FRESH & DELICIOUS BLENDING!

新鮮 & 美味調配料理！

Perfectly Blended Recipes for
Healthful Smoothies, Juices,
Frozen Treats, Snacks & More!

健康冰沙、蔬果汁、冷凍小食、小吃
& 其他更多之完美調配食譜!

HamiltonBeach®
PROFESSIONAL

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Nutritional Analyses: Calculations for the nutritional analyses in this book are based on the largest number of servings listed within the recipes. Calculations are rounded up to the nearest gram or milligram, as appropriate. If two options for an ingredient are listed, the first one is used. Not included are optional ingredients or serving suggestions.

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營養分析：在本書裡，營養分析是按照食譜中最大的食材份量計算，並視情況而定，數值已修整至最接近的克或毫克。如果成份含有兩個選項，就使用第一個，可選配料或一人份量建議並不包括。

封面＆內頁設計：KB Design　　繁體中文翻譯：William Choi

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Introduction

For over 100 years, Hamilton Beach® has been making products for both home and commercial use. Our product quality, wide variety of options, superior design, and performance continue to earn us praise from consumers. We are committed to helping make your day a little easier, more creative, and flavorful through Good Thinking®. This is applied to the style and function of all of our small appliances.

Hamilton Beach Professional takes Good Thinking® to the next level. Our internal Good Thinking® team is devoted specifically to researching how people actually use the products in their home, and they work hard to understand how we can make them better. This helps us develop unique products that ultimately solve problems and address unmet consumer needs. As a result of our research, we have created a new line of appliances for home use, developed with professional-level components, durable quality construction, attention to detail, and exceptional performance. Thoughtful features like precise speed control, convenient pre-programmed settings, and powerful motors to push through any job will make your time in the kitchen easier and more enjoyable.

Inside the pages of this book, you'll find recipes to inspire your own blended creations using the Hamilton Beach Professional Blender. From fruit smoothies and whole juices to hot, vegetable based soups, dressings and fruity frozen desserts, each recipe offers fresh ingredients, vibrant flavors, and easy blending instructions. Get in and out of the kitchen effortlessly with Hamilton Beach Professional.

For more Good Thinking, visit www.hamiltonbeach.com.tw

簡介

在過去的100年裡，Hamilton Beach® 為著家庭和商業用途而製造各樣的產品。我們的產品質量、多種型號的不同選擇、卓越的設計和性能，都不斷為我們贏得消費者的讚譽。我們致力於通過 Good Thinking® 幫助你，使你的每一天變得更輕鬆、生活更有創意、餐桌更美味。我們全部小家 電的款式和功能都要合乎這個目標。

Hamilton Beach Professional 將 Good Thinking® 提昇到一個全新水平。我們的內部 Good Thinking® 團 隊專門致力於研究大眾如何在家實際地使用各種產品，他們努力理解我們如何能夠使他們更好，這樣有助於我們開發獨特的產品，最終可解決各種問題，並滿足消費者的需求。由於我們的研究 結果 ，我們創建了一個配合家用電器的全新生產線設備，此具備專業級組件、耐用的高品質建 設、注意細節、以及卓越性能。體貼的功能如精確的速度控制、便利的預編程設定、強力的馬達 推動，能使你在廚房的工作更輕鬆更愉快。

在這本書裡，你會發現各種食譜，可啟發你 Hamilton Beach® 專業調理機的用途，以創作出各式自家美食。從水果冰沙與全果汁到熱蔬果湯、沙拉醬與冷凍水果甜品，每個食譜都使用新鮮食材，提供充滿活力的口味，簡易的攪拌指示。Hamilton Beach®Professional 使你出入廚房來去自如。

查閱更多有關好想法的資料，請到以下網址 www.hamiltonbeach.com.tw

Blender Program Settings

The Hamilton Beach Professional blender features pre-programmed settings to make blending easier. Look for the following symbols next to recipes in this book, and enjoy great tasting results at the touch of a button.

SOUP
Instead of heating soup ingredients on the stovetop, this blender features a hot SOUP program. The SOUP setting purees and heats ingredients to just under the boiling point. When making soups, start with cold or room temperature ingredients.

SMOOTHIE
SMOOTHIE programs are perfect for blending frozen or fresh smoothies. For best results, add liquid ingredients first, then add fruit or vegetables. Ice and other frozen ingredients should be placed in the jar last.

ICE CRUSH
For cocktails or slushies, the ICE CRUSH program will be your best helper. The ICE CRUSH setting breaks ice into small pieces for making fine cocktails icy or making snow cones in short order.

WHOLE JUICE
The WHOLE JUICE setting gives a smooth, creamy consistency to pureed fruit or vegetables and a fine texture when whole grains or seeds are included in the juice recipe. It is great for blending more fibrous fruits and vegetables into a delicious, healthy juice.

調理機編程設定

Hamilton Beach® 專業調理機配備編程設定,使攪拌變得更容易。在本書中的食譜旁邊尋找以下符號,只需一按,即可享受美味可口的餐點。

湯品
這部調理機配備熱湯編程,代替把湯品材料放在爐頭上加熱。熱湯設定把材料煮成濃湯,加熱至剛剛低於沸點。當製作湯品時,以冷凍或室溫材料開始。

冰沙
冰沙編程最適合攪拌冰凍或新鮮冰沙。為達到最佳效果,要先添加液體材料,然後加入水果或蔬菜,最後才把冰塊以及其他冰凍材料放進攪拌瓶。

碎冰
對於雞尾酒或雪泥,碎冰編程將會是你的最佳好幫手。碎冰設定將冰塊打成小塊,使你製作出精緻的雞尾酒或可於短時間內製成刨冰。

全果汁
全果汁設定將果泥或蔬菜泥攪拌至濃稠順滑,顆粒質地細膩,即使果汁包含全穀類或種子。含大量纖維素的水果以及蔬菜製成美味健康的果汁,這真的很棒。

PINEAPPLE COCONUT SMOOTHIE P. 8
鳳梨椰子奶昔 P. 8

CHAPTER 1 第1章

Beverages:
Smoothies, Whole Juices
& Delicious Blends

飲料: 冰沙、全果汁
& 精選特調

Pineapple Coconut Smoothie

INGREDIENTS

120ml pineapple juice

120ml coconut milk

300g fresh pineapple, cut in chunks

1 medium banana, peeled

DIRECTIONS

Place ingredients into the blender in the order listed. Blend on the Smoothie setting or press Start and increase the power gradually until the ingredients are well-blended. The smoothie is done when the consistency is smooth and blended to your preference. Divide between glasses and serve.

Calories: 295 Fat: 10g; Chol: 0mg; Sodium: 32mg; Carb: 49g; Fiber: 5g; Protein: 4g

二人份量（約700毫升）

鳳梨椰子奶昔

鳳梨汁120毫升
椰奶 120毫升
新鮮鳳梨 300克，切成大塊
中香蕉 1根，去皮

將材料按照所列順序放入調理機。以冰沙設定進行攪拌，或按下啟動，並逐漸增加功率，直到配料完全混合。根據個人喜好，飲料完成時濃稠滑順均勻。平分到水杯裡，即可享用。

卡路里 295　脂肪 10　膽固醇 0　鈉 32　碳水化合物 49　纖維 5　蛋白質 4

Berry Peachy Smoothie

INGREDIENTS

160g vanilla-flavored yogurt

1 small orange, peeled

1 medium banana, peeled

75g fresh strawberries, hulled

2 ripe peaches, peeled, pitted, quartered

DIRECTIONS

Place ingredients into the blender in the order listed. Blend on the Smoothie setting or press Start and increase the power gradually until the ingredients are well-blended. The smoothie is done when the consistency is smooth and blended to your preference. Divide between glasses and serve.

Calories: 220 Fat: 2g; Chol: 5mg; Sodium: 51mg; Carb: 50g; Fiber: 5g; Protein: 7g

二人份量（約700毫升）

草莓蜜桃飲品

香草優格 160克
小柳丁 1個，削皮
中香蕉 1根，去皮
新鮮草莓 75克，去皮
熟桃子 2 顆，去皮，去核，切四塊

將材料按照所列順序放入調理機。以冰沙設定進行攪拌，或按下啟動，並逐漸增加功率，直到配料完全混合。根據個人喜好，飲料完成時濃稠滑順均勻。平分到水杯裡，即可享用。

卡路里 220　脂肪 2　膽固醇 5　鈉 51　碳水化合物 50　纖維 5　蛋白質 7

Raspberry Smoothie

INGREDIENTS

120g vanilla-flavored yogurt

100g fresh raspberries

1 medium orange, peeled

1 fresh mint leaf

DIRECTIONS

Place ingredients into the blender in the order listed. Blend on the Smoothie setting or press Start and increase the power gradually until the ingredients are well-blended. The smoothie is done when the consistency is smooth and blended to your preference. Serve right away.

Calories: 199 Fat: 3g; Chol: 3mg; Sodium: 87mg; Carb: 40g; Fiber: 4g; Protein: 7g

一人份量（約360毫升）

紅莓鮮果奶昔

香草優格120克

新鮮紅莓 100克

中柳丁1個，去皮

新鮮薄荷葉1片

將材料按照所列順序放入調理機。以冰沙設定進行攪拌，或按下啟動，並逐漸增加功率，直到配料完全混合。根據個人喜好，飲料完成時濃稠滑順均勻，即可享用。

卡路里 199　脂肪 3　膽固醇 3　鈉 87　碳水化合物 40　纖維 4　蛋白質 7

Carrot Orange Smoothie

INGREDIENTS

120ml orange juice

1 large carrot, peeled and quartered

1 small banana, peeled

¼ fresh mango, cut in chunks

3 tbsp nonfat milk powder

DIRECTIONS

Place ingredients into the blender in the order listed. Blend on the Smoothie setting or press Start and increase the power gradually until the ingredients are well-blended. The smoothie is done when the consistency is smooth and blended to your preference. Divide between glasses and serve.

Calories: 218 Fat: 3g; Chol: 9mg; Sodium: 55mg; Carb: 43g; Fiber: 4g; Protein: 9g

二人份量 (700毫升)

紅蘿蔔柳丁奶昔

柳丁汁 120毫升

大紅蘿蔔 1根，削皮，切成四塊

小香蕉 1根，削皮

新鮮芒果 ¼ 顆，切塊

脫脂奶粉 3 大匙

將材料按照所列順序放入調理機。以冰沙設定進行攪拌，或按下啟動，並逐漸增加功率，直到配料完全混合。根據個人喜好，飲料完成時濃稠滑順均勻。平分到水杯裡，即可享用。

卡路里 218　脂肪 3　膽固醇 9　鈉 55　碳水化合物 42　纖維 4　蛋白質 9

MAKES 3 TO 4 SERVINGS (700ML)

Pomegranate Mango Smoothie

INGREDIENTS

225g strawberries

225g fresh pineapple, cut in chunks

150g fresh mango, cut in chunks

5 tbsp pomegranate seeds

2 small bananas, peeled

DIRECTIONS

Place ingredients into the blender in the order listed. Blend on the Smoothie setting or press Start and increase the power gradually until the ingredients are well-blended. The smoothie is done when the consistency is smooth and blended to your preference. Divide between glasses and serve.

Calories: 130 Fat 1g; Chol: 0mg; Sodium: 2mg; Carb: 36g; Fiber: 4g; Protein: 1g

三至四人份量 (700毫升)

石榴芒果飲品

草莓 225克
新鮮鳳梨225克 ，切塊
新鮮芒果150克 ，切塊
石榴籽5 大匙
小香蕉 2根，削皮

將材料按照所列順序放入調理機。以冰沙設定進行攪拌，或按下啟動，並逐漸增加功率，直到配料完全混合。根據個人喜好，飲料完成時濃稠滑順均勻。平分到水杯裡，即可享用。

卡路里 130　脂肪 1　膽固醇 0　鈉 2　碳水化合物 36　纖維 4　蛋白質 1

MAKES 2 SERVINGS (750ML)

Sweet Tart Peach Smoothie

INGREDIENTS

160g plain unflavored yogurt

2 fresh peaches, peeled and pitted

225g fresh mango, cut in chunks

1 lemon, peeled and seeded

DIRECTIONS

Place ingredients into the blender in the order listed. Blend on the Smoothie setting or press Start and increase the power gradually until the ingredients are well-blended. The smoothie is done when the consistency is smooth and blended to your preference. Divide between glasses and serve.

Calories: 217 Fat: 1g; Chol: 5mg; Sodium: 5mg; Carb: 47g; Fiber: 5g; Protein: 6g

二人份量 (750毫升)

新鮮酸甜水蜜桃飲品

原味優格 160克
新鮮水蜜桃 2顆，削皮，去核
新鮮芒果225克，切塊
檸檬1顆，削皮，去核

將材料按照所列順序放入調理機。以冰沙設定進行攪拌，或按下啟動，並逐漸增加功率，直到配料完全混合。根據個人喜好，飲料完成時濃稠滑順均勻。平分到水杯裡，即可享用。

卡路里 217　脂肪 1　膽固醇 5　鈉 5　碳水化合物 47　纖維 5　蛋白質 6

MAKES 1 TO 2 SERVINGS (ABOUT 600ML)

Super Strawberry Goodness

INGREDIENTS

220g plain unflavored yogurt

300g strawberries

1 medium banana, peeled

DIRECTIONS

Place ingredients into the blender in the order listed. Blend on the Smoothie setting or press Start and increase the power gradually until the ingredients are well-blended. The smoothie is done when the consistency is smooth and blended to your preference. Divide between glasses and serve.

Calories: 179 Fat: 5g; Chol: 15mg; Sodium: 54mg; Carb: 47g; Fiber: 5g; Protein: 6g

一至二人份量 (約 600毫升)

超級草莓飲品

原味優格 220克
草莓 300克
中香蕉1根，去皮

將材料按照所列順序放入調理機。以冰沙設定進行攪拌，或按下啟動，並逐漸增加功率，直到配料完全混合。根據個人喜好，飲料完成時濃稠滑順均勻。平分到水杯裡，即可享用。

卡路里 179　脂肪 5　膽固醇 15　鈉 54　碳水化合物 47　纖維 5　蛋白質 6

MAKES 3 TO 4 SERVINGS (ABOUT 1L)

Sunrise Smoothie

INGREDIENTS

180ml strawberry-flavored yogurt drink

150g fresh strawberries, hulled

150g fresh mango, cut in chunks

150g peaches, pitted, peeled and quartered

DIRECTIONS

Place ingredients into the blender in the order listed. Blend on the Smoothie setting or press Start and increase the power gradually until the ingredients are well-blended. The smoothie is done when the consistency is smooth and blended to your preference. Divide between glasses and serve.

Calories: 102 Fat: 1g; Chol: 2mg; Sodium: 21mg; Carb: 24g; Fiber: 3g; Protein: 2g

三至四人份量 (約 1公升)

草莓芒果&水蜜桃飲品

草莓優格飲料 180毫升
新鮮草莓 150克 ，去莢
新鮮芒果 150克 ，切塊
水蜜桃 150克，去核，削皮，切四塊

將材料按照所列順序放入調理機。以冰沙設定進行攪拌，或按下啟動，並逐漸增加功率，直到配料完全混合。根據個人喜好，飲料完成時濃稠滑順均勻。平分到水杯裡，即可享用。

卡路里 102　脂肪 1　膽固醇 2　鈉 21　碳水化合物 24　纖維 3　蛋白質 2

MAKES 2 SERVINGS (ABOUT 600ML)

Pineapple Kiwi Smoothie

INGREDIENTS

120ml *Unsweetened Almond Milk* **(see recipe p. 123)**

150g fresh pineapple, cut in chunks

½ Persian cucumber, peeled

2 kiwi fruit, peeled

½ green apple, cored

100g green grapes

DIRECTIONS

Place ingredients into the blender in the order listed. Blend on the Smoothie setting or press Start and increase the power gradually until the ingredients are well-blended. The smoothie is done when the consistency is smooth and blended to your preference. Divide between glasses and serve.

Calories: 114 Fat 1g; Chol: 1mg; Sodium: 9mg; Carb: 23g; Fiber: 4g; Protein: 3g

二人份量(約600 毫升)

鳳梨奇異果奶昔

無糖杏仁奶 120毫升
(見食譜 p. 123)
新鮮鳳梨 150克 ，切塊
波斯小黃瓜½ 根，削皮
奇異果2 顆，削皮
青蘋果½ 個，去芯
綠葡萄 100克

將材料按照所列順序放入調理機。以冰沙設定進行攪拌，或按下啟動，並逐漸增加功率，直到配料完全混合。根據個人喜好，飲料完成時濃稠滑順均勻。平分到水杯裡，即可享用。

卡路里 114　脂肪 1　膽固醇 1　鈉 9　碳水化合物 23　纖維 4　蛋白質 3

MAKES 1 SERVING (ABOUT 400ML)

Pomegranate Pineapple Refresher

INGREDIENTS

½ Persian cucumber, peeled

150g fresh pineapple, cut in chunks

2 tbsp pomegranate seeds

4-5g ginger root, peeled

DIRECTIONS

Place ingredients into the blender in the order listed. Blend on the Smoothie setting or press Start and increase the power gradually until the ingredients are well-blended. The smoothie is done when the consistency is smooth and blended to your preference. Serve at once.

Calories: 97 Fat 0g; Chol: 0mg; Sodium: 3mg; Carb: 21g; Fiber: 2g; Protein: 1g

一人份量 (約 400毫升)

石榴鳳梨清爽飲品

波斯小黃瓜½ 根，削皮
新鮮鳳梨150克，切塊
石榴籽 2 大匙
生薑4-5克，削皮

將材料按照所列順序放入調理機。以冰沙設定進行攪拌，或按下啟動，並逐漸增加功率，直到配料完全混合。根據個人喜好，飲料完成時濃稠滑順均勻。平分到水杯裡，即可享用。

卡路里 97　脂肪 0　膽固醇 0　鈉 3　碳水化合物 21　纖維 2　蛋白質 1

Strawberry, Apple & Banana Smoothie

INGREDIENTS

180ml *Unsweetened Almond Milk* **(see recipe p. 123)**

1 medium banana, peeled and quartered

6 large fresh strawberries

½ small apple, peeled

3 tbsp nonfat milk powder

DIRECTIONS

Place ingredients into the blender in the order listed. Blend on the Smoothie setting or press Start and increase the power gradually until the ingredients are well-blended. The smoothie is done when the consistency is smooth and blended to your preference. Divide between glasses and serve.

Calories: 215 Fat: 1g; Chol: 5mg; Sodium: 208mg; Carb: 41g; Fiber: 4g; Protein: 12g

二人份量(約600 毫升)

草莓、蘋果 & 香蕉奶昔

杏仁奶 180毫升
(見食譜 p. 123)
中香蕉 1 根，去皮，切四塊
新鮮草莓 6 大顆
小蘋果½ 個，削皮
脫脂奶粉 3 大匙

將材料按照所列順序放入調理機。以冰沙設定進行攪拌，或按下啟動，並逐漸增加功率，直到配料完全混合。根據個人喜好，飲料完成時濃稠滑順均勻。平分到水杯裡，即可享用。

卡路里 215　脂肪 1　膽固醇 5　鈉 208　碳水化合物 41　纖維 4　蛋白質 12

Tangerine, Banana & Blueberry Smoothie

INGREDIENTS

240ml *Unsweetened Almond Milk* **(see recipe p. 123) (use low-fat, if desired)**

160g vanilla-flavored yogurt

1 banana, peeled and quartered

2 tangerines or mandarin oranges, peeled

100g fresh blueberries

DIRECTIONS

Place ingredients into the blender in the order listed. Blend on the Smoothie setting or press Start and increase the power gradually until the ingredients are well-blended. The smoothie is done when the consistency is smooth and blended to your preference. Divide between glasses and serve.

Calories: 175 Fat: 2g; Chol: 0mg; Sodium: 78mg; Carb: 37g; Fiber: 2g; Protein: 1g
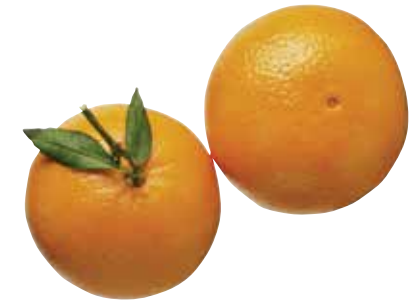
二人份量 (約 600毫升)

橘子、香蕉 & 藍莓奶昔

杏仁奶 240毫升
(見食譜 p. 123) (如有需要，可使用低脂奶)
香草優格 160克
香蕉 1根，去皮，切四塊
橘子或柑橘2 顆，削皮
新鮮藍莓 100克

將材料按照所列順序放入調理機。以冰沙設定進行攪拌，或按下啟動，並逐漸增加功率，直到配料完全混合。根據個人喜好，飲料完成時濃稠滑順均勻。平分到水杯裡，即可享用。

卡路里 175　脂肪 2　膽固醇 0　鈉 78　碳水化合物 37　纖維 2　蛋白質 1

Berry Blast Smoothie

INGREDIENTS

120ml cranberry juice

120g nonfat vanilla yogurt

150g fresh mixed berries

3 tbsp nonfat milk powder

DIRECTIONS

Place ingredients into the blender in the order listed. Blend on the Smoothie setting or press Start and increase the power gradually until the ingredients are well-blended. The smoothie is done when the consistency is smooth and blended to your preference. Divide between glasses and serve.

Calories: 210 Fat: 3g; Chol: 62mg; Sodium: 122mg; Carb: 28g; Fiber: 3g; Protein: 21g

二人份量 (約 700毫升)

莓果飲品

蔓越莓汁120毫升

脫脂香草優格 120克

新鮮混合莓果 150克

脫脂奶粉 3 大匙

將材料按照所列順序放入調理機。以冰沙設定進行攪拌，或按下啟動，並逐漸增加功率，直到配料完全混合。根據個人喜好，飲料完成時濃稠滑順均勻。平分到水杯裡，即可享用。

卡路里 210　脂肪 3　膽固醇 62　鈉 122　碳水化合物 28　纖維 3　蛋白質 21

Mixed Berry Smoothie

INGREDIENTS

**80ml unsweetened vanilla almond milk**

220g nonfat plain yogurt

3 large strawberries, hulled

100g fresh blueberries

DIRECTIONS

Place ingredients into the blender in the order listed. Blend on the Smoothie setting or press Start and increase the power gradually until the ingredients are well-blended. The smoothie is done when the consistency is smooth and blended to your preference. Serve right away.

Calories: 206 Fat 1g; Chol: 15mg; Sodium: 122mg; Carb: 21g; Fiber: 1g; Protein: 23g

一人份量 (約 360毫升)

混合莓果奶昔

無糖香草杏仁奶 80毫升

脫脂原味優格 220克

草莓3大顆，去莢

新鮮藍莓 100克

將材料按照所列順序放入調理機。以冰沙設定進行攪拌，或按下啟動，並逐漸增加功率，直到配料完全混合。根據個人喜好，飲料完成時濃稠滑順均勻，即可享用。

卡路里 206　脂肪 1　膽固醇 15　鈉 122　碳水化合物 21　纖維 1　蛋白質 23

Watermelon & Double Berry Smoothie

INGREDIENTS

160g nonfat plain yogurt

100g watermelon, seeded, cut in chunks

100g strawberries

100g raspberries

1 tsp honey, optional

DIRECTIONS

Place ingredients into the blender in the order listed. Blend on the Smoothie setting or press Start and increase the power gradually until the ingredients are well-blended. The smoothie is done when the consistency is smooth and blended to your preference. Divide between glasses and serve.

Calories: 110 Fat: 1g; Chol: 3mg; Sodium: 30mg; Carb: 24g; Fiber: 2g; Protein: 4g

二至三人份量 (約 700毫升)

西瓜 & 雙莓飲品

脫脂原味優格 160克
西瓜 100克，去核，切塊
草莓 100克
覆盆子 100克
蜂蜜 1 茶匙，(選料)

將材料按照所列順序放入調理機。以冰沙設定進行攪拌，或按下啟動，並逐漸增加功率，直到配料完全混合。根據個人喜好，飲料完成時濃稠滑順均勻。平分到水杯裡，即可享用。

卡路里 110　脂肪 1　膽固醇 3　鈉 30　碳水化合物 24　纖維 2　蛋白質 4

Banana & Blueberry Smoothie

INGREDIENTS

180ml *Unsweetened Almond Milk* (see recipe p. 123)

120g nonfat blueberry-flavored yogurt

1 large banana, peeled

225g blueberries

DIRECTIONS

Place ingredients into the blender in the order listed. Blend on the Smoothie setting or press Start and increase the power gradually until the ingredients are well-blended. The smoothie is done when the consistency is smooth and blended to your preference. Divide between glasses and serve.

Calories: 119 Fat: 1g; Chol: 1mg; Sodium: 47mg; Carb: 27g; Fiber: 4g; Protein: 4g

一至二人份量 (約 600毫升)

香蕉 & 藍莓奶昔

杏仁奶 180毫升
(見食譜 p. 123)
脫脂藍莓優格120克
大香蕉1根，去皮
藍莓225克

將材料按照所列順序放入調理機。以冰沙設定進行攪拌，或按下啟動，並逐漸增加功率，直到配料完全混合。根據個人喜好，飲料完成時濃稠滑順均勻。平分到水杯裡，即可享用。

卡路里 119　脂肪 1　膽固醇 1　鈉 47　碳水化合物 27　纖維 4　蛋白質 4

MAKES 2 SERVINGS (ABOUT 700ML)

Nutty Pumpkin Pecan Smoothie

INGREDIENTS

240ml low-fat milk

160g low-fat vanilla yogurt

150g canned or fresh pumpkin purée

3 tsp honey

2 tbsp toasted pecans

pinch ground nutmeg

pinch ground cinnamon

DIRECTIONS

Place ingredients into the blender in the order listed. Blend on the Smoothie setting or press Start and increase the power gradually until the ingredients are well-blended. The smoothie is done when the consistency is smooth and blended to your preference. Divide between glasses and serve.

Calories: 399 Fat: 12g; Chol: 7mg; Sodium: 411mg; Carb: 67g; Fiber: 13g; Protein: 12g

二人份量 (約 700毫升)

堅果南瓜胡桃飲品

低脂奶 240毫升
低脂香草優格 160克
罐裝或新鮮南瓜果泥 150克
蜂蜜 3 茶匙
烤胡桃 2 大匙
肉豆蔻粉 少量
肉桂粉 少量

將材料按照所列順序放入調理機。以冰沙設定進行攪拌，或按下啟動，並逐漸增加功率，直到配料完全混合。根據個人喜好，飲料完成時濃稠滑順均勻。平分到水杯裡，即可享用。

卡路里 399　脂肪 12　膽固醇 7
鈉 411　碳水化合物 67　纖維 13
蛋白質 12

MAKES 2 SERVINGS (ABOUT 700ML)

Loquat & Spinach Spiced Smoothie

INGREDIENTS

60ml orange juice

235g nonfat vanilla yogurt

300g loquats, unpeeled, seeded

30g torn spinach, loosely packed

pinch ground cinnamon

DIRECTIONS

Place ingredients into the blender in the order listed. Blend on the Smoothie setting or press Start and increase the power gradually until the ingredients are well-blended. The smoothie is done when the consistency is smooth and blended to your preference. Divide between glasses and serve.

Calories: 204 Fat: 1g; Chol: 3mg; Sodium: 35mg; Carb: 46g; Fiber: 3g; Protein: 6g

二人份量 (約 700毫升)

枇杷 & 菠菜五香飲品

柳丁汁60毫升
脫脂香草優格 235克
枇杷300克，連皮，去核
手撕菠菜 30克，散包裝
肉桂粉 少量

將材料按照所列順序放入調理機。以冰沙設定進行攪拌，或按下啟動，並逐漸增加功率，直到配料完全混合。根據個人喜好，飲料完成時濃稠滑順均勻。平分到水杯裡，即可享用。

卡路里 204　脂肪 1　膽固醇 3　鈉 35　碳水化合物 46　纖維 3　蛋白質 6

MAKES 2 SERVINGS (ABOUT 700ML)

Honeydew Cucumber Smoothie

INGREDIENTS

2 tbsp water

1 Persian cucumber, peeled and quartered

½ honeydew melon, peeled and cut in chunks

2 ice cubes

DIRECTIONS

Place ingredients into the blender in the order listed. Blend on the Smoothie setting or press Start and increase the power gradually until the ingredients are well-blended. The smoothie is done when the consistency is smooth and blended to your preference. Divide between glasses and serve.

Calories: 34 Fat: 0g; Chol: 0mg; Sodium: 3mg; Carb: 15g; Fiber: 2g; Protein: 0g
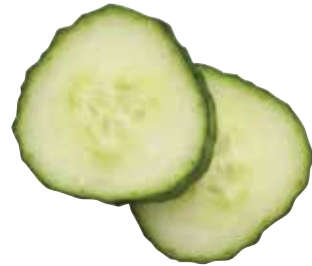
二人份量 (約 600毫升)

哈密瓜黃瓜冰沙

冷開水2 大匙
波斯小黃瓜1根，削皮，然後切成四塊
哈密瓜½ 根，削皮後，切塊
冰塊2粒

將材料按照所列順序放入調理機。以冰沙設定進行攪拌，或按下啟動，並逐漸增加功率，直到配料完全混合。根據個人喜好，飲料完成時濃稠滑順均勻。平分到水杯裡，即可享用。

卡路里 34　脂肪 0　膽固醇 0　鈉 3　碳水化合物 15　纖維 2　蛋白質 0

MAKES 2 SERVINGS (ABOUT 360ML)

Papaya, Mango & Pineapple Smoothie

INGREDIENTS

½ lime, juiced

110g fresh mango, cut in chunks

150g fresh papaya, cut in chunks

150g fresh pineapple, cut in chunks

DIRECTIONS

Place ingredients into the blender. Blend on the Smoothie setting or press Start and increase power gradually until the ingredients are well-blended. The smoothie is done when the consistency is smooth and blended to your preference. Divide between glasses and serve.

Calories: 143 Fat: 0g; Chol: 0mg; Sodium: 0mg; Carb: 14g; Fiber: 1g; Protein: 1g

二人份量 (約 360毫升)

木瓜、芒果 & 鳳梨汁

萊姆½ 顆，榨汁
新鮮芒果110克，切塊
新鮮木瓜150克，切塊
新鮮鳳梨150克，切塊

將材料放入調理機。以冰沙設定進行攪拌，或按下啟動，並逐漸增加功率，直到配料完全混合。根據個人喜好，飲料完成時濃稠滑順均勻。平分到水杯裡，即可享用。

卡路里 143　脂肪 0　膽固醇 0　鈉 0　碳水化合物 14　纖維 1　蛋白質 1

Kiwi, Mango & Pineapple Smoothie

INGREDIENTS

120ml coconut water

150g pineapple, cut in chunks

150g mango, cut in chunks

1 kiwi fruit, peeled

2 ice cubes

DIRECTIONS

Place ingredients into the blender in the order listed. Blend on the Smoothie setting or press Start and increase the power gradually until the ingredients are well-blended. The smoothie is done when the consistency is smooth and blended to your preference. Divide between glasses and serve.

Calories: 133 Fat: 0g; Chol: 0mg; Sodium: 66mg; Carb: 32g; Fiber: 5g; Protein: 2g

二人份量 (約655毫升)

奇異果、芒果 & 鳳梨冰沙

椰子水120毫升

鳳梨150克 ，切塊

芒果150克 ，切塊

奇異果1顆，削皮

冰塊2粒

將材料按照所列順序放入調理機。以冰沙設定進行攪拌，或按下啟動，並逐漸增加功率，直到配料完全混合。根據個人喜好，飲料完成時濃稠滑順均勻。平分到水杯裡，即可享用。

卡路里 133　脂肪 0　膽固醇 0　鈉 66　碳水化合物 32　纖維 5　蛋白質 2

Papaya Shake

INGREDIENTS

200ml milk

3 tbsp fresh lime juice

1-2 tbsp sweetened condensed milk (more or less to taste)

200g papaya, peeled, seeded, cut in chunks

Ice cubes for serving

DIRECTIONS

Place all ingredients into the blender in the order listed. Gradually increase power until the ingredients are well-blended. The shake is done when the consistency is smooth and blended to your preference. Place ice cubes in glasses and add the shake.

Calories: 120 Fat: 3g; Chol: 10mg; Sodium: 50mg; Carb: 20g; Fiber: 2g; Protein: 5g

二人份量 (約 475毫升)

木瓜奶昔

鮮奶 200毫升

鮮萊姆汁 3 大匙

加糖煉乳 1-2 大匙

(依口味增減)

木瓜200克，削皮，去核，切塊

冰塊

將材料按照所列順序放入調理機，逐漸增加功率，直到配料完全混合。根據個人喜好，奶昔完成時濃稠滑順均勻。把冰塊放到水杯，然後添加奶昔。

卡路里 120　脂肪 3　膽固醇 10　鈉 50　碳水化合物 20　纖維 2　蛋白質 5

MAKES 6 TO 8 SERVINGS (ABOUT 3 LITERS)

Green Fusion Whole Juice

INGREDIENTS

300g green grapes

150g mango, cut in chunks

1 orange, peeled, cut in half

½ tart green apple, cut in half

225g fresh pineapple, roughly cut

30g baby spinach leaves

8 ice cubes

DIRECTIONS

Place ingredients into the blender in the order listed. Press the Whole Juice button and blend until the program finishes. Divide between glasses and serve.

Calories: 57 Fat: 0g; Chol: 1mg; Sodium: 4mg; Carb: 18g; Fiber: 2g; Protein: 7g

六至八人份量 (約 3 公升)

綠色全天然混合果汁

綠葡萄300克

芒果150克 ，切塊

柳丁1 個，削皮，切半

酸青蘋果½個，切半

新鮮鳳梨225克，粗切

菠菜葉30克

冰塊8粒

將材料按照所列順序放入調理機。以全果汁設定進行攪拌，直到程序結束。平分到水杯裡，即可享用。

卡路里 57　脂肪 0　膽固醇 1　鈉 4　碳水化合物 18　纖維 2　蛋白質 7

MAKES 2 SERVINGS (700ML)

Green Zest Juice

INGREDIENTS

240ml apple juice

60g baby spinach

100g celery, cut into pieces

1 Persian cucumber, peeled and quartered

½ lemon, peeled

6-7g ginger root, peeled

DIRECTIONS

Place ingredients into the blender in the order listed. Blend on the Whole Juice setting until the program finishes. Divide between glasses and serve.

Calories: 80 Fat: 0g; Chol: 0mg; Sodium: 45mg; Carb: 19g; Fiber: 2g; Protein: 2g

二人份量 (700毫升)

綠色熱情蔬果汁

蘋果汁 240毫升

菠菜60克

芹菜100克，切塊

波斯小黃瓜 1棵，削皮，切四塊

檸檬½ 顆，削皮

生薑6-7克，削皮

將材料按照所列順序放入調理機。以全果汁設定進行攪拌，直到程序結束。平分到水杯裡，即可享用。

卡路里 80　脂肪 0　膽固醇 0　鈉 45　碳水化合物 19　纖維 2　蛋白質 2

SERVES 4 (ABOUT 600ML)

Whole Orange Juice

INGREDIENTS

100ml cold water

4 oranges, peeled and quartered

3-4g ginger root, peeled

Ice cubes for serving

DIRECTIONS

Place ingredients into the blender in the order listed. Blend on the Whole Juice setting until the program finishes. Place a few ice cubes in each glass and add the juice.

Calories: 62 Fat: 0g; Chol: 0mg; Sodium: 0mg; Carb: 16g; Fiber: 3g; Protein: 1g
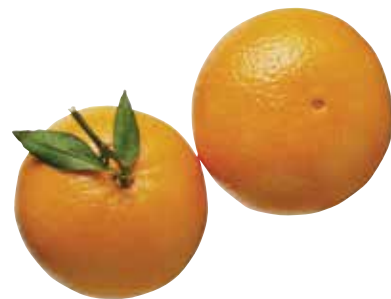
四人份量 (約 600毫升)

全柳丁汁

冷開水 100毫升
柳丁4個，削皮，切四塊
生薑3-4克，削皮
冰塊

將材料按照所列順序放入調理機。以全果汁設定進行攪拌，直到程序結束。把數粒冰塊放進每個水杯裡，倒入果汁，即可享用。

卡路里 62　脂肪 0　膽固醇 0　鈉 0　碳水化合物 16　纖維 3　蛋白質 1
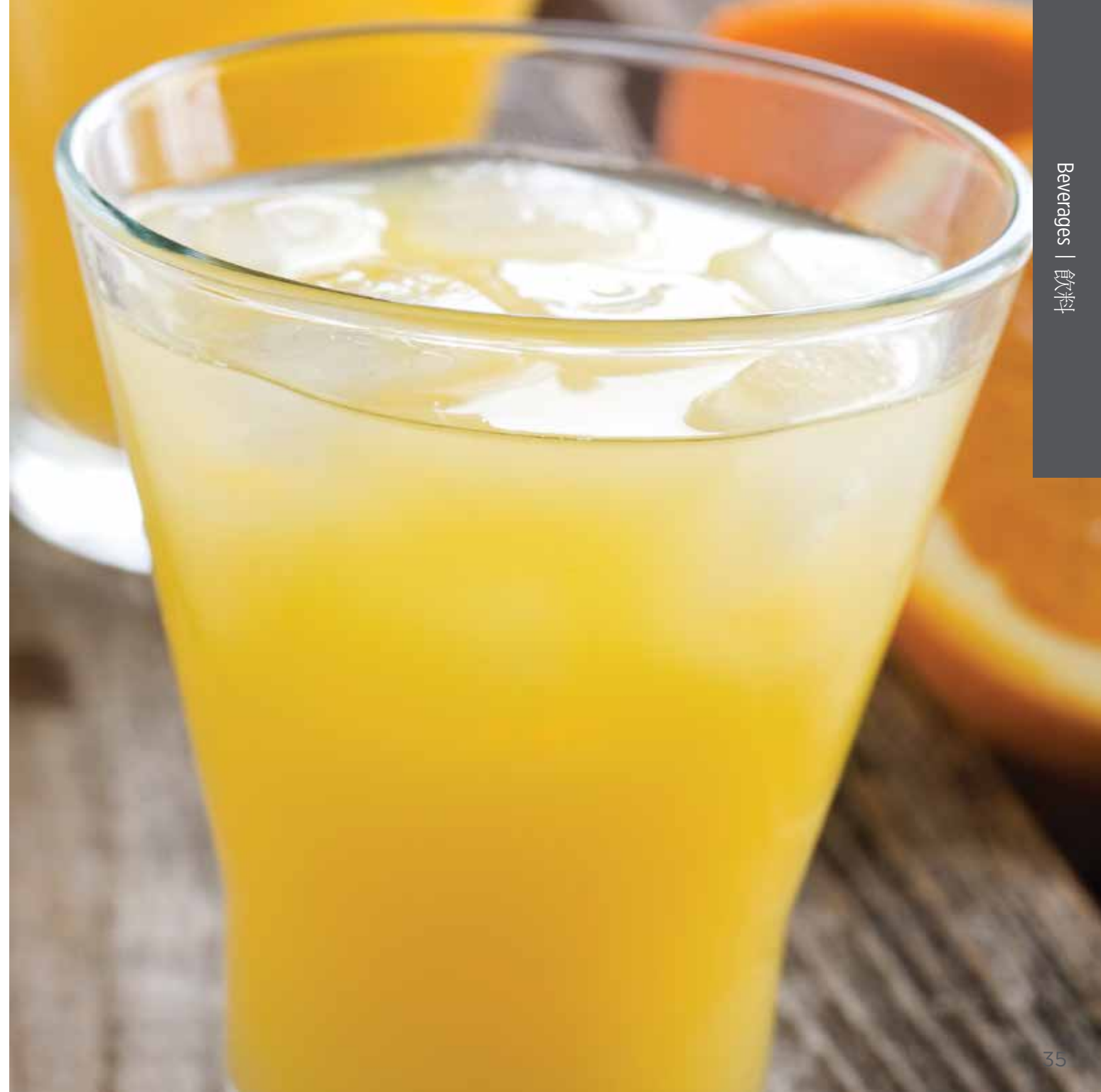
MAKES ABOUT 4 SERVINGS (700ML)

Orange Mango Fruit Juice

INGREDIENTS

600ml water

3 oranges, peeled, quartered

1 medium apple, cored, quartered

1 mango, peeled, pitted

4g ginger root, peeled

DIRECTIONS

Place ingredients into the blender in the order listed. Blend on the Whole Juice setting until the program finishes. Place ice cubes in each glass and add the juice.

Calories: 94 Fat: 0g; Chol: 0mg; Sodium: 1mg; Carb: 24g; Fiber: 4g; Protein: 1g

約四人份量 (700毫升)

柳丁芒果新鮮果汁

冷開水600毫升
柳丁3個，去皮，切四塊
中蘋果1顆，去芯，切四塊
芒果1顆，削皮，去核
生薑4克，削皮

將材料按照所列順序放入調理機。以全果汁設定進行攪拌，直到程序結束。平分到水杯裡，即可享用。

卡路里 94　脂肪 0　膽固醇 0　鈉 1　碳水化合物 24　纖維 4　蛋白質 1

MAKES ABOUT 6 SERVINGS (1.5 LITERS)

Orange Pineapple Juice

INGREDIENTS

540ml water

10g alfalfa sprouts

50g tbsp celery, chopped

1 carrot, peeled, cut in chunks

½ orange, peeled

200g fresh pineapple, cut in chunks

1 tbsp almonds

2 tbsp rolled oats

Ice cubes for serving

DIRECTIONS

Place ingredients into the blender in the order listed. Blend on the Whole Juice setting until the program finishes. Place ice cubes in each glass and add juice.

Calories: 47 Fat: 1g; Chol: 0mg; Sodium: 0mg; Carb: 9g; Fiber: 2g; Protein: 1g

約六人份量 (1.5 公升)

柳丁鳳梨汁

冷開水540毫升
首蓿芽10克
芹菜50克 大匙，切塊
紅蘿蔔1 根，削皮，切塊
柳丁½ 個，削皮
新鮮鳳梨200克，切塊
杏仁1 大匙
燕麥片2 大匙
冰塊

將材料按照所列順序放入調理機。以全果汁設定進行攪拌，直到程序結束。把冰塊放進每個水杯裡，倒入果汁，即可享用。

卡路里 47　脂肪 1　膽固醇 0　鈉 0　碳水化合物 9　纖維 2　蛋白質 1

Fresh Melon Drink

INGREDIENTS

700ml water

½ cantaloupe or honeydew melon, seeded, cubed (about 450g)

3 tbsp honey (less or more to taste)

Ice cubes for serving

DIRECTIONS

Place ingredients into the blender in the order listed. Gradually increase the power to medium and blend for 30 seconds. Increase power to high and blend for 1 minute or until smooth. Place ice cubes in glasses and add the melon drink.

Calories: 74 Fat: 0g; Chol: 0mg; Sodium: 19mg; Carb: 20g; Fiber: 1g; Protein: 1g

四人份量 (約 1公升)

新鮮密瓜飲品

冷開水700毫升
哈密瓜½ 顆，去核，切成
方塊 (約 450克)
蜂蜜3 大匙 (依口味增減)
冰塊

將材料按照所列順序放入調理機，逐漸增加功率至中速，攪拌 30 秒，再增加功率至高速，再攪拌 1 分鐘，或直至變得順滑。把冰塊放進每個水杯裡，倒入密瓜飲料，即可享用。

卡路里 74　脂肪 0　膽固醇 0　鈉 19　碳水化合物 20　纖維 1　蛋白質 1

Spicy Tomato Juice

INGREDIENTS

120ml water

2 ripe tomatoes, cored

2 ribs celery, with leaves

1 tsp wasabi powder (add more to taste)

½ lemon, peeled and pith removed

½ siling loyuba chili pepper (or any mild to spicy pepper)

pinch salt

dash black pepper

DIRECTIONS

Place ingredients into the blender in the order listed. Press Start and increase the power gradually until the ingredients are well-blended. The juice is done when the consistency is smooth and blended to your preference. Divide between glasses and serve.

Calories: 29 Fat: 1g; Chol: 0mg; Sodium: 40mg; Carb: 8g; Fiber: 2g; Protein: 1g

一至二人份量 (約 475毫升)

辣味番茄汁

冷開水120毫升
熟番茄2 顆，去囊
芹菜2棵，連葉
山葵粉 1 茶匙 (依口味增加)
檸檬½ 顆，削皮，並去除髓部
朝天椒 ½棵 (或任何微辣至辛辣的辣椒)
鹽 少量
黑胡椒 少量

將材料按照所列順序放入調理機。按下啟動並逐漸增加功率，直到配料完全混合。根據個人喜好，果汁完成時濃稠滑順均勻。平分到水杯裡，即可享用。

卡路里 29　脂肪 1　膽固醇 0　鈉 40　碳水化合物 8　纖維 2　蛋白質 1

Pineapple, Blueberry & Passion Fruit Juice

INGREDIENTS

100ml cold water

3 passion fruits (inside pulp and seeds)

200g fresh pineapple, cut in chunks

50g fresh blueberries

3 fresh mint leaves

Ice cubes for serving

DIRECTIONS

Rinse the passion fruit. Cut open and scoop the fruit and seeds into the blender jar. Place all other ingredients into the blender in the order listed. Blend on the Whole Juice setting until the program finishes. Place ice cubes in each glass and add the juice.

Calories: 122 Fat: 0g; Chol: 0mg; Sodium: 10mg; Carb: 32g; Fiber: 6g; Protein: 1g

鳳梨、藍莓&百香果汁

冷開水100毫升
百香果 3顆 (莢肉和種子)
新鮮鳳梨200克 ，切塊
新鮮藍莓50克
新鮮薄荷葉3片
冰塊

沖洗百香果。切開，然後舀出果肉以及種子放進攪拌瓶。將其他材料按照所列順序放進調理機。以全果汁設定進行攪拌，直到程序結束。把冰塊放進每個水杯裡，倒入果汁，即可享用。

卡路里 122　脂肪 0　膽固醇 0　鈉 10　碳水化合物 32　纖維 6　蛋白質 1

Pineapple, Mango & Fresh Cucumber Juice

INGREDIENTS

250g pineapple, cut in chunks

150g mango, cut in chunks

1 Persian cucumber, peeled, cut in chunks

8 ice cubes

DIRECTIONS

Place ingredients into the blender in the order listed. Press Start and increase the power gradually until the ingredients are well-blended. The juice is done when the consistency is smooth and blended to your preference. Divide between glasses and serve.

Calories: 127 Fat: 0g; Chol: 0mg; Sodium: 2mg; Carb: 36g; Fiber: 4g; Protein: 2g

鳳梨、芒果 & 鮮黃瓜汁

鳳梨250克，切塊
芒果150克，切塊
波斯小黃瓜1 根，削皮，切塊
冰塊8 粒

將材料按照所列順序放入調理機。按下啟動並逐漸增加功率，直到配料完全混合。根據個人喜好，果汁完成時濃稠滑順均勻。把冰塊放進每個水杯裡，倒入果汁，即可享用。

卡路里 127　脂肪 0　膽固醇 0　鈉 2　碳水化合物 36　纖維 4　蛋白質 2

MAKES 4-6 SERVINGS (ABOUT 1L)

Watermelon Juice with Ginger

INGREDIENTS

650g watermelon with seeds, cut in chunks

5g ginger root, peeled

½ lemon or lime, peeled

5 fresh mint leaves

Ice cubes for serving

DIRECTIONS

Place all ingredients into the blender in the order listed. Blend on the Whole Juice setting until the program finishes. Place ice cubes in glasses and add the juice.

Calories: 30 Fat: 0g; Chol: 0mg; Sodium: 1mg; Carb: 10g; Fiber: 0g; Protein: 0g

四至六人份量 (約 1公升)

西瓜汁配薑

西瓜連核650克，切塊
生薑5克，削皮
檸檬或萊姆½ 顆，削皮
新鮮薄荷葉5片
冰塊

將材料按照所列順序放進調理機。以全果汁設定進行攪拌，直到程序結束。把冰塊放進每個水杯裡，倒入果汁，即可享用。

卡路里 30　脂肪 0　膽固醇 0　鈉 1　碳水化合物 10　纖維 0　蛋白質 0

MAKES 6 SERVINGS (ABOUT 1.5 LITERS)

Carrot, Pineapple & Orange Energy Juice

INGREDIENTS

550ml cold water

110g carrots, peeled, cubed

250g fresh pineapple, cut in chunks

½ orange, peeled

20g alfalfa sprouts

60g celery, cut in chunks

1 tbsp almonds

2 tbsp rolled oats

Ice cubes for serving

DIRECTIONS

Place all ingredients into the blender in the order listed. Blend on the Whole Juice setting until the program finishes. Place ice cubes in glasses and add the juice.

Calories: 61 Fat: 1g; Chol: 0mg; Sodium: 12mg; Carb: 14g; Fiber: 2g; Protein: 1g

六人份量 (約 1.5 公升)

紅蘿蔔，鳳梨 & 柳丁能量汁

冷開水 550毫升

紅蘿蔔110克，削皮，切塊

新鮮鳳梨250克，切塊

柳丁 ½ 個，去皮

苜蓿芽20克

芹菜60克，切塊

杏仁 1 大匙

燕麥片 2 大匙

冰塊

將材料按照所列順序放入調理機。以全果汁設定進行攪拌，直到程序結束。把冰塊放進每個水杯裡，倒入果汁，即可享用。

卡路里 61　脂肪 1　膽固醇 0　鈉 12　碳水化合物14　纖維 2　蛋白質 1

MAKES 2 SERVINGS (ABOUT 600ML)

Strawberry Supercharge Juice

INGREDIENTS

120ml orange juice

150g strawberries

2 mangos, peeled, cut in chunks

8 ice cubes

DIRECTIONS

Place ingredients into the blender in the order listed. Press Start and increase the power gradually until the ingredients are well-blended. The juice is done when the consistency is smooth and blended to your preference. Divide between glasses and serve.

Calories: 177 Fat: 2g; Chol: 0mg; Sodium: 4mg; Carb: 45g; Fiber: 5g; Protein: 3g

二人份量 (約 600毫升)

草莓超能量汁

柳丁汁120毫升

草莓 150克

芒果2顆，削皮，切塊

冰塊8粒

將材料按照所列順序放入調理機。按下啟動並逐漸增加功率，直到配料完全混合。根據個人喜好，果汁完成時濃稠滑順均勻。把冰塊放進每個水杯裡，倒入果汁，即可享用。

卡路里 177　脂肪 2　膽固醇 0　鈉 4　碳水化合物 45　纖維 5　蛋白質 3

MAKES 2 TO 4 SERVINGS (ABOUT 700ML)

Fresh Pineapple Watermelon Juice

INGREDIENTS

300g fresh pineapple, cut in chunks

300g watermelon, cut in chunks

1 lime, peeled

DIRECTIONS

Place ingredients into the blender in the order listed. Press Start and increase the power gradually until the ingredients are well-blended. The juice is done when the consistency is smooth and blended to your preference. Divide between glasses and serve.

Calories: 65 Fat: 0g; Chol: 0mg; Sodium: 2mg; Carb: 17g; Fiber: 2g; Protein: 1g

二至四人份量 (約 700毫升)

新鮮鳳梨西瓜汁

新鮮鳳梨 300克，切塊
西瓜300克，切塊
萊姆1個，削皮

將材料按照所列順序放入調理機。按下啟動並逐漸增加功率，直到配料完全混合。根據個人喜好，果汁完成時濃稠滑順均勻。平分到水杯裡，即可享用。

卡路里 65　脂肪 0　膽固醇 0　鈉 2　碳水化合物 17　纖維 2　蛋白質 1

MAKES 1 TO 2 SERVINGS (ABOUT 475ML)

All Green 24/7 Juice

INGREDIENTS

300ml peach nectar (or other fruit nectar)

30g baby spinach

4 romaine lettuce leaves (or other field greens)

100g loquats, seeded

1 kiwi, peeled

DIRECTIONS

Place ingredients into the blender in the order listed. Blend on the Whole Juice setting until the program finishes. Divide between glasses and serve.

Calories: 177 Fat: 0g; Chol: 0mg; Sodium: 27mg; Carb: 45g; Fiber: 6g; Protein: 2g

一至二人份量 (約 475毫升)

全綠 24/7 汁

水蜜桃果汁 300毫升
(或其他水果果汁)
菠菜30克
蘿蔓萵苣葉4 塊 (或其他綠葉)
枇杷100克，去核
奇異果1 顆，削皮

將材料按照所列順序放入調理機。以全果汁設定進行攪拌，直到程序結束。平分到水杯裡，即可享用。

卡路里 177　脂肪 0　膽固醇 0　鈉 27　碳水化合物 45　纖維 6　蛋白質 2

Carrot, Ginger & Orange Juice

INGREDIENTS

240ml grape juice

1 large carrot, peeled

1 orange, peeled, cut in half

6-7g ginger root, peeled

DIRECTIONS

Place ingredients into the blender in the order listed. Press Start and increase the power gradually until the ingredients are well-blended. The juice is done when the consistency is smooth and blended to your preference. Serve right away.

Calories: 179 Fat: 0g; Chol: 0mg; Sodium: 53mg; Carb: 43g; Fiber: 5g; Protein: 2g

一人份量 (約 350毫升)

紅蘿蔔、薑 & 柳丁汁

葡萄汁 240毫升
大紅蘿蔔 1根，削皮
柳丁1個，削皮，切半
生薑6-7克，削皮

將材料按照所列順序放入調理機。按下啟動並逐漸增加功率，直到配料完全混合。根據個人喜好，果汁完成時濃稠滑順均勻。平分到水杯裡，即可享用。

卡路里 179　脂肪 0　膽固醇 0　鈉 53　碳水化合物 43
纖維 5　蛋白質 2

Cucumber Lime Refresher

INGREDIENTS

180ml water

2 limes, juiced

3 Persian cucumbers, peeled and quartered

6-7g ginger root, peeled

DIRECTIONS

Place ingredients into the blender in the order listed. Press Start and gradually increase power until the ingredients are well-blended. The juice is done when the consistency is smooth and blended to your preference. Divide between glasses and serve.

Calories: 15 Fat: 0g; Chol: 0mg; Sodium: 1mg; Carb: 3g; Fiber: 0g; Protein: 0g

二至三人份量 (約 600毫升)

黃瓜萊姆清爽飲品

冷開水 180毫升
萊姆2顆，榨汁
波斯小黃瓜 3 根，削皮，
然後切四塊
生薑6-7克，削皮

將材料按照所列順序放入調理機。按下啟動並逐漸增加功率，直到配料完全混合。根據個人喜好，果汁完成時濃稠滑順均勻。平分到水杯裡，即可享用。

卡路里 15　脂肪 0　膽固醇 0　鈉 1　碳水化合物 3　纖維 0　蛋白質 0
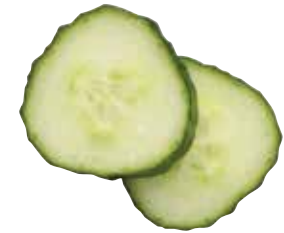
MAKES 2 SERVINGS (ABOUT 425ML)

Cucumber Lime Splash

INGREDIENTS

100ml cold water

2 Persian cucumbers, peeled, cut in half

½ lime, peeled

10 fresh mint leaves

Ice cubes for serving

DIRECTIONS

Place all ingredients into the blender in the order listed. Blend on the Whole Juice setting until the program finishes. Place ice cubes in glasses and add the drink.

Calories: 23 Fat: 0g; Chol: 0mg; Sodium: 5mg; Carb: 15g; Fiber: 0g; Protein: 0g

二人份量 (約 425毫升)

黃瓜萊姆汁

冷開水100毫升
波斯小黃瓜2 根，削皮，切半
萊姆½ 顆，削皮
新鮮薄荷葉 10 片
冰塊

將材料按照所列順序放入調理機。以全果汁設定進行攪拌，直到程序結束。把冰塊放進每個水杯裡，倒入蔬果汁，即可享用。

卡路里 23　脂肪 0　膽固醇 0　鈉 5　碳水化合物 15　纖維 0　蛋白質 0

SERVES 2 TO 3 (ABOUT 700ML)

Iced Coffee Drink

INGREDIENTS

300ml brewed coffee

3 tbsp milk

1 tbsp sweetened condensed milk

10 ice cubes

DIRECTIONS

Place ingredients into the blender in the order listed. Blend on the Smoothie setting until the program finishes. Divide between glasses and serve.

Calories: 21 Fat: 0g; Chol: 3mg; Sodium: 13mg; Carb: 3g; Fiber: 0g; Protein: 1g

二至三人份量 (約 700毫升)

冰咖啡

沖泡式咖啡 300毫升
鮮奶 3 大匙
加糖煉乳 1 大匙
冰塊10粒

將材料按照所列順序放入調理機。以冰沙設定進行攪拌，直到程序結束。平分到水杯裡，即可享用。

卡路里 21　脂肪 0　膽固醇 3　鈉 13
碳水化合物 3　纖維 0　蛋白質 1

Four Berry Nectar

INGREDIENTS

75g fresh strawberries, hulled

75g fresh raspberries

75g fresh blackberries

75g fresh blueberries

1-2 tbsp honey (optional)

DIRECTIONS

Place ingredients into the blender in the order listed. Press Start and increase the power gradually until the ingredients are well-blended. The nectar is ready when the consistency is smooth and blended to your preference. Strain, if desired. Divide between glasses and serve.

Calories: 128 Fat: 0g; Chol: 0mg; Sodium: 3mg; Carb: 33g; Fiber: 4g; Protein: 2g

二人份量 (約 475毫升)

四色莓果果汁

新鮮草莓75克，去莢
新鮮覆盆子75克
新鮮黑莓75克
新鮮藍莓75克
蜂蜜1-2 大匙(選料)

將材料按照所列順序放入調理機。按下啟動並逐漸增加功率，直到配料完全混合。根據個人喜好，甘露果汁完成時濃稠滑順均勻。如果需要的話，先過濾。平分到水杯裡，即可享用。

卡路里 128　脂肪 0　膽固醇 0　鈉 3
碳水化合物 33　纖維 4　蛋白質 2

Peachy Green Tea

INGREDIENTS

500ml brewed green tea

200g peaches, peeled, pitted

1 tbsp brown sugar

Ice cubes for serving

DIRECTIONS

Place the ingredients into the blender in the order listed. Gradually increase the power to medium-high until well-blended. Divide the ice cubes between 2 glasses and add the tea.

Calories: 62 Fat: 0g; Chol: 0mg; Sodium: 0mg; Carb: 16g; Fiber: 1g; Protein: 1g

約二人份量 (700毫升)

水蜜桃綠茶

沖泡式綠茶 500毫升
水蜜桃 200克，削皮，去核
黑糖 1 大匙
冰塊

將材料按照所列順序放入調理機。按下啟動並逐漸增加功率至中-高速，直到配料完全混合。 把冰塊放進每個水杯裡，倒入綠茶，即可享用。

卡路里 62　脂肪 0　膽固醇 0　鈉 0　碳水化合物 16　纖維 1　蛋白質 1

MAKES 2 SERVINGS (ABOUT 475ML)

Tart Apple & Blueberry Nectar

INGREDIENTS

240ml orange juice

2 tart apples, cored

150g blueberries

6-7g ginger root, peeled

DIRECTIONS

Place ingredients into the blender in the order listed. Press Start and increase the power gradually until the ingredients are well-blended. The nectar is ready when the consistency is smooth and blended to your preference. Strain, if desired. Divide between glasses and serve.

Calories: 153 Fat: 1g; Chol: 0mg; Sodium: 4mg; Carb: 37g; Fiber: 7g; Protein: 1g

二人份量 (約 475毫升)

酸蘋果 & 藍莓飲料

柳丁汁240毫升
酸蘋果2顆，去芯
藍莓150克
生薑6-7克，削皮

將材料按照所列順序放入調理機。按下啟動並逐漸增加功率，直到配料完全混合。根據個人喜好，飲料完成時濃稠滑順均勻。如果需要的話，先過濾。平分到水杯裡，即可享用。

卡路里 153　脂肪 1　膽固醇 0　鈉 4　碳水化合物 37　纖維 7　蛋白質 1

SERVES 4 (ABOUT 600ML)

Fresh Cucumber & Orange Fizz

INGREDIENTS

120ml fresh orange juice

3 tbsp fresh squeezed lime juice

500ml sparkling water

½ Persian cucumber, peeled and seeded

lime wedges for garnish (optional)

Ice cubes for serving

DIRECTIONS

Place cucumber, orange juice and lime juice into the blender. Press Start and blend until smooth. Strain, if desired. Divide juice between four ice-filled glasses and top each with sparkling water. Garnish with lime and serve immediately.

Calories: 21 Fat: 0g; Chol: 0mg; Sodium: 0mg; Carb: 5g; Fiber: 0g; Protein: 0g

四人份量 (約 600毫升)

新鮮黃瓜 & 柳丁氣泡飲料

新鮮柳丁汁 120毫升
鮮榨萊姆汁3大匙
氣泡水 500毫升
波斯小黃瓜 ½ 根，削皮，去核
萊姆角 作配菜 (選料)
冰塊

將黃瓜、柳丁汁和萊姆汁放進調理機。按下啟動並攪拌至順滑。如果需要的話，先過濾。 把蔬果汁平分到四個水杯裡加冰，倒入氣泡水，以萊姆當配菜，即可享用。

卡路里 21　脂肪 0　膽固醇 0　鈉 0　碳水化合物 5　纖維 0　蛋白質 0

MAKES ABOUT 4 SERVINGS (500ML)

Hot Purple Yam Drink

INGREDIENTS

500ml coconut milk

30g steamed purple yam (or use sweet potato)

3 tbsp blackberry jam or marmalade

DIRECTIONS

Place ingredients into the blender in the order listed. Blend on the Soup setting until the program finishes. Serve in small bowls.

Calories: 290 Fat: 20g; Chol: 0mg; Sodium: 72mg; Carb: 22g; Fiber: 0g; Protein: 6g

約四人份量 (500毫升)

熱紫薯飲品

椰奶 500毫升
蒸紫薯 30克 (或使用甜番薯)
黑莓果醬或橘子果醬 3 大匙

將材料按照所列順序放入調理機。以湯品設定進行攪拌，直到程序結束。放進小碗，即可享用。

卡路里 290　脂肪 20　膽固醇 0　鈉 72　碳水化合物 22　纖維 0　蛋白質 6

CHAPTER 2 第2章

Soups, Sauces & Spreads
湯品、醬汁 & 抹醬

THAI CARROT SOUP, P. 60
泰式紅蘿蔔濃湯 P. 60

SERVES 6

Pumpkin Cashew Soup

INGREDIENTS

600ml chicken or vegetable broth, room temperature

300g steamed pumpkin, cut in chunks (or use yellow squash)

60g raw cashews

1 clove garlic, roasted, peeled

dash black pepper

pinch salt

cashew pieces for garnish

cilantro or Chinese parsley leaves for garnish

sesame oil for garnish

DIRECTIONS

Place the first six ingredients into the blender in the order listed. Set aside the cashew pieces, cilantro and sesame oil. Blend on the Soup setting until the program finishes. Garnish each serving with cashew pieces, cilantro and a splash of sesame oil. Serve at once.

Calories: 130 Fat: 6g; Chol: 2mg; Sodium: 494mg; Carb: 18g; Fiber: 4g; Protein: 2g

六人份量

南瓜腰果湯

雞高湯或蔬菜高湯 600毫升，室溫
蒸南瓜 300克，切塊 (或使用夏南瓜)
腰果 60克
大蒜 1 瓣，香烤，削皮
黑胡椒 少量
鹽 少量
腰果 當配菜
芫荽葉或香菜葉 當配菜
麻油 當配菜

將最先六種材料按照所列順序放入調理機。把腰果、芫荽葉以及麻油放置一旁待用。以湯品設定進行攪拌，直到程序結束。每份用腰果、芫荽葉以及少許麻油作配菜，即可享用。

卡路里 130　脂肪 6　膽固醇 2　鈉 494　碳水化合物 18　纖維 4　蛋白質 2

SERVES 6

Carrot Ginger Soup

INGREDIENTS

4 carrots, peeled and sliced

60g butter

1 tbsp honey

¼ tsp ground ginger

½ tsp salt

½ tsp white pepper

1.5L chicken or vegetable broth

DIRECTIONS

In a large heavy-bottomed skillet, melt butter over medium-high heat. When sizzling, add carrots, reduce heat to medium and sauté, stirring frequently until softened and golden brown around edges. Stir in honey and spices and cook for a minute or two longer to incorporate flavors. Add broth and bring to a simmer. Remove pan from heat and, when cool enough to handle, transfer contents to blender jar. Blend on the Soup setting until the program finishes. If desired, return soup to stockpot to re-heat for a few minutes or serve as is.

Calories: 122 Fat: 8g; Chol: 24mg; Sodium: 745mg; Carb: 11g; Fiber: 2g; Protein: 2g

六人份量

紅蘿蔔生薑濃湯

紅蘿蔔 4根，削皮並切片
奶油 60克
蜂蜜 1 大匙
生薑碎 ¼ 茶匙
鹽 ½ 茶匙
白胡椒 ½ 茶匙
雞高湯或蔬菜高湯 1.5公升

用一個大厚底鍋，放入奶油以中-高火融化。當發出嘶嘶聲，加入紅蘿蔔，調至中火爆炒，不停攪拌直到軟化，而邊緣呈金黃色。拌入蜂蜜和香料，煮一兩分鐘或更長時間以入味。加入高湯，用文火煮。把鍋移離火源，待放涼後，把材料倒入攪拌瓶。以湯品設定進行攪拌，直到程序結束。如果需要的話，把濃湯倒入鍋，再加熱幾分鐘或維持現狀，即可享用。

卡路里 122　脂肪 8　膽固醇 24　鈉 745　碳水化合物 11　纖維 2　蛋白質 2

SERVES 4

Thai Carrot Soup

INGREDIENTS

475ml chicken broth

400ml coconut milk

700g carrots, peeled, cut in chunks

1 small shallot or onion, peeled

1 pc fresh lemongrass (about 4 in.)

30g ginger root, peeled

1 small dried red chili

20g fresh cilantro leaves

1 tbsp fresh lime juice

1½ tsp fish sauce

½ tsp salt

cilantro leaves for garnish (optional)

DIRECTIONS

Place ingredients into the blender in the order listed. Blend on the Soup setting until the program finishes. Divide between bowls, garnish with cilantro and serve.

Calories: 316 Fat: 18g; Chol: 3mg; Sodium: 691mg; Carb: 23g; Fiber: 5g; Protein: 4g

四人份量

泰式紅蘿蔔濃湯

雞高湯 475毫升

椰奶 400毫升

紅蘿蔔 700克，削皮，切塊

細紅蔥或洋蔥1棵，削皮

新鮮檸檬草 1棵 (約 4 寸)

生薑30克，削皮

細乾紅辣椒 1隻

新鮮芫荽葉 20克

鮮萊姆汁 1 大匙

魚露 1½ 茶匙

鹽 ½ 茶匙

芫荽葉 當配菜 (選料)

將材料按照所列順序放入調理機。以湯品設定進行攪拌，直到程序結束。平分到碗中，用芫荽葉當配菜，即可享用。

卡路里 316　脂肪 18　膽固醇 3　鈉 691　碳水化合物 23　纖維 5　蛋白質 4

SERVES 4

Creamy Broccoli Soup

INGREDIENTS

225g raw cashews

1 tbsp olive oil

300g fresh broccoli, cut in florets

½ yellow onion, peeled and chopped

1L vegetable broth

½ tsp ground black pepper

DIRECTIONS

Place cashews in a medium bowl and add enough water to cover. Soak nuts in water for at least 2 hours. Drain nuts, discard water and set nuts aside. Heat oil in a stockpot over medium heat. Add onion and sauté until softened, stirring often. Add 60ml vegetable broth and broccoli and simmer until tender-crisp, about 5 minutes. Place drained nuts, broth, broccoli mixture and pepper in the blender jar. Blend on the Soup setting until the program finishes. Taste and add seasonings to taste. Serve hot, at room temperature, or chilled.

Calories: 401 Fat: 32g; Chol: 0mg; Sodium: 1643mg; Carb: 23g; Fiber: 3g; Protein: 14g

四人份量

椰菜奶油濃湯

腰果225克

橄欖油 1 大匙

新鮮花椰菜 300克，切掉小花

洋蔥 ½ 顆，削皮，切碎

蔬菜高湯 1公升

黑胡椒碎 ½ 茶匙

將腰果放入中碗，加入足夠冷開水覆蓋，把腰果浸泡在冷開水最少 2 小時，然後把腰果瀝乾，將水倒掉，放置一旁。

用湯鍋以中火把橄欖油加熱。加入洋蔥，爆炒直至軟化，時常攪拌。添加60毫升蔬菜高湯以及花椰菜，小火煮約5分鐘至軟酥。

將已瀝乾的腰果、蔬菜高湯、椰菜、花椰菜混合物以及胡椒碎放進攪拌瓶，以湯品設定進行攪拌，直到程序結束。嚐味道，視情況添加調味料。在室溫下趁熱食用，或充分冷卻。

卡路里 401　脂肪 32　膽固醇 0　鈉 1643　碳水化合物 23　纖維 3　蛋白質 14

MAKES 4 SERVINGS

Chilled Garden Vegetable Soup

INGREDIENTS

2 large ripe tomatoes, cored and quartered

1 cucumber, peeled and quartered

1 sweet pepper, cored, seeded, and quartered

½ yellow onion, peeled and quartered

2 spring onions, white and light green parts only, trimmed

2 cloves garlic, peeled

¼ bunch cilantro, stemmed

4 tbsp water

2 tbsp red or white wine vinegar

1 tbsp olive oil

1 tsp Chinese five-spice powder

1 tsp ground black pepper

DIRECTIONS

Combine vegetables and herbs in a large bowl. Transfer half of mixture into blender and Pulse until mixture is chunky-smooth. Add water, vinegar, oil and spices and gradually increase speed to medium-low. Blend for 30 seconds and add remaining vegetable mixture. Pulse just until combined. Cover and refrigerate until well-chilled, at least one hour. Taste and adjust seasonings.

Calories: 73 Fat: 3g; Chol: 0mg; Sodium: 189mg; Carb: 4g; Fiber: 1g; Protein: 1g

四人份量

田園蔬菜凍濃湯

熟番茄 2大顆，去囊，切四塊
波斯小黃瓜 1根，削皮，切四塊
甜椒 1顆，去囊，去核，切四塊
洋蔥 ½ 顆，削皮，切四塊
綠蔥2條，只需白色淺綠色部
份，切掉多餘部份
大蒜 2 瓣，削皮
香菜葉 ¼ 束，切掉莖
冷開水 4 大匙
紅酒醋或白酒醋 2 大匙
橄欖油 1 大匙
中式五香粉 1 茶匙
黑胡椒碎 1 茶匙

將蔬菜和香菜放在一個大碗裡。把一半混合物倒入調理機，攪拌直到混合物變得幼滑。再添加冷開水、醋、橄欖油以及香料，逐漸增加速度至中-低速，攪拌 30 秒，加入剩餘的蔬菜混合物，攪拌直到完全混合。蓋好，放進冰箱最少1小時至冷卻。嚐味道，視情況調整調味料用量。

卡路里 73　脂肪 3　膽固醇 0　鈉 189　碳水化合物 4　纖維 1　蛋白質 1

SERVES 8 TO 10

Italian Winter Soup

INGREDIENTS

2 tbsp olive oil

1 onion, peeled and chopped

2 carrots, peeled and chopped

2 ribs celery, cut into large pieces

2 cloves garlic, minced

790g canned tomatoes, with juice

1L chicken or vegetable broth

1 white potato, peeled and cubed

1 tsp dried oregano

1 bay leaf

½ tsp salt

1 tsp freshly ground black pepper

½ head green cabbage, cored and shredded

1 yellow squash, thickly sliced

450g canned chickpeas, rinsed and drained

140g small pasta (shells, elbows, etc.), uncooked

freshly grated aged white cheese for garnish

handful chopped fresh parsley for garnish

DIRECTIONS

In a large stockpot, heat oil over medium heat. Add onion, carrots and celery and sauté until softened. Add garlic and sauté for 1 minute. Add tomatoes with juice, chicken stock, potato, oregano, bay leaf, salt and pepper and bring to a boil. Partially cover, lower heat and simmer until potatoes are tender, about 10 minutes. Remove bay leaf and carefully transfer one-half of the soup into the blender (no more than 1.5 liters). Replace the lid and Pulse on medium speed until soup is smooth. Return mixture to stockpot. Add cabbage, squash, chickpeas and pasta and simmer for 15 to 20 minutes, until vegetables are tender and pasta is cooked through. Adjust seasonings and serve hot, garnished with cheese and parsley.

Calories: 173 Fat: 2g; Chol: 3mg; Sodium: 709mg; Carb: 16g; Fiber: 7g; Protein: 8g

八至十人份量

義大利式冬日濃湯

橄欖油 2 大匙

洋蔥 1 顆，削皮，然後切成碎粒

紅蘿蔔2 根，削皮，然後切成碎粒

芹菜 2棵，切成大塊

大蒜 2 瓣，切碎

罐裝番茄連汁 790克

雞高湯或蔬菜高湯 1公升

白馬鈴薯 1 顆，削皮，然後切成塊狀

乾奧勒岡 1 茶匙

月桂葉 1 塊

鹽 ½ 茶匙

現磨黑胡椒 1 茶匙

青椰菜 ½ 棵，去芯並切碎

夏南瓜 1 顆，切成厚片

罐裝雪蓮子 450克 ，沖洗，然後瀝乾

義大利麵 140克 (貝殼狀、彎管面等等)，未熟煮

現磨熟成白乳酪 當配菜

新鮮洋香菜 切碎一把 當配菜

用一個大湯鍋，用中火燒熱橄欖油。加入洋蔥、紅蘿蔔以及芹菜，然後爆炒至軟化，加入大蒜爆炒1 分鐘。加入番茄連汁、雞高湯、馬鈴薯、奧勒岡、月桂葉、鹽和胡椒，煮至沸騰。 局部覆蓋，將火調低，煨約10分鐘，直到馬鈴薯變軟。移走月桂葉，小心地把一半濃湯倒入調理機 (不要多於 1.5 公升)。把瓶蓋蓋回，以中速攪拌，直至濃湯變得順滑。把混合物倒回湯鍋。加入青椰菜、夏南瓜、雪蓮子以及義大利麵，煨 15 至 20 分鐘，直至蔬菜變軟，義大利麵煮熟。調整調味料用量，趁熱吃，用乳酪和洋香菜當配菜。

卡路里 173　脂肪 2　膽固醇 3　鈉 709　碳水化合物 16　纖維 7　蛋白質 8

SERVES 4

Roasted Vegetable Soup

INGREDIENTS

4 cloves garlic, peeled
300g yellow squash, cubed
1 rib celery, cut into thirds
½ yellow onion, peeled and quartered
2 tbsp olive oil
1 tsp Chinese five-spice powder
½ tsp ground black pepper
1L vegetable broth
plain yogurt for garnish

DIRECTIONS

Preheat oven to 205°C. Line a approximately 23 x 33cm baking pan with parchment paper and set aside.

Toss garlic, squash, celery and onion with oil and spices to coat. Place on prepared baking pan and roast until tender, about 20 minutes. Cool vegetables slightly and transfer to blender. Add vegetable broth and blend on the Soup setting until the program finishes. Warm briefly on the stovetop or in a microwave oven, if desired. Garnish each serving with a small dollop of yogurt.

Calories: 105 Fat: 6g; Chol: 0mg; Sodium: 1299mg; Carb: 11g; Fiber: 2g; Protein: 1g

四人份量

焗烤蔬菜濃湯

大蒜 4瓣，削皮
夏南瓜 300克，切成塊狀
芹菜 1棵，切三塊
洋蔥 ½ 顆，削皮，然後切四塊
橄欖油 2 大匙
中式五香粉 1 茶匙
黑胡椒碎 ½ 茶匙
蔬菜高湯 1公升
原味優格 當配菜

將烤箱預熱至 205℃。 在 約 23 x 33厘米烤盤上放上烘焙紙，放置一旁。

大蒜、南瓜、芹菜和洋蔥用橄欖油和香料塗抹拌勻。放在準備好的烤盤，烤約20分鐘，烤至變軟。蔬菜稍微冷卻後，倒入調理機。添加蔬菜高湯，以湯品設定進行攪拌，直到程序結束。如果需要的話，以瓦斯爐或微波爐輕微加熱。每份放上一小球優格當配菜。

卡路里 105　脂肪 6　膽固醇 0　鈉 1299　碳水化合物 11　纖維 2　蛋白質 1

MAKES ABOUT 180ML

Miso Ginger Sauce

INGREDIENTS

3 tbsp olive oil
4 tbsp black vinegar
2 tbsp soy sauce
1 clove garlic, peeled
2 tbsp honey
15g ginger root, peeled
1 tsp sesame oil
2 tbsp miso paste
2 tbsp toasted sesame seeds

DIRECTIONS

Place ingredients into the blender in the order listed. Blend on high speed for 1 minute.

Calories: 57 Fat: 4g; Chol: 0mg; Sodium: 203mg; Carb: 5g; Fiber: 0g; Protein: 1g

可製成約 180毫升

薑汁味噌醬

橄欖油 3 大匙
烏醋 4 大匙
醬油 2 大匙
大蒜 1瓣，削皮
蜂蜜 2 大匙
生薑 15克，削皮
麻油 1 茶匙
味噌醬 2 大匙
烤芝麻 2 大匙

將材料按照所列順序放入調理機。高速攪拌 1 分鐘。

卡路里 57　脂肪 4　膽固醇 0　鈉 203　碳水化合物 5　纖維 0　蛋白質 1

MAKES ABOUT 180ML

Garlic Cashew Sauce

INGREDIENTS

100ml water

1 tbsp olive oil

150g raw cashews

8 cloves garlic, roasted, peeled

2 tbsp brown sugar (or use sugar in the raw or turbinado)

½ tsp salt

DIRECTIONS

Place all ingredients into the blender in the order listed. Gradually increase power to medium speed until the sauce begins to incorporate. Increase power to medium-high for approximately 10 seconds or until well-blended.

Calories: 99 Fat: 8g; Chol: 0mg; Sodium: 118mg; Carb: 6g; Fiber: 0g; Protein: 3g

可製成約 180毫升

大蒜腰果調味醬

冷開水 100毫升
橄欖油 1 大匙
腰果 150克
大蒜 8瓣，香烤，削皮
黑糖 2 大匙
(使用天然粗糖或蔗糖)
鹽 ½ 茶匙

將材料按照所列順序放入調理機。按下啟動並逐漸增加功率至中速，直至醬油開始入味，增加功率至中-高速，並攪拌約 10 秒，或拌至細滑。

卡路里 99　脂肪 8　膽固醇 0　鈉 118　碳水化合物 6　纖維 0　蛋白質 3

MAKES 240G

Cashew Spread

INGREDIENTS

300g raw cashews

3 to 4 tbsp vegetable oil, divided

salt, if desired

DIRECTIONS

Place cashews and 2 tablespoons oil into blender and press Start. Gradually increase speed to medium and blend until butter starts to form. Turn off and scrape down sides as needed. Add remaining oil and salt, if using. Replace lid and press Start. Blend on low speed and increase speed to medium speed again, blending until smooth. Transfer to an airtight container and refrigerate for up to 1 month.

Calories: 98 Fat: 8g; Chol: 0mg; Sodium: 3mg; Carb: 6g; Fiber: 1g; Protein: 3g

可製成240克

腰果抹醬

腰果 300克
蔬菜油 3 至 4 大匙，分開放
鹽，如需要

將腰果和油 2 大匙放入調理機。按下啟動並逐漸增加至中速，攪拌至開始形成奶油。關掉後，根據需要刮掉兩側，加入剩餘的蔬菜油和鹽，如果需要的話。把瓶蓋蓋回，按下啟動並用低速攪拌，然後再把速度增加至中速，攪拌至幼滑。轉放到密閉容器，置於冰箱可保存最長1 個月。

卡路里 98　脂肪 8　膽固醇 0　鈉 3　碳水化合物 6　纖維 1　蛋白質 3

Homemade Peanut Spread

INGREDIENTS

300g roasted peanuts

4 tbsp peanut or vegetable oil, divided

pinch salt or rock sugar, if desired

DIRECTIONS

Place peanuts and 2 tablespoons oil into the blender and press Start. Gradually increase speed to medium and blend until butter starts to form. Turn off and scrape down sides as needed. Add remaining oil and salt or sugar, as preferred. Press Start and gradually increase speed to medium, blending to desired consistency. Transfer to an airtight container and refrigerate for up to 1 month.

Calories: 106 Fat: 9g; Chol: 0mg; Sodium: 1mg; Carb: 4g; Fiber: 1g; Protein: 4g

可製成約 240克

自製花生醬

烘焙花生 300克
花生油或蔬菜油 4 大匙，分開放
鹽或冰糖 少量 ，如需要

將花生及食油2 大匙放進調理機。按下啟動並逐漸增加至中速，並攪拌至開始形成奶油。關掉後，根據需要刮掉兩側。加入剩餘的食油，按喜好加鹽或糖。按下啟動並逐漸增加至中速，攪拌至所需濃度。轉放到密閉容器，置於冰箱可保存最長1 個月。

卡路里 106　脂肪 9　膽固醇 0　鈉 1　碳水化合物 4　纖維 1　蛋白質 4

Toasted Sesame Paste

INGREDIENTS

300g toasted sesame seeds

3 tbsp rock sugar

DIRECTIONS

Place ingredients into the blender in the order listed. Gradually increase power to medium and blend for 30 seconds. Increase the power to high and blend for 1 minute, or until completely smooth.

Calories: 187 Fat: 15g; Chol: 0mg; Sodium: 3mg; Carb: 10g; Fiber: 4g; Protein: 5g

可製成約 150克

芝麻醬

烤芝麻 300克
冰糖 3 大匙

將材料按照所列順序放入調理機。按下啟動並逐漸增加功率至中速，並攪拌 30 秒。再增加功率至高速，再攪拌 1 分鐘，或拌至細滑。

卡路里 187　脂肪 15　膽固醇 0　鈉 3　碳水化合物 10　纖維 4　蛋白質 5

MAKES ABOUT 1½ CUPS

Easy Parsley Pesto

INGREDIENTS

45g fresh parsley leaves

2 cloves garlic, peeled and crushed

40g walnuts, toasted

45g tangy aged cheese (such as Parmesan), grated

2 tbsp lemon juice

¼ tsp salt

120ml olive oil

DIRECTIONS

Place parsley, garlic, walnuts, cheese, lemon juice and salt into blender. Press Start and gradually increase speed to medium. Blend to a rough chop. Gradually drizzle oil into the blender through the lid opening and continue blending until smooth. Refrigerate any unused portion in an airtight container for up to 5 days.

Calories: 58 Fat: 6g; Chol: 2mg; Sodium: 53mg; Carb: 0g; Fiber: 0g; Protein: 1g

可製成約 1½ 杯

簡易自製洋香菜青醬

新鮮洋香菜葉 45克
大蒜2瓣，削皮，壓碎
核桃 40克，香烤
口感辛烈熟成乳酪 (例如帕馬森) 45克，磨碎
檸檬汁2 大匙
鹽 ¼ 茶匙
橄欖油 120毫升

將洋香菜、大蒜、核桃、乳酪、檸檬汁及鹽放進調理機。按下啟動並逐漸增加至中速，攪拌至略切，經瓶蓋孔逐漸把橄欖油淋進調理機，繼續攪拌至幼滑。剩餘部分放到密閉容器，置於冰箱可保存最長5 天。

卡路里 58　脂肪 6　膽固醇 2　鈉 53　碳水化合物 0　纖維 0　蛋白質 1

MAKES ABOUT 300ML

Grapefruit Balsamic Dressing

INGREDIENTS

1 grapefruit, peeled and pith removed

2 tbsp balsamic vinegar

120ml sunflower oil

¼ tsp salt

DIRECTIONS

Place all ingredients into blender and press Start. Gradually increase speed to high and blend until very smooth. Refrigerate in an airtight container for up to 2 weeks. Let stand at room temperature before using to liquefy the oil.

Calories: 53 Fat: 6g; Chol: 0mg; Sodium: 28mg; Carb: 1g; Fiber: 0g; Protein: 0g

可製成約 300毫升

葡萄柚巴薩米克沙拉醬

葡萄柚 1顆，削皮，去除髓部
巴薩醋 2 大匙
葵花油 120毫升
鹽 ¼ 茶匙

將材料放進調理機。按下啟動並逐漸增加至高速，攪拌至細滑。放進密閉容器裡，置於冰箱可保存最長2 個星期。食用前放在室溫下，使呈凝固狀的食用油液化。

卡路里 53　脂肪 6　膽固醇 0　鈉 28　碳水化合物 1　纖維 0　蛋白質 0
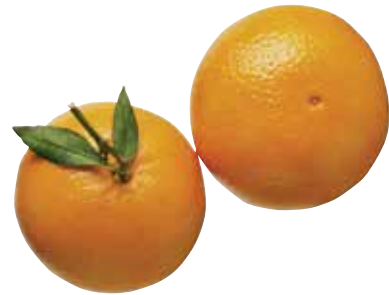
MAKES ABOUT 360ML

Orange Sunflower Seed Dressing

INGREDIENTS

160ml orange juice

4 tbsp rice wine vinegar

120ml sunflower oil

80ml honey

¼ tsp salt, optional

1 tbsp sunflower seeds

DIRECTIONS

Place all ingredients, except the seeds, into blender and press Start. Gradually increase speed to medium-low and blend until smooth. Add sunflower seeds and Pulse once or twice to combine. Refrigerate in an airtight container for up to 2 weeks.

Calories: 73 Fat: 7g; Chol: 0mg; Sodium: 32mg; Carb: 7g; Fiber: 2g; Protein: 1g

可製成約 360毫升

柳丁葵花籽沙拉醬

柳丁汁 160毫升

白米醋 4 大匙

葵花油 120毫升

蜂蜜 80毫升

鹽 ¼ 茶匙，(選料)

葵花籽 1 大匙

將全部材料，葵花籽除外，放進調理機。按下啟動並逐漸增加速度至中-低，攪拌至順滑。加進葵花籽，再攪拌一次或兩次以混合。 放進密閉容器裡，置於冰箱可保存最長2 個星期。

卡路里 73　脂肪 7　膽固醇 0　鈉 32　碳水化合物 7　纖維 2　蛋白質 1

MAKES ABOUT 320ML

Honey Mustard Dressing

INGREDIENTS

120ml apple cider vinegar

2 tbsp Dijon mustard

60ml honey

½ tsp salt

½ tsp ground black pepper

180ml olive oil

DIRECTIONS

Place all ingredients, except oil, into blender in order listed. Press Start and blend on low until well-combined. Increase speed to medium and drizzle olive oil through the lid opening into the dressing. Continue blending until smooth. Refrigerate in an airtight container for up to 2 weeks.

Calories: 86 Fat: 8g; Chol: 0mg; Sodium: 58mg; Carb: 4g; Fiber: 0g; Protein: 0g

可製成約 320毫升

蜂蜜芥末沙拉醬

蘋果醋 120毫升

狄戎芥末醬 2 大匙

蜂蜜 60毫升

鹽 ½ 茶匙

黑胡椒碎 ½ 茶匙

橄欖油 180毫升

將全部材料，橄欖油除外，放進調理機。按下啟動，用低速攪拌，直至充分混合，增加速度至中速，然後經瓶蓋孔淋下橄欖油到沙拉醬，繼續攪拌直至變得順滑。放進密閉容器裡，置於冰箱可保存最長2 個星期。

卡路里 86　脂肪 8　膽固醇 0　鈉 58　碳水化合物 4　纖維 0　蛋白質 0

MAKES ABOUT 320ML

Lemon & Oregano Vinaigrette

INGREDIENTS

180ml olive oil

1 tbsp yellow mustard

2 lemons, peeled and seeded

2 tsp fresh oregano

½ tsp salt

½ tsp ground black pepper

DIRECTIONS

Place all ingredients into blender in order listed and press Start. Gradually increase speed to high, blending until very smooth. Refrigerate in an airtight container for up to 2 weeks.

Calories: 71 Fat: 8g; Chol: 0mg; Sodium: 58mg; Carb: 0g; Fiber: 0g; Protein: 0g

可製成約 320毫升

檸檬 & 奧勒岡油醋醬

橄欖油 180毫升
黃芥末醬 1 大匙
檸檬 2 顆，削皮，去核
新鮮奧勒岡 2 茶匙
鹽 ½ 茶匙
黑胡椒碎 ½ 茶匙

將材料按照所列順序放入調理機。按下啟動並逐漸增加速度至高速，攪拌至變得細滑。放進密閉容器裡，置於冰箱可保存最長2 個星期。

卡路里 71　脂肪 8　膽固醇 0　鈉 58　碳水化合物 0　纖維 0　蛋白質 0

MAKES ABOUT 300ML

Raspberry Vinaigrette

INGREDIENTS

120ml olive oil or safflower oil

60ml champagne vinegar

75g fresh raspberries

2 tbsp fresh lime juice

2 tbsp honey

½ tsp salt

½ tsp ground black pepper

DIRECTIONS

Place all ingredients into blender and press Start. Gradually increase speed to medium-low until smooth. Refrigerate in an airtight container for up to 2 weeks.

Calories: 53 Fat: 5g; Chol: 0mg; Sodium: 58mg; Carb: 1g; Fiber: 0g; Protein: 0g

可製成約 300毫升

覆盆子油醋醬

橄欖油或紅花油 120毫升
香檳酒醋 60毫升
新鮮覆盆子 75克
鮮萊姆汁 2 大匙
蜂蜜 2 大匙
鹽 ½ 茶匙
黑胡椒碎 ½ 茶匙

將材料按照所列順序放入調理機。按下啟動並逐漸增加速度至中-低速，直至變得順滑。放進密閉容器裡，置於冰箱可保存長達2 星期。

卡路里 53　脂肪 5　膽固醇 0　鈉 58　碳水化合物 1　纖維 0　蛋白質 0

MAKES ABOUT 360ML

Spicy Blackberry Dressing

INGREDIENTS

150g fresh blackberries

180ml olive oil

60ml balsamic vinegar

2 tbsp honey

¼ tsp bottled chili sauce

DIRECTIONS

Place all ingredients into blender and press Start. Gradually increase speed to medium and blend until smooth. Strain, if desired. Refrigerate in an airtight container for up to 2 weeks.

Calories: 67 Fat: 7g; Chol: 0mg; Sodium: 5mg; Carb: 2g; Fiber: 0g; Protein: 0g

可製成約 360毫升

辣味黑莓沙拉醬　辣味黑莓沙拉醬

新鮮黑莓 150克

橄欖油 180毫升

巴薩醋 60毫升

蜂蜜 2 大匙

樽裝辣醬 ¼ 茶匙

將材料按照所列順序放入調理機。按下啟動並逐漸增加至中速，然後攪拌至順滑。如果需要的話，先過濾。 放進密閉容器裡，置於冰箱可保存最長2 個星期。

卡路里 67　脂肪 7　膽固醇 0　鈉 5　碳水化合物 2　纖維 0　蛋白質 0

CHAPTER 3 第3章

Light Meals & Snacks
輕食 & 小食

BARBECUE CHICKEN PIZZA, P. 94
燒烤醬雞肉披薩 P. 94

MAKES 9 TO 16 BARS

Coconut Island Bars

INGREDIENTS

60g dried mango

120g dried dates

60g dried pineapple

45g shredded coconut

75g macadamia nuts

75g sesame seeds

60g finely ground almonds

½ tsp ground cardamom

80g puffed rice cereal

DIRECTIONS

Place all ingredients, except puffed rice, into the blender and press Start. Pulse until just combined, scraping down sides as needed to mix. Stir the rice cereal into the mixture by hand. Press into a parchment-lined, approximately 46cm square baking pan and refrigerate until firm. Cut into bars or bite-sized squares, as desired.

Calories: 167 Fat: 13g; Chol: 0mg; Sodium: 5mg; Carb: 12g; Fiber: 3g; Protein: 3g

可製成 9 至 16 塊

椰子方塊酥

乾芒果 60 克
乾核棗 120 克
乾鳳梨 60 克
椰子 45 克 切碎
夏威夷果 75 克
芝麻 75 克
細磨的杏仁 60 克
豆蔻粉 ½ 茶匙
爆米香 80 克

將全部材料，爆米香除外，放入調理機。按下啟動，攪拌直至混合，按需要刮掉兩側以混合。加入爆香米到混合物，用手攪拌均勻。壓按在一塊舖上烘焙紙的約 46 厘米方形烤盤，放進冰箱冷藏至堅固。如果需要的話，切成小塊或一口方塊。

卡路里 167　脂肪 13　膽固醇 0　鈉 5　碳水化合物 12　纖維 3　蛋白質 3

MAKES 6 TO 18 LEATHERS

Apple Strawberry Fruit Leather

INGREDIENTS

2-4 tbsp water

2 tbsp lemon juice

3 apples, peeled, cored and roughly chopped

75g fresh strawberries, hulled

DIRECTIONS

Line a 30 x 43cm baking sheet with parchment paper and set aside. Place all ingredients into blender in order listed. Press Start and gradually increase speed to medium-high. Blend until a smooth purée is formed. Transfer to a small saucepan and cook on low heat until the mixture simmers. Stir occasionally as the mixture reduces and is thickened.

Preheat the oven to 80^{0}C. Pour the purée onto the prepared baking sheet. Spread the mixture with a spatula to a 6mm even thickness. Place into the oven and bake for 3 to 4 hours, until leather is tacky, but does not stick to your finger. Remove and cool. When completely cooled, cut the fruit into strips or squares and roll individually. Store in the refrigerator in a self-sealing plastic bag.

Calories: 17 Fat: 0g; Chol: 0mg; Sodium: 0mg; Carb: 5g; Fiber: 1g; Protein: 0g

可製成 6 至 18 水果軟糖

蘋果草莓水果軟糖

冷開水 2-4 大匙
檸檬汁 2 大匙
蘋果 3 個，削皮，去芯，略切
新鮮草莓 75 克，去莢

在 30 x 43 厘米烤盤上放上烘焙紙，放置到一旁。 將材料按照所列順序放入調理機。按下啟動並逐漸增加速度至中-高，攪拌直至形成果泥。

轉到小平鍋，然後用慢火煮，直至混合物增稠。偶爾攪拌一下，直到混合物縮小和增稠。

將烤箱預熱至 80 C。把果泥倒進準備好的烤盤。把混合物以及抹刀均勻舖在上面，約 6 毫米厚。放進烤箱，然後烤焗 3 至 4 小時，直至水果軟糖發黏，但不要黏到你的手指。移離烤箱後，放涼備用。待完全放涼後，水果軟糖切條或切塊，單獨卷起，放入自黏塑膠袋，然後放進冰箱冷藏 。

卡路里 17　脂肪 0　膽固醇 0　鈉 0　碳水化合物 5　纖維 1　蛋白質 0

Mango Pineapple Fruit Leather

INGREDIENTS

80ml water

2 fresh mangos, pitted, peeled and roughly cut

300g fresh pineapple, cut in chunks

DIRECTIONS

Line a approximately 30 x 43cm baking pan with parchment paper and set aside. Place the mangoes, pineapple and water in the blender as listed and press Start. Gradually increase speed to high and blend until the mixture is a smooth purée. Transfer the mixture to a small saucepan and cook over low heat, stirring occasionally, until the mixture is reduced and thickened.

Preheat the oven to 80°C. Pour the purée onto the prepared baking sheet. Spread the mixture with a spatula to a 6mm even thickness. Place into the oven and bake for 3 to 4 hours, until leather is tacky, but does not stick to your finger. Remove and cool. When completely cooled, cut the fruit into strips or squares and roll individually. Store in the refrigerator in a self-sealing plastic bag.

Calories: 16 Fat: 0g; Chol: 0mg; Sodium: 0mg; Carb: 4g; Fiber: 0g; Protein: 0g

可製成 6 至 18 水果軟糖

芒果鳳梨水果軟糖

冷開水 80毫升
新鮮芒果 2 顆，去核，
削皮，粗略地切
新鮮鳳梨 300克，切塊

在 約 30 x 43厘米烘焙烤盤上放上烘焙紙，放置到一旁。將芒果、鳳梨以及冷開水按照所列放進調理機。按下啟動並逐漸增加速度至高速，攪拌直至混合物變成幼滑果泥，把混合物轉到小平鍋，用慢火煮，偶爾攪拌一下，直到混合物縮小和增稠。

將烤箱預熱至 80　C。把果泥倒進準備好的烤盤。把混合物以及抹刀均勻鋪在上面，約 6毫米厚。放進烤箱，然後烤焗 3 至 4 小時，直至水果軟糖發黏，但不要黏到你的手指，移離烤箱後，放涼備用。待完全放涼後，水果軟糖切條或切塊，單獨卷起，放入自黏塑膠袋，然後放進冰箱冷藏。

卡路里 16　脂肪 0　膽固醇 0　鈉 0　碳水化合物 4　纖維 0　蛋白質 0

Avocado, Tomato & Siling Labuyo Chili Dip

INGREDIENTS

3 ripe butter avocados (cheese pears), peeled and pitted

1 large lime, juiced

½ medium ripe tomato, cut in half

1 siling labuyo chili, chopped (use any mild to spicy chili)

½ tsp salt

DIRECTIONS

Place avocado, lime juice, tomato, chili and salt into the blender and Pulse to desired consistency. Scrape down the sides of the blender as needed. Taste and adjust seasonings. Serve immediately or cover and chill.

Calories: 123 Fat: 11g; Chol: 0mg; Sodium: 161mg; Carb: 7g; Fiber: 5g; Protein: 2g

六至八人份量

酪梨、番茄 & 朝天椒沾醬

熟奶油酪梨 3顆 ，削皮並
去核
大萊姆 1顆，榨汁
半熟番茄 ½ 顆，切半
朝天椒 1 根，剁碎 (或使用
其他微辣至辛辣的辣椒)
鹽 ½ 茶匙

將酪梨、萊姆汁、番茄、辣椒以及鹽放進調理機，然後攪拌至所需濃度。根據需要刮掉調理機兩側。再嚐味道，視情況調整調味料用量。立即食用，或蓋好後再冷藏備用。

卡路里 123　脂肪 11　膽固醇 0　鈉 161　碳水化合物 7　纖維 5　蛋白質 2

Moroccan Baked Muesli

INGREDIENTS

150g almonds, shelled

150g hazelnuts, shelled

180g toasted rolled oats (not instant)

120ml orange juice

4 tbsp honey

3 tbsp canola oil

1 tsp pure vanilla extract

1 tsp ground cardamom

20g goji berries

60g dates, finely chopped

60g dried apple, finely chopped

DIRECTIONS

Preheat oven to 150°C. Place almonds and hazelnuts into blender and press Start. Pulse to chop evenly. Transfer nuts to a large mixing bowl and add rolled oats. Set aside.

Line a approximately 23 x 33cm baking sheet with parchment paper and set aside. Place orange juice, honey, canola oil, vanilla and cardamom into blender and press Start. Gradually increase speed to medium until mixture is well-combined. Pour mixture over nuts and oats, tossing well to coat. Spread muesli evenly on the prepared baking sheet and bake for 10 minutes. Remove mixture from oven and stir with a fork, breaking up any large pieces. Return to oven and continue baking for an additional 10 minutes, stirring mixture occasionally. Cool completely and mix with remaining ingredients. Store in an airtight container for up to two weeks.

Calories: 378 Fat: 19g; Chol: 0mg; Sodium: 23mg; Carb: 46g; Fiber: 8g; Protein: 10g

摩洛哥焙燒穀片

杏仁 150克，去殼

榛子 150克，去殼

烤香燕麥片 180克 (非即食麥片)

柳丁汁 120毫升

蜂蜜 4 大匙

芥花油 3 大匙

純香草精 1 茶匙

豆蔻碎 1 茶匙

枸杞子 20克

核棗 60克 ，細剁

乾蘋果 60克 ，細剁

將烤箱預熱至 150℃。將杏仁和榛子放入調理機。按下啟動攪拌，均勻地攪碎，將堅果轉到一個大攪拌碗，倒入燕麥片。放置到一旁。

在 約23 x 33厘米烤盤上放上烘焙紙，放置到一旁。把柳丁汁、蜂蜜、芥花油、香草以及豆蔻放進調理機。按下啟動，逐漸增加速度至中速，直到完全混合。把混合物倒入堅果和燕麥拌勻，在準備好的烤盤均勻舖上穀片，然後烘焙 10 分鐘。把混合物移離烤箱，然後用叉子攪拌，攪碎大塊的顆粒，放回烤箱，然後繼續烘燒額外 10 分鐘，偶爾攪拌混合物。待完全放涼後，混合剩餘材料。放進密閉容器裡可保存最長2 星期。

卡路里 378　脂肪 19　膽固醇 0　鈉 23　碳水化合物 46　纖維 8　蛋白質 10

MAKES 4 TO 6 SERVINGS

Baba Ganoush

INGREDIENTS

1 large eggplant (aubergine), baked until softened

2 cloves garlic, roasted and peeled

2 tbsp sesame tahini paste

2 tbsp olive oil, divided

2 tbsp lemon juice

½ tsp ground cumin

½ tsp salt

2 tbsp fresh parsley, minced

DIRECTIONS

Cut eggplant in half and scoop pulp into blender. Add garlic, tahini, 15ml oil, lemon juice, cumin and salt and process until smooth. Transfer to a serving bowl and drizzle with remaining olive oil. Sprinkle with parsley to garnish.

Calories: 84 Fat: 8g; Chol: 0mg; Sodium: 197mg; Carb: 5g; Fiber: 2g; Protein: 2g

四至六人份量

中東烤茄泥沾醬

大矮瓜 (茄子) 1根，烤焗至變軟
大蒜 2瓣，香烤，削皮
中東式塔希尼芝麻醬 2 大匙
橄欖油 2 大匙，分開放
檸檬汁 2 大匙
孜然粉 ½ 茶匙
鹽 ½ 茶匙
新鮮洋香菜 2 大匙，切碎
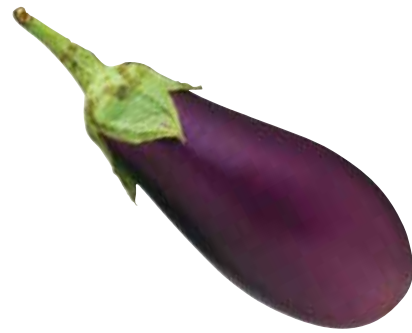
將矮瓜切半，把莢肉舀進調理機，加入大蒜、塔希尼芝麻醬、食油 15毫升、檸檬汁、孜然粉、鹽，攪拌至幼滑，轉到碗盤，淋上剩餘的橄欖油，灑上洋香菜當配菜。

卡路里 84　脂肪 8　膽固醇 0　鈉 197　碳水化合物 5　纖維 2　蛋白質 2

SERVES 8

Savory Garlic Hummus

INGREDIENTS

450g canned chickpeas, liquid drained and reserved

3 tbsp *Toasted Sesame Paste* (see recipe p. 71)

2 tbsp lemon juice

3 cloves roasted garlic

¼ tsp ground cumin

pinch salt

DIRECTIONS

Place all ingredients and 2 tablespoons reserved liquid into the blender. Press Start and increase the power gradually to medium speed. Blend until the spread is well-combined and smooth. Add more liquid, if necessary to reach desired consistency.

Cook's Note: Slice off the pointed end of a head of garlic. Place garlic head on a square of foil and drizzle with olive oil. Add herbs, if desired, loosely wrap and place in a 175°C oven for about 40 minutes, or until garlic has softened. Cool slightly and use fingers to pop cloves from their papery skins. Use as desired.

八人份量

開胃大蒜鷹嘴豆泥醬

罐裝雪蓮子 450克，瀝乾備用
烤芝麻醬　3 大匙 (見食譜 p. 71)
檸檬汁 2 大匙
烤大蒜 3瓣
孜然粉 ¼ 茶匙
鹽 少量

將材料以及2大匙罐頭裡的液體放入調理機。按下啟動並逐漸增加功率至中速，攪拌至抹醬 充分混合且順滑。如果需要的話，加入更多液體，以達到所需濃度。

廚師的筆記: 切掉大蒜頂部的尖頭，把蒜頭放在正方形的鋁箔紙，灑些橄欖油。加入香料，如果需要的話。鬆鬆地包起，放進 175℃ 烤箱烤約 40 分鐘，或直至大蒜變軟。稍微放涼，用手指將蒜肉從像紙一樣的蒜皮取出。按照需要使用。

SERVES 12

Homemade French Onion Dip

INGREDIENTS

3 tbsp canola or vegetable oil

2 yellow onions, peeled and thinly sliced

225g sour cream

50g soft tofu, at room temperature

½ tsp Worcestershire sauce

1 clove garlic, peeled

½ tsp salt

DIRECTIONS

Heat oil over medium-high heat, add onions and sauté for 5 minutes, stirring frequently to avoid burning. Reduce heat and cook, stirring occasionally, until onions are softened and nicely browned, about 25 minutes. Set aside and cool. Reserve 2 tablespoons for garnish.

Place remaining onions in blender and add remaining ingredients. Press Start and gradually increase the speed to high. Blend until the mixture is mostly smooth. Transfer to a serving bowl, cover tightly and chill for at least 1 hour. Garnish with reserved caramelized onions and serve.

Calories: 99 Fat: 9g; Chol: 10mg; Sodium: 130mg; Carb: 1g; Fiber: 0g; Protein: 2g

十二人份量

自製法式洋蔥沾醬

芥花油或蔬菜油 3 大匙
洋蔥 2 顆，削皮，切薄片
酸奶油 225克
嫩豆腐 50克，存放在室溫
伍斯特醬 ½ 茶匙
大蒜1瓣，削皮
鹽 ½ 茶匙

將菜油以中-高溫加熱，加入洋蔥爆炒 5 分鐘，不停攪拌以防燒焦。調低爐火煮約 25 分鐘，偶爾攪拌一下，直至洋蔥軟化呈微焦的，放置到一旁然後放涼備用。取2 大匙當配菜待用。

將剩餘洋蔥放入調理機，並添加剩餘材料。按下啟動並逐漸增加速度至高速，攪拌直至混合物變得細滑。轉至飯碗，加蓋密封後冷藏最少1 小時。保留焦糖洋蔥作配菜，即可享用。

卡路里 99　脂肪 9　膽固醇 10　鈉 130　碳水化合物 1　纖維 0　蛋白質 2

Cold Peanut Noodles

INGREDIENTS

80g *Homemade Peanut Spread* (see recipe p. 70)

6g ginger root, peeled

3 tbsp soy sauce

3 tbsp sesame oil

2 tbsp honey

3 tbsp rice vinegar

2 tsp black vinegar

1 small clove garlic, peeled

3 tbsp toasted sesame seeds, plus more for garnish

3 tbsp olive oil

640g fresh egg noodles, cooked (or use spaghetti noodles)

DIRECTIONS

Place all ingredients, except noodles, in the blender jar and gradually increase power to medium for 30 seconds. Chill sauce in the refrigerator for 45-60 minutes. Just before serving, toss sauce with cooked noodles and serve with a sprinkle of toasted sesame seeds.

Calories: 486 Fat: 23g; Chol: 45mg; Sodium: 848mg; Carb: 55g; Fiber: 4g; Protein: 15g

四人份量

花生涼麵

自製花生醬 80克
(見食譜 p. 70)

生薑6克,削皮

醬油 3 大匙

麻油 3 大匙

蜂蜜 2 大匙

米醋 3 大匙

烏醋 2 茶匙

大蒜 1 粒,削皮

烤芝麻 3 大匙,再加多一些以作裝飾

橄欖油 3 大匙

新鮮全蛋麵 640克,煮熟 (或使用義大利麵)

將材料放進攪拌瓶,麵條除外,並逐漸增加功率至中速 30 秒。把花生醬放進冰箱冷藏 45 至 60 分鐘。上菜前,將煮熟的蛋麵加入醬油拌勻,灑上烤芝麻,即可享用。

卡路里 486　脂肪 23　膽固醇 45　鈉 848　碳水化合物 55　纖維 4　蛋白質 15

Basic Pizza Dough

INGREDIENTS

240ml water, warmed to 43-46°C

7g dry active yeast

1 tsp granulated sugar

2 tbsp olive oil

370g all-purpose white flour, divided

1 tsp salt

DIRECTIONS

Place water, yeast, sugar and oil into blender and set aside until foamy, about 5 minutes. When foamy, press Start and Pulse briefly to combine. Add 120g flour and salt and pulse again just until combined. Add remaining flour in 30g increments, pulsing to form a sticky dough. Transfer to a lightly oiled bowl and turn to coat all sides. Let rise until doubled in size, about 30 to 45 minutes. Roll out dough and bake according to recipe.

Calories: 84 Fat: 1g; Chol: 0mg; Sodium: 147mg; Carb: 17g; Fiber: 1g; Protein: 3g

可製成1 披薩皮

基本披薩餅皮

冷開水 240毫升,加熱至 43-46°C

乾酵母 7克

細砂白糖 1 茶匙

橄欖油 2 大匙

多用途中筋麵粉370克,分開放

鹽 1 茶匙

將冷開水、乾酵母、糖和油放進調理機,然後放置到一旁約 5 分鐘直至起泡沫。當呈泡沫狀時,按下啟動攪拌至混合在一起,加入 120克 麵粉和鹽,再次攪拌至混合起來。加入剩餘麵粉每次增加 30克,間歇攪拌形成濕黏的麵糰。轉到一個用油稍微擦拭過一遍的碗,然後拌勻。使麵糰發起來至雙倍體積,約 30 至 45 分鐘,壓平麵糰,並根據食譜燒烤。

卡路里 84　脂肪 1　膽固醇 0　鈉 147　碳水化合物 17　纖維 1　蛋白質 3

Roasted Corn & Green Chili Pizza

INGREDIENTS

225g ground turkey

1 tsp dried oregano

½ tsp ground cumin

¼ tsp cayenne pepper

½ tsp salt, divided

½ tsp ground black pepper

240ml prepared white sauce

75g canned diced green chilies

**1 *Basic Pizza Dough*
(see recipe p. 91)**

85g mild to medium yellow cheese, shredded

75g white corn, roasted (or use cooked white or yellow corn)

2 tbsp fresh cilantro leaves, chopped

DIRECTIONS

Preheat oven to 230°C. In a sauté pan over medium-high heat, sauté turkey, oregano, cumin, cayenne pepper and half of the salt until cooked through and crumbly, breaking up large pieces with the back of a wooden spoon. Set aside.

In a small bowl, combine the white sauce with the green chilies and set aside.

On a lightly floured surface, roll out dough to 13mm thickness and transfer to pizza pan. Spread green chili sauce evenly over dough, leaving a 6mm border around the edge. Scatter cheeses, turkey mixture, corn and cilantro over pizza. Bake pizza until cheese is melted and crust is golden brown, about 10 to 12 minutes. Slice and serve.

Calories: 253 Fat: 13g; Chol: 13mg; Sodium: 651mg; Carb: 23g; Fiber: 1g; Protein: 13g

可製成1 披薩

烤玉米 & 青椒披薩

火雞絞肉 225克

乾奧勒岡 1 茶匙

孜然粉 ½ 茶匙

紅辣椒粉 ¼ 茶匙

鹽 ½ 茶匙，分開放

黑胡椒碎 ½ 茶匙

白醬汁240毫升 備好待用

罐裝青椒粒 75克

基本披薩餅皮 1 塊 (見食譜 p. 91)

淡味至中度熟成的黃色乳酪85克，切碎

白色玉米 75克，烘烤 (或使用煮熟的白色玉米或黃玉米)

新鮮芫荽葉 2 大匙，細剁

將烤箱預熱至 230　C。用炒菜焗以中-高火爆炒火雞肉、奧勒岡、孜然粉、紅辣椒粉以一半的鹽，直至煮透和鬆脆，用木匙的背面將大塊壓碎。放置到一旁。

用一細碗，把白醬汁和青椒放在小碗拌勻，放置到一旁。

在工作台上撒一層薄麵粉，把麵糰揉成 13毫米厚，轉至披薩平底焗，把青椒醬均勻地塗沫在麵糰上，在邊沿留下 6毫米距離，撒上乳酪、火雞肉和玉米，並在披薩面放上芫荽葉。把披薩烤約 10 至 12 分鐘至乳酪融化，而邊緣的皮呈金黃色。切片 後即可享用。

卡路里 253　脂肪 13　膽固醇 13　鈉 651　碳水化合物 23　纖維 1　蛋白質 13

MAKES 1 PIZZA

Barbecue Chicken Pizza

INGREDIENTS

180ml bottled barbeque sauce

60ml tomato paste

3 cloves garlic, peeled

3 tbsp olive oil

½ tsp red pepper flakes

1 recipe *Basic Pizza Dough* (see recipe p. 91)

90g white or yellow cheese, shredded

225g chicken meat, cooked, shredded

½ red onion, peeled, thinly sliced

2 scallions, trimmed and thinly chopped

56g tangy aged cheese, crumbled (such as blue cheese or Parmesan)

DIRECTIONS

Preheat oven to 230°C. Place barbeque sauce, tomato paste, garlic, oil and red pepper into the blender and press Start. Gradually increase the speed to medium high and blend until smooth. Set aside.

On a lightly floured surface, roll out dough to 13mm thickness and transfer to pizza pan. Spread pizza sauce evenly over dough, leaving a 6mm border around the edge. Scatter white or yellow cheese over sauce and layer with chicken, red onions and scallions. Dot with aged cheese. Bake pizza until cheese is melted and crust is golden brown, about 10 to 12 minutes. Slice and serve.

Calories: 273 Fat: 12g; Chol: 49mg; Sodium: 822mg; Carb: 26g; Fiber: 1g; Protein: 19g

可製成1 披薩

燒烤醬雞肉披薩

樽裝燒烤醬 180毫升
番茄醬 60毫升
大蒜3瓣，削皮
橄欖油 3 大匙
紅辣椒碎 ½ 茶匙
基本披薩餅皮 1塊(見食譜 p. 91)
白乳酪或黃色乳酪 90克，切碎
雞肉 225克，煮熟，切碎
紅洋蔥 ½ 顆，削皮，切薄片
蔥 2 棵，切段，切幼
濃郁的熟成乳酪 56克，捏碎 (例如藍紋乳酪或帕馬森乳酪)

將烤箱預熱至 230℃。把燒烤醬、番茄醬、大蒜、食油以及紅辣椒放進調理機，按下啟動。把速度逐漸增加至中高速，攪拌至順滑。放置到一旁。

在工作台上撒一層薄麵粉，把麵糰揉成 13毫米厚，轉至披薩平底焗。把披薩醬均勻地塗抹在麵糰上，在邊沿留下 6毫米距離。在醬汁撒上白乳酪或黃色乳酪，然後舖上雞肉、紅洋蔥及蔥，加上熟成乳酪做點綴。把披薩烤約10 至 12分鐘至乳酪融化而邊緣的皮呈金黃色。切片 後即可享用。

卡路里 273　脂肪 12　膽固醇 49　鈉 822　碳水化合物 26　纖維 1　蛋白質 19

MAKES 2 TO 4 SERVINGS

Chicken Salad with Sesame Ginger Vinaigrette

INGREDIENTS

Dressing:

2 tbsp canola or vegetable oil

2 tbsp rice wine vinegar

1 tbsp soy sauce

1 tsp Dijon mustard

¼ tsp sesame oil

6-7g ginger root, peeled

2 tbsp honey

1 tsp sesame seeds

Salad:

280g field lettuce, chopped

150g Napa cabbage, chopped

150g red cabbage, chopped

1 carrot, peeled and shredded

170g chicken breast, cooked and thinly sliced

2 scallions, trimmed and chopped

20g roasted cashews

15g crispy chow mein noodles

DIRECTIONS

Place oil, vinegar, soy sauce, mustard, sesame oil, ginger and honey into the blender. Press Start and blend on a medium-high speed until smooth. Add sesame seeds and Pulse just to combine. Set aside.

In a large serving bowl, toss lettuce, cabbages and carrot. Add 4 to 5 tablespoons vinaigrette and toss to coat. Divide salad mixture between two plates and top with chicken breast, onions, cashews and crispy noodles. Drizzle with additional vinaigrette and serve right away.

Calories: 446 Fat: 21g; Chol: 52mg; Sodium: 330mg; Carb: 33g; Fiber: 4g; Protein: 27g
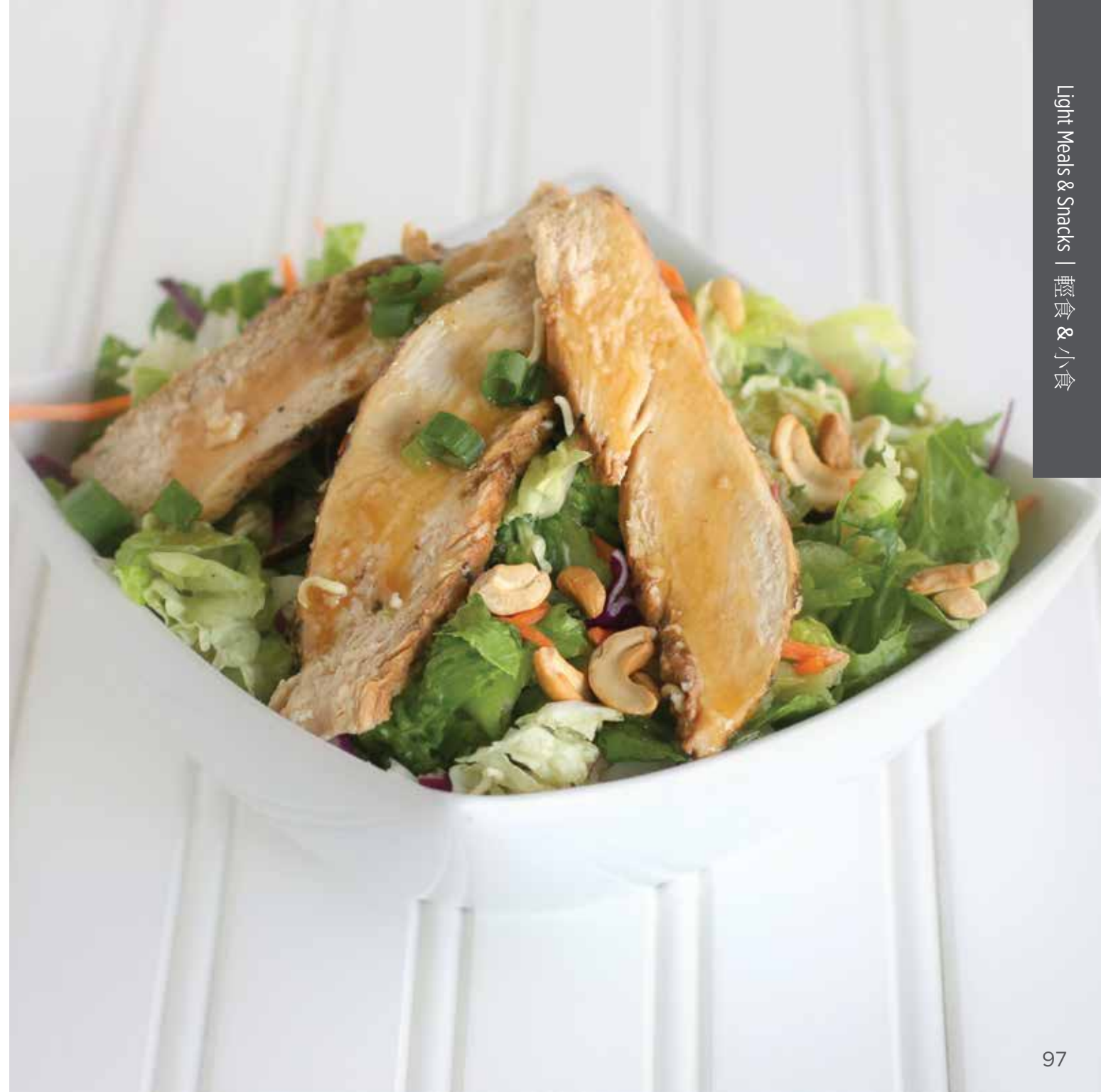
二至四人份量

雞肉沙拉配芝麻薑油醋醬

沙拉醬
芥花油或蔬菜油 2 大匙
白米醋 2 大匙
醬油 1 大匙
狄戎芥末醬 1 茶匙
麻油 ¼ 茶匙
生薑 6-7克，削皮
蜂蜜 2 大匙
芝麻 1 茶匙

沙拉
萵苣 280克，切碎
大白菜 150克，切碎
紫甘藍菜 150克，切碎
紅蘿蔔 1根，削皮，切碎
雞胸肉170克，煮熟，然後
切薄片
蔥 2根 ，切段後切碎
烘焙腰果 20克
香脆炒麵 15克

將食油、米醋、醬油、芥末醬、麻油、生薑以及蜂蜜放進調理機，按下啟動，用中-高速攪拌直至順滑。加上芝麻，然後拌勻。放置到一旁。

將萵苣、大白菜、紫甘藍菜以及紅蘿蔔盛於一個大碗，加入油醋醬4 至 5 大匙拌勻，把沙拉混合物平分到兩碟，然後舖上雞胸肉、洋蔥、腰果以及炒麵。灑些油醋醬，即可享用。

卡路里 446　脂肪 21　膽固醇 52　鈉 330　碳水化合物 33　纖維 4　蛋白質 27

CHAPTER 4 第4章

Healthy
Treats
健康小食

WATERMELON LIME MINT SORBET, P. 108
西瓜萊姆薄荷葉雪糕 P. 108

SERVES 6

Vegetable Sunflower Slaw

INGREDIENTS

600g broccoli florets
1 lemon, washed
½ cup mayonnaise
2 tbsp raspberry vinegar
½ tsp salt
1 tsp ground black pepper
30g dried cranberries
75g roasted sunflower seeds
75g almonds, chopped

DIRECTIONS

Place florets into blender jar, add water to cover and Pulse until chopped. Drain water and transfer broccoli to large mixing bowl. Zest the lemon and juice. Place zest, juice, mayonnaise, raspberry vinegar, salt and pepper into blender press Start. Gradually increase the power to medium and blend for 30 seconds. Pour dressing over cauliflower, add remaining ingredients and toss to combine. Cover and refrigerate for at least two hours. Serve chilled.

Calories: 21 Fat: 14g; Chol: 0mg; Sodium: 279mg; Carb: 20g; Fiber: 5g; Protein: 6g

六人份量

蔬果葵花籽花椰菜沙拉

花椰菜 600克
檸檬1 顆，洗淨
美乃滋 ½ 杯
覆盆子醋 2 大匙
鹽 ½ 茶匙
黑胡椒碎 1 茶匙
蔓越莓乾 30克
烘焙葵花籽 75克
杏仁 75克 ，切碎

將花椰菜放進攪拌瓶，用冷開水覆蓋，然後攪拌至打碎，瀝乾水份，把花椰菜轉到大攪拌碗。檸檬切片榨汁，把檸檬片、檸檬汁、美乃滋、覆盆子醋、 鹽以及胡椒碎放進調理機，然後按下啟動，逐漸增加功率至中速，攪拌 30 秒。把沙拉醬倒在椰菜上，加入剩餘材料拌勻。蓋好後放進冰箱冷藏最少2小時，待冷卻後即可享用。

卡路里 21　脂肪 14　膽固醇 0　鈉 279　碳水化合物 20　纖維 5　蛋白質 6

SERVES 4

Mixed Berry Jelly

INGREDIENTS

350ml water

50g fresh blackberries

50g fresh blueberries

3 tbsp brown sugar (use sugar in the raw or turbinado)

2 tbsp agar powder

mint leaves for garnish

DIRECTIONS

Place all ingredients, except mint, into the blender in the order listed and press Start. Blend on the Soup setting until the program finishes. Pour jelly into a shallow dish, cover tightly, and refrigerate for several hours or overnight. Cut into cubes and garnish with mint leaves to serve.

Calories: 25 Fat: 0g; Chol: 0mg; Sodium: 3mg; Carb: 6g; Fiber: 0g; Protein: 1g

四人份量

混合莓果果凍

冷開水 350毫升

新鮮黑莓 50克

新鮮藍莓50克

黑糖 3 大匙 (使用天然粗糖或蔗糖)

蒟蒻果凍粉 2 大匙

薄荷葉 當配菜

將材料按照所列順序放進調理機，薄荷葉除外。按下啟動並以湯品設定進行攪拌，直到程序結束。把果凍倒進淺盤，蓋緊，然後放進冰箱冷藏數小時或隔夜，切塊然後用薄荷葉作配菜 ，即可享用。

卡路里 25　脂肪 0　膽固醇 0　鈉 3　碳水化合物 6　纖維 0　蛋白質 1

SERVES 4

Black Sesame Dessert

INGREDIENTS

600ml water

200g cooked brown rice

200g black sesame seeds, toasted

30g rock sugar

2 tbsp *Homemade Peanut Spread* **(see recipe p. 70)**

DIRECTIONS

Place all ingredients into the blender jar in the order listed and press Start. Gradually increase power to high and blend for 3 minutes, or until the consistency is to your preference. Serve in small bowls.

Calories: 437 Fat: 29g; Chol: 0mg; Sodium: 45mg; Carb: 35g; Fiber: 7g; Protein: 12g

四人份量

黑芝麻甜點

冷開水 600毫升
煮熟的糙米 200克
黑芝麻200克，香烤
冰糖 30克
自製花生醬 2 大匙 (見食譜 p.70)

將材料按照所列順序放進攪拌瓶。按下啟動並逐漸增加功率至高速，攪拌 3 分鐘，或直至所需濃度。放進小碗，即可享用。

卡路里 437　脂肪 29　膽固醇 0　鈉 45　碳水化合物 35　纖維 7　蛋白質 12

SERVES 4

Mango Ice Cream

INGREDIENTS

300g mango, peeled, pitted, cubed

50ml coconut milk

5 fresh mint leaves

sweetened condensed milk for garnish

DIRECTIONS

Freeze the mango cubes for several hours or overnight. Thaw for 3-5 minutes just before blending. Place the coconut milk, mango chunks and mint in the blender jar and press Start. Blend on the Ice Crush cycle, using the tamper to continually push the mixture into the blades. Garnish each serving with a drizzle of condensed milk and serve right away.

Calories: 140 Fat: 4g; Chol: 5mg; Sodium: 25mg; Carb: 25g; Fiber: 1g; Protein: 2g
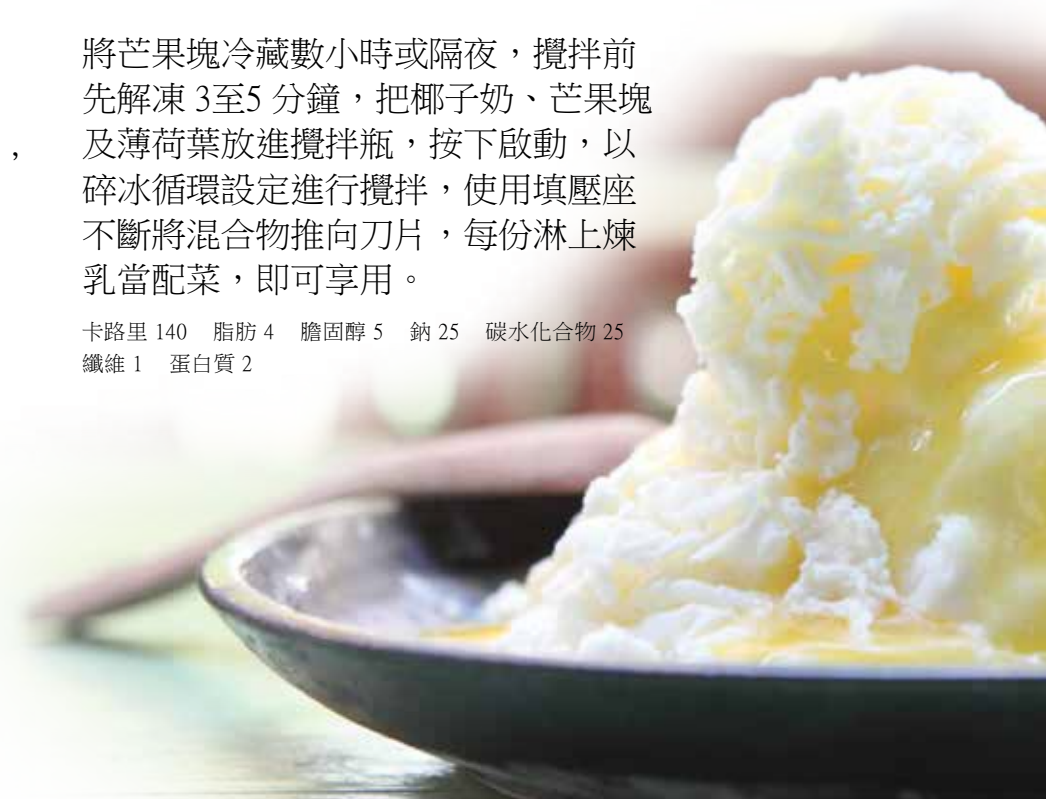
四人份量

芒果冰淇淋

芒果 300克，削皮，去核，切塊
椰子奶 50毫升
新鮮薄荷葉 5片
加糖煉乳 當配菜

將芒果塊冷藏數小時或隔夜，攪拌前先解凍 3至5 分鐘，把椰子奶、芒果塊及薄荷葉放進攪拌瓶，按下啟動，以碎冰循環設定進行攪拌，使用填壓座不斷將混合物推向刀片，每份淋上煉乳當配菜，即可享用。

卡路里 140　脂肪 4　膽固醇 5　鈉 25　碳水化合物 25　纖維 1　蛋白質 2

SERVES 2

Mango Cardamom Milkshake

INGREDIENTS

360ml cups light coconut milk

2 tbsp honey

1 large ripe mango, peeled, cut in chunks

1 tsp ground cardamom

6 to 8 ice cubes

caramel sauce for garnish

DIRECTIONS

Place all ingredients into blender, except the garnish, and press Start. Gradually increase the speed and blend on high speed until smooth. Divide evenly between two tall glasses, top with a drizzle of caramel and serve immediately.

Calories: 262 Fat: 13g; Chol: 0mg; Sodium: 38mg; Carb: 37g; Fiber: 2g; Protein: 1g

二人份量

芒果豆蔻奶昔

椰奶 360毫升

蜂蜜 2 大匙

大熟芒果 1顆，削皮，切塊

豆蔻粉 1 茶匙

冰塊 6 至 8粒

焦糖漿 當配菜

將材料放入調理機，配菜除外。按下啟動並逐漸增加速度，以高速攪拌直至順滑。平均分配到兩隻高身水杯，淋上焦糖漿，即可享用。

卡路里 262　脂肪 13　膽固醇 0　鈉 38　碳水化合物 37　纖維 2　蛋白質 1

SERVES 4

Pineapple, Banana & Peach Ice Cream

INGREDIENTS

100ml milk

400g fresh pineapple

200g banana, peeled

200g peaches, peeled, pitted

3 fresh basil leaves

DIRECTIONS

Cut pineapple, banana, and peaches into chunks and freeze overnight. When ready to make ice cream, remove fruit from the freezer and let thaw 3-5 minutes. Place milk in the blender jar, and add the fruit and basil. Press Start and blend on the Ice Crush cycle until the program finishes. Use the tamper to continually push the mixture into the blades. Serve right away.

Calories: 130 Fat: 1g; Chol: 2mg; Sodium: 13mg; Carb: 31g; Fiber: 4g; Protein: 2g

四人份量

鳳梨、香蕉 & 水蜜桃冰淇淋

鮮奶100毫升

新鮮鳳梨 400克

香蕉 200克，削皮

水蜜桃 200克，削皮，去核

新鮮羅勒葉 3片

將鳳梨、香蕉及水蜜桃切塊，然後冷藏放隔夜。當準備製作冰淇淋時，將水果移離冰箱，然後解凍 3至5 分鐘。把鮮奶倒進攪拌瓶，並加入水果及羅勒葉。按下啟動並以碎冰循環設定進行攪拌，直到程序結束。使用填壓座不斷將混合物推向刀片，即可享用。

卡路里 130　脂肪 1　膽固醇 2　鈉 13　碳水化合物 31　纖維 4　蛋白質 2

SERVES 6

Watermelon Lime Mint Sorbet

INGREDIENTS

240ml water

240ml fresh-squeezed lime juice

600g seedless watermelon, cut in chunks

200g sugar

6 mint leaves

DIRECTIONS

Place the watermelon chunks in a self-sealing plastic bag and freeze for several hours or overnight. Place the water, sugar and mint leaves in a medium saucepan and bring to a boil on high heat. Stir until the sugar dissolves. Remove from the heat, discard the mint leaves and cool. Refrigerate until cold. When ready to make the sorbet, thaw the watermelon chunks for 3-5 minutes. Place the syrup, watermelon and lime juice in the blender jar and blend on the Ice Crush cycle. Use the tamper to push the sorbet into the blades until smooth. Serve at once.

Calories: 43 Fat: 0g; Chol: 0mg; Sodium: 6mg; Carb: 15g; Fiber: 0g; Protein: 0g

六人份量

西瓜萊姆薄荷葉雪糕

鮮榨萊姆汁 240毫升
冷開水 240毫升
無核西瓜600克，切塊
糖 200克
薄荷葉 6 片

將西瓜塊放置在自黏塑膠袋，放進冰箱冷藏數小時或隔夜。把冷開水、糖以及薄荷葉放進中平底鍋，用高火煮沸，攪拌直至糖融化，扔掉薄荷葉然後放涼。放進冰箱至冷凍。準備製作雪波時，將西瓜塊解凍 3至5分鐘，再將糖漿、西瓜以及萊姆汁放進攪拌瓶，以碎冰循環設定進行攪拌，使用填壓座將雪波推向刀片直至變得幼滑，即可享用。

卡路里 43　脂肪 0　膽固醇 0　鈉 6　碳水化合物 15　纖維 0　蛋白質 0

SERVES 6 TO 8

Black & Blueberry Frozen Yogurt

INGREDIENTS

450g frozen mixed blueberries and blackberries

2 tbsp honey

2 tbsp lime juice

pinch salt

300g plain yogurt (do not use low-fat or fat-reduced)

fresh berries for garnish

fresh mint for garnish

DIRECTIONS

Place the mixed frozen berries, honey, lime juice and salt in the blender jar. Press Start and gradually increase speed to high. Blend until very smooth. Add yogurt, blending well to thoroughly combine. Cover and freeze for 2 hours or until to your preferred consistency. Serve garnished with berries and mint.

Calories: 136 Fat: 3g; Chol: 8mg; Sodium: 92mg; Carb: 26g; Fiber: 2g; Protein: 6g

六至八人份量

黑莓 & 藍莓冷凍優格

冷凍混合藍莓與黑莓 450克
蜂蜜 2 大匙
萊姆汁 2 大匙
鹽 少量
原味優格 300克 (不要使用低脂或減脂)
新鮮莓果 當配菜
新鮮薄荷葉 當配菜

將冷凍混合莓果、蜂蜜、萊姆汁以及鹽放進攪拌瓶。按下啟動並逐漸增加速度至高速，攪拌至變得細滑。加入優格，攪拌均勻至完全混合，蓋好，放進冰箱冷藏 2 小時，或至所需濃度。使用莓果以及薄荷葉當配菜。

卡路里 136　脂肪 3　膽固醇 8　鈉 92　碳水化合物 26　纖維 2　蛋白質 6

SERVES 3

Lychee Berry Slushie

INGREDIENTS

4 cups ice

250g lychees, peeled, pitted

100g blueberries

90g brown sugar (sugar in the raw or turbinado)

DIRECTIONS

Place all ingredients in the blender jar and Pulse just until mixed. Gradually increase the power to medium-high until the slushie is smooth and well-blended. Serve right away.

Calories: 212 Fat: 0g; Chol: 0mg; Sodium: 15mg; Carb: 56g; Fiber: 1g; Protein: 1g

三人份量

荔枝莓果雪泥

冰塊 4杯
荔枝 250克，削皮，去核
藍莓 100克
黑糖 90克
(使用天然粗糖或蔗糖)

將材料放進攪拌瓶，攪拌至混合在一起並逐漸增加功率至中-高速，直至雪泥口感細滑。即可享用。

卡路里 212　脂肪 0　膽固醇 0　鈉 15　碳水化合物 56　纖維 1　蛋白質 1

Cherry Banana Sorbet

INGREDIENTS

240ml vanilla almond milk

2 frozen bananas, peeled and cut into chunks

300g frozen, pitted sweet cherries

1 tsp pure vanilla extract

sliced ripe bananas for garnish

chopped sweet cherries for garnish

DIRECTIONS

Place frozen fruit, milk and vanilla into blender in order listed. Blend on the Ice Crush setting until the program finishes. Serve immediately topped with sliced bananas and cherries for garnish.

Tip: substitute low-fat soy, rice, hemp, or cow's milk, if desired.

Calories: 166 Fat: 3g; Chol: 0mg; Sodium: 38mg; Carb: 39g; Fiber: 6g; Protein: 2g

四人份量

櫻桃香蕉雪糕

香草杏仁奶 240毫升
冷凍香蕉2 根，削皮，切塊
甜櫻桃 300克，冷凍，去核
純香草精 1 茶匙
熟香蕉切片 當配菜
甜櫻桃碎 當配菜

將冷凍水果、鮮奶以及香草按照所列順序放入調理機。以碎冰設定進行攪拌，直至程序結束。放上香蕉切片及櫻桃作配菜，即可享用。

提示: 如果需要的話，以低脂奶、米飯、大麻籽或牛奶替代。

卡路里 166　脂肪 3　膽固醇 0　鈉 38　碳水化合物 39　纖維 6　蛋白質 2

Grilled Pineapple with Mango Lime Sauce

INGREDIENTS

4 large slices pineapple, about 2.5cm thick

1 tbsp coconut oil

1 ripe mango, peeled and pitted

3 tbsp honey

3 tbsp lime juice

pinch ground red chilies

pinch salt

DIRECTIONS

Brush pineapple slices with coconut oil and grill over medium-high heat, 2 to 4 minutes per side. Place remaining ingredients into blender and process until smooth. Serve grilled pineapple slices drizzled with mango lime sauce.

Cook's Note: to serve as a refreshing appetizer, garnish with chopped avocado and diced red onion.

Calories: 130 Fat: 4g; Chol: 0mg; Sodium: 54mg; Carb: 27g; Fiber: 2g; Protein: 1g

四人份量

烤鳳梨配芒果萊姆汁

鳳梨片4 大塊，切成約
2.5厘米厚
椰子油 1 大匙
熟芒果1 顆，削皮，去核
蜂蜜 3 大匙
萊姆汁3 大匙
紅辣椒粉 少量
鹽 少量

將椰子油塗沫在鳳梨片，然後用中至高火每面烤 2 至 4 分鐘。將剩餘材料放進調理機，攪拌至幼滑。烤鳳梨片淋上芒果萊姆製成的醬汁。

廚師的筆記: 作為開胃菜，可用切碎的酪梨以及紅蔥頭粒作配菜。

卡路里 130　脂肪 4　膽固醇 0　鈉 54　碳水化合物 27　纖維 2　蛋白質 1

MAKES 8 POPS

Raspberry Orange Frozen Fruit Pops

INGREDIENTS

1 lime, juiced

120ml water

300g frozen raspberries

2 large oranges peeled and pith removed

DIRECTIONS

Place all ingredients into blender and press Start. Blend on the Whole Juice setting until the program finishes. Fill 8 frozen pop molds about three-fourths full and freeze until solid. Serve frozen.

Calories: 146 Fat: 2g; Chol: 0mg; Sodium: 3mg; Carb: 34g; Fiber: 19g; Protein: 6g

可製成 8 冰棒

覆盆子柳丁冰棒

萊姆1 顆，榨汁
冷開水 120毫升
冷凍覆盆子 300克
柳丁 2大個，削皮，然後去
除髓部

將材料放進調理機。按下啟動並以全果汁設定進行攪拌，直到程序結束。把 8 個冰棒模具注滿約四分之三，然後冷藏至堅固。冷食。

卡路里 146　脂肪 2　膽固醇 0　鈉 3　碳水化合物 34　纖維 19　蛋白質 6

MAKES 8 POPS

Kiwi Coconut Frozen Pops

INGREDIENTS

350ml low-fat coconut milk

225g fresh kiwi, peeled and cut in chunks

3 tbsp honey

100g sweetened shredded coconut

DIRECTIONS

Place coconut milk, kiwi and honey into blender and press Start. Gradually increase speed to high and blend until very smooth. Add coconut and Pulse once to combine. Fill 8 frozen pop molds three-fourths full and freeze until solid. Serve frozen.

Tip: if frozen pop molds are unavailable, divide mixture into small paper cups and cover each with a small square of aluminum foil. Cut a small slit in center, insert a wooden stick and freeze until solid. To serve, peel away paper and foil and enjoy.

Calories: 151 Fat: 11g; Chol: 0mg; Sodium: 15mg; Carb: 15g; Fiber: 3g; Protein: 1g

可製成 8 冰棒

奇異果椰子冰棒

低脂椰子奶 350毫升
新鮮奇異果 225克，削皮，
切塊
蜂蜜 3 大匙
碎椰子加糖 100克

將椰子奶、奇異果及蜂蜜放進調理機。按下啟動並逐漸增加速度至高速，攪拌至細滑。加入椰子，然後攪拌均勻，把 8 個冰棒模具注滿約四分之三，然後冷藏至堅固。冷食。

提示: 如果無法使用冰棒模具，把混合物平分至小紙杯，用小方形的鋁箔紙覆蓋，在中心作一小切口，插入一根木棒，然後放進冰箱冷藏至固體。撕走鋁箔和紙，即可享用。

卡路里 151　脂肪 11　膽固醇 0　鈉 15　碳水化合物 15　纖維 3　蛋白質 1

Honey Walnut & Black Pepper Cookies

INGREDIENTS

450g walnuts, shelled

240g unsalted butter, at room temperature

50g granulated sugar

4 tbsp honey

¾ tsp ground black pepper

¼ tsp salt

240g all-purpose flour

75g powdered sugar

DIRECTIONS

Roughly chop 75g walnuts and set aside.

Place remaining walnuts into blender and press Start. Pulse until most walnuts are finely ground. Add butter, sugar, honey, pepper and salt and blend on low speed until well-combined, scraping down sides as needed. Place flour and chopped walnuts into a large bowl, stir in mixture from blender, and mix well to form a moist dough. Wrap dough in plastic wrap and refrigerate until chilled, at least 30 minutes.

Preheat oven to 175°C. Line baking sheets with parchment paper and set aside. Roll heaping teaspoons of dough into small balls, place on the prepared baking sheet and flatten slightly with the tines of a fork. Bake for 15 to 18 minutes or until bottoms are golden brown. Remove from oven and sprinkle immediately with powdered sugar. Cool slightly, then transfer to a rack to cool completely. Store in an airtight container for up to three days.

Calories: 180 Fat: 13g; Chol: 20mg; Sodium: 78mg; Carb: 14g; Fiber: 1g; Protein: 2g

蜂蜜、核桃 & 黑胡椒小餅乾

核桃 450克，去殼

無鹽奶油 240克，室溫

細砂白糖 50克

蜂蜜 4 大匙

黑胡椒碎 ¾ 茶匙

鹽 ¼ 茶匙

普通中筋麵粉 240克

糖粉 75克

核桃75克略切，放置到一旁。

將剩餘核桃放進調理機。按下啟動並攪拌至大部份核桃細磨成粉。加入奶油、糖、蜂蜜、胡椒碎以及鹽，用低速攪拌至完全混合，如有需要，刮掉兩側。將麵粉以及核桃碎放進大碗，將調理機的混合物拌勻，以形成一團濕的麵糰，用保鮮膜包著麵糰，然後放進冰箱最少 30 分鐘至冷卻。

將烤箱預熱至 175℃. 在烤盤上放上烘焙紙，放置到一旁。將與茶匙 大小相若的麵糰搓揉成小球，放在準備好的烤盤，用叉子末端的齒輕輕壓扁， 烤 15 至 18 分鐘，或直至底部呈金黃色。把烤盤移離烤箱，立即灑上糖粉，稍微冷卻，然後轉放到架上待完全冷卻，放進密閉容器裡可保存最長3 天。

卡路里 180　脂肪 13　膽固醇 20　鈉 78　碳水化合物 14　纖維 1　蛋白質 2

Vanilla Bean Frozen Pops

INGREDIENTS

240ml sweetened vanilla almond milk

225g low-fat vanilla ice cream

115g low-fat vanilla-flavored yogurt

3 tbsp honey

1 fresh vanilla bean, split

DIRECTIONS

Place almond milk, ice cream, yogurt and honey into blender. Slit the vanilla bean lengthwise and scrape paste into blender. Press Start and gradually increase speed to high. Blend until mixture is smooth. Fill 8 frozen pop molds three-fourths full and freeze until solid. Serve frozen.

Calories: 48 Fat: 1g; Chol: 0mg; Sodium: 36mg; Carb: 8g; Fiber: 0g; Protein: 2g

可製成8 冰棒

香草莢冰棒

甜味香草杏仁奶 240毫升
低脂香草冰淇淋 225克
低脂香草優格 115克
蜂蜜 3 大匙
新鮮香草莢 1 棵，割開

將杏仁奶、冰淇淋、優格以及蜂蜜放進調理機。將香草莢縱向割開，把打成糊狀的混合物刮進調理機。按下啟動並逐漸增加速度至高速，攪拌直至混合物變得細滑。把 8 個冰棒模具注滿約四分之三，然後冷藏至堅固。冷食。

卡路里 48　脂肪 1　膽固醇 0　鈉 36　碳水化合物 8　纖維 0　蛋白質 2

Homemade Flours & Milks

自製健康麵粉與鮮奶

BROWN RICE FLOUR, P. 122
糙米麵粉 P. 122

MAKES 240G

Brown Rice Flour

INGREDIENTS

570g brown rice, uncooked

DIRECTIONS

Place rice into blender and press Start. Gradually increase speed to high and blend until the rice is finely ground. Store in an airtight container for up to 2 months.

Calories: 113 Fat: 1g; Chol: 0mg; Sodium: 0mg; Carb: 26g; Fiber: 2g; Protein: 2g

可製成 240克

糙米麵粉

糙米 570克，未經烹調

將糙米放進調理機。按下啟動並逐漸增加速度至高速，攪拌直至米粒細磨成粉，放進密閉容器裡可保存最長2 個月。

卡路里 113　脂肪 1　膽固醇 0　鈉 0　碳水化合物 26　纖維 2　蛋白質 2

MAKES ABOUT 480G

Whole Wheat Flour

INGREDIENTS

240g wheat berries

DIRECTIONS

Place wheat berries into blender and press Start. Gradually increase speed to high and blend until the berries are finely ground. Store in an airtight container for up to 2 months.

Calories: 25 Fat: 0g; Chol: 0mg; Sodium: 0mg; Carb: 5g; Fiber: 1g; Protein: 1g

可製成約 480克

全麥麵粉

小麥麥粒 240克

將全粒小麥放進調理機。按下啟動並逐漸增加速度至高速，攪拌直至莓果細磨成粉，放進密閉容器裡可保存最長2 個月。

卡路里 25　脂肪 0　膽固醇 0　鈉 0　碳水化合物 0　纖維 5　蛋白質 1

MAKES 1 LITER

Unsweetened Almond Milk

INGREDIENTS

150g raw almonds

720ml water, divided

10 ice cubes

DIRECTIONS

Soak almonds in enough water to cover for eight hours or overnight. Drain and discard water.

Place almonds into blender and add 480ml water. Press Start and gradually increase speed to medium. Blend until almonds are coarsely chopped. Add remaining water and ice and blend on high until very smooth. Strain through a nut bag or cheesecloth-lined sieve and refrigerate in an air-tight container for up to 5 days.

Calories: 156 Fat: 1g; Chol: 0mg; Sodium: 0mg; Carb: 5g; Fiber: 3g; Protein: 6g

可製成1 公升

杏仁奶

杏仁150克
冷開水 720毫升，分開放
冰塊 10粒

用足夠冷開水覆蓋杏仁，浸泡八小時或隔夜，瀝乾，然後將水倒掉。

將杏仁放進調理機，然後添加冷開水480毫升。按下啟動並逐漸增加速度至中速，攪拌直至杏仁打成粗碎粒，加入剩餘的冷開水和冰塊，再以高速攪拌直至幼滑。用薄紗布或堅果濾袋過濾 ，放進密閉容器裡，置於冰箱可保存最長5 天。

卡路里 156　脂肪 1　膽固醇 0　鈉 0　碳水化合物 5　纖維 3　蛋白質 6

MAKES 1 LITER

Basic Soy Milk

INGREDIENTS

80g dried soy beans

600ml water

500ml hot water

70g rock sugar

DIRECTIONS

Rinse soy beans with water. Place the beans and 600ml water in a medium sauce pan. Cook on medium-high until the mixture reaches boiling. Reduce the heat to simmer and cook for 10 minutes, stirring occasionally.

Transfer the beans and liquid to the blender jar and add the sugar. Press Start and gradually increase the power to high and blend for 2 minutes. Add the hot water and continue blending for 5 seconds. Strain in batches through a nut bag or cheesecloth-lined sieve. Transfer to an airtight pitcher and chill.

Calories: 165 Fat: 8g; Chol: 0mg; Sodium: 52mg; Carb: 5g; Fiber: 1g; Protein: 17g
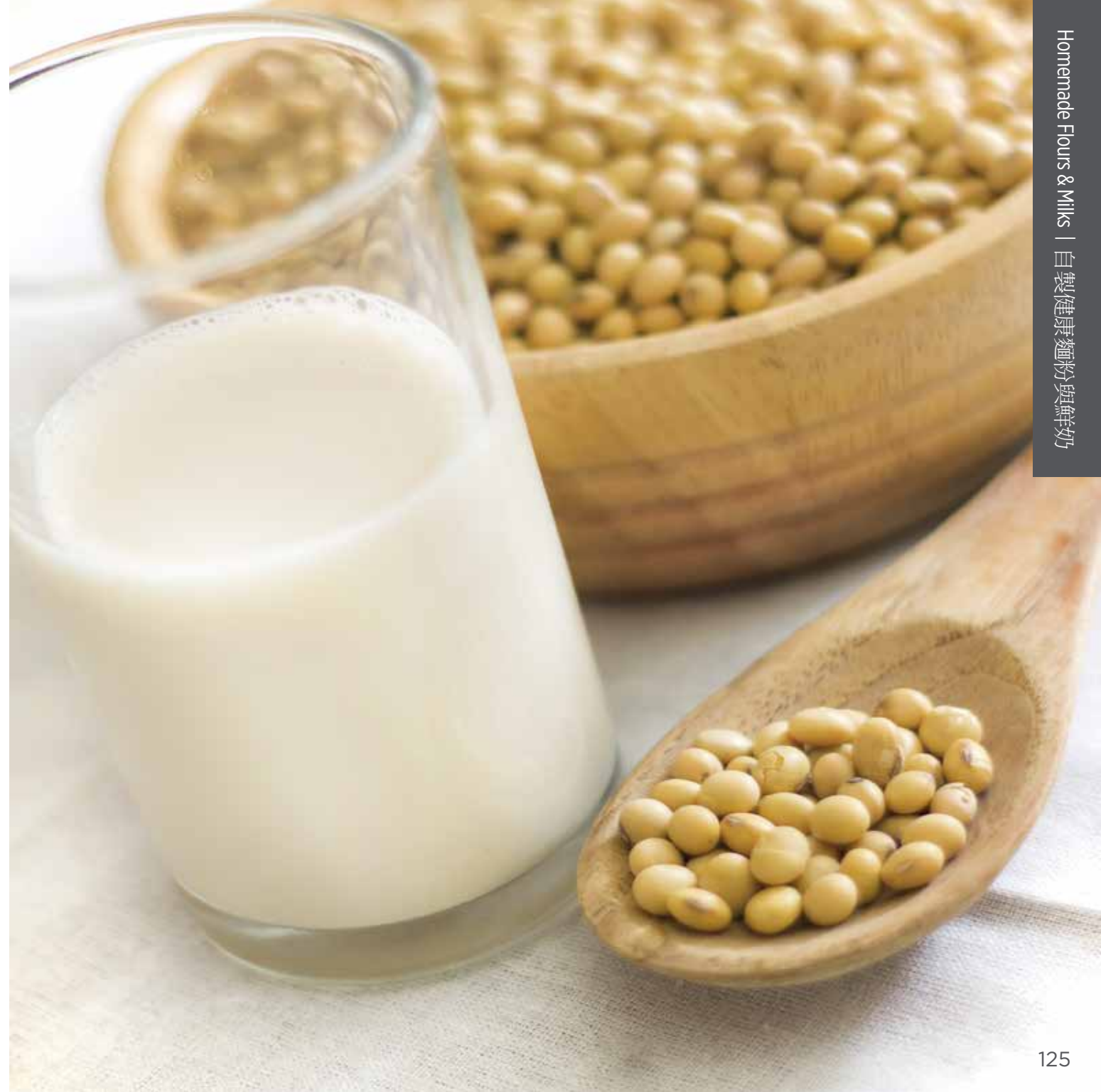
可製成1 公升

原味豆奶

乾黃豆 80克

冷開水 600毫升

熱水 500毫升

冰糖 70克

使用冷開水沖洗黃豆。將黃豆和 600毫升冷開水放在中平底鍋，用中-高火煮直至混合物煮沸，然後調低火爐，煨煮10 分鐘。偶爾攪拌一下。

將黃豆以及汁液轉至攪拌瓶，然後加入冰糖。按下啟動並逐漸增加功率至高速，攪拌 2 分鐘，加入熱水，然後繼續攪拌 5 秒。用薄紗布或堅果濾袋過濾。轉放到密閉瓶，然後冷藏。

卡路里 165　脂肪 8　膽固醇 0　鈉 52　碳水化合物 5　纖維 1　蛋白質 17

MAKES 1 LITER

Black Sesame Soy Milk

INGREDIENTS

45g dried black soy beans

15g dried soy beans

20g raw peanuts

10g toasted black sesame seeds

600ml water

500ml hot water

DIRECTIONS

Rinse the soy beans, peanuts and black sesame seeds. Place the soy beans, peanuts and seeds in a medium saucepan and add 600ml water. Cook on high heat until the mixture boils, stirring occasionally. Reduce the heat and simmer for 10 minutes.

Transfer the mixture to the blender jar and gradually increase the power to high. Add the hot water and blend for 5 seconds. Strain in batches through a nut bag or cheesecloth-lined sieve. Transfer to an airtight pitcher and chill.

Calories: 160 Fat: 8g; Chol: 0mg; Sodium: 150mg; Carb: 17g; Fiber: 0g; Protein: 6g

可製成1 公升

黑芝麻豆漿

乾黑豆 45克

乾黃豆 15克

花生 20克

香烤黑芝麻 10克

冷開水600毫升

熱水 500毫升

沖洗黃豆、花生和黑芝麻。將黃豆、花生和黑芝麻放入中平底鍋，然後加 600毫升冷開水。用高火煮至混合物沸騰，偶爾攪拌一下。調低火爐，用慢火煮10 分鐘。

將混合物倒進攪拌瓶，逐漸增加速度至高速，加入熱水後攪拌 5 秒。用薄紗布或堅果濾袋過濾。轉放到密閉瓶，然後冷藏。

卡路里 160　脂肪 8　膽固醇 0　鈉 150　碳水化合物 17　纖維 0　蛋白質 6

MAKES ABOUT 1 LITER

Vanilla Soy Milk

INGREDIENTS

60g soy beans, picked though and rinsed

1L + 240ml water

2 tbsp pure vanilla extract

3 tbsp honey

DIRECTIONS

Soak soybeans in enough water to cover for 10 hours or overnight. Drain water and discard.

Place soybeans into blender, add water and press Start. Gradually increase speed to high and blend until very warm, about 4 minutes. Cool mixture and strain through a nut bag or cheesecloth-lined sieve. Transfer mixture to a saucepan and bring to a boil, reduce heat and simmer for about 15 minutes. Add vanilla and honey; simmer for 5 minutes. Cool and refrigerate in an airtight container for up to 5 days.

Calories: 121 Fat: 9g; Chol: 0mg; Sodium: 2mg; Carb: 34g; Fiber: 4g; Protein: 17g

可製成約 1 公升

香草豆漿

60克 黃豆，挑選後沖洗

冷開水 1公升 + 240毫升

純香草精 2 大匙

蜂蜜 3 大匙

用足夠冷開水覆蓋黃豆，浸泡 10 小時或隔夜。瀝乾水份，倒掉。

將黃豆放進調理機，添水。按下啟動並逐漸增加速度至高速，攪拌4分鐘直至暖和，待冷卻後，用薄紗布或堅果濾袋過濾。將混合物轉至平底鍋，煮沸，調低火爐用慢火煮約 15 分鐘，加入香草和蜂蜜；用慢火煮 5 分鐘。放涼後，放進密閉容器裡，置於冰箱可保存最長5 天。

卡路里 121　脂肪 9　膽固醇 0　鈉 2　碳水化合物 31　纖維 4　蛋白質 17

SERVES 6 TO 8

Rice Milk Horchata

INGREDIENTS

190g long grain white rice, uncooked

2 cinnamon sticks, broken into pieces

1 vanilla bean, split

1.5L water, divided

180ml sweetened condensed milk

ground cinnamon for garnish, optional

DIRECTIONS

Place rice, cinnamon sticks, scrapings from vanilla bean and 480ml water into blender and press Start. Gradually increase speed to high and blend until coarsely chopped. Add remaining water and Pulse to incorporate. Cover blender with lid and set aside to soak for four hours. Add condensed milk to blender and press Start. Gradually increase speed to high and blend until smooth. Strain in batches through a nut bag or cheesecloth-lined sieve. Transfer to an airtight pitcher and chill. To serve, stir horchata well and pour into tall, ice-filled glasses. Garnish with a dash of ground cinnamon, if desired.

Calories: 130 Fat: 1g; Chol: 2mg; Sodium: 18mg; Carb: 3g; Fiber: 0g; Protein: 3g

六至八人份量

歐恰塔米漿

長米 190克，未煮熟
肉桂棒 2 條，斷成數截
香草莢 1 棵，割開
冷開水1.5公升，分開放
加糖煉乳 180毫升
肉桂粉 當配菜，選料

將米粒、肉桂棒、香草莢肉以及冷開水480毫升放進調理機。按下啟動並逐漸增加至高速，攪拌至粗粒。添加剩餘冷開水並攪拌至混合。將調理機蓋好，放置到一旁，浸泡四小時。把煉乳加進調理機，按下啟動並逐漸增加至高速，攪拌至順滑。用薄紗布或堅果濾袋過濾。轉放到密閉瓶，然後冷藏。要享用時，將歐恰塔攪拌均勻，然後倒進加滿冰塊的水杯，如果需要的話，以少量肉桂粉作配菜。

卡路里 130　脂肪 1　膽固醇 2　鈉 18　碳水化合物 3　纖維 0　蛋白質 3

Inside the pages of this book, you'll find recipes to inspire your own blended creations using the *Hamilton Beach Professional Blender.* From fruit smoothies and whole juices to hot, vegetable based soups, dressings and fruity frozen desserts, each recipe offers fresh ingredients, vibrant flavors, and easy blending instructions. Get in and out of the kitchen effortlessly with Hamilton Beach Professional.

在這本書裡,你會發現各種食譜,可啟發你 Hamilton Beach® 專業調理機的用途,以創作出各式自家美 食。從水果冰沙與全果汁到熱蔬果湯、沙拉醬與冷凍水果甜品,每個食譜都使用新鮮食材,提供充滿活 力的口味,簡易的攪拌指示。Hamilton Beach®Professional 使你出入廚房來去自如。