Banana Baby Food

Start your child on this simple puree. Then, as they get older, work in small pieces of banana to develop their chewing

Chef: Matthew Dugan

Skill Level: Easy

Prep Time: 5 minutes

Total Time: 6 minutes

Yield: 1 1/4 cup (300ml)

Container: NA

Machine: Immersion Blender

Program: NA

Ingredients:

2 each (300g) bananas, peeled and sliced

Directions:

Place ingredients into an appropriate size container. Place the immersion blender blades on top of the ingredients, pressing down slightly. Select Variable 1, start the unit and increase to Variable 5 moving around, including up and down, to chop the ingredients. Blend for about 35-45 seconds or until desired consistency is achieved.

Chef Notes: No liquid needed in this recipe, bananas have enough liquid in them that come out when you start processing them.

Nutrition:

Butternut Squash and Apple Bisque

Seasonal recipe that's good anytime of year. Can be hot or served room temp during the summer. Add a dolop of creme friache and some cut chives for a nice garnish that'll wow your guests.

Chef: Matthew Dugan		Skill Level: Easy
Prep Time: 30 minutes	Total Time: 2 hours 15 minutes	Yield: 10 cups (2.4L)
Container: NA	Machine: Immersion Blender	Program: NA

Ingredients:

1/4 cup (60ml) olive oil
4 cloves (15g), garlic, peeled and smashed
2-3 medium (275g) white onions, cut into large chunks
2#(900g) butternut squash, peeled, seeded and cubed
3 each (3 cups/360g) Honeycrisp (or seasonal) apples, seeded and quartered
2 teaspoons kosher salt
2 teaspoons ground cinnamon
8-10 fresh sage leaves

8 cups vegetable stock

Directions:

Over medium high heat, heat olive oil in a large stock pot. Add garlic, onion, squash, apples, salt, cinnamon and sage. Saute over medium heat, stirring occasionally for 10-12 minutes until the onions are translucent. Add the stock and stir to incorporate.

Simmer over medium low heat for 1 1/2 hours.

Place the immersion blender into the middle of the cooking pot.
Submerge the immersion blender below the surface of the liquid, but above the bottom of the pot.
Select the lowest variable speed setting.
Press start and increase the variable speed as desired.
Blend for 2 minutes or until desired consistency is achieved.

Chef Notes:

Nutrition: 3650g before cooking
2745g after cooking

Coffee, Chocolate, Banana, and PB Protein Smoothie

Post workout meal replacement smoothie without having to miss your cup of coffee. Great combination with benefits all around

Chef: Matthew Dugan

Skill Level: Easy

Prep Time: 5 minutes

Total Time: 6 minutes

Yield: 2 3/4 cups (605g)

Container: 1 quart mason jar

Machine: Immersion Blender

Program: NA

Ingredients:

1 1/2 cups (240g) frozen sliced banana
1/2 cup (70g) roasted unsalted peanuts
1 tablespoons 100% unsweetened dark cocoa powder
1/2 cup (120ml) Cold Brew Coffee
1 1/2 cup (120ml) Almond Milk (Homemade Vitamix Recipe)

Directions:

Place all ingredients into an appropriate size container in the order listed. Submerge the immersion blender below the surface of the liquid or as close to the ingredients as possible. Select variable 1. Start the immersion blender and increase to Variable 5. Move the immersion blender around, including up and down to blend the ingredients for approximately 60 seconds or until desired consistency is achieved.

Add 1-2 scoops of your favorite protein powder to help enhance this already protein rich smoothie. Liquid may need to be slightly adjusted when doing this.

Chef Notes: See note in instructions section.

Nutrition: Depending on nutritional info, peanuts can be reduced to 1/3 cup to make nutritional values look better and fall in line.

Four Fruit Smoothie

Fresh orange, pineapple, banana and strawberries are blended to perfection for a refreshing, all-natural beverage

Chef: Matthew Dugan

Skill Level: Easy

Prep Time: 10 minutes

Total Time: 11 minutes

Yield: 2 3/4 cup (620g)

Container: 1 quart mason jar

Machine: Immersion Blender

Program: NA

Ingredients:

1 cup (130g) ice cubes
3 large (90g) strawberries
1/2 small (75g) banana, peeled
1 cup (175g) pineapple, cubed
with core
1/2 medium (60g) orange, peeled
1/2 cup (120ml) water

Directions:

Place all ingredients into an appropriate size container in the order listed. Submerge the immersion blender below the surface of the liquid or as close to the ingredients as possible. Select variable 1. Start the immersion blender and increase to Variable 5. Move the immersion blender around, including up and down to blend the ingredients for approximately 60 seconds or until desired consistency is achieved.

Chef Notes:

Nutrition:

Marinara Sauce

Large batch for gathers or simply divide down to make a single batch for a single meal. Freezes wonderfully so you can make the most of your time and efforts

Chef: Matthew Dugan

Skill Level: Easy

Prep Time: 15 minutes

Total Time: 3 hours

Yield: 12 cups (2.9L)

Container: NA

Machine: Immersion Blender

Program: NA

Ingredients:

4-28oz cans (3.2kg) whole peeled tomatoes; with juice
2-3 medium (275g) onions, peeled and quartered
4 cloves (15g) garlic, peeled
1/2 cup (120ml) good quality olive oil
1 tablespoon (20g) kosher salt
3 tablespoons (10g) Italian Seasoning

Directions:

Place all ingredients into a medium large stock pot and stir to incorporate. Place onto stove over medium high heat. Bring to a boil and then reduce to a simmer. Simmer on low heat for 1 1/2-2 hours.

Place the immersion blender into the middle of the cooking pot.
Submerge the immersion blender below the surface of the liquid, but above the bottom of the pot. Select variable 1.Press start and increase the variable speed as desired. Blend for 45-60 seconds or until desired consistency is achieved.

For a chunkier sauce blend on Variable 1-2
For a smoother sauce blend on Variables 3, 4, or 5.

Chef Notes: The immersion blender has a slow ramp feature,

Nutrition: 3635g before cook weight
3106g after cooking

Peanut Dressing

Use as a sauce or dressing this tangy sauce will put some peanut zing into any dish it touches. Nice thing is that everything goes in and is blended... Nothing else left to do but enjoy.

Chef: Matthew Dugan		Skill Level: Easy
Prep Time: 5 minutes	Total Time: 10 minutes	Yield: 1 1/4 cup (300g)
Container: 1 qt glass jar	Machine: Immersion Blender	Program: NA

Ingredients:

3/4 cup (100g) roasted salted peanuts
2 tablespoons (30ml) rice wine vinegar
1 tablespoon sesame seed
1/4 lime, peeled or 2 tablespoons lime juice
1 teaspoon sambal chili sauce, or similar
2 tablespoons honey

1/2 cup (120ml) cold coffee

Directions:

Place all ingredients into an appropriate size container in the order listed. Submerge the immersion blender below the surface of the liquid or as close to the ingredients as possible. Select variable 1. Start the immersion blender and increase to Variable 5. Move the immersion blender around, including up and down to blend the ingredients for approximately 1 minute or until desired consistency is achieved. Serve or store in the refrigerator in an airtight container. Adjust consistency as needed with 1-2 tablespoons water if desired.

Chef Notes: 1/4 cup of cilantro can also be added to this recipe if desired. Simply add with the rest of the ingredients and blend as previously directed.

Nutrition:

Turkey, Sage and Butternut Squash Baby Food

What better way to have your child enjoy Thanksgiving dinner with you than by pureeing it all together for a shared holiday treat

Chef: Matthew Dugan

Skill Level: Easy

Prep Time: 10 minutes

Total Time: 1 minute

Yield: 1 2/3 cup (400ml)

Container: NA

Machine: Immersion Blender

Program: NA

Ingredients:

1 cup (185g) peeled butternut squash chunks, steamed or roasted and cooled

1/2 cup (90g) boneless turkey breast chunks, cooked and cooled

1 fresh sage leaf

3/4 cup (180ml) breast milk or your choice of alternative milk product

Directions:

Place all of the ingredients into an appropriate size container. We like a 1 quart mason jar. Submerge the immersion blender below the surface of the liquid or as close to the ingredients as possible. Select variable 1. Start the immersion blender and increase to Variable 5. Move the immersion blender around, including up and down to blend the ingredients for approximately 1 minute or until desired consistency is achieved.

Chef Notes: fits and blends great in a 1 quart (4 cup) wide mouth glass mason jar.

Nutrition:

Vegan Mayonnaise

Vegan version of a classic sauce that can be just as versatile as the original. Soy milk helps create a base for the oil, dijon and lemon are a must have to make sure this is a successful recipe.

Chef: Matthew Dugan		**Skill Level:** Easy
Prep Time: 5 minutes	**Total Time:** 7 minutes	**Yield:** 2 cups (480ml)
Container: 1 quart glass jar	**Machine:** Immersion Blender	**Program:** NA

Ingredients:

3/4 cup (175 ml) soy milk, unsweetened

1 1/2 tablespoons fresh lemon juice

1 teaspoon Dijon mustard

1 1/2 cups (360ml) vegetable oil

1/4 teaspoon salt (optional)

1/8 teaspoon ground black pepper (optional)

Directions:

Place all ingredients except the oil into an appropriate size container in the order listed. Submerge the immersion blender below the surface of the liquid or as close to the ingredients as possible. Select variable 1. Start the immersion blender and increase to Variable 5. While blending slowly start adding the oil in a steady stream. Move the immersion blender around, including up and down to blend while adding the oil to create the emulsion. This should take approximately 60 seconds or until desired consistency is achieved.

Chef Notes: This can be flavored with any additional spice you may want. Just simply add it in when doing the initial processing.

Nutrition: