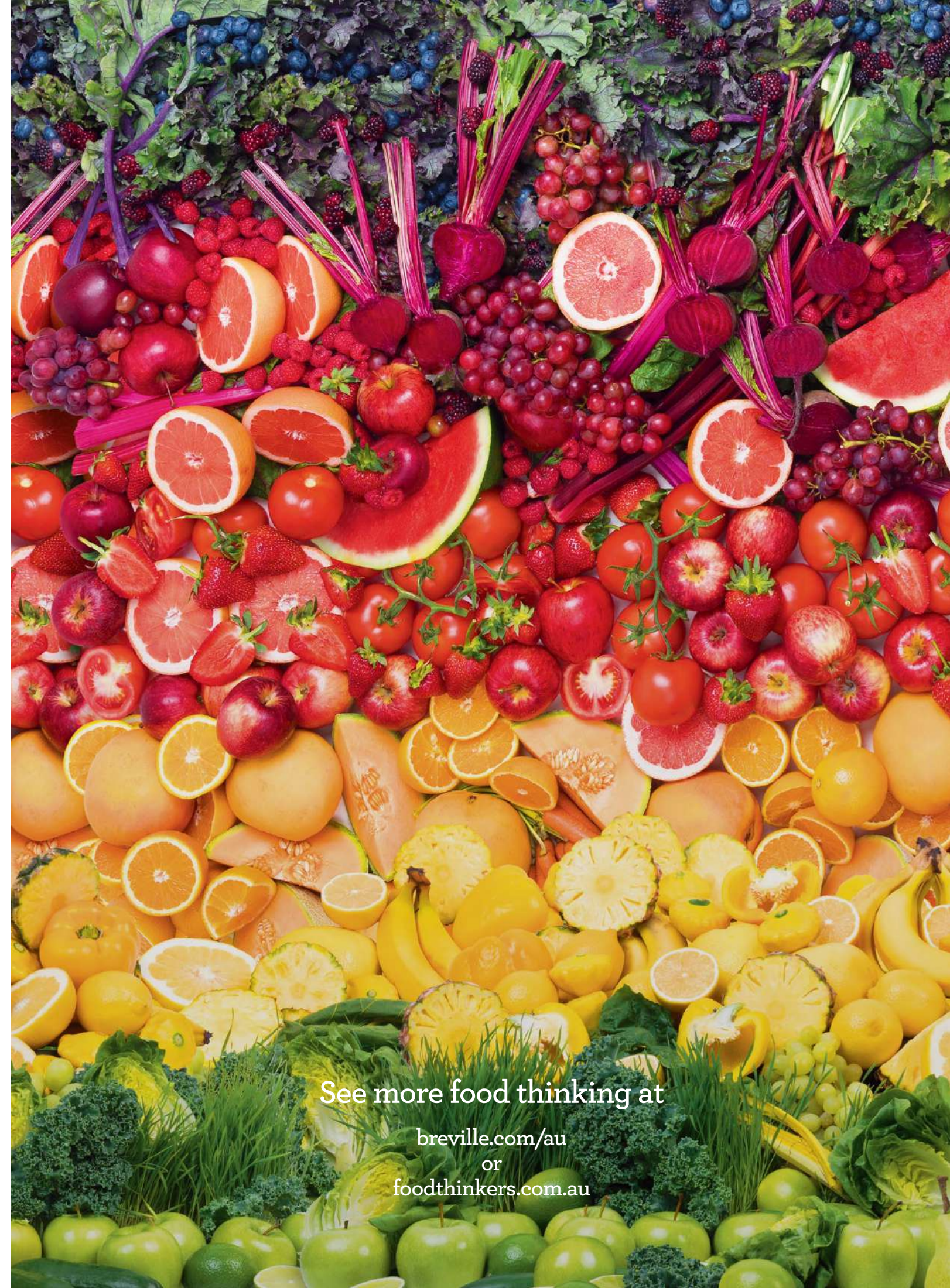




## Simply SuperBlending



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# Green Smoothies

Triple Green Smoothie

Tropical Green Smoothie

Zesty Green Smoothie

Green Smoothie Blast

Beetroot & Ginger Green Smoothie

Pomegranate Berry Green Smoothie

Green Orange & Mango Smoothie





## Triple Green Smoothie



⌚ Prep 10 mins

🍹 Makes 1.5L / Serves 4

2 bananas, chopped  
1 Lebanese cucumber, roughly chopped  
50g baby spinach  
30g kale leaves, stems removed, roughly chopped  
2 green apples, chopped  
½ lemon, peeled  
2 celery sticks, roughly chopped  
600ml chilled coconut water

1. Place ingredients into blender jug and secure lid.



*GREEN SMOOTHIE until program finishes.*



⌚ Prep 10 mins

🍹 Serves 1

1 small banana, chopped  
½ Lebanese cucumber, roughly chopped  
20g baby spinach  
10g kale leaves, stems removed, roughly chopped  
1 small green apple, chopped  
¼ lemon, peeled  
½ celery stick, roughly chopped  
250ml chilled coconut water

1. Place ingredients into personal blender cup and secure blade assembly.



*GREEN SMOOTHIE until program finishes.*



## Tropical Green Smoothie



⌚ Prep 10 mins

🍹 Makes 1.5L / Serves 4

400g peeled pineapple, roughly chopped  
200g frozen chopped mango  
90g kale leaves, stems removed, roughly chopped  
8 ice cubes  
60g raw almonds  
450ml chilled coconut water

1. Place ingredients into blender jug and secure lid.



*GREEN SMOOTHIE until program finishes.*



⌚ Prep 10 mins

🍹 Serves 1

150g peeled pineapple, chopped  
100g frozen chopped mango  
30g kale leaves, stems removed, chopped  
300ml chilled coconut water  
20g raw almonds

1. Place ingredients into personal blender cup and secure blade assembly.



*GREEN SMOOTHIE until program finishes.*

## Zesty Green Smoothie



⌚ Prep 10 mins

🍹 Makes 1.5L / Serves 4

1 lime, peeled  
5 kiwi fruit, peeled  
2 Lebanese cucumbers, roughly chopped  
6 ice cubes  
70g kale leaves, stems removed, roughly chopped  
2 pears, quartered  
350ml chilled coconut water

1. Place ingredients into blender jug and secure lid.



*GREEN SMOOTHIE until program finishes.*



⌚ Prep 10 mins

🍹 Serves 1

½ lime, peeled  
1 kiwi fruit, peeled, chopped  
½ Lebanese cucumber, chopped  
20g kale leaves, stems removed, roughly chopped  
1 pear, chopped  
250ml chilled coconut water

1. Place ingredients into personal blender cup and secure blade assembly.



*GREEN SMOOTHIE until program finishes.*






## Green Smoothie Blast


  Prep 10 mins  
 Makes 1.5L / Serves 4

1 orange, peeled, halved  
 1 green apple, quartered  
 1 Lebanese cucumber, roughly chopped  
 200g green seedless grapes  
 7 ice cubes  
 60g baby spinach  
 450ml chilled coconut water

1. Place ingredients into blender jug and secure lid.
-  *GREEN SMOOTHIE until program finishes.*

  Prep 10 mins  
 Serves 1

½ orange, peeled, halved  
 1 green apple, chopped  
 ½ Lebanese cucumber, chopped  
 100g green seedless grapes  
 20g baby spinach  
 220ml chilled coconut water

1. Place ingredients into personal blender cup and secure blade assembly.
-  *GREEN SMOOTHIE until program finishes.*



## Beetroot & Ginger Green Smoothie


  Prep 10 mins  
 Makes 1.5L / Serves 4

2 medium beetroot, peeled, cut into 2cm pieces  
 180g seedless red or green grapes  
 50g baby spinach  
 2cm piece ginger, roughly chopped  
 ½ lemon, peeled, halved  
 1 orange, peeled, halved  
 16 fresh mint leaves  
 10 ice cubes  
 400ml organic cloudy apple juice

1. Place ingredients into blender jug and secure lid.
-  *GREEN SMOOTHIE until program finishes.*

  Prep 10 mins  
 Serves 1

1 small beetroot, peeled, cut into 2cm pieces  
 90g seedless red or green grapes  
 30g baby spinach  
 ½ cm piece ginger  
 ¼ lemon, peeled, quartered  
 ¼ orange, peeled, quartered  
 8 fresh mint leaves  
 250ml organic cloudy apple juice

1. Place ingredients into personal blender cup and secure blade assembly.
-  *GREEN SMOOTHIE until program finishes.*



## Pomegranate Berry Green Smoothie


  Prep 5 mins  
 Makes 1.5L / Serves 4

550ml chilled pomegranate juice  
 120g baby spinach  
 2 bananas, halved  
 300g frozen mixed berries  
 260g natural yoghurt

1. Place ingredients into blender jug and secure lid.
-  *GREEN SMOOTHIE until program finishes.*




  Prep 5 mins  
 Serves 1

250ml chilled pomegranate juice  
 50g baby spinach  
 1 banana, halved  
 125g frozen mixed berries  
 130g natural yoghurt


1. Place ingredients into personal blender cup and secure blade assembly.
-  *GREEN SMOOTHIE until program finishes.*



## Green Orange & Mango Smoothie


  Prep 5 mins  
 Makes 1.5L / Serves 4

3 oranges, peeled  
 5 Tuscan cabbage leaves, chopped  
 1 avocado  
 150g frozen chopped mango  
 650ml chilled coconut water

1. Place ingredients into blender jug and secure lid.
-  *GREEN SMOOTHIE until program finishes.*

  Prep 5 mins  
 Serves 1

1 orange, peeled, chopped  
 2 Tuscan cabbage leaves, chopped  
 ½ avocado  
 100g frozen chopped mango  
 300ml chilled coconut water

1. Place ingredients into personal blender cup and secure blade assembly.
-  *GREEN SMOOTHIE until program finishes.*





# Smother Smoothies

Mango, Vanilla & Chia Smoothie

Raspberry, Pear & Vanilla Smoothie

Superfood Shake

Berry Mint Smoothie

Breakfast Smoothie

Cookies 'n' Cream Shake

Summer Peach Shake

Acai Beet & Berry Bowl

Mango Melba

Berry Mint Bowl

Bircher Smoothie Bowl

Green Coconut Smoothie Bowl

## Mango, Vanilla & Chia Smoothie



⌚ Prep 5 mins

🍹 Makes 1.5L / Serves 4

400g frozen chopped mango  
200g reduced fat vanilla yoghurt  
2 tablespoons chia seeds  
750ml chilled milk of your choice

1. Place ingredients into blender jug and secure lid.

👉 *SMOOTHIE* until program finishes.



⌚ Prep 5 mins

🍹 Serves 1

150g frozen chopped mango  
300ml chilled milk of your choice  
150g reduced fat vanilla yoghurt  
1 tablespoon chia seeds

1. Place ingredients into personal blender cup and secure blade assembly.

👉 *SMOOTHIE* until program finishes.



## Raspberry, Pear & Vanilla Smoothie



⌚ Prep 10 mins

🍹 Makes 1.5L / Serves 4

300g reduced fat vanilla yoghurt  
2 pears, quartered  
2 bananas, halved  
200g frozen raspberries  
350ml reduced fat milk

1. Place ingredients into blender jug and secure lid.

👉 *SMOOTHIE* until program finishes.



⌚ Prep 10 mins

🍹 Serves 1

½ pear, chopped  
½ banana, chopped  
120g frozen raspberries  
180ml reduced fat milk  
100g reduced fat vanilla yoghurt

1. Place ingredients into personal blender cup and secure blade assembly.

👉 *SMOOTHIE* until program finishes.

## Superfood Shake



⌚ Prep 10 mins

🍹 Makes 1.5L / Serves 4

85g blanched almonds  
400g frozen blueberries  
1 tablespoon raw maca powder  
55g fresh young coconut flesh, chopped  
800ml chilled coconut water

1. Place ingredients into blender jug and secure lid.

👉 *SMOOTHIE* until program finishes.



⌚ Prep 10 mins

🍹 Serves 1

25g blanched almonds  
200g frozen blueberries  
2 teaspoons raw maca powder  
55g fresh young coconut flesh, chopped  
400ml chilled coconut water

1. Place ingredients into personal blender cup and secure blade assembly.

👉 *SMOOTHIE* until program finishes.

*Tip: raw maca powder is available from health food stores.*







## Berry Mint Smoothie


  Prep 10 mins  
 Makes 1.5L / Serves 4

400g frozen mixed berries  
 800ml almond milk  
 200g natural yoghurt  
 2 tablespoons agave syrup  
 16 mint leaves




1. Place ingredients into blender jug and secure lid.  
 *SMOOTHIE until program finishes.*

  Prep 10 mins  
 Serves 1

200g frozen mixed berries  
 300ml almond milk  
 100g natural yoghurt  
 2 teaspoons agave syrup  
 8 mint leaves

1. Place ingredients into personal blender cup and secure blade assembly.  
 *SMOOTHIE until program finishes.*

## Breakfast Smoothie


  Prep 10 mins  
 Makes 1.5L / Serves 4

60g oat bran  
 2 tablespoons chia seeds  
 8 fresh medjool dates, pitted  
 2 bananas, halved  
 800ml chilled unsweetened almond milk  
 200g Greek yoghurt  
 1 ½ tablespoon honey or maple syrup (optional)

1. Place ingredients into blender jug and secure lid.  
 *SMOOTHIE until program finishes.*

  Prep 10 mins  
 Serves 1

2 tablespoons oat bran  
 1 tablespoon chia seeds  
 4 fresh medjool dates, pitted  
 1 banana, chopped  
 400ml chilled unsweetened almond milk  
 80g Greek yoghurt  
 2 teaspoons honey or maple syrup (optional)

1. Place ingredients into personal blender cup and secure blade assembly.  
 *SMOOTHIE until program finishes.*



## Cookies 'n' Cream Shake


  Prep 10 mins  
 Makes 1.5L / Serves 4-6

12 Oreo Cookies  
 300ml chilled milk  
 500g vanilla ice-cream

1. Place 4 cookies into blender jug and pulse 4 times or until roughly crushed, transfer to a bowl and set aside.
2. Place remaining ingredients into blender jug and secure lid.  
 *SMOOTHIE until program finishes. Use tamper occasionally to press ingredients into blades if required.*  
*Serve: pour into chilled glasses and sprinkle with reserved cookie crumbs.*

  Prep 10 mins  
 Serves 1

4 Oreo Cookies  
 300ml chilled milk  
 140g vanilla ice-cream

1. Place ingredients into personal blender cup and secure blade assembly.  
 *SMOOTHIE until program finishes.*

## Summer Peach Shake


  Prep 10 mins  
 Makes 1.5L / Serves 4

4 large fresh peaches, quartered  
 500ml chilled milk  
 200g natural yoghurt  
 2 tablespoons honey  
 1 teaspoon ground cinnamon  
 6 ice cubes  
 1 ½ teaspoons vanilla extract

1. Place ingredients into blender jug and secure lid.  
 *SMOOTHIE until program finishes.*

  Prep 10 mins  
 Serves 1

1 fresh peach, quartered  
 250ml chilled milk  
 100g natural yoghurt  
 2 teaspoons honey  
 ¼ teaspoon ground cinnamon  
 ¼ teaspoon vanilla extract

1. Place ingredients into personal blender cup and secure blade assembly.  
 *SMOOTHIE until program finishes.*







## Acai Beet & Berry Bowl



⌚ Prep 10 mins

🍹 Makes 1.5L / Serves 4

340ml chilled coconut water  
2 bananas, halved  
240g frozen blueberries  
240g frozen acai berry pulp  
2 small beetroot, peeled, chopped  
100g organic granola  
1–2 tablespoons whey or vegan protein powder (optional)

### TO SERVE

Fresh blueberries, goji berries and granola.

1. Place ingredients into blender jug and secure lid.



**FROZEN DESSERT** 30–35 seconds or until smooth.  
Use tamper occasionally to press ingredients into blades if required.

2. Divide smoothie evenly between 4 bowls.

*Serve: top with fresh blueberries, goji berries, granola.*



⌚ Prep 10 mins

🍹 Serves 1–2

180ml chilled coconut water  
1 banana, chopped  
100g frozen blueberries  
100g frozen acai berry pulp  
½ small beetroot, peeled, chopped  
40g organic granola  
1 tablespoon whey or vegan protein powder (optional)

### TO SERVE

Fresh blueberries, goji berries and granola.

1. Place ingredients into personal blender cup and secure blade assembly.



**GREEN SMOOTHIE** until program finishes.  
Blend longer if required.

2. Pour smoothie into bowl.

*Serve: top with fresh blueberries, goji berries, granola.*

## Mango Melba



⌚ Prep 15 mins

🍹 Makes 1.5L / Serves 4

350g frozen chopped mango  
260g frozen raspberries  
800ml chilled soy milk

### TO SERVE

Thinly sliced peach, fresh raspberries and organic granola.

1. Place ingredients into blender jug and secure lid.



**FROZEN DESSERT** 30–35 seconds or until smooth.  
Use tamper occasionally to press ingredients into blades if required.

2. Divide smoothie evenly between 4 bowls.

*Serve: top with peach, raspberries, granola.*



⌚ Prep 10 mins

🍹 Serves 1–2

190g frozen chopped mango  
120g frozen raspberries  
350ml chilled soy milk

### TO SERVE

Thinly sliced peach, fresh raspberries and organic granola.

1. Place ingredients into personal blender cup and secure blade assembly.



**GREEN SMOOTHIE** until program finishes.  
Blend longer if required.

2. Pour smoothie into bowl.

*Serve: top with peach, raspberries, granola.*



## Berry Mint Bowl



⌚ Prep 5 mins

🍹 Makes 1.5L / Serves 4

400g frozen mixed berries  
2 frozen bananas, chopped  
750ml chilled coconut milk  
15g fresh mint leaves  
70g raw almonds or cashews  
1 tablespoon vanilla protein powder (optional)

### TO SERVE

Fresh berries, sliced banana, flaked almonds and baby mint leaves.

1. Place ingredients into blender jug and secure lid.



**GREEN SMOOTHIE** 30–35 seconds or until smooth. Use tamper occasionally to press ingredients into blades if required.

2. Divide smoothie evenly between 4 bowls.

*Serve: top with berries, banana, almonds and mint leaves.*



⌚ Prep 10 mins

🍹 Serves 1–2

150g frozen mixed berries  
1 frozen banana, chopped  
350ml chilled coconut milk  
10 fresh mint leaves  
35g raw almonds or cashews  
2 teaspoons vanilla protein powder (optional)

### TO SERVE

Fresh berries, sliced banana, flaked almonds and baby mint leaves.

1. Place ingredients into personal blender cup and secure blade assembly.





**GREEN SMOOTHIE** until program finishes.  
Blend longer if required.

2. Pour smoothie into bowl.

*Serve: top with berries, banana, almonds and mint leaves.*



# Bircher Smoothie Bowl

 Prep 5 mins/ 1-2 hours soaking  
 Makes 1.5L / Serves 4

**BIRCHER**  
110g rolled oats  
220ml soy or almond milk  
80g natural yoghurt  
60g dried apricots, sliced

**SMOOTHIE**  
450ml chilled almond or soy milk  
1 pink lady apple, quartered  
6 ice cubes  
40g flaked almonds or shaved coconut  
1 lemon finely grated, rind only  
60ml maple syrup

**TO SERVE**  
Apple slices, raisins, chopped pistachio  
and toasted coconut flakes, to serve

1. BIRCHER. Combine oats, milk, yoghurt and apricots in a bowl; cover and refrigerate for 1-2 hours.
2. Place bircher and remaining smoothie ingredients into blender jug and secure lid.

 **SMOOTHIE** 30-35 seconds or until smooth.  
Use tamper occasionally to press ingredients into blades if required.

3. Divide smoothie evenly between 4 bowls.

*Serve: top with apple slices, raisins, chopped pistachio and toasted coconut flakes.*


 Prep 10 mins  
 Serves 1-2

**BIRCHER**  
40g rolled oats  
110ml soy or almond milk  
40g natural yoghurt  
35g dried apricots, sliced

**SMOOTHIE**  
200ml chilled soy or almond milk  
1 pink lady apple, quartered  
4 ice cubes  
20g flaked almonds or shaved coconut  
½ lemon finely grated, rind only  
2 tablespoons maple syrup

**TO SERVE**  
Apple slices, raisins, chopped pistachio  
and toasted coconut flakes

1. BIRCHER. Combine oats, milk, yoghurt and apricots in a bowl; cover and refrigerate for 1-2 hours.
2. Place bircher and remaining smoothie ingredients into personal blender cup and secure blade assembly.

 **SMOOTHIE** until program finishes.  
Blend longer if required.

3. Pour smoothie into bowl.

*Serve: top with apple slices, raisins, chopped pistachio and toasted coconut flakes.*



# Green Coconut Smoothie Bowl

 Prep 15 mins  
 Makes 1.5L / Serves 4

2 avocados  
80g baby spinach  
4 green apples, chopped  
200ml chilled coconut water  
220g coconut yoghurt  
40g desiccated coconut  
6 ice cubes  
1 lime, finely grated rind and juice  
1 teaspoon vanilla extract  
½ teaspoon ground cinnamon  
¼ teaspoon freshly grated nutmeg

**TO SERVE**  
Sliced green apple, lime rind and juice, coconut yoghurt, roasted chopped pecans, shaved coconut and ground cinnamon.

1. Place ingredients into blender jug and secure lid.

 **GREEN SMOOTHIE** 30-35 seconds or until smooth. Use tamper occasionally to press ingredients into blades if required.

2. Divide smoothie evenly between 4 bowls.  
Top with yoghurt, limed apple, pecans, coconut and sprinkle with cinnamon.

*Serve: toss sliced apple in lime rind and juice. Place arrange on top of smoothie with yoghurt, limed apple, pecans, coconut and sprinkle with cinnamon.*

 Prep 10 mins  
 Serves 1-2

½ avocado  
30g baby spinach  
1 green apple, chopped  
100ml chilled coconut water  
100g coconut yoghurt  
20g desiccated coconut  
3 ice cubes  
½ lime, finely grated rind and juice  
½ teaspoon vanilla extract  
¼ teaspoon ground cinnamon  
¼ teaspoon freshly grated nutmeg

**TO SERVE**  
Sliced green apple, lime rind and juice, coconut yoghurt, roasted chopped pecans, shaved coconut and ground cinnamon.

1. Place ingredients into personal blender cup and secure blade assembly.

 **GREEN SMOOTHIE** until program finishes.  
Blend longer if required.

2. Pour smoothie into bowl.

*Serve: toss sliced apple in lime rind and juice. Place arrange on top of smoothie with yoghurt, limed apple, pecans, coconut and sprinkle with cinnamon.*







# Souper Hot

Pea & Mint Soup

Tom Kha Gai

Roasted Tomato & Capsicum Soup with Salsa Verde


Salsa Verde

Thai Spiced Butternut Pumpkin Soup

Speedy Tortilla Soup



## Pea & Mint Soup

  Prep 10 mins  
 Makes 1.2L / Serves 4

450g frozen green peas  
2 green onions, roughly chopped  
500ml vegetable stock, at room temperature  
35g fresh mint leaves, plus extra, to serve  
200ml thickened cream  
Salt and freshly ground pepper, to taste


### TO SERVE

Greek style unsweetened yoghurt or sour cream.

1. Place peas in a large heatproof bowl. Cover with boiling water. Stand for 5 mins or until thawed, then drain.
2. Place peas, green onion and stock into blender jug and secure lid.

 **SOUP** until program finishes.

3. Add mint leaves and secure lid.

 **PUREE** 30 seconds or until combined, season to taste with salt and pepper.

**Serve:** divide among serving bowls, dollop with yoghurt or sour cream and garnish with extra mint leaves.

**Tip:** we have used shelf stable UHT stocks in our soup recipes.

If using fresh stock, stock must be heated to boiling point for 1-2 minutes, and then allow to cool until there is no visible steam before blending.



## Tom Kha Gai

  Prep 10 mins  
 Makes 1.2L / Serves 4

500ml chicken stock, at room temperature  
400ml coconut milk  
1 lemongrass stalk, pale section only, roughly chopped  
2½ cm piece galangal, peeled, thinly sliced  
4 kaffir lime leaves  
5 coriander roots, scrubbed clean  
2 long red chillies, seeds removed, plus 1 extra, thinly sliced to garnish  
1 tablespoon finely grated palm sugar  
1 lime, juiced  
1 tablespoon fish sauce

### TO SERVE

2 cooked, skinless chicken breast fillets, shredded, thinly sliced red shallots, coarsely chopped coriander, lime wedges.

1. Place stock, coconut milk, lemongrass, galangal, kaffir lime leaves, coriander roots and chillies into blender jug and secure lid.

 **SOUP** until program finishes.

2. Add palm sugar, lime juice, fish sauce and secure lid.

 **BLEND** 30 seconds or until combined.

**Serve:** divide chicken among serving bowls and ladle over soup. Top with shallots, coriander leaves, chilli and lime wedges.




**Tip:** we have used shelf stable UHT stocks in our soup recipes.

If using fresh stock, the stock must be heated to boiling point for 1-2 minutes, and then allow to cool until there is no visible steam before blending.





# Roasted Tomato & Capsicum Soup with Salsa Verde

  Prep 10 mins / Cook 55 mins  
 Makes 1.2L / Serves 4

6 large plum tomatoes, halved lengthwise  
2 large red capsicums, seeds removed, quartered  
1 red onion, quartered  
3 garlic cloves, peeled  
2 tablespoons olive oil  
500ml vegetable stock, at room temperature  
2 teaspoons tomato puree  
20g basil leaves, plus extra to garnish  
Salt and freshly ground pepper, to taste  
Salsa verde, to serve

1. Preheat oven to 200°C no fan (180°C fan assisted/ Gas Mark 6). Line a large baking tray with nonstick baking paper.
2. Place tomatoes, capsicums, onion and garlic onto tray. Drizzle with olive oil and season with salt and pepper. Toss lightly to coat. Roast for 40–45 minutes, or until golden brown and softened. Set aside to cool for 5 minutes.
3. Using tongs, transfer roasted vegetables into blender jug. Add stock and tomato puree and secure lid.

 *SOUP* until program finishes.

4. Add basil, season to taste with salt and pepper and secure lid.

 *PUREE* 30 seconds.

**Serve:** divide soup among serving bowls, drizzle salsa verde over soup and garnish with basil leaves.

**Tip:** we have used shelf stable UHT stocks in our soup recipes.

*If using fresh stock, stock must be heated to boiling point for 1–2 minutes, and then allow to cool until there is no visible steam before blending.*

# Salsa Verde

   Prep 10 mins  
 Makes 400ml (1½ cup)

7 drained anchovy fillets  
80g fresh flat leaf parsley  
2 tablespoons drained baby capers  
2 tablespoons fresh lemon juice  
100ml olive oil

1. Place ingredients into blender jug and secure lid, or into personal blender cup and secure blade assembly.

 *MIX* 35–40 seconds or until combined.

**Storage:** transfer to a clean, airtight container. Store in the fridge for up to 3 days.

**Tip:** serve on soups or serve with grilled or pan-fried meats, poultry or seafood or roasted vegetables. Mix some salsa verde with lemon juice or mayonnaise as a dressing for potato salad.







## Thai Spiced Butternut Pumpkin Soup



Prep 10 mins / Cook 35 mins

Makes 1.2L / Serves 4

1 tablespoon organic coconut oil  
4 tablespoons Thai Red Curry Paste (see page 66)  
650g butternut pumpkin, peeled, cut into 4cm pieces  
700ml chicken stock  
270ml coconut milk  
2 teaspoons fish sauce, or more, to taste

### TO SERVE

Thinly shredded kaffir lime leaves, chilli flakes, chopped roasted cashews.

1. Heat coconut oil in a saucepan over medium heat. Add the curry paste and cook, stirring, for 2–3 minutes or until fragrant.
2. Add pumpkin and stock. Increase heat to high and bring to the boil. Reduce heat to medium low and simmer, covered for 20 minutes or until pumpkin is tender. Allow to cool until there is no visible steam.
3. Reserve  $\frac{1}{2}$  cup coconut milk and set aside.
4. Add remaining coconut milk, fish sauce and pumpkin mixture to the blender jug and secure lid.

**PUREE** 2–3 minutes or until hot.

*Serve: divide soup among serving bowls. Drizzle with reserved coconut milk. Garnish with kaffir lime leaves, chilli flakes and cashews.*



## Speedy Tortilla Soup



Prep 10 mins / Cook 15 mins

Makes 1.2L / Serves 4

1 onion, halved  
2 garlic cloves, peeled  
60ml vegetable oil  
2 teaspoons Mexican chilli powder  
 $\frac{1}{2}$  teaspoon ground cumin  
2 tablespoons tomato puree  
400g canned diced tomatoes  
500ml vegetable stock, at room temperature  
2 celery sticks, halved  
1 teaspoon dried oregano leaves  
420g canned red kidney beans, drained, rinsed  
3 x 10cm-diameter corn tortillas, cut into  $\frac{1}{2}$  cm thin strips  
1 avocado, sliced  
1–2 corn cobs, husk removed, blanched, kernels reserved  
25g coriander leaves  
2 tablespoons fresh lime juice  
Salt and freshly ground pepper, to taste.

1. Place onion and garlic into blender jug and secure lid.  
**CHOP** 10 seconds or until roughly chopped.
2. Heat 1 tablespoon oil in a frying pan over medium heat. Add onion mixture, Mexican chilli powder and cumin. Cook, stirring, for 3 minutes or until onion has softened. Add tomato puree and cook, stirring, for 1 minute. Transfer to blender jug.
3. Add tomatoes, stock, celery and oregano to blender jug and secure lid.  
**SOUP** until program finishes.
4. Reserve 100g drained kidney beans. Add remaining beans to blender jug and secure lid.  
**PUREE** 2 minutes, season with salt and pepper.
5. Meanwhile heat remaining oil in a large non-stick frying pan over medium-high heat. Add half the tortillas. Cook, turning, for 2 minutes or until golden and crisp. Transfer to a plate lined with paper towel. Repeat with remaining tortilla pieces, reheating pan between batches.
6. Combine reserved kidney beans, avocado, corn kernels, coriander and lime juice in a bowl. Season with salt and pepper.

*Serve: divide soup among serving bowls, top with avocado mixture and tortilla strips.*





# Magical Milling

Gluten Free Flour Mix

Gluten Free Pizza Dough

Gluten Free Pasta Dough

Wholewheat Bread

Chocolate Chip Brown Butter Cookies

Linseed, Sunflower & Almond Meal (LSA Meal)

Chewy Oat, Pepitta & LSA Cookies

Buttermilk Cornbread

Buckwheat, Quinoa & Apple Cake






## Gluten Free Flour Mix

 Prep 10 mins  
 Makes 1kg

360g medium grain white rice  
200g brown rice  
160g dried skim milk powder  
210g gluten free 100% cornflour  
170g organic tapioca flour  
40g organic potato flour  
20g xanthan gum



1. Place white and brown rice into blender jug and secure lid.  
 **MILL** 1½–2 minutes or until finely ground.  
Transfer to a bowl.
2. Add remaining ingredients to rice flour mixture.  
Using a whisk, stir mixture until evenly combined.

**Storage:** transfer to a clean, airtight container.  
Store in the fridge for up to 2 months.




**Tip:** This gluten free flour mix can be used as a plain flour substitute.



## Gluten Free Pizza Dough



 Prep 10 mins + 45 mins rising time / Cook 20 mins  
 Makes 1 x 26cm pizza

350g gluten free flour mix  
1 tablespoon instant dried yeast  
1 teaspoon sugar  
¾ teaspoon salt  
160ml warm water  
60ml extra virgin olive oil, plus extra for drizzling


1. Place flour, yeast, sugar and salt into blender jug and secure lid.  
 **STIR** 10 seconds or until combined.  
Use tamper to help combine ingredients.
2. Pour water and oil into blender jug and secure lid.  
 **STIR** 30–45 seconds.
3. Scrape down sides and repeat until dough forms a ball and is soft.  
 **PULSE** 5 times to assist with lifting the dough off the blades.
4. Lightly flour work surface with gluten free flour mix. Carefully scrape out dough onto work surface. Knead for 30 seconds or until a smooth dough forms. Transfer to a bowl. Drizzle with olive oil. Toss lightly to cover dough with oil. Cover with plastic wrap and a tea towel. Set aside in a warm place for 45 mins or until doubled in size.
5. Tip to make pizza: preheat oven to 220°C no fan (200°C fan assisted / Gas mark 7). Lightly flour working surface with gluten free flour mix. Roll dough to approx. 26cm diameter round. Place onto a greased round pizza tray. Roll edges in to form the crust. Brush edges with a little oil. Bake for 5–7 minutes or until lightly golden.
6. Top with pizza sauce, your favourite toppings and cheese. Bake for a further 7–8 minutes or until base is crisp and golden and cheese is golden brown.



# Gluten Free Pasta Dough

 Prep 20 mins / Cook 10 mins  
 Serves 2

- 125g brown rice
- 125g dried chickpeas
- 130g tapioca flour
- 1½ teaspoons xanthan gum
- 2 eggs
- 1 tablespoon olive oil
- Pinch salt
- 1 – 2 tablespoons water

1. Place rice and chickpeas into blender jug and secure lid.  
 **MILL** 30 seconds to 1 minute or until finely ground into flour. Reserve ¼ cup of rice flour mixture to use for dusting.
2. Place flour mixture into a bowl. Add tapioca flour and xanthan gum and stir to combine. Create a well in the centre of the flour mixture. Crack eggs into the centre.



Add oil and a pinch of salt. Stir the mixture together from the centre slowly pulling in the flour from the edges until combined. If dough has not combined, add 1 – 2 tablespoons water, as required, until combined. Knead the dough until it forms a smooth ball and is no longer sticky.

3. Lightly flour the work surface with some of the remaining flour mixture. Roll out dough until 2mm thick.  
Cut into thin strips. Sprinkle some of the remaining flour mixture onto a clean dry tea towel. Place pasta on tea towel and set aside for 5–10 minutes or until lightly dried.
4. Cook, in batches, in a large saucepan of salted boiling water for 5–7 minutes or until al dente.


Serve: with your favourite pesto or pasta sauce.



# Wholewheat Bread

 Prep 10 min + 1 hour to rise / Cook 40 min.  
 Makes 1 loaf

- 560g whole wheat grains
- 2½ teaspoons dried yeast
- 40g softened butter
- 310ml warm water
- 2 teaspoons salt
- 2 teaspoons honey

1. Place wheat into blender jug and secure lid.  
 **MILL** 1-1½ minutes or until finely ground into flour.
2. Using an electric mixer, fitted with a dough hook, combine 3 cups of the whole wheat flour, yeast, butter, water, salt and honey. Knead on medium speed for 4 minutes. Add more whole wheat flour (up to ¾ cup), as needed, until dough pulls away from sides of the bowl. Continue kneading, in the electric mixer, for 5 minutes.
3. Place dough into a lightly greased bowl. Loosely cover with plastic food wrap. Set aside for 30 minutes in a warm, draft-free place or until doubled in size.
4. Lightly grease a 21cm x 11cm x 6.5cm loaf pan. Preheat oven to 200°C no fan (180°C fan assisted / Gas Mark 6).
5. Punch down dough and shape into a log to fit into prepared pan. Loosely cover with plastic food wrap. Set aside in a warm draft-free place for 30–40 minutes or until well risen.
6. Bake for 30–40 minutes or until cooked and golden brown. Remove from pan and transfer to a wire rack to cool.










## Chocolate Chip Brown Butter Cookies

  Prep 20 mins / Bake 10–12 mins  
 Makes 20 cookies

200g unsalted butter, diced  
 100g (½cup) caster sugar  
 170g (1 cup) brown sugar  
 Pinch salt  
 1 teaspoon vanilla extract  
 1 whole egg  
 1 egg yolk  
 270g (1¾ cup) plain flour  
 ½ teaspoon bi carb soda  
 200g chocolate chips (milk, dark or white can be used)

1. Preheat oven to 180°C no fan (170°C fan assisted/ Gas Mark 6). Line two baking trays with non-stick baking paper.
2. Melt 150g of butter in a heavy base saucepan over medium high heat until nutty brown, stirring occasionally.
3. Remove from heat, set aside for 2 minutes before adding remaining butter and allow to cool completely.
4. Place sugars, salt, vanilla, eggs and cooled nut butter into the blender jug and secure lid.
-  **MIX** 40 seconds.
5. Sift flour and soda into blender jug and secure lid.
-  **STIR** 30 seconds. Use tamper to press ingredients into blades.
6. Scrape down sides, add chocolate chips
-  **STIR** 20 seconds. Use tamper to press ingredients into blades. Use tamper to press ingredients into blades. To avoid over mixing use a spatula to incorporate any remaining flour.
7. Form 2 tablespoons of cookie dough mixture into balls. Place onto prepared trays, 4cm apart.
8. Use the back of a spoon to flatten cookie dough slightly. Bake for about 10–12 minutes, swapping trays halfway during cooking, or until golden. Set aside on trays for 5 minutes. Transfer to a wire rack to cool completely.

*Use the auto clean function to remove excess cookie dough.*

**Tip:** Chill flattened cookie dough for 20 minutes before baking for more even shape.

**Storage:** Raw rolled cookie dough can be stored in the freezer for up to 2 months. When cooking from frozen, bake for an extra 2–4 minutes.




# Linseed, Sunflower & Almond Meal (LSA Meal)

 Prep 5 mins  
 Makes 460g

240g linseeds  
140g sunflower seeds  
85g raw (natural) almonds

1. Place ingredients into blender jug and secure lid.

 **MILL** 15-20 seconds or until finely ground into a meal.

**Storage:** Transfer to an airtight container. Store in the fridge for up to 3 months.

**Nutrition insight:** LSA is rich in essential nutrients including protein, omega-3 fats, fibre, vitamins E, D, B1, B2, B5 and minerals such as calcium, zinc and magnesium.



**Tip:** Add some LSA to your favourite smoothies, muesli or other breakfast cereals, yoghurt and muffin cake or cookie mixtures (see recipe page 35).

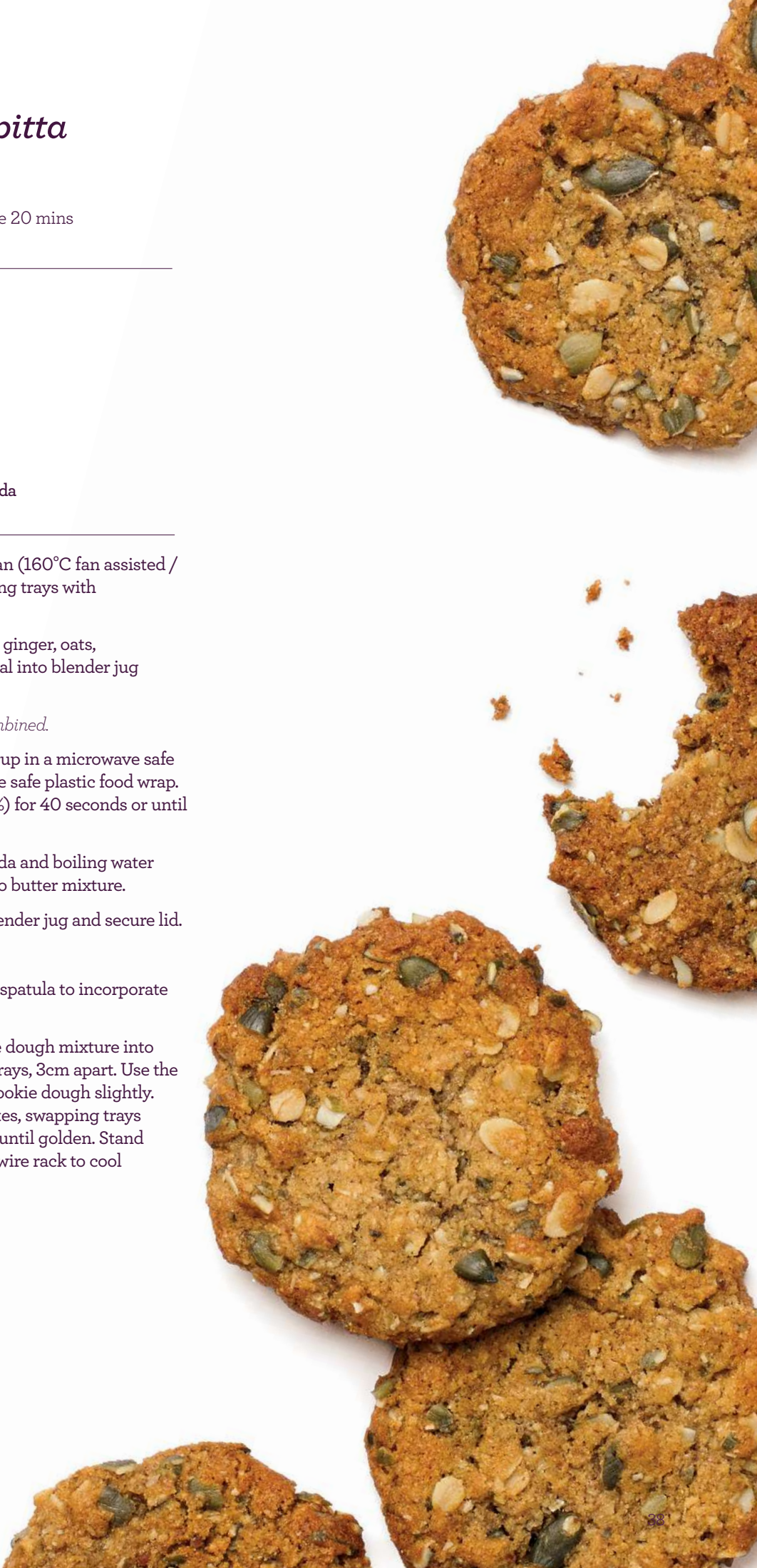


# Chewy Oat, Pepitta & LSA Cookies

 Prep 20 mins / Bake 20 mins  
 Makes 28 cookies

150g pumpkin seeds  
150g plain flour  
3 teaspoons ground ginger  
90g wholegrain rolled oats  
150g raw caster sugar  
40g desiccated coconut  
55g LSA meal  
170g unsalted butter, chopped  
4 tablespoons golden syrup  
1½ teaspoons bicarbonate of soda  
1 tablespoon boiling water

1. Preheat oven to 180°C no fan (160°C fan assisted / Gas Mark 6). Line two baking trays with non-stick baking paper.
2. Place pumpkin seeds, flour, ginger, oats, sugar, coconut and LSA meal into blender jug and secure lid.  
 **STIR** 20 seconds or until combined.
3. Place butter and golden syrup in a microwave safe bowl. Cover with microwave safe plastic food wrap. Microwave on HIGH (100%) for 40 seconds or until butter has melted.
4. Combine bicarbonate of soda and boiling water in a heatproof bowl. Stir into butter mixture.
5. Pour butter mixture into blender jug and secure lid.  
 **STIR** 30 seconds.
6. To avoid over mixing use a spatula to incorporate any remaining flour.
7. Form tablespoons of cookie dough mixture into balls. Place onto prepared trays, 3cm apart. Use the back of a spoon to flatten cookie dough slightly. Bake for about 10-12 minutes, swapping trays halfway during cooking, or until golden. Stand for 5 minutes; transfer to a wire rack to cool completely.









## Buttermilk Cornbread



⌚ Prep 5 mins / Cook 30 mins

⚖️ Makes 1 loaf

320g popping corn kernels  
2 teaspoons baking powder  
½ teaspoon bicarbonate of soda  
500ml buttermilk  
100g plain flour  
1 teaspoon sea salt  
2 eggs, lightly whisked  
60g butter, melted  
Butter, to serve

1. Preheat oven to 200°C no fan (180°C fan assisted). Grease and line base of a 21cm x 21cm x 4cm cake pan with non-stick baking paper.
2. Place corn into blender jug and secure lid.  
 *MILL 1½–2 minutes or until finely ground.*
3. Add baking powder, bicarbonate of soda, buttermilk, flour, salt, eggs and butter into blender jug and secure lid.  
 *STIR 30 seconds, scrape down sides and STIR for a further 15 seconds or until just combined. Pour into prepared pan.*
4. Bake for 25–30 minutes or until golden brown and when a skewer inserted into the centre comes out clean.

*Serve: Warm with butter or with your favourite soups or stews.*






## Buckwheat, Quinoa & Apple Cake



⌚ Prep 20 mins / Cook 45 mins

⚖️ Serves 10

200g raw buckwheat  
150g Quinoa flakes  
165g raw caster sugar  
1 tablespoon baking powder  
¼ teaspoon ground cinnamon  
2 eggs lightly beaten  
160ml reduced fat milk  
125ml macadamia nut oil  
90g apple sauce  
2 teaspoons vanilla extract  
2 green apples, peeled, cored, thinly sliced  
2 tablespoons apricot jam, slightly warmed

1. Preheat oven to 170°C no fan (150°C fan assisted/ Gas Mark 3). Grease and line base of a 20cm round Spring form pan with non-stick baking paper.
2. Place buckwheat and quinoa flakes into blender jug and secure lid.  
 *MILL 30 seconds or until finely ground.*
3. Add sugar, baking powder and cinnamon to blender jug.  
 *STIR 10 seconds or until combined.*
4. Add eggs, milk, oil, apple sauce and vanilla into blender jug and secure lid.  
 *STIR 30 seconds. Use spatula to combine remaining flour to avoid over mixing.*
5. Pour into prepared pan. Arrange apple slices over top of cake batter. Bake for 45–55 minutes or until a skewer inserted in the centre comes out clean. Stand in pan for 5 minutes. Remove from spring form pan and transfer to a wire rack. Brush top of cake with jam while cake is still hot. Set aside until cooled completely.

*Serve with thick Greek yoghurt.*







# Sweet Sensations

Peach, Passionfruit & Raspberry Yoghurt Pops

Chocolate Hazelnut & Banana Freeze

Banana, Pecan & Honey Frozen Yoghurt

Blood Orange & Rockmelon Granita

Coconut, Mango & Lime Gelato

Watermelon, Strawberry and Mint Sorbet

Lemon Sorbet



# Peach, Passionfruit & Raspberry Yoghurt Pops

  Prep 10 mins + 6 hours to freeze  
 Makes 10

700g thick vanilla yoghurt  
410g canned peach slices in natural juice, drained  
2 passionfruit  
150g fresh or thawed frozen raspberries  
1 tablespoon caster sugar

1. Place 1 cup (260g) yoghurt, peaches and pulp from passion fruit into blender jug and secure lid.

 **PUREE** 8 seconds or until smooth.

2. Divide peach mixture among 10 x 125ml capacity ice-pop moulds.

3. Place remaining yoghurt, raspberries and sugar into blender jug and secure lid.

 **PUREE** 5 seconds or until smooth.




4. Pour gently into each ice-pop mould on top of peach mixture.

5. Place wooden stick into centre of each mould and into freezer for 6 hours or until firm.

*Tip: To remove ice-pops from moulds, dip moulds quickly into hot water and gently pull the ice-pops.*



# Chocolate Hazelnut & Banana Freeze


  Prep 5 mins + 5 hours to freeze  
 Serves 6-8

16 ice cubes  
160ml sweetened condensed milk  
250g chocolate hazelnut spread  
2 frozen bananas, sliced

1. Place ice cubes into blender jug and secure lid.

 **ICE CRUSH** 30 seconds or until most of the ice is crushed, scrape down sides of jug.

2. Place remaining ingredients into blender jug and secure lid.

 **FROZEN DESSERT** until program finishes. Repeat program if needed to become smooth. Use tamper to firmly press ingredients into the blades.




*Use cleaning program to remove excess ingredients.*

*Serve: Pour into a freezer-safe container and freeze for 5 hours or until firm before serving.*

*Storage: Transfer to a freezer-safe container and store for up to 2 weeks in the freezer.*




# Banana, Pecan & Honey Frozen Yoghurt

  Prep 5 mins + 30 mins to chill  
 Serves 6-8

4 frozen bananas, sliced  
2 tablespoons honey  
1 teaspoon vanilla extract  
140g Greek yoghurt  
70g pecan halves

1. Place ingredients into blender jug and secure lid.

 **FROZEN DESSERT** until program finishes or until combined and smooth. Use tamper to press ingredients firmly into the blades.

*Serve: Pour into a freezer-safe container and allow to firm in the freezer for 30 minutes before serving.*







## Coconut, Mango & Lime Gelato



⌚ Prep 10 mins

⚖️ Serves 6–8

600g frozen chopped mango  
1 lime, peeled, halved  
150ml coconut milk, chilled  
150g sweetened condensed milk, chilled  
20g toasted shredded coconut, cooled (optional)

1. Place ingredients into blender jug and secure lid.

👉 **FROZEN DESSERT** until program finishes or until smooth and combined. Use tamper to firmly press ingredients into the blades.

**Serve:** Immediately.

**Storage:** Transfer to a freezer-safe container and freeze for up to 2 weeks.



## Blood Orange & Rockmelon Granita



⌚ Prep 15 mins + 8 hours to freeze

⚖️ Serves 8–10

1 rockmelon, peeled, seeds removed, chopped  
200ml fresh blood orange juice (about 3–4 blood oranges)  
1 tablespoon fresh lemon juice  
110g caster sugar

1. Place ingredients into blender jug and secure lid.

👉 **PUREE** 20 seconds or until smooth and sugar has dissolved.

2. Pour into a 21cm x 21cm freezer-safe dish. Cover with foil. Place in the freezer for 8 hours, or overnight, until firm.

3. Using a fork, scrape granita mixture into fine crystals.

**Serve:** Immediately.

**Storage:** Transfer to a freezer-safe container and freeze for up to 2 weeks.



## Lemon Sorbet



⌚ Prep 5 mins

⚖️ Serves 4

4 lemons, peeled, halved  
1 teaspoon finely grated lemon rind  
100g caster sugar  
30 ice cubes

1. Place ingredients into blender jug and secure lid.

👉 **FROZEN DESSERT** until program finishes or until combined and smooth. Use tamper to firmly press ingredients into the blades.

**Serve:** Immediately.

**Storage:** Transfer to a freezer-safe container and freeze for up to 2 weeks.

## Watermelon, Strawberry and Mint Sorbet



⌚ Prep 10 mins

⚖️ Serves 6–8

300g frozen strawberries  
250g seedless watermelon, peeled, chopped  
2 small limes, peeled, halved  
55g sugar  
10 ice cubes  
15g fresh mint leaves

1. Chill watermelon and lime in freezer for 30 minutes before blending.

2. Place ingredients into blender jug and secure lid.

👉 **FROZEN DESSERT** until program finishes or until combined and smooth. Use tamper to firmly press ingredients into the blades.

**Serve:** Immediately.

**Storage:** Transfer to a freezer-safe container and freeze for up to 2 weeks.







# Nutty Butters & Milks

Almond, Linseed & Chia Butter

Chunky Pistachio & Macadamia Nut Butter

Maple Pecan & Brazil Nut Butter

Almond Milk

Cashew Milk

Soy Bean Milk






# Almond, Linseed & Chia Butter


  Prep 5 mins  
 Makes 500g

450g roasted almonds  
2 tablespoons linseeds  
1 tablespoon chia seeds  
2 tablespoons macadamia or rice bran oil

1. Place ingredients into blender jug and secure lid.

 Gradually increase speed to **PUREE** 45 seconds.  
Use tamper occasionally to press ingredients into blades if required.

2. Remove lid and scrape down sides of jug.

 **MILL** 30 seconds or until desired consistency is achieved.


Use cleaning program to remove excess ingredients.

**Storage:** transfer to a clean, airtight container or jar.

3. Store in the fridge for up to 1 month.

**Tip:** If the nut butter is too thick, add a little more oil to loosen mix.


# Chunky Pistachio & Macadamia Nut Butter

  Prep 5 mins / Cook 10 mins  
 Makes 350g

215g pistachio kernels  
140g unsalted macadamia nuts  
1 tablespoon macadamia or rice bran oil  
Pinch salt


1. Preheat oven to 180°C no fan (160°C fan assisted).

2. Place 80g pistachio kernels into blender jug and secure lid.


 **CHOP** 5 seconds or until roughly chopped and transfer to a bowl.

3. Place remaining pistachio kernels and macadamia nuts onto a large baking tray. Bake for 5–6 minutes or until lightly roasted. Set aside for 15 minutes to cool.

4. Place roasted nuts, oil and salt into blender jug and secure lid.

 Gradually increase speed to **PUREE** 45 seconds.  
Use tamper occasionally to press ingredients into blades if required

5. Remove lid and scrape down sides of jug.

 **MILL** 15 seconds or until desired consistency is achieved

6. Stop, scrape down sides then add reserved pistachio.

 **STIR** 20–30 seconds or until combined

Use cleaning program to remove excess ingredients

**Storage:** Transfer to a clean, airtight container or jar. Store in the fridge for up to 1 month.

**Tip:** For a greener pistachio butter use blanched, peeled pistachio kernels. These can be purchased from specialty food stores.

# Maple Pecan & Brazil Nut Butter

  Prep 10 mins / Cook 10 mins  
 Makes 350g


250g pecan halves  
75g Brazil nuts  
80ml pure maple syrup  
Pinch of ground cinnamon  
Pinch salt

1. Preheat oven to 180°C no fan (160°C fan assisted / Gas Mark 4). Line a large baking tray with non-stick baking paper.


2. Place pecans and Brazil nuts into a bowl. Drizzle with maple syrup and toss until evenly coated.

3. Spread evenly over prepared tray. Bake for 8–10 minutes, stirring nuts halfway through or until nuts are golden brown. Set aside for 10–15 minutes to cool.

4. Place cooled nuts and remaining ingredients into blender jug and secure lid.

 Gradually increase speed to **PUREE** 45 seconds.  
Use tamper occasionally to press ingredients into blades if required

5. Remove lid and scrape down sides of jug.

 **MILL** 15 seconds or until desired consistency is achieved.

Use cleaning program to remove excess ingredients

**Storage:** Transfer to a clean, airtight container or jar. Store in the fridge for up to 1 month.

**Tip:** If the nut butter is too thick, add a little oil to loosen mix.







## Almond Milk



⌚ Prep 15 mins

🥤 Makes 1L

150g raw almonds  
1L chilled filtered water

1. Place almonds and filtered water into the blender jug and secure lid.

🌀 **MILL** 30 seconds or until almost smooth.

2. Place a nut milk bag (or line a sieve with a large piece of muslin) over a large clean jug and pour nut mixture into bag. Close bag and squeeze the pulp in the bag to extract as much milk as you can. Remove bag and discard pulp.

**Storage:** Transfer to a clean, airtight container. Store in the fridge for up to 3 days.

**Tip:** Sweeten the almond milk to taste with agave syrup or honey. Nut milk bags can be bought from health food stores. Muslin can be bought from fabric or kitchen supply stores.



## Cashew Milk



⌚ Prep 15 mins + 8 hours to soak

🥤 Makes 1L

310g raw cashews  
1L chilled filtered water

1. Place cashews in a large glass or ceramic bowl. Cover with cold water and seal with plastic food wrap. Place into the fridge for 8 hours, or overnight, to soak.
2. Drain cashews and rinse with cold water. Place cashews and filtered water into blender jug and secure lid.
3. Place a nut milk bag (or line a sieve with a large piece of muslin) over a large clean jug and pour nut mixture into bag. Close bag and squeeze the pulp in the bag to extract as much milk as you can. Remove bag and discard pulp.

🌀 **MILL** 30–40 seconds.

**Storage:** Transfer to a clean, airtight container. Store in the fridge for up to 3 days.

**Tip:** Sweeten the cashew milk to taste with agave syrup or honey. To make cashew cream, only add 500mls chilled filtered water. Nut milk bags can be bought from health food stores. Muslin can be bought from fabric or kitchen supply stores.



## Soy Bean Milk



⌚ Prep 15 mins + 8 hours to soak / Cook 15 mins

🥤 Makes 700ml

160g organic dried soy beans  
1L chilled filtered water

1. Place soybeans in a glass or ceramic bowl. Cover with cold water and seal with plastic food wrap. Place in the fridge and for 8–10 hours, or overnight, to soak.
2. Drain soybeans and rinse with cold water. Discard any discoloured beans. Place soy beans and filtered water into blender jug and secure lid.
3. Place a nut milk bag (or line a sieve with a large piece of muslin) over a large clean jug. Pour soybean mixture into the bag. Close bag and gently squeeze the pulp to extract out as much liquid as you can. Discard pulp. Repeat with the remaining soaked soy beans and filtered water.
4. Place soybean milk into a medium saucepan over a medium heat. Bring to a gentle boil, reduce heat to low and simmer for 10–15 minutes, skimming away any foam from the surface. Remove from heat. Allow to cool and refrigerate for 2 hours or until well chilled.

**Storage:** Transfer to a clean, airtight container and store in the fridge for up to 3 days.

**Tip:** Sweeten the soy milk to taste with agave syrup or honey. Nut milk bags can be bought from health food stores. Muslin can be bought from fabric or kitchen supply stores.





# Get Saucy

Strawberry & Raspberry Sauce

Creamy Mayonnaise

Homemade Spicy Barbecue Sauce

Indulgent Chocolate Sauce

Quick & Easy Hollandaise

Buttermilk & Feta Dressing

Cherry Tomato Vinaigrette

Whole Orange Dijon Vinaigrette

Lime & Wasabi Vinaigrette





## Strawberry & Raspberry Sauce

  Prep 5 mins  
 Makes 400ml

250g strawberries, trimmed  
125g raspberries  
55g raw caster sugar

1. Place ingredients into blender jug and secure lid or into personal blender cup and secure blade assembly.

 Gradually turn up to **PUREE** for 20 seconds or until smooth.

**Storage:** Transfer to an airtight container and store in the fridge for up to 2 days.

**Tip:** This sauce is delicious drizzled over yoghurt and ice cream or your favourite dessert. For a more indulgent sauce add 1 tablespoon of Cointreau or triple sec liqueur.

To make the sauce super smooth, you could pass it through a sieve.


## Creamy Mayonnaise

  Prep 5 mins  
 Makes 20ml

4 egg yolks  
2 teaspoons Dijon mustard  
2 tablespoons lemon juice or white wine vinegar  
1 teaspoon salt  
350ml grape seed or light olive oil

1. Place egg yolks, mustard, lemon juice and salt into blender jug and secure lid.

 **MIX** 10 seconds or until combined.

 **MIX** 2-3 minutes. While the motor is running, lift the inner cap slightly and gradually add oil in a thin stream until mixture thickens and becomes emulsified.

**Storage:** Transfer to an airtight container and store in the fridge for up to 1 week.

**Tip:** To make an aioli, add 2 garlic cloves and increase lemon juice to 2 tablespoons. For a lime aioli use lime juice instead of lemon juice.

## Homemade Spicy Barbecue Sauce

  Prep 10 mins / Cook 1 hour 10 mins  
 Makes 1.25L

1 onion, quartered  
3 garlic cloves, peeled  
1 long red chilli or habanero chilli, seeded  
700ml tomato passata  
½ cup spiced BBQ rub (see page 63)  
75g brown sugar  
80ml apple cider vinegar

115g molasses or treacle  
60g honey  
2 tablespoons Dijon or wholegrain mustard  
1 tablespoon olive oil  
salt and finely ground pepper, to taste

1. Place ingredients into blender jug and secure lid.

 **PUREE** 40-50 seconds or until combined and smooth.

2. In a large saucepan over medium heat. Add tomato passata mixture. Bring to the boil; reduce heat and simmer, covered, stirring occasionally, for 50-60 minutes or until thickened. Season with salt and pepper. Set aside to cool.

**Storage:** Transfer to an airtight container and store in the fridge for up to 2 months.



## Indulgent Chocolate Sauce



Prep 5 mins

Makes 625ml

250ml double cream  
125ml water  
340g dark chocolate, broken down into pieces  
40g pure icing sugar  
2 tablespoons hazelnut liqueur (optional)

1. Place ingredients into blender jug and secure lid.

**CHOP** 10 seconds.

**MILL** 2 minutes or until melted and smooth.  
Use tamper occasionally to press ingredients into blades if required.

**Serve:** With your favourite dessert.



## Quick & Easy Hollandaise



Prep 5 mins

Makes 300ml

3 egg yolks  
1½ tablespoons lemon juice or white wine vinegar  
1 tablespoon hot water  
¾ teaspoons sea salt  
250g unsalted butter, melted

1. Place egg yolks, lemon juice or vinegar, water and salt into blender jug and secure lid.

**MILL** 30 seconds or until pale and creamy.

**BLEND** 1-2 minutes. While motor is running, slightly remove inner cap and gradually add melted butter in a thin, steady stream, continue blending for 30 seconds or until sauce has thickened.

**Serve:** Immediately with poached eggs, steamed asparagus or potato cakes.





## Buttermilk & Feta Dressing



 Prep 5 mins  
 Makes 250ml

125ml buttermilk  
 100g feta cheese  
 2 tablespoons olive oil  
 2 tablespoons lemon juice  
 1 small garlic clove, peeled  
 ½ teaspoon finely grated lemon rind  
 Salt and freshly ground black pepper, to taste

1. Place buttermilk, feta, olive oil, lemon juice and garlic into blender jug and secure lid or into personal blender cup and secure blade assembly.

 **BLEND** 20 seconds or until smooth.

2. Add lemon rind, season with salt and pepper.

 **STIR** 5 seconds or until combined.

**Serve:** Drizzle over your favourite salad or add use as a dressing for potato.

**Storage:** Transfer to a clean airtight container and store in the fridge for up to 2 days.

## Cherry Tomato Vinaigrette



 Prep 5 mins  
 Makes 440ml

250g cherry tomatoes  
 150ml olive oil  
 1–2 tablespoon balsamic or white balsamic vinegar  
 1 small garlic clove, peeled  
 15g fresh basil leaves  
 1 tablespoon flat leaf parsley  
 Sea salt and freshly ground pepper, to taste

1. Place ingredients into blender jug and secure lid or into personal blender cup and secure blade assembly.

 **BLEND** 8–10 seconds or until combined, season to taste with salt and pepper.

**Serve:** Drizzle over your favourite salad greens.

**Storage:** Transfer to a clean airtight container and store in the fridge for up to 3 days.

## Whole Orange Dijon Vinaigrette



 Prep 10 mins  
 Makes 450ml

1 orange, finely grated rind and flesh  
 1 French shallot  
 1 garlic clove, peeled  
 2½ tablespoons white wine vinegar  
 2 tablespoons Dijon mustard  
 1 tablespoon honey  
 150ml olive oil  
 Sea salt and freshly ground pepper, to taste

1. Place ingredients into blender jug and secure lid or into personal blender cup and secure blade assembly.

 **BLEND** 20–25 seconds or until smooth and combined.

**Serve:** With your favourite salad.

**Storage:** Transfer to an airtight container and store in the fridge for up to 3 days.


## Lime & Wasabi Vinaigrette



 Prep 5 mins  
 Makes 350ml

2 limes, finely grated rind and flesh  
 2 tablespoons rice wine vinegar  
 40g wasabi paste  
 160ml rice bran or grapeseed oil  
 Sea salt and freshly ground pepper, to taste

1. Place ingredients into blender jug and secure lid or into personal blender cup and secure blade assembly.

 **BLEND** 20–30 seconds or until smooth and combined. Season to taste with salt and pepper.

**Serve:** Drizzle over your favourite salad greens or use as a dressing for a chicken, tuna or prawn salad.

**Storage:** Transfer to a clean airtight container and store in the fridge for up to 3 days.





# Exotic Spices & Pastes

Moroccan Spice Blend

Jamaican Jerk Pork Ribs

Slow Cooked Pulled Pork Sliders

Barbecued Piri Piri Chicken

Thai Red Curry Paste

Red Curry Prawn Skewers

Steak with 4 Herb Chimichurri



## Moroccan Spice Blend

  ⌚ Prep 10 mins  
⚖️ Makes 75g

12 cardamom pods  
4 tablespoons cumin seeds  
2½ tablespoons coriander seeds  
2 cinnamon sticks, halved  
2 teaspoons fennel seeds  
½ teaspoon whole black peppercorns  
½ teaspoon whole allspice berries  
2 teaspoons paprika  
1½ teaspoons ground turmeric

1. Lightly crush the cardamom pods to remove seeds. Discard pods and reserve the seeds.
2. Place cardamom seeds, cumin, coriander, cinnamon, fennel, peppercorns and allspice into blender jug and secure lid, or into personal blender cup and secure blade assembly.

 **MILL** 20–30 seconds or until finely ground. Transfer to a bowl.

3. Add paprika and turmeric. Stir with a fork until combined. Transfer to a clean, dry airtight container. Store in a cool dry place for up to 3 months.

*Tip: Sprinkle spice mix over your favourite lamb, beef, poultry or vegetables and then pan-fry, barbecue or roast. Add to casseroles, stews or soups. As a guide use 1 tablespoon spice blend to 500g meat, poultry or vegetables.*

## Moroccan Lamb Cutlets

⌚ Prep 10 mins / Cook 15 mins  
⚖️ Serves 4

16 (approx 1kg) lamb cutlets  
2½ tablespoons Moroccan spice blend  
Salt and pepper, to taste  
1 tablespoon olive oil  
Lemon wedges, to serve

1. Place lamb in a bowl. Sprinkle over spice blend and toss to coat. Season with salt and pepper.
2. Heat oil in a large frying pan over medium high heat. Cook lamb in batches for 2 minutes each side for medium rare or until cooked to your liking. Transfer to a heatproof plate. Cover with foil; set aside to rest for 5 minutes.

*Serve: With lemon wedges.*



## Jamaican Jerk Pork Ribs

 ⌚ Prep 20 mins plus 4 hours marinating / Cook 2 hours  
⚖️ Serves 4 – 6



2kg American style pork ribs (baby back ribs)

### SPICE RUB

10g dried rosemary  
6 whole allspice berries  
¼ cinnamon stick  
1 tablespoon dried garlic granules  
1 tablespoon curry powder  
1 tablespoon sea salt  
½ teaspoon yellow mustard seeds  
½ teaspoon brown mustard seeds  
60g habanero or scotch bonnet chillies, seeds removed  
10g firmly packed fresh flat leaf parsley  
2 spring onions, roughly chopped  
2 teaspoons fresh thyme leaves  
2½ tablespoons apple cider vinegar  
60ml orange juice

### JAMAICAN JERK SAUCE

1 red onion, quartered  
3 cloves garlic  
1 tablespoon oil  
60ml Jamaican or Caribbean spiced dark rum  
950ml tomato ketchup  
2½ tablespoons apple cider vinegar  
55g brown sugar

1. To make Spice Rub: place rosemary, allspice, cinnamon, dried garlic, curry powder, salt and mustard seeds into blender jug and secure lid.
-  **MILL** 10 seconds or until finely ground.
2. Add chillies, parsley, green onion, thyme, vinegar and orange juice and secure lid.
-  **PUREE** 30 seconds or until blended. Reserve ¼ cup spice rub in a bowl. Cover, set aside in the fridge.
3. Rub remaining spice rub over both sides of pork ribs. Wrap ribs in plastic food wrap. Place in fridge to marinate for 1–4 hours.
4. Preheat oven to 180°C (160°C fan assisted / Gas Mark 4). Line a large roasting pan with foil. Insert a lightly greased wire rack.
5. Place ribs onto wire rack. Carefully pour 1–2 cups of water into the base of the pan. Bake uncovered for 30 minutes then cover with foil and bake for a further 1½ hours or until tender, adding water to the base of the pan, if needed.
6. To make Jamaican Jerk Sauce: ingredients into blender jug and secure lid.

 **PUREE** 15–20 seconds or until smooth.




7. Pour mixture into medium saucepan. Simmer, partially covered, on a medium heat, stirring occasionally for 1 hour or until mixture has darkened and thickened. Set aside to cool.
8. Remove ribs from oven; brush both sides of ribs with some of the jerk sauce. Place ribs back on wire rack; bake for 10–15 minutes or until browned. Serve with remaining jerk sauce.

*Tip: The jerk spice rub marinade and sauce are also perfect on chicken and seafood. Quantities and cooking time will vary.*





## Slow Cooked Pulled Pork Sliders


  ⌚ Prep 15 mins + 4 hours to marinate / Cook 8 hours  
 Serves 10-12

2kg pork shoulder, cut into 4 pieces  
 2 tablespoons vegetable oil  
 Filtered water or reduced salt chicken stock, for cooking  
 250ml Homemade Spicy BBQ Sauce, (see page 55)  
 Mayonnaise, baby spinach, thinly sliced dill pickles  
 & pickled jalapeno chillies, to serve  
 Mini brioche buns or mini burger buns, split, toasted.

### SPICED BBQ RUB (Makes 170g)

4 tablespoons sweet paprika  
 2 tablespoons dried minced onion  
 2 tablespoons dried minced garlic  
 1 teaspoon whole black peppercorns  
 ½ teaspoon yellow mustard seeds  
 ½ teaspoon brown mustard seeds  
 2 tablespoons salt  
 ½ teaspoon cayenne pepper  
 55g brown sugar

1. To make spiced BBQ rub: place paprika, dried onion, dried garlic, peppercorns, mustard seeds, salt and cayenne into blender jug and secure lid, or into personal blender cup and secure blade assembly.

 **MILL** 5-10 seconds.

2. Add brown sugar and secure lid.

 **BLEND** 10-15 seconds.




3. Remove 5 tablespoons spice mixture and set aside. Transfer remaining spice mixture to a clean, dry, airtight container. Store in a cool, dark place for up to 3 months.
4. Rub reserved spice mixture all over pork. Wrap in plastic food wrap. Place in fridge to marinate for 4 hours, or overnight.
5. Remove pork from the fridge and allow to stand for 30 mins to bring back to room temperature.
6. Heat oil in a large, heavy based frying pan over high heat. Cook pork for 3-4 minutes each side or until well browned. Transfer pork to slow cooker pan. Cover with just enough water, or stock, to come ½ way up to the pork. Cover and cook on HIGH for 4-5 hours or LOW for 8-10 hours or until pork is tender.
7. Transfer pork to a large ceramic or glass dish. Using 2 forks, shred the pork. Strain pan juices from slow cooker, reserving ½ cup. Add reserved pan juices to pork to ease shredding and moisten the meat. Add ¾ cup of BBQ sauce; stir until combined.

*Serve: Sandwich mayonnaise, jalapenos, pork, dill pickles, baby spinach and a little extra BBQ sauce between buns.*



*Tip: Instead of using a slow cooker in step 6, cook pork in a pressure cooker for 45 minutes.*

## Barbecued Piri Piri Chicken


  ⌚ Prep 10 mins + 4 hours to marinate / Cook 25 mins  
 Makes 250ml of sauce / Serves 4

1 whole chicken (1.5kg), cut into eight pieces  
 Oil spray, to grease  
 Barbecued corn cobs, to serve  
 Lemon wedges, to serve

### PIRI PIRI SAUCE

4 long red chillies, cut into third's  
 9 birds eye chillies, left whole  
 3 garlic cloves, peeled  
 2 teaspoons sweet paprika  
 2 teaspoons smoked paprika  
 1 teaspoon dried oregano  
 1 teaspoon salt  
 60ml fresh lemon juice  
 180ml olive oil  
 60 ml whisky

1. Make deep diagonal cuts in chicken pieces and place into resealable bag. Place in fridge until needed.
2. To make piri piri sauce: place all sauce ingredients except the whisky into blender jug and secure lid, or into personal blender cup and secure blade assembly.

 **CHOP** 10 seconds, scrape down sides then **PUREE** for 20-30 seconds or until almost smooth.

3. Pour half the piri piri sauce in an airtight container and store in the fridge until ready to serve.

4. Add the whisky to remaining piri piri sauce into blender jug and secure lid.

 **STIR** 5 seconds

5. Pour onto prepared chicken pieces in resealable bag. Seal bag and toss to coat. Place in the fridge for 4 hours, or overnight, to marinate.
6. Heat a barbecue or chargrill plate to medium-high heat. Spray chicken with oil. Cook for 20-25 minutes, turning occasionally or until charred and cooked through.

*Serve: with remaining piri piri sauce, corn cobs and lemon wedges.*

*Tip: If you like your sauce a little less hot, remove seeds from the chillies before adding to the blender. For roasted piri piri chicken: place marinated chicken pieces onto a greased rack over a baking tray lined with foil. Bake at 200°C (150°C fan assisted / Gas Mark 6) for 35-40 minutes or until chicken is cooked through.*






# Thai Red Curry Paste

 Prep 25 mins / Cook 5 mins  
 Makes 425ml

22g dried long red chillies (about 6-7cm long)  
4cm piece galangal or ginger, peeled, thinly sliced  
2 lemongrass stems, trimmed, roughly chopped  
12-14 coriander roots, scraped clean  
1 teaspoon roasted shrimp paste (belacan), optional (See Tip)  
10 fresh kaffir lime leaves, stems removed, thinly shredded  
80ml rice bran or vegetable oil  
4 Asian or red shallots, roughly chopped  
12 cloves garlic, peeled  
2 teaspoons salt

1. Place chillies in a heatproof bowl. Cover with boiling water and soak for approximately 15 minutes or until softened then drain.
2. Place drained chillies and remaining ingredients apart from the oil into blender jug and secure lid.

 **MIX** for 20 seconds. Use tamper occasionally to press ingredients into blades if required. Scraping down the sides half way through.

 **BLEND** 30-40 seconds or until desired texture.

Use cleaning program to remove excess ingredients




**Storage:** transfer to a clean glass jar. Paste can be stored in refrigerator with a little extra oil over the top for 1 week or frozen for 1 month.

**Tip:** roasted shrimp paste can be bought from the Asian aisle of your supermarket. If you can't get roasted shrimp paste, use unroasted shrimp paste. However you will need to roast it prior to use.

Wrap the shrimp paste in a piece of aluminium foil. Cook in a preheated hot oven-grill for 1-2 minutes each side.




# Red Curry Prawn Skewers

  Prep 10 mins + 1 hour marinate  
 Cook 5 mins / Serves 4

125ml coconut milk  
80g Thai red curry paste  
4 kaffir lime leaves  
600g (about 20) large raw king prawns, peeled, tails kept intact  
20 bamboo or wooden skewers

**TO SERVE**  
Fresh coriander leaves and lime wedges

1. Place coconut milk, curry paste and kaffir lime leaves into blender jug and secure lid, or into personal blender cup and secure blade assembly
-  **PUREE** 10 seconds or until combined.
2. Pour coconut milk mixture into a bowl and add prawns. Toss to combine, cover and place in the fridge for 1 hour to marinate.
3. Meanwhile soak skewers in a bowl of cold water for 30 mins and drain.
4. Preheat a barbecue or chargrill on medium high heat. Thread prawns onto bamboo skewers. Cook, in batches, for 1-2 minutes each side or until cooked through.


**Serve:** Transfer to a large serving platter. Squeeze over lime and garnish with coriander.

# Steak with 4 Herb Chimichurri

 Prep 10 mins / Cook 15 mins  
 Makes about 450ml / Serves 4

4 x 200g porterhouse sirloin steaks  
Salt and freshly ground black pepper, to taste

**CHIMICHURRI SAUCE**  
280ml olive oil, plus extra to brush steaks  
5 garlic cloves, peeled  
3 green onions, cut into quarters  
30g fresh flat leaf parsley  
20g fresh coriander leaves  
10g fresh oregano leaves  
¼ teaspoon fresh thyme leaves  
1 jalapeno chilli, seeded, quartered  
2 teaspoons dried chilli flakes  
60ml lemon juice  
2 tablespoons lime juice

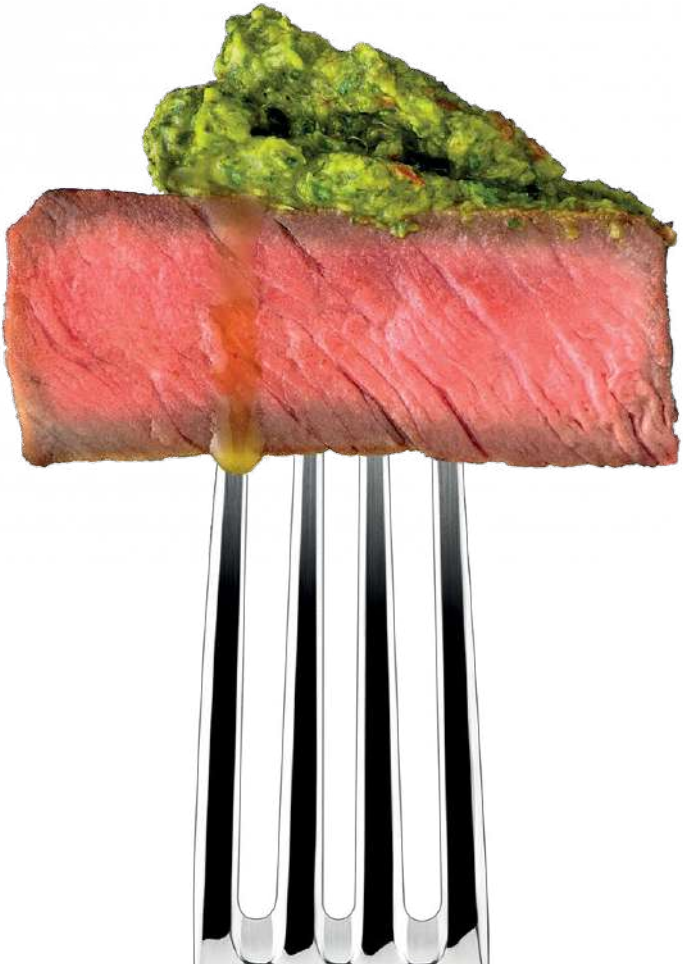
1. To make Chimichurri sauce; Place ingredients into blender jug and secure lid or into personal blender cup and secure blade assembly.
-  **CHOP** 15-20 seconds or until smooth, scraping halfway through with a spatula if required.
2. Transfer to a bowl. Season to taste with salt and pepper. Cover with plastic food wrap; chill in the fridge until required.

 Prep 10 mins  
 Makes about 245ml / Serves 2-3

**CHIMICHURRI SAUCE**  
140ml olive oil, plus extra to brush steaks  
3 garlic cloves, peeled  
2 green onions, halved cut into quarters  
15g fresh flat leaf parsley  
10g fresh coriander leaves  
5g fresh oregano leaves  
1 sprig fresh thyme leaves  
½ jalapeno chilli, seeded, quartered  
1 teaspoons dried chilli flakes  
30ml lemon juice  
1 tablespoon lime juice

3. Heat a large chargrill pan or barbeque to high heat. Lightly brush steaks with oil. Season with salt and pepper. Cook for 3 mins each side or until browned. Transfer to a wire rack over a plate. Loosely cover with foil and set aside for 5-6 minutes, to rest.

**Serve:** Divide steaks among serving plates and drizzle with chimichurri sauce.







# Double Dipping

Pistachio & Hazelnut Dukkah

Rocket Pesto Dip

Chargrilled Capsicum Hummus



Spicy Cashew Dip

Feta, Jalapeno & Avocado Dip

Spiced Raw Carrot & Coriander Dip






# Pistachio & Hazelnut Dukkah

 Prep 15 mins / Cook 15 mins  
 Makes 210g / 2 cups

- 100g pistachio kernels
- 100g hazelnuts
- 45g sesame seeds
- 2 tablespoons coriander seeds
- 2 tablespoons cumin seeds
- ½ teaspoon black peppercorns
- 1 teaspoon sea salt


TO SERVE  
Sliced crusty bread and olive oil.

1. Preheat oven to 180°C no fan (160°C fan assisted).
2. Place nuts on a large baking tray. Roast for 5–8 minutes or until golden. Tip nuts onto a clean tea towel and, using the tea towel, rub off as much skin as possible. Transfer to a bowl. Set aside to cool.
3. Place nuts into blender jug and secure lid, or into personal blender cup and secure blade assembly.  
 **CHOP** 3–5 seconds or until finely chopped and return nuts back to bowl.
4. Place a frying pan over a medium heat. Add sesame seeds and cook, stirring for 2 minutes or until lightly toasted. Add to nut mixture.
5. Add coriander seeds, cumin seeds and peppercorns to the frying pan. Cook, stirring, over medium heat for 4 minutes or until fragrant and seeds begin to pop. Set aside to cool.

 Prep 10 mins / Cook 15 mins  
 Makes 150g / 1 cup

- 50g pistachio kernels
- 50g hazelnuts
- 2 tablespoons sesame seeds
- 1 tablespoon coriander seeds
- 1 tablespoon cumin seeds
- ¼ teaspoon black peppercorns
- ½ teaspoon sea salt

TO SERVE  
Sliced crusty bread and olive oil.

6. Place spices and salt into blender jug and secure lid.  
 **MILL** 20–30 seconds or until finely ground. Add to sesame seed mixture and toss to combine.  
**Serve:** Place some dukkah and extra virgin olive oil into separate bowls. Serve with bread.  
**Storage:** Store in an airtight container in a cool dark place or in the fridge for up to 2 months.



# Rocket Pesto Dip

 Prep 10 mins  
 Makes 280g / 1 cup

- 75g baby rocket leaves
- 35g finely grated parmesan cheese
- 45g pine nuts, toasted
- 2 garlic cloves, peeled
- 100ml olive oil, plus extra to cover
- 2 teaspoons lemon juice
- Salt and freshly ground black, to taste

TO SERVE  
Flat bread, vegetable crudites or chopped Turkish bread

1. Place all the ingredients into the blender jug and secure lid.  
 **CHOP** 20–30 seconds or until finely chopped and almost smooth, scraping down ingredients if necessary. Season to taste with salt and pepper.  
**Serve:** transfer to a serving bowl and serve with flat bread, vegetable crudites or chopped Turkish bread.  
**Storage:** Store in an airtight container in the fridge for up to 3 days. Pour a little extra olive oil over to cover the top of the pesto (this helps prevent any oxidation or browning).  
**Tip:** This pesto is also perfect stirred through hot pasta. To make basil pesto swap rocket for fresh basil leaves.







## Chargrilled Capsicum Hummus



⌚ Prep 15 mins / Cook 20 mins

🥄 Makes 900g / 2 ½ cups

1 large red capsicum  
100ml olive oil  
2 x 425g canned chickpeas, drained, rinsed  
3 garlic cloves, peeled  
1 lemon, juiced  
2½ tablespoons tahini  
1 teaspoon ground cumin  
Salt and freshly ground pepper, to taste

### TO SERVE

Cumin seeds, toasted, to garnish Pitta bread

1. Rub capsicum with ½ tablespoon of the oil. Cook on a pre-heated chargrill plate or barbecue on high, turning regularly, for 20 minutes or until charred all over.
2. Transfer to a resealable plastic bag and set aside for 10 minutes or until softened and cooled slightly. Remove and discard skin and seed.
3. Place pepper and remaining ingredients into blender jug and secure lid, or into personal blender cup and secure blade assembly.

🌀 **CHOP** 15 seconds

🌀 **PUREE** 15 seconds or until desired consistency.  
Use tamper occasionally to press ingredients into blades if required.

Season with salt and pepper.



⌚ Prep 15 mins / Cook 20 mins

🥄 Makes 450g / 1 ¾ cups

1 red capsicum  
1 tablespoon olive oil  
425g canned chickpeas, drained, rinsed  
1 garlic cloves, peeled  
½ lemon, juiced  
1 tablespoon tahini  
½ teaspoon ground cumin  
Salt and freshly ground pepper, to taste

### TO SERVE

Cumin seeds, toasted, to garnish Pitta bread

*Serve: Transfer to a serving bowl, sprinkle with cumin seeds and a side of pitta bread.*

*Tip: If the mix is too thick add a little warm water.*



## Spicy Cashew Dip



⌚ Prep 10 mins plus 4 hours to soak

🥄 Makes 675g / 2½ cups

300g roasted unsalted cashews  
2 garlic cloves, peeled  
2 tablespoons sesame seeds  
125ml coconut milk  
80ml lemon juice  
1½ tablespoons olive oil  
½ teaspoon cayenne pepper  
Salt and freshly ground black pepper, to taste

### TO SERVE

Tortilla crisps, cucumber or carrot sticks and cayenne.

1. Place cashews in a glass or ceramic bowl. Cover with filtered water. Seal with plastic food wrap. Place in fridge for 4 hours, or overnight, to soak. (The longer you soak the cashews the creamier the consistency of the dip will become).



⌚ Prep 10 mins plus 4 hours to soak

🥄 Makes 350g / 1½ cups

150g roasted unsalted cashews  
1 garlic clove, peeled  
1 tablespoon sesame seeds  
100ml coconut milk  
60ml lemon juice  
1 tablespoon olive oil  
¼ teaspoon cayenne pepper  
Salt and freshly ground black pepper, to taste

### TO SERVE

Tortilla crisps, cucumber or carrot sticks and cayenne.

2. Drain cashews and place into blender jug. Add remaining ingredients into blender jug and secure lid or into personal blender cup and secure blade assembly.

🌀 **MIX** 15 seconds or until smooth. Use tamper occasionally to press ingredients into blades if required.

*Serve: transfer to a serving bowl, sprinkle with cayenne pepper. Serve with Tortilla crisps, cucumber and carrot sticks.*








# Feta, Jalapeno & Avocado Dip

 Prep 10 mins  
 Makes 625g/ 2½ cups



- 1 small red onion, peeled, quartered, extra for garnish
- 4 fresh jalapeno chillies, seeds removed
- 2 avocado
- 340g feta cheese
- 60ml lime juice
- 1 garlic clove, peeled
- Salt and freshly ground pepper, to taste
- Chopped fresh coriander leaves, to garnish

TO SERVE  
Tortilla or tortilla chips

1. Place onion and jalapeno into blender jug and secure lid.  
 **CHOP** 8 seconds or until chopped.
2. Add remaining ingredients to the blender jug and secure lid.  
 **CHOP** 15 seconds
-  **MIX** 15 seconds or until smooth. Use tamper occasionally to press ingredients into blades if required.  
  
Season with salt and pepper.  
  
**Serve:** Transfer to a serving bowl. Garnish with coriander and serve with tortilla or tortilla chips.









# Spiced Raw Carrot & Coriander Dip

 Prep 15 mins + 1 hour to chill  
 Makes 745g / 2½ cups

- 3 carrots, peeled, coarsely chopped
- 125ml water
- 75g tahini
- 2 tablespoons lemon juice
- 1 French shallot, peeled, quartered
- 2 fresh dates, pitted
- 1.5cm piece fresh ginger, peeled, sliced
- 60ml olive oil
- 1½ teaspoons ground cumin
- 1 teaspoon garam masala
- 15g fresh coriander leaves
- Salt and freshly ground pepper, to taste




TO SERVE  
Chargrilled chapati bread, crackers or cucumber sticks.

1. Place carrots and water into blender jug and secure lid.  
 **CHOP** 15 seconds.
-  **PUREE** for a further 15 seconds or until smooth.
2. Add tahini, lemon juice, shallot, dates, ginger, oil, cumin, garam masala.  
 **CHOP** 20 seconds or until smooth.
3. Add coriander and season with salt and pepper.  
 **CHOP** 5 seconds or until roughly combined.
4. Transfer to a serving bowl and cover with plastic food wrap. Chill for at least 1 hour before serving.  
  
**Serve:** With torn chapatti bread, crackers or cucumber sticks.

 Prep 15 mins + 1 hour to chill  
 Makes 420g / 1½ cups

- 2 small carrots, peeled, coarsely chopped
- 80ml water
- 2 tablespoons tahini
- 1 tablespoon lemon juice
- 1 French shallot, peeled, quartered
- 1 fresh date, pitted
- ½ cm piece fresh ginger, peeled
- 1 tablespoon olive oil
- 1 teaspoon ground cumin
- ½ teaspoon garam masala
- 8g fresh coriander leaves
- Salt and freshly ground pepper, to taste

TO SERVE  
Chargrilled chapati bread, crackers or cucumber sticks.

1. Place carrots and water into personal blender cup and secure blade assembly.  
 **CHOP** 10-15 seconds or until pureed.
2. Add tahini, lemon juice, shallot, dates, ginger, oil, cumin, garam masala.  
 **CHOP** 20 seconds or until smooth.
3. Add coriander and season with salt and pepper.  
 **CHOP** 5 seconds or until roughly combined.
4. Transfer to a serving bowl and over with plastic food wrap. Chill for at least 1 hour before serving.  
  
**Serve:** With torn chapatti bread, crackers or cucumber sticks..





# Dangerously Healthy Cocktails

Blood Orange & Bourbon Whiskey Sour

Strawberry & Pomegranate Caprioskas

Watermelon Mai Tai

Cucumber Jalapeno Margarita

Pacific Island Punch

Peach & Lime Crush

Citrus & Cranberry Vodka Spritzer



## Blood Orange & Bourbon Whiskey Sour



⌚ Prep 15 mins

🥤 Makes 1.5L

12 blood oranges, halved  
3 limes, peeled  
300ml bourbon whiskey  
80ml agave syrup or sugar syrup  
12–14 drops Angostura bitters  
15 ice cubes

1. Place blood oranges, lime, bourbon, agave syrup and bitters into blender jug and secure lid.

🌀 **BLEND** 30 seconds or until smooth.

2. Add ice and secure lid.

🌀 **STIR** 10–15 seconds or until well chilled.

*Serve:* strain into chilled martini glasses.



⌚ Prep 10 mins

🥤 Makes 700ml

5 blood oranges, halved  
1 lime, peeled  
100ml bourbon whiskey  
2 tablespoons agave syrup or sugar syrup  
6–8 drops Angostura bitters  
10 ice cubes

1. Place blood oranges, lime, bourbon, agave syrup and bitters into personal blender cup and secure blade assembly.

🌀 **BLEND** 30 seconds or until smooth.

2. Add ice and secure lid.

🌀 **STIR** 10–15 seconds or until well chilled.

*Serve:* strain into chilled martini glasses.







# Strawberry & Pomegranate Caprioskas



Prep 10 mins  
Makes 1.5L

350g strawberries, hulled  
8g fresh mint leaves  
80g sugar  
250ml vodka  
800ml chilled pomegranate juice  
Ice cubes, to serve

1. Place strawberries, mint and sugar into blender jug and secure lid, or into personal blender cup and secure blade assembly.

**CHOP** 2-3 seconds or until roughly chopped and combined.

2. Add vodka and pomegranate juice.

**STIR** 4-5 seconds or until just combined.

*Serve: Pour into glasses filled with ice.*



Prep 5 mins  
Makes 700ml

8 strawberries, hulled  
15 fresh mint leaves  
50g sugar  
90ml vodka  
400ml chilled pomegranate juice  
Ice cubes, to serve

1. Use method described above.



# Watermelon Mai Tai



Prep 10 mins  
Makes 1.5L

850g watermelon flesh  
2 oranges, peeled, halved  
150ml fresh chilled pineapple juice  
60ml white rum  
60ml triple sec  
1 teaspoon grenadine  
Ice cubes, to serve

1. Place ingredients into blender jug and secure lid, or into personal blender cup and secure blade assembly.

**PUREE** 15 seconds or until smooth.

*Serve: Pour into glasses filled with ice and garnish with watermelon wedges.*



Prep 10 mins  
Makes 700ml

400g watermelon flesh  
1 orange, peeled, halved  
80ml fresh chilled pineapple juice  
25ml white rum  
25ml triple sec  
½ teaspoon grenadine  
Ice cubes, to serve

1. Use method described above.

# Cucumber Jalapeno Margarita



Prep 10 mins  
Makes 1.5L

5 Lebanese cucumbers, roughly chopped  
1 fresh jalapeno chilli, seeds removed  
15 fresh mint leaves  
200ml water  
250ml lime juice  
150ml syrup  
200ml tequila  
30 ice cubes  
Lime and cucumber slices, to serve

1. Place cucumber, jalapeno, mint and water into blender jug and secure lid.

**PUREE** 15 seconds or until smooth.

2. Strain cucumber mixture over a bowl or jug.

3. Place strained cucumber juice, lime juice, agave, tequila and ice into blender jug and secure lid.

**BLEND** 10 seconds or until combined.

*Serve: Garnish with lime or cucumber slices.*



Prep 5 mins  
Makes 700ml

2 Lebanese cucumbers, roughly chopped  
½ fresh jalapeno chilli, seeds removed  
8 fresh mint leaves  
150ml water  
120ml lime juice  
80ml syrup  
100ml tequila  
16 ice cubes  
Lime and cucumber slices, to serve

1. Use method described above.



# Pacific Island Punch



Prep 10 mins  
Makes 1.5L

200g chopped, frozen mango  
2 limes, peeled  
10g fresh mint leaves  
1 x 500g canned lychees, drained  
4cm piece ginger, peeled, chopped  
400ml chilled pineapple juice  
150ml rum  
120ml passionfruit pulp  
300ml chilled mineral water  
Ice cubes, to serve

1. Place mango, lime, mint, lychees, ginger, pineapple juice and rum into blender jug and secure lid, or into personal blender cup and secure blade assembly.

**BLEND** 30 seconds or until smooth.

*Serve: pour mango mixture into a 2.5 litre capacity serving jug or punch bowl. Add passionfruit pulp, mineral water and ice. Stir to combine.*



Prep 10 mins  
Makes 700ml

100g frozen chopped mango  
½ lime peeled, halved  
12 fresh mint leaves  
130g drained canned lychees  
1cm piece ginger, peeled, chopped  
150ml chilled pineapple juice  
80ml rum  
2 Passionfruit pulp  
150ml chilled mineral water  
Ice cubes, to serve

1. Use method described above.





# Peach & Lime Crush

 Prep 10 mins  
Makes 1.5L

- 5 large yellow peaches, halved
- 2 limes peeled, halved
- 10 ice cubes, plus extra to serve
- 180ml white rum
- 55g raw caster sugar
- Lime slices, to serve

1. Place ingredients into blender jug and secure lid.

 **GREEN SMOOTHIE** until program finishes or until smooth.

*Serve:* pour into chilled glasses, add extra ice cubes and garnish with lime slices.



 Prep 10 mins  
Makes 700ml

- 2 large yellow peaches, halved
- ½ lime peeled, halved
- 7 ice cubes, plus extra to serve
- 80ml white rum
- 30g raw caster sugar
- Lime slices, to serve

1. Place ingredients into personal blender cup and secure blade assembly.

 **GREEN SMOOTHIE** until program finishes or until smooth.

*Serve:* pour into chilled glasses, add extra ice cubes and garnish with lime slices.

# Citrus & Cranberry Vodka Spritzer

 Prep 10 mins  
Makes 1.5L

- 2 ruby grape fruit, peeled, quartered
- 3 oranges, peeled, quartered
- 300ml cranberry juice
- 140ml vodka
- 50g caster sugar
- Ice cubes, to serve

1. Place ingredients into blender jug and secure lid.

 **BLEND** 20–30 seconds or until evenly blended.

*Serve:* pour into chilled glasses and add extra ice cubes.



 Prep 10 mins  
Makes 700ml

- 1 ruby grape fruit peeled, quartered
- 1 orange peeled, quartered
- 160ml cranberry juice
- 60ml vodka
- 15g caster sugar
- Ice cubes, to serve

1. Place ingredients into personal blender cup and secure blade assembly.

 **BLEND** 20–30 seconds or until evenly blended.

*Serve:* pour into chilled glasses and add extra ice cubes.





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