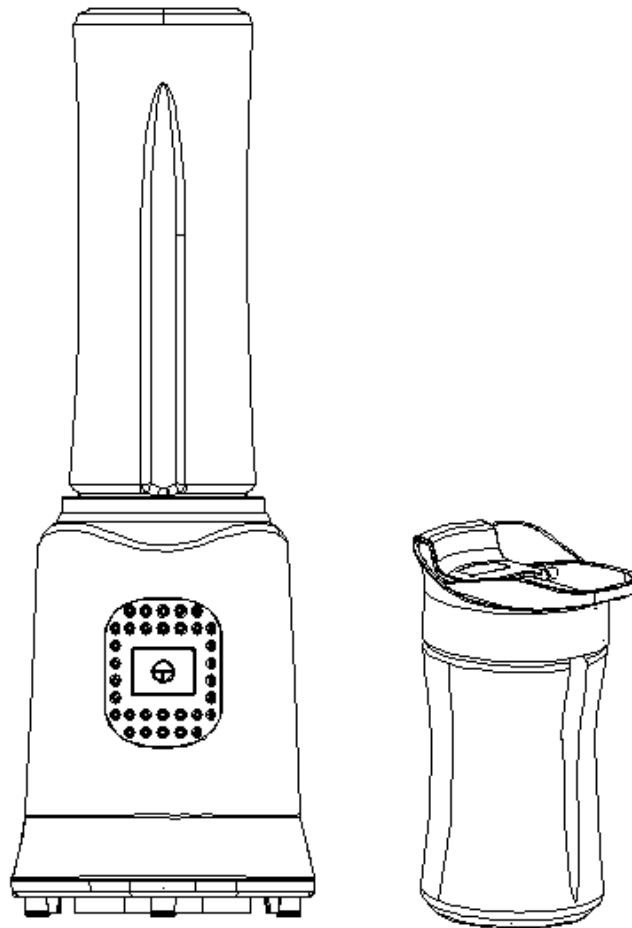


# electriciQ

## iQ Sports Blender

Single serving smoothie / sports nutrition drinks maker

### **USER MANUAL**



Thank you for choosing ElectriciQ.

Please read this user manual before using this blender  
and keep it safe for future reference.

Visit our page [www.electriQ.co.uk](http://www.electriQ.co.uk) for our entire range of Intelligent Electricals

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## FEATURES

The IQ Sports Blender is great for making nutritious fruit smoothies, breakfast and protein shakes, sports nutrition drinks or iced whole fibre juices. Easy to use with one-touch pulse blending action and strong, specially designed for improved performance stainless steel blades.

This personal blender comes with two portable BPA-free Eastman Tritan copolyester blender bottles in two sizes: 600 and 300 ml.

The blending bottles are easy-clean. The blades are detachable, dishwasher-safe. They are light and with lockable anti-leak design featuring a wide easy to drink spout specially designed for smoothies or protein drinks. Now you can take your IQ Sports Blender bottles with you while you are on the run, at the office or the gym or keep them close while exercising or relaxing at home.

The strong 350 Watts motors can even crush ice effortlessly.

**Note:** Due to continuous product development, products may not exactly correspond to the illustrations in this manual.

## SAFETY INSTRUCTIONS

### Important

- Carefully read the instructions before operating the unit
- This blender has been tested and is safe to use. However, as with any electrical appliances - use it with care.
- This appliance is for indoor and domestic use only.
- Rating: This unit must be only connected to a 220-240 V / 50 Hz earthed outlet. Always check the rating label against your electrical supply. Do not use with an extension lead or overload the socket
- If you are in any doubt about the suitability of your electrical supply have it checked and, if necessary, retested by a qualified electrician.
- Do not let power cord hang over edge of table or counter or in contact with hot surface, including stoves or hobs.
- Disconnect the power plug from socket before dismantling, assembling or cleaning.
- Do not clean the base unit by spraying it or immersing it in water.
- Never operate this appliance if the cord or plug is damaged. Ensure the power cord is not stretched or exposed to sharp object/edges.
- Do not pull the mains cable to disconnect the mains plug from the socket.
- Do not use the appliance if any part or any accessory is damaged or defective.
- A damaged supply cord or plug should be replaced by the manufacturer or a qualified electrician in order to avoid a hazard.
- Avoid touching any moving parts of the appliance. Keep utensils out of bottles while blending to reduce the risk of severe injury to persons or damage to the blender.
- This appliance is not intended for use by persons (including children) with reduced

physical, sensory or mental capabilities. It is also not intended for use by those with a lack of experience and knowledge, unless they have been given supervision or instruction concerning the use of the appliance by a person responsible for their safety. Do not leave children unsupervised with this appliance.

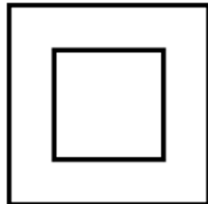
- Any service other than regular cleaning should be only performed by an authorized service representative. Failure to comply could result in a voided warranty.
- Do not use the appliance for any other purposes than its intended use.
- Always place the unit on a dry, hard, flat and stable surface. Do not use on carpet or soft table cloth as this could impede the dispersal of heat. Do not shake the base while is in use.
- Do not use the appliance in places with high humidity (>80%RH)
- Do not immerse the appliance in water or other liquids. If the appliance is immersed in water or other liquids by mistake, do not touch the appliance with your hands. Immediately remove the mains plug from the wall socket. If the appliance is immersed in water or other liquids, discard it.

#### **Unit Safety Protection and Performance Tips**

- Never switch on the unit before you intend to use it.
- Make sure the bottle and the blade assembly is correctly mounted and placed on the appliance body.
- Do not remove the bottle before the motor completely stops.
- Do not run it empty or fill more than the maximum advised level as this could cause damage to the appliance.
- Do not run the unit for more than 3 minutes continuously. Stop for at least 5 minutes between sessions
- If blending hot liquids only fill 3/4 of the bottle. When removing the blade assembly or lid after blending hot liquids do not lean over and keep hands and other exposed skin away from the lid opening to prevent possible burns.
- Never attempt to operate with damaged blades. Replace the blades assembly.
- Do not over fill, use hard ingredients or very large pieces. Don not use ice cubes if they are not covered with water or liquid. Use maximum 3-4 ice cubes while blending. This appliance is not intended to crush ice without liquid.
- Always clean the bottles immediately after use. Use water for most efficiently and safe way of cleaning.
- When assembling and disassembling the unit please make sure the silicon seals in the blade assembly or bottle lids are in place and not missing. Do not use the unit or the sport bottles without the silicon seals and contact the service centre for replacement. Do not place the silicon seals in dishwasher as this could damage them.
- Leave clear space beneath and around the base of the appliance to permit proper air circulation. Vents and openings on the bottom of the product are designed for ventilation ensuring reliable motor operation and over-heating. Clean the unit regularly and store covered to prevent dust entering inside of the unit. Never obstruct and keep away from kitchen towers, newspapers, napkins, place mats etc.

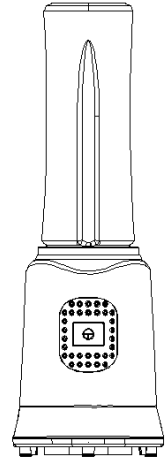
**IMPORTANT:**

This product is a class 2 double insulated appliance and therefore an earth connection is not needed. Do not replace the power cord or plug. Only a qualified electrician or the service centre can perform this operation.

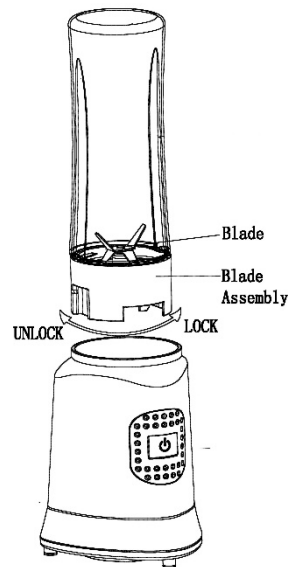
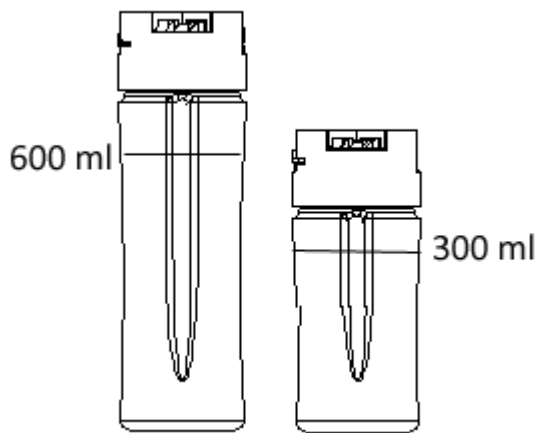


**CAUTION:** DO NOT CONNECT EITHER WIRE TO THE EARTH TERMINAL IN THE PLUG WHICH IS MARKED E OR WITH THE EARTH SYMBOL OR COLOURED GREEN OR GREEN AND YELLOW.

The appliance will stop when the pulse / on button is released. Wait until the motor completely stops before removing the bottle and the blade assembly from the appliance.



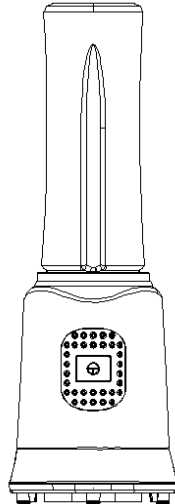
Only fill the jug to maximum indicator. When making hot soup or using hot liquid only use 3/4 of the cup capacity as hot liquids expand during processing.



Before starting the appliance check if is correctly assembled and the silicon seal around the blade assembly rim is not missing.

Make sure the blade assembly is fixed in place, twist it to lock in.

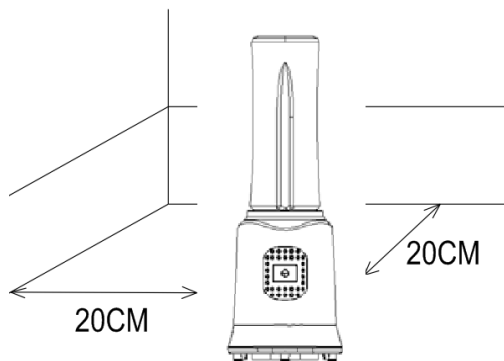
This product has over current protection. If the motor overheats due to overload the appliance may stop. Unplug the machine and let it rest for few minutes.



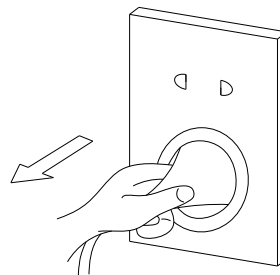
Do not leave the plugged appliance unattended at anytime. Keep unsupervised children away from the appliance.



Allow at least 20 cm gap around the unit while in operation to allow free air flow around the air inlet and outlet.



After use, unplug from power socket and store the unit in a dry place.



## PACKAGE CONTENTS

1x 600 ml / 1 x 300 ml bottles

2 x Lockable lids

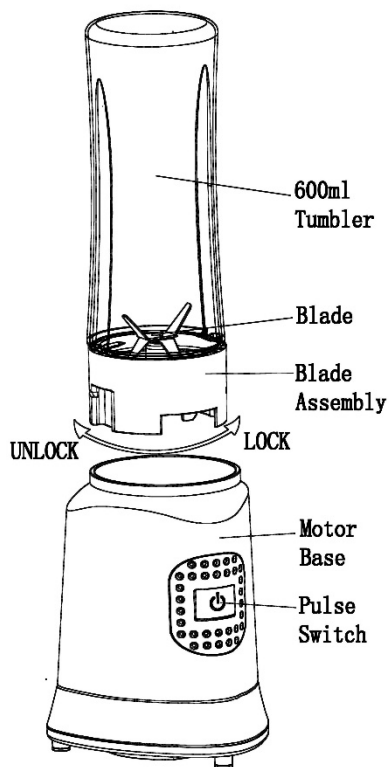
1 x Blade assembly

1x Base / Motor body

1x User Manual

Account for all parts before disposing packing. Safely dispose of all plastic bags and other packaging components. They may be potentially dangerous to children.

## Quick Reference Guide



## iQ Sports Blender

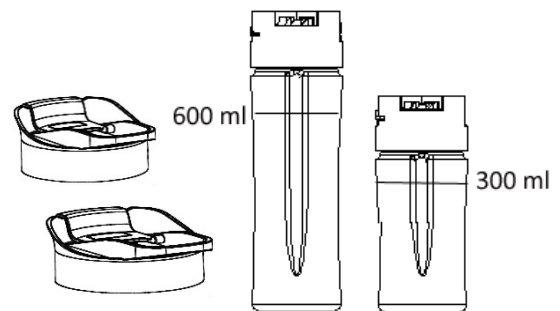
Bottles (x2)

Lids (x2)

Blade and Blade assembly

Body / Motor base

ON / Pulse switch



## Initial Use

### Preparation

- Clean the appliance and accessories before first use
- Wash the bottles before use. Also refer to the section "**Cleaning and maintenance**"

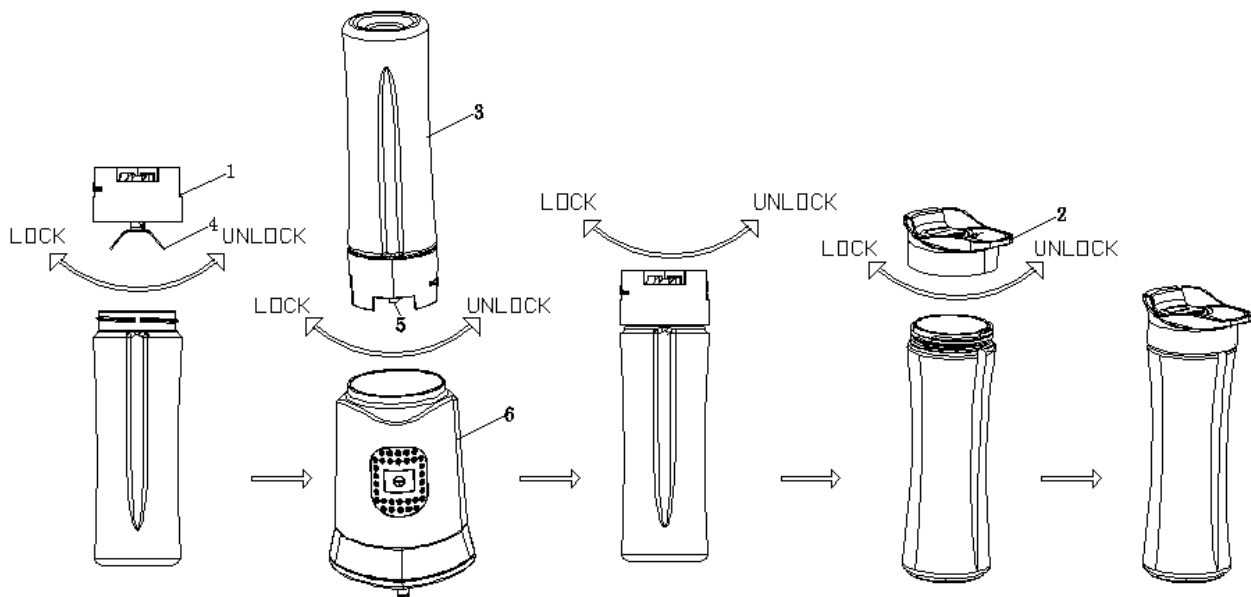
## Assembly and Operation

Before assembly or disassembly, switch off the appliance, remove the mains plug from the wall socket and wait until the appliance has cooled down.

This appliance has a built-in safety lock; this ensures that you can only switch on the appliance if you installed the bottle and the blade assembly correctly on the motor base. When assembled correctly, the built-in safety lock will be unlocked.

## Assembling the blender

Before you assemble the appliance, ensure that the power cord is unplugged.



Place the motor base on a flat dry surface such as a countertop. Leave at least 20 cm space around the unit

Fill the bottle with ingredients and place the blade assembly **(1)** with the blade facing down **(4)** on top the bottle. Ensure that silicon seal is in place on the blade assembly rim before assembling the bottle.

Turn the bottle **(3)** upside down engaging the gear **(5)**. Twist the bottle until it locks in to the base **(6)**.

Now you can start blending. Plug the unit on to a main socket and turn the socket on. When blending is finished reverse the process and remove the bottle from the top of the base. Rest the bottle on the worktop and remove the blade assembly and replace it with the drinking lid **(2)**.

Once your drink was prepared and your bottle assembled you can open the lid to drink. You can leave space in the bottle and add 1-2 cubes of ice at the top before you assemble the lid to keep you drink cool. Your bottle is BPA free so is safe to store the drink during the day. Rinse the cup when empty and follow thorough cleaning procedure before you refill.

**Notes:** Please never place a bottle on the motor base before properly assembling the blade and ensuring there is no leakage. Only remove the bottle from the blender base when the motor fully stopped. Never lift the blender while holding



it from the bottle base. Your appliance is supplied with BPA free **bottles** and is able to perform wet blending e.g. whole fibre juice and smoothie making, soup making, sauces, pesto.

Do not grind grains, cereals, coffee or other dry hard ingredients also ensure the solid ingredients including ice are well covered with water. This is a wet blender only.

To **disassemble** reverse the assembly operation. See Cleaning and Maintenance section of this user manual.

**ON/OFF Switch:**

Push down the switch and the unit is turned **ON**

Release the switch again and the unit is turned **OFF**

Function	Description
<p><b>Whole Fibre Juice</b></p>	<p>When juicing your juicer will extract the juice from the fruits or vegetables leaving a lot of pulp behind. While juicing will give you a quick release of energy and the ingredients are passed much quicker into your blood stream being more soluble, all the good fibre is wasted.</p> <p>The whole fibre juice produced by the IQ sports blender is the best of the both. The whole fruit juice is palatable and has more dietary fibre and vitamins. 2-3 minutes of blending should suffice.</p> <p><b>Recipe:</b> 1-2 ice cubes, ¼ celery stick, unwaxed lime slice with rind, small piece of peeled ginger, 1 peeled medium orange, a handful of raspberries, ½ glass of water</p> <p>Add the ingredients in the above order. Almost cover the ingredients with water. Work the blender for 2-3 minutes or less until smooth enough for your taste. Reduce the quantities for the 300 ml bottle to half.</p>
<p><b>Smoothies</b></p>	<p>This function setting for smoothies and shakes. The machine needs to work for 1-2 minutes to make delicious smoothie drinks. Depending on the ice cubes size and the hardness of fruit you may use the tamper to stir.</p> <p><b>Recipe:</b> 1 peeled banana, ½ large peach and vanilla from ½ pod, 2 ice cubes, water or milk to cover the ingredients.</p> <p>Work the blender for 1-2 minutes or until smooth enough for your taste. Reduce the quantities for the 300 ml bottle to half.</p>

<p><b>Soups</b></p>	<p>Your Sport blender can make vegetables soups. You can boil your vegetables for about 5-7 minutes leave them to cool down for 2-3 minutes than blend. <b>Recipe:</b> Season and roast (optional) 2 tomatoes, 1 medium pepper, 1 clove of garlic for about 4 minutes in top grill tray. Add a small carrot, 1/2 chopped celery stick, spring onion and parsley and 1 and ½ glass of water and boil on a small pan for 5-7 minutes. Add a cube of stock or ½ teaspoon of salt.</p> <p>Place the boiled ingredients in the large blender bottle. Make sure they are covered with stock liquid. Blend for 3 minutes. If you want chunky soups add extra ingredients at the end and only re-blend for 10-20 seconds. Release some of the liquid before adding more ingredients. Never fill the bottles more than ¾ when blending hot liquids.</p>
<p><b>Hot Chocolate Drink</b></p>	<p>You will do smooth hot chocolate with your sport blender. Blend 1 ½ glasses of hot milk, 2 tablespoons of cocoa powder, 2 teaspoons of sugar, agave or maple syrup for 2-3 minutes until smooth. Can replace the milk with nut milk and/ or cocoa powder with shaved dark chocolate. Never fill the bottles more than ¾ when blending hot liquids.</p>
<p><b>Protein Shakes</b></p>	<p>You sport blender can easily blend meal replacement shakes. Oatmeal, bananas, avocado are all good bases for your protein shake. You can follow the recipes provided by your protein manufacturer or be creative.</p> <p><b>Recipe:</b> 1 scoop of chocolate protein, 1 banana, 2 table spoons of oatmeal, 3 ice cubes, 1 1/2 cups or skimmed milk, ½ tablespoon of vanilla paste. Add the ingredients to the bottle in this order and blend for 1-2 minutes until smooth. Can replace the vanilla paste with other flavours (e.g. fresh mint)</p>
<p><b>Clean</b></p>	<p>After finishing the food processing you can clean easily the bottles if you fill them with hot or tepid water and blend for 1-2 minutes. Empty the water and repeat the operation until they are clean. You can wash them and the blade assembly on the top rack of the dishwasher but silicon seal must be removed. You can also wash the bottles by adding lemon juice or mild vinegar to water and not using cleaning products. Once cleaned, empty the bottles and turn it upside down on a kitchen towel or cloth together with the blade assembly.</p> <p>If any residue is left on the wall of the bottles place under the running water and rinse into the sink.</p>

## Operation and tips

Never overfill the bottles above the maximum filling marks. Never start the appliance on empty. Use the correcting timing according to the results you are trying to achieve or the recipes you prepare. When following a recipe always follow the ingredients advised order and ensure the ingredients are chopped to no more than 2-3 cm in length. Never use more than 2-3 ice cubes and always cover the ingredients with water. You can make whole fibre juices, soups, smoothies, shakes, protein shakes, sauces, hot drinks.

When processing ingredients always follow this filling order from bottom to top of your bottles:

- ice cubes at bottom
- than hard ingredients chopped and flavours / spices
- soft fruits / peeled citrus in the middle
- leafy greens at the top
- water to cover up to max line 600 ml (respective 300 ml) or 450 ml (or 225 ml for small bottle) if hot drink are processed.

1-2 minutes of blending are enough for whole fibre juices, smoothies or shakes.

Up to 3 minutes will pulverised and homogenize harder ingredients.

up to 3 minutes of processing pre-boiled vegetables, herbs, spices and stock is enough to create delicious soups. To create a smooth soup with less froth just add 1 or 2 spoons of olive oil. This will improve taste and help with the absorption of nutrients. Hot chocolate or dairy free alternative can be made as well.

If ingredients do not circulates inside the bottle; the appliance may be overloaded, had trapped air or the mixture may be too solid. Stop the unit, release some content, add more liquid and shake, this will help the mixture to move. Do not exceed the processing time unnecessary.

If processing **hot liquids** never load to maximum markings as there is further liquid expansion; we advise to fill only 3/4 of the bottle when using hot liquids. Be cautious when removing the lid as hot liquids may release steam or splash and is risk of scalding.

When creating juices, smoothies, cocktails or other cold drinks add ice cubes to keep the mixture cold. This will allow a smother crispier texture, ensuring better taste. When making juice or smoothies use ice cubes or cover with enough water.

Always load the bottle in the order listed in the recipe or the suggested order here: ice cubes and hard foods chopped or dry ingredients at the bottom, soft ingredients in the middles, and leafy greens at the top. Cover ingredients with water or liquids up to the maximum markings. Following this will ensure the best machine performance, improved taste and long life span. Your personal IQ blender is able to create smooth combinations blended to perfection.

When processing personal recipes follow always the ingredients order prescribed above and prepare the ingredients as in this guidelines bellow.

**Ingredients**

Apples, Pears  
Artichokes hearts  
Avocado  
Banana  
Beets  
Berries  
Broccoli and cauliflower  
Cabbage  
Cacao Beans and Nibs  
Canned beans  
Canned Green Beans  
Canned Lentils  
Celery sticks  
Cherries  
Chia Seeds  
Citrus  
Cooked Rice  
Courgettes  
Dried Apricots and prunes  
Dry Lentils  
Figs  
Flax  
Fresh Apricots, Plums and Peaches  
Garlic  
Ginger  
Green Beans and peas  
Kiwi  
Lettuce  
Mango  
Mixed greens  
Nuts  
Oats  
Papaya  
Peppers  
Pineapple  
Pumpkin, Sunflower seeds  
Quinoa  
Sesame Seeds  
Spinach  
Sprouts  
Sweet Potato  
Tomato  
Watermelon / Gallia Mellon  
Wheat Bran

**Preparation**

Rinse, slice in 4 remove core, seeds and stem, leave skin on  
Rinse and strain from jar can  
Cut in 1/2 remove pit and scrap flesh from skin  
Peel and break in 3-4 sections  
Rinse and peel, cut in small cubes  
Rinse  
Rinse, remove brown spots and spread in pieces  
Rinse and cut in 2-3 cm wedges  
Blend as they are  
Drain and Rinse  
Drain and Rinse  
Rinse  
Break stalks, cut sticks in 2-3 cm pieces  
Rinse and remove stem and pit  
Blend as is  
peel skin, remove seeds  
Blend as is  
Peel, rinse, cut in chunks leave skin on or organic  
Cut in half, remove pit  
Cook and drain  
Rinse and remove stem  
Blend as is  
Remove pits if included  
Separate cloves, remove skin  
Peel, cut in small cubes  
Blend as is  
Peel skin, remove seeds  
Remove brown leaves and rinse  
Rinse, peel, slice flesh from pit, cut in cubes  
Rinse, wash, remove brown or old leaves  
Soak for milks, if in shell remove shell  
As is or cooked  
Rinse, scoop out the seeds, scoop the flesh  
Cut in 1/2, remove seeds  
Peel, remove core, cute in cubes  
Blend as is  
Cooked only, blend s is  
Blend as is  
Rinse and remove old / brown leaves  
Rinse  
Rinse, steam or cook  
Cook or fresh, cut in quarters if fresh  
Cut and remove the flesh  
Blend as is

**Refer to the following tables for the nutritional values of a wide range of fruits and vegetables.**

**Vegetables**

**Nutrition Facts**

Raw, edible weight portion. Percent Daily Values (%DV) are based on a 2,000 calorie diet.

Vegetables Serving Size (gram weight/ounce weight)	Calories	Calori es from Fat	Total Fat		Sodium		Potassium		Total Carbo-hydrate		Dietary Fiber		Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
			(g)	(%DV)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)						
<b>Asparagus</b> 5 spears (93 g/3.3 oz)	20	0	0	0	0	0	230	7	4	1	2	8	2	2	10	15	2	2
<b>Bell Pepper</b> 1 medium (148 g/5.3 oz)	25	0	0	0	40	2	220	6	6	2	2	8	4	1	4	190	2	4
<b>Broccoli</b> 1 medium stalk (148 g/5.3 oz)	45	0	0.5	1	80	3	460	13	8	3	3	12	2	4	6	220	6	6
<b>Carrot</b> 1 carrot, 7" long, 1 1/4" diameter (78 g/2.8 oz)	30	0	0	0	60	3	250	7	7	2	2	8	5	1	110	10	2	2
<b>Cauliflower</b> 1/6 medium head (99 g/3.5 oz)	25	0	0	0	30	1	270	8	5	2	2	8	2	2	0	100	2	2
<b>Celery</b> 2 medium stalks (110 g/3.9 oz)	15	0	0	0	115	5	260	7	4	1	2	8	2	0	10	15	4	2
<b>Cucumber</b> 1/3 medium (99 g/3.5 oz)	10	0	0	0	0	0	140	4	2	1	1	4	1	1	4	10	2	2
<b>Green (Snap) Beans</b> 3/4 cup cut (83 g/3.0 oz)	20	0	0	0	0	0	200	6	5	2	3	12	2	1	4	10	4	2
<b>Green Cabbage</b> 1/12 medium head (84 g/3.0 oz)	25	0	0	0	20	1	190	5	5	2	2	8	3	1	0	70	4	2
<b>Green Onion</b> 1/4 cup chopped (25 g/0.9 oz)	10	0	0	0	10	0	70	2	2	1	1	4	1	0	2	8	2	2
<b>Iceberg Lettuce</b> 1/6 medium head (89 g/3.2 oz)	10	0	0	0	10	0	125	4	2	1	1	4	2	1	6	6	2	2
<b>Leaf Lettuce</b> 1 1/2 cups shredded (85 g/3.0 oz)	15	0	0	0	35	1	170	5	2	1	1	4	1	1	130	6	2	4
<b>Mushrooms</b> 5 medium (84 g/3.0 oz)	20	0	0	0	15	0	300	9	3	1	1	4	0	3	0	2	0	2
<b>Onion</b> 1 medium (148 g/5.3 oz)	45	0	0	0	5	0	190	5	11	4	3	12	9	1	0	20	4	4
<b>Potato</b> 1 medium (148 g/5.3 oz)	110	0	0	0	0	0	620	18	26	9	2	8	1	3	0	45	2	6

<b>Radishes</b> 7 radishes (85 g/3.0 oz)	10	0	0	0	55	2	190	5	3	1	1	4	2	0	0	30	2	2
<b>Summer Squash</b> 1/2 medium (98 g/3.5 oz)	20	0	0	0	0	0	260	7	4	1	2	8	2	1	6	30	2	2
<b>Sweet Corn</b> kernels from 1 medium ear (90 g/3.2 oz)	90	20	2.5	4	0	0	250	7	18	6	2	8	5	4	2	10	0	2
<b>Sweet Potato</b> 1 medium, 5" long, 2" diameter (130 g/4.6 oz)	100	0	0	0	70	3	440	13	23	8	4	16	7	2	120	30	4	4
<b>Tomato</b> 1 medium (148 g/5.3 oz)	25	0	0	0	20	1	340	10	5	2	1	4	3	1	20	40	2	4

Most vegetables provide negligible amounts of saturated fat, trans fat, and cholesterol.

#### Fruits

##### Nutrition Facts

Raw, edible weight portion. Percent Daily Values (%DV) are based on a 2,000 calorie diet.

Fruits Serving Size (gram weight/ ounce weight)	Calories	Calories from Fat	Total Fat		Sodium		Potassium		Total Carbo- hydrate		Dietary Fiber		Suga rs (g)	Prot ein (g)	Vita min A (%DV )	Vita min C (%DV )	Calci um (%DV )	Iron (%DV )
			(g)	(%D v)	(mg)	(%D v)	(mg)	(%D v)	(g)	(%D v)	(g)	(%D v)						
<b>Apple</b> 1 large (242 g/8 oz)	130	0	0	0	0	0	260	7	34	11	5	20	25	1	2	8	2	2
<b>Avocado</b> California, 1/5 medium (30 g/1.1 oz)	50	35	4.5	7	0	0	140	4	3	1	1	4	0	1	0	4	0	2
<b>Banana</b> 1 medium (126 g/4.5 oz)	110	0	0	0	0	0	450	13	30	10	3	12	19	1	2	15	0	2
<b>Cantaloupe</b> 1/4 medium (134 g/4.8 oz)	50	0	0	0	20	1	240	7	12	4	1	4	11	1	120	80	2	2
<b>Grapefruit</b> 1/2 medium (154 g/5.5 oz)	60	0	0	0	0	0	160	5	15	5	2	8	11	1	35	100	4	0
<b>Grapes</b> 3/4 cup (126 g/4.5 oz)	90	0	0	0	15	1	240	7	23	8	1	4	20	0	0	2	2	0
<b>Honeydew Melon</b> 1/10 medium melon (134 g/4.8 oz)	50	0	0	0	30	1	210	6	12	4	1	4	11	1	2	45	2	2
<b>Kiwifruit</b> 2 medium (148 g/5.3 oz)	90	10	1	2	0	0	450	13	20	7	4	16	13	1	2	240	4	2
<b>Lemon</b> 1 medium (58 g/2.1 oz)	15	0	0	0	0	0	75	2	5	2	2	8	2	0	0	40	2	0

<b>Lime</b> 1 medium (67 g/2.4 oz)	20	0	0	0	0	0	75	2	7	2	2	8	0	0	0	35	0	0
<b>Nectarine</b> 1 medium (140 g/5.0 oz)	60	5	0.5	1	0	0	250	7	15	5	2	8	11	1	8	15	0	2
<b>Orange</b> 1 medium (154 g/5.5 oz)	80	0	0	0	0	0	250	7	19	6	3	12	14	1	2	130	6	0
<b>Peach</b> 1 medium (147 g/5.3 oz)	60	0	0.5	1	0	0	230	7	15	5	2	8	13	1	6	15	0	2
<b>Pear</b> 1 medium (166 g/5.9 oz)	100	0	0	0	0	0	190	5	26	9	6	24	16	1	0	10	2	0
<b>Pineapple</b> 2 slices, 3" diameter, 3/4" thick (112 g/4 oz)	50	0	0	0	10	0	120	3	13	4	1	4	10	1	2	50	2	2
<b>Plums</b> 2 medium (151 g/5.4 oz)	70	0	0	0	0	0	230	7	19	6	2	8	16	1	8	10	0	2
<b>Strawberries</b> 8 medium (147 g/5.3 oz)	50	0	0	0	0	0	170	5	11	4	2	8	8	1	0	160	2	2
<b>Sweet Cherries</b> 21 cherries; 1 cup (140 g/5.0 oz)	100	0	0	0	0	0	350	10	26	9	1	4	16	1	2	15	2	2
<b>Tangerine</b> 1 medium (109 g/3.9 oz)	50	0	0	0	0	0	160	5	13	4	2	8	9	1	6	45	4	0
<b>Watermelon</b> 1/18 medium melon; 2 cups diced pieces (280 g/10.0 oz)	80	0	0	0	0	0	270	8	21	7	1	4	20	1	30	25	2	4

Most fruits provide negligible amounts of saturated fat, *trans* fat, and cholesterol; avocados provide 0.5 g of saturated fat per ounce.

Provided by <http://www.fda.gov>

## **Cleaning and maintenance**

The appliance must be cleaned immediately after each use. Regular maintenance of your appliance will keep it safe and in proper operational order.

The lids, bottles and the blade assembly can be cleaned using hot water under the tap or in a dishwasher top rack. Never wash the silicon seals in dishwasher. Remove from lids and blade assembly and place back once the cleaning is finished.

### **Notes:**

Before cleaning or maintenance, switch off the appliance, remove the mains plug from the wall socket and wait until the appliance has cooled down.

- Do not immerse the base in water or other liquids.
- Do not use aggressive or abrasive cleaning agents to clean the appliance.
- Do not use sharp objects to clean the appliance.
- Do not sterilize any accessories with water with a temperature higher than 70 °C or in the microwave to prevent deformation or damage. The materials of all parts that come into contact with food must be clean and hygienic.
- Regularly check the appliance for possible damage and stop using it if any damage. If any damaged to the blade assembly or silicon seals replace asap.
- Clean the outside of the appliance with a soft, damp cloth. Thoroughly dry the outside of the appliance with a clean, dry cloth.
- Clean the accessories
- Disassemble the appliance.
- Clean the accessories in soapy water. Rinse the accessories under running water. Thoroughly dry the accessories.

The easy way to clean the bottles between different operations is to use the procedure below



### **Standard Cleaning** (also use before first use)

1. Fill the bottles 3/4 with warm water
2. Screw the blade assembly to the bottle as per assembly procedures and lock on the base body
3. Blend for 2-3 minutes.
4. Leave to rest for 1-2 minutes as this will help the stuck mixture to be released.
5. Repeat 3 for as many times as needed until clean
6. Turn off the machine and empty the container. Refill with clean hot water to the maximum mark and process again. Rinse thoroughly when finished.
7. Drain the bottles and let it dry on a kitchen towel together with the blade assembly

### **Deep Cleaning**

1. Follow normal Cleaning instructions above.
2. When finished, fill the container with hot water to the mark and add half glass of vinegar or lemon juice.
3. Clean for 25 seconds twice then turn off the machine and allowing mixture to stand in the container for an additional 3-4 minutes each time.
4. Dispose the mixture and allow container to dry.
8. Do not rinse after deep cleaning.

### **Tips:**

If the bottles cannot be cleaned immediately after use for any reasons, fill it with hot water and add a droplet of washing up liquid and leave them to soak. Empty and rinse, than follow standard cleaning procedures.

When not in use store your appliance and all its accessories and instruction manual in a safe and dry place.

## Troubleshooting

Fault	Cause	Troubleshooting
Not starting	Improper installation.	Make sure the appliance is fully plugged and correctly assembled and the lock mechanism engaged. Reinstall the appliance following assembly instructions
Burnt smell coming from unit and / or the motor appears to struggle / cut out during use	Normal for first time use. Should reduce over the time. Air Circulation is blocked and unit is overheating Food does not circulate, air bubbles may form	Make sure that air vents are left clean and air can circulate Release some of the mixture and add extra liquid to the bottle up to markings shake the bottle before you restart Return the appliance to retailer for repair or exchange only if the appliance will not restart
Stopping during use	Motor control protection	Disconnect power, remove the surplus from bottle and then reassemble. Remove hard ingredients from mixture or chop them in smaller chunks Restart after pausing 10-15 minutes
Appliance is shaking and moving	The machine is not on a perfect horizontal surface	Place the machine on a stable surface
Appliance is spilling out liquid	The bottles are overloaded over the maximum markings level The silicon seal is missing from the blade assembly or bottle is not properly installed	Release part of the mixture via the dispenser. Resit the lid and secure it on the top of the jug.
Bottles are leaking	The lid is not properly screwed in The lid is not locked fully The silicon seal is missing from the bottle lid rim	Screw the lid tightly Press the lid spout cover fully to lock position Replace the silicon seal on the lid rim

**Note:.**

**For any other faults please contact the service centre.**

## Recipes

Wash all fruit and vegetables well before processing. Only remove the skin from the fruit and vegetables when advised to do so. Citrus and hard skin fruits or vegetables must be peeled. Try to avoid cutting and peeling fruit and vegetables too far in advance of the actual processing as this will reduce the nutrient levels. Your appliance is compatible with other sports blender recipes.

<https://www.nutriliving.com/recipes> and <https://uk.pinterest.com/gibsonra/smoothies/> are good places to start looking for recipes also you can find video recipes on youtube. And of course you can always post your own.

### Pink Whole Fibre Pineapple Juice

Preparation: 4 minutes • processing: 2 minutes • makes: 500 ml

3 ice cubes

250g fresh ripe pineapple deskinning without core cut in chunks

Hand of raspberries (can replace with mint leaves for green juice)

1 glass of water

1. Place all the ingredients into the 600 ml bottle in the order listed, secure the blade assembly on the top and twist to lock the bottle into the base as per assembly instructions.
2. Process for 1-2 minutes or until the desired consistency and smoothness is reached.
3. if too sweet add extra ice
4. Replace the blade assembly with the travel lid and serve from bottle.

**Notes:** Reduce the quantities to ½ if using the small bottle.

### Red Smoothie

Preparation: 5 minutes • processing: 2-3 minutes • makes: 500ml

3 ice cubes, ½ glass of water

150g red grapes

100g strawberries or raspberries

1 banana, peeled

1. Place all the ingredients into the 600 ml bottle in the order listed, secure the blade assembly on the top and twist to lock the bottle into the base as per assembly instructions.
2. Process for 1-2 minutes or until the desired consistency and smoothness is reached.
3. If too sweet add extra ice
4. Replace the blade assembly with the travel lid and serve from bottle.

**Notes:** Reduce the quantities to ½ if using the small bottle. If using frozen fruits, do not add ice but increase the water to 1 full glass.

### Morning Boost

Preparation: 5 minutes • processing: 3 minute • makes: 600ml

3 ice cubes

2 teaspoons of Chia seeds (can replace with 5 almonds)

1 tablespoon of cocoa powder

200g blueberries

2 bananas, peeled

1 teaspoon of maple or agave syrup

½ glass of water

1. Place all the ingredients into the 600 ml bottle in the order listed, secure the blade assembly on the top and twist to lock the bottle into the base as per assembly instructions.
2. Process for 2-3 minutes or until the desired consistency and smoothness is reached.
3. Replace the blade assembly with the travel lid and serve from bottle.

**Notes:** Reduce the quantities to ½ if using the small bottle.

### Maxi Fit Shaker

Preparation: 5 minutes • processing: 1-2 minutes • makes: 600ml

4 ice cubes, 1 glass of water (can replaced with coconut milk, almond milk or skimmed milk)

4 tablespoons of protein powder (can replace with the flesh from a ripe avocado)

1 banana, peeled

2 cups of spinach

1. Place all the ingredients into the 600 ml bottle in the order listed, secure the blade assembly on the top and twist to lock the bottle into the base as per assembly instructions.
2. Process for 1-2 minutes or until the desired consistency and smoothness is reached.
3. Replace the blade assembly with the travel lid and serve from bottle.

**Notes:** Reduce the quantities to ½ if using the small bottle.

### Tomato Soup

Preparation: 10 minutes • processing: 3 minutes seconds • makes: 800 g

1 ½ cups of stock (400 g)

2 large tomatoes (can roast)

1 onion/ shallot/spring onion

1 celery stick

1/2 carrot sliced in chunks

1 red capsicum (pepper) sweet or hot (½)

6-7 cashews nuts

1 handful of basil (with stalk)

1 garlic clove

1 tsp of sea-salt or one vegetable stock cube

1 tsp of balsamic vinegar (optional)

1 tbsp or 2 of high quality cold pressed olive oil (optional)

1. Put all the ingredients into a pan and boil for 5 minutes
2. Leave to rest for 3 minutes to reduce the temperature
3. Place the ingredients in the 600 ml sports bottle and cover with the stock obtained from boiling.
4. Blend for 3 minutes until the desired texture is obtained.

**Notes:** Never fill the bottle more than  $\frac{3}{4}$  when blending hot liquids. Split the quantity in 2 portions and blend twice. If chunky texture is needed add some vegetables at the end and blend for 10-15 seconds only. Garnish with Basil leaves and serve with croutons if not drank from the bottle. Experiment with any combination of vegetables to personalize your soups.

### Mean Green Soup

Preparation: 10 minutes • processing: 3 minutes seconds • makes: 850 g

- 2 cups of water (500 g)
- 2 cups of spinach
- 2 spring onions (or one shallot)
- 1 celery stick
- 1 green large capsicum (pepper) sweet or hot ( $\frac{1}{2}$ )
- 1 handful cashews nuts
- 1 pinch of cumin (optional)
- 1 handful of coriander or parsley (can blend at the end)
- 1 tsp of sea-salt or one vegetable stock cube
- 1 tbsp or 2 of high quality cold pressed olive oil (optional)

1. Put all the ingredients into a pan and boil for 5 minutes
2. Leave to rest for 3 minutes to reduce the temperature
3. Place the ingredients in the 600 ml sports bottle and cover with the stock obtained from boiling.
4. Blend for 3 minutes until the desired texture is obtained.

**Notes:** Never fill the bottle more than  $\frac{3}{4}$  when blending hot liquids. Split the quantity in 2 portions and blend twice. If chunky texture is needed add some vegetables at the end and blend for 10-15 seconds only. Garnish with parleys leaves and serve with croutons and yoghurt or sour cream dollop if not drank from the bottle. Experiment with any combination of green vegetables to personalize your soups.

### Hot Berry Chocolate

Preparation: 5 minutes • processing: 3 minutes • makes: 450ml

- 2 spoons of oat
- 2 tablespoon of cocoa powder

60g blueberries

- 1 banana, peeled
- 1-2 teaspoon of maple or agave syrup
- 1  $\frac{1}{2}$  glasses of hot water or skimmed milk

1. Place all the ingredients into the 600 ml bottle in the order listed, secure the blade assembly on the top and twist to lock the bottle into the base as per assembly instructions.
2. Process for 3 minutes or until the desired consistency and smoothness is reached.
3. Replace the blade assembly with the travel lid and serve from bottle.

**Notes:** Reduce the quantities to  $\frac{1}{2}$  if using the small bottle. Never fill the bottle more than  $\frac{3}{4}$  when blending hot liquids.

### Detox Max

Preparation: 4 minutes • processing: 2-3 minutes • makes: 600 ml

- 3 ice cubes
- $\frac{1}{2}$  celery stick cut in chunks
- 1 small beetroot peeled and sliced
- 1 tablespoon of coconut butter or flaxseed oil
- $\frac{1}{2}$  cup of raspberries
- $\frac{1}{2}$  small avocado

- 1 glass of water or coconut water
  - 2 tablespoons of maple or agave syrup (optional)
1. Place all the ingredients into the 600 ml bottle in the order listed, secure the blade assembly on the top and twist to lock the bottle into the base as per assembly instructions.
  2. Process for 2-3 minutes or until the desired consistency and smoothness is reached.
  3. Replace the blade assembly with the travel lid and serve from bottle.

### Merry Cherry

Preparation: 4 minutes • processing: 1-2 minutes • makes: 600 ml

- $\frac{1}{2}$  cup of frozen dark pitted cherries
- 2 teaspoons of dark chocolate shavings
- Pinch of cinnamon
- 1 cup of Greek yoghurt (or low fat tick yoghurt)
- 1 teaspoon of coconut oil or butter
- 1 glass of water or coconut water
- 1 tablespoons of maple or agave syrup (optional)

1. Place all the ingredients into the 600 ml bottle in the order listed, secure the blade assembly on the top and twist to lock the bottle into the base as per assembly instructions.
2. Process for 3 minutes or until the desired consistency and smoothness is reached.
3. Replace the blade assembly with the travel lid and serve from bottle.

**Notes:** if replacing the frozen cherries with fresh pitted cherries use 3 ice cubes instead of  $\frac{1}{2}$  cup of water

## Technical Specification

**Model:** IQSPORTBLENDER

**Voltage:** 220-240V ~ 50/60Hz

**Power Input:** 350 W

**Bottles:** BPA Free Tritan (0.6 / 0.3 litres)



**Disposal:** Do not dispose this product as unsorted waste. Collection of such waste must be handled separately as special treatment is necessary.

Recycling facilities are now available for all customers at which you can deposit your old electrical products. Customers will be able to take any old electrical equipment to participating civic amenity sites run by their local councils. Please remember that this equipment will be further handled during the recycling process, so please be considerate when depositing your equipment. Please contact the local council for details of your local household waste recycling centres.

## ElectriQ UK SUPPORT

[www.ElectriQ.co.uk/support](http://www.ElectriQ.co.uk/support)

**Please, for your own convenience, make these simple checks before calling the service line.**

**If the unit still fails to operate call: 0871 620 1057 or complete the online form**

1. Is the unit plugged into the mains?
2. Is the fuse OK? Is the unit correctly assembled?
3. Have you followed the troubleshooting guide?
4. Switch the unit off. Restart the unit.

**Office hours: 9AM - 5PM Monday to Friday**

**[www.ElectriQ.co.uk](http://www.ElectriQ.co.uk)**

**Unit 2, The Nursery**

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# electriQ

