

blendtec®

Ambassador Recipe E-Book



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Welcome to Our Blendtec Ambassador Recipe E-Book

This recipe e-book features some of the best recipes from our very own Blendtec Ambassadors. These ambassadors have spent countless hours honing their craft using their beloved Blendtec. That means that these recipes are tried and truly delicious.

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CHAPTER 1

SMOOTHIES

Almond Joy Protein Shake

INGREDIENTS

- 1 cup unsweetened almond milk
- 1 serving CSE Brownie Batter Protein Powder
- 2 Tbs. old-fashioned rolled oats
- 60g frozen banana slices
- 1 Tbs. cocoa powder
- 1 Tbs. unsweetened shredded coconut
- 1/2 Tbs. OffBeat Midnight Almond Coconut Butter or natural almond butter
- 1/2 tsp. vanilla extract
- 1/2 tsp. coconut extract
- 6-8 (120g) ice cubes

INSTRUCTIONS

1. Add all of the ingredients to a high-powered blender. Blend until smooth. Enjoy!



Hi We're JJ & Erika Peterson the Founders of Clean Simple Eats! We created Clean Simple Eats Meal Plans to help others find that same inner confidence we have found in ourselves by living a healthy lifestyle. Our goal in creating these meal plans is to help you build healthy habits that will last a lifetime.

We are ALL about making your diet a sustainable one that's enjoyable, satisfying, and fun. One that doesn't seem like a diet at all. That's why we've put a healthy, macro-balanced spin on all those delicious, comfort food recipes we all know and love. The best part? The whole family loves them! We're happy to share one of our most popular shake recipes with you, our Almond Joy Protein Shake! ENJOY!



@cleansimpleeats

cleansimpleeats.com

CHERRY CHEESECAKE SMOOTHIE

INGREDIENTS

Optional honey and crushed graham crackers, almond meal, or finely chopped nuts for garnish

A couple handfuls of spinach (optional)

1 cup almond milk (or your preferred dairy or non-dairy milk)

1/2 cup plain Greek yogurt or cottage cheese

2 Tablespoons regular or light cream cheese

1 cup frozen cherries

3-5 ice cubes


Tiny pinch of salt

Honey, stevia, or another sweetener to taste, if needed

Optional whipped cream, if desired

INSTRUCTIONS

1. If you would like a “crust” rim garnish, rub a tiny amount of honey around the rim of your glass, then roll in crushed graham crackers, almond meal, or finely chopped nuts.
2. Add the ingredients to your blender jar in the order listed.
3. Turn on the blender and blend until smooth.
4. Pour into a glass and drink immediately.
5. You can garnish with more crushed graham crackers, almond meal, or finely chopped nuts and whipped cream if desired



Hi! My name is Brianne. I'm a former chemical engineer who decided it was more fun to play with sugar and spice and everything nice in the kitchen versus methyl-ethyl whatever in the laboratory. So I put down my lab coat and beakers, picked up an apron and camera, and haven't looked back since. Now I am the recipe developer, photographer, publisher, and CEO behind cupcakesandkalechips.com. But more importantly, like many of you, I'm a mom. That's why I create and share simple recipes for busy families, focusing on ingredients anyone can find in their local grocery store.

@cupcakeandkalechip

cupcakesandkalechips.com



CHOCOLATE CRAVINGS SMOOTHIE

INGREDIENTS

- 1 tbsp cacao powder
- 2/3 frozen banana
- 2 tbsp peanuts
- 1/3 cup riced cauliflower
- 2 tbsp Bomb Butter
- 8 oz water or nut milk
- 1 cup ice

INSTRUCTIONS

1. Add water or nut milk to Blendtec jar.
2. Add peanuts, cauliflower, cacao powder and butter.
3. Lastly, add frozen banana and ice.
4. Blend on high or press the "Smoothie" preprogrammed cycle button, and enjoy.



Born in ATL and operating out of Charleston, South Carolina. Helen has a passion for health, wellness, nutrition, and movement. If she isn't listening to a nutrition or business podcast, you can likely find her riding shotgun on the Blender Bomb Bus or laughing at a pop-up event in the South. She loves moving the needle forward in life, engaging people of all types, and learning how to live a balanced lifestyle.

@ hushupandhustle

hushupandhustle.com

LOVEABLE GREEN SMOOTHIE

INGREDIENTS

- 3 cups spinach leaves
- 2 cups fresh orange juice
- 1 ¼ cup ice
- 3 blueberries or 2 strawberries
- 1 Tbsp. natural honey
- 1 Tbsp. chia seed or Trilogy seeds (chia, hemp, flax)

INSTRUCTIONS

1. Place spinach, orange juice, blueberries, honey, chia seed, and ice in the blender.
2. Use the smoothie setting on your Blendtec blender.
3. Pour into cups and enjoy!



White Lane Decor is a Utah based interior design blog ran by Kate Jensen. White Lane Decor features DIY & interior projects, styling, decorating, recipes, and occasional glimpses into motherhood. As a wife and mom of three, Kate loves doing home improvements and enjoying good food with her husband, Mr. Whitelane.

@whitelanecor

whitelanecor.com


Raspberry Cheesecake Smoothie

INGREDIENTS

- 1 cup unsweetened vanilla almond milk
- 2 TBSP heavy cream
- 2 ounces cream cheese
- 1/4 cup raspberries
- 1 TBSP preferred sweetener
- 1/2 cup ice

INSTRUCTIONS

1. Place all ingredients your Blendtec from liquids to solids, with ice and blend until smooth (On my Blendtec I used the smoothie setting)



Natasha Newton is the voice behind ketoislife.com. Through her Instagram @ketoislife, social media channels and website. Natasha brings an approachable model to the ketogenic lifestyle. She is the bestselling author of Southern Keto, released in 2018.

Natasha began her ketogenic journey in 2014 to lose weight and battle her food and sugar addictions. Aside from losing and maintaining weight loss, She then discovered a pleasant side effect of the ketogenic lifestyle - a new lease on life! Having suffered with chronic inflammation from Crohn's disease, she found a substantial decrease in inflammation, marked increase in her energy levels and overall improved health. She has a passion for creating recipes that show people you don't have to miss out on great tasting food on a ketogenic lifestyle.



@ketoislife

ketoislife/linktree

STRAWBERRY GREENS PROTEIN SMOOTHIE

INGREDIENTS

- 1 scoop strawberry protein powder
- Handful raw mixed greens
- 2 Tbsp SF raspberry syrup (Torani is the brand I use)
- 1 Tbsp elderberry syrup (optional)
- 1 Tbsp apple cider vinegar (optional)
- Lemon juice, to taste
- Water and ice, as needed

INSTRUCTIONS

1. Stack ingredients from liquids to solids and whip in a Blendtec for several minutes, until super smooth.



Lori Shaw (represented by The Lisa Ekus Group, LLC) is the author of 6 cookbooks, a YouTube cooking show host, a local cooking instructor, a regular on Fox's Good Day Charlotte and the Chief Foodie for RP Strength, an online fitness company she and her husband own.

@lshaw1

youtube/lorishaw

TRAIL MIX SMOOTHIE BOWL

INGREDIENTS

- 3 frozen medium ripe bananas
- 1/2 cup coconut water (can substitute almond or cashew milk!)
- 3 medjool dates
- 1/2 cup frozen blueberries
- 1/2 cup coconut milk or dried coconut (if adding in coconut milk, only add in 1/4 a cup of coconut water or substitute milk)
- 2 tablespoons coconut flakes (I prefer unsweetened)
- 1 handful dried mulberries 1/2 diced banana
- 1 handful dried goji berries 1 handful of trail mix

INSTRUCTIONS

1. Put your coconut water or milk in first, then medjool dates and coconut milk, and frozen blueberries and frozen bananas.
2. Blend away in your Blendtec blender!
3. Place contents on blender in bowl. Top with diced banana, coconut flakes mulberries, goji berries, and trail mix!



Amber Allen (also known as The Fairly Local Vegan) is a zero-waste and vegan YouTube content creator. She is best known for her frugal and minimalist zero waste videos and her “perfectly imperfect” lifestyle approach. She talks about striving to be zero waste in the real world on her YouTube channel which features herself and her family of 5. Amber lives in Windsor, Ontario with her husband and their three children, her rescue dog, and her many plants.

@thefairlylocalvegan

thefairlylocalvegan.com



CHAPTER 2
DESSERT

Blender Brownies

INGREDIENTS

Brownies:

3/4 cup unsalted butter melted
1/3 cup milk chocolate chips
1 1/2 ounces semi-sweet baking chocolate 3 blocks depending on the brand
3 large eggs
1/2 cup cocoa powder
1 1/4 white sugar
1/4 cup brown sugar
1/4 teaspoon vanilla
3/4 cup plus 1 1/2 tablespoons flour
pinch of salt
Additional 1 cup chocolate chips and 1 teaspoon of flour.

Frosting:

1/3 cup heavy cream
2-4 tablespoons milk
7 tablespoons butter softened
1 teaspoon vanilla
1/2 cup cocoa powder
3 cups powdered sugar



Cade and Carrian are the husband and wife team behind the site, Oh Sweet Basil. A place where they share their love of food, family and all of the craziness in between. To Cade and Carrian it's about the hands that create the food as much as the deliciousness itself.

INSTRUCTIONS

1. Preheat the oven to 350.
2. In the jar of your blender, add the butter, chocolate, and chocolate chips.
3. Begin to blend, stop and add the eggs, cocoa, sugars, and vanilla, and salt then blend again until smooth.
4. Add the flour, pulse a few times.
5. In a small bowl, combine the flour and chocolate chips.
6. Sift off any extra flour and fold the chips into the batter.
7. Pour into a greased 8x9" pan.
8. Bake for 25-30 minutes.

Frosting: Using a hand mixer or clean jar for the blender, beat together all ingredients and frost the cooled brownies.

@ ohsweetbasil

ohsweetbasil.com



Hi, I'm Brooke, a cookie addict! Hint hint, on why I call my blog/Instagram Brookie's Cookies! I grew up with the nickname Brookie Cookie all my life. Who knew I would "grow up" and actually have my life revolve around cookies! Ha. I have always had a sweet tooth for desserts, especially sugar cookies. I am a stay at home mother to three little boys that have so much energy, but I love it! I love coming up with fun creative desserts and decorating cookies with royal icing!

BUBBLE GUM MILK-SHAKE

INGREDIENTS

- 2 cups heavy cream
- $\frac{3}{4}$ carton of vanilla ice cream
- 1 teaspoon bubblegum extract
- food coloring of choice
- Top with whipped cream

INSTRUCTIONS

1. Mix all ingredients together in a blender. Top with whipped cream and sprinkles!

@brookiescookiesco

brookiescookiesco.com

LOW CARB/KETO CHOCOLATE ICE CREAM

INGREDIENTS

- 1/4 Cup Heavy Cream
- 1/2 Cup Low Carb Milk (such as almond milk)
- 6 Tablespoons Powdered Erythritol
- 2 Tablespoons Cocoa Powder
- Pinch Salt
- 1/2 Avocado
- 1 Cup Ice

INSTRUCTIONS

1. Add all ingredients to a blender, and blend until smooth. Don't over blend, as this will heat the ice and melt it.
2. Scoop and serve immediately for a "soft serve" type ice cream, or place in the fridge for 1 hour for a "scoopable" option.
3. Sprinkle with your favorite toppings, and enjoy!



Once upon a time, I was a carb lovin' gal who was chronically sick and tired. Starting in 2nd grade, my parents aggressively pursued doctors, but it wasn't until I turned 30 that I was diagnosed with diabetes. I changed my way of eating to a low carb lifestyle, and I'm now healthier (and happier) than ever! Little Pine Low Carb is where I share everything I've learned along this journey. My goal is to make low carb as delicious, easy and painless as possible!

@ littlepinelowcarb

thelittlepine.com

NO BAKE CHOCOLATE CAKE

INGREDIENTS

CRUST:

2 Cacao CBD Beam Bars

FILLING:

1 pkg of Lovebeets Organic Beets

½ cup Santabarbara Chocolates unsweetened chocolate chips, melted

2 scoops of my Nuzest USA Probiotic Cacao Protein



I'm a full-time blogger who focuses on gut health and healing your body naturally through specific foods as I personally have done myself. I share specific recipes and health tips geared towards digestive health that have not only helped me, but countless others who have shared their testimony after incorporating my tips, tricks, and recipes in their life.

@lilsipper

lilsipper.com

INSTRUCTIONS

1. Press down beam bars in an anything (cupcake tins, pan, molds, etc.)
2. Blend filling ingredients until creamy (I use my Blendtec Twister Jar)
3. Refrigerate at least 1 hour, slice, and enjoy!

Note: the CBD bars are not paleo/keto (contains GF oats) but are still vegan and dang good! But 100% optional if you wanted to just make “fudge

STRAWBERRY FAT BOMBS

INGREDIENTS

- 1/2 Cup Cream Cheese
- 1/4 Cup Powdered Erythritol
- 1/4 Cup Butter
- 1/2 Cup Sliced Strawberries
- 1/2 Teaspoon Vanilla

INSTRUCTIONS

1. Place ingredients in the blender, and run until the strawberries are smooth.
2. Scoop into your desired container -- a greased (use coconut oil or butter) muffin pan works great, I used round silicone molds.
3. Place in the freezer for 2 hours, for the fat bombs to firm up. And enjoy!



Once upon a time, I was a carb lovin' gal who was chronically sick and tired. Starting in 2nd grade, my parents aggressively pursued doctors, but it wasn't until I turned 30 that I was diagnosed with diabetes. I changed my way of eating to a low carb lifestyle, and I'm now healthier (and happier) than ever! Little Pine Low Carb is where I share everything I've learned along this journey. My goal is to make low carb as delicious, easy and painless as possible!

@ littlepinelowcarb

thelittlepine.com

STRAWBERRY ICE CREAM

INGREDIENTS

1 scoop Metabolic Nutrition Strawberry Milkshake Musclean (45g)

$\frac{2}{3}$ cup nonfat plain greek yogurt (170g)

3 cups frozen strawberries (420g)

$\frac{1}{2}$ cup unsweetened vanilla almond milk (120ml)

2 splenda packets (optional)

INSTRUCTIONS

1. Add all ingredients to Blendtec blender
2. Blend on high until smooth (may need to add more/less liquid depending on blender used)
3. Pour mixture into large bowl and freeze 1 hour
4. Scoop and serve

Notes: Try topping with fresh fruit and whipped cream!

Serves 4 - Macros (entire batch - serves 4) 470 calories 14 F 49 C 40 P



From Pittsburgh PA. 34 years old. Stay at home Mom to two little ones (Annabelle and Jackson). I love to bake and can't cook to save my life! You can usually find me in the pool, in the kitchen, or outside chasing two crazy kids around!

@kimhoeltje

youtube/kimhoeltje



Vegan No Bake Strawberry Cheesecake

INGREDIENTS

Crust:

1 ½ cups gluten-free cookie crumbs
3 tbsp. melted coconut oil

Strawberry Filling:

1 (15 oz.) can coconut cream
1 (8 oz.) container vegan cream
cheese
¾ cup sugar
2 cups sliced strawberries (divided)

INSTRUCTIONS

1. Start by making the crust. to do this blend together the melted coconut oil and cookie crumbs.
2. Line a 8x8 brownie pan with parchment paper and pour the crust mixture into the pan. Press it down firmly. I use the bottom of a cup for this.
3. In your Blendtec add the coconut cream, vegan cream cheese, sugar, and 1 cup of the chopped strawberries. Blend until creamy. Pour the mixture on top of the crust and freeze for 30 minutes.
4. Remove from the freezer and top with the remaining strawberries. Cover with plastic wrap and freeze overnight.
5. Remove from the pan and use a sharp knife to cut into bars. You can let it soften for about 10 minutes first if you would like. It does melt fast. Serve immediately or store in the freezer. Enjoy!



Jennifer is a Gluten-Free Lifestyle blogger and author sharing all of the gluten-free goodness. As a multi allergy family, she knows how difficult creating recipes the entire family will enjoy can be. Through simple, yet flavorful recipes she takes the guesswork out of it for you.

@ livingfreelyglutenfree

livingfreelyglutenfree.com



CHAPTER 3
BREAKFAST


Plant Power Pancake

INGREDIENTS

- 2 Cups of oats
- 1 3/4 almond milk (unsweetened)
- 1/4 cups hemp seeds
- 2 bananas
- 2 Tbs of cacao
- salt
- cinnamon
- Vanilla
- Topping: strawberry jam

INSTRUCTIONS

1. In your BLENDTEC grind the oats & hemp seeds until they reach flour consistency, set aside in a bowl
2. Mix cinnamon, a dash of salt, cacao with the flour.
3. Back to the BLENDTEC: blend bananas, vanilla and almond milk until well mix.
4. Add the dry mixed ingredients.
5. Pour in a pan and cook on med. Heat on both sides. PRO TIP: pour close to the pan and create more fluffy pancakes.
6. Serve with jam and Enjoy!



I'm Federica. Part plants. Part Filmmaker. All Venezuelan. Filmmaker by trade (Monteávila University, London Film Academy). But I specialized in Plant-based nutrition (ECornell Certification of Plant-Based Nutrition.) Long hours of work and poor nutrition in various film sets led me to educate myself on the best way to nourish my body, feed my spirit and in an easy, affordable and simple way make my health thrive.

My studies, my experiences, and my lifestyle have inspired me to help you achieve your life to a life full of Plant Power.



@ verdeisbetter

verdeisbetter.com


Quick and Easy Gluten-Free Rice and Coconut Flour Pancakes

INGREDIENTS

- ½ cup of almond milk (or milk of choice)
- 4 tbsp of brown rice flour
- 2 tbsp of coconut flour
- ½ ripe banana
- 2 eggs (can replace for 2 flax eggs to make it vegan)
- 1 tsp of baking powder
- Pinch of cinnamon
- Toppings:
 - Plant-based yogurt
 - Strawberries

INSTRUCTIONS

1. Place all ingredients in the blender and pulse until smooth and thoroughly mixed.
2. Heat a lightly oiled griddle or frying pan over medium-high heat. Scoop ¼ cup of the batter onto the griddle and flip when you see air bubbles rise to the surface (it should be golden brown on the bottom). Cook on the other side until brown.
3. Stack cooked pancakes with the toppings of your choice and delight yourself and the ones you are sharing them with!



Providing inspiration by sharing my honest journey towards a wellness lifestyle. I fuel my body with easy home-made nutrient-dense recipes, but I do treat myself sometimes; I strive for peace of mind by living a life of purpose but I might also make poor decisions; I nurture my spirit through every human interaction I have, my yoga practice and travel adventures but above anything else, I just flow and learn and I project and pursue my dreams; lifting energy with every inhale and building confidence with every exhale. In the end, life is about breathing, isn't it?



@ainoaquinoa

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CHAPTER 4
DINNER



Jules has authored three award-winning gluten-free books, including *The First Year: Celiac Disease and Living Gluten Free*. Jules also pens the #1 voted Gluten Free Blog (gfJules). Since 2008, she has run her own company with a mission to produce compromise-free gluten-free baking mixes and flour. Her gfJules Gluten Free All Purpose Flour has been voted #1 Certified Gluten Free Flour three years in a row in the Gluten Free Awards. In 2011, Jules co-founded 1in133.org and helped erect an 11-foot, one-ton gluten-free cake in Washington, DC to get the FDA's attention. Jules continues her advocacy and speaks around the country, educating consumers on choosing safe gluten-free products, living a fulfilling gluten-free life and baking nearly anything gluten-free.

GLUTEN-FREE SWEET POTATO CURRY

INGREDIENTS

2 large sweet potatoes	1/2 tsp. each salt & pepper, or to taste
1 can coconut milk	
2-3 Tbs. diced fresh ginger (or 2 Tbs. ginger powder)	1 tsp. jalepeno powder or chili powder
1/4 cup coconut oil	1 cup grated coconut (unsweetened)
2 Tbs. ground coriander	2 lbs. wild caught shrimp, white fish or 1 cauliflower floret
2 Tbs. ground cumin	Water, as needed to thin the curry
1 Tbs. amchur powder (found in Indian grocery stores)	Avocado or extra virgin olive oil to saute protein and cook riced cauliflower
2 tsp. fresh diced turmeric or ground turmeric powder	

INSTRUCTIONS

1. Boil or microwave sweet potatoes and remove when fork tender. Once cooled enough to handle, scoop out the centers and place in a food processor or Blendtec blender.
2. Add coconut milk (shake the can first), half of the grated ginger root and remaining spices. Process until smooth.
3. Add coconut oil to a large wok or saute pan. Heat to medium to melt the oil, then add remaining grated ginger. Saute until lightly golden, then add processed sweet potato mixture. Add water as needed to thin the curry to your desired consistency. Taste and add more salt, pepper or other spices to suit your tastes.
4. In a separate pan, saute shrimp or fish cut into pieces just until cooked through, using enough avocado oil or other high heat cooking oil to keep it from sticking. If using cauliflower florets, roast in a 400F oven on a parchment-lined pan drizzled with olive oil until soft, approximately 20 minutes.
5. Add to curry once cooked.
6. To prepare cauliflower rice, push pieces of fresh cauliflower through ricer. Saute in a pan with a small amount of extra virgin olive oil or avocado oil.
7. Cook for 5 minutes, stirring to distribute heat.
8. Serve over cauliflower rice or basmati rice.

@gfjules

gfjules.com



PALEO-FRIENDLY BLENDER MARINADE FOR KOREAN SHORT RIBS

INGREDIENTS

- | | |
|--|---|
| 1 c Tamari | 1" ginger, peeled |
| ½ c white wine | ½ tsp black pepper |
| ½ c water | 2 lb of short ribs, meat butterflied to long thin strips, or LA Style Ribs (Flanken short ribs) |
| ¼ c Mirin or rice wine | 2 scallions, finely chopped for garnish |
| 1 tbsp fish sauce | 1 tbsp toasted sesame seeds for garnish |
| 1 tbsp sesame oil | |
| ⅛ c honey or maple syrup | |
| 10-12 cloves garlic | |
| ½ medium onion (4 oz.), quartered | |
| 1 apple, quartered (Fuji or Red Delicious or any variety that is not tart) | |
-

INSTRUCTIONS

1. Butterfly the meat on the short ribs into long thin strips, and keep the meat attached to the bone. (See the video on how to do this) Place the meat in a glass pan and set aside.
2. Prepare the marinade by combining all the ingredients except the meat, scallions, and sesame seeds in the Blendtec. Blend until smooth. Pour the marinade over the meat and coat them well. Wrap the meat around the bone and place them in a container to marinate overnight.
3. When ready to cook, you can grill the meat on the BBQ until the meat is medium rare or the meat is no longer pink. Or you can cut the meat from the bones and cook on a hot skillet until the meat is brown on the outside and the no longer pink in the inside.
4. Garnish with chopped scallions and sesame seeds and serve with lettuce for wrapping the meat or with a hot bowl of rice.

Dr. Karen S. Lee is a retired holistic practitioner with a Doctor of Chiropractic degree and is an Acupuncture and Oriental Medicine Fellow. Dr. Lee's treated patients with various ailments with standard Chiropractic care, Acupuncture, Nutrition Therapy and general wellness coaching. Dr. Karen believes many illnesses can be reversed through being on a proper diet, supplements, and stress management protocol. She's a published author of Paleo Cooking with your Air Fryer, Keto Cooking with your Instant Pot, and No Thaw Paleo Cooking in your Instant Pot.



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