



Russell Hobbs

Smart in the kitchen...



smoothie sensation

instructions & recipes

Read the instructions and keep them safe. If you pass the smoothie maker on, pass on the instructions too.

Remove all packaging, but keep it till you know the smoothie maker works.

important safeguards

Follow basic safety precautions, including:

- 1 The smoothie maker must only be used by or under the direct supervision of a responsible adult.
- 2 Don't put the smoothie maker in liquid, don't use it in a bathroom, near a source of water, or outdoors.



- 3 Unplug before dismantling or cleaning.
- 4 The smoothie maker is fitted with a safety switch to prevent the motor operating unless the jug is in place. Don't use this to switch the smoothie maker on and off.
- 5 Switch off (press and release O/P) before fitting the jug to the motor unit.
- 6 Switch off (press and release O/P), and wait till the blades come to a stop before removing the lid from the jug, and before removing the jug from the motor unit.
- 7 Don't use the smoothie maker unless the lid is in place.
- 8 Don't fill with anything hotter than you can comfortably handle.
- 9 When blending hot liquids, put a hand on the lid to hold it in place.
- 10 Don't put your hand into the jug, even after you've removed it from the motor unit – the blades are sharp.



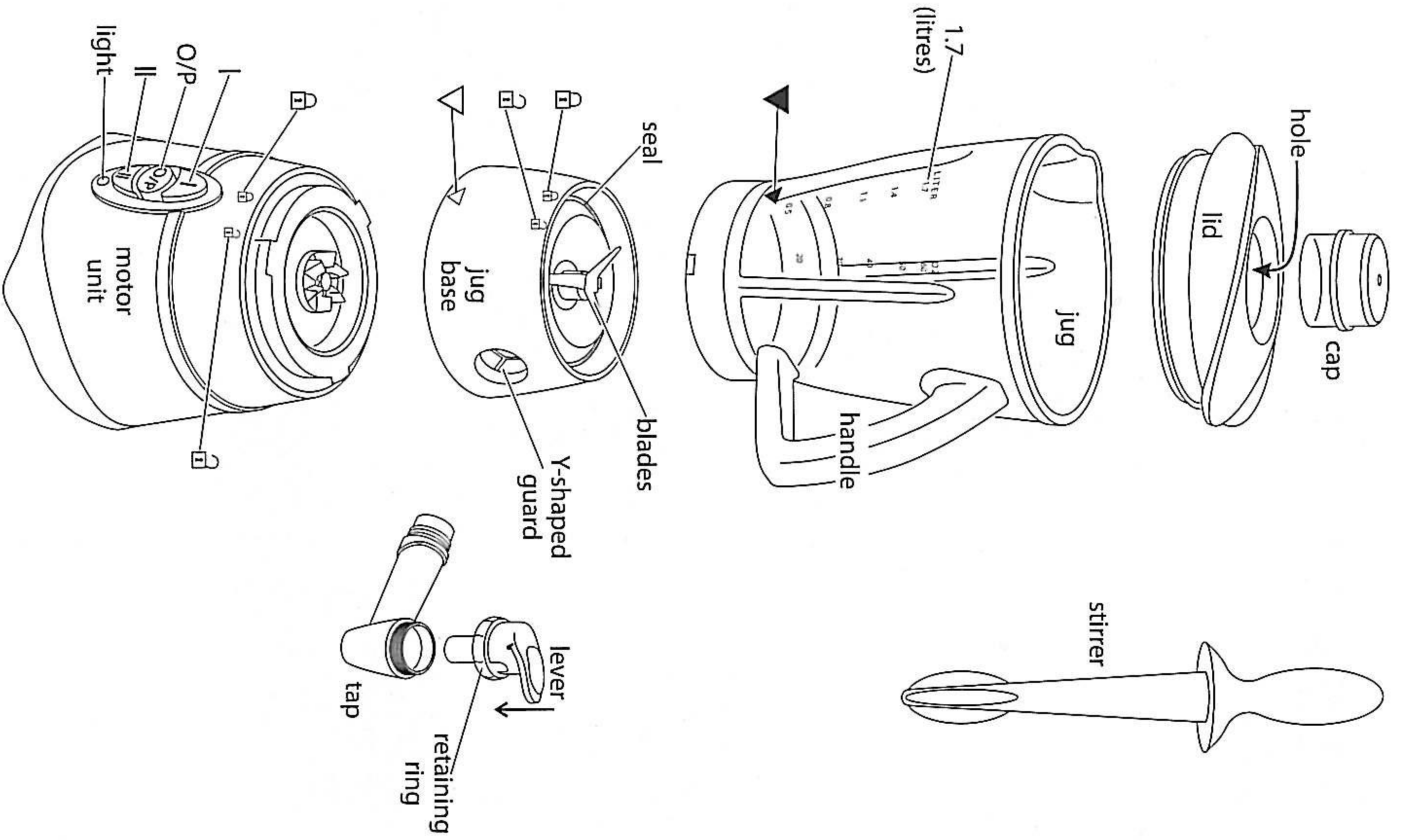
- 11 Don't put any implement (spoon, spatula, etc.), other than the stirrer, into the jug while the smoothie maker is plugged in.
- 12 Don't leave the smoothie maker unattended while plugged in.
- 13 Sit the motor unit on a dry, stable, level surface, near a power socket.
- 14 Route the cable so it doesn't overhang, and can't be tripped over or caught.
- 15 Keep the smoothie maker and cable away from hotplates, hobs or burners.
- 16 Don't let the jug overflow. If liquid gets under the motor unit, it may be sucked into the motor, damaging it.
- 17 Don't fill the jug above the 1.7 mark – if you do, the contents may force the lid off when you start the motor.
- 18 Don't run the motor for more than 3 minutes, or it may overheat. After 3 minutes, switch off for at least 1 minute, to let the motor cool.
- 19 Don't use the smoothie maker for any purpose other than those described in these instructions.
- 20 Don't run the smoothie maker empty, it may overheat.
- 21 Don't operate the smoothie maker if it's damaged or malfunctions.
- 22 If the cable is damaged, it must be replaced by the manufacturer, its service agent, or someone similarly qualified, in order to avoid hazard.

household use only

before using for the first time

- 1 Turn to page 6 (care and maintenance), then disassemble, clean, dry, and reassemble the smoothie maker, to remove manufacturing debris, dust, etc.



warning keep your hands away from the blades – they're sharp



positioning

- 2 Sit the motor unit on a dry, stable, level surface, near a power socket.
- 3 Route the cable so it doesn't overhang, and can't be tripped over or caught.
- 4 Press and release O/P to ensure everything's off.
- 5 Put the plug into a power socket (switch the socket on, if it's switchable). The light will come on, and will stay on till you disconnect the smoothie maker.

fit the jug

- 6 In normal use, you should treat the jug, jug base, and tap as a single unit. They should only be separated when you come to clean them.
- 7 Sit the jug on the motor unit, with the ▽ on the jug base over the open padlock  on the motor unit, then turn the jug clockwise till the ▽ is over the closed padlock  on the motor unit, and the tap is pointing to your right.

fill the jug

- 8 Lift the lid off the jug.
- 9 Put the ingredients into the jug.
- 10 These should be a mixture of liquids and solids (frozen ingredients count as solids).
- 11 Don't fill past the 1.7 mark. If you do, the contents may force the lid off when you start the motor.

fit the lid

- 12 Put the lid on the jug, and press it down.
- 13 Don't use the smoothie maker without fitting the lid. The contents may escape; you may hurt someone; you may be tempted to put a hand into the jug.



the cap

- 14 The cap fits into the hole in the lid. Generally, use the cap if you're using the smoothie maker as a blender, use the stirrer if you're making drinks or smoothies.
- 15 If you're making mayonnaise, you can fit the cap upside down, and drizzle oil into the mix through the small hole in the cap.

the stirrer

- 16 If you're making drinks or smoothies, instead of fitting the cap, drop the long end of the stirrer into the hole.
- 17 If solid ingredients aren't getting down to the blades, give them a poke with the stirrer to chivvy them along.
- 18 Rolling the stirrer anti-clockwise (the opposite way to the blades), against the jug wall, will help with thicker mixtures.
- 19 Don't bash it against the wall of the jug.
- 20 Don't run the smoothie maker without fitting either the cap or the stirrer. If you leave it open, solid ingredients may be ejected through the hole when they hit the blades.



the controls

- 21 The controls are:
 - I top button – low speed, for lighter jobs, using mainly liquid ingredients.
If you're using the tap to dispense really thick smoothies, running the motor on low speed will help the flow.
 - II bottom button – high speed, for heavier jobs, using mainly solid ingredients
You can swap directly between I and II; pressing either button cancels the other.
- O/P middle button – this button is spring-loaded, it has two functions:
 - a) it returns both I and II buttons to "off", and switches the motor off
 - b) it also acts as a pulse button – press to run the motor, let go to stop.
Use the O/P button, for instance, to reduce ice to slush, for icy drinks.
Use it in bursts – press, let go, check the results, repeat, till you've reached the degree of slushiness you want.



- 22 Don't run the motor continuously for more than 3 minutes, it may overheat. After 3 minutes switch off for at least 1 minute, to let the motor cool.

adding ingredients

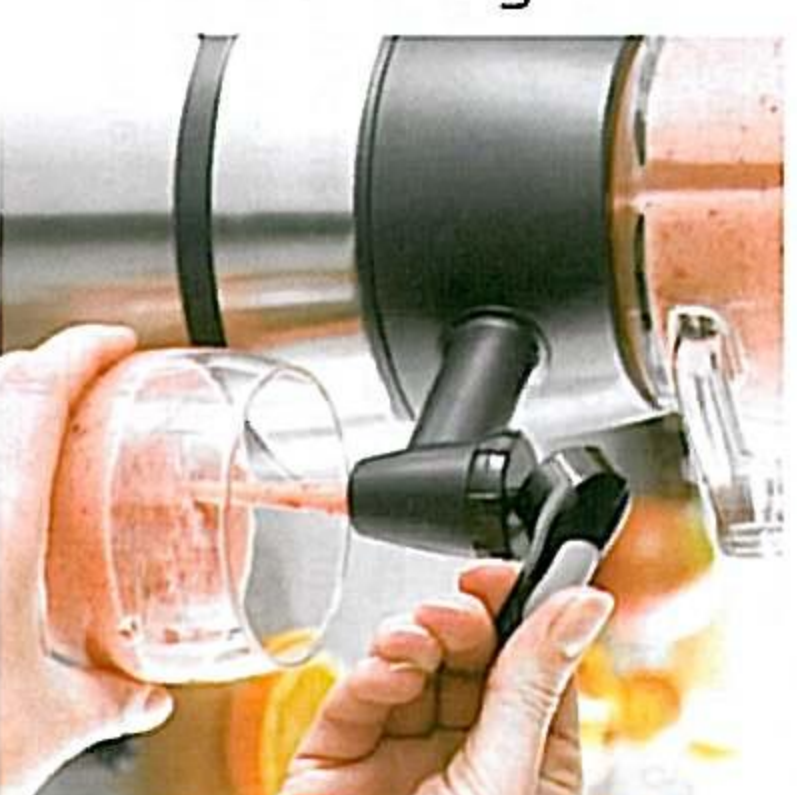
- 23 To add ingredients while the smoothie maker is working:
 - cap lift the cap off, pour/drop the new ingredients through the hole, then replace the cap in the hole
 - stirrer lift the stirrer out of the hole, scrape it against the side of the hole on the way out, to remove drips, then pour/drop the new ingredients through the hole, and replace the stirrer in the hole.
- 24 Make sure the added ingredients don't push the jug contents past the 1.7 mark.

finished?

- 25 Press and release O/P, then wait till the blades stop moving, before removing the lid from the jug, or removing the jug and jug base from the motor unit.

the tap

- 26 You can rotate the tap lever to whatever side or angle you find convenient.
- 27 To open the tap, press the lever.
- 28 To lock it open, press as far as it'll go.
- 29 When dispensing thick smoothies, it helps to run the motor at low speed (I). If they're really thick, use the stirrer as well (use it via the hole, don't remove the lid).
- 30 When dispensing thick smoothies, remember that you'll need one hand for the tap, and one for the stirrer, so find a stable, flat-bottomed glass, cup, or container, to sit on the work surface, under the tap, for the smoothie.



hot liquids

- 31 No matter how careful you are when using the smoothie maker, some splashing is inevitable. At higher temperatures, splashes on skin can hurt. In extreme cases, they may scald, so, when using hot liquids:
 - a) before pouring into the smoothie maker, let the liquid cool down to the sort of temperature you can handle comfortably
 - b) run the motor only when the cap is fitted – to add ingredients, stop the motor, remove the cap, add the ingredients, **replace the cap**, then re-start the motor
 - c) put a hand on the cap and lid, to hold them in place while blending
 - d) if the lid is too hot for comfort, stop the motor, remove the lid, and let the liquid cool down further – replace the lid before blending

crushed ice

- 32 If you're making crushed ice for cocktails, make sure the smoothie maker is clean, then rinse it out thoroughly. The slightest trace of detergent will flatten any drink to which it is added.
- 33 Ice "cubes" come in many shapes and sizes. You'll have to experiment with the ice from your ice cube tray.
- 34 Put half to threequarters of a cup of ice into the smoothie maker, and add 1 tablespoon (15ml) of fresh cold water.
- 35 Put the lid on the smoothie maker, then press and release O/P 3 or 4 times.
- 36 Check the results, and adjust. Too much blending will reduce the ice to liquid, too little will merely chip the edges/corners off the ice.
- 37 Don't try to crush ice without adding water to the jug.
- 38 Don't be tempted simply to increase the amount of ice and blend for longer. This won't work. Too much ice will never give you satisfactory results.

care and maintenance

warning take great care handling the blade unit – the blades are sharp



- 1 Switch off (press and release O/P) and unplug before cleaning.
- 2 Clean as soon after use as possible, to prevent residues setting inside the jug.
- 3 Turn the jug and base to bring the ▽ on the bottom of the jug base over the open padlock on the motor unit, then lift the jug and base off the motor unit.
- 4 Remove the lid and cap or stirrer.
- 5 Unscrew the tap from the jug – it takes 2 complete turns to unscrew
- 6 Unscrew the lever and its retaining ring from the tap – this takes about 2½ turns.
- 7 Set the jug and base down on a stable, level surface.
- 8 Hold the jug base firmly with one hand, hold the jug handle with the other.
- 9 Turn the jug (it's quite stiff), to bring the ▽ on the glass part of the jug over the open padlock on the top of the jug base.
- 10 Carefully lift the glass part of the jug away from the jug base.
- 11 Try not to disturb the seal – it's awkward and fiddly getting it back into its groove.
- 12 Carefully tip them out, and separate the washer from the blade unit.
- 13 Wash the cap, lid, stirrer, tap parts, jug, and jug base in warm soapy water, and leave them to drain dry.

- 14 Don't use a cloth for drying. You may leave lint on the inside surfaces, and you'll probably cut yourself on the blades.

- 15 There's a Y-shaped guard in the hole the tap screws into. Clean this gently with a small bottle-brush.
- 16 Your bottle-brush may also come in handy when cleaning the inside of the tap.
- 17 If you've left it too long before cleaning, and bits have glued themselves to the inside of the jug, use a nylon brush. If that doesn't work, crush some ice cubes in it, that'll shift most things.
- 18 Don't put any of the parts into a dishwasher. The extreme environment inside the dishwasher can affect surface finishes, and warp plastic parts.
- 19 Wipe the outside of the motor unit with a clean damp cloth.
- 20 Don't put the motor unit in water or any other liquid.
- 21 Don't use harsh or abrasive cleaning agents or solvents.

reassembly

- 22 Wait till everything's dry.
- 23 Check that the seal is in its groove inside the top of the jug base. If it's not, reseal it. This is fiddly, though not difficult – try to keep your fingers clear of the blades.
- 24 Lower the glass part of the jug into the jug base.
- 25 Align the ▼ on the glass part of the jug with the open padlock on the top of the jug base.
- 26 Turn the jug to bring the ▼ over the closed padlock on the top of the jug base.
- 27 Screw the tap lever back into the tap – about 2½ turns of the retaining ring. Don't overtighten it. If you do, our spares department will be delighted to sell you a new tap. They love people who break things.
- 28 To replace the tap, hold it upright, put it into the hole in the jug base, then turn it 2 complete turns clockwise – no more.
- 29 Sit the jug on the motor unit, with the ▽ on the jug base over the open padlock on the motor unit, then turn the jug clockwise till the ▽ is over the closed padlock on the motor unit, and the tap is pointing to your right.

staining

- 30 Carotenoids, which are found in many other vegetables as well as carrots, can cause severe staining. This staining may be impossible to remove. If you want to try, then you could try soaking the stained parts overnight in one of the following:
 - a) quarter of a cup of household bleach in a sink full of warm water
 - b) a mixture of 1 part white vinegar to two parts warm water
 - c) half a small packet of baking soda in enough warm water to cover the parts

warning Don't try to mix these methods. You may make a mess, you may cause nasty eye-watering, breath-catching fumes, and you may harm the parts you're trying to clean.



recipes

fresh fruit smoothies – these make 2 large smoothies

strawberry & banana smoothie

300ml milk

1 large banana, roughly chopped

12 strawberries, stalks removed

4 ice cubes

Put everything into the jug, ice cubes last. Run at low (I) for 10 seconds, then high (II) for 10 seconds.

banana, vanilla & honey smoothie

400ml milk

1 large banana, roughly chopped

4 tsp honey

2 tsp vanilla extract

6 ice cubes

Put everything into the jug, ice cubes last. Run at low (I) for 10 seconds, then high (II) for 5 seconds.

apple & mango smoothie

600ml apple juice

1 ripe mango

6 ice cubes

Stone, peel and roughly chop the mango. Put everything into the jug, ice cubes last. Run at low (I) for 10 seconds, then high (II) for 10 seconds.

creamy blueberry & vanilla smoothie

360ml lemonade

125g vanilla ice cream

70g blueberries

Put everything into the jug, ice cubes last. Run at low (I) for 10 seconds, then high (II) for 10 seconds.

breakfast smoothie

4 tbsp natural yogurt

200ml milk

2 tbsp oatmeal or porridge oats

1 large banana, roughly chopped

2 tsp honey

2 apples, cored and roughly chopped

4 ice cubes

Put everything into the jug, ice cubes last. Run at low (I) for 10 seconds, then high (II) for 15 seconds.

chocolate orange smoothie

170g chocolate ice cream

300ml orange juice

4 ice cubes

Put everything into the jug, ice cubes last. Run at low (I) for 10 seconds, then high (II) for 5 seconds.

nutty banana smoothie

150g hazlenut yogurt

1 large banana, roughly chopped

200ml milk

6 ice cubes

Put everything into the jug, ice cubes last. Run at low (I) for 10 seconds, then high (II) for 5 seconds.

chocolate pear smoothie

300ml chocolate milk

2 pears, peeled, cored and roughly chopped

10 ice cubes

Put everything into the jug, ice cubes last. Run at low (I) for 15 seconds, then high (II) for 5 seconds.

mango lassi

200ml natural yogurt

1 ripe mango

200ml milk

2 tsp honey

10 ice cubes

Stone, peel and roughly chop the mango. Put everything into the jug, ice cubes last. Run at low (I) for 10 seconds, then high (II) for 5 seconds.

cranberry, orange & banana smoothie

300ml orange juice

300ml cranberry juice

1 small banana, roughly chopped

6 ice cubes

Put everything into the jug, ice cubes last. Run at low (I) for 10 seconds, then high (II) for 5 seconds.

peach & apricot smoothie

- 4 halves of tinned apricot (in juice)
- 80ml apricot juice (from tin)
- 2 peaches
- 4 tbs natural yogurt
- 200ml milk
- 2 tsp honey
- 6 ice cubes

Stone and roughly chop the peaches. Put everything into the jug, ice cubes last. Run at low (I) for 15 seconds, then high (II) for 15 seconds.

berry fruity smoothie

- 300ml apple juice
- 90g raspberries
- 12 strawberries, stalks removed
- 4 ice cubes

Put everything into the jug, ice cubes last. Run at low (I) for 15 seconds, then high (II) for 15 seconds.

apple, melon & kiwi fruit smoothie

- 400ml apple juice
- 1 kiwi fruit, peeled and roughly chopped
- 150g melon, roughly chopped
- 6 ice cubes

Put everything into the jug, ice cubes last. Run at low (I) for 10 seconds, then high (II) for 10 seconds.

very chocolatey cherry smoothie

- 350ml lemonade
- 125ml chocolate ice cream
- 100g cherries, stoned

Put everything into the jug, ice cubes last. Run at low (I) for 10 seconds, then high (II) for 10 seconds.

adult only smoothies – these make 2 glasses

tropical cocktail

- 200ml ginger beer
- 150g melon, roughly chopped
- 40ml rum
- 5 ice cubes

Put everything into the jug, ice cubes last. Run at low (I) for 10 seconds, then high (II) for 10 seconds.

cosmopolitan

- 100ml cranberry juice
- 50ml vodka
- 50ml cointreau

Put everything into the jug. Run at low (I) for 10 seconds.

baileys coffee cocktail

- 100ml milk
- 40g vanilla ice cream
- ½ tsp instant coffee
- 40ml baileys or irish cream liqueur
- 3 ice cubes

Put everything into the jug, ice cubes last. Run at low (I) for 10 seconds, then high (II) for 5 seconds.

strawberry gin fizz

- 100ml lemonade
- 60ml gin
- 1 tsp lemon juice
- 6 strawberries, stalks removed
- 5 ice cubes

Put everything into the jug, ice cubes last. Run at low (I) for 10 seconds, then high (II) for 10 seconds.

mango & rum cocktail

- 100ml pineapple juice
- ½ ripe mango, stone removed, peeled and roughly chopped
- 1 small banana, roughly chopped
- 40ml rum
- 3 tbs natural yogurt
- 5 ice cubes

Stone, peel and roughly chop the mango. Put everything into the jug, ice cubes last.

Run at low (I) for 10 seconds, then high (II) for 10 seconds.

la numba

- 300ml chocolate milk
- 50ml brandy
- 3 ice cubes

Put everything into the jug, ice cubes last. Run at low (I) for 10 seconds, then high (II) for 10 seconds.

pina colada

- 200ml pineapple juice
- 100ml malibu
- 30ml single cream
- 4 ice cubes

Put everything into the jug, ice cubes last. Run at low (I) for 15 seconds, then high (II) for 10 seconds.

