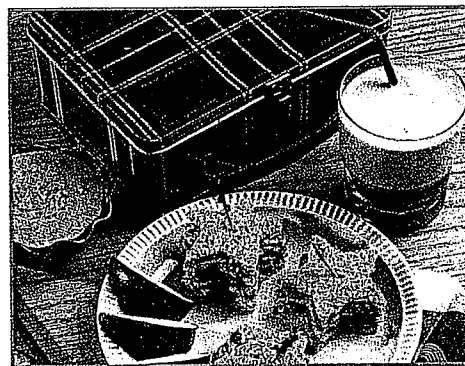
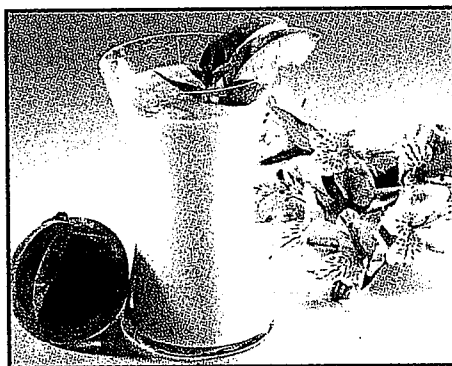
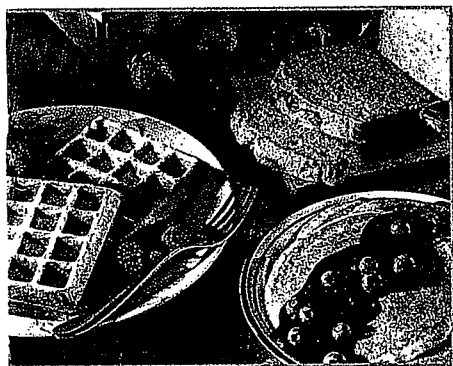



Beyond Blending!

HEALTHY AND DELICIOUS RECIPES FOR
SMOOTHIES, SOUPS, SAUCES & MORE!



 smoothies

THE  **Juiceman**[®]

Recipes by V. K. Shaw

Beyond Blending!

Robin Taylor Swatt



Pascoe Publishing
Rocklin, California

INTRODUCTION

What do you get when you combine the new *Smoothie by Juiceman*® with your favorite, fresh foods? The answer is simple—you get to enjoy the natural nutrients and flavors of fruit, vegetables, nuts and more—using only seconds of preparation time! Whether you choose an ice-cold *Watermelon Slushie* on a warm summer afternoon, creamy *Roasted Garlic Hummus* as an evening appetizer or *Grilled Korean Flank Steak* for a delicious barbecue, you'll find a wealth of uses for your *Smoothie by Juiceman*®.

As an introduction to the *Smoothie by Juiceman*®, I've included recipes in these pages for a wide variety of foods, even peanut butter and pancake batter! But, I also encourage you to substitute fresh foods as they are in season and experiment with your own recipe creations. Healthful eating choices abound with your *Smoothie by Juiceman*® so, let's get started!

Robin Taylor Swatt

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TABLE OF CONTENTS

<i>Powdery Crushed Ice</i>	4
<i>Fresh Carrot Smoothie</i>	4
<i>Orchard Smoothie</i>	5
<i>Almond Power Shake</i>	5
<i>Strawberry-Banana Smoothie</i>	6
<i>Tropical Smoothie</i>	6
<i>Watermelon Slushie</i>	7
<i>Mocha Cinnamon Freeze</i>	7
<i>Chilled Creamy Cantaloupe Soup</i>	8
<i>Summertime Gazpacho</i>	9
<i>Garden Tomato Soup</i>	10
<i>Creamy Cilantro & Pepper Guacamole</i>	11
<i>Elegant Smoked Salmon Spread</i>	11
<i>Fresh & Easy Salsa</i>	12
<i>Olive Tapenade</i>	12
<i>Classic Homemade Meatloaf</i>	13
<i>Homemade Peanut Butter</i>	13
<i>Roasted Garlic Aioli</i>	14
<i>Garden Fresh Pesto</i>	15
<i>Roasted Garlic Hummus</i>	16
<i>Champagne Salad Dressing</i>	16
<i>Italian Vinaigrette</i>	17
<i>Caesar Salad Dressing</i>	18
<i>Thai Peanut Salad Dressing</i>	19
<i>Honey-Mustard Marinade</i>	20
<i>Grilled Korean Flank Steak</i>	21
<i>Mint Berry Sauce</i>	22
<i>Raspberry Fruit Relish</i>	22
<i>Honeydew Sorbet</i>	23
<i>Hazelnut Pancake Batter</i>	24
<i>Chickpea Flour</i>	24

Powdery Crushed Ice

Use this very light and fine ice as the base for your favorite fresh juice or iced fruit dessert.

1 cup ice cubes
2-3 Tbs. sweetened flavored syrup (if desired)

Place the ice cubes (and syrup, if used) in the *Smoothie by Juiceman*® and process at 80% for 1 second, (10% for 1 second, 75% for 3 seconds) x 5, 40% for 1 second (Model JMS7: select Program 1 for 22 seconds). Makes 1 cup of powdery, finely crushed ice.

Calories: 102 Total fat: 0 g. Saturated fat: 0 g. % calories from fat: 0
Carbohydrates: 26 g. Protein: 0 g. Cholesterol: 0 mg. Sodium: 23 mg.

Fresh Carrot Smoothie

Packed with antioxidants and good-for-you vitamins, this smoothie is the perfect afternoon snack.

1/2 cup soft silken tofu
1/2 cup fresh carrot juice, chilled
1 cup nonfat vanilla frozen yogurt
2 Tbs. frozen orange juice concentrate
1 Tbs. fresh lemon juice
1/2 tsp. fresh ginger, grated

Place all ingredients in the *Smoothie by Juiceman*® and process at 80% for 1 second, 20% for 5 seconds, 50% for 20 seconds and 40% for 5 seconds (Model JMS7: select Program 2 for 31 seconds). Makes 1 large serving.

Calories: 302 Total fat: 4 g. Saturated fat: 1 g. % calories from fat: 11
Carbohydrates: 52 g. Protein: 17 g. Cholesterol: 3 mg. Sodium: 197 mg.

Orchard Smoothie

Use fresh, ripe peaches and strawberries to enjoy all the natural goodness of this smoothie.

- 2 peaches, pitted and quartered
- 8 strawberries, de-stemmed
- 1 cup unsweetened apricot nectar
- 1/2 cup soft silken tofu
- 1 Tbs. lemon juice
- 1 Tbs. honey
- 10 ice cubes

Place all of the ingredients in the *Smoothie by Juiceman*® and process at 80% for 2 seconds and 85% for 8 seconds (Model JMS7: select Program 3 for 10 seconds). Makes 2 large smoothies.

Calories: 164 Total fat: 2 g. Saturated fat: 1 g. % calories from fat: 11
Carbohydrates: 35 g. Protein: 5 g. Cholesterol: 0 mg. Sodium: 8 mg.

Almond Power Shake

*Almonds are an excellent source of fiber, calcium and protein.
In ancient China, almond milk was prized for its nutritive value
and given often to infants and children.*

- 1 cup blanched sliced almonds
- 1 frozen banana, sliced
- 1 1/2 cups nonfat milk (or soymilk)
- 8 ice cubes
- 2 Tbs. honey
- 1/4 tsp. pure almond extract

Place all of the ingredients in the *Smoothie by Juiceman*® and process at 80% for 2 seconds, 85% for 8 seconds and 65% for 15 seconds (Model JMS7: select Program 8 for 25 seconds). Serve chilled or at room temperature. Makes 4 small shakes.

Calories: 310 Total fat: 18 g. Saturated fat: 1 g. % calories from fat: 29
Carbohydrates: 27 g. Protein: 11 g. Cholesterol: 1 mg. Sodium: 49 mg.

Strawberry-Banana Smoothie

This smoothie is so incredibly delicious, you may want to try it for dessert!

1 medium ripe banana
8 strawberries
1/4 cup orange juice
1 medium peach, quartered
1 cup of your favorite nonfat sherbet
1/2 cup nonfat milk (or soymilk)
8 ice cubes

Place all of the ingredients in the *Smoothie by Juiceman*® and process at 80% for 2 seconds and 75% for 8 seconds (Model JMS7: select Program 9 for 10 seconds). Makes 2 medium smoothies.

Calories: 244 Total fat: 0 g. Saturated fat: 1 g. % calories from fat: 0
Carbohydrates: 60 g. Protein: 5 g. Cholesterol: 7 mg. Sodium: 80 mg.

Tropical Smoothie

A rich and satisfying smoothie in seconds!

1-13 oz. can pineapple chunks, packed in natural juices,
undrained and chilled
1 cup light coconut milk, chilled
1 medium banana
6 ice cubes
2 Tbs. frozen orange juice concentrate
2 Tbs. honey
1/2 tsp. pure vanilla extract

Place all of the ingredients in the *Smoothie by Juiceman*® and process at 85% for 2 seconds and 60% for 8 seconds (Model JMS7: select Program 4 for 10 seconds). Makes 2 large smoothies.

Calories: 336 Total fat: 8 g. Saturated fat: 8 g. % calories from fat: 21
Carbohydrates: 65 g. Protein: 1 g. Cholesterol: 0 mg. Sodium: 19 mg.

Watermelon Slushie

A kid-tested favorite! Use this naturally refreshing slushie in place of sodas or high-fat snacks.

4 cups seeded watermelon, cubed and frozen
3 oz. (1/2 can) frozen lemonade concentrate
sugar or sugar substitute to taste

Place all of the ingredients in the *Smoothie by Juiceman*® and process at 80% for 2 seconds and 85% for 8 seconds (Model JMS7: select Program 3 for 10 seconds). Makes 2 medium slushies.

Calories: 180 Total fat: 1 g. Saturated fat: 1 g. % calories from fat: 7
Carbohydrates: 43 g. Protein: 2 g. Cholesterol: 0 mg. Sodium: 8 mg.

Mocha Cinnamon Freeze

A great pick-me-up for anytime of day!

3 cups chilled coffee
1 cup nonfat milk
1/4 cup chocolate syrup
1 tsp. ground cinnamon
1 tsp. ground nutmeg
12 ice cubes

Place all of the ingredients in the *Smoothie by Juiceman*® and process at 80% for 2 seconds, 85% for 8 seconds and 65% for 15 seconds (Model JMS7: select Program 8 for 25 seconds). Makes 4 servings.

Calories: 151 Total fat: 1 g. Saturated fat: 1 g. % calories from fat: 6
Carbohydrates: 34 g. Protein: 5 g. Cholesterol: 2 mg. Sodium: 132 mg.

Chilled Creamy Cantaloupe Soup

*An excellent first course for an evening meal
featuring grilled seafood or poultry.*

1 large cantaloupe, rind removed and seeded,
cut into large chunks
1/2 cup orange juice
1/2 cup nonfat vanilla yogurt
2 Tbs. fresh lime juice
1 Tbs. honey

Place all of the ingredients in the *Smoothie by Juiceman*® and process at 80% for 1 second, 20% for 5 seconds, 50% for 20 seconds and 40% for 5 seconds (Model JMS7: select Program 2 for 31 seconds). Serve chilled with fresh mint for garnish. Makes 4 servings.

Calories: 110 Total fat: 1 g. Saturated fat: 1 g. % calories from fat: 1
Carbohydrates: 26 g. Protein: 3 g. Cholesterol: 1 mg. Sodium: 47 mg.

Summertime Gazpacho

Chill this spicy soup and serve in frosted mugs for an outstanding summer treat.

- 3 large ripe tomatoes, quartered
- 1 medium red bell pepper, seeded and roughly chopped
- 1 medium green bell pepper, seeded and roughly chopped
- $\frac{1}{4}$ medium white onion, roughly chopped
- $\frac{1}{2}$ medium cucumber, seeded and roughly chopped
- 1 cup low-sodium tomato juice
- 1 Tbs. sugar (or equivalent sugar substitute)
- 1 Tbs. red wine vinegar
- 1 Tbs. olive oil (optional)
- 1 tsp. freshly ground black pepper
- 2 Tbs. fresh Italian parsley, chopped
- salt to taste

Place all of the ingredients in the *Smoothie by Juiceman*® and process at 80% for 2 seconds and 20% for 8 seconds (Model JMS7: select Program 20 for 10 seconds). Chill before serving. Makes 5 one-cup servings.

Calories: 78 Total fat: 3 g. Saturated fat: 1 g. % calories from fat: 33
Carbohydrates: 12 g. Protein: 2 g. Cholesterol: 0 mg. Sodium: 37 mg.

Garden Tomato Soup

Hot homemade tomato soup in just 25 seconds!

1-14 oz. can tomatoes, drained
1 cup hot vegetable broth or water
1/4 tsp. dried oregano
1/4 tsp. dried basil
1 tsp. dried parsley
1 clove garlic
1 tsp. sugar (or sugar substitute)
salt to taste

Place all of the ingredients in the *Smoothie by Juiceman*® and process at 50% for 8 seconds, 60% for 4 seconds, 75% for 10 seconds and 30% for 3 seconds (Model JMS7: select Program 12 for 25 seconds). To serve hot soup, you may continue to process the soup at 80% power for 3–4 minutes, or until the soup is steaming and ready to serve. Serve immediately. Makes 2 one-cup servings.

Calories: 86 Total fat: 1 g. Saturated fat: 1 g. % calories from fat: 10
Carbohydrates: 19 g. Protein: 4 g. Cholesterol: 0 mg. Sodium: 763 mg.

Creamy Cilantro & Pepper Guacamole

This guacamole with jalapeno pepper and onion packs a punch!

- 2 ripe avocados, peeled and seeds removed
- 1/8 cup cilantro leaves, firmly packed
- 2 Tbs. fresh lime juice
- 1/2 jalapeno pepper, seeded and roughly chopped
- 1/8 cup red onion, roughly chopped

Place the ingredients in the *Smoothie by Juiceman*® and process at 80% for 2 seconds and 20% for 8 seconds (Model JMS7: select Program 20 for 10 seconds). Makes 1 cup; 10 servings.

Calories: 57 Total fat: 5 g. Saturated fat: 1 g. % calories from fat: 72
Carbohydrates: 3 g. Protein: 2 g. Cholesterol: 0 mg. Sodium: 1 mg.

Elegant Smoked Salmon Spread

A delightful and sophisticated spread. Serve with water crackers, bagel chips or thin-sliced crostini.

- 8 oz. smoked salmon, chopped
- 8 oz. reduced fat cream cheese, softened
- 4 green onions, roughly chopped
- 1/4 cup non-fat milk
- 1 Tbs. lemon juice
- salt to taste
- 1/2 tsp. paprika
- 1/8 tsp. Tabasco sauce

Place all of the ingredients in the *Smoothie by Juiceman*® and process at 80% for 4 seconds and 50% for 21 seconds (Model JMS7: select Program 10 for 25 seconds). Makes about 1½ cups; 12 servings.

Calories: 69 Total fat: 4 g. Saturated fat: 2 g. % calories from fat: 55
Carbohydrates: 2 g. Protein: 6 g. Cholesterol: 15 mg. Sodium: 206 mg.

Fresh & Easy Salsa

A healthy accompaniment to baked tortilla chips!

- 1/2 cup whole canned tomatoes, drained
- 4 whole ripe Roma tomatoes
- 2 roasted (or 1 fresh) jalapeno pepper, seeded and roughly chopped
- 1/2 large sweet red onion, roughly chopped
- 2 Tbs. lime juice
- 1 Tbs. honey
- salt to taste
- 1/2 cup cooked corn kernels
- 1/2 cup cooked black beans

Place all ingredients, except for the corn and beans, in the *Smoothie by Juiceman®* and process at 80% for 2 seconds and 20% for 3 seconds (Model JMS7: select Program 11 for 5 seconds). Place the salsa in a serving bowl and add the corn and beans, mixing thoroughly. Chill prior to serving. Makes 3 cups salsa.

Calories: 30 Total fat: 1g. Saturated fat: 0 g. % calories from fat: 5
Carbohydrates: 7 g. Protein: 1 g. Cholesterol: 0 mg. Sodium: 72 mg.

Olive Tapenade

From the warm waters of the Mediterranean, enjoy this smooth tapenade with crostini or baked tortilla chips.

- 1-14 oz. can black olives, pitted and drained
- 1-14 oz. can kalamata olives, pitted and drained
- 1/4 cup Italian parsley leaves, firmly packed
- 1/8 cup fresh lemon juice
- salt to taste
- 1 tsp. freshly ground black pepper

Place all of the ingredients in the *Smoothie by Juiceman®* and process at 85% for 2 seconds and 60% for 8 seconds (Model JMS7: select Program 4 for 10 seconds). Makes 3 cups; 15 servings.

Calories: 123 Total fat: 12g. Saturated fat: 1 g. % calories from fat: 84
Carbohydrates: 5 g. Protein: 1 g. Cholesterol: 0 mg. Sodium: 640 mg.

Classic Homemade Meatloaf

Perfect for any night of the week!

- 1 large yellow onion, peeled and quartered
- 3 cloves garlic, peeled
- 1/4 cup Italian parsley leaves, chopped (or 1 tsp. dried Italian seasoning)
- 3 Tbs. fresh oregano leaves (or 1/2 tsp. dried oregano)
- 2 medium eggs
- 1/4 cup tomato sauce, 2 Tbs. reserved
- 1 tsp. salt (or to taste)
- 1 tsp. freshly ground black pepper
- 1 cup dried bread crumbs
- 1 1/2 lbs. extra lean ground beef

Place all ingredients except the crumbs and beef in the *Smoothie by Juiceman®* and process at 80% for 1 second and 40% for 4 seconds (Model JMSY: select Program 6 for 5 seconds). Add the beef and pulse at 50% for 2 seconds. Add the bread crumbs and combine with a plastic spatula. Shape into a 9" x 5" loaf, place in baking pan and bake at 375* for 1 hour. Serves 6.

Calories: 347 Total fat: 20 Sat fat: 7 % calories from fat: 63
Carbohydrates: 15 Protein: 20 Choles: 131 Sodium: 134

Homemade Peanut Butter

No artificial ingredients in this natural peanut butter!

- 4 cups roasted peanuts
- salt to taste (optional)

Place the peanuts and salt (if desired) in the *Smoothie by Juiceman®* and process at 80% for 2 seconds, 70% for 45 seconds, 85% for 45 seconds and 50% for 18 seconds (Model JMS7: select Program 7 for 110 seconds). Store in a sealed container in the refrigerator. Makes 18 servings, 2 tablespoons each.

Calories: 188 Total fat: 16 g. Saturated fat: 3 g. % calories from fat: 73
Carbohydrates: 5 g. Protein: 9 g. Cholesterol: 0 mg. Sodium: 2 mg.

Roasted Garlic Aioli

This dipping sauce has been a favorite of Italian families for centuries. Garlic, well-known for its healthful benefits, is the secret to the delicious flavor of this sauce.

1/2 cup olive oil
1 large egg
1/2 tsp. Dijon mustard
juice of 1 lemon
1 tsp. white pepper
6 large cloves garlic, roasted
salt to taste

Place all of the ingredients in the *Smoothie by Juiceman*® and process at 50% for 1 second, 60% for 5 seconds, 65% for 5 seconds and 30% for 20 seconds (Model JMS7: select Program 13 for 31 seconds). Makes 1 cup of aioli; 10 servings. Serve as a dipping sauce for steamed vegetables, or as a spread instead of mayonnaise in your favorite sandwich. Refrigerate in an airtight container.

Calories: 108 Total fat: 11 g. Saturated fat: 2 g. % calories from fat: 93
Carbohydrates: 1 g. Protein: 1 g. Cholesterol: 21 mg. Sodium: 19 mg.

Garden Fresh Pesto

Add the full flavors of basil, pine nuts and cheese to your favorite dish!

2 cups fresh basil leaves, firmly packed

1/4 cup pine nuts, toasted

1/4 cup grated Parmesan cheese

2 cloves garlic, peeled

3/4 cup olive oil

1/4 cup water

1 tsp. freshly ground black pepper

salt to taste

Place all of the ingredients in the *Smoothie by Juiceman*® and process at 50% for 1 second and 40% for 19 seconds (Model JMS7: select Program 14 for 21 seconds). Makes about 2 cups to serve 12. Use immediately or freeze in an airtight container.

Calories: 148 Total fat: 16 g. Saturated fat: 2 g. % calories from fat: 93
Carbohydrates: 1 g. Protein: 2 g. Cholesterol: 2 mg. Sodium: 39 mg.

Roasted Garlic Hummus

This ancient Lebanese/Middle Eastern dip is a very popular vegetarian dish and is enjoyed in countries all over the world. It is best served with warm pita bread.

1-15 oz. can chickpeas (garbanzo beans), rinsed and drained
1/2 cup water
1/2 cup tahini, well-mixed
1/2 cup fresh lemon juice
10 cloves of roasted garlic
1/2 cup olive oil
salt to taste

Place all of the ingredients in the *Smoothie by Juiceman*® and process at 85% for 30 seconds (Model JMS7: select Program 19 for 30 seconds). Makes about 3 cups; serves 15. Refrigerate in an airtight container.

Calories: 129 Total fat: 9 g. Saturated fat: 1 g. % calories from fat: 51
Carbohydrates: 10 g. Protein: 4 g. Cholesterol: 0 mg. Sodium: 5 mg.

Champagne Salad Dressing

You can find champagne vinegar in specialty gourmet stores or in the gourmet section of your grocery store.

1/3 cup champagne vinegar
1/3 cup honey
1/3 cup olive oil
salt to taste
1/2 tsp. freshly ground black pepper

Place the ingredients in the *Smoothie by Juiceman*® and process at 80% for 1 second and 45% for 14 seconds (Model JMS7: select Program 5 for 15 seconds). Makes 1 cup of salad dressing; 16 servings.

Calories: 61 Total fat: 5 g. Saturated fat: 1 g. % calories from fat: 63
Carbohydrates: 6 g. Protein: 0 g. Cholesterol: 0 mg. Sodium: 1 mg.

Italian Vinaigrette

A light and flavorful dressing for any combination of greens.

1/2 cup olive oil
2 tsp. Dijon mustard
1/4 cup red wine vinegar
1 clove garlic, peeled and roughly chopped
1 green onion, roughly chopped
1/2 tsp. freshly ground black pepper
1/2 tsp. dried marjoram
1/2 tsp. dried oregano
salt to taste

Place the ingredients in the *Smoothie by Juiceman*® and process at 80% for 1 second and 45% for 14 seconds (Model JMS7: select Program 5 for 15 seconds). Makes 1 cup of salad dressing; serves 16.

Calories: 64 Total fat: 7 g. Saturated fat: 1 g. % calories from fat: 94
Carbohydrates: 0 g. Protein: 1 g. Cholesterol: 0 mg. Sodium: 16 mg.

Caesar Salad Dressing

Serve over Romaine lettuce, homemade croutons and freshly grated Parmesan cheese.

1 oz. anchovies (about 3 fillets), drained and rinsed
1 large clove garlic
1 large egg
1/2 cup olive oil
juice of 1 lemon
2 Tbs. red wine vinegar
2 Tbs. Parmesan cheese, finely grated
1 tsp. Dijon mustard
1 tsp. Worcestershire sauce
1/2 tsp. white pepper
salt to taste

Place all of the ingredients in the *Smoothie by Juiceman*® and process at 50% for 1 second, 60% for 5 seconds, 65% for 5 seconds and 30% for 20 seconds (Model JMS7: select Program 13 for 31 seconds). Makes 1 cup of salad dressing; 16 servings. Store in an airtight container in the refrigerator.

Calories: 73 Total fat: 8 g. Saturated fat: 1 g. % calories from fat: 91
Carbohydrates: 0 g. Protein: 1 g. Cholesterol: 18 mg. Sodium: 96 mg.

Thai Peanut Salad Dressing

Serve over rice noodles, fresh bean sprouts, scallions, cilantro and chopped peanuts for a Thai-style salad.

- 1/4 cup reduced fat creamy peanut butter
- 1/2 cup canola oil
- 2 Tbs. fresh cilantro leaves, firmly packed
- 1 Tbs. sugar (or equivalent sugar substitute)
- 1/4 cup rice wine vinegar
- 2 Tbs. fresh lime juice
- 2 Tbs. low-sodium soy sauce
- 1 clove garlic, peeled and roughly chopped
- 1 green onion, roughly chopped
- 2 tsp. fresh ginger, roughly chopped

Place the ingredients in the *Smoothie by Juiceman*® and process at 60% for 1 second and 40% for 14 seconds (Model JMS7: select Program 16 for 15 seconds). Makes 1½ cups of salad dressing; 20 servings. Store in an airtight container in the refrigerator.

Calories: 68 Total fat: 6 g. Saturated fat: 1 g. % calories from fat: 80
Carbohydrates: 2 g. Protein: 1 g. Cholesterol: 0 mg. Sodium: 54 mg.

Honey-Mustard Marinade

This spicy, sweet marinade makes a great partner for poultry or pork.

$\frac{1}{8}$ cup honey
3 Tbs. Dijon mustard
 $\frac{1}{4}$ cup lime juice
 $\frac{1}{4}$ cup orange juice
3 Tbs. dried oregano
1 tsp. freshly ground black pepper
 $\frac{1}{2}$ cup vegetable oil
salt to taste

Place all ingredients in the *Smoothie by Juiceman*® and process 80% for 1 second and 45% for 14 seconds (Model JMS7: select Program 5 for 15 seconds). Makes about 2 cups; 22 servings.

Calories: 57 Total fat: 5 g. Saturated fat: 1 g. % calories from fat: 79
Carbohydrates: 3 g. Protein: 1 g. Cholesterol: 0 mg. Sodium: 52 mg.

Grilled Korean Flank Steak

With a dash of hot chili pepper oil and the distinctive flavors of ginger and garlic, this marinade complements any lean beef.

- 1/4 cup sugar (or equivalent sugar substitute)
- 1/4 cup sesame oil
- 1/4 cup sesame seeds
- 3/4 cup low sodium soy sauce
- 10 green onions, roughly chopped
- 10 cloves garlic, unpeeled and roughly chopped
- 2 Tbs. fresh ginger, roughly chopped (or 1 tsp. ground ginger)
- 1 1/2 tsp. freshly ground black pepper
- 2 Tbs. Chinese-style hot chili pepper oil
- 3 lbs. thinly sliced lean beef (such as flank steak)

Place all of the ingredients except the beef in the *Smoothie by Juiceman*® and process at 60% for 1 second and 40% for 14 seconds (Model JMS7: select Program 16 for 15 seconds). Makes 2 cups of marinade. Place the beef in a reclosable plastic bag and pour the marinade over the beef, mixing well. Seal the bag and refrigerate at least 2 hours, preferably overnight. Grill the beef strips over high heat, until the beef is cooked to taste and almost blackened around the edges. Discard any remaining marinade. Serves 12.

Calories: 290 Total fat: 17 g. Saturated fat: 5 g. % calories from fat: 54
Carbohydrates: 8 g. Protein: 25 g. Cholesterol: 58 mg. Sodium: 609 mg.

Mint Berry Sauce

This sauce is the supreme addition to nonfat yogurt or icy sorbet.

1½ pints strawberries, stemmed and cleaned
1 pint raspberries
½ cup fresh mint leaves
⅛ cup sugar (or equivalent sugar substitute)
2 Tbs. honey

Place all of the ingredients in the *Smoothie by Juiceman*® and process at 85% for 2 seconds and 60% for 8 seconds (Model JMS7: select Program 4 for 10 seconds). Makes 3 cups sauce for 16 servings.

Calories: 36 Total fat: 1 g. Saturated fat: 1 g. % calories from fat: 8
Carbohydrates: 9 g. Protein: 1 g. Cholesterol: 0 mg. Sodium: 1 mg.

Raspberry Fruit Relish

Delicious as a sauce over poultry or pork, or as a dessert topping.

1-12 oz. package unsweetened frozen raspberries or:
2 cups fresh raspberries
1 cup canned whole cranberry sauce
1 cup canned or fresh pineapple chunks
sugar to taste

Place all ingredients in the *Smoothie by Juiceman*® and process at 50% for 3 seconds and 75% for 7 seconds (Model JMS7: select Program 18 for 10 seconds). Makes 24 servings, 2 tablespoons each.

Calories: 25 Total fat: 1 g. Saturated fat: 0 g. % calories from fat: 3
Carbohydrates: 6 g. Protein: 1 g. Cholesterol: 0 mg. Sodium: 3 mg.

Honeydew Sorbet

Prepare enough for friends because this sorbet disappears quickly!

- 1 medium honeydew melon, rind removed, seeded
and cut into bite-sized pieces
- 1/4 cup granulated sugar
(or equivalent sugar substitute)
- 3 Tbs. fresh lemon juice
- 2 cups nonfat vanilla frozen yogurt

Place the melon, sugar or sugar substitute and lemon juice in the Smoothie by Juiceman® and process at 50% for 45 seconds (Model JMS7: select Program 15 for 45 seconds). Place the Smoothie by Juiceman® jar in the freezer for at least 6 hours. Add the frozen yogurt to the honeydew mixture and blend at 50% power for 15 seconds. Serve immediately. Makes 6 servings.

Calories: 181 Total fat: 0 g. Saturated fat: 0 g. % calories from fat: 0
Carbohydrates: 43 g. Protein: 5 g. Cholesterol: 1 mg. Sodium: 101 mg.

Hazelnut Pancake Batter

These pancakes will bring everyone to breakfast in a flash!

1/2 cup hazelnuts (filberts), toasted
1 1/2 cup all purpose flour
3/4 cup sugar (or equivalent sugar substitute)
2 cups nonfat milk
2 eggs
1 tsp. vegetable oil
1 tsp. pure vanilla extract
1 1/2 Tbs. baking powder

Place the toasted hazelnuts in the *Smoothie by Juiceman*® and process at 65% power for 15 seconds. Add the remaining ingredients and process at 85% for 1 second, 70% for 19 seconds and 85% for 15 seconds (Model JMS7: select Program 17 for 35 seconds). Makes about 5 cups of pancake batter; serves 6.

Calories: 351 Total fat: 9 g. Saturated fat: 1 g. % calories from fat: 22
Carbohydrates: 59 g. Protein: 10 g. Cholesterol: 64 mg. Sodium: 235 mg.

Chickpea Flour

Chickpea flour offers a healthy advantage over processed white flour. It can be used to thicken soups and stews or in such dishes as panelli, an unleavened Italian bread that is sliced and lightly fried in olive oil.

1 lb. dried chickpeas

Place the chickpeas in the *Smoothie by Juiceman*® and process at 85% for 1 second, 70% for 19 seconds and 85% for 15 seconds (Model JMS7: select Program 17 for 35 seconds). Makes 1 lb. chickpea flour; 11 servings.

Calories: 152 Total fat: 3 g. Saturated fat: 0 g. % calories from fat: 16
Carbohydrates: 25 g. Protein: 8 g. Cholesterol: 0 mg. Sodium: 0 mg.

Beyond Blending!

Put your blender away and bring out your *Smoothie by Juiceman*®! The exciting, new *Smoothie by Juiceman*® produces delicious smoothies, soups and sauces in a matter of seconds. But, in addition to these delightful choices, you can also prepare a wide array of exciting foods in a flash—



Fresh *Homemade Peanut Butter!*

Hot *Garden Tomato Soup!*

Healthy *Summertime Gazpacho!*

Delicious *Roasted Garlic Hummus!*

Inviting *Hazelnut Pancake Batter!*

Today, more than ever before, we know that choosing healthful foods is an important part of overall good health. Your *Smoothie by Juiceman*® is designed to prepare your favorite fruits, vegetables, nuts, natural juices and more to support your healthful food selections. Try the recipes inside, create a few of your own and enjoy your *Smoothie by Juiceman*®!



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