

ON THE GO BLENDER

book of recipe ideas



Cuisinart®

O N T H E G O B L E N D E R

With its compact size and handy travel lid, the Cuisinart On the Go Blender is perfect to take with you, when you're out and about. It's ideal for whipping up healthy smoothies, post workout protein shakes or creating delicious soups, for a quick and easy lunch.

It's also perfectly sized for use at home, for blitzing breadcrumbs, making dips and sauces and can even be used to puree baby foods. Cordless and hassle-free, it will sit neatly on your worktop or in a cupboard, without taking up too much space.

Here are a few recipes to help you get started with your On the Go Blender. You'll find lots more at [cuisinart.co.uk](https://www.cuisinart.co.uk) or by following us on Facebook and Instagram.

Enjoy!

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ACAI BOWL

INGREDIENTS

SERVES 2

METHOD

- 1 small banana
- 125g frozen berries
- ½ tbsp flax seeds
- 1 tbsp mixed nuts
- 1 tsp acai powder
- 2 tsp honey
- 3 tbsp thick yoghurt
- 60ml milk (dairy or plant based)

1. Place all the ingredients into the blending cup.
2. Secure the blade assembly.
3. Blend for about 20 to 30 seconds, until smooth.
4. Serve in a bowl and top with fresh berries and granola / and or mixed nuts and seeds.

TO SERVE

- Fresh berries
- Granola and / or mixed nuts and seeds



POWER PROTEIN SHAKE

INGREDIENTS

SERVES 2

- 1 banana
- 1 tbsp peanut butter
- 1 tbsp cocoa powder
- 1 tsp ground cinnamon
- 1 serving vanilla protein powder
- 250ml chosen milk

METHOD

1. Put all of the ingredients, in the order listed, into the blending cup.
2. Secure the blade assembly.
3. Blend until smooth, about 45 seconds to 1 minute.
4. Serve immediately.

GREEN SMOOTHIE

INGREDIENTS

SERVES 2

- 200ml almond milk
- 15g baby spinach leaves
- 1 large kiwi fruit, peeled & quartered
- 80g frozen pineapple
- 2 tbsp thick yoghurt
- ½ banana

METHOD

1. Place all the ingredients, in the order listed, into the blending cup.
2. Secure the blade assembly.
3. Process for about 1 minute, until smooth.
4. Serve immediately.

HUMMUS

INGREDIENTS

SERVES 4

- 400g tin of chickpeas plus reserved chickpea water
- 2 garlic cloves, peeled
- 2 tbsp tahini
- Juice of ½ lemon
- 1 tsp of ground cumin
- 4 tbsp olive oil

TO SERVE

- Sprinkle with toasted pine nuts
- Olive oil to drizzle

METHOD

1. Place the ingredients and 5 tbsp of the reserved chickpea water into the blending cup, in the order listed.
2. Secure the blade assembly.
3. Process until smooth and creamy, about 1 minute.
4. Serve sprinkled with pine nuts and a drizzle of olive oil.



LEMON DIJON VINAIGRETTE

INGREDIENTS

SERVES 4

METHOD

- 1 clove garlic, peeled
- Juice of 1 lemon
- 3 tsp Dijon mustard
- 35ml apple cider vinegar
- 100ml olive oil
- 2 tsp honey
- Sea salt & freshly ground black pepper

1. Place all the ingredients into the blending cup.
2. Secure the blade assembly.
3. Process until smooth, about 1 minute.
4. Drizzle over salad to serve.



GREEN SMOOTHIE SOUP

INGREDIENTS

SERVES 2

- 400ml beef stock
- ½ tsp coconut oil
- 1 small clove garlic, peeled and roughly crushed
- 5g piece of ginger, peeled and finely sliced
- Pinch of cayenne pepper
- ¼ tsp ground turmeric
- 100g spinach
- 30g watercress
- 5g parsley, stalks and leaves
- Small handful of mint leaves
- Juice of ½ a lemon
- ½ a ripe avocado, roughly cubed
- Sea salt and black pepper to taste

METHOD

1. Heat the coconut oil in a medium pan.
2. Once dissolved, add the garlic, ginger, cayenne pepper and turmeric and stir well to combine.
3. Add the beef stock and bring up to a gentle simmer. Cook for several minutes.
4. Add the spinach, watercress, parsley, mint leaves, lemon juice and salt and pepper.
5. Stir all ingredients together until everything is wilted down, whilst keeping a medium heat. This should be then left to cool down.
6. Place the cubed avocado into the blending jar and then carefully ladle in the soup ingredients.
7. Secure the blade assembly.
8. Blend until smooth, about 1 minute.
9. Reheat, in a bowl or a suitable container, and then serve.



GINGER & BUTTERNUT SQUASH SOUP

INGREDIENTS

SERVES 2

- ¼ medium butternut squash (approximately 300g diced flesh)
- Small red onion (approximately 100g, finely diced)
- 5g fresh ginger, peeled and sliced
- 1 garlic clove
- A pinch of chilli flakes
- 250ml vegetable stock
- 40ml olive oil

TO SERVE

- 20ml pumpkin oil
- 20g pumpkin seeds, toasted
- Small bunch baby watercress

METHOD

1. Heat the olive oil in a medium pan and gently sauté the onion, until soft and translucent.
2. Add the ginger, chill and garlic. Continue to gently sauté for a minute or two.
3. Add the vegetable stock and bring to the boil.
4. Simmer for about 20 minutes, until the pumpkin is soft.
5. Wait until the vegetables have cooled and then pour half the soup into the blending cup.
6. Secure the blade assembly.
7. Process until smooth. Repeat with the remaining soup.
8. Reheat the soup, in a suitable bowl or container, and serve into bowls, drizzled with some pumpkin oil.
9. Scatter with pumpkin seeds and watercress leaves.

LEEK & POTATO SOUP

INGREDIENTS

SERVES 2

- 250g Maris Piper potatoes, peeled and cut into cubes
- 125g leeks (white), washed and sliced
- 100ml milk
- 100ml vegetable stock
- Sea salt and freshly ground black pepper

TO SERVE

- Baby spinach leaves
- Truffle, finely sliced
- Truffle oil

METHOD

1. Place the potatoes and leeks into a pan. Cover with the stock and milk.
2. Bring up to the boil and then simmer for about half hour or until the vegetables are tender.
3. Wait until the vegetables have cooled and then pour half the soup into the blending cup.
4. Secure the blade assembly.
5. Process until smooth. Repeat with the remaining soup.
6. Reheat the soup, in a suitable bowl or container, and serve with sliced truffles and baby spinach leaves on top.



MACHA LATTE

INGREDIENTS

SERVES 1

- 3 ice cubes
- 1 cup milk (dairy or non dairy)
- 1 tsp matcha powder
- 1 tsp honey or sugar

TO SERVE

- Ice

METHOD

1. Place all the ingredients into the blending cup.
2. Attach the blade assembly.
3. Blend until frothy, about 45 seconds.
4. Serve over ice.

PINA COLADA

INGREDIENTS

SERVES 2

- 50g cubed, fresh pineapple
- 1 tsp sugar
- 1 tbsp coconut cream
- 50ml white rum
- 50ml pineapple juice
- 1 cup of ice cubes

TO GARNISH

- Pineapple triangles

METHOD

1. Place all the ingredients into the blending cup.
2. Attach the blade assembly.
3. Process until you have a smooth consistency.
4. Pour into 2 glasses and top with a pineapple triangle.

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