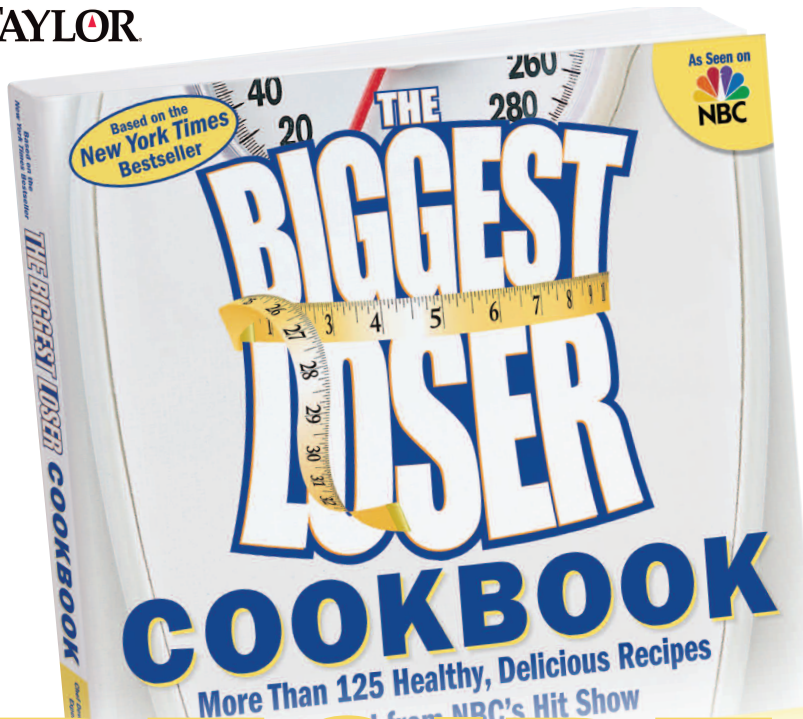


TAYLOR



RECIPES

The best recipes taken from **The Biggest Loser Cookbook & BiggestLoserClub.com** for your new Taylor® appliance!

Blender & Smoothie Maker

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Always consult your physician prior to any weight loss or exercise program. Recipes and nutritional information are meant as guidelines, individual results may vary, depending on size and quality of ingredients.

BANANA BREAKFAST SHAKE

1 banana*, medium,
sliced

This creamy shake offers a glassful of great flavor and more than 300 milligrams of calcium!

1 cup skim milk

In your Biggest Loser Blender & Smoothie Dispenser, process the bananas, milk, yogurt, juice and honey until smooth. Serve immediately.

3/4 cup nonfat vanilla
yogurt

Yield: 4 Servings

1/4 cup pineapple juice

1/2 tablespoon honey

NUTRITIONAL VALUES: Fat: 1 g, Carbohydrates: 16 g, Protein: 5 g, Calories: 89 kcal

*Depending on your preference for ripeness, bananas should have even coloring except for the tips (which may be slightly green on a ripe fruit). Small to medium-sized bananas are often thought to have better flavor, but this is not always the case.

ORANGE GLORIOUS

3/4 cup orange juice

1/2 cup skim milk

2 teaspoons dried egg white

2 tablespoons water (optional)

1/2 teaspoon honey

Drops vanilla extract, to taste

3 ice cubes

The flavor mimics the commercial Orange Julius of the franchise fame. The best news: The drink contains more than 150 percent of the RDA of vitamin C.

Place all the ingredients in your Biggest Loser Blender & Smoothie Dispenser. Process on high speed until smooth and foamy. Serve immediately.

Yield: 2 Servings

NUTRITIONAL VALUES: Fat: 0 g, Carbohydrates: 15 g, Protein: 4 g, Calories: 81 kcal

TROPICAL ESCAPE SMOOTHIE

- 1 cup unsweetened pineapple chunks, frozen
- 1/2 medium ripe banana
- 1/2 cup fat-free vanilla soy milk

This is another recipe that I love to serve in a fancy glass, like a jumbo martini or wine glass. Whether I'm in my kitchen or off sunbathing on a tropical island, food always seems more decadent and tasty when it looks pretty. If possible, buy a whole pineapple every once in awhile, chop it and freeze it. It will always be ready to go and tastes much better than using canned.

In the jar of your Biggest Loser Blender & Smoothie Dispenser, combine the pineapple, banana, and milk. Blend on high speed or ice-crush setting, for 30 to 60 seconds, or until smooth. Pour into a glass. Serve immediately.

Yield: 2 Servings; Serving = 6 ounces

NUTRITIONAL VALUES: Fat: 1 g, Carbohydrates: 19 g, Protein: 2 g, Calories: 90 kcal

BLACK-CHERRY PROTEIN SMOOTHIE

- 1 cup R.W. Knudsen black cherry juice
- 1 cup frozen strawberries
- 1 cup frozen unsweetened cherries
- 1/2 scoop protein powder (60 calories)

On a medium setting, blend the cherry juice and frozen fruit until smooth using your Biggest Loser Blender & Smoothie Dispenser. Remove the filler cap on the lid and add the protein powder. Continue to blend making sure the powder has completely blended into the liquid mixture.

Yield: 3 Servings

NUTRITIONAL VALUES: Fat: 0 g, Carbohydrates: 18 g, Protein: 5 g, Calories: 106 kcal

CREAMY CARROT SOUP

- 2 teaspoons canola oil
- 1 cup onions, chopped*
- 2 cloves garlic, minced*
- 2 cups low-sodium vegetable broth
- 1 cup carrots, thinly sliced
- 1/2 cup parsnips, thinly sliced
- 1 tablespoon lemon peel, grated
- 1 teaspoon dried thyme
- 1/2 teaspoon dried tarragon
- 1/2 cup low-fat buttermilk
- 1/4 cup low-sodium tomato juice
- 2 drops hot pepper sauce (or to taste)
- 1 lemon, cut into 6 wedges (garnish)

In a 2-quart saucepan over medium heat, add the canola oil, onions and garlic; cook, stirring frequently, until the onions are tender, 4 to 5 minutes. Stir in the broth, carrots, parsnips, lemon peel, thyme and tarragon, and bring to a boil. Reduce the heat to low, cover and simmer until the vegetables are tender, 20 to 25 minutes.

Working in batches, transfer the vegetable mixture to your Biggest Loser Blender & Smoothie Dispenser and process until smooth. Add the buttermilk, tomato juice and pepper sauce; process until the ingredients are combined. Serve warm or chilled; garnish each serving with a lemon wedge.

Yield: 4 servings

NUTRITIONAL VALUES: Fat: 3 g, Carbohydrates: 13 g, Protein: 2 g, Calories: 84 kcal

* Use your Biggest Loser Chopper to prepare onions and garlic.

SUNRISE SMOOTHIES

1/4 cup water

8 dates pitted

2 cups nonfat plain yogurt

1/4 cup frozen orange juice concentrate

2 tablespoons honey

1 teaspoon vanilla

1 large banana, cut into chunks

Ahead of time: Combine water and dates in a microwave-safe measuring cup. Cover with vented plastic wrap. Microwave on HIGH for 3 minutes. Cover and refrigerate overnight.

In the morning: Process yogurt, juice concentrate, honey, vanilla, banana, and date mixture in your Biggest Loser Blender & Smoothie Dispenser until blended, 30 to 60 seconds. Serve immediately.

Yield: 8 servings

NUTRITIONAL VALUES: Fat: 0 g, Carbohydrates: 22 g, Protein: 4 g, Calories: 104 kcal

Note: If used as a meal, 1/2 of recipe = 415 calories



Go to www.biggestloser.com to learn more about all The Biggest Loser Lifestyle products.

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