

Cuisinart®

INSTRUCTION AND
RECIPE BOOKLET



SMARTPOWER™ 7-Speed Electronic Blender

SPB-7 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 liquid.
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 container, 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 in ON mode, and LED lights are flashing or glowing, 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 running.
16. When blending HOT liquids, remove measured pour lid (center piece of cover) to allow steam to escape.
17. Twist on locking ring firmly. Injury can result if moving blades accidentally become exposed.
18. Do not use an extension cord with this unit. Doing so may result in fire, electrical shock, or personal injury.

Regarding your cord set: A longer cord has been provided so that you will have flexibility in positioning your Cuisinart® SmartPower™ Blender near an electrical outlet. 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.

19. Wash the blender jar, cutting assembly, locking ring, and cover before first use.
20. **WARNING: TO REDUCE THE RISK OF ELECTRICAL SHOCK OR FIRE, DO NOT REMOVE THE BASE PANEL. NO USER SERVICEABLE PARTS ARE INSIDE. REPAIR SHOULD BE DONE ONLY BY AUTHORIZED PERSONNEL.**

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.

UNPACKING INSTRUCTIONS

1. Place the gift box containing your Cuisinart® SmartPower™ 7-Speed Electronic 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.
5. Remove any additional literature from the box.

To assemble the blender, follow the “Assembly” instructions on page 4 of 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.

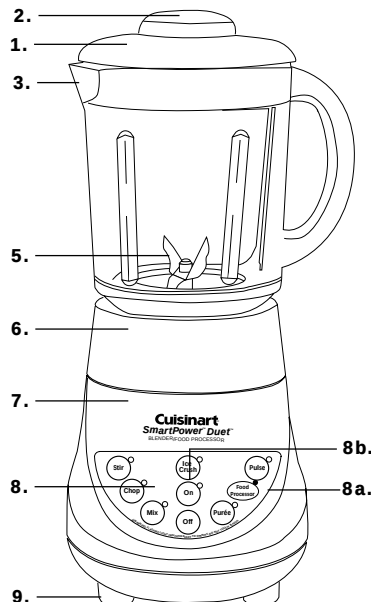
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INTRODUCTION

The life of the party, the SmartPower™ Electronic Blender is engineered with seven speeds that crush ice, including one speed just for ice crushing. The results are delicious, professional-quality frozen drinks. The SmartPower™ Electronic Blender purées, blends, mixes, stirs, liquifies, and more. No need to worry about spills or messy cleanups, either. The SmartPower™ Electronic Blender comes with a dripless pour spout and touchpads that wipe clean in an instant. Like all Cuisinart® appliances, the SmartPower™ Electronic Blender was designed to bring you years of enjoyment, and it is backed by a three-year limited warranty.

FEATURES AND BENEFITS



- 1. Cover**
Just press on. Tightfitting seal resists leakage.
- 2. 2-oz. Measured Pour Lid**
Allows you to measure and add ingredients without removing the cover.
- 3. 40-oz. Glass Jar with Dripless Pour Spout**
Has a unique, sturdy, widemouth design and a dripless pour spout for no-mess pouring.
- 4. Leak-proof Rubber Gasket (not shown)**
Holds the glass jar snugly in position for safe operation.
- 5. High-quality Cutting Assembly with Patented Stainless Steel Blades**
Is strong enough for all blender tasks, including tough jobs, from ice crushing to chopping delicate herbs.

Note: Blades are sharp... handle carefully.

6. Locking Ring

Is self-aligning so that the glass blender jar slides easily into position.

7. Heavy-duty Motor Base

Is so sturdy and stable, it will not “walk” on your counter – even during ice crushing!

8. 7-Speed Touchpad Control with Indicator Lights

Is easy to use, read and clean. The red LED lights clearly indicate what blender speed you are using.

8a. Pulse at Any Speed Button

Allows you to pulse at any speed from high to low, so you can blend ingredients only as much as needed.

8b. Ice Crush Button

This button is preset to the best speed for crushed ice.

9. Slip-proof Feet

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

10. Cord Storage (not shown)

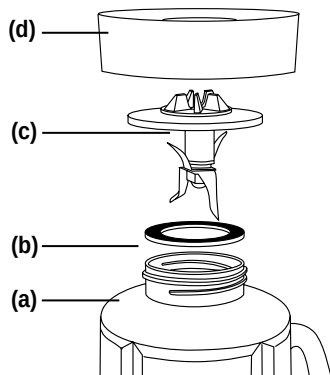
Keeps countertop safe and neat by conveniently storing excess cord.

4. Secure the rubber gasket and cutting assembly into position by placing the smaller opening of the locking ring (d) on top of the cutting assembly. Engage threads by twisting the locking ring clockwise until tightened. Make sure locking ring is tightly fastened to blender jar. Once assembled, turn the blender jar right-side up.
5. Push the cover onto the top of the blender jar. Push the measured pour lid into the cover.
6. Place the blender jar on the motor base so that the jar markings are facing you and the handle is positioned to one side.
7. Plug in power cord. Your blender is now ready to be used.

HELPFUL REMINDERS

- Once the cover is in position, additional ingredients can be added during blending by simply lifting the measured pour lid, adding ingredients, and replacing the measured pour lid.
- Cover should always be in place while the unit is on.
- Warning: Do not place blender jar onto base while motor is running.
- Do not twist locking ring from blender jar when removing blender jar from base. Simply lift blender jar from motor base.
- Boiling liquid or solid frozen foods (with the exception of ice cubes or 1/2 inch [1.3 cm] pieces of frozen fruit) should never be placed in the blender jar.
- Do not place ice, frozen foods or very cold liquids into a blender jar which has come directly from a hot dishwasher.
- Do not place very hot liquids or foods into a blender jar which has come directly from the freezer. Boiling liquids should cool for 5 minutes before being placed in blender jar.
- Follow “Cleaning and Maintenance” instructions on page 6, prior to your first use.

USE AND CARE



ASSEMBLY

To use your Cuisinart® SmartPower™ Electronic 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 cutting assembly (c) upside down, and place the blade end in the blender jar opening.

Note: Blades are sharp... handle carefully.

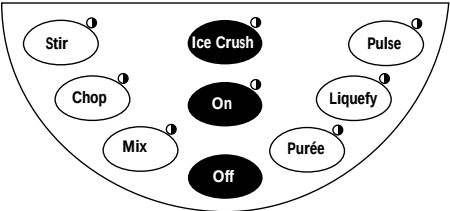
OPERATION

1. Place the motor base of your Cuisinart® SmartPower™ Electronic Blender onto a flat, sturdy surface. It is important that the surface be clean and dry. Assemble the blender by following the assembly instructions. Once the jar is assembled and is in position on the motor base, plug the Cuisinart® SmartPower™ Electronic Blender into an electrical outlet.
2. Add all necessary ingredients to 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 place 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 upwards. Lifting measured pour lid will not remove cover.

- 3. **TO START BLENDING:** press the "On" button. The red "On" LED light will flash, indicating that the blender is turned on but no speed has been selected.
- 4. **PRESS THE DESIRED BLENDING SPEED:** both the "On" indicator light and the activated speed indicator light will glow. The blender will now be functioning at the desired speed. It is possible to switch speeds without pressing the "Off" button, by simply pushing the next desired speed button.



- 5. **TO STOP THE BLENDING PROCESS:** re-press the activated speed button. The blending process will stop. The red "On" indicator light will continue to flash to let you know that the blender is still on and can be reactivated by pushing the desired speed button. The blender can be completely deactivated and stopped at any speed by pushing the "Off" button. You will need to press the "On" button again to continue blending.
- 6. **PULSE MODE:** while the blender is turned on, you can create a burst of power for quick, efficient blending, by activating the pulse function. To do so, first push the "Pulse" button, which will cause the pulse indicator light to flash. Next, push and

QUICK REFERENCE GUIDE

To Activate Blender	Press "On"- The blender is in on mode.
To Begin Blending	Press desired speed button.
To Change Speeds	Press desired speed button.
To Pulse	In "On" mode press "Pulse", then press and release desired speed button as needed.
To Crush Ice	In "On" mode, press and release "Ice crush" button as needed.
To Stop Blending (and Deactivate Blender)	Press "Off" button.
To Stop Blending (in Pulse or Ice crush Mode)	Release button.
To Stop Blending in Stir, Chop, Mix, Purée, or Liquefy Mode	Press speed button again. This will return the blender to "On" mode. Press "Off" button to turn blender off.

SPEED SELECTION GUIDE

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

Ingredient/Recipe	Speed	Result
Reconstituting frozen orange juice concentrate	Stir	Smooth and full-bodied
Mayonnaise	Stir	Thick and creamy
Salad dressings	Stir	Desired consistency
Nuts	Chop	Coarse to fine
Whipping cream	Mix	Thick topping
Bread Crumbs	Mix	Uniformly fine
Grating citrus zest	Purée	Uniformly fine
Milk shakes	Purée	Smooth and creamy
Baby food	Purée	Smooth and creamy
Health drinks	Liquefy	Smooth and creamy
Frozen cocktails	Liquefy	Thick and slushy
Grinding hard cheese	Liquefy	Coarse to fine
Spices	Liquefy	Coarse to fine
Ice	Ice Crush	Snowy

release the desired speed button. Repeat as desired. You determine the duration of each pulse. While pulsing, all indicator lights (the on, the pulse, and the desired speed) 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 which do not require an extended amount of blending.

7. **TO CRUSH ICE:** the SmartPower™ Electronic 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 give you greater control, the ice crush function automatically operates as a pulse function. To crush ice, place ice cubes in the blender jar, and place the cover and the measured pour lid on the blender jar. Press the “On” button. Press the “Ice Crush” button in short pulses until ice is crushed to desired consistency. See the “Recipe Tips” section on page 7 for more details.
8. **TO DISLODGE FOOD:** use a rubber or plastic spatula to help remove food lodged around the cutting assembly. **DO NOT USE SPATULA UNTIL YOU HAVE TURNED THE BLENDER OFF.** Replace the cover and measured pour lid and continue blending, if necessary. Make sure spatula is not inside the blender jar before blending.
9. **WHEN FINISHED BLENDING:** press the “Off” button and unplug the blender from the electrical outlet. Never remove the blender jar from the motor base until the blender is off. Do not twist locking ring from blender jar when removing jar from motor base. Simply lift blender jar from motor base. **Do not place hands into blender jar with blender plugged in.**

CLEANING AND MAINTENANCE

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

Remove the blender jar from the motor base by lifting straight up and away. Twist off the locking ring by turning counterclockwise. Remove the cutting assembly and rubber gasket. Wash in warm soapy water, rinse, and dry thoroughly.

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

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

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

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

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

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 1/2 inch (1.3 cm) to 1 inch (2.5 cm) to achieve a more uniform result. Cut all cheeses into pieces no larger than 1/2 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 cutting assembly.
- Place cover on firmly. Always operate the blender with the cover on.
- Make sure locking ring is tightly attached to blender jar.
- Always remove locking ring, cutting assembly, and rubber gasket before cleaning.
- When scraping the blender jar with a spatula, remove the food from the sides of the blender jar and place food in the center of the blender jar, over the cutting assembly.
- When chopping fresh herbs, garlic, onion, zest, bread crumbs, nuts, spices, etc, make sure the blender jar and cutting assembly are completely dry.
- If food tends to stick to the sides of the blender jar when blending, pulse in short bursts.
- Pulses should be short bursts. Space the pulses so the blades stop rotating between pulses.

Don't:

- Don't store food or liquids in your blender jar.
- Don't place cutting assembly and locking ring onto motor base without the blender jar attached.
- Blender will not mash potatoes, knead heavy dough, or beat egg whites.
- Don't remove blender jar while unit is on. Keep the blender jar cover on the blender jar while blending.
- Don't twist locking ring from blender jar when removing blender jar from motor base. Simply lift blender jar from motor base.
- Don't overprocess foods. Blender will achieve most desired results in seconds, not minutes.
- Don't overload blender. If the motor stalls, turn the blender off immediately, unplug the unit, and remove a portion of the food, then continue.
- Don't use any utensil inside the blender jar while the motor is on.
- Don't use any container or accessories not recommended by Cuisinart. Doing so may result in injury.
- Don't place hands inside the blender jar when blender is plugged in.
- Don't add boiling liquids or frozen foods (except ice cubes or 1/2 inch pieces of frozen fruit) to glass blender jar. Boiling liquids should cool for 5 minutes before being placed in blender jar.

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 SmartPower™ Electronic Blender, you'll also be able to make delicious frozen drinks.

- **Chopping Nuts:** Pulse 1/2 cup of nuts (shells removed) on chop 4-5 times. Turn blender off; scrape blender jar with spatula. Turn blender on and pulse on chop 2-3 times. Turn blender off. Pulse fewer times for more coarsely chopped results. For best results, process no more than 1 cup at a time.
- **Bread, Cookie or Cracker Crumbs:** For best results, use day-old bread (drier bread works best). Break bread slices into 1/2 inch pieces, and process no more than 1 cup of pieces at a time on mix for 5-10 seconds. Crackers and cookies should also be broken into 1/2 inch pieces; process 1 cup at a time on mix for 10-15 seconds. Turn blender off.
- **Crushing Ice:** Add up to 10 large ice cubes to blender jar. Press the "Ice Crush" button, using short bursts, 10 times, or until cubes are the consistency of snow. Turn blender off. Pulse fewer times if coarsely chopped ice is desired.
- **Grating Citrus Zest:** For best results, blender jar and cutting assembly must be clean and dry. Remove zest from fruit in strips (using vegetable peeler). Use no more than 8 strips at a time (zest of one medium lemon). Cut strips in half. Add strips and 1 teaspoon sugar (from recipe) to the blender jar. Blend on Liquefy for 15-20 seconds. Turn blender off.
- **Baby Food:** Combine 1/2 cup cooked vegetables, fruit or meat with 3 tablespoons liquid (water, milk or fruit juice) in the blender jar. Blend on purée for 15-20 seconds. Add more liquid if necessary and process again.
- **Grinding Hard Cheese:** Cut cheese into 1/2 inch pieces. Blend on Liquefy for 30 seconds. Turn blender off. 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. Add 1/4-1/2 cup of spices/seeds/peppercorns to blender jar. Blend on Liquefy for 30-35 seconds. Turn blender off.
- **Whipping Cream:** Whip 1 cup of cream (whipping or heavy cream) at a time. Blend on Mix, and process for 45-60 seconds or until creamy and smooth. If making sweetened cream, add sugar after 10 seconds. Turn blender off. Makes about 1 cup.
- **Puréeing Sun-Dried Tomatoes:** Rehydrate 1 ounce of tomatoes in 1 cup boiling water. Allow to sit for 10 minutes or until softened. Add tomatoes and water to blender jar. Cover and pulse on Liquefy 5 times; then run continuously on Liquefy for 15-20 seconds. Turn blender off. Drain in fine strainer if desired. Makes about 1/2 cup of puréed tomatoes.

RECIPES

FROZEN BEVERAGES

FROZEN CRANBERRY-ORANGE MIMOSAS

Makes ten servings

- 1 cup cranberry juice cocktail, chilled**
- 1 cup orange juice, chilled**
- 1-1/2 cups ice cubes**
- 1 bottle (750 ml) brut champagne, chilled**

Place cranberry juice, orange juice, and ice cubes in blender jar in order listed. Place cover on blender jar. Turn blender on and process on liquefy until thick and frothy, about 30-40 seconds. Turn blender off.

Pour 1/3 cup juice mixture into each champagne glass. Top with chilled champagne. Serve immediately.

Nutritional analysis per serving:

Calories 32 (0% from fat) • carbo. 8g • prot. 0g • fat 0g • sat. fat 0g • chol. 0mg • sod. 14mg

FROZEN FRUIT DAIQUIRI

Makes five 4-ounce servings

- 4 ounces frozen limeade concentrate, thawed**
- 3 ounces light rum**
- 2 cups ice cubes**
- 1 cup ripe fruit, cut into 1 inch pieces (strawberries, bananas, peaches)**

Place ingredients in blender jar in order listed. Place cover on blender jar. Turn blender on and process on liquefy until slushy, about 45-50 seconds. Turn blender off. Serve immediately.

Nutritional analysis per serving:

Calories 90 (0% from fat) • carbo. 13g • prot. 0g • fat 0g • sat. fat 0g • chol. 0mg • sod. 3mg

FROZEN DAIQUIRI

Makes four 4-ounce servings

- 4 ounces frozen limeade concentrate, thawed**
- 3 ounces light rum**
- 2 cups ice cubes**

Place ingredients in blender jar in order listed. Place cover on blender jar. Turn blender on and process on liquefy until slushy, about 45-50 seconds. Turn blender off. Serve immediately.

Nutritional analysis per serving:

Calories 105 (0% from fat) • carbo. 14g • prot. 0g • fat 0g • sat. fat 0g • chol. 0mg • sod. 4mg

RUM AND ORANGE FREEZE

Makes four 4-ounce servings

- 1 cup orange juice**
- 1-1/2 ounces dark rum**
- 1 cup ice cubes**

Place ingredients in blender jar in order listed. Place cover on blender jar. Turn blender on and process on liquefy until slushy, about 30 seconds. Turn blender off. Serve immediately.

Nutritional analysis per serving:

Calories 45 (0% from fat) • carbo. 6g • prot. 0g • fat 0g • sat. fat 0g • chol. 0mg • sod. 2mg

MARGARITA

Makes four 4-ounce servings

- 1/2 cup lime juice**
- 4 ounces tequila**
- 1 tablespoon sugar**
- 2 cups ice cubes**

Place ingredients in blender jar in order listed. Place cover on blender jar. Turn blender on and process on liquefy until slushy, about 45-60 seconds. Turn blender off. Serve immediately.

Nutritional analysis per serving:

Calories 94 (0% from fat) • carbo. 6g • prot. 0g • fat 0g • sat. fat 0g • chol. 0mg • sod. 4mg

PIÑA COLADA

Makes two 6-ounce servings

- 1/2 cup unsweetened pineapple juice**
- 2 ounces sweetened cream of coconut**
- 2 ounces dark rum**
- 1 cup ice cubes**

Place ingredients in blender jar in order listed. Place cover on blender jar. Turn blender on and process on liquefy until slushy, about 45-50 seconds. Turn blender off. Serve immediately.

Nutritional analysis per serving:

Calories 143 (25% from fat) • carbo. 10g • prot. 1g • fat 4g • sat. fat 2g • chol. 11mg • sod. 17mg

MILK SHAKES/FRAPPES

ORANGE CREAMSICLE

Makes one 12-ounce serving

- 3/4 cup fat-free milk**
- 2 scoops (8 ounces) orange sherbet**
- 2 tablespoons instant fat-free dry milk**
- 1/2 teaspoon vanilla extract**

Place ingredients in blender jar in order listed. Place cover on blender jar. Turn blender on and process on liquefy until smooth, about 30 seconds. Turn blender off. Serve immediately.

Nutritional analysis per serving:

Calories 396 (9% from fat) • carbo. 76g • prot. 14g • fat 4g • sat. fat 3g • chol. 20mg • sod. 265mg

CHOCOLATE MILK SHAKE

Makes two 8-ounce servings

- 1 cup reduced fat milk**
- 1 scoop (4 ounces) vanilla ice cream**
- 2 tablespoons chocolate syrup**

Place ingredients in blender jar in order listed. Place cover on blender jar. Turn blender on and process on purée until smooth and creamy, about 25-30 seconds. Serve immediately.

Nutritional analysis per serving:

Calories 243 (41% from fat) • carbo. 29g • prot. 7g
fat 11g • sat. fat 7g • chol. 34mg • sod. 127mg

Variation: For a strawberry milk shake, substitute strawberry syrup and strawberry ice cream.

CAPPUCCINO SHAKE

Makes four 8-ounce servings

- 1 cup espresso coffee or strong coffee**
- 1/2 cup half-and-half**
- 1/4 cup sugar***
- 1 cup ice cubes**
- ground cinnamon**

Place all ingredients except cinnamon in blender jar in order listed. Place cover on blender jar. Turn blender on and process on liquefy until smooth, about 25-30 seconds. Pour into glasses, and sprinkle with cinnamon. Serve immediately.

* Use less sugar (about 3 tablespoons) if a less sweet beverage is desired.

Nutritional analysis per serving:

Calories 87 (31% from fat) • carbo. 14g • prot. 1g • fat 3g • sat. fat 2g • chol. 11mg • sod. 14mg

Variation: Pour mixture into ice cube trays, and freeze until solid. Place in blender jar, and crush, using Ice Crush to make a refreshing frozen dessert.

ICE CREAM SODA

Makes two 12-ounce servings

- 1 cup reduced fat milk**
- 1 scoop (4 ounces) vanilla ice cream**
- 2 tablespoons chocolate syrup**
- 1 cup ginger ale**

Place milk, ice cream, and chocolate syrup in blender jar in order listed. Place cover on blender jar. Turn blender on and process on purée until smooth and creamy, about 40-45 seconds. Turn blender off. Divide ginger ale into two tall glasses (about 14-16 ounces each). Add ice cream mixture, and stir gently. Serve immediately.

Nutritional analysis per serving:

Calories 287 (34% from fat) • carbo. 40g • prot. 7g
fat 11g • sat. fat 7g • chol. 34mg • sod. 136mg

MOCHA SHAKE

Makes one 12-ounce serving

- 1 teaspoon instant coffee crystals**
- 1 tablespoon hot water**
- 1/2 cup reduced fat milk**
- 2 scoops (8 ounces) vanilla low-fat frozen yogurt or vanilla ice milk**
- 2 tablespoons chocolate syrup**

Dissolve coffee crystals in hot water, and place in blender jar. Add remaining ingredients in order listed. Place cover on blender jar. Turn blender on and process on purée until smooth, about 25-30 seconds. Turn blender off. Serve immediately.

Nutritional analysis per serving:

Calories 479 (28% from fat) • carbo. 71g • prot. 15g
fat 15g • sat. fat 7g • chol. 43mg • sod. 255mg

SMOOTHIES

ALL-FRUIT SMOOTHIE

Makes six 6-ounce servings

- 1/3 cup orange juice**
- 1 cup cantaloupe, cut into 1" pieces**
- 1 cup raspberries**
- 1 cup canned pineapple chunks, drained**
- 1 cup navel orange segments, cut into 1" pieces**
- 1 cup strawberries, cut into 1" pieces**
- 1 medium banana, cut into 1" pieces**
- 1 cup ice cubes**

Layer the ingredients in the blender jar in the order listed. Do not pack fruit tightly into blender jar. Place cover on blender jar. Turn blender on and process on liquefy until smooth, about 30-40 seconds. Turn blender off.

Note: The riper the fruit, the sweeter the smoothie.

Nutritional analysis per serving:

*Calories 92 (0% from fat) • carbo. 22g • prot. 1g • fat 0g
sat. fat 0g • chol. 0mg • sod. 5mg*

BANANA-PINEAPPLE FREEZE

Makes two 8-ounce servings

- 1 cup unsweetened pineapple juice**
- 1/2 medium banana, cut into 1" pieces**
- 1/4 cup instant fat-free dry milk**
- 1 cup ice cubes**

Place ingredients in blender jar in order listed. Place cover on blender jar. Turn blender on and process on liquefy until smooth, about 25-30 seconds. Turn blender off. Serve immediately.

Nutritional analysis per serving:

*Calories 152 (0% from fat) • carbo. 32g • prot. 6g • fat 0g
0g • sat. fat 0g • chol. 3mg • sod. 87mg*

DIPS/SPREADS/ APPETIZERS

For best results when blending fresh herbs, the herbs, blender jar and cutting assembly must be dry and clean.

HUMMUS

Makes 2-1/4 cups

- 1/2 cup fresh lemon juice**
- 2 cups canned, cooked garbanzo beans, drained**
- 2 tablespoons water**
- 4 medium garlic cloves, peeled, quartered**
- 4 tablespoons tahini (optional)**
- 1-1/2 tablespoons olive oil**
- 2 teaspoons salt**
- 1 teaspoon chopped parsley**

Place lemon juice, garbanzo beans, water, garlic, tahini, olive oil and salt in blender jar in order listed. Place cover on blender jar. Turn blender on and process on liquefy until smooth, about 20 seconds. Turn blender off. Scrape blender jar with a spatula. Turn blender on and process an additional 25-30 seconds until smooth. Turn blender off. Transfer to a serving dish, and sprinkle with parsley. Serve at room temperature.

Nutritional analysis per tablespoon:

*Calories 40 (27% from fat) • carbo. 6g • prot. 1g
fat 1g • sat. fat 0g • chol. 0mg • sod. 69mg*

MINTED YOGURT SAUCE

Makes two cups

- 2 cups lowfat vanilla yogurt**
- 1 tablespoon sugar**
- 3 tablespoons fresh mint leaves**

Place ingredients in blender jar. Place cover on blender jar. Turn blender on and process on purée until well blended, about 10-15 seconds. Turn blender off. Serve chilled with fresh fruit.

Nutritional analysis per tablespoon:

*Calories 16 (0% from fat) • carbo. 3g • prot. 1g • fat 0g
sat. fat 0g • chol. 1mg • sod. 8mg*

Variation: Substitute fruit-flavored yogurt.

MEXICAN SALSA CRUDA

Makes two cups

- 1 28-ounce can plum tomatoes, drained**
- 1/4 cup cilantro leaves**
- 2 jalapeño peppers, halved, seeded, cut into 1/2 inch pieces**
- 1 small onion, peeled, cut into 1/2 inch pieces**
- 1 teaspoon fresh lime juice**
- 1 teaspoon salt**

Place ingredients in blender jar in order listed. Place cover on blender jar. Turn blender on and pulse on mix 5-6 times until coarsely chopped. Turn blender off. Allow to sit for 1-2 hours to develop flavor. Drain before serving if a thicker salsa is desired.

Nutritional analysis per tablespoon:

*Calories 8 (0% from fat) • carbo. 2g • prot. 0g • fat 0g
sat. fat 0g • chol. 0mg • sod. 76mg*

SPICY CRABMEAT DIP

Makes 1-3/4 cups

- 1/3 cup whole or reduced fat milk**
- 1 cup lowfat sour cream**
- 1/4 cup lowfat mayonnaise**
- 1 can (6 ounces) crabmeat, drained (about 3/4 cup)**
- 1 tablespoon fresh chopped chives**

1-1/2 teaspoons prepared horseradish
1/4 teaspoon ground white pepper

Place ingredients in blender jar in order listed. Place cover on blender jar. Turn blender on and process on purée until well blended, about 20-25 seconds. Turn blender off. Scrape blender jar with a spatula. Turn blender on and process an additional 20-25 seconds until well combined. Refrigerate 1-2 hours before serving to develop flavor.

Nutritional analysis per tablespoon:

*Calories 34 (53% from fat) • carbo. 2g • prot. 2g • fat 2g
sat. fat 1g • chol. 15mg • sod. 91mg*

CHUNKY GUACAMOLE

Makes 1-1/2 cups

- 1/4 cup fresh cilantro leaves**
- 1 medium garlic clove, peeled, quartered**
- 1 small scallion, trimmed, cut into 1 inch pieces**
- 1/2 small green chili, seeded and quartered**
- 1/4 teaspoon salt**
- 1/8 teaspoon chili powder**
- 1/2 cup nonfat plain yogurt**
- 2 tablespoons fresh lemon juice**
- 1 small plum tomato, cut into 1/2 inch pieces**
- 2 small ripe avocados, peeled, pits removed, cut into 1/2 inch pieces**

Place cilantro, garlic, scallion, chili, salt, and chili powder in blender jar. Place cover on blender jar. Turn blender on and pulse on stir until coarsely chopped, about 5-6 times. Add yogurt, lemon juice, and tomato pieces. Pulse on stir until coarsely chopped (about 5 times),

then run continuously on stir until combined, about 10 seconds. Add avocado pieces, and pulse on stir to combine, about 10 times. Turn blender off. Scrape blender jar with a spatula. Turn blender on. Run continuously on stir until combined, but still chunky, about 10 seconds. Turn blender off.

Tip: To prevent browning, bury the pit in the center of the mixture for serving or storage.

Nutritional analysis per tablespoon:

*Calories 39 (69% from fat) • carbo. 2g • prot. 1g • fat 3g
sat. fat 0g • chol. 0mg • sod. 30mg*

SAUCES/DRESSINGS

CHOCOLATE SAUCE

Makes six tablespoons

- 3 1-ounce squares semisweet chocolate, each broken into 8 pieces**
- 1-1/2 teaspoons sugar**
- 1/4 cup boiling water, cooled for 5 minutes**

Place chocolate and sugar in blender jar. Place cover on blender jar. Turn blender on and process on liquefy until coarsely chopped, about 10-15 seconds. Add water, and process on liquefy until smooth, about 10 seconds. Turn blender off. Serve immediately or cool and refrigerate in an airtight container for up to 4 weeks. Reheat before serving.

Nutritional analysis per tablespoon:

*Calories 85 (53% from fat) • carbo. 9g • prot. 1g • fat 5g
sat. fat 3g • chol. 0mg • sod. 0mg*

NONFAT HERBED SALAD DRESSING

Makes one cup

- 1 cup fresh parsley**
- 1 small shallot, peeled and quartered**
- 1-1/2 tablespoons fresh dill weed**
- 1 tablespoon celery seed**
- 1 tablespoon fresh cilantro**
- 1 tablespoon fresh oregano**
- 1/4 teaspoon white pepper**
- 1/4 teaspoon salt**
- 1/3 cup fat-free milk**
- 1/2 cup fat-free plain yogurt**
- 1 tablespoon fresh lemon juice**
- 1 tablespoon Dijon mustard**
- 1 tablespoon balsamic vinegar**

Place parsley, shallot, dill, celery seed, cilantro, oregano, pepper, and salt in the blender jar. Place cover on blender jar. Turn blender on and pulse on stir until coarsely chopped, about 5 times. Turn blender off. Scrape blender jar with a spatula. Turn blender on and pulse on stir 5 times. Add milk, yogurt, lemon juice, mustard, and vinegar in order listed; process on stir until well blended, about 15-20 seconds. Turn blender off. Store in the refrigerator for up to 2 weeks in an airtight container.

Nutritional analysis per tablespoon:

*Calories 12 (0% from fat) • carbo. 2g • prot. 1g • fat 0g
sat. fat 0g • chol. 0mg • sod. 71mg*

TOMATO SAUCE

Makes four servings

- 1 28-ounce can Italian plum tomatoes, drained**
- 2 medium shallots, peeled, cut into 1/2 inch pieces**
- 1/2 teaspoon dried oregano**
- 1/2 teaspoon salt**
- 1/2 teaspoon sugar**

Place ingredients in blender jar in order listed. Place cover on blender jar. Turn blender on and process on purée until coarsely chopped, about 10-15 seconds. Turn blender off. Transfer to skillet or saucepan; simmer over medium-low heat, stirring occasionally, until thick, about 20-30 minutes.

Note: Purée 20-25 seconds for a smoother sauce.

Nutritional analysis per serving:

Calories 57 (16% from fat) • carbo. 10g • prot. 2g • fat 1g • sat. fat 0g • chol. 0mg • sod. 312mg

PESTO SAUCE

Makes eight servings

- 3 ounces Parmesan cheese, cut into 1/2 inch pieces**
- 3 small garlic cloves, peeled and quartered**
- 3/4 cup extra virgin olive oil**
- 2 cups fresh basil leaves, loosely packed**
- 1/4 cup pine nuts**

Place cheese in blender jar. Place cover on blender jar. Turn blender on and blend on liquefy until finely ground, about 30 seconds. Reserve. Add garlic, and blend on liquefy until minced, about 15 seconds. Add remaining ingredients in order listed including reserved cheese; blend on liquefy until combined, about 45-50 seconds.

Turn blender off. Pesto may be stored in refrigerator, in an airtight container, for up to 5 days. It also freezes well.

Nutritional analysis per serving:

Calories 262 (89% from fat) • carbo. 2g • prot. 5g • fat 26g • sat. fat 5g • chol. 8mg • sod. 202mg

RASPBERRY SAUCE

Makes eight servings

- 12 ounces frozen raspberries, thawed, at room temperature (about 1-1/2 cups)**
- 1 tablespoon sugar**

Place raspberries and sugar in blender jar. Place cover on blender jar. Turn blender on and pulse 5 times on purée, then run continuously on purée until smooth, about 10 seconds. Turn blender off. Strain mixture through a fine sieve. Store in an airtight container in the refrigerator. Serve over ice cream or cheesecake.

Nutritional analysis per serving:

Calories 52 (0% from fat) • carbo. 13g • prot. 0g • fat 0g sat. fat 0g • chol. 0mg • sod. 0mg

CLASSIC MAYONNAISE WITH COOKED EGGS

Makes 1 cup

- 1 large egg**
- 1 large egg yolk**
- 1/2 teaspoon sugar**
- 1/2 teaspoon flour**
- 1 tablespoon white wine vinegar**
- 1-1/4 teaspoons dry mustard**
- 1/2 teaspoon salt**
- 1/4 teaspoon freshly ground white pepper**
- 2/3 cup (6 ounces, 175 ml) vegetable oil**

Have ready a pie plate filled with ice cubes and cold water. Place the whole egg, egg yolk, sugar and flour in the blender jar. Place cover on blender jar and press "On" button. Process on stir until combined, about 5 seconds. Transfer to a 7-inch nonstick skillet. Wash the blender jar, blade and lid with hot water and soap; dry.

Over medium heat, using a heat-proof scraper, stir the egg mixture until it thickens to the consistency of a thin custard, about 1 to 1-1/2 minutes. Stir for 1/2 minute longer, then remove the pan from the heat and place it in the prepared ice water bath, stirring the egg mixture until it is cool.

Add the cooled egg mixture to the blender jar along with the vinegar, dry mustard, salt, and pepper. Process on stir to blend, about 15 seconds. With the machine running on stir, add the 2/3 cup of the oil in a very slow, steady stream, taking about 2 minutes. Hold the measured pour lid over the opening while adding the oil to prevent splattering. The mayonnaise will thicken gradually. Stop processing once all the oil has been added and the mixture is emulsified. Chill for one hour or longer before serving, for a thicker mayonnaise. Store in an airtight container in the refrigerator for up to 5 days.

Variation: Cholesterol-Free Mayonnaise: Substitute 1/2 cup pasteurized liquid egg substitute for the egg and egg yolk. Omit the cooking/cooling steps.

Nutritional analysis per tablespoon of Classic Mayonnaise:

Calories 93 (96% from fat) • carbo. 0g • prot. 1g • fat 10g • sat. fat 1g • chol. 27mg • sod. 77mg

LOWFAT BLUE CHEESE DRESSING

Makes one cup

- 1 cup fresh parsley**
- 1/3 cup fat-free milk**
- 1/2 cup fat-free yogurt**
- 2 ounces blue cheese, in 1/2 inch pieces**
- 1 tablespoon fresh lemon juice**
- 1 tablespoon balsamic vinegar**
- 1/4 teaspoon ground white pepper**
- 1/4 teaspoon salt**

Place parsley in the blender jar. Place cover on blender jar. Turn blender on and pulse on stir until coarsely chopped, about 5 times. Add remaining ingredients in order listed, and blend on stir until combined, about 15-20 seconds. Turn blender off. Store in the refrigerator for up to 2 weeks in an airtight container.

Nutritional analysis per tablespoon:

Calories 17 (53% from fat) • carbo. 1g • prot. 1g • fat 1g
sat. fat 1g • chol. 3mg • sod. 96mg

CLASSIC VINAIGRETTE

Makes 3/4 cup

- 1 small garlic clove, peeled and quartered**
- 3/4 cup vegetable oil**
- 1/4 cup red wine vinegar**
- 1 tablespoon Dijon mustard**
- 1/8 teaspoon ground white pepper**
- 1/8 teaspoon salt**

Place garlic in blender jar. Place cover on blender jar. Turn blender on and process on liquefy until finely chopped, about 10 seconds. Add remaining ingredients in order listed, and blend on stir until combined, about 15-20 seconds. Turn blender off. Store in refrigerator in an airtight container for up to 3 weeks.

Nutritional analysis per tablespoon:

Calories 126 (100% from fat) • carbo. 0g • prot. 0g
fat 14g • sat. fat 2g • chol. 0mg • sod. 56mg

BATTERS

BUTTERMILK PANCAKES

Makes sixteen 4-inch pancakes

- 1-1/2 cups buttermilk**
- 2 large eggs**
- 1-1/4 cups all-purpose flour**
- 3 tablespoons vegetable oil**
- 1 tablespoon sugar**
- 1 teaspoon baking soda**
- 1/2 teaspoon baking powder**
- 1/2 teaspoon salt**
- cooking spray**

Place first eight ingredients, in order listed, in blender jar (not vegetable oil cooking spray). Place cover on blender jar. Turn blender on and blend on purée for 10 seconds. Turn blender off. Scrape blender jar with a spatula. Turn blender on and blend on purée for an additional 15-20 seconds. Turn blender off.

Coat a large nonstick skillet or griddle with vegetable oil cooking spray, and heat over medium heat. Pour batter into 4-inch pancakes. When they start to bubble, turn and brown the other side, about 45 seconds. Repeat with remaining batter, coating skillet with cooking spray as necessary.

Nutritional analysis per pancake:

Calories 75 (36% from fat) • carbo. 9g • prot. 3g • fat 3g
sat. fat 1g • chol. 27mg • sod. 168mg

CUISINART CRÊPES

Makes sixteen crêpes (about 8-9" diameter)

- 1-2/3 cups warm water**
- 3 tablespoons softened, unsalted butter, in 1 inch pieces**
- 1 cup all-purpose flour**

- 3 large eggs**
- 1 teaspoon vanilla extract**
- 1/2 teaspoon salt**
- cooking spray**

Place first six ingredients, in order listed, into blender jar (not cooking spray). Place cover on blender jar. Turn blender on and blend on mix for 10 seconds. Turn blender off. Scrape blender jar with a spatula. Turn blender on and continue blending on mix until smooth, about 5-10 seconds. Turn blender off.

Refrigerate in a covered container for 2 hours before using. Store in an airtight container in the refrigerator for up to 2 days. Stir well before using.

Coat a 9-1/2" nonstick skillet with cooking spray, and place over medium heat. Pour 3 tablespoons batter into skillet, and swirl to coat bottom of the pan evenly with a thin film. Cook about 1 minute on each side, or until lightly browned.

Reserve crêpes. Repeat with remaining batter, coating pan with cooking spray as necessary.

Serve with creamed chicken, fresh berries or sautéed apples.

Nutritional analysis per crêpe:

Calories 59 (46% from fat) • carbo. 6g • prot. 2g • fat 3g
sat. fat 2g • chol. 46mg • sod. 107mg

HONEY WHEAT WAFFLES

Makes six waffles (about 3 cups batter)

- 1-1/2 cups milk**
- 2 large eggs**
- 3/4 cup plus 2 tablespoons all-purpose flour**
- 1/2 cup whole wheat flour**
- 4 tablespoons unsalted butter, melted**

- 2 tablespoons honey**
- 1 teaspoon baking powder**
- 1 teaspoon vanilla extract**
- 1/2 teaspoon salt**
- 1/4 teaspoon baking soda**

Preheat waffle iron. Place ingredients in blender jar in order listed. Place cover on blender jar. Turn blender on and blend on purée for 10 seconds. Turn blender off. Scrape blender jar with spatula. Turn blender on and continue blending on purée until smooth, about 10-15 seconds. Turn blender off.

Follow manufacturer's instructions to bake waffles.

Nutritional analysis per waffle:

*Calories 239 (41% from fat) • carbo. 28g • prot. 7g
fat 11g • sat. fat 6g • chol. 96mg • sod. 419mg*

SOUPS

COLD GAZPACHO

Makes five 6-ounce servings

- 2 cups tomato juice, divided**
- 1 rib celery, peeled,
cut into 1 inch pieces**
- 1 medium cucumber, peeled,
cut in half lengthwise, seeds
removed, in 1 inch pieces**
- 1 clove garlic, peeled,
cut in 4 pieces**
- 1/2 medium green bell pepper,
cored, seeded,
cut into 1 inch pieces**
- 1 small jalapeño pepper, cut in half,
seeds removed, cut into
1/4 inch pieces**
- 4 scallions, cut into 1 inch pieces**
- 2 medium tomatoes, seeds
removed, each cut into 8 pieces**

- 2 tablespoons lemon juice**
- 1/4 teaspoon black pepper**

Place 1 cup tomato juice in blender jar. Add celery and next six ingredients. Place cover on blender jar. Turn blender on and blend on purée until vegetables are medium-finely chopped, about 10-15 seconds. Turn blender off. Place in a large serving bowl, and add remaining 1 cup tomato juice, lemon juice, and pepper; stir to combine. Chill before serving.

Nutritional analysis per serving:

*Calories 85 (11% from fat) • carbo. 16g • prot. 3g • fat
1g • sat. fat 0g • chol. 0mg • sod. 511mg*

CREAM OF ASPARAGUS SOUP

Makes eight 6-ounce servings

- 3/4 cup parsley leaves**
- 3 tablespoons unsalted butter or
margarine**
- 1 small onion, cut into 1 inch pieces**
- 3/4 pound asparagus, trimmed, cut
into 1 inch pieces**
- 3 cups chicken stock or broth**
- 1 cup half-and-half**
- 3 teaspoons cornstarch**
- 1-1/2 cups cold water**
- salt and white pepper to taste**

Place parsley in the blender jar. Place cover on blender jar. Turn blender on and pulse on purée until coarsely chopped, about 4-5 times. Reserve.

Melt butter in a medium saucepan over medium heat. Add onion, and cook until soft but not brown, about 2-3 minutes. Add asparagus, stock, and all but 1 tablespoon of reserved parsley. Cover; bring to a boil over medium-high heat. Reduce heat to low and cook, partially covered, until asparagus is tender, about 10-12 minutes.

Drain vegetables, being sure to reserve the cooking liquid. Allow cooking liquid to cool 5 minutes. Add 1 cup of the cooking liquid and half of the solids to the blender jar. Place cover on blender jar. Turn blender on and blend on liquefy until smooth, about 25-30 seconds. Turn blender off. Return the puréed vegetable mixture to the saucepan. Repeat with remaining 1 cup liquid and vegetables. Add remaining cooking liquid and half-and-half to puréed vegetables in the saucepan; stir to combine. Stir cornstarch into water, and add to soup. Cook, stirring often, over medium heat, until soup thickens, about 6-8 minutes. Do not boil. Adjust seasonings to taste; garnish with remaining parsley, and serve.

Nutritional analysis per serving:

*Calories 112 (64% from fat) • carbo. 7g • prot. 3g • fat
8g • sat. fat 5g • chol. 23mg • sod. 610mg*

POTATO-LEEK SOUP

Makes four 6-ounce servings

- 1 tablespoon unsalted butter**
- 2 medium leeks, whites only,
sliced horizontally and cut
into 1 inch pieces**
- 1 small onion, in 1 inch pieces**
- 2 medium potatoes, peeled,
in 1 inch pieces**
- 1-3/4 cups reduced-sodium
chicken broth**
- 1/2 cup water**
- 1/2 teaspoon salt**
- 1/4 teaspoon white pepper**
- 3 tablespoons chopped chives
(optional)**

Melt margarine in a medium saucepan over medium heat. Add leeks and onion; sauté until soft but not brown, about 5-8 minutes; stir occasionally. Add potatoes,

broth, and water; cover; bring to a boil over medium-high heat. Reduce heat to low, and simmer, uncovered, until potatoes are soft, about 10-15 minutes.

Drain vegetables, being sure to reserve the cooking liquid. Allow cooking liquid to cool 5 minutes. Add half of the cooking liquid and half of the solids to the blender jar. Place cover on blender jar. Turn blender on and blend on liquefy until smooth, about 15-20 seconds. Turn blender off. Return the puréed vegetable mixture to the saucepan. Repeat with remaining liquid and vegetables and return vegetable mixture to saucepan. Add salt and pepper; stir to combine. Garnish with chopped chives, if desired.

Nutritional analysis per serving:

*Calories 208 (17% from fat) • carbo. 38g • prot. 5g
fat 4g • sat. fat 1g • chol. 0mg • sod. 380mg*

CREAMY CANTALOUPE SOUP

Makes five 6-ounce servings

- 1/2 cup orange juice**
- 1 medium cantaloupe, seeds and peel removed, cut into 1 inch pieces**
- 1 cup plain nonfat yogurt**
- 2 tablespoons sugar***
- 2 tablespoons port wine (optional)**
- 2 tablespoons fresh mint leaves**

Place orange juice and cantaloupe in blender jar. Place cover on blender jar. Turn blender on and blend on purée until smooth, about 20-25 seconds. Add yogurt, sugar, and wine (if using). Blend on purée until smooth, about 15 seconds. Turn blender off. Serve chilled. Garnish with mint leaves.

*Use less sugar if the cantaloupe is naturally sweet.

Nutritional analysis per serving:

*Calories 96 (0% from fat) • carbo. 20g • prot. 4g • fat 0g
sat. fat 0g • chol. 1mg • sod. 45mg*

CORN CHOWDER

Makes seven 6-ounce servings

- 1 tablespoon butter or margarine**
- 1 medium leek, white only, washed, cut into 1 inch pieces**
- 1 medium onion, cut into 1/4 inch pieces**
- 2 celery ribs, peeled, sliced in 1/4 inch pieces**
- 1 medium potato (about 9 ounces), peeled, cut into 1/2 inch pieces**
- 1- 2/3 cups reduced-sodium chicken broth**
- 1 bay leaf**
- 1/4 teaspoon dried thyme**
- 1-1/3 cups reduced fat milk**
- 2 cups corn kernels (fresh or frozen; thaw if frozen) divided**
- salt and pepper to taste**

Melt butter in a medium saucepan over medium heat. Add leek and onion; cook over medium heat for 3 minutes. Add celery, and sauté until soft, about 2 minutes. Add potato, broth, bay leaf, and thyme. Cover; bring to a boil over medium-high heat. Reduce heat to low, and cook, partially covered, until potato is tender, about 8-10 minutes.

Place milk and 1 cup corn kernels in blender jar. Place cover on blender jar. Turn blender on and blend on liquefy until well combined, about 25-30 seconds. Turn blender off. Add milk mixture and remaining corn to saucepan. Season with salt and pepper, if desired. Cook gently over low heat until heated through. Remove bay leaf before serving.

Nutritional analysis per serving:

*Calories 208 (17% from fat) • carbo. 36g • prot. 7g
fat 4g • sat. fat 2g • chol. 8mg • sod. 290mg*

DESSERTS

ESPRESSO GRANITA

Makes six 1/2 cup servings

- 2 cups hot espresso coffee**
- 1/2 cup sugar**
- 1 cup chilled coffee**

Combine espresso and sugar in a small bowl until sugar dissolves. Pour into ice cube trays, and freeze until solid, about 8 hours. Place chilled coffee and 10 espresso cubes in blender jar. Place cover on blender jar. Turn blender on and blend on liquefy until thick, about 20-30 seconds. Turn blender off. Add remaining ice cubes. Turn blender on and blend until thick, about 20 seconds. Turn blender off. Serve immediately in well-chilled parfait cups. Top with a dollop of whipped cream.

Nutritional analysis per serving:

*Calories 68 (0% from fat) • carbo. 17g • prot. 0g • fat 0g
sat. fat 0g • chol. 0mg • sod. 1mg*

FRESH LEMON GRANITA

Makes eight 1/2 cup servings

- 2 cups sugar**
- 2 cups water**
- 1-1/2 cups fresh lemon juice (juice of about 6 lemons)**
- 1 tablespoon grated lemon zest***

Combine sugar and water in a medium saucepan, and bring to a boil over medium-high heat. Reduce heat to low, and simmer until sugar dissolves, about 3-4 minutes. Cool completely**. When cool,

add lemon juice and zest; stir to combine. Pour into ice cube trays, and freeze until solid, about 8 hours. Place 10 frozen cubes in blender jar. Place cover on blender jar. Turn blender on and press "Ice Crush" button 10 times or until ice is the consistency of snow. Continue crushing 10 cubes at a time until all are crushed. Turn blender off. Spoon into well-chilled parfait cups and serve immediately.

* Zest is the colored part of the citrus rind. Do not use the white pith. For best results, remove zest from the lemon with a vegetable peeler.

** Place mixture in a covered container, and store in the refrigerator overnight, or chill over an ice bath for 30 minutes.

Nutritional information per serving:

Calories 216 (0% from fat) • carbo. 54g • prot. 0g • fat 0g • sat. fat 0g • chol. 0mg • sod. 1mg

LEMON RICOTTA CHEESECAKE WITH RASPBERRY SAUCE

Makes eight servings (one 9 inch cheesecake)

- 3 whole graham crackers**
- 1 tablespoon cold unsalted butter, in 8 pieces**
- 1 tablespoon sugar**
- 4 strips lemon zest, cut in half**
- 1/2 cup liquid egg substitute**
- 6 tablespoons lemon juice**
- 30 ounces part-skim ricotta cheese**
- 1/2 cup sugar, divided**

Preheat oven to 325°F. Cover the outside of 9" springform pan with foil.

Break each graham cracker into 8 pieces and add to blender jar. Place cover on blender jar. Turn blender on and blend on mix until crushed, about 10-15 seconds. Add butter and 1 tablespoon sugar; blend on mix until combined, about 10-15 seconds. Turn blender off. Press mixture into bottom of pan, and bake 10 minutes.

Add lemon zest and 1 teaspoon sugar to clean, dry blender jar. Place cover on blender jar. Turn blender on and blend on liquefy for 15-20 seconds. Add egg substitute and remaining ingredients in the order listed; blend on mix for 60-75 seconds. (It may look as if the ingredients are not mixing; however, the blender is working. After about 30 seconds, the mixture will start to circulate in the blender jar.) Turn blender off. Pour into pre-baked crust, and bake until firm, about 1 hour. Cool completely on a wire rack, and then refrigerate at least 6 hours before serving. Serve with raspberry sauce (see page 11).

Nutritional analysis per serving (cheesecake only):

Calories 251 (39% from fat) • carbo. 24g • prot. 14g • fat 11g • sat. fat 6g • chol. 37mg • sod. 211mg

BAKED ALMOND CUSTARD

Makes six servings

- 3 large eggs**
- 1-1/2 cups reduced fat milk**
- 1 cup evaporated fat-free milk**
- 1/2 cup sugar**
- 1 teaspoon almond extract**
- 6 teaspoons finely chopped or slivered almonds**

Preheat oven to 325°F. Add first five ingredients to blender jar (not almonds). Place cover on blender jar. Turn blender on and blend on mix until combined, about 10 seconds. Turn blender off. Divide mixture among six 6-ounce ramekins or custard cups, filling each about 3/4 full. Top each with 1 teaspoon almonds. Place ramekins in a 9 x 13 inch baking dish, and add hot water to reach 1 inch up the sides of the ramekins. Bake until a knife inserted in the center comes out clean, about 1 hour. Remove ramekins from water bath, and cool on a wire rack. Cover and chill in the refrigerator before serving.

Nutritional analysis per serving:

Calories 181 (25% from fat) • carbo. 25g • prot. 9g • fat 5g • sat. fat 2g • chol. 112mg • sod. 111mg

THREE-YEAR LIMITED WARRANTY

This warranty supersedes all previous warranties on Cuisinart® SmartPower™ 7-Speed Series Electronic Blenders. This warranty is available to consumers only. You are a consumer if you own a Cuisinart® SmartPower™ 7-Speed Series Electronic 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® SmartPower™

7-Speed Series Electronic Blender will be free of defects in material or workmanship under normal home use for three years from the date of original purchase. We suggest that you complete and return the enclosed warranty registration card promptly to facilitate verification of the date of original purchase. However, return of the warranty registration card is not a condition of these warranties.

If your blender should prove to be defective within the warranty period, we will repair it (or, if we think it necessary, replace it) without charge to you. 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 also enclose \$10.00 for shipping and handling of the product. Please also be sure to include a return address, daytime phone number, description of the product defect, product serial number (stamped on bottom of product base), and any other information pertinent to the product's return. Please pay by check or money order.

(California residents need only supply proof of purchase and should call 1-800-720-0190 for shipping instructions). Your Cuisinart® SmartPower™ 7-Speed Series Electronic Blender has been manufactured to strict specifications and has been designed for use with the Cuisinart® SmartPower™ 7-Speed Series Electronic Blender accessories and replacement parts. These warranties expressly exclude any defects or damages caused by accessories, replacement parts, or other repair service other than those that have been authorized by Cuisinart. These warranties do not cover any damage caused by accident, misuse, shipment, or other than ordinary household use. These warranties exclude all incidental or consequential damages. Some states do not allow the exclusion of or limi-

tation of incidental or consequential damages, so the foregoing limitation may not apply to you.

CALIFORNIA RESIDENTS ONLY

California law provides that for In-Warranty Service, California residents have the option of returning a nonconforming product (A) to the store where it was purchased or (B) to another retail store which sells Cuisinart® products of the same type. The retail store shall then, at its choice, 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 800-726-0190. Cuisinart will be responsible for the cost of the repair, replacement, and shipping and handling for such nonconforming products under warranty.

BEFORE RETURNING YOUR CUISINART® PRODUCT

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

*** Important:** If the nonconforming product is to be serviced by someone other than Cuisinart's Authorized Service Center, please remind the servicer to call our Consumer Service Center at 1-800-726-0190 to ensure that the problem is properly diagnosed, the product is serviced with the correct parts, and to ensure that the product is still under warranty.

NOTES

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