









Green Smoothies

Triple Green Smoothie

Tropical Green Smoothie

Zesty Green Smoothie

Green Smoothie Blast

Beet & Ginger Green Smoothie

Pomegranate Berry Green Smoothie

Green Orange & Mango Smoothie



Triple Green Smoothie



⌚ Prep 10 minutes

📏 Makes 50oz (1.5L) / Serves 4

-
- 1 medium green apple, quartered
 - 1 Persian cucumber, roughly chopped
 - 2 cups (50g) baby spinach leaves
 - 4 leaves kale (40g), stems removed, roughly chopped
 - 2 bananas, halved
 - 1 stalk celery, roughly chopped
 - ½ lemon, peeled
 - 2 cups (480ml) chilled coconut water
-

1. Place ingredients into blender jug and secure lid.



GREEN SMOOTHIE until program finishes.



⌚ Prep 10 minutes

📏 Serves 1

-
- ½ medium green apple, chopped
 - ½ Persian cucumber, roughly chopped
 - 1 cup (25g) baby spinach leaves
 - 1 leaf kale (10g), stem removed, roughly chopped
 - 1 small banana, chopped
 - ¼ stalk celery, roughly chopped
 - ¼ lemon, peeled
 - 1 cup (240ml) chilled coconut water
-




1. Place ingredients into personal blender cup and secure blade assembly.



GREEN SMOOTHIE until program finishes.



Tropical Green Smoothie

  Prep 10 minutes
 Makes 50oz (1.5L) / Serves 4

2 cups (340g) peeled, chopped pineapple
 1½ cups (220g) frozen chopped mango
 4 leaves kale (40g), stems removed, roughly chopped
 2 cups (480ml) chilled coconut water
 ¼ cup (42g) raw almonds

1. Place ingredients into blender jug and secure lid.

 *GREEN SMOOTHIE* until program finishes.



  Prep 10 minutes
 Serves 1

1 cup (170g) peeled, chopped pineapple
 ¾ cup (110g) frozen chopped mango
 2 leaves kale (20g), stems removed, roughly chopped
 1 cup (240ml) chilled coconut water
 2 tablespoons raw almonds

1. Place ingredients into personal blender cup and secure blade assembly.

 *GREEN SMOOTHIE* until program finishes.

Zesty Green Smoothie

  Prep 10 minutes
 Makes 50oz (1.5L) / Serves 4

1 lime, peeled
 2 kiwis, peeled, chopped
 2 small Persian cucumbers, roughly chopped
 2 leaves kale (20g), stems removed, roughly chopped
 1 pear, quartered
 2 cups (480ml) chilled coconut water

1. Place ingredients into blender jug and secure lid.

 *GREEN SMOOTHIE* until program finishes.

  Prep 10 minutes
 Serves 1

½ lime, peeled
 1 kiwi, peeled, chopped
 1 small Persian cucumber, roughly chopped
 1 leaf kale (10g), stem removed, roughly chopped
 ½ pear, chopped
 1 cup (240ml) chilled coconut water



1. Place ingredients into personal blender cup and secure blade assembly.

 *GREEN SMOOTHIE* until program finishes.





Green Smoothie Blast

  Prep 10 minutes
 Makes 50oz (1.5L) / Serves 4

1 orange, peeled, quartered
1 medium green apple, quartered
1 Persian cucumber, chopped
1 cup (160g) seedless green grapes
2 cups (50g) baby spinach leaves
1½ cups (360ml) coconut water

1. Place ingredients into blender jug and secure lid.

 *GREEN SMOOTHIE* until program finishes.

  Prep 10 minutes
 Serves 1



½ orange, peeled, quartered
½ medium green apple, chopped
½ Persian cucumber, chopped
½ cup (80g) seedless green grapes
1 cup (25g) baby spinach leaves
¾ cup (180ml) coconut water

1. Place ingredients into personal blender cup and secure blade assembly.

 *GREEN SMOOTHIE* until program finishes.



Beet & Ginger Green Smoothie

  Prep 15 minutes
 Makes 50oz (1.5L) / Serves 4

2 small beets, peeled, chopped
1 cup (160g) seedless red or green grapes
2 cups (50g) baby spinach leaves
½-inch (1cm) piece ginger
½ lemon, peeled
½ orange, peeled
8 fresh mint leaves
2 cups (480ml) organic cloudy apple juice

1. Place ingredients into blender jug and secure lid.

 *GREEN SMOOTHIE* until program finishes.

  Prep 10 minutes
 Serves 1

1 small beet, peeled, chopped
½ cup (80g) seedless red or green grapes
1 cup (25g) baby spinach leaves
¼-inch (.5cm) piece ginger
¼ lemon, peeled
¼ orange, peeled
4 fresh mint leaves
1 cup (240ml) organic cloudy apple juice

1. Place ingredients into personal blender cup and secure blade assembly.

 *GREEN SMOOTHIE* until program finishes.



Pomegranate Berry Green Smoothie



⌚ Prep 5 minutes

🍹 Makes 50oz (1.5L) / Serves 4

1 cup (240g) plain yogurt
4 cups (100g) baby spinach leaves
2 medium bananas, chopped
2 cups (300g) frozen mixed berries
2 cups (480ml) chilled pomegranate juice

1. Place ingredients into blender jug and secure lid.

👉 *GREEN SMOOTHIE* until program finishes.



⌚ Prep 5 minutes

🍹 Serves 1

½ cup (120g) plain yogurt
2 cups (50g) baby spinach leaves
1 medium banana, chopped
1 cup (150g) frozen mixed berries
¾ cup (180ml) chilled pomegranate juice

1. Place ingredients into personal blender cup and secure blade assembly.

👉 *GREEN SMOOTHIE* until program finishes.



Green Orange & Mango Smoothie



⌚ Prep 5 minutes

🍹 Makes 50oz (1.5L) / Serves 4

2 oranges, peeled, chopped
4 leaves kale (40g), stems removed, roughly chopped
1 avocado, peeled, pitted
1½ cups (200g) frozen chopped mango
2½ cups (600ml) chilled coconut water

1. Place ingredients into blender jug and secure lid.

👉 *GREEN SMOOTHIE* until program finishes.



⌚ Prep 5 minutes

🍹 Serves 1

1 orange, peeled, chopped
2 leaves kale (20g), stems removed, roughly chopped
½ avocado, peeled, pitted
¾ cup (100g) frozen chopped mango
1¼ cups (300ml) chilled coconut water

1. Place ingredients into personal blender cup and secure blade assembly.

👉 *GREEN SMOOTHIE* until program finishes.



Smother Smoothies

Mango, Vanilla & Chia Smoothie

Raspberry, Pear & Vanilla Smoothie

Superfood Shake

Berry Mint Smoothie

Breakfast Smoothie

Cookies 'n' Cream Shake

Summer Peach Shake

Acai Beet & Berry Bowl

Mango Melba

Berry Mint Bowl

Bircher Smoothie Bowl

Green Coconut Smoothie Bowl

Mango, Vanilla & Chia Smoothie



⌚ Prep 5 minutes

🍹 Makes 50oz (1.5L) / Serves 4

3 cups (450g) frozen chopped mango
1 cup (240g) reduced fat vanilla yogurt
2 tablespoons chia seeds
3 cups (720ml) chilled milk of your choice

1. Place ingredients into blender jug and secure lid.



SMOOTHIE until program finishes.



⌚ Prep 5 minutes

🍹 Serves 1

1 cup (150g) frozen chopped mango
½ cup (120g) reduced fat vanilla yogurt
1 tablespoon chia seeds
1¼ cups (300ml) chilled milk of your choice

1. Place ingredients into personal blender cup and secure blade assembly.






SMOOTHIE until program finishes.





Raspberry, Pear & Vanilla Smoothie

  Prep 10 minutes
 Makes 50oz (1.5L) / Serves 4

1 cup (240g) reduced fat vanilla yogurt
 2 pears, quartered
 2 medium bananas, halved
 2 cups (240g) frozen raspberries
 1½ cups (360ml) reduced fat milk

1. Place ingredients into blender jug and secure lid.

 *SMOOTHIE* until program finishes.




  Prep 10 minutes
 Serves 1

½ cup (120g) reduced fat vanilla yogurt
 ½ pear, chopped
 1 medium banana, chopped
 1 cup (120g) frozen raspberries
 ¾ cup (180ml) reduced fat milk

1. Place ingredients into personal blender cup and secure blade assembly.

 *SMOOTHIE* until program finishes.

Superfood Shake

  Prep 10 minutes
 Makes 50oz (1.5L) / Serves 4

½ cup (70g) whole blanched almonds
 3 cups (400g) frozen blueberries
 4 teaspoons raw maca powder
 200g Flesh of 1 young coconut, chopped
 2 cups (720ml) chilled coconut water

1. Place ingredients into blender jug and secure lid.

 *SMOOTHIE* until program finishes.

  Prep 10 minutes
 Serves 1

¼ cup (35g) whole blanched almonds
 1½ cups (200g) frozen blueberries
 2 teaspoons raw maca powder
 100g Flesh of ½ young coconut, chopped
 1 cup (240ml) chilled coconut water

1. Place ingredients into personal blender cup and secure blade assembly.

 *SMOOTHIE* until program finishes.

Tip: raw maca powder is available from health food stores.





Berry Mint Smoothie



Prep 10 minutes

Makes 50oz (1.5L) / Serves 4

3 cups (400g) frozen mixed berries
2½ cups (600ml) almond milk
⅔ cup (160g) plain yogurt
1 tablespoon agave nectar
16 mint leaves

1. Place ingredients into blender jug and secure lid.

SMOOTHIE until program finishes.



Prep 10 minutes

Serves 1

1½ cups (200g) frozen mixed berries
1¼ cups (300ml) almond milk
⅓ cup (80g) plain yogurt
2 teaspoons agave nectar
8 mint leaves

1. Place ingredients into personal blender cup and secure blade assembly.

SMOOTHIE until program finishes.

Breakfast Smoothie



Prep 10 minutes

Makes 50oz (1.5L) / Serves 4

2 frozen medium bananas, chopped
4 dates, pitted
2½ cups (600ml) chilled unsweetened almond milk
¼ cup (60g) oat bran
2 tablespoons chia seeds
⅔ cup (120g) yogurt
1 tablespoon honey (optional)

1. Place ingredients into blender jug and secure lid.

SMOOTHIE until program finishes.



Prep 10 minutes

Serves 1

1 frozen medium banana, chopped
2 dates, pitted
1¼ cups (300ml) chilled unsweetened almond milk
2 tablespoons oat bran
1 tablespoon chia seeds
⅓ cup (80g) yogurt
2 teaspoons honey (optional)

1. Place ingredients into personal blender cup and secure blade assembly.

SMOOTHIE until program finishes.





Cookies 'n' Cream Shake

  Prep 10 minutes
 Makes 50oz (1.5L) / Serves 4

8 chocolate sandwich cookies, halved
2 cups vanilla ice cream
 $\frac{3}{4}$ cup (180ml) milk

1. Place 2 cookies into blender jug and pulse 4 times or until roughly crushed, transfer to a bowl and set aside.
2. Place ice cream and milk into blender jug and secure lid.


 *SMOOTHIE* until program finishes.

3. Add remaining uncrushed cookies to blender jug and secure lid.


 *BLEND 15* seconds or until desired consistency is reached.

Serve: Pour into chilled glasses and sprinkle with reserved cookie crumbs.

Summer Peach Shake

  Prep 10 minutes
 Makes 50oz (1.5L) / Serves 4

4 large peaches, quartered
2 cups (480ml) chilled milk
1 cup (240g) plain yogurt
2 tablespoons honey
 $\frac{1}{2}$ teaspoon ground cinnamon
 $\frac{1}{2}$ teaspoon vanilla extract

1. Place ingredients into blender jug and secure lid.
 *SMOOTHIE* until program finishes.

  Prep 10 minutes
 Serves 1

1 large peach, chopped
1 cup (240ml) chilled milk
 $\frac{1}{2}$ cup (120g) plain yogurt
2 teaspoons honey
 $\frac{1}{4}$ teaspoon ground cinnamon
 $\frac{1}{4}$ teaspoon vanilla extract

1. Place ingredients into personal blender cup and secure blade assembly.

 *SMOOTHIE* until program finishes.



Acai Beet & Berry Bowl



Prep 10 minutes

Makes 50oz (1.5L) / Serves 4

- 2 frozen bananas, chopped
- 1½ cups (200g) frozen blueberries
- 2 packets (200g) frozen acai berry pulp
- 1 medium beet, peeled, chopped
- ⅔ cup (80g) organic granola
- 2 tablespoons whey or vegan protein powder (optional)
- 1½ cups (360ml) chilled coconut water

To serve

Fresh blueberries, goji berries and granola

1. Place ingredients into blender jug and secure lid.



FROZEN DESSERT 30–35 seconds or until smooth

Use tamper occasionally to press ingredients into blades if required.

2. Divide smoothie evenly between 4 bowls.

Serve: top with fresh blueberries, goji berries, granola.



Prep 10 minutes

Serves 2

- 1 frozen banana, chopped
- ¼ cup (100g) frozen blueberries
- 1 packet (100g) frozen acai berry pulp
- ½ small beet, peeled, chopped
- 1/3 cup (40g) organic granola
- 1 tablespoon whey or vegan protein powder (optional)
- ¼ cup (180ml) chilled coconut water

To serve

Fresh blueberries, goji berries and granola

1. Place ingredients into personal blender cup and secure blade assembly.



GREEN SMOOTHIE until program finishes.

Blend longer if required.

2. Divide smoothie evenly between 2 bowls.

Serve: top with fresh blueberries, goji berries, granola.



Mango Melba



Prep 10 minutes

Makes 50oz (1.5L) / Serves 4

2½ cups (360g) frozen diced mango
2 cups (240g) frozen raspberries
2½ cups (600ml) chilled soy milk

To serve

Thinly sliced peaches, fresh raspberries, organic granola, roasted pumpkin seeds

1. Place ingredients into blender jug and secure lid.



FROZEN DESSERT until program finishes.
Blend longer if required. Use tamper to press ingredients into blades as required.

2. Divide smoothie evenly between 4 bowls.

Serve: top with peaches, raspberries and granola.



Prep 10 minutes

Serves 2

1¼ cups (180g) frozen diced mango
1 cup (120g) frozen raspberries
1¼ cups (300ml) chilled soy milk

To serve

Thinly sliced peaches, fresh raspberries and organic granola

1. Place ingredients into personal blender cup and secure blade assembly.



GREEN SMOOTHIE until program finishes.
Blend longer if required.

2. Divide smoothie evenly between bowls.

Serve: top with peaches, raspberries and granola.

Berry Mint Bowl



Prep 10 minutes

Makes 50oz (1.5L) / Serves 4

2½ cups (400g) frozen mixed berries
2 small frozen bananas, chopped
2½ cups (600ml) chilled coconut milk
10 fresh mint leaves
½ cup (70g) whole blanched almonds or cashews
1 tablespoon vanilla protein powder (optional)

To serve

Fresh berries, sliced banana, sliced almonds, mint leaves

1. Place ingredients into blender jug and secure lid.



FROZEN DESSERT 30–35 seconds or until smooth
Use tamper occasionally to press ingredients into blades if required.

2. Divide smoothie evenly between 4 bowls.

Serve: top with fresh berries, banana, almonds and mint leaves.



Prep 10 minutes

Serves 2

1¼ cups (200g) frozen mixed berries
1 small frozen banana, chopped
1¼ cups (300ml) chilled coconut milk
5 fresh mint leaves
¼ cup (35g) whole blanched almonds or cashews
2 teaspoons vanilla protein powder (optional)

1. Place ingredients into personal blender cup and secure blade assembly.



GREEN SMOOTHIE until program finishes.
Blend longer if required.

2. Divide smoothie evenly between 2 bowls.

Serve: top with fresh berries, banana, almonds and mint leaves.



Bircher Smoothie Bowl



Prep 10 minutes

Makes 50oz (1.5L)/ Serves 4

Bircher

1 cup (100g) rolled oats
1 cup (240ml) soy milk
¼ cup (80g) yogurt
¼ cup (40g) dried apricots

Smoothie

1½ cups (360ml) chilled almond or soy milk
2 pink lady apples, quartered
4 ice cubes
½ cup (40g) sliced almonds or shaved coconut
1 teaspoon lemon zest, from 1 lemon
¼ cup (60ml) maple syrup

To serve

Apple slices, raisins, chopped pistachios and toasted coconut flakes

1. Make bircher: Combine oats, milk, yogurt and apricots in a bowl. Cover and refrigerate until oats are soft, 1–2 hours.

2. Place bircher and remaining smoothie ingredients into blender jug and secure lid.



SMOOTHIE 30–35 seconds or until smooth.

Use tamper occasionally to press ingredients into blades if required.

3. Divide smoothie evenly between 4 bowls.

Serve: apple slices, raisins, chopped pistachios and toasted coconut flakes.



Prep 5 minutes

Serves 2

Bircher

½ cup (50g) rolled oats
½ cup (120ml) soy milk
2 tablespoons (40g) yogurt
4–6 dried apricots (20g)

Smoothie

¾ cups (180ml) chilled almond or soy milk
1 pink lady apple, quartered
2 ice cubes
¼ cup (20g) sliced almonds or shaved coconut
½ teaspoon lemon zest, from 1 lemon
2 tablespoons maple syrup

To serve

Apple slices, raisins, chopped pistachios and toasted coconut flakes

1. Make bircher: Combine oats, milk, yogurt and apricots in a bowl. Cover and refrigerate until oats are soft, 1–2 hours.

2. Place bircher and remaining smoothie ingredients into personal blender cup and secure blade assembly.



SMOOTHIE until program finishes.

Blend longer if required.

3. Divide smoothie evenly between 2 bowls.

Serve: apple slices, raisins, chopped pistachios and toasted coconut flakes.





Green Coconut Smoothie Bowl



⌚ Prep 15 minutes
 🥄 Makes 50oz (1.5L) / Serves 4

1 medium green apple, chopped
 1 avocado, peeled, pitted
 2 cups (50g) baby spinach leaves
 ¾ cup (240ml) chilled coconut water
 ⅔ cup (200g) coconut yogurt
 ½ cup (40g) unsweetened coconut flakes
 2 ice cubes
 1 lime, zest and juice
 1 teaspoon vanilla extract
 ½ teaspoon ground cinnamon
 ¼ teaspoon freshly grated nutmeg

To serve

Sliced green apple, lime zest and juice, coconut yogurt, roasted chopped pecans, shaved coconut, ground cinnamon

1. Place ingredients into blender jug and secure lid.



GREEN SMOOTHIE until program finishes.
 Blend longer if required.

2. Divide smoothie evenly between 4 bowls.

Serve: toss sliced apple in lime zest and juice. Arrange apples on top of smoothie with yogurt, pecans and coconut and sprinkle with cinnamon.



⌚ Prep 10 minutes
 🥄 Serves 2

½ medium green apple, chopped
 ½ avocado, peeled, pitted
 1 cup (25g) baby spinach leaves
 ½ cup (120ml) chilled coconut water
 ⅓ cup (100g) coconut yogurt
 ¼ cup (20g) unsweetened coconut flakes
 2 ice cubes
 ½ lime, zest and juice
 ½ teaspoon vanilla extract
 ¼ teaspoon ground cinnamon
 Pinch freshly grated nutmeg

To serve

Sliced green apple, lime zest and juice, coconut yogurt, roasted chopped pecans, shaved coconut, ground cinnamon

1. Place ingredients into personal blender cup and secure blade assembly.



GREEN SMOOTHIE until program finishes.
 Blend longer if required.

2. Divide smoothie evenly between 2 bowls.

Serve: toss sliced apple in lime zest and juice. Arrange apples on top of smoothie with yogurt, pecans and coconut and sprinkle with cinnamon.



Souper Hot

Pea & Mint Soup

Tom Kha Gai

Roasted Tomato & Pepper Soup with Salsa Verde

Salsa Verde

Thai Spiced Butternut Pumpkin Soup

Speedy Tortilla Soup

Pea & Mint Soup



⌚ Prep 10 minutes

⚖️ Makes 4Ooz (1.2L) / Serves 4

1 pound (450g) frozen green peas
2 green onions, roughly chopped
2 cups (480ml) vegetable stock, at room temperature
2 cups (24g) fresh mint leaves, plus extra to serve
¾ cup (180ml) heavy cream
Kosher salt and freshly ground black pepper, to taste

1. Place peas in a large heatproof bowl. Cover with boiling water. Let stand until thawed, about 5 minutes, and then drain.
2. Place peas, green onion and stock into blender jug and secure lid.

👉 *SOUP* until program finishes.

3. Add mint leaves and cream; secure lid.

🌀 *PUREE 10-15* seconds or until combined.
Season to taste.

Serve: Divide among serving bowls and garnish with extra mint leaves.

Tip: we have used shelf stable pasteurized stocks in our soup recipes.

If using fresh stock, stock must be heated to boiling point for 1-2 minutes, and then allow to cool until there is no visible steam before blending.



Tom Kha Gai



Prep 10 minutes

Makes 4Ooz (1.2L) / Serves 4

2 cups (480ml) chicken stock, at room temperature
1 x 13.5-ounce (400ml) can coconut milk
1 stalk lemongrass, pale section only, roughly chopped
1-inch (2cm) piece galangal or ginger, peeled, thinly sliced
4 kaffir lime leaves
5 cilantro roots or stems, scrubbed clean
2 long red chilies, seeds removed, plus 1 very thinly sliced to garnish
1 tablespoon finely grated palm sugar
2 tablespoons fresh lime juice
1 tablespoons fish sauce

To serve

2 cooked, skinless chicken breast fillets, shredded; thinly sliced shallot, coarsely chopped cilantro, lime wedges.

1. Place stock, coconut milk, lemongrass, galangal, kaffir lime leaves, cilantro roots and chilies into blender jug and secure lid.

 *SOUP* until program finishes

2. Add palm sugar, lime juice, fish sauce and secure lid.

 *BLEND 10-15* seconds or until combined.



Serve: divide chicken among serving bowls and ladle over soup. Top with shallots, cilantro leaves, sliced red chili and lime wedges.

Tip: we have used shelf stable pasteurized stocks in our soup recipes.

If using fresh stock, stock must be heated to boiling point for 1-2 minutes, and then allow to cool until there is no visible steam before blending.



Roasted Tomato & Pepper Soup with Salsa Verde

 ⌚ Prep 10 minutes/ Cook 55 minutes
 Makes 40oz (1.2L) / Serves 4

6 large plum tomatoes, halved lengthwise
2 large red bell peppers, seeds removed, quartered
½ large or 1 small red onion, quartered
3 cloves garlic, unpeeled
2 tablespoons olive oil
2 cups (480ml) vegetable stock, at room temperature
2 teaspoons tomato paste
1 cup (20g) fresh basil leaves, plus extra to garnish
Kosher salt and freshly ground black pepper, to taste
Salsa verde, to serve (recipe follows)

1. Preheat oven to 400°F (200°C). Line a large baking pan with parchment paper.
2. Place tomatoes, pepper, onion and garlic on pan. Drizzle with olive oil and season with salt and pepper. Toss lightly to coat. Roast for 40–45 minutes, or until golden brown and softened. Set aside to cool for 5 minutes.
3. Using tongs, transfer roasted vegetables into blender jug. Add stock and tomato paste and secure lid.

 **SOUP** until program finishes.

4. Add basil and secure lid.

 **PUREE** 10–15 seconds. Season to taste with salt and black pepper.

Serve: divide soup among serving bowls, drizzle with salsa verde and garnish with basil leaves.

Tip: we have used shelf stable pasteurized stocks in our soup recipes.

If using fresh stock, stock must be heated to boiling point for 1–2 minutes, and then allow to cool until there is no visible steam before blending.

Salsa Verde

  ⌚ Prep 10 minutes
 Makes 1¾ cups (420ml)

3 cups (120g) roughly chopped Italian parsley leaves
10 anchovy fillets, drained
2 tablespoons capers, drained
2 tablespoons fresh lemon juice
¾ cup (160ml) olive oil

1. Place ingredients into blender jug and secure lid, or into personal blender cup and secure blade assembly.

 **PULSE** 30–40 seconds or until combined.

Storage: transfer to a clean, airtight container. Store in the refrigerator for up to 3 days.

Tip: serve on soups or with grilled or pan-fried meats, poultry or seafood, or roasted vegetables. Mix salsa verde with lemon juice or mayonnaise and use as a dressing for potato salad.





Thai Spiced Butternut Pumpkin Soup



⌚ Prep 10 minutes / Cook 35 minutes

🍹 Makes 50oz (1.5L) / Serves 4

1 tablespoon organic coconut oil
2 tablespoons Thai Red Curry Paste (see page 66)
1.5 pounds (680g) butternut squash, peeled, cut into 1.5-inch (4cm) chunks
3 cups (720ml) chicken stock
1 cup (240ml) coconut milk
2 teaspoons fish sauce, or to taste

To serve

Thinly shredded kaffir lime leaves, red chili flakes, chopped roasted cashews, lime wedges

1. Heat coconut oil in a saucepan over medium heat. Add the curry paste and cook, stirring frequently, for 2–3 minutes or until fragrant.
2. Add butternut squash and stock. Increase heat to high and bring to a boil. Reduce heat to medium low and cover. Simmer for 20 minutes or until squash is tender. Allow to cool until there is no visible steam.

3. Reserve ½ cup (120ml) coconut milk and set aside.
4. Add remaining coconut milk, fish sauce and squash mixture to the blender jug and secure lid.

🌀 **PUREE** 2–3 minutes or until hot.

Serve: divide soup among serving bowls. Drizzle with reserved coconut milk. Garnish with kaffir lime leaves, red chili flakes and cashews.

Serve with lime wedges.

Tip: we have used shelf stable pasteurized stocks in our soup recipes.

If using fresh stock, stock must be heated to boiling point for 1–2 minutes, and then allow to cool until there is no visible steam before blending.



Speedy Tortilla Soup



⌚ Prep 10 minutes / Cook 15 minutes

🍹 Makes 40oz (1.2L) / Serves 4

1 small onion, halved
 3 cloves garlic
 ¼ cup (60ml) vegetable oil
 1 tablespoon chili powder
 1 teaspoon ground cumin
 2 tablespoons tomato paste
 1 x 14.5-ounce (410g) can diced tomatoes
 2 cups (480ml) vegetable stock, at room temperature
 1 stalk celery, halved
 2 teaspoons dried oregano
 2 tablespoons lime juice
 1 x 15-ounce (425g) can red kidney beans, drained, rinsed

To serve

3 x 4-inch (10cm) corn tortillas, cut into ¼-inch (.5cm) strips
 1 avocado, sliced
 Kernels from 1 cob of steamed corn
 ½ cup (20g) cilantro leaves
 2 tablespoons fresh lime juice
 Salt and freshly ground black pepper, to taste

1. Place onion and garlic into blender jug and secure lid.

🔪 **CHOP** 10 seconds or until roughly chopped.

2. Heat 1 tablespoon oil in a frying pan over medium heat. Add onion mixture, chili powder and cumin. Cook, stirring occasionally, for 3 minutes or until onion has softened. Add tomato paste and cook, stirring, for 1 minute. Transfer to blender jug.

3. Add tomatoes, stock, celery, oregano and lime juice to blender jug and secure lid.

👉 **SOUP** until program finishes.

4. Reserve ½ cup of the drained kidney beans. Add remaining beans to blender jug and secure lid.

🌀 **PUREE** 2 minutes, season with salt and pepper.

5. Meanwhile heat remaining oil in a large nonstick frying pan over medium-high heat. Add half the tortilla strips and cook, turning as needed, for 2 minutes or until golden and crisp. Transfer to a paper towel lined plate. Repeat with remaining tortilla strips, reheating pan between batches.

6. Combine reserved kidney beans, avocado, corn kernels, cilantro and lime juice in a bowl. Season with salt and pepper.

Serve: divide soup among serving bowls, top with avocado mixture and tortilla strips.



Magical Milling

Gluten Free Flour Mix

Gluten Free Pizza Dough

Gluten Free Pasta Dough

Chocolate Chip Brown Butter Cookies

Whole Wheat Bread

Flaxseed, Sunflower & Almond Meal (FSA Meal)

Chewy Oat, Pumpkin Seed & FSA Cookies

Buttermilk Cornbread

Buckwheat, Quinoa & Apple Cake



Gluten Free Flour Mix



⌚ Prep 10 minutes

🍴 Makes 2 ¼ pounds (1kg)

1⅓ cups (360g) medium grain white rice
1 cup (200g) brown rice
1 cup (160g) nonfat milk powder
1½ cups (200g) gluten free cornstarch
1⅓ cups (160g) organic tapioca flour
¼ cup (40g) organic potato flour
2 tablespoons (20g) xanthan gum

1. Place white and brown rice into blender jug and secure lid.

🌀 **MILL** 1½–2 minutes or until finely ground. Use spatula to transfer all flour from jug into a bowl.

2. Add remaining ingredients to rice flour mixture. Using a whisk, stir mixture until evenly combined.

Storage: transfer to a clean, airtight container. Store in the refrigerator for up to 2 months.

Tip: use as a cup for cup replacement for all-purpose flour in recipes.



Gluten Free Pizza Dough



🕒 10 minutes + 45 minutes rising time / Cook 20 minutes

🍷 Makes 1x 10-inch (26cm) pizza

2 cups (275g) gluten free flour mix (see recipe page 30), plus extra for dusting
1 tablespoon instant yeast
1 teaspoon sugar
¼ teaspoon kosher salt
⅔ cup (160ml) warm water
¼ cup (60ml) extra virgin olive oil, plus extra for drizzling

1. Place flour, yeast, sugar and salt into blender jug and secure lid.

🌀 **STIR 10** seconds or until combined.
Use tamper to help combine ingredients.

2. Pour water and oil into blender jug and secure lid.

🌀 **STIR 30–45** seconds.

3. Lightly flour work surface with gluten free flour mix. Carefully scrape out dough onto work surface. Knead for 30 seconds or until a smooth dough forms. Transfer to a bowl. Drizzle with olive oil. Toss lightly to cover dough with oil. Cover with plastic wrap and a tea towel. Set aside in a warm place for 45 minutes or until doubled in size.

Tip to make pizza: preheat oven to 425°F (220°C). Lightly flour working surface with gluten free flour mix. Roll dough into a 10-inch (26cm) round. Place onto a greased round pizza tray. Roll edges in to form the crust. Brush edges with a little oil. Bake for 5–7 minutes or until lightly golden. Top with pizza sauce, your favorite toppings and cheese. Bake for a further 7–8 minutes or until base is crisp and golden and cheese is golden brown.








Chocolate Chip Brown Butter Cookies



⌚ Prep 20 minutes / Bake 10–12 minutes

🍴 Makes 2½ dozen cookies

1 cup (225g) unsalted butter, diced
½ cup (100g) sugar
1 cup (210g) dark brown sugar
½ teaspoon kosher salt
1 teaspoon vanilla extract
1 whole egg
1 egg yolk
2 cups (280g) all-purpose flour
½ teaspoon baking soda
1 cup (200g) chocolate chips

1. Preheat oven to 350°F (175°C). Line two baking trays with parchment paper.
2. Melt ¾ cup (170g) butter in a heavy base saucepan over medium-high heat. Cook until nutty brown, stirring occasionally.
3. Remove from heat and transfer butter to a heatproof bowl. Add remaining butter, stir to melt, and let cool completely.
4. Place sugars, salt, vanilla and cooled brown butter into the blender jug and secure lid.
 *MIX 30 seconds.*
5. Add egg and yolk.
 *MIX 30 seconds.*
6. Sift flour and baking soda into blender jug and secure lid.
 *STIR 50 seconds. Use tamper to press ingredients into blades.*
7. Transfer dough to a large bowl and fold in chocolate chips.
8. Form 2 tablespoons of cookie dough into balls. Place onto prepared trays, 1.5-inches (4cm) apart. Use the back of a spoon to slightly flatten each ball. Bake until golden brown, about 10–12 minutes, rotating trays halfway during cooking. Let cool on trays for 5 minutes. Transfer to a wire rack to cool completely.

Tip: Chill flattened cookie dough for 20 minutes before baking for a more even shape.

Storage: Raw rolled cookie dough can be stored in the freezer for up to 2 months. When cooking from frozen, bake for an extra 2–4 minutes.

Gluten Free Pasta Dough



⌚ 20 minutes / Cook 10 minutes

⚖ Serves 2-3

½ cup (90g) brown rice
½ cup (90g) dried chickpeas
1 cup (120g) tapioca or arrowroot flour
1½ teaspoons xanthan gum
Pinch kosher salt
2 eggs
1 tablespoon olive oil
2-3 tablespoons water

1. Place rice and chickpeas into blender jug and secure lid.

🌀 **MILL** 30 seconds to 1 minute or until finely ground into flour.

2. Place 1 cup flour mixture into a bowl. Add tapioca flour and xanthan gum and stir to combine. Create a well in the center of the flour mixture. Crack eggs into the center. Add oil and a pinch of salt. Stir the mixture together from the center, slowly pulling in the flour from the edges until combined. If dough has not combined, add 1 – 2 tablespoons water, as required, until combined. Knead the dough until it forms a smooth ball and is no longer sticky.
3. Lightly flour the work surface with some of the remaining flour mixture. Roll out dough until 1/8-inch (2mm) thick. Cut into thin strips. Sprinkle some of the remaining flour mixture onto a clean, dry tea towel. Place pasta on tea towel and set aside for 5-10 minutes or until lightly dried.
4. Cook, in batches, in a large saucepan of salted boiling water for 5-7 minutes or until al dente.

Serve: with your favorite pesto or pasta sauce.





Whole Wheat Bread



⌚ 10 minutes plus 1 hour 10 minutes
to rise / Cook 40 minutes

🍷 Makes 1 loaf

3 cups (600g) wheat berries
2½ teaspoons instant yeast
3 tablespoons (40g) butter, softened
1¼ cups (300ml) warm water
2 teaspoons kosher salt
2 teaspoons honey

1. Place wheat into blender jug and secure lid.

🌀 *MILL 1-1½ minutes or until finely ground into flour.*

2. Using an electric mixer fitted with a dough hook, combine 3 cups of the whole wheat flour, yeast, butter, water, salt and honey. Knead on medium speed for 4 minutes. Add more whole wheat flour (up to ¾ cup), as needed, until dough pulls away from sides of the bowl. Continue kneading, in the electric mixer, for 5 minutes.

3. Place dough into a lightly greased bowl. Loosely cover with plastic food wrap. Set aside for 30 minutes in a warm, draft-free place or until doubled in size.

4. Lightly grease a 8½ x 4½ x 2⅝-inch (21cm x 11cm x 6.5cm) loaf pan. Preheat oven to 400°F (200°C).

5. Punch down dough and shape into a log to fit into prepared pan. Loosely cover with plastic wrap. Set aside in a warm draft-free place until doubled in size, 30-40 minutes.

6. Bake until cooked and golden brown, 30-40 minutes. Remove from pan and transfer to a wire rack to cool.



Flaxseed, Sunflower & Almond Meal (FSA Meal)



⌚ Prep 5 minutes

🥄 Makes 3½ cups (465g)

1½ cups (240g) flaxseeds

1 cup (140g) sunflower seeds

½ cup (85g) raw almonds

1. Place ingredients into blender jug and secure lid.

🌀 **MILL 15–20** seconds or until finely ground into a meal.

Storage: transfer to an airtight container. Store in the refrigerator or freezer for up to 3 months.

Nutrition insight: FSA is rich in essential nutrients including protein, omega-3 fats, fiber, vitamins E, D, B1, B2, B5 and minerals such as calcium, zinc and magnesium.

Tip: add FSA meal to smoothies, yogurt or breakfast cereals, or to muffin, cake or cookie mixtures (see recipe page 37).



Chewy Oat, Pumpkin Seed & FSA Cookies



⌚ Prep 20 minutes / Cook 10-12 minutes

🍪 Makes 3 dozen cookies

1 cup (140g) all-purpose flour
1 cup (140g) pumpkin seeds
1 cup (90g) rolled oats
¾ cup (150g) raw caster sugar
½ cup (40g) unsweetened dried coconut
½ cup (55g) FSA meal (*see recipe page 36*)
1 tablespoon ground ginger
¾ cup (170g) unsalted butter, chopped
¼ cup (60ml) dark corn syrup
1½ teaspoons baking soda
1 tablespoon boiling water

1. Preheat oven to 350°F (175°C). Line two baking trays with parchment paper.
2. Place flour, pumpkin seeds, oats, sugar, coconut, FSA meal and ginger into blender jug and secure lid.

🌀 *STIR 20 seconds or until combined.*

3. Place butter and golden syrup in a microwave safe bowl and cover with microwave safe plastic wrap. Microwave on HIGH (100%) for 40 seconds or until butter has melted.
4. Combine baking soda and boiling water in a heatproof bowl. Stir into butter mixture. Pour butter mixture into blender jug and secure lid.

🌀 *STIR 30 seconds.*

5. To avoid over-mixing, use a spatula to incorporate any remaining flour.
6. Form 2 tablespoons of cookie dough mixture into balls. Place onto prepared trays, 1½-inches (3.5cm) apart. Use the back of a spoon to flatten cookie dough slightly. Bake until golden brown, 10-12 minutes, swapping trays halfway during cooking. Let cool on trays for 5 minutes. Transfer to a wire rack to cool completely.







Buttermilk Cornbread



⌚ Prep 5 minutes / Cook 30 minutes

⚖️ Makes 1 cornbread

1½ cups (300g) dried corn kernels
⅔ cup (90g) all-purpose flour
2 teaspoons baking powder
½ teaspoon baking soda
2 cups (480ml) buttermilk
1 teaspoon kosher salt
2 eggs
½ stick (57g) butter, melted and cooled slightly
2 tablespoons honey
Butter, to serve

1. Preheat oven to 400°F (200°C). Grease and line the base of an 8-inch (20cm) square pan with parchment paper.
2. Place corn into blender jug and secure lid.
 *MILL 1½–2 minutes or until finely ground.*
3. Add flour, baking powder, baking soda, buttermilk, salt, eggs, butter and honey into blender jug and secure lid.
 *PULSE 4–5 times or until just combined and pour into prepared pan.*
 *STIR 30 seconds, scrape down sides and STIR for a further 15 seconds or until just combined. Pour into prepared pan.*
4. Bake until golden brown and a skewer inserted into the center comes out clean, about 25–30 minutes.

Serve: warm with butter.








Buckwheat, Quinoa & Apple Cake



⌚ Prep 20 minutes / Cook 45 minutes

🍴 Serves 10

1 cup (200g) raw buckwheat groats
½ cup (150g) quinoa
¾ cup (150g) granulated sugar
1 tablespoon baking powder
¼ teaspoon ground cinnamon
2 eggs
⅔ cup (160ml) reduced fat milk
½ cup (120ml) macadamia nut oil or vegetable oil
⅓ cup (90g) applesauce
1 teaspoon vanilla extract
1 medium apple, peeled, cored, thinly sliced
2 tablespoons apricot jam, slightly warmed

1. Preheat oven to 350°F (175°C). Grease and line the base of an 8-inch (20cm) round springform pan with parchment paper.
2. Place buckwheat and quinoa flakes into blender jug and secure lid.
 *MILL 30 seconds or until finely ground.*
3. Add sugar, baking powder and cinnamon into blender jug and secure lid.
 *STIR 10 seconds or until combined.*
4. Add eggs, milk, oil, applesauce and vanilla into blender jug and secure lid.
 *STIR 30 seconds. Use spatula to combine any remaining flour to avoid over-mixing.*
5. Pour into prepared pan. Arrange apple slices over top of cake batter. Bake until a skewer inserted in the center comes out clean, 45–50 minutes. Let stand in pan for 5 minutes. Remove springform ring and transfer cake to a wire rack. Brush top of hot cake with jam. Let cool completely before serving.





Sweet Sensations

Peach, Passionfruit & Raspberry Yogurt Pops

Chocolate Hazelnut & Banana Freeze

Banana, Pecan & Honey Frozen Yogurt

Blood Orange & Cantaloupe Granita

Coconut, Mango & Lime Gelato

Watermelon, Strawberry and Mint Sorbet

Lemon Sorbet



Peach, Passionfruit & Raspberry Yogurt Pops



⌚ Prep 10 minutes plus 6 hours to freeze

⚖️ Makes 10

2½ cups (600g) vanilla yogurt
1 x 14.5-ounce (410g) can peach slices in natural juice, drained
2 tablespoons passionfruit pulp
1⅓ cups (150g) fresh or thawed frozen raspberries
1 tablespoon sugar

1. Place 1 cup (240g) yogurt, peaches and passionfruit into blender jug and secure lid.
 *PUREE 5-10 seconds or until smooth.*
2. Divide peach mixture among 10 x 4-ounce (120ml) ice-pop molds.
3. Place remaining yogurt, raspberries and sugar into blender jug and secure lid.
 *PUREE 5 seconds or until smooth.*
4. Pour gently into each ice-pop mold on top of peach mixture.
5. Place wooden stick into center of each mold. Place into freezer for 6 hours or until firm.

Tip: to remove ice-pops from molds, dip molds quickly into hot water and gently pull out the ice-pops.



Chocolate Hazelnut & Banana Freeze



⌚ 5 minutes plus 5 hours to freeze

⚖️ Serves 6-8

16 ice cubes (350g)

$\frac{2}{3}$ cup (160ml) condensed milk

$\frac{3}{4}$ cup (220g) chocolate hazelnut spread

2 frozen bananas, sliced

1. Place ice cubes into blender jug and secure lid.



ICE CRUSH 30 seconds or until most of the ice is crushed. Remove lid and scrape ice from sides of jug.

2. Place remaining ingredients into blender jug and secure lid.



FROZEN DESSERT until program finishes. Repeat program if needed to become smooth. Use tamper to firmly press ingredients into the blades.

Serve: Pour into a freezer-safe container and freeze for 5 hours or until firm before serving.

Storage: freeze for up to 2 weeks.



Banana, Pecan & Honey Frozen Yogurt



⌚ Prep 5 minutes plus 30 minutes to chill

⚖️ Serves 6-8

4 frozen bananas, sliced

2 tablespoons honey

1 teaspoon vanilla extract

$\frac{1}{2}$ cup (140g) Greek yogurt

$\frac{3}{4}$ cup (75g) pecan halves

1. Place ingredients into blender jug and secure lid.



FROZEN DESSERT until program finishes or until combined and smooth. Use tamper to press ingredients firmly into the blades.

Serve: pour into a freezer-safe container and allow to firm in the freezer for 30 minutes before serving.

Storage: freeze for up to 2 weeks.





Coconut, Mango & Lime Gelato




Prep 10 minutes

Serves 6-8

4 cups (580g) frozen chopped mango
1 lime, peeled, halved
½ cup (120ml) chilled coconut milk
½ cup (120ml) sweetened condensed milk
¼ cup (20g) toasted shredded coconut (optional)

1. Place ingredients into blender jug and secure lid.

 **FROZEN DESSERT** until program finishes or until smooth and combined. Use tamper to firmly press ingredients into the blades.

Serve: immediately.

Storage: transfer to a freezer-safe container and freeze for up to 2 weeks.



Blood Orange & Cantaloupe Granita




Prep 15 minutes plus 8 hours to freeze

Serves 8-10

8 cups (3 pounds/1.4kg) peeled and cubed cantaloupe
¾ cup (180ml) fresh blood orange juice
(from 3-4 blood oranges)
1 tablespoon fresh lemon juice
½ cup (100g) sugar

1. Place ingredients into blender jug and secure lid.

 **PUREE 20** seconds or until smooth and sugar has dissolved.

2. Pour into an 8 x 8-inch (21 x 21cm) freezer-safe dish. Cover with foil. Place in the freezer and freeze for 8 hours, or overnight, until firm.

3. Use a fork to scrape granita mixture into fine crystals.

Serve: immediately.

Storage: transfer to a freezer-safe container and freeze for up to 2 weeks.





Watermelon, Strawberry and Mint Sorbet



⌚ Prep 10 minutes

🍴 Serves 6-8

1½ cups (250g) seedless watermelon, peeled, chopped
2 small limes, peeled, halved, seeds removed
2 cups (280g) frozen strawberries
¼ cup (50g) sugar
½ cup (6g) fresh mint leaves

1. Chill watermelon and lime in freezer for 30 minutes before blending.
2. Place ingredients into blender jug and secure lid.

👉 **FROZEN DESSERT** until program finishes or until combined and smooth. Use tamper to firmly press ingredients into the blades.

Serve: immediately.

Storage: transfer to a freezer-safe container and freeze for up to 2 weeks.

Lemon Sorbet



⌚ Prep 5 minutes

🍴 Serves 4

1 teaspoon finely grated lemon zest
4 lemons, peeled, halved (350g flesh)
½ cup (100g) sugar
5½ cups (620g) ice cubes

1. Place ingredients into blender jug and secure lid.

👉 **FROZEN DESSERT** until program finishes or until combined and smooth. Use tamper to firmly press ingredients into the blades.

Serve: immediately.

Storage: transfer to a freezer-safe container and freeze for up to 2 weeks.





Nutty Butters & Milks

Almond, Flaxseed & Chia Butter

Chunky Pistachio & Macadamia Nut Butter

Maple Pecan & Brazil Nut Butter

Almond Milk

Cashew Milk

Soy Milk

Almond, Flaxseed & Chia Butter



⌚ Prep 5 minutes

📏 Makes 2 cups

1 pound (450g) roasted almonds
2 tablespoons flaxseeds
1 tablespoon chia seeds
2 tablespoons macadamia or rice bran oil

1. Place ingredients into blender jug and secure lid.

🌀 Gradually increase speed to **PUREE 45** seconds.
Use tamper to press ingredients into blades if required.
Remove lid and scrape down sides of jug.

🌀 **MILL 45** seconds or until desired consistency is achieved.

Storage: transfer to a clean, airtight container or jar. Store in the refrigerator for up to 1 month.

Tip: if the nut butter is too thick, add a little oil to loosen the mix.



Chunky Pistachio & Macadamia Nut Butter



1½ cups (215g) roasted pistachio kernels
1 cup (140g) roasted, unsalted macadamia nuts
1 tablespoon macadamia or rice bran oil
Pinch kosher salt

1. Place 80g pistachio kernels into blender jug and secure lid.
 **CHOP** 5 seconds or until roughly chopped and transfer to a bowl.
2. Place remaining pistachio kernels and macadamia nuts, oil and salt into blender jug and secure lid.
 Gradually increase speed to **PUREE** 45 seconds. Use tamper occasionally to press ingredients into blades if required. Remove lid and scrape down sides of jug.
-  **MILL** 15 seconds or until desired consistency is achieved.
3. Stop, scrape down sides then add reserved pistachio.
 **STIR** 20–30 seconds or until combined.



Storage: transfer to a clean, airtight container or jar. Store in the refrigerator for up to 1 month.

Tip: for a greener pistachio butter use blanched, peeled pistachio kernels. These can be purchased from specialty food stores.

Maple Pecan & Brazil Nut Butter



2½ cups (250g) pecans
½ cup (75g) Brazil nuts
⅓ cup (80ml) pure maple syrup
Pinch ground cinnamon
Pinch kosher salt

1. Preheat oven to 325°F (160°C). Line a large baking tray with nonstick parchment paper.
2. Place pecans and Brazil nuts into a bowl. Drizzle with maple syrup and toss until evenly coated. Spread evenly over prepared tray. Bake for 12–15 minutes, stirring nuts halfway through, until nuts are golden brown. Set aside for 10–15 minutes to cool.
3. Place cooled nuts and remaining ingredients into blender jug and secure lid.
 Gradually increase speed to **PUREE** 45 seconds. Use tamper to press ingredients into blades. Remove lid and scrape down sides of jug.
-  **MILL** 45 seconds or until desired consistency is achieved.

Storage: transfer to a clean, airtight container or jar. Store in the refrigerator for up to 1 month.

Tip: if the nut butter is too thick, add a little oil to loosen the mix.



Almond Milk



⌚ Prep 10 minutes plus 8 hours to soak

🥄 Makes 1 quart (1L)

2 cups (300g) raw almonds
1 quart (1L) chilled filtered water

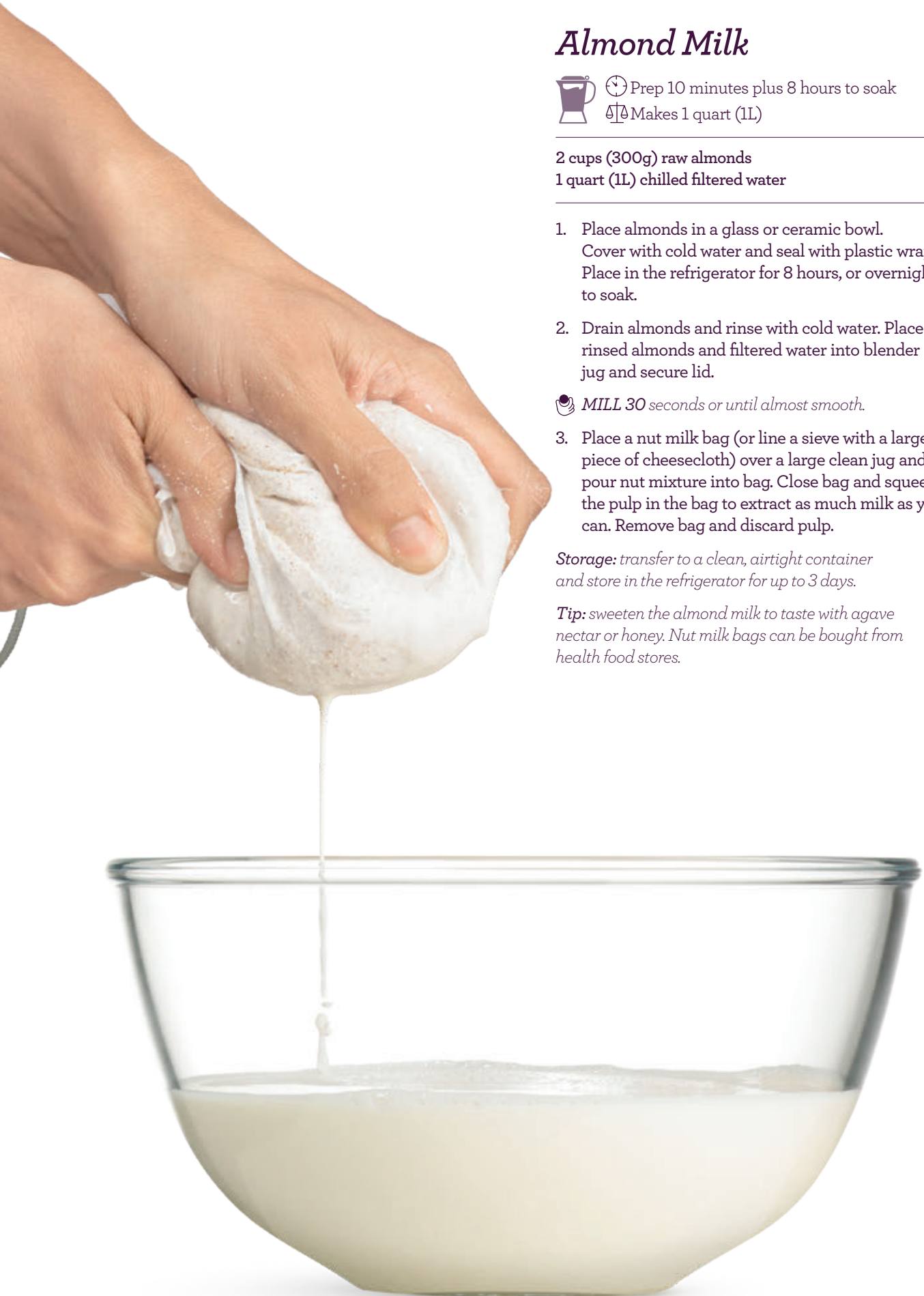
1. Place almonds in a glass or ceramic bowl. Cover with cold water and seal with plastic wrap. Place in the refrigerator for 8 hours, or overnight, to soak.
2. Drain almonds and rinse with cold water. Place rinsed almonds and filtered water into blender jug and secure lid.

🌀 **MILL** 30 seconds or until almost smooth.

3. Place a nut milk bag (or line a sieve with a large piece of cheesecloth) over a large clean jug and pour nut mixture into bag. Close bag and squeeze the pulp in the bag to extract as much milk as you can. Remove bag and discard pulp.


Storage: transfer to a clean, airtight container and store in the refrigerator for up to 3 days.

Tip: sweeten the almond milk to taste with agave nectar or honey. Nut milk bags can be bought from health food stores.





Cashew Milk

 ⌚ Prep 10 minutes plus 8 hours to soak
🥄 Makes 1 quart (1L)

2 cups (250g) raw cashews
1 quart (1L) chilled filtered water

1. Place cashews in a glass or ceramic bowl. Cover with cold water and seal with plastic wrap. Place in the refrigerator for 8 hours, or overnight, to soak.
2. Drain cashews and rinse with cold water. Place rinsed cashews and filtered water into blender jug and secure lid.

 *MILL 30 seconds or until almost smooth.*


3. Place a nut milk bag (or line a sieve with a large piece of cheesecloth) over a large clean jug and pour nut mixture into bag. Close bag and squeeze the pulp in the bag to extract as much milk as you can. Remove bag and discard pulp.

Storage: transfer to a clean, airtight container and store in the refrigerator for up to 3 days.

Tip: sweeten the cashew milk to taste with agave nectar or honey. Nut milk bags can be bought from health food stores.



Soy Milk

 ⌚ Prep 10 minutes plus 8 hours to soak /
⌚ Cook 15 minutes
🥄 Makes 1 quart (1L)

1 cup (200g) organic dried soybeans
1 quart (1L) chilled filtered water

1. Place soybeans in a glass or ceramic bowl. Cover with cold water and seal with plastic wrap. Place in the refrigerator for 8 hours, or overnight, to soak.
2. Drain soybeans and rinse with cold water. Discard any discolored beans. Place rinsed soybeans and filtered water into blender jug and secure lid.

 *MILL 30 seconds or until almost smooth.*

3. Place a nut milk bag (or line a sieve with a large piece of cheesecloth) over a large clean jug. Pour soybean mixture into the bag. Close bag and gently squeeze the pulp to extract out as much liquid as you can. Discard pulp.
4. Place soybean milk into a medium saucepan over medium heat. Bring to a gentle boil, reduce heat to low and simmer for 10-15 minutes, skimming away any foam from the surface. Remove from heat and let cool. Refrigerate for 2 hours or until well chilled.

Storage: transfer to a clean, airtight container and store in the refrigerator for up to 3 days.

Tip: sweeten the soy milk to taste with agave nectar or honey. Nut milk bags can be bought from health food stores.



Get Saucy

Strawberry & Raspberry Sauce

Creamy Mayonnaise

Spicy Barbecue Sauce

Indulgent Chocolate Sauce

Quick & Easy Hollandaise

Buttermilk & Feta Dressing

Cherry Tomato Vinaigrette

Whole Orange Dijon Vinaigrette

Lime & Wasabi Vinaigrette



Strawberry & Raspberry Sauce



⌚ Prep 5 minutes
🥄 Makes 1¾ cups (420ml)

1¾ cups (250g) fresh or thawed frozen strawberries, trimmed
1 cup (125g) fresh or thawed frozen raspberries
¼ cup (50g) raw sugar

1. Place ingredients into blender jug and secure lid or into personal blender cup and secure blade assembly.

🌀 Gradually turn up to **PUREE** for 20 seconds or until smooth.

Storage: transfer to an airtight container and store in the refrigerator for up to 2 days.

Tip: this sauce is delicious drizzled over yogurt and ice cream or your favorite dessert. For a more indulgent sauce add 1 tablespoon of Cointreau or triple sec.

For a smoother sauce, strain before using.

Creamy Mayonnaise



⌚ Prep 5 minutes
🥄 Makes 1¾ cups (420ml)

4 egg yolks
2 teaspoons Dijon mustard
2 tablespoons lemon juice or white wine vinegar
1 teaspoon kosher salt
1½ cups (360ml) grapeseed or light olive oil

1. Place egg yolks, mustard, lemon juice and salt into blender jug and secure lid.

🌀 **MIX** 10 seconds or until combined.

🌀 **MIX** 2–3 minutes. While the motor is running, turn the inner cap so it is unlocked and gradually add oil in a thin stream until mixture thickens and becomes emulsified.

Storage: transfer to an airtight container and store in the refrigerator for up to 1 week.

Tip to make an aioli: add 2 cloves garlic and increase lemon juice to 2 tablespoons. For a lime aioli use lime juice instead of lemon juice.

Spicy Barbecue Sauce



⌚ Prep 10 minutes / Cook 1 hour 10 minutes
🥄 Makes 5½ cups (1.3L)

1 onion, quartered
3 garlic cloves, peeled
1 habanero pepper, seeded
4 cups (1L) tomato sauce
½ cup spiced BBQ rub (see page 64)
½ cup (70g) brown sugar
½ cup (80ml) apple cider vinegar
½ cup (80ml) molasses
¼ cup (60ml) honey
2 tablespoons spicy brown mustard
1 tablespoon olive oil
Sea salt and pepper, to taste

1. Place ingredients into blender jug and secure lid.

🌀 **PUREE** 40–50 seconds or until combined.
2. Transfer sauce to a large saucepan. Bring to a boil and then reduce heat to low and cover. Simmer, stirring occasionally, for 50–60 minutes or until thickened. Season with salt and pepper. Set aside to cool.
3. Transfer to blender jug and secure lid.

🌀 **BLEND** 10 seconds or until smooth.

Storage: transfer to an airtight container and store in the refrigerator for up to 2 months.



Indulgent Chocolate Sauce



⌚ Prep 5 minutes

🍹 Makes 2½ cups (600ml)

1 cup (240ml) heavy cream
½ cup (120ml) water
12 ounces (340g) dark chocolate, chopped
⅓ cup (40g) powdered sugar
2 tablespoons hazelnut liqueur (optional)

1. Place ingredients into blender jug and secure lid.



CHOP 10 seconds.



MILL 2 minutes or until melted and smooth.
Use tamper occasionally to press ingredients into blades if required.

Serve: with your favorite dessert.

Quick & Easy Hollandaise



⌚ Prep 5 minutes

🥄 Makes 1¼ cups (300ml)

3 egg yolks

1½ tablespoons lemon juice or white wine vinegar

1 tablespoon hot water

¾ teaspoon kosher salt

1 cup (225g) unsalted butter, melted

1. Place egg yolks, lemon juice or vinegar, water and salt into blender jug and secure lid.

🌀 **MILL** 30 seconds or until pale and creamy.

🌀 **BLEND** 1 minute. While the motor is running, turn the inner cap so it is unlocked and gradually add melted butter in a thin, steady stream. Continue blending for 30 seconds or until sauce has thickened.

Serve: immediately with poached eggs, steamed asparagus or potato cakes.



Buttermilk & Feta Dressing



Prep 5 minutes

Makes 1 cup (240ml)

½ cup (120ml) buttermilk
¾ cup (100g) feta
2 tablespoons olive oil
2 tablespoons lemon juice
1 small clove garlic
½ teaspoon finely grated lemon zest
Kosher salt and freshly ground black pepper, to taste

1. Place buttermilk, feta, olive oil, lemon juice and garlic into blender jug and secure lid or into personal blender cup and secure blade assembly.

BLEND 10 seconds or until smooth.

2. Add lemon zest and season with salt and pepper.

STIR 5 seconds or until combined.

Serve: with your favorite salad or use as a dressing for potatoes.

Storage: transfer to a clean airtight container and store in the refrigerator for up to 2 days.

Cherry Tomato Vinaigrette



Prep 5 minutes

Makes 1½ cups (360ml)

1¾ cups (250g) cherry tomatoes
½ cup (120ml) olive oil
1 tablespoon balsamic or white balsamic vinegar
1 small clove garlic
¾ cup (15g) loosely packed basil leaves
1 tablespoon chopped flat leaf parsley
Sea salt and freshly ground pepper, to taste

1. Place ingredients into blender jug and secure lid or into personal blender cup and secure blade assembly.

BLEND 8–10 seconds or until combined, season to taste with salt and pepper.

Serve: with your favorite salad.

Storage: transfer to a clean airtight container and store in the refrigerator for up to 3 days.





Whole Orange Dijon Vinaigrette



Prep 10 minutes

Makes 1½ cups (360ml)

1 orange, zest and flesh
1 small shallot
1 clove garlic
2 tablespoons white wine vinegar
2 tablespoons Dijon mustard
1 tablespoon honey
½ cup (120ml) olive oil
Kosher salt and freshly ground black pepper, to taste

1. Place ingredients into blender jug and secure lid or into personal blender cup and secure blade assembly.

BLEND 20–25 seconds or until smooth and combined.

Serve: with your favorite salad.

Storage: transfer to an airtight container and store in the refrigerator for up to 3 days.

Lime & Wasabi Vinaigrette



Prep 5 minutes

Makes 1½ cups (360ml)

2 limes, zest and flesh
2 tablespoons rice wine vinegar
¼ cup (80g) wasabi paste
¾ cup (180ml) rice bran or grapeseed oil
Kosher salt and freshly ground pepper, to taste

1. Place lime, vinegar, wasabi and oil into blender jug and secure lid or into personal blender cup and secure blade assembly.

BLEND 15 seconds or until smooth and combined.
Season to taste with salt and pepper.

Serve: with your favorite salad or use as a dressing for a chicken, tuna or shrimp salad.

Storage: transfer to a clean airtight container and store in the refrigerator for up to 3 days.



Exotic Spices & Pastes

Moroccan Spice Blend

Moroccan Lamb Chops

Jamaican Jerk Pork Ribs

Pulled Pork Sliders

Barbecued Piri Piri Chicken

Thai Red Curry Paste

Red Curry Prawn Skewers

Steak with 4 Herb Chimichurri

Moroccan Spice Blend



- 12 cardamom pods
- 4 tablespoons cumin seeds
- 2½ tablespoons coriander seeds
- 2 cinnamon sticks, halved
- 2 teaspoons fennel seeds
- ½ teaspoon whole black peppercorns
- ½ teaspoon whole allspice berries
- 2 teaspoons paprika
- 1½ teaspoons ground turmeric

1. Lightly crush the cardamom pods to remove seeds. Discard pods and reserve the seeds.
2. Place all ingredients except paprika and turmeric into blender jug and secure lid, or into personal blender cup and secure blade assembly.

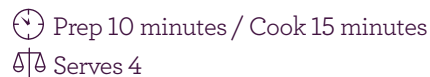
 **MILL** 20–30 seconds or until finely ground.
Transfer to a bowl.

3. Add paprika and turmeric. Stir until combined.

Storage: Transfer to a clean, dry airtight container.
Store in a cool dry place for up to 3 months.

Tip: sprinkle spice mix over your favorite lamb, beef, poultry or vegetables and then pan-fry, barbecue or roast. Add to casseroles, stews or soups. As a guide, use 1 tablespoon spice blend to 1 pound (450g) meat, poultry or vegetables.

Moroccan Lamb Chops



- 8 (2 pounds/1kg) lamb loin chops, trimmed
- 2½ tablespoons Moroccan spice blend
- Kosher salt and freshly ground black pepper, to taste
- 1 tablespoon olive oil

To serve
Lemon wedges

1. Place lamb in a bowl. Sprinkle with spice blend and toss to coat. Season with salt and pepper.
2. Heat oil in a large frying pan over medium high heat. Cook lamb, in batches, for 2 minutes each side for medium-rare or until desired doneness. Transfer to a heatproof plate. Cover loosely with foil and let rest for 5 minutes.

Serve: with lemon wedges.



Jamaican Jerk Pork Ribs



Prep 20 minutes plus 4 hours marinating
/ Cook 2 hours

Serves 4-6

4 racks (4.5 pounds/2kg) baby back ribs

Spice Rub

2 teaspoons dried rosemary

2 teaspoons allspice berries

1 cinnamon stick

1 tablespoon dried garlic granules

1 tablespoon curry powder

1 tablespoon kosher salt

½ teaspoon yellow mustard seeds

½ teaspoon brown mustard seeds

4-6 habanero or scotch bonnet peppers (30g),
seeds removed

¼ cup (5g) loosely packed Italian parsley leaves

3 green onions, roughly chopped

2 teaspoons fresh thyme leaves

¼ cup (60ml) apple cider vinegar

⅓ cup (80ml) orange juice

Jamaican Jerk Sauce

½ large red onion, quartered

3 cloves garlic

1 tablespoon vegetable oil

¼ cup (60ml) Jamaican or Caribbean spiced dark rum

1 quart (1L) ketchup

2 tablespoons apple cider vinegar

¼ cup (50g) brown sugar

1. To make Spice Rub: place rosemary, allspice, cinnamon, dried garlic, curry powder, salt and mustard seeds into blender jug and secure lid.

MILL 10 seconds or until finely ground.

2. Add peppers, parsley, green onion, thyme, vinegar and orange juice and secure lid.

PUREE 30 seconds or until smooth. Use tamper occasionally to press ingredients into blades if required. Reserve ¼ cup spice rub in a bowl. Cover and refrigerate.

3. Rub remaining spice rub over both sides of the ribs. Wrap ribs in plastic wrap and place in refrigerator to marinate for 1-4 hours.
4. Preheat oven to 350°F (175°C). Place a lightly oiled wire rack in a large foil-lined roasting pan.
5. Place ribs onto wire rack. Carefully pour 1-2 cups of water into the base of the pan. Bake uncovered for 30 minutes then cover with foil and bake for a further 1½ hours or until tender, adding water to the base of the pan if needed.

6. To make Jamaican Jerk Sauce: Place red onion and garlic into blender jug and secure lid.

CHOP 10 seconds or until roughly chopped, scraping if necessary.

PUREE 10-15 seconds or until smooth.

7. Pour mixture into medium saucepan. Simmer, partially covered, on a medium heat, stirring occasionally for 1 hour or until mixture has darkened and thickened. Set aside to cool.
8. Remove ribs from oven; brush both sides of ribs with some of the Jerk sauce. Place ribs back on wire rack; bake for 10-15 minutes or until browned.

Serve: with remaining Jerk sauce.

Tip: The Jerk spice rub marinade and sauce are also perfect on chicken and seafood. Quantities and cooking times will vary.



Pulled Pork Sliders



Prep 15 minutes plus 4 hours to marinate
/ Cook 8 hours

Serves 10-12

4.5 pounds (2kg) pork shoulder, cut into 4 pieces
2 tablespoons vegetable oil
Water or low-sodium chicken broth, for cooking
1 cup (240ml) Spicy BBQ Sauce, (see page 55)
Mayonnaise, baby spinach, thinly sliced dill pickles,
pickled jalapeno peppers, to serve
Mini brioche or burger buns, split, toasted

Spiced BBQ Rub

Makes 1 cup (170g)

4 tablespoons sweet paprika
2 tablespoons dried onion flakes
2 tablespoons dried garlic granules
1 teaspoon whole black peppercorns
½ teaspoon yellow mustard seeds
½ teaspoon brown mustard seeds
2 tablespoons kosher salt
½ teaspoon cayenne pepper
¼ cup (50g) brown sugar

1. To make spiced BBQ rub: place paprika, dried onion, dried garlic, peppercorns, mustard seeds, salt and cayenne into blender jug and secure lid.

MILL 5-10 seconds.

2. Add brown sugar and secure lid.

BLEND 10-15 seconds.

3. Remove 5 tablespoons spice mixture and set aside. Transfer remaining spice mixture to a clean, dry, airtight container. Store in a cool, dark place for up to 3 months.
4. Rub reserved spice mixture all over pork. Wrap in plastic wrap. Place in refrigerator to marinate for at least 4 hours, or overnight.
5. Remove pork from the refrigerator and let stand room temperature for 30 minutes.
6. Heat oil in a large, heavy based frying pan over high heat. Cook pork until browned, 3-4 minutes per side. Transfer pork to slow cooker and add just enough water or broth to come halfway up the pork. Cover and cook until tender, 4-5 hours on HIGH or 8-10 hours on LOW.
7. Transfer pork to a large ceramic or glass dish. Using 2 forks, shred the pork. Strain pan juices from slow cooker, reserving ⅓ cup (80ml). Add reserved pan juices and ¾ cup (180ml) BBQ sauce to the pork and stir until combined.

Serve: on buns with mayonnaise, baby spinach, dill pickles, jalapenos and extra BBQ sauce.



Barbecued Piri Piri Chicken



⌚ Prep 10 minutes + 4 hours to marinate /
Cook 25 minutes

🥄 Makes 1 cup sauce / Serves 4

1 whole chicken (3.5 pounds/1.5kg), cut into eight pieces

¼ cup (60ml) whiskey

Cooking oil spray

To serve

Lemon wedges

Piri Piri Sauce

4 long red chilies or red jalapenos, quartered

9 birds eye chilies, stems removed

3 cloves garlic

2 teaspoons sweet paprika

2 teaspoons smoked paprika

1 teaspoon dried oregano

1 teaspoon kosher salt

¼ cup (60ml) fresh lemon juice

¾ cup (180ml) olive oil

1. Make deep diagonal cuts in chicken pieces and place into resealable bag. Place in refrigerator until needed.
2. To make piri piri sauce: place all sauce ingredients into blender jug and secure lid, or into personal blender cup and secure blade assembly.

🌀 **CHOP** 10 seconds, scrape down sides then

🌀 **PUREE** for 20–30 seconds or until almost smooth.

Transfer half of the piri piri sauce to an airtight container and store in the refrigerator until ready to serve.

3. Add the whiskey to the remaining piri piri sauce in blender jug and secure lid.

🌀 **STIR** 5 seconds.

4. Pour onto prepared chicken pieces in bag. Seal bag and toss to coat. Place in the refrigerator for 4 hours, or overnight, to marinate.
5. Heat a barbecue or grill pan to medium-high heat. Spray chicken with cooking oil. Cook for 20–25 minutes, turning occasionally, or until charred and cooked through.

Serve: with remaining piri piri sauce and lemon wedges.

Tip: if you like your sauce less spicy, remove seeds from the chilies before adding to the blender. For roasted piri piri chicken: place marinated chicken pieces onto a greased rack over a foil-lined baking tray.

Bake at 400°F (200°C) for 35–40 minutes or until chicken is cooked through.




Thai Red Curry Paste

  Prep 25 minutes / Cook 5 minutes
 Makes 3½ cups (840ml)

20 dried long red chilies (about 2–3 inches/
5–7.5cm long)
1.5-inch (4cm) piece galangal or ginger,
peeled, thinly sliced
2 stalks lemongrass, pale section only,
roughly chopped
14 cilantro roots or stems, scraped clean
1 teaspoon roasted shrimp paste, optional (See Tip)
10 kaffir lime leaves, stems removed
½ cup (80ml) rice bran or vegetable oil
4 medium shallots, roughly chopped
12 cloves garlic
2 teaspoons kosher salt

1. Place chilies in a heatproof bowl. Cover with boiling water for approximately 15 minutes or until softened then drain.
2. Place drained chilies and remaining ingredients into blender jug and secure lid.





 **MIX** for 20 seconds. Use tamper occasionally to press ingredients into blades if required. Scrape down the sides halfway through blending.

 **BLEND** 30–40 seconds or until desired texture.

Storage: transfer to a clean glass jar and cover top with a little oil. Paste can be stored in refrigerator for 1 week or frozen for 1 month.

Tip: roasted shrimp paste can be found at Asian markets.

Thai Red Curry Prawn Skewers

   Prep 10 minutes + 1 hour marinate /
Cook 5 minutes
 Serves 4

½ cup (120ml) coconut milk
80g Thai red curry paste
4 kaffir lime leaves, stems removed
20 large prawns (1.5 pounds/680g), peeled,
tails kept intact
20 bamboo skewers

To serve
Lime wedges and chopped cilantro

1. Place coconut milk, curry paste and kaffir lime leaves into blender jug and secure lid, or into personal blender cup and secure blade assembly.

 **PUREE** 10 seconds or until combined.

2. Pour coconut milk mixture into a bowl and add prawns. Toss to combine, cover and place in the refrigerator for 1 hour to marinate.
3. While prawns marinate, soak skewers in a bowl of cold water for 30 minutes and then drain.
4. Preheat a barbecue or grill pan to medium-high heat. Thread prawns onto bamboo skewers. Cook, in batches, for 1–2 minutes each side or until cooked through.

Serve: transfer to a large serving platter. Squeeze over lime and garnish with chopped cilantro.



Steak with 4 Herb Chimichurri



Prep 10 minutes / Cook 15 minutes


Makes 1 3/4 cups (420ml) / Serves 4

4 x 8-ounce (225g) sirloin steaks
Salt and freshly ground black pepper, to taste

Chimichurri Sauce

5 garlic cloves, peeled
4 green onions, quartered
1/2 cup (30g) coarsely chopped Italian parsley leaves
1/2 cup (20g) coarsely chopped cilantro leaves
1/3 cup (10g) fresh oregano leaves
1 sprig fresh thyme leaves
1 jalapeno pepper, seeded, quartered
2 teaspoons red chili flakes
1 cup (240ml) olive oil, plus extra to brush steaks
1/4 cup (60ml) lemon juice
2 tablespoons lime juice
Salt and freshly ground black pepper, to taste

1. To make Chimichurri sauce: place ingredients into blender jug and secure lid, or into personal blender cup and secure blade assembly.

 **CHOP** 15–20 seconds or until smooth, scraping halfway with a spatula.

2. Transfer to a bowl. Season to taste with salt and pepper. Cover with plastic wrap; chill in the refrigerator until needed.
3. Heat a large grill pan or barbeque to high heat. Lightly brush steaks with oil and season with salt and pepper. Cook for 3 minutes per side, or until desired doneness. Transfer to a wire rack set over a plate. Loosely cover with foil and let rest for 5–6 minutes.

Serve: divide steaks among serving plates and drizzle with chimichurri sauce.

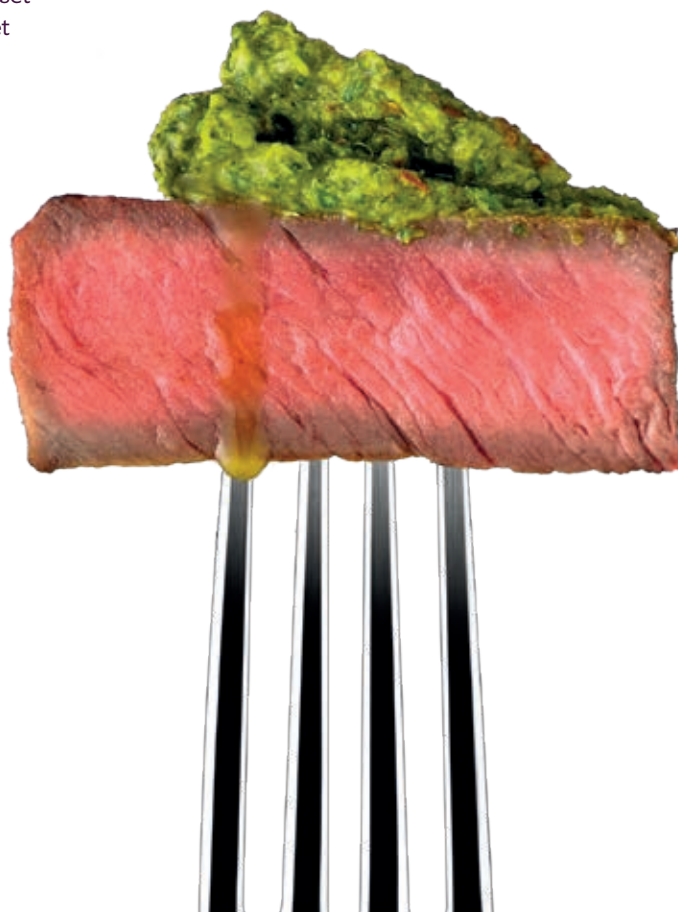


Prep 10 minutes

Makes 1 cup (240ml)

Chimichurri Sauce

3 garlic cloves, peeled
2 green onions, quartered
1/4 cup (150g) coarsely chopped Italian parsley leaves
1/4 cup (10g) coarsely chopped cilantro leaves
3 tablespoons (5g) fresh oregano leaves
1 sprig fresh thyme leaves
1/2 jalapeno pepper, seeded, quartered
1 teaspoon red chili flakes
1/2 cup (120ml) olive oil, plus extra to brush steaks
2 tablespoons lemon juice
1 tablespoon lime juice





Double Dipping

Pistachio & Hazelnut Dukkah

Arugula Pesto Dip

Roasted Red Pepper Hummus

Spicy Cashew Dip

Feta, Jalapeno & Avocado Dip

Spiced Raw Carrot & Cilantro Dip

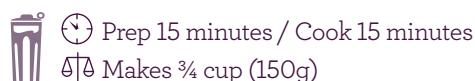
Pistachio & Hazelnut Dukkah



½ cup (75g) pistachio kernels
½ cup (75g) hazelnuts
¼ cup (30g) sesame seeds
2 tablespoons coriander seeds
2 tablespoons cumin seeds
¼ teaspoon black peppercorns
1 teaspoon kosher salt


To serve

Extra virgin olive oil, sliced crusty bread




½ cup (50g) pistachio kernels
½ cup (50g) hazelnuts
2 tablespoons sesame seeds
1 tablespoon coriander seeds
1 tablespoon cumin seeds
¼ teaspoon black peppercorns
½ teaspoon kosher salt

1. Preheat oven to 350°F (175°C).
2. Place nuts on a large baking tray. Roast for 3–5 minutes or until golden. Tip nuts onto a clean tea towel and, using the tea towel, rub off as much skin as possible. Transfer to a bowl and set aside to cool.
3. Place nuts into blender jug and secure lid, or into personal blender cup and secure blade assembly.

 **CHOP** 3–5 seconds or until ground and return nuts back to bowl.

4. Place a frying pan over medium heat. Add sesame seeds and cook, stirring occasionally, for 2 minutes or until lightly toasted. Add to nut mixture.
5. Add coriander seeds, cumin seeds and peppercorns to the frying pan. Cook, stirring occasionally, over medium heat for 4 minutes or until fragrant and seeds begin to pop. Set aside to cool.
6. Place spices and salt into blender jug and secure lid.

 **MILL** 20–30 seconds or until finely ground. Add to sesame seed mixture and toss to combine.

Serve: place dukkah and extra virgin olive oil into separate bowls. Serve with bread.

Storage: store in an airtight container in a cool, dark place, or in the refrigerator, for up to 2 months.



Arugula Pesto Dip



⌚ Prep 10 minutes


⚖️ Makes 1 cup (280g)

4 cups (100g) baby arugula leaves
1/3 cup (25g) finely grated parmesan cheese
1/3 cup (45g) pine nuts, toasted
2 cloves garlic
1/2 cup (120ml) olive oil, plus extra to cover
2 tablespoons lemon juice
Salt and freshly ground black pepper, to taste

To serve

Lavosh, toasted baguette slices or vegetable crudites

1. Place ingredients into the blender jug and secure lid.

 **CHOP** 20–30 seconds or until finely chopped and almost smooth, scraping down ingredients if necessary. Season to taste with salt and pepper.

Serve: transfer to a serving bowl and serve with flat bread, vegetable crudites or chopped Turkish bread.

Storage: pour a little olive oil over the top of the pesto to help prevent oxidation. Store in an airtight container in the refrigerator for up to 3 days.

Tip: this pesto is also perfect stirred through hot pasta. To make basil pesto, swap basil for arugula.





Roasted Red Pepper Hummus



⌚ Prep 15 minutes / Cook 20 minutes

🥄 Makes 4 cups (1kg)

2 red bell peppers
2 tablespoons olive oil
2 x 15.5-ounce (880g) cans chickpeas, drained, rinsed
2 cloves garlic
1 lemon, juiced
2 tablespoons water
¼ cup tahini
1 teaspoon ground cumin
Kosher salt and freshly ground black pepper, to taste
To serve
Toasted cumin seeds, pita bread



⌚ Prep 15 minutes / Cook 20 minutes

🥄 Makes 2 cups (500g)

1 red bell pepper
1 tablespoon olive oil
1 x 15.5-ounce (440g) can chickpeas, drained, rinsed
1 clove garlic
½ lemon, juiced
1 tablespoon water
2 tablespoons tahini
½ teaspoon ground cumin
Kosher salt and freshly ground black pepper, to taste
To serve
Toasted cumin seeds, pita bread

1. Rub peppers with ½ tablespoon of olive oil. Cook on a barbecue or under a broiler, turning regularly, until charred all over, about 20 minutes.
2. Transfer to a heatproof bowl, cover and set aside for 10 minutes or until softened and cooled slightly. Remove and discard skin and seeds.
3. Place pepper and remaining ingredients into blender jug and secure lid, or into personal blender cup and secure blade assembly.

🌀 **CHOP** 15 seconds.

🌀 **PUREE** 15 seconds or until desired consistency. Use tamper occasionally to press ingredients into blades if required. Season with salt and pepper.

Serve: transfer to a serving bowl, sprinkle with cumin seeds and serve with pita bread.

Tip: if the hummus is too thick, thin with a little warm water.



Spicy Cashew Dip



⌚ Prep 10 minutes plus 4 hours to soak

🥄 Makes 3 cups (700g)

2 ½ cups (300g) roasted unsalted cashews
2 cloves garlic, peeled
2 tablespoons sesame seeds
¾ cups (160ml) coconut milk
⅓ cup (80ml) lemon juice
2 tablespoons olive oil
½ teaspoon cayenne pepper
Salt and freshly ground black pepper, to taste

To serve

Cayenne pepper, tortilla chips, cucumber
and carrot sticks

1. Place cashews in a glass or ceramic bowl. Cover with cold water and seal with plastic wrap. Place in refrigerator for 4 hours, or overnight, to soak. (The longer you soak the cashews the creamier the consistency of the dip will become).
2. Drain cashews and place into blender jug. Add remaining ingredients into blender jug and secure lid or into personal blender cup and secure blade assembly.

🌀 **MIX 15 seconds.**

🌀 **CHOP 20–30 seconds or until smooth.** Season with salt and pepper.

Serve: transfer to a serving bowl and dust with cayenne pepper. Serve with tortilla chips, cucumber and carrot sticks.



⌚ Prep 10 minutes plus 4 hours to soak

🥄 Makes 1½ cups (350g)

1¼ cups (150g) roasted unsalted cashews
1 clove garlic, peeled
1 tablespoon sesame seeds
⅓ cup (80ml) coconut milk
¼ cup (60ml) lemon juice
1 tablespoon olive oil
¼ teaspoon cayenne pepper
Kosher salt and freshly ground black pepper, to taste

To serve

Cayenne pepper, tortilla chips, cucumber
and carrot sticks

Feta, Jalapeno & Avocado Dip



Prep 10 minutes

Makes 4½ cups (800g)

1 small red onion, peeled, quartered, extra for garnish
4 jalapeno peppers, seeds removed
2 avocados, peeled, pitted
¾ pound (340g) feta cheese
¼ cup (60ml) lime juice
1 clove garlic
Kosher salt and freshly ground pepper, to taste

To serve


Tortilla chips

1. Place onion and jalapeno into blender jug and secure lid.

 **CHOP** 8 seconds or until chopped.

2. Add remaining ingredients to the blender jug and secure lid.

 **CHOP** 15 seconds. Use tamper to press ingredients into blades.

 **MIX** 20–30 seconds or until smooth. Use tamper to press ingredients into blades. Season with salt and pepper.

Serve: transfer to a serving bowl. Garnish with chopped red onion and serve with tortilla chips.



Spiced Raw Carrot & Cilantro Dip



⌚ Prep 15 minutes plus 1 hour to chill

⚖️ Makes 2½ cups (750g)

3 medium carrots, peeled, coarsely chopped
¾ cup (180ml) water
¼ cup (75g) tahini
¼ cup (60ml) olive oil
2 tablespoons lemon juice
1 small shallot, peeled, quartered
2 dates, pitted
¾-inch (1.25cm) piece fresh ginger, peeled, sliced
1½ teaspoons ground cumin
1 teaspoon garam masala
½ cup (15g) cilantro leaves
Kosher salt and freshly ground pepper, to taste

1. Place carrots and water into blender jug and secure lid or into personal blender cup and secure blade assembly.

🌀 **CHOP** 15 seconds. Scrape down sides of jug.

🌀 **PUREE** for a further 15 seconds or until pureed. Scrape down sides of jug.

2. Add tahini, olive oil, lemon juice, shallot, dates, ginger, cumin, garam masala.

🌀 **CHOP** 20 seconds or until smooth.

3. Add cilantro and season with salt and pepper.

🌀 **CHOP** 5 seconds or until roughly combined

Serve: transfer to a serving bowl, cover and chill for at least 1 hour before serving.



⌚ Prep 15 minutes plus 1 hour to chill

⚖️ Makes 1½ cups (450g)

1 medium carrot, peeled, coarsely chopped
⅓ cup (80ml) water
2 tablespoons (37g) tahini
1 tablespoon olive oil
1 tablespoon lemon juice
½ small shallot, peeled, quartered
1 date, pitted
¾-inch (1.25cm) piece fresh ginger, peeled, sliced
1 teaspoon ground cumin
½ teaspoon garam masala
¼ cup (8g) cilantro leaves
Kosher salt and freshly ground pepper, to taste



Dangerously Healthy Cocktails

Blood Orange & Bourbon Whiskey Sour

Strawberry & Pomegranate Caprioskas

Watermelon Mai Tai

Cucumber Jalapeno Margarita

Pacific Island Punch

Peach & Lime Crush

Citrus & Cranberry Vodka Spritzer



Blood Orange & Bourbon Whiskey Sour



⌚ Prep 15 minutes
📏 Makes 50 ounces (1.5L)

4 large blood oranges, peeled, halved, seeds removed
2 limes, peeled
⅔ cup (160ml) bourbon whiskey
¼ cup (60ml) simple syrup
12–14 dashes Angostura bitters
15 ice cubes

1. Place blood oranges, lime, bourbon, simple syrup and bitters into blender jug and secure lid, or into personal blender cup and secure blade assembly.

🌀 *BLEND 30 seconds. Scrape down sides of jug.*

2. Add ice and secure lid.

🌀 *STIR 10–15 seconds or until well chilled.*

Serve: strain into chilled martini glasses.



⌚ Prep 10 minutes
📏 Makes 24 ounces (700ml)

2 large blood oranges, peeled, halved, seeds removed
1 lime, peeled
⅓ cup (80ml) bourbon whiskey
2 tablespoons simple syrup
6–8 dashes Angostura bitters
8 ice cubes





Strawberry & Pomegranate Caprioskas



12 strawberries, hulled
½ cup (6g) loosely packed mint leaves
½ cup (100g) sugar
⅔ cup (160ml) vodka
3½ cups (800ml) chilled pomegranate juice

To serve
Ice cubes

1. Place strawberries, mint and sugar into blender jug and secure lid, or into personal blender cup and secure blade assembly.

 **CHOP** 2-3 seconds or until roughly chopped and combined.

2. Add vodka and pomegranate juice.

 **STIR** 4-5 seconds or until just combined

Serve: pour into glasses filled with ice.



6 strawberries, hulled
¼ cup (3g) loosely packed mint leaves
¼ cup (50g) sugar
⅓ cup (80ml) vodka
1⅓ cups (400ml) chilled pomegranate juice

Watermelon Mai Tai



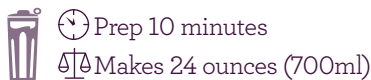
4⅔ cups (800g) cubed watermelon
2 oranges peeled, halved
⅔ cup (160ml) chilled pineapple juice
¼ cup (60ml) white rum
¼ cup (60ml) triple sec
1 teaspoon grenadine

To serve
Ice cubes and watermelon wedges

1. Place ingredients into blender jug and secure lid, or into personal blender cup and secure blade assembly.

 **PUREE** 15 seconds or until smooth.

Serve: strain into glasses filled with ice and garnish with watermelon wedges.



2⅓ cups (400g) cubed watermelon
1 orange, peeled, halved
⅓ cup (80ml) chilled pineapple juice
2 tablespoons white rum
2 tablespoons triple sec
½ teaspoon grenadine



Cucumber Jalapeno Margarita



⌚ Prep 10 minutes

🍹 Makes 50 ounces (1.5L)

4 Persian cucumbers, roughly chopped
1 jalapeno pepper, halved, seeds removed
15 mint leaves
1 cup (240ml) water
½ cup (120ml) lime juice
⅔ cup (160ml) simple syrup
⅔ cup (160ml) tequila

To serve

Lime and cucumber slices

1. Place cucumbers, jalapeno, mint and water into blender jug and secure lid, or into personal blender cup and secure blade assembly.

🌀 **PUREE** 15 seconds or until smooth.

2. Strain cucumber mixture over a bowl or jug.
3. Place strained cucumber juice, lime juice, simple syrup and tequila into blender jug and secure lid.

🌀 **BLEND** 10 seconds or until combined.

Serve: Garnish with lime and cucumber slices.



⌚ Prep 10 minutes

🍹 Makes 24 ounces (700ml)

2 Persian cucumbers, roughly chopped
½ jalapeno pepper, seeds removed
8 mint leaves
½ cup (120ml) water
¼ cup (60ml) lime juice
⅓ cup (80ml) simple syrup
⅓ cup (80ml) tequila



Pacific Island Punch



⌚ Prep 10 minutes

🍹 Makes 50 ounces (1.5L)

1½ cups (200g) chopped frozen mango
1 lime, peeled
½ cup (6g) mint leaves
1½ cups (260g) canned lychees, drained
1-inch (2cm) piece ginger, peeled, chopped
1 cup (240ml) chilled pineapple juice
⅔ cup (160ml) rum
¼ cup (60ml) passionfruit pulp
1 cup (240ml) chilled mineral water

To serve

Ice cubes

1. Place mango, lime, mint, lychees, ginger, pineapple juice and rum into blender jug, or into personal blender cup and secure blade assembly and secure lid.

🌀 **BLEND** 30 seconds or until smooth.

Serve: pour mango mixture into a ½-gallon (2L) punch bowl or pitcher. Add passion fruit pulp, mineral water and ice. Stir to combine.



⌚ Prep 10 minutes

🍹 Makes 24 ounces (700ml)

¾ cup (100g) chopped frozen mango
½ lime peeled, halved
¼ cup (3g) mint leaves
¾ cup (130g) drained canned lychees
½ inch (1cm) piece ginger, peeled, chopped
½ cup (120ml) chilled pineapple juice
⅓ cup (80ml) rum
2 tablespoons passionfruit pulp
½ cup (120ml) chilled mineral water



Peach & Lime Crush



Prep 10 minutes

Makes 50 ounces (1.5L)

3 large yellow peaches, halved
1 lime peeled, halved
14 ice cubes
 $\frac{2}{3}$ cups (160ml) white rum
 $\frac{1}{4}$ cup (50g) raw sugar

To serve

Lime slices

1. Place ingredients into blender jug and secure lid, or into personal blender cup and secure blade assembly.

 **GREEN SMOOTHIE** until program finishes or until smooth.

Serve: pour into chilled glasses and garnish with lime slices.



Prep 10 minutes

Makes 24 ounces (700ml)

1½ large yellow peaches, chopped
 $\frac{1}{2}$ lime, peeled, halved
7 ice cubes
 $\frac{1}{3}$ cup (80ml) white rum
2 tablespoons raw sugar



Citrus & Cranberry Vodka Spritzer



⌚ Prep 10 minutes

⚖️ Makes 50 ounces (1.5L)

2 ruby red grapefruits, peeled, quartered, seeds removed
2 oranges, peeled, quartered
1½ cups (320ml) chilled cranberry juice
½ cup (120ml) vodka
2 tablespoons sugar

To serve

Ice cubes

-
1. Place ingredients into blender jug and secure lid, or into personal blender cup and secure blade assembly.

🌀 **BLEND 20–30 seconds** or until smooth.

Serve: strain into chilled glasses and add ice cubes



⌚ Prep 10 minutes

⚖️ Makes 24 ounces (700ml)

1 ruby red grapefruit, peeled, quartered, seeds removed
1 orange peeled, quartered
¾ cup (160ml) chilled cranberry juice
¼ cup (60ml) vodka
1 tablespoon sugar



