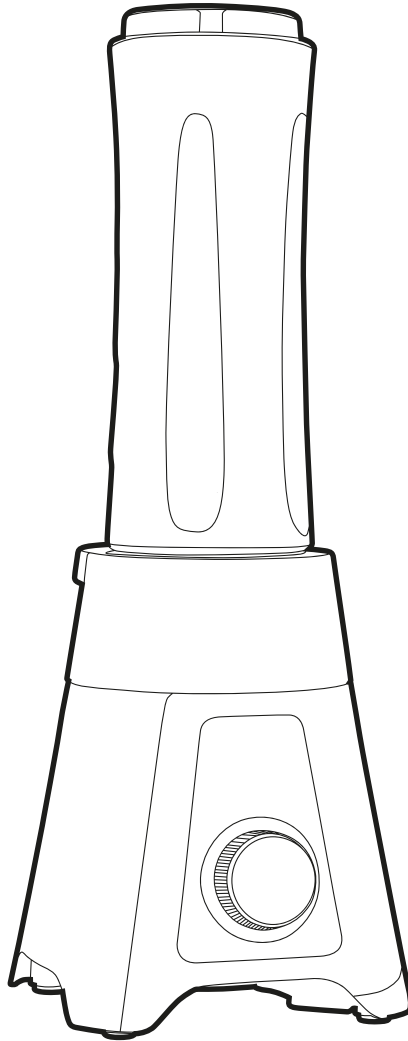
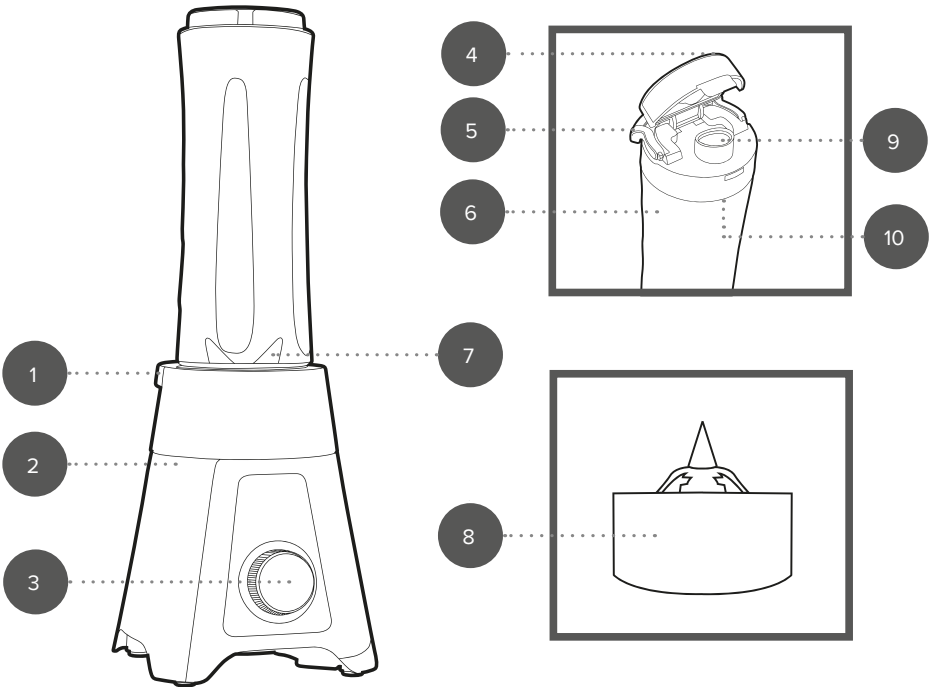


User manual

Personal blender



Description of parts



- 1. Blender handle
- 2. Blender main unit
- 3. Speed control dial
- 4. Lid
- 5. Lid handle
- 6. 600 ml sports bottle (qty. 2)
- 7. Stainless steel cross-blade attachment
- 8. Cross-blade base
- 9. Water outlet
- 10. Rubber gasket

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.
- 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.



WARNING: Do not touch sharp blades.

Care and maintenance

STEP 1: Switch off and unplug the blender from the mains power supply before performing any cleaning or user maintenance.

STEP 2: Wipe the blender main unit with a soft, damp cloth and allow to dry thoroughly.

STEP 3: Rinse the sports bottles under a tap using a non-abrasive scourer with some mild detergent. Never touch the blades; using extreme caution, clean the stainless steel cross-blade attachment with a brush and dry carefully. Do not immerse the underside of the sports bottles in water or any other liquid. Never use harsh or abrasive detergents or scourers to clean the blender, as this could cause damage.



NOTE: Always clean the blender immediately after each use. The blender main unit and accessories are not suitable for use in a dishwasher.



WARNING: Handle the stainless steel cross-blade attachment with care, as the blades are extremely sharp. Exercise caution when attaching, removing, cleaning or storing the attachments.

Instructions for use

Before first use

Before connecting to the mains power supply, clean blender following the instructions in the section entitled '**Care and maintenance**'.



NOTE: When using the blender 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 blender.

Using the blender

STEP 1: Position the blender base unit onto a flat, stable surface at a height that is comfortable for the user.

STEP 2: Chop the ingredients to be blended into small pieces and place them into the sports bottle.

- STEP 3:** Pour the required amount of liquid into the plastic jug. Do not exceed the max. fill mark.
- STEP 4:** Fasten the stainless steel cross-blade attachment onto the sports bottle by twisting it in a clockwise direction until secure.
- STEP 5:** Invert the sports bottle so that the stainless steel cross-blade attachment is facing downwards. Align the arrows with the blender main unit and twist the stainless steel cross-blade attachment in a clockwise direction until secure in place.
- STEP 6:** Plug in and switch on the blender at the mains power supply.
- STEP 7:** To blend the ingredients, turn the speed control dial to the desired speed setting (1–2). Turn the speed control dial to ‘P’ to activate pulse function. The pulse function provides quick bursts of speed, useful for blending more solid foods.
- STEP 8:** Stop blending by turning the control dial to the ‘0’ position.
- STEP 9:** Switch off and unplug the blender from the mains power supply.
- STEP 10:** Detach the sports bottle from the blender main unit by twisting it in an anticlockwise direction.
- STEP 11:** Remove the stainless steel cross-blade attachment by twisting it in an anticlockwise direction and pulling it away from the blender main unit.



NOTE: Always check that the rubber gasket, located on the inside bottom edge of the stainless steel cross-blade attachment, is in place. When mixing liquid, use a tall container or blend small quantities at a time to reduce spillage and splattering. Do not blend dry ingredients for more than 60 seconds.



WARNING: All attachments must be fitted securely before use. Do not operate the blender without food, as this can cause damage. Do not blend hot liquid or food, as this may cause injury. Switch off and unplug the blender from the mains power supply before attempting to remove the attachments and before cleaning. Maximum operation time is 60 seconds. Allow to cool for 90 seconds before using the blender again. Do not use the sports bottle if it is cracked or broken.

Troubleshooting

Problem	Solution
The blender is not working.	Check the fuse by replacement. Make sure that the sports bottle and lid are fully secured in place.

Storage

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

Specification

Product code: EK5883P
 Input: 220–240 V ~ 50/60 Hz
 Output: 300–400 W

RECIPES



Muesli breakfast smoothie

Ingredients

60 g muesli
1 small banana, halved
1 tsp dry chia seeds
1 tsp peanut butter
Chilled soya or semi-skimmed milk

Method

Add the muesli, chia seeds, banana halves and peanut butter to the sports bottle.

Top-up to the maximum fill mark with milk and blend until smooth.

Mango and banana smoothie

Ingredients

1 small mango
1 small banana
200 ml orange juice
4 ice cubes

Method

Cut the mango in half, remove the stone, then peel off the skin and cut the mango into small chunks.

Peel and chop the banana.

Put all of the ingredients into the sports bottle and blend until thick and smooth.

Avocado pinch smoothie

Ingredients

3 whole strawberries, frozen
1 small avocado, skin and stone removed
1 tbsp honey
1 tbsp greek style yoghurt
200 ml milk

Method

Add all of the ingredients to the sports bottle and blend until thick and smooth.

Blueberry health smoothie

Ingredients

100 g Blueberries
2 tbsp natural yoghurt
1 tsp green tea
Chilled water or pure juice
6 ice cubes

Method

Add the blueberries, green tea, natural yoghurt and ice cubes to the sports bottle.

Top-up to the maximum fill mark with chilled water or juice and blend until smooth.

Fruit boost smoothie

Ingredients

100 g strawberries
1 slice of honeydew melon
1 slice of watermelon, de-seeded
150 ml fresh orange juice
90 ml pineapple juice
6 small ice cubes

Method

Place all of the ingredients into the sports bottle and blend until smooth.

Peach mango smoothie

Ingredients

3 peaches
2 mangos
½ lemon, juiced
150 ml white grape juice
Handful ice cubes

Method

Cut the mango and peaches in half and remove the stones. Remove the skin and chop into chunks.

Add the mango, peach, white grape juice and lemon juice to the sports bottle and blend until smooth.

Berry protein blast

Ingredients

1 large handful of frozen or fresh berries
30 g vanilla or banana protein powder
300 ml skimmed milk
6 ice cubes

Method

Add all of the ingredients to the sports bottle and blend until thick and smooth.

Thick berry smoothie

Ingredients

1 handful of selected berries
125 ml of a berry flavoured yoghurt
250 ml chilled milk of your choice

Method

Add all of the ingredients to the sports bottle and blend until thick and smooth.

Honeydew and kiwi fruit smoothie

Ingredients

1 small honeydew melon, cubed
1 kiwi fruit, peeled and cut up
1 small green apple, peeled, cored and cut up
1 tablespoon of sugar
1 tablespoon lemon juice
50 ml water
1 cup ice cubes

Method

Add the honeydew melon, apple, kiwi fruit, sugar and lemon juice to the sports bottle and blend until smooth. Add the ice cubes and then blend the mixture again, until the ice cubes are crushed and the mixture is slushy.



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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Ultimate Products UK Ltd.,
Victoria Street, Manchester OL9 0DD. **UK.**
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19 Baggot Street Lower, Dublin DO2 X658. **ROI.**
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