

Cuisinart®

INSTRUCTION AND
RECIPE BOOKLET



Hurricane™ Compact Blender

CPB-380C

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

IMPORTANT SAFEGUARDS

When using an electrical appliance, basic safety precautions should always be taken, including the following:

1. **READ ALL INSTRUCTIONS BEFORE USING.**
2. **Unplug from outlet when not in use, before putting on or taking off parts, and before cleaning or removing contents from blender jar or cup. Never put hands into the blender jar or cups, or handle the blades with appliance plugged in.**
3. To protect against the risk of electrical shock, do not put motor base of blender in water or other liquids.
4. This appliance should not be used by or near children or individuals with certain disabilities. Close supervision is necessary when any appliance is used by or near children.
5. Avoid contact with moving parts.
6. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions, or is dropped or damaged in any manner. Return appliance to nearest Cuisinart service facility for examination, repair, and/or mechanical or electrical adjustment.
7. The use of attachments, including canning or ordinary jars, not recommended or sold by Cuisinart, may cause fire, electric shock, or risk of injury to persons.
8. Do not use outdoors.
9. Do not let cord hang over edge of counter or table or touch hot surfaces.
10. **Keep hands and utensils out of jar while blending to reduce the risk of severe injury to persons or damage to blender itself.** A rubber or plastic spatula may be used, but must be used only when the blender is turned off.
11. Do not touch cutting assembly, interfere with blade movement, or remove blender jar cover.
12. **BLADES ARE SHARP. HANDLE CAREFULLY.**
13. To reduce the risk of injury, never place cutting assembly on base unless the blender jar, chopper cup or travel cups are properly attached.
14. Always operate blender jar with the cover in place.
15. Never leave your blender unattended while running.
16. Twist vessel on firmly. Injury can result if moving blades accidentally become exposed.
17. Do not use an extension cord with this unit. Doing so may result in fire, electric shock, or personal injury.

18. Wash the blender jar, chopping cup, travel cups, cutting assemblies and lids/cover before first use.
19. Do not blend hot liquids in the travel cups or chopping cup.
20. **CAUTION! NEVER USE carbonated beverages in the blending jar, chopping cup, or travel cups.**
21. Be certain cover is securely locked in place before operating appliance.
22. Do not attempt to bypass the interlock system that powers the unit on.
23. **WARNING: TO REDUCE THE RISK OF ELECTRICAL SHOCK OR FIRE, DO NOT REMOVE THE BASE PANEL. NO USER-SERVICEABLE PARTS ARE INSIDE. REPAIR SHOULD BE DONE ONLY BY AUTHORIZED PERSONNEL.**
24. Do not operate your appliance in an appliance garage or under a wall cabinet. **When storing in an appliance garage, always unplug the unit from the electrical outlet.** Not doing so could create a risk of fire, especially if the appliance touches the walls of the garage or the door touches the unit as it closes.
25. When blending hot liquids, remove center piece of two-piece cover.
26. When processing baby food, the appliance is intended for processing small quantities of food for immediate consumption, and is especially recommended. It is not intended to prepare large quantities of food at one time.

SAVE THESE INSTRUCTIONS FOR HOUSEHOLD USE ONLY NOTICE

This appliance has a polarized plug (one prong is wider than the other). To reduce the risk of electric shock, this plug will fit into a polarized outlet only one way. If the plug does not fit fully into the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not modify the plug in any way.

Rating of unit is 500 watts max. Recommended attachments and recipes may draw significantly less power.

This appliance comes with a thermal resettable protection device to prevent damage to the motor in the case of extreme overload. Should the unit shut off unexpectedly, unplug it and let it cool for at least 15 minutes before continuing (see Operating and Safety Tips, on page 5).

UNPACKING INSTRUCTIONS

1. Place the gift box containing your Cuisinart® Hurricane™ Compact Blender on a flat, sturdy surface before unpacking.
2. Remove instruction booklet and other printed materials from top of box. Next, remove top pulp tray.
3. Carefully lift blender base from box and set aside.
4. Remove blender jar, chopping cup, travel cups, and straws and set aside. Before using for the first time: Wash all parts according to the Cleaning and Maintenance section on page 6 of this booklet to remove any dust or residue.

To assemble the blender, follow the Assembly instructions on page 4 of this instruction booklet. Replace all packaging materials in the box and save the box for repackaging.

TABLE OF CONTENTS

Important Safeguards	2
Unpacking Instructions	3
Features and Benefits	3
Quick Reference Guide/Assembly	4
Blender Jar Operation	4
Travel Cup Operation	5
Chopping Cup Operation	5
Operating and Safety Tips	5
Cleaning and Maintenance	6
Troubleshooting	6
Food and Drink Quick Reference Guide	7
Tips and Hints	8
Recipes	9
Warranty	18

FEATURES AND BENEFITS

1. **32-oz. (1L), BPA-free, easy-grip blending jar** with cover and pour lid has a unique, sturdy design for all your blending needs. Cover fits on top with a 1-oz. measured pour lid.
2. **8-oz. (250 ml), BPA-free chopping cup** with lid handles a variety of food preparation tasks including chopping, grinding and whipping.
3. **Two 16-oz. (500 ml), BPA-free travel cups with no-spill lids with a straw** allow you to blend and go. Make your favorite drinks: smoothies, protein shakes, health and diet drinks and more!
4. **Two high-quality blade assemblies** are strong enough for all blending, chopping and grinding tasks. They are self-aligning so that the cups easily fit on the base. Blade assemblies are interchangeable for desired tasks.
5. **Heavy-duty motor base** is sturdy and stable, housing a compact 500 watt motor with a safety interlock feature.
6. **3-function rotary dial** is easy to use: Low, High, and Pulse.
7. **Slip-proof feet (not shown)** prevent movement during use and prevent damaging marks on countertops or tables.



NOTE: Blades are SHARP. Handle carefully.

QUICK REFERENCE GUIDE

To activate blender	Place vessel fitted with blade assembly onto base
To begin blending	Turn dial to desired speed
To change speeds	Turn dial to desired speed
To pulse	Turn dial left to Pulse
To stop blending	Turn dial to OFF

ASSEMBLY

After washing all parts, please see below for assembly. Place base on flat surface and plug in.

Blender Jar Assembly	Travel Cup Assembly	Chopping Cup Assembly
<ol style="list-style-type: none"> 1. Turn blender jar upside down. 2. Place blade assembly on the round opening of the jar and turn counterclockwise until tightened. 3. Stand jar upright. Place on blender base and secure into place. 4. Add ingredients to be blended, place cover with pour lid in place on blender jar. 	<ol style="list-style-type: none"> 1. Place cup on flat surface upright. Add ingredients. 2. Attach blade assembly on round opening of the cup and turn counterclockwise until tightened. 3. Place on blender base. 4. Turn clockwise to lock. 	<ol style="list-style-type: none"> 1. Place cup on flat surface upright. Add ingredients. 2. Attach blade assembly on round opening of the cup and turn counterclockwise until tightened. 3. Place on blender base. 4. Turn clockwise to lock.

BLENDER JAR OPERATION

1. With the base unit on the tabletop and unit plugged in, place the blender jar assembled with the blade assembly onto the base and secure into place.

NOTE: Blade assemblies are interchangeable based on recipes and desired end results.
2. 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 measured pour lid and dropping ingredients through the fill area. Replace the pour lid after adding ingredients. Do not put hands into blender jar while device is plugged in.

NOTE: To remove blender jar cover, lift edge of cover upward. Do not use measured pour lid to remove cover.
3. For continuous blending, turn dial to the desired speed. It is possible to switch between High and Low speeds by simply turning the rotary dial.
4. To pause the blending process, turn the rotary dial to the OFF position. The blending process will stop. To restart blending, rotate dial to desired speed.
5. To pulse, turn the dial to Pulse. Hold, then release after desired run time. Repeat 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. Dial will automatically return to the OFF position upon release.
6. When you have finished blending, turn the dial to OFF. Then remove the blender jar from the base. Pour out ingredients. **NEVER TOUCH THE BLADE ITSELF.** Unplug the unit.

TRAVEL CUP OPERATION

1. Put food ingredients into the travel cup, beginning with harder items like ice and frozen fruit, and finishing with soft items and liquid. Attach blade assembly and turn to secure.
NOTE: Blade assemblies are interchangeable based on recipes and desired end results.
2. With the base unit on the tabletop and the unit plugged in, turn cup upside down, place the assembled travel cup onto the base. Turn clockwise to lock into place.
3. For continuous blending, turn dial to the desired speed. It is possible to switch between High and Low speeds by simply turning the dial.
4. To pause the blending process, turn the dial to OFF. The blending process will stop. To re-engage the unit, choose the desired speed.
5. When you have finished blending, turn dial to OFF. Remove the travel cup from the base. Unplug the unit.
6. Turn cup right side up, turn blade assembly clockwise to remove. Attach travel cup lid by twisting counterclockwise.

CHOPPING CUP OPERATION

1. Put food ingredients into chopper cup, then attach blade assembly and turn counterclockwise to secure.
NOTE: Blade assemblies are interchangeable based on recipes and desired end results.
2. With the base unit on the tabletop and the unit plugged in, turn the cup upside down, place the assembled chopper cup onto the base. Turn clockwise to lock into place.
3. To continuously chop, turn dial to High or Low speed.
4. To pulse, turn dial to Pulse, holding for desired time; 1 to 2 seconds is recommended per pulse. Repeat as needed.
5. When you have finished chopping, turn the dial to OFF. Remove the chopping cup from the base. Carefully remove food with a spatula. **NEVER TOUCH THE BLADE ITSELF.** Unplug the unit.

OPERATING AND SAFETY TIPS

- Make sure the electrical outlet is rated at the same voltage as that stated on the bottom of the blender motor base.
- Always use the blender 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 when blender is plugged in.
- Don't remove blender jar or cups while unit is running.
- **Don't place blade assembly onto motor base without the jar or cup attached.**
- Make sure blade assembly is tightly attached to jar or cups.
- Always remove blade assembly before cleaning.
- **Don't twist blade assembly from blender jar or cups when removing from motor base. Simply lift jar or cups from motor base.**
- Use a plastic spatula as needed, only when the blender 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, cup or cutting assembly.
- Don't store food or liquids in your blender jar.
- Don't overload blender jar or cups. 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 blending jar, chopping cup, and travel cups.
- Don't blend hot liquids in chopper and travel cups.
- Don't use any container or accessories not recommended by Cuisinart. Doing so may result in injury.
- To remove jar, lift straight up. Do not twist to remove.
- To remove travel and chopping cup, turn slightly counterclockwise before lifting.
- The blender jar, chopping cup, and travel cups are not recommended for microwave use.

CLEANING AND MAINTENANCE

Always unplug your Cuisinart® Hurricane™ Compact Blender from the electrical outlet before cleaning. The base and parts are made of corrosion-resistant materials that are easy to clean. Before first use and after every use, clean each part thoroughly. Periodically check all parts before reassembly. **DO NOT USE** if any part is damaged, or if the jar or cups are chipped or cracked.

To remove blade assemblies, twist off by turning clockwise.

NEVER TOUCH THE BLADE ITSELF.

CAUTION: Handle the blade assemblies carefully. They are SHARP and may cause injury. DO NOT attempt to remove blades from cutting assembly. Wash all parts in warm, soapy water; rinse and dry thoroughly. All parts are top rack dishwasher safe.

Tip: You may wish to clean your blending and chopper cutting assemblies as follows: Squirt a small amount of dishwashing liquid into blender jar or cups and fill halfway with warm (not hot) water. Attach blade assembly. Run on Low for 15 seconds. Repeat, using clean tap water. Carefully disassemble parts and empty blender jar or cups. Rinse and dry all parts thoroughly.

Finally, wipe the motor base clean with a damp cloth to remove any residue, and dry thoroughly. Never submerge the motor base in water or other liquids, or place in a dishwasher.

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

TROUBLESHOOTING

Problem:	Solution:
My blender is not turning on.	Be sure the blade assembly is on the jar or cup correctly. Be sure it is pushed all the way onto the base (travel and chopping cups lock into place). <ol style="list-style-type: none">1. Plug blender into an independent outlet.2. Make sure blender is securely plugged in.3. Check the outlet for power; try plugging into a different outlet.4. Check your home's circuit breaker.
The blender stopped running.	The motor could have overheated. The resettable fuse, which protects the motor due to overloading, may have been tripped. When this happens, to reset the appliance unplug the unit and let it 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 out from the blade assembly for cleaning.	Run under water and tap on the edge of sink upside down to loosen the gasket. Avoid hitting the blades which could cause damage.
The blade assembly is hard to remove after blending.	The ingredients cause pressure, and with the airtight seal, pressure builds up creating a vacuum or a suction effect. This is normal.
Unit 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.

FOOD AND DRINK QUICK REFERENCE GUIDE

You'll find many easy ways to prepare savory, healthful drinks, sauces and more with your Cuisinart® Hurricane™ Compact Blender. The simple recipes in this booklet include some old Cuisinart favourites as well as some creative combinations that are sure to please your friends and family.

FOOD AND DRINK CHART			
Food	Blade	Vessel	Instructions
Baby Food (cooked vegetables)	Blending	Chopping Cup or Blender Jar	Using VERY soft, cooled, steamed vegetables and 1 to 3 tablespoons (15 to 45 ml) of steaming liquid, run on Low until smooth.
Baby Food (raw fruits)	Blending	Chopping Cup or Blender Jar	Pulse and then run on Low until smooth.
Breadcrumbs	Blending	Chopping Cup or Blender Jar	Pulse and then run on High. One slice for chopping cup; three slices for blender jar.
Chopping Citrus	Grinding	Chopping Cup	Run on High with a small amount (1 to 2 pinches) of sugar. Minimum four, 1-inch (2.5 cm) pieces of citrus peel.
Cookie or Cracker Crumbs	Blending	Blender Jar	Pulse to break up and run on High. Use 1 cup (250 ml) of 1-inch (2.5 cm) cookie pieces (2 ounces or 60 g), maximum.
Frozen Cocktails	Blending	Blender Jar	Run on High.
Garlic	Grinding	Chopping Cup	Pulse.
Hard Cheeses	Grinding	Chopping Cup	Pulse 3 to 4 times to desired end result. Maximum 2 ounces (60 g) (½-inch/1.25 cm cubes).
Ice	Blending	Blender Jar	Pulse. Maximum 8 cubes.
Nuts (chopped)	Grinding	Chopping Cup	Quick pulses until desired consistency. Maximum ½ cup (80 ml) (¼ cup / 60 ml for hard nuts).
Salad Dressings	Blending	Travel Cup or Blender Jar	Run on Low.
Seeds	Grinding	Chopping Cup	Pulse. Maximum ½ cup (80 ml).
Smoothies/Shakes/Health Drinks	Blending	Travel Cup or Blender Jar	Run on High.
Soups	Blending	Blender Jar	Run on Low.
Spices	Grinding	Chopping Cup	Quick pulses to break up, then run on High.
Whipped Cream	Blending	Chopping Cup or Blender Jar	Run on Low, 15 to 30 seconds. Maximum ½ cup (125 ml)

BLENDER JAR – TIPS AND HINTS

- Add liquid ingredients first, then follow with solid ingredients with the softest items closest to the blade and the hardest items on top. This will provide more consistent blending and prevent unnecessary stress on the motor.
- It is recommended that most foods be cut into ½- to 1-inch (1.3 to 2.5 cm) pieces to achieve the most uniform result.
- For best results in the fastest time, pulse a few times before running continuously. Pulses should be short bursts with about 1 second in between each one to allow the blade to stop rotating between pulses.
- If you want to add ingredients during the blending process, remove the measured lid and drop or pour ingredients through the opening at the top.
- To crush ice, put no more than 8 standard ice cubes into the blender jar at one time. Pulse until uniformly crushed.
- When making hot soups, cool ingredients slightly before adding to the blender. Put a small amount of the warm soup liquid into the blender jar first, and then follow with some of the solids. Pulse ingredients and then run on Low. You can always thin it out more by carefully adding liquid through the opening at the top of the cover. Use only the blender jar when blending hot ingredients.
- If food sticks to the sides of the jar when blending, stop the blender, carefully scrape down the food, replace cover and pulse in short bursts to combine.
- When blending thicker mixtures, lightly hold down top of blender jar to prevent excessive movement.
- Do not attempt to mash white potatoes or knead bread dough in the blender.

TRAVEL CUPS – TIPS AND HINTS

- When using the travel cup, ingredients are put in the reverse order of the blender jar. Always put the hardest ingredients into the travel cup first (ice cubes, frozen fruit) and finish with the softer ingredients and liquids.
- It is recommended that most foods be cut into ½-inch to 1-inch (1.3 to 2.5 cm) pieces to achieve the most uniform result.
- For best results in the fastest time, pulse a few times before running continuously. Pulses should be short bursts with about 1 second in between each one to allow the blade to stop rotating between pulses.
- If food sticks to the sides of the cup when blending, stop the blender,

carefully scrape down the food, replace blade assembly and pulse in short bursts to combine.

- After blending, flip the travel cup over so that the blade assembly is on the top. Gently tap the cup on the counter a few times to prevent any spillage. Remove the blade assembly and replace with one of the provided lids.
- All beverage recipes in the booklet are portioned for the travel cup. If you wish to make more servings, simply double the recipe and prepare in the blender jar. Be sure to reverse the order of ingredients when doing so.

CHOPPING CUP – TIPS AND HINTS

- It is recommended that most foods be cut into ½- to 1-inch pieces (1.3 to 2.5 cm) to achieve a more uniform result.
- Do not overload the cup; you will get inconsistent results and possibly harm the motor or blade.
- For best results in the fastest time, pulse a few times before running continuously. Pulses should be short bursts with about 1 second in between each one to allow the blade to stop rotating between pulses.
- Results are usually achieved in seconds rather than minutes, so keep a close eye on the foods to prevent over-processing.
- The chopping cup with the grinding blade provides you with the perfect tool for grinding nuts and seeds for many different applications. Grind flax seeds or almonds and put them into the travel cup with your smoothie ingredients for added protein. See our recipes for some guidelines.
- When chopping nuts, use quick pulses.

BLENDING/JUICING TIPS AND HINTS

- When blending, choose the ripest fruits for maximum flavour.
- Add fresh herbs, like mint and parsley, to juices and smoothies for added flavor and a boost of health benefits.
- Add a squeeze of citrus to juices and smoothies to brighten flavours.
- When blending vegetables for juice, steam hard vegetables, like carrots, for a smoother consistency. Steam vegetables in bulk to have on hand.
- Juices may be strained through a fine-mesh strainer for a thinner consistency. Serving as is, however, is recommended to benefit from the fiber found in the pulp and skin of fruits and vegetables.
- Juices and smoothies will separate if not served right away. Re-blend before serving or strain to simply enjoy the juice.
- For a thinner juice consistency, add ¼ cup (60 ml) water to recipes.
- Serve juices over ice.
- Fruit juices may be used as a natural sweetener in recipes.

RECIPES

DRINKS

Tropical Vitamin C Smoothie	11
Light Green Smoothie	11
Triple Green Smoothie	11
Oatmeal Breakfast Smoothie	12
Icy Matcha Latté	12
Brazilian Power Shake	12
Coconut-Cardamom-Date Smoothie	12
Almond-Cocoa Protein Shake	13
Pineapple Mint Juice	13
Orange and Fennel Juice	13
Oat Milk	14

SMOOTHIE BOWLS

Tropical Vitamin C Smoothie Bowl	14
Oatmeal Breakfast Smoothie Bowl	15

SAUCES, DRESSINGS AND SEASONINGS

Basic Vinaigrette	15
Miso Dressing	15
Mayonnaise	16
Fresh Tomato Sauce	16
Lemon Herb Seasoning	16

BABY FOOD

Baby's First Carrots	17
Baby's First Pears	17
Baby's First Green Beans	17
Baby's First Butternut Squash	18

ALL SMOOTHIE/DRINK RECIPES (EXCEPT FOR THE OAT MILK) FIT IN THE TRAVEL CUP, AND CAN BE DOUBLED TO FIT IN THE BLENDER JAR

Tropical Vitamin C Smoothie

You'll barely taste the kale in this smoothie, but including it in your daily drink is a good way to sneak in some extra good-for-you greens, not to mention vitamin C.

Makes 1 serving

- ¼ cup (60 ml) frozen mango pieces**
- 1 large kale leaf (about ½ ounce / 15 g), hard stem removed and cut into 1-inch (2.5 cm) pieces**
- ¼ cup (60 ml) fresh pineapple pieces, cut into 1-inch (2.5 cm) pieces**
- ½ cup (60 ml) fresh papaya pieces, peeled, seeded and cut into 1-inch (2.5 cm) pieces**
- ½ cup (60 ml) orange juice**

1. Put all of the ingredients, in the order listed, into the travel cup. Secure blade assembly.
2. Run on High until smooth, about 1 minute.
3. Serve immediately.

Nutritional information per serving:

*Calories 143 (3% from fat) • carb. 34g • pro. 2g • fat 0g • sat. fat 0g
• chol. 0mg • sod. 18mg • calc. 53mg • fiber 3g*

Light Green Smoothie

This green smoothie is as delicious and nutritious as it is simple. Use any greens you have on hand to substitute.

Makes 1 serving

- ½ cup (250 ml) frozen strawberries**
- ½ cup (250 ml) baby spinach**
- 1 ripe banana, cut into 1-inch (2.5 cm) pieces**
- ½ cup (250 ml) non-dairy milk (e.g., rice, almond or soy)**

1. Put all of the ingredients, in the order listed, into the travel cup. Secure blade assembly.

2. Run on High until smooth, about 1 minute.

3. Serve immediately.

Nutritional information per serving:

*Calories 191 (7% from fat) • carb. 45g • pro. 2g • fat 2g • sat. fat 0g
• chol. 0mg • sod. 56mg • calc. 181mg • fiber 5g*

Triple Green Smoothie

The cashews add nice body and protein, while the kale, green grapes and lime make for a light and refreshing drink any time of the day.

Makes 1 serving

- ½ cup (250 ml) frozen mango pieces**
- 1 tablespoon (15 ml) raw, unsalted cashews**
- 1 to 2 kale leaves, hard stems removed and cut into 1-inch (2.5 cm) pieces**
- 1 ½-inch (1.25 cm) piece fresh ginger, peeled**
- ½ cup (250 ml) seedless green grapes**
- 1 teaspoon (5 ml) fresh lime juice**
- 1 cup (250 ml) coconut water, chilled**

1. Put all of the ingredients, in the order listed, into the travel cup. Secure blade assembly.
2. Run on High until smooth, about 1 minute.
3. Serve immediately.

Nutritional information per serving:

*Calories 224 (21% from fat) • carb. 43g • pro. 6g • fat 6g • sat. fat 1g
• chol. 0mg • sod. 269mg • calc. 118mg • fiber 6g*

Oatmeal Breakfast Smoothie

Kids will love this alternative to a bowl of oatmeal – it has all of the components, but in a to-go format. We use our homemade oat milk in it (which could not be easier to make!), which gives a true oat flavor to the smoothie.

Makes 1 serving

- ¼ cup (60 ml) frozen blueberries**

- ½ **banana, cut into 2-inch (5 cm) pieces**
- 1 cup (250 ml) Oat Milk (page 14 or store bought)**
- 1½ **teaspoons (7 ml) flax oil**
- 1½ **teaspoons (7 ml) pure maple syrup**
- ¼ **teaspoon (1 ml) ground cinnamon**

1. Put all of the ingredients, in the order listed, into the travel cup. Secure blade assembly.
2. Run on High until smooth, about 1 minute.
3. Serve immediately.

Nutritional information per serving:

*Calories 258 (31% from fat) • carb. 43g • pro. 4g • fat 9g • sat. fat 1g
• chol. 0mg • sod. 59mg • calc. 27mg • fiber 5g*

Icy Matcha Latté

Matcha is a finely ground, green tea powder, the focus of Japanese tea ceremonies. Here it lends its unique flavor to this cool, green “latté,” the perfect afternoon pick-me-up.

Makes 1 serving

- 3 ice cubes**
- 1 cup (250 ml) rice milk**
- ½ **tablespoon (7 ml) matcha**
- 1½ **teaspoons (7 ml) agave nectar**

1. Put all of the ingredients, in the order listed, into the travel cup. Secure blade assembly.
2. Run on High until smooth, about 1 minute.
3. Serve immediately over ice for the frostiest beverage.

Nutritional information per serving:

*Calories 144 (13% from fat) • carb. 30g • pro. 1g • fat 2g • sat. fat 0g
• chol. 0mg • sod. 85mg • calc. 391mg • fiber 4g*

Brazilian Power Shake

Packed with nutrients and monounsaturated fats (the good ones – we swear!), this will fill you up and give you the energy to keep on moving.

Makes 1 serving

- 3 ice cubes**
- ½ **ripe banana**
- ⅓ **ripe avocado, pitted**
- 1 cup (250 ml) rice milk**
- 2 teaspoons (10 ml) honey**
- Pinch ground cinnamon**

1. Put all of the ingredients, in the order listed, into the travel cup. Secure blade assembly.
2. Run on High until smooth, about 1 minute.
3. Serve immediately over ice.

Nutritional information per serving:

*Calories 289 (29% from fat) • carb. 51g • pro. 3g • fat 10g • sat. fat 1g
• chol. 0mg • sod. 92mg • calc. 313mg • fiber 5g*

Coconut-Cardamom-Date Smoothie

Thanks to the canned coconut milk, this smoothie has a great, thick texture. The health benefits are hidden by the sweetness of the dates.

Makes 1 serving

- 3 ice cubes**
- 3 dates, pitted**
- 1 cup (250 ml) “lite” coconut milk (you may use regular, full-fat coconut milk for a richer drink)**
- ¼ **teaspoon (1 ml) ground cardamom**
- Pinch kosher salt**

1. Put all of the ingredients, in the order listed, into the travel cup. Secure blade assembly.
2. Run on High until smooth, about 1 minute.
3. Serve immediately.

Nutritional information per serving:

*Calories 381 (38% from fat) • carb. 58g • pro. 1g • fat 16g • sat. fat 12g
• chol. 0mg • sod. 193mg • calc. 88mg • fiber 5g*

Pineapple Mint Juice

This cold and frothy juice is a perfect refresher for a summer's day.

Makes 1 cup (250 ml)

3 to 4 fresh mint leaves
1½ cups (250 ml) fresh pineapple, cut into 1-inch pieces
¼ cup (60 ml) water, optional

1. Put all of the ingredients, in the order listed, into the travel cup. Secure blade assembly.
2. Run on High until smooth, about 30 seconds.
3. Serve over ice, or let sit for 10 minutes and then strain to achieve a thin juice.

Nutritional information per serving:

*Calories 126 (2% from fat) • carb. 33g • pro. 1g • fat 0g • sat. fat 0g
chol. 0mg • sod. 3mg • calc. 33mg • fiber 3g*

Orange and Fennel Juice

Three ingredients and a little bit of water are all you need to make this frothy drink.

Makes 1 serving

2 tablespoons (30 ml) packed parsley leaves
½ small bulb fennel, cleaned, trimmed and cored
1 medium orange, peeled, quartered and seeded
¼ cup 60 ml) cold water

1. Put all of the ingredients, in the order listed, into the travel cup. Secure blade assembly
2. Run on High until smooth, about 1 minute.
3. Serve over ice.

Nutritional information per serving:

*Calories 108 (5% from fat) • carb. 26g • pro. 3g
fat 1g • sat. fat 0g • chol. 0mg • sod. 66mg • calc. 133mg • fiber 7g*

Almond-Cocoa Protein Shake

A great way to treat yourself, and your body, after a hard workout is with a protein-rich shake. This one contains only a few ingredients, with just a hint of sweetness.

Makes 1 serving

4 ice cubes
1 tablespoon (15 ml) almond butter
1 cup (250 ml) almond milk
1½ teaspoons (7 ml) agave nectar (optional)
1 tablespoon (15 ml) cocoa powder

1. Put all of the ingredients, in the order listed, into the travel cup. Secure blade assembly.
2. Run on High until smooth, about 1 minute.
3. Serve immediately.

Nutritional information per serving:

*Calories 164 (63% from fat) • carb. 10g • pro. 6g • fat 12g • sat. fat 1g
• chol. 0mg • sod. 185mg • calc. 295mg • fiber 4g*

Oat Milk

While oat milk can be purchased in a grocery store, it is much less expensive to prepare it at home. You can sweeten it as you wish, or even add a pinch of cinnamon for extra flavor. The only caveat is that this milk does not last as long in the refrigerator as its store-bought counterpart since there are no stabilizers added.

Makes about 3 cups (750 ml)

- 1 cup (250 ml) old-fashioned rolled oats (not quick cooking)**
- 4 cups (1 l) water, divided**

1. Put the oats into a bowl and cover with 2 cups (500 ml) of water. Allow to sit at room temperature for a minimum of 30 minutes, or up to overnight. After resting, drain and rinse the oats very well.
2. Put 2 cups (500 ml) of fresh water, the soaked, drained oats and a pinch of salt into the blender jar.
3. Run on Low for 30 seconds, and then finish blending on High until smooth, an additional 30 seconds.
4. Use immediately. The oat milk will last up to 3 days, refrigerated. Shake, stir or re-blend before using.

Nutritional information per serving (1 cup / 250 ml):

*Calories 100 (17% from fat) • carb. 18g • pro. 3g • fat 2g • sat. fat 0g
• chol. 0mg • sod. 57mg • calc. 9mg • fiber 3g*

SMOOTHIE BOWLS

While most people are drinking their smoothies, turn yours into a smoothie bowl. Blend in some yogurt, chop some nuts and seeds and top with fresh fruit to add more flavors and textures to the smoothie. You can do this to any smoothie, but here are a couple of recipes that can get you started.

Tropical Vitamin C Smoothie Bowl

Makes 2 servings

- ½ cinnamon stick**
- ¼ cup (60 ml) macadamia nuts**
- 2 tablespoons (30 ml) coconut flakes**
- 2 tablespoons (30 ml) hulled, unsalted pumpkin seeds (pepitas)**
- 1 recipe Tropical Vitamin C Smoothie (page 11), not blended**
- 1 container (6 ounces / 170 ml) plain Greek yogurt**
- ¼ cup (60 ml) diced pineapple**

1. Put the cinnamon stick into the chopping cup fitted with the chopping/grinding blade. Pulse to break up, about 3 pulses, and then run on High until finely ground. Remove cinnamon and reserve.
2. Put the nuts, coconut and pumpkin seeds into the chopping cup and pulse until chopped. Reserve.
3. Put the ingredients for the Tropical Vitamin C Smoothie into the blender jar, along with the yogurt. Blend on High until smooth, about 1 minute.
4. Divide the smoothie between two bowls. Top with a pinch of the cinnamon (reserve the remainder for another use) and an equal amount of the nut mixture. Finish with the diced pineapple.
5. Serve immediately.

Nutritional information per serving:

*Calories 335 (54% from fat) • carb. 28g • pro. 13g • fat 21g • sat. fat 7g
• chol. 0mg • sod. 43mg • calc. 153mg • fiber 5g*

Oatmeal Breakfast Smoothie Bowl

Makes 2 servings

- ¼ **(60 ml) cup walnuts**
- 2 tablespoons (30 ml) unsalted, raw sunflower seeds**
- 2 tablespoons (30 ml) flax seeds**
- 1 recipe Oatmeal Breakfast Smoothie (page 10), not blended**
- 1 container (6 ounces / 170 ml) plain Greek yogurt**
- ½ **cup (250 ml) fresh blueberries**

1. Put the nuts and seeds into the chopping cup fitted with the chopping/grinding blade, and pulse until chopped; reserve.
2. Put the ingredients for the Oatmeal Breakfast Smoothie into the blender jar along with the yogurt. Run on High until smooth, about 1 minute.
3. Divide the smoothie between two bowls. Top each with an equal amount of the chopped nut/seed mixture and then finish with the fresh blueberries.
4. Serve immediately.

Nutritional information per serving:

Calories 386 (50% from fat) • carb. 36g • pro. 16g • fat 23g • sat. fat 2g
• chol. 0mg • sod. 63mg • calc. 167mg • fiber 8g

SAUCES, DRESSINGS AND SEASONINGS

Basic Vinaigrette

Salad dressing is simple to prepare, and much healthier for you than what you could purchase at the store. This, as the name suggests, is a basic version. Champagne vinegar is softer in flavor than other vinegars, but you can substitute with white or red wine vinegar if you prefer.

Makes 1 cup (250 ml)

- ¼ **cup (60 ml) Champagne vinegar**
- ½ **small shallot, peeled and halved**
- 1 teaspoon (5 ml) Dijon mustard**

- ½ **teaspoon (2 ml) kosher salt**
- ¼ **teaspoon (1 ml) ground white pepper**
- ¾ **cup (180 ml) extra virgin olive oil**

1. Put all of the ingredients into the blender jar in the order listed fitted with the blending blade.
2. Run on Low until mixture is homogenous, about 1 minute.
3. Taste and adjust seasoning as desired. Serve immediately. Dressing can be stored in an airtight container in the refrigerator for up to 2 weeks.

Nutritional information per serving (1 tablespoon / 15 ml):

Calories 92 (99% from fat) • carb. 0g • pro. 0g • fat 11g • sat. fat 2g
• chol. 0mg • sod. 74mg • calc. 0mg • fiber 0g

Miso Dressing

This dressing is thicker in consistency than a vinaigrette, but it can be thinned out with additional water if desired. When thick, it also makes a great dip for vegetables.

Makes ¾ cup (180 ml)

- ¼ **(60 ml) cup rice vinegar**
- 1 ½-inch (1.25 cm) piece fresh ginger, peeled and halved**
- 1 small garlic clove**
- 3 tablespoons (45 ml) white miso**
- 1 teaspoon (5 ml) reduced-sodium soy sauce**
- ½ **cup (250 ml) vegetable oil**
- 1 tablespoon (15 ml) water, plus more as needed**

1. Put the vinegar, ginger, garlic, miso, soy sauce and oil into the blender jar fitted with the blending blade.
2. Run on Low until mixture is homogenous, about 1 minute.
3. If dressing is too thick, add 1 tablespoon, or more, of water. Blend to combine.
4. Taste and adjust seasoning as desired. Serve immediately. Dressing can be stored in an airtight container in the refrigerator for up to 2 weeks.

Nutritional information per serving (1 tablespoon / 15 ml):

Calories 92 (88% from fat) • carb. 2g • pro. 0g • fat 9g • sat. fat 1g
• chol. 0mg • sod. 223mg • calc. 1mg • fiber 0g

Mayonnaise

Mayonnaise in the blender could not be any easier to make. The key is when adding the oil to go very slowly at first, until the mixture comes together.

Makes 1¼ cups (310 ml)

- 4 large egg yolks**
- 1 tablespoon (15 ml) fresh lemon juice**
- 1 tablespoon (15 ml) water**
- 1 teaspoon (5 ml) Dijon mustard**
- ¾ teaspoon (4 ml) kosher salt**
- ¾ cup (180 ml) vegetable oil**

1. Put all of the ingredients, except for the oil, into the blender jar fitted with the blending blade.
2. Run on Low until mixture has come together, and then while the blender is still running on Low, very slowly add the oil through the opening of the lid. Start with just a drip at a time, and once the mixture has come together and looks like mayonnaise, the oil can be added a bit faster.
3. Once all oil has been added, allow the blender to run for an additional 30 seconds.

Nutritional information per serving (1 tablespoon / 15 ml):

*Calories 85 (97% from fat) • carb. 0g • pro. 1g • fat 9g • sat. fat 0g
• chol. 37mg • sod. 89mg • calc. 4mg • fiber 0g*

Fresh Tomato Sauce

The riper the tomatoes, the better this sauce will be. It can be served over hot pasta, or even used as a bruschetta topping.

Makes 2½ cups (625 ml)

- ¼ cup (60 ml) olive oil**
- 1 garlic clove**
- 6 very ripe, medium tomatoes**
- 8 to 10 fresh basil leaves**
- ½ teaspoon (2 ml) kosher salt**
- ½ teaspoon (2 ml) fresh oregano**
- ¼ teaspoon (1 ml) freshly ground black pepper**
- ¼ teaspoon (1 ml) fennel seeds**
- 1 tablespoon (15 ml) granulated sugar (if necessary – the riper the tomatoes are, the less sugar is needed)**

1. Put all of the ingredients, in the order listed, into the blender jar fitted with the blending blade.
2. Pulse until desired consistency is achieved.
3. Pour over hot pasta, or serve with crusty bread as a fresh topping.

Nutritional information per serving (¼ cup / 60 ml):

*Calories 22 (19% from fat) • carb. 4g • pro. 1g • fat 1g • sat. fat 0g
• chol. 0mg • sod. 118mg • calc. 10mg • fiber 1g*

Lemon Herb Seasoning

This seasoning blend is perfect for chicken pieces. You can either marinate with the herb seasoning (with oil) or you can add breadcrumbs and turn it into a fresh bread coating, excellent for cutlets. The breadcrumb mixture is delicious as a stuffing or topping for artichokes.

Makes ¼ cup (60 ml) (as a seasoning) or ⅓ cup (80 ml) (as breadcrumb coating)

- 1 tablespoon (15 ml) fresh parsley**
- ½ teaspoon (2 ml) black peppercorns**
- ½ teaspoon (2 ml) kosher salt**
- 1 ½-inch (1.25 cm) strip lemon peel, bitter white pith removed**
- 1 teaspoon (5 ml) fresh oregano**

-
- 2 teaspoons (10 ml) fresh rosemary**
¼ cup (60 ml) olive oil (optional)
3 to 4 tablespoons (45 to 60 ml) plain breadcrumbs (optional)

1. Put all of the ingredients into the chopping cup fitted with the chopping/grinding blade.
2. Pulse to break up and then process on High until the mixture is well chopped and combined, about 20 seconds.
3. If using as an herb seasoning, mix with the olive oil. If using as a breadcrumb coating, add the breadcrumbs to the seasoning in the chopping cup and pulse to combine.
4. Use immediately or store in the refrigerator for up to 3 days.

Nutritional information per serving (1 tablespoon (15 ml) with no oil or breadcrumbs):

Calories 5 (14% from fat) • carb. 1g • pro. 0g • fat 0g • sat. fat 0g

• chol. 0mg • sod. 287mg • calc. 10mg • fiber 0g

BABY FOOD

Baby's First Carrots

One of the basics to start your baby off right.

Makes ¾ cup (180 ml)

- 8 ounces (225 g) carrots, cut into ½-inch (1.25 cm) pieces**

1. Steam carrots until completely fork tender, approximately 20 minutes in a stovetop steamer.
2. Put the steamed carrots into the chopping cup fitted with the blending blade with 2 tablespoons (30 ml) of steaming liquid.
3. Select Low and blend until completely smooth, about 2 minutes.

Nutritional information per serving (1 ounce / 28 g):

Calories 12 (5% from fat) • carb. 3g • pro. 0g • fat 0g • sat. fat 0g

• chol. 0mg • sod. 20mg • calc. 9mg • fiber 1g

Baby's First Pears

Apples are an easy substitution.

Makes about ½ cup (125 ml)

- 1 medium pear, peeled, cored and cut into 1-inch (2.5 cm) pieces**

1. Steam pear until completely fork tender, approximately 10 minutes in a stovetop steamer.
2. Put the steamed pear into the chopping cup fitted with the blending blade.
3. Select Low and blend until completely smooth, about 30 seconds.

Nutritional information per serving (1 ounce / 28 g):

Calories 17 (2% from fat) • carb. 5g • pro. 0g • fat 0g • sat. fat 0g

• chol. 0mg • sod. 0mg • calc. 3mg • fiber 1g

Baby's First Green Beans

The blender turns steamed green beans into a smooth purée with ease, perfect for baby.

Makes ⅓ cup (80 ml)

- 4 ounces (113 g) green beans, trimmed and cut into 1-inch (2.5 cm) pieces**

1. Steam green beans until completely fork tender, approximately 10 to 15 minutes in a stovetop steamer.
2. Put the steamed green beans with 1 tablespoon (15 ml) of steaming

liquid into the blender jar fitted with the blending blade.

3. Select Low and blend until completely smooth, about 1 minute.

Nutritional information per serving (1 ounce / 28 g):

*Calories 9 (5% from fat) • carb. 2g • pro. 1g • fat 0g • sat. fat 0g
• chol. 0mg • sod. 2mg • calc. 10mg • fiber 1g*

Baby's First Butternut Squash

Packed with vitamins, butternut squash is sure to become one of baby's favorites.

Makes about $\frac{3}{4}$ cup (180 ml)

1½ cups (375 ml) cubed butternut squash (about ½(225 g) pound)

1. Steam butternut squash until completely fork tender, approximately 15 to 20 minutes in a stovetop steamer.
2. Put the steamed butternut squash with 2 tablespoons (30 ml) of steaming liquid into the chopping cup fitted with the blending blade.
3. Select Low and blend until completely smooth, about 2 minutes.

Nutritional information per serving (1 ounce / 28 g):

*Calories 11 (2% from fat) • carb. 3g • pro. 0g • fat 0g • sat. fat 0g
• chol. 0mg • sod. 1mg • calc. 13mg • fiber 1g*

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