

Roasted carrot ginger soup



Ingredients

Serves 4 (approx. 1.9 L)

- 680 g carrots, peeled
- 1 medium yellow onion, thickly sliced
- 4 cloves garlic, with skins on, root end snipped off
- 1 tbsp. avocado/ sunflower/ olive oil
- 1 tsp. sea salt
- ¼ tsp. white pepper
- 15 g fresh ginger root, peeled
- 700-950 ml vegetable or chicken broth, as needed
- 235 ml heavy cream or cashew milk

Decoration

- 125 g sour cream or yogurt
- Pea sprouts or beet sprouts

Method

1. Place the carrots and the ginger into the blender jug.

2. In a sauté pan set on medium, heat the oil and then add onion slices and garlic cloves. Cook just until softened and the onions are translucent 3-4 minutes, stirring occasionally. Remove from the heat, and pop the garlic cloves out of their jackets and add all to the blender jug.
3. Secure the lid and turn the machine on. Select the **soup program** and turn the iTextureControl dial to **smooth**. When the program is complete, adjust seasoning to your liking.
4. Remove the plug from the lid and add the cream or milk. Replace the plug and select the **manual mode**. Turn the iTextureControl to **1 increasing it to 9** for about 30 seconds.
5. Pour into soup bowls and top each with a dollop of sour cream or yogurt and a sprinkling of sprouts.

This recipe was prepared with Braun's PowerBlend 9

Peachy raspberry coconut pops



Ingredients

6 popsicles

- 175 g frozen raspberries
- 165 g frozen peach chunks
- 45 g sugar or coconut palm sugar*
- 30 ml water
- 420 g plain greek yogurt
- 20 g shredded coconut

*alternately, you can use a different healthy sugar substitute like raw honey or agave syrup, if desired.

Method

1. In a small bowl, mix the yogurt with half the sugar until well combined and set aside.
2. In the blender jug add the raspberries, half the remaining sugar, and half of the water. Secure the lid. And turn the machine on. Select the

chop program and turn the iTextureControl dial to

coarse. Remove the lid plug and place the tamper

into the opening and tamp all the ingredients to combine the contents evenly. Pour out the raspberry mixture into a bowl and set aside.

3. Wash out the jug and repeat step 2 with the peaches. Set aside in another bowl.
4. Prepare the popsicle molds by spooning each with yogurt, peaches and raspberry purée in any order you desire, layering the fillings. Sprinkle some shredded coconut between the layers. Place a few raspberries on top, and leave a little space for the popsicles to expand while freezing.
5. Insert the popsicle sticks and freeze for at least 2 hours before serving.

This recipe was prepared with Braun's PowerBlend 9

Blueberry ice cream with lavender honey



Ingredients

Makes 2 cups (300 g)

Ice cream

- 240 ml milk or almond milk
- 665 g frozen blueberries
- 4 tbs. honey or agave syrup

Lavender honey

- 230 g wildflower honey
- 1 tbs. dried lavender flowers

Decoration

- Sprig of lavender
- Extra fresh blueberries
- Mint leaves

Method

1. For the lavender honey, pour the honey into a small saucepan and add the lavender flowers. Heat on low for 4-5 minutes, stirring constantly so it doesn't burn. Cover and allow to sit for 30 minutes.

2. Place all the ingredients for the ice cream into the jug in the same order listed as above. Secure the lid to the jug.
3. Select the **frozen dessert program** and choose the **smooth** texture on the dial. Remove the measuring cap and insert the stir stick. Press start and use the stir stick to move along the ingredients so everything is well mixed. The ice cream is done when the program is complete and the ingredients look smooth from the top.
4. If not eating immediately, pre-scoop the ice cream into bowls and freeze this way. It will maintain its airiness and be easier to serve.
5. Either strain the lavender flowers out of the honey over a small strainer set in a bowl, or you can leave them in. Allow the honey to cool to room temperature before drizzling over the ice cream. Garnish with fresh blueberries.

This recipe was prepared with Braun's PowerBlend 9

Peanut butter and jelly acai bowl



Ingredients

Makes 4 cups

- 270 g frozen blueberries
- 65 g frozen raspberries
- 75 g frozen strawberries
- 2 tbsp. acai powder (20g)
- 240 ml unsweetened cashew or almond milk
- 1 banana (best if frozen)
- 70 g peanut butter
- 1 tbs. honey or agave syrup

Decoration

- Sliced banana
- Flaked coconut
- Fresh berries
- Granola
- Hemp seeds

Method

1. Place all of the ingredients for the bowl into the jug in the order listed above.
2. Secure the lid and turn the machine on. Remove the lid plug and insert the tamper. Select **smoothie program** and turn the iTextureControl dial to **smooth**.
3. Push the tamper around to ensure that all the ingredients are well combined. The final consistency should be thicker than a smoothie so that it can be eaten from a bowl with a spoon.
4. Serve immediately with assorted toppings.

This recipe was prepared with Braun's PowerBlend 9

Buckwheat crêpes



Ingredients

12 - 14 crêpes

- 500 ml whole milk
- 1 ½ tsp. sugar
- ¼ tsp. salt
- 45 g unsalted butter, melted
- 110 g buckwheat flour
- 70 g all purpose flour
- 3 large eggs
- Water (as needed)
- Extra unsalted butter, oil or spray for pan

Method

1. Put all ingredients except extra butter into jug in the order written above.

2. Select the **spread program** and turn the speed dial to **coarse**. Scrape down the sides with a spatula. Repeat if necessary to be sure the batter is fully combined.
3. Pour the batter into an airtight container and allow to settle for at least 1 hour in the refrigerator. 30 minutes before you are ready to cook, remove from refrigerator. If necessary, add a few tablespoons of water to the batter and stir.
4. Preheat a 20-25 cm non stick pan or traditional crepe pan over Medium heat. When hot, add a small amount of butter and wipe it around the pan with a paper towel.
5. Using a measuring cup, measure out 60 ml of batter. Pour into the center of the pan, while at the same time, swirling the pan with a circular wrist movement to thinly coat the entire bottom with batter. (Don't worry the first 1 or 2 probably won't be keepers!). Once the edges of the crêpes begin to brown and the center begins to bubble, after about 1-2 minutes, gently flip the crepe over and brown the other side just until golden, about 1-2 minutes more.
6. Remove the cooked crepe, by flipping it over onto a cloth dish towel and covering it with another cloth dish towel to keep it from getting dried out.
7. Continue stacking the crêpes in this way until all the batter is done. To store for later use, keep covered and refrigerated. Fill as desired and serve warm

Tip: Eat with hazelnut spread, ice cream and balsamic strawberries, poached egg and bacon, spinach and gruyere, ham and Swiss cheese, sauté of apples and pears.

This recipe was prepared with Braun's PowerBlend 9

Spicy whipped feta dip



Ingredients

Makes about 1 cup

- 170 g feta cheese, at room temperature
- 70 g whole milk greek yogurt
- Juice and zest of 1 lemon (16 ml)
- 1 clove garlic, minced
- 60 ml extra virgin olive oil
- 1 tsp. red pepper flakes
- Salt and fresh pepper to taste

Decoration

- Chopped fresh mint or dill
- Sprinkling of ground sumac
- Lemon slices
- Toasted sesame seeds
- Extra virgin olive oil

Method

1. Combine the yogurt and the softened feta into the jug.
Attach the lid but remove the center measuring cup.
2. Select the **manual setting** and start the **speed on 1**. While the blender is running, add the lemon zest and juice, garlic, olive oil, red pepper flakes, salt and pepper through the opening. Turn the **speed to 9 or 10** and blend for another minute.
3. Scrape down the sides and blend again for one more minute. The mixture should look light, whipped and airy. If it looks too thick, you can add a few drops of water.
4. Serve immediately for best results and garnish with sliced lemon, fresh mint, a sprinkle of ground sumac or sesame seeds and a generous drizzle of olive oil.

Tip: Serve with toasted pita chips or fresh cut vegetables.

This recipe was prepared with Braun's PowerBlend 9

Fire roasted marinara sauce



Ingredients

Makes 3 ½ cups

- 795 g can fire roasted whole san marzano tomatoes, unsalted, drained, liquid reserved
- 1 tbsp. extra virgin olive oil
- 3 cloves garlic, peeled
- ½ medium yellow onion, peeled (75-80 g)
- ¾ tsp. salt
- ½ tsp. ground black pepper
- 30 g Italian parsley, stems removed
- 2 tbsp. unsalted butter, room temperature

Optional

- ¾ tsp. dried peperoncino (135 g)
- 45-50 g parmigiano reggiano, grated

Method

1. Strain the tomatoes over a bowl and set the juice aside.
2. Place olive oil, tomatoes, garlic, onion, salt, pepper, parsley, (and peperoncino & grated parmigiano if using) into the jug and attach the lid.
3. Select the **chop program** and turn to the **coarse** texture on the dial. Scrap down the sides if necessary.
4. Remove the measuring cup from the lid and select **pulse on speed 1**, then quickly increase to **speed 5 or 6**. Add 3-4 tablespoons of the reserved tomato juice through the lid opening to thin out the puree and allow the sauce to fully combine.
5. Add the butter 1 tablespoon at a time until mixed in and somewhat melted.
6. Adjust the seasoning to your liking.

Tip: Use on your favourite pasta, with sautéed shrimp and scallops, slather on a grilled baguette, or spoon over grilled chicken.

This recipe was prepared with Braun's PowerBlend 9

Hazelnut spread



Ingredients

Makes 2 - 2 ½ cups (280 - 350 g)

- 60 g coconut oil
- 15 ml vanilla extract
- 260 g hazelnuts
- 340 g semi-sweet chocolate chips
- 25 g confectioner's sugar
- 30 g unsweetened cocoa
- 2 tsp. salt

Method

1. Preheat the oven to 180 °C and place hazelnuts in a single layer on a baking sheet. Roast them for 14-16 minutes, roll around half way through, until toasted and fragrant.
2. Pour the nuts onto a clean dishtowel and roll it up to enclose all the nuts. Roll them around on the counter, pressing down gently to release the

skins. They should come off easily after toasting.

Allow to cool completely before grinding.

3. Place the nuts and oil into the jug. Secure the lid, and add the tamper. Select the **chop program** on the **smooth** iTextureControl setting. Use the tamper to push the ingredients down into the path of the blades to combine well. Repeat if necessary.
4. Select the **manual program** and start on **speed 1**. Slowly increase to **speed 6** and add the cocoa, sugar, and salt through the lid opening. Blend for about 1 minute.
5. Pour in the chocolate chips and increase to **speed 10**. Run for another 30-45 seconds or until you reach a smooth and shiny consistency.
6. Pour into a clean, dry jar and allow to cool and thicken completely before closing. Do not refrigerate. Store in a cool dry place and it will last for up 2 weeks.

Tip: Use the spread slathered on toast, bananas or strawberries; as a topping for pancakes; a filling for buckwheat crepes; a topping for ice cream; in a smoothie or with a very large spoon.

This recipe was prepared with Braun's PowerBlend 9

Nut butter



Ingredients

Makes approx. 420 g

- 400 g raw or dry roasted cashews*
- 1 tsp. kosher salt or sea salt
- 1 tbsp. raw honey or agave

*Optional: peanuts

Method

7. Place the nuts of choice, salt and honey into the blender jug. Secure the lid and turn on the machine.
8. Select the **spread** program and turn the iTextureControl dial to your desired texture: **coarse, medium or smooth**. With the machine running, use the tamper to combine well.
9. Using a spatula, scoop the nut butter into airtight containers and keep refrigerated. Remove 15-30 minutes before using and mix well with a spoon Before serving.

This recipe was prepared with Braun's PowerBlend 9

Berry lemonade slushy



Ingredients

Makes 4 6oz drinks

- 475 ml filtered water
- 340 g castor sugar
- 1 tbs. dried lavender or thyme (8 g)
- 180 g fresh raspberries or blackberries
- 60 ml fresh lemon juice
- 900 g ice

Decoration

- Fresh berries
- Lemon slice
- Fresh mint leaves

Method

1. In a small saucepan, bring water and sugar to a boil and then add the lavender or thyme. Reduce the heat to medium and allow to simmer for

5-8 minutes. Remove from the heat and let sit undisturbed for at least 1 hour.

2. Strain the syrup and set aside. (Syrup can be made ahead and stored in an airtight container for up to 2 weeks in the refrigerator.)
3. Add the ice to the blender jug, secure the lid and turn the machine on. Select the **ice crush program**. Turn the iTextureControl dial to **medium** and press start.
4. Then add the berries, lemon juice, and ½ cup of the syrup. Select the **manual program** and turn the **speed dial to 1**. Quickly increase the **speed to 10** for 30-40 seconds or until liquified and slushy.
5. Pour into glasses, garnish with fresh berries, a lemon slice and fresh mint leaves. Serve immediately.

This recipe was prepared with Braun's PowerBlend 9

Green power smoothie



Ingredients

Serves 4 smoothies (approx. 240 ml each)

- 80 ml water
- 30 ml freshly squeezed lemon juice
- 1 navel orange, peeled (120 g)
- 1 kiwi, peeled (90 g)
- 1 avocado, peeled and pitted (110 g)
- ½ banana (50 g)
- 1 small cucumber, unpeeled and halved (75 g)
- ½ green apple, cored (85 g)
- 40-50 g baby spinach or kale
- 145 g frozen pineapple
- 145 g frozen mango

Decoration

- Strawberry
- Kiwi
- Sprinkle of pumpkin seeds

- Sprinkle of flaked coconut

Method

6. Place all the ingredients from the water to the frozen mango into the jug in the same order listed as above.
7. Attach the lid and select the **smoothie program** then choose your desired texture from the dial: **smooth, medium or coarse**.
8. Pour into a glass and top with optional serving selections.

This recipe was prepared with Braun's PowerBlend 9

Hawaiian shave ice with fruit syrup



Ingredients

Makes 8 4oz servings

- 6 cups ice (900 g)
- 1 pint vanilla ice cream (470 ml)

Pineapple mango syrup

- 80 g pineapple chunks
- 80 g mango chunks
- 50 g sugar
- 240 ml water (increase amount if needed)

Raspberry syrup

- 125 g raspberries
- 50 g sugar
- 240 ml water (increase amount if needed)

Blueberry syrup

- 190 g blueberries
- 50 g sugar
- 240 ml water (increase amount if needed)

Decoration

- Fresh mint leaves
- Toasted coconut flakes and
- More fresh fruit

Method**Pineapple mango syrup**

1. Put pineapple and mango chunks, sugar, and water in a medium saucepan and bring to a boil over high heat, stirring until sugar dissolves.
2. Lower temperature to simmer and cook until the fruit is softened, about 15 minutes. Cool to room temperature, about 1 hour.
3. Pour into the blender jug. Secure the lid, select **pulse** and start the **speed dial at 1**, quickly increasing the **speed to 10** for about 20 seconds. Strain through a fine-mesh strainer and refrigerate until ready to use.

Raspberry syrup

1. Put raspberries, sugar, and water in a medium saucepan. Bring to a boil over high heat, stirring until sugar dissolves.
2. Lower temperature to simmer and cook until fruit is softened.
3. Repeat blender steps above.

Blueberry syrup

1. Put blueberries, sugar, and water in a medium saucepan. Bring to a boil over high heat, stirring until sugar dissolves.
2. Lower temperature to simmer and cook until fruit is softened.

3. Repeat blender steps above.

Shave ice

1. Add 2 cups of ice to blender jug at a time. Secure the lid and turn the machine on. Select **ice crush** and turn the iTextureControl dial to **smooth**. The ice should look like snow, with no lumps.
2. Put a scoop of vanilla ice cream into each of 3 serving dishes. Scoop the shave ice onto the ice cream and drizzle with your choice of syrup (about 2 tbs. each (45g)) and garnish with fruit and fresh mint leaves.

This recipe was prepared with Braun's PowerBlend 9

Bell pepper cream soup with roasted chickpeas



Preparation time: 10 minutes

Cooking time: 30 minutes

Bell pepper cream soup

Ingredients

Serves 4

- 1 onion
- 2 cloves of garlic
- 2 tsp thyme
- 2 tsp paprika powder
- 1 tsp red chili flakes
- 400 g red bell pepper
- 300 g tomatoes
- 600 ml vegetable broth
- 250 ml oat cream / soy cream

- 3 tbsp olive oil
- 0,5 tsp sugar
- Salt, Pepper
- Cress or Basil, to garnish
- Olive oil, to garnish

Roasted chickpeas

Ingredients

- 200 g chickpeas, cooked
- 2 tbs olive oil
- 2 tsp oregano
- Salt, pepper

Method

For the bell pepper cream soup

1. Peel the garlic and the onion and halve the onion.
2. Quarter and seed the bell pepper and cut the tomatoes in half.
3. Put all ingredients for the soup into **Braun's PowerBlend 9 jug blender** and puree the ingredients by choosing the soup function in combination with the smooth texture.
4. Season to taste with salt and pepper.

For the roasted chickpeas

1. Preheat the oven to 200°C.
2. Drain cooked chickpeas properly and mix with olive oil, salt, pepper and oregano.
3. Spread the chickpeas on a baking sheet and bake for about 30 minutes.



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4. Divide the soup among plates and garnish with roasted chickpeas, cress or basil and olive oil.

This recipe was prepared using Braun's PowerBlend 9