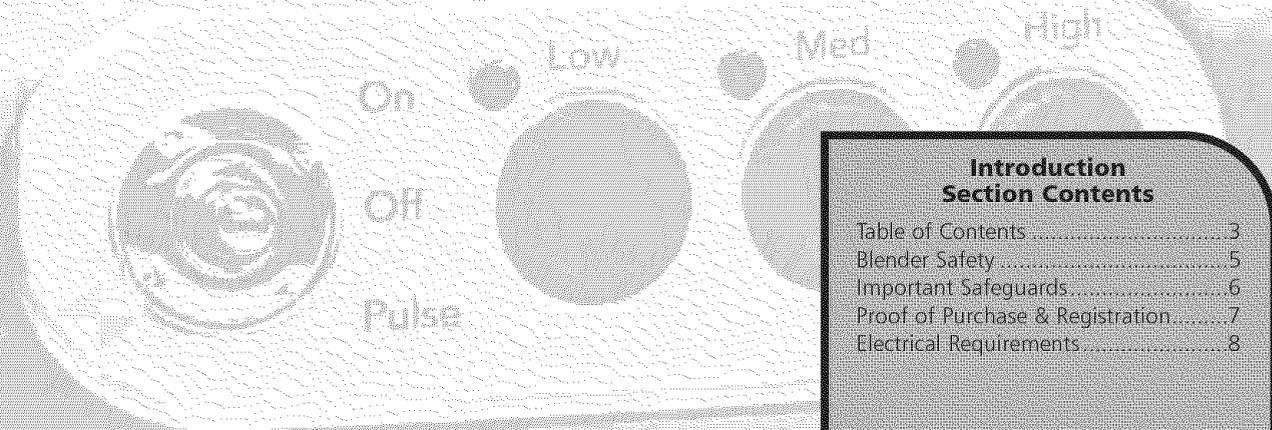


KitchenAid[®]
PRO LINE™ SERIES

MODEL
KPCB348
& **KPCB148**
BLENDERS



**Introduction
Section Contents**

Table of Contents	3
Blender Safety	5
Important Safeguards	6
Proof of Purchase & Registration	7
Electrical Requirements	8



The **KitchenAid® PRO LINE™ Series Chef's Blender and Bar Blender** can be summed up in a word: performance. The rugged, commercial-quality design will satisfy the most demanding home chef.

Start with the die-cast metal base – it stands up to the most intensive use while providing incredible stability. Inside the base is a 21,000 rpm motor that generates more than 1 peak horsepower. It thoroughly blends frozen drinks and purées, sauces and soups in about 20 seconds.

Above the base, you'll find a 48 oz. stainless steel or polycarbonate jar. The blade assembly and seals are built into the jar for water-tight performance, and the patented, one-piece stainless steel blade rides on ball bearings for maximum efficiency.

Performance demands precise control, so the Chef's Blender has three blending speeds and a Pulse feature for extraordinary versatility. The Bar Blender combines high-speed operation optimized for blending frozen drinks and crushing ice with a low-speed Pulse mode that offers additional flexibility and control.

Advanced electronics provide capabilities not found in most blenders. An electronic mixing sensor automatically adjusts power to compensate for light or heavy ingredients. The Step Start™ feature reduces splattering by starting the blender slowly and then quickly stepping up to the selected speed.

The KitchenAid® PRO LINE™ Series: commercial quality for the discriminating home chef. From the company distinguished by its legendary craftsmanship.

TABLE OF CONTENTS

INTRODUCTION

Introduction	2
Blender Safety	5
Important Safeguards	6
Proof of Purchase & Product Registration	7
Electrical Requirements	8

FEATURES AND OPERATION

Blender Features	10
Using the Blender	
Before First Use	13
Operating the Blender	13
Using the Pulse Feature	15
Using the Ingredient Cap	15
Overload, Jam, and Thermal Safeguards	15
Power-On Safeguard	15
Speed Control Guide	16
Operating Tips	17
Food Prep Tips	19
Care & Cleaning	22
Troubleshooting	23

BLENDER RECIPES

Cocktails & Dessert Drinks

Brandy Alexander	26
Caramel Irish Coffee Froth	27
Egg Nog Shake	28
Frozen Daiquiri	29
Frozen Peach Daiquiri	29
Frozen Strawberry Basil Daiquiri	29
Frozen Dark Russian	30
Frozen White Russian	30
Hard Cranberry Orange Breeze	31
Mango Peach Flip	32
Margarita	33
Peach Margarita	33
Strawberry Margarita	33
Mojito Slush	34
Peach Bellini	35
Peppered Grasshopper	36
Raspberry Bellini	37
Rum Mocha Freeze	38
Hot Drinks	
Hot Mexican Mocha	39
Triple Hot Chocolate	40

TABLE OF CONTENTS

Smoothies

Fresh Berry Malt	41
Mango Ginger Shake	42
Banana Ginger Shake	42
Peanut Butter-Banana Breakfast Shake	43
Raspberry Breakfast Refresher	44
Sherbet Melon Cooler	45
Lime Sherbet Melon Cooler	45
Strawberry-Banana Smoothie	46

Dips & Spreads

Baba Ghanoush	47
Cardamom-Orange Fruit Dip	48
Crab Spread	49
Hummus	50
Layered Mexican Dip	51
Mixed Olive Tapenade	52
Roasted Red Pepper Basil Spread	53

Sauces & Dressings

Blue Cheese Dressing	54
Cardamom-Orange Salad Dressing	55
Chipolté Tomato Dressing	56
Raspberry Balsamic Vinaigrette	57
Roasted Tomatillo Salsa	58
Three-Herb Pesto	59

Soups

Avocado Lime Soup	60
Cheddar Potato Leek Soup	61
Curried Carrot Soup	62
Gazpacho	63
Mushroom Soup	64
Roasted Butternut & Apple Soup	65

Pancakes & Waffles

Basic Pancakes	66
Basic Waffles	67
Buttermilk Pancakes	68
Oatmeal-Raisin Pancakes	69
Toasted Walnut Pumpkin Waffles	70

WARRANTY AND SERVICE INFORMATION

Warranty for the 50 United States & District of Columbia	72
Warranty for Puerto Rico	73
Arranging for Hassle-Free Replacement	73
Ordering Accessories & Replacement Parts	74
Arranging for Service After the Warranty Expires	74
Arranging for Service Outside the 50 United States & Puerto Rico	75

BLENDER SAFETY

Your safety and the safety of others are very important.

We have provided many important safety messages in this manual and on your appliance. Always read and obey all safety messages.



This is the safety alert symbol.

This symbol alerts you to potential hazards that can kill or hurt you and others.

All safety messages will follow the safety alert symbol and either the word "DANGER" or "WARNING." These words mean:



You can be killed or seriously injured if you don't immediately follow instructions.



You can be killed or seriously injured if you don't follow instructions.

All safety messages will tell you what the potential hazard is, tell you how to reduce the chance of injury, and tell you what can happen if the instructions are not followed.

IMPORTANT SAFEGUARDS

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

1. Read all instructions.
2. To protect against the risk of electrical shock, do not put the Blender in water or other liquids.
3. Close supervision is necessary when any appliance is used by or near children.
4. Unplug the Blender from the outlet when not in use, before putting on or taking off parts, and before cleaning.
5. Avoid contact with moving parts.
6. Do not operate any appliance with a damaged cord or plug, or after the appliance malfunctions or has been dropped or damaged in any manner. Return appliance to the nearest authorized service facility for examination, repair, or electrical or mechanical adjustment.
7. Do not use outdoors.
8. Do not let the cord hang over the edge of a table or counter.
9. Keep hands and utensils out of the container while blending to reduce the risk of severe injury to persons or damage to the Blender. A scraper may be used, but must be used only when the Blender is not running.
10. Blades are sharp. Handle carefully.
11. Always operate the Blender with the cover in place.
12. When blending hot liquids, remove the center piece of the two-piece cover.
13. The use of attachments, including canning jars, not recommended by KitchenAid may cause a risk of injury to persons.
14. This product is designed for household use only.

SAVE THESE INSTRUCTIONS

PROOF OF PURCHASE & PRODUCT REGISTRATION

Always keep a copy of the sales receipt showing the date of purchase of your Blender. Proof of purchase will assure you of in-warranty service.

Before you use your Blender, please fill out and mail your product registration card packed with the unit. This card will enable us to contact you in the unlikely event of a product safety notification and assist us in complying with the provisions of the Consumer Product Safety Act. This card does not verify your warranty.

Please complete the following for your personal records:

Model Number: Chef's Blender – KPCB348

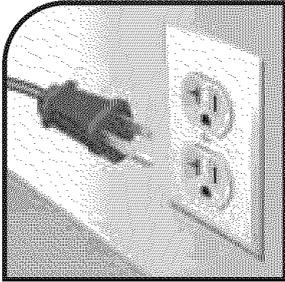
Bar Blender – KPCB148

Serial Number

Date Purchased

Store Name

ELECTRICAL REQUIREMENTS



Volts: 120 V.A.C. only.

Hertz: 60 Hz

NOTE: This Blender has a 3 prong grounded plug. To reduce the risk of electrical shock, this plug will fit in an outlet only one way. If the plug does not fit in the outlet, contact a qualified electrician. Do not modify the plug in any way.

A short power-supply cord is provided to reduce the risk resulting from becoming entangled in or tripping over a longer cord. Do not use an extension cord. If the power supply cord is too short, have a qualified electrician or serviceman install an outlet near the appliance.

WARNING



Electrical Shock Hazard

Plug into a grounded 3 prong outlet.

Do not remove ground prong.

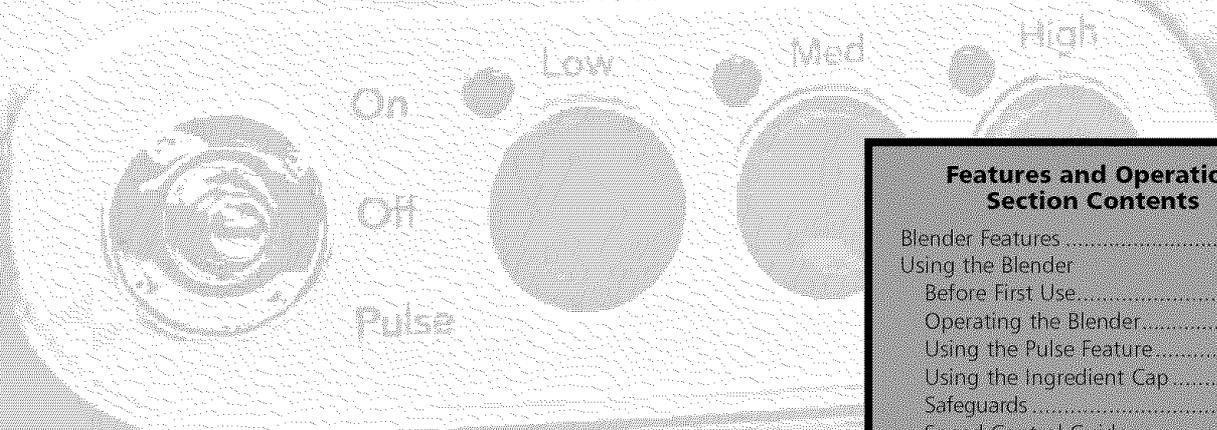
Do not use an adapter.

Do not use an extension cord.

Failure to follow these instructions can result in death, fire, or electrical shock.

KitchenAid®
PRO LINE™ SERIES

FEATURES AND OPERATION



**Features and Operation
Section Contents**

Blender Features	10
Using the Blender	
Before First Use	13
Operating the Blender	13
Using the Pulse Feature	15
Using the Ingredient Cap	15
Safeguards	15
Speed Control Guide	16
Operating Tips	17
Food Prep Tips	19
Care & Cleaning	22
Troubleshooting	23

MODEL KPCB348 & KPCB148 BLENDER FEATURES



Model KPCB348
Chef's Blender

Outstanding Performance

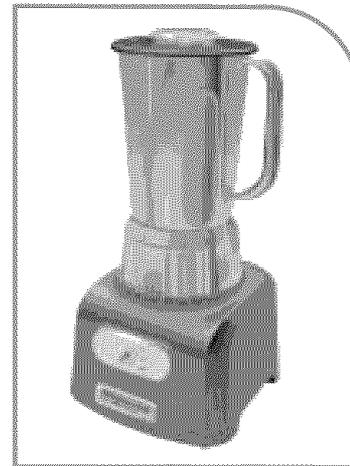
Designed to provide commercial durability for the home chef, the robust design handles job after job with outstanding results. It thoroughly blends frozen drinks and purées sauces and soups in about 20 seconds.

Die-Cast Metal Base

Incredibly stable, the metal base stands up to the most intensive use while providing quiet operation. Rubber feet protect the countertop and eliminate "walk" during blending.

Powerful Motor

Motor generates more than 1 peak horsepower and is capable of speeds up to 21,000 rpm. High-efficiency fan and airflow design ensures cool operation.



Model KPCB148
Bar Blender

48 oz. Clear Polycarbonate or Stainless Steel Jar

The 6-cup (48 oz.) jars are dishwasher-safe. Each features a comfortable handle. The polycarbonate jar includes a durable, soft-grip handle covering for additional comfort. The jar collar, blade assembly, and seals are built into the jar for strength, durability, and water-tight performance.



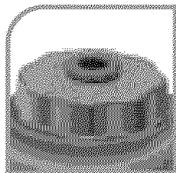
Patented One-Piece Blade

Extra-thick, corrosion-resistant stainless steel blade has sharpened edges and high blade angles for extreme performance and long life. The blade is specially balanced to reduce vibration and minimize bearing wear. The all stainless steel blade assembly includes ball bearings for maximum efficiency and durability.



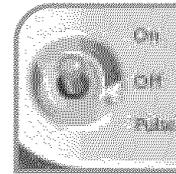
Jar Lid with Removable 2 oz. Ingredient Cap

Jar lid provides a strong seal, yet is easy to remove. The lid's convenient ingredient cap makes adding ingredients to the blender easy. With 1 and 2 ounce volume lines, the cap doubles as a handy measuring cup.



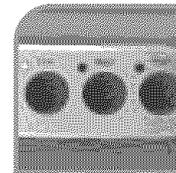
Scalloped Inner Jar Collar and Base

The jar can be conveniently placed in any of 8 different positions on the base. The scalloped design provides an incredibly stable and secure coupling.



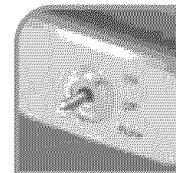
On/Off/Pulse Switch

Heavy-duty toggle switch turns the blender on and off. Blender can be pulsed by pressing the switch down momentarily. When pulsed, the blender operates at low speed for maximum control.



Speed Selection Buttons (Chef's Blender only)

Low, Medium, and High speeds provide versatility for every culinary task, from puréeing sauces and soups to blending frozen drinks. Indicator lights show the speed selected.



Single Speed Operation (Bar Blender only)

The Bar Blender's single speed is optimized for quickly blending frozen drinks and crushing ice. To produce similar results with the Chef's Blender, use the High speed setting.

One-Step Operation

Move the on/off/pulse switch to "On" or "Pulse", and the blender starts immediately. The Chef's Blender automatically starts at the Low speed setting; the Bar Blender will operate at high speed in the "On" position or low speed in the "Pulse" position. To start the Chef's Blender at the Medium or High speed settings, turn on the blender while pressing the desired speed selection button.

Continued...

BLENDER FEATURES

Step Start™ Feature and Mixing Sensor

Blender automatically starts at a slow speed to minimize splattering, then quickly steps up to the selected speed. The electronic mixing sensor adjusts power automatically when blending to compensate for light or heavy ingredients.

Overload, Jam, Thermal, and Power-On Safeguards

If the blender is jammed, overloaded, or overheated, special electronic controls will shut off the unit to prevent damage. The power-on safeguard will prevent the blender from starting if it is plugged-in with the on/off/pulse switch in the "On" position.

Under Base Cord Wrap

Wrap keeps excess cord out of sight and out of the way.

Easy-to-Clean Design

The smooth base and round power cord are easy to wipe clean. The jar and lid are dishwasher-safe. The blade assembly does not need to be removed from the jar for cleaning.

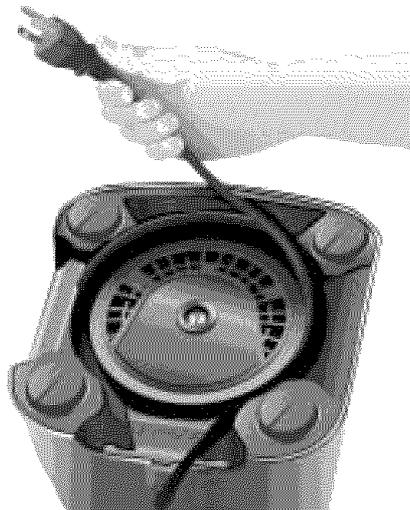
USING THE PRO LINE™ SERIES BLENDER

Before First Use

Before using the blender for the first time, wash the blender jar, lid, and ingredient cap in hot soapy water, then rinse and dry. These parts can also be washed in the top or bottom rack of a dishwasher.

Operating the Blender

1. Uncoil the power cord from the storage area on the bottom of the blender base.

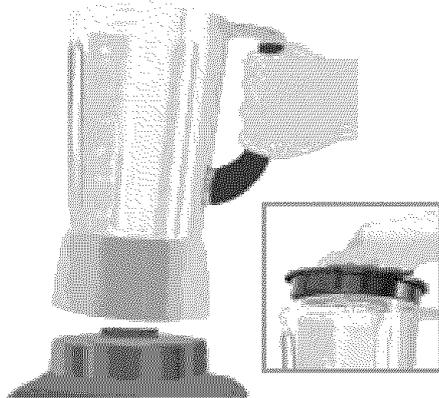


2. Make certain the On/Off/Pulse Switch is in the "Off" position.
3. Plug the power cord into a grounded 3 prong outlet.

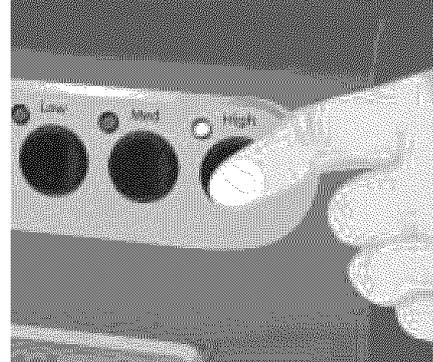
⚠ WARNING	
	
Electrical Shock Hazard	
Plug into a grounded 3 prong outlet.	
Do not remove ground prong.	
Do not use an adapter.	
Do not use an extension cord.	
Failure to follow these instructions can result in death, fire, or electrical shock.	

USING THE PRO LINE™ SERIES BLENDER

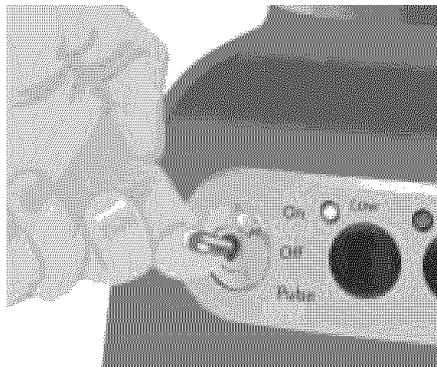
4. Place the jar on the blender base and add the desired ingredients. Place the lid on the blender jar.



6. Select other speeds on the Chef's Blender by pushing the appropriate Speed Selection Button. The indicator lights will show the current speed selected.



5. Move the On/Off/Pulse Switch to the "On" position to begin blending. The Chef's Blender will automatically start at the Low speed setting.* The Bar Blender will run at high speed.

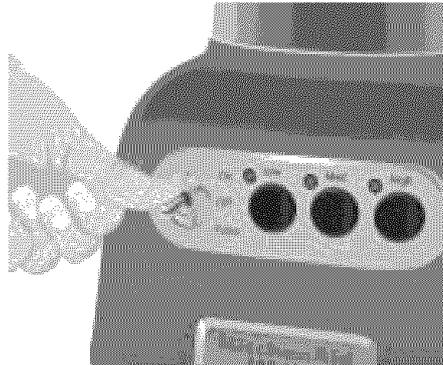


7. To stop blending, move the On/Off/Pulse Switch to the "Off" position.

* To start the Chef's Blender at the Medium (Med) or High speed settings, move the On/Off/Pulse Switch to the "On" position while pressing the desired Speed Selection Button.

Using the Pulse Feature

To pulse the ingredients in the blender, move the On/Off/Pulse Switch to the "Pulse" position and hold it for the desired length of time. The switch will instantly return to the "Off" position when released and the blender will stop. When pulsed, the blender operates at low speed for maximum control. The Pulse feature is great for blending jobs which require a delicate touch.



Using the Ingredient Cap

Ingredients can be added to the blender by removing the ingredient cap from the lid. To remove, rotate the cap counter-clockwise $\frac{1}{2}$ turn and lift. Featuring 1 and 2 oz. (30 and 60 ml) volume lines, the cap can be used as a convenient measuring cup.

NOTE: When operating the blender at higher speeds, with a full jar, or with hot contents, stop blender before adding ingredients.

Overload, Jam, and Thermal Safeguards

The electronic controls of the blender will automatically shut off the unit when:

- The blender becomes overloaded due to a too-heavy ingredient mixture.
- The blender blades are jammed and will not rotate.
- The motor becomes overheated.

Please refer to the troubleshooting section on page 23 for more information.

Power-On Safeguard

If the blender is plugged in with the On/Off/Pulse Switch in the "On" position, the blender will not start. Please refer to the troubleshooting section on page 24 for more information.

Continued...

USING THE PRO LINE™ SERIES BLENDER

Speed Control Guide

NOTE: The Bar Blender runs at the equivalent of High speed in the “On” position and Low speed in the “Pulse” position.

Cheesecake	High
Chopped fruit	Low or Pulse
Chopped ice.....	Low or Pulse
Chopped vegetables.....	Low
Crushed/shaved ice.....	Any Speed
Fruit juice from frozen concentrate.....	Low or Pulse
Fruit-based drink	High
Grated hard cheese.....	High
Gravy (to remove lumps).....	Low
Ice cream/frozen yogurt/sherbet based drink	High
Mousse	High
Pancake or waffle batter	Med or Pulse
Puréed cooked vegetables	Med or High
Puréed fruit.....	Med or High
Smooth ricotta or cottage cheese.....	Med or Pulse
Streusel or crumb topping.....	Low
Superfine sugar.....	Low or Pulse
White sauce	Low



Blending Tip

Ice can be crushed or shaved at any speed. Process up to one standard ice cube tray or 12 to 14 standard ice cubes at a time. No liquid needs to be added for processing.

PRO LINE™ SERIES BLENDER

OPERATING TIPS

1

Keep the lid on the blender jar while blending. Do not remove the blender jar from the base while the blender is running.

2

Stop the blender and unplug before using utensils in the blender jar. Do not use metal utensils – they can scratch the jar or damage the blade.

3

Remove the center ingredient cap before blending warm or hot liquids, and blend using the Low speed or Pulse setting. Increase speed if necessary. Cool hot foods, if possible, before blending.

4

Add food to the blender jar in larger quantities than you would with other blenders – you can add 3 to 4 cups at a time versus 1 cup portions.

5

Thorough blending usually requires only a few seconds of operation. Be careful not to over-process foods.

6

When chopping dry ingredients, make sure the blender jar, lid, and blade are completely dry.

PRO LINE™ SERIES BLENDER

OPERATING TIPS

7

With foods that tend to stick to the jar, use the Pulse feature.

8

Blend at the High speed setting if you're making beverages using large amounts of ice. For smaller quantities, use the Medium (Med) or Pulse setting.

9

For many ingredient mixtures, start the blending process at the Low speed setting to combine the ingredients thoroughly, then increase to a higher speed if necessary.

10

The ingredient cap can be removed and liquid or ice added to the Chef's Blender at the Low speed setting. When operating the blender at higher speeds, with a full jar, or with hot contents, stop the blender before adding ingredients.

11

Blenders are not suitable for beating egg whites, kneading yeast doughs, or mashing potatoes. Visit KitchenAid.com to see the complete collection of KitchenAid® products, including Stand Mixers and Food Processors. You'll also find additional recipes.

FOOD PREP TIPS

Speeds listed are for the Chef's Blender. The Bar Blender runs at the equivalent of High speed in the "On" position and Low speed in the "Pulse" position.

Reconstitute Frozen Juice

For a 6 or 12-oz. can of frozen orange juice concentrate, combine the juice and the correct amount of water in the blender jar. Cover and blend at the Low or Pulse speed setting until thoroughly combined, about 10 to 15 seconds.

Make Cookie and Graham Cracker Crumbs

Break larger cookies into pieces about 1½ inches in diameter. Use smaller cookies as is. Place in blender jar. Cover and pulse the blender a few times (about 3 seconds each time) until the desired consistency is reached. Use the crumbs to make a quick topping for frozen yogurt, pudding, or a fruit compote. To make a finer crumb for pie and dessert crusts, pulse a total of about 20 to 30 seconds, or until desired consistency is reached.

Make Cracker or Bread Crumbs

Follow the procedure for cookies and graham crackers. Use to top or as an ingredient in main dish casseroles and vegetable dishes.

Chop Fruits and Vegetables

Place 2 cups of fruit or vegetable chunks in blender jar. Cover and pulse the blender a few times (about 2 to 3 seconds each time) until the desired consistency is reached.

Purée Fruits

Place 2 cups of canned or cooked fruit in blender jar. Add 2 to 4 tablespoons of fruit juice or water per cup of fruit. Cover and blend at the Medium (Med) or Pulse speed setting about 5 to 10 seconds.

Purée Vegetables

Place 2 cups of canned or cooked vegetables in blender jar. Add 2 to 4 tablespoons of broth, water, or milk per cup of vegetables. Cover and blend at the Medium (Med) or Pulse speed setting about 10 to 20 seconds.

Purée or Finely Chop Meats

Place cooked, cubed, tender meat in blender jar. Add 2 to 4 tablespoons of broth, water, or milk per cup of meat. Cover and blend on the Low speed setting 10 seconds. Stop and scrape the sides of the blender jar. Cover and blend on the Medium (Med) or Pulse speed setting 10 to 20 seconds longer.

FOOD PREP TIPS

Purée Cottage Cheese or Ricotta Cheese

Place cottage cheese or ricotta cheese in blender jar. Cover and blend at the Medium (Med) or Pulse speed setting until smooth, about 15 to 25 seconds. If necessary, add 1 tablespoon of skim milk per cup of cottage cheese. Use as a base for lowfat dips and spreads.

Combine Liquid Ingredients for Baked Goods

Pour liquid ingredients into blender jar. Cover and blend at the High speed setting until well mixed, about 1 minute. Pour liquid mixture over dry ingredients and stir well.

Take Lumps Out of Gravy

If sauce or gravy becomes lumpy, place in blender jar. Place lid on jar, remove center ingredient cap, and blend at the Low or Pulse speed setting until smooth, about 5 to 10 seconds. Reheat if necessary.

Combine Flour and Liquid for Thickening

Place flour and liquid in blender jar. Cover and blend at the Low speed setting until smooth, about 3 to 5 seconds.

Prepare White Sauce

Place milk, flour, and salt, if desired, in blender jar. Cover and blend at the Low speed setting until well mixed, about 3 to 5 seconds. Pour into saucepan, add other ingredients, heat, and stir until thickened.

Prepare Pancake or Waffle Batter from Mix

Place mix and other ingredients in blender jar. Cover and blend at the Medium (Med) or Pulse speed setting until well mixed – about 10 to 20 seconds; scrape sides of blender jar, if necessary.

Grate Hard Cheese

Bring cheese to room temperature. Cut cheese into ½ to 1-inch cubes. Place up to ½ cup (2 to 3 oz.) cheese in the blender jar. Cover and blend at the High speed setting about 15 to 20 seconds.

Make Oatmeal for a Baby

Place uncooked rolled oats in blender jar. Pulse the blender about 5 to 10 seconds, or until very finely chopped. Place in saucepan with liquid, and cook as usual.

Make Baby Food from Adult Food

Place prepared adult food in blender jar. Cover and blend at the Low speed setting about 10 seconds. Then blend at the Medium (Med) or Pulse speed setting about 10 to 30 seconds, or until desired texture is reached.

Make Superfine Sugar

Place 1 cup sugar in blender jar. Cover and blend at the Low or Pulse speed setting for 8 to 10 seconds. Use to sweeten cold liquids, such as frozen blender drinks, because it dissolves almost immediately. May substitute cup for cup with granulated sugar.

CARE AND CLEANING

- Clean the blender thoroughly after every use.
- Do not immerse the blender base or cord in water.
- Do not use abrasive cleansers or scouring pads.

1 To clean the blade assembly, place the jar on the blender base, fill halfway with warm – not hot – water, and add 1 or 2 drops of dishwashing liquid. Place the lid on the jar and run the blender for 15 seconds at the Low (or Pulse) speed setting. Remove the blender jar and empty contents. Rinse the blade assembly with warm water until clean.

2 Wash the blender jar, jar lid, and ingredient cap in warm soapy water, then rinse and dry thoroughly. These parts can also be washed in the top or bottom rack of a dishwasher. The blade assembly does not need to be removed from the jar for cleaning.

3 Unplug the blender before cleaning the base and cord.

4 Wipe the blender base and cord with a warm, sudsy cloth; wipe clean with a damp cloth and dry with a soft cloth. For storage, the cord can be coiled into the cord-wrap on the bottom of the base.

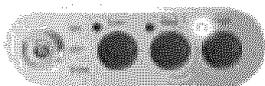
TROUBLESHOOTING

- **If the blender does not operate when switched on:**

- Check to see if the blender is plugged into a grounded 3 prong outlet. If it is, unplug the blender, then plug it in to the same outlet again. If the blender still does not work, check the fuse or circuit breaker on the electrical circuit the blender is connected to and make sure the circuit is closed.
- The blender may be jammed or overheated. Move the On/Off/Pulse Switch to the "Off" position and refer to the troubleshooting instructions in the remainder of this section.

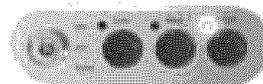
- **If the blender stops while blending:**

- The blender may be jammed. If a foreign object or blender ingredients jam the blades, the blender will shut off to prevent damage to the motor. Move the On/Off/Pulse Switch to the "Off" position to reset the blender. Remove the jar from the base and free the blades by breaking-up or removing the contents at the bottom of the jar.



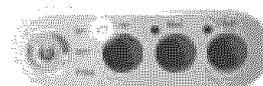
On the Chef's Blender, the high speed indicator light will flash when the blender is jammed or overheated.

- The blender may be overheated. If the motor exceeds a certain temperature, the thermal safeguard will engage to prevent damage. This may happen when blending multiple jars of heavy ingredients for a prolonged period. Move the On/Off/Pulse Switch to the "Off" position. The thermal safeguard will prevent the blender from running until it is cool enough to operate safely. Let the blender cool for 30 minutes, then resume blending. If the blender does not start, move the On/Off/Pulse Switch back to the "Off" position and let the blender cool for an additional 30 minutes.



On the Chef's Blender, the high speed indicator light will flash when the blender is overheated or jammed.

- The blender may be overloaded. If the blender slows excessively when blending heavy ingredients, it will shut off to prevent damage. Move the On/Off/Pulse Switch to the "Off" position to reset the blender. Remove the jar from the base and divide the jar contents into smaller batches. Adding liquid to the jar may also reduce the load on the blender.

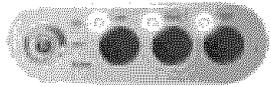


On the Chef's Blender, the low speed indicator light will flash when the blender is overloaded.

TROUBLESHOOTING

• **If the blender is plugged in with the On/Off/Pulse Switch in the “On” position:**

- The power-on safeguard will engage and the blender will not start. To reset the blender, move the On/Off/Pulse Switch to the “Off” position. The blender will now operate normally.



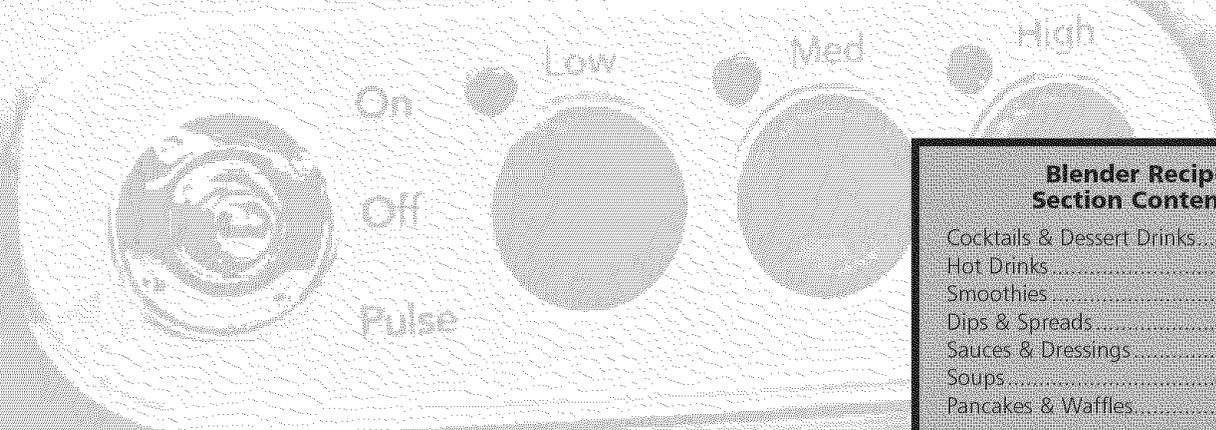
On the Chef's Blender, all three speed indicator lights will flash when the power-on safeguard is engaged.

If the problem cannot be fixed with the steps in this section, see the KitchenAid Warranty and Service section on page 71.*

* Do not return the Blender to the retailer – they do not provide service.

KitchenAid[®]
PRO LINE™ SERIES

BLENDER RECIPES



Blender Recipe Section Contents

Cocktails & Dessert Drinks	26
Hot Drinks	39
Smoothies	41
Dips & Spreads	47
Sauces & Dressings	54
Soups	60
Pancakes & Waffles	66

BRANDY ALEXANDER

1/4 cups brandy*

1/4 cups dark crème de cacao*

5 cups vanilla ice cream

* For thicker drink, reduce brandy and crème de cacao to 1 cup each.

CHEF'S BLENDER

Place ingredients in blender jar. Cover and blend at High about 10 seconds, or until blended.

BAR BLENDER

Follow directions for Chef's Blender. The Bar Blender runs at the equivalent of High speed in the "On" position.

Yield: 8 servings (3/4 cup per serving).

Per Serving: About 410 cal, 3 g pro, 37 g carb, 9 g total fat, 6 g sat fat, 35 mg chol, 70 mg sod.

CARAMEL IRISH COFFEE FROTH

CHEF'S BLENDER

Place all ingredients except ice cubes in blender jar. Add ice cubes to bring liquid level to 4½ cups. Cover and blend at High 5 to 10 seconds, or until smooth.

BAR BLENDER

Follow directions for Chef's Blender. The Bar Blender runs at the equivalent of High speed in the "On" position.

Yield: 6 servings (1 cup per serving).

Per Serving: About 150 cal, 1 g pro, 23 g carb, 1 g total fat, 0.5 g sat fat, 5 mg chol, 30 mg sod.

1 cup milk

¾ cup caramel drink syrup

½ cup cold water

½ cup Irish whiskey

2 tablespoons instant coffee granules

2½–3½ cups ice cubes

EGG NOG SHAKE

- 1 cup milk
- 3 pasteurized eggs
- $\frac{1}{3}$ cup sugar
- $\frac{1}{2}$ teaspoon nutmeg, if desired
- $\frac{1}{8}$ teaspoon salt
- $\frac{1}{2}$ cup brandy or rum
- 5 cups vanilla ice cream
- $\frac{1}{2}$ teaspoon vanilla

CHEF'S BLENDER

In small saucepan over medium heat, heat milk until very hot but not boiling, stirring often.

Meanwhile, place eggs, sugar, nutmeg, if desired, and salt in blender jar. Blend at Low 8 to 10 seconds. Remove jar lid ingredient cap. With blender running at Low, slowly pour heated milk through opening in jar lid; blend 5 to 8 seconds, or until mixed. Add brandy.

Chill in covered blender jar at least 1 hour.

Add ice cream and vanilla to milk mixture. Blend at High about 10 seconds, or until smooth.

BAR BLENDER

Prepare milk as directed for Chef's Blender. Meanwhile, place eggs, sugar, nutmeg, if desired, and salt in blender jar. Blend at On about 5 seconds. Remove jar lid ingredient cap. With blender running at On, slowly pour heated milk through opening in jar lid; blend 3 to 5 seconds, or until mixed. Add brandy. Continue with Chef's Blender directions.

Yield: 6 servings (1 cup per serving).

Per Serving: About 370 cal, 8 g pro, 40 g carb, 15 g total fat, 9 g sat fat, 160 mg chol, 190 mg sod.

FROZEN DAIQUIRI

CHEF'S BLENDER

Place ingredients in blender jar. Cover and blend at High 10 to 15 seconds, or until slushy.

BAR BLENDER

Follow directions for Chef's Blender. The Bar Blender runs at the equivalent of High speed in the "On" position.

Yield: 6 servings (1 cup per serving).

Per Serving: About 180 cal, 0 g pro, 18 g carb, 0 g total fat, 0 g sat fat, 0 mg chol, 5 mg sod.

VARIATION: FROZEN STRAWBERRY BASIL DAIQUIRI

Replace lime peel with 2 tablespoons chopped fresh basil; substitute 3 cups fresh strawberries or frozen unsweetened (partially thawed) strawberries for 1½ cups ice cubes. Follow directions above.

Yield: 6 servings (1 cup per serving).

Per Serving: About 200 cal, 1 g pro, 23 g carb, 0 g total fat, 0 g sat fat, 0 mg chol, 5 mg sod.

VARIATION: FROZEN PEACH DAIQUIRI

Omit lime peel; substitute 3 cups fresh peaches or frozen unsweetened (partially thawed) peaches for 1½ cups ice cubes. Follow directions above.

Yield: 6 servings (1 cup per serving).

Per Serving: About 220 cal, 1 g pro, 27 g carb, 0 g total fat, 0 g sat fat, 0 mg chol, 0 mg sod.

1¼ cups rum

¼ cup fresh lime juice

½ cup superfine sugar
(see tips on page 21)

1 tablespoon grated lime peel

6 cups ice cubes

FROZEN WHITE RUSSIAN

- 1 *cup milk*
- $\frac{1}{2}$ *cup coffee-flavored liqueur*
- $\frac{1}{2}$ *cup vodka*
- 2 *teaspoons instant coffee granules*
- $1\frac{1}{2}$ –2 *cups ice cubes*
- 2 *cups vanilla ice cream*

CHEF'S BLENDER

Place all ingredients except ice cubes and ice cream in blender jar. Add ice to bring liquid level to 3 cups. Cover and blend at High 10 seconds. Add ice cream. Cover and blend at High about 5 seconds, or until smooth.

BAR BLENDER

Follow directions for Chef's Blender. The Bar Blender runs at the equivalent of High speed in the "On" position.

Yield: 5 servings (1 cup per serving).

Per Serving: About 280 cal, 4 g pro, 28 g carb, 7 g total fat, 4 g sat fat, 25 mg chol, 70 mg sod.

VARIATION: FROZEN DARK RUSSIAN

Substitute chocolate ice cream for vanilla ice cream.

Yield: 5 servings (1 cup per serving).

Per Serving: About 290 cal, 4 g pro, 31 g carb, 7 g total fat, 4 g sat fat, 20 mg chol, 70 mg sod.

HARD CRANBERRY ORANGE BREEZE

CHEF'S BLENDER

Place ingredients in blender jar. Cover and blend at High 15 to 20 seconds, or until slushy.

BAR BLENDER

Follow directions for Chef's Blender. The Bar Blender runs at the equivalent of High speed in the "On" position.

Yield: 6 servings (1 cup per serving).

Per Serving: About 220 cal, 0 g pro, 33 g carb, 0 g total fat, 0 g sat fat, 0 mg chol, 10 mg sod.

- 1 can (11.5–12 oz.) frozen cranberry juice cocktail concentrate
- 1 large seedless orange, peeled and sectioned
- 1 cup vodka
- 1 teaspoon grated orange peel
- 6 cups ice cubes

MANGO PEACH FLIP

- 1 *ripe mango, peeled, seeded, and cut into chunks (about 1-1½ cups)*
- 1 *cup peach or apricot brandy or peach liqueur*
- 1½–2 *cups ice cubes*
- 1 *cup mango or peach sorbet*

CHEF'S BLENDER

Place all ingredients except sorbet in blender jar. Cover and blend at High 10 to 20 seconds, or until smooth. Add sorbet. Cover and blend at High 5 to 10 seconds, or until smooth.

BAR BLENDER

Follow directions for Chef's Blender. The Bar Blender runs at the equivalent of High speed in the "On" position.

Yield: 4 servings (1 cup per serving).

Per Serving: About 230 cal, 0 g pro, 24 g carb, 0 g total fat, 0 g sat fat, 0 mg chol, 0 mg sod.

MARGARITA

CHEF'S BLENDER

Place ingredients in blender jar. Cover and blend at High 15 to 20 seconds, or until slushy.

BAR BLENDER

Follow directions for Chef's Blender. The Bar Blender runs at the equivalent of High speed in the "On" position.

Yield: 6 servings (1 cup per serving).

Per Serving: About 250 cal, 0 g pro, 41 g carb, 0 g total fat, 0 g sat fat, 0 mg chol, 5 mg sod.

VARIATION: STRAWBERRY MARGARITA

Add 2 cups fresh strawberries in place of 1½ cups ice cubes; follow directions above.

Yield: 6 servings (1 cup per serving).

Per Serving: About 260 cal, 0 g pro, 44 g carb, 0 g total fat, 0 g sat fat, 0 mg chol, 5 mg sod.

VARIATION: PEACH MARGARITA

Add 2 cups sliced fresh peaches in place of 1½ cups ice cubes; follow directions above.

Yield: 6 servings (1 cup per serving).

Per Serving: About 270 cal, 1 g pro, 47 g carb, 0 g total fat, 0 g sat fat, 0 mg chol, 5 mg sod.

1 cup tequila

¼ cup orange-flavored liqueur

1 cup fresh lime juice

1 cup superfine sugar (see tips on page 21)

1–2 teaspoons grated lime peel

6 cups ice cubes

MOJITO SLUSH

- ¼ cup packed fresh mint leaves*
- ½ cup sugar*
- ½ cup fresh lime juice*
- ¾ cup water*
- 1 cup white rum*
- 3½–4 cups ice cubes*
- 2–3 cups lemon-lime flavored carbonated beverage, chilled*
- 6 fresh mint sprigs*

CHEF'S BLENDER

Place mint leaves, sugar, lime juice, water, and rum in blender jar. Cover and blend at Low 10 seconds. Strain lime mixture, and discard mint leaves; return lime mixture to blender jar. Add ice cubes to bring liquid level to 4 cups. Cover and blend at High 8 to 10 seconds, or until slushy.

Divide among six 8 oz. glasses. Add carbonated beverage to fill glasses. Garnish with mint sprigs.

BAR BLENDER

Place mint leaves, sugar, lime juice, water, and rum in blender jar. Cover and blend at Pulse 10 seconds. Strain lime mixture, and discard mint leaves; return lime mixture to blender jar. Add ice cubes to bring liquid level to 4 cups. Cover and blend at On for 8 to 10 seconds, or until slushy. Continue with Chef's Blender directions.

Yield: 6 servings (1 cup per serving).

Per Serving: About 200 cal, 0 g pro, 27 g carb, 0 g total fat, 0 g sat fat, 0 mg chol, 15 mg sod.

PEACH BELLINI

CHEF'S BLENDER

Place peaches, orange juice, and sugar in blender jar. Cover and blend at Medium 15 to 20 seconds, or until smooth.

Divide peach mixture among 8 champagne flutes (about 1½ tablespoons per glass). Fill with champagne; stir gently.

BAR BLENDER

Place peaches, orange juice, and sugar in blender jar. Cover and blend at Pulse 3 to 4 times, 4 to 6 seconds each time. Continue with Chef's Blender directions.

Yield: 8 servings (½ cup per serving).

Per Serving: About 80 cal, 0 g pro, 5 g carb, 0 g total fat, 0 g sat fat, 0 mg chol, 0 mg sod.

1 cup peeled cut-up fresh white or yellow peaches or frozen, thawed peaches

2–3 tablespoons orange juice*

1 tablespoon sugar

1 bottle (750 ml) brut champagne or sparkling white wine, chilled

* Fresh peaches will require larger amount of juice.

PEPPERED GRASSHOPPER

1¼ cups green crème de menthe*

1¼ cups white crème de cacao*

5 cups vanilla ice cream

1 teaspoon cracked black pepper

* For thicker drink, reduce crème de menthe and crème de cacao to 1 cup each.

CHEF'S BLENDER

Place ingredients in blender jar. Cover and blend at High about 10 seconds, or until blended.

BAR BLENDER

Follow directions for Chef's Blender. The Bar Blender runs at the equivalent of High speed in the "On" position.

Yield: 8 servings (¾ cup per serving).

Per Serving: About 480 cal, 3 g pro, 55 g carb, 9 g total fat, 6 g sat fat, 35 mg chol, 70 mg sod.

RASPBERRY BELLINI

CHEF'S BLENDER

Place thawed raspberries and orange juice in blender jar. Cover and blend at Low 5 to 10 seconds, or until smooth.

Strain seeds from raspberry mixture. Divide raspberry mixture among 8 champagne flutes (about 1½ tablespoons per glass). Fill with champagne; stir gently. Garnish with fresh raspberries.

BAR BLENDER

Place thawed raspberries and orange juice in blender jar. Cover and blend at Pulse 2 times, 3 to 5 seconds each time. Continue with Chef's Blender directions.

Yield: 8 servings (½ cup per serving).

Per Serving: About 120 cal, 0 g pro, 15 g carb, 0 g total fat, 0 g sat fat, 0 mg chol, 15 mg sod.

- 1 box (10 oz.) frozen raspberries in light syrup, thawed
- 1 tablespoon orange juice
- 1 bottle (750 ml) brut champagne or sparkling white wine, chilled
- ¼ cup fresh raspberries

RUM MOCHA FREEZE

- 1 *cup cold water*
- $\frac{1}{2}$ – $\frac{3}{4}$ *cup dark rum*
- 2 *tablespoons sugar*
- 2 *teaspoons instant coffee granules*
- $1\frac{1}{2}$ – $2\frac{1}{2}$ *cups ice cubes*
- 3 *cups chocolate ice cream*

CHEF'S BLENDER

Place water, rum, sugar, and coffee granules in blender jar. Add ice to bring liquid level to 3 cups. Cover and blend at High about 15 seconds, or until smooth. Add ice cream. Cover and blend at High 5 to 8 seconds, or until smooth.

BAR BLENDER

Follow directions for Chef's Blender. The Bar Blender runs at the equivalent of High speed in the "On" position.

Yield: 5 servings (1 cup per serving).

Per Serving: About 250 cal, 3 g pro, 27 g carb, 9 g total fat, 5 g sat fat, 25 mg chol, 65 mg sod.

HOT MEXICAN MOCHA

CHEF'S BLENDER

In small saucepan over medium heat, heat milk and water until very hot but not boiling, stirring often.

Meanwhile, place chocolate, cinnamon, espresso, vanilla, and salt in blender jar. Add half of heated milk mixture. Cover and blend at Low 10 to 15 seconds. Add remaining milk mixture. Cover and blend at Low 10 to 15 seconds, or until smooth.

BAR BLENDER

Heat milk and water as directed for Chef's Blender. Meanwhile, place chocolate, cinnamon, espresso, vanilla, and salt in blender jar. Add half of heated milk mixture. Cover and blend at Pulse 10 to 15 seconds. Add remaining milk mixture. Cover and blend at Pulse 10 to 15 seconds, or until smooth.

Yield: 5 servings (1 cup per serving).

Per Serving: About 300 cal, 8 g pro, 30 g carb, 22 g total fat, 11 g sat fat, 10 mg chol, 125 mg sod.

2½ cups milk

2 cups water

1 package (8 oz.) bittersweet or semisweet chocolate, cut into pieces

¾ teaspoon cinnamon

¼ cup instant espresso or coffee granules

½ teaspoon vanilla

⅛ teaspoon salt

TRIPLE CHOCOLATE HOT CHOCOLATE

- ½ cup sugar*
- 2 ounces semisweet chocolate, cut into chunks*
- 1 ounce bittersweet chocolate, cut into chunks*
- 1 ounce white baking chocolate, cut into chunks*
- 4 cups (1 quart) milk, heated to simmering, divided*
- 1 teaspoon vanilla*

CHEF'S BLENDER

Place sugar, semisweet chocolate, bittersweet chocolate, white chocolate, 2 cups milk, and vanilla in blender jar. Cover and blend at Low 10 seconds. Add remaining 2 cups milk. Cover and blend at Low 5 to 10 seconds, or until smooth.

BAR BLENDER

Follow directions for Chef's Blender, but use Pulse instead of Low. The Bar Blender runs at the equivalent of Low speed in the "Pulse" position.

Yield: 4 servings (about 1 cup per serving).

Per Serving: About 370 cal, 10 g pro, 53 g carb, 15 g total fat, 9 g sat fat, 20 mg chol, 130 mg sod.

FRESH BERRY MALT

CHEF'S BLENDER

Place berries, milk, and malt in blender jar. Cover and blend at Pulse about 5 seconds, or until blended (some chunks may remain). Add ice cream. Cover and blend at High 20 to 25 seconds, or until desired consistency; scrape sides of blender jar if necessary.

BAR BLENDER

Follow directions for Chef's Blender. The Bar Blender runs at the equivalent of High speed in the "On" position.

Yield: 6 servings (1 cup per serving).

Per Serving: About 270 cal, 6 g pro, 37 g carb, 12 g total fat, 7 g sat fat, 45 mg chol, 140 mg sod.

2 cups fresh berries
(blackberries, strawberries
and/or raspberries)*

1 cup milk*

3–4 tablespoons malt powder

4 cups (1 quart) vanilla ice
cream, slightly softened

* For a chunkier malt, reserve $\frac{1}{3}$ cup berries to Pulse in at end of blending. For a thinner malt, add an additional $\frac{1}{4}$ to $\frac{1}{2}$ cup milk to finished malt. Blend at High 5 to 8 seconds, or until mixed.

MANGO GINGER SHAKE

- 1 fresh mango, peeled, seeded, and cut into chunks*
- 1 cup milk
- ¼–½ teaspoon ground ginger
- ½ teaspoon vanilla
- 3 cups vanilla ice cream

* For a chunkier shake, reserve ½ cup mango to Pulse in at end of blending.

CHEF'S BLENDER

Place mango, milk, ginger, and vanilla in blender jar. Cover and blend at Pulse about 5 seconds, or until mixed (some chunks may remain). Add ice cream. Cover and blend at High 20 to 25 seconds, or until desired consistency.

BAR BLENDER

Follow directions for Chef's Blender. The Bar Blender runs at the equivalent of High speed in the "On" position.

Yield: 4 servings (1 cup per serving).

Per Serving: About 270 cal, 5 g pro, 35 g carb, 12 g total fat, 7 g sat fat, 50 mg chol, 110 mg sod.

VARIATION: BANANA GINGER SHAKE

Substitute 1½ cups sliced bananas for mango.

Yield: 4 servings (1 cup per serving).

Per Serving: About 290 cal, 6 g pro, 40 g carb, 12 g total fat, 8 g sat fat, 50 mg chol, 110 mg sod.

PEANUT BUTTER-BANANA BREAKFAST SHAKE

CHEF'S BLENDER

Place milk, bananas, wheat germ, and peanut butter in blender jar. Cover and blend at High 5 seconds. Add frozen yogurt. Cover and blend at High 5 to 10 seconds, or until smooth.

BAR BLENDER

Follow directions for Chef's Blender. The Bar Blender runs at the equivalent of High speed in the "On" position.

Yield: 6 servings (1 cup per serving).

Per Serving: About 350 cal, 16 g pro, 44 g carb, 14 g total fat, 3.5 g sat fat, 10 mg chol, 200 mg sod.

- 2 cups milk
- 3 large or 4 medium bananas, broken into quarters
- ½ cup wheat germ
- ½ cup peanut butter
- 2½ cups frozen nonfat vanilla yogurt

RASPBERRY BREAKFAST REFRESHER

- 3 cups orange juice
- 1 box (10 oz.) frozen raspberries
in light syrup, slightly thawed
and broken into chunks
- 3 large or 4 medium bananas,
broken into quarters

CHEF'S BLENDER

Place ingredients in blender jar. Cover and blend at High 8 to 10 seconds, or until smooth.

BAR BLENDER

Follow directions for Chef's Blender. The Bar Blender runs at the equivalent of High speed in the "On" position.

Yield: 6 servings (1 cup per serving).

Per Serving: About 170 cal, 2 g pro, 42 g carb, 0 g total fat, 0 g sat fat,
0 mg chol, 0 mg sod.

SHERBET MELON COOLER

CHEF'S BLENDER

Place ingredients in blender jar. Blend at High 15 to 20 seconds, or until smooth; scrape sides of blender jar if necessary.

BAR BLENDER

Follow directions for Chef's Blender. The Bar Blender runs at the equivalent of High speed in the "On" position.

Yield: 6 servings (1 cup per serving).

Per Serving: About 220 cal, 3 g pro, 39 g carb, 7 g total fat, 4 g sat fat, 20 mg chol, 70 mg sod.

VARIATION: LIME SHERBET MELON COOLER

Substitute honeydew melon for cantaloupe; substitute lime or lemon sherbet for orange sherbet.

Yield: 6 servings (1 cup per serving).

Per Serving: About 220 cal, 3 g pro, 40 g carb, 7 g total fat, 4 g sat fat, 20 mg chol, 70 mg sod.

- 3 cups cubed cantaloupe
(about ½ of a large melon)
- 1 cup half-and-half or milk
- ½ teaspoon ginger
- 4 cups (1 quart) orange sherbet

STRAWBERRY-BANANA SMOOTHIE

2½ cups milk

3 large or 4 medium bananas,
broken into quarters

¼ cup frozen orange juice
concentrate

1 box (10 oz.) frozen
strawberries in light syrup,
slightly thawed and broken
into chunks

CHEF'S BLENDER

Place ingredients in blender jar. Cover and blend at High 5 to 10 seconds, or until smooth.

BAR BLENDER

Follow directions for Chef's Blender. The Bar Blender runs at the equivalent of High speed in the "On" position.

Yield: 6 servings (1 cup per serving).

Per Serving: About 170 cal, 4 g pro, 35 g carb, 2.5 g total fat, 1.5 g sat fat,
10 mg chol, 55 mg sod.

BABA GHANOUSH

CHEF'S BLENDER

Prick 1 medium (about 1 lb.) eggplant all over with fork. Place in baking pan, and bake at 400° F for 40 to 50 minutes, or until soft. Cool 10 minutes; peel and cut into chunks, reserving any liquid. Place baked eggplant with liquid and remaining ingredients except parsley and olives in blender jar. Cover and blend at High about 10 seconds, or until smooth; scrape sides of jar if necessary. Garnish with parsley and olives, if desired.

BAR BLENDER

Follow directions for Chef's Blender. The Bar Blender runs at the equivalent of High speed in the "On" position.

Yield: 16 servings (2 tablespoons per serving).

Per Serving: About 70 cal, 2 g pro, 4 g carb, 6 g total fat, 1 g sat fat, 0 mg chol, 75 mg sod.

- 2 *tablespoons olive oil*
- 1 *large clove garlic, cut into quarters*
- $\frac{1}{2}$ *cup tahini (stir well before measuring)*
- $\frac{1}{3}$ *cup lemon juice*
- $\frac{1}{2}$ *teaspoon salt*
- Chopped fresh parsley, if desired*
- Olives, if desired*

CARDAMOM-ORANGE FRUIT DIP

- 1 cup sour cream
- 2–3 tablespoons sugar
- 1 package (8 oz.) cream cheese,
cut into 1-inch pieces
- $\frac{1}{3}$ cup fresh orange juice
- $1\frac{1}{2}$ –2 teaspoons grated orange peel
- $\frac{1}{2}$ teaspoon ground cardamom*

* Cardamom may be replaced
with $\frac{1}{4}$ teaspoon nutmeg.

CHEF'S BLENDER

Place ingredients in blender jar. Cover and blend at Medium 15 to 20 seconds, or until combined.

BAR BLENDER

Place ingredients in blender jar. Cover and blend at On for 10 to 15 seconds, or until combined.

Yield: 16 servings (2 tablespoons per serving).

Per Serving: About 90 cal, 2 g pro, 4 g carb, 8 g total fat, 5 g sat fat,
25 mg chol, 50 mg sod.

CRAB SPREAD

CHEF'S BLENDER

Place shallot and parsley in blender jar. Cover and blend at Pulse 2 times, 5 seconds each time; scrape sides of blender jar if necessary. Add butter, cream cheese, crabmeat, salt, and a few drops of pepper sauce. Blend at Pulse 5 to 7 times, 3 to 5 seconds each time, or until blended; scrape sides of blender jar each time. Refrigerate at least 1 hour to combine flavors.

BAR BLENDER

Follow directions for Chef's Blender.

Yield: 14 servings (2 tablespoons per serving).

Per Serving: About 70 cal, 5 g pro, 1 g carb, 5 g total fat, 3 g sat fat, 30 mg chol, 135 mg sod.

- ½ medium shallot, cut into halves*
- 2 tablespoons fresh parsley*
- ¼ cup butter, softened*
- 4 ounces light cream cheese*
- 2 cans (6 oz. each) crabmeat, drained*
- ⅛ teaspoon salt*
- Hot pepper sauce*

HUMMUS

1 can (15 oz.) garbanzo beans,
rinsed and drained

$\frac{1}{4}$ cup water

2 tablespoons olive oil

1 large clove garlic, cut into
quarters

$\frac{1}{2}$ cup tahini (stir well before
measuring)

$\frac{1}{3}$ cup lemon juice

$\frac{1}{2}$ teaspoon salt

*Chopped fresh parsley,
if desired*

Olives, if desired

CHEF'S BLENDER

Place all ingredients in blender jar except parsley and olives. Cover and blend at High 20 to 30 seconds, or until smooth; scrape sides of blender jar if necessary. Garnish with parsley and olives, if desired.

BAR BLENDER

Follow directions for Chef's Blender. The Bar Blender runs at the equivalent of High speed in the "On" position.

Yield: 16 servings (2 tablespoons per serving).

Per Serving: About 90 cal, 3 g pro, 7 g carb, 6 g total fat, 1 g sat fat,
0 mg chol, 75 mg sod.

LAYERED MEXICAN DIP

CHEF'S BLENDER

Place water and jalapeno pepper in blender jar. Cover and blend at Medium 10 seconds; scrape sides of blender jar. Add beans, cream cheese, cumin, and salt. Cover and blend at Low about 20 seconds, or until smooth.

Spread in 9-inch pie plate or other shallow dish. Top evenly with remaining ingredients in order given.

BAR BLENDER

Place water and jalapeno pepper in blender jar. Cover and blend at Pulse 2 times, 10 seconds each time; scrape sides of jar. Add beans, cream cheese, cumin, and salt. Cover and blend at Pulse about 20 seconds, or until smooth. Continue with Chef's Blender directions.

Yield: 16 servings (2 tablespoons per serving).

Per Serving: About 80 cal, 4 g pro, 7 g carb, 4 g total fat, 2 g sat fat, 10 mg chol, 190 mg sod.

- 2 *tablespoons water*
- 1 *jalapeno pepper, stem and seeds removed and cut into quarters*
- 1 *can (15 oz.) black beans, rinsed and drained*
- 4 *ounces light cream cheese*
- $\frac{1}{2}$ *teaspoon cumin*
- $\frac{1}{2}$ *teaspoon salt*
- 4 *green onions, thinly sliced*
- $\frac{1}{4}$ *small red bell pepper, diced*
- 1 *cup finely shredded Mexican cheese blend*
- $\frac{1}{4}$ *cup chopped fresh cilantro, stems removed*

MIXED OLIVE TAPENADE

- ¼ cup drained capers*
- 1 large clove garlic*
- 2 tablespoons fresh parsley*
- 1 tablespoon coarsely chopped fresh basil leaves*
- 1½ cups pitted kalamata olives*
- ½ cup pitted ripe olives*
- 1 tablespoon extra virgin olive oil*
- 1 tablespoon fresh lemon juice*
- 1 can (2 oz.) anchovies, rinsed and drained, if desired*
- Baguette slices, if desired*

CHEF'S BLENDER

Place capers, garlic, parsley, and basil in blender jar. Cover and blend at Pulse 5 seconds, or until chopped. Add remaining ingredients except baguette slices. Cover and blend at Pulse 3 times, 3 to 5 seconds each time, or until blended; scrape sides of blender jar if necessary. Serve as spread with baguette, if desired.

BAR BLENDER

Follow directions for Chef's Blender.

Yield: 12 servings (2 tablespoons per serving).

Per Serving: About 70 cal, 0 g pro, 2 g carb, 7 g total fat, 1 g sat fat, 0 mg chol, 430 mg sod.

EASY ROASTED RED PEPPER BASIL SPREAD

CHEF'S BLENDER

Place garlic in blender jar. Cover and blend at High 5 to 8 seconds. Add remaining ingredients except bread and vegetables. Blend at High 10 to 15 seconds, or until combined. Chill. Serve with baguette and/or fresh vegetables, if desired.

BAR BLENDER

Follow directions for Chef's Blender. The Bar Blender runs at the equivalent of High speed in the "On" position.

Yield: 12 servings (2 tablespoons per serving).

Per Serving: About 110 cal, 1 g pro, 1 g carb, 11 g total fat, 7 g sat fat, 30 mg chol, 90 mg sod.

- 1 clove garlic, peeled
- 1 jar (7 oz.) roasted red peppers, well drained
- 4 ounces cream cheese, cut into 1-inch pieces and slightly softened
- ½ cup butter or margarine, cut into 1-inch pieces and slightly softened
- 3 tablespoons loosely packed fresh basil leaves or 1½ teaspoons dry basil leaves
- ⅛ teaspoon cayenne
- Baguette slices, if desired
- Fresh vegetables, if desired

BLUE CHEESE DRESSING

- 1/2 medium shallot, cut into quarters*
- 1 small clove garlic*
- 1/2 cup sour cream**
- 1/3 cup mayonnaise**
- 3 tablespoons milk*
- 1/2 teaspoon dry mustard*
- 1/4 teaspoon salt*
- 2 ounces blue cheese, crumbled*

** Light sour cream and/or light mayonnaise may be substituted.*

CHEF'S BLENDER

Place shallot and garlic in blender jar. Cover and blend at Low 3 seconds; scrape sides of blender jar if necessary. Add remaining ingredients. Cover and blend at Medium about 10 seconds, or until combined.

BAR BLENDER

Place shallot and garlic in blender jar. Cover and blend at Pulse 2 times, 3 seconds each time; scrape sides of blender jar if necessary. Add remaining ingredients. Blend at Pulse 2 times, about 5 seconds each time, or until combined.

Yield: 8 servings (2 tablespoons per serving).

Per Serving: About 130 cal, 2 g pro, 3 g carb, 13 g total fat, 4 g sat fat, 20 mg chol, 230 mg sod.

CARDAMOM-ORANGE SALAD DRESSING

CHEF'S BLENDER

Place ingredients in blender jar. Cover and blend at Medium 15 to 20 seconds, or until combined. Serve over fresh fruit salad.

BAR BLENDER

Place ingredients in blender jar. Cover and blend at On for 10 to 15 seconds, or until combined. Serve over fresh fruit salad.

Yield: 18 servings (2 tablespoons per serving).

Per Serving: About 80 cal, 2 g pro, 3 g carb, 7 g total fat, 4.5 g sat fat, 20 mg chol, 45 mg sod.

1 cup sour cream

2–3 tablespoons sugar

1 package (8 oz.) cream cheese,
cut into 1-inch pieces

$\frac{1}{3}$ cup fresh orange juice

$\frac{1}{4}$ cup milk

2 teaspoons grated orange peel

$\frac{3}{4}$ teaspoon ground cardamom*

* Cardamom may be replaced
with $\frac{1}{4}$ teaspoon nutmeg.

CHIPOTLÉ TOMATO DRESSING

- 1 tomato, peeled and seeded
- 1 small chipotle chile in adobo sauce
(from a 7 or 11-oz. can)
- 1 teaspoon adobo sauce
- 1 garlic clove
- 1 tablespoon sugar
- ¼ teaspoon salt
- ¼ cup cider vinegar
- ¼ cup vegetable oil or olive oil
- ½ cup tomato juice

CHEF'S BLENDER

Place ingredients in blender jar. Cover and blend at Medium about 20 seconds, or until smooth.

BAR BLENDER

Place ingredients in blender jar. Cover and blend at Pulse 2 times, 5 seconds each time. Blend at On about 5 seconds, or until smooth.

Yield: 12 servings (2 tablespoons per serving).

Per Serving: About 50 cal, 0 g pro, 3 g carb, 4.5 g total fat, 1 g sat fat, 0 mg chol, 110 mg sod.

RASPBERRY BALSAMIC VINAIGRETTE

CHEF'S BLENDER

Place ingredients in blender jar. Cover and blend at Low 15 to 20 seconds, or until smooth.

BAR BLENDER

Place ingredients in blender jar. Cover and blend at Pulse 2 times, 8 to 10 seconds each time, or until smooth.

Yield: 8 servings (2 tablespoons per serving).

Per Serving: About 130 cal, 0 g pro, 3 g carb, 14 g total fat, 2.5 g sat fat, 0 mg chol, 0 mg sod.

- ½ cup fresh or frozen unsweetened raspberries, thawed*
- 1 tablespoon sugar*
- 2 tablespoons balsamic vinegar*
- ¼ cup water*
- ½ cup vegetable oil*

ROASTED TOMATILLO SALSA

- 1 pound tomatillos, husked and rinsed
- ½ medium onion, cut into quarters
- 2 serrano or jalapeno peppers, cut into halves and seeded
- 2 cloves garlic, peeled
- 3 tablespoons loosely packed fresh cilantro leaves
- ½ teaspoon grated lime peel, if desired
- 1 tablespoon fresh lime juice
- ¾ teaspoon salt

CHEF'S BLENDER

Place tomatillos, onion, peppers, and garlic in shallow baking pan. Broil 4 to 6 inches from heat for 10 to 15 minutes, or until blackened, turning occasionally. Place in blender jar, including any pan juices. Add remaining ingredients. Cover and blend at Pulse 2 to 3 times, about 3 seconds each time, or until desired consistency. Serve warm or chilled.

BAR BLENDER

Follow directions for Chef's Blender.

Yield: 12 servings (2 tablespoons per serving).

Per Serving: About 15 cal, 0 g pro, 3 g carb, 0 g total fat, 0 g sat fat, 0 mg chol, 150 mg sod.

THREE-HERB PESTO

CHEF'S BLENDER

On baking sheet, place walnuts in single layer. Bake at 375° F for 4 to 7 minutes, or until light brown and aromatic. Set aside.

Place garlic in blender jar. Cover and blend at High 3 to 5 seconds, or until chopped. Add parsley, basil, cilantro, if desired, cheese, lemon juice, salt, ¼ cup oil, and walnuts. Cover and blend at High 5 to 10 seconds, or until chopped; scrape sides of blender jar if necessary. With blender running at High, slowly add remaining ¼ cup olive oil through opening in jar lid; blend 5 to 10 seconds, or until combined. If desired, serve tossed with hot pasta and/or vegetables. Refrigerate or freeze leftovers.

BAR BLENDER

Follow directions for Chef's Blender. The Bar Blender runs at the equivalent of High speed in the "On" position.

Yield: About 7 servings (2 tablespoons per serving).

Per Serving: About 220 cal, 5 g pro, 2 g carb, 22 g total fat, 4 g sat fat, 5 mg chol, 230 mg sod.

- 1/3 cup chopped walnuts or pine nuts*
- 2 cloves garlic, peeled*
- 1 3/4 cups loosely packed fresh parsley leaves*
- 1 cup loosely packed fresh basil leaves*
- 3 tablespoons loosely packed fresh cilantro leaves, if desired*
- 3/4 cup shredded Parmesan cheese*
- 1 teaspoon fresh lemon juice*
- 1/4 teaspoon salt*
- 1/2 cup extra virgin olive oil, divided*
- Cooked pasta and/or vegetables, if desired*

AVOCADO LIME SOUP

- 4 cups (1 quart) reduced-sodium chicken broth, chilled
- ½ cup sour cream or plain yogurt
- ¼ cup fresh lime juice
- 2 medium ripe avocados, peeled, pitted, and cut into quarters
- 1 tablespoon fresh dill or 1 teaspoon dried dill
- ½ teaspoon salt
- ¼ teaspoon black pepper

CHEF'S BLENDER

Place ingredients in blender jar. Cover and blend at Low 20 to 25 seconds, or until smooth. Refrigerate 2 to 3 hours, or until well chilled.

BAR BLENDER

Place ingredients in blender jar. Cover and blend at Pulse 2 times, about 10 seconds each time, or until smooth. Refrigerate 2 to 3 hours, or until well chilled.

Yield: 6 servings (1 cup per serving).

Per Serving: About 160 cal, 4 g pro, 8 g carb, 13 g total fat, 4.5 g sat fat, 15 mg chol, 280 mg sod.

CHEDDAR POTATO LEEK SOUP

CHEF'S BLENDER

In large saucepan over high heat, combine 2½ cups broth, pepper, and potatoes. Bring to a boil; reduce heat and simmer 10 to 15 minutes, or until potatoes are tender.

Meanwhile, slice white and light green portions of leek; discard tops. In large skillet over medium heat, melt butter. Add leek and onion; cook and stir 3 to 5 minutes, or until vegetables are soft. Set aside.

Place potato mixture in blender jar. Add 1½ cups cheese. Cover and blend at Pulse 4 to 5 times, about 5 seconds each time, or until cheese is melted. Add leek mixture. Cover and blend at High 5 to 8 seconds, or until desired consistency.

Return mixture to saucepan; add remaining 2½ cups broth. Simmer until thoroughly heated, stirring frequently. Divide remaining ½ cup cheese among individual servings for garnish.

BAR BLENDER

Follow directions for Chef's Blender. The Bar Blender runs at the equivalent of High speed in the "On" position.

Yield: 7 servings (1 cup per serving).

Per Serving: About 320 cal, 12 g pro, 29 g carb, 18 g total fat, 11 g sat fat, 45 mg chol, 930 mg sod.

- 5 cups chicken broth, divided
- ¼ teaspoon black pepper
- 4 cups diced russet potatoes (peeled, if desired)
- 1 large leek, cut into halves and washed
- ¼ cup butter or margarine
- ⅓ cup sliced onion
- 2 cups shredded sharp Cheddar cheese, divided

CURRIED CARROT SOUP

- 1 *tablespoon vegetable oil*
- ½ *cup chopped onion*
- 1 *teaspoon curry powder*
- 3 *cups water*
- ½ *cup orange juice*
- 4 *cups (about 1 lb.) peeled and sliced carrots*
- 2 *teaspoons coarsely chopped gingerroot*
- 2 *teaspoons sugar*
- 1½ *teaspoons salt*
- 1 *cup sour cream or plain yogurt*
- Chopped cashews, if desired*

CHEF'S BLENDER

Heat oil in large saucepan over medium-high heat. Add onion and curry powder; cook 1 to 2 minutes. Add remaining ingredients except sour cream and cashews. Bring to a boil. Reduce heat and simmer, uncovered, 10 to 15 minutes, or until carrots are tender. Cool 5 minutes.

Pour half of carrot mixture into blender jar. Cover and blend at Low 5 seconds. Add remaining carrot mixture. Cover and blend at Medium about 10 seconds, or until smooth. Add sour cream. Cover and blend at Low about 5 seconds, or until combined.

Return to saucepan; simmer until thoroughly heated. Garnish with cashews, if desired.

BAR BLENDER

Prepare, cook, and cool as directed for Chef's Blender. Pour half of carrot mixture into blender jar. Cover and blend at Pulse 2 times, 3 seconds each time. Add remaining carrot mixture. Cover and blend at On for 5 to 8 seconds, or until smooth. Add sour cream. Cover and blend at Pulse 2 times, about 3 seconds each time, or until combined. Continue with Chef's Blender directions.

Yield: 5 servings (1 cup per serving).

Per Serving: About 190 cal, 3 g pro, 19 g carb, 13 g total fat, 6 g sat fat, 25 mg chol, 790 mg sod.

GAZPACHO

CHEF'S BLENDER

Place all ingredients except vegetable juice, salt, black pepper, and hot pepper sauce in blender jar. Cover and blend at Medium 10 to 15 seconds, or until finely chopped.

Pour into large bowl. Stir in vegetable juice, salt, black pepper, and a few drops of hot pepper sauce, if desired. Refrigerate 6 to 8 hours, or until well chilled.

BAR BLENDER

Place all ingredients except vegetable juice, salt, black pepper, and hot pepper sauce in blender jar. Cover and blend at Pulse 3 times, 5 to 8 seconds each time. Blend at On for about 10 seconds, or until finely chopped. Continue with Chef's Blender directions.

Yield: 7 servings (1 cup per serving).

Per Serving: About 90 cal, 2 g pro, 9 g carb, 6 g total fat, 1 g sat fat, 0 mg chol, 600 mg sod.

- 2 cans (14½ oz. each) peeled tomatoes
- 1 medium cucumber, peeled, seeded, and cut into chunks
- 1 small onion, peeled and cut into chunks
- 1 small green pepper, seeded and cut into chunks
- ¼ cup loosely packed fresh parsley, stems removed
- 1 clove garlic
- 3 tablespoons olive oil
- 3 tablespoons red wine vinegar
- 1½ cups tomato-vegetable juice cocktail
- ¾ teaspoon salt
- ⅛ teaspoon black pepper
- Hot pepper sauce, if desired

MUSHROOM SOUP

- ½ medium onion, cut into 1-inch pieces*
- ½ rib celery, cut into 1-inch pieces*
- ¼ cup butter or margarine*
- ¼ cup all-purpose flour*
- 1 can (14 oz.) chicken broth*
- ½ cup water*
- 4 cups sliced fresh button or shiitake mushrooms**
- 1 cup half-and-half*
- ½ teaspoon dried marjoram*
- ¼ teaspoon salt*
- ⅛ teaspoon black pepper*
- ¼–½ cup dry sherry, if desired*
- Sour cream, if desired*

** For chunkier soup, reserve 1 cup mushrooms to add to saucepan along with half-and-half and seasonings. Simmer until mushrooms are tender.*

CHEF'S BLENDER

Place onion and celery in blender. Cover and blend at Pulse 2 to 3 times, 3 seconds each time. In large saucepan over medium-high heat, heat butter. Add onion mixture; cook, uncovered, 3 to 5 minutes. Add flour; blend well. Stir in broth and water. Add mushrooms; bring to a boil. Reduce heat and simmer, uncovered, until mushrooms are tender, about 10 to 15 minutes. Cool 5 minutes.

Pour cooled mushroom mixture into blender jar. Cover and blend at Pulse 3 to 4 times, 2 seconds each time. Return mixture to saucepan; add half-and-half, marjoram, salt, pepper, and sherry, if desired. Simmer until thoroughly heated. If desired, top individual servings with dollop of sour cream.

BAR BLENDER

Follow directions for Chef's Blender.

Yield: 5 servings (1 cup per serving).

Per Serving: About 200 cal, 5 g pro, 11 g carb, 16 g total fat, 9 g sat fat, 40 mg chol, 500 mg sod.

ROASTED BUTTERNUT AND APPLE SOUP

CHEF'S BLENDER

Place squash, carrots, and onion in 15x10-inch baking pan with sides. Drizzle with oil; toss to coat. Bake at 425° F for 1 to 1½ hours, or until vegetables are very tender, stirring occasionally.

Meanwhile, in large skillet over medium heat, melt butter. Add apples and gingerroot, if desired; mix to coat. Cook about 15 minutes, or until apples begin to soften, stirring frequently. Add brown sugar and vinegar; mix well. Reduce heat to medium-low, and cook 20 to 25 minutes, or until apples are very soft, stirring frequently. Add 1 cup broth; cook and stir until browned bits are removed from skillet bottom. Add mixture to roasted vegetables in baking pan, stirring to remove browned bits from pan bottom.

Place squash and apple mixture in blender jar. Add 1 cup broth and cayenne pepper. Cover and blend at Medium 10 seconds. Increase speed to High; blend about 30 seconds, or until smooth.

Pour mixture into large saucepan. Add cream and remaining 2 cups broth. Simmer until thoroughly heated, stirring frequently.

BAR BLENDER

Prepare and cook as directed for Chef's Blender. Place squash and apple mixture in blender jar. Add 1 cup broth and cayenne pepper. Cover and blend at Pulse 4 times, 5 seconds each time. Blend at On about 30 seconds, or until smooth. Continue with Chef's Blender directions.

Yield: 8 servings (1 cup per serving).

Per Serving: About 290 cal, 3 g pro, 26 g carb, 21 g total fat, 11 g sat fat, 55 mg chol, 530 mg sod.

- 1 large butternut squash (about 2½ lbs.), peeled, seeded, and cut into ½-inch pieces
- 2 medium carrots, peeled and cut into ¾-inch pieces
- 1 large yellow onion, cut into thin wedges
- 2 tablespoons vegetable oil
- ¼ cup butter or margarine
- 2 apples, peeled, cored, and sliced
- 2 teaspoons finely chopped gingerroot, if desired
- 2 tablespoons brown sugar
- 2 tablespoons balsamic vinegar
- 4 cups (1 quart) chicken broth, divided
- ¼–½ teaspoon cayenne pepper
- 1 cup whipping cream*

* One additional cup chicken broth may be substituted for whipping cream.

BASIC PANCAKES

- 2 eggs
- 1 $\frac{3}{4}$ cups milk
- 2 tablespoons sugar
- 2 tablespoons vegetable oil
- 2 teaspoons baking powder
- $\frac{1}{2}$ teaspoon salt
- 1 $\frac{3}{4}$ cups all-purpose flour

CHEF'S BLENDER

Place eggs, milk, sugar, and oil in blender jar. Cover and blend at Low 10 seconds. Add remaining ingredients. Cover and blend at Medium about 10 seconds, or just until mixed; scrape sides of blender jar if necessary.

Heat griddle to medium; pour batter onto griddle for individual pancakes. Cook until bubbles form on surface and edges begin to dry. Turn; cook until underside is light golden brown.

BAR BLENDER

Place eggs, milk, sugar, and oil in blender jar. Cover and blend at On for 5 seconds. Add remaining ingredients. Cover and blend at Pulse 3 times, about 3 seconds each time, or just until mixed; scrape sides of blender jar if necessary. Continue with Chef's Blender directions.

Yield: About 9 servings (two 4-inch pancakes per serving).

Per Serving: About 160 cal, 6 g pro, 23 g carb, 5 g total fat, 1.5 g sat fat, 50 mg chol, 260 mg sod.

BASIC WAFFLES

CHEF'S BLENDER

Place eggs, milk, sugar, and oil in blender jar. Cover and blend at Low 10 seconds. Add remaining ingredients. Cover and blend at Medium about 10 seconds, or just until mixed; scrape sides of blender jar if necessary.

Bake in hot waffle iron until steaming stops and waffles are golden brown.

BAR BLENDER

Place eggs, milk, sugar, and oil in blender jar. Cover and blend at On for 5 seconds. Add remaining ingredients. Cover and blend at Pulse 3 times, about 3 seconds each time, or just until mixed; scrape sides of blender jar if necessary. Continue with Chef's Blender directions.

Yield: About 6 servings (two 4-inch waffles per serving).

Per Serving: About 300 cal, 9 g pro, 38 g carb, 13 g total fat, 3 g sat fat, 75 mg chol, 390 mg sod.

- 2 eggs
- 1 $\frac{3}{4}$ cups milk
- 2 tablespoons sugar
- $\frac{1}{4}$ cup vegetable oil
- 2 teaspoons baking powder
- $\frac{1}{2}$ teaspoon salt
- 2 cups all-purpose flour

BUTTERMILK PANCAKES

- 2 eggs
- 1³/₄ cups buttermilk
- 2 tablespoons sugar
- 2 tablespoons vegetable oil
- 2 teaspoons baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- 1³/₄ cups all-purpose flour

CHEF'S BLENDER

Place eggs, buttermilk, sugar, and oil in blender jar. Cover and blend at Low 10 seconds. Add remaining ingredients. Cover and blend at Medium about 10 seconds, or just until mixed; scrape sides of blender jar if necessary.

Heat griddle to medium; pour batter onto griddle for individual pancakes. Cook until bubbles form on surface and edges begin to dry. Turn; cook until underside is light golden brown.

BAR BLENDER

Place eggs, buttermilk, sugar, and oil in blender jar. Cover and blend at On for 5 seconds. Add remaining ingredients. Cover and blend at Pulse 3 times, about 3 seconds each time, or just until mixed; scrape sides of blender jar if necessary. Continue with Chef's Blender directions.

Yield: About 9 servings (two 4-inch pancakes per serving).

Per Serving: About 160 cal, 6 g pro, 23 g carb, 5 g total fat, 1.5 g sat fat, 50 mg chol, 260 mg sod.

OATMEAL-RAISIN PANCAKES

CHEF'S BLENDER

Place eggs in blender jar. Cover and blend at Low 3 to 5 seconds. Add buttermilk and oil. Cover and blend at Medium 3 to 5 seconds, or until mixed. Add all-purpose flour, whole wheat flour, sugar, baking powder, baking soda, cinnamon, and salt. Cover and blend at Medium 5 to 8 seconds. Add oats and ½ cup raisins. Cover and blend at Medium 5 to 10 seconds, or just until mixed and raisins are chopped; scrape sides of blender jar if necessary.

Heat griddle to medium; pour batter onto griddle for individual pancakes. Cook until bubbles form on surface and edges begin to dry. Turn; cook until underside is light golden brown. Stir batter briefly between batches. Serve with maple syrup and additional raisins, if desired.

BAR BLENDER

Place eggs in blender jar. Cover and blend at Pulse 3 to 5 seconds. Add buttermilk and oil. Cover and blend at Pulse 5 to 8 seconds, or until mixed. Add all-purpose flour, whole wheat flour, sugar, baking powder, baking soda, cinnamon, and salt. Cover and blend at On for 3 to 5 seconds; scrape sides of blender jar if necessary. Add oats and ½ cup raisins. Cover and blend at On for 3 to 6 seconds, or just until mixed and raisins are chopped; scrape sides of blender jar if necessary. Continue with Chef's Blender directions.

Yield: About 8 servings (two 4-inch pancakes per serving).

Per Serving: About 240 cal, 8 g pro, 40 g carb, 6 g total fat, 1.5 g sat fat, 55 mg chol, 470 mg sod.

- 2 eggs
- 1½ cups buttermilk
- 2 tablespoons vegetable oil
- 1¼ cups all-purpose flour
- ½ cup whole wheat flour
- 2 tablespoons sugar
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- ½ teaspoon cinnamon
- ½ teaspoon salt
- 1 cup rolled oats
- ½ cup raisins
- Maple syrup, if desired
- Raisins, if desired

TOASTED WALNUT PUMPKIN WAFFLES

- 1/3 cup chopped walnuts*
- 2 eggs*
- 1 3/4 cups milk*
- 1 cup canned pumpkin*
- 1/4 cup melted butter or margarine*
- 1 1/2 cups all-purpose flour*
- 1/2 cup whole wheat flour*
- 3 tablespoons brown sugar*
- 2 teaspoons baking powder*
- 1/2 teaspoon cinnamon*
- 1/2 teaspoon salt*
- 1/4 teaspoon nutmeg*
- 1/8 teaspoon cloves*
- Maple syrup, if desired*
- Chopped walnuts, if desired*

CHEF'S BLENDER

On baking sheet, place 1/3 cup walnuts in single layer. Bake at 375° F for 4 to 7 minutes, or until light brown and aromatic. Set aside.

Place eggs in blender jar. Cover and blend at Low 3 to 5 seconds. Add milk, pumpkin, and butter. Blend at Medium 3 to 5 seconds, or until mixed. Add all-purpose flour, whole wheat flour, brown sugar, baking powder, cinnamon, salt, nutmeg, and cloves. Cover and blend at High 10 to 20 seconds; scrape sides of blender jar if necessary. Add toasted walnuts. Cover and blend at Medium 5 to 8 seconds, or until just mixed.

Bake in preheated waffle iron until waffles are deep golden brown, about 3 to 7 minutes.

Serve immediately with maple syrup and additional walnuts, if desired.

BAR BLENDER

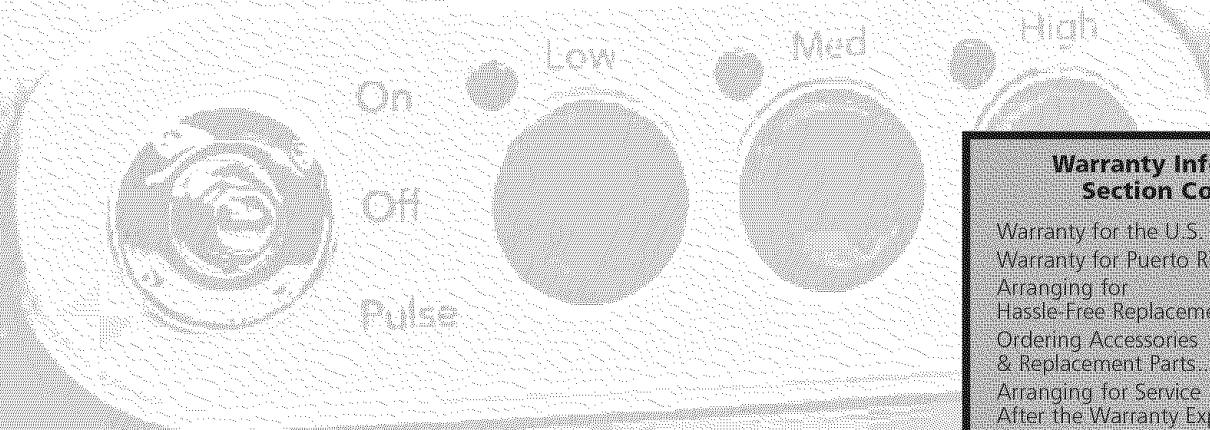
Prepare walnuts as directed for Chef's Blender. Place eggs in blender jar. Cover and blend at Pulse 3 to 5 seconds. Add milk, pumpkin, and butter. Blend at Pulse 4 to 6 seconds, or until mixed. Add all-purpose flour, whole wheat flour, brown sugar, baking powder, cinnamon, salt, nutmeg, and cloves. Cover and blend at On for 10 to 20 seconds; scrape sides of blender jar if necessary. Add toasted walnuts. Cover and blend at On for 3 to 5 seconds, or just until mixed. Continue with Chef's Blender directions.

Yield: About 5 servings (two 4-inch waffles per serving).

Per Serving: About 430 cal, 13 g pro, 55 g carb, 19 g total fat, 8 g sat fat, 115 mg chol, 470 mg sod.

KitchenAid®
PRO LINE™ SERIES

WARRANTY AND SERVICE INFORMATION



Warranty Information Section Contents

Warranty for the U.S.	72
Warranty for Puerto Rico	73
Arranging for Hassle-Free Replacement	73
Ordering Accessories & Replacement Parts	74
Arranging for Service After the Warranty Expires	74
Arranging for Service Outside the U.S. & Puerto Rico	75

BLENDER **WARRANTY**

FOR THE **50 UNITED STATES**

AND DISTRICT OF COLUMBIA

This warranty extends to the purchaser and any succeeding owner for PRO LINE™ Series Blenders operated in the 50 United States and District of Columbia.

Length of Warranty:	KitchenAid Will Pay For Your Choice of:	KitchenAid Will Not Pay For:
<p>Two Year Full Warranty for Household Use, from date of purchase.</p>	 <p>Hassle-Free Replacement of your Blender. See "Arranging for Hassle-Free Replacement" for details, or call the KitchenAid Customer Satisfaction Center toll-free at 1-800-541-6390. OR The replacement parts and repair labor costs to correct defects in materials and workmanship. Service must be provided by an Authorized KitchenAid Service Center. See the KitchenAid® PRO LINE™ Series Blender Warranty for Puerto Rico for details on how to arrange for service.</p>	<ul style="list-style-type: none"> A. Repairs when the Blender is used in other than normal single family home use. B. Damage resulting from accident, alteration, misuse or abuse. C. Any shipping or handling costs to deliver your Blender to an Authorized Service Center. D. Replacement parts or repair labor costs for Blender operated outside the 50 United States and District of Columbia.

KITCHENAID DOES NOT ASSUME ANY RESPONSIBILITY FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES. Some states do not allow the exclusion or limitation of incidental or consequential damages, so this exclusion may not apply to you. This warranty gives you specific legal rights and you may also have other rights which vary from state to state.

BLENDER **WARRANTY** FOR **PUERTO RICO**

A limited two year warranty extends to the purchaser and any succeeding owner for PRO LINE™ Series Blenders operated in Puerto Rico. During the warranty period, all service must be handled by an Authorized KitchenAid Service Center.

Please bring the Blender, or ship it prepaid and insured, to the nearest Authorized Service Center. Call toll-free **1-800-541-6390** Monday through Friday, 8 a.m. to 8 p.m. (Eastern Time), or Saturday, 10 a.m. to 5 p.m. to learn the location of a Service Center near you. Your repaired Blender will be returned to you prepaid and insured.

ARRANGING FOR **HASSLE-FREE** REPLACEMENT

IF YOU RESIDE IN THE 50 UNITED STATES and your KitchenAid® PRO LINE™ Series Blender should fail within two years of ownership, simply call our toll-free Customer Satisfaction Center at **1-800-541-6390** Monday through Friday, 8 a.m. to 8 p.m. (Eastern Time), or Saturday, 10 a.m. to 5 p.m. Give the consultant your complete shipping address. (No P.O. Box Numbers, please.)

KitchenAid will arrange to deliver an identical or comparable replacement to your door free of charge and arrange to have your “failed” Blender returned to us. Your replacement unit will also be covered by our two year full warranty.

When you receive your replacement PRO LINE™ Series Blender, use the carton and packing materials to pack-up your “failed” Blender. In the carton, include your name and address on a sheet of paper along with a copy of the proof of purchase (register receipt, credit card charge slip, etc.).

ORDERING **ACCESSORIES** AND **REPLACEMENT** PARTS

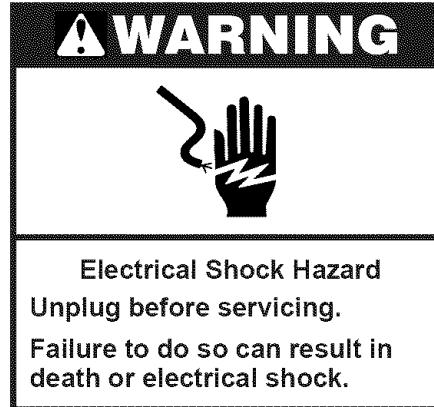
To order accessories or replacement parts for your Blender, call toll-free **1-800-541-6390** Monday through Friday, 8 a.m. to 8 p.m. (Eastern Time), or Saturday, 10 a.m. to 5 p.m., or write to:

Customer Satisfaction Center, KitchenAid Portable Appliances,
P.O. Box 218, St. Joseph, MI 49085-0218.

ARRANGING FOR **SERVICE** AFTER THE **WARRANTY** EXPIRES

For service information, call toll-free **1-800-541-6390** Monday through Friday, 8 a.m. to 8 p.m. (Eastern Time), or Saturday, 10 a.m. to 5 p.m., or write to:

Customer Satisfaction Center, KitchenAid Portable Appliances,
P.O. Box 218, St. Joseph, MI 49085-0218.



ARRANGING FOR **SERVICE** OUTSIDE
THE **50 UNITED STATES**
AND PUERTO RICO

Consult your local KitchenAid dealer or the store where you purchased your PRO LINE™ Series Blender for information on how to obtain service.



FOR THE WAY IT'S MADE.™

® Registered Trademark/™ Trademark of KitchenAid, U.S.A.
© 2003. All rights reserved.

Specifications subject to change without notice.

dZw1203

