

THANE HOUSEWARES™  
**THUNDER STICK™**  
PRO

**8 Appliances**  
in  
**ONE!**



GRINDS coffee beans!



GREAT applesauce!



SALSA in seconds!



PLEASE READ CAREFULLY  
BEFORE USING THE APPLIANCE.

# INTRODUCTION

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Your new blender system purees and blends foods quickly and easily. Use it to make sauces, soups, salad dressings and mayonnaise, dietary and baby foods, beverages (such as milkshakes, eggnog, cocktails, etc.), batter for waffles, pancakes and Yorkshire puddings, and chopping nuts or grinding coffee beans.

The blender system is designed for use with its mixing container; however it can be used in a saucepan, bowl or other container.

Note: Always remember to leave enough space for the movement of food to prevent spill-over from the container.

**Caution:** When using your blender in a saucepan, the saucepan must not be on or over a heat source.

# IMPORTANT SAFEGUARDS PLEASE READ CAREFULLY

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When using electrical appliances, especially when children are present, basic safety precautions should always be followed including the following:

**READ ALL INSTRUCTIONS BEFORE USING.**

**DANGER** – To reduce the risk of electrocution.

1. Read all instructions before using the appliance.
2. To protect against risk of electric shock, do not put motor end of the appliance in water or other liquid.
3. Do not place appliance where it can fall or be pulled into water or other liquid.
4. Do not reach for an appliance that has fallen into water. Unplug immediately!

**WARNING** – To reduce the risk of burns, electrocution, fire, or injury to person:

1. This appliance should not be used by children. Close supervision is necessary when this product is used near children or invalids.
2. Use this appliance for its intended use as described in this brochure. Do not use any other accessories or attachments not recommended by the manufacturer. They may result in fire, electrical shock, or personal injury.
3. Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the appliance to an authorized customer service center for inspection, repair, or adjustment.

4. Keep the cord away from heated surfaces.
5. Always grab by the plug to remove from outlet. DO NOT pull on cord.
6. Never force the plug into an outlet.
7. Do not use outdoors or operate where aerosol (spray) products are being used or where oxygen is being administered.
8. Do not let cord hang over edge of table or counter, or touch hot surface.
9. Do not place on or near a hot gas or electric burner or in a heated oven.
10. Unplug from outlet when not in use, before putting or taking off parts, and before cleaning.
11. Keep hands and utensils out of the container while blending to prevent the possibility of severe injury to persons or damage to the unit. A scraper may be used but must be used only when the unit is not running.
12. Blades are sharp, handle carefully.
13. Do not use on stove.
14. When mixing liquids, especially hot liquids, use a tall container or make small quantities at a time to reduce spillage.
15. To reduce the risk of injury never place cutting blade or discs on base without first putting bowls properly in place.
16. Save these instructions.

The appliance has a polarized plug (one blade is wider than the other). To reduce the risk of electric shock, this plug will fit in a polarized outlet only one way. If the plug does not fit fully in 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

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# BEFORE USE

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Rinse all parts which come into contact with food (see cleaning and maintenance).

# HOW TO USE YOUR BLENDER

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1. Place food in the mixing bowl or other suitable container. For the most consistent results, food should be processed in small quantities.
2. Insert blender into container. Plug appliance into the wall outlet.
3. Grasp unit in hand and press the control. Guide the blender through the food, moving it slowly up, down and from side to side.

**Note:** The unit should not be operated for more than one minute without stopping.

When pureeing food, it is important to use enough liquid (juice, milk or cream, broth, etc.) to have a smooth mixture. Adjust the consistency of the mixture by adding more liquids or soft solids.

**Caution:** Always unplug the blender after use. Keep the blender out of the reach of children.

# FOOD PROCESSOR ATTACHMENT

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To use the food processor attachment remove the blender attachment from the motor unit of the Thunderstick Pro by grasping it firmly and twisting in a clockwise direction. To attach the motor unit to the top of the food processor, line up the arrows and twist in a clockwise direction. See the pictures on the right.

To remove the motor unit from the food processor, twist in a counter-clockwise direction and lift the motor unit off.

To reattach the motor unit with the blender attachment, line up the arrows and twist in a counter-clockwise direction. See the pictures to the right.

For best results when using the food attachment cut up larger pieces of food before processing and only fill to the line shown. Pulse the motor until the desired result is achieved. You should not



operate for longer than 30 seconds at a time without stopping. The food attachment is not suitable for hot food.

# HOW TO CLEAN YOUR BLENDER SYSTEM

For initial cleaning of the detachable parts, fill the beaker with warm water and a few drops of detergent and switch on the appliance for a few seconds.

To clean after use, unplug the unit and hold the blade portion of the blender under running water to rinse clean. If food particles are not easily rinsed off, place a drop of detergent in the mixing beaker with one cup of warm water and

operate the unit for about 60 seconds, or until clean. Unplug, rinse and dry.

**Caution:** Never immerse the motorized power unit in water; simply wipe the outside with a damp cloth. Do not use abrasive or scouring agents.

Pay attention that no water penetrates the lid of the food processor attachment. The other parts are dishwasher safe.

## INDIVIDUAL BLADE INSTRUCTION

### Blade A

This is the blade you would use in place of your mixer. Move in an up and down motion to draw the air in. Whips egg whites, frostings, puddings, chiffon recipes, cream, skim milk, non-fat dry milk, and anything you want fluffy. Move in a flowing, up and down motion to draw the air in. Skim milk, cream, egg whites, etc. work much faster in a cylinder container.



### Blade B

This blade will take lumps out in seconds, for gravies, mashed potatoes, sauces and all wet batters, like cake mixes, pancakes, etc. Makes regular malts and shakes right in the cup. Mayonnaise and salad dressings from raw ingredients are fast and easy. • Blade B will be moved around in the container depending on the size and shape of the food to be processed. For gravies and sauces use the low setting and move the blender from one side of the container to the other, covering the entire container. To mash potatoes move the blender in an up and down motion like a plunger and blend out the lumps.



### Blade C

This blade is for working heavy doughs like bread, cookies, pastries, and noodles. Chop or puree fruits, vegetables and cooked meat for baby food. • Chop cooked meats for ham salad, turkey salad, tuna or egg salad. • Bread crumbs, cracker crumbs, graham cracker crumbs for crusts, may be processed in stiff Ziploc baggies. Grate carrots for carrot cake and raisin salad, potatoes for potato cakes and hash browns, apples for applesauce, cheese for tacos and pizzas, and cabbage for coleslaw, etc. This blade will always be moved in a chopping motion. Use a light touch especially in the baggie. Remember, you have a lot of power, let the machine do the work, you do the moving. With ice, add some water to mix. If you flood the ice you will get large chunks. Water to the level of the ice will give you shaved.



### Raw Meat Grinder Blade

All meats can be chopped: chicken, beef, turkey, pork, veal, etc. As you chop, in an up and down motion, you will notice the fats and veins all wrap around the wand, leaving you with the pure protein.



# INDIVIDUAL BLADE INSTRUCTION (cont.)

## Dry Grinder Attachment

### Straight blade – Blade D

Use for grinding coffee beans, spices, orange, lemon and lime peels, corn, wheat, barley, oats, chocolate, and coconut.



Dry grinder attachment

### Grating blade – Blade E

Use for slightly softer ingredients such as cheese, chocolate, cereals, beans etc.

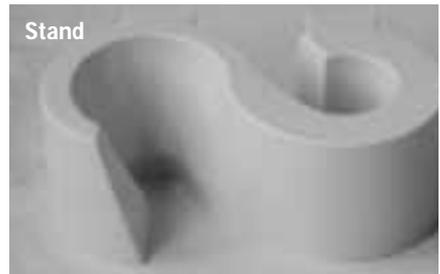
Note: Better results are obtained by cutting the ingredients into small pieces before grating.



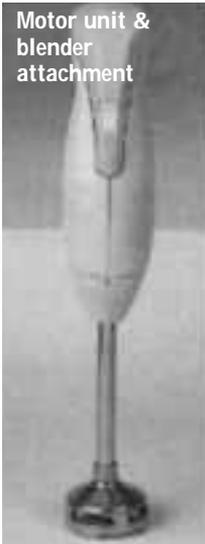
The dry grinder attachment works with blades D and E.

# STORING YOUR BLENDER

The stand unit can be wall mounted, using the screws and wall plugs provided. Leave one quarter inch of the screw exposed; slide holder over the screws. The stand should fit snugly to the wall, tighten the screws if necessary.



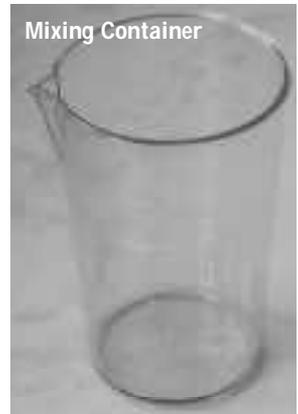
Stand



Motor unit & blender attachment



Food processor attachment



Mixing Container

# HOW TO ADJUST BLADES

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If an accessory does not fit snugly, you can adjust it by gently squeezing with a pair of pliers as shown.

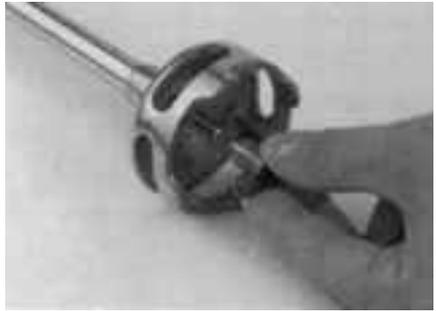


# HOW TO INSERT THE BLADES

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Insert the blade directly into the base of the shaft ensuring that the groove on the blade lines up with the notch on the blender shaft. (See picture, right).

**Caution:** Always ensure that the appliance is disconnected from the wall outlet when changing a blade.



# HOW TO REMOVE BLADES

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Hold the blade removal tool firmly and position it above the stem of the blade and use as a lever to release the blade. (See picture, right).



# HELPFUL HINTS:

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With regular use you will quickly realize the potential and versatility of your BLENDER SYSTEM eventually creating your own recipes and finding new ones.

The correct use of the BLENDER SYSTEM is based on two principles:

1. The way the appliance is held.
2. The way in which you operate your appliance.

The shape of the appliance is designed to have a precise balance, allowing you to hold the unit with minimum effort, operating the safety switch with forefinger or middle finger.

The choice of the container is very important in achieving the best results. Remember that the chrome shaft of the mixer must be placed in the container before you switch the appliance on.

When chopping fruits or vegetables, your container should be tall and slim. When chopping, partially cover the opening of the container with your free hand.

After use unplug the appliance, remove any food scrap particles and rinse clean.

**Keep your appliance clean and in good condition. Follow these simple cleaning guidelines:**

- After use always rinse the shaft and blade in warm water and wipe clean
- Wipe the plastic housing unit with a damp cloth.

**NOTE:** Do not immerse the plastic housing of the unit in liquid or water.

**NOTE:** Some units may vary slightly in their appearance.

This appliance is made for short term operation. After one minute of operation, stop to allow the unit to cool down.

Only switch on the Thunderstick Pro when the blender is in the food. Wait for the mixer to stop rotating before taking it out.

Let boiling liquids cool to 80°F before using the Thunderstick Pro. There is the danger of scalding when dealing with hot liquids and care should be taken.

# RECIPES - APPETIZERS

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## Guacamole Dip

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2 small avocados, peeled, mashed  
1 tomato, diced  
1/4 onion, chopped  
1 tbsp. lemon juice  
1 clove garlic, minced  
2 tsp. Worcestershire sauce  
Dash cayenne pepper  
Dash pepper  
Dash sea salt

### Blade C

Chop tomato, onion, and garlic.

Mash avocado and stir in lemon juice immediately. This prevents discoloration. Add remaining ingredients. Mix well. Cover with thin layer of mayonnaise to prevent discoloration. Chill.

\* You may add some crumbled bacon, if desired.

## Special Blend Salsa Dip

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2 medium tomatoes, diced  
1 large onion, diced  
3 tbsp. green chilies, canned, diced  
4 tsp. distilled white vinegar  
1 tbsp. fresh cilantro (coriander), chopped  
Sea salt, optional

### Blades C & D

Chop tomatoes and cilantro.  
Dice onion.  
Mix all ingredients together.  
Cover and refrigerate.

## Salsa

---

4 ripe tomatoes, quartered  
1 medium onion, peeled and quartered  
1 red pepper, seeded and chopped into pieces  
1 clove garlic  
2 tsp. lemon juice  
jalapeno (1/3 for mild flavor, a whole for spicy)  
dash of Worcestershire sauce

### Blade C

Place all ingredients into the food processor and pulse until the desired consistency is achieved. Serve with chips or use as a condiment.

## Catalina Dip

---

1 cup peeled tomatoes  
1 clove garlic  
1/2 tsp. salt  
1/4 tsp. pepper  
1/4 tsp. dry mustard  
2 tbsp. lemon juice  
4 or 5 sprigs parsley  
1 cup cottage cheese  
1/4 cup dill pickles, finely chopped  
1 cooked egg, finely chopped

### Blade C

In a jar, combine 1st seven ingredients.  
Mix well.

### Blade B

Add remaining ingredients to jar and blend well.

## Mushroom Pate

---

12 oz. mushrooms  
1 onion  
4 oz. butter  
4 tbsp. sherry  
chopped parsley to garnish

Finely chop the onion and mushrooms using the food processor attachment. Melt half the butter in a pan and gently fry the vegetables for a few minutes to soften. Stir in the sherry and cook, stirring, until all the liquid has evaporated. Season and leave until cold. Place in the food processor with the remaining butter and process until smooth. Spoon into dishes and garnish with parsley. Serve with toast.

## Waldorf Salad

---

1 cooked breast of chicken, cut into pieces  
2 sticks celery, cut into pieces  
1 apple, quartered with the core removed  
2 tbsp. mayonnaise  
1 oz. walnuts

Place all ingredients in the food processor and pulse until roughly chopped. Serve on a bed of fresh lettuce leaves.

# DRESSINGS AND SAUCES

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## Cucumber Dressing

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1/2 medium cucumber  
2 tbsp. lemon juice  
1 cup yogurt  
2 packets artificial sweetener

### Blade C

Finely chop cucumber. Add remaining ingredients. Mix until blended.

## Sour-Cream Salad Dressing

---

1 cup sour cream  
2 tbsp. vinegar  
1 1/2 tsp. artificial sweetener  
2 tbsp. onion juice  
1 tsp. fresh parsley, finely chopped  
1/4 tsp. garlic powder

### Blade C

Chop parsley

### Blade B

Blend all ingredients together and refrigerate for several hours to let flavors merge together.

## French Dressing

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This recipe makes about 3 cups and takes about 5 minutes.

1 1/2 cups light olive or safflower oil  
3/4 cup tomato juice  
3/4 cup tarragon vinegar  
2 tsp. onion powder  
1 1/2 tsp. seasoning salt  
1 tsp. freshly ground pepper  
1/4 tsp. dry mustard  
1 clove garlic, mashed  
1/4 tsp. artificial sweetener (more, if you like; taste after you shake)

### Blade B

Put all ingredients in quart jar.  
Blend until creamy.  
Seal with tight lid.  
Refrigerate.

## Fat-Free Thousand Salad Dressing

---

1 cup peeled tomatoes  
1 clove garlic  
1/2 tsp. salt  
1/4 tsp. pepper  
1/4 tsp. dry mustard  
2 tbs. lemon juice  
4 or 5 sprigs parsley  
1 cup cottage cheese  
1/4 cup dill pickle juice  
2 tbs. dill pickles, finely chopped  
1 cooked egg, finely chopped

### Blade C

In jar, combine first seven ingredients.  
Mix well.

### Blade B

Add remaining ingredients to jar and blend well.

## Mayonnaise

---

In an old mayonnaise or mason jar, add ingredients as follows:

1 egg  
1 tsp. lemon  
1 tsp. dry mustard  
1 1/2 cups (375ml) no cholesterol oil

### Blade B

Pour no cholesterol oil to the curve in the jar, add lemon, mustard and egg. Place the wand on the bottom of the jar, turn on, but do not move for about 10 seconds or until egg is beaten. Now slowly move up and down and fold in the oil. Cover and refrigerate.

## Blue Cheese Mayonnaise

---

1 egg at room temperature  
1 tsp. dry mustard  
1 tsp. vinegar  
1 tsp. lemon juice  
1/2 cup low-fat cottage cheese  
1/4 cup fresh blue cheese  
Canola oil to curve of jar (1/4 cup)

### Blade B

Place ingredients in a pint size jar in order as listed above. Hold blade on bottom of jar for 20 seconds. Then slowly lift up wand and blend in a folding motion until well blended.

## Cottage Cheese Mayonnaise

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1 egg  
2 egg whites or substitute  
1 tsp. dry mustard  
1 tsp. vinegar  
1 tsp. lemon juice  
1 cup low-fat cottage cheese  
1/4 cup canola oil or low cholesterol oil

### Blade B

Place ingredients in a pint size jar in order as listed above.

Hold blade on bottom of jar for 20 seconds. Then slowly lift up wand and blend in a folding motion.

For variety: Add small amounts of celery, garlic, or onions.

## Tartar Sauce

---

1/2 cup (125ml) mayonnaise  
8 green olives  
1 tsp. parsley  
2 pickled gherkins  
1 tsp. tarragon  
1 tsp. shallot  
1 tsp. mustard  
Pepper to taste

### Blade C

Using Blade C chop olives, gherkins, parsley, shallot, and tarragon.

### Blade B

Blend mayonnaise, mustard, pepper and all of the chopped ingredients.

## Teriyaki Sauce

---

Make a double recipe and refrigerate. Marinate steaks, Barbecue, etc.

1 cup soy sauce  
1/2 tsp. artificial sweetener  
2 cloves garlic, crushed  
1 tsp. dry mustard  
1 tsp. MSG  
1 tsp. grated fresh ginger (1 tsp. powdered)

### Blade B

Put all ingredients in quart jar. Mix and refrigerate. This makes a little more than one cup of sauce.

## Tomato Sauce

---

6 tbsp. tomato paste  
2 1/4 cups hot water  
1/2 tsp. onion powder  
Pinch marjoram, thyme or basil  
1 bay leaf (essential)  
Salt and pepper  
Artificial sweetener to taste (after cooking)

### Blade B

Put tomato paste in saucepan. Measure water. Add the rest of ingredients. Stir well. Simmer, stirring occasionally, without lid for 45 minutes, or until you have 1 1/2 cups left.

## Hollandaise Sauce

---

1/2 cup (112g) butter  
3 egg yolks  
2 tbsp. lemon juice  
1/2 tsp. prepared mustard  
Dash white pepper

### Blade B

In saucepan heat butter, until bubbly, not browned. In separate bowl blend remaining ingredients, until smooth. Slowly drizzle butter into mixture, until desired consistency.

## Catsup

---

6 tbsp. tomato paste  
1 1/2 cups hot water  
3 tbsp. vinegar  
1/2 tsp. sweetener (of choice)  
1 tsp. salt  
Pinch cayenne pepper  
Pinch cinnamon

### Blade B

Put tomato paste in saucepan. Add water and blend. Stir in remaining ingredients. Simmer for one hour. Mixture will be quite thick.

# SOUPS

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## Cauliflower Soup

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1 Cauliflower  
1 pt. stock  
1/2 pt. milk  
4 oz. cheddar cheese  
pinch dried marjoram  
pinch nutmeg  
knob of butter

Roughly chop the cauliflower then place in the food processor and pulse until it resembles breadcrumbs. Melt the butter in a pan and sauté the cauliflower. Add stock, milk and marjoram. Bring to a boil, reduce the heat and simmer for a few minutes stirring frequently. Add the grated cheese and nutmeg and stir them in well. Season and serve.

To vary, use blue cheese instead of cheddar.

## Gazpacho

---

6 to 8 tomatoes  
1 medium onion  
handfull of parsley  
1 tbsp. soy sauce  
1/4 cup rice vinegar

Garnish  
red, yellow, green peppers  
onion  
cucumber

### Blade C

Combine tomatoes, onion, parsley, soy sauce, and rice vinegar in a large juice container or cylinder container and process to a puree.

Dice red, yellow, green peppers, onions, and cucumbers. This is to garnish the top then serve.

## Raw Vegetable Soup

---

1/4 cup celery  
1/4 cup carrots  
2 tbsp. onions  
1 tomato  
1/2 cup cabbage  
1 tsp. boullion  
1 pt. or 1-1/2 pt. boiling water

### Blade C

In a large cup or container, cube celery, carrots, onions, tomatoes and cabbage. Chop in an up and down motion until fine or puree. Add one tablespoon boullion. Add boiling water, or microwave.

Mix with blade C to smooth.

Variation: Chop the first five ingredients and add to mashed potatoes.

## Country Cream Soup

---

1 onion  
1 potato  
1 turnip  
1 carrot  
2 sticks celery  
1 pt. stock  
1/4 pt. milk

Prepare the vegetables, cut into pieces and place in the food processor. Pulse until coarsely chopped. Heat a little oil in a pan and sauté until soft. Add the stock and bring to a boil. Reduce heat and simmer with the lid on for a few minutes. Stir in the milk and serve with warm bread.

## ENTREES

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### Pepper Steak

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1 tbsp. margarine  
1 1/2 lb. round steak  
1/3 cup onion, chopped  
1 1-lb. can stewed tomatoes  
1/4 cup water  
2 tsp. instant beef boullion  
1/8 tsp. garlic powder  
2 tbsp. soy sauce  
3 tbsp. cornstarch  
1 green pepper, thinly sliced  
Cooked rice, optional

### Blade D

Slice green pepper and round steak

### Blade C

Chop onions  
Melt margarine in frying pan.  
Brown steak and onions.  
Add tomatoes, water, boullion, and garlic powder.  
Cover and simmer for one hour or until beef is tender.

### Blade B

Blend soy sauce and cornstarch.  
Add to beef mixture; stirring constantly until mixture thickens. Add green pepper and simmer 10 minutes, stirring constantly.  
Serve over rice if preferred.

## Stuffed Flank Steak

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### Blade C

1 onion, chopped

### Blade D

1/2 lb. fresh mushrooms, cleaned, sliced

### Blade C low

2 cups dried bread, crumbled

1/2 tsp. poultry seasoning

Salt to taste

Pepper to taste

1 1/2 lb. flank steak

1 tbsp. canola oil

1 cup beef stock

Simmer onion and mushrooms in a 1/2 cup beef stock until 1/2 cooked. Toss together with bread and poultry seasoning, add salt to taste. Let sit 1/2 hour and check for moisture. Should be moist, since there is no fat in flank steak to moisten it. Add additional beef stock if necessary. Spread dressing over flattened steak, leaving about 1/2 inch around edges. Roll up like jelly roll, and fasten edges with toothpicks. Lace heavy thread through and around toothpicks. Hold with fingers and push any dressing back in. Salt and pepper meat, and brown, on all sides, in oil on high heat. Put 1/2 cup beef stock in heavy pan. Put meat in. Cover.

Bake at 325° for 1 1/2 hours.

## Holiday Turkey

---

1 to 2 cups turkey stock made from giblets and neck

### Blade D

1 lb. fresh mushrooms, cleaned and sliced

### Blade C

1 onion chopped

### Blade C

4 cups crumbled dried bread

1 1/2 tsp. poultry seasoning

1 8-oz can water chestnuts, drained and cut up

### Blade D

3/8 cup chopped pecans

1 tsp. salt

1 12 to 14 lb. fresh turkey

Heat one cup of the stock to a simmer in a large saucepan; add the mushrooms and onions and simmer for 5 minutes. Let it cool so you can handle it.

Mix up all the other dressing ingredients and the liquid with the mushrooms and onions. Mix well with your hands: ten fingers do a much better job than a couple of spoons. Add more stock if necessary, taste for seasoning.

Set aside for a while to make sure it is not too dry. Add stock if necessary. Pull the big fat pads out from inside the turkey's pelvic opening, wash the inside and pat dry. Spoon in the dressing. Sew the opening together with a large needle and thread so the dressing does not fall into the juice while it cooks. Don't use skewers. Put the extra dressing in the large cavity between the neck skin and breast and sew it also. Tie the legs together and tie down the wing.

Rub the turkey with safflower oil, generously salt it, lightly pepper it, and sprinkle one tbsp. of MSG on it. Place turkey breast side down, on a rack, in a roasting pan. Heat the oven to 325° and roast 20 minutes per pound.

# SIDE DISHES

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## Mashed Potatoes

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### Blade B

Cube and cook the potatoes. Drain. In the pot move the machine in a mashing motion, up and down. Add milk and butter. For a delightful treat try adding finely chopped garlic and parsley. The vegetable mixture in the raw vegetable soup is also a nice mixture to add for a potato surprise.

Blade B is perfect to smooth, blend, or take out lumps.

## Stuffed Mushrooms

---

4 large flat mushrooms, peeled,  
with stems removed  
1 large onion  
1 sweet potato  
2 carrots  
2 oz. bread crumbs (prepared using blade C)  
1 oz. chopped mixed nuts  
1/2 tsp. tomato puree  
Stock cube made up with 1fl. oz. water  
1/4 tsp. mixed herbs  
dash of Worcestershire sauce

Place the mushrooms, gill side up on a baking tray. Prepare the other vegetables and cut into pieces, place in the food processor and pulse until coarsely chopped. Heat a little oil in a pan and gently sauté the vegetables, adding in the breadcrumbs, stock, tomato puree, herbs and Worcestershire sauce. Add the mixed nuts. Pile stuffing onto the mushrooms, top each with a little grated cheese and bake in a preheated oven (375°F / 190°C) for 20 minutes until golden.

# DESSERTS

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## Skim Milk Whipped Topping

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**THIS IS VERY IMPORTANT! Put the milk on ice before starting recipe.** The milk must be skim milk and ice cold. 1%, 2%, and whole milk will not thicken.

### Blade A

In a tall cylinder container, pour 1/4 to 1/2 cup iced cold skim milk. Place the wand on the bottom of the container. Move wand from side to side in an up and down motion. You are pulling air in a very high rate of speed. When it peaks, add 1/2 tsp. vanilla and sweetener of your choice.

To make topping into a diet dessert, just add cold fruit of your choice – strawberries, blueberries, peaches, apples, pears, bananas, etc. Serve immediately.

To make your skim milk topping last to use for desserts, pre-mix gelatin, add one tbsp. to milk and chill, then whip.

Use plain topping on coffee for a diet cappuccino.

## Pumpkin Whip Pie

---

1 8 inch baked pie crust  
1/2 cup milk  
1 pkg. vanilla instant pudding  
1 cup pumpkin  
1 1/2 tsp. allspice

### Blade B

Combine milk, pudding, and allspice. Fill baked 8" pie crust or graham cracker crust. Top with whipped topping and serve.

## Whip Fruit Pie Graham Cracker Crust

---

1/2 cup diet margarine, melted  
1 1/2 cups graham crackers  
3 tsp. artificial sweetner

### Blade B

Mix well.  
Press firmly into 9 inch pie plate

### Fruit Whip

2 cups skim milk  
2 pkgs. flavored gelatin (your choice)  
2 cups fruit, of choice

### Blade B

Dissolve Gelatin according to package instructions. Combine with milk. Put in freezer for 40 minutes.

### Blade A

Remove from freezer and move in up and down motion until mixture is thick and 2 qt. container is full. Add 1/2 cup fruit and blend. Add remaining fruit and gently mix. Pour into shell and refrigerate until firm.

Makes one pie.

## Raspberry Bavarian Mold

---

- 1 1/4 cups (150g) red raspberries
- 1 pkg. sugarfree red raspberry flavored gelatin
- 1 cup (250ml) hot water
- 1 tbsp. lemon juice
- 1 6 oz. (185g) can evaporated milk, freezer cold

Dissolve gelatin in hot water.  
Add lemon juice and chill until partially set.

### Blade B

Add milk and beat until fluffy and soft peaks form. Fold in raspberries. Tint pink with red food coloring. Pour into 1 qt. (1 litre) mold.

Trim with whipped dessert topping.

- For extra fluffy, beat longer and use 1 1/2 qt. (1 1/2 litre) container.
- Substitute with any flavor gelatin and fruit.

## Ice Cream Dessert

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- 2 cups skim milk
- 1 pkg. unflavored gelatin
- 3 packets artificial sweetener
- 1 tsp. vanilla
- Your choice of ice cold fruit

### Blade A

Combine skim milk, gelatin, sweetener, and vanilla in 2 quart container. Move in up and down motion until thick. Add ice cold fruit (of choice). Continue up and down motion until blended. Place in freezer.

## Cherry Cheesecake

---

- 1 1/2 cups (375g) graham cracker crumbs
- 1/2 cup (112g) diet margarine (of choice)
- 1 envelope gelatin
- 2 packets artificial sweetener
- 2 pkgs. cream cheese
- 1 tbsp. vanilla
- 1/4 cup (60ml) cold water

### Blade B

Using low speed blend 1/4 cup (60ml) water and gelatin. Let stand 1 minute. Blend over low heat until dissolved. In large bowl, blend cream cheese, vanilla, and sweetener. Gradually blend gelatin mixture in until smooth.

### Graham Cracker Crust

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Blend graham crackers and margarine. Press into 8" pie pan. Pour cheese mixture into shell. Chill until firm.

### Cherry Glaze (Optional)

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- 3 cups (375g) cherries (or berries of choice)
- 1 cup (250ml) water
- 1 1/2 tbsp. cornstarch
- 2 packets artificial sweetener

### Blade B

Cook one third cherries, water, cornstarch and sweetener. Bring to boil, stirring constantly, until thick. Food coloring (optional). Cool at room temperature. Put remaining cherries over cheesecake. Pour glaze on top.

## Banana Freeze Pie

---

1/3 cup butter  
3 tbsp. artificial sweetener  
1/2 tsp. cinnamon  
1 cup corn flake crumbs  
8 oz. cream cheese, softened  
1 can unsweetened condensed milk  
1/3 cup lemon juice  
1 tsp. vanilla  
3 bananas, sliced

### Blade B

Using low speed, in a small saucepan, blend butter, artificial sweetener and cinnamon until bubbles form. Remove from heat. Mix in corn flake crumbs. Press into, 8" pie pan to form crust. Chill.

Beat cream cheese until fluffy. Blend in milk. Add lemon juice, and vanilla. Line crust with sliced bananas. Turn filling into crust. Refrigerate for two to three hours or until firm.

### Blade D

Slice two bananas, very thin. Dip into lemon juice. Place them on top of pie.

## Lemon Pie

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2 egg yolks  
1 can condensed milk  
1/2 cup fresh lemon juice  
1 tbsp. artificial sweetener  
1 tbsp. lemon peel, grated

### Blade B

Beat egg yolks. Mix in milk, lemon juice, artificial sweetener, and lemon peel. Stir well: the filling will thicken. Pour into graham cracker crust. Cover with meringue.

## Meringue

---

2 egg whites  
2 tbsp. artificial sweetener

### Blade A

Beat until stiff peaks form. Spread over pie.

Bake at 325° for 12 to 15 minutes or until peaks turn a light golden brown.

# BEVERAGES AND PUNCHES

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## Tropical Star

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3 cups cold water  
1/2 cup lime juice  
1/2 cup lemon juice  
2 1/2 to 3 tbsp. liquid diet sweetener  
1 qt. sugar-free lemon-lime carbonated beverage  
Chilled orange slices

### Blade C

Juice lemon and lime.

### Blade D

Slice orange.

### Blade B

Combine in punch bowl: water, lime juice, lemon juice, and liquid sweetener.

### Blade C

Just before serving, add carbonated beverage and crushed ice. Garnish with orange slices.

## Orange-Strawberry Sparkle

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1 tsp. liquid sweetener  
1 pt. fresh strawberries, cut in half  
1 cup (250ml) diet orange soda, chilled

### Blade C

Combine sweetener and strawberries. Pour orange soda over mixture just before serving.

## Sweetheart Punch

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2 qts. low-cal cherry soda  
1 qt. orange juice  
1 qt. low-cal lemon-lime soda

### Blade D

1 orange or lemon, thinly sliced. Freeze 1 qt. cherry soda for beverage cubes. Chill remaining soft drinks. When ready to serve: Shake or crack beverage cubes. Place in punch bowl. Add other soft drinks slowly. Garnish with orange or lemon slices.

## Straw "Berry" Shake

---

2 cups (450g) fresh or frozen whole strawberries  
1 1/2 cups (375ml) skim milk  
2 packets artificial sweetener  
Dash of cinnamon, ground

### Blade A

In 2 qt. (2 litre) container add ice cold skim milk. Aerate until thick. Add strawberries, sweetener, and cinnamon. Mash on bottom of container. Then continue aerating. Serve immediately in small glasses.

## Cranberry Sparkle

---

2 cups ice water  
1/2 cup lemon juice  
2 cups low-cal lemon juice  
1 tbsp. liquid sweetener  
2 cups low-cal ginger ale or club soda  
1 cup cranberry juice

### Blade B

Combine all ingredients.  
Garnish with lemon or lime slices.

## Lemonade

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3 tbsp. lemon juice  
3/4 cup (175ml) water  
3/8 tsp. liquid sweetener

### Blade C

Juice Lemon.

### Blade B

Combine lemon juice, water and sweetener. Pour over crushed ice. Garnish with lemon slice.

## Protein Breakfast or Summer Juice Drink

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### Blade C

To the orange, add bananas, strawberries, or fruit of your choice. Add protein if desired. For a fruit drink add ice and skim milk. This will make it thick like a shake.

## Cappuccino

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### Blade D

Fill the grinder with coffee of your choice. Grind down to a powder. Using a fine strainer or cheese cloth for straining, pour boiling water through into your coffee cup. Add skim milk topping for a low-cholesterol, low calorie delight.

## Juicing

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### Blade C

Hint: When juicing pulp add a small amount of a base liquid such as water or juice.

## Orange Juice

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### Blade C

Peel oranges. Place in large cup or pitcher if making a large amount. Chop in an up and down motion until smooth. Add water or base liquid. Continue processing until desired consistency.

## Mocha

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### Blade A

In a 6 oz. cup or jar add 1/4 cup water and one tbspc. instant coffee and 1/2 teaspoon cocoa (or to taste). Place wand on the bottom of cup and start to move in an up and down motion pulling the air in. Make a great drink or a very nice dessert.

## Crushed Ice

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### Blade C

In a cup, jar, or pitcher add ice. Cushion with a small amount of water, or when making a drink, add fruit to the top. Move machine in a chopping motion until done.

## Hot Spiced Fruit Tea

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1 18-oz can unsweetened pineapple juice  
2 cups orange juice  
2 tbspc. instant tea powder  
1 tsp. whole allspice  
3 inch sticks cinnamon, broken up

### Blade D

Break up cinnamon sticks

### Blade B

In saucepan mix 2 cups water, pineapple juice, orange juice, tea powder, and spices. Bring to boil; reduce heat. Simmer, covered for 15 minutes. Strain to remove spices. Serve hot.

# EQUIVALENTS AND METRIC CONVERSIONS

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LIQUID MEASURE EQUIVALENTS
3 teaspoons = 1 tablespoon
2 tablespoons = 1 fluid ounce = 29.57ml
4 tablespoons = 1/4 cup = 2 fluid ounces = 59.14ml
8 tablespoons = 1/2 cup = 4 fluid ounces = 118.28ml
12 tablespoons = 3/4 cup = 177.44ml
16 tablespoons = 1 cup = 8 fluid ounces = 236.59ml
2 cups = 16 fluid ounces = 1 pint (US)
4 cups = 32 fluid ounces = 1 quart (US)
8 cups = 64 fluid ounces = 1/2 gallon (US)
4 quarts = 128 fluid ounces = 1 gallon (US)

METRIC CONVERSION TABLE		
To change	To	Multiply by
teaspoons	milliliters	4.93
tablespoons	milliliters	14.79
fluid ounces	milliliters	29.57
ounces	grams	28.35
cups	liters	0.24
pints (US)	liters	0.47
quarts (US)	liters	0.95
gallons (US)	liters	3.79
pounds	kilograms	0.45
Fahrenheit	Celsius	(°F-32)x.56

# HEALTHY CHOICES

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Every penny you spend on food should be an investment in good health.

If you understand your body's food needs, and food's contribution to good health, you can put your food dollar to its best use.

When planning your own healthy, economic meals, you should choose a variety of foods from the four basic food groups, and avoid foods with too much salt, sugar and fat.

When in season, fresh fruits and vegetables are a good buy, and they have little to no fat, and no sugar or salt added. Most canned and seasoned frozen vegetables have salt added, and some frozen and canned fruits have sugar added. Plan to have about four servings of vegetables per day and two servings of fresh fruit. One serving is one half cup of fruit or vegetables.

Food in this group gives you most of your vitamin A and C. Vitamin A is needed for healthy skin and vitamin C helps you resist infection and keeps your gums healthy. Vegetables that are dark green and deep yellow in color and citrus fruits are healthy choices.

Whole grain and enriched breads, cereals, rice, and grains are good sources of vitamin B, which help your body use the food you eat for energy. Breads and cereals also provide Iron and Protein and whole grain products provide fiber.

To stretch your food dollar use whole grain products as side dishes. Plan to use seven servings per day from the bread and cereal group.

The milk and cheese group is an important source of calcium, the nutrient that keeps bones strong. Have two servings of milk or cheese a day. One serving is an eight ounce cup of milk or one and one third ounce of natural cheese.

To make your food dollar go further, try less expensive forms of milk, skim milk or non-fat dry are usually less expensive, and they have no fat. Many cheeses, yogurts, ice cream, and ice milk are high in fat or have sugar in them.

The meat group includes red meats, fish, poultry, dried peas and beans, soybeans, seeds, nuts, peanut butter and eggs. These foods provide protein, which helps build and repair skin, bones, hair, blood and muscles. They are also good sources of Vitamin B6. To lower the amount of fat, choose lean meats. Having peanut butter and dried beans and peas will add variety to your meal and are most often less expensive.

To avoid too much fat, salt and sugar, know where to look. Fats are found naturally in some foods like poultry, fish, and chocolate. Fats that are added to your diet are butter, margarine, salad dressings, mayonnaise, gravies and shortening.

To cut down on fat levels choose foods low in fat, and prepare foods the low-fat way: trim fats from meats, and remove skin from poultry. Instead of frying, bake, broil or boil. Season with herbs and spices, instead of butter or margarine.

Sugar can be found in many forms, such as syrups, molasses, and honey. Soft drinks are also mostly sugar. Sugar is high in calories. In most cases, sugar in baked products can be cut in half without a noticeable difference in texture and in some recipes sugar can be cut out completely. In place of sugar, use a substitute such as aspartame.

The best way for you to be sure you're eating healthy is to use fresh fruits and vegetables, whole grain breads, low-fat milk and lean meats and to prepare food from scratch. Pre-made foods always contain salt, sugar, fats and preservatives.

While there is not an ideal diet, healthy choices are using the four basic food groups. Avoiding sugar, salts and fats can also improve your eating habits for a healthy diet, and that makes good sense.

# BABY FOOD

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Your Thunderstick Pro is ideal for making healthy and nutritious baby food. It's easy. It's fast. And the love that goes into every spoonful will make it taste better than anything you can buy!

The variety of meats, fruits, vegetables, beans, rice, noodles and their endless combinations means that your baby will eat balanced meals.

Blade C is the blade you will use for making all baby food. You don't need any special equipment other than your Thunderstick Pro. Bowls, cups, measuring cups, old baby food jars, mason jars, and, zip lock baggies all work for making baby food.

Using a stiff freezer baggie, use the small or quart size, place the machine into the baggie then turn it on low. The first step is to break up and process the food. This is done by using a light touch in a tapping motion. Once that is accomplished, move the machine around in the baggie. This will do the blending.

For infants, you will change to Blade B. This will change the blending to puree.

Some suggestions. Give the baby some variety. Mix and match your fruits. Do the same with the vegetables. If you are feeding the baby meats then mix in some of the baby's favorite fruit. Try to keep it as natural as possible. Remember raw foods and foods cooked on low and covered maintain most of the nutrients, as well as Mother Nature's sweeteners.

# CANNING AND FREEZING

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## CANNING METHODS – COLD PACK (RAW)

This method involves packing the food firmly into clean, hot jars and adding boiling liquid (syrup, water, or fruit juice), leaving some space between the packed food and the jar lid.

Most raw fruits and vegetables shrink during processing, so 1/2 inch space is usually sufficient. Exceptions are corn, lima beans, and peas which expand during processing. These should be packed loosely with 1 inch space allowed at top of jar. Enough boiling liquid should be added to completely cover the food.

Air bubbles are released from filled jars before adjusting lids. Follow manufacturer's directions for the type of jars (mason jars) and lids being used. The food is then cooked and sterilized simultaneously by processing in boiling water or in steam.

Fruits (except apples, pears and pineapples) and tomatoes may be canned using the cold-pack method.

Vegetables are packed raw into cans only if they are to be processed in a pressure canner.

## CANNING METHODS – HOT PACK

This method involves pre-cooking the product a short time before packing it. Pack it very hot into clean hot jars. Then add hot cooking liquid (or hot syrup or hot water), releasing air bubbles to seal jars for processing.

Pre-cooking food before packing causes it to shrink. This allows for slightly more food to be packed into jars, than when food is packed raw. Pack pre-cooked food loosely and allow about 1/2 inch head-space.

Floating – the rising of food to the top of jar during processing. This can often be prevented by pre-cooking food before packing.

The hot-pack method is used for both vegetables and fruits.



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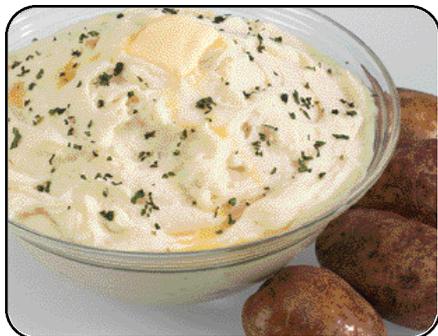
**PERFECT** meringue!



**WHIPS** cream or non-fat milk!



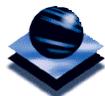
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