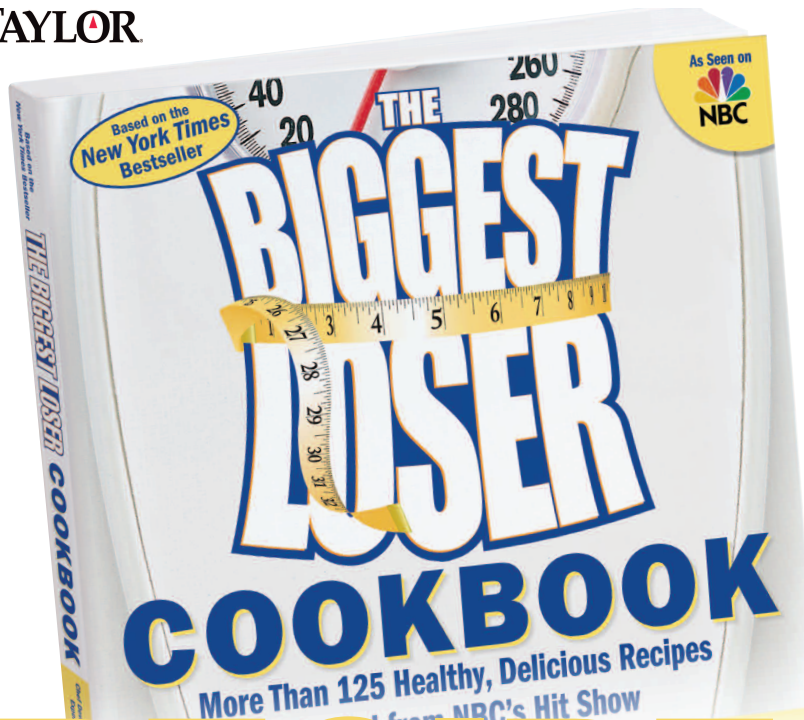


TAYLOR



RECIPES

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

9 Piece Multi Chopper & Blender System

TABLE OF CONTENTS

Berry Berry Smoothie	3
Post-workout Energy Drink	4
Fiesta Salsa	5
Jen's Asparagus Guacamole - adapted by Chef Devin Alexander, TheBiggest Loser Cookbook, Rodale 2006	6
Strength-Builders' Stuffed Mushrooms	7

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.

BERRY BERRY SMOOTHIE

1/2 cup frozen
unsweetened
raspberries

1/2 cup frozen
unsweetened
strawberries

1/4 cup unsweetened
pineapple juice

1 cup soy milk (90
cals) or skim milk

In your Biggest Loser Blender & Smoothie Maker, combine the raspberries, strawberries, and pineapple juice. Add the milk and blend until smooth.

Yield: 2 Servings

NUTRITIONAL VALUES: Fat: 0 g, Carbohydrates: 16 g, Protein: 4 g, Calories: 81 kcal

POST WORKOUT ENERGY DRINK

- 1/2 cup low-fat plain yogurt
- 1/2 cup egg substitute, refrigerated
- 1 banana, peeled and frozen
- 1 teaspoon sugar, granulated

Using your Biggest Loser Blender & Smoothie Maker, combine the yogurt and egg substitute. Break up and add the banana. Add sugar. Blend on a low speed until smooth. Gradually move to a higher setting and puree for one minute.

Yield: 2 Servings

Banana Factoid: Bananas contain no fat, cholesterol or sodium and are a great source of potassium.

NUTRITIONAL VALUES: Fat: 2 g, Carbohydrates: 18 g, Protein: 8 g, Calories: 120 kcal

FIESTA SALSA

1 jalapeno pepper,
seeded and
chopped*

3/4 cup tomatoes,
diced*

3/4 cup corn, cooked

1/4 cup avocado, diced*

1/4 cup fresh cilantro,
chopped*

1 clove garlic,
chopped*

4 teaspoons lime**
juice

1 tablespoon onions
chopped*

1/2 teaspoon low-
sodium soy sauce

An eclectic combination of jalapeno, tomato, corn, cilantro, and soy, this salsa could be served with any Mexican food, such as tacos, tortillas, or enchiladas.

In a medium bowl, combine the jalapeno with the tomatoes, corn, avocado, cilantro, garlic, lime juice, onions, and soy sauce. Enjoy!

Yield: 1¼ cups; Serving = 1/4 cup + 1 tablespoon

NUTRITIONAL VALUES: Fat: 3 g, Carbohydrates: 8 g, Protein: 1 g, Calories: 55 kcal

*Chop ingredients using your Biggest Loser Chopper.

**To get the most juice out of a fresh lime, bring it to room temperature and roll it under your palm against a hard surface before using your Biggest Loser Citrus Juicer.

JEN'S ASPARAGUS GUACAMOLE

- 6 large spears fresh asparagus, ends trimmed, cut into 2" lengths
- 1/2 cup fat-free sour cream
- 2 1/2 tablespoons guacamole seasoning mix
- 1 medium tomato, seeded and chopped in your Biggest Loser Chopper*

*If you prefer larger chunks of tomato, chop by hand.

Former beauty pageant winner Jennifer Eisenbarth says that her guacamole is "the perfect dip for low-fat tortilla chips, your favorite veggies, or as a spread on wraps and sandwiches." Jen suggests adding fresh cilantro, chopped garlic, jalapeno, (chopped in your Biggest Loser Chopper), or other fresh ingredients to boost the flavor even further.

Bring 2 cups of water to a boil in a medium saucepan set over high heat. Place the asparagus in the pan. Boil for 3 to 5 minutes, or until tender. Drain and rinse under cold water to cool completely. Pat dry. Place the asparagus in your Biggest Loser Blender. Process for 30 to 60 seconds, or until smooth. Add the sour cream and seasoning. Process for 30 seconds, or until smooth. Transfer the mixture to a medium, airtight plastic container. Stir in the tomato. Mix until well combined. Refrigerate for at least 2 hours or up to 2 days for the flavors to blend.

Yield: 1 1/3 cups; Serving = 2 tablespoons

Asparagus factoid: Asparagus contains no fat or cholesterol and is a good source of potassium.

NUTRITIONAL VALUES: Fat: 0 g, Carbohydrates: 3 g, Protein: 1 g, Calories: 18 kcal

STRENGTH-BUILDERS' STUFFED MUSHROOMS

4 medium button mushrooms

1½ tablespoons crumbled fat-free feta cheese (1/3 ounce)

2 teaspoons chopped fresh flat-leaf parsley using your Biggest Loser Chopper

1/2 teaspoon extra-virgin olive oil

1/8 teaspoon cayenne, or to taste

Preheat the oven to 425°F. Lightly mist a small baking dish with olive oil spray.

Remove the stems from the mushrooms by gently twisting the stem until it comes loose and pulls from the mushroom top. Chop the stems in your Biggest Loser Chopper and place in a small mixing bowl. Place the caps in the prepared baking dish stemmed-side up.

Add the cheese, parsley, oil, and cayenne to the bowl. Stir to mix well. Spoon the mixture evenly into the reserved mushroom caps. Divide the remaining mixture evenly among the caps, mounding the filling on each.

Bake for 12 to 15 minutes, or until tender. Let the mushrooms stand to cool slightly before serving.

Yield: 1 serving

NUTRITIONAL VALUES: Fat: 2 g, Carbohydrates: 3 g, Protein: 6 g, Calories: 54 kcal



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

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