

CRUX

Soupa Blender Instruction Manual

Styled for Life
Designed & Engineered in New York City

Thank you for Purchasing this Product

You may already be familiar with using a similar product, but do please take the time to read these instructions - they have been written to ensure you get the very best from your purchase.

Safety is Important

To ensure your safety and the safety of others, please ensure you read the Product Safety and Electrical Safety Information before you operate this product. Keep these instructions in a safe place for future reference.

Technical Information

Voltage/Frequency: 230V-50Hz 1200W

Maximum Blending Capacity: 2 Litres (Cold liquid),
1.2 Litres (When making or blending hot liquids)

Single Serve Beaker: 600ml

Maximum operation time: 7 minutes

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Product Safety

When using electrical appliances, basic safety precautions should be followed including the following: Read all instructions before use.

IMPORTANT

- Always ensure the appliance is only used by a responsible adult. It 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 appliances by a person responsible for their safety.
- Always use this appliance on a stable, level surface, close to a power socket and out of reach of children.
- Always ensure that hands are dry before handling the plug or switching on the appliance.
- Always operate the blender with the lid locked into place and the lid cap firmly closed, the lid cap should only be removed when adding ingredients or using the tamper.

- Always ensure the blending jug is properly assembled and in place before pressing any of the speed or pre-programmed buttons on the appliance.
- Always carry out regular checks on the appliance and power cord. Should there be any signs of damage, do not attempt to use or repair. This appliance has no user serviceable parts.
- Always unplug this unit when not in use, or when removing or putting on parts and before cleaning.
- Always allow the appliance to fully cool down before cleaning or storing.
- Always switch off the appliance and wait until the blades stop moving before removing the container from the motor base and opening the container. A rubber scraper or spatula may be used, only when the blades are not moving, and the container has been removed from the base.

- Always ensure that the tamper used is the one provided with the unit as this is the correct size. Only use this when the lid is firmly in position, this is used to push ingredients towards the blade. DO NOT use any other utensil as this may damage the unit.
- Always use caution when blending hot liquids and ingredients. Escaping steam and splashing of liquid may occur from the vent holes in the lid. Ensure the liquids are below the MAXIMUM line and begin blending at the slowest speed. Always blend hot liquids with the lid and lid cap firmly in place. Keep hands and arms away from the lid cap when blending hot contents and use an oven mitt or potholder to prevent possible burns.
- Never immerse the appliance, cord or plug into water or any other liquid. This is to protect against electrical shock.
- Never use this appliance for other than intended use. This appliance is for household use only. it is not intended to be used for commercial use or to be used outdoors

- Never touch moving parts, the blades are extremely sharp and will cause injury.
- Never insert hands or utensils in the blending jug during operation to the risk of severe injury to persons or damage to the unit.
- Never allow young children to use this appliance, close supervision is necessary when this appliance is in use near children.
- Never let the power cord hang over the edge of a worktop, touch hot surfaces or become knotted, trapped or pinched.
- Never place on or near heat sources.
- Never overfill the blending jug, Never fill ingredients beyond the jar's MAX line, these are indicated on the side of the container, please pay attention to these.
- Never place any CRUX Soup in 7 Minutes blender attachments into a microwave oven.
- Never leave this appliance unattended during use.

- Never disassemble or reconstruct the base, blades or any parts of the blender. This may cause personal injury, damage to the unit and its surroundings, and make the warranty void.
- Never over blend your ingredients. This can cause overheating and damage to the unit, pay particular attention to this when creating nut-butters or oil based foods.

Electrical Safety

Read these instructions thoroughly before using this appliance or connecting it to the mains supply.

A 13 amp BS1362 ASTA approved fuse must be fitted.

This appliance must be earthed.

There are no user-serviceable parts inside this appliance.

Always refer servicing to qualified service personnel.

The mains lead of this product is not replaceable by the user.

If the mains lead is damaged, the entire appliance should be returned to an approved Service Centre for repair.

Do not allow this product to be exposed to rain or moisture during use or storage.

Before switching on, make sure that the voltage of your electricity supply is the same as that indicated on the rating plate. Connecting it to any other power source may cause damage. The mains lead of this product is not replaceable by the user. If the mains lead is damaged, the entire appliance should be returned to the Customer Service Department or replaced by suitably qualified persons in order to avoid a hazard.

If the plug has to be changed because it is not suitable for your socket, or due to damage, it should be cut off and a replacement fitted, following the wiring instructions shown. The old plug must be disposed of safely because inserting it into a 13 amp socket could cause an electrical hazard.

The wires in the power cable of this product are coloured in accordance with the following code:

Blue = Neutral

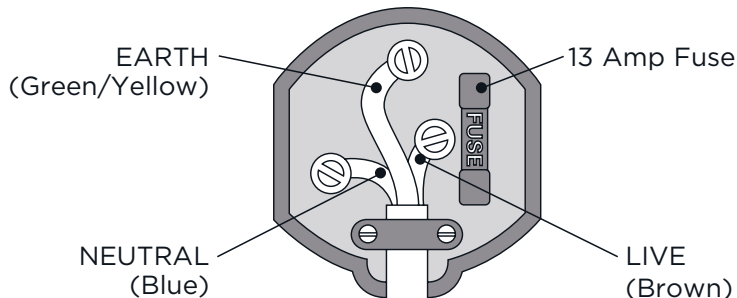
Brown = Live

Green/Yellow = Earth

If the markings on the terminals of your plug do not correspond to the colours of the wires in the power cable, proceed as follows:

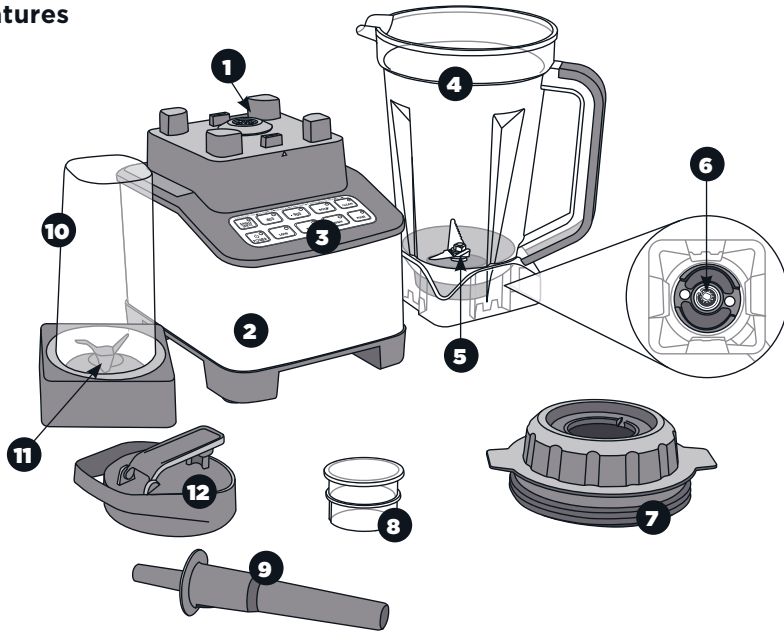
- The wire which is coloured **Blue** must be connected to the terminal which is marked **N** or coloured **Black**.
- The wire which is coloured **Brown** must be connected to the terminal which is marked **L** or coloured **Red**.
- The wire which is coloured **Green/Yellow** must be connected to the terminal which is marked with the earth symbol (\perp) or coloured **Green**.

Plug should be BS1362/ASTA approved.
Fit a 13 Amp fuse.



Ensure that the outer sheath of the cable is firmly held by the clamp.

Features



Product may vary slightly from illustration

- | | | |
|--------------------|-------------------------|---------------------------------|
| 1. Drive socket | 6. Locking nut | 11. Single serve blade assembly |
| 2. Base unit | 7. Lid | 12. Travel lid |
| 3. Control panel | 8. Lid cap | |
| 4. Container | 9. Tamper | |
| 5. Blades assembly | 10. Single serve beaker | |

LID CAP

Insert into the lid and lock by turning clockwise. This can be removed during processing to add further ingredients and to use the tamper.

LID

This is pressed into position; to secure, position the flaps over the spout and the handle, the lid must always be secured into position before blending. To remove the lid lift up one of the lid flaps and pull the lid off.

Warning - Do not place hands or fingers inside the blending container when in operation as this will cause injury and damage the unit.



CONTAINER

The container has millilitres clearly marked on either side with a maximum level for blending soup and cold liquids.

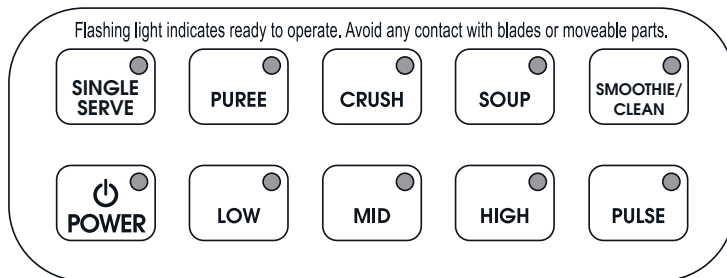
TAMPER

The tamper helps to circulate ingredients that are very thick or frozen that cannot be processed in a regular blender. Using the tamper maintains circulation by preventing air pockets from forming during blending. Do not use the tamper for more than 30 seconds at a time.

CONTROL PANEL

Easy to control push button display.

Control Panel



POWER: This will turn the power on and off.

SINGLE SERVE: This is for use with the single serve beaker only, it is designed to blend a smaller amount of ingredients, great for smoothies on the go. This is an automatic function it will run for 60 seconds and switch off.

PUREE: Use this to blend ingredients into a smooth, thick, soup like consistency. This is an automatic function and will run for 60 seconds before turning off.

CRUSH: Use this function to crush ice and frozen ingredients. It will run for 90 seconds and then turn off.

SOUP: Use this function to create delicious hot soup from fresh ingredients. The blender will run for 7 minutes and then automatically turn off. Please do not exceed the fill line for soup. Ensure that the lid and lid plug are securely on top to prevent splashing.

SMOOTHIE/CLEAN: Use this to create delicious smoothies, this setting will power through the toughest ingredients and result in a smooth finish. It will run a cycle for 60 seconds and then stop. To use as the clean function, simply follow the cleaning guidelines. Either cycle can be stopped by pressing the button again at any time during the cycle.

LOW: This is a manual function. It is the lowest speed. Do not run for more than 7 minutes at a time. This will prevent overheating. Use this setting to distribute extra added ingredients at the end of blending e.g cream or herbs in soup.

MID: This is a manual function. It is a medium speed. Do not run for more than 7 minutes at a time. This will prevent overheating.

HIGH: This is a manual function. It is the highest speed. Do not run for more than 7 minutes at a time which prevents overheating. This setting is designed to make whole-food juices, shakes, frozen mixtures, nut butters, and for grinding grains. Processing times generally will be less than one minute. The higher speed provides the best quality of blending, crushing ice, frozen fruit, whole fruits or vegetables, and grains to a smooth, lump-free consistency.

PULSE: Hold this button and release for a boost of power, this is good if you add further ingredients and want to distribute them through, it will simply swirl the food round.

DO NOT use to pulse HOT liquids.

MOVING PARTS MAY BECOME EXTREMELY HOT DURING EXTENDED USE DO NOT TOUCH



The Tamper

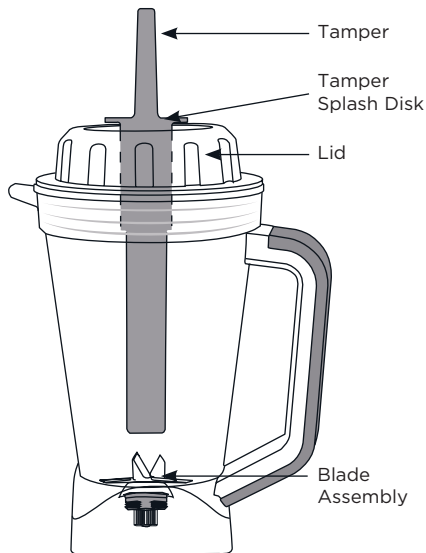
Only use the tamper provided with the unit, do not use any other accessories as this may damage the accessory and the unit. To ensure the tamper is the correct one, remove the lid cap and insert the tamper. The tamper splash disk will rest on the lid and the tamper will not come into contact with the blades no matter how you move the tamper around the container.

The Tamper should only be used in conjunction with the blender lid. The tamper splash disk stops the tamper from hitting the blades during use.

The container should not be more than 2/3 full when using the tamper; otherwise it may cause the ingredients to overflow.

Do not use the tamper for more than 30 seconds at a time during blending; this is to reduce the chance of overheating.

If the food does not circulate, it may be that there is an air pocket, remove the lid cap and insert the tamper and move the ingredients from side to side to free the air pocket. Do not force it towards the bottom of the container.



Before First Use

Before first use clean the container and single serve beaker following the instructions outlined in the Care and Cleaning section. Wash the lid, lid cap, tamper, and travel lid in warm soapy water and rinse and dry thoroughly. Do not submerge the container into water as this will damage the locking nut assembly. Wipe the base unit with a soft damp cloth to remove any packing dust.

Operating Instructions

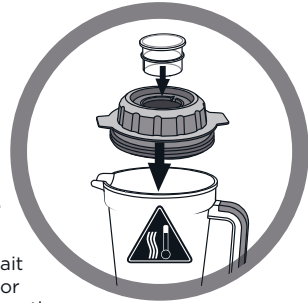
Whether its processing liquids, including juice, frozen mixtures, sauces, soups, purées, batters, and chopping this is the unit for you.

1. Press the On/Off button so the red light illuminates.
2. Add your ingredients into the container before placing it on the motor base. Always place liquids and soft foods in the container first, solid items and ice last.
3. Add the lid to the container by firmly pressing it into position, you should feel the suction as you are putting the lid on. The flaps should be aligned over the spout and the handle.
4. Secure the container onto the base, the base has a peg in each corner that fits into the corner of the container. Line these up and press the container into the base. You should hear a click which is the safety catch. The safety catch is engaged when the container is mounted properly. The safety catch will prevent the blender functioning if not properly assembled.
5. To activate the blades select your desired setting by pressing the button on the control pad, this button will illuminate blue when in operation. The automatic functions will automatically stop at the end of the cycle. The cycle can be interrupted by simply pressing the button again and this will stop the cycle.
6. If using the manual functions, start off on the LOW setting before increasing the speed to MID or HIGH. Remember do not exceed 7 minutes in total, this is to prevent overheating.
7. If the mixture stops circulating, you may have a trapped air bubble. To free this, insert the tamper through the lid cap and stir for up to 30 seconds. If this does not work, press the On/Off button to stop the motor. Remove the container from the motor base, and use a rubber spatula to free the stubborn ingredients away from the blades. Return the container to the motor base, replace the lid, and continue blending.
8. If you re-blend hot liquids or hot ingredients, use the LOW setting first then increase the speed if desired, this is because escaping steam and splashes may scald. Ensure the lid and lid cap are firmly in position and that the ingredients are not above the maximum level for soup.

CAUTION

Always start blending on LOW with hot liquids to avoid possible burns. Escaping steam, splashes or contents may scald. To secure the contents, lock the lid and lid cap in place prior to operating the machine. DO NOT EXCEED THE MAXIMUM FILL LINE FOR SOUP

9. This high-speed blender is much quicker than standard appliances and the processing times will be reduced, most ingredients will take seconds to blend, until you are accustomed to the unit take care not to over-process.
10. After pressing the Start/Stop button to stop the cycle, wait until the blades stop completely before removing the lid or container from the motor base, otherwise you may damage the unit.
11. After 3 minutes of inactivity the blender will power off automatically.



Single Serve

1. This is designed to blend smaller quantities of ingredients, so is great for smoothies on the go, but it is also perfect for small batches of batter, dips and salad dressings.
2. Add your chosen ingredients into the single serve beaker, taking care not to overfill. Screw the blade unit onto the beaker and then invert the blade attachment onto the blender base ensuring that the orange triangle is aligned with the triangle on the base unit. Ensure that the single serve beaker is securely mounted.
3. Turn the unit on by pressing the on/off button and then press the single serve button on the base unit. This will run for 60 seconds and stop. Check the consistency and if further blending is required simply press the single serve button again. The base unit will not operate with any other function apart from the single serve option.

Care and Cleaning

Do not submerge the container or single serve blade assembly into water, otherwise this will damage the locking nut, to clean the container and single serve blade assembly please follow the instructions below.

1. Fill the container/single serve beaker half full with warm water and a small amount of mild washing up liquid.
2. Ensure the lid and lid cap are firmly in place on the container and for the single serve beaker screw the blade assembly on firmly.
3. Select Clean cycle on the control pad for the large container and for the single serve beaker select Single Serve. These cycles will run for 60 seconds.
4. When the cycle has finished and the blades have completely stopped, remove the container or single serve beaker and pour out the water.
5. Rinse the container/single serve beaker, blade unit or lid and lid cap thoroughly with water and dry completely.
6. Wash the tamper in warm soapy water and rinse and dry thoroughly.
7. Wipe the base and the control pad with a soft damp cloth to remove any residue.
8. Ensure all parts are clean and dry before storing in a cool, dry place.

IMPORTANT: To maintain the effective performance and the life of the accessories do not put the container, single serve beaker, blade assembly, lid, lid cap or tamper in the dishwasher. DO NOT submerge the base unit in water or any other liquid.

Troubleshooting

AUTOMATIC OVERLOAD PROTECTION

The Blender is designed to automatically turn off if it begins to overheat, this is designed to protect the motor, the motor will shut off and it could possibly emit a small odour this is normal. If this occurs, follow these steps.

1. Turn the power off and unplug your Blender for at least 60 seconds to allow it time to reset itself.
2. If the unit will still not operate leave the unit to cool for 45 minutes to reset, this time will be extended if the room temperature is high.

To prevent your blender overheating follow these steps.

- Do not over-process, blending often takes seconds not minutes.
- Blend at the appropriate speed, longer blending on low can cause the unit to overheat.
- Use the tamper to aid the process of thicker mixtures and keep the ingredients moving around the container.

Servicing

If you drop or damage your Blender it should not be used until it has been examined by a qualified appliance technician. Always refer servicing to qualified service personnel.

Recipes

SOUP RECIPES

This high-speed blender is fantastic for making soup, its high-speed blades heat and cook the soup in just 7 minutes. There are just a few things to remember when making soup.

- Never use raw meat in soups. All meat must be cooked first. This is because the cooking process is not long enough to kill any harmful bacteria that may be found in raw meat. This is why meat should be pre-cooked before adding.
- Onion is better when it is softened first as this will take away the raw taste, so simply pop it in the microwave for 2 minutes to partially cook it before adding.
- Some vegetables are better added cooked such as cauliflower, broccoli, squash and potato so simply steam them in the microwave or stovetop first. This is also a great way to use up any leftovers.
- For a chunky soup add extra ingredients at the end of blending, this will add texture to a smooth soup, and simply give it a whizz to distribute the ingredients. Remember to carry out re-blending on LOW to avoid any splashing of hot soup.
- Remember not to overfill the container and ensure that the Maximum level for soup is not exceeded, hot liquid rises and splashing may occur if the level is exceeded and this may cause scalding.

Classic Cream of Tomato Soup

Serves 3-4

This is an ideal comfort food for a cold winter's day. It's such an easy soup, made mostly with store cupboard ingredients, it's great for fussy eaters and it's one of your five day! Perfect served with crusty bread on the side.

- ½ onion, peeled and roughly chopped
- 200ml whole milk
- 2 x cans whole plum tomatoes, drained
- 1 carrot, peeled and roughly chopped
- 1 tbsp. tomato puree
- 1 large sprig thyme, leaves picked
- ½ tsp. sugar
- 1 tsp. balsamic vinegar
- ½ vegetable stock cube/pot
- Salt and pepper
- 50ml double cream
- To serve: Warmed crusty bread on the side

METHOD

1. Place the chopped onion into a microwavable bowl, cover and cook on high for 2 minutes or until softened. Remove and add to the container.
2. Add the remaining ingredients apart from the cream into the container and season generously with salt and pepper.
3. Place the lid on securely and add the container to the base unit.
4. Turn on the power and select the Soup option.
5. When the cycle finishes, remove the lid and check the seasoning, adding more if desired then add the double cream.
6. Add the lid and press the LOW button to distribute the cream.
7. Serve in bowls with crusty bread on the side.

Thai inspired Sweet Potato and Coconut Soup

Serves 3-4

The Thai curry paste adds lovely warmth to this delicious soup.

- ½ onion, peeled and roughly chopped
- ½ can full fat coconut milk
- 300ml water
- 1 tbsp Thai red curry paste
- 500g sweet potato, peeled and chopped
- 5g coriander, stalks only
- 1 tsp chopped lemongrass
- ½ vegetable stock cube/stock pots
- 2 tsp lime juice
- ½ tsp Thai fish sauce (optional)
- Salt and pepper
- To serve: Warmed Naan breads on the side and garnish with coriander sprigs and chopped red chilli

METHOD

1. Place the chopped onion into a microwavable bowl, cover and cook on high for 2 minutes or until softened. Remove and add to the container.
2. Add the remaining ingredients in the order listed into the container and season with salt and pepper.
3. Place the lid on securely and add the container to the base unit.
4. Turn on the power and select the Soup option.
5. When the cycle finishes, remove the lid and check the seasoning adding more if desired.
6. Serve in bowls sprinkled with coriander and chilli with warmed Naan breads on the side.

Very Green Soup

Serves 2-3

This is a fantastic soup packed full of Iron and vitamins great for restoring energy levels it's also great for skin, hair and bone health.

- ½ onion, peeled and roughly chopped
- 200g potato, peeled and chopped
- 200g baby spinach
- 30g Kale
- 300ml milk
- 100ml water
- ½ vegetable stock pot/cube
- ¼ tsp freshly ground nutmeg
- 50ml single cream/half fat crème fraiche
- Serve with crispy croutons on the top

METHOD

1. Place the chopped onion and potato in a microwavable bowl, cover and heat on full power for 2 minutes or until the potato is tender. Remove and add to the container.
2. Add the spinach, kale, milk water, stock pot/cube and ground nutmeg and season generously with salt and black pepper.
3. Place the lid on securely and add the container to the base unit. Turn on the power and select the soup option.
4. When the cycle has finished, remove the lid cap and add the cream or creme fraiche and then select the Low option for a few seconds to distribute the cream.
5. Serve in bowls with croutons on the top.

Broccoli and Stilton Soup

Serves 3-4

A delicious classic soup made in less than 7 minutes. Don't throw the stalks away as they are perfect for using in this soup. Crumble over a little extra Stilton to serve for further indulgence.

- 350g Broccoli florets and stalks, roughly chopped
- 2 spring onions, chopped
- 450ml water
- 1 vegetable stock cube/stock pot
- Pinch of grated nutmeg
- Salt and pepper
- 80g Stilton cheese, plus a little extra to serve
- 100ml double cream, plus a little extra to serve

METHOD

1. Place the broccoli into a microwavable bowl, cover and cook on high for 4 minutes/or steam until just tender. Remove and add to the container.
2. Add the spring onions, water, vegetable stock cube and grated nutmeg to the container and season with salt and pepper.
3. Place the lid on securely and add the container to the base unit.
4. Turn on the power and select the Soup option.
5. When the cycle finishes, remove the lid cap and add in the Stilton and the double cream, replace the lid cap.
6. Press the LOW button for 10 seconds to distribute the stilton and the cream.
7. Serve in bowls with a swirl of cream and a sprinkle of crumbled Stilton cheese.

Carrot and Coriander Soup

Serves 3-4

An easy and delicious soup made with ground and fresh coriander which is perfect with sweet carrots. It is light and fresh and made with just a few simple ingredients.

- 1 tsp coriander seeds
- ½ onion, peeled & roughly chopped
- 1 garlic clove, peeled
- 600g carrots, peeled & roughly chopped
- 350ml water
- ½ vegetable stock cube/stock pot
- Salt and pepper
- 1 tbsp Crème fraiche
- 10g chopped coriander, plus a sprig for garnish

METHOD

1. Place the onion and garlic into a microwavable bowl, cover and cook on high for 2 minutes until just tender. Remove and add to the container.
2. Dry fry the coriander seeds in a frying pan until they are fragrant and start to pop and then bash them in a pestle and mortar until crushed, add this to the container.
3. Add the carrots, water and vegetable stock cube to the container and season with salt and pepper.
4. Place the lid on securely and add the container to the base unit.
5. Turn on the power and select the Soup option.
6. When the cycle finishes, remove the lid cap and add in the Crème fraiche and chopped coriander.
7. Press the LOW button for 10 seconds to distribute the Crème fraiche and coriander leaves.
8. Serve in bowls with a sprig of coriander for garnish.

Pea and Ham Hock Soup

Serves 3-4

This is a thick and comforting meaty soup. Rich in Vitamins C, B and K, full of antioxidants and high in fibre, so what are you waiting for, get those peas out of the freezer!

- ½ onion, peeled and roughly chopped
- 500g garden peas, defrosted
- 150g potato, peeled and roughly chopped
- 300ml water
- 100ml milk
- 1 pork stock cube
- Salt and pepper
- 250g Cooked Ham or Bacon Hock, chopped into chunks

METHOD

1. Place the onion and potato into a microwavable bowl, cover and cook on high for 2 minutes until just tender. Remove and add to the container.
2. Add 450g of peas to the container saving the remainder for adding in later.
3. Add the water, milk and stock cube into the container and season with salt and pepper.
4. Place the lid on securely and add the container to the base unit.
5. Turn on the power and select the Soup option.
6. While the soup is blending, give the remaining peas a minute in the microwave to heat them through.
7. When the cycle finishes, remove the lid cap and add 200g of the ham or bacon hock.
8. Press the LOW button for 10 seconds to distribute the ham/bacon.
9. Serve in bowls with the remaining chopped ham/bacon and peas sprinkled on top of the soup.

SMOOTHIES

This High speed blender will power through the toughest fruit and vegetables. Remember to remove stones from fruit such as peaches, nectarines and cherries as these will damage the blade.

If making fruit juice rather than a smoothie the juice will need to be strained using muslin cloth, this way the result will be a thin, clear smooth liquid rather than a smoothie which will be rich and thick and have all the fibre remaining.

It is also possible to make nut milks in the blender. For a preservative free delicious creamy taste, simply soak 150g nuts overnight in filtered water, drain and then blend with 700ml of filtered water on HIGH for 60 seconds. For totally smooth milk, you will need to strain the liquid before using either using muslin cloth or a specially designed nut milk bag.

Coconut and Lime Green Smoothie

Serves 4

Everybody seems to be drinking green smoothies, but why? Well dark green leafy vegetables contain high quality amino acids and are packed full of vitamins, minerals and antioxidants which support your immune system and improve health. Don't panic, this combined with limes and banana and thirst quenching coconut water is quite delicious. The coconut oil is added for a dose of healthy fats and a creamy taste.

- 3 limes, juiced
- 800ml coconut water
- 1 ripe banana, peeled
- 4 handfuls of baby spinach
- 2 tsp coconut oil
- Handful of ice cubes

METHOD

1. Add the ingredients in the order listed into the container.
2. Place the lid on securely and add the container to the base unit.
3. Turn on the power and select the Smoothie option.
4. Serve in tall glasses or transfer to a sports bottle if on the move.

Strawberry and Vanilla Protein Shake

Serves 4

This is perfect for a breakfast on the go. The protein powder will keep you full until lunchtime. Buying bags of frozen fruit means that you will always have strawberries on hand in the freezer.

- 700ml semi- skimmed milk
- 2 ripe bananas
- (soya or almond also work well)
- 2 scoops of vanilla protein powder
- 10 frozen strawberries
- 2 tsp vanilla extract

METHOD

1. Add the ingredients in the order listed into the container.
2. Place the lid on securely and add the container to the base unit.
3. Turn on the power and select the Smoothie option.
4. Serve in tall glasses or transfer to a sports bottle if on the move.

Mixed Berry Smoothie

Serves 4

This mixed berry dairy free smoothie will give you a boost of vitamin C with added flaxseed for extra omega- 3 fatty acids and even more added fibre.

- 800ml almond milk
- 1 large ripe banana, peeled
- 300g Frozen mixed berries (Strawberries, Raspberries, and Blueberries)
- 1-2 tsp ground flaxseed
- Good squeeze of honey

METHOD

1. Add the ingredients in the order listed into the container.
2. Place the lid on securely and add the container to the base unit.
3. Turn on the power and select the Smoothie option.
4. Serve in tall glasses or transfer to a sports bottle if on the move.

ICE CREAM RECIPES

These easy to make, straight from the blender 'ice creams' are perfect for a quick dessert.

Banana 'nice' cream

Serves 4

This is a great way to use up over-ripe bananas that turn a little too brown. Simply peel, slice, then pop them in freezer bags and store them in the freezer. These are then ready for whizzing up in the blender.

- 4 large ripe bananas, peeled, sliced and frozen
- Splash of milk
- 1 tsp vanilla extract

METHOD

1. Place the ingredients into the container in the order listed.
2. Start the blender on the LOW setting and move to HIGH, use the tamper to free the mixture if needed.
3. Stop the blender when the mixture is smooth and silky. This should take 30-45 seconds. The ice-cream should have 4 mounds on-top. When this occurs, stop the blender.
4. Serve straight from the blender or place in a freezer proof container and store in the freezer until required. If frozen, allow to defrost slightly before serving.
5. Serve drizzled with chocolate sauce or some toasted almonds for a little indulgence.

Raspberry Ice cream

Serves 4-6

- 125ml whole milk
- 100g caster sugar
- 400g Frozen raspberries
- 100ml single cream
- ½ tsp vanilla extract

METHOD

1. Place the ingredients into the container in the order listed.
2. Start the blender on the LOW setting and move to HIGH, use the tamper to free the mixture if needed.
3. Stop the blender when 4 mounds appear on the surface, the mixture should be smooth and silky.
4. Serve straight from the blender or place in a freezer proof container and store in the freezer until required. If frozen allow to defrost slightly before serving.

SINGLE SERVE RECIPES

Ginger Twist

Serves 2

This is a great way to introduce vegetables into smoothies, spinach on its own can be a little strong. By mixing it with pineapple chunks and apple juice adds a lovely sweetness, the lemon adds a tang and the ginger adds a spicy kick.

- 1 handful of spinach
- 1" piece of root ginger, skin removed, roughly chopped
- 1 handful of chopped fresh pineapple
- ½ cup apple juice
- ½ lemon, squeezed
- A little crushed ice

METHOD

1. Add all the ingredients to the blending beaker and add 1/2 cup of apple juice.
2. Add the blending blade and select the single serve option on the control pad and blend until smooth.
3. Taste, if it's a little thick add more apple juice and blend again.
4. Serve with extra ice cubes if required.

Banana and Passion Fruit Smoothie

Serves 2

- 2 bananas (in skins)
- 2 passion fruit, halved
- 200ml chilled natural yogurt
- 100ml chilled milk
- 2 teaspoon runny honey

METHOD

1. Put the bananas in the freezer for an hour or two. (The skins will turn black but don't worry its fine)
2. When the bananas are ready peel and roughly chop, then add them to the blending beaker.
3. Scoop out the passion fruit pulp and press through a sieve into the jar. Add the yogurt, milk and honey and secure the blending blade.
4. Select the single serve option on the control pad and blend until smooth.

Frozen Strawberry Daiquiri

Serves 1

This is one for the adults, this delicious cocktail uses frozen fruit, which is picked at its peak and frozen; it makes the cocktail delicious and thick.

- 2 x 25ml measures of White Rum
- 1 x 25ml measure of sugar syrup
- A handful of frozen strawberries
- ½ Lime, squeezed
- Small handful of crushed ice
- For garnish - a slice of lime or a fresh strawberry

METHOD

1. Add the ingredients into the blending jar
2. Add the blending blade and select the single serve option and blend for 30 seconds or until thick and smooth.
3. Decant into a serving glass and garnish with a slice of lime or fresh strawberry.

Mango Delight

Serves 2

- 1 handful of spinach
- 1 small ripe mango, peeled and chopped
- 1 small handful of fresh chopped pineapple
- 3 ripe strawberries
- Ice cubes
- Water

METHOD

1. Add all ingredients to the blending jar and add 1/2 cup of water.
2. Add the blending blade and blend on the single serve setting until smooth.
3. Serve in glasses

The blending beaker is also great for whipping up small batches of batter, dips and marinades.

Houmous

A traditional Mediterranean dip that is so easy to make; simply serve with warm pitta or crudités for the perfect light snack. This is also great for kids to snack on after school.

- 1 x 210g cans chickpeas, drained (reserve the liquid)
- 2 tablespoons tahini paste
- 1 garlic clove, minced
- Juice of ½ lemon
- Sea salt and a grind of black pepper
- 25ml good quality olive oil
- Serve with warm pitta bread

METHOD

1. Place the drained chickpeas plus a couple of tablespoons of the reserved liquid, tahini paste, garlic, lemon juice, salt, pepper and olive oil into the blending jar.
2. Secure the blending blade and blend on the single serve setting. You may need to add more liquid either additional reserved juice or a little more oil. Give the jar a shake or tap it against the work surface if needed to distribute the ingredients and re-blend depending on the texture required.
3. Remove and place in a bowl, taste and adjust the seasoning and drizzle with a little more oil. Serve with hot pitta bread.

American Style Pancakes

Serves 2

These are light and fluffy perfect to stack and drizzle with maple syrup and serve with strips of crispy smokey bacon.

- 70g plain flour
- 15g sugar
- ½ tsp baking powder
- ¼ tsp bicarbonate of soda
- Pinch of salt
- 120ml buttermilk
- 1 medium egg
- 25g butter, melted
- Oil for frying
- Serve with maple syrup and strips of crispy bacon

METHOD

1. Add the ingredients to the blending jar in the order listed and secure the blending blade.
2. Blend for approximately 10-15 seconds until the ingredients are well mixed and you have a smooth batter. Do not over-mix or the pancakes will be tough.
3. Heat a little oil in a frying pan or flat griddle and add a heaped tablespoon of batter per pancake leaving enough space for them to spread. When bubbles appear on the surface flip them over for a minute or two.
4. Keep the pancakes warm until ready to serve then stack them up and drizzle with maple syrup and serve with crispy bacon.

Spiced Chicken

Serves 4

This is a popular Indian dish, it is usually cooked on the bone and in a clay tandoor oven, but a very hot oven will seal in the juices making the chicken very tender. Chicken legs are a cheaper cut of meat than chicken breast fillets and they are juicy and more flavoursome.

- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 1 teaspoon garam masala
- ¼ teaspoon turmeric
- 1 ½ teaspoon chilli powder
- 2" piece of root ginger, peeled
- 2 garlic cloves, peeled
- 175ml natural low fat yogurt
- 1 tablespoon lemon juice
- 1 teaspoon salt
- 4 large skinless chicken legs
- Serve with salad leaves and lemon wedge

METHOD

1. Place the ingredients into the blending jar in the order listed except the chicken legs and secure the blade. Place the blending jar onto the unit and select the single serve option and blend until smooth.
2. Make two deep slits in the flesh of each piece of chicken; this will help the marinade penetrate the chicken.
3. Place the chicken in a shallow dish and pour over the marinade, making sure all the chicken is coated, cover and leave in the fridge for at least 3 hours or overnight if possible.
4. When you are ready to cook, remove the chicken from the fridge and transfer to an oven proof dish, pre-heat the oven to 240°C/Gas mark 9.
5. Bake the chicken for 40 minutes or until the chicken is cooked all the way through and brown on top.
6. Serve with a crisp mixed salad and lemon wedges.

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This product is guaranteed for 3 years from the date of original purchase against mechanical and electrical defects.

Please register at <http://mpl.direct/cruxwarranty> within 28 days of purchase.

Any defect that arises due to faulty materials or workmanship will either be replaced or refunded where possible during this period by the dealer from whom you purchased the unit.

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For technical queries, please contact: MPL Home Ltd,
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