



pampered[®]chef

Deluxe Cooking Blender

Cooking Guide

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You're about to experience a whole new way of cooking
and you're going to love it!

From hot soups in about 30 minutes to your favorite smoothies in a minute, the Deluxe Cooking Blender does it all. This cooking guide has everything you need to know about each setting and plenty of easy, delicious recipes to try.

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Safety Tip

When preparing and using your Deluxe Cooking Blender, always follow the important safeguards and safety instructions sections of the use and care manual.

Key

Some recipes use Deluxe Cooking Blender accessories. Look for the icon to see what tools you need for each recipe.



Tamper

Strainer
Bag

Dual-Sided
Cleaning Brush

Get *to* Know Your Blender

Look at the diagrams and learn the parts to help you understand the product and feel confident while using it.

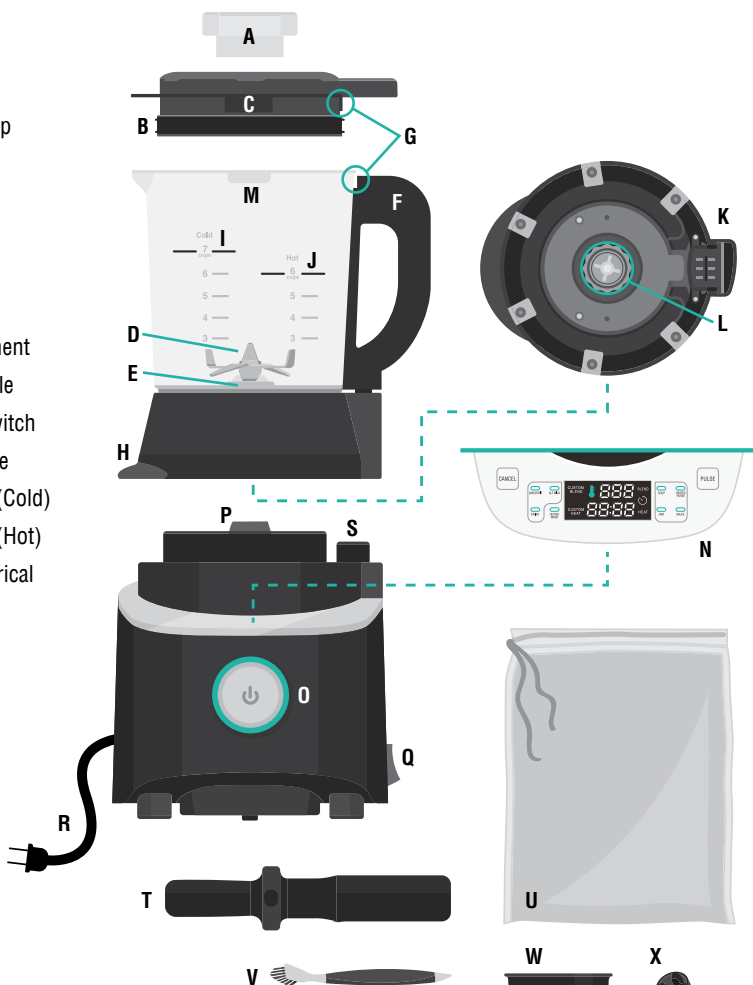
Parts

Lid

- A. Vented lid cap
- B. Lid gasket
- C. Lid notches

Pitcher

- D. Blade
- E. Heating element
- F. Pitcher handle
- G. Lid safety switch
- H. Helper handle
- I. Max-fill line (Cold)
- J. Max-fill line (Hot)
- K. Pitcher electrical interface
- L. Metal nut
- M. Pitcher tabs



Base

- N. LED display
- O. Wheel
- P. Noise reducing motor plug
- Q. On/off switch
- R. Electrical cord/plug
- S. Base electrical interface

Accessories

- T. Tamper
- U. Strainer bag
- V. Dual-sided cleaning brush
- W. Boil-over guard (**Note:** Use it for high-altitude cooking.)
- X. Noise reducing motor plug replacement

How Do I Use the Accessories?



Tamper

Use the tamper to push foods down from the sides of the pitcher and back into the blades. Do not use the tamper on heated settings.



Strainer Bag

Use the bag to strain small particles out of your alternative milk.



Dual-Sided Cleaning Brush

The brush is great for cleaning any remaining residue in the pitcher after a heated wash cycle.



Boil-Over Guard

This is only needed if you're cooking in high-altitude areas. Use it in place of the vented lid cap with heated settings.



Noise Reducing Motor Plug Replacement

You don't need to use this right away. It's a replacement part for when your original plug starts to show wear, after approximately 500 cycles.

How Do I Wash the Pitcher?

CAUTION: Do not submerge the base of the pitcher in water.

The Heated Wash setting will be your new best friend! Use this setting to clean the pitcher before the first use and after each use.

1. Remove the lid and fill the pitcher with water up to the 3-cup (750-mL) line and add 1–2 drops of liquid dish soap or 1 tsp (5 mL) of dishwashing powder. Replace the lid.
2. Turn the wheel to select the **HEATED WASH** setting; press the wheel to start .
NOTE: *The blender will start preheating and show dash marks moving in a circle. Once it reaches the correct temperature, it will start cleaning.*
3. When the timer is up, the unit will beep and the screen will display “End”. Pour out the liquid, rinse, and dry completely.

The cycle will run for about 5–10 minutes.

Tip: During the cycle, some bubbles may appear on the top of the lid. This is normal and expected. If the bubbles begin to pour over the sides of the pitcher, press the wheel to pause the cycle, remove the lid, and add about 1 tsp (5 mL) of vegetable oil to reduce bubbling.

Are you ready to start *blending*?



2 Recipes to Get You Started



Strawberry Banana Smoothie

Prep time: 2 minutes


Total time: 3 minutes

1 Serving

Ingredients

- ¼ cup (60 mL) Greek yogurt
- ¼ cup (60 mL) orange juice
- 1 tbsp (15 mL) honey
- 1 cup (250 mL) fresh strawberries, stems removed and halved
- 1 banana, peeled and quartered
- ½ cup (125 mL) ice

Directions

1. Add all the ingredients, in the order listed, to the pitcher.
2. Replace and lock the lid. Turn the wheel to select the **(SMOOTHIE)** setting; press the wheel to start .



Sweet Potato Soup

Prep time: 5 minutes


Total time: 30 minutes

6 Servings

Ingredients

- 2½ cups (625 mL) low-sodium vegetable broth
- 1 tsp (5 mL) salt
- 2–4 fresh sage leaves
- 4 cups (1 L) sweet potatoes, peeled and cut into chunks
- ½ medium onion, peeled and cut into chunks
- 2 garlic cloves, peeled

Directions

1. Add all the ingredients, in the order listed, to the pitcher.
2. Replace and lock the lid. Turn the wheel to select the **(SOUP)** setting; press the wheel to start .



Smoothie Setting

This is a great go-to, everyday setting.

You can make the perfect smoothie for breakfast, a snack, or pick-me-up treat in no time. Making smoothies is a fun way to flex your creative muscles. You can mix and match different fruits, veggies, and your favorite alternative milk. Boost your smoothies with protein, cinnamon, flaxseed meal, chia seeds, lemon or lime juice, or apple cider vinegar. The flavor combinations are all up to you!

Smoothies are easy to make because there's one simple ratio:

2 cups (500 mL) 1 cup (250 mL) ½ cup (125 mL)
fruit : veggie : liquid
(optional)

If you're using fresh fruit, you'll only need about ½ cup (125 mL) of liquid to create a very smooth smoothie. If you're using frozen fruit, add at least double the amount of liquid and don't add any ice.


The chart on the right has some of our favorite fruit combinations for smoothies. If you want to take your smoothies and creativity one step further, try one of our smoothie bowl recipes.

The cycle will run for about 1 minute.



Makes about 1½–2 cups (375–500 mL)

Directions

- 1. Add all the ingredients to the pitcher in order from left to right.
- 2. Replace and lock the lid. Turn the wheel to select the **SMOOTHIE** setting; press the wheel to start .


Smoothie	Liquid	Mix-Ins	(optional) Vegetable	Fruit	Ice
Strawberry Banana Smoothie	¼ cup (60 mL) Greek yogurt	1 tbsp (15 mL) honey		1 cup (250 mL) halved strawberries	½ cup (125 mL)
	¼ cup (60 mL) orange juice			1 banana, quartered	
Tropical Mango Smoothie	½ cup (125 mL) coconut milk	1 tbsp (15 mL) honey	1 small carrot, sliced	1 cup (250 mL) diced mango	½ cup (125 mL)
				1 cup (250 mL) diced pineapple	
Blueberry Peach Smoothie	½ cup (125 mL) almond milk	1 tbsp (15 mL) honey		½ cup (125 mL) blueberries	½ cup (125 mL)
		¼ tsp (1 mL) cinnamon		1 peach, sliced	
Super Green Smoothie	½ cup (125 mL) apple juice		1 cup (250 mL) torn kale leaves	1 banana, quartered ½ avocado	½ cup (125 mL)
Cucumber Melon Smoothie	½ cup (125 mL) orange juice		½ cucumber, sliced (about 1 cup/250 mL)	1 cup (250 mL) diced melon ½ green apple, quartered	½ cup (125 mL)

Cook’s Tip

Using frozen fruit will yield a thicker, colder smoothie. When you use frozen fruit, add at least double the amount of liquid and omit the ice.

Average U.S. nutrients per serving: Calories 246, Total Fat 4.5 g, Saturated Fat 0.5 g, Cholesterol 1 mg, Sodium 63 mg, Carbohydrate 51 g, Fiber 6.5 g, Sugars 39 g, Protein 4.5 g


Green Mango Coconut Smoothie Bowl

1 Serving **2** mins Prep Time **3** mins **TOTAL TIME** 


Ingredients

- ¾ cup (175 mL) milk of your choice
 - ¼ cup (60 mL) shredded unsweetened coconut
 - 1 tbsp (15 mL) flaxseed meal
 - 2 cups (500 mL) fresh baby spinach leaves, loosely packed
 - 1 cup (250 mL) frozen mango chunks
 - ½ cup (125 mL) frozen pineapple chunks
- Optional toppings: coconut, flaxseed meal, sliced strawberries, sliced kiwi

Directions

1. Add all the ingredients, in the order listed, to the pitcher. Replace and lock the lid. Turn the wheel to select the **(SMOOTHIE)** setting; press the wheel to start .
2. Top the smoothie bowl with the toppings of your choice.


Blackberry Cashew Smoothie Bowl

1 Serving **2** mins Prep Time **3** mins **TOTAL TIME** 

Ingredients

- ¼ cup (60 mL) milk of your choice
 - ¼ cup (60 mL) plain 2% low-fat Greek yogurt
 - ¼ cup (60 mL) unsalted cashews
 - 1 frozen banana, cut into 1" (2-cm) chunks
 - 1 cup (250 mL) fresh blackberries
 - ½ cup (125 mL) fresh blueberries
- Optional toppings: blueberries, blackberries, sliced bananas, cashews

Directions

1. Add all the ingredients, in the order listed, to the pitcher. Replace and lock the lid. Turn the wheel to select the **(SMOOTHIE)** setting; press the wheel to start .
2. Top the smoothie bowl with the toppings of your choice.

Green Mango Coconut Smoothie Bowl

U.S. nutrients per serving: Calories 430, Total Fat 20 g, Saturated Fat 15 g, Cholesterol 15 mg, Sodium 180 mg, Carbohydrate 56 g, Fiber 11 g, Sugars 40 g, Protein 13 g

Blackberry Cashew Smoothie Bowl

U.S. nutrients per serving: Calories 510, Total Fat 19 g, Saturated Fat 4.5 g, Cholesterol 10 mg, Sodium 80 mg, Carbohydrate 80 g, Fiber 13 g, Sugars 47 g, Protein 14 g





Alt. Milk Setting

Homemade milk alternatives are fresh and free of preservatives and additives. Plus, you can customize them to fit your dietary and allergy needs.

Making your own milk alternatives allows you to control and customize the ingredients. You might think it would be expensive to make your own milk, but it's actually the opposite. The main ingredient in alternative milk is water, which helps keep the cost down. With 1 cup (250 mL) of nuts, seeds, or grains, you can make an entire quart (litre) of your favorite milk alternative.

With this setting, the nuts or grains are soaked in water to soften, then pulverized into a fine powder, extracting as much of the flavor and nutrients as possible. When the setting is complete, you can easily strain out the fine particles left in the milk using the Strainer Bag. To strain, fill the bag with the milk and twist it to ring out the liquid into a bowl. Use a pair of tongs to squeeze out as much of the milk as you can.

Check out the recipe chart on the next page to make your own milk alternatives. Then, start experimenting with different combinations. Adjust the sweetness based on your taste or dietary needs. We included our favorite combination called *Combo Milk*. It has macadamia nuts, oats, and flaxseeds for great texture and taste. After you make alternative milk, keep it covered and in the refrigerator for up to 2 weeks.

The cycle will run for about 5 minutes.


Tip

Unlike store-bought milk, our recipes don't call for any stabilizers, homogenizers, or preservatives, so you'll need to stir before serving.



Makes about 4 cups (1 L) **Refrigerate** for up to 2 weeks

Directions

1. Soak the nuts/grains/seeds in the soaking water for the specified amount of time.
2. Drain and rinse the food.
3. Add the nuts/grains/seeds, blending water, and seasonings to the pitcher. Replace and lock the lid. Turn the wheel to select the **ALT MILK** setting; press the wheel to start .
4. Strain the mixture through the strainer bag into a bowl and chill before serving.

Non-Dairy Milk	Nuts/Grains/Seeds	Soaking Water	Soak Time	Blending Water	Optional Seasonings
Almond Milk	1 cup (250 mL) unsalted raw almonds	2 cups (500 mL)	4 hours	5 cups (1.25 L)	1½ tsp (7 mL) agave 1 tsp (5 mL) vanilla ⅛ tsp (0.5 mL) salt
Cashew Milk	1 cup (250 mL) unsalted raw cashews	2 cups (500 mL)	4 hours	5 cups (1.25 L)	2 tsp (10 mL) agave ½ tsp (2 mL) vanilla ⅛ tsp (0.5 mL) salt
Coconut Milk (see cook's tip #1 & #2)	1 cup (250 mL) unsweetened shredded coconut	2 cups (500 mL)	4 hours	3 cups (750 mL)	1 tsp (5 mL) agave ¼ tsp (1 mL) vanilla ⅛ tsp (0.5 mL) salt
Combo Milk	1 cup (250 mL) unsalted raw macadamia nuts ¼ cup (60 mL) rolled oats 1 tbsp (15 mL) whole flaxseeds	2 cups (500 mL)	4 hours	5 cups (1.25 L)	2 tsp (10 mL) agave 1 tsp (5 mL) vanilla ⅛ tsp (0.5 mL) salt
Macadamia Milk	1 cup (250 mL) unsalted raw macadamia nuts	2 cups (500 mL)	4 hours	5 cups (1.25 L)	2 tsp (10 mL) agave ½ tsp (2 mL) vanilla ⅛ tsp (0.5 mL) salt
Oat Milk (see cook's tip #1)	½ cup (125 mL) rolled oats	1 cup (250 mL)	30 minutes	4 cups (1 L)	1½ tsp (7 mL) agave ½ tsp (2 mL) vanilla ⅛ (0.5 mL) tsp salt
Rice Milk (see cook's tip #3)	½ cup (125 mL) cooked brown rice	N/A	N/A	4½ cups (1 L + 60 mL)	1½ tsp (7 mL) agave ½ tsp (2 mL) vanilla ⅛ tsp (0.5 mL) salt

Cook's Tips

1. For oat milk and coconut milk, do not drain the soaking liquid. You will add the soaking water to the pitcher as well.
2. When you make coconut milk, coconut fat rises to the top once it's chilled. You can remove the fat and use it for cooking.
3. To prep the rice milk, rinse ¼ cup (60 mL) of brown rice. Add the rice and ¾ cup (175 mL) of water to a microwave-safe bowl. Cover and microwave on **LOW** for 25 minutes.

Horchata



Servings



Prep Time

plus soaking time



TOTAL TIME

plus soaking time




You'll Also Need:

Strainer Bag

Ingredients

- 1 cup (250 mL) uncooked long grain white rice
- 5 cups (1.25 L) water
- 1 cinnamon stick
- 1 tsp (5 mL) vanilla extract
- ½ cup (125 mL) sweetened condensed milk

Directions

1. Rinse the rice and soak it in the water for 4 hours. Add the rice, soaking water, and remaining ingredients to the pitcher.
2. Replace and lock the lid. Turn the wheel to select the **ALT MILK** setting; press the wheel to start .
3. When the timer is up, strain the mixture through the strainer bag into a bowl. Serve over ice.

Cook's Tip

Traditional Mexican horchata is made with Ceylon, or true cinnamon. You can find it in Mexican grocery stores or online.





Grind Setting

Grind is the most powerful setting on the blender.

You can turn almonds and other nuts into creamy butters, whole wheat berries into flour for pancakes, and whole cinnamon sticks or granulated sugar into fine powders. Plus, you can break down nuts for dips and chickpeas for hummus. This setting helps you control the ingredients and customize the flavors of the foods you're making to match your lifestyle and dietary needs.

You will need to use the tamper for this setting, specifically when you're making nut butter. If the nuts are climbing up the sides of the pitcher, use the tamper to push the food down the walls and back into the blades. If you hear the motor start to really slow down, remove the tamper and let it get back up to speed.

The chart on the right has nut butter recipes to get you started. After you make nut butter, keep it covered and in the refrigerator for 4–6 weeks.

The cycle will run for about 3 minutes.

Tips

Due to friction caused by the blades, foods that are ground will generally come out warm. This is because the tremendous speed of the blender creates enough friction to generate heat. After making your nut butter or dip, you may want to chill it before serving.


If the blender stops without finishing the cycle, it's preventing itself from getting too hot. Don't worry, nothing is wrong! You just have to give the motor about an hour to cool down.

Since the motor really heats up when making nut butter, don't run back-to-back nut butter cycles.



Makes about 1–1½ cups (250–375 mL) **Refrigerate for** 4–6 weeks

Directions

- 1. Add all the ingredients to the pitcher in order from left to right. Replace and lock the lid. Turn the wheel to select the **GRIND** setting; press the wheel to start .
- 2. When the nuts begin climbing up the walls of the pitcher, use the tamper to push the nuts back into the blades. Continue to tamper when the nuts are climbing up the pitcher or if the blades are not blending the nuts.

Note: Do not tamper for more than 30 seconds at a time.

Name	Oil	Seasonings	Nuts
Almond Butter	3 tbsp (45 mL)	½ tsp (2 mL) salt	3 cups (750 mL) roasted unsalted almonds
Cashew Butter	2 tbsp (30 mL)	½ tsp (2 mL) salt	3 cups (750 mL) roasted unsalted cashews
Peanut Butter	N/A	½ tsp (2 mL) salt	3 cups (750 mL) roasted unsalted peanuts
Sunflower Seed Butter	1 tbsp (15 mL)	½ tsp (2 mL) salt	3 cups (750 mL) roasted unsalted sunflower seeds
Super Seed Butter	1 tbsp (15 mL)	¼ tsp (1 mL) salt ¼ tsp (1 mL) cinnamon	1 cup (250 mL) roasted unsalted almonds 2 cups (500 mL) roasted unsalted cashews ½ cup (125 mL) roasted pumpkin seeds (pepitas) 2 tbsp (30 mL) chia seeds 2 tbsp (30 mL) flaxseeds

Cook’s Tips

If you bought raw nuts, roast them in the oven before blending them. This will release the nuts’ natural oils and make them easier to blend. Roast them on a sheet pan for 10–12 minutes at 350°F (180°C).

If you bought roasted, salted nuts, omit the salt in the recipe.

You can use canola, avocado, or other neutral-flavored oil.

Freshly-Ground Whole Wheat Pancakes



Pancakes



Prep Time




TOTAL TIME



Ingredients

1½ cups (375 mL) wheat berries	1 cup (250 mL) milk
2 tbsp (30 mL) sugar	½ cup (125 mL) 2% plain low-fat Greek yogurt
1½ tsp (7 mL) baking powder	¼ cup (60 mL) oil
½ tsp (2 mL) baking soda	2 large eggs
½ tsp (2 mL) salt	

Directions

1. Add the wheat berries to the pitcher. Replace and lock the lid. Turn the wheel to select the **GRIND** setting; press the wheel to start .
2. When the timer is up, remove the lid and add the remaining ingredients. Replace and lock the lid. Press the wheel to start the **CUSTOM BLEND** setting and blend on speed 3 for 30–45 seconds.
3. Preheat a nonstick pan over medium heat for 3–5 minutes and brush with oil or melted butter.
4. Pour about ¼ cup (60 mL) of batter onto the pan for each pancake. Turn the pancakes over when bubbles start to form and cook until the other side is lightly browned. Repeat with the remaining batter.

Cook's Tips

Grinding your own wheat berries prevents oxidation that causes bitterness often found in wheat flour. You can store wheat berries in the freezer for up to a year to maintain freshness.

You can find wheat berries at most grocery stores in the natural foods section or in the international foods aisle alongside other whole grains.





Servings



Prep Time



TOTAL TIME



You'll Also Need:
Tamper

Roasted Red Pepper & Walnut Dip

Ingredients


- | | |
|---|--|
| 1 jar (16 oz./450 g) roasted red bell peppers, drained (1¼ cups/310 mL) | 1 tbsp (15 mL) honey |
| 1½ cups (375 mL) shelled walnuts, roasted (see cook's tip) | 1 tsp (5 mL) paprika |
| 2 garlic cloves, peeled | ½ tsp (2 mL) salt |
| 2 tbsp (30 mL) olive oil | ¼ tsp (1 mL) red pepper flakes |
| 1 tbsp (15 mL) lemon juice | Optional: grilled or raw vegetables, naan, pita bread, or crackers |

Homemade Hummus

Ingredients

- | | |
|---|--|
| 1 can (15.5 oz./440 g) chickpeas, drained (reserve ¼ cup (60 mL) liquid from the can) | 2 tbsp (30 mL) lemon juice |
| 1 can (15 oz./425 g) Great Northern beans, drained | 2 tbsp (30 mL) olive oil |
| Liquid reserved from chickpeas | 1 garlic clove, peeled |
| | 1 tbsp (15 mL) sesame seeds |
| | 1 tsp (5 mL) salt |
| | Optional: grilled or raw vegetables, naan or pita bread, or crackers |

Directions for Dips

1. Add the ingredients for either dip, in the order listed, to the pitcher. Replace and lock the lid. Turn the wheel to select the **GRIND** setting; press the wheel to start .
2. If the blades are still moving but not blending food, use the tamper to push the ingredients back into the blades. * **Tip:** For the hummus, use the tamper in a circular motion to keep the dip moving into the blades. Do not tamper for more than 30 seconds at a time.
3. Serve with grilled or raw vegetables, naan, pita bread, or crackers.

Cook's Tips

Roast the walnuts on a sheet pan for 10–12 minutes at 350°F (180°C).

You can also use the dips in place of pizza sauce for flatbreads.

Safety Tip:

*Only use the tamper provided with the Deluxe Cooking Blender. Do not force the tamper deeper into the pitcher. Only use the tamper when blending cold and liquid ingredients.

Roasted Red Pepper & Walnut Dip

U.S. nutrients per serving (about 3 tbsp/45 mL): Calories 130, Total Fat 12 g, Saturated Fat 1.5 g, Cholesterol 0 mg, Sodium 240 mg, Carbohydrate 5 g, Fiber 1 g, Sugars 3 g, Protein 3 g

Homemade Hummus

U.S. nutrients per serving (about 3 tbsp/45 mL): Calories 90, Total Fat 3 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 350 mg, Carbohydrate 12 g, Fiber 3 g, Sugars 1 g, Protein 4 g





Soup Setting

With this setting, you can turn raw vegetables into a smooth, rich soup in just 30 minutes.

These soups are quick, easy to make, and the perfect comfort food. They make great lunches or companions to your dinners.

The chart on the right will help you create some classic soup flavors, but feel free to mix and match any number of vegetables and seasonings. You can use the suggested liquids in the chart, but any non-dairy liquid will work. Get creative with the different combinations to create something truly unique.

The add-ins listed in the chart are ingredients that you add at the end of the recipe since they don't need to cook as long as the vegetables. These can be fresh herbs you want to retain the flavor of or cheeses and dairy that are easily incorporated when the cycle is complete. When the soup is done, add your own toppings like our *Pumpkin Seed Granola* (p. 22).

The cycle will run for about 25–30 minutes.



Directions

1. Add the ingredients to the pitcher in order from left to right (don't add the add-ins). Replace and lock the lid. Turn the wheel to select the **(SOUP)** setting; press the wheel to start **(⏻)**.
2. When the timer is up, press **(CANCEL)**. Remove the vented lid cap and carefully add the add-ins. Replace the cap and hold the **(PULSE)** button until they are fully combined.

Name	Liquid	Seasonings	Vegetables*	Add-Ins
Beet Soup	2½ cups (625 mL) low-sodium vegetable broth	1 tbsp (15 mL) honey 1 tsp (5 mL) salt	4 cups (1 L) beets ½ medium onion 2 garlic cloves	¼ cup (60 mL) orange juice 1 tsp (5 mL) orange zest
Cauliflower Soup	2½ cups (625 mL) water	1 tsp (5 mL) salt	6 cups (1.5 L) cauliflower florets (about 1 head) ½ medium onion 2 garlic cloves	N/A
Mushroom Bisque Soup	¾ cup (175 mL) low-sodium vegetable broth	1 tsp (5 mL) salt ½ tsp (2 mL) fresh thyme leaves	6 cups (1.5 L) button or cremini mushrooms ½ medium onion 2 garlic cloves	½ cup (125 mL) half & half
Cheesy Potato Soup**	2½ cups (625 mL) low-sodium vegetable broth	4 tbsp (60 mL) unsalted butter 1 tsp (5 mL) salt ¼ tsp (1 mL) fresh thyme leaves	1½ cups (375 mL) russet potatoes ½ medium onion 1 small carrot 1 celery stalk 2 garlic cloves	4 oz. (125 g) cheddar cheese, cubed ⅛ tsp (0.5 mL) black pepper
Sweet Potato Soup	2½ cups (625 mL) low-sodium vegetable broth	1 tsp (5 mL) salt 2–4 fresh sage leaves	4 cups (1 L) sweet potatoes ½ medium onion 2 garlic cloves	N/A
Tomato Basil Soup	¼ cup (60 mL) water or low-sodium vegetable broth	1 tsp (5 mL) salt	2 Roma tomatoes 1 can (28 oz./796 mL) whole tomatoes ½ medium onion 2 garlic cloves	¼ cup (60 mL) fresh basil leaves

Cook’s Tips

- *Peel and cut your vegetables into chunks before you measure them.
- **Follow the recipe quantities for best results and to minimize scorching.

Butternut Squash Soup With Pumpkin Seed Granola



Servings



Prep Time



TOTAL TIME



Ingredients

Soup

- 2½ cups (625 mL) water
- 2 tbsp (30 mL) brown sugar
- 1 tsp (5 mL) salt
- ¼ tsp (1 mL) cinnamon
- ¼ tsp (1 mL) ground ginger
- 3 cups (750 mL) butternut squash, peeled, cut into chunks
- 2 medium carrots, peeled, cut into chunks
- ½ medium onion, peeled, cut into chunks
- 2 garlic cloves, peeled
- ¼ cup (60 mL) dried apple, diced

Add-In

- ½ cup (125 mL) heavy cream

Granola

- 1 tbsp (15 mL) canola oil
- ½ cup (125 mL) rolled oats
- ½ tsp (2 mL) ground ginger
- ¼ tsp (1 mL) cinnamon
- 1 tbsp (15 mL) honey
- 1 tbsp (15 mL) brown sugar
- ¼ cup (60 mL) pumpkin seeds (pepitas)
- ¼ cup (60 mL) dried apple, diced

Directions

1. Add the soup ingredients, in the order listed, to the pitcher. Replace and lock the lid. Turn the wheel to select the **SOUP** setting; press the wheel to start
2. When the timer is up, press **CANCEL**. Remove the vented lid cap and carefully add the cream. Replace the cap and hold **PULSE** for 5 seconds, or until the cream is combined.*
3. Meanwhile, for the granola, heat the oil in a small nonstick fry pan for 3–5 minutes over medium heat. Add the oats, cinnamon, and ginger and cook, stirring occasionally, for 4–6 minutes, or until the oats are golden brown and the spices are fragrant. Remove the oats from the pan.
4. Add the honey and brown sugar to the pan and cook for 1 minute, or until the mixture is bubbly. Add the oats and remaining granola ingredients to the pan; stir to coat. Remove the granola from the pan to cool slightly.
5. To serve, pour the soup into bowls and top with the granola.**

Safety Tips:

*The pitcher will be hot during and after cooking. Do not touch the hot glass.

**Use the pitcher handle and helper handle to tilt and lift the pitcher up from the base. Remove the lid away from your body and use the pitcher handle to pour the food.



Broccoli Cheddar Soup With Cheddar Biscuits



Servings



Prep Time



TOTAL TIME



Ingredients

Soup

- 2½ cups (625 mL) low-sodium vegetable broth
- ½ tsp (2 mL) salt
- 6 cups (1.5 L) broccoli florets (2 large heads)
- ½ medium onion, peeled, cut into chunks
- 2 garlic cloves, peeled


Add-Ins

- 1 cup (250 mL) fresh baby spinach leaves
- 4 oz. (125 g) cheddar cheese, cubed

Biscuits

- 1 cup (250 mL) self-rising flour
- ¾ cup (175 mL) heavy cream
- 1 cup (250 mL) cheddar cheese, grated

Directions

1. Preheat the oven to 400°F (200°C).
2. Add the soup ingredients, in the order listed, to the pitcher. Replace and lock the lid. Turn the wheel to select the **(SOUP)** setting; press the wheel to start .
3. When the timer is up, press **(CANCEL)**. Remove the vented lid cap and carefully add the add-ins. Replace the cap and hold the **(PULSE)** button for 30 seconds, or until the ingredients are well combined.*
4. Meanwhile, combine the biscuit ingredients in a medium bowl and mix until combined (the mixture will be dry).
5. Use a medium scoop to form 12 small biscuits and place them on a baking sheet. Bake the biscuits for 15 minutes, or until golden brown.
6. Serve the soup with the biscuits.**

Cook's Tip

If you're having trouble fitting all 6 cups (1.5 L) of broccoli into the pitcher at the beginning, pulse the first 4 cups (1 L) of broccoli to break it up. Then, add the remaining broccoli before starting the **(SOUP)** setting.

Safety Tips:

*The pitcher will be hot during and after cooking. Do not touch the hot glass.

**Use the pitcher handle and helper handle to tilt and lift the pitcher up from the base. Remove the lid away from your body and use the pitcher handle to pour the food.





Heated Puree Setting

Vegetable purees can be a home cook's secret weapon.

Use them to sneak extra veggies into soups, sauces, or even batters. Our *Hidden Veggie Marinara Pasta* has a whole zucchini and a half pound (250 g) of carrots in the sauce, and you would never know!

Purees work as great flavor-enhancers or accompaniments to meals. To add extra flavor and texture to your purees, toss in a few tablespoons of butter—you won't regret it!

An easy way to use purees is to add them to your favorite soups. For example, if you make the *Cauliflower Soup* (p. 21) on the Soup setting, all you have to do is add a couple of tablespoons per serving of a puree to the soup for a whole new flavor. This is something you can do with any of the soup (p. 21) and puree recipes.


As a rule of thumb, you just need to add a ½ cup (125 mL) of water or broth for every pound (450 g) of vegetables. Some veggies contain more water than others, so refer to the recipe chart on the next page to use as your cooking guide.

The cycle will run for about 15–20 minutes.



Makes about 2–3 cups (500–750 mL)

Directions

- 1. Add the ingredients to the pitcher in order from left to right.
- 2. Replace and lock the lid. Turn the wheel to select the **HEATED PUREE** setting; press the wheel to start .

Name	Liquid	Seasonings	Vegetable
Broccoli Puree	¾ cup (175 mL) water	½ tsp (2 mL) salt	4 cups (1 L) broccoli florets
Carrot Puree	⅔ cup (150 mL) water	½ tsp (2 mL) salt	2½ cups (625 mL) carrots, peeled and cut into chunks
Cauliflower Puree	½ cup (125 mL) water	½ tsp (2 mL) salt	4 cups (1 L) cauliflower florets
Parsnip Puree	2 cups (500 mL) water	½ tsp (2 mL) salt	2½ cups (625 mL) parsnips, peeled and cut into chunks
Sweet Potato Puree	½ cup (125 mL) water	½ tsp (2 mL) salt	2½ cups (625 mL) sweet potatoes, peeled and cut into chunks

Cook’s Tip

If the blades are still moving but not blending food, press the wheel to pause the blender. This will remove the air pocket at the bottom of the pitcher. Press the wheel to continue the cycle.

Hidden Veggie Marinara Pasta



Servings



Prep Time



TOTAL TIME



You'll Also Need:
Dual-Sided
Cleaning Brush

Ingredients

- 1 lb. (450 g) penne
- ¼ cup (60 mL) mozzarella cheese, grated (optional)


Sauce

- ¼ cup (60 mL) water
- 1 tbsp (15 mL) Italian seasoning
- 1 tsp (5 mL) salt
- 4 garlic cloves, peeled
- 1 cup (250 mL) carrots, peeled, cut into chunks
- 1 small zucchini, cut into chunks

Add-In

- 1 can (28 oz./750 g) diced tomatoes

Directions

1. Bring a large pot of water to a boil. Add the pasta and cook according to the package directions.
2. Meanwhile, add the sauce ingredients, in the order listed, to the pitcher. Replace and lock the lid. Turn the wheel to select the **(HEATED PUREE)** setting; press the wheel to start .
3. When the timer is up, press **(CANCEL)**. Remove the vented lid cap and carefully add the tomatoes. Replace the cap and blend on speed 2 of the **(CUSTOM BLEND)** setting for 30 seconds.*
4. To serve, pour the sauce over the cooked and drained pasta; stir to combine. Top the pasta with the mozzarella cheese.**

Cook's Tip

For a thicker sauce, drain the tomatoes before adding them to the puree.

Safety Tips:

- *The pitcher will be hot during and after cooking. Do not touch the hot glass.
- **Use the pitcher handle and helper handle to tilt and lift the pitcher up from the base. Remove the lid away from your body and use the pitcher handle to pour the food.

Cleaning Tip:

Recipes that call for dairy or high-sugar foods may experience scorching. Use the Dual-Sided Cleaning Brush to scrub any residue on the bottom of the pitcher. Refer to the use and care manual for deep cleaning instructions.





Sauce Setting

With this setting, there's no need to open up a packet or jar of gravy for your weeknight dinner. You can make easy and delicious sauces from scratch using fresh ingredients.

Since this is the gentlest heated setting, you can add dairy from the start to make recipes like an ice cream base, hot chocolate, and cheese sauce (p. 32).

This setting has two stages. The first stage is for egg-based sauces like our ice cream base. This stage reaches 176°F (80°C), which is the sweet spot where eggs are cooked, but not scrambled. Once the blender reaches that temperature, after about 20–25 minutes, it will prompt you to “Add”. Based on the recipe, you may have to add a thickener during the second stage. During that stage, the blender will heat to 205°F (100°C). In the chart to the right, you will see two kinds of sauces: sauces thickened with a roux and sauces without a thickener. If you don't have to add a thickener, your sauce is complete after the first stage is done. Some sauces call for add-ins you'll want to add at the end of the cycle.

This cycle runs for about 30–40 minutes.



Directions

- 1. Add the first stage ingredients, in the order listed, to the pitcher. Replace and lock the lid. Turn the wheel to select the (SAUCE) setting; press the wheel to start (power icon).
- 2. Combine the flour and butter in a small microwave-safe bowl for 1½ minutes, stirring every 30 seconds, to make a roux. When prompted to “Add”, remove the vented lid cap and add the cooked roux. Replace the cap; press the wheel to start (power icon).
- 3. When the timer is up, press (CANCEL). Add the add-in and press (PULSE) until combined.

Serves 4–6		First Stage	Second Stage	CUSTOM BLEND
Name	Liquid	Seasonings	Thickener	Add-Ins
Chicken or Beef Gravy	2 cups (500 mL) low-sodium chicken or beef stock	1 garlic clove, peeled 2–3 fresh sage leaves ½ tsp (2 mL) salt ¼ tsp (1 mL) black pepper	¼ cup (60 mL) flour 3 tbsp (45 mL) butter	N/A
Sausage Gravy	2 cups (500 mL) milk	½ tsp (2 mL) salt ¼ tsp (1 mL) black pepper	¼ cup (60 mL) flour 3 tbsp (45 mL) butter	½ cup (125 mL) cooked crumbled pork sausage
Alfredo Sauce	2 cups (500 mL) milk	½ tsp (2 mL) salt	¼ cup (60 mL) flour 3 tbsp (45 mL) butter	4 oz. (125 g) Parmesan cheese, grated (2 cups/500 mL)
<div>1. Add the first stage ingredients, in the order listed, to the pitcher. Replace and lock the lid. Turn the wheel to select the (SAUCE) setting; press the wheel to start (power icon).</div> <div>2. When prompted to “Add”, press (CANCEL). Add the add-in and press (PULSE) until combined.</div>				
Ice Cream Base (Crème Anglaise/ vanilla cream sauce)	2 cups (500 mL) heavy whipping cream 1 cup (250 mL) whole milk	3 egg yolks ¾ cup (175 mL) sugar 1 tsp (5 mL) vanilla extract	N/A	N/A
Hollandaise Sauce	2 tbsp (30 mL) lemon juice 1 tbsp (15 mL) water	3 egg yolks 1 stick (½ cup/125 mL) butter, cold, cubed ¼ tsp (1 mL) salt	N/A	1 stick (½ cup/125 mL) butter, cold, cubed
Hot Chocolate	4 cups (1 L) milk	¼ cup (60 mL) brown sugar ¼ tsp (1 mL) salt	N/A	1 cup (250 mL) semi-sweet chocolate chips

Nacho Cheese Sauce

12

Servings

5

mins Prep Time

45

mins TOTAL TIME



You'll Also Need:
Dual-Sided
Cleaning Brush

Ingredients

First Stage

- 1½ cups (375 mL) milk
- 1 tsp (5 mL) taco seasoning
- ½ tsp (2 mL) salt
- ¼ tsp (1 mL) black pepper
- 1 jalapeño, seeds and veins removed
- 1 garlic clove, peeled

Second Stage

- ¼ cup (60 mL) all-purpose flour
- 3 tbsp (45 mL) butter

Add-In

- 8 oz. (250 g) cheddar cheese, cut into cubes

To Serve

- 1 party-size bag tortilla chips
- 1 cup (250 mL) pico de gallo
- ¼ cup (60 mL) sour cream
- ¼ cup (60 mL) fresh cilantro leaves
- Jalapeño slices

Directions

1. Add the first stage ingredients, in the order listed, to the pitcher. Replace and lock the lid. Turn the wheel to select the **SAUCE** setting; press the wheel to start .
2. Meanwhile, add the flour and butter to a microwave-safe bowl and microwave on HIGH for 1½ minutes, stirring every 30 seconds, to make a roux.
3. When prompted to "Add," remove the vented lid cap and carefully add the roux to the pitcher. Replace the cap and press the wheel to start .*
4. When the timer is up, press **CANCEL**. Remove the cap and carefully add the add-in. Replace the cap and blend on speed 3 of the **CUSTOM BLEND** setting for 1 minute, or until the cheese is fully incorporated.**

Safety Tips:

*The pitcher will be hot during and after cooking. Do not touch the hot glass.

**Use the pitcher handle and helper handle to tilt and lift the pitcher up from the base. Remove the lid away from your body and use the pitcher handle to pour the food.

Cleaning Tip:

Recipes that call for dairy or high-sugar foods may experience scorching. Use the Dual-Sided Cleaning Brush to scrub any residue on the bottom of the pitcher. Refer to the use and care manual for deep cleaning instructions.





Jam Setting

Have you ever wanted to make your own jam, but didn't have the time to devote a whole weekend to the labor-intensive process? With the Deluxe Cooking Blender, you can make homemade jam without the hassle and time commitment.

You can make your jam with fresh or leftover fruits you wouldn't put in your smoothies. It will add a couple of months to the fruit's life span.

Like the Sauce setting, this setting has two stages. In the first stage, the blender will heat up the fruit and pectin to 212°F (100°C), which takes about 20–25 minutes. Then, the screen will display “Add”. This is when you will add your sugar and press the wheel to resume the cycle. During the second stage, the blender will heat to 220°F (105°C). At this temperature, the pectin used to make jam will activate and create the thick “jammy” consistency we all love.



Check out the chart on the right for delicious jam recipes. If you think the amount of sugar in traditional jams and jellies seems high that's because sugar does more than just make things sweet. Sugar is a natural preservative. It's hard for bacteria to grow in something with a high-sugar content. It also aids in activating the pectin, which strengthens the gel or jam and helps to retain color and flavor. That's why the *Low-Sugar Strawberry Jam* uses a special pectin that's designed for low-sugar jams.

This cycle runs for about 45–50 minutes.



Makes about 2–3 cups (500–750 mL)

Directions

- 1. Add the ingredients for the first stage to the pitcher in order from left to right. Replace and lock the lid. Turn the wheel to select the **JAM** setting; press the wheel to start .
- 2. When prompted to “Add”, remove the vented lid cap and carefully add the sugar to the pitcher. Replace the cap and press the wheel to start .
- 3. Pour the jam into small containers and allow to cool, uncovered, before refrigerating. Cover and refrigerate for up to 1 month or freeze up to 6 months.

First Stage				Second Stage
Name	Water	Fruit/Juice	Pectin	Sugar
Blueberry Jam	¼ cup (60 mL)	1 lb. (450 g) fresh blueberries	1 pkg (1.75 oz./50 g) original (about 5 tbsp/75 mL)	2½ cups (625 mL)
Raspberry Jam	¼ cup (60 mL)	1 lb. (450 g) fresh raspberries	1 pkg (1.75 oz./50 g) original (about 5 tbsp/75 mL)	2½ cups (625 mL)
Strawberry Jam	N/A	1 lb. (450 g) fresh strawberries, hulled and halved	2½ tbsp (37 mL) original	3 cups (750 mL)
Low-Sugar Strawberry Jam	N/A	1 lb. (450 g) fresh strawberries, hulled and halved	2½ tbsp (37 mL) low-sugar/ no-sugar	½ cup (125 mL)
Concord Grape Jelly	N/A	1 cup (250 mL) Concord grape juice	2½ tbsp (37 mL) original	1½ cups (375 mL)
Apple Sauce	¼ cup (60 mL)	3 lbs. (1.4 kg) apples, cored and chopped	N/A	2 tbsp (30 mL) maple syrup (or more) 1 tsp (5 mL) cinnamon
Orange Marmalade (see cook’s tip for orange zest)	¼ cup (60 mL)	¾ cup (175 mL) fresh squeezed orange juice (about 2 large oranges)	2 tbsp (30 mL) original	1½ cups (375 mL)

Cook’s Tip

For the *Orange Marmalade*, peel one of the oranges before juicing and slice the zest. When the second stage is complete, press **CANCEL**. Remove the vented lid cap and carefully add the zest. Replace the cap and press the **PULSE** button until combined.

Average U.S. nutrients per serving (3 tbsp/45 mL): Calories 46, Total Fat 0 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 2 mg, Carbohydrate 12 g, Fiber 0 g, Sugars 11 g, Protein 0 g

Chocolate Cherry Skillet Cake

12

Servings

5

mins Prep Time

50

mins TOTAL TIME



You'll Also Need:
Dual-Sided
Cleaning Brush

Ingredients

Cake

- 2 tbsp (30 mL) butter
- 1 pkg (15.25 oz./432 g) chocolate cake mix, plus the ingredients to make the cake
- 1 pkg (12 oz./350 g) frozen, pitted cherries, divided (set half aside for the sauce)

Sauce

First Stage

- $\frac{1}{4}$ cup (60 mL) water
- 1 pkg (12 oz./350 g) frozen, pitted cherries



Second Stage

- $\frac{1}{2}$ cup (125 mL) sugar
- 1 tbsp (15 mL) cornstarch
- $\frac{1}{4}$ tsp (1 mL) salt

Add-In

Remaining cherries from cake batter

Directions

1. Preheat the oven to 350°F (180°C). Melt the butter in a 12" (30-cm) nonstick skillet for 2–3 minutes over medium heat. Coat the bottom of the pan with the butter and remove from the heat.
2. Follow the instructions on the cake mix package to make the batter in a mixing bowl. Add *half the package of cherries* to the batter, mix, and pour it into the skillet. Bake for 30–35 minutes.
3. Meanwhile, add the ingredients for the first stage of the sauce to the pitcher. Replace and lock the lid. Turn the wheel to select the **JAM** setting; press the wheel to start .
4. When prompted to "Add", remove the vented lid cap and carefully add the ingredients for the second stage. Replace the cap and press the wheel to start .
5. When the timer is up, press **CANCEL**. Remove the cap and carefully add the add-in; press **PULSE** for 3 seconds. To serve, carefully invert the cake onto a large platter and pour the cherry sauce over the cake.**

Safety Tips:

*The pitcher will be hot during and after cooking. Do not touch the hot glass.

**Use the pitcher handle and helper handle to tilt and lift the pitcher up from the base. Remove the lid away from your body and use the pitcher handle to pour the food.

Cleaning Tip:

Recipes that call for dairy or high-sugar foods may experience scorching. Use the Dual-Sided Cleaning Brush to scrub any residue on the bottom of the pitcher. Refer to the use and care manual for deep cleaning instructions.





Custom Blend Setting

Make fun, frozen treats that blend in seconds.

On Custom Blend, you can control the speed and the amount of time of your blending. If you're unsure what speed to blend on, start on the lowest speed and gradually increase by turning the wheel until you create a vortex and the food is moving into the blades.

On this setting you can create nice cream, which is frozen fruit, usually bananas, blended into a dairy-free soft serve. For vanilla nice cream, all you need is some frozen bananas, a little bit of alternative milk, and a dash of vanilla. To create more flavors, add in additional ingredients like cocoa powder, peanut butter, or other fruits. The charts offer you more nice cream inspiration and other frozen treat recipes.



Directions

Serves 1 or 4

For 1 serving: Add all the ingredients to the pitcher in order from left to right. Replace and lock the lid. Press the wheel to start the [CUSTOM BLEND](#) setting and blend on speed 2 for 1 minute.

For 4 servings: Add 1.5 qt. (1.5 L) of ice cream, ½ cup (125 mL) liquid, and any mix-ins to the pitcher in this order. Replace and lock the lid. Press the wheel to start the [CUSTOM BLEND](#) setting and blend on speed 6 for 2 minutes.

Milkshake	Ice Cream	Liquid	Mix-Ins
Basic Milkshake	1½ cups (375 mL) vanilla, chocolate, or strawberry ice cream	2 tbsp (30 mL) whole milk	1 tbsp (15 mL) malted milk powder or 2 tbsp (30 mL) chocolate chips or 3 strawberries, stems removed
Salted Caramel Pretzel Milkshake	1½ cups (375 mL) vanilla ice cream	2 tbsp (30 mL) whole milk	2 tbsp (30 mL) caramel sauce 10 mini pretzel twists, crushed ⅛ tsp (0.5 mL) salt
Mocha Chip Milkshake	1½ cups (375 mL) vanilla ice cream	2 tbsp (30 mL) iced coffee	1 tbsp (15 mL) semi-sweet chocolate morsels ½ tsp (2 mL) cocoa powder

Average U.S. nutrients per serving (12 oz./350 mL): Calories 478, Total Fat 26 g, Saturated Fat 16 g, Cholesterol 94 mg, Sodium 192 mg, Carbohydrate 55 g, Fiber 0.5 g, Sugars 49 g, Protein 7.5 g

Directions

Serves 4–6

1. Add all the ingredients to the pitcher in order from left to right.
2. Replace and lock the lid. Press the wheel to start the [CUSTOM BLEND](#) setting and blend on speed 3 for 1 minute. Use the tamper to push the fruit down the sides of the pitcher and back into the blades.

Nice Cream	Fruit	Liquid	Mix-Ins
Mango Peach Nice Cream	1 cup (250 mL) frozen mango chunks 1 cup (250 mL) frozen peach slices	⅓ cup (75 mL) alternative milk	N/A
Strawberry Nice Cream	8 whole frozen strawberries 2 ripened, frozen bananas, cut into 1" (2.5-cm) chunks	⅓ cup (75 mL) alternative milk	N/A

Chocolate Nice Cream	2 ripened, frozen bananas, cut into 1" (2.5-cm) chunks	⅓ cup (75 mL) alternative milk	¼ cup (60 mL) chocolate chips 2 tsp (10 mL) cocoa powder
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Average U.S. nutrients per serving (½ cup/125 mL): Calories 64, Total Fat 1 g, Saturated Fat 0.5 g, Cholesterol 0 mg, Sodium 13 mg, Carbohydrate 20 g, Fiber 2.5 g, Sugars 13 g, Protein 1 g

Directions

Serves 6

1. Add all the ingredients to the pitcher in order from left to right.
2. Replace and lock the lid. Press the wheel to start blending on the [CUSTOM BLEND](#) setting increasing to speed 9 for 20 seconds, or until the ice is broken down.

Frozen Drink	Alcohol	Sweetener	Juice/Fruit	Ice
Frozen Margarita	1 cup (250 mL) tequila ½ cup (125 mL) triple sec (orange liqueur)	¼ cup (60 mL) agave	¾ cup (175 mL) fresh squeezed lime juice	6 cups (1.5 L)
Frozen Strawberry Daiquiri	1 cup (250 mL) white rum	½ cup (125 mL) sugar	½ cup (125 mL) fresh squeezed lime juice 2 cups (500 mL) strawberries, hulled (approx. 6–8)	5 cups (1.25 L)

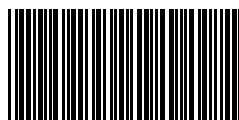
Frozen Piña Colada	1 cup (250 mL) white rum	½ cup (125 mL) cream of coconut	¾ cup (175 mL) 100% pineapple juice (6 oz./175 g) ¼ cup (60 mL) heavy cream	6 cups (1.5 L)
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Average U.S. nutrients per serving (1 cup/250 mL): Calories 131, Total Fat 2 g, Saturated Fat 2 g, Cholesterol 3 mg, Sodium 5 mg, Carbohydrate 17 g, Fiber 0 g, Sugars 18 g, Protein 0 g



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pamperedchef.ca (Canada)

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