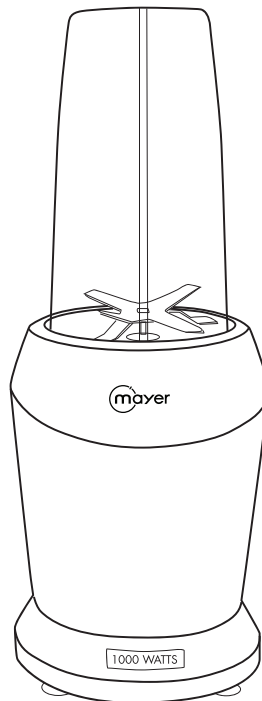




NutriBlend Blender MMNB1000



BLENDER

Please read this instruction manual thoroughly before operating and keep it for future reference

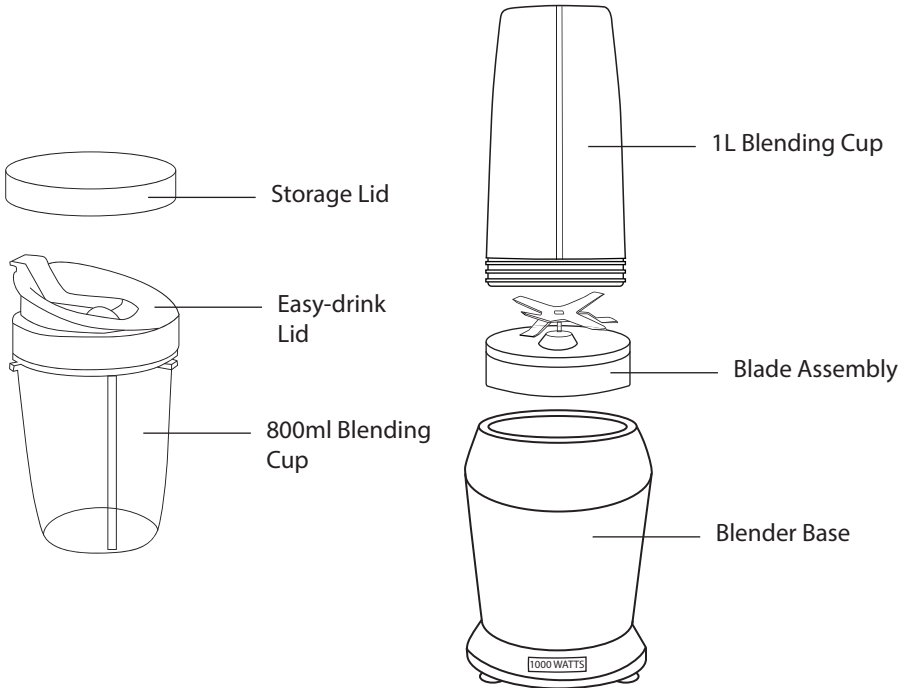
IMPORTANT SAFETY INSTRUCTIONS

- 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 supervision or instruction concerning the 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 operate any appliance with a damaged cord or plug or after the appliance malfunctions, or has been dropped or damaged in any manner. If the power cord is damaged, it must be replaced by the Service Centre to avoid a hazard.
- When using electrical appliances, basic safety precautions should always be followed to reduce the risk of fire, electric shock, and/or injury.
- Do not immerse appliance, cord or plug in water or other liquid.
- Unplug from the outlet when not in use and before cleaning.
- Do not unplug the appliance by pulling on the cord.
- Use the accessories from the appliance only, as other accessories not from the appliance may cause fire, electric shock or injury.
- Do not let the cord hang over the edge of the table or counter or touch hot surfaces.
- Never leave the appliance unattended when in use.
- Avoid contact with moving parts. Keep hands and utensils out of the sports bottle while blending to prevent personal injury or damage to the blender.
- The blade is sharp. Handle with care.
- To reduce the risk of injury, never place cutter-assembly blades on the base without the sports bottle properly attached.
- Do not attempt to bypass the interlock safety switch system that powers the appliance.
- Maximum temperature of which is 60°C.
- When handling hot liquids, use extra caution, because they may release steam or may splash and scald the user. Before pouring hot liquids into the blending container and blending them, it is suggested that let them cool to at least 40°C.
- Do not use at outdoors or for commercial purposes, this appliance is for household use only.
- Always operate on a flat and sturdy surface.
- Unplug the blender when not in use, before taking off or putting on parts and before cleaning.
- In case of damage and deformation of the parts. Do not use hot water and disinfect cabinets that temperatures exceed 60°C to wash or sterilize them.
- Use this appliance for its intended use as described in this manual. The use of attachments not made by the manufacturer, including canning or ordinary jar and processing assembly parts, is not recommended as it may cause a risk to persons.

PRODUCT TECHNICAL PARAMETERS

MODEL	RATED VOLTAGE	RATED POWER	GROSS CAPACITY
MMNB1000	220-240V~, 50/60Hz	1000W	1L & 800ML

INTRODUCTION OF PARTS



CONTROLS AND OPERATIONS

Before First Use

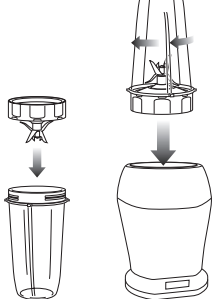
- Before using the appliance for the first time, wash all of the accessories in warm, soapy water, then rinse and dry thoroughly. Wipe the appliance base unit with a soft, damp cloth and allow to dry thoroughly.
- Do not immerse the appliance base unit in water or any other liquid.

Note: When using the appliance for the first time, a slight odour may be emitted. This is normal and will soon subside. Ensure that there is sufficient ventilation around the appliance.

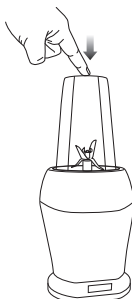
Using the Appliance

- Ensure that the appliance is unplugged from the main power supply.
- Place the appliance base unit on a flat, stable surface, at a height which is comfortable for the user.
- Place the ingredients into the desired blending cup, ensuring that they do not exceed the maximum fill mark.
- Pour a small amount of water into the blending cup, this will help to blend the ingredients.
- Secure the six-blade lid attachment onto the blending cup by twisting it in a clockwise direction.
- Plug in and switch on the appliance at the main power supply.
- To pulse blend the ingredients, invert the blending cup so that the six-blade lid attachment is facing downwards, align the three tabs with the corresponding slots in the appliance base unit and then push it down.
- For a continuous blend, press the blending cup down and twist it in a clockwise direction and lock it. To stop blending (Maximum 60 seconds), twist the blending cup in an anticlockwise direction and lift up the blending cup from the appliance base unit.
- Switch off and unplug the appliance from the mains power supply.
- Remove the six-blade lid attachment by twisting it in an anticlockwise direction and then replace it with either the easy-drink lip or storage lid.

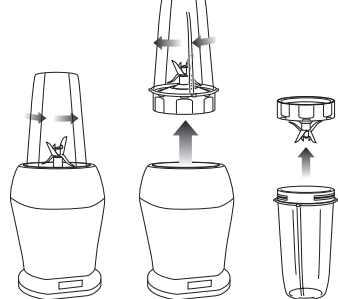
ASSEMBLY



PULSE



REMOVAL



Note:

- Ensure that the lid is securely fitted before use.
- To prevent the appliance from overheating, do not blend dry ingredients for more than 30 seconds at a time.
- If the blades are not running smoothly, stop the appliance and carefully remove the six-blade lid attachment. Add a small amount of cold liquid or reduce the quantity of the ingredients in the blending cup.
- When mixing liquid, use a tall container or blend small quantities at a time to reduce spillage, splattering and the possibility of injury from scalding.

Warning

- Do not blend warm or hot liquid or food, as this may cause a pressure build-up, which could cause serious injury.
- Do not blend for long periods of time. Maximum operation time is 1 minute; allow the appliance to cool for 3 minutes before using it again.
- Using the appliance for longer than 1 minute at a time will cause the temperature to increase, which may in turn lead to a pressure build-up. If this happens, switch off and unplug the appliance from the main power supply and allow it to cool thoroughly before attempting to remove the six-blade lid attachment. Do not immerse the blending cup in water at this time.
- Do not exceed the maximum fill mark when adding ingredients to the blending cup, as this could cause spillage and may damage the appliance.
- Do not operate the appliance if the blending cup is cracked, broken or empty.

Note: If the ingredients do not blend evenly, remove the blending cup from the appliance base unit. Shake the blending cup to redistribute the ingredients and then blend once more.

Purpose	Suggested Blending Cup	Type of Ingredients
Chopping	800ml, 1L	Nuts, Chocolate
Grating	800ml	Cheese, Bread Crumbs
Mixing	800ml, 1L	Batter dips
Sauces	800ml, 1L	Vinaigrettes Salad dressings Simple sauces
Frozen Blending	800ml, 1L	Ice Frozen fruit Ice cream
Nutrient Smoothies	800ml, 1L	Vegetables Fruits Yogurt

CLEANING AND MAINTENANCE

- Unplug the blender from the power socket before cleaning.
- Clean the parts immediately after use, especially the parts that are in contact with food.
- Do not wash or immerse the motor base into the water. Only wipe it with a soft damp cloth.
- Do not wash the appliance in the dishwasher.

Cleaning the blender bottle

- Unplug out and remove the blender bottle that is needed to be clean and use a mild detergent to clean.
- Rinse the blender bottle under running water.
- Pour warm water and mild detergent into the blender bottle, be sure to not exceed the maximum capacity.
- Place the blade assembly onto the blender bottle.
- Turn on the blender and let the water and soap blend for a few seconds before running the blender bottle underwater to wash.
- Repeat the above steps until all the detergent has been washed off.

Note:

- Do not wash with boiling water.
- Do not disinfect with a disinfecting product.
- Be careful of the sharp blade when cleaning.

TROUBLESHOOT

Problem	Cause of Issue	Solution
The appliance will not operate.	The appliance is not connected to the main power supply.	Plug in and switch on the appliance at the main power supply.
	The six-blade lid attachment is not correctly secured to the blending cup.	Ensuring that the threads are correctly aligned, twist the six-blade lid attachment in a clockwise direction until it is secure.
	The required lid will not secure to the blending cup.	Position the blending cup on a level surface and attach the required lid to the top of the blending cup, ensuring that the threads are correctly aligned. Twist the required lid in a clockwise direction until it is secure.
The drink still contains lumps.	There are too many ingredients in the blending cup.	Reduce the amount of ingredients in the blending cup.
	Ice will not crush properly and produces ice dust instead.	For the best results, use ice straight from the freezer.
	The ingredients do not blend well.	Use the appliance to pulse blend ingredients in short bursts for best results. For frozen ingredients, pulse blend in short bursts of approximately 2-5 seconds.
The drink is watery and lacking flavour.	The ingredients have been overblended.	Use the appliance to pulse blend ingredients in short bursts for best results.
The blending cup is leaking.	The required lid is not correctly secured to the blending cup.	Ensuring the threads are correctly aligned, twist the required lid in a clockwise direction until it is secure.

ANNEX - RECIPES

Healthy Recipes

Citrus Bounce

- 2cm ginger
- 2 tbsp honey
- 1 orange
- ½ lemon
- ½ lime
- Sea salt
- Top up with water to the maximum fill mark

Skin Glow Refresher

- 10 walnuts
- 2 handfuls spinach
- 1 cup papaya
- ½ avocado (seed removed)
- Top up with water to the maximum fill mark

Carrotbage Liver Cleanse

- 2 handfuls spinach
- 2 tbsp flax or chia seeds
- 1 banana
- 1 carrot, quartered
- 1 cup shredded cabbage
- ¼ cup blueberries
- Top up with water to the maximum fill mark

Healing Surprise

- 2 handfuls lettuce
- 1 ripe pear (skin on)
- 1 tsp cinnamon
- 1½ cm slice peeled ginger
- ½ banana
- ½ tsp nutmeg
- Top up with water or almond milk to the maximum fill mark

Lean + Green Cleanse

- 2 handfuls round lettuce
- 1 small, raw new potato, cut into quarters
- 1 kiwi fruit, peeled
- ½ cup pineapple
- Top up with water or coconut water to the maximum fill mark

Sweet Potatoliciouz

- 5 walnuts, halved
- 2 handfuls lettuce
- 2 medjool dates
- ½ steamed sweet potato (skin included)
- ½ orange (peeled)
- Top up with water to the maximum fill mark

Blueberry Surprise

- 15 blueberries
- 10 red seedless grapes
- 2 small broccoli florets
- 1-2 tbsp olive oil
- ¼ cup of pumpkin seeds
- ¼ small beet root
- Top up with water to the maximum fill mark

Berry Rich Surprise

- 10 raspberries
- 10 red seedless grapes
- 2 small broccoli florets
- 1 tbsp goji berries
- 1 tsp olive oil
- ½ small avocado
- ¼ small beet root
- Top up with water to the maximum fill mark

Green Vital Cure

- 2 handfuls spinach
- 1 apple, seeds removed
- Juice of ½ lime
- Top up with water or unsweetened green tea to the maximum fill mark

Lean + Green

- 12 almonds
- 2 handfuls kale
- 1 cup broccoli
- 1 tsp cinnamon
- ½ banana
- ½ cup blueberries
- Top up with water to the maximum fill mark

Powerhouse Magic Pumpkin

- 12 almonds
- 2 handfuls spinach
- 1 banana
- ¼ cup pumpkin seeds
- Top up with almond milk to the maximum fill mark

Cherry Sweet Potatolicious

- 12 almonds
- 2 handfuls kale
- 1 cup steamed sweet potato
- 1 cup cherries (Pits removed)
- 1 tbsp olive oil
- Top up with water or almond milk to the maximum fill mark

Blueberry Bone Booster

- 12 almonds
- 2 handfuls spinach
- 1 cup blueberries
- 1 tbsp flax seeds
- ½ avocado
- Top up with water or almond milk to the maximum fill mark

Avorange Bone Booster

- 12 almonds
- 1 handful spinach
- 1 handful kale
- ½ avocado
- ½ orange
- 1/8 cup chia seeds
- Top up with almond milk to the maximum fill mark

Morning Bone Booster

- 10 almonds
- 2 handfuls spinach
- 1 banana
- 1 tbsp blackstrap molasses
- ½ orange
- 2 tbsp chia or flax seeds
- Top up with water to the maximum fill mark

Apple Asparagus Refresher

- 3 spears of asparagus
- 2 handfuls spinach
- 1 apple, seeds removed
- 1 head of broccoli
- Top up with water to the maximum fill mark

Cashew Oatmeal Breakfast

- 12 cashews
- 2 dates
- 1 tsp cinnamon
- ¼ cup cooked oatmeal
- Top up with almond milk to the maximum fill mark

Apple Lemon Surprise

- 2 handfuls kale
- 1½ cm slice of ginger, peeled
- 1 apple, seeds removed
- 1 lemon, peeled
- Top up with water to the maximum fill mark

Apple Celery Refresher

- 2-3 stalks celery
- 1 apple, seeds removed
- Juice from 1 lemon
- Top up with water to the maximum fill mark

Black Nutrition

- 10 almonds
- 2 handfuls kale
- 1 cup blackberries
- ½ cup cooked black beans
- ½ banana
- 2 tbsps raw cacao
- Top up with water to the maximum fill mark

Sweet Melon Sip'ple

- 2 handfuls spinach
- 1 cup watermelon
- ¼ cup pumpkin seeds
- Top up with water to the maximum fill mark

Chocolate Sip'ple

- 2 tbsps raw cacao
- 1½ cup almond milk
- ¼ cup goji berries
- ¼ cup almonds
- Top up with water to the maximum fill mark

Apple Sip'ple

- 5 walnuts, halved
- 2 handfuls spinach
- 2 tsp cinnamon
- 1 apple, seed removed
- ½ avocado
- Top up with water to the maximum fill mark

Cauliflower Cure

- 2 handfuls kale
- 2 brasil nuts
- 1 apple
- ½ cup blackberries
- ½ cup cauliflower
- Top up with water to the maximum fill mark

Nature Cado Cure

- 10 walnuts
- 2 handfuls spinach
- ½ avocado
- ½ banana
- Top up with water to the maximum fill mark

Gogo bana Cure

- 10 almonds
- 2 handfuls spinach
- 1 banana
- ½ cup cherries (pits removed)
- ½ cup blueberries
- Top up with water to the maximum fill mark

Morning Motivator

- 2 handfuls spinach
- 2 tsp cinnamon
- 1 cup blackberries
- ½ avocado
- ¼ cup rolled oats
- Top up with water to the maximum fill mark

Sweet Memories

- 10 almonds
- 2 tbsp chia or flax seed
- 1 handful kale
- 1 handful spinach
- ½ steamed sweet potato
- Top up with water to the maximum fill mar

Boost Memories

- 2 handfuls turnip or collard green
- 1 banana
- 1 tbsp sunflower seeds
- 1 tbsp flax seed
- ½ cup sprouted lentils
- ½ cup cantaloupe melon
- Top up with water to the maximum fill mark

AAA Memories

- 10 almonds
- 2 apricots
- 2 handfuls spinach
- 1 tbsp sunflower seeds
- ½ avocado
- Top up with water to the maximum fill mark

Very Berry Cleanse

- 2 handfuls turnip green or kale
- ½ avocado
- ½ cup blueberries
- ½ cup raspberries
- ½ cup blackberries
- Top up with water or unsweetened green tea to the maximum fill mark

Pineapple Cleanse

- 2 handfuls kale
- 1 cup shredded cabbage
- 1 cup pineapple
- 1 tbsp sunflower seeds
- ½ avocado
- Top up with water to the maximum fill mark

Brown Rice Cleanse

- 2 handfuls spinach
- 1 banana
- 1 brasil nut
- ½ orange, peeled
- ½ cup cooked brown rice
- Top up with almond milk to the maximum fill mark

Cool Green Cleanse

- 2 handfuls spinach
- 1 banana
- ½ courgette(Zucchini)
- Top up with chilled, unsweetened green tea to the maximum fill mark

Chokale Berry Energizer

- 10 cashew nuts
- 2 tbsp raw cacao
- 2 handfuls kale
- ½ cup raspberries
- ½ cup blueberries
- ¼ cup wheat bran
- Top up with water to the maximum fill mark

Power Sweet Shake

- 2 handfuls kale
- ½ steamed sweet potato
- ¼ cup sunflower seeds
- Top up with water or almond milk to the maximum fill mark

Power Grapefruit Shake

- 2 handfuls spinach
- 1 cup watermelon, seeded
- ½ cup grapefruit
- Top up with water to the maximum fill mark

Delizious Energizer

- 1 handful kale
- 1 banana
- 1 handful spinach
- ¼ cup hazelnuts
- ¼ pumpkin seeds
- Top up with water to the maximum fill mark

Full Breakfast

- 2 handfuls kale
- 1 handfuls blueberries
- 1 apple, seeds removed
- 1 tbsp flax seeds
- ½ avocado
- ¼ cup gluten free rolled oats
- Top up with water or dairy alternative (almon, soy or rice milks) to the maximum fill mark

Beet The Heat

- 2 handfuls spinach
- 1 apple, seeds removed
- 1 lemon, peeled
- 1 beet, cut into cubes
- Top up with water to the maximum fill mark

Speedy Energizer

- 5 walnuts, halved
- 2 handfuls spinach
- 1 banana
- 1 tbsp flax seeds
- Top up with water or almond milk to the maximum fill mark

Powerful Breakfast

- 2 handfuls spinach
- 1-2 tbsp plant protein power (spirulina, pea, hemp, rice, soy)
- 1 banana
- 1 orange, peeled
- 1 carrot
- 1/8 cup pumpkin seeds
- Top up with water or dairy alternative (almond, soy or rice milks) to the maximum fill mark

Nuts Nutrition

- 10 raw cashew nuts
- 5 walnuts, halved
- 2 handfuls kale
- 1 orange, peeled
- ½ red bell pepper
- ½ avocado
- ½ tsp pure vanilla extract
- Top up with water to the maximum fill mark

Zinger Breakfast

- 2 handfuls spinach
- 1 cup sliced apple seeds
- 1 banana
- 1 tsp olive oil
- ¼ cup papaya
- ¼ cup rolled oats
- Top up with water to the maximum fill mark
- Top up with water to the maximum fill mark

Berry Cacao Zinger

- 2 handfuls spinach
- 2 handfuls cacao powder
- 1 cup sunflower seeds
- ½ cup papaya
- Top up with water to the maximum fill mark
- Top up with water to the maximum fill mark

Collagen Smoothie

- 5 walnuts, halved
- 2 handfuls spinach
- 1 medium nectarine
- ½ blueberries
- ½ avocado
- Top up with water to the maximum fill mark

Wild Wild Zinger

- 2 tbsp sunflower seeds
- 1 cup strawberries
- 1 handful spinach
- 1 handful parsley
- 1 tbsp sesame seeds
- ½ orange
- Top up with water to the maximum fill mark

Chan Mali Chan

- 10 walnuts
- 2 handfuls spinach
- 1 banana
- 1 cup cherries (Pits removed)
- Top up with water or almond milk to the maximum fill mark

Banapa Zinger

- 2 handfuls spinach
- 2 tbsp sesame seeds
- 1 banana
- 1 cup papaya
- ¼ cup rolled oats
- Top up with water to the maximum fill mark

Tropicana Glow Refresher

- 2 handfuls spinach
- 2 tbsp sunflower seeds
- 1 cup papaya
- 1 cup pineapple
- Top up with water to the maximum fill mark