

Cuisinart®

Recipe Booklet



Blend and Cook Soupmaker

RECIPE TIPS

It is easy to prepare your favorite soup and sauce recipes in the Blend and Cook Soupmaker by following these simple tips.

For soup/sauce making:

- If recipe calls to sauté first, set the unit to Medium. Approximately 5 to 10 minutes is a good start to sweat or sauté ingredients.
- Add the oil or butter and wait for it to heat up or melt, about 10 seconds.
- Add base ingredients (prepped and cut into ½-inch pieces) to sauté; cover and stir to further chop and incorporate ingredients with the oil/butter.
- Continue to cook, stirring occasionally. The blender jar should always be covered when using the Stir function.
- Add liquid and other soup/sauce ingredients that need to cook and set unit to High to bring to a boil. We recommend stirring once or twice during this heat up time using a quick burst or two to combine ingredients.
- Liquid will come to a boil between 8 and 20 minutes, depending on the amount of ingredients in the blender jar.
- Once liquid reaches a boil, switch unit to Medium for 30 minutes for adequate simmer/cooking time. Extra time can always be added at the end if additional cooking is necessary. Again we recommend an occasional stir during the cooking process.
- Once time expires and the unit shuts off, blend if a puréed soup or sauce is desired. Start on speed 1 and gradually increase to speed 3 if necessary. Blend until smooth.
- Soup can be held at an ideal serving temperature by switching to the Low setting, 30 minutes at a time, once cooking is complete.
- If it is not necessary to sauté first, then add all ingredients to blender jar, liquid first and then solids. Set unit to High to bring liquid to a boil. As soon as it reaches a boil, switch unit to Medium to simmer soup/sauce until ready to blend or serve.
- When converting recipes, the liquid amount should be reduced by ⅓ to ½, as liquid reduction is lessened when the blender cover is in place. To maximize liquid reduction for certain recipes, remove the measuring cup during the cooking process; be sure to replace cup when stirring.

- When heating ingredients like milk or cream, it is necessary to stir every few minutes during any heating or cooking. This is to prevent any milk proteins from scalding on the bottom.
- It is very important to be sure gasket is in place and blender jar is secured tightly on blender base before performing any blending or soup-making tasks.

Blending cold ingredients:

- **Grinding/Chopping Nuts** - Put ½ cup shelled nuts into the blender jar and cover blender. Blend on speed 2 for 20 to 30 seconds until desired grind/chop is achieved. 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. Put bread, cookie or cracker pieces in blender jar. Blend on Speed 2 for 10 to 20 seconds. For best results, process 1 cup or less at a time.
- **Crushing Ice** - Put up to 8 standard ice cubes into the blender jar. Cover. Pulse, using short bursts, about 4 to 6 times and then blend on Speed 2 until cubes are the consistency of snow. Turn blender off. Pulse fewer times if coarsely chopped ice is desired.
- **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, if necessary. Process no more than 8 to 10 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 the Stir function for 15 to 20 seconds, until zested.
- **Baby Food** - Combine 1 cup vegetables, fruit or meat with ¼ to ½ cup water in the blender jar. Bring to a boil and cook on High until soft. Once soft, blend on speed 2 until completely smooth or desired consistency is reached. Scrape the jar with a spatula if necessary. Should more liquid be required blend in breast milk, formula or additional filtered water one tablespoon at a time. 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 3 to 4 times to break up cheese. Blend on Speed 3 to 4 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 3 to 4 times to break up and then blend on Speed 2 to 3 for about 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. Blend on Speed 1 for about 1 minute. (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.
- 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 Blend on Speed 1 for 30 seconds or more as needed. Discard the soapy water and rinse blender thoroughly before the next use.

QUICK REFERENCE GUIDE – BLENDER

To activate blender	Press On/Off - The blender is in Standby mode
To begin blending	Turn dial to Speed 1.
To change speeds	Turn dial to desired Speed
To pulse	In Standby mode turn dial to Pulse, then immediately release. Repeat as needed
To crush ice	In Standby mode pulse, then blend on Speed 2 or until desired consistency is reached
To stop blending (and deactivate blender)	Turn dial to Stop position and then press On/Off button
To stop blending	Turn dial to Stop position

SPEED SELECTION GUIDE

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

Ingredient/Recipe	Speed	Result
Reconstituting frozen juice concentrate	1 to 2	Smooth and full-bodied
Mayonnaise	1	Thick and creamy
Salad dressings	1	Completely blended and emulsified
Nuts (shelled, ½ cup or less at a time)	2	Coarse to fine (20 to 30 sec.)
Heavy or whipping cream	1	Thick, creamy topping (1 min.)
Bread, cookies or crackers (add ½-inch pieces, 1 cup or less at a time)	2	Coarse to fine as desired (10 to 20 sec)
Grating/chopping citrus zest (add 1 to 2 teaspoons sugar or salt from recipe)	1 to 2	Uniformly fine
Smoothies, shakes, health drinks	1 to 4	Smooth, creamy and thick
Baby food/fruit and vegetable purée	1 to 2	Smooth and creamy
Frozen cocktails	1 to 4	Thick and slushy
Hard cheeses	Pulse first, then blend on 3 to 4	Coarse to fine
Spices	Pulse first, then blend on 2 to 3	Coarse to fine
Ice	Pulse then blend on 2	Coarse crush to snowy

TEMPERATURE GUIDE

High	High temperature
	Sauté
	Bringing liquids to boil
Medium	Main Sauté temperature
	Perfect Simmer temperature
Low	Keep Warm Temperature
	Steeping

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Drinks

Basil Lemonade

The slight hint of basil in this homemade lemonade is a refreshing change to a classic.

Makes about six 6-ounce servings

- 6 ounces fresh lemon juice**
- 8 ounces simple syrup (page 6)**
- 6 large basil leaves**
- 12 ounces seltzer**

1. Put ingredients into the blender jar in order listed.
2. Blend, starting on speed 1 and gradually raising to speed 4, for 1 minute.
3. Serve over ice.

Note: The lemonade can be strained to remove the chopped basil, or can be served as is.

Nutritional information per serving:

*Calories 154 (0% from fat) • carb. 40g • pro. 0g • fat 0g • sat. fat 0g
• chol. 0mg • sod. 1mg • calc. 4mg • fiber 0g*

Super Green Smoothie

An easy and delicious way to incorporate more vegetables into your diet.

Makes about six 8-ounce servings

- 1½ cups apple juice**
- 1 cup pineapple juice**
- 1 cup 1-inch cubed fresh mango (about 1 small fruit)**
- 1½ cups frozen mango pieces**
- 2 bananas, cut into 1-inch pieces**
- 3 kiwis, peeled and cut into 1-inch pieces**
- 1 cup loosely packed parsley, stems trimmed**
- 2 generous handfuls fresh baby spinach**

1. Put all the ingredients, except for the spinach, in the blender jar in order listed.
2. Blend starting on speed 1 and gradually raising to speed 4, until combined, about 1 minute. Reduce to speed 1 and add the spinach through the lid opening. Raise once again to speed 4 and blend until bright green and completely smooth, about another 60 to 75 seconds.
3. Serve immediately.

Nutritional information per serving:

*Calories 169 (5% from fat) • carb. 40g • pro. 3g • fat 1g • sat. fat 0g
• chol. 0mg • sod. 102mg • calc. 82mg • fiber 5g*

Berry Cherry Smoothie

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

Makes about four 8-ounce servings

- ½ cup coconut water**
- ½ cup plain yogurt**
- 2 bananas, cut into 1-inch pieces**
- 1 cup fresh strawberries, hulled and quartered**
- 1 cup frozen blueberries**
- 1 cup frozen cherries**
- 1 to 2 tablespoons honey (optional)**

1. Put ingredients into the blender jar in order listed.
2. Blend on speed 4 until smooth, about 1 minute.
3. Serve immediately.

Nutritional information per serving:

*Calories 124 (10% from fat) • carb. 28g • pro. 3g • fat 1g • sat. fat 1g
• chol. 4mg • sod. 51mg • calc. 71mg • fiber 3g*

Fresh Fruit Smoothie

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

Makes about five 8-ounce servings

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

1. Put ingredients into the blender jar in order listed.
2. Blend on speed 4 until smooth, about 60 to 75 seconds.
3. Serve immediately.

Note: Be sure the fruit is really ripe for the sweetest smoothie.

Nutritional information per serving:

*Calories 113 (4% from fat) • carb. 28g • pro. 2g • fat 1g • sat. fat 0g
• chol. 0mg • sod. 11mg • calc. 41mg • fiber 5g*

Protein to Go Smoothie

The perfect companion to your morning workout.

Makes about five 8-ounce servings

- 1½ cups 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. Blend on speed 4 until smooth, about 45 to 60 seconds.
3. Serve immediately.

Nutritional information per serving:

Calories 129 (14% from fat) • carb. 23g • pro. 7g • fat 2g • sat. fat 1g
• chol. 3mg • sod. 82mg • calc. 66mg • fiber 1g

Classic Frozen Margarita

Just as the name implies, a true classic cocktail.

Makes about seven 8-ounce servings

- 1 cup fresh lime juice**
- 1¼ cups tequila**
- 1 cup Triple Sec**
- ¼ cup simple syrup, chilled (page 6)**
- 4 cups standard ice cubes**

1. Put ingredients in the blender jar in order listed.
2. Pulse about 15 times, until the ice is evenly crystallized.
3. Serve immediately. Note that if the margarita sits, it will need to be stirred before serving.

Nutritional information per serving:

Calories 140 (0% from fat) • carb. 34g • pro. 0g • fat 0g • sat. fat 0g
• chol. 0mg • sod. 0mg • calc. 8mg • fiber 0g

Frozen Mudslide

A delicious version of an adult milkshake.

Makes about seven 8-ounce servings

- ¼ cup Kahlúa**
- ¼ cup vodka**
- 2 tablespoons Irish cream liqueur**
- 4 cups vanilla ice cream**

1. Put ingredients into the blender jar in order listed.
2. Pulse about 15 to 20 times, until homogenous.
3. Serve immediately.

Nutritional information per serving:

Calories 367 (51% from fat) • carb. 24g • pro. 6g • fat 21g • sat. fat 13g
• chol. 137mg • sod. 80mg • calc. 171mg • fiber 0g

Ginger Jasmine Mar-“tea”-ni

The jasmine notes balance the fruit well in this exotic cocktail.

Makes two 5-ounce servings

- 2 ounces chilled jasmine tea**
- 4 ounces vodka**
- 2 ounces ginger simple syrup, chilled (recipe follows)**
- ½ ounce peach schnapps**
- ½ ounce fresh squeezed orange juice (juice from about ½ small orange)**
- ice**

1. Put all ingredients, except for the ice, into the blender jar.
2. Blend on speed 2 to completely combine.
3. Fill a cocktail shaker with ice. Place cocktail ingredients into the shaker. Shake well and pour evenly between 2 martini glasses. Serve immediately.

Nutritional information per serving:

Calories 299 (0% from fat) • carb. 29g • pro. 0g • fat 0g • sat. fat 0g
• chol. 0mg • sod. 1mg • calc. 2mg • fiber 0g

Simple Syrup (with variations)

Keep this on hand to sweeten drinks from cocktails to iced tea.

Makes about 2 to 2½ cups

- 2 cups water**
- 2 cups granulated sugar**

1. Put the water and sugar into the blender jar. Set timer for 10 minutes and temperature on Medium. Stir once or twice to combine.
2. Once the sugar has dissolved and the liquid is clear, turn unit off.
3. Cool before using.

Ginger Syrup - After Step 2, add ½ cup of roughly chopped ginger (approximately two 2-inch peeled pieces). Set timer for 30 minutes and temperature on Low to infuse. Strain and chill before using.

Lavender Syrup - After Step 2, add ½ cup of dried French lavender. Stir once to incorporate. Let steep for 30 minutes. Strain and chill before using.

Mocha Shake

This thick and rich shake will take care of your chocolate craving immediately.

Makes about eight 4-ounce servings

- ½ cup reduced-fat milk**
- 4 teaspoons instant espresso**
- ¼ cup chocolate syrup**
- 4 cups premium ice cream (we recommend 1½ cups chocolate and 2½ cups vanilla)**

1. Put the milk and espresso into the blender jar. Blend on speed 1 until well mixed, about 5 to 10 seconds.

2. Add the syrup and ice cream. Run on speed 1, gradually raising to speed 4 for about 1½ minutes, or until homogenous.
3. Serve immediately.

Nutritional information per serving:

Calories 229 (46% from fat) • carb. 27g • pro. 4g • fat 12g • sat. fat 7g
• chol. 178mg • sod. 69mg • calc. 137mg • fiber 1g

Chai

While this tea is best prepared with half & half, reduced fat or soy milk may be substituted.

Makes six 6-ounce servings

- 4½ **cups half & half**
- ½ **tablespoon pure vanilla extract**
- 12 **bags black tea**
- ½ **teaspoon freshly ground black pepper**
- ½ **teaspoon ground cloves**
- 1 **teaspoon ground cinnamon**
- 6 **star anise pods**
- 2 **1x1-inch piece of peeled fresh ginger**
- ¼ **teaspoon orange zest**
- 4 **tablespoons honey**

1. Put half & half and vanilla into the blender jar. Set timer for 20 minutes and temperature on High until milk is hot and foamy. Stir mixture every few minutes.
2. Once liquid is hot turn the unit off. Add tea, spices, ginger and zest. Stir mixture with a wooden spoon through the lid opening as the stir function will break up the tea bags.
3. Set timer for 10 to 15 minutes and temperature on Low to steep the ingredients.
4. Once the tea has steeped, pour through a strainer and fully squeeze out tea from tea bags, reserving the tea and discarding the bags.
5. Stir in tea and honey and serve.

Nutritional information per serving:

Calories 285 (64% from fat) • carb. 20g • pro. 6g • fat 21g • sat. fat 13g
• chol. 67mg • sod. 76mg • calc. 199mg • fiber 0g

Hot Chocolate

Hot chocolate is so simple in your Soupmaker.

Makes six 6-ounce servings

- 3½ **cups whole milk**
- 4 **teaspoons cocoa powder**
- 8 **ounces semisweet chocolate, finely chopped (may use chocolate chips)**

1. Put the milk into the blender jar. Cover and set timer for 8 minutes and temperature on High, stirring every few minutes.
2. Once milk is hot and foamy on the top, but not boiling, add the cocoa powder and chocolate and set timer for 15 minutes and temperature on Medium. Stir in the beginning and every

few minutes during cooking time to blend ingredients.

3. Serve immediately once time expires.

Nutritional information per serving:

Calories 267 (49% from fat) • carb. 31g • pro. 6g • fat 16g • sat. fat 9g
• chol. 14mg • sod. 61mg • calc. 174mg • fiber 3g

Orange White Hot Chocolate

Orange and white chocolate together make a delicious combination.

Makes about six 6-ounce servings

- 3½ **cups whole milk**
- 8 **ounces white chocolate, finely chopped (may use white chocolate chips)**
- 1 **teaspoon pure orange extract**

1. Put the milk into the blender jar. Cover and set timer for 8 minutes and temperature on High, stirring every few minutes.
2. Once milk is hot and foamy on the top, but not boiling, add the white chocolate, set to Low for 15 minutes and stir constantly until the chocolate has fully melted. Add the orange extract and stir every few minutes during cooking time to blend.
3. Serve immediately.

Nutritional information per serving:

Calories 301 (59% from fat) • carb. 28g • pro. 7g • fat 17g • sat. fat 11g
• chol. 28mg • sod. 97mg • calc. 215mg • fiber 0g

Mulled Wine

Just the smell of the spices steeping evokes the feeling of the holidays. A variation to this traditional recipe is to chill it and use it as the foundation for a spicy sangria.

Makes about seven 4-ounce servings

- 1 **bottle of red wine**
- 3 **cinnamon sticks**
- pinch ground nutmeg**
- 8 **whole cloves**
- 1 **orange, zested**
- ½ **cup packed light brown sugar**
- 7 **slices orange peel, for serving**

1. Put all ingredients into the blender jar, stir together with a wooden spoon, as the Stir function will break up the cinnamon sticks. Cover and set timer for 5 minutes and temperature on Medium. Mixture should be warmed through, but not boiling.
2. Set timer for 30 minutes and temperature on Low, allowing spices to steep in the wine.
3. Once unit turns off, strain and serve with a slice of orange peel.

Nutritional information per serving:

Calories 143 (0% from fat) • carb. 13g • pro. 0g • fat 0g • sat. fat 0g
• chol. 0mg • sod. 5mg • calc. 12mg • fiber 0g

Breakfast and Brunch

Apple Filling for Crêpes

*Use this as a filling for crêpes (recipe below)
or on top of waffles or pancakes.*

Makes about 2 cups

- 3 tablespoons unsalted butter, cut into tablespoons**
- 3 Granny Smith apples, peeled, cored, and cut into ½-inch dice**
- ⅓ cup granulated sugar**
- ¾ teaspoon ground cinnamon**
- pinch table salt**

1. Put the butter in the blender jar. Set timer for 15 minutes and temperature on Medium. Once butter has melted add ½ cup of the apples and ½ of the sugar. Cover and stir, using quick bursts to mix and break down the apples.
2. Continue with remaining apples ½ cup at a time, waiting and allowing some liquid to accumulate from the cooking apples before adding the next batch. Stir between each addition 3 to 5 times.
3. Once all apples are added (in about 10 minutes) stir using long pulses to achieve an even consistency.
4. Once all ingredients are added and time expires, set timer for 30 minutes and temperature on Medium. Stir occasionally while the mixture is cooking.
5. Serve warm or at room temperature.

Nutritional information per serving (2 tablespoons):

*Calories 37 (39% from fat) • carb. 6g • pro. 0g • fat 2g • sat. fat 1g
• chol. 5mg • sod. 7mg • calc. 2mg • fiber 0g*

Crêpe Batter

Extremely versatile, this recipe should be added to everyone's collection. The crêpes can be filled with sweet items (cinnamon sugar and fruit; whipped cream and chocolate) or savory (eggs and ham; vegetables and hollandaise).

Makes about 20 eight-inch crêpes

- ¼ cup unsalted butter, cut into tablespoons**
- 1 cup reduced-fat milk, room temperature**
- ¾ cup unbleached, all-purpose flour**
- ½ teaspoon salt**
- 1 tablespoon granulated sugar**
- 3 large eggs, room temperature**
- 1 teaspoon pure vanilla extract**
- 1 teaspoon unsalted butter, room temperature**

1. Put butter in the blender jar. Set timer for 4 minutes and temperature on Medium. Once butter has melted add the milk and then turn the unit off. Add the flour, salt and sugar to the blender jar and then blend on speed 1. Scrape the sides of the blender jar and blend to incorporate any ingredients that may be clinging to the jar.
2. With the unit running on speed 1, add eggs one a time and then the vanilla. Raise to speed 3 to fully blend the mixture so it has no lumps.
3. If time allows, let the batter rest in the refrigerator for at least ½ hour. Before using batter, whisk to re-blend, straining if necessary to remove any lumps.
4. Melt the teaspoon of butter in an 8-inch skillet set over medium heat. Once pan is hot, add a scant ¼ cup of batter to the pan, moving the batter around quickly to make a thin coating on the pan. Cook the crêpe for 2 to 3 minutes, until the edges just start to brown, and then carefully flip and finish the other side for an additional minute. Continue cooking crêpes until the batter is gone.
5. Serve with apple filling (previous recipe).

Nutritional information per crêpe:

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

Whole Wheat Buttermilk Pancakes

*While the whole wheat flour is a healthier version,
all-purpose can be used as a substitute.*

Makes about 24 pancakes

- 1¾ cups whole wheat flour**
- 2 tablespoons granulated sugar**
- 2 teaspoons baking powder**
- ¼ teaspoon baking soda**
- ½ teaspoon table salt**
- ½ teaspoon orange zest**
- 2 tablespoons unsalted butter**
- 1 large egg**
- 1½ cups buttermilk**
- ½ cup plain yogurt**
- 1 tablespoon extra virgin olive oil**
- 1 teaspoon pure vanilla extract**

1. Put the flour, sugar, baking powder, baking soda, salt and zest together in a small mixing bowl. Whisk to combine; reserve.
2. Put the butter in the blender jar. Set timer for 1 minute and temperature on Low and let butter melt (this takes about 10 seconds). Turn unit off.
3. Put all liquid ingredients together in a large liquid measuring cup. Run blender on speed 1 and slowly add the liquid ingredients through the pour spout on top of the lid. Once the ingredients have mixed well, add half of the dry ingredients. Pulse once, and then run on speed 1 for about 10 seconds.

Scrape down blender jar and then add remaining dry ingredients and then pulse to combine. Be careful not to over-mix or the pancakes will be tough.

4. Prepare pancakes using a ¼-cup measuring cup to scoop pancakes onto preheated greased pan to cook.

Nutritional information per pancake:

Calories 62 (33% from fat) • carb. 9g • pro. 2g • fat 9g • sat. fat 2g
• chol. 13mg • sod. 116mg • calc. 52mg • fiber 1g

Blueberry Sauce

This sauce is so versatile. While we find it to be a perfect topping to our Whole Wheat Pancakes (previous recipe), it is also delicious on top of a bowl of vanilla ice cream.

Makes about 2½ cups

- 4 cups (2 pints) fresh blueberries**
- ¼ cup pure maple syrup**
- pinch sea salt**
- ½ tablespoon fresh lemon juice**
- ½ tablespoon cornstarch**

1. Put all of the ingredients into the blender jar. Cover, with the measuring cup removed.
2. Set timer for 20 minutes and temperature on Medium. Once heating begins, stir occasionally during the cooking time.
3. Once time expires, blend on speed 1, increasing to speed 2 for 10 seconds. If a purée is preferred, blend up to speed 3 for 30 seconds.
4. Serve immediately, or transfer to an airtight container and store in the refrigerator for up to one week. Can be served warm or at room temperature.

Nutritional information per serving (2 tablespoons):

Calories 34 (3% from fat) • carb. 9g • pro. 0g • fat 0g • sat. fat 0g
• chol. 0mg • sod. 7mg • calc. 5mg • fiber 1g

Warm Peach Compote

This is delicious served warm over oatmeal or rice pudding, but also excellent chilled and spread on top of warm toast or scones.

Makes about 2½ cups

- ¼ cup water**
- 1 pound (about 3 to 4 small to medium) peaches, cut into ½-inch dice**
- 3 tablespoons honey**
- pinch sea salt**
- ¼ teaspoon ground cinnamon**
- ½ cup walnut pieces**

1. Put ingredients into the blender jar in order listed. Cover, with the measuring cup removed.
2. Set timer for 20 minutes and temperature on Medium. Once heated, stir every few minutes to mix.

3. For a smoother compote, blend on speed 1 until desired consistency.
4. Serve warm or chilled.

Nutritional information per serving (2 tablespoons):

Calories 23 (18% from fat) • carb. 5g • pro. 0g • fat 1g • sat. fat 0g
• chol. 0mg • sod. 7mg • calc. 2mg • fiber 0g

Frittata with Greens and Parmesan

Frittatas are a great alternative to traditional omelets.

Try this one – you will not be disappointed.

Makes ten to twelve servings

nonstick cooking spray

- 1 tablespoon extra virgin olive oil**
- 1 shallot, cut into ½-inch pieces**
- 1 garlic clove, smashed**
- 3 to 4 tablespoons water (heartier greens require more water)**
- 8 ounces mixed greens (collards, beet, kale, escarole, chicory, etc.), discard rough stems, cut or tear into large pieces**
- 12 large eggs**
- ¾ cup whole or reduced-fat milk**
- ½ teaspoon kosher or sea salt**
- 1 to 2 pinches freshly ground black pepper**
- 8 medium to large fresh basil leaves**
- 3 to 4 ounces Parmesan, finely grated**

1. Preheat oven to 375°F. Lightly coat a 10-inch oven-proof, nonstick skillet (the Cuisinart® GreenGourmet® Skillet is the perfect pan for this recipe) with nonstick cooking spray.
2. Put the oil in the blender jar. Set timer for 5 minutes and temperature on Low. Once oil is hot add the shallot and garlic, stir 2 to 3 times to break up. Let sauté, stirring often, until the vegetables have softened.
3. Once the vegetables are soft, and with the unit still on high, add the water through the lid opening. Bring the water to a boil and then add the greens. Allow greens to wilt with unit still on high.
4. The greens will be bright. Add the eggs, milk, salt, pepper and basil. Blend on speeds 2 to 3 for 30 seconds to combine.
5. Set the prepared skillet over medium heat. Pour mixture into the hot pan and top with Parmesan. Let cook until just set, adjusting heat as necessary to prevent the bottom from getting too dark.
6. Transfer to the preheated oven and cook until frittata is puffed and browned on top, about 15 minutes.
7. After baking, let frittata sit for 5 minutes before slicing and serving.

Nutritional information per serving (based on 12 servings):

Calories 129 (60% from fat) • carb. 3g • pro. 10g • fat 9g • sat. fat 3g
• chol. 219mg • sod. 280mg • calc. 156mg • fiber 1g

Starters

Roasted Vegetable Spread

The rich and sweet flavors of the roasted vegetables, along with the tanginess of the capers and vinegar, make this recipe a match for many items. We love it on toasted bread or crackers, or even as a sauce over couscous or pasta.

Makes about 3½ cups

- 2** **tablespoons extra virgin olive oil, divided**
- ½** **medium red onion, cut into ½-inch pieces**
- 6** **garlic cloves, smashed**
- 1** **tablespoon water**
- ½** **medium eggplant, cut into ½-inch pieces**
- 1** **tablespoon balsamic vinegar**
- 2** **roasted red peppers (jarred or fresh), drained and cut into ½-inch pieces**
- ¼** **teaspoon sea salt**
- ¼** **teaspoon freshly ground black pepper**
- 8** **large fresh basil leaves**
- ½** **tablespoon capers, drained**

1. Put 1 tablespoon of the oil in the blender jar. Set timer for 30 minutes and temperature on High. When the oil is heated, add the onion and garlic. Cover the blender jar and stir 2 to 3 times to break up. Sauté for 10 minutes, stirring on occasion.
2. When 20 minutes remain, add the water and eggplant and stir 2 to 3 times to mix. Continue sautéing and stirring on occasion until the eggplant is soft and completely incorporated with the onion and garlic, scraping down the sides if needed.
3. When machine turns off, add the remaining ingredients and blend on speeds 1 to 2 until desired consistency is reached – this spread is delicious slightly chunky or smooth depending on personal preference.
4. Taste and adjust seasoning as desired.
5. Can be served warm, room temperature or cold.

Nutritional information per serving (2 tablespoons):

*Calories 20 (59% from fat) • carb. 2g • pro. 0g • fat 1g • sat. fat 0g
• chol. 0mg • sod. 51mg • calc. 5mg • fiber 1g*

Zucchini Custards

Light and fluffy and chock full of fresh zucchini, these little custards are perfect start to a meal, or even as part of a light lunch.

Makes six servings

- ½** **tablespoon unsalted butter**
- 1** **small onion, cut into ½-inch pieces**
- 2** **small zucchini, shredded and drained in a colander or paper towel to remove any excess moisture**
- 2 to 3** **ounces feta, crumbled**
- 1⅓** **cups heavy cream**
- 4** **large eggs**
- ¼** **teaspoon sea salt, plus more to taste**
pinch freshly ground black pepper

1. Preheat oven to 400°F.
2. Put the butter into the blender jar. Set timer for 5 minutes and temperature on Medium. Once butter has melted add the onion. Cover the blender jar and stir, using quick bursts to break up. Let sauté, stirring occasionally. When time expires, allow mixture to cool for about 5 minutes.
3. While cooling, divide the shredded zucchini among 6 ramekins. Top with the feta, again, evenly divided between each one.
4. Once the onion has cooled, add the cream, eggs, salt and pepper. Blend on speed 2 for 20 seconds. Pour evenly over zucchini and feta in ramekins. Put ramekins on a rimmed baking sheet; bake in preheated oven for about 35 minutes, or until a knife when inserted into custard comes out clean.

Nutritional information per serving:

*Calories 282 (83% from fat) • carb. 5g • pro. 8g • fat 26g • sat. fat 16g
• chol. 226mg • sod. 292mg • calc. 119mg • fiber 1g*

Soups

Parsnip and Apple Soup

A soothing soup when it is cold outside, pair it with a toasted panini for a complete lunch or dinner.

Makes about 5 cups

- 1** **tablespoon unsalted butter**
- 1** **small shallot, cut into ½-inch pieces**
- 3** **cups chicken broth, low sodium**
- ½** **teaspoon kosher salt**
- 1** **pound parsnips, thinly sliced**
- 1** **small apple, peeled, cored and cut into 1-inch pieces**
- 1** **small potato, peeled and cut into 1-inch pieces**
- 1** **teaspoon fresh thyme leaves**

1. Put the butter into the blender jar, set timer for 5 minutes and temperature on Medium. Once the butter begins to melt, add the shallot. Cover the blender jar and stir 2 to 3 times to break up and then let sauté for about 5 minutes or until softened.
2. Once the shallot is soft, add remaining ingredients. Set timer for 8 minutes and temperature on High. Once broth comes to a boil, add the remaining ingredients and switch to Medium for 30 minutes, stirring occasionally.
3. When unit shuts off, blend on speed 1, gradually raising to speed 3, for 2 minutes or until completely smooth.
4. Taste and adjust seasoning as desired.

Nutritional information per serving (1 cup):

*Calories 139 (16% from fat) • carb. 28g • pro. 3g • fat 3g • sat. fat 1g
• chol. 6mg • sod. 568mg • calc. 65mg • fiber 6g*

Chilled Borscht

The beautiful ruby color of this soup makes a lovely presentation for entertaining. Garnish with a dollop of crème fraiche and chopped chives.

Makes about 6 cups

- 1** **tablespoon olive oil**
- 1** **small shallot, cut into ½-inch pieces**
- 2** **medium carrots, thinly sliced**
- 2½** **cups chicken broth, low sodium**
- ½** **pounds beets, scrubbed well and peeled, cut into ½-inch pieces**
- ½** **teaspoon kosher salt**
- pinch freshly ground black pepper**
- 1** **teaspoon fresh lemon juice**

1. Put the olive oil into the blender jar; set timer for 6 minutes and temperature on Medium. Once hot add the shallot. Cover blender jar stir 1 to 2 times, and let sauté for about 30 seconds to soften. Add the carrots, stir a few times and let sauté for about 3 to 4 minutes.

2. Once time expires, add the broth. Set timer for 5 to 8 minutes and temperature on High. Once broth comes to a boil, add the beets, salt and pepper. Switch to Medium for 30 minutes.
3. Once time expires, test the beets. If they are not tender, add more time as needed. When tender, add the lemon juice. Blend starting with speed 1 gradually rising to speed 3 until completely smooth and homogenous, about 2 minutes.
4. Taste and adjust seasoning as desired.

Nutritional information per serving (1 cup):

*Calories 87 (25% from fat) • carb. 14g • pro. 3g • fat 3g • sat. fat 0g
• chol. 0mg • sod. 533mg • calc. 28mg • fiber 4g*

Carrot and Ginger Soup

The ginger gives this soothing soup a nice kick.

Makes about 6 cups

- 1** **tablespoon unsalted butter or olive oil**
- 1** **garlic clove**
- 1** **small onion (about 3 ounces), cut into ½-inch pieces**
- ½** **ounce ginger, cut into ½-inch pieces**
- 1½** **pounds carrots, cut into ½-inch pieces**
- ¼** **teaspoon ground cinnamon**
- ⅛** **teaspoon ground allspice**
- pinch freshly ground nutmeg**
- 1** **thyme sprig, leaves removed and stem discarded**
- ½** **teaspoon kosher salt**
- 3** **cups chicken broth, low sodium**

1. Put the butter in the blender jar; set timer for 10 minutes and temperature on Medium. Once butter begins to melt add the garlic, onion and ginger. Cover blender jar and stir about 5 to 8 quick bursts to break up. Continue to stir occasionally while sautéing.
2. Add the carrots, spices, thyme, salt and broth. Cover and stir a few times to combine ingredients. Set timer for 20 minutes and temperature on High. Once mixture comes to a boil, set timer for 30 minutes and temperature on Medium. Stir once or twice while soup is simmering.
3. Once time expires, test the carrots. If they are not fully soft, add additional time on Medium. When carrots are fully cooked through, turn unit off. Starting with speed 1 and gradually raising to speed 3, blend soup until completely smooth, about 2 minutes.
4. Taste and adjust seasoning as desired.

Nutritional information per serving (1 cup):

*Calories 81 (28% from fat) • carb. 13g • pro. 2g • fat 3g • sat. fat 0g
• chol. 0mg • sod. 557mg • calc. 43mg • fiber 3g*

Lentil Soup

A delicious version of a classic.

Makes about 5 cups

- 1** **tablespoon olive oil**
- 1** **small onion, cut into ½-inch pieces**
- 1** **small carrot, cut into a ½-inch dice**
- 2** **garlic cloves**
- 1** **bay leaf**
- ½** **pound dried brown lentils**
- 3 to 4** **cups chicken or vegetable stock or broth (stock makes a more flavorful soup)**
- ¾** **teaspoon kosher salt**
- ¼** **teaspoon freshly ground black pepper**

1. Put the olive oil into the blender jar. Set timer for 8 minutes and temperature on Medium. Once the oil is hot, add the onion. Cover the blender jar and stir, using about 10 quick bursts to break up the onions. Add the carrot and garlic and stir to combine. Continue to sauté, stirring occasionally, until softened.
2. Once unit shuts off, add the remaining ingredients. Set timer for 10 minutes and temperature on High. Once soup comes to a boil, set timer for 30 minutes and temperature on Medium.
3. Once the time has expired, test the lentils. If firm add more time on Medium. Some varieties of lentils will need more time; increase by 15 to 30 minute increments.
4. Remove and discard bay leaf. Taste and adjust seasoning as desired.

Nutritional information per serving (1 cup):

*Calories 213 (14% from fat) • carb. 32g • pro. 14g • fat 3g • sat. fat 0g
• chol. 0mg • sod. 747mg • calc. 53mg • fiber 15g*

Chicken Noodle Soup

Who doesn't love chicken soup? This easy version can be made any night of the week.

Makes about 7 cups

- 1** **tablespoon unsalted butter**
- 1** **small onion, cut into ½-inch pieces**
- 4** **cups chicken broth, low sodium**
- 2** **medium carrots, cut into ¼-inch rounds**
- 2** **celery stalks, cut into ¼-inch dice**
- ½** **teaspoon kosher salt, plus more to taste**
- ¼** **teaspoon freshly ground black pepper**
- 2 to 3** **sprigs fresh thyme, leaves removed and stems discarded**
- ¾ to 1** **pound mixed chicken breasts and thighs, boneless and skinless, cut into ½-inch pieces**
- ½** **cup medium egg noodles**
- 3 to 4** **sprigs fresh parsley, leaves removed and chopped**

1. Put the butter into the blender jar. Set timer for 8 minutes and temperature on Medium. Once the butter begins to melt, add the onion. Cover the blender jar and stir, using about 10 quick bursts to break up the onion. Sauté until softened, stirring occasionally.
2. Add the broth, carrots, celery, salt, pepper and thyme; stir to mix. Set timer for 15 minutes and temperature on High to bring mixture to a boil. Once soup boils, switch to Medium for 30 minutes, stirring gently on occasion.
3. After 10 minutes, slowly and carefully add the chicken through the lid opening.
4. After another 10 minutes lapses, slowly add egg noodles through the lid opening.
5. Once time expires add the chopped parsley. Taste and adjust seasoning as desired.

Nutritional information per serving (1 cup):

*Calories 129 (44% from fat) • carb. 6g • pro. 12g • fat 6g • sat. fat 2g
• chol. 38mg • sod. 479mg • calc. 21mg • fiber 1g*

Roasted Red Pepper Soup

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

Makes about 5 cups

- ½** **tablespoon olive oil**
- 1** **garlic clove**
- 2** **shallots, cut into ½-inch pieces**
- 1** **teaspoon fresh thyme leaves**
- 4** **roasted red bell peppers, seeded (may used jarred, or home made) and cut into 1-inch pieces**
- 1** **tablespoon sherry**
- 2½** **cups chicken broth, low sodium**
- ½** **teaspoon kosher or sea salt**
- 1 to 2** **pinches freshly ground black pepper**
- ¼** **teaspoon orange zest**

1. Put the olive oil to the blender jar. Set timer for 15 minutes and temperature on Medium. Once the oil is hot, add the garlic, shallots and thyme. Cover blender jar and stir, using quick bursts to break up. Continue stirring occasionally as mixture sautés.
2. Put the roasted peppers and all of the remaining ingredients into the blender jar. Set timer for 5 to 8 minutes and temperature on High. Once mixture comes to a boil, set timer for 30 minutes and temperature on Medium.
3. Once time expires, start blending on speed 1 and gradually raising to speed 3 for 1 minute, or until completely smooth.
4. Taste and adjust seasoning as desired.

Nutritional information per serving (1 cup):

*Calories 59 (25% from fat) • carb. 9g • pro. 2g • fat 2g • sat. fat 0g
• chol. 0mg • sod. 516mg • calc. 12mg • fiber 3g*

Tomato Soup

This recipe is so easy – just throw the ingredients together in the blender jar and turn it on. It gives you plenty of time to prepare the grilled cheese to accompany your soup.

Makes about 5 cups

- 1¼ cups vegetable stock**
- ½ small onion, cut into ½-inch pieces**
- 1 small carrot, cut into ½-inch pieces**
- 1 small celery stalk, cut into ½-inch pieces**
- 1 teaspoon dried basil**
- ½ teaspoon dried marjoram**
- 1 tablespoon unbleached, all-purpose flour**
- 1 can (28-ounce) whole plum tomatoes in purée**
- 2 whole sun-dried tomatoes**
- ⅛ teaspoon baking soda**
- ½ teaspoon kosher salt**
- ½ teaspoon freshly ground black pepper**

1. Put all of the ingredients into the blender jar. Cover and stir to mix.
2. Set timer for 9 minutes and temperature on High. Once the mixture comes to a boil, set timer for 30 minutes and temperature on Medium.
3. When time expires, blend on speed 1, gradually raising to speed 3, for 2 minutes, or until completely smooth.
4. Taste and adjust seasoning as desired.

Nutritional information per serving (1 cup):

*Calories 57 (1% from fat) • carb. 12g • pro. 2g • fat 0g • sat. fat 0g
• chol. 0mg • sod. 762mg • calc. 46mg • fiber 2g*

Corn and Clam Chowder

Make this chowder in the summertime, when corn is abundant.

Makes about 7 cups

- 1 tablespoon unsalted butter**
- 1 small onion, cut into ½-inch pieces**
- 1 large bell pepper, seeded and cut into ½-inch pieces**
- 1½ cups whole milk**
- ½ cup heavy cream**
- 2 cans (6.5-ounce) chopped clams, juice and clams divided**
- ½ pound potatoes, peeled and cut into ½-inch dice**
- ½ teaspoon kosher or sea salt**
- ¼ teaspoon freshly ground black pepper**
- 3 to 4 sprigs fresh thyme, leaves removed and stems discarded**
- ⅛ teaspoon cayenne, or to taste**
- 2 to 3 ears fresh corn, kernels cut and cobs discarded (about 2 cups kernels)**
- 1 celery stalk, thinly sliced**
- 2 scallions, white and green parts, thinly sliced**

1. Put the butter in the blender jar. Set timer for 12 minutes and temperature on Medium. Once the butter begins to melt, add the onion and pepper. Cover the blender jar and stir a few times, using quick bursts to mix. Sauté until softened, stirring occasionally.

2. Once softened, add the milk, cream, clam juice, potatoes, salt, pepper, thyme and cayenne. Set timer for 15 minutes and temperature on Medium to heat through, stirring frequently.
3. Once the time expires, add the corn and celery and set timer for 3 minutes and temperature on High to bring soup to a boil. Once the soup is just at a boil, set timer for 20 to 25 minutes and temperature on Medium to simmer. Check after 20 minutes, and once potatoes are tender, add the scallions and clams. Turn unit off and let sit for 1 to 2 minutes to allow clams to warm through.
4. Taste and adjust seasoning as desired.

Note: For a chowder with a richer consistency, increase the amount of heavy cream and decrease the milk proportionately.

Nutritional information per serving (1 cup):

*Calories 186 (46% from fat) • carb. 18g • pro. 7g • fat 9g • sat. fat 6g
• chol. 42mg • sod. 496mg • calc. 72mg • fiber 2g*

Lightened Broccoli and Potato Soup

This soup is a delicious and healthy substitute for other cream soups.

Makes about 4 cups

- 2 cups vegetable broth**
- 1 garlic clove**
- ½ small onion, cut into ½-inch pieces**
- 2 tablespoons sherry**
- 1 teaspoon sea or kosher salt**
- ½ teaspoon freshly ground black pepper**
- 6 ounces red potatoes, peeled and cut into ½-inch pieces**
- ¾ pound broccoli, cut into ½ to 1-inch pieces**
- ½ teaspoon lemon zest**
- 2 ounces Cheddar, shredded**

1. Put the broth, garlic, onion, sherry, salt, pepper, potatoes and broccoli into the blender jar. Cover and set timer for 10 minutes and temperature on High.
2. Once time expires, or once the mixture comes to a boil, stir to mix for about 15 seconds. Set timer for 30 minutes and temperature on Medium, stirring occasionally during the cooking process.
3. Once time expires, add zest and Cheddar and blend on speed 1, gradually raising to speed 3 for 3 minutes, or until completely smooth.
4. Taste and adjust seasoning as desired.

Nutritional information per serving (1 cup):

*Calories 145 (30% from fat) • carb. 17g • pro. 7g • fat 7g • sat. fat 3g
• chol. 15mg • sod. 943mg • calc. 161mg • fiber 3g*

Green Pea and Spinach Soup

The bright green color of this soup just screams "springtime"!

Makes about 5 cups

- 1** **tablespoon olive oil**
- 1** **garlic clove**
- 1** **small to medium leek, cut into ½-inch pieces**
- 2½** **cups chicken broth, low sodium**
- ½** **teaspoon kosher salt**
- pinch freshly ground black pepper**
- 1** **pound green peas, fresh or frozen (about 3 cups)**
- 1½** **teaspoons fresh lemon juice**
- 4** **ounces fresh spinach (about 4 packed cups)**
- 8 to 10** **medium fresh mint leaves**

1. Put the oil into the blender jar. Set timer for 6 minutes and temperature on Medium. Once oil is hot, add the garlic and leek. Cover and stir, using about 10 quick bursts to break up. Let sauté for a few minutes, or until softened.
2. Once the time expires, add the broth, salt and pepper. Set timer for 7 to 8 minutes and temperature on High. Once mixture comes to a boil, add the peas, replace cover and set timer for 20 minutes and temperature on Medium.
3. When unit shuts off, add the lemon juice, spinach and mint. Blend on speed 1, gradually raising to speed 3, for 2 minutes or until completely smooth.
4. Taste and adjust seasonings as desired.

Nutritional information per serving (1 cup):

*Calories 118 (24% from fat) • carb. 17g • pro. 7g • fat 3g • sat. fat 0g
• chol. 0mg • sod. 539mg • calc. 56mg • fiber 5g*

Asparagus Leek Soup

This is a perfect soup to celebrate the start of spring, although it is delicious any time of year.

Makes about 4 cups

- 1** **tablespoon unsalted butter**
- 1** **garlic clove**
- 1** **medium to large leek, white and light green parts only, washed well and cut into ½-inch pieces**
- 1** **pound asparagus (about 1 small bunch), rough ends trimmed and cut into ½-inch pieces**
- 2** **tablespoons cognac or dry white wine**
- 1** **small red potato (about 2 ounces), peeled and cut into ½-inch pieces (hold in water to prevent oxidation)**
- ¾** **teaspoon kosher salt**
- ¼** **teaspoon freshly ground black pepper**
- 1-½** **cups vegetable broth**
- ½** **teaspoon fresh lemon juice**

1. Put the butter into the blender jar; set timer for 15 minutes and temperature on Medium. Once butter begins to melt, add the garlic and leek. Cover and stir about 8 times using quick bursts. Continue to sauté, stirring occasionally. Should any leek cling to the sides of the jar after stirring, scrape down with a heatproof spatula.
2. Once there are 5 minutes of time remaining, add the asparagus and toss with a spatula to coat with the leeks and butter. Add the cognac or wine once there are 3 minutes remaining.
3. Once time expires, add the broth, potato, salt and pepper to the blender jar. Cover and set time to 10 minutes on High.
4. Once time expires or when liquid come to a boil, set timer for 20 minutes and temperature on Medium, stirring occasionally during the cooking process.
5. Once time expires, add the lemon juice and blend starting with speed 1 gradually raising to speed 2, until completely smooth and homogenous, about 45 seconds to 1 minute.
6. Taste and adjust seasoning as desired.

Nutritional information per serving (1 cup):

*Calories 97 (26% from fat) • carb. 11g • pro. 4g • fat 3g • sat. fat 2g
• chol. 8mg • sod. 614mg • calc. 51mg • fiber 3g*

Creamy Greens Soup

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

Makes about 3½ cups

- 1** **tablespoon olive oil**
- 2** **garlic cloves**
- 1** **small shallot, cut into ½-inch pieces**
- 1** **small leek, white part only, cut into ½-inch slices**
- 2** **cups vegetable broth**
- ½** **teaspoon kosher salt**
- ¼** **teaspoon freshly ground black pepper**
- 8** **ounces kale (or other leafy greens), hard stems discarded and roughly chopped, divided**
- 2 to 3** **ounces Italian parsley (about ½ large bunch), stems reserved for other use and roughly chopped, divided**
- ⅓** **cup heavy cream**

1. Put the oil into the blender jar. Set timer for 8 minutes and temperature on Medium. Once oil is hot, after about 1 minute, add the garlic and shallot. Cover and stir, using quick bursts to break up the vegetables. Once slightly softened add the leek; stir occasionally, scraping the sides of the blender jar if necessary.
2. Once time expires, add the broth, salt and pepper; stir to mix. Cover and set timer for 8 minutes and temperature on High. Once the broth comes to a boil, turn unit off and add half of the kale and parsley. Cover and set timer for 20 minutes and temperature on Medium, stirring until the greens are incorporated with the liquid. After 10 minutes, carefully

remove the cover and add the remaining greens and parsley. Replace cover and stir until completely incorporated.

- Let cook for remaining time. Once 5 minutes are left on the timer, add the heavy cream.
- Once time expires, blend, starting on speed 1 and gradually raising to speed 3, for 2 minutes or until completely smooth.
- Taste and adjust seasoning as desired.

Nutritional information per serving (1 cup):

Calories 203 (63% from fat) • carb. 15g • pro. 5g • fat 15g • sat. fat 6g
• chol. 21mg • sod. 589mg • calc. 143mg • fiber 2g

Curried Coconut and Butternut Squash Soup

An Indian twist on a classic butternut squash soup.

Makes about 4½ cups

- 1 **tablespoon butter or ghee***
- 1 **small onion, cut into ½-inch pieces**
- ½ **jalapeño, seeded and cut into ½-inch pieces**
- 1 **½-inch piece of ginger, peeled and halved**
- 1 **garlic clove**
- 1 **tablespoon curry powder**
- 1 **can (13.5-ounce) coconut milk**
- ½ **cup chicken broth, low sodium**
- ¼ **teaspoon kosher salt**
- 1 **pound peeled, seeded butternut squash cut into 1½-inch cubes (about 1 small squash)**

- Put the butter or ghee into the blender jar. Set timer for 15 minutes and temperature on Medium. Once the butter begins to melt, add the onion. Cover and stir, using quick bursts and sauté until softened. Add the jalapeño, ginger and garlic; stir to break up and coat with the butter. Add the curry powder and stir to combine. Scrape down the sides of the jar if needed. Let sauté for the remaining time, stirring occasionally.
- Once time expires, add coconut milk, broth and salt. Cover and stir. Set timer for 5 minutes and temperature on High, stirring occasionally, until mixture comes to a boil. Once mixture reaches a boil, add the squash. Cover again and set timer for 30 minutes and temperature on Medium; stirring occasionally during the cooking process.
- When unit shuts off, blend on speed 1, gradually raising to speed 3, for 2 minutes or until completely smooth.
- Taste and adjust seasoning as desired.

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

Nutritional information per serving (1 cup):

Calories 210 (63% from fat) • carb. 17g • pro. 2g • fat 17g • sat. fat 15g • chol. 6mg • sod. 198mg • calc. 59mg • fiber 3g

Pasta e Fagiole

This hearty Italian favorite is a meal in itself.

Makes 4½ cups (depending on amount of pasta used)

- 1 **tablespoon olive oil**
- ½ **small onion, cut into ½-inch pieces**
- 3 **garlic cloves**
- 1 **small carrot, thinly sliced**
- 1 **small celery stalk, thinly sliced**
- 1 **can (15.5-ounce) cannellini beans, drained but not rinsed, divided**
- 1 **can (14-ounce) diced tomatoes, drained**
- 2 **cups vegetable broth**
- ¼ **teaspoon kosher or sea salt**
- ⅛ **teaspoon freshly ground black pepper**
- pinch **red pepper flakes**
- ½ **cup dried pasta (macaroni, or other hollowed pasta)**
- 4 **basil leaves, thinly sliced**
- grated Parmesan, to taste (for serving)**

- Put the oil into the blender jar. Set timer for 10 minutes and temperature on Medium. Once the oil is hot, add the onion and garlic. Cover and stir, using about 8 quick bursts to break up. Allow to soften and then add the carrot and celery, stir again to break up. Continue to sauté, stirring occasionally to soften.
- Once the time expires, Add one half of the cannellini beans and tomatoes. Stir 2 to 3 times to break up. Add remaining beans, broth, salt, pepper and pepper flakes. Set timer for 10 minutes and temperature on High, stirring every few minutes.
- Once the mixture comes to a boil, set timer for 30 minutes and temperature on Medium. Remove the measuring cup as soup is simmering.
- Once time expires, check consistency. Should a thicker soup be desired, set timer for 30 minutes and temperature on Medium. Note: We also feel the flavors fully develop with the extra cooking time.
- Add the pasta before serving. Set timer to 10 minutes and temperature on High. Once the soup comes to a boil, add the pasta. Once it comes back to a boil, switch to Medium for manufacturer's recommended cooking time. Test pasta to determine doneness; add more time if necessary.
- Stir in basil and taste; adjust seasoning as desired. Serve immediately, sprinkled liberally with Parmesan.

Note: As the finished soup sits, the pasta will absorb much of the soup liquid. If not serving immediately, additional hot broth will need to be added before serving.

Nutritional information per serving (1 cup):

Calories 153 (19% from fat) • carb. 24g • pro. 7g • fat 3g • sat. fat 0g
• chol. 0mg • sod. 562mg • calc. 47mg • fiber 7g

Root Vegetable Soup

The perfect soup in winter, utilizing seasonal root vegetables.

Makes about 5 cups

- 1** **tablespoon olive oil**
- 1** **garlic clove**
- 1** **small shallot, cut into ½-inch pieces**
- 3** **cups vegetable broth**
- ½** **teaspoon kosher or sea salt**
- 1 to 2** **pinches freshly ground black pepper**
- 1** **small rutabaga (about 6 ounces),
cut into 1-inch pieces**
- 1** **small turnip (about 6 to 8 ounces),
cut into 1-inch pieces**
- 1** **small sweet potato or yam
(about 7 to 8 ounces), cut into 1-inch pieces**
- 2** **medium carrots, cut into 1-inch pieces**
- 1** **medium parsnip, cut into 1-inch pieces**
- ½** **teaspoon ground cinnamon**
- 3 to 4** **sprigs fresh thyme, leaves removed
and stems discarded**
- 2 to 3** **pinches cayenne, or to taste**

1. Put the oil into the blender jar. Set timer for 8 minutes and temperature on Medium. Once the oil is hot, add the garlic and shallot. Cover and stir, using quick bursts to break up. Continue to sauté, stirring occasionally.
2. Once time expires, add the broth, salt and pepper. Set on High for 8 minutes. Once broth comes to a boil, add the remaining ingredients. Set timer for 30 minutes and temperature on Medium.
3. Once time expires, blend on speed 1 and gradually raising to speed 3 for 2 minutes or until completely smooth.
4. Taste and adjust seasoning as desired.

Nutritional information per serving (1 cup):

*Calories 118 (23% from fat) • carb. 20g • pro. 3g • fat 3g • sat. fat 0g
• chol. 0mg • sod. 605mg • calc. 68mg • fiber 4g*

Spinach Dal

*A traditional Indian spiced dish based on lentils.
Each version is different depending on ingredients
and spices used. This one adds spinach at the end
for some color and extra nutrients.*

Makes about 5 cups

- 1** **tablespoon ghee* or butter**
- 1** **½-inch piece fresh ginger, peeled and halved**
- 1** **small onion, cut into ½-inch pieces**
- ½** **jalapeño, seeded and cut into ½-inch pieces**
- 2** **garlic cloves**
- ½** **teaspoon ground cumin**
- 1** **teaspoon garam masala****
- pinch turmeric**
- ¾** **teaspoon kosher or sea salt**
- 3** **cups water**
- 1½** **cups dried red lentils**
- 1** **small dried chile, left whole**
- 4** **ounces fresh spinach**

1. Put the ghee or butter into the blender jar. Set timer for 30 minutes and temperature on Medium. Once the ghee or butter begins to melt, add the ginger, onion, jalapeño and garlic. Cover and stir using about 10 quick bursts to break up. Once vegetables have softened, add the cumin, garam masala, turmeric and salt; stir a few times to combine and to coat the sautéed vegetables. Scrape down the sides of the jar if needed. Once 15 minutes remain, switch to Low, allowing flavors to develop. Stir every few minutes.
2. Once time expires, add the water and stir once to combine. Add the lentils and chile. Set timer for 8 to 10 minutes and temperature on High. Once mixture comes to a boil, Set timer for 20 minutes and temperature on Medium.
3. Once time expires, remove the chile with a wooden spoon and stir in the spinach in two batches.
4. Taste and adjust seasoning as desired.

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

**Garam masala is a blend of Indian spices. It can be purchased in Indian markets and most grocery stores.

Nutritional information per serving (1 cup):

*Calories 250 (13% from fat) • carb. 38g • pro. 17g • fat 4g • sat. fat 1g
• chol. 6mg • sod. 382mg • calc. 60mg • fiber 10g*

Dressings and Sauces

Basic Vinaigrette

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

Makes about 1 cup

- ¼ cup red wine vinegar**
- 1 teaspoon Dijon-style mustard**
- ¼ cup fresh parsley**
- ½ teaspoon dried basil**
- ½ teaspoon dried thyme**
- ¼ teaspoon dried tarragon**
- ¼ teaspoon ground white pepper**
- ½ teaspoon kosher salt**
- ¾ cup extra virgin olive oil**

1. Put the vinegar, mustard, parsley, spices and salt into blender jar. Blend on speed 1 until combined, and parsley is finely chopped, about 10 seconds (stopping to scrape down the sides of the jar as necessary).
2. Once the mixture is combined, carefully remove the measuring cup from the cover of the blender. Blend on speed 1 and slowly add the oil through the lid opening. The process should take about 2½ minutes.
3. Taste and adjust seasoning as desired.

Nutritional information per serving (1 tablespoon):

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

Warm Vinaigrette

This delicious vinaigrette will become a favorite after the first bite.

Makes about 1 cup

- ¾ cup extra virgin olive oil, divided**
- 1 garlic clove**
- 1 small shallot, cut into ½-inch pieces**
- 2 tablespoons Dijon-style mustard**
- ¼ teaspoon kosher or sea salt**
- pinch freshly ground black pepper**
- 3 tablespoons champagne vinegar**

1. Put one teaspoon of olive oil into the blender jar and set on Medium for 3 minutes. Once the oil is hot, add the garlic and shallot. Cover and stir to break, up using quick bursts.

2. Once vegetables have softened, turn unit off and add all remaining ingredients through the lid opening, except for the reserved olive oil. Stir to combine.
3. While blending on speed 1, gradually add remaining oil in a slow but steady stream through the lid opening. Let mixture blend an additional 30 seconds after all has been added.
4. Set timer for 2 minutes and temperature on Medium, stirring constantly until dressing is heated through.

Nutritional information per serving (1 tablespoon):

Calories 94 (96% from fat) • carb. 1g • pro. 0g • fat 11g • sat. fat 2g • chol. 0mg • sod. 79mg • calc. 1mg • fiber 0g

Walnut-Parsley Pesto

This recipe is a fresh alternative to traditional pesto, especially in the cooler months, when basil is not as plentiful.

Makes about ¼ cups

- ½ cup walnuts, lightly toasted**
- 1 garlic clove**
- 2 cups loosely packed fresh parsley (about 1 small bunch)**
- ¼ cup grated Parmesan**
- ¼ teaspoon kosher or sea salt**
- pinch freshly ground black pepper**
- ½ teaspoon lemon zest**
- 1½ teaspoons fresh lemon juice**
- ½ to ¾ cup extra virgin olive oil, divided**

1. Put the walnuts in the blender jar. Run on speeds 1 to 3 for about 10 to 15 seconds, or until finely chopped.
2. With the unit running on speed 1. Carefully remove the measuring cup from the cover of the blender. Gradually add the garlic and parsley through the lid opening. Let run until roughly chopped, stopping to scrape down the sides of the jar as necessary.
3. Add the Parmesan, salt, pepper and zest. Pulse 3 to 4 times to mix. Add the lemon juice and blend on speed 1. Remove the measuring cup and slowly pour ½ cup of the olive oil, using a liquid measuring cup, through the lid opening while the mixer is running. Scrape down as necessary and let run until desired consistency. Add remaining oil for thinner consistency.
4. To store, transfer to a glass jar or bowl, tap to remove all air bubbles, and even out the surface. Float a layer of olive oil on top; cover with plastic wrap and refrigerate. The pesto will keep for 5 days in the refrigerator, or it may be frozen.

Nutritional information per serving (1 tablespoon):

Calories 78 (82% from fat) • carb. 2g • pro. 1g • fat 8g • sat. fat 1g • chol. 1mg • sod. 46mg • Calc. 23mg • fiber 0g

Green Goddess Dressing

A delicious veggie dressing that even your kids will love!

Makes about 1 cup

- 1 garlic clove**
- 1 green onion/scallion, cut into 1-inch pieces**
- 2 anchovy fillets**
- 2 tablespoons fresh tarragon (leaves from about 4 sprigs)**
- 10 medium to large fresh basil leaves**
- ¼ cup fresh parsley**
- 1 tablespoon fresh lemon juice**
- 1 avocado, each half cut into 4 pieces**
- ¼ cup plain yogurt or sour cream**
- 1 tablespoon extra virgin olive oil**
- pinch kosher or sea salt**
- pinch freshly ground black pepper**
- 4 to 6 tablespoons water, divided**

1. Put all of the ingredients, reserving 2 tablespoons of the water, into the blender jar. Blend on speeds 1 to 2 for about 1 minute or until fully blended, stopping to scrape down sides of the jar as necessary.
2. Add additional water as needed to reach the desired consistency. Taste and adjust seasoning as desired.

Nutritional information per serving (2 tablespoons):

Calories 35 (68% from fat) • carb. 2g • pro. 1g • fat 3g • sat. fat 1g • chol. 1g • sod. 28g • calc. 13 mg. • fiber 1g

Red Chile Sauce

A traditional smoky-spicy sauce, this is delicious over most Mexican dishes, especially enchiladas.

Makes about 3 cups

- 9 dried chiles (any mix of Anaheim, New Mexico and/or Ancho)**
 - 1 tablespoon olive oil**
 - 2 small shallots, cut into ½-inch pieces**
 - 2 garlic cloves**
 - ½ teaspoon kosher salt, divided**
 - 2 tablespoons dark brown sugar**
 - 2 cups chicken broth, low sodium**
1. Reconstitute chiles: place them in a bowl and pour boiling water over them so they are completely submerged. Cover bowl with foil or an inverted plate. Allow the chiles to sit until they soften, about 30 to 45 minutes. Once soft, carefully remove all seeds and stems and cut into 2-inch pieces; reserve.

2. Put the olive oil into the blender jar and set timer for 3 minutes and temperature on Medium. Cover, with measuring cup removed. Once the oil is hot, up add the shallots, garlic and a pinch of salt, stirring frequently until vegetables are soft.
4. Add the remaining salt, sugar, broth and reserved chiles. Set timer for 20 minutes and temperature on Medium, stirring occasionally.
5. Once unit turns off, return measuring cap to lid and blend on speeds 1 to 2 for about 2 minutes, or until completely smooth.
6. Taste and adjust seasoning as desired.

Nutritional information per serving (2 tablespoons):

Calories 44 (12% from fat) • carb. 8g • pro. 2g • fat 1g • sat. fat 0g • chol. 0mg • sod. 99mg • calc. 16mg • fiber 2g

Light Marinara Sauce

This versatile sauce is so easy to make, and it freezes well too!

Makes about 4 cups

- 1 tablespoon extra virgin olive oil**
- 5 garlic cloves**
- ½ small onion, cut into ½-inch pieces**
- ¼ teaspoon kosher salt, divided**
- 1 can (28-ounce) whole plum tomatoes in purée**
- ½ teaspoon freshly ground black pepper**
- ½ teaspoon dried oregano**
- 1 to 2 tablespoons granulated sugar**
- 6 large leaves fresh basil, torn into small pieces**

1. Put the oil into the blender jar. Cover and set timer for 10 minutes and temperature on Medium. Once oil is hot, add the garlic and onion. Stir a few times to coat with the oil and to break up. Leave to sauté stirring occasionally.
2. Once time expires, add the remaining ingredients and set timer for 10 minutes and temperature on High. Once the mixture comes to a boil, Set timer for 30 minutes and temperature on Medium. Remove the measuring cup from the lid while cooking. Be sure to replace to stir occasionally while cooking.
3. Once the time has expired, blend on speed 1 for 30 seconds, or until desired consistency. If a chunkier-style sauce is desired, pulse to blend.
4. Taste and adjust seasoning as desired.

Note: If a thicker sauce is desired once blended, simmer for additional time with measuring cup removed, until desired consistency is achieved.

Nutritional information per serving (¼ cup):

Calories 26 (30% from fat) • carb. 4g • pro. 1g • fat 1g • sat. fat 0g • chol. 0mg • sod. 141mg • calc. 11mg • fiber 1g

Romesco Sauce

This sauce of Spanish origin is delicious served with grilled chicken, vegetables, or even grilled seafood.

Makes about 3½ cups

- 1** **tablespoon extra virgin olive oil**
- 2** **shallots, cut into ½-inch pieces**
- 6** **garlic cloves**
- 2/3** **cup almonds, toasted**
- 2** **cups white bread, crust removed
and cut into ½-inch pieces (about 2 standard slices)**
- 1** **can (28-ounce) whole plum tomatoes, drained**
- 2** **roasted red peppers**
- ¼** **cup sherry vinegar**
- ¼** **cup sherry**
- ½** **cup chicken or vegetable broth**
- 1** **teaspoon smoked paprika**
- 1** **teaspoon kosher salt**
- ¼** **teaspoon freshly ground black pepper**

1. Put the oil into the blender jar. Cover and set timer for 5 minutes and temperature on Medium. Once hot, add the shallots and garlic, stirring frequently until softened.
2. Once time expires and the vegetables are soft, add the almonds. Blend on speeds 1 to 2 for about 10 to 15 seconds, or until chopped. Add the remaining ingredients in the order listed. Set timer for 15 minutes and temperature on Medium.
3. Once unit shuts off, blend starting on speed 1 and gradually raising to speed 4 until fully puréed, about 1 minute.
4. Taste and adjust seasoning as desired.

Nutritional information per serving (¼ cup):

*Calories 90 (45% from fat) • carb. 8g • pro. 3g • fat 5g • sat. fat 0g
• chol. 0mg • sod. 352mg • calc. 38mg • fiber 1g*

Salsa Verde

A tangy sauce for your favorite Mexican dish – try it with tacos, enchiladas or even fajitas.

Makes about 2 cups

- 1** **tablespoon extra virgin olive oil**
- 1** **medium onion, cut into ½-inch pieces**
- 1** **pound tomatillos, cut into ½-inch pieces**
- 3** **garlic cloves**
- 2 to 3** **jalapeño or serrano peppers, seeded
and cut into ½-inch pieces**
- ½** **cup lightly packed fresh cilantro
juice from ½ lime**
- ¼** **teaspoon sea or kosher salt**
- 2** **teaspoons honey**

1. Put the olive oil into the blender jar. Set timer for 20 minutes and temperature on Medium. Once hot, add the onion, stirring frequently to sauté. Once the onion has softened, add about ⅓ of the tomatillos and the garlic and stir frequently. Once they are softened, repeat with the remaining thirds.
2. Once the time expires and the vegetables are soft, add the remaining ingredients and blend on speeds 2 to 4 for about 1 minute, or until puréed.
3. Taste and adjust seasoning as desired.

Nutritional information per serving (2 tablespoons):

*Calories 24 (41% from fat) • carb. 3g • pro. 0g • fat 0g • sat. fat 0g
• chol. 0mg • sod. 34mg • calc. 5mg • fiber 1g*

Desserts

Chocolate Banana Crème Brûlée

Cuisinart® makes this impressive dessert quick and easy. Both kids and adults will love it.

Makes six servings

- 2 cups heavy cream**
- 1 cup whole milk**
- 1 teaspoon pure vanilla extract**
- 4 ounces milk chocolate, roughly chopped**
- 6 large egg yolks**
- 8 tablespoons granulated sugar, divided**
- 1 banana, cut into ½-inch slices**

1. Preheat oven to 325°F with the rack in the middle position.
2. Put the cream, milk and vanilla into the blender jar. Cover and set timer for 15 minutes and temperature on Medium, stirring every few minutes.
3. Once the cream/milk mixture is hot and foamy, (turn heat off if time has not expired) add the chocolate, yolks and 3 tablespoons of the sugar, stirring continuously until fully blended and homogenous, about 45 seconds.
4. Evenly divide the mixture among 6 shallow ramekins. Skim the foam off of the top with a spoon or by blotting with a paper towel. Place the ramekins in a rimmed baking pan and then add water until it goes up the sides of the ramekins by ¼ inch.
6. Bake for 40 minutes, or until just set. Cool to room temperature and then chill overnight.
7. Before serving, evenly top with the banana slices and liberally sprinkle the reserved sugar over each. Using a kitchen torch, caramelize the sugar by quickly moving the flame back and forth about 1 inch above the ramekin.

Nutritional information per serving:

*Calories 539 (67% from fat) • carb. 37g • pro. 7g • fat 41g • sat. fat 23g
• chol. 329mg • sod. 75mg • calc. 160mg • fiber 1g*

Cinnamon-Maple Applesauce

A healthy afternoon treat for you and your family.

Makes about 2½ cups

- ½ cup water**
- 4 medium to large apples (about 1½ pounds), peeled, cored and cut into 1-inch pieces**
- 1 teaspoon ground cinnamon**
- 1 to 2 pinches ground nutmeg**
- 1 to 2 pinches ground cloves**
- 1 to 2 pinches kosher or sea salt (optional)**
- 1 to 2 teaspoons fresh lemon juice**
- 1 to 2 tablespoons pure maple syrup (optional)**

1. Put the water into the blender jar. Set timer for 12 minutes and temperature on High. Once water comes to a boil (about 2 minutes) add apples, spices and salt (if using) and switch to Medium. Stir occasionally to incorporate the cooked apples from the bottom, cooking all apples until soft and homogenous.
2. Add lemon juice and maple syrup (if using). If necessary blend on speed 1 until desired consistency is reached.

Nutritional information per serving (½ cup):

*Calories 78 (2% from fat) • carb. 21g • pro. 0g • fat 0g • sat. fat 0g
• chol. 0mg • sod. 28mg • calc. 16mg • fiber 1g*

Coconut Custards

The coconut gives these custards a delicious rich texture.

Makes four servings

- 1 can (13.5-ounce) unsweetened coconut milk**
- ⅔ cup heavy cream**
- ½ teaspoon pure vanilla extract**
- ¼ teaspoon coconut extract**
- ½ cup unsweetened shredded coconut**
- 2 large eggs**
- 4 large egg yolks**
- ½ cup granulated sugar**
- ¼ teaspoon table salt**

1. Preheat oven to 300°F. Pour 1 inch of warm water into a 9-inch square pan.
2. Put the coconut milk, cream and extracts into the blender jar; cover and stir to mix. Set timer for 8 minutes and temperature on High.
3. When time expires, add the shredded coconut and set timer for 5 minutes and temperature on Medium, stirring occasionally. Mixture should be foamy and hot but not boiling.
4. Once time expires, let mixture steep in blender jar for 10 minutes.
5. While mixture is steeping, whisk the eggs, yolks, sugar and salt together in a mixing bowl and then transfer to a liquid measuring cup for easy pouring. Once the mixture has finished steeping, blend on speed 1. With the unit running, gradually add the egg mixture through lid opening. Continue on speed 1 for an additional 20 to 30 seconds, or until homogenous.
6. Pour the mixture through a fine strainer set over a mixing bowl, squeezing out any excess liquid from the shredded coconut (discard coconut). Let sit for about 15 minutes, and then spoon off the top layer of foam from the mixture.
7. Divide mixture evenly among four individual custard cups (5 ounces each). Place individual custards into the prepared pan with water, wrap tightly with aluminum foil and place in oven. Bake for about 35 to 40 minutes until just set (the centers will still move slightly when shaken).

8. Once cool to the touch, wrap each custard individually with plastic and refrigerate at least 2 hours before serving.

Nutritional information per serving:

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

Lemon-Lavender Sorbet

The subtle floral notes of the lavender work nicely with the lemon in this refreshing sorbet.

Makes about 5 cups (ten ½-cup servings)

- 2½ cups Lavender Simple Syrup (page 6)**
3¾ cups fresh lemon juice (from about 10 to 12 lemons)

1. Combine all ingredients and mix well.
2. Turn on a Cuisinart® Ice Cream Maker; pour the mixture into the frozen freezer bowl and let mix until thickened, about 20 to 30 minutes (depending on which model you are using).
3. The sorbet will have a soft, creamy texture. If a firmer consistency is desired, transfer the sorbet to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

Nutritional information per serving (based on ½ cup):

Calories 216 (0% from fat) • carb. 58g • pro. 0g • fat 0g • sat. fat 0g • chol. 0mg • sod. 2mg • calc. 8mg • fiber 0g

Mascarpone-Honey Panna Cotta

Toasted chopped pistachios are a wonderful topping for this rich and creamy panna cotta.

Makes six servings

- 2 tablespoons water**
1¼ teaspoons unflavored powdered gelatin
2 cups heavy cream, divided
½ cup granulated sugar
⅓ cup nonfat plain yogurt
¾ cup mascarpone
1 teaspoon pure vanilla extract
3 tablespoons honey

1. Pour water into a small mixing bowl or liquid measuring cup. Sprinkle gelatin over the water; stir to mix. Let stand until set, about 15 minutes.
2. Put 1 cup of the cream and all of the sugar into the blender jar. Set timer for 2 minutes and temperature on High to dissolve the sugar. Once the mixture starts to simmer, turn the unit off and add the gelatin mixture. Stir to combine.
3. Add the remaining cream and all of the other ingredients to the unit. Blend on speeds 1 to 2 for about 30 seconds, or until well combined.

4. Divide the blended mixture among six 5-ounce ramekins. Chill overnight.

Nutritional information per serving:

Calories 450 (71% from fat) • carb. 29g • pro. 5g • fat 36g • sat. fat 23g • chol. 131mg • sod. 101mg • calc. 85mg • fiber 0g

Crème Anglaise

You can use as is for a sauce, or freeze it into ice cream.

Makes about 4 cups sauce (5 cups ice cream)

- 2 cups whole milk**
2 cups heavy cream
1 cup granulated sugar, divided
pinch table salt
1 whole vanilla bean, halved and seeds scraped (pod saved for another use or discarded)
5 large egg yolks
1½ teaspoons pure vanilla extract

1. Put the milk, cream, half of the sugar, salt and scraped vanilla seeds into the blender jar. Cover and blend on speed 1 for about 30 seconds. Set timer for 8 minutes and temperature on High, stirring every few minutes.
2. While mixture is heating, put the yolks, remaining sugar and extract into a bowl and whisk until light and thickened. Reserve.
3. Once time expires the mixture should be hot and foamy but not boiling; if not add some more time, turn to blend on speed 1. With the unit on, gradually add yolk mixture through the lid opening in the cover.
4. Once all the yolk mixture has been added and thoroughly blended, set timer for 20 minutes and temperature on Medium. While mixture is heating, it is necessary to stir every few minutes.
5. Sauce is done when it can coat the back of the spoon – the mixture must NOT boil or the yolks will over cook. You will be able to tell when it's done – the mixture leaves a thickened coating on the inside of the jar. Also, the mixture should not go beyond 185°F.
6. Pour the mixture through a fine mesh strainer. Bring to room temperature. Cover and chill for at least 2 hours or overnight. Use as is for a crème anglaise or freeze into ice cream by following the instructions for your ice cream maker.

Nutritional information per serving (based on ½ cup ice cream):

Calories 260 (62% from fat) • carb. 21g • pro. 3g • fat 18g • sat. fat 11g • chol. 165mg • sod. 50mg • calc. 87mg • fiber 0g

Nutritional information per serving (based on 2 tablespoons sauce):

Calories 38 (62% from fat) • carb. 3g • pro. 0g • fat 3g • sat. fat 2g • chol. 22mg • sod. 8mg • calc. 13mg • fiber 0g

Pumpkin Bread Pudding

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

Makes about ten to twelve servings

- 1** **tablespoon unsalted butter**
- 1** **pound challah loaf, cut into 2-inch cubes**
- 1** **can (12-ounce) evaporated lowfat milk**
- 1¼** **cups heavy cream**
- 6** **large eggs**
- ½** **tablespoon pure vanilla extract**
- 1** **can (15 ounce) pumpkin purée (about 1½ to 1¾ cups)**
- ½** **cup plus 2 tablespoons granulated sugar**
- 1½** **teaspoons ground cinnamon**
- ⅛** **teaspoon ground allspice**
- ⅛** **teaspoon ground ginger**
- pinch freshly ground nutmeg**

1. Butter a 2-quart soufflé dish or another baking dish equivalent to 2 quarts. Put bread cubes into a large mixing bowl.
2. Put the remaining ingredients into the blender jar in the order listed and cover. Starting on speed 1 and gradually raising to speed 4, let mixture blend until homogenous, about 45 to 60 seconds.
3. Pour egg mixture over the bread cubes and toss together so that all of the bread cubes are coated with egg mixture transfer to prepared dish and let stand for 45 minutes, or cover and refrigerate up to 12 hours (if refrigerated, let come to room temperature for 30 minutes before proceeding).
4. Ten minutes before baking, preheat oven to 325°F. Place the soufflé dish with the bread pudding into a larger baking pan with a rim that is at least 2 inches. Place in the oven and carefully pour warm water into the larger outer pan until the water comes up the sides of the soufflé dish by 1 inch. Cover and bake for about 90 minutes, uncovering for the last 15 minutes. Bread pudding is done when internal temperature reaches 140°F. Remove from oven and allow the bread pudding to rest for about 20 minutes on a rack before serving. Serve with sweetened whipped cream.

Nutritional information per serving (based on 12 servings):

*Calories 315 (44% from fat) • carb. 35g • pro. 10g • fat 15g • sat. fat 8g
• chol. 166mg • sod. 265mg • calc. 149mg • fiber 2g*

Dairy-Free Chocolate Mousse

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

Makes ten ½-cup servings

- 1** **cup soy milk**
- 12** **ounces semi-sweet chocolate (roughly chopped) or chocolate chips**
- ⅓** **cup granulated sugar**
- ½** **tablespoon pure vanilla extract**
- 1** **package silken tofu (14 to 16 ounces), drained and cut into 1-inch cubes**

1. Put the soy milk into the blender jar. Cover and Set timer for 12 minutes and temperature on Medium, stirring occasionally.
2. Once milk comes just to a boil, turn unit off and add the chocolate, sugar and vanilla. Blend on speed 1 until homogenous.
3. With unit still running, remove the measuring cup from the blender lid and add the tofu cubes through the lid opening with the unit on speed 1.
4. Blend until smooth, scraping down sides if necessary, about 1 minute.
5. Pour mousse into individual custard cups. Tap custard cups on the counter to remove any air bubbles. Wrap with plastic and refrigerate for at least 2 hours before serving.

Nutritional information per serving:

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