

# Cuisinart®

INSTRUCTION AND  
RECIPE BOOKLET



**PowerEdge® 700-Watt Blender**

**CBT-700C Series**

For your safety and continued enjoyment of this product, always read the instruction book carefully before using.

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# IMPORTANT SAFEGUARDS

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

1. **READ ALL INSTRUCTIONS BEFORE USING.**
2. **Unplug from outlet when not in use, before putting on or taking off parts, and before cleaning or removing contents from blender jar. Never put hands into the blender jar or container, or handle the blades with appliance plugged in.**
3. To protect against the risk of electrical shock, do not put motor base of blender in water or other liquid.
4. Close supervision is necessary when any appliance is used by or near children.
5. Avoid contact with moving parts.
6. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions, or is dropped or damaged in any manner. Return appliance to nearest Cuisinart® service facility for examination, repair, and/or mechanical or electrical adjustment.
7. The use of attachments, including canning or ordinary jars, not recommended or sold by Cuisinart may cause fire, electrical shock, or risk of injury to persons.
8. Do not use outdoors.
9. Do not let cord hang over edge of counter or table or touch hot surfaces.
10. **Keep hands and utensils out of jar while blending, to reduce the risk of severe injury to persons or damage to blender itself.** A rubber or plastic spatula may be used but must be used only when the blender is turned off.
11. When blender is in On mode, and LED lights are flashing or glowing, do not touch cutting assembly, interfere with blade movement, or remove blender jar cover. Accidentally touching a speed button may activate the blender.
12. **BLADES ARE SHARP. HANDLE CAREFULLY.**
13. To reduce the risk of injury, never place cutting assembly on base unless the blender jar is properly attached.
14. Always operate blender with the cover in place.
15. Never leave your blender unattended while it is running.
16. Twist on locking ring firmly. Injury can result if moving blades accidentally become exposed.
17. When blending hot liquids, remove measured lid (center piece of cover) to allow steam to escape.
18. Do not use a extension cord with this unit. Doing so may result in fire, electrical shock, or personal injury.
19. Wash the blender jar, cutting assembly, locking ring, and cover before first use.
20. **WARNING: TO REDUCE THE RISK OF ELECTRICAL SHOCK OR FIRE, DO NOT REMOVE THE BASE PANEL. NO USER SERVICEABLE PARTS ARE INSIDE. REPAIR SHOULD BE DONE ONLY BY AUTHORIZED PERSONNEL.**
21. **WARNING: FLASHING LIGHT INDICATES READY TO OPERATE. DO NOT TOUCH BLADES.**
22. Do not operate your appliance in an appliance garage or under a wall cabinet. **When storing in an appliance garage always unplug the unit from the electrical outlet.** Not doing so could create a risk of fire, especially if the appliance touches the walls of the garage or the door touches the unit as it closes.

## SAVE THESE INSTRUCTIONS FOR HOUSEHOLD USE ONLY

This appliance comes with a resettable thermal fuse to prevent damage to the motor in the case of extreme overload. Should the unit shut off unexpectedly, unplug it and let it cool for at least 15 minutes before continuing (see “To reset the unit,” #5 on page 6).

## UNPACKING INSTRUCTIONS

1. Place the box containing your Cuisinart® PowerEdge® 700-Watt Blender on a flat, sturdy surface before unpacking.
2. Remove instruction booklet and other printed materials from top of corrugated insert. Next remove the top corrugated insert.
3. Remove the lower corrugated insert containing the blender jar assembly. Be careful not to tip the jar when removing.
4. Carefully lift blender base from box and set aside.

To assemble the blender, follow the Assembly instructions, page 4. Replace all corrugated inserts in the box and save the box for repackaging.

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**Before using for the first time:** Wash all parts according to the Cleaning and Maintenance section on page 7 to remove any dust or residue.

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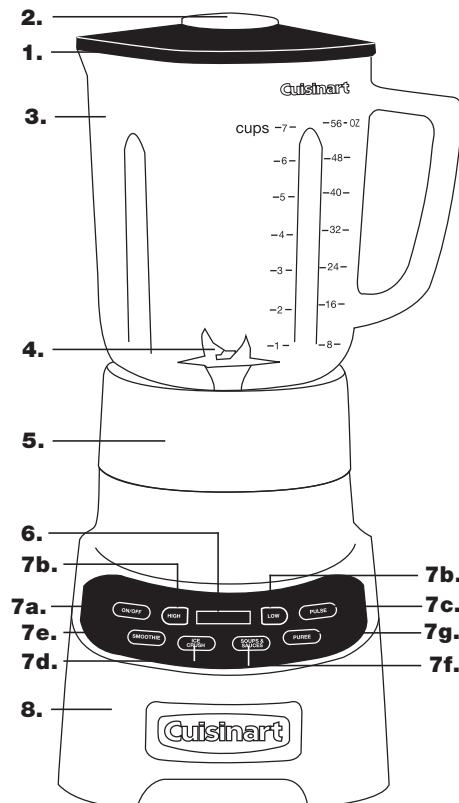
## INTRODUCTION

The Cuisinart® PowerEdge® 700-Watt Blender is constructed with a heavy die-cast metal base and 56-ounce (1.7 L) glass blender jar. This commercially inspired new look for blending – solid, sophisticated, and hi-tech – is perfect for today's gourmet kitchen.

A powerful performer, the Cuisinart® PowerEdge® 700 is engineered with a 700-watt motor that's more than capable of handling extra-tough blending tasks, including crushing ice. In addition, this heavy-duty blender offers versatile, precision control and pre-programmed functionality. A new Count-Up™ Timer ensures that any recipe can be followed to the second, and our patent-pending Power6 Turbo-Edge® professional-quality stainless steel blade with improved cutting surfaces finely minces even small portions of nuts or delicate herbs.

A crowd pleaser, the heavy glass blender jar holds 56 ounces (1.7 L) of tropical island drinks, tasty smoothies, luscious fruit and yogurt shakes, chocolate banana crème brûlée, cilantro chutney or roasted red pepper soup... and more! If you think of something else you want to add while blending, just remove the measured pour lid insert and pour ingredients in. The blender jar has a spill-proof spout, and all the removable parts are dishwasher safe. Great look. Perfect blend. Welcome to Cuisinart!

# FEATURES AND BENEFITS



**Note: Blades are sharp... handle carefully.**

## 7. Push-Button Controls

### a. Power On/Off

Flashing red LED indicates when power is on.

### b. High and Low Buttons

Choose High or Low speed to blend the ingredients to the desired consistency. Blue backlit LED lights will indicate which speed you are using.

### c. Pulse Button

Allows you to pulse at High or Low, Purée, or Soup & Sauces, so you can blend ingredients only as much as needed.

### d. Pre-Programmed Ice Crush Button

Press Ice Crush and begin crushing. This button is pre-programmed using the best combination of speed and timed pulsing for crushing ice without over-processing.

## 1. Cover and Leak-Proof Rubber Gasket

Just press on. Tightfitting seal resists leakage. Rubber gasket holds lid snugly in position for safe operation.

## 2. Measured Pour Lid

Allows you to measure and add ingredients with-out removing the cover.

## 3. 56-oz. (1.7 L) Glass Jar

Has a unique, sturdy, easy to pour design.

## 4. High-Quality Cutting Assembly with Power6 Turbo-Edge™ Stainless Steel Blade

Is strong enough for all blending tasks, including tough jobs, from ice crushing to chopping delicate herbs.

## 5. Locking Ring/Collar

Is self-aligning so that the glass blender jar slides easily into position.

## 6. Count-Up™ Timer

Three-minute timer with blue backlight times your recipes for perfect results.

## e. Pre-Programmed Smoothie Button

The perfect combination of speed and power timed to develop results in under 30 seconds!

## f. Soups & Sauces Button

Pre-set speed blends a variety of ingredients, hot or cold, into your favourite soups, sauces, or dressings.

## g. Purée Button

High speed pre-set breaks down foods to pure, velvety consistencies.

## 8. Heavy-Duty Die Cast Metal Motor Base

Is so sturdy and stable with a low centre of gravity, it will not “walk” on your counter.

## 9. Slip-Proof Feet (not shown)

Prevent movement during use and prevent damaging marks on countertops or tables.

## 10. Cord Storage (not shown)

Keeps countertop safe and neat by conveniently storing excess cord.

## 11. BPA free (not shown)

All materials that come in contact with food are BPA free.

# USE AND CARE

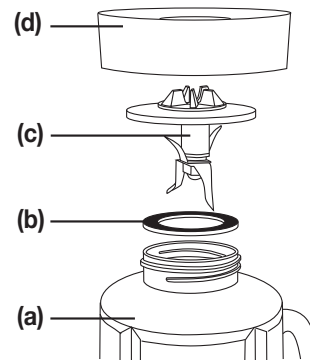
## ASSEMBLY

To use your Cuisinart® PowerEdge® 700-Watt Blender, begin by assembling the blender jar.

1. Turn the blender jar (a) upside down, and place it flat on a sturdy surface.
2. Position the rubber gasket (b) on the round opening on the bottom of the blender jar.
3. Turn the cutting assembly (c) upside down, and place the blade end in the blender jar opening. **Note: Blades are sharp... handle carefully.**
4. Secure the rubber gasket and cutting assembly into position by placing the smaller opening of the locking ring (d) on top of the cutting assembly.

Engage threads by twisting the locking ring clockwise until tightened. Make sure locking ring is tightly fastened to blender jar. Once assembled, turn the blender jar right-side up.

5. Push the cover on to the top of the blender jar. Make sure the triangle icon/symbol is aligned with the pour spout. Push the measured pour lid into the cover.



6. Place the blender jar on the motor base so that the jar markings are facing you and the handle is positioned to one side.
7. Plug in the power cord. Your blender is now ready to be used.

## HELPFUL REMINDERS

- Once the cover is in position, additional ingredients can be added during blending by simply lifting the measured pour lid, adding ingredients, and replacing the measured pour lid.
- Cover should always be in place while the unit is on. Make sure the cover is properly aligned.
- **Warning:** Do not place blender jar onto base while motor is running.
- Do not twist locking ring from blender jar when removing blender jar from base. Simply lift blender jar from motor base.
- Add liquid ingredients first, then follow with solid ingredients. This will provide more consistent blending and prevent unnecessary stress on the motor.
- Do not place ice, frozen foods or very cold liquids into a blender jar that has come directly from a hot dishwasher.
- Boiling liquids should cool for 5 minutes before being placed in blender jar.
- Follow Cleaning and Maintenance instructions on page 7 prior to your first use.

## QUICK REFERENCE GUIDE

To activate blender	Press On/Off – The blender is in Standby mode.
To begin blending	Press desired speed button.
To change speeds	Press desired speed button.
To pulse	Press On/Off, then Pulse, then press and release desired function button as needed.s..
To crush ice	Press On/Off, then, press Ice Crush button and program will begin. Ice Crush program runs for three cycles..
To stop blending (and deactivate blender)	Press On/Off button.
To stop blending (during a designated function and pause timer)	Press same function key under operation again.

To stop blending in Pulse	Release function button.
To stop blending in Ice Crush mode	Press Ice Crush button again.

## SPEED SELECTION GUIDE

Refer to this guide to choose the best speed for your desired result.

INGREDIENT/RECIPE	SPEED	RESULT
Reconstituting frozen juice concentrate	Low	Smooth and full-bodied
Mayonnaise	Soups & Sauces	Thick and creamy
Salad dressings	Low or Purée	Completely blended and emulsified
Nuts (shelled, ½ cup [125 ml] or less at a time)	Pulse High to chop	Coarse to fine
Heavy or whipping cream	High	Coarse to fine
Bread, cookies or crackers (add ½" [1.25 cm] pieces, 1 cup [250 ml] or less at a time)	Low – pulse to break	Thick, creamy topping
Grating/chopping citrus zest (add 1 to 2 tsp. [5 - 10 ml] sugar or salt from recipe)	High	Coarse to fine as desired up, then run on Low
Smoothies, shakes, health drinks	Smoothie	Uniformly fine
Baby food/fruit and vegetable purée	Purée	Smooth and creamy
Frozen cocktails	Ice Crush	Thick and slushy
Hard cheeses	High – pulse, then blend	Coarse to fine
Spices	High – pulse, then blend	Coarse to fine
Ice	Ice Crush, pulse or continuous	Coarse crush to snowy

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## OPERATION

1. Place the motor base of your Cuisinart® PowerEdge® 700-Watt Blender onto a flat, sturdy surface. It is important that the surface be clean and dry. Assemble the blender by following the Assembly instructions. Once the jar is assembled and is in position on the motor base, plug the Cuisinart® PowerEdge® 700-Watt Blender into an electrical outlet.
2. Add all necessary ingredients to the blender jar, and replace the cover. Make sure that the triangle icon in the cover is aligned with the pour spout. This will ensure smoother lifting of the lid. You may add more ingredients by lifting the measured pour lid and dropping ingredients through the fill area. Replace the measured pour lid after adding ingredients. **Do not put hands in blender jar with blender plugged in.**

**Note:** To remove blender jar cover, lift edge of cover upward. Lifting measured pour lid will not remove cover.

3. **START BLENDING:** Press the On/Off button. The red LED indicator light will illuminate and flash, indicating that the blender is turned on but no speed has been selected. This is Standby mode.
4. **CHOOSE BLENDING SPEED:** Press desired function to determine the speed at which you would like to blend the ingredients. The indicator light for the activated speed will glow. The blender will now be functioning at the desired speed. It is possible to switch speeds without pressing the On/Off button by simply pushing another speed button.

**Note:** The Count Up™ Timer will begin counting when the desired speed button is pushed. When you switch into a pre-programmed speed, the timer will reset to support the new command.

5. **PULSE MODE:** The Pulse mode allows you to create a burst of power for quick, efficient blending. To use the Pulse function, push the On/Off button and the red LED indicator light will flash. Push the Pulse button and the Pulse LED indicator light will blink. Push and release the desired speed button. Repeat as desired. While pulsing, the LED indicator Pulse light will remain solid while the function button is pressed. The Pulse function can be used to break apart larger pieces of food or to control the texture of food when chopping. The Pulse function is also effective in starting the blending process when you do not want continuous power, or when processing items that do not require an extended amount of blending.  
**Note:** The timer will count when you push Pulse and hold down the function button. The timer will pause when you release the function button. It will reset if you press Pulse again.
6. To reset the unit: This appliance features an advanced resettable thermal fuse. In the event of an overload condition, the unit will shut down to protect the motor from overheating. To reset the appliance when this happens, unplug the unit and let it cool for a minimum of 15 minutes.

Then, reduce the contents of the blender jar and/or clear any jams. Restart the unit as noted in the operating directions.

### 7. TO PAUSE OR STOP BLENDING PROCESS

**a) To Pause Blending Process:** Push the button corresponding to the speed at which you are currently blending. For example: If you are blending on High speed, push the High speed button and the blender will stop blending but the unit will remain on.

**Note:** By pausing the blending process, you will also pause the timer. The timer will pause until you start blending again.

**b) To Stop the Blending Process:** Push the On/Off button when you are finished with your recipe and would like to turn the blender off.

**Note:** When you push the On/Off button, to power the blender off the timer will stop counting and the LCD display will be off. When the blender is turned back on and a speed button is pushed, the timer will begin to count from 0:00.

8. **TIMING YOUR RECIPES:** The PowerEdge® 700-Watt Blender features a 3-minute Count-Up™ Timer so that you can time your recipes and guarantee perfect results. The timer begins counting from 0 as soon as you push your desired speed: High, Low, Pulse, Purée or Soups & Sauces. The timer will continue to count up even if you change speeds during blending. You can pause the timer by pausing the blending process. Do this by pushing the button corresponding to the speed at which you are currently blending. **For example:** If you are blending in Low speed and you push the Low speed button, the blender will stop blending and the timer will stop counting, but the unit will remain on. To continue blending and timing your recipe, push the function chosen again. The timer will also stop counting when it reaches 3:00 minutes, and an audible chime will sound. The timer will reset itself when the On/Off button is pushed, a different speed is selected or a pre-programmed function is engaged.
9. **Pre-Programmed Recipes:** Smoothie and Ice Crush are both programmed based on extensive testing in our kitchen. **As part of their programming, the blender will pause between burst and cycles. This is normal and by design.**
  - a) Start **Smoothie** by powering the unit On and pressing Smoothie. The LED backlight will illuminate and a 30-second count-up program will begin. Not smooth enough for your liking? After the cycle stops, return to Standby and press the Smoothie button again to start a new cycle. An audible chime will sound at the end of the cycle. You may stop the program at any time by hitting the Smoothie button again or by powering the unit Off.
  - b) **Crushing Ice:** From the Standby mode, press Ice Crush. A pre-programmed cycle will begin. It is designed to run for three 35-second cycles and will automatically stop at that point and an audible chime



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will sound. To start another cycle, press Ice Crush again. To interrupt the program, press Ice Crush and the unit will pause, reverting to Standby. To continue, press Ice Crush again. To stop the cycle, move to another setting or press On/Off.

**Note:** We recommend you use approximately 8 cubes per cycle.

10. **TO DISLODGE FOOD:** Use a rubber or plastic spatula to help remove food lodged around the cutting assembly. **DO NOT USE SPATULA UNTIL YOU HAVE TURNED THE BLENDER OFF.** Replace the cover and measured pour lid and continue blending, if necessary. Make sure spatula is not inside the blender jar before blending.
11. **WHEN FINISHED BLENDING:** Press the On/Off button and unplug the blender from the electrical outlet. Never remove the blender jar from the motor base until the blender is off. Do not twist locking ring from blender jar when removing jar from motor base. Simply lift blender jar from motor base. **Do not put hands into blender jar with blender plugged in.**

## CLEANING AND MAINTENANCE

Always unplug your Cuisinart® PowerEdge® 700-Watt Blender from the electrical outlet before cleaning. The blender is made of corrosion-resistant parts that are easy to clean. Before first use and after every use, clean each part thoroughly. Periodically check all parts before reassembly. If any part is damaged or blender jar is chipped or cracked, DO NOT USE BLENDER.

Remove the blender jar from the motor base by lifting straight up and away. Invert the jar. Twist off the locking ring by turning counterclockwise.

Remove the cutting assembly and rubber gasket. Wash in warm soapy water; rinse and dry thoroughly.

Place the locking ring in the upper rack of the dishwasher or wash in warm water.

**CAUTION:** Handle the cutting assembly carefully. It is SHARP and may cause injury. Do not attempt to remove blades from cutting assembly.

Remove the blender jar cover and the measured pour lid. Wash in warm, soapy water; rinse and dry thoroughly, or place in upper rack of dishwasher. The blender jar must be washed in warm, soapy water and rinsed and dried thoroughly. The blender jar can also be placed upside down in dishwasher.

Finally, wipe the motor base clean with a damp cloth to remove any residue, and dry thoroughly. Never submerge the motor base in water or other liquid, or place in a dishwasher.

**Tip:** You may wish to clean your blender cutting assembly as follows: Squirt a small amount of dishwashing liquid into assembled blender jar and fill halfway with warm water. Run on Low for 15 seconds. Repeat, using clean tap water. Empty blender jar and carefully disassemble parts. Wash cutting assembly, gasket and locking ring in warm, soapy water. Rinse and dry all parts thoroughly.

Any other servicing should be performed by an authorized service representative.

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## DOs and DON'Ts WHEN USING YOUR BLENDER

### Do:

- Make sure the electrical outlet is rated at the same voltage as that stated on the bottom of the blender motor base.
- Always use the blender on a clean, sturdy and dry surface.
- **Always add liquid ingredients to the blender jar first, then add remaining ingredients. This will ensure that ingredients are uniformly mixed.**
- Cut most foods into cubes approximately ½ inch (1.3 cm) to 1 inch (2.5 cm) to achieve a more uniform result. Cut all cheeses into pieces no larger than ½ inch (1.3 cm).
- Use the measured pour lid to measure liquid ingredients such as alcohol. Replace measured pour lid after ingredients have been added.
- Use a rubber or plastic spatula as needed, only when the blender is turned off. Never use metal utensils, as damage may occur to the blender jar or cutting assembly.
- Place cover on firmly. Always operate the blender with the cover on.
- Make sure locking ring is tightly attached to blender jar.
- Always remove locking ring, cutting assembly, and rubber gasket before cleaning.
- When scraping the blender jar with a spatula, remove the food from the sides of the blender jar and place food in the centre of the blender jar, over the cutting assembly.
- When chopping fresh herbs, garlic, onion, zest, breadcrumbs, nuts, spices, etc., make sure the blender jar and cutting assembly are completely dry.
- If food tends to stick to the sides of the blender jar when blending, pulse in short bursts.
- Pulses should be short bursts. Space the pulses so the blades stop rotating between pulses.

### Don't:

- Don't twist locking ring from blender jar when removing blender jar from motor base. Simply lift blender jar from motor base.
  - Don't overprocess foods. Blender will achieve most desired results in seconds, not minutes.
  - Don't overload blender. If the motor stalls, turn the blender off immediately, unplug the unit, and remove a portion of the food, then continue.
  - Don't use any utensil inside the blender jar while the motor is on.
  - Don't use any container or accessories not recommended by Cuisinart. Doing so may result in injury.
  - Don't put hands inside the blender jar when blender is plugged in.
  - Don't add boiling liquids or frozen foods (except ice cubes or ½-inch (1.25 cm) pieces of frozen fruit) to glass blender jar. Boiling liquids should cool for 5 minutes before being placed in blender jar.
- Don't store food or liquids in your blender jar.
  - Don't place cutting assembly and locking ring onto motor base without the blender jar attached.
  - Do not attempt to mash potatoes, knead heavy dough, or beat egg whites.
  - Don't remove blender jar while unit is on. Keep the blender jar cover on the blender jar while blending.



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## RECIPE TIPS

The simple recipes that follow include some old Cuisinart® favourites as well as some creative combinations that are sure to please your friends and family. Thanks to the superior ice-crushing power and pre-programmability of the PowerEdge® 700-Watt Blender, you'll also be able to make delicious frozen drinks.

**Chopping Nuts:** Place ½ cup (125 ml) shelled nuts in the blender jar and cover blender. Pulse on High until desired chop is achieved. Pulse fewer times for coarsely chopped nuts. For best results process small amounts, ½ cup (125 ml) or less.

**Bread, Cookie or Cracker Crumbs:** Break or cut bread, cookies or crackers into pieces ½ inch (1.25 cm) or less in size. For best bread results, use day-old bread (drier bread works best). Place bread, cookie or cracker pieces in blender jar. Pulse on Low to chop, then blend continuously until desired texture of crumbs is achieved. For best results, process 1 cup (250 ml) or less at a time.

**Crushing Ice:** Add up to 8 standard ice cubes to the blender jar. Cover. Press the pre-programmed Ice Crush button. Timer will sound; turn blender off.

**Grating Fresh Citrus Zest:** For best results, blender jar and cutting assembly must be clean and dry. Remove zest from fruit in strips using a vegetable peeler; use a sharp knife to remove the bitter white pith from the underside of the zest. Process no more than 8 strips at a time (zest of 1 medium lemon). Cut strips in half. Add strips and 1 to 2 teaspoons (5 - 10 ml) of sugar or coarse salt (from recipe) to the blender jar. Cover blender jar. Set on High; blend for 15 to 20 seconds. Turn blender off.

**Baby Food:** Combine no more than 1 pound (500 g) of cooked vegetables or fruit with ½ cup (125 ml) liquid (water, milk, fruit juice, broth, or cooking liquid) in the blender jar. Cover. Set on Purée. Blend until smooth. Add more liquid as necessary and process further until desired texture is reached. Always consult with your pediatrician/family physician concerning the best foods for your baby and when to introduce new foods to his/her diet.

**Grinding Hard Cheese:** Cut cheese into ½-inch (125 ml) pieces; remove the outer hard rind. Place cheese in blender jar and cover blender. Pulse on High to chop cheese, then blend until desired grind is reached. For best results, grind no more than 3 ounces (85 g) of cheese at a time.

**Grinding Spices:** For best results, blender jar and cutting assembly must be clean and dry. Add ¼ to ½ cup (50 - 125 ml) of spices/seeds/peppercorns to blender jar. Cover. Pulse on High to break up, then blend until desired consistency is achieved.

**Whipping Cream:** If possible, chill blender jar and cutting assembly in refrigerator for 15 minutes. Add 1 cup heavy or whipping cream to blender jar. Cover jar. Set on High and blend until cream is thickened. (Do not overblend – bits of butter will begin to form.) If desired, add 1 tablespoon (15 ml) sugar and 1 to 2 teaspoons (5 - 10 ml) of vanilla or other flavouring. Consistency will be that of a thickened, but not fluffy, whipped cream and is most appropriate for topping desserts or coffee drinks.

When using the blender to purée hot mixtures such as creamed soups and baby foods, strain the solids from the liquid, reserving the cooking liquid. Then place the cooked solids in the blender jar along with ½ to 1 cup (125 - 250 ml) of the reserved cooking liquid. Use the Pulse function to chop, then blend until desired consistency/purée is reached.

Allow hot foods to cool slightly before blending to prevent steam buildup, which may cause the lid to lift up from the blender jar.

Keep your blender out on the counter within easy reach and you will be surprised how often you will use it.

Keep ice cubes made of juices, yogurt, milk or fruit purées on hand to substitute for plain ice when making smoothies and frosty beverages to prevent diluting the drink.

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## Bananas Foster Pancakes

Take the famous dessert and turn it into breakfast. The Cuisinart® PowerEdge® 700 Blender makes this recipe a quick treat in the morning.

Makes about thirty 4-inch (10 cm) pancakes

- 1 banana, cut into ¼-inch (0.6 cm) dice**
- 1 tablespoon (15 ml) unsalted butter**
- ¾ cup (175 ml) dark brown sugar, divided**
- ½ cup (125 ml) dark rum**
- 1½ cups (375 ml) buttermilk**
- 2 large eggs**
- ¼ cup (50 ml) unsalted butter, melted and cooled to room temperature**
- ¾ teaspoon (375 ml) pure vanilla extract**
- 1¾ cups (425 ml) unbleached, all-purpose flour**
- 1 teaspoon (5 ml) baking soda**
- ½ teaspoon (2 ml) baking powder**
- ¼ teaspoon (1 ml) table salt**
- nonstick cooking spray**

Place the banana, tablespoon (15 ml) of butter and ¼ cup (50 ml) of the brown sugar in a small saucepan. Place over medium heat. Once the mixture begins to simmer, add the rum. Let mixture reduce, about 5 minutes, and then remove from heat; reserve.

Place the remaining ingredients, in the order listed, in the jar of the Cuisinart® PowerEdge® 700 Blender. Pulse on Low 5 times. Press the Pulse button again, to deactivate the function, and then press the Soup & Sauces function; let run for 15 seconds. Add the reserved banana mixture and Pulse on Low 4 times.

Preheat Cuisinart® Griddler fitted with the griddle plates to 375°F (190°C) (or use a stovetop griddle). Coat the griddle plates with nonstick cooking spray.

For each pancake, pour ¼ cup (50 ml) batter onto the preheated griddle. Cook 2 to 3 minutes, or until bubbles have formed on top and bottom is lightly browned. Turn pancakes and cook other side until done, about 3 more minutes. Repeat with remaining batter.

*Nutritional information per serving (3 pancakes):*

*Calories 241 (22% from fat) • carb. 34g • pro. 5g • fat 6g • sat. fat 4g • chol. 56mg • sod. 236mg • calc. 55mg • fiber 1g*

## Smoked-Bacon and Manchego Frittata

Frittatas are a great alternative to traditional omelets. Try this one – you will not be disappointed.

Makes 10 servings

- 5 slices applewood-smoked bacon, chopped**
- ½ large red bell pepper, cut into ½-inch (1.25 cm) pieces**
- ¼ large red onion, cut into ½-inch (1.25 cm) pieces**
- 10 large eggs**
- ¼ cup (50 ml) heavy cream**
- ½ teaspoon (2 ml) sea salt**
- ¼ teaspoon (1 ml) freshly ground black pepper**
- nonstick cooking spray**
- 4 ounces (115 g) manchego, shredded**
- 8 green onions, chopped**

Preheat oven to 375°F (190°C).

Combine bacon, red pepper and red onion in a small microwave-safe bowl. Cover with a paper towel and cook in a Cuisinart® microwave on High for 10 minutes.

While the bacon and vegetables are cooking, place the eggs, heavy cream, salt and pepper in the jar of the Cuisinart® PowerEdge® 700 Blender. Add the cooked bacon/vegetable mixture. Run on the Smoothie function for 15 seconds.

Liberally spray a 12-inch (30 cm) sauté pan with nonstick cooking spray. Add the blended egg mixture to the pan; top with the manchego and onions. Place the filled pan in the preheated oven; bake for 20 minutes. After baking, let frittata sit for 5 minutes before slicing and serving.

*Nutritional information per serving:*

*Calories 150 (64% from fat) • carb. 4g • pro. 9g • fat 10g • sat. fat 5g • chol. 230mg • sod. 340mg • calc. 96mg • fiber 1g*

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## Whole-Wheat Apple Cinnamon Waffles

The nuttiness of whole-wheat flour comes to the forefront in this comforting waffle.

Makes about 24 waffles

- ¼ cup (50 ml) unsalted butter**
- 3 apples, peeled, cored and cut into ¼-inch (0.6 cm) dice**
  
- 3⅓ cups (833 ml) reduced-fat milk**
- 1 teaspoon (5 ml) pure vanilla extract**
- ½ cup (125 ml) unsalted butter, melted and cooled, divided**
- 4 large eggs**
- 2 cups (500 ml) whole-wheat flour**
- 2 cups (500 ml) unbleached, all-purpose flour**
- ¼ cup (50 ml) granulated sugar**
- 2 tablespoons (30 ml) baking powder**
- 2 teaspoons (10 ml) table salt**
- 1 teaspoon (5 ml) ground cinnamon**
- nonstick cooking spray**

In a small sauté pan set over medium heat, melt ¼ cup (50 ml) butter. Once melted, add the diced apples. Let cook until browned and softened, about 4 minutes. Reserve.

Place the remaining ingredients, in the order listed, in the jar of a Cuisinart® PowerEdge® 700 Blender. Run on the Soup & Sauces function for 2 minutes, or until mixture is smooth. Add the apple mixture to the batter and Pulse on High 4 times to combine.

Lightly coat a Cuisinart® Belgian Waffle Maker with nonstick cooking spray. Preheat to Level 4.

Pour the suggested amount of batter (refer to waffle maker instructions) onto the prepared, preheated waffle maker. Quickly and carefully spread the batter evenly with a heatproof spatula. Close the cover and cook until tone sounds.

*Nutritional information per waffle:*

*Calories 169 (39% from fat) • carb. 21g • pro. 5g • fat 8g • sat. fat 4g • chol. 55mg • sod. 354mg • calc. 138mg • fiber 2g*

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## Berry Protein Smoothie

A healthy start to the morning, this will give you energy for the entire day.

Makes about six 8-ounce (236 ml) servings

- 2 cups (500 ml) soy milk**
- 4½ cups (1.12 L) mixed berries (fresh and/or frozen, thawed)**
- 2 tablespoons (30 ml) flax seed meal**
- 3 tablespoons (45 ml) protein powder**
- 1 banana, cut into 1-inch (2.5 cm) pieces**

Place all the ingredients, in the order listed, in the jar of the Cuisinart® PowerEdge® 700 Blender. Cover and set on the Smoothie function. Once the program is complete, turn the power off and serve.

*Nutritional information per serving:*

*Calories 110 (15% from fat) • carb. 21g • pro. 4g • fat 2g • sat. fat 0g • chol. 0mg • sod. 50mg • calc. 76mg • fiber 4g*

## Cantaloupe Yogurt Smoothie

This smoothie has a nice tanginess to it, thanks to the plain yogurt. The cantaloupe imparts a natural sweetness.

Makes about six 8-ounce (236 ml) servings

- 1½ cup (375 ml) orange juice**
- 4 cups (1 L) 1-inch (2.5 cm) cubed cantaloupe**
- 1 cup (250 ml) nonfat plain yogurt**
- 1 cup (250 ml) standard-size ice cubes (about 6)**

Place all the ingredients, in the order listed, in the jar of the Cuisinart® PowerEdge® 700 Blender. Cover and set on the Smoothie function. Once the program is complete, turn the power off and serve.

*Nutritional information per serving:*

*Calories 80 (2% from fat) • carb. 19g • pro. 3g • fat 0g • sat. fat 0g • chol. 0mg • sod. 50mg • calc. 60mg • fiber 1g*

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## All-Fruit Smoothie

Always a winner here at Cuisinart, our All-Fruit Smoothie combines a variety of fresh fruit and juice.

Makes about seven 8-ounce (236 ml) servings

- $\frac{2}{3}$  cup (150 ml) orange juice**
- $1\frac{1}{4}$  cups (300 ml)  $\frac{1}{2}$ -inch (1.25 cm) cubed cantaloupe**
- $1\frac{1}{4}$  cups (300 ml) raspberries, fresh or frozen**
- $1\frac{1}{4}$  cups (300 ml)  $\frac{1}{2}$ -inch (1.25 cm) cubed pineapple**
- $1\frac{1}{4}$  cups (300 ml)  $\frac{1}{2}$ -inch (1.25 cm) orange segments**
- $1\frac{1}{4}$  cups (300 ml) hulled and halved strawberries**
- $1\frac{1}{2}$  bananas, cut into  $\frac{1}{2}$ -inch (1.25 cm) pieces**
- $1\frac{1}{4}$  cups (300 ml) standard-size ice cubes (about 8)**

Place all the ingredients, in the order listed, in the jar of the Cuisinart® PowerEdge® 700 Blender. Cover and set on the Smoothie function. Once the program is complete, turn the power off and serve.

*Nutritional information per serving:*

*Calories 100 (4% from fat) • carb. 26g • pro. 2g • fat 1g • sat. fat 0g • chol. 0mg • sod. 10mg • calc. 41mg • fiber 4g*

## Summertime Cooler

Beat the heat with this light drink.

Makes about five 8-ounce (236 ml) servings

- $\frac{1}{4}$  cup (50 ml) fresh lime juice**
- 1 cucumber, peeled and seeded, cut into  $\frac{1}{2}$ -inch (1.25 cm) pieces**
- 5 cups (1.25 L) 1-inch (2.5 cm) cubed seedless watermelon**
- $\frac{1}{4}$  cup (50 ml) fresh mint leaves**

Place all the ingredients, in the order listed, in the jar of the Cuisinart® PowerEdge® 700 Blender. Cover and run the Smoothie

function. Turn the power off and serve.

*Nutritional information per serving:*

*Calories 50 (5% from fat) • carb. 14g • pro. 1g • fat 0g • sat. fat 0g • chol. 0mg • sod. 0mg • calc. 21mg • fiber 1g*

## Super Antioxidant Smoothie

Refresh your body with this good-for-you combination of pomegranate, blueberries and flax seeds.

Makes about six 8-ounce (236 ml) servings

- $1\frac{1}{4}$  cups (300 ml) pomegranate juice**
- 2 pints (946 ml) blueberries**
- 2 frozen bananas, cut into 1-inch (2.5 cm) pieces**
- 2 tablespoons (30 ml) flax seed meal**

Place all the ingredients, in the order listed, in the jar of the Cuisinart® PowerEdge® 700 Blender. Cover and set on the Smoothie function. Once the program is complete, turn the power off and serve.

*Nutritional information per serving:*

*Calories 130 (8% from fat) • carb. 31g • pro. 2g • fat 2g • sat. fat 0g • chol. 0mg • sod. 5mg • calc. 11mg • fiber 4g*

## Strawberry Kiwi Rum Punch

This punch screams “summer!” – it will be a hit at your next party.

Makes about eight 8-ounce (236 ml) servings

- 6 ounces (177 ml) orange juice**
- 6 ounces (177 ml) pineapple juice**
- 4 ounces (120 ml) fresh lime juice**
- 3 ounces (90 ml) light rum**
- 3 ounces (90 ml) tequila**
- 2 ounces (60 ml) grenadine**
- 4 ounces (120 ml) Triple Sec**
- 3 cups (750 ml) hulled and halved strawberries**
- 3 kiwi, peeled and cut into 1-inch (2.5 cm) pieces**
- 2 sprigs cilantro**
- 4 vanilla beans, split and seeds scraped, pods discarded**
- $\frac{1}{2}$  teaspoon (2 ml) freshly ground black pepper**

Place all the ingredients, in the order listed, in the jar of the Cuisinart® PowerEdge® 700 Blender. Cover and run on High for 25 seconds. Turn the power off. Pour the punch over ice; serve immediately.

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*Nutritional information per serving:*  
Calories 190 (2% from fat) • carb. 33g • pro. 1g • fat 0g • sat. fat 0g •  
chol. 5mg • sod. 1670mg • calc. 27mg • fiber 2g

## Mango Vanilla Bean Mojito

The ripeness of the mango makes a big difference in this play on the Cuban favourite. Be sure to use the ripest fruit available.

Makes about five 8-ounce (236 ml) servings

- 12 ounces (354 ml) light rum**
- 8 ounces (240 ml) fresh lime juice**
- 12½ ounces (369 ml) unflavoured seltzer**
- 6 cups (1.5 L) of 1-inch (2.5 cm) cubed very ripe mangoes (about 3 fruit)**
- 5 tablespoons (75 ml) granulated sugar**
- 3 kiwi, peeled and cut into 1-inch (2.5 cm) pieces**
- 4 vanilla beans, split and seeds scraped, pods discarded**
- 15 fresh mint leaves**

Place all the ingredients, in the order listed, in the jar of the Cuisinart® PowerEdge® 700 Blender. Cover and run on High for 35 seconds. Turn the power off. Pour the punch over ice and serve immediately.

*Nutritional information per serving:*  
Calories 370 (1% from fat) • carb. 45g • pro. 1g • fat 0g • sat. fat 0g •  
chol. 0mg • sod. 15mg • calc. 20mg • fiber 2g

## Frozen Strawberry Daiquiri

A popular beach or pool side drink, this drink is also great with raspberries.

Makes about four 8-ounce (236 ml) servings

- 3 tablespoons (45 ml) fresh lime juice**
- 6 tablespoons (90 ml) superfine sugar**
- 7½ ounces (220 ml) light rum**
- 2½ cups (625 ml) hulled and halved strawberries**
- 5 cups (1.25 L) standard-size ice cubes (about 30 cubes)**

Place all the ingredients, in the order listed, in the jar of the Cuisinart® PowerEdge® 700 Blender. Cover and run on the Ice Crush function for 25 seconds. Turn the power off and serve immediately.

*Nutritional information per serving:*  
Calories 210 (1% from fat) • carb. 22g • pro. 1g • fat 0g • sat. fat 0g •  
chol. 0mg • sod. 5mg • calc. 18mg • fiber 2g

## Basil Lemonade

The slight hint of basil in this homemade lemonade is a refreshing change to a classic.

Makes about six 6-ounce (177 ml) servings

- 6 ounces (177 ml) fresh lemon juice**
- 10 ounces (295 ml) simple syrup\* (or to taste)**
- 6 large basil leaves**
- 12 ounces (354 ml) seltzer**

Place all the ingredients, in the order listed, in the jar of the Cuisinart® PowerEdge® 700 Blender. Cover and run on High for 20 seconds. Turn the power off.

The lemonade can be strained to remove the chopped basil or can be served as is.

\*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 completely before using.

*Nutritional information per serving:*  
Calories 150 (0% from fat) • carb. 39g • pro. 0g • fat 0g • sat. fat 0g • chol. 0mg •  
sod. 0mg • calc. 5mg • fiber 0g



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## Classic Frozen Margarita

Our Ice Crush function makes the perfect frozen drink.

Makes about seven 8-ounce (236 ml) servings

- 1 cup (250 ml) fresh lime juice**
- 1¼ cups (300 ml) tequila**
- 1 cup (250 ml) Triple Sec**
- ¼ cup (50 ml) simple syrup\***
- 4 cups (1 L) standard-size ice cubes**

Place all the ingredients, in the order listed, in the jar of the Cuisinart® PowerEdge® 700 Blender. Cover and run on the Ice Crush function for 35 seconds. Turn the power off 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 completely before using.

*Nutritional information per serving:*

*Calories 140 (0% from fat) • carb. 34g • pro. 0g • fat 0g • sat. fat 0g • chol. 0mg • sod. 2680mg • calc. 8mg • fiber 0g*

## Mint Chocolate Chip Ice Cream Shake

Rich and creamy milk shakes are done to perfection in the Cuisinart® PowerEdge™ 700 Blender.

Makes about four 8-ounce (236 ml) servings

- 1 cup (250 ml) whole milk**
- 4 cups (1 L) mint chocolate chip ice cream (or your favourite flavour)**
- 3 tablespoons (45 ml) chocolate sauce**

Place all the ingredients, in the order listed, in the jar of the Cuisinart® PowerEdge® 700 Blender. Cover and run on Low for 30 seconds and then turn the power off. Serve immediately.

*Nutritional information per serving:*

*Calories 350 (33% from fat) • carb. 51g • pro. 9g • fat 13g • sat. fat 8g • chol. 30mg • sod. 170mg • calc. 307mg • fiber 1g*

## Cilantro Chutney

This simple accompaniment tames the heat of spicy food.

Makes about 3 cups (750 ml)

- 1 pint (473 ml) sour cream**
- 1½ bunches fresh cilantro**
- 5 garlic cloves**
- ¼ large sweet onion (e.g., Vidalia)**
- ¾ pound (375 g) peeled fresh ginger, cut into ½-inch (1.25 cm) pieces [about ¼ cup (50 ml) chopped]**
- 1 small jalapeño, seeded and cut into ½-inch (1.25 cm) pieces**
- ½ teaspoon (2 ml) sea salt**
- ½ teaspoon (2 ml) granulated sugar**

Place all of the ingredients, in the order listed, in the jar of the Cuisinart® PowerEdge® 700 Blender. Run on High for 40 seconds.

The chutney is best served after chilling in the refrigerator for a day or two to help meld the flavours.

*Nutritional information per serving [2 tablespoons (30 ml)]:*

*Calories 45 (80% from fat) • carb. 2g • pro. 1g • fat 4g • sat. fat 3g • chol. 8mg • sod. 56mg • calc. 26mg • fiber 0g*

## Fresh Tomato and Corn Salsa

Homemade salsa in just a few minutes.

Makes 3 cups (750 ml)

- 4 garlic cloves**
- 1 medium onion, cut into 1-inch (2.5 cm) pieces**
- 2 small jalapeños, seeded and cut into ½-inch (1.25 cm) pieces**
- 4 green onions, cut into 1-inch (2.5 cm) pieces**
- 1 cup (250 ml) fresh cilantro**

- 1½ tablespoons (25 ml) fresh lime juice, divided**
- ¾ teaspoon (3.75 ml) sea or kosher salt, divided**
- ¼ teaspoon (1 ml) freshly ground black pepper**
- ¼ teaspoon (1 ml) chili powder**
- 6 small to medium tomatoes, cut into 1-inch (2.5 cm) pieces**
- 1 cup (250 ml) frozen corn kernels, not defrosted**

Place the garlic in the jar of the Cuisinart® PowerEdge® 700 Blender. Pulse on Low about 5 times, or until roughly chopped; scrape sides of jar. Add the onion, jalapeños, green onions, cilantro, 1 tablespoon (15 ml) lime juice, ½ teaspoon (2 ml) salt, pepper, chili powder and tomatoes; pulse on Low an additional 4 times. Deactivate the Pulse mode and run on the Soup & Sauces function for 20 to 22 seconds. Strain the mixture through a fine mesh strainer to remove excess liquid. Pour the strained salsa into a medium mixing bowl (or serving bowl) and stir in the remaining lime juice, salt and corn.

Adjust seasoning to taste. Serve with warm tortilla chips.

*Nutritional information per serving (2 tablespoons [30 ml]):*  
*Calories 14 (6% from fat) • carb. 3g • pro. 1g • fat 0g • sat. fat 0g •*  
*chol. 0mg • sod. 69mg • calc. 6mg • fiber 1g*

## Thai Peanut Sauce

A classic accompaniment to summer rolls, this sauce can also be used with noodles or chicken.

Makes about 2½ cups (625 ml)

- 1 cup (250 ml) coconut milk**
- ¼ cup (50 ml) reduced-sodium soy sauce**
- 2 tablespoons (30 ml) sesame oil**
- 2 tablespoons (30 ml) rice vinegar**
- 1 tablespoon (15 ml) fish sauce**
- 2 small to medium jalapeños, seeded and cut into 1-inch (2.5 cm) pieces**
- 2 garlic cloves**
- 4 ½-inch (1.25 cm) pieces of peeled, fresh ginger**
- 2 cups (500 ml) roasted peanuts**
- ¼ cup (50 ml) light or dark brown sugar**

- 2 tablespoons (30 ml) red chile paste**

Place all of the ingredients, in the order listed, in the jar of the Cuisinart® PowerEdge® 700 Blender. Run on the Soups & Sauces function for 1 minute, or until completely smooth.

Remove and serve.

*Nutritional information per serving (2 tablespoons [30 ml]):*  
*Calories 121 (69% from fat) • carb. 7g • pro. 3g • fat 10g • sat. fat 3g •*  
*chol. 0mg • sod. 128mg • calc. 8mg • fiber 1g*

## Roasted Vegetable Spread

The rich and sweet flavours of the roasted vegetables, along with the tanginess of the capers and vinegar, make this recipe a match for many items. We love it on toasted bread or crackers, or even as a sauce over couscous or pasta.

Makes about 4 cups (1 L)

- 1 medium eggplant, cut into 1-inch (2.5 cm) strips**
- 1 medium red onion, cut into 1-inch (2.5 cm) pieces**
- 12 garlic cloves, smashed**
- ⅓ cup (75 ml) extra virgin olive oil, divided**
- 2 tablespoons (30 ml) balsamic vinegar**
- 4 jarred roasted red peppers, cut into 2-inch (5 cm) pieces**
- ½ teaspoon (2 ml) sea salt**
- ½ teaspoon (2 ml) freshly ground black pepper**
- 2 tablespoons (30 ml) fresh basil leaves**
- 1 tablespoon (15 ml) capers, drained**

Preheat oven to 375°F (190°C) with the rack in the upper position.

Toss the eggplant, onion and garlic with 3 tablespoons (45 ml) of the olive oil. Spread on a baking pan and roast in the preheated oven for about 35 minutes, or until vegetables are browned.

Place the remaining olive oil, balsamic vinegar and roasted peppers in the jar of the Cuisinart® PowerEdge® 700 Blender. Add the roasted vegetables and the remaining ingredients, except for the basil and capers. Pulse on Low 10 times. Scrape down the jar. Run on Low for 15 seconds. Add the basil and Pulse on Low for an

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additional 10 times. Transfer mixture to a medium mixing bowl; stir in the capers and serve.

*Nutritional information per serving (2 tablespoons [30 ml]):*  
*Calories 18 (66% from fat) • carb. 1g • pro. 0g • fat 1g • sat. fat 0g •*  
*chol. 0mg • sod. 38mg • calc. 3mg • fiber 0g*

## Sun-Dried Tomato and Basil Pesto

A twist on traditional pesto, the sun-dried tomato brings a welcome change to this popular sauce.

Makes about 3 cups (750 ml)

- 2 cups (500 ml) extra virgin olive oil**
- 6 garlic cloves**
- 3 cups (750 ml) sun-dried tomatoes (packed in oil)**
- 1 cup (250 ml) fresh basil leaves**
- ¼ teaspoon (1 ml) freshly ground black pepper**
- ¼ cup (50 ml) grated Pecorino Romano**
- ¼ teaspoon (1 ml) sea salt**
- 2 tablespoons (30 ml) white vinegar**

Place all ingredients, in the order listed, in the jar of the Cuisinart® PowerEdge® 700 Blender. Run on High for 2½ minutes, or until desired consistency is achieved.

Adjust seasonings to taste and serve.

*Nutritional information per serving (2 tablespoons [30 ml]):*  
*Calories 53 (55% from fat) • carb. 5g • pro. 2g • fat 4g • sat. fat 1g • chol. 1mg*  
*• sod. 95mg • calc. 38mg • fiber 1g*

## Orange-Ginger-Soy Marinade

This works well with most meats, especially pork and chicken.

Makes about 4 cups (1 L)

- 2 cups (500 ml) orange juice**
- 2 tablespoons (30 ml) reduced-sodium soy sauce**
- 1 tablespoon (15 ml) rice wine vinegar**
- 2 ounces (60 g) fresh peeled ginger,**

- cut into ½-inch (1.25 cm) pieces**
- 4 scallions, cut into 1-inch (2.5 cm) pieces**
- ¼ cup (50 ml) fresh cilantro**
- ¼ teaspoon (1 ml) sea salt**
- 2 tablespoons (30 ml) honey**

Place all ingredients, in the order listed, in the jar of the Cuisinart® PowerEdge® 700 Blender. Run on the Purée function for 45 seconds.

*Nutritional information per serving (2 tablespoons [30 ml]):*  
*Calories 13 (1% from fat) • carb. 3g • pro. 0g • fat 0g • sat. fat 0g •*  
*chol. 0mg • sod. 46mg • calc. 2mg • fiber 0g*

## Roasted Butternut Squash and Apple Soup

Welcome the fall and winter seasons with this flavourful soup. You get the smoothest results with our new Soup & Sauces function.

Makes about 6 cups (1.5 L)

- ¼ cup (50 ml) extra virgin olive oil, divided**
- 2 pounds (1 kg) butternut squash, halved and seeded**
- 2 tablespoons (30 ml) unsalted butter**
- 1 onion, cut into 1-inch (2.5 cm) pieces**
- 2 apples, peeled, cored and cut into 1-inch (2.5 cm) pieces**
- ½ tablespoon (7 ml) light or dark brown sugar**
- 2 tablespoons (30 ml) minced ginger [about one 2-inch (5.0cm) piece]**
- 1 quart (0.95 L) vegetable or chicken stock**
- ¾ teaspoon (3.75 ml) ground nutmeg**
- 1¼ teaspoons (7 ml) sea salt**
- pinch freshly ground black pepper**
- ¼ teaspoon (1 ml) fresh thyme**

Preheat oven to 375°F (190°C).

Pour 2 tablespoons (30 ml) of the oil over the cut sides of the squash. Place squash cut side down on a parchment or foil-lined baking sheet. Place in the preheated oven and roast 30 to 40 minutes, or until a paring knife can easily pierce the skin of the squash.

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While the squash is cooking, put butter in a large stock pot set over medium-high heat. Once the butter has melted, add the onion and sauté for about 8 minutes, or until softened. Stir in the apples and sugar; sauté an additional 12 minutes, or until the apples are soft. Add the ginger and sauté until tender, about 3 to 4 minutes.

Stir in the roasted squash, stock and spices. Bring the mixture to a boil and then reduce heat so that the mixture is just simmering. Let the soup simmer for about 1 hour.

Strain the soup, reserving solids and liquid separately. Place half of the liquid and half of the solids in the jar of the Cuisinart® PowerEdge® 700 Blender. Run on the Soup & Sauces function for 25 seconds; remove and reserve. Add the remaining liquid and solids and repeat.

Serve immediately.

*Nutritional information per serving (1 cup [250 ml]):*  
Calories 230 (49% from fat) • carb. 29g • pro. 2g • fat 13g • sat. fat 4g •  
chol. 10mg • sod. 879mg • calc. 85mg • fiber 1g

## Gazpacho

Makes about 5 cups (1.25 L)

- 1 pound (500 g) tomatoes, cut into 1-inch (2.5 cm) pieces, divided**
- 6 ounces (170 g) English cucumber, cut into 1-inch (2.5 cm) pieces, divided**
- 1 yellow bell pepper, cored and seeded and cut into 1-inch (2.5 cm) pieces, divided**
- ½ red onion, cut into 1-inch (2.5 cm) pieces, divided**
- 1 garlic clove**
- 2½ tablespoons (40 ml) sherry vinegar**
- ⅓ cup (125 ml) extra virgin olive oil**
- ½ teaspoon (2 ml) ground cumin**
- 1 teaspoon (1 ml) sea salt**
- ½ teaspoon (2 ml) freshly ground black pepper**
- ¾ teaspoon (3.75 ml) granulated sugar**
- ½ teaspoon (2 ml) paprika**
- 2 cups (500 ml) grape tomatoes**
- ½ medium jalapeño, seeded and cut into ½-inch (1.25 cm)**

**pieces**

**¼ cup (50 ml) fresh cilantro**

Place the first 10 ingredients (reserving half each of the tomatoes, cucumber, yellow pepper and red onion), in the order listed, in the jar of the Cuisinart® PowerEdge® 700 Blender. Run on the Soup & Sauces function for 6 seconds. Add the remaining ingredients, except the reserved tomatoes, cucumber, pepper and onion; run on the Soup & Sauces function for an additional 2 minutes, or until completely smooth. Strain the mixture and discard the strained solids; reserve the liquid.

Add the reserved vegetables to the jar of the Cuisinart® PowerEdge® 700 Blender. Pulse on Low 10 times, or until roughly chopped. Add the chopped vegetables to the reserved liquid.

Adjust seasonings to taste and serve.

*Nutritional information per serving (1 cup [250 ml]):*  
Calories 208 (64% from fat) • carb. 17g • pro. 3g • fat 16g • sat. fat 2g •  
chol. 0mg • sod. 489mg • calc. 40mg • fiber 3g

## Chilled Spicy Avocado Soup

With the flavours of guacamole blended together, serve this as a special first course for your family and friends.

Makes about 6 cups (1.5 L)

- 4 avocados, peeled, pitted and cut into 1-inch (2.5 cm) pieces**
- 3¼ cups (810 ml) vegetable stock**
- ¼ cup (50 ml) fresh lime juice**
- ¼ cup (50 ml) fresh cilantro**
- ½ medium jalapeño, seeded and cut into ½-inch (1.25 cm) pieces**
- 3 green onions, cut into 1-inch (2.5 cm) pieces**
- ½ teaspoon (2 ml) sea salt**
- pinch freshly ground black pepper**

Place all of the ingredients, in the order listed, in the jar of the Cuisinart® PowerEdge® 700 Blender. Run on the Soup & Sauces function for 12 seconds, or until completely smooth.

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Adjust seasonings to taste and serve.

*Nutritional information per serving (1 cup [250 ml]):*  
Calories 214 (69% from fat) • carb. 15g • pro. 3g • fat 18g • sat. fat 2g •  
chol. 0mg • sod. 503mg • calc. 33mg • fiber 8g

## Roasted Red Pepper Soup

Roasting your own peppers is simple to do and adds a real fresh flavour to this creamy soup.

Makes about 6 cups (1.5 L)

- 8 red bell peppers, seeded**
- ½ tablespoon (2 ml) unsalted butter**
- 8 garlic cloves, roughly chopped**
- 1 large shallot [about 1½ ounces (43 g)], roughly chopped**
- ¼ medium onion, roughly chopped**
- 2 tablespoons (30 ml) sherry**
- 3 cups (750 ml) chicken stock**
- ½ tablespoon (7 ml) fresh thyme**
- 1 teaspoon (5 ml) white balsamic vinegar**
- ½ tablespoon (7 ml) granulated sugar**
- ¼ teaspoon (1 ml) sea salt**
- ¼ teaspoon (1 ml) freshly ground black pepper**

Flatten the seeded bell peppers and lay on a foil-lined baking sheet. Place on the top rack in your oven and broil until the peppers are just blackened. Remove and place in a mixing bowl; cover with plastic. Reserve.

While the peppers are roasting, put the butter in a medium saucepan set over medium heat. Once the butter has melted, add the garlic, shallot and onion. Cook until softened and just brown. Deglaze the pan by adding the sherry to the saucepan and cook until reduced by half. Add the stock and raise the heat to medium-high. Bring the stock just to a boil.

Carefully take the skins off of the roasted peppers; cut into quarters. Place in the jar of the Cuisinart® PowerEdge® 700 Blender. Add the broth mixture and the remaining ingredients. Run on the Soup & Sauces function for 1½ minutes, or until completely smooth.

Adjust seasonings to taste and serve.

*Nutritional information per serving (1 cup [250 ml]):*  
Calories 58 (16% from fat) • carb. 9g • pro. 3g • fat 1g • sat. fat 1g •  
chol. 3mg • sod. 397mg • calc. 18mg • fiber 1g

## Chocolate Banana Crème Brûlée

The Cuisinart® PowerEdge® 700 Blender makes this impressive dessert quick and easy. Both kids and adults will love it.

Makes 6 servings

- 2 cups (500 ml) heavy cream**
- 1 cup (250 ml) whole milk**
- 1 vanilla bean, split and seeds scraped**
- 4 ounces (118 ml) milk chocolate**
- 6 large egg yolks**
- ½ cup (125 ml) granulated sugar, divided**
- 1 banana, sliced**

Preheat an oven to 325°F (160°C) with the rack in the middle position.

In a small sauce pan, combine the heavy cream, milk and vanilla bean, including the pod. Set over medium heat and bring just to a simmer. Remove the vanilla bean pod and discard.

Place the chocolate, egg yolks, 3 tablespoons (45 ml) of the granulated sugar and hot cream/milk mixture in the jar of the Cuisinart® PowerEdge® 700 Blender. Set on High; run for 30 seconds.

Evenly divide the mixture among 6 shallow ramekins. Skim the foam off of the top by blotting with a paper towel. Place the ramekins in a rimmed baking pan and then add water to a depth of ¼ inch (0.635 cm) of the ramekins.

Bake for 40 minutes, or until just set. Cool to room temperature and then chill overnight.

Before serving, place banana slices evenly on top of each chilled custard and then liberally sprinkle the reserved sugar over each.



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Using a kitchen torch, caramelize the sugar by quickly moving the flame back and forth about 1 inch (2.5 cm) above the ramekin.

*Nutritional information per serving:*

*Calories 539 (67% from fat) • carb. 37g • pro. 7g • fat 41g • sat. fat 23g • chol. 329mg • sod. 75mg • calc. 160mg • fiber 1g*

## Sweetened Whipped Cream

It is always a treat to have a dollop of our Sweetened Whipped Cream on a cup of coffee.

Makes 1¼ cups (300 ml)

- 1 cup (250 ml) heavy cream, well-chilled**
- 1 tablespoon (15 ml) granulated sugar**
- ½ teaspoon (2 ml) pure vanilla extract**

Place all of the ingredients in the jar of the Cuisinart® PowerEdge® 700 Blender. Set on High and run for 35 seconds.

*Nutritional information per serving (2 tablespoons [30 ml]):*

*Calories 85 (91% from fat) • carb. 1g • pro. 0g • fat 9g • sat. fat 5g • chol. 33mg • sod. 9mg • calc. 15mg • fiber 0g*

## Raspberry-Orange Sauce

The raspberry and orange flavours are a winning combination. Dress up your crêpes or pancakes in the morning with a drizzle of this simple sauce.

Makes 2 cups (500 ml)

- 1 tablespoon (15 ml) orange juice**
- 1 tablespoon (15 ml) water**
- 4 cups (1 L) fresh or frozen raspberries, thawed**
- 3 tablespoons (45 ml) plus 1 teaspoon (5 ml) granulated sugar**
- ½ teaspoon (2 ml) orange zest**
- pinch table salt**

Place all ingredients, in the order listed, in the jar of the Cuisinart® PowerEdge® 700 Blender. Run on the Purée function for 1½ minutes. Strain through a fine mesh strainer.

*Nutritional information per serving (2 tablespoons [30 ml]):*

*Calories 26 (6% from fat) • carb. 6g • pro. 0g • fat 0g • sat. fat 0g • chol. 0mg • sod. 9mg • calc. 8mg • fiber 2g*

## Mascarpone-Honey Panna Cotta

Toasted chopped pistachios are a wonderful topping for this rich and creamy panna cotta.

Makes 6 servings

- 2 tablespoons (30 ml) water**
- 1¼ teaspoons (6.25 ml) unflavoured powdered gelatin**
- 2 cups (500 ml) heavy cream, divided**
- ⅓ cup (75 ml) nonfat, plain yogurt**
- ¾ cup (175 ml) mascarpone, room temperature**
- 1 teaspoon (5 ml) pure vanilla extract**
- 3 tablespoons (45 ml) honey**
- ½ cup (125 ml) granulated sugar**

Pour water into a small mixing bowl or liquid measuring cup. Sprinkle gelatin over the water; stir to mix. Let stand until softened, about 15 minutes.

While gelatin is activating, put 1 cup (250 ml) of the cream, yogurt, mascarpone, vanilla and honey in a medium mixing bowl. Whisk to combine; reserve.

In a small saucepan, pour the remaining cream and sugar. Set over medium heat; whisk to dissolve sugar. Bring the mixture to a simmer. Once the cream/sugar mixture has reached a simmer, stir in the water/gelatin mixture. Place the combined mixture in the jar of the Cuisinart® PowerEdge® 700 Blender. Add the cream/yogurt/mascarpone mixture. Run on the Purée function for 15 seconds.

Divide the blended mixture among six 5-ounce (147 ml) ramekins. Chill overnight.

*Nutritional information per serving:*

*Calories 450 (71% from fat) • carb. 29g • pro. 5g • fat 36g • sat. fat 23g • chol. 131mg • sod. 101mg • calc. 85mg • fiber 0g*



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## WARRANTY

### LIMITED THREE-YEAR WARRANTY

We warrant that this Cuisinart product will be free of defects in materials or workmanship under normal home use for 3 years from the date of original purchase. This warranty covers manufacturer's defects including mechanical and electrical defects. It does not cover damage from consumer abuse, unauthorized repairs or modifications, theft, misuse, or damage due to transportation or environmental conditions. Products with removed or altered identification numbers will not be covered.

This warranty is not available to retailers or other commercial purchasers or owners. If your Cuisinart product should prove to be defective within the warranty period, we will repair it or replace it if necessary. For warranty purposes, please register your product online at [www.cuisinart.ca](http://www.cuisinart.ca) to facilitate verification of the date of original purchase and keep your original receipt for the duration of the limited warranty. This warranty excludes damage caused by accident, misuse or abuse, including damage caused by overheating, and it does not apply to scratches, stains, discolouration or other damage to external or internal surfaces that does not impair the functional utility of the product. This warranty also expressly excludes all incidental or consequential damages.

Your Cuisinart product has been manufactured to the strictest specifications and has been designed for use only in 120 volt outlets and only with authorized accessories and replacement parts. This warranty expressly excludes any defects or damages caused by attempted use of this unit with a converter, as well as use with accessories, replacement parts or repair service other than those authorized by Cuisinart.

If the appliance should become defective within the warranty period, do not return the appliance to the store. Please contact our Customer Service Centre:

**Toll-free phone number:** 1-800-472-7606

**Address:** Cuisinart Canada  
100 Conair Parkway  
Woodbridge, Ont. L4H 0L2

**Email:** [consumer\\_Canada@conair.com](mailto:consumer_Canada@conair.com)

**Model:** CBT-700C

To facilitate the speed and accuracy of your return, please enclose:

- \$10.00 for shipping and handling of the product (cheque or money order)
- Return address and phone number
- Description of the product defect
- Product date code\*/copy of original proof of purchase
- Any other information pertinent to the product's return

\* Product date code can be found on the underside of the base of the product. The product date code is a 4 or 5 digit number. Example, 90630 would designate year, month & day (2009, June 30th).

**Note:** *We recommend you use a traceable, insured delivery service for added protection. Cuisinart will not be held responsible for in-transit damage or for packages that are not delivered to us.*

To order replacement parts or accessories, call our Customer Service Centre at 1-800-472-7606.

For more information, please visit our website at [www.cuisinart.ca](http://www.cuisinart.ca)

# Cuisinart®

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