

For household use

Blender

家庭用

45°对流调理机

Dùng cho gia đình

Máy xay sinh tố



Instruction Manual

Thank you for purchasing this product. Please read all information in this manual before using the appliance. Afterward, keep this manual in a handy location for future reference by anyone who will use this product.

使用说明书

非常感谢您购买本公司的产品。在您使用之前，请仔细阅读本说明书，并妥善保管，以便随时参阅。

Hướng dẫn sử dụng

Cảm ơn bạn đã mua sản phẩm này. Vui lòng đọc tất cả thông tin trong hướng dẫn này trước khi sử dụng máy. Sau đó, hãy cất giữ hướng dẫn này ở nơi thuận tiện để bất kỳ ai sử dụng sản phẩm này đều có thể tham khảo sau này.

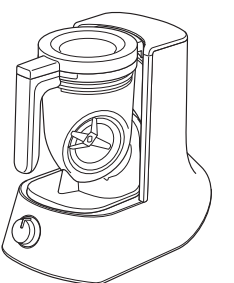


Table of Contents

■ Introduction

- 4 - IMPORTANT SAFEGUARDS
- 8 - Names of Component Parts

■ How to Use

- 10 - Adjusting the Rotation Speed
- 11 - How to Use

■ Recipes

- 15 - Juice
- 15 - Frozen
- 16 - Smoothie
- 16 - Dessert
- 17 - Side Dishes

■ Maintenance

- 18 - How to Maintain the Appliance
- 20 - How to Clean Inside the Container Assembly

■ When You Have a Problem

- 20 - When the Appliance Stops During Use
- 21 - Troubleshooting

■ Others

- 23 - Specifications
- 23 - Purchase of Consumables and Options

目录

■ 前言

- 24 - 安全注意事项
- 28 - 各部的名称

■ 使用方法

- 30 - 调节旋转速度
- 31 - 使用方法

■ 食谱

- 35 - 果汁
- 35 - 冷冻食品
- 36 - 奶昔
- 36 - 甜点
- 37 - 配菜

■ 保养

- 38 - 如何保养产品
- 40 - 如何清洁容器组件内部

■ 遇到难题时

- 40 - 产品使用中停止时
- 41 - 常见故障处理方法

■ 其他

- 43 - 规格
- 43 - 关于消耗品、另购品的购买

Mục lục

■ Giới thiệu

- 44 - CÁC BIỆN PHÁP AN TOÀN QUAN TRỌNG
- 48 - Tên của các bộ phận cấu thành

■ Cách sử dụng

- 50 - Điều chỉnh tốc độ quay
- 51 - Cách sử dụng

■ Công thức

- 55 - Nước ép
- 55 - Đông lạnh
- 56 - Sinh tố
- 56 - Món tráng miệng
- 57 - Món ăn phụ

■ Bảo dưỡng

- 58 - Cách bảo dưỡng máy
- 60 - Cách vệ sinh bên trong bộ phận cối xay

■ Khi gặp sự cố

- 60 - Máy ngừng hoạt động khi đang sử dụng
- 61 - Khắc phục sự cố

■ Khác

- 63 - Thông số kỹ thuật
- 63 - Mua các phụ kiện tiêu hao và tùy chọn

IMPORTANT SAFEGUARDS

Read the following instructions carefully before use and be sure to observe them.

- The precautions described below are intended to protect the user and other individuals from physical harm and to safeguard against damage to property. Be sure to follow these instructions since they are important safeguards.
- Do not remove the safety instruction seals attached to the main unit.

Safety instructions are classified and described as shown below, according to the level of harm and damage caused by improper use or ignoring instructions.



WARNING

This indicates that there is a possibility of death or serious injury*¹ when the unit is improperly handled by the user.



CAUTION

This indicates that there is a possibility of injury*² or damage to property*³ when the unit is improperly handled by the user.

*¹ Serious injury is defined here as a medical condition such as loss of sight, injuries, burns (high-temperature or low-temperature burns), electric shocks, broken bones, or poisoning which will have aftereffects and/or which will require hospitalization or long-term outpatient care.

*² Injury is defined here as physical injuries, burns or electric shock which will not require hospitalization or long-term outpatient care.

*³ Damage to property is defined here as damage extending to buildings, household effects, domestic animals, pets, etc.

Meaning of each symbol



The symbol indicates a warning or caution. The specific details of the warning or caution are indicated inside the symbol or in a picture or text near the symbol.



The symbol indicates a prohibited action. The specific details of the prohibited action are indicated inside the symbol or in a picture or text near the symbol.



The symbol indicates an action or instruction to be taken. The specific details of the action or instruction are indicated inside the symbol or in a picture or text near the symbol.



WARNING

Extra attention required for infants or toddlers



Do not allow children to use the appliance by themselves, and do not use the appliance in areas within the reach of infants or toddlers.

This is to avoid burns, electric shock, or injuries.



Children should be supervised to ensure that they do not play with 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.

This is to avoid burns, electric shock, or injury.



WARNING

Modification is prohibited



Disassembly is prohibited

Do not attempt to disassemble, repair, or modify the product unless you are a repair engineer.

This is to avoid electric shock or injuries. Failure to observe this precaution may result in a fire. For repairs, contact the local sales office or distributor from which you purchased the appliance.



WARNING

In case of trouble



In case of trouble, immediately stop operation of the appliance. After the appliance comes to a complete stop, unplug the plug and contact the local sales office or distributor from which you purchased the appliance to request repairs.

Continued use may result in electric shock or injuries. Failure to observe this precaution may result in a fire.

Examples of trouble:

- The power cord and plug become abnormally hot during use.
- When the power cord is bent, power supply becomes unstable.
- The appliance becomes hotter than normal or emits a burning smell. The appliance vibrates heavily.
- You hear an abnormal noise during operation.
- The main unit is deformed or part of the product is cracked, loose or rattles.
- The container is cracked or otherwise damaged.
- Other troubles.



WARNING

In case of trouble



Do not use the product if it is deformed, damaged, or is acting strangely.
This is to avoid electric shock.



CAUTION

Caution on the areas of use



Do not use the appliance in the following areas:

- On an unstable surface or on the edge of a table or something similar
- Near an open flame
- In areas prone to getting wet or splashed with oil
- In areas that allow the bottom of the main unit to get wet
- In areas exposed to direct sunlight for a prolonged period
- In areas with high humidity
- On an artificial marble table or something similar
- On a carpet or plastic bag
- In areas with a high room temperature
- On an induction cooktop

This precaution is to avoid electric shock, electric leakage, and injuries. Use in places as shown above may cause a fire, short circuit, ignition, or malfunction.

It may also cause the main unit and/or nearby areas to become deformed or discolored.



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.



CAUTION

When in use or after use



Do not attach or remove the container or lid assembly during operation.

Doing so may result in injuries.



Do not move the appliance during operation.

Doing so may result in injuries.



Do not knock over, drop, or strike the product or expose it to excessive shocks.

Doing so may result in electric shock, injuries, malfunctions, or damage.



To clean the appliance, stop its operation, wait for it to come to a complete stop, and then unplug the plug. Also, be sure to clean the appliance after use.

Failure to follow this precaution may result in injuries, malfunctions, and odors, and may prevent the appliance from functioning well.

Additional caution notes

- This appliance is designed for general household use and should not be used in businesses, hospitals, nursing homes, or similar facilities.**
Failure to follow this precaution may result in malfunctions.
- Only use this appliance for the applications listed in this instruction manual and on the Tiger website.**
Failure to follow this precaution may result in malfunctions.
- During repeated operation, ensure the appliance is not used for at least 1 minute for every 3 minutes of use.**
Failure to follow this precaution may result in malfunctions.
- Do not operate the appliance with an empty container.**
Failure to follow this precaution may result in malfunctions.
- Do not use the appliance with only ice in the container. Also, do not use large pieces of ice (1.2 inches in size or larger).**
Failure to follow this precaution may result in blade damage and malfunctions.
- When putting the container, top lid, and bottom lid in a dishwasher/dryer or dish dryer, do not place these parts directly on top of the heater.**
Doing so may result in deformation or damage. Only the container, top lid, and bottom lid can be used with a dishwasher/dryer or dish dryer, but follow the instructions given under "Using a dishwasher/dryer or dish dryer (container, top lid, and bottom lid only)." → P. 19
- Do not boil the appliance.**
Doing so may result in deformation or damage.

IMPORTANT SAFEGUARDS

Precautions on Each Part


Main unit

WARNING

 **The appliance must not be immersed.**
This is to avoid electric shock, shorting, or fire.

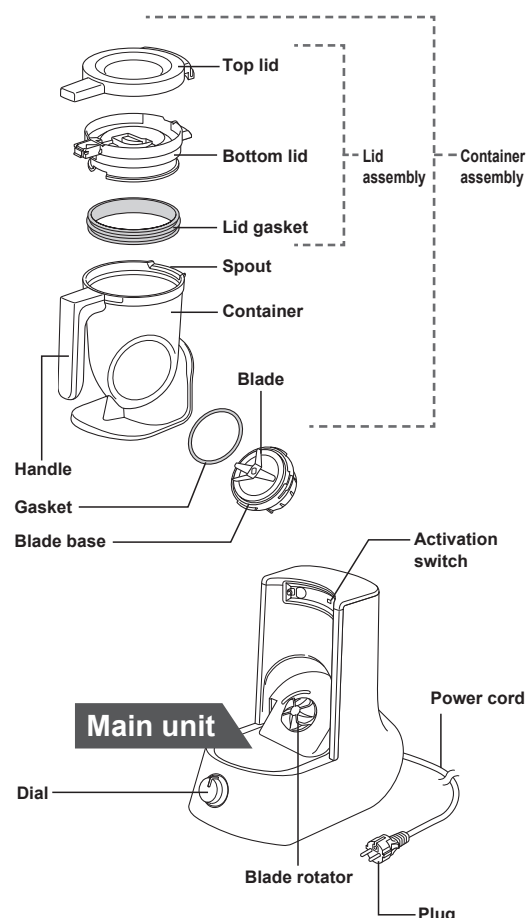
 **Do not use this appliance with its blade rotator exposed.**
Doing so may result in injuries.

CAUTION

 **Do not press the activation switch without container assembly attached.**
Doing so will make the rotating part move, possibly resulting in injuries.


 **Do not insert foreign materials such as metals (including pins and wires) through the gaps and the holes in the main unit.**
Doing so may result in injuries due to electric shock and malfunctions.


 **Do not wash the entire appliance.**
Do not immerse this appliance in water or pour water on it. Doing so may cause electric shock, shorting, or fire.





Container and lid assembly

WARNING


 **Do not put fingers, spoons, chopsticks, or anything similar into the container during operation.**
Doing so may result in injuries or malfunctions.


 **Do not open the lid assembly during operation.**
Doing so may result in injuries.

 **Care shall be taken when handling the sharp cutting blades, emptying the bowl and during cleaning.**


 **Be careful if hot liquid is poured into the blender as it can be ejected out of the appliance due to a sudden steaming.**
Do not put food (liquid) over 40°C.


CAUTION

 **Do not suddenly cool or heat the container or lid assembly.**
Doing so may result in damage or injuries.

 **Do not refrigerate or freeze the container or lid assembly.**
Doing so may result in damage or injuries.



 **Do not put citrus fruit peels in the container.**
Doing so may whiten the container.

 **Do not fill the container with ingredients past the maximum level (MAX).**
Doing so may cause the ingredients to leak out, resulting in damage or injuries.

 **Do not subject the container or lid assembly to fire or heat them in a microwave or oven.**
Doing so may result in damage or injuries.

Blade base

WARNING

 **The blade is sharp, so do not touch it directly with your hands.**
 **Do not use the appliance with its blade exposed.**
Doing so may result in injuries.

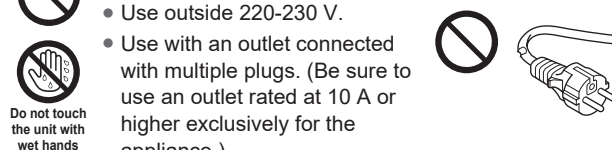


Power cord and plug


WARNING

 **Do not use the appliance in the following ways:**

- Use outside 220-230 V.
- Use with an outlet connected with multiple plugs. (Be sure to use an outlet rated at 10 A or higher exclusively for the appliance.)
- Use that may damage the power cord or use while this cord is damaged. (For example, the power cord must not be modified, bent forcibly, placed near a high temperature area, pulled, twisted, bundled, placed under a heavy object, or tucked.)
- Use while the plug has dust adhering to it or is damaged.
- Use with the plug not completely plugged into an outlet.
- Plugging and unplugging with wet hands.



This is to avoid electric shock or injuries. Usage as shown above may cause a fire, short circuit, smoke, or ignition.

 **If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.**
Doing so may result in injuries or malfunctions.

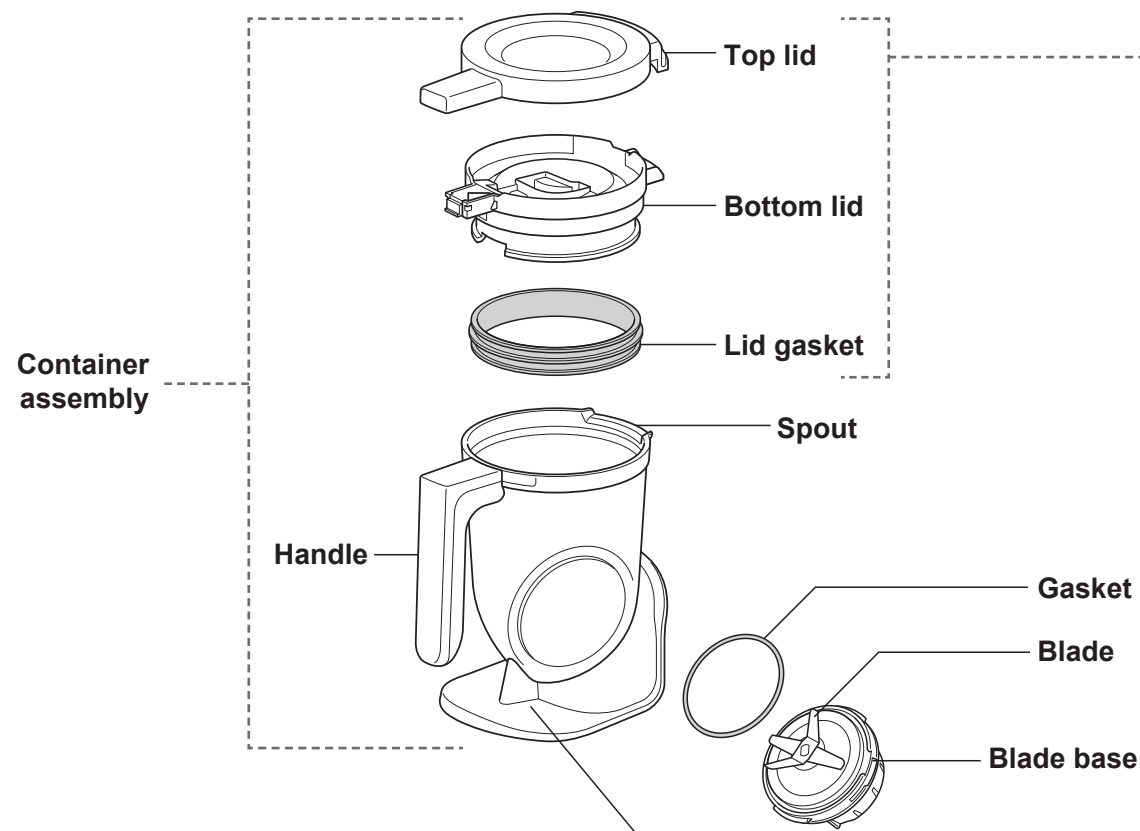
CAUTION

- Leave unplugged when not in use.
 - Be sure to grip the plug when removing the power cord.
 - Before replacing accessories or touching moving parts during use, unplug the appliance.
- This is to avoid electric shock, injuries, or burns. Failure to do so may cause a short circuit, ignition or fire due to a short circuit.

 **Check that the dial is at "0" before unplugging the appliance or plugging it in.**
This is to avoid injuries.

Names of Component Parts

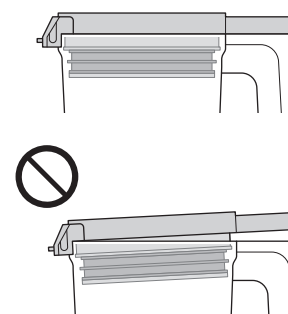
◇ Check each part first after unpacking the product.



Lid assembly

Attaching the lid assembly

* The activation switch cannot be pressed if this assembly is not attached properly.

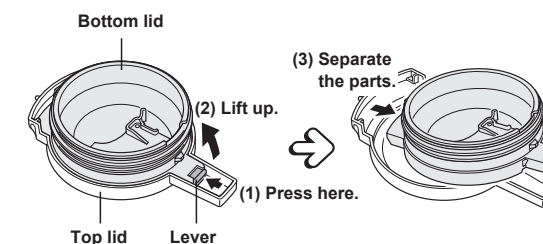


When using the appliance for the first time or after a long time without use

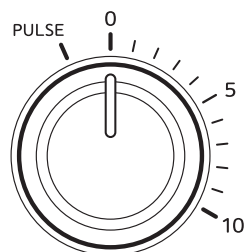
- Before using the appliance, wash all parts other than the main unit. → P. 18

Separating the lid assembly into its top and bottom parts

- Press the lever on the bottom lid to separate these parts.



Dial



You can adjust the rotation speed to one of 10 levels. Setting the dial to 0 turns the appliance off.

PULSE

If, for example, the juice you have created has separated into its components, use this setting to mix them together again.

Activation switch

The appliance will not turn on if the container assembly is not attached to the main unit.

Blade rotator

Power cord

Main unit

Plug

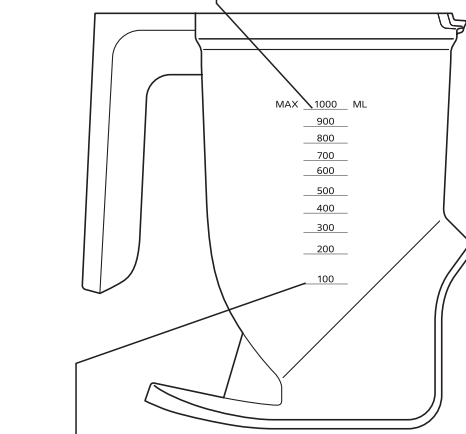
Container

Levels with different units are displayed on the left and right sides of the container.

* Fill the container with ingredients up to the maximum level (MAX).

<Milliliters>

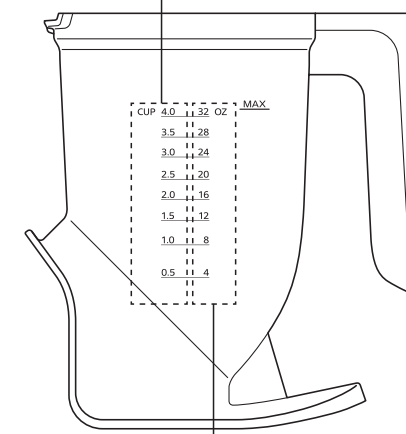
Approximately 1000 mL (maximum level)



Approximately 100 mL (minimum level)

<Cups/Fluid Ounces>

Cups



Fluid ounces

Adjusting the Rotation Speed

◇ You can adjust the rotation speed to one of 10 levels. Adjust this speed as desired, such as to match the recipe.

Chunky

Speed
1



Fresh Tomato Sauce → P.17

2



Gazpacho → P.17

3



Macadamia Milk Chocolate Banana Gelato → P.16

4



Almond Milk and Strawberry Almond Jelly → P.16

5



Banana Milk → P.15

6



Mango and Pineapple Juice → P.15

7



Strawberry Protein Smoothie → P.16

8



Tortilla Chicken Salad → P.17

9



Frozen Margarita → P.15

10



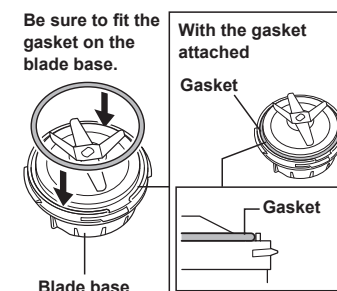
Corn Soup → P.17

Smooth

PULSE

Grapefruit Sorbet → P.16

How to Use



1 Fit the gasket on the blade base.

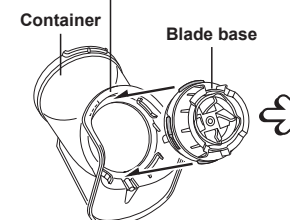
CAUTION

- Be sure to securely fit the gasket on the blade base before use. Failure to do so may lead to the mixture leaking out.

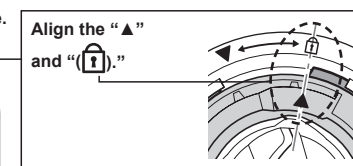


2 Attach the blade base to the container.

- Orient the parts so the "▲" on the blade base is aligned with the "▼" on the container.
- Turn the blade base clockwise until its "▲" is aligned with the "(I)" on the container.



Turn the blade base clockwise.



3 Place ingredients into the container.

<Ingredient preparation>

- Remove all unnecessary parts (such as peels, cores, seeds, and stems) from the ingredients. (This does not apply to the seeds of strawberries and kiwi fruits and to ingredients listed in the recipes in this instruction manual and on the Tiger website.)
- Peel citrus fruits such as mandarin oranges, lemons, and yuzu. (Inserting the peels of citrus fruits may whiten the container.)
- Wash vegetables well and cut them into pieces small enough to fit in the container.
- Cool hot ingredients before inserting them.

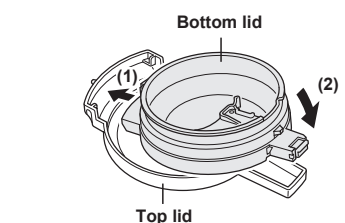
CAUTION

- The blade is sharp, so do not touch it directly with your hands.
- Do not use the appliance with only ice in the container.
- When inserting ice, ensure that the pieces are 1.2 inches in size or smaller. Using pieces of ice that are too large may lead to malfunctions.
- Do not fill the container with ingredients past the maximum level (MAX). Doing so may cause the ingredients to spill out, leading to malfunctions.
- The appliance may not be able to mix the ingredients even if the container is filled past the minimum level. If mixing is not possible, increase the amount of liquid (water, milk, etc.).
- Do not use this appliance with beef tendon and other such ingredients with a large amount of sinews, even if these ingredients have been heated. These ingredients may be caught in the blade, negatively affecting cooking performance.

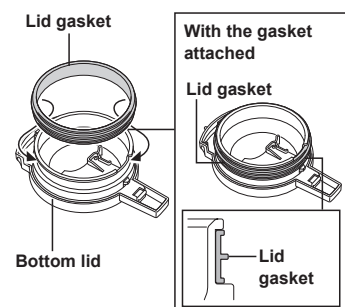
<Prohibited ingredients>

- Do not insert the following ingredients into the appliance. Doing so may result in malfunctions or damage.
 - Raw meat • Raw fish
 - Ingredients with a large amount of sinews (such as beef tendon)
 - Highly sticky ingredients (Such as Japanese yams)
 - Ingredients with little moisture (Such as boiled potatoes)
 - Dry ingredients (Such as bonito flakes and dry soybeans)
 - Citrus fruit peels (Such as mandarin orange, lemon, and yuzu peels)

How to Use



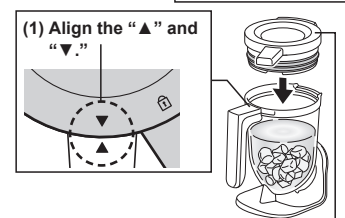
4 Fit the bottom lid into the top lid.



5 Attach the gasket to the bottom lid.

CAUTION

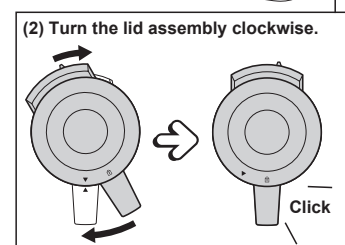
- Be sure to securely fit the gasket on the bottom lid before use. Failure to do so may lead to the mixture leaking out.



6 Attach the lid assembly to the container.

- Make sure the gasket is set correctly on the lid. → P. 19

- Orient the parts so the "▼" on the lid assembly is aligned with the "▲" on the container.
- Turn the lid assembly clockwise until its "i" is aligned with the position in the figure.

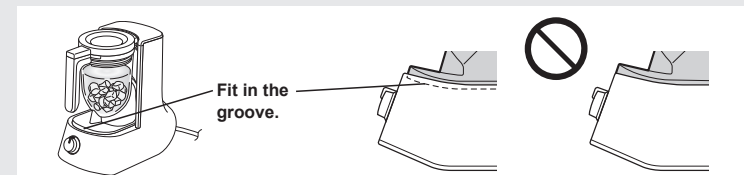


7 Set the dial to "0" and attach the container assembly to the main unit.

- Align the lid tab with activation switch slot.

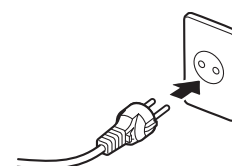
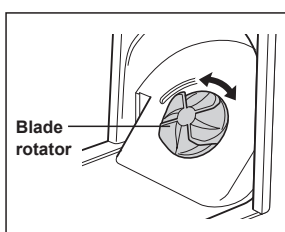
CAUTION

- Make sure the container assembly is attached securely.



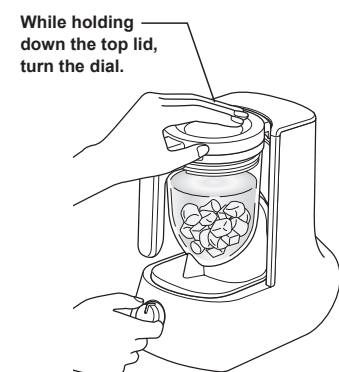
<If you cannot seat the assembly properly>

- Turn the blade rotator of the main unit slightly, and then attach the assembly.



8 Plug the cord into an outlet.

- If the container assembly is correctly installed and the dial is set to "0", one "beep" sound will be heard and the appliance can be used.
- If the dial is set to any position other than "0", three "beep" sounds will be heard and the appliance will not work. → P. 21



9 While holding down the top lid, turn the dial to mix the ingredients.

- The appliance can be used continuously for a maximum of 3 minutes. To continue using it after that, first wait at least 1 minute.
- Mixing time guidelines → P. 15 to 17
- If large chunks of ingredients remain, cut them up and put them back into the container.
- If hard ingredients or ice cubes get caught on the blade and stop its rotation, remove the ingredients and reinsert them with the hard ingredients or ice cubes put in last.

<When adding or removing ingredients during operation>

- Set the dial to "0," wait for the appliance to come to a complete stop, and then add or remove ingredients.

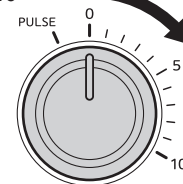
<When the blades turn but do not cut any ingredients>

- Set the dial to "0," wait for the appliance to come to a complete stop, and then remove the container assembly from the main unit.
- Remove the lid assembly, and then push the ingredients down with a spatula or something similar.
- Attach the lid assembly, attach the container assembly back to the main unit, and then resume operation.



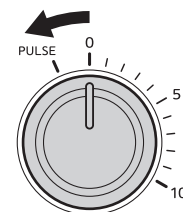
[Continuous operation]
You can adjust the rotation speed to one of 10 levels.

→ P. 10



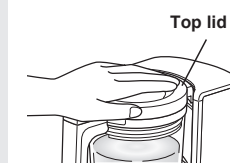
[PULSE]

The appliance only operates when the dial is set to "PULSE." If, for example, the juice you have created has separated into its components, use this setting to mix them together again.

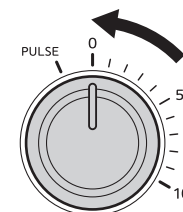


CAUTION

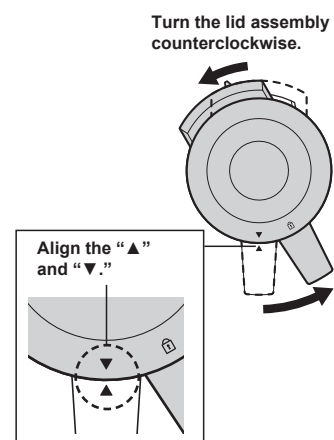
- Be sure to attach the lid assembly, and then use the appliance while holding down the top lid. Failure to do so may cause the ingredients, ice, etc. to fly out.
- If the appliance emits a strange noise, vibrates excessively, looks like it is going to stop, or does not start, set the dial to "0," wait for the appliance to come to a complete stop, and then remove the container assembly and reduce the amount of ingredients.



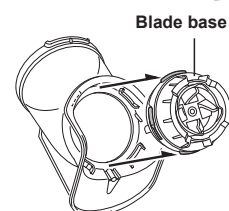
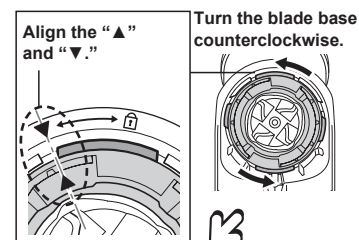
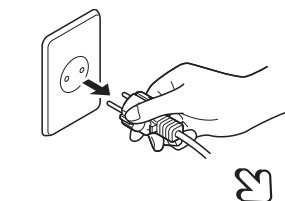
10 Set the dial to "0" when mixing is complete.



How to Use



Lid assembly

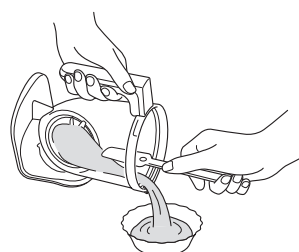


11 Wait for the appliance to come to a complete stop, remove the container assembly from the main unit, turn the lid assembly counterclockwise to open, and then pour out the mixture.

- ◇ Turn the lid assembly counterclockwise until its “▼” is aligned with the “▲” on the container assembly.
- ◇ It is best to consume beverages or mixtures you have made as soon as possible.

<When the mixture does not pour easily>

- ◇ Use a spatula or something similar to remove the mixture.



CAUTION

- After making a drink or food, do not store it in the cup in a refrigerator or something similar. Doing so may cause the drink or food to deteriorate or may lead to malfunctions. To store a drink or food made with this appliance, transfer it to a separate container.

12 After use, unplug the appliance and remove the blade base.

- ◇ Turn the blade base counterclockwise until its “▲” is aligned with the “▼” on the container.
- ◇ How to Maintain the Appliance → P. 18 to 20

Recipes

- Please make sure to follow the indicated amounts listed. (Modifying the amounts may yield inferior results)
- Please refer to P. 11 to 14 for usage instructions.
- The term container used when adding ingredients refers to the state where the Gasket and Blade base are attached to the container.
- Please adjust the speed according to your preference.
- The quantities and calorie information listed for each recipe are approximate guidelines.
- Each piece of ice should be less than 1.2 inches in size.
- Depending on the condition of the ingredients, there may be fragments or fibers remaining. Please reduce the amount or extend the blending time.
- If the ingredients stick to the inside of the container during blending, please stop the operation, remove the stuck ingredients using a spatula or similar tool, and then resume blending.
- For recipes that specify the order of ingredient addition, please make sure to follow the steps as instructed.

- Keep ingredients (e.g., meat and fish) from spoiling by not letting them sit outside the refrigerator for a long time.
- Use caution with ingredients, including honey, that may affect infants and children.
- After you use meat or fish, carefully wash the container, blade base, and other parts, and keep those parts clean.
- Parboil leafy vegetables, such as spinach, before use in a recipe.
- Observe all relevant laws and regulations regarding alcohol consumption.

<When making recipes not listed in the Recipes/the Tiger website>

- Improper ingredients, amounts, or preparations may cause leakage or intense vibrations during cooking.
- Be sure to keep an eye on the blender during operation.

More recipes can be found on the Tiger website

• For Tourist

<https://www.tiger-forest.com/c/k0fp>



• For Vietnam

<https://www.tiger-forest.com/c/RUt3>



Juice

Carrot and Apple Juice

Ingredients Carrot...1/3 (approx. 60 g)
Apple...1/3 (approx. 65 g)
Milk...240 mL
Honey...3/4 tbsp
Ice cubes...4 (approx. 60 g)

(2 servings)

65 kcal/100 mL

Directions

- (1) Peel the carrot.
- (2) Peel the apple and remove the seeds and core.
- (3) Place ingredients into the container and firmly secure the lid.
- (4) Turn the dial to start the blender and set the speed to “8”. Blend for 2 minutes.

Mango and Pineapple Juice

Ingredients Mango...120 g
Pineapple...120 g
Drinkable yogurt...250 mL
Ice cubes...4 (approx. 60 g)

(2 servings)

67 kcal/100 mL

Directions

- (1) Peel the mango and cut into bite-sized pieces.
- (2) Peel the pineapple, remove the core, and cut into bite-sized pieces.
- (3) Place ingredients into the container and firmly secure the lid.
- (4) Turn the dial to start the blender and set the speed to “5” or “6”. Blend for 1 minute and 30 seconds.

Mixed Fruit Juice

Ingredients Banana...3/4 (approx. 75 g)
Mandarin orange (canned)...65 g
Yellow peach (canned)...65 g
Apple (small)...1/8 (approx. 25 g)
Milk...120 mL
Ice cubes...4 (approx. 60 g)

(2 servings)

57 kcal/100 mL

Directions

- (1) Peel the banana and cut in half.
- (2) Peel the apple and remove the seeds and core.
- (3) Place ingredients into the container and firmly secure the lid.
- (4) Turn the dial to start the blender and set the speed to “10”. Blend for 1 minute.

Banana Milk

Ingredients Banana...1 (approx. 100 g)
Milk...240 mL
Ice cubes...3 (approx. 45 g)
Cinnamon powder...a pinch

(3 servings)

45 kcal/100 mL

Directions

- (1) Peel the banana and cut in half.
- (2) Place ingredients into the container and firmly secure the lid.
- (3) Turn the dial to start the blender and set the speed to “5” or “6”. Blend for 1 minute.
- (4) Pour into a glass and sprinkle cinnamon powder.

Frozen

Mixed Berry and Yogurt Smoothie

Ingredients Mixed berries (frozen)...100 g
Banana...1 (approx. 100 g)
Soy milk yogurt...120 g
Soy milk...120 mL
Honey...1 tbsp
Ice cubes...4 (approx. 60 g)

(3 servings)

63 kcal/100 mL

Mixed berries (for garnish)
Sprig of mint (for garnish)

Directions

- (1) Peel the banana and cut in half.
- (2) Place ingredients into the container and firmly secure the lid.
- (3) Turn the dial to start the blender and set the speed to “10”. Blend for 1 minute and 30 seconds.
- (4) Pour into a glass and garnish with mixed berries and mint.

Frozen Margarita

Ingredients Orange...1 (approx. 100 g)
Tequila...90 mL
Cointreau...45 mL
Lime juice...3 tbsp
Honey...3 tbsp
Ice cubes...5 (approx. 75 g)

(3 servings)

162 kcal/100 mL

Lime (for garnish)
Salt (for garnish)

Directions

- (1) Peel the orange, cut in half, and freeze.
- (2) Place ingredients into the container and firmly secure the lid.
- (3) Turn the dial to start the blender and set the speed to “8” or “9”. Blend for 1 minute.
- (4) Rub lime on the glass and sprinkle with salt.
- (5) Pour the margarita into the glass and garnish with a lime.

Recipes

Smoothie

Kiwi and Spinach Green Smoothie

Ingredients

(3 servings)

44 kcal/100 mL

Kiwi...1 (approx. 70 g)
Spinach...60 g
Banana...1 1/2 (approx. 150 g)
Mandarin orange...1 1/2 (approx. 120 g)
Water...150 mL
Ice cubes...4 (approx. 60 g)

Directions

- (1) Remove the stem of the kiwi, peel, and cut in half.

(2) Wash the spinach thoroughly, cut off the roots, parboil to reduce bitterness, and cut in half.

(3) Peel the banana and cut in half.
- (4) Peel the mandarin orange and cut in half.

(5) Place ingredients into the container and firmly secure the lid.

(6) Turn the dial to start the blender and set the speed to “10”. Blend for 1 minute.

Avocado Green Smoothie

Ingredients

(3 servings)

52 kcal/100 mL

Avocado...75 g
Spinach...60 g
Apple...1/4 (approx. 50 g)
Banana...1 (approx. 100 g)
Almond milk...250 mL
Honey...2 tbsp
Ice cubes...7 (approx. 105 g)

Directions

- (1) Peel the avocado and remove the seed.

(2) Wash the spinach thoroughly, cut off the roots, parboil to reduce bitterness, and cut in half.

(3) Peel the apple and remove the seeds and core.
- (4) Peel the banana and cut in half.

(5) Place ingredients into the container and firmly secure the lid.

(6) Turn the dial to start the blender and set the speed to “10”. Blend for 1 minute and 20 seconds.

Kale Super Food Smoothie

Ingredients

(3 servings)

33 kcal/100 mL

Kale...60 g
Pineapple (frozen)...100 g
Peach (frozen)...100 g
Almond milk...250 mL
Mint...approx. 1 g
Grated ginger...1 tsp

Directions

- (1) Wash and parboil the kale.

(2) Place ingredients into the container and firmly secure the lid.
- (3) Turn the dial to start the blender and set the speed to “10”. Blend for 1 minute and 20 seconds.

Tip

If the kale stems are thick or the leaves are large, tear into two or three equal parts and place into the container.

Strawberry Protein Smoothie

Ingredients

(3 servings)

51 kcal/100 mL

Strawberry...100 g
Banana...1/2 (approx. 50 g)
Milk...180 mL
Protein...50 g
Ice cubes...4 (approx. 60 g)

Directions

- (1) Remove the strawberry stems and peel the banana.

(2) Place ingredients into the container and firmly secure the lid.
- (3) Turn the dial to start the blender and set the speed to “7” or “8”. Blend for 1 minute.

Dessert

Cheesecake

Ingredients

1 round 7-inch (18-cm) cake

297 kcal/slice (1/8th of cake)

<Base>
Biscuits...90 g
Butter (unsalted)...45 g
<Batter>
Cream cheese...200 g
Flour...23 g
Eggs (M)...2
Heavy cream (animal-based)...150 mL
Sugar...75 g
Lemon juice...approx. 4 g

Directions

- (1) Combine crushed biscuits and melted butter in a bowl and mix well.

(2) Press the cookie and butter mixture (1) into the bottom of the cake mold and refrigerate.

(3) Bring the cream cheese to room temperature.

(4) Preheat oven to 160°C.

(5) Place the batter ingredients into the container and firmly secure the lid.

(6) Turn the dial to start the blender and set the speed to “10”. Blend for 1 minute.

(7) Pour the mixture (6) into the prepared cake mold (2) and bake in the oven at 160°C for approximately 50 minutes.

(8) After baking, remove it from the oven and let it cool in the mold. Chill in the refrigerator for at least 2 hours before removing from the mold.

Macadamia Milk Chocolate Banana Gelato

Ingredients

(3 servings)

143 kcal/100 g

Macadamia milk...150 mL
Macadamia nuts (roasted)...20 g
Banana...2 (approx. 200 g)
Sugar...30 g
Chocolate chips...20 g
Sprig of mint (for garnish)

Directions

- (1) Peel the banana and cut in half.

(2) Place ingredients into the container and firmly secure the lid.

(3) Turn the dial to start the blender and set the speed to “3” or “4”. Blend for 1 minute.

(4) Pour into a metal tray, and freeze for approximately 4 to 5 hours until solid.

(5) When solid, serve on a dish and garnish with mint.

Almond Milk and Strawberry Almond Jelly

Ingredients

(8 servings)

65 kcal/serving

Almond milk...360 mL
Strawberry...200 g
Granulated sugar...4 tbsp
Powdered gelatin...16 g
Water (for dissolving the powdered gelatin)...100 mL
Simple syrup to taste
Strawberry (for garnish) ...140g
Sprig of mint (for garnish)

Directions

- (1) Remove the strawberry stems. Cut 140 g of strawberries for decoration into 1-cm cubes.

(2) Dissolve the powdered gelatin in 100 mL of water.

(3) Place 240 mL of almond milk and 200 g of strawberries into the container and firmly secure the lid.

(4) Turn the dial to start the blender and set the speed to “4” or “5”. Blend for 30 seconds.
- (5) Pour 120 mL of almond milk and granulated sugar into a saucepan, heat, and then turn off the heat when hot. Next, add (2) and (4) and mix well.

(6) Pour (5) evenly into dishes and cool in the refrigerator until solid.

(7) When solid, garnish with strawberries, mint, and simple syrup as desired.

Directions

- (1) Peel the grapefruit and remove the flesh.

(2) Add boiling water to granulated sugar to dissolve and cool.

(3) Place ingredients into the container and firmly secure the lid.

(4) **Pulse** in the blender approximately 5 times.
- (5) Pour into a metal tray, and freeze for approximately 1 hour until solid.

(6) Mix (5) well with a spoon.

(7) Freeze (6) for another hour until solid.

(8) When solid, serve on a dish and garnish with mint.

Grapefruit Sorbet

Ingredients

(3 servings)

80 kcal/100 g

Grapefruit (large)...1 1/2 (approx. 315 g)
Granulated sugar...60 g
Boiling water...75 mL
Lemon juice...3/4 tsp
Sprig of mint (for garnish)

Side Dishes

Corn Soup

Ingredients

(3 servings)

70 kcal/100 mL

Corn (canned)...330 g
Corn juice (canned)...165 mL
Water...150 mL
Bouillon (granulated)...1 tsp
Milk...120 mL
Heavy cream (animal-based)...30 mL
Salt to taste
Pepper to taste
Crouton (for garnish)
Chopped parsley (for garnish)

Directions

- (1) Place the corn, corn juice, water, and bouillon into the container, and firmly secure the lid.

(2) Turn the dial to start the blender and set the speed to “10”. Blend for 3 minutes.

(3) Transfer the mixture (2) to a saucepan, add milk, heat, and season with salt and pepper to adjust the flavor.

(4) Cook while stirring to prevent burning. Once it comes to a boil, turn off the heat, add heavy cream, and mix well.

(5) Ladle into bowls and optionally garnish with croutons and parsley.

Tip

If you do not have 165 mL of corn juice, add water.

Gazpacho

Ingredients

(3 servings)

82 kcal/100 g

Tomato...2 (approx. 380 g)
Onion (small)...1/4 (approx. 38 g)
Bell pepper (red and yellow)...1/4 each (approx. 34 g)
Cucumber...1/2 (approx. 50 g)
Garlic...1/2 clove
Extra virgin olive oil...3 tbsp
Lemon juice...2 tbsp
Salt to taste
Pepper to taste
A few drops of hot sauce of your choice
Lemon slices (for garnish)
Chervil (for garnish)

Directions

- (1) Remove the tomato stems and cut an X into the bottom of the tomatoes.

(2) Boil water in a pot, place a tomato on a ladle, and put the tomato in the hot water for about 20 seconds. Take the tomato out of the water when the skin at the cut starts to peel. Put the tomato in cold water, peel the skin, slice in half horizontally, and remove the seeds. Cut in half again.

(3) Peel the onion.

(4) Cut the bell pepper in half horizontally.

(5) Remove the stem of the cucumber, sprinkle salt on the cutting board, roll the cucumber over the salt, and when the bumps on the cucumber are removed, wash the salt off. Finally, cut the cucumber in half.

(6) Peel the garlic and remove the core.

(7) Place ingredients except the hot sauce into the container and firmly secure the lid.

(8) Turn the dial to start the blender and set the speed to “2” or “3”. Blend for 50 seconds until roughly chopped.

(9) Add hot sauce as desired, serve in a dish, and garnish with lemon slices and chervil.

Tortilla Chicken Salad

Ingredients

(6 servings)

423 kcal/serving

<Batter>
Soy milk...300 mL
Protein...90 g
Flour...60 g
Eggs (M)...3
Olive oil...3 tbsp
Salt...1 tsp
Black pepper to taste
Oil for frying
<Chicken Salad>
Steamed or boiled chicken breast...150 g
Hard-boiled eggs (M)...3
Avocado...1 1/2 (approx. 70 g)
Tomato...1 1/2 (approx. 100 g)
Baby leaf to taste
Sesame dressing to taste

Directions

- (1) Place the batter ingredients except the oil for frying into the container and firmly secure the lid.

(2) Turn the dial to start the blender and set the speed to “8” or “9”. Blend for 1 minute.

(3) Place (2) in the refrigerator for approximately 20 minutes.

(4) Heat the frying pan, add a thin layer of oil, and pour in 1/6th of (3). Fry until the bottom becomes a golden color, and then flip and fry the other side.

(5) Fry the rest of (3) in the same manner.

(6) Shred the chicken breast by hand, and cut the hard-boiled egg, avocado, and tomato into thin slices.

(7) Place the baby leaf and (6) on the fried batter, sprinkle on sesame dressing, roll it up, cut in half, and serve on a dish.

Kabocha Squash Soup

Ingredients

(3 servings)

49 kcal/100 mL

Kabocha Squash...230 g
Onion...3/8 (approx. 75g)
Butter...12 g
Water...600 mL
Bouillon (granulated)...4 tsp
Milk...150 mL
Salt to taste
Pepper to taste
Crouton (for garnish)

Directions

- (1) Peel the kabocha squash, remove the seeds and guts, and cut into cubes.

(2) Peel the onion and cut into wedges.

(3) Heat the butter in a pan. Add onion and saute them until soft.

(4) Add the kabocha squash to (3).

(5) When the surface of the kabocha squash is browned, add the water and bouillon, simmer until the kabocha squash becomes soft, and then cool.

(6) Place (5) into the container and firmly secure the lid.

(7) Turn the dial to start the blender and set the speed to “5” or “6”. Blend for 50 seconds.

(8) Transfer the mixture (7) to a saucepan, add milk, heat, and season with salt and pepper to adjust the flavor.

(9) Ladle into bowls and garnish with croutons.

Fresh Tomato Sauce

Ingredients

(3 servings)

77 kcal/100 g

Tomato (ripe)...3 (approx. 570 g)
Fresh basil leaves...5 or 6 leaves
Extra virgin olive oil...3 tbsp
Lemon juice...2 tsp
Salt to taste
Black pepper to taste

Directions

- (1) Remove the tomato stems and cut an X into the bottom of the tomatoes.

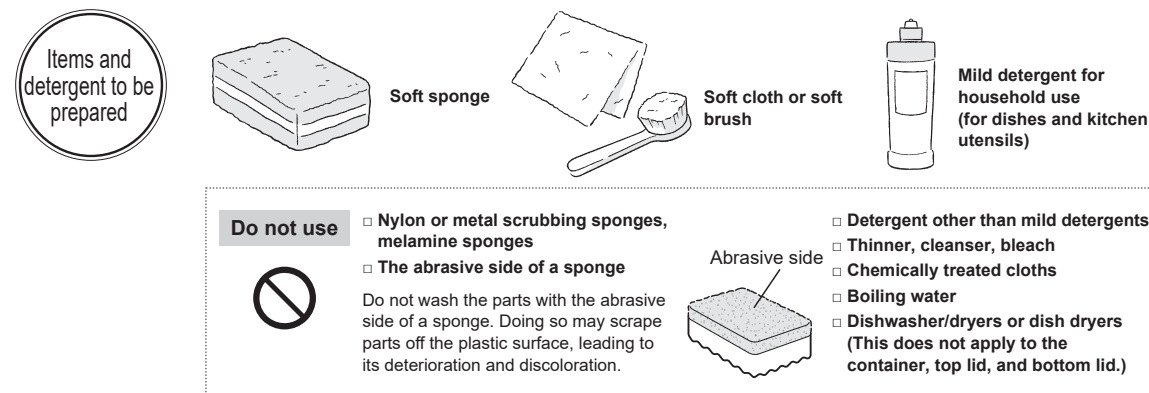
(2) Boil water in a pot, place a tomato on a ladle, and put the tomato in the hot water for about 20 seconds. Take the tomato out of the water when the skin at the cut starts to peel. Put the tomato in cold water, peel the skin, slice in half horizontally, and remove the seeds. Cut in half again.

(3) Place the tomato into the container, shred and add fresh basil leaves, add extra virgin olive oil, lemon juice, salt, and black pepper, and firmly secure the lid.

(4) Turn the dial to start the blender and set the speed to “1” or “2”. Blend for 50 seconds until roughly chopped.

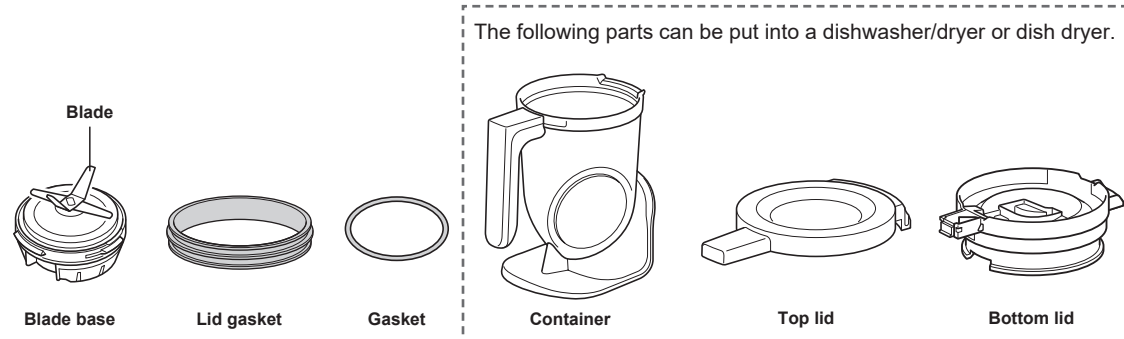
How to Maintain the Appliance

- ◇ Before maintaining the appliance, be sure to unplug it.
 - ◇ After using the appliance, be sure to clean the appliance within the same day to ensure the appliance is always clean for use.
- Maintenance should also be performed periodically.



Parts to wash after every use

The container, top and bottom lids, lid gasket, and gasket may be stained by carrots and leafy vegetables. Although washing these parts may not fully remove these stains, they do not impede the quality of appliance operation. If these stains bother you and you wish to purchase new parts, please contact the local sales office or distributor from which you purchased the appliance.



1. Wash the parts well using a sponge or brush with detergent diluted with cold or lukewarm water, and then rinse the parts with water.

- * Use a sponge or other soft object to wash parts other than the blade, paying attention to their angular areas.
- * Wash the blade with a brush.

2. Wipe the water off with a dry cloth and dry the parts thoroughly.

CAUTION

- Exercise caution to avoid touching the blade directly with your hands.
- Do not soak the parts in water.
- Wipe the water off parts immediately after washing. Also, do not leave parts in a dirty state. Failing to follow these instructions may lead to the parts rusting.
- During maintenance, do not use hot water exceeding 40°C except for maintenance of parts compatible with dishwashers or dish dryers.

Using a dishwasher/dryer or dish dryer (container, top lid, and bottom lid only → P. 18)

Thoroughly read the instruction manual of the dishwasher/dryer or dish dryer before use.

CAUTION

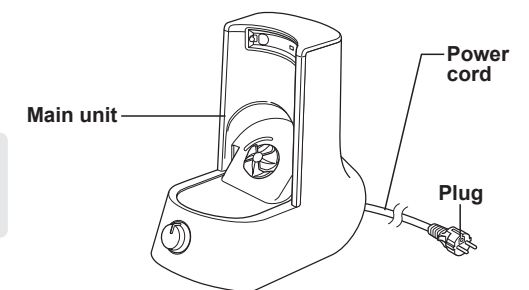
- Be sure to use detergent designed for the dishwasher/dryer.
- Do not use detergent that includes citrus fruit extract. Doing so may whiten the parts. (Applies only to the container)
- Avoid areas close to heaters and high-temperature parts. On models where the temperature can be set, select low temperatures. Parts may turn white if exposed to high temperatures.

Parts and places to clean as necessary

Soak a cloth in cold or hot water, firmly wring out the cloth, and then wipe off the main unit. Wipe the power cord and plug using a dry cloth.

CAUTION

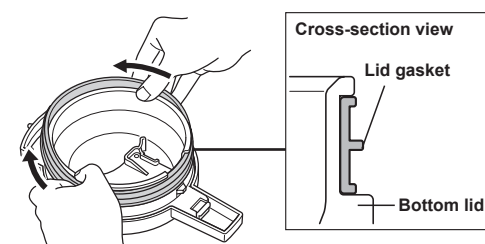
- Do not soak the main unit in water or pour water on it.



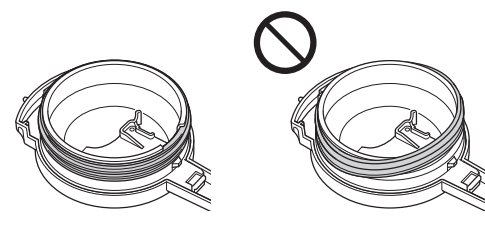
Attaching the lid gasket

The lid gasket can be removed for cleaning.

Move your fingers around the groove to fit the lid gasket into it.



Make sure the lid gasket is attached securely.



Removing odors

Follow the procedure below to remove odors from the container assembly.

1. Wash the container assembly. → P. 18
2. Insert the blade base in the container, pour cold or lukewarm water into the container to the 1000 ML level, insert approximately 2 tsp (10 g) of citric acid into the container, and then leave it for some time.
3. Clean the container assembly again following the instructions on P. 18.

When the appliance will not be used for a long time

1. Clean each part according to the instructions above and the information on P. 18.
2. Place the parts in a shaded area and allow them to dry out fully and naturally.
3. Seal the parts in a plastic bag and store them in a location with low humidity.

How to Clean Inside the Container Assembly

◇ Clean the appliance after using it to mix ingredients that leave behind stains that do not come off easily.

- 1

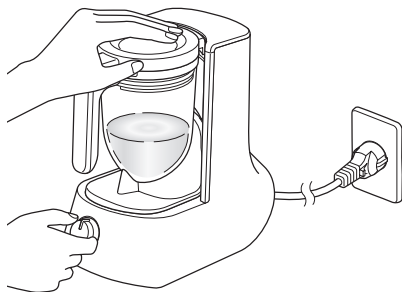
Insert the blade base in the container, and then pour cold or lukewarm water into the container.

* Be sure to attach the gasket.

[Guideline for the amount of cold or lukewarm water]
Pour the water to the 400 ML level. → P. 9
- 2

Insert a small amount (a few drops) of mild detergent for household use, and then securely attach the lid assembly.
- 3

Attach the container assembly to the main unit, set the dial to “10,” and then mix the contents for approximately 30 seconds. → P. 11 to 13



- 4

If the stains do not come off easily, repeat step ③ a few times.
- 5

Set the dial to “0,” and then discard the water.
- 6

Unplug the appliance, and then clean each part. → P. 18, 19

When the Appliance Stops During Use

◇ If you use an excessive amount of ingredients or otherwise subject the motor to an excessive load, a safeguard will activate and stop the operation of the appliance. This is not a malfunction. Follow the procedure below to solve this problem.

- 1

Set the dial to “0”, and then unplug it.
- 2

Reduce the amount of ingredients.
→ P. 11 to 14

* Remove any ingredients that cannot be mixed.

* If ice is caught on the blade, remove the ice out with cold water.

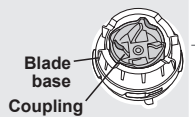

* Use a spatula or something similar to remove any ingredients that have affixed to the area around the blade.
-
- 3

Start the appliance.

* If the appliance stops immediately, wait at least 30 minutes before using it.

* If the appliance still stops frequently even after you perform the above procedure and you want to have the appliance repaired, please contact the local sales office or distributor from which you purchased the appliance.
- # Troubleshooting
- ◇ Check the following before requesting repairs.
- | Symptom | Point to check | Action to take | Page to check |
|---|---|--|---------------|
| ●The appliance does not turn on. | → Is the appliance unplugged? | → Securely connect the plug to an outlet. | → 13 |
| | → Is the lid assembly seated properly on the container? | → Securely attach the lid assembly. | → 8, 12 |
| | → Is the container assembly attached correctly and securely to the main unit? | → Correctly and securely attach the container assembly. | → 12 |
| | → Are the ingredients caught on something? | → Remove all the ingredients and reinsert them. | → 13 |
| ●You hear three beeps. | → Are you using the appliance with the dial set to something other than “0”? | → Attach the container assembly to the main unit, set the dial to “0,” and then plug in the appliance. | → 8 |
| | | → With the appliance plugged in, set the dial to “0,” and then attach the container assembly to the main unit. | → 12 |
| | | | → 13 |
| | → Has the container assembly come loose at the start of or during mixing? | → Correctly and securely attach the container assembly. | → 12 |
| ●The appliance stops during use. (After a few seconds, you hear three beeps.) | → Has the appliance been used for a long time? | → Wait approximately 30 minutes before using the appliance. | → — |
| | → Are the ingredients caught on the blade? | → Remove all the ingredients from the container assembly and reinsert them. | → 13 |
| | → Have ingredients that cannot be mixed been inserted? | → Remove any ingredients that cannot be mixed, and then start operation again. | → 20 |
| | → Has an excessive amount of ingredients been inserted? | → Reduce the amount of ingredients, and then start operation again. | → 11 |
| | | | → 20 |
| | → Are there not enough liquids in the mixture? | → Reduce the amount of ingredients, add more liquids, and then start operation again. | → 11 |
| | | | → 20 |
| | → Is the lid assembly seated properly on the container? | → Securely attach the lid assembly. | → 8 |
| | | | → 12 |
- English
- 20
- 21

Troubleshooting

Symptom	Point to check	Action to take	Page to check
●The mixture leaks out.	→ Is the container assembly attached correctly and securely?	→ Securely attach the container assembly.	→ 11 12
	→ Is the gasket, lid gasket, and blade base attached?	→ Securely attach the gasket, lid gasket, and blade base.	→ 11, 12 19
	→ Is the gasket or lid gasket damaged?	→ Please contact the local sales office or distributor from which you purchased the appliance and purchase a new gasket or lid gasket.	→ 23
	→ Has an excessive amount of ingredients been inserted?	→ Reduce the amount of ingredients.	→ 11 to 14
●The blade is turning but not cutting any ingredients.	→ Are there not enough liquids (water, milk, etc.)?	→ Increase the amount of liquid (water, milk, etc.).	→ 11 to 14
	→ Are the ingredients caught on something?	→ Use a spatula or something similar to remove the caught ingredients.	→ 13
	→ Have parts been scraped off the blade base coupling? 	→ Please contact the local sales office or distributor from which you purchased the appliance and purchase a new blade base.	→ 23
●Although the motor sounds like it is running, the blade is not turning.	→ Have parts been scraped off the blade rotator of the main unit? 	→ Please contact the local sales office or distributor from which you purchased the appliance and request appliance repairs.	→ —
	→ A black liquid (lubricating oil) may adhere to the area around the blade rotator of the main unit or the area around the coupling behind the blade base, but this does not impede the quality of appliance operation. Wipe away the liquid with a dry, soft cloth.		→ —
●The container, top lid, or bottom lid has turned white.	→ Have citrus fruit peels been inserted into the container? (Applies only to the container)	→ Please contact the local sales office or distributor from which you purchased the appliance and purchase a new container, top lid, or bottom lid.	→ 6 18 19 23
	→ Has detergent that includes citrus fruit extract been used? (Applies only to the container)		
	→ Have these parts been used close to the heaters and high-temperature parts of a dishwasher/dryer or dish dryer or have these devices been set to high temperatures?		
	→ Have these parts been washed with the abrasive side of a sponge?		

Symptom	Point to check	Action to take	Page to check
●It smell like something has rubbed against plastic or metal.	→ You may detect the scent of plastic when you first start using the appliance, but this scent will go away with further use.		→ —
●There are lines or waves on the plastic parts.	→ These marks occur during resin molding and do not impede the quality of appliance operation.		→ —

Specifications

Rated voltage/Rated frequency	220-230 V~/50-60 Hz	
Rated power input (W)	500	
Rated time	Continuous operation (repetition of 3 minutes of operation followed by 1 minute of stoppage)	
Number of rotations* (during operation with the dial set to "10")	Approx. 10000 rotations/minute (with a load of 1000 mL of cold water)	
Rated capacity (mL)	1000	
Outer dimensions* (cm)	Width	17.1
	Depth	35.2
	Height	33.2
Weight* (kg)	4.4	
Cord length* (m)	1.2	

* Indicates an approximate value.

Purchase of Consumables and Options

◇ Please contact the local sales office or distributor from which you purchased the appliance to purchase these items.

Consumables

■ Gasket ■ Lid gasket ■ Container

If these parts smell bad, are heavily dirty or damaged, or are difficult to attach or remove, purchase new ones.

Option

■ Blade base ■ Top and bottom lids

This part may be damaged through use of the appliance. In that situation, purchase a new part.