

Cuisinart®

Recipe Booklet

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Cuisinart® Juice Extractor

CJE-1000

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VEGETABLES, FRUITS AND THEIR KEY VITAMINS AND MINERALS

VEGETABLE	VITAMINS	MINERALS
ASPARAGUS	A, B1 (thiamine), C, choline, folic acid	potassium
BEETS AND BEET GREENS	A, C, chlorophyll, B6	calcium, potassium, choline and iron
CABBAGE	B6, C	iodine, potassium and sulfur
CARROTS	A, C	potassium, calcium, phosphorus and carotene
CELERY		organic alkaline minerals (balances blood PH levels)
CUCUMBERS	Good diuretic	potassium
FENNEL		alkaline, calcium and magnesium content
KALE	A and chlorophyll	calcium
PARSLEY	A, C, and chloropyll	calcium
PARSNIPS	A, C, and chloropyll	calcium
RADISHES	C	choline, phosphorus, potassium
SPINACH	A, B complex, chlorophyll	calcium, iron, magnesium, phosphorous, potassium
SUMMER SQUASH	B1, B2, niacin	
PEPPERS	A, C	potassium
TOMATOES	C	calcium
WATERCRESS	C and chlorophyll	potassium, choline, phosphorous, sulfur and calcium
FRUITS	VITAMINS	MINERALS
APPLES	A, B1, B2, B6, biotin, folic acid and pantothenic acid	choline, copper, iron, magnesium, manganese, phosphorous, potassium, silicon, sodium and sulfur
CHERRIES	A, C, B1, B2, folic acid and niacin	calcium, cobalt, iron, magnesium, phosphorous, potassium Contains powerful alkalinizing properties.
CRANBERRIES	A, C, B-complex and folic acid	calcium, iron, phosphorous, potassium and enzymes
GRAPES	A, B1, B2, C and niacin	calcium, copper, iron, magnesium, manganese and phosphorous
GRAPEFRUIT	B-complex, C, E, K, biotin and inositol	calcium, phosphorous and potassium
LEMONS	C and citric acid	Very strong cleanser.
LIMES	C and citric acid	Very strong cleanser.
MELONS	A, B-complex and C	High in enzymes.
ORANGES	A, B-complex, B1, B2, B6, C, K, biotin, folic acid and niacin	calcium, choline, copper, flourine, iron, manganese, magnesium, phosphorous, potassium, silicon and zinc
PAPAYAS	A and C	High in enzymes and good cleanser.
PEACHES	A, B1, B2, C, and niacin	calcium, iron, phosphorous and potassium
PEARS	A, B1, B2, C, folic acid and niacin	phosphorous and potassium
PINEAPPLES	C	choline and potassium. High in enzymes.
STRAWBERRIES	C	calcium, phosphorous and potassium
WATERMELONS	A	chlorophyll, enzymes and good cleanser

RISE AND SHINE

Morning Zinger

A delicious way to get up and go.

Makes about 8 ounces

- 1 handful fresh parsley, about 1 cup packed**
- 1 medium apple, about 5 ounces**
- ½ ounce fresh ginger, about 1-inch piece**
- 3 medium carrots, about 10 ounces**

1. Turn the Cuisinart® Juice Extractor to speed 5. Turn the unit on and juice the ingredients in the order listed.
2. Stir juice and serve immediately.

Nutritional information per serving (8 ounces):
Calories 198 (6% from fat) • carb. 4g • pro. 1g
• fat 0g • sat. fat 0g • chol. 0mg • sod. 186mg
• calc. 165mg • fiber 1g

Notable nutrients based on daily percentages:
Vitamin A 829% • Vitamin C 167% • Iron 26% • Folate 35%

Melon Cleanser

It is recommended for melons to be eaten alone. This refreshing juice is perfect first thing in the morning.

Makes about two 8-ounce servings

- 2 cups cantaloupe**
- 2 cups honeydew melon**
- ¼ cup fresh mint leaves**
- ¼ lime, peeled, about ¼ ounce**

1. Turn the Cuisinart® Juice Extractor to speed 1. Turn the unit on and juice the cantaloupe and honeydew.
2. Increase to speed 4 and juice the mint leaves and then the lime.
3. Stir juice and serve immediately.

Nutritional information per serving (8 ounces):
Calories 129 (4% from fat) • carb. 32g • pro. 3g
• fat 1g • sat. fat 0g • chol. 0mg • sod. 61mg
• calc. 37mg • fiber 1g

Notable nutrients based on daily percentages:
Vitamin A 124% • Vitamin B6 15% • Vitamin C 167%

Antioxidant Berry Blast

Berries are packed with good-for-you antioxidants. This juice is also a great base for a berry spritzer – just add seltzer.

Makes about 10 ounces

- 2 cups whole strawberries, about 8 ounces**
- 1 cup raspberries**
- 1 cup blueberries**
- ¼ lemon, peeled, about ¼ ounce**

1. Turn the Cuisinart® Juice Extractor to speed 2. Turn the unit on and juice the strawberries, raspberries and blueberries.
2. Increase to speed 4 and juice the lemon.
3. Stir juice and serve immediately.

Nutritional information per serving (8 ounces):
Calories 246 (7% from fat) • carb. 60g • pro. 5g
• fat 2g • sat. fat 0g • chol. 0mg • sod. 6mg
• calc. 90mg • fiber 1g

Notable nutrients based on daily percentages:
Vitamin C 361% • Folate 27% • Manganese 124%

Citrus-C

This simple blend of orange and grapefruit makes a delicious juice to start the day. You won't want to drink store-bought juice again!

Makes about 12 ounces

- 1 medium to large orange, peeled, about 12 to 14 ounces (1 to 1½-cup segments)**
- 1 large grapefruit, peeled, about 1 pound (2-cup segments)**

1. Turn the Cuisinart® Juice Extractor to speed 2.
2. Turn the unit on and juice the orange and grapefruit.
3. Stir juice and serve immediately.

Nutritional information per serving (6 ounces):
Calories 157 (4% from fat) • carb. 39g • pro. 3g
• fat 1g • sat. fat 0g • chol. 0mg • sod. 0mg
• calc. 109mg • fiber 2g

Notable nutrients based on daily percentages:
Vitamin A 19% • Vitamin C 283% • Folate 24%

Super C Juice

Red peppers are packed full of vitamin C, and a little goes a long way. Make this juice when you're feeling under the weather, for it provides you with twice your daily value of vitamin C and over four times your daily need of vitamin A!

Makes about 2 servings

- ½ **large red pepper, about 6 ounces**
- 4 medium carrots, about 12 ounces**
- ½ **large grapefruit, about 4 ounces, peeled**
- ½ **medium orange, about 3 ounces, peeled**
- ¼ **lemon, about 1 ounce, peeled**

1. Turn the Cuisinart® Juice Extractor to speed 3. Turn the unit on and juice the pepper.
2. Increase to speed 5 and juice the carrots.
3. Reduce to speed 2 and juice the citrus.
4. Stir juice and serve immediately.

Nutritional information per serving (8 ounces):
Calories 94 (4% from fat) • carb. 24g • pro. 2g
• fat 1g • sat. fat 0g • chol. 0mg • sod. 86mg
• calc. 72mg • fiber 1g

Notable nutrients based on daily percentages:
Vitamin A 441% • Vitamin C 188% • Beta Carotene
10932mcg • Potassium 605mg

Orange, Peach and Mango Juice

This sunny beverage is full of vitamin C, and is a great base for smoothies.

Makes about 12 ounces

- ½ **mango, peeled, about 5 ounces**
- 1 medium orange, peeled, about 6 to 7 ounces**
- 2 peaches, pits removed**

1. Turn the Cuisinart® Juice Extractor to speed 2. Turn the unit on and juice the mango and orange.
2. Increase to speed 3 and juice the peaches.
3. Stir juice and serve immediately.

Nutritional information per serving (12 ounces):
Calories 252 (4% from fat) • carb. 64g • pro. 4g
• fat 1g • sat. fat 0g • chol. 0mg • sod. 5mg
• calc. 99mg • fiber 2g

Notable nutrients based on daily percentages:
Vitamin A 43% • Vitamin B6 19% • Vitamin C 255%
• Folate 21%

Junior Juice

Made just for kids, it is a great juice to introduce to your children starting around 18 months since it contains no citrus.

Makes about 6 small servings

- ½ **mango, about 4 ounces, peeled and cut into 1-inch pieces**
- 8 medium carrots, about 1 pound**
- 2 medium apples, about 10 ounces**

1. Turn the Cuisinart® Juice Extractor to speed 2. Turn the unit on and juice the mango.
2. Increase the speed to 5 and juice the carrots and apples.
3. Stir juice and serve immediately.

Nutritional information per serving (4 ounces):
Calories 67 (4% from fat) • carb. 17g • pro. 1g
• fat 0g • sat. fat 0g • chol. 0mg • sod. 53mg
• calc. 30mg • fiber 1g

Notable nutrients based on daily percentages:
Vitamin A 258% • Vitamin C 20%

FROM THE GARDEN

Veggie Juice Plus

A rainbow of veggies, chock full of nutrients, all in one glass.

Makes about two 7-ounce servings

- 1 tomato, about 5 ounces**
- ½ **cucumber, about 5 ounces**
- ½ **lemon, peeled about ½ ounce**
- 1 handful parsley, about 1 cup packed**
- 3 to 4 kale leaves**
- ½ **medium beet, about 2 ounces**
- 2 carrots, about 8 ounces**

1. Turn the Cuisinart® Juice Extractor to speed 2. Turn the unit on and juice the tomato.
2. Increase to speed 3 and juice the cucumber and lemon.
3. Increase to speed 5 and juice the parsley, kale, beet and carrots.
4. Stir juice and serve immediately.

Nutritional information per serving (7 ounces):
Calories 116 (7% from fat) • carb. 26g • pro. 5g
• fat 1g • sat. fat 0g • chol. 0mg • sod. 137mg

• calc. 152mg • fiber 2g

Notable nutrients based on daily percentages:

Vitamin A 548% • Vitamin B6 20% • Vitamin C 184%

• Iron 20% • Folate 31%

Super Greens

Rich in chlorophyll and vitamins,
this juice is a super health drink.

Makes about 10 ounces

- 1/3 **cucumber, about 3 ounces**
- 5 **ounces assorted greens (kale, chard, beet greens)**
- 1 **cup packed spinach leaves**
- 1 **cup green herbs (parsley, cilantro, mint)***
- 2 **medium celery stalks**
- 2 **medium carrots, about 8 ounces**

1. Turn the Cuisinart® Juice Extractor to speed 3. Turn the unit on and juice the cucumber.
2. Increase to speed 5 and juice the greens, spinach, herbs, celery and carrots.
3. Stir juice and serve immediately.

* Juiced greens definitely have a strong flavor – experimenting with different types and amounts of herbs, like cilantro, gives the juice a nice herbal note.

Nutritional information per serving (10 ounces):

Calories 216 (9% from fat) • carb. 46g • pro. 11g
• fat 1g • sat. fat 2g • chol. 0mg • sod. 340mg
• calc. 233mg • fiber 2g

Notable nutrients based on daily percentages:

Vitamin A 1365% • Vitamin C 461% • Thiamin 28%
• Folate 67%

Iron Boost

Makes two 4-ounce servings

- 2 **large handfuls fresh spinach**
- 2 **stalks fresh kale**
- 1/2 **bunch parsley**
- 1 **beet with greens**
- 2 **medium carrots**

1. Turn the Cuisinart® Juice Extractor to speed 5. Turn the unit on and juice ingredients in order listed.
2. Stir juice and serve immediately.

Nutritional information per 4-ounce serving:

Calories 57 (5% from fat) • carb. 12g • pro. 3g • fat 0g

• sat. fat 0g • chol. 0mg • sod 163 mg

• calc. 91mg • fiber 2g

Notable nutrients based on daily percentages:

Vitamin A 293% • Vitamin C 51% • Folate 25% • Iron 12%

Green Zing

Makes four 5-ounce servings

- 1 **medium cucumber (peeled if waxy)**
- 1/2 **bunch kale, about 3 to 4 stalks**
- 1/2 **bunch parsley**
- 3 **handfuls spinach**
- 1 **two-inch piece ginger**
- 5 **celery stalks**

1. Turn the Cuisinart® Juice Extractor to speed 3. Turn the unit on and juice the cucumber.
2. Increase to speed 5 and juice the remaining ingredients in order listed.
3. Stir juice and serve immediately.

Nutritional information per 5-ounce serving:

Calories 28 (8% from fat) • carb. 6g • pro. 1g

• fat 0g • sat. fat 0g • chol. 0mg • sod 54mg

• calc. 52mg • fiber 2g

Notable nutrients based on daily percentages:

Vitamin A 41% • Vitamin C 24% • Potassium 356mg

• Folate 13%

Veggie Detox

Cleanse your system with this delicious veggie juice

Makes about 10 ounces

- 1/2 **lemon, peeled, about 1 ounce**
- 1 **handful parsley, about 1 cup packed**
- 1 **cup spinach leaves, about 1 cup packed**
- 2 **Swiss chard leaves**
- 1 **medium apple, about 4 to 5 ounces**
- 2 **carrots, about 6 ounces**

1. Turn the Cuisinart® Juice Extractor to speed 3. Turn the unit on and juice the lemon.
2. Increase to speed 5 and juice the parsley, spinach, Swiss chard, apple and carrots.
3. Stir juice and serve immediately.

Nutritional information per serving (10 ounces):

Calories 196 (6% from fat) • carb. 46g • pro. 7g

• fat 2g • sat. fat 0g • chol. 0mg • sod. 381mg

• calc. 233mg • fiber 1g

Notable nutrients based on daily percentages:

Vitamin A 848% • Vitamin C 247% • Iron 39% • Folate 51%

Garden Patch

These garden vegetables make a nice and light cooling beverage.

Makes about four 6-ounce servings

- 3 medium tomatoes, about 8 to 10 ounces**
- ½ large cucumber, about 6 ounces**
- ½ lime, peeled, about ½ ounce**
- 1 handful parsley, about 1 cup packed**
- 2 sprigs cilantro**
- 1 medium red pepper, about 9 to 11 ounces**
- ¼ jalapeño pepper, seeds discarded**

1. Turn the Cuisinart® Juice Extractor to speed 3. Turn the unit on and juice the tomatoes, cucumber and lime.
2. Increase to speed 5 and juice the parsley, cilantro, red pepper and jalapeño.
3. Stir juice and serve immediately.

Nutritional information per serving (6 ounces):
Calories 48 (9% from fat) • carb. 11g • pro. 2g
• fat 1g • sat. fat 0g • chol. 0mg • sod. 15mg
• calc. 43mg • fiber 1g

Notable nutrients based on daily percentages:
Vitamin A 85% • Vitamin C 309% • Folate 13%

“Green” Apple Juice

The vitamin K present in this juice provides over eight times your daily value, and assists in bone formation and liver health.

Makes about 2 servings

- 1 to 2 leaves beet greens**
- 6 sprigs parsley**
- 1 medium orange, about 6 ounces, peeled**
- 4 kale leaves**
- 1 cup packed spinach leaves, about 1 ounce**
- 2 medium apples, about 10 ounces**

1. Turn the Cuisinart® Juice Extractor to speed 5. Turn the unit on and juice all ingredients in the order listed.
2. Stir juice and serve immediately.

Nutritional information per serving (8 ounces):
Calories 94 (4% from fat) • carb. 24g • pro. 2g
• fat 1g • sat. fat 0g • chol. 0mg • sod. 86mg
• calc. 72mg • fiber 1g

Notable nutrients based on daily percentages:
Vitamin A 231% • Vitamin C 191%
• Beta Carotene 6833mcg

REFRESHERS

Apple, Beet and Fennel Juice

A sweet juice, this combination is bright in color and packed with nutrients, including 608mg of potassium.

Makes about 2 servings

- ½ medium orange, about 3 ounces, peeled**
- 2 medium apples, about 10 ounces**
- 1 medium beet, about 5 ounces**
- ¼ bulb fennel, about 3 ounces**

1. Turn the Cuisinart® Juice Extractor to speed 2. Turn the unit on and juice the orange.
2. Increase the speed to 5 and juice the remaining ingredients.
3. Stir juice and serve immediately.

Nutritional information per serving (8 ounces):
Calories 130 (3% from fat) • carb. 33g • pro. 2g
• fat 1g • sat. fat 0g • chol. 0mg • sod. 79mg
• calc. 53mg • fiber 1g

Notable nutrients based on daily percentages:
Vitamin C 49% • Folate 26%

Afternoon “Pick Me Up”

This light and zesty cooler is perfect for a late-day lift.

Makes about 2 servings

- 2 cups grapes**
- ½ lemon, peeled, about 1 to 2 ounces**
- 1 cup packed mint leaves**
- ½ ounce ginger, about a 1-inch piece**
- 2 medium apples, about 10 ounces**

1. Turn the Cuisinart® Juice Extractor to speed 2. Turn the unit on and juice the grapes and lemon.
2. Increase to speed 5 and juice the mint, ginger and apples.
3. Stir juice and serve immediately.

Nutritional information per serving (10 ounces):

Calories 152 (4% from fat) • carb. 39g • pro. 2g • fat 1g • sat. fat 0g • chol. 0mg • sod. 8mg • calc. 57mg • fiber 1g

Notable nutrients based on daily percentages:

Vitamin A 14% • Vitamin C 37%

Watermelon-Pear Detox Juice

Recharge your body with this delicious juice.

Makes 2 servings

- 2 cups 1-inch cubed watermelon, about 9 ounces**
- 1½ medium pears, about 12 ounces**
- 1 medium lime, peeled**

1. Turn the Cuisinart® Juice Extractor to speed 1. Turn the unit on and juice the watermelon.
2. Increase to speed 4 and juice the pears and lime.
3. Stir juice and serve immediately.

Nutritional information per serving (8 ounces):

Calories 147 (2% from fat) • carb. 39g • pro. 2g • fat 0g • sat. fat 0g • chol. 0mg • sod. 4mg • calc. 35mg • fiber 1g

Notable nutrients based on daily percentages:

Vitamin C 45% • Beta Carotene 419mcg • Lycopene 5782 mcg

Refresher Tonic

Light and delicious, a perfect juice for any time of day.

Makes about 8 ounces

- 1 handful parsley, about 1 cup packed**
- 1 cup packed spinach leaves**
- ¼ lemon, peeled, about ¼ ounce**
- 3 medium celery stalks, about 4 ounces**
- 2 small to medium apples, about 10 ounces**

1. Turn the Cuisinart® Juice Extractor to speed 4. Turn the unit on and juice the parsley, spinach and lemon.
2. Increase to speed 5 and juice the celery and apples.

3. Stir juice and serve immediately.

Nutritional information per serving (8 ounces):

Calories 198 (5% from fat) • carb. 50g • pro. 4g • fat 1g • sat. fat 0g • chol. 0mg • sod. 157mg • calc. 183mg • fiber 1g

Notable nutrients based on daily percentages:

Vitamin A 171% • Vitamin C 194% • Folate 51%

COOLERS & SPRITZERS

Pineapple Mint Spritzer

Refreshing on a hot summer day.

Makes about 5 servings

- 3 cups 1-inch cubed pineapple, about 1 pound**
- ¼ cup packed fresh mint leaves**
- 6 ounces unflavored seltzer**

1. Turn the Cuisinart® Juice Extractor to speed 3. Turn the unit on and juice the pineapple and mint.
2. Stir juice and add the seltzer. Pour over ice and serve immediately.

Nutritional information per serving (4 ounces):

Calories 133 (2% from fat) • carb. 35g • pro. 1g • fat 0g • sat. fat 0g • chol. 0mg • sod. 13mg • calc. 29mg • fiber 1g

Notable nutrients based on daily percentages:

Vitamin C 128% • Manganese 125%

Mango Spritzer

We love fresh mango juice, but other fresh fruit juices like kiwi or grape would work well when paired with seltzer on ice.

Makes about 4 servings

- 1½ fresh mangoes, peeled and pits removed**
- 4 ounces unflavored seltzer**

1. Turn the Cuisinart® Juice Extractor to speed 2. Turn the unit on and juice the mangoes.
2. Stir juice and add the seltzer. Pour over ice and serve immediately.

Nutritional information per serving (4 ounces):

Calories 122 (3% from fat) • carb. 32g • pro. 1g • fat 0g • sat. fat 0g • chol. 0mg • sod. 10mg • calc. 16mg • fiber 1g

Notable nutrients based on daily percentages:
Vitamin A 24% • Vitamin C 72% • Beta Carotene 691mcg

Apple Ginger Fizz

This beverage is super gingery. Cut back on the amount of ginger if a less sharp drink is preferred.

Makes 2 servings

- 1** **one-inch piece of ginger**
- 1** **medium apple**
- 8** **ounces seltzer or sparkling water**

1. Turn the Cuisinart® Juice Extractor to speed 5. Turn the unit on and juice the ginger and apple.
2. Stir juice and add the seltzer. Pour over ice and serve immediately.

Nutritional information per 6-ounce serving:
Calories 82 (2% from fat) • carb. 21g • pro. 0g
• fat 0g • sat. fat 0g • chol. 0mg • sod 16mg
• calc. 6mg • fiber 2g

Notable nutrients based on daily percentages:
Potassium 97mg

Cucumber Mint Cooler

Use garden-fresh cucumbers for this warm weather cooler.

Makes two 6-ounce servings

- 1** **kiwi, about 4 ounces**
- 1** **cup grapes**
- ½** **lime, peeled, about ½ ounce**
- ½** **cucumber, about 6 ounces**
- 1** **cup packed mint leaves**
- ½** **ounce fresh ginger, about a 1-inch piece**

1. Turn the Cuisinart® Juice Extractor to speed 1. Turn the unit on and juice the kiwi, grapes and lime.
2. Increase to speed 4 and juice the cucumber, mint and ginger.
3. Stir juice and serve immediately.

Nutritional information per serving (6 ounces):
Calories 95 (6% from fat) • carb. 23g • pro. 2g
• fat 1g • sat. fat 0g • chol. 0mg • sod. 9mg
• calc. 74mg • fiber 1g

Notable nutrients based on daily percentages:
Vitamin A 15% • Vitamin C 105%

SMOOTHIES

Papaya Pineapple “Smoothie”

This tropical blend is loaded with great enzymes that aid in digestion.

Makes about 12 ounces

- 2** **cups papaya, peeled, with seeds discarded**
- 1** **cup mango, peeled and pit removed**
- ½** **lemon, peeled, about ¾ ounce**
- 2** **cups pineapple, skin and core discarded**

1. Turn the Cuisinart® Juice Extractor to speed 2. Turn the unit on and juice the papaya and mango.
2. Increase to speed 3 and juice the lemon and pineapple.
3. Stir juice and serve immediately.

Nutritional information per serving (12 ounces):
Calories 369 (3% from fat) • carb. 96g • pro. 4g
• fat 1g • sat. fat 0g • chol. 0mg • sod. 15mg
• calc. 128mg • fiber 3g

Notable nutrients based on daily percentages:
Vitamin A 90% • Vitamin B6 31% • Vitamin C 564%
• Folate 44%

Tropical Power Juice

Makes two 6-ounce servings

- 1** **medium orange, peeled**
- 1** **mango, peeled and pit removed**
- 1** **peach, pit removed**
- 6** **strawberries, hulls removed**
- 1** **tablespoon protein powder**

1. Turn the Cuisinart® Juice Extractor to speed 2. Turn the unit on and juice all fruits in the order listed.
2. Pour juice into a blender or sealable container.
3. Add protein powder and blend or shake up. Serve immediately.

Nutritional information per 6-ounce serving:
Calories 148 (4% from fat) • carb. 33g • pro. 6g
• fat 1g • sat. fat 0g • chol. 0mg • sod 52mg
• calc. 57mg • fiber 1g

Notable nutrients based on daily percentages:
Vitamin A 22% • Vitamin C 141% • Riboflavin 24%
• Thiamin 30%

Sunshine Smoothie

Makes 32 ounces

- ½** **lemon-peeled, about 1 ounce**
- ½** **ounce ginger, about 1-inch piece**
- 1** **pound carrots**
- 1** **medium orange, peeled and cut into sections**
- 2** **medium peaches, about 10 to 12 ounces, pitted, peeled and cut into large cubes**
- 1** **cup fresh pineapple, skin and core discarded**
- 1** **cup frozen mango**

1. Turn the Cuisinart® Juice Extractor to speed 3. Turn the unit on and juice the lemon.
2. Increase the speed to 5 and juice the ginger and carrots. Pour into the jar of a Cuisinart® Blender.
3. Add the remaining ingredients and blend on high speed until smooth, about 45 seconds.
4. Serve immediately.

Nutritional information per 8-ounce serving:
Calories 133 (4% from fat) • carb. 33g • pro. 2g
• fat 1g • sat. fat 0g • chol. 0mg • sod. 80mg
• calc 67mg • fiber 6g

Notable nutrients based on daily percentages:
Vitamin A 393% • Vitamin C 100% • Folate 12%

Superfood Smoothie

This smoothie utilizes the fiber-rich pulp of vegetables to maximize the health benefits of both juice and pulp. You will be amazed how great it tastes!

Makes about 32 ounces

- 2** **medium apples**
- ½** **cup water**
- 1** **large ripe banana, quartered**
- 1** **medium peach, pitted and cut into 1-inch cubes**
- 2** **cups assorted berries (any desired combination): strawberry, blueberry raspberry)**
- 2** **cups reserved green vegetable pulp**

1. Turn the Cuisinart® Juice Extractor to speed 3. Turn the unit on and juice the apples.
2. Pour the apple juice and water into the blender jar of a Cuisinart® Blender. Add the banana, peach, berries and pulp.

3. Blend on high until smooth, about 1 minute.

4. Serve immediately

Note: This smoothie will be room temperature. If desired, blend in some ice cubes once smooth.

Nutritional information per serving:
Calories 120 (6% from fat) • carb. 30g • pro. 3g
• fat 1g • sat. fat 0g • chol. 0mg • sod. 16 mg
• calc 67mg • fiber 6g

Notable nutrients based on daily percentages:
Vitamin A 106% • Vitamin C 81%

VITAMINS WITH SPIRITS

White Sangria

Take sangria to the next level by using fresh juice in the mix.

Makes about 9 servings

- 2** **peaches, pitted, one kept as is and the other cut into ½-inch pieces, divided**
- 1** **cup 1-inch cubed pineapple, about 6 ounces, divided**
- 1** **medium orange, peeled, half kept as is and the other half cut into ½-inch pieces, divided**
- 1** **medium apple, half kept as is and the other half cut into ¼-inch slices, divided**
- 1** **bottle white wine**
- ¼** **cup cognac**
- ⅓** **cup Grand Marnier®**
- ¼ to ⅓** **cup simple syrup***

1. Turn the Cuisinart® Juice Extractor to speed 3. Turn the unit on and juice 1 peach, ½ cup of pineapple and ½ orange.
2. Increase to speed 5 and juice ½ of the apple.
3. Add reserved cut/sliced fruit to a pitcher. Stir juice and add to pitcher. Add wine and liquors and add simple syrup to taste. Pour over ice and serve immediately.

* Simple syrup is sugar dissolved in water. To make, place equal parts water and granulated sugar in a saucepan set over medium-low heat. Syrup is done once the sugar has dissolved. Cool before using.

Nutritional information per serving (4 ounces):
Calories 198 (1% from fat) • carb. 21g • pro. 1g
• fat 0g • sat. fat 0g • chol. 0mg • sod. 0mg
• calc. 13mg • fiber 1g

Notable nutrients based on daily percentages:
Vitamin C 33% • Potassium 117mg

Grand Mimosa

The Grand Marnier is optional, but it is a way to make the drink special.

Makes about 10 servings

- 5 medium oranges, about 2 pounds, peeled**
- 2 ounces Grand Marnier®**
- 1 bottle sparkling white wine (Prosecco or Champagne)**

1. Turn the Cuisinart® Juice Extractor to speed 2. Turn the unit on and juice the oranges.
2. Stir juice and add Grand Marnier®. Add sparkling wine and serve immediately.

Nutritional information per serving (4 ounces):
Calories 112 (1% from fat) • carb. 10g • pro. 1g
• fat 0g • sat. fat 0g • chol. 0mg • sod. 1mg
• calc. 30mg • fiber 1g

Notable nutrients based on daily percentages:
Vitamin C 69% • Potassium 116mg

Bloody Mary

A different twist to the Bloody Mary.
Serve each glass with a stick of celery – it will separate if you do not stir.

Makes about 6 servings

- 6 medium tomatoes, about 2 pounds**
- 1 lime, peeled**
- ¼ red bell pepper**
- ¼ jalapeño**
- ⅓ cup packed parsley, about 1 ounce**
- 1 stalk celery**
- 2 pinches freshly ground black pepper**
- ¼ teaspoon sea salt**
- 4 drops hot sauce**
- 5 ounces vodka**

1. Turn the Cuisinart® Juice Extractor to speed 2. Turn the unit on and juice the tomatoes and lime.
2. Increase to speed 4 and juice the peppers, parsley and celery.
3. Stir juice and add to a pitcher. Add the remaining ingredients. Taste and adjust seasonings accordingly. Pour over ice and serve immediately.

Nutritional information per serving (4 ounces):
Calories 88 (4% from fat) • carb. 8g • pro. 2g
• fat 0g • sat. fat 0g • chol. 0mg • sod. 114mg
• calc. 29mg • fiber 1g

Notable nutrients based on daily percentages:
Vitamin A 37% • Vitamin C 64%

Citrus Margarita

Makes about 4 servings

- 6 limes, peeled**
- 1 medium orange, about 6 ounces, peeled**
- 1 cup tequila**
- ½ to ⅔ cup Grand Marnier (adjust to taste)**
- ¼ cup simple syrup***

1. Turn the Cuisinart® Juice Extractor to speed 2. Turn the unit on and juice limes and orange.
2. Stir juice and add to a pitcher. Add the remaining ingredients and adjust to taste. Pour over ice and serve immediately.

* Simple syrup is sugar dissolved in water. To make, place equal parts water and granulated sugar in a saucepan set over medium-low heat. Syrup is done once the sugar has dissolved. Cool before using.

Nutritional information per serving (5 ounces):
Calories 342 (1% from fat) • carb. 27g • pro. 1g
• fat 0g • sat. fat 0g • chol. 0mg • sod. 3mg
• calc. 48mg • fiber 1g

Notable nutrients based on daily percentages:
Vitamin C 83%

Campari and Grapefruit Spritzer

The grapefruit offsets the Campari very nicely in this twist on a classic apéritif.

Makes four 7-ounce drinks

- 2 large pink grapefruits, about 14 to 16 ounces each**
- 3 ounces Campari**
- 12 ounces seltzer**

1. Turn the Cuisinart® Juice Extractor to speed 2. Turn the unit on and juice the grapefruits.
2. Put the Campari into a pitcher filled with ice. Pour in the grapefruit juice and stir.

3. Pour evenly among four glasses. Top each glass with 3 ounces of seltzer and serve.

Nutritional information per serving:

*Calories 97 (1% from fat) • carb. 18g • pro. 1g
• fat 0g • sat. fat 0g • chol. 0mg • sod. 13 mg
• calc 18mg • fiber 2g*

*Notable nutrients based on daily percentages:
Vitamin C 81%*

DRESSING, SAUCES AND SOUP

Carrot Ginger Dressing

Delicious over a bed of mixed greens.

Makes about 4 servings

- ½ **pound carrots, about 4 medium carrots**
- 2 **ounces fresh ginger, about two 2-inch pieces**
- ½ **medium orange, about 3 ounces, peeled**
- ¼ **lemon, peeled**
- 1 **large clove garlic**
- 2 **tablespoons rice vinegar**
- 1 **tablespoon reduced-sodium soy sauce**
- 4 **teaspoons sesame oil**
- 1 **tablespoon honey**
- ¼ **cup water**
- pinch sea salt**

1. Turn the Cuisinart® Juice Extractor to speed 5. Turn the unit on and juice the carrots, ginger, orange and lemon. Reserve juice and pulp.
2. In the bowl of a Cuisinart® Food Processor fitted with the chopping blade, process the garlic until finely chopped. Add all of the extracted juice, 3 tablespoons of the mixed pulp, and the remaining ingredients. Process until completely combined. Adjust seasonings to taste.

Nutritional information per serving (2 tablespoons):

*Calories 58 (64% from fat) • carb. 5g • pro. 0g
• fat 4g • sat. fat 1g • chol. 0mg • sod. 66mg
• calc. 11mg • fiber 1g*

*Notable nutrients based on daily percentages:
Vitamin A 59% • Beta Carotene 1451mcg*

Carrot Fennel Sauce with Orange

This is a great sauce to serve with fish and seafood, most notably shrimp.

Makes about ⅔ cup

- 1 **teaspoon olive oil**
- 1 **small shallot, about ¼ ounce chopped, or 1 tablespoon**
- ¼ **lemon peeled, about ¼ ounce**
- ½ **orange peeled, about 2 ounces**
- ½ **fennel bulb, about 4 ounces**
- 1 **pound carrots, about 8 medium carrots**
- 2 **tablespoons unsalted butter, cut into small cubes**
- 2 **tablespoons sliced basil**

1. Put the olive oil in a sauce pan and place over medium heat. Add the chopped shallot and sweat until soft, about 2 minutes.
2. While the shallot is sweating, turn the Cuisinart® Juice Extractor to speed 2. Turn the unit on and juice the lemon and orange.
3. Increase to speed 5 and juice the fennel and carrots.
4. Add juice to the saucepan and bring to a simmer. Allow sauce to simmer for about 30 minutes, until reduced to about ⅔ cup.
5. Once reduced, whisk in both the butter and basil immediately before serving.

Nutritional information per serving (1 tablespoon):

*Calories 51 (48% from fat) • carb. 6g • pro. 1g
• fat 3g • sat. fat 2g • chol. 6mg • sod. 38mg
• calc. 26mg • fiber 1g*

*Notable nutrients based on daily percentages:
Vitamin A 155%*

Red Pepper Reduction

This reduction, with its intense red pepper flavor, is a great sauce for chicken and fish.

Makes about ¼ cup

- 1 **teaspoon olive oil**
- 1 **shallot, about ½ ounce**
- 12 **ounces red pepper juice, [about 2 pounds (4 medium peppers) juiced on speed 3]**
- 2 **tablespoons unsalted butter, cut into small cubes (optional)**

1. Put the olive oil in a small saucepan and place over medium heat. Add the shallot and sweat until soft, about 2 minutes.
2. Add the pepper juice and bring to a simmer. Allow the juice to simmer until reduced to about ¼ cup, 30 to 40 minutes. For a sauce with more body, whisk in the butter if using right before serving.*

* **Note:** Although thin, this sauce is very flavorful and stands very well on its own. However, if you prefer a thicker sauce without butter, make a slurry with one tablespoon of cornstarch mixed with water and whisk into the sauce, a little at a time, as it simmers until the desired consistency is achieved.

Nutritional information per serving (1 tablespoon) without butter
 Calories 71 (20% from fat) • carb. 14g • pro. 2g
 • fat 2g • sat. fat 0g • chol. 0mg • sod. 5mg
 • calc. 17mg • fiber 1g

with butter (1 tablespoon)
 Calories 122 (51% from fat) • carb. 14g • pro. 2g
 • fat 8g • sat. fat 4g • chol. 15mg • sod. 6mg
 • calc. 19mg • fiber 1g

Notable nutrients based on daily percentages:
 Vitamin A 146% • Vitamin B6 34% • Vitamin C 719%

Cold Borscht

This delicious yet simple cold soup is great to serve on a warm day.

Makes about 4 cups

- 1** **teaspoon olive oil**
- 1** **shallot chopped, about ½ ounce**
- 2** **medium carrots, about 5 ounces**
- 1** **pound red beets**
- 3** **cups vegetable broth**
- salt**
- freshly ground black pepper**

1. Put oil into a saucepan and place over medium heat. Add the shallot and sweat until soft, about 2 minutes.
2. While the shallot is sweating, turn the Cuisinart® Juice Extractor to speed 5. Turn the unit on and juice the carrots and the beets.
3. Add juice, vegetable broth and ½ cup of the pulp to the saucepan and bring to a simmer. Allow soup to simmer for about 30 minutes.
4. Taste and add seasoning if necessary.
5. Chill well before serving.

Serving Tip: Garnish cold borscht with a dollop of sour cream and some chopped fresh dill.

Nutritional information per serving (1 cup):
 Calories 87 (14% from fat) • carb. 17g • pro. 2g
 • fat 1g • sat. fat 0g • chol. 0mg • sod. 818mg
 • calc. 31mg • fiber 2g

Notable nutrients based on daily percentages:
 Vitamin A 128% • Folate 33%

BAKED GOODS

Potato Bread

Makes one 1-pound loaf

- 2** **large russet potatoes, about 1 lb, peeled**
- 2¼** **teaspoons dry active yeast**
- 2** **teaspoons granulated sugar**
- 3** **cups bread flour**
- 2** **teaspoons sea salt**
- 1** **tablespoon unsalted butter, at room temperature**
- 1½** **tablespoons nonfat dry milk**
- 1** **large egg**

1. Turn the Cuisinart® Juice Extractor to speed 5. Turn the unit on and juice the potatoes. Stir the juice and reserve ½ cup plus 1 tablespoon. Reserve all of the pulp (about 2 cups), being sure to discard any large pieces of potato.
2. Put the potato juice, yeast and sugar into the bowl of a Cuisinart® Stand Mixer fitted with the dough hook. Stir well to dissolve yeast and let stand for 5 to 10 minutes. Mixture will foam and bubble – this means the yeast is alive and active.
3. Put the flour, salt, butter, and dry milk in a separate bowl and stir. Add half to the yeast mixture and mix on speed 3 until fully combined, being sure to scrape the bottom of the bowl with a spatula. Add the egg and pulp; mix to combine.
4. Continuing on speed 3, add the remaining flour mixture, ½ cup at a time, mixing completely, about 30 to 40 seconds, until no flour is visible after each addition. The dough at first will be a batter, and slowly, as the flour is added, the batter will become a complete ball of dough that cleans the sides of the mixing bowl.
5. After the flour mixture has been incorporated (you may not need all of the flour), mix on speed 3 for 3 to 4 minutes to knead the dough.

6. Dust dough ball lightly with flour and place in a sealable food storage bag; press out air and seal. Let rise in a warm, draft-free place until doubled in size, about 1 hour.
7. Punch dough down and shape into a loaf. Place loaf in a lightly greased 8 or 9-inch loaf pan and cover loosely with plastic wrap. Let rise 30 to 40 minutes, or until doubled in size.
8. While dough is rising, preheat oven to 375°F.
9. Bake bread in preheated oven 50 to 60 minutes until browned and hollow sounding when tapped. Cool on a wire rack. Bread slices best when allowed to cool completely before slicing.

Nutritional information per serving:
 Calories 152 (8% from fat) • carb. 28g • pro. 8g
 • fat 1g • sat. fat 1g • chol. 22mg • sod. 447mg
 • calc. 102mg • fiber 1g

Notable nutrients based on daily percentages:
 Riboflavin 20% • Thiamin 19%

Apple Cake

A not-too-sweet treat for your next brunch table.

Makes 18 servings

Cake:

- 2 cups apple pulp (from about 8 medium apples)
- ¾ cup fresh apple juice
- 1½ cups unbleached, all-purpose flour
- 1 teaspoon baking soda
- ½ teaspoon sea salt
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- ¼ teaspoon ground cloves
- ¼ teaspoon ground cardamom
- ½ cup (1 stick) unsalted butter, cubed and at room temperature
- ⅓ cup granulated sugar
- ⅓ cup packed light brown sugar
- 1 large egg

Crumb Topping:

- 1 cup unbleached, all-purpose flour
- ½ cup packed light brown sugar
- 1 teaspoon ground cinnamon
- ¼ teaspoon sea salt
- ½ cup toasted and chopped walnuts or pecans

- ½ teaspoon pure vanilla extract
- ½ cup (1 stick) unsalted butter, cold and cubed

1. Preheat oven to 350°F. Butter and lightly flour a 13 x 9-inch baking pan; reserve.
2. Turn the Cuisinart® Juice Extractor to speed 5. Turn the unit on and juice the apples.
3. Stir juice and measure out ¾ cup; reserve (save the remaining juice for another use).
4. Measure out 2 cups of the apple pulp, being sure to discard any seeds or stems; reserve.
5. In a small mixing bowl, combine the flour, baking soda, salt and spices. Reserve.
6. Using a Cuisinart® Stand or Hand Mixer fitted with the mixing paddle/beaters, mix the butter and sugars until light and creamy. Add the egg and mix until combined. Add the pulp and mix until just combined. Add half of the juice and mix on low. Add half of the dry ingredients and mix until streaky. Repeat, finishing with the dry ingredients.
7. Pour batter evenly into the prepared pan.
8. Combine all of the Crumb Topping ingredients into a small bowl and mix with your fingers until the mixture resembles a coarse meal. Spread evenly over cake batter.
9. Bake for 35 to 40 minutes, or until a cake tester comes out clean.

Nutritional information per serving:
 Calories 235 (46% from fat) • carb. 29g • pro. 3g
 • fat 12g • sat. fat 6g • chol. 0mg • sod. 3mg
 • calc. 48mg • fiber 1g

Carrot Cupcakes

Extra-moist carrot cupcakes, topped with Cream Cheese Frosting, make a delicious treat.

Makes 12 cupcakes

Cake:

- ½ pound carrots, about 4 medium carrots
- ¾ cup plus 2 tablespoons unbleached, all-purpose flour
- ½ tablespoon unsweetened cocoa powder
- 1 teaspoon ground cinnamon
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon sea salt

- ½ cup granulated sugar
- ½ cup packed dark brown sugar
- 2 large eggs
- ½ cup plus 2 tablespoons vegetable oil
- 1 teaspoon pure vanilla extract
- ¾ cup chopped walnuts

Nutritional information per cupcake (with frosting):
 Calories 381 (64% from fat) • carb. 29g • pro. 5g
 • fat 28g • sat. fat 8g • chol. 66mg • sod. 273mg
 • calc. 81mg • fiber 2g

Cream Cheese Frosting:

- 6 ounces cream cheese, room temperature and cut into 6 pieces
- 6 tablespoons unsalted butter, room temperature and cut into 6 pieces
- ½ cup confectioners' sugar, sifted
- pinch sea salt
- ½ teaspoon pure vanilla extract
- 1 teaspoon sour cream

1. Preheat oven to 350°F. Butter and lightly flour a 12-cup muffin pan; reserve.
2. Turn the Cuisinart® Juice Extractor to speed 5. Turn the unit on and juice the carrots. Measure out 2 tablespoons of the carrot juice and reserve the remainder for another use. Reserve pulp.
3. Sift the flour, cocoa, cinnamon, baking powder, baking soda and salt together in a small bowl.
4. In a separate bowl, whisk together the sugars, eggs, oil, vanilla and carrot juice until smooth. Stir in the carrot pulp, walnuts and dry ingredients until just combined.
5. Pour batter into the prepared muffin tin. Bake in the preheated oven for about 20 to 25 minutes, or until the tops of the cupcakes bounce back, and a cake tester inserted in the center of the cupcakes comes out clean. Cool in the pan.
6. While cupcakes are cooling, prepare the Cream Cheese Frosting.
7. Put the cream cheese, butter and sugar into a medium mixing bowl. Using a Cuisinart® Hand Mixer fitted with the mixing beaters, mix on medium-low until completely smooth. Add the remaining ingredients and mix until just combined.
8. Once the cupcakes are completely cooled, top with the Cream Cheese Frosting.

Nutritional information per cupcake (without frosting):
 Calories 264 (57% from fat) • carb. 25g • pro. 4g
 • fat 17g • sat. fat 1g • chol. 35mg • sod. 218mg
 • calc. 70mg • fiber 2g

Notable nutrients based on daily percentages:
 Vitamin A 82%

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 East Windsor, NJ 08520

Printed in China
 09CE16531

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