

# Oster®/MD



**INSIDE:**  
Mix & Match Recipe Chart  
**À L'INTÉRIEUR:**  
tableau de combinaisons  
de recettes

# JUICE & BLEND<sup>2</sup> GO<sup>TM</sup>/MC

JUICE EXTRACTOR & PERSONAL BLENDER  
CENTRIFUGEUSE COMPACTE ET MÉLANGEUR PERSONNEL

User Guide/ Notice d'emploi :  
**FPSTJE3166-033**



*Safety  
Sécurité*



*How to use  
Utilisation*



*Cleaning  
Nettoyage*



*Recipes  
Recettes*



*Warranty  
Garantie*

## CONGRATULATIONS

on the purchase of your new Oster® Compact Juice Extractor. You have taken an important step to quick start your juicing journey for Healthy Living...TODAY!

This multi-functional product allows you to extract nutrients from soft and hard fruits and veggies, and to quickly and easily prepare nutritious and delicious smoothies you can enjoy to boost your day!

### The Benefits of Juicing:

Juicing is a quicker way to extract many of the health benefits you need from fresh fruits and veggies, including antioxidants and nutrients that help your body stay healthy, boost your immune system, help you remove toxins, aid digestion and help you lose weight. Juicing eliminates the digestion process for a faster absorption. Please note that whole fruits and vegetables also have healthy fiber that is needed for your body. We recommend you consume both in conjunction for a healthy daily fiber intake.

We have included Helpful Tips and Recipes created by the Oster® Juicing team, to please the most demanding palates (including your Kids') and guide you through the juicing journey. Whether you like proven and tested recipes or feel like experimenting, you can take your first delicious step to a healthier you TODAY!

Thank you for purchasing the Oster® JUICE & BLEND 2 GO™ Juice Extractor & Personal Blender. Before you use this product for the first time, please take a few moments to read these instructions and keep it for reference. Pay particular attention to the Safety Instructions provided. Please review the product service and warranty statements. To learn more about Oster® products, please visit us at [www.oster.ca](http://www.oster.ca) or call us at 1-800-667-8623.



# IMPORTANT SAFEGUARDS

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

1. **Read all instructions before use, and keep for future reference.**
2. To protect against risk of electrical shock, do not put unit base or electrical cord in water or any other liquid. This may cause personal injury or damage to the product.
3. Close supervision is necessary when using this appliance near children.
4. Turn unit off and unplug from outlet to disconnect appliance, before putting on or taking off parts, before cleaning and when not in use.
5. Avoid contact with moving parts. Do not touch the small cutting blades located at the base of the stainless steel filter of the juicer accessory or the blade of the collar of the blender accessory.
6. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions, or is dropped or damaged in any manner. Take appliance to the nearest authorized service center for examination, repair or mechanical adjustment.
7. The use of attachments not recommended or sold by the manufacturer may cause fire, electrical shock or injury.
8. Do not let cord touch hot surfaces or hang over table edges or counters.
9. Do not use your juice extractor & personal blender if any part is broken.
10. Do not use outdoors or for commercial purposes.
11. Do not blend hot liquids using the personal blender accessory.
12. Always make sure juicer lid or blender collar is clamped securely in place before motor is turned on. Do not unfasten clamps while juicer is in operation.
13. Do not operate this appliance continuously for more than 5 minutes to avoid overheating the motor.
14. Be sure to turn switch to off position "0" after each use of you unit. Make sure the motor stops completely before disassembling.
15. While using the juice extractor accessory, do not put your fingers or other objects into the unit opening while it is in operation. If food becomes lodged in the opening, use food pusher or another piece of fruit or vegetable to push it down. When this method is not possible turn the motor off, unplug from outlet and disassemble juicer to remove the remaining food.
16. Do not use the appliance if the rotating sieve/filter is damaged.
17. Do not push produce into the feed chute with your finger. Always use the food pusher provided.
18. This appliance is intended for household use only, not for commercial or industrial use. Use for anything other than intended will void the guarantee.
19. Do not attempt to defeat the clamps interlock mechanism.



20. Always make sure the juice extractor or the blender accessory is properly and completely assembled before operating. The unit will not turn on unless properly assembled.
21. Always use unit on a dry, level surface.
22. Always turn unit off first before unplugging it from outlet.
23. To reduce the risk of fire or electric shock, do not attempt to remove the bottom cover of the unit. There are no serviceable parts inside. Repair should only be done by authorized service personnel.
24. Do not place this appliance on or near a hot gas or electric burner or where it could touch a heated oven.
25. 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.
26. Maximum rating of 400W is based on the juice extractor attachment that draws the greatest power.

### **(For 120 & 127 Volts Only)**

To reduce the risk of electrical shock, this appliance has a polarized plug (one blade is wider than the other). This plug fits a polarized outlet only one way. This is a safety feature intended to help reduce the risk of electrical shock. If the plug does not fit fully into the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to defeat this safety feature.

### **SHORT POWER SUPPLY CORD INSTRUCTIONS**

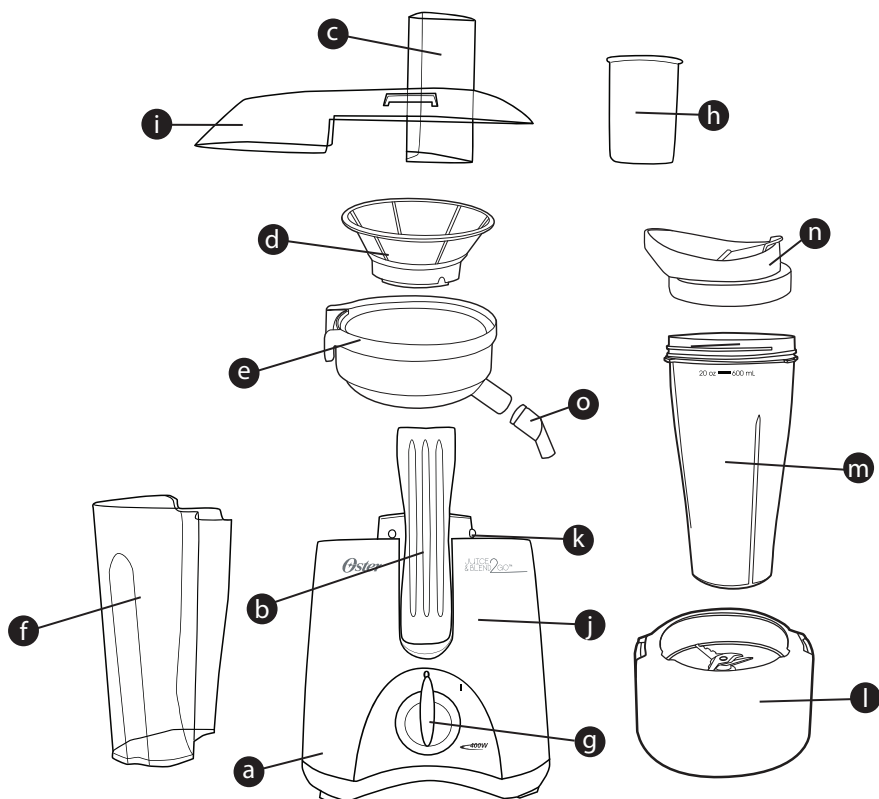
A short power-supply cord is provided to reduce the risk resulting from becoming entangled in or tripping over a longer cord. An extension cord may be used if care is exercised in its use. If an extension cord is used, the electrical rating of the cord must be at least as great as the electrical rating of the appliance. The extension cord should be arranged so that it will not drape over the countertop or tabletop where it can be pulled on by children or tripped over unintentionally.

## **SAVE THESE INSTRUCTIONS**

For inquiries regarding recycling and proper disposal of this product, please contact your local waste management facility.



# LEARNING ABOUT YOUR JUICE EXTRACTOR & PERSONAL BLENDER



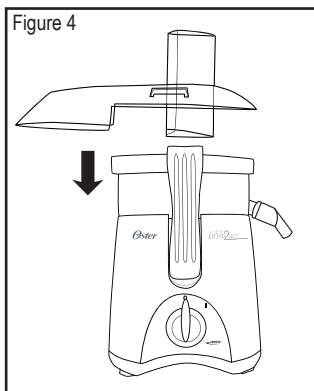
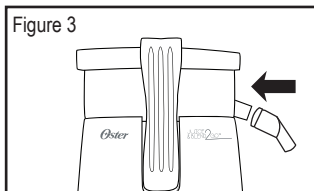
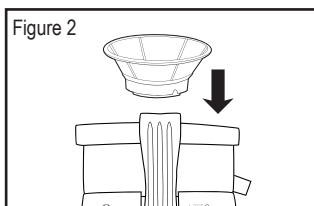
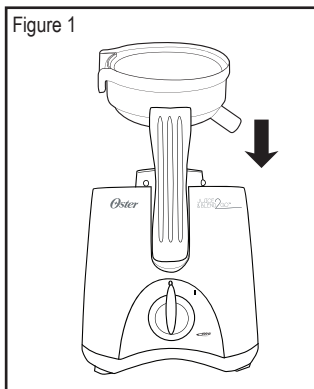
- |   |   |                                      |
|---|---|--------------------------------------|
| <b>a</b> Powerful 400-watt Motor          | <b>f</b> Large Pulp Collector Container | <b>k</b> Safety Switch (both sides)  |
| <b>b</b> Safety Locking Arms (both sides) | <b>g</b> ON/OFF Switch (I/O)            | <b>l</b> Blender Assembly with Blade |
| <b>c</b> Food Chute                       | <b>h</b> Food Pusher                    | <b>m</b> To-Go-Cup                   |
| <b>d</b> Stainless Steel Filter           | <b>i</b> Juice Extractor Lid/ Cover     | <b>n</b> Lid                         |
| <b>e</b> Filter Basket                    | <b>j</b> Motor Base Housing             | <b>o</b> Rubber Spout Extension      |





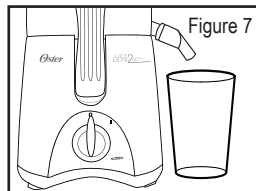
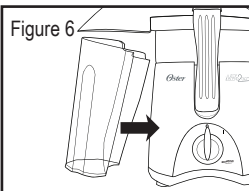
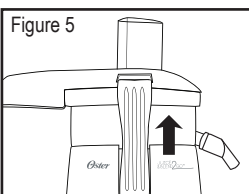
# HOW TO:

## Assemble the Juice Extractor



Follow the assembly instructions listed below before using your Juice Extractor:

- Before you start assembling your juice extractor, make sure it is unplugged and it is placed on a dry and level surface.
- Place filter basket on top of the motor base (Figure 1).
- Place the stainless steel filter on top of the filter basket pushing down and turning it until it fits into the grooves of the motor shaft (Figure 2).
- Attach rubber spout extension to juice spout (Figure 3).
- Place juicer cover/lid on top of the filter basket (Figure 4).
- Raise the safety locking arms and then lower them to securely fit into the grooves in the lid and then firmly press lower part of the locking arms into the unit ensuring they lock the lid into the unit (Figure 5).
- Place the pulp container into position by tilting it slightly (Figure 6) Important: Make sure Pulp Container edge is underneath the lip of the basket.
- Place a glass or To-Go-Cup under the spout located on the right hand side of the juicer (Figure 7).



## How to Juice Using the Juice Extractor

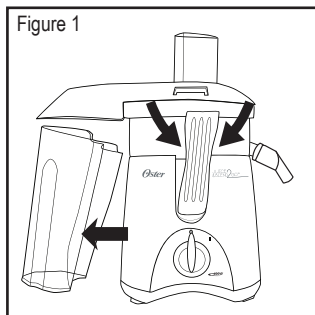
- 1 Prepare your fruits and vegetables by washing them thoroughly and peeling off those that need the skin removed.
- 2 If necessary, cut fruits and vegetables into smaller pieces to ensure they will fit in the chute.
- 3 Make sure your juice extractor is properly assembled.
- 4 Ensure the juice extractor and its accessories are clean by following the Care & Cleaning section of this manual.
- 5 Place a container/glass to collect the juice under the spout and make sure the pulp collector is in place prior to juicing. Do not allow the pulp collector container to overfill as this may cause the unit to stall.
- 6 Plug the power cord into an electrical outlet and turn the unit on "I."
- 7 Once the juicer is on, place the fruits and vegetables on the food chute and use the food pusher slowly to drive them down. In order to extract the maximum amount of juice, it is important to push the food pusher slowly.
- 8 The juice extractor will separate the juice and the pulp while you are juicing.
- 9 Remove the glass or To-Go-Cup from the juicer spout. Keep it apart if you will use it to prepare a smoothie or a blended drink.

**NOTE:** Both the pulp container and your juice container can be emptied during juicing by first turning the juice extractor to "O." Make sure to place both containers back in place before you resume juicing.

**NEVER USE HAND OR FINGERS TO PUSH FOOD DOWN THE FOOD CHUTE OR TO CLEAR THE FOOD CHUTE. ALWAYS USE THE FOOD PUSHER PROVIDED.**

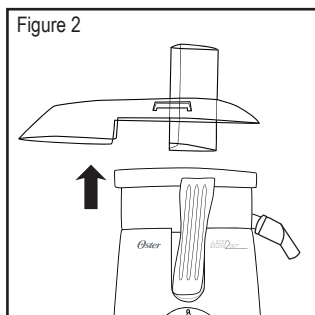


## After Using Your Juice Extractor

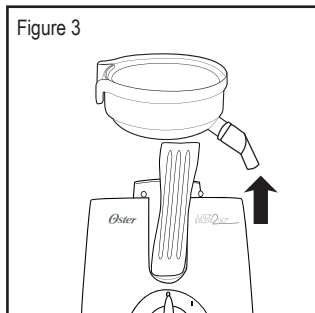


Before cleaning and storing your juice extractor, follow the instructions below to disassemble the unit:

- Turn juice extractor to "O" and unplug from the electrical outlet.
- Remove the pulp collector container by tilting it slightly (Figure 1).
- Unlock the safety locking arms to release the cover/lid (Figure 1).
- Lift the lid up and remove it from the juice extractor (Figure 2).
- In order to remove the filter basket and the filter, hold the filter basket with two hands and then lift it straight up (Figure 3).

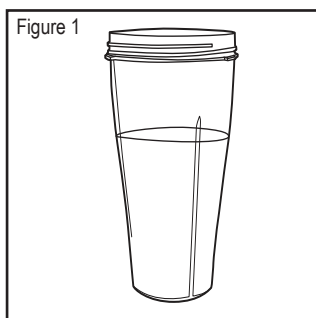


**WARNING: THE STAINLESS STEEL FILTER BASKET CONTAINS SMALL SHARP BLADES TO CUT AND PROCESS FRUITS AND VEGETABLES. DO NOT TOUCH BLADES WHEN HANDLING THE FILTER BASKET.**





## How to Blend Using the To-Go-Cup and Blending Base



**NOTE:** If unit is assembled as a juice extractor, please follow the instructions in the section 'DISASSEMBLE YOUR JUICE EXTRACTOR'

- 1 Place the To-Go-Cup without the lid on a flat dry surface with the open-end facing up (Figure 1) and fill it with all the desired ingredients.
- 2 Place the blender assembly with blade upside down on top of the To-Go-Cup opening, aligning the locking tabs (Figure 2).
- 3 Turn the blender assembly to lock it securely (Figure 3)
- 4 Turn it upside down to be placed on the motor base (Figure 4).
- 5 Align the arrows located on top of the motor base with the grooves located on the blender blade assembly (Figure 5).

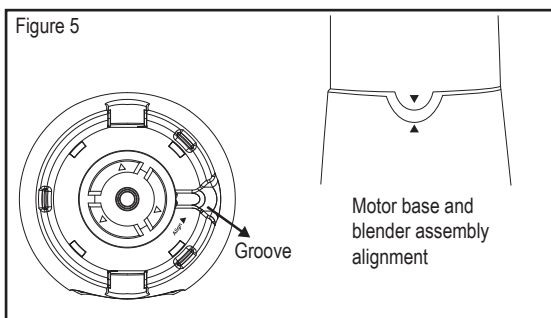
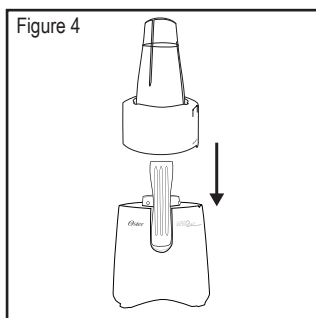
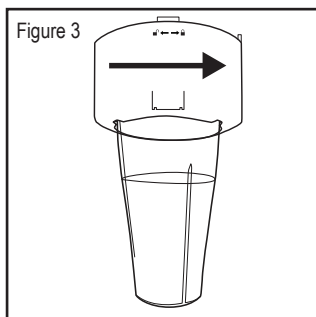
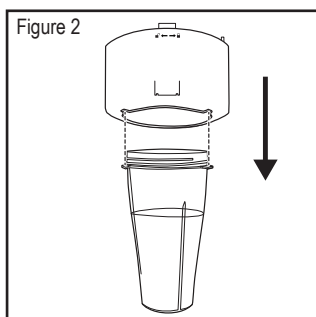
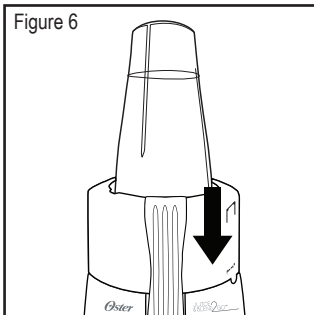
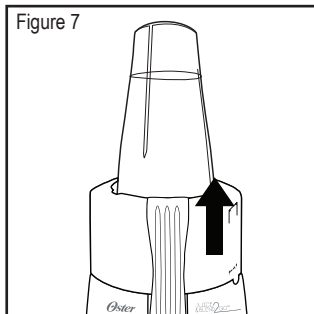


Figure 6



- 6 Raise the safety locking arms, and then lower them to securely fit into the grooves and press to lock (Figure 6)
- 7 Turn the on/off switch on the front of the unit to on ("I") position and blend until mixture reaches desired consistency.
- 8 When done, turn the on/off switch "I/O" to the off ("O") position.
- 9 Unlock the safety locking arms to release the blade assembly with To-Go-Cup (Figure 7).

Figure 7



- 10 Lift the blender assembly with To-Go-Cup and flip it (Figure 8).
- 11 To remove blender assembly, turn it to unlock it and lift it up (Figure 9).
- 12 Screw on spill proof drinking lid on To-Go-Cup (Figure 10).

Figure 8

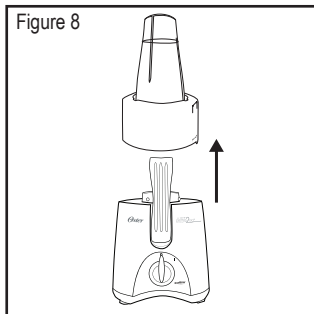


Figure 9

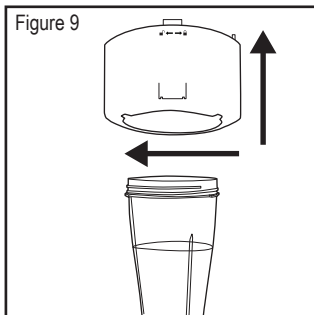
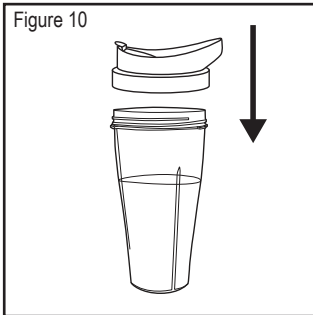


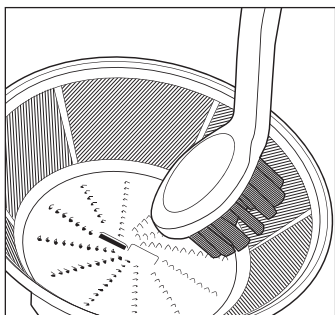
Figure 10





## Care & Cleaning

- All parts are removable and dishwasher safe, with the exception of the motor base.
- After disassembling all removable parts of the juice extractor, wash them by hand with warm soapy water or in the dishwasher (top shelf only). If the pulp dries out in the pulp collector container, the filter or the filter basket, let it soak in water for approximately 10 minutes before washing it.
- Wipe the motor base with a damp cloth.
- It is very important to keep the filter very clean, free of residues blocking the holes in order to ensure optimal performance. Use a nylon brush (not included) to clean it thoroughly, if necessary. If the holes in the mesh remain blocked, soak the filter in hot water with a water solution containing 10% lemon juice.



**NOTE: NYLON BRUSH NOT INCLUDED.**

**NOTE: DO NOT IMMERSE THE MOTOR BASE IN WATER OR ANY OTHER LIQUID.**

## Maintenance

- Some plastic parts might stain when in contact with some fruits and vegetables for too long. In order to avoid this from happening, all parts should be washed immediately after each use.

# MIX & MATCH - QUICK START RECIPE GUIDE

This guide will help you Juice & Blend the fruits and vegetables commonly used to create your own custom juice or smoothie.

## STEP 1:



Pick 1 or 2 Fruits

## STEP 2:



Pick 1 or 2 veggies

## STEP 3:



Add liquids and enhancers if desired

## STEP 4:



Add your favorite booster

Cut and place this chart on your fridge for quick reference

JUICE EXTRACTOR		PERSONAL BLENDER		
FRUITS	VEGGIES	LIQUIDS	ENHANCERS	BOOSTERS
Pineapples (1 To 1/2 Cup)	Celery Stalks (2)	Lemon Juice (1 To 2 Tbsp)		Peanut Butter (1 Tbsp)
Bananas (1/2)	Kale Leaves (1 Cup)	Orange Juice (1/2 Cup)	Agave Syrup (1 Tbsp)	Protein Powder (1 Tbsp)
Cranberries (1 Cup)	Cucumbers (4-Inch Piece)	Cold Brewed Green Tea (1 Cup)	Brown Sugar (1 Tbsp)	Greek Yogurt (1/2 To 1 Cup)
Blueberries (1 Cup)	Spinach Leaves (1 Cup)			Flaxseeds (1-2 Tsp)
Beets (1 Medium)	Tomatoes (1 Medium)	Ice Cubes (1/2 Cup)		Chia Seeds (1-2 Tsp)
Apples (1 Medium)	Parsley (1/2 Cup)			
	Carrots (2 Medium)			
Apples (1 Medium)	Carrots (2 Medium)	Juice of 1 Lime (1 To 2 Tbsp)	Honey (2 Tbsp)	Greek Yogurt (1/2 Cup)
Kiwis (1 Pc)	Broccoli Florets (1 Cup)		Brown Sugar (1 Tbsp)	Flaxseeds (1-2 Tsp)
Pears (1 Pc)	Spinach Leaves (1 Cup)		Agave Syrup (1 Tbsp)	Chia Seeds (1-2 Tsp)
Honeydew Melon (1/4 To 1/2 Cup)				
Grapes (1/2 To 1 Cup)				
Bananas (1/2)				
Cantaloupe (1 Cup)				
Grapefruit (1 Medium)				
Blueberries (1 Cup)	Spinach Leaves (1 Cup)	Juice of 1 Lime (1 To 2 Tbsp)	Honey (2 Tbsp)	Greek Yogurt (1/2 Cup)
Cranberries (1 Cup)	Arugula Leaves (1 Cup)	Cold Brewed Green Tea (1 Cup)		Flaxseeds (1-2 Tsp)
Strawberries (1 Cup)	Watercress Leaves (1/2 Cup)			Chia Seeds (1-2 Tsp)
Raspberries (1 Cup)	Ginger (1-inch Piece)	Ice Cubes (1/2 Cup)		
Apples (1 Medium)				
Pineapples (1/2 Cup)				



### Helpful Tips

- If using ice when blending, use 1-4 cubes for a thin, chilled shake or use 5-10 cubes for a thicker, pudding-like consistency shake.
- Berries and green leaves can be juiced or blended based on your preference.
- Cut fruits and veggies like apples and beets into pieces that fit the food chute if needed.
- Some protein powders have thickeners added. This will increase the thickness of your shake.
- Less liquid = thick shakes, more liquid = thin shakes.
- If you add celery or cucumber, make sure to watch the amount of liquids you add.
- Be careful not to force any food into the opening that is too big nor apply excessive force to the pusher as this might result in jamming the blade, causing a thermal Cut Off and stopping the blade.
- Turn the machine ON before adding fruits and veggies.

### General Guidelines for Juicing

- Juice softer items first and then follow with harder ones, i.e. juice tomatoes first and then celery.
- Always serve juices immediately. After seconds, it starts to lose nutrients.
- Use apples and carrots to sweeten veggie mixes.
- When juicing leafy greens (spinach, cabbage, herbs, etc.) always roll into a ball before feeding through the chute.
- **Skins:** juicing with them is a personal preference.
- **Stems:** remove them as they don't have nutritional value. Only grape stems are beneficial.
- **Seeds:** removing them is discretionary.
- **Citrus Fruits:** We recommend that you to remove the skins and seeds from citrus fruits due to their tart flavor, but it is a personal preference.
- Do not juice Bananas, Avocados and Coconuts as they don't produce juice. Blend them with your juice for a thicker drink or smoothie.
- Use the Pulp! Save the pulp from the lid and pulp collector to use it in innumerable healthy ways.
- **Smoothies:** add juice, ice, low-fat milk or yogurt in your blender to prepare healthy and tasty smoothies.
- **Muffins, Breads and Pies:** fruit and veggies provide fiber and a sweet taste to your dough.
- **Favorite Dishes:** (Meat Loaf, Quiches, Caseroles, Lasagna, Soups, Stews and more) Veggie pulp adds thickness and flavor to your favorite recipes.

### Healthful Benefits

Incorporate the wealth of nutrients contained in fruits and vegetables into your diet!  
Below you will find some of the healthful benefits to some of your favorite juicing ingredients and juice boosters:

<b>Apple:</b>	boron, cellulose and pectin	<b>Spinach:</b>	antioxidants, potassium, iron, calcium, vitamin C
<b>Cranberry:</b>	antibiotic and anti-viral elements	<b>Berries:</b>	antioxidants, phytochemicals that help protect cell from damage, boost mental and heart health, fight urinary infections
<b>Orange:</b>	natural aspirin and boron		
<b>Papaya:</b>	vitamin A and potassium		
<b>Pineapple:</b>	bromelain, manganese, vitamin C	<b>Chia Seeds:</b>	rich in fiber, Omega 3, calcium, manganese, phosphorus, protein
<b>Beet:</b>	folic acid, iron, calcium, potassium	<b>Flax Seeds:</b>	Omega 3-Fatty acids, vitamin B, magnesium, manganese, fiber, antioxidants
<b>Broccoli:</b>	beta carotene, vitamin C, calcium, iron, folic acid, chromium	<b>Greek Yogurt:</b>	high protein content, vitamin D, calcium, build muscles, burn fat
<b>Carrot:</b>	beta carotene, vitamin A, C, pectin, fluoride, potassium		
<b>Kale:</b>	antioxidants, calcium, iron, vitamin A, C	<b>Peanut Butter:</b>	fiber, protein, vitamin E, B3, copper, iron, calcium, potassium, antimicrobial, lower LDL (bad cholesterol), provides feeling of fullness.
<b>Parsley:</b>	antioxidants, folic acid, iron, vitamin A, C		
<b>Tomato:</b>	beta carotene and vitamin C		

## SUPER SMOOTHIE - ENERGY EXPLOSION

### JUICE...

2 medium celery stalks  
1 medium Granny Smith apple\*  
1 ½ cups pineapple

**Note:** \* Replace with 1 cup cranberries when they are in season, if desired.

### BLEND with...

1 medium banana  
1 tbsp peanut butter  
Juice of 1 lemon (about 2 tbsp)

### Boost if desired...

1 -2 tsp Chia or Flax seeds

Cut the celery, apple and pineapple into pieces that will fit into the food chute of the juice extractor. Process through the juice extractor. Pour the juice into the To-Go-Cup. Add the remaining ingredients. Attach the blade assembly to the To-Go-Cup.

Remove the stainless steel filter and the filter basket from the processor. Invert the To-Go-Cup onto the power base of the processor. Turn the dial on the appliance to "1" and blend the mixture until smooth.

Remove the To-Go-Cup from the blade assembly. Attach the spill proof lid or serve in a glass.

If desired, garnish with a wedge of pineapple

Makes about 16 ounces.

## HEALTH BOOSTER - GREEN APPLE REFRESHER

### JUICE...

1 Granny Smith apple, cut into pieces  
1 medium carrot  
1 kiwi  
1 pear  
1 cup firmly packed spinach leaves

### BLEND with...

1 cup plain Greek yogurt  
Juice of 1 lime (about 2 tbsp)  
½ cup ice cubes

### Boost if desired...

1-2 tsp Chia or Flax seeds

Cut the fruit into pieces that will fit into the food chute of the juice extractor. Process through the juice extractor. Pour the juice into the To-Go-Cup. Add the remaining ingredients. Attach the blade assembly to the To-Go-Cup.

Remove the stainless steel filter and the filter basket from the processor. Invert the To-Go-Cup onto the power base of the processor. Turn the dial on the appliance to "1" and blend the mixture until smooth.

Remove the To-Go-Cup from the blade assembly. Attach the spill proof lid or serve in a glass.

If desired, garnish with a strawberry.

Makes about 20 ounces.



## HEALTH BOOSTER - HONEYDEW SMOOTHIE

### JUICE...

¼ honeydew melon  
1 medium apple  
1 cup green grapes

### BLEND with...

1 medium banana cut in half  
½ cup plain Greek yogurt  
1 tbsp protein powder

### Boost if desired...

1 -2 tsp Chia or Flax seeds

Cut honeydew and apple into pieces that will fit into the food chute of the juice extractor. Process with grapes through the juice extractor. Pour the juice into the To-Go-Cup. Add the remaining ingredients. Attach the blade assembly to the To-Go-Cup.

Remove the stainless steel filter and the filter basket from the processor. Invert the To-Go-Cup onto the power base of the processor. Turn the dial on the appliance to "I" and blend the mixture until smooth.

Remove the To-Go-Cup from the blade assembly. Attach the spill proof lid or serve in a glass.

If desired, garnish with a wedge of honeydew.

Makes about 18 ounces.

## HEALTH BOOSTER - MELON SURPRISE

### JUICE...

1 cup broccoli florets  
1 cup cubed cantaloupe  
1 cup cubed honeydew  
1 lemon, peel and white pith removed

### BLEND with...

½ cup plain yogurt  
1 tbsp agave syrup \*  
½ cup ice cubes

**Note:** \*You can replace with 1 tbsp brown sugar or sweetener of your preference

Cut the fruit into pieces that will fit into the food chute of the juice extractor. Process through the juice extractor. Pour the juice into the To-Go-Cup. Add the remaining ingredients. Attach the blade assembly to the To-Go-Cup.

Remove the stainless steel filter and the filter basket from the processor. Invert the To-Go-Cup onto the power base of the processor. Turn the dial on the appliance to "I" and blend the mixture until smooth.

Remove the To-Go-Cup from the blade assembly. Attach the spill proof lid or serve in a glass.

If desired, garnish with a wedge of lemon.

Makes about 20 ounces.



## ENERGY BOOSTER - BREAKFAST BONANZA

### JUICE...

2 medium carrots  
1 cup blueberries  
2 cups cubed pineapple  
1 cup kale leaves

### BLEND with...

1 medium banana  
1 tbsp protein powder  
½ cup freshly squeezed orange juice

### Boost if desired...

1-2 tsp Chia or Flax seeds  
1 tbsp peanut butter

Cut the carrots into pieces that will fit into the food chute of the juice extractor. Process with the blueberries, pineapple and kale through the juice extractor. Pour the juice into the To-Go-Cup. Add the remaining ingredients. Attach the blade assembly to the To-Go-Cup.

Remove the stainless steel filter and the filter basket from the processor. Invert the To-Go-Cup onto the power base of the processor. Turn the dial on the appliance to "1" and blend the mixture until smooth.

Remove the To-Go-Cup from the blade assembly. Attach the spill proof lid or serve in a glass.

If desired, garnish with a pineapple or lemon wedge.

Makes about 20 ounces.

## ENERGY BOOSTER - FRESH FROM THE GARDEN

### JUICE...

2 medium carrots  
1 medium celery stalk  
4-inch piece of cucumber  
1 medium apple  
1 medium tomato  
1 lemon, peel and white pith removed

1-inch piece fresh ginger  
1 cup firmly packed spinach leaves

### BLEND with...

½ cup cold brewed green tea  
½ cup ice cubes

### Boost if desired...

1 -2 tsp Chia or Flax seeds

Cut the carrots, celery, cucumber, apple, tomato, lemon and ginger into pieces that will fit into the food chute of the juice extractor. Process them with the spinach through the juice extractor. Pour the juice into the To-Go-Cup. Add the remaining ingredients. Attach the blade assembly to the To-Go-Cup.

Remove the stainless steel filter and the filter basket from the processor. Invert the To-Go-Cup onto the power base of the processor. Turn the dial on the appliance to "1" and blend the mixture until smooth.

Remove the To-Go-Cup from the blade assembly. Attach the spill proof lid or serve in a glass.

If desired, garnish with a lemon wedge.

Makes about 18 ounces.





## DETOX RECIPE - GINGERED SUPER GREENS

### JUICE...

2 cups firmly packed spinach leaves  
1 cup firmly packed arugula leaves  
1 medium red delicious apple, cut into wedges  
½ cup firmly packed watercress leaves  
1 lemon, peel and pith removed and cut in half

1-inch piece fresh ginger

### BLEND with...

1 cup cranberry juice  
½ cup ice cubes

### Boost if desired...

1-2 tsp Chia or Flax seeds

Process the spinach, arugula, apple, watercress, lemon and ginger through the juice extractor. Pour the juice into the To-Go-Cup. Add the remaining ingredients. Attach the blade assembly to the To-Go-Cup.

Remove the stainless steel filter and the filter basket from the processor. Invert the To-Go-Cup onto the power base of the processor. Turn the dial on the appliance to "I" and blend the mixture until smooth.

Remove the To-Go-Cup from the blade assembly. Attach the spill proof lid or serve in a glass.

If desired, garnish with a lemon wedge.

Makes about 18 ounces.

## DETOX RECIPE - THE BERRY BEST

### JUICE...

1 cup fresh blueberries  
1 cup fresh strawberries, halved \*  
1 cup fresh raspberries  
½ cup cubed pineapple  
2 celery stalks

**Note:** \* Replace by 1 cup cranberries when they are in season, if desired

### BLEND with...

½ cup plain Greek yogurt  
½ cup cold brewed organic green tea with pomegranate and açai \*\*  
2 tbsp honey

### Boost if desired...

1 -2 tsp Chia or Flax seeds

Process the blueberries, strawberries and raspberries through the juice extractor. Pour the juice into the To-Go-Cup. Add the remaining ingredients. Attach the blade assembly to the To-Go-Cup.

Remove the stainless steel filter and the filter basket from the processor. Invert the To-Go-Cup onto the power base of the processor. Turn the dial on the appliance to "I" and blend the mixture until smooth.

Remove the To-Go-Cup from the blade assembly. Attach the spill proof lid or serve in a glass.

If desired, garnish with blueberries and raspberries.

Makes about 18 ounces.



## KID'S FAVORITES - MORNING SUNRISE

### JUICE...

- 1 medium apple
- 1 medium carrot
- 1 medium peach, stone removed
- 1 cup cubed mango

### BLEND with...

- ½ cup freshly squeezed orange juice
- ½ cup ice cubes

Cut apple, carrot, peach and mango into pieces that will fit into the food chute of the juice extractor. Process through the juice extractor. Pour the juice into the To-Go-Cup. Add the remaining ingredients. Attach the blade assembly to the To-Go-Cup.

Remove the stainless steel filter and the filter basket from the processor. Invert the To-Go-Cup onto the power base of the processor. Turn the dial on the appliance to "I" and blend the mixture until smooth.

Remove the To-Go-Cup from the blade assembly. Attach the spill proof lid or serve in a glass.

If desired, garnish with a wedge of mango.

Makes about 16 ounces.

## KID'S FAVORITES - RICH AND CREAMY BREAKFAST BOOST

### JUICE...

- 1 nectarine, stone removed
- 1 cup cubed pineapple
- 1 cup strawberries cut in pieces

### BLEND with...

- 1 small banana or ½ banana
- ½ cup Greek yogurt

### Boost if desired...

- 1 tbsp protein powder

Cut the nectarine into pieces that will fit into the food chute of the juice extractor. Process with the pineapple through the juice extractor. Pour the juice into the To-Go-Cup. Add the remaining ingredients. Attach the blade assembly to the To-Go-Cup.

Remove the stainless steel filter and the filter basket from the processor. Invert the To-Go-Cup onto the power base of the processor. Turn the dial on the appliance to "I" and blend the mixture until smooth.

Remove the To-Go-Cup from the blade assembly. Attach the spill proof lid or serve in a glass.

If desired, garnish with a strawberry.

Makes about 16 ounces.





# 1 Year Limited Warranty

Sunbeam Products, Inc. doing business as Jarden Consumer Solutions or if in Canada, Sunbeam Corporation (Canada) Limited doing business as Jarden Consumer Solutions (collectively "JCS") warrants that for a period of one year from the date of purchase, this product will be free from defects in material and workmanship. JCS, at its option, will repair or replace this product or any component of the product found to be defective during the warranty period. Replacement will be made with a new or remanufactured product or component. If the product is no longer available, replacement may be made with a similar product of equal or greater value. This is your exclusive warranty. Do NOT attempt to repair or adjust any electrical or mechanical functions on this product. Doing so will void this warranty.

This warranty is valid for the original retail purchaser from the date of initial retail purchase and is not transferable. Keep the original sales receipt. Proof of purchase is required to obtain warranty performance. JCS dealers, service centers, or retail stores selling JCS products do not have the right to alter, modify or any way change the terms and conditions of this warranty.

This warranty does not cover normal wear of parts or damage resulting from any of the following: negligent use or misuse of the product, use on improper voltage or current, use contrary to the operating instructions, disassembly, repair or alteration by anyone other than JCS or an authorized JCS service center. Further, the warranty does not cover: Acts of God, such as fire, flood, hurricanes and tornadoes.

## **What are the limits on JCS's Liability?**

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Some provinces, states or jurisdictions do not allow the exclusion or limitation of incidental or consequential damages or limitations on how long an implied warranty lasts, so the above limitations or exclusion may not apply to you.

This warranty gives you specific legal rights, and you may also have other rights that vary from province to province, state to state or jurisdiction to jurisdiction.

## **How to Obtain Satisfaction Guarantee Service**

### **In the U.S.A.**

If you have any question regarding this warranty or would like to obtain warranty service, please call 1-800-334-0759 and a convenient service center address will be provided to you.

### **In Canada**

If you have any question regarding this guarantee or would like to obtain guarantee service, please call 1-800-667-8623 and a convenient service center address will be provided to you.

In the U.S.A., this guarantee is offered by Sunbeam Products, Inc. doing business as Jarden Consumer Solutions located in Boca Raton, Florida 33431. In Canada, this guarantee is offered by Sunbeam Corporation (Canada) Limited doing business as Jarden Consumer Solutions, located at 20 B Hereford Street, Brampton, Ontario L6Y 0M1. If you have any other problem or claim in connection with this product, please write our Consumer Service Department

**PLEASE DO NOT RETURN THIS PRODUCT TO ANY OF THESE ADDRESSES OR TO THE PLACE OF PURCHASE**

