

Breville

Mini Wizz

Perfect for processing small quantities

Instructions for use
Includes recipes



Model BFP100

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Congratulations

on the purchase of your new Breville Mini Wizz

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:

Important safeguards for your Breville Mini Wizz

- Carefully read all instructions before operating and save for future reference.
- Remove any packaging material and promotional stickers before using the Mini Wizz for the first time.
- Do not place the Mini Wizz 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 Mini Wizz on or near a hot gas or electric burner, or where it could touch a heated oven.
- Handle the Mini Wizz and attachments with care – remember the blade is very sharp and should be kept out of reach of children.
- Always make sure the Mini Wizz is completely assembled before operating. The appliance will not operate unless properly assembled.
- Ensure the Mini Wizz 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 attaching the blade, whisk or processing lid.
- Always secure the processing bowl onto the motor base before attaching the blade or whisk.
- Always operate the Mini Wizz with the processing lid in position.
- Do not use attachments other than those provided with the Mini Wizz.
- Do not attempt to operate the Mini Wizz by any method other than those described in this booklet.
- Do not process hot or boiling liquids – allow liquids to cool before placing into the processing bowl.
- Do not operate the appliance continuously on heavy loads for more than 1 minute. Allow the motor to rest for 10 minutes after each 1 minute of operation. None of the recipes in this manual are considered a heavy load.
- Do not operate the appliance with a heavy load.
- Do not run the motor without food in the bowl.
- Always ensure the Mini Wizz 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 move the appliance, when not in use, if left unattended and before disassembling, cleaning or storing.
- Do not use the Mini Wizz on metal surfaces, for example a sink drain board.
- To protect against electric shock do not immerse the motor base cord or power plug in water or any other liquid.
- Do not move the Mini Wizz during operation
- Do not leave the Mini Wizz unattended when in use.
- Keep the appliance clean. Follow the cleaning instructions provided in this book.

Important safeguards for all electrical appliances

- Unwind the cord 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 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.

Know your Breville Mini Wizz

Release lever

Lid for processing bowl
with drop holes for emulsion

Stainless steel universal chopping/mixing blade

500 ml processing bowl
for use with chopping/mixing
blade or whisk attachment

Release button

3 speed soft touch control
CHOP, WHISK, GRIND

ON/OFF switch

Cord wrap facility
(under the motor base)

250 watt motor
for high speed processing



Accessories: Storage Lid
Whisk attachment

How to operate your Breville Mini Wizz

Before using your Breville Mini Wizz, remove all packaging materials and promotional materials, being careful when handling the blade, as it is very sharp. Wash the bowl, lid and other attachments in warm, soapy water.

Chopping, grinding and whisking

- **CHOP function button** – use for pulsing and rapid chopping/mixing with the chopping/mixing blade rotating clockwise.
- **GRIND function button** – use for pulsing and rapid grinding with the chopping/mixing blade rotating anti-clockwise.
- **WHISK function button** – use for whisking and blending with the whisk attachment rotating anti-clockwise.

1. Place the motor base on a dry, level surface.
Ensure the Mini Wizz is turned off at the ON/OFF switch, the power is switched off at the power outlet and the power plug is unplugged from the power outlet.
2. Place the processing bowl over the motor shaft and turn the bowl slightly to the left until it drops down into position on the motor body. Gently turn the bowl clockwise to lock into position.



3. Place the chopping/mixing blade onto the motor shaft.



4. Add food to be processed into the bowl. For quantities refer to page 9
5. Place the lid on top of the bowl with the raised locking tab facing towards the release lever on the rear column on the motor base. Turn the lid clockwise until the lid locks into place.



How to operate your Breville Mini Wizz continued

6. Push the release lever on the rear column of the motor base down onto the raised locking tab of the lid until it locks in place.



The Mini Wizz will not operate until the lid is locked into the correct position and the release lever is locked onto the processing lid.

Note

7. Insert the power plug into a 230/240V power outlet and switch on at the power outlet.
8. Press the ON/OFF switch to ON and select either the Chop or Grind buttons to start the chopping/mixing or grinding functions. Press the appropriate button in short bursts. (Refer to page 9 for approximate times)



9. To whisk ingredients, use the Whisk attachment and the Whisk button. Remove the lid and chopping/mixing blade by following steps "How to disassemble the Mini Wizz" on Page 10. Attach the Whisk attachment by following steps 3 to 8.



The processing lid has two small holes in the indents on top so that liquid ingredients can be added whilst the Mini Wizz is in operation. A storage lid has been provided for storing food in the processing bowl if required.

Note



Handy hints for best results

- Do not overload the appliance by putting in too much food (Refer to table for quantities).
- Limit cream to be whisked to 200ml.
- Do not operate continuously for more than one minute.
- Always remove blade before pouring out food.
- Chop larger quantities in batches; do not exceed recommended maximum quantities.
- To ensure even chopping results, cut food into pieces of similar size up to 2cm square.
- When chopping herbs, ensure they are as dry as possible.
- To avoid damage to the chopping/mixing blade, do not process, or grind hard items such as frozen foods, ice, cereals, rice, spices and coffee.
- Do not process thin liquids such as water or milk.

Recommended foods, quantities and function

Type of food	Preparation	Maximum amount at one time	Function Chop, Grind or Whisk	Approximate time
Lean meat	Trim excess fat and sinew	100g	Chop	10-20 seconds
Fish	Remove skin and bones and cut into 2cm cubes	150g	Chop	10-20 seconds
Onions	Peel and cut into 1.5-2cm pieces	100g	Chop	10-15 seconds
Garlic	Peel	5 cloves	Chop	10-15 seconds
Apple, raw	Peel and cut into 1.5cm pieces	150g	Chop	10-15 seconds
Cabbage	Remove the core and cut into 2 cm cubes	100g	Chop	5 seconds
Peanuts	Remove the skin	100g	Grind	15 seconds
Bread	Cut into 2cm pieces	100g	Chop	15 seconds
Mayonnaise	Mix the egg yolk and vinegar. Then add the oil.	125g	Whisk	60 seconds
Whipped cream	Add sugar or vanilla if desired	200ml	Whisk	60 seconds
Peppercorns	Whole	100g	Grind	20-30 seconds
Cinnamon sticks	Halve	30g	Grind	20-30 seconds
Fresh ginger	Peel, cut into 1.5cm pieces	100g	Chop	20-30 seconds

Problem	Solution
Motor doesn't start or blade doesn't rotate	<ul style="list-style-type: none">· Check that the processing bowl and lid are securely locked into place.· Check that the release lever is locked onto the processing lid.· Check the ON/OFF switch is pressed to ON.· Check that the power plug is securely inserted into the power outlet and switched ON.· Be sure to press only one function control button at a time.
Food is unevenly chopped	Either too much food is being chopped at one time or the pieces are not small enough. Try cutting food into smaller pieces of even size and processing a smaller amount per batch. For best results the food should be chopped into pieces no larger than 2cm.
Food is chopped too fine or is watery	The food is over processed. Use brief pulses or process for a shorter time using the chop function.
Food collects on processing bowl cover or side of bowl	Processing too much food. Turn the Mini Wizz off. When the blade stops rotating, remove the cover and clean the bowl and cover with a spatula. Reduce quantity of food to be processed.
Food sticks to blade	Processing too much food. Turn the Mini Wizz off. When the blade stops rotating, remove the cover. Carefully remove the blade. Remove the food from the blade with a spatula, reduce quantity of food and continue processing.

How to disassemble the Mini Wizz

1. Turn the Mini Wizz to OFF at the ON/OFF switch, switch the power off at the power outlet and unplug from the power outlet.
2. Press the button on the rear column of the motor base to unlock the release lever from the processing lid.
3. Turn the processing lid anticlockwise until it unlocks and pull the lid upwards to remove.
4. Carefully turn the processing bowl anticlockwise until it unlocks, then lift the bowl upwards to remove.
Remove the chopping/mixing blade (or whisk) from the motor shaft by lifting the blade upwards.

Care, cleaning and storage

When finished processing, follow instructions How to Disassemble the Mini Wizz

Cleaning

Motor base

Wipe the motor base over with a clean damp cloth after each use.

Other parts

Hand wash the bowl, processing lid, storage lid, chopping/mixing blade and whisk in hot soapy water using a mild detergent. Rinse and dry thoroughly with a soft cloth. Do not use steel wool, scouring pads or abrasive cleaners, as these will scratch the surfaces.

It is not recommended to wash any parts of this appliance in a dishwasher as exposure to harsh detergents and hot water temperatures will damage and shorten the life of the plastic parts.

The chopping/mixing blade is very sharp so handle with care at all times. Use extreme care when washing. To avoid accidental cuts do not leave blade to soak in sudsy water.

Note

Storage

Before storing, thoroughly dry all parts. Store the Mini Wizz assembled, with the chopping/mixing blade in place in the bowl, on the kitchen bench or in an easy to access cupboard. Store the blade out of reach of children. Store the appliance upright. Do not store anything on top of the appliance.

The chopper cutting blade is very sharp, use extreme care when storing.

Note

Food Stains and Odours

Food such as carrot may leave a stain on plastic parts whilst other foods such as garlic will leave a strong odour. To remove either, soak the parts for 5 minutes in 1 litre water with ¼ cup lemon juice.



NEVER IMMERSE THE MOTOR BASE, CORD OR POWER PLUG IN WATER OR ANY OTHER LIQUID.

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Model BFP100 Issue 1/04

Breville

Recipes

Delicious recipes

Includes instructions for use



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Starters and dips

Greek yoghurt dip

½ Lebanese cucumber
1 tablespoon salt
2 cloves garlic
200g carton natural yoghurt
1 tablespoon olive oil
Black pepper to taste
Black olives, for serving

1. Wash and dry the cucumber and cut into cubes.
2. Assemble Wizz using chopping/mixing blade.
3. Place cucumber, in batches, into processing bowl and process finely using the CHOP function.
4. Remove cucumber and mix with salt. Allow to stand 10 minutes.
5. Place cucumber in a sieve and rinse quickly under cold water.
6. Drain cucumber and press out excess water with the back of a spoon.
7. Reassemble using the chopping/mixing blade.
8. Place garlic into the processing bowl and process finely using the CHOP function.
7. Add the yoghurt, oil and pepper and process until smooth using the CHOP function.
8. Stir cucumber into yoghurt mixture.
9. Cover and refrigerate until well chilled.

Serve garnished with black olives and accompanied with crisp Lebanese bread strips or raw vegetable pieces.

Pesto dip

½ cup fresh basil leaves
1 clove garlic, peeled
25g pine nuts
¼ cup cottage cheese
1 tablespoon Parmesan cheese, grated

1. Wash and dry the basil leaves.
2. Assemble Wizz using chopping/mixing blade
3. Place basil leaves and garlic into processing bowl and chop for 10-15 seconds using the CHOP function.
4. Add pine nuts and process for 10 seconds. Add cheeses and process until smooth.
5. Scrape mixture from sides of bowl with a spatula.
6. Process mixture in short bursts until smooth.
7. Cover and refrigerate until well chilled.

Serve with a selection of crisp breads and cracker biscuits.

Smoked salmon pate

1 teaspoon grated lemon rind
1 tablespoon lemon juice
75g cream cheese
75g smoked fish, skin and bones removed (salmon, trout or mackerel)
1 teaspoon horseradish cream
1 teaspoon fresh parsley sprigs
White pepper, to taste

1. Assemble Wizz using chopping/mixing blade
2. Place lemon rind, juice and cream cheese into processing bowl and process until smooth using the CHOP function.
3. Add fish, horseradish cream, parsley and pepper and process for 10-15 seconds.
4. Scrape mixture from sides of bowl with a spatula.
5. Process mixture in short bursts until smooth.
6. Cover and refrigerate until well chilled.

Serve with water biscuits or Melba toasts.

Sauces and dressings

Herb dressing



- ¾ cup mixed fresh herbs (parsley, coriander, mint, chives, rosemary, and basil)**
- 1 clove garlic, optional**
- 2 tablespoons olive oil**
- 3 tablespoons Balsamic vinegar**

1. Assemble Wizz using chopping/mixing blade
2. Place herbs and garlic into processing bowl and process until chopped finely using the CHOP function.
3. Add oil and vinegar and process until combined.

Serve with lamb, chicken or fish.

Mayonnaise



- 2 egg yolks**
- 1 teaspoon dry mustard**
- 1 tablespoon vinegar**
- Salt and white pepper, to taste**
- ½ cup vegetable oil**

1. Assemble Wizz using the whisk attachment.
2. Place egg yolks, mustard, vinegar, salt and pepper into processing bowl and process for 10-15 seconds using the WHISK function.
3. With the motor running, add the oil slowly through the feed holes on top of the processing lid and process until smooth. **Do not over process.**
4. Taste and adjust seasoning with extra salt, pepper and vinegar if required.
5. Cover and store in the refrigerator.

Hollandaise sauce



- 2 egg yolks**
- 2 tablespoons lemon juice**
- ½ cup hot melted butter**
- Salt and pepper, to taste**

1. Assemble Wizz using the whisk attachment
2. Place egg yolks and lemon juice into processing bowl and process for 10-15 seconds using the WHISK function.
3. With the motor running, add the melted butter slowly through the feed holes on top of the processing lid, process until smooth. **Do not over process.**
4. Season to taste.
5. Cover and store in the refrigerator.

Orange salad dressing



- Juice of 1 orange**
- 1 tablespoon Balsamic vinegar**
- 1 sprig fresh rosemary**
- 1 small clove garlic**
- Black pepper, if desired**

1. Assemble Wizz using chopping/mixing blade
2. Place all ingredients into processing bowl and process until smooth using the CHOP function.

Satay sauce



- 2 cloves garlic
- 1 small onion
- 2 teaspoons peanut oil
- ½ cup roasted peanuts
- 1 small chilli, halved and seeded
- ¾ cup water
- 2 tablespoons lemon juice
- 1 tablespoon dark soy sauce
- 2 tablespoons coconut milk
- 1 teaspoon brown sugar

1. Assemble Wizz using chopping/mixing blade
2. Place garlic and onion into processing bowl and chop in quick bursts using the CHOP function.
3. Heat oil in a saucepan and cook garlic and onion mixture until lightly browned.
4. Place remaining ingredients in processing bowl and process until smooth.
4. Pour combined mixture over garlic and onion mixture and stir over a gentle heat to warm through.
5. Serve immediately or cover and store in the refrigerator.

Satay sauce may thicken on standing, if this happens stir in a little more warm water.

Note

Hot chocolate sauce



- ¾ cup cream
- 1½ tablespoons brown sugar
- ¼ teaspoon vanilla essence
- 75g dark block chocolate, broken into small pieces

1. Combine cream, sugar and vanilla essence in small saucepan and heat until almost boiling. Cool slightly.
2. Assemble Wizz using the whisk attachment.
3. Place chocolate into processing bowl and process for 10-15 seconds using the WHISK function.
4. With the motor running, add the warm cream mixture slowly through the feed holes on top of the processing lid and process for 10-15 seconds.
4. Scrape mixture from sides of bowl with a spatula.
5. Process mixture in short bursts until smooth.
6. Cover and store in the refrigerator. Warm before serving.

Serve warm over ice cream or waffles.

Fresh strawberry sauce



- 1 punnet strawberries, washed and hulled
- ¾ cup caster sugar
- 1 tablespoon port (optional)
- 1 tablespoon lemon juice

1. Assemble Wizz using chopping/mixing blade
2. Place all ingredients into processing bowl and process until smooth using the CHOP function.
3. If required, place strawberry mixture through a sieve to remove fine seeds.
4. Cover and store in the refrigerator.

Serve with cheesecakes, pancakes, waffles and ice-cream.

Main meals

Tandoori-style fish

Rind and juice of 1 lemon

125g natural yogurt

1 onion, cut into quarters

4 cloves garlic

1 teaspoon ground cumin

1 teaspoon ground coriander

½ teaspoon paprika

Sprinkle of cayenne pepper

4 Atlantic salmon cutlets

1. Assemble Wizz using chopping/mixing blade.
2. Place rind, juice, yoghurt, onion, garlic and spices into processing bowl and process until smooth using the CHOP function.
3. Arrange salmon cutlets in a shallow glass or ceramic container. Coat salmon with paste, cover and refrigerate for 2 hours.
4. Cook salmon cutlets on a preheated grill or barbeque for 3 minutes each side or until fish is cooked when tested.

Lamburgers

**1 tablespoon fresh herb sprigs
(parsley, coriander or rosemary)**

1 slice bread, crusts removed

½ small onion, quartered

200g trim lamb, diced

1 tablespoon mint sauce

Salt and pepper, to taste

1. Assemble Wizz using chopping/mixing blade.
2. Place herbs, bread, onion and lamb into processing bowl in two batches and process 10-15 seconds using the CHOP function.
3. Place processed ingredients into a mixing bowl, add mint sauce and seasonings, mix well.
4. Shape mixture into 3-4 burgers, cover and refrigerate 20-30 minutes.
5. Cook burgers on a preheated grill or pan fry for 5 minutes each side or until cooked when tested.

Indian lamb

Spice mixture:

- 1 onion, chopped
- 2 cloves garlic, peeled
- 2 teaspoons ground cumin
- 1 teaspoon coriander
- ½ teaspoon ground cardamom
- ½ teaspoon garam marsala
- ¼ teaspoon cayenne pepper
- ¼ cup water

- 1 tablespoon oil
- 2 tablespoons mustard seeds

- 500g trim lamb, diced
- 1 onion, chopped
- 1 red capsicum, sliced
- 6 spinach leaves, shredded
- 2 tablespoons lemon juice
- Toasted almonds, optional

1. Assemble Wizz using chopping/mixing blade.
 2. Place onion, garlic, spices and water into processing bowl and puree using the GRIND function.
 3. Heat oil in a large wok or frypan. Add mustard seeds and cook 1-2 minutes. Add onion puree and cook until most of the liquid has evaporated.
 4. Add the diced lamb and stir fry in onion puree until almost cooked, remove from pan and set aside.
 5. Stir fry onion and capsicum until softened, add spinach and lemon juice. Cook spinach until just wilted.
 6. Return lamb mixture to pan and toss well.
- Serve immediately garnished with toasted almonds.

Smoked salmon and guacamole fettuccine

- 1 shallot, cut in 2cm lengths
- 1 clove garlic, peeled
- ¼ cup sour cream
- 2 teaspoons lemon juice
- Pinch of salt, optional
- 2 slices smoked salmon
- ½ avocado, peeled, seeded and cubed
- 125g fettuccine, cooked and drained
- Shaved Parmesan cheese, optional

1. Assemble Wizz using chopping/mixing blade.
2. Place shallot and garlic into processing bowl and roughly chop for 3-4 seconds using the CHOP function.
3. Add sour cream, lemon juice and salt and process 3-4 seconds.
4. Add salmon and avocado and process until smooth.
5. Toss mixture through hot fettuccine and serve immediately, sprinkled with Parmesan cheese.

Fish in spicy red sauce

2 fillets fish
1cm slice fresh ginger
1 small clove garlic
2 teaspoons olive oil
1 tomato, cubed
2 teaspoons chilli sauce
¼ cup white wine
1 tablespoon soy sauce

1. Lightly pan fry fish, remove from pan and keep warm.
2. Assemble Wizz using chopping/mixing blade.
3. Place ginger and garlic into processing bowl and roughly chop 3-4 seconds using the CHOP function.
4. Heat oil and pan fry ginger mixture for 1 minute, add remaining ingredients and simmer for 5 minutes. If a smooth sauce is required, cool the mixture and place in processor bowl. Process using the CHOP function.
5. Return fish to pan and heat. Serve with spicy red sauce.

Pasta with olives and sundried tomatoes

3 shallots
60g pitted olives
60g sun dried tomatoes
3 tablespoons parsley
½ teaspoon pepper
200g noodles or fettuccine, cooked and drained
30g grated Parmesan cheese
4 pitted olives, sliced
4 extra sun dried tomatoes, sliced

1. Assemble Wizz using chopping/mixing blade.
2. Place shallots, olives, tomatoes, parsley and pepper into processing bowl and process 5-10 seconds using the CHOP function.
3. Toss mixture through hot noodles, sprinkle with Parmesan cheese and garnish with sliced olives and sun-dried tomatoes.

Baby meals

A baby's first foods will influence their life long eating habits. The Mini Wizz is ideal for processing small quantities of nutritious baby food. Recipes are a guideline only and before giving foods to the baby or toddler check with your doctor for his or her dietary needs.

First foods

These recipes are ideal for baby's first taste experience. They are easily digested and suitable for babies under 12 months old.

Golden puree

½ small sweet potato, peeled and sliced
3 baby squash, trimmed and halved

1. Assemble Wizz using chopping/mixing blade
2. Place sweet potato into processing bowl and roughly chop for 5-10 seconds using the CHOP function.
3. Cook chopped sweet potato and squash in a microwave oven or steamer until tender. Cool.
4. Return cooled vegetables to processing bowl and puree until smooth.

Avocado and pear

½ ripe pear, peeled and halved
½ avocado, stoned and peeled

1. Assemble Wizz using chopping/mixing blade
2. Place ingredients into processing bowl and puree until smooth using the CHOP function.
3. Serve immediately to avoid fruit discolouring.

Soya bean and vegetable

¼ cup green peas
2 baby squash, trimmed and halved
1 tablespoon canned soya beans

1. Cook peas and squash until tender. Cool.
2. Assemble Wizz using chopping/mixing blade.
3. Place cooled vegetables and soya beans into processing bowl and puree until smooth using the CHOP function.
4. If the mixture thickens when processing add a little water through the feed holes to achieve desired consistency.

Apple and banana custard

½ small apple, cored
1 small banana, peeled and diced
½ cup prepared baby custard

1. Cook apple until just soft. Cool.
2. Assemble Wizz using chopping/mixing blade
3. Place cooled apple and banana into processing bowl and puree using the CHOP function.
4. Fold fruit into custard.
5. Serve immediately to avoid fruit discolouring.

Fruity frozen yoghurt

- 1 peach, peeled, de-seeded, halved**
- 1 small ripe banana, peeled, diced**
- ½ cup vanilla yoghurt**

1. Assemble Wizz using chopping/mixing blade.
2. Place all ingredients into processing bowl and puree until smooth using the CHOP function.
3. Spoon mixture into air tight container and freeze until just set.

Fruit yoghurt

- ½ cup dried apricots**
- ½ cup hot water**
- 1 small ripe banana, peeled, diced**
- ½ cup thick natural yoghurt**

1. Soak apricots in hot water for 20 minutes.
2. Assemble Wizz using chopping/mixing blade.
3. Place apricots, water and banana into processing bowl and puree until smooth using the CHOP function.
4. Add yoghurt and process to combine.

Banana and melon

- ½ banana, peeled**
- 1 slice honeydew or rockmelon, rind removed**

1. Assemble Wizz using chopping/mixing blade.
2. Place ingredients into processing bowl and puree until smooth using the CHOP function.
3. Serve immediately to avoid fruit discolouring.

Toddler foods

As baby gets older the digestive system becomes stronger and is able to digest foods like egg yolks, fish and cottage cheese.

Baby may also prefer food less smooth. For slightly coarser textured food simply puree for less time.

These recipes are suitable for babies over 12 months of age.

Fast fish

100g tuna or other cooked flaked fish, bones removed

- 1 zucchini, sliced and cooked**
- ½ potato, diced and cooked**

1. Assemble Wizz using chopping/mixing blade.
2. Place cooled ingredients into processing bowl and puree until smooth using the CHOP function.
3. Serve chilled or warm.

Creamy chicken and apricot

- 5 dried apricots**
- 75g boneless chicken, diced**
- 200mls chicken stock or water**
- 1 tablespoon natural yoghurt**

1. Assemble Wizz using chopping/mixing blade.
2. Place apricots into processing bowl and roughly chop using the CHOP function.
3. Combine apricots, chicken and stock in a small saucepan, bring to the boil, reduce heat and simmer 10-12 minutes or until chicken is cooked. Cool slightly.
4. Place cooled ingredients into processing bowl and puree until smooth. Blend in yoghurt.
5. Warm before serving.

Cauliflower cheese

- ¾ cup cooked noodles**
- 2 florets cauliflower, cooked, cooled**
- 2 tablespoons grated mild cheese or cottage cheese**

1. Assemble Wizz using chopping/mixing blade.
2. Place cooled ingredients into processing bowl and puree until smooth using the CHOP function.

Savoury salad

- ¾ cup cooked sweet potato, cooled**
- 2 flowerettes broccoli, cooked**
- ½ avocado, peeled, de-seeded, diced**
- 2 tablespoons vegetable stock**

1. Assemble Wizz using chopping/mixing blade.
2. Place all ingredients into processing bowl and puree until smooth using the CHOP function.
3. Chill before serving.

Mushroom and chickpeas

- 2 mushrooms**
- 2 tablespoons cooked peas, cooled**
- ½ stalk celery, sliced**
- 2 tablespoons water**
- 2 tablespoons canned or cooked chickpeas**
- 2 tablespoons prepared formula milk**

1. Assemble Wizz using chopping/mixing blade.
2. Place mushrooms, peas and celery into processing bowl and roughly chop for 5–10 seconds using the CHOP function.
3. Cook chopped vegetables in water in a microwave oven or steamer until tender. Cool.
4. Return cooled vegetables with chickpeas and milk to processing bowl and puree until smooth.
5. Warm before serving.

Baby muesli

- 1 tablespoon rolled oats**
- 2 tablespoons baby rice cereal**
- 1 teaspoon sultanas**
- ¼ small apple, peeled, sliced**
- 4 tablespoons prepared formula milk**

1. Assemble Wizz using chopping/mixing blade.
2. Place oats, cereal, sultanas and apple into processing bowl and roughly chop for 5–10 seconds using the CHOP function.
3. Continue processing and add milk through the feed holes to achieve desired consistency.
4. Warm before serving.

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