



THE KOIOS HAND BLENDER COOKBOOK

Here are a selection of fantastic recipes that can be created using the KOIOS Hand Blender and its attachments. Healthy baby food pureés, tasty wholesome soups and vitamin packed smoothies can all be created with ease.

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Blue Cheese Dressing

Ingredients

- 100g (4oz) blue cheese
- 60ml (4 tbsp) of mayonaise
- juice of 1 lemon
- 142 ml (5 fl oz) soured cream
- 5ml (1 tsp) of whole grain mustard
- Salt and freshly ground pepper

Preparation Time: 5 minutes

Cooking time: 0 minutes

Serves: 2 to 4

Method

- 1 Fit the blade in to the Chopper attachment and crumble 75g (3oz) of the blue cheese in to the Chopper bowl. Add the mayonaise, lemon juice, soured cream, mustard and seasoning.
- 2 Fit the lid to the bowl and attach the KOIOS Power Unit. Blend on the standard speed or speed 4 depending on the model for approximately 30seconds, scraping down if necessary until well combined. Remove the lid and the blade and add the remaining crumbled blue cheese.
- 3 Serve drizzled over tossed salad of crispy bacon, walnut, pear, avocado and salad leaves.
- 4 Shake or stir just before serving.



Dairy Breakfast Shake

Start your day with this satisfying breakfast shake.

Ingredients

- 1 banana
- 250ml (8oz) cold milk
- 30 ml (2tbsp) of breakfast oats
- 15ml (1tbsp) of honey or brown sugar
- 2 small ice cubes

Preparation Time: 1 minutes

Cooking time: 0 minutes

Serves: 1 - 2 portions

Method

- ➊ Add all the ingredients to the KOIOS Beaker
- ➋ Attach the Standard KOIOS attachment and lower in to the beaker at an angle. Blend the ingredients together using Turbo, for approximately 10-15 seconds to create a smooth and tasty breakfast milkshake.
- ➌ Shake or stir before serving if stored. Consume within 24 hours.



Guacamole

Ingredients

- 3 small ripe avocado (chopped)
- 1 Garlic Clove
- 2 tbsp Coriander
- 4 tbsp Plain Yoghurt
- Juice of a lime
- ½ Chilli (optional)
- Salt & Pepper

Preparation Time: 3 minutes

Cooking time: 0 minutes

Serves: 4

Method

- 1 Fit the blade into the Chopper attachment and add all the ingredients to the bowl.
- 2 Fit the lid to the bowl and attach the KOIOS Power Unit. Blend on the standard speed or speed 4 depending on the model for approximately 20 seconds stopping and scraping down if necessary until well combined.
- 3 Carefully remove the blade and then serve with nachos.
- 4 Consume within 24 hours.



Hummus

Ingredients

- 125g (4oz) tinned chickpeas
- Juice of 1 lemon
- 30ml (1.5 tbsp) tahini
- 2 cloves garlic
- 50ml (3 tbsp) olive oil
- Pinch of salt

Preparation Time: 2 minutes

Cooking time: 0 minutes

Method

- 1 Fit the blade into the Chopper attachment and add all the ingredients to the bowl
- 2 Fit the lid to the bowl and attach the KOIOS Power Unit. Blend on the standard speed or speed 4 depending on the model for approximately 30 seconds, scraping down if necessary until well combined.
- 3 Remove the lid and the blade and spread the hummus paste onto pitta bread or eat as a dip with vegetable sticks or tortilla chips.

Note: Fresh Hummus will last up to 7 days if refrigerated.

Mayonnaise



Ingredients

- 1 whole egg and 1 egg yolk
- 5ml (1tsp) mild Dijon mustard
- 15ml (1tbsp) white wine vinegar
- 300ml sunflower or vegetable oil
- Salt and freshly ground pepper

Preparation Time: 5 minutes

Cooking time: 0 minutes

Method

- ➊ Add the eggs, mustard and vinegar to the beaker and using the Standard KOIOS attachment gently blend the ingredients together on the standard speed or speed 1 depending on the model.
- ➋ With the blender still running, slowly drizzle the oil into the beaker and continue to blend until the mixture becomes thick and smooth.
- ➌ Once you have the correct consistency add salt and pepper to taste.

Note: Fresh Mayonnaise can be stored in the refrigerator for up to 7 days.

Pesto



Ingredients

- 1/2 clove of garlic
- 1 handful (10-15g) of pine nuts
- 1 handful (10-15g) of grated parmesan
- 3 handfuls (25-30g) of basil
- 30ml (2tbsp) olive oil
- Splash of lemon juice (optional)
- Salt & freshly ground pepper

Preparation Time: 2 minutes

Cooking time: 0 minutes

Serves: 2 to 4 portions

Method

- ❶ Fit the blade into the Chopper attachment and add all the ingredients to the bowl in the order as listed above.
- ❷ Fit the lid to the bowl and attach the KOIOS Power Unit. Blend on the standard speed or speed 4 depending on the model for approximately 20 seconds stopping and scraping down, if necessary, until well combined.
- ❸ If the pesto seems quite dry add a little more olive oil and blend again.
- ❹ Can be used as a pasta sauce, added to tomato soup for extra flavour or added to sliced tomatoes and potatoes.

Note: Fresh pesto will last up to 10 days if refrigerated.



Salsa Recipe

Ingredients

- 1/2 small tomato
- 1/4 red pepper
- 1/4 red onion
- Juice of half a lime
- 1/2 tsp coriander
- 1 tsp lazy chillies
- Pinch of salt & pepper
- Pinch of sugar

Preparation Time: 3 minutes

Cooking time: 0 minutes

Serves: 4 portions

Method

- ❶ Fit the blade into the Chopper attachment and add all the ingredients to the bowl.
- ❷ Fit the lid to the bowl and attach the KOIOS Power Unit. Blend on the standard speed or speed 4 depending on the model for approximately 20 seconds stopping and scraping down if necessary until well combined. The longer you process the smoother the salsa will become.
- ❸ Carefully remove the blade and then serve with nacho's.
- ❹ Consume within 24 hours.



Simple Fruit SmoothieSimple Fruit Smoothie

Ingredients

- 5 strawberries, topped
- 1 kiwi, peeled
- 250ml (8oz) orange juice
- ½ banana

Preparation Time: 5 minutes

Cooking time: 0 minutes

Serves: 1-2 portions

Method

- ➊ Add all of the ingredients to the KOIOS beaker.
- ➋ Attach the Standard KOIOS attachment and lower into the beaker at an angle. Blend the ingredients together using Turbo for approximately 10 to 15 seconds to create a healthy fruit smoothie.
- ➌ Shake or stir before serving if stored. Consume within 24 hours.

Spiced Sweet Potato Soup



Ingredients

- 900g (2lb) sweet potatoes, peeled and sliced thickly
- 1 clove garlic, chopped
- 45ml (3tbsp) olive oil
- 1 red onion, chopped
- 2 celery sticks, chopped
- 1 carrot, chopped
- 2 sprigs thyme
- 15ml (1tbsp) ground cumin
- 2.5ml (½tsp) hot pepper sauce
- 1.2l (2pts) vegetable stock
- Freshly ground black pepper

For the cream:

- 2.5ml (½tsp) paprika
- 2.5ml (½tsp) cayenne pepper
- 100ml (3½ floz) crème fraîche

To garnish:

- Sprig of coriander
- Paprika
- Black pepper

Method

- 1** Preheat the oven to 200 °C, 400 °F, gas mark 6. Place the potatoes and garlic in a roasting tin and drizzle over 30ml (2tbsp) of the olive oil. Bake for 30 minutes, until potatoes are tender.
- 2** Meanwhile heat the remaining oil in a large deep saucepan and cook the onion, celery, carrot and thyme for 10 minutes, stirring occasionally.
- 3** Stir in the sweet potatoes and any pan juices. Add the cumin, hot pepper sauce, pepper and stock and bring to the boil. Cover and simmer for 20 minutes.
- 4** Remove the pan from the heat and using the KOIOS Pan Blending attachment push into the mixture to submerge. Blend on the standard speed or speed 5 for depending on the model for approximately 2 minutes until smooth. Return to the heat and warm through.
- 5** For the cream: lightly stir the spices into the crème fraîche. Pour the hot soup into warmed serving bowls and spoon cream into the centre. Garnish with sprigs of coriander and dust with paprika and freshly ground black pepper.

Preparation Time: 15 minutes / **Cooking time:** 55 minutes / **Serves:** 4



Spring Pea, Bacon and Mint Soup

Ingredients

- 25g (1oz) unsalted butter
- 8 rashers of smoked back bacon, chopped
- 2 leeks, chopped
- 1 clove garlic, chopped
- 500g (1lb 2oz) fresh or frozen peas
- 1 bunch of mint leaves, roughly chopped
- 1.2l (2pts) chicken stock

To garnish:

- flowering mint/ chives chopped
- bacon, chopped
- cream
- pea

Preparation Time: 10 minutes

Cooking time: 35 minutes

Serves: 4

Method

- ❶ Melt the butter in a deep saucepan and cook the bacon, leeks and garlic for 5 minutes until softened.
- ❷ Add the peas, mint and stock and bring to the boil. Cover and simmer for 20-25 minutes until the peas are tender.
- ❸ Remove the pan from the heat and using the KOIOS Pan Blending attachment push in to the mixture to submerge. Blend on speed 5 or turbo for approximately 1½ minutes until smooth. Return to the heat and warm through.
- ❹ Serve into warm serving bowls and garnish with a swirl of cream, flowering herbs, bacon and a few peas.

Summer Fruit Purée (6 months+)



Ingredients

- 1 small apple, chopped
- 1 ripe peach, chopped
- 50g strawberries, chopped
- 40g blueberries
- 15g (2tbsp) baby rice

Preparation Time: 5 minutes

Cooking time: 5 minutes

Serves: 2 to 3 portions

Method

- ➊ Add all the ingredients to a pan and simmer on a low heat for 5 minutes until the fruit becomes tender.
- ➋ Remove the pan from the heat and using the KOIOS pan blender push into the mixture to create a puree. Process on the standard speed or speed 2 depending on the model.
- ➌ Serve warm and consume immediately or the baby food can be frozen in portions.



Ingredients

- 250ml Almond Milk
- 1 Banana
- 1 tbsp Raw Cacao Powder
- 2 tbsp Agave Syrup
- 1 tbsp Cacao Nibs

Preparation Time: 5 minutes

Cooking time: 5 minutes

Serves: 2

Difficulty: Easy

Equipment: KOIOS System Pro
Blending Wand

Method

- 1 Peel and chop the banana.
- 2 Add all the ingredients into the hand blender beaker.
- 3 Attach the KOIOS System Pro Blending Wand to the handblender and lower it down in the beaker at an angle.
- 4 Blend the ingredients together using Turbo function until smooth.
- 5 Pour into a glass and enjoy!



Tapenade

Ingredients

- 100g (4oz) black olives, pitted
- 30ml (2tbsp) capers
- 1 clove garlic, chopped
- 2 anchovies
- 30ml (2tbsp) lemon juice
- 30ml (2tbsp) olive oil
- Salt and freshly ground pepper

Preparation Time: 5 minutes

Cooking time: 0 minutes

Serves: 2 to 4

Method

- 1 Add all of the ingredients to the KOIOS beaker.
- 2 Attach the Standard KOIOS attachment and lower it into the beaker at a slight angle. Blend the ingredients together using the standard speed or speed 4, depending on the model, for approximately 10 to 15 seconds to create a smooth paste texture.
- 3 Serve on toasted bread or crudit  for dipping.



Tomato Sauce

Ingredients

- 500g (18oz) peeled tomatoes
- 1 clove garlic
- Pinch of sugar
- Salt and freshly ground pepper
- 50ml (4tbsp) olive oil

Preparation Time: 3 minutes

Cooking time: 0 minutes

Method

- 1 Add the tomatoes, garlic, sugar and seasoning to a pan and bring to the boil. Cover and reduce to a simmer for 45 minutes
- 2 Remove the pan from the heat and using the KOIOS Pan Blending attachment push into the mixture to submerge. Blend on the standard speed or speed 5 depending on the model for approximately 1½ minutes until smooth.
- 3 Allow to cool and pour into a clean container and store in the refrigerator.

Note: Fresh Tomato sauce will last up to 7 days.



Ingredients

- 200g (7oz) sweet potato, peeled and diced
- 200g (7oz) carrot, peeled and sliced
- 100g (4oz) parsnips, peeled and diced

Preparation Time: 5 minutes

Cooking time: 25 minutes

Serves: 6 portions

Method

- 1 Add all the ingredients to a pan of water and bring to the boil. Cover and simmer for 20-25 minutes until the vegetables are soft and tender.
- 2 Remove the pan from the heat and drain the vegetables. Return to the pan and using the KOIOS Masher attachment select the standard speed or speed 1 depending on the model and push into the mixture until you achieve the texture you require. If necessary add a little water or baby milk to create a purée.
- 3 Serve warm and consume immediately or if using for baby food freeze in portions once cooled. Will provide up to 6 portions.



Vegetable Soup

Ingredients

- 200g (7oz) sweet potato, peeled and diced
- 200g (7oz) carrot, peeled and sliced
- 100g (4oz) parsnips, peeled and diced

Preparation Time: 5 minutes

Cooking time: 25 minutes

Serves: 6 portions

Method

- 1 Add all the ingredients to a pan of water and bring to the boil. Cover and simmer for 20-25 minutes until the vegetables are soft and tender.
- 2 Remove the pan from the heat and drain the vegetables. Return to the pan and using the KOIOS Masher attachment select the standard speed or speed 1 depending on the model and push into the mixture until you achieve the texture you require. If necessary add a little water or baby milk to create a pureé.
- 3 Serve warm and consume immediately or if using for baby food freeze in portions once cooled. Will provide up to 6 portions.



Butternut Squash and Quinoa Hotcakes

Ingredients

- 300g Butternut Squash
- 100g Quinoa
- Salt (to taste)
- 135g Flour
- 1 tsp Baking Powder
- 185g Milk (semi skimmed)
- 1 Egg
- 2 tbsp Butter (unsalted, melted)
- 45g Yoghurt (natural, low fat)
- ¼ tsp Cayenne Pepper (ground)
- ¼ tsp Paprika (ground)
- ½ tsp Coriander (ground)
- 4 Spring Onions
- 2 tbsp Fresh Coriander (chopped)
- 4 tbsp Rapeseed Oil

TO SERVE

- 120g (20g each) Sour Cream
- Fresh Coriander (to taste)
- 120g (20g each, optional)
Pancetta cubed

Method

- 1 Preheat the oven to 130°C.
- 2 Cut the squash in half and then scoop out the seeds with a spoon. Cut the squash into 2cm cubes and steam until easily broken with a fork – about 20 minutes.
- 3 Rinse the quinoa under cold water, and then add it to a pan with 300ml of cold water and a pinch of salt.
- 4 Bring to a boil on a high heat, then reduce the heat and leave to simmer for 10-15 minutes until the water is just absorbed and the germ has released – do not over cook as it will be too soggy. Once the quinoa is fluffy, take it off the heat and leave to cool.
- 5 Sieve the flour, baking powder and ground spices together in a large bowl and reserve.
- 6 Attach the Large Holed Screen to the Masher Pro attachment and connect that to the hand blender and purée the squash using the Turbo function.
- 7 Remove the coriander from the stalk, chop both ends off the spring onions and then finely chop both.



Butternut Squash and Quinoa Hotcakes

Preparation Time: 10-15 minutes

Cooking time: 35 minutes

Serves: 6 (12 hotcakes)

Difficulty: Medium

Equipment: Metal Masher Pro
and Whisk

TO SERVE

- In a small frying pan, sauté the pancetta over a high heat for 3-5 minutes.
- Finely chop the coriander.
- Place a hotcake onto each plate, spoon on 2 tbsp of sour cream on each and spoon some pancetta on top, place a second hotcake on top of the sour cream and finish by sprinkling the chopped coriander over the hotcakes followed by a few pieces of pancetta.

Method

- 8 Take 100g of the quinoa and mix it with 150g of the squash purée, then stir in the chopped spring onion and coriander. Reserve the rest of the squash for another use.
- 9 Attach the Whisk attachment to the hand blender, add the milk, yoghurt, eggs and melted butter into the beaker.
- 10 Gradually whisk the milk mixture into the flour bowl using a medium speed.
- 11 Then fold the squash and quinoa mix into the batter, with a spatula.
- 12 Heat a tbsp of oil over a medium to high heat in a non-stick frying pan (you need a tbsp per batch of 3 hotcakes).
- 13 Use a spoon or small ladle to pour batter onto the pan, creating a 6-7cm diameter circle.
- 14 Use a teaspoon to spoon on some of the reserved quinoa onto each hotcake – do not press down.
- 15 Cook the hotcakes for 3-4 minutes on each side and then reserve in the oven whilst the rest are cooked.
- 16 If you have any quinoa left, save it for a salad or add to the side of this dish.