

Cuisinart®

Recipe Booklet

Instruction Booklet on reverse side



SmartPower Duet® Deluxe 600-Watt Blender/Food Processor

QUICK REFERENCE GUIDES

You'll find many easy ways to prepare savory, healthful meals with your Cuisinart® SmartPower Duet® Deluxe 600-Watt Blender/Food Processor. 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.

QUICK REFERENCE GUIDE – BLENDER

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

SPEED SELECTION GUIDE

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

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

QUICK REFERENCE GUIDE – FOOD PROCESSOR ATTACHMENT PROCESSING WITH CHOPPING BLADE

The Food

How to Prepare It

Fruit and vegetables	Peel and core if necessary. Remove large hard pits and seeds. Cut into ¾-inch pieces and process up to 1 cup at a time.
Meat, poultry and fish	These should be very cold but not frozen. First, cut into ¾-inch pieces. Put up to ½ pound in work bowl. Pulse or run continuously until desired consistency is reached. Check texture every 2 or 3 seconds to avoid overprocessing.
Bread, crackers or cookies	Break into 1-inch pieces and process continuously until texture for crumbs is fine. For seasoned crumbs, chop with herbs. For buttered crumbs, dribble melted butter through feed tube while processing.
Crumb crusts	Chop crackers or cookies as described in preceding paragraph. Add other recipes as specified by recipe. Pulse until combined.
Hard cheese – grated	If it is too hard to cut with a knife, don't try to chop it – it may damage blade. First cut into ½-inch pieces. Pulse until pea-sized, then process continuously. You can chop it as coarse or as fine as you want. Simply run machine longer for finer chop. Process up to 3 ounces at one time.
Whipping cream	Process refrigerated cream one cup at a time. It is excellent as a topping for desserts or hot drinks.
Fresh herbs	Work bowl and metal blade must be clean and dry. Remove stems; use leaves only. Dry herbs completely. The more herbs you chop at once, the finer chop you can get. Chopped herbs keep for several days in the refrigerator in airtight bags, or can be frozen for months. Chop up to ½ cup at one time.

QUICK REFERENCE GUIDE – PROCESSING WITH THE SLICING/SHREDDING DISK

Food	To Prepare for Slicing	To Prepare for Shredding
Long narrow foods like carrots, celery, cucumbers, and zucchini	Cut into even lengths about 1 inch shorter than height of feed tube. Stand pieces upright in feed tube, flat side down, adding enough pieces so they cannot tilt.	For long shreds, cut into largest size that will fit sideways in feed tube. Stack in feed tube to about 1 inch from top. For shorter shreds, stand pieces upright in feed tube, flat side down (as described in slicing column). Cut into even lengths, about 1 inch shorter than height of tube.
Apples, onions, potatoes, peppers, tomatoes and other large round fruits and vegetables	Cut, coring and seeding if necessary, into even pieces to fit into the feed tube. Pack solidly to prevent tilting. Fill feed tube to about 1 inch from top. Use light to moderate pressure.	Prepare same as for slicing. Place in feed tube sideways for longer shreds, or upright for shorter shreds.
Strawberries, mushrooms, radishes and other small, round fruits and vegetables	Prepare foods as required. Place in feed tube. Use light to moderate pressure.	Radishes shred well. Prepare same as for slicing.
Cabbage, iceberg lettuce	Cut off top and bottom, leaving center section. Cut into wedges to fit feed tube upright. Remove core. Cut top and bottom pieces in similar wedges.	Prepare same as for slicing.
Soft cheeses like mozzarella	Do not slice.	Cut into pieces to fit feed tube. Chill in freezer for 5 minutes before processing. Stand pieces in feed tube and use light pressure on pusher.
Medium-hard cheeses like Cheddar and Swiss	Cut into pieces to fit feed tube. Stand pieces in feed tube and use light pressure on pusher.	Prepare same as for slicing.
Hard cheeses like Parmesan	Do not slice.	Do not shred.

Fresh Fruit Smoothie

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

Makes about 5 cups

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

1. Put ingredients into the blender jar in the order listed.
2. Run on High until smooth, about 45 seconds.
3. Serve immediately.

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

Nutritional information per serving (1 cup):

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

Immune Support Smoothie

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

Makes about 4 cups

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

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

*If persimmon is not available, any other ripe fruit can be substituted (mango, papaya, pineapple, etc).

Nutritional information per serving (1 cup):

*Calories 163 (20% from fat) • carb. 33g • pro. 2g • fat 4g • sat. fat 0g
• chol. 0mg • sod. 7mg • calc. 32mg • fiber 5g*

Vitamin C Smoothie

This delicious smoothie is packed with vitamin C.

Makes about 5 cups

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

1. Put ingredients into the blender jar in the order listed.
2. Run on High until smooth, about 30 seconds.
3. Serve immediately.

Nutritional information per serving (1 cup):

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

Berry Cherry Smoothie

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

Makes about 4 cups

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

1. Put ingredients into the blender jar in the order listed.
2. Run on High until smooth, about 45 seconds.
3. Serve immediately.

Nutritional information per serving (1 cup):

Calories 160 (9% from fat) • carb. 37g • pro. 3g • fat 2g • sat. fat 1g
• chol. 4mg • sod. 20mg • calc. 70mg • fiber 4g

Super Protein Smoothie

Refresh with this smoothie after your workout.

Makes about 4½ cups

- 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 the order listed.
2. Run on High until smooth, about 40 seconds.
3. Serve immediately.

Nutritional information per serving (1 cup):

Calories 72 (14% from fat) • carb. 13g • pro. 4g • fat 1g • sat. fat 0g
• chol. 2mg • sod. 46mg • calc. 37mg • fiber 1g

Green Smoothie

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

Makes about 5 cups

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

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

3. Serve immediately.

Nutritional information per serving (1 cup):

Calories 95 (27% from fat) • carb. 17g • pro. 2g • fat 3g • sat. fat 0g
• chol. 0mg • sod. 56mg • calc. 58mg • fiber 3g

Café au Lait “Shake”

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

Makes about 4 cups

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

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

Nutritional information per serving (½ cup):

Calories 40 (54% from fat) • carb. 4g • pro. 1g • fat 2g • sat. fat 2g
• chol. 8mg • sod. 10mg • calc. 24mg • fiber 0g

Banana “Shake”

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

Makes about 4½ cups

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

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

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

Nutritional information per serving (½ cup):

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

Piña Colada

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

Makes about 5 cups

- 1 cup good quality rum**
- ½ cup unsweetened coconut milk**
- 3 cups RIPE, fresh pineapple, cut into 2-inch pieces**
- 1 cup coconut sorbet**
- 1 cup frozen pineapple, cut into ½-inch pieces**
- 6 ice cubes**

1. Put rum, coconut milk, pineapple, sorbet and frozen pineapple into the blender jar.
2. Run on High until well blended, about 45 seconds. With blender running, remove the pour lid from the blender cover and add ice cubes 1 at a time.
3. Drink may be slightly thin, so it is also great over ice.

Nutritional information per serving (½ cup):

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

Frozen Rum Punch

A sweet and fruity summer party favorite.

Makes about 6 cups

- ½ cup orange juice**
- 1½ ounces fresh lime juice (the juice of approximately 2 limes)**
- ¾ cup rum**
- 1 tablespoon grenadine**
- 3 cups fresh pineapple, cut into 2-inch pieces**
- 1 pint mango sorbet**
- 6 ice cubes**

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

2. Run on High until smooth, about 45 seconds.
3. Serve immediately.

Nutritional information per serving (½ cup):

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

Frozen Mudslide

Makes about 6 cups

- 1 cup milk**
- ¼ cup Kahlúa**
- ¼ cup vodka**
- 2 tablespoons Irish cream liqueur**
- 3 cups vanilla ice cream**

1. Put ingredients into the blender jar in the order listed.
2. Run on High until smooth, about 40 to 45 seconds.

Nutritional information per serving (½ cup):

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

Ricotta Pancakes

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

Makes about 18 pancakes

- 1 cup milk**
- 1 cup reduced-fat ricotta**
- 2 large eggs, beaten**
- ¼ cup unsalted butter, melted and cooled to room temperature**
- ½ teaspoon pure vanilla extract**
- ½ teaspoon orange zest**
- ⅓ cup granulated sugar**
- 1 cup unbleached, all-purpose flour**
- ½ teaspoon ground cinnamon**
- ½ teaspoon table salt**
- 1½ teaspoons baking powder**

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

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

Nutritional information per serving (2 pancakes):

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

Apple Walnut Waffles

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

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

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

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

waffle maker. Quickly and carefully spread the batter evenly with a heatproof spatula. Close the cover and cook until done. Serve immediately.

Nutritional information per waffle:

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

Crêpe Batter

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

Makes about 20 eight-inch crêpes

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

- Put the eggs, melted butter, flour, salt and sugar into the blender jar. With the unit running on Low, carefully remove the pour lid from the cover of the blender. Add the milk and vanilla through the opening. Mix about 15 to 20 seconds, or until smooth. If time allows, let the batter rest in the refrigerator for at least ½ hour. Before using batter, whisk to re-blend, straining if necessary to remove any lumps.
- 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.
- Serve with yogurt and nut filling (recipe follows).

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*

Crêpes with Yogurt and Walnuts

Tangy and sweet blend well together in this delicious breakfast treat.

Makes about 1 cup (enough to fill 20 eight-inch crêpes)

- 16 ounces Greek yogurt (reduced-fat works fine)**
- pinch kosher salt**
- ½ teaspoon pure vanilla extract**
- 3 tablespoons honey**
- 1¼ cups toasted walnuts, finely chopped**
- 2 tablespoons packed light brown sugar**
- 2 tablespoons unsalted butter, softened**
- 1 recipe prepared crêpes (see previous recipe)**

1. In a small mixing bowl, whisk the first four ingredients together until fully combined. Reserve.
2. Insert the chopping blade into the food processor; fit onto motor base.
3. Put the walnuts into the work bowl. Pulse 4 to 5 times on High until finely chopped. Add the brown sugar, butter and salt. Pulse until well combined.
4. To assemble, spread about 2 tablespoons of the yogurt mixture on each crêpe. Top with about 1 tablespoon of the nut mixture. Fold in half, and then half again. Serve with fresh berries and a drizzle of honey on top.

Nutritional information per filled crêpe:

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

Frittata Primavera

Frittatas are a great alternative to traditional omelets.

Try this one – you will not be disappointed.

Makes ten to twelve servings

- 3 ounces Parmesan, cut into ½-inch pieces**
- 1 small zucchini (about 4 ounces)**
- 1 medium to large carrot**
- 1 medium red bell pepper**
- 6 medium mushrooms (firm white mushrooms work well)**
- 1 small onion**
- 1 tablespoon extra virgin olive oil**
- ½ teaspoon kosher salt, divided**
- 10 large eggs**
- ¼ cup whole or reduced-fat milk**

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

1. Preheat oven to 375°F.
2. Insert the chopping blade into the food processor; fit onto motor base.
3. Put the Parmesan into the work bowl. Pulse 2 to 3 times on High, then process 20 to 30 seconds until finely ground. Remove and reserve.
4. Carefully remove the chopping blade and fit the reversible shredding/slicing disc, with the shredding side facing up. First shred the zucchini, and then the carrot. Remove and reserve in a medium mixing bowl.
5. Flip the reversible disc over to use the slicing side. Slice the pepper, mushrooms and onion. Add to the bowl with the other vegetables.
6. Put 1 tablespoon of oil into a 12-inch, oven-proof, nonstick skillet (the Cuisinart® GreenGourmet® Skillet is the perfect pan for this recipe). Set over medium heat. Once oil is hot, add the vegetables with 1 to 2 pinches of the salt. Sauté until softened.
7. While the vegetables are cooking, put the eggs, milk, remaining salt and pepper into the blender jar. Run on High until well combined and frothy.
8. After the vegetables are cooked, remove and reserve in the same bowl as before. Lightly coat the same pan with the nonstick cooking spray. Return the sautéed vegetables to the pan, pour the egg mixture over the vegetables, and then top with the cheese and basil. Let cook over medium-low heat until bottom is just set. Transfer to the preheated oven and cook until frittata is puffed and browned on top, about 20 to 25 minutes.
9. After baking, let frittata sit for 5 minutes before slicing and serving.

Nutritional information per serving (based on 12 servings):

*Calories 117 (58% from fat) • carb. 3g • pro. 9g • fat 8g • sat. fat 3g
• chol. 183mg • sod. 264mg • calc. 114mg • fiber 1g*

Butternut Squash Bisque with Bacon Sage Butter

This soothing winter soup is given a delicious finish with the bacon sage butter.

Makes 8 cups

Soup:

- 1 medium shallot (about ¾ ounce), halved**
- 3 small leeks, cleaned well, white and light green parts only (about 6 ounces trimmed), cut into 1-inch pieces**

- 1 **tablespoon unsalted butter**
- 1 **butternut squash (about 2½ pounds) peeled and seeded, cut into 2-inch cubes**
- 1 **garlic clove, smashed**
- 1 **thyme sprig**
- 2 **teaspoons kosher salt, divided**
- ¼ **teaspoon freshly ground black pepper**
- 2 **tablespoons sherry**
- 5 **cups chicken broth, low sodium**

Bacon Sage Butter:

- 2 **slices bacon diced and cooked through, about 2 tablespoons bacon crumbles**
- 3 to 4 **fresh sage leaves**
- 4 **ounces GOOD quality unsalted butter, like Plugra or Kerrygold, room temperature, cut into tablespoons**
- pinch kosher salt**
- pinch freshly ground black pepper**

Soup:

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

Bacon Sage Butter:

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

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

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

Carrot and Ginger Soup

A great soup for any time of the year.

Makes about 4½ cups

- 1 **small onion (about 3 ounces)**
 - 2 **tablespoons unsalted butter or olive oil**
 - ½ **ounce ginger, peeled**
 - 1 **garlic clove**
 - 1 **pound carrots, peeled and cut to fit vertically into the feed tube**
 - ¼ **teaspoon ground cinnamon**
 - ⅛ **teaspoon allspice**
 - pinch freshly ground nutmeg**
 - 1 **thyme sprig**
 - ½ **teaspoon kosher salt**
 - 4 **cups chicken broth, low sodium**
1. Insert the chopping blade into the food processor; fit onto motor base. Put the onion into the work bowl and pulse on High to roughly chop, about 8 to 10 pulses.
 2. Put the butter or oil into a 6-quart saucepan set over medium heat. Once heated, stir in the chopped onion and allow to heat through. While onion is cooking, chop ginger and garlic together in the food processor by running on High. Add ingredients to the saucepan with the onion.

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

Nutritional information per serving (1 cup):

*Calories 79 (44% from fat) • carb. 10g • pro. 2g • fat 4g • sat. fat 2g
• chol. 10mg • sod. 611mg • calc. 57mg • fiber 2g*

Parsnip and Apple Soup

A bowl of soup, a salad and crusty bread make a perfect weeknight meal.

Makes 8 cups

- 1 medium onion (about 6 ounces) cut into 1-inch pieces**
- 2 tablespoons unsalted butter**
- 2 pounds parsnips, peeled and cut to fit vertically in the feed tube**
- 1 medium apple (about 6 ounces) peeled, cored and quartered**
- 1 medium potato (about 7 ounces) peeled and halved lengthwise**
- 1 to 2 thyme sprigs**
- ¾ teaspoon kosher salt**
- 6 cups chicken broth, low sodium, plus extra for thinning finished soup**

- Insert the chopping blade into the food processor; fit onto motor base. Put the onion into the work bowl and pulse on High to chop, about 8 to 10 pulses.
- Put the butter into a 6-quart saucepan set over medium heat. Once butter is melted, add the chopped onion. Turn the heat to medium-low to sweat the onion so that it does not pick up any color. While the onion is cooking, replace the chopping blade with the reversible shredding/slicing disc, with the slicing side facing up.
- Slice the parsnips and add to the pot. Slice the apple and then potato and add to the pot. Add the thyme and salt and stir ingredients together well.
- Add broth to the pot and bring to a boil. Once boiling, reduce heat and simmer uncovered until tender, about 20 to 30 minutes, stirring occasionally.

- Once vegetables are tender, separate the solids from liquids. Put about 1½ cups of broth and half of the solids into the blender jar set on the motor base. Run on Low for about 10 seconds and then switch speed to High to blend thoroughly. Pour soup into a clean pot. Repeat with remaining ingredients.
- This soup has a very thick consistency. If a thinner soup is preferred, stir in some warm stock to thin. Taste and adjust seasoning accordingly.

Nutritional information per serving (1 cup):

*Calories 150 (18% from fat) • carb. 29g • pro. 3g • fat 3g • sat. fat 2g
• chol. 8mg • sod. 641mg • calc. 77mg • fiber 7g*

Roasted Red Pepper Soup

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

Makes about 5 cups

- 6 red bell peppers, seeded**
- 6 garlic cloves**
- ¼ small onion, cut into ½-inch pieces**
- ½ tablespoon unsalted butter**
- 1 small shallot (about 1 ounce) cut into ½-inch pieces**
- 2 tablespoons sherry**
- 2½ cups chicken broth, low sodium**
- 1½ teaspoons granulated sugar**
- ½ teaspoon sea or kosher salt**
- 1 to 2 pinches freshly ground black pepper**
- ½ teaspoon orange zest**
- ½ tablespoon white balsamic vinegar**

- Flatten the seeded bell peppers and lay them on a foil-lined baking sheet. Place on the top rack in your oven and broil until the peppers are blackened. Remove and put into a mixing bowl and cover with plastic. Reserve.
- While the peppers are roasting, prepare the other ingredients: Insert the chopping blade into the food processor; fit onto motor base. Put the garlic and onion into the work bowl; pulse 2 to 3 times on High to chop. Reserve.
- Put the butter into a medium saucepan set over medium heat. Once the butter has melted, add the garlic, shallot and onion. Cook until softened and just golden. Deglaze the pan by adding the sherry to the saucepan and cook until reduced by half. Add the broth and raise the heat to medium-high. Bring the broth just to a boil. Add the sugar, salt, pepper and zest. Reduce the heat to allow the mixture to simmer for about 5 minutes. Put into the blender jar.
- Carefully take the skins off the roasted peppers; cut into quarters. Add to the broth mixture in the blender jar, along with the vinegar.

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

Nutritional information per serving (1 cup):

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

Ancho Chile Sauce

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

Makes about 5 cups

- 9** dried ancho chiles
- 2** large shallots, cut into ½-inch pieces
- 2** garlic cloves
- 1** jalapeño, seeded and cut into ½-inch pieces
- 1** medium to large carrot, cut into ½-inch pieces
- 1** tablespoon extra virgin olive oil
- ½** cup white wine
- 3½** cups chicken broth, low sodium, hot
- 2** teaspoons kosher salt, divided
- 4½** tablespoons honey
- 2** tablespoons fresh lemon juice

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

- Carefully transfer mixture from the sauté pan to the jar of the blender. Pulse 3 times on High, then run on High for 1 minute, or until completely smooth.

Nutritional information per serving (2 tablespoons):

*Calories 26 (13% from fat) • carb. 4g • pro. 1g • fat 0g • sat. fat 0g
• chol. 0mg • sod. 162mg • calc. 6mg • fiber 0g*

Marinara Sauce

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

Makes about 3 to 3½ cups

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

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

7. Adjust seasoning to taste.

Nutritional information per serving (¼ cup):

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

Hollandaise Sauce

Makes 1 cup

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

1. Put the butter into a saucepan set over low heat until butter is melted and reaches a bubbling boil.
2. While the butter is melting, put the remaining ingredients into the blender jar. About a minute before adding the butter, run the unit on Low for about 30 seconds to combine.
3. With the blender still running on Low, carefully remove the pour lid from the cover. Very slowly drizzle about 1 tablespoon of the hot butter through the opening and blend about 15 seconds to fully combine, then very slowly drizzle the remaining butter. Once all butter has been added, replace the pour lid and continue blending for 45 to 60 seconds. Run until thickened.
4. Adjust seasoning as desired. Serve while still warm.

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

Nutritional information per serving (1 tablespoon):

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

Pesto

Makes about ½ cup

- 1 ounce Parmesan, cut into ½-inch pieces**
- ¼ cup pine nuts, lightly toasted**
- 2 garlic cloves**
- ½ teaspoon kosher or sea salt**
- 1 cup tightly packed fresh basil leaves, unblemished (about 1 ounce)**

pinch freshly ground black pepper
cup extra virgin olive oil, divided

⅓

1. Insert the chopping blade into the food processor; fit onto motor base. Put the cheese into the work bowl. Pulse about 5 times on High, and then process on High continuously for about 20 seconds, or until ground (it does not have to be extra fine, for it will be blended more with the rest of the ingredients). Remove and reserve.
2. Put the nuts into the work bowl. Pulse on High about 5 times. Add the garlic and salt to the chopped nuts. Process for about 5 seconds on High. Scrape down the bowl. Add the basil, pepper and half of the olive oil. Pulse a few times, and then run continuously on High until mostly smooth. Scrape down. Add the reserved cheese and process until combined.
3. While running on High, add the remaining oil through the drizzle hole in the food pusher. Process until desired consistency is achieved.
4. To store the pesto, transfer to a glass jar or bowl, tap to remove all air bubbles and even out the surface. Float a layer of olive oil on top; cover with plastic wrap and refrigerate. The pesto will keep for 5 days in the refrigerator, or it may be frozen.

Nutritional information per serving (1 tablespoon):

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

Basic Vinaigrette

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

Makes about 1 cup

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

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

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

Nutritional information per serving (1 tablespoon):

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

Roasted Garlic Hummus

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

Makes about 2 cups

- 1 garlic head (or 10 to 12 peeled cloves of garlic)**
 - 4 tablespoons extra virgin olive oil, divided**
 - 2 tablespoons fresh parsley**
 - 1 can (19 ounce) chickpeas, drained and rinsed**
 - ¼ cup fresh lemon juice**
 - 3 tablespoons tahini**
 - 1 teaspoon kosher salt**
 - ½ teaspoon ground cumin**
 - ⅓ cup water (could be less or more, depending on preferred thickness)**
- Preheat oven to 400°F. Cut the top part of the head of garlic off (if using a whole head), being sure that each clove is exposed. Place cut garlic head in a piece of foil (large enough to generously wrap the garlic). Pour 2 tablespoons of the oil over the cut garlic. (If using already peeled garlic, just place the cloves in foil and pour olive oil over them.) Wrap well with the foil. Place on a baking sheet in the preheated oven. Roast for about 40 minutes, or until garlic is fully softened. Cool to room temperature.
 - While the roasted garlic is cooling, insert the chopping blade into the food processor; fit onto motor base. Put the parsley into the work bowl and pulse 2 to 3 times on High to chop. Add the cooled garlic, chickpeas, lemon juice, tahini, salt and cumin. Pulse 2 to 3 times on High to chop, then run on High until smooth. Once the mixture is combined, continue processing and slowly add the water through the drizzle hole in the feed tube. Add more water if a thinner consistency is desired.
 - Before serving, drizzle hummus with olive oil, and top with paprika and additional chopped parsley, if desired. Serve at room temperature with wedges of pita bread, toasted pita chips or vegetable crudité.

Nutritional information per serving (2 tablespoons):

*Calories 128 (58% from fat) • carb. 10g • pro. 4g • fat 9g • sat. fat 1g
• chol. 0mg • sod. 367mg • calc. 27mg • fiber 2g*

Mango Salsa

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

Makes about 2 cups

- ¼ large red bell pepper, cut into ½-inch pieces**
 - 1 garlic clove**
 - 1 small jalapeño pepper, stemmed and seeded, cut into ½-inch pieces**
 - ½ small red onion, cut into ½-inch pieces**
 - 1 mango, peeled and pitted, cut into ½-inch pieces**
 - 1½ tablespoons fresh cilantro**
 - 2 teaspoons fresh lime juice**
 - 1½ teaspoons rice vinegar (may use raspberry or white balsamic vinegar in place of the rice)**
 - ½ teaspoon honey**
 - pinch kosher salt**
- Insert the chopping blade into the food processor; fit onto motor base.
 - Put the red pepper into the work bowl and pulse on High to roughly chop, about 2 pulses. Reserve in a separate mixing bowl.
 - Put the garlic, jalapeño and onion into the work bowl. Pulse 2 to 3 times on High to chop. Remove and reserve in the same bowl as the red pepper.
 - Put the mango and cilantro into the work bowl and pulse on Low until mango is roughly chopped, about 5 to 6 pulses.
 - Transfer mango and cilantro to the bowl with the other chopped vegetables. Stir in the lime juice, vinegar, honey and salt. Cover and let salsa rest to allow flavors to develop (a minimum of 30 minutes).

Nutritional information per serving (2 tablespoons):

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

Crab Cakes

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

Makes about 16 crab cakes

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

1. Look through crabmeat to make sure there are no shells or cartilage. Reserve in refrigerator.
2. Insert the chopping blade into the food processor; fit onto motor base.
3. Put the red pepper into the work bowl. Pulse 3 times on High to finely chop. Reserve in a separate mixing bowl.
4. Add the jalapeño, green onions and garlic. Pulse 3 times on High to finely chop. Add to the same bowl with the red onion.
5. Put the olive oil into a large skillet and set over medium heat. Once oil is hot, add the peppers, green onions and garlic to the pan. Sauté until softened, about 6 to 8 minutes. Remove from heat and allow to cool for a few minutes.
6. Once the vegetables are cool to the touch, add them to the reserved crabmeat. To the mixture add the egg, panko, mayonnaise, Worcestershire, mustard and seasoning, along with a dash or two of the hot sauce, if desired. Very gently mix all the ingredients together. The best way to mix the crab mixture is with clean hands; however, you can mix with a spoon. It is important to mix carefully to keep the crabmeat intact.
7. From the mixture form ¼-cup oval cakes with your hands and place them on a clean plate, separating the layers of patties with wax paper. Cover with plastic and refrigerate for 1 hour before sautéing.

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

Nutritional information per crab cake:

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

Pumpkin Bread Pudding

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

Makes about 10 to 12 servings

- 1 tablespoon unsalted butter**
- 1 pound challah loaf, cut into 2-inch cubes**
- 6 large eggs**
- 1 can (15 ounces) pumpkin purée (about 1½ to 1¾ cups)**
- 1 can (12 ounces) evaporated low-fat milk**
- ½ cup plus 2 tablespoons granulated sugar**
- ½ tablespoon pure vanilla extract**
- 1¼ cups heavy cream**
- 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. Place bread cubes into a large mixing bowl.
2. Put the remaining ingredients into the blender jar. Run on Low until mixture is homogenous, about 30 to 45 seconds. Pour egg mixture over the bread cubes and toss together so that all of the bread cubes are coated with the egg mixture. Let stand for 45 minutes, or cover and refrigerate up to 12 hours (if refrigerated, let come to room temperature for 30 minutes before proceeding). Pour mixture into prepared pan before baking or refrigerating.
3. Ten minutes before baking, preheat oven to 325°F. Place the soufflé dish with the bread pudding into a larger baking pan with a rim that is at least 2 inches. Place in the oven and carefully pour water into the larger outer pan until the water comes up the sides of the soufflé dish by 1 inch. Cover loosely with foil. Bake for about 75 minutes, uncovering for the last 15 minutes. Bread pudding

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

Nutritional information per serving (based on 12 servings):

Calories 242 (46% from fat) • carb. 25g • pro. 7g • fat 12g • sat. fat 6g
• chol. 148mg • sod. 189mg • calc. 123mg • fiber 1g

Coconut Custards

A delicious treat with the essence of the islands.

Makes 4 servings

- 1 can (13½ ounces) 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 water into a 9-inch square pan.
2. Put the coconut milk, cream, extracts and coconut into a saucepan and bring just to a boil. Simmer for about 10 minutes. Remove from heat and let steep for an additional 10 minutes.
3. Put the eggs, egg yolks, sugar and salt into the blender jar. Blend on Low for about 45 seconds until eggs are light in color. Scrape the sides of the blender jar to ensure the mixture is homogenous.
4. Pour the coconut mixture through a fine strainer and squeeze out any excess liquid from the shredded coconut. Discard coconut. Remove the pour lid from the blender cover. With the blender running on Low, very slowly pour the warm coconut mixture through the opening and run until fully blended. Allow the custard batter to sit for about 15 minutes. Spoon off the entire foam layer, until you can see the yellow custard. Pour the batter into individual ovenproof custard cups. Carefully remove any remaining foam from the custards' surface with a spoon.
5. Place individual custards into the prepared pan with water, wrap pan tightly with aluminum foil and place in oven. Bake for about 35 to 40 minutes until just set (the centers will still move slightly when shaken).

6. 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

Dairy-free Chocolate Mousse

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

Makes ten ½-cup servings

- 12 ounces (1½ cups) semi-sweet chocolate (roughly chopped) or chocolate chips**
- ⅓ cup granulated sugar**
- ½ tablespoon pure vanilla extract**
- 1 cup soy milk**
- 1 package silken tofu (14 to 16 ounces), drained and cut into 1-inch cubes**

1. Put the chocolate, sugar and vanilla extract into the blender jar.
2. Put the soy milk into a saucepan and set over medium heat. Bring milk just to a boil. Once milk is hot, pour over the chocolate in the blender and run on Low. Remove the pour lid from the blender cover and add the tofu cubes while the blender is running on Low.
3. Blend until homogenous, scraping down sides as needed, about 45 seconds.
4. 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