



# Blender

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10 Delicious Recipes to make in your blender

It's not a secret that a powerful countertop blender can be used for more than just making smoothies. With our high-quality blenders, you can also quickly cook sauces, dips, spreads, soups, beverages, and desserts.

Our blenders come only with exceptional stainless steel blades and shatterproof jugs, which will allow you to create versatile and exciting dishes in a matter of minutes. A powerful, high-speed motor enables you to break down whole vegetables, fruits, nuts, and even meats to make nutritious meals for your loved ones.

According to recent findings, blended fruits and vegetables retain all their fiber for healthy digestion. It is essential for those who want to improve their dietary habits, as the fibrous parts of fruits and vegetables fill you up and contain antioxidants. Besides, one study confirmed that beta-carotene, which predicts lower cancer risk, remains present after blending.

Countertop blenders are an excellent tool for blending efficiently harder, larger, and thicker ingredients. Besides, you can forget about possible splashing and spilling of foods, primarily when hot ingredients and liquids are used. Our countertop blenders come with a shatterproof jug and fixating lid, so you don't have to worry about your safety.

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# Mixed Berry Smoothie

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## Ingredients:

1 ½ cups apple juice  
1 sliced banana  
1 ½ cups frozen mixed berries  
¾ cup Greek yogurt  
1 tbsp honey  
mint sprigs

## Directions:

1. Put the apple juice, banana, berries, honey, and yogurt in a blender.
2. Blend until smooth.
3. Serve two glasses and garnish with mint sprigs.

# Blender

recipe 1



# Banana Ice Cream

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## Ingredients:

2 fresh bananas  
cinnamon  
1 - 2 tsp maple syrup

## Directions:

1. Slice the bananas and place them in a freezer for 1.5 hours.
2. Blend the frozen bananas, add some cinnamon and maple syrup.

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recipe 2



# Strawberry Daiquiri

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## Ingredients:

strawberries  
4 tsp caster sugar  
5 tbsp white rum  
2 tbsp strawberry liqueur  
3 tbsp fresh lime juice  
crushed ice

## Directions:

1. Put all the ingredients in a blender. Blend until smooth.
2. Pour the drink into two martini-style glasses and garnish with half a strawberry.

Blender

recipe 3



# Coconut Butter

## Ingredients:

3 cups shredded coconut (without sugar)

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## Directions:

1. Place the shredded coconut in a blender.
2. Blend until the coconut mixture turns into creamy thick coconut butter.
3. Store in a jar at room temperature.

# Blender

recipe 4



# Cauliflower Soup

## Ingredients:

1 large head cauliflower  
3 tbsp extra-virgin olive oil  
sea salt  
1 chopped red onion  
2 minced cloves garlic  
4 cups vegetable broth  
2 tbsp butter  
1 tbsp lemon juice

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## Directions:

1. On a tray covered with a baking sheet, place the cauliflower florets and coat them with olive oil. Bake in the preheated oven (425 F) for 25-35 minutes, flipping halfway.
2. In a Dutch oven, simmer chopped onion with salt. Cook, occasionally stirring, for 5- 7 minutes.
3. Add the garlic and cook, frequently stirring, for 30 seconds, then pour in the broth.
4. Add the cauliflower to the pot and cook for 20 minutes.
5. When the soup is ready, let it cool for a few minutes. Then, pour the soup into a blender, mix with butter, lemon juice and blend until smooth. Add more salt if necessary.

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recipe 5



# Pumpkin Soup

## Ingredients:

6 cups chicken broth  
salt  
4 cups pumpkin puree  
chopped fresh parsley  
1 chopped onion  
½ tsp chopped fresh thyme  
1 minced clove garlic,  
½ cup heavy whipping cream  
5 whole black peppercorns

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## Directions:

1. In a saucepan, mix stock, salt, pumpkin, onion, thyme, garlic, and peppercorns. Bring to boil, then simmer for 30 minutes uncovered.
2. Puree the soup with a blender.
3. Boil the soup again and simmer for another 30 minutes, uncovered.
4. Add some heavy cream and stir well.

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recipe 6



# Carrot Soup

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## Ingredients:

1 tbsp vegetable oil  
1 diced onion  
3 cloves minced garlic  
4 sliced carrots  
5 diced potatoes  
2 cups vegetable broth  
2 tsp grated fresh ginger  
1 tsp curry powder  
salt and pepper

## Directions:

- 1.** In a saucepan, stir fry onion and garlic for 3-4 minutes. Add carrots and potatoes, and cook for 3-4 minutes more.
- 2.** Add the vegetable broth, ginger, curry powder, salt, and pepper. Bring to a boil, then simmer for 15- 20 minutes.
- 3.** Puree soup in a blender, and serve.

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receipe 7



# Pina Colada Smoothie

## Ingredients:

2 frozen bananas  
1 cup pineapple canned chunks  
1 cup coconut milk  
Maple syrup

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## Directions:

1. Blend all the ingredients. Serve in tall glasses and enjoy.

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recipe 8



# Pear & Spinach Smoothie

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## Ingredients:

2 dates  
½ cup boiling water  
2 cups baby spinach  
1 banana  
1 pear  
1 ½ cups unsweetened milk  
Ice

## Directions:

1. Pour the boiling water over the dates and put it aside for 5-10 minutes.
2. Place all the ingredients in a blender.
3. Blend until smooth and serve into two glasses.

Blender

recipe 9



# Mixed Spicy Sorbets

## Ingredients:

### Mango:

1 ½ cups frozen mango  
1 banana  
cup lemon juice  
½ cup maple syrup  
cayenne powder

### Banana Pineapple:

2 bananas  
1 ½ cups frozen pineapple  
½ cup lemon juice  
cup maple syrup

### Strawberry:

1 ½ cups frozen strawberries  
1 ½ banana  
¼ cup lemon juice  
cup maple syrup

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## Directions:

1. Place all ingredients in a blender (each flavour separately). Blend until smooth.
2. Pour into the freezer for a couple of hours (each flavour in a separate container).



Discover the art of incorporating whole foods into your daily diet using our countertop blender.

This cookbook features 10 easy-to-follow and mouthwatering recipes that will help you to enjoy a healthy and nutritious menu.

Whether you want to impress your guests with vitamin-packed smoothies or steamy creamy soups, our cookbook will become your irreplaceable little helper.