

# NutriWare™

## Whole Food Blender™

Instruction Manual



NutriWare™  
[www.MyNutriWare.com](http://www.MyNutriWare.com)



Nourishing  
Recipes  
Included

Model #NBD-600  
[www.MyNutriWare.com](http://www.MyNutriWare.com)

Welcome to the NutriWare™ community!

With your new Whole Food Blender™ you are well on your way to a diet that is both healthy and easy. The powerful Hexa-Blade™ six blade system in your Whole Food Blender™ will blend virtually anything in seconds. With these amazing blades the full nutritious power of your food will be unlocked, by eating it whole. Rather than discarding the peels, cores, and seeds (which often contain much of the plant's nutritional value) make them into a delicious, refreshing smoothie or juice. Not only will it taste good, the extra fiber content and nutrients will help you feel better than ever before.

To maximize your health benefits, be sure to use fresh, organic foods whenever possible. Free of pesticides and artificial additives, organic foods will nourish you best.

This isn't the only product from NutriWare™. To learn more about leading a healthy lifestyle, please visit us at [www.mynutriware.com](http://www.mynutriware.com) to browse the other NutriWare™ products. NutriWare™ nourishes the food that nourishes you.

Aroma Wellness Co.  
6469 Flanders Drive  
San Diego, CA 92121  
U.S.A.  
1-800-276-6286  
[www.mynutriware.com](http://www.mynutriware.com)

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# NOTES

Aroma Wellness™ Co. is committed to making the world a healthier, happier place for current and future generations. We believe that being socially and environmentally responsible is a compulsory duty for modern businesses. Our mission is to provide innovative home product solutions that bring health and wellness into the lives of all who use them. The NutriWare™ line of kitchen appliances is in lockstep with Aroma Wellness™ Co.'s overall mission.



*The Aroma Wellness Co.'s San Diego staff.*

NutriWare™ is for those who want to get the most out of their food. This new generation of kitchen appliances gives back what traditional cooking methods take away. We seek to provide our customers with convenient, wholesome ways to unlock the full health benefits of natural foods.

NutriWare™ is committed to quality and therefore uses only safe, non-reactive materials and advanced technology to create appliances that are ultimately practical, versatile and safe.



# IMPORTANT SAFEGUARDS

*Basic safety precautions should always be followed when using electrical appliances, including the following:*

1. **Important: Read all instructions carefully before first use.**
2. To prevent against the risk of electrical shock, do not put blender in water or other liquids.
3. This appliance should not be used by children and care should be taken when it is used near children.
4. Unplug unit from outlet when not in use, before putting on or taking off parts and before cleaning.
5. Avoid contact with 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. Return appliance to the nearest authorized service facility for examination, repair, or electrical or mechanical adjustment.
7. The use of attachments, including canning jars, not recommended or sold by Aroma Wellness may cause fire, electric shock or injury.
8. Do not use outdoors.
9. Do not let cord hang over the edge of a table or countertop.
10. Do not let cord contact hot surfaces, including the stove.
11. Keep hands and utensils out of blender container while processing to prevent the possibility of severe personal injury and/or damage to the blender. A scraper may be used when the blender is not running.
12. Blades are sharp. Handle with caution.
13. To avoid injury, never place blade assembly on the base without the container being properly attached.
14. Always operate blender with cover in place.
15. Do not immerse in water.

## LIMITED WARRANTY

Aroma Wellness Company warrants this product free from defects in material and workmanship for one year from provable date of purchase in the continental United States.

Within this warranty period, Aroma Wellness Company will repair or replace, at its option, defective parts at no charge, provided the product is returned, freight prepaid with proof of purchase and U.S. \$15.00 for shipping and handling charges payable to Aroma Wellness Company. Before returning an item, please call the toll free number below for a return authorization number. Allow 2-4 weeks for return shipping. This warranty does not cover improper installation, misuse, abuse or neglect on the part of the owner. Warranty is also invalid in any case that the product is taken apart or serviced by an unauthorized service station.

This warranty gives you specific legal rights, which may vary from state to state, and does not cover areas outside the United States.

**SAVE THESE INSTRUCTIONS**

**AROMA**<sup>®</sup>  
Wellness<sup>™</sup>

6469 Flanders Drive  
San Diego, California 92121  
1-800-276-6286  
M-F, 8:30 AM - 5:00 PM,  
Pacific Time  
[www.mynutriware.com](http://www.mynutriware.com)

## RECIPES

### Mixed Fruit Fizz

*This is a great way to use up leftover fruit. Combine with soda and ice. Taste and determine if you wish to make it creamy by adding cream or ice cream. Add a little sweetener if the fruit is not quite sweet enough. Makes 4-5 cups*

- 3 cups cubed fresh fruit (melon, plums, nectarines, grapes, papaya or other)
- 1½ cups citrus or lemon-lime soda
- 1 cup crushed ice
- ¼ cup cream or 1 cup ice cream or sherbet (optional)
- 1-2 tbs. sugar or honey to taste (optional)

Blend all ingredients together on 'High' or with the '60-Second Automatic Cycle' function. Taste and add optional ingredients, if desired.

### Blueberry Tang

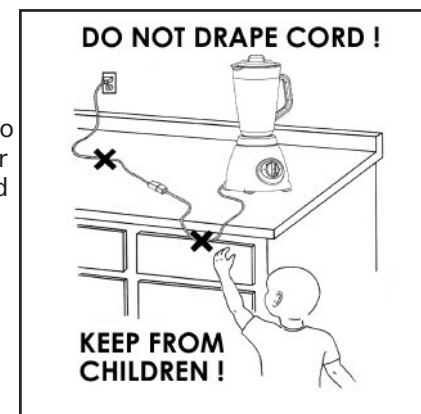
*The tang in this drink comes from the addition of an unusual ingredient, sour cream. Adding a little sugar gives this drink a sweet and sour twist. A small dollop of sour cream with a few blueberries on top would make a pretty garnish. Makes 3½ cups*

- 2 cups blueberry juice
- 1½ cups crushed ice
- 2-3 tbs. sour cream
- 1 tiny pinch mace or nutmeg
- 1-2 tbs. sugar, or more to taste (optional)

Place all ingredients, except sugar, in the blender and process on 'High' or with the '60-Second Automatic Cycle' function until smooth. Taste and add sugar, if desired.

## SHORT CORD INSTRUCTIONS

1. A short power-supply cord is provided to reduce the risks resulting from becoming entangled in or tripping over a longer cord.
2. Longer extension cords are available and may be used if care is exercised in their use.
3. If a longer extension cord is used:
  - a. The marked electrical rating of the extension cord should be at least as great as the electrical rating of the appliance.
  - b. The longer cord should be arranged so that it will not drape over the counter top or tabletop where it can be pulled by children or tripped over unintentionally.



## POLARIZED PLUG

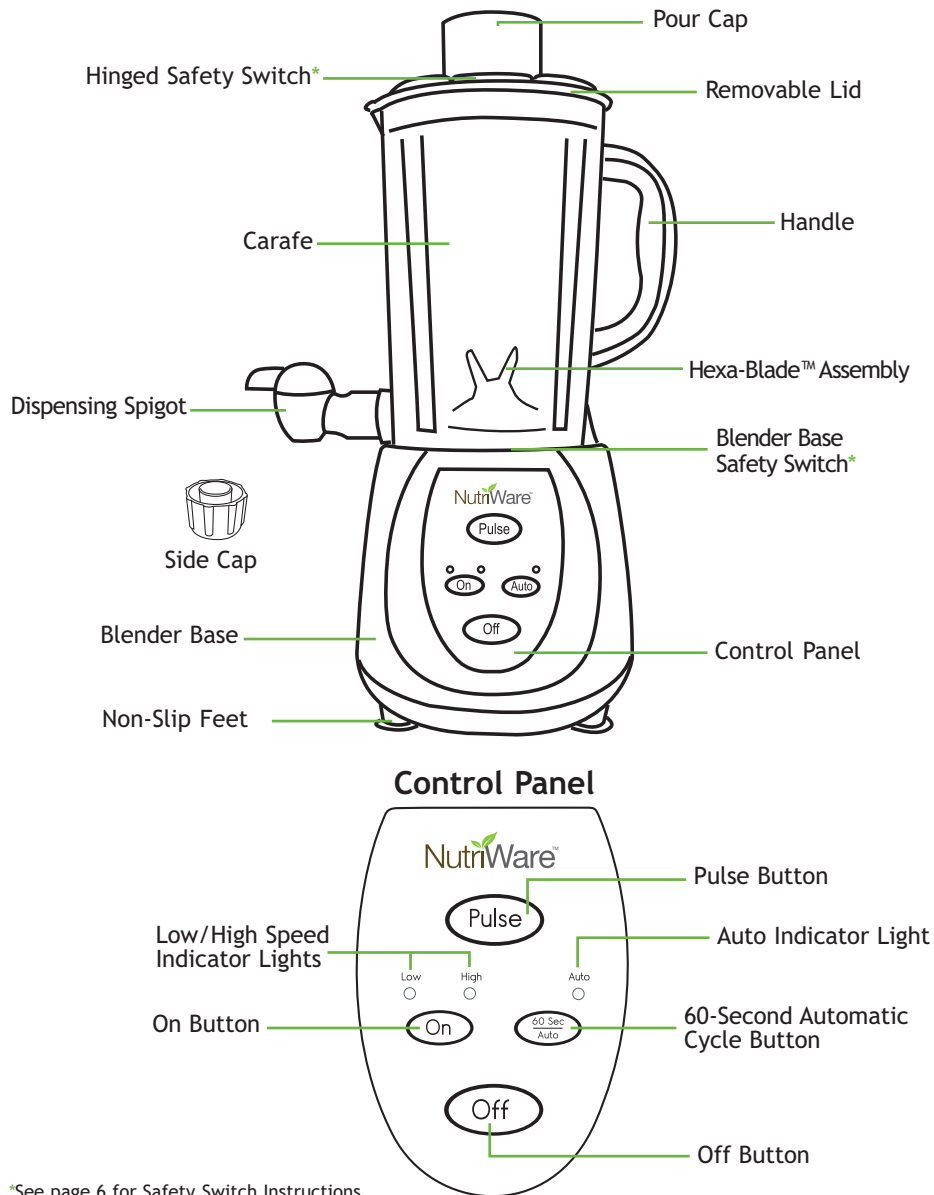
This appliance has a **polarized plug** (one blade is wider than the other); follow the instructions below:

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 into 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.

If the supply cord is damaged it must be replaced by the manufacturer, its service agent or a similarly qualified person in order to avoid a hazard.

**This appliance is for household use only.**

## PARTS IDENTIFICATION



\*See page 6 for Safety Switch Instructions

## RECIPES

### Grape Lemonade

A small amount of cream or vanilla ice cream can be added to this drink to create a creamier texture. Garnish this drink with a slice of lemon and a small cluster of grapes. Maple syrup gives this drink a unique flavor, but sugar or honey can be substituted. Makes 4 cups

- 2 cups lemonade (not the pink variety)
- 1½ cups seedless green grapes
- 1 tsp. lime juice
- 1 cup crushed ice
- 1-2 tbs. maple syrup, to taste

Blend all ingredients together on 'High' or with the '60-Second Automatic Cycle' function. Taste and add more maple syrup, if desired. Sieve mixture before serving.

### Melon Cucumber Cooler

This surprising combination really works. Use only fresh mint in this drink. A good garnish would be a thin slice of watermelon and some mint leaves. English cucumber is the preferred variety for this recipe. Makes 4 cups

- 2 cups seedless watermelon cubes, cut into ½ inch cubes
- 1 cup honeydew or cantaloupe cubes, cut into ½-inch cubes
- ½ cup cucumber, cubed
- ½ cup cold water
- ½ cup crush ice
- 2 tbs. sugar, or more to taste
- 2 tbs. chopped mint leaves, or more to taste

Make sure melon and cucumber are well chilled. Place watermelon, honeydew, cucumber, water and ice in blender container. It is important to put the softer ingredients, like cucumber and melon, at the bottom with the ice on top. Process on 'High' or with the '60-Second Automatic Cycle' function until smooth. Cut sugar and mint leaves together until finely chopped. Add to melon mixture and process to mix. Taste and add more sweeteners, if desired.

## RECIPES

### Sparkling Citrus Cooler

*This refreshing, cool, slushy drink is perfect for hot days. Keep a selection of these ice cubes on hand in your freezer for a quick drink when friends drop in unexpectedly. Serve with a slice of lemon or lime for garnish. Makes 1 quart*

- ¾ cup lemonade
- ¾ cup limeade
- ¾ cup orange juice
- 2 cups lemon-lime soda

In the blender, mix together lemonade, limeade and orange juice and process until well mixed. Pour into ice cube trays and freeze. When ready to serve, place ice cubes back in blender with soda and process on 'High' or with the '60-Second Automatic Cycle' function until mixture has a slushy consistency.

### Banana Frost

*This refreshing drink can be made thicker and richer by using half-and-half or cream in place of milk or yogurt. For a change, try using orange or pineapple sherbet in place of lime sherbet. Makes 5 cups*

- 1½ cups milk, plain yogurt, half-and-half or cream
- 2 large bananas
- 1½ cups lime sherbet
- 2 cups ginger ale

Blend together milk, bananas and sherbet on 'Low' until smooth. Add ginger ale and just barely blend. Serve in a tall glass with a slice of lime for garnish.

## SAFETY CONSIDERATIONS

1. Use this product with rated voltage AC outlet only.
2. Do not open the lid of the blender until the blades have stopped turning.
3. Be sure to unplug the AC cord when blender is not being used.
4. Do not submerge the base of the blender in water or other liquids. The base is **NOT** dishwasher safe.
5. Do not place hard objects into this machine; such as hard fruit pits (i.e. peach or avocado pits).
6. Make sure that the blender and motor assembly are firmly affixed to the blender base before turning on the blender.
7. Blades are extremely sharp. Always use a spoon or spatula to remove food from the blender.
8. Always remove the carafe from the blender base before scrubbing.

## SAFETY SWITCHES

This blender comes equipped with several built-in safety features. The carafe and lid must be properly secured to the blender for it to function.

**Figure A1** (below) illustrates the location of the 'Hinged Safety Switch'. This switch must be depressed by the 'Removable Lid' in order for the blender to operate. Secure the 'Removable Lid' and close it, as shown in **Figure A2**.

**Figure B** (below) highlights the location of the 'Blender Base Safety Switch'. This switch must be depressed by the 'Carafe' in order for the blender to operate. Be sure the 'Carafe' is securely placed in the 'Blender Base' prior to use. This will ensure the 'Blender Base Safety Switch' has been depressed.

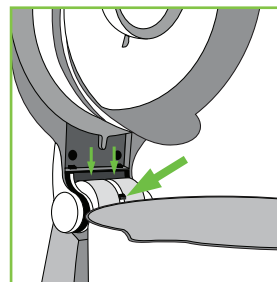


Fig. A1

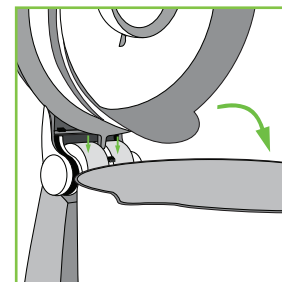


Fig. A2

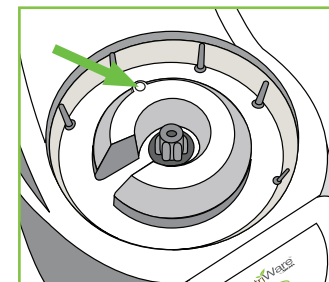


Fig. B

## USING YOUR WHOLE FOOD BLENDER™

## RECIPES

### Before First Use

1. **Read all instructions and important safeguards.**
2. Remove all packaging materials and make sure items have been received in good condition.
3. Tear up all plastic bags, as they can pose a risk to children.
4. Wash the 'Removable Lid', 'Pour Cap', 'Carafe' and 'Hexa-Blade™ Assembly' in warm, soapy water. Rinse and dry thoroughly.
6. Wipe 'Blender Base' with a soft, damp cloth.
  - **Do not use abrasive cleaners or scouring pads.**
  - **Do not immerse the blender base, cord or plug in water at any time.**

### To Operate Your Blender

1. Place blender base on a sturdy, level surface.
2. Attach the 'Side Cap' or the 'Dispensing Spigot' to the side of the 'Carafe' by screwing on clockwise. When using the 'Dispensing Spigot', make sure that the knob is turned to the 'Off' position.
3. Place 'Carafe' onto the 'Blender Base', gently turning side to side to ensure that the undercarriage of the 'Carafe' lines up properly with the 'Blender Base'.
4. Place ingredients into the 'Carafe'. **If blending with ice, make sure to put soft ingredients, such as fruit, in first then place ice on top.**
5. Attach the 'Pour Cap' to the 'Removable Lid' by lining up the two pegs on the bottom with the indentations in the 'Removable Lid' and turning clockwise to lock in place (see **Diagram 1**).
6. Slide the 'Removable Lid' onto the 'Hinged Safety Switch' (see **Diagram 2**) and close the 'Removable Lid', making sure that it fits snugly onto the 'Carafe'.
7. Plug the power cord into an available wall outlet.

Diagram 1

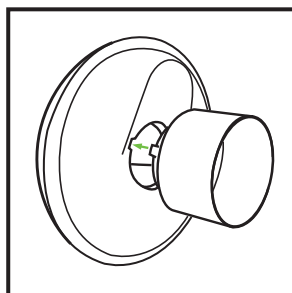
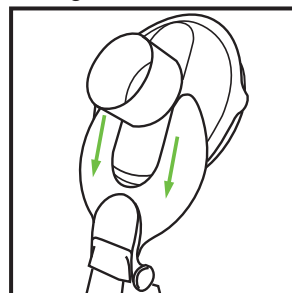


Diagram 2



Continued On Next Page

### Raspberry Lemonade

To make a fast version of this drink, simply mix lemonade prepared according to the can instructions with frozen raspberries. If desired, sweeten with sugar or a little honey. Makes 4 cups

- 1 cup frozen raspberries
- 2 cups water
- 1/2 cup chilled lemon juice
- 3/4 cup sugar

Place all ingredients in the blender and process on 'High' or with the '60-Second Automatic Cycle' function until smooth. Taste and adjust sweetness, as desired.

### Strawberry Melon Chill

Black pepper may seem an odd ingredient, but it really enhances the strawberry flavor of this drink. It is important that you just use a very small amount of pepper. Makes 4 1/2 cups

- 2 cups strawberries
- 1 cup finely diced seedless watermelon
- 1 cup chilled orange juice
- 3/4 cup crushed ice
- 2 tbs. lime juice
- 1 tbs. honey, or more to taste
- 1 small pinch black pepper

Place all ingredients into the blender. It is important to put the softer ingredients, like strawberries and watermelon, at the bottom with the ice on top. Process on 'High' or with the '60-Second Automatic Cycle' function until smooth.



## RECIPES

### Citrus Blend

*This delightful blend is a refreshing way to start the day. A slice of orange and a pineapple wedge would be an ideal garnish. Makes 4 cups*

- 1 cup orange juice
- 1 cup orange sherbet
- ½ cup pineapple coconut juice
- 1 tsp. lime juice, or more to taste
- 1 cup crushed ice
- 1 cup lemon-lime soda

Place all ingredients, except soda, in the blender. It is important to put the softer ingredients at the bottom with the ice on top. Process on 'High' or with the '60-Second Automatic Cycle' function until smooth. Add soda and barely blend. Taste and add more lime juice, if desired.

### Fruited Rice Milk

*Rice milk is a great alternative to cow's milk and is now available in most major grocery stores. This drink ("horchata") is very popular in Mexico and is generally served over ice. This recipe includes fruit, but it is also commonly served without fruit. Makes 4½ cups*

- 3 cups chilled rice milk
- 1½ cups chopped fruit: strawberries, mangoes, papaya or others
- ¾ tsp. vanilla extract
- ¼ tsp. cinnamon
- 1-2 tbs. sweetened condensed milk to taste (optional)

Place all ingredients, except condensed milk, in the blender and process on 'High' or with the '60-Second Automatic Cycle' function until smooth. Taste and add condensed milk for a sweeter, creamier flavor, if desired. Serve in a tall glass filled with ice cubes.

## USING YOUR WHOLE FOOD BLENDER™

8. *To operate:*

### PULSE

Press and release the 'Pulse Button' as needed to pulse at high speed. The motor will stop when the 'Pulse Button' is released. This function is best for blending large chunks such as ice or frozen food, because stopping the motor allows pieces to settle closer to the blades.

### LOW SPEED

Press the 'On Button' once. The 'Low Speed Indicator Light' will illuminate. The low speed setting is best for mixing soft ingredients.

### HIGH SPEED

Press the 'On Button' twice. The 'High Speed Indicator Light' will illuminate. The high speed is best for ultra-fine blending.

### 60 SECOND AUTOMATIC CYCLE

Press the '60 Second Automatic Cycle Button'. The 'Auto Indicator Light' will illuminate. The blender will start a pre-programmed cycle. First, it will pulse ingredients in 10-second intervals, followed by 30 seconds of continuous grinding. The motor will automatically shut off after 60 seconds and a beep will sound to alert you that the cycle has completed.

9. Press the 'Off Button' at any time to stop the motor.
10. If the 'Removable Lid' is opened at any point during operation, the motor will stop.
11. To add ingredients during the blending cycle, turn the 'Pour Cap' counter-clockwise and lift up. Carefully insert ingredients through the lid opening, and then reattach the 'Pour Cap'.
12. To dispense without the 'Dispensing Spigot', press the 'Off Button' and lift up the 'Removable Lid'. Lift the 'Carafe' off of the 'Blender Base' by the handle. Pour out ingredients into serving containers.

### DISPENSING SPIGOT

To use the 'Dispensing Spigot', leave the 'Removable Lid' in place after blending. Place cup or container under the 'Dispensing Spigot'. Turn the 'Dispensing Spigot' knob to the 'On' position. Press the 'Pulse' button to move the mixture through the 'Dispensing Spigot'. Turn the handle to the 'Off' position when finished dispensing.

## HOW TO CLEAN

Always unplug unit and allow to cool completely before cleaning

### Self-Cleaning

The 'Dispensing Spigot' must be attached to the 'Carafe' in order to use the Self-Clean feature.

1. Dispose contents of the 'Carafe' completely.
2. Make sure that the 'Dispensing Spigot' is attached to the carafe.
3. Add warm water and dish soap to the 'Carafe'.
4. Place the 'Carafe' firmly on the 'Blender Base' and close the 'Removable Lid'.
5. Press the '60 Second Automatic Cycle Button'. When the cycle is complete, place a container beneath the 'Dispensing Spigot' and turn the handle to the 'On' position. The soapy water will drain out of the 'Carafe'.
6. Turn the handle of the 'Dispensing Spigot' to the 'Off' position.
7. Add warm water to the 'Carafe'. Close the 'Removable Lid' and press the 'Pulse Button' a few times to rinse the inside of the 'Carafe'.
8. Place a container beneath the 'Dispensing Spigot' and turn the handle to the 'On' position. The water will drain out of the 'Carafe'.
9. Repeat steps 6 through 8 as needed until blender is completely rinsed.
10. Allow the 'Removable Lid' to remain open for several hours in order to let the 'Carafe' dry.

### Hand Washing

1. Empty contents of the 'Carafe' completely.
2. Place 'Carafe', 'Removable Lid', 'Pour Cap', 'Dispensing Spigot' (in the 'On' position) and/or 'Side Cap' into warm, soapy water.
3. Wipe the 'Carafe' clean with a soft cloth, taking care not to touch the blades. It may help to collect some soapy water in the 'Carafe' and shake gently to jar loose any food particles.
4. Rinse and dry thoroughly.
5. Wipe 'Blender Base' clean with a damp cloth.
6. Dry all parts thoroughly before storing.

**NOTE:** Do not submerge 'Blender Base', cord or plug in water or other liquid.

## RECIPES

### Mango Morning Drink

*This recipe is very satisfying and flavorful. If you choose, you can use buttermilk in place of yogurt. Also, papaya juice can be substituted for orange juice.*

Makes 4½ cups

- 1½ cups diced mangoes
- 1 cup orange juice
- 1½ cups plain, vanilla or orange yogurt
- 1-2 tbs. protein powder
- ¾ cup crushed ice
- 1-2 tsp. lemon or lime juice
- Honey or sugar to taste (optional)

Place mangoes in the blender. It is important to put the softer ingredients at the bottom with the ice on top. Process on 'High' for 30 seconds. Add juice, yogurt, protein powder, ice and lemon juice and process on 'High' or with the '60-Second Automatic Cycle' function until smooth. Taste and add honey or sugar to sweeten, if desired.

### Carrot Tomato Pick-Me-Up

*This drink is a great quick pick-me-up. This recipe can be served at room temperature or the tomato juice and broth can be heated and then blended. It is important to follow the technique described below.*

Makes 2½ cups

- 2 medium carrots
- 1 cup tomato juice
- 1 cup chicken or vegetable broth
- 2 tbs. sour cream, or more to taste
- 1 dash white pepper
- 1 dash Worcestershire sauce or Tabasco Sauce

Place carrots in the blender and process on 'Low' until finely minced. Add tomato juice and process on 'High' until mixture is pureed. Add remaining ingredients and process on 'High' or with the '60-Second Automatic Cycle' function until mixture is smooth. Taste and add more sour cream or flavorings, if desired. If you like a smoother consistency, sieve mixture before serving.

## RECIPES

### Apricot Eggnog Shake

*This shake has a wonderful golden color and tastes great. If eggnog ice cream is not available, use French vanilla ice cream and substitute eggnog for milk.*

Makes 2½ cups

- ¾ cup apricot puree
- 1 cup eggnog ice cream
- ¾ tsp. fresh lemon juice
- ½ cup milk, or more to thin
- 1 tbs. protein powder
- 1 pinch mace

Place all ingredients in the blender and process on 'High' or with the '60-Second Automatic Cycle' function until smooth. Serve immediately.

### Prune Apple Cream

*The protein in this drink comes in the form of almond butter and yogurt. If you wish for more protein, add 1 to 2 tbs. protein powder. If you wish to make a thicker drink, add ½ cup crushed ice.* Makes 2½ cups

- 1 cup chilled unsweetened prune juice
- 1 cup chilled unsweetened apple juice (prefer unfiltered)
- 1 tbs. almond butter
- ½ cup plain or vanilla yogurt or frozen yogurt
- 1 tsp. toasted sesame oil
- 1 tbs. honey, to taste (optional)

Place all ingredients, except honey, in the blender and process on 'High' or with the '60-Second Automatic Cycle' function until smooth. Taste and add honey to sweeten, if desired.

## BLENDING GUIDE

### Tips for Getting Started

#### Wet Ingredients

This blender operates best with wet ingredients. When blending ice, frozen fruits, hard vegetables or other "dry foods," it will help to add a small amount of water or other liquid to the 'Carafe' before blending.

#### Safety Switches

The motor will not operate if the 'Removable Lid' is not firmly secured to the 'Carafe' or if the 'Carafe' is not properly aligned on the 'Blender Base'. See *Parts Identification* on **page 4** for the location of both the 'Hinged Safety Switch' and the 'Blender Base Safety Switch'.

#### Ice

When mixing ice with other softer ingredients, such as fruit and vegetables, **place the softer foods into the carafe first and then place ice cubes on top.**

#### Jamming

If ice or food becomes stuck around the blades, turn the motor off. Once the blades have stopped rotating, use a spatula or other long utensil to dislodge the stuck fragment. Remove the utensil, replace the 'Removable Lid', and restart the motor.

#### Auto Shut-Off

The blender has an auto shut-off function which will turn off the motor after 60 seconds of operation. To continue blending after 60 seconds, press the 'Pulse', 'On', or '60 Second Automatic Cycle' button again.

## TROUBLE SHOOTING

Question	Problem	Solution
The motor has stopped.	The blender has been running for 60 seconds.	The auto-shut off safety feature of this blender will stop the motor after 60 seconds of operation. To re-start the motor, simply press the 'Pulse', 'On', or 'Auto' button as desired.
	The blade has become jammed against something in the 'Carafe'.	Press the 'Off' button. Open the lid. Using a spatula or other long-handled utensil, stir the ingredients in order to dislodge the food fragment that has become stuck. Once it is dislodged, remove the utensil, close the lid and restart the motor.
	The motor has overheated.	Open the 'Lid' and remove the 'Carafe' from the 'Blender Base'. Allow the 'Blender Base' to cool for 15-20 minutes. This should be adequate time for the motor to cool. Turn the 'Blender Base' over and press the black button located on the underside. Replace the 'Base', attach the 'Carafe', close the 'Lid' and restart the motor.

If after following the instructions in the above table, your blender is still not functioning properly, please contact one of our Customer Service Representatives at 1-800-276-6286.

## RECIPES

### Carob Yogurt Cream

*Carob is a healthy alternative to chocolate. If you like to use soy products, use soy milk, soy protein or tofu in place of protein powder. Chocolate syrup can be substituted for carob, if desired. Makes 3½ cups*

- 3 cups low-fat frozen vanilla or chocolate yogurt
- ¼ cup soy milk, almond milk or rice milk
- ¼ cup carob syrup or powder, or more to taste
- 2-3 tbs. honey or brown rice syrup, or more to taste
- 2 tbs. protein powder

Place all ingredients in the blender and process on 'High' or with the '60-Second Automatic Cycle' function until smooth. Taste and add more sweetener or carob syrup, if desired.

### Pineapple-Almond Drink

*This is an easy breakfast drink that uses almond butter in place of powdered protein. Cashew butter can be substituted for almond butter. Makes 2½ cups*

- 1 frozen banana
- 1 cup chilled pineapple juice
- ½ cup papaya juice
- ¼ cup almond butter
- 1-2 tbs. honey or brown rice syrup (optional)

Place banana, juices and almond butter in blender and process on 'High' or with the '60-Second Automatic Cycle' function until mixture is smooth. Taste and add honey for sweetness, if desired.



## RECIPES

### Almond Milk

*This simple milk is best when made fresh. Always use blanched almonds (without skins) for white-colored nut milk. Makes 2 cups*

- 2 cups cold water
- ½ cup blanched almonds
- 1½ tbs. pure maple syrup

Place cold water and almonds into the blender and process on 'High' or using the '60-Second Automatic Cycle' function until the mixture turns white. Pour into a fine sieve. Add maple syrup, to taste. Refrigerate until ready to serve.

### Date-Almond Shake

*This recipe uses almond milk, which is high in protein and calcium. If you wish for more protein, simply add protein powder to this recipe. Makes 4 cups*

- 2 cups fresh almond milk (See recipe above)
- 3 frozen bananas
- 12 pitted dates
- ½ cup crushed ice
- Few drops banana or almond extract (optional)

Combine all ingredients in the blender. It is important to put the softer ingredients at the bottom with the ice on top. Process on 'High' or using the '60-Second Automatic Cycle' function until mixture is smooth. Taste and add banana or almond extract for more taste, if desired.

## BENEFITS OF EATING WHOLE FOODS

American health has been declining at an astonishing rate. Obesity, heart disease, digestive problems and more maladies are plaguing our population. Many of these diseases and illnesses can be traced back to a poor diet. To counteract this, there is a diet that looks to the past to cure the nutritional woes of today. The whole food diet believes that if we ate closer to how our ancestors ate, the whole unprocessed way with no additives or chemicals involved, our health would show a drastic improvement. With the horrible contents of most processed and fast foods, its hard to argue that this is not the case. Rather than just drinking store-bought apple juice, which is high in sugar, lacking in fiber, and even sometimes lacking in apples, try drinking delicious, pure whole fruit juice. Consuming the whole fruit has many benefits.

### The Skin

The skin of fruits and vegetables are often where important biological functions take place while on the tree, vine etc. The skin is where fruits and vegetables absorb the Sun's energy, which develops a variety of colored pigments. Many of these pigments, such as carotenoids and flavonoids, contain nutrients that are excellent for our nourishment and overall health. In fact, grape skin has been found to help prevent certain types of cancer. The skin is also an excellent source of fiber. Unfortunately, most juicers leave the skin behind.

### The Fruit Pulp

In addition to the skin, another part of the fruit that is often neglected is the pulp. Pulp is a great source of fiber and other nutrients. For example, orange pulp is the primary source of flavonoids in the fruit. While orange juice still contains most of the orange's vitamin C content, which is excellent for your health, the interaction between the flavonoids and the vitamin C exponentially increases its effects.

### Phytochemicals

Still a fairly new finding, phytochemicals are biologically active plant-food components that are powerful anti-oxidants. Many of these are currently being studied for their cancer-preventing properties, including lycopene, from tomatoes, which is being studied for its role in prostate cancer prevention as well as cardiovascular disease. Unfortunately many of these phytochemicals can be destroyed when foods are processed, or even cooked. By eating these foods whole or drinking whole fruit or vegetable juice, their full benefits can be claimed.

Fortunately, these nutrients that are left out in typical juice can be reclaimed with the Whole Food Blender™ by NutriWare™. Whole fruits and vegetables can be blended down effortlessly to a delicious juice. Have all the benefits of fiber, pulp and skin without having to sacrifice any of the great taste or texture of commercial juices. With the Whole Food Blender™ and a whole food diet, better health can be just a sip away.

## RECIPES

The following recipes are excerpted from [Blender Drinks: From Smoothies and Protein Shakes to Adult Beverages](#) by Joanna White, and appear courtesy of Bristol Publishing. Visit their website at [www.bristolcookbooks.com](http://www.bristolcookbooks.com) for more information, to order this book or to view their other fine cooking publications.

### Substitutions

For all the following recipes, you may use these substitutions:

**CREAM** may be substituted by half-and-half, coconut cream, whole milk, buttermilk, yogurt, ice cream or frozen yogurt.

**FRESH LEMON JUICE** may be substituted by frozen lemon juice or lime juice. It is not recommended to use reconstituted lemon juice.

**MILK** can be replaced by low-fat milk, soy milk, rice milk, nut milk or carbonated beverages.

**SUGAR** may be substituted by honey, jam, brown rice syrup, maple syrup, barley malt syrup or stevia.

**NOTE:** Stevia is a natural alternative to sugar and is available in most health food stores.

### Drink Garnishes

Here are some ideas for garnishing sweet drinks:

- **Colorful Ice Cubes:** Place a strawberry, wedge of lemon or lime, a strip of citrus peel, berries, mint leaf, etc. in each compartment of an ice-cube tray. Fill with water and freeze.
- **Fruit Kabobs:** Thread fruit balls such as watermelon, cantaloupe, honeydew, or pieces of fruit such as oranges and limes, or whole fruit like strawberries on a wooden skewer or stir stick.
- **Citrus Wheels:** Notch citrus slices (such as oranges, lemons and limes) onto wood skewers with maraschino cherries on either side of the wedge and lay across top of glass.
- **Mint Leaves:** Decorate drinks with small clusters of leaves.
- **Citrus Slices or Wedges:** Lemon, lime, or orange slices make classic garnishes.
- **Melons:** Slice wedges thinly or cut into balls.
- **Fresh Berries:** Try raspberries, cranberries, blackberries, blueberries, or cherries.
- **Cinnamon Sticks:** Use them as stirrers.
- **Candied Fruit:** Decorate drinks with red or green maraschino cherries; or with red, green or yellow pineapple chunks.

## RECIPES

### Hawaiian Fling

*Guava or pineapple juice can be substituted for pineapple or orange juice in this recipe. Always chill juices before using. It is nice to serve this with a skewer of fresh fruit such as pineapple chunks, orange wedges or maraschino cherries.*

Makes 4½ cups

- 1 cup pineapple juice
- 1 cup orange juice
- 3 tbs. grenadine syrup
- ¼ cup lime juice
- 2 tbs. fresh lemon juice
- 2 tbs. protein powder (preferably fruit-flavored)
- ½ cup plain yogurt or fruit sherbet or more, to taste
- 1½ cups crushed ice

Combine all ingredients in the blender. Process on 'High' or using the '60-Second Automatic Cycle' function until mixture is smooth and creamy

### Creamy Mandarin Orange

*This recipe makes a delicious breakfast drink with a wonderful intense flavor. Garnish with a slice of orange on the edge of the glass. Makes 4 cups*

- 15 oz. Mandarin Oranges
- 1 cup orange yogurt or orange sherbet
- ½ cup sweetened condensed milk
- 1 cup crushed ice
- ¼ cup fresh lemon or lime juice
- 1 tbs. protein powder, or more if desired
- ½ cup milk or orange juice to thin (optional)

Place all ingredients in blender container. It is important to put the softer ingredients at the bottom with the ice on top. Process on high until oranges are fully incorporated. Taste and thin mixture with milk or orange juice, if desired.

## RECIPES

### Apricot Almond Alternative

*Almond or other nut butters make a good alternative to protein powder for blender drinks. Nut butter adds flavor and creates a slightly denser texture in your shakes. Makes 5 cups*

- 2 cups mashed apricots
- 1 cup almond milk, soy milk, rice milk or milk
- 1 cup plain or vanilla yogurt
- ½ cup crushed ice
- ½ cup almond butter
- 1-2 tbs. apricot jam or honey (optional)
- Few drops almond extract (optional)

Place all ingredients, except jam and almond extract, in the blender. It is important to put the softer ingredients at the bottom with the ice on top. Process until smooth using the '60-Second Automatic Cycle'. Taste and add jam or almond extract for more flavor, if desired.

### Island Chill

*Guava juice is available bottled or frozen. Make sure juices are chilled before blending. Serve in a large glass with a wedge of fresh pineapple for garnish. Makes 5 cups*

- 1 cup guava juice
- 1 cup cherry or berry juice
- 1 cup pineapple juice
- 1 cup water or soda
- 1 cup crushed ice
- 2 tbs. protein powder
- 2 tbs. coconut cream
- Sugar or honey to taste (optional)

Place all ingredients, except sugar, in the blender. It is important to put the softer ingredients at the bottom with the ice on top. Process on 'High' or using the '60-Second Automatic Cycle' function until smooth. Taste and add sugar or honey to taste, if desired.

## RECIPES

### Drink Garnishes (cont'd)

- **Shredded Coconut:** Use fresh grated or packaged, plain or toasted.
- **Chocolate:** Use white, milk, semi-sweet or dark chocolate, grated or cut into curls.
- **Spices:** Try nutmeg, cinnamon, allspice, cardamom, etc., either sprinkled on top of drink or on top of whipped cream.
- **Clusters of Fruit:** Set grapes or other cluster fruit on the edge of the glass.
- **Shells of Fruit:** Hollow out a pineapple, coconut shell or melon half and use a container for drinks.
- **Flowers:** Float edible ("clean") flowers such as orchids and nasturtiums on drinks.

Here are some ideas for vegetables drinks:

- **Clusters of Greens:** Parsley or watercress.
- **Vegetables:** Celery sticks, cucumber sticks, carrot sticks, carrot curls, cherry tomatoes, cocktail onions, slivers of scallions.
- **Chopped Herbs:** Scallions, chives, parsley or cilantro.
- **Spices:** Black pepper, paprika or spices used in drinks.
- **Black or Green Olives**

### Tropical Blitz

*Passion Fruit Juice is often available in the frozen section of major grocery stores. Mango, if out of season, is available canned. If you choose to use coconut flakes, you can get a nuttier flavor by toasting flakes under a broiler until brown before blending.*

Makes 4 cups

- ½ cup mango chunks
- 1 cup crushed ice
- ⅓ cup orange juice
- ⅓ cup passion fruit juice
- ⅓ cup guava juice
- 3 tbs. coconut cream or coconut flakes
- 2 tbs. wheat germ
- 1-2 tbs. protein powder (optional)
- 1 large scoop vanilla frozen yogurt, or fruit flavor of your choice
- 1 medium banana

Place all ingredients in blender and process on 'High' or with the '60-Second Automatic Cycle' function until well mixed.

## RECIPES

### Potassium Power

*This makes a wonderful high-energy drink that is loaded with potassium. Plain vanilla yogurt can be substituted for frozen yogurt. Add 1 to 2 tbs. carob powder or chocolate sauce for a chocolate-banana flavor. Makes 4½ cups*

- 1½ frozen bananas
- 2 cups frozen vanilla or banana yogurt
- ¾ cup milk, rice milk, soy milk or almond milk
- 1 tbs. brewer's yeast
- 1½ tbs. wheat germ
- 1½ tbs. lecithin powder or granules
- 1-2 tbs. honey, molasses or sugar, to taste

Place all ingredients in blender and process on 'High' or with the '60-Second Automatic Cycle' function until well mixed.

### Strawberry Crème

*Always use fresh strawberries when available. Use the least amount of sweetener until you have tasted. Using strawberry frozen yogurt or strawberry-flavored yogurt will add extra flavor. Makes 3½ cups*

- 1 cup sliced strawberries, fresh or frozen
- 1½ cups frozen yogurt or regular yogurt, strawberry or vanilla preferred
- ½ cup milk, almond milk, rice milk or soy milk
- 2 tbs. protein powder
- 2 tbs. strawberry jam, honey, barley rice syrup or sugar, to taste

Blend strawberries on 'High' for 15 seconds. Add remaining ingredients and process on 'High' or with the '60-Second Automatic Cycle' function until smooth. Taste and adjust sweetness.

## RECIPES

### Pineapple Sparkle

*This recipe may be increased and used as a punch. Simply place ice cream in the bottom of the punch bowl, process pineapple juice, lemon juice and sherbet in the blender and pour over ice cream along with ginger ale. Makes 4 cups*

- 1 cup lemon or lime sherbet
- 1 cup chilled pineapple juice
- 1 tbs. lemon juice
- 1 cup vanilla ice cream
- 1 cup ginger ale or lemon soda

Place sherbet, pineapple juice, lemon juice and ice cream in the blender and process on 'High' or with the '60-Second Automatic Cycle' function until smooth. Add ginger ale and soda; blend for 1 or 2 seconds. Serve immediately.

### Strawberry Freeze

*This drink has a potent strawberry flavor that will knock your socks off. Of course, any berry can be substituted using same berry yogurt and jam. Makes 2½ cups*

- 1 cup frozen strawberries
- 1 cup frozen strawberry yogurt
- 2 tbs. strawberry jam
- ½ cup milk, soy milk, rice milk or almond milk

Place all ingredients in the blender and process on 'High' or with the '60-Second Automatic Cycle' function until smooth. Taste and add more jam for additional sweetness, if desired.