

nuwave[®]
— LIVE WELL FOR LESS —

TWISTER



Owner's Manual & Complete Recipe Book

NuWave® Products and Accessories

NuWave® Twister:

- (BM 22093) NuWave Twister Manual
- A (22221) NuWave Twister Base
- B (22222) NuWave Twister Large Cup
- C (22223) NuWave Twister Small Cup
- D (22224) NuWave Storage Lid
- E (22225) NuWave Twister Cross Blade
- F (22226) NuWave Twister Flat Blade
- G (22227) NuWave Twister O-Ring

NuWave® Flavor Lockers:

(24002) 10pc Flavor-Lockers Set

(24003) 11pc Flavor-Lockers Set

- (24101) 0.7 qt. Container
- (24102) 1.4 qt. Container
- (24201) 2.1 qt. Container
- (24202) 4.0 qt. Container
- (24205) 1.6 qt. Divided Container
- (24203) 2.1 qt. Tall Container
- (24204) 3.2 qt. Tall Container
- (24106) 1.0 qt. Vacuum Storage Bag
- (24207) 1.0 gal. Vacuum Storage Bag
- (24227) 2.0 gal. Vacuum Storage Bag
- (24103) Hand Pump
- (24209) Auto Pump
- (24226) Zip Clips
- (24104) Bottle-Lockers (2)

NuWave® Ceramic Knives:

(25120) 4pc Ceramic Knife Set

- (25121) 3.0" Ceramic Knife
- (25122) 5.0" Ceramic Knife
- (25123) 6.5" Ceramic Knife
- (25124) 8.0" Ceramic Knife

NuWave® Cutting Boards:

(31710) Black 3pc set

- (31711) Small Black (9.8" x 7.5")
- (31712) Medium Black (14.0" x 10.5")
- (31713) Large Black (18.0" x 12.2")

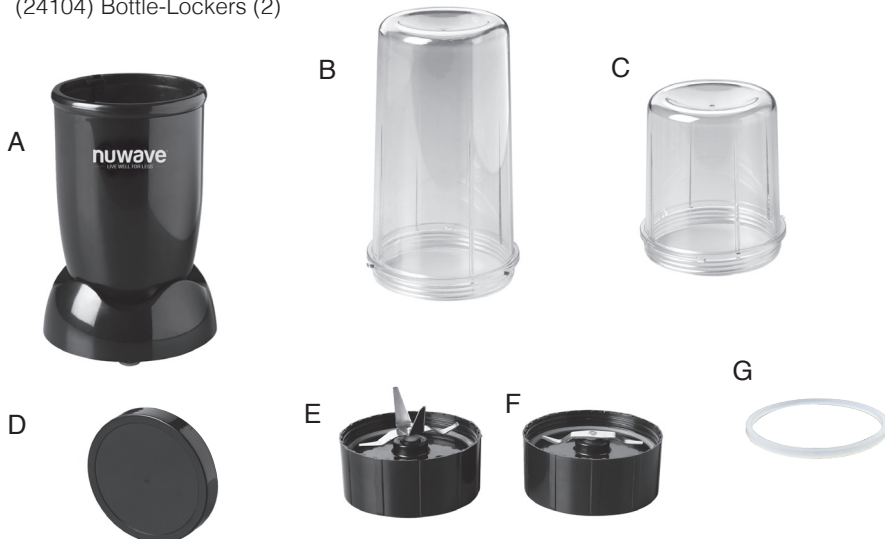
(31720) Green 3pc set

- (31721) Small Green (9.8" x 7.5")
- (31722) Medium Green (14.0" x 10.5")
- (31723) Large Green (18.0" x 12.2")

NuWave® Utensil Set:

(31701) 4pc Box Set

(31702) 5pc Box Set



To order parts and accessories, call customer service at:
1-877-689-2838, Monday-Friday, 7:00 AM – 7:00 PM CST.

You may also order online at: www.NuWaveNow.com.

Please provide the correct item name and number to ensure that your order is processed accurately.

IMPORTANT SAFEGUARDS

Signal Word Definitions

DANGER—Indicates an imminently hazardous situation, which, if not avoided, **WILL** result in death or serious injury. Usage of this signal word is limited to the most extreme situations.

WARNING—Indicates a potentially hazardous situation, which, if not avoided, **COULD** result in death or serious injury.

CAUTION—Indicates a potentially hazardous situation, which, if not avoided, may result in minor/moderate injury or product/property damage. It also alerts against unsafe practices.

Always follow basic safety precautions when using electrical products, especially when children are present.

WARNING: To avoid the risk of electrical shock, always make sure the product is unplugged from the electrical outlet before assembling, disassembling, relocating, servicing, or cleaning it.

**READ ALL INSTRUCTIONS
BEFORE USING.**

IMPORTANT SAFEGUARDS

WARNING

**To reduce the risk of fire, electrical shock,
or serious personal injury:**

- This product is intended for use in processing foods for human consumption. Do not use the product for any other purpose.
- Never leave the product unattended while in use. Always unplug the product from the electrical outlet when not in use.
- Keep the power cord and product away from heated surfaces.
- Do not place power base in or expose it to water or other liquids.
- Do not use attachments not recommended or sold by the product manufacturer.
- Care is needed when handling cutting blades, especially when removing from the bowl and during cleaning.
- Never keep the blades running for more than one minute.
- To avoid serious injury and product damage, do not touch moving parts (e.g.; the blades) while the product is in use. Keep hands and utensils away from the moving blades while operating the product.
- Before disassembling the product, unplug it from the electrical outlet and ensure the metal shaft and blades have completely stopped.
- Do not plug or unplug the product into/from the electrical outlet with a wet hand.
- To disconnect from an electrical outlet, pull directly on the plug: do not pull on the power cord.
- Unplug the product from the electrical outlet prior to putting on or re moving parts.
- If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified person in order to avoid a hazard.
- Never operate this product if it has a damaged power cord or plug: is not working properly: has been dropped or damaged: or if the power base has been exposed to water or other liquids.
- Do not attempt to examine or repair this product yourself. Only qualified service personnel should perform servicing. Take the product to a service center for inspection and repair.
- 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 have been given supervisor or instructions 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.

I M P O R T A N T S A F E G U A R D S

CAUTION - To reduce the risk of personal injury or product/property damage:

- Do not allow the power cord to hang (e.g.: over the edge of a table or counter) where it may be tripped over or pulled.
- Do not pull, twist, or mistreat the power cord.
- Always completely assemble the blade and cup before placing on the power base.
- Always place the product on a flat, level, stable surface.
- Never microwave with blades still attached.
- Do not use the storage lids in the microwave.
- Keep the product out of reach of children and pets. This product is not intended for use by children.
- This product is intended for indoor, non commercial, non industrial, household use only. Do not use outdoors.

SAVE THESE INSTRUCTIONS FOR FUTURE REFERENCE

TO ASSEMBLE

WARNING: Ensure the product is unplugged from the electrical outlet before assembling it. Handle the blades with care as they are extremely sharp. Use caution when attaching, detaching, cleaning, or stopping the blades.

Operating times and speed settings will be specified for accessories if applicable.

Accessories, other than those provided with the appliance shall include instructions for their safe use with this appliance.

NOTE: Before using the product for the first time, disassemble and thoroughly wash and dry all parts except the power base (large cup, small cup, storage lids, and both sets of blades).

Chopper/Blender:

1. Ensure the product is unplugged from the electrical outlet.
2. Place the power base on a flat, level, stable surface.
3. Fill the small cup or the large cup with the food that you wish to chop/blend.
4. Screw the flat blades or cross blades clockwise onto the small or large cup until secure.
NOTE: Ensure that the rubber gasket, located on the inside bottom edge of the blade assembly, is in place.
5. Turn the chopper assembly so that the blades are on the bottom. Attach the assembled chopper by aligning the three tabs on the outside of the small or large cup with the three notches on the top inner edge of the power base.
6. Plug the product into a standard 120 volt AC electrical outlet.
7. Press down and turn counter clockwise to begin processing food. To stop processing, press down and twist clockwise. Wait until the blades stop completely before removing the cup from the power base or before removing any food contents.
8. Unplug the product from the electrical outlet when it is not in use or is left unattended.

TO ASSEMBLE

CAUTION - Limit continuous operation to 5 seconds at a time. If pressure or steam begin building in the cup, cease use and allow time to cool before attempting to open. Do not add liquid that is above room temperature.

WARNING: When blending hot liquids, cover with a cloth or towel before unscrewing blade assembly. Slowly unscrew the blade assembly to release any pressure that may have built up during blending. This will help to prevent a burn/scald hazard.

CAUTION: For liquid ingredients, do not fill the containers to their maximum capacity. Overfilling the cups could result in spillage, causing burns and/or property/product damage. A maximum of $\frac{3}{4}$ of the capacity is recommended.

NOTE: This product comes with two storage lids to cover the cups and store any leftovers. **Do not place lids in microwave.**

Tips:

- To make bread crumbs, break the bread into pieces before placing it into one of the cups.
- To use cracker or cookie crumbs as recipe ingredients or in pie crusts, break them into pieces before placing them into the appropriate cup.
- Cut vegetables into 1" (approx. 2.5 cm) chunks before processing them in one of the cups. This will allow more consistent chopping of the vegetables.

CARE AND MAINTENANCE

WARNING: To avoid the risk of electrical shock, always ensure the product is unplugged from the electrical outlet before assembling, disassembling, relocating, servicing, or cleaning it.

WARNING: Care is needed when handling cutting blades, especially when removing from the bowl and during cleaning.

- Always clean the product immediately after each use.
- Wash all parts except the power base in warm, soapy water: rinse, and dry thoroughly.
- Clean the power base by wiping it with a damp cloth. To avoid damage to the product, do not immerse the power base into water or other liquids or place it in a dishwasher.
- To avoid damage to the product, do not use abrasive cleaners or scouring pads to clean the product parts.
- Reassemble the product before placing it into storage (reference the “to assemble” section).
- Store the product in a cool, dry place.

Electrical Specifications

Voltage	Frequency	Wattage	Amperage
120 Volts	AC 60 Hz	300 Watts	2.5 Amps

LIMITED WARRANTY

THE MANUFACTURER WARRANTS: The NuWave Twister and all electrical components to be free from defects and workmanship under normal household use, when operated in accordance with the Manufacturer's written instructions provided with each unit for six (6) months from date of purchase. The Manufacturer will provide the necessary parts and labor to repair any part of the NuWave Twister at NuWave, LLC Service Department. After the expiration of the warranty, the cost of the labor and parts will be the sole responsibility of the owner.

THE WARRANTY DOES NOT COVER: Repairs made by an unauthorized dealer or if the serial number data plate is removed or defaced. Normal deterioration of finish due to use or exposure is not covered by this Warranty. This Limited Warranty does not cover shipping costs, failure, damages or inadequate performance due to accident, acts of God (such as lightning), fluctuations in electric power, alterations, abuse, misuse, misapplications, corrosive type atmospheres, improper installation, failure to operate in accordance with the Manufacturer's written instructions, abnormal use or commercial use.

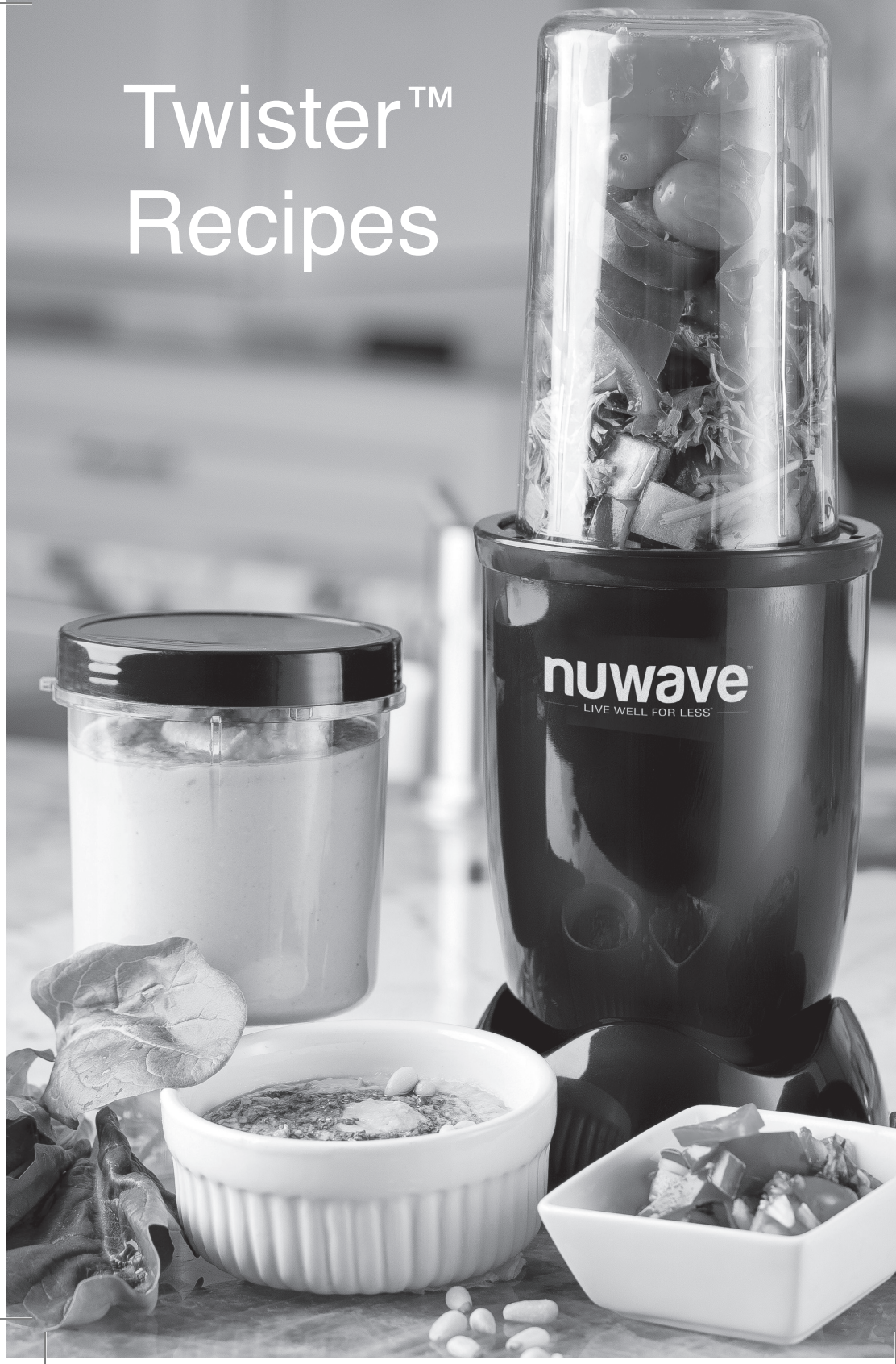
TO OBTAIN SERVICE: The owner shall have the obligation and responsibility to: pay for all services and parts not covered by the warranty; prepay the freight to and from Service Department for any part or system returned under this warranty; carefully package the product using adequate padding material to prevent damage in transit. The original container is ideal for this purpose. Include in the package: owner's name, address, daytime telephone number, a detailed description of the problem, and your address, daytime telephone number, a detailed description of the problem, and your **RETURN GOODS AUTHORIZATION NUMBER** (RGA number): Call 1-877-689-2838 or e-mail help@nuwavenow.com to obtain the RGA number. Provide the cooking system model & serial number and proof of date of purchase (a copy of the receipt) when making claims under this warranty.

MANUFACTURER'S OBLIGATION:

The Manufacturer's obligation under this Limited Warranty is limited to repairing or replacing any part of the NuWave Twister expressly covered by this Limited Warranty which upon examination is found to be defective under normal use. The Limited Warranty is applicable only within the continental United States and only to the original purchaser of manufacturer's authorized channels of distribution. The Limited Warranty may not be altered, varied or extended except by written instrument executed by the manufacturer. The remedy of repair or replacement as provided under this limited warranty is exclusive. In no event shall the manufacturer be liable for any consequential or incidental damages to any person, whether or not occasioned by negligence of the manufacturer, including without limitation, damages for loss of use, costs of substitution, property damage, or other money loss. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation exclusions may not apply. This Limited Warranty gives specific legal rights, and there may also be other rights which vary from state to state. Except as otherwise expressly provided above, the manufacturer makes no warranties expressed or implied arising by law or otherwise, including without limitation, the implied warranties of merchantability and fitness for a particular purpose to any other person.

READ YOUR OWNER'S MANUAL: If you still have any questions about operation or warranty of the product, please contact NuWave, LLC at 1-877-689-2838 or e-mail help@nuwavenow.com.

Twister™ Recipes



nuwave
LIVE WELL FOR LESS

Pesto

- ½ garlic clove
- 1 cup fresh basil
- 1 tablespoon pine nuts
- ⅓ cup virgin olive oil
- ⅛ cup Parmesan

Directions:

Place first 2 ingredients into tall cup with cross blades and blend for about 10-15 seconds. Slowly pour olive oil a little at a time and blend 2-3 times until it is completely blended. Add Parmesan cheese and continue pulsating until the pesto has a pasty texture.

Café Chocolate Strawberry Frappé:

- ½ cup strong French Roast coffee
- 1 scoop strawberry ice cream
- ⅛ cup chocolate syrup
- 2 tablespoons sugar
- ½ cup ice cubes
- 2 ripe strawberries (optional)
- Whipped cream (optional)

Directions:

Place in tall cup with cross blades just enough to blend. Add the coffee and ice cubes and blend at high speed until ice is crushed fine and ingredients are thoroughly mixed. Pour into glasses.

Optional: top with a dollop of whipped cream and a fresh strawberry slice.

Protein Fruit Smoothie:

- Handful of fresh or frozen strawberries
- 1 banana
- Ice cubes
- ½ cup of apple juice
- 2 or more scoops vanilla protein powder

Directions:

Add all ingredients to the tall cup with cross blades and blend until smooth.

Fiesta Deviled Eggs:

- 8 hard boiled eggs
- ½ cup shredded cheddar cheese
- ¼ cup mayonnaise
- ¼ salsa
- 2 teaspoons sliced green onion
- 1 tablespoon sour cream
- Salt to taste

Directions:

Slice Eggs in half lengthwise, remove yolks and set whites aside. Place egg yolks and remaining ingredients into tall cup with flat blades and lightly blend 4-5 times. Evenly fill the egg whites. Lightly sprinkle with paprika if desired. Chill until ready to serve.

Tip: You can make hard boiled eggs in the NuWave Oven! Simply place on the 1" rack, cook at 325°F for 10 minutes and let cool.

Tropical Fruit Salad

- ½ mango cut into cubes
- ¼ pineapple cut into cubes
- ⅛ cup coconut cut into cubes or shredded
- ¼ teaspoon cracked red pepper
- ½ tablespoon honey
- ½ squeezed fresh lemon

Directions:

Place all ingredients into tall cup with cross blades, and blend for 5 seconds or until chunky.

Tip: Spice up any dish with this festive tropical salsa. Once you spread this salsa over any chicken, fish or pork dishes, simply place the 3" or 4" rack (depending on your model) in the NuWave Oven and cook according to cooking chart.

For More delicious recipes, go to www.nuwavecookingclub.com



www.nuwavenow.com

You can also visit www.NuWaveNow.com to learn more about the revolutionary products developed by the makers of the NuWave® Oven line, the NuWave® Precision Induction Cooktop line, the NuWave® Flavor-Lockers Storage System, NuWave® Duralon® Fry Pans, NuWave® Duralon® Cookware, ALSET® LED lighting, and other great accessories.

FOR HOUSEHOLD USE ONLY

Model 22091, 22093: 120V, 60Hz, 300 Watts

For patent information please go to: www.nuwavenow.com/legal/patent

Designed & Developed in USA by NuWave, LLC
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Libertyville, IL 60048, U.S.A.

Customer Service Hours:
Monday-Friday 7:00 AM - 7:00 PM CST
1.877.689.2838 • help@nuwavenow.com

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