

Revolution



OWNER'S MANUAL WITH
OPERATING INSTRUCTIONS AND
RECIPE BOOK

Congratulations!

You have just purchased the wonderful “**Revolution Mixer V2**”

The **Revolution Mixer V2** is built for durability and will last for years with proper use and care.

At Kitchen Kneads LLC (“Kitchen Kneads”), we are highly committed to the quality of the Revolution Mixer V2 and its attachments. We take pride in the fact that our product will provide you with the ability to make nutritious, time-saving recipes. Please read this booklet thoroughly to familiarize yourself with the Revolution Mixer V2 and its many uses.

Contact Information

Kitchen Kneads LLC

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**Designed, Engineered, and Licensed in
Germany**

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LIMITED PRODUCT WARRANTY

REVOLUTION MIXER V2 – SMALL DOMESTIC APPLIANCE

1. Coverage and Applicability

This Limited Product Warranty (“Warranty”) applies to the Revolution Mixer V2 (the “Product”) manufactured and distributed by Kitchen Kneads (“Company”), and is provided only to the original retail purchaser (“Purchaser”). This Warranty is valid only if the Product was: (1) purchased new (not refurbished, “as-is,” display, or previously returned); (2) purchased for personal, non-commercial household use; and (3) purchased and used within the United States or Canada. This Warranty is non-transferable and applies only to the original Purchaser. The Purchaser is responsible for all shipping and handling costs associated with warranty service, including shipping to and from the service location.

2. Warranty Term

Kitchen Kneads warrants that the Product will be free from defects in materials and workmanship for a period of one (1) year from the original date of purchase (“Warranty Period”). This Warranty applies uniformly to all components of the Product, except as expressly excluded below. The Warranty Period is not extended or restarted due to repair, replacement, or any other reason.

3. Exclusive Remedy: Repair or Replacement

During the Warranty Period, Kitchen Kneads or its authorized service providers will, at its sole discretion, repair the Product or replace the Product with the same or a comparable model. Replacement products may be new or refurbished. If the Product is replaced, the replacement will assume the remaining Warranty Period of the original Product. All removed parts and replaced Products become the property of Kitchen Kneads. This Warranty does not entitle the Purchaser to any refund or cash compensation. Unauthorized repairs or service by any party not approved by Kitchen Kneads will void this Warranty in its entirety.

4. Out-of-Warranty Service

After the Warranty Period expires, Kitchen Kneads has no obligation to provide repairs, replacements, or concessions, though such services may be offered at the Company’s discretion and at the Purchaser’s expense.

5. Warranty Exclusions

This Warranty does not cover: whips (excluded from all warranty coverage); normal wear and tear; cosmetic damage (including scratches, dents, or discoloration); damage resulting from misuse, abuse, negligence, accidents, improper operation, maintenance, or installation; use outside intended household purposes (including commercial use); unauthorized modification, alteration, or repair; failure to follow instructions or operating guidelines; exposure to environmental conditions (e.g., moisture, extreme temperatures, power surges, lightning, or acts of God); food, liquid, grease, or residue accumulation; and products with removed, altered, or defaced serial numbers. Kitchen Kneads shall not be liable for damage to surrounding property, including but not limited to cabinetry, flooring, or adjacent structures.

6. Disclaimer of Warranties

TO THE MAXIMUM EXTENT PERMITTED BY LAW, THIS WARRANTY IS THE SOLE AND EXCLUSIVE WARRANTY PROVIDED BY KITCHEN KNEADS AND REPLACES ALL OTHER WARRANTIES, EXPRESS OR IMPLIED, INCLUDING BUT NOT LIMITED TO IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE. Any implied warranties are limited in duration to the Warranty Period stated above.

7. Limitation of Liability

TO THE MAXIMUM EXTENT PERMITTED BY LAW, KITCHEN KNEADS SHALL NOT BE LIABLE FOR ANY INDIRECT, INCIDENTAL, SPECIAL, CONSEQUENTIAL, OR PUNITIVE DAMAGES. Some jurisdictions do not allow limitations on implied warranties or exclusions of certain damages, so these limitations may not apply to all Purchasers.

8. Legal Rights

This Warranty gives you specific legal rights. You may also have other rights which vary by state or province.

9. Obtaining Warranty Service

To obtain warranty service, please contact Kitchen Kneads:

Website: <https://revolution-mixer.com> | Email: service@kitchenkneads.com | Phone: 888-881-9957.

You will be provided with instructions on how to proceed with service, including shipping details if required.

10. Entire Agreement

No employee, agent, or representative of Kitchen Kneads is authorized to modify or extend this Warranty. Any modification must be in writing and signed by an authorized officer of Kitchen Kneads.

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The All-In-One Revolution V2

The Revolution Mixer V2 is an extremely versatile, all-purpose appliance. With the addition of attachments—such as the included blender or optional food processor (sold separately)—it can virtually replace many other small kitchen appliances.

Its commercial-quality motor and construction are designed to handle even heavy-duty tasks without overheating or requiring shutdown during normal use. The attachments are easy to install and operate.

Before you begin, please read these important instructions:

- DO NOT operate this machine if the motor unit is in or has been exposed to water or any other liquid.
- Unplug the machine when not in use and during cleaning.
- Keep fingers, hands, hair, and clothing away from moving parts.
- Keep spatulas and other utensils away from beaters and blender blades during operation to prevent injury or damage to the machine. A spatula should only be used when the machine is off and all moving parts have completely stopped.
- Use only attachments manufactured and recommended for this machine.
- Do not allow children to operate the Revolution Mixer V2 without supervision.
- Do not use outdoors.

Technical Data

The Revolution Mixer V2 is one of the most powerful kitchen machines available. Its 900-watt motor is designed to resist overheating or stalling under normal use. A low center of gravity and balanced design help the mixer remain stable and prevent it from “walking” on the countertop.

The Revolution Mixer V2 draws only the amount of power required for the attachment being used, helping conserve energy and reduce electricity usage.

Revolution V2 Features

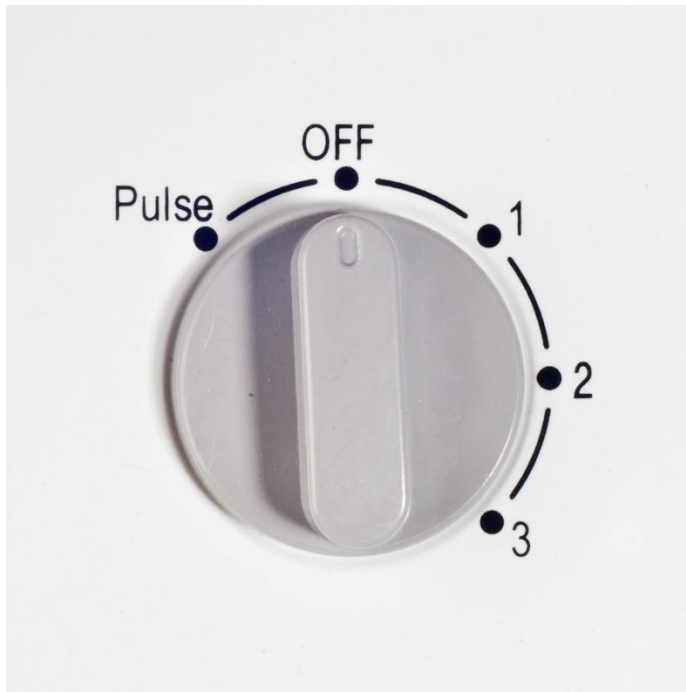
Open your Revolution V2 package and unpack all of the components. Check off the parts to make sure everything is included in the box. Save the box and packing material for service shipment and storage.



Components

- | | |
|--|-------------------------|
| 1 - Lid & Splash Ring | 7 - Power Base |
| 2 - Dough Hook | 8 - Safety Cover |
| 3 - Dough Divider | 9 - Blender Cap |
| 4 - Bowl | 10 - Blender Lid |
| 5 - Drive Shaft - (2 are included, 1 as a spare) | 11 - Blender |
| 6 - Light Batter Whips | 12 - Heavy Batter Whips |

Use and Care



Plug the Revolution Mixer V2 into any 120V outlet. Turn the machine on using the dial on the front, marked "Pulse, OFF, 1, 2, 3." SPEED 1: Slow speed for incorporating ingredients

SPEED 2: Standard mixing speed

SPEED 3: High-speed mixing

The Pulse feature is used for controlled mixing, such as folding or sifting ingredients, especially dry ingredients.

When finished, always turn the dial to OFF.

NEVER PUT YOUR HAND OR A UTENSIL IN THE BOWL WHILE THE MOTOR IS RUNNING.



Do not operate the machine with both the bowl and blender units attached at the same time, as this may damage the motor.

The Revolution Mixer V2 should not be serviced internally by anyone other than Kitchen Kneads LLC. The motor and gears are permanently lubricated. Disassembling the motor unit or performing unauthorized maintenance will void the warranty.

Caution

Check the mixing bowl before turning on the machine to make sure no objects or attachments are stored in the bowl.

Always turn the mixer OFF before removing or changing attachments.

Always use the safety cover on the exposed drive port.

If the blender blades become blocked and won't turn, turn the motor off and remove the blender. Use a wooden spoon or spatula to loosen the blades. **DO NOT USE YOUR FINGERS.**



Cleaning

To clean the Revolution Mixer V2, use a soft cloth and liquid dish soap to clean the housing. Do not use harsh chemicals, abrasive cleaners, or scouring pads.

DO NOT IMMERSE THE MOTOR UNIT IN ANY WATER OR LIQUID.

Most attachments are top-rack dishwasher safe. Exceptions include:

- Dough Hook (hand wash only to prevent discoloration)
- Blender shell (hand washing recommended to extend product life)

To clean air vents, vacuum or wipe with a clean cloth.

Never dry parts in an oven, on a stovetop, or over an open flame.

Operating Instructions



Place the Revolution V2 on a level surface near the electrical outlet. Open the door on the bottom and pull out as much of the cord needed to reach the outlet. Close the door and set the machine in place, making sure that the air vents are clear and can circulate air.

Make sure the mixer switch is in the off position before installing any of the attachments. The Power Drive Port (A) can be used for the mixing bowl and optional attachments such as the food processor, meat and food grinder and the flaker mill. The Top Drive Port (B) is used for the blender. Lock the accessories into place by turning them counter-clockwise on the ports until they click. Cover the port not being used with the safety cover.

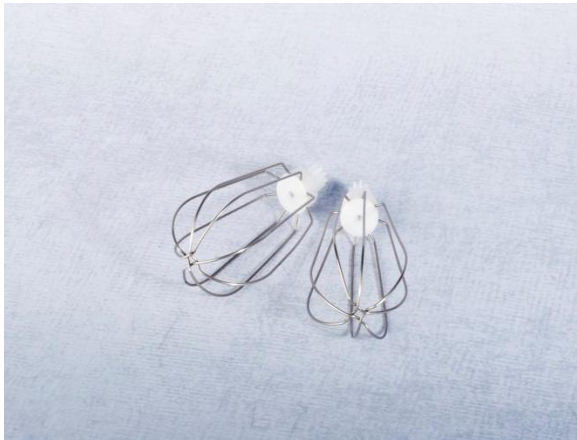
Attachment Descriptions

The standard attachments included with the Revolution V2 are the Dough Hook, Dough Divider, Light Batter Whips, Heavy Batter Whips, Mixing Bowl, Lid, Splash Ring, and Blender. Wash attachments in dish soap and water before their first use.



Dough Hook and Dough Divider

The Revolution V2 Dough Hook and Divider, combined with the unique shape of the mixing bowl, knead dough quickly while developing full gluten in as little as 5 minutes. For best results, use the Dough Hook and Divider with batches between 1-8 cups. For larger batches, use the Dough Hook only (remove the Divider). The Dough Hook is suitable for bread, cookie, and pasta dough. (See pages 15 and 16 for assembly and operating instructions)



Light Batter Whips

The Light Batter Whips fit completely into the bottom of the Mixing Bowl to allow all liquids to be mixed into a high volume. Their uses include whipping or creaming batters, whipping cream, and egg whites.

DO NOT use the Light Batter Whips with bread dough, cookie dough or any heavy dough.

(See page 17 for assembly and operating instructions)



Heavy Batter Whips

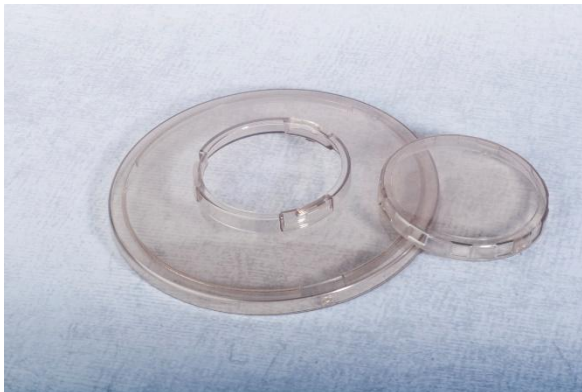
The Heavy Batter Whips are used to mix stiffer dough such as single batches of sugar, oatmeal cookies, and thick batters such as quick breads.

(NOTE) If you are doubling a recipe or if the dough is very stiff, we recommend using the dough hook and divider, as it will do a wonderful job on large batches and stiff doughs. (See page 17 for assembly and operating instructions)



Mixing Bowl

The Mixing Bowl is a durable nylon polymer that resists stains and can mix the heaviest doughs and batters. (See pages 15-18 for assembly and operating instructions)



Lid and Splash Ring

These two components, when used together, create the perfect environment for yeast breads to develop. The Splash Ring keeps the ingredients in the bowl and not on your countertop when the mixer starts. (See pages 15-18 for assembly and operating instructions)



Blender

The Blender is made of extremely durable BPA-free polycarbonate plastic. The hardened stainless steel blades and heavy duty motor make the Blender tough and versatile enough to crush ice and turn it into “snow”. The blender holds 6 cups of liquid, however 4 ½ cups is the maximum amount that can be blended at one time. Always use the lid to keep liquid from splashing over the sides. The blender pulse feature can also dry chop items such as fresh herbs. (See page 18 for assembly and operating instructions)

Assembly Instructions

Note:

- **Dough Hook and Divider:** For bread dough and flour-based doughs (1-8 cups; remove Divider for larger batches)
- **Light Batter Whips:** For light batters, whipping, and creaming
- **Heavy Batter Whips:** For heavy batters and light doughs without hard ingredients

Switch to the Dough Hook when dough becomes thick or flour-heavy to avoid damaging the whips.

Dough Hook and Divider



Step 1: Insert the drive shaft into the Power Drive Port (A)



Step 2: Place Mixing Bowl onto the drive shaft and lock into place by turning counter-clockwise. Place Safety Cover over the Top Drive Port (B) and lock into place.



Step 3: For the Dough Hook/Divider Attachment, place Dough Divider over the center shaft of the Mixing Bowl first...



... then place the Dough Hook on top turning it until it engages with the drive shaft.



Step 4: For yeast bread dough, lock the lid onto the Mixing Bowl during the kneading process to aid in heat and moisture retention for the production of yeast growth.

(NOTE) When mixing yeast dough, if the dough is left in the bowl to rise, always unlock the lid. If the lid is left on while the dough is rising, it can break the lid if locked in place on the bowl.)

Light Batter Whips and Heavy Batter Whips

Note: Before First Use, Apply a small amount of food-safe vegetable oil to the drive gear and the ends of the nylon whips. This helps reduce friction during the initial break-in period and prevents squeaking. This process typically only needs to be done once. If squeaking occurs during use, reapply as needed.

Important: The whips are designed for use with softened ingredients only. Use with cold or hardened ingredients, such as refrigerated butter or cream cheese, may result in damage to the whip drive.



Step 1: Insert the drive gear into the assembly housing.



Step 2: Slide each whip onto a stem and align with the drive gear teeth. Make sure the whips snap into place.

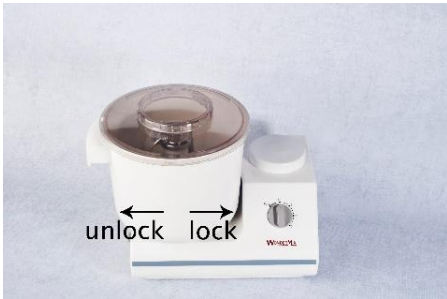


Step 3: Attach the drive shaft to the Power Drive Port (A). Place the mixing bowl over the drive shaft.



Step 4: Place the whips unit over the center mixing bowl column, turning clockwise until it catches the drive shaft.

To remove the whips, lift the whip assembly off of the drive shaft, turning counter-clockwise.



Mixing Bowl removal: Wait until the Revolution V2 has completely stopped in operation. Push down the bowl-locking lever on the left side of the mixer. Turn the mixing bowl clockwise to remove.

Blender



Step 1: Assemble the lid by lining up the small funnel top with the notches in the cap. Lock blender assembly clockwise onto Top Drive Port (B). Place Safety Cover over the Power Drive Port (A) and lock into place. To add ingredients, remove the funnel top and drop through the opening while the blender is running.

Mixing Tips

Eggs whip faster at room temperature.

Crack an egg into a separate small bowl to check for pieces of shell before adding it to the mixture.

When beating egg whites for meringue, make sure to separate all of the yolk. The whites will not whip with any traces of yolk mixed with them.

Make sure the mixing bowl is clean and completely free of oil or grease. Egg whites will not whip otherwise.

Make sure the mixing bowl is clean and wiped completely dry of water. Otherwise cream will not whip.

Boxed cake mixes need only half the mixing time listed on the package, when mixed in the Revolution V2.

Blending Tips

Add liquid ingredients to the blender before the solid ingredients.

Solids should be cut into 1” cubes before processing in the blender.

Do not grind bones, pits or seeds in the blender. This might damage the blades.

To crush ice or make “snow”, add 6 to 8 ice cubes only, one at a time, through the funnel top while the blender is moving.

When blending hot liquids, remove the center cap and blend in small batches. Use caution, as hot liquids can create pressure inside the container. Cover the opening loosely with a towel to reduce splashing and prevent burns.

Bread Making Tips

Combining Ingredients: In any recipe that calls for yeast, the standard method is to “proof ” the yeast in warm water in a separate, small bowl, then add to the mixing bowl with the other ingredients. With the Revolution V2, just add the same amount of the flour, sweetener, salt, shortening/oil and dry yeast equal to the amount of liquid that the recipe calls for. This will give you the right temperature to grow the yeast in the mixing bowl, rather than add later. For example, if the dough recipe calls for a total of 2 cups of water, the amount of the flour, sweetener, shortening/oil and dry yeast mixture would be 2 cups as well. Any remaining ingredient amounts should be added later; just follow the recipe.

New, fresh, high quality yeast is ideal to make bread because it produces better results and makes the bread rise higher and more quickly.

Warm water registering between 100°F to 110°F is used in yeast development. Any warmer and it could kill the yeast; any cooler and the yeast will not grow. Use an instant read thermometer to test the temperature of the water before adding the yeast.

Incorporating the right amount of flour into the dough is estimated in the recipe. Because flours have been milled and stored differently, their moisture content will vary. As the dough mixes, it will pull away from the sides but still stick to the dough hook when it has the perfect amount of flour incorporated. When this happens, lock the lid onto the bowl and knead the dough on SPEED 2 for 4 to 5 minutes. Do not knead longer than this because the dough will break down and get tough.

Turn the dough out onto a greased surface and grease or oil hands to form the dough into loaves etc. Do not use flour to prevent the dough from sticking; the dough needs to retain its moisture.

Revolution V2 Recipes

APPETIZERS & SIDE DISHES

Big John's Blender Salsa

Easy, fresh, cheap and delicious. You will never buy canned salsa again!

Ingredients:

| | |
|---|--|
| ½ bunch green onions | ½ c. fresh cilantro (or ¼ c. dried cilantro) |
| ½ of a 4oz. can diced green chilies | |
| 2-3 garlic cloves (or garlic salt to taste) | 1 28 oz. can tomatoes, diced or stewed |
| | 1 (15 oz.) can black beans (optional) |

Instructions:

Put onions, chilies, garlic and cilantro in blender. Pulse a couple of times. Add tomatoes and beans and pulse a couple of times, to desired consistency.

Catharina's Pear Jello Salad

"This stuff is the Nectar of the Gods, straight from my sister's kitchen"

Drain a 15 oz. can of pears, reserving the juice. Add juice plus water to equal 2 cups of liquid. Bring liquid to a boil, remove from heat. Add a 6oz. box of any flavored jello to the liquid. Mix until dissolved. Add 10 ice cubes and ¾ c. cold water. Chill in the refrigerator.

Blend pears and cream cheese in the Revolution V2 blender. Once the jello begins to set, whisk into pear/cream cheese mixture until well incorporated. Stir in a 9 oz. container of thawed whipped topping, until smooth.

Place in 9x13x2 pan or any sized bowl (or combination of bowls) or molds. Let set in refrigerator until thickened or solid.

Grandmother Huntsman's Coleslaw

Ingredients:

| | |
|-----------------------|-----------------|
| 1 head of cabbage | ¾ tsp. salt |
| 1 ½ tsp. mustard | 6 Tbsp. milk |
| 1 Tbsp. sugar | 1 c. mayonnaise |
| 1 Tbsp. cider vinegar | ¼ onion, grated |

Instructions:

Using the coarse drum of the food processor attachment, grate the entire head of cabbage. Set aside. Whisk remaining ingredients together into a sauce consistency. Pour sauce over cabbage and stir until well coated. Chill and serve sprinkled with raw, chopped peanuts.

DRESSINGS, DIPS & SAUCES

Buttermilk Ranch Dressing

Ingredients:

| | |
|----------------------|------------------------------|
| ¾ c. mayonnaise | ½ Tbsp. minced fresh parsley |
| ¾ c. sour cream | 1 Tbsp. minced fresh chives |
| ¼ to ½ c. buttermilk | ½ tsp. minced garlic |
| 1 Tbsp. lemon juice | ½ tsp. salt |
| 1 Tbsp. olive oil | ¼ tsp. ground black pepper |

Instructions:

Add all ingredients with ¼ c. of the buttermilk to the Revolution V2 blender. Purée for about 10 seconds to combine. Check the consistency and add additional buttermilk two tablespoons at a time for a thinner dressing. Store in a glass jar or airtight container, in the refrigerator, for 7 to 10 days.

Honey-Roasted Peanut Butter

Put one cup of honey roasted peanuts in the Revolution V2 blender. Pulse a few times to break up the peanuts, then blend until smooth.

Wonder Pesto

“Unbelievable taste! You can add it to anything (almost)!”

Ingredients:

| | |
|---------------------------------------|-------------------------------------|
| 1 c. loosely packed basil leaves | 1 clove garlic |
| 2 oz. Parmesan cheese, cut into cubes | ¼ c. shelled pine nuts (or walnuts) |
| ½ c. olive oil | |

Instructions:

Put everything in the Revolution V2 blender. Pulse a few times to break up the nuts, then blend until smooth.

BEVERAGES

Cantaloupe Refresher

Ingredients:

| | |
|-----------------------|------------------------------|
| 1 c. orange juice | 500 mg. Vitamin C (optional) |
| 2 c. cubed cantaloupe | Fresh mint, for garnish |
| 2 tsp. honey | |

Instructions:

In the Revolution V2 blender, blend the orange juice, cantaloupe, honey and Vitamin C until smooth. Pour into chilled glasses and garnish with fresh mint.

Frozen Tropical Fruit Drink

Ingredients:

| | |
|------------------------|-------------------|
| 1 ripe frozen banana | 3 c. coconut milk |
| 12 frozen strawberries | ¼ c. sugar |

Instructions:

Put coconut milk and sugar in Revolution V2 blender. Turn blender to SPEED 1 or 2. Add fruit one piece at a time, blending until smooth. Serve and enjoy.

Orange Julius

Ingredients:

| | |
|---------------------------------|---------------------|
| 1/3 c. orange juice concentrate | ½ tsp. pure vanilla |
| 1 c. whole milk | 6 ice cubes |
| ¼ c. sugar | |

Instructions:

Put everything in the Revolution V2 blender. Pulse a few times, then blend until smooth.

BREADS

100% Whole Grain Bread

Ingredients:

| | |
|--|------------------------------|
| 3 c. Warm Water | 2 Tbsp. Oil |
| 1.5 Tbsp. Yeast | ¼ c. Sugar/Honey |
| 7-9 c. Whole Grain (Spelt, Kamut, or Wheat) Flour | 1 tsp. Salt |
| 1 Tbsp. Dough Enhancer | 1 ½ Tbsp. Vital Wheat Gluten |

Instructions:

- Using the dough hook, pulse together water, oil, honey, yeast, dough enhancer, salt and vital wheat gluten in the Revolution V2.
- Turn the dial to SPEED 2 and add whole wheat flour, one cup at a time, until dough cleans the sides of the bowl and comes up from the bottom. Do not add more flour at this point. Dough should be very sticky.
- Knead on SPEED 2 for 4-5 minutes or until the gluten has been developed. If dough is still very sticky after 4-5 minutes, add a little more flour.
- Slightly oil hands and counter and turn dough out onto the counter. Divide dough with dough divider into equal size loaves.
- Shape loaves and place in well-greased pans. Cover and let rise until doubled. (For a quick raise, you can preheat the oven to 350°F and then turn the oven off. Put loaves in oven and let rise until doubled).
- Bake at 350°F for 30-35 minutes or until the inside temperature of the bread registers 180°F on an instant read thermometer. Yields 5 large loaves or 6 medium loaves.

Ezekiel Bread

Ingredients:

| | |
|------------------------|------------------------------------|
| 6 c. hot water | 2 Tbsp. dough enhancer |
| ½ c. melted butter | 3 Tbsp. SAF Instant Yeast |
| ½ c. honey or molasses | 4 tsp. vital wheat gluten |
| 2 Tbsp. salt | 8 c. Ezekiel Flour (to start with) |

Instructions:

First, grind 4 -4 ½ pounds of Ezekiel mix in the WonderMill Grain Mill. Using the dough hook and dough divider, pulse together water, butter, honey, salt, dough enhancer, yeast, and gluten in the Revolution V2.

Turn the dial to SPEED 2 and add Ezekiel Flour, one cup at a time, until dough cleans the sides of the bowl and comes up from the bottom.

Knead 7-10 minutes or until the gluten has developed. If dough begins to feel sticky, add a little unbleached flour to absorb the moisture (Note: this is more of a “batter” type dough, so it will be very soft.)

Slightly oil hands and counter and turn dough out onto the counter. Divide dough into 4 or 5 loaves.

Shape loaves and place in well-greased pans. Cover and let rise until doubled. (For a quick raise, you can preheat the oven to 350°F and then turn the oven off. Put loaves in oven and let rise until doubled.)

Bake at 350°F for 35-40 minutes or until the inside temperature of the bread registers 180°F on an instant read thermometer. Yields 4 large loaves or 5 medium loaves.

French Bread

Ingredients:

| | |
|---------------------------|---------------------------------------|
| 4 Tbsp. SAF Instant Yeast | 1 c. olive oil |
| 4 c. hot water | (approx.)10 c. unbleached white flour |
| 6 Tbsp. sugar | 4 Tbsp. dough enhancer |
| 2 Tbsp. salt | |

Instructions:

Combine all ingredients in Revolution V2 bowl. Knead for 8-10 minutes. Allow dough to rise in Revolution V2 bowl for 10 minutes, and then punch dough down (turn on the mixer to punch dough down). Repeat 4 to 5 times. Divide dough and shape into 2 or 3 loaves. Place loaves on greased baking sheets. Slash the tops of loaves with a knife. Allow dough to rise until doubled. Bake at 400°F for 30 minutes.

Not Your Mama's Cornbread

"You will want this instead of birthday cake"

Ingredients:

| | |
|---|----------------------------------|
| 1 c. butter, softened | 4 oz. can diced green chilies |
| ½ c. grated cheddar cheese | 4 tsp. baking powder |
| 1 c. sugar | 1 (15 oz.) can creamed corn |
| 1 c. flour | ¼ tsp. salt |
| 4 eggs | ½ c. grated Monterey Jack cheese |
| 1 c. cornmeal (fresh ground tastes better! Use popcorn ground in your WonderMill) | |

Instructions:

Using Light or Heavy Batter Whips, cream together butter, sugar and eggs in the Revolution V2. Add remaining ingredients. Mix gently. Pour into a 9x13x2 baking dish. Preheat oven to 350°F, turn down the heat to 300°F and bake for approximately 1 hour.

Nutritious White Wonder Bread

"Your kids will love it and still get the nutrition and protein of wheat bread"

Ingredients:

| | |
|---|---|
| 6 c. unbleached white flour | 2 Tbsp. salt |
| 1 c. buttermilk powder or powdered milk | 5 c. warm water (between 120°F and 130°F) |
| ½ c. potato flour (or potato flakes) | 2/3 c. canola oil |
| 2 Tbsp. vital wheat gluten | 2/3 c. honey |
| 6 Tbsp. SAF Instant Yeast | 6 eggs |

Instructions:

Using the dough hook and dough divider, pulse together the flour, milk, potato flour, gluten, yeast and salt in the Revolution V2. Mix on SPEED 1 for about 1 minute.

Add the water, oil, honey and eggs to the dry mixture. Knead on SPEED 2 and add flour, one cup at a time, until dough cleans the sides of the bowl and comes up from the bottom. Do not add more flour at this point. The dough will be soft, but it won't be sticky like whole wheat dough. Knead for 4-5 minutes.

Slightly oil hands and counter and turn dough out onto the counter. Divide dough with dough divider into equal loaves.

Shape loaves and place in well-greased pans. Cover and let rise until doubled. (For a quick raise, you can preheat the oven to 350°F and then turn the oven off. Put loaves in oven and let rise until doubled).

Bake at 350°F for 20-30 minutes or until the inside temperature of the bread registers 180°F on an instant read thermometer. Yields 3 large loaves.

**This dough also works great for cinnamon rolls or dinner rolls. Just keep the dough very soft and only bake for about 15 minutes.

Cinnamon Roll Variation

Make the Nutritious White Wonder Bread dough. Roll out dough, brush with melted butter. Sprinkle with cinnamon/sugar mixture (recipe below). Roll up dough into a cylinder shape and use floss or string to cut into 1 inch thick rolls. Place on greased cookie sheet. Brush again with butter and let rise for 15 minutes. Bake for 12-15 minutes at 350° F. When cool, frost with cream cheese frosting (recipe below).

Cinnamon Mixture:

¼ c. sugar or ½ c. brown sugar

2 tsp. cinnamon

Cream Cheese Frosting:

| | |
|---------------------------------|----------------------------------|
| 1-8 oz. package of cream cheese | 2 Tbsp. butter, softened |
| 1 c. powdered sugar | 1 Tbsp. plus 1 tsp. orange juice |
| 2 tsp. grated orange peel | |

Whole Wheat Tortillas

“You will think you just crossed the border!”

Ingredients:

| | |
|-------------------|--------------------------|
| 1 ½ c. warm water | 1 tsp. salt |
| 1 egg | 1 tsp. baking powder |
| 1/3 c. canola oil | 3-5 c. whole wheat flour |

Instructions:

Mix everything together in the Revolution V2, using dough hook and dough divider. Start with only 3 cups whole wheat flour and then add flour, a little at a time, until dough gathers together into a soft ball. Knead for several minutes until the gluten develops.

Turn dough onto a floured surface. Roll into balls the size of a large golf ball. Cook on a dry, hot skillet (or an electric tortilla maker) until tortilla is dry and speckled brown.

Place in a towel to keep soft and warm. Yields about 24 medium tortillas.

BREAKFAST

Blender Pancakes

“These pancakes will make any father look like a good cook!”

Ingredients:

| | |
|------------------------------------|--------------------------|
| 1 ¼ c. water or milk | 2 Tbsp. canola oil |
| 1 c. wheat (or 14 Grain Blend Mix) | 1 Tbsp. honey (or sugar) |
| ¼ c. dry milk (optional) | ½ tsp. salt |
| 1 egg | 1 Tbsp. baking powder |

Instructions:

Mix water, wheat and milk in the Revolution V2 blender for 3 minutes. Add egg, oil, sugar and salt and blend for 20 seconds. Add baking powder- pulse 3 times. Cook immediately on a hot, oiled griddle.

Hootenannies

(German Pancakes)

“Now these are just plain awesome!”

Ingredients:

| | |
|-------------|----------------|
| 6 eggs | 1 c. flour |
| 1 c. milk | ½ c. of butter |
| ½ tsp. salt | |

Instructions:

Combine eggs, milk and salt in the Revolution V2 blender. Add flour and blend thoroughly. Melt butter in an 8” or 9” cake pan. Pour mixture on top. Bake 25 minutes at 425°F. Serve with syrup (recipe below.)

Syrup:

| | |
|---------------------|---------------|
| 1 Tbsp. lemon juice | 2/3 c. butter |
| ½ c. honey | |

Heat together in a saucepan.

Big John's "MOVIN'" Bran Muffins

"These are the best Bran Muffins you will ever taste!"

Ingredients:

| | |
|-----------------|----------------------|
| 2 c. bran | 2 c. buttermilk |
| 1 c. water | 2 ½ tsp. baking soda |
| ½ c. canola oil | 2 ½ c. flour |
| 1 ½ c. sugar | ½ tsp. salt |
| 2 beaten eggs | |

Instructions:

Boil water. Pour water over 1 cup of bran in a large bowl. Set aside. In another bowl, mix together buttermilk and baking soda and add to bran mixture.

Using the Light Batter Whips, beat together oil, sugar and eggs in the Revolution V2. Add flour, salt and the other cup of bran. Add buttermilk/bran mixture. Mix everything together until it turns to a batter consistency.

Cook in paper-lined muffin tins at 400°F for about 15 minutes. Yields about 30 muffins.

**Note: batter can be stored in refrigerator for up to 6 days.

MAIN DISHES

Cheesy Potatoes

Ingredients:

| | |
|--|-------------------------------|
| 6-7 large potatoes or 1 ½ bags “Simply Shreds” | 2 c. sour cream |
| 2 cans cream of chicken soup | ½ c. green onion, chopped |
| 2 Tbsp. butter | 1 ½ c. cheddar cheese, grated |
| | Salt to taste |

Instructions:

Peel potatoes. Boil potatoes until cooked but firm (since they will continue to cook in the oven). Using the coarse drum of the food processor attachment, grate the boiled potatoes, or skip the first two steps and use “Simply Shreds”. Mix remaining items together and heat so that cheese melts. Pour sauce over potatoes and stir. Put in 9x13x2 pan. Refrigerate several hours before cooking so that flavors blend. Put 1 cup crushed corn flakes on top (optional). Bake at 350°F for 1 hour.

Mari Carmen’s Spanish Gazpacho

(Cold Tomato-Based Raw Vegetable Soup)

“When my daughter Brittany lived in Spain for a couple of years, her landlady Mari Carmen would make a big bowl of this wonderful soup and serve it with big hunks of fresh Spanish Bread. We love you Mari Carmen!”

Ingredients:

| | |
|--|------------------------------------|
| 2 - 2 ½ lbs. tomatoes | 1 green or Anaheim pepper, chopped |
| ½ loaf French bread soaked in 4 c. water | ¼ c. vinegar |
| 1 cucumber, chopped | ¼ - 1/3 onion |
| ¼ c. olive oil | Salt and pepper to taste |
| | 1-2 garlic cloves |

Instructions:

Blend everything together in the Revolution V2 blender. Serve chilled. (Note: to get the full flavor, allow gazpacho to sit in the fridge for a few hours.)

Parmesan Pesto Pasta

Quick & Easy!

Ingredients:

| | |
|------------------------------|-----------------------------|
| 3 c. durum or semolina flour | 1 tsp. salt |
| ½ c. plus 2 Tbsp. pesto | ¼ c. butter |
| 2 large eggs | ½ c. grated Parmesan cheese |
| ½ c. milk | ¼ tsp. black pepper |

Instructions:

Boil 4 quarts of water.

While water is boiling, add flour, pesto, eggs, milk, ½ tsp. salt and ½ cup water to the Revolution V2. Using the dough hook and dough divider, mix ingredients until smooth.

Reduce heat to a gentle boil.

Using the meat grinder attachment (with the blade removed) on the Revolution V2, press dough through the attachment. Cut off noodles in sections and place in boiling water. As the noodles cook (about 2-3 minutes), they will rise to the top of the water. (Noodles should be *al dente*, firm yet tender). Gently stir and then place in a strainer to drain.

Melt butter, parmesan cheese, pepper and 1/2 tsp. salt in a non-stick skillet over medium heat. Stir in the noodles and heat through. Makes 5-6 servings.

Steak and Bacon Burgers

“You will be the Master at the BBQ”

Ingredients:

3 lbs. boneless sirloin steak
12 slices fully cooked bacon
Fresh garlic
Fresh onion
Morton *Nature’s Seasons* seasoning

Instructions:

Cut the steaks into 1-inch sections. Using the Revolution V2 Meat Grinder Attachment, grind a piece of steak with each slice of bacon, one at a time. Grind in a couple chunks of fresh garlic and fresh onion. After everything is ground, mix the mixture (with clean hands) in a bowl. Season with Morton *Nature’s Seasons*. Form into patties. Grill and enjoy!

COOKIES

Aunt Sophie’s Cream Cheese Cookies

“Aunt Sophie always had friends when she made these!”

Ingredients:

1 c. shortening (do not use oil)
3 oz. cream cheese, softened
2 Tbsp. grated orange zest
2 c. flour
1 c. chocolate chips
1 c. sugar
2 eggs
2 tsp. vanilla
1 tsp. salt

Instructions:

Using Light Batter Whips, cream together shortening, cream cheese, sugar, eggs and vanilla. Replace whips with dough divider and dough hook. Add remaining ingredients and mix until cookie dough forms. Bake at 350°F for 10-12 minutes on ungreased cookie sheet.

Chocolate Chip Wonder Cookies

“Wow! Just plain wow!”

Adapted from *The New York Times*' Best Chocolate Chip Cookie Recipe

These cookies are BEST if the dough can be set aside in the refrigerator for at least 24 hours and up to 72 hours

Yield: 1 ½ dozen 5” cookies

Ingredients:

| | |
|-------------------------------|--|
| 2 c. minus 2 Tbsp. cake flour | 2 tsp. vanilla |
| 1 2/3 c. bread flour | 1 ½ tsp. coarse salt |
| 1 ¼ c. light brown sugar | 2 ½ sticks unsalted butter |
| 1 c. plus 2 Tbsp. sugar | 1 ¼ lbs. semi-sweet chocolate chips (found in bulk at grocery stores such as Kitchen Kneads) |
| 1 ¼ tsp. baking soda | Sea salt |
| 1 ½ tsp. baking powder | |
| 2 large eggs | |

Instructions:

Sift flours, baking soda, baking powder and salt into bowl. Set aside. Fitting the mixer with the Heavy Batter Whips, cream butter and sugars together until very light, about 5 minutes. Add eggs, one at a time, mixing well after each addition. Stir in the vanilla. Turn off the Revolution V2 mixer. Remove whips and switch to Dough Hook. Turn on to SPEED 1, add dry ingredients and mix until just combined, 5 to 10 seconds. Drop chocolate pieces in and try to incorporate them without breaking the pieces. Press plastic wrap against dough and refrigerate for 24 to 72 hours.

When ready to bake, preheat oven to 350°F. Line a baking sheet with parchment paper or a nonstick baking mat. Set aside. Scoop 6 3 ½ oz. mounds of dough onto baking sheet, tucking chocolate pieces into cookies. Sprinkle lightly with sea salt and bake until golden brown but still soft, 13 to 15 minutes.

Transfer sheet to wire rack for 10 minutes, then slip cookies onto another rack to cool a bit more. Repeat with remaining dough, or reserve dough, refrigerated or frozen, for baking remaining batches.

JACE'S "GINGERBREAD FOR BOYS AND COOKIES"

"Jace Johnson was the best teacher of 8 year olds in the world! She spent countless hours of her own time teaching us everything from how to make Gingerbread boy cookies to how to cook over a fire. She even taught us little facts like how a bee produces just one teaspoon of honey in its whole lifetime. Jace Johnson will be remembered by her loving students forever. Thanks Jace!"

We will always love you! Love John, David and Eric

Ingredients:

| | |
|-----------------------------------|----------------------------|
| 1 c. boiling water | 6 c. flour |
| 1 c. dark, full-flavored molasses | 2 rounded tsp. baking soda |
| 1 c. butter, softened | 2 tsp. cinnamon |
| 2 c. sugar | 1 tsp. ginger |

Instructions:

Put boiling water and molasses in the Revolution V2. Add butter (chopped into pieces) and sugar. Mix using the Heavy Batter Whips. Set aside.

Sift together flour, baking soda, cinnamon and ginger. Turn on the Revolution V2 to SPEED 2 or 3 and add dry flour mixture, one cup at a time, until combined.

Let dough sit overnight in the fridge (it handles much better if it sits overnight).

For gingerbread boys: Roll dough out onto a floured surface until about $\frac{3}{4}$ inch thick. Sculpt with your hands or use a cookie cutter.

For gingerbread cookies: Roll dough into golf-ball sized balls. Roll in sugar.

Place on greased cookie sheet. Cook at 350°F for 9-10 minutes.

World's Best Sugar Cookies

“Seriously the best sugar cookies that will ever touch your lips”

Ingredients:

| | |
|---------------------------|----------------------|
| 1 1/3 c. butter, softened | 1 1/2 tsp. vanilla |
| 2 eggs | 4 c. flour |
| 1 1/3 c. sugar | 3/4 tsp. baking soda |

Instructions:

Put butter, eggs, sugar, baking soda and vanilla in the Revolution V2. Cream together, using the Heavy Batter Whips. Add the flour, one cup at a time, until dough forms.

Divide into 2 balls. Roll into logs about the size of a paper towel roll (1 1/2 inches in diameter). Wrap each log in wax paper or plastic wrap and refrigerate for about an hour.

Slice into 1/2 inch thick slices. Bake at 350°F for 11-12 minutes. Frost cookies when cool.

Frosting:

| | |
|------------------------------|---------------------------------|
| 1 cube of butter, softened | 4 oz. (1/2 can) evaporated milk |
| 4 oz. cream cheese, softened | 1 tsp. almond flavoring |
| 6-7 c. powdered sugar | 1 tsp. coconut flavoring |
| Dash of salt | |

Put all ingredients in the Revolution V2. Using the Light Batter Whips, mix frosting until smooth.

DESSERTS

Arlene's Lemon Poppy Seed Bundt Cake

"Easy, moist and delicious"

Ingredients:

| | |
|---|-----------------------|
| 1 lemon cake mix | 1 c. water |
| ½ c. canola oil | 4 eggs |
| 1 pkg. (4 serving size) lemon instant pudding | 3-4 Tbsp. poppy seeds |
| | 1 tsp. vanilla |

Instructions:

Using Light Batter Whips, mix together all ingredients in the Revolution V2. Pour into well-greased Bundt pan. Bake at 350° F for 25-30 minutes. Sift powdered sugar over the cake when cooled.

Aunt Cathie's Devil's Food Cake

"Easy, simple and delicious, straight from my sister's kitchen!"

Ingredients:

| | |
|---|--|
| 1 pkg. Duncan Hines Devil's Food Cake Mix | ½ c. canola oil |
| 1 ¼ c. water | 4 large eggs |
| 1 pkg. (4 serving size) chocolate instant pudding | ½ c. Duncan Hines Creamy Home-style Frosting |

Instructions:

Preheat oven to 350°F. Grease and flour Bundt pan. Using Light Batter Whips, combine cake mix, pudding mix, eggs, water and oil in the Revolution V2. Beat on SPEED 2 for 2 minutes. Pour into Bundt pan. Bake for 50-60 minutes or until toothpick inserted in the center comes out clean. Cool in the pan for 25 minutes. Invert onto heat resistant serving plate. Cool completely. Heat frosting in small bowl in microwave on high, 10-15 seconds. Drizzle over cake.

Grandma Elaine's Banana Bread

"Our family favorite"

Ingredients:

| | |
|----------------------------------|-------------------------|
| ½ c. shortening (do not use oil) | 4 ripe bananas |
| 1 c. sugar | 1 tsp. baking soda |
| 2 eggs | 2 c. flour |
| ½ tsp. salt | ¾ c. walnuts (optional) |

Instructions:

Using the Light Batter Whips, cream together the shortening, eggs, bananas and sugar. Add remaining ingredients and mix thoroughly. Bake in greased loaf pans at 350°F for 35-45 minutes, or until a toothpick comes out clean. This recipe will make 3 small loaves or 1-2 medium/large loaves.

One Egg White Meringue

Put one egg white in the Revolution V2. Using the Light Batter Whips, whip the egg white until soft peaks form. One egg white yields about 1 ½ cups of meringue.

One Minute Wonder Mousse

"Your friends will think you're French when you serve this"

Ingredients:

| | |
|--|---|
| 2 pkgs. (4 serving size) any flavor instant pudding | 3 c. milk (2% or whole) 2 c. whipped topping |
|--|---|

Instructions:

Put milk and pudding in the Revolution V2. Using the Light Batter Whips, beat the pudding mixture for one minute. Gently pulse in the whipped topping, just until mixed. Garnish with homemade whipped cream (recipe follows) and shaved chocolate (shaved in Revolution V2 Food Processor attachment).

Whipped Cream

“You can put this on anything. Except brusselsd sprouts...”

Ingredients:

1 c. heavy whipping cream
1 Tbsp. sugar
1 tsp. pure vanilla

In the Revolution V2 bowl, whip cream with Light Batter Whips until soft peaks form. Add vanilla and sugar and beat mixture until stiff.

Venna Smart’s Apple Crisp

“When Grandma made this, everyone showed up!”

Ingredients:

1 c. flour
1 c. sugar
1 tsp. baking powder
Dash of salt
1 unbeaten egg
1/3 c. canola oil
6-7 apples
Cinnamon

Instructions:

Using the Light Batter Whips, mix dry ingredients together. Crack the egg into the dry mixture and gently stir without beating the egg. Place the mix on top of the apples (slice the apples using the slicing drum of the food processor attachment). Pour oil over the top. Sprinkle with cinnamon. Bake at 400°F for 45 minutes.

GLUTEN FREE RECIPES

Almond Flour Pumpkin Bread

“Gluten free and delicious”

Ingredients:

| | |
|----------------------------|----------------------|
| 1 c. blanched almond flour | ½ tsp. ground cloves |
| ¼ tsp. salt | ½ c. canned pumpkin |
| ½ tsp. baking soda | 3 Tbsp. sugar |
| 1 Tbsp. cinnamon | 3 large eggs |
| 1 tsp. nutmeg | |

Instructions:

Using the Light Batter Whips, combine almond flour, salt, baking soda and spices in the Revolution V2. Add pumpkin, sugar and eggs and mix for 2 minutes. Scoop batter into a mini loaf pan. Bake at 350°F for 35-45 minutes (or until inserted toothpick comes out clean). Cool and serve. Yields one small loaf.

Brazilian Cheese Puffs

“Gluten-free cheesy goodness”

Ingredients:

| | |
|--|-----------------------------------|
| 2 c. tapioca pearls (to grind into 2 c. flour) | 2 c. Cotija cheese, crumbled |
| 2 eggs | 4 c. Monterey Jack cheese, grated |
| 1 cube of butter | 1 Tbsp. sugar |
| | 1 pinch salt |

Instructions:

Place small grain attachment into WonderMill. Turn mill setting to “bread” and turn on the mill. Pour tapioca pearls into the hopper of the WonderMill. Once all of the pearls have gone down through the holes on the small grain attachment, turn off the machine.

Place 2 cups tapioca flour and remaining ingredients together in the Revolution V2. Mix everything together using the dough hook and dough divider. Dough will be pretty crumbly.

Form dough into balls. Place on cookie sheet lined with a baking mat or tin foil. Place in oven (not preheated). Turn oven on to 350°F for 10 minutes and then turn to broil for 5 minutes (or until just lightly browned on the tops).

**You can store the dough for a week in the fridge- just wrap in plastic wrap and cover with a damp cloth. It will be a little stiff when you take it out of the fridge to bake, but it will soften as you work it with your hands for a few minutes.

Chef Brad's Gluten-Free Rice Bread

"You will never find rice bread like this in the store"

Ingredients:

| | |
|----------------------|----------------------------|
| 6 ½ c. rice flour | 6 eggs |
| 5 tsp. Xanthan Gum | ½ c. canola oil |
| 3 tsp. salt | 3 ½ c. water |
| 1 c. dry milk powder | 2 tsp. cider vinegar |
| 6 Tbsp. sugar | 4 ½ tsp. SAF Instant Yeast |

Instructions:

Preheat oven to 400°F. Combine ingredients in Revolution V2 bowl, using dough hook and dough divider (use only half the flour with the yeast on top). Begin mixing, adding flour until dough cleans sides of bowl. Knead for 6 minutes (dough will be like a thick batter).

Divide into 3 loaves and let rise in loaf pans, sprayed with nonstick spray, until doubled in size. After placing bread in oven, drop temperature to 325°F. Bake 20-25 minutes or until the inside temperature of the bread reaches 180°F on an instant read thermometer.

Dutch Almond Wafers

“A gluten-free delight”

Ingredients:

| | |
|--|----------------------------|
| ½ c. butter, softened | 2 tsp. pure vanilla |
| ¼ c. palm shortening (or regular shortening) | 2 large eggs |
| ½ c. evaporated cane juice (or white sugar) | ½ tsp. baking soda |
| ¼ c. coconut palm sugar (or brown sugar) | ¾ tsp. salt |
| | 1 tsp. cinnamon |
| | 3 c. blanched almond flour |

Instructions:

Line a cookie sheet with parchment paper.

Using the Light Batter Whips, mix together the butter, shortening, cane juice (or white sugar), and coconut palm sugar (or brown sugar) in the Revolution V2, until creamy. Add the vanilla and eggs, mix well. Mix in the baking soda, salt and cinnamon. Add the almond flour, one cup at a time, mixing well after each addition.

Topping:

| | |
|--|-----------------|
| ¼ c. coconut palm sugar (or white sugar) | 2 tsp. cinnamon |
|--|-----------------|

Roll the dough into golf-ball sized rounds, and then roll to coat in the sugar topping mixture. Drop the coated dough onto parchment paper lined cookie sheet, about 3 inches apart.

Bake at 350°F 11-13 minutes, until golden brown. (Note: dough balls may run together while cooking. Don't worry! Just cut the wafers apart with a knife.)

Allow to cool for a couple of minutes on the cookie sheet and then transfer wafers to a wire rack to finish cooling. Enjoy!

Make Your Own Almond Flour:

Make your own fresh, delicious almond flour by using blanched almonds sliced or whole. Simply attach the slicer-shredder attachment and use the finest drum blade. In minutes you will have gluten-free, fabulous almond flour at a fraction of the cost of store-bought options

IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should always be followed, including the following:

- a) Read all instructions.
- b) To protect against the risk of electrical shock, do not immerse the motor unit in water or other liquids.
- c) Close supervision is necessary when any appliance is used by or near children.
- d) Unplug from the outlet when not in use, before assembling or disassembling parts, and before cleaning.
- e) Avoid contact with moving parts. Keep hands, hair, clothing, as well as spatulas and other utensils, away from beaters during operation to reduce the risk of injury and/or damage to the mixer.
- f) Remove beaters from the mixer before washing.
- g) Do not operate any appliance with a damaged cord or plug, or after the appliance malfunctions, is dropped, or is damaged in any manner. Return the appliance to the nearest authorized service facility for examination, repair, or adjustment.
- h) The use of attachments not recommended or sold by the manufacturer may cause fire, electric shock, or injury.
- i) For household use only. Do not use outdoors.
- j) Do not let the cord hang over the edge of a table or counter.
- k) Keep hands and utensils out of the container while blending to reduce the risk of severe injury or damage to the blender. A scraper may be used, but only when the blender is not running.

- l) Blades are sharp. Handle with care.
- m) Always operate the blender with the cover in place.
- n) When blending hot liquids, remove the center cap (if applicable) and ensure any pouring openings are properly covered to prevent splashing.
- o) Do not use more than one attachment at a time.
- p) This appliance has a polarized plug (one blade is wider than the other). To reduce the risk of electric shock, this plug will fit into a polarized outlet only one way. If the plug does not fit fully into the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not modify the plug in any way.

SAVE THESE INSTRUCTIONS
