

Cuisinart® INSTRUCTION AND RECIPE BOOKLET



ReMix7.5 1HP Blender

SPB-650

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 the 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 not recommended or sold by Cuisinart may cause fire, including canning or ordinary jars, 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® ReMix7.5 1HP Blender. 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 blender base to avoid injury caused by the longer 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.

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

UNPACKING INSTRUCTIONS

1. Place the box containing your Cuisinart® ReMix7.5 1HP Blender on a flat, sturdy surface before unpacking.
2. Remove instruction booklet and other printed materials from top of corrugated insert. Next remove the top corrugated insert.
3. Carefully lift blender base from box and set aside.
4. Remove the lower corrugated insert 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 corrugated 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. Tight-fitting seal resists leakage.
- 2. Measured Pour Lid**
Allows you to measure and add ingredients without removing the cover.
- 3. 56-oz. BPA-Free Tritan® Co-Polyester Jar**
Has a unique, sturdy, wide-mouth design.
- 4. High-Quality Blade Assembly with Patented Stainless Steel Blades**
Strong enough for all blending tasks, including tough jobs like crushing ice and blending smoothies.
- 5. Electronic Touchpad Controls**
 - a. On/Off Button**
Turns blender on or off.
 - b. High Button**
Choose High speed to blend ingredients to desired consistency. Blue LED lights indicate which speed you are using.
 - c. Low Button**
Choose Low speed to blend ingredients to desired consistency. Blue LED lights indicate which speed you are using.
 - d. Pre-Programmed Ice Crush Button**
Press Ice Crush to begin crushing. The blender will cycle through a pre-programmed function and stop when finished.
 - e. Pre-Programmed Smoothie Function**
Speed is specifically designed to blend a variety of ingredients into a perfect smoothie. The blender will cycle through a pre-programmed function and stop when finished.
 - f. Pulse Button**
Allows you to pulse ingredients on High or Low so you can blend as much as needed.
- 6. Powerful Motor Base**
Plenty of power to handle a wide variety of blending tasks.
- 7. Slip-Proof Feet**
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.**

Note: Tritan is a registered trademark of Eastman Chemical Company.

ASSEMBLY

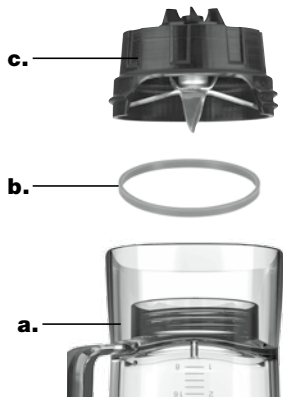
To use your Cuisinart® ReMix7.5 1HP Blender, begin by assembling the blender jar.

1. Turn the blender jar (a) upside down and place it flat on a sturdy surface.
2. Position the rubber gasket (b) on the round opening on the bottom of the blender jar.

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.
- Never put boiling liquids or solid frozen foods (with the exception of ice cubes or 1/2-inch [1.3 cm] pieces of frozen fruit) in the blender jar.
- Do not put ice, frozen foods or very cold liquids into a blender jar that has come directly out of a hot dishwasher.
- Do not put very hot liquids or foods into a blender jar that has come directly out of the freezer. Cool boiling liquids for 5 minutes before pouring 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® ReMix7.5 1HP 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 action:**

- A. If selecting a **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.
- B. If selecting a **pre-programmed function**, press the Ice Crush or Smoothie button to determine the function you would like to blend the ingredients. Both the On indicator light and the activated pre-programmed indicator lights will glow. The blender will now be functioning at the desired pre-programmed function. The blender will stop running once the pre-programmed function times out and completes the blending cycle.
- C. If selecting **Pulse mode** you can create a burst of power for quick, efficient blending. To use the Pulse function, push the Pulse button and the blue Pulse LED indicator light will blink. Press and release either the High, Low, Ice Crush or Smoothie buttons. 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.

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

5. 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® ReMix7.5 1HP 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 liquids, 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, breadcrumbs, 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, about 1-2 seconds.

Don't:

- Don't store food or liquids in the 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 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 is available to U.S. consumers only. This warranty supersedes all previous warranties on the Cuisinart® ReMix7.5 1HP Blender. You are a consumer if you own a Cuisinart® ReMix7.5 1HP 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® ReMix7.5 1HP 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 necessary, replace it. To obtain warranty service, please call our Consumer Service Center toll-free at 1-800-726-0190 or write to: Cuisinart, 7475 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. 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® ReMix7.5 1HP 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 ReMix7.5 1HP 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. Press the Ice Crush button for perfect, snow-like results. For coarser results, pulse on Ice Crush using short bursts.

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	Press On/Off, then Pulse, then press and release desired function button as needed.
To crush ice	Press On/Off, then press Ice Crush button and program will begin. Ice Crush program runs for one cycle.
To stop blending (and deactivate blender)	Press On/Off button.
To stop blending (during a designated function and pause timer)	Press same function key under operation again.
To stop blending in Pulse	Release function button.
To stop blending in Ice Crush mode	Press Ice Crush button again.

SPEED SELECTION GUIDE

Ingredient/Recipe	Speed	Result
Reconstituting frozen juice concentrate	Low	Smooth and full-bodied
Mayonnaise	Low	Thick and creamy
Salad dressings	Low	Completely blended and emulsified
Nuts (shelled, ½ cup or less at a time)	Pulse High to chop	Coarse to fine
Heavy or whipping cream	Pulse on Low	Thick, creamy topping
Bread, cookies or crackers (add ½" pieces, 1 cup or less at a time)	Low – Pulse to break up, then run on Low	Coarse to fine as desired
Grating/chopping citrus zest (add 1 to 2 tsp. sugar or salt from recipe)	Low	Uniformly fine
Smoothies, shakes, health drinks	High	Smooth, creamy and thick
Baby food/fruit and vegetable purée	Low	Smooth and creamy
Frozen cocktails	Ice Crush	Thick and slushy
Hard cheeses	Low – Pulse, then blend	Coarse to fine
Spices	High – Pulse, then blend	Coarse to fine
Ice (approx. 10 cubes per cycle)	Ice Crush, Pulse or continuous	Coarse crush to snowy

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Crêpe Batter

Extremely versatile, this recipe should be added to everyone's collection. 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 12, 8-inch crêpes

- 3** large eggs, room temperature
- ¼** cup (½ stick) 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. 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 30 minutes. Before using batter, whisk to re-blend, straining, if necessary, to remove any lumps.
2. Melt the teaspoon of butter in an 8-inch, nonstick 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 there is no more batter.
3. Serve with yogurt or any filling of your choice.

Nutritional information per crêpe:

*Calories 92 (52% from fat) • carb. 8g • pro. 3g • fat 5g
• sat. fat 3g • chol. 59g • sod. 129mg
• calc. 36mg • fiber 0g*

Carrot and Ginger Soup

A small amount of fresh ginger goes a long way. You'll love how it brightens up the warm flavors in this silky-smooth soup.

Makes about 5 cups

- 2** tablespoons unsalted butter or olive oil
- 1** small onion, peeled and chopped
- ½** ounce fresh ginger, peeled and finely chopped
- 1** garlic clove, finely chopped
- 1** pound carrots, peeled and cut into 1-inch slices
- ¼** teaspoon ground cinnamon
- ½** teaspoon ground allspice
- Pinch** freshly ground nutmeg
- 1** thyme sprig
- ½** teaspoon kosher salt
- 4** cups chicken broth, low sodium

1. Put the butter or oil into a 6-quart saucepan set over medium heat. Once heated, stir in the onion, ginger and garlic and sauté gently.
2. Add the carrots, cinnamon, allspice, nutmeg, thyme and salt. Stir to coat ingredients well and allow to heat through.
3. 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.
4. Once tender, separate the solids from liquid. 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. Pour soup into a clean pot. Repeat with remaining ingredients. Taste and adjust seasoning accordingly.

Nutritional information per serving (1 cup):

*Calories 96 (42% from fat) • carb. 12g • pro. 3g • fat 5g
• sat. fat 3g • chol. 12mg • sod. 757mg
• calc. 37mg • fiber 3g*

Creamy Greens Soup

This earthy, nourishing soup is delicious! Garnish with a dollop of crème fraîche and a sprig of parsley.

Makes about 5 cups

- 1** **tablespoon extra virgin olive oil**
- 2** **tablespoons unsalted butter**
- 2** **small shallots (about 3 ounces), finely chopped**
- 3** **garlic cloves, crushed**
- 1** **small leek (about 2 ounces), white part only, sliced**
- 1** **bunch kale, hard stems discarded and roughly chopped**
- 1** **bunch Italian parsley, stems reserved for other use and leaves roughly chopped**
- ½** **teaspoon kosher salt**
- ¼** **teaspoon freshly ground black pepper**
- 4** **cups vegetable broth**
- ½** **cup heavy cream, room temperature**

1. Put the oil and butter into a 6-quart saucepan set over medium heat. Once butter is melted, add the shallots, garlic and leek. Sweat ingredients together so that they gently sauté, but do not pick up any color.
2. Add the kale, parsley, salt and pepper and stir to coat. Add the vegetable broth and bring to a boil. Cover and reduce heat so that the soup is just simmering. Simmer for about 30 minutes. Add the cream and continue simmering uncovered for an additional 20 to 30 minutes.
3. Put ingredients into the blender jar. Turn on Low and blend for about 10 seconds. Increase to High to thoroughly blend, about 45 seconds. Taste and adjust seasoning accordingly.

Nutritional information per serving (1 cup):

Calories 216 (67% from fat) • carb. 14g • pro. 5g • fat 17g • sat. fat 9g • chol. 45mg • sod. 694mg • calc. 129mg • fiber 2g

Gazpacho

Serve this simple, no-cook soup at your next barbecue. It's great for a hot summer day.

Makes about 7 cups

- 3** **cups tomato or vegetable juice cocktail, divided**
- 1 to 2** **garlic cloves, peeled**
- 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, plus garlic, celery, cucumber, pepper, jalapeño and green onions into the blender jar. Blend on Low about 15 to 20 seconds, until vegetables are medium-finely chopped. 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 47 (6% from fat) • carb. 9g • pro. 2g • fat 0g • sat. fat 0g • chol. 0mg • sod. 399mg • calc. 23mg • fiber 2g

Champagne Vinaigrette

This all-purpose dressing can be used as a salad topper, marinade or finishing drizzle for roasted vegetables.

Makes about 1 scant cup

- 2½** **tablespoons Champagne vinegar**
- 1** **teaspoon Dijon-style mustard**
- ¼** **teaspoon kosher or sea salt**
- ¼** **teaspoon freshly ground black pepper**
- 1** **small shallot, cut in half**
- ¾** **cup extra virgin olive oil**

1. Put all ingredients into the blender jar.
2. Blend on Low about 20 seconds, until processed.
3. Taste and adjust seasoning accordingly.

*Nutritional information per serving (1 tablespoon):
Calories 91 (99% 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-style 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 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 (1 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.

Hollandaise Sauce

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

Makes ¾ cup

- ½** **cup (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.

- With the blender still running on Low, carefully remove the pour lid from the cover. Very slowly drizzle the hot butter through the opening (holding the cap, or even a dishtowel, in place to prevent any splattering). 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, add some hot water, 1 tablespoon at a time, until desired consistency is achieved.
- Taste and adjust seasoning accordingly.
- Serve immediately or transfer hollandaise to a double boiler to keep warm for serving.

Nutritional information per serving (1 tablespoon):
 Calories 85 (94% from fat) • carb. 0g • pro. 1g • fat 9g
 • sat. fat 5g • chol. 81mg • sod. 47mg
 • calc. 8mg • fiber 0g

Raspberry Sauce

Use this sweet, fruity sauce to complement different desserts, from ice cream to cheesecake to chocolate.

Makes about 1¼ cups

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

- Put all ingredients into the blender jar.
- Blend on High for about 15 seconds, or until smooth.
- Pass through a fine mesh strainer to remove all of the raspberry seeds.
- Taste and adjust seasoning accordingly. Raspberry sauce will keep refrigerated for about 1 week to 10 days.

Nutritional information per serving (2 tablespoons):
 Calories 55 (1% from fat) • carb. 14g • pro. 0g • fat 0g •
 sat. fat 0g • chol. 0mg • sod. 29mg
 • calc. 10mg • fiber 1g

Roasted Red Pepper and Garlic Sauce

Serve this sauce over chicken, pork or fish, or as an alternative to pasta sauce.

Makes 1½ cups

- 3 red bell peppers**
- 2 garlic cloves, unpeeled**
- 1 tablespoon red wine vinegar**
- ¼ cup chicken stock (use more for a thinner sauce)**
- ½ teaspoon kosher salt**

- Preheat oven to 425°F. Line a baking sheet with parchment paper. Place peppers and garlic on prepared baking sheet.
- Roast peppers and garlic in oven for 20 minutes. Remove the garlic cloves and place in a small heatproof bowl. Return tray to oven and continue roasting peppers for an additional 30 minutes, flipping a few times so peppers are evenly charred.
- Once peppers are charred all over, place them in the bowl with the garlic and cover tightly with plastic wrap. Allow peppers to cool and steam at least 30 minutes, so that their skins become loose. Once cool, peel the skins off the peppers and garlic.
- Put the vinegar, peppers, garlic, and salt in the blender jar. Blend on Low about 10 seconds, until processed. With the blender still running on Low, carefully remove the measured pour lid and slowly pour in the hot stock. Blend until smooth, about 20 seconds. For a thinner sauce, pour in more hot stock.
- Serve over meat, chicken, fish or roasted vegetables.

Nutritional information per serving (½ cup):
 Calories 41 (8% from fat) • carb. 8g • pro. 2g • fat 0g
 • sat. fat 0g • chol. 0mg • sod. 413mg
 • calc. 12mg • fiber 3g

Green Goddess Dressing

Packed with fresh herbs, this classic dressing has a refreshing tang. It's perfect over grilled chicken, vegetables or salad.

Makes about 1¼ cups

- 1 anchovy fillet**
- 2 teaspoons white wine vinegar**
- ⅓ cup packed parsley leaves**
- 2 tablespoons fresh tarragon**
- 2 tablespoons chopped chives**
- 1 cup non-fat Greek yogurt**

- ¼ **cup mayonnaise**
- ½ **teaspoon salt**
- ¼ **teaspoon freshly ground pepper**
- 1 **small garlic clove, peeled**

1. Put all ingredients in blender jar in the order listed above.
2. Blend on Low, about 1 minute 30 seconds, until smooth.

Nutritional information per serving (2 tablespoons):
 Calories 55 (73% from fat) • carb. 1g • pro. 2g • fat 4g • sat. fat 1g • chol. 4mg • sod. 162mg • calc. 36mg • fiber 0g

Vitamin C Smoothie

Enjoy this smoothie when you need the ultimate cold-fighting punch. Plus, the tropical flavors will instantly whisk you away to warmer climates.

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 chopped papaya (¼ large papaya, cut into 1-inch dice)**
- 1 **cup chopped mango (about 1 small mango, cut into 1-inch dice)**
- 2 **cups frozen strawberries**

1. Put ingredients into the blender jar in order listed.
2. Turn blender On and then run on Smoothie function.
3. Serve immediately.

Nutritional information per serving (8 oz.):
 Calories 106 (3% from fat) • carb. 26g • pro. 1g • fat 0g
 • sat. fat 0g • chol. 0mg • sod. 5mg
 • calc. 42mg • fiber 4g

Super Protein Smoothie

This on-the-go drink, packed with energy-dense ingredients, will satisfy your hunger and keep you full, longer.

Makes about 4½ cups

- 1½ **cups unsweetened soy, almond or hemp milk (cow's milk may also be used)**
- ½ **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)**

1. Put ingredients into the blender jar in order listed.
2. Turn blender On and then run on Smoothie function.
3. Serve immediately.

Nutritional information per serving (9 oz.):
 Calories 159 (19% from fat) • carb. 24g • pro. 10g • fat 4g • sat. fat 1g • chol. 4mg • sod. 69mg
 • calc. 220mg • fiber 3g

Frozen Rum Punch

Your friends may never leave if you prepare this for them at your next get-together.

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 order listed.
2. Turn blender On and then run on Smoothie function.
3. Serve immediately.

Nutritional information per serving (4 oz.):
Calories 111 (0% from fat) • carb. 22g • pro. 0g • fat 0g
• sat. fat 0g • chol. 0mg • sod. 107mg
• calc. 1mg • fiber 1g

Super Antioxidant Smoothie

*Berries are the ultimate antioxidant ingredients.
Sip on this mix for breakfast, especially after
a day of indulgent eating, to kick-start
your healthy-eating routine.*

Makes about 6 cups

- 2 cups pomegranate juice**
- 1 banana, cut into 1-inch pieces**
- 4 cups mixed frozen berries**
- 2 tablespoons ground flax seed**

1. Put ingredients into the blender jar in the order listed.
2. Turn blender On and then run on Smoothie function.
3. Serve immediately.

Nutritional information per serving (8 oz.):
Calories 118 (11% from fat) • carb. 28g • pro. 1g • fat 2g
• sat. fat 0g • chol. 0mg • sod. 5mg
• calc. 14mg • fiber 4g

Mocha Shake

*This chocolate-coffee treat will quickly satisfy
your sweet tooth.*

Makes about 4½ cups

- 3 cups coffee-flavored ice cream**
- 2¼ cups reduced-fat milk**
- ¼ cup chocolate syrup**

1. Put the ingredients in the blender jar in the order listed.
2. Blend on Low, 30 to 40 seconds, until smooth.
3. Serve immediately.

Nutritional information per serving (4 oz.):
Calories 203 (58% from fat) • carb. 17g • pro. 5g
• fat 13g • sat. fat 8g • chol. 83mg • sod. 65mg
• calc. 145mg • fiber 0g

Kale Smoothie

*This sweet—yes, sweet!—green drink will give you
the extra energy boost you need early in the morning
or late in the afternoon.*

Makes 3½ cups

- 1½ cups almond milk, or orange juice**
- 6 stems locinato kale, trimmed and chopped
into 1-inch pieces**
- 1 medium-large apple, cored and cut into
1-inch pieces**
- ¾ cup frozen mango**
- ¾ cup frozen strawberries**

1. Put all ingredients into blender jar in the order listed.
2. Turn blender On and run on Smoothie function. For a smoother consistency, run on Smoothie function again.
3. Serve immediately.

Nutritional information per serving (7 oz.):
Calories 82 (15% from fat) • carb. 18g • pro. 1g • fat 1g
• sat. fat 0g • chol. 0mg • sod. 128mg
• calc. 102mg • fiber 3g

Fruit Smoothie

*Blend up this combination of fresh and frozen fruit
for a refreshing morning or afternoon treat.*

Makes 5 cups

- 1½ cups orange juice**
- 1½ cups peeled ripe banana,
cut into 2-inch pieces**
- 1½ cups fresh strawberries, hulled and halved**
- ¾ cup frozen mixed berries**
- 1½ cups frozen strawberries**

1. Put all the ingredients into the blender jar in the order listed.
2. Turn blender On and run on Smoothie function.
3. Serve immediately.

Nutritional information per serving (8 oz.):
Calories 120 (3% from fat) • carb. 30g • pro. 1g • fat 1g
• sat. fat 0g • chol. 0mg • sod. 2mg
• calc. 23mg • fiber 4g