

Sunbeam

INSTA GO BLENDER

User Guide

PBP1000



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Important Instructions - Retain For Future Use

تأكد من تفهم احتياطات السلامة المذكورة أعلاه

請務必理解下列的安全預防措施。

Assurez-vous que les précautions ci-dessus relatives à la sécurité sont bien comprises

Versichern Sie sich, dass die obenstehenden Sicherheitsmaßnahmen Verstanden werden

Βεβαιώστε πως οι παραπάνω προφυλάξεις ασφαλείας γίνονται κατανοητές

Pastikan bahwa tindakan-tindakan keselamatan seperti di atas dimengerti anda

Accertatevi che le suddette norme di sicurezza siano comprese a dovere

上記の注意事項をよくお読みになり、安全を御確認ください

Уверете се дека погоре споменатите мерки на предпазливост се добро разбрани

Asegúrese de que las precauciones de seguridad precedentes sean bien comprendidas

کاری یکنید کہ احتیاط‌های بالا حتماً درک بشوند

ต้องแน่ใจว่า ข้อควรระวังเรื่องความปลอดภัยข้างต้น เป็นที่เข้าใจกันดี

Yukarda belirtilen güvenlik önlemlerinin anlaşıldığından emin olunuz

Xin kiểm chắc rằng những biện pháp làm an toàn kể trên được hiểu rõ

Sunbeam's Safety Precautions

SAFETY PRECAUTIONS FOR YOUR SUNBEAM INSTA GO BLENDER.

- Ensure fingers are kept well away from the blades when in use.
- Do not blend warm/hot ingredients. Always cool ingredients to room temperature before processing.
- Always operate on a flat surface.
- Do not operate for more than 23 seconds at a time, with a heavy load.

Sunbeam is very safety conscious when designing and manufacturing consumer products, but it is essential that the product user also exercise care when using an electrical appliance. Listed below are precautions which are essential for the safe use of an electrical appliance:

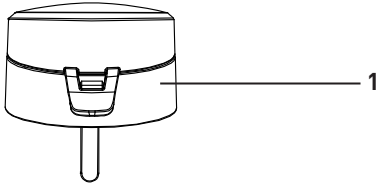
- Read carefully and save all the instructions provided with an appliance.
- Always turn the power off at the power outlet before you insert or remove a plug. Remove by grasping the plug - do not pull on the cord.
- Turn the power off and remove the plug when the appliance is not in use and before cleaning.
- Do not use your appliance with an extension cord unless this cord has been checked and tested by a qualified technician or service person.
- Always use your appliance from a power outlet of the voltage (A.C. only) marked on the appliance.
- This 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.
- Do not allow children to use blender without supervision.
- The temperature of accessible surfaces may be high when the appliance is operating.
- Never leave an appliance unattended while in use.

- Take care when removing the bottle from the base, emptying the bottle or during fitting and removal of blade system, as blades are extremely sharp. Switch off the appliance and disconnect from supply before changing accessories or approaching parts that move in use.
- Switch off the appliance and disconnect from supply before changing the accessories or approaching parts that move in use.

- Do not use an appliance for any purpose other than its intended use.
- Do not place an appliance on or near a hot gas flame, electric element or on a heated oven.
- Do not place on top of any other appliance.
- Do not let the power cord of an appliance hang over the edge of a table or bench top or touch any hot surface.
- Do not operate any electrical appliance with a damaged cord or after the appliance has been damaged in any manner. If damage is suspected, return the appliance to the nearest Sunbeam Appointed Service Centre for examination, repair or adjustment.
- For additional protection, appliance should be supplied through the use of a residual current device (RCD) with a tripping current not exceeding 30mA in the electrical circuit supplying power to your appliances.
- Do not immerse the appliance in water or any other liquid unless recommended.
- Appliances are not intended to be operated by means of an external timer or separate remote control system.
- This appliance is intended to be used in household and similar applications such as: staff kitchen areas in shops, offices and other working environments; farm houses; by clients in hotels, motels and other residential type environments; bed and breakfast type environments.
- Potential injury from misuse.

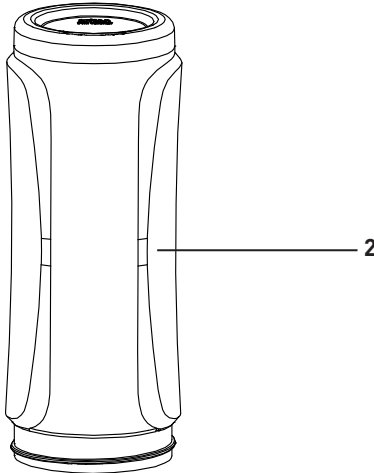
If you have any concerns regarding the performance and use of your appliance, please visit the Sunbeam website or contact the Sunbeam Consumer Service Line. Ensure the above safety precautions are understood.

Features of your Insta Go Blender



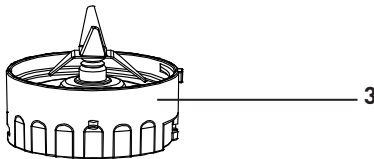
1. Drink Bottle Lid

The lid can be stored on the base of the bottle.



2. 600ml Sport Bottle

The BPA free Tritan bottle allows you to blend your favourite smoothies or drinks, and then take it with you.

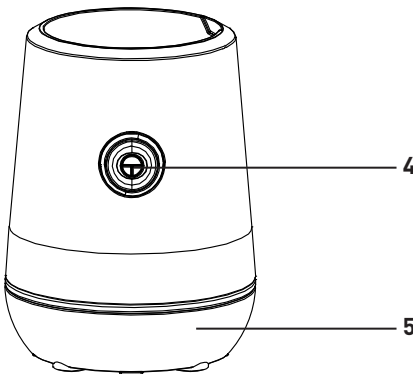


3. Blade Assembly

The durable stainless steel blades produce smooth consistent results for your Smoothies and Milk Shakes.

4. One touch blending action

The one touch blend button provides short bursts of power for control when blending.



5. Blender Base

The base houses a 350 watt motor for great performance for any blending task.

Using your Insta Go Blender

1. Place your recipe ingredients inside the bottle.

Note: Do not exceed the maximum indicated level - 600ml.

2. Tightly screw the blade system onto the bottle, with the blades pointing down into the bottle. See figure 1.

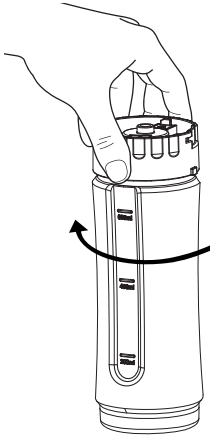


Figure 1

3. Once the blades are secured tightly, turn the bottle over so the blades are now on the base.

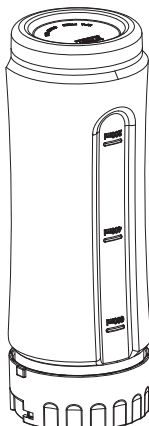


Figure 2

4. Attach the bottle to the motor base, aligning the graphic arrows. Twist to lock the bottle in place. See figure 3.

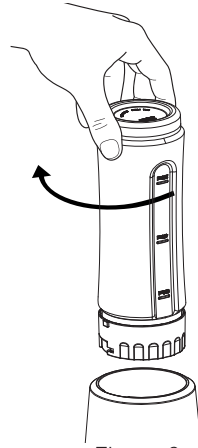


Figure 3

5. Press and hold blend button. Release button when ingredients are blended to desired consistency.
6. Once blending is complete, remove the bottle from the appliance base by turning in an anti-clockwise direction. Turn the bottle over and unscrew the blade system. Attach the spill free drinking lid.

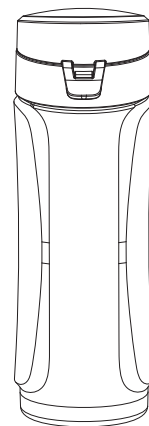


Figure 4

Care And Cleaning

Quick cleaning method

Half fill the blender with warm water and a small amount of detergent. Press the blend button for a few seconds. Then remove the bottle and rinse it under running water

CAUTION: Take care when cleaning the blades, as they are extremely sharp.

Bottle and drinking lids can be placed in the dishwasher for easy cleaning.

To clean the motor base

Use a damp, soft sponge with mild detergent and wipe over the motor base.

Note: Never immerse the motor base in water.

Note: Do not place the motor base in a dishwasher.

Note: Be careful if hot liquid is poured in blender it can be ejected out of the appliance due to a sudden steaming.

Recipes

Pre-Work Out Peach

For a boost of energy to sustain a long workout.

- ¼ cup rolled oats
- ⅓ cup plain Greek yoghurt
- ½ cup milk
- ½ cup canned peaches, drained, rinsed
- 1 small banana, peeled, roughly chopped
- 1 tablespoon chia seeds

1. Place all ingredients; except chia seeds, into the vessel. Secure the lid. Lock into the base.
2. Process for 15-20 seconds or until smooth and all ingredients are well blended. Serve sprinkled with chia seeds.

Post – Workout Smoothie

- 1 cup coconut water
- ½ fresh pineapple, skin removed, diced
- 2 tablespoons shredded coconut
- 3 ice cubes
- 1 egg white

1. Place all ingredients into the vessel. Secure the lid. Lock into the base.
2. Process for 15-20 seconds or until smooth and all ingredients are well blended. Serve immediately.

Berry Brain Booster

Blueberries aid cognitive function so this shake will aid memory.

- 1 cup apple juice
- 1 small banana, peeled, roughly chopped
- ½ cup blueberries
- ¼ cup raspberries

1. Place all ingredients into the vessel. Secure the lid. Lock into the base.
2. Process for 15-20 seconds or until smooth and all ingredients are well blended. Serve immediately.

Lean Green Smoothie

Soy or cow's milk can be substituted for almond milk if desired.

- 1 cup almond milk
- ½ cup frozen blueberries
- ¼ cup spinach
- 1 scoop vanilla protein powder
- 1 kiwifruit, peeled
- 2 ice cubes

1. Place all ingredients into the vessel. Secure the lid. Lock into the base.
2. Process for 15-20 seconds or until smooth and all ingredients are well blended. Serve immediately.

Recipes

Low Carbohydrate Fruit Smoothie

The spinach doesn't have a strong taste in this smoothie.

- 1 cup watermelon
- ½ cup apple juice
- ½ cup frozen mixed berries
- ¼ cup spinach
- 3 ice cubes

1. Place all ingredients into the vessel. Secure the lid. Lock into the base.
2. Process for 15-20 seconds and all ingredients are well blended. Serve immediately.

Green Tea, Berry and Banana Smoothie

The antioxidants in the green tea make for a tasty yet nutritious drink!

- ¼ cup water
- 1 green tea bag
- 1 cup frozen blueberries
- ¾ cup milk
- 2 teaspoons honey
- ½ teaspoon vanilla essence, if desired
- ½ banana, peeled, roughly chopped

1. Combine water and green tea. Set aside for 2 minutes. Discard tea bag.
2. Place all ingredients into the vessel. Secure the lid. Lock into the base.
3. Process for 15-20 seconds or until smooth and all ingredients are well blended. Serve immediately.

Glass of Breakfast and replace with Breakfast Starter

This breakfast shake has all the things your body needs to kick-start the day!

- ¾ cup milk
- ½ cup Greek yoghurt
- ¼ cup rolled oats
- 1 tablespoon honey
- 4 strawberries, hulled
- 1 small banana, peeled, roughly chopped
- 2 ice cubes

1. Place all ingredients into the vessel. Secure the lid. Lock into the base.
2. Process for 15-20 seconds or until smooth and all ingredients are well blended. Serve immediately.

Very Berry Breakfast Shake

This high protein and fibre smoothie is a great way to start the day!

- 1 cup frozen mixed berries
- ¾ cup low-fat milk
- 1 tablespoon peanut butter
- 1 teaspoon honey
- 1 small banana, peeled, roughly chopped

1. Place all ingredients into the vessel. Secure the lid. Lock into the base.
2. Process for 15-20 seconds or until smooth and all ingredients are well blended. Serve immediately.

Recipes

Dairy Booster

- 1 cup low-fat milk
- ½ cup low fat Greek yoghurt
- 1 tablespoon protein powder
- 1 teaspoon ground flaxseed
- 1 teaspoon honey
- ¼ teaspoon ground cinnamon
- 1 small avocado, peeled, roughly chopped

1. Place all ingredients into the vessel. Secure the lid. Lock into the base.
2. Process for 15-20 seconds or until smooth and all ingredients are well blended. Serve immediately.

Morning Starter Apple and Nut Smoothie

Make sure to leave the apple skin on for extra fibre.

- ¾ cup low-fat milk
- ½ cup low fat Greek yoghurt
- ½ teaspoon ground cinnamon
- 5 almonds
- 1 small banana, peeled, roughly chopped
- ½ red apple, core removed

1. Place all ingredients into the vessel. Secure the lid. Lock into the base.
2. Process for 15-20 seconds or until smooth and all ingredients are well blended. Serve immediately.

No Bloat Berry Blast

The fibre in the berries help with bloating and stimulates bowel movement.

- 1 cup almond milk
- ½ cup frozen strawberries, thawed
- ½ cup frozen raspberries, thawed
- 2 tablespoons dark chocolate chips

1. Place all ingredients into the vessel. Secure the lid. Lock into the base.
2. Process for 15-20 seconds or until smooth and all ingredients are well blended. Serve immediately.

Dairy Free Coconut Lime Shake

This drink is high in vitamin C with a delicious tropical flavour.

- 1 cup diced mango
- ½ cup coconut milk
- 1 tablespoon lime juice
- 1 teaspoon lime zest
- Pinch cardamom
- 3 ice cubes
- 1 small banana, peeled, roughly chopped

1. Place all ingredients into the vessel. Secure the lid. Lock into the base.
2. Process for 15-20 seconds or until smooth and all ingredients are well blended. Serve immediately.

Recipes

Dairy Free Breakfast Banana Chocolate

Shake

This dairy free shake is full of protein, a great way to start the day!

- 1 small banana, peeled, roughly chopped
- ¾ cup soy milk
- ½ cup silken tofu
- 2 tablespoons cocoa powder
- 1 tablespoon honey

1. Place all ingredients into the vessel. Secure the lid. Lock into the base.
2. Process for 15-20 seconds or until smooth and all ingredients are well blended. Serve immediately.

Banana Peanut Butter Protein Shake

- 1 cup low-fat milk
- 1 small banana, peeled, roughly chopped
- 1 tablespoon protein powder
- 1 tablespoon peanut butter
- ½ teaspoon ground cinnamon

1. Place all ingredients into the vessel. Secure the lid. Lock into the base.
2. Process for 15-20 seconds or until smooth and all ingredients are well blended. Serve immediately.

Chocoholics Chocolate Thick shake

- 2 scoops ice-cream
- 1 cup milk
- ¼ cup chocolate sauce

1. Place all ingredients into the vessel. Secure the lid. Lock into the base.
2. Process for 15-20 seconds or until smooth and all ingredients are well blended. Serve immediately.

Tropical Smoothie

- 1 small mango, peeled, flesh roughly chopped
- 1 cup passion fruit yoghurt
- ½ cup milk

1. Place all ingredients into the vessel. Secure the lid. Lock into the base.
2. Process for 15-20 seconds or until smooth and all ingredients are well blended. Serve immediately.

Spiced Banana Smoothie

This smoothie is also great with almond milk.

- 1 small banana, peeled, roughly chopped
- 1 cup milk
- ½ teaspoon ground cardamom
- 1 tablespoon honey
- 2 ice cubes

1. Place all ingredients into the vessel. Secure the lid. Lock into the base.
2. Process for 15-20 seconds or until smooth and all ingredients are well blended. Serve immediately.

Vanilla Chai Tea Smoothie

- 1 chai teabag
- ¼ cup hot water
- 1 cup milk
- ¼ cup plain Greek yoghurt
- 1 teaspoon honey
- ¼ teaspoon ground cinnamon
- 2 ice cubes

1. Combine water and chai tea. Set aside for 2 minutes. Discard tea bag.
2. Place all ingredients into the vessel. Secure the lid. Lock into the base.
3. Process for 15-20 seconds or until smooth and all ingredients are well blended. Serve immediately.

Warranty



This Sunbeam product is covered by a 12 month replacement or repair warranty, which is in addition to your rights under the Australian Consumer Law (if your product was purchased in Australia) or New Zealand Consumer Guarantees Act (if your product was purchased in New Zealand).

Upon receipt of your claim, Sunbeam will seek to resolve your difficulties or, if the product is defective, advise you on how to obtain a replacement or refund.

To assist us in managing warranty claims, we recommend you register your product as soon as practicable after purchase by creating a MySunbeam account on our website and uploading a copy of your original receipt.

In order to make a claim under our warranty, you must have the original proof of purchase documentation for the product and present it when requested (if not already uploaded to our website).

Should your product develop any defect within 12 months of purchase because of faulty materials or workmanship, we will replace or repair it, at our discretion, free of charge. A product presented for repair may be replaced by a refurbished product of the same type rather than being repaired. Refurbished parts may be used to repair the product.

Our replacement or repair warranty only applies where a defect arises as a result of faulty material or workmanship during the warranty period. Your warranty does not cover misuse or negligent handling (including damage caused by failing to use the product in accordance with this instruction booklet), accidental damage, or normal wear and tear.

Your warranty does not:

- cover freight or any other costs incurred in making a claim, consumable items, accessories that by their nature and limited lifespan require periodic renewal (such as filters and seals) or any consequential loss or damage; or

- cover damage caused by:
 - power surges, power dips, voltage supply problems, or use of the product on incorrect voltage;

- servicing or modification of the product other than by Sunbeam or an authorised Sunbeam service centre;
- use of the product with other accessories, attachments, product supplies, parts or devices that do not conform to Sunbeam specifications; or
- exposure of the product to abnormally corrosive conditions; or

- extend beyond 3 months if the product is used in commercial, industrial, educational or rental applications.

The benefits given to you by our warranty are in addition to other rights and remedies under law in relation to the product.

In Australia our goods come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and for compensation for any other foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.

Our goods also come with guarantees that cannot be excluded under the New Zealand Consumer Guarantees Act.

If your warranty claim is not accepted, we will inform you and if requested to do so by you, repair the product provided you pay the usual charges for such repair. You will also be responsible for all freight and other costs.

Should your product require repair or service after the warranty period, contact your nearest Sunbeam service centre. For a complete list of Sunbeam's service centres, visit our website or call our customer care line for advice on: 1300 881 861 in Australia, or 0800 786 232 in New Zealand.

Should you experience any difficulties with your product during the warranty period, please contact Sunbeam Customer Care:

Australia
www.sunbeam.com.au
1300 881 861
Units 5 & 6,
13 Lord Street,
Botany NSW 2019
Australia

New Zealand
www.sunbeam.co.nz
0800 786 232
Level 6, Building 5,
Central Park,
660-670 Great South Road
Greenlane, Auckland
New Zealand

Sunbeam

Need help with your appliance?

Contact our Customer Care Team or visit our website for information and tips on getting the most from your appliance.

AUSTRALIA

Visit: www.sunbeam.com.au
Phone: 1300 881 861
Mail: Units 5 & 6, 13 Lord Street,
Botany NSW 2019

NEW ZEALAND

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