

BFP700GF

Goodful™
BY **Cuisinart**

BLENDER/FOOD PROCESSOR
USER GUIDE & RECIPE BOOKLET



For your safety and continued enjoyment of this product,
always read the User Guide 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:

1. **READ ALL INSTRUCTIONS BEFORE USING.**
2. To protect against the risk of electric shock, do not put motor base of appliance in water or other liquids.
3. This appliance is not intended for use by persons (including children) with reduced physical, sensory, or mental capabilities, or lack of experience and knowledge, unless they are closely supervised and instructed concerning use of the appliance by a person responsible for their safety. Close supervision is necessary when any appliance is used by or near children. Children should be supervised to ensure that they do not play with the appliance.
4. Turn the application OFF, then unplug from the outlet when not in use, before assembling or disassembling parts and before cleaning. To unplug, grasp the plug and pull from the outlet. Never pull from the power cord.
5. Avoid contact with moving parts. Keep fingers out of discharge opening.
6. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions or is dropped or damaged in any manner. Contact the manufacturer at their customer service telephone number for information on examination, repair and/or mechanical or electrical adjustment.
7. The use of attachments, including canning or ordinary jars, not recommended or sold by Cuisinart may cause fire, electric shock or risk of injury to persons.
8. Do not use outdoors.
9. Do not let cord hang over edge of counter or table or touch hot surfaces.
10. **Keep hands and utensils out of jar/bowl while blending/processing food to reduce the risk of severe injury to persons or damage to blender/food processor itself.** A rubber or plastic spatula may be used, but must be used only when the blender/food

processor is turned off.

11. When blender is on, do not touch cutting assembly, interfere with blade movement or remove blender jar cover. Accidentally turning the knob may activate the blender.
12. **BLADES ARE SHARP. HANDLE CAREFULLY.**
13. To reduce the risk of injury, never place cutting assembly on base unless the blender jar is properly attached.
14. Always operate blender with the cover in place.
15. Never leave your appliance unattended while it is running.
16. Twist removable blade assembly firmly to blender jar. Injury can result if moving blades accidentally become exposed.
17. **Regarding your cord set:** A longer cord has been provided so that you will have flexibility in positioning your Goodful™ by Cuisinart® Blender/Food Processor. Exercise care when using the longer cord to avoid entangling or tripping over the cord. The longer cord should be arranged so that it will not drape over the counter or tabletop, where it can be pulled on by children or tripped over. Excess cord should be stored in the cord storage area at the back of the motor base to avoid injury caused by the longer cord.
18. Wash the blender jar, blade assembly, cover, work bowl, chopping/mixing blade, reversible slicing/shredding disc, and feed tube before first use.
19. **WARNING: TO REDUCE THE RISK OF ELECTRIC SHOCK OR FIRE, DO NOT REMOVE THE BASE PANEL. NO USER-SERVICEABLE PARTS ARE INSIDE. REPAIR SHOULD BE DONE ONLY BY AUTHORIZED PERSONNEL.**
20. When blending hot liquids in blender jar, remove measured pour lid to allow steam to escape.
21. Never feed food into food processor by hand. Always use the food pusher.
22. Make sure the blade or disc has come to a full stop before removing cover.
23. This food processor attachment is to be used only with the Goodful™ by Cuisinart® Blender/Food Processor. Do not use with any other manufacturer's motor base. This appliance is

intended for household use only.

24. To reduce the risk of injury, never place cutting blade or disc on base without first putting bowl properly in place. Be certain the cover is securely locked in place before operating appliance. Never feed food by hand. Always use food pusher. Do not attempt to defeat the cover interlock mechanism.
25. 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.
26. DO NOT blend carbonated beverages in the blender jar.
27. Do not fill the bowl above the marked maximum fill line (or rated capacity) to avoid risk of injury due to damage to the cover or bowl.

SAVE THESE INSTRUCTIONS FOR HOUSEHOLD USE ONLY

NOTICE:

This appliance has a polarized plug (one prong is wider than the other). To reduce the risk of electric shock, this plug will fit into a polarized outlet only one way. If the plug does not fit fully into the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not modify the plug in any way.

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

Maximum of 700 watts rated power is based on blender jar attachment. Other attachments may draw significantly less power.

UNPACKING INSTRUCTIONS

1. Place the gift box containing your Goodful™ by Cuisinart® Blender/Food Processor on a large, sturdy, flat surface before unpacking.
2. Open top flaps and remove instruction booklet and other printed materials from top of pulp tray.
3. Set the large panel of the gift box face down and gently slide the pulp tray containing the reversible slicing/shredding disc and food processor accessory out of the gift box.
4. Carefully remove the disc from the pulp tray and set aside, as it is VERY SHARP. Remove the adapter stem from pulp tray's 2 sides, then lift out the food processor accessory.
5. Slide another pulp tray containing the blender jar assembly out of the gift box.
6. Remove the jar cover and measuring cup, then carefully lift motor base and set aside.
7. Gently remove blender jar by grasping the jar handle.

To assemble the blender, follow Blender Jar Assembly instructions on page 5 of this instruction booklet. Replace all packing material in the box and save the box for repackaging. See the Features and Benefits section on page 4 of this booklet for a listing of all parts. Before using for the first time: Wash all parts according to the Cleaning, Storage and Maintenance section on page 6 of this booklet to remove any dust.

TABLE OF CONTENTS

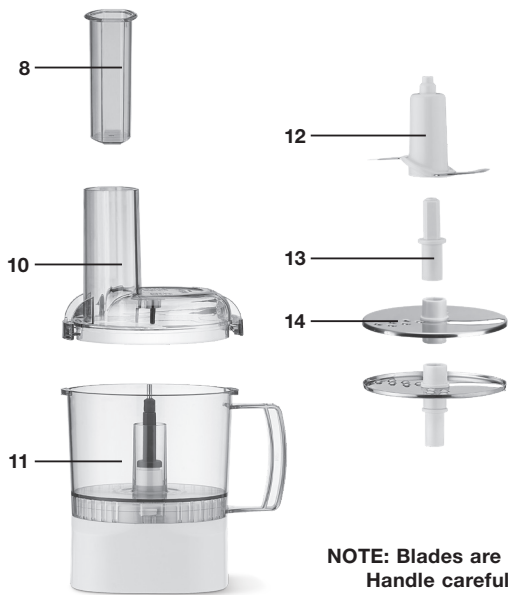
Important Safeguards	2
Unpacking Instructions	3
Features and Benefits	4
Blender Jar Assembly	5
Helpful Reminders	5
Operation	5
Cleaning, Storage and Maintenance	6
Dos and Don'ts	6
Food Processor Assembly, Use and Care	8
Food Processor Operation	8
Quick Reference Guides	10
Warranty	13
Recipes	15

FEATURES AND BENEFITS

- 1. Measured Pour Lid**
Allows you to measure and add ingredients without removing the cover
- 2. Cover**
Just press down into place. Tight-fitting seal prevents leakage.
- 3. 56 oz. BPA-Free Tritan® Copolyester Blender Jar**
Has a unique, sturdy, wide-mouth design.
- 4. High-Quality Blade Assembly with Patented Stainless Steel Blades**
Strong enough for all blending tasks, including tough jobs like crushing ice and blending smoothies.
- 5. Rotary Dial**
Settings for PULSE, OFF, LOW and HIGH controls.
- 6. Powerful Motor Base**
Plenty of power to handle a wide variety of blending and food prep tasks.



- 7. Slip-Proof Feet**
Prevent movement during use and damaging marks on countertops or tables.
- 8. Food Processor Pusher Assembly**
- 9. Cord Storage (not shown)**
Keeps countertop safe and neat by conveniently storing excess cord.
- 10. Food Processor Work Bowl Lid**
- 11. Food Processor Work Bowl**
Durable, 3-cup clear plastic work bowl is ideal for many everyday food prep tasks.
- 12. Food Processor Chopping/Mixing Blade**
Made of ultra-sharp stainless steel.
- 13. Food Processor Adapter Stem**
- 14. Food Processor Reversible Slicing/Shredding Disc**
Adapter stem attaches disc to work bowl.

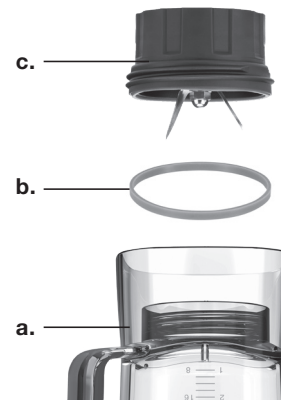


NOTE: Blades are sharp. Handle carefully.

BLENDER JAR ASSEMBLY

To use your Goodful™ by Cuisinart® Blender, begin by assembling the blender jar.

- Turn the blender jar (a) upside down and place it flat on a sturdy surface.
NOTE: You may need to position the rubber gasket (b) into the groove of the blade assembly if not tightly in place.
- Turn the blade assembly (c) upside down and place the blade end in the blender jar opening.
- Twist blade assembly (c) clockwise until secure. **NOTE:** Blades are sharp. Handle carefully.



- Do not put very hot liquids or foods into a blender jar that has come directly out of the freezer. Cool boiling liquids for 5 minutes before pouring into blender jar.
- Follow Cleaning, Storage and Maintenance instructions on page 6 prior to your first use.

OPERATION

- Place the motor base of your Goodful™ by Cuisinart® Blender on a flat, sturdy surface. It is important that the surface be clean and dry. Assemble the blender jar by following the Assembly instructions. Once the jar is assembled and is in position on the motor base, plug the unit into an electrical outlet.
- Put all necessary ingredients into the blender jar and replace the cover. You may add more ingredients by lifting the measured pour lid and dropping ingredients through the fill area. Replace the measured pour lid after adding ingredients. Do not put hands into blender jar with blender plugged in.

NOTE: Add liquid ingredients first, then follow with solid ingredients. This will provide more consistent blending and prevent unnecessary stress on the motor.

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

HELPFUL REMINDERS

- Once the cover is in position, additional ingredients can be added during blending by simply lifting the measured pour lid, adding ingredients and replacing the measured pour lid.
- Cover should always be in place while the unit is on.
- WARNING:** Do not place blender jar on base while motor is running.
- Do not remove blade assembly from blender jar when removing blender jar from base. Simply lift blender jar from motor base.
- Never put boiling liquids or solid frozen foods (with the exception of ice cubes or ½-inch (1.3cm) pieces of frozen fruit) in the blender jar.
- Do not put ice, frozen foods or very cold liquids into a blender jar that has come directly out of a hot dishwasher.

- Start blending:**
Turn dial to LOW or HIGH speed. Blender will run until dial is turned to OFF.
- Pulse mode:**
Turn dial to PULSE and alternately “pulse and release” in short bursts until ingredients have reached desired consistency.
- To crush ice:**
The Goodful™ by Cuisinart® Blender motor is strong enough to crush ice without liquid. Place ice cubes in the blender jar. Turn dial to HIGH and run until ice is crushed to desired consistency. Turn dial to OFF.
- To stop blending process:**
Simply turn dial to OFF.
- To dislodge food:**
Use rubber or plastic spatula to help remove food lodged around the removable blade assembly. Do not use spatula until you have turned the blender off. Replace the cover and

* Tritan is a registered trademark of Eastman Chemical Company.

measured pour lid and continue blending, if necessary. Make sure spatula is not inside the blender jar before resuming blending.

8. To reset the unit:

This appliance features an advanced resettable thermal fuse. In the event of an overload condition, the unit will shut down to protect the motor from overheating. To reset the appliance when this happens, unplug the unit and let it cool for a minimum of 15 minutes. Then reduce the contents of the blender jar and/or clear any jams. Restart the unit as noted in the operating directions.

9. When finished blending:

Turn dial to OFF and unplug the blender from the electrical outlet. Never remove the blender jar from the motor base until the blender is off. Do not remove blade assembly from blender jar when removing jar from motor base. Simply lift blender jar from motor base. Do not put hands into blender jar with blender plugged in.

CLEANING, STORAGE, AND MAINTENANCE OF YOUR GOODFUL™ BY CUISINART® BLENDER/FOOD PROCESSOR

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

Remove the blender jar from the motor base by lifting straight up and away. Remove blade assembly by turning counterclockwise.

Wash in warm, soapy water, rinse and dry thoroughly.

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

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

thoroughly. The blender jar can also be placed upside down in dishwasher.

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

Tip: You may wish to clean your blender blade assembly as follows: Squirt a small amount of dishwashing liquid into assembled blender jar and fill halfway with warm water. Run on LOW for 15 seconds. Repeat, using clean tap water. Rinse and dry all parts thoroughly.

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

Store the chopping blade and slicing/shredding disc as you would sharp knives – out of reach of children.

The work bowl, cover, pusher, chopping blade and slicing/shredding disc are top-shelf dishwasher safe. When placing parts in your dishwasher, insert the work bowl upside down. Remember where you place the sharp blade and disc, and be certain to unload the dishwasher carefully.

The gearbox collar is not immersible. To clean, just wipe with a damp cloth. If you wash the blade and disc by hand, do it carefully. Avoid leaving them in soapy water where they may disappear from sight. To clean the metal blade, fill the work bowl with soapy water, hold the blade by its plastic center and move rapidly up and down on the center shaft of the bowl. Use of a spray hose is also effective. If necessary, use a brush.

The work bowl should not be placed in a microwave oven.

DOS & DON'TS WHEN USING YOUR BLENDER

DO:

- Make sure the electrical outlet is rated at the same voltage as that stated on the bottom of the motor base.
- Always use the blender on a clean, sturdy and dry surface.
- **Always add liquid ingredients to the blender jar first, then add remaining ingredients. This will ensure that ingredients are uniformly mixed.**

- Cut most foods into cubes approximately 1 inch (2.5cm) to achieve a more uniform result. Cut all cheeses into pieces no larger than ½ inch (1.3cm).
- Use the measured pour lid to measure liquid ingredients such as alcohol. Replace measured pour lid after ingredients have been added.
- Use a rubber or plastic spatula as needed, **only when the blender is turned off.** Never use metal utensils, as damage may occur to the blender jar or blade assembly.
- Place cover on firmly. Always operate the blender with the cover on.
- Make sure removable blade assembly is tightly attached to blender jar.
- Always remove blade assembly before cleaning.
- When chopping fresh herbs, garlic, onion, zest, breadcrumbs, nuts, etc., make sure the blender jar and blade assembly are completely dry.
- If food tends to stick to the sides of the blender jar when blending, pulse in short bursts.
- Pulses should be short bursts. Space the pulses so the blades stop rotating between pulses, about 1–2 seconds.

DON'T:

- Don't store food or liquids in the blender jar.
- Don't place blade assembly on motor base without the blender jar attached.
- Don't attempt to mash potatoes, knead heavy dough or beat egg whites.
- Don't remove blender jar while unit is on. Keep the blender jar cover on the blender jar while blending.
- Don't twist removable blade assembly from blender jar when removing blender jar from motor base. Simply lift blender jar from motor base.
- Don't overload blender. If the motor stalls, turn the blender off immediately, unplug the unit and remove a portion of the food, then continue.
- Don't use any utensil inside the blender jar while the motor is on.
- Don't use any containers or accessories not

recommended by Goodful™ by Cuisinart®. Doing so may result in injury.

- Don't put hands inside the blender jar when blender is plugged in.
- Don't add boiling liquids or frozen foods (except ice cubes or ½-inch pieces of frozen fruit) to blender jar. Boiling liquids should cool for 5 minutes before being poured into blender jar.
- Don't run blender when jar is empty.

FOOD PROCESSOR ASSEMBLY, USE AND CARE

Please note that the bowl with collar will fit on the base in four different positions. The handle can be in front or on either side, and the feed tube in front, back or on either side. **Directions for use reference a certain position for instructional purposes only.**

FOOD PROCESSOR ASSEMBLY FOR CHOPPING, PURÉEING AND MIXING

1. Place collar onto motor base.
2. Place work bowl onto the collar with handle facing front. Twist clockwise to lock onto collar.
3. Place chopping/mixing blade over shaft in work bowl. Chopping blade should slide easily to the bottom of the bowl. Lower blade will almost touch bottom of bowl.

BE SURE TO HANDLE THE METAL BLADE WITH CARE, AS IT IS RAZOR SHARP!

4. Place food to be processed in work bowl. Put cover on work bowl and turn the cover clockwise until it fits into position. Cover lock must click into locked position prior to use. If you have trouble fitting the cover on the work bowl, turn chopping blade hub slightly and replace cover.
5. The food pusher fits in feed tube with the more rounded side toward the outside of the bowl. **ALWAYS USE PUSHER TO GUIDE FOOD THROUGH FEED TUBE. NEVER USE YOUR FINGERS OR SPATULA.**
6. Plug your Goodful™ by Cuisinart® Blender/Food Processor with work bowl into a household electrical outlet. Turn dial knob to desired LOW, HIGH, or PULSE to start chopping or puréeing. It is recommended that one hand be placed on the food processor lid while in use, to provide unit stability. If the machine doesn't start, make sure it is plugged in and the work bowl and cover are locked into place. The food processor will not start until the collar, work bowl and work bowl lid are locked into place. Nevertheless, always unplug the unit before placing hands into the food processor bowl. **NOTE:** The motor base will start, but the food processor blade will not turn until assembled properly.

FOOD PROCESSOR ASSEMBLY FOR SLICING AND SHREDDING

1. Unplug unit. Place gearbox collar onto motor base.
2. Place workbowl onto the collar with handle facing front. Twist clockwise to lock onto collar.
3. Place adapter stem onto the center shaft. **To slice:** Attach disc to stem with the raised edge of slicer on top. **To shred:** Attach disc to stem with the raised shredding slots on top. Be sure to handle the metal blade with care, as it is razor sharp.
4. Place cover on work bowl and turn cover clockwise until it fits into position and locks. Insert food into feed tube.
5. Hold pusher with the more rounded side toward the outside of the bowl and insert it in feed tube over food. Always use pusher to guide food through feed tube. Never use your fingers or spatula.
6. Plug your Goodful™ by Cuisinart® Blender/Food Processor with work bowl into a household electrical outlet.
7. To remove cover, unlock it by turning it counterclockwise, then lift it straight up.

FOOD PROCESSOR OPERATION

Turn the dial to LOW or HIGH for continuous operation. Motor will start if you have followed assembly instructions.

To turn motor off, turn the dial to OFF.

Turn dial to PULSE and alternately “pulse and release” in short bursts until ingredients have reached desired consistency.

Never turn cover back and forth to start and stop processor.

TIPS WHEN USING THE FOOD PROCESSOR TO CHOP, PURÉE, AND MIX

1. Cut food into ½- to 1-inch pieces. You will get a more even chop if you start with pieces that are all the same size. You can put in up to 1 cup of food at a time. If you want to process more, do it in batches.
2. It is recommended to use the PULSE function to chop food. With pulse-chopping technique,

you can get an even chop without danger of overprocessing. Check texture by looking through work bowl. Be careful not to overprocess. For a coarse chop, pulse only a few times.

3. If you want a finer chop or purée, turn the dial to HIGH and let machine run continuously until the food is chopped as fine as you want it. Check frequently through clear cover or bowl to avoid over-chopping. Use a plastic spatula to scrape down any pieces that stick to inside of bowl.
4. Onions and other food with a high water content turn into a smooth purée very quickly. Do not over-chop – look at food frequently through work bowl.
5. To purée, follow same procedure for chopping, but let machine run until food is a smooth purée.
6. New users are often surprised at how fast the processor works. You will quickly get used to its great speed.
7. These are some conditions that affect your results:
 - Size of pieces you put in bowl – all should be about the same size.
 - Amount of food you process – don't add too much.
 - Type of processing you choose – continuous or pulse-chopping.

ADDING FOOD WHILE PROCESSING

1. To add liquid while the machine is running, pour it through open feed tube. This is especially useful when making mayonnaise or dressings.
2. A small hole in the pusher allows you to add liquids in a very slow, steady stream – useful when making sauces or dressings.
3. When you want to add small pieces of food such as cheese, meat or garlic cloves while machine is running, drop them through open feed tube.
4. To prevent spills when adding sugar and other dry ingredients, use a funnel.

REMOVING PROCESSED FOOD

Before removing processed food, turn dial to OFF and wait for blade to stop spinning. Then remove cover by turning it counterclockwise. Never try to remove cover and work bowl together; this can damage work bowl.

It is important not to let metal blade fall out of work bowl as you empty it.

Here are two ways to prevent the blade from falling out:

1. Before tilting bowl, use spatula to remove food from around blade. Carefully remove blade by holding onto the plastic hub.
2. Hold top of blade in place with finger or spatula while pouring out processed food.

At this point, you may either lift the work bowl off motor base or hold the collar at the base, turn the handle of the bowl counterclockwise and lift work bowl straight up.

NOTE: Occasionally, a piece of food may become wedged between the blade and the work bowl. If this happens, turn to remove the cover, lift the blade out carefully and remove the wedged piece. Empty the bowl, reinsert the blade and lock the cover into place. Process smaller amounts of the food at one time.

TIPS WHEN USING THE FOOD PROCESSOR TO SLICE AND SHRED

1. Assemble clear work bowl on collar and base in the usual way. (See page 8.)
2. Use moderate pressure with one hand to guide food down with the pusher, while using your other hand to turn the dial to LOW or HIGH.
3. Turn dial to the OFF position and wait until disc stops spinning before removing cover. When it stops, remove cover by turning it counterclockwise. Next, remove slicing/shredding disc before removing work bowl. To remove it, grasp flat top section of adapter stem and lift it straight up. To remove work bowl, hold work bowl collar, turn work bowl counterclockwise and lift it straight up to remove it from base. Never try to remove cover and work bowl together; this could damage work bowl.

QUICK REFERENCE GUIDE

To begin blending/processing	Rotate dial to desired speed (HIGH/LOW or PULSE).
To change speeds	Rotate dial to HIGH, LOW or PULSE.
To pulse	Rotate dial to desired speed (HIGH/LOW).
To crush ice	Rotate to PULSE and Release as desired.
To stop blending/processing	Turn knob to OFF and unplug.

USING YOUR BLENDER JAR

INGREDIENT/RECIPE	SPEED	RESULT
Reconstituting frozen juice concentrate	LOW	Smooth and full-bodied juice
Mayonnaise	LOW	Thick and creamy
Salad dressings	LOW	Completely blended and emulsified
Heavy or whipping cream	LOW	Thick, creamy topping
Smoothies, shakes, health drinks	HIGH	Smooth, creamy and thick
Baby food/fruit and vegetable purée	LOW	Smooth and creamy
Frozen cocktails	HIGH	Thick and slushy
Ice (approx. 12 cubes per cycle for Blender Jar)	HIGH	Coarse crush to snowy

PROCESSING WITH THE FOOD PROCESSOR CHOPPING BLADE

FOOD	HOW TO PREPARE
Fruit and vegetables	Peel and core if necessary. Remove large, hard pits and seeds. Cut into ¾-inch pieces and process on HIGH up to 1 cup at a time.
Meat, poultry and fish	These should be very cold, but not frozen. First, cut into ¾-inch pieces. Put up to ½ pound in work bowl. PULSE until desired consistency is reached. Check texture every 2 or 3 seconds to avoid overprocessing.
Bread, crackers or cookies	Break into 1-inch pieces and process on HIGH continuously until texture for crumbs is fine. For seasoned crumbs, chop with herbs. For buttered crumbs, dribble melted butter through feed tube while processing. Process no more than 1 cup at a time.
Crumbs for crusts	Chop crackers or cookies as described in preceding paragraph. Add other ingredients as specified by recipe. PULSE until combined. Process no more than 1 cup at a time.
Hard cheese – grated	If it is too hard to cut with a knife, don't try to chop it – it may damage blade. First cut into ½-inch pieces. PULSE until pea-sized, then process on HIGH continuously. You can chop it as coarse or as fine as you want. Simply run machine longer for finer chop. Process no more than 3 ounces at one time.
Whipping cream	Process refrigerated cream on LOW, 1 cup at a time. It is excellent as a topping for desserts or hot drinks.
Fresh herbs	Work bowl and metal blade must be clean and dry. Remove stems; use leaves only. Dry herbs completely. The more herbs you chop at once, the finer chop you can get. Chopped herbs keep for several days in the refrigerator in airtight bags, or can be frozen for months. Chop up to ½ cup at one time.
Grating citrus zest	For best results, work bowl and blade must be clean and dry. Remove zest from fruit in strips (using vegetable peeler). Use no more than 8 strips at a time (zest of one medium lemon). Cut strips in half. Add strips and 1 teaspoon sugar (from recipe) to the work bowl. Process on HIGH for 15 to 20 seconds.

PROCESSING WITH THE SLICING/SHREDDING DISC

FOOD	TO PREPARE FOR SLICING	TO PREPARE FOR SHREDDING
Long narrow foods like carrots, celery, cucumbers, and zucchini	Cut into even lengths about 1 inch shorter than height of feed tube. Stand pieces upright in feed tube, flat side down, adding enough pieces so they cannot tilt.	For long shreds, cut into largest size that will fit sideways in feed tube. Stack in feed tube to about 1 inch from top. For shorter shreds, stand pieces upright in feed tube, flat side down (as described in slicing column). Cut into even lengths, about 1 inch shorter than height of tube.
Apples, onions, potatoes, peppers, tomatoes and other large, round fruits and vegetables	Cut, core and seed if necessary, into even pieces to fit into the feed tube. Pack solidly to prevent tilting. Fill feed tube to about 1 inch from top. Use light to moderate pressure.	Prepare same as for slicing. Place in feed tube sideways for longer shreds, or upright for shorter shreds.
Strawberries, mushrooms, radishes and other small, round fruits and vegetables	Prepare foods as required. Place in feed tube. Use light to moderate pressure.	Radishes shred well. Prepare same as for slicing.
Cabbage, iceberg lettuce	Cut off top and bottom, leaving center section. Cut into wedges to fit feed tube upright. Remove core. Cut top and bottom pieces in similar wedges.	Prepare same as for slicing.
Soft cheeses like mozzarella	Do not slice.	Cut into pieces to fit feed tube. Chill in freezer for 5 minutes before processing. Stand pieces in feed tube and use light pressure on pusher.
Medium-hard cheeses like Cheddar and Swiss	Cut into pieces to fit feed tube. Stand pieces in feed tube and use light pressure on pusher.	Prepare same as for slicing.
Hard cheeses like Parmesan	Do not slice.	Do not shred.

LIMITED THREE-YEAR WARRANTY

This warranty is available to U.S. consumers only. This warranty supersedes all previous warranties on the Goodful™ by Cuisinart® Blender/Food Processor. You are a consumer if you own a Goodful™ by Cuisinart® Blender/Food Processor that was purchased at retail for personal, family or household use. Except as otherwise required under applicable state law, this warranty is not available to retailers or other commercial purchasers or owners. We warrant that your Goodful™ by Cuisinart® Blender/Food Processor will be free of defects in material or workmanship under normal home use for three years from the date of original purchase. We recommend that you visit our website, www.cuisinart.com for the fastest, most efficient way to complete your product registration. However, product registration online 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.

If your blender should prove to be defective within the warranty period, we will repair it or, if we think necessary, replace it. To obtain warranty service, please call our Consumer Service Center toll-free at 1-800-726-0190 or write to: Cuisinart, 7475 North Glen Harbor Blvd., Glendale, AZ 85307.

To facilitate the speed and accuracy of your return, please enclose \$10.00 for shipping and handling of the product. Be sure to include a return address, daytime phone number, description of the product defect, product serial number (stamped on bottom of product base), and any other information pertinent to the product's return. Please pay by check or money order made payable to Cuisinart. (California residents need only supply proof of purchase and should call 1-800-726-0190 for shipping instructions.)

NOTE: For added protection and secure handling of any Cuisinart product that is being returned, we recommend you use a traceable, insured delivery service. Cuisinart cannot be held responsible for in-transit damage or for packages that are not delivered to us. Lost and/or damaged products are not covered under warranty.

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 preferences, 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 either of the above two options does not result 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, at their preference, return nonconforming products directly to Cuisinart for repair or, if necessary, replacement by calling our Consumer Service Center toll-free at 1-800-726-0190. Cuisinart will be responsible for the cost of the repair, replacement and shipping and handling for such nonconforming products under warranty.

BEFORE RETURNING YOUR CUISINART PRODUCT

If you are experiencing problems with your Cuisinart product, we suggest that you call our Consumer Service Center at 1-800-726-0190 before returning the product for servicing. Often, our Consumer Service Representatives can help solve the problem without having the product serviced. If servicing is needed, a representative can confirm whether the product is under warranty and direct you to the nearest service location.

Your Goodful™ by Cuisinart® Blender/Food Processor 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. 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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RECIPES

Smoothies to Go

Power Protein Smoothie.....	15
Very Berry Smoothie	15

Smoothies for a Crowd

Sweet Green Smoothie	16
Super Antioxidant Smoothie	16
Vitamin C Smoothie.....	16

Frozen Drinks (with/without spirits)

Frozen Rum Punch	16
Mocha Shake.....	17

Brunch

Apple-Walnut Waffles.....	17
Crêpe Batter	17

Soups

Carrot-Ginger Soup.....	18
Creamy Greens Soup.....	18
Gazpacho.....	19

Sauces, Dips and Dressings

Champagne Vinaigrette.....	19
Green Goddess Dressing.....	20
Hollandaise	20
Hummus.....	20
Peach Salsa	21
Pesto	21

Starters and Sweets

Crab Cakes.....	22
Raspberry Sauce.....	22

Power Protein Smoothie

This on-the-go drink, packed with energy-dense ingredients, will keep you full, longer.

Makes about 4 cups

- 1½ cups unsweetened soy, almond or hemp milk (cow's milk may also be used)**
- 2 tablespoons honey (optional)**
- ½ cup plain or vanilla yogurt, any fat variety**
- 2 tablespoons protein powder**
- 1 banana, quartered**
- 2 cups mixed frozen berries**

- Put ingredients into the blender jar, in order listed.
- Blend on HIGH until smooth, about 45 seconds.
- Serve immediately.

*Nutritional information per serving (2 cups):
Calories 303 (9% from fat) • carb. 49g • pro. 21g fat 3g
• sat. fat 1g • chol. 1mg • sod. 199mg
calc. 153mg • fiber 6g*

Very Berry Smoothie

Blend up this combination of fresh and frozen fruit for a refreshing morning or afternoon treat.

Makes about 4 cups

- 1½ cups orange juice**
- 1 medium to large peeled ripe banana, cut into 2-inch pieces**
- 1 cup fresh strawberries, hulled**
- ½ cup frozen mixed berries**
- 1 cup frozen strawberries**

- Put all the ingredients into the blender jar, in the order listed.
- Blend on HIGH until smooth, about 45 seconds.
- Serve immediately.

*Nutritional information per serving (2 cups):
Calories 198 (4% from fat) • carb. 49g • pro. 3g fat 1g
sat. fat 0g • chol. 0mg • sod. 3mg
calc. 51mg • fiber 6g*

Sweet Green Smoothie

This sweet—yes, sweet!—green drink will give you the extra energy boost you need early in the morning or late in the afternoon.

Makes 3½ cups

- 1½ cups almond milk
- 1 medium-large apple, cored and cut into 1-inch pieces
- ¾ cup frozen mango chunks
- ¾ cup frozen strawberries
- 6 stems lacinato kale, trimmed and chopped into 1-inch pieces

1. Put all ingredients into blender jar, in the order listed.
2. Cover and blend on HIGH until smooth, about 1 minute.
3. Serve immediately.

*Nutritional information per serving (7 ounces):
Calories 82 (15% from fat) • carb. 18g • pro. 1g fat 1g
• sat. fat 0g • chol. 0mg • sod. 128mg calc. 102mg •
fiber 3g*

Super Antioxidant Smoothie

Berries are the ultimate antioxidant ingredient. Sip on this mix for breakfast, especially after a day of indulgent eating, to kick-start your healthy-eating routine.

Makes about 6 cups

- 2 cups pomegranate juice
- 1 banana, cut into 1-inch pieces
- 4 cups mixed frozen berries
- 2 tablespoons ground flaxseed

1. Put ingredients into the blender jar in the order listed.
2. Cover and blend on HIGH.
3. Serve immediately.

*Nutritional information per serving (8 ounces):
Calories 118 (11% from fat) • carb. 28g • pro. 1g fat 2g
sat. fat 0g • chol. 0mg • sod. 5mg
calc. 14mg • fiber 4g*

Vitamin C Smoothie

Enjoy this smoothie when you need the ultimate cold-fighting punch. Plus, the tropical flavors will instantly whisk you away to warmer climates.

Makes about 5 cups

- 1 cup orange juice
- 2 cups fresh strawberries, hulled
- 1 small to medium orange, cut into segments (about ¾ cup)
- 1 cup cut papaya (about ¼ large papaya, cut into 1-inch pieces)
- 1 cup cut mango (about 1 small mango, cut into 1-inch pieces)
- 2 cups frozen strawberries

1. Put ingredients into the blender jar in order listed.
2. Cover and blend on HIGH.
3. Serve immediately.

*Nutritional information per serving (8 ounces):
Calories 106 (3% from fat) • carb. 26g • pro. 1g • fat 0g
sat. fat 0g • chol. 0mg • sod. 5mg
calc. 42mg • fiber 4g*

Frozen Rum Punch

Your friends may never leave if you prepare this for them at your next get-together.

Makes about 6 cups

- ½ cup orange juice
- 3 tablespoons fresh lime juice (the juice of approximately 2 limes)
- ¾ cup rum (light or dark)
- 1 tablespoon grenadine
- 3 cups fresh pineapple, cut into 2-inch pieces
- 1 pint mango sorbet
- 6 ice cubes

1. Put ingredients into the blender jar in order listed.
2. Cover and blend on HIGH.
3. Serve immediately.

*Nutritional information per serving (4 ounces):
Calories 111 (0% from fat) • carb. 22g • pro. 0g • fat 0g
sat. fat 0g • chol. 0mg • sod. 107mg
calc. 1mg • fiber 1g*

Mocha Shake

This chocolatey coffee treat will quickly satisfy your sweet tooth.

Makes about 4½ cups

- 3 cups coffee ice cream
- 2¼ cups reduced-fat milk
- ¼ cup chocolate syrup

1. Put all of the ingredients into the blender jar, in the order listed.
2. Cover and blend on LOW for 30 to 40 seconds, or until smooth.
3. Serve immediately.

*Nutritional information per serving (4 ounces):
Calories 203 (58% from fat) • carb. 17g • pro. 5g
fat 13g • sat. fat 8g • chol. 83mg • sod. 65mg
calc. 145mg • fiber 0g*

Apple-Walnut Waffles

Served with warm maple syrup, these waffles are a comforting fall treat.

Makes 10 Belgian-style waffles (6 cups of batter)

- ½ cup toasted walnuts
- ½ large apple, cored
- 1½ cups unbleached, all-purpose flour
- ¼ cup wheat germ
- 3 tablespoons light brown sugar
- 1 tablespoon, plus 1 teaspoon baking powder
- ½ teaspoon kosher salt
- ¼ teaspoon ground cinnamon
- 1¾ cups reduced-fat milk
- 1 large egg
- 1 large egg white
- ¼ cup vegetable oil
- ¾ teaspoon pure vanilla extract

1. Attach the Food Processor attachment onto the motor base. Insert chopping blade into the workbowl.
2. Put the walnuts in the work bowl of the food processor. Pulse 2 to 3 times to chop. Remove the chopping blade and replace with the reversible shredding/slicing disc, with the shredding side facing up. Shred the apple,

on HIGH, directly into the work bowl with the nuts. Remove the Food Processor Attachment and reserve. Attach blender jar.

3. Put the flour, wheat germ, sugar, baking powder, salt and cinnamon into a large mixing bowl, whisk to combine. Put the milk, egg, egg white, oil and vanilla extract into the blender jar. Cover and run on LOW for 20 seconds to fully combine. Add half of the dry ingredients. PULSE to combine; turn blender off, scrape down sides of the jar. Add the remaining dry ingredients and PULSE to just combine (it is OK if there are still dry patches in the batter).
4. Transfer the batter to the large mixing bowl that was previously holding the dry ingredients. Add the reserved apple and walnuts; fold to just combine.
5. Preheat a Cuisinart® Belgian Waffle Maker to desired setting. Pour the suggested amount of batter (refer to waffle maker instructions) onto the prepared, preheated waffle maker plate. Quickly and carefully spread the batter evenly with a heatproof spatula. Close the cover and cook until tone sounds. Serve immediately.

*Nutritional information per waffle:
Calories 220 (45% from fat) • carb. 24g • pro. 6g
fat 11g • sat. fat 1g • chol. 25mg • sod. 352mg
calc. 230mg • fiber 1g*

Crêpe Batter

Extremely versatile, this recipe should be added to everyone's collection. Crêpes can be filled with sweet items (cinnamon-sugar and fruit; whipped cream and chocolate) or savory (eggs and ham; vegetables and hollandaise).

Makes about 12, 8-inch crêpes

- 3 large eggs, room temperature
- ¼ cup unsalted butter (½ stick), melted and cooled to room temperature
- ¾ cup unbleached, all-purpose flour
- ½ teaspoon kosher salt
- 1 tablespoon granulated sugar
- 1 cup reduced-fat milk, room temperature
- 1 teaspoon pure vanilla extract
- 1 teaspoon unsalted butter, room temperature

1. Put the eggs, melted butter, flour, salt and sugar into the blender jar. With the unit running

on LOW, carefully remove the measured pour lid from the cover of the blender. Add the milk and vanilla extract through the opening and blend for about 15 to 20 seconds, or until smooth. If time allows, let the batter rest in the refrigerator for at least 30 minutes. Before using batter, whisk to re-blend, straining if necessary to remove any lumps.

- Melt the teaspoon of butter in an 8-inch, nonstick skillet set over medium heat. Once pan is hot, add a scant ¼ cup of batter to the pan, moving the batter around quickly to make a thin coating on the pan bottom. Cook the crêpe for 2 to 3 minutes, until the edges just start to brown, and then carefully flip and finish cooking on the other side for an additional minute. Continue cooking crêpes until there is no more batter.
- Serve with your favorite sweet or savory fillings.

Nutritional information per crêpe:

Calories 92 (52% from fat) • carb. 8g • pro. 3g • fat 5g
sat. fat 3g • chol. 59g • sod. 129mg
calc. 36mg • fiber 0g

Carrot-Ginger Soup

A small amount of fresh ginger goes a long way. You'll love how it brightens up the warm flavors in this silky-smooth soup.

Makes about 5 cups

- 1 small onion, cut into 1-inch pieces**
- 2 tablespoons unsalted butter or olive oil**
- ½ ounce fresh ginger, peeled and cut into ½-inch pieces**
- 1 garlic clove**
- 1 pound carrots, peeled and cut to fit feed tube**
- ½ teaspoon kosher salt**
- ¼ teaspoon ground cinnamon**
- ⅙ teaspoon ground allspice**
- Pinch freshly ground nutmeg**
- 1 thyme sprig**
- 4 cups chicken broth, low sodium**

1. Attach the Food Processor attachment onto the motor base. Insert chopping blade into the workbowl. Add the onion and PULSE to roughly chop, about 8 to 10 pulses.

2. Put the butter or oil into a 6-quart saucepan

set over medium heat. Add chopped onion. While onion is cooking, chop ginger and garlic together by running on HIGH. Add ingredients to the saucepan.

- Continue cooking and replace the chopping blade with the slicing disc. Slice the carrots on HIGH and then stir directly into the saucepan, adding the salt, cinnamon, allspice, nutmeg and thyme. Stir ingredients together well and then add the chicken broth. Increase heat and bring to a boil. Once soup comes to a boil, reduce the heat so that it is barely simmering. Cover and simmer until the carrots become tender, about 50 to 60 minutes.
- Once carrots are tender, separate the solids from liquid. Attach the blender jar onto motor base. Put about half of the broth and half of the solids into the blender jar. Blend on LOW for about 10 seconds and then switch to HIGH to blend thoroughly. Pour soup into a clean pot. Repeat with remaining ingredients. Taste and adjust seasoning as desired.

Nutritional information per serving (1 cup):

Calories 95 (44% from fat) • carb. 12g • pro. 2g • fat 5g
sat. fat 3g • chol. 12mg • sod. 733mg
calc. 69mg • fiber 3g

Creamy Greens Soup

Don't let the color fool you—this earthy, nourishing soup is delicious! Garnish with a dollop of crème fraîche and a sprig of parsley for a special, restaurant-like touch.

Makes about 5 cups

- 2 small shallots (about 3 ounces)**
- 3 garlic cloves**
- 1 small leek (about 2 ounces), white part only**
- 1 tablespoon olive oil**
- 2 tablespoons unsalted butter**
- 1 bunch kale, hard stems discarded and roughly chopped**
- 1 bunch Italian parsley, leaves only**
- ½ teaspoon kosher salt**
- ¼ teaspoon freshly ground black pepper**
- 4 cups vegetable broth, low sodium**
- ½ cup heavy cream**

1. Attach the Food Processor attachment onto

the motor base. Insert chopping blade into the workbowl. Add the shallots, garlic and leek and process on HIGH until finely chopped.

- Put the oil and butter into a 6-quart saucepan set over medium heat. Once butter is melted, add the chopped shallot-garlic-leek mixture. Sweat ingredients together so that they gently sauté, but do not pick up any color.
- Add the kale, parsley, salt and pepper and stir to coat. Add the vegetable broth and bring to a boil. Cover and reduce heat so that the soup is just simmering. Simmer for about 30 minutes. Add the cream and continue simmering, uncovered, for an additional 20 to 30 minutes.
- Attach blender jar onto motor base. Put ingredients into the blender jar. Blend on LOW for about 10 seconds and then switch to HIGH to thoroughly blend for about 45 seconds. Taste and adjust seasoning as desired.

Nutritional information per serving (1 cup):

Calories 216 (67% from fat) • carb. 14g • pro. 5g
fat 17g • sat. fat 9g • chol. 45mg • sod. 694mg
calc. 129mg • fiber 2g

Gazpacho

Serve this simple, no-cook soup at your next barbecue. It is great for a hot summer day.

Makes about 7 cups

- 3 cups tomato or vegetable juice cocktail, divided**
- 1 to 2 garlic cloves**
- 1 large celery stalk, peeled and cut into 1-inch pieces**
- 1 medium to large cucumber, peeled, halved lengthwise, seeded and cut into 1-inch pieces**
- 1 red or yellow bell pepper, cored, seeded and cut into 1-inch pieces**
- 1 jalapeño, seeded and cut into ½-inch pieces**
- 6 scallions, trimmed and cut into ½-inch pieces**
- 4 medium tomatoes, cored, seeded and cut into 1-inch pieces**
- 3 tablespoons sherry vinegar**
- ½ teaspoon kosher salt**
- ¼ teaspoon freshly ground black pepper**

- Put 1 cup of the juice, the garlic, celery, cucumber, pepper, jalapeño and scallions into the blender jar. Blend on LOW until vegetables are chopped medium fine, about 15 to 20 seconds. Transfer to a large serving bowl.
- Add the remaining juice with the tomatoes to the blender jar. PULSE the blender about 4 to 5 times to chop (or you may blend on HIGH if a smoother gazpacho is preferred). Add to the bowl of vegetables/juice. Season with the sherry vinegar, salt and pepper, adjusting amounts to taste.
- Chill well before serving.

Nutritional information per serving (1 cup):
Calories 47 (6% from fat) • carb. 9g • pro. 2g • fat 0g
sat. fat 0g • chol. 0mg • sod. 399mg
calc. 23mg • fiber 2g

Champagne Vinaigrette

This all-purpose dressing can be used as a salad topper, marinade or finishing drizzle for roasted vegetables.

Makes about 1 scant cup

- 2½ tablespoons Champagne vinegar**
- 1 teaspoon Dijon mustard**
- ¼ teaspoon kosher salt**
- ¼ teaspoon freshly ground black pepper**
- 1 small shallot, halved**
- ¾ cup extra virgin olive oil**

- Put all ingredients into the blender jar, in the order listed.
- Blend on LOW until processed, about 20 seconds.
- Taste and adjust seasoning as desired.

Nutritional information per serving (1 tablespoon):
Calories 91 (99% from fat) • carb. 0g • pro. 0g • fat 11g
• sat. fat 2g • chol. 0mg • sod. 45mg • calc. 0mg • fiber 0g

Green Goddess Dressing

Packed with fresh herbs, this classic dressing has a refreshing tang. It's perfect over grilled chicken, vegetables or salad.

Makes about 1¼ cups

- 1 anchovy fillet**
- 2 teaspoons white wine vinegar**
- 1/3 cup packed Italian parsley**
- 2 tablespoons fresh tarragon**
- 2 tablespoons chopped chives**
- 1 cup nonfat Greek yogurt**
- 1/4 cup mayonnaise**
- 1/2 teaspoon kosher salt**
- 1/4 teaspoon freshly ground black pepper**
- 1 small garlic clove**

1. Put all ingredients in blender jar, in the order listed above.
2. Blend on LOW until smooth, about 1½ minutes.

*Nutritional information per serving (2 tablespoons):
Calories 110 (73% from fat) • carb. 3g • pro. 3g • fat 9g
sat. fat 3g • chol. 9mg • sod. 325mg
calc. 72mg • fiber. 0g*

Hollandaise

Fair warning: It is almost too easy to make this creamy and decadent sauce.

Makes ¾ cup

- 1/2 cup (1 stick) unsalted butter**
- 4 large egg yolks**
- 1½ tablespoons fresh lemon juice**
- 1/4 teaspoon kosher salt**
- Pinch ground mustard**
- Pinch freshly ground black pepper**

1. Put the butter into a saucepan set over low heat until butter is melted and reaches a slight simmer.
2. While the butter is melting, put the remaining ingredients into the blender jar. About a minute before adding the butter, blend on LOW for about 30 seconds to combine.
3. With the blender still running on LOW, carefully remove the measured pour lid from the cover. Very slowly, add the hot butter

through the opening (holding the pour lid or even a dishtowel in place to prevent any splattering). When adding the butter, be careful not to add the white milk solids that will be left on the bottom of the saucepan. Once all butter has been added, check hollandaise for consistency. With the blender turned off, use a long, slim spatula to scrape down the sides, as some yolk may have accumulated in the well by the blade. If overall consistency is too thick, add some hot water, 1 tablespoon at a time, and blend until desired consistency is achieved.

4. Taste and adjust seasoning as desired.
5. Serve immediately or transfer hollandaise to a double boiler to keep warm for serving.

*Nutritional information per serving (1 tablespoon):
Calories 85 (94% from fat) • carb. 0g • pro. 1g • fat 9g
sat. fat 5g • chol. 81mg • sod. 47mg
calc. 8mg • fiber 0g*

Hummus

Serve this brightly flavored dip with warm pita for a satisfying snack.

Makes about 1½ cups

- 1 can (15.5 ounce) chickpeas, drained and rinsed**
- 1 garlic clove**
- 3 tablespoons water**
- 2 tablespoons tahini**
- 2 tablespoons extra virgin olive oil, plus 1 tablespoon for serving**
- 1 tablespoon fresh lemon juice**
- 1/2 teaspoon kosher salt**
- 1/4 teaspoon ground cumin**
- 1/8 teaspoon paprika (optional)**
- Pinch za'atar (optional)**

1. Attach the Food Processor attachment onto the motor base. Insert chopping blade into the workbowl. Insert chopping blade into the workbowl. Put all the ingredients (through cumin) into the work bowl and process on LOW until smooth, about 3 minutes, stopping to scrape down the sides of the bowl as needed.
2. For serving, transfer hummus to a shallow

bowl. Make a slight indentation in the center of the dip and fill with the remaining tablespoon of oil. Sprinkle the paprika and za'atar, if using, over the oil.

*Nutritional information per serving (2 tablespoons):
Calories 79 (44% from fat) • carb. 2g • pro. 2g
fat 4g • sat. fat 1g • chol. 0mg • sod. 207mg
calc. 23mg • fiber 2g*

Peach Salsa

Peach salsa is excellent served over grilled fish, chicken or even pork tenderloin. It can also be served like traditional tomato salsa with tortilla chips. We love it paired with our Crab Cakes on page 22.

Makes about 1½ cups

- 1/4 large red bell pepper, cored, seeded and cut into 1/2-inch pieces**
- 1 small garlic clove**
- 1 small jalapeño, halved and seeded, cut into 1/2-inch pieces**
- 1/2 small red onion, cut into 1/2-inch pieces**
- 2 peaches, peeled and pitted, cut into 1/2-inch pieces**
- 1½ tablespoons fresh cilantro or parsley**
- 2 teaspoons fresh lime juice**
- 1½ teaspoons rice vinegar (may use raspberry or white balsamic vinegar in place of the rice)**
- 1/2 teaspoon honey**
- Pinch kosher salt**

1. Attach the Food Processor attachment onto the motor base. Insert chopping blade into the workbowl.
2. Put the red pepper into the work bowl and pulse to roughly chop, about 2 pulses. Reserve in a separate mixing bowl.
3. Put the garlic, jalapeño and onion in the work bowl. PULSE 2 to 3 times, to chop. Remove and reserve in the same bowl as the red pepper.
4. Add the peaches and cilantro or parsley to the work bowl and PULSE 2 to 3 times, until peaches are roughly chopped. Transfer peaches and cilantro or parsley to the bowl with the other chopped vegetables. Stir in the lime juice, vinegar, honey and salt. Cover

and let salsa rest to allow flavors to develop (a minimum of 30 minutes). Taste and adjust seasoning as desired.

*Nutritional information per serving (2 tablespoons):
Calories 10 (5% from fat) • carb. 2g • pro. 0g
fat 0g • sat. fat 0g • chol. 0mg • sod. 6mg
calc. 2mg • fiber 0g*

Pesto

If you have other herbs or nuts, use them in place of the basil and pine nuts.

Makes ½ cup

- 1 ounce Parmesan, cut into 1/2-inch pieces**
- 1/4 cup pine nuts, lightly toasted**
- 2 garlic cloves**
- 1/2 teaspoon kosher salt**
- Pinch freshly ground black pepper**
- 1 cup tightly packed fresh basil leaves**
- 1/3 cup extra virgin olive oil, divided**

1. Insert the chopping blade into the work bowl of the Food Processor Attachment. Fit onto motor base. Put the cheese into the work bowl. PULSE to break up, about 5 times, and then process continuously on HIGH for about 20 seconds, or until ground (it does not have to be extra fine because it will be blended more with the rest of the ingredients).
2. Add the nuts, garlic, salt and pepper to the work bowl with the cheese. PULSE about 5 times and then process on HIGH for about 5 seconds. Scrape down the sides of the bowl. Add the basil and half of the olive oil. PULSE a few times, and then run continuously on LOW while adding the remaining olive oil through the drizzle hole in the food pusher, until desired consistency is achieved.
3. To store the pesto, transfer to a glass jar or bowl, tap to remove all air bubbles, and even out the surface. Float a layer of olive oil on top; cover with plastic wrap and refrigerate. The pesto will keep for 5 days in the refrigerator, or it may be frozen.

*Nutritional information per serving (1 tablespoon):
Calories 125 (90% from fat) • carb. 1g • pro. 2g
fat 13g • sat. fat 2g • chol. 2mg • sod. 190mg
calc. 52mg • fiber 0g*

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