



Bennett Read®

1000W NUTRITION EXTRACTOR

THE **POWER & SPEED** TO EXTRACT NUTRITION

*Recipe
Guide*

Contents

IMPORTANT

Please read your 1000W NUTRITION EXTRACTOR Recipe Guide thoroughly before using the appliance. It contains important information regarding operation and safety.

PLEASE NOTE:

Temperatures, methods etc. shown are approximate and may vary depending on the type and amount of food used.

Recipes are based on 2-4 servings.

Please increase or decrease ingredients in proportion, depending on the desired number of servings.

MEASUREMENT KEY:

Tsp. = Teaspoon

Tbsp. = Tablespoon

(1 Tablespoon = 3 Teaspoons)

4

**SUGGESTED USES FOR
THE BLENDING CUPS**

6 - 11

SAVOURIES

12 - 17

DESSERTS

18 - 25

SMOOTHIES

Images shown are for illustration purposes only and may vary slightly from the recipes.

SUGGESTED USES FOR THE BLENDING CUPS

PURPOSE	BLENDING CUP	TYPE OF FOOD
Chopping	800 millilitre 1 litre	Nuts Chocolate
Grating	800 millilitre	Cheese Breadcrumbs
Mixing	800 millilitre 1 litre	Batter Dips
Sauces	800 millilitre 1 litre	Vinaigrettes Salad dressings Simple sauces
Frozen Blending	800 millilitre 1 litre	Ice Frozen fruit Ice cream
Nutrient Juices Smoothies	800 millilitre 1 litre	

WARNING:
Never blend hot ingredients. Do not microwave the cups or lids for longer than 1 minute. Do not microwave sealed containers.



HERB & GARLIC BUTTER

INGREDIENTS:

2 Garlic cloves
2 Sprigs parsley
2 Tsp. Thyme leaves
1 Tsp. Oregano leaves
90g Butter (diced)

DIRECTIONS:

1. Add all ingredients into the 800ml blending cup
2. Blend until herbs are finely chopped
3. Replace the Blade attachment with the Easy-Sip Lid. Make sure that the drinking hole is open, then microwave on high for 45 seconds (or until butter has melted)*
4. Spread the butter mixture onto French bread. Then wrap the bread in foil and grill/bake in the oven on high for about 10-15 minutes.

*Do not microwave the blending cups or lids for longer than 1 min. **Never blend hot ingredients.** Do not microwave sealed containers.



PESTO

INGREDIENTS:

1 Cup washed and dried basil leaves
2 Large garlic cloves (peeled)
60g Almonds or walnuts
125ml Olive oil
50g Parmesan cheese (diced)

DIRECTIONS:

1. Add all ingredients to the 1L blending cup
2. Pulse until the mixture becomes a coarse paste (press down on the cup & release almost immediately)
3. Great for pasta or as a dipping sauce



CHICKEN SALAD SANDWICH FILLING

INGREDIENTS:

250g Cooked chicken (diced)
1 Dill pickle (sliced)
½ Stalk celery (sliced)
1 Small pickled onion (sliced)
45 – 60ml Mayonnaise
Handful of pecan nuts (optional)
Salt & pepper to taste

DIRECTIONS:

1. Add all ingredients (in the order on the left) to the 1L blending cup
2. Pulse until the mixture is of the preferred consistency
3. Remove the cup & shake the contents if necessary
4. Makes enough filling for about 2-3 sandwiches

WARNING:

Never blend hot ingredients.



WHITE SAUCE

INGREDIENTS:

2 Cups milk
30ml Flour
45ml Butter
Salt to taste

DIRECTIONS:

1. Add all ingredients to the 1L blending cup
2. Blend for about 20 seconds
3. Pour the mixture into a suitable microwaveable container & microwave for about 3 – 4 minutes on high, stirring every minute

WARNING:

Never blend hot ingredients.

VARIATIONS:

Tomato Sauce: Add 60g tomato puree & 15ml sugar to the finished white sauce and reheat

Parsley Sauce: Add a handful of parsley to the basic white sauce ingredients before blending



TRADITIONAL TWO-EGG OMELETTE

INGREDIENTS:

2 Eggs
15ml Water
2 Sprigs fresh parsley
2 or 3 Fresh chives
30g Cheese (Cheddar or Gouda)
30ml Butter
Salt & pepper to taste

DIRECTIONS:

1. Add all ingredients (except butter) to the 800ml blending cup
2. Pulse for a few seconds
3. Heat the butter in a non-stick fry pan
4. Pour the egg mixture into the frying pan to evenly coat the bottom
5. When cooked, add extra cheese & filling if required & fold over
6. Slide the cooked omelette onto the plate

FILLINGS:

Basic filling:

1 small tomato (quartered),
60g ham, 30g cheese

Mega filling:

½ green pepper,
2 spring onions, 2 or
3 mushrooms, 1 small tomato. Cut the
vegetables into chunks & pulse to chop



CREAMY PARMESAN SAUCE

INGREDIENTS:

45g Soft butter
1 Garlic clove to taste
15ml Mixed herbs
(parsley, thyme, oregano)
125ml Cream
60ml Liquid chicken stock
80g Parmesan cheese
(diced)
Salt & pepper to taste

DIRECTIONS:

1. Add butter, garlic clove, herbs, chicken stock & cheese into the 1L blending cup
2. Pulse until the mixture is smooth
3. Replace the Blade attachment with the Easy-Sip Lid. Make sure that the drinking hole is open, then microwave on high for about 1 minute.*
4. Season with salt & pepper

*Do not microwave the blending cups or lids for longer than 1 min. **Never blend hot ingredients.** Do not microwave sealed containers.



LEMON CHEESECAKE FILLING

INGREDIENTS:

1 Cup sweetened condensed milk
1 Cup cream
70ml Lemon juice

DIRECTIONS:

1. Add all ingredients to the 1L blending cup
2. Pulse until all ingredients are combined (do not overmix)
3. Pour the mixture into glasses & leave to chill in the refrigerator for about 1 hour
4. Garnish with lemon zest and serve with whipped cream



CHOC CHILL

INGREDIENTS:

30g Castor sugar
120ml Water
180g Mint chocolate
3 Egg Yolks
125ml Cream

DIRECTIONS:

1. Add sugar and water to a pot and bring to a boil
2. Once boiled, allow to cool and pour into 1L blending cup
3. Add chocolate to the 1L blending cup and blend until the chocolate has melted
4. Add the egg yolks and blend well
5. Add the cream and blend until combined (do not over mix)
6. Pour the mixture into serving dishes and freeze overnight
7. Serve with whipped cream



TIP:
Open the blade cap slowly after blending

PERFECT PANCAKES

INGREDIENTS:

1 Cup milk
1 Egg
2 Tbsp. oil
120g Flour
25ml Baking powder
30ml Sugar
Pinch of salt

DIRECTIONS:

1. Add all ingredients to the 1L blending cup
2. Blend until the mixture is smooth
3. Pour the desired amount into a pre-heated frying pan
4. Makes about 6 large pancakes or about 12 mini pancakes



DELUXE OREO MILKSHAKE

INGREDIENTS:

3 Scoops vanilla ice cream
6 Oreos
¾ Cup milk
Chocolate sauce

DIRECTIONS:

1. Add ice cream, oreos and milk to the 1L blending cup
2. Blend the mixture until the desired consistency
3. Coat the serving glasses with chocolate sauce
4. Pour the mixture into the serving glasses



PEPPERMINT SURPRISE MILKSHAKE

INGREDIENTS:

6 Scoops vanilla ice cream
 ½ Cup milk
 1 Peppermint chocolate slab
 (diced)
 30ml Coco powder
 30ml Milo

DIRECTIONS:

1. Add all ingredients into the 1L blending cup
2. Blend the mixture until the desired consistency



NUTS ABOUT NUTELLA MILKSHAKE

INGREDIENTS:

2 Bananas (diced)
 250ml Vanilla ice cream
 60ml Nutella spread
 ½ Cup cream
 ½ Cup milk
 Chocolate sauce

DIRECTIONS:

1. Add all ingredients (except chocolate sauce) into the 1L blending cup
2. Blend the mixture until the desired consistency
3. Coat the serving glasses with chocolate sauce
4. Pour the mixture into the serving glasses



GREEN MACHINE

INGREDIENTS:

12 Almonds
2 Handfuls kale
1 Cup broccoli
1 Tsp. cinnamon
½ Banana (diced)
½ Cup blueberries

DIRECTIONS:

1. Add all ingredients into the 1L blending cup
2. Then fill the 1L blending cup to the maximum mark with water
3. Blend the mixture until the desired consistency and enjoy



CHOC BERRY

INGREDIENTS:

2 Handfuls spinach
2 Tbsp. cocoa powder
1 Cup blueberries
½ Avocado

DIRECTIONS:

1. Add all ingredients into the 1L blending cup
2. Then fill the 1L blending cup to the maximum mark with water
3. Blend the mixture until the desired consistency and enjoy



VERY BERRY

INGREDIENTS:

10 Cashew nuts
2 Tbsp. cocoa powder
2 Handfuls kale
½ Cup raspberries
½ Cup blueberries
¼ Cup oats

DIRECTIONS:

1. Add all ingredients into the 1L blending cup
2. Then fill the 1L blending cup to the maximum mark with water
3. Blend the mixture until the desired consistency and enjoy



SKIN CLEANSE

INGREDIENTS:

10 Walnuts
2 Handfuls spinach
1 Cup papaya
½ Avocado

DIRECTIONS:

1. Add all ingredients into the 1L blending cup
2. Then fill the 1L blending cup to the maximum mark with water
3. Blend the mixture until the desired consistency and enjoy



BRAIN BOX

INGREDIENTS:

10 Almonds
2 Tbsp. chia or flax seed
1 Handful kale
½ Steamed sweet potato

DIRECTIONS:

1. Add all ingredients into the 1L blending cup
2. Then fill the 1L blending cup to the maximum mark with water
3. Blend the mixture until the desired consistency and enjoy



FOUNTAIN OF YOUTH

INGREDIENTS:

5 Walnuts (halved)
2 Handfuls spinach
1 Nectarine
½ Avocado
½ Cup blueberries

DIRECTIONS:

1. Add all ingredients into the blending cup
2. Then fill the 1L blending cup to the maximum mark with water
3. Blend the mixture until the desired consistency and enjoy



PEANUT BUTTER BREAKFAST SMOOTHIE

INGREDIENTS:

2 Bananas
250ml Vanilla yoghurt
1 Cup oats
2 Tbsp. peanut butter
1 Cup ice
1 Cup milk

DIRECTIONS:

1. Add all ingredients into the 1L blending cup
2. Then fill the 1L blending cup to the maximum mark with water
3. Blend the mixture until the desired consistency and enjoy



RASPBERRY BONANZA

INGREDIENTS:

1 Cup raspberries
 $\frac{3}{4}$ Cup apple juice
 $\frac{1}{2}$ Cup vanilla yoghurt
1 Banana
1 Tbsp. Chia seeds
1 Tbsp. Flax seed oil

DIRECTIONS:

1. Add all ingredients to 1L blending cup
2. Then fill the the 1L Blending Cup to the maximum mark with water
3. Blend the mixture until the desired consistency and enjoy





Bennett Read

1000W NUTRITION EXTRACTOR

THE **POWER & SPEED** TO EXTRACT NUTRITION

