

# OmniBlend

User  
guide and  
recipes to get  
you  
started



[www.OmniBlend.co.nz](http://www.OmniBlend.co.nz)

# The OmniBlend

## Why buy a blender?

A blender can make food preparation more efficient, which means saving time in the kitchen. And once you start using one, you'll be reaching for it more often for various uses.

## A blender is neither a juicer nor a food processor

**Question:** What's the difference between a blender and food processor? Or are they the same?

**Answer:** While they do have some similarities and there are combination blender/processor units on the market, a blender and food processor are two distinct bench-top appliances. A food processor is able to chop, shred, grate, slice or mix either **soft or hard food** and a blender can grind, pulverize, blend or mix frozen foods and turn both soft and hard foods into liquid.

A powerful blender with good blades will make really smooth products out of hard foods (like kale, carrots and beetroot) or to crush or shave ice for making sorbets and cocktails or to blend frozen ingredients (such as berries) into drinks.

**Question:** What's the difference between a blender and a juicer?

**Answer:** Aside from the fact that a juicer is designed to be best at making watery juices, the main difference is that juicing separates the fibre from the watery part of the fruit or vegetable. Unfortunately this means that all the health-giving fibre, along with its abundant anti-oxidants, end up in the compost, instead of in your digestive system.

**Question:** Why not just get a stick blender?

**Answer:** Stick blenders are very useful for pureeing or blending small batches of soft ingredients right in a bowl, or taking lumps out of the gravy. They are not very versatile and if you try to blend anything tougher than a banana you will have no success. A hand blender is not a good choice, if making smoothies is your main reason for buying a blender.



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# How does the OmniBlend work?

It is a very powerful machine that operates at a very high speed. It can cut up pretty much anything and when left on high for 5 minutes or so, will heat up a drink or soup.

## Power Capacity

To make smoothies, the more watts the better (minimum 500 watts) - with more power you will get a smoother end result.

OmniBlend has a powerful 3 HP motor rated at 2248 watts peak power. The OmniBlend is constructed using energy-efficient technology– it is deliberately limited to 950 watts when in normal operation, extending the life of the machine so you get many years of reliable use.

OmniBlend is designed to last for many years working at 38,000 RPM - this far exceeds normal blenders. Most domestic machines have far weaker motors, which means that they run under far greater strain. We've had customers buying an OmniBlend because their old domestic machine blew up - one customer went through two cheaper blenders in less than on year!

## Cost Effective

With the OmniBlend V you get top-of-the-line quality for a fraction of this cost. Why? Because at OmniBlend NZ, we've cut out the middle-man! So for less than half the cost of what you'd normally expect to pay, you can get set up with a super-blender! With a manufacturer's warranty of TWO YEARS, you know you are buying a reliable machine (remember that 2 year warranty assumes that the machine is in a commercial kitchen)!

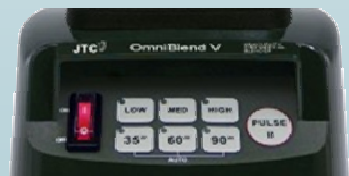
## The Jug

This is the container which the food items goes into. round or square with different size options (1.5L or 2.0L).

## User-Friendly

A good choice is a machine that has programmed cycles and is easy clean to clean.

The OmniBlend V ticks both these boxes, with programmed 35, 60 and 90 second cycles and a flat touch control-panel. Easy operation. Easy cleaning.



# VERSATILE

## What can you do with the OmniBlend?

### You can make:

- ◇ Smoothies
- ◇ Hot Soups
- ◇ Nut Butters
- ◇ Ice Cream / Sorbet
- ◇ Pesto, Nut Butter and Dips
- ◇ Fibrous Juices
- ◇ Nut Milks
- ◇ Baby Food
- ◇ Cocktails
- ◇ Flour

And much more (e.g. Play-dough)....all with one super appliance.



this

## Blender or Juicer?

It's really about whole foods. Juicing (even using one of the top-end twin-gear juicers) separates the fibre from the fruit and/or vegetables being juiced. While the theory behind juicing is that the nutrients are immediately absorbed giving your digestive tract a break, juices cause a rise in blood sugar level that is not insignificant - fibre helps to slow down the absorption of the sugars. The fibre is also where the antioxidants are concentrated. Thus juicing - very effectively - creates a thin liquid which is high in natural sugars, devoid of fibre, and much lower in antioxidants than the food you started with.

The key to good health is to make smoothies (rather than juices) which retains all the goodness of the whole food.

So before you spend money on a juicer (which are also very labour intensive to clean) maybe you would want to check out something more versatile and user-friendly for those with a busy life! And you can make all kinds of other amazing things as well.

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## General Operating Tips

Place liquid ingredients in the jar first, followed by the rest of the ingredients.

Cut vegetables and food items in small portions to enable foods to circulate around the blade.

Always leave room for expansion - at least one third capacity and more for very thin or hot liquids.

When blending hot liquids you need to be more careful - allow more room for expansion, remove the bung in the lid so steam can escape and start on low speed.

Never operate the blender without the jar being securely placed on the unit.

Never operate the blender without the lid on. Even the smallest amount of food can create quite a mess if the lid is not on.

Never put anything into the machine while the blender is operating unless it is the tamper tool, being used through the bung in the lid.

Always hold the lid down while the blender is operating.

Allow blender to come to a full stop before changing speed settings.

Never immerse the main/base blender unit in water.

**To clean**, half fill with warm water; add a drop of dish detergent in the jar. Use the “pulse” to clean immediately after using it. Rinse thoroughly. Wash the lid and wipe the exterior with a damp cloth.

Allow to dry before putting away.

## Getting Started with Smoothies

Follow these guidelines to get you familiar with smoothie-making in your OmniBlend. Once you've made a few you'll see that you don't need to be limited by recipes.

- ◇ Banana, avocado and yoghurt helps to make your smoothie “smooth”. A bit of oil can help with this too (e.g.: coconut oil).
- ◇ Put the soft ingredients in the jug first.
- ◇ If using nuts or seeds, you will get a smoother texture if you soak them overnight.
- ◇ Dried fruits are best soaked overnight - they will blend up very well regardless, but your smoothie will thicken on standing.
- ◇ Generally a 60 second cycle will do your smoothie to perfection.
- ◇ If you're going away (and can't take your OmniBlender), you can make a couple of days of smoothies and put in lidded glass jars. Keep refrigerated.
- ◇ Always leave some head-room in the jug.
- ◇ Aim to increase the vegetable content of your smoothie over time. Start with mild-tasting veges first (first on the list). If you are adding a strong-tasting item (such as kale), add a little, blend then taste it. You can always add more! Alternate your greens - don't have spinach every day - variety is important. Ideas include:

- ◇ Lettuce
- ◇ Courgette
- ◇ Mung bean sprouts
- ◇ Cucumber
- ◇ Spinach
- ◇ Pumpkin
- ◇ Carrot
- ◇ Celery
- ◇ Beetroot
- ◇ Kale

You can also add:

- ◇ any garden herbs - parsley, mint, dandelion (be careful - 1 -2 leaves is a good start), nasturtium - leaves and flowers, etc.
- ◇ Fresh ginger root
- ◇ Citrus - such as whole limes / lemons - remove seeds. Leave the skin on.



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# Can I use the OmniBlend for Juicing?

Using the OmniBlend super blender for juicing is easy. But remember, that as your finished produce will have all the fibre, it will be a lot thicker (and more satisfying) than a regular juice. Here is a general guide:

Gather the fruits and vegetables in that you'd like to juice, for example, for a carrot and apple juice:

Cut up 4 apples into wedges and cut one carrot into chunks.

Put into the OmniBlend with one cup of water.

Blend using a 60 second cycle.

Done!

You can add a little more water if you prefer a more liquid texture. The fibre has been chopped up extremely finely so that your body gets all the nutrients.



## Orange "Juice"

This will be thicker than regular juice because you have all the pulp, but it tastes marvellous.

Prepare 3 - 4 oranges: Peel all but one orange (use a vege peeler). Cut them in half and remove the seeds. Put all of the oranges - including one with the skin on - in the blender with a cup of water. (The skin is loaded with bioflavonoids and antioxidants and will add loads of flavour to your juice).

Process on a 60 second cycle. The juice will be thick and may have some foam on the top.

You can use mandarins (Clementines are best) or tangelos. Grapefruit is a more sour so it's best to remove as much of the pith as you can, and add some NuStevia (plain) to sweeten - see

[www.houseofhealth.co.nz](http://www.houseofhealth.co.nz)

## Jaffa Smoothie

Make an orange juice (as above) and add ½ tblsp cocoa

OR 5-6 drops chocolate NuStevia



## Raspberry-Orange Smoothie

Make an orange juice (as above) and add ½ cup fresh raspberries

1 tablespoon of honey **OmniBlend NZ Ltd**

## Butternut Smoothie

Serves 2



*Make with pumpkin, buttercup or butternut.*

Place the following ingredients into the OmniBlend:

- 1 cup butternut pieces (peeled and seeds removed)
- $\frac{3}{4}$  cup frozen pineapple chunks
- $1\frac{1}{2}$  cups orange juice
- $\frac{1}{2}$  cup plain yoghurt
- 1 tsp vanilla essence
- 2 tblsp brown sugar
- A pinch of each of cinnamon, nutmeg, ginger and allspice.

Puree until smooth, stopping to press pineapple down into the blades of the blender, if necessary.

Pour into glasses and top with a sprinkle of cinnamon.

## Gloriously Green Smoothie

Makes one large serve

You need:

- $\frac{1}{2}$  an avocado
- 1 granny smith apple
- 1 green kiwifruit
- 1 stick celery
- Handful of lettuce leaves
- 1 cup water

Put all ingredients in the OmniBlend, blend on a 60 second cycle.





## Up and At 'Em! Breakfast Smoothie

Makes one large serve

For breakfast in 5 minutes... You need:

- 1 banana
- ½ cup pomegranate juice
- 1 pear
- Handful of spinach leaves
- ¼ cup cashew nuts
- 1 tblsp flaxseeds

Blend together - adding extra water if it's a little thick - on a 60 second cycle.



## Sorbet or Frozen Yoghurt

This is incredibly quick - and a great dinner party trick!!

In the OmniBlend place:

- 1 cup liquid - water, coconut water, coconut milk, almond milk or yoghurt
- 4 cups frozen - include 1 cup frozen ripe bananas or avocado, plus any frozen fruit you choose (strawberries or raspberries are great, but you can also use frozen mango, pineapple, passionfruit, even frozen mandarins (freeze the seedless clementines, leave the skins on a few for flavour)

Have the bung out of the lid and the tamper tool in place.

Blend on low speed and - while supporting the jar - push the ingredients down onto the blades.

Keep doing this until the mixture is of even texture and the top looks like 4 pillows.

This is just so quick (about 30 seconds), prepare just before serving. **TIP:** If you have trouble stop the blender, remove the lid and manually push any lumps of frozen down in the jar and blend again in short spurts.

If you blend too long the ingredients will start to melt...



## Dips and Spreads

You can make all your favourite dips and spreads in the OmniBlend.

### Hummus

In your OmniBlender place:

- ◇ 2 cups cooked chickpeas (1 can)
- ◇ 2 tblsp tahini
- ◇ 2 tblsp extra virgin olive oil
- ◇ Juice of 2 lemons
- ◇ 2 cloves of garlic

Blend on a 35 second cycle if you like a bit of texture, or on 60 seconds if you prefer it smoother. Serve garnished with paprika, olive oil and fresh parsley.



### Avocado Chocolate Mousse

A great way to get an extra fruit or veg for your 5+ a day!

- ◇ 3 medium sized avocados, flesh scooped out
- ◇ ¼ cup Agave syrup or natural Maple syrup
- ◇ 1 tablespoon vanilla extract
- ◇ 1 cup organic carob powder or organic cocoa powder



Place all the ingredients in a food processor and blend until creamy smooth.

Spoon into goblets or demi-tasse cups and chill in the fridge for about 1 hour.

Serve with a little whipped cream or natural thick yoghurt and pomegranate molasses, or even fresh fruit like berries, orange zest or caramelised mandarin segments.

This mousse will keep in the fridge in a sealed container for 3 days and at least 2 weeks in the freezer.

## Hot Soup

Yes - the OmniBlend can make **HOT** soups. The heating occurs from the friction created by the ingredients being whizzed around at 38,000RPM.

**TIP:** when making soup (1) add warm water rather than cold at the start - this will speed up the process, and (2) leave the bung out of the lid - if you don't the lid may "explode" off as the soup heats up.

**Note:** cold water takes about 7 minutes to boil in the OmniBlend, so if you add hot water rather than cold, you will reach soup temperature more quickly. Amazing! It's quick and nutritious (and less utensils to clean!)

## Carrot and Tomato Soup

Put tomato and roughly chopped carrots in the blender, along with any spices and herbs, including garlic and onion if desired.

Add water, and blend on High for a few minutes. When it is steaming it's done—easy-peasy!



## Broccoli and Cheddar Soup

Place a cup of almonds or cashew nuts, one head of broccoli, 1 teaspoon of vegetable boullion and 1 cup of water (or 1 cup of homemade vegetable broth) in the OmniBlender.

Blend on high speed for about 5 minutes. Season to taste and enjoy. Fabulous!



## Can I Put Nuts in the OmniBlender?

The OmniBlend is powerful enough to make nut butter and nut milk.

### Nut Butter

Put the nuts of your choice (roasted or raw) into the OmniBlend.

Process until you have the desired consistency. This can be variable as some nuts are drier (less oily) than others.

To help it along you can add a small amount of a nut oil (ideally the same as the nuts you are blending).

What you get is fresh, preservative and additive free, and made in seconds.

And probably more economical too.

### Nut Milk

If you've never tried nut milk before, it's a must! This type of milk is superior to dairy for many reasons: higher nutritional content, no lactose, it is non-mucous-forming and great taste. You can make it any time— all you need is your OmniBlend and whatever stash of nuts you have

Almond milk is the most common but you can use any nut, even coconut or oats to make a milk.

### Making the milk....Preparing the nuts

Use fresh nuts. You can soak in filtered water overnight or for about 4-6 hours if you wish.

Place them in your OmniBlender along with some fresh filtered water. Use about 1 cup of water to 1 cup of nuts.

Process on high speed until completely blended (about 1 minute). The liquid will be white in colour.

Pour through a **very** fine sieve or through cheese cloth to catch the pulp. Squeeze out the pulp and save for baking.

Add flavour if desired, such as cocoa, vanilla, honey ...



## Strawberry Almond Pie

### Ingredients for Pie

2 cups fresh strawberries  
1 cup raw cashews  
2 tbsp vanilla extract  
½ cup raw honey  
a pinch salt  
1 cup of coconut oil (at room temperature)



### Ingredients for crust

¾ cup of almonds  
¼ cup shredded raw coconut  
a pinch of salt

### Directions:

First prepare the crust—put the almonds, coconut and salt in your OmniBlend.

Start blending on 35 second cycle - just for enough to crush the nuts into a nut meal. Stop the machine if needed and use the tamper to push down the nuts, but generally this blends fairly quickly. The mix does not need to be completely uniform in texture.

Use a spatula to remove the nut mix from the blender. Press in into the bottom of a round pie dish or 20 x 20 cm square glass dish to form an even base. Use a flat utensil to press it down firmly.

Put the strawberries, cashews, vanilla, honey, salt and coconut oil in the OmniBlender. Process on a 60 sec cycle. The end product should be mixed together and fairly uniform in texture - about the consistency of a thin smoothie. Pour onto the nut base and immediately cover with plastic wrap. Refrigerate for a few hours to set. Decorate with fresh strawberries.

Best to make this the night before to ensure its properly chilled - it should have a firm but soft texture. Enjoy

**Variation:** make in individual ramekins for a dinner party.

Get yours today!  
[www.OmniBlend.co.nz](http://www.OmniBlend.co.nz)



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