



# Galanz

## High Speed Cooking Blender

Recipe Book







CONTENTS

Coconut Triple Berry Smoothie Bowl ..... 2

Cucumber Cantaloupe Cooler ..... 4

Double Shot Espresso Mocha Milkshake ..... 6

Zucchini Leek and Goat Cheese Soup ..... 8

Blender Hollandaise ..... 10





# Coconut Triple Berry Smoothie Bowl



## • Coconut Triple Berry Smoothie Bowl



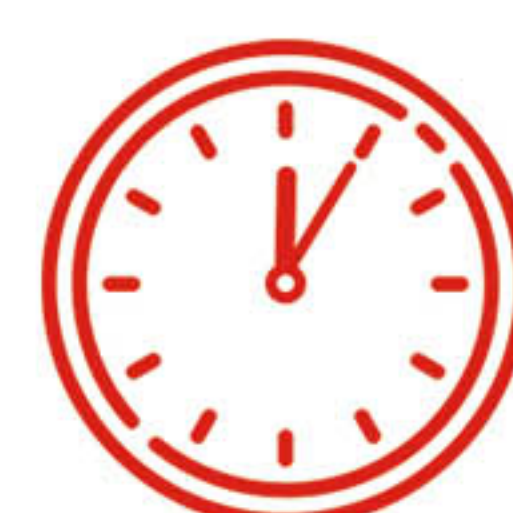
**Prep time:**

5 minutes



**Cook time:**

0 minutes



**Ready in:**

5 minutes



# Coconut Triple Berry Smoothie Bowl

## INGREDIENTS:

For bowl:

- 1/2 cup frozen blackberries
- 1/2 cup frozen raspberries
- 1 cup frozen blueberries
- 1/2 cup coconut milk
- 1 ripe banana, chopped

For assembly:

- 1/2 cup mixed fresh berries such as blueberries, raspberries, blackberries
- 1/4 cup toasted flaked coconut
- 1/4 cup fresh mint leaves
- 2 tablespoons cacao nibs

## PREPARATION:

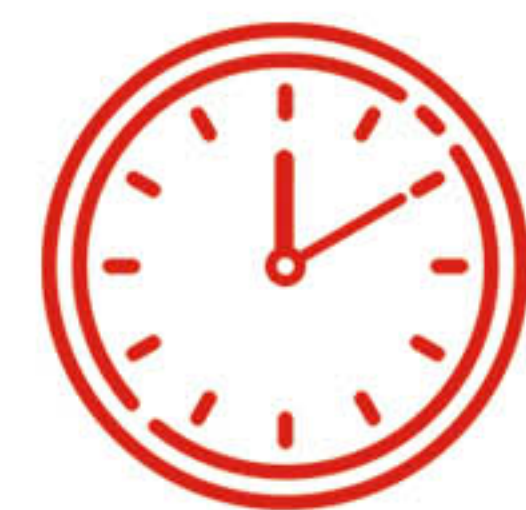
1. For bowl: Combine all ingredients in blender and lock lid in place. Select “Smoothie” then press start “Start/Stop” to blend until smooth. Press “Start/Stop” to stop blending.
2. For assembly: Divide smoothie between two bowls and top with mixed berries, coconut, mint and cacao nibs. Serve immediately and enjoy.



## Cucumber Cantaloupe Cooler



### • Cucumber Cantaloupe Cooler



**Prep time:**

10 minutes



**Cook time:**

0 minutes



**Ready in:**

1 hour 10 minutes  
(including chilling time)



# Cucumber Cantaloupe Cooler

## INGREDIENTS:

- 2 cups water
- 1 small cantaloupe, halved, peeled, seeded and roughly chopped
- 1/2 English cucumber, roughly chopped, plus more for garnish
- 1/4 cup granulated sugar
- 2 limes, juiced
- 5 large mint leaves, plus more for garnish

## PREPARATION:

1. Combine all ingredients in blender and lock lid in place. Select “Juice” then press “Start/Stop” to blend until smooth. Press “Start/Stop” to stop blending.
2. Strain cantaloupe mixture into a large pitcher and refrigerate until chilled, about 1 hour.
3. Serve in chilled glass filled halfway with ice. Garnish with cucumber slices and mint leaves. Serve and enjoy.



## Double-Shot Espresso Mocha Milkshake



### • Double-Shot Espresso Mocha Milkshake



**Prep time:**

10 minutes



**Cook time:**

0 minutes



**Ready in:**

10 minutes



# Double-Shot Espresso Mocha Milkshake

## INGREDIENTS:

- 1/4 cup heavy cream
- 1 teaspoon sugar
- 2 1/2 cups vanilla ice cream
- 1/4 cup brewed espresso, cooled to room temperature
- 2 teaspoons cocoa powder
- Chocolate sauce and chocolate shavings, for serving

## PREPARATION:

1. Combine heavy cream and sugar in blender and lock lid in place. Select “Medium” speed then press “Start/Stop” to blend until soft peaks form, about 30 seconds. Press “Start/Stop” to stop blending. Transfer to small bowl and set aside for topping the milkshakes.
2. Combine ice cream, espresso and cocoa powder in blender and lock lid in place. Select “Milkshake” then press “Start/Stop” to blend until smooth. Press “Start/Stop” to stop blending.
3. Pour into 2 chilled glasses and top with whipped cream, chocolate sauce and chocolate shavings. Serve immediately and enjoy.



# Zucchini Leek and Goat Cheese Soup



## • Zucchini Leek and Goat Cheese Soup



**Prep time:**

10 minutes



**Cook time:**

26 minutes



**Ready in:**

36 minutes



# Zucchini Leek and Goat Cheese Soup

## INGREDIENTS:

- 2 tablespoons olive oil
- 1/2 small leek, white and light green parts only, sliced thin
- 3 medium zucchini, roughly chopped
- 2 cloves garlic, minced
- 2 1/2 cup low-sodium chicken broth
- 8 ounces goat cheese, crumbed, divided
- 1 cup packed spinach
- Kosher salt and freshly ground black pepper, to taste
- 1/4 cup shelled sunflower seeds, toasted
- 6 crostini, for serving

## PREPARATION:

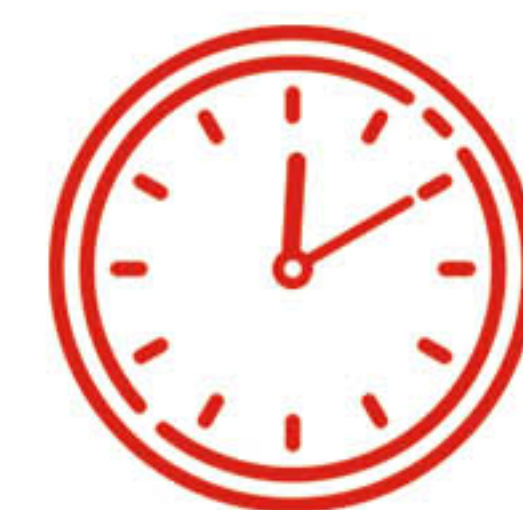
1. Combine oil, leeks and zucchini in blender and lock lid in place. Select “Saute” then press “Start/Stop” to cook until vegetables are tender. Press “Start/Stop” to stop sauteing.
2. Stir in garlic, chicken broth, 3 tablespoons goat cheese, and spinach. Lock lid in place and select “Soup”. Press “Start/Stop” to cook until fully cooked. Press “Start/Stop” to stop cooking. Season with salt and pepper, to taste.
3. Divide soup among serving bowls and top with remaining goat cheese, sunflower seeds and crostini.



# Blender Hollandaise with Smoked Salmon Eggs Benedict



## • Blender Hollandaise with Smoked Salmon Eggs Benedict



**Prep time:**

10 minutes



**Cook time:**

1 minutes



**Ready in:**

11 minutes



# Blender Hollandaise with Smoked Salmon Eggs Benedict

## INGREDIENTS:

- 3 large egg yolks
- 1/4 teaspoon Dijon mustard
- 1/2 lemon, juiced
- 1/8 teaspoon red pepper hot sauce
- 1/2 cup unsalted butter, melted and kept hot
- Kosher salt, to taste
- 2 English muffins, split and toasted
- 1/2 cup baby arugula
- 6 ounces smoked salmon
- 4 poached or soft-boiled large eggs

## PREPARATION:

1. Combine egg yolks, mustard, lemon and red pepper hot sauce in blender. Lock the lid in place and remove center cap. Select “Sauce” then press “Start/Stop” to blend until egg mixture is smooth and light in color, about 10 seconds. Slowly pour in hot melted butter until sauce thickens. Season with salt, to taste. Press “Start/Stop” to stop blending.
2. Top English muffin halves with arugula, smoked salmon and poached or soft-boiled eggs. Drizzle with hollandaise and serve.





# Galanz

Thoughtful Engineering

## High Speed Cooking Blender

Discover more recipes at  
**[www.galanz.com](http://www.galanz.com)**