



User's Guide

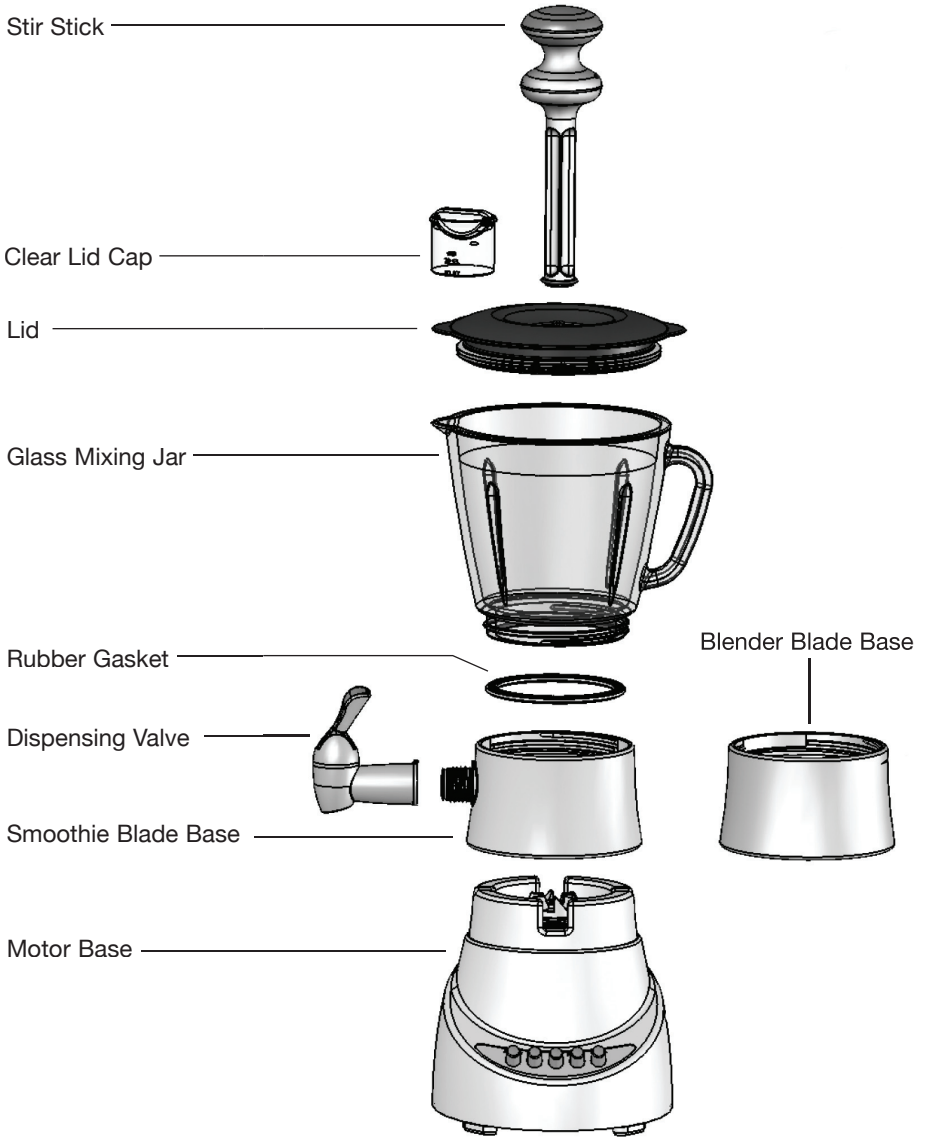
# Blender Solution™ 4000

with Smoothie Attachments



# QUICK REFERENCE

## Blender Solution™ 4000 Parts



# IMPORTANT SAFEGUARDS

## **WARNING**

**WARNING: This appliance is not a toy. Close adult supervision is necessary when used by or near children. Please do not leave this unit unattended with children.**

When using electrical appliances, basic safety precautions should always be followed:

- Read all instructions.
- To protect against risk of electrical shock do not put cord, plug or motor in water or other liquid.
- Close supervision is necessary when any appliance is used by or near children.
- Unplug appliance from outlet when not in use, before putting on or taking off parts, and before cleaning.
- Make sure appliance is OFF when not in use, before putting on or taking of parts, and before cleaning.
- Avoid contacting moving parts.
- Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions, or is dropped or damaged in any manner. Return appliance to Back to Basics for examination, repair or electrical or mechanical adjustment.
- The use of attachments, including canning jars, not recommended by the manufacturer may cause a risk of injury to persons.
- Do not use outdoors.
- Do not let cord hang over edge of table or counter.
- Do not let cord contact hot surface, including the stove.
- Do not use this appliance for other than it's intended use.
- Keep hands and utensils (other than included stir stick) out of container while blending to reduce the risk of severe injury to persons or damage to the appliance. A scraper may be used but must be used only when the blender is not running.
- Blades are sharp. Handle carefully.
- To reduce the risk of injury, never place cutter-assembly blades on base without jar properly attached.

# IMPORTANT SAFEGUARDS

- Always operate blender with lid in place.
- When blending hot liquids, remove center piece of two-piece lid.
- Keep hands and utensils out of container to reduce the risk of injury to persons or damage to the mixer.
- Be sure to turn switch to OFF position after each use.
- Never add ingredients to container while appliance is operating.
- Container must be properly in place before operating appliance.
- The use of accessory attachments not recommended or sold by Back to Basics may cause fire, electrical shock or injury.
- Do not place on or near a hot gas or electrical burner or in a heated oven.
- Turn off machine before removing the mixing container from the base and before placing the mixing container on the base.
- Do not run motor without mixing container properly attached to motor base or when mixing container is empty.
- Do not blend excessively hot liquids. Never pour boiling water into the mixing container.
- Be sure to turn switch to OFF position after each use.
- To disconnect, grip plug and pull from wall outlet. Never pull on cord to disconnect.
- Never leave the house while the appliance is on.
- A short cord set is provided to reduce the hazards resulting from becoming entangled in or tripping over a longer cord.
- Extension cords may be used if care is exercised in their use. The marked electrical rating of the extension cord should be at least as great as the electrical rating of the appliance. The extension cord should be arranged so that it will not drape over the counter top where it can be tripped over or pulled by children.
- After running the motor continuously for three minutes, wait at least five minutes before running the motor again.

# IMPORTANT SAFEGUARDS

- This appliance has a polarized plug (one blade is wider than the other). To reduce risk of electric shock, this plug will fit into a polarized outlet only one way. If the plug does not fit fully into the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not modify the appliance plug in any way.

**SAVE THESE INSTRUCTIONS.  
INTENDED FOR HOUSEHOLD USE  
ONLY.**

# INTRODUCTION

## BLENDER SOLUTION™ 4000

Congratulations! We hope you enjoy your new Back to Basics® Blender Solution™ 4000. The Blender Solution™ is designed for endless blending and chopping possibilities and easy clean-up capabilities. The Blender Solution™ has been designed with three speeds (low, medium, high + pulse operation) that let you purée, blend, mix, chop and liquefy your favorite fresh ingredients to make gourmet soups, homemade salsas, icy cocktails, thick and delicious frozen smoothies and shakes, baby food and more.

The Blender Solution™ is two appliances combined into one.

- Use the Blender Attachment to make gourmet soups, to smoothly blend creamy salad dressings, to puree baby food, salsa or to mix batters for homemade multigrain pancakes and waffles.
- Use the Smoothie Maker Attachment to quickly and easily blend and dispense perfect fruit smoothies, icy cocktails, frozen coffee and thick shakes.

The powerful 430-watt/500-watt pulse power motor, specially-designed stainless steel blades and 3-speed operation work together to precisely blend and chop all types of ingredients for exact recipe specifications. The smoothie maker blade base has been specifically designed with heavy stainless steel blades to easily crush ice and frozen fruit. The blender blade base also can be used to make smoothies and other frozen drinks. Both are built to accommodate the revolutionary stir stick, which when rotated counter-clockwise, increases blending efficiency. The 48-ounce glass mixing jar has a spill-proof pour spout and is dishwasher-safe.

Enjoy!

# WARRANTY

## ONE-YEAR LIMITED WARRANTY

Back to Basics Products, Inc., warrants your new Blender Solution™ 4000 to be free from defects in materials and workmanship under normal household use for a period of 1 year from the date of purchase. During this period, such defects will be repaired or the product replaced at Back to Basics' discretion without charge. This warranty does not cover exterior or interior finish or damage caused by misuse, accident, or negligence.

A purchase receipt or other proof of date of original purchase may be required before warranty service is rendered. Please fill out and return the warranty registration card located on page 20.

If a problem with this houseware item develops during or after the warranty period, please contact Back to Basics Products, Inc. for service.

If service is required:

- Send a brief letter explaining the problem. Be sure to include your name, address and phone number.
- For faster service, call 1.800.688.1989 or e-mail: @btbproducts.com.
- Most service problems are resolved with the replacement of a part. If this is not the case, we will give you instructions for returning the unit.

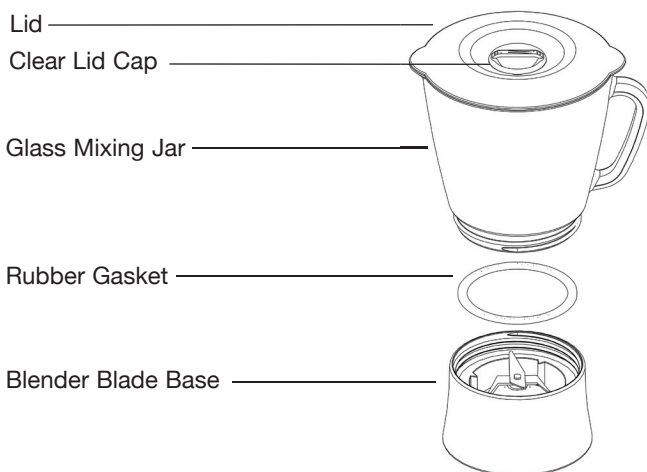
Any appliance submitted for repair must be sent (transportation charges prepaid) to:

Back to Basics Products, Inc.  
675 West 14600 South  
Bluffdale, UT 84065

If you have any questions concerning the use or care of this product, or comments regarding your experience with the product, please write a letter explaining the nature of your concern.

## Use and Care (Assembly)

To use your Blender Solution™ 4000, begin by assembling the glass mixing jar.

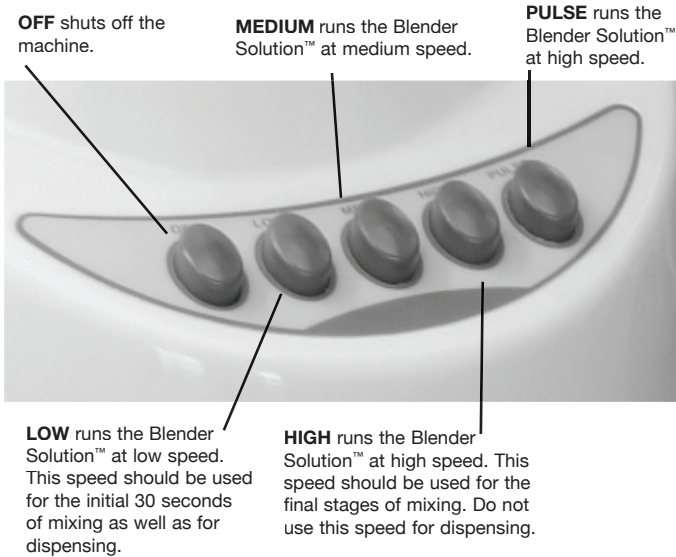


1. Position the rubber gasket down onto the circular flat surface in the plastic blender or smoothie blade base.
2. Place the bottom threaded section of the glass mixing jar down into the plastic blade base. Engage threads by twisting the blade base clockwise until tightened onto the jar. Make sure that the blade base is tightly fastened to the jar and that the rubber gasket is properly compressed between the jar and the plastic blade base.
3. Push the lid onto the top of the mixing jar. Place the clear lid cap in the center of the lid or place the stir stick through the center of the lid.
4. Place the mixing jar onto the motor base so that the bottom of the blade base is sitting flat on the motor base.
5. Plug in the cord. Your Blender Solution™ 4000 is now ready to use!



## OPERATION

### BLENDER SOLUTION™ 4000 CONTROL BUTTONS



### BLENDER OPERATION

1. Assemble the blender blade base onto the glass mixing jar.
2. Add ingredients to the mixing jar and replace the lid. You may add more ingredients through the hole in the center of the lid. (Note: Add liquid ingredients first, then add frozen or solid ingredients. This will prevent excessive wear and stress on the motor). Cover the hole with the clear lid cap or stir stick during operation.
3. **TO START BLENDING:** Choose a speed for blending the ingredients and then press the appropriate button.
4. **TO STOP BLENDING:** To stop the blending process, push the OFF button.
5. **PULSE MODE:** The PULSE button allows you to create short bursts of power. To use the PULSE function, repeatedly push and release the PULSE button. The PULSE function should be used in the initial stage of blending ice and frozen ingredients for smoothies and other frozen drinks. The PULSE function should also be used to break apart larger pieces of food or to control the texture of food when chunkier results are desired.

# OPERATION

## SPEED SELECTION GUIDE

INGREDIENTS:	SPEED:	RESULT:
Salsa	Pulse and then Low	Chunky
Nuts	Pulse and then Low	Coarse
Bread, Cookies, Crackers	Pulse and then Low	Coarse
Heavy Whipping Cream	Low	Thick
Mayonnaise	Medium	Creamy
Salad Dressing	Medium	Creamy
Cheese	Pulse and then Medium	Coarse
Grating / Chopping Citrus Zest	Medium	Fine
Smoothies, Cocktails, Shakes	Pulse and then High	Thick and Smooth
Baby Foods / Fruit & Vegetable purees	High	Smooth and Creamy

## SMOOTHIE MAKER OPERATION

The Blender Solution™ 4000 mixing jar is conveniently marked to create perfect smoothies for two or four servings. To make a frozen blend of your favorite healthy foods, follow these simple steps:

1. Assemble the smoothie maker blade base (with dispensing valve) onto the glass mixing jar and place the stir stick through the hole in the center of the lid of the glass mixing jar.
2. **Add Liquids:** Add any combination of liquid ingredients up to the LIQUIDS mark. Liquids include any soft ingredients such as fruit, milk, fruit juice, herbal supplements or yogurt in any combination that you think would be tasty.

We are, of course, partial to the Back to Basics® smoothie mixes, which quickly and easily make three delicious 8-ounce smoothies.

3. **Add Ice:** Add ice or frozen ingredients until the total level reaches the FROZEN INGREDIENTS line on the side of the mixing container. Frozen ingredients include ice, frozen fruit, frozen yogurt, ice cream, etc.

## OPERATION

- Smooth It:** With the lid on and the stir stick set in the hole in the center of the lid, press and release the PULSE button 3 to 5 times to get things started. Next, press the LOW button and run the machine at LOW for about 30 seconds. Finally, push the HIGH button. Continue until smooth. Turn the stir stick counter-clockwise for best mixing results.
- Serve It:** To serve the smoothie, push the LOW button, hold a cup under the valve, and with the motor running, press down on the dispensing valve. Stir the smoothie with the stir stick while dispensing thick smoothies. As the smoothie level reaches the bottom of the glass mixing jar, a thick mix may stop dispensing. Add a few tablespoons of liquid to increase flow. When the glass mixing jar is empty, shut off the machine. Enjoy!
- You can continue making smoothies one after another. When you are finished, be sure to wash thoroughly the glass mixing jar, dispensing valve, lid and stir stick. See care and cleaning on page 12.

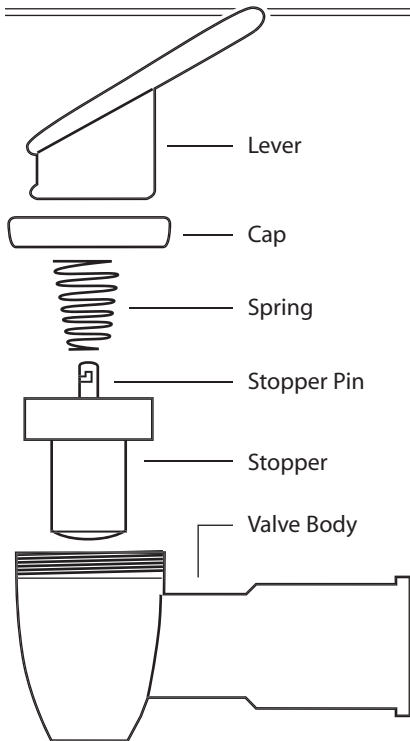
### TIPS FOR GENERAL OPERATION

- **Thicker Smoothies:** To make a thicker smoothie, add more **frozen** ingredients.
- **Thinner Smoothies:** To make a thinner smoothie, add more **liquid** ingredients.
- Always add liquid ingredients to the glass mixing jar first and then add remaining ingredients. This will prevent excessive wear on the motor and ensure that the ingredients are properly blended.
- Cut harder foods (e.g. cheese) into approximately 1 inch cubes to achieve better chopping results.
- The stir stick may be used to assist in making frozen drinks or for blending any other types of ingredients. When the stir stick is not being used, be sure to place the clear lid cover over the hole in the center of the lid.
- When chopping dry ingredients such as bread crumbs, nuts, spices, etc., make sure that the glass mixing jar and blade base are completely dry.
- The PULSE button should be operated in short bursts. As the PULSE button is pressed and released, the blades should stop rotating between pulses.
- Do not attempt to mix or knead heavy dough, mash potatoes or beat egg whites.
- Do not over-blend foods. Most ingredients should be properly blended or chopped in seconds. Do not operate motor base for longer than 3 minutes at a time.
- If the motor stalls, turn off and unplug the unit. Remove a portion of the ingredients before attempting to continue.
- Do not add boiling liquids to the glass mixing jar.

## CARE AND CLEANING

Before using your Blender Solution™ 4000 for the first time and after each use, be sure to thoroughly wash the glass mixing jar, blender blade base, smoothie blade base, dispensing valve, lid and stir stick. To prolong the life of your Blender Solution™ 4000, **do not wash plastic parts in the dishwasher**. Open the dispensing valve while washing to rinse out the valve. After each use, unscrew and disassemble the dispensing valve for cleaning (see instructions below).

If you experience any problem with your machine, unplug it immediately from the electrical outlet, then contact Back to Basics® at 1.801.571.7349.



### CLEANING DISPENSING VALVE ASSEMBLY

To disassemble valve for cleaning:

1. Remove the valve from the smoothie blade base by unscrewing the entire valve counter-clockwise.
2. Remove the cap from the valve body by unscrewing it counter-clockwise.
3. Squeeze cap and stopper together and slide the lever off the stopper pin.
4. Remove the spring.
5. Remove the stopper and stopper pin by pulling the rubber rim of the stopper. The stopper and pin are tightly fitted and need not be separated.
6. Clean all parts in warm soapy water and reassemble in the order shown.

## RECIPES

### STRAWBERRY BANANA SUPREME SMOOTHIE

1 cup	strawberry nectar or apple juice
1 cup	milk
1	frozen banana (chunks)
2½ cups	frozen strawberries
1 cup	strawberry yogurt

Pour in liquid ingredients. Add all frozen ingredients. Blend at PULSE setting for 30 seconds; then blend until smooth. While the machine is running, move the Stir Stick around counter-clockwise to aid mixing. Serve immediately. Makes 3–5 servings.

### MANGO TANGO SMOOTHIE

1 cup	pineapple juice
1 cup	orange juice
½	frozen banana (chunks)
1 cup	pineapple sherbet
1½ cups	frozen mango slices

Pour in liquid ingredients. Add all frozen ingredients. Blend at PULSE setting for 30 seconds; then blend until smooth. While the machine is running, move the Stir Stick around counter-clockwise to aid mixing. Serve immediately. Makes 3–5 servings.

### BERRY BLAST SMOOTHIE

1 cup	apple juice
1½ cups	lemonade
1 cup	frozen raspberries
½ cup	frozen strawberries
1 cup	raspberry sherbet

Pour in liquid ingredients. Add all frozen ingredients. Blend at PULSE setting for 30 seconds; then blend until smooth. While the machine is running, move the Stir Stick around counter-clockwise to aid mixing. Serve immediately. Makes 3–5 servings.

## RECIPES

### RASPBERRY CREAM SMOOTHIE

1 cup	orange juice
1 cup	raspberry yogurt
1 cup	vanilla frozen yogurt
½	frozen banana (chunks)
1½ cups	frozen raspberries

Pour in liquid ingredients. Add all frozen ingredients. Blend at PULSE setting for 30 seconds; then blend until smooth. While the machine is running, move the Stir Stick around counter-clockwise to aid mixing. Serve immediately. Makes 3–5 servings.

### ORANGE BANANA CREAM SMOOTHIE

1 cup	milk
1½ cups	orange juice
½ tsp.	vanilla
½	frozen banana (chunks)
1 cup	vanilla frozen yogurt
½ cup	orange yogurt
3 tbs.	orange juice concentrate

Pour in liquid ingredients. Add all frozen ingredients. Blend at PULSE setting for 30 seconds; then blend until smooth. While the machine is running, move the Stir Stick around counter-clockwise to aid mixing. Serve immediately. Makes 3–5 servings.

### RASPBERRY SUNRISE SMOOTHIE

2½ cups	orange juice
1½ cups	frozen raspberries
1 cup	raspberry sherbet
1 cup	ice

Pour in liquid ingredients. Add all frozen ingredients. Blend at PULSE setting for 30 seconds; then blend until smooth. While the machine is running, move the Stir Stick around counter-clockwise to aid mixing. Serve immediately. Makes 3–5 servings.

## RECIPES

### LEMON LOUIE SMOOTHIE

2 cups	lemonade
1 cup	lemon yogurt
1½ cups	frozen pineapple (chunks)
1 cup	pineapple sherbet
1 cup	ice

Pour in liquid ingredients. Add all frozen ingredients. Blend at PULSE setting for 30 seconds; then blend until smooth. While the machine is running, move the Stir Stick around counter-clockwise to aid mixing. Serve immediately. Makes 3–5 servings.

### PEACH REFRESHER SMOOTHIE

2 cups	peach nectar or apple juice
1 cup	vanilla frozen yogurt
½	banana
1 cup	peach yogurt
1½ cups	frozen peach slices

Pour in liquid ingredients. Add all frozen ingredients. Blend at PULSE setting for 30 seconds; then blend until smooth. While the machine is running, move the Stir Stick around counter-clockwise to aid mixing. Serve immediately. Makes 3–5 servings.

### BANANA LIME SUBLIME SMOOTHIE

2 cups	limeade
1	banana
1 cup	lime sherbet
3 tbs.	coconut milk
1 cup	ice

Pour in liquid ingredients. Add all frozen ingredients. Blend at PULSE setting for 30 seconds; then blend until smooth. While the machine is running, move the Stir Stick around counter-clockwise to aid mixing. Serve immediately. Makes 3–5 servings.



## RECIPES

### PIÑA COLADA SMOOTHIE

5 tbs.	coconut milk
2½ cups	pineapple juice
½ cup	vanilla ice cream
½	frozen banana (chunks)
1½ cups	frozen pineapple (chunks)

Pour in liquid ingredients. Add all frozen ingredients. Blend at PULSE setting for 30 seconds; then blend until smooth. While the machine is running, move the Stir Stick around counter-clockwise to aid mixing. Serve immediately. Makes 3–5 servings.

### STRAWBERRY LEMON SURPRISE SMOOTHIE

2 cups	lemonade
2 cups	frozen strawberries
1 cup	strawberry yogurt

Pour in liquid ingredients. Add all frozen ingredients. Blend at PULSE setting for 30 seconds; then blend until smooth. While the machine is running, move the Stir Stick around counter-clockwise to aid mixing. Serve immediately. Makes 3–5 servings.

### HAWAIIAN HOLIDAY SMOOTHIE

1 cup	passion fruit nectar
1 cup	guava nectar
1 cup	orange sherbet
½ cup	frozen strawberries
½ cup	frozen mango slices
4 tbs.	coconut milk
1 cup	strawberry yogurt
½ cup	frozen banana in (chunks)

Pour in liquid ingredients. Add all frozen ingredients. Blend at PULSE setting for 30 seconds; then blend until smooth. While the machine is running, move the Stir Stick around counter-clockwise to aid mixing. Serve immediately. Makes 3–5 servings.

## RECIPES

### LOW-FAT STRAWBERRY ORANGE SMOOTHIE

2 cups	strawberries
½ cup	orange juice
1 cup	skim milk
1 cup	plain nonfat yogurt
1 cup	ice

Pour in liquid ingredients. Add all frozen ingredients. Blend at PULSE setting for 30 seconds; then blend until smooth. While the machine is running, move the Stir Stick around counter-clockwise to aid mixing. Serve immediately. Makes 3–5 servings.

### LEMONADE WATERMELON SOOTHER

2 cups	watermelon (pulp, not rind)
3 oz	frozen lemonade concentrate (½ of a 6 oz can)
1 cup	lemon/lime soda
1 tsp.	grenadine syrup
1–2 cups	ice, to desired consistency
*add water if necessary	

Pour in liquid ingredients. Add all frozen ingredients. Blend at PULSE setting for 30 seconds; then blend until smooth. While the machine is running, move the Stir Stick around counter-clockwise to aid mixing. Serve immediately. Makes 3–5 servings.

### CHOCOLATE TREAT

3.5 oz	package of instant chocolate pudding mix
1½ cups	milk
1½ cups	ice
1	banana

Pour in liquid ingredients. Add all frozen ingredients. Blend at PULSE setting for 30 seconds; then blend until smooth. While the machine is running, move the Stir Stick around counter-clockwise to aid mixing. Serve immediately. Makes 3–5 servings.

## MY RECIPES AND NOTES

# WARRANTY

Please complete and return this product warranty card or register your product online at: [backtobasicsproducts.com](http://backtobasicsproducts.com) within 10 days of purchase.

## THIS INFORMATION IS FOR INTERNAL USE ONLY

Mr.    Mrs.    Ms.

**Model: Blender Solution™ 4000**

1. Name \_\_\_\_\_

2. Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

3. E-Mail Address \_\_\_\_\_

4. Age:    18-24                       25-34                       35-49                       50+

5. Marital Status:    Married                       Single

6. Number of Children in the House :   12 yrs and under \_\_\_\_\_   13-18 yrs \_\_\_\_\_

7. Income:    Below \$25,000    \$25,001-\$50,000    \$50,001-\$75,000    \$75,001+

8. Where was this product purchased? \_\_\_\_\_

9. How did you become aware of this product?

<input type="checkbox"/> Gift	<input type="checkbox"/> Recommendation from friend
<input type="checkbox"/> TV advertisement	<input type="checkbox"/> Saw product in store
<input type="checkbox"/> Print ad	<input type="checkbox"/> TV shopping program
<input type="checkbox"/> Magazine article	<input type="checkbox"/> Internet
	<input type="checkbox"/> Other _____

10. What were the two most important reasons influencing your purchase:

<input type="checkbox"/> Gift	<input type="checkbox"/> Recommended by sales person
<input type="checkbox"/> Special offer	<input type="checkbox"/> Recommended by friend
<input type="checkbox"/> Product appearance	<input type="checkbox"/> Prior experience with Back to Basics
<input type="checkbox"/> Ease of operation	<input type="checkbox"/> Back to Basics brand reputation
<input type="checkbox"/> Quality/durability	<input type="checkbox"/> Value for price
<input type="checkbox"/> Product features	<input type="checkbox"/> Product packaging
	<input type="checkbox"/> Other _____

11. Why did you purchase this Back to Basics® product?

To replacement/upgrade current product  
 Not satisfied with current product(s) already owned  
 First product(s) ever owned  
 Received as a gift

12. Would you be interested in being contacted via e-mail for promotions, recipes, new product information, etc.?    YES                       NO

COMMENTS \_\_\_\_\_

Fold here and mail registration card within 10 days of purchase to validate warranty.

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Place  
Stamp  
Here

BACK TO BASICS PRODUCTS, INC.  
675 West 14600 South  
Bluffdale, UT 84065 USA