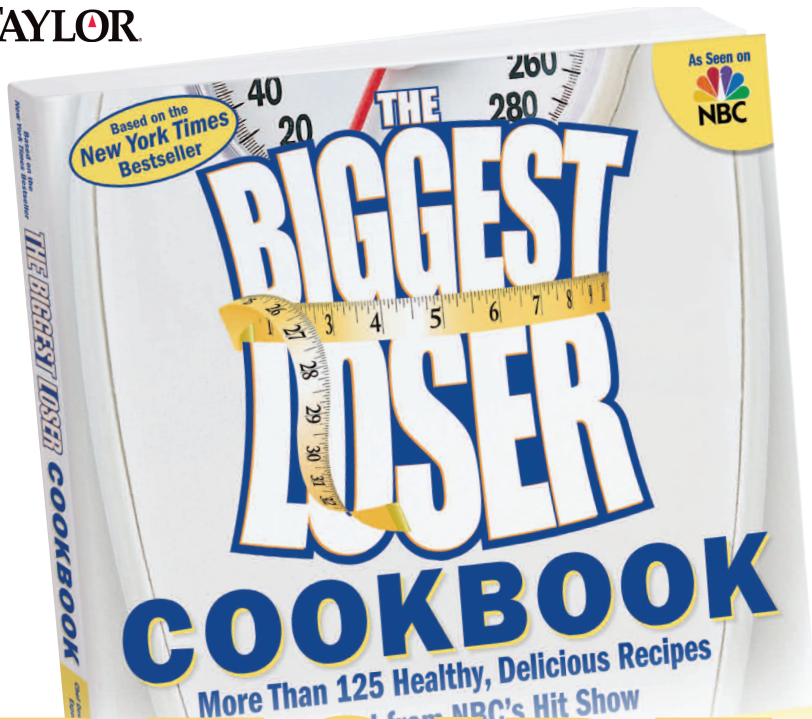


TAYLOR



RECIPES

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

10 Speed Blender

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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.

MANGO STRAWBERRY BREAKFAST SUNDAE

1 cup unsweetened frozen strawberries

½ cup chopped mango

¼ cup orange juice (preferably fresh squeezed)*

4 ice cubes

½ teaspoon honey (optional)

¼ cup crunchy, high-fiber, low-sugar cereal (such as Grape-Nuts)

In the warmer months, it's particularly great to start the day with this cool, refreshing treat.

In your 10-speed blender, combine the strawberries, mango, juice and ice. On high speed, blend until the mixture is almost smooth with a consistency somewhere between a slush and a sorbet. Pour into a cereal bowl or tall glass. Stir in the honey, if desired. Top with the cereal. Serve immediately.

Yield: 1 serving

NUTRITIONAL VALUES: 238 calories, 5 g protein, 58 g carbohydrates, 1 g fat (trace saturated), 0 mg cholesterol, 7 g fiber, 182 mg sodium

* Use your Biggest Loser Juicer

CHOCOLATE-CHERRY BREAKFAST SMOOTHIE

- ¾ cup frozen unsweetened sweet cherries (not thawed)
- ½ cup sugar-free, fat-free vanilla yogurt
- ¼ cup fat-free milk
- 1 tablespoon unsweetened cocoa powder
- 4 ice cubes
- 1 teaspoon honey (optional)

In the jar of your 10-speed blender, combine the cherries, yogurt, milk, cocoa and ice cubes. Blend on high speed or ice-crushing setting for 30 to 60 seconds, or until smooth. Stir in the honey, if desired. Pour into a glass. Serve immediately.

Yield: 1 (12 oz.) serving

NUTRITIONAL VALUES: 160 calories, 8 g protein, 33 g carbohydrates, 1 g fat (trace saturated), 4 mg cholesterol, 4 g fiber, 97 mg sodium

WARM CRAB SPREAD WITH CRACKERS

- 1 tub (8 ounces) fat-free cream cheese, at room temperature
- 1 can (6.5 ounces) lump crab meat, drained
- 1 whole green onion, finely chopped
- 1 teaspoon prepared horseradish
- 1 teaspoon Worcestershire sauce
- 1/8 teaspoon hot-pepper sauce
- 8 Fat-Free RyKrisp Crackers

Here's a crabby dish that's so much more enjoyable than carrot and celery sticks for snacking.

Pre-heat the oven to 375° F. Mist four 3" – diameter ovenproof ramekins or custard cups with olive oil spray.

In your blender, beat the cream cheese on a low speed until smooth. Add the crab meat, green onion, horseradish, Worcestershire sauce and hot-pepper sauce. Mix well on low speed. Use a spatula on the sides to make sure all ingredients are combined well. Spoon into the prepared ramekins or cups.

Bake for 12 to 14 minutes, or until heated through. Remove and set aside for about 5 minutes to cool slightly. Serve each ramekin or cup with 2 crackers.

Yield: 4 servings

NUTRITIONAL VALUES PER SERVING: 138 calories, 16 g protein, 15 g carbohydrates, 1 g fat (less than 1 g saturated), 32mg cholesterol, 3 g fiber, 491 mg sodium

ONE-SERVING CHOCOLATE CHEESECAKES

I Can't Believe It's Not Butter! Spray

If you make desserts in single-serving sizes, it helps with portion control.

¼ cup crunchy high-fiber, low-sugar cereal (such as Grape Nuts), finely crushed into crumbs

Pre-heat the oven to 350°F. Lightly mist four 3" –wide ovenproof bowls or ramekins with I Can't Believe It's Not Butter! spray. Divide the crumbs among them, spreading in an even layer on the bottoms. Set aside.

½ cup fat-free cream cheese, at room temperature

In your 10 speed blender, beat the cream cheese and honey on a medium speed until smooth. Add the egg white, yogurt and vanilla extract. Beat on medium speed just until smooth. On the lowest speed possible, mix in the cocoa. Spoon the mixture into prepared bowls or ramekins.

2 tablespoons honey

1 large egg white

Bake for 12 to 15 minutes, or until the centers are set. Let stand for 15 minutes to cool. Refrigerate for at least 2 hours. Just before serving, top each serving with a tablespoon of whipped topping. Dust with cocoa.

¼ cup fat-free, artificially sweetened vanilla yogurt

¼ teaspoon vanilla extract

Yield: 4 servings

¼ cup cocoa powder, plus more for garnish

NUTRITIONAL VALUES PER SERVING: 107 calories, 5 g protein, 21 g carbohydrates, 1 g fat (less than 1 g saturated), 1 mg cholesterol, 2 g fiber, 149 mg sodium

4 tablespoons aerosol fat-free whipped topping

Try not to whip the cheesecake mixture on too high of a speed, or the finished cakes will get cracks in the top. Be sure to blend it on medium speed until just combined.

TROPICAL ESCAPE SMOOTHIE

- 1 cup pineapple chunks, frozen
- ½ medium ripe banana
- ½ cup fat-free vanilla soy milk

This is a great recipe to serve in a fancy glass, like a jumbo martini or wine glass. No matter where you are, food always seems more decadent and tasty when it looks pretty. If possible, buy a whole pineapple every once in awhile, then chop it up and freeze it. It will always be ready to go and tastes much better than canned pineapple.

In the jar of your 10-speed blender, combine the pineapple, banana and soy milk. Blend on high speed or ice-crushing setting for 30 to 60 seconds, or until smooth. Pour into a fancy glass. Serve immediately.

Yield: 1 Serving

NUTRITIONAL VALUES: 162 calories, 5 g protein, 38 g carbohydrates, less than 1 g fat (trace saturated), 0 mg cholesterol, 2 g fiber, 55 mg sodium



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

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