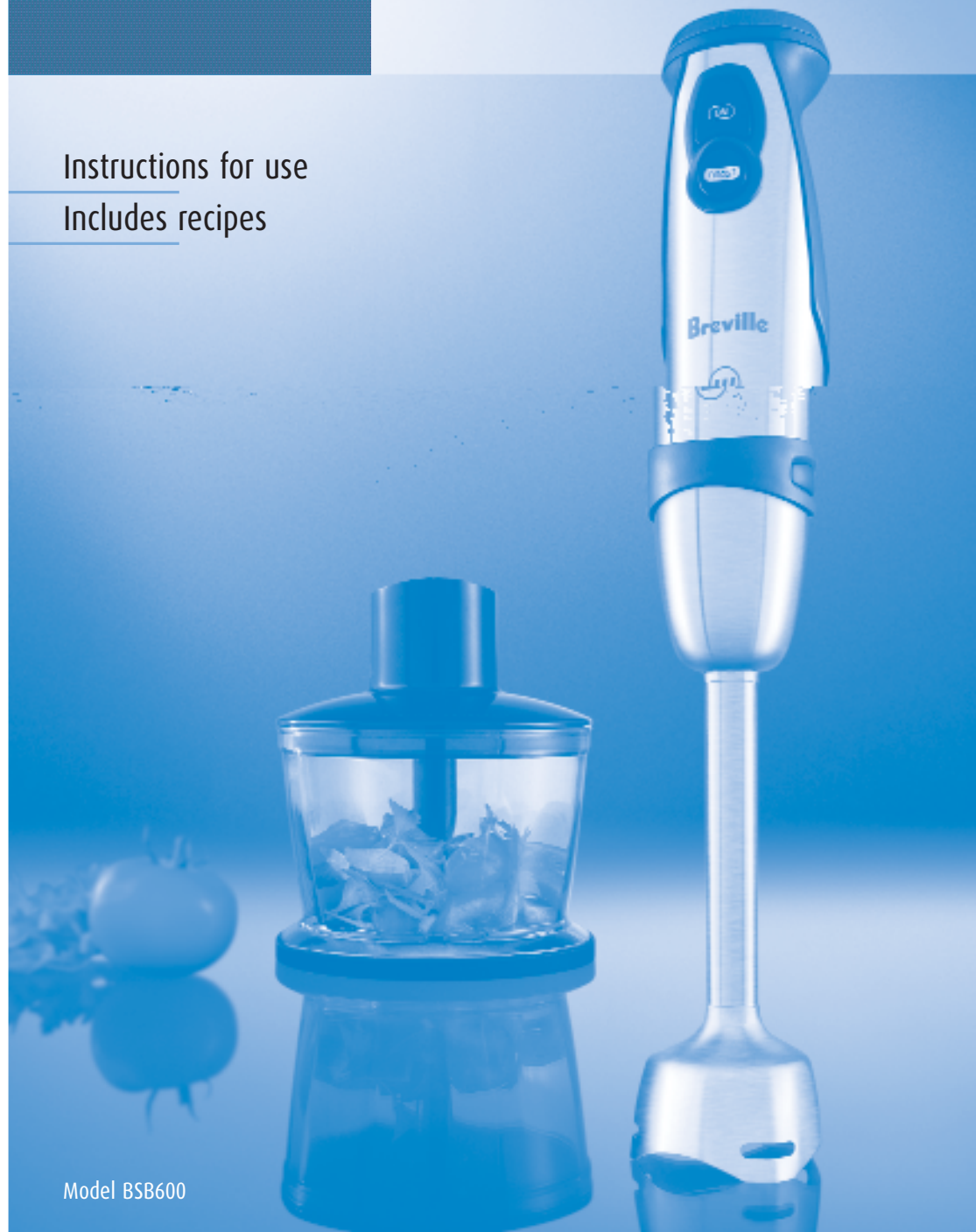


Breville

Wizz Stick Professional

Instructions for use
Includes recipes



Model BSB600

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Congratulations

on the purchase of your new Breville Wizz Stick Professional

Breville recommends safety first

We at Breville are very safety conscious. We design and manufacture consumer products with the safety of you, our valued customer, foremost in mind. In addition we ask that you exercise a degree of care when using any electrical appliance and adhere to the following precautions:

Read all instructions before operating and save for future reference

- Remove any packaging material and promotional stickers before using the Wizz Stick Professional for the first time.
- Do not place the Wizz Stick Professional near the edge of a bench or table during operation. Ensure the surface is level, clean and free of water, flour, etc.
- Do not place the Wizz Stick Professional on or near a hot gas or electric burner, or where it could touch a heated oven.
- If using the Wizz Stick Professional as the Hand Blender to blend hot food in a saucepan over heat, remove the saucepan from the heat source and ensure the power cord and body of appliance are also kept away from any heat source.
- Handle the Wizz Stick Professional and attachments with care – remember the blade is very sharp and should be kept out of reach of children.
- Always make sure the Wizz Stick Professional is completely and properly assembled before operating.
- Ensure the Wizz Stick Professional is turned off at the ON/OFF switch, the power is switched off at the power outlet and the cord is unplugged from the power outlet before attempting to attach any of the accessories.
- Always ensure the Blending Shaft is securely fitted onto the blender motor body before operating.
- Do not use attachments other than those provided with the Wizz Stick Professional.

- Do not remove the Wizz Stick Professional from ingredients during operation. Ensure the appliance is switched off and has stopped turning before removing, to avoid contact with moving blade or whisk.
- Do not leave the Wizz Stick Professional unattended when in use.
- Keep the appliance clean. Follow the cleaning instructions provided in this book.

- Unwind the cord fully before use.
- Do not let the cord hang over the edge of a table or counter, touch hot surfaces or become knotted.
- This appliance is not intended for use by young children or infirm persons without supervision.
- Young children should be supervised to ensure that they do not play with the appliance.
- It is recommended to regularly inspect the appliance. Do not use the appliance if power supply cord, plug or appliance becomes damaged in any way. Return the entire appliance to the nearest authorised Breville service centre for examination and/or repair.
- Any maintenance, other than cleaning, should be performed at an authorised Breville Service Centre.

- This appliance is for household use only. Do not use this appliance for anything other than its intended use. Do not use in moving vehicles or boats. Do not use outdoors.
- The installation of a residual current device (safety switch) is recommended to provide additional safety protection when using electrical appliances. It is advisable that a safety switch with a rated residual operating current not exceeding 30mA be installed in the electrical circuit supplying the appliance. See your electrician for professional advice.

Before first use

Remove any packaging material and promotional labels. Remove the blending shaft from the Wizz Stick Professional motor body and wash the blending shaft in warm soapy water (to remove the shaft, please read instructions on page 9). Rinse and dry thoroughly. Ensure no water remains inside the blending shaft to avoid water running into the motor body when reattached.

Disassemble and wash chopping blade, chopper bowl and chopper bowl lid, whisk attachment and jug in warm soapy water, rinse and dry thoroughly. Ensure no water remains on the chopper bowl lid or whisk attachment to avoid water running into the motor body when reattached.

The detachable blender shaft and whisk attachment (without the plastic gear box) are dishwasher safe.

Do not wash any other parts of the Wizz Stick Professional in the dishwasher.

Wizz Stick Professional Hand Blender – assembly & operation

To attach the stainless steel blending shaft

Hold the shaft with the blades down, and align the top end of the blending shaft with the corresponding end of the motor body and push until the blending shaft 'clicks' and locks onto the motor body (See Fig 1).

Always ensure blending shaft is dry, and no water left inside, before reattaching.



To use the hand blender

Ensure the blender is completely and properly assembled as detailed above.

1. Place food to be processed into the jug provided (or a sufficiently large mixing bowl or saucepan). The jug provided should be only $\frac{1}{2}$ full or less when blending liquids or when making a puree of fruit and/or vegetables (See Fig 2).
2. For food preparation tips and recipes refer to page 18 and the recipes section.



3. Insert the plug into a 230/240V power outlet and turn the power on.
4. By turning the dial at the top of motor body, select a speed between MIN and MAX on the Variable Speed Control.
5. Place the blending shaft as deeply as possible into the jug and depress the 'ON' button to turn the blender on. The button must be kept depressed for the required duration of operation.
6. If extra turbo power is required when blending, press the BOOST button.
7. Work through the ingredients in the jug with a gentle raising and lowering motion.
8. Switch off the motor by releasing the 'ON' button.
9. Ensure the motor has completely stopped before lifting the blender out of the jug.
10. When processing has finished, switch off at the power outlet and remove the power plug.



THE PROCESSING BLADE ON THE BLENDING SHAFT IS EXTREMELY SHARP, KEEP FINGERS AWAY FROM THE BLADES AT ALL TIMES.

When depressing the 'ON' button the blender will operate at the speed selected by the variable speed control, while using the BOOST button will always results in maximum speed operation. The BOOST button can be used at any time.

Note

To detach the stainless steel blending shaft

Ensure the switch is released, power is turned off at power point and the appliance is unplugged.

Hold the motor body with one hand, and using thumb and finger, press on the two EJECT buttons on either side of the motor body (Fig 4) whilst holding the blending shaft in the other hand. Pull the motor body away from the blending shaft to detach.



The Wizz Stick Professional has a Variable Speed Control. To decrease speed turn the dial anti-clockwise and to increase speed turn the dial clockwise (See Fig 5).

Note

The Wizz Stick Professional motor will only operate while the ON or BOOST buttons remain depressed – this is a safety feature.



Recommendations when using the Wizz Stick Professional as a hand blender

- The Wizz Stick Professional blends foods and liquids rapidly, therefore it is easy to over-process. Remember when using the blending shaft to stop the Wizz Stick Professional and check food throughout the operation.
- The stainless steel blending shaft on the Wizz Stick Professional allows for hot food to be processed directly in the saucepan. This makes blending soups and sauces very easy.
- For safety reasons remove saucepan away from the heat before processing.
- Ensure the body of the appliance and power cord are kept away from any heat source.
- When pureeing and blending, cut food into uniform sizes. This will ensure smooth and consistent results.
- Warm all liquids to be added to soups and purees, this will ensure even blending.
- Place the jug on a damp cloth during blending. This will keep the jug stable.
- Do not operate the appliance continuously for more than 1 minute. Allow the motor to rest for 1 minute between each use.

If food becomes lodged around the processing blade or in the blade guard, follow the following safety instructions:

1. Release the 'ON' button, switch the power off at the power outlet and unplug the cord.
2. Use a spatula to carefully dislodge the food. Do not use fingers as the blades are sharp.
3. After the food has been removed and blades are clear, plug the appliance back into the power supply, switch the power on and continue blending.

To attach the chopping blade, chopping bowl and lid

Remove blending shaft from motor body as on Page 9.

The chopping blade is extremely sharp and should be handled only by the upper plastic section.

Note

Place the blade onto the metal pivot pin in the base of the chopper bowl (See Fig 1). Place the food inside the chopper bowl. Do not exceed the maximum (MAX) marking.



Place the lid onto the chopper bowl and press down firmly to secure (See Fig 2).



Align the drive end of the motor body with the corresponding part of the chopping bowl lid and push down until the motor body 'clicks' and locks onto the chopping bowl lid (See Fig 3).

Ensure chopper bowl lid is dry with no water left inside before reattaching.



Always place the chopping blade on its pivot pin on the bottom of the bowl BEFORE placing any stuff in the bowl. Do not lift the blade before the complete chopping operation is finished.

Note

To use the chopping bowl

For food preparation tips and recipes refer to page 18 and the recipes section.

Ensure the chopper is completely and properly assembled as detailed on the previous page.

1. Insert the plug into a 230/240V power outlet and turn the power on.
2. Select a speed between MIN and MAX on the Variable Speed Control.
3. Depress the 'ON' button to turn the appliance on and start the chopping blade.
4. Press the BOOST button if extra power is required when processing or chopping.
5. When processing has finished switch off the motor by releasing the 'ON' button, switch off at the power outlet and remove the power plug.
6. Detach the chopping bowl and lid (refer to instructions to right) (See Fig 4). Remove the lid from the chopper bowl. Carefully remove the chopping blade and use a spatula to scrape off any attached food back into chopping bowl. Use a spatula to remove food from the chopping bowl.



To detach the chopping bowl and lid

Ensure the switch is released, power is turned off at power point and the appliance is unplugged (See Fig 5).



Hold the motor body with one hand, and using thumb and finger, press on the two EJECT buttons on either side of the motor body whilst holding the chopper bowl and lid with the other hand (See Fig 6).



Pull the motor body away from the chopping bowl lid to detach.

Recommendations when using the Wizz Stick Professional with the chopping bowl

- Do not operate your Wizz Stick Professional when the chopping bowl is empty.
- The rubber surround around the base of the chopping blade keeps the chopping bowl stable, however it is recommended during processing to hold the motor body with one hand and the chopping bowl and lid with the other.
- When processing, cut food into uniform sizes to ensure quicker, even and more consistent results.
- For effective processing depress the 'ON' button and the BOOST button a few times in succession for rapid turbo action.
- DO NOT process hard foods such as coffee, cereals or chocolate in lumps, as damage to the blade may result.
- DO NOT process boiling or hot foods in the chopping bowl.
- NEVER remove the blade from the bowl before food processing is completed.
- The Wizz Stick Professional blends foods and liquids rapidly, therefore it is easy to over process. Remember to check food throughout the operation.

Wizz Stick Professional Whisk – assembly & operation

To attach the whisk

Remove blending shaft from motor body as on page 9.

Holding by the plastic gearbox, align the open end of the whisk gearbox into the driving end of the motor body and push until the Whisk clicks and locks onto the motor body (See Fig 1).



Ensure whisk is dry with no water left inside before re-attaching.

To use the whisk

For food preparation tips and recipes refer to page 18 and the recipes section.

Ensure the whisk is completely and properly assembled as detailed left.

1. Place food to be processed into a sufficiently large mixing bowl or container.
2. Insert the plug into a 230/240V power outlet and turn the power on.
3. Select a speed between MIN and MAX on the Variable Speed Control.
4. Place the whisk into food and depress the 'ON' button to turn the whisk on.
5. Press the BOOST button if extra turbo power is required when whisking.
6. Move the whisk through the ingredients with a gentle raising and lowering action until desired texture is achieved.
7. Switch off the motor by releasing the ON button before lifting the whisk out of the bowl.
8. When processing has finished switch off the motor by releasing the ON button, switch off at the power outlet and remove the power plug.

To detach the whisk

Ensure the switch is released, power is turned off at power point and the appliance is unplugged (See Fig 2).

Hold the motor body with one hand, and using thumb and finger, press on the two EJECT buttons on either side of the motor body whilst holding the whisk in the other hand (See Fig 3). Pull the motor body away from the whisk to detach.



Recommendations when using the Wizz Stick Professional with the whisk

- Do not allow the whisk to hit the bottom or sides of mixing bowl while the appliance is in operation, as this may damage the whisk.
- To incorporate air into the ingredients when whisking, use a sufficiently deep, wide container and move the whisk through the ingredients with a gentle raising and lowering action.
- Release the ON button and ensure the whisk had completely stopped turning before removing the whisk from the food during operation.
- Place the mixing bowl on a damp cloth during whisking. This will keep the mixing bowl stable.
- Always use fresh chilled cream and fresh eggs at room temperature to achieve greater and more stable volume when whisking.
- Always ensure the whisk and mixing bowl are completely clean and free of fat before whisking egg whites.
- It is recommended to use the MAX speed when whisking egg whites and cream.

For cleaning purposes, the whisk metal shaft can be removed from its gearbox. This is done by simply pulling the metal shaft out of the gearbox. To re-assemble, push back in until it "clicks" to place.

Note

Wall mount bracket

The wall mount bracket can be fitted to the wall to provide a convenient storage point for the hand blender and cord.

1. Find a suitable and convenient location for the wall mount.
2. Fit the wall mount to the wall.
3. Check the wall mount is secure and that it will hold the weight of the appliance.



Care, cleaning and storage

Hand blender

Before cleaning, turn the power off at the power outlet and then remove the plug. Remove the motor body from the stainless steel blending shaft.

The stainless steel blending shaft should be hand washed in hot soapy water, rinsed and dried thoroughly after each use.

Do not use abrasive cleaners or steel wool.

QUICK WASH: Between each processing task, with the motor body attached and turned on at the power outlet, place the stainless steel blending shaft and blade assembly only in to a jug of water and press the 'ON' button for 5 seconds. This will remove any food on the blade and shaft and allow you to continue onto the next processing task.

Chopping bowl

Before cleaning, turn the power off at the power outlet and then remove the plug. Remove the motor body from the chopping bowl lid, and then remove the lid and chopping blade from the chopping bowl. The chopping bowl, chopping bowl lid and chopping blade should be hand washed in hot soapy water, rinsed and dried thoroughly after each use. Do not use abrasive cleaners or steel wool.

Whisk

Before cleaning, turn the power off at the power outlet and then remove the plug. Remove the motor body from the chopping bowl lid, then remove the whisk. The whisk should be hand washed in hot soapy water, rinsed and dried thoroughly after each use. Do not use abrasive cleaners or steel wool.

Motor body

To remove any food residue wipe the motor body and cord with a damp cloth only. Do not use abrasive cleaners or steel wool.

Never immerse the motor body in water or any other liquid.

The detachable blender shaft and whisk attachment (without the plastic gear box) are dishwasher safe.

Do not wash any other parts of the Wizz Stick Professional in the dishwasher.

Blades are extremely sharp, handle with care.










Note

Storage

Before storage, turn the power off at the power outlet and then remove the plug. Ensure the appliance is clean and completely dry.

Attach the blending shaft to the motor body and place into large hole in wall mount bracket. Fold the cord and place into smaller hole in wall mount bracket.

Place the chopping blade into the chopping bowl and insert the chopping bowl lid. Place the whisk into the jug. Store upright on the bench or in a convenient cupboard.

Food	Accessory	Method / Approx time
Milkshakes, smoothies, cocktails, fruit frappes		Use Chilled milk. Blend until desired consistency is achieved. Use mid to maximum speed for 30 seconds.
Soups, dips, baby food		Blend until smooth, Use mid to maximum speed for 30 seconds.
Red meat, chicken fillets, fish fillets, (maximum weight 250g, pre-cut into 2cm cubes)		Use mid to maximum speed with BOOST pulses for 20-30 seconds.
Cheese (maximum weight 200g, pre cut into 2cm cubes)		Use maximum speed for 20-30 seconds.
Carrot (maximum weight 200g, pre cut into 2cm cubes)		Use maximum speed for 20-30 seconds.
Onion, herb (maximum weight 30g)		Use mid speed for 20 seconds.
Nuts, peanuts (maximum weight 150g)		Use mid to maximum speed for 20-30 seconds.
Ice		Use maximum speed for 20-30 seconds.
Cream (400mL maximum) egg whites (4 eggs maximum) light batters		Using mid to maximum speed (do not use whisk for more than 1 minute then allow 1 minute rest between each use).



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Model BSB600 Issue 1/05

Breville

Recipes

Delicious recipes

Includes instructions for use



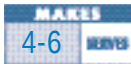
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Pumpkin and kumera soup



- 2 tablespoons light olive oil
 - 2 cloves garlic, crushed
 - 2 large leeks, washed and thinly sliced
 - 1.5kg pumpkin, peeled and chopped
 - 750g kumera, peeled and chopped
 - 6 cups chicken stock
 - 2 teaspoon ground cumin
 - Pepper, to taste
 - 1 cup light sour cream
1. Using a large saucepan heat oil, saute garlic and leeks until transparent and golden.
 2. Add the next 4 ingredients, bring to the boil, then reduce heat to simmer.
 3. Simmer until vegetables have softened.
 4. Remove from heat, cool slightly.
 5. Place Wizz Stick into saucepan and blend until soup is smooth. Fold in the remaining ingredients. Serve.

Mediterranean



- 2 tablespoons olive oil
 - 2 large Spanish onions, chopped
 - 2 eggplants (500g), chopped
 - 5 zucchinis, chopped
 - 500g tomatoes, chopped
 - 3 cloves garlic
 - 3 red capsicum, seeded and chopped
 - 2 green capsicum, seeded and chopped
 - 1 tablespoon pesto paste
 - 6 cups chicken stock
 - Pepper, to taste
1. Using a large saucepan heat oil, saute onions until slightly golden.
 2. Add remaining ingredients, bring to the boil, then reduce heat to simmer.
 3. Simmer until vegetables are tender.
 4. Remove from heat, cool slightly.
 5. Place Wizz Stick into saucepan and blend until soup is smooth. Serve.

Carrot and orange soup



2 tablespoons olive oil
2 onions, chopped
2kg carrots, chopped
6 cups chicken stock
2 cups fresh orange juice
Pepper, to taste

1. Using a large saucepan heat oil, saute onions until slightly golden.
2. Add remaining ingredients, bring to the boil, then reduce heat to simmer.
3. Simmer until carrot has softened.
4. Remove from heat, cool slightly.
5. Place Wizz Stick into saucepan and blend until soup is smooth. Serve.

Zucchini and potato soup



2 tablespoons olive oil
2 leeks, thinly sliced
500g washed potatoes, peeled and chopped
8 zucchinis, chopped
8 cups chicken stock
Pepper, to taste
1 cup cream

1. Using a large saucepan heat oil, saute leeks until they have softened.
2. Add the next 3 ingredients.
3. Bring to the boil, then reduce heat to simmer.
4. Simmer until vegetables have softened.
5. Stir in cream and bring to the boil.
6. Remove from heat, cool slightly.
7. Place Wizz Stick in the saucepan and blend until soup is smooth. Serve.

Sweet coconut and spinach soup



2 tablespoons olive oil
2 cloves garlic, crushed
3 leeks, thinly sliced
1 tablespoon red curry paste
1 teaspoon ground cumin
800g English spinach, chopped
600ml chicken stock
200g kumara, peeled and chopped
3 Kaffir lime leaves or 1 teaspoon grated lime rind

1. Using a large saucepan heat oil, saute the first 2 ingredients until lightly softened.
2. Add the next two ingredients, cook over a high heat for 1 minute, add remaining ingredients.
3. Bring to the boil, then reduce heat to simmer.
4. Simmer until all vegetables have softened.
5. Remove from heat, cool slightly.
6. Place Wizz Stick in the saucepan and blend soup until smooth. Serve.

Tomato and red pepper dip

- 2 tablespoons olive oil
- 4 roasted red capsicums, seeded and peeled
- 1 Spanish onion, chopped
- 3 cloves garlic, crushed
- 100g sundried tomatoes, drained
- 2 teaspoons sweet paprika
- 2 small red chillies

1. Place all ingredients into a large mixing bowl.
2. Place the Wizz Stick into the ingredients and blend until smooth.

Basic bechamel sauce

- 3 tablespoons butter
- 3 tablespoons plain flour
- 1¼ cups milk
- Pepper and salt, to taste

1. Melt butter in a small saucepan over medium heat.
2. Stir in flour and cook for a 1 minute.
3. Remove from heat.
4. Gradually add the milk, using the Wizz Stick to blend the ingredients.
5. Return to the heat and continue blending mixture until sauce boils and thickens.
6. Season with pepper and salt, if desired.

Variations:

Cheese sauce

- 1 cup grated Cheddar cheese,
- 1 teaspoon English mustard

Herb sauce

- 3 shallots, thinly sliced
- 3 tablespoons freshly chopped parsley
- 1 tablespoon finely snipped dill

Spicy tomato and bacon pasta sauce

- 15 Roma Italian tomatoes
- 2 Spanish onions, chopped
- 3 tablespoons extra virgin olive oil
- 2 cloves garlic, crushed
- 6 rashers bacon, finely chopped and lightly fried
- ¼ cup sweet Thai chilli sauce
- ¼ cup balsamic vinegar
- Freshly ground black pepper

1. Place all ingredients into a large mixing bowl.
2. Place the Wizz Stick into the ingredients and blend until smooth.
3. Serve hot or cold over cooked pasta of your choice.

Smoked salmon and dill pasta sauce

- 300g smoked salmon
- 2 tablespoons fresh dill
- 1 teaspoon grated lemon rind
- 300ml sour cream
- 1 tablespoon lemon juice
- 200g light cream cheese
- 2 teaspoons French mustard

1. Place all ingredients into a large mixing bowl.
2. Place the Wizz Stick into the ingredients and blend until smooth.
3. Serve hot or cold over cooked pasta of your choice.

Basic mayonnaise

- 1 60g egg
- ¼ teaspoon salt
- 1 teaspoon mustard (optional)
- ½ teaspoon sugar
- Pinch cayenne pepper
- 1½ tablespoons lemon juice
- ¾ cup vegetable oil

1. Place the first 6 ingredients into a medium mixing bowl.
2. Place the Wizz Stick into the ingredients and blend.
2. With Wizz Stick still blending, gradually drizzle oil into egg mixture; blend until thick and smooth.

Flavour variations for mayonnaise

- 2 tablespoons freshly prepared pesto
- Or
- 2 tablespoons sundried tomatoes, finely diced
- 1 tablespoon freshly snipped chives
- Or
- 1 teaspoon tandoori paste
- 1 tablespoon mango chutney
- Or
- ½ cup corn relish

1. Blend in a selected flavour variation when the mayonnaise is thick and smooth.

Spicy tartare sauce

- 300ml egg mayonnaise
- 2 tablespoons lime juice
- 2 small red chillies, chopped
- 1 teaspoon grated lime rind
- ¾ cup chopped pickled gerkins
- 2 tablespoons freshly snipped chives
- 2 tablespoons capers, drained

1. Place all ingredients into a medium mixing bowl.
2. Place the Wizz Stick into the ingredients and blend until smooth.
3. Serve with seafood, fish or steak.

Citrus and coriander dressing

- ¾ cup orange juice, freshly squeezed
- 2 tablespoons lime juice
- 3 tablespoons sweet Thai chilli sauce
- 2 tablespoons coriander leaves
- 2 tablespoons rice wine vinegar
- 2 tablespoons extra virgin olive oil

1. Place all ingredients into a medium mixing bowl.
2. Place the Wizz Stick into the ingredients and blend until smooth.
3. Serve over salad.

Olive and herb tapenade

250g black olives, pitted
2 tablespoons sweet Thai chilli sauce
2 cloves garlic
2 tablespoons olive oil
1 tablespoon balsamic vinegar
2 tablespoons coriander
2 shallots, chopped

1. Place all ingredients into the chopping bowl.
2. Assemble the Wizz Stick on the chopping bowl and blend the ingredients until smooth.
3. Serve on warm crusty bread.

Basic pesto sauce

1 cup fresh basil leaves
1 tablespoon fresh lemon juice
2 tablespoons extra virgin olive oil
2 cloves garlic
 $\frac{1}{4}$ cup roasted pinenuts
Freshly ground black pepper

1. Place all ingredients into the chopping bowl.
2. Assemble the Wizz Stick on the chopping bowl and blend the ingredients until smooth.

Spicy satay sauce

2 cups shelled peanuts (500g)
3 tablespoons lemon juice
1 cup chicken stock
250ml coconut cream
 $\frac{1}{4}$ cup sweet Thai chilli sauce
 $\frac{1}{4}$ cup fruit chutney
1 tablespoon Mussaman curry paste

1. Place all ingredients into a medium mixing bowl.
2. Place the Wizz Stick into the ingredients and blend until smooth.
3. Serve with barbecued steak, chicken or lamb.

Cucumber and mint raita

600ml thick Greek style yogurt
2 Lebanese cucumbers, seeded and chopped
1 teaspoon flaked sea salt
1 teaspoon ground cumin
 $\frac{1}{8}$ cup mint leaves

1. Place all ingredients into a medium mixing bowl.
2. Place the Wizz Stick into the ingredients and blend until smooth.
3. Serve as an accompaniment with curries.

Milkshakes

1 cup chilled milk
2 scoops vanilla ice cream
 $\frac{1}{4}$ teaspoon vanilla essence

1. Place all ingredients into jug.
2. Place the Wizz Stick into the ingredients and blend until smooth and frothy (about 30 seconds).

Flavour variations

Chocolate

Add 1 tablespoon chocolate syrup

Or

$\frac{1}{2}$ tablespoon cocoa and $\frac{1}{2}$ tablespoon malt.

Strawberry

Add 5 fresh strawberries and 1 tablespoon strawberry syrup.

Strawberry smoothie

5 fresh strawberries, washed and hulled
50g natural yoghurt
1 scoop ice cream
1 cup chilled milk
1 tablespoon honey

1. Place all ingredients into jug.
2. Place the Wizz Stick into the ingredients and blend until thick and smooth (about 30 seconds)

Strawberries can be substituted with fruit of your choice.

Note

Get up and go breakfast shake

$\frac{1}{2}$ cup chilled milk
 $\frac{1}{2}$ cup chilled fruit juice
1 60g egg
1 tablespoon honey

1. Place all ingredients into jug.
2. Place the Wizz Stick into the ingredients and blend until smooth and creamy (about 30 seconds)

Easy desserts, cakes and doughs

Bread rolls

½ cup (125ml) tepid water
1 tablespoon vegetable oil
200g bread flour
¼ teaspoon salt
½ teaspoon sugar
½ teaspoon dry yeast

1. Place water, oil then dry ingredients into the chopping bowl.
2. Assemble the Wizz Stick on the chopping bowl and process the ingredients until a dough ball forms (about 15 seconds). If necessary, interrupt the process and add a little more water to form the dough.
3. Remove the dough from the bowl and place onto a lightly floured surface. Knead dough to form a smooth ball.

The process can be repeated to produce more bread rolls.

Note

4. Place the dough into a lightly greased glass bowl, cover and place in a warm position until the dough has doubled in size.
5. Remove the dough and cut evenly into two. Knead into rolls and place on a lightly greased baking tray.
6. Place the tray into a warm position until the rolls have doubled in size.
7. Bake in a preheated moderate oven 180°C for 15 minutes or until cooked and golden brown.

One bowl cake

1½ cups self raising flour
1 cup castor sugar
125g butter, melted
2 60g eggs, lightly beaten
1 teaspoon vanilla
½ cup milk

1. Place flour, sugar, butter and eggs into a medium mixing bowl.
2. Place the Wizz Stick Whisk into the ingredients and whisk until just combined (about 30 seconds).
3. Combine vanilla and milk and whisk into flour mixture until just combined (about 30 seconds).
4. Pour cake mixture into a greased and base line 20cm round cake pan.
5. Bake in preheated moderate 180°C oven for 30-35 minutes or until cooked and golden brown.

Flavour variations

Chocolate

Substitute ¼ cup self raising flour with ¼ cup cocoa.

Banana

Add ¼ cup mashed bananas and ½ teaspoon bicarbonate of soda with vanilla and milk.

Crepe batter

1½ cups plain flour
Pinch salt
2 60g eggs
1½ cups milk
1 tablespoon oil

1. Place all ingredients into a medium mixing bowl.
2. Place the Wizz Stick into the ingredients and blend until just combined (about 40 seconds).
3. Pour ¼ cup of mixture into a preheated and lightly greased frypan. Cook until light golden brown, turn and cook other side. Remove, keep warm. Repeat with remaining mixture.
4. Serve hot drizzled with lemon juice and sprinkled with castor sugar.



Easy Swiss chocolate mousse

800ml thickened cream
3 60g eggs
2 x 200gms dark Toblerone chocolate, melted

1. Place cream into a medium mixing bowl.
2. Place the Wizz Stick Whisk into the ingredients and whisk until cream has doubled in size and soft peaks formed.
3. Place the eggs into a separate mixing bowl and whisk until smooth and creamy. Slowly whisk in the cooled chocolate.
4. Fold the whipped cream into chocolate and egg mixture.
5. Pour mixture into individual serving dishes, cover and refrigerate for several hours or overnight before serving



Baby food

Vegetable blend

1 cup steamed vegetables

1. Place vegetables into jug.
2. Place the Wizz Stick into vegetables and blend until smooth (about 30 seconds)

Liquids (for example milk, formula or water) may be added to thin the mixture down depending on the age of the child.

Note