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Juices

Green Emotion

Ingredients:

- * 2 cups fresh kale, rinsed well
- * 2 cups fresh spinach, rinsed well 1 bunch fresh parsley
- * 1 liter of purified water
- * 1 unit of lemon

Directions:

01

Add all ingredients to blender, set to 10, and blend for 1–2 minutes.

Tummy Elixir

Directions:

01

Place all ingredients into a blender, set to 10, and blend for 1–2 minutes.

02

Refrigerate overnight before drinking. Drink it straight or strain to remove the pulp.

Ingredients:

- * 1(3–ounce) piece fresh unpeeled ginger, rinsed well
- * 1 whole lemon, rinsed well
- * 1 liter purified or spring water
- * 1 sprig fresh mint
- * 2 tablespoons agave nectar

Ingredients:

- * 3 ounces fresh unpeeled ginger, rinsed well
- * 3 large unpeeled carrots, rinsed well
- * 8 ounces 100% natural coconut water
- * 2 red peppers, cored, seeds removed, rinsed well

Carrot–Ginger Bell Pepper
Pick–Me–Up

Directions:

01

Add all ingredients to blender, set to 5, and blend for 2 minutes.

Almond Milk

Ingredients:

- * 1 cup almonds
- * 3 cups distilled water

Directions:

01

Place all ingredients into a blender and pulse 5–6 times.

02

Scrape sides of blender with a rubber spatula.

03

Continue to pulse for no longer than 1 minute at a time until milk is smooth.

04

Once ready, strain milk through a fine strainer or jelly bag.

Ingredients:

- * ½ pound pancetta or high-quality bacon, cut into small cubes
- * 1 small onion, finely chopped
- * 2 cloves freshly peeled garlic
- * ½ cup heavy cream
- * ½ cup milk
- * 2 cups freshly grated Parmesan cheese
- * 2 eggs
- * 1 tablespoon flour

Lid:

Mixer lid only

Directions:

01

Add pancetta, garlic, and onions to a large skillet. Fry on medium heat until the pancetta renders all its fat and is crispy, but not burned. Do not burn garlic cloves.

02

Drain the fat from the pancetta. Place pancetta, garlic, and onion into the blender.

03

Add flour, cream, and milk to blender, set to 10, and blend for 5 minutes.

04

Let cream mixture rest in the blender for 5 minutes.

05

Add eggs, set blender to 4, and blend for about 20 seconds.

06

Add cheese and serve over spaghetti.

Carbonara



Jams & Spreads

Fig Jam

Ingredients:

- * 1 pound fresh figs, washed, stemmed, and halved
- * ½ cup water
- * 2 tablespoons agave nectar or honey
- * Sea salt and freshly ground black pepper to taste
- * 1 teaspoon sumac
- * Juice and zest of 1 lemon
- * 1 tablespoon dark molasses

Directions:

- 01 In a large nonreactive (stainless steel, ceramic, metal with enamel coating) saucepan, bring water, lemon juice, zest, molasses, and agave to a boil.
- 02 Add figs and simmer over medium heat for about 10 minutes.
- 03 Add salt, pepper, and sumac to fig mixture.
- 04 Transfer all ingredients to blender and pulse until smooth.

Homemade Hazelnut Spread

Ingredients:

- * 2 cups hazelnuts
- * 10 ounces milk chocolate
- * Chopped 2–3 tablespoons canola oil
- * 2 tablespoons powdered sugar
- * 2 tablespoons dark cocoa powder
- * ½ teaspoon of vanilla extract
- * Pinch sea salt

Directions:

- 01 Place hazelnuts on a cookie sheet and toast in an oven at 400°F for 8–10 minutes.
- 02 Once toasted, place hazelnuts in a clean kitchen towel and rub the skins off. Transfer to blender jar.
- 03 Add all remaining ingredients to blender.
- 04 Set blender to 10 and blend for about 1 minute or until creamy, scraping occasionally with a rubber spatula, if necessary.
- 05 Refrigerate overnight, allowing the spread to firm up.

Nut Butter

Ingredients:

- * 4 cups nuts, shelled, skins removed
- * ½ cup of nut oil

Lid:

- This recipe can be made with peanuts, hazelnuts, almonds, or cashews. It is recommended to use the oil from the same type of nut that's blended.
- The nuts can be either raw or roasted.

Directions:

01

Add all ingredients to blender.

02

Set blender to 1 and blend, slowly increasing speed until mixture reaches desired consistency, scraping occasionally with a rubber spatula, if necessary.

Guacamole

Directions:

01

Add lime juice, shallot (or onion), garlic, and cilantro to blender. Set blender to 3 and blend for about 30 seconds.

02

Add avocado and pulse 6–8 times until puree comes together.

03

Add cilantro and roasted tomato. Set blender to 3 and blend for 30 seconds until a rich, chunky puree comes together. Scrape occasionally with a rubber spatula, if necessary.

04

Season guacamole with sea salt and a pinch of cayenne pepper.

Ingredients:

- * 4 fresh ripe avocados
- * ¼ cup freshly squeezed lime juice
- * 1 small shallot or sweet onion
- * 2 cloves garlic
- * 1 teaspoon sea salt
- * 1 bunch fresh cilantro, rinsed, shaken dry
- * ¼ teaspoon cayenne pepper (optional)
- * 1 roasted fresh tomato (optional)

Ingredients:

- * 1 egg yolk
- * ¼ teaspoon Dijon mustard
- * 1 tablespoon lemon juice
- * ¼ teaspoon white vinegar
- * ¼ teaspoon Worcestershire sauce
- * 1 tablespoon warm water
- * 1½ cups canola oil, divided
- * Sea salt to taste
- * Hot sauce

Homemade Mayonnaise

Directions:

01

Add egg yolk, mustard, lemon juice, vinegar, Worcestershire, warm water, and ½ cup oil to blender.

02

Set blender to 10 and blend for 1 minute.

03

Slowly add oil while continuing to blend until mixture reaches thickness of traditional mayonnaise.

04

Season with sea salt and hot sauce.

05

Refrigerate overnight.



Sauces

Applesauce

Ingredients:

- * 6 Jonathan or McIntosh apples, quartered, cores removed
- * $\frac{1}{2}$ cup sugar (or $\frac{1}{4}$ cup agave)
- * $\frac{1}{2}$ teaspoon cinnamon
- * $\frac{1}{8}$ teaspoon sea salt
- * Juice and zest of 1 lemon
- * 1 tablespoon apple cider vinegar (optional)

Lid:

If you prefer raw applesauce, simply add all ingredients to the blender and set to 10 for 2–3 minutes.

Directions:

01

Combine sugar, lemon juice, zest, and vinegar in a large pot and bring up to a boil.

02

Once mixture is clear and sugar has dissolved, add apples to mixture. Lower the heat and simmer for 1–2 minutes.

03

Transfer mixture to blender and add cinnamon and salt.

04

Set blender to 10 and blend for 5 minutes. If needed, set blender to 10 and blend for an additional 5 minutes or until desired consistency is reached.

05

Let applesauce cool. Refrigerate until ready to serve.

White Bean Hummus

Ingredients:

- * 16 ounces home-cooked or high-quality canned Great Northern or cannellini beans, drained, rinsed
- * Juice and zest from 1 lemon
- * 1 teaspoon chili flakes
- * 2 cloves garlic
- * 1 small bunch Italian parsley, leaves only
- * Sea salt and freshly ground pepper to taste
- * $\frac{1}{2}$ cup extra-virgin olive oil

Directions:

01

Add lemon juice, zest, garlic, parsley, and olive oil to blender and pulse for 30 seconds.

02

Let garlic mixture sit in blender for 10 minutes to develop flavors.

03

Add beans and chili flakes to the blender. Set to 10 and blend for 2 minutes or until smooth, scraping occasionally with a rubber spatula, if necessary.

04

Season with salt and pepper.

Sun-Dried Tomato Pesto

Ingredients:

- * 6 fresh plum or Roma tomatoes, washed, cut in half
- * 8 ounces sun-dried tomatoes
- * 2 cloves fresh garlic
- * $\frac{1}{4}$ cup pine nuts
- * 1 small onion or medium shallot 1 tablespoon tomato paste
- * $\frac{1}{4}$ cup dry red wine
- * 1 tablespoon red wine vinegar
- * $\frac{1}{4}$ cup fresh basil leaves
- * $\frac{1}{2}$ cup extra-virgin olive oil
- * Sea salt and freshly ground pepper to taste

Directions:

- 01 Soak sun-dried tomatoes in the wine for 10 minutes; set aside.
- 02 Add plum tomatoes, garlic, and onion to blender and pulse 5–6 times.
- 03 Add red wine-soaked tomatoes and pulse 5–6 times.
- 04 Add all remaining ingredients. Set blender to 10 and blend for 45 seconds, scraping occasionally with a rubber spatula, if necessary.

Cranberry Sauce

Ingredients:

- * 2 (12-ounce) bags fresh cranberries
- * 1 cup sugar
- * 2 tablespoons fresh rosemary
- * Juice and zest of 3 oranges
- * $\frac{1}{8}$ teaspoon nutmeg
- * $\frac{1}{4}$ teaspoon sea salt

Directions:

- 01 Place all ingredients in blender, set to 10, and blend for 5 minutes.
- 02 Let the sauce rest for 5 minutes before blending on the same setting for an additional 5 minutes.
- 03 Allow sauce to cool. Refrigerate until ready to serve.

Ingredients:

- * 1 ½ pounds of tomatillos, husked
- * 1 small onion, peeled
- * 2 cloves garlic
- * 2 serrano peppers
- * 1 jalapeño (optional)
- * 1 small bunch cilantro, rinsed, shaken dry
- * 1 tablespoon dried Mexican oregano
- * 1 teaspoon dried cumin
- * Sea salt to taste
- * 1 teaspoon sumac (optional)
- * 2 cups warm water
- * 1 tablespoon lime juice
- * 1 tablespoon extra-virgin olive oil

Lid:

Use as a salsa dip or a sauce for roasted fish or chicken.

Salsa Verde

Directions:

01

Add tomatillos, onion, garlic, and peppers to blender. Pulse 5–8 times until chunky to achieve a thicker consistency.

02

Set blender to 10. Blend for 4–5 minutes, adding 1 cup warm water at a time, until completely incorporated.

03

Add sumac, lime juice, olive oil, cumin, and salt and pulse 3 times.

04

Add the fresh and dried herbs and pulse 4–5 times.

05

Refrigerate overnight.

Tzatziki Sauce

Ingredients:

- * 16 ounces plain full-fat Greek yogurt
- * 2 English cucumbers, peeled, cut in half, seeds removed
- * ¼ cup extra-virgin olive oil
- * Juice and zest of 1 fresh lemon
- * 2 tablespoons fresh dill leaves
- * 1 teaspoon dried or fresh mint
- * 3 cloves garlic
- * 1 tablespoon sumac (optional)
- * Sea salt and freshly ground pepper to taste

Directions:

01

Place cucumbers, garlic, mint, lemon juice, and dill leaves into a blender and pulse 3–4 times.

02

Let cucumber mixture sit in blender for 10 minutes to develop flavor.

03

Add yogurt and oil and pulse 6–8 times until sauce is homogenous.

04

Add sea salt, pepper, and sumac and pulse for 5–10 seconds.

05

Serve with lemon zest.

Ingredients:

- * 1 pound packed basil leaves
- * 2 cups extra-virgin olive oil
- * ½ cup shelled walnuts or pine nuts
- * 3 cloves garlic
- * Sea salt and freshly ground pepper to taste
- * 1 tablespoon fresh lemon juice
- * ¼ cup freshly grated Pecorino Romano cheese

Lid:

Use as a salsa dip or a sauce for roasted fish or chicken.

Tuscan Pesto

Directions:

01

Place oil, lemon juice, and garlic into blender. Set blender to 10 and blend for 1 minute.

02

Let oil mixture rest for 10 minutes to develop flavor.

03

Add basil, set to 10, and blend for 1–2 minutes until smooth.

04

Add nuts, salt, pepper, and cheese and pulse 6–8 times.

05

Refrigerate until ready to serve.

Thai Peanut Dipping Sauce

Ingredients:

- * 1 small knob fresh ginger, peeled, roughly chopped
- * 1 clove garlic
- * Juice and zest of 2 limes
- * 1 tablespoon chili flakes
- * 1 tablespoon agave nectar
- * 2 tablespoons shoyu or soy sauce
- * ½ cup of coconut water
- * 3 tablespoons creamy peanut butter

Directions:

01

Add ginger, garlic, chili flakes, agave, lime juice, and zest to blender.

02

Set blender to 10 and blend for 1 minute.

03

Let sauce sit in blender for 10 minutes to develop flavor.

04

Add soy sauce and peanut butter. Set to 5 and blend, adding coconut water, as needed, to achieve creamy consistency.

Ingredients:

- * 2 cups milk
- * 2 tablespoons flour
- * 2 tablespoons melted butter
- * Sea salt to taste
- * 3 fresh flame-roasted jalapeños
- * 1½ cups shredded sharp cheddar cheese
- * ¼ heavy cream or sour cream

Directions:

- 01 Mix flour and melted butter, milk, and heavy cream together and add to blender.
- 02 Set blender to 10 and blend for 3 minutes.
- 03 Lower blender speed to 3 and add jalapeños, shredded cheese, and blend for 3 minutes.
- 04 Season with salt.

Nacho Cheese Sauce

Hummus

Lid:

To add extra flavor to hummus, add one or more of the following ingredients: 2 tablespoons yogurt, cayenne pepper, sumac, paprika, ras el hanout, or favorite finely chopped herbs.

Directions:

- 01 Drain liquid from chickpeas.
- 02 Add chickpeas and all remaining ingredients to blender and pulse for 1 minute.
- 03 Blend on Soup setting for an additional 2 minutes until hummus reaches desired consistency. Use stirring rod, as needed.

Ingredients:

- * 3 cups cooked or canned chickpeas
- * 3 garlic cloves, peeled, smashed
- * ½ cup of extra-virgin olive oil
- * 3 tablespoons tahini paste
- * 4 tablespoons fresh lemon Juice
- * 1 teaspoon sea salt
- * Freshly ground white pepper to taste



Dressings

Classic Dijon Salad Dressing

Directions:

01

Add egg yolks, mustard, vinegar, and lemon juice to blender. Set blender to 10 and blend for 30 seconds.

02

Set blender to 5 and blend, slowly adding oil until thick, pourable consistency is reached. If the dressing is too thick, add a little warm water to thin out.

03

Season dressing with salt, pepper, and hot sauce.

Ingredients:

- * 2 egg yolks
- * 1/8 cup lemon juice
- * 1/8 cup white wine vinegar
- * 2 tablespoons Dijon mustard
- * 1 teaspoon hot sauce
- * Sea salt and white pepper to taste
- * 2 1/2 cups canola oil

Ginger–Lime Dressing

Ingredients:

- * 1 ounce freshly peeled ginger
- * Juice and zest of 3 limes
- * 1 tablespoon sesame oil
- * 1 (6-ounce) can coconut milk
- * 1 teaspoon sesame seeds
- * Pinch sea salt
- * 1 tablespoon sugar
- * $\frac{1}{4}$ teaspoon cayenne pepper (optional)

Directions:

01

Combine all ingredients into a blender, set to 10, and blend for 3 minutes.

02

Refrigerate overnight.

Classic Ranch Dressing

Ingredients:

- * 1 cup mayonnaise
- * $\frac{1}{2}$ cup sour cream
- * $\frac{1}{2}$ cup buttermilk
- * $\frac{1}{2}$ teaspoon garlic powder
- * $\frac{1}{2}$ teaspoon onion powder
- * Sea salt and freshly ground pepper to taste
- * $\frac{1}{2}$ teaspoon dried parsley
- * $\frac{1}{2}$ teaspoon dried dill
- * 2 tablespoons fresh dill

Directions:

01

Combine all ingredients into a blender, set to 10, and blend for 1 minute.

02

Refrigerate overnight.

Soy Sesame Dressing

Ingredients:

- * 1 cup low-sodium soy sauce
- * Juice and zest of 1 lemon
- * ½ cup of rice wine vinegar
- * ¼ cup dark sesame oil
- * 1 tablespoon black sesame seeds
- * ¼ cup raw peanuts (optional)

Lid:

Serve as a light salad dressing or use as a marinade for pork or chicken.

Directions:

01

Combine all ingredients into a blender, set to 10, and blend for 2 minutes.

Classic Caesar Dressing

Ingredients:

- * 1 egg yolk
- * 1 tablespoon Dijon mustard
- * 2 tablespoons lemon juice
- * 1 teaspoon Worcestershire sauce
- * 1 teaspoon hot sauce
- * 2 tablespoons freshly ground black pepper
- * 2 cloves garlic
- * 5 quality anchovy fillets
- * ½ cups canola oil
- * ½ a cup of shredded Parmesan cheese

Directions:

01

Add egg yolk, mustard, lemon juice, Worcestershire, hot sauce, garlic, and anchovies to blender. Set to 10 and blend for 1 minute.

02

While blending, incorporate canola oil in a slow and steady stream until thick and creamy. If the dressing is too thick, add some warm water.

03

Finish by mixing in freshly ground black pepper and Parmesan cheese.

Ingredients:

- * 1 cup buttermilk
- * 1 cup plain Greek yogurt
- * 2 tablespoons poppy seeds
- * Juice and zest of 1 lemon
- * Sea salt and freshly ground black pepper to taste
- * ¼ teaspoon sumac
- * 1 bunch fresh cilantro, rinsed, shaken dry

Lemon Poppy Seed Dressing

Lid:

This dressing can be used as a marinade for chicken or as a veggie dip.

Directions:

01

Combine all ingredients into a blender, set to 10, and blend for 1 minute.

02

Refrigerate overnight.



Soups

Cumin–Scented Carrot Soup

Ingredients:

- * 10 ounces peeled carrots, medium dice
- * 1 tablespoon rice vinegar
- * Sea salt to taste
- * $\frac{1}{8}$ teaspoon ground white pepper
- * 2 cups chicken or vegetable stock
- * 1 teaspoon ground cumin
- * 2 tablespoon chives, finely minced (for garnish)

Directions:

01

Add all ingredients except chives to blender.

02

Blend on Soup setting for 5 minutes. If needed, blend for an additional 3–4 minutes or until smooth.

03

Carefully remove lid, pour into bowls, and top with chives.

Chilled Fruit Soup

Ingredients:

- * 1 pound fresh strawberries, hulled
- * $\frac{1}{2}$ pound of seedless green grapes
- * 1 honeydew, peeled, seeded
- * $\frac{1}{4}$ cup agave nectar
- * Pinch sea salt
- * Juice and zest of 1 lemon

Directions:

01

Combine all ingredients into a blender. Blend on Soup setting for 2 minutes.

02

Refrigerate overnight and serve.

Beet Soup

Ingredients:

- * 4 large beets, peeled, chopped into 1-inch pieces
- * 1 tablespoon extra-virgin olive oil
- * 1 small shallot, peeled
- * 1 tablespoon sea salt
- * 1 tablespoon ground white pepper
- * 1 teaspoon smoked paprika
- * 1 liter vegetable stock or purified water
- * 2 tablespoons chopped chives
- * 8 ounces goat cheese, divided

Lid:

Serve soup hot or cold and top with chives and remaining goat cheese.

Directions:

01

Add all ingredients, except goat cheese and chives, to blender and pulse 10 times.

02

Blend on the Soup setting for 5 minutes.

03

Add 4 ounces of the goat cheese and pulse 3 times.

Tomato Basil Bisque

Ingredients:

- * 2 (28-ounce) cans peeled Italian tomatoes
- * 1 small bunch fresh basil, leaves only
- * 1 garlic clove
- * Sea salt to taste
- * 1 tablespoon red wine
- * 2 tablespoons extra-virgin olive oil
- * Pinch sugar
- * 2 tablespoons mascarpone cheese

Directions:

01

Add tomato, garlic, red wine, sugar, and oil to blender.

02

Set blender to 10 and blend for 5 minutes.

03

Add basil and mascarpone and blend on the same setting (10) for 1 minute.

04

Season with sea salt and serve with crusty Italian bread.

Gazpacho

Ingredients:

- * 5 pounds fresh tomatoes, cut in half, seeds removed
- * 1 clove freshly peeled garlic
- * 3 slices toasted rustic or sourdough bread, torn into pieces
- * 2 large English cucumbers, split lengthwise, seeds removed
- * 8 large green bell peppers, cut in half, seeds removed
- * ¼ cup extra-virgin olive oil
- * 2 tablespoons red wine vinegar
- * 2 tablespoons Spanish sherry vinegar
- * Sea salt and freshly ground pepper to taste
- * 2 tablespoons thyme, removed from sprigs, freshly chopped

Lid:

- Save the juice when removing the seeds from the tomatoes.
- Peel the cucumbers or leave the peels on.

Directions:

- 01
- Add tomatoes, cucumber, garlic, and bell peppers to blender and pulse 3–4 times.
- 02
- Add oil, vinegars, thyme, and freshly ground pepper to blender and pulse 4–5 times.
- 03
- Add the bread and pulse 7–10 times.
- 04
- Season gazpacho with salt. Refrigerate overnight or for several hours before serving.

Potato Truffle Cauliflower Soup

Lid:

To add extra flavor to hummus, add one or more of the following ingredients: 2 tablespoons yogurt, cayenne pepper, sumac, paprika, ras el hanout, or favorite finely chopped herbs.

Directions:

- 01
- Blanch diced potatoes in boiling water for 8 minutes.
- 02
- Add potatoes, cauliflower, salt and pepper to blender. Blend on Soup setting for 1 minute.
- 03
- Add warm milk, replace Lid, and blend on Soup setting for 5 minutes.
- 04
- Season with oil and salt.

Ingredients:

- * 1 large cauliflower head, cored, cut into 2-inch pieces, each equal in size
- * 6 ounces Yukon Gold potatoes, peeled, medium dice
- * Sea salt and freshly ground white pepper to taste
- * ⅛ teaspoon white truffle oil or extra-virgin olive oil
- * 2–3 cups warm milk



Blueberry Lemon Muffins

Directions:

01

Add yogurt, eggs, lemon juice, lemon zest, honey, and vanilla to blender.

02

Set blender to 1, add flour, baking powder, baking soda, and salt. Blend for about 1 minute until ingredients are combined well.

03

Remove batter from blender and fold in blueberries.

04

Transfer batter to prepared baking cups and bake in 350°F oven for 25 minutes.

05

Cool and enjoy.

Ingredients:

- * ½ cup plain Greek yogurt
- * 3 whole large eggs
- * Juice and zest of 1 lemon
- * ¼ ounce honey or agave nectar
- * 1 teaspoon vanilla extract
- * 3 cups almond flour
- * 1½ teaspoons baking powder
- * 1 teaspoon baking soda
- * ¼ teaspoon sea salt
- * 1 cup fresh blueberries

Banana–Oat Pancakes

Ingredients:

- * 1 ripe banana
- * 1 cup steel-cut oats
- * 1 large egg
- * $\frac{1}{4}$ cup whole milk Pinch sea salt
- * $1\frac{1}{2}$ teaspoons vanilla extract
- * 1 teaspoon baking powder
- * $\frac{1}{2}$ teaspoon cinnamon
- * 1 tablespoon melted butter
- * $\frac{1}{2}$ cup chopped walnuts

Directions:

- 01 Add oats to blender, set to 1, and blend for 2 minutes or until oats are very fine.
- 02 Add egg, vanilla extract, and banana. Set blender to 3 and blend for 30 seconds or until smooth.
- 03 Add milk, baking powder, pinch of salt, and cinnamon and blend for about 30 seconds, until just combined.
- 04 Heat a frying pan on medium-high heat and add melted butter.
- 05 Spoon prepared pancake batter into pan and cook for 3–4 minutes. Top pancakes with walnuts, flip, and then cook for an additional 3–4 minutes until golden brown.

Classic Crepes

Ingredients:

- * 2 eggs
- * $\frac{3}{4}$ cup milk
- * $\frac{1}{2}$ cup of water
- * 1 cup flour
- * 3 tablespoons melted butter
- * Pinch sea salt

Directions:

- 01 Add all ingredients to blender and pulse about 10 times, until smooth.
- 02 Refrigerate batter overnight.
- 03 When ready to cook, add a little bit of melted butter to a small frying pan on medium heat.
- 04 Add about half of the batter to the hot pan, evenly spreading the batter around. Cook for about 45 seconds.
- 05 Flip crepe and cook for an additional 20 seconds.
- 06 Repeat cooking process with remaining batter.