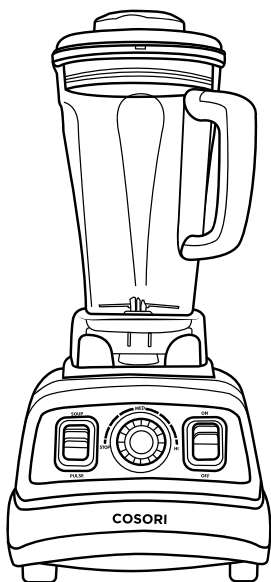


COSORI

Pro-Class Blender C700-PRO

Recipe Book





Thank You for Purchasing the Cosori Pro-Class Blender C700-PRO!

We're sure you're also excited to start whirling up amazing things. We anticipated that—so in addition to these recipes and tips, you'll want to peruse our website for recipe updates (you're not the only cook in the kitchen!), cool kitchen hacks, and the inside scoop. A whole community awaits what you're going to cook up.

When you do, you'll want to show it off with this hashtag!

#iCookCosori

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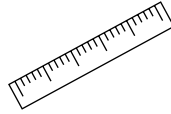


Tips & Tricks

Tips & Tricks

Prepare your ingredients

Ingredients should be cut in about 1/2" pieces.



Load up properly!

General rule of thumb:

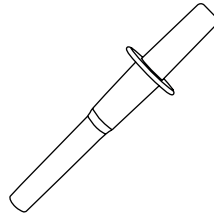
- Liquids/yogurt at the bottom as your base
- Smaller ingredients in the middle
- Larger pieces, then ice, on top

It might seem that ice should sit on the bottom right by the blades, but the weight of ice is best utilized when it rests atop all other ingredients. For that reason, cubed ice (as opposed to crushed ice) also works better.



Be well-tampered

The tamper tool is there to give the ingredients a gentle nudge toward the blades if things seem stuck. It not only moves the ingredients around but can also release air bubbles.



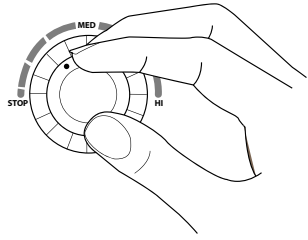
Measure liquids right

If the tamper doesn't help get the flow going, double-check how much liquid you've put in. You can underdo liquids (causing your ingredients to not blend well), but you can also overdo them (causing your smoothie to be more watery than preferred, causing liquids to spew out or overflow, etc.). If you're not sure how to start (if you're not strictly following a recipe), perhaps start with a splash, then add liquid in increments.



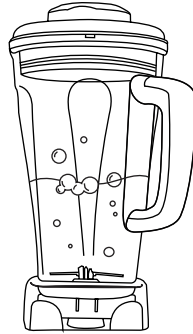
Adjust your speed

Start slow for a few seconds, but don't be afraid to dial up the speed. High speeds cause more air to come in and cool the motor. (Yes, it's safe to work your way up to the highest speed on the dial!)



Clean up

The instructions on cleaning in the manual are best. Some users will even "blend" some soapy water when they're ready to clean up, to start the soaking and washing process.





Sauces



Pesto Sauce

Yield: 1 c

Total Prep Time: 10m

INGREDIENTS

- 4 c fresh basil leaves (from about 3 large bunches)
- $\frac{1}{3}$ c pine nuts, walnuts, or almonds, untoasted
- 3 garlic cloves
- 1 c olive oil
- $\frac{1}{2}$ c parmesan
- salt to taste

DIRECTIONS

1. Combine basil, pine nuts, and garlic in a blender.
2. Turn to medium low and slowly add in oil while blending.
3. Add cheese and blend until completely smooth.
4. Check for seasoning and adjust with salt as desired.



Homemade Sriracha Ketchup

Yield: 3½ c

Total Prep Time: 1h 35m

INGREDIENTS

- 2 tbs olive oil
- 1 onion, peeled, halved
- 3 lb tomatoes, halved
- ½ c dark brown sugar, packed
- ¼ c apple cider vinegar
- ¼ c sriracha hot sauce
- 1 tsp salt
- 1 tsp dry mustard
- ½ tsp celery salt
- ½ tsp garlic powder
- ¼ tsp ground cloves
- ¼ tsp ground allspice

DIRECTIONS

1. In a large saucepan with a heavy bottom, add olive oil and heat over medium low heat.
2. Add the chopped onions and cook, stirring, until the onions are soft, around 6 minutes.
3. Add the chopped tomatoes (including all juice and seeds), and remaining ingredients.
4. Bring the mixture to a boil and then reduce the heat to a simmer.
5. Cook uncovered, stirring occasionally, until most of the liquid has evaporated, about 1 hour 15 minutes.
6. Allow the mixture to cool for 20 minutes, then place into the blender and secure lid.
7. Turn machine on and slowly increase speed to high.
8. Blend for 30 seconds.
9. Taste and add more salt if desired.
10. Pour the mixture into an airtight container and keep in the refrigerator for up to 3 weeks.
11. Serve chilled or at room temperature.



Chimichurri Paste

Yield: 1 ¼ c

Total Prep Time: 28m

INGREDIENTS

- ¼ c vinegar
- ½ lemon, juiced
- 1 red onion, diced
- 1 c flat leaf parsley
- ¾ c fresh cilantro leaves, chopped
- ¼ c fresh oregano leaves
- 6 garlic cloves, peeled
- ½ jalapeño
- ⅛ tsp sea salt
- ⅛ tsp ground black pepper
- ¾ c oil

DIRECTIONS

1. Place vinegar, lemon juice, onion, parsley, cilantro, oregano, garlic, jalapeño, salt, and pepper into the blender.
2. Turn the dial to pulse and quickly release. Continue to pulse 9 - 10 times.
3. Stop machine and scrape down the sides of the container with a spatula. Secure lid and continue to pulse 10 more times.
4. Open the container, and slowly pour olive oil and re-secure the lid.
5. Slowly increase speed to high. Blend for 10 seconds or until desired consistency is reached.



Lemon Dressing

Yield: 2 c

Total Prep Time: 10m

INGREDIENTS

- ½ c fresh lemon juice
- 3 tbs dijon mustard
- 2 tbs shallot
- 1 small garlic clove
- 1 tsp honey
- 1 ½ c extra virgin olive oil
- kosher salt
- freshly ground black pepper

DIRECTIONS

1. Combine lemon, dijon, shallot, garlic, and honey in blender.
2. Turn blender on low and slowly add oil in until fully incorporated.
3. Taste dressing and add salt and pepper to taste.



Restaurant Style Salsa

Yield: 4 c

Total Prep Time: 5m

INGREDIENTS

- 1 28 oz can tomatoes, including juice
- 2 yellow onions, peeled and roughly chopped
- 1 jalapeno peppers, de-stemmed
- 3 cloves garlic, peeled and finely chopped
- 2 tsp ground cumin
- 1.5 tsp salt
- 5 stems cilantro, de-stemmed
- 3 tsp lime juice

DIRECTIONS

1. Place all items in blender.
2. Pulse 5-10 times.
3. Chill and serve cold.



Avocado Salsa

Yield: 4 c

Total Prep Time: 15m

INGREDIENTS

- 2 avocados, ripe
- 4 cilantro bunches, destemmed
- 1 clove garlic, chopped
- ½ lime
- 14 oz tomato can
- ¼ tsp sea salt
- ¼ tsp cumin
- ¼ tsp chili powder

DIRECTIONS

1. Place all items in blender.
2. Pulse 3-5 times.
3. Chill and serve cold.



Enchilada Sauce

Yield: 5 c

Total Prep Time: 15m

INGREDIENTS

- 4 c chicken broth
- 2 tbs vegetable oil
- 2 tbs vinegar
- 2 tomatoes, quartered
- 1 garlic clove, chopped
- ½ tsp dried oregano
- ½ tsp ground cumin
- ⅓ c chili powder
- 1 tsp salt
- ½ c all-purpose flour
- pepper to taste

DIRECTIONS

1. Place all ingredients into the blender in the order listed and secure lid.
2. Turn machine on and slowly increase to the highest speed.
3. Blend for 6-7 minutes until all ingredients are smooth.
4. Serve directly from blender, warm.



Arrabiata Pizza Sauce

Yield: 3 ½ c

Total Prep Time: 45m

INGREDIENTS

- 3 tbs olive oil
- 1 red onion, peeled halved
- 2 tsp dried basil
- 1 tsp dried oregano
- 3 garlic cloves, peeled
- 2 tbs tomato paste
- 28 oz (300 g) canned diced tomatoes
- ½ tsp salt
- ¼ tsp ground black pepper
- 2 tbs red chili flake

DIRECTIONS

1. Heat oil in a medium saucepan over medium heat. Add the onion, basil, oregano, and chili and cook until onion softens slightly, stirring occasionally, about 5 minutes.
2. Stir in garlic and cook 2 minutes.
3. Add tomato paste and cook 3 minutes, stirring occasionally. Add tomatoes and bring mixture to a simmer.
4. Simmer until sauce thickens, about 30 minutes. Season with salt and pepper and remove from heat. Cool for 5 minutes.
5. Place sauce into the blender and secure lid. Turn machine on and slowly increase speed to medium/high.
6. Blend for 25 to 45 seconds or until desired consistency is reached.



Soups



Blistered Tomato Soup

Yield: 5 servings

Total Prep Time: 1h

INGREDIENTS

- 2 lbs of tomatoes: a mix of heirloom, cherry, and vine tomatoes (cored; quartered if necessary)
- 6 cloves garlic, peeled
- 2 small yellow onions, cut into 1 inch chunks
- ¼ c extra-virgin olive oil
- salt and freshly ground black pepper
- 3 c chicken stock
- 2 bay leaves
- 2 tbs tomato paste
- 1 tbs dried basil
- 2 tbs butter

DIRECTIONS

1. Preheat oven to 450 degrees F.
2. Place the tomatoes, onions and garlic on a rimmed baking sheet. Drizzle with oil and season well with salt and pepper. Roast for about 30 minutes until ingredients begin to caramelize.
3. In a large pot add baking sheet of cooked tomato, chicken broth, bay leaf, tomato paste, basil and butter. Bring to a boil then reduce to simmer for about 20 minutes.
4. Discard the bay leaves and carefully add the soup to blender. Blend until smooth. Season with salt and pepper to taste. If soup is too thin then return to stove and simmer until desired consistency. If soup is too thick then add more broth.
5. When ready to serve, add soup to bowls and garnish with a swirl of pesto.



Broccoli Cheddar Soup

Yield: 4 c

Total Prep Time: 11m

INGREDIENTS

- 1.5 c 1% milk
- 1 c shredded cheddar cheese
- 3 c steamed frozen broccoli
- 2 tbs diced onion
- 1.5 c low-sodium vegetable broth
- salt & pepper

DIRECTIONS

1. Add ingredients in order listed into the blender, and secure lid.
2. Turn the blender on high.
3. Keep on high for 5-8 minutes.
4. Serve warm.



Chicken Tortilla Soup

Yield: 5 c

Total Prep Time: 12m

INGREDIENTS

- 3 c chicken broth
- 1 tomato
- 1 c corn, frozen or fresh
- 3 carrot, halved
- ½ red onion, halved
- 1 garlic clove, peeled
- 1 red bell pepper, no seeds
- 1 tsp taco seasoning
- ⅛ tsp ground cumin
- 3 oz chicken breast, cubed
- ¼ tsp oil
- ½ lime, squeezed
- dash of salt and pepper

DIRECTIONS

1. On a stove, with one teaspoon of oil, cook cubed chicken breast thoroughly.
2. Place broth, tomato, carrot, onion, garlic, pepper, and seasonings into the blender in the order listed and secure lid.
3. Turn machine on and slowly increase speed to high.
4. Blend for 7-8 minutes.
5. Add chicken, lime juice, salt, and pepper. Replace lid, and pulse 2-3 times.
6. Remove the lid and serve hot.



Pea Soup

Yield: 2 c

Total Prep Time: 5m

INGREDIENTS

- 16 oz frozen peas, thawed
- ¼ c lemon juice
- 1 sprig of fresh thyme
- 1 tbs sugar
- ½ tsp sea salt
- ¼ tsp ground pepper
- 2 tbs olive oil
- ½ c water

DIRECTIONS

1. Place all ingredients in blender, and seal.
2. Mix on high for 2-3 minutes.
3. Serve warm.



Veggie Minestrone Soup

Yield: 3 ½ c

Total Prep Time: 25m

INGREDIENTS

- 1 c chicken broth
- 2 tomatoes, quartered
- 1 garlic clove, peeled
- 3 baby carrots
- 1 onion, peeled, quartered
- ½ stalk celery, cut
- ⅛ tsp ground black pepper
- ⅛ tsp dried oregano
- ⅛ tsp dried basil
- ¼ tsp salt
- 1 tbs tomato paste
- ¼ c canned chickpeas, drained
- ½ c zucchini, cubed
- ½ c kidney beans, drained
- ¼ c corn
- ¼ c grated Romano cheese, for garnish

DIRECTIONS

1. Place the broth, tomatoes, garlic, carrot, onion, celery, pepper, oregano, basil, salt, and tomato paste into the blender and secure lid.
2. Turn machine on and slowly increase speed to high.
3. Blend for 6-7 minutes. Then turn off.
4. Add chickpeas, zucchini, kidney beans, corn, and cheese through the lid plug opening.
5. Then pulse 2-3 times until desired texture is reached.
6. Serve warm, and top with cheese.



Roasted Butternut Squash Soup

Yield: 6 c

Total Prep Time: 1h 15m

INGREDIENTS

- 1 large butternut squash, halved and seeded
- 1 tbs oil
- 1 large shallot, chopped
- 1 tsp salt
- 4 garlic cloves, peeled
- 1 tsp maple syrup
- 1/8 tsp ground nutmeg
- freshly ground black pepper, to taste
- 3 c vegetable broth
- 2 tbs butter

DIRECTIONS

1. Preheat the oven to 425 degrees F, and line a rimmed baking sheet with parchment paper. Place the butternut squash on the pan and drizzle each half with oil to lightly coat the squash and sprinkle it with salt and pepper.
2. Turn the squash face down and roast until it is tender and completely cooked through, about 50 min. Set the squash aside until it's cool enough to handle, about 10 minutes. Then use a large spoon to scoop the butternut squash flesh into a bowl and discard the skin.
3. Meanwhile, in a medium skillet, warm 1 tbs oil over medium heat until shimmering. Add the chopped shallot and 1 tsp salt. Cook, stirring often, until the shallot has softened and is starting to turn golden on the edges, about 3 to 4 minutes. Add the garlic and cook until fragrant, about 30 seconds, stirring frequently.
4. Transfer the cooked shallot and garlic to your blender with the reserved butternut, maple syrup, nutmeg and a few twists of freshly ground black pepper. Pour in 3 c vegetable broth. Secure the lid and blend for 4-6 minutes.
5. Add the butter and blend for 30 more seconds. Taste and blend in more salt and pepper, if necessary.
6. Serve immediately.



Happy Hour



Fresh Pineapple Margarita

Yield: 4 cocktails

Total Prep Time: 5m

INGREDIENTS

- 4 c pineapple
- 2 c orange juice
- 2 c tequila
- 1 c orange liqueur
- 3 c ice

DIRECTIONS

1. Place all ingredients in blender, and secure lid.
2. Pulse until desired consistency.



Frozen Cosmo

Yield: 2 cocktails

Total Prep Time: 11m

INGREDIENTS

- ½ c cranberry juice
- 4 oz vodka
- 2 oz orange liquor
- 4 tbs lime juice
- 2 c ice cubes
- ¼ c fresh cranberries

DIRECTIONS

1. Place all ingredients in the blender and seal blender.
2. Blend for 15 seconds on medium.
3. Serve immediately.



Frozen Strawberry Lemonade

Yield: 2-3 servings

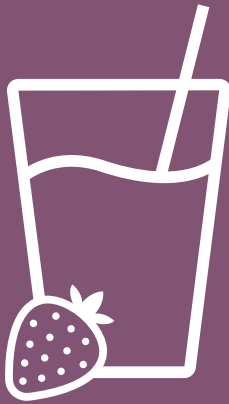
Total Prep Time: 5m

INGREDIENTS

- 2 lemons, squeezed
- 3 c strawberries, fresh or frozen
- 4 tbsp granulated sugar
- ½ c brown sugar
- 3 c ice
- 1 c Water

DIRECTIONS

1. Place all ingredients in the blender and seal blender.
2. Blend for 15 seconds on medium.
3. Serve immediately.



Smoothies



Mean Green Smoothie

Yield: 3 c

Total Prep Time: 10m

INGREDIENTS

- 2 c tightly packed greens: a mix of kale, spinach, chard, or watercress
- 1 orange, juiced
- ½ lemon, juiced
- ½ inch fresh turmeric
- ½ inch fresh ginger
- 2 sprigs parsley
- ½ c water
- 1 c ice

DIRECTIONS

1. Add ingredients to blender.
2. Blend on low until combined then turn to high for 1 minute until smooth.



Blueberry Oatmeal Smoothie

Yield: 1 serving

Total Prep Time: 3m

INGREDIENTS

- 1 c frozen blueberries
- ½ c oatmeal
- 1 c non-fat milk
- ½ c vanilla greek yogurt
- pinch of sugar

DIRECTIONS

1. Place all ingredients in the blender and seal blender.
2. Blend for 15 seconds on medium.
3. Serve immediately.



Vanilla Frap Protein Shake

Yield: 1 serving

Total Prep Time: 10m

INGREDIENTS

- ½ banana, chopped
- 1 scoop vanilla protein powder
- 1 c coffee
- 1 c milk (nonfat, almond, whole)
- 2 c ice

DIRECTIONS

1. Make 1 c of coffee with preferred method of brewing.
2. Place all ingredients in the blender and seal blender.
3. Blend for 15 seconds on medium.
4. Serve immediately.



Make Your Own Smoothie

If a smoothie is made properly, it can be a meal in a glass—a yummy and nutritious meal replacement that will keep you full! Follow this formula to concoct your own delicious smoothie creations.



FRUITS & VEGGIES

Combine at least two of the following, fresh or frozen:

Apple, Banana, Berries, Kiwi, Mango, Peach, Pear, Pineapple, Beet, Spinach, Kale, Arugula



SWEETEN

Vanilla, Honey, Agave, Maple Syrup



ENERGIZE

Add some of the following to superboost the nutrients:

Protein Powder, Flaxseeds, Vitamin Powder, Fish Oil



BASE

Add 1-2 cups:

Milk (Regular, Reduced Fat, Almond, Coconut, Soy), Juice, Coffee, Tea, Coconut Water, Water



THICKEN

Add these to thicken up the consistency when necessary, or add more nutrients:

Nut or Apple Butters, Yogurt, Chia Seeds, Oats, or Ice Cubes

NOTES:

NOTES:

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We'd love to see what you'll create. Join in the growing community of passionate home cooks for recipe ideas and healthy inspiration on the daily.



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Live Life Tastefully

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(888) 402-1684 | support@cosori.com