Blend Fast & Well
Break the cell walls of ingredients to release the nutrition 100% completely

RECIPE BOOK
DIPS

Perfect for easy entertaining, these simple dip recipes are healthy and delicious. Each of these recipes can be prepared ahead of time to take the stress out of preparing for your event. Alternatively, store them in the fridge for a quick snack that should last for 2-3 days. Serve with biscuits, bread, corn chips, or carrot sticks.

HUMMUS
1 x 400g tin Chickpeas, drained, washed
2 x Garlic cloves
75ml Extra Virgin Olive Oil or Vegetable Oil
1.5 tbsp Tahini paste
2 tsp Cumin, ground
1 x Lemon, small, juiced
Salt & Pepper, to taste

Place all ingredients into blender. Turn on low speed, and gradually increase to medium speed, using the tamper to push the ingredients onto the blade. Once blended to a paste, remove and serve.

AVOCADO DIP
2 x Avocado, peeled and de-seeded
½ cup Sour cream
2 tbsp Sweet chili sauce
1 Lemon Juiced
Salt & pepper , to taste

Place all ingredients into blender. Turn on low speed, and gradually increase to medium speed, using the tamper to push the ingredients onto the blade. Once blended to a paste, remove and serve.
**BEETROOT DIP**

1 x 450g tin Beetroot, drained  
250g Cream cheese, softened  
1 clove garlic  
2 tsp Extra Virgin Olive oil  
Salt & Pepper, to taste  

Place beetroot, garlic and olive oil into blender jug and blend on medium speed for 5-10 seconds.  
Add cream cheese, breaking up into small pieces. Blend on low speed until all ingredients are combined. Season to taste and serve.

**SPINACH DIP**

1 cup Mayonnaise  
(see recipe in the sauces section)  
250g frozen Spinach, defrosted  
1 x Lemon, small, juiced  
2 tsp Extra Virgin Olive Oil  
Salt & Pepper, to taste  
½ tsp Nutmeg, ground  
1 clove garlic  

Place all ingredients except the spinach into the blender jug and blend on medium speed for 5-10 seconds. Add defrosted spinach, and pulse until the desired consistency is reached. Season to taste and serve.

**SMOKED TROUT DIP**

1 x whole Smoked trout, skin & bones removed  
2 tbsp capers  
1 tsp fresh Dill  
¼ cup plain Greek yogurt  
½ Lemon, juiced  
Salt & Pepper, to taste.  

Place capers, dill, yoghurt and lemon juice into the blender jug and blend on medium for 5 seconds.  
Add smoked trout and pulse 2-3 times to break up the trout slightly. Season to taste and serve. For a smoother dip, blend the trout to the desired consistency.

**WHITE BEAN & CHIVE DIP**

1 x 400g tin Cannellini beans, drained, washed  
2 x Garlic cloves  
75ml Olive or vegetable oil  
1.5 tbsp Tahini paste  
2 tsp Chives, chopped  
1 x Lemon, small, juiced  
Salt & Pepper, to taste  

Place all ingredients except chives into blender. Turn on low speed, and gradually increase to medium speed, using the tamper to push the ingredients onto the blade. Once blended to a paste, remove, stir through the chives and serve.
SOUPS

The Kenmore Professional Blender is the perfect tool in the kitchen for creating warming, healthy soups. So simple to make, the blender will puree and heat the ingredients, for a delicious meal, ready in minutes. Soup is a great way to incorporate extra vegetables into your diet. Now you can enjoy freshly cooked soup any day of the week.

PUMPKIN SOUP
Serves 4

500g Pumpkin, peeled, de-seeded & chopped
1 cup Vegetable stock or water
1 Brown onion peeled and quartered.
½ tsp Nutmeg
½ tsp Cumin
Salt & Pepper to taste
Cream, to garnish

Place onion, stock or water, nutmeg and cumin into blender jug. Turn on low speed and add the pumpkin slowly through the small opening in the lid. Gradually increase speed to maximum. Once all the ingredients are pureed, blend on maximum speed for 5 minutes, or until steaming. Season to taste, garnish with cream and serve.
**BROCCOLI SOUP**  
Serves 4

2 tsp Extra Virgin Olive Oil  
½ medium Brown onion, quartered  
1 stalk Celery, roughly chopped  
1 medium Potato, peeled & chopped  
4 cups broccoli, including stems, roughly chopped  
2 cups vegetable stock or water  
1 ½ cup milk

Place olive oil in a pan or saucepan on medium heat. Add onion and celery to blender and chop on medium speed. Remove onion and celery from the blender and soften in a pan. Add back to the blender, with stock, milk, broccoli and potato. Increase speed gradually to maximum. Blend for approximately 5 minutes, or until steaming. Season to taste and serve.

**POTATO & LEEK SOUP**  
Serves 6

2 tbsp Extra Virgin Olive Oil  
1 stalk Celery, roughly chopped  
600g Potatoes, peeled and chopped  
1 large Leek, roughly chopped  
800ml Vegetable stock  
4 tbsp Cream  
Salt & Pepper to taste

Place olive oil in a pan or saucepan on medium heat. Add celery and leek to blender and chop on medium speed. Remove celery and leek from the blender and soften in a pan. Add back to the blender, with stock and potato. Increase speed gradually to maximum. Blend for approximately 5 minutes, or until steaming. Stir through cream, season to taste and serve.

**SWEET POTATO, GINGER & MIRIN SOUP**  
Serves 4

1 thumb sized piece Ginger  
½ medium Brown onion, quartered  
2 cups, Sweet potato, peeled & Chopped  
2 cups Vegetable stock, or water  
4 tbsp Mirin, (alternative: 2 tbsp white wine vinegar)  
Salt & Pepper to taste

Place ginger, onion and vegetable stock into the blender jug and blend on low speed. Slowly add the sweet potato through the small hole in the lid and gradually increase the speed to maximum. Once all ingredients are pureed, blend on maximum for 5 minutes, or until steaming. Stir through mirin, season to taste and serve.
TOMATO, ZUCCHINI & BASIL SOUP
Serves 4

½ small Red onion
2 cloves Garlic
2 cups Vegetable stock, or water
1 Zucchini
4 medium tomatoes
½ bunch Basil
Extra Virgin Olive Oil, to garnish
Salt & Pepper to taste

Place onion, garlic, vegetable stock, zucchini and tomatoes into the blender jug and blend on low speed. Gradually increase the speed to maximum and blend for approximately 5 minutes, or until steaming. Add basil and blend for further 5 seconds. Season to taste and serve.
SAUCES

A staple in any kitchen, sauces can be the finishing touch that separates a good meal from a great one. Simple sauces made with the Kenmore Professional Blender can be added to pasta, rice or sandwiches for an extra hit of flavour.

BASIL & PINE NUT PESTO

½ clove Garlic
1 bunch Basil, including stems and leaves
2 tbsp toasted Pine nuts
¼ cup grated Parmesan cheese
Extra Virgin Olive Oil
Lemon juice, to taste
Salt & Pepper, to taste

Place garlic, basil, pine nuts, parmesan, and a small amount of olive oil into the blender jug. Blend on low speed, until all ingredients are well chopped. Increase speed to medium, and add more olive oil until the desired consistency is reached. Add lemon juice, salt and pepper to taste. Serve immediately.

*Note: If storing the pesto for any length of time, cover the sauce with a layer of olive oil to prevent oxidisation, which could cause the basil to brown slightly.*
**SUN-DRIED TOMATO PESTO**

- ¾ cup Sun-dried tomatoes
- 1/3 cup toasted Pine nuts
- 1 clove Garlic
- 1/3 cup grated Parmesan cheese
- Extra Virgin Olive Oil
- Salt & Pepper, to taste

Place tomatoes, pine nuts, garlic, parmesan and a small amount of olive oil into the blender jug and blend on low speed. Slowly increase the speed and add more olive oil until the desired consistency is reached. You may need to turn off the blender and scrape down the sides. Continue blending until all ingredients are evenly pureed. Serve immediately, or store in the fridge in an air tight container for 2-3 days.

**MAYONNAISE**

- 2 Eggs
- 2 tbsp Lemon juice (or vinegar)
- 1 tbsp Dijon mustard (or Hot English mustard for extra tang)
- 350ml Vegetable Oil
- Salt & Pepper, to taste

Place eggs into the blender jug and blend on lowest speed for 10-15 seconds. Slowly pour the oil through the small opening in the lid. Adding oil too fast will not allow enough time for the mixture to emulsify. This will cause the mixture to be too watery. Add in lemon juice and mustard slowly. Blend until mixture is thick. Turn off the blender, and, using a plastic spatula, stir in any oil that is remaining on the top of the mayonnaise. Season to taste. Serve immediately, or place in the fridge in an air tight container for 2-3 weeks.

*Note: Do not use olive oil for this recipe, as its strong flavour will overpower the sauce.*

**ROMESCO SAUCE**

- 2 Red capsicum, quartered & de-seeded
- 4 cloves Garlic
- 1 medium Tomato
- 125g Whole blanched almonds
- ¼ tsp Smoked paprika
- 1 tbsp Red wine vinegar
- 2 tbsp Extra Virgin Olive Oil
- ½ Fresh chili

Place capsicum, skin side up on an oven tray under a grill on high heat. Grill for 5-10 minutes, or until skins are blackened. Place in a bowl, and cover with cling wrap to cool. Remove and discard capsicum skins. Add all ingredients to the blender and blend on low speed, gradually increasing to high speed. Turn off the blender and scrape down the sides if necessary. Season to taste.

*Tip: This recipe is great with barbecued meats, or as a sauce for any pasta.*

**NAPOLETANA SAUCE**

- 1 medium Brown onion, peeled & quartered
- 2 cloves Garlic
2 tbsp Extra Virgin Olive Oil
2 x 400g tin Diced tomatoes
Handful of fresh herbs such as thyme, oregano & basil (alternative: 1 tbsp mixed dried herbs)
Salt & Pepper, to taste

Place onion and garlic into the blender jug and blend on medium speed for 5-10 seconds or until roughly chopped. Add to a saucepan on medium heat and soften. Place the tomatoes and herbs into the blender jug and blend on medium for 10-15 seconds, or until smooth. Add to the saucepan, and simmer for 10-15 minutes, stirring regularly. Simmering for longer will break down the tomato and enhance the flavour.
Season to taste. Stir through fettuccine or other pasta and serve with parmesan cheese.

BOLOGNAISE SAUCE
1 medium Brown onion, peeled and quartered
2 cloves Garlic
2 tbsp Extra Virgin Olive Oil
2 x 400g tin Diced tomatoes
500g lean beef, veal or pork, cubed
(alternative: minced beef, veal or pork)
250ml Beef stock, or water
Handful of fresh herbs such as thyme, oregano & basil (alternative: 1 tbsp mixed dried herbs)
Salt & Pepper, to taste

Place onion and garlic into the blender jug and blend on medium speed for 5-10 seconds or until roughly chopped. Add to a saucepan on medium heat and soften. Place the cubed meat into the blender jug and pulse 3-5 times, or until minced (skip this step if using minced meat). Place the tomatoes and herbs into the blender jug and blend on medium for 10-15 seconds, or until smooth.
Add to the saucepan with the stock, and simmer for 20-30 minutes, stirring regularly. Season to taste.
Stir through spaghetti or other pasta and serve with parmesan cheese. You can also use as a base for making other dishes such as lasagne, or even chili con carne.
MARINADES & CURRY PASTES

Add a flavour boost to your dishes with these simple marinades & curry pastes. Nothing can compare to the fresh taste of a home-made curry paste or marinade. They can also be stored in the fridge for a couple of days for convenience. These are sure to be a favourite at meal times.

THAI RED CURRY PASTE

10 large Red chillies
1 stalk Lemongrass, white part only
1 thumb sized piece Ginger or Galangal
1 Kaffir lime leaf
½ Red onion, peeled and quartered
6 cloves Garlic
1 tbsp Turmeric
1 tbsp Shrimp paste
½ cup water

Place all ingredients in the blender jug and blend, gradually increasing the speed to maximum. Blend until a smooth paste is formed. Use the tamper to push ingredients to the blades. If necessary, turn off the blender and scrape down the sides with a plastic spatula. Store in the fridge in an air tight container for 2-3 days.

Tip: When using the paste, make sure you fry the paste in plenty of oil to cook the chilli and release the flavour of the spices.
KORMA CURRY PASTE
2 cloves Garlic
1 thumb sized piece of Ginger
½ tsp Cayenne pepper
1 tsp Garam masala
½ tsp Salt
2 tbsp Vegetable oil
1 medium tomato
2 Green chillies
2 tbsp Blanched almonds
2 tsp Cumin seeds
1 tsp Coriander seeds
1 bunch Fresh coriander

Place all ingredients in the blender jug and blend, gradually increasing the speed to maximum. Blend until a smooth paste is formed. Use the tamper to push ingredients to the blades. If necessary, turn off the blender and scrape down the sides with a plastic spatula. Store in the fridge in an air tight container for 2-3 days.
*Tip: When using the paste, make sure you fry the paste in plenty of oil to cook the chilli and release the flavour of the spices.*

VINDALOO CURRY PASTE
2 cloves Garlic
1 thumb sized piece of Ginger
6 large Red chillies
1 tbsp Turmeric
½ tsp Salt
3 tbsp Vegetable oil
2 medium Tomatoes
1 tsp Black pepper, cracked
½ tsp Cloves, ground
2 tsp Coriander, ground
2 teaspoons Fennel seeds
1 bunch Fresh coriander

Place all ingredients in the blender jug and blend, gradually increasing the speed to maximum. Blend until a smooth paste is formed. Use the tamper to push ingredients to the blades. If necessary, turn off the blender and scrape down the sides with a plastic spatula. Store in the fridge in an air tight container for 2-3 days.
*Tip: When using the paste, make sure you fry the paste in plenty of oil to cook the chilli and release the flavour of the spices.*
**GRILLED LEMON & HERB CHICKEN**

4 Lemons, juiced  
5 sprigs Rosemary, stalk removed  
5 sprigs Sage, leaves only  
10 sprigs Thyme, leaves only  
3 cloves Garlic  
½ cup Extra Virgin Olive Oil

Place all ingredients except olive oil in the blender and blend on low speed. Gradually increase speed to maximum and slowly add the olive oil through the small hole in the lid. Marinade your favourite cut of chicken overnight, then grill on the barbecue for best results.

**BBQ MARINADE**

1 medium Onion, peeled & quartered  
3 cloves Garlic  
½ red chili, optional  
2 tbsp Extra Virgin Olive Oil  
400g tin Diced tomatoes  
4 tbsp Tomato sauce  
1 tbsp Brown sugar  
1 tbsp Worcestershire sauce  
2 tbsp Apple cider vinegar  
2 tbsp Dijon mustard  
Salt & Pepper, to taste

Place onion, garlic and chili into the blender jug and blend on medium speed until finely chopped.  
Heat olive oil in a saucepan, and sauté the chopped ingredients until golden brown. Add remaining ingredients to the blender and purée on medium speed for 10-15 seconds. Combine all ingredients in the saucepan and simmer for 10 minutes, or until slightly thickened. Store in the fridge in an air tight container for 1 – 2 weeks. Use the sauce for marinading pork ribs for oven roasting or basting barbecued meats.
DESSERTS

Desserts in the Kenmore Professional Blender can be deliciously healthy, or wickedly sweet. Ice-creams are simple to make and will impress friends and family alike. Simple recipes like the Chantilly Cream highlight the versatility and power of this machine.

BANANA & HONEY ICE-CREAM
Serves 6

2 Bananas, peeled, roughly chopped, frozen
2 tbsp Honey
175ml Milk
1 1/2 cups Ice cubes

Place all ingredients in the blender jug and blend on low speed. Gradually increase the speed to maximum, and use the tamper to push the ingredients down on to the blade and blend completely.
Serve immediately. Do not over blend, as the ice-cream will start to melt.

APPLE & CINNAMON ICE-CREAM
Serves 4

1 Banana, peeled, roughly chopped, frozen
1 tsp Cinnamon
3 Apples, peeled, quartered & de-seeded
1 tsp Vanilla extract
1 cup Milk
4 cups Ice cubes

Place all ingredients in the blender jug and blend on low speed. Gradually increase the speed to maximum, and use the tamper to push the ingredients down on to the blade and blend completely.
Do not over blend, as the mixture will start to heat.
MANGO SORBET
Serves 4

½ cup Sugar
½ cup Water
4 large Mangoes, peeled, deseeded & frozen

Place sugar and water in a small saucepan over a low heat until dissolved. Increase heat to high and bring to the boil. Cook, without stirring, for 5 minutes. Set aside to cool and place in the fridge overnight. Place all ingredients in the blender, and blend on low speed. Gradually increase the speed to maximum, and use the tamper to push the ingredients down on to the blade and blend completely.
Do not over blend, as the sorbet will start to melt.

STRAWBERRY & CHOCOLATE DESSERT SAUCE

1 punnet Strawberries
½ cup Water
1 tbsp Sugar
2 tbsp Cocoa powder
100g Dark chocolate

Place strawberries, water, sugar and cocoa in the blender jug and blend on low speed. Gradually increase the speed to maximum until all ingredients are well blended. Add to a saucepan on low heat with the chocolate and stir until melted. Serve immediately, or store in the fridge in an air tight container. Reheat to serve from the fridge.

WHIPPED CHANTILLY CREAM

300ml Thickened cream
3 tbsp Pure icing sugar
1 tsp Vanilla extract

Place all the ingredients into the blender jug and blend on low speed. Gradually increase the speed to maximum and blend for 5-10 seconds or until desired consistency is reached. Do not over whip.
CHOCOLATE & MINT MOUSSE
Serves 6

200g Dark chocolate
1 tbsp Butter
50g Mint flavoured chocolate bar
300ml Thickened cream
1 tbsp Caster sugar

Place chocolate, butter and 2 tbsp cream into a saucepan or bain-marie and melt on low heat stirring regularly. Allow to cool slightly. Place thickened cream and sugar into the blender jug and blend on low speed. Gradually increase the speed to maximum and blend for 5-10 seconds or until desired consistency is reached. Do not over whip. Break up the mint chocolate bar and add to the cream.

Turn blender on to low speed, and slowly add the chocolate mixture through the small hole in the lid until well combined. Spoon the mixture into glasses or ramekins and chill in the fridge. Serve chilled.
MOCKTAILS & COCKTAILS

There are literally thousands of cocktail recipes that have been created over the years. We have provided a small selection here, but there is endless potential for cocktail preparation with the Kenmore Professional Blender. The non-alcoholic mocktail versions are a great alternative for a refreshing summer drink.

MARGARITA
1 cup Ice
90ml Tequila
30ml Cointreau
40ml Lemon juice
40ml Lime juice
20 ml Sugar syrup

Rub the rim of your serving glass with lemon juice and press into salt to create a salted rim. Place all ingredients into the blender jug and blend on low speed. Gradually increase the speed to maximum until well combined. Serve.

Note: Sugar syrup consists of equal parts sugar and water brought to a boil in a saucepan and allowed to cool.

FROZEN PEACH BELLINI
3 Peaches, sliced, skin removed, frozen
90ml Peach schnapps Prosecco or sparkling wine

Place frozen peaches and schnapps into the blender jug and blend on low speed. Gradually increase the speed to maximum until well combined. Pour a small amount in the bottom of a glass. Cover with Prosecco and gently stir. Serve.
COFFEE FRAPPE
3 scoops Vanilla ice-cream
1 cup Ice
1 cup Brewed Coffee, chilled
½ cup Milk
2 tbsp Sugar Syrup
120ml Irish Cream Liqueur
Whipped Thickened Cream
Cocoa powder

Place all ingredients except cream and cocoa into the blender jug and blend on low speed. Gradually increase the speed to maximum until well combined. Pour into a glass, top with whipped cream and a dusting of cocoa. Serve.

Note: Sugar syrup consists of equal parts sugar and water brought to a boil in a saucepan and allowed to cool.
Tip: Whip the cream in the blender before preparing the drink using the “Whipped Chantilly Cream” recipe in this book.

CHOCOLATE MARTINI MOCKTAIL
1/3 cup Cocoa
¾ cup Sugar
½ cup water

Place cocoa, sugar, water, and vanilla in a saucepan and bring to the boil, stirring. Allow to cool. Place 3 tbsp of the chilled chocolate sauce, milk and ice into the blender jug and blend on low speed. Gradually increase the speed to maximum until well combined. Serve.

LEMON & LIME SLUSHY
4 Lemons, juiced
4 Limes, juiced
1 cup Sugar syrup
1 cup Ice
Water
½ tsp Vanilla extract
1 cup Milk
½ cup Ice

Place all ingredients into the blender jug and blend on low speed. Gradually increase the speed to maximum until well combined. Serve.
Note: Sugar syrup consists of equal parts sugar and water brought to a boil in a saucepan and allowed to cool.

CRUSHED ICE
Ice
Water

Place the desired amount of ice into the blender jug and cover with water. Pulse 3 times quickly. Strain.
SMOOTHIES & JUICES

Smoothies and juices in the Kenmore Professional Blender are easy to make & provide a refreshing way to include more fruits & vegetables into your diet.

HEALTHY GREEN SMOOTHIE
1 cup water
¾ cup Kale, ribs and stems removed
1 stalk Celery
1 banana
1 Apple, cored & quartered
½ cup Ice
½ Lemon, juiced

Place all ingredients into the blender jug and blend on low speed. Gradually increase the speed to maximum until well combined. Use the tamper to push down ingredients onto the blade if necessary.

BERRY & BANANA SMOOTHIE
½ cup Frozen mixed berries
1 banana
1 cup Milk
½ cup Ice

Place all ingredients into the blender jug and blend on low speed. Gradually increase the speed to maximum until well combined. Add extra milk if the consistency is too thick.
PEACH & HONEY SMOOTHIE
1 Peach, sliced, frozen
½ banana
1 tbsp Honey
1 cup milk
½ cup Ice

Place all ingredients into the blender jug and blend on low speed. Gradually increase the speed to maximum until well combined.

ALMOND & CINNAMON MILKSHAKE
1 ½ cups Almond milk
1 tsp Vanilla extract
1 tsp Cinnamon

Place all ingredients into the blender jug and blend on low speed. Gradually increase the speed to maximum until well combined.

APPLE & WATERMELON JUICE
1 cup Watermelon
1 Apple, cored, quartered
½ cup Ice

Place ingredients into the blender jug in the order listed above and blend on low speed. Gradually increase the speed to maximum until well combined. Use the tamper to push down ingredients onto the blade if necessary.
NUT MILKS & BUTTERS

Nut milks are a healthy alternative to cow’s milk for vegetarians or those with food allergies. Making your own at home ensures that you can control the amount of sugar and flavourings that are added to your diet. Nut butters and spreads are a delicious, homemade version of your favourites that everyone will love.

ALMOND MILK
1 cup almonds
Water for soaking nuts
3 cups Water
½ tsp Vanilla extract (optional)

Bring a small pot of water to boil. Place your raw almonds into the boiling water. Let them boil for exactly one minute. Don’t boil for any longer than 60 seconds, or your almonds will start to soften. Drain the water from the nuts and rinse with cold water. Use your fingers to gently squeeze the almonds and loosen the skin from them. Place all ingredients into the blender jug and blend on low speed. Increase the speed to maximum until well blended. Strain the milk. Store in the fridge in an air tight container for 2-3 days.

CASHEW NUT MILK
1 cup Unsalted cashews
Water for soaking nuts
3 cups Water

Cover nuts with water and soak in the fridge overnight. Drain the water from the nuts. Place all ingredients into the blender jug and blend on low speed. Increase the speed to maximum until well blended. Strain the milk. Store in the fridge in an air tight container for 2-3 days.
PEANUT BUTTER
3 cups Peanuts
2 tbsp Vegetable oil

Place all ingredients into the blender jug and blend on low speed. Increase the speed to
maximum and press the peanuts onto the blade using the tamper until a paste forms. Store in an
air tight container at room temperature.

HAZELNUT & BRAZIL NUT BUTTER
1 ½ cups Hazelnuts
1 ½ cups Brazil nuts
¼ cup Vegetable oil

Place all ingredients into the blender jug and blend on low speed. Increase the speed to
maximum and press the nuts onto the blade using the tamper until a coarse paste forms. Store
in an air tight container at room temperature.

CASHEW & CHOCOLATE SPREAD
2 cups Unsalted cashews
2 tbsp Vegetable oil
1 cup Pure icing sugar
1/3 cup Cocoa powder
1 tsp Vanilla extract
Pinch salt

Place the cashews and oil into the blender jug and blend on low speed. Increase the speed to
maximum and press the nuts onto the blade using the tamper until a coarse paste forms. Add the
remaining ingredients and continue to blend until a smooth paste forms. Store in an air tight
container at room temperature.

ALMOND & HONEY SPREAD
3 cups Almonds
½ cup Honey
¼ cup Vegetable oil

Place all ingredients into the blender jug and blend on low speed. Increase the speed to
maximum and press the almonds onto the blade using the tamper until a paste forms. Store in
an air tight container at room temperature.
BABY FOOD

Every parent wants the best for their baby. Nutrition is an important factor in the well-being of your child. The Kenmore Professional Blender presents a simple, yet effective way to ensure your child gets the very best nutritional start to life.

APPLE PUREE
4-5 medium Apples, peeled and cored
½ cup Water
Pinch Cinnamon

Chop the apples roughly and place in a saucepan with the water and bring to a boil. Reduce heat, cover and simmer for 10 minutes, or until the apples are tender. Place in the blender with cinnamon and blend on low speed. Gradually increase the speed to maximum and puree until smooth.

PEAR PUREE
4-5 medium Pears, peeled and cored
½ cup Water

Chop the pears roughly and place in a saucepan with the water and bring to a boil. Reduce heat, cover and simmer for 10 minutes, or until the apples are tender. Place in the blender and blend on low speed. Gradually increase the speed to maximum and puree until smooth.

AVOCADO & BANANA PUREE
1 large Ripe banana
1 Avocado

Peel both fruits and place into the blender jug and blend on low speed. Increase the speed to medium and press the fruit onto the blade using the tamper until pureed.
BEEF & VEGETABLE PUREE
2 tsp Vegetable oil
½ medium Brown onion
1 clove Garlic
1 stalk Celery
1 small Carrot
1 tomato
150g Lean beef, cubed (alternative: minced beef)
1/3 cup beef stock or water

Place all ingredients except beef and stock into blender jug and blend on medium speed for 5-10 seconds or until roughly chopped. Add to a saucepan on medium heat and soften. Place the cubed beef into the blender jug and pulse 3-5 times, or until minced (skip this step if using minced beef). Add to the saucepan and brown. Add the stock, and simmer for 10 minutes, stirring regularly. Return to the blender and blend on low speed until almost smooth.

LAMB & SWEET POTATO PUREE
½ cup Sweet potato, peeled, diced
2 tsp Vegetable oil
½ medium Brown onion
1 clove Garlic
1 stalk Celery
1 small Carrot
150g Lean lamb, cubed
(alternative: minced lamb)
1/3 cup salt chicken stock or water

Boil the sweet potato in a saucepan until cooked. Place other ingredients except lamb and stock into blender jug and blend on medium speed for 5-10 seconds or until roughly chopped. Add to a saucepan on medium heat and soften. Place the cubed lamb into the blender jug and pulse 3-5 times, or until minced (skip this step if using minced lamb). Add to the saucepan and brown. Add the stock, and simmer for 10 minutes, stirring regularly. Return to the blender and blend on low speed until almost smooth.