

WARING PRO[®]

MEGAMIX[™] HI-SPEED PROFESSIONAL BLENDER



HPB300
HPB300BK

For your safety and continued enjoyment of this product,
always read the instruction book carefully before using.

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IMPORTANT: Always unplug the Waring Pro™ MegaMix™ Hi-Speed Professional Blender from outlet when disassembling and assembling.

IMPORTANT SAFEGUARDS

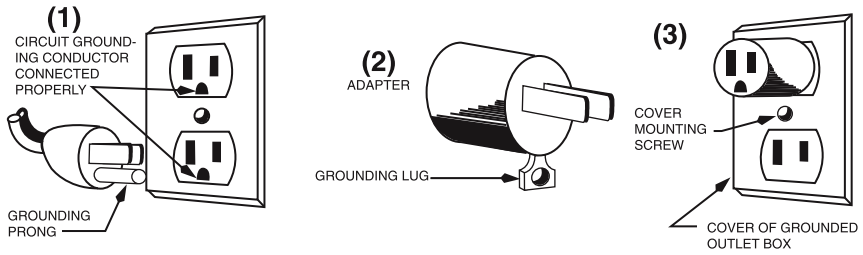
When using electrical appliances, basic safety precautions should always be followed, including the following.

- 1. READ ALL INSTRUCTIONS.**
- To protect against risk of electric shock, do not put appliance in water or other liquid.
- Close supervision is necessary when any appliance is used by or near children.
- Unplug from outlet when not in use, before putting on or taking off parts, and before cleaning.**
- Avoid contacting moving parts.
- Do not operate the Waring Pro™ MegaMix™ Hi-Speed Professional Blender or any other electrical equipment with a damaged cord or plug, or after the unit malfunctions or is dropped or damaged in any manner. Return it to the nearest authorized service facility for examination, repair, or adjustment.
- The use of attachments, including canning jars, not recommended or sold by Waring may cause fire, electric shock, or injury.
- Do not use outdoors.

9. Do not let cord hang over edge of table or counter, or touch hot surfaces.
10. Keep hands and utensils out of jar while blending to prevent the possibility of severe personal injury and/or damage to the blender. A rubber spatula may be used, but must be used only when the blender is not running.
11. Blades are sharp. Handle carefully.
12. To avoid injury, never place blade assembly on the base unless container is properly attached.
13. Always operate blender with cover in place.
14. When blending hot liquids, remove center piece of two piece cover. Limit amount of material processed to 1½ cups (12 oz.). Always begin processing at the lowest speed setting. Keep hands and other exposed skin away from the lid opening to prevent possible burns. See Hot Blending instructions.
15. Screw on container bottom firmly. Injury can result if moving blades accidentally become exposed.
16. Do not leave blender unattended while it is running.

SAVE THESE INSTRUCTIONS

GROUNDING INSTRUCTIONS



For your protection, Waring® Blenders are equipped with a 3-conductor cordset having a molded 3-prong grounding-type plug, and should be used in combination with a properly connected grounding-type outlet as shown in Figure 1. If a grounding-type outlet is not available, an adapter, shown in Figure 2, may be obtained to enable a 2-slot wall outlet to be used with a 3-prong plug. Referring to Figure 3, the adapter must be grounded by attaching its grounding lug under the screw of the outlet cover plate. **CAUTION:** Before using an adapter, it must be determined that the outlet cover plate screw is properly grounded. If in doubt, consult a licensed electrician. Never use an adapter unless you are sure it is properly grounded.

Note: Use of an adapter is not permitted in Canada.

IMPORTANT: HOT BLENDING INSTRUCTIONS

To minimize possibility of scalding when blending hot ingredients, the following precautions and procedures must be observed:

1. Limit amount of material processed to 1½ cups (12 oz.).
2. Completely remove the lid insert of the two piece container lid before starting motor. (This will allow venting of the rapidly heated and expanding air present inside container when blender is running.)
3. Start blending on low speed.

OPERATING INSTRUCTIONS

1. When placing the container on the unit base, make sure that the unit is turned OFF and is at a complete stop. Do not place the container on the base or take it off while the unit is running. If you do so, it may damage the drive shaft or blade assembly. For best results, do not fill container above a 3 cup level.
2. Be sure the switch is in the OFF position and plug the blender into a convenient outlet.
3. The Waring Blender is ideal for blending ice drinks. A hint to help mix ice drinks: Keep the blades in the container covered with liquid, turn the unit on, remove the lid insert on top of the jar lid, and feed the ice cubes slowly into the jar. **NOTE: Never use containers other than Waring® Blender containers with your Waring unit.**
4. Put ingredients into container and put on cover. Always add liquid ingredients first, unless otherwise specified in recipe. Always hold container with one hand while blending.

HOW TO CLEAN CONTAINERS WITH NONREMOVABLE BLADES

1. Remove the container from the unit base. Remove the lid. Add a cup of cleaning solution, made by adding a few drops of dishwashing detergent to 1 cup of cool water, to the container. Scrub and flush out the interior of the container and the lid to dislodge and remove as much residue as possible. Empty the container.
2. Add more cleaning solution. Put lid on container, place it on unit base, and run on high speed for two minutes.
3. Empty the container and repeat as above, using clean rinse water in place of cleaning solution. Empty, rinse, and dry, prior to storing unit.

4. Wash and rinse container prior to initial use, and immediately after each use.

HOW TO CLEAN UNIT BASE

1. To clean the unit base, unplug the power cord. Wipe the exterior surfaces with a soft cloth or sponge dampened with cleaning solution. Rinse with clean water. Do not immerse the base in cleaning solution or water. Wipe the base with a dry towel.

RECIPES

Shakes

Chocolate Malted Shake – 4 servings

- 1 cup whole milk
- 2 tablespoons chocolate syrup
- 2 cups chocolate ice cream
- 6 tablespoons malt powder
- 2 teaspoons vanilla

Place ingredients in blender jar in order listed. Cover and blend for 2 minutes on HI.

Nutritional information per serving:

Calories 335 (31% from fat) • carb. 51g • pro. 8g • fat 12g • sat. fat 7g • chol. 37mg • sod. 242mg • calc. 239mg • fiber 0g

Power Shake – 4 servings

- 1 cup orange juice
- 2 ripe bananas
- 3 cups fresh or frozen strawberries
- 2 tablespoons sugar (optional)
- 8-16 ice cubes

Place ingredients in blender jar in order listed. Cover and blend for 1 to 2 minutes on HI.

Nutritional information per serving (with sugar):

*Calories 138 (5% from fat) • carb. 34g • pro. 2g • fat 1g • chol. 0mg
• sod. 5mg • calc. 28mg • fiber 4g*

SMOOTHIES

Strawberry-Banana Smoothie – 4 servings

- 1½ cups nonfat milk
- 2 cups strawberries, hulled, cut in half
- 1 cup banana slices, cut into 1/2 inch slices
- 2 tablespoons plain fat-free yogurt
- 20 ice cubes

Place ingredients in blender jar in order listed. Cover and blend on LO for about 20 seconds, then on HI for another 40 seconds. Serve immediately.

Nutritional information per serving:

*Calories 84 (6% from fat) • carb. 17g • pro. 4g • fat 1g • chol. 2mg
• sod. 56mg • calc. 139mg • fiber 2g*

Mango Lime Smoothie – 4 servings

- 4 mangoes, peeled, pitted, and cut into 1 inch pieces
- 1 cup lime juice
- ½ cup apple juice
- ½ cup mango juice
- 12 tablespoons sugar
- 18 ice cubes
- ½ cup rum (optional)

Place all ingredients in blender jar in order listed. Cover and blend for 1 to 2 minutes on HI.

Nutritional information per serving:

*Calories 196 (2% from fat) • carb. 43g • pro. 1g • fat 0g • chol. 0mg
• sod. 6mg • calc. 16mg • fiber 2g*

Citrus Julius – 4 servings

- 2 cups milk
- ½ cup tangerine juice

½ cup orange juice
4 tablespoons sugar
20 ice cubes
1 egg white
1 teaspoon vanilla

Place all ingredients in blender jar in order listed. Cover and blend for 1 to 2 minutes on HI.

Nutritional information per serving:

*Calories 175 (21% from fat) • carb. 24g • pro. 10g • fat 4g
• chol. 17mg • sod. 151mg • calc. 162mg • fiber 0g*

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