

Cuisinart® EVOLUTION X™ C O R D L E S S

INSTRUCTION +
RECIPE BOOKLET



C O R D L E S S /
R E C H A R G E A B L E
C O M P A C T
B L E N D E R

R P B - 1 0 0



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

IMPORTANT SAFEGUARDS

When using an electrical appliance, especially when children are present, basic safety precautions should always be taken, including the following:

WARNING: Read all safety warnings and instructions. Failure to follow the warnings and instructions may result in electric shock, fire and/or serious injury.

1. READ ALL INSTRUCTIONS.

2. To protect against electric shock, do not put the body of this EvolutionX™ Cordless Rechargeable Compact Blender in water or other liquids while unit is charging. Other than the blending/mixing blade, never submerge any other portion of this unit in liquids. If the compact blender base falls into liquid, remove immediately. Carefully remove, clean and dry unit thoroughly before continuing.
3. This appliance should not be used by children. To avoid possible accidental injury, close supervision is necessary when any appliance is used by or near children or individuals with certain disabilities.
4. Do not operate in the presence of explosive and/or flammable fumes.
5. To avoid the possibility of personal injury, always unplug the unit from the USB cable and USB power adapter before attaching or removing blades and/or attachments for cleaning or any other purpose.
6. Illuminated lights indicate unit is ready to operate.
7. Once blender is unlocked and/or powered on, avoid any contact with blades or movable parts.
8. Keep hands, hair, clothing, as well as spatulas and other utensils away from attachments and mixing container 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.

9. BLADES ARE SHARP. HANDLE CAREFULLY.

To reduce the risk of injury, never place blending blade on base unless the blender jar is properly attached. Never leave your blender unattended while it is running. Twist removable blade assembly firmly onto travel cup. Injury can result if moving blade accidentally becomes exposed.

10. When mixing liquids, use a tall container or mix small quantities at a time to reduce spillage and possibility of injury.
11. USB power adapter and USB cable should be plugged into an electrical outlet away from sink or hot surface.
12. Do not use an extension cord. Plug USB power adapter directly into an electrical outlet.
13. Do not attempt to use this USB power adapter and USB cable with any other product. Also, do not attempt to charge the batteries with any other USB power adapter.
14. Do not charge batteries with charger plugged into an outdoor outlet.
15. Do not operate any appliance with a damaged cord or plug, or after the appliance has malfunctioned or has been dropped or damaged in any way, or is not operating properly. Return the appliance to the nearest Cuisinart Repair Center for examination, repair, or mechanical or electrical adjustment.
16. The use of attachments or accessories not recommended by Cuisinart may cause fire, electric shock or risk of injury.
17. Make sure the appliance is off and the motor/blade attachment has stopped completely before putting on or taking off attachments, and before cleaning.
18. This appliance is intended for household use only and is not for commercial or outdoor use.
19. Do not use this blender for other than its intended use of preparing foods and beverages.
20. To reduce the risk of fire or electric shock, do not operate any heating appliance beneath or near the mounted charging handle unit.

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21. Do not mount or store unit over or near a portion of a heating or cooking appliance, or a sink or washbasin.
 22. Unplug the USB power adapter from the outlet before attempting any routine cleaning of the charger.
 23. Do not operate with a damaged USB power adapter. Have damaged USB power adapter replaced immediately.
 24. Do not incinerate the blender, even if it is severely damaged. The batteries can explode in a fire.
 25. This product contains lithium batteries which must be recycled at the end of the life of the blender and disposed of properly. Do not incinerate or compost batteries, as they will explode at high temperatures.
 26. Leaks from battery cells can occur under extreme conditions. If the liquid gets on the skin, (1) wash quickly with soap and water or (2) neutralize with mild acid such as lemon juice or vinegar. If the liquid gets into eyes, flush them immediately with clean water for a minimum of 10 minutes. Seek medical attention.
 27. Recharge only with the USB power adapter specified by the manufacturer. A USB power adapter (10.0VDC/1000mA output) that is suitable for one type of battery pack may create a risk of fire when used with another battery pack.
 28. Use appliances only with specifically designated battery packs. Use of any other battery packs may create a risk of injury and fire.
 29. Under abusive conditions, liquid may be ejected from the battery. Avoid contact with such liquid. If contact accidentally occurs, flush with water. If liquid contacts eyes, seek medical help. Liquid ejected from the battery may cause irritation or burns.
 30. Do not use a battery pack or appliance that is damaged or modified. Damaged or modified batteries may exhibit unpredictable behavior resulting in fire, explosion or risk of injury.
 31. Do not expose a battery pack or appliance to fire or excessive heat. Exposure to fire or temperatures above 265°F/130°C may cause an explosion.
 32. Have servicing performed by a qualified repair person using only identical replacement parts. This will ensure that the safety of the product is maintained.
 33. Recommended ambient charging temperature: 50°F–104°F (10°C–40°C).
 34. Recommended storage temperature: 50°F–104°F (10°C–40°C).
 35. Any other servicing should be performed by an authorized service representative.
 36. 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

UNPACKING INSTRUCTIONS

1. Place the gift box containing your EvolutionX™ Cordless Rechargeable Compact Blender on a flat, sturdy surface before unpacking.
2. Remove instruction booklet and other printed materials from top of packaging material.
3. Carefully lift blender base from box and set aside.
4. Remove blender jar 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 blender, follow the Assembly instructions on page 7 of this Instruction Booklet. Replace all packaging materials in the box and save the box for repackaging.

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FEATURES AND BENEFITS

1. **Single, BPA-free, 20 oz. travel cup with lid**
allows you to blend your favorite drinks:
smoothies, protein, health, diet drinks and more!
2. **Blending blade assembly**
used for blending or making smoothies.
3. **Power ON/OFF single-button control**
is simple on this single-speed blender
4. **Rechargeable blender base**
run by 7.4 volts, is sturdy and stable, and is
easy to handle with sculpted, textured housing.
5. **Slip-proof feet**
prevent movement during use.
6. **Charger port**
plug USB cable into unit.
7. **To charge**
plug USB cable into unit.
 - 7a. **Charger/Power Adapter**
 - 7b. **USB Power Cable**



BEFORE YOU BEGIN

Read all instructions completely for detailed operating procedures. The battery in your EvolutionX™ Cordless Rechargeable Compact Blender has not been fully charged. Before the first use of this appliance, the battery must be charged until 3 blue LED lights are illuminated. See Charging Your Compact Blender/Battery Life below.

CHARGING YOUR COMPACT BLENDER/BATTERY LIFE

The batteries in your EvolutionX™ Cordless Rechargeable Compact Blender have not been fully charged. Before the first use of this appliance, the batteries must be charged until all 3 blue battery indicator lights illuminate. With a full charge, your compact blender will run for approximately 20 minutes, depending on load. Your compact blender will be fully charged in approximately 2 hours.

HOW TO READ THE BATTERY LIFE INDICATOR

- When 1st light is flashing and others are off, battery capacity is **40%**.
- When 1st light is solid and 2nd light is flashing, battery capacity is **40% – 70%**.
- When 1st and 2nd lights are solid and 3rd light is flashing, battery capacity is **70% – 95%**.
- When Battery Life Indicator/LED Light Bar displays 3 solid blue power lights, battery capacity is **95%**. (NOTE: A 95% charge for a lithium ion battery is considered a full charge.)

QUICK-CHARGE FEATURE

Your Cordless Rechargeable Compact Blender is equipped with a quick-charge feature. If your power handle runs out of power, you can “quick charge” your unit:

- Charge for 15 minutes to get **25 seconds of runtime**.
- Charge for 30 minutes to get **1 minute and 45 seconds of runtime**.
- Charge for 60 minutes to get **5 minutes and 45 seconds of runtime**.
- Charge for 2 hours for **20 minutes of runtime** (full charge)

NOTE: Do not leave your compact blender uncharged for an extended period of time, as it will affect the life of the rechargeable battery.

ASSEMBLY

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

1. Place blending cup on flat surface.
2. Attach blending blade/mixing assembly on round opening of the cup and turn clockwise until tightened.

OPERATION

1. Attach blade assembly to blending jar.
2. Put food ingredients into the blending cup, and then attach the blade assembly.
3. With the base unit stable, place the assembled blending cup onto the base and turn to lock into place.
4. For continuous operation: Press the power button once, the LEDs are displayed, then press again to turn unit on. Press once more to turn unit off.

5. When you have finished blending, press the Power button to turn OFF. Remove the travel cup from the base.
6. Turn cup right-side up, turn blade assembly counterclockwise to remove.

NOTE: Do not fill with ingredients/liquid past the max fill line.

NOTE: Maximum runtime of a single blending cycle is one minute.

OPERATING AND SAFETY TIPS

- Always use the blender on a clean, sturdy and dry surface.
- Always operate the blending cup with blade assembly attached. Place cover on firmly.
- Don't remove blending cup while unit is running.
- **Don't place blade onto blender base without the blending cup attached.**
- Make sure blade assembly is tightly attached to blending cup.
- Always remove blade assembly before cleaning.
- Don't store food or liquids in your blending cup.
- Don't overload blending cup.
- **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.
- The blending cup is not recommended for microwave use.

CLEANING AND MAINTENANCE

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 the cup is chipped or cracked. To remove blade assembly, twist off by turning counterclockwise. **NEVER TOUCH THE BLADE ITSELF.**

CAUTION: Handle the blade assembly carefully. The blades are SHARP and may cause injury. DO NOT attempt to remove blades from cutting assembly.

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 as follows: Squirt a small amount of dishwashing liquid into travel cup and fill halfway with warm water. Attach blending blade assembly. Run for 15 seconds. Repeat, using clean tap water. Carefully disassemble parts and empty 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.

TIPS AND HINTS

- When using your blending cup, ingredients are put in the following order: Always put the hardest ingredients into the travel cup first (ice cubes, frozen fruit), and finish with the softer ingredients and liquids.
- It is recommended that most foods be cut into ½-inch to 1-inch pieces to achieve the most uniform result.
- If food sticks to the sides of the cup when blending, stop the blender, carefully scrape down the food, replace blade assembly and blend again to combine.
- When blending thicker mixtures, lightly hold down the top of travel cup to prevent jumping.
- After blending, flip the travel cup over so that the blade assembly is on the top. Gently tap the travel cup a few times to prevent any spillage. Remove the blade assembly and replace with lid.
- Some recipes may require more than a minute of blending. Simply start blender again, once the minute of continuous blending has elapsed.

WARRANTY

Limited Three-Year Warranty

This warranty is available to U.S. consumers only. You are a consumer if you own a Cuisinart® EvolutionX™ Cordless Rechargeable Compact Blender that was purchased at retail for personal, family or household use. Except as otherwise required under applicable law, this warranty is not available to retailers or other commercial purchasers or owners. We warrant that your Cuisinart® EvolutionX™ Cordless Rechargeable Compact Blender will be free of defects in materials and workmanship under normal home use for 3 years from the date of original purchase.

We recommend that you visit our website,

www.cuisinart.com for a fast, efficient way to complete your product registration. However, product registration does not eliminate the need for the consumer to maintain the original proof of purchase in order to obtain the warranty benefits. In the event that you do not have proof of purchase date, the purchase date for purposes of this warranty will be the date of manufacture.

CALIFORNIA RESIDENTS ONLY

California law provides that for In-Warranty Service, California residents have the option of returning a nonconforming product (A) to the store where it was purchased or (B) to another retail store that sells Cuisinart products of the same type. The retail store shall then, according to its preference, either repair the product, refer the consumer to an independent repair facility, replace the product, or refund the purchase price less the amount directly attributable to the consumer's prior usage of the product. If neither of the above two options results in the appropriate relief to the consumer, the consumer may then take the product to an independent repair facility, if service or repair can be economically accomplished. Cuisinart and not the consumer will be responsible for the reasonable cost of such service, repair, replacement, or refund for nonconforming products under warranty. California residents may also, according to their preference, return nonconforming products directly to Cuisinart for repair or, if necessary, replacement by calling our Consumer Service Center toll-free at 800-726-0190. Cuisinart will be responsible for the cost of the repair, replacement, and shipping and handling for such nonconforming products under warranty.

HASSLE-FREE REPLACEMENT WARRANTY

Your ultimate satisfaction in Cuisinart products is our goal, so if your Cuisinart® EvolutionX™ Cordless Rechargeable Compact Blender should fail within the generous warranty period, we will repair it or, if necessary, replace it at no cost to you. To obtain a return shipping label, email us at <https://www.cuisinart.com/customer-care/product-return>. Or call our toll-free customer service department at 1-800-726-0190 to speak with a representative.

Your Cuisinart® EvolutionX™ Cordless Rechargeable Compact Blender 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. This warranty does not cover any damage caused by accident, misuse, shipment or other than ordinary household use. This warranty excludes all incidental or consequential damages. Some states do not allow the exclusion or limitation of these damages, so these exclusions may not apply to you. You may also have other rights, which vary from state to state.

Important: If the nonconforming product is to be serviced by someone other than Cuisinart's Authorized Service Center, please remind the servicer to call our Consumer Service Center at 1-800-726-0190 to ensure that the problem is properly diagnosed, the product is serviced with the correct parts, and to ensure that the product is still under warranty.

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Classic Fruit Smoothie

This recipe works great with any type of fruit or juice, and don't forget to add your favorite smoothie supplements.

Makes 1 serving

- 1 cup mixed fruit, fresh or frozen**
- ½ banana, cut into 1-inch pieces**
- ½ cup juice (use your favorite)**

1. Put all ingredients, in the order listed, into the blending cup. Secure the blade assembly.
2. Blend until smooth, about 45 seconds.
3. Serve immediately.

Nutritional information per serving:

*Calories 112 (4% from fat) • carb. 28g • pro. 1g • fat 1g • sat. fat 0g
• chol. 0mg • sod. 6mg • calc. 16mg • fiber 3g*

Tropical C Smoothie

Vitamin C-packed fruit plus kale make this smoothie a delicious winner.

Makes 1 serving

- ½ cup frozen mango**
- ½ cup baby kale**
- ½ cup fresh pineapple, cut into 1-inch pieces**
- ½ cup orange juice**

1. Put all of the ingredients, in the order listed, into the blending cup. Secure the blade assembly.
2. Blend until smooth, about 45 seconds to 1 minute.
3. Serve immediately.

Nutritional information per serving:

*Calories 150 (3% from fat) • carb. 36g • pro. 3g • fat 0g • sat. fat 0g
• chol. 0mg • sod. 22mg • calc. 27mg • fiber 3g*

Strawberry Fields Smoothie

The sweetness of the strawberries makes this green smoothie a real treat.

Makes 1 serving

- ½ cup frozen strawberries**
- ½ cup baby spinach**
- 1 ripe banana, broken into 2 to 3 pieces**
- ½ cup nondairy milk (e.g., rice, almond, soy)**

1. Put all of the ingredients, in the order listed, into the blending cup. Secure the blade assembly.
2. Blend until smooth, about 45 seconds to 1 minute.
3. Serve immediately.

Nutritional information per serving:

*Calories 194 (12% from fat) • carb. 46g • pro. 3g • fat 2g • sat. fat 0g
• chol. 0mg • sod. 51mg • calc. 42mg • fiber 5g*

Island Blueberry Smoothie

The combination of coconut, lime and ginger gives this smoothie a true taste of the islands.

Makes 1 serving

- ½ cup frozen blueberries**
- ½ cup baby kale**
- 6 mint leaves**
- ¼ teaspoon lime zest**
- 1 ½-inch piece ginger**
- 1 ripe banana, broken into 2 to 3 pieces**
- ½ cup coconut milk**

1. Put all of the ingredients, in the order listed, into the blending cup. Secure the blade assembly.
2. Blend until smooth, about 45 seconds to 1 minute.
3. Serve immediately.

Nutritional information per serving:

*Calories 189 (21% from fat) • carb. 42g • pro. 3g • fat 4g • sat. fat 3g
• chol. 0mg • sod. 103mg • calc. 34mg • fiber 7g*

Breakfast Shake for the Road

Nutrition on the go, make this smoothie in the morning for breakfast when time is short.

Makes 1 serving

- 3 frozen strawberries**
- ½ cup fresh mango, cut into ½-inch pieces**
- ½ banana**
- ½ cup low-fat yogurt**
- ½ cup juice**
- 1 tablespoon ground flax seeds (optional)**

1. Put all ingredients, in the order listed, into the blending cup. Secure the blade assembly.
2. Blend until smooth, about 30 to 45 seconds.
3. Serve immediately.

Nutritional information per serving:

*Calories 258 (18% from fat) • carb. 57g • pro. 7g • fat 1g • sat. fat 1g
• chol. 5mg • sod. 67mg • calc. 111mg • fiber 5g*

Avocado Power Shake

Packed with nutrients and monounsaturated fats (the good ones – we swear!), this will fill you up and give you the energy to keep on moving.

Makes 1 serving

- 3 ice cubes**
- ½ ripe banana, cut into 1-inch pieces**
- ⅓ ripe avocado, pitted, cut into 1-inch pieces**
- 1 cup rice milk**
- 2 teaspoons honey**
- Pinch ground cinnamon**

1. Put all of the ingredients, in the order listed, into the blending cup. Secure the blade assembly.
2. Blend until smooth, about 45 seconds to 1 minute.
3. Serve immediately over ice.

Nutritional information per serving:

*Calories 289 (29% from fat) • carb. 51g • pro. 3g • fat 10g • sat. fat 1g
• chol. 0mg • sod. 92mg • calc. 313mg • fiber 5g*

Power Blast Protein Shake

Blend this for a post-workout pick-me-up.

Makes 1 serving

- 1 frozen banana, cut into 1 to 2-inch pieces**
- 2 ice cubes**
- 2 tablespoons almond butter**
- ½ teaspoon ground cinnamon**
- 1 serving protein powder**
- 1 cup oat milk**

1. Put all ingredients, in the order listed, into the blending cup. Secure the blade assembly.
2. Blend until smooth, about 45 seconds to 1 minute.
3. Serve immediately.

Nutritional information per serving:

*Calories 270 (40% from fat) • carb. 38g • pro. 6g • fat 13g • sat. fat 11g
• chol. 5mg • sod. 68mg • calc. 89mg • fiber 4g*

Chocolate Nut Butter Protein Shake

Make this tasty shake for a post-workout recovery drink.

Makes 2 servings

- 1 cup chilled liquid (water, milk, etc.)**
- 2 tablespoons protein powder**
- 2 teaspoons unsweetened nut butter**
- 1 teaspoon cocoa powder**
- 1 teaspoon liquid sweetener (honey, agave, stevia, or maple syrup)**

1. Put all of the ingredients, in the order listed, into the blending cup. Secure the blade assembly.
2. Blend until smooth, about 45 seconds to 1 minute.
3. Serve over ice.

Nutritional information per serving

(with water, peanut butter and vegetable-based protein):

*Calories 160 (30% from fat) • carb. 10g • pro. 20g • fat 6g • sat. fat 1g
• chol. 0mg • sod. 234mg • calc. 44mg • fiber 1g*

Vanilla-Maple Protein Shake

Keep it simple and sweet, with this quick shake.

Makes 1 serving

- 1 cup chilled liquid (preferably milk – alternative is OK)**
- 2 tablespoons protein powder**
- 1 teaspoon pure maple syrup**
- ½ teaspoon pure vanilla extract**

1. Put all of the ingredients, in the order listed, into the blending cup. Secure the blade assembly.
2. Blend until smooth, about 45 seconds to 1 minute.
3. Serve over ice.

Nutritional information per serving

(with unsweetened rice milk and vegetable-based protein):

*Calories 194 (12% from fat) • carb. 23g • pro. 18g • fat 3g • sat. fat 0g
• chol. 0mg • sod. 261mg • calc. 287mg • fiber 0g*

Açaí Bowl

Açaí is a super antioxidant, giving an extra nutritious punch to this smoothie bowl.

Makes 1 serving

- ¾ cup frozen mango, divided**
- ¼ cup frozen blueberries**
- 1 ripe banana, broken into 2 to 3 pieces**
- 1 teaspoon açai powder**
- ½ cup rice milk (or any nondairy milk)**
- ½ cup fresh berries**
- ¼ cup granola and/or mixed nuts and seeds**

1. Put ¼ cup frozen mango, frozen blueberries, banana, açai powder and the rice milk into the blending cup. Secure the blade assembly.
2. Blend for about 10 to 20 seconds to blend ingredients. Add the remaining mango and continue to blend for about 45 seconds until smooth.
3. Pour into a bowl and top with fresh berries and granola and/or mixed nuts and seeds.
4. Serve immediately.

Nutritional information per serving (1 cup):

*Calories 397 (15% from fat) • carb. 85g • pro. 8g • fat 5g • sat. fat 1g
• chol. 0mg • sod. 52mg • calc. 27mg • fiber 9g*

Cold Tea/Cold Brew Lattes

Skip the coffee shop and make your favorite iced tea latte at home.

Makes 1 cup

- ½ cup milk (any variety, dairy or nondairy)**
- ½ cup tea concentrate (such as chai, turmeric-ginger, yerba mate, etc.) or cold brew coffee**

1. Put the milk and concentrate into the blending cup.
2. Blend until frothy, about 30 to 45 seconds.
3. Serve over ice.

Nutritional information per serving (1 cup) based on nonfat milk:
Calories 42 (4% from fat) • carb. 6g • pro. 4g • fat 0g • sat. fat 0g
• chol. 3mg • sod. 64mg • calc. 305mg • fiber 0g

Matcha Latte

Matcha is a great alternative to coffee to get your energy going in the mornings. Try first without additional sweetener, because some matcha powders have sweeteners in them.

Makes 1 serving

- 3 ice cubes**
- 1 cup milk (any variety, dairy or nondairy)**
- 1 teaspoon matcha powder**
- ½ to 1 teaspoon honey or agave, optional**

1. Put all ingredients into the blending cup.
2. Blend until frothy, about 45 seconds.
3. Serve over ice.

Nutritional information per serving (1 cup):
Calories 156 (23% from fat) • carb. 20g • pro. 8g • fat 5g • sat. fat 13g
• chol. 20mg • sod. 195mg • calc. 290mg • fiber 2g

Chocolate Cookies and Cream Shake

Super chocolatey and delicious!

Makes about 12 ounces

- 1 cup chocolate ice cream**
- 3 chocolate sandwich cookies**
- ½ cup low-fat milk**

1. Put all of the ingredients, in the order listed, into the blending cup. Secure the blade assembly.
2. Blend until smooth, about 45 seconds to 1 minute.
3. Serve immediately.

Nutritional information per serving (6 ounces):
Calories 252 (42% from fat) • carb. 33g • pro. 7g • fat 11g • sat. fat 6g
• chol. 25mg • sod. 105mg • calc. 50mg • fiber 1g

Basic Vinaigrette

Salad dressing is simple to prepare, and much healthier for you than what you could purchase at the store. This, as the name suggests, is a basic version. Champagne vinegar is softer in flavor than other vinegars, but you can substitute with white or red wine vinegar if you prefer.

Makes 1 cup

- ¼ cup Champagne vinegar**
- ½ small shallot, peeled and halved**
- 1 teaspoon Dijon mustard**
- ½ teaspoon kosher salt**
- ¼ teaspoon ground white pepper**
- ¾ cup extra virgin olive oil**

1. Put all of the ingredients, in the order listed, into the blending cup. Secure the blade assembly.
2. Blend until smooth, about 1 minute.
3. Taste and adjust seasoning as desired. Serve immediately. Dressing can be stored in an airtight container in the refrigerator for up to 2 weeks.

Nutritional information per serving (1 tablespoon):
Calories 92 (99% from fat) • carb. 0g • pro. 0g • fat 11g • sat. fat 2g
• chol. 0mg • sod. 74mg • calc. 0mg • fiber 0g

Creamy Feta & Yogurt Dressing

A great creamy and tangy dressing for all types of salads and vegetables.

Makes 1¼ cups

- 1 small garlic clove, peeled**
- ⅓ cup red wine vinegar**
- 1 tablespoon fresh lemon juice**
- ½ teaspoon oregano**
- ¼ teaspoon basil**
- 1 teaspoon honey**
- 4 ounces crumbled feta cheese**
- ¼ cup low-fat, plain yogurt**
- ¼ cup extra virgin olive oil**

1. Put all of the ingredients, in the order listed, into the blending cup. Secure the blade assembly.
2. Blend until smooth, about 45 seconds to 1 minute.
3. Let dressing stand for 20 to 30 minutes to allow flavors to blend.
4. Transfer to a resealable container and refrigerate until ready to use.

Nutritional information per serving (one tablespoon):

*Calories 43 (81% from fat) • carb. 1g • pro. 1g • fat. 1g • sat. fat 1g
• chol. 5mg • sod. 65mg • calc. 36mg • fiber 0g*

Whipped Cream

Whipped cream in a blender? Yes, please!

Makes ⅔ cup

- ½ cup heavy cream**
- 1 tablespoon confectioners' sugar**
- ¼ teaspoon pure vanilla extract**
- Pinch kosher salt**


1. Put all of the ingredients, in the order listed, into the blending cup. Secure the blade assembly.
2. Blend until stiff, about 30 seconds.
3. Serve immediately.

Nutritional information per serving (based on 2 tablespoons):

*Calories 89 (88% from fat) • carb. 2g • pro. 0g • fat 9g • sat. fat 5g
• chol. 33mg • sod. 38mg • calc. 15mg • fiber 0g*

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

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P O W E R F U L . P O R T A B L E . C O R D L E S S .

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