Thank You for Purchasing the Cosori Personal Blender C011-PB!

We’re sure you’re excited to start whirling up amazing things. We anticipated that—so in addition to these recipes and tips, you’ll want to peruse our website for recipe updates (you’re not the only cook in the kitchen!), cool kitchen hacks, and the inside scoop. A whole community awaits what you’re going to cook up.

When you do, you’ll want to show it off with this hashtag!

#iCookCosori

Need Help?
(888) 402-1684 | support@cosori.com | www.cosori.com
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## Smoothies

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Tips & Tricks
Tips & Tricks

Prepare your ingredients

Ingredients (including ice cubes) should be prepared in about \( \frac{1}{2} \)-inch pieces.

Load up properly!

**General rule of thumb:**
- Liquids/yogurt at the bottom of the container as your base
- Smaller ingredients in the middle
- Larger pieces, then ice, on top

It might seem that ice should sit on the bottom right by the blades, but the weight of ice is best utilized when it rests atop all other ingredients. For that reason, cubed ice (as opposed to crushed ice) also works better.

Don’t overdo it

Make optimal use of the container, but don’t overload it beyond the MAX line! Save yourself the extra clean-up that would inevitably result.
Measure liquids right

Flow not going? If mixing the ingredients around with a spoon doesn’t do it, double-check how much liquid you’ve put in. You can underdo liquids (causing your ingredients to not blend well), but you can also overdo them (causing your smoothie to be more watery than preferred, causing liquids to spew out or overflow, etc.). If you’re not sure how to start (if you’re not strictly following a recipe), perhaps start with a splash, then add liquid in increments.

Clean up

The instructions on cleaning in the manual are best. Some users will even “blend” some soapy water when they’re ready to clean up, to start the soaking and washing process.

Lastly, go by the book

Don’t forget we have Helpful Hints and Troubleshooting sections in the manual! If you encounter any trouble while blending, it’s worth giving that page a read.
Sauces
Pesto Sauce

Yield: 1 c  Total Prep Time: 10m

INGREDIENTS

- 4 c fresh basil leaves (from about 3 large bunches)
- ½ c pine nuts, walnuts, or almonds, untoasted
- 3 garlic cloves
- 1 c olive oil
- ½ c parmesan
- salt to taste

DIRECTIONS

1. Combine basil, pine nuts, and garlic in the blender.
2. Add oil in increments between blends.
3. Add cheese and blend until completely smooth.
4. Check for seasoning and adjust with salt as desired.
Chimichurri Paste

**Yield:** 1 ¼ c  
**Total Prep Time:** 28m

**INGREDIENTS**
- ¼ c vinegar
- ½ lemon, juiced
- 1 red onion, diced
- 1 c flat leaf parsley
- ¾ c fresh cilantro leaves, chopped
- ¼ c fresh oregano leaves
- 6 garlic cloves, peeled
- ½ jalapeño
- ⅛ tsp sea salt
- ⅛ tsp ground black pepper
- ¾ c oil

**DIRECTIONS**
1. Place vinegar, lemon juice, onion, parsley, cilantro, oregano, garlic, jalapeño, salt, and pepper into the blender.
2. Pulse 9-10 times.
3. Stop the blender and scrape down the sides of the container with a spatula. Secure lid and continue to pulse 10 more times.
4. Open the container, and slowly pour in olive oil. Resecure the blender.
5. Slowly increase speed to high. Blend for 10 seconds or until desired consistency is reached.
Lemon Dressing

Yield: 2 c  Total Prep Time: 10m

**INGREDIENTS**

- ½ c fresh lemon juice
- 3 tbs dijon mustard
- 2 tbs shallot
- 1 small garlic clove
- 1 tsp honey
- 1 ½ c extra virgin olive oil
- kosher salt
- freshly ground black pepper

**DIRECTIONS**

1. Combine lemon, dijon, shallot, garlic, and honey in blender.
2. After blending, add oil in and blend until fully incorporated.
3. Taste dressing and add salt and pepper to taste.
Avocado Guacamole

Yield: 4 c  Total Prep Time: 15m

INGREDIENTS

- 2 avocados, ripe
- 4 cilantro bunches, destemmed
- 1 clove garlic, chopped
- ½ lime
- 1 14 oz can tomatoes
- ¼ tsp sea salt
- ¼ tsp cumin
- ¼ tsp chili powder

DIRECTIONS

1. Place all items in blender.
2. Pulse 3-5 times.
3. Chill and serve cold.
**Tomato Basil Pasta Sauce**

**Yield:** 2 c  
**Total Prep Time:** 5m  
**Cook Time:** 16m  
**Total Time:** 21m

**INGREDIENTS**
- 1 14 oz can diced tomatoes
- 3 cloves garlic
- 3 tbs olive oil
- 1 tsp sugar
- ½ tsp sea salt
- ½ tsp black pepper
- ¼ tsp oregano
- 6 leaves basil, chopped

**DIRECTIONS**
1. Add 1 tbsp olive oil and garlic to a saucepan over medium heat for 3-4 minutes.
2. Add the tomatoes to the blender and pulse a few times (you can make it more or less chunky by pulsing).
3. Transfer the tomatoes to the saucepan and add the sugar, salt and pepper.
4. Cook for 12 minutes, stirring occasionally.
5. Add the remaining ingredients and stir just before serving.
Cilantro Lime Dressing

**Yield:** ½ c  
**Total Prep Time:** 5m

**INGREDIENTS**
- 4 tbs lime juice, fresh or concentrate  
- 3 tbs oil  
- 2 garlic cloves  
- ½ tsp sugar  
- ¼ tsp. salt  
- 3 tbs cilantro, chopped  
- dash of pepper

**DIRECTIONS**
1. Add all ingredients in blender, and blend until smooth.
Ginger Dressing
(Japanese Steakhouse Style)

Yield: ½ c  Total Prep Time: 5m

**INGREDIENTS**
- 5 baby carrots
- ¼ yellow onion, chopped
- ½ garlic clove
- ½ c water
- 2 tbs fresh ginger root, minced
- 1 tbs seasoned white rice vinegar
- 1 tsp ketchup
- 3 tsp soy sauce
- 2 tsp toasted sesame oil
- 1 tsp honey
- 1 tsp lemon juice
- ½ tsp salt
- ¼ tsp pepper

**DIRECTIONS**
1. Add all ingredients in blender, and blend until smooth.
Happy Hour
Fresh Pineapple Margarita

Yield: 4 cocktails  Total Prep Time: 5m

INGREDIENTS
• 4 c pineapple
• 2 c orange juice
• 2 oz tequila
• 2 oz orange liqueur
• 3 c ice

DIRECTIONS
1. Place all ingredients in blender, and secure lid.
2. Pulse until desired consistency.
Frozen Cosmo

Yield: 2 cocktails  Total Prep Time: 11m

INGREDIENTS
- ½ c cranberry juice
- 4 oz vodka
- 2 oz orange liqueur
- 4 tbs lime juice
- 2 c ice cubes
- ¼ c fresh cranberries

DIRECTIONS
1. Place all ingredients in the blender and seal blender.
2. Blend for 15 seconds.
3. Serve immediately.
Frosé Cocktail (Frozen Rosé)

Yield: 2–3 servings  Total Prep Time: 2h

INGREDIENTS
• 375 ml bottle rosé (½ bottle)
• ¼ c sugar
• 2 oz of frozen raspberries
• 2 oz of frozen peaches
• 1 ½ oz lemon juice

DIRECTIONS
1. Place all ingredients in the blender.
2. Blend for 15 seconds.
3. Place the contents from the blender into a container, then place in the freezer.
4. After 2–3 hours, remove and scoop out frozen rosé cocktail.
Frozen Summer

Yield: 3 servings  Total Prep Time: 40m

INGREDIENTS

- ½ c coconut cream
- 2 ½ c pineapple juice
- ½ c coconut rum
- 2 c blue curaçao
- ice

DIRECTIONS

1. Place first four ingredients into blender and combine.
2. Fill the blender cup to top with ice. Blend until the mixture is smooth.
3. Serve immediately.
Frozen Strawberry Lemonade

**Yield:** 2-3 servings  
**Total Prep Time:** 5m

**INGREDIENTS**
- 2 lemons, squeezed
- 3 c strawberries, fresh or frozen
- 4 tbsp granulated sugar
- ½ c brown sugar
- 3 c ice
- 1 c Water

**DIRECTIONS**
1. Place all ingredients in the blender.
2. Blend for 15 seconds.
3. Serve immediately.
Virgin Piña Colada

**Yield:** 2 servings  
**Total Prep Time:** 10m

**INGREDIENTS**
- 1 c cream of coconut
- ¾ c pineapple juice
- 2 c ice
- Maraschino cherries for garnish

**DIRECTIONS**
1. Open the cream of coconut and stir; it will be slightly separated in the can. Once combined, pour 1 cup into the blender, followed by the pineapple juice.
2. Add the ice to a blender and run for 2-3 minutes until you reach desired consistency.
3. Pour into two glasses and garnish with cherries.
Peach Fizz

Yield: 3 servings  Total Prep Time: 40m

INGREDIENTS
- 3 peaches
- 1 c strawberries
- 1 ½ c apple juice
- 1 ½ sparkling water
- crushed ice

DIRECTIONS
1. Preheat the oven to 175 °C (347°F).
2. Cut peaches in half and remove the pit. Cut strawberries in half. Place the fruit on a baking tray lined with parchment paper and roast for 25 minutes.
3. Take the tray out and leave to cool for 10 minutes or more.
4. Blend roasted fruit together with apple juice to get a smooth pureé.
5. Pour the peach and apple juice mixture over ice and add sparkling water.
Smoothies
Mean Green Smoothie

Yield: 3 c  Total Prep Time: 10m

INGREDIENTS

- 2 c tightly packed greens: a mix of kale, spinach, chard, or watercress
- 1 orange, juiced
- ½ lemon, juiced
- ½” fresh turmeric
- ½” fresh ginger
- 2 sprigs parsley
- ½ c water
- 1 c ice

DIRECTIONS

1. Add ingredients to blender.
2. Pulse or blend until combined. Continue blending for 1 minute until smooth.
Blueberry Oatmeal Smoothie

Yield: 1 serving  Total Prep Time: 3m

INGREDIENTS
- 1 c frozen blueberries
- ½ c oatmeal
- 1 c non-fat milk
- ½ c vanilla greek yogurt
- pinch of sugar

DIRECTIONS
1. Place all ingredients in the blender.
2. Blend for 15 seconds.
3. Serve immediately.
Vanilla Frap Protein Shake

Yield: 1 serving  Total Prep Time: 10m

INGREDIENTS
- ½ banana, chopped
- 1 scoop vanilla protein powder
- 1 c coffee
- 1 c milk (nonfat, almond, whole)
- 2 c ice

DIRECTIONS
1. Make 1 cup of coffee with preferred method of brewing.
2. Place all ingredients in the blender.
4. Serve immediately.
Belly De-bloat

| Yield: 1 serving | Total Prep Time: 10m |

**INGREDIENTS**

- 1 handful kale
- 1 c pineapple
- ½” ginger
- ½ stalk celery
- ½ lemon, juiced
- ½” turmeric
- coconut water to max line

**DIRECTIONS**

1. Blend for 30 seconds.
2. Serve immediately.
Tropical Cleanser

Yield: 1 serving  Total Prep Time: 10m

INGREDIENTS
• 3 handfuls spinach
• ¼ avocado
• ¼ cucumber
• 1 c pineapple
• ½ tsp cayenne pepper
• 1 ½ c coconut water

DIRECTIONS
1. Blend for 30 seconds.
2. Serve immediately.
Morning Energy Blast

**Yield:** 1 serving  **Total Prep Time:** 10m

**INGREDIENTS**
- 1 banana
- 2 tbs peanut butter
- ½ c Greek yogurt
- 2 tbs chili pepper
- ½ tsp cinnamon
- 3 ice cubes
- 1 ½ c water

**DIRECTIONS**
1. Blend for 30 seconds.
2. Serve immediately.
Make Your Own Smoothie

If a smoothie is made properly, it can be a meal in a glass—a yummy and nutritious meal replacement that will keep you full! Follow this formula to concoct your own delicious smoothie creations.

FRUITS & VEGGIES
Combine at least two of the following, fresh or frozen:

Apple, Banana, Berries, Kiwi, Mango, Peach, Pear, Pineapple, Beet, Spinach, Kale, Arugula

BASE
Add 1-2 cups:

Milk (Regular, Reduced Fat, Almond, Coconut, Soy), Juice, Coffee, Tea, Coconut Water, Water

SWEETEN
Vanilla, Honey, Agave, Maple Syrup

ENERGIZE
Add some of the following to superboost the nutrients:

Protein Powder, Flaxseeds, Vitamin Powder, Fish Oil

THICKEN
Add these to thicken up the consistency when necessary, or add more nutrients:

Nut or Apple Butters, Yogurt, Chia Seeds, Oats, or Ice Cubes
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We’d love to see what you create. Join in the growing community of passionate home cooks for recipe ideas and healthy inspiration on the daily.

www.cosori.com