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.**

2. **Unplug from outlet when not in use, before putting on or taking off parts, and before cleaning. To unplug, grasp plug and pull from electrical outlet. Never pull cord.**

3. To protect against electric shock, do not put the motor body, cord or electrical plug of this hand blender in water or other liquids. Only the detachable blending shaft and certain other parts of this appliance have been designed for immersion into water or other liquids. Never submerge any other portion of this unit.
   
   If hand blender falls into liquid, remove it immediately.
   **Do not reach into the liquid without unplugging the unit first.**

4. This appliance is not intended for use by children or by persons with reduced physical, sensory, or 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.

5. Avoid contact with moving parts.

6. During operation, keep hands, hair and clothing, as well as spatulas and other utensils, away from attachments and any mixing container 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.

7. 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.

8. Remove detachable shaft from the motor body before washing the blades or shaft.

9. **Blades are SHARP. Handle carefully when removing, inserting or cleaning. Exercise the same care when removing or inserting the cutting blade, or reversing disc for the food processor attachment.**
10. When mixing liquids, especially hot liquids, use a tall container or mix small quantities at a time to reduce spillage, splattering and the possibility of injury from burning.

11. The use of attachments or accessories not recommended by Cuisinart may cause fire, electric shock, or risk of injury.

12. Do not use outdoors or for other than its intended use.

13. Do not let any cord hang over the edge of the table or counter. Do not let cord contact hot surfaces, including stovetop.

14. Make sure the appliance is off, the motor has stopped completely, and the appliance is unplugged from outlet before putting on or taking off attachments, and before cleaning.

15. Maximum rating is based on the 400W mixing attachment that draws the greatest power.

16. 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.

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**SAVE THESE INSTRUCTIONS**

**FOR HOUSEHOLD USE ONLY**

**NOTICE**

This appliance has a polarized plug (one blade is wider than the other). As a safety feature, this plug will fit in a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to defeat this safety feature.
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UNPACKING INSTRUCTIONS

Place the package containing the Goodful™ by Cuisinart® Variable-Speed Stick Blender on a sturdy surface. Unpack the hand blender from its box by removing the upper protective insert. Gently slide the unit from the box. Remove all support materials from the box and replace the upper insert. Save packaging for possible repacking of the unit.

NOTE: The blending blade is extremely sharp.

Before using the Goodful™ by Cuisinart® Variable Speed Stick Blender for the first time, we recommend that you wipe the motor body housing with a clean, damp cloth to remove any dirt or dust. Dry it thoroughly with a soft, absorbent cloth. Handling it carefully, wash the detachable blending shaft with fixed-mount blade, and the mixing attachment by hand. Dry thoroughly before use. Read all instructions completely for detailed operating procedures.
PARTS AND FEATURES

1. **Comfort Handle**: The ergonomic handle allows you to maneuver the hand blender with ease.

2. **LED Illuminated Speed Control**: A series of 4 white LED lights indicate the working speed of pressure-sensitive speed control.

3. **LOCK/UNLOCK Button**: Must be pressed to unlock before power handle will operate. **No need to keep holding down the LOCK/UNLOCK button once the blender is operating.**

4. **Pressure-Sensitive Speed Control**: Adjust speed from low to high by pressing the control under the LOCK/UNLOCK button. The more pressure applied, the greater the speed. The series of lights on the top of the unit will illuminate in succession as pressure is applied. Release the control to stop motor.
   
   4a. **Pulse Feature**: Repeatedly press and release the speed control to pulse.

5. **Motor Body Housing**: Powers the blender. Twist to lock or unlock attachments, using the corresponding icons as a guide.

6. **Detachable Blending Shaft**
   
   6a. **Blade Guard**: The fixed-mount stainless steel blade is partially covered by a plastic guard to keep splatter to a minimum.

   6b. **Stainless Steel Blade**

7. **Double Beater/Mixing Attachment**: Mixes batter and dough. Superior mixing and whipping.

8. **Mixing/Measuring Cup**: Use this 3-cup (24 oz.) beaker to blend drinks, shakes, salad dressings and more. Designed for easy gripping and pouring.
PARTS AND FEATURES

1. Comfort Handle

2. LED Illuminated Speed Control

3. LOCK/UNLOCK Button

4. Pressure Sensitive Speed Control

4a. Pulse Feature

5. Motor Body Housing

6. Detachable Blending Shaft

6a. Blade Guard

6b. Stainless Steel Blade

7. Double Beater/Mixing Attachment

8. Mixing/Measuring Cup
ASSEMBLY

BLENDING ATTACHMENT
1. Simply twist and lock the blending attachment on the motor body housing, aligning the arrow on the shaft with the lock icon on the housing.

2. Plug the power cord of the hand blender into an electrical outlet.

MIXING ATTACHMENT
1. Simply twist and lock the mixing attachment on the motor body housing, aligning the arrow on the shaft with the lock icon on the housing.

2. Plug the power cord of the hand blender into an electrical outlet.
OPERATION

NOTE: You do not need to hold down the LOCK/UNLOCK button once the blender is operating.

BLENDING

The specially designed blade blends, mixes and purées all kinds of foods, including salad dressings, thick smoothies, powdered drink products, soups and sauces. It can also be used to emulsify mayonnaise.

This blade is designed to add minimal air to your mixture. A gentle up-and-down motion lets you achieve the most flavorful, full-bodied results. Be careful never to remove the blending shaft from the liquid while in operation.

1. Connect the blending shaft to the motor body housing.
2. Plug electrical cord into a wall socket.
3. Immerse the blade end of blending shaft into mixture to be blended. You can blend in the mixing cup, bowl, pot, saucepan or pitcher.
4. Press and hold the LOCK/UNLOCK button on top of the motor housing and press the speed control to turn motor on. Once motor is on, you can release the LOCK/UNLOCK but continue to press the speed control. Do not hold speed control down for more than 60 seconds at a time.
5. Apply the appropriate amount of pressure on the variable speed control for the desired speed. Change speeds by varying pressure.
6. Unplug immediately after use.

MIXING

The double beater/mixing attachment is perfect for whipping cream and egg whites, and for mixing batters and doughs, including crêpe batters and eggs for omelets.

1. Insert the double beater/mixing attachment into the motor body. (See Mixing, page 7.)
2. Plug electrical cord into a wall socket.
3. Put the mixing attachment into mixture that will be mixed.
4. Press and hold the LOCK/UNLOCK button on top of the motor housing and press the speed control to turn motor on. Once motor is on, you can release the LOCK/UNLOCK but continue to press in the speed control. Do not hold power button down for more than 60 seconds at a time.
5. Apply the appropriate amount of pressure on the variable speed control for the desired speed. Change speeds by varying pressure.

6. Unplug immediately after use

PULSE

1. Press and hold the LOCK/UNLOCK button.
2. Then press and hold the speed control.
3. Repeatedly press and release the speed control while continuing to hold down the LOCK/UNLOCK button to pulse until ingredients reach desired consistency.

CLEANING AND MAINTENANCE

MOTOR BODY AND BLENDING SHAFT

Unplug the Goodful™ by Cuisinart® Variable-Speed Stick Blender before cleaning. Clean the motor body and blending shaft thoroughly after using. Remove the blending shaft from the motor body. Clean the motor body only with a sponge or damp cloth. Do not use abrasive cleaners that could scratch the surface. To clean the blending shaft, wash by hand in hot water, using mild detergent. Be mindful of the fixed, razor-sharp edges.

DO NOT PUT THE MOTOR BODY OR BLENDING SHAFT IN THE DISHWASHER.

MIXING ATTACHMENT

To clean the beaters/mixing attachment, simply release the attachment from the motor body housing. Once the attachment is removed, detach the beaters from the gearbox by pulling the pieces apart. To clean the gearbox, simply wipe with a damp cloth. To clean the beaters/mixing attachment, wash with warm, soapy water, or put in the top shelf of the dishwasher.

DO NOT SUBMERGE THE GEARBOX IN WATER OR ANY OTHER LIQUIDS.

Any service, other than cleaning and normal user maintenance, should be performed by an authorized Cuisinart Service Representative.
TIPS AND HINTS
FOR STICK BLENDER

• When blending in the mixing cup, pour liquid ingredients in first, unless recipe instructs otherwise.

• When blending in mixing cup, for example, when making a fruit smoothie, cut most solid foods into ½-inch pieces for easy blending.

• Be sure that blending blade guard is fully submerged before blending ingredients.

• Do not attempt to blend fruit pits, bones or other hard materials, as these are liable to damage the blades.

• Do not fill mixing containers too full. The level of mixture will rise when blending and can overflow.

• Liquid should not come closer than 1 inch of where the shaft attaches to the motor housing.

• Using a gentle up-and-down motion is the best way to blend and incorporate ingredients uniformly.

• To whip air into a mixture, always hold the blade just under the surface.

• When using a nonstick cooking surface, be careful not to scratch the coating with the stick blender.

• To purée a soup, use the stick blender to blend the soup ingredients to the desired consistency using a gentle up-and-down motion right in the saucepan or pot.

• When blending ingredients right in a pot or pan, tilt the pan away from you to create a deeper area for blending to prevent splatter.

• Do not let stick blender stand in a hot pot on stove while not in use.

• Use the stick blender to make smooth gravies and pan sauces.

• The stick blender is perfect for frothing milk for cappuccino or lattes. Just warm milk in a small saucepan, and then pulse the stick blender gently, being sure to keep the blending blade guard fully submerged.

• Do not immerse motor body housing in water or any other liquids.
FOR BEATERS/MIXING ATTACHMENT

• Do not immerse mixing attachment gearbox in water or any other liquids.

• Use the mixing attachment for beating heavy cream or egg whites.

• When beating egg whites, use a very clean metal or glass bowl, never plastic. Plastic can contain hidden oils and fats that can ruin the delicate egg-white foam. To help stabilize the egg whites, add 1/8 teaspoon of cream of tartar per egg white prior to beating them. (If using a copper bowl, omit the cream of tartar.) Beat the egg whites until desired peaks form.

• When adding sugar to beaten egg whites, add it slowly when soft peaks just begin to form, and then continue beating to form desired peaks.

• Beating the egg whites for too long causes them to dry out and become less stable.

• When beating heavy cream, if possible and time allows, use a chilled bowl. The best shaped bowl for whipping cream is one that is deep with a rounded bottom to minimize any splatter.

• The cream should come out of the refrigerator just before whipping. Whipped cream may be used at either soft or firm peaks, depending on preference. It may be flavored as desired. For best results, whip cream just before using.

• Beaters may also be used for any task that you would normally whisk by hand, like crêpe batters or eggs for omelets.
SMOOTHIES AND DRINKS

Simple Fruit Smoothie

This recipe works great with any type of fruit or juice.

Makes 16 ounces

1½ cups 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 mixing cup.
2. Using the blending shaft, start blending on low, gradually increasing to high until smooth, about 30–45 seconds.
3. Serve immediately.

Nutritional information per serving (8 ounces):
Calories 112 (4% from fat) • carb. 28g • pro. 1g • fat 1g • sat. fat 0g
chol. 0mg • sod. 6mg • calc. 16mg • fiber 3g

Breakfast Shake for the Road

Nutrition in a cup! Make this smoothie in the morning for breakfast on the road.

Makes about 16 ounces

1 frozen banana, cut into ½-inch pieces
1 tablespoon ground flax seeds (optional)
¼ cup blueberries
½ cup peach pieces (fresh or frozen, cut into ½-inch pieces)
½ cup low-fat plain yogurt
½ cup juice (use your favorite)

1. Put all ingredients, in the order listed, into the mixing cup.
2. Using the blending shaft, start blending on low, gradually increasing to high until smooth, about 30–45 seconds.
3. Serve immediately.

Nutritional information per serving (8 ounces):
Calories 181 (11% from fat) • carb. 38g • pro. 4g • fat 2g • sat. fat 0g
chol. 4mg • sod. 43mg • calc. 111mg • fiber 4g
Power Blast Protein Smoothie
Blend this for a post-workout pick-me-up.

Makes about 16 ounces

½ cup pineapple pieces (½-inch pieces)
1 cup mango pieces (½-inch pieces)
1 banana, cut into ½-inch pieces
1 tablespoon protein powder
½ cup low-fat plain yogurt
½ cup coconut milk

1. Put all ingredients, in the order listed, into the mixing cup.
2. Using the blending shaft, start blending on low, gradually increasing to high until smooth, about 30–45 seconds.
3. Serve immediately.

Nutritional information per serving (8 ounces): Calories 270 (40% from fat) • carb. 38g • pro. 6g • fat 13g • sat. fat 11g • chol. 5mg • sod. 68mg • calc. 89mg • fiber 4g

Cherry Ginger Smoothie
Coconut milk beverage is made for drinking, and has fewer calories and grams of fat than canned coconut milk. For a thicker, creamier drink, substitute ⅔ cup canned coconut milk for the coconut milk beverage.

Makes about 1 cup

1 cup dark, sweet, frozen cherries
1 ½-inch piece fresh ginger, peeled
¾ cup coconut milk beverage

1. Put all ingredients, in the order listed, into the mixing cup.
2. Using the blending shaft, start blending on low, gradually increasing to high until smooth, about 30–45 seconds.
3. Serve immediately.

Nutritional information per serving (1 cup):
Calories 128 (23% from fat) • carb. 24g • pro. 1g • fat 3g • sat. fat 3g • chol. 0mg • sod. 1mg • calc. 1mg • fiber 4g
Chocolate Peanut Butter Ice Cream Shake

This will satisfy your sweet tooth.

Makes 2 cups

1½ cups chocolate ice cream
2 teaspoons creamy peanut butter
1 teaspoon chocolate syrup
¾ cup whole milk

1. Put all ingredients, in the order listed, into the mixing cup.
2. Using the blending shaft, blend on low, using a gentle up-and-down motion, until smooth and homogenous, about 30–40 seconds.
3. Serve immediately.

Nutritional information per serving (½ cup):
Calories 156 (46% from fat) • carb. 18g • pro. 4g • fat 8g • sat. fat 5g
chol. 23mg • sod. 69mg • calc. 112mg • fiber 1g

Mayonnaise/Aioli

A hefty amount of garlic transforms this mayonnaise recipe into aioli, a dip traditionally used for crudités. Like mayonnaise, it can also be used to top burgers, fish and crab cakes.

Makes 1 cup

2 garlic cloves, peeled (if making aioli)
2 large egg yolks
2 tablespoons fresh lemon juice
1 to 2 pinches kosher salt
1 tablespoon Dijon mustard
1⅓ cups vegetable oil

1. Put all ingredients (omitting the garlic if making mayonnaise), in the order listed, into the mixing cup. Allow to sit for about 30 seconds to 1 minute.
2. Insert the blending shaft into the mixing cup so that the blade guard touches the bottom of the cup. Blend on low, keeping the blade on the bottom. Once the ingredients thicken and start to emulsify, continue processing, using a gentle up-and-down motion, until thick and all of the oil is completely incorporated.
3. Taste and adjust seasoning as desired.

Nutritional information per serving (1 tablespoon, Mayonnaise):
Calories 169 (98% from fat) • carb. 0g • pro. 0g • fat 19g • sat. fat 2g • chol. 23mg
sod. 32mg • calc. 3mg • fiber 0g

Nutritional information per serving (1 tablespoon, Aioli):
Calories 169 (98% from fat) • carb. 1g • pro. 0g • fat 19g • sat. fat 3g • chol. 23mg
sod. 33mg • calc. 4mg • fiber 0g
Hollandaise

Using a stick blender makes this tricky-to-make sauce a no-fuss recipe that you will want to put on top of more than just poached eggs.

Makes about 1 cup

4 large egg yolks
1 tablespoon fresh lemon juice
¾ teaspoon kosher salt
½ pound (2 sticks) unsalted butter, melted and kept slightly warm (not hot)
Warm water, as needed

1. Put the egg yolks, lemon juice and salt into the mixing cup. Slowly pour the warm butter into the cup, carefully leaving any white milk solids on the bottom of the pot behind. Allow to rest for about 1 minute.

2. Insert the blending shaft into the cup so that the blade guard touches the bottom of the cup. Blend on low, keeping the blade on the bottom. Once the ingredients thicken and start to emulsify, continue processing, using a gentle up-and-down motion, until thick and all the ingredients are incorporated.

3. If sauce is too thick, blend in warm water, 1 teaspoon at a time, until desired consistency is achieved (approximately 2 tablespoons total).

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

Nutritional information per serving (2 tablespoons):
Calories 230 (97% from fat) • carb. 0g • pro. 1g • fat 25g • sat. fat 15g
chol. 153mg • sod. 218mg • calc. 11mg • fiber 0g

Basic Vinaigrette

Use this recipe as a guide for making various combinations. Simple additions, like fresh or dried herbs, citrus or honey, can make a new dressing every time.

Makes about 1 cup

¼ cup wine vinegar (any variety will work)
1 teaspoon Dijon mustard
¼ teaspoon kosher salt
½ teaspoon freshly ground black pepper
¾ cup extra virgin olive oil

1. Put all ingredients, in the order listed, into the mixing cup.

2. Using the blending shaft, blend on low, keeping the blade guard completely submerged, until the mixture starts to emulsify. Continue processing, using a gentle up-and-down motion, until homogenous, about 30 seconds.

3. Taste and adjust seasoning as desired.

Nutritional information per serving (2 tablespoons):
Calories 181 (100% from fat) • carb. 0g • pro. 0g • fat 21g • sat. fat 3g
chol. 0mg • sod. 91mg • calc. 0mg • fiber 0g
Roasted Red Pepper and Tomato Sauce

This is a very versatile sauce. It is equally great over grilled chicken or a bowl of pasta.

Makes about 4 cups

2 teaspoons olive oil
1 medium onion, cut into ½-inch pieces
1 medium carrot, cut into ½-inch pieces
1 medium celery stalk, cut into ½-inch pieces
2 garlic cloves
1 teaspoon dried basil
½ cup dry white wine/vermouth
3 roasted red peppers (jarred and packed in vinegar), cut into ½-inch pieces
2 tablespoons tomato paste
2 cans (15 ounces each) diced tomatoes, with juices
¾ teaspoon kosher salt
¼ teaspoon freshly ground black pepper
1/8 teaspoon crushed red pepper flakes, or to taste

1. Put the olive oil in a medium saucepan set over medium heat. Once hot, add the onion, carrot, celery, garlic and basil. Partially cover and cook until vegetables are softened, but not browned, about 6 to 8 minutes. Add the wine/vermouth, stirring to deglaze the pan (picking up the brown bits from the bottom of the pan and working into the mixture); let cook until fully evaporated. Add remaining ingredients. Increase heat to bring to a boil, then reduce the heat to allow to simmer, partially covered, for about 35 to 40 minutes. Uncover and then simmer for an additional 15 to 20 minutes to thicken.

2. Remove from heat and, using the blending shaft, blend on low, gradually increasing to medium, until sauce is puréed. If using a larger saucepan, tilt the pan to the side away from you to ensure that the blade guard is fully submerged to prevent splatter.

3. Taste and adjust seasoning as desired.

Nutritional information per serving (¼ cup):
Calories 29 (18% from fat) • carb. 5g • pro. 1g • fat 1g • sat. fat 0g
cholesterol 0mg • sod. 216mg • calc. 15mg • fiber 1g
Black Bean Soup

This soup gets its rich texture from not rinsing the beans; the starchy liquid from the can is used to thicken the soup.

Makes about 6 cups

1 tablespoon olive oil
2 garlic cloves, finely chopped
½ medium onion, finely chopped
1 jalapeño, seeded and finely chopped
1 red bell pepper, finely chopped
1¼ teaspoons kosher salt, divided
1 bay leaf
1 teaspoon ground cumin
3 cans (15 ounces each) black beans, not drained
1 cup chicken broth, low sodium
1 teaspoon red wine vinegar
Crème fraîche or plain, whole-milk yogurt for serving
Cilantro, chopped, for serving
Tortilla chips for serving

1. Put the oil in a stockpot set over medium heat. Once the oil is hot, add the chopped vegetables and sauté until soft, about 5 to 7 minutes.

2. Add ¾ teaspoon of the salt, bay leaf and cumin. Cook, while stirring, until nicely fragrant, about 1 minute.

3. Add the beans (with liquid from cans) and the broth. Simmer, partially covered, until all the ingredients are tender and the flavors have melded, about 20 to 25 minutes. Discard the bay leaf.

4. Remove soup from the heat. Using the blending shaft, blend on low for about 20 seconds and then gradually increase to high and blend until very smooth, about 1 minute in total. Add remaining salt and vinegar; blend an additional 10 to 15 seconds to incorporate.

5. Taste and adjust seasoning as desired.

6. Serve, topping with a dollop of crème fraîche, a pinch of the chopped cilantro and tortilla chips.

Nutritional information per serving (1 cup):
Calories 288 (13% from fat) • carb. 47g • pro. 18g • fat 4g • sat. fat 1g
cho. 0mg • sod. 589mg • calc. 63mg • fiber 17g
### Cauliflower Soup

Let this soup warm you up on a cold, winter afternoon. It is so easy to prepare with the Goodful™ by Cuisinart® Stick Blender.

**Makes about 6 cups**

1 tablespoon olive oil  
1 medium leek, cleaned well, white and light green parts only, finely chopped  
1 medium head cauliflower, about 2½ pounds, cut into florets  
1½ teaspoons kosher salt, divided  
¼ teaspoon freshly ground black pepper  
¼ teaspoon caraway seeds  
4 cups vegetable broth, low sodium  
Dill, for garnish (optional)

1. Put the olive oil in a stockpot over medium heat. Once hot, add the leek and sauté until soft and fragrant, about 5 minutes. Be careful not to let the leek pick up any color.

2. Add the cauliflower florets and 1 teaspoon of the salt, all the pepper and caraway seeds. Stir together until coated and gently sauté for an additional couple of minutes. Add the broth and an additional ½ teaspoon of the salt and increase heat. Allow liquid to come to a boil and then reduce heat so that the liquid is just simmering.

3. Simmer for about 20 minutes, until the cauliflower is tender.

4. Once tender, use the blending shaft to purée. Blend on low and gradually increase to high, about 1 to 2 minutes. If the soup seems too thick, add additional broth or water until desired consistency is achieved.

5. Taste and adjust seasoning as desired. Garnish with a sprig of fresh dill when serving.

**Nutritional information per serving (about 1 cup):**

- Calories 76 (30% from fat) • carb. 10g • pro. 4g • fat 3g • sat. fat 0g  
- chol. 0mg • sod. 991mg • calc. 53mg • fiber 4g

### Mashed Sweet Potatoes

A staple on most holiday tables, this dish can be made a day ahead and then reheated before serving.

**Makes 5 cups**

3 pounds sweet potatoes (or yams), peeled and cut into 1- to 2-inch pieces  
1 tablespoon pure maple syrup (optional – use if you like extra-sweet potatoes!)  
1 teaspoon kosher salt  
Pinch freshly ground black pepper  
½ teaspoon ground cinnamon  
Pinch freshly ground nutmeg
1. Put the sweet potatoes into a stockpot with enough water to cover. Bring to a boil over medium-high heat and cook until very tender. Drain and return the sweet potatoes to the pot.

2. Using the blending shaft, blend the potatoes on low, using a gentle up-and-down motion. Add the remaining ingredients and gradually increase speed to high, until ingredients are incorporated and mixture is smooth.

3. Taste and adjust seasoning as desired; serve warm.

Nutritional information per serving (about ½ cup):

Calories 117 (1% from fat) • carb. 27g • pro. 2g • fat 0g • sat. fat 0g • chol. 0mg • sod 303mg • calc. 80mg • fiber 4g

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**Berry Fool**

A traditional British dessert, fool is great any time of year, but is a real treat when summer berries are at their peak.

Makes about 4 cups

2 cups mixed berries (strawberries, raspberries, blueberries)
1 tablespoon granulated sugar
2 cups heavy cream, chilled
2 tablespoons confectioners’ sugar
½ teaspoon pure vanilla extract

1. Put the berries and granulated sugar into the mixing cup.

2. Using the blending shaft, blend on high until almost fully puréed; reserve.

3. Put the remaining ingredients into a medium to large mixing bowl. Using the beater attachment, blend on low until cream is just starting to thicken and then gradually increase speed to high to finish (cream should be a medium-stiff consistency).

4. With a large spatula, gently fold in the berry mixture – streaky is OK.

5. Serve immediately for the best texture (fool will only stay in good form for about 1 hour maximum).

Nutritional information per serving (½ cup):

Calories 185 (85% from fat) • carb. 6g • pro. 0g • fat 16g • sat. fat 11g • chol. 64mg • sod. 0mg • calc. 4mg • fiber 1g
Sweet Whipped Cream

Spoon a dollop over ice cream or hot chocolate for a finishing touch.

Makes 2 cups

1¼ cups chilled heavy cream
2 tablespoons confectioners’ sugar
1½ teaspoons pure vanilla extract

1. Put all ingredients in a large bowl. Using the beater attachment, begin to mix on low speed.
2. Once cream begins to thicken, gradually increase speed to high and move beaters throughout the bowl until desired stiffness is achieved. Whipped cream will reach soft peaks between 50 to 60 seconds.

Nutritional information per serving (2 tablespoons):
Calories 67 (88% from fat) • carb. 2g • pro. 0g • fat 6g • sat. fat 5g
chol. 25mg • sod. 6mg • calc. 0mg • fiber 0g

Blueberry Muffins

While fresh or frozen berries can be used, use extra care when mixing in frozen berries because they are more delicate than their fresh counterparts, and can give your muffins a blue hue if they are overmixed.

Makes 6 muffins

Nonstick cooking spray

1½ cups unbleached, all-purpose flour
¾ teaspoon baking powder
¼ teaspoon baking soda
½ teaspoon kosher salt
¼ teaspoon ground cinnamon
½ cup granulated sugar
½ teaspoon grated orange zest
¾ cup buttermilk
½ cup vegetable oil
1 large egg
1 teaspoon pure vanilla extract
1 cup fresh or frozen, thawed, blueberries

1. Preheat oven to 400°F. Lightly coat a regular 6-cup muffin pan with nonstick cooking spray; reserve.
2. Put the flour, baking powder, baking soda, salt, and cinnamon in a small mixing bowl. Using the mixing attachment, mix on low until combined, about 20 seconds. Reserve.
3. In a large liquid measuring cup, combine the buttermilk, oil, egg, and vanilla extract. Reserve.

4. Put the sugar and zest in a large mixing bowl. While mixing on low, gradually add the buttermilk mixture and continue to mix until combined. Increase speed to medium and continue to mix an additional minute to aerate.

5. Add the dry ingredients and mix on low until just combined. Add the blueberries and mix to gently fold into the batter.

6. Spoon the batter evenly into the prepared muffin cups. Bake in the preheated oven for about 20 to 25 minutes, or until they spring back to the touch.

7. Allow muffins to cool for at least 30 minutes in the pan, and then remove and enjoy!

Nutritional information per muffin:
Calories 336 (35% from fat) • carb. 49g • pro. 5g • fat 13g • sat. fat 2g
chol. 33 • sod. 337g • calc. 55mg • fiber 1g

Chocolate Chunk Cookies
The chunks of bittersweet chocolate make these crispy cookies quite decadent.

Makes about 3 dozen cookies

2½ cups unbleached, all-purpose flour
1/2 teaspoon baking soda
2 teaspoons kosher salt
¾ cup (12 tablespoons) unsalted butter, melted and cooled to room temperature
1½ cups packed light brown sugar
½ cup granulated sugar
2 large eggs, room temperature
1½ teaspoons pure vanilla extract
10 ounces bittersweet (or semisweet) chocolate, broken into ½-inch pieces (about 2¼ cups)
1 cup walnuts, toasted and chopped

1. Preheat oven to 350°F. In a small bowl, combine the flour, baking soda, and salt. Using the mixing attachment, mix on low until just combined, about 20 seconds. Reserve.

2. Put the butter and sugars in a medium to large mixing bowl. Mix on low, gradually increasing to medium until light, about 2 minutes. While mixing on low, add the eggs, one at a time. Mix until fully incorporated, about 2 minutes. Add the vanilla extract.

3. Add the dry ingredients and slowly mix in low. Once almost fully combined, add the chips and nuts.
4. Using a 2-tablespoon scoop, measure dough and place on an ungreased or parchment-lined cookie sheet. Bake in preheated oven until lightly golden, about 12 to 15 minutes. Cool on wire rack. Repeat with remaining dough. It is recommended to store the cookie dough in the refrigerator until ready to use.

Nutritional information per cookie:
Calories 170 (47% from fat) • carb. 22g • pro. 2g • fat 9g • sat. fat 4g
chol. 22mg • sod. 151mg • calc. 5mg • fiber 1g

Marble Layer Cake
Makes two short 9-inch cakes (for a layer cake)

¾ cup (12 tablespoons) plus 1 tablespoon unsalted butter, room temperature, cut into small cubes, divided
2 cups cake flour, not self rising
2 teaspoons baking powder
½ teaspoon kosher salt
2 large eggs
2 large egg yolks
¼ cup vegetable oil
1 teaspoon pure vanilla extract
1 cup granulated sugar
½ cup sour cream
1 tablespoon unsweetened cocoa powder

1. Preheat oven to 350°F. Using one tablespoon of butter, grease two 9-inch round cake pans and then cut circles out of parchment paper to fit the bottom of the pans.

2. Put the flour, baking powder and salt into a small bowl. Using the mixing attachment, mix the dry ingredients on low to thoroughly sift. Put the eggs, egg yolks, vegetable oil and vanilla extract together into a liquid measuring cup.

3. Put the remaining butter into a large mixing bowl and mix on low, gradually increasing to medium, to cream. Add the sugar and continue to mix on medium until butter and sugar are well creamed and fluffy, about 2 minutes.

4. While mixing on low, add the liquid mixture and then the sour cream gradually, until incorporated. Mix in the dry ingredients in two additions until just incorporated.

5. Spoon batter evenly among the prepared pans leaving about 1 cup of the batter in the mixing bowl.

6. Add the cocoa powder to reserved batter and mix until incorporated. Spoon chocolate swirl evenly between two pans and cut into yellow batter with a knife or spatula, creating a swirl design.

7. Bake in the middle of the oven for 25 to 30 minutes or until a cake tester comes out clean.
8. Leave pans to rest on cooling racks for 15 minutes. Remove from pans, but leave until completely cool before frosting*.

*For frosting, we really like to use the Rich Chocolate Frosting (recipe follows).

Nutritional information per serving:
Calories 280 (41% from fat) • carb. 37g • pro. 4g • fat 13g • sat. fat 8g
chol. 100mg • sod. 160mg • calc. 55mg • fiber 1g

Rich Chocolate Frosting

Delicious, rich frosting perfect for a yellow or chocolate cake.

Makes 3½ cups – enough to frost a two-layer 9-inch cake

12 ounces semisweet or bittersweet chocolate, chopped
6 ounces unsalted butter, room temperature and cut into cubes
2¼ cups confectioners’ sugar, sifted
1½ teaspoons pure vanilla extract
¼ teaspoon kosher salt
½ cup sour cream

1. Put the chopped chocolate into a double boiler* to melt; reserve and keep warm.

2. Once the chocolate has melted, put the butter into a separate mixing bowl. Using the mixing attachment, mix the butter on low and add the sugar ½ cup at a time until completely incorporated. Mix in the vanilla extract and salt.

3. While mixing on low, gradually add the melted chocolate until all is incorporated.

4. Mix in the sour cream, one tablespoon at a time. The frosting will look quite grainy. Keep adding the sour cream and around the 4th or 5th tablespoon, the frosting will come together and be quite smooth and silky.

5. For best results, use the frosting the same day, before refrigerating. Otherwise allow frosting to come to room temperature before using.

*If you do not have a double boiler, put chocolate into a heat proof bowl placed over a pot of simmering water.

Nutritional information per serving (2 tablespoons):
Calories 95 (72% from fat) • carb. 6g • pro. 1g • fat 9g • sat. fat 5g
chol. 10mg • sod. 23mg • calc. 3mg • fiber 1g
Mexican Hot Chocolate

Mexican chocolate is a stoneground chocolate that is mixed with sugar, spices or vanilla. It can be found in gourmet markets, some larger grocery stores or online.

Makes 1½ cups

1½ cups whole milk
3 ounces Mexican chocolate, broken into ½-inch pieces
2 teaspoons granulated sugar
Large pinch ground cinnamon
Pinch cayenne
Sweetened whipped cream (page 20), for serving

1. Put the milk into a medium saucepan set over medium heat and bring to a strong simmer.

2. While the milk is heating, put the remaining ingredients into a medium, heatproof mixing bowl.

3. Pour the hot milk over the chocolate mixture. Allow to sit for about 20 seconds, and then insert the blending shaft. Being sure to keep the metal blade completely submerged, pulse on low speed until chocolate is completely melted and combined. If a frothier hot chocolate is desired, blend for an additional 30 seconds on low.

4. Serve immediately with sweetened whipped cream.

Nutritional information per serving (½ cup):

Calories 207 (34% from fat) • carb. 31g • pro. 5g • fat 8g • sat. fat 5g • chol. 18mg • sod. 66mg • calc. 161mg • fiber 1g
LIMITED THREE-YEAR WARRANTY
(U.S. and CANADA only)

This warranty is available to consumers only. You are a consumer if you own a Goodful™ by Cuisinart® Variable-Speed Stick 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 purchaser or owners.

We warrant that your Goodful™ by Cuisinart® Variable-Speed Stick 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.

If your Goodful™ by Cuisinart® Variable-Speed Stick 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, simply call our toll-free number 1-800-726-0190 for additional information from our Consumer Service Representatives or send the defective product to Consumer Service at 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.

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.

Please be sure to include your return address, daytime phone number, description of the product defect, product model # (located on bottom of product), original date of purchase, and any other information pertinent to the product’s return.

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, at its discretion, 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, 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 1-800-726-0190.

Cuisinart will be responsible for the cost of the repair, replacement, and shipping and handling for such products under warranty.

BEFORE RETURNING YOUR CUISINART PRODUCT

If you are experiencing problems with your Cuisinart product, we suggest that you call our Cuisinart Service Center at 1-800-726-0190 before returning the product to be 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® Variable-Speed Stick 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. This warranty gives you specific legal rights, and 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 the product is still under warranty.