

COOKBOOK

BLENDER



TOMATO SAUCE



INGREDIENTS

- 4-5 medium tomatoes
- 1 small onion
- 2 cloves garlic
- 1 tablespoon of olive oil
- Salt to taste
- 1 teaspoon sugar
- Spices to taste

PREPARATION

1. Cut the tomatoes into chunks and chop the onion and garlic.
2. Heat the olive oil in a frying pan over medium heat.
3. Add the onion and garlic and cook until golden brown.
4. Add the tomatoes, salt, sugar and spices.
5. Simmer for 20-30 minutes, stirring occasionally.
6. Transfer the mixture to a blender and blend until a smooth sauce is obtained



FRUIT SMOOTHIE



INGREDIENTS

- 1 ripe banana
- 1 cup strawberries
- 1/2 cup pineapple chunks
- 1/2 cup mango chunks
- 1/2 cup plain yogurt
- 1/2 cup ice

PREPARATION

1. Place all ingredients in a blender.
2. Blend until smooth and homogeneous.
3. Serve and enjoy

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GREEN SMOOTHIE



INGREDIENTS

- 2 cups fresh spinach
- 1 cup pineapple chunks
- 1 ripe banana
- 1 cup orange juice
- 1 tablespoon chia seeds
- 1/2 cup ice

PREPARATION

1. Place all ingredients in a blender.
2. Blend until smooth and homogeneous.



CREAMY SQUASH SOUP



INGREDIENTS

- 2 cups roasted pumpkin
- 1 small onion
- 2 cloves garlic
- 2 cups vegetable broth
- Salt and pepper to taste
- Spices (optional: cinnamon, nutmeg, ginger)

PREPARATION

1. In a saucepan, sauté the onion and garlic until golden brown.
2. Add the roasted pumpkin, vegetable stock, salt, pepper and spices.
3. Cook over medium heat for 10-15 minutes.
4. Transfer the mixture to a blender and blend to a smooth, creamy consistency.
5. Reheat the cream if necessary and serve hot.



PEANUT BUTTER



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INGREDIENTS

- 2 cups roasted peanuts
- 1-2 tablespoons sunflower oil (optional)
- 1 teaspoon honey (optional)
- A pinch of salt

PREPARATION

1. Place the peanuts in the blender and start blending on low speed.
2. As the peanuts break down, increase the speed and continue blending until a smooth consistency is obtained.
3. If you want a smoother texture, add sunflower oil and honey and mix again.
4. Add a pinch of salt and mix to combine.
5. Transfer the peanut butter to an airtight jar and store in the refrigerator.



The best **MEMORIES** start in the **KITCHEN!**