

L'EQUIP RPM BLENDER

Recipes from Chef Lacey Berry

Easy Fruit Syrup/Sauce- serve over cheesecakes, bread puddings or pancakes

3 cups fresh fruit of your choice (peaches, berries of any kind, mango, pineapple, kiwi, etc.)
½ cup sweetener of your choice (sugar, honey, Xagave)

1 Tablespoon fresh lemon juice

Place all ingredients in the blender and blend until smooth (2-3 minutes). This will be fresh fruit syrup.

To make it more of a sauce, simply place it in a saucepan on the stove and boil for 3-5 minutes to thicken.
Serve warm or cold.

Hummus

2- 15 oz. cans of Garbanzo beans (chick peas)

2 Tablespoons tahini paste

¼ teaspoon cumin

½ teaspoon red pepper flakes

2 garlic cloves

1-2 Tablespoons fresh lemon juice

1-2 Tablespoons olive oil

sea salt to taste

Place all ingredients except oil and salt. Process until smooth, then add oil while blender is running until desired consistency reached. Add salt to taste.

Serve with fresh vegetables or pita bread.

Rice Milk

2 cups water

½ cup cooked brown rice

1 teaspoon Mexican Vanilla (Blue Cattle Trucking)

1-2 Tablespoons Xagave or other sweetener

Place all ingredients into the blender and process for 1-2 minutes. Strain the milk using a nut milk bag or cheesecloth over a strainer.

Sorbet

1 cup frozen fruit concentrate, partially thawed

2 Strawberries

½ banana

3 cups ice

Place all ingredients in the blender, ending with the ice. Pulse the blender 5 or 6 times and then slowly turn to high for 2-3 minutes or until thickened.

Dairy-Free ice cream

1 cup almonds

1 cup pecans

2-3 Tablespoons Xagave ¼ teaspoon cinnamon

Ice

Place all ingredients in the blender, ending with the ice. Pulse the blender 5 or 6 times and then slowly turn to high for 2-3 minutes or until thickened.

Fruit Juice

1½ cups green grapes

2 strawberries

½ banana

½ orange, peeled

1 pineapple spear, about ⅓ of a whole pineapple

½ green apple

1 cup ice

Place all ingredients in the blender, ending with the ice. Pulse the blender 5 or 6 times and then slowly turn to high for 2-3 minutes, until no large pieces remain.

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Green Smoothie

- 1 ½ green apples
- 1 pineapples spear, about ⅓ of a whole pineapple
- 3 cups spinach/kale
- ½ banana
- 2-3 tablespoons Xagave
- 1 cup ice

Place all ingredients in the blender, ending with the ice. Pulse the blender 2 or 3 times and then slowly turn to high for 2-3 minutes, until no large pieces remain.

Carrot Juice

- 1 ½ cups cold water
- 2 medium carrots

Place the water and carrots in the blender. Pulse the blender 2 or 3 times and then slowly turn to high for 2-3 minutes, until no large pieces remain.

Peanut Butter Banana Smoothie

- 4 oz skim milk
- 1 banana (frozen works best, freeze without skins for easier use)
- 1 tablespoon peanut butter
- 4 yellow scoops frozen yogurt
- 1 small scoop ice

Place all ingredients into the Blender. Pulse the blender 2 or 3 times and then slowly turn to high for 2-3 minutes, until no large pieces remain.

Variations:

- Put some chocolate or caramel syrup in with smoothie
- Use Greek style yogurt and save some calories (need more ice)
- Add blueberries
- Add Granola or oats

Smoothie-Coffee Smoothie

- 8 oz. skim milk
- 2 tablespoons hot water
- 1 tablespoon coffee grounds
- 1 oz. chocolate syrup
- 4 scoops frozen yogurt
- 1 small scoop ice

Place hot water and coffee grounds together until coffee is dissolved. Place in bottom of the blender with one piece of ice to cool it down. Place remaining ingredients into the Blender and mix until smooth.

Lemon Italian Ice

- ½ cup fresh squeezed lemon juice (or peel 1 large lemon)
- 2-4 Tablespoons Xagave
- 2 cups ice

Place all ingredients in the blender, ending with the ice. Pulse the blender 3 or 4 times and then slowly turn to high for 2-3 minutes or until thickened.

Watermelon Strawberry Lemonade

- 5 cups watermelon
- 2 cups strawberries
- 2 lemons, peeled
- 1 cup sugar or your favorite sweetener

Place all ingredients in the blender. Pulse 2-3 times. Slowly turn to high and blend for 30-60 seconds. Serve chilled. TIP: Freeze the watermelon first and get a slushy.

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Whole Wheat Pancakes

1 ½ cups whole milk
1 cup wheat berries
⅓ cup oil
2 large eggs
1 tablespoon Xagave or honey
1teaspoon sea salt
1tablespoon baking powder

Place 1 cup of the milk and wheat in the blender and mix on high for 2 minutes. Add the remaining milk and mix 2 more minutes. Add eggs, honey, salt and oil. Blend for 20 seconds. Add Baking powder using the pulse feature until combined. Pour onto hot griddle (350°) and cook about 1 minute each side or until the batter stops bubbling.