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PROFESSIONAL BLENDER
C900-PRO

Recipes
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CONTACT OUR CHEFS

Our helpful, in-house chefs are ready to assist you with any questions you might have!

Email: recipes@cosori.com
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M-F: 9:00am - 5:00pm PT

On behalf of all of us at Cosori,

Happy cooking!
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Tips from the Chef

This handy cookbook will illustrate how to get the most out of your Cosori Professional Blender.

ORDER MATTERS
As a general rule, you should always start from the lightest to the heaviest of ingredients. This means adding in your liquids first, and then adding in the solids. 1 cup of liquid should be enough to help you get things going.

THE SMOOTHIE RULES
Frozen fruit makes a great replacement for ice and adds sweetness to your smoothies while helping achieve a thick and frothy consistency. To balance out the bitterness in your smoothies, try adding pineapple, strawberries, or oranges. Add some honey, maple syrup, or agave for a little extra sweetness.

ONE SIZE DOESN’T FIT ALL
Round fruits such as apples or hard, fibrous vegetables such as carrots and beets will blend faster if they are cut or chopped into small pieces. This will help ensure your smoothies or vegetable purées come out smoother, more velvety, and less grainy.

TAMP IT DOWN
If you’re making creamy creations such as nut butters, purées, or hummus, the mixtures can sometimes clump up, causing them to stop blending. Use the tamper to push down your ingredients to ensure they are well-blended, or else chunky results may occur instead of a smooth and consistent blend.

PREVENTING OXIDATION
Adding lemon or lime juice will not only help prevent your smoothies or sauces from turning brown, but will also enrich them with citrus notes and a desirable tanginess. Adding ice cubes or iced water to herb sauces will help retain their bright green color.

CLEAN WITH EASE
The easiest way to clean your blender is simply by adding 2 to 3 drops of dish soap to the pitcher and filling it halfway with water. Turn on the blender, and slowly turn the speed control dial from low to high to get rid of any of food still stuck on the bottom of the pitcher. No need to waste any more dishwasher space.
Smoothies
**Breakfast a Go Go**

YIELDS 2 SERVINGS

**PREP TIME:** 5 minutes  
**BLEND TIME:** 10 seconds

½ cup nonfat milk  
2 tablespoons almond butter  
¾ cup granola  
1 cup strawberries  
1 banana  
½ cup ice milk or yogurt

1. **ADD** all ingredients into the Cosori Professional Blender and secure the lid.  
2. **BLEND** on medium speed for 10 seconds or until desired consistency is reached, then serve.

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**Blueberry Splash**

YIELDS 4 SERVINGS

**PREP TIME:** 2 minutes  
**BLEND TIME:** 15 seconds

1 cup apple juice  
1 cup blueberries, frozen  
1 banana, chopped  
1 cup ice milk or yogurt

1. **ADD** all ingredients into the Cosori Professional Blender and secure the lid.  
2. **BLEND** on medium speed for 10 to 15 seconds or until desired consistency is reached, then serve.
**Velvety Blue Smoothie**

**YIELDS 2-4 SERVINGS**

**PREP TIME:** 5 minutes  
**BLEND TIME:** 15 seconds

- 2 cups blueberries, frozen  
- 1 banana, frozen, chopped  
- 2 oranges, peeled & deseeded  
- 1 cup low-fat milk or almond milk  
- 1 tablespoon almond butter  
- 1 tablespoon chia seeds

1. **ADD** all ingredients into the Cosori Professional Blender and secure the lid.  
2. **BLEND** on low speed for 5 seconds, then increase to medium-low speed for 10 seconds or until desired consistency is reached.  
3. **SERVE** in 4 small glasses or 2 tall glasses.

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**Strawberry Strut**

**YIELDS 2 SERVINGS**

**PREP TIME:** 5 minutes  
**BLEND TIME:** 30 seconds

- 4 cups strawberries, frozen  
- 2 bananas, frozen, chopped  
- 1 cup orange juice  
- 1 cup apple juice  
- ½ cup yogurt

1. **ADD** all ingredients into the Cosori Professional Blender and secure the lid.  
2. **BLEND** on low speed, gradually increasing to high, and blend for up to 30 seconds, or until desired consistency is reached.  
3. **SERVE** in glasses.
Green Giant

YIELDS 2 SERVINGS

PREP TIME: 5 minutes
BLEND TIME: 15 seconds

2 cups orange juice
2 bananas, frozen, chopped
2 cups spinach leaves
2 celery ribs, chopped
2 tablespoons chia seeds
1 tablespoon parsley

1 ADD all ingredients into the Cosori Professional Blender and secure the lid.
2 BLEND on medium-low speed for 10 to 15 seconds or until desired consistency is reached, then serve.

Lean Green Smoothie

YIELDS 2 SERVINGS

PREP TIME: 5 minutes
BLEND TIME: 15 seconds

2 cups almond milk
2 bananas, frozen, chopped
2 cups kale, de-stemmed & chopped
2 tablespoons almond butter
1 teaspoon cinnamon
½ cup ice

1 ADD all ingredients into the Cosori Professional Blender and secure the lid.
2 BLEND on medium-low speed for 10 to 15 seconds or until desired consistency is reached, then serve.
**Papaya Banana Smoothie**

**YIELDS 2 SERVINGS**

**PREP TIME:** 5 minutes  
**BLEND TIME:** 10 seconds

- 1½ cups milk  
- ½ cup Greek yogurt  
- 2 cups papaya, frozen  
- 2 bananas, chopped  
- 1 cup ice  
- ½ teaspoon cinnamon  
- 1 teaspoon vanilla extract

1. **ADD** all ingredients into the Cosori Professional Blender and secure the lid.  
2. **BLEND** on medium to high speed for 10 seconds or until desired consistency is reached.  
3. **SERVE** in glasses.

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**Mango Papaya Smoothie**

**YIELDS 2 SERVINGS**

**PREP TIME:** 5 minutes  
**BLEND TIME:** 10 seconds

- 2 cups mango, frozen  
- 2 cups papaya, frozen  
- 2 cups apple juice  
- 2 red apples, cored & chopped  
- 1 cup ice

1. **ADD** all ingredients into the Cosori Professional Blender and secure the lid.  
2. **BLEND** on low speed and gradually increase to high speed. Blend until smooth or until desired consistency is reached.  
3. **SERVE** in glasses.
Healthy Kids

YIELDS 4 SERVINGS

PREP TIME: 5 minutes
BLEND TIME: 1 minute

1 beet, peeled & chopped
2 carrots, peeled & chopped
2 cups spinach
1 cup apple juice
2 cups ice

1 AD all ingredients into the Cosori Professional Blender and secure the lid.
2 BLEND on low speed, then gradually increase to high speed for 1 minute.
3 USE the tamper to push down the ingredients to reach desired consistency. Then, serve.

Monday Morning

YIELDS 3 SERVINGS

PREP TIME: 3 minutes
BLEND TIME: 25 seconds

1 cup mango, frozen
2 cups pineapple
½ cup strawberries
½ cup raspberries
¼ cup apple juice
¼ cup orange juice

1 ADD all ingredients into the Cosori Professional Blender and secure the lid.
2 BLEND on low speed for 10 seconds, then gradually increase to high for 15 seconds or until desired consistency is reached.
3 SERVE in individual glasses.
Chocolate Monkey Smoothie

YIELDS 2 SERVINGS

PREP TIME: 5 minutes
BLEND TIME: 15 seconds

1 banana, frozen, peeled & sliced
1 avocado
¼ cup cocoa powder
1 tablespoon chocolate syrup
1 cup almond milk
A pinch salt

1 ADD all ingredients into the Cosori Professional Blender and secure the lid.
2 BLEND on medium speed for 15 seconds or until desired consistency is reached, then serve.

Mean Green Machine

YIELDS 3 SERVINGS

PREP TIME: 5 minutes
BLEND TIME: 45 seconds

4 kiwifruit, peeled
1 celery rib, chopped
½ green apple, cored
1 cup mango, frozen
1 cup spinach
1 cup orange juice
1 tablespoon honey
1 tablespoon chia seeds
A pinch salt

1 ADD all ingredients into the Cosori Professional Blender and secure the lid.
2 BLEND on high speed for 45 seconds or until desired consistency is reached, then serve.
Strawberry Banana Smoothie

YIELDS 2-4 SERVINGS

PREP TIME: 5 minutes
BLEND TIME: 30 seconds

2 cups strawberries
1 banana, peeled & sliced
¼ cup vanilla yogurt
1 cup almond milk
1 tablespoon honey
A pinch salt

1 ADD all ingredients into the Cosori Professional Blender and secure the lid.
2 BLEND on medium-low speed for 30 seconds or until desired consistency is reached.
3 PUSH ingredients down with the tamper periodically to ensure everything blends smoothly.

Mango Lassi

YIELDS 2 SERVINGS

PREP TIME: 5 minutes
BLEND TIME: 15 seconds

1 cup mango, frozen or fresh
1 cup plain yogurt
½ cup milk
1 tablespoon honey
¼ teaspoon cardamom

1 ADD all ingredients into the Cosori Professional Blender and secure the lid.
2 BLEND on medium to high speed for 15 seconds, or until desired consistency is reached.
3 SERVE in glasses.
**Strawberry Pineapple Smoothie**

YIELDS 2 SERVINGS

PREP TIME: 2 minutes  
BLEND TIME: 30 seconds

2 cups strawberries, frozen  
1 cup pineapple, frozen  
1 cup orange juice  
1 cup ice  
1 tablespoon agave syrup

1 ADD all ingredients into the Cosori Professional Blender and secure the lid.  
2 BLEND on medium-low speed for 30 seconds or until desired consistency is reached.  
3 PUSH ingredients down with the tamper to ensure everything blends smoothly.

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**Berry Beautiful Smoothie Bowl**

YIELDS 3 SERVINGS

PREP TIME: 2 minutes  
BLEND TIME: 40 seconds

1 cup blueberries  
1 cup red grapes  
½ cup raspberries  
½ cup blackberries  
1 tablespoon honey  
1 cup almond milk

1 ADD all ingredients into the Cosori Professional Blender and secure the lid.  
2 BLEND on low for 10 seconds, then gradually increase to high for 30 seconds or until desired consistency is reached.  
3 SERVE in individual bowls.
Tropical Kiwi Bowl

YIELDS 3 SERVINGS

PREP TIME: 5 minutes
BLEND TIME: 30 seconds

4 kiwifruit, peeled
1 banana, frozen, peeled & sliced
1 cup pineapple
1 cup spinach
1 cup apple juice
A pinch salt

1 ADD all ingredients into the Cosori Professional Blender and secure the lid.
2 BLEND on high speed for 30 seconds or until desired consistency is reached.
3 GARNISH with sliced fruit and serve.

Tropical Breakfast Smoothie

YIELDS 3-4 SERVINGS

PREP TIME: 3 minutes
BLEND TIME: 30 seconds

2 bananas
2 cups mango, frozen
½ cup rolled oats
¾ cup yogurt
1 cup milk
2 limes, juiced

1 ADD all ingredients into the Cosori Professional Blender and secure the lid.
2 BLEND on low speed, gradually increasing to high for 30 seconds or until desired consistency is reached.
3 PUSH ingredients down with the tamper periodically to ensure everything blends smoothly.
4 TASTE and add more lime juice, if necessary. Then, serve.
Balanced Breakfast Smoothie

YIELDS 2-4 SERVINGS

PREP TIME: 5 minutes  
BLEND TIME: 30 seconds

1 banana  
1½ cups strawberries, frozen  
1½ cups blueberries, frozen  
¼ cup granola  
½ cup milk  
½ cup yogurt  
1 tablespoon almond butter  
1 tablespoon chia seeds

1 ADD all ingredients into the Cosori Professional Blender and secure the lid.  
2 BLEND on low speed, gradually increasing to high for 30 seconds or until desired consistency is reached.  
3 PUSH ingredients down with the tamper to ensure everything blends smoothly.

Kale Pineapple Smoothie

YIELDS 2 SERVINGS

PREP TIME: 5 minutes  
BLEND TIME: 30 seconds

2 cups kale, de-stemmed & chopped  
¾ cup almond milk  
1 banana, frozen, chopped  
¼ cup Greek yogurt  
½ cup pineapple, frozen  
2 tablespoons peanut butter  
2 teaspoons honey, or to taste

1 ADD all ingredients into the Cosori Professional Blender and secure the lid.  
2 BLEND on low speed, gradually increasing to high for 30 seconds or until desired consistency is reached.  
3 PUSH ingredients down with the tamper to ensure everything blends smoothly.
Blueberry Spinach Smoothie

YIELDS 2 SERVINGS

PREP TIME: 2 minutes
BLEND TIME: 15 seconds

1 cup blueberries, frozen
1 banana
1 cup fresh spinach
⅔ cup milk
⅓ cup plain Greek yogurt
1 tablespoon honey or maple syrup
1 tablespoon ground flaxseed

1 ADD all ingredients into the Cosori Professional Blender and secure the lid.
2 BLEND on medium to high speed for 15 seconds or until desired consistency is reached, then serve.

Vegan Sunrise

YIELDS 2-4 SERVINGS

PREP TIME: 5 minutes
BLEND TIME: 30 seconds

2 cups almond milk, unsweetened
2 bananas, frozen
1 cup coconut water
3 dates, dried
4 tablespoons almond butter
3 tablespoons hemp seeds
½ teaspoon ground cinnamon

1 ADD all ingredients into the Cosori Professional Blender and secure the lid.
2 BLEND on medium to high speed for 30 seconds or until desired consistency is reached, then serve.
**Carrot Ginger Turmeric Smoothie**

**YIELDS 2 SERVINGS**

**PREP TIME:** 8 minutes  
**BLEND TIME:** 30 seconds

1 ½ cups carrot juice  
1 large banana, ripe  
1 cup pineapple, frozen or fresh  
½ tablespoon fresh ginger, peeled  
¼ teaspoon ground turmeric  
1 tablespoon lemon juice

1. **ADD** all ingredients into the Cosori Professional Blender and secure the lid.  
2. **BLEND** on medium-low speed for 30 seconds or until desired consistency is reached.  
3. **PUSH** ingredients down with the tamper to ensure everything blends smoothly. Then serve.

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**Green Pineapple Smoothie**

**YIELDS 2 SERVINGS**

**PREP TIME:** 2 minutes  
**BLEND TIME:** 20 seconds

2 cups pineapple, fresh or frozen  
1 banana, ripe or frozen  
2 cups spinach  
1 cup vanilla or plain Greek yogurt  
1 cup ice

1. **ADD** all ingredients into the Cosori Professional Blender and secure the lid.  
2. **BLEND** on medium-low speed for 20 seconds or until desired consistency is reached.  
3. **PUSH** ingredients down with the tamper to ensure everything blends smoothly. Then serve.
Orange Wheatgrass Smoothie

YIELDS 2 SERVINGS

PREP TIME: 5 minutes
BLEND TIME: 20 seconds

¼ cup water or coconut water
½ cup milk or nut milk
¼ cup fresh wheatgrass
1 orange
1 banana, frozen
½ cup ice

1 ADD all ingredients into the Cosori Professional Blender and secure the lid.
2 BLEND on medium-low speed for 20 seconds or until desired consistency is reached.
3 SERVE in individual glasses.

Spinach, Blueberry & Wheatgrass Smoothie

YIELDS 2 SERVINGS

PREP TIME: 5 minutes
BLEND TIME: 25 seconds

2 small apples, cored & skinned
2 cups baby spinach
2 bananas, chopped
1 cup blueberries, frozen
1 tablespoon wheatgrass powder
1 cup apple juice

1 ADD all ingredients into the Cosori Professional Blender and secure the lid.
2 BLEND on medium-low speed for 25 seconds or until desired consistency is reached.
3 SERVE in individual glasses.
Açaí Bowl

YIELDS 2 SERVINGS

PREP TIME: 5 minutes
BLEND TIME: 20 seconds

1 cup apple juice
1 large banana, sliced
1 cup strawberries, frozen
1 cup blueberries, frozen
½ cup vanilla Greek yogurt
1 tablespoon honey
1 packet of frozen açaí berry purée, broken into pieces
Almonds, sliced, for garnish
Coconut flakes, for garnish
Strawberries or blueberries, sliced, for garnish

1. **ADD** all ingredients into the Cosori Professional Blender and secure the lid.
2. **BLEND** on high speed for 20 seconds until well combined or until desired consistency is reached.
3. **POUR** into a serving bowl and garnish with almonds, coconut flakes, and berries.
4. **GARNISH** with more toppings to your liking. Then, serve.
Sauces & Dips
Roasted Peach-Habanero Salsa

YIELDS 2-4 SERVINGS

PREP TIME: 20 minutes
COOK TIME: 15 minutes
BLEND TIME: 30 seconds

2 tablespoons canola oil
1 sweet onion, chopped
8 habaneros, deseeded
4 white peaches
1 tablespoon salt
3 tablespoons red wine vinegar
2 limes, juiced
2 tablespoons sugar

1. DRIZZLE canola oil onto the onions and habaneros.
2. ROAST the peaches, onions, and peppers in the oven at 400°F for 15 minutes, or until charred.
3. TRANSFER to the Cosori Professional Blender when cooled and add salt, vinegar, lime juice, and sugar.
4. SECURE THE LID and blend on medium speed until your desired consistency is reached. Be sure to scrape down the sides with a rubber spatula.
5. SERVE in a bowl with your favorite chips.
Anchovy Chimichurri

**PREP TIME:** 5 minutes  
**BLEND TIME:** 30 seconds

- ⅛ cup extra-virgin olive oil  
- 1½ cups fresh basil  
- 1½ cups cilantro  
- 1½ cups parsley  
- 8 anchovy fillets, finely chopped  
- 2 small shallots, chopped  
- 3 garlic cloves, chopped  
- 2 lemons, juiced  
- A pinch crushed red pepper  
- Salt, to taste

1. **ADD** all ingredients into the Cosori Professional Blender and secure the lid.
2. **BLEND** on medium speed for 30 seconds. Be sure to scrape the sides down to ensure all ingredients are blended together or until desired consistency is reached.
3. **TRANSFER** into a bowl covered with plastic wrap or a container with a lid and store in the fridge for up to 3 days.
4. **SERVE** with your favorite meats, fish, or vegetables.

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Tapenade

**PREP TIME:** 5 minutes  
**BLEND TIME:** 30 seconds

- 1½ cups kalamata olives, pitted  
- ¼ cup green Italian olives, pitted  
- 2 anchovy fillets  
- 2 tablespoons capers  
- 2 tablespoons parsley  
- 1 lemon, juiced & zested  
- 2 garlic cloves  
- 4 tablespoons extra-virgin olive oil  
- Freshly ground black pepper, to taste

1. **ADD** all ingredients into the Cosori Professional Blender and secure the lid.
2. **BLEND** on medium speed for 30 seconds or until desired consistency is reached. Be sure to scrape the sides down to ensure all ingredients are blended together.
3. **TRANSFER** to a bowl covered with plastic wrap or a container with a lid and store in the fridge for up to 4 days.
4. **SERVE** with toasted bread or pita bread.
Korean Ssamjang Sauce

PREP TIME: 5 minutes
BLEND TIME: 45 seconds

1/3 cup Gochujang (red chili paste)
1/3 cup Doenjang (fermented soybean paste)
2 green onions, sliced, plus more for garnish
2 small shallots, diced
1 1/2 tablespoons ginger, diced
3 tablespoons honey
1 tablespoon sesame oil
1/3 cup rice wine vinegar
3 tablespoons grapeseed oil

1. **ADD** all ingredients into the Cosori Professional Blender and secure the lid.
2. **BLEND** on high speed for 30 to 45 seconds, or until desired consistency is reached.
3. **USE** sauce to marinate meats or as a dipping sauce.

YIELDS 4 SERVINGS
Basil Pesto Sauce

PREP TIME: 5 minutes
BLEND TIME: 15 seconds

2 cups fresh basil leaves
½ cup Parmesan, freshly grated
½ cup extra-virgin olive oil
⅓ cup pine nuts
3 garlic cloves, minced
½ cup iced water
Salt, to taste

1 **ADD** all ingredients into the Cosori Professional Blender and secure the lid.
2 **BLEND** on medium speed for 30 seconds. Be sure to scrape the sides down to ensure all ingredients are blended together or until desired consistency is reached.
3 **SET** in the fridge for up to 3 days and serve with your favorite pasta dish.
Spicy Peanut Sauce

YIELDS 6-8 SERVINGS

PREP TIME: 3 minutes
BLEND TIME: 15 seconds

1 cup peanut butter
1 cup coconut water
2 garlic cloves
1 lime, juiced
1 tablespoon sambal chili sauce
1 tablespoon fish sauce
1 teaspoon sesame oil
1 teaspoon ginger, minced

1 ADD all ingredients into the Cosori Professional Blender and secure the lid.
2 BLEND on medium speed for 15 seconds. Refrigerate for up to 3 days.
3 SERVE as a dipping sauce for meats and appetizers or use as a sauce for noodles.
Mint & Cilantro Yogurt Sauce

PREP TIME: 5 minutes
BLEND TIME: 15 seconds

- 2 cups yogurt
- 1 cup cilantro
- 15 mint leaves
- 4 garlic cloves
- 2 teaspoons cumin
- ½ lemon, juiced
- 1 teaspoon crushed red pepper
- 1 teaspoon paprika
- Salt & pepper, to taste

1 ADD all ingredients into the Cosori Professional Blender and secure the lid.
2 BLEND on low speed then gradually increase to medium speed then blend for 15 seconds or until desired consistency is reached.
3 SERVE as a dipping sauce for meats and breads, or use as salad dressing.

YIELDS 4-6 SERVINGS
Gazpachos
Cantaloupe & Tofu Gazpacho

PREP TIME: 5 minutes  
BLEND TIME: 20 seconds

1½ pounds cantaloupe, peeled, deseeded & chopped  
½ pound silken tofu  
1½ tablespoons sweet mirin  
1 sprig thyme  
4 mint leaves, sliced  
Salt, to taste  
Fresh mint leaves, for garnish

1 ADD all ingredients into the Cosori Professional Blender and secure the lid.  
2 BLEND on medium speed for 20 seconds or until smooth.  
3 POUR into a separate bowl and wrap with plastic wrap. Chill in the fridge for 2 hours.  
4 SEASON with salt to taste, garnish with fresh mint leaves, and serve.

YIELDS 4-6 SERVINGS
Cucumber Mint Gazpacho

PREP TIME: 2 minutes
BLEND TIME: 20 seconds

1 large cucumber, peeled & roughly chopped
1 green pepper, deseeded & roughly chopped
½ cup plain yogurt
1 garlic clove, crushed
1 avocado, chopped
2 scallions, chopped
2 chives, chopped
1 small bunch mint
2 tablespoons white wine vinegar
Green tabasco sauce, to taste
Salt & pepper, to taste
Fresh mint leaves, for garnish

1 ADD all ingredients, except for mint and tabasco sauce, into the Cosori Professional Blender and secure the lid.
2 BLEND for 20 seconds, or until your desired consistency is reached.
3 SEASON with tabasco, salt, and pepper to taste. Set in the fridge to cool for 2 hours.
4 GARNISH with fresh mint leaves and serve.

YIELDS 4-6 SERVINGS
Summertime Gazpacho

PREP TIME: 2 hours, 45 minutes
BLEND TIME: 1 minute

1 COMBINE tomatoes, cucumber, red pepper, and green onion in a bowl. Season with oregano, cumin, and salt and mix well.

2 ADD the cherry tomatoes, lime juice, balsamic vinegar, garlic, olive oil, Worcestershire sauce, and half of the diced vegetable mixture into the Cosori Professional Blender and secure the lid.

3 BLEND on low for a few seconds, then gradually increase to medium speed until smooth. Use the tamper to push sides down, if necessary.

4 POUR the liquid mixture into the bowl with the rest of the diced vegetables. Wrap the bowl with plastic wrap and refrigerate for 2 hours.

5 TAKE out of the fridge and season with salt and pepper. Serve cold and garnish with freshly chopped basil.

YIELDS 6 SERVINGS
Purées
Onion Purée

YIELDS 4 SERVINGS

PREP TIME: 5 minutes
COOK TIME: 45 minutes
BLEND TIME: 15 seconds

3 white onions, skin on
2 tablespoons extra-virgin olive oil
1 tablespoon lemon juice
½ teaspoon salt

1 PREHEAT oven to 400°F.
2 PLACE the onions, with skin on, in an oven-safe pan and drizzle with 1 tablespoon of olive oil.
3 ROAST for 40 to 45 minutes.
4 REMOVE skins from the roasted onions.
5 ADD all ingredients into the Cosori Professional Blender with lemon juice, salt, and the remaining olive oil and secure the lid.
6 BLEND on the low to medium speed for 15 seconds or until desired consistency is reached.
7 SERVE on risotto, pasta, soup, meat, and vegetable dishes, or store in the fridge for up to 1 week.

Carrot Purée

YIELDS 2-3 SERVINGS

PREP TIME: 15 minutes
COOK TIME: 15 minutes
BLEND TIME: 30 seconds

1 pound carrots, ends removed & peeled
½ cup water
½ teaspoon salt
½ cup heavy cream
½ lemon, juiced

1 CUT the carrots into pieces about ¼-inch (5-7 mm) thick.
2 PLACE carrots, water, and salt into a saucepan with a lid. Heat the pan on high heat until water begins to steam. Steam for 10 to 15 minutes, or until tender.
3 DRAIN the carrots and let cool for 10 minutes.
4 ADD carrots and heavy cream to the Cosori Professional Blender and secure the lid.
5 BLEND on low to medium speed until smooth.
6 SQUEEZE lemon juice to taste and it has reached the acidity and brightness desired.
Nut Butters & Milks
Peanut Butter

**PREP TIME:** 2 minutes  
**BLEND TIME:** 1 minute

- 4 cups roasted peanuts, shelled & deskinne
- 1 teaspoon honey
- 1½ tablespoons peanut oil

1. **PLACE** peanuts, honey, and oil into the Cosori Professional Blender and secure the lid.  
2. **BLEND** for up to 1 minute on low to medium speed.  
3. **SCRAPE** sides down to make sure all is blended together.  
4. **TRANSFER** peanut butter into jar with lid and store in fridge for up to a month.

YIELDS 8 SERVINGS

Cashew Butter

**PREP TIME:** 15 minutes  
**COOK TIME:** 15 minutes  
**BLEND TIME:** 1 minute

- 4 cups raw cashews  
- 1 tablespoon oil

1. **PREHEAT** oven to 325°F and place raw cashews on a medium-sized baking sheet. Spread evenly in one layer and toast for 10 to 15 minutes, or until lightly golden and oils have come out.  
2. **LET** cashews cool for 10 minutes.  
3. **PLACE** cashews into the Cosori Professional Blender and secure the lid.  
4. **ADD** all of the oil at once or slowly add while blending, depending on your desired consistency.  
5. **BLEND** for up to 1 minute.  
6. **SCRAPE** sides down to make sure all is blended together.  
7. **TRANSFER** cashew butter into jar with lid and store in fridge for up to a month.

YIELDS 12 SERVINGS
Almond Butter

YIELDS 12 SERVINGS

PREP TIME: 25 minutes
BLEND TIME: 1 minute

4 cups raw almonds
1 tablespoon oil
1 tablespoon maple syrup or honey

1 **PREHEAT** oven to 350°F and place raw almonds on a medium-sized baking sheet. Spread evenly in one layer and toast for 10 to 15 minutes, or until lightly golden.

2 **LET** almonds cool for 10 minutes.

3 **PLACE** almonds into the Cosori Professional Blender and secure the lid.

4 **ADD** all of the oil at once or slowly add while blending, depending on your desired consistency.

5 **BLEND** for up to 1 minute.

6 **ADD** honey or maple syrup to sweeten almond butter if desired.

7 **SCRAPE** sides down to make sure all is blended together.

8 **TRANSFER** almond butter into jar with lid and store in fridge.
Horchata

**PREP TIME:** 24 hours  
**BLEND TIME:** 45 seconds

1 cup white rice  
1 cup chopped almonds  
4 cups filtered water  
1½ cups almond milk  
1 can (12 ounces) evaporated milk  
¼ cup sweetened condensed milk  
⅛ teaspoon vanilla extract  
1 teaspoon ground cinnamon, plus more for garnish

1. **SOAK** the rice and almonds in water, and let it sit overnight.
2. **STRAIN** the rice and almonds, then place in the Cosori Professional Blender with the filtered water, almond milk, and evaporated milk. Secure the lid.
3. **BLEND** until mixture is smooth, about 1 minute.
4. **STRAIN** using a nut milk bag, cheesecloth, or coffee strainer and dispose of the pulp.
5. **ADD** condensed milk, vanilla extract, and cinnamon to season the Horchata.
6. **MIX** until everything is well combined.
7. **SERVE** with ice and garnish with freshly ground cinnamon.

**YIELDS 5-8 SERVINGS**
Almond Milk

**PREP TIME:** 24 hours  
**BLEND TIME:** 30 seconds

1 cup raw almonds  
4 cups filtered water  
A pinch sea salt  
2 whole dates, pitted, optional  
1 teaspoon vanilla extract, optional  
2 tablespoons cocoa powder, optional

1. **SOAK** almonds in cool water overnight or up to 2 days.
2. **DRAIN** the almonds with a strainer and then add almonds, filtered water, and sea salt into the Cosori Professional Blender.
3. **ADD** dates, vanilla extract, or cocoa powder to give additional texture and flavor, if desired, and secure the lid.
4. **BLEND** on low speed, gradually increasing to high for up to 30 seconds.
5. **STRAIN** using a nut milk bag, cheesecloth, or coffee strainer.
6. **SQUEEZE** until all of the liquid is extracted, then discard pulp or save for baking.
7. **POUR** milk into a jar or covered bottle and refrigerate for up to 3 days.

YIELDS 5-10 SERVINGS
Cashew Milk

PREP TIME: 24 hours
BLEND TIME: 30 seconds

1 cup raw cashews
4 cups filtered water
2 whole dates, pitted, optional
1 teaspoon vanilla extract, optional
2 tablespoons cocoa powder, optional
A pinch sea salt

1 SOAK cashews in cool water overnight or up to 2 days.
2 DRAIN the cashews with a strainer and then add cashews, filtered water, and sea salt to the Cosori Professional Blender.
3 ADD dates, vanilla extract, or cocoa powder to give additional texture and flavor, if desired, and secure the lid.
4 BLEND on low speed, gradually increasing to high for up to 30 seconds.
5 STRAIN using a nut milk bag, cheesecloth, or coffee strainer.
6 SQUEEZE until all of the liquid is extracted, then discard pulp or save for baking.
7 POUR milk into a jar or covered bottle and refrigerate for up to 3 days.

Macadamia Milk

PREP TIME: 24 hours
BLEND TIME: 30 seconds

1 cup raw macadamia nut
4 cups filtered water
2 whole dates, pitted, optional
1 teaspoon vanilla extract, optional
2 tablespoons cocoa powder, optional

1 SOAK macadamia nuts in cool water overnight or up to 2 days.
2 DRAIN the macadamia nuts with a strainer, then add nuts and filtered water into the Cosori Professional Blender.
3 ADD dates, vanilla extract, or cocoa powder to give additional texture and flavor, if desired, and secure the lid.
4 BLEND on low speed, gradually increasing to high for up to 30 seconds.
5 STRAIN using a nut milk bag, cheesecloth, or coffee strainer.
6 SQUEEZE until all of the liquid is extracted, then discard pulp or save for baking.
7 POUR milk into a jar or covered bottle and refrigerate for up to 3 days.
Milkshakes
Banana Crunch Milkshake

YIELDS 4 SERVINGS

PREP TIME: 5 minutes
BLEND TIME: 25 seconds

2 bananas, frozen
2 pints vanilla ice cream
1 cup milk
½ cup granola
1 teaspoon cinnamon, plus more for garnish

1 ADD all ingredients into the Cosori Professional Blender and secure the lid.
2 BLEND on medium speed for 25 seconds.
3 PUSH ingredients down with the tamper to ensure everything blends smoothly.
4 POUR into serving glasses and sprinkle with cinnamon, then serve.

PREP TIME: 3 minutes
BLEND TIME: 15 seconds

Coffee Liqueur Milkshake

YIELDS 4 SERVINGS

ADD coffee liqueur, dark rum, chocolate ice cream, and milk into the Cosori Professional Blender and secure the lid.
BLEND on medium speed for 15 seconds, or until smooth.
POUR into serving glasses and shave dark chocolate over each glass, then serve.
Strawberry & Fig Milkshake

PREP TIME: 3 minutes
BLEND TIME: 45 seconds

1 cup strawberries, frozen
1 pint vanilla ice cream
½ cup milk
3 dried figs, chopped
8 teaspoons balsamic glaze, for drizzle

1 **ADD** strawberries, vanilla ice cream, and milk to the Cosori Professional Blender and secure the lid.
2 **BLEND** on low speed, gradually increasing to medium for 30 seconds.
3 **SCRAPE** sides down to make sure all is blended together.
4 **POUR** into individual glasses and top each glass with chopped dried figs.
5 **DRIZZLE** about 2 teaspoons of balsamic vinegar on each and serve.
Blueberry Compote Milkshake

PREP TIME: 3 minutes  
COOK TIME: 10 minutes  
BLEND TIME: 15 seconds

1 cup fresh blueberries  
1 1/2 tablespoons sugar  
1/2 cup water  
1 pint vanilla ice cream  
1 cup milk  
2 teaspoons lemon zest

1. ADD blueberries, sugar, and water to a sauce pot and place on the stove.  
2. HEAT on medium heat and boil for 10 minutes.  
3. ADD vanilla ice cream, milk, and lemon zest into the Cosori Professional Blender and secure the lid.  
4. BLEND on low speed and then adjust to medium-high speed for 15 seconds.  
5. PUSH down ingredients with the tamper to ensure the mixture is well blended.  
6. POUR vanilla milkshake into serving cups.  
7. TOP with desired amount of blueberry compote and serve.

YIELDS 4-6 SERVINGS
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