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KAMBROOK

THE SMARTER CHOICE



INSTRUCTION BOOKLET

Suits all KBL20/ KBL63
models

Important

Please retain your instruction book for future use.

In the event that you need some assistance with your Kambrook appliance, please contact our Customer Service Department on 1300 139 798 (Australia) or 0800 273 845 (New Zealand). Alternatively, visit us on our website at www.kambrook.com.au or www.kambrook.co.nz

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IMPORTANT: Please retain your instruction book for future use.

At Kambrook, we believe that safe performance is the first priority in any consumer product, so that you, our valued customer can confidently use and trust our products. We ask that any electrical appliance that you use be operated in a sensible fashion with due care and attention placed on the following important operating instructions.

Important Safeguards For Your Kambrook Blitz2Go™ Blender

- Carefully read all instructions before operating the Kambrook Blitz2Go™ Blender for the first time and save for future reference.
- Remove and safely discard any packaging material and promotional labels before using the Blender for the first time.
- To eliminate a choking hazard for young children, remove and safely discard the protective cover fitted to the power plug of this Blender.
- Do not place the Blender near the edge of a bench or table during operation. Ensure the surface is level, clean and free of water and other substances. Vibration during operation may cause the appliance to move.
- Do not use the Blender on a sink drain board.
- Do not place the Blender on or near a hot gas or electric burner, or where it could touch a heated oven.
- Handle the Blender with care - remember the blades are razor-sharp and should be kept out of the reach of children.
- Always ensure the Blender is completely assembled before operating. The Blender will not operate unless properly assembled.
- Do not use attachments other than those provided with the Blender.
- Do not attempt to operate the Blender by any method other than those described in this booklet.
- Always secure the removable blade holder onto the bottle before attaching to the motor base.
- Ensure the 'PULSE'/'BLITZ' button is not pressed and the Blender is switched off at the power outlet and the power cord is unplugged before attaching the assembled bottle.
- Always operate the Blender with the assembled bottle in position.
- Keep fingers, hands, knives and other utensils away from moving blades.
- Ensure the motor and the blades have completely stopped before disassembling. Ensure the 'PULSE'/'BLITZ' button is not pressed and the Blender is switched off at the power outlet and the power cord is unplugged from the power outlet before attempting to move the Blender, when not in use, if left unattended and before disassembling, cleaning or storing.
- Care should be taken when removing the food from the bottle by ensuring the motor and the blades have completely stopped before disassembling. Ensure the 'PULSE'/'BLITZ' button is not pressed, the appliance is switched off at the power outlet and unplugged before removing the bottle. The bottle should then be unlocked from the motor base and the removable blade holder unscrewed from the bottle. The blended contents can then be either consumed from the bottle or removed.

- Do not operate the Blender continuously for periods longer than 30 seconds on any setting or if processing a heavy load. None of the recipes in this book are considered a heavy load. If the Blender is operated continuously for too long, it should be allowed to rest for 30 minutes before recommencing.
- Do not process hot or boiling liquids – allow liquids to cool before placing into the Blender.
- Do not press the 'PULSE'/'BLITZ' button. Disconnect the Blender from the power outlet before changing accessories or approaching parts that move.
- Do not put carbonated drinks (coke, etc.) into the bottles as it may cause the drinking lid to pop up.
- Do not use the Blender to crush only ice cubes. Ice cubes can only be blended with liquid in the plastic bottle as per recipes provided in this book.
- Do not overload the bottle. If the motor stalls, turn the Blender off immediately, unplug the Blender and let it cool down for at least 30 minutes.
- Do not move the Blender whilst in operation.
- Do not leave the Blender unattended when in use.
- Do not place any part of the Blender in a microwave oven.
- Do not wash any parts of the Blender in a dishwasher.
- Do not place anything on top of the motor base and/or the bottle when in use and when stored.
- Do not allow children to use the Blender without supervision.
- Keep the Blender clean. Follow the cleaning instructions provided in this book.

Important Safeguards For All Electrical Appliances

- Fully unwind the power cord before use.
- Connect only to a 230V or 240V power outlet.
- Do not let the power cord hang over the edge of a bench or table, touch hot surfaces or become knotted.
- To protect against electric shock, do not immerse the power cord, power plug or appliance in water or any other liquid or allow moisture to come in contact with the part, unless it is recommended in the cleaning instructions.
- The appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Children should be supervised to ensure that they do not play with the appliance.
- It is recommended to regularly inspect the appliance. To avoid a hazard, do not use the appliance if power cord, power plug or appliance becomes damaged in any way. Return the entire appliance to the nearest authorised Kambrook Service Centre for examination and/or repair.
- Any maintenance other than cleaning should be performed at an authorised Kambrook Service Centre.
- This appliance is for household use only. Do not use this appliance for anything other than its intended use. Do not use in moving vehicles or boats. Do not use outdoors. **Misuse may cause injury.**
- The installation of a residual current device (safety switch) is recommended to provide additional safety protection when using electrical appliances. It is advisable that a safety switch with a rated residual operating current not exceeding 30mA be installed in the electrical circuit supplying the appliance. See your electrician for professional advice.
- Always turn the appliance to the OFF position, switch off at the power outlet and unplug at the power outlet when the appliance is not in use.
- Before cleaning, always turn the appliance to the OFF position, switch off at the power outlet, unplug at the power outlet and remove the power cord, if detachable, from the appliance and allow all parts to cool.
- Do not place this appliance on or near a heat source, such as hot plate, oven or heaters.
- Position the appliance at a minimum distance of 20cm away from walls, curtains and other heat or steam sensitive materials and provide adequate space above and on all sides for air circulation.

Your Kambrook Blitz2Go™ Blender

1. Powerful 300 watt motor
2. One touch 'PULSE'/'BLITZ' button
3. Stainless steel blades with removable blade holder
4. 2x 600ml BPA free Tritan plastic bottles
5. 1x 300ml BPA free Tritan plastic bottle
6. Closeable drinking lid with locking cap to sip on the go
7. Motor base
8. Sturdy non-slip feet



NOTE: Additional 600ml bottles (product code KBB2) and 300ml bottles (product code KBL001) are also available to purchase separately at leading retailers.

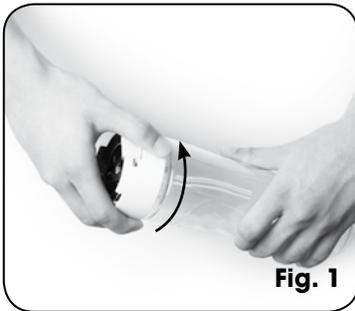


Using Your Kambrook Blender

Before First Use

Before using your blender for the first time, remove all packaging material and promotional labels. Ensure the appliance is switched off at the power outlet and the power cord is unplugged.

Unscrew the removable blade holder from the plastic bottle (See Fig. 1).



Wash the plastic bottles, lids, stainless steel blades with removable blade holder in warm soapy water with a soft cloth. Rinse and dry thoroughly.

NOTE: The stainless steel blades with removable blade holder is not dishwasher safe.

NOTE: Kambrook does not recommend the plastic bottles are put in the dishwasher. Dishwashers vary in the market, some dishwashers may have hot spots that distort the plastic.

NOTE: There are rubber seals situated under the drinking lids and inside the removable blade holder to prevent leaking. In case these seals come out, wash in warm soapy water, rinse and dry thoroughly. Correctly refit the seals into the lid or inside the blade holder before using.

The motor base can be wiped with a damp cloth. Dry thoroughly after cleaning.

Assembly and Operation of Your Kambrook Blender

1. Place the motor base on a flat, dry surface. Ensure that the blender is switched off at the power outlet and the power cord is unplugged.
2. Choose the 600ml or 300ml sized bottle to be used for blending.
3. Put the ingredients to be blended inside the chosen bottle.
4. Screw the removable blade holder onto the top of the chosen bottle by turning the removable blade holder in a clockwise direction. Make sure that the removable blade holder is securely tightened to the bottle (See Fig. 2).

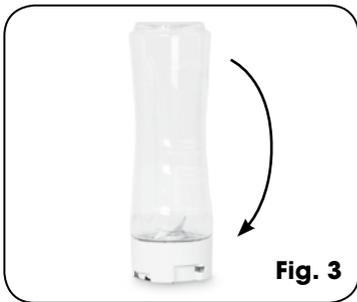


IMPORTANT: Blades must be handled carefully as they are sharp!

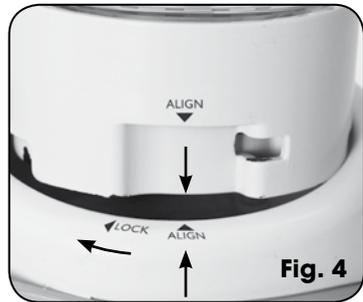
Using Your Kambrook Blender continued



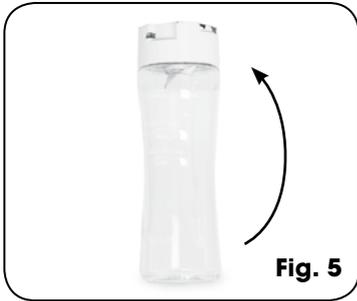
5. With the ingredients inside and the removable blade holder screwed on, flip the bottle so that the removable blade holder is facing down (See Fig. 3). The blender is now ready to be assembled onto the motor base.



6. With one hand on the motor base and the other hand holding the assembled bottle, place the assembled bottle inside the motor base. Align the "ALIGN" symbol on the removable blade holder with "ALIGN" symbol on the motor base (See Fig. 4). Once aligned, push down and turn the bottle in the direction of the "LOCK" symbol on the motor base. Make sure that the bottle is securely locked inside the motor base.



7. Plug the power cord into a 230V or 240V power outlet and switch on at the power point.
8. Press down onto the 'PULSE'/'BLITZ' button to start blending. Do not blend for more than 30 seconds at a time. To stop blending at any time, discontinue pressing down on the 'PULSE'/'BLITZ' button.
9. To remove the assembled bottle from the motor base, turn the assembled bottle anti-clockwise and pull it away from the motor base.
10. With the ingredients now blended and the removable blade holder screwed on, flip the bottle so that the removable blade holder is facing up (See Fig. 5).



NOTE: Cut all fruits and vegetables into pieces not larger than 2.5cm.

NOTE: Do not put carbonated drinks (coke, etc.) into the bottles as it may cause the drinking lid to pop up.

NOTE: Additional 600ml bottles (product code KBB2) and 300ml bottles (product code KBL001) are also available to purchase separately at leading retailers.

11. Carefully unscrew the removable blade holder from the plastic bottle by turning the removable blade holder in an anti-clockwise direction. Avoid touching the sharp blades.
12. Screw the Drinking Lid onto the plastic bottle and it is now ready to take away.
13. To keep cap open while drinking, press cap all the way back and past the tab (See Fig. 6).



14. After use, ensure the motor base is switched off at the power outlet and remove the power cord. Allow the motor base to cool before cleaning and storing.

Care, Cleaning and Storage

Ensure the blender has completely stopped operation by not pressing down on the 'PULSE'/'BLITZ' button.

Switch off at the power outlet and unplug the power cord.

Carefully unscrew and remove the blade holder from the plastic bottle. Wash the blade holder in warm soapy water and dry thoroughly.

Ensure all liquids have been removed from the plastic bottles. Wash the bottles with warm soapy water. Use a plastic bottle brush to clean any tough foodstuffs left inside the bottle. Dry thoroughly.



IMPORTANT: Blades must be handled carefully as they are sharp!

NOTE: Do not immerse the motor base, power cord or power plug in water or any other liquid.

NOTE: Do not place any parts of the blender in the dishwasher.

NOTE: Kambrook does not recommend the plastic bottles are put in the dishwasher. Dishwashers vary in the market, some dishwashers may have hot spots that distort the plastic.

NOTE: There are rubber seals situated under the drinking lids and inside the removable blade holder to prevent leaking. In case these seals come out, wash in warm soapy water, rinse and dry thoroughly. Correctly refit the seals into the lid or inside the blade holder before using.

Cleaning the Exterior Motor Base

The motor base can be cleaned with a soft, damp cloth (do not use abrasive agents or cloths which can damage the surface). Dry and polish with a soft, lint-free cloth.

Storage

Before storing, thoroughly wash and dry all removable parts.

Assemble the blender and store on the kitchen bench or in a cupboard.

Store out of reach of children.

Store the appliance upright.

Do not store anything on top of the appliance.

Recipes

HINT: For more Blitz2Go recipes, visit <http://aperfectpantry.com.au>

NOTE: Do not put carbonated drinks (coke, etc.) into the bottles as it may cause the drinking lid to pop up.

The Green Machine

Makes 1 serve

75ml coconut water
1 tbsp chia seeds
80g green grapes
20g baby spinach leaves
90g cucumber, diced
8 mint leaves
125ml apple juice
2 tsp agave
50g avocado, diced
100ml water

1. In a bowl, combine and stir together the coconut water and chia seeds and allow to stand for 10 minutes.
2. Place the coconut water, chia seeds, grapes, spinach, cucumber, mint, apple juice, agave, avocado and water into the 600ml bottle; securely attach the removable blade holder to the bottle.
3. Secure the bottle onto the motor base and press the 'PULSE'/'BLITZ' button for 15 seconds or until smooth.
4. Unscrew the removable blade holder and attach the drinking lid on top of the bottle.

NOTE: Agave is a natural sweetener that can be found in the health food section of the supermarket.

NOTE: Chia seeds can be found in the health food section of the supermarket. They absorb liquid and become like jelly.

Banana and Strawberry Super Shake

Makes 1 serve

75g banana
4 strawberries, hulled
1 tbsp almonds
1 tbsp dates
60g avocado
1 cup skim milk
2 tsp honey

1. Place the banana, strawberries, almonds, dates, avocado, milk and honey into the 600ml bottle; securely attach the removable blade holder to the bottle.
2. Secure the bottle onto the motor base and press the 'PULSE'/'BLITZ' button for 15 seconds or until smooth.
3. Unscrew the removable blade holder and attach the drinking lid on top of the bottle.

HINT: *If a recipe is too thick for your liking, try adding liquid such as apple juice, orange juice or coconut water.*

NOTE: If you need a bit of extra sweetness and would prefer a natural ingredient, you can add agave, honey or dates to any shakes.

NOTE: Cut all fruits and vegetables into pieces not larger than 2.5cm.

Purple Power

Makes 1 serve

65g grapes
125ml pomegranate juice
125ml apple juice
1 baby beetroot, peeled, cooked
½ tsp ginger, minced
6 mint leaves

1. Place the grapes, pomegranate juice, apple juice, beetroot, ginger and mint leaves into the 600ml bottle; securely attach the removable blade holder to the bottle.
2. Secure the bottle onto the motor base and press the 'PULSE'/'BLITZ' button for 15 seconds or until smooth.
3. Unscrew the removable blade holder and attach the drinking lid on top of the bottle.

Antioxidants Overload

Makes 1 serve

6 strawberries, hulled
¼ cup raspberries
¼ cup blueberries
70g red grapes
125ml cranberry juice
125ml pomegranate juice
3 medium ice cubes

1. Place the strawberries, raspberries, blueberries, grapes, cranberry juice, pomegranate juice and ice cubes into the 600ml bottle; securely attach the removable blade holder to the bottle.
2. Secure the bottle onto the motor base and press the 'PULSE'/'BLITZ' button for 15 seconds or until smooth.
3. Unscrew the removable blade holder and attach the drinking lid on top of the bottle.

Banana Breakfast Drink

Makes 1 serve

1 ½ Weet-bix
375ml skim milk
½ banana
1 tsp honey

1. Place the Weet-bix, milk, banana and honey into the 600ml bottle; securely attach the removable blade holder to the bottle.
2. Secure the bottle onto the motor base and press the 'PULSE'/'BLITZ' button for 15 seconds or until smooth.
3. Unscrew the removable blade holder and attach the drinking lid on top of the bottle.

Strawberry Breakfast Drink

Makes 1 serve

1 ½ Weet-bix
375ml skim milk
4 strawberries, hulled
1 tsp honey

1. Place the Weet-bix, milk, strawberries and honey into the 600ml bottle; securely attach the removable blade holder to the bottle.
2. Secure the bottle onto the motor base and press the 'PULSE'/'BLITZ' button for 15 seconds or until smooth.
3. Unscrew the removable blade holder and attach the drinking lid on top of the bottle.

Raspberry Protein Booster

Makes 1 serve

1 cup frozen raspberries
100ml skim milk
150ml iced water
3 tbsp vanilla protein powder
2 tsp honey

1. Place the raspberries, milk, water, protein powder and honey into the 600ml bottle; securely attach the removable blade holder to the bottle.
2. Secure the bottle onto the motor base and press the 'PULSE'/'BLITZ' button for 15 seconds or until smooth.
3. Unscrew the removable blade holder and attach the drinking lid on top of the bottle.

Chocolate Banana Protein Booster

Makes 1 serve

375ml skim milk
½ banana
1 tbsp chocolate syrup
3 tbsp chocolate protein powder
1 tsp honey

1. Place the milk, banana, chocolate syrup, protein powder and honey into the 600ml bottle; securely attach the removable blade holder to the bottle.
2. Secure the bottle onto the motor base and press the 'PULSE'/'BLITZ' button for 15 seconds or until smooth.
3. Unscrew the removable blade holder and attach the drinking lid on top of the bottle.

Summer Refresher

Makes 1 serve

½ cup frozen strawberries
150ml cranberry juice
40ml lemon juice
80ml orange juice
6 medium ice cubes

1. Place the strawberries, cranberry juice, lemon juice, orange juice and ice cubes into the 600ml bottle; securely attach the removable blade holder to the bottle.
2. Secure the bottle onto the motor base and press the 'PULSE'/'BLITZ' button for 15 seconds or until smooth.
3. Unscrew the removable blade holder and attach the drinking lid on top of the bottle.

Banana Smoothie

Makes 1 serve

1 ½ bananas, halved
250ml milk
1 scoop ice cream
1 tbsp honey

1. Place the bananas, milk, ice cream and honey into the 600ml bottle; securely attach the removable blade holder to the bottle.
2. Secure the bottle onto the motor base and press the 'PULSE'/'BLITZ' button for 15 seconds or until smooth.
3. Unscrew the removable blade holder and attach the drinking lid on top of the bottle.

Mango Smoothie

Makes 1 serve

½ cup mango flesh
250ml milk
1 scoop ice cream
2 tsp honey

1. Place the mango, milk, ice cream and honey into the 600ml bottle; securely attach the removable blade holder to the bottle.
2. Secure the bottle onto the motor base and press the 'PULSE'/'BLITZ' button for 15 seconds or until smooth.
3. Unscrew the removable blade holder and attach the drinking lid on top of the bottle.

Blueberry and Almond Milk Cooler

Makes 1 serve

1 cup frozen blueberries
250ml almond milk
1 tbs apple cordial
100ml cranberry juice

1. Place the blueberries, almond milk, apple cordial and cranberry juice into the 600ml bottle; securely attach the removable blade holder to the bottle.
2. Secure the bottle onto the motor base and press the 'PULSE'/'BLITZ' button for 15 seconds or until smooth.
3. Unscrew the removable blade holder and attach the drinking lid on top of the bottle.

Iced Coffee

Makes 1 serve

30ml espresso
250ml milk
1 scoop ice cream
1 tsp vanilla syrup

1. Place the espresso, milk, ice cream and vanilla syrup into the 600ml bottle; securely attach the removable blade holder to the bottle.
2. Secure the bottle onto the motor base and press the 'PULSE'/'BLITZ' button for 15 seconds or until smooth.
3. Unscrew the removable blade holder and attach the drinking lid on top of the bottle.

Carrot and Cumin Dip

Makes 2 cups

240g carrots, 1cm diced
360ml water
1 brown onion, thinly sliced
2 clove garlic, minced
1 tbsp extra virgin olive oil
2 tsp ground cumin
1 tsp flaked salt
¼ cup light olive oil
Sour dough bread, to serve

1. Preheat the extra virgin olive oil in a frypan over a medium heat and sauté the onions and garlic until golden brown.
2. Place the carrots and water into the 600ml bottle; securely attach the removable blade holder to the bottle.
3. Secure the bottle onto the motor base and press the 'PULSE'/'BLITZ' button for 5 seconds or until smooth.
4. Unscrew the removable blade holder and pour the carrot mixture into the frypan along with the cumin and salt and allow to simmer until thickened, approximately 10 minutes, stirring occasionally.
5. Allow to stand until cooled and then place back into the 600ml bottle along with the light olive oil; securely attach the removable blade holder.
6. Secure the bottle onto the motor base and press the 'PULSE'/'BLITZ' button for 15 seconds or until smooth.
7. Serve with sour dough bread.

Baby Food Recipes

Apple Baby Food

Makes 4 serves

1 green apple, peeled, cored, steamed
1 pinch cinnamon
¼ cup water

1. Place the apple, cinnamon and water into the 300ml bottle; securely attach the removable blade holder to the bottle.
2. Secure the bottle onto the motor base and press the 'PULSE'/'BLITZ' button for 15 seconds or until smooth.
3. Unscrew the removable blade holder and pour into containers to be refrigerated or frozen.

Veggie Baby Food

Makes 4 serves

50g sweet potato, peeled, steamed
50g carrot, peeled, steamed
1 broccoli floret, steamed
1/3 cup water

1. Place the sweet potato, carrot, broccoli and water into the 300ml bottle; securely attach the removable blade holder to the bottle.
2. Secure the bottle onto the motor base and press the 'PULSE'/'BLITZ' button for 15 seconds or until smooth.
3. Unscrew the removable blade holder and pour into containers to be refrigerated or frozen.

NOTE: You can add 1 tablespoon of grated cheddar cheese if the child is old enough to consume dairy products.