

sweet red pepper spread

PREP TIME **15 MINUTES** **6-8 SERVINGS**

Roasted red peppers meld deliciously with balsamic vinegar and mild garbanzo beans.

Ingredients

- 1 15-ounce can garbanzo beans, drained**
- 1 4-ounce jar roasted red peppers, drained, reserving 1 tablespoon to thin if desired**
- 1 tablespoon balsamic vinegar**
- ½ teaspoon Hungarian paprika**
- 1 tablespoon extra-virgin olive oil**
- ½ teaspoon kosher salt**
- ¼ teaspoon black pepper**

Directions

- 1.** Using the Bottom Blades in the Pitcher, add all of the ingredients in the order listed.
- 2.** Select Speed 3 and flip the switch to START. Slowly increase to Speed 8 and blend until smooth.
- 3.** Scrape down the sides of the Pitcher as needed.
- 4.** Serve the spread with toasted crostini or cracker rounds.

1 serving: Calories 116; Fat 4g; Cholesterol 0mg; Sodium 358mg; Carbohydrate 17g; Fiber 3g; Protein 3g

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cream of broccoli soup (dairy-free)

PREP TIME **20 MINUTES** COOK TIME **20 MINUTES** **4-6 SERVINGS**

Vibrantly colorful and packed with nutrients, this soup gets its creamy richness from raw cashews, making it a perfect choice for those following either a vegan or Paleo diet.

Ingredients

- 1 cup raw cashews, soaked in water for 2 hours, drained**
- 4 cups vegetable broth, divided**
- 6 cups broccoli, steamed**
- 1 teaspoon garlic powder**
- salt and pepper to taste**

Directions

1. Place the Top Blades in the Pitcher and add the cashews and ½ cup broth. PULSE 5 times.
2. Add remaining ingredients and Select Speed 3 and flip the switch to START. Slowly increase to Speed 10 and blend until smooth, about 30 seconds.
3. Transfer soup to a stockpot, adjust seasonings and simmer until heated through.

1 serving: Calories 249; Fat 17g; Cholesterol 0mg; Sodium 593mg; Carbohydrate 19g; Fiber 4g; Protein 9g

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roasted red pepper soup

PREP TIME **10 MINUTES** COOK TIME **15 MINUTES** **2 SERVINGS**

A beautiful presentation soup for brunch or lunch. Accompany this with sandwiches or a light salad.



Ingredients

3 red bell peppers, roasted, peeled
¼ cup sun-dried tomatoes
2 cloves garlic, peeled
¼ cup white wine
¼ bunch Italian parsley, trimmed
1 cup vegetable broth
salt and pepper to taste
balsamic vinegar, as garnish

Directions

1. Place the Top Blades in the Pitcher and add all of the ingredients.
2. Select Speed 1 and flip the switch to START. Slowly increase to Speed 6 and blend until smooth.
3. Transfer to a medium saucepan and simmer until heated through, about 10 minutes.
4. Serve hot in bowls garnished with a splash of balsamic vinegar, if desired.

1 serving: Calories 88; Fat 1g; Cholesterol 0mg; Sodium 808mg; Carbohydrate 18g; Fiber 3g; Protein 2g



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crab bisque

PREP TIME **30 MINUTES** COOK TIME **90 MINUTES** **4-6 SERVINGS**

A beautifully rich and decadent soup, this classic denotes a special occasion.

Ingredients

1 tablespoon olive oil
1 tablespoon butter
1 carrot, peeled and chopped
1 stalk celery, trimmed and chopped
¼ white onion, peeled and chopped
1 potato, peeled and chopped
5 cups fish stock
¼ cup brandy
2 tablespoons tomato paste
1 tablespoon Old Bay® Seasoning
¼ teaspoon cayenne pepper
⅛ teaspoon pinch ground allspice
10 ounces lump crab meat
1 cup heavy cream



Directions

1. Heat oil and butter in a stockpot on medium heat and sauté carrot, celery, onion and potato until just softened.
2. Add fish stock, brandy, tomato paste, and seasonings and bring to a boil over medium heat.
3. Reduce heat, add half of the crab meat and gently simmer for 10 minutes. Cool to room temperature.
4. Using the Bottom Blades in the Pitcher, add the soup. Select Speed 1 and flip the switch to START. Slowly increase to Speed 6 and blend until smooth.
5. Return soup to stockpot, stir in cream and remaining crab meat and simmer over medium-low heat until thoroughly heated, about 15 minutes. Serve hot in bowls.

1 serving: Calories 338; Fat 21g; Cholesterol 92mg; Sodium 912mg; Carbohydrate 10g; Fiber 1g; Protein 15g

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buckwheat pancakes

PREP TIME **2 HOURS 30 MINUTES** COOK TIME **5 MINUTES** **6 SERVINGS**

Enjoy the texture and wholesome flavor of simple buckwheat pancakes.

Ingredients

- 2 cups buttermilk**
- 2 eggs, beaten**
- 6 tablespoons canola oil**
- ¼ cup honey**
- 1 cup Home-Ground Buckwheat Flour**
(see p. 207 for recipe)
- 1 cup all-purpose flour**
- 2½ teaspoons baking soda**
- 1 tablespoon sugar**
- 1 teaspoon salt**

Directions

- 1.** Using the Bottom Blades in the Pitcher, add the buttermilk, eggs, oil and honey.
- 2.** Select Speed 1 and flip the switch to START. Slowly increase to Speed 3 and blend until combined.
- 3.** Add buckwheat flour, all-purpose flour, baking soda, sugar and salt to the Pitcher. Select Speed 3 and flip the switch to START. Blend until combined. Let batter set for 2 hours or refrigerate overnight.
- 4.** On a lightly oiled griddle over medium heat, cook batter in desired sized pancakes until small bubbles form and edges dry. Flip and cook until pancake center is puffed and springs back when gently pressed.

1 serving: Calories 369; Fat 13g; Cholesterol 65mg; Sodium 1032mg; Carbohydrate 50g; Fiber 3g; Protein 10g

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fresh veggie frittata

PREP TIME **30 MINUTES** COOK TIME **30 MINUTES** **6-8 SERVINGS**

Perfect brunch fare!

Ingredients

- 1 tablespoon olive oil**
- 1 stalk broccoli, trimmed**
- ½ red bell pepper, cored**
- ¼ onion, peeled**
- 1 clove garlic, peeled**
- cooking spray**
- 6 eggs**
- ¾ cup Parmesan cheese, grated, divided**
- ½ teaspoon dried basil**
- salt and pepper to taste**



Directions

- 1.** Place the Top Blades in the Pitcher and add the broccoli, red pepper, onion and garlic. PULSE to roughly chop.
- 2.** Heat oil in a medium sauté pan on medium-high heat. Add chopped vegetables and cook until softened, about 10 minutes. Transfer to a 9 x 9-inch baking dish that has been lightly coated with cooking spray.
- 3.** Using the Bottom Blades in the Pitcher, add the remaining ingredients, except ¼ cup cheese. Select Speed 1 and flip the switch to START. Increase to Speed 5 and blend until smooth.
- 4.** Pour egg mixture over vegetables and scatter cheese on top. Bake in preheated 350°F oven for 20 minutes or until center is set and top is lightly browned.

1 serving: Calories 114; Fat 8g; Cholesterol 148mg; Sodium 218mg; Carbohydrate 2g; Fiber 0g; Protein 9g

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PREP TIME **5 MINUTES** 4 SERVINGS

This kicked-up vegetable juice will satisfy all your nutritional needs!

Ingredients

- 2 tomatoes, quartered
- 1 cucumber, peeled and quartered
- 1 stalk celery, cut into thirds
- 1 Granny Smith apple, quartered, unpeeled and uncored
- 1 small carrot, peeled and cut in half
- 1-inch piece of red onion
- ½ jalapeño pepper, seeded
- ¼ beet, peeled
- ½ cup red cabbage, shredded
- 1½ cups ice
- ½ teaspoon sea salt

Directions

1. Place the Top Blades in the Pitcher and add all of the ingredients in the order listed.
2. PULSE 3 times. Select Speed 10 and flip the switch to START. Blend for 45 seconds.

1 serving: Calories 56; Fat 0g; Cholesterol 0mg; Sodium 77mg; Carbohydrate 14g; Fiber 3g; Protein 2g



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PREP TIME **5 MINUTES** 2-4 **SERVINGS**

This tropical fruit smoothie will make you forget that it packs a vitamin K punch!

Ingredients

- 1 cup pineapple, 1-inch chunks
- 1 cup mango, 1-inch chunks
- 1 small banana
- ½ cup packed spinach
- ½ cup packed kale
- ½ cup water
- 1 cup ice

Directions

1. Place the Top Blades in the Pitcher and add all of the ingredients in the order listed.
2. PULSE 3 times. Select Speed 10 and flip the switch to START. Blend for 45 seconds.

1 serving: Calories 78; Fat 1g; Cholesterol 0mg; Sodium 11mg; Carbohydrate 20g; Fiber 3g; Protein 4g



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top o' the mornin' smoothie

PREP TIME **5 MINUTES** 1 SERVING

Start your day with a simple and fresh delight!

Ingredients

- 1 banana, peeled**
- 1 orange, peeled, cut in half**
- ½ teaspoon ground cinnamon**
- 1 scoop whey protein powder**
- 1 cup vanilla almond milk**
- ½ cup ice**

Directions

- 1.** Place all of the ingredients into the Single Serve in the order listed.
- 2.** PULSE until smooth.

1 serving: Calories 207; Fat 4g; Cholesterol 60mg;
Sodium 185mg; Carbohydrate 51g; Fiber 7g; Protein 22g



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