

nutribullet.

IMMERSION
BLENDER



User guide.

Important safeguards & cautionary information.

Warning! To avoid the risk of serious injury, carefully read all instructions before operating your NutriBullet®. When using any electrical appliance, basic safety precautions should always be observed, including the following important information.

! Save these instructions! ● FOR HOUSEHOLD USE ONLY

PERSONAL SAFETY

WARNING! **BLADES ARE SHARP! HANDLE CAREFULLY.** Use care when handling any blade. To avoid laceration injury, do not handle or touch any blade edge. Always hold the S-blade by its upper plastic part.

AVOID CONTACT WITH MOVING PARTS! Keep hands and utensils out of and away from the attachments (especially the blade or whisk) while blending food to reduce the risk of severe personal injury.

Never continuously operate for longer than necessary to create your recipe – generally less than one minute.

WARNING! **Never blend carbonated liquids** or effervescing ingredients (e.g., baking soda, baking powder, yeast, etc.). Pressure from released gases can cause a sealed NutriBullet® container (such as the chopper container) to burst, resulting in possible injury and/or property damage. Blade friction from prolonged operation could heat ingredients and generate internal pressure in the sealed chopper container.

Caution must be observed if hot liquid is poured into the product (food processor or blender) as it can be ejected out of the appliance due to sudden steaming.

While unlikely, friction from the rotating blade when using the chopper can potentially cause ingredients to heat and generate internal pressure in the sealed chopper container, if permitted to run for longer than a minute. If the container is warm to touch allow it to cool completely before carefully opening, pointed away from your body to avoid injury.

Make sure the blending arm is completely submerged down in your mixture to prevent splattering. Never blend near the top of your mixture, especially if you are blending hot ingredients so as to avoid thermal injuries.

After chopping, allow the contents to settle and release any pressure that may have built up during the chopping process. As you detach the chopper from the motor body, have the container pointed away from you in case there is any built-up pressure.

Keep hands, hair, clothing, as well as spatulas and other utensils away from the attachments during operation to reduce the risk of injury to persons or damage to the product.

To reduce the risk of injury, never place cutting blade on base without first putting bowl properly in place.

Be certain cover is securely locked in place before operating appliance.

Always make sure that your NutriBullet® is unplugged before you attempt to remove or attach the blending arm.

After you have finished blending, always turn- off your blender and wait until the motor comes to the complete stop before removing the blending arm from the mixture, especially if the mixture is hot so as to avoid thermal injuries.

This appliance is not intended for use by persons (including children) with reduced physical, sensory, or mental capabilities, or lack of experience and knowledge, unless they are closely supervised and instructed concerning use of the appliance by a person responsible for their safety.

Children should be supervised to ensure that they do not play with the appliance.

Do not use outdoors.

Do not use this product in locations with different electrical specifications or plug types. Do not operate with any type of plug adapter or voltage converter device, as these may cause electrical shorting, fire, electric shock, personal injury or product damage. The cord is not suitable for replacement.

The use of third-party attachments, including canning jars, is forbidden and may cause fire, electric shock, personal injury, or product damage and will void the warranty.

To avoid risk of electric shock, **never immerse the cord, plug, or motor unit of blender in water or other electrical current conducting liquids.**

Avoid blending the following seeds and pits in the NutriBullet®, as they contain a chemical known to release cyanide into the body when ingested: apple seeds, cherry pits, plum pits, peach pits, and apricot pits. Fruit pits may also cause damage to the blade and other attachment parts.

The information contained in this user guide is not meant to replace the advice of your physician. Always consult your physician regarding health and nutrition concerns.

If you are taking any medication, especially cholesterol lowering medication, blood thinners, blood pressure drugs, tranquilizers, or antidepressants, please check with your physician before trying any of the recipes contained in this guide.

PRODUCT SAFETY

Always unplug the NutriBullet® when not in use.

To prevent possible separation of components during operation, you must properly align, securely attach (hand tighten), and fully lock attachments to the motor body, and check for separation before operating your NutriBullet®.

Once you are done using your NutriBullet®, wait until the motor comes to a complete stop and the unit powers down completely before removing any attachment from the motor body. Taking the chopping container off the unit prior to complete power down can cause damage to the S-blade coupling or other parts.

Never blend using the blending arm without at least some liquid, as doing so may damage the blade or motor. When using the Food Chopper attachment you may chop dry ingredients.

In most cases, your NutriBullet® requires the use of liquids to blend or whisk ingredients properly. Avoid blending food without at least one liquid ingredient.

DO NOT USE the blending arm, for grinding dry ingredients such as grains, cereal, or coffee, as this may damage the motor, the blade, the whisk, or the chopper.

Always **UNPLUG** the NutriBullet® when it is not in use or **BEFORE** assembling, disassembling, changing accessories, or cleaning. Do not attempt to handle the NutriBullet® until all parts have stopped moving.

Switch off the appliance and disconnect from power supply before changing accessories or handling moving parts.

To unplug, grasp the plug and pull from the outlet. Never pull from the power cord.

Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions, or is dropped or damaged in any manner.

If the supply cord is damaged, it must be replaced by a qualified electrician in order to avoid a hazard.

Discontinue use if the cord, plug, or motor unit is damaged

Do not allow the cord to hang over the edge of the table or counter. Do not pull, twist, or damage the power cord. Do not

allow cord to touch hot surfaces, including the stove.

Periodically inspect all NutriBullet® components for damage or wear that may impair proper function or present an electrical hazard. Assure that the power cord and plug are undamaged. Discontinue use and replace NutriBullet® cup if you detect cracking, crazing, cloudiness, or damage to the plastic. Assure that the blades rotate freely. Never operate your NutriBullet® with damaged components. If your NutriBullet® malfunctions in any way, immediately discontinue use.

If the motor stops working and feels hot, unplug the appliance and let it cool for an hour before attempting to use it again. Your NutriBullet® has an internal thermal breaker that shuts off the motor when it overheats. The thermal breaker will reset when the unit is unplugged and the thermal breaker cools down sufficiently.

CAUTION: In order to avoid a hazard due to inadvertent resetting of the thermal cut-out, this appliance must not be supplied through an external switching device, such as a timer, or connected to a circuit

that is regularly switched on and off by the utility

Never place your NutriBullet® on top of flammable materials such as newspapers, tablecloths, napkins, dish towels, place mats, or other similar types of materials.

Do not place any NutriBullet® parts in the microwave or oven. Only the Blending Arm attachment or Whisk attachment may be immersed in liquid or used on the stove top, but always keep the motor body dry.

To avoid leakage or spillage, do not overfill the cup or bowl! DO NOT EXCEED THE MAX LINE.

Make sure to always allow room, at least 100mm, at the top of whatever container you are blending in. The blending action of the NutriBullet® Immersion Blender requires space to blend, whisk, or chop effectively blending in a full container can result in leakage or spillage.

Remove whisk from the product before washing.

Periodically inspect all NutriBullet® components for damage or wear that may impair proper function or present an electrical hazard. Make sure

that the power cord and plug are undamaged. Discontinue use and replace blending vessels if you detect cracking, cloudiness, or other damage to the vessel, or damage to the motor unit, motor body, or any attachments. Ensure that the blades or whisk rotate freely and that the structure is undamaged. Follow the recommended procedures in the Care and Maintenance section of this guide, and never operate your NutriBullet® with damaged components.

If your NutriBullet® **malfunctions in any way, immediately discontinue use. We recommend replacing your cup every six months.**

Attachments and accessories are specific to the exact model of NutriBullet®. Use of incompatible parts (parts from other models) may result in damage to your NutriBullet® or create safety hazards. When replacing cups or blades or ordering additional attachments or accessories from **www.bulletbrands.com.au / www.bulletbrands.co.nz** or by contacting Customer Service: (AU: 1300 285 538 / NZ: 0800 232 633).

! If any of the contained instructions or warnings are not understood, please contact NutriBullet® Customer Service for assistance at **www.bulletbrands.com.au / www.bulletbrands.co.nz**. Or call the Customer Service team at: **1300 285 538 (AUS) / 0800 232 633 (NZ)**.

nutribullet.
IMMERSION
BLENDER



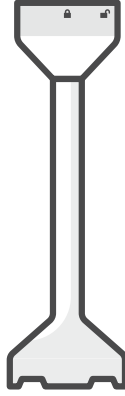
Contents.

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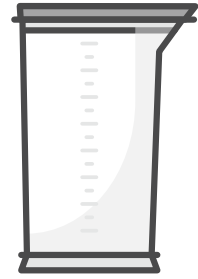
What's included.



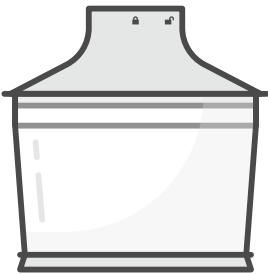
motor body



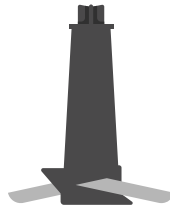
20 cm blending arm



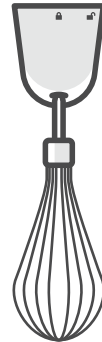
900 ml cup & lid



600 ml chopping
bowl & lid

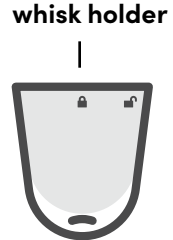
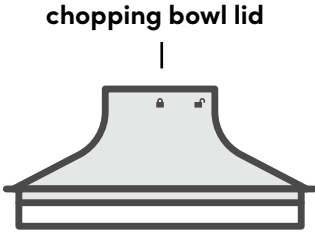
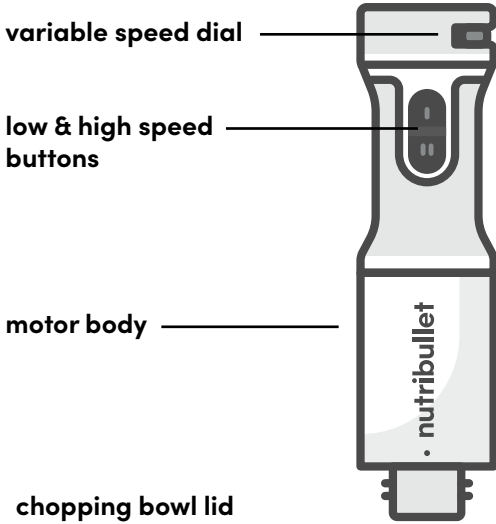


chopping blade

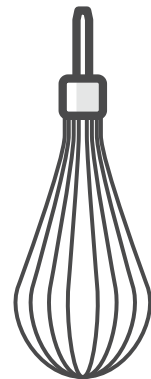
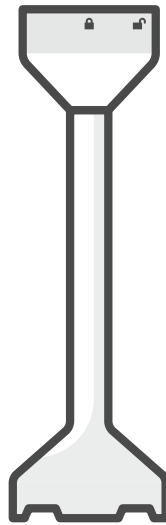
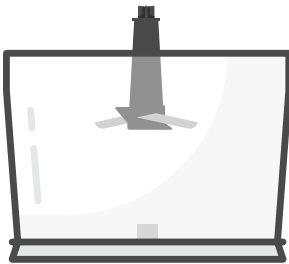


whisk
& whisk holder

Assembly guide.



chopping blade



600 ml chopping bowl

20 cm blending arm

whisk

Getting started.



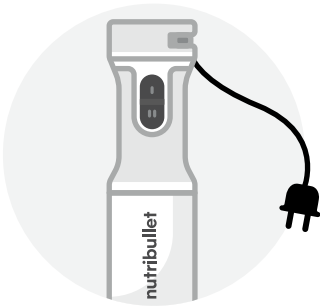
WARNING: Never submerge the motor body in water or any other liquid.

Before using your blender for the first time, please take a moment to perform the steps below

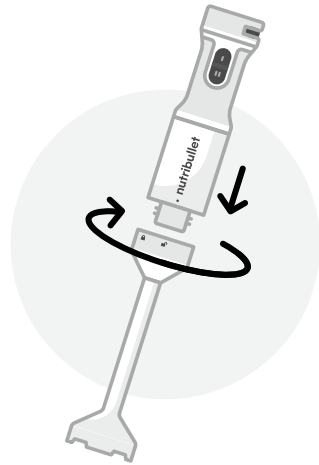
1. UNPACK: Open box. Remove blender and attachments. Place all parts on a flat dry surface.

2. CLEAN: Rinse all detachable parts and accessories (except the motor body and chopping bowl lid) with warm, soapy water. Dry. Clean the motor body and chopping bowl lid with a damp cloth.

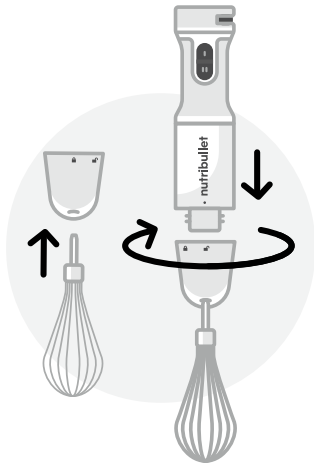
Assembly.



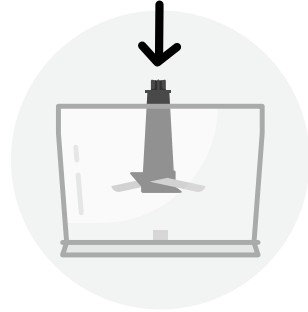
- 1** Before starting assembly, make sure that the appliance is **unplugged**.
- 2** Attach one of the Immersion Blender accessories (blending arm, whisk, or chopping bowl) onto the bottom of the main motor body:



- 2a BLENDING ARM:** Insert the bottom of the **motor body** into the top of the **blending arm**; push the motor body down and turn it clockwise until it locks.



2b WHISK: Insert the top of the **whisk** into the bottom of the **whisk holder**. Then insert the bottom of the **motor body** into the top of the **whisk holder**, pushing the **motor body** down and turning clockwise until it locks.



2c CHOPPER: Place **S-blade** onto center pin of **chopping bowl**. Press down on blade and lock it in place.

WARNING: Blade is sharp! Handle carefully. Always hold it by the upper plastic part.



After loading food into **chopping bowl**, place **chopping bowl lid** onto top of **chopping bowl** and lock it in place.

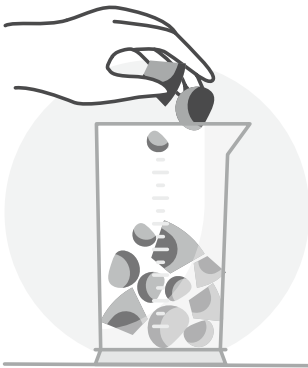


Attach top of **chopping bowl lid** to bottom of **motor body**; turn **motor body** clockwise until it locks.

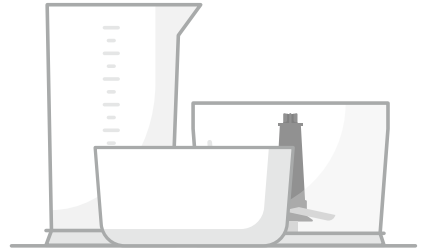
Usage instructions: overview.

1 Prepare foods for blending; make sure only blendable foods are used.

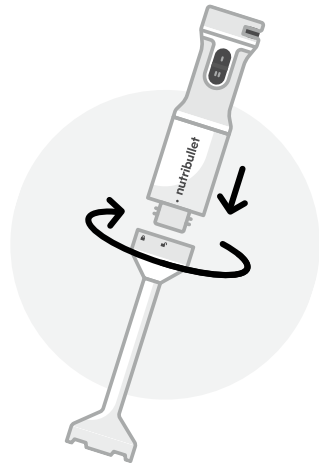
- Remove any hard seeds, pits, and skin – for example, peel, pits, and rind should be removed from oranges, lemons, grapefruits, and melons.
- Cut foods into smaller pieces if needed.
- **Do not attempt to process overly thick or hard foods (since these may damage the motor or blade).**
- **Do not blend hard fruits or vegetables without liquid.**



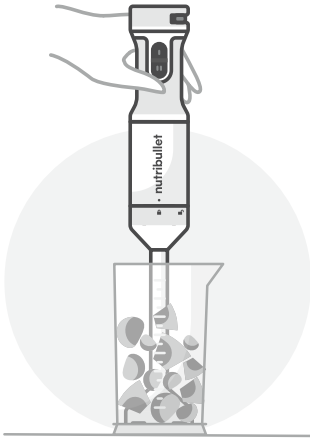
3 Put food and/or liquid into cup, mixing bowl, or chopper. If using the measuring cup included in your set, **DO NOT** exceed the MAX fill line.



2 Place mixing vessel (cup, cooking pot, mixing bowl or chopping bowl) on flat, dry surface.



4 Make sure your selected attachment is tightly fastened to the bottom of the motor body and locked in place. (See Assembly section.). The blender is now ready to operate.



- 5** Carefully submerge the blending arm or whisk into the mixing vessel with ingredients that you wish to mix or blender. Do not depress the power button before putting the blending arm into the mixing vessel as it will cause splattering. Also, do not blend near the top of your mixture so as to prevent splattering.



- 6** Press and hold the **Low-speed (I)** or **High-speed (II) Power Button** to operate unit. If desired, fine tune blending speed by the variable Speed Dial while pressing the Low-Speed button.



Before pressing either Power Button, you can finely adjust the speed by turning the **Variable Speed Dial** and then pressing the **Low-Speed button**.

Pressing either power button activates the motor. Releasing the button stops the unit. The button must be depressed continuously for blending operation to continue.

Once the motor is activated, the attachment will start turning and processing your food/liquid.

CAUTION: Do not operate the unit for long periods of time without blending any ingredients.

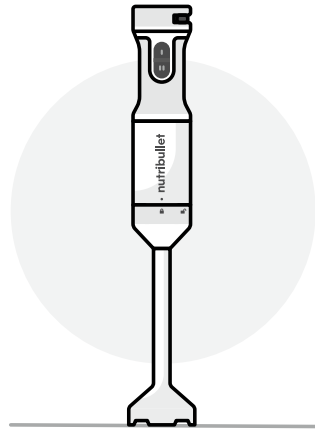
CAUTION: Do not put fingers, palms, utensils, or foreign objects on or near attachment during operation.

NOTE: The Variable Speed Dial may only be used when pressing the Low-speed button.

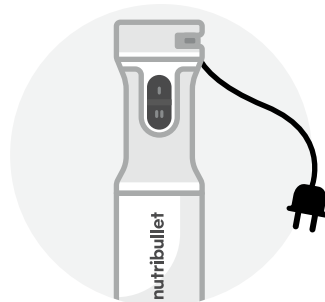


- 7** When you are done, release the **power button** to shut off the blender.

CAUTION: Wait until the motor comes to a complete stop before removing the blending arm from the mixture, especially if the mixture is hot so as to avoid splatter and thermal injuries.



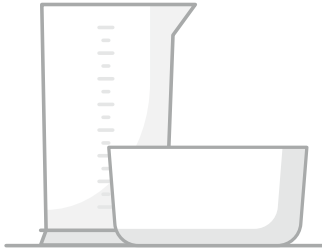
- 8** Place the motor body and attachment safely on the counter (or other flat, dry surface).



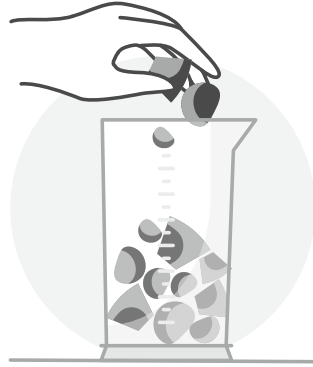
- 9** If you have no more food items to process, unplug the blender and enjoy your food/ beverage, or store it for later.
- 10** Clean the motor body and attachments as soon as possible to avoid residue buildup; disassemble and store unit safely.

Using the blending arm.

The **blending arm** is perfectly suited for preparing a wide range of dishes, such as dips, sauces, soups, condiments, milkshakes, even baby food – as well as for many other mixing needs. For best results, always include one or more liquid ingredients.

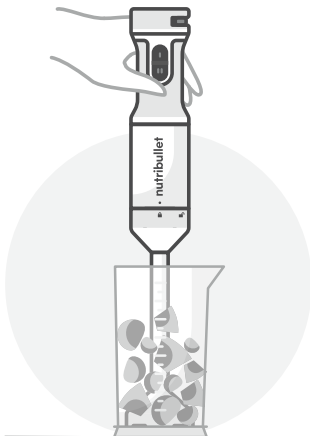


- 1** Place mixing vessel (cup, cooking pot, or mixing bowl) on flat, dry surface. Make sure your selected attachment is tightly fastened to the bottom of the motor body and locked in place. (See Assembly section.) The blender is now ready to operate.



- 2** Place the prepared food and/or liquid into your mixing vessel, without forcing items in and without overfilling.

CAUTION: Do not blend too much food or liquid at one time. Don't overfill cup or bowl. If using the measuring cup included in your set, DO NOT exceed the MAX fill line.



- 3** Place the **blending arm** into the mixing vessel containing the items you wish to blend.

NOTE: Do not place blender in cup or bowl at an angle. Make sure blender is fully upright.

CAUTION: Do not press the power button before placing the blending arm into the container as it will cause splattering.



- 4** Press and hold the **Low-speed (I)** or **High-speed (II) Power Button** to operate unit. If desired, fine tune blending speed by turning the **Variable Speed Dial** while pressing the **Low-Speed** button.



Before pressing either speed button, you can finely adjust the speed by turning the Speed Dial and then pressing the Low-Speed button.

NOTE: The Variable Speed Dial may only be used when pressing the Low-speed button.

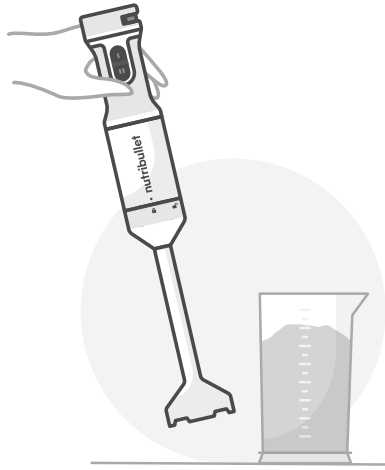
Pressing either speed button activates the motor. Releasing the button stops the unit. The button must be depressed continuously for blending operation to continue.

CAUTION: Do not operate the unit for long periods of time without blending any ingredients.

CAUTION: Do not put fingers, palms, utensils, or foreign objects on or near attachment during operation.



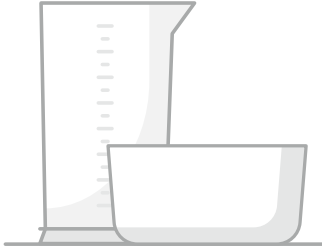
- 5** When you are done, release the **power button** to shut off the blender.



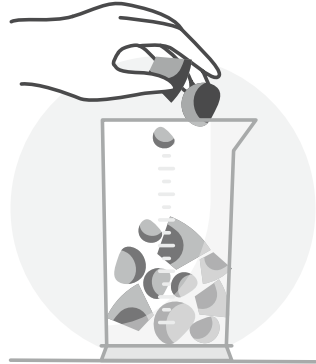
- 6** Remove the blender from your mixing vessel. Gently shake off any excess mixture from the blending arm.

Using the whisk.

Use the **whisk** only for light or fluffy foods such as whipping cream, beating egg whites, and mixing “ready-mix” desserts. Items to whisk should be moist, with one or more liquid ingredients.

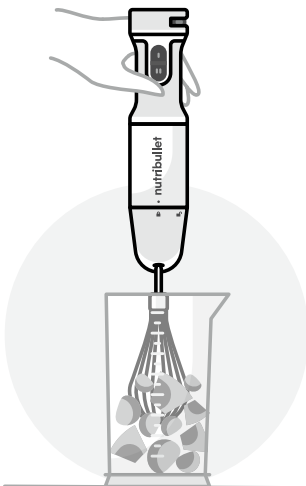


- 1** Place mixing vessel (cup, cooking pot or mixing bowl) on flat, dry surface. Make sure your selected attachment is tightly fastened to the bottom of the motor body and locked in place. (See Assembly section.). The blender is now ready to operate.



- 2** Place the prepared food and/or liquid into your mixing vessel, without forcing items in and without overfilling.

CAUTION: Do not blend too much food or liquid at one time. Do not overfill cup or bowl. If using the measuring cup included in your set, DO NOT exceed the MAX fill line.



- 3** Place the whisk upright in your mixing vessel.

NOTE: Do not place blender in cup or bowl at an angle. Make sure blender is fully upright.

CAUTION: Do not press the power button before placing the blending arm into the container as it will cause splattering.



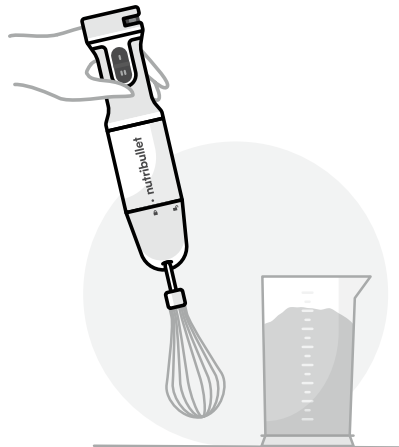
- 4** Press and hold the **Low speed button (1)** to begin whisking operation.

NOTE: IT IS RECOMMENDED TO ONLY USE THE WHISK ATTACHMENT WITH LOW-SPEED.

CAUTION: Avoid using the whisk for longer than 2 minutes, and avoid whisking items without a liquid ingredient.



- 5** When you are done, release the **Low speed button (1)** to shut off the blender.



- 6** Remove the blender from your mixing vessel. Gently shake off any excess mixture from the blending arm.

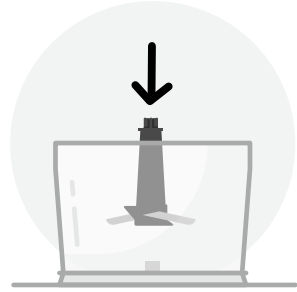
Using the chopper.

The **chopper** is great for processing a wide variety of foods, such as chopping onion, herbs, garlic, walnuts, almonds, and much more.

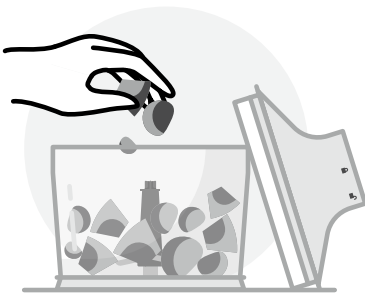
CAUTION: Don't chop hard food items (ice cubes, nutmeg, coffee beans, grains).



- 1** Place the chopping bowl on a clean, dry surface. Make sure the surface is anti-slip.



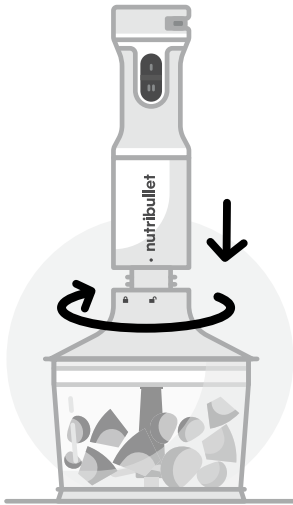
- 2** Place the blade onto the center pin of the **chopping bowl**. Press down on the blade and lock it onto the bowl.



- 3** Load food items into the **chopping bowl**, being careful not to overfill or force food into the bowl.



- 4** Place the **chopping bowl lid** onto the **chopping bowl** and turn it clockwise to lock it in place.



- 5** Place the bottom of the **motor body** onto the top of the **chopping bowl lid** and push down, turning the **motor body** clockwise until it locks in place.



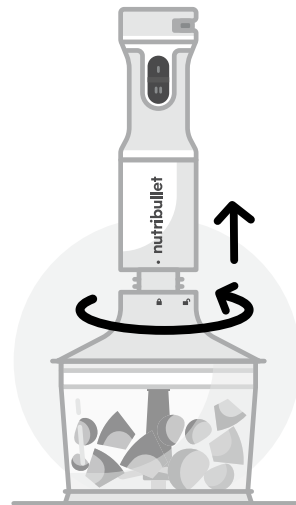
- 7** When done chopping, release the power button and wait for the unit to fully turn off.



- 6** Press and hold the **Low speed button (I)** to begin chopping. **ONLY USE LOW SPEED FOR CHOPPING.**

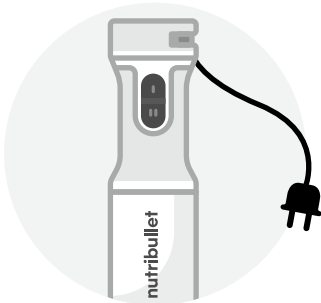
NOTE: During operation, hold the motor body with one hand and the chopping bowl with the other.

CAUTION: Avoid chopping hard foods for longer than 5 seconds.

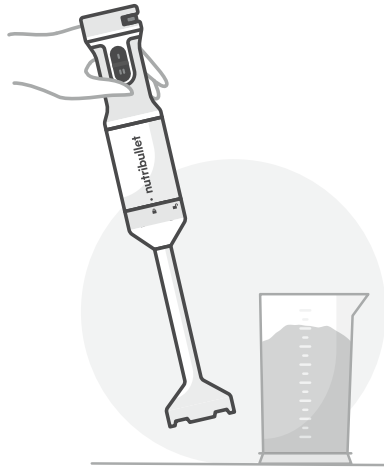


- 8** Once the S-blade has stopped turning, detach the motor body from the chopping bowl lid.

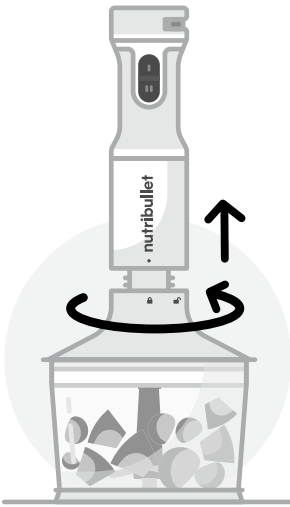
Disassembly.



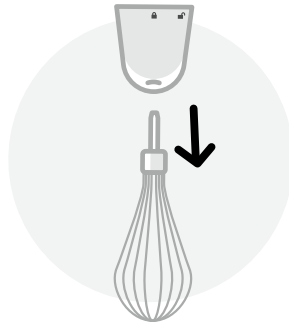
- 1 Make sure the blender is OFF and unplugged.**
Ensure that the motor has completely stopped, the blade or whisk has stopped moving, and all moving parts have stopped before disassembling the blender.



- 2 If using the blending arm or whisk:** remove the blender from your mixing cup or bowl.



- 3 Detach the motor body from the blending arm, whisk, or chopping bowl attachment.**



- 4 Separate attachment parts, if needed (Whisk-Whisk holder; Chopping Bowl – S blade – lid).** The blending arm attachment is one single part.

Blending tips.

PROPER PRODUCE PREP

Prepare food items such as fruits and vegetables before inserting them into your cup or bowl:

- **Clean produce properly.**
Rinse with lukewarm water, produce wash, or water and apple cider vinegar.
- **Peel or remove skin as needed.**
Foods with thick or hard skin must be peeled before being put into the blender.
- **Remove rind from all citrus fruits before blending.**
- **Remove large pits and seeds from stone fruit before blending.** Stone fruit may be used only if the seeds or pits have been removed. Fruit with hard cores must be pitted. The cores of peach, plum, mango, and apricot should not be processed, to avoid any potential malfunction.
- **Pre-chop larger food items down to the right size** – small enough to fit easily into your bowl or cup, without having to force pieces in.
- **Longer or thicker foods with less moisture and hard fiber** should be cut into slices.
- **Leafy vegetables and foods with long, hard fiber** (such as celery, wild celery herb, collard): Cut the stems into slices 3–5 cm long.

BLADE SAFETY

- **Never put your palms, fingers, utensils, or foreign objects on or near blender attachments while attached to the blender (especially during blending).**

CAUTION: blades in the blender arm and chopper are very sharp! Avoid touching them.

- Do not overload your cup, mixing bowl, or chopping bowl with food or thick mixtures, as this may cause the blade to stop functioning properly (rotating motion may be impeded).

CHANGING BLENDING SPEED

This Immersion Blender features two main speed settings (Low and High), and a variable speed dial.

Always start on Low-speed when blending to prevent suction of the blade to the bottom of the blending vessel. Once ingredients are broken down, switch to High-speed if desired.

When using the Low button, turn speed dial to the right to increase blending speed.

Troubleshooting.

BEFORE BLENDING: UNIT ASSEMBLED BUT CANNOT POWER ON

If the unit is not operating, this may be due to parts not being fully locked in place. Check to make sure the attachment you are using is locked tightly onto the main body of the blender.

DURING OPERATION: BLENDER STOPS (STUCK, NOT BLENDING, NOT OPERABLE)

In the unlikely event that the blending arm, whisk, or chopper gets stuck and blending stops, release the power button, wait for the unit to shut off, and look at your mixture (the items you're processing).

If the problem seems to be an overly thick mixture that caused the blade to stop moving, try adding water or other liquid

to soften the mixture, or try separating the mixture by hand, or removing some of the mixture. Then try blending, whisking, or chopping again on the loosened or thinned out mixture.

Also check the cutting area of your attachment (blade or whisk) to see if there is residue or food particle buildup; if so, rinse off with warm water, then try blending again.

If the blender still won't operate, turn it off, unplug it, disassemble it, then reassemble it. After reassembly, power on the blender and see if normal function has been restored.


OVERHEATING


To avoid overheating, allow the immersion blender to cool down for at least 5 minutes between uses.

Care and maintenance.


Cleaning the NutriBullet® Immersion Blender is quick and easy. All parts (except for the motor unit and chopping bowl lid) can be cleaned by simply rinsing with warm soapy water and some parts may be put into the dishwasher. Here are some tips for cleaning and best practices.

- 1** Always make sure the unit is **unplugged** before you begin assembly, disassembly, cleaning, or storage of the unit.
- 2** Detach and separate the parts of the blender (see Disassembly section).
- 3** Remove the contents of the mixing vessel or chopping bowl.
- 4** Clean chopping bowl, whisk, blending cup and chopping blade with warm soapy water or place in the dishwasher.
- 5** The whisk holder, chopping bowl lid and blending arm should be cleaned with warm soapy water. Do not soak these parts or place in the dishwasher as it may damage the internal gears.


 **CAUTION:** Blending arm, whisk holder and chopping bowl lid are NOT dishwasher safe. Do not place these parts in the dishwasher as it may damage the internal gears of these attachments.

 **CAUTION:** Do not use a metal sponge to clean the parts, as that may scratch or damage them.

- 6** Be sure to properly clean the blade or whisk every time you use them. Leftover traces of food can cause residue buildup on the blade or whisker, which may degrade blending performance or inhibit maximum blending.

 **CAUTION:** Blade is sharp, so handle carefully during cleaning.

- 7** Clean the motor unit with a damp cloth only.

 **WARNING:** Never immerse the motor unit in water or other liquid.

- 8** Let all parts dry thoroughly, then store the appliance and its attachments in a dry place.

PRO TIP: Clean your appliance as soon as possible after using it. If allowed to sit, food residue may dry on the blade, whisk, or other parts, which can make it more difficult to remove. If any food residue does cake onto parts of the unit (other than the motor unit or chopping bowl lid), let those parts soak in hot water for 30 minutes, which should soften the residue and make it easier to remove.

How to store.

You can save blended, whisked, or chopped contents for future use by putting them in a cup or bowl, covered by plastic wrap or other cover, and storing them in your refrigerator. When not in use, store the blender in a safe dry place where parts will not be damaged and won't cause harm.

Replacement parts.

To order additional parts and accessories, please visit our website at:
bulletbrands.com.au
bulletbrands.co.nz

Recipes.

Banana bread pancakes.

4 SERVINGS; YIELDS 4-200mm PANCAKES

2	MEDIUM BANANAS (1½ CUPS MASHED BANANAS)
1 TBSP	COCONUT OIL
¼ CUP	UNSWEETENED ALMOND MILK (RESERVE ¼ CUP TO THIN OUT BATTER)
1 CUP	ALL PURPOSE FLOUR
2 TBSP	SUGAR
2 TSP	BAKING POWDER
½ TSP	SALT
2 TSP	CINNAMON
½ TSP	GROUND NUTMEG
½ CUP	WALNUTS, TOASTED

NUTRITION FACTS PER 1 PANCAKE SERVING

330 calories, 14g fat, 48g carbs, 4g fiber,
14g sugar, 6g protein. Nutrition facts are
based on the recipe as listed.

- 1 In the **blender cup**, **blend** 2 bananas, coconut oil and 1 cup of almond milk on **LOW**, **pulse** until blended.
- 2 Add flour, sugar, baking powder, salt, cinnamon, nutmeg and **blend** on **LOW** speed.
- 3 Mix in walnuts. Add in more almond milk if needed to thin out batter.
- 4 Heat a skillet or griddle over medium. Carefully rub skillet with an oiled paper towel.
- 5 For each pancake, spoon 2-3 tablespoons of batter onto skillet leaving 1" apart from other pancakes.
- 6 Cook until surface of pancakes has some bubbles, around 1-2 minutes. With spatula, carefully flip and cook the other side for 1-2 more minutes until golden brown.

Tomato marinara.

18 SERVINGS; YIELDS 9 CUPS

20	ROMA TOMATOES (OR USE 2-28 OZ CANS OF PEELED TOMATOES)
6	GARLIC CLOVES
½	LARGE ONION, CHOPPED
2 TBSP	BROWN SUGAR
8 LEAVES	BASIL
1 TBSP	OREGANO DRIED
1 TBSP	ITALIAN SEASONING
1 TBSP	BALSAMIC VINEGAR
2	BAY LEAVES
1 TBSP	SALT
½ TBSP	PEPPER
¼ CUP	EXTRA VIRGIN OLIVE OIL

NUTRITION FACTS PER ½ CUP SERVING

45 calories, 3g fat, 4g carbs, 1g fiber,
3g sugar, 1g protein. Nutrition facts are
based on the recipe as listed.

- 1 Score 20 roma tomatoes (place a shallow X on the bottom of each tomato).
- 2 Bring a pot of water to a boil. Submerge tomatoes in boiling water for 15–20 seconds, depending on ripeness, until the skins are loosened.
- 3 Move the blanched tomatoes to a bowl of ice or cold water. Peel the skins off from the X.
- 4 Add peeled tomatoes to a pot and crush tomatoes with blender on **LOW** speed for 5 seconds.
- 5 Add the remaining ingredients to the pot — garlic, onion, brown sugar, oregano, italian seasoning, balsamic vinegar, bay leaves, salt, pepper and olive oil.
- 6 Bring to a boil. Turn heat down to simmer on low for 45 minutes – 1 hour.
- 7 Remove bay leaves.
- 8 **Blend** sauce until you reach desired consistency. For chunkier sauce blend 4–5 pulses. for smoother consistency, blend 5–10 pulses.
- 9 Add in 8 leaves of basil and simmer for 30 more minutes until thick.

Veggie frittata.

4-6 SERVINGS; YIELDS 25cm FRITTATA

½	ONION, SMALL
½	ZUCCHINI, MEDIUM
1	CARROT, MEDIUM
½	RED CAPSICUM, MEDIUM
2 CUPS	SPINACH
8	EGGS
½ CUP	REDUCED-FAT MILK
2 TBSP	NUTRITIONAL YEAST
½ TSP	SALT
½ TSP	PEPPER
2 TBSP	EXTRA VIRGIN OLIVE OIL

NUTRITION FACTS PER ⅙ FRITTATA SERVING

150 calories, 11g fat, 48g carbs, 5g fiber, 3g sugar, 9g protein. Nutrition facts are based on the recipe as listed.

- 1 Preheat oven to 180°C.
- 2 **Chop** all vegetables in the **chopping bowl** and set aside.
- 3 In the cup, **whisk** eggs, milk, nutritional yeast, salt and pepper and set aside.
- 4 In a 25cm cast iron pan, add 2 tablespoons of oil and saute chopped vegetables on medium heat until softened.
- 5 Turn heat off and pour in egg mixture (make sure vegetables are evenly spread out).
- 6 Bake in oven for 15 minutes.

Roasted leek & zucchini soup.

6 SERVINGS; YIELDS 6 CUPS

2 TBSP	EXTRA VIRGIN OLIVE OIL
3	ZUCCHINI, MEDIUM, CHOPPED INTO 1" PIECES
2	LEEKs, CHOPPED INTO 1" PIECES (WHITE & PALE GREEN PARTS ONLY)
1 CUP	CAULIFLOWER FLORETS
1	HEAD OF GARLIC
1	CARROT, MEDIUM
1	CELERY STALK, MEDIUM
¼	ONION, MEDIUM
½ TSP	SALT
1 SPRIG	MARJORAM
1 SPRIG	BASIL
950mL	VEGETABLE BROTH

- 1 Preheat oven to 180°C.
- 2 Drizzle olive oil on zucchini, leeks, cauliflower and garlic bulb with and roast at 180°C for 45 minutes.
- 3 In the **chopper**, add carrot, celery and onion. **Pulse** 5 times on high until finely chopped.
- 4 In a 4 quart pot, saute chopped vegetables with oil and salt until softened.
- 5 Add vegetable broth, marjoram, basil and bring to a boil.
- 6 Add roasted vegetables to pot and nutritional yeast. Bring to simmer and turn off heat.
- 7 **Blend** on **LOW** until smooth.

NUTRITION FACTS PER 1 CUP SERVING

100 calories, 5g fat, 13g carbs, 2g fiber, 6g sugar, 3g protein. Nutrition facts are based on the recipe as listed.

Split pea soup.

6 SERVINGS; YIELDS 6 CUPS

1½ CUP	SPLIT PEAS
4 CUPS	WATER
1 TSP	SALT
½ TSP	PEPPER
2	CARROTS, SMALL
½	ONION, MEDIUM
1	POTATO
1 TBSP	CANOLA OIL
4	GARLIC CLOVES
950ML	VEGETABLE BROTH
1	BAY LEAF
1 SPRIG	THYME
½ CUP	NUTRITIONAL YEAST

NUTRITION FACTS PER 1 CUP SERVING

280 calories, 3g fat, 48g carbs, 16g fiber, 7g sugar, 16g protein. Nutrition facts are based on the recipe as listed.

- 1 Bring water to a boil and add split peas, salt and pepper.
- 2 Turn heat to low and simmer until water is mostly evaporated and peas are cooked (about 45 minutes).
- 3 Use **chopper** to **chop** two carrots, onion and yukon potato.
- 4 In a 4 quart pot, add oil and saute garlic and vegetables until softened.
- 5 Add 950mL of vegetable broth to pot and bring to a simmer.
- 6 Add bay leaf, thyme and nutritional yeast and simmer for 30 minutes, then remove bay leaf.
- 7 **Blend** on **LOW** until smooth or desired consistency, use circular motions, about 1 minute.
- 8 Adjust salt and pepper to taste.

Roasted cauliflower mash.

6 SERVINGS; YIELDS 3 CUPS

1 TBSP	CANOLA OIL
1 HEAD	CAULIFLOWER (4 CUPS OF FLORETS)
4	GARLIC CLOVES
1 TBSP	PLANT-BASED BUTTER
1 SPRIG	THYME (REMOVE LEAVES)
1 SPRIG	ROSEMARY (REMOVE LEAVES)
½ CUP	UNSWEETENED ALMOND MILK
¼ TSP	SALT

- 1 Preheat oven to 190°C. Drizzle oil on cauliflower florets and garlic and roast in the oven for 40 minutes.
- 2 In a pot, add butter, thyme, rosemary and garlic on low heat, then add roasted cauliflower, almond milk and salt.
- 3 **Blend** on **HIGH** until smooth consistency. Add more milk if needed.

NUTRITION FACTS PER ½ CUP SERVING

70 calories, 4.5g fat, 6g carbs, 2g fiber, 2g sugar, 2g protein. Nutrition facts are based on the recipe as listed.

Hollandaise sauce.

10 SERVINGS; YIELDS 295mL

4	EGG YOLKS
¼ TSP	SALT
¼ TSP	PEPPER
2 TSP	LEMON JUICE
100G	BUTTER (MELTED)

NUTRITION FACTS PER 2 TBSP SERVING

100 calories, 11g fat, 0g carbs, 0g fiber, 0g sugar, 1g protein. Nutrition facts are based on the recipe as listed.

- 1 Add all ingredients to blend cup except butter and **whisk** on **LOW**.
- 2 Slowly drizzle in butter into mixture while **whisking** on **LOW** until all incorporated.
- 3 Put mixture in microwave for 15 seconds and **whisk** for 1 minute then microwave for 10 seconds and **whisk** for another minute and repeat if necessary until reaching a thick velvety consistency.

Roasted garlic aioli.

12 SERVINGS; YIELDS 1½ CUPS OR 350mL

- 1 HEAD **GARLIC**
- 2 **EGGS**
- 1 TBSP **LEMON JUICE**
- ¼ TSP **SALT**
- ¼ TSP **PEPPER**
- ½ TSP **YELLOW MUSTARD**
- 1¼ CUP **EXTRA VIRGIN OLIVE OIL**

NUTRITION FACTS PER 2 TBSP SERVING

220 calories, 24g fat, 1g carbs, 0g fiber, 0g sugar, 1g protein. Nutrition facts are based on the recipe as listed.

ROASTED GARLIC

- 1 Preheat oven to 200°C.
- 2 Drizzle 1 tsp olive oil on aluminum foil and wrap garlic cloves inside.
- 3 Place in center of oven on sheet pan and roast for 45 to 55 minutes. Garlic is done when fragrant and cloves are soft enough to squeeze.
- 4 Set aside to cool completely. Once cool, gently loosen and remove skins.

MAYO FROM SCRATCH

- 5 Crack 2 eggs into blender cup.
- 6 Add 1 Tbsp lemon juice, ¼ tsp salt, ¼ tsp pepper, ½ tsp mustard. **Blend** all ingredients for 10 seconds on **LOW** speed.
- 7 Add ¼ cup of olive oil and **blend** for 20 seconds on **HIGH** to max setting and repeat four more times until 1 ¼ cup of oil is incorporated.
- 8 **Blend** until thick and creamy.

GARLIC AIOLI

- 9 In the **blender cup**, add 1½ cups of mayo, 16 cloves of roasted garlic (one head of garlic), ½ tsp of lemon juice, ¼ tsp salt. **Blend** on **HIGH** on max setting for 1 minute.

OPTIONAL: add 2 tsp sriracha or chili powder for a spicy garlic aioli.

Easy balsamic vinaigrette.

10 SERVINGS; YIELDS 295mL

¾ CUP	OLIVE OIL
¼ CUP	BALSAMIC VINEGAR
3 TBSP	MAPLE SYRUP
1 TSP	DIJON MUSTARD
1 TBSP	SHALLOT, MINCED
1	GARLIC CLOVE, MINCED (1 TSP)
½ TSP	SALT
½ TSP	BLACK PEPPER

- 1 Add all ingredients to **blender cup** and **blend** until ingredients are combined.

NUTRITION FACTS PER 2 TBSP SERVING

170 calories, 17g fat, 5g carbs, 0g fiber,
5g sugar, 0g protein. Nutrition facts are
based on the recipe as listed.

Lavender whipped cream.

6 SERVINGS; YIELDS 1½ CUPS

1½ CUP	HEAVY CREAM
1 TBSP	LAVENDER
1 TBSP	CONFECTIONERS SUGAR

NUTRITION FACTS PER ¼ CUP SERVING

90 calories, 9g fat, 2g carbs, 0g fiber,
2g sugar, 1g protein. Nutrition facts are
based on the recipe as listed.

- 1 In a small pot, bring heavy cream to a simmer and turn heat off.
- 2 Add lavender buds to pot and let it steep until mixture is cool. Refrigerate for two hours.
- 3 Strain and remove lavender from cream.
- 4 Add cream to **blender cup** with confectioners sugar. With **whisk attachment**, **blend** on **HIGH** for 4 minutes.
- 5 Serve with fruit and desserts.

Ginger mint nice cream.

5 SERVINGS; YIELDS 590mL

2	BANANAS, FROZEN, SLICED
1 CUP	CAULIFLOWER FLORETS, FROZEN OR FROZEN RICED CAULIFLOWER
8	MINT LEAVES
¼ CUP	UNSWEETENED ALMOND MILK
30ML	GINGER JUICE OR 1" PIECE GINGER, FRESH
2 TBSP	LEMON JUICE
1 TBSP	AGAVE, OPTIONAL

- 1 Add all ingredients to **blender cup** and **blend** in circular motion, up and down until smooth ~1 minute.
- 2 Pour into a container to store in freezer for at least 2 hours before serving.
- 3 Serve with chopped fruit – pineapple or blueberries.

NUTRITION FACTS PER ½ CUP SERVING

70 calories, 0g fat, 16g carbs, 2g fiber,
9g sugar, 1g protein. Nutrition facts are
based on the recipe as listed.

Berry chia swirl yogurt bark with chopped nuts.

12 SERVINGS; YIELDS 680g

900g **LOW-FAT GREEK YOGURT (DAIRY OR NON-DAIRY)**

¼ CUP **RASPBERRIES, FRESH**

½ CUP **BLUEBERRIES, FRESH**

2 TBSP **CHIA SEEDS**

2 TBSP **HONEY (OR MAPLE)**

¼ CUP **MIXED NUTS, UNSALTED**

OPTIONAL: **DRIZZLE MORE HONEY OR SWEETENER OVER YOGURT SPREAD OR USE VANILLA YOGURT**

NUTRITION FACTS PER 55g SERVING

100 calories, 4g fat, 8g carbs, 1g fiber, 6g sugar, 8g protein. Nutrition facts are based on the recipe as listed.

- 1 On a lined baking sheet, spread yogurt evenly.
- 2 **Blend** ¼ cup of berries, chia seeds, and honey and set aside to let it thicken (about 2 minutes).
- 3 In the **chopping cup**, **pulse** mixed nuts 3–5 times.
- 4 Dot the yogurt spread with the blended berries using a toothpick to swirl in the berries into the yogurt.
- 5 Top with nuts and whole berries.
- 6 Freeze for at least 2 hours or overnight.
- 7 Break apart and store in airtight container.

CDB  GOLDAIR

one (1) year limited replacement warranty statement.

If your product becomes defective due to faulty material or workmanship within a period of 1 year from the date of purchase, we warrant to do the following:

- **For New Zealand Consumers:**
We will replace the product with a new product, free of charge, or repair the product at our cost, at our discretion.
- **For Australian Consumers:**
Our goods come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and for compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.

YOUR WARRANTY IS SUBJECT TO THE FOLLOWING CONDITIONS:

- **DO NOT** operate the appliance with a damaged plug or cord, or if the unit has been dropped, damaged or dropped in water. To avoid the risk of electric shock, do not disassemble or attempt to repair the appliance on your own. If the supply cord is damaged, it must be replaced by a qualified electrician in order to avoid a hazard. Incorrect re-assembly or repair can cause a risk of electric shock or injury to persons when the appliance is used.
- The item has not been misused, abused, neglected, altered, modified or repaired by anyone.
- The item has been subjected to fair wear and tear.
- The item has not been used for trade, professional or hire purposes.

- The item has not sustained damage through foreign objects, substances or accident.

YOUR WARRANTY DOES NOT COVER:

- Components that are subject to natural wear and tear caused by normal use in accordance with operating instructions.
- Unauthorised/improper maintenance/handling or overload is excluded from this warranty.
- For guarantee claims, you will need to submit a proof of purchase in the form of a valid receipt that displays date and place of purchase.

This warranty does not replace but is in addition to your statutory rights.

This warranty does not apply to accessories supplied with the item.

This warranty applies only to the original purchaser and may not be transferred.

Replacement items will be covered by the limited warranty for the balance of the warranty period from the date of the original purchase.

PLEASE NOTE:

Only the defective product or parts returned to place of purchase will be replaced under this warranty.



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220-240VAC 50-60Hz 800W

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