

The background image shows a close-up of a food processor or blender containing various fruits like strawberries and kiwi, with a hand visible on the right side.

# AICOOK

Please keep in mind, your blender is super powerful, it can easily crush Ice to Snow, and Nutshells to Powder. You are always welcome to explore more recipe ideas with it.

**AICOOK**  
✉ [service@aicook.cc](mailto:service@aicook.cc)

# 50-RECIPE COOKBOOK

BLEND MAGIC WITH THE MOST POWERFUL BLENDER!





## **WANT MORE WHOLE FOODS BUT WORRY YOU DON'T HAVE THE CULINARY SKILLS?**

AICOOK blender is a versatile and powerful tool , to chop, crush, and puree tough ingredients like fresh/frozen fruits, whole vegetables, nuts, herbs, seeds and ice cubes, etc. You can make a large batch of your favorite smoothie, cocktails, frozen desserts, milk shake, soup, etc. easily every few days.

## **Health and Happiness for Your Journey! Eat at least one green drink a day.**

This cook book will help give you a better idea of how to make homemade foods such as fresh, low-calorie smoothies, soups, dips, frozen desserts, cocktails, etc. by using AICOOK blender. It is an easy way to fuel your body with healthy nutrients without going over your daily calorie goals. It will become your favorite kitchen aid companion to support your health and weight loss. If you have more cooking ideas, please feel free to share with us at [service@aicook.cc](mailto:service@aicook.cc)



## CONTENTS

You can always find more recipes online or on Amazon. Please don't hesitate to contact us if you want to write a recipe book using AIKOOK Professional Blender.

For your safety and continued enjoyment of this product, always read the user manual before using.

### Smoothies

The Healthy Green Drink.....	02
Just Peachy.....	03
Watermelon Cooler.....	04
Cherries 'N' Cream.....	05
Carrot Caribbean Smoothie.....	06
Lemon Drop Smoothie.....	07
Blueberry Dazzler.....	08
A Grape Pear.....	09
Mexican Hot Chocolate.....	10
Lettuce Rock.....	11
Chocolate Covered Strawberry.....	12
Chilly Cappuccino Breakfast Smoothie.....	13
Raspberry Almond Smoothie.....	14

### Drinks & Juices

Just the Flax.....	16
Infused Honey Fruit Syrup.....	17
Peach Fuzz.....	18
Apple Juice.....	19
Spicy Tomato Drink.....	20
Orange Juice.....	21
Grape-Mint.....	22

### Desserts

Strawberry Frozen Yogurt.....	24
Easy Chocolate Raspberry Mousse.....	25
Hydrating Kiwi Sorbet.....	26
Raspberry Walnut Cake.....	27
Banana Freeze.....	28
Orange Sobeet.....	29
Apple Pancakes.....	30
Blueberry Lemon Pound Cake.....	31
Pina Colada Ice Cream.....	32

### Soups

Easy Tomato Basil Soup.....	34
Loaded Potato Soup.....	35
Roasted Red Pepper Soup.....	36

### Dressing, Sauces & Spreads

Sun-dried Tomato Sauce.....	38
Lemon Garlic Dressing.....	39
Classic Hummus.....	40
California Salsa.....	41
Pumpkin Puree.....	42

### Nut Butter

Raw Peanut Butter.....	44
Pecan Peanut Butter.....	45
Tahini Butter.....	46

### Cocktails

New York White Colada.....	48
Peach Daiquiri.....	49
Simple or Strong Piña Colada.....	50
Frozen Whiskey Sour.....	51
Strawberry Daiquiri.....	52

### Milkshakes & Milk Substitutes

Raspberry Shake.....	54
Vanilla Shake.....	55
Cappuccino Shake.....	56
Almond or Cashew Milk.....	57
Sesame Milk.....	58



# SMOOTHIES

## The Healthy Green Drink

Makes: 1 serving

### INGREDIENTS

1 bunch watercress  
1 green apple  
1 lime (peeled)  
1/4 English cucumber  
4 mint leaves  
1 banana (optional)  
water/ice as much as you like

### INSTRUCTIONS:

1. Place all ingredients into your blender. Securely lock the 2-part lid.
2. Blend under "SMOOTHIE" program or until desired smoothness.

**TIP:** If necessary, use the tamper to ensure everything mixes evenly.



## Just Peachy

Makes: 1 serving

### INGREDIENTS

4 whole peaches  
1–2 cups spinach

### INSTRUCTIONS:

1. Place all ingredients into your blender; add water/ice if necessary. Securely lock the 2-part lid.
2. Blend under "SMOOTHIE" program or until desired smoothness.

**TIP:** If necessary, use the tamper to ensure everything mixes evenly.

**Benefits:** Spinach is a common green vegetable and can be bought anywhere. The taste is mild that anyone can enjoy it. It's also a great source of iron.

## Watermelon Cooler

Makes: 1 serving

### INGREDIENTS

1 cup fresh watermelon  
1 tablespoon frozen limeade concentrate  
1/2 cup frozen strawberries  
1/2 cup ice  
1 cup coconut water

### INSTRUCTIONS:

1. Place all ingredients into your blender. Securely lock the 2-part lid.
2. Blend under "SMOOTHIE" program or until desired smoothness.

**TIP:** If necessary, use the tamper to ensure everything mixes evenly.

**Benefits:** Watermelon is made up mostly of water, combined with coconut water, which is a super hydrating summer time smoothie.



## Cherries "N" Cream

Makes: 1 serving

### INGREDIENTS

1 frozen banana  
5 fresh cherries, pitted  
1/2 cup unsweetened almond milk  
1 scoop vanilla plant-based protein powder

### INSTRUCTIONS:

1. Place all ingredients into your blender. Securely lock the 2-part lid.
2. Blend under "SMOOTHIE" program or until desired smoothness.

**TIP:** If necessary, use the tamper to ensure everything mixes evenly.

## Carrot Caribbean Smoothie

Makes: 1 serving

### INGREDIENTS

1 large carrot  
1/2 cup frozen pineapple  
1/2 cup frozen mango  
2 tablespoons dried goji berries  
1 cup coconut water

### INSTRUCTIONS:

1. Place all ingredients into your blender. Securely lock the 2-part lid.
2. Blend under "SMOOTHIE" program or until desired smoothness.

**TIP:** If necessary, use the tamper to ensure everything mixes evenly.



# Lemon Drop Smoothie

Makes: 1 serving

## INGREDIENTS

1 cup lemon Greek yogurt  
1 cup skim milk  
2 teaspoons sugar free lemon Jello mix  
1 cup ice

## INSTRUCTIONS:

1. Place all ingredients into your blender. Securely lock the 2-part lid.
2. Blend under "SMOOTHIE" program or until desired smoothness.

**TIP:** If necessary, use the tamper to ensure everything mixes evenly.

# Blueberry Dazzler

Makes: 1 serving

## INGREDIENTS

1/2 cup frozen blueberries  
1/2 tablespoon almond butter  
1/2 cup unsweetened almond milk  
1 scoop vanilla plant-based protein powder

## INSTRUCTIONS:

1. Place all ingredients into your blender, add water if necessary. Securely lock the 2-part lid.
2. Blend under "SMOOTHIE" program or until desired smoothness.

**TIP:** If necessary, use the tamper to ensure everything mixes evenly.

## A Grape Pear

Makes: 1 serving

### INGREDIENTS

1 cup green grapes  
1 pear  
1 cup kale  
1 orange (peeled)  
1 banana (optional)  
1 cup ice

### INSTRUCTIONS:

1. Place all ingredients into your blender. Securely lock the 2-part lid.
2. Blend under "SMOOTHIE" program or until desired smoothness.

**TIP:** If necessary, use the tamper to ensure everything mixes evenly.

## Mexican Hot Chocolate

Makes: 2 servings

### INGREDIENTS

1 cup spinach  
1 cup unsweetened almond milk, warmed  
1 banana  
1 tablespoon almond butter  
1 tablespoon cacao powder  
1/2 teaspoon ground cinnamon  
Pinch of nutmeg  
Pinch of ground red pepper  
Pinch of salt

### INSTRUCTIONS:

1. Place all ingredients into your blender. Securely lock the 2-part lid.
2. Blend under "SMOOTHIE" program or until desired smoothness.

**TIP:** If necessary, use the tamper to ensure everything mixes evenly.

## Lettuce Rock

Makes: 1 serving

### INGREDIENTS

1 cup lettuce greens

1 cup rocket

1 cup mixed berries

1 banana

1/2 lime (juiced)

Add water as necessary.

### INSTRUCTIONS:

1. Place all ingredients into your blender. Securely lock the 2-part lid.
2. Blend under "SMOOTHIE" program or until desired consistency.

**TIP:** If necessary, use the tamper to ensure everything mixes evenly.

## Chocolate Covered Strawberry

Makes: 1 serving

### INGREDIENTS

1 cup frozen strawberries

1 cup 0% fat vanilla Greek yogurt

1 cup skim milk

2 tablespoons cacao or cocoa powder

2 medjool dates, pitted

### INSTRUCTIONS:

1. Place all ingredients into your blender. Securely lock the 2-part lid.
2. Blend under "SMOOTHIE" program or until desired smoothness.

**TIP:** If necessary, use the tamper to ensure everything mixes evenly.

**Benefits:** Strawberries are high in fiber, vitamin C, potassium, and they contain many antioxidants. The yogurt and skim milk provide protein and calcium.

## Chilly Cappuccino Breakfast Smoothie

Makes: 1 serving

### INGREDIENTS

1 cup vanilla Greek yogurt  
1 cup skim milk  
2 tablespoons instant espresso powder  
1 tablespoon cacao or cocoa powder  
2 medjool dates, pitted

### INSTRUCTIONS:

1. Place all ingredients into your blender. Securely lock the 2-part lid.
2. Blend under "SMOOTHIE" program or until desired smoothness.

**TIP:** If necessary, use the tamper to ensure everything mixes evenly.

## Raspberry Almond Smoothie

Makes: 1 serving

### INGREDIENTS

1 cup frozen raspberries  
1/2 cup 0% fat plain Greek yogurt  
2 tablespoons almond butter  
2 medjool dates, pitted  
1 teaspoon almond extract  
1 cup skim milk  
1/2 cup ice

### INSTRUCTIONS:

1. Place all ingredients into your blender. Securely lock the 2-part lid.
2. Blend under "SMOOTHIE" program or until desired smoothness.

**TIP:** If necessary, use the tamper to ensure everything mixes evenly.





## Just the Flax

Makes: 2 servings

### Ingredients

1 cup (240 ml) carrot juice, chilled  
1 cup (240 ml) orange juice  
2 cups (280 g) frozen sliced peaches,  
thawed 15 minutes  
2 Tablespoons (13 g) ground flax seed  
1 Tablespoon minced fresh ginger root  
1 cup ice

### INSTRUCTIONS:

1. Place all the ingredients into the blender container in the order listed.  
Securely lock the 2-part lid.
2. Turn the machine on, choose "JUICE" program or Slowly increase the variable speed  
to a medium-high speed level. Blend for 1 minutes, or until desired consistency.

**TIP:** If necessary, use the tamper to ensure everything mixes evenly.

## Infused Honey Fruit Syrup

Makes: 1 serving

### Ingredients

1 1/2 cups (360 ml) water  
1 cup (240 ml) honey  
1 cup (125 g) red raspberries  
(strawberries may be substituted)  
1 cup ice cubes

### INSTRUCTIONS:

1. Bring water and honey to a simmer and stir until honey is dissolved.
2. Add raspberries to syrup and allow to steep with heat off for 30 minutes.
3. Transfer all ingredients to your blender. Securely lock the 2-part lid.
4. Turn the machine on, choose “JUICE” program or Slowly increase the variable speed to a medium-high speed level. Blend for 1 minutes, or until desired consistency.

**TIP:** If necessary, use the tamper to ensure everything mixes evenly.



## Peach Fuzz

Makes: 2 servings

### Ingredients

1/2 ounce Peach Schnapps  
1/2 ounce triple sec  
1 cup (250 g) canned peach slices with syrup  
1 orange, peeled, quartered  
1 cup ice cubes

### INSTRUCTIONS:

1. Place all the ingredients into the blender container in the order listed. Securely lock the 2-part lid.
2. Turn the machine on, choose “JUICE” program or Slowly increase the variable speed to a medium-high speed level. Blend for 1 minutes, or until desired consistency.

**TIP:** If necessary, use the tamper to ensure everything mixes evenly.

## Apple Juice

Makes: 2 servings

### Ingredients

1/4 cup (60 ml) water  
1/2 cup (120ml) ice cubes  
1 1/2 pounds (680 g) apples, quartered and seeded

### INSTRUCTIONS:

1. Place all the ingredients into the blender container in the order listed. Securely lock the 2-part lid.
2. Turn the machine on, choose “JUICE” program or Slowly increase the variable speed to a medium-high speed level. Blend for 1 minutes, or until desired consistency.

**TIP:** If necessary, use the tamper to ensure everything mixes evenly.



## Spicy Tomato Drink

Makes: 3-4 servings

### Ingredients

1 1/2 pounds (680 g) tomatoes, quartered (about 4 cups)  
1 lemon, peeled and halved  
2 tablespoons (20 g) chopped yellow onion  
6 dashes of hot sauce  
1/2 cup (120 ml) ice cubes

### INSTRUCTIONS:

1. Place all the ingredients into the blender container in the order listed. Securely lock the 2-part lid.
2. Turn the machine on, choose “JUICE” program or Slowly increase the variable speed to a medium-high speed level. Blend for 1 minutes, or until desired consistency.

**TIP:** If necessary, use the tamper to ensure everything mixes evenly.

## Orange Juice

Makes: 2 servings

### Ingredients

1/2 cup (120 ml) water  
4 large oranges, peeled and halved  
1/2 cup (120 ml) ice cubes

### INSTRUCTIONS:

1. Place all the ingredients into the blender container in the order listed. Securely lock the 2-part lid.
2. Turn the machine on, choose “JUICE” program or Slowly increase the variable speed to a medium-high speed level. Blend for 1 minutes, or until desired consistency.

**TIP:** If necessary, use the tamper to ensure everything mixes evenly.



## Grape-Mint

Makes: 2-3 Servings

### Ingredients

1 cups (240ml) water  
1 cup ice cubes  
1/2 cup (120ml) freshly squeezed lemon juice, plus more to taste  
4 cups (680g) green seedless grapes  
15 mint leaves  
1 tablespoon agave nectar, or 10 drops alcohol-free liquid stevia, plus more to taste

### INSTRUCTIONS:

1. Place all the ingredients into the blender container in the order listed. Securely lock the 2-part lid.
2. Turn the machine on, choose “JUICE” program or Slowly increase the variable speed to a medium-high speed level. Blend for 1 minutes, or until desired consistency.

**TIP:** If necessary, use the tamper to ensure everything mixes evenly.



# DESSERTS

## Strawberry Frozen Yogurt

Makes: 2 servings

### Ingredients

- 1 cup (240 ml) vanilla low-fat yogurt
- 1 pound (454 g) frozen unsweetened strawberries

### INSTRUCTIONS:

1. Place all ingredients into the container blender in the order listed.  
Securely lock the 2-part lid.
2. Blend under "ICE CRUSH" or "GRIND" program or Slowly increase the variable speed to a medium-high speed level until desired consistency.  
Do not over-mix or melting will occur. Serve immediately.

**TIP:** If necessary, use the tamper to ensure everything mixes evenly.

## Easy Chocolate Raspberry Mousse

Makes: 4 servings

### Ingredients

- 1 cup cold heavy cream
- 1 packet sugar-free dark chocolate pudding
- 1 cup fresh raspberries

### INSTRUCTIONS:

1. Add all ingredients to your blender. Securely lock the 2-part lid.
2. Blend everything under "SMOOTHIE" program or until desired consistency.
3. Scoop into small serving bowls and enjoy!

**TIP:** If necessary, use the tamper to ensure everything mixes evenly.

## Hydrating Kiwi Sorbet

Makes: 2 servings

### Ingredients

- 8 very ripe kiwis
- 1 cup coconut water

### INSTRUCTIONS:

1. Choose kiwis that are soft to the touch, this means they are slightly overripe and sweet. Peel the kiwis by slicing them in half and scooping them out with a spoon and transfer to a freezer overnight.
2. Once kiwis are frozen, add coconut water and kiwis to your blender. Securely lock the 2-part lid.
3. Blend under "ICE CRUSH" or "GRIND" program or slowly increase the variable speed to a medium-high speed level until desired consistency.

**TIP:** If necessary, use the tamper to ensure everything mixes evenly.



## Raspberry Walnut Cake

Makes: 2 servings

### Ingredients

1/3 cup frozen raspberries

1/2 frozen banana

1 tablespoon walnuts

1/2 cup unsweetened almond milk

Water to blend (optional but recommended here)

For topping: 1 piece of dark chocolate, grated

### INSTRUCTIONS:

1. Place raspberries, banana, walnuts and milk into the blender container. Securely lock the 2-part lid.
2. Blend under "ICE CRUSH" or "GRIND" program or Slowly increase the variable speed to a medium-high speed level until desired consistency.
3. After blending, grate dark chocolate on top of smoothie and serve.

**TIP:** If necessary, use the tamper to ensure everything mixes evenly.

## Banana Freeze

Makes: 2-3 servings

### Ingredients

1 cup (240 ml) skim milk

3 ripe bananas

1 tablespoon sugar

5 cups (1.2 liters) ice cubes

### INSTRUCTIONS:

1. Place all ingredients into blender container in the order listed. Securely lock the 2-part lid.
2. Blend under "ICE CRUSH" or "GRIND" program or Slowly increase the variable speed to a medium-high speed level until desired consistency. Do not over-mix or melting will occur. Serve immediately. Or transfer to a freezer overnight for more texture.

**TIP:** If necessary, use the tamper to ensure everything mixes evenly.



## Orange Sobert

Makes: 2 servings

### Ingredients

- 1 teaspoon grated orange zest
- 2 medium oranges, peeled and halved
- 2 tablespoons (30 ml) honey
- 1 tablespoon frozen orange juice concentrate
- 5 cups (1.2 liters) ice cubes

### INSTRUCTIONS:

1. Place all the ingredients into the container blender in the order listed. Securely lock the 2-part lid.
2. Blend under "ICE CRUSH" or "GRIND" program or Slowly increase the variable speed to a medium-high speed level until desired consistency.

**TIP:** If necessary, use the tamper to ensure everything mixes evenly.

## Apple Pancakes

Makes: 2-3 servings

### INGREDIENTS

- |                                 |   |
|---------------------------------|---|
| 1 cup (120 g) whole wheat flour | 1 egg or 1/4 cup(60ml) egg substitute       |
| 3 tablespoons baking powder     | 1 1/2 teaspoons heart-healthy butter spread |
| 1/2 teaspoon baking soda        | 1/4 teaspoon vanilla extract                |
| 1/2 teaspoon salt               | 1 cup(240ml) soy milk or low fat milk       |
| 3 tablespoons (38 g) sugar      | 1/2 medium apple                            |
| 1/4 teaspoon ground nutmeg      |   |

### INSTRUCTIONS:

1. Mix well first six ingredients in a medium-size mixing bowl by hand. Set aside.
2. Place egg, butter spread, vanilla extract, milk, and apple into the blender container in the order listed. Securely lock the 2-part lid.
3. Blend under "DIP" program or Slowly increase the variable speed to a medium speed level until desired consistency.
4. Pour wet mixture into dry mixture and mix by hand until incorporated.
5. Let batter sit for 5-10 minutes before cooking to yield best texture and flavor.

**TIP:** If necessary, use the tamper to ensure everything mixes evenly.

# Blueberry Lemon Pound Cake

Makes: 8 servings

## INGREDIENTS

1 1/4 cups 0% fat lemon-Greek yogurt	3/4 cup sugar
Juice and zest of 2 lemons	
1/4 cup skim milk	1 1/2 cups flour
2 large eggs	1 teaspoon baking powder
1 stick of butter	1 cup fresh or frozen blueberries

## INSTRUCTIONS:

1. Preheat oven to 325 degrees. Place yogurt, milk, eggs, butter, sugar, and lemon zest, and lemon juice in your blender. Securely lock the 2-part lid.
2. Blend under "DIP" program or Slowly increase the variable speed to a medium speed level until desired consistency.
3. Add flour and baking powder to a large mixing bowl and stir to combine.
4. Add the wet ingredients to the mixing bowl and stir well, gently stir in the blueberries and pour into a greased and floured loaf pan.
5. Bake until golden, about 1 hour. Let cake cool before removing from pan and enjoy!

**TIP:** If necessary, use the tamper to ensure everything mixes evenly.



# Pina Colada Ice Cream

Makes: 1 serving

## Ingredients

1 large, very ripe pineapple
1/4 cup cream of coconut

## INSTRUCTIONS:

1. Remove the core of the pineapple, and slice remaining fruit into bite-sized pieces. Freeze until firm for at least 6-8 hours.
2. Once frozen, remove pineapple from freezer to soften slightly for 5 minutes for easy mix.
3. Switch pineapple to your blender, and add 1/4 cup cream of coconut. Securely lock the 2-part lid.
4. Blend under "ICE CRUSH" or "GRIND" program or Slowly increase the variable speed to a medium-high speed level until desired consistency.

**TIP:** If necessary, use the tamper to ensure everything mixes evenly.



## Easy Tomato Basil Soup

Makes: 4 servings

### INGREDIENTS

1 pound Roma tomatoes

2 tablespoons olive oil

2 cloves garlic, minced

1 small white onion, roughly chopped

1 cup vegetable or chicken broth

1 cup fresh basil leaves

1 teaspoon each, salt and pepper

1 teaspoon garlic powder

### INSTRUCTIONS:

1. Wash tomatoes, slice in half, and scoop out the seeds. Set the tomatoes aside. Place a small saucepan over medium heat and add the olive oil.
2. Once the oil is hot, add the minced garlic and chopped onion. Cook for about 10 minutes and stir often until the onion is soft and translucent.
3. Add the tomatoes, cooked onion, garlic, broth, basil, salt and pepper, and garlic powder to your blender. Securely lock the 2-part lid.
4. Blend under "low" Speed until desired consistency. Then Switch to "SOUP" Program, will cook well in 32 minutes and 30 seconds around.

**Warning:** DON'T fill container with hot ingredients over the 'half full' capacity to avoid overflow and injury. Use caution when handling hot ingredients.

**TIP:** If necessary, use the tamper to ensure everything mixes evenly.

# Loaded Potato Soup

Makes: 2-3 servings

## INGREDIENTS

1 cup chicken broth  
2 large russet potatoes, peeled and cut into small cubes  
1 small onion, roughly chopped  
1 cup whole milk  
1/2 cup reduced fat cheddar cheese, shredded  
1 teaspoon each, salt and pepper

1 teaspoon paprika  
1 teaspoon garlic powder  
For Topping:  
2 slices bacon, cooked and crumbles  
1/4 cup chives, sliced thin  
2 tablespoons low-fat sour cream

## INSTRUCTIONS:

1. Place a medium saucepan over medium heat. Add chicken broth, potatoes, and onion. Cover and cook for 15 minutes, until potatoes are fork tender.
2. Transfer potato mixture, milk, cheese, and seasonings to blender. Securely lock the 2-part lid.
3. Blend under "high" Speed until desired consistency. Then Switch to "SOUP" Program, will cook well in 32 minutes and 30 seconds around.
4. Transfer soup to a medium saucepan and simmer until heated through. Serve warm in bowls.
5. Transfer soup to two separate bowls and top with bacon, chives, and sour cream.

**Warning:** DON'T fill container with hot ingredients over the "half full" capacity line to avoid overflow and injury. Use caution when handling hot ingredients.

**TIP:** If necessary, use the tamper to ensure everything mixes evenly.

# Roasted Red Pepper Soup

Makes: 2 servings

## INGREDIENTS

1 tablespoon butter  
1 small onion, chopped  
2 large carrots, chopped  
2 stalks celery, chopped  
2 cloves garlic, minced  
1 15.5 ounce jar roasted red peppers, drained and rinsed  
1 cup vegetable broth  
1/4 cup half and half  
1 teaspoon each, salt and pepper  
1 teaspoon garlic powder

## INSTRUCTIONS:

1. Heat a small saucepan over medium heat.
2. Add butter to saucepan and cook until melted. Add onion carrots, celery, and garlic to saucepan and cook, stirring often for about 15 minutes until vegetables have softened.
3. Transfer vegetables, roasted red peppers, broth, half and half, and seasonings to your blender. Securely lock the 2-part lid.

**Warning:** DON'T fill container with hot ingredients over the "half full" capacity line to avoid overflow and cause injury. Use caution when handling hot ingredients.

**TIP:** If necessary, use the tamper to ensure everything mixes evenly.



## Sun-dried Tomato Sauce

### INGREDIENTS

1 medium onion, peeled, cut in quarters  
4 cloves garlic, peeled  
1 tablespoon canola oil  
1 can (28 ounces) whole peeled tomatoes  
1 jar (6 ounces) sun-dried tomatoes packed in olive oil

1/2 cup dry red wine  
1/2 teaspoon crushed red pepper  
Salt and pepper, to taste  
1/4 cup fresh basil, chopped, for garnish

### INSTRUCTIONS:

1. Place onion and garlic into blender container. PULSE until roughly chopped.
2. Heat the oil in a medium saucepan over medium heat. Add the onions and garlic. Sauté for 5 minutes, or until softened.
3. Place the tomatoes, sun-dried tomatoes, red wine, and crushed red pepper into the blender container. Securely lock the 2-part lid.
4. Blend under "SAUCES" program or Slowly increase the variable speed to a medium speed level until desired consistency.
5. Add tomato sauce to the saucepan with garlic and onions. Add salt and pepper to taste. Simmer 20 minutes.
6. Garnish with fresh basil before serving.

**TIP:** If necessary, use the tamper to ensure everything mixes evenly.

## Lemon Garlic Dressing

### INGREDIENTS

1 lemon, peeled, halved, seeded  
1/2 teaspoon hot sauce  
2 garlic cloves, peeled  
1/2 teaspoon paprika  
1/4 teaspoon cumin  
1 teaspoon salt  
1/3 cup (80 ml) olive oil

### INSTRUCTIONS:

1. Place all ingredients, except olive oil, into the blender container in the order listed.  
Securely lock the 2-part lid.
2. Blend under "DIP" program or Slowly increase the variable speed to a medium speed level until desired consistency.
3. Remove the lid plug. While machine is running, slowly pour in oil through the lid plug opening.

**TIP:** If necessary, use the tamper to ensure everything mixes evenly.

## Classic Hummus

### INGREDIENTS

2 cans (14 ounces each) garbanzo beans,  
drained, liquid reserved  
3/4 cup garbanzo bean liquid  
1/4 cup fresh lemon juice  
1/4 cup olive oil  
2 cloves garlic, peeled  
2 tablespoons tahini  
1 teaspoon salt

### INSTRUCTIONS:

1. Place all ingredients into the blender container in the order list. Securely lock the 2-part lid.
2. Blend under "DIP" program or Slowly increase the variable speed to a medium speed level until desired consistency.

**TIP:** If necessary, use the tamper to ensure everything mixes evenly.

## California Salsa

### INGREDIENTS

1/4 cup (5 g) fresh cilantro  
1/2 medium onion  
1 tsp fresh lemon juice  
6 ripe roma tomatoes, quartered  
1 jalapeno pepper  
1 teaspoon salt (optional)

### INSTRUCTIONS:

1. Place all ingredients into blender container in order listed. Securely lock 2-part lid.
2. Blend under "DIP" program or Slowly increase the variable speed to a medium speed level until desired consistency.
3. Serve with tortilla chips.

**TIP:** If necessary, use the tamper to ensure everything mixes evenly.

## Pumpkin Puree

### INGREDIENTS

2 cups (440 g) cubed roasted fresh pumpkin  
1/2 cup (120 ml) low-sodium vegetable broth  
1/4 teaspoon ground ginger  
1/4 teaspoon ground cinnamon

### INSTRUCTIONS:

1. Place all the ingredients into blender container in the order listed. Securely lock the 2-part lid.
2. Blend under "DIP" program or Slowly increase the variable speed to a medium speed level until desired consistency.

**TIP:** If necessary, use the tamper to ensure everything mixes evenly.



## Raw Peanut Butter

### INGREDIENTS

4 1/2 cups (650 g) raw peanuts  
3 tablespoons (45 mL) oil  
Speed: Variable to High  
Yield: 1-3/4 cups (420 mL)

### INSTRUCTIONS:

1. Pour nuts and oil into blender container. Securely lock the 2-part lid.
2. Blend under "NUT BUTTER" program or "GRIND" program or until desired consistency.

TIP: If necessary, use the tamper to ensure everything mixes evenly.

**NOTE:** You may need to stop the machine and run a spatula around the inside of the container to integrate ingredients. If necessary, use the tamper to press any ingredients into the blades while processing. Do not over mix.

**CAUTION!** Over-processing will cause serious overheating to your machine!  
Do not process for more than 1 minute after mixture starts circulating.

# Pecan Peanut Butter

## INGREDIENTS

1 1/2 cups (220 g) lightly salted dry-roasted peanuts  
1 1/2 cups (175 g) unsalted roasted pecans  
1 tablespoon honey

## INSTRUCTIONS:

1. Place all the ingredients into the blender container in the order listed. Securely lock the 2-part lid.
2. Blend under "NUT BUTTER" program or "GRIND" program or until desired consistency.

**TIP:** If necessary, use the tamper to ensure everything mixes evenly.

**NOTE:** You may need to stop the machine and run a spatula around the inside of the container to integrate ingredients. If necessary, use the tamper to press any ingredients into the blades while processing. Do not over mix.

**CAUTION!** Over-processing will cause serious overheating to your machine!  
Do not process for more than 1 minute after mixture starts circulating.

# Tahini Butter

## INGREDIENTS

1/2 cup (70 g) pan roasted sesame seeds  
1 1/3 cups (300 g) butter, softened  
1/4 cup (60 mL) lemon juice  
4 teaspoons soy sauce

## INSTRUCTIONS:

1. Roast sesame seeds lightly in a dry skillet.
2. Place all ingredients into blender container in order listed. Securely lock the 2-part lid.
3. Blend under "NUT BUTTER" program or "GRIND" program or until desired consistency.

**TIP:** If necessary, use the tamper to ensure everything mixes evenly.

**NOTE:** You may need to stop the machine and run a spatula around the inside of the container to integrate ingredients. If necessary, use the tamper to press any ingredients into the blades while processing. Do not over mix.

**CAUTION!** Over-processing will cause serious overheating to your machine!  
Do not process for more than 1 minute after mixture starts circulating.



# COCKTAILS

## New York White Colada

Makes: 2 servings

### INGREDIENTS

1/2 cup (120 mL) New York white table wine  
1/4 cup (40 g) fresh or canned pineapple  
1/2 cup (120 mL) pineapple sherbet  
1 cup (240 mL) ice cubes

### INSTRUCTIONS:

1. Place all ingredients into blender container in order listed. Securely lock the 2-part lid.
2. Blend under "ICE CRUSH" or "GRIND" program or Slowly increase the variable speed to a medium-high speed level until desired consistency.
3. Serve immediately.

**TIP:** If necessary, use the tamper to ensure everything mixes evenly.

# Peach Daiquiri

Makes: 2-3 servings

## INGREDIENTS

4 ounces (120 ml) light rum	1/2 cup (120 ml) orange juice
1 lime, peeled, halved	6 ounces (180 ml) light rum
2 tablespoons (25 g) sugar	1 tablespoon cream of coconut
1 cup (165 g) frozen mango chunks	2 cups (300 g) frozen unsweetened peaches
1 cup (160 g) frozen pineapple chunks	1 tablespoon sugar
2 cups (480 ml) ice cubes	2 cups (480 ml) ice cubes

## INSTRUCTIONS:

1. Place all ingredients into blender container in the order listed. Securely lock the 2-part lid.
2. Select Variable 0.
3. Turn the machine on, slowly increase the variable speed to a medium-high speed level until desired consistency.
4. Blend for 1 minute.

**TIP:** If necessary, use the tamper to ensure everything mixes evenly.

# Simple or Strong Piña Colada

Makes: 2 servings

## INGREDIENTS

3/4 cup (180ml) canned coconut milk (shake, then pour)
1/2 cup (120ml) unsweetened pineapple juice
1 cup (160g) diced ripe pineapple
1 cup (160g) frozen diced pineapple
1/2 teaspoon natural vanilla extract
3 tbs white rum, plus more to taste (optional)
1 tsp pure maple syrup, plus more to taste (optional)
1 cup (125g) ice cubes
Pineapple wedges, to garnish

## INSTRUCTIONS:

1. Place all ingredients into your blender container. Securely lock the 2-part lid.
2. Turn the machine on, slowly increase the variable speed to a medium-high speed level until desired consistency.Tweak the rum and maple syrup to taste.
3. Serve with a wedge of pineapple.

**TIP1:** If necessary, use the tamper to ensure everything mixes evenly.

**TIP2:** Use alcohol-free vanilla extract and replace the rum with 1/2 cup (7g) of loosely packed dandelion greens. These greens have a slight bitterness that gives the drink a hint of alcohol flavor.

## Frozen Whiskey Sour

Makes: 2 servings

### INGREDIENTS

6 ounces (180 ml) bourbon  
2 lemons, peeled, halved, seeded  
1 medium orange, peeled, halved  
2 tablespoons (25 g) sugar  
3 cups (720 ml) ice cubes

### INSTRUCTIONS:

1. Place all ingredients into the blender container in the order listed. Securely lock the 2-part lid.
2. Blend under “ICE CRUSH” or “GRIND” program or Slowly increase the variable speed to a medium-high speed level until desired consistency.

**TIP1:** If necessary, use the tamper to ensure everything mixes evenly.

## Strawberry Daiquiri

Makes: 2 servings

### INGREDIENTS

1 ounce (30 ml) light rum  
1/2 cup (75 g) frozen unsweetened strawberries  
1 tablespoon sweetened lime juice  
3/4 cup (180 ml) ice cubes

### INSTRUCTIONS:

1. Place all ingredients into the blender container in the order listed. Securely lock the 2-part lid.
2. Blend under “ICE CRUSH” or “GRIND” program or Slowly increase the variable speed to a medium-high speed level until desired consistency.

**TIP1:** If necessary, use the tamper to ensure everything mixes evenly.



## Raspberry Shake

Makes: 1 serving

---

### INGREDIENTS

1/2 cup (100 g) fresh or frozen raspberries, thawed  
1 cup (240 mL) vanilla light or nonfat frozen yogurt or ice cream  
3/4 cup (180 mL) skim milk  
1 cup (240 mL) ice  
Speed: Variable to High  
Time: 1 minute  
Yield: 2 3/4 cups (660 mL)

---

### INSTRUCTIONS:

#### INSTRUCTIONS:

1. Place all ingredients into blender container in order listed. Securely lock the 2-part lid.
2. Blend under "DIY MIIK" program or select variable speed 0, then slowly increase the variable speed to a medium-high speed level until desired consistency.
3. Cooked well in 25 minutes around.
4. Serve immediately.

**TIP1:** If necessary, use the tamper to ensure everything mixes evenly.

## Vanilla Shake

Makes: 2 servings

### INGREDIENTS

1 cup (240 ml) vanilla frozen yogurt or ice cream  
1/4 teaspoon vanilla extract  
1/2 cup (120 ml) skim milk  
1 cup (240 ml) ice cubes

### INSTRUCTIONS:

1. Place all ingredients into the blender container in the order listed. Securely lock the 2-part lid.
2. Blend under “DIY MIK” program or select variable speed 0, then slowly increase the variable speed to a medium-high speed level until desired consistency.
3. Cooked well in 25 minutes around.

**TIP1:** If necessary, use the tamper to ensure everything mixes evenly.

## Cappuccino Shake

Makes: 2 servings

### INGREDIENTS

1 cup (240 mL) vanilla light or nonfat frozen yogurt or ice cream  
1-1/2 teaspoons instant coffee  
3/4 cup (180 mL) lowfat milk  
1 cup (240 mL) ice  
Speed: Variable to High  
Time: 1 minute  
Yield: 2-1/2 cups (600 mL)

### INSTRUCTIONS:

1. Place all ingredients into the blender container in the order listed. Securely lock the 2-part lid.
2. Blend under “DIY MIK” program or select variable speed 0, then slowly increase the variable speed to a medium-high speed level until desired consistency.
3. Cooked well in 25 minutes around.

**TIP1:** If necessary, use the tamper to ensure everything mixes evenly.

## Almond or Cashew Milk

Makes: 1 serving

### INGREDIENTS

1 cup (140 g) raw almonds or cashews  
3 cups (720 mL) water  
Sugar or sweetener, to taste (optional)

### INSTRUCTIONS:

1. Place all ingredients into blender container in order listed. Securely lock the 2-part lid.
2. Blend under “DIY MIILK” program or select variable speed 0, then slowly increase the variable speed to a medium-high speed level until desired consistency.
3. Cooked well in 25 minutes around.
4. Shake well before using.

**TIP1:** If necessary, use the tamper to ensure everything mixes evenly.

**TIP2:** If you desire to strain away sediments, place a fine mesh sieve over a large bowl. Pour almond milk slowly into sieve and allow to filter through, or stir the milk in the sieve with a spatular so that it can pass through more quickly. Do not strain if using cashews.

## Sesame Milk

Makes: 1 serving

### INGREDIENTS

3/4 cup (110 g) sesame seeds  
2 cups (480 mL) water

Note: Sesame milk has a slightly bitter flavor. For best results, toast seeds to improve flavor.

### INSTRUCTIONS:

1. Place all ingredients into blender container in order listed. Securely lock the 2-part lid.
2. Blend under “DIY MIILK” program or select variable speed 0, then slowly increase the variable speed to a medium-high speed level until desired consistency.
3. Cooked well in 25 minutes around.
4. Shake well before using.

**TIP:** If necessary, use the tamper to ensure everything mixes evenly.