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KAMBROOK

THE SMARTER CHOICE



INSTRUCTION BOOKLET

Suits all KBL80 models

Important

Please retain your instruction book for future use.

In the event that you need some assistance with your Kambrook appliance, please contact our Customer Service Department on 1300 139 798 (Australia) or 0800 273 845 (New Zealand). Alternatively, visit us on our website at www.kambrook.com.au or www.kambrook.co.nz

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Kambrook Recommends Safety First

IMPORTANT: Please retain your instruction book for future use.

At Kambrook, we believe that safe performance is the first priority in any consumer product, so that you, our valued customer can confidently use and trust our products. We ask that any electrical appliance that you use be operated in a sensible fashion with due care and attention placed on the following important operating instructions.

Important Safeguards For Your Kambrook BlitzPro Power Blender

- Carefully read all instructions before operating the Kambrook BlitzPro Blender for the first time and save for future reference.
- Remove and safely discard any packaging material and promotional labels before using the blender for the first time.
- To eliminate a choking hazard for young children, remove and safely discard the protective cover fitted to the power plug of this blender.
- Do not place the blender near the edge of a bench or table during operation. Ensure the surface is level, clean and free of water and other substances. Vibration during operation may cause the blender to move.
- Do not use the blender on a sink drain board.
- Do not place the blender on or near a hot gas or electric burner, or where it could touch a heated oven.
- Handle the blender and attachments with care – remember the blades are razor sharp and should be kept out of the reach of children.
- Always ensure the blender is completely assembled before operating. The blender will not operate unless properly assembled.
- Do not use attachments other than those provided with the blender.
- Do not attempt to operate the blender by any method other than those described in this booklet.
- Always completely assemble the blade holder assembly onto the cup before locking to the motor base.
- Always operate the blender with the assembled cup locking properly to the motor base.
- Keep fingers, hands, knives and other utensils away from moving blades.
- Always switch off the blender at the power outlet and unplug the power cord from the power outlet before attempting to move the blender, when not in use, if left unattended and before disassembling, cleaning or storing.
- Unlock the assembled cup from the motor base. Ensure the motor and the blades have completely stopped before disassembling.
- Care should be taken when removing the food from the assembled cup. Always unscrew the assembled cup with the blade holder on the top of the cup.
- Do not operate the blender continuously for periods longer than 30 seconds at a time or if processing a heavy load. None of the recipes in this book are considered a heavy load. Allow to cool for at least 2 minutes after each use. If the blender is operated continuously for too long, it should be allowed to rest for 30 minutes before recommencing.
- Do not overload the cup as an overload may cause the motor to stall. If the motor stalls, remove the cup from the motor base immediately, unplug the blender from the power outlet and let the motor to cool down for at least 30 minutes.

- Do not process hot or boiling liquids – allow liquids to cool before placing into the cup.
- Do not use if the blender becomes damaged in anyway such as if the cup is cracked.
- Do not put carbonated drinks (coke, etc.) into the cups or Blitz2Go bottles as it may cause the lids to pop up.
- Do not use the blender to knead dough or other heavy mixtures.
- Do not place large pieces of solid or frozen foods into the cup. Always break into smaller pieces before blending.
- Do not use the blender to crush only ice cubes. Ice cubes can only be blended with liquid in the cup using the blending blade as per the recipes provided in this book.
- Do not use the grinding blade to blend ice cubes.
- The grinding blade will not grind anything that is sticky or extremely hard i.e. chocolate, whole nutmeg, candied fruits etc.
- The grinding blade will not make pastes of any fruits, seeds or herbs i.e. curry pastes, nut butters. It is recommended to use dry ingredients only.
- Do not immerse the grinding blade holder in water or any other liquid.
- Do not overfill by exceeding the maximum mark on the cups. Some mixtures increase in volume during blending.
- Always switch off the blender and disconnect from the power outlet before changing accessories or approaching parts that move while in use.
- Do not move the blender whilst in operation.
- Do not leave the blender unattended when in use.
- Do not place any part of the blender in a microwave oven.
- Do not wash any parts of the blender in a dishwasher. Dishwashers vary in the market and some dishwashers may have hot spots that may distort the plastic.
- Do not place anything on top of the motor base and/or the cup, when in use and when stored.
- Do not allow children to use the blender without supervision.
- Care should be taken when handling the sharp blades, emptying the cup and during cleaning.
- Keep the blender clean. Follow the cleaning instructions provided in this book.



IMPORTANT: 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.

NOTE: Do not place any part of the blender, including the cups and Blitz2Go bottles in the dishwasher. Dishwashers vary in the market and some dishwashers may have hot spots that may distort the plastic.

NOTE: Do not immerse the grinding blade holder, motor base, power cord or power plug in water or any other liquid.

Important Safeguards For All Electrical Appliances

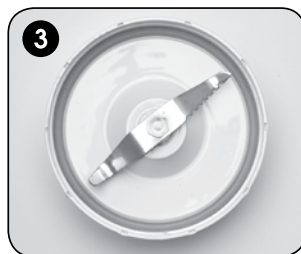
- Fully unwind the power cord before use.
- Connect only to 230V or 240V power outlet.
- Do not let the power cord hang over the edge of a bench or table, touch hot surfaces or become knotted.
- To protect against electric shock, do not immerse the power cord, power plug or appliance in water or any other liquid, unless it is recommended in the cleaning instructions.
- The 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 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.
- It is recommended to inspect the appliance regularly. Do not use the appliance if the power supply cord, plug, connector or appliance becomes damaged in anyway. Return the entire appliance to the nearest authorised Kambrook Service Centre for examination and/or repair.
- Any maintenance other than cleaning should be performed at an authorised Kambrook Service Centre.
- This appliance is for household use only. Do not use this appliance for other than its intended use. Do not use in moving vehicles or boats. Do not use outdoors. **Misuse may cause injury.**
- The installation of a residual current device (safety switch) is recommended to provide additional safety protection when using electrical appliances. It is advisable that a safety switch with a rated residual operating current not exceeding 30mA be installed in the electrical circuit supplying the appliance. See your electrician for professional advice.
- Always turn the appliance to the OFF position, switch off at the power outlet and unplug at the power outlet when the appliance is not in use.
- Before cleaning, always turn the appliance to the OFF position, switch off at the power outlet, unplug at the power outlet and remove the power cord, if detachable, from the appliance and allow all parts to cool.
- Do not place this appliance on or near a heat source, such as hot plate, oven or heaters.
- Position the appliance at a minimum distance of 20cm away from walls, curtains and other heat or steam sensitive materials and provide adequate space above and on all sides for air circulation.

NOTE: The 2x 600ml Blitz2Go BPA Free Tritan plastic drinking bottles are not designed to be used with the blending blade or grinding blade. Blend drinks in the BlitzPro blending cups and then pour into the Blitz2Go bottles to sip on the go.

NOTE: Additional Blitz2Go 600ml drinking bottles (product code KBB2) and 300ml drinking bottles (product code KBL001) are also available to purchase separately at leading retailers.

Your Kambrook BlitzPro Power Blender

1. Powerful 800 watt motor
2. Stainless steel blending blade with blade holder
3. Stainless steel grinding blade with blade holder
4. 2x 700ml BPA Free plastic blending cups
5. 1x 350ml BPA Free plastic blending cup
6. 3x Reusable lids; use with either 700ml or 350ml plastic cups
7. 2x 600ml Blitz2Go BPA Free Tritan plastic drinking bottles (for drinking only - do not fit to blender)
8. 2x Closable drinking lids with locking cap to sip on the go; use with the 600ml Blitz2Go drinking bottles
9. Sturdy non-slip feet



Using Your Kambrook Blender

Before First Use

Before using your blender for the first time, remove all packaging material and promotional labels. Ensure the blender is switched off at the power outlet and the power cord is unplugged.

Carefully unscrew and remove the blending blade holder from the 700ml cup (See Fig. 1).



Fig. 1

Carefully unscrew the grinding blade holder from the 350ml cup (See Fig. 2).

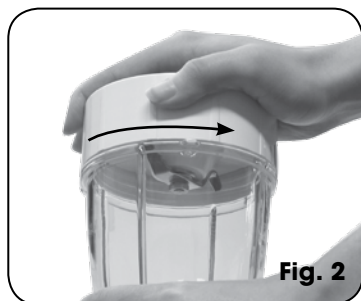


Fig. 2

Wash the blending blade holder, BlitzPro blending cups, reusable lids, Blitz2Go drinking bottles and drinking lids in warm soapy water with a soft cloth. Rinse and dry thoroughly.

NOTE: Do not immerse the grinding blade holder, motor base, power cord or power plug in water or any other liquid.

NOTE: Do not place any part of the blender, including the BlitzPro blending cups and Blitz2Go bottles in the dishwasher. Dishwashers vary in the market and some dishwashers may have hot spots that may distort the plastic.

NOTE: There are rubber seals situated underneath the blending blade, grinding blade, reusable lids and Blitz2Go drinking lids to prevent leaking. In case these seals come out, wash in warm soapy water, rinse and dry thoroughly. Correctly refit the seals into the lid or inside the blade holder before using.

The motor base can be wiped with a damp cloth. Dry thoroughly after cleaning.

Assembling and Using the Blending Blade

Use the blending blade holder with cups to blend vegetable or fruit smoothies, icy drinks, soups and dips.

1. Place the motor base on a flat, dry surface. Ensure that the blender is switched off at the power outlet and the power cord is unplugged.
2. Put the ingredients to be blended inside the chosen cup. Never blend without adding liquid content to the cups.

NOTE: Never blend without adding liquid content when using the BlitzPro blender and blending blade.

NOTE: For a better blended result, cut all vegetables and fruits in smaller pieces.

NOTE: Do not use the BlitzPro blender to crush only ice cubes. Ice cubes can only be blended with liquid in the cup using the blending blade as per the recipes in this book.

NOTE: Do not overfill the cups; 700ml maximum marking on the larger cup and 350ml maximum marking on the smaller cup.

NOTE: Do not put carbonated drinks (coke, etc.) into the cups or Blitz2Go drinking bottles as it may cause the lids to pop up.

3. Screw the blending blade holder to the chosen cup by turning the blade holder in a clockwise direction. Make sure that the blending blade holder is securely tightened to the cup (See Fig. 3).



4. With the ingredients inside and the blending blade holder screwed on, flip the cup so that the blade holder is facing down (See Fig. 4).



Using Your Kambrook Blender continued

5. Plug the power cord into a 230V or 240V power outlet and switch on at the power point.
6. With one hand on the motor base and the other hand holding the assembled cup, place the cup inside the motor base by aligning the three tabs on the cup with the three slots on the motor base (See Fig. 5).

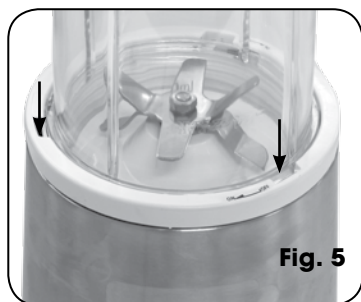


Fig. 5

7. To blend, press down and turn the assembled cup clockwise in the direction of the "ON" symbol on the motor base. The cup will lock inside the motor base and the blender will operate (See Fig. 6).

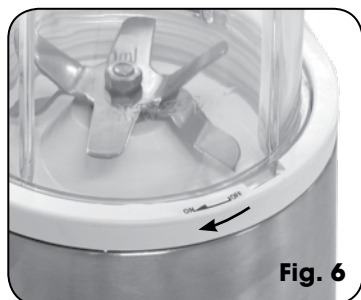


Fig. 6

NOTE: The BlitzPro Blender will not operate unless the three locking tabs on the cup are properly fitted into the three slots on the motor base.



WARNING: Do not operate the motor continuously for more than 30 seconds at a time. Allow the motor to rest for 2 minutes before continuing.

8. When blending is complete, hold the motor base with one hand and with the other hand turn the assembled cup anti-clockwise in the direction of the 'OFF' symbol on the motor base. Lift the assembled cup upwards from the motor base to remove.
9. Flip the cup so the blade holder is at the top (See Fig. 7).



Fig. 7

10. Carefully unscrew and remove the blending blade holder from the cup by turning the blade holder in an anti-clockwise direction. Avoid touching the sharp blades.

11. After use, ensure the motor base is switched off at the power outlet and remove the power cord. Allow the motor base to cool before cleaning and storing.

Using Blitz2Go Bottles or Reusable Lids After Blending

1. Pour the blended drink into the Blitz2Go plastic bottle. Screw the drinking lid onto the plastic bottle and your drink is now ready to take away.
2. To keep the cap open while drinking, press cap all the way back and past the tab (See Fig. 8).

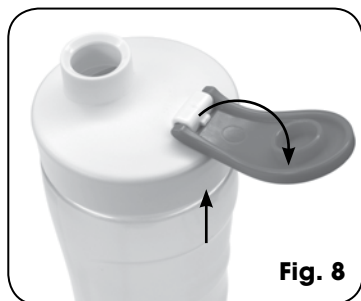


Fig. 8

NOTE: The Blitz2Go bottles do not fit to the BlitzPro motor base for blending. Pour blended content from the BlitzPro blending cups into the Blitz2Go bottles to take on the go.

NOTE: Use blended ingredients immediately or attach the reusable lid to store in the refrigerator for later use.

Assembling and Using the Grinding Blade

Use the grinding blade with the cups to grind dry ingredients, such as almonds, coriander seeds and fresh coffee beans.

1. Place the motor base on a flat, dry surface. Ensure that the blender is switched off at the power outlet and the power cord is unplugged.
2. Put the ingredients to be grinded inside the 350ml cup.

NOTE: For best results Kambrook recommends using the 350ml sized cup for grinding.

Using Your Kambrook Blender continued

NOTE: The grinding blade is designed for grinding dry ingredients only. Do not add any liquid when using the grinding blade.

NOTE: Do not use the grinding blade to make pastes of any fruits, seeds or herbs i.e. curry pastes or nut butters.

NOTE: Do not use the grinding blade for grinding sticky or extremely hard ingredients, such as chocolate, whole nutmeg, candied fruits, etc.

NOTE: Do not use the BlitzPro grinding blade to crush ice cubes. Ice cubes may be blended using the blending blade with liquid content added as per the recipes in this book.

NOTE: Do not exceed the 350ml maximum marking on the smaller cup.

3. Screw the grinding blade holder to the 350ml cup by turning the blade holder in a clockwise direction. Make sure that the grinding blade holder is securely tightened to the cup (See Fig. 9).



Fig. 9

4. With the ingredients inside and the grinding blade holder screwed on, flip the cup so that the blade holder is facing down (See Fig. 10).



Fig. 10

5. Plug the power cord into a 230V or 240V power outlet and switch on at the power point.

6. With one hand on the motor base and the other hand holding the assembled cup, place the cup inside the motor base by aligning the three tabs on the cups with the three slots on the motor base (See Fig. 11).



Fig. 11

7. To grind, press down and turn the assembled cup clockwise in the direction of the 'ON' symbol on the motor base. The cup will lock inside the motor base and the blender will operate.



Fig. 12

NOTE: The BlitzPro Blender will not operate unless the three locking tabs on the cup are properly fitted into the three slots on the motor base.



WARNING: Do not operate the motor continuously for more than 30 seconds at a time. Allow the motor to rest for 2 minutes before continuing.

8. When grinding is complete, hold the motor base with hand and with the other hand turn the assembled cup anti-clockwise in the direction of the 'OFF' symbol on the motor base. Lift the assembled cup from the motor base to remove.
9. Flip the cup so the blade holder is at the top (See Fig. 13).



Fig. 13

10. Carefully unscrew and remove the grinding blade holder from the cup by turning the blade holder in an anti-clockwise direction. Avoid touching the sharp blades.

Using Your Kambrook Blender continued

NOTE: Use ground ingredients immediately or attach the reusable lid to store in the refrigerator for later use.

Overload Protection System

The motor is protected from burning out by a manual reset cut-out switch. If the blender is overloaded or operated continuously for too long, the motor may overheat and stop. To operate the blender again, you must switch off, unplug and allow to cool for approximately 30 minutes. Once the motor has fully cooled, it is ready for use again. Some dense mixtures may cause the blending blade to rotate more slowly than normal. Do not operate the blender continuously with an excessive load for more than 30 seconds. If this occurs again, the cup may be overloaded, so remove some of the food and process in smaller batches.

Care, Cleaning and Storage

Cleaning After Use

1. Switch off at the power outlet and unplug the power cord.
2. Ensure the blender has completely stopped operating before removing the cup from the motor base.
3. Hold the motor base with hand and with the other hand turn the assembled cup anti-clockwise in the direction of the 'OFF' symbol on the motor base. Lift the assembled cup from the motor base to remove.
4. Flip the cup so that the blade holder is at the top (See Fig. 14).



5. Carefully unscrew and remove the blending or grinding blade holder from the cup.
6. Wash the blending blade holder in warm soapy water and dry thoroughly.
7. Wipe out the grinding blade with a slightly damp cloth and dry thoroughly. To thoroughly clean under the grinding blade, align and lock the empty cup to the motor base and operate the empty cup for less than 30 seconds. This should dislodge any particles under the blades. Switch off and unplug before continuing to clean.



WARNING: Blades must be handled carefully as they are sharp!

NOTE: Do not immerse the grinding blade holder in water or any other liquid.

8. Ensure all liquids and foodstuffs have been removed from the cups. Wash the cups with warm soapy water. Use a plastic bottle brush to clean any tough foodstuffs left inside the cups. Wash the cups and reusable lids in warm, soapy water. Rinse and dry thoroughly.
9. Ensure all liquids and foodstuffs have removed from the Blitz2Go bottles. Use a plastic bottle brush to clean any tough foodstuffs left inside the bottles. Wash the Blitz2Go bottles and drinking lids in warm, soapy water, rinse and dry thoroughly.

NOTE: Do not place any part of the blender, including the cups and Blitz2Go bottles in the dishwasher. Dishwashers vary in the market and some dishwashers may have hot spots that may distort the plastic.

Care, Cleaning and Storage continued

NOTE: Do not immerse the grinding blade holder, motor base, power cord or power plug in water or any other liquid.

NOTE: There are rubber seals situated underneath the blending blade, grinding blade, reusable lids and Blitz2Go drinking lids to prevent leaking. In case these seals come out, wash in warm soapy water, rinse and dry thoroughly. Correctly refit the seals into the lid or inside the blade holder before using.

Cleaning the Motor Body

The motor body can be cleaned with a soft, damp cloth (do not use abrasive agents or cloths which can damage the surface). Dry and polish with a soft, lint free cloth.

Storage

Before storing, thoroughly wash and dry all removable parts as described prior.

Assemble the blender and store on the kitchen bench or in an easy to access cupboard.

Store out of reach of children.

Store the blender upright.

Do not store anything on top of the blender.

Recipes

Berry Brain Blast

Makes 1 serve

Preparation Time: 5 minutes

Blending Time: 30 seconds

250ml apple juice
1 cup frozen blueberries
1 banana, peeled
¼ cup whole almonds
1 tsp agave
5 ice cubes

1. Place apple juice, blueberries, banana, almonds, agave and ice into the 700ml cup; securely attach the blending blade holder to the cup.
2. Align the cup onto the motor base, press down and turn the cup clockwise to blend. Blend for 30 seconds or until desired consistency is reached.
3. Unscrew the blending blade holder and pour the smoothie into the 600ml Blitz2Go bottle to drink on the go.

Breakfast Blast

Makes 1 serve

Preparation Time: 5 minutes

Blending Time: 30 seconds

1 Weet-Bix
1 banana, peeled
1 tbsp honey
¼ cup almonds
½ tsp cinnamon
5 ice cubes
250ml milk

1. Place Weet-Bix, banana, honey, almonds, cinnamon, ice and milk into the 700ml cup; securely attach the blending blade holder to the cup.
2. Align the cup onto the motor base, press down and turn the cup clockwise to blend. Blend for 30 seconds or until desired consistency is reached.
3. Unscrew the blending blade holder and pour the smoothie into the 600ml Blitz2Go bottle to drink on the go.

Caramel Frappuccino

Makes 1 serve

Preparation Time: 15 minutes

Grinding Time: 30 seconds

Blending Time: 30 seconds

3 tbsp coffee beans

6 caramel toffees

4 scoops vanilla ice cream

5 ice cubes

1 tbsp caramel or toffee topping

200ml milk

Whipped cream, to serve

1. Place coffee beans into the 350ml cup; securely attach the grinding blade holder to the cup.
2. Align the cup onto the motor base, press down and turn the cup clockwise to grind. Grind for 30 seconds or until desired consistency is reached. Place in a coffee plunger with 200ml of water. Allow to cool.
3. Place coffee, caramels, ice cream, ice, caramel topping and milk into the 700ml cup; securely attach the blending blade holder to the cup.
4. Align the cup onto the motor base, press down and turn the cup clockwise to blend. Blend for 30 seconds or until desired consistency is reached.
5. Unscrew the blending blade holder and pour the Frappuccino into the 600ml Blitz2Go bottle, top with whipped cream and drink on the go.

Carrot and Apple Nausea Neutralizer

Makes 1 serve

Preparation Time: 5 minutes

Blending Time: 30 seconds

1 gala apple, cored and diced

½ lemon, juiced

1x 2cm piece ginger, peeled

5 mint leaves

1 carrot, roughly chopped

250ml cloudy apple juice

1. Place apple, lemon juice, ginger, mint leaves, carrot and apple juice into the 700ml cup; securely attach the blending blade holder to the cup.
2. Align the cup onto the motor base, press down and turn the cup clockwise to blend. Blend for 30 seconds or until desired consistency is reached.
3. Unscrew the blending blade holder and pour the smoothie into the 600ml Blitz2Go bottle to drink on the go.

Cherry & Peach Margarita

Makes 2 serves

Preparation Time: 5 minutes

Blending Time: 30 seconds

150g frozen cherries
150 frozen peach cheeks
60ml tequila
60ml lime juice
5 ice cubes
40ml sugar syrup
50g caster sugar

1. Place cherries, peach, tequila, lime juice, ice cubes and sugar syrup into the 700ml cup; securely attach the blending blade holder to the cup.
2. Align the cup onto the motor base, press down and turn the cup clockwise to blend. Blend for 30 seconds or until desired consistency is reached.
3. Rub the rim of your glass with lime juice then dip the glass into sugar so it sticks to the rim.
4. Unscrew the blending blade holder and pour the margarita into the sugar rimmed glass and enjoy.

Cranberry, Lime Granita

Makes 2 serves

Preparation Time: 5 minutes

Blending Time: 30 seconds

250g frozen cranberries
100ml pineapple juice
60ml vodka
60ml peach schnapps
1 lime juiced
5 ice cubes

1. Place cranberries, pineapple juice, vodka, peach schnapps, lime juice and ice into the 700ml cup; securely attach the blending blade holder to the cup.
2. Align the cup onto the motor base, press down and turn the cup clockwise to blend. Blend for 30 seconds or until desired consistency is reached.
3. Unscrew the blending blade holder and pour the granita into a glass and enjoy.

NOTE: If you cannot find frozen cranberries in your supermarket, alternatively use 250ml cranberry juice.

Chia Tea Smoothie

Makes 1 serve

Preparation Time: 20 minutes

Grinding Time: 30 seconds

Blending Time: 30 seconds

Ingredients - Spice Blend

- 5 tsp ground ginger or
5cm piece ginger, sliced
- 4 cinnamon sticks
- 10 whole cloves
- 6 cardamom pods, seeds only
- 3 star anise
- 4 black peppercorns
- 1 tsp all spice

Ingredients - Smoothie

- 250ml milk
- 250ml tea mix
- 3 scoops of ice cream
- 5 ice cubes
- 1 tbsp whipped cream, to serve
- ½ tsp cinnamon powder, to serve

Spice Blend Preparation

1. Lightly toast ginger, cinnamon sticks, cloves, cardamom pods, star anise, black peppercorns and all spice in a dry frypan for 3 to 5 minutes, or until spices become fragrant.
2. Allow to cool then place spices into the 350ml cup; securely attach the grinding blade holder to the cup.
3. Align the cup onto the motor base, press down and turn the cup clockwise to grind. Grind for 30 seconds or until desired consistency is reached, then strain through a fine sieve.
4. In a saucepan, add 1 litre of water, 3 black tea bags and the spice blend. Place on the stove and bring to the boil for 1 minute. Turn the heat off and allow steeping for 10 minutes. Pour into a glass jar and place in the refrigerator to cool.

Smoothie Preparation

1. Place milk, 250ml of tea mix, ice cream and ice cubes into the 700ml cup; securely attach the blending blade holder to the cup.
2. Align the cup onto the motor base, press down and turn the cup clockwise to blend. Blend for 30 seconds.
3. Pour into the 600ml Blitz2Go bottle or a tall glass and serve with whipped cream and a dusting of cinnamon powder.

NOTE: Attach the reusable lid onto the 350ml cup to store the ground spice blend in the refrigerator for later use.

NOTE: The tea mix can also put inside one of the Blitz2Go bottles or 700ml cups with reusable lids and stored in the refrigerator for later use.

Frozen Berry Sorbet

Makes 4 serves

Prep Time: 5 minutes

Blend Time: 30 seconds

250g frozen mixed berries

50ml cream

1 egg white

50g sugar

½ lemon, juiced

50ml water

1. Place mixed berries, cream, egg white, sugar, lemon juice and water into the 700ml cup; securely attach the blending blade holder to the cup.
2. Align the cup onto the motor base, press down and turn the cup clockwise to blend. Blend for 30 seconds or until desired consistency is reached.
3. Unscrew the blending blade holder and pour the sorbet into 4 serving bowls to share and enjoy.

Choc Hazelnut Thick Shake

Makes 2 serves

Preparation Time: 5 minutes

Blending Time: 30 seconds

200ml milk

20g whole hazelnuts

1 tbsp hazelnut spread

1 waffle cone

5 scoops ice cream

Whipped cream, to serve

1 tbsp crushed nuts, to serve

1. Place milk, hazelnuts, hazelnut spread, waffle cone and ice cream into the 700ml cup; securely attach the blending blade holder to the cup.
2. Align the cup onto the motor base, press down and turn the cup clockwise to blend. Blend for 30 seconds or until desired consistency is reached.
3. Unscrew the blending blade holder and pour the thick shake into a tall glass, topped with whipped cream and crushed nuts.

Good Vibes

Makes 1 serve

Preparation Time: 5 minutes

Blending Time: 30 seconds

½ head of broccoli, florets only
1 banana, peeled
1 carrot, roughly chopped
1x2cm piece ginger, peeled
10 seedless grapes
250ml apple juice
5 ice cubes

1. Place broccoli, banana, carrot, ginger, grapes, apple juice and ice into the 700ml cup; securely attach the blending blade holder to the cup.
2. Align the cup onto the motor base, press down and turn the cup clockwise to blend. Blend for 30 seconds or until desired consistency is reached.
3. Unscrew the blending blade holder and pour the smoothie into the 600ml Blitz2Go bottle to drink on the go.

Green Hit

Makes 1 serve

Preparation Time: 5 minutes

Blending Time: 30 seconds

15g baby kale
1 apple, cored and diced
10 grapes
¼ avocado, flesh only
1 kiwi fruit, peeled
1 celery stick
1 tsp agave
1 tbsp flax seeds
3 ice cubes
250ml young coconut water

1. Place kale, apple, grapes, avocado, kiwi fruit, celery stick, agave, flax seeds, ice cubes and coconut water into the 700ml cup; securely attach the blending blade holder to the cup.
2. Align the cup onto the motor base, press down and turn the cup clockwise to blend. Blend for 30 seconds or until desired consistency is reached.
3. Unscrew the blending blade holder and pour the juice into the 600ml Blitz2Go bottle to drink on the go.

Loco Coco Smoothie

Makes 1 serve

Preparation Time: 5 minutes

Blending Time: 30 seconds

1 cup natural yoghurt
1 cup almond milk
¼ cup almonds
1 tsp vanilla
1 banana
1 tbsp cocoa powder
3 ice cubes

1. Place yoghurt, almond milk, almonds, vanilla, banana, cocoa powder and ice into the 700ml cup; securely attach the blending blade holder to the cup.
2. Align the cup onto the motor base, press down and turn the cup clockwise to blend. Blend for 30 seconds or until desired consistency is reached.
3. Unscrew the blending blade holder and pour the smoothie into the 600ml Blitz2Go bottle to drink on the go.

NOTE: Use drinking chocolate as an alternative to cocoa powder.

Strawberry Slim Gym

Makes 1 serve

Preparation Time: 5 minutes

Blending Time: 30 seconds

250g strawberries, frozen
250ml skim milk
2 tbsp fat free yoghurt
125g raspberries, frozen
1 tbsp chia seeds
1 tbsp pumpkin seeds
1 tsp equal sugar

1. Place strawberries, milk, yoghurt, raspberries, chia seeds, pumpkin seeds and sugar into the 700ml cup; securely attach the blending blade holder to the cup.
2. Align the cup onto the motor base, press down and turn the cup clockwise to blend. Blend for 30 seconds or until desired consistency is reached.
3. Unscrew the blending blade holder and pour the smoothie into the 600ml Blitz2Go bottle to drink on the go.

Vanilla Galore

Makes 1 serve

Preparation Time: 5 minutes

Blending Time: 30 seconds

175g vanilla yoghurt
1 cups baby spinach
1 celery stalk
1 pear, cored and diced
1 cup frozen green grapes
1 tbs water

1. Place yoghurt, spinach, celery, pear, grapes and water 700ml cup; securely attach the blending blade holder to the cup.
2. Align the cup onto the motor base, press down and turn the cup clockwise to blend. Blend for 30 seconds or until desired consistency is reached.
3. Unscrew the blending blade holder and pour the smoothie into the 600ml Blitz2Go bottle to drink on the go.

Watermelon Cooler

Makes 1 serve

Preparation Time: 5 minutes

Blending Time: 30 seconds

200g frozen seedless watermelon
50g frozen raspberries
1 cucumber, deseeded
1 lime, juiced
1 tsp caster sugar

1. Place watermelon, raspberries, cucumber, lime juice and sugar into the 700ml cup; securely attach the blending blade holder to the cup.
2. Align the cup onto the motor base, press down and turn the cup clockwise to blend. Blend for 30 seconds or until desired consistency is reached.
3. Unscrew the blending blade holder and pour the smoothie into the 600ml Blitz2Go bottle to drink on the go.

NOTE: Watermelon takes approximately 5 hours to freeze.

Arrabiata Sauce

Makes 4 serves

Preparation Time: 15 minutes

Cooking Time: 30 minutes

Blending Time: 30 seconds

30ml olive oil
1 brown onion, diced
3 cloves garlic, chopped
3 red chillies, deseeded, chopped
2 slices prosciutto
1 tbsp tomato paste
1x 400ml diced tomato
1 cup chicken stock
¼ bunch fresh basil
Salt & pepper, pinch

1. In a large pot heat, on medium heat, fry onions in oil for about 3 minutes. Add garlic, chilli and prosciutto and cook for a further 3 minutes. Add tomato paste and fry for a minute, followed by the stock. Cook for 15 minutes.
2. Allow to cool before placing it into the blender. Fill the 700ml cup with the sauce; securely attach the blending blade holder to the cup. This will have to be done in batches.
3. Align the cup onto the motor base, press down and turn the cup clockwise to blend. Blend for 30 seconds or until desired consistency is reached.
4. Unscrew the blending blade holder and pour the sauce over cooked pasta. Season with salt and pepper as desired.

NOTE: Attach the reusable lid onto the 700ml cup to store the sauce in the refrigerator for later use.

Moroccan Spice Mix

Makes 4 serves

Preparation Time: 15 minutes

Blending Time: 30 seconds

1 tbsp whole cumin seeds
1 tbsp whole coriander seeds
2 tsp coarse salt
2 tsp paprika
6 cardamom pods, seeds only
3 whole cloves
½ nutmeg seed, grated
1 tsp whole cayenne pepper
1 tsp whole black peppercorns
2 tbsp caster sugar
½ cinnamon stick
1 tsp ground turmeric
1 tsp ground all spice

1. Place cumin seeds, coriander seeds, salt, paprika, cardamom, cayenne pepper, black pepper, caster sugar, cinnamon, turmeric and all spice in a dry frypan, on a medium to high heat for 3 minutes until fragrant. Allow to cool then place into the 350ml cup; securely attach the grinding blade holder to the cup.
2. Align the cup onto the motor base, press down and turn the cup clockwise to grind. Grind for 30 seconds or until desired consistency is reached.
3. Strain through a fine sieve and store in an airtight container. Great to rub onto chicken or lamb.

Jerk Chicken Marinade

Makes 4 serves

Preparation Time: 15 minutes

Marinating Time: 5 hours

Blending Time: 30 seconds

Ingredients - Spice Mix

1 tbsp cinnamon
1 tbsp black pepper
1 tbsp coriander seeds
4 whole cloves
2 tsp all spice

Ingredients - Marinade

½ bunch green shallots
5cm piece ginger
3 red shallots
1 ripe tomato, diced
4 scotch bonnets chilli
½ bunch fresh thyme
1 lime, juiced
2 tbsp soy sauce
2 tbsp brown sugar
1.8 kg chicken pieces

Spice Mix Prep

1. Place cinnamon, black pepper, coriander seeds, cloves and all spice into a dry pan and toast over a medium heat for 3 minutes until fragrant. Once toasted place into the 350ml cup; securely attach the grinding blade holder to the cup.
2. Align the cup onto the motor base, press down and turn the cup clockwise to grind. Grind for 30 seconds or until desired consistency is reached.

Marinade Prep

1. Place green shallots, ginger, red shallots, tomato, chilli, thyme, lime, soy and brown sugar into the 700ml cup; securely attach the blending blade holder to the cup.
2. Align the cup onto the motor base, press down and turn the cup clockwise to blend. Blend for 30 seconds or until desired consistency is reached.
3. Mix paste and spice mix together. Rub marinade over chicken pieces until it is evenly coated. Marinate chicken for 5 hours in the refrigerator or for best results marinate overnight.
4. Roast chicken pieces in the oven on 180°C for 40- 45 minutes. Serve with a salad and scented rice.

NOTE: If you cannot find scotch bonnets chillies in your supermarket alternatively use habaneros.

Semi Dried Tomato Pesto

Makes 4 serves

Preparation Time: 5 minutes

½ cup semi dried tomatoes

10g pine nuts

¼ bunch basil, torn

100ml olive oil

10g parmesan cheese, grated or shaved

Salt & Pepper, pinch

1. Place semi dried tomatoes, pine nuts, basil, olive oil and parmesan cheese into the 350ml cup; securely attach the blending blade holder to the cup.
2. Align the cup onto the motor base, press down and turn the cup clockwise to blend. Blend for 30 seconds or until desired consistency is reached.
3. Unscrew the blending blade holder and pour the pesto over cooked pasta. Season with salt and pepper as desired.

Carrot and Cumin Dip

Makes 4 serves

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Blending Time: 30 seconds

Ingredients

1 tbsp extra virgin olive oil
1 brown onion, thinly sliced
2 clove garlic, minced
280g carrots, 1cm diced
420ml water
2 tsp ground cumin
1 tsp flaked salt
1¼ cup light olive oil
Sour dough bread, to serve

1. Preheat the extra virgin olive oil in a fry pan over a medium heat and sauté the onions and garlic until golden brown.
2. Place the carrots and water into the 700ml cup; securely attach the blending blade holder to the cup.
3. Align the cup onto the motor base, press down and turn the cup clockwise to blend. Blend for 30 seconds or until desired consistency is reached.
4. Unscrew the blending blade holder and pour the carrot mixture into the fry pan along with the cumin and salt and allow to simmer for approximately 10 minutes or until thickened. Make sure to stir occasionally. Allow mixture to cool.
5. Serve with sour dough bread.

Thai Pumpkin Soup

Makes 4 serves

Preparation Time: 15 minutes

Cooking Time: 30 minutes

Blending Time: 30 seconds

Ingredients - Red Curry Paste

3 cloves garlic

4 coriander roots

10 dried red chilli, soaked

3 red shallots

1 lemongrass stick, chopped

3cm piece galangal, chopped

1 tsp salt

½ cup peanut oil

Ingredients - Soup

1kg pumpkin, chopped

2 x 400ml coconut cream

1 cup water

2 tbsp fish sauce

2 tbsp palm sugar

Coriander leaves, to serve

1. Place garlic, coriander roots, chilli, red shallots, lemongrass stick, galangal, salt and peanut oil into the 700ml cup; securely attach the blending blade holder to the cup.
2. Align the cup onto the motor base, press down and turn the cup clockwise to blend. Blend for 30 seconds or until desired consistency is reached.
3. In a large pot on a medium heat, fry the paste for 5 minutes until fragrant.
4. Place pumpkin, coconut cream and water into the pot and cook for 25 minutes until the pumpkin is soft. Once soft, season with the fish sauce and the palm sugar. Allow to cool before blending.
5. Fill the 700ml cup with the soup; securely attach the blending blade holder to the cup.

NOTE: Step 5 will need to be done in batches.

6. Align the cup onto the motor base, press down and turn the cup clockwise to blend. Blend for 30 seconds or until desired consistency is reached.
7. Unscrew the blending blade holder and pour the soup into a heat proof container or pot for reheating.
8. Once reheated, sprinkle with fresh coriander leaves to garnish.

Notes

[illegible]