

## How to Use Your Hand Blender/ Food Processor

Steps for Hand Blender	
1	<b>Plug in hand blender</b> to safe outlet.
2	<b>Insert blender into mixture to be processed.</b> For shakes/smoothies, use a tall glass or pitcher. To mix instant desserts, use a deep, narrow bowl for best results. For dips use an appropriate mixing bowl. For soups and hot sauces, use the blender right in the pan (wait until mixture cools). Use this technique to prepare fresh, homemade baby foods from your family favorites (consult your family physician or pediatrician for appropriate food recommendations).
3	<b>Press the on button</b> to start the motor/blade.
4	<b>Use an up and down motion</b> to best process the mixture.
5	<b>Unplug and clean.</b>

Steps for Food Processor	
1	<b>Plug in food processor</b> to safe outlet.
2	<b>Scoop/Pour food into container to be processed. Add liquid as necessary for desired consistency.</b> For baby food, make sure food is well cooked before blending. Blend until smooth ensuring there are no large pieces. For salsas and chutneys, pulse the ingredients as opposed to blending.
3	<b>Make sure lid is on correctly or the food processor will not turn on (a safety mechanism).</b>
4	<b>Press the on or pulse button .</b>
5	<b>Unplug and clean.</b>

### Why a hand blender/food processor makes cooking easier:

- Make a quick and nutritious breakfast shake
- Make delicious and healthy dips and soups
- Dips and soups can be made in large quantities and stored for future use
- Makes inexpensive and nutritionally superior baby food
- Make your own salsas and salads
- Great alternative to chopping vegetables (especially for those with arthritis and small children as long as they're not handling the blade).

### Great uses for a hand blender/food processor

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|---------------------------------------|---|
| -breakfast shakes (yogurt with fruit) | -dips                                   |
| -soups                                | -baby foods/purées                      |
| -batters/ whipped cream               | -dressings                              |
| -salsas                               | - chopping nuts for trail mixes/granola |