## How Do I Use IT??? Let me Count the Ways...

- 1. Chopping nuts for baking
- 2. Pureeing nuts for peanut butter or almond butter
- 3. Making baby food
- 4. Mincing garlic
- 5. Chopping cilantro, basil, dill, and other fresh herbs
- 6. Making pesto
- 7. Beating 2-3 eggs for a fluffy omelet
- 8. Chopping no-tear onions
- 9. Chopping bell peppers, carrots, celery and other veggies for salads
- 10. Chopping potatoes for hash browns
- 11. Chopping veggies to "hide" in spaghetti sauce, meat loaf, etc. for picky eaters
- 12. Making cole slaw for one or two servings
- 13. Chopping hard boiled eggs
- 14. Chopping pickles for salad or homemade relish
- 15. Chopping chicken, ham, or turkey for salad toppings
- 16. Making single portions of egg salad, tuna salad, salsa, chicken salad
- 17. Making applesauce, salsa and guacamole for one
- 18. Chopping frozen fruit
- 19. Chopping candy bars, cookies, nuts for blizzards or ice cream sundae bar
- 20. Crushing peppermint candy
- 21. Chopping chocolate bars into "chips"
- 22. Mashing bananas for banana bread
- 23. Making single portion of mashed potatoes
- 24. Making bread or cracker crumbs
- 25. Making herbed butter or honey butter



