

Cuisinart®

Recipe Booklet

Instruction Booklet on reverse side



CORDLESS RECHARGEABLE PERSONAL BLENDER

The Cuisinart Cordless Personal Blender delivers convenient portability - no longer bound to plug locations! Featuring innovative USB charging, this personal blender gives you the freedom to blend the perfect smoothie, cocktail or shake anywhere, at any time.

QUICK TIPS

- Add liquid ingredients first then follow with solid ingredients for more consistent blending.
- We recommend food is cut into 1-2cm pieces for the most uniform result.
- Pulse a few times before running consistently. Pulses are short bursts with a second between each one.
- After blending, flip the tumbler over so that the blade assembly is at the top, remove the blade assembly and replace with provided flip lid.
- Do not overload the tumbler - as this can result in inconsistent textures.

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SMOOTHIES

Classic Fruit Smoothie

This recipe works great with any type of fruit just don't forget to add your favourite smoothie supplements.

Makes 1 serving

- 1 cup** mixed fruit, fresh or frozen
- ½** banana, cut into 2cm pieces
- ½ cup** juice (use your favourite)

1. Put all ingredients, in the order listed, into the tumbler. Secure the blade assembly.
2. Blend until smooth, about 45 seconds.
3. Serve immediately.

Tropical C Smoothie

Vitamin C-packed fruit with kale makes this smoothie a delicious winner.

Makes 1 serving

- ½ cup** frozen mango
- ½ cup** baby kale
- ½ cup** fresh pineapple, cut into 2cm pieces
- ½ cup** orange juice

1. Put all of the ingredients, in the order listed, into the tumbler. Secure the blade assembly.
2. Blend until smooth, about 45 seconds to 1 minute.
3. Serve immediately.

Açaí Bowl

Açaí is a super antioxidant, giving an extra nutritious punch to this smoothie bowl.

Makes 1 serving

- ¾ cup** frozen mango, divided
- ¼ cup** frozen blueberries
- 1** ripe banana, broken into 2-3 pieces
- 1tsp** açai powder
- ½ cup** rice milk (or substitute milk)
- ½ cup** fresh berries
- ¼ cup** granola &/or mixed nuts & seeds

1. Put ¼ cup frozen mango, frozen blueberries, banana, açai powder and the rice milk into the tumbler. Secure the blade assembly.
2. Blend for about 10 to 20 seconds to blend ingredients. Add the remaining mango and continue to blend for about 45 seconds until smooth.
3. Pour into a bowl and top with fresh berries and granola and/or mixed nuts and seeds.
4. Serve immediately.

Island Blueberry Smoothie

The combination of coconut, lime & ginger gives this smoothie a true taste of the islands.

Makes 1 serving

- ½ cup** frozen blueberries
- ½ cup** baby kale
- 6** mint leaves
- ¼tsp** lime zest
- 11cm** piece ginger
- 1** ripe banana, broken into 2 to 3 pieces
- ½ cup** coconut milk

1. Put all of the ingredients, in the order listed, into the tumbler. Secure the blade assembly.
2. Blend until smooth, about 45 seconds to 1 minute.
3. Serve immediately.

PROTEIN SHAKES

Breakfast Shake for the Road

Nutrition on the go- make this smoothie in the morning for breakfast when time is short.

Makes 1 serving

- 3** frozen strawberries
- ½ cup** fresh mango, cut into 1cm pieces
- ½** banana
- ½ cup** low-fat yoghurt
- ½ cup** juice
- 1tbsp** ground flax seeds (optional)

1. Put all ingredients, in the order listed, into the tumbler. Secure the blade assembly.
2. Blend until smooth, about 30 to 45 seconds.
3. Serve immediately.

Avocado Power Shake

Packed with nutrients & monounsaturated fats (the good ones – we swear!), this will fill you up & give you the energy to keep on moving.

Makes 1 serving

- 3** ice cubes
- ½** ripe banana, cut into 2cm pieces
- ½** ripe avocado, pitted, cut into 2cm pieces
- 1 cup** rice milk
- 2tsp** honey
- Pinch** ground cinnamon

1. Put all of the ingredients, in the order listed, into the tumbler. Secure the blade assembly.
2. Blend until smooth, about 45 seconds to 1 minute.
3. Serve immediately over ice.

Power-Blast Protein Shake

Blend this for a post-workout pick-me-up.

Makes 1 serving

- 1** frozen banana, cut into 2.5-5cm pieces
- 2** ice cubes
- 2tbsp** almond butter
- ½tsp** ground cinnamon
- 1** serving protein powder
- 1 cup** oat milk

1. Put all ingredients, in the order listed, into the tumbler. Secure the blade assembly.
2. Blend until smooth, about 45 seconds to 1 minute.
3. Serve immediately.

Chocolate Nut Butter Protein Shake

Make this tasty shake for a post-workout recovery drink.

Makes 2 servings

- 1 cup** chilled liquid (water, milk, etc.)
- 2tbsp** protein powder
- 2tsp** unsweetened nut butter
- 1tsp** cocoa powder
- 1tsp** liquid sweetener (honey, agave, stevia, or maple syrup)

1. Put all of the ingredients, in the order listed, into the tumbler. Secure the blade assembly.
2. Blend until smooth, about 45 seconds to 1 minute.
3. Serve immediately over ice.

ICED TEA/COFFEE

Cold Tea/Cold Brew Latte

Skip the coffee shop & make your favourite iced tea latte at home.

Makes 1 cup

½ cup **milk (or any milk substitute)**
½ cup **tea concentrate (e.g. chai, turmeric-ginger, yerba mate, etc.) or cold brew coffee**

1. Put the milk and concentrate or brew coffee into the tumbler. Secure the blade assembly.
2. Blend until frothy, about 30 to 45 seconds.
3. Serve immediately over ice.

Iced Matcha Latte

Matcha is a great alternative to coffee to get your energy going in the mornings. Try first without additional sweetener, as some matcha powders have sweeteners in them.

Makes 1 serving

3 **ice cubes**
1 cup **milk (or any milk substitute)**
1tsp **matcha powder**
½ to 1tsp **honey or agave, optional**

1. Put all ingredients into the tumbler. Secure the blade assembly.
2. Blend until frothy, about 45 seconds.
3. Serve immediately over ice.

Blended Ice Coffee

A creamy, cool coffee drink with a hint of sweetness.

Makes 2 long glasses

2 cups **small ice cubes**
1 cup **brewed strong espresso, cooled**
½ cup **milk or milk substitute**
3tbsp **white sugar**
¼tsp **pure vanilla extract**
Whipped cream & caramel sauce, for topping (optional)

1. Put all ingredients into the tumbler. Secure the blade assembly.
2. Blend until thick & smooth, about 45 seconds.
3. Pour into two tall glasses and top with whipped cream and a drizzle of caramel sauce.
4. Serve immediately over ice.

DESSERT DRINKS

Chocolate Cookies & Cream Shake

Super chocolatey & delicious!

Makes 1 cup

1 cup chocolate ice cream
3 chocolate sandwich cookies
½ cup low-fat milk

1. Put all of the ingredients, in the order listed, into the tumbler. Secure the blade assembly.
2. Blend until smooth, about 45 seconds to 1 minute.
3. Serve immediately.

Chocolate Peanut Butter Ice Cream Shake

This will satisfy your sweet tooth.

Makes 2 cups

1½ cups chocolate ice cream
1 tsp creamy peanut butter
1 tsp chocolate syrup
¾ cup full-cream milk

1. Put all ingredients, in the order listed, into the tumbler. Secure the blade assembly.
2. Blend, using a gentle up-and-down motion, until smooth and homogenous, about 30 to 40 seconds.
3. Serve immediately.

Whipped Cream

Whipped cream in a blender? You sure can!

Makes ⅔ cup

½ cup heavy cream
1tsp icing sugar
¼tbsp pure vanilla extract
Pinch flaked salt

1. Put all of the ingredients, in the order listed, into the tumbler. Secure the blade assembly.

2. Blend until stiff, about 30 seconds.
3. Serve immediately.

Cherry Ginger Slushy

This refreshing beverage is perfect for the summer. Plus, it makes a great base for an adult treat.

Makes about 1 cup

1 cup sweet dark cherries, frozen
2-3cm piece fresh ginger, peeled
¼tsp lime zest
½ cup coconut or rice milk

1. Put all ingredients, in the order listed, into the tumbler. Secure the blade assembly.
2. Blend until smooth, about 30 to 45 seconds.
3. Serve immediately.

Frozen Raspberry Margarita

“Hydrate” by the pool with this deliciously cool cocktail.

Makes about 1 serve

1 cup ice
½ cup raspberry (fresh or frozen)
50ml tequila
30ml triple sec
30ml lime juice
Mint to garnish

1. Put all ingredients, in the order listed, into the tumbler. Secure the blade assembly.
2. Blend until smooth, about 30 to 45 seconds.
3. Serve immediately in a chilled margarita glass.

DRESSINGS

Basic Vinaigrette

Salad dressing is simple to prepare, & much healthier for you than store bought. This, as the name suggests, is a basic version. Champagne vinegar is softer in flavour than other vinegars, but you can substitute with white or red wine vinegar if you prefer.

Makes 1 cup

¼ cup	Champagne vinegar
½	small shallot, peeled & halved
1tsp	Dijon mustard
½tsp	flaked salt
¼tsp	ground white pepper
¾ cup	extra virgin olive oil

1. Put all of the ingredients, in the order listed, into the tumbler. Secure the blade assembly.
2. Blend until smooth, about 1 minute.
3. Taste and adjust seasoning as desired. Serve immediately. Dressing can be stored in an airtight container in the refrigerator for up to 2 weeks.

Caesar Salad Dressing

Make this dressing in under 2 minutes with most of these ingredients already in your pantry.

Makes 1¼ cups

6 large	egg yolks
3tbsp	red wine vinegar
3	garlic cloves, peeled
⅓ cups	lemon juice
4	anchovy fillets
1tsp	mustard powder
1 cup	Parmesan cheese, grated (120 g)
1 cup	extra virgin olive oil
1tsp	flaked salt
¼tsp	ground black pepper

1. Put all of the ingredients, in the order listed, into the tumbler. Secure the blade assembly.
2. Blend until smooth, about 30 seconds.
3. Let dressing stand for 20 to 30 minutes to

allow flavours to blend.

4. Transfer to a resealable container and refrigerate for 3 to 4 days.

Creamy Feta & Yoghurt Dressing

A great creamy & tangy dressing for all types of salads & vegetables.

Makes 1¼ cups

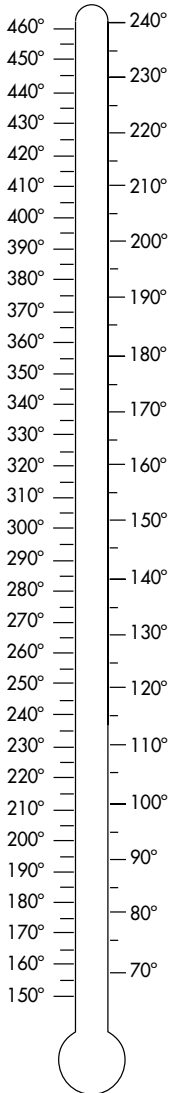
1	small garlic clove, peeled
⅓	cup red wine vinegar
1	tablespoon fresh lemon juice
½tsp	oregano
¼tsp	basil
1tsp	honey
120g	crumbled feta cheese
¼ cup	low-fat, plain yoghurt
¼ cup	extra virgin olive oil

1. Put all of the ingredients, in the order listed, into the tumbler. Secure the blade assembly.
2. Blend until smooth, about 45 seconds to 1 minute.
3. Let dressing stand for 20 to 30 minutes to allow flavours to blend.
4. Transfer to a resealable container and refrigerate until ready to use.

WEIGHTS, MEASURES & CONVERSIONS

Temperature °F / °C

Fahrenheit Celsius



$$^{\circ}\text{F} = \frac{9 \times ^{\circ}\text{C}}{5} + 32$$

$$^{\circ}\text{C} = \frac{5(^{\circ}\text{F} - 32)}{9}$$

Metric cup & spoon sizes

cup	metric
¼ cup	60ml
⅓ cup	80ml
½ cup	125ml
1 cup	250ml
spoon	
¼ teaspoon	1.25ml
½ teaspoon	2.5ml
1 teaspoon	5ml
2 teaspoon	10ml
1 tablespoon (equal to 4 teaspoons)	20ml

Liquids

Metric	cup	imperial
30 ml		1 fl oz
60 ml	¼ cup	2 fl oz
80 ml		3 ½ fl oz
100ml	⅓ cup	2 ¾ fl oz
125ml	½ cup	4 fl oz
150ml		5 fl oz
180ml	¾ cup	6 fl oz
200ml		7 fl oz
250ml	1 cup	8 ¾ fl oz
310ml	1 ¼ cups	10 ½ fl oz
375ml	1 ½ cups	13 fl oz
430ml	1 ¾ cups	15 fl oz
475ml		16 fl oz
500ml	2 cups	17 fl oz
625ml	2 ½ cups	21 ½ fl oz
750ml	3 cups	26 fl oz
1L	4 cups	35 fl oz
1.25L	5 cups	44 fl oz
1.5L	6 cups	52 fl oz
2L	8 cups	70 fl oz
2.5L	10 cups	88 fl oz