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NOTE: DUE TO THE UNIQUE CONTAINER AND BLADE DESIGN, READ THESE INSTRUCTIONS AND RECIPES BEFORE USING YOUR NEW KITCHENAID® BLENDER TO ACHIEVE MAXIMUM PERFORMANCE RESULTS.



IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should always be followed to reduce the risk of fire, electric shock, and/or injury to persons including the following:

1. Read all instructions.
2. To protect against risk of electrical shock, do not put blender base in water or other liquid.
3. The appliance is not intended for use by young children or infirm persons without supervision.
4. Unplug from outlet when not in use, before putting on or taking off parts, and before cleaning.
5. Avoid contact with moving parts.
6. Do not operate the blender with a damaged cord or plug or after appliance malfunctions, or is dropped or damaged in any manner. Return appliance to the nearest authorized service center for examination, repair or electrical or mechanical adjustment.
7. The use of attachments, including canning jars, not recommended by the manufacturer may cause a risk of injury to persons.
8. Do not use outdoors.
9. Do not let cord hang over edge of table or counter.
10. Keep hands and utensils out of container while blending to reduce the risk of severe injury to persons or damage to the blender. A scraper may be used but must be used only when the blender is not running.
11. Blades are sharp. Handle carefully.
12. To reduce the risk of injury, never place the cutter-assembly blades on base without jar properly attached.
13. Always operate blender with cover in place.
14. When blending hot liquids, remove center piece of two-piece cover.
15. This product is designed for household use only.

SAVE THESE INSTRUCTIONS

This appliance is marked according to the European directive 2002/96/EC on Waste Electrical and Electronic Equipment (WEEE).

By ensuring this product is disposed of correctly, you will help prevent potential negative consequences for the environment and human health, which could otherwise be caused by inappropriate waste handling of this product.



The symbol  on the product, or on the documents accompanying the product, indicates that this appliance may not be treated as household waste. Instead it shall be handed over to the applicable collection point for the recycling of electrical and electronic equipment.



Disposal must be carried out in accordance with local environmental regulations for waste disposal.

For more detailed information about treatment, recovery and recycling of this product, please contact your local city office, your household waste disposal service or the shop where you purchased the product.

Your safety and the safety of others are very important.

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



This is the safety alert symbol.

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

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



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



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

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

Household KitchenAid® Blender Warranty

Length of Warranty:	KitchenAid Will Pay For:	KitchenAid Will Not Pay For:
For Europe, Australia and New Zealand: THREE YEARS FULL WARRANTY from date of purchase (for household use only). Other: ONE YEAR FULL WARRANTY from date of purchase (for household use only).	Replacement parts and repair labor costs to correct defects in materials or workmanship. Service must be provided by an Authorized KitchenAid Service Center.	A. Repairs when blender is used for operations other than normal household food preparation. B. Damage resulting from accident, alteration, misuse, abuse or installation/operation not in accordance with local electrical codes.

KITCHENAID DOES NOT ASSUME ANY RESPONSIBILITY FOR INDIRECT DAMAGES.

Specifications subject to change without notice.



If You Need Service or Assistance

KEEP A COPY OF THE SALES RECEIPT SHOWING THE DATE OF PURCHASE. PROOF OF PURCHASE WILL ASSURE YOU OF IN-WARRANTY SERVICE.

If your blender should malfunction or fail to operate, check the following:

- Is the blender plugged in?
- Is the fuse in the circuit to the blender in working order? If you have a circuit breaker box, be sure the circuit is closed.
- Try unplugging and waiting 15-20 minutes before re-plugging the blender.
- If the problem is not due to one of the above items, see “Service Centers”, on page 5.

- To arrange for service, consult your local KitchenAid dealer or the store where you purchased the blender for information on how to obtain service locally.





Service Centers

All service should be handled locally by an Authorized KitchenAid Service Center. Service centers are subject to change. Contact the service center prior to shipping product to their location.

In the U.K.,
call 0845 6011 287

In Australia:
call 1800 990 990

In New Zealand:
call 0800 881 200

In Ireland:
M.X. ELECTIC
Service Department
25 Alymer Crescent
Kilcock, CO. KILDARE
call: 1 6792398/87 2581574
Fax: 1 6284368

Customer Service

In the U.K. & IRELAND:

Tollfree number: 00800 38104026

Address: KitchenAid Europa, Inc.
P.O. BOX 19
B-2018 ANTWERP 11
BELGIUM

www.KitchenAid.com

How To Obtain Service in the Rest of Europe, Middle East and Africa

To arrange service, consult your local KitchenAid dealer or the store where the product was purchased.



Electrical Requirements

220-240 V
50-60 Hz a.c.
2.4 A

This product is supplied with a Y type power cord. If the power cord is damaged, it must be replaced by the manufacturer or its service agent in order to avoid a hazard.

⚠ WARNING

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



Blender Features

KitchenAid quality means this blender was built and tested to KitchenAid quality standards for optimum performance and long, trouble-free life.



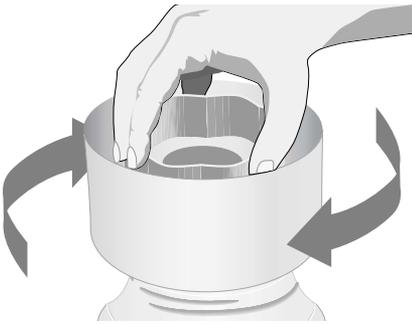


Assembling Your Blender

1. Before assembling your blender, wipe the blender base with a warm, sudsy cloth; then wipe the base clean with a damp cloth and dry with a soft cloth.

NOTE: Do not immerse base in water. Wash the blender jar, collar, and blade assembly in the dishwasher, or by hand in warm, sudsy water. If washing by hand, be sure to rinse and wipe the parts dry. Do NOT put the lid in the dishwasher!

2. Turn the blender jar upside down and twist the collar onto the jar. Be sure to engage threads properly and securely. Turn the assembled jar right side up.



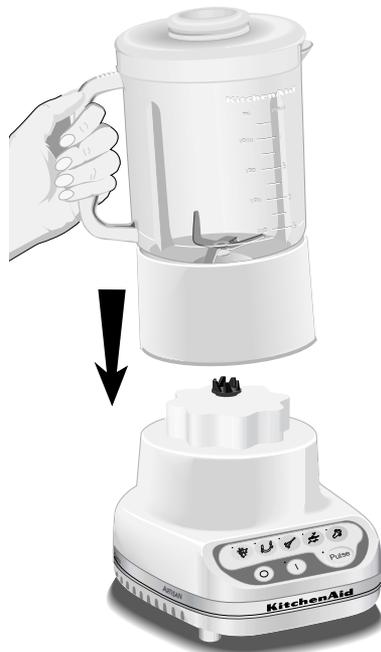
3. Place the lid onto the blender jar.



4. If the power cord needs to be shortened, coil it into the storage area on the bottom of the power base.



5. Place the jar onto the power base.





Assembling Your Blender

6. Plug power cord into a grounded outlet. Blender is now ready for use.
7. Before removing the jar from the base after use, always push the  pad and make sure the flashing green light is off, then unplug. Lift the jar and the collar straight up: **do not twist**. Rotating the jar while it is on the base will loosen the collar and cause liquids to leak out.

NOTE: Always operate the blender on a clean, dry surface.



WARNING



Electrical Shock Hazard

Plug into a grounded outlet.

Do not remove ground prong.

Do not use an adapter.

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



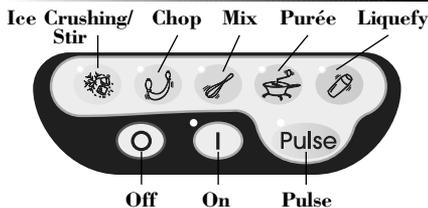
To Operate Your Blender

NOTE: While green indicator light is blinking or blender is on:

- Do not touch blades.
- Do not interfere with blade movement.
- Do not remove blender jar lid.

- With green light flashing, an accidental touching of a speed pad, or other circumstances may result in turning on the blender.
- If blender runs when **I** light is flashing, do not use. Take unit to an Authorized Service Center. (However a slight flicker is normal.)
- This unit should operate only when a speed pad is pressed. Immediately press the **Off** pad if the unit runs at any other time. If this occurs, do not use; take the unit to an Authorized Service Center.

The KitchenAid® blender has ten speed combinations.



- All speeds can be combined with **Pulse**.
- Before operating the blender, make sure the blender jar is properly assembled (see page 9) and in place on the blender base. Put ingredients in jar and firmly attach lid.

- Press the **I** pad. The green indicator light should blink on and off indicating the speed pads are activated.



NOTE: If the green indicator light is not blinking at this time, unplug blender and take unit to an Authorized Service Center.

- Press the desired speed pad for continuous operation at that speed. The indicator light will glow and the green light will stay on. You may change speeds without stopping the unit by pressing the new speed pad.
- Remove center ingredient cap when blending warm or hot liquids and operate only on **Stir** speed.
- To turn the blender off, press the **Off** pad. The **Off** pad will stop any speed and deactivate the blender at the same time. Before removing the blender jar, deactivate the blender by pressing the **Off** pad and unplugging the power cord.

NOTE: Do not overprocess foods. Stop and check the consistency of foods after a few seconds.



To Operate Your Blender

INGREDIENT CAP

Remove cap and add ingredients at or  speeds. When operating at higher speeds, with a full jar or hot contents stop blender and add ingredients.



STEP START™ FEATURE

Step Start™ feature automatically starts the blender at a lower speed to prevent splattering then quickly increases to the selected speed for optimal performance.

PULSE FEATURE

Your KitchenAid® blender has a “Pulse At Any Speed” feature.

- Before operating the blender, make sure the jar is properly assembled (see page 9) and in place on the blender base. Put ingredients into blender jar and attach lid firmly.
- Press the  pad. The green indicator light should be blinking, showing that the blender is activated.
- Press the  pad. The indicator light above the pad will glow, indicating that all the speed pads are in the Pulse mode.



- Select a speed pad and press for the desired length of time (a short delay reaching the selected speed is normal due to the Step Start™ feature.)
- To turn the Pulse feature off, just press the  pad again. The blender is now ready for continuous operation. Before removing the blender jar, deactivate the blender by pressing the  pad and unplugging the power cord.



NOTE: Use a rubber spatula to redistribute ingredients **ONLY** when the blender is  and unplugged. Never use any utensil, including spatulas, in the blender jar while the motor is running.



Speed Control Guide

Item	Speed	Item	Speed
Pancake batter		Dip	
Waffle batter		Cream cheese-based spread.....	
Vegetable-based main dish sauce...		Blended ice drink	
Fruit-based sauce.....		Fruit-based drink	
Salad dressing.....		Frozen yogurt-based drink	
Cream soup		Sherbet-based drink.....	
Pureed fruit/Baby food fruit		Ice milk-based drink.....	
Pureed meat/Baby food meat		Grated hard cheese	
Pureed vegetables/ Baby food vegetables		Gravy.....	
Meat salad for sandwich filling.....		White sauce	
Cheesecake		Smooth ricotta or cottage cheese	
“Fluffy” gelatin for pie/desserts.....		Oatmeal.....	
Mousse		Fruit juice from frozen concentrate	
Pesto.....		Chopped vegetables	
Streusel topping		Chopped fruit	Pulse
Savory crumb topping		Chopped ice	
Sweet crunch topping.....		Crushed ice	
Sweet crumb topping.....			

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



Care and Cleaning

NOTE: Do not immerse base in water.

CLEANING THE BLENDER JAR

For a light cleaning:

Operate the blender for 30 seconds with the jar filled with hot, soapy water. Remove the jar from the base, dispense the contents, and rinse the jar and lid with clean water. Wipe the jar and lid dry. The jar can also be washed in a dishwasher.

For a thorough cleaning:

1. Turn the blender jar upside down and remove the collar by turning it counter-clockwise.
2. Lift the blade assembly from the jar (the assembly cannot be completely removed from the jar) and create a space between the bottom flange of the blade assembly and the ring gasket by pulling the ring gasket away from the flange. This will permit a thorough cleaning of the ring gasket.

3. Wash the blender jar, blade assembly and jar collar in the dishwasher, or by hand in warm, sudsy water. If washing by hand, be sure to rinse and wipe the parts dry. The lid is NOT dishwasher-safe!

CLEANING THE BASE AND CORD

1. Wipe the blender base with a warm, sudsy cloth; then wipe the base clean with a damp cloth and dry with a soft cloth. Do not use abrasive cleansers or scouring pads.

NOTE: Do not immerse base in water.

2. Wipe the cord with a warm, sudsy cloth; then wipe the cord clean with a damp cloth and dry with a soft cloth. The cord can be coiled into the storage area on the bottom of the blender base.

NOTE: Always correctly assemble the clean blender parts before storing on the blender base.





Blender Tips

QUICK TIPS

- Use the pulse feature when making beverages that include ice cubes in order to produce a smoother texture.
- Blend at  if you're making a large amount of beverage using lots of ice. For smaller quantities, use .
- Smaller ice cubes can be chopped or crushed faster than large ones.
- Add food to this blender jar in larger quantities than you would with other blenders – you can add 2 to 3 cups (500ml to 750ml) at a time versus 1-cup (250ml) portions.
- For many ingredient mixtures, start the blending process at  to combine the ingredients thoroughly. Then increase to a higher speed, if necessary.
- Be sure to keep cover on blender jar while blending.
- Put your hand on cover while crushing ice.
- If desired, remove center cap of blender jar cover to add liquids or ice cubes while the blender is operating at  or  speeds. With higher speeds, a full jar or hot contents stop blender and add ingredients.
- Stop the blender and unplug before using utensils in the blender jar.
- Cool hot foods before blending. Begin blending hot foods at . Increase to higher speed, if necessary.
- Remove center ingredient cap when blending warm or hot liquids and operate only on  speed.

HOW TO ...

Reconstitute frozen juice: For a 6-oz. (177 ml) can of orange juice concentrate, combine the juice and correct amount of water in the blender jar. Cover and blend at  until thoroughly combined, about 20 to 30 seconds.

For a 12-oz. (355 ml) can, combine the juice and add 1 can of water in the blender jar. Cover and blend at  until thoroughly combined, about 30 to 40 seconds.  in remaining 2 cans of water.

Dissolve flavored gelatin: Pour boiling water into the blender jar. Add gelatin. Cover and blend at  until dissolved, about 1 minute. Add other ingredients.

Make cookie and graham cracker crumbs: Break larger cookies into pieces about 1½ inches (4 cm) in diameter. Use smaller cookies as is. Place in blender jar. Cover and blend at , pulsing a few times, about 3 seconds each time, until desired consistency is reached. Use the crumbs to make a quick topping for frozen yogurt, pudding, or a fruit compote.

To make a finer crumb for pie and dessert crusts, break graham crackers or cookies into pieces about 1½ inches (4 cm) in diameter. Place in the blender jar. Cover and blend at , pulsing a few times until desired consistency is reached, about 20 to 30 seconds.

Make cracker crumbs: Follow procedure for cookies. Use to top or as an ingredient in main dish casseroles and vegetable dishes.

Make bread crumbs: Tear bread into pieces about 1½ inches (4 cm) in diameter. Cover and blend at  5 times, 3 seconds each. Use in same ways you would use cracker crumbs.



Blender Tips

Chop fruits and vegetables: Put 2 cups (400 g) of fruit or vegetable chunks in blender jar. Cover and blend at , pulsing a few times, about 2 to 3 seconds each time, until desired consistency is reached.

Puree fruits: Place 2 cups (450 g) canned or cooked fruit in blender jar. Add 2 to 4 tablespoons (25ml - 50ml) fruit juice or water per cup (225 g) of fruit. Cover and blend at  about 5 to 10 seconds.

Puree vegetables: Place 2 cups (350 g) canned or cooked vegetables in blender jar. Add 2 to 4 tablespoons (25ml - 50ml) broth, water, or milk per cup (175 g) of vegetables. Cover and blend at  about 10 to 20 seconds.

Puree meats: Place cooked, cubed, tender meat in blender jar. Add 2 to 4 tablespoons (25ml - 50ml) broth, water, or milk per cup (175 g) of meat. Cover and blend on  10 seconds. Stop and scrape sides of blender jar. Cover and blend on  10 to 20 seconds longer.

Puree cottage cheese or ricotta cheese: Place cottage cheese or ricotta cheese in blender jar. Cover and blend at  until smooth, about 25 to 35 seconds. If necessary, add 1 tablespoon (15 ml) skim milk per cup (240 g) of cottage cheese. Use as a base for lowfat dips and spreads.

Combine liquid ingredients for baked goods: Pour liquid ingredients in blender jar. Cover and blend at  until well mixed, about 1 minute. Pour liquid mixture over dry ingredients and stir well.

Take lumps out of gravy: If sauce or gravy becomes lumpy, place in blender jar. Cover and blend at  until smooth, about 5 to 10 seconds.

Combine flour and liquid for thickening: Place flour and liquid in blender jar. Cover and blend at  until smooth, about 5 to 10 seconds.

Prepare white sauce: Place milk, flour, and salt, if desired, in blender jar. Cover and blend at  until well mixed, about 5 to 10 seconds. Pour into saucepan and cook as usual.

Prepare pancake or waffle batter from mix: Place mix and other ingredients in blender jar. Cover and blend at  until well mixed, 10 to 20 seconds; scrape sides of blender jar, if necessary.

Grate cheese: Cut very cold cheese into ½- to 1-inch (1.5 - 2.5) cm to cubes. Place up to ½ cup (88 g) cheese in the blender jar. Cover and blend at  about 5 to 10 seconds. For hard cheeses, such as Parmesan, bring to room temperature, then blend at  for 10 to 15 seconds.

Make oatmeal for a baby: Place uncooked rolled oats in blender jar. Blend at  until desired consistency, using **Pulse** button, about 5 to 10 seconds. Cook as usual.

Make baby food from adult food: Place prepared adult food in blender jar. Cover and blend at  about 10 seconds. Then blend at  about 10 to 30 seconds.

Rinse your blender jar: Fill blender jar one-third to one-half full with warm water. Add a few drops of liquid dish detergent. Cover and blend at  until sides are clean, about 5 to 10 seconds. Rinse and dry. For complete cleaning, wash all gaskets separately.

STRAWBERRY-BANANA SMOOTHIE

1½ cups (375 ml) lowfat
buttermilk

1 cup (250 g) frozen
unsweetened
strawberries

1 cup (250 ml) skim milk

3 medium bananas, each
broken into 4 pieces

3 tablespoons (45 ml)
orange marmalade

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

Yield: 5 cups (1.5 l). (4 servings)

MARGARITA

¾ cup (175 ml) tequila

½ cup (125 ml) triple sec
liqueur

½ cup (125 ml) fresh lime
juice

¼ cup (50 ml) simple
syrup or 1½ tablespoons
(20 g) sugar

24 ice cubes

Place all ingredients in blender jar. Cover and
blend at , pulsing 6 to 8 times, about
15 seconds each time, until slushy. Scrape sides of
blender jar, if necessary.

Yield: 5 cups (1.25 l). (4 servings)

FROZEN DAIQUIRI

¾ cup (175 ml) rum

¼ cup (50 ml) fresh lime
juice

¼ cup (50 ml) simple
syrup or 2 tablespoons
(25 g) sugar

16 ice cubes

Place ingredients in blender jar. Cover and blend
at , pulsing 6 to 8 times, about 15 seconds each
time, until slushy. Scrape sides of blender jar, if
necessary.

Yield: 3¼ cups (800 ml). (About 4 servings)

Variations: Add 2 bananas, 2 cups (400 g) fresh
or frozen strawberries, or 4 medium peaches to
ingredients.

APPLE CREPES

Crepes:

- 2 eggs
- ¼ teaspoon salt
- ¾ cup (90 g) flour
- 1 cup (250 ml) milk
- 2 tablespoons (25 ml) oil

Filling:

- 2 large apples, peeled, cored and quartered
- ½ cup (125 ml) apple juice
- ⅓ cup (25 g) sugar
- 1 tablespoon cornstarch
- ½ teaspoon cinnamon
- ¼ cup (35 g) raisins

In blender container, combine all crepe ingredients. Cover. Blend at  10 seconds. Scrape any flour from sides of blender. Blend at  5 to 10 seconds, or until smooth. Refrigerate batter at least 1 hour. Spray crepe pan or nonstick skillet with nonstick cooking spray. Heat over medium-high heat until hot. Pour 2 or 3 tablespoons (25 or 50 ml) batter for each 6- to 7-inch (15- to 18-cm) crepe. Cook until golden; turn. Cook until golden.

Meanwhile, place apples, apple juice, sugar, cornstarch and cinnamon in blender. Cover, **Pulse** at  for 8 seconds 2 to 3 times or until mixed and apples are chopped. Pour mixture into medium saucepan. Stir in raisins. Bring to a boil, stirring frequently. Cook over medium heat 10 to 12 minutes or until thickened and apples are tender, stirring occasionally. Spoon 2 to 3 tablespoons (25 to 50 ml) filling down center of each crepe; fold or roll to enclose filling. Spoon any remaining filling over crepes. Top with whipped cream if desired.

Yield: 8 servings (2 crepes each).

ORANGE SORBET

- 1 can (11 oz.) (200 g) mandarin oranges, drained
- 1 cup (250 ml) water
- 1 can (6 oz.) (175 ml) frozen orange juice concentrate
- ¼ cup (30 g) powdered sugar
- 1 tablespoon (15 ml) fresh lemon juice

Place all ingredients in blender jar. Cover and blend at , about 15 to 20 seconds. Pour into freezer container and freeze until almost set, about 3 to 4 hours. Scrape into blender jar. Blend at  until smooth, about 1 minute.

Pour into freezer container. Freeze until hard, about 5 to 6 hours.

Yield: 6 servings.

GAZPACHO

- 2 cans (14½ oz. (410 g) each) no-salt-added peeled tomatoes
- 2 ribs celery, cut into 2-inch (5 cm) chunks
- 1 medium cucumber, peeled and cut into chunks
- 1 medium onion, cut into chunks
- 1 small green pepper, cut into chunks
- 2 teaspoons snipped fresh parsley
- 1 teaspoon snipped fresh chives
- 1 clove garlic
- 3 tablespoons (45 ml) olive oil
- 3 tablespoons (45 ml) red wine vinegar
- 2 cups (500 ml) vegetable juice cocktail
- ¼ teaspoon black pepper

Hot pepper sauce

Place one can tomatoes, celery, and cucumber in blender jar. Cover and blend at  until finely chopped, about 10 to 15 seconds. Pour into large bowl.

Place second can tomatoes, onion, green pepper, parsley, chives, garlic, olive oil, and red wine vinegar in blender jar. Cover and blend at  until finely chopped, about 10 to 15 seconds; scrape sides of blender jar, if necessary.

Pour into bowl. Stir in vegetable juice cocktail, black pepper, and a few drops of hot pepper sauce. Refrigerate until well chilled, about 6 to 8 hours.

Yield: 8 servings.

VICHYSSEOISE

- 1 tablespoon (15 g) margarine
- 1½ cups (200 g) sliced leeks or onions
- 2 medium potatoes, peeled and cubed
- 3 cups (750 ml) reduced-sodium chicken broth
- ¼ teaspoon black pepper
- 1 cup (250 ml) lowfat (2%) milk

Snipped chives, if desired

Melt margarine in skillet over medium heat. Add leeks. Cook and stir until leeks are soft, about 3 minutes. Place in blender jar with potatoes and 1½ cups (375 ml) broth. Cover and blend at  until finely chopped, about 1 minute. Pour into saucepan.

Stir in remaining broth and pepper. Bring to a boil; reduce heat and simmer until vegetables are crisp-tender, about 10 to 12 minutes. Stir in milk.

Refrigerate until well chilled, about 6 to 8 hours. Top each serving with snipped chives, if desired.

Yield: 6 servings.

MEATBALLS

- 1 *small onion, cut into 1-inch (2.5 cm) pieces*
- 1 *lb. (500 g) extra lean ground beef*
- $\frac{1}{4}$ *lb. (125 g) ground pork*
- $\frac{1}{4}$ *cup (25 g) dry bread crumbs*
- 1 *egg*
- 1 *teaspoon seasoned salt*
- 1 *tablespoon (15 ml) oil*
- 1 *cup (70 g) sliced or quartered fresh mushrooms*
- $1\frac{1}{2}$ *cups (300 ml) beef broth*
- 1 *tablespoon cornstarch*
- $\frac{1}{2}$ *teaspoon basil*
- $\frac{1}{4}$ *teaspoon pepper*

Place onion in blender jar. Cover and blend at  5 to 8 seconds or until chopped. Add remaining meatball ingredients. **Pulse** at  4 to 5 times for 8 to 10 seconds each or until mixed, scraping sides if necessary. Shape meat into 32 $1\frac{1}{2}$ -inch (4 cm) meatballs.

Heat oil in large nonstick skillet over medium-high heat. Add meatballs. Cook 5 to 8 minutes or until browned, turning occasionally.

Meanwhile, thoroughly wash blender with soap and reassemble. Place mushrooms, broth, cornstarch, basil and pepper in blender. Blend at  5 seconds or until mushrooms are chopped. Add to meatballs in skillet. Cook, stirring constantly, until bubbly. Reduce heat to medium-low. Cook 8 to 10 minutes or until gravy is thickened and meatballs are thoroughly cooked. Serve with rice or potatoes, if desired.

Yield: 8 servings (4 meatballs each).

STREUSEL TOPPING

- $\frac{1}{2}$ cup (60 g) all-purpose flour
- $\frac{1}{2}$ cup (100 g) packed brown sugar
- $\frac{1}{2}$ teaspoon cinnamon, optional
- $\frac{1}{4}$ teaspoon salt
- 2 tablespoons (25 ml) light pasteurized process cream cheese product (from an 8-oz. (30 g) tub)
- 2 tablespoons (15 g) pecan halves

Place all ingredients in blender jar in order listed. Cover. Blend at  until thoroughly mixed, about 20 to 25 seconds; scrape sides of blender jar, if necessary. Use to top 13x9-inch (33x23-cm) pan of fruit crisp or to sprinkle over 13x9-inch (33x23-cm) cake before baking.

Yield: $1\frac{1}{2}$ cups (160 g).

CHICKEN SALAD SPREAD

- $\frac{1}{4}$ cup (60 g) light mayonnaise
- $\frac{1}{4}$ cup (60 g) light sour cream
- 1 tablespoon chopped onion
- 1 tablespoon fresh parsley, if desired
- $\frac{1}{8}$ teaspoon salt
- $\frac{1}{8}$ teaspoon pepper
- 1 cup (140 g) cubed cooked chicken breast
- $\frac{2}{3}$ cup (110 g) seedless red grapes

Place all ingredients in blender jar in order listed. Cover and blend at , pulsing 3 to 4 times, about 5 seconds each time, until chicken is chopped and mixture is thoroughly combined.

Yield: 8 servings.

BASIL PESTO

- 2 cloves garlic
- $\frac{1}{2}$ cup (50 g) fresh grated Parmesan cheese
- $1\frac{1}{4}$ cup (125 g) firmly packed fresh basil leaves
- $\frac{1}{4}$ cup (5 g) fresh parsley leaves
- 3 tablespoons (30 g) slivered almonds or pine nuts
- $\frac{1}{4}$ cup (50 ml) olive oil
- $\frac{1}{4}$ to $\frac{1}{2}$ cup (50 to 75 ml) reduced-sodium chicken broth

Place garlic in blender jar. Cover and blend at  until minced, about 5 to 10 seconds.

Add basil, parsley, and almonds. Cover and blend at . With blender running, add olive oil and chicken broth. Blend until thoroughly mixed, about 45 seconds to 1 minute; scrape sides of blender jar. Add remaining broth, if necessary. Serve on pasta, pizza, chicken, or seafood.

Yield: 1 cup (250 ml). (8 servings)

CARROT AND POTATO MEDLEY

$\frac{1}{2}$ cup (60 g) (1 small)
sliced carrot

$\frac{1}{2}$ cup (80 g)
(1 medium) peeled,
cubed potato

$\frac{1}{2}$ cup (125 ml) reduced-
sodium chicken broth

2 to 3 tablespoons
(25 ml to 45 ml)
whole milk

Place carrot, potato, and broth in saucepan. Bring to a boil. Reduce heat to low and simmer, uncovered, until vegetables are very tender, about 10 to 15 minutes. Cool 5 minutes.

Place cooled vegetable mixture and 2 tablespoons (25 ml) milk in blender jar. Cover and blend at  about 10 seconds; scrape sides of blender jar, if necessary. Blend at  about 30 seconds; scrape sides of blender jar every 10 seconds. Add 1 tablespoon (15 ml) milk, if necessary. Store in refrigerator.

Yield: 1 cup (250 ml).

PEACH OATMEAL

$\frac{3}{4}$ cup (150 ml) water

$\frac{1}{2}$ cup (25 g) quick-
cooking rolled oats

$\frac{1}{4}$ cup (55g) canned or
frozen and thawed
peach slices in juice,
drained

1 tablespoon (15 ml)
whole milk

Place water in saucepan. Bring to a boil. Stir in oats and return to a boil. Reduce heat to low and simmer, uncovered, about 1 minute. Cover and cool 5 minutes.

Place oatmeal, peaches, and milk in blender jar. Cover and blend at  about 10 seconds; scrape sides of blender jar, if necessary. Blend at  about 30 seconds. Store in refrigerator.

Yield: 1 cup (250 ml).

BANANA FRUIT DRESSING

$\frac{1}{2}$ cup (120 g) vanilla or
strawberry lowfat
yogurt

1 medium banana, sliced

1 tablespoon (15 ml)
honey

1 tablespoon (15 ml)
orange juice

$\frac{1}{8}$ teaspoon cinnamon

Place ingredients in blender jar. Cover and blend at  about 40 seconds; scrape sides of blender jar every 20 seconds. Serve over sliced fresh fruit.

Yield: $1\frac{1}{4}$ cups (300 ml).