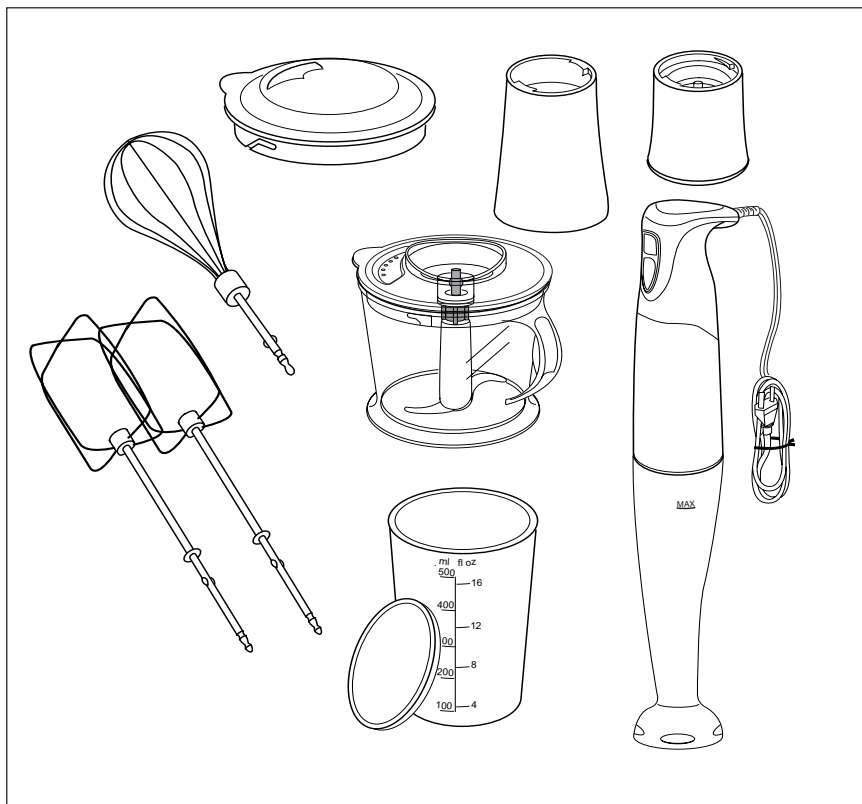


cook's essentials®

HIGH PERFORMANCE KITCHENWARE



HAND BLENDER with ACCESSORIES

MODEL CEHB330W/R

OWNER'S MANUAL

IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should always be followed including the following:

1. Read all instructions.
2. To protect against risk of electrical shock do not put cord, plugs, or appliance in water or other liquid.
3. This appliance should not be used by children and care should be taken when used near children.
4. Unplug from outlet when not in use, before putting on or taking off parts, and before cleaning.
5. Avoid contacting moving parts.
6. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions, or is dropped or damaged in any manner. Contact Consumer Service for examination, repair or electrical or mechanical adjustment.
7. The use of attachments not recommended or sold by the manufacturer may cause fire, electric shock or injury.
8. Do not use outdoors.
9. Do not let cord hang over edge of table or counter.
10. Do not let cord contact hot surface, including the stove.
11. Keep hands, hair, clothing, as well as spatulas and other utensils away from beaters during operation to reduce the risk of injury to persons, and/or damage to the mixer.
12. Remove Beaters and Balloon Whisk from Blender Body and Gearbox before washing.
13. When mixing liquids use a tall container or make small quantities at a time to reduce spillage.
14. Keep hands and utensils out of the Chopper Container while blending to prevent the possibility of severe injury to persons or damage to the unit. A scraper may be used but must be used only when the unit is not running.
15. Blades are sharp, handle carefully.
16. Do not blend hot liquids.
17. Be certain cover is securely locked in place before operating appliance.
18. When using a Chopper Container be certain Chopper Container Drive Cover is secure – making sure tabs and latches are interlocked.

**SAVE THESE INSTRUCTIONS
FOR HOUSEHOLD USE ONLY**

ADDITIONAL IMPORTANT SAFEGUARDS

1. All users of this appliance must read and understand this Owner's Manual before operating or cleaning this appliance.
2. The cord to this appliance should be plugged into a 120V AC electrical outlet only.
3. If this appliance begins to malfunction during use, immediately turn the unit OFF and unplug the cord. Do not use or attempt to repair the malfunctioning appliance.
4. If this appliance falls or accidentally becomes immersed in water, unplug it immediately. **Do not reach into the water!** Do not use this appliance after it has fallen into or becomes immersed in water.
5. Do not use this appliance for other than its intended use.
6. Use extreme care when handling the Blade Attachment. Always insert and remove Blade by using the Hub. Do not touch the Blades with your fingers. The Blades are very sharp and can cause injury if touched.
7. This Chopper is intended for processing small quantities of food. It is not intended to prepare large quantities of food at one time.
8. Never use for extended periods of time. The Chopper does its work in seconds.
9. Do not operate Chopper without food contents in Chopper Container.
10. Do not use if the Container is cracked or chipped.

Polarized Plug

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

Electric Power

If the electrical circuit is overloaded with other appliances, your appliance may not operate properly. It should be operated on a separate electrical circuit from other appliances.

INTRODUCTION

Congratulations on your purchase of the cook's essentials® Hand Blender with Accessories. Its light, sleek design allows you the ease and flexibility to prepare foods without the burden of heavy kitchen appliances. Two speeds to blend, beat or chop ingredients. Prepare soups, salads, drinks, desserts and more! Simple assembly and disassembly makes clean up easy.

Before Using for the First Time

CAUTION: Use extreme care when handling the Double Blade Knife. Do not touch the Blades with your fingers. The Blades are very sharp and can cause injury if touched.

1. Carefully unpack the Hand Blender and all accessories.
2. Wash the Mixing Beaker and Lid, Chopper Container, Drive Cover and Storage Lid, Double-Blade Knife, Blade/Hub Stand, Stainless Steel Beaters and Balloon Whisk in warm soapy water. Rinse and dry thoroughly. Parts are not dishwasher-safe.
3. **Never immerse the Blender Body, Blending Wand or Single and Double Gearboxes in water or any other liquid.** If necessary, these attachments can be wiped clean with a moistened cloth. The Blending Wand can be washed under running water; but be careful not to allow water to enter the hollow shaft.
4. Always dry the Blending Wand thoroughly so that no water can enter the Blender Body.

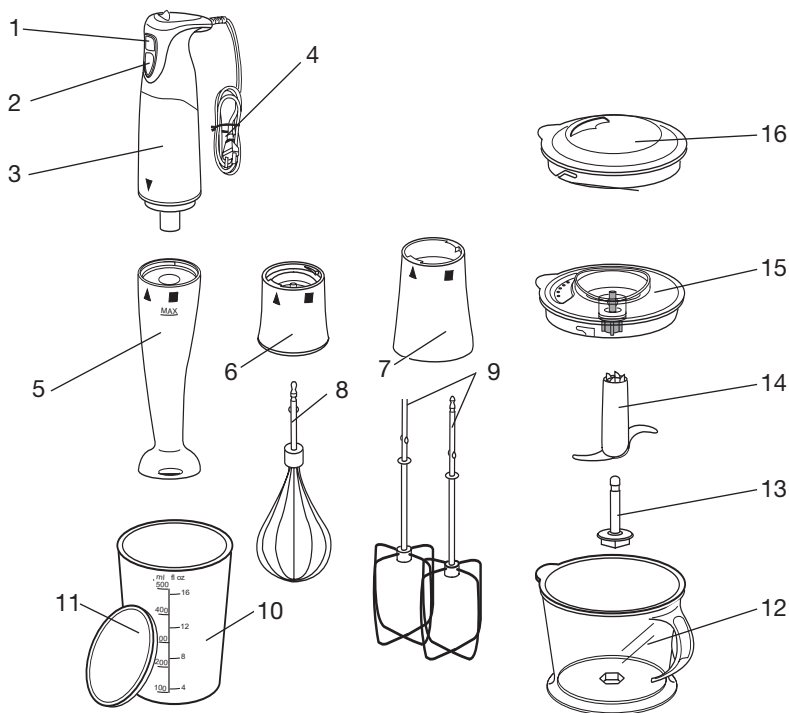
NOTE:

- Do not wash any of the parts in the dishwasher.
- Do not use harsh or abrasive cleaning agents or solvents.
- Store the appliance in its box in a cool, dry place and away from the reach of children.
- Remove Double Blade Knife/Hub Assembly if you want to store the Chopper Container in the refrigerator.
- Do not put any parts in the microwave oven.

Getting to Know Your cook's essentials®

CEHB330W/R Hand Blender

with Accessories



1. LOW "I" Speed Button
2. HIGH "II" Speed Button
3. Blender Body
4. Power Cord
5. Blending Wand, P/N 71185W White; P/N 71185R Red
6. Single Gearbox, (for use with Whisk and Chopper Container) P/N 71188 White; P/N 71188B Black
7. Double Gearbox, (for use with Beaters) P/N 71189 White; P/N 71189B Black
8. Balloon Whisk, P/N 70940
9. Stainless Steel Beaters (2), P/N 70595
10. Mixing Beaker, P/N 70587
11. Mixing Beaker Lid,
12. Chopper Container, P/N 70810
13. Blade/Hub Stand, P/N 70943
14. Double Blade Knife/Hub Assembly, P/N 70809
15. Chopper Container Drive Cover, P/N 71187
16. Chopper Container Lid,
- P/N 70807 White; P/N 70807B Black

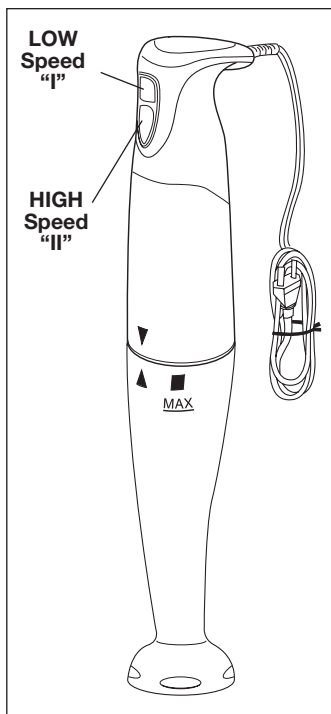
Instructions For Use

CAUTION: Always unplug Blender Body from outlet before installing or removing attachments.

When immersing the Blending Wand or other attachments using either Gearbox into food or liquid, make sure the Blender Body and Gearbox do not contact the food or liquid.

USING THE BLENDING WAND

1. Be sure Blender Body is unplugged. Place the Blender Body over the Blending Wand. Align the arrow on the Blender Body with the square on the Blending Wand. Carefully push down and turn the Blending Wand counter-clockwise until the two arrows line up and the parts are locked together.
2. Place ingredients into the Mixing Beaker, bowl or pan sufficiently tall to avoid splashing.
3. Plug the Blender Body into a standard 120V AC electrical outlet.
4. Dip the Blending Wand as deeply as possible into the container, making sure the Blender Body does not contact the food or liquid. Press and hold the Speed Button (HIGH "II" or LOW "I"). Do not start the Hand Blender before inserting into the container, as this may cause splashing.



NOTE: Do not immerse the Blending Wand in food or liquid above the "MAX" Indicator Line.

5. Work the Blending Wand through the ingredients with a gentle up and down movement. Do not operate the appliance continuously for more than 1 minute. After 1 minute use, unplug and allow it to cool for 1 minute before resuming operation. Do not exceed 5 cycles.
6. When blending is complete, release the Speed Button and remove the Power Cord from the electrical outlet.
7. Carefully remove the Blending Wand from the Blender Body by turning the Blending Wand clockwise.
8. Clean unit and attachments as instructed in the *User Maintenance Instructions*.

USING THE DOUBLE GEARBOX

(Used with Stainless Steel Beaters)

NOTE: These Stainless Steel Beaters are for light mixing only.

1. Be sure Blender Body is unplugged. Place the Blender Body over the Double Gearbox. Align the arrow on the Blender Body with the square on the Double Gearbox. Carefully push down and turn the Double Gearbox counter-clockwise until the two arrows line up and the parts are locked together.
2. Insert the stems of the Stainless Steel Beaters into the Gearbox holes. Push and turn until they 'click' in place.
3. After installing Beaters, gently tug each stem to be sure each is secure.
4. Plug the Blender Body into a standard 120V AC electrical outlet.
5. Press and hold the HIGH "II" or LOW "I" Speed Button. Do not operate the appliance continuously for more than 3 minutes. After 3 minutes use, unplug and allow it to cool for 1 minute before resuming operation. Do not exceed 5 cycles.
6. Place the food into a deep bowl and work the Beaters through the ingredients.
7. When blending is complete, release the Speed Button and remove the Power Cord from the electrical outlet.
8. Pull the Beaters from the Gearbox then carefully remove the Gearbox from the Blender Body by turning the Gearbox clockwise.
9. Clean unit and Beaters as instructed in the *User Maintenance Instructions*.

CAUTION: Use same type attachments only. Do not attempt to mix Beaters and Balloon Whisk. This could damage the Hand Blender.

USING THE SINGLE GEARBOX

(Used with Balloon Whisk)

NOTE: This accessory is for light duty mixing only. Use for whipping cream, egg whites (max. 4 egg whites), ready-mix desserts and milk foam for cappuccino.

1. Be sure Blender Body is unplugged. Place the Blender Body over the Single Gearbox. Align the arrow on the Blender Body with the square on the Single Gearbox. Carefully push down and turn the Single Gearbox counter-clockwise until the two arrows line up and the parts are locked together.
2. Insert the stem of the Balloon Whisk into the Gearbox hole. Push and turn until it 'clicks' in place.
3. After installing the Balloon Whisk, gently tug on the Whisk to be sure it's secure.
4. Plug the Blender Body into a standard 120V AC electrical outlet.
5. Place the food in a deep bowl. Press and hold the HIGH "II" or LOW "I" Speed Button.
6. Work the Balloon whisk through the ingredients by gently moving it in a clockwise direction. Do not operate the appliance continuously for more than 1 minute. After 1 minute use, unplug and allow it to cool for 1 minute before resuming operation. Do not exceed 5 cycles.
7. When blending is complete, release the Speed Button and remove the Power Cord from the electrical outlet.
8. Pull the Balloon Whisk from the Gearbox then carefully remove the Gearbox from the Blender Body by turning the Gearbox clockwise.
9. Clean unit and attachments as instructed in the *User Maintenance Instructions*.

Blending Tips When Using The Balloon Whisk

- When whisking egg whites, use a wider bowl to accommodate the increase in volume.
- When foaming milk for Cappuccino, use heavy cream.
- Whipping cream must be chilled before whisking. Do not process more than 12 oz. (400ml) at a time.

DOUBLE BLADE KNIFE ASSEMBLY

The Double Blade Knife consists of two main parts; the Double Blade Knife/Hub Assembly and Blade/Hub Stand.

The two parts must always be assembled before using the Double Blade Knives.

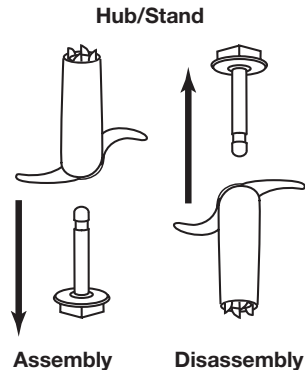
Assembly

Place the Blade/Hub Stand on a flat, level surface. Slide the Blade Hub onto the shaft and press down firmly until it clicks in place.

CAUTION: Use extreme caution when handling the Double Blade Knife as the blades are very sharp. When handling, use the Blade Hub. Do not touch the Blades themselves.

Disassembly

Turn the Double Blade Knife/Hub Assembly upside down and pull the Blade/Hub Stand out of the Hub.



USING THE CHOPPER CONTAINER

Use the Chopper Container to chop vegetables, dried fruit and nuts.

CAUTION: Use extreme care when handling the Double Blade Knife. Do not touch the Blades with your fingers. The Blades are very sharp and can cause injury if touched.

1. Place the Chopper Container on a flat, stable surface for the chopping operation.
2. While holding the Double-Blade Knife by its Hub, place it into the hexagonal opening in the bottom of the Chopper Container. Turn the Hub to make sure the Knife rotates smoothly. **Use care to avoid touching the Double Blade Knife.**
3. Add ingredients to the Chopper Container. Pre-cut larger foods into smaller pieces of even size.

NOTE: Do not fill the Chopper Container above the "MAX" Indicator Line.

4. Place the Chopper Container Drive Cover on the Chopper Container and turn the Cover counter-clockwise, making sure tabs and latches are interlocked. Make sure the pour spout on the Chopper Container is covered by the lip on the Cover.

5. Place the Blender Body over the Single Gearbox. Place the Blender Body over the Single Gearbox. Align the arrow on the Blender Body with the square on the Single Gearbox. Carefully push down and turn the Single Gearbox counter-clockwise until the two arrows line up and the parts are locked together.
6. Place the Hand Blender/Gearbox assembly onto the Chopper Container Drive Cover, making sure all parts are properly aligned and connected.
7. Plug the Blender Body into a standard 120V AC electrical outlet.
8. Firmly hold the Chopper Container and the Hand Blender then press and hold the HIGH "II" or LOW "I" Speed Button. Most foods only require a few seconds (5 to 10) to process. If you need to add extra liquid or oil, release the Speed Button and pour the liquid through the small holes in the top of the Chopper Container Drive Cover, then continue chopping. Do not operate the appliance continuously for more than 1 minute. After 1 minute use, unplug and allow it to cool for 1 minute before resuming operation. Do not exceed 5 cycles.
9. When processing is complete, release the Speed Button and remove the Power Cord from the electrical outlet.
10. Lift the Hand Blender/Gearbox assembly from the Chopper Container. Remove the Gearbox from the Blender Body by turning the Gearbox clockwise.
11. Remove the Chopper Container Drive Lid by turning it clockwise and lifting it from the Container.
12. Carefully grasp the Double Blade Knife by the Hub and lift it from the Container.
13. If you want to use the Chopper Container to store the processed food, replace the Chopper Container Drive Cover with the Chopper Container Lid. This is of great help for flavor protection or for sprinkling nuts or cheese over your favorite dishes.
14. Clean unit and attachments as instructed in the *User Maintenance Instructions*.

Chopping Guide

Food	Speed	Preparation
Bread	HIGH "II"	Tear into pieces
Cheese, soft	HIGH "II"	Cut into 1 inch pieces
Cheese, hard	HIGH "II"	Cut into 1/2 inch pieces
Eggs	LOW "I"	Hard boiled, peeled and quartered
Fruits & Vegetables, soft	Pulse on LOW "I"	Cut into 1 inch pieces
Fruits & Vegetables, hard	Pulse on HIGH "II"	Cut into 1 inch pieces
Garlic	HIGH "II"	Peeled
Green onions	Pulse on LOW "I"	Cut into 1 inch pieces
Herbs, fresh	LOW "I"	Rinse and pat dry, remove stems
Nuts	Pulse on LOW "I"	Shelled
Onions	Pulse on LOW "I"	Cut into 1 inch pieces

Chopper Container Maximum Amounts

Do not exceed the maximum capacities.

Chopper Container

Maximum solid: 1 cup

Maximum liquid: 1-3/4 cups

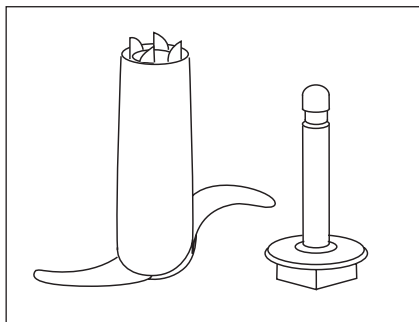
User Maintenance Instructions

This Hand Blender requires little maintenance. It contains no user-serviceable parts. Do not try to repair it yourself. Refer it to a qualified appliance repair technician if servicing is needed.

CAUTION: Never immerse the Blender Body, Blending Wand or Gearboxes in water or any other liquid.

1. Always unplug the unit before cleaning.
2. Remove attachments from Blender Body.

3. After the chopping process, some food ingredients may remain around the Double Blade Knife. It should be washed under running water. If necessary, follow the disassembly instructions to separate the Blade Hub from the Blade Shaft. Use a brush to wash the blades and then allow to air dry on a flat surface.



4. Wash the Mixing Beaker and Lid, Chopper Container, Drive Cover and Storage Lid, Double-Blade Knife, Blade/Hub Stand, Stainless Steel Beaters and Balloon Whisk in warm soapy water. Rinse and dry thoroughly. Parts are not dishwasher-safe.
5. **Never immerse the Blender Body, Blending Wand or Gearboxes in water or any other liquid.** If necessary, wipe exterior surface with a moist cloth or sponge and dry thoroughly.
6. The Blending Wand can be washed under running water. Be careful not to allow water to enter the hollow shaft where it connects to the Blender Body. Do not let the Blending Wand stand in water for an extended period of time. Always dry the Blending Wand thoroughly so that no water can enter the Blender Body. The Blending Wand is not dishwasher-safe.
7. Store the Hand Blender in its original box in a cool, dry place.

Recipes

BASIL VINAIGRETTE DRESSING

2 cloves garlic

1/2 cup packed fresh basil leaves

1/2 cup (4 ounces) white balsamic or white wine vinegar

1 cup (8 ounces) olive oil, preferably extra virgin

1-1/2 teaspoons sugar

1/2 teaspoon salt

1/2 teaspoon freshly ground black pepper

1. Attach Single Gearbox to Blender Body.
2. Place garlic and basil leaves into the Chopper Container.
3. Blend the ingredients together on LOW "I" speed for 15 to 20 seconds or until thoroughly chopped.
4. Attach the Blending Wand to Blender Body.
5. Add the vinegar, olive oil, sugar, salt and pepper to the Mixing Beaker.
6. Blend on LOW "I" speed for 5 to 10 seconds. Add chopped garlic and basil and blend for 15 to 20 seconds until blended.
7. Refrigerate at least one hour or up to one week before serving. Toss with salad greens.

Makes 1-1/2 cups

VEGETABLE OMELET

3 green onions with tops
6 small mushrooms
1/4 cup (2 ounces) water
6 eggs
dash of salt
dash of freshly ground black pepper
3 tablespoons butter
3 ounces shredded Cheddar cheese

1. Attach Single Gearbox to Blender Body.
2. Add onion and mushrooms to the Chopper Container and pulse on LOW "1" speed until chopped.
3. Add water, eggs, salt and pepper to Mixing Beaker. Attach Blending Wand to Blender Body and mix on LOW "1" speed for 5 to 10 seconds.
4. Preheat a small frying pan over medium-high heat. Place 1 tablespoon of the butter in the pan, swirling it around until it stops foaming.
5. Pour 1/3 of the egg mixture into the pan. Allow eggs to set a few seconds. Using spatula, gently pull egg mixture from outer edge towards center, allowing the uncooked egg mixture to flow onto cooking surface. Tipping the pan as you pull the egg mixture towards the center will cause the uncooked mixture to flow more readily. Repeat on opposite sides of the pan until all of the egg mixture has stopped flowing.
6. When eggs are almost set but still shiny and moist, add 1/3 of the vegetable mixture and cheese on half of the omelet. Slide spatula underneath half the eggs and fold over.
7. Continue to cook another 1 to 1-1/2 minutes, or until done. Repeat with the remaining ingredients.

Makes 3 servings

MOSTACCIOLI SALAD

Salad: 1 package (16 ounce) mostaccioli pasta
1 tablespoon olive oil
1 clove garlic
1 onion, 1 inch cubes separated into sections
1 green pepper, 1 inch pieces
1 cucumber, 1 inch pieces
1 jar (4 ounce) pimento, undrained

Dressing: 1/2 cup (4 ounces) water
1 cup sugar
1 cup wine vinegar
1 tablespoon prepared mustard
1 tablespoon salt
1 teaspoon freshly ground black pepper

1. Cook mostaccioli as directed on package; drain and stir in olive oil. Place pasta into a large bowl.
2. Attach Single Gearbox to Blender Body. Place garlic into Chopper Container and mince on HIGH "II" speed for 10 to 15 seconds, leave in container. Add the onion and pulse on LOW "I" speed until finely chopped; add it to the cooked pasta. Repeat with the green pepper and add to the pasta.
3. Place one half of the cucumber in the Chopper Container and pulse on LOW "I" speed until coarsely chopped, add to the pasta and repeat with the other half of the cucumber.
4. To make the dressing, insert the Whisk into the Single Gearbox on the Blender Body. Place the water, sugar, wine vinegar, mustard, salt and pepper into a small, deep bowl. Blend on LOW "I" speed with the Whisk for 1 minute or until mixed.
5. Pour dressing over the mostaccioli and vegetable, stir to mix. Marinate 36 to 48 hours, stirring occasionally. Keep covered in the refrigerator.

Makes 12 cups

THREE CHEESE STUFFED MANICOTTI

Sauce: 1 clove garlic
1/4 onion, 1 inch pieces, separated into sections
1 tablespoon olive oil
1 can (16 1/2 ounce) chopped tomatoes
1 can (8 ounce) tomato sauce
1 teaspoon granulated sugar
1-1/2 teaspoons dried Italian seasoning

Filling: 8 manicotti shells
1/2 cup fresh parsley
4 ounces Parmesan cheese, 1/2 inch cubes
2 cups shredded mozzarella cheese
2 eggs
1-1/2 cups ricotta cheese
1/2 teaspoon dried Italian seasoning
1/8 teaspoon freshly ground black pepper

1. Cook manicotti shells as directed on package; drain and rinse in cold water.
2. To make the sauce, attach Single Gearbox to Blender Body. Place garlic into Chopper Container and mince on HIGH "II" speed for 10 to 15 seconds, leave in container. Add the onion and pulse on LOW "I" speed until chopped.
3. Cook the onion and garlic in hot olive oil until tender. Add the undrained tomatoes, tomato sauce, sugar and dried Italian seasoning. Bring to a boil, reduce heat. Simmer uncovered for 20 to 30 minutes, or until thick. Remove from heat.
4. For the filling, add the parsley to the Chopper Container and chop on LOW "I" speed 5 to 10 seconds, place into a medium size deep bowl.
5. Add the Parmesan cheese and grate on HIGH "II" speed 30 to 40 seconds, add to the parsley.
6. Attach the Double Gearbox to Blender Body and insert the Beaters. To the parsley mixture add half of the mozzarella cheese, eggs, ricotta cheese, dried Italian seasoning and the pepper and blend together on LOW "I" speed for 1 minute or until mixed.
7. Pour half of the sauce mixture into a 2 quart rectangular baking dish. Fill the manicotti shells with filling mixture and arrange in the baking dish. Pour remaining sauce over shells. Sprinkle remaining mozzarella cheese on top.
8. Manicotti may be covered and chilled in refrigerator for up to 24 hours or baked in 350° F oven for 35 to 45 minutes, or until heated through.

Makes 8 stuffed manicotti

FOCACCIA BREAD

Crust: 1 package (6.5 ounces) pizza crust mix

Topping: 2 cloves garlic
1 small onion, 1 inch pieces, separated into sections
1/4 cup fresh oregano leaves
1/4 cup olive oil
15 kalamata olives, pitted
4 ounces Feta cheese, 1/2 inch cubes
1/4 teaspoon salt

1. Preheat oven as listed on the pizza crust mix package directions.
2. Follow pizza crust mix package directions to prepare pizza crust.
3. Grease a 12-inch pizza pan. Grease fingers and press dough on bottom and sides of pan. Place crust in a preheated 425° F oven and bake for 2 to 3 minutes before adding toppings.
4. Attach Single Gearbox to Blender Body. Place garlic cloves in the Chopper Container. Mince on HIGH "II" speed for 10 to 20 seconds. Leave in container.
5. Add onion and oregano to the Chopper Container and pulse on LOW "I" speed until coarsely chopped, remove.
6. Heat olive oil in sauce pan, add garlic, onions, and oregano and cook until soft but not brown, approximately 5 minutes.
7. Add olives to the Chopper Container, pulse on LOW "I" speed until coarsely chopped, remove.
8. Add Feta cheese to the Chopper Container and pulse on LOW "I" speed until coarsely chopped.
9. Carefully spread cooked onion mixture, olives and cheese over partially baked pizza crust. Sprinkle with salt.
10. Return to hot oven and bake an additional 18 to 20 minutes or until crust is golden brown.

Makes 8 slices

GERMAN CHOCOLATE FUDGE PIE

Filling: 4 ounces German's® sweet chocolate bar,
break into pieces
1 package (11.5 ounces) milk chocolate chips
1 cup sour cream
1/2 cup pecan halves
1 package (8 ounces) cream cheese, softened, 1 inch cubes
1 small box instant chocolate pudding & pie filling
1-1/2 cups milk

Crust: 2 chocolate pie crusts

Topping: 1/2 cup pecan halves

1. Place the German's® chocolate pieces and the chocolate chips in a microwave safe bowl. Melt on high power for 1 to 1-1/2 minutes. Stir to blend and add sour cream.
2. Add the 1/2 cup of the Filling pecans to the Chopper Container and pulse on LOW "I" speed until coarsely chopped.
3. Place cream cheese, instant pudding and milk into medium sized, deep bowl.
4. Attach Double Gearbox to Blender Body and insert Beaters. Mix for 1 to 2 minutes on LOW "I" speed. Scrape bowl as necessary.
5. Add cooled chocolate chip mixture and 1/2 cup of chopped nuts to pudding mixture. Blend together with Beaters on LOW "I" speed for 1 minute. Scrape bowl and continue mixing for another minute or until blended. Spread the mixture over the chocolate crust.
6. Add the 1/2 cup of the Topping pecans to the Chopper Container and pulse on LOW "I" speed until coarsely chopped. Top each pie with half of the chopped pecans; chill.

Makes 2 pies

STRAWBERRY SHAKE

1/2 cup (4 ounces) vanilla ice cream
1/2 cup (4 ounces) milk
1/2 cup (4 ounces) frozen strawberries, slightly thawed
1-1/2 tablespoons Confectioner's powdered sugar

1. Attach Blending Wand to Blender Body.
2. Place ingredients into Mixing Beaker.
3. Blend on HIGH "II" speed for 15 to 20 seconds or until smooth.

Makes 1 shake

APPLE CINNAMON WAFFLES

- 1 cup dried apple slices
- 1/2 cup pecan halves
- 3 eggs, separated
- 1-1/2 cups milk
- 1/3 cup vegetable oil
- 1 3/4 cups all-purpose flour
- 2 teaspoons baking powder
- 1 tablespoon sugar
- 1/2 teaspoon salt
- 1 teaspoon cinnamon

1. Attach Single Gearbox to the Blender Body. Place the dried apples and pecans into the Chopper Container. Chop on HIGH “II” speed for 10 to 20 seconds, or until coarsely chopped, set aside.
2. Separate egg whites into a small size deep bowl and place egg yolks in a large size deep bowl.
3. Attach the Single Gearbox to the Blender Body and insert the Balloon Whisk. Beat the egg whites on HIGH “II” speed for 1 to 2 minutes or until stiff.
4. Add milk and vegetable oil to the egg yolks. Use the Balloon Whisk and pulse on LOW “I” speed until blended.
5. Stir the flour, baking powder, sugar, salt, and cinnamon together in a small bowl.
6. Add the dry ingredients, fruit and nuts to the egg yolk mixture. Use the Balloon Whisk and pulse on LOW “I” speed until blended.
7. Carefully fold in egg whites with a spoon. Do not over mix.
8. Pour batter onto a preheated and conditioned waffle grid. Be sure to dip down to the bottom of the bowl each time to get apples and pecans. Close lid and bake until done.

Makes 6 (7-inch round) waffles

