1 small navel orange (washed and cut into wedges)
3 tablespoons triple sec
Dash of ground cloves

Place cranberries, sugar, orange, triple sec and cloves into the blender jar; cover. Pulse blender until cranberries are almost smooth yet a bit chunky. Cover and refrigerate overnight. This will thicken as it sits. **Yield: 2½ cups.**

Mediterranean Pasta Sauce

1 can (15 ounces) whole tomatoes (undrained)
⅓ cup roasted red pepper
1 jar (6 ounces) marinated artichoke hearts (drained)
3 cloves garlic
1 teaspoon cinnamon
1 small onion (quartered)
1 teaspoon dried oregano
1 teaspoon dried basil

Place tomatoes in blender and blend on low speed until smooth. Add remaining ingredients and pulse until coarsely chopped. Heat if desired and pour over pasta. **Yield: 4 servings.**

Substitution: If fresh herbs are available, substitute 1 tablespoon chopped fresh oregano for the dried basil and oregano.

Success Tip!

Make an extra batch and freeze for future use. Store in freezer containers or plastic freezer bags, label and date. This sauce can be frozen for up to 4 months.

Easy Salsa

2 (28 oz.) cans whole tomatoes, undrained
½ onion, quartered
½ teaspoon minced garlic
1 tablespoon lime juice
1 teaspoon salt
½ teaspoon cumin
4 ounces can green chiles, undrained
2 tablespoons chopped fresh cilantro
Hot sauce, optional – to taste

Place tomatoes, onion, garlic, lime juice, salt, cumin, green chiles, cilantro and hot sauce in assembled blender jar. Blend on low speed to desired consistency. **Yield: 12 servings.**

Entrees Check our Web site for more recipes.

Ham and Swiss Strata

4 slices bread
 5 ounces Swiss cheese
 2 eggs
 1 cup milk
 1 tablespoon prepared mustard
 1/8 teaspoon pepper
 2 to 3 slices ham (torn in pieces)

Spray an 8-inch square baking dish with nonstick cooking spray. Lay bread in the bottom of the dish overlapping if necessary. Cut cheese into cubes, place in blender jar; cover. Process on high for 60 seconds. Sprinkle cheese over bread. Place eggs, milk, mustard and pepper in blender jar and process on high speed for 15 seconds. Add ham to blender jar and pulse 3 or 4 times or until chopped to desired consistency. Pour over bread and cheese. Bake at 350°F for 40 minutes or until set. **Yield: 2 servings.**

Substitution: Egg substitute can be used in place of whole eggs. Generally, use 1/2 cup of egg substitute instead of 2 eggs. Check the egg substitute carton for the exact replacement amount.

Success Tip!

Purchase pre-shredded Swiss cheese to save time. Find it in the dairy case with the rest of the cheese selections.

Hot and Spicy Pork Tenderloin

2 tablespoons sliced jalapeno peppers
 5 pepperoncini, stems removed (optional)
 3 shallots
 1 tablespoon ground allspice
 5 whole cloves
 1/2 cup vinegar
 1/4 cup lime
 1/4 cup brown sugar
 1 teaspoon ground black pepper
 1 1/2 cups olive oil
 1 pound pork tenderloin

Place all ingredients, except pork, in blender jar. Blend on low speed until smooth. Pour over meat and marinate for at least one hour. Remove meat from marinade and bake in 400°F oven for about 20-30 minutes, or until meat thermometer reaches 160°F. **Yield: 4 servings.**

Substitution: If fresh jalapenos or pepperoncini aren't available, use canned or pickled. Rinse and drain before using.

Success Tip!

The compound in hot peppers that gives them their heat can also burn skin and eyes (think self defense pepper spray). Wear rubber or plastic gloves when handling hot peppers or wash hands thoroughly with soap and hot water before touching face.

Desserts Check our Web site for more recipes.

Chocolate Cream Mousse

- ¾ cup milk
- 1 teaspoon vanilla
- 2 tablespoons sugar
- 1 cup mini chocolate chips
- 1 package (3 ounces) cream cheese

Heat milk in a small saucepan until steaming. Place vanilla, sugar and mini chocolate chips in blender jar. Blend on low speed for 15 seconds. Pour milk into jar and blend on high speed for 20 seconds. Cut cream cheese into cubes and add into blender. Blend until well mixed. Pour into individual dessert or parfait glasses and refrigerate until set, at least 2 hours. **Yield: 4-6 servings.**

No Bake Cheesecake

- 1 graham cracker crust (see recipe below)
- 1 cup sour cream
- 1 package (8 ounce) cream cheese (softened)
- ⅓ cup sugar
- 2 teaspoons vanilla extract
- ¼ teaspoon cinnamon
- 1 tub frozen (8 ounce) whipped topping (thawed)
- 1 can cherry or blueberry pie filling or fresh strawberries

Place sour cream, cream cheese, sugar and vanilla extract in blender jar; cover. Blend on medium speed until smooth. Add whipped topping and blend on low speed just until mixed. Put mixture into pie crust. Chill at least 4 hours. Top with pie filling or strawberries. **Yield: 8 servings.**

Graham Cracker Crust

- 2½ cups graham cracker crumbs
- ½ cup butter (melted)

Place graham crackers in blender and pulse until all crackers are processed. Combine the crumbs and butter and press into bottom of 13 x 9 inch pan. Bake at 375°F for 8 minutes. Cool completely.

Pumpkin Pie

- Frozen pie crust
- 2 eggs
- 1 cup firmly packed brown sugar
- ½ cup whipping cream
- 1 (15 ounces) can pumpkin
- 1 teaspoon pumpkin pie spice
- ½ teaspoon salt

Heat oven to 425°F. Remove shell from freezer and thaw according to package directions. Place eggs in blender jar and blend at medium speed until thick and lemon colored (2 to 3 minutes). Add all remaining filling ingredients. Beat until well mixed (1 to 2 minutes). Pour filling ingredients into unbaked crust. Bake for 10 minutes then reduce oven temperature to 350°F. Continue baking for 40 to 50 minutes or until knife inserted in center comes out clean. Cool completely. Store pie in refrigerator. **Yield: 8 servings.**

Baby Food/Puree

Check our Web site for more recipes.

Rice Pudding

1 cup cooked rice
1 cup warmed milk
Couple drops vanilla extract
1 tablespoon granulated sugar

Combine all ingredients. Cook very gently for 10 minutes until the rice is heated through. Check the temperature before serving.

Success Tip!

Use ice cube trays to freeze pureed foods. Once frozen, pop out cubes, store in a sealed plastic bag and use within two months.

Creamed Banana

1 ripe banana (sliced into small pieces)
¼ cup light cream
Pinch of granulated sugar

Blend ingredients in bowl until creamy. Serve. Stores well refrigerated.

Success Tip!

Use ice cube trays to freeze pureed foods. Once frozen, pop out cubes, store in a sealed plastic bag and use within two months.

Smoothies/Fruit Drinks

Check our Web site for more recipes.

Banana Milk

- 1 banana
- 1½ cups milk
- 1 tablespoon honey
- ¼ teaspoon ground nutmeg

Place all ingredients into blender jar; cover. Blend until smooth. **Yield: 1 serving.**

Simple Strawberry and Banana Smoothie

- 1 cup plain yogurt
- 2 bananas
- 1 pound frozen strawberries

Place all ingredients into blender jar; cover. Blend on medium speed until desired consistency is reached. **Yield: 5 servings.**

Tropical Ice

- 1 can (11.5 ounces) tropical fruit juice concentrate (found in juice aisle)
- 2 bananas (broken into pieces)
- 2½ cups ice cubes

Place all ingredients into blender jar; cover. Blend on high speed until desired consistency is reached. **Yield: 40 ounces.**

Banana Berry Smoothie

- ¾ cup milk
- 1 cup frozen strawberries
- 1 ripe banana, broken into pieces
- 8 ounces vanilla or strawberry yogurt

Place all ingredients in blender jar; cover. Pulse 45 seconds or until desired consistency. **Yield: 24 ounces.**

Banana Crunchy

- 1 cup skim milk
- 1 banana
- 1 to 2 tablespoons sugar
- ¾ cup ice
- ½ cup granola

Place all ingredients in blender jar; cover. Pulse for 20 seconds or until smooth. **Yield: 2 servings.**

Smoothies/Fruit Drinks

Check our Web site for more recipes.

Berry Blast

- 1 can (11.5 ounces) berry juice concentrate (found in juice aisle)
- 1 cup ice cubes
- 8 ounces strawberry yogurt
- 1 cup frozen strawberries

Place all ingredients in blender jar; cover. Pulse 45 seconds or until desired consistency. **Yield: 40 ounces.**

Cranberry Frappe

- 3 cups cranberry juice
- 1 bag (16 ounces) frozen blueberries
- 3 tablespoons sugar
- 2 cups ice cubes

Place all ingredients in blender jar; cover. Blend on high speed until desired consistency. **Yield: 40 ounces.**

Milk Shakes

Check our Web site for more recipes.

Mocha Brownie Shake

4 scoops vanilla ice cream
 ½ cup milk
 1 envelope (.78 ounce) instant cappuccino mix
 2 tablespoons chocolate syrup
 2 brownies, crumbled

Place all ingredients into blender jar; cover. Blend on high speed until desired consistency is reached. **Yield: 1 serving.**

Chocolate Strawberry Shake

8 scoops chocolate ice cream
 1 cup milk
 1 cup fresh strawberries, mashed
 ½ cup nuts in syrup
 Whipped cream (for garnish)
 Shaved chocolate (for garnish)

Place all ingredients in blender jar; cover. Blend on high speed until desired consistency is reached. Garnish with whipped cream and shaved chocolate
Yield: 2 servings.

Chocolate Strawberry Shake

6 scoops chocolate ice cream
 1 cup milk
 ¼ chocolate syrup
 3 chocolate cookies, crumbled

Place all ingredients into blender jar; cover. Blend on high speed until desired consistency is reached. **Yield: 2 servings.**

Raspberry Crunchy Shake

8 scoops vanilla ice cream
 1 cup milk
 ½ cup fresh raspberries
 1 cup cookie pieces

Place all ingredients in blender jar; cover. Blend on high speed until desired consistency is reached. Garnish with raspberries.

Strawberry Milkshake

½ cup milk
 5 to 6 small frozen strawberries
 3 scoops cup vanilla ice cream

Place milk, chocolate syrup and ice cream in blender jar; cover. Blend on high speed until smooth. Additional ice cream or milk may be added to achieve desired consistency.

Alcoholic Frozen Drinks

Check our Web site for more recipes.

Lime Daiquiris

3 limes (juiced)
½ cup white sugar
10 ounces white rum
4 maraschino cherries
6 cups ice cubes

In a blender, combine lime juice, sugar and rum. Blend and add ice one cube at a time until mixture is thick and smooth. Pour into 4 glasses and garnish with maraschino cherries. **Yield: 4 servings.**

Frozen Mudslide

1½ ounces vodka
1½ ounces Irish Cream
1½ ounces coffee liquor
8 cubes ice
1½ ounces cream
1 scoop vanilla ice cream
2 scoops chocolate ice cream

Begin by crushing 8 ice cubes in blender. When ice is finely crushed, add the remaining ingredients and blend for 45 seconds on blender's highest setting. Pour into glass and serve immediately. **Yield: 1 serving.**

Frozen Daiquiri

3 ounces rum
3 ounces lime juice
2 tablespoons triple sec
2 teaspoons sugar
2 cups ice

Place all ingredients in blender jar; cover. Blend on high speed until smooth. **Yield: 1 serving.**

Sunburn

½ cup pineapple juice
½ cup orange juice
¼ cup rum
1 tablespoon amaretto liqueur
3 tablespoons grenadine syrup
3 cups ice cubes

Place all ingredients in blender jar; cover. Blend on high speed until smooth. **Yield: 4 servings.**

Alcoholic Frozen Drinks

Check our Web site for more recipes.

Frozen Margarita

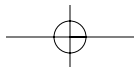
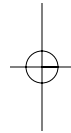
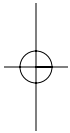
4 ounces lime
6 ounces tequila
2 ounces triple sec
2 cups (approximately) crushed ice

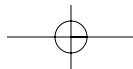
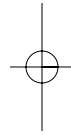
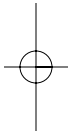
Rub rim of glass with lime juice then dip in salt – set aside. In assembled blender jar, add lime juice, tequila, triple sec and ice. Blend on highest speed until all ingredients are incorporated. Increase or decrease amount of ice to reach desired consistency. To add ice, reduce speed removing filler cap and gradually add ice to mixture. Pour margarita into previously prepared glasses and serve. **Yield: 2 servings.**

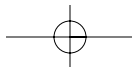
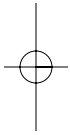
Strawberry Daiquiri

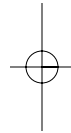
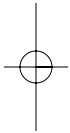
5 ounces frozen strawberries in syrup, slightly thawed
3 ounces rum
2 ounces strawberry schnapps
2 cups ice

Place all ingredients in blender jar; cover. Blend on high speed until smooth. **Yield: 1 serving.**









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