



# FRESH & DELICIOUS BLENDING!

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





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Frozen Treats, Snacks & More!



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Rocklin, California



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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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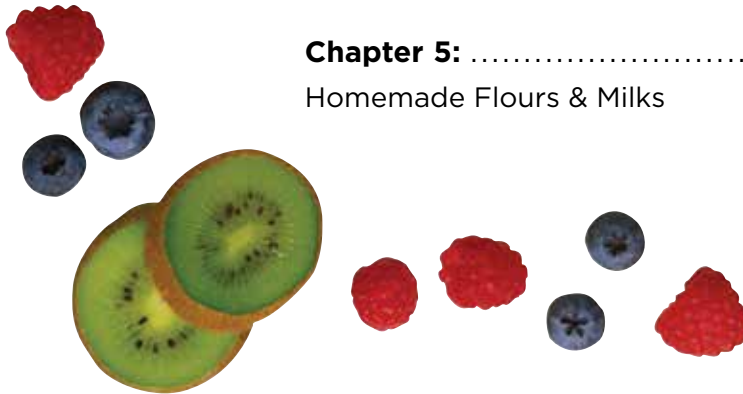
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# Introduction

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 flavourful 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 flavours, and easy blending instructions. Get in and out of the kitchen effortlessly with Hamilton Beach Professional.

**For more Good Thinking, visit [www.hamiltonbeachappliances.co.uk](http://www.hamiltonbeachappliances.co.uk)**

## 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 purées 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 puréed 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.



CHAPTER 7

Beverages:

Smoothies, Whole Juices  
& Delicious Blends







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





MAKES 2 SERVINGS (ABOUT 700ML)

# Berry Peachy Smoothie

## INGREDIENTS

**160g vanilla-flavoured 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





MAKES 1 SERVING (360ML)

# Raspberry Smoothie

## INGREDIENTS

**120g vanilla-flavoured 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**





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**





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





MAKES 2 SERVINGS (750ML)

## Sweet Tart Peach Smoothie

### INGREDIENTS

**160g plain unflavoured 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





MAKES 1 TO 2 SERVINGS (ABOUT 600ML)

## Super Strawberry Goodness

### INGREDIENTS

**220g plain unflavoured 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**





MAKES 3 TO 4 SERVINGS (ABOUT 1L)

# Sunrise Smoothie

## INGREDIENTS

**180ml strawberry-flavoured 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





MAKES 2 SERVINGS (ABOUT 600ML)

## Pineapple Kiwi Smoothie

### INGREDIENTS

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

**150g fresh pineapple, cut in chunks**

**½ 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





MAKES 1 SERVING (ABOUT 400ML)

## Pomegranate Pineapple Refresher

### INGREDIENTS

**½ 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





MAKES 2 SERVINGS (ABOUT 600ML)

## Strawberry, Apple & Banana Smoothie

### INGREDIENTS

**180ml *Unsweetened Almond Milk***  
**(see recipe p. 120)**

**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





MAKES 2 SERVINGS (ABOUT 600ML)

# Tangerine, Banana & Blueberry Smoothie

## INGREDIENTS

**240ml *Unsweetened Almond Milk* (see recipe p. 120) (use low-fat, if desired)**

**160g vanilla-flavoured yogurt**

**1 banana, peeled and quartered**

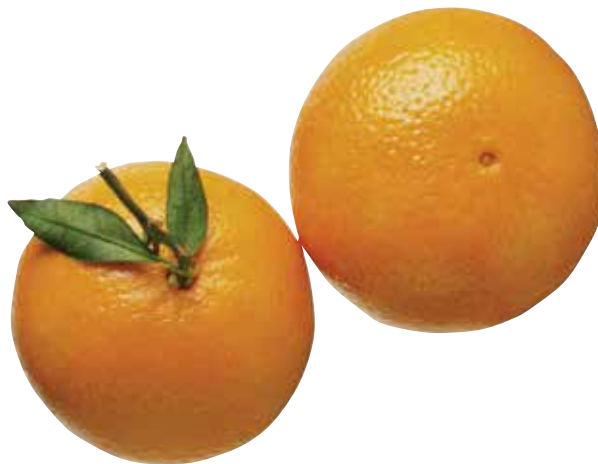
**2 tangerines or mandarin oranges, peeled**

**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





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**





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



MAKES 2 TO 3 SERVINGS (ABOUT 700ML)

## Watermelon & Double Berry Smoothie

### INGREDIENTS

**160g nonfat plain yogurt**

**100g watermelon, seeded,  
cut in chunks**

**100g strawberries**

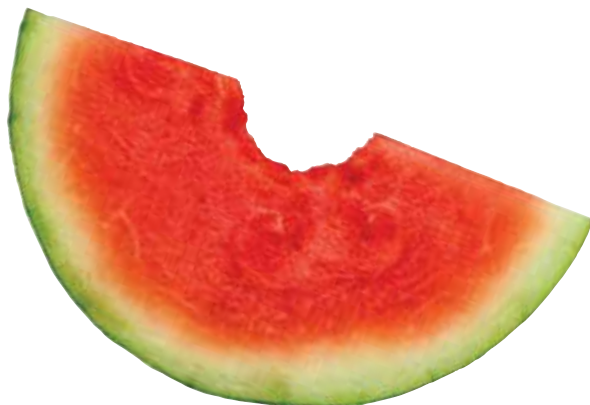
**100g raspberries**

**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





MAKES 1 TO 2 SERVINGS (ABOUT 600ML)

# Banana & Blueberry Smoothie



## INGREDIENTS

**180ml *Unsweetened Almond Milk***  
**(see recipe p. 120)**

**120g nonfat blueberry-  
flavoured 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







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**





MAKES 2 SERVINGS (ABOUT 700ML)

# Lychee & Spinach Spiced Smoothie

## INGREDIENTS

**60ml orange juice**

**235g nonfat vanilla yogurt**

**300g lychees, 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



MAKES 2 SERVINGS (ABOUT 700ML)

# Honeydew Cucumber Smoothie

## INGREDIENTS

**2 tbsp water**

**1 cucumber, peeled and quartered**

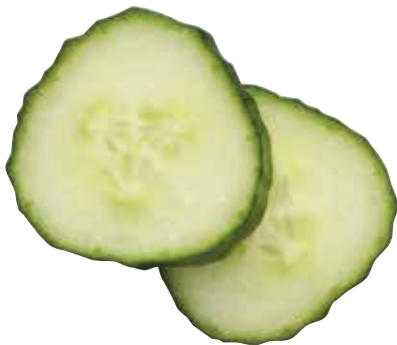
**½ honeydew melon, peeled and cut in chunks**

**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





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





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



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





MAKES 6 TO 8 SERVINGS (ABOUT 3 LITRES)

## 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**

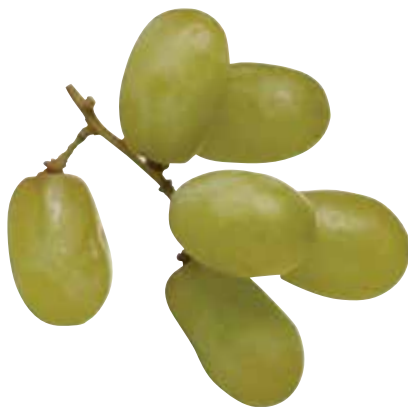
**30g baby spinach leaves**

**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











MAKES 2 SERVINGS (700ML)

# Green Zest Juice

## INGREDIENTS

**240ml apple juice**

**60g baby spinach**

**100g celery, cut into pieces**

**1 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





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





MAKES ABOUT 4 SERVINGS (700ML)

# Orange Mango Fruit Juice

## INGREDIENTS

**600ml water**

**3 oranges, peeled, quartered**

**1 medium apple, cored, quartered**

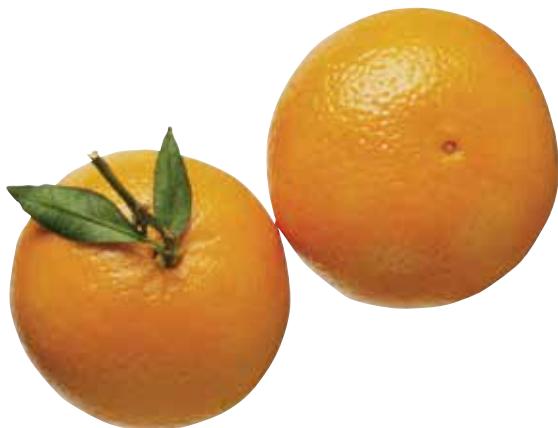
**1 mango, peeled, pitted**

**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





MAKES ABOUT 6 SERVINGS (1.5 LITRES)

# 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

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



MAKES 1 TO 2 SERVINGS (ABOUT 475ML)

## Spicy Tomato & Horseradish Juice

### INGREDIENTS

**120ml water**

**2 ripe tomatoes, cored**

**2 ribs celery, with leaves**

**1 tsp creamy horseradish**

**½ lemon, peeled and pith removed**

**½ jalapeño pepper, with seeds**

**pinch salt**

**dash black pepper**

**10 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: 29 Fat: 1g; Chol: 0mg; Sodium: 40mg;  
Carb: 8g; Fiber: 2g; Protein: 1g







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



MAKES 2 SERVINGS (ABOUT 600ML)

# Pineapple, Mango & Fresh Cucumber Juice

## INGREDIENTS

**250g pineapple, cut in chunks**

**150g mango, cut in chunks**

**1 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



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







MAKES 6 SERVINGS (ABOUT 1.5 LITRES)

# 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

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



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



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 lychees, 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



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





MAKES 2 TO 3 SERVINGS (ABOUT 600ML)

## Cucumber Lime Refresher

### INGREDIENTS

**180ml water**

**2 limes, juiced**

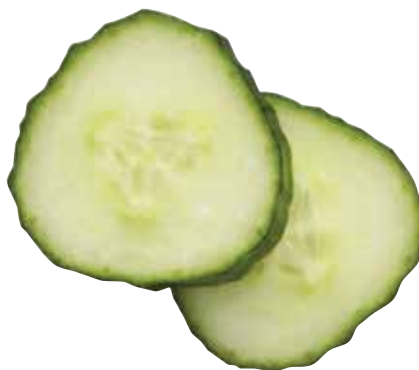
**3 cucumbers, peeled and quartered**

**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





MAKES 2 SERVINGS (ABOUT 425ML)

# Cucumber Lime Splash

## INGREDIENTS

**100ml cold water**

**2 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





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



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**



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



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



SERVES 4 (ABOUT 600ML)

## Fresh Cucumber & Orange Fizz

### INGREDIENTS

**120ml fresh orange juice**  
**3 tbsp fresh squeezed lime juice**  
**500ml sparkling water**  
**½ 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

CHAPTER 2

Soups, Sauces  
& Spreads







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 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





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 flavours. 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**



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



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



MAKES 4 SERVINGS

# Garden Gazpacho

## 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

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 litres). 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



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**

## DIRECTIONS

Preheat oven to 205°C. Line a approximately 20 x 30cm 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

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**

## 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





MAKES ABOUT 2½ CUPS

## Salsa Verde

### INGREDIENTS

**175ml water**

**1 tbsp lime juice**

**4 sprigs cilantro, trimmed**

**¼ yellow onion, peeled**

**1 clove garlic, peeled**

**1 small jalapeño pepper, seeded,  
roughly cut**

**½ tsp salt**

**8 tomatillos, husked, washed and  
halved**

### DIRECTIONS

Place all ingredients into blender and press Start. Gradually increase speed to high and blend until mixture is chunky-smooth. Let stand to allow flavours to marry for 1 hour. Use at once or refrigerate in an airtight container for up to 3 days.

**Cook's Note:** For a nutritional boost, add 1 cup fresh kale or spinach leaves before blending.

Calories: 4 Fat: 0g; Chol: 0mg; Sodium: 48mg; Carb: 1g; Fiber: 0g; Protein: 0g

MAKES ABOUT 3 CUPS

## Salsa Ranchera

### INGREDIENTS

**4-5 large Roma tomatoes  
(about 1 lb)**

**3 Serrano peppers, stemmed,  
seeded, cut in half**

**2 tbsp vegetable oil**

**¼ medium white onion, chopped**

**3 cloves garlic, peeled, chopped**

**½ tsp dried Mexican oregano**

**1 tbsp fresh cilantro leaves**

**½ tsp salt**

**150-175ml chicken broth  
(optional)**

### DIRECTIONS

Place the whole tomatoes and peppers in a dry cast iron skillet and cook on medium-high heat until charred, about 6 minutes. Turn once or twice while cooking. Place in the blender jar and set aside. Heat the oil in the same skillet and add the onion. Sauté over medium heat until translucent, stirring often. Add the garlic and continue cooking for 2 minutes. Remove and add to the tomatoes and peppers in the blender jar. Press Start and blend until smooth.

Pour the sauce into the cast iron skillet and add the herbs and salt. Add broth as desired to create the sauce needed. Cook and stir over medium heat for 10 to 15 minutes, or until the flavours have married. Adjust seasonings as needed.

Calories: 11 Fat: 1g; Chol: 0mg; Sodium: 49mg; Carb: 0g; Fiber: 0g; Protein: 0g

MAKES ABOUT 1 CUP

# Lemony Hollandaise Sauce

## INGREDIENTS

**5 large egg yolks**  
**2 tbsp fresh lemon juice**  
**226g unsalted butter**  
**pinch cayenne pepper**  
**¼ tsp salt**

## DIRECTIONS

Press Start and increase power up to the highest speed on the blender. Drop the egg yolks through the lid opening into the blender, one at a time. Add lemon juice and continue blending on high speed to combine. Melt the butter in the microwave oven at 50% power until hot and bubbly. With blender running on medium speed, very slowly add the hot butter, drop by drop at first, through the lid opening. Reduce the speed and continue slowly adding the butter as the sauce thickens. Add the pepper and salt and blend for 10 seconds. Serve at once.

**Cook's Note:** A perfect complement to lightly steamed asparagus or broccoli, this sauce is at home with eggs or vegetables.

*Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.*

Calories: 188 Fat: 20g; Chol: 177mg; Sodium: 200mg; Carb: 1g; Fiber: 0g; Protein: 2g

MAKES ABOUT 240G

# Homemade Peanut Butter

## INGREDIENTS

**300g roasted peanuts**

**4 tbsp peanut or vegetable oil, divided**

**pinch salt or 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



MAKES ABOUT 1¼ CUPS

## Maple Almond Butter

### INGREDIENTS

- 300g roasted almonds**
- 2 tbsp pure maple syrup**
- pinch salt**
- 2 to 4 tbsp canola oil, optional**

### DIRECTIONS

Place almonds, syrup and salt into blender in order listed. Add oil, if using. Press Start and gradually increase speed to medium-high speed, blending until the mixture is chunky-smooth or as smooth as desired. Scrape down sides as needed. Transfer to an airtight container and refrigerate for up to 1 month.

Calories: 88 Fat: 7g; Chol: 0mg; Sodium: 11mg; Carb: 4g; Fiber: 2g; Protein: 3g

MAKES 240G

## Cashew Butter

### 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





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. Using the emulsifying cup, 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



MAKES 1½ CUPS

## Artichoke Walnut Pesto

### INGREDIENTS

- 2 175g jars marinated artichoke hearts in olive oil**
- 75g walnuts, toasted**
- 15g fresh parsley, loosely packed**
- 4 cloves garlic, peeled**
- 1 tsp salt**
- 1 tsp ground black pepper**
- 2 tbsp olive oil**

### DIRECTIONS

Place the artichoke hearts with the oil, walnuts and parsley in the blender and press Start. Pulse until coarsely chopped. Add the garlic, salt, pepper and olive oil and blend on medium until smooth. Use as your recipe directs or refrigerate in an airtight container for up to 1 month.

Calories: 15 Fat: 1g; Chol: 0mg; Sodium: 128mg; Carb: 0g; Fiber: 0g; Protein: 0g

MAKES ABOUT 300ML

# Grapefruit Balsamic Dressing

## INGREDIENTS

**1 grapefruit, peeled and pith removed, halved**

**2 tbsp balsamic vinegar**

**¼ tsp salt**

**120ml sunflower oil**

## DIRECTIONS

Place ingredients in blender jar in the order listed, except for oil. Press Start and gradually increase speed to medium, blending until fairly smooth. Using the emulsifying cup, gradually drizzle the oil into the jar and continue blending until smooth. Add salt to taste. 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





MAKES ABOUT 360ML

## Orange Sunflower Seed Dressing

### INGREDIENTS

**160ml orange juice**  
**4 tbsp rice wine vinegar**  
**80ml honey**  
**¼ tsp salt, optional**  
**1 tbsp sunflower seeds**  
**120ml sunflower oil**

### DIRECTIONS

Place ingredients in blender jar in the order listed, except for oil, and press Start. Using the emulsifying cup, gradually increase speed while drizzling the oil into the jar. 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

MAKES ABOUT 500G

## Chipotle Ranch Dressing

### INGREDIENTS

**240ml buttermilk**  
**180g lowfat sour cream**  
**120g lowfat cottage cheese**  
**1 canned chipotle pepper**  
**1/2 tsp salt**  
**2 tbsp parsley**

### DIRECTIONS

Place all ingredients, except parsley, into blender and press Start. Pulse on medium speed until smooth, scraping down sides as needed. Add parsley and Pulse once or twice to combine. Refrigerate in an airtight container for up to 1 week.

Calories: 16 Fat: 1g; Chol: 3mg; Sodium: 96mg; Carb: 1g; Fiber: 0g; Protein: 1g



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**

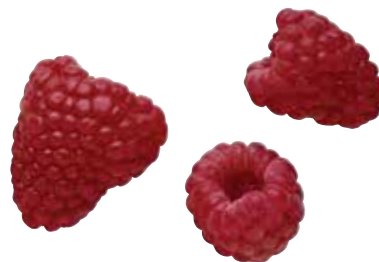
### DIRECTIONS

Place ingredients in blender jar in the order listed, except for oil. Press Start and blend on low until well-combined. Increase speed to medium and, using the emulsifying cup, 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

MAKES ABOUT 300ML

## Raspberry Vinaigrette



### INGREDIENTS

**60ml champagne vinegar**

**75g fresh raspberries**

**2 tbsp fresh lime juice**

**2 tbsp honey**

**½ tsp salt**

**½ tsp ground black pepper**

**120ml olive oil or safflower oil**

### DIRECTIONS

Place ingredients in blender jar in the order listed, except for oil, and press Start. Using the emulsifying cup, gradually add the oil, increasing the speed to medium until very 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

MAKES ABOUT 360ML

## Spicy Blackberry Dressing

### INGREDIENTS

**150g fresh blackberries**

**60ml balsamic vinegar**

**2 tbsp honey**

**¼ tsp bottled chili sauce**

**180ml olive oil**

### DIRECTIONS

Place ingredients in blender jar in the order listed, except for oil, and press Start. Using the emulsifying cup, gradually drizzle the oil into the jar, blending on medium 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





CHAPTER 3

Light Meals  
& Snacks

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**

## 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



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**



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**

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



MAKES 6 TO 8 SERVINGS

## Roasted Tomato Salsa Guacamole

### INGREDIENTS

**3 large ripe avocados,  
peeled and pitted**

**1 large lime, juiced**

**20g roasted tomato salsa**

**½ tsp salt**

### DIRECTIONS

Place avocados, lime juice, salsa 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.

**Cook's Note:** For a spicy guacamole, add one-half jalapeño pepper with seeds before blending.

Calories: 124 Fat: 11g; Chol: 0mg; Sodium: 157mg; Carb: 7g; Fiber: 5g; Protein: 2g



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**

## 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



SERVES 4

# Cold Peanut Noodles

## INGREDIENTS

**80g** *Homemade Peanut Spread*  
(see recipe p. 66)

**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

SERVES 8

# Savoury Garlic Hummus

## INGREDIENTS

**450g canned chickpeas, liquid drained and reserved**

**3 tbsp tahini paste**

**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.

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**



MAKES 4 SERVINGS

## Perfect Buttermilk Pancakes

### INGREDIENTS

**250ml lowfat buttermilk**

**1 large egg**

**2 tbsp canola oil**

**1 tbsp granulated sugar**

**¼ tsp pure vanilla extract**

**pinch salt**

**150g all-purpose white flour**

**1 tsp baking powder**

**½ tsp baking soda**

### DIRECTIONS

Place buttermilk, egg, oil, sugar, vanilla and salt into blender, cover and blend on medium speed until just combined. In a small bowl, combine flour, baking powder and baking soda. With the blender running on medium-low speed, add the flour mixture slowly through the lid opening. Continue blending on medium speed until just combined.

Cook pancakes over medium heat on a nonstick griddle until bubbles form on the surface. Flip pancakes and cook until bottom side is golden. Serve immediately or hold in a warm oven for up to 20 minutes.

**Cook's Note:** For a rich treat, substitute butter for the oil and add blueberries to finished batter.

**Calories: 189 Fat: 4g; Chol: 49mg; Sodium: 250mg; Carb: 30g; Fiber 1g; Protein: 7g**







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



SERVES 6

# Vegetable Sunflower Slaw

## INGREDIENTS

**600g broccoli florets**

**1 lemon, washed**

**125ml 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





MAKES 1½ CUPS

## Kale & Quinoa Salad

### INGREDIENTS

- 2 cloves garlic, peeled and crushed**
- 75ml olive oil**
- 45ml apple cider vinegar**
- 1 lemon, juiced**
- 2 tbsp tahini (sesame seed paste)**
- ½ tsp salt**
- ¼ tsp ground cumin**
- 360g quinoa, cooked, kept hot**
- 140g fresh kale, finely shredded**
- 2 tbsp pine nuts, toasted**
- 2 tbsp dried cranberries**

### DIRECTIONS

Place the artichoke hearts with the oil, walnuts and parsley in the blender and press Start. Pulse until coarsely chopped. Add the garlic, salt, pepper and olive oil and blend on medium until smooth. Use as your recipe directs or refrigerate in an airtight container for up to 1 month.

Calories: 267 Fat: 19g; Chol: 0mg; Sodium: 208mg; Carb: 26g; Fiber: 4g; Protein: 30g

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

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. 94)**

**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





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. 94)**
- 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

A close-up photograph of three vibrant red sorbet balls, likely watermelon lime mint, resting on a green ceramic plate with a white floral pattern. Fresh green mint leaves are tucked behind the sorbet balls. The plate is set on a dark, textured wooden surface.

CHAPTER 4

Healthy  
Treats





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

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





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



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**







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

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



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**

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



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**



MAKES 8 POPS

# Vanilla Bean Frozen Pops

## INGREDIENTS

**240ml sweetened vanilla almond milk**

**225g low-fat vanilla ice cream**

**115g low-fat vanilla-flavoured 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



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



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**

## 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





CHAPTER 5

Homemade  
Flours & Milks

MAKES 240G

## Brown Rice Flour (gluten-free)



### INGREDIENTS

**570g brown rice, uncooked**

### 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.

**Cook's Note:** To use in recipes, substitute 1 cup *Brown Rice Flour* per cup of all-purpose flour

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

MAKES ABOUT 480G

## Whole Wheat Flour



### INGREDIENTS

**240g wheat berries**

### 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

MAKES 2 CUPS

# Cracked Cornmeal

## INGREDIENTS

**1½ cups popcorn kernels,  
unpopped**

## DIRECTIONS

Place popcorn into blender and press Start. Gradually increase speed to high and blend until coarsely ground. Remove any large or unblended kernels. Store in an airtight container for up to 2 months.

**Cook's Note:** Blend kernels until finely ground to create homemade polenta. Add water, salt and grated cheese, if desired. Fry or bake and cut into desired shapes.

**Calories: 68 Fat: 1g; Chol: 0mg; Sodium: 0mg; Carb: 14g; Fiber: 2g; Protein: 2g**



MAKES 1 LITRE

# Basic Soy Milk

## INGREDIENTS

**80g dried soy beans**

**600ml water**

**500ml hot water**

**70g rock sugar**

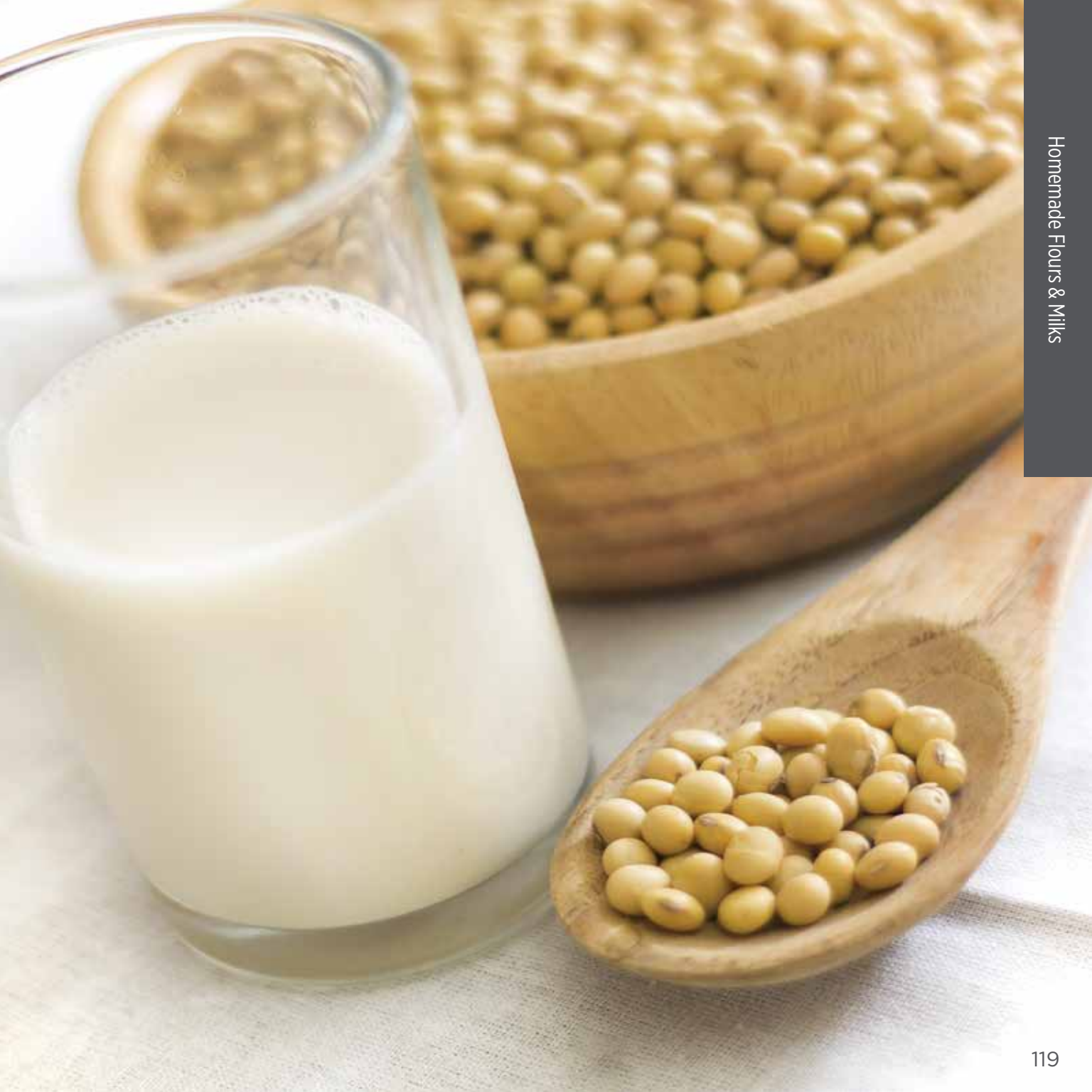
## DIRECTIONS

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.

**Cook's Note:** To make Vanilla-Flavoured Soy Milk, add 2 tablespoons vanilla extract. To sweeten the soy milk, add 1-2 tablespoons honey.

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





MAKES 1 LITRE

# 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**

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



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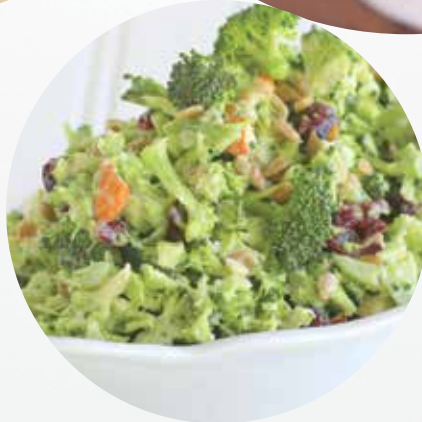
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**Inside the pages of this book**, you'll find recipes to inspire your own blended creations using the **Hamilton Beach Professional Blender**. From fruit smoothies and whole juices to hot, vegetable based soups, dressings and fruity frozen desserts,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



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