

# Cuisinart®

INSTRUCTION  
BOOKLET

Recipe  
Booklet  
Reverse Side



**SmartPower Duet® Deluxe 600-Watt Blender/Food Processor**

**BFP-603**

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

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

1. **READ ALL INSTRUCTIONS BEFORE USING.**
2. To protect against the risk of electrical shock, do not put motor base of blender/food processor in water or other liquids.
3. Close supervision is necessary when any appliance is used by or near children.
4. Unplug from outlet when not in use, before putting on or taking off parts, and before cleaning or removing contents from blender jar or work bowl. **Never put hands into the blender jar or work bowl, or handle the blades with appliance plugged in.**
5. Avoid contact with moving parts.
6. Do not operate any appliance with a damaged cord or plug, or after the appliance malfunctions or is dropped or damaged in any manner. Return appliance to nearest Cuisinart service facility for examination, repair, and/or mechanical or electrical adjustment.
7. The use of attachments, including canning or ordinary jars, not recommended or sold by Cuisinart may cause fire, electrical shock, or risk of injury to persons.
8. Do not use outdoors.
9. Do not let cord hang over edge of counter or table or touch hot surfaces.
10. **Keep hands and utensils out of jar or work bowl and away from moving blades or discs while blending or processing, to reduce the risk of severe injury to persons or damage to unit itself.** A rubber or plastic spatula may be used, but must be used only when the unit is turned off.
11. When unit is on, and LED lights are illuminated or flashing, do not touch cutting assembly, interfere with blade movement, or remove blender jar or work bowl cover. Accidentally touching a speed button may activate the unit.
12. **BLADES ARE SHARP. HANDLE CAREFULLY.**
13. To reduce the risk of injury, never place chopping blade/cutting assembly on base unless the blender jar or food processor work bowl is properly attached.
14. Always operate blender or food processor with the cover in place.
15. When blending HOT liquids in blender jar, remove measured pour lid (center piece of cover) to allow steam to escape.
16. Never leave your appliance unattended while it is running.
17. Twist locking ring firmly on blender. Injury can result if moving blades accidentally become exposed.
18. **Regarding your cord set:** A longer cord has been provided so that you will have flexibility in positioning your Cuisinart® SmartPower Duet® Deluxe 600-Watt Blender/Food Processor. Exercise care when using the longer cord to avoid entangling or tripping over the cord. The longer cord should be arranged so that it will not drape over the counter or tabletop, where it can be pulled on by children or tripped over. Excess cord should be stored in the cord storage area at the back of the unit's base to avoid injury caused by the longer cord.
19. Wash the blender jar, work bowl, feed tube, cutting and blade assemblies, locking ring, covers and disc before first use.
20. **WARNING: TO REDUCE THE RISK OF ELECTRICAL SHOCK OR FIRE, DO NOT REMOVE THE BASE PANEL. NO USER-SERVICEABLE PARTS ARE INSIDE. REPAIR SHOULD BE DONE ONLY BY AUTHORIZED PERSONNEL.**
21. **WARNING: FLASHING LIGHT INDICATES READY TO OPERATE. DO NOT TOUCH BLADES.**
22. Never feed food by hand. Always use food pusher.
23. Do not attempt to defeat the cover interlock mechanism.
24. Be certain the food processor cover is securely locked in place before operating appliance. Never operate without the cover locked securely in place.
25. Never place fingers or other utensils into feed or discharge areas for ice crushing.

# SAVE THESE INSTRUCTIONS FOR HOUSEHOLD USE ONLY

## NOTICE

This appliance is of the grounded type. If you use an extension cord, it should be a grounded type 3-wire cord. If the plug does not fit, contact a qualified electrician. Do not modify the plug in any way.

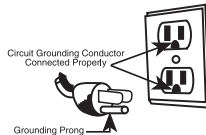
This appliance comes with a resettable thermal fuse to prevent damage to the motor in case of extreme overload. Should the unit shut off unexpectedly, unplug it and let it cool for at least 15 minutes before continuing (see "To reset the unit" #5 on page 6).

Maximum of 600 watts rated power is based on Cuisinart AFP-7 food processor attachment. Other attachments may draw significantly less power.

## SPECIAL CORD SET INSTRUCTIONS

### NOTICE

For your protection, this unit is equipped with a 3-conductor cord set that has a molded 3-prong grounding-type plug, and should be used in combination with a properly connected grounding-type outlet as shown in Figure A.



**NOTE: Do not remove the grounding prong.**

**CAUTION: Before using an adapter, it must be determined that the outlet cover plate screw is properly grounded. If in doubt, consult a licensed electrician. Never use an adapter unless you are sure it is properly grounded.**

**Note: Use of an adapter is not permitted in Canada.**

## UNPACKING INSTRUCTIONS

1. Place the gift box containing your Cuisinart® SmartPower Duet® Deluxe 600-Watt Blender/Food Processor on a flat, sturdy surface before unpacking.
2. Remove instruction booklet and other printed materials from top of corrugated insert.
3. Next, remove the top corrugated insert. It contains the adapter stem, the slicing/shredding disc and the pour lid. Carefully remove slicing/shredding disc, as it is very sharp, then remove pour lid and adapter stem.
4. Carefully lift blender base from box and set aside.
5. Remove the middle corrugated insert.
6. Remove the lower corrugated insert containing the blender jar assembly. Be careful not to tip the jar when removing.”
7. Remove food processor accessory and any additional literature from the box.

To assemble the blender, follow the Assembly instructions on page 5 of this instruction booklet. To assemble the food processor, follow the Assembly instructions on page 9. Replace all corrugated inserts in the box and save the box for repackaging. See the Features and Benefits section on page 4 for a listing of all blender parts. See the Features section on page 8 for a listing of all food processor parts.

Before using for the first time: Wash all parts according to the Cleaning and Maintenance sections on pages 7 and 11 of this booklet to remove any dust or residue.

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# BLENDER FEATURES AND BENEFITS

- 1. Cover**  
Just press on. Tightfitting seal resists leakage.
- 2. Measured Pour Lid**  
Allows you to measure and add ingredients without removing the cover.
- 3. 48-oz. Glass Jar**  
Has a unique, sturdy, wide-mouth design.
- 4. Leak-proof Rubber Gasket (not shown)**  
Holds the glass jar snugly in position for safe operation.
- 5. High-quality Cutting Assembly with Patented Stainless Steel Blades**  
Is strong enough for all blending tasks, including tough jobs like ice crushing.
- 6. Locking Ring**  
Is self-aligning so that the glass blender jar slides easily into position.
- 7. Electronic Touchpad Controls**
  - a. On/Off Button**  
Turns blender on or off.
  - b. High Button**  
Choose High speed to blend the ingredients to the desired consistency. Blue LED lights will indicate which speed you are using.
  - c. Low Button**  
Choose Low speed to blend the ingredients to the desired consistency. Blue LED lights will indicate which speed you are using.



**Note: Blades are sharp.  
Handle carefully.**

#### d. Ice Crush Button

Press Ice Crush and begin crushing. This button is the best speed for crushing ice.

#### e. Pulse Button

Allows you to pulse at High, Low or Ice Crush speeds, so you can blend ingredients only as much as needed.

#### 8. Heavy-duty Motor Base

Is so sturdy and stable, it will not “walk” on your counter – even during ice crushing! Used for both the blender jar and the food processor bowl.

#### 9. Slip-proof Feet

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

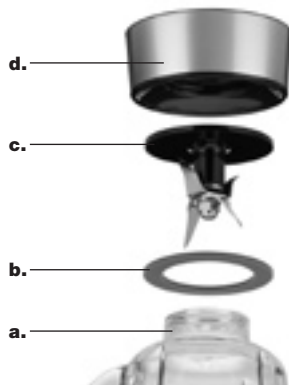
#### 10. Cord Storage (not shown)

Keeps countertop safe and neat by conveniently storing excess cord.

## BLENDER ASSEMBLY

To use your Cuisinart® SmartPower Duet® Deluxe 600-Watt Blender/Food Processor, begin by assembling the blender jar.

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



**Note: Blades are sharp. Handle carefully.**

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

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

## HELPFUL REMINDERS

- Once the cover is in position, additional ingredients can be added during blending by simply lifting the measured pour lid, adding ingredients, and replacing the measured pour lid.
- Cover should always be in place while the unit is on.
- Warning: Do not place blender jar on base while motor is running.
- Do not twist locking ring from blender jar when removing blender jar from base. Simply lift blender jar from motor base.
- Boiling liquids or solid frozen foods (with the exception of ice cubes or pieces of frozen fruit) should never be put into the blender jar.
- Do not put ice, frozen foods or very cold liquids into a blender jar that has come directly from a hot dishwasher.
- Do not put very hot liquids or foods into a blender jar that has come directly from the freezer. Boiling liquids should cool for 5 minutes before being poured into blender jar.
- Follow Cleaning and Maintenance instructions on page 7 prior to your first use.

## OPERATION

1. Place the motor base of your Cuisinart® SmartPower Duet® Deluxe 600-Watt Blender/Food Processor on a flat, sturdy surface. It is important that the surface be clean and dry. Assemble the blender by following the Assembly instructions. Once the jar is assembled and is in position on the motor base, plug the unit into an electrical outlet.
2. Put all necessary ingredients into the blender jar and replace the cover. You may add more ingredients by lifting the measured pour lid and dropping ingredients through the fill area. Replace the measured pour lid after adding ingredients. **Do not put hands into blender jar with blender plugged in.**

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

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

3. **Start blending:** Press the On/Off button. The red LED indicator light will illuminate and flash, indicating that the blender is turned on but no speed has been selected.



4. **Choose blending speed:** Press High or Low button to determine the speed at which you would like to blend the ingredients. Both the On indicator light and the activated speed indicator lights will glow. The blender will now be functioning at the desired speed. It is possible to switch speeds without pressing the On/Off button simply by selecting another speed.

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

5. **To reset the unit:** This appliance features an advanced resettable thermal fuse. In the event of an overload condition, the unit will shut down to protect the motor from overheating. To reset the appliance when this happens, unplug the unit and let it cool for a minimum of 15 minutes. Then, reduce the contents of the blender jar or work bowl and/or clear any jams. Restart the unit as noted in the operating directions.

6. **To pause or stop blending process:**

- a. **To pause blending process:**

Push the button corresponding to the speed at which you are currently blending. For example: If you are blending on High speed, push the High speed button and the blender will stop blending but the unit will remain on.

- b. **To stop blending process:**

Push the On/Off button when you are finished with your recipe and would like to turn the blender off.

- c. **To prevent excessive stress to the motor:**

Your blender incorporates an auto-stop feature. After running continuously for two minutes, the blender will automatically revert to Standby mode. To continue blending, press the desired function.

7. **Pulse mode:** The Pulse mode allows you to create a burst of power for quick, efficient blending. To use the Pulse function, push the On/Off button and the red LED indicator light will illuminate and flash. Push the Pulse button and the Pulse LED indicator light will flash. Push and release the desired speed button. Repeat as needed. You determine the duration of each pulse. While pulsing, the LED indicator light will illuminate. The Pulse function can be used to break apart larger pieces of food or to control the texture of food when chopping. The Pulse function is also effective in starting the blending process when you do not want continuous power, or when processing items that do not require an extended amount of blending.
8. **To crush ice:** The SmartPower Duet® Deluxe 600-Watt Blender/Food Processor motor is strong enough to crush ice without liquid at any speed; however, for your convenience, we have preset the best speed for ice crushing. To crush ice, place ice cubes in the blender jar. Press the On/Off button. The On indicator light will illuminate and flash. Press the Ice Crush button until ice is crushed to desired consistency. Ice Crush can also be used in Pulse mode. See Quick Reference Guide on page 2 of the recipe booklet for more details.
9. **To dislodge food:** Use a rubber or plastic spatula to help remove food lodged around the cutting assembly. **DO NOT USE SPATULA UNTIL YOU HAVE TURNED THE BLENDER OFF.** Replace the cover and measured pour lid and continue blending, if necessary. Make sure spatula is not inside the blender jar before blending.

10. **When finished blending:** Press the On/Off button and unplug the blender from the electrical outlet. Never remove the blender jar from the motor base until the blender is off. Do not twist locking ring from blender jar when removing jar from motor base. Simply lift blender jar from motor base. Do not put hands into blender jar with blender plugged in.

## CLEANING AND MAINTENANCE

Always unplug your Cuisinart® SmartPower Duet® Deluxe 600-Watt Blender/Food Processor from the electrical outlet before cleaning. The blender is made of corrosion-resistant parts that are easy to clean. Before first use and after every use, clean each part thoroughly. Periodically check all parts before reassembly. If any part is damaged or blender jar is chipped or cracked, **DO NOT USE BLENDER.**

Remove the blender jar from the motor base by lifting straight up and away. Twist off the locking ring by turning counterclockwise.

Remove the cutting assembly and rubber gasket. Wash in warm soapy water, rinse, and dry thoroughly.

Place the locking ring in the upper rack of the dishwasher or wash in warm water.

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

Remove the blender jar cover and the measured pour lid. Wash in warm, soapy water; rinse and dry thoroughly or place in upper rack of dishwasher. The blender jar must be washed in warm, soapy water and rinsed and dried thoroughly. The blender jar can also be placed upside down in dishwasher.

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

**Tip:** You may wish to clean your blender cutting assembly as follows: Squirt a small amount of dishwashing liquid into assembled blender jar and fill halfway with warm water. Run on Low for 15 seconds. Repeat, using clean tap water. Empty blender jar and carefully disassemble parts. Wash cutting assembly, gasket and locking ring in warm, soapy water. Rinse and dry all parts thoroughly.

Any other servicing should be performed by an authorized service representative.

## DOs and DON'Ts WHEN USING THE BLENDER

### DO:

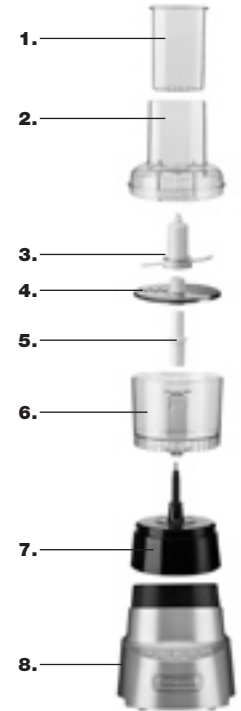
- Make sure the electrical outlet is rated at the same voltage as that stated on the bottom of the blender motor base.
- Always use the blender on a clean, sturdy and dry surface.
- Always add liquid ingredients to the blender jar first, then add remaining ingredients. This will ensure that ingredients are uniformly mixed.
- Cut most foods into pieces approximately ½ inch (1.3 cm) to 1 inch (2.5 cm) to achieve a more uniform result. Cut all cheeses into pieces no larger than ½ inch (1.3 cm).
- Use the measured pour lid to measure liquid ingredients such as juice or alcohol. Replace measured pour lid after ingredients have been added.
- Use a rubber or plastic spatula as needed, only when the blender is turned off. Never use metal utensils, as damage may occur to the blender jar or cutting assembly.
- Place cover on firmly. Always operate the blender with the cover on.
- Make sure locking ring is tightly attached to blender jar.
- Always remove locking ring, cutting assembly, and rubber gasket before cleaning.
- When scraping the blender jar with a spatula, remove the food from the sides of the blender jar and place food in the center of the blender jar, over the cutting assembly.
- When chopping fresh herbs, garlic, onion, zest, bread crumbs, nuts, spices, etc., make sure the blender jar and cutting assembly are completely dry.
- If food tends to stick to the sides of the blender jar when blending, pulse in short bursts.
- Pulses should be short bursts. Space the pulses so the blades stop rotating between pulses.

## DON'T:

- Don't store food or liquids in your blender jar.
- Don't place cutting assembly and locking ring onto motor base without the blender jar attached.
- Don't attempt to mash potatoes, knead heavy dough, or beat egg whites.
- Don't remove blender jar while unit is on. Keep the blender jar cover on the blender jar while blending.
- Don't twist locking ring from blender jar when removing blender jar from motor base. Simply lift blender jar from motor base.
- Don't overprocess foods. Blender will achieve most desired results in seconds, not minutes.
- Don't overload blender. If the motor stalls, turn the blender off immediately, unplug the unit and remove a portion of the food, then continue.
- Don't use any utensil inside the blender jar while the motor is on.
- Don't use any container or accessories not recommended by Cuisinart®. Doing so may result in injury.
- Don't put hands inside the blender jar when blender is plugged in.
- Don't add boiling liquids or frozen foods (except ice cubes or ½-inch pieces of frozen fruit) to glass blender jar. Boiling liquids should cool for 5 minutes before being poured into blender jar.
- Don't run blender when jar is empty.

## FOOD PROCESSOR FEATURES

1. **Food pusher with drizzle hole**
2. **Work bowl cover with feed tube**
3. **Stainless steel chopping blade**
4. **Stainless steel reversible slicing/shredding disc**
5. **Adapter stem**
6. **Clear work bowl**
7. **Work bowl collar**
8. **Motor base**  
Used for both the blender jar and the food processor bowl





# FOOD PROCESSOR ASSEMBLY

Please note that the bowl with collar will fit on the base in eight different positions. The handle can be in front or on either side, and the feed tube in front, back, or on either side. Directions for use reference a certain position for instructional purposes only.

## CHOPPING BLADE ASSEMBLY

1. Hold work bowl collar in one hand and work bowl handle in the other. Twist bowl clockwise onto collar.
2. Place collar with bowl onto motor base with handle facing front.
3. Place chopping blade over shaft in work bowl. Chopping blade should slide easily to the bottom of the bowl. Lower blade will almost touch bottom of bowl.

**BE SURE TO HANDLE THE METAL BLADE WITH CARE, AS IT IS RAZOR SHARP!**

4. Put cover on work bowl, with feed tube at about 11 o'clock. Turn the cover clockwise until it fits into position. Cover lock must click into locked position prior to use. If you have trouble fitting the cover on the work bowl, turn chopping blade hub slightly and replace cover.
5. The food pusher fits in feed tube with the more rounded side toward the outside of the bowl.
6. Plug your unit into a wall outlet.
7. To remove cover, unlock it by turning it counterclockwise, then lift it straight up.

## SLICING AND SHREDDING DISC ASSEMBLY

1. Hold collar in one hand and work bowl handle in the other. Twist bowl clockwise onto collar.
2. Place collar with bowl onto motor base with handle facing front.
3. Place adapter stem onto the center shaft. Place the slicing/shredding disc onto shaft with the desired cutting blade facing up. **To slice:** Attach disc to stem with the raised edge of slicer on top. **To shred:** Attach disc to stem with the raised shredding slots on top. **BE SURE TO HANDLE THE METAL DISC WITH CARE, AS IT IS RAZOR SHARP.**
4. The food pusher fits in feed tube with the more rounded side toward the outside of the bowl.

5. Put cover on work bowl, with feed tube at about 11 o'clock. Turn the cover clockwise until it fits into position. Cover lock must click into locked position prior to use. If you have trouble fitting the cover on the work bowl, turn chopping blade hub slightly and replace cover.
6. Plug your unit into a household electrical outlet.
7. To remove cover, unlock it by turning it counterclockwise, then lift it straight up.

## OPERATION

Your SmartPower Duet® Deluxe appliance uses the Low and High speeds with the food processor attachment. When using the food processor, always use High when slicing or shredding, and either High or Low when chopping. You may also use the Pulse button set on Low or High for pulse chopping.

## CHOPPING BLADE FUNCTION

1. To use your food processor, make sure that the bowl is assembled properly and the chopping blade and cover are locked into place.
2. Add ingredients to the work bowl, either through the feed tube or directly into the bowl.
3. Press the On/Off button. The red LED light will illuminate and flash. For continuous operation, press the Low or High button. Motor will start if you have followed Assembly instructions. To turn motor off, press the selected speed button again or the On/Off button.
4. When done chopping, press the On/Off button and wait for blade to stop. Then remove cover by turning it counterclockwise. Never turn cover back and forth to start and stop the processor. Never try to remove cover and work bowl together; this can damage the work bowl.
5. It is important **not** to let the metal blade fall out of the work bowl as you empty it. Before tilting bowl, use a spatula to remove food from around the blade. Carefully remove the blade by the plastic hub.
6. Hold top of blade in place with finger or spatula while pouring out processed food. At this point you may either lift the work bowl off



the motor base or hold the collar at its base and turn the handle of the bowl counterclockwise and lift blade straight up.

**NOTE:** Occasionally, a piece of food may become wedged between the blade and the work bowl. If this happens, remove the cover, lift the blade out carefully and remove the wedged piece. Empty the bowl, reinsert the blade and lock the cover into place. Process smaller amounts of the food at one time.

## ADDING FOOD WHILE PROCESSING

To add liquid while the machine is running, pour it through the open feed tube. This is especially useful when making sauces.

A small hole in the pusher allows you to add liquids in a very slow, steady stream – useful when making dressings.

When you want to add small pieces of food like cheese, meat or garlic cloves while machine is running, drop them through the open feed tube.

**ALWAYS USE THE PUSHER TO GUIDE FOOD THROUGH FEED TUBE. NEVER USE YOUR FINGERS OR A SPATULA.**

## CHOPPING, PURÉEING AND MIXING TIPS

Refer to Chopping Blade Assembly instructions on page 9.

These are some conditions that affect your results:

- Size of pieces you put in bowl – all should be about the same size to achieve even results.
- Amount of food you process – don't overfill work bowl.
- Type of processing you choose – continuous or pulsing.

### Chopping (using the Chopping Blade)

- For raw ingredients: peel, core and/or remove seeds and pits. Food should be cut into even, ½ to 1-inch pieces. Foods cut into same-size pieces produce the most even results.
- Pulse food in 1-second increments to chop. For the finest chop, run the machine continuously on High or Low. Watch ingredients closely to achieve desired consistency and scrape the work bowl as necessary.

### Puréeing (using the Chopping Blade)

- To purée fresh fruits or cooked fruits/vegetables: ingredients should be cut into ½ to 1-inch pieces; a smooth purée is achieved best when all the pieces are equal in size. Pulse on

High or Low to initially chop and then process on desired speed until food is puréed; scrape the work bowl as necessary.

## SLICING AND SHREDDING FUNCTION

The reversible slicing/shredding disc can slice and shred a variety of fruits, vegetables and cheeses. See Quick Reference Guide for Preparing Foods for Slicing and Shredding on page 3 of the recipe booklet.

Refer to Slicing and Shredding Disc Assembly on page 9.

1. Insert food in feed tube. Insert pusher. Use moderate pressure to push down on pusher with one hand while using your other hand to push the On/Off button and then the Low button.
2. Slicing and shredding take only a few seconds. Wait until disc stops spinning before removing cover. Never try to remove cover and work bowl together; this could damage work bowl.

**ALWAYS USE THE PUSHER TO GUIDE FOOD THROUGH FEED TUBE. NEVER USE YOUR FINGERS OR A SPATULA.**

3. Remove slicing/shredding disc before removing work bowl. To remove it, grasp flat top section of adapter stem and lift it straight up. Holding work bowl collar, turn work bowl counterclockwise and lift it straight up to remove it from base.

## SLICING AND SHREDDING TIPS

### Slicing (using the Reversible Slicing/Shredding Disc)

- Always use High speed when slicing.
- Always pack food in the feed tube evenly to slice. Some foods, like hard vegetables, need firm pressure on the feed tube, while softer foods need light pressure.
- For julienne or matchstick cuts: Place food horizontally in the feed tube and process with even pressure to create long, plank-like slices. Replace stack of slices in feed tube vertically and process again using even pressure.
- For round fruits or vegetables: Remove a thick slice on the bottom of the food so that it sits upright in the feed tube. If food does not fit in the feed tube, halve or quarter to fit. Process with even pressure.
- For small ingredients, like mushrooms, radishes or strawberries: Trim the ends so the food sits upright in the feed tube.
- When slicing cheese, be sure that the cheese is well chilled before slicing.

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## Shredding (using the Reversible Slicing/Shredding Disc)

- Always use High speed when shredding.
- Always pack food in the feed tube evenly to shred. Some foods, like hard vegetables, need firm pressure on the feed tube, while softer foods need light pressure.
- To shred leafy vegetables like lettuce or spinach: Roll leaves together and stand up in feed tube. Process with even pressure.
- When shredding cheese, be sure that the cheese is well chilled before shredding.

## CLEANING AND STORING YOUR FOOD PROCESSOR ATTACHMENTS

The work bowl, cover, pusher, chopping blade, and slicing/shredding disc are top-shelf dishwasher safe. When placing parts in your dishwasher, insert the work bowl upside down. Remember where you place the sharp blade and disc, and be certain to unload the dishwasher carefully.

The work bowl collar is not immersible. To clean, just wipe with a damp cloth.

If you wash the blades and discs by hand, do it carefully. Avoid leaving them in soapy water where they may disappear from sight. To clean the metal blade, fill the work bowl with soapy water, hold the blade by its plastic center and move rapidly up and down on the center shaft of the bowl. Use of a spray hose is also effective. If necessary, use a brush.

The work bowl should not be placed in a microwave oven.

Store the chopping blade and slicing/shredding disc as you would sharp knives – out of the reach of children.

## WARRANTY LIMITED THREE-YEAR WARRANTY

This warranty supersedes all previous warranties on the Cuisinart® SmartPower Duet® Deluxe 600-Watt Blender/Food Processor. This warranty is available to consumers only. You are a consumer if you own a Cuisinart® SmartPower Duet® Deluxe 600-Watt Blender/Food Processor that was purchased at retail for personal, family, or household use. Except as otherwise required under applicable state law, this warranty is not available to retailers or other commercial purchasers or owners. We warrant that your Cuisinart® SmartPower Duet® Deluxe 600-Watt Blender/Food Processor will be free of defects in material or workmanship under normal home use for three years from the date of original purchase.

We recommend that you visit our website, [www.cuisinart.com](http://www.cuisinart.com) for a fast, efficient way to complete your product registration. However, product registration does not eliminate the need for the consumer to maintain the original proof of purchase in order to obtain the warranty benefits. In the event that you do not have proof of purchase date, the purchase date for purposes of this warranty will be the date of manufacture.

If your unit should prove to be defective within the warranty period, we will repair it or, if we think it necessary, replace it. To obtain warranty service, please call our Consumer Service Center toll-free at 1-800-726-0190 or write to: Cuisinart, 7811 North Glen Harbor Blvd., Glendale, AZ 85307.

To facilitate the speed and accuracy of your return, please enclose \$10.00 for shipping and handling of the product. Please also be sure to include a return address, daytime phone number, description of the product defect, product serial number (stamped on bottom of product base), and any other information pertinent to the product's return. Please pay by check or money order. (California residents need only supply proof of purchase and should call 1-800-726-0190 for shipping instructions.)

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

Your Cuisinart® SmartPower Duet® Deluxe 600-Watt Blender/Food Processor has been manufactured to strict specifications and has

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been designed for use with the Cuisinart® SmartPower Duet® Deluxe 600-Watt Blender/Food Processor accessories and replacement parts. These warranties expressly exclude any defects or damages caused by accessories, replacement parts, or repair service other than those that have been authorized by Cuisinart. These warranties do not cover any damage caused by accident, misuse, shipment, or other than ordinary household use. These warranties exclude all incidental or consequential damages. Some states do not allow the exclusion of or limitation of incidental or consequential damages, so the foregoing limitation may not apply to you.

### **CALIFORNIA RESIDENTS ONLY**

California law provides that for In-Warranty Service, California residents have the option of returning a nonconforming product (A) to the store where it was purchased or (B) to another retail store that sells Cuisinart products of the same type. The retail store shall then, according to its preferences, either repair the product, refer the consumer to an independent repair facility, replace the product, or refund the purchase price less the amount directly attributable to the consumer's prior usage of the product. If either of the above two options does not result in the appropriate relief to the consumer, the consumer may then take the product to an independent repair facility if service or repair can be economically accomplished.

Cuisinart and not the consumer will be responsible for the reasonable cost of such service, repair, replacement, or refund for nonconforming products under warranty.

California residents may also, at their preference, return nonconforming products directly to Cuisinart for repair or, if necessary, replacement by calling our Consumer Service Center toll-free at 1-800-726-0190. Cuisinart will be responsible for the cost of the repair, replacement, and shipping and handling for such nonconforming products under warranty.

### **BEFORE RETURNING YOUR CUISINART PRODUCT**

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

Important: If the nonconforming product is to be serviced by someone other than Cuisinart's Authorized Service Center, please remind the servicer to call our Consumer Service Center at 1-800-

726-0190 to ensure that the problem is properly diagnosed, the product is serviced with the correct parts, and to ensure that the product is still under warranty.

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150 Milford Road  
East Windsor, NJ 08520  
Printed in China  
10CE114301

**B IB-9596C**



*A delicious treat with the essence of the islands.*

## Coconut Custards

*Nutritional information per serving (based on 12 servings):*  
 Calories 242 (46% from fat) • carb. 25g • pro. 7g • fat 12g • sat. fat 6g  
 • chol. 148mg • sod. 189mg • calc. 123mg • fiber 1g

Serve with sweetened whipped cream.

is done when the internal temperature reaches 140°F. Remove from oven and allow the bread pudding to rest for about 20 minutes on a rack before serving.

1	can (13½ ounces) unsweetened coconut milk	¾	cup heavy cream	¾	teaspoon pure vanilla extract	¼	teaspoon coconut extract	½	cup unsweetened shredded coconut	2	large eggs	4	large egg yolks	½	cup granulated sugar	¼	teaspoon table salt
12	ounces (1½ cups) semi-sweet chocolate (roughly chopped)	¾	cup granulated sugar	1	tablespoon pure vanilla extract	1	cup soy milk	1	package silken tofu (14 to 16 ounces), drained and cut into 1-inch cubes	1	cup soy milk	1	cup granulated sugar	1	cup granulated sugar	1	cup soy milk

Makes ten ½-cup servings

*This rich chocolate mousse is so good, you won't miss a thing!*

## Dairy-free Chocolate Mousse

*Nutritional information per serving:*  
 Calories 543 (71% from fat) • carb. 32g • pro. 8g • fat 44g • sat. fat 32g  
 • chol. 370mg • sod. 232mg • calc. 63mg • fiber 1g

refrigerate at least 2 hours before serving.

6. Once cool to the touch, wrap each custard individually with plastic and

- Put the chocolate, sugar and vanilla extract into the blender jar.
- Put the soy milk into a saucepan and set over medium heat. Bring milk just to a boil. Once milk is hot, pour over the chocolate in the blender and run on Low. Remove the pour lid from the blender cover and add the tofu cubes while the blender is running on Low.
- Blend until homogeneous, scraping down sides as needed, about 45 seconds.
- Pour mousse into individual custard cups. Tap custard cups on the counter to remove any air bubbles. Wrap with plastic and refrigerate for at least 2 hours before serving.

### *Nutritional information per serving:*

Calories 222 (42% from fat) • carb. 31g • pro. 4g • fat 11g • sat. fat 6g  
 • chol. 0mg • sod. 151mg • calc. 27mg • fiber 2g

- Preheat oven to 300°F. Pour 1 inch of water into a 9-inch square pan.
- Put the coconut milk, cream, extracts and coconut into a saucepan and bring just to a boil. Simmer for about 10 minutes. Remove from heat and let steep for an additional 10 minutes.
- Put the eggs, egg yolks, sugar and salt into the blender jar. Blend on Low for about 45 seconds until eggs are light in color. Scrape the sides of the blender jar to ensure the mixture is homogeneous.
- Pour the coconut mixture through a fine strainer and squeeze out any excess liquid from the shredded coconut. Discard coconut. Remove the pour lid from the blender cover. With the blender running on Low, very slowly pour the warm coconut mixture through the opening and run until fully blended. Allow the custard batter to sit for about 15 minutes. Spoon off the entire foam layer, until you can see the yellow custard. Pour the batter into individual ovenproof custard cups. Carefully remove any remaining foam from the custards' surface with a spoon.
- Place individual custards into the prepared pan with water, wrap pan tightly with aluminum foil and place in oven. Bake for about 35 to 40 minutes until just set (the centers will still move slightly when shaken).

## Crab Cakes

*A gentle mixing hand is key to these delicate and delicious crab cakes. Pair with our Mango Salsa (see previous recipe).*

Makes about 16 crab cakes

16	ounces lump crab meat
1	medium red bell pepper, cut into ½-inch pieces
1	jalepeño pepper, seeded and cut into ½-inch pieces
3	green onions, cut into ½-inch pieces
1	garlic clove
1	teaspoon extra virgin olive oil
¼	teaspoon kosher salt
1	egg, lightly beaten
1½	cups panko breadcumbs, plus extra for dredging
½	cup mayonnaise
1	teaspoon Worcestershire sauce
1	teaspoon Dijon-style mustard
1½	teaspoons crab seasoning (e.g., Old Bay®)
1	hot sauce (optional)
1	tablespoon vegetable oil

1. Look through crabmeat to make sure there are no shells or cartilage. Reserve in refrigerator.

2. Insert the chopping blade into the food processor; fit onto motor base.

3. Put the red pepper into the work bowl. Pulse 3 times on High to finely chop. Reserve in a separate mixing bowl.

4. Add the jalepeño, green onions and garlic. Pulse 3 times on High to finely chop. Add to the same bowl with the red onion.

5. Put the olive oil into a large skillet and set over medium heat. Once oil is hot, add the peppers, green onions and garlic to the pan. Sauté until softened, about 6 to 8 minutes. Remove from heat and allow to cool for a few minutes.

6. Once the vegetables are cool to the touch, add them to the reserved crabmeat. To the mixture add the egg, panko, mayonnaise, Worcestershire, mustard and seasoning, along with a dash or two of the hot sauce, if desired. Very gently mix all the ingredients together. The best way to mix the crab mixture is with clean hands; however, you can mix with a spoon. It is important to mix carefully to keep the crabmeat intact.

7. From the mixture form ¼-cup oval cakes with your hands and place them on a clean plate, separating the layers of patties with wax paper. Cover with plastic and refrigerate for 1 hour before sautéing.

Makes about 10 to 12 servings

## Pumpkin Bread Pudding

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

*Nutritional information per crab cake:*  
 Calories 64 (29% from fat) • carb. 7g • pro. 5g • fat 2g • sat. fat 0g • chol. 38mg • sod. 263mg • calc. 15mg • fiber 1g

9. Serve immediately. Lemon wedges make a nice accompaniment.

8. Put the oil into a nonstick skillet set over medium heat. Lightly dredge the crab cakes in panko. When oil is hot, sauté crab cakes in batches, approximately 3 to 5 minutes per side. Crab cakes should be a deep golden brown on each side.

1. Butter a 2-quart soufflé dish or another baking dish equivalent to 2 quarts.

Place bread cubes into a large mixing bowl.

2. Put the remaining ingredients into the blender jar. Run on Low until mixture is homogenous, about 30 to 45 seconds. Pour egg mixture over the bread cubes and toss together so that all of the bread cubes are coated with the egg mixture. Let stand for 45 minutes, or cover and refrigerate up to 12 hours (if refrigerated, let come to room temperature for 30 minutes before proceeding). Pour mixture into prepared pan before baking or refrigerating.

3. Ten minutes before baking, preheat oven to 325°F. Place the soufflé dish with the bread pudding into a larger baking pan with a rim that is at least 2 inches. Place in the oven and carefully pour water into the larger outer pan until the water comes up the sides of the soufflé dish by 1 inch. Cover loosely with foil. Bake for about 75 minutes, uncovering for the last 15 minutes. Bread pudding

**Mango Salsa**  
*Nutritional information per serving (2 tablespoons):*  
 Calories 128 (58% from fat) • carb. 10g • pro. 4g • fat 9g • sat. fat 1g  
 • chol. 0mg • sod. 367mg • calc. 27mg • fiber 2g

Mango Salsa is excellent served over grilled fish, chicken or even pork tenderloin. It can also be served like traditional tomato salsa with tortilla chips. We love it paired with our Crab Cakes (recipe follows).

Makes about 2 cups

¼ large red bell pepper, cut into ½-inch pieces  
 1 garlic clove  
 1 small jalapeño pepper, stemmed and seeded,  
 cut into ½-inch pieces  
 ½ small red onion, cut into ½-inch pieces  
 1 mango, peeled and pitted, cut into ½-inch pieces  
 1½ tablespoons fresh cilantro  
 2 teaspoons fresh lime juice  
 1½ teaspoons rice vinegar (may use raspberry or  
 white balsamic vinegar in place of the rice)  
 ½ teaspoon honey  
 pinch kosher salt

1. Insert the chopping blade into the food processor; fit onto motor base.
2. Put the red pepper into the work bowl and pulse on High to roughly chop, about 2 pulses. Reserve in a separate mixing bowl.
3. Put the garlic, jalapeño and onion into the work bowl. Pulse 2 to 3 times on High to chop. Remove and reserve in the same bowl as the red pepper.
4. Put the mango and cilantro into the work bowl and pulse on Low until mango is roughly chopped, about 5 to 6 pulses.
5. Transfer mango and cilantro to the bowl with the other chopped vegetables. Stir in the lime juice, vinegar, honey and salt. Cover and let salsa rest to allow flavors to develop (a minimum of 30 minutes).

*Nutritional information per serving (2 tablespoons):*

Calories 11 (3% from fat) • carb. 3g • pro. 0g • fat 0g • sat. fat 0g  
 • chol. 0mg • sod. 7mg • calc. 2mg • fiber 0g

2. Put all ingredients except the oil into the work bowl. Pulse on High to combine, and then run on High until parsley is finely chopped.
3. With machine running, slowly pour the olive oil through the drizzle hole in the food pusher until homogeneous, about 45 to 60 seconds.

*Nutritional information per serving (1 tablespoon):*

Calories 91 (99% from fat) • carb. 0g • pro. 0g • fat 11g • sat. fat 2g  
 • chol. 0mg • sod. 76mg • calc. 3mg • fiber 0g

## Roasted Garlic Hummus

*The sweetness of the roasted garlic and the tanginess of the lemon juice make for a delicious version of the Mediterranean classic dip.*

Makes about 2 cups

1 garlic head (or 10 to 12 peeled cloves of garlic)  
 4 tablespoons extra virgin olive oil, divided  
 2 tablespoons fresh parsley  
 1 can (19 ounce) chickpeas, drained and rinsed  
 ¼ cup fresh lemon juice  
 3 tablespoons tahini  
 1 teaspoon kosher salt  
 ½ teaspoon ground cumin  
 ⅓ cup water (could be less or more, depending on preferred thickness)

1. Preheat oven to 400°F. Cut the top part of the head of garlic off (if using a whole head), being sure that each clove is exposed. Place cut garlic head in a piece of foil (large enough to generously wrap the garlic). Pour 2 tablespoons of the oil over the cut garlic. (If using already peeled garlic, just place the cloves in foil and pour olive oil over them.) Wrap well with the foil. Place on a baking sheet in the preheated oven. Roast for about 40 minutes, or until garlic is fully softened. Cool to room temperature.
2. While the roasted garlic is cooling, insert the chopping blade into the food processor; fit onto motor base. Put the parsley into the work bowl and pulse 2 to 3 times on High to chop. Add the cooled garlic, chickpeas, lemon juice, tahini, salt and cumin. Pulse 2 to 3 times on High to chop, then run on High until smooth. Once the mixture is combined, continue processing and slowly add the water through the drizzle hole in the feed tube. Add more water if a thinner consistency is desired.
3. Before serving, drizzle hummus with olive oil, and top with paprika and additional chopped parsley, if desired. Serve at room temperature with wedges of pita bread, toasted pita chips or vegetable crudités.



7. Adjust seasoning to taste.

**1/3** cup extra virgin olive oil, divided  
**pinch freshly ground black pepper**

1. Insert the chopping blade into the food processor; fit onto motor base. Put the

cheese into the work bowl. Pulse about 5 times on High, and then process on High continuously for about 20 seconds, or until ground (it does not have to be extra fine, for it will be blended more with the rest of the ingredients). Remove and reserve.

2. Put the nuts into the work bowl. Pulse on High about 5 times. Add the garlic and salt to the chopped nuts. Process for about 5 seconds on High. Scrape down the bowl. Add the basil, pepper and half of the olive oil. Pulse a few times, and then run continuously on High until mostly smooth. Scrape down. Add the reserved cheese and process until combined.

3. While running on High, add the remaining oil through the drizzle hole in the food pusher. Process until desired consistency is achieved.

4. To store the pesto, transfer to a glass jar or bowl, tap to remove all air bubbles and even out the surface. Float a layer of olive oil on top; cover with plastic wrap and refrigerate. The pesto will keep for 5 days in the refrigerator, or it may be frozen.

*Nutritional information per serving (1 tablespoon):*

Calories 125 (90% from fat) • carb. 1g • pro. 2g • fat 13g • sat. fat 2g • chol. 2mg • sod. 190mg • calc. 52mg • fiber 0g

### Basic Vinaigrette

*This simple vinaigrette is perfect over a salad of mixed greens and fresh vegetables. Substituting 1½ teaspoons of herbes de Provence for the combined basil/thyme/marjoram is an easy way to change it up a bit, and saves on the amount of dried herbs you need to have on hand.*

Makes about 1 cup

**1/4** cup red wine vinegar  
**1** teaspoon Dijon-style mustard  
**1/4** cup fresh parsley

**1/2** teaspoon dried basil  
**1/2** teaspoon dried thyme  
**1/2** teaspoon dried marjoram  
**1/4** teaspoon ground white pepper  
**1/2** teaspoon kosher salt

**3/4** cup extra virgin olive oil

1. Insert the chopping blade into the food processor; fit onto motor base.

Makes 1 cup

### Hollandaise Sauce

*Nutritional information per serving (¼ cup):*

Calories 33 (27% from fat) • carb. 6g • pro. 1g • fat 1g • sat. fat 0g • chol. 0mg • sod. 163mg • calc. 15mg • fiber 1g

**1/2** cup (¼ pound, 1 stick) unsalted butter

**4** large egg yolks

**1/4** teaspoon kosher salt

**pinch ground mustard**

**pinch freshly ground black pepper**

**1 1/2** tablespoons fresh lemon juice

1. Put the butter into a saucepan set over low heat until butter is melted and reaches a bubbling boil.

2. While the butter is melting, put the remaining ingredients into the blender jar.

About a minute before adding the butter, run the unit on Low for about 30

seconds to combine.

3. With the blender still running on Low, carefully remove the pour lid from the cover. Very slowly drizzle about 1 tablespoon of the hot butter through the

opening and blend about 15 seconds to fully combine, then very slowly drizzle the remaining butter. Once all butter has been added, replace the pour lid and continue blending for 45 to 60 seconds. Run until thickened.

4. Adjust seasoning as desired. Serve while still warm.

**Note:** To minimize splatter, use a dish towel to shield the opening when pouring in butter.

*Nutritional information per serving (1 tablespoon):*

Calories 114 (97% from fat) • carb. 0g • pro. 1g • fat 12g • sat. fat 7g • chol. 82mg • sod. 35mg • calc. 6mg • fiber 0g

### Pesto

Makes about ½ cup

**1** ounce Parmesan, cut into ½-inch pieces

**1/4**

cup pine nuts, lightly toasted

**1/2**

teaspoon kosher or sea salt

**1** cup tightly packed fresh basil leaves, unblemished (about 1 ounce)

1. Reconstitute chiles: put them in a bowl and pour boiling water over them so they are completely submerged. Cover bowl with foil or an inverted plate. Allow the chiles to sit until they soften, about 30 to 45 minutes. Once soft, carefully remove all seeds and stems; reserve.
2. While chiles are soaking, insert the chopping blade in the food processor; fit onto motor base. Put the shallots, garlic, jalapeño and carrot into the work bowl; pulse on High 3 to 4 times to chop. Reserve.
3. Put the olive oil into a large sauté pan and set over medium heat. Once oil is hot, add the chopped vegetables and a pinch or two of salt. Stir and sauté until softened and lightly golden, about 6 to 8 minutes.
4. Stir in reserved chiles; heat through for about 1 minute. Stir in white wine. Scrape any bits that are clinging to the bottom of the pan. Allow wine to reduce until almost completely evaporated. Add the broth and bring to a boil. Reduce heat to allow mixture to simmer for about 10 to 15 minutes. Stir in the remaining ingredients.

1. Insert the chopping blade into the food processor; fit onto motor base. Put the garlic and onion into the work bowl. Pulse 2 to 3 times on High to chop. Remove and reserve.
  2. Replace the chopping blade with the reversible slicing/shredding disc, with the slicing side facing up. Slice the fennel bulb into the bowl.
  3. Heat oil in a large sauté pan over low heat. Add garlic and onion to pan; sauté until softened and fragrant, but not browned, about 5 minutes.
  4. Add the fennel and a pinch of salt. Sauté until very soft and lightly browned, about 6 to 8 minutes.
  5. Add the tomatoes with their juices; crush slightly with the back of a wooden spoon. Bring to a strong simmer. Add spices, sugar and basil; let simmer 20 to 30 minutes, until thickened.
  6. Transfer sauce to the blender jar and fit onto motor base. Add the remaining salt and sugar. Pulse on Low 8 to 12 times, or until desired consistency. If a smoother sauce is desired, let run on Low after pulsing 4 times.
- Makes about 3 to 3½ cups

5	garlic cloves
½	small onion, cut into ½-inch pieces
¼	bulb fennel
1	tablespoon extra virgin olive oil
¼	teaspoon kosher salt, divided
1	28-ounce cans whole plum tomatoes in purée
½	teaspoon freshly ground black pepper
½	teaspoon dried oregano
2½	tablespoons granulated sugar
6	large leaves fresh basil, torn into small pieces

*This versatile sauce can be used on top of pastas or as a pizza sauce. It freezes well, too!*

## Marinara Sauce

- Nutritional information per serving (2 tablespoons):*  
 Calories 26 (13% from fat) • carb. 4g • pro. 1g • fat 0g • sat. fat 0g • chol. 0mg • sod. 162mg • calc. 6mg • fiber 0g
5. Carefully transfer mixture from the sauté pan to the jar of the blender. Pulse 3 times on High, then run on High for 1 minute, or until completely smooth.

- Makes about 5 cups
- |    |  |
|----|--|
| 9  | dried ancho chiles                             |
| 2  | large shallots, cut into ½-inch pieces         |
| 2  | garlic cloves                                  |
| 1  | jalapeño, seeded and cut into ½-inch pieces    |
| 1  | medium to large carrot, cut into ½-inch pieces |
| 1  | tablespoon extra virgin olive oil              |
| ½  | cup white wine                                 |
| ¾  | cups chicken broth, low sodium, hot            |
| 2  | teaspoons kosher salt, divided                 |
| 4½ | tablespoons honey                              |
| 2  | tablespoons fresh lemon juice                  |
- A traditional smoky-spicy sauce is delicious over most Mexican dishes, especially enchiladas.*

## Ancho Chile Sauce

*Nutritional information per serving (1 cup):*  
 Calories 92 (15% from fat) • carb. 16g • pro. 4g • fat 2g • sat. fat 1g • chol. 3mg • sod. 524mg • calc. 24mg • fiber 4g

6. Adjust seasonings to taste and serve either hot or chilled.
5. Pulse on High 3 to 4 times to break up, and then run on High until smooth, about 1 minute.

1. Flatten the seeded bell peppers and lay them on a foil-lined baking sheet. Place on the top rack in your oven and broil until the peppers are blackened. Remove and put into a mixing bowl and cover with plastic. Reserve.
  2. While the peppers are roasting, prepare the other ingredients: Insert the chopping blade into the food processor; fit onto motor base. Put the garlic and onion into the work bowl; pulse 2 to 3 times on High to chop. Reserve.
  3. Put the butter into a medium saucapan set over medium heat. Once the butter has melted, add the garlic, shallot and onion. Cook until softened and just golden. Deglaze the pan by adding the sherry to the saucapan and cook until reduced by half. Add the broth and raise the heat to medium-high. Bring the broth just to a boil. Add the sugar, salt, pepper and zest. Reduce the heat to allow the mixture to simmer for about 5 minutes. Put into the blender jar.
  4. Carefully take the skins off the roasted peppers; cut into quarters. Add to the broth mixture in the blender jar, along with the vinegar.
- 6 red bell peppers, seeded  
6 garlic cloves  
¼ small onion, cut into ½-inch pieces  
½ tablespoon unsalted butter  
1 small shallot (about 1 ounce) cut into ½-inch pieces  
2 tablespoons sherry  
2½ cups chicken broth, low sodium  
1½ teaspoons granulated sugar  
½ teaspoon sea or kosher salt  
1 to 2 pinches freshly ground black pepper  
½ teaspoon orange zest  
½ tablespoon white balsamic vinegar

Makes about 5 cups

### Roasted Red Pepper Soup

*This soup is delicious either hot or chilled – your choice!*

5. Once vegetables are tender, separate the solids from liquids. Put about 1½ cups of broth and half of the solids into the blender jar set on the motor base. Run on Low for about 10 seconds and then switch speed to High to blend thoroughly. Pour soup into a clean pot. Repeat with remaining ingredients.
  6. This soup has a very thick consistency. If a thinner soup is preferred, stir in some warm stock to thin. Taste and adjust seasoning accordingly.
- Nutritional information per serving (1 cup):*  
Calories 150 (18% from fat) • carb. 29g • pro. 3g • fat 3g • sat. fat 2g  
• chol. 8mg • sod. 641mg • calc. 77mg • fiber 7g

- 1 medium onion (about 6 ounces) cut into 1-inch pieces  
2 tablespoons unsalted butter  
2 pounds parsnips, peeled and cut to fit vertically in the feed tube  
1 medium apple (about 6 ounces) peeled, cored and quartered  
1 medium potato (about 7 ounces) peeled and halved lengthwise  
1 to 2 thyme sprigs  
¾ teaspoon kosher salt  
6 cups chicken broth, low sodium, plus extra for thinning  
finished soup
- Makes 8 cups
- A bowl of soup, a salad and crusty bread make a perfect weeknight meal.*
- ### Parsnip and Apple Soup
- Nutritional information per serving (1 cup):*  
Calories 79 (44% from fat) • carb. 10g • pro. 2g • fat 4g • sat. fat 2g  
• chol. 10mg • sod. 61mg • calc. 57mg • fiber 2g

3. Continue cooking and replace the chopping blade with the reversible shredding/slicing disc. Slice the carrots and then stir directly into the pan with the cinnamon, allspice, nutmeg, thyme and salt. Stir to coat ingredients well and allow to heat through.
4. Add the chicken broth. Increase heat and bring to a boil. Once soup comes to a boil, reduce the heat so that it is barely simmering. Cover and simmer until the carrots become tender, about 50 to 60 minutes.
5. Once tender, separate the solids from liquids. Put about half of the broth and half of the solids into the blender jar. Run on Low for about 10 seconds and then switch speed to High to blend thoroughly. Pour soup into a clean pot. Repeat with remaining ingredients. Taste and adjust seasoning accordingly.

1. Insert the chopping blade into the food processor; fit onto motor base. Put the onion into the work bowl and pulse on High to roughly chop, about 8 to 10 pulses.
2. Put the butter or oil into a 6-quart saucapan set over medium heat. Once heated, stir in the chopped onion and allow to heat through. While onion is cooking, chop ginger and garlic together in the food processor by running on High. Add ingredients to the saucapan with the onion.
- 1  
2  
2  
½  
1  
¼  
¼  
1  
1  
½  
1  
4  
½
- small onion (about 3 ounces)**  
**tablespoons unsalted butter or olive oil**  
**ounce ginger, peeled**  
**garlic clove**  
**pound carrots, peeled and cut to fit vertically into the feed tube**  
**teaspoon ground cinnamon**  
**teaspoon allspice**  
**pinch freshly ground nutmeg**  
**thyme sprig**  
**teaspoon kosher salt**  
**cups chicken broth, low sodium**
- Makes about 4½ cups

*A great soup for any time of the year.*

## Carrot and Ginger Soup

*Bacon Sage Butter*  
*Nutritional information per serving (1 teaspoon):*  
*Calories 37 (98% from fat) • carb. 0g • pro. 0g • fat 4g • sat. fat 3g • chol. 12mg • sod. 12mg • calc. 1mg • fiber 0g*

*Bacon Sage Butter:*  
*Nutritional information per serving (1 cup with 1 teaspoon butter):*  
*Calories 157 (31% from fat) • carb. 23g • pro. 3g • fat 6g • sat. fat 4g • chol. 15mg • sod. 1319mg • calc. 142mg • fiber 3g*

1. Insert the chopping blade into the food processor; fit onto motor base. Put the bacon and sage leaves into the work bowl and pulse on High until evenly and finely chopped. Add the butter and pinch each of salt and pepper and process until combined, scraping down sides as necessary.
2. Wrap butter in plastic wrap (twist both ends of the plastic so that butter will form a log shape). Refrigerate until serving (butter should be very cold and firm for serving).
- Bacon Sage Butter:**

1. Insert the chopping blade into the food processor; fit onto motor base. Put the shallot and leeks into the work bowl and pulse on High to evenly chop, about 8 to 10 pulses.
2. Put the butter into a stockpot/large saucapan and place over medium/medium-low heat. Once butter has melted, add the chopped shallot/leek mixture and cook until soft and fragrant, about 5 minutes. Stir in the butternut squash, garlic, thyme, ½ teaspoon salt and pepper. Stir ingredients together and cook for an additional 5 minutes. Stir in the sherry. Once the sherry has just about evaporated, add the broth so that the butternut squash is completely submerged. Raise the heat. Once the liquid comes to a boil, reduce the heat to a simmer, cooking until squash is very soft and tender, about 25 to 30 minutes. While soup is simmering, make the butter.
3. Strain the soup, reserving the liquid and discarding the thyme sprig. Put half of the liquid and half of the soup solids into the blender jar. Run on Low for about 10 seconds and then switch to High to blend completely. Pour soup into a clean pot. Repeat with remaining ingredients, holding back liquid to reach desired consistency. The soup will need to be seasoned at this point. Add ½ teaspoon of remaining salt at a time, tasting with each addition until desired seasoning is achieved.
4. To serve: Ladle soup into individual serving bowls and place a pat of butter in each bowl.

## Soup:

- 1  
1  
2  
3 to 4  
4
- tablespoon unsalted butter**  
**butternut squash (about 2½ pounds) peeled and seeded,**  
**cut into 2-inch cubes**  
**garlic clove, smashed**  
**thyme sprig**  
**teaspoons kosher salt, divided**  
**teaspoon freshly ground black pepper**  
**tablespoons sherry**  
**cups chicken broth, low sodium**  
**Bacon Sage Butter:**  
**slices bacon diced and cooked through, about 2 tablespoons**  
**bacon crumbles**  
**3 to 4 fresh sage leaves**  
**ounces GOOD quality unsalted butter, like Plugra or Kerrygold,**  
**room temperature, cut into tablespoons**  
**pinch kosher salt**  
**pinch freshly ground black pepper**

## Crêpes with Yogurt and Walnuts

¼ teaspoon freshly ground black pepper  
6 nonstick cooking spray  
6 large basil leaves, torn into pieces

*Tangy and sweet blend well together in this delicious breakfast treat.*  
Makes about 1 cup (enough to fill 20 eight-inch crêpes)

1. Preheat oven to 375°F.

2. Insert the chopping blade into the food processor; fit onto motor base.

3. Put the Parmesan into the work bowl. Pulse 2 to 3 times on High, then process 20 to 30 seconds until finely ground. Remove and reserve.

4. Carefully remove the chopping blade and fit the reversible shredding/slicing disc, with the shredding side facing up. First shred the zucchini, and then the carrot. Remove and reserve in a medium mixing bowl.

5. Flip the reversible disc over to use the slicing side. Slice the pepper, mushrooms and onion. Add to the bowl with the other vegetables.

6. Put 1 tablespoon of oil into a 12-inch, oven-proof, nonstick skillet (the Cuisinart® GreenGourmet® Skillet is the perfect pan for this recipe). Set over medium heat. Once oil is hot, add the vegetables with 1 to 2 pinches of the salt. Sauté until softened.

7. While the vegetables are cooking, put the eggs, milk, remaining salt and pepper into the blender jar. Run on High until well combined and frothy.

8. After the vegetables are cooked, remove and reserve in the same bowl as crêpe. Top with about 1 tablespoon of the nut mixture. Fold in half, and then half again. Serve with fresh berries and a drizzle of honey on top.

1. In a small mixing bowl, whisk the first four ingredients together until fully combined. Reserve.

2. Insert the chopping blade into the food processor; fit onto motor base.

3. Put the walnuts into the work bowl. Pulse 4 to 5 times on High until finely chopped. Add the brown sugar, butter and salt. Pulse until well combined.

4. To assemble, spread about 2 tablespoons of the yogurt mixture on each crêpe. Top with about 1 tablespoon of the nut mixture. Fold in half, and then

half again. Serve with fresh berries and a drizzle of honey on top.

*Nutritional information per filled crêpe:*

Calories 186 (45% from fat) • carb. 21g • pro. 4g • fat 10g • sat. fat 6g • chol. 79mg • sod. 138mg • calc. 62mg • fiber 1g

*Nutritional information per serving (based on 12 servings):*

9. After baking, let frittata sit for 5 minutes before slicing and serving.

10. After baking, let frittata sit for 5 minutes before slicing and serving.

*Frittatas are a great alternative to traditional omelets. Try this one – you will not be disappointed.*  
Makes ten to twelve servings

*Nutritional information per serving (based on 12 servings):*

11. After baking, let frittata sit for 5 minutes before slicing and serving.

12. After baking, let frittata sit for 5 minutes before slicing and serving.

*Nutritional information per serving (based on 12 servings):*

13. After baking, let frittata sit for 5 minutes before slicing and serving.

14. After baking, let frittata sit for 5 minutes before slicing and serving.

*Nutritional information per serving (based on 12 servings):*

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100. After baking, let frittata sit for 5 minutes before slicing and serving.

- Add remaining dry ingredients and pulse on High for about 30 seconds until ingredients are well blended.
- Prepare pancakes using a ¼-cup measuring cup to scoop pancakes onto prepared pan to cook.

#### Nutritional information per serving (2 pancakes):

Calories 188 (42% from fat) • carb. 20g • pro. 7g • fat 9g • sat. fat 5g • chol. 71mg • sod. 273mg • calc. 130mg • fiber 0g

## Apple Walnut Waffles

*Served with warm maple syrup, these waffles are a comforting fall treat.*

Makes 10 Belgian-style waffles (6 cups of batter)

½	cup toasted walnuts
½	large apple, cored
1¾	cups reduced-fat milk
1	large egg
1	large egg white
¼	cup vegetable oil
¾	teaspoon pure vanilla extract
3	tablespoons light brown sugar
1½	cups unbleached, all-purpose flour
¼	cup wheat germ
1	tablespoon plus 1 teaspoon baking powder
½	teaspoon salt
¼	teaspoon ground cinnamon

- 3 large eggs, room temperature
  - ¼ cup unsalted butter, melted and cooled to room temperature
  - ¾ cup unbleached, all-purpose flour
  - ½ teaspoon salt
  - 1 tablespoon granulated sugar
  - 1 cup reduced-fat milk, room temperature
  - 1 teaspoon pure vanilla extract
  - 1 teaspoon unsalted butter, room temperature
1. Put the eggs, melted butter, flour, salt and sugar into the blender jar. With the unit running on Low, carefully remove the pour lid from the cover of the blender. Add the milk and vanilla through the opening. Mix about 15 to 20 seconds, or until smooth. If time allows, let the batter rest in the refrigerator for at least ½ hour. Before using batter, whisk to re-blend, straining if necessary to remove any lumps.

- Put the walnuts in the work bowl. Pulse 2 to 3 times on High to chop. Remove the chopping blade and replace with the shredding/slicing disc, with the shredding side facing up. Shred the apple directly into the work bowl with the nuts. Remove the food processor attachment and reserve.
- Put dry ingredients in a large mixing bowl. Whisk to combine. Put the milk, egg, egg white, oil and vanilla into the blender jar. Run on Low for 20 seconds to fully combine. Add half of the dry ingredients. Pulse on Low to combine; scrape down sides of the jar. Add the remaining dry ingredients and pulse on Low to just combine (it is OK if there are still dry patches in the batter).
- Transfer the batter to the large mixing bowl that was previously holding the dry ingredients. Add the reserved apple and walnuts; fold to just combine.

- Preheat a Belgian waffle maker to desired setting. Pour the suggested amount of batter (refer to waffle maker instructions) onto the prepared, preheated

#### Nutritional information per waffle:

Calories 220 (45% from fat) • carb. 24g • pro. 6g • fat 11g • sat. fat 1g • chol. 25mg • sod. 352mg • calc. 230mg • fiber 1g

## Crêpe Batter

*Extremely versatile, this recipe should be added to everyone's collection. These crêpes can be filled with sweet items (cinnamon-sugar and fruit; whipped cream and chocolate)*

*or savory (eggs and ham; vegetables and hollandaise).*

Makes about 20 eight-inch crêpes

#### Nutritional information per crêpe:

Calories 56 (52% from fat) • carb. 5g • pro. 2g • fat 3g • sat. fat 2g • chol. 39mg • sod. 77mg • calc. 22mg • fiber 0g

- Serve with yogurt and nut filling (recipe follows).
- Melt the teaspoon of butter in an 8-inch skillet set over medium heat. Once pan is hot, add a scant ¼ cup of batter to the pan, moving the batter around quickly to make a thin coating on the pan. Cook the crêpe for 2 to 3 minutes, until the edges just start to brown, and then carefully flip and finish the other side for an additional minute. Continue cooking crêpes until the batter is gone.

\*Ripe bananas should be peeled, cut into pieces, wrapped in plastic and placed overnight in the freezer.

3. Serve immediately.

2. Run on High until smooth, about 45 seconds.

*Nutritional information per serving (½ cup):*

Calories 72 (17% from fat) • carb. 14g • pro. 2g • fat 1g • sat. fat 1g • chol. 6mg • sod. 21mg • calc. 52mg • fiber 1g

*Nutritional information per serving (½ cup):*

Calories 91 (1% from fat) • carb. 14g • pro. 0g • fat 0g • sat. fat 0g • chol. 0mg • sod. 4mg • calc. 7mg • fiber 1g

## Piña Colada

*This is a more natural take on the traditional piña colada, using coconut milk rather than cream of coconut.*

Makes about 5 cups

1 cup good quality rum

½ cup unsweetened coconut milk

3 cups RIFE, fresh pineapple, cut into 2-inch pieces

1 cup coconut sorbet

1 cup frozen pineapple, cut into ½-inch pieces

6 ice cubes

1. Put rum, coconut milk, pineapple, sorbet and frozen pineapple into the blender jar.

2. Run on High until well blended, about 45 seconds. With blender running, remove the pour lid from the blender cover and add ice cubes 1 at a time.

3. Drink may be slightly thin, so it is also great over ice.

*Nutritional information per serving (½ cup):*

Calories 273 (15% from fat) • carb. 34g • pro. 1g • fat 5g • sat. fat 4g • chol. 0mg • sod. 18mg • calc. 13mg • fiber 2g

## Frozen Rum Punch

*A sweet and fruity summer party favorite.*

Makes about 6 cups

½ cup orange juice

1½ ounces fresh lime juice (the juice of approximately 2 limes)

¾ cup rum

1 tablespoon grenadine

3 cups fresh pineapple, cut into 2-inch pieces

1 pint mango sorbet

6 ice cubes

1. Put ingredients into the blender jar in the order listed.

1. Put the milk, ricotta, eggs, butter and vanilla into the blender jar. Run on High for about 15 seconds. Add zest and sugar and run for an additional 10 seconds. Scrape the blender jar down with a flexible rubber spatula.

Makes about 18 pancakes

1 cup milk

1 cup reduced-fat ricotta

2 large eggs, beaten

¼ cup unsalted butter, melted and cooled to room temperature

½ teaspoon pure vanilla extract

½ teaspoon orange zest

⅓ cup granulated sugar

1 cup unbleached, all-purpose flour

½ teaspoon ground cinnamon

½ teaspoon table salt

½ teaspoon baking powder

## Ricotta Pancakes

*For an extra treat, mix a cup of blueberries gently into the batter before cooking.*

Makes about 18 pancakes

1 cup milk

1 cup reduced-fat ricotta

2 large eggs, beaten

¼ cup unsalted butter, melted and cooled to room temperature

½ teaspoon pure vanilla extract

½ teaspoon orange zest

⅓ cup granulated sugar

1 cup unbleached, all-purpose flour

½ teaspoon ground cinnamon

½ teaspoon table salt

½ teaspoon baking powder

## Frozen Mudslide

Makes about 6 cups

1 cup milk

¼ cup Kahua

¼ cup vodka

2 tablespoons Irish cream liqueur

3 cups vanilla ice cream

1. Put ingredients into the blender jar in the order listed.

2. Run on High until smooth, about 40 to 45 seconds.

*Nutritional information per serving (½ cup):*

Calories 232 (49% from fat) • carb. 22g • pro. 3g • fat 13g • sat. fat 8g • chol. 46mg • sod. 48mg • calc. 89mg • fiber 0g

1. Put milk, one banana and honey into the blender jar. Run on High until blended, about 15 seconds. With blender running on Low, remove the pour lid from the blender cover and drop remaining frozen banana pieces through the opening, one at a time.
2. Continue blending on High until smooth, about 45 seconds.
3. Serve immediately while cold or keep chilled in the refrigerator.

1½ cups milk  
3 frozen bananas\*, cut into ½-inch pieces, divided  
1 tablespoon honey

Makes about 4½ cups

*A delicious, creamy and thick milk shake with no ice cream!*

### Banana "Shake"

*Nutritional information per serving (½ cup):*  
Calories 40 (54% from fat) • carb. 4g • pro. 1g • fat 2g • sat. fat 2g • chol. 8mg • sod. 10mg • calc. 24mg • fiber 0g

1. Mix the cream and ¾ cup of the coffee and pour into an ice cube tray. Put in the freezer overnight to freeze solid.
2. Once the cream and coffee are frozen, put the remaining coffee into the blender jar with the sugar. Add the frozen cubes and run on High until fully blended, about 45 seconds to 1 minute. The drink is very thick, so it will take time to blend.
3. Serve immediately. It may be easier to scoop than pour.

6 ounces heavy cream or half-and-half  
2½ cups strongly brewed coffee, divided  
2 tablespoons granulated sugar

Makes about 4 cups

*It is easy to make delicious and thick coffee beverages at home. Plan ahead, as you need to make special ice cubes.*

### Café au Lait "Shake"

*Nutritional information per serving (1 cup):*  
Calories 95 (27% from fat) • carb. 17g • pro. 2g • fat 3g • sat. fat 0g • chol. 0mg • sod. 56mg • calc. 58mg • fiber 3g

3. Serve immediately.

1. Put water, banana, frozen banana, apple and flax seed oil into the blender jar. Run on High for about 15 seconds.
2. With the blender running on High, remove the pour lid from the blender cover and add the greens a handful at a time, until well blended and smooth, about 1½ minutes.

1½ cups filtered water  
1 banana, quartered  
1 frozen banana, cut into ½-inch pieces  
1 apple, cored, cut into 1-inch pieces  
1 tablespoon flax seed oil  
8 loosely packed cups of mixed fresh greens  
(e.g., chard, parsley, spinach and kale), roughly chopped

Makes about 5 cups

*A delicious way to get more healthy greens into your diet – you will be so surprised at how good they taste!*

### Green Smoothie

*Nutritional information per serving (1 cup):*  
Calories 72 (14% from fat) • carb. 13g • pro. 4g • fat 1g • sat. fat 0g • chol. 2mg • sod. 46mg • calc. 37mg • fiber 1g

1. Put ingredients into the blender jar in the order listed.
2. Run on High until smooth, about 40 seconds.
3. Serve immediately.

1½ cups soy, almond or hemp milk (cow's milk may also be used)  
1 cup plain or vanilla yogurt  
1 banana, quartered  
1 frozen banana, cut into ½-inch pieces  
1½ cups mixed frozen berries  
2 tablespoons protein powder  
2 tablespoons honey (optional)

Makes about 4½ cups

*Refresh with this smoothie after your workout.*

### Super Protein Smoothie

*Nutritional information per serving (1 cup):*  
Calories 160 (9% from fat) • carb. 37g • pro. 3g • fat 2g • sat. fat 1g • chol. 4mg • sod. 20mg • calc. 70mg • fiber 4g



## Fresh Fruit Smoothie

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

Makes about 5 cups

*Nutritional information per serving (1 cup):*  
 Calories 163 (20% from fat) • carb. 33g • pro. 2g • fat 4g • sat. fat 0g  
 • chol. 0mg • sod. 7mg • calc. 32mg • fiber 5g

## Vitamin C Smoothie

*This delicious smoothie is packed with vitamin C.*

Makes about 5 cups

1 cup orange juice  
 2 cups fresh strawberries, hulled and halved  
 1 small to medium orange, in segments, about ¾ cup  
 1 cup papaya, cut into 1-inch pieces (about ¼ large papaya)  
 1 cup mango, cut into 1-inch pieces (about 1 small mango)  
 2 cups frozen strawberries

1. Put ingredients into the blender jar in the order listed.

2. Run on High until smooth, about 30 seconds.

3. Serve immediately.

*Nutritional information per serving (1 cup):*

Calories 287 (59% from fat) • carb. 26g • pro. 4g • fat 20g • sat. fat 12g  
 • chol. 46mg • sod. 167mg • calc. 33mg • fiber 2g

## Berry Cherry Smoothie

*This kid-friendly smoothie is a vitamin-packed way to start the day.*

Makes about 4 cups

½ cup orange juice  
 ½ cup plain yogurt  
 2 bananas, quartered  
 1 cup fresh strawberries, hulled and halved  
 1 cup frozen blueberries  
 1 cup frozen cherries  
 1 to 2 tablespoons honey (optional)

1. Put ingredients into the blender jar in the order listed.

2. Run on High until smooth, about 45 seconds.

3. Serve immediately.

## Immune Support Smoothie

*When you are feeling rundown, this smoothie is a great pick-me-up!*

Makes about 4 cups

¾ cup pomegranate juice  
 1 mango, cut into 1-inch pieces  
 1 cup seedless grapes (red or green)  
 1 ripe persimmon, cut into 1-inch pieces\*  
 1 kiwi, cut into 4 pieces  
 1 cup frozen strawberries  
 1 cup frozen blackberries  
 1 tablespoon wheat germ  
 1 tablespoon flax seed oil

1. Put ingredients into the blender jar in the order listed.

2. Run on High until smooth, about 40 seconds.

3. Serve immediately.

**Note:** For the sweetest smoothie, be sure the fruit is really ripe.

*Nutritional information per serving (1 cup):*

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

## Immune Support Smoothie

3. Serve immediately.

2. Run on High until smooth, about 45 seconds.

1. Put ingredients into the blender jar in the order listed.

½ cup orange juice  
 1 cup cantaloupe, cut into 1-inch pieces  
 1 medium banana, cut into 1-inch pieces  
 1 cup mango chunks, cut into 1-inch pieces (about 1 small mango)  
 1 cup raspberries or mixed berries (fresh or frozen)  
 ¾ cup pineapple chunks, 1-inch pieces  
 1 (fresh or canned, drained)  
 1 cup navel orange segments, cut into 1-inch pieces  
 1 cup strawberries, hulled and halved  
 1 cup ice cubes (about 6 standard)

<b>QUICK REFERENCE GUIDE – PROCESSING WITH THE SLICING/SHREDDING DISK</b>			
<b>Food</b>	<b>To Prepare for Slicing</b>	<b>To Prepare for Shredding</b>	
Long narrow foods like carrots, celery, cucumbers, and zucchini	Cut into even lengths about 1 inch shorter than height of feed tube. Stand pieces upright in feed tube, flat side down, adding enough pieces so they cannot tilt.	For long shreds, cut into largest size that will fit sideways in feed tube. Stack in feed tube to about 1 inch from top. For shorter shreds, stand pieces upright in feed tube, flat side down (as described in slicing column). Cut into even lengths, about 1 inch shorter than height of tube.	Apples, onions, potatoes, peppers, and other large round fruits and vegetables
Strawberries, mushrooms, radishes and other small, round fruits and vegetables	Prepare foods as required. Place in feed tube. Use light to moderate pressure.	Radishes shred well. Prepare same as for slicing.	Apples, onions, potatoes, peppers, and other large round fruits and vegetables
Cabbage, iceberg lettuce	Cut off top and bottom, leaving center section. Cut into wedges to fit feed tube upright. Remove core. Cut top and bottom pieces in similar wedges.	Prepare same as for slicing.	Soft cheeses like mozzarella
Medium-hard cheeses like Cheddar and Swiss	Cut into pieces to fit feed tube. Stand pieces in feed tube and use light pressure on pusher.	Prepare same as for slicing.	Hard cheeses like Parmesan
	Do not slice.	Do not shred.	

## QUICK REFERENCE GUIDE – FOOD PROCESSOR ATTACHMENT PROCESSING WITH CHOPPING BLADE

### How to Prepare It

### The Food

Fruit and vegetables      Peel and core if necessary. Remove large hard pits and seeds. Cut into ¾-inch pieces and process up to 1 cup at a time.

Meat, poultry and fish      These should be very cold but not frozen. First, cut into ¾-inch pieces. Put up to ½ pound in work bowl. Pulse or run continuously until desired consistency is reached. Check texture every 2 or 3 seconds to avoid overprocessing.

Bread, crackers or cookies      Break into 1-inch pieces and process continuously until texture for crumbs is fine. For seasoned crumbs, chop with herbs. For buttered crumbs, drizzle melted butter through feed tube while processing.

Crumb crusts      Chop crackers or cookies as described in preceding paragraph. Add other recipes as specified by recipe. Pulse until combined.

Hard cheese – grated      If it is too hard to cut with a knife, don't try to chop it – it may damage blade. First cut into ½-inch pieces. Pulse until pea-sized, then process continuously. You can chop it as coarse or as fine as you want. Simply run machine longer for finer chop. Process up to 3 ounces at one time.

Whipping cream      Process refrigerated cream one cup at a time. It is excellent as a topping for desserts or hot drinks.

Fresh herbs      Work bowl and metal blade must be clean and dry. Remove stems; use leaves only. Dry herbs completely. The more herbs you chop at once, the finer chop you can get. Chopped herbs keep for several days in the refrigerator in airtight bags, or can be frozen for months. Chop up to ½ cup at one time.

## QUICK REFERENCE GUIDE – BLENDER

Press On/Off - The blender is in Standby mode

To activate blender

Press desired speed button

To begin blending

Press desired speed button

To change speeds

In Standby mode Press Pulse, then press and release desired speed button as needed

To pulse

In Standby mode, press Ice Crush button

To crush ice

Press On/Off button

To stop blending (and deactivate blender)

Press any speed button

To stop blending (in High, Low or Ice Crush speeds)

Release speed button

To stop blending (in Pulse)

## SPEED SELECTION GUIDE

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

### Ingredient/Recipe

### Speed

### Result

Low      Reconstituting frozen juice concentrate

Low or High      Thick and creamy

High or High      Completely blended and emulsified

High – Pulse to chop

Low – Pulse

High – Pulse first, then blend

Low – Pulse first, then blend

High – Pulse first, then blend

Low or High      Smooth, creamy and thick

High      Baby food/fruit and vegetable puree

High      Frozen cocktails

High – Pulse first, then blend

Low or High – Pulse

Coarse to fine

Coarse to fine

Ice Crush, pulse or continuous

Ice

Spices

Hard cheeses

Frozen cocktails

Smoothies, shakes, health drinks

1 to 2 teaspoons sugar or salt from recipe)

Bread, cookies or crackers (add ½-inch pieces, 1 cup or less at a time)

Heavy or whipping cream

Salad dressings

Mayonnaise

Reconstituting frozen juice concentrate

Thick and creamy

Low or High

High – Pulse to chop

Coarse to fine

Low – Pulse

High – Pulse first, then blend

Low – Pulse first, then blend

High – Pulse first, then blend

Low or High

Low

Low or High

High or High

High – Pulse to chop

SmartPower Duet® Deluxe 600-Watt Blender/Food Processor

*Recipe Booklet*

Instruction Booklet on reverse side

**Cuisinart®**

Version no : IB-9596C

Fold Size: 216MM(W)X178MM(H) 28pp

Material (Cover): 157gsm matt artpaper  
 (Inside): 120gsm gloss artpaper

Coating: Gloss Varnishing in cover

Color (Cover): 4C(CMYK)+1C(K)  
 (Inside): 1C(K)+1C(K)

Date: Jun-29-2011 Co-ordinator: ASor You / Andy WS Chan

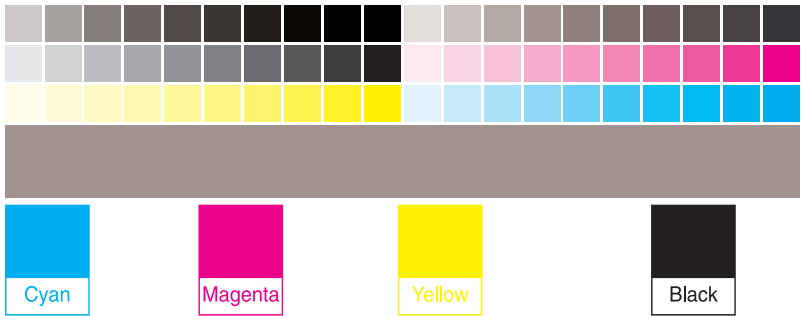
**BOND FUND Descriptio**

PDF version : IB-9596C (0,0)

BOND FUND Code: \_\_\_\_\_ Operator : Wu

Color Series: Non

Remark: Gloss Varnishing in cove



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