



Oster
V E R S A
P E R F O R M A N C E B L E N D E R





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Smoothies and Drinks

blueberry banana oatmeal smoothie

$\frac{3}{4}$ cup reduced-fat
(2%) milk

1 banana

$\frac{1}{2}$ cup plain nonfat
yogurt

$\frac{1}{2}$ cup frozen
blueberries

$\frac{1}{4}$ cup quick oats

Fresh mint leaves
(optional)

Fresh blueberries
(optional)

Combine all ingredients except mint and fresh blueberries in Oster® Versa™ Performance Blender; blend on Smoothie setting.

Pour into two glasses. Garnish with mint leaves and fresh blueberries. Serve immediately.

MAKES 2 SERVINGS

Nutrients per Serving (1 cup):

Calories: 189, Calories from Fat: 14%,
Total Fat: 3g, Saturated Fat: 1g,
Cholesterol: 9mg, Sodium: 91mg,
Carbohydrate: 34g, Fiber: 4g, Protein: 9g



“hot” chocolate smoothie

- 1/8 teaspoon chipotle chili powder
- 1 3/4 cups chocolate soymilk
- 2 1/2 cups chocolate low-fat frozen yogurt
- 1 1/2 cups cubed or crushed ice
- 1 banana, cut into chunks
- Whipped cream (optional)
- Chocolate shavings (optional)

Whisk chili powder into soymilk until well blended.

Combine soymilk mixture, frozen yogurt, ice and banana in Oster® Versa™ Performance Blender; use tamper to press ingredients down into blade. Turn Speed Dial to Medium; blend 20 seconds. Turn Speed Dial to High; blend 40 seconds.

Pour into four glasses. Garnish with dollop of whipped cream and chocolate shavings. Serve immediately.

MAKES 4 SERVINGS

Nutrients per Serving (1 smoothie):
Calories: 250, Calories from Fat: 18%,
Total Fat: 5g, Saturated Fat: 2g,
Cholesterol: 13mg, Sodium: 119mg,
Carbohydrate: 44g, Fiber: 4g, Protein: 8g



lemon-lime watermelon agua fresca

- 10 cups seedless watermelon cubes
- 1 cup ice water
- 1/3 cup sugar
- 2 tablespoons fresh lemon juice
- 2 tablespoons fresh lime juice

Combine half each of watermelon, water, sugar, lemon juice and lime juice in Oster® Versa™ Performance Blender; blend on Smoothie setting. Transfer to pitcher. Repeat with remaining ingredients.

Serve immediately over ice or refrigerate until ready to serve.

MAKES 6 SERVINGS

Nutrients per Serving (1 fresca):
Calories: 120, Calories from Fat: 0%,
Total Fat: 0g, Saturated Fat: 0g,
Cholesterol: 0mg, Sodium: 0mg,
Carbohydrate: 31g, Fiber: 1g, Protein: 2g

tiramisú smoothie

- 8 ounces mascarpone cheese
- ¾ cup vanilla frozen yogurt
- ¼ cup half-and-half
- 1½ cups chocolate frozen yogurt
- ½ cup brewed espresso or strong coffee, chilled
- 1 tablespoon powdered sugar
- 1 tablespoon cocoa powder
- Pirouette cookies or thin biscotti (optional)

Combine mascarpone cheese, vanilla frozen yogurt and half-and-half in Oster® Versa™ Performance Blender; use tamper to press ingredients down into blade. Pulse in 2 or 3 (5-second) intervals or until mixture is smooth and thick, using tamper to press mixture down between intervals. Pour mixture into bowl or pitcher; refrigerate while preparing chocolate layer.

Combine chocolate frozen yogurt and espresso in blender; use tamper to press ingredients down into blade. Pulse in 2 or 3 (5-second) intervals or until mixture is smooth and thick, using tamper to press mixture down between intervals. Pour into four glasses. Gently spoon mascarpone mixture over chocolate mixture.

Combine powdered sugar and cocoa in small bowl. Sift over mascarpone layer. Garnish with pirouette cookies. Serve immediately.

MAKES 4 SERVINGS

Nutrients per Serving (1 smoothie):
Calories: 410, Calories from Fat: 61%,
Total Fat: 31g, Saturated Fat: 17g,
Cholesterol: 18mg, Sodium: 120mg,
Carbohydrate: 37g, Fiber: 3g, Protein: 8g

