

## Simply Delicious Cheesecake

Serves: 4–6

Serving size: 1 slice

### Crust:

5 graham crackers

2 tbsp. granulated sugar

1/8 tsp. ground cinnamon

3 tbsp. unsalted butter, melted

### For the Filling:

8 oz./225 g cream cheese, softened

1/2 cup granulated sugar

1/4 tsp. vanilla extract

1/2 cup heavy cream

Pinch of salt

#### 1. Make crust

In the base of the Power Chef System fitted with blade attachment, place graham crackers, sugar and cinnamon. Cover and pull cord until graham crackers are finely chopped. Add butter and pull cord until you have a consistent wet sand mixture. Place the Pro Ring in the base of the MicroPro Grill, fill the Pro Ring with graham cracker mixture and press down until you have an even layer. Place cover on in the casserole position and microwave 6–8 minutes at 50% power. Allow crust to cool completely without removing the Pro Ring. Once crust is completely cold, transfer into Freezer Mates PLUS Large Shallow together with the Pro Ring and set aside.

#### 2. Prep the filling

Place all ingredients except the heavy cream in small bowl and mix until you have a smooth mixture. Set aside. In base of Whip 'N Mix Chef, add heavy cream, cover and whip until firm peaks. Gently fold in whipped cream into the cream cheese mixture until combined.

#### 3. Assemble and freeze

Layer cream cheese mixture on top of the graham cracker crust and smooth top. Seal and transfer to freezer for 4–6 hours. When ready to serve, allow to stand 5 minutes at room temperature before unmolding.

## Beer Bread

Serves: 4

Serving size:  $\frac{1}{4}$  wedge

$1\frac{1}{3}$  cup all-purpose flour

$\frac{1}{2}$  tsp. baking powder

$\frac{1}{2}$  tsp. salt

$\frac{3}{4}$  cup beer

### 1. Make dough

In small bowl, combine flour, baking powder and salt and whisk until well combined. Add beer and keep mixing until dough is starting to become elastic.

### 2. Bake and serve

Place the Pro Ring in the base of the MicroPro Grill and pour dough into the Ring. Smooth out top and place cover on in casserole position and microwave 10–12 minutes. at 50% power. Allow to stand for 5 minutes, remove Pro Ring and serve warm.

## Deep Dish Pizza

Serves: 2–4 people

Serving size: 1 slice

9 oz./255 g pizza dough

¼ cup pizza sauce

8 pepperoni slices

¼ cup mozzarella cheese, shredded

1. Preheat oven

Remove rack from oven and preheat oven to 425° F/215° C. Place the Silicone Baking Sheet with Rim on the cold oven rack. Place the Pro Ring in the middle of the Silicone Baking Sheet with Rim and set aside.

2. Prep the dough

Roll out pizza dough on a lightly floured surface roughly to a 20 cm/8 in. circle. Place rolled out dough into the Pro Ring and firmly press dough down so it lines the bottom and sides of the Pro Ring. Spread pizza sauce onto the dough and add pepperoni slices. Top with shredded mozzarella cheese.

3. Bake and serve

Bake for 15–18 minutes or until the crust is golden brown. Allow to stand for 5 min. before unmolding. Transfer pizza to cutting board and serve warm.

## Cod fish “In Papillote”

Serves: 2

Serving size: 1 portion

1 small yellow zucchini

1 small green zucchini

2 medium tomatoes

2 – 7-oz./198 g codfish

Salt and pepper to taste

1 sprig of fresh thyme

1 lemon, cut in wedges

### 1. Prep the ingredients

Set Mandoline circular knob to #3 thickness, and set triangle to locked position. Slice zucchini and tomatoes and arrange them in the center of the base of Large Breakfast Maker. Place the codfish pieces on opposite sides of the veggies. Sprinkle with salt, pepper, and fresh thyme.

### 2. Cook and serve

Cover and cook 5 minutes at 70% power or until fish is fully cooked. Let cool slightly and serve with lemon wedges.

## SPRING EGG FLOWER

Serves: 3

Serving size: 1 wedge

1 small yellow squash

1 small green zucchini

1 small carrot

3 tbsp. water

3 large eggs

1 spring of fresh thyme

### 1. Prep the veggies

Cut the ends of zucchini, squash and carrot and cut thin long pieces lengthwise.

Arrange the slices in a circle in the base of Large Breakfast Maker and add 1 tbsp. water.

Cover and microwave for 3 minutes at 70% power.

### 2. Cook eggs and serve

Place eggs and remaining water in the Quick Shake Container, add blender wheel,

cover and shake vigorously until well combined. Pour the egg mixture over the

precooked vegetables, from the sides toward the center. Cover and cook in the

microwave 4–5 minutes at 50% power. Let stand 5 minute and serve warm.

## Express Veggie Couscous

Serves: 2

Serving size: ½ portion

1 zucchini, diced

1 red bell pepper, diced

½ cup cherry tomatoes, halved

1/3 cup water

½ cup cooked chickpeas

2/3 cup couscous

Salt and pepper to taste

Hot sauce, optional

1 tbsp. olive oil

### 1. Cook and serve

Place zucchini, pepper, and tomato in base of Large Breakfast Maker. Add water, cover and microwave 3 minutes at 70% power. Let stand for 1 minute. Add chickpeas and couscous and season to taste. If desired, add hot sauce. Stir to combine. Cover and microwave for 1 minute at full power. Let stand for 2 minutes and add olive oil just before serving.

## Avocado Smoothie

Serves: 1

Serving size: 12 oz.

½ hass avocado

½ banana

¼ cup plain Greek yogurt

⅔ cup almond milk

2 tbsp. honey

1. Mix and serve

Add all ingredients to base of Smooth Chopper fitted with blade attachment. Replace cover and pull cord until smooth and well combined. Serve immediately.

## Tzatziki Sauce

Serves: 6

Serving size: ¼ cup

1 garlic clove

½ tbsp. fresh dill

1 small cucumber, quartered

1 cup whole milk plain Greek yogurt

1 tsp. lemon juice

¼ tsp salt

### 1. Combine and serve

Place garlic, dill and cucumber in base of Smooth Chopper fitted with blade attachment. Replace cover and pull cord until finely chopped. Add remaining ingredients and continue pulling cord until well combined. Store in fridge until ready to use. Serve with falafel or as topping for gyros.



## Veggie Spread Dip

Serves: 4

Serving size: ¼ cup

10 fresh basil leaves

2 garlic cloves

1 fresh mozzarella ball, quartered

4 tbsp. tomato paste

Salt and pepper to taste

1. Combine and serve

Add basil and garlic to base of Smooth Chopper fitted with blade attachment. Replace cover and pull cord until finely chopped. Add remaining ingredients and keep pulling cord until smooth and well combined. Serve over bread or as dip for veggies.