User’s Guide
SMOOTHIE PROFESSIONAL™

© Back To Basics Products, Inc.
Smoothie Professional™ Parts

- Stir Stick
- Lid
- Mixing Container
- Dispensing Valve
- Blender Cap
- Motor Base
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.
WARRANTY

ONE-YEAR LIMITED WARRANTY

Back to Basics Products, Inc., warrants your new smoothie maker 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 will be required before warranty service is rendered. Please fill out and return the warranty registration card located on page 15.

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 service@btbproducts.com.
- Most service problems are resolved with the replacement of a broken or defective 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 smoothie maker, begin by assembling the mixing jar.

1. Position the rubber gasket down onto the circular flat surface in the blade base.

2. Screw blade base on the bottom of the mixing jar by twisting the blade base clockwise until tightened onto the mixing jar. Make sure that the blade base is tightly fastened to the mixing jar and that the rubber gasket is properly compressed between the mixing jar and the 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 if blending liquids or frozen drinks.

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 smoothie maker is now ready to use!
OPERATION

Smoothie Professional™ Control Buttons

PULSE gives short bursts of power at high speed. Use PULSE to begin the mixing of ice and other hard ingredients.

LOW/DISPENSE runs the unit at low speed. This speed should be used for the initial 30 seconds of mixing as well as for dispensing.

HIGH runs the unit at high speed. This speed should be used for the final stages of mixing. Do not use this speed for dispensing.

OFF turns off the machine.

The Smoothie Professional™ mixing container is conveniently marked to create perfect smoothies. To make your favorite frozen drinks, follow these simple steps:

ADD LIQUIDS

Add any combination of liquid ingredients up to the LIQUIDS mark under SERVES 2 or SERVES 4. Liquids include any soft ingredients such as fruit, milk, fruit juice, herbal supplements or yogurt in any combination 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.

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.

SMOOTH IT

With the lid on and the stir stick set in the hole on the lid, pulse the mixture 2 or 3 times by pressing the PULSE button. Then press the button to ON and wait until the ingredients are completely mixed. Turn the stir stick counter-clockwise for best mixing results.
OPERATION

SERVE IT
To serve the smoothie, press the switch to ON, place a cup under the valve and press down the valve lever. Stir the contents in the mixing container with the stir stick while dispensing thick smoothies. As the smoothie level reaches the bottom of the mixing container, a thick mix may stop dispensing. Add a few tablespoons of liquid to increase flow. When the mixing container is empty, turn the machine OFF and enjoy.

You can continue making smoothies one after another, but be sure to give the smoothie maker a 5 minute break after 3 minutes of continuous use.

THICKER SMOOTHIE
To make a thicker smoothie, add more frozen ingredients.

THINNER SMOOTHIE
To make a thinner smoothie, add more liquid ingredients.
CARE & CLEANING

Before using the first time and after each use, be sure to thoroughly wash the mixing container, blade assembly, rubber gasket, valve, lid and stir stick. To prolong the life of your smoothie maker, do not wash parts in the dishwasher. Unscrew and disassemble the valve for cleaning (see below). Also, remove blade assembly from the mixing container and rubber gasket for cleaning; turn it clockwise to remove.

CLEANING THE DISPENSING VALVE (see below)

To disassemble dispensing valve for cleaning:
1. Remove the valve from the container 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 fit and need not be separated.
6. Clean all parts in warm soapy water, allow to dry thoroughly and reassemble in the order shown.

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**Diagram:**
- Lever
- Cap
- Spring
- Stopper Pin
- Stopper
- Valve Body
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 liquid ingredients into the smoothie maker. Add all frozen ingredients. Blend at PULSE setting for 30 seconds; then blend at ON setting 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 liquid ingredients into the smoothie maker. Add all frozen ingredients. Blend at PULSE setting for 30 seconds; then blend at ON setting 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 liquid ingredients into the smoothie maker. Add all frozen ingredients. Blend at PULSE setting for 30 seconds; then blend at ON setting until smooth. While the machine is running, move the Stir Stick around counter-clockwise to aid mixing. Serve immediately. Makes 3–5 servings.
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 liquid ingredients into the smoothie maker. Add all frozen ingredients. Blend at PULSE setting for 30 seconds; then blend at ON setting 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
⅛ tsp. vanilla
½ frozen banana (chunks)
1 cup vanilla frozen yogurt
1½ cup orange yogurt
3 tbs. orange juice concentrate

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

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

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

Pour liquid ingredients into the smoothie maker. Add all frozen ingredients. Blend at PULSE setting for 30 seconds; then blend at ON setting 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 (1/2 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 liquid ingredients into the smoothie maker. Add all frozen ingredients. Blend at PULSE setting for 30 seconds; then blend at ON setting 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
1 1/2 cups milk
1 1/2 cups ice
1 banana

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

Please complete and return this product warranty card or register your product online at: backtobasicsproducts.com within 10 days of purchase.
THIS INFORMATION IS FOR INTERNAL USE ONLY

☐ Mr. ☐ Mrs. ☐ Ms. Model: Smoothie Professional™

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?
   ___ Gift ___ Recommendation from friend
   ___ TV advertisement ___ Saw product in store
   ___ Print ad ___ TV shopping program
   ___ Magazine article ___ Internet
   ___ Other _________________________

10. What were the two most important reasons influencing your purchase:
   ___ Gift ___ Recommended by sales person
   ___ Special offer ___ Recommended by friend
   ___ Product appearance ___ Prior experience with Back to Basics
   ___ Ease of operation ___ Back to Basics brand reputation
   ___ Quality/durability ___ Value for price
   ___ Product features ___ Product packaging
   ___ 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.

BACK TO BASICS PRODUCTS, INC.
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