

**PROGRESS**by



**Mini**  
**Snack Maker**  
**Instruction Manual**



Please retain instructions for future reference.

## **Safety Instructions**

When using electrical appliances, basic safety precautions should always be followed.

Check that the voltage indicated on the rating plate corresponds with that of the local network before connecting the appliance to the mains power supply.

Children aged from 8 years and people with reduced physical, sensory or mental capabilities or lack of experience and knowledge can use this appliance, only if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved.

Children should be supervised to ensure that they do not play with the appliance.

Unless they are older than 8 and supervised, children should not perform cleaning or user maintenance.

This appliance is not a toy.

If the power supply cord, plug or any part of the appliance is malfunctioning or if it has been dropped or damaged, cease using the product immediately to avoid potential injury.

This appliance contains no user serviceable parts, only a qualified electrician should carry out repairs. Improper repairs may place the user at risk of harm.

Keep the appliance and its power supply cord out of the reach of children. Keep the appliance out of the reach of children when it is switched on or cooling down.

Keep the appliance and its power supply cord away from heat or sharp edges that could cause damage.

Keep the power supply cord away from any parts of the appliance that may become hot during use.

Keep the appliance away from other heat emitting appliances.

Do not immerse the appliance in water or any other liquid.

Do not operate the appliance with wet hands.

Do not leave the appliance unattended whilst connected to the mains power supply.

Do not remove the appliance from the mains power supply by pulling the cord; switch it off and remove the plug by hand.

Do not pull or carry the appliance by its power supply cord.

Do not use the appliance for anything other than its intended use.

Do not use any accessories other than those supplied.

Do not use this appliance outdoors.

Do not store the appliance in direct sunlight or in high humidity conditions.

Do not move the appliance whilst it is in use.

Do not touch any sections of the appliance that may become hot or the heating components of the appliance, as this could cause injury.

Do not use sharp or abrasive items with this appliance; use only heat-resistant plastic or wooden spatulas to avoid damaging the non-stick surface.

Switch off the appliance and disconnect it from the mains power supply before changing or fitting accessories.

Always unplug the appliance after use and before any cleaning or user maintenance.

Always ensure that the appliance has cooled fully after use before performing any cleaning or maintenance or storing away.

Always use the appliance on a stable, heat-resistant surface, at a height that is comfortable for the user.

Use of an extension cord with the appliance is not recommended.

This appliance should not be operated by means of an external timer or separate remote control system, other than that supplied with this appliance.

This appliance is intended for domestic use only. It should not be used for commercial purposes.

The outer surface of the appliance may get hot during operation.



**CAUTION:** Hot surface – do not touch the hot section or heating components of the appliance.

Take care not to pour water on the heating element.

**WARNING:** Keep the appliance away from flammable materials.



## Care and Maintenance

Before attempting any cleaning or maintenance, unplug the snack maker from the mains power supply and check that it has fully cooled.

**STEP 1:** Wipe the snack maker housing with a soft, damp cloth and dry thoroughly.

**STEP 2:** Remove baked-on food by applying a small amount of warm water mixed with a mild detergent to the non-stick coated cooking plates, then wipe them clean with a paper towel. Use a nonabrasive scourer if the food is difficult to remove.

Do not immerse the snack maker in water or any other liquid.

Never use harsh or abrasive cleaning detergents or scourers to clean the griddle or its accessories, as this could damage the surface.

**NOTE:** The snack maker should be cleaned after each use.

## Description of Parts



1. Mini Snack Maker main unit
2. Upper housing
3. Lower housing
4. Cool-touch handle

5. Indicator light
6. Non-stick coated cooking plates
7. Non-slip feet



## Before First Use

**STEP 1:** Check that the snack maker is switched off and unplugged from the mains power supply.

**STEP 2:** Wipe the snack maker housing with a soft, damp cloth and dry thoroughly.

**STEP 3:** Clean the accessories in warm, soapy water, then rinse and dry thoroughly.

**NOTE:** When using the snack maker for the first time, a slight smoke or odour may be emitted. This is normal and will soon subside. Allow for sufficient ventilation around the snack maker.

## Using the Mini Snack Maker

Before each use, carefully apply a thin coat of cooking oil to the non-stick coated cooking plates, rubbing it in with a paper towel. This will help to prolong the life of the non-stick coating and stop the batter from sticking.

**STEP 1:** Prepare the batter.

**STEP 2:** Plug in and switch on the snack maker at the mains power supply.

The indicator light will illuminate red, signalling that the snack maker has been switched on and is heating up.

**STEP 3:** Preheat the snack maker for approx. 2 minutes. The indicator light will switch off once the required temperature has been reached.

**STEP 4:** Carefully open the lid using heat-resistant oven gloves.

**STEP 5:** Pour some of the batter into the centre of the lower non-stick coated cooking plate and then carefully close the lid. To avoid spillages, slowly pour a small amount of the batter into the centre of the plate and wait for it to evenly distribute before adding more.

**STEP 6:** Cook for approx. 6–10 minutes or until golden brown; check periodically by carefully opening the lid using heat-resistant gloves. Avoid opening the waffle maker before 4 minutes of cooking, as this will prevent the batter from rising. If needed, the batter can be cooked a little while longer, until they are browned to preference.

**STEP 7:** Once cooking is complete, use heat-resistant oven gloves to carefully open the lid and then remove the contents of the snack maker with a heat-resistant plastic or wooden spatula.

When creating multiple batches, close the lid after removing each batch to maintain the heat.

**STEP 8:** Switch off and unplug the snack maker from the mains power supply. Leave the lid open and allow to cool.



**NOTE:** Do not overfill the non-stick coated cooking plate; the batter will expand whilst cooking.

Always preheat the non-stick coated cooking plates before starting to cook. During use the red power/temperature indicator will cycle on and off to indicate that the snack maker is maintaining the temperature.

**CAUTION:** Exercise caution during cooking; the snack maker will emit steam.

**WARNING:** The snack maker and cooking plates get very hot during use; always use heat-resistant gloves to avoid injury.

### Hints and Tips

1. If using a batter, slowly pour a small amount into the non-stick coated cooking plates and wait for it to distribute evenly before adding more, to avoid the risk of overfilling.
2. Sieving dry ingredients, such as flour, will help to make a smooth consistency and avoid any lumps.
3. Avoid opening the snack maker during cooking, as it will allow heat to escape and prevent bubbles from forming.
4. The best indicator as to when the food is ready is when steam stops escaping from the snack maker.
5. Use a small amount of oil to precondition the non-stick coated cooking plates. Not only will this help to protect the non-stick coating, it will also make it easier to remove the cooked food.
6. Using heat-resistant plastic or wooden utensils will help to protect the non-stick coating.
7. If short of time, prepare the ingredients in advance so that all that is left to do is cook the food.

### Storage

Check that the snack maker is cool, clean and dry before storing in a cool, dry place. Never wrap the cord tightly around the snack maker; wrap it loosely to avoid causing damage.

### Specifications

Product code: EK5312WW

Input: 220–240 V ~ 50–60 Hz

Output: 550 W

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# Recipes

Any recipe images used in this instruction manual  
are intended for illustrative purposes only.





## Banana Pancakes

**2-9**

PersonalPoints™ range per serving

### Serves 2

### Ingredients

80 g blueberries  
3 eggs, beaten  
2 medium bananas,  
1 ½ mashed and ½ sliced  
1 tbsp agave syrup  
½ tsp vanilla extract  
¼ tsp baking powder  
A pinch of ground cinnamon  
A pinch of ground nutmeg  
Calorie-controlled cooking spray

### Method

Preheat the snack maker.

In a medium bowl, whisk the eggs, mashed banana, vanilla extract, baking powder, cinnamon and nutmeg until combined.

Mist the snack maker with the cooking spray. Pour the batter into the snack maker and cook until golden; do not overfill the well. Cook for approx. 4 minutes.

Carefully flip the pancake with a wooden utensil and cook for another minute until golden brown. Transfer the pancake to a wire rack and leave to cool. Repeat with the remaining batter.

To serve, top the pancakes with the sliced banana, blueberries and a drizzle of agave syrup.

## Veggie Omelette Muffins with Homemade Tomato Sauce

5–8

PersonalPoints™ range per serving

### Serves 2

#### Ingredients

50 g mushrooms, sliced  
3 eggs  
2 wholemeal English muffins  
½ beef tomato, cut into 2 thick slices  
½ small onion, finely chopped  
½ green pepper, deseeded and finely chopped  
2 tbsp tomato sauce, see method below  
1 tbsp fresh flat-leaf parsley, chopped  
½ tsp vegetable oil  
Calorie-controlled cooking spray

#### For the Tomato Sauce

680 g passata  
440 ml water  
3 garlic cloves, roughly chopped  
1 onion, chopped  
3 tbsp tomato purée  
2 tsp red wine vinegar  
2 tsp agave syrup  
2 tsp dried oregano  
Calorie-controlled cooking spray  
Salt, to taste

#### Method

Preheat the snack maker.

Cook the onion, pepper and mushrooms in batches for approx. 5 minutes, stirring occasionally until the vegetables have softened. Transfer to a bowl and set aside. In a medium bowl, beat the eggs with the parsley, season and set aside.

Mist the snack maker with the cooking spray.

Pour the egg into the snack maker and cook for approx. 4 minutes, until golden; do not overfill the well. Top the egg with half of the vegetable mixture and cook for a further minute. Transfer to a plate and cover to keep warm. Repeat with the remaining egg and vegetable mixture.



For the tomato sauce, pour 100 ml of water and add the onion, garlic cloves and tomato purée into a food processor and blitz to a paste. Mist a large non-stick pan with cooking spray and cook the paste over a medium-low heat for approx. 5 minutes. Add the remaining water, passata, red wine vinegar, agave syrup and dried oregano to a pan, then season and bring to the boil. Reduce the heat and simmer for approx. 20 minutes, until thickened and reduced.

Slice the English muffins in half and toast. Once the tomato sauce has cooled, spread the tomato sauce over the base of each muffin. Layer the tomatoes and omelette and top with the other half of the English muffin.

The tomato sauce can be stored in the fridge for up to 3 days or frozen in an airtight container for up to 6 months.

## Chickpea Pancakes with Spinach and Ham

2–4

PersonalPoints™ range per serving

**Serves 8**

### Ingredients

500 g vine ripened cherry tomatoes,  
cut into 4 bunches  
400 g chickpeas, cooked  
150 g chickpea flour  
50 g premium-quality ham  
50 g spinach  
2 medium eggs  
180 ml skimmed milk  
2 tbsp fresh parsley, chopped  
1 tbsp fresh chives, chopped  
2 tsp baking powder  
Calorie-controlled cooking spray



### Method

Preheat the oven to 200 °C (Fan Oven 180 °C, Gas Mark 6).

Line a baking tray with greaseproof paper. Put the tomatoes on the tray. Lightly mist with the cooking spray and season with salt and freshly ground black pepper. Bake for approx. 20 minutes until the skins start to split.

Meanwhile, blitz the chickpeas in a food processor until finely chopped. Add the eggs and mix until smooth.

Preheat the mini snack maker.

Sift the chickpea flour and baking powder into a large bowl. Add the chickpea mixture, milk, parsley and chives. Whisk until smooth, and season with salt.

Mist the snack maker with the cooking spray. Pour the batter in and cook until bubbling and golden; do not overfill the well. Carefully flip the pancake with a wooden utensil and cook for a further 1–2 minutes. Transfer the pancake to a plate and cover to keep warm. Repeat with the remaining batter.

Serve the pancakes topped with the ham, spinach and roasted tomatoes.



## Oat and Raisin Cookies

**7****PersonalPoints™ value per serving****Serves 16**

### Ingredients

200 g self-raising flour  
125 g golden caster sugar  
100 g low-fat spread  
75 g light brown sugar  
75 g raisins  
50 g porridge oats  
1 medium egg  
½ tsp vanilla extract  
A pinch of salt



### Method

Cream the low-fat spread, caster sugar and light brown sugar in a large mixing bowl until smooth. Add the egg and vanilla extract and beat until pale and smooth. Sift in the self-raising flour and the pinch of salt and mix until combined. Add the porridge oats and raisins and mix until combined. Cover and chill for 3 hours. Preheat the snack maker.

Form the mixture into 16 small balls. Mist the snack maker with cooking spray and add a ball to the snack maker. Use the back of a wet spoon to flatten the tops of the cookies slightly, then cook for 10–12 minutes until golden at the edges. Repeat with the remaining batter.

Transfer the cookies to a wire rack to cool completely.



## Peanut Butter Cookies

7

PersonalPoints™ value per serving

**Serves 16**

### Ingredients

200 g self-raising flour  
125 g golden caster sugar  
100 g low-fat spread  
75 g light brown sugar  
65 g crunchy peanut butter  
1 medium egg  
½ tsp vanilla extract  
A pinch of salt

### Method

Cream the low-fat spread, caster sugar and light brown sugar in a large mixing bowl until smooth.

Add the egg and vanilla extract and beat until pale and smooth. Sift in the self-raising flour and the pinch of salt and mix until combined. Stir in the peanut butter and mix until combined. Cover and chill for 3 hours.

Preheat the snack maker.

Form the mixture into 16 small balls. Mist the snack maker with cooking spray and add a ball to the snack maker. Use the back of a wet spoon to flatten the tops of the cookies slightly, then cook for 10–12 minutes until golden at the edges. Repeat with the remaining batter.

Transfer the cookies to a wire rack to cool completely.





## Overnight Oat Pancakes with Red Berries

**2–8****PersonalPoints™ range per serving****Serves 4**

### Ingredients

150 g porridge oats  
150 g raspberries  
150 g strawberries  
30 g wholemeal flour  
1 banana, mashed  
1 egg, beaten  
150 ml buttermilk  
100 ml cold water  
4 tbsp 0 % fat, natural Greek yoghurt  
1 tbsp maple syrup  
½ tsp ground cinnamon  
1 splash of water  
1 pinch of salt  
Calorie-controlled cooking spray

### Method

Combine the oats, buttermilk and 100 ml cold water in a bowl. Cover with plastic wrap and chill overnight.

Remove the oats from the fridge and leave at room temperature for approx. 30 minutes.

Mash half of the strawberries and half of the raspberries in a medium bowl. Place the berries in a small pan with the maple syrup and add a splash of water and salt. Bring to the boil and cook for approx. 2 minutes, until the mixture has become thick and syrup-like. Set aside to cool.

Preheat the snack maker.

Meanwhile, mix together the egg and banana until combined. Add the oat mixture and stir well. Sift in the flour, cinnamon and a pinch of salt and fold. Be careful not to overmix otherwise the pancakes will be a tough texture once cooked.

Mist the snack maker with the cooking spray. Pour the batter in and cook until bubbling and golden; do not overfill the well. Carefully flip the pancake with a wooden utensil

and cook for a further 1–2 minutes. Transfer the pancake to a plate and cover to keep warm. Repeat with the remaining batter.

Swirl the cooled berry sauce through the yoghurt.

Serve the pancakes topped with the yoghurt and the remaining strawberries and raspberries.

## Spanakopita-topped Sourdough with Greek Olive Salad

**5–7**

PersonalPoints™ range per serving

### Serves 1

#### Ingredients

100 g spinach  
50 g sourdough bread, sliced  
50g salad leaves  
20 g light feta cheese  
1 egg  
½ garlic clove  
1 tsp sesame seeds  
1 tsp fresh dill  
A pinch of chilli flakes  
Calorie-controlled cooking spray

#### For the Greek Salad

20 g light feta, diced  
20 g Kalamata olives, pitted  
1 large tomato, chopped  
1 baby cucumber, deseeded and chopped  
1 tsp extra virgin olive oil  
1 tsp lemon juice  
½ small red onion, thinly sliced  
¼ tsp dried oregano  
A handful of fresh mint leaves, torn

#### Method

Preheat the snack maker.

Preheat the grill to high.

Rub the sourdough with the garlic clove, then mist with cooking spray and toast under the grill for approx. 1½ minutes on each side until golden.

Mist the snack maker with cooking spray and toast the sesame seeds for





approx. 1 minute, until just turning golden. Add 30 g of spinach and stir for approx. 3–4 minutes, until wilted. Mix in the dill and season to taste.

Spoon the mixture onto the sourdough and crumble over the feta.

Mist the snack maker with cooking spray and fry the egg for approx. 3–4 minutes, until just cooked. Slide onto the toast, season to taste and scatter over the chilli flakes.

For the Greek salad, combine the red onion, tomato and cucumber in a small bowl.

Add the feta, olives and a few fresh mint leaves. Sprinkle over the oregano and toss lightly to combine. Drizzle over the olive oil and lemon juice and stir to combine.

## Butternut Squash and Pancetta Potato Cakes

8–11

PersonalPoints™ range per serving

**Serves 4**

### Ingredients

400 g butternut squash  
250 g baking potatoes  
100 g plain flour  
80 g watercress  
70 g pancetta, diced and precooked  
4 sprigs fresh thyme  
2 shallots, finely chopped and precooked  
2 garlic cloves, crushed and precooked  
1 egg, lightly beaten  
3 tbsp half-fat crème fraîche  
1 tbsp parmesan, grated  
Calorie-controlled cooking spray



### Method

Preheat the oven to 220 °C (fan oven 200 °C, Gas Mark 7).

Cut the butternut squash lengthways and scoop out the seeds. Cut a cross into the top of the potatoes.

Place the butternut squash and potatoes on a baking tray and mist with the cooking spray. Cook for approx. 1 hour, until soft.

Transfer to a wire rack and leave to cool, then scoop out the flesh and mash together in a bowl. Set aside to cool completely.

Preheat the mini snack maker.

Add the shallots, pancetta and garlic to the vegetable mixture. Sift in the flour and add the egg, thyme and parmesan. Mix well, then form into 8 flat cakes.

Mist the snack maker with cooking spray and cook the cakes for 4–5 minutes on each side until golden brown.

Serve with watercress and a spoonful of crème fraîche.



## Connection to the Mains

Please check that the voltage indicated on the product corresponds with your supply voltage.

### Important

As the colours in the mains lead of this appliance may not correspond with the coloured markings identifying the terminals in your plug, please proceed as follows:  
The wires in the mains lead are coloured in accordance with the following code:

**Blue Neutral (N)**

**Brown Live (L)**

**Green/Yellow Earth** ( $\perp$ )

**FOR UK USE ONLY** – Plug fitting details  
(where applicable).

The wire coloured **BLUE** is the **NEUTRAL** and must be connected to the terminal marked N or coloured **BLACK**.

The wire coloured **BROWN** is the **LIVE** wire and must be connected to the terminal marked L or coloured **RED**.

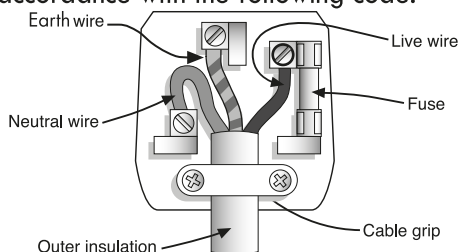
The wire coloured **GREEN/YELLOW** must be connected to the terminal marked with the letter E or marked  $\perp$ .

On no account must either the **BROWN** or the **BLUE** wire be connected to the **EARTH** terminal ( $\perp$ ).

Always ensure that the cord grip is fastened correctly.

The plug must be fitted with a fuse of the same rating already fitted and conforming to BS 1362 and be ASTA approved.

If in doubt, consult a qualified electrician who will be pleased to do this for you.



### Non-Rewireable Mains Plug

If your appliance is supplied with a non-rewireable plug fitted to the mains lead and should the fuse need replacing, you must use one that is ASTA approved (conforming to BS 1362 of the same rating).

If in doubt, consult a qualified electrician who will be pleased to do this for you.

If you need to remove the plug, **DISCONNECT IT FROM THE MAINS**, then cut it off the mains lead and immediately dispose of it safely. Never attempt to reuse the plug or insert it into a socket outlet as there is a danger of an electric shock.

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If this product does not reach you in an acceptable condition please contact our WW Customer Services Department via web chat at **[www.progresscookshop.com](http://www.progresscookshop.com)**.

Please have your delivery note to hand as details from it will be required.

If you wish to return this product, please return it to the retailer from where it was purchased with your receipt (subject to their terms and conditions).

### **Guarantee**

All products purchased as new carry a manufacturer's guarantee; the time period of the guarantee will vary dependent upon the product. Where reasonable proof of purchase can be provided, Progress will provide a standard 12 month guarantee with the retailer from the date of purchase. This is only applicable when products have been used as instructed for their intended, domestic use. Any misuse or dismantling of products will invalidate any guarantee.

Under the guarantee, we undertake to repair or replace free of any charge any parts found to be defective. In the event that we cannot provide an exact replacement, a similar product will be offered or the cost refunded. Any damages from daily wear and tear are not covered by this guarantee, nor are consumables such as plugs, fuses etc.

Please note that the above terms and conditions may be updated from time to time and we therefore recommend that you check these each time you revisit the website.

Nothing in this guarantee or in the instructions relating to this product excludes, restricts or otherwise affects your statutory rights.

### **Disposal of Waste Batteries and Electrical and Electronic Equipment**



This symbol on the product, its batteries or its packaging means that this product and any batteries it contains must not be disposed of with household waste. Instead, it is the user's responsibility to hand this over to an applicable collection point for the recycling of batteries and electrical and electronic equipment. This separate collection and recycling will help to conserve natural resources and prevent potential negative consequences for human health and the environment due to the possible presence of hazardous substances in batteries and electrical and electronic equipment, which could be caused by inappropriate disposal. Some retailers provide take-back services which allow the user to return exhausted equipment for appropriate disposal. **It is the user's responsibility to delete any data on electrical and electronic equipment prior to disposal.** For more information about where to drop batteries, electrical and electronic waste off, please contact the local city/municipality office, household waste disposal service, or the retailer.

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## 3 YEAR GUARANTEE\*

\*To be eligible for the extended guarantee, go to [guarantee.upgs.com/progress](https://guarantee.upgs.com/progress) and register your product within 30 days of purchase.

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