

# Cuisinart® INSTRUCTION AND RECIPE BOOKLET



**SmartPower™ Portable Compact Blending/Chopping System**

**CPB-300C**

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

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# IMPORTANT SAFEGUARDS

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

1. **READ ALL INSTRUCTIONS BEFORE USING.**
2. To protect against the risk of electrical shock, do not put motor base of blender in water or other liquids.
3. This appliance should not be used by or near children or individuals with certain disabilities.
4. Unplug from outlet when not in use, before putting on or taking off parts, and before cleaning or removing contents from blender jar or cup. **Never put hands into the blender jar or cups, or handle the blades with appliance plugged in.**
5. Avoid contact with moving parts.
6. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions, or is dropped or damaged in any manner. Return appliance to Cuisinart service facility for examination, repair, and/or mechanical or electrical adjustment.
7. The use of attachments, including canning or ordinary jars not recommended or sold by Cuisinart, may cause fire, electric shock, or risk of injury to persons.
8. Do not use outdoors.
9. Do not let cord hang over edge of counter or table or touch hot surfaces.
10. **Keep hands and utensils out of jar while blending, to reduce the risk of severe injury to persons or damage to blender itself.** A rubber or plastic spatula may be used but must be used only when the blender is turned off.
11. When blender is in Standby mode, and the LED lights are flashing or glowing, do not touch cutting assembly, interfere with blade movement, or remove blender jar cover. Accidentally touching a speed button may activate the blender.
12. **BLADES ARE SHARP. HANDLE CAREFULLY.**
13. To reduce the risk of injury, never place cutting assembly on base unless the blender jar, chopper cup or travel cups are properly attached.
14. Always operate blender jar with the cover in place.
15. Never leave your blender unattended while running.
16. Twist on vessel firmly. Injury can result if moving blades accidentally become exposed.
17. Do not use an extension cord with this unit. Doing so may result in fire, electric shock, or personal injury.

18. Wash the blender jar, chopping cup, travel cups, cutting assemblies and lids/cover before first use.
19. Keep hands and utensils away from cutting blade while chopping food to reduce the risk of severe injury to persons or damage to the food chopper. A scraper may be used but only when the food chopper is not running.
20. Do not blend hot liquids in the travel cups or chopping cup.
21. Be certain cover is securely locked in place before operating appliance.
22. Do not attempt to bypass the interlock system that powers the unit on.
23. **WARNING: TO REDUCE THE RISK OF ELECTRICAL SHOCK OR FIRE, DO NOT REMOVE THE BASE PANEL. NO USER-SERVICEABLE PARTS ARE INSIDE. REPAIR SHOULD BE DONE ONLY BY AUTHORIZED PERSONNEL.**
24. **WARNING: FLASHING LIGHT INDICATES BLENDER IS READY TO OPERATE. DO NOT TOUCH BLADES.**

## SAVE THESE INSTRUCTIONS FOR HOUSEHOLD USE ONLY NOTICE

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

Maximum rating of 350 watts is based on the jar attachment that draws the greatest power. Other recommended attachments may draw significantly less power.

This appliance comes with a thermal resettable fuse feature to prevent damage to the motor in the case of extreme overload. Should the unit shut off unexpectedly, unplug it and let it cool for at least 15 minutes before continuing (see “Operating and Safety Tips,” on page 7).

# UNPACKING INSTRUCTIONS

1. Place the gift box containing your Cuisinart® SmartPower™ Portable Compact Blender on a flat, sturdy surface before unpacking.
2. Remove instruction booklet and other printed materials from top of packaging material. Next, remove top pulp tray.
3. Carefully lift blender base from box and set aside.
4. Remove blender jar, chopping cup and travel cups and set aside.

Before using for the first time: Wash all parts according to the Cleaning and Maintenance section on page 7 of this booklet to remove any dust or residue.

To assemble the blender, follow the Assembly instructions on page 4 of this instruction booklet. Replace all packaging materials in the box and save the box for repackaging.

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# FEATURES AND BENEFITS

1. **32-oz. (945ml) BPA-free easy-grip blending jar with cover and pour lid**  
has a unique, sturdy design for all your blending needs. Lid fits on top with a 1-oz. (30ml) measured pour lid.
2. **BPA-free chopping cup with lid**  
handles a variety of food preparation tasks including chopping, grinding and whipping.
3. **Four BPA-free travel cups with lids**  
allow you to blend for one. Make your favorite drinks: smoothies, protein, health and diet drinks and more!
4. **Two high-quality blade assemblies**  
are strong enough for all blending, chopping and grinding tasks. They are self-aligning so that the cups easily fit on the base. Blade assemblies are interchangeable for desired tasks.
5. **Heavy-duty motor base with safety interlock**  
is sturdy and stable, housing a compact 350-watt powerhouse.
6. **3-function touchpad control with LED indicator lights**  
is easy to use, read and clean. The blue LED lights clearly indicate what speed you are using.
7. **Slip-proof feet (not shown)**  
prevent movement during use and prevent damaging marks on countertops or tables.
8. **Cord storage (not shown)**  
keeps countertops safe and neat by conveniently storing excess cord.



Note: Blades are SHARP. Handle carefully.

## QUICK REFERENCE GUIDE

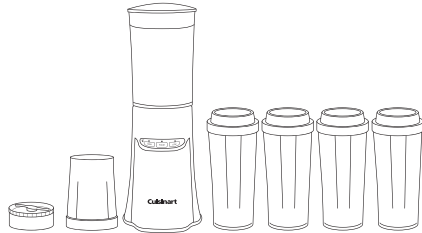
To activate blender	Place vessel fitted with blade assembly onto base
To begin blending	Press desired speed
To change speeds	Press desired speed
To pulse	In Standby mode press Pulse, then press and release desired speed button as needed.
To stop blending	Press activated speed

### QUICK REFERENCE GUIDE

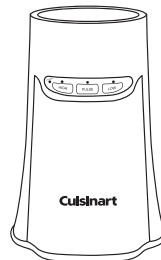
# Cuisinart®

15-Piece Compact Portable Blending/Chopping System

- 1.** Make sure to remove all packaging tape, stickers and polybags. Wash and dry all parts.

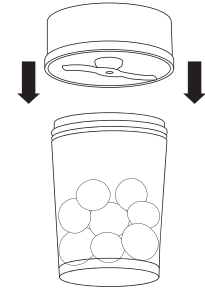


- 2.** Place blender base on flat surface and plug unit into a grounded outlet.

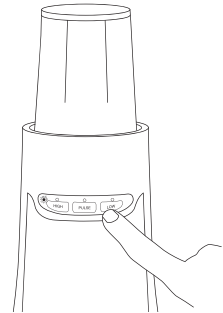


## USING THE CHOPPING CUP

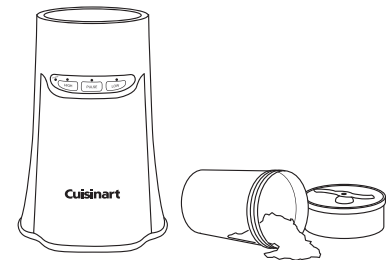
- 1.** Add ingredients into the cup as recommended in the recipe. Attach chopping blade assembly to the cup.



- 2.** Place cup onto the base. The unit is now powered and in Standby mode with the Power LED illuminated. Press desired speed. When done chopping, press the activated speed to stop.

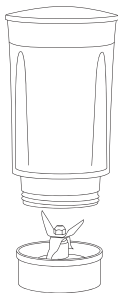


- 3.** Lift the cup from the base, unscrew the blade assembly and empty the ingredients.

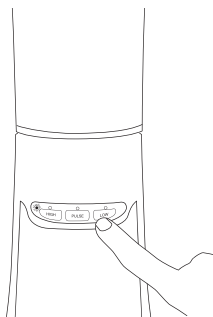


## USING THE BLENDER JAR

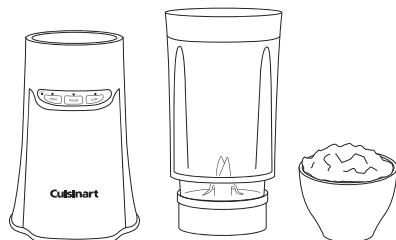
1. Attach blending blade assembly onto the bottom of the jar. Add ingredients, place cover with measured pour lid onto top of jar.



2. Place jar onto the base. The unit is now powered and in Standby mode with the Power LED illuminated. Press desired speed. When done blending, press the activated speed to stop.

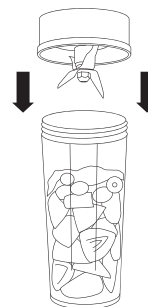


3. Lift the jar from the base, take off lid and empty the ingredients.

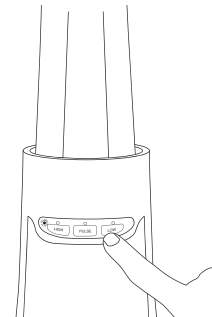


## USING THE TRAVEL CUPS

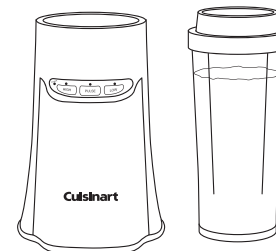
1. Add ingredients into the cup as recommended in the recipe. Attach blade assembly to the cup.



2. Place cup onto the base. The unit is now powered and in Standby mode with the Power LED illuminated. Press desired speed. When done blending, press the activated speed to stop.



3. Lift the cup from the base, unscrew the blade assembly and attach the travel cup lid.



# ASSEMBLY

After washing all parts, please see below for assembly. Place base on flat surface and plug in.

Blender Jar Assembly	Travel Cup Assembly	Chopping Cup Assembly
<ol style="list-style-type: none"><li>1. Turn blender jar (a) upside down.</li><li>2. Place blade assembly (b) on the round opening of the jar and turn clockwise until tightened.</li><li>3. Stand jar upright, place cover with pour lid in place on blender jar.</li><li>4. Place on blender base.</li></ol>	<ol style="list-style-type: none"><li>1. Place cup on flat surface.</li><li>2. Attach blade assembly on round opening of the cup and turn clockwise until tightened.</li><li>3. Place on blender base.</li></ol>	<ol style="list-style-type: none"><li>1. Place cup on flat surface.</li><li>2. Attach blade assembly on round opening of the cup and turn clockwise until tightened.</li><li>3. Place on blender base.</li></ol>

# BLENDER JAR OPERATION

1. With the base unit on the tabletop and unit plugged in, place the blender jar assembled with the blade assembly onto the base and secure into place. The unit automatically is activated and in Standby mode with the red POWER LED light illuminated and flashing.  
**Note:** Blade assemblies are interchangeable based on recipes and desired end results.
2. Add food ingredients. Replace the cover. You may add more ingredients by lifting the measured pour lid and dropping ingredients through the fill area. Replace the pour lid after adding ingredients. Do not put hands into jar with blender in Standby mode.  
**Note:** To remove blender jar cover, lift edge of cover upward. Do not use measured pour lid to remove cover.
3. For continuous blending, press the desired speed. The blue LED light will illuminate, indicating that the blender is on and running. It is possible to switch between High and Low speeds by simply pushing the desired speed button.
4. To pause the blending process, press the activated speed button. The blending process will stop. The red Standby indicator light will continue to flash to let you know that the blender is still activated. To re-engage a function, choose the desired speed.
5. To pulse, push the Pulse button. The blue Pulse indicator light will flash. Next, push and release the desired speed button. Repeat as needed. While pulsing, active indicator lights will be lit. The Pulse function can be used to break apart larger pieces of food. The Pulse function is also effective for starting the blending process when you do not want continuous power or processing items that do not require an extended amount of blending.
6. When you have finished blending, press the activated speed to put unit in Standby mode. Then, remove the blender jar from the base. Pour out ingredients. **NEVER TOUCH THE BLADE ITSELF.** Unplug the unit.

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## TRAVEL CUP OPERATION

1. Put food ingredients into the travel cup, and then attach blade assembly.  
**Note:** Blade assemblies are interchangeable based on recipes and desired end results.
2. With the base unit on the tabletop and the unit plugged in, place the assembled travel cup onto the base and secure into place. The unit automatically activated and in Standby mode, with the red POWER LED illuminated and flashing.
3. For continuous blending, press the desired speed. The blue LED light will illuminate, indicating that the blender is on and running. It is possible to switch between High and Low speeds by simply pushing the desired speed button.
4. To pause the blending process, press the activated speed button. The blending process will stop. The red Standby indicator light will continue to flash to let you know that the blender is still activated. To re-engage the unit, choose the desired speed.
5. When you have finished blending, press activated speed to put in Standby mode. Remove the travel cup from the base. Unplug the unit.
6. Turn cup right side up, turn blade assembly counterclockwise to remove. Attach travel cup lid by twisting clockwise.

## CHOPPING CUP OPERATION

1. Put food ingredients into chopper cup, filling it to a maximum of one-quarter of its capacity, then attach blade assembly.  
**Note:** Blade assemblies are interchangeable based on recipes and desired end results.
2. With the base unit on the tabletop and the unit plugged in, place the assembled chopper cup onto the base and secure into place. The unit automatically activated and in Standby mode with the red POWER LED illuminated and flashing.
3. To continuously chop, press High or Low speed.
4. To pulse, press Pulse and then desired High or Low speed.
5. When you have finished chopping, press activated speed to put in Standby mode. Remove the chopping cup from the base. Carefully remove food with a spatula. **NEVER TOUCH THE BLADE ITSELF.** Unplug the unit.

## OPERATING AND SAFETY TIPS

- Make sure the electrical outlet is rated at the same voltage as that stated on the bottom of the blender motor base.
- Always use the blender on a clean, sturdy and dry surface.
- Always operate the blender jar with the cover on. Place cover on firmly. Keep the blender jar cover on the blender jar while blending.
- Don't put hands inside the blender jar when blender is plugged in.
- Don't remove blender jar or cups while unit is running.
- **Don't place blade assembly onto motor base without the jar or cup attached.**
- Make sure blade assembly is tightly attached to jar or cups.
- Always remove blade assembly before cleaning.
- **Don't twist blade assembly from blender jar or cups when removing from motor base. Simply lift jar or cups from motor base.**
- Use a rubber or plastic spatula as needed, only when the blender is turned off. Do not use any utensil inside the blender while motor is on.
- Never use metal utensils, as damage may occur to the jar, cup or cutting assembly.
- Don't store food or liquids in your blender jar.
- Don't overload blender jar or cups. If the motor stalls, turn the blender off immediately, unplug the unit and let it cool for at least 15 minutes. Then, remove a portion of the food and continue.
- Don't blend hot liquids or carbonated beverages in chopper or travel cups.
- Don't use any container or accessories not recommended by Cuisinart; doing so may result in injury.
- To remove jar or cup, lift straight up. Do not twist to remove.

## CLEANING AND MAINTENANCE

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

To remove blade assemblies, twist off by turning counterclockwise.

## NEVER TOUCH THE BLADE ITSELF.

**CAUTION:** Handle the blade assemblies carefully. They are SHARP and may cause injury. DO NOT attempt to remove blades from cutting assembly. Wash all parts in warm, soapy water; rinse and dry thoroughly. All parts are top rack dishwasher safe.

**Tip:** You may wish to clean your blending and chopper cutting assemblies as follows: squirt a small amount of dishwashing liquid into blender jar or cups and fill halfway with warm water. Attach blade assembly. Run on Low for 15 seconds. Repeat, using clean tap water. Carefully disassemble parts and empty blender jar or cups. Rinse and dry all parts thoroughly.

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

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

## WARRANTY

## LIMITED THREE-YEAR WARRANTY

We warrant that this Cuisinart product will be free of defects in material or workmanship under normal home use for 3 years from the date of original purchase. This warranty covers manufacturer's defects including mechanical and electrical defects. It does not cover damage from consumer abuse, unauthorized repairs or modifications, theft, misuse, or damage due to transportation or environmental conditions. Products with removed or altered identification numbers will not be covered. This warranty is not available to retailers or other commercial purchasers or owners. If your Cuisinart product should prove to be defective within the warranty period, we will repair it or replace it if necessary. For warranty purposes, please register your product online at [www.cuisinart.ca](http://www.cuisinart.ca) to facilitate verification of the date of original purchase or keep your original receipt for the duration of the limited warranty. If the appliance should become defective within the warranty period, do not return the appliance to the store.

Please contact our Customer Service Centre:

### Toll-free

**phone number:** 1-800-472-7606

**Address:** Cuisinart Canada  
100 Conair Parkway  
Woodbridge, Ont. L4H 0L2

**Email:** [consumer\\_Canada@conair.com](mailto:consumer_Canada@conair.com)

**Model:** CPB-300C

To facilitate the speed and accuracy of your return, please enclose:

- \$10.00 for shipping and handling of the product (cheque or money order)
- Return address and phone number
- Description of the product defect
- Product date code\*/copy of original proof of purchase
- Any other information pertinent to the product's return

\* Product date code can be found on the underside of the base of the product. The product date code is a 4 or 5 digit number. Example, 90630 would designate year, month & day (2009, June 30th).

**Note:** *We recommend you use a traceable, insured delivery service for added protection. Cuisinart will not be held responsible for in-transit damage or for packages that are not delivered to us.*

To order replacement parts or accessories, call our Customer Service Centre at 1-800-472-7606.

For more information, please visit our website at [www.cuisinart.ca](http://www.cuisinart.ca)

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# Cuisinart®

## *Recipe Booklet*



**SmartPower™ Portable Compact Blending/Chopping System**

# QUICK REFERENCE GUIDES

You'll find many easy ways to prepare savoury, healthful drinks, sauces and more with your Cuisinart® SmartPower™ Compact Portable Blending/Chopping System. The simple recipes that follow include some old Cuisinart favourites as well as some creative combinations that are sure to please your friends and family.

## QUICK REFERENCE GUIDE – FOOD AND DRINK CHART

Food	Blade	Vessel	Instruction
Baby Food (cooked vegetables)	Blending	Chopping Cup or Blender Jar	Using VERY soft, cooled steamed vegetables and 1 to 3 tablespoons (15-45 ml) of steaming liquid; run on Low until smooth.
Baby Food (raw fruits)	Blending	Chopping Cup, Travel Cup or Blender Jar	Pulse on High and then run on Low until smooth.
Bread Crumbs	Blending	Chopping Cup or Blender Jar	Pulse and then run on High. One slice for chopping cup; two slices for travel cup; three slices for blender jar.
Chopping Citrus	Blending	Chopping Cup	Run on High with a small amount (1 to 2 pinches) of sugar. Maximum three 1-inch (2.5 cm) pieces of citrus peel.
Cookie Crumbs	Blending	Blender Jar	Pulse on High. Use ¾ cup (175 ml) of 1-inch (2.5 cm) cookie pieces 60 ml maximum.
Frozen Cocktails	Blending	Blender Jar	Run on High.
Garlic	Blending	Chopping Cup	Run on High.
Graham Cracker Crumbs	Blending	Chopping Cup, Travel Cup or Blender Jar	Pulse on High. Two full sheets for chopping or travel cup; four full sheets for blender jar.
Hard Cheeses	Grinding	Chopping Cup	Pulse 3 to 4 times to desired end result. Maximum 60 ml (½-inch cubes; 1.25 cm).
Ice	Blending	Travel Cup or Blender Jar	Pulse on High.
Nuts (butters)	Grinding	Chopping Cup	3 to 6 quick pulses on High to break up, then run on Low until desired consistency, scraping down cup as needed. ⅓ cup (75 ml) maximum.
Nuts (chopped)	Grinding	Chopping Cup	Quick pulse on High until desired consistency. No more than ⅓ cup (75 ml) maximum.
Salad Dressings	Blending	Travel Cup or Blender Jar	Run on Low.
Seeds	Grinding	Chopping Cup	Pulse on High.
Smoothies/Shakes/Health Drinks	Blending	Travel Cup or Blender Jar	Run on High.
Soups	Blending	Blender Jar	Run on Low.
Spices	Grinding	Chopping Cup	Quick pulses on High to break up, then run on High.
Whipped Cream	Blending	Travel Cup or Blender Jar	Run on Low, 15 to 30 seconds. Half cup maximum.

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## BLENDER JAR – TIPS AND HINTS

- Add liquid ingredients first, then, follow with solid ingredients. This will provide more consistent blending and prevent unnecessary stress on the motor.
- It is recommended that most foods be cut into ½ to 1-inch (1.25 cm - 2.5 cm) pieces to achieve the most uniform result.
- For best results in the fastest time, pulse a few times before running continuously. Pulses should be short bursts with about 1 second in between each one to allow the blade to stop rotating between pulses.
- If you want to add ingredients during the blending process, remove the pour lid and drop or pour ingredients through the opening at the top.
- To crush ice, put no more than 1 tray of standard ice cubes (12 to 14 cubes) into the blender jar at one time. Pulse on High until uniformly crushed.
- When making hot soups, add a small amount of the hot liquid to the blender jar first, and then follow with some of the solids. Pulse ingredients and then run on Low. You can always thin it out more by carefully adding liquid through the opening at the top of the cover.
- If food sticks to the sides of the jar when blending, stop the blender, carefully scrape down the food, replace cover and pulse in short bursts to combine.
- When blending thicker mixtures, lightly hold down top of blender jar to prevent jumping.
- Do not attempt to mash white potatoes or knead bread dough in the blender.

## TRAVEL CUPS – TIPS AND HINTS

- When using the travel cup, ingredients are put in the reverse order of the blender jar. Always put the hardest ingredients into the travel cup first (ice cubes, frozen fruit) and finish with the softer ingredients and liquids.
- It is recommended that most foods be cut into ½-inch to 1-inch pieces (1.25 cm - 2.5 cm) to achieve the most uniform result.

- For best results in the fastest time, pulse a few times before running continuously. Pulses should be short bursts with about 1 second in between each one to allow the blade to stop rotating between pulses.
- To crush ice, put as many as 6 ice cubes into the travel cup at one time. Pulse on High until uniformly crushed.
- If food sticks to the sides of the cup when blending, stop the blender, carefully scrape down the food, replace cover and pulse in short bursts to combine.
- When blending thicker mixtures, lightly hold down top of travel cup to prevent jumping.
- After blending, flip the travel cup over so that the blade assembly is on the top. Gently tap the cup on the counter a few times to prevent any spillage. Remove the blade assembly and replace with one of the provided lids.
- All beverage recipes in the booklet are portioned for the travel cup. If you wish to make more servings, simply double the recipe and prepare in the blender jar. Be sure to reverse the order of ingredients when doing so.

## CHOPPING CUP – TIPS AND HINTS

- It is recommended that most foods be cut into ½ to 1-inch pieces (1.25 cm - 2.5 cm) to achieve a more uniform result.
- Do not overload the cup; you will get inconsistent results and possibly harm the motor or blade. Please refer to the food chart on page 10 for maximum amounts.
- Due to the powerful motor in the unit, it is recommended to lightly hold down the top of the chopping cup with one hand during use.
- For best results in the fastest time, pulse a few times before running continuously. Pulses should be short bursts with about 1 second in between each one to allow the blade to stop rotating between pulses.
- Results are usually achieved in seconds rather than minutes, so keep a close eye on the foods to prevent over-processing.
- When grinding nuts, use quick pulses on High. Pulse to achieve chopped nuts.

- To make nut butters, we recommend using no more than 1.25 ml of nuts. Always pulse on High first, remove cup from base and lightly tap to knock the food down from the side walls of the cup. Return to base and process on Low, scraping down as necessary if the nuts are not being brought into the blade.  
It should take no more than 1½ minutes to achieve a butter. This method works for all nuts, from almonds to pecans to peanuts.
- To make baby food, process 250 ml of very soft steamed vegetables with 15-45 ml of the steaming liquid.  
The amount of liquid depends on the type of vegetable that you are processing. For example, denser vegetables like carrots require about 45 ml, while softer vegetables like broccoli require only 15 ml. Always run on Low. Always allow baby food to cool.
- To process soft fruits for baby food, again use 250 ml at a time. No water is needed with most fruits, but if you are having trouble processing, add 5 ml of water at a time.
- The chopping cup with the grinding blade provides you with the perfect tool for grinding nuts and seeds for many different applications. Grind flax seeds or almonds and put them into the travel cup with your smoothie ingredients for added protein. See our recipes for some guidelines.
- After chopping/blending, flip the chopping cup over so that the blade assembly is on the top. Gently tap the cup on the counter a few times to prevent any spillage. Either use the food right away or cover with the provided storage lid to use at another time.

## ALL THE FOLLOWING DRINK RECIPES CAN EASILY BE DOUBLED AND PREPARED IN THE BLENDER JAR.

### Breakfast Shake for the Road

*Nutrition in a cup! Make this smoothie in the morning for breakfast on the road.*

Makes about 16 ounces (470 ml)

- 1**      **tablespoon (15 ml) flax seeds**
- 3**      **frozen strawberries**
- ½**      **banana, broken into 3 pieces**
- ½**      **cup (125 ml) blueberries**
- ¾**      **cup (175 ml) lowfat vanilla yogurt**
- ½**      **cup (125 ml) orange peach mango juice**

1. Put flax seeds into the chopping cup fitted with the grinding blade. Run on High for 15 to 20 seconds to finely grind. Reserve.
2. Put remaining ingredients, in order listed, into the travel cup and top with the ground flax seeds. Fit with the blending blade.
3. Run on High until smooth, about 20 to 25 seconds.
4. Serve immediately.

*Nutritional information per serving (16 ounces; 470 ml):*

*Calories 349 (12% from fat) • carb. 68g • pro. 11g • fat 5g • sat. fat 1g  
• chol. 11mg • sod. 121mg • calc. 304mg • fiber 6g*

## Immune Support Smoothie

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

Makes about 16 ounces (470 ml)

- ¼ cup (75 ml) frozen strawberries**
- ¼ cup (75 ml) frozen blackberries**
- ⅓ cup (75 ml) mango, cut into 1-inch (2.5 cm) pieces**
- ¼ cup (50 ml) seedless grapes (red or green)**
- ⅓ cup (75 ml) papaya (cut into ½-inch pieces; 1.25 cm)**
- 1 kiwi, cut into 4 pieces**
- ½ tablespoon (7 ml) wheat germ**
- ½ tablespoon (7 ml) flax seed oil**
- ½ cup (125 ml) pomegranate juice**

1. Put ingredients into the travel cup in order listed. Fit with the blending blade.
2. Run on High until smooth, about 20 seconds.
3. Serve immediately.

*Nutritional information per serving (16 ounces; 470 ml):*

*Calories 314 (21% from fat) • carb. 63g • pro. 3g • fat 8g • sat. fat 1g  
• chol. 0mg • sod. 14mg • calc. 71mg • fiber 8g*

## Tropical Vitamin C Smoothie

*A delicious way to get your daily vitamin C.*

Makes about 16 ounces (470 ml)

- ½ cup (125 ml) frozen strawberries**
- ½ cup (125 ml) frozen mango**
- ½ cup (125 ml) 1-inch (2.5 cm) cubed papaya (about ¼ large papaya)**
- ½ cup (125 ml) fresh strawberries, hulled and halved**
- ½ cup (125 ml) orange juice**

1. Put ingredients into the travel cup in order listed. Fit with the blending blade.
2. Run on High until smooth, about 30 seconds.
3. Serve immediately.

*Nutritional information per serving (16 ounces; 470 ml):*

*Calories 188 (2% from fat) • carb. 47g • pro. 2g • fat 1g • sat. fat 0g  
• chol. 0mg • sod. 10mg • calc. 57mg • fiber 6g*

## Power Blast Protein Smoothie

*Nuts give your smoothie added protein.*

Makes about 16 ounces (470 ml)

- 2 tablespoons (30 ml) raw nuts**
- ¼ cup (50 ml) frozen peaches**
- ¼ cup (50 ml) frozen blueberries**
- 1 banana, quartered**
- 2 tablespoons (30 ml) protein powder**
- 2 tablespoons (30 ml) honey (optional)**
- ¾ cup (175 ml) soy, almond or hemp milk (cow's milk may also be used)**
- ½ cup (125 ml) plain or vanilla yogurt**

1. Put nuts into the chopping cup fitted with the grinding blade. Run on High for 15 seconds to finely grind. Reserve.
2. Put remaining ingredients into the travel cup and top with the ground nuts. Fit with the blending blade.
3. Run on High until smooth, about 25 to 30 seconds.
4. Serve immediately.

*Nutritional information per serving (16 ounces; 470 ml):*

*Calories 512 (11% from fat) • carb. 92g • pro. 29g • fat 7g • sat. fat 3g  
• chol. 15mg • sod. 344mg • calc. 269mg • fiber 5g*

## Super Veggie Juice

*Get your veggies for the day to-go in this quick, fresh vegetable juice.*

Makes about 16 ounces (470 ml)

- 3 to 4 ice cubes**
- ¼ cup (50 ml) cherry tomatoes, halved**
- ¼ red pepper, roughly chopped (about ½ cup; 125 ml)**
- ¼ celery stalk, cut into ½-inch (1.25 ml) pieces**
- ½ cup (125 ml) cucumber, peeled, seeded and roughly chopped**
- 2 tablespoons (30 ml) fresh parsley**
- ¾ cup (175 ml) vegetable juice, low-sodium**
- 1½ teaspoons (7 ml) fresh lime juice (from about ½ lime)**
- 1 to 2 dashes (10 ml) hot pepper sauce, or to taste**

1. Put all of the ingredients, in the order listed, into the travel cup. Fit with the blending blade.
2. Run on High until smooth, about 25 to 30 seconds. If a thinner consistency is desired, add additional ice cubes, one at a time, through the removable pour lid.

3. Adjust seasonings to taste and serve immediately.

*Nutritional information per serving (16 ounces; 470 ml):*

*Calories 67 (5% from fat) • carb. 14g • pro. 3g • fat 0g • sat. fat 0g  
• chol. 0mg • sod. 134mg • calc. 51mg • fiber 4g*

### Chai Tea

Makes about 16 ounces (470 ml)

- ½**     **teaspoon (2 ml) whole black peppercorns**
- ¼**     **teaspoon (1 ml) whole cloves**
- 1**     **whole cinnamon stick**
- 1**     **star anise pod**
- 2½**    **cups (625 ml) half-and-half (for a non-dairy version, use soy milk)**
- ¾**     **cup (175 ml) water**
- ½**     **teaspoon (2 ml) pure vanilla extract**
- 1**     **½ x ½-inch (1.25 cm x 1.25 cm) piece of fresh ginger, peeled**
- ¼**     **teaspoon (1 ml) orange zest**
- 6**     **black tea bags (Darjeeling or Ceylon is recommended)**
- 2**     **tablespoons (15 ml) honey**

1. Put the peppercorns, cloves, cinnamon stick and star anise into the chopping cup fitted with the grinding blade. Pulse 2 to 3 times to chop on High, and then process on High until finely ground, about 45 seconds. Reserve.
2. In a small saucepan set over medium-low heat, bring the half-and-half, water, vanilla and ground spices to a boil. Once mixture comes to a boil, stir in the ginger and orange zest. Let mixture simmer 10 to 15 minutes. Add the tea and let simmer 5 to 6 minutes. Strain the mixture, squeezing all of the liquid out of the tea bags, and then stir the honey into the strained liquid. If serving as a hot tea, serve immediately.
3. If serving the chai as an iced beverage, first bring the tea to room temperature. Stir to combine and then fill one standard (12 to 14 cube) ice cube tray with the chai. Reserve the remaining chai (about ¾ cup; 175 ml) in the refrigerator until chai ice cubes are frozen (at least four hours, or overnight).
4. Once chai ice cubes are frozen, put half\* of them into the travel cup and then add the reserved chai. Fit with the blending blade. Run on High for about 25 to 30 seconds, or until homogenous. Serve immediately.

\*Keep the remaining chai ice cubes in a resealable plastic bag in the freezer for the next time.

*Nutritional information per serving (16 ounces; 470 ml):*

*Calories 471 (65% from fat) • carb. 33g • pro. 9g • fat 35g • sat. fat 22g  
• chol. 112mg • sod. 128mg • calc. 355mg • fiber 2g*

### Café au Lait “Shake”

*It’s easy to make delicious and thick coffee beverages at home.  
Plan ahead, as you need to make flavoured ice cubes.*

Makes about 16 ounces (470 ml)

- ¾**     **cup (175 ml) heavy cream or half-and-half**
- 1½**    **cups (375 ml) strongly brewed coffee, divided**
- 1**     **tablespoon (15 ml) granulated sugar**

1. Mix together the cream and ¾ cup (175 ml) of the coffee and pour into one standard (12 to 14 cube) ice cube tray. Freeze.
2. Put 3\* of the frozen cubes into the travel cup with the sugar and the remaining coffee. Fit with the blending blade. Run on High until fully blended, about 20 seconds.
3. Serve immediately. It may be easier to scoop than pour.

\*Keep the remaining cream/coffee ice cubes in a resealable plastic bag in the freezer for the next time.

*Nutritional information per serving (16 ounces; 470 ml):*

*Calories 162 (54% from fat) • carb. 16g • pro. 3g • fat 10g • sat. fat 6g  
• chol. 31mg • sod. 40mg • calc. 95mg • fiber 0g*

### Triple Chocolate Shake

*The ultimate chocolate lover’s milkshake.*

Makes about 16 ounces (470 ml)

- ½**     **cup (125 ml) reduced-fat chocolate milk (if you do not have chocolate milk on hand, you can substitute regular milk and then add an additional tablespoon (15 ml) of chocolate syrup)**
- 1½**    **cups (375 ml) premium chocolate ice cream**
- 2**     **tablespoons (30 ml) chocolate syrup**

1. Put all of the ingredients into the travel cup in the order listed. Fit with the blending blade.
2. Run on High for about 30 to 45 seconds, or until homogenous.
3. Serve immediately.

*Nutritional information per serving (8 ounces; 235 ml):*

*Calories 507 (50% from fat) • carb. 53g • pro. 10g • fat 28g • sat. fat 17g  
• chol. 178mg • sod. 145mg • calc. 296mg • fiber 2g*

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## Creamy Greens Soup

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

Makes about 4 cups (1 L)

- ½ **tablespoon (7 ml) extra virgin olive oil**
- 1 tablespoon (15 ml) unsalted butter**
- 2 small shallots (about 3 ounces; 90 ml) finely chopped**
- 3 garlic cloves, crushed**
- 1 small leek (about 2 ounces; 60 ml) white part only, sliced**
- 10 ounces (295 ml) kale, hard stems discarded and roughly chopped**
- 1 bunch Italian parsley, stems reserved for other use and roughly chopped**
- ½ **teaspoon (2 ml) kosher salt**
- ¼ **teaspoon (1 ml) freshly ground black pepper**
- 3 cups (750 ml) vegetable broth**
- ¼ **cup (50 ml) heavy cream**

1. Put the oil and butter in a large saucepan set over medium heat. Once butter is melted add the shallots, garlic and leek. Sweat ingredients together so that they gently sauté but do not pick up any color.
2. Add the kale, parsley, salt and pepper and stir to coat. Add the vegetable broth and bring to a boil. Cover and reduce heat so that the soup is just simmering. Simmer for about 30 minutes. Add the cream and continue simmering uncovered for an additional 20 to 30 minutes.
3. Separate the solids from the liquids and put the liquids into the blender jar fitted with the blending blade, followed by half of the solids. Run on Low and blend for about 10 seconds. Add the remaining solids and increase to High to thoroughly blend, about 45 seconds. Taste and adjust seasoning accordingly.

**Nutritional information per serving (1 cup; 250 ml):**

*Calories 180 (51% from fat) • carb. 17g • pro. 6g • fat 11g • sat. fat 6g  
• chol. 28mg • sod. 731mg • calc. 166mg • fiber 2g*

## Garden Vegetable Sauce

*This all-purpose pasta sauce is a great way to get your daily dose of vegetables.*

Makes about 3 cups (750 ml)

- 1 tablespoon (15 ml) extra virgin olive oil**
- 1 small onion, cut into ½-inch (1.25 cm) pieces**
- 1 carrot, cut into ½-inch (1.25 cm) pieces**
- ½ **cup (125 ml) ½-inch (1.25 cm) cubed eggplant (not peeled)**
- 1 celery stalk, cut into ½-inch (1.25 cm) pieces**
- 2 garlic cloves, smashed**
- ½ **teaspoon (2 ml) sea or kosher salt, divided**
- ½ **teaspoon (2 ml) dried oregano**
- ½ **teaspoon (2 ml) dried basil**
- 1 roasted red pepper, cut into 1-inch (2.5 cm) pieces**
- ¼ **cup (50 ml) dry white wine**
- 1 tablespoon (15 ml) tomato paste**
- 1 can (28-ounce; 830 ml) diced tomatoes with their juices**
- 1 pinch freshly ground black pepper**
- 1 tablespoon (15 ml) granulated sugar**

1. Put the oil into a large saucepan set over medium heat. Once oil is hot, add the onion, carrot, eggplant, celery, garlic and ¼ teaspoon (1 ml) salt. Sauté ingredients together so that they gently sauté and turn slightly golden.
2. Add the oregano, basil, red pepper and wine. Cook until reduced by at least half. Add the tomato paste, tomatoes, pepper and sugar. Bring to a boil, then reduce heat and simmer for 35 to 40 minutes, loosely covered. Uncover and then simmer for an additional 15 to 20 minutes longer to thicken. Turn off heat and let sit 5 minutes.
3. Strain the solids from the liquids and put ½ cup (125 ml) of the liquid into the blender jar fitted with the blending blade. Add 2 cups (500 ml) of the cooked vegetables. Pulse on High 4 times, and then run on High for 20 seconds. Add an additional ¼ cup (50 ml) of liquid and the remaining vegetables. Pulse on High 3 more times, and then run for about 15 seconds, or until smooth. If you prefer a chunky sauce, do not process – rather, pulse until desired consistency is achieved.

**Nutritional information per serving (¼ cup; 50 ml):**

*Calories 41 (25% from fat) • carb. 7g • pro. 1g • fat 1g • sat. fat 0g  
• chol. 0mg • sod. 245mg • calc. 18mg • fiber 2g*

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## Tahini

*A vital ingredient to hummus, this sesame paste is very versatile and can be used as a base in salad dressings or sauces.*

Makes about ¼ cup (50 ml)

- ½ cup (125 ml) sesame seeds, lightly toasted and cooled**
- 2 tablespoons (30 ml) extra virgin olive oil**
- pinch sea salt**

1. Put the sesame seeds into the chopping cup fitted with the grinding blade. Pulse 8 to 10 times on High or until finely ground. Add the olive oil and salt and pulse 4 to 5 times on High, and then process for 20 to 30 seconds on Low, or until a paste forms.
2. Store in an airtight container in the refrigerator for up to 3 months.

*Nutritional information per serving (1 tablespoon; 15 ml):*

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

## Tahini Vinaigrette

*This simple dressing is very thick, but if you prefer it thinner just blend in some water until desired consistency is achieved.*

- 3 garlic cloves**
- 1 tablespoon (15 ml) balsamic vinegar**
- 2 tablespoons (30 ml) tahini (see previous recipe)**
- 1 tablespoon (15 ml) fresh lemon juice**
- ¼ teaspoon (1 ml) sea salt**
- ⅛ teaspoon (0.5 ml) freshly ground black pepper**
- 3 tablespoons (45 ml) extra virgin olive oil**

1. Put all of the ingredients, except for the olive oil, into the blender jar fitted with the blending blade. Pulse 8 to 10 times on High to chop, and then process until smooth.
2. With the blender running on Low, slowly add the olive oil through the pour lid and then process until fully emulsified, about 30 to 40 seconds.
3. If thinning with water, wait until dressing is fully blended, and then add water, 1 tablespoon (15 ml) at a time.

*Nutritional information per serving (1 tablespoon; 15 ml):*

*Calories 150 (60% from fat) • carb. 12g • pro. 4g • fat 10g • sat. fat 2g  
• chol. 0mg • sod. 75mg • calc. 24mg • fiber 3g*

## Puréed Carrots for Baby

*Making baby food is so simple – isn't it comforting to know exactly what your little one is eating?*

Makes about 2 cups (500 ml) purée

- 1 pound (500 g) carrots, peeled and trimmed, cut into ½-inch slices**

1. Put sliced carrots into a steamer basket and place in a saucepan filled with at least 1 inch (2.5 cm) of water. Place the pan with a tightfitting lid over high heat. Once the water comes to a boil, reduce the heat to medium. Steam carrots for at least 45 minutes, until they are completely soft.
2. Put steamed carrots with 1 cup (250 ml) of steaming liquid into the blender jar fitted with the blending blade. Pulse carrots on low 5 times and then run on low for about 45 seconds. Scrape jar down with a spatula and blend for an additional 20 seconds. If a smoother consistency is desired, pulse in 1 tablespoon (15 ml) of cooking liquid at a time to the purée.
3. Allow mixture to cool. Fill ice cube trays or other 1-ounce (30 ml) containers to freeze or serve immediately. Baby food should be consumed within 2 to 3 days if not freezing.

*Nutritional information per serving (1-ounce; 30 ml):*

*Calories 16 (5% from fat) • carb. 4g • pro. 0g • fat 0g • sat. fat 0g  
• chol. 0mg • sod. 26mg • calc. 13mg • fiber 1g*