

**BiOCHEF**  
LIVING · FOOD · KITCHEN

HIGH PERFORMANCE  
**BLENDER**  
MANUAL & RECIPE BOOK



UNLOCK THE  
GOODNESS  
FEEL THE  
GREATNESS



## PLEASE READ AND SAVE THESE INSTRUCTIONS

1. Please read all the instructions before use.
2. Before plugging in the appliance, check that the electrical rating shown on the rating plate corresponds with your household electricity supply.
3. Not intended for use by children, persons with reduced physical, sensory, or mental capabilities or lack of experience and knowledge. Close supervision is necessary when any appliance is used near children or incapacitated persons.
4. To avoid and protect against the risk of electrical shock, never immerse the blender in water or other liquid. If there is water inside the unit base, please contact your authorised service centre.
5. Unplug from outlet when not in use, before putting on or taking parts off, and before cleaning.
6. Avoid contact with moving parts.
7. Do not operate any appliance with a damaged cord or plug or should the appliance malfunction, be dropped or damaged in any manner. Call BioChef Customer Service 1800 802 924 or email [customerservice@vitality4life.com](mailto:customerservice@vitality4life.com) at once for examination, repair, replacement, or electrical and mechanical adjustment. If purchased outside Australia, please contact your BioChef dealer.
8. Do not use outdoors. The unit is designed for indoor use only.
9. Do not let the cord hang over the edge of table or counter.
10. Keep hands and utensils out of the jug container, tamper is used while blending to prevent the risk of severe injury to persons or damage to the blender. A rubber scraper or spatula may be used but only when BioChef blender is not running.



**SMOOTHIES**



**DIPS**



**NUT AND  
SEED BARS**



**DRESS**

11. The use of attachments not authorised or sold by the manufacturer for use with this blender, including canning jars, may cause injury to persons.
12. Always operate with the lid and lid plug/measuring cup firmly in place. The lid plug should only be removed when adding ingredients and when using the tamper.
13. When blending hot liquids or ingredients use caution; spray or escaping steam may cause scalding and burns. Do not fill jug to the maximum capacity. Always begin blending on the lowest speed setting. Keep hands and other exposed skin away from the lid opening to prevent possible burns.
14. When making nut butters or oil based foods, do not process for more than one minute after the mixture starts to circulate in the container. Processing for longer periods can cause dangerous overheating.
15. If in the event the motor overheats, the temperature monitoring system will trigger and the motor will stop. Switch off and unplug the appliance and let the motor cool down. The motor temperature monitoring system resets after the blender is unplugged from wall socket for 45 minutes.
16. Blades are sharp. Use caution when handling the blade. Do not attempt to disassemble blade and blade assembly or tamper with rotating parts.
17. The tamper provided must be used only when the main part of the lid is in place.
18. Any servicing should be performed by Vitality 4 Life or an authorised service representative. Do not attempt to disassemble, repair or modify the appliance.
19. Do not leave you BioChef blender unattended when operating.

**NOTICE:** FAILURE TO FOLLOW ANY OF THE IMPORTANT SAFETY PRECAUTIONS IS A MISUSE OF YOUR BIO CHEF BLENDER THAT CAN CREATE THE RISK OF SERIOUS INJURY AND VOID YOUR WARRANTY.



SINGS



DICE



GRIND COFFEE  
BEANS



MILL

# BioCHEF

LIVING · FOOD · KITCHEN

HIGH PERFORMANCE

## BLENDER



### Tamper

Tamper for ease of use and mixing.

### Pre Set Buttons

Pre-programmed time, speed combinations for different recipes.

### Available in three colours



### 60 ml Measuring Cup/ Lid Plug

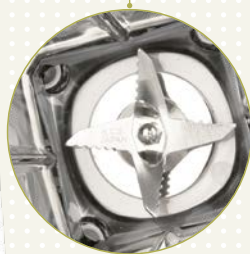
For precision and convenience.

### 2 Litre BPA Free Tritan™ Jug

Free of harmful plastics, lightweight, virtually unbreakable, with measurement guide.

### Japanese Stainless Steel Blades

Unlock valuable nutrients inside the skin, seeds and pulp to make phytonutrients more bio-available to you.



### High Performance Commercial Motor

3 HP wound motor

### Power Cord

Wraps around the feet and clips under the base for easy storage.



## Operating Instructions

1. Insert the power plug into power point.
2. Turn on the main power switch which is under the water proof transparent cover.
3. Place the blender jar on the base so it feels secure. Make sure the lid is always secured BEFORE starting the blender.
4. There are three manual speeds - LOW, MEDIUM, HIGH and a pulse button. Pulse is HIGH speed and will operate for as long as you hold the button down.
5. For TIME operation, there are three choices - 35, 60 and 90 seconds for automatic blend and shut off.
6. The red LED light will display during operation and after completion of the selected operation time, you will hear a long-beep.

**NOTE:** To stop operation at any time simply press any button.

7. A safety overload switch is located under the base of the blender and can be used if the motor turns off in protection mode.

## Operating Hints and Tips

1. Always place some liquids into the jug when crushing ice.
2. Always operate only when jug has ingredients in it.
3. Wait until the motor and blades have stopped until removing the jug.
4. Wipe off all water from the container cushion before starting the blender. Any water going into the motor may / will cause damage to the motor.

## Cleaning your BioChef High Performance Blender

After you finish your blending session, you can clean the jug in various way depending on the ingredients you have used.

### Watery Food & Less Residue on the jug

You can rinse the jug & lid directly under the tap and also use clean cloth to wipe up the residual water before keep it.

### Thick Food & Much Residue on the jug

1. Pour some clean water into the jug, close the lid and put the jug on the base. Then touch the pulse button. You can take down the jug to pour out the water according to the cleaning result.
2. Then rinse the jug & lid under the tap directly and wipe up the residual water with the dry cloth.

Please wipe up the base with a clean & soft cloth. Please make sure the blender is unplugged before cleaning!





## A note about food selection

Buy the best produce for your health whenever possible. Organic produce, grown in mineral rich, healthy soil is ideal and there are some great delivery services available. There has been a rise in farmers markets, food cooperative and community gardens so try to seek out one of these for your produce.

### WHAT ARE SUPERFOODS?

Superfoods are foods, mostly plant based, that are thought to be nutritionally dense.

Some of the nutrients that certain superfoods contain include all important antioxidants which are free radical scavengers, thought to ward off cancer, fibre, thought to prevent diabetes and digestive problems, healthy fats, thought to prevent heart disease, and phytochemicals which are responsible for the deep colours and smells, which have numerous health benefits.

### *Maqui*

Maqui berries are a dietary staple of the long-living Mapuche Indians of Chile. Brimming with age-avenging antioxidants, this deep purple super fruit may be found freeze-dried power, processed to retain all the health-giving properties of its natural form.

### *Dandelion greens*

These bitter leafy greens may just become your preferred salad greens. The benefit is due to the bitter taste. It switches on our digestive juices, which helps to detoxify the liver. Dandelion greens are also an excellent source of vitamins A, C and K, and a good source of fibre, calcium, manganese, iron and B vitamins.

### *Sprouted foods*

When a food is sprouted, it becomes alive and its nutrients multiply. Sprouted foods are high in B vitamins, high in minerals like potassium, iron and calcium and the protein is far more bioavailable.

# Smoothies

## Banana Smoothie

### INGREDIENTS

- 1 banana
- 1 cup frozen strawberries, blueberries, cherries
- 1 orange
- 4 ice cubes
- dollop vanilla yogurt
- 1 tsp honey (optional)
- 2 cups liquid (your choice)

Place all ingredients in jug, press LOW for 35" and HIGH for 35"

## Banana Boosted Smoothie

### INGREDIENTS

- 1 banana
- 1 cup baby spinach
- 1 tbs flaxseed meal
- 2 tbs quality protein powder
- 1 tsp super greens
- 1 tbs maca powder
- 2 cups coconut water

Place all ingredients in jug, press HIGH for 60"

Maybe throw in some ice cubes

## Mango Lassi

### INGREDIENTS

- 1 mango
- 1 cup yoghurt
- ½ cup desired milk
- pinch cardamon
- 2 cups liquid (your choice)

Place all ingredients in jug, press HIGH for 60"

This tastes great with nvt milk.

## Mango Mint Smoothie

### INGREDIENTS

- 1 mango
- handful baby spinach leaves
- ice cubes
- desired amount of mint
- 2 cups liquid (your choice)

Place all ingredients in jug, press HIGH for 60"

Try nvt milk or coconut water



## Go Go Ginger

### INGREDIENTS

5cm ginger  
1 pear  
½ lemon  
2 stalks kale  
2 cups liquid (your choice)

Place all ingredients in jug,  
press HIGH for 60"

### Ginger

Ginger is a powerhouse when it comes to weight loss – it increases metabolism, stimulates circulation and excretion of toxins from the body. Ginger helps in expanding the blood vessels which increases your body heat, making your body burn more fat quickly.

As an added bonus ginger helps lower cholesterol by significantly reducing serum and hepatic cholesterol levels! Pears have a slight laxative affect on the body, meaning they will aid in digestion and help to flush out the body.

### Kale

Kale is packed full of super nutrients and enzymes meaning it gives your body an incredible nutrient kick. A lot of the time our body registers a lack of nutrients as hunger and thus we feel hungry when really it is our body crying out for nutrition. Help your body to suppress "cravings" with this nutrient-packed juice!



# Dips & sauces

## Tzatziki

### INGREDIENTS

1 cup Lebanese cucumber  
1 cup thick Greek yoghurt  
2 tsp olive oil  
chopped spring onion  
few sprigs of parsley

Place all ingredients in jug and  
press PULSE

## Balsamic Vinaigrette

### INGREDIENTS

½ cup olive oil  
¼ cup balsamic vinegar  
1 tsp honey  
1 tsp dijon mustard  
2 cloves garlic  
1 shallot  
1 tsp dried oregano  
½ tsp dried basil  
salt and pepper to taste

Place all ingredients in jug and  
press PULSE

## Olive Paté

### INGREDIENTS

1 cup pitted black olives  
1 clove garlic  
3 tsp olive oil

Place all ingredients in jug and  
press PULSE

*Great  
by itself  
or try it  
mixed with  
hummus*

## Cesar Salad Dressing/Dip

Double or triple the ingredients for  
larger quantities

### INGREDIENTS

4 cloves garlic (roasted if preferred)  
⅔ cup soy or almond milk  
⅓ cup raw cashews  
2 tsp fresh lemon juice  
2 tsp dijon mustard  
pinch of black pepper

Place all ingredients in jug, and  
press PULSE



## Guacamole

### INGREDIENTS

- 2 ripe avocados
- ½ cup onions
- ½ fresh lime
- ¼ tsp ground cumin
- ¼ tsp black pepper

Place all ingredients in jug and press PULSE

## Roast Garlic Miso Sauce

### INGREDIENTS

- 1 head roasted garlic
- 2 tbsp olive oil
- ⅓ cup mirin
- ½ cup water
- ⅔ cup yellow miso

Place all ingredients in jug and press PULSE

*Amazing  
on  
asparagus!*

## Tofu Dressing/Dip

### INGREDIENTS

- 150g silken tofu
- 3 dates pitted
- 1 clove garlic
- ¼ cup chopped shallots / chives
- 3 tbsp water
- 2 tbsp fresh lemon juice

Place all ingredients in jug and press PULSE

## Basic Tomato Dressing

### INGREDIENTS

- ¼ cup low fat mayonnaise
- 1 cup cherry tomatoes
- 1 small onion (chopped)
- handful basil
- salt & pepper to taste

Place all ingredients in jug and press PULSE



# Congratulations on purchasing your BioChef Blender from Vitality4Life!

This is your warranty card. To activate your warranty, please register online at [warranty.vitality4life.com](http://warranty.vitality4life.com)

**Vitality 4 Life warrant this BioChef Blender to be free from defects in materials and workmanship while in normal domestic use for a period of 10 years on the motor, 7 years on parts, 1 year commercial from the original date of purchase.  
DO NOT RETURN THE PRODUCT TO THE STORE**

Please follow these instructions to receive faster service:

1. Note the product model and the serial number. This can be found around the back of the product near the power cord.
2. Contact Vitality 4 Life.
3. If the product, or one of its parts, qualifies for replacement or service within the 30 day period after date of purchase, Vitality 4 Life will arrange the shipping at no cost to you. Vitality 4 Life may ship the replacement or contact you with further information regarding repair of the product.
4. Typical turnaround times to address warranty claims can be between 10-14 business days, plus shipping, depending on location and type of damage or warranty claim.

## TERMS OF PRODUCT WARRANTY COVERAGE

Vitality 4 Life provides the Product Warranty coverage as further described below and limited to the terms and conditions hereof:

1. If the BioChef Blender exhibits a defect while in normal domestic use, within the warranty period; we will, at our option, either repair or replace the unit or defective part free of charge. The product must be delivered by insured mail, in proper packaging to your service centre as indicated on the back of the manual as a condition to any warranty service obligation.
2. To activate your warranty, you can register online within 30 days, or send all the details by email to [customerservice@vitality4life.com](mailto:customerservice@vitality4life.com)
3. In the event that the warranty period for a product has expired, or if a Product does not qualify for warranty service, repair or replacement, consumers may still buy replacement parts or have products repaired by one of Vitality 4 Life's Service Centres. Please contact Vitality 4 Life for further information.
4. Do not send the product back to the service centre without return authorisation form.
5. In no event shall our liability exceed the retail value of the product. We make no warranty with respect to parts, from a source other than Vitality 4 Life.
6. In the event that warranty parts or products are provided, the customer must cover the related shipping costs to receive goods.
7. All exchanged or substitute parts and products replaced under warranty service will become the property of Vitality 4 Life. Repaired or replaced products or parts thereof will be warranted by Vitality 4 Life for the balance of the original warranty period.
8. 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 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.

## WARRANTY DOES NOT COVER

1. Damage, accidental or otherwise, to the Product, not caused by direct defect in factory workmanship or materials.
2. Damage due to abuse, mishandling, alteration, misuse, commercial service, tampering, accident, failure to follow care, operating and handling provisions indicated in the instructions.
3. Damage caused by parts or service not authorized or performed by Vitality 4 Life.
4. 'Normal' Wear and tear through use.
5. Some states do not allow the exclusion or limitation of incidental or consequential damages. So the above limitations may not apply to you in the case of damage in shipment. If your BioChef Blender was damaged in shipment: Immediately report this type of damage to the parcel carrier and have them file an inspection report to contact the distributor from whom you purchased the BioChef Blender for further instructions.
6. You have rights and benefits under the consumer laws in your jurisdiction. Without detracting from these rights or benefits, Vitality 4 Life excludes all liability in respect of this product for any other loss which is not reasonably foreseeable from a failure of this product, which may include liability for negligence, loss of expenditure associated with the product and loss of enjoyment.

## PLEASE FOLLOW THESE INSTRUCTIONS WHEN MAKING A WARRANTY CLAIM:

1. You must inform Vitality 4 Life as soon as the warranty claim arises and provide a visual documentation of the fault.
2. Subject to the applicable consumer laws in your jurisdiction, you must pay for all packing, freight and insurance costs for transit of the product to Vitality 4 Life.

## IF THE WARRANTY CLAIM IS NOT ACCEPTED:

- a) Vitality 4 Life will inform the customer;
- b) If requested to do so by the customer, Vitality 4 Life will repair the product provided the customer pays the usual charges for such repair; and
- c) If applicable the customer will be responsible for all costs associated with collection of the product from Vitality 4 Life.

In order to get the best use from your BioChef Blender, read and follow the instructions in your operating manual.

## VITALITY 4 LIFE - HEAD OFFICE AND SHOWROOM

5/10 Brigantine Street, Byron Bay, NSW 2481, Australia  
International Ph: +612 6680 7444. Freecall (within Australia): 1800 802 924  
Fax: +612 6680 7481. Email: [support@vitality4life.com](mailto:support@vitality4life.com)  
[www.vitality4life.com](http://www.vitality4life.com)  
[www.vitality4life.com.au](http://www.vitality4life.com.au)

## VITALITY 4 LIFE - UNITED KINGDOM OFFICE

Unit 7 Vitas Vending Business Centre, Fengate, Peterborough, PE1 5XJ, UK  
International Ph: +44 (0) 844 800 0831. Freecall (within UK): 0800 032 1015  
Fax: +44 1279 874619. Email: [support@vitality4life.co.uk](mailto:support@vitality4life.co.uk)  
[www.vitality4life.co.uk](http://www.vitality4life.co.uk)





### **Vitality 4 Life – Head Office and Showroom**

5/10 Brigantine Street,  
Byron Bay, NSW 2481, Australia  
International Phone: +612-66807444  
Toll-Free (within Australia): 1800 802 924  
Fax: +612-66807481  
Email: [support@vitality4life.com](mailto:support@vitality4life.com)  
Website: [www.vitality4life.com](http://www.vitality4life.com)

### **Vitality 4 Life – United Kingdom Office**

Unit 7 Vitas Vending Business Centre  
Fengate, Peterborough, PE1 5XJ, United Kingdom  
International Phone: +44 (0) 844 800 0831  
Toll-Free (within UK): 0800 032 1015  
Fax: +44 1279 874619  
Email: [support@vitality4life.co.uk](mailto:support@vitality4life.co.uk)  
Website: [www.vitality4life.co.uk](http://www.vitality4life.co.uk)



**Find out more at:**  
**[vitality4life.com.au/biochef](http://vitality4life.com.au/biochef)**



**[biochef.com.au](http://biochef.com.au)**



**[/mybiochef](https://www.facebook.com/mybiochef)**



**[#vitality4life](https://www.instagram.com/vitality4life)**



**[vitality4life](https://www.youtube.com/vitality4life)**



**[@biochef](https://twitter.com/biochef)**



**[/biochef](https://www.pinterest.com/biochef)**