

# Cuisinart®

INSTRUCTION AND  
RECIPE BOOKLET



**Hurricane™**

**CBT-1500C**

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

---

# IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should always be taken, including the following:

1. **READ ALL INSTRUCTIONS.**
2. **Unplug from outlet when not in use, before putting on or taking off parts, and before cleaning or removing contents from blender container. Never put hands into the blender container, or handle the blades with appliance plugged in.**
3. To protect against electrical hazards, and permanent damage to unit, do not put motor base of blender in water or other liquids.
4. This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
5. Children should be supervised to ensure that they do not play with the appliance.
6. **Do not use carbonated liquids in the blender container, or in any blending container. Using carbonated liquids in a blender container may result in injury.**
7. Do not pour boiling water into the blender container.
8. Avoid coming into contact with moving parts.
9. Do not operate this blender or any other appliance with a damaged cord or plug, or after the appliance malfunctions or is dropped or damaged in any manner. Return appliance to the nearest authorized service facility for examination, repair, or electrical or mechanical adjustment.
10. The use of attachments, including canning jars, not recommended by the manufacturer may cause a risk of injury to persons.
11. Do not use outdoors.
12. Do not let cord hang over edge of table or counter, or touch hot surfaces.
13. **Keep hands and utensils out of container while blending to prevent the possibility of severe personal injury and/or damage to the blender. A plastic scraper may be used, but must be used only when the blender is not running.**
14. **Blades are sharp. Handle carefully.**
15. Always operate blender with lid in place.
16. See Cleaning and Maintenance instructions. Not for water-jet cleaning.
17. Always operate blender with jar pad properly in place.
18. Do not fill above MAX FILL LINE for blending.
19. If the container overflows during blending, there is too much liquid/ingredients in the container. Stop blending, remove enough liquid/ingredients to below MAX FILL LINE, and continue blending. Do not operate if overflowing.
20. Do not operate your appliance in an appliance garage. **When storing in an appliance garage, always unplug the unit from electrical outlet.** Not doing so could create a risk of fire, especially if the appliance touches the walls of the garage or the door touches the unit as it closes.
21. Do not leave the Cuisinart® Hurricane™ blender unattended while operating.
22. The use of ear protection is recommended during extended operating periods.
23. Ensure the jar coupler and motor coupler are aligned and engaged before operating. If unable to engage, remove container and shake contents, then try again.
24. The jar pad may be hot after running — do not touch.
25. Replace jar pad if worn.
26. When the power is on and the On/Off button is flashing, do not touch jar pad, interfere with blade movement, or remove jar pad. Accidentally touching a speed button may activate the blender.
27. When blending hot liquids, remove center piece of two-piece cover.

## SAVE THESE INSTRUCTIONS FOR HOUSEHOLD USE ONLY

## TO RESET THE UNIT

Your blender is equipped with a Resettable Thermal Protector to protect the motor. If the motor shuts down, unplug the blender. Let the blender rest for approximately 15 minutes. Once the resting period has elapsed, plug the power cord back into the outlet and continue blending. If your blender does not function properly following this procedure, discontinue use and contact a certified Cuisinart Consumer Service Center.

## UNPACKING INSTRUCTIONS

1. Place the box containing your Cuisinart® Hurricane™ on a flat, sturdy surface before unpacking.
2. Remove instruction booklet and other printed materials from top of corrugated insert. Next, remove the top corrugated insert.
3. Remove the lower corrugated insert containing the blender jar assembly. Be careful not to tip the jar when removing.
4. Carefully lift blender base from box and set aside.

## CONTENTS

Important Safeguards	2
Unpacking Instructions	3
Features and Components	3
Helpful Reminders	4
Operation	4
Quick Reference Guide	5
Cleaning and Maintenance	6
Dos and Don'ts	6
Recipe Tips	7
Recipes	8
Warranty Information	22

## INTRODUCTION

Unleash the power of our Hurricane™ Blender! The 2.25 HP peak input motor delivers the power of a professional-quality blender to pulverize, purée and liquefy. BlendLogic Smart Technology automatically adjusts blending speeds for even, continuous blending, while the touchpad and LCD make perfect results foolproof. And it's so easy to operate! Just choose High, Low, Pulse, preset Smoothie and Ice Crush functions—the Countdown timer stops the blending operation when the time has elapsed. Whip up something delicious for yourself, or a crowd—the BPA-free Tritan™ jar holds up to 60 ounces. More power to you!

## FEATURES AND COMPONENTS

- A. 2.0-Ounce (30 ml) Removable Measuring Cup**
- B. Tight-Seal 2-Piece Blender Cover**
- C. Blender Jar with Soft-Grip Handle**  
60 oz. (1.8 L), BPA-free Eastman Tritan™ copolyester jar, includes English and metric graduations.
- D. 4-Prong Blade/Ball-Bearing Assembly**  
Commercial-quality stainless steel construction.
- E. Removable Jar Pad**
- F. Control Panel** (see below for detailed description)



## CONTROL PANEL

- 1. LCD Screen with Timer**  
Brightly lit window displays functions and blending time.
- 2. POWER ON/OFF**  
Flashing red LED indicates when the power is on.
- 3. SMOOTHIE**  
Lets you select preset Smoothie setting.



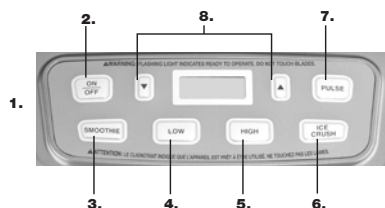
4. **LOW**  
Choose Low speed to blend ingredients to desired consistency. Blue LED light indicates Low speed is active.

5. **HIGH**  
Choose High speed to blend ingredients to desired consistency. Blue LED lights indicate which speed you are using once selected.

6. **ICE CRUSH**  
Preset to crush ice in seconds.

7. **PULSE**  
Allows you to pulse at High or Low speeds. LED will flash blue when selected.

8. **COUNT UP/DOWN TIMER**  
Controls and displays operating times.



## HELPFUL REMINDERS

- Cover should always be in place while the unit is on. Make sure the cover is properly aligned.
- **Warning:** Do not place blender jar onto jar pad while motor is running.
- Add liquid ingredients first, then follow with solid ingredients, then frozen ingredients. This will provide more consistent blending and prevent unnecessary stress on the motor.
- Boiling liquids should cool for 5 minutes before being placed in blender jar.
- Follow Cleaning and Maintenance instructions on page 6 prior to your first use.

## OPERATION

1. Place the motor base of your Cuisinart® Hurricane™ on a flat, sturdy surface. It is important that the surface be clean and dry. Fit the blender jar on the jar pad. Once the jar is assembled and is in position on the jar pad, plug the Cuisinart® Hurricane™ into an electrical outlet.
2. Add all necessary ingredients to the blender jar and replace the cover. You may add more ingredients by removing the removable measuring cup in the cover and dropping ingredients through the opening. Replace the measuring cup after adding ingredients. **Do not put hands in blender jar with blender plugged in.**

**Note:** To remove blender jar cover, lift edge of cover at jar spout area upward. Lifting removable measuring cup will not remove cover.

3. **START BLENDING:** Press the On/Off button. The red LED indicator light will illuminate and flash, indicating that the blender is turned on, but no speed has been selected. The Up and Down arrows will also illuminate. This is Standby mode.
4. **CHOOSE BLENDING SPEED:** Press desired function or speed. The indicator light for the activated function or speed will illuminate, and the blender will begin to run at the chosen speed or function. It is possible to switch speeds without pressing the On/Off button by simply pushing another speed or function button.
5. **TO PAUSE OR STOP BLENDING PROCESS**
  - a) **To Pause the Blending Process:** Push the button corresponding to the speed at which you are currently blending. For example: If you are blending on High speed, push the High speed button again and the blender will stop blending, but the unit will remain on and the function button will flash. (To restart blending, simply press the button again.)

**Note:** By pausing the blending process, you will also pause the timer. The timer will pause until you start blending again. Changing functions will reset the timer.
  - b) **To Stop the Blending Process:** Push the On/Off button when you are finished with your recipe and would like to turn the blender off. Pausing will stop the blender, but NOT turn it off.

**Note:** When you push the On/Off button to power the blender off, the timer will stop counting and the LCD display will be off. When the blender is turned back on and a speed button is pushed, the timer will begin to count up to maximum time of 3 minutes.

6. **TO RESET THE UNIT:** Your blender is equipped with a Resettable Thermal Protector to protect the motor. If the motor shuts down, unplug the blender. Let the blender rest for approximately 15 minutes. Once the resting period has elapsed, plug the power cord back into the outlet and continue blending. If your blender does not function properly following this procedure, discontinue use and contact a certified Cuisinart Consumer Service Center.
7. **TIMING YOUR RECIPES:** The Hurricane™ features a 3-Minute Count Up/Down Timer so that you can time your recipes and guarantee perfect results. The timer begins counting Up or Down as soon as you push your desired function. Speed or the timer can be set without selecting a pre-programmed function. When the unit is turned on, press the up or down time arrows, to set time as desired. Timer will count down when activated on Low or High speed. Timer will count up if no time is selected.

**Note:** The unit's short-term memory will save and display the new time selected until the unit is turned off.

You can pause the timer by pausing the blending process. Do this by pushing the button corresponding to the function you are currently using.

**For example:** If you are blending on Low and you push the Low function button, the blender will stop blending and the timer will stop counting, but the unit will remain on. To continue blending and timing your recipe, push the function chosen (Low) again. The timer will also stop counting when it reaches 3 minutes. The blender will go into Standby mode when the timed cycle is finished. The timer will reset itself when the On/Off button is pushed, a pre-programmed function is engaged or you change functions.

**Note: The Count Up/Down Timer** will begin counting when the desired speed or function button is pushed. When you switch into a pre-programmed speed or function, the timer will reset to support the new command. You can adjust the run time when choosing High or Low speeds, by pressing up or down arrows. To activate, press the speed button. The LCD will start counting down from your chosen time. Smoothie and Ice Crush function keys will count down. Low and High speed keys will count up to 3 minutes if no time has been chosen.

**Note:** At the end of the designated cycle, High or Low, the unit will go into Standby mode. To activate, press High or Low again to start a new cycle.

8. **PRE-PROGRAMMED FUNCTIONS:** Smoothie and Ice Crush are programmed based on extensive testing in our kitchen and engineering lab.

## QUICK REFERENCE GUIDE

To activate blender	Press On/Off – The blender is in Standby mode.
To begin blending	Press desired speed or function button.
To change speeds	Press desired speed button.
To pulse	Press On/Off. Press Pulse and then select High or Low for pre-programmed pulsing.
To crush ice	Press On/Off, then press Ice Crush button and program will begin.
To stop blending (during a designated function and pause timer)	Press same function key under operation again.
To stop blending (and deactivate blender)	Press On/Off button.
To stop blending in Pulse	Release speed button.

## SPEED SELECTION GUIDE

Refer to this guide to choose the best 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	High	Completely blended and emulsified
Nuts [shelled, ½ cup (125 ml) or less at a time]	Pulse on High to chop	Coarse to fine
Heavy or whipping cream	Low	Thick, creamy topping
Bread, cookies or crackers [add ½-inch (1.25 cm) pieces, 1 cup (250 ml) or less at a time]	Pulse on High to break up, then run on Low	Coarse to fine as desired
Grating/chopping citrus zest [add 1 to 2 tsp. (5 to 10 ml) sugar or salt depending on recipe]	High	Uniformly fine
Smoothies, shakes, health drinks	Smoothie	Smooth, creamy and thick
Baby food/fruit and vegetable purée	Low	Smooth and creamy
Frozen cocktails	High	Thick and slushy
Hard cheeses	Pulse on High, then blend on High	Coarse to fine
Spices	Pulse on High, then blend on High	Coarse to fine
Ice (approx. 14 cubes per cycle)	Ice Crush	Coarse crush to snowy

**a) Smoothie:** Start by powering the unit on and pressing Smoothie. The LED backlight will illuminate and the 1-minute countdown program will begin. You may stop the program at any time by pressing the Smoothie button again or by powering the unit off.

**b) Ice Crush:** From the Standby mode, press Ice Crush. A pre-programmed cycle will begin. It is designed to run for 10 seconds and will automatically stop. The blender will go back into Standby mode.

**Note:** We recommend you use a maximum of 14 cubes per cycle.

- 9. TO DISLODGE FOOD:** Use a plastic spatula to help remove food lodged around the cutting assembly. **DO NOT USE SPATULA UNTIL YOU HAVE TURNED THE BLENDER OFF.** Replace the cover and removable measuring cup and continue blending, if necessary. Make sure spatula is not inside the blender jar before blending.
- 10. WHEN FINISHED BLENDING:** Press the On/Off button and unplug the blender from the electrical outlet. Never remove the blender jar from the jar pad until the blender is off. Simply lift blender jar from jar pad. **Do not put hands into blender jar with blender plugged in.**
- 11.** In the event the blender loses power and shuts off, simply unplug the unit and then plug it back in. Press On/Off to power the unit on. If the unit has overheated, let it cool down (15 minutes) before powering on.

## CLEANING AND MAINTENANCE

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

Remove the blender jar from the jar pad by lifting straight up and away, and hand-wash.

**CAUTION:** Remove the blender jar cover and the removable measuring cup. Wash in warm, soapy water; rinse and dry thoroughly, or place in upper rack of dishwasher. The blender jar must be washed in warm, soapy water and rinsed and dried thoroughly. The blender jar can also be placed upside down in dishwasher.

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

**Tip:** You may wish to clean your blender blade assembly as follows: Squirt a small amount of dishwashing liquid into assembled blender jar and fill with 24 ounces (709 ml) warm water. Run on Low for 15 seconds. Repeat, using clean tap water. Empty blender jar.

Any servicing should be performed by an authorized service representative.

## DOs and DON'Ts WHEN USING YOUR BLENDER

### Do:

- Make sure the electrical outlet is rated at the same voltage as that stated on the bottom of the blender motor base.
- Always use the blender on a clean, sturdy and dry surface.
- Always add liquid ingredients to the blender jar first, then add remaining ingredients. This will ensure that ingredients are uniformly mixed.
- Cut most foods into cubes approximately ½ inch (1.3 cm) to 1 inch (2.5 cm) to achieve a more uniform result. Cut all cheeses into pieces no larger than ½ inch (1.3 cm).
- Use the removable measuring cup to measure liquid ingredients such as alcohol. Replace removable measuring cup after ingredients have been added.
- Use a rubber or plastic spatula as needed, only when the blender is turned off. Never use metal utensils, as damage may occur to the blender jar or cutting assembly.
- Place cover on firmly. Always operate the blender with the cover on.
- If food sticks to the sides of the blender jar, scrape the jar with a spatula, removing the food from the sides and place toward the center of the blender jar over the blade assembly. Pulse to blend.
- When chopping fresh herbs, garlic, onion, zest, breadcrumbs, nuts, spices, etc., make sure the blender jar and cutting assembly are completely dry.

### Don't:

- Don't store food or liquids in your blender jar.
- Don't attempt to mash potatoes, knead heavy dough, or beat egg whites.
- Don't remove blender jar while unit is on. Keep the blender jar cover on the blender jar while blending.

- Don't overprocess foods. Blender will achieve most desired results in seconds, not minutes.
- Don't overload blender. If the motor stalls, turn the blender off immediately, unplug the unit and remove a portion of the food, then continue.
- Don't use any utensil inside the blender jar while the motor is on.
- Don't use any containers or accessories not recommended by Cuisinart. Doing so may result in injury.
- Don't put hands inside the blender jar when blender is plugged in.
- Don't add boiling liquids or frozen foods (except ice cubes or ½-inch to 1-inch (1.25 to 2.5 cm) pieces of frozen fruit) to blender jar. Boiling liquids should cool for 5 minutes before being poured into blender jar.
- Don't use carbonated liquids in the blender jar. Using carbonated liquids in the blender jar may result in injury.

## RECIPE TIPS

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. Thanks to the superior ice-crushing power and the pre-programmed functions of the Hurricane™, you'll also be able to make delicious frozen drinks effortlessly.

**Chopping Nuts:** Place shelled nuts in the blender jar and cover blender. Use Pulse on High until desired chop is achieved. Pulse fewer times for coarsely chopped nuts. For best results process small amounts, ½ cup (125 ml) or less.

**Bread, Cookie or Cracker Crumbs:** Break or cut bread, cookies or crackers into pieces ½ inch (1.25 cm) or less in size. For best bread results, use day-old bread (drier bread works best). Place bread, cookie or cracker pieces in blender jar. Use Pulse on High to chop, then blend continuously on Low until desired texture of crumbs is achieved. For best results, process 1 cup (250 ml) or less at a time.

**Crushing Ice:** Add up to 14 standard ice cubes to the blender jar. Cover. Press the pre-programmed Ice Crush button. When time expires; turn blender off.

**Grating Fresh Citrus Zest:** For best results, blender jar and blade assembly must be clean and dry. Remove zest from fruit in strips using a vegetable peeler; use a sharp knife to remove the bitter white pith from the underside of the zest. Process no more than 8 strips at a time (zest of 1 medium lemon). Cut strips in half. Add strips and 1 to 2 teaspoons (5 to 10 ml) of sugar or coarse salt (depending on recipe) to the blender jar. Cover blender jar. Set on High; blend for

15 to 20 seconds. Turn blender off.

**Baby Food:** Combine no more than 1 pound (454 g) of cooked vegetables or fruit with up to ½ cup (125 ml) liquid (water, milk, fruit juice, broth, or cooking liquid) in the blender jar. Cover. Set on High. Blend until smooth. Add more liquid as necessary and process further until desired texture is reached. Always consult with your pediatrician/family physician concerning the best foods for your baby and when to introduce new foods to his/her diet.

**Grinding Hard Cheese:** Cut cheese into ½-inch (1.25 cm) pieces; remove the outer hard rind. Place cheese in blender jar and cover blender. Pulse to chop cheese, then blend on High until desired grind is reached. For best results, grind no more than 3 ounces (85 g) of cheese at a time.

**Grinding Spices:** For best results, blender jar and blade assembly must be clean and dry. Add ¼ to ½ cup (60 to 125 ml) of spices/seeds/peppercorns to blender jar. Cover. Pulse on High to break up, then blend on High until desired consistency is achieved.

**Whipping Cream:** If possible, chill blender jar and blade assembly in refrigerator for 15 minutes. Add 1 cup (250 ml) heavy or whipping cream to cold blender jar. Cover jar. Set on Low and blend until cream is thickened. (Do not overblend – bits of butter will begin to form.) If desired, add 2 tablespoons (30 ml) of sugar and a teaspoon (5 ml) of vanilla extract or other flavouring. Consistency will be that of a thickened, but not fluffy whipped cream and is most appropriate for topping desserts or coffee drinks.

When using the blender to purée hot mixtures such as creamed soups and baby foods, strain the solids from the liquid, reserving the cooking liquid. Then place ½ to 1 cup (125 to 250 ml) of the reserved cooking liquid in the blender jar along with the cooked solids. Blend on Low first, and then High until desired consistency/purée is reached.

Allow hot foods to cool slightly before blending to prevent steam buildup, which may cause the cover to lift up from the blender jar.

Many recipes have large yields, but they can easily be halved if you desire a smaller amount.

Keep your blender out on the counter within easy reach and you will be surprised how often you will use it.

Keep ice cubes made of juices, yogurt, milk or fruit purées on hand to substitute for plain ice when making smoothies and frosty beverages to prevent diluting the drink.

---

# RECIPES

## BEVERAGES

Almond-Cocoa Protein Shake.....	9
Antioxidant Smoothie.....	9
Cherry-Ginger Smoothie .....	9
Creamy Mango Smoothie .....	10
Light Green Smoothie .....	10
Strawberry-Lime Agua Fresca.....	10
Cookies and Cream Milk Shake.....	11
Frozen Margarita.....	11
Frozen Mudslide .....	12
Piña Colada .....	12

## Alternative Milks

Almond Milk.....	12
Oat Milk .....	13
Rice Milk.....	13

## BREAKFAST

Blueberry Buckwheat Pancakes .....	14
Sweet Crêpe Batter .....	15

## SOUPS, DRESSINGS AND SAUCES

Curried Coconut and Butternut Squash Soup .....	15
Roasted Red Pepper Soup .....	16
Herbed Balsamic Dressing.....	17
Honey Mustard Vinaigrette.....	17
BBQ Sauce .....	18
Instant Hollandaise Sauce .....	18

## BABY FOOD

Baby's First Pears.....	19
Baby's First Butternut Squash .....	19

## DESSERTS

Sweetened Whipped Cream .....	19
Strawberry Sorbet.....	20
Coffee Liqueur-Flavoured Truffles .....	20
Raspberry Sauce .....	21



---

## Almond-Cocoa Protein Shake

A great way to treat yourself, and your body, after a hard workout is with a protein-rich shake. This one contains only a few ingredients, with just a hint of sweetness.

Makes about 3 cups (750 ml)

- 2 cups (500 ml) almond milk**
- 1 tablespoon (15 ml) agave nectar (optional)**
- 2 tablespoons (30 ml) cocoa powder**
- 2 tablespoons (30 ml) almond butter**
- 8 ice cubes**

1. Put all of the ingredients, in the order listed, into the blender jar. Secure lid.
2. Select High and blend until completely smooth, about 1 minute.
3. Serve immediately.

*Nutritional information per serving [1 cup (250 ml)]:*  
*Calories 110 (63% from fat) • carb. 6g • pro. 4g • fat 8g • sat. fat 0g*  
*• chol. 0mg • sod. 123mg • calc. 198mg • fiber 3g*

## Antioxidant Smoothie

Berries are a widely known superfood loaded with antioxidant properties. The cranberry juice makes this smoothie a bit tart, so substitute with some additional water or add a small amount of sweetener if preferred.

Makes 6 cups (1.5 L)

- 1 cup (250 ml) unsweetened cranberry juice**
- 1 cup (250 ml) water**
- 1 banana, cut into 2-inch (5 cm) pieces**
- 2 cups (473 ml) fresh strawberries, hulled and halved**
- 2 cups (473 ml) frozen wild blueberries**

1. Put all of the ingredients, in the order listed, into the blender jar. Secure lid.
2. Select the Smoothie function to blend.
3. Serve immediately.

*Nutritional information per serving [1 cup (250 ml)]:*  
*Calories 97 (3% from fat) • carb. 25g • pro. 1g • fat 0g • sat. fat 0g*  
*• chol. 0mg • sod. 6mg • calc. 40mg • fiber 4g*

## Cherry-Ginger Smoothie

This smoothie is packed with foods and spices that are well known for offering anti-inflammatory benefits. The coconut and cinnamon add a nice sweetness to this bright and fresh smoothie.

Makes about 4 cups (1 L)

- 3 cups (750 ml) coconut milk (canned is preferred for a thicker smoothie)**
- 2 tablespoons (30 ml) flax or coconut oil**
- ¼ teaspoon (1 ml) ground turmeric**
- ¼ teaspoon (1 ml) ground cinnamon**
- ½ ounce (15 g) [1-inch (2.5 cm) piece] fresh ginger, peeled and halved**
- 2 cups (500 ml) frozen cherries**

1. Put all of the ingredients, in the order listed, into the blender jar. Secure lid.
2. Select the Smoothie function to blend.
3. Serve immediately.

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

*Calories 244 (74% from fat) • carb. 15g • pro. 1g • fat 19g • sat. fat 15g  
• chol. 0mg • sod. 37mg • calc. 32mg • fiber 2g*

## Creamy Mango Smoothie

Yogurt gives this smoothie a nice and creamy texture, not to mention extra protein!

Makes about 5 cups (1.25 L)

- 2 ripe mangos, peeled and pitted, cut into large cubes**
- 1 cup (250 ml) plain yogurt, full fat**
- 1 teaspoon (5 ml) fresh lime juice**
- 6 ice cubes**

1. Put all of the ingredients, in the order listed, into the blender jar. Secure lid.
2. Select the Smoothie function to blend.
3. Serve immediately.

*Nutritional information per serving [about 1 cup (>250 ml)]:*

*Calories 105 (19% from fat) • carb. 19g • pro. 4g • fat 2g • sat. fat 1g  
• chol. 8mg • sod. 28mg • calc. 100mg • fiber 2g*

## Light Green Smoothie

This green smoothie is as delicious and nutritious as it is simple. Use any greens you have on hand to substitute.

Makes 2 cups (500 ml)

- 1 cup (250 ml) non-dairy milk (e.g., rice, almond or soy)**
- 1 ripe banana, cut into 2-inch (5 cm) pieces**
- 1 cup (250 ml) packed baby spinach**
- 1 cup (250 ml) frozen strawberries**

1. Put all of the ingredients, in the order listed, into the blender jar. Secure lid.
2. Select the Smoothie function to blend.
3. Serve immediately.

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

*Calories 138 (9% from fat) • carb. 32g • pro. 2g • fat 2g • sat. fat 0g  
• chol. 0mg • sod. 55mg • calc. 178mg • fiber 4g*

## Strawberry-Lime Agua Fresca

Perfect for a hot summer day, this fresh and light beverage is perfect to help cool off. Be sure to serve over a tall glass of ice – the colder the drink the better!

Makes about 4 cups (>1 L)

- 2 tablespoons (30 ml) Simple Syrup\***
- 4 to 6 tablespoons (60 to 90 ml) water**
- 2 tablespoons (30 ml) fresh lime juice**
- 4 cups (1 L) fresh strawberries, hulled and halved**

---

**¼ cup (60 ml) packed fresh mint leaves**  
**8 ice cubes, plus more for serving**

1. Put all of the ingredients, in the order listed, into the blender jar. Secure lid.
2. Select High and blend until completely smooth, about 2 minutes.
3. Pour over a cup of ice and serve immediately.

\* Simple syrup is sugar dissolved in water. To make, put equal parts water and granulated sugar in a saucepan set over medium-low heat. Syrup is done once the sugar has dissolved. Cool completely before using.

*Nutritional information per serving [½ cup (125 ml)]:*

*Calories 36 (6% from fat) • carb. 9g • pro. 1g • fat 0g • sat. fat 0g  
• chol. 0mg • sod. 3mg • calc. 22mg • fiber 2g*

## Cookies and Cream Milk Shake

For the ultimate chocolate version, swap out the vanilla ice cream for chocolate ice cream and add 1 to 2 tablespoons (15 to 30 ml) of chocolate syrup.

Makes 2 cups (500 ml)

**2 cups (500 ml) vanilla ice cream**  
**¾ cup (175 ml) milk, any fat variety**  
**6 chocolate sandwich cookies, broken up**

1. Put all of the ingredients, in the order listed, into the blender jar. Secure lid.

2. Select Low and blend until fully smooth and homogenous, about 30 seconds.
3. Serve immediately.

*Nutritional information per serving [½ cup (125 ml)]:*

*Calories 378 (54% from fat) • carb. 36g • pro. 8g • fat 23g • sat. fat 13g  
• chol. 127mg • sod. 189mg • calc. 206mg • fiber 1g*

## Frozen Margarita

As a stand-alone classic or the foundation for fun flavours, this is the perfect frozen margarita.

Makes 2½ cups (625 ml)

**Lime wedge for rim, optional**

**Kosher salt for rim, optional**

**5 ounces (145 g) tequila**  
**1 ounce (28 g) orange-flavoured liqueur**  
**¼ cup (60 ml) fresh lime juice**  
**2 tablespoons (30 ml) Simple Syrup\***  
**12 ice cubes**

1. If salting, rub the rims of serving glasses with a lime wedge and then dip them into a shallow bowl of kosher salt. Reserve.
2. Put all of the ingredients, in the order listed, into the blender jar. Secure lid.
3. Select High and blend until fully smooth and homogenous, about 20 seconds.
4. Serve immediately.

- \* Simple syrup is sugar dissolved in water. To make, put equal parts water and granulated sugar in a saucepan set over medium-low heat. Syrup is done once the sugar has dissolved. Cool completely before using.

*Nutritional information per serving [about 1 cup (250 ml)]:*

*Calories 109 (0% from fat) • carb. 8g • pro. 0g • fat 0g • sat. fat 0g  
• chol. 0mg • sod. 444mg • calc. 3mg • fiber 0g*

## Frozen Mudslide

This is the perfect after-dinner drink—creamy and just a little sweet.

Makes about 3½ cups (875 ml)

**3 cups (750 ml) vanilla ice cream**  
**½ cup (125 ml) milk, any fat variety**  
**¾ cup (175 ml) coffee-flavoured liqueur**

1. Put all of the ingredients, in the order listed, into the blender jar. Secure lid.
2. Select Low and blend until fully smooth and homogenous, about 30 seconds.
3. Serve immediately.

*Nutritional information per serving [about ½ cup (125 ml)]:*

*Calories 342 (43% from fat) • carb. 33g • pro. 5g • fat 16g • sat. fat 10g  
• chol. 105mg • sod. 72mg • calc. 150mg • fiber 0g*

## Piña Colada

Using coconut milk and sorbet instead of cream of coconut makes this drink a little lighter than the classic.

Makes about 6 cups (1.5 L)

**1 cup (250 ml) good quality white rum**  
**½ cup (125 ml) unsweetened coconut milk**  
**3 cups (750 ml) ripe fresh pineapple,  
cut into 2-inch (5 cm) pieces**  
**1 cup (250 ml) coconut sorbet**  
**1 cup (250 ml) frozen pineapple,  
cut into ½-inch (1.25 cm) pieces**  
**6 ice cubes**

1. Put all of the ingredients, in the order listed, into the blender jar. Secure lid.
2. Select High and blend until fully smooth and homogenous, about 45 seconds.
3. Serve immediately.

*Nutritional information per serving [about ½ cup (125 ml)]:*

*Calories 137 (25% from fat) • carb. 14g • pro. 0g • fat 4g • sat. fat 4g  
• chol. 0mg • sod. 12mg • calc. 0mg • fiber 1g*

## Almond Milk

One of the more popular milks on the market, the homemade version allows you to control the number of additives in the drink – add salt, sweeteners and flavours to taste, or follow our guidelines. Like the other alternative milks, this will separate and will need to be shaken or re-blended to bring it back together before using.

---

Makes about 2 cups (500 ml)

- 1 cup (250 ml) raw almonds**
- 2 cups (500 ml) water, plus more for soaking**
- Pinch kosher salt**
- ¼ teaspoon (1 ml) pure vanilla extract (optional)**
- Sweetener (optional)**

1. Put the almonds into a mixing bowl and cover with water (the amount of water needed to cover will depend on the size of the bowl you are using). Cover and allow to soak overnight at room temperature. After soaking, drain and discard the water.
2. Put 2 cups (500 ml) of fresh water, the soaked, drained almonds and a pinch of salt into the blender jar (along with the vanilla and sweetener, if using).
3. Select High and blend until thin and smooth, about 2 minutes. Pour milk through a very fine strainer, or through a cheesecloth. Discard the almond pulp and reserve the milk.
4. Use immediately. The almond milk will last up to 3 days, refrigerated. Shake, stir or re-blend before using.

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

*Calories 275 (72% from fat) • carb. 10g • pro. 10g • fat 24g • sat. fat 2g  
• chol. 0mg • sod. 53mg • calc. 131mg • fiber 6g*

## Oat Milk

Alternative milks do not just have to be for those who are sensitive to dairy. They each offer different health benefits and are a breeze to make in the Cuisinart® blender. On top of that, they are much less expensive to make at home than to purchase in the store,

especially oat and rice milks. You can sweeten them as you wish, or even add a pinch of cinnamon. The only caveat is that homemade milks do not last as long in the refrigerator as their store-bought counterparts since there are no stabilizers added.

Makes about 3 cups (750 ml)

- 1 cup (250 ml) old-fashioned rolled oats (not quick cooking)**
- 4 cups (1 L) water, divided**
- Pinch kosher salt**

1. Put the oats and 2 cups (500 ml) of the water into a mixing bowl and cover. Allow to sit for a minimum of 30 minutes, or up to overnight. Do not refrigerate. After resting, drain and rinse the oats very well.
2. Put 2 cups (500 ml) of fresh water, the soaked, drained oats and a pinch of salt into the blender jar.
3. Select High and blend until smooth, about 1 minute.
4. Use immediately. The oat milk will last up to 3 days, refrigerated. Shake, stir or re-blend before using.

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

*Calories 100 (17% from fat) • carb. 18g • pro. 3g • fat 2g • sat. fat 0g  
• chol. 0mg • sod. 57mg • calc. 9mg • fiber 3g*

## Rice Milk

Be sure to use brown rice for the greatest health benefits. Rice milk has the most neutral flavour of the alternative milks that we provide in this recipe book, so if you are looking for a liquid that has more flavour than water and a bit more body, choose rice milk.

---

Makes about 4 cups (1 L)

- 4 cups (1 L) water**
- 1 cup (250 ml) cooked and cooled brown rice (any size variety works, i.e., short, medium or long grain)**
- 1 tablespoon (15 ml) sweetener (optional)**

1. Put the water, rice and sweetener, if using, into the blender jar.
2. Select High and blend until completely smooth, about 3 minutes.
3. Use immediately. The rice milk will last up to 3 days, refrigerated. Shake, stir or re-blend before using.

*Nutritional information per serving [1 heaping cup (250 ml)]:*

*Calories 69 (6% from fat) • carb. 15g • pro. 1g • fat 0g • sat. fat 0g  
• chol. 0mg • sod. 10mg • calc. 12mg • fiber 1g*

## Blueberry Buckwheat Pancakes

The natural nuttiness of the buckwheat flour adds great flavour to these low-in-fat pancakes. You can eat these for breakfast without the guilt!

Makes about 20 pancakes

- 1 cup (250 ml) unbleached, all-purpose flour**
- ½ cup (125 ml) buckwheat flour**
- 1½ teaspoons (7.5 ml) baking powder**
- ½ teaspoon (2.5 ml) baking soda**
- ½ teaspoon (2.5 ml) ground cinnamon**
- ¼ teaspoon (1 ml) kosher salt**
- 1½ cups (375 ml) buttermilk**
- 2 large eggs**

- 2 tablespoons (30 ml) maple syrup**
- ½ teaspoon (2.5 ml) pure vanilla extract**
- 1 cup (250 ml) fresh or frozen (thawed) blueberries [if using frozen blueberries, toss with 2 tablespoons (30 ml) of the flour being used in the recipe]**
- Unsalted butter, for greasing the pan**

1. Put the flours, baking powder, baking soda, cinnamon and salt together in the blender jar. Select Low and blend to “sift” for 30 seconds. Transfer to a medium mixing bowl; reserve.
2. Put the buttermilk, eggs, maple syrup and vanilla into the blender jar. Select Low and blend until completely combined, about 20 seconds.
3. Pour the liquid mixture over the dry ingredients and gently fold with a spatula to just combine. Add the blueberries and gently fold once or twice.
4. Preheat a griddle over medium heat. Once preheated, melt a small amount of butter to just coat the pan. Drop batter using a ¼-cup (60 ml) measure. Cook pancakes until bubbles form, about 2 minutes; flip and cook until done, another 1 to 2 minutes. Repeat with remaining batter.
5. Transfer to warm plates for serving. As you finish each round of pancakes, you can keep them warm on a wire rack placed on a baking sheet inside a low oven [200°F (95°C)].

*Nutritional information per serving (per pancake):*

*Calories 54 (14% from fat) • carb. 9g • pro. 2g • fat 1g • sat. fat 0g  
• chol. 20mg • sod. 113mg • calc. 44mg • fiber 0g*

## Sweet Crêpe Batter

Think of crêpes as a blank canvas. They can be stuffed with traditional sweet fillings such as fresh fruit or chocolate sauce, but they can also be used with savoury fillings such as scrambled eggs, vegetables and cheese. Looking to “wow” with a special dessert? Use the crêpes to make a knockout layer cake. The crêpes are the “cake layers” and you can fill with anything from a thick whipped cream, to your favourite cake filling.

Makes about 15, eight-inch (20 cm) crêpes

- 3 large eggs**
- 4 tablespoons [60 ml (½ stick)] unsalted butter, melted and cooled to room temperature**
- ¾ cup (175 ml) unbleached, all-purpose flour**
- ½ teaspoon (2.5 ml) kosher salt**
- 1 tablespoon (15 ml) granulated sugar**
- 1 cup (250 ml) reduced-fat milk**
- 1 teaspoon (5 ml) pure vanilla extract**
- 1 teaspoon (5 ml) unsalted butter**

1. Put the eggs, melted butter, flour, salt and sugar into the blender jar. Select Low and while the unit is running, carefully remove the measuring cup from the cover of the blender. Add the milk and vanilla through the opening. Mix about 15 to 20 seconds, or until smooth. Allow the batter to rest for a minimum of 1 hour, or up to overnight, refrigerated.
2. Before using batter, re-blend or whisk to remove any lumps (strain if necessary).
3. Set an 8- to 10-inch (20 to 25 cm) crêpe pan or nonstick skillet over medium/medium-high heat. Once pan is hot, add the 1 teaspoon (5 ml) of butter. Tilt pan to evenly distribute the butter; let rest on heat for an additional 30 seconds. Add

batter, about a scant quarter-cup (60 ml), and with the pan in hand, quickly and evenly rotate it so the crêpe batter thinly coats the entire bottom surface. Allow to cook until set, about 2 minutes (traditionally the crêpe should not brown). Flip and cook on the second side for 30 seconds. Remove and repeat with remaining batter.

*Nutritional information per crêpe:*

*Calories 75 (54% from fat) • carb. 6g • pro. 2g • fat 4g • sat. fat 3g  
• chol. 47mg • sod. 97mg • calc. 30mg • fiber 0g*

## Curried Coconut and Butternut Squash Soup

The butternut squash in this soup can be prepared up to 3 days in advance and stored in the fridge to make dinner prep extra easy when you're in a time crunch.

Makes about 4 cups (1 L)

- 1 pound (454 g) butternut squash, seeded, roasted\***
- 1 tablespoon (15 ml) unsalted butter or ghee\*\***
- ½ small onion, chopped**
- 2 garlic cloves, chopped**
- ½ jalapeño, seeded and chopped**
- 1-inch (2.5 cm) piece ginger, peeled and chopped**
- ½ teaspoon (2.5 ml) kosher salt, divided**
- 1 tablespoon (15 ml) curry powder**
- ½ cup (125 ml) coconut milk**
- 2 cups (500 ml) chicken broth, low sodium**

1. In a medium to large saucepan or casserole pan, heat butter or ghee over medium heat. Once the butter or ghee is hot, add the onion, garlic, jalapeño, ginger and ¼ teaspoon of the salt.

Cook vegetables until soft and fragrant, about 6 to 8 minutes. Add curry powder and stir; cook until fragrant, about 1 minute.

2. Scoop out the roasted butternut squash [it should yield about 1½ cups (375 ml) roasted] and add to the pan with the softened vegetables. Add the coconut milk, chicken broth and remaining salt. Using a heatproof spoon or spatula, stir ingredients together, being sure to break up the butternut squash and incorporating it into the other ingredients. Increase heat to bring mixture to a boil and then reduce to maintain a steady simmer. Allow to simmer for 20 to 30 minutes. Remove pan from heat and allow to rest for 5 minutes.

3. Transfer rested soup to the blender jar. Secure lid.

4. Select Low and blend for 30 seconds, and then switch to High and allow to blend until completely smooth, an additional minute.

5. When soup has finished blending, carefully remove lid—soup will be hot. Taste and adjust seasoning as desired.

\* How to roast butternut squash: Preheat oven to 425°F (220°C). Cut squash in half, lengthwise. Scoop out all the seeds and stringy matter. Drizzle 1 to 2 teaspoons (5 to 10 ml) olive oil onto the flesh of each half of the butternut squash and then sprinkle with ¼ teaspoon (1 ml) kosher salt and ⅛ teaspoon (0.5 ml) freshly ground pepper. On an aluminum foil-lined pan, place butternut squash flesh-side down. When oven is hot, roast squash until skin can be easily pierced with a knife, about 35 minutes.

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

*Nutritional information per serving [about 1 cup (250 ml)]:*  
Calories 149 (52% from fat) • carb. 16g • pro. 4g • fat 10g • sat. fat 7g  
• chol. 8mg • sod. 316mg • calc. 59mg • fiber 2g

## Roasted Red Pepper Soup

This soup is so good and easy to make that it may become a new staple in your household, especially if you start keeping jars of roasted red peppers on hand.

Makes 4 cups (1 L)

**1**    **tablespoon (15 ml) olive oil**  
**1**    **garlic clove, chopped**  
**1**    **shallot, chopped**  
**1**    **teaspoon (5 ml) fresh thyme leaves**  
**¾**    **teaspoon (3.75 ml) kosher salt, divided**  
**1 to 2** **pinches freshly ground black pepper**  
**1**    **tablespoon (15 ml) sherry**  
**4**    **roasted red bell peppers, seeded (may use jarred or homemade) and cut into 1-inch (2.5 cm) pieces**  
**2**    **cups (500 ml) chicken broth, low sodium**  
**½**    **cup (125 ml) heavy cream**  
**¼**    **teaspoon (1 ml) orange zest**

1. In a medium saucepan, heat the olive oil over medium-low heat. When the oil is hot, add the garlic, shallot, thyme, ¼ teaspoon (1 ml) of the salt and one pinch of the pepper to the skillet; cook until soft and fragrant, about 3 to 4 minutes. Add the sherry, scraping up any brown bits from the bottom of the pan. Cook until sherry is almost evaporated, about 1 minute.
2. Add the roasted peppers and the chicken broth. Increase heat to bring mixture to a boil and then reduce to maintain a steady



simmer. Allow to simmer for 20 to 30 minutes. Remove pan from heat and allow to rest for 5 minutes.

3. Transfer the hot mixture to the blender jar. Secure lid and select Low to blend until smooth, about 1 minute. Add the heavy cream, zest and remaining salt and pepper. Select Low to fully mix, an additional 30 seconds.
4. When soup has finished blending, carefully remove lid—soup will be hot. Taste and adjust seasoning as desired.

*Nutritional information per serving [about 1 cup (250 ml)]:*

*Calories 195 (67% from fat) • carb. 11g • pro. 4g • fat 15g • sat. fat 8g  
• chol. 40mg • sod. 439mg • calc. 16mg • fiber 2g*

## Herbed Balsamic Dressing

If you'd like to use fresh herbs, double the amount of each of the dried ingredients.

Makes about 2 cups (500 ml)

- 2** garlic cloves, peeled
- 2** tablespoons (30 ml) dried basil
- 1** teaspoon (5 ml) dried oregano
- 1** teaspoon (5 ml) kosher salt
- 1** teaspoon (5 ml) freshly ground black pepper
- 2** teaspoons (10 ml) Dijon-style mustard
- ¾** cup (175 ml) balsamic vinegar
- 1 1/3** cups (325 ml) extra virgin olive oil

1. Put all ingredients, in the order listed, into the blender jar. Secure lid.

2. Select High and blend until fully mixed and emulsified, about 30 to 40 seconds.
3. Taste and adjust seasoning as desired. If not using right away, store in the refrigerator in an airtight container for up to 1 week.

*Nutritional information per serving [2 tablespoons (30 ml)]:*

*Calories 171 (95% from fat) • carb. 2g • pro. 0g • fat 19g • sat. fat 3g  
• chol. 0mg • sod. 149mg • calc. 13mg • fiber 0g*

## Honey Mustard Vinaigrette

You might crave chicken tenders after tasting this dressing—it's loaded with flavours reminiscent of the classic childhood combo.

Makes about 2 cups (500 ml)

- 1** small lemon
- 1** small shallot [about 2 ounces (57 g)], peeled and halved
- 3** tablespoons (45 ml) honey
- 1** tablespoon (15 ml) Dijon-style mustard
- ¼** cup (60 ml) white wine vinegar
- 1** teaspoon (5 ml) kosher salt
- ½** teaspoon (2.5 ml) freshly ground black pepper
- 1** cup (250 ml) extra virgin olive oil

1. With a vegetable peeler, remove the zest of the lemon, being very careful not to include any of the bitter white pith. Put lemon peel into the blender jar.
2. Juice the peeled lemon. Add juice to the blender along with the remaining ingredients, in the order listed. Secure lid.

3. Select High and blend until fully mixed and emulsified, about 1 minute.
4. Taste and adjust seasoning as desired. If not using right away, store in the refrigerator in an airtight container for up to 1 week.

*Nutritional information per serving [2 tablespoons (30 ml)]:*

*Calories 136 (88% from fat) • carb. 4g • pro. 0g • fat 14g • sat. fat 2g  
• chol. 0mg • sod. 156mg • calc. 1mg • fiber 0g*

## BBQ Sauce

Whether slathered on grilled chicken, or used in baked beans, homemade BBQ sauce beats out the jarred style any day.

Makes about 2 cups (500 ml)

- 1     tablespoon (15 ml) vegetable oil**
- 1     small onion, chopped**
- 3     garlic cloves, chopped**
- 1     cup (250 ml) ketchup**
- 1/3    cup (75 ml) water**
- 1     tablespoon (15 ml) Dijon-style mustard**
- 1     tablespoon (15 ml) Worcestershire sauce**
- 1     chipotle pepper**
- 1     tablespoon (15 ml) chili powder**
- 1     tablespoon (15 ml) paprika**
- 1/4    cup (60 ml) packed brown sugar**

1. Put the oil into a medium skillet and place over medium heat. Once hot, add the chopped onion and garlic to the pan. Sauté until soft and fragrant, about 5 minutes.

2. Put the remaining ingredients into the blender jar, in the order listed, along with the sautéed vegetables. Select High and blend until smooth, about 2 minutes.
3. Taste and adjust seasoning as desired. Allow to cool to room temperature and transfer to an airtight container and store in the refrigerator. Sauce will keep for up to 2 weeks.

*Nutritional information per serving [2 tablespoons (30 ml)]:*

*Calories 46 (20% from fat) • carb. 8g • pro. 0g • fat 1g • sat. fat 0g  
• chol. 0mg • sod. 271mg • calc. 6mg • fiber 0g*

## Instant Hollandaise Sauce

Hollandaise sauce is notoriously tricky to make—but this recipe makes it almost impossible to mess up.

Makes 1 cup (250 ml)

- 8     tablespoons [120 ml (1 stick)] unsalted butter**
- 4     large egg yolks**
- 1/4    teaspoon (1 ml) kosher salt**
- Pinch cayenne**
- 1 1/2  tablespoons (25 ml) fresh lemon juice**

1. Put the butter into a small skillet over low heat until it is melted and reaches a slight simmer.
2. While the butter is melting, put the remaining ingredients into the blender jar. Select Low and blend to combine ingredients, about 30 seconds.
3. With the blender still running on Low, remove the measuring cup from the cover. Very carefully drizzle in the hot butter

through the opening while using the measuring cup or a dishtowel as a shield to prevent any splatter.

- Once all the butter has been added, turn off blender and check sauce for consistency. If overall consistency is too thick, blend in 1 tablespoon (15 ml) of hot water at a time.
- Taste and adjust seasoning as desired. Serve immediately or transfer to a double boiler to keep warm.

*Nutritional information per serving [2 tablespoons (30 ml)]:*

*Calories 194 (95% from fat) • carb. 0g • pro. 2g • fat 21g • sat. fat 12g  
• chol. 192mg • sod. 104mg • calc. 22mg • fiber 0g*

## Baby's First Pears

Apples are an easy substitution.

Makes about 1½ cups (375 ml)

### **3 medium pears, peeled, cored and cut into 1-inch (2.5 cm) cubes**

- Steam pears until completely fork tender, approximately 10 minutes in a stovetop steamer.
- Put the steamed pears into the blender jar.
- Select Low and blend until completely smooth, about 1 minute.

*Nutritional information per serving [1 ounce (28 g)]:*

*Calories 26 (2% from fat) • carb. 7g • pro. 0g • fat 0g • sat. fat 0g  
• chol. 0mg • sod. 0mg • calc. 4mg • fiber 1g*

## Baby's First Butternut Squash

Packed with vitamins, butternut squash is sure to become one of baby's favourites.

Makes about 2 cups (500 ml)

### **4 cups (1 L) cubed butternut squash [about 1 pound (454 g)]**

- Steam butternut squash until completely fork tender, approximately 15 to 20 minutes in a stovetop steamer.
- Put the steamed squash into the blender jar with 3 tablespoons (45 ml) of steaming liquid.
- Select Low and blend until completely smooth, about 2 minutes.

*Nutritional information per serving [1 ounce (28 g)]:*

*Calories 21 (2% from fat) • carb. 5g • pro. 0g • fat 0g • sat. fat 0g  
• chol. 0mg • sod. 2mg • calc. 22mg • fiber 1g*

## Sweetened Whipped Cream

The timer on the blender makes this recipe for whipped cream foolproof.

Makes about 2 cups (500 ml)

- 2 cups (500 ml) heavy cream**
- ¼ cup (60 ml) confectioners' sugar**
- 1 teaspoon (5 ml) pure vanilla extract**
- Pinch kosher salt**

1. Put all of the ingredients, in the order listed, into the blender jar. Secure lid.
2. Set the timer for 20 seconds by pressing the up arrow. Select Low and blend for the allotted time, or until desired consistency.
3. Serve immediately or store in the refrigerator in an airtight container for up to 3 days.

*Nutritional information per serving [2 tablespoons (30 ml)]:*  
*Calories 110 (90% from fat) • carb. 2g • pro. 0g • fat 10g*  
*• sat. fat 7g • chol. 40mg • sod. 9mg • calc. 0mg • fiber 0g*

## Strawberry Sorbet

Adjust the amount of sugar in this recipe based on your liking and the natural sweetness of the strawberries—riper strawberries are sweeter.

Makes about 4 cups (1 L)

- 3**    **tablespoons (45 ml) fresh lemon juice**
- 1/3**   **cup (75 ml) granulated sugar (or less depending on sweetness of strawberries and personal preference)**
- Pinch kosher salt**
- 2**    **pounds (907 g) strawberries, hulled and halved**

1. Put all ingredients, in the order listed, into the blender jar. Secure lid.
2. Select Low and blend until fully smooth, about 15 to 20 seconds.
3. Pour strawberry mixture into 2 ice cube trays (they will be very full). Freeze until completely frozen, at least 12 hours.

4. When completely frozen, put one tray of the frozen strawberry cubes into the blender jar. Secure lid. Select the Ice Crush function. If a smoother consistency is desired, scrape down and run on Ice Crush again. Remove and reserve in a freezer-safe, airtight container and repeat with second tray.
5. Serve immediately or store in the freezer for up to 1 month.

*Nutritional information per serving [1/2 cup (125 ml)]:*  
*Calories 58 (5% from fat) • carb. 15g • pro. 1g • fat 0g*  
*• sat. fat 0g • chol. 0mg • sod. 19mg • calc. 18mg • fiber 2g*

## Coffee Liqueur-Flavoured Truffles

The trick to rolling truffles is to work quickly—you don't want the heat of your hands melting the chocolate. We recommend wearing disposable gloves.

Makes about 28 truffles [3/4 inch (1.9 cm) diameter]

- 1/2**    **cup (125 ml) heavy cream**
- 1**    **tablespoon (15 ml) plus 1 teaspoon (5 ml) unsalted butter**
- 8**    **ounces (227 g) semisweet chocolate**
- 1**    **tablespoon (15 ml) coffee-flavoured liqueur**
- 1/4**   **teaspoon (1 ml) kosher salt**
- 1/4**   **cup (60 ml) unsweetened cocoa powder**

1. In a small saucepan, bring cream and butter to a boil.
2. While cream and butter are coming to a boil, put chocolate into the blender jar. Secure lid. Select High and blend to finely chop, about 10 seconds. Scrape down sides and blend for additional time if necessary.

3. Pour the hot cream and butter mixture into the blender over the chocolate. Select Low and blend until mixed, about 5 seconds. Add the coffee-flavoured liqueur and pulse on Low to combine, about 2 to 4 pulses.
4. Transfer chocolate mixture to a bowl. Cover and chill in the refrigerator until firm, about 2 hours.
5. While chocolate is chilling, put the cocoa powder into a medium mixing bowl.
6. Once well-chilled, scoop the chocolate into about 1½-teaspoon (7.5 ml) rounds (using an ice cream scoop makes this task much easier. If you do not have a scoop, you can use a spoon or measuring spoon – the truffles need not be perfectly round). Roll each round into a ball between the palms of your hands. Transfer to the bowl of cocoa powder and toss to coat. If chocolate becomes too difficult to roll, refrigerate until cold and try again.

*Nutritional information per truffle:*

*Calories 62 (61% from fat) • carb. 6g • pro. 1g • fat 5g  
• sat. fat 3g • chol. 7mg • sod. 3mg • calc. 5mg • fiber 1g*

## Raspberry Sauce

Serve over ice cream, a warm dessert or anywhere you need a little extra sweetness.

Makes about 1 cup (250 ml)

- 2-inch (5 cm) strip lemon peel, bitter white pith removed**
- 3 tablespoons (45 ml) granulated sugar**
- Pinch kosher salt**
- 2 tablespoons (30 ml) water**

## **8–10 ounces (227 to 283 g) frozen raspberries, thawed (1 bag – different brands vary)**

1. Put all of the ingredients, in the order listed, into the blender jar. Secure lid.
2. Select Low, blend for 30 seconds and then switch to High (no need to stop the blender), and allow to blend until completely smooth, an additional 30 to 40 seconds.
3. Strain the raspberry sauce through a fine sieve (discard any seeds). Serve immediately or store in an airtight container for up to 2 weeks in the refrigerator.

*Nutritional information per serving [2 tablespoons (30 ml)]:*

*Calories 38 (0% from fat) • carb. 9g • pro. 0g • fat 0g • sat. fat 0g  
• chol. 0mg • sod. 18mg • calc. 6mg • fiber 1g*

---

# WARRANTY

## LIMITED THREE-YEAR

## WARRANTY

We warrant that this Cuisinart product will be free of defects in materials 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 and keep your original receipt for the duration of the limited warranty. This warranty excludes damage caused by accident, misuse or abuse, including damage caused by overheating, and it does not apply to scratches, stains, discolouration or other damage to external or internal surfaces that does not impair the functional utility of the product. This warranty also expressly excludes all incidental or consequential damages.

Your Cuisinart product has been manufactured to the strictest specifications and has been designed for use only in 120 volt outlets and only with authorized accessories and replacement parts. This warranty expressly excludes any defects or damages caused by attempted use of this unit with a converter, as well as use with accessories, replacement parts or repair service other than those authorized by Cuisinart.

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:**  
**CBT-1500C**

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

- \$10.00 for shipping and handling of the product (cheque or money order) to Cuisinart Canada
  - 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)**.

# Cuisinart®



Food  
Processors



Juicers



Coffeemakers



Cookware



Tools and  
Gadgets

Cuisinart offers an extensive assortment of top quality products to make life in the kitchen easier than ever. Try some of our other countertop appliances, cookware, tools and gadgets.

**[www.cuisinart.ca](http://www.cuisinart.ca)**

©2016 Cuisinart Canada

100 Conair Parkway,  
Woodbridge, Ont L4H 0L2

Consumer Call Centre E-mail:  
[Consumer\\_Canada@Conair.com](mailto:Consumer_Canada@Conair.com)

Printed in China  
15CC017714

Trademarks or service marks of third parties used herein are the trademarks or service marks of their respective owners.

B IB-13520-CAN