

Cuisinart®

Recipe Booklet

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Cuisinart® Compact Juice Extractor

CJE-500

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VEGETABLES, FRUITS AND THEIR KEY VITAMINS AND MINERALS

VEGETABLE	VITAMINS	MINERALS
ASPARAGUS	A, B1 (thiamine), C, choline, folic acid	potassium
BEETS AND BEET GREENS	A, C, chlorophyll, B6	calcium, potassium, choline and iron
CABBAGE	B6, C	iodine, potassium and sulfur
CARROTS	A, C	potassium, calcium, phosphorus and carotene
CELERY		organic alkaline minerals (balances blood pH levels)
CUCUMBERS	Good diuretic	potassium
FENNEL		alkaline, calcium and magnesium content
KALE	A and chlorophyll	calcium
PARSLEY	A, C, and chlorophyll	calcium
PARSNIPS	A, C, and chlorophyll	calcium
RADISHES	C	choline, phosphorus, potassium
SPINACH	A, B complex, chlorophyll	calcium, iron, magnesium, phosphorous, potassium
SUMMER SQUASH	B1, B2, niacin	
PEPPERS	A, C	potassium
TOMATOES	C	calcium
WATERCRESS	C and chlorophyll	potassium, choline, phosphorous, sulfur and calcium
FRUITS	VITAMINS	MINERALS
APPLES	A, B1, B2, B6, biotin, folic acid and pantothenic acid	choline, copper, iron, magnesium, manganese, phosphorous, potassium, silicon, sodium and sulfur
CHERRIES	A, C, B1, B2, folic acid and niacin	calcium, cobalt, iron, magnesium, phosphorous, potassium Contains powerful alkalinizing properties
CRANBERRIES	A, C, B-complex and folic acid	calcium, iron, phosphorous, potassium and enzymes
GRAPES	A, B1, B2, C and niacin	calcium, copper, iron, magnesium, manganese and phosphorous
GRAPEFRUIT	B-complex, C, E, K, biotin and inositol	calcium, phosphorous and potassium
LEMONS	C and citric acid	Very strong cleanser
LIMES	C and citric acid	Very strong cleanser
MELONS	A, B-complex and C	High in enzymes
ORANGES	A, B-complex, B1, B2, B6, C, K, biotin, folic acid and niacin	calcium, choline, copper, flourine, iron, manganese, magnesium, phosphorous, potassium, silicon and zinc
PAPAYAS	A and C	High in enzymes and good cleanser
PEACHES	A, B1, B2, C, and niacin	calcium, iron, phosphorous and potassium
PEARS	A, B1, B2, C, folic acid and niacin	phosphorous and potassium
PINEAPPLES	C	choline and potassium - High in enzymes
STRAWBERRIES	C	calcium, phosphorous and potassium
WATERMELONS	A	chlorophyll, enzymes and good cleanser

RISE AND SHINE

Morning Zinger

A delicious way to get up and go.

Makes about 8 ounces

- 1** handful fresh parsley, about 1 cup packed
- 1** medium apple, quartered
- ½** ounce fresh ginger, about 1-inch piece
- 3** medium carrots

1. Turn the Cuisinart® Compact Juice Extractor on and juice the ingredients in the order listed.
2. Stir juice and serve immediately.

Nutritional information per serving (8 ounces):
Calories 198 (6% from fat) • carb. 4g • pro. 1g
• fat 0g • sat. fat 0g • chol. 0mg • sod. 186mg
• calc. 165mg • fiber 1g

Notable nutrients based on daily percentages:
Vitamin A 829% • Vitamin C 167% • Iron 26% • Folate 35%

Melon Cleanser

It is recommended that melons not be combined with other fruits. This refreshing juice is perfect first thing in the morning.

Makes about 8 ounces

- 1** cup cantaloupe, cubed
- 1** cup honeydew melon, cubed
- ¼** cup fresh mint leaves
- ¼** lime, peeled, about ¼ ounce

1. Turn the Cuisinart® Compact Juice Extractor on and juice the ingredients in the order listed.
2. Stir juice and serve immediately.

Nutritional information per serving (8 ounces):
Calories 129 (4% from fat) • carb. 32g • pro. 3g
• fat 1g • sat. fat 0g • chol. 0mg • sod. 61mg
• calc. 37mg • fiber 1g

Notable nutrients based on daily percentages:
Vitamin A 124% • Vitamin B6 15% • Vitamin C 167%

Antioxidant Berry Blast

Berries are packed with good-for-you antioxidants. This juice is also a great base for a berry spritzer – just add seltzer.

Makes about 10 ounces

- 2** cups whole strawberries
- 1** cup raspberries
- 1** cup blueberries
- ¼** lemon, peeled, about ¼ ounce

1. Turn the Cuisinart® Compact Juice Extractor on and juice the ingredients in the order listed.
2. Stir juice and serve immediately.

Nutritional information per serving (10 ounces):
Calories 246 (7% from fat) • carb. 60g • pro. 5g
• fat 2g • sat. fat 0g • chol. 0mg • sod. 6mg
• calc. 90mg • fiber 1g

Notable nutrients based on daily percentages:
Vitamin C 381% • Folate 27% • Manganese 124%

Citrus-C

This simple blend of orange and grapefruit makes a delicious juice to start the day. You won't want to drink store-bought juice again!

Makes about 12 ounces

- 1** medium to large orange, peeled and quartered
- 1** large grapefruit, peeled and quartered

1. Turn the Cuisinart® Compact Juice Extractor on and juice the orange and grapefruit.
3. Stir juice and serve immediately.

Nutritional information per serving (6 ounces):
Calories 157 (4% from fat) • carb. 39g • pro. 3g
• fat 1g • sat. fat 0g • chol. 0mg • sod. 0mg
• calc. 109mg • fiber 2g

Notable nutrients based on daily percentages:
Vitamin A 19% • Vitamin C 283% • Folate 24%

Super C Juice

Red peppers are packed full of vitamin C, and a little goes a long way. Make this juice when you're feeling under the weather, for it provides you with twice your daily value of vitamin C and over four times your daily need of vitamin A!

Makes about 14 ounces

- ½ **large red pepper, seeded**
- 4 medium carrots**
- ½ **large grapefruit, peeled and halved**
- ½ **medium orange, peeled**
- ¼ **lemon, peeled**

1. Turn the Cuisinart® Compact Juice Extractor on and juice the ingredients in the order listed.
2. Stir juice and serve immediately.

Nutritional information per serving (8 ounces):
Calories 94 (4% from fat) • carb. 24g • pro. 2g
• fat 1g • sat. fat 0g • chol. 0mg • sod. 86mg
• calc. 72mg • fiber 1g

Notable nutrients based on daily percentages:
Vitamin A 441% • Vitamin C 188% • Beta carotene
10932mcg • Potassium 605mg

Orange, Peach and Mango Juice

This sunny beverage is full of vitamin C, and is a great base for smoothies.

Makes about 12 ounces

- ½ **mango, peeled and pitted**
- 1 medium orange, peeled**
- 2 peaches, pits removed**

1. Turn the Cuisinart® Compact Juice Extractor on and juice the ingredients in the order listed.
2. Stir juice and serve immediately.

Nutritional information per serving (12 ounces):
Calories 252 (4% from fat) • carb. 64g • pro. 4g
• fat 1g • sat. fat 0g • chol. 0mg • sod. 5mg
• calc. 99mg • fiber 2g

Notable nutrients based on daily percentages:
Vitamin A 43% • Vitamin B6 19% • Vitamin C 255%
• Folate 21%

Junior Juice

Made just for kids, it is a great juice to introduce to your children starting around 18 months since it contains no citrus.

Makes about 6 small servings

- ½ **mango, peeled and pitted**
- ½ **pound carrots**
- 2 medium apples**

1. Turn the Cuisinart® Compact Juice Extractor on and juice the ingredients in the order listed.
2. Stir juice and serve immediately.

Nutritional information per serving (4 ounces):
Calories 67 (4% from fat) • carb. 17g • pro. 1g
• fat 0g • sat. fat 0g • chol. 0mg • sod. 53mg
• calc. 30mg • fiber 1g

Notable nutrients based on daily percentages:
Vitamin A 258% • Vitamin C 20%

FROM THE GARDEN

Veggie Juice Plus

A rainbow of veggies, chock full of nutrients, all in one glass.

Makes about two 7-ounce servings

- 1 medium tomato, quartered**
- ½ **medium cucumber**
- ½ **lemon, peeled**
- 1 handful parsley, about 1 cup packed**
- 3 to 4 kale leaves**
- ½ **medium beet, halved**
- 2 medium carrots**

1. Turn the Cuisinart® Compact Juice Extractor on and juice the ingredients in the order listed.
2. Stir juice and serve immediately.

Nutritional information per serving (7 ounces):
Calories 116 (7% from fat) • carb. 26g • pro. 5g
• fat 1g • sat. fat 0g • chol. 0mg • sod. 137mg
• calc. 152mg • fiber 2g

Notable nutrients based on daily percentages:
Vitamin A 548% • Vitamin B6 20% • Vitamin C 184%
• Iron 20% • Folate 31%

Super Greens

Rich in chlorophyll and vitamins, this juice is a super health drink.

Makes about 12 ounces

- ½ **cucumber**
- 5 **ounces assorted greens (kale, chard, beet greens)**
- 1 **cup packed spinach leaves**
- 1 **cup green herbs (parsley, cilantro, mint)***
- 2 **medium celery stalks**
- 2 **medium carrots, about 8 ounces**

1. Turn the Cuisinart® Compact Juice Extractor on and juice the ingredients in the order listed.
2. Stir juice and serve immediately.

*Juiced greens definitely have a strong flavor – experimenting with different types and amounts of herbs, like cilantro, gives the juice a nice herbal note.

Nutritional information per serving (10 ounces):
Calories 216 (9% from fat) • carb. 46g • pro. 11g
• fat 1g • sat. fat 2g • chol. 0mg • sod. 340mg
• calc. 233mg • fiber 2g

Notable nutrients based on daily percentages:
Vitamin A 1365% • Vitamin C 461% • Thiamin 28%
• Folate 67%

Iron Boost

Makes 8 ounces

- 2 **large handfuls fresh spinach**
- 2 **stalks fresh kale**
- ½ **bunch parsley**
- 1 **beet with greens**
- 2 **medium carrots**

1. Turn the Cuisinart® Compact Juice Extractor on and juice ingredients in order listed.
2. Stir juice and serve immediately.

Nutritional information per serving (4 ounces):
Calories 57 (5% from fat) • carb. 12g • pro. 3g • fat 0g
• sat. fat 0g • chol. 0mg • sod. 163 mg
• calc. 91mg • fiber 2g

Notable nutrients based on daily percentages:
Vitamin A 293% • Vitamin C 51% • Folate 25% • Iron 12%

Green Zing

Makes 12 ounces

- 1 **medium cucumber**
- ½ **bunch kale, about 3 to 4 leaves**
- 1 **large handful parsley**
- 2 **handfuls spinach**
- 1 **two- to three-inch piece ginger**
- 3 **celery stalks**
- ¼ **lemon, peeled**

1. Turn the Cuisinart® Compact Juice Extractor on and juice the ingredients in the order listed.
2. Stir juice and serve immediately.

Nutritional information per serving (5 ounces):
Calories 28 (8% from fat) • carb. 6g • pro. 1g
• fat 0g • sat. fat 0g • chol. 0mg • sod. 54mg
• calc. 52mg • fiber 2g

Notable nutrients based on daily percentages:
Vitamin A 41% • Vitamin C 24% • Potassium 356mg
• Folate 13%

Veggie Detox

Cleanse your system with this delicious veggie juice

Makes about 10 ounces

- ½ **lemon, peeled**
- 1 **handful parsley, about 1 cup packed**
- 1 **cup spinach leaves**
- 2 **Swiss chard leaves**
- 1 **medium apple, quartered**
- 2 **medium carrots**

1. Turn the Cuisinart® Compact Juice Extractor on and juice the ingredients in the order listed.
2. Stir juice and serve immediately.

Nutritional information per serving (10 ounces):
Calories 196 (6% from fat) • carb. 46g • pro. 7g
• fat 2g • sat. fat 0g • chol. 0mg • sod. 381mg
• calc. 233mg • fiber 1g

Notable nutrients based on daily percentages:
Vitamin A 848% • Vitamin C 247% • Iron 39% • Folate 51%

Garden Patch

These garden vegetables make a nice and light cooling beverage.

Makes about 15 ounces

- 1 medium tomato
- ½ large cucumber
- ½ lime, peeled
- 1 handful parsley, about 1 cup packed
- 2 cilantro sprigs
- 1 medium red pepper, seeded
- ¼ jalapeño pepper, seeded

1. Turn the Cuisinart® Compact Juice Extractor on and juice the ingredients in the order listed.
2. Stir juice and serve immediately.

Nutritional information per serving (6 ounces):
Calories 48 (9% from fat) • carb. 11g • pro. 2g
• fat 1g • sat. fat 0g • chol. 0mg • sod. 15mg
• calc. 43mg • fiber 1g

Notable nutrients based on daily percentages:
Vitamin A 85% • Vitamin C 309% • Folate 13%

“Green” Apple Juice

The vitamin K present in this juice provides over eight times your daily value, and assists in bone formation and liver health.

Makes about 16 ounces

- 6 leaves of greens
(any combination of kale, dandelion, beet, chard, collard)
- 6 parsley sprigs
- 1 medium orange, peeled and quartered
- 1 cup packed spinach leaves
- 2 medium apples, quartered

1. Turn the Cuisinart® Compact Juice Extractor on and juice the ingredients in the order listed.
2. Stir juice and serve immediately.

Nutritional information per serving (8 ounces):
Calories 94 (4% from fat) • carb. 24g • pro. 2g
• fat 1g • sat. fat 0g • chol. 0mg • sod. 86mg
• calc. 72mg • fiber 1g

Notable nutrients based on daily percentages:
Vitamin A 231% • Vitamin C 191%
• Beta carotene 6833mcg

REFRESHERS

Apple, Beet and Fennel Juice

A sweet juice, this combination is bright in color and packed with nutrients, including 608mg of potassium.

Makes about 12 ounces

- ½ medium orange, peeled
- 2 medium apples, quartered
- 1 medium beet, quartered
- ¼ fennel bulb

1. Turn the Cuisinart® Compact Juice Extractor on and juice the ingredients in the order listed.
2. Stir juice and serve immediately.

Nutritional information per serving (8 ounces):
Calories 130 (3% from fat) • carb. 33g • pro. 2g
• fat 1g • sat. fat 0g • chol. 0mg • sod. 79mg
• calc. 53mg • fiber 1g

Notable nutrients based on daily percentages:
Vitamin C 49% • Folate 26% • Potassium 608mg

Afternoon “Pick Me Up”

This light and zesty cooler is perfect for a late-day lift.

Makes about 14 ounces

- 2 cups grapes
- ½ lemon, peeled
- 1 cup packed mint leaves
- ½ ounce ginger, about a 1-inch piece
- 2 medium apples, quartered

1. Turn the Cuisinart® Compact Juice Extractor on and juice the ingredients in the order listed.
2. Stir juice and serve immediately.

Nutritional information per serving (10 ounces):
Calories 152 (4% from fat) • carb. 39g • pro. 2g • fat 1g
• sat. fat 0g • chol. 0mg • sod. 8mg • calc. 57mg • fiber 1g

Notable nutrients based on daily percentages:
Vitamin A 14% • Vitamin C 37%

Watermelon–Pear Detox Juice

Recharge your body with this delicious juice.

Makes about 14 ounces

- 2 cups watermelon, cubed**
- 1 medium pear**
- 1 medium lime, peeled**

1. Turn the Cuisinart® Compact Juice Extractor on and juice the ingredients in the order listed.
2. Stir juice and serve immediately.

Nutritional information per serving (8 ounces):
Calories 147 (2% from fat) • carb. 39g • pro. 2g
• fat 0g • sat. fat 0g • chol. 0mg • sod. 4mg
• calc. 35mg • fiber 1g

Notable nutrients based on daily percentages:
Vitamin C 45% • Beta carotene 419mcg
• Lycopene 5782 mcg

Refresher Tonic

Light and delicious, a perfect juice for any time of day.

Makes about 9 ounces

- 1 large handful parsley**
- 1 cup packed spinach leaves**
- ¼ lemon, peeled**
- 3 medium celery stalks**
- 2 small to medium apples, quartered**

1. Turn the Cuisinart® Compact Juice Extractor on and juice the ingredients in the order listed.
2. Stir juice and serve immediately.

Nutritional information per serving (8 ounces):
Calories 198 (5% from fat) • carb. 50g • pro. 4g
• fat 1g • sat. fat 0g • chol. 0mg • sod. 157mg
• calc. 183mg • fiber 1g

Notable nutrients based on daily percentages:
Vitamin A 171% • Vitamin C 194% • Folate 51%

COOLERS & SPRITZERS

Pineapple Mint Spritzer

Refreshing on a hot summer day.

Makes about 4 servings

- 3 cups pineapple, peeled and cubed**
- ¼ cup packed fresh mint leaves**
- 16 ounces unflavored seltzer**

1. Turn the Cuisinart® Compact Juice Extractor on and juice the pineapple and mint.
2. Stir juice and pour equally among 4 glasses with ice. Top each glass with seltzer and serve immediately.

Nutritional information per serving (4 ounces):
Calories 133 (2% from fat) • carb. 35g • pro. 1g
• fat 0g • sat. fat 0g • chol. 0mg • sod. 13mg
• calc. 29mg • fiber 1g

Notable nutrients based on daily percentages:
Vitamin C 128% • Manganese 125%

Apple Ginger Fizz

This beverage is super gingery. Cut back on the amount of ginger if a less sharp drink is preferred.

Makes 2 servings

- 1 one-inch piece of ginger**
- 1 medium apple**
- 8 ounces seltzer or sparkling water**

1. Turn the Cuisinart® Compact Juice Extractor on and juice the ginger and apple.
2. Stir juice and divide evenly between 2 glasses with ice. Top each glass with seltzer and serve immediately.

Nutritional information per serving (6 ounces):
Calories 82 (2% from fat) • carb. 21g • pro. 0g
• fat 0g • sat. fat 0g • chol. 0mg • sod. 16mg
• calc. 6mg • fiber 2g

Notable nutrients based on daily percentages:
Potassium 97mg

Cucumber Mint Cooler

Use garden-fresh cucumbers for this warm weather cooler.

Makes about 12 ounces

- 1 kiwi, peeled**
- 1 cup grapes**
- ½ lime, peeled**
- ½ medium cucumber**
- 1 cup packed mint leaves**
- 1 1-inch piece piece of ginger**

1. Turn the Cuisinart® Compact Juice Extractor on and juice ingredients in the order listed.
2. Stir juice and serve immediately.

Nutritional information per serving (6 ounces):
Calories 95 (6% from fat) • carb. 23g • pro. 2g
• fat 1g • sat. fat 0g • chol. 0mg • sod. 9mg
• calc. 74mg • fiber 1g

Notable nutrients based on daily percentages:
Vitamin A 15% • Vitamin C 105%

Tropical Power Juice

Makes two 6-ounce servings

- 1 medium orange, peeled**
- 1 mango, peeled and pit removed**
- 1 peach, pit removed**
- 6 strawberries, hulls removed**
- 1 tablespoon protein powder**

1. Turn the Cuisinart® Compact Juice Extractor on and juice the fruit in the order listed.
2. Pour juice into a blender or sealable container.
3. Add protein powder and blend or shake up. Serve immediately.

Nutritional information per serving (6 ounces):
Calories 148 (4% from fat) • carb. 33g • pro. 6g
• fat 1g • sat. fat 0g • chol. 0mg • sod. 52mg
• calc. 57mg • fiber 1g

Notable nutrients based on daily percentages:
Vitamin A 22% • Vitamin C 141% • Riboflavin 24%
• Thiamin 30%

SMOOTHIES

Papaya Pineapple “Smoothie”

These tropical fruits, loaded with good-for-you enzymes, yield a thick enough juice to be classified as a smoothie.

Makes about 12 ounces

- 2 cups papaya, peeled**
- 1 cup mango, peeled and pit removed**
- ½ lemon, peeled**
- 2 cups pineapple, skin and core discarded**

1. Turn the Cuisinart® Compact Juice Extractor on and juice the papaya and mango.
2. Stir juice and serve immediately.

Nutritional information per serving (12 ounces):
Calories 369 (3% from fat) • carb. 96g • pro. 4g
• fat 1g • sat. fat 0g • chol. 0mg • sod. 15mg
• calc. 128mg • fiber 3g

Notable nutrients based on daily percentages:
Vitamin A 90% • Vitamin B6 31% • Vitamin C 564%
• Folate 44%

Sunshine Smoothie

Makes 32 ounces

- ½ lemon, peeled**
- ½ ounce ginger, about 1-inch piece**
- 1 pound carrots**
- 1 medium orange, peeled and quartered**
- 2 medium peaches, peeled, pitted and cut into large cubes**
- 1 cup fresh pineapple, cubed**
- 1 cup frozen mango cubes**

1. Turn the Cuisinart® Compact Juice Extractor on and juice the lemon, ginger and carrots.
2. Pour juice into the jar of a Cuisinart® Blender and add the remaining ingredients and blend on high speed until smooth, about 45 seconds.
4. Serve immediately.

Nutritional information per serving (8 ounces):
Calories 133 (4% from fat) • carb. 33g • pro. 2g
• fat 1g • sat. fat 0g • chol. 0mg • sod. 80mg
• calc 67mg • fiber 6g

Notable nutrients based on daily percentages:
Vitamin A 393% • Vitamin C 100% • Folate 12%

Superfood Smoothie

This smoothie utilizes the fiber-rich pulp of vegetables to maximize the health benefits of both juice and pulp. You will be amazed how great it tastes!

Makes about 32 ounces

- 2 medium apples**
- ½ cup water**
- 1 large ripe banana, quartered**
- 1 medium peach, pitted and cut into 1-inch cubes**
- 2 cups assorted berries (any desired combination: strawberry, blueberry, raspberry)**
- 2 cups green vegetable pulp reserved from another recipe**

1. Turn the Cuisinart® Compact Juice Extractor on and juice the apples.
2. Pour the apple juice and water into the blender jar of a Cuisinart® Blender. Add the banana, peach, berries and pulp.
3. Blend on high until smooth, about 1 minute.
4. Serve immediately.

Note: This smoothie will be room temperature. If desired, blend in some ice cubes once smooth.

Nutritional information per serving (8 ounces):
Calories 120 (6% from fat) • carb. 30g • pro. 3g
• fat 1g • sat. fat 0g • chol. 0mg • sod. 16 mg
• calc. 67mg • fiber 6g

Notable nutrients based on daily percentages:
Vitamin A 106% • Vitamin C 81%

VITAMINS WITH SPIRITS

White Sangria

Take sangria to the next level by using fresh juice in the mix.

Makes about 9 servings

- 2 peaches, pitted, one kept as is and the other cut into ½-inch pieces, divided**
- 1 cup pineapple, cubed and divided**
- 1 medium orange, peeled, half kept as is and the other half cut into ½-inch pieces, divided**
- 1 medium apple, half cut to quarters and the other half cut into ¼-inch slices, divided**
- 1 bottle white wine**
- ¼ cup cognac**
- ⅓ cup Grand Marnier®**
- ¼ to ⅓ cup simple syrup***

1. Turn the Cuisinart® Compact Juice Extractor on and juice 1 peach, ½ cup of pineapple, ½ of the orange and ½ of the apple..
2. Add reserved cut/sliced fruit to a pitcher. Stir juice and add to pitcher. Add wine and liquors and add simple syrup to taste. Pour over ice and serve immediately.

*Simple syrup is sugar dissolved in water. To make, place equal parts water and granulated sugar in a saucepan set over medium-low heat. Syrup is done once the sugar has dissolved. Cool before using.

Nutritional information per serving (4 ounces):
Calories 198 (1% from fat) • carb. 21g • pro. 1g
• fat 0g • sat. fat 0g • chol. 0mg • sod. 0mg
• calc. 13mg • fiber 1g

Notable nutrients based on daily percentages:
Vitamin C 33% • Potassium 117mg

Grand Mimosa

The Grand Marnier is optional, but it is a way to make the drink special.

Makes about 10 servings

- 2 medium oranges, peeled and quartered**
- 2 ounces Grand Marnier®**
- 4 glasses sparkling white wine (Prosecco or Champagne)**

1. Turn the Cuisinart® Compact Juice Extractor on and juice the oranges.
2. Stir juice and add Grand Marnier®. Pour equally into each glass of sparkling wine and serve immediately.

Nutritional information per serving (4 ounces):
Calories 112 (1% from fat) • carb. 10g • pro. 1g
• fat 0g • sat. fat 0g • chol. 0mg • sod. 1mg
• calc. 30mg • fiber 1g

Notable nutrients based on daily percentages:
Vitamin C 69% • Potassium 116mg

Citrus Margarita

Makes about 4 servings

- 6 limes, peeled**
- 1 medium orange, peeled**
- 1 cup tequila**
- ½ to ⅔ cup Grand Marnier® (adjust to taste)**
- ¼ cup simple syrup***

1. Turn the Cuisinart® Compact Juice Extractor on and juice limes and orange.
2. Stir juice and add to a pitcher. Add the remaining ingredients and adjust to taste. Pour over ice and serve immediately.

*Simple syrup is sugar dissolved in water. To make, place equal parts water and granulated sugar in a saucepan set over medium-low heat. Syrup is done once the sugar has dissolved. Cool before using.

Nutritional information per serving (5 ounces):
Calories 342 (1% from fat) • carb. 27g • pro. 1g
• fat 0g • sat. fat 0g • chol. 0mg • sod. 3mg
• calc. 48mg • fiber 1g

Notable nutrients based on daily percentages:
Vitamin C 83%

Campari and Grapefruit Spritzer

The grapefruit offsets the Campari very nicely in this twist on a classic apéritif.

Makes four 7-ounce drinks

- 2 large pink grapefruits**
- 3 ounces Campari**
- 12 ounces seltzer**

1. Turn the Cuisinart® Compact Juice Extractor on and juice the grapefruits.
2. Put the Campari into a pitcher filled with ice. Pour in the grapefruit juice and stir.
3. Pour evenly among four glasses. Top each glass with 3 ounces of seltzer and serve.

Nutritional information per serving:
Calories 97 (1% from fat) • carb. 18g • pro. 1g
• fat 0g • sat. fat 0g • chol. 0mg • sod. 13 mg
• calc 18mg • fiber 2g

Notable nutrients based on daily percentages:
Vitamin C 81%

DRESSING AND SAUCE

Carrot Ginger Dressing

Delicious over a bed of mixed greens.

Makes about 4 servings

- ½ pound carrots, about 4 medium carrots
- 2 ounces fresh ginger, about two 2-inch pieces
- ½ medium orange, about 3 ounces, peeled
- ¼ lemon, peeled
- 1 large garlic clove
- 2 tablespoons rice vinegar
- 1 tablespoon reduced-sodium soy sauce
- 4 teaspoons sesame oil
- 1 tablespoon honey
- ¼ cup water
- pinch sea salt

1. Turn the Cuisinart® Compact Juice Extractor on and juice the carrots, ginger, orange and lemon. Reserve juice and pulp.
2. In the bowl of a Cuisinart® Food Processor fitted with the chopping blade, process the garlic until finely chopped. Add all of the extracted juice, 3 tablespoons of the mixed pulp, and the remaining ingredients. Process until completely combined. Adjust seasonings to taste.

Nutritional information per serving (2 tablespoons):

Calories 58 (64% from fat) • carb. 5g • pro. 0g
• fat 4g • sat. fat 1g • chol. 0mg • sod. 66mg
• calc. 11mg • fiber 1g

Notable nutrients based on daily percentages:

Vitamin A 59% • Beta Carotene 1451mcg

Carrot Fennel Sauce with Orange

This is a great sauce to serve with fish and seafood, most notably shrimp.

Makes about 2/3 cup

- 1 teaspoon olive oil
- 1 small shallot, about ¼ ounce (1 tablespoon) chopped
- ¼ lemon, peeled, about ¼ ounce
- ½ orange, peeled
- ½ medium fennel bulb
- 1 pound carrots
- 2 tablespoons unsalted butter, cut into small cubes
- 2 tablespoons sliced basil

1. Put the olive oil in a saucepan and place over medium heat. Add the chopped shallot and sweat until soft, about 2 minutes.
2. While the shallot is sweating, turn the Cuisinart® Compact Juice Extractor on and juice the lemon, orange, fennel and carrots.
3. Add juice to the saucepan and bring to a simmer. Allow sauce to simmer for about 30 minutes, until reduced to about 2/3 cup.
5. Once reduced, whisk in both the butter and basil immediately before serving.

Nutritional information per serving (1 tablespoon):

Calories 51 (48% from fat) • carb. 6g • pro. 1g
• fat 3g • sat. fat 2g • chol. 6mg • sod. 38mg
• calc. 26mg • fiber 1g

Notable nutrients based on daily percentages:

Vitamin A 155%

BAKED GOODS

Potato Bread

Makes one 1-pound loaf

- 2 large russet potatoes, about 1 lb, peeled**
- 2¼ teaspoons active dry yeast**
- 2 teaspoons granulated sugar**
- 3 cups bread flour**
- 2 teaspoons sea salt**
- 1 tablespoon unsalted butter, room temperature**
- 1½ tablespoons nonfat dry milk**
- 1 large egg**

1. Turn the Cuisinart® Compact Juice Extractor on and juice the potatoes. Stir the juice and reserve ½ cup plus 1 tablespoon. Reserve all of the pulp (about 2 cups), being sure to discard any large pieces of potato.
2. Put the potato juice, yeast and sugar into the bowl of a Cuisinart® Stand Mixer fitted with the dough hook. Stir well to dissolve yeast and let stand for 5 to 10 minutes. Mixture will foam and bubble – this means the yeast is alive and active.
3. Put the flour, salt, butter, and dry milk in a separate bowl and stir. Add half to the yeast mixture and mix on speed 3 until fully combined, being sure to scrape the bottom of the bowl with a spatula. Add the egg and reserved pulp; mix to combine.
4. Continuing on speed 3, add the remaining flour mixture, ½ cup at a time, mixing completely, about 30 to 40 seconds, until no flour is visible after each addition. The dough at first will be a batter, and slowly, as the flour is added, (you may not need all of the flour), the batter will become a complete ball of dough that cleans the sides of the mixing bowl.
5. After the flour mixture has been incorporated mix on speed 3 for 3 to 4 minutes to knead the dough.
6. Dust dough ball lightly with flour and place in a sealable food storage bag; press out air and seal. Let rise in a warm, draft-free place until doubled in size, about 1 hour.
7. Punch dough down and shape into a loaf. Place loaf in a lightly greased 8 or 9-inch loaf

pan and cover loosely with plastic wrap. Let rise 30 to 40 minutes, or until doubled in size.

8. While dough is rising, preheat oven to 375°F.
9. Bake bread in preheated oven 50 to 60 minutes until browned and hollow-sounding when tapped. Cool on a wire rack. Bread slices best when allowed to cool completely before slicing.

*Nutritional information per serving (1 ounce):
Calories 152 (8% from fat) • carb. 28g • pro. 8g
• fat 1g • sat. fat 1g • chol. 22mg • sod. 447mg
• calc. 102mg • fiber 1g*

*Notable nutrients based on daily percentages:
Riboflavin 20% • Thiamin 19%*

Apple Cake

A not-too-sweet treat for your next brunch table.

Makes 12 servings

Cake:

- ¼ cup plus 2 tablespoons fresh apple juice**
- 1 cup apple pulp (from about 4 medium apples)**
- ¾ cup unbleached, all-purpose flour**
- ½ teaspoon baking soda**
- ¼ teaspoon sea salt**
- ¼ teaspoon ground cinnamon**
- pinch ground nutmeg**
- pinch ground cloves**
- pinch ground cardamom**
- ¼ cup (½ stick) unsalted butter, cubed and at room temperature**
- ⅓ cup packed light brown sugar**
- 1 large egg**

Crumb Topping:

- ½ cup unbleached, all-purpose flour**
- ¼ cup packed light brown sugar**
- ½ teaspoon ground cinnamon**
- ⅛ teaspoon sea salt**
- ¼ cup toasted and chopped walnuts or pecans**
- ¼ teaspoon pure vanilla extract**
- ¼ cup (½ stick) unsalted butter, cold and cubed**

1. Preheat oven to 350°F. Butter and lightly flour a 9-inch baking pan.
2. Turn the Cuisinart® Compact Juice Extractor on and juice the apples.
3. Stir juice and measure out ¼ cup; reserve (save the remaining juice for another use).
4. Measure out 1 cup of the apple pulp, being sure to discard any seeds or stems; reserve.
5. In a small mixing bowl, combine the flour, baking soda, salt and spices. Reserve.
6. Using a Cuisinart® Stand or Hand Mixer fitted with the mixing paddle/beaters, mix the butter and sugar until light and creamy. Add the egg and mix until combined. Add the pulp and mix until just combined. Add half of the juice and mix on low. Add half of the dry ingredients and mix until streaky. Repeat, finishing with the dry ingredients.
7. Pour batter evenly into the prepared pan.
8. Combine all of the Crumb Topping ingredients into a small bowl and mix with your fingers until the mixture resembles a coarse meal. Spread evenly over cake batter.
9. Bake for 25 to 30 minutes, or until a cake tester comes out clean.

Nutritional information per serving:

*Calories 235 (46% from fat) • carb. 29g • pro. 3g
 • fat 12g • sat. fat 6g • chol. 0mg • sod. 3mg
 • calc. 48mg • fiber 1g*

Carrot Cupcakes

Extra-moist carrot cupcakes, topped with Cream Cheese Frosting, make a delicious treat.

Makes 12 cupcakes

Cake:

- ½ **pound carrots, about 4 medium carrots**
- ¾ **cup plus 2 tablespoons unbleached, all-purpose flour**
- ½ **tablespoon unsweetened cocoa powder**
- 1 teaspoon ground cinnamon**
- 1 teaspoon baking powder**
- ½ **teaspoon baking soda**
- ½ **teaspoon sea salt**
- ½ **cup granulated sugar**
- ½ **cup packed dark brown sugar**
- 2 large eggs**
- ½ **cup plus 2 tablespoons vegetable oil**
- 1 teaspoon pure vanilla extract**
- ¾ **cup chopped walnuts**

Cream Cheese Frosting:

- 6 ounces cream cheese, room temperature and cut into 6 pieces**
- 6 tablespoons unsalted butter, room temperature and cut into 6 pieces**
- ½ **cup confectioners' sugar, sifted**
- pinch sea salt**
- ½ **teaspoon pure vanilla extract**
- 1 teaspoon sour cream**

1. Preheat oven to 350°F. Butter and lightly flour a 12-cup muffin pan; reserve.
2. Turn the Cuisinart® Compact Juice Extractor on and juice the carrots. Measure out 2 tablespoons of the carrot juice and reserve the remainder for another use. Reserve pulp.
3. Sift the flour, cocoa, cinnamon, baking powder, baking soda and salt together in a small bowl.
4. In a separate bowl, whisk together the sugars, eggs, oil, vanilla and carrot juice until smooth. Stir in the carrot pulp, walnuts and dry ingredients until just combined.
5. Pour batter into the prepared muffin tin. Bake in the preheated oven for about 20 to 25 minutes, or until the tops of the cupcakes bounce back, and a cake tester inserted in the center of the cupcakes comes out clean. Cool in the pan.

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6. While cupcakes are cooling, prepare the Cream Cheese Frosting.
 7. Put the cream cheese, butter and sugar into a medium mixing bowl. Using a Cuisinart® Hand Mixer fitted with the mixing beaters, mix on medium-low until completely smooth. Add the remaining ingredients and mix until just combined.
 8. Once the cupcakes are completely cooled, top with the Cream Cheese Frosting.

Nutritional information per cupcake (without frosting):

Calories 264 (57% from fat) • carb. 25g • pro. 4g
• fat 17g • sat. fat 1g • chol. 35mg • sod. 218mg
• calc. 70mg • fiber 2g

Notable nutrients based on daily percentages:

Vitamin A 82%

Nutritional information per cupcake (with frosting):

Calories 381 (64% from fat) • carb. 29g • pro. 5g
• fat 28g • sat. fat 8g • chol. 66mg • sod. 273mg
• calc. 81mg • fiber 2g