

Cuisinart®

INSTRUCTION AND RECIPEBOOKLET



**Cuisinart® Core Essentials™ 36 oz. (1.02 kg)
Blender Jar Accessory**

MFP-B36C

For your safety and continued enjoyment of this product, always read the instruction book carefully before using.

IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should always be followed including the following:

1. Read all instructions.
2. This appliance is not intended for use by children or by persons with reduced physical, sensory, or mental capabilities, or lack of experience and knowledge. Close supervision is necessary when any appliance is used near children. Children should be supervised to ensure that they do not play with the appliance.
3. Avoid contacting moving parts. Do not attempt to defeat any safety interlock mechanisms.
4. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions, or is dropped or damaged in any manner. Contact Cuisinart Consumer Service Center at 1-800-472-7606 for information on examination, repair or adjustment.
5. Do not use outdoors.
6. This attachment is intended for Cuisinart Food Processor of Model FP-110C series and FP-130C series (CFP-260C series) series, The use of attachments, including canning jars, not recommended by Cuisinart may cause a risk of injury to persons.
7. Keep hands and utensils out of container while blending to reduce the risk of severe injury to persons or damage to the blender. A scraper may be used but must be used only when the blender is not running (does not apply to an acceptable scraper integral with the appliance).
8. Blades are sharp. Handle carefully.
9. To reduce the risk of injury, never place cutter-assembly blades on base without jar properly attached.
10. Always operate blender with cover in place.
11. Do not blend Hot Liquids

SAVE THESE INSTRUCTIONS. FOR HOUSEHOLD USE ONLY

CONTENTS

Important Safeguards.....	2
Parts.....	3
Assembly Instructions.....	4
Blender Operation	4
Cleaning, Storage and Maintenance.....	4
Operating and Safety Tips	4
Troubleshooting	5
Recipes	6
Warranty.....	14

PARTS

1. 36 oz. (1.02 kg) blender jar (BPA-free)
- 2a. Removable, interlocking cover
Silicone seal resists leakage.
- 2b. Integrated 1 oz. (30 g) measuring cup
Allows you to measure and add ingredients neatly without removing the cover.
3. Blender blade assembly



ASSEMBLY INSTRUCTIONS

BEFORE FIRST USE

Before using your Cuisinart Core Essentials™ 36 oz. Blender Jar for the first time, wash the blender jar, removable cover with integrated measuring cup, and blade assembly (see cleaning instructions at right).

1. Place the Food Processor housing base on a dry, level countertop with the controls facing you. Do not plug the unit in until it is fully assembled.
2. Place the blender jar on the Food Processor housing base, use the handle to turn the blender jar clockwise to lock it onto the base.



BLENDER OPERATION

1. With the blender jar locked into place on the Food Processor housing base, plug the base into an electrical outlet.
2. Remove the blender jar cover and add food ingredients, beginning with liquid and soft items and finishing with harder items like ice and frozen fruit. Replace the cover. You may add more ingredients by lifting the integrated measuring cup and dropping ingredients through the fill area. Replace the integrated measuring cup after adding ingredients. Do not put hands into blender jar at any time.

Note: To remove blender jar cover, turn it counterclockwise then lift upward. Do not use integrated measuring cup to remove cover.

3. For continuous blending, press the High or Low speed paddle. It is possible to switch between High and Low speeds by simply pressing the High or Low speed paddle.
4. To pause the blending process, press the Pulse/Off paddle. The blending process will stop. To restart blending, press the desired speed paddle — High or Low.
5. To pulse, press the Pulse/Off paddle, repeatedly as needed. The Pulse function can be used to break apart larger pieces of food. The Pulse function is also effective for starting the blending process when you do not want continuous power, or for processing items that do not require an extended amount of blending. The paddle will

automatically return to the up position upon release and blending will stop.

6. When you have finished blending in High or Low speed, press and release the Pulse/Off paddle. Then remove the blender jar from the Food Processor housing base. Pour out ingredients. **NEVER TOUCH THE BLADE ITSELF.**

CLEANING, STORAGE AND MAINTENANCE

Always unplug your Cuisinart Core Custom™ Food Processor from the electrical outlet and remove the Cuisinart Core Essentials™ Blender Jar from the Food Processor housing base before cleaning.

To remove blade assembly from the jar, twist by turning clockwise. **NEVER TOUCH THE BLADE ITSELF.**

CAUTION: Handle the blade assembly carefully. It is SHARP and may cause injury. DO NOT attempt to remove blades from cutting assembly.

Wash all blender jar parts in warm, soapy water; rinse and dry thoroughly. All parts are top-rack dishwasher safe.

Tip: You may wish to clean your blender jar assembly as follows: Squirt a small amount of dish washing liquid into blender jar and fill halfway with warm (not hot) water. Run on Low for 15 seconds. Repeat, using clean tap water. Empty blender jar and carefully disassemble parts. Rinse and dry all parts thoroughly.

Any other servicing should be performed by an authorized service representative.

OPERATING AND SAFETY TIPS

Make sure the electrical outlet is rated at the same voltage as that stated on the bottom of the housing base.

- Always use the blender jar with the Food Processor housing base on a clean, sturdy, and dry surface.
- Always operate the blender jar with the cover on. Place cover on firmly. Keep the blender jar cover on the blender jar while blending.
- Don't put hands inside the blender jar at any time.
- Don't remove blender jar while unit is running.

- **Don't place blade assembly onto the housing base without the jar attached.**
- Make sure blade assembly is tightly attached to jar.
- Always remove blade assembly before cleaning.
- **Don't twist blade assembly from blender jar when removing from the Food Processor housing base. Simply lift jar from the Food Processor housing base.**
- Use a plastic spatula as needed, only when the unit is not plugged in. Do not use any utensil inside the blender while motor is on.
- Never use metal utensils, as damage may occur to the jar or blade assembly.
- Don't store food or liquids in your blender jar.
- Don't overload blender jar. If the motor stalls, turn the blender off immediately, unplug the unit and let it cool for at least 15 minutes. Then remove a portion of the food and continue.
- **CAUTION: NEVER** use carbonated beverages in the blender jar.
- Don't blend boiling liquids in blender jar.
- Don't use any container or accessories not recommended by Cuisinart. Doing so may result in injury.
- To remove blender jar from the housing base, turn counterclockwise using the blender jar handle.
- The blender jar is not recommended for microwave use.

TROUBLESHOOTING

PROBLEM:	SOLUTION:
Unit is not turning on.	Be sure the blender jar assembly is correctly attached to the Food Processor housing base. <ol style="list-style-type: none"> 1. Plug the housing base into an independent outlet. 2. Make sure the Food Processor housing base is securely plugged in. 3. Check the outlet for power; try plugging into a different outlet. 4. Check your home's circuit breaker. 5. Make sure the interlocking cover is fitted correctly on the jar.
The blending process stopped.	The Food Processor housing base motor could have overheated. The resettable fuse, which protects the motor, may have been tripped due to overloading. If this happens, reset the appliance by unplugging the unit and allowing it to cool for a minimum of 15 minutes. Then reduce the contents of the blender jar and/or clear any jams. Restart the unit as noted in the operating directions.
The rubber gasket won't come off of the blade assembly for cleaning.	Run blade assembly under water and tap on the edge of sink upside down to loosen the gasket. Avoid hitting the blades, which could cause damage.
Blender jar appears to be leaking.	<ol style="list-style-type: none"> 1. Check rubber gasket. Make sure it's flush with blender assembly. 2. Make sure rubber gasket is properly in place. 3. Make sure rubber gasket is not damaged. 4. Make sure jar blade assembly is tight.

RECIPES

Smoothies

- Summer Fruit Smoothie 7
- Green Goddess Smoothie..... 7
- Tropical Mango Smoothie 8
- Protein and Greens Smoothie..... 8
- Cherry-Almond Smoothie 9

Shakes

- Sweet Coffee Protein Shake..... 9
- Golden Power Shake 10
- Mint-Chocolate Cookie Ice Cream Shake..... 10

Cocktails

- Watermelon Agua Fresca 11
- Mango Margarita 11

Soups

- Autumn Butternut Squash Soup..... 12
- Bright Greens Soup 13

Summer Fruit Smoothie

A taste of summer, the extra boost of flaxseed makes this sweet smoothie a refreshing and healthy treat.

Yield: 2 servings

INGREDIENTS

1	cup (250 ml) oat milk	1	cup (250 ml) fresh strawberries
2	teaspoons (10 ml) ground flaxseed	1	cup (250 ml) frozen peach pieces

INSTRUCTIONS

1. Put all of the ingredients, in the order listed, into the blender jar. Secure the cover.
2. Secure the blender jar to the base and run on High until smooth, about 1 minute.
3. Serve immediately.

Nutritional information per serving:

Calories 130 (17% from fat) • carb. 25g • pro. 3g • fat 3g • sat. fat 0g • chol. 0mg • sod. 59mg • calc. 40mg • fiber 4g

Green Goddess Smoothie

Creamy avocado is not only a great source of good-for-you fats, but also makes this silky smoothie very filling.

Yield: 2 to 4 servings

INGREDIENTS

1	cup (250 ml) dairy-free milk	1	cup (250ml) packed baby spinach
1 to 2	teaspoons (5 to 10 ml) honey	2	teaspoons (10 ml) matcha powder
1	avocado, pitted and scooped into pieces	2	frozen bananas, cut into 1-inch (2.5 cm) pieces

INSTRUCTIONS

1. Put all of the ingredients, in the order listed, into the blender jar. Secure the cover.
2. Secure the blender jar to the base and run on High until smooth, about 1 minute.
3. Serve immediately.

Nutritional information per serving (based on 4 servings):

Calories 198 (29% from fat) • carb. 35g • pro. 2g • fat 7g • sat. fat 1g • chol. 0mg • sod. 31mg • calc. 234mg • fiber 4g

Tropical Mango Smoothie

All the flavours of the tropics in one cup. Sure to be a hit with the kids and grown-ups alike.

Yield: 2 servings

INGREDIENTS

1½	cups (375 ml) coconut milk	⅔	cup (150 ml) frozen pineapple pieces
1	banana, cut into 1-inch (2.5 cm) pieces	1⅔	cups (400 ml) frozen mango pieces

INSTRUCTIONS

1. Put all of the ingredients, in the order listed, into the blender jar. Secure the cover.
2. Secure the blender jar to the base and run on High until smooth, about 1 minute.
3. Serve immediately.

Nutritional information per serving:

Calories 163 (22% from fat) • carb. 34g • pro. 2g • fat 5g • sat. fat 3g • chol. 0mg • sod. 31mg • calc. 380mg • fiber 4g

Protein and Greens Smoothie

The beautiful greenish-blue hue of this smoothie comes from the spirulina, a vibrant green algae that has many health benefits.

Yield: 2 servings

INGREDIENTS

1	cup (250 ml) dairy-free milk	2	bananas, cut into 1-inch (2.5 cm) pieces
2	teaspoons (10 ml) spirulina powder	1	cup (250 ml) baby kale
2	tablespoons (30 ml) protein powder	1	cup (250 ml) frozen pineapple pieces

INSTRUCTIONS

1. Put all of the ingredients, in the order listed, into the blender jar. Secure the cover.
2. Secure the blender jar to the base and run on High until smooth, about 1 minute.
3. Serve immediately.

Nutritional information per serving:

Calories 206 (13% from fat) • carb. 39g • pro. 11g • fat 3g • sat. fat 1g • chol. 18mg • sod. 165mg
calc. 372mg • fiber 5g

Cherry-Almond Smoothie

Use both unsweetened almond butter and almond milk to be sure this cherry smoothie is not too sweet!

Yield: 2 servings

INGREDIENTS

1½	cups (375 ml) almond milk	1	cup (250 ml) frozen strawberries
2	tablespoons (30 ml) almond butter	1	cup (250 ml) frozen cherries
2	bananas, cut into 1-inch (2.5 cm) pieces		

INSTRUCTIONS

1. Put all of the ingredients, in the order listed, into the blender jar. Secure the cover.
2. Secure the blender jar to the base and run on High until smooth, about 1 minute.
3. Serve immediately.

Nutritional information per serving:

Calories 288 (29% from fat) • carb. 50g • pro. 6g • fat 10g • sat. fat 1g • chol. 0mg • sod. 186mg
calc. 457mg • fiber 8g

Sweet Coffee Protein Shake

Definitely a healthy jolt to the system first thing in the morning!

Yield: 2 servings

INGREDIENTS

1	cup (250 ml) cold brew coffee	2	tablespoons (30 ml) cocoa powder
½	teaspoon (2 ml) pure vanilla extract	2	frozen bananas, cut into 1-inch (2.5 cm) pieces
2	tablespoons (30 ml) cashew butter		

INSTRUCTIONS

1. Put all of the ingredients, in the order listed, into the blender jar. Secure the cover.
2. Secure the blender jar to the base and run on High until smooth, about 1 minute.
3. Serve immediately.

Nutritional information per serving:

Calories 231 (28% from fat) • carb. 34g • pro. 5g • fat 7g • sat. fat 2g • chol. 0mg • sod. 1mg • calc. 159mg • fiber 5g

Golden Power Shake

Who would have thought that sweet potato could be in a smoothie? We mix it with anti-inflammatory spices and protein powder, making it a great post-workout drink.

Yield: 2 servings

INGREDIENTS

1½	cups (375 ml) coconut milk	1	cup (250 ml) steamed sweet potato pieces
¼	cup (60 ml) vanilla protein powder		
½	teaspoon (2 ml) ground cinnamon	2	frozen bananas, cut into 1-inch (2.5 cm) pieces
1	teaspoon (5 ml) ground turmeric		

INSTRUCTIONS

1. Put all of the ingredients, in the order listed, into the blender jar. Secure the cover.
2. Secure the blender jar to the base and run on High until smooth, about 1 minute.
3. Serve immediately.

Nutritional information per serving:

Calories 261 (16% from fat) • carb. 44g • pro. 13g • fat 5g • sat. fat 3g • chol. 0mg • sod. 263mg
calc. 424mg • fiber 6g

Mint-Chocolate Cookie Ice Cream Shake

This milk shake is very adaptable. Just start with 2 cups (500 ml) of ice cream, 1 cup (250 ml) of milk and chocolate cookies and you can add other ingredients, such as fudge or chocolate sauce for a more intense chocolate flavour.

Yield: 4 servings

INGREDIENTS

2	cups (500 ml) mint ice cream	1	cup (250 ml) milk (any type)
6	chocolate sandwich cookies, broken into pieces		

INSTRUCTIONS

1. Put all of the ingredients, in the order listed, into the blender jar. Secure the cover.
2. Secure the blender jar to the base and pulse 3 times. Then run on Low until combined, no more than 20 seconds.
3. Serve immediately.

Nutritional information per serving:

Calories 261 (16% from fat) • carb. 44g • pro. 13g • fat 5g • sat. fat 3g • chol. 0mg • sod. 263mg
calc. 424mg • fiber 6g

Watermelon Agua Fresca

The ultimate refreshing drink – perfect on a hot summer day.

Yield: 2 to 3 servings

INGREDIENTS

1	tablespoon (15 ml) fresh lime juice	3	fresh mint leaves
4	cups (1 L) watermelon, cut into cubes, juice included	2	ounces (60 g) spirits (tequila, rum or vodka), optional

INSTRUCTIONS

1. Put all of the ingredients, in the order listed, into the blender jar. Secure the cover.
2. Secure the blender jar to the base and blend on High until smooth and homogeneous, about 25 to 30 seconds.
3. Serve immediately – over ice if preferred. If adding optional spirits, stir into the drink before serving.

Nutritional information per serving (based on 3 servings):

Calories 174 (0% from fat) • carb. 25g • pro. 1g • fat 0g • sat. fat 0g • chol. 0mg • sod. 2mg • calc. 68mg • fiber 1g

Mango Margarita

This tropical margarita is a delicious twist on the original.

Yield: 2 to 3 servings

INGREDIENTS

¼	cup (60 ml) orange juice	2	tablespoons (30 ml) fresh lime juice
¼	cup (60 ml) tequila	1	cup (250 ml) fresh mango, cubed
3	tablespoons (45 ml) orange liqueur	1	cup (250 ml) mango sorbet

INSTRUCTIONS

1. Put all of the ingredients, in the order listed, into blender jar. Secure the cover.
2. Secure the jar to the base and run on High until completely homogeneous, about 30 seconds.
3. Serve immediately.

Nutritional information per serving (based on 3 servings):

Calories 174 (0% from fat) • carb. 25g • pro. 1g • fat 0g • sat. fat 0g • chol. 0mg • sod. 1mg • calc. 25mg • fiber 2g

Autumn Butternut Squash Soup

The flavors of fall come out in this deliciously creamy soups

Yield: about 3½ cups (875 ml)

INGREDIENTS

1	tablespoon (15 ml) olive oil		in colour. Some vegetable broths can be dark brown, which will make the finished soup dark.)
½	medium onion, finely chopped		
1	garlic clove, finely chopped		
½	teaspoon (2 ml) kosher salt, divided	2	pounds (1 kg) butternut squash, peeled, seeded and cut into 2-inch (5 cm) pieces (about 4 cups [1 L] cut)
	Pinch freshly ground black pepper		
2	cups (500 ml) chicken or vegetable broth, low sodium (Be sure it is light	1	teaspoon (5 ml) fresh thyme leaves

INSTRUCTIONS

1. Put the oil into a medium stockpot or large saucepan set over medium-low heat. Once hot, add the onion and garlic with a pinch of the salt and pepper. Cook until softened and fragrant, about 4 minutes.
2. Add the broth, squash, thyme, and remaining salt. Increase heat to high to bring to a boil. Once boiling, reduce to a simmer and cook, partially covered, until squash is soft, about 20 to 25 minutes.
3. Remove the pot from the heat. Using a slotted spoon, put the soup solids into the blender jar. Allow to cool slightly, uncovered, about 5 minutes. Pour the soup liquid into a liquid measuring cup; reserve.
4. Cover with the integrated measuring cup removed and start to blend on Low, gradually adding the soup liquid through the opening in the cover, until desired consistency is achieved. Replace integrated measuring cup, increase speed to High and continue to blend for an additional 30 seconds to ensure a velvety smooth soup.
5. Taste and adjust seasoning as desired.

Nutritional information per serving (based on 4 servings):

Calories 150 (21% from fat) • carb. 25g • pro. 5g • fat 4g • sat. fat 0g • chol. 6mg • sod. 168mg • calc. 84mg • fiber 15g

Bright Greens Soup

The potatoes add a creaminess to this yummy blended soup that is perfect for a springtime lunch.

Yield: about 3 cups (750 ml)

INGREDIENTS

1	tablespoon (15 ml) olive oil	4	ounces (115 g) Yukon Gold potatoes, peeled and cut into 1-inch (2.5 cm) pieces
1	medium onion, finely chopped		
1	garlic clove, finely chopped	5	ounces (145 g) baby spinach
¾	teaspoon (3.75 ml) kosher salt, divided	1	ounce (30 g) watercress, optional (If you cannot find watercress, or wish not to use it, you can substitute additional spinach in its place.)
	Pinch freshly ground black pepper		Pinch ground nutmeg
2	cups (500 ml) chicken or vegetable broth, low sodium (Be sure it is light in colour. Some vegetable broths can be dark brown, which will make the finished soup dark.)	1	tablespoon (15 ml) fresh lemon juice

INSTRUCTIONS

1. Put the oil into a medium stockpot or large saucepan set over medium-low heat. Once hot, add the onion and garlic with a pinch of the salt and pepper. Cook until softened and fragrant, about 4 minutes.
2. Add the broth, potatoes and remaining salt. Increase heat to high to bring to a boil. Once boiling, reduce to a simmer and cook, partially covered, until potatoes are soft, about 12 to 15 minutes.
3. Remove the pot from the heat and stir in the spinach and watercress. Stir until wilted and then add the nutmeg and lemon juice.
4. Using a slotted spoon, transfer the soup solids into the blender jar. Allow to cool slightly, uncovered, about 5 minutes. Pour the cooking liquid into a liquid measuring cup; reserve.
5. Cover with the integrated measuring cup removed and begin to blend on Low. Gradually add the cooking liquid through the opening in the cover until the desired consistency is achieved. Replace integrated measuring cup, increase speed to High and continue to blend for an additional 30 seconds to ensure a velvety smooth soup.
6. Taste and adjust seasoning as desired.

Nutritional information per serving (1 cup [250 ml]):

Calories 135 (54% from fat) • carb. 12g • pro. 4g • fat 9g • sat. fat 1g • chol. 0mg • sod. 760mg • calc. 79mg • fiber 3g

WARRANTY

LIMITED 18-MONTHS WARRANTY

We warrant that this Cuisinart product will be free of defects in materials or workmanship under normal home use for 18- months from the date of original purchase. This warranty covers manufacturer's defects including mechanical and electrical defects. It does not cover damage from consumer abuse, unauthorized repairs or modifications, theft, misuse, or damage due to transportation or environmental conditions. Products with removed or altered identification numbers will not be covered.

This warranty is not available to retailers or other commercial purchasers or owners. If your Cuisinart product should prove to be defective within the warranty period, we will repair it or replace it if necessary.

For warranty purposes, please register your product online at www.cuisinart.ca to facilitate verification of the date of original purchase and keep your original receipt for the duration of the limited warranty. This warranty excludes damage caused by accident, misuse or abuse, including damage caused by overheating, and it does not apply to scratches, stains, discolouration or other damage to external or internal surfaces that does not impair the functional utility of the product. This warranty also expressly excludes all incidental or consequential damages.

Your Cuisinart product has been manufactured to the strictest specifications and has been designed for use only in 120 volt outlets and only with authorized accessories and replacement parts. This warranty expressly excludes any defects or damages caused by attempted use of this unit with a converter, as well as use with accessories, replacement parts or repair service other than those authorized by Cuisinart.

If the appliance should become defective within the warranty period, do not return the appliance to the store. Please contact our Customer Service Centre:

Toll-free phone number:
1-800-472-7606

Address:

Cuisinart Canada
100 Conair Parkway
Woodbridge, ON. L4H 0L2

Email:
consumer_Canada@conair.com

Model:
MFP-B36C Series

To facilitate the speed and accuracy of your return, please enclose:

- \$10.00 for shipping and handling of the product (cheque or money order)
- Return address and phone number
- Description of the product defect
- Product date code*/copy of original proof of purchase
- Any other information pertinent to the product's return

* Product date code can be found on the underside of the base of the product. The product date code is a 4 (WWYY) digit number. Example, 0122 means week 01 of 2022.

Note: We recommend you use a traceable, insured delivery service for added protection.

Cuisinart will not be held responsible for in-transit damage or for packages that are not delivered to us. To order replacement parts or accessories, call our Customer Service Centre at 1-800-472-7606.

For more information, please visit our website at www.cuisinart.ca. e correct parts, and the product is still under warranty.

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