



BLENDERS

RECIPES STARTER GUIDE



KitchenAid

TABLE OF CONTENTS

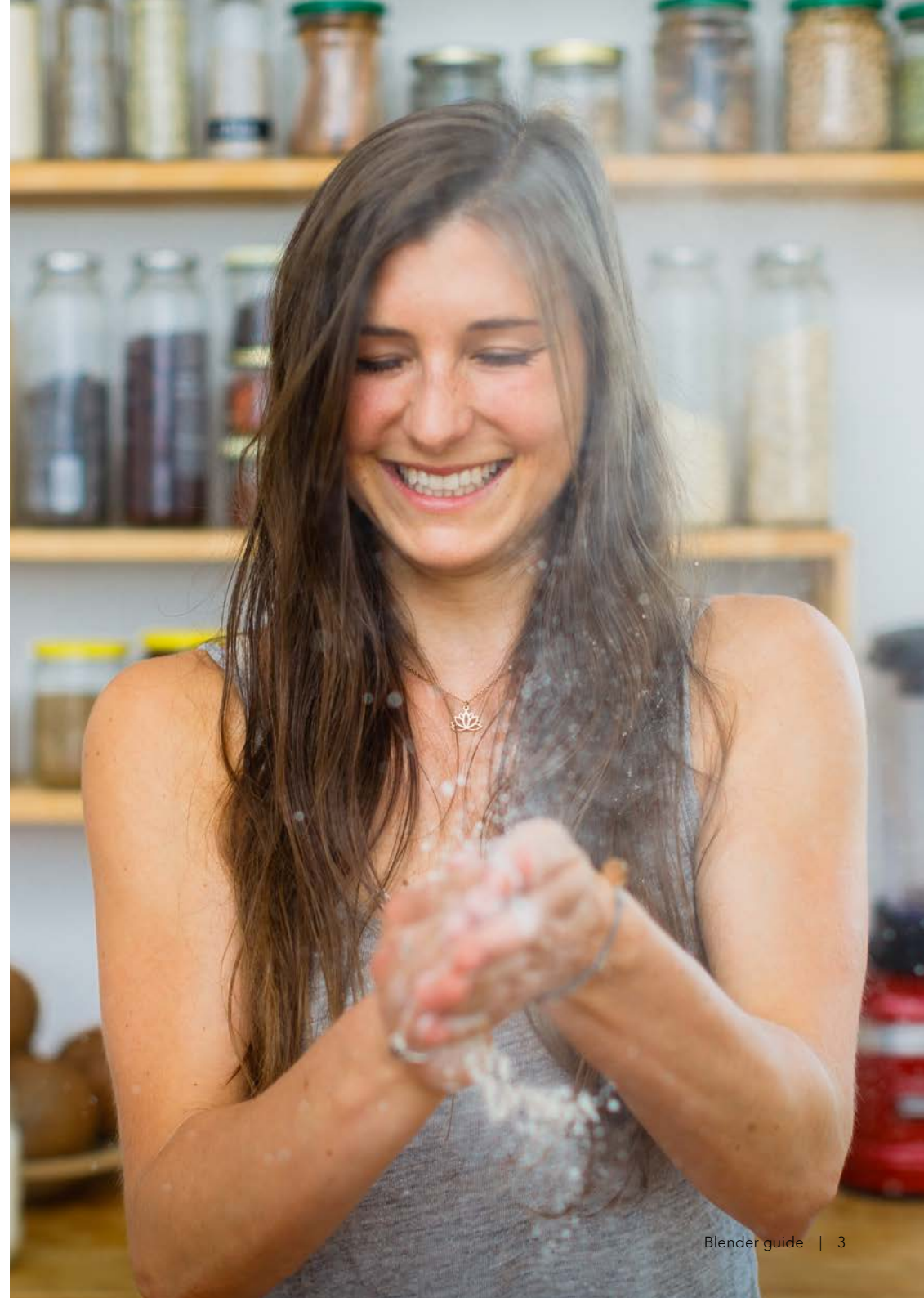
- 04** **Blender guide**
Introducing the blenders range
- 06** **Build your perfect blend**
Blending how-to tips
- 08** **For a healthy and tasty blend**
Starter kit and shopping list
- 10** **Ingredients benefits**
Nutrition basics
- 24** **Blending basics**
- 30** **Inspiring recipes**

ANNELINA WALLER

She believes we should all eat more fruit and vegetables and she encourages unexpected combination of ingredients...

Annelina Waller is an expert in sport, health and social media, a yoga teacher and a full-time blogger. She recently released her first cookbook, 'Buddha bowls'. Her theory that it is possible to love good food without regrets and eat well and consciously is borne out by the recipes in this book. She believes we should all eat more fruit and vegetables and she encourages unexpected combination of ingredients... flavour, pleasure and health are her key concepts. Use our recipes as inspiration to experiment with fruit and vegetables, "old-world" ingredients and

new "special-foods". Twenty recipes put the eating advice from our expert into practice, providing you a nutritional and tasty boost! They are designed to guide you through the KitchenAid blenders range.



BLENDER GUIDE

Perfect blend, perfect taste.

Fuel your vitality. Whip up healthy, mouthwatering creations with our stylish and high-performance blenders.

THE RIGHT BLENDER FOR YOU



	DIAMOND BLENDER	ARTISAN GLASS JAR BLENDER	HIGH PERFORMANCE BLENDER	POWER PLUS BLENDER
POWER	0.9 HP	0.9 HP	3.0 HP	3.5 HP
CONTROLS	5 speed settings, crush ice feature and pulse.	5 speed settings, crush ice feature and pulse.	9 variable speed settings plus pulse setting.	11 variable speed settings plus 3 Adapti-Blend recipe programmes and a self-clean setting.
WARRANTY	2 years	3 years	10 years	10 years
JAR	1.75L BPA-Free Patented Diamond Design Jar	1.5L Glass Jar plus 0.75L BPA-Free Culinary Blender Jar	2.6L BPA-Free Jar	2.6L BPA-Free Thermal Control jar
COLOURS				
I WANT TO BLEND	Fruit smoothies, pesto and icy drinks... 		...and green smoothies and nut milks 	...and heat soups and sauces...

BUILD YOUR PERFECT BLEND

Layering guide to
a better blend!

Making a perfect blend is more than just combining ingredients. The way the ingredients are layered has a great impact on the recipe process, final texture and taste.

06

Frozen ingredients & ice cubes

05

Fruit & veg, nuts, seeds & grains

04

Soft ingredients

03

Leafy greens

02

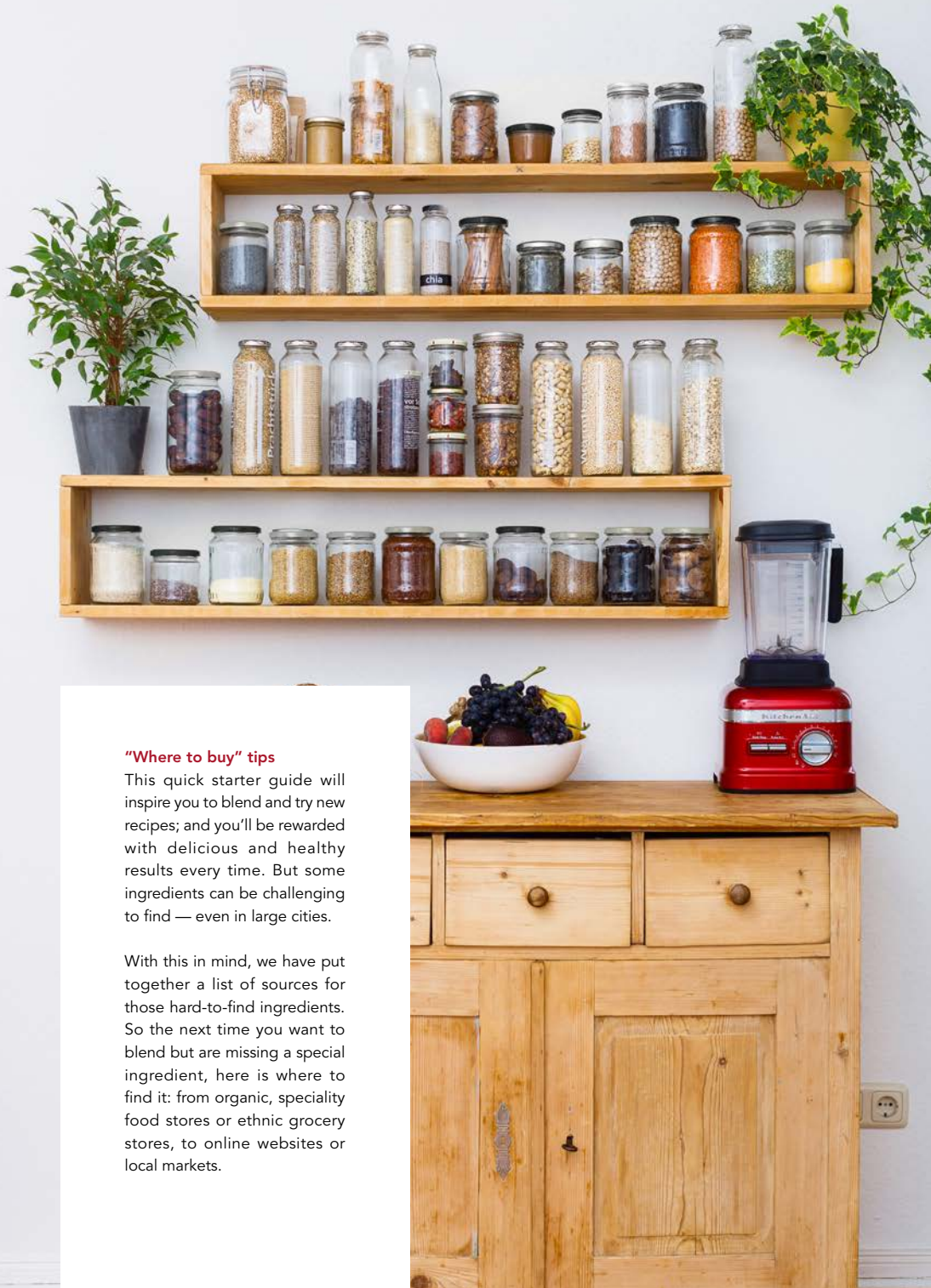
Sweeteners, if any

01

Liquids

KitchenAid





“Where to buy” tips

This quick starter guide will inspire you to blend and try new recipes; and you’ll be rewarded with delicious and healthy results every time. But some ingredients can be challenging to find — even in large cities.

With this in mind, we have put together a list of sources for those hard-to-find ingredients. So the next time you want to blend but are missing a special ingredient, here is where to find it: from organic, speciality food stores or ethnic grocery stores, to online websites or local markets.

FOR A HEALTHY AND TASTY BLEND

Good food, good flavour, good health!

A list of items you should have in your cupboard, fridge and freezer at all times. Combined with fresh ingredients, you’ll then be able to prepare any recipe.

Starter kit

Proteins chickpeas, lentils, beans, peas

Cereals & flours millet, quinoa, oats, rice, corn, buckwheat, spelt

Herbs parsley, mint, basil, coriander, thyme, rosemary, dill

Nuts & seeds cashews, almonds, peanuts, walnuts, pine nuts, hazelnuts, sesame seeds, pumpkin seeds, sunflower seeds, flaxseeds

Liquids water, juices, plant-based milks, soy sauce, vinegar, oil, ...

Sweeteners unrefined sugar, honey, syrups

For a healthy upgrade

Proteins edamame, tempeh, lupine

Cereals & flours amaranth, canihua, coconut flour, hemp flour, nut flours

Fats & replacements nut butters, avocado, silken tofu, apple sauce

Liquids coconut water, liquid aminos, tamari sauce

Sweeteners dried fruits, fresh fruits, date sugar, coconut sugar

Special add-ins

mulberries, chia seeds, acai berry purée, hemp seeds, dried goji berries, coconut oil, cacao nibs, matcha, algae, nutritional yeast, activated charcoal

To spice up

Seasoning turmeric, saffron, cardamom, cloves, cinnamon, vanilla pods, cacao powder, mustard seeds, cumin, coriander seeds, ginger, harissa, chilli, broth powder, pepper, salt, ...

INGREDIENTS BENEFITS

Nutrition basics



EATING THE RAINBOW

Colourful fruit and vegetables

The more colours we eat, the more nutrients we get. Eating the rainbow is a nice way to remind ourselves to include a variety of fruits and vegetables in our diet with all the vitamins and minerals we need. In general, the more fruit and veg, the better.

Veggies are our lifeblood of essential micronutrients. They are often high in fibre and low in calories.

Fruits are our powerhouse of energy, full of essential vitamins and minerals. Fibre is the hidden superhero.

Eat by Colour



Yellow and Orange

Yellow and orange fruits and veggies pack a powerful nutritional punch. They are rich in beta carotene, vitamin A and vitamin C, the powerful antioxidants that neutralise the free radicals which are roaming around inside our body, destroying cells.



Green

Green vegetables are rich in phytonutrients that improve our health and offer an amazing amount of fibre. They have alkalisating effects on our body and promote healthy blood pressure. Leafy greens are high in protein, iron and calcium. Cruciferous vegetables, specifically, have sulfurous compounds that help our liver detoxify harmful cancer-causing substances.



Red

Red foods are a good source of folate, which is brilliant for our heart health. Red fruits in particular, such as strawberries, vitamin C too. Red grapes, specifically, have a magic antioxidant known as resveratrol, which has anti-inflammatory properties.



White

Cauliflower is a little exception among white fruit and vegetables. It has many of the nutrients of other cruciferous vegetables. Other ingredients such as onions and garlic are considered to be superfoods with healing benefits. They can improve blood sugar levels and have amazing anti-inflammatory and anti-bacterial properties. Onions are also prebiotic-rich foods; they feed the "good bacteria" in the digestive system.



Blue and Purple

Dark-coloured foods such as purple cabbage, blackberries or eggplants are loaded with healing antioxidants for wonderful, flawless, glowing skin!



Beany beauties keep you satisfied for longer and prevent sugar cravings.

Have beany beauties

These high-fibre foods are good sources of protein and offer an array of vitamins and minerals. Also, they are naturally low in fat and sodium and cholesterol-free. They keep you satisfied for longer and prevent sugar cravings. Well-known beany beauties include alfalfa, clover, peas, beans, chickpeas, lentils, lupin bean, mesquite, carob, soybeans, peanuts and tamarind.

Get in the grain

Grains are the ultimate powerhouse, because their magic vitamins and minerals do a lot of work in our body to keep us strong and healthy.

01 Whole grains are rich in nutrients and have high levels of bran, giving them high amounts of fibre;

02 They help provide a feeling of fullness with few calories and may also help reduce the risk of obesity, heart disease and diabetes;

03 They are fat-free in their natural state;

04 They have moderate amounts of protein.

Selected specialty grains and cereals include: buckwheat, oats, amaranth, quinoa, canihua, corn, ...



Choose healthy fats

01 When it comes to taste and health facts, fats do offer great benefits for our bodies.

02 Whole plant foods and minimally processed, carefully selected oils lead to better health, since they are the best and most delicious sources of the wonderful Omega 3 fatty acid!

03 Obtaining fats from whole plant foods rather than solid fats (butter, margarine) or refined oils is considerably more nutritious.

04 When it makes sense, substitute nut and seed butters for oils and you'll benefit from more nutrients.

Try olives, avocados, coconuts, flax and chia seeds, sesame, ...



Got milk?

Cow's milk boasts an impressive nutrient profile. It's rich in high-quality protein and important vitamins and minerals, including calcium, phosphorus and B vitamins. However, cow's milk is not a suitable option for everyone. The good news is that there are many non-dairy options available and making our own healthy milks is actually pretty easy. Moreover, almost all plant-based milks contain a very similar amount of protein to cow's milk.

Almond milk Almonds are a fabulous source of healthy fats, fibre, vitamin E and other antioxidants and have as much calcium as milk.

Coconut milk Coconuts are high in saturated fats and usually richer than other milk. Also, coconuts feature a significant amount of vitamin C, vitamin B, iron, magnesium and potassium.

Rice milk This is basically a light milk - for people with a sweet tooth - typically lower in protein and calories, higher in carbohydrates (natural sugar) and very low in fat. Moreover, it provides high amounts of vitamin A, calcium and vitamin D.

Oat milk This is another light milk that is higher in carbohydrates and lower in protein. Oats are also a source of iron and magnesium.

Natural sweeteners

Sweets certainly put a smile on our face and boost our mood. They are also a source of fuel for our brain and make us effective. But instead of refined sugar, which may cause cravings and increase the risk of obesity, diabetes and heart disease, you can make sweet conscious choices. Here are some alternatives that are a bit more natural, with a few extra nutrients to go along with the sweetness.

Date sugar consists of 100% dried fruits. Date sweetness is very versatile due to its low taste.

Date syrup consists of dates that are soaked and cooked. The sweetening power is stronger than that of household sugar, so it should be used in moderation.

Coconut blossom sugar is the star among low-glycemic sweeteners. It is extracted from the pure juice of the coconut blossom. Its wonderful hint of caramel makes it particularly suitable for desserts, baked goods, hot drinks and cocktails.

Coconut blossom syrup is obtained from the nectar of coconut flowers. It's quickly soluble and may be used in a variety of desserts or for extra taste in muesli and yoghurts. Coconut blossom syrup has extreme sweetening power, so less is more.

Maple syrup comes from the maple tree and is characterised by its fine sweet caramel note. It's fabulous in all sorts of sweet and savoury dishes.

Other alternatives include dried fruits such as figs, fresh ripe fruits, birch sugar, rice syrup, ...

Gluten-free and more

Whether you're gluten free or just diversifying what you eat, using alternatives to wheat flour can be a protein-rich, high-fibre, low-carb option. The world of gluten-free baking is both wonderful and challenging – the results can be incredibly delicious, but it can take some trial and error to discover the best gluten-free flour combinations and which flours to use and when.

The most important thing to know about working with gluten-free flour options is this: you must “blend” multiple flours together for the best results. Here are some of well-loved gluten-free flour options and the best way to use them:

Almond flour Take raw, blanched almonds, grind them to a fine flour and you have almond flour. Best for cookies, cakes, muffins, hearty crusts, pancakes, crumble toppings.

Bean flours Dried beans can be ground into flours as easily as grains can. They are all rich in protein and fibre and can be used in both sweet and savoury dishes, but use them in small doses as their flavour can be overpowering.

Buckwheat flour Made from ground buckwheat, it has a rich, nutty flavour and a very high nutritional value. Best for muffins, cookies, pancakes, waffles and breads.

Coconut flour This gluten-free flour is made from coconut that's been dried and ground. It's very dense, high in protein and it's the most fibrous of all of the flours. Ideal for recipes that don't need to rise very much.

Oat flour This is simply made by grinding whole grain oats in the blender. It's rich in soluble fibre and great for balancing blood sugar levels. Best for breads, muffins, cookies, cakes, crusts, granola, fruit crisps, scones.

Rice flour Whether it's brown or white, each type can be ground into rice flour. This is a great base for gluten-free baking. Can also be used as a thickener in soups, stews, fillings,...

Other alternatives Tapioca, sorghum, teff, quinoa, millet, ...





Special boosters

Nutritional yeast This is a great way to add a savoury and nutty flavour to dishes. It's an inactive yeast with no leavening power and contains around 40 to 50 grams of protein per 100 grams. Besides protein, this food is very low in saturated fat, cholesterol and sodium. It is also a good source of antioxidants and dietary fibre. Here are a few ways to use nutritional yeast: on toast and bread, in stir-fries, in soups.

Activated charcoal Cooking with charcoal is the newest food trend: from bread and savoury crackers, to ice cream cones and cookies, drinks and spreads. The trend has made its way to beauty products too, so if you're not an adventurous eater, give charcoal beauty products a try instead. Charcoal has been touted as the latest detox ingredient; it has the ability to trap unwanted chem-

icals in the body, preventing their absorption and helping to facilitate their removal. But beware: black charcoal might make medicines less effective, as it can limit the body's ability to absorb these.

Spirulina This is a magic food colouring and a marvellous ingredient when it comes to proteins. Per 100 grams, you will get 57 grams of proteins including all essential amino acids. Spirulina also contains nutrients such as calcium and magnesium, so it's worth swallowing its slightly algae-like taste! It is perfect for smoothies, lattes, baked goods, noodles and more, and has no fishy taste!

Hemp seeds When it comes to proteins and healthy fats, it's all about hemp seeds. Exceptionally nutritious and rich, this food offers an

impressive protein and fibre content and healthy fats. A daily serving - which means 3 tsp - will provide you with 10 g of protein, 50% of your daily intake of magnesium, which helps to relax muscles and improve digestion, plus more nutrients to increase muscle building. Hemp seeds are actually one of those fats key to a healthy and sustainable weight loss. You can easily add hemp seeds to salads, smoothies and yoghurt for a deliciously nutty nutrition boost. Like with most nuts and seeds, you can even make your own dairy-free milk from the seeds. Finally, you can use them in baked goods for extra crunch.

Turmeric This food boosts your health and wellness all over. Curcumin, the most active component of the turmeric plant, has anti-inflammatory, pain-relieving, cancer-inhibiting properties and helps eliminate heavy metals. Pure DETOX! Since curcumin does not dissolve in water it is difficult for our body to absorb it. No worries... when cooking with turmeric, dissolving it in oils or pairing it with black pepper may help to increase the bioavailability of curcumin. Top tip: if you use fresh turmeric, the fat in the tuber already helps to absorb this superfood. Quick ways to add turmeric to your life? In homemade spice mixes, hearty soups, stews and broths, marinades, tea, tonics and smoothies, ...

Potato Starchy vegetables like potatoes are wonderful carbohydrates and very low in fat. They can easily be part of a healthy diet and if you include the skins, they're a good source of fibre and vitamin C. But be aware of, they promote feelings of fullness! The main problem with potatoes

Curcumin has anti-inflammatory, pain-relieving, cancer-inhibiting properties

is how unhealthy they can become when they're fried, turned into chips or slathered in heavy sauces, butter or cheese. The closer a potato stays to being an actual potato, the better it is for you. Baked, roasted, and boiled potatoes are best.

Alfalfa sprouts are very low in calories but provide a number of vitamins and minerals

Beetroot This supplement is an oxygen boosting superstar. It fights inflammation, reduces oxidative stress and can even boost your performance in endurance exercise. For these reasons, beet juice and beetroot are popular among a wide range of fitness and health enthusiasts and beetroot has been hailed as one of the top superfoods. It's also used as a core ingredient in many pre-workout drinks. Beet can be eaten raw or cooked.

Garlic, onions, shallots, spring onions and leeks are a special secret to give a tasty aroma or natural sweetness to savoury dishes. They have outstanding health benefits: these vegetables help to facilitate detoxification and act as powerful antioxidants, stimulate immune responses and reduce inflammation. How to add garlic and onions in your day? The minimum effective amount is generally two teaspoons a day of garlic or two tablespoons of onions or spring onions, chopped or crushed. Note: cooking does not diminish their protective effects.

Alfalfa sprouts Part of the vegetables family, these are also considered to be a herb. They are very low in calories but provide a number of vitamins and minerals, which makes them a perfect add-on for your favourite meals.

Pomegranate Eating a pomegranate takes patience, but once the seeds are out, it's a feast! Pomegranate is certainly a nutritious food to add to your diet. In addition to antioxidants, pomegranates are a source of fibre, vitamins and potassium. Toss pomegranate seeds in fruit or green salads, sprinkle over oatmeal and yoghurt and or mix them into muffin and pancake batters. Top roasted vegetables with pomegranate seeds or use them to garnish brown rice, quinoa or other whole grain pilafs. And finally, add fresh pomegranate juice to vinaigrette salad dressings or mix with honey to use as a glaze.

Other alternatives For extra nutrition, vitamins, minerals and more, try blending these special foods into your favourite recipes: chia seeds, flax seeds, acai berry purée, dried goji berries, cacao nibs, ...



BLENDING BASICS

Basic recipes
to know by heart!

There are unlimited ways to prepare a blend, but it's good to start by mastering the basics and build on those key recipes. Once you have an excellent base, it's easy to add any add-ins to make it even better.

MAKE YOUR OWN NUT BUTTER

Blend roasted peanuts, almonds, walnuts, cashews, pistachios, tiger nuts.

Separate among blenders

Diamond blender and Glass jar blender

You'll need more time and some extra oil.

High performance blender and Power blenders series

Works without or with a minimal amount of oil.

Get creative

Add cinnamon, cocoa powder, vanilla, chilli.

MAKE YOUR OWN MILK

Blend pistachio, tiger nuts, oats, walnuts, hazelnuts, coconut, quinoa.

Separate among blenders

Diamond blender and Glass jar blender

Use nut butter for extra creaminess.

High performance blender and Power blenders series

Fresh nuts or grains work too...
Use the juice programme for great results.

Get creative

Add spices, vanilla, a pinch of salt, dates or other natural sweeteners.



MAKE YOUR OWN FLOUR

Blend buckwheat, rolled oats, rice, beans, nuts, grains.

Separate among blenders

Diamond blender and Glass jar blender

You'll have to use flakes and will obtain a coarse texture.

High performance blender and Power blenders series

Wholefoods like grains, legumes and nuts will work too.

Get creative

Make your own gluten-free dough mix. The key to getting a great result is to combine at least three gluten-free flours.

Combinations for the perfect taste and texture

The first must be wholegrain to form a solid base, such as brown rice flour, buckwheat or sorghum flour. The second must be starch to lighten the dough. You can choose between potato starch, tapioca or corn starch. The third flour must bring taste and personality to the dough.

You can go for amaranth, with its light texture and rich flavour reminiscent of hazelnut; almond flour, which provides protein and a lovely aroma; coconut flour, which adds taste and flavour even if it tends to absorb a lot of liquids; millet flour, which ensures crunchiness; quinoa flour, which is tasty and ideal in tarts, or teff flour, which has a very fine texture and tends to dissolve, helping to bind the dough. If you want to transform a normal recipe into a gluten-free alternative, it's always advisable to add a few extra millilitres of liquid.

Basic mix

Suitable for all types of cakes, donuts and leavened desserts. 320 g brown rice flour, 100 g potato starch, 50 g tapioca flour.

Pizza mix

180 g rice flour, 120 g potato starch, 100 g glutinous rice flour, 60 gr corn starch, 40 g tapioca.





MAKE YOUR OWN SOUP IN ONLY 5 MINUTES

Blend steamed or raw vegetables with a bit of broth, oil or nuts.

Separate among blenders Diamond blender and Glass jar blender

Heat your ingredients before blending or make a cold soup.

High performance blender and Power blenders series

Use the soup programme or the highest variable speed setting (9-11).

Get creative

Use raw vegetables, add fruits, dates or spices.

MAKE YOUR OWN DRESSING AND SEASONINGS

Blend vegetable leftovers, nuts, herbs, dried fruits, nut butters.

Ideal for all types of blenders.

Get creative

For a creamy texture, add tofu.

MAKE YOUR OWN ICE CREAM

Blend frozen fruits such as banana, raspberries and strawberries.

Separate among blenders Diamond blender and Glass jar blender

You'll need to add some liquid.

High performance blender and Power blenders series

Works without or with just a tiny amount of liquid.

Get creative

Add chocolate, vanilla, cinnamon, cardamom, shredded coconut, mulberries, rose water, charcoal, nuts or any other favourite flavours.

MAKE YOUR OWN SMOOTHIE

Blend fresh or frozen fruits and vegetables, nuts, seeds, grains.

Separate among blenders Diamond blender and Glass jar blender

Add a little bit more water.

High performance blender and Power blenders series

A thick or frozen smoothie bowl will work too. Use the smoothie programme or the pulse setting for best results.

Get creative

Add carrot leaves, wild herbs, flowers, turmeric, ginger, charcoal.

INSPIRING RECIPES

FRESH START

Sweet potato pancakes
Banana-blueberry bread
Salted caramel peanut butter granola
Pre-running booster

HEALTHY DRINKS

Green cleanse smoothie
Black detox lemonade
Golden turmeric latte shake

SPREADS & DIPS FOR ANY OCCASION

Minty pea spread
Smooth bean hummus
Sweet tomato salsa
Silken tofu mayonnaise sauce

COMFORT FOOD

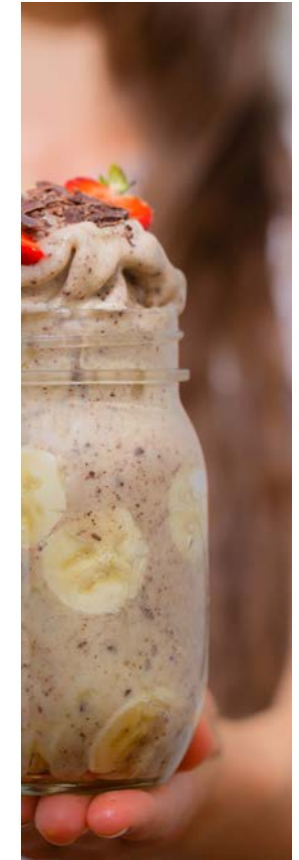
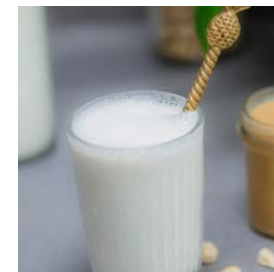
Fruity curry soup
Creamy cauliflower soup
Cauliflower rice


SWEET INDULGENCE

Stracciatella nice cream
Chocolate mousse
Gluten-free chocolate protein muffins

KITCHEN ESSENTIALS

Nut butter
Plant-based milk
Vegan seasoning and crumble



A white surface, possibly a cutting board, with two piles of finely ground ingredients. The top pile is a light yellow powder, and the bottom pile is a light brown powder. To the right of the top pile are several sliced almonds, and to the right of the bottom pile are several whole almonds.

FRESH START

Sweet potato pancakes

Banana-blueberry bread

Salted caramel peanut butter granola

Pre-running booster



SWEET POTATO PANCAKES

WHO DOESN'T LOVE PANCAKES FOR BREAKFAST? THICK AND HEARTY SWEET POTATO PANCAKES ARE THE PERFECT WAY TO START THE DAY. ENJOY THEIR DELICATELY SPICED FLAVOUR AND LIGHT, FLUFFY TEXTURE.

SERVES 4

Ingredients

0.55 pounds (250 g) sweet potato cooked
1 banana
½ cup (120 ml) sparkling water
⅔ cup (150 ml) oat milk
¾ cup (100 g) spelt flour
1 tbsp chia flour or seeds
1 pinch of salt
1 tbsp unrefined sugar or coconut sugar

Preparation

Peel the sweet potatoes, cut them into large cubes and cook them until soft. Drain and set aside. Peel the banana and mix it with the oat milk. Add the remaining ingredients, secure lid and blend again until smooth.

Let the batter sit for 20 minutes to dissolve any lumps and make the chia effective.

Heat a little oil in a non-stick frying pan on a medium heat.

Cook 2 tablespoons of batter per pancake for 2 to 3 minutes on each side. Repeat with the remaining batter. Serve with berries, yoghurt, vanilla ice cream and maple syrup, if desired.

Get creative

For a gluten-free version, spelt flour can be replaced by buckwheat or oat flour.

Oat milk can be replaced with any other type of milk. Chia flour can be replaced with flax seeds or corn starch.

Top tip

The batter can also be used to make waffles.



BANANA-BLUEBERRY BREAD

WHY COMPROMISE ON TASTE? THIS BREAD IS MOIST AND DELICIOUS WITH LOADS OF BANANA AND BLUEBERRY FLAVOUR. FRIENDS AND FAMILY WILL LOVE IT.



DIAMOND BLENDER AND GLASS JAR BLENDER

SERVES 4-6

Ingredients

- 3 spotted bananas
- ¾ cup (100 g) spelt flour
- ¾ cup (100 g) oat flour
(if not available, use spelt flour)
- ½ cup (120 ml) sparkling water
- ¾ cup (80 g) syrup (sugar beet, maple or any preferred)
- 2 tsp baking powder
- ¾ cup (80 g) blueberries, frozen

Preparation

Preheat the oven to 170-180°C. Grease and line a 24 x 10 cm loaf tin. Combine ingredients, except the blueberries, in the blender jar.

Secure lid and mix until well-blended. Fold the blueberries into the batter and pour the mixture into the tin. Bake for 40-45 minutes or until a skewer inserted into the middle comes out clean. Cool for 10 minutes, then remove from the tin and leave to cool completely.



HIGH PERFORMANCE BLENDER AND POWER BLENDERS SERIES

SERVES 4-6

Ingredients

- 3 spotted bananas
- ¾ cup 100 g spelt flour
- 1 cup (100 g) rolled oats
- ½ cup (120 ml) sparkling water
- ¾ cup (80 g) syrup (sugar beet, maple or any preferred)
- 2 tsp baking powder
- ¾ cup (80 g) blueberries, frozen

Preparation

Preheat the oven to 170-180°C. Grease and line a 24 x 10 cm loaf tin. Combine ingredients, except the blueberries, in the blender jar.

Secure lid and mix until well-blended. Fold the blueberries into the batter and pour the mixture into the tin. Bake for 40-45 minutes or until a skewer inserted into the middle comes out clean. Cool for 10 minutes, then remove from the tin and leave to cool completely.

Get creative

To spice up your recipe, add cloves, a pinch of cinnamon or crunchy nuts.

Top tip

It tastes wonderful toasted too!

SALTED CARAMEL PEANUT BUTTER GRANOLA



**DIAMOND BLENDER
AND GLASS JAR
BLENDER**

SERVES 5 CUPS (500 G)

Ingredients

1 ½ cup (150 g) rolled oats
¼ cup (20 g) quinoa, puffed
⅓ cup (30 g) salted peanuts
⅔ cup (160 g) date paste
½ cup (140 g) peanut butter
1 pinch of salt

Preparation

Preheat the oven to 175°C.
Blend the date paste, peanut butter and a pinch of salt in the blender.

Mix the dry ingredients in a bowl. Pour the peanut butter date cream over dry ingredients and stir until evenly combined.

Spread the granola out evenly on a baking sheet. Bake in the oven for 10 minutes, stirring once halfway through.

Remove the granola from the oven when lightly toasted and golden. Take it off the tray and let it cool down until it reaches room temperature and hardens.



**HIGH PERFORMANCE
BLENDER AND POWER
BLENDERS SERIES**

SERVES 5 CUPS (500 G)

Ingredients

1 ½ cup (150 g) rolled oats
¼ cup (20 g) quinoa, puffed
⅓ cup (30 g) salted peanuts
⅔ cup (160 g) dates, pitted
½ cup (140 g) peanut butter
1 pinch of salt

Preparation

Preheat the oven to 175°C. Blend the dates, peanut butter and a pinch of salt in the blender. Mix the dry ingredients in a bowl. Pour the peanut butter date cream over dry ingredients and stir until evenly combined.

Spread the granola out evenly on a baking sheet. Bake in the oven for 10 minutes, stirring once halfway through.

Remove the granola from the oven when lightly toasted and golden.

Take it off the tray and let it cool down until it reaches room temperature and hardens.



Get creative

Here are a few surprising and fun ideas to get clever with your cereal.

For a crunchy surprise, add it to a bread recipe or toss a handful into your muffin or pancake batter to add texture.

Bring a touch to your chia seed pudding with a sprinkle of granola.

Instead of bread crumbs, top a vegetable gratin with granola after baking.

Sprinkle salty-sweet granola over salads.

Top tips

Simply splash your granola bowl with milk for breakfast or sprinkle your granola on fruit purée and fragrant yoghurt.

Granola can be stored in an airtight container for up to 2 weeks.

PRE-RUNNING BOOSTER

GET THE ENERGY YOU NEED
BEFORE YOU HIT THE TRAIL!

SERVES 1

Ingredients

- 2 dates, pitted
- 1 tsp chia seeds
- 1 cup (250 ml) coconut water or water
- 1 lemon, juiced

Preparation

Combine ingredients in the blender jar. Secure lid, blend until well combined and leave to rest for 30 minutes before drinking, to dissolve any lumps and make the chia effective.



HEALTHY DRINKS

Green cleanse smoothie

Black detox lemonade

Golden turmeric latte shake



GREEN CLEANSE SMOOTHIE

THIS VIBRANT GREEN SMOOTHIE IS A WAY TO RESET YOUR BODY AND PREPARE FOR A HEALTHIER LIFESTYLE!

SERVES 2

Ingredients

- ¾ cup (150 gr) frozen mango
- 1 small bunch of parsley
- 10 basil leaves
- 2 mint sprigs
- ½ lemon, juiced
- ¾ cup (200 ml) coconut water or water

Preparation

In this order, add the water, lemon juice, herbs and mango to the blender jar. Secure lid and set Power Plus Blender to Smoothie setting. Blend until machine turns itself off.

Alternatively, combine ingredients in blender as directed, secure lid and turn dial to Speed 1, slowly increasing speed to high (Speed 9 or 11).

Blend until completely smooth for about 1 minute, or blend at liquefy speed until smooth.

If necessary, scrape down sides of jar. Smoothie is best if served right away!

Get creative

For extra creaminess, add 2 tbsp of coconut milk; ½ tsp of matcha will instead replenish your energy!



BLACK DETOX LEMONADE

CHARCOAL LEMONADE IS THE PERFECT WAY TO STAY HYDRATED, DETOX AND ENJOY A TASTE OF SUMMER ALL IN ONE SIP. ROOIBOS TEA, FRESH LEMONS AND BASIL MAKE THIS DRINK DELICIOUSLY GOOD.

SERVES 6-8

Ingredients

Qt (1 L) rooibos tea
2 lemons, juiced
15 basil leaves
5 dates, pitted
1 tsp activated charcoal

Preparation

Combine ingredients in the blender jar. Secure lid and blend until well combined. Pour over ice cubes into chilled glasses, add a couple of slices of lemon and that's it!

Get creative

If you have a cold, you can add some cayenne pepper to the lemonade, or fresh ginger and some mint leaves if you prefer, to ease your digestion. If fizziness is what you like, replace tea with sparkling water.

Top tips

The charcoal powder will settle at the bottom if left sitting. Stir or shake the lemonade before drinking.



GOLDEN TURMERIC LATTE SHAKE

ENJOY THIS LIQUID SUNSHINE, SUPER CREAMY AND RICHLY SPICED!



**DIAMOND BLENDER
AND GLASS JAR
BLENDER**

SERVES 2

Ingredients

- 1 banana, roughly chopped and frozen
- ½ tsp (3 g) of turmeric powder
- ⅔ cup (150 ml) oat milk
- ¾ cup (200 ml) water
- 2 tbsp (25 g) almond butter
- 1 tsp psyllium husks
- 1 pinch of vanilla powder
- 1 pinch of cinnamon
- 1 pinch of cardamom

Preparation

Soak psyllium husks in water for 30 minutes.

Place all ingredients in the blender jar, secure lid and process at liquify speed until golden and creamy. If necessary, add more liquid.

Pour into glasses and enjoy with a straw to avoid yellow corners of the mouth!



**HIGH PERFORMANCE
BLENDER AND POWER
BLENDERS SERIES**

SERVES 2

Ingredients

- 1 banana, roughly chopped and frozen
- 1 small turmeric root
- ⅔ cup (150 ml) oat milk
- ¾ cup (200 ml) water
- ¼ cup (25 g) almonds
- 1 tsp psyllium husks
- 1 pinch of vanilla powder
- 1 pinch of cinnamon
- 1 pinch of cardamom

Preparation

Soak psyllium husk in water for 30 minutes.

Place all ingredients in the blender jar, secure lid and set blender to Juice setting. Blend until machine turns itself off. Alternatively, combine ingredients in blender, secure lid and turn dial to Speed 1. Slowly increase speed to high (Speed 9 or 11) and blend until golden and creamy. If necessary, add more liquid.

Pour into glasses and enjoy with a straw to avoid yellow corners of the mouth!



SPREADS & DIPS FOR ANY OCCASION

- Minty pea spread
- Smooth bean hummus
- Sweet tomato salsa
- Silken tofu mayonnaise sauce





MINTY PEA SPREAD

THIS SIMPLE MINT PEA DIP IS TOTALLY TASTY AND BURSTING WITH SPRING-TIME FRESHNESS.

SERVES 2 ½ CUPS (450 G)

Ingredients

- 2 ½ cups (450 g) peas, frozen
- ¾ cup (200 ml) vegetable broth
- ½ lemon, juiced
- 1 spring onion
- 1 handful of mint
- salt and pepper to taste

Preparation

Combine all the ingredients in the blender jar. Secure lid and pulse to chop ingredients finely until smooth, then add a little more stock if needed. Season to taste.

Get creative

Adding extra lemon juice creates a bright and zesty flavour to impress your guests.

For a richer and fuller-tasting dip and for extra creaminess, add 1-2 tbs of tahini or ½ an avocado.

Top tips

This spread is easy to make and beautifully versatile. Serve it simply on toasted rye bread or make a complete sandwich by adding avocado, sprouts, and spring lettuce.

It also makes a great dip for raw veggies. Try a spring mix of asparagus, carrots and radishes.

SMOOTH BEAN HUMMUS

A HEALTHY DIP WITH A LIGHT, SILKY-SMOOTH TEXTURE AND A UNIQUE FLAVOUR

Ingredients

400 g canned kidney, cannellini or white beans with aquafaba (bean water)
1 tbsp tahini
1 tsp garlic powder
1 tsp harissa powder
1 pinch of cumin
1 lemon, juiced
salt to taste

Preparation

Combine all the ingredients in the blender jar. Secure lid and chop ingredients.

Add more water, if needed, and continue to blend until smooth.

Get creative

The spread tastes also amazing with activated charcoal (1 tsp).

Black charcoal flushes out toxins, but also be aware that black charcoal might make medicines less effective, as it can limit the body's ability to absorb these.

You can adjust the ingredients to taste, depending on how strong you want the flavour to be and how thick you like your hummus. Start with less liquid... You can always add more as you blend!

Top tips

Spread thickly on rye bread toast and serve with roasted vegetables, nuts and/or sesame seeds, or serve with triangles of pita bread and raw veggies.



SWEET TOMATO SALSA

THE MEDITERRANEAN FLAVOURS OF THIS SALSA WILL IMMEDIATELY TRANSPORT YOU TO SOUTHERN CLIMES... PERFECT FOR THE SUMMER!

SERVES 2 ½ CUPS (450 G)

Ingredients

3 tomatoes
4 sundried tomatoes
1 bunch of parsley (approx. 12 g)
¼ onion
½ garlic clove
10 basil leaves
25 g pine nuts
1 chili
salt to taste

Preparation

Combine all the ingredients in the blender jar. Secure lid and pulse to chop ingredients until well-blended but still retaining some texture. Season to taste.

Get creative

For extra savouriness and depth of flavour, additional vitamins and minerals add 3 tsp of nutritional yeast.

Top tips

Great with tortilla chips, bread, carrots or celery. This is also a lovely salsa recipe for a fresh summer pasta dish or an accompaniment to grilled fish and meat.



SILKEN TOFU MAYONNAISE SAUCE

THIS CREAMY, SLIGHTLY TANGY
MAYONNAISE PAIRS PERFECTLY WITH
YOUR FAVOURITE SANDWICH OR SALAD.

SERVES 1 ¼ CUPS (300 G)

Ingredients

- 1 ¼ cup (300 g) silken tofu
- ½ lemon, juiced
- 1 tbsp rice or cider vinegar
- 2-3 tbsp tamari or soy sauce
- 1 tbsp mustard

Preparation

Put all the ingredients in the blender, secure the lid and purée, stopping once or twice to scrape down the sides of the jar, until the tofu is completely smooth and evenly coloured.

Taste and adjust the seasoning by adding more vinegar or tamari/soy sauce if necessary.

Get creative

It blends easily into a creamy spread and makes a good base for a garlicky aioli or a herbed mayo.

Top tips

This vegan sauce can take the place of regular mayonnaise... Spread it on a sandwich or blend into a dip for chips and veggies. The sauce can be stored in the refrigerator for up to 1 week.





COMFORT FOOD

Fruity curry soup

Creamy cauliflower soup

Cauliflower rice



FRUITY CURRY SOUP

THIS RICH, CREAMY CURRY SOUP IS LOADED WITH BOLD FLAVOURS AND DELICIOUS FRUIT AND VEG. IT ALSO FEATURES ANTI-INFLAMMATORY AND DETOXIFYING TURMERIC FROM THE CURRY POWDER.



DIAMOND BLENDER AND GLASS JAR BLENDER

SERVES 2-4

Ingredients

- 1 ½ garlic clove, peeled
- ½ small leek, sliced
- 1 tsp curry powder
- ½ apple
- ½ banana
- 1 small mango
- 1 ½ cup (300 ml) vegetable broth
- ¾ cup (200 ml) coconut milk
- 1 tbsp oil
- salt to taste

Preparation

Heat the oil in a pot and finely chop the leeks and garlic. Add the leek, garlic, curry powder and pinch of salt to the pot, cover and cook on a gentle heat, stirring occasionally, until softened and golden brown. Slice the fruits, add them to the pot and cook for 5 minutes. Add the broth and coconut milk to cover the fruit and vegetables, then simmer until tender. Cool for 10 minutes, then pour the contents of the pot into the blender, secure the lid and purée until smooth. Season to taste.



HIGH PERFORMANCE BLENDER AND POWER BLENDERS SERIES

SERVES 4-6

Ingredients

- 3 garlic cloves, peeled
- 3-4 spring onions, sliced
- 1 tsp curry powder
- ½ apple
- 1 banana
- 1 big mango
- 2 ½ cups (600 ml) vegetable broth
- 1 ½ cup (400 ml) coconut milk
- salt to taste

Preparation

Place the broth and milk in the blender. Add the fruit and vegetables, curry powder and a pinch of salt. Secure lid and set blender to the Soup setting, which will blend and heat the soup. Blend until machine turns itself off. Alternatively, combine ingredients in blender as directed, secure lid and turn dial to Speed 1. Slowly increase speed to high (Speed 9 or 11). Blend until completely smooth and rising steam is visible for about 4-5 minutes.

CREAMY CAULIFLOWER SOUP

THIS SOUP IS FILLING, RICH AND INCREDIBLY COMFORTING, DELICIOUS AND LIGHT. ADDED BONUS: IT'S ALSO NATURALLY GLUTEN-FREE AND VEGAN. YOU WON'T MISS THE MILK AND CREAM AT ALL!



**DIAMOND BLENDER
AND GLASS JAR
BLENDER**

SERVES 2

Ingredients

1 (350 g) cauliflower, steamed
1 cup (100 g) cashews, soaked
1-1 ½ cup (250-300 ml)
vegetable broth, hot
salt to taste

Preparation

Place the broth in the blender. Add the vegetables and nuts. Secure lid and purée until smooth, then season to taste.



**HIGH PERFORMANCE
BLENDER AND POWER
BLENDERS SERIES**

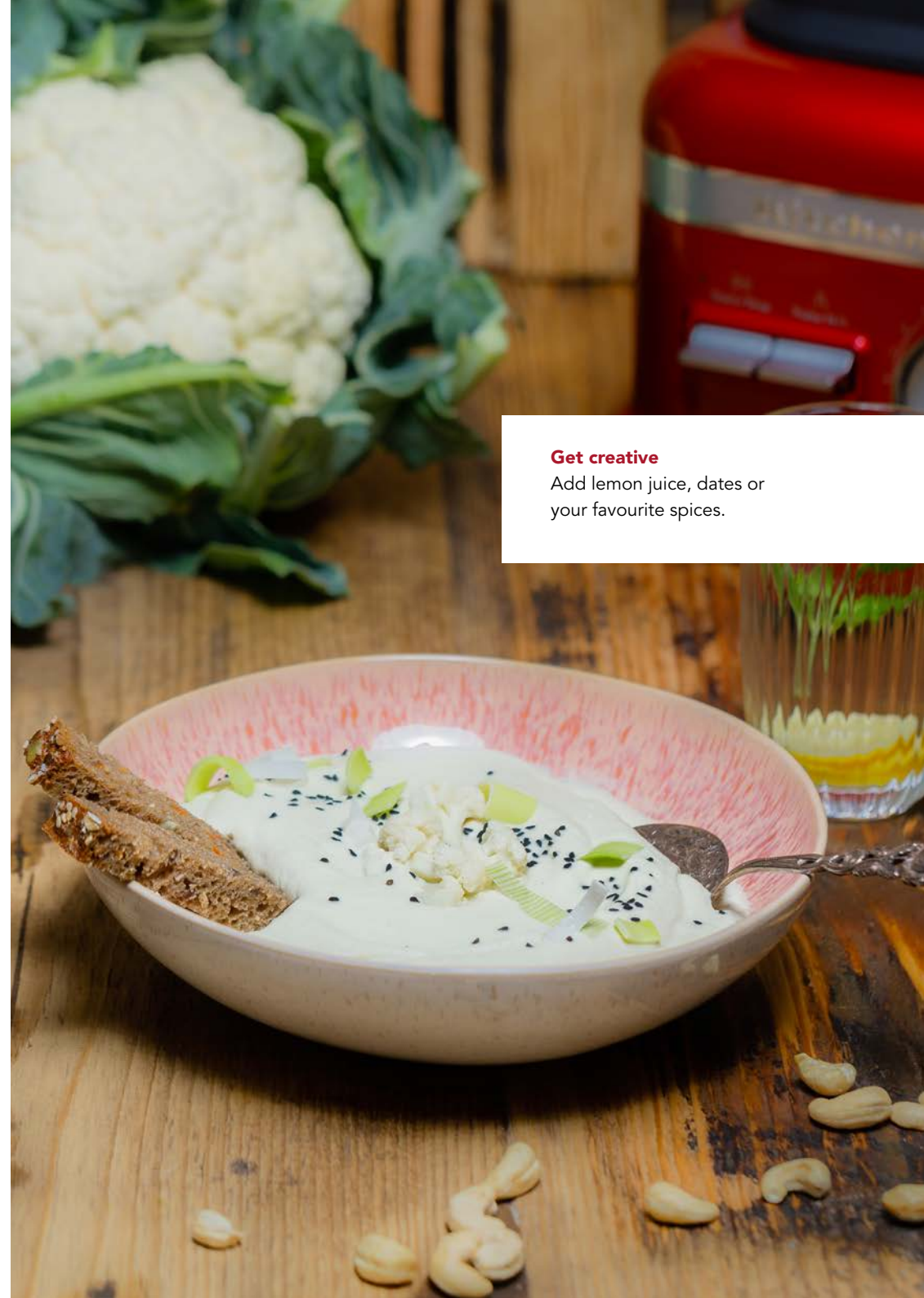
SERVES 2

Ingredients

1 (350 g) cauliflower, steamed
1 cup (100 g) cashews, soaked
1-1 ½ cup (250-300 ml) vegetable broth
salt to taste

Preparation

Place the broth in the blender. Add the vegetables and nuts. Secure lid and set blender to the Soup setting, which will blend and heat the soup. Blend until machine turns itself off. Alternatively, combine ingredients in blender as directed, secure lid and turn dial to Speed 1. Slowly increase speed to high (Speed 9 or 11). Blend until completely smooth and rising steam is visible for about 4-5 minutes.



Get creative

Add lemon juice, dates or your favourite spices.

CAULIFLOWER RICE

CAULIFLOWER RICE IS A WONDERFUL GRAIN-FREE AND LOW-CARB RICE ALTERNATIVE. IT'S ALSO A SNEAKY WAY TO GET MORE VEGGIES INTO YOUR DIET!

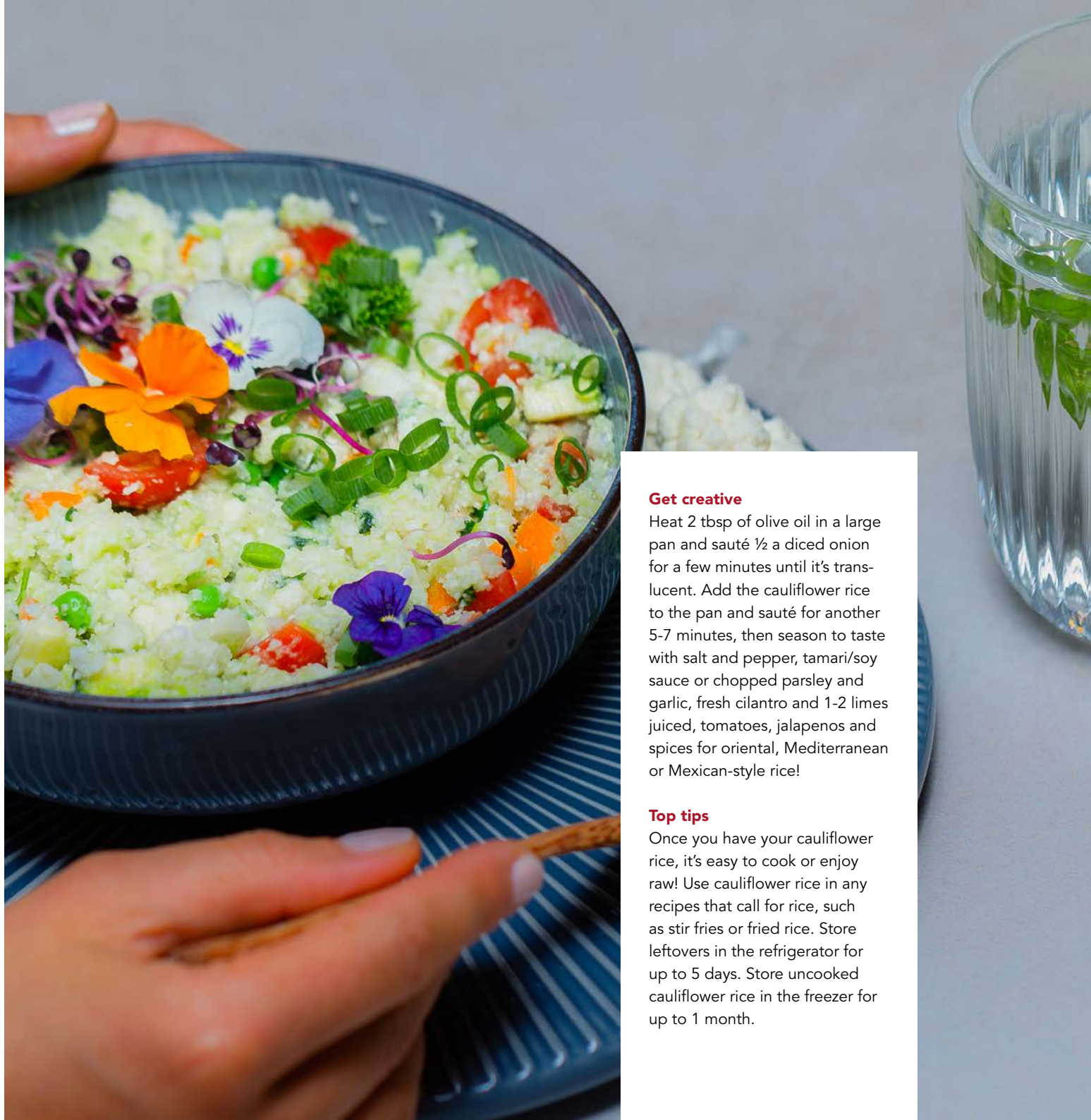
SERVES 2

Ingredients

1 large cauliflower head

Preparation

Wash and thoroughly dry the cauliflower. Slice the cauliflower head in half and remove all the florets. Transfer the florets into the blender jar, secure lid and blend on medium speed or pulse.



Get creative

Heat 2 tbsp of olive oil in a large pan and sauté ½ a diced onion for a few minutes until it's translucent. Add the cauliflower rice to the pan and sauté for another 5-7 minutes, then season to taste with salt and pepper, tamari/soy sauce or chopped parsley and garlic, fresh cilantro and 1-2 limes juiced, tomatoes, jalapenos and spices for oriental, Mediterranean or Mexican-style rice!

Top tips

Once you have your cauliflower rice, it's easy to cook or enjoy raw! Use cauliflower rice in any recipes that call for rice, such as stir fries or fried rice. Store leftovers in the refrigerator for up to 5 days. Store uncooked cauliflower rice in the freezer for up to 1 month.



SWEET INDULGENCE

Stracciatella nice cream

Chocolate mousse

Gluten-free chocolate protein muffins



STRACCIATELLA NICE CREAM

THIS LOVELY STACCIATELLA ICE CREAM WILL COOL YOU DOWN ON A HOT SUMMER'S DAY - AND IT'S COMPLETELY FREE FROM REFINED SUGAR!



**DIAMOND BLENDER
AND GLASS JAR
BLENDER**

SERVES 2

Ingredients

½ - ⅔ cup (120-150 ml)
plant-based drink (as coconut milk,
almond milk, ...)
3 spotted bananas,
roughly chopped and frozen
1 oz (20 g) dark chocolate

Preparation

In order, combine milk and bananas in the blender jar. Secure lid and process the ingredients at liquefy speed for about 1 minute. If necessary, scrape down sides of jar. Do not overblend or the ice cream will begin to melt. If too thick, blend in an extra splash or two of coconut milk.

Drop in the dark chocolate and pulse 2 to 3 times on low just to incorporate. Pour into 1 or 2 bowls and serve immediately or transfer to an airtight container and place in freezer until firm (about 2 hours). Ice cream will keep in freezer for up to 1 week.



**HIGH PERFORMANCE
BLENDER AND POWER
BLENDERS SERIES**

SERVES 2

Ingredients

3 spotted bananas, roughly chopped
and frozen
1 oz (20 g) dark chocolate
coconut milk (optional)

Preparation

Put the bananas in the blender jar. Secure lid and turn dial to Speed 1. Slowly increase speed to high (Speed 9 or 11). Blend until completely smooth for about 30 seconds. If necessary, scrape down sides of jar with the tamper. Do not overblend or the ice cream will begin to melt. If too thick, blend in a splash or two of coconut milk.

Drop in the dark chocolate and pulse 2 to 3 times on low just to incorporate.

Pour into 1 or 2 bowls and serve right away or transfer to an airtight container and place in freezer until firm (about 2 hours). Ice cream will keep in freezer for up to 1 week.

Get creative

Add poppy seeds, chopped toasted almonds, coconut flakes, lemon juice and dates to taste.

CHOCOLATE MOUSSE

THIS RECIPE WILL TAKE YOU COMPLETELY BY SURPRISE! IT'S DECADENT, RICH, VELVETY SMOOTH, CREAMY AND UNBELIEVABLY EASY TO WHIP UP. YOU'LL NEVER GUESS THAT IT'S VEGAN, GLUTEN-FREE, EGG-FREE AND DAIRY-FREE. PERFECT AS A LIGHT AFTER-DINNER TREAT OR HEALTHY SNACK.

SERVES 4

Ingredients

14 oz. (400 g) organic silken tofu
5 oz. (100 g) dark chocolate (70%)
12 dates, pitted or 2.5 oz. (70 g)
unrefined sugar
1 pinch of salt

Preparation

Melt chocolate in a heatproof bowl over a saucepan of simmering water.

Stir chocolate occasionally as it softens. Set aside to cool at room temperature. In the meanwhile, in the blender combine the silken tofu and dates or sugar.

Secure lid and blend until smooth. Add the melted chocolate and blend until well combined.

Scoop the mixture into bowls or glasses and refrigerate for 30 minutes before serving.

Get creative

To serve, garnish with chocolate shavings, raspberries, blackberries or a sprig of fresh mint.



GLUTEN-FREE CHOCOLATE PROTEIN MUFFINS

FULL OF GOODNESS, THESE VEGAN CHOCOLATE PROTEIN MUFFINS ARE PERFECT FOR AN AFTERNOON SNACK OR ON-THE-GO BREAKFAST!

SERVES 12 MUFFINS

Ingredients

- 1 banana
- 1 ¼ cup (300 ml) oat milk
- ¾ cup (200 ml) sparkling water
- ¾ cup (100 g) white bean flour
- ⅓ cup (80 g) peanut butter
- 20 dates, pitted
- 2 tbsp chocolate powder
- 1 tbsp cacao nibs
- 2 tsp baking powder

Preparation

Preheat the oven to 180°C. Mix all the ingredients except the baking powder and cacao nibs until well-blended. Add the baking powder and cacao nibs and stir once again at the lowest speed. Divide the mixture between 10-12 muffin silicone liners. Bake for 20-25 minutes. Allow to cool completely before enjoying.

Get creative

You can make your own flour by grinding the dried beans in a high-powered blender. Just turn the machine on and increase the speed to maximum for consistently fine ground beans!





KITCHEN ESSENTIALS

Nut butter

Plant-based milk

Vegan seasoning and crumble



NUT BUTTER

HOME-MADE NUT BUTTERS ARE SO MUCH NICER THAN SHOP-BOUGHT ONES. WHAT'S MORE, YOU CAN DECIDE HOW CRUNCHY OR SMOOTH TO MAKE THEM AND WHAT EXTRA FLAVOURS TO ADD.



DIAMOND BLENDER AND GLASS JAR BLENDER

SERVES 2

Ingredients

1 ½ cup (240 g) nuts
3-5 tbsp sunflower oil

Preparation

Toast the nuts until golden brown, then leave to cool. Place in the blender, secure lid and chop until finely ground. Increase to mix speed and gradually add the oil until the butter has emulsified.



HIGH PERFORMANCE BLENDER AND POWER BLENDERS SERIES

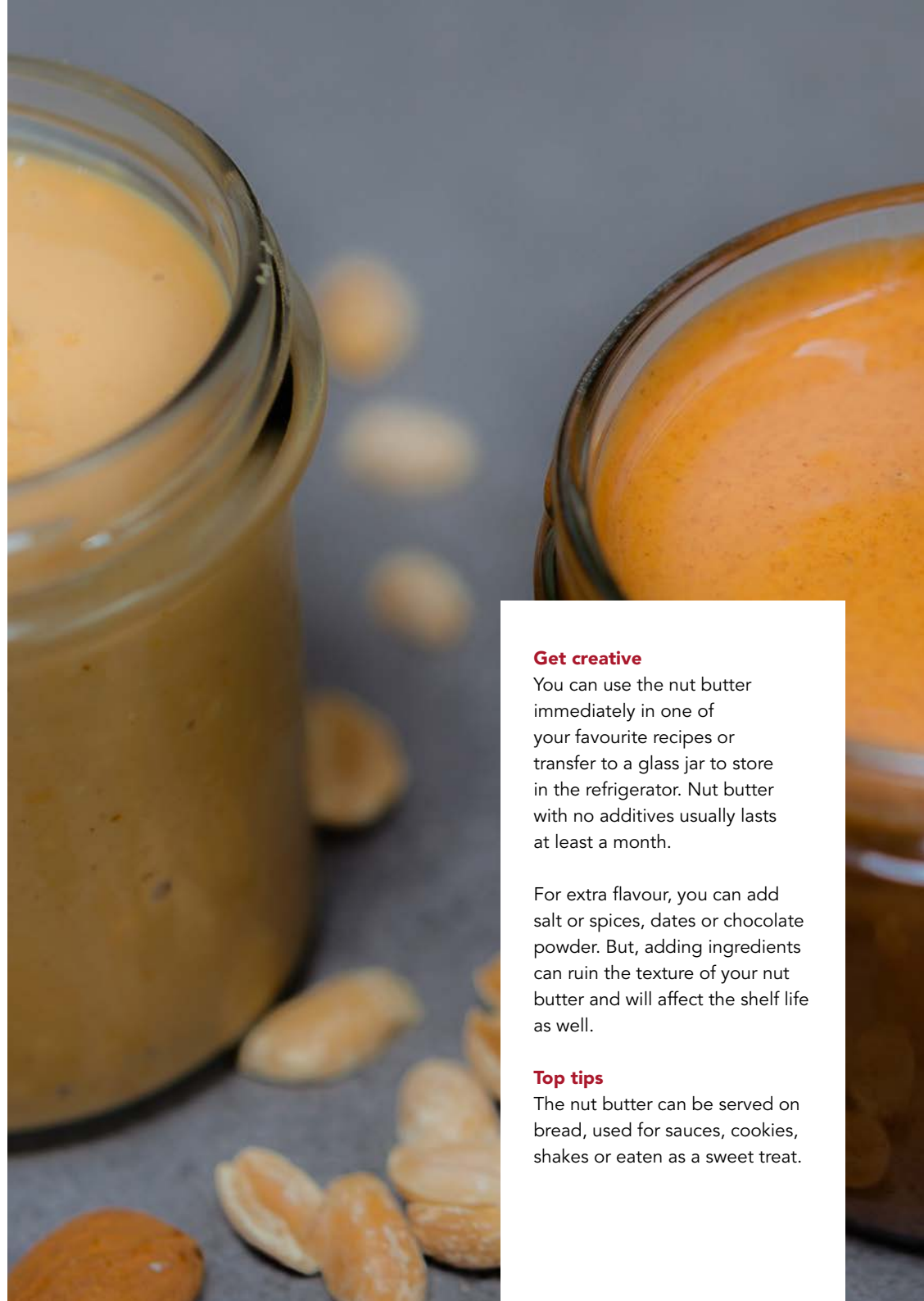
SERVES 2 ½ CUPS (400 G)

Ingredients

2 ½ cups (400 g) nuts

Preparation

Toast the nuts until golden brown, then leave to cool. Place in the blender, secure lid and turn dial to Speed 1 and chop until finely ground. Slowly increase speed to medium high (Speed 8). Blend, using the tamper to push down ingredients, until the butter has emulsified.



Get creative

You can use the nut butter immediately in one of your favourite recipes or transfer to a glass jar to store in the refrigerator. Nut butter with no additives usually lasts at least a month.

For extra flavour, you can add salt or spices, dates or chocolate powder. But, adding ingredients can ruin the texture of your nut butter and will affect the shelf life as well.

Top tips

The nut butter can be served on bread, used for sauces, cookies, shakes or eaten as a sweet treat.

PLANT-BASED MILK

WITH JUST A BLENDER, NUTS AND A LITTLE TIME, YOU CAN MAKE DELICIOUS NON-DAIRY MILKS ON YOUR OWN!



DIAMOND BLENDER AND GLASS JAR BLENDER

SERVES 4

Ingredients

2 cups (500 ml) water
½ cup (75 g) nut butter
(almond, cashew, hazelnut,...)
or cooked rice
3-4 dates
1 pinch of salt
1 tsp vanilla extract

Preparation

Combine your chosen ingredient with water in the blender jar. Secure lid and process at liquify speed until smooth.

Line fine-mesh sieve with double layer of cheesecloth and strain milk into container, pressing against solids with rubber spatula to extract all milk.



HIGH PERFORMANCE BLENDER AND POWER PLUS BLENDERS SERIES

SERVES 4

Ingredients

2 cups (500 ml) water
½ cup (75 g) nuts, oats,
cooked rice or hemp seeds
3-4 dates
1 pinch of salt
1 tsp vanilla extract

Preparation

Combine your chosen ingredient with water in the blender jar of the Power Plus Blender. Secure lid and set blender to Juice setting. Blend until machine turns itself off. Alternatively, combine ingredients in blender as directed, secure lid and turn dial to Speed 1. Slowly increase speed to high (Speed 9 or 11). Blend until completely smooth for about 1 minute. Turn blender down to Speed 2 and blend for 10 seconds or so to reduce froth.



Get creative

Use plant-based milks instead of dairy milk in baking or as a tasty addition to your morning smoothie or cereal. You could substitute dates with 1 to 2 teaspoons of maple syrup, agave nectar or honey.

Top tips

Milk can be stored in the refrigerator for 3-5 days. If making almond milk, combine almonds with water to cover in a bowl and refrigerate for 8 to 12 hours (it's easiest to do this overnight). Drain almonds, discarding water. Cashews do not need soaking. For a quick almond milk, pour boiling water over almonds and leave to soak for 30 minutes. Drain almonds and proceed as directed.

VEGAN SEASONING AND CRUMBLE

THIS SAVOURY, CHEESY AND NUTTY FLAVOURED SEASONING WILL SURPRISE YOU!

SERVES 1 CUP (120 G)

Ingredients

¾ cup (100 g) raw cashews
½ cup (15-20 g) nutritional yeast
1 tsp garlic powder
1 tsp mustard seeds
salt and pepper to taste

Preparation

Grind dry ingredients on a low speed in the blender until the consistency is like grated Parmesan cheese.

Get creative

Give your vegan seasoning the perfect kick by adding cumin or lemon juice!

Top tips

Ideal in vegan cheese preparations, it is also great for adding a savoury element to traditionally meat or fish-based recipes. Seasoning can be refrigerated up to 15 days.



® Registered trademark /
™ Trademark of KitchenAid USA
© 2018 All rights reserved

All rights reserved. No part of this publication may be reproduced, stored in an automated retrieval system or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without the prior permission of the publishers.

Concept and content by Annelina Waller
Photography by Thomas Rafalzyk
Design by Stojan & Voumard SA
Translation by Datawords

This book cannot be bought individually; it is only available in conjunction with the purchase of a KitchenAid blender unit.

KitchenAid

www.KitchenAid.eu

© KitchenAid 2018. KitchenAid Europa, Inc., Nijverheidslaan 3/5, B-1853 Strombeek-Bever