



# Russell Hobbs



## RECIPES PERFORMANCE BLENDER

2 YEAR WARRANTY

RHBL6010AU

RECIPES



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## RECIPES: PERSONAL BLENDER BOTTLE

RHBL6010AU

RECIPES

## **INSTRUCTIONS FOR ALL PERSONAL BLENDER BOTTLE RECIPES:**

**PLACE ALL INGREDIENTS IN THE BOTTLE AND USE THE 'SINGLE SERVE' AUTO FUNCTION.**

**SERVES 1**

### **THE WATERSLIDE**

1 banana  
1 cup orange juice  
4 strawberries  
1 cup chopped frozen watermelon

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### **COCOMAGIC**

1 cup pineapple coconut water  
1 banana  
½ cup cranberry juice  
1 cup frozen raspberries

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### **SUMMER FRUITS SLUSHIE**

1 lime, juice only  
1 cup orange juice  
1 cup red grapes  
1 large ripe peach, peeled and diced (or tinned)  
½ cup frozen raspberries

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### **BERRIE DELICIOUS SMOOTHIE**

6 strawberries  
½ cup frozen raspberries  
1 cup low fat berry yoghurt  
1 cup orange juice

## **BREAKFAST POWER SMOOTHIE**

1 cup milk  
1 cup frozen raspberries  
1 cup natural yoghurt  
1 ripe banana  
2 tbs \*LSA mix (linseeds, sunflower seeds & almonds)  
1 tbs honey

\*Purchase LSA mix from most supermarkets in the health aisle or your health food shop.

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## **PURPLE PEAR SMOOTHIE**

1 cup apple juice  
1 cup frozen blueberries  
1 pear, cored and halved

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## **PINEAPPLE PASSION SMOOTHIE**

1 cup fresh pineapple, chopped  
1 cup vanilla yoghurt  
1 passion fruit, pulp only  
1 cup orange juice

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## **BERRY BERRY SMOOTHIE**

1 cup cranberry juice  
1 cup frozen mixed berries  
4 strawberries, hulled & halved  
½ cup low fat strawberry yoghurt

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## **BANANA, SOY & BERRY**

1 banana  
1 cup soy milk  
½ cup frozen mixed berries  
1 tsp vanilla extract  
1 tsp honey

## **APPLE MAGIC**

½ apple, halved  
1 cup cloudy apple juice  
Juice of half a lemon  
1 kiwi fruit, peeled and quartered

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## **BANANA BENDER**

1 banana  
1 cup low fat milk  
½ cup vanilla low fat yoghurt  
1 tsp honey  
¼ tsp nutmeg  
2 ice cubes

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## **ORANGE MANGO TANGO**

½ cup orange juice  
1 cup plain or vanilla flavoured yogurt  
½ cup fresh mango  
4-5 ice cubes



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## RECIPES: BLENDER JUG

RHBL6010AU

RECIPES

## PEANUT BUTTER

### Ingredients:

3 cups peanuts

⅓ cup peanut oil

### Method:

Place all ingredients into the blender. Press AUTO plus 2 to blend. For a chunkier nut butter, press PULSE/STOP when it has reached your desired consistency.

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## RICE FLOUR

### Ingredients:

½ cup white rice

### Method:

Freeze rice for 15 minutes prior to blending. Place into the blender and select AUTO plus 4 to grind into flour.

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## STRAWBERRY SENSATION SMOOTHIE

### Ingredients:

1 cup pineapple juice

2 cups vanilla flavoured yogurt

1 cup fresh strawberries

8-10 ice cubes

### Method:

Place all ingredients, in the order listed, into your blender. Select AUTO plus 5 to blend.

## FRESH TOMATO FUSION SALSA

### Preparation Time:

65 minutes

### Ingredients:

½ small purple onion, peeled, quartered  
2 cloves garlic, peeled  
½ cup fresh coriander leaves, stems removed  
½ chipotle chilli (canned)  
¼ teaspoon salt  
6 large plum tomatoes, cored, seeded, cut in half  
Corn chips to serve

### Method:

1. Place all ingredients in the order listed (except the chips) in the blender jar and pulse just until chunky, 3 to 4 times. Avoid over-mixing.
2. Chill for 1 hour to allow flavours to marry. Serve with corn chips.

Serves 4-6

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## MANGO PINEAPPLE SALSA

### Preparation Time:

65 minutes

### Ingredients:

½ small purple onion, peeled, quartered  
2 cloves garlic, peeled  
½ cup fresh coriander leaves, stems removed  
¼ teaspoon salt  
4 large plum tomatoes, cored, seeded, cut in half  
1 cup mango chunks  
½ cup pineapple chunks  
½ seeded jalapeño pepper  
1 pitted and skinned avocado, quartered  
Corn chips to serve

### Method:

1. Place all ingredients in the order listed, except the chips, in the blender and pulse just until chunky, 2 to 3 times. Avoid over-mixing.
2. Chill for 1 hour to allow flavours to marry. Serve with corn chips.

Serves 4-6



## ROASTED TOMATO & ONION SALSA

### Preparation Time:

50 minutes

### Ingredients:

1 small purple onion, peeled, quartered  
1 tablespoon olive oil  
2 cloves garlic, peeled  
½ cup fresh coriander leaves, stems removed  
½ chipotle chilli (canned)  
½ teaspoon salt  
6 large plum tomatoes, cored, seeded, cut in half  
Corn chips to serve

### Method:

1. Preheat the oven to 200°C.
2. Place the tomatoes, cut side up, on a baking sheet and add 1 peeled purple onion, cut in chunks. Drizzle with 1 tablespoon olive oil and roast for 20-25 minutes, until slightly tender.
3. Cool to room temperature and spoon into blender. Add all remaining ingredients to blender. Pulse until almost smooth.

Serves 4-6

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## SMOKEY HOT SALSA

### Preparation Time:

65 minutes

### Ingredients:

½ small purple onion, peeled, quartered  
2 cloves garlic, peeled  
½ cup fresh coriander leaves, stems removed  
1-2 canned chipotle chillies (according to taste)  
1-2 teaspoons chipotle sauce  
¼ teaspoon salt  
6 large plum tomatoes, cored, seeded, cut in half  
Corn chips to serve

### Method:

1. Place all ingredients in the order listed (except the chips) in the blender and pulse just until chunky, 3 to 4 times. Avoid over-mixing.
2. Chill for 1 hour to allow flavours to marry. Serve with corn chips.

Serves 4-6

## ALMOND HONEY BUTTER

### Preparation Time:

5 minutes

### Ingredients:

3 cups blanched almonds, unsalted

Pinch of salt (optional)

4 to 10 tablespoons canola oil, as needed

3 tablespoons honey

### Method:

1. Place the almonds, salt and 4 tablespoons oil into the blender and select AUTO plus 2.
2. Scrape down the sides of the blender and pulse to blend, adding the remaining oil, if a smoother consistency is desired.
3. Add the honey and pulse until well-combined.
4. Store in a sealed container in the refrigerator ready to serve.

Makes 1 cup

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## CREAMY DELUXE MAYONNAISE

### Preparation time:

5 minutes

### Ingredients:

2 egg yolks

½ teaspoon salt

¼ teaspoon dry mustard

2 teaspoons lemon juice plus extra according to preference

1 cup vegetable oil

¼ teaspoon black pepper

### Method:

1. Place the egg yolks in the blender jug and pulse until mixed. Add the salt, mustard and 2 teaspoons lemon juice.
2. Select AUTO plus 3 and slowly add the oil through the pour spout as the blender is running. As the mayonnaise emulsifies, it will thicken. When thick and smooth, taste and adjust seasonings as desired.
3. Add extra lemon juice according to your preference. Store in the refrigerator in a tightly sealed container. Keeps for about 1 week.

Makes about 1 cup

## ROASTED TOMATO AND BASIL PESTO SAUCE

### Preparation time:

60 minutes

### Ingredients:

2kg plum tomatoes, peeled, seeded and cut in half  
5 cloves garlic, peeled, cut in half  
1 medium yellow onion, peeled, quartered  
3 tablespoons olive oil, divided  
Salt and pepper to taste  
6 fresh basil leaves (or 1 teaspoon dried basil)  
2 sprigs fresh oregano (or ½ teaspoon dried oregano)

### Method:

1. Preheat the oven to 200°C. Place the tomatoes, cut side up on a large baking tray and add 1 clove garlic and the onion. Arrange the tomatoes, garlic and onion so they do not touch each other.
2. Drizzle 1 tablespoon oil over all and roast for 30-35 minutes, or until very tender. Remove and cool to room temperature.
3. Place the cooled vegetables, remaining garlic and oil in the blender and add the salt and pepper to taste, along with the basil and oregano. Select AUTO plus 5 and blend until just chunky-smooth.
4. Heat the sauce in a saucepan over medium heat, stirring occasionally, until warmed throughout. Serve over hot pasta, grilled chicken or fish.

Makes 4 cups

## **TASTY TODDLER ENTRÉE**

### **Preparation time:**

30 minutes

### **Ingredients:**

110g boneless, skinless chicken breast

¾ to 1 cup canned green beans

Pinch of salt

2 tablespoons butter

1. Place the chicken breast in a shallow sauté pan and add 4 tablespoons water. Cover tightly and poach the chicken for 11-13 minutes on medium heat until the chicken is tender, but cooked through completely and no pink remains.
2. Remove and let stand in the poaching liquid to cool. Remove any visible fat and cut into 5cm pieces. Allow to cool.
3. Place the chicken and remaining liquid into the blender. Add the green beans, salt and butter. Pulse until chunky-smooth or to your child's preference. Store in the refrigerator in single, meal-sized plastic containers. Seal tightly.
4. Warm in the microwave oven before serving. After serving, discard any uneaten portion.

Makes 6-8 small portions

## **CREAMY BUTTERNUT PUMPKIN SOUP**

### **Preparation Time:**

60 minutes

### **Ingredients:**

2 tablespoons butter

1 small onion, chopped

900g butternut pumpkin, peeled, seeded and cut into 1-inch cubes

2 cups chicken or vegetable stock

⅛ tsp salt

⅛ tsp black pepper

½ cup double cream

### **Method:**

1. Melt butter in large sauce pan on medium heat. Add onion; cook and stir 3 minutes or until tender.
2. Add pumpkin, chicken broth, salt and pepper. Bring to boil. Reduce heat to medium low, cover and simmer 20 minutes or until pumpkin is tender.
3. Allow ingredients to cool for 30 minutes.
4. Puree pumpkin mixture in two batches on speed 2, 15 seconds or until smooth. Return pureed soup to sauce pan. Stir in cream and heat through. Do not boil.

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## This image shows a full page of a handwriting practice worksheet. It consists of approximately 20 horizontal rows. Each row is defined by two parallel dotted lines, creating a series of uniform gaps for writing. The entire page is otherwise blank, with no margins, text, or other markings.