

Cuisinart[®] INSTRUCTION AND RECIPE BOOKLET



ReMix6.0 600-Watt Blender

SPB-8 Series

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

IMPORTANT SAFEGUARDS

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

1. **READ ALL INSTRUCTIONS BEFORE USING.**
2. To protect against the risk of electrical shock, do not put motor base of blender in water or other 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. **Never put hands into the blender jar, or handle the blades with appliance plugged in.**
5. Avoid contact with moving parts.
6. Do not operate any appliance with a damaged cord or plug, or after the appliance malfunctions or is dropped or damaged in any manner. Return appliance to nearest Cuisinart service facility for examination, repair, and/or mechanical or electrical adjustment.
7. The use of attachments, including canning or ordinary jars, not recommended or sold by Cuisinart may cause fire, electrical shock, or risk of injury to persons.
8. Do not use outdoors.
9. Do not let cord hang over edge of counter or table or touch hot surfaces.
10. **Keep hands and utensils out of jar while blending, to reduce the risk of severe injury to persons or damage to blender itself.** A rubber or plastic spatula may be used but must be used only when the blender is turned off.
11. When blender is on, and LED lights are illuminated or flashing, do not touch cutting assembly, interfere with blade movement, or remove blender jar cover. Accidentally touching a speed button may activate the blender.
12. **BLADES ARE SHARP. HANDLE CAREFULLY.**
13. To reduce the risk of injury, never place cutting assembly on base unless the blender jar is properly attached.
14. Always operate blender with the cover in place.
15. Never leave your blender unattended while it is running.
16. Twist removable blade assembly firmly to blender jar. Injury can result if moving blades accidentally become exposed.
17. **Regarding your cord set:** A longer cord has been provided so that you will have flexibility in positioning your Cuisinart ReMix6.0 600-Watt Blender. Exercise care when using the longer cord to avoid entangling or tripping over the cord.
18. Wash the blender jar, blade assembly, and cover before first use.
19. **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.**
20. **WARNING: FLASHING LIGHT INDICATES READY TO OPERATE. DO NOT TOUCH BLADES.**
21. When blending hot liquids in blender jar, remove measured pour lid to allow steam to escape.
22. Do not operate your appliance in an appliance garage or under a wall cabinet. **When storing in an appliance garage always unplug the unit from the electrical outlet.** Not doing so could create a risk of fire, especially if the appliance touches the walls of the garage or the door touches the unit as it closes.

The longer cord should be arranged so that it will not drape over the counter or tabletop, where it can be pulled on by children or tripped over. Excess cord should be stored in the cord storage area at the back of the blender base to avoid injury caused by the longer cord.

SAVE THESE INSTRUCTIONS FOR HOUSEHOLD USE ONLY

NOTICE:

This appliance has a polarized plug (one prong is wider than the other). To reduce the risk of electric shock, this plug will fit into a polarized outlet only one way. If the plug does not fit fully into the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not modify the plug in any way.

This appliance comes with a resettable thermal fuse to prevent damage to the motor in the 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," 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.

UNPACKING INSTRUCTIONS

1. Place the gift box containing your Cuisinart® ReMix6.0 600-Watt Blender on a flat, sturdy surface before unpacking.
2. Remove instruction booklet and other printed materials from top of pulp mold.
3. Carefully lift blender base from box and set aside.
4. Remove the lower pulp mold containing the blender jar assembly. Be careful not to tip the jar when removing.

To assemble the blender, follow the Assembly instructions on page 5 in this instruction booklet. Replace all pulp mold inserts in the box and save the box for repackaging.

Before using for the first time: Wash all parts according to the Cleaning and Maintenance section on page 6 of this booklet to remove any dust or residue.

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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. BPA Free Tritan® Co-polyester Jar**
Has a unique, sturdy, wide-mouth design.
- 4. High-quality Blade Assembly with Patented Stainless Steel Blades**
Is strong enough for all blending tasks, including tough jobs like crushing ice.
- 5. Electronic Touchpad Controls**
 - a. On/Off Button**
Turns blender on or off.
 - b. High Button**
Choose High speed to blend ingredients to the desired consistency. Blue LED lights will indicate which speed you are using.
 - c. Low Button**
Choose Low speed to blend ingredients to the desired consistency. Blue LED lights will indicate which speed you are using.
 - d. Ice Crush Button**
Press Ice Crush and begin crushing. This button is pre-programmed and will stop blending when cycle is complete.
 - e. Pulse Button**
Allows you to pulse at High or Low speeds, so you can blend ingredients only as much as needed.
- 6. Powerful Motor Base**
Power to handle a wide variety of blending tasks.
- 7. Slip-proof Feet (not shown)**
Prevent movement during use and prevent damaging marks on countertops or tables.
- 8. Cord Storage (not shown)**
Keeps countertop safe and neat by conveniently storing excess cord.



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

*Tritan is a registered trademark of Eastman Chemical Company.

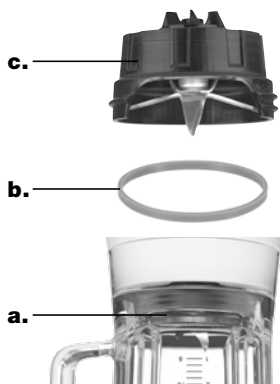
ASSEMBLY

To use your Cuisinart® ReMix6.0 600-Watt Blender, 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) into the groove of the blade assembly.
3. Turn the blade assembly (c) upside down, and place the blade end in the blender jar opening.

Note: Blades are sharp... handle carefully.

4. Twist blade assembly (c) clockwise until secure.



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 remove blade assembly 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 ½-inch [1.3 cm] 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 6, prior to your first use.

OPERATION

1. Place the motor base of your Cuisinart® ReMix6.0 600-Watt Blender on a flat, sturdy surface. It is important that the surface be clean and dry. Assemble the blender jar 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: 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, Low or Ice Crush buttons 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, by simply pushing another speed button.

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

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. Push the Pulse button and the blue Pulse LED indicator light will blink. Push and release the desired speed button. Repeat as desired. You determine the duration of each pulse. While pulsing, the blue LED indicator light will glow. The Pulse function can be used to break apart larger pieces of food or to control the texture of food when chopping. The Pulse function is also effective in starting the blending process when you do not want continuous power, or when processing items that do not require an extended amount of blending.

To crush ice: The ReMix6.0 600-Watt Blender motor is strong enough to crush ice without liquid at any speed; however, for your convenience, we have preset the best speed for ice crushing. To crush ice, place ice cubes in the blender jar. Press the On/Off button. The On indicator light will illuminate. Press the Ice Crush button until ice is crushed to desired consistency. Blender will cycle through function and shut off when complete.

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.

To dislodge food: Use a rubber or plastic spatula to help remove food lodged around the removable blade 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.

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 and/or clear any jams. Restart the unit as noted in the operating directions.

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 remove blade assembly 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® ReMix6.0 600-Watt Blender 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. Remove blade assembly by turning counterclockwise.

Remove the blade assembly. Wash in warm soapy water, rinse, and dry thoroughly.

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

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

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

Tip: You may wish to clean your blender blade 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. Rinse and dry all parts thoroughly.

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

DOs and DON'Ts

WHEN USING YOUR BLENDER

DO:

- Make sure the electrical outlet is rated at the same voltage as that stated on the bottom of the blender motor base.
- Always use the blender on a clean, sturdy and dry surface.
- **Always add liquid ingredients to the blender jar first, then add remaining ingredients. This will ensure that ingredients are uniformly mixed.**
- Cut most foods into cubes 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 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 blade assembly.
- Place cover on firmly. Always operate the blender with the cover on.
- Make sure removable blade assembly is tightly attached to blender jar.
- Always remove blade assembly 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 blade assembly.
- When chopping fresh herbs, garlic, onion, zest, bread crumbs, nuts, spices, etc., make sure the blender jar and blade 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 blade assembly on 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 removable blade assembly 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.

WARRANTY

LIMITED THREE-YEAR WARRANTY

This warranty supersedes all previous warranties on the Cuisinart® ReMix6.0 600-Watt Blender. This warranty is available to consumers only. You are a consumer if you own a Cuisinart® ReMix6.0 600-Watt Blender that was purchased at retail for personal, family, or household use. Except as otherwise required under applicable state law, this warranty is not available to retailers or other commercial purchasers or owners. We warrant that your Cuisinart® ReMix6.0 600-Watt Blender 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 for the fastest, most efficient way to complete your product registration. However, product registration online 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 blender should prove to be defective within the warranty period, we will repair it or, if we think it necessary, replace it. To obtain warranty service, please call our Consumer Service Center toll-free at 1-800-726-0190 or write to: Cuisinart, 150 Milford Road, East Windsor, NJ 08520.

To facilitate the speed and accuracy of your return, please enclose \$10.00 for shipping and handling of the product. 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.

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.

Your Cuisinart® ReMix6.0 600-Watt Blender has been manufactured to the strictest specifications and has been designed for use only in 120 volt outlets and only with authorized accessories and replacement parts. This warranty expressly excludes any defects or damages caused by attempted use of this unit with a converter, as well as use with accessories, replacement parts or repair service other than those authorized by Cuisinart. This warranty does not cover any damage caused by accident, misuse, shipment or other than ordinary household use. This warranty excludes all incidental or consequential damages. Some states do not allow the exclusion or limitation of these damages, so these exclusions may not apply to you. You may also have other rights, which vary from state to state.

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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RECIPE TIPS

The simple recipes that follow include some old Cuisinart favorites as well as some creative combinations that are sure to please your friends and family. Thanks to the superior ice crushing power of the ReMix6.0 600-Watt Blender, you'll also be able to make delicious frozen drinks.

Chopping Nuts

Put ½ cup shelled nuts into the blender jar and cover blender. Pulse on Low or High until desired chop is achieved. Pulse fewer times for coarsely chopped nuts. For best results process small amounts, ½ cup or less.

Bread, Cookie or Cracker Crumbs

Break or cut bread, cookies or crackers into pieces ½ inch or less in size. For best bread results, use day-old bread (drier bread works best). Put bread, cookie or cracker pieces in blender jar. Set on Low or High and pulse to chop, then run continuously until desired texture of crumbs is achieved. For best results, process 1 cup or less at a time.

Crushing Ice

Put up to 10 standard ice cubes into the blender jar. Cover. Select pre-program Ice Crush function. Blender will cycle through function and stop blending when complete.

Grating Fresh Citrus Zest

For best results, blender jar and cutting assembly must be clean and dry. Remove zest from fruit in strips using a vegetable peeler; use a sharp knife to remove the bitter white pith from the underside of the zest. Process no more than 8 strips at a time (zest of 1 medium lemon). Cut strips in half. Put strips and 1 teaspoon sugar or coarse salt (from recipe) into the blender jar. Cover blender jar. Run on Low for 15 to 20 seconds.

Baby Food

Combine ½-cup cooked vegetables, fruit or meat with 3 to 4 tablespoons liquid (water, milk, fruit juice, broth, or cooking liquid) in the blender jar. Run on Low for 15 to 20 seconds until a smooth purée is reached. Add more liquid as necessary and process further until desired texture is reached. Always consult with your pediatrician/family physician concerning the best foods for your baby and when to introduce new foods to his/her diet.

Grinding Hard Cheese

Cut cheese into ½-inch pieces; remove all outer hard rind. Put cheese into blender jar. Pulse on Low to chop cheese, 10 to 12 times, then run until desired grind is reached. For best results, grind no more than 3 ounces of cheese at a time.

Grinding Spices

For best results, blender jar and cutting assembly must be clean and dry. Put ¼ to ½ cup of spices/seeds/peppercorns into blender jar. Pulse on Low or High to break up, then run for 20 to 40 seconds.

Whipping Cream

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

When using the blender to purée hot mixtures such as creamed soups and baby foods, strain the solids from the liquid, reserving the cooking liquid. Then put ½ to 1 cup of the reserved cooking liquid into the blender jar along with the cooked solids. Pulse on Low to chop, then run on Low or High until desired consistency/purée is reached.

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

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

Keep ice cubes made of juices, yogurt, milk or fruit purées on hand to substitute for plain ice when making smoothies and frosty beverages to prevent diluting the drink.

For quick cleaning, add 1 cup of warm water and a drop of liquid dish soap to the blender jar. Cover and run on Low or High for 30 seconds or more as needed. Discard the soapy water and rinse blender thoroughly before the next use.

QUICK REFERENCE GUIDE

To activate blender	Press On/Off - The blender is in Standby mode
To begin blending	Press desired speed button
To change speeds	Press desired speed button
To pulse	In Standby mode press Pulse, then press and release desired speed button as needed
To crush ice	In Standby mode, press Ice Crush button
To stop blending (and deactivate blender)	Press On/Off button
To stop blending (in High, Low or Ice Crush speeds)	Press any speed button
To stop blending (in Pulse)	Release speed button

SPEED SELECTION GUIDE

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

Ingredient/Recipe	Speed	Result
Reconstituting frozen juice concentrate	Low	Smooth and full-bodied
Mayonnaise	Low	Thick and creamy
Salad dressings	Low or High	Completely blended and emulsified
Nuts (shelled, ½ cup or less at a time)	High – Pulse to chop	Coarse to fine
Heavy or whipping cream	Low – Pulse	Thick, creamy topping
Bread, cookies or crackers (add ½-inch pieces, 1 cup or less at a time)	High – Pulse first, then blend	Coarse to fine as desired
Grating/chopping citrus zest (add 1 to 2 teaspoons sugar or salt from recipe)	Low – Pulse first, then blend	Uniformly fine
Smoothies, shakes, health drinks	Low or High	Smooth, creamy and thick
Baby food/fruit and vegetable purée	High	Smooth and creamy
Frozen cocktails	High	Thick and slushy
Hard cheeses	High – Pulse first, then blend	Coarse to fine
Spices	Low or High – Pulse first, then blend	Coarse to fine

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Berry Cherry Smoothie

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

Makes about 4 cups

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

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

Nutritional information per serving (8 ounces):

*Calories 160 (9% from fat) • carb. 37g • pro. 3g • fat 1g
• sat. fat 0g • chol. 4mg • sod. 20mg
• calc. 70mg • fiber 4g*

Power Blast Protein Smoothie

Blend up this smoothie for a post-workout boost.

Makes about 5 cups

- 2 cups soy, almond or hemp milk (cow's milk may also be used)**
- ½ **cup plain or vanilla yogurt**
- 2 tablespoons protein powder**
- 3 tablespoons almond butter (any nut butter may be substituted)**
- 2 tablespoons honey**
- 2 ripe bananas, quartered**
- 1 cup frozen peaches**
- 1 cup frozen blueberries**

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

Nutritional information per serving (8 ounces):

*Calories 175 (23% from fat) • carb. 28g • pro. 8g • fat 5g
• sat. fat 1g • chol. 3mg • sod. 76mg • calc. 70mg • fiber 3g*

Very Berry Smoothie

A simple formula for a summertime drink, the mix of frozen and fresh fruit creates the perfect slushy consistency.

Makes about 3 cups

- 1 cup orange juice**
- 1 ripe banana, quartered**
- 1 cup fresh strawberries, hulled**
- ½ **cup frozen mixed berries**
- 1 cup frozen strawberries**

1. Put all ingredients into blender jar in order listed.
2. Run on High until smooth, about 1½ minutes.

Nutritional information per serving (8 ounces):

*Calories 56 (3% from fat) • carb. 14g • pro. 1g • fat 0g
• sat. fat 0g • chol. 0mg • sod. 6mg
• calc. 18mg • fiber 2g*

Kale Smoothie

Green smoothies are all the rage for good reason – they are packed with nutrients and are a great way to start the day. This is what we like to call the beginner's smoothie, for the mango and strawberries add just the right amount of sweetness to balance out the kale.

Makes about 2½ cups

- 1 cup almond milk, or orange juice**
- 4 stems locinato kale, trimmed of hard stems and cut into 2-inch pieces (2 cups chopped)**
- 1 medium apple, cored and cut into 1-inch pieces**
- ½ **cup frozen mango**
- ½ **cup frozen strawberries**

1. Put all ingredients into blender jar in the order listed.
2. Run on High until completely smooth and bright green, for 1½ minutes.
3. Serve immediately.

Nutritional information per serving (10 ounces):

*Calories 48 (16% from fat) • carb. 9g • pro. 2g • fat 1g
• sat. fat 0g • chol. 0mg • sod. 10mg • calc. 27mg • fiber 2g*

Immune Support Smoothie

When you are feeling run down, this smoothie is a great pick-me-up!

Makes about 4 cups

- ¼ cups pomegranate juice**
- 1 ripe mango, cut into 1-inch pieces (about 1¼ to 1½ cups)**
- 2 kiwis, each cut into 4 pieces**
- 1 cups frozen strawberries**
- 1 cup frozen blackberries**
- 1 tablespoons wheat germ**
- 1 tablespoon flax seed oil**

1. Put ingredients into the blender jar in order listed.
2. Run on High until smooth, about 1½ minutes.
3. Serve immediately.

Nutritional information per serving (8 ounces):

*Calories 150 (24% from fat) • carb. 29g • pro. 2g • fat 4g
• sat. fat 0g • chol. 0mg • sod. 6mg • calc. 33mg • fiber 5g*

Vitamin C Smoothie

This tropical combination of ingredients gives you well over the daily recommended amount of vitamin C. The papaya gives it a beautiful color, just asking to be served in a chilled, tall, clear glass.

Makes about 5 cups

- 1 cups orange juice**
- 2 cups fresh strawberries, hulled and halved**
- 1 medium orange, in segments, about 1 cup**
- 1 cup papaya pieces (1-inch pieces)**
- 1½ cups frozen mango pieces (1-inch pieces)**
- Lime wedges, for serving**

1. Put ingredients into the blender jar in order listed.
2. Run on High until smooth, about 1 minute.
3. Serve immediately with a wedge of lime.

Nutritional information per serving (8 ounces):

*Calories 94 (5% from fat) • carb. 23g • pro. 2g • fat 1g
• sat. fat 0g • chol. 0mg • sod. 10mg • calc. 41mg • fiber 3g*

Piña Colada

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

Makes about 6 cups

- 1 cup good quality white rum**
- ½ cup unsweetened coconut milk**
- 3 cups RIPE, 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, fresh pineapple, sorbet and frozen pineapple together into the blender jar.
2. Blend on High until well blended, about 45 seconds. With blender running, remove the pour lid from the blender cover and add ice cubes, one at a time.
3. Drink may be slightly thin, so it is also great over ice.

Nutritional information per serving (8 ounces):

*Calories 237 (14% from fat) • carb. 27g • pro. 1g • fat 4g
• sat. fat 4g • chol. 0mg • sod. 15mg • calc. 11mg • fiber 1g*

Strawberry Daiquiri

Four ingredients blend together to make this classic frozen cocktail – cocktail umbrellas optional.

Makes about 4 cups

- 1½ cups good quality white rum**
- ¼ cup fresh lime juice**
- ¼ cup simple syrup***
- 4 cups frozen strawberries (1-pound bag)**

1. Put all ingredients, in the order listed, into the blender jar.
2. Blend on High until well blended, about 45 seconds.
3. Serve immediately, preferably in chilled glasses.

*Simple syrup is sugar dissolved in water. To make, place equal parts water and granulated sugar in a saucepan set over medium-low heat. Syrup is done once the sugar has dissolved. Cool completely before using.

Nutritional information per serving (8 ounces):

*Calories 266 (0% from fat) • carb. 21g • pro. 1g • fat 0g
• sat. fat 0g • chol. 0mg • sod. 1mg • calc. 22g • fiber 3g*

Frozen Hot Chocolate with Baileys

The ultimate chocolate indulgence, this will satisfy the most serious of chocolate cravings. Go the extra mile with whipped cream and chocolate shavings.

Makes about 5 cups

- 2 cups whole milk**
- 4 ounces semisweet chocolate chips (about ½ cup)**
- 1 tablespoon cocoa powder**
- ⅓ cup granulated sugar**
- 2 tablespoons Liqueur Irish Cream**
- 3 cups ice (about 21 cubes)**
- Freshly whipped cream, for topping**
- Grated chocolate, for garnish**

1. Put the milk in a medium saucepan and set over medium heat to bring to just a boil.
2. While the milk is heating, put the chocolate chips, cocoa powder and sugar into a small heatproof mixing bowl. Once milk has just come to a boil, pour over the chocolate mixture and let sit for a few minutes. After resting, whisk to fully combine and then cool to room temperature.
3. Once the milk/chocolate mixture has cooled, transfer to the blender jar. Add the Baileys and the ice.
4. Blend on High until well blended, about 35 seconds. Transfer to serving glasses and top with whipped cream and sprinkle with chocolate. Serve immediately.

Nutritional information per serving (4 ounces)

Calories 235 (36% from fat) • carb. 33g • pro. 4g • fat 10g • sat. fat 6g • chol. 10mg • sod. 47mg • calc. 120mg • fiber 2g

Pistachio Milkshake

While any flavor will do, we in the test kitchen are partial to pistachio. Do not skimp on ingredients – seek out the best quality ice cream that you can find – this is dessert, after all!

Makes about 3 cups

- 1 to 1¼ cups whole milk**
- 2 cups (1 pint) pistachio ice cream**
- Toasted, chopped pistachios, for garnish**

1. Put 1 cup of the milk and the ice cream into the blender jar.
2. Blend on Low until well blended, about 15 to 20 seconds, adding more milk through the opening in the lid to reach desired consistency.
3. Divided among glasses and sprinkle with chopped pistachios for garnish.

Nutritional information per serving (6 ounces):

Calories 327 (61% from fat) • carb. 25g • pro. 7g • fat 22g • sat. fat 12g • chol. 116mg • sod. 106mg • calc. 169mg • fiber 1g

Curried Coconut and Butternut Squash Soup

The coconut milk and puréed butternut squash make this a rich-tasting and creamy soup without the added calories of heavy cream.

Makes about 5½ cups

- 2 tablespoons butter or ghee***
- 1 small onion, chopped**
- 1 jalapeño, seeded and finely chopped**
- 1 1-inch piece of ginger, peeled and finely chopped**
- 2 garlic cloves, finely chopped**
- 1 tablespoon curry powder**
- 1 butternut squash, about 2½ pounds, peeled, seeded and cut into 2-inch cubes**
- 1 can (13.5 ounces) coconut milk**
- 1½ cups chicken broth, reduced sodium**
- ½ teaspoon kosher salt**

1. Heat the butter or ghee in a 6-quart saucepan set over medium-low heat. Once melted, add the onion, jalapeño, ginger and garlic; stir. Add the curry powder and let sauté very gently for about 5 minutes; be careful to keep the heat low enough so that it will gently heat, but the mixture will not burn.
2. Stir in the squash, mix well to ensure that the ingredients are well coated. Add the coconut milk, broth and salt and bring mixture to a boil. Reduce to a simmer and continue cooking uncovered, stirring occasionally, until squash is tender, about 30 minutes.
3. Once tender, separate the solids from liquids. Put about half of the broth and half of the solids into

the blender jar. Blend on Low for about 10 seconds and then switch speed to High to blend thoroughly. Transfer soup into a clean pot. Repeat with remaining ingredients, gradually adding the remaining broth to reach desired consistency. Taste and adjust seasoning accordingly.

*Ghee is an Indian clarified butter found in the specialty food section of supermarkets or health food stores.

Nutritional information per serving (1 cup):

Calories 296 (54% from fat) • carb. 33g • pro. 4g
 • fat 19g • sat. fat 16g • chol. 12mg • sod. 443mg
 • calc. 123mg • fiber 5g

Corn and Green Chile Chowder

This chowder carries a bit of heat, so use half of the jalapeño if you are sensitive to spice.

Makes about 6 cups

- 2** **tablespoons unsalted butter**
- 1** **medium onion, finely chopped**
- 1** **jalapeño pepper, seeded and finely chopped**
- 1** **garlic clove, finely chopped**
- 1** **medium red pepper, finely chopped**
- 1** **teaspoon kosher salt, divided**
- ½** **teaspoon freshly ground pepper, divided**
- 1** **tablespoon unbleached, all-purpose flour**
- ½** **cup lager-style beer**
- 1** **can (4.5 ounces) chopped green chiles**
- 3** **cups corn kernels (cut from about 3 ears of corn, or use frozen, thawed, corn kernels)**
- 1** **cup chicken broth, reduced sodium**
- ⅓** **cup heavy cream**

1. Heat the butter in a 6-quart saucepan set over medium-low heat. Once melted add the onion, jalapeño and garlic, with ½ of the salt and ½ of the pepper. Stir and sauté until fragrant, but picking up no color. Add the red pepper and sauté for 2 to 5 minutes, until softened. Stir in the flour and stir for 1 to 2 minutes to be sure to cook off the flour taste.

2. Add the beer, chiles, corn, broth and remaining salt and pepper, and bring to a boil. Once the liquid begins to boil, reduce heat and allow to simmer for about 15 minutes, to blend flavors. Stir in cream and allow to simmer, stirring occasionally, for another 15 minutes, until reduced slightly.
3. Remove about 2 cups of soup and transfer the remaining to the blender jar. Run on Low to begin blending, and then switch to High and run for about 1 minute until puréed.
4. Stir in reserved chowder and taste, adjusting seasoning if necessary. Serve immediately.

Nutritional information per serving:

Calories 177 (45% from fat) • carb. 21g • pro. 3g • fat 9g
 • sat. fat 6g • chol. 28mg • sod. 449mg
 • calc. 22mg • fiber 3g

Lightened Broccoli and Potato Soup

Everyone is looking for ways to make cream soups "healthy" and this recipe may have just done so. There is no milk or cream in this version of the old favorite, rather the potatoes blended with the broccoli create the creamy texture that everyone craves.

Makes about 4 cups

- 1** **tablespoon olive oil**
- 1** **garlic clove, chopped**
- 1** **small leek, white and light green parts only, thinly sliced**
- 1** **teaspoon kosher salt, divided**
- ¼** **teaspoon freshly ground black pepper**
- 1** **pound broccoli, stems cut into ½-inch pieces, florets separated – tougher/bottom stalks peeled**
- ½** **pound red potatoes, peeled and cut into ½-inch pieces**
- 3** **cups chicken or vegetable broth, reduced sodium**

1. Heat the olive oil in a 6-quart saucepan over low heat. Add the garlic and leek, with ½ teaspoon of the salt and pepper. Sauté until softened, about 8 to 10 minutes. Raise the heat to medium and add the broccoli stems, potatoes and remaining salt; sauté 2 to 3 minutes. Add the stock and bring to

a boil. Reduce heat to a medium-low, and stir in the florets. Simmer until vegetables are tender.

2. Once tender, separate the solids from liquids. Put about half the broth and half of the solids into the blender jar. Blend on Low for about 10 seconds and switch to High to blend thoroughly. Transfer soup into a clean pot. Repeat with remaining ingredients.
3. Taste and adjust seasoning as desired.

Nutritional information per serving (1 cup):

Calories 76 (4% from fat) • carb. 17g • pro. 4g • fat 0g
• sat. fat 0g • chol. 0mg • sod. 795mg
• calc. 54mg • fiber 4g

Creamy Tomato Soup

So simple and satisfying, this soup can be made in less than 20 minutes.

Makes about six 8-ounce servings

- 2 **teaspoons olive oil**
- 1 **small to medium onion, chopped**
- 2 **garlic cloves, chopped**
- ¾ **teaspoon kosher salt**
- ¼ **teaspoon freshly ground black pepper**
- ¼ **teaspoon dried thyme**
- 2 **cans (14.5 ounces each) diced tomatoes**
- 1 **cup reduced sodium chicken broth**
- ½ **cup heavy cream**

1. Heat the oil in a medium saucepan over medium heat. Add the chopped onions and garlic with the salt, pepper and thyme. Sauté until soft and fragrant, about 5 minutes.
2. Add the tomatoes and chicken broth and turn up heat so that the soup comes to a boil. Once boiling, reduce temperature to maintain a healthy simmer. Add the cream and let simmer for about 5 to 8 minutes.
3. Once finished, add ingredients to the blender jar. Blend, starting on Low for about 5 to 10 seconds, and then increase to High for 45 seconds total.
4. Taste and adjust seasoning accordingly before serving.

Nutritional information per serving (1 cup):

Calories 102 (67% from fat) • carb. 6g • pro. 2g • fat 7g
• sat. fat 5g • chol. 27mg • sod 474mg • calc. 21mg • fiber 1g

Gazpacho

Great for a hot summer day, serve this simple no-cook soup at your next barbecue.

Makes about 8 cups

- 3 **cups tomato or vegetable juice cocktail, divided**
- 1 to 2 **garlic cloves**
- 1 **large celery stalk, peeled and cut into 1-inch pieces**
- 1 **medium to large cucumber, peeled halved lengthwise, seeded and cut into 1-inch pieces**
- 1 **red or yellow bell pepper, cored, seeded and cut into 1-inch pieces**
- 1 **jalapeño, seeded and cut into ½-inch pieces**
- 6 **green onions, trimmed and cut into ½-inch pieces**
- 4 **medium tomatoes, cored, seeded and cut into 1-inch pieces**
- 3 **tablespoons sherry vinegar**
- ½ **teaspoon kosher salt**
- ¼ **teaspoon freshly ground black pepper**

1. Put 1 cup of the juice, garlic, celery, cucumber, pepper, jalapeño and green onions to the blender jar. Blend on Low until vegetables are medium-finely chopped, about 15 to 20 seconds. Transfer to a large serving bowl.
2. Add the remaining juice with the tomatoes. Pulse the blender on High, about 4 to 5 times to chop (or you may blend it if a smoother gazpacho is preferred). Add to the bowl of vegetables/juice. Season with the sherry vinegar, salt and pepper, adjusting amounts to taste.
3. Chill well before serving.

Nutritional information per serving (1 cup):

Calories 45 (4% from fat) • carb. 10g • pro. 2g • fat 0g
• sat. fat 0g • chol. 0mg • sod. 206mg • calc. 32mg • fiber 2g

Champagne Vinaigrette

This all-purpose dressing is incredibly versatile as a salad topper, marinade or finishing drizzle for roasted vegetables.

Makes about 1 scant cup

2½ tablespoons Champagne vinegar

1 teaspoon Dijon mustard

1 small shallot, halved

¼ teaspoon kosher salt

Pinch ground black pepper

¾ cup extra virgin olive oil

1. Put the vinegar, mustard, shallot, salt and pepper into the blender jar. Blend on Low until processed. Slowly add the oil through the opening while blending on Low (while using the measuring cap or a dishtowel to shield the opening to prevent any splatter).
2. Let mixture blend an additional 20 seconds after all has been added.
3. Taste and adjust seasoning as desired.

Nutritional information per serving (1 tablespoon):

*Calories 91 (96% from fat) • carb. 0g • pro. 0g • fat 11g
• sat. fat 2g • chol. 0mg • sod. 45mg • calc. 0mg • fiber 0g*

Creamy Caesar Dressing

Toss with crispy romaine lettuce, croutons and freshly grated Parmesan for the quintessential Caesar salad.

Makes about ¾ cup

1 ounce Parmesan cheese, cut in ½-inch cubes

1 large garlic clove, peeled

1 large egg yolk*

2 teaspoons Dijon mustard

1 tablespoon white vinegar (wine or Champagne both work well)

1 tablespoon balsamic vinegar

1 tablespoon fresh lemon juice

1 teaspoon Worcestershire sauce

1 anchovy fillet (or 1–2 teaspoons anchovy paste)

½ teaspoon kosher salt

¼ teaspoon freshly ground black pepper

⅓ cup vegetable oil

⅓ cup extra virgin olive oil

1. Put cheese and garlic into the blender jar. Turn on High for 5 seconds to chop.
2. Scrape down the sides of the blender jar and add the yolk, mustard, vinegars, lemon juice, Worcestershire, anchovy, salt and pepper. Blend on Low for about 10 seconds to combine.
3. Combine the oils together in a measuring cup with a pour spout. While running the blender on Low, slowly pour the oil through the opening in the lid while using the measuring cup or dishtowel to shield the opening to prevent any splatter.
4. Continue running to fully emulsify for a total of 45 seconds.
5. Taste and adjust seasonings. If not using immediately, place dressing in a covered airtight container and refrigerate for up to 3 days.

Nutritional information per serving (one tablespoon):

*Calories 109 (94% from fat) • carb. 1g • pro. 1g • fat 12g
• sat. fat 2g • chol. 25mg • sod. 146mg
• calc. 27mg • fiber 0g*

*Raw egg warning: Caution is suggested in consuming raw and lightly cooked eggs due to the slight risk of salmonella or other food-borne illness. To reduce this risk, we recommend you use only fresh, properly refrigerated, clean, grade A or AA eggs with intact shells, and avoid contact between the yolks or whites and the shell. For a lower-cholesterol mayonnaise, and to avoid using raw eggs, use cholesterol-free egg substitute for the egg yolk.

Creamy Dill Dressing

This dressing packs a punch of flavor, perfect for sliced cucumbers or served with poached salmon. Allowing it to sit overnight gives the flavors a chance to fully develop plus the consistency will thicken.

Makes about 3 cups

- 1 cup buttermilk**
- 1 cup sour cream**
- ½ cup mayonnaise (may use light)**
- ⅔ cup fresh dill, packed**
- 1 tablespoon, plus 2 teaspoons fresh lemon juice**
- 1 small shallot, about ½ ounce**
- ¾ teaspoon kosher salt**
- Pinch freshly ground black pepper**

1. Place ingredients in the blender jar in order listed.
2. Blend on low for about 30 seconds and then up to High for an additional 10 seconds until smooth.
3. Dressing can be used right away, but for the best flavor, allow to rest for at least 30 minutes so that flavors have the chance to blend and develop.

Note: Dressing will last up to 1 week stored in the refrigerator.

Nutritional information per serving (1 tablespoon):

Calories 29 (88% from fat) • carb. 1g • pro. 0g • fat 3g • sat. fat 1g • chol. 4mg • sod. 56mg • calc. 13mg • fiber 0g

Hollandaise Sauce

Fair warning: It is almost too easy to make this classic and decadent sauce in the Cuisinart® blender!

Makes 1 cup

- ½ cup (¼ pound, 1 stick) unsalted butter**
- 4 large egg yolks**
- ¼ teaspoon kosher salt**
- Pinch ground mustard**
- Pinch freshly ground black pepper**
- 1½ tablespoons fresh lemon juice**

1. Put the butter into a saucepan set over low heat until butter is melted and reaches a slight simmer.
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 the hot butter through the opening while using the measuring cup or dishtowel to shield the opening to prevent any splatter. When adding the butter, be careful not to add the white milk solids that will be left on the bottom of the pan. Once all butter has been added, check hollandaise for consistency. Use a long, skinny spatula to stir as some yolk may have accumulated in the well by the blade. If overall consistency is too thick, blend in some hot water, 1 tablespoon at a time, until desired consistency is achieved.
4. Taste and adjust seasoning accordingly.
5. Serve immediately or transfer hollandaise to a double boiler to keep warm for serving.

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

Thai Peanut Sauce

This addictive sauce, traditionally used for chicken or beef satay – is also delicious spooned over steamed rice or sautéed vegetables.

Makes about 1¾ cups

- 1 serrano chile, seeded and roughly chopped**
- 1 garlic clove**
- 1-inch piece ginger, peeled and cut into 4 pieces**
- 1 cup roasted, unsalted peanuts**
- ½ cup coconut milk**
- 2 tablespoons soy sauce, low sodium**
- 1 tablespoon sesame oil**
- 1 tablespoon rice vinegar**
- 2 teaspoons fish sauce (if you are using salted peanuts, you may want to reduce this to 1 teaspoon)**
- 2 tablespoons packed light or dark brown sugar**
- 1 tablespoon red chile paste**

- Put the chile, garlic and ginger into the blender jar. Pulse on High 2 to 3 times to finely chop. Scrape down the sides of the jar.
- Add the remaining ingredients. Blend on Low until completely smooth, about 30 to 40 seconds, switching to High for the last 15 seconds.
- Serve immediately, or store in the refrigerator for up to one week.

Nutritional information per serving (2 tablespoons):

Calories 98 (69% from fat) • carb. 5g • pro. 3g • fat 8g
• sat. fat 2g • chol. 0mg • sod. 125mg • calc. 8mg • fiber 1g

Banana Buttermilk Pancakes

These pancakes lean on the sweet side –fitting for that special Sunday brunch, plus the kids will love them.

Makes 16 pancakes

- 1¾ cups unbleached, all-purpose flour**
- ¼ cup granulated sugar**
- ¼ cup packed light brown sugar**
- 1 teaspoon baking soda**
- ½ teaspoon baking powder**
- ¼ teaspoon kosher salt**
- ¼ teaspoon ground cinnamon**
- 1½ cups buttermilk**
- 2 large eggs**
- ¾ teaspoon pure vanilla extract**
- 2 ripe bananas (½ mashed, 1½ cut into thin slices)**
- ¼ cup unsalted butter, melted (½ stick, 4 tablespoons)**

Unsalted butter for cooking

- Stir together the flour, sugars, baking soda, baking powder, salt and cinnamon together in a small bowl.
- Put the buttermilk, eggs, vanilla and the mashed banana into the blender jar. Blend on Low for 10 seconds. With the blender still running, slowly pour the melted butter through the lid until incorporated.
- Add the reserved dry ingredients and Pulse on Low, about 10 to 15 times and then run on Low for about 5 to 10 seconds to just fully incorporate. If necessary, scrape the sides of the blender jar with a rubber spatula before blending on Low.

- Place a griddle or large nonstick skillet over medium heat. Once preheated, melt a small amount of butter to just coat the pan. Drop batter evenly into the pan using a ¼-cup measure. Place 2 to 3 banana slices on each pancake. Cook pancakes until bubbles form, about 2 minutes; flip and cook until done, about 1 to 2 minutes longer. Repeat with remaining batter.
- Transfer to warm plates for serving. As you finish each round of pancakes, you can keep them warm on a wire rack placed on a baking sheet inside a low oven (200°F).

Nutritional Information per serving (2 pancakes):

Calories 199 (34% from fat) • carb. 27g • pro. 6g • fat 8g
• sat. fat 4g • chol. 71mg • sod. 306mg • calc. 81mg • fiber 1g

Dairy-Free Chocolate Mousse

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

Makes eight, ½-cup servings

- 1 cup soy milk**
- 12 ounces semisweet chocolate chips**
- ⅓ cup granulated sugar**
- 2 teaspoons pure vanilla extract**
- 1 package (14 ounces) silken tofu, cut into 1-inch cubes**

- Put soy milk into a saucepan and place over medium heat. Bring milk to just a boil.
- While milk is heating, put the chocolate, sugar and vanilla extract into the blender jar.
- Once milk is hot, pour over the chocolate in the blender and blend on Low for about 20 seconds. Remove the measuring cup from the blender cover and add the tofu cubes while the blender is running on Low for about 1 minute, until homogenous.
- Pour mousse into individual custard cups, wrap with plastic and refrigerate for at least 2 hours before serving.

Nutritional information per serving:

Calories 290 (41% from fat) • carb. 39g • pro. 5g • fat 14g
• sat. fat 8g • chol. 0mg • sod. 14mg • calc. 21mg • fiber 2g

Raspberry Sauce

Use this sauce as a component to a variety of desserts, from ice cream to cheesecake to chocolate, it complements all very nicely.

Makes 1¼ cups

- 1 bag (12 ounces) frozen raspberries, thawed**
- ¼ cup granulated sugar**
- Pinch kosher salt**
- Pinch orange zest**

1. Place all ingredients into the blender jar.
2. Blend on High for 15 seconds.
3. Pass through a fine mesh strainer to remove all of the raspberry seeds.
4. Taste and adjust seasoning accordingly.

Raspberry sauce will keep refrigerated for about 1 week to 10 days.

Nutritional information per serving (2 tablespoons)

*Calories 34 (0% from fat) • carb. 9g • pro. 0g • fat 0g
• sat. fat 0g • chol. 0mg • sod. 0mg • calc. 5mg • fiber 1g*

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