

Cuisinart®

INSTRUCTION AND RECIPE BOOKLET



Compact Blender and Juice Extractor Combo

BJC-550HK

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

IMPORTANT SAFEGUARDS

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

1. **READ ALL INSTRUCTIONS BEFORE USING.**
 2. Always make sure the juice extractor cover is clamped securely in place before motor is turned on. Do not unfasten clamps while juicer is in operation. Be sure to turn switch to STOP position after each use of your juice extractor. Make sure the motor stops completely before disassembling.
 3. Do not put fingers or other objects into the juice extractor opening while it is in operation. If food becomes stuck in the opening, use the food pusher or another piece of fruit or vegetable to push it down, or turn the motor off and disassemble the unit to remove the remaining food.
 4. If the mesh filter basket blade is damaged, do not use.
 5. Do not operate without the pulp container in place.
 6. **Turn the appliance to STOP, then unplug from the outlet when not in use, before assembling or disassembling parts and before cleaning or removing contents from blending cup or juice extractor. Never put hands into the blending cup or juice extractor, or handle the blades with appliance plugged. To unplug, grasp the plug and pull from the outlet. Never pull from the power cord.**
 7. To protect against the risk of electrical shock, do not put motor base in water or other liquids
 8. This appliance is not intended for use by persons (including children) with reduced physical, sensory, mental capabilities, or lack of experience and knowledge. Close supervision is necessary when any appliance is used near children. Children should be supervised to ensure that they do not play with the appliance.
 9. Avoid contact with moving parts.
 10. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions, or is dropped or damaged in any manner.
- Contact the manufacturer for information on examination, repair, and/or mechanical or electrical adjustment.
11. The use of attachments, not recommended or sold by Cuisinart, may cause fire, electric shock, or risk of injury to persons.
 12. Do not use outdoors.
 13. Do not let cord hang over edge of counter or table or touch hot surfaces.
 14. Keep hands, hair, clothing, as well as spatulas and other utensils away from blending cup during operation to reduce risk of injury to persons, and/or damage to the appliance. A spatula may be used, but must be used only when the unit is not operating.
 15. Do not touch cutting assembly, interfere with blade movement, or remove juice extractor cover.
 16. **BLADES ARE SHARP. HANDLE CAREFULLY.**
 17. To reduce the risk of injury, never place cutting assembly on base unless the blending cup is properly attached.
 18. Never leave your Compact Blender and Juice Extractor Combo unattended while running.
 19. When using the blender, twist blending cup on firmly. Injury can result if moving blades accidentally become exposed.
 20. Do not use an extension cord with this unit. Doing so may result in fire, electric shock, or personal injury.
 21. Wash the blender and juice extractor parts with warm soapy water prior to first use.
 22. Risk of thermal burn injury due to excessive pressure in the container. Do Not blend hot liquids.
 23. **CAUTION! NEVER USE carbonated beverages in the blending cup.**
 24. Be certain blade assembly is securely locked in place before operating the blender.
 25. Do not attempt to bypass the interlock system that powers the unit on.
 26. To avoid possible malfunction of the appliance switch, never store

- juice extractor attachment assembly with cover on in locked position.
27. **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.**
28. 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.
29. This appliance is intended for HOUSEHOLD USE ONLY and similar applications such as:
- staff kitchen areas in shops, offices & other working environments;
 - clients in hotels, motels and other residential type environments;
 - bed and breakfast type environments.

SAVE THESE INSTRUCTIONS. FOR HOUSEHOLD USE ONLY.

UNPACKING INSTRUCTIONS

1. Place the gift box containing your Cuisinart® Compact Blender and Juice Extractor Combo on a flat, sturdy surface before unpacking.
2. Open the top flaps of the box. Inside will be the instruction/recipe booklet and other printed materials.
3. Remove Compact Blender and Juice Extractor Combo base as well as all other parts (listed in Parts and Features) and set aside. Before using for the first time, wash all parts according to the Cleaning and Maintenance section on page 7 of this booklet to remove any dust or residue.

To assemble the Compact Blender with Juice Extractor, follow the

Assembly instructions on page 5 of this instruction booklet. Replace all packaging materials in the box and save for repackaging.

CAUTION: ALL CUTTING TOOLS HAVE VERY SHARP EDGES. To avoid injury when unpacking the parts, never touch the cutting edges of blades or filter basket.

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PARTS AND FEATURES

1. **16 Ounce (473ml) BPA-Free Blending Cup**
that doubles as a to-go cup. Comes with flip top lid to take on the go or to save for later.
2. **High-Quality Blade Assembly**
is strong enough for all blending tasks. Self-aligning assembly fits easily onto the base.
3. **Heavy-Duty Motor Base**
is compact yet strong, sturdy, and stable for both blending and juicing with 500-watt peak motor and safety shutoff.
4. **3-Function Rotary Dial**
with easy-to-use Low, High, and Pulse settings.
5. **Slip-Proof Feet**
prevent movement during use and damaging marks on countertops or tables.
6. **Juice Extractor Attachment:**
 - 6a. **Pulp Container**
collects pulp from juicing for easy cleaning
 - 6b. **Cover with Feed Tube**
for easy juicing
 - 6c. **Pusher**
 - 6d. **Filter Housing**
 - 6e. **Locking Clamps**
for opening and closing safely
 - 6f. **Flow Spout**
 - 6g. **Mesh Filter Basket/Blade**



NOTE: Blades are SHARP. Handle carefully.

QUICK REFERENCE GUIDE

To activate blending	Place blending cup fitted with blade assembly onto base
To begin blending or juicing	Turn dial to desired speed
To change speeds	Turn dial to desired speed
To pulse	Turn dial left to PULSE
To stop blending or juicing	Turn dial to STOP

COMPACT BLENDER ASSEMBLY

After washing all parts, please see below for assembly instructions.
Place base on flat surface and plug in.

1. Place blending cup on flat surface upright. Add ingredients.
2. Attach blade assembly on round opening of the blending cup and turn clockwise until tightened.
3. Align the blade collar with base unit triangle marking, place on blender base firmly.
4. Turn clockwise to lock.

COMPACT BLENDER OPERATION

1. With the base unit on the tabletop and the unit plugged in, turn blending cup upside down and place the assembled blending cup onto the base.
Turn clockwise to lock into place. The blue light ring will blink to indicate that unit is ready to operate. If it doesn't, turn dial to STOP and check assembly.
2. For continuous blending, turn dial to the desired speed. It is possible to switch between High and Low speeds by simply turning the dial.
3. To pause the blending process, turn the dial to STOP. The blending process will stop. To resume blending, choose the desired speed.
4. To pulse, turn the dial to PULSE. Hold, then release after desired run time. Repeat as needed. The Pulse function can be used to break apart larger pieces of food. The Pulse function is also effective for starting the blending process when you do not want continuous power or for processing items that do not require an extended amount of blending. Dial will automatically return to the STOP position upon release.
5. The unit shall auto stop blending after 1Minute. if more blending time required, simply turn the dial to stop position then turn to desired speed again.
6. When you have finished blending, turn the dial to STOP. Then remove the blending cup from the base. Turn cup right side up, turn blade assembly counterclockwise to remove. Attach travel cup lid by twisting clockwise. **NEVER TOUCH THE BLADE ITSELF.** Unplug the unit.

COMPACT BLENDER OPERATING AND SAFETY TIPS

- Make sure the electrical outlet is rated at the same voltage as that stated on the bottom of the blender motor base.
- Don't remove blending cup while unit is running.
- **Don't place blade assembly onto motor base without the blending cup attached.**
- Make sure blade assembly is tightly attached when utilizing the blending cup.
- Always remove blade assembly before cleaning.
- Never use metal utensils, as damage may occur to the blending cup or cutting assembly.
- Don't overload blending cup. If the motor stalls, turn the blender off immediately, unplug the unit and let it cool for at least 15 minutes. Then, remove a portion of the food and continue.
- **CAUTION: Never use carbonated beverages in the blending cup.**
- Don't blend hot liquids in blending cup.
- Don't use any container or accessories not recommended by Cuisinart. Doing so may result in injury.
- To remove blending cup, turn slightly counterclockwise before lifting.
- The blending cup is not recommended for microwave use.

COMPACT JUICE EXTRACTOR ASSEMBLY

1. Place motor base on a clean flat surface. Make sure the motor base is unplugged from the power outlet.
2. Place filter housing on top of motor base. Do not lock locking clamps into place until you've completed assembling the juice extractor.
3. Insert the mesh filter basket/blade firmly into filter housing by pressing down on the rim of the filter so it locks securely in place. **Be careful not to touch the blades in the bottom of the basket and be sure this part is inserted before every use.**
4. Insert the pulp container onto the side of the unit by tilting unit slightly. Then place cover on top of the filter housing. Be sure to align the feed tube over the mesh filter basket.
5. Make sure the locking clamps are pushed in the down position so the cover sits securely in the grooves.
6. Place a glass beneath the spout at the front of the unit.
7. Insert the food pusher inside the feed tube.
8. Move each locking clamp upwards against the bowl and lock them into place on top cover

COMPACT JUICE EXTRACTOR DISASSEMBLY

1. Unplug the Compact Juice Extractor.
2. Unlock the locking clamps and cover then remove the pusher. The cover is unlocked when it is resting at the back of the motor base.
3. Lift and remove cover from filter housing.
4. Carefully remove mesh filter basket/blade from the filter housing by pulling up on the sides of the rim. **Be careful not to touch the blades in the bottom of the basket.**

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5. Remove the pulp container from the side of the motor base and empty.

COMPACT JUICE EXTRACTOR OPERATION

1. Make sure your Juice Extractor Attachment is properly assembled (see Page 6) and attached to the motor base.
2. Plug the power cord into the 220V electrical outlet.
3. Wash all selected fruits or vegetables.
4. While many fruits and vegetables will not need cutting, any item with a diameter larger than 5cm will need to be cut.
5. Turn the dial from the STOP position to HIGH.
6. Lift the food pusher out of the feed tube and drop your food into the opening. Push through by inserting the food pusher and pressing firmly. Do not pack the feed tube too full of food. Be sure that the food has been processed through the filter basket/blade before adding more items.

Note: When using leafy vegetables with stems, please put the leafy end into the feed tube first followed by the stem. Do not over pack feed tube.
7. The juice will flow into your glass and the pulp will accumulate in the pulp container.
8. When finished juicing, turn the dial to the STOP position to stop the motor.

COMPACT BLENDER AND JUICE EXTRACTOR COMBO CLEANING AND MAINTENANCE

Always unplug your Cuisinart® Compact Blender and Juice Extractor Combo from the electrical outlet before cleaning. The base and parts are made of corrosion-resistant materials that are easy to clean. Before first use and after every use, clean each part thoroughly. Periodically check all parts before reassembly. **DO NOT USE IF ANY PART IS DAMAGED, OR IF THE BLENDER CUP IS CHIPPED OR CRACKED.**

To remove blade assembly, twist off by turning counterclockwise.
NEVER TOUCH THE BLADE.

CAUTION: Handle the blade assembly carefully. Blades are SHARP and may cause injury. DO NOT attempt to remove blades from cutting assembly, do not attempt to detach the blade assembly from Blade collar. Wash all parts in warm, soapy water. Rinse and dry thoroughly. All parts are top rack dishwasher safe.

Tip: You may wish to clean your blade assembly cutting assemblies as follows: Squirt a small amount of dishwashing liquid into blending cup and fill halfway with warm (not hot) water. Attach blade assembly and run on Low for 15 seconds. Repeat, using clean tap water. Carefully disassemble parts and empty blending cup. Rinse and dry all parts thoroughly. 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 liquids, or place in a dishwasher.

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

COMPACT BLENDER TROUBLESHOOTING

Problem:	Solution:
My blender is not turning on	Be sure the blade assembly is on the blending cup correctly and locked into place. Plug the blender into an independent and electrical outlet and make sure the blender is securely plugged in. If it still doesn't work, try plugging into a different outlet and/or check your home's circuit breaker.
The blender stops running	The motor could have overheated. The resettable fuse, which protects the motor if overloaded, may have been tripped. When this happens, reset the appliance by unplugging it and letting it cool for a minimum of 15 minutes. Then, reduce the contents of the blending cup and/or clear any jams. Restart the unit as noted in the operating directions.
The blade assembly is hard to remove after blending	The ingredients cause pressure, and with the airtight seal, pressure builds up creating a vacuum or a suction effect. This is normal.
Unit appears to be leaking	Check rubber gasket and make sure it's flush with the blender assembly. You can also check the rubber gasket to see if it is in place or even damaged. The blade assembly should be tight.

COMPACT JUICE EXTRACTOR TROUBLESHOOTING

Problem:	Solution:
Juice extractor does not turn on	Check to see if the locking clamps are properly engaged. (See Assembly Instructions, page 6.) Turn to HIGH to start juicing.
The juice extractor stops running	The motor could have overheated. The resettable fuse, which protects the motor if overloaded, may have been tripped. When this happens, reset the appliance by unplugging it and letting it cool for a minimum of 15 minutes. Then, reduce the contents or clear any jams. Restart the unit as noted in the operating directions.
Juice flow is slow	Excess pulp in mesh filter basket can slow juice rate. Stop the juice extractor and clean filter basket.
Difficulty getting herbs or leafy greens down the feed tube	Place herbs between other ingredients. When using leafy greens, always place the leafy side in first and do not over pack the feed tube.
Unit is on but juice/pulp not flowing	Make sure the mesh filter basket/blade is in place.

COMPACT BLENDER – TIPS AND HINTS

- Always put the hardest ingredients into the blending cup first (ice cubes, frozen fruit) and finish with the softer ingredients and liquids.
- It is recommended that most foods be cut into 1cm - 2.5cm pieces to achieve the most uniform result.
- For best results in the fastest time, pulse a few times before running continuously. Pulses should be short bursts with about 1 second in between each one to allow the blade to stop rotating between pulses.
- To crush ice, put no more than 3 standard ice cubes into the blending cup at one time. Pulse until uniformly crushed.
- If food sticks to the sides of the blending cup when blending, stop the blender, carefully scrape down the food, replace blade assembly and pulse in short bursts to combine.
- When blending thicker mixtures, lightly hold down top of blending cup to prevent excessive movement.
- Do not attempt to mash white potatoes or knead bread dough in the blending cup.
- After blending, flip the blending cup over so that the blade assembly is on the top. Gently tap the cup on the counter a few times to prevent any spillage. Remove the blade assembly and replace with the provided lid.

COMPACT JUICE EXTRACTOR – TIPS AND HINTS

- Extracted juice captures about 95% of the nutrients from fresh fruits and vegetables. Drinking extracted juice is a fast and efficient way for your body to digest and absorb all these nutrients. Digesting whole fruits can take about an hour; extracted juices take only 15 minutes.
- Freshly extracted juices are an excellent aid in weight management and in cleanses, which rid the body of toxins.
- Always use fresh, organic, and seasonal produce. Organic produce is grown without synthetic fertilizers and chemicals, which is very important when juicing whole foods. Buying foods in season is considerably less expensive than purchasing off-season, and flavors are much better.
- Wash all fruits and vegetables immediately after purchasing and store them in the refrigerator. This way they are ready to juice at any time.
- Always juice fresh fruits and vegetables as soon as possible after purchasing. The longer produce is held the more nutrients it loses.
- Certain fruits should be peeled before juicing. Examples are pineapples, melons, mangoes, papayas, citrus – any fruit with skin that you cannot eat. Also, remove all pits and hard seeds from peaches, cherries, mangoes, etc.
- Citrus fruit juice is delicious and richer in nutrients.
- If cucumbers are waxy, peel them before juicing.
- Juice the softer ingredients before the harder ones.
- When using the pusher, use gentle pressure to guide food through the feed tube. Do not press too hard or use too much force.
- When juicing herbs or leafy greens, juice them in the middle of a combination of ingredients in order to extract the greatest amount of juice. Always put the leafy end of the greens into the feed tube first and do not over pack.
- Use your taste to guide you in creating fruit and vegetable combinations for juices. The recipes provided are a guideline,

but the possibilities are endless. Experiment to discover your favorite combinations.

- Carrots make a great and tasty base for vegetable juices and apples do the same for fruit juices.
- Beets and carrots both have a naturally high sugar content, so when added to vegetable juices they can balance out any bitter flavors juiced vegetables may have.
- Use your Compact Juice Extractor in tandem with your blender. Blend fresh juices with ingredients like bananas, yogurt, and protein powders for delicious power smoothies.
- It is also possible to make a healthier, fresher version of your favorite cocktail with fresh juices.
- Stir fruit juices into sparkling water or seltzer to make a natural soda.
- The pulp that is separated from the juice has its own health benefits. It is high in fiber and can be used in a variety of ways.

APPROXIMATE YIELD JUICING CHART

FRUIT	AMOUNT	YIELD
APPLE (quartered)	1 medium (about 7 ounces [207ml])	½ cup (125ml) or 4 ounces (113g)
CANTALOUPE (peeled and seeded)	1 cup (250ml), cubed	½ cup (125ml) or 4 ounces (113g)
GRAPES	1 cup (250ml)	½ cup (125ml) or 4 ounces (113g)
ORANGE (peeled and quartered)	1 medium (about 12 ounces [30g])	¾ cup (150ml) or 5 ounces (154g)
PEACH (pitted)	1 medium (about 10 ounces [295ml])	¼ cup (60 ml) or 2 ounces (57g)
PEAR (quartered)	1 medium (about 7 ounces [207ml])	½ cup (125 ml) or 4 ounces (113g)
PAPAYA (peeled and seeded)	½ fruit (about 1 pound [454ml] 3 ounces [85g])	1 cup (250 ml) or 8 ounces (225g)
PINEAPPLE (peeled and cored)	½ fruit	1 cup (250 ml) or 8 ounces (225g)
WATERMELON (peeled and seeded)	1 cup (250ml), cubed	½ cup (125 ml) or 4 ounces (113g)
STRAWBERRIES	1 cup (250ml)	½ cup (125 ml) or 4 ounces (113g)
GRAPEFRUIT (peeled and quartered)	1 medium to large (about 1 pound [454g])	1¼ cups (300ml) or 10 ounces (295ml)
LEMON (peeled)	1 fruit (about 5 ounces [15g])	¼ cup (60ml) or 2 ounces (57g)
KIWI	1 fruit (about 3 ounces [85g])	1 ounce (928g)
VEGETABLE	AMOUNT	YIELD
BEET (quartered)	1 medium (about 6 to 7 ounces [170 to 207g])	½ cup (125 ml) or 4 ounces (113g)
LEAFY GREENS	1 handful (about 8 leaves)	1½ ounces (43g)
CARROT	1 pound (454g)	1 cup (250 ml) or 8 ounces (227g)
CELERY	4 large stalks	½ cup (125 ml) or 4 ounces (113g)
BELL PEPPER (quartered)	1 medium (about 9 ounces [255g])	½ cup (125 ml) or 4 ounces (113g)
CUCUMBER	1 medium/large (about 11 ounces [325ml])	1 cup (250 ml) or 8 ounces (227g)
TOMATO	1 medium (about 5 ounces [145g])	½ cup (125 ml) or 4 ounces (113g)
PARSLEY	1 bunch (about 6 ounces [170g])	¼ cup (60 ml) or 2 ounces (57g)
CABBAGE	¼ head (about 12 ounces [340g])	¾ cup (175 ml) or 6 ounces (170g)

WARRANTY

Limited 2-Year Warranty

This Cuisinart appliance is guaranteed for domestic consumer use for 2 years warranty.

Within two years from the date of your purchase, and under normal circumstances, if there is anything wrong with the quality or parts of the product, the Cuisinart Customer Service Center will provide you with two-year repair or replacement service for free. To obtain this warranty service, please remember to keep the original purchase receipt.

Note: This guarantee does not cover the defects of any accessories, and all products that are misused, not handled according to instructions, accidentally damaged, missing parts, and self-modified products.

Continental Conair Limited.

Customer Service Center:

35/F., Standard Chartered Tower,
Millennium City 1, 388 Kwun Tong Road,
Kwun Tong, Kowloon, Hong Kong

Customer Service Hotline:

(852) 2751 4604

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Summer Fruit Smoothie

A taste of summer, the extra boost of flaxseed makes this sweet smoothie a refreshing and healthy treat.

Makes 1 serving

- 1/3 cup frozen peach pieces**
- 2/3 cup fresh strawberries**
- 1 teaspoon ground flaxseed**
- 1/2 cup oat milk**

1. Put all of the ingredients, in the order listed, into the blending cup. Secure blade assembly.
2. Run on High until smooth, about 1 minute.
3. Serve immediately.

Nutritional information per serving:

*Calories 130 (17% from fat) • carb. 25g • pro. 3g • fat 3g • sat. fat 0g
• chol. 0mg • sod. 59mg • calc. 40mg • fiber 4g*

Sweet Berry Smoothie

Also known as pitaya, dragon fruit is very mild in flavor but packed with fiber and other nutrients.

Makes 1 serving

- 1/2 cup frozen strawberries**
- 1/4 cup frozen pineapple**
- 1/2 cup fresh dragon fruit pieces**
- 1/2 ripe banana, cut into 1-inch pieces**
- 1/2 cup coconut milk**

1. Put all of the ingredients, in the order listed, into the blending cup. Secure blade assembly.
2. Run on High until smooth, about 1 minute.

3. Serve immediately.

Nutritional information per serving:

Calories 148 (21% from fat) • carb. 30g • pro. 2g • fat 4g • sat. fat 2g
• chol. 0mg • sod. 51mg • calc. 260mg • fiber 5g

Green Goddess Smoothie

Creamy avocado is not only a great source of good-for-you fats, but also makes this silky smoothie very filling. While it can easily be 1 serving, you may want to split it with a friend.

Makes 1 to 2 servings

- 1 frozen banana, cut into 1-inch pieces**
- ½ avocado**
- ½ cup packed baby spinach**
- 2 teaspoons matcha powder**
- 1 cup dairy-free milk**
- 1 to 2 teaspoons honey**

1. Put all of the ingredients, in the order listed, into the blending cup. Secure blade assembly.
2. Run on High until smooth, about 1 minute and 15 seconds.
3. Serve immediately.

Nutritional information per serving (based on 2 servings):

Calories 198 (29% from fat) • carb. 35g • pro. 2g • fat 7g • sat. fat 1g
• chol. 0mg • sod. 31mg • calc. 234mg • fiber 4g

Golden Power Smoothie

Who would have thought that sweet potato could be in a smoothie? We have it mixed here with anti-inflammatory spices and protein powder making it a great post-workout drink.

Makes 1 serving

- 1 frozen banana, cut into 1-inch pieces**
- ½ cup steamed sweet potato pieces**
- ½ teaspoon ground turmeric**
- ¼ teaspoon ground cinnamon**
- 2 tablespoons vanilla protein powder**
- ¾ cup coconut milk**

1. Put all of the ingredients, in the order listed, into the blending cup. Secure blade assembly.
2. Run on High until smooth, about 1 minute.
3. Serve immediately.

Nutritional information per serving:

Calories 261 (16% from fat) • carb. 44g • pro. 13g • fat 5g • sat. fat 3g
• chol. 0mg • sod. 263mg • calc. 424mg • fiber 6g

Blueberry Cocoa Smoothie

The cocoa powder in this smoothie can be an acquired taste for some, so we recommend starting with 1 teaspoon for the first try, then increase as desired. Also, blueberries are full of natural pectin so drink immediately after blending to prevent it from thickening too much.

Makes 1 serving

- ½ cup frozen wild blueberries**
- 1 banana, cut into 1-inch pieces**
- 1 to 2 teaspoons cocoa powder**
- ¼ teaspoon ground cinnamon**
- ½ cup almond milk**

1. Put all of the ingredients, in the order listed, into the blending cup. Secure blade assembly.
2. Run on High until smooth, about 1 minute.
3. Serve immediately.

Nutritional information per serving:

Calories 175 (9% from fat) • carb. 39g • pro. 2g • fat 2g • sat. fat 0g
• chol. 0mg • sod. 91mg • calc. 322mg • fiber 8g

Cherry-Almond Smoothie

Use both unsweetened almond butter and almond milk to be sure this sweet cherry smoothie is the not too sweet!

Makes 1 serving

- ½ cup frozen cherries**
- ½ cup frozen strawberries**
- 1 banana, cut into 1-inch pieces**
- 1 tablespoon almond butter**
- ¾ cup almond milk**

1. Put all of the ingredients, in the order listed, into the blending cup. Secure blade assembly.
2. Run on High until smooth, about 1 minute.
3. Serve immediately.

Nutritional information per serving:

Calories 288 (29% from fat) • carb. 50g • pro. 6g • fat 10g • sat. fat 1g
• chol. 0mg • sod. 186mg • calc. 457mg • fiber 8g

Sweet Coffee Protein Smoothie

Definitely a healthy jolt to the system first thing in the morning!

Makes 1 serving

- 1 frozen banana, cut into 1-inch pieces**
- 1 tablespoon cocoa powder**
- 1 tablespoon cashew butter**
- ½ cup cold brew coffee**

1. Put all of the ingredients, in the order listed, into the blending cup. Secure blade assembly.
2. Run on High until smooth, about 1 minute.
3. Serve immediately.

Nutritional information per serving:

Calories 231 (28% from fat) • carb. 34g • pro. 5g • fat 7g • sat. fat 2g
• chol. 0mg • sod. 1mg • calc. 159mg • fiber 5g

Tropical Mango Smoothie

All the flavors of the tropics in one cup. Sure to be a hit with the kids and grownups alike.

Makes 1 serving

- ⅔ cup frozen mango pieces**
- ⅓ cup frozen pineapple pieces**
- ½ banana, cut into 1-inch pieces**
- ¾ cup coconut milk**

1. Put all of the ingredients, in the order listed, into the blending cup. Secure blade assembly.
2. Run on High until smooth, about 1 minute.
3. Serve immediately.

Nutritional information per serving:

Calories 163 (22% from fat) • carb. 34g • pro. 2g • fat 5g • sat. fat 3g
• chol. 0mg • sod. 31mg • calc. 380mg • fiber 4g

Ginger-Mint Refresher

The flavors are perfectly balanced in this bright, herby, and ginger-zinging smoothie. It is perfect for breakfast, or an afternoon-pick-me-up.

Makes 1 serving

- ½ cup frozen mango pieces**
- ½ banana, cut into 1-inch pieces**
- 1 ½-inch piece fresh ginger, peeled and halved**
- ½ cup packed baby spinach**
- 1 tablespoon fresh mint leaves**
- 1 teaspoon fresh lime juice**
- ½ cup coconut water**

1. Put all of the ingredients, in the order listed, into the blending cup. Secure blade assembly.
2. Run on High until smooth, about 1 minute.
3. Serve immediately.

Nutritional information per serving:

*Calories 127 (5% from fat) • carb. 31g • pro. 2g • fat 1g • sat. fat 0g
• chol. 0mg • sod. 129mg • calc. 86mg • fiber 5g*

Protein and Greens Smoothie

The beautiful greenish-blue hue of this smoothie comes from the spirulina, which is a vibrant green algae that has many health benefits.

Makes 1 serving

- ½ cup frozen pineapple pieces**
- 1 banana, cut into 1-inch pieces**
- ½ cup baby kale**
- 1 tablespoon protein powder**

- 1 teaspoon spirulina powder**

- ½ cup dairy-free milk**

1. Put all of the ingredients, in the order listed, into the blending cup. Secure blade assembly.
2. Run on High until smooth, about 1 minute.
3. Serve immediately.

Nutritional information per serving:

*Calories 206 (13% from fat) • carb. 39g • pro. 11g • fat 3g • sat. fat 1g
• chol. 18mg • sod. 165mg • calc. 372mg • fiber 5g*

The Mighty Green

Simple, clean and green!

Makes 1 serving

- 4 small lacinato kale leaves**
- 3 celery stalks**
- 1 large Swiss chard leaf**
- 1 small handful parsley**
- ⅓ lemon, peeled**

1. Assemble the juice extractor attachment.
2. Turn to high speed and juice all ingredients.
3. Stir and drink immediately.

Nutritional information per serving:

*Calories 98 (10% from fat) • carb. 19g • pro. 6g • fat 1g • sat. fat 0g
• chol. 0mg • sod. 388mg • calc. 259mg • fiber 0g*

Sweet Papaya

The fruit gives this juice a nice, thick texture plus a standout flavor making it a true crowd pleaser

Makes 1 serving (about 12 ounces)

- ¼ medium papaya, peeled, cut to fit feed tube**
- 4 large strawberries**
- 1 medium tangerine, peeled and halved**

1. Assemble the juice extractor attachment.
2. Turn to high speed and juice all ingredients.
3. Stir together and serve immediately.

Nutritional information per serving:

*Calories 106 (4% from fat) • carb. 28g • pro. 2g • fat 1g • sat. fat 0g
• chol. 0mg • sod. 13mg • calc. 47mg • fiber 0g*

Glow Green

The ginger and lemon brighten up this green-packed juice. We like to keep lemon juice on hand to add to water or juices, but if you prefer, you can put in a ¼ of a peeled lemon while juicing

Makes 2 servings

- 2 medium green apples, cut to fit the feed tube**
- ½ medium cucumber, halved lengthwise**
- 4 celery stalks**
- 4 stems kale, tough bottom stems removed**
- 1 ½-inch piece ginger**
- ¼ lemon, peeled**

1. Assemble the juice extractor attachment.
2. Turn to high speed and juice all ingredients.

4. Stir and drink immediately.

Nutritional information per serving:

*Calories 84 (4% from fat) • carb. 23g • pro. 0g • fat 0g • sat. fat 0g
• chol. 0mg • sod. 1mg • calc. 220mg • fiber 5g*

Orange-Ginger Plus

The ginger gives a zing to this naturally sweet combination.

Makes 2 servings

- 2 medium to large carrots**
- 1 beet, cut to fit feed tube**
- 1 ½ to 1-inch piece ginger, based on personal preference**
- 1 firm, sweet pear, cut to fit feed tube**

1. Assemble the juice extractor attachment.
2. Turn to high speed and juice all ingredients.
3. Stir and drink immediately.

Nutritional information per serving:

*Calories 95 (6% from fat) • carb. 25g • pro. 2g • fat 1g • sat. fat 0g
• chol. 0mg • sod. 76mg • calc. 81mg • fiber 5g*

Pomegranate Pucker

Pomegranate, an antioxidant powerhouse, costars with lemon and blood orange in this cleansing elixir.

Makes about 12 ounces (1 to 2 servings)

- ⅔ cup pomegranate seeds**
- 2 blood oranges, halved**
- ⅓ lemon, peeled**

1. Assemble juice extractor attachment.

2. Turn to high speed and juice all ingredients.
3. Stir and drink immediately.

Nutritional information per serving (based on 2 servings):

*Calories 102 (8% from fat) • carb. 24g • pro. 2g • fat 1g • sat. fat 0g
• chol. 0mg • sod. 3mg • calc. 44mg • fiber 0g*

Pineapple Refresh

*Pineapple and mint are a perfect pairing.
Make it even more refreshing with a splash of seltzer.*

Makes 2 servings

- ½ pineapple, peeled and cut to fit the feed tube**
- 3 to 4 tablespoons fresh mint leaves**
- 1 cup packed spinach (baby or not)**
Pinch pink Himalayan salt

1. Assemble the juice extractor attachment.
2. Turn to high speed and juice all ingredients, except for the salt. Be sure that the mint and spinach are juiced between pieces of the pineapple in order to process fully.
3. Add the salt, stir, and drink immediately.

Nutritional information per serving:

*Calories 115 (4% from fat) • carb. 29g • pro. 1g • fat 0g • sat. fat 0g
• chol. 0mg • sod. 6mg • calc. 30mg • fiber 5g*

Bright Herb Tonic

*The bright flavor of fresh herbs and the sweetness of apple
round out this nutrient dense tonic.*

Makes 1 serving (about 10 ounces)

- 1 small handful parsley**

- 1 small handful cilantro**
- 1 small apple**
- 4 small lacinato kale leaves**
- 2 celery stalks**
- ¼ lemon, peeled**

1. Assemble the juice extractor attachment.
2. Turn to high speed and juice all ingredients.
3. Stir and drink immediately.

Nutritional information per serving:

*Calories 179 (6% from fat) • carb. 42g • pro. 5g • fat 1g • sat. fat 0g
• chol. 0mg • sod. 192mg • calc. 216mg • fiber 0g*

Earthly Cleanse

*The benefits of beets are too numerous to count.
Enjoy them in this delicious and nutritious juice.*

Makes about 8 ounces (1 serving)

- 1 medium apple, 6 to 7 ounces, cut to fit the feed tube**
- 3 ounces cucumber**
- 3 ounces beet, cut to fit the feed tube**
- ⅓ lemon, peeled**

1. Assemble the juice extractor attachment.
2. Turn to high speed and juice all ingredients.
3. Stir and drink immediately.

Nutritional information per serving:

*Calories 156 (3% from fat) • carb. 40g • pro. 2g • fat 1g • sat. fat 0g
• chol. 0mg • sod. 70mg • calc. 40mg • fiber 0g*

Garden Green

A quick trip to the farmer's market will have you set for this fresh juice. Perfect for a morning on the go or an afternoon pick-me-up.

Makes 2 servings

- ½ medium cucumber, halved lengthwise**
- 1 cup packed spinach**
- 4 romaine lettuce leaves**
- 4 celery stalks**
- ¼ cup fresh cilantro leaves and stems**
- ¼ lime, peeled**
- Pinch sea salt, optional**

1. Assemble the juice extractor attachment.
2. Turn to high speed and juice all ingredients, except for the salt.
3. Add the salt, stir and drink immediately.

Nutritional information per serving:

*Calories 23 (4% from fat) • carb. 7g • pro. 2g • fat 0g • sat. fat 0g
• chol. 0mg • sod. 61mg • calc. 72mg • fiber 1g*

Wake Up Shot

A cleansing way to start your day, the cayenne and ginger in this shot will give your system a healthy jolt!

Makes about 4 ounces

- 2 lemons, peeled (about ⅓ cup fresh juice)**
- 1 1½-inch piece fresh ginger**
- Small pinch cayenne**
- Pinch pink Himalayan salt**

1. Assemble the juice extractor attachment.
2. Juice the lemons and the ginger.

3. Add the cayenne and salt, stir and drink immediately.

Nutritional information per serving:

*Calories 17 (7% from fat) • carb. 7g • pro. 1g • fat 0g • sat. fat 0g
• chol. 0mg • sod. 67mg • calc. 17mg • fiber 0g*

Hibiscus Sunrise

Antioxidant-packed hibiscus and vitamin C-rich citrus combine for a delicious immune support tonic.

Makes about 12 ounces (1 to 2 servings)

- 1 small orange, halved**
- ⅓ lemon, peeled**
- 4 ounces hibiscus flower tea,* chilled**
- 1½ teaspoons agave**

1. Assemble the juice extractor attachment.
2. Turn to high speed and juice the orange and lemon. Add the chilled hibiscus tea and agave and stir.
3. Add ice, if desired, and serve immediately.

* Hibiscus flowers can be found loose or in tea bags. Steep according to manufacturer's instructions and chill to room temperature or cooler before using.

Nutritional information per serving (based on 2 servings):

*Calories 49 (2% from fat) • carb. 12g • pro. 1g • fat 0g • sat. fat 0g
• chol. 0mg • sod. 2mg • calc. 64mg • fiber 0g*

Spiked Watermelon Refresher

Fresh watermelon and mint make this a refreshing cocktail, especially when the temperature soars.

Makes 12 ounces (1 to 2 servings)

- 8 ounces watermelon, cut to fit the feed tube**

- 1 ounce good quality rum**
- 1 ounce mint syrup (recipe follows)**

1. Assemble the juice extractor attachment.
2. Turn to high speed and juice the watermelon (should yield about 4 ounces of juice).
3. Add the rum and mint syrup. Stir well and serve in tall glass with plenty of ice.

Nutritional information per serving (based on 2 servings):
Calories 74 (2% from fat) • carb. 11g • pro. 1g • fat 0g • sat. fat 0g
• chol. 0mg • sod. 1mg • calc. 8mg • fiber 0g

Mint Syrup

We use this in our watermelon cocktail, but it is also delicious stirred into iced tea or lemonade.

Makes $\frac{3}{4}$ cup

- $\frac{1}{2}$ cup water**
- $\frac{1}{2}$ cup granulated sugar**
- 4 large mint sprigs**

1. Put ingredients into a small saucepan and place over medium-high heat.
2. Bring mixture to a boil. Once boiling, allow to simmer until sugar is completely dissolved.
3. Remove from heat and allow to come to room temperature for at least 30 minutes.
4. Chill thoroughly before using.

Nutritional information per serving (based on a 1-tablespoon serving):
Calories 32 (0% from fat) • carb. 8g • pro. 0g • fat 0g • sat. fat 0g
• chol. 0mg • sod. 0mg • calc. 1mg • fiber 0g

Garden Citrus Elixir

The rosemary plays well off of the citrus for a tasty grown-up flavor.

Makes one 4-ounce cocktail

- 1 ounce fresh grapefruit juice**
- 1 ounce good quality vodka**
- $\frac{1}{2}$ ounce fresh lime juice**
- $\frac{1}{2}$ ounce fresh lemon juice**
- $\frac{1}{2}$ ounce rosemary syrup (recipe follows)**

1. Stir or shake all ingredients together with ice.
2. Serve up or over ice.

Nutritional information per serving:
Calories 99 (1% from fat) • carb. 9g • pro. 6g • fat 0g • sat. fat 0g
• chol. 0mg • sod. 1mg • calc. 8mg • fiber 0g

Rosemary Syrup

Easy to make rosemary-infused simple syrup is delicious in our Garden Citrus Elixir recipe.

Makes $\frac{3}{4}$ cup

- $\frac{1}{2}$ cup water**
- $\frac{1}{2}$ cup granulated sugar**
- 3 large sprigs fresh rosemary**

1. Put ingredients into a small saucepan and place over medium-high heat.
2. Bring mixture to a boil. Once boiling, allow to simmer until sugar is completely dissolved.
3. Remove from heat and allow to come to room temperature for at least 30 minutes.
4. Chill thoroughly before using.

Nutritional information per serving (based on a 1-tablespoon serving):
Calories 34 (2% from fat) • carb. 9g • pro. 0g • fat 0g • sat. fat 0g
• chol. 0mg • sod. 1mg • calc. 4mg • fiber 0g



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