

Smoothie Blender USER GUIDE

Important safeguards and cautionary information.
Please carefully read all instructions before operating your appliance.

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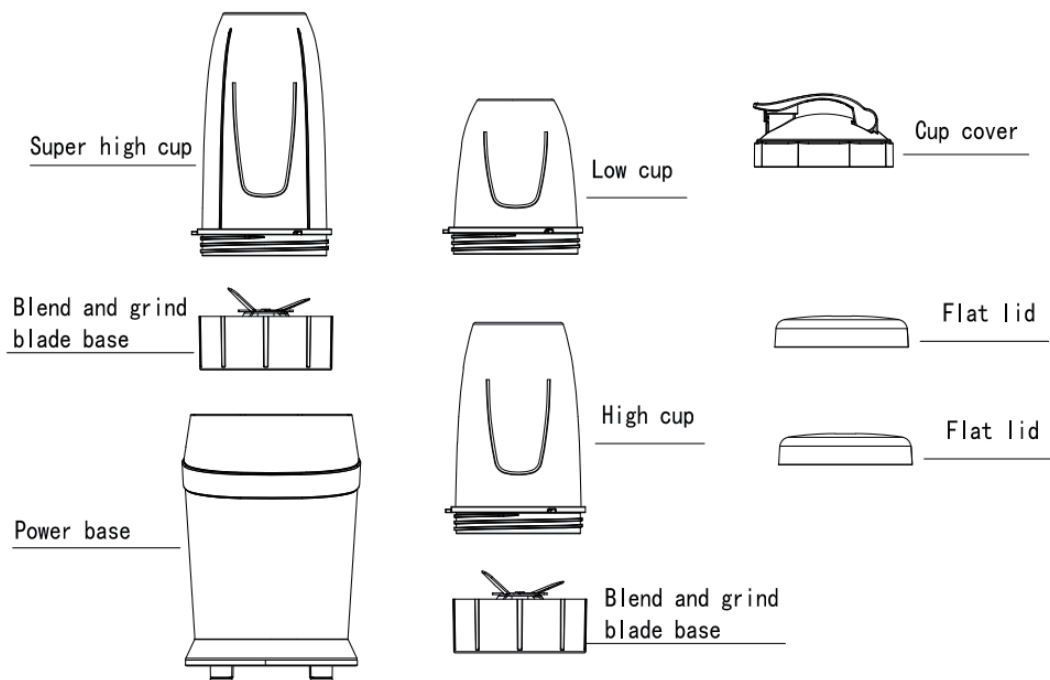
SAFETY PRECAUTIONS

- **Avoiding Electric Shock:** Never immerse the cord, plug, or power base of the blender in water or any other liquids to prevent the risk of electric shock.
- **Use of Attachments:** Using attachments not recommended or sold by the manufacturer may lead to fire, electric shock, or injury.
- **Unplugging:** Always unplug the appliance when not in use. Ensure it is unplugged before assembling, disassembling, adding parts, or cleaning.
- **Handling Power Cord:** Do not pull, twist, or mishandle the power cord.
- **Cord Placement:** Avoid letting the cord hang over the edge of the counter or table.
- **Hot Surfaces:** Keep the cord away from hot surfaces, including stoves.
- **Inspecting Cord and Plug:** Regularly check the cord and plug for damage. Do not use the appliance if the cord or plug is damaged. Discontinue use if the appliance malfunctions, is dropped, or damaged in any way; contact customer service for assistance.
- **Contact with Moving Parts:** Avoid contact with moving parts to prevent injury.
- **Blade Safety:** Keep hands and utensils away from the cutting blade while chopping or blending food to reduce the risk of injury or damage to the appliance.
- **Motor Safety:** Avoid running the motor for extended periods to prevent damage. If the motor stops working, unplug the power base and let it cool for twenty minutes before using again.

SAFETY PRECAUTIONS

- **Blade Securement:** Before operating the appliance, ensure the blade is securely screwed onto the container when placed on the power base.
- **Supervision:** Never leave the appliance unattended during use. Always supervise when used by or near children.
- **Outdoor Use:** Do not use the appliance outdoors if exposed to rain or wet conditions.
- **Sharp Blades:** Handle sharp blades with care.
- **Gasket Check:** Before each use, check that the gasket is properly seated in the cross blade or flat blade unit.
- **Microwave Use:** The appliance and its components are not microwave-safe. Do not place them in the microwave as it may damage the appliance.
- **Blending Safety:** Keep hands and utensils away from the cutting blade to prevent personal injury or damage to the appliance.
- **Carbonated Beverages:** Never blend carbonated beverages as pressure buildup can cause the container to burst, potentially causing injury.
- **Hot Liquids:** Do not blend hot liquids in any of the blending vessels.
- **Running Appliance:** Never run the appliance when the containers are empty.

MAIN PARTS



ELECTRICAL SPECIFICATION

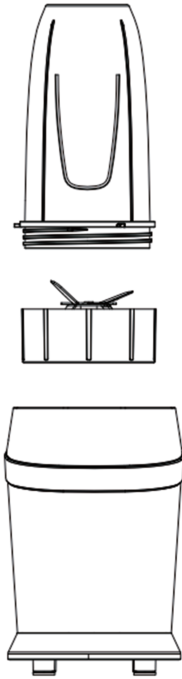
Voltage: AC120V, 60Hz

Rating Wattage: 1200W

Continuous Use: ≤ 1 min

Protection against electric shock: type II

OPERATION INSTRUCTIONS



- Hold the blending cup firmly, tighten it clockwise to secure, and press down on the cup to activate the blender.
- Release pressure gradually to pause blending and check consistency. For thicker textures, blend longer; for smoother textures, blend less.
- Once satisfied with the consistency, release pressure entirely to stop blending.

STEPS OF USE

① For Blending

- Put the machine on a stable table.
- Firstly adding an appropriate amount of purified water in the big cup container, then put the vegetables and fruits which have been cut into small pieces in the big glass cup, pay attention that the whole mixed volume can not exceed the maximum scale-line position of the cup.
- Screw on the blend blade at the bottom of the cup.
- Put the cup on the power base and be sure the upper concave parts fix well to the convex parts on the bottom of the cup , then tighten it clockwise.
- Plug in the appliance into AC120 voltage. At that time, the appliance runs normally. Continuous working time can not exceed 1min.

- ★ Do not mix dry ingredients only.
- ★ After mixing, please turn off the power switch, then pull the power plug from outlet.
- ★ Take off the mixing cup from main body counterclockwise.
- ★ Open the blade seat, pour the ingredients out, then you can enjoy yourself.

② For Grinding

- Place food into the cup, ensuring it does not exceed the maximum scale line.
- Screw the blade base onto the bottom of the cup.
- Position the cup on the power base, ensuring the upper concave parts align securely with the convex parts on the bottom of the cup. Tighten it clockwise to secure.
- Plug in the appliance into AC120 voltage. At that time, the appliance runs normally. Continuous working time can not exceed 30S.

SMOOTHIE RECIPES

- **Classic Green Smoothie:** Ingredients typically include spinach or kale, banana, apple or pear, cucumber, and a liquid base like water or almond milk. Sometimes enhanced with chia seeds or a scoop of protein powder.
- **Berry Blast Smoothie:** Made with a combination of strawberries, blueberries, raspberries, and sometimes blackberries. Usually blended with a banana, Greek yogurt or almond milk, and a dash of honey or agave syrup for sweetness.
- **Tropical Paradise Smoothie:** Features a blend of tropical fruits such as mango, pineapple, and banana. Often mixed with coconut milk or coconut water, and a squeeze of lime juice or a handful of spinach for added nutrients.
- **Chocolate Peanut Butter Banana Smoothie:** Combines ripe bananas, cocoa powder or chocolate protein powder, peanut butter (or almond butter for a variation), and milk (dairy or plant-based). Optionally sweetened with a bit of honey or dates.
- **Detox Green Smoothie:** Typically includes ingredients like spinach, kale, celery, cucumber, green apple, lemon juice, and ginger. A popular choice for its cleansing properties and refreshing taste.

SMOOTHIE RECIPES

- **Protein-Packed Smoothie:** Contains ingredients like Greek yogurt, a scoop of protein powder (such as whey or plant-based), mixed berries or banana, and almond milk or water. Ideal for post-workout recovery or a meal replacement.
- **Avocado Banana Smoothie:** Incorporates ripe avocado, banana, spinach or kale, and coconut water or almond milk. Provides a creamy texture and is rich in healthy fats and nutrients.
- **Oatmeal Smoothie:** Combines rolled oats, banana, Greek yogurt, almond milk, cinnamon, and a spoonful of nut butter. Offers a hearty, filling option for breakfast or a snack.
- **Pineapple Mango Smoothie:** Features pineapple chunks, mango, banana, coconut milk or water, and a squeeze of lime juice. Refreshing and tropical, perfect for hot summer days.
- **Blueberry Spinach Smoothie:** Blends blueberries, spinach, banana, almond milk or yogurt, and a spoonful of honey.

CLEAN AND MAINTAIN

- You should always take off the plug when not in use.
- If the machine is not use for long time, please keep the machine in dry and airiness.
- You can clean the accessories in water except the motor base.
- Take off the plug before wipe the motor base, always use the dry cloth to clean, never flush or dip in water.

ENVIRONMENT

Meaning of crossed –out wheeled dustbin:

Do not dispose of electrical appliances as unsorted municipal waste, use separate collection facilities.

Contact you local government for information regarding the collection systems available. If electrical appliances are disposed of in landfills or dumps, hazardous substances can leak into the groundwater and get into the food chain, damaging your health and well-being.

When replacing old appliances with new ones, the retailer is legally obligated to take back your old appliance for disposals at least free of charge.

