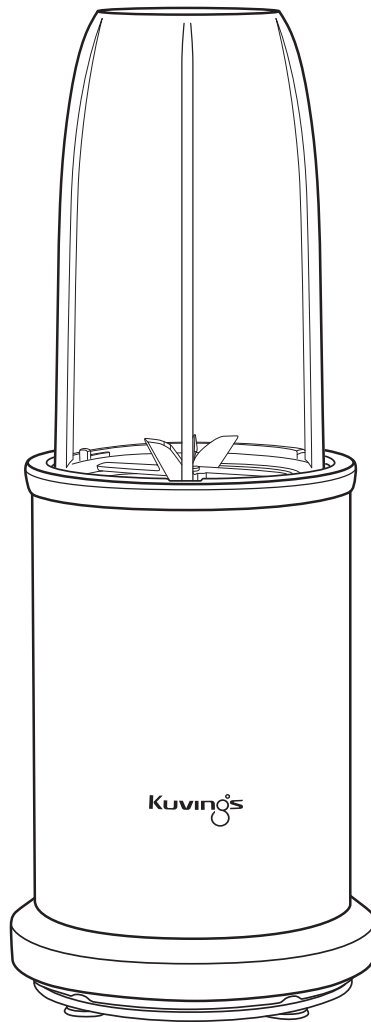


Kuvings®



NUTRI BLENDER

User Guide



※ The product should not be used in countries using different voltage.

*HOUSEHOLD USE ONLY

CONTENTS

IMPORTANT SAFEGUARDS	03
SAFETY WARNING	06
TIPS ON OPERATING	08
PARTS	09
RECOMMENDED CAPACITY OF CONTAINER BY INGREDIENTS	10
HOW TO ASSEMBLE AND OPERATE	12
CLEANING AND CARE	13
BEFORE REQUESTING SERVICE	14
RECIPE GUIDE	15
SPECIFICATION	31

IMPORTANT SAFEGUARDS

* When using this or any other electrical appliance, always follow these basic safety precautions:

1. Read all instructions before using this blender.
2. To protect against risk of electrical shock do not put cord, plug, or base in water or other liquid.
3. Close supervision is necessary when any appliance is used by or near children.
Unplug from outlet when not in use, before putting on or taking off parts, and before cleaning.
4. Avoid contacting moving parts.
5. Do not operate any appliance with a damaged cord or plug, or After the appliance malfunctions, or is dropped or damaged in any manner.
Call our toll-free customer service number for information on examination, electrical repair, mechanical repair, or adjustment.
6. The use of attachments, including canning jars, not recommended by the manufacturer may cause a risk of injury to persons.
7. Do not blend hot liquids.
8. Do not use outdoors.
9. Do not let cord hang over edge of table or counter or touch hot surface including stove.
10. Keep hands and utensils away from moving blades while processing food.

11. Blades are sharp. Handle carefully.
12. This appliance is intended for processing small quantities of food for blending. It is not available large quantities of food at one time.
13. To reduce the risk of injury, never place cutting blade on base.
14. Be certain cover is securely locked in place before operating appliance.
15. Do not attempt to defeat the cover interlock mechanism.
16. 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.
17. Care shall be taken when handling the sharp cutting blades, emptying the bowl and during cleaning.
18. This appliance shall not be used by children. Keep the appliance and its cord out of children.
19. Appliances can be used by persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and if they understand the hazards involved.
20. Children shall not play with the appliance.
21. Always disconnect the appliance from the supply if it is left unattended and before assembling, disassembling or cleaning.

SAVE THESE INSTRUCTIONS

A short power supply cord is provided to reduce the risk of becoming entangled in or tripping over a longer cord. Extension cords are available and may be used if care is exercised in their use:

1. The marked electrical rating must be at least as great as that of the product.
2. If the product is of the grounding type, the extension cord must be a grounding-type 3-wire cord.
3. Arrange the longer cord so that it will not drape over a counter-top or tabletop where it can be tripped over, snagged, or pulled on unintentionally (especially by children).

SAFETY WARNING

※ The contents are for user safety and preventing property damage. Read the details on the next page and use the product correctly.

- Warning : Failure to comply with the Guide may result in death or injury.

⊘ This indicates prohibition.

ⓘ This indicates that you should perform.

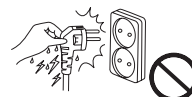
⊘ This indicates that you should not separate.

ⓘ This indicates that you should separate the power plug from the outlet.

※ Please use the product after completing the checklist for safe use of the product.

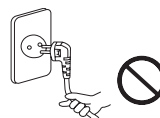
- **Do not touch the power plug with wet hands.**

→ Otherwise, it might cause electric shock.



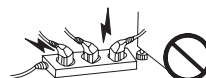
- **Do not pull the plug by holding the cable.**

→ Otherwise, it might cause damage in the cable, resulting in electric shock or fire.



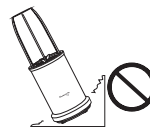
- **Do not plug multiple cords into one outlet at the same time.**

→ Otherwise, it might cause heat or fire.



- **Do not use on a slope or unstable place.**

→ If the product falls, it may result in damage or safety accidents.



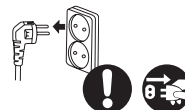
- **Do not put other parts or tools aside from components in the container before using the product.**

→ It may cause safety accidents.



- **When not in use, pull the power plug from the outlet.**

→ Otherwise, a short circuit may cause fire due to insulation aging.



- **Store away from children or infants' reach.**

→ Otherwise, safety accidents might occur involving injury.



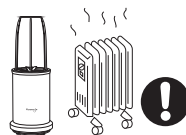
- **Do not hold blades with hands when using or cleaning the product.**

→ Otherwise, the blades might injure your hands.



- **Do not use or store near heat or open flame.**

→ It might cause deformation or discoloration of the product.



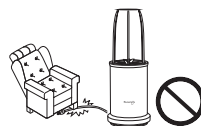
- **Never dismantle, repair or remodel base.**

→ Fire or injury might occur due to abnormal operation.



- **Do not bend the power cord excessively or put a heavy object on it to prevent damage.**

→ It might cause a short circuit or fire.



- **Do not clean with inflammable materials or chemicals.**

→ It might cause electric shock, fire or explosion.



- **Do not clean dust or water on the contact part of the power plug and pin with a wet cloth.**

→ It might cause electric shock or fire.



- **When cleaning the product, be sure to pull the power plug from the outlet and wipe with a dry cloth.**

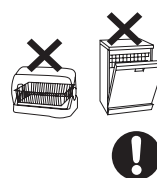
→ It might cause electric shock or fire.



- **Do not wash each part using a dishwasher, and do not clean the Parts(Extractor Container, Grinding Container, Grinding Blade, Extractor Blade, Lid) with hot water.**

→ Otherwise, it may shorten the lifespan or degrade functions.

→ Do not put parts in the dishwasher to clean and dry.



TIPS ON OPERATING

■ Before use

1. Please clean the Container, Blade with a mild detergent before first use.
2. Check that the Container, Blade, and Base all fit into each other well.
The blender will not operate if the Container is not placed on the base properly.
3. For safety, keep it away from using near children.

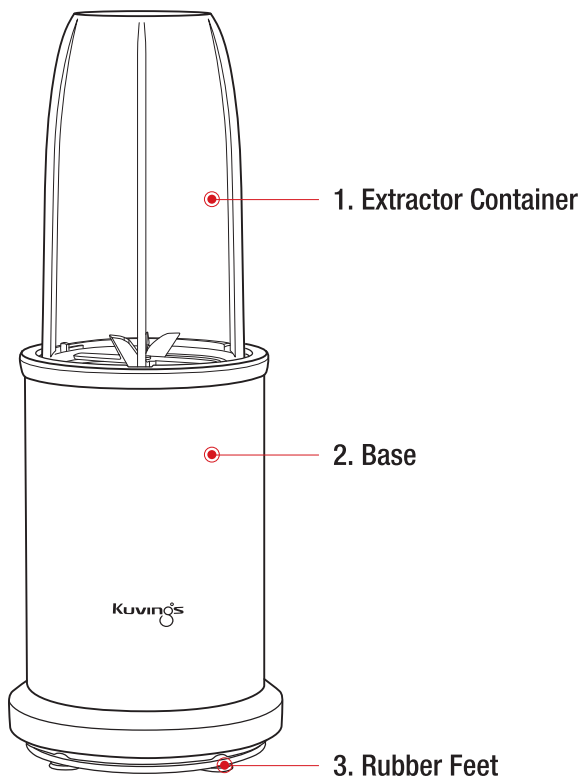
■ Blending Tips

1. Do not run the product without any ingredients in the container for a long time. It may cause the product damage and/or shorten product life.
2. Use on a dry and flat surface. Do not move or shake the blender while it is operating.
3. Only put food ingredients. Do not put spoon, fork, spatula, etc in to the container.
4. Do not shake or move while operating (It might cause safety accidents or shortening of lifespan).
5. For grinding dry ingredients such as grains and coffee beans, make sure to completely dry the ingredients and wipe off any moisture in the Grinding Container. If ingredients are wet, the blade will not process ingredient efficiently.
6. For best Results, Cut ingredients below 1~3cm before putting them in the Container.
 - Use ice cubes made at home.
 - Follow the loading guide: Liquid (milk, water, etc.) → Wet ingredients (tomatoes, fruits, etc.)
→ Soft ingredients (leafy vegetables) → Hard ingredients (carrots, ice, etc.)
7. This blender is equipped with motor overheating protection. If the motor stops due to overheating protection, allow the blender to cool for at least 30 minutes before beginning another cycle.

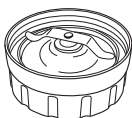
■ Maintenance Tips

1. Clean the Container immediately after use. For best results, fill the Container halfway with warm soapy water and run for 15-20 seconds.
2. Do not place the base in water. Always use a damp or dry cloth.
3. Do not use dishwasher for clean the blade.

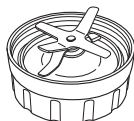
PARTS



4. Grinding Blade



5. Extractor Blade



6. To-Go Lid



7. Container Lip Ring



8. Container Lid



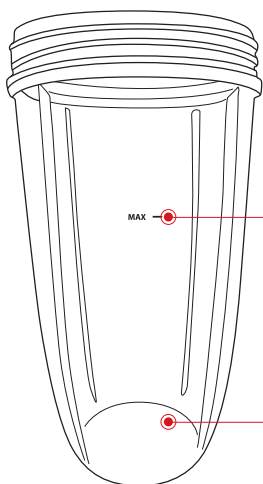
9. Grinding Container



RECOMMENDED CAPACITY OF CONTAINER BY INGREDIENTS



- Add some liquid or high moisture food on the bottom of the container for the best result. It helps the blade catch the ingredients and makes it consistently blended.
- Not enough liquid will make the blade spin without processing ingredients in the container.



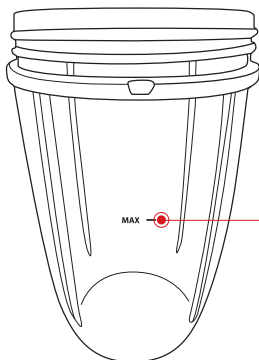
1 Extractor Container

Capacity for general ingredients

- Fruits, Vegetables, Liquid, etc.
- Load up to 700ml

Minimum liquid capacity for blending

- Load up to 100ml



2 Grinding Container

Maximum capacity for grinding

- Coffee beans, grains etc.
- Load up to 300g

※ Use the Grinding blade for grind.
(Do not use Extractor Blade for grinding.)

Precautions

• **Add liquid**

When there isn't much moisture in the ingredients, it helps to add some liquid to help blending.

100ml



• **Recommended ice**

Use home made ice cubes no larger than 3cm.



• **Grinding dry ingredients**

When grinding any ingredients like coffee beans, always completely dry the ingredients and wipe off any moisture in the container.

Use the Grinding blade for grind.

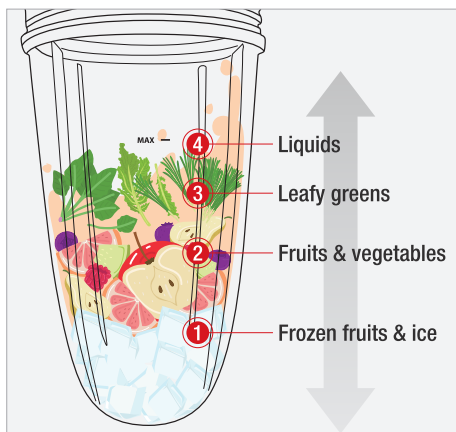


HOW TO ASSEMBLE AND OPERATE

1 Put ingredients in the Container.

- Ingredients should be cut to 3cm or smaller pieces.
- Place liquid and soft food first then solid food and ice.

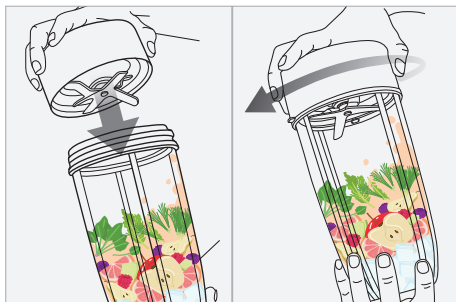
Do not exceed the max line in the Container.



2 Lock the Blade into the Container by turning it clockwise.

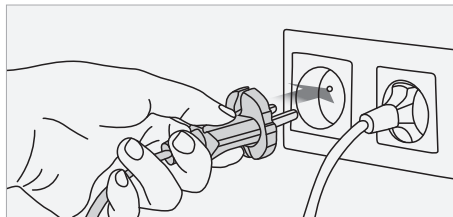
- Be sure to correctly fasten the Blade on to the container.

If the Blade is not properly fastened, the blending function may not work and ingredients in the container may spill.



3 Plug in the power cord.

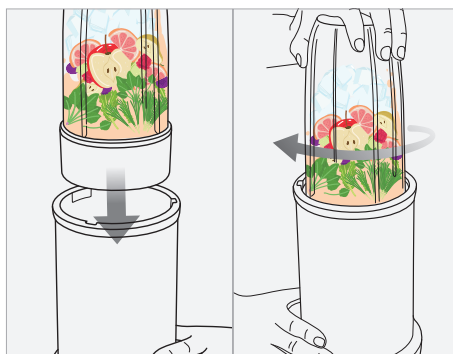
Do not touch the power plug with wet hands.



4 Properly place the Container with Blade onto the base. Then apply pressure clockwise for blending start.

- If the Container is not seated properly on the base, the blending function will not work.
- Maximum Capacity of ingredient:
Extractor Container : 700ml /
Grinding Container : 300g

The grinding of dry ingredients limits the continuous use, and when you use the product continuously, it should be cool completely the ingredients inside the container before operating. (Continuous use cause quality deterioration of the product because of the frictional heat of the ingredients, and it has to charge for A/S.)

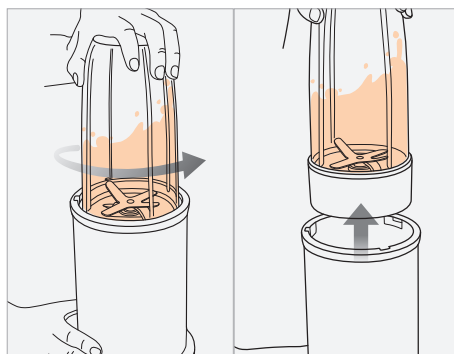


5 When blending is completed, turn the Container counterclockwise and separate from Base.

- There is no automatically stop function. You should separate Container from the Base if you want to stop the blending.

Recommended blending time : 60 seconds per cycle.

If you blending more than 60 seconds per cycle, may cause damage the product.



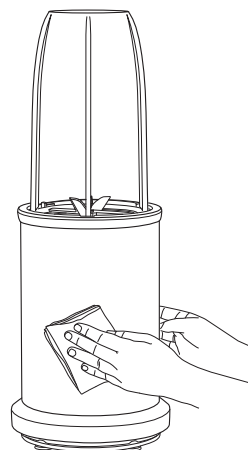
CLEANING AND CARE

1 Container, Blade

- ※ When cleaning, do not leave the Blade in water or it can rust.
- ※ Do not put the Blade in the dishwasher.
- ※ Fill the Container half full with water and add a drop liquid dish soap. and blending for about 15-20 seconds. Then, rinse and dry.
- ※ Clean the Container, Blade with a mild detergent before first use.

2 Base

- Unplug the blender before cleaning.
- Wipe the base with a dry or damp cloth.



BEFORE REQUESTING SERVICE

1 If blender does not turn on.

- Check the Container properly place on to the base.
 - Check if the power cord is plugged into the outlet properly.
-

2 If hearing abnormal noise.

- Check rotating condition (bearing) of the Blade.
 - After stopping the product, check if the Container and Blade are properly combined.
 - Check size(less than 3cm) and amount of an ingredient.
-

3 Blending does not stop.

- There is no automatic stop function. When complete the blending, turn the Container counterclockwise then, separate from base.
-

4 Base moves slightly during operation.

- Wipe off any water, oil or dust from the rubber feet and from the table.
-

5 There is smoke or burning smell when using the blender for the first time.

- When using the blender for the first time, there may be some smoke and/or a burning smell. It is normal, and it will gradually disappear.
-

6 Normal wear and tear of container and blade are not covered under warranty and may need to be replaced as needed.

Recipe Guide

CONTENTS

Carrot and Cocoa Juice	16	Cloudy Smoothie	22
Grapefruit Green Juice	16	Citrus Circle Smoothie	23
Power-Up Purple Juice	17	Strawberry Spinach Smoothie	23
Mind Calming Apple Berry Lush	17	Iced Cappuccino	24
ABC Juice	18	Mocha Frappuchino	24
Yellow Tango	18	Cashew Butter	25
Citrus Energy Smoothie	19	Peanut Butter	25
Green Tea Smoothie	19	Almond Butter	26
Pear Berry Smoothie	20	Guacamole	26
Summer Breeze	20	Hummus	27
Cucumber and Melon Smoothie	21	Roti	27
Triple Berry Smoothie	21	Tomato Sauce	28
Avocado Cacao Smoothie	22	Home made salsa	28

Carrot and Cocoa Juice

This carrot and cocoa juice is recommended for those who want to lower the blood cholesterol.



Ingredients

1/2 Carrot
1/3 Apple

1 tsp. Cacao powder
3/4 C. Water



Tip

Carrots with deep orange color and thin skin tend to have sweet and strong flavors.



Nutritional Information

Pectin in carrot alleviates arterial stiffness to improve blood circulation. Polyphenol in cacao powder is also very helpful for smooth blood circulation.



Grapefruit Green Juice

It is a powerful detox green juice made with refreshing grapefruit and green vegetables.



Ingredients

1/4 Grapefruit
1/2 Apple
1/4 C. Spinach

1/4 C. Kale
3/4 C. Water



Tip

All types of citrus should be peeled and their seeds must be removed before blending.



Nutritional Information

The grapefruit is rich in pectin that lowers cholesterol and helps lose weight.



Power-Up Purple Juice

Purple Juice has the power to keep you young. The red cabbage has the effect of alleviating stress and strengthening the immune system.

Ingredients

1/4 Pear	1/8 C. Lemon juice
1/8 Red cabbage	3/4 C. Water
1/3 Cucumber	

Tip

If the raw red cabbage is too tough to eat, blanch them to reduce bitterness and it will soothe an upset stomach.

Nutritional Information

Among phytochemical substances, purple-colored foods are known as excellent antioxidants. We recommend to increase the portion of cabbage for the juice gradually.



Mind Calming Apple Berry Lush

Start your day peacefully with this calming pink juice.

Ingredients

1/3 Apple	1/8 C. Lemon juice
1/2 C. Strawberries	3/4 C. Water

Tip

You can replace water with milk or almond milk.

Nutritional Information

Sweet fragrant strawberry is rich in vitamin C, manganese and potassium.



ABC Juice

Start your day healthy with ABC Juice.
It cleanses your blood veins.



Ingredients

1/3 Apple
1/6 Beet
1/3 Carrot

1 tsp. Cinnamon powder
1 C. Water



Tip

You can eat cooked or raw beet roots.



Nutritional Information

Apples are perfect ingredient for healthy juice. They're rich in fibers and vitamin C and low calories, fat and sodium.



Yellow Tango

Experience the new taste of the combination of sweet and sour fruits like pineapple, mango, orange and coconut milk.



Ingredients

1/2 C. Pineapple chunks
1/2 Mango

1/3 Orange
3/4 C. Coconut milk



Tip

Add more oranges for citrus flavor, or more mangoes for a sweet flavor.



Nutritional Information

Yellow Tango is a juice made with antioxidant fruits like mangoes (vitamin A) and oranges (vitamin C). This juice can help you to beat another tired day.



Citrus Energy Smoothie

Battle your fatigue with this vitamin C packed juice! It will bring your energy back.



Ingredients

1/2 Orange
1/2 Lime

1/6 C. Spinach
3/4 C. Water



Tip

You can replace lime with lime juice or lemon with lemon juice.



Nutritional Information

Orange is rich in fibers, vitamin C, thiamine, folate and antioxidants.



Green Tea Smoothie

A new recipe for the cold smoothie based on green tea that is often enjoyed as a hot tea.



Ingredients

1 tsp. Green tea powder
1 Banana
1/3 Cucumber

1/2 C. Milk
1/4 C. Ice cube, optional



Tip

It is recommended to add agave nectar instead of honey for this smoothie.



Nutritional Information

Green tea improves the skin health and the immune system. Instead of having hot green tea, taste the new green tea based smoothie.



Pear Berry Smoothie

Make your day sweet with this lovely pink juice.



Ingredients

1/3 Pear

1/3 C. Strawberries

1/3 C. Blueberries

3/4 C. Water



Tip

You can replace water with milk, coconut water or vegan milk.



Nutritional Information

Pear is rich in vitamins C and K, copper, potassium and fibers with low calories. So, it can lower the blood sugar level effectively.



Summer Breeze

Keep yourself hydrated and full of energy by Summer Breeze in the hot summer.



Ingredients

1 C. Watermelon chunks

1/3 C. Blueberries

1/8 C. Lime juice

3/4 C. Water



Tip

You can use frozen blueberries in the off-season.



Nutritional Information

High-water possessed watermelon and excellent antioxidant blueberry can lighten up your dull skin and boost your energy.



Cucumber and Melon Smoothie

Everyone will love this sweet smoothie. Enjoy the Cucumber and Melon Smoothie that will make your summer cool.



Ingredients

1/4 Melon	1/2 C. Water
1/4 Pear	1/4 C. Ice cube
1/2 Cucumber	1/4 C. Ice cube



Tip

Add syrup or honey if you want sweetness.



Triple Berry Smoothie

A range of berries can delay the aging of your body. Let's blend various berries to make a healthy smoothie.



Ingredients

1/3 C. Raspberries	1/4 Pear
1/3 C. Blueberries	3/4 C. Water
1/3 C. Cranberries	



Tip

With fresh blueberries unavailable, use frozen ones. Let them unfreeze before using.



Avocado Cacao Smoothie

Do you feel your skin got rough and your eyesight got poor? This antioxidant cacao smoothie is good for improving skin health and eyesight, and plus makes a strong immune system.



Ingredients

1/2 Avocado	1 tsp. Cacao powder
1 Banana	3/4 C. Almond milk
1/6 C. Spinach	



Tip

It's convenient to store peeled bananas in the freezer for later use. You can replace almond milk with soy milk, coconut milk or coconut water.



Cloudy Smoothie

The sweet and cool fruit-flavored cloudy Smoothie is perfect for hot summer days.



Ingredients

1/2 C. Green grapes	1/2 Cucumber
1/2 C. Watermelon chunks	1/2 C. Water
1/6 C. Spinach	1/4 C. Ice cube, optional



Tip

Cut a whole grape into small branches with scissors and wash each grape in running water with baking soda.



Citrus Circle Smoothie

Enjoy a refreshingly sweet citrus smoothie.



Ingredients

1/4 Grapefruit

1/3 Orange

1/8 C. Lemon juice

1 Tbsp. Agave syrup

1/2 C. Water

1/4 C. Ice cube



Tip

All types of citrus should be peeled and their seeds must be removed before blending.



Strawberry Spinach Smoothie

Enjoy a new type of soft smoothie of spinach and strawberry.



Ingredients

1/2 C. Strawberries

1/6 C. Spinach

1 Banana

3/4 C. Coconut milk



Tip

You can replace coconut milk with water or ordinary milk.



Iced Cappuccino



Ingredients

- 1 tbsp Instant Coffee Powder
- 1 C. Milk
- 1/4 C. Warm Water
- 6 Ice Cubes
- 1 tbsp of Raw Sugar



Instruction

1. Add instant coffee, raw sugar, warm water in the blender
2. Blend for a minute or until the coffee solution becomes frothy.
3. Add 6 ice cubes.
4. For a thick cold coffee, you can reduce the ice cubes from 2 to 4.
5. Pour 2 cups cold milk, whole milk gives a slightly thicker consistency and is richer.
6. Blend for 1 to 2 minutes or until the milk is mixed evenly with the coffee concoction and you see a frothy layer on top.
7. Pour in glass and serve cold coffee.



Mocha Frappuchino



Ingredients

- 1 C. Ice Cubes
- 1/2 C. Coffee (freshly brewed and cooled)
- 1/3 C. Milk
- 1 tbsp Granulated Sugar
- 3 tbsp Fudge Sauce



Instruction

1. Add all the ingredients in the blender.
2. Blend well till the mixture is smooth.
3. Add more ice for more frothy drink.
4. Feel free to use almond milk for a dairy-free version.
5. Pour it into the glass and enjoy it.
6. You can decorate with whipped cream.



Cashew Butter



Ingredients

- | | |
|---------------------------|-------------------------|
| 3 C. raw unsalted Cashews | 1/4 tsp ground Cinnamon |
| 1 tbsp Oil | 1/4 tsp Vanilla Extract |
| 1/4 tsp Salt | Honey |



Instruction

1. Add roasted Cashews in Blender, blend 3 to 4 times, or until the nuts are chopped into very small pieces, then transfer the chopped nuts to a bowl and reserve for later.
2. Add the oil, and then blend another 2 to 3 minutes until the cashew butter is shiny and smooth, as you process them, the cashews will go from whole nuts, to a fine powder, to a clumpy mess, and finally to a creamy smooth texture.
3. Stopping and scraping or breaking up any large clumps will help to quicken the process.
4. When the cashew butter is smooth and creamy, add the salt, cinnamon and vanilla, blend for 10 to 20 seconds.
5. Store in a sealed container, for a few weeks, in a fridge.



Peanut Butter



Ingredients

- 2 C. Dry Roasted Peanuts
1–2 tbsp Honey
Salt



Instruction

1. Place peanuts in a blender.
2. Blend until smooth and creamy “liquid” peanut butter.
3. Stir in the honey and salt.
4. Store in the fridge or at room temperature if you think you’ll go through it fast enough.



Almond Butter

Instead of jam or peanut butter that you eat every day, this almond butter will give you a luxurious taste and aroma.



Ingredients

2C. Roasted almonds

1 tbsp Olive oil

1/2 tsp Salt



Tip

You can also make peanut butter from roasted peanuts.



Nutritional Information

Almonds are high in essential nutrients and are rich in vitamin E, a powerful antioxidant that prevents aging. Also the fat in the savory almonds also has a high unsaturated fatty acid, which is effective for skin beauty.



Guacamole

Guacamole is the epicenter of Mexican food. It is good to be used on salad and as a dipping sauce for taco or tortilla.



Ingredients

2 Avocado

1/2 Onion

1/2 Lime

2 Jalapeno peppers

2 tbsp chopped coriander leaves

1/2 tsp salt

1/2 tsp pepper



Tip

Adjust the portion of jalapeno, depending on your taste. You may add coriander.



Nutritional Information

Even though avocado is high in calories, it is rich in unsaturated fat and gives a full feeling. So, if the sudden crave for creamy food strikes you on a diet, avocado is a perfect choice.



Hummus



Ingredients

- | | |
|-----------------------|-------------------------|
| ½ C. Cooked Chickpeas | 4 tbsp Virgin Olive Oil |
| 1 ½ C. Water | 5 Medium Garlic Cloves |
| 1 pinch Baking Soda | 2 tbsp Lemon Juice |
| 2 tbsp Sesame Seeds | Salt & Pepper |



Instruction

1. Soak the Chickpeas in water overnight.
2. Take Chickpeas, ½ tsp Salt, 1 pinch of baking soda and 1 ½ cups water, pressure cook for 12 mins.
3. Remove the cooked Chickpeas and mash them completely with spoon.
4. Roast Sesame Seeds on Pan.
5. Add roasted Sesame Seeds, cooked Chickpeas and all ingredients into the blender and blend well.
6. Serve it with warm pita bread or with steamed or roasted veggies.



Roti



Ingredients

- 1 1/2 C. Whole wheat flour
- 1 tbsp vegetable oil
- 1 tsp Salt
- 3/4 C. Water



Instruction

1. Put all the ingredients in a container and knead slowly until the dough forms.
2. When the ball-shaped dough is complete, knead the dough with your hands for 5 minutes.
3. Cover the dough with wrap. Let the dough in a warm environment until 1 hour.
4. Divide the dough and roll out thinly with a rolling pin.
5. Bake in a pan without oil.



Tomato Sauce



Ingredients

- 2 Tomatoes
- 5 Garlic Cloves
- 2 Ginger
- 5 Dry Red Chillies
- 1/2 cup Golden Raisins
- 3 tsp White Vinegar
- 1 tbsp Salt
- 6 tbsp Sugar
- 1/4 tsp Sodium Benzoate dissolved in 1 tsp Hot Water



Instruction

1. Boil the tomatoes.
2. Add the ginger, garlic, red chillies, raisins, vinegar, salt and sugar.
3. Mix well and keep on a low to medium flame on the stove top.
4. When the mixture cools down, blend the puree in the blender.
5. On a low to medium flame, simmer the puree.
6. Pour the sodium benzoate solution to the hot tomato puree.
7. Let the sauce cool and be kept aside for some hours or a day.



Home made salsa



Ingredients

- 2 Tomatoes
- 1 Onions
- 1 tsp Chopped Green Chillies
- 1/4 tsp Cumin Powder
- 1/4 tsp Black Pepper Powder
- 2 tsp Lemon Juice
- 2 tbsp Chopped Coriander Leaves



Instruction

1. Remove the seeds from the tomatoes as well as green chillies.
2. Transfer the chopped ingredients to a Kuvings Nutri Blender.
3. Blend well into a fine, slightly-chunky consistency.
4. Serve salsa immediately or refrigerate in a sealed container to enjoy later.



MEMO

Lined area for writing the memo.

30

SPECIFICATION

Product	Kuvings Nutri Blender
Model Name	KNB-200B, KNB-100E
Rating Voltage	AC220-240V, 50-60Hz
Power Consumption	1,000W
Recommended Rating Time	Less than 1min.
Weight	2.4Kg
Product Size	135 X 135 X 375(mm)