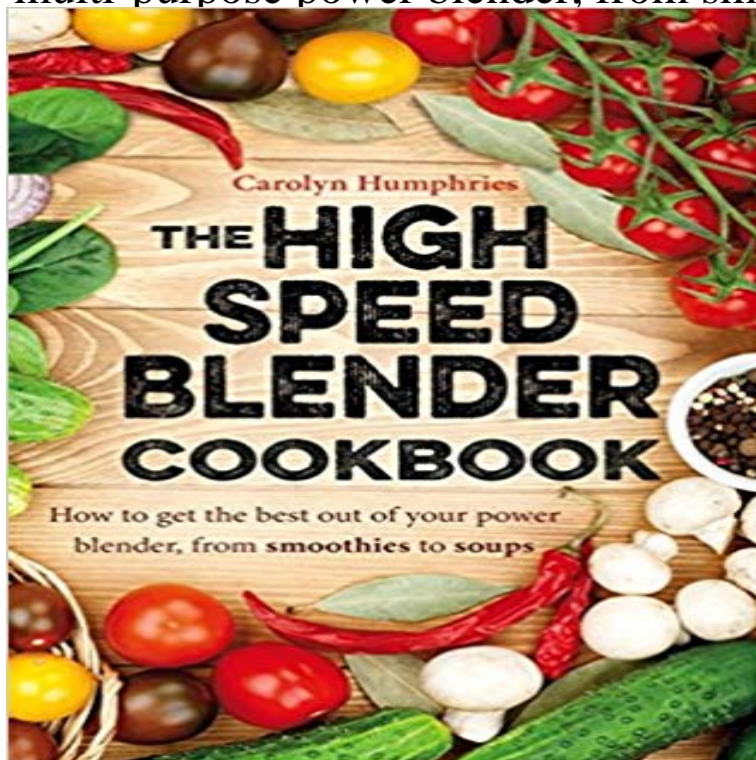


## The High Speed Blender Cookbook: How to get the best out of your multi-purpose power blender, from smoothies to soups



This book will show you how you can use it to whip up the most velvety, vitalising smoothies and drinks, even using tough, fibrous raw vegetables. You will be able to quickly make AND heat up nutritious soups and sauces and, amazingly, produce perfectly frozen, fabulous, ice creams and sorbets in minutes. It will also show how you can use your blender as a food processor, too, for chopping or mixing ingredients and making - to name but a few - fresh, vibrant salsas; fast-kneaded doughs; light, airy batters; even-textured minced mixtures; quick-mix cakes and bakes; effortless ground spice pastes; and even your own flours. If you want a gadget that's amazingly versatile, stunningly efficient and easy to clean, then why not make it a high-speed blender? You'll be able to whiz up drinks, sustaining soups, dips, and spreads, omelettes, bakes, desserts, in fact just about everything you need to make in next to no time, using the freshest ingredients with very little effort.

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