

COOKBOOK

HAND BLENDER

CREAM TOMATO SOUP



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INGREDIENTS

- 2 tablespoons of olive oil
- 1 chopped onion
- 2 minced garlic cloves
- 2 peeled and chopped carrots
- 1 chopped red bell pepper
- 4 large tomatoes, peeled and chopped
- 2 cups of vegetable broth
- Salt and pepper to taste
- 1/2 teaspoon of sugar (optional, to balance the acidity of the tomatoes)
- 1/2 cup of heavy cream (optional)
- Chopped fresh parsley for garnish

PREPARATION

1. Sauté onion, garlic, carrots, and bell pepper in olive oil.
2. Add chopped tomatoes and cook until they soften.
3. Pour vegetable broth and simmer over low heat.
4. Use a hand blender to process the vegetables until smooth.
5. Optional: Add heavy cream to thicken.
6. Heat the soup and season with salt, pepper, and sugar (optional).
7. Serve hot and garnish with chopped parsley

HOMEMADE TOMATO SAUCE FOR PASTA



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INGREDIENTS

- 2 tablespoons of olive oil
- 1 chopped onion
- 2 minced garlic cloves
- 1 can (400 g) of peeled tomatoes
- 2 tablespoons of tomato paste
- 1 teaspoon of sugar
- 1 teaspoon of salt
- 1/2 teaspoon of dried oregano
- 1/2 teaspoon of dried basil
- 1/4 teaspoon of ground black pepper
- Optional: 1/4 teaspoon of red pepper flakes (if you like it spicy)
- Grated Parmesan cheese and fresh basil leaves for garnish

PREPARATION

1. Sauté onion and garlic in olive oil.
2. Add peeled tomatoes, tomato paste, sugar, salt, oregano, basil, pepper, and red pepper flakes (optional).
3. Cook over medium-low heat for 20-30 minutes.
4. Use a hand blender to process the sauce until smooth.
5. Reheat before serving.
6. Serve over pasta and garnish with grated Parmesan cheese and basil leaves.

REFRESHING FRUIT SMOOTHIE



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INGREDIENTS

- 1 ripe banana
- 1 cup of fresh strawberries
- 1 cup of chopped pineapple
- 1 cup of plain yogurt
- 1/2 cup of milk (you can use cow's milk, almond milk, or another plant-based milk)
- 1 tablespoon of honey or sugar (optional, according to your preference)
- Ice cubes (optional, if you want a colder and thicker texture)

PREPARATION

1. Slice the banana and halve the strawberries. If the pineapple isn't already in pieces, cut it into small chunks as well.
2. In the blending jar of an immersion blender, place the sliced fruits, yogurt, and milk.
3. If you want to sweeten the smoothie, add honey or sugar according to your preference.
4. Optional: If you desire a colder and thicker texture, add some ice cubes to the blending jar.
5. Submerge the hand blender into the jar and turn it on. Process the ingredients until you achieve a smooth and homogeneous mixture.
6. Once all the ingredients are well blended and you reach the desired consistency, stop the blender.
7. Pour the fruit smoothie into glasses and enjoy it immediately.

CREAMY HOMEMADE HUMMUS



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INGREDIENTS

- 1 can (400 grams) of cooked chickpeas
- 2 tablespoons of tahini (sesame paste)
- 2 tablespoons of fresh lemon juice
- 2 garlic cloves
- 2 tablespoons of olive oil
- 1/2 teaspoon of ground cumin
- Salt to taste
- Water (optional, to adjust consistency)
- For garnish: olive oil, paprika, and parsley leaves

PREPARATION

1. Rinse and drain the canned chickpeas.
2. In the blending jar of an immersion blender, place the chickpeas, tahini, lemon juice, garlic, olive oil, cumin, and salt.
3. Turn on the hand blender and process the ingredients until you achieve a smooth and creamy mixture. If the consistency is too thick, you can add a little water (1-2 tablespoons) to adjust it to your liking.
4. Taste the hummus and adjust the seasonings as necessary, adding more lemon juice, salt, or cumin according to your preference.
5. Transfer the hummus to a serving bowl.
6. Garnish the hummus with a drizzle of olive oil, sprinkle with a little paprika, and decorate with fresh parsley leaves.
7. Serve the hummus with pita bread, crackers, or fresh vegetables.

HOMEMADE GUACAMOLE



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INGREDIENTS

- 2 ripe avocados
- 1 medium tomato
- 1/4 red onion
- 1 clove of garlic
- 1 lime (juice)
- 1/4 cup of fresh cilantro
- Salt to taste
- Optional: jalapeño or serrano pepper (if you like it spicy)

PREPARATION

1. In the blending jar of an immersion blender, place the peeled and pitted avocados, tomato, onion, garlic, cilantro, and optional chili pepper.
2. Squeeze the lime juice over the ingredients in the jar.
3. Add salt to taste.
4. Process the ingredients until you achieve a smooth and well-combined mixture.
5. Taste the guacamole and adjust the salt or lime juice according to your preference.
6. Transfer the guacamole to a serving bowl.
7. Garnish with additional fresh cilantro leaves.
8. Serve the guacamole with tortilla chips, sliced vegetables, or as a topping for tacos and burritos.

HOMEMADE MAYONNAISE



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INGREDIENTS

- 1 egg
- 1 teaspoon Dijon mustard
- 1 tablespoon lemon juice
- 1 cup vegetable oil (such as sunflower or canola oil)
- Salt to taste
- Optional: a handful of spinach, cilantro leaves, or basil leaves.

PREPARATION

1. In the blending jar of the immersion blender, place the egg, Dijon mustard, lemon juice, and optional green vegetables.
2. Turn on the hand blender and blend until you obtain a smooth and well-combined mixture.
3. While the blender is still running, slowly pour the vegetable oil in a steady stream until the mixture thickens and reaches the consistency of mayonnaise.
4. Taste the mayonnaise and add salt to taste. Blend again to incorporate the salt.
5. Transfer the mayonnaise to a jar or airtight container and store it in the refrigerator.

CAPPUCCINO



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INGREDIENTS

- 1 shot of espresso
- 1 cup milk
- Cocoa powder or cinnamon for sprinkling (optional)

PREPARATION

1. Prepare a cup of fresh coffee according to your preference.
2. In a microwave-safe container, heat the milk for approximately 30-45 seconds until it is hot but not boiling.
3. Place the milk frother of the hand blender into the hot milk.
4. Turn on the frother and submerge it in the milk. Keep it in motion, moving it up and down and from side to side, to create foam.
5. Continue frothing the milk until it reaches the desired consistency.
6. Pour the coffee into a cup and then generously add the milk foam on top.
7. Optionally, add sugar or sweetener to taste and gently stir.

Hand Blender 3 en 1

PRACTICAL

VERSATILE

MULTIFUNCTIONAL

1
BLEND



2
MIX



3
FOAM





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