

WARRANTY

This KOOLATRON product is warranted to the retail customer for 90 days from date of retail purchase, against defects in material and workmanship.

WHAT IS COVERED

- Replacement parts and labour.
- Transportation charges to customer for the repaired product.

WHAT IS NOT COVERED

- Damage caused by abuse, accident, misuse, or neglect.
- Transportation of the unit or component from the customer to Koolatron.

IMPLIED WARRANTIES

Any implied warranties, including the implied warranty of merchantability are also limited to the duration of 90 days from the date of retail purchase.

WARRANTY REGISTRATION

Register on-line at www.koolatron.com AND keep the original, dated, sales receipt with this manual.

WARRANTY AND SERVICE PROCEDURE

If you have a problem with your MIRACLE BLENDER, or require replacement parts, please telephone the following number for assistance:

1-800-265-8456

Koolatron has Master Service Centres at these locations:

Koolatron U.S.A.

4330 Commerce Drive, Batavia, NY 14020-4102 U.S.A.

Koolatron Canada

27 Catharine Avenue, Brantford, ON N3T 1X5 Canada

A Koolatron Master Service Centre must perform all warranty work.



Miracle Blender

MBLS-01



www.koolatron.com

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Made in China

H1S005-TC12pcSet 01/2010-v1

Directions for use • Recipes

CONTENTS

SAFETY FIRST	3
PARTS	4
OPERATING	5
BASIC FOOD PREPARATION	5-7
MICROWAVE PREPARATIONS	7
CLEANING	8
BLENDER CARAFE	8
REPLACING BLADE GASKETS	8
RECIPES	9-22
EQUIVALENTS AND METRIC CONVERSIONS	23
WARRANTY	24

SAFETY FIRST PLEASE READ BEFORE USING

- Keep electrical cord away from water or other liquids, hot surfaces or open flames.
- Handle the electrical cord carefully; pull only on the plug not the cord.
- Keep fingers and utensils away from any moving parts at all times.
- Always unplug the power base during assembly, cleaning, or when not in use.
- Miracle Blender should be used on clean, dry and non-slip surface.
- Cup and blade should be properly assembled before fitting onto power base.
- Do not microwave with blade affixed. Always use the vented lids provided. Always use oven mitts to remove cup from microwave.
- Only adults should operate Miracle Blender. During operation, never leave it unattended.
- Miracle Blender should not be used with other parts or accessories that are not part of the set. Using such unauthorized parts or accessories may cause injury.
- Never run the motor continuously for more than 1 minute. The motor has built-in thermal protection that will trip out. It may take longer than one hour to reset the thermal circuit breaker. This is a safety feature built into the power base.



PARTS

Power Base

The Power Base houses a powerful motor. You mix, blend or extract by placing the cup onto the Power Base and press. It's just that simple.

Caution: Disconnect plug when not in use. Do not wash or submerge Power base in water.



Miracle Blender Carafe with lid

The full size yet space-saving blender carafe prepares all your favorite concoctions - milkshakes, party drinks, frozen smoothies, soups, batters, cake mixes and many others. The lid has a removable cap that allows adding ingredients while in operation - easy and mess free.



Tall cups with colored flip-top lids

With the cups you can both prepare and serve drinks in one container! The colored lid covers the threads on the rim of the cup for comfort. Additional cups are available as an option. The optional cups each come with different colored lid that make identification easy too! The cups are dishwasher and microwave safe.



Vented lid

- Use lid with the flip-top in the closed position to dispense finely ground spices.
- Use lid with the flip-top open to dispense grated cheese and coarsly ground spices, and for steaming and cooking in themicrowave.



Cross-blade

The cross-blade is specially designed for food preparation (especially ingredients with water content) - mixing, chopping/grating and blending.



Sealed storage lids

The sealed lids allow the cups to be used to store or refrigerate foods.

OPERATING THE MIRACLE BLENDER

There are several techniques you can employ to achieve the results you want. There are two basic modes of operation; pulse mode and continuous mode. Place the Miracle Blender on flat, dry and non-slip surface. With one hand, hold the base firmly. Align the tabs on the container to the base. Press the blade and container down into the base, and you will activate the motor. Press and release the container to pulse the motor. By pressing and twisting the container clockwise, until the tabs disappear, you can "lock" into continuous mode. Twist back to the left and release to end continuous mode.

Never run the motor continuously for more than 1 minute. The motor has built-in thermal protection that will trip out. It may take longer than one hour to reset the thermal circuit breaker. This is a safety feature built into the power base. Large quantities may be prepared in smaller batches with sufficient time between them for the motor to cool.

In between pulses check the consistency of the contents. You may find you will have to shake the container to better distribute the contents. If the contents stick to the wall of the container you may have to tap the container to dislodge the ingredients. If the blade gets jammed for any reason, remove the container from the power base. You may be able to release the blade by shaking or tapping the container. If necessary, the drive coupling can be turned backward to help release the blade. If these methods do not work, open the container, and use a utensil to clear the blockage.

Ensure the base has stopped turning before removing the cup.

CAUTION:

Under no circumstances allow fingers or utensils to go near the moving blades, any moving parts or pushing down the motor activator on the Power base while it is plugged in. If the blade stops during operation, unplug cord of power base immediately. Remove cup and give it a good shake to release any blockage of the blade due to large ingredients. Or, you can turn the knob at the underside of the blade. As a last resort is, remove the blade from the cup and manually remove the obstruction. Be extra careful around the sharp blades!

BASIC FOOD PREPARATION

Garlic, Onions and Peppers

Miracle Blender chops garlic, onions, and peppers wonderfully well. With the sealed cup, you can say goodbye to tears and pungent smells. Within seconds you can have the ingredients chopped coarse, fine or even pureed.

Prepare your peppers and onions by cutting them into quarters. Garlic can be used whole. Drop them into the cup, affix the blade and twist tight. Chop with several pulses or puree with continuous mode. Shaking and tapping during the process to help achieve your desired consistency.

Frozen Drinks

The Miracle Blender is a perfect party tool. Your guests will be impressed. Drop your favorite ingredients (your choice of ice, ice cream, syrups, fruits) into the container, blend until smooth. You may find pulsing and shaking will achieve quicker and better results. If you wish to use soda water or pop, add it after blending.

Smoothies

Miracle Blender makes your favorite smoothies perfectly and quickly. The list of smoothies it can create with is endless - fruits/vegetables, dairy, non-dairy, low fat, fat-free, nutritional, sport oriented, alcoholic, power-packed, tofu, yogurt.

Drop your favorite smoothies ingredients and ice into the cup, install the blade and twist tight. Fit into the power base and blend until smooth in continuous mode. You may find pulsing and shaking will achieve quicker and better results for the mixture can get very thick. You will know it is done when the ice is fully pulverized and you hear a smooth whirring sound.

Bread and Batters

The Miracle Blender saves you time and effort in your baking. Bread, cup cake, muffin, pancake, and cookie batter can now be created in a breeze. Add the ingredients or instant mixes into the cup, install the blade and twist tight. Fit into the power base and blend until smooth in continuous mode. You can add in your favorite nuts, seeds or fruits mid-way or at the end during the mixing or blending process. All add-ins should be done on "Pulse" technique so that you can achieve the texture of your add-ins to your desired preference.

Grinding Coffee Beans

Now you can have your freshest cup of coffee every time every day! That is because you can grind your coffee beans in the smallest portion you desire. We all know that the ground coffee loses its freshness within a couple of days.

Drop your favorite brand of roasted coffee beans into the cup, install the blade and twist tight. Fit into the power base and pulse several times to break down the beans before you blend to a smooth texture in continuous mode. Shake occasionally for the best results.

Grinding Spices

Nothing can beat the aroma of freshly ground spices. With Miracle Blender you can have the freshest ground spices in seconds to spice up your favorite food, snacks, or breakfast drinks.

To enhance the flavor of the spice, you can dry heat your spices in the oven or in your frying pan for a couple of minutes before grinding. Place your favorite freshly heated spice into the cup, install the blade and twist tight. Fit into the power base and pulse several times to breakdown the spice before you blend to a smooth powdery texture in continuous mode. Shake and tap occasionally for the best results.

Grated Cheeses

No off-the-shelf grated cheeses can beat the texture and aromas of freshly grated cheeses. With your Miracle Blender you can have that, and in seconds!

For best results, we recommend that you cube the cheese before adding to your Miracle Blender cup. Drop the cheese into the cup, install the blade and twist tight. Fit into the power base and pulse for several seconds until your desired texture is achieved. You can use a vented lid as a shaker cap.

Whipped Cream

Miracle Blender creates the best whipped cream you can imagine! Pour whipping cream into the tall cup, install the blade and twist tight. Fit into the power base and blend for several seconds in continuous mode. Vary the flavor of your whipped cream by adding coffee liqueur, fruit flavor syrups or food colors to give that extra punch to your creations!

MICROWAVE PREPARATIONS

One of the most innovative features of your Miracle Blender is cooking your food right in the Miracle Blender cup. Once you have finished mixing or blending your ingredients you can make soups, baby food, sauces and many others by cooking or steaming in the microwave.

Start with blending your ingredients, remove the blade (no blade in microwave !), and replace it with the flip-top lid, slightly open, then put the cup into the microwave for cooking. Always remove the cup with oven mitt.

CLEANING THE MIRACLE BLENDER

IMPORTANT: MAKE SURE THE CORD IS UNPLUGGED BEFORE CLEANING.

- Just remember, there is only one component that you cannot wash: the power base. All others, just place them in the top rack of the dishwasher and it's all done!
- After washing a blade, check that the gasket (white ring) is still intact and snugly fitted. Push it back into its groove if has come loose.
- Should your power base need cleaning, just use a damp cloth to wipe it down inside and out. You may remove stubborn stain or caked up food using a damp cloth over an old toothbrush. The scrubbing should do the job!

BLENDER CARAFE WITH LID

Assembly & Use

Miracle Blender's carafe comes full size that means you are able to create large batches for the whole family or bigger group of friends. The lid comes with two handy features: dual-spout or strain-pour, and removable cap for adding of ingredients while blending.

Caution: Never run the motor continuously for more than 1 minute. The motor has built-in thermal protection that will trip out. It may take longer than one hour to reset the thermal circuit breaker. This is a safety feature built into the power base. Large quantities may be prepared in smaller batches with sufficient time between them for the motor to cool.

REPLACING THE BLADE GASKET

A spare gasket is included with the blender. Remove the old gasket with a toothpick or similar sharp, but soft, tool. Observe the tapered profile of the new gasket. The smaller edge goes down into the groove of the blade base. Drop the new gasket into the groove, and then press into place. Shaking the blade should not dislodge the gasket when properly installed. Never use more than one gasket at a time. Additional gaskets are available from our Customer Service department.

APPETIZERS

Stuffed Portobello Mushrooms

6 Large	Portobello Mushrooms (about 12 oz./340g)
22	Snackwell's Crackers (your choice of flavour – pepper preferred)
1 – 2	Red Peppers
2 Tbs.	Fresh Chives
6 Leaves	Mint
Pinch	Oregano
2	Garlic Cloves
1 Tbs.	Dijon Mustard

Break and drop crackers into tall cup. Pulse and Shake until crackers are fairly crushed. Place into bowl and put aside. Add ingredients, except mushrooms, and pulse blend until coarse. Scoop paste and mix well with cracker crumbs in bowl. Fry mushrooms 2 minutes on each side. Top each mushroom with 2 Tbs. of mixture. Bake at 400°F (200°C) for 8 to 10 minutes or until thoroughly heated.

Bruschetta

2 Large	Tomatoes
1/2	Onion, cut into quarters
2 Tbs.	Olive Oil
	Several leaves of fresh Oregano, Basil and Parsley
1/2	Loaf (1 pound) Italian Bread, cut into 1 inch squares
1/4 Cup	Grated Parmesan Cheese (fresh cheese preferred)

Blend leaves of oregano, basil and parsley. Add tomatoes, onion and olive oil. Pulse Blend until coarse and put aside in bowl. Preheat oven to 400°F (200°C). Place bread on baking sheet, top with mixture and sprinkle with Parmesan cheese. Bake in preheated oven for 8 to 10 minutes or until bottom of the bread is browned. Allow to cool before serving.

Devilled Eggs

6	Hard boiled Eggs, cooled, peeled
6 Tsp.	Fat Free Sour Cream
3 Tsp.	Sweet Pickle Relish
3 Tsp.	Reduced-fat Mayonnaise
3/4 Tsp.	Dijon-style Mustard
1/4-1/2 Tsp.	Salt
1/2 Sprig	Celery, cut into short lengths
1/2 Tsp.	Dill
1 Tsp.	Pepper

Cut each egg in half. Carefully remove the yolks. Add celery, egg yolks, sour cream, pickle relish, mayonnaise, mustard, dill, pepper and salt to carafe. Blend until smooth. Spoon egg mixture onto egg halves. Serve fresh or refrigerate to chill. Keeps up to 2 days.

APPETIZERS (cont.)

Mushroom Pate

12 Oz. Mushrooms
1 Onion
4 Oz. Butter
4 Tbs. Sherry
Chopped Parsley to garnish

Finely chop the onion and mushrooms using the carafe with the cross blade. Melt half the butter in a pan and gently fry the vegetables for a few minutes to soften. Stir in the sherry and cook, stirring, until all the liquid has evaporated. Season and leave until cold. Process until smooth, adding the remaining butter. Spoon into dishes and garnish with parsley. Serve with toast.

SOUP AND SALAD

Fresh Broccoli Soup

1 Cup Fresh Broccoli
1 Onion, thin sliced
1 Garlic Clove
1 Sprig Parsley
1/2 Cup Chicken Stock
1/3 Cup Milk
1 Tsp. Butter
Salt and Pepper to taste

Place broccoli, onion, garlic and chicken stock into tall cup. Cap on vented lid and microwave for 2-3 minutes or until broccoli is soft. Remove lid and add in parsley, milk, butter, salt and pepper and blend until smooth and consistent. Pour mixture into bowl and microwave for another minute. Serve hot.

Fresh Avocado Soup

2 Avocados, pit and skin removed
1-1/4 Cup Plain Yogurt
Juice of 1 Lemon
1 Garlic Clove
1/2 Cucumber, cut into chunks
Sprigs Parsley
Salt to taste

Shake and pulse blend cucumber to coarse pieces. Remove and keep aside. Add avocados, yogurt, lemon juice, garlic, parsley and salt to tall cup and blend until smooth. Pour into a bowl and stir in cucumber mixture. Serve hot or cold. (Microwave 2 minutes).

SOUP AND SALAD (cont.)

Fresh Carrot and Coriander Soup

3/4 Cup Fresh Carrot
1/4 Cup Potatoes
1/2 Cup Fresh Coriander
1 Onion, thin sliced
1 Sprig Parsley
1/2 Cup Chicken Stock
1/3 Cup Milk
Salt and Pepper to taste
1 Tsp. Butter

Add carrots, potatoes, onion, garlic and chicken stock into tall cup. Cap on vented lid and microwave for 2-3 minutes or until all is soft. Transfer to carafe and add parsley, coriander, milk, butter, salt and pepper. Blend until smooth and consistent. Pour mixture into bowl and microwave for 1 minute. Serve hot.

Country Cream Soup

1 Onion
1 Potato
1 Turnip
1 Carrot
2 Celery Sticks
1 Pint Soup Stock
1/4 Pint Milk

Wash and cut vegetables into pieces and place into carafe with the cross blade. Pulse until coarsely chopped. Heat a little oil in a pan and sauté vegetables until soft. Add the stock and bring to a boil. Reduce heat and simmer with the lid on for a few minutes. Stir in the milk and serve with warm bread.

Cauliflower Soup

1 Cauliflower
1 Pint Stock
1/2 Pint Milk
4 Oz. Cheddar Cheese
Pinch Dried Marjoram
Pinch Nutmeg
1 Tbs. Butter

Roughly chop the cauliflower then place in the carafe with the cross blade and pulse until it resembles breadcrumbs. Melt the butter in a pan and sauté the cauliflower. Add stock, milk and marjoram. Bring to a boil, reduce heat and simmer for a few minutes stirring frequently. Add the grated cheese and nutmeg and stir well. Season and serve. To vary, use Blue Cheese instead of Cheddar Cheese.

SOUP AND SALAD (cont.)

Waldorf Salad

- 1 Cooked Breast of Chicken, cut into pieces
- 2 Celery Sticks, cut into pieces
- 1 Apple, quartered with the core removed
- 2 Tbs. Mayonnaise
- 1 Oz. Walnuts

Place all ingredients in the carafe with the cross blade and pulse blend until roughly chopped. Serve on a bed of fresh lettuce leaves.

WONDERFUL SPREADS

Smoked Salmon Spread

- 6-8 Slices Salmon
- Sprig Celery, cut into large cubes
- Sprigs Fresh Parsley and Coriander
- 1 Garlic Clove
- 1 Small Onion (Red preferred)
- 2 Tsp. Walnuts (or Pine Nuts)
- 2 Tsp. Mayonnaise
- 1 Tsp. Pepper
- 1 Tsp. Sugar

Add all ingredients and pulse blend until mixture is coarse. Use Shake and Tap techniques along the way. Do NOT blend until smooth. Spread on plain bread or toast.

Mango and Tuna Spread

- 1/2 Can Tuna Chunks in Oil, drain oil out
- 1 Fresh Mango, skin and pit removed
- 1/4 Cucumber
- 4 Sprigs Parsley
- 2 Tsp. Dill
- 1/2 Onion, cut into quarters
- 1 Garlic Clove
- 3 Tbs. Mayonnaise
- 1-1/2 Tsp. Sugar
- 2 Tbs. Raisins
- Salt and Pepper to taste

Add all ingredients, except raisins, and Pulse Blend until mixture is coarse. Use Shake and Tap techniques along the way. Do NOT blend until smooth. Spread on plain bread or toast. Drop some raisins on the spread.

WONDERFUL SPREADS (cont.)

Chicken and Pineapple Spread

- 1 Cup Cooked Chicken, or Turkey or leftover Cold Cuts
- 1/2 Can Pineapple
- Sprigs Fresh Parsley and Coriander leaves
- 1 Garlic Clove
- 1 Small Onion
- 2 Tbs. Mayonnaise
- 2 Tbs. Pine Nuts
- Salt and Pepper to taste

Add all the ingredients and Pulse Blend until mixture is coarse. Use Shake and Tap techniques along the way. Do NOT blend until smooth. Spread on plain bread or toast.

Mayonnaise

- 1 Egg
- 1 Tsp. Lemon Juice
- 1 Tsp. Dry Mustard
- 1-1/2 Cup No Cholesterol Oil (375 ml)

Add ingredients to the tall cup, blend until it is uniform. Cover and refrigerate.

Hollandaise Sauce

- 3 Egg Yolks
- 2 Tbs. Lemon Juice
- Dash White Pepper
- 1/2 Cup Butter (112g)
- 1/2 Tsp. Prepared Mustard

In the tall cup, using a Vented Lid, microwave the butter until it has melted: be careful not to burn it. Add the remaining ingredients. Use cross blade and blend until it is uniform. Cover and refrigerate.

Tartar Sauce

- 1 Tsp. Shallots
- 1 Tsp. Parsley
- 1 Tsp. Tarragon
- 1 Tsp. Mustard
- Pepper to taste
- 8 Green Olives
- 2 Pickled Gherkins
- 1/2 Cup Mayonnaise (125 ml)

Chop olives and gherkins in a tall cup. Add the remaining ingredients, blend until it is uniform. Cover and refrigerate.

CREATIVE PASTA SAUCES

Artichoke Pasta Sauce

1 Can	Artichoke Hearts packed in water, or 1 Cup of Fresh Artichoke
1 Cup	Tomatoes, quartered
1/4 - 1/2	Onion
2 Tbs.	Tomato purée (or paste)
2	Garlic Cloves
Sprigs	Basil and Parsley
1/4 Cup	Chicken Stock
1/2 Cup	Leftover Cooked Meat (chicken, beef, turkey or fish)
2 Tsp.	Italian Seasoning /Herbs
	Salt and Pepper to taste

Add all ingredients into the tall cup. Pulse blend until coarse. Blend until mixture is smooth and consistent. Remove blade and cap on vented lid. Place cup in microwave and cook for 5-6 minutes. Serve over hot pasta.

Fat-Free Basil Pesto

2 Cups	Fresh Basil Leaves
4 Tbs.	Lemon Juice (Bottled juice is fine)
5 - 6	Garlic Cloves
4 Tbs.	Fat Free Parmesan Cheese, ground
1 Tsp.	Sugar
	Salt and Pepper to taste

Add all ingredients into tall cup, except the cheese. Blend until mixture is smooth and consistent. Add cheese and blend again. Serve over fresh hot pasta.

Savoury Curry Sauce

2	Potatoes, remove skin and quarter
1	Onion, remove skin and quarter
4	Garlic Cloves
1 - 2	Tomatoes
1/2 Cup	Fat Free Yogurt
1/2 Cup	Sour Cream
1/2 Cup	Chicken Stock
5-6 Tbs.	Curry Powder
1 Tsp.	Dijon Mustard
	Salt and Pepper to taste

Add potatoes, onion, garlic and tomatoes into tall cup. Cap on vented lid and microwave for 2 - 3 minutes, or until everything is soft. Remove lid and fit on blade and pulse blend until coarse. Add yogurt, creams, stock, curry powder, mustard, pepper and salt. Blend until mixture is smooth and consistent. Remove blade and cap on vented lid again. Cook in microwave for 4 - 5 minutes. Serve over fresh hot pasta.

DELICIOUS DIPS

Wonderful Salsa

1 - 2	Small Tomatoes
1	Small Onion
1	Garlic
1/2	Jalapeno Pepper (for mild), 1 (for medium) or 2 (for hot)
1/2 Tsp.	Cumin
1/4 Cup	Cilantro
	Salt and Pepper to taste

Put all ingredients into the tall cup. For chunky salsa, blend less with several quick pulses. For a smooth saucy dip, blend longer.

Chip Dip

1/2 Can	Shrimp, rinsed and drained
1/4 Cup	Chili Sauce (for mild), 1/2 Cup (for spicy)
4 - 6 Oz.	Softened Cream Cheese
1/4 Cup	Mayonnaise
1/4	Onion, coarsely chopped
1 Tbs.	Horseradish

Blend chili sauce into cream cheese. Add shrimp and mix in rest of the ingredients. Several quick pulses will achieve a chunky dip. Chill until ready to serve.

Horseradish Dill Sauce

1/2 Cup	Fresh or Sour Cream
2 - 4 Tbs.	Prepared Horseradish (to taste)
1 Tsp.	Dried Dill (or 2 -3 Tsp. of Fresh Dill)
	Salt and Pepper to taste

Blend all ingredients until smooth.

Tuscan Dip

8 Oz.	Softened Cream Cheese
2 Tbs.	Sour Cream
1/2 Cup	Sun-dried Tomatoes
1/2 Cup	Black Olives
1/4 Cup	Onion (Red preferred), cut into quarters

Blend sour cream with cream cheese. Add onions, olives and tomatoes and blend with several pulses for coarse dip. Or blend longer until smooth.

DELICIOUS DIPS (cont.)

Guacamole Dip

2 Small	Avocados, pitted, peeled and diced
1/4	Onion
1	Tomato
1 Tbs.	Lemon Juice
1 Clove	Garlic
2 Tsp.	Worcestershire Sauce
Dash	Sea Salt
Dash	Cayenne Pepper

Chop tomato, onion and garlic, in the tall cup. Add the remaining ingredients and pulse until blended. Cover and refrigerate. If desired, add some crumbled bacon.

Gaspacho

6 – 8	Tomatoes
1	Onion, medium
2 Tbs.	Parsley
1 Tbs.	Soy Sauce
1/4 Cup	Rice Vinegar

Puree the ingredients in the carafe. Pour into bowls and serve.

DESSERTS

Babe's Bottom

2 Scoops	Strawberry Ice Cream
2 Scoops	Vanilla Ice Cream
1/3 Cup	Milk
1/2 Cup	Fresh Blueberries
3/4 Tbs.	Raspberry Liqueur (or 1/3 Tsp. Brandy Extract)
2	Fresh Strawberries
1 Sprig	Mint

Shake and pulse blend fresh blueberries to chunky mashes. Remove to bowl. Add raspberry liqueur or brandy extract, to blueberries and let stand for 2 minutes. Blend blueberries, ice cream and milk to a smooth texture. Scoop into dessert bowls and garnish with fresh strawberries and sprigs of mint.

DESSERTS (cont.)

Chocolate Mint Mallow

3 Scoops	Chocolate Ice Cream
1/2 Cup	Milk
1/4 Cup	Marshmallow Crème
1/3 Cup	Peppermint Candy Pieces
2 Tsp.	Chocolate Sauce

Pulse blend peppermint candy pieces to coarse bits. Add ice cream, milk and marshmallow crème to candy pieces and blend quickly. Blend until well mixed and not smooth. Add chocolate sauce and pulse blend to mix well. Serve in desert cups.

Creamy Orange Frosty

2 Scoops	Vanilla Ice Cream
1 Cup	Orange Juice
1	Orange Slice

Blend all ingredients to a smooth creamy texture. Pour mixture into tall glass and add orange slice to rim.

Strawberry Cooler

2 Scoops	Frozen Strawberry Yogurt
3/4 Cup	Ginger Ale
Sprig	Mint
1	Fresh Strawberry

Blend all ingredients, except Ginger Ale, to a smooth creamy texture. Scoop mixture into tall glass, add Ginger Ale and drop strawberry on top. Garnish with sprig of mint.

Graham Cracker Crust

1-1/2 Cup	Graham Cracker Crumbs
1/2 Cup	Margarine

Blend graham crackers and margarine. Form into pie shell or use a spring-form pan.

DESSERTS (cont.)

Cherry Cheesecake

FILLING

1 Envelope	Knox Gelatin
2 Packets	Sweetener
2 Pkgs.	Cream Cheese
1 Tbs.	Vanilla
1/4 Cup	Boiling Water

Using a Pyrex cup, dissolve the gelatin in 1/4 cup of boiling water and let stand for 5 minutes. Blend cream cheese, vanilla and sweetener. Gradually add gelatin and mix until smooth. Pour mixture into Graham Cracker Crust. Chill until firm.

CHERRY GLAZE (Optional)

3 Cups	Cherries, or berries of your choice
1 Cup	Water
1-1/2 Tbs.	Cornstarch
2 Pkgs.	Sweetener

Cook one third cherries, water, cornstarch and sweetener. Bring to boil, stirring until thick. Cool at room temperature. Use cross blade to blend glaze in the tall cup. Put remaining cherries over cheesecake. Pour glaze on top.

Lemon Pie

FILLING

1 Can	Condensed Milk
2	Egg Yolks
1/2 Cup	Fresh Lemon Juice
1 Tbs.	Sugar
1 Tbs.	Lemon Peel, grated

Blend ingredients in the tall cup. Pour into Graham Cracker crust. Cover with meringue.

MERINGUE

2	Egg Whites
2 Tbs.	Sugar

Whip ingredients in the tall cup. Spread over pie and create peaks. Bake at 325°F (160°C) for 12 to 15 minutes, or until meringue has turned lightly brown.

COCKTAILS AND MILKSHAKES

Fresh Fruit Milkshake

1 Cup	Strawberry Flavour Milk
3 Scoops	Vanilla Ice Cream
1	Banana, ripe, medium
1/2 Cup	Strawberries

Blend all ingredients until smooth. Pour into tall cups and serve immediately.

Chocolate Mint Smash Milkshake

1 Cup	Chocolate Flavour Milk
2 Tbs.	Jell-O Chocolate Flavour Instant Pudding and Pie Filling
1 Tbs.	Chocolate Syrup
1	OREO Double Delight Mint n' Cream Chocolate Sandwich Cookie Chocolate Rice

Blend milk with pudding mix until everything is dissolved. Add syrup and cookie and blend until smooth. Pour into cup and garnish with chocolate rice. Serve immediately.

Apple Pie "À La Mode" Milkshake

2 Cups	Milk
3/4 Pkg.	Jell-O Vanilla Flavour Instant Pudding and Pie Filling
1-1/4 Cup	Unsweetened Apple Sauce
1/2 Cup	Vanilla Ice Cream
1/2 Tsp.	Ground Cinnamon

Blend all ingredients until smooth. Pour into tall cups and serve immediately.

Orange-Strawberry Sparkle

1/2 Cup	Strawberries
1 Cup	Orange Soda, chilled Sweeten to taste

Blend the berries and sweetener in a tall cup. Stir orange soda into mixture just before serving.

Berry Shake

1/2 Cup	Fresh or Frozen Berries
1 Cup	Ice Cream, Yogurt or Milk Sweeten to taste

Blend all ingredients in a tall cup. Serve immediately.

COCKTAILS AND MILKSHAKES (cont)

Lemonade

Juice from 1 Lemon
Ice
Sweeten to taste

Half fill carafe with ice, and cover with water. Pulse blend until the ice is turned to slush. Strain lemon juice into the carafe and add sweetener to taste. Blend and serve.

Raspberry Bavarian Mold

1-1/4 Cups Red Raspberries
1 Pkg. Sugar-free Raspberry Flavour Gelatin
1 Cup Hot Water
1 Tbs. Lemon Juice
1 6 oz. Can Evaporated Milk, Freezer Cold

Dissolve gelatin in hot water. Add lemon juice and chill until partially set. Transfer to the carafe, add milk and whip until fluffy and soft peaks form. Fold in raspberries. Tint pink with red food coloring. Pour into 1 Qt. (1 Litre) mold. Decorate with whipped cream.

ALCOHOLIC COCKTAILS

Crème de Café

More than slightly sensational! Fills 8 champagne glasses. Just on and off with Cross Blade.

120 ml Bourbon
120 ml Cold Water
10 ml Instant Coffee
0.25 ml Vanilla Ice Cream

Blend all ingredients for 10 seconds and pour into champagne glasses.

Mint Cocktail

Sprigs Fresh Mint
45 ml Any Dry White Wine
35 ml Gin
10 ml Crème de Menthe
120 ml Cracked Ice

Blend for 20 seconds. Serves 2 in cocktail glasses. Gives a real mint flavour and a pretty colour.

ALCOHOLIC COCKTAILS (cont.)

Ginnette Fizz

5 ml Sugar
25 ml Sloe Gin
60 ml Cracked Ice

Blend for 10 seconds. Pour into a glass and fill with carbonated water.

Lime Sherbet

120 ml Lemon-Lime Sherbet
45 ml Gin
120 ml Ice Cubes
Mint Leaves for garnish

Blend for 10 seconds. Serve in two cocktail glasses, add mint leaf.

Grasshopper

60 ml White Crème de Cacao
60 ml Green Crème de Menthe
60 ml Whipping Cream
35 ml Ice Cubes

Blend for 6 seconds. Strain and serve in two cocktail glasses.

Banana Cocktail

1 Banana, ripe
2.5 ml Sugar
45 ml Milk
7 ml Light Rum
240 ml Ice Cubes

Blend until ice is crushed. Serve in 1 tall glass or 2 small glasses.

Fizz Cocktail

Great summer afternoon pickup.

25 ml Gin (or Rum)
2.5 ml Sugar
1 Egg White
60 ml Cracked Ice

Blend for 10 seconds. Serve in an 8 oz. glass and fill with sparkling water.

ALCOHOLIC COCKTAILS (cont.)

Tequila Cocktail Freeze

1/2 oz. Tequila Blanco
 1/2 oz. Vodka
 2 oz. Orange Juice
 1 Lemon Slice
 Ice

Blend all ingredients until smooth. Pour into cocktail glass and add lemon slice to rim.

Ultra Premium Margarita

1-1/2 oz. Tequila
 3/4 oz. Orange Liqueur
 Fresh Lemon Juice
 Fresh Lime Juice
 Ice
 Slice of Fresh Lime

Blend all ingredients until smooth. Pour into cocktail glass and add lemon slice to rim.

Acapulco

1-1/2 oz. Tequila
 2 oz. Pineapple Juice
 7-Up or Sprite
 Ice

Blend Tequila, juice and ice until smooth. Pour into cocktail glass and fill to the top with Sprite / 7-Up.

ABBREVIATIONS

tbs. = tablespoon
 tsp. = teaspoon
 oz. = ounce
 ml = millilitre
 pkg. = package

EQUIVALENTS AND METRIC CONVERSIONS

LIQUID MEASURE AND EQUIVALENTS

3 Teaspoons	= 1 Tablespoon		
2 Tablespoons		= 1 Fluid Ounce	= 30 ml
4 Tablespoons	= 1/4 Cup	= 2 Fluid Ounces	= 60 ml
8 Tablespoons	= 1/2 Cup	= 4 Fluid Ounces	= 125 ml
12 Tablespoons	= 3/4 Cup		= 175 ml
16 Tablespoons	= 1 Cup	= 8 Fluid Ounces	= 250 ml
	2 Cups	= 16 Fluid Ounces	= 1 Pint (US)
	4 Cups	= 32 Fluid Ounces	= 1 Quart (US)
	8 Cups	= 64 Fluid Ounces	= 1/2 Gallon (US)
	4 Quarts	= 128 Fluid Ounces	= 1 Gallon (US)

METRIC CONVERSION TABLE

To Change	To	Multiply By
Teaspoons	Millilitres	5
Tablespoons	Millilitres	15
Fluid Ounces	Millilitres	30
Ounces	Grams	28
Cups	Litres	0.24
Pints (US)	Litres	0.47
Quarts (US)	Litres	0.95
Gallons (US)	Litres	3.8
Pounds	Kilograms	0.45
Fahrenheit	Celsius	5/8 after subtracting 32