

# Cuisinart®

## INSTRUCTION AND RECIPE BOOKLET



**Smart Stick® Variable Speed Hand Blender**

**HB-400PC**

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, especially when children are present, basic safety precautions must be taken, including the following:

1. READ ALL INSTRUCTIONS.
2. Turn the appliance OFF, then unplug from the outlet before assembling or disassembling parts and before cleaning. To unplug, grasp the plug and pull from the outlet. Never pull from the power cord.
3. To protect against electric shock, do not put the motor body, cord, or electrical plug of this hand blender in water or other liquids. Only the detachable blending shaft of this appliance, the whisk and work bowl have been designed for immersion into water or other liquids. Never submerge any other portion of this unit. If motor housing falls into liquid, unplug unit and remove immediately. Do not reach into the liquid without unplugging the unit first.
4. This appliance is not intended for use by children or by persons with reduced physical, sensory, or mental capabilities, or lack of experience and knowledge. Close supervision is necessary when any appliance is used near children. Children should be supervised to ensure that they do not play with the appliance.
5. Avoid contact with moving parts. Do not attempt to defeat any safety interlock mechanisms.
6. During operation keep hands, hair, clothing, spatulas, and other utensils away from attachments, any mixing container, and the cutting blade while processing food, blending, slicing, or shredding to reduce risk of injury to persons and/or damage to the appliance. A spatula may be used, but only when the unit is not operating.
7. Do not operate any appliance with a damaged cord, or plug or after the appliance malfunctions or is dropped or damaged in any manner. Contact the manufacturer at their customer service telephone number for information on examination, repair, or adjustment.
8. Remove the detachable blending shaft from the blender before washing the blades or shaft.
9. Blades are SHARP. Handle carefully when removing, inserting, or cleaning. Exercise the same care when removing or inserting the blade or disc for the food processor attachment.
10. When mixing liquids, especially hot liquids, use a tall container or mix small quantities in separate batches to reduce spillage, splattering, and possibility of injury from burning.
11. Check work bowl for presence of foreign objects before using.
12. To reduce the risk of injury, make sure the food processor attachment work bowl is on a flat surface before adding the chopping/mixing blade.

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13. The use of attachments or accessories not recommended by Cuisinart may cause fire, electric shock, or risk of injury.
  14. Be certain the food processor attachment work bowl cover is securely locked in place before operating appliance. Do not attempt to remove cover until blade has stopped rotating.
  15. When using the feed tube to slice or shred, never feed food by hand. Always use the pusher.
  16. Do not fill the food processor work bowl above the max fill line to avoid risk of injury due to damage to the cover or work bowl.
  17. Do not use outdoors or for other than its intended use.
  18. Do not let any cord hang over the edge of the table or counter. Do not let cord contact hot surfaces, including stovetop.
  19. DO NOT use blade storage cover when blending.
  20. When detaching blending shaft, make sure blade guard is in place over blade.
  21. When using storage bag to store hand blender unit and attachments, be sure blade storage cover is in place on detachable blending shaft before putting in storage bag.
  22. To reduce the risk of fire or electric shock, do not operate any heating appliance beneath the mounting unit.
  23. Do not operate your appliance in an appliance garage or under a wall cabinet. **When storing in an appliance garage, always unplug the unit from the 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.
  24. Never feed food by hand. Always use food pusher. Do not fill the bowl above the maximum fill line to avoid risk of injury due to damage to the cover or bowl.

## SAVE THESE INSTRUCTIONS FOR HOUSEHOLD USE ONLY

### NOTICE

This appliance has a polarized plug (one blade is wider than the other). As a safety feature, this plug will fit in a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to override this safety feature.

**NOTE:** Maximum rating of 400W is based on the attachment that draws the greatest power.

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## UNPACKING INSTRUCTIONS

Place the package containing the Cuisinart® Smart Stick® Variable Speed Hand Blender on a sturdy surface. Open the box and remove the upper protective insert. Unpack the hand blender motor body housing, blending shaft, detachable gearbox, beaker, chef's whisk, food processor attachment with chopping/mixing blade and reversible slicing/shredding disc, blade storage cover, and canvas storage bag. Save packaging for possible repacking of the unit.

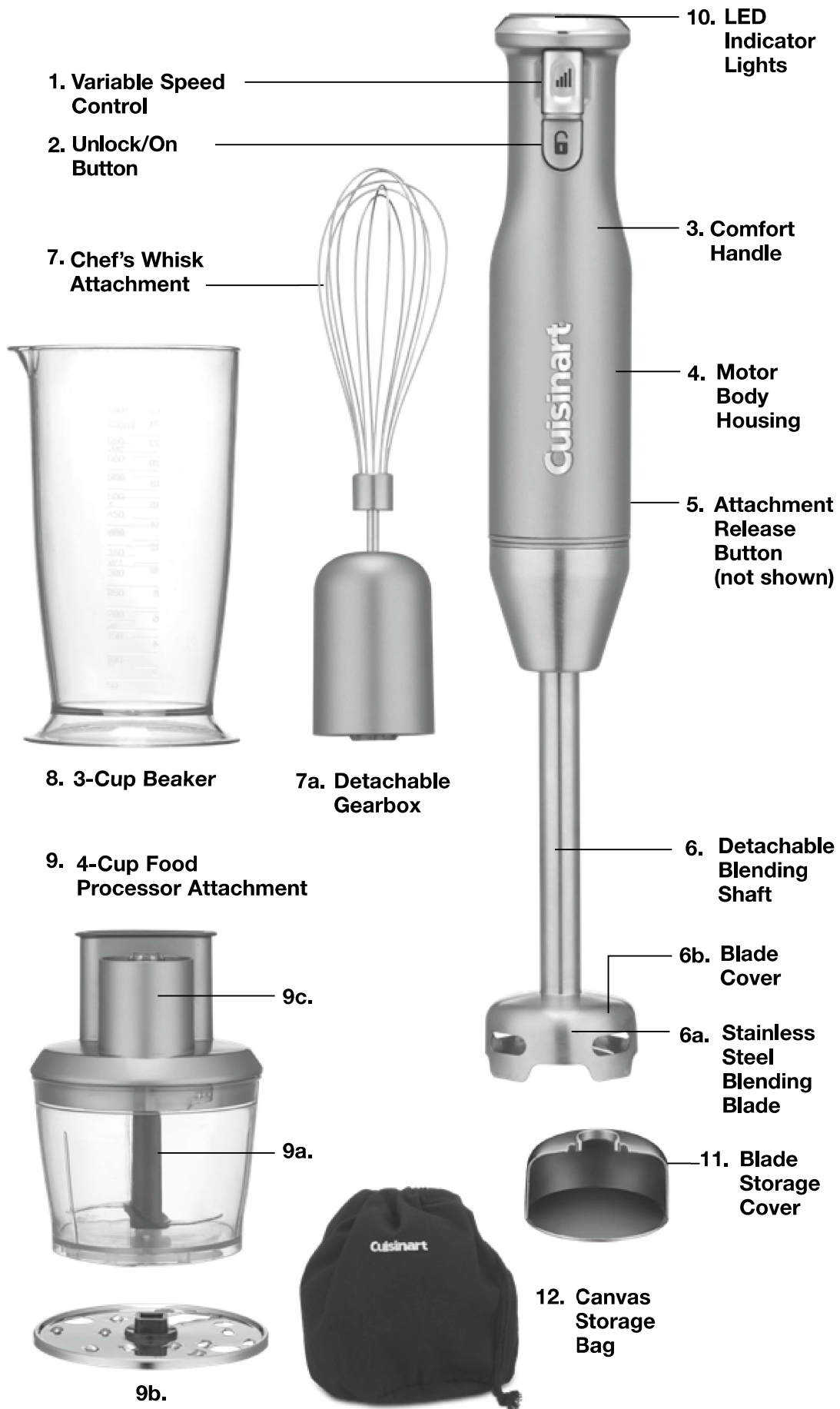
**NOTE: The blending blade is extremely sharp.**

Before using the Cuisinart® Smart Stick® Variable Speed Hand Blender for the first time, we recommend that you wipe the unit with a clean, damp cloth to remove any dirt or dust. Dry it thoroughly with a soft, absorbent cloth. To clean all parts, see instructions on page 11. Read all instructions completely for detailed operating procedures.

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## PARTS AND FEATURES

1. **Variable Speed Control:** Lets you adjust speed from Low to High for blending and pulsing your specific ingredients. Increase finger pressure or decrease finger pressure to control speeds; release to stop operation.
2. **Unlock/On Button:** Must be pressed to unlock before blender will operate.
3. **Comfort Handle:** The ergonomic detailed handle allows you to maneuver the hand blender with ease.
4. **Motor Body Housing:** Powers the blender.
5. **Attachment Release Button:** Release button makes it easy to attach and detach blending shaft and whisk assembly.
6. **Detachable Blending Shaft with (6a) Stainless Steel Blade and (6b) Blade Cover:** Snaps into the motor body housing. The fixed-mount stainless blade is partially covered by a stainless guard to keep splashing to a minimum.
7. **Chef's Whisk:** The chef's whisk attachment snaps into the gearbox, which connects to the motor body housing. The full-size chef's whisk is great for whipping cream, egg whites, and other delectable treats.
  - 7a. **Detachable Gearbox:** Whisk attaches to it.
8. **3-Cup (24 oz.) Beaker:** Use this container to blend drinks, shakes, salad dressings, and more. Designed for easy gripping and drip-free pouring.
9. **4-Cup Food Processor Attachment:** Slice, shred, and chop with the Cuisinart® food processor attachment. Food processor attaches to the blender motor body in place of the blending shaft or whisk attachment.
  - 9a. **Chopping/Mixing Blade**
  - 9b. **Reversible Slicing/Shredding Disc and Stem**
  - 9c. **Lid with Feed Tube and Pusher**
10. **LED Indicator Lights:** Blue LED illuminated settings to indicate speed selection from Low to High.
11. **Blade Storage Cover:** Ensures safety and extends life of blade.
12. **Canvas Storage Bag:** Safely store motor body housing, blending shaft, chef's whisk, food processor attachment, and blade storage cover.



1. Variable Speed Control

2. Unlock/On Button

7. Chef's Whisk Attachment

8. 3-Cup Beaker

9. 4-Cup Food Processor Attachment

7a. Detachable Gearbox

9c.

9a.

9b.

10. LED Indicator Lights

3. Comfort Handle

4. Motor Body Housing

5. Attachment Release Button (not shown)

6. Detachable Blending Shaft

6b. Blade Cover

6a. Stainless Steel Blending Blade

11. Blade Storage Cover

12. Canvas Storage Bag

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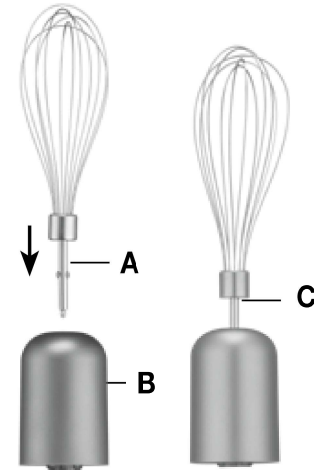
# ASSEMBLY

## BLENDING ATTACHMENT

Align the motor body housing with the blending shaft, and push the pieces together until you hear and feel them click and connect. If they don't easily connect, just pull the housing and blending shaft slightly apart, rotate the shaft a little, push the pieces together again, and listen for the click.

## CHEF'S WHISK ATTACHMENT

1. Align the end of the whisk (A) with the small opening of the whisk gearbox (B).
2. Push end into opening until it locks into position (C).
3. Align the motor body with the whisk assembly, and push the gearbox and motor body together until you hear and feel them click and connect. If they don't easily connect, just pull the housing and blending shaft slightly apart, rotate the shaft a little, push the pieces together again, and listen for the click.

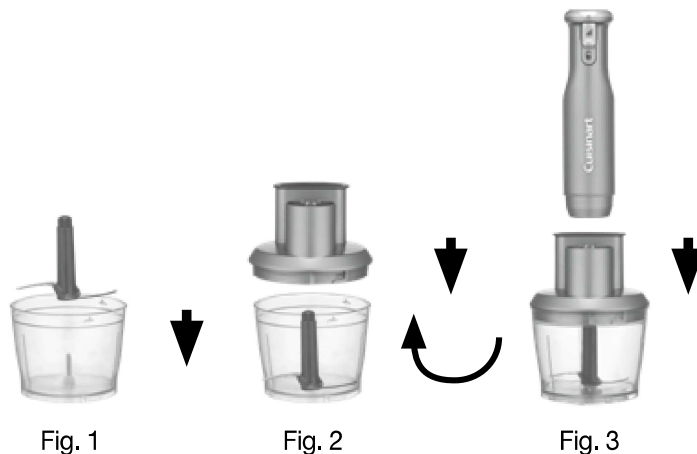


## FOOD PROCESSOR ATTACHMENT

1. If using the chopping/mixing blade, place in the center of the work bowl over the metal blade shaft. If using the slicing/shredding disc, place the stem in center of work bowl, over the metal blade shaft (Fig. 1). Place the disc over the stem with the desired side facing up.

**Note: Chopping/mixing blade should not be used with slicing/shredding disc.**

2. Place the food processor lid onto the work bowl (Fig 2.). Align the chopping/mixing blade or the slicing/shredding disc stem with the bottom of the food processor lid and turn the lid clockwise



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to lock into place. You will feel and hear a slight click. Make sure the lid is locked into place.

3. Place the motor body housing on top of the food processor bowl lid and lock into place by pressing down on the motor body housing (Fig. 3). You will feel and hear a slight click, which means the unit is ready for operation.
4. Plug the power cord of the hand blender into an electrical outlet.
5. To remove the motor body housing from the work bowl lid, press the release button on the back of the motor body housing and pull up at the same time.

## OPERATION



1. Press and hold the Unlock/On Button below the Variable Speed Control Button.



2. Then press and hold the Variable Speed Control Button to power up the unit. You may continue to hold the Unlock/On Button for continuous operation without interruption.



3. The Variable Speed Control Button is pressure sensitive. Press the button in for a faster speed and decrease pressure for a slower speed.

**There is no need to hold down the Unlock/On Button during variable speed blending.**

## BLENDING

The specially designed blade is for mixing and puréeing all kinds of foods, including salad dressings, powdered drink products, soups, sauces, and blended drinks like milkshakes or smoothies.

This blade mixes and stirs while adding only a minimum of air. A gentle up-and-down motion is all you need to create smooth purées for soups, dressings, sauces, and more. Be careful never to remove the blending shaft from the liquid while in operation.

1. Connect the blending shaft to the motor body housing.
2. Plug electrical cord into a wall socket.
3. Immerse the blade end of blending shaft into mixture to be blended. You can blend in the 3-cup beaker or a bowl, pot, saucepan, or pitcher.
4. To turn the blender on:

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- a. Press and hold the Unlock/On Button.
  - b. Then press the Variable Speed Control Button to power up until the desired speed is reached.
  - c. There is no need to hold down the Unlock/On Button during variable speed blending. You can hold the button down to ensure uninterrupted operation while using pulse or variable speed control. The Unlock/On Button will relock if you let the Variable Speed Control Button out too far. If Unlock/On Button locks while operating, press the Unlock/On Button again to power up.

**NOTE:** Do not continuously blend for longer than 60 seconds. Release the Unlock/On Button for 20 to 30 seconds between 60-second blending cycles.

**See Operation Illustrations 1, 2, and 3 above.**

5. Unplug immediately after use.

## **WHISKING**

1. Insert the whisk assembly into the motor body.  
(See assembly for whisk attachment, page 7.)
2. Plug electrical cord into a wall socket.
3. Put the whisk into a bowl or container.
4. Press the Variable Speed Control Button to the desired speed. To begin whisking, follow the instructions in #4 under Blending, page 8.
5. Unplug immediately after use.

## **PULSING**

1. Press and hold the Unlock/On Button.
2. Press the Variable Speed Control Button and the Unlock/On Button again and pulse. If you find it easier, you may press and hold the Unlock/On Button to pulse continuously.
3. Repeat the above steps, pulsing until ingredients reach the desired consistency.

**Note: Pulse can be used with any of the attachments: hand blender, whisk, or food processor.**

## **CHOPPING**

1. Place the food processor work bowl on a flat, sturdy surface, such as a countertop.
2. Insert the chopping/mixing blade in the food processor work bowl as shown in Fig.1 on page 7, holding it by gripping the upper plastic area of the blade.
3. Put food in the work bowl. Be sure the food is cut into small pieces (½ to 1 inch). Reference chart on page 15 for work bowl capacities.

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4. Attach the lid to the food processor work bowl, and turn it clockwise until it locks in position. To remove lid, turn counterclockwise.
  5. Connect the motor body housing to the food processor work bowl lid. (See Fig. 3, page 7.)
  6. Press the Unlock/On Button to unlock and power up the unit, and then press the Variable Speed Control Button to select the desired speed. The speed will gradually increase when you apply more pressure while pressing the button.

**NOTE:** Due to the powerful motor provided with this unit, Cuisinart recommends using one hand to steady the work bowl during operation.

**NOTE:** Max operation duration time should be less than 1 minute, and a 3-minute rest time must be maintained between two consecutive cycles.

7. When you have finished processing the food, stop the machine by taking your finger off the Variable Speed Control Button.
8. **WHEN THE BLADE STOPS MOVING**, unplug the unit.
9. Remove the motor body housing from the food processor lid by turning it counterclockwise.
10. Carefully remove the chopping/mixing blade, holding it by gripping the upper plastic area of the blade. **NEVER TOUCH THE BLADE ITSELF.**
11. Remove food with a spatula.

**NOTE:** Do not operate the food processor attachment without food in the work bowl.

## **SLICING AND SHREDDING**

1. Place the food processor work bowl on a flat, sturdy surface, such as a countertop.
2. Place the stem in center of work bowl, over the metal blade shaft. Choose desired side of the disc, slice or shred.
3. Holding disc by outer edges, carefully place it over the stem, with the side being used facing up. Disc can also be placed over the stem by grasping the center hub on the disc.
4. Attach the lid to the food processor work bowl, and turn it clockwise until it locks in position. Place the pusher into the feed tube opening on the work bowl cover.
5. Connect the motor body housing to the food processor work bowl lid. (See Fig. 3, page 7.)
6. Evenly pack food in the feed tube for slicing and shredding. The food to be processed will dictate the amount of pressure: Use light pressure for soft foods, medium pressure for medium foods, and firm pressure for harder foods. Always process with even pressure.

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7. Press the Unlock/On Button to unlock and power up the unit, and then press the Variable Speed Control Button to start. You can select the Variable Speed Control Button. For most foods, a medium to high speed is best.

The speed will gradually increase when you apply more pressure while pressing the button.

**Caution:**

- **Be sure the food processor lid is securely locked in place before operating the appliance.**
- **As a safety precaution, when chopping, slicing, or shredding is complete, first unplug the unit, then disassemble the motor body housing from the food processor lid, then remove the food processor lid. Never remove the food processor lid with the motor body housing in place.**

## **CLEANING AND MAINTENANCE**

### **SMART STICK® VARIABLE SPEED HAND BLENDER**

Clean all parts thoroughly after each use.

Press the attachment release button to remove the blending shaft from the motor body. Clean the motor body only with a sponge or damp cloth. Do not use abrasive cleaners that could scratch the surface.

To clean the blending shaft, wash by hand in hot water using mild detergent. The whisk, food processor bowl, lid, chopping/mixing blade, slicing/shredding disc, and beaker are dishwasher safe. Be mindful of the fixed-mount, razor-sharp blade edges.

**Never immerse the motor body in water.** The unit must be thoroughly dry before operation.

All servicing should be performed by an authorized service representative.

### **CHEF'S WHISK ATTACHMENT**

To clean your whisk assembly, press the attachment release button to release it from the motor body housing. Detach the metal whisk from the gearbox by pulling the pieces apart. To clean the gearbox, simply wipe with a damp cloth. To clean the metal whisk, wash with warm, soapy water or put in the dishwasher. **Do not submerge the gearbox in water or any other liquids.**

### **FOOD PROCESSOR ATTACHMENT**

To simplify cleaning, rinse the work bowl, blade, disc, and lid immediately after use so that food won't dry on them. Wash chopping/mixing blade, slicing/shredding disc, lid, and work bowl in warm, soapy water. Rinse and dry. Wash the blade carefully. Avoid leaving it in soapy water where it may disappear from sight.

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You can wash the work bowl, chopping/mixing blade, and slicing/shredding disc on the upper shelf of your dishwasher. Unload the dishwasher carefully to avoid contact with the sharp blade. Wipe the motor body with a damp sponge or cloth. Dry immediately. **Never submerge the motor body in water or other liquids.** The food processor attachment is intended for **HOUSEHOLD USE ONLY.**

## **CANVAS STORAGE BAG**

When not in use, your hand blender should be disconnected, wiped down, and stored in a safe, dry location out of reach of children. Use the storage bag provided with the hand blender. If needed, wash the storage bag by hand using mild soap and warm water.

## **BLENDING TIPS AND HINTS**

- Liquid should not come closer than 1 inch from where the shaft attaches to the motor housing.
- When using on a nonstick cooking surface, be careful not to scratch the coating with the edge of blender blade guard.
- Do not immerse motor body housing or whisk gearbox in water or any other liquids.
- Cut solid foods into ½- to 1-inch cubes for easier blending.
- When blending in the 3-cup beaker, add hardest ingredients first, followed by softer foods and liquids last.
- Never operate the hand blender continuously for longer than 1 minute. For best results, allow 20 to 30 seconds of rest time between 1-minute cycles.
- To avoid splashing, don't turn the hand blender on until the blade guard is submerged beneath the surface of the mixture, and do not pull the hand blender out until the blade has completely stopped.
- Do not let hand blender stand in a hot pot on stove while not in use.
- Do not put fruit pits, bones, or other hard material into the blending mixture, as these are liable to damage the blade.
- Do not fill mixing containers too full. The level of the mixture will rise when blending and can overflow.
- Adding liquids that are warm, not cold, facilitates blending solids with liquids.
- Using a gentle up-and-down motion is the best way to blend and incorporate ingredients uniformly.
- To whip air into a mixture, hold the blade just under the surface.
- Use the hand blender to blend soup solids to the desired consistency with a gentle up-and-down motion right in the saucepan or pot. You can quickly change chunky ingredients and stock into thick and creamy soup.

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- The hand blender is the ideal tool for frothing milk for cappuccinos or lattes.
  - Use the hand blender to make smooth gravies and pan sauces.

## WHISKING TIPS AND HINTS

Use the whisk attachment for beating heavy cream or egg whites. It may also be used for anything that you would normally whisk by hand, like crêpe batters or eggs for omelets.

## WHIPPING EGG WHITES

When beating egg whites, use a very clean metal or glass bowl, never plastic. Plastic can contain hidden oils and fats that can ruin the delicate egg white foam. To help stabilize the egg whites, add  $\frac{1}{8}$  teaspoon cream of tartar per egg white prior to beating them. (If using a copper bowl, omit the cream of tartar.) Beat the egg whites, starting on Low and gradually increasing to High, just until soft peaks form firmly enough not to droop over. Beating the egg whites longer will cause them to dry out and become less stable. When adding sugar to beaten egg whites, start adding it slowly just as soft peaks begin to form. Continue beating until peaks are firm enough not to droop.

## WHIPPING HEAVY CREAM

When beating heavy cream, if possible and time allows, use a chilled bowl and chill the whisk attachment. The best-shaped bowl for whipping cream is one that is deep with a rounded bottom. The cream should come out of the refrigerator just before whipping. Whipped cream may be used at either soft or firm peaks, depending on preference. It may be flavored as desired. For best results, start whipping on Low and gradually increase to High. Whip cream just before using.

## FOOD PROCESSOR TIPS AND HINTS

- Liquids in work bowl should not exceed  $1\frac{1}{2}$  cups. Use quantities given in the recipe section as a guide.
- Do not overload the work bowl. For best results, most foods should not reach more than two-thirds of the way up the work bowl. Reference chart on page 15 for work bowl capacities.  
**Note: Liquids should not exceed the max fill line.**
- Do not attempt to chop fruit pits, bones, or other hard materials, as these are liable to damage the blade.
- Do not operate food processor attachment for more than 30 seconds continuously.
- Food pieces should be cut about the same size to achieve even results when chopping.
- Peel, core, and/or remove seeds and pits. Food pieces should be between  $\frac{1}{2}$  and 1 inch, depending on hardness of the food.

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- Pulse food in 1-second increments to chop. For the finest chop, process continuously. Watch ingredients closely to achieve desired consistency, and scrape the work bowl as necessary.
  - When making compound butters, remove the butter from the refrigerator and let it come to room temperature before blending the ingredients.
  - Some spices may scratch the work bowl.

## FREQUENT USES FOR FOOD PROCESSOR

Ingredient	Attachment	Comments
<b>Baby Foods</b> (always consult a pediatrician or family physician for appropriate food recommendations)	Chopping/ Mixing Blade	Place small amounts (no more than 2 cups) of cooked foods into work bowl. Add small amount of appropriate liquid. Pulse to chop, then process on High if a smoother consistency is desired.
<b>Bread Crumbs</b> (from fresh or dry bread)	Chopping/ Mixing Blade	Pulse to chop, then process on High until desired consistency is reached.
<b>Hard Cheese</b> (Asiago, Locatelli, Parmesan, Romano)	Chopping/ Mixing Blade	Cut into ¼ inch pieces. Pulse to chop then process on High until desired consistency is reached. Grate up to 4 ounces.
<b>Medium Cheese</b> (Cheddar, Monterey Jack, Gruyere)	Shredding Disc	Be sure cheese is chilled (not frozen) and cut into pieces to fit the feed tube. Place cheese in feed tube with pusher in place and turn unit on. Use very light to no pressure while processing on High, letting the pusher almost naturally guide the cheese through the shredding disc. Stop as soon as cheese has finished shredding
<b>Chocolate</b>	Chopping/ Mixing Blade	Cut into ½ inch pieces; may chill in freezer for 3 minutes before chopping. Pulse to chop, then process on High, no more than 1 ounce at a time, until desired texture is reached.
	Shredding Disc	Larger chocolate pieces work best; may chill in freezer for 3 minutes before shredding. Process on High, using medium pressure. Results are a finely grated product.
<b>Creamy Dressing and Dips</b>	Chopping/ Mixing Blade	Place ingredients in work bowl; do not cover or spill on stem. Pulse to chop, then process on Low to Medium to blend to desired consistency. Dressings can also easily be made in the mixing cup with the blending shaft.
<b>Garlic</b>	Chopping/ Mixing Blade	Peel up to 12 cloves. Pulse to roughly chop. Process on High to finely chop.
<b>Ginger Root (fresh)</b>	Chopping/ Mixing Blade	To finely chop: Peel, cut into ½ inch pieces. Pulse to chop, up to 2 ounces at a time.
	Shredding Disc	To slice or shred: Peel and cut to fit the feed tube; using light to medium pressure on the pusher, turn the unit on. Process on High, stopping as soon as ginger is completely shredded/sliced.
<b>Herbs (fresh)</b>	Chopping/ Mixing Blade	Chop no more than 1 cup at a time. Herbs must be clean and dried well. Pulse to chop.
<b>Nuts</b>	Chopping/ Mixing Blade	Shelled; toast first for best flavor. Pulse to chop, or process up to ½ cup at a time, until desired consistency is reached.
<b>Vegetables (cooked)</b>	Chopping/ Mixing Blade	Cut into 1-inch pieces; pulse to chop, up to ½ cup at a time. Add cooking liquid, stock, or milk to process to a purée. Not recommended for making mashed potatoes.
<b>Vegetables (uncooked)</b>	Chopping/ Mixing Blade	To process: Peel as needed, cut into ½-inch pieces. Peel celery with peeler to remove tough strings. Pulse to chop up to 2 cups at a time.
	Shredding Disc	To slice or shred: Cut vegetables to fit the feed tube. Using medium pressure on the pusher, turn the unit on. Process on High, stopping immediately when all food has been sliced or shredded
<b>Raw Meat</b> (beef, lamb, poultry, pork)	Chopping/ Mixing Blade	Maximum 6 oz., cut into ½-inch pieces. Pulse until desired consistency.
<b>Cooked Meat</b>	Chopping/ Mixing Blade	Cut into ½-inch pieces. Pulse until desired consistency.

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# RECIPES

## Smoothies and Shakes

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## Nutty Chocolate Protein Shake

*An easy shake for the morning using staple ingredients!*

Makes about 1 cup

- 1 frozen or fresh banana\*, cut or broken into 2-inch pieces**
- 1 tablespoon almond butter**
- 1 tablespoon protein powder**
- 1 teaspoon unsweetened cocoa powder**
- ¾ cup almond milk**

1. Put all ingredients into the beaker in the order listed.
2. Place the hand blender attachment into the mixture, being sure that the blender head is submerged to avoid any splatter.
3. In a gentle up and down motion, blend on High until smooth and homogenous, 30 to 45 seconds.
4. Serve immediately.

\*A frozen banana will give a colder smoothie with a richer texture. If a fresh banana is used, serve over ice if a colder smoothie is desired.

*Nutritional information per serving (1 cup):*

*Calories 362 (30% from fat) • carb. 44g • pro. 27g • fat 14g • sat. fat 2g  
• chol. 0mg • sod. 182mg • calc. 354mg • fiber 15g*

## Vitamin Blast Smoothie

*A sweet way to get your fill of vitamins for the day.*

Makes about 1 cup

- ½ cup frozen mixed berries**
- ½ cup frozen peaches**
- 1 cup fresh strawberries, quartered**
- ½ cup baby spinach**
- 1 teaspoon greens powder (optional)**
- ¾ cup orange peach mango juice**

1. Put all ingredients into the beaker in the order listed.
2. Place the hand blender attachment into the mixture, being sure that the blender head is submerged to avoid any splatter.
3. In a gentle up and down motion, blend on High until smooth and homogenous, 30 to 45 seconds.
4. Serve immediately.

*Nutritional information per serving (1 cup):*

*Calories 470 (2% from fat) • carb. 110g • pro. 4g • fat 1g • sat. fat 0g  
• chol. 0mg • sod. 54mg • calc. 115mg • fiber 6g*

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## Antioxidant Berry Smoothie

*Berries alone are antioxidant powerhouses – adding greens and açai powder really take this smoothie to the next level.*

Makes about 1 cup

- ½ cup frozen wild blueberries**
- ½ cup blackberries (or fresh berries)**
- 1 banana or ½ avocado**
- ½ cup baby kale**
- 1 teaspoon chia seeds**
- 1 teaspoon açai powder**
- 1 tablespoon coconut oil**
- ¾ cup nondairy milk**

1. Put all ingredients into the beaker in the order listed.
2. Place the hand blender attachment into the mixture, being sure that the blender head is submerged to avoid any splatter.
3. In a gentle up and down motion, blend on High until smooth and homogenous, 30 to 45 seconds.
4. Serve immediately.

*Nutritional information per serving (1 cup):*

*Calories 422 (40% from fat) • carb. 59g • pro. 10g • fat 20g • sat. fat 13g  
• chol. 0mg • sod. 122mg • calc. 371mg • fiber 15g*

## Golden Anti-Inflammatory Shake

*Turmeric, a spice known for its anti-inflammatory properties, gives this shake its pleasant golden hue.*

Makes about 1 cup

- 1 cup frozen pineapple**
- ½ cup orange segments**
- ½ banana, cut into 2-inch pieces**
- 1 ½-inch piece fresh ginger, peeled**
- ½ teaspoon ground turmeric**
- ¾ cup coconut milk**

1. Put all ingredients into the beaker in the order listed.
2. Place the hand blender attachment into the mixture, being sure that the blender head is submerged to avoid any splatter.
3. In a gentle up and down motion, blend on High until smooth and homogenous, 30 to 45 seconds.
4. Serve immediately.

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*Nutritional information per serving (1 cup):*  
Calories 448 (63% from fat) • carb. 41g • pro. 4g • fat 34g • sat. fat 32g  
• chol. 0mg • sod. 49mg • calc. 60mg • fiber 4g

## Banana Split Shake

*A blended sweet dessert guaranteed to please every banana split lover!*

Makes about 2 cups

- 1½ cups vanilla ice cream**
- 1 ripe banana, cut into 2-inch pieces**
- 2 tablespoons chocolate syrup**
- ½ cup whole milk**

1. Put all ingredients into the beaker in the order listed.
2. Place the hand blender attachment into the mixture, being sure that the blender head is submerged to avoid any splatter.
3. In a gentle up and down motion, blend on High until smooth and homogenous, 30 to 45 seconds.
4. Serve immediately.

*Nutritional information per serving (½ cup):*  
Calories 145 (28% from fat) • carb. 24g • pro. 4g • fat 5g • sat. fat 3g  
• chol. 31mg • sod. 74mg • calc. 141mg • fiber 1g

## Zucchini Spice Bread

*This moist quick bread is perfect for breakfast or for an afternoon snack.*

Makes one 2-pound loaf (16 servings)

- Nonstick cooking spray**
- 2¼ cups unbleached all-purpose flour**
- 1½ teaspoons ground cinnamon**
- ¾ teaspoon ground allspice**
- ¼ teaspoon ground nutmeg**
- 1 teaspoon kosher salt**
- 1½ teaspoons baking powder**
- ½ cup walnuts, lightly toasted**
- 1 zucchini (8 to 10 ounces), cut in half lengthwise to fit the feed tube**
- ½ cup vegetable oil**
- 1 cup granulated sugar**
- 2 large eggs**
- ½ cup dried cherries or cranberries**

1. Preheat oven to 325°F. Coat a 9 x 5 x 3-inch loaf pan with cooking spray.

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2. In a large mixing bowl, stir together the flour, spices, salt, and baking powder. Reserve.
  3. Insert the chopping/mixing blade into the work bowl. Add the walnuts and chop using 3 to 5 pulses. Leaving the nuts in the work bowl, remove the chopping blade and secure the shredding disc. Shred the zucchini. Transfer the walnuts and zucchini to the bowl with the dry ingredients. Stir to combine.
  3. Put the vegetable oil, sugar, and eggs into the beaker. Using the hand blender attachment, blend the ingredients on High for 5 to 10 seconds until combined. Add to the mixing bowl with the dry ingredients, along with the dried fruit, and stir until just combined.
  4. Pour the batter into the prepared pan and bake in the middle of the oven for 1 hour and 15 minutes, or until a toothpick or cake tester comes out clean.
  5. Cool on a wire rack for 5 minutes, and then turn the loaf out onto a wire rack to cool completely.

*Nutritional information per serving (1 slice):*

*Calories 194 (37% from fat) • carb. 28g • pro. 3g • fat 8g • sat. fat 1g  
• chol. 31mg • sod. 183mg • calc. 14mg • fiber 1g*

## Tapenade

*A traditional French condiment. Serve alongside crackers  
or a nice crusty bread.*

Makes about 1 cup

- 1 large garlic clove, peeled**
- 3 tablespoons packed fresh parsley**
- 1½ cups pitted black olives (such as Kalamata or Niçoise)**
- ⅓ cup pitted green olives**
- ¼ cup capers, drained and rinsed**
- 1½ teaspoons fresh lemon juice**
- 1½ teaspoons Dijon mustard**
- ½ teaspoon freshly ground black pepper**
- 2 tablespoons extra-virgin olive oil**

1. Insert the chopping/mixing blade into the work bowl. Add the garlic and parsley; process on High for about 5 to 10 seconds to chop. Scrape the work bowl. Add the olives and capers; pulse 12 to 15 times to chop. Add the lemon juice, mustard, and pepper; process on High for 10 to 15 seconds, stopping to scrape down the sides of the bowl as necessary.
2. With the unit running on Medium, add the olive oil through the feed tube and process until a thick, homogenous paste forms, about 20 seconds.

*Nutritional information per serving (1 tablespoon):*

*Calories 31 (84% from fat) • carb. 1g • pro. 0g • fat 3g • sat. fat 0g  
• chol. 0mg • sod. 186mg • calc. 14mg • fiber 1g*

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## Hummus

*Serve this brightly flavored dip with warm pita for a satisfying snack.*

Makes about 2 cups

- 1 garlic clove, peeled**
- 1 can (15.5 ounce) chickpeas, drained and rinsed**
- 2 tablespoons tahini**
- 3 tablespoons fresh lemon juice**
- $\frac{3}{4}$  teaspoon sea or kosher salt, or to taste**
- $\frac{1}{4}$  teaspoon ground cumin**
- Pinch freshly ground black pepper**
- 1 small sprig fresh dill**
- $\frac{1}{4}$  cup extra-virgin olive oil, more if desired**
- $\frac{1}{4}$  cup water, plus more if needed**

1. Insert the chopping/mixing blade into the work bowl.
2. Add garlic to bowl and process for 10 to 15 seconds; scrape bowl.
3. Add chickpeas, tahini, lemon juice, salt, and pepper; pulse 10 to 12 times. Add the oil and process on High until almost completely combined. Add the water and process until very smooth. If a thinner consistency is desired, add more water.
4. Taste and adjust seasoning according to preference.

*Nutritional information per serving (2 tablespoons):*

*Calories 68 (41% from fat) • carb. 8g • pro. 2g • fat 3g • sat. fat 0g  
• chol. 0mg • sod. 153mg • calc. 33mg • fiber 2g*

## Classic Caesar Salad

*An old favorite made fresh at home.*

Makes 4 to 6 servings

### Croutons

- 2 cups crusty bread, cut into  $\frac{1}{2}$ -inch cubes**
- 1 tablespoon extra-virgin olive oil**
- 1 garlic clove, crushed**
- $\frac{1}{4}$  teaspoon kosher salt**

### Salad and Dressing

- 1 head romaine lettuce**
- 2 ounces Parmigiano Reggiano, cut into  $\frac{1}{2}$ -inch cubes**
- 1 small garlic clove, peeled**
- 3 to 4 anchovy fillets**
- 2 tablespoons egg substitute (may substitute 1 fresh, raw egg yolk; be sure you use the freshest egg possible and from a trusted source – or use 2 tablespoons mayonnaise)**

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- 1**      **teaspoon Dijon mustard**
  - 2**      **teaspoons fresh lemon juice**
  - 2**      **teaspoons red wine vinegar**
  - 1**      **teaspoon Worcestershire sauce**
  - ¼**     **teaspoon freshly ground black pepper**
  - ⅓**     **cup extra-virgin olive oil**

1. Preheat oven to 350°F. Line baking tray with aluminum foil. Toss bread cubes with olive oil, crushed garlic, and salt. Pour onto prepared baking tray and bake for 10 to 12 minutes, tossing croutons once during bake time. Croutons should be evenly golden. Remove and reserve.
2. Clean lettuce and tear each leaf into bite-size pieces. Dry well and reserve in large salad bowl.
3. Insert the chopping/mixing blade into the chopping bowl. Add the Parmesan. Process on High until fully grated. Remove and reserve.
4. Add the garlic clove, anchovies, egg substitute/yolk/mayonnaise, mustard, lemon juice, vinegar, Worcestershire sauce, and pepper to the provided beaker. Using the hand blender attachment, blend on Medium to High until well blended. Slowly add the olive oil, while blending on Low, until all is added and emulsified.
5. Toss lettuce with the croutons, Parmesan, and dressing. Serve immediately.

*Nutritional information per serving (based on 6 servings):*  
*Calories 256 (68% from fat) • carb. 14g • pro. 7g • fat 20g • sat. fat 4g*  
*• chol. 45mg • sod. 433mg • calc. 161mg • fiber 3g*

## **Simple Cucumber Salad**

*The cucumbers bring a welcome cooling effect for when the weather or the food is too warm to handle!*

Makes 4 servings

- 1**      **small shallot, halved**
- ½**     **cup fresh dill**
- 1**      **tablespoon white vinegar**
- ½**     **teaspoon honey**
- ¼**     **teaspoon kosher salt**
- 2**      **tablespoons olive oil**
- 1**      **English cucumber, halved lengthwise**

1. Put the halved shallot into the work bowl fitted with the chopping blade. Chop the shallot on High until completely chopped, about 8 seconds.
2. Add the dill and pulse to evenly chop. Scrape the sides of the work bowl and add the vinegar, honey, and salt. Process on High to evenly blend. With the unit running, add the olive oil through the drizzle hole.

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3. Replace the chopping/mixing blade with the slicing disc. Slice the cucumber halves on High.
  4. Pour the contents of the work bowl into a serving bowl. Taste and adjust seasoning according to preference.

*Nutritional information per serving:*

*Calories 73 (83% from fat) • carb. 3g • pro. 0g • fat 7g • sat. fat 1g  
• chol. 0mg • sod. 297mg • calc. 11mg • fiber 0g*

## **Creamy Champagne Vinaigrette**

*This delicious all-purpose vinaigrette will become a favorite after the first taste.*

Makes about 1 cup

- 1 garlic clove, peeled**
- 1 small shallot, cut into ½-inch pieces**
- 1 tablespoon Dijon mustard**
- ¼ teaspoon kosher or sea salt**
- Pinch freshly ground black pepper**
- 2½ tablespoons champagne vinegar**
- ¾ cup extra-virgin olive oil**

1. Put all ingredients in the blending cup except for the olive oil. Process on High to break up the garlic and shallot. Add oil, ¼ cup at a time, and blend on Low until emulsified.
2. Blend an additional 30 seconds after all ingredients have been added.

*Nutritional information per serving (1 tablespoon):*

*Calories 93 (90% from fat) • carb. 1g • pro. 0g • fat 11g • sat. fat 2g  
• chol. 0mg • sod. 57mg • calc. 1mg • fiber 0*

## **Romesco Sauce**

*You can thank Spain for this smoky, robust sauce. Delicious with grilled meat and fish but heaping it on roasted cauliflower steaks comes highly recommended.*

Makes 2 cups

- 1 dried ancho chile pepper, rinsed, stemmed, and seeded**
- 1 ½-inch slice sourdough or country-style bread (about 2 ounces)**
- 1 large red bell pepper**
- 1 large ripe tomato, cored**
- ½ cup blanched raw almonds**
- 1 large garlic clove**
- 1 teaspoon smoked paprika**
- Pinch crushed red pepper flakes**
- ½ teaspoon kosher salt**

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- 2**      **tablespoons sherry vinegar**  
**1/4**     **cup loosely packed parsley leaves**  
**1/2**     **cup extra-virgin olive oil**

1. Place the ancho chile in a bowl and cover with hot water. Let soak for 15 minutes until softened.
2. Preheat the broiler on high with a rack positioned in the upper third of the oven. Place the bread onto the rack and broil 2 to 3 minutes on each side until toasted. Remove crust and tear into 1-inch pieces. Reserve.
3. Put the pepper and tomato on a baking sheet and broil, turning frequently until all sides are charred. Place in a mixing bowl and cover with plastic wrap in order to loosen the skins.
4. Turn the oven from broil to 350°F. Put the almonds on a sheet pan and roast for 8 to 10 minutes until fragrant.
5. When the pepper and tomato are cool enough to handle, peel and discard the seeds and skins. Roughly chop both into about 2-inch pieces with a knife. Scrape the ancho flesh from the skin, discarding skin. Reserve peppers and tomato.
6. Insert the chopping/mixing blade into the work bowl. Add the garlic clove and process on High to finely chop. Add the almonds and pulse to chop.
7. Add the reserved peppers, tomato, and toasted bread and continue to pulse until mostly incorporated.
8. Scrape the bowl and add the paprika, crushed red pepper, salt, vinegar, and parsley leaves. With the unit running on High, add the olive oil in a steady stream.
9. Scrape the bowl and process until desired consistency. The almonds will give the sauce some texture.
10. Taste and adjust seasoning according to preference.

*Nutritional information per serving (1/4 cup):*

*Calories 195 (18% from fat) • carb. 7g • pro. 3g • fat 18g • sat. fat 2g  
• chol. 0mg • sod. 75mg • calc. 33mg • fiber 2g*

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## Summer Zucchini Soup

*A great way to use up that surplus of summer garden zucchini –  
serve cold or warm!*

Makes about 6 cups

- 2 medium leeks, halved lengthwise, white and light green parts only**
- 1 medium celery stalk**
- 1 tablespoon unsalted butter or extra-virgin olive oil**
- 2 garlic cloves, crushed**
- 4 medium zucchini (about 2 pounds), halved lengthwise**
- 8 ounces white (waxy) potato, peeled and cut into 2-inch pieces**
- 1½ teaspoons kosher salt, divided**
- ¼ teaspoon freshly ground black pepper**
- ½ cup dry white wine**
- 3½ cups low-sodium chicken broth**
- 2 tablespoons fresh mint leaves (about 6 medium leaves)**
- 2 tablespoons fresh basil leaves (about 3 to 4 large leaves)**
- ¼ cup heavy cream (optional)**

1. Insert the slicing disc into the work bowl. Slice the leeks and celery on High.
2. Put the butter or olive oil into a large saucepan over medium to medium-low heat. Once hot, add the leeks, celery, and garlic. Stir until vegetables are fragrant and soften, 8 to 10 minutes.
3. While the vegetables are cooking, slice the zucchini on High. Once the leeks and celery are soft, add the zucchini and potato with 1 teaspoon of the salt and the pepper; stir ingredients together until well coated. Once coated, add the wine. Simmer until wine is just about evaporated. Add the broth and turn the heat up to bring mixture to a boil. Once the soup comes to a boil, reduce the heat in order to maintain a steady simmer. Simmer until the vegetables are tender, 20 to 25 minutes.
4. Once all vegetables are tender, add the herbs. Using the blending shaft, begin blending starting on Low and then gradually increasing the speed to High. To help facilitate blending, tilt pot to the side away from you to ensure that the protective guard of the blending shaft is completely submerged. Blend until mixture is completely puréed.
5. Taste and adjust seasoning, adding remaining salt to taste.
6. If using optional cream, add at the very end of blending. Stir in cream and simmer soup for an additional 5 to 10 minutes before seasoning.

*Nutritional information per serving (based on 6 servings without cream):*

*Calories 109 (17% from fat) • carb. 16g • pro. 4g • fat 2g • sat. fat 1g  
• chol. 5mg • sod. 911mg • calc. 50mg • fiber 3g*

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## Loaded Sweet Potato Soup

*Time to get warm and cozy—the perfect rainy-day soup!*

Makes about 10 cups

- 1 garlic clove, peeled**
- 1 1½-inch piece fresh ginger, peeled**
- 1 leek, washed, trimmed, and cut into 1-inch pieces**
- 2 tablespoons unsalted butter**
- ½ teaspoon fine sea salt, divided**
- Pinch freshly ground black pepper**
- 2 medium sweet potatoes (about 1 pound), peeled and cut into 2-inch cubes (reserve in cold water if not using immediately)**
- ¼ teaspoon ground cinnamon**
- Pinch cayenne**
- 2 cups low-sodium chicken or vegetable broth**
- 3 tablespoons sliced scallions**
- 3 ounce block white Cheddar cheese**
- 4 strips cooked bacon**
- ¼ cup sour cream or plain Greek yogurt**
- 1 lemon, zested and juiced**
- ½ to ¾ cup heavy cream**

1. Put the garlic, ginger, and leek into the work bowl fitted with the chopping/mixing blade. Pulse until finely chopped.
2. Put the butter in a medium pot and place over medium low heat. Add the chopped aromatic vegetables with a pinch of the salt and pepper. Sauté until softened, about 8 minutes (you want the heat to be low so the vegetables do not pick up any color).
3. Add the potatoes to the softened vegetables in the pot and stir to fully coat. Add the cinnamon, cayenne and broth and raise heat to bring mixture to a boil. Once boiling, reduce heat to maintain a steady simmer. Allow to simmer until potatoes are tender, about 15 minutes.
4. While potatoes are cooking, prepare the soup toppings. Insert the slicing disc in the work bowl. Pack the scallions vertically in the feed tube and slice using medium pressure to keep the onions in contact with the disc. Reserve the scallions. Flip the disc to the shredding side and secure the lid. Shred the cheese, using medium pressure to keep the cheese in contact with the disc. Reserve the cheese separately. Insert the chopping blade and add the cooked bacon. Pulse to roughly chop. Reserve the bacon separately.
5. Add the Greek yogurt, lemon juice, lemon zest, a pinch of salt, and a pinch of pepper to a large bowl. Using the whisk attachment, mix on medium speed until well combined. Reserve.
6. Once the potatoes are tender, use the blending shaft to blend the soup, starting on Low and gradually increasing the speed to High until completely smooth, 1 to 1½ minutes. To help facilitate blending, tilt pot to the side away from you to ensure that the protective guard of the blending shaft is completely submerged. Blend until mixture is completely puréed.

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7. Add ½ cup cream and continue to blend until smooth and creamy. If a thinner soup is desired, add the remaining ¼ cup.
  8. Taste and adjust seasoning as desired. To serve: Ladle soup into individual serving bowls and top with Greek yogurt, cheddar, bacon, and scallions.

*Nutritional information per serving (1 cup):*  
Calories 284 (68% from fat) • carb. 17g • pro. 4g • fat 21g • sat. fat 14g  
• chol. 70mg • sod. 726mg • calc. 68mg • fiber 2g

## **Creamy Tomato Soup**

*This childhood classic is pure comfort food.*

Makes about 6 cups

- 2 garlic cloves, peeled**
- 1 onion, cut into 1-inch pieces**
- 1 celery stalk**
- 1 small carrot, halved lengthwise**
- 2 tablespoons unsalted butter**
- 1 tablespoon olive oil**
- 1 teaspoon kosher salt**
- 1 teaspoon fresh thyme leaves**
- 2 tablespoons tomato paste**
- 1 can (28-ounces) whole plum tomatoes**
- 4 cups vegetable broth**

1. Insert the chopping/mixing blade into the work bowl. Finely chop the garlic on High speed. Add the onion to the bowl pulse 6 to 8 times to chop. Transfer to a medium bowl and reserve.
2. Replace the chopping blade with the slicing disc. Slice the celery and carrot on High. Reserve with the onion and garlic.
3. Put the butter and oil into a small to medium stockpot and place over medium heat. Once the butter melts, add the vegetables to the pot with a teaspoon of salt and the thyme. Sauté until softened, 5 to 6 minutes. Stir in the tomato paste and cook for an additional minute or two.
4. Add the tomatoes to the pot, and gently break up with a wooden spoon. Add the vegetable broth and increase the heat to bring the mixture to a boil. Once boiling, reduce the heat to maintain a steady simmer. Simmer for 20 to 25 minutes for all of the flavors to develop and meld together.
5. Using the blending shaft, blend the soup, starting on Low and then gradually increasing the speed to High. To help facilitate blending, tilt pot to the side away from you to ensure that the protective guard of the blending shaft is completely submerged. Blend until mixture is completely puréed.

*Nutritional information per serving (1 cup):*  
Calories 91 (51% from fat) • carb. 10g • pro. 2g • fat 5g • sat. fat 5g  
• chol. 9mg • sod. 810mg • calc. 27mg • fiber 2g

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## Autumn Carrot-Ginger Soup

*The ginger gives this soothing soup a nice kick.*

Makes about 5 cups

- 1** 1-inch piece fresh ginger, peeled
- 2** small shallots, halved
- 2** pounds carrots
- 2** tablespoons extra-virgin olive oil
- 3/4** teaspoon kosher or sea salt
- 1/2** teaspoon freshly ground black pepper
- 1/2** teaspoon ground cumin
- Pinch** ground cloves
- 1/4** teaspoon ground cinnamon
- 5** cups low-sodium vegetable or chicken broth
- 1/2** teaspoon fresh lemon juice

1. Insert the chopping/mixing blade into the work bowl. Add the ginger and shallots. Process on High to finely chop. Remove the chopping blade and insert the slicing disc. Slice the carrots on High.
2. Put the oil into a small to medium stockpot and place over medium-low heat. Once hot, add the ginger, shallots, carrots, salt, pepper, and the spices and stir to fully coat the carrots.
3. Add the broth and increase the heat to bring the mixture to a boil. Once boiling, reduce heat to maintain a steady simmer. Cook until the carrots are completely tender, 25 to 30 minutes.
4. Stir in the lemon juice. Using the blending shaft, blend the soup starting on Low and gradually increasing the speed to High. To help facilitate blending, tilt pot to one side away from you so the protective cover of the blending shaft is fully submerged until fully blended. Taste and adjust seasonings as desired.

*Nutritional information per serving (based on 6 servings):  
Calories 161 (32% from fat) • carb. 25g • pro. 3g • fat 6g • sat. fat 1g  
• chol. 0mg • sod. 1133mg • calc. 88mg • fiber 5g*

## Blackberry Cheesecake Bars

*Impressive and easy to make, these cheesecake bars are a lovely balance of sweet and tart.*

Makes 16 servings

**Softened butter, for greasing pan**

**Graham Cracker Crust:**

- 9** full graham cracker sheets
- 2** tablespoons granulated sugar
- Pinch** ground cinnamon
- Pinch** fine sea salt
- 4** tablespoons unsalted butter, melted and cooled slightly

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**Filling:**

- 8 ounces cream cheese (1 standard package), cut into 4 pieces, room temperature**
- 1/3 cup granulated sugar**
- 1/4 teaspoon fine sea salt**
- 1 large egg, room temperature**
- 1/4 cup sour cream or full-fat plain Greek yogurt**
- 1 tablespoon fresh lemon juice**
- 1/4 teaspoon pure vanilla extract**
- 1/4 cup Quick Blackberry Jam (recipe follows)**

**Whipped Cream Topping:**

- 1 cup chilled heavy cream**
- 1 tablespoon instant vanilla pudding mix**
- 2 teaspoons powdered sugar**
- 1/4 teaspoon pure vanilla extract**

1. Preheat oven to 300°F with the rack in the middle of the oven. Lightly grease a 9-inch square baking pan with butter and then line with parchment paper.
2. Prepare the crust. Put the graham crackers into the chopping cup. Process on High for 10 seconds to finely chop. Add the remaining crust ingredients and pulse on High until well combined. Transfer the crumb crust to the prepared baking pan, pressing down with your fingers or a spoon to evenly cover the bottom of the pan. Bake for 10 minutes and then set aside to cool while preparing filling.
3. Put the cream cheese into the clean chopping cup. Process the cream cheese on High until very smooth – absolutely no lumps (pause to scrape down the cup as often as necessary), 15 to 20 seconds. When the cream cheese is sufficiently smooth, add the sugar and salt through the feed tube, and process on High until very smooth. Scrape down the cup and process for additional time if necessary.
4. While processing on Low, add the egg and fully incorporate into batter. Add the sour cream, lemon juice, and vanilla extract. Process on Low until creamy, about 1 minute. Pour the batter on top of the crust. Tap the pan a few times to remove air bubbles. Dollop the blackberry jam on top of the cream cheese batter and with the tip of a knife, or with a chopstick, make a decorative swirl pattern.
5. Transfer the filled pan to the preheated oven and bake for 20 to 25 minutes, until the edges are set but the center is still jiggly. Remove from oven and set aside to cool to room temperature. Cover well and refrigerate to fully chill.
6. While cheesecake is chilling, make the whipped cream topping. Put the heavy cream, pudding mix, powdered sugar, and vanilla in a large bowl. Using the whisk attachment, begin to whip on Low, being sure the whisk just skims the surface of the cream. Continue blending on Low until cream begins to thicken, then gradually increase speed to High and move whisk in an up-and-down motion throughout the bowl until desired stiffness is achieved. Whipped cream will reach soft peaks between 50 to 60 seconds.

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- When cheesecake is chilled, evenly spread the whipped cream over the cheesecake. Cut into desired size bars and serve or cover tightly and keep refrigerated until ready to serve.

*Nutritional information per serving:*

*Calories 178 (62% from fat) • carb. 15g • pro. 2g • fat 12g • sat. fat 7g  
• chol. 36mg • sod. 173mg • calc. 26mg • fiber 0*

## Quick Blackberry Jam

*Blackberries are naturally high in pectin, making it incredible easy to make this blackberry jam at home with no added pectin.*

Makes  $\frac{3}{4}$  cup

- 12 ounces fresh blackberries, rinsed and drained**
- $\frac{1}{2}$  cup granulated sugar**
- 2 teaspoons fresh lemon juice**

- Put all ingredients in a 2 $\frac{1}{2}$ -quart saucepan. Over medium heat bring mixture to a simmer and cook until thick and bubbly. Carefully transfer the jam to the beaker. Insert the hand blender into cup, making sure the protective guard is submerged. Blend on low, using an up-and-down motion until ingredients are well combined, about 30 seconds. Strain the jam through a fine-mesh strainer. Let cool and store in a jar in the refrigerator for up to 2 weeks.

*Nutritional information per serving (1 tablespoon):*

*Calories 45 (2% from fat) • carb. 11g • pro. 0g • fat 0g • sat. fat 0g  
• chol. 0mg • sod. 0mg • calc. 8mg • fiber 1g*

## Berry Fool

*A traditional British dessert, fool is great anytime of the year, but is a real treat when summer berries are at their peak.*

Makes about 4 to 5 cups

- 2 cups mixed berries (strawberries, raspberries, blueberries)**
- 1 tablespoon granulated sugar**
- 2 cups heavy cream, chilled**
- 2 tablespoons confectioners' sugar**
- $\frac{1}{2}$  teaspoon pure vanilla extract**

- Put the berries and granulated sugar into the beaker. Using the blending shaft, purée, using an up-and-down motion, until almost fully puréed; reserve.
- Put the remaining ingredients into a medium to large mixing bowl. Using the whisk attachment, whisk until medium peaks form, about 1 minute. Fold in berry mixture.
- Serve immediately for the best texture (fool will only stay in good form for about 1 hour maximum).

*Nutritional information per serving ( $\frac{1}{2}$  cup):*

*Calories 231 (85% from fat) • carb. 8g • pro. 0g • fat 20g • sat. fat 14g  
• chol. 80mg • sod. 0mg • calc. 4mg • fiber 1g*

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# WARRANTY

## Limited Three-Year Warranty

This warranty is available to U.S. consumers who purchase products directly from Cuisinart or an authorized Cuisinart® reseller. You are a consumer if you own a Cuisinart® Smart Stick® Variable Speed Hand Blender that was purchased at retail for personal, family, or household use. Except as otherwise required under applicable law, this warranty is not available to retailers or other commercial purchasers or owners. We warrant that your Cuisinart® Smart Stick® Variable Speed Hand Blender will be free of defects in materials and workmanship under normal home use for 3 years from the date of original purchase.

We recommend that you visit our website, <https://cuisinart.registria.com>, for a fast, efficient way to complete your product registration. However, product registration does not eliminate the need for the consumer to maintain the original proof of purchase in order to obtain the warranty benefits. In the event that you do not have proof of purchase date, the purchase date for purposes of this warranty will be the date of manufacture.

## CALIFORNIA RESIDENTS ONLY

California law provides that for In-Warranty Service, California residents have the option of returning a nonconforming product (A) to the store where it was purchased or (B) to another retail store that sells Cuisinart products of the same type. The retail store shall then, according to its preference, either repair the product, refer the consumer to an independent repair facility, replace the product, or refund the purchase price less the amount directly attributable to the consumer's prior usage of the product. If neither of the above two options results in the appropriate relief to the consumer, the consumer may then take the product to an independent repair facility, if service or repair can be economically accomplished. Cuisinart and not the consumer will be responsible for the reasonable cost of such service, repair, replacement, or refund for nonconforming products under warranty. California residents may also, according to their preference, return nonconforming products directly to Cuisinart for repair or, if necessary, replacement by calling our Consumer Service Center toll-free at **1-800-726-0190**.

Cuisinart will be responsible for the cost of the repair, replacement, and shipping and handling for such nonconforming products under warranty.

## HASSLE-FREE REPLACEMENT WARRANTY

Your ultimate satisfaction in Cuisinart products is our goal, so if your Cuisinart® Smart Stick® Variable Speed Hand Blender should fail within the generous warranty period, we will repair it or, if necessary, replace it at no cost to you. To obtain a return shipping label, visit us at <https://www.cuisinart.com/customer-care/product-assistance/product-inquiry/>. Or call our toll-free customer service department at **1-800-726-0190** to speak with a representative.

Your Cuisinart® Smart Stick® Variable Speed Hand Blender 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. This warranty does not cover any damage caused by accident, misuse, shipment, or other than ordinary household use. This warranty excludes all incidental or consequential damages. Some states do not allow the exclusion or limitation of these damages, so these exclusions may not apply to you. You may also have other rights, which vary from state to state.

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

# Cuisinart®

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