

HELLER

Superfoods 2 Go

User Manual

Model Number: SNT708



READ AND SAVE THESE INSTRUCTIONS

IMPORTANT

Please read and follow the instructions in this user manual even if you feel you are familiar with the product, and find a place to keep it handy for future reference.

For your convenience, record the complete model number (located on the product identification plate) and the date you received the product together with your purchase receipt, and attach to the warranty and service information. Retain in the event that warranty service is required.

NOTE: The rating of this product (as marked on the product identification plate) is based on specific loading tests. Normal use or the use of other recommended attachments may draw significantly less power.

IMPORTANT SAFEGUARDS

When using any electrically powered product, basic safety precautions should always be followed, including the following:

PLEASE READ ALL INSTRUCTIONS CAREFULLY BEFORE USING THIS PRODUCT

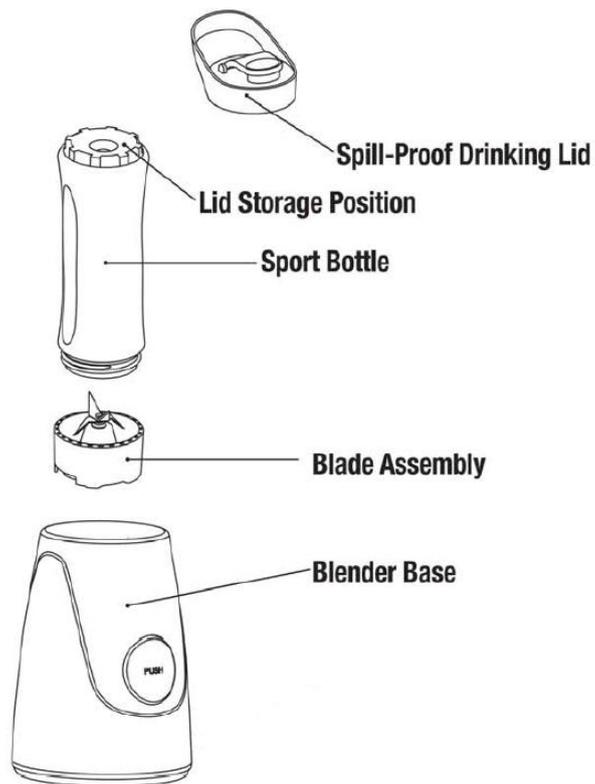
WARNING!: - to reduce the risk of fire, electrical shock or injury to persons or property:

- Carefully read all instructions before operating your new product for the first time and keep handy for future reference.
- Remove and safely discard any packaging material and promotional labels before using the product for the first time.
- Before using, check that the voltage of the wall outlet corresponds to that shown on the rating plate.
- Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions, or is dropped or damaged in any manner. Return appliance to the nearest authorized service facility for examination, repair or electrical or mechanical adjustment.
- Always ensure the appliance is switched OFF, prior to plugging into the power outlet.
- If the supply cord is damaged, it must be replaced by the manufacturer, an authorized service agent or a qualified technician in order to avoid a hazard.
- To protect against risk of electrical shock, do not put the motor unit into water or any other liquid. Do not start the product or press the control button with wet hands. To disconnect, turn the control to "Off", then remove plug from power outlet by grasping the plug, not the cord.
- The water temperature should not be over 60°C when cleaning the product.
- Close supervision is necessary when any appliance is used by or near children.
- Avoid making contact with moving parts.
- Keep hands and utensils out of container while blending to reduce the risk of severe injury to persons or damage to the blender. A scraper may be used but must be used only when the blender is not running.
- Unplug from outlet when not in use, before putting on or taking off parts, and before cleaning. To disconnect, turn any control to "off", then remove plug from wall outlet by grasping the plug, not the cord.
- To reduce the risk of injury, never place blade assembly on motor unit without the bottle properly attached.
- When removing the blender from the motor unit, wait until the blades have completely stopped.

- Always operate blender with blades lid in place.
- Always use the appliance on a secure, dry level surface.
- Never place this appliance on or near a hot gas or an electric burner or where it could touch a heated appliance.
- Always remove the blade assembly before pouring contents from bottle.
- Be sure to switch off the appliance after each use. Make sure the motor stops completely before disassembling.
- Do not run this appliance over a long period of time; otherwise the inner parts will be damaged.
- Do not leave this appliance unattended during use.
- To reduce the risk of injury to persons or property, never use this appliance in an unstable position.
- Do not use outdoors.
- Unplug from outlet when not in use, before putting on or taking off parts, and before cleaning.
- **CAUTION:** Never immerse in water, or unplug before inserting and/or removing parts.
- **CAUTION:** DO NOT OPEN LID UNTIL BLADES STOP.
- Do not let the cord hang over the edge of a bench, table or to touch hot surfaces.
- Do not operate product with damp or wet hands.
- Close supervision is necessary when the appliance is being used near children or infirm persons.
- The use of accessories not recommended by the manufacturer may cause injuries to persons.
- This appliance is not intended for used 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.
- Children should be supervised to ensure that they do not play with the appliance.
- Do not operate the appliance other than for its intended use. This appliance is for household use only.
- Do not operate the appliance by means of an external timer or separate remote-control system.
- The installation of a residual current device (safety switch) is recommended to provide additional safety protection when using electrical appliances. It is advisable that a safety switch with a rated residual operating current not exceeding 30mA be installed in the electrical circuit supplying the appliance. See your electrician for professional advice.

Safety protection: The motor is equipped with protection setting, while over loading; it will turn off automatically and re-operate after cooling.

FEATURES



BEFORE FIRST USE

1. Your blender comes fully assembled. However, it is advisable, take some time to identify all the parts before using in order to familiarize yourself with the machine.
2. Before first use, carefully unpack the Blender and its attachments and remove any packaging material, labels or stickers. Clean by wiping down all parts with a damp cloth except the motor base and dry the parts. Handle the blade with extreme care as it is very sharp.
3. Once all parts have been cleaned and dried thoroughly, reassemble the blender.

INSTRUCTIONS

1. Find a dry, suitable, level surface near an electrical outlet and assemble your blender.
2. Fill your measuring cup with the desired ingredients, ensuring you do not exceed the max 400 ml marking on the blender bottle.

Note: For optimal performance, place desired ingredients in the sport bottle according to the following order; Liquids, fresh ingredients, frozen yoghurt, ice cream and ice.



1. Add your ingredients.

(Figure 1)



2. Attach blending blades and fit the bottle to the blender base.

(Figure 2)

3. Attach the blender blade assembly to the bottle, ensuring the bottle is locked tightly.
4. Attach the bottle with assembled blade to the blender base; make sure it is locked into the correct position.
5. Press the on/off button until the desired smoothness is achieved.

Note: Do not run the blender more than 1 minute consecutively.

6. Press the on/off button, and remove the blender bottle from the base. Make sure the blade assembly is on top and then screw off the blade assembly. Screw on the spill-proof drinking lid and take your 'Superfoods 2 Go'.

HINTS & TIPS

- For best results, food must be blended with some liquid. Pour the liquid into the bottle first, and then add solids.
- Unless instructed by the recipe to do otherwise, always put your ingredients in the following order; Liquids, fresh ingredients, frozen yoghurt, ice cream and ice.
- Cut all firm fruits and vegetables into pieces no larger than $\frac{3}{4}$ (1.91cm) to 1 inch (2.54cm).
- This blender is not a grinder or a masher. It is not to be used to grind meat, whip dairy or process vegetables.

CARE & CLEANING

This product contains no user serviceable parts.

1. Before cleaning, unplug the motor base from the power outlet.
2. For easier cleaning, always rinse/wash immediately after use. Do not let liquid dry in the bottle assembly, as this will make cleaning extremely difficult.
3. Dismantle all detachable parts. Lift the bottle and blender blade assembly off the motor base.
4. Wash the bottle and blades using warm soapy water, then rinse thoroughly. The blades are very sharp, so please handle with care.
5. The bottle and lid are dishwasher safe.
6. Rinse well and dry. Leave the bottle to dry upside down, and away from children.
7. Wipe the motor base with a damp cloth and dry thoroughly. Remove any stubborn spots by rubbing with non-abrasive cleaner.
8. Reassemble blade assembly to open end of the blender bottle and then place in the blender base before storing.

CAUTION: Never immerse the motor unit in water or any other liquid.

CAUTION: Do not use rough scouring pads or cleansers on parts or finish.

TROUBLESHOOTING

Trouble	Possible	Cause Check
Motor does not operate	Safety lock is not connected	Reassemble the bottle and connect to the base correctly
Motor overheat or motor smells odd	Too much food or working time is too long	Reduce the food and run it again after the unit cools down
Mixture is too thick	No water/ liquid not enough	Add suitable water or other liquid

CUSTOMER SERVICE

Australian Customer Service

GAF Control (Sales) Pty Ltd

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Altona North Victoria 3025

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Hours: 9am-5pm (EST) Mon-Fri

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*This product may vary slightly to the product illustrated due to ongoing product development.

Superfoods 2 Go

Why?



The SNT708 – Superfoods 2 Go Blender is the go to version of the traditional blender and smaller than its competitors, at the same time being portable in all cars, bikes and modes of transport.

We have certainly had fun trialling this product, seeing what splits, dices, va-vooms and squeezes into a superfood smoothie.

What we have in this punchy little blender is the go to version for health conscious people who want a simple and healthy hit of nutrients in their day.

For those looking for more information on super foods, below are a couple of go to websites that will assist your journey into super foods, creating a healthier and happier version of yourself:

- Pete Evans
www.peteevans.com.au
- Teresa Cutter
www.thehealthychef.com
- Food Matters
www.foodmatters.tv/
- www.health.com
- www.medicaldaily.com
- www.whfoods.com/
- www.medicalnewstoday.com
- www.womenfitness.net
- www.livestrong.com
- www.getblk.com

(Please Note: The above websites do not endorse our appliance. We are referring people on to the website for those who are interested in more information on superfoods)

Superfoods Smoothie Ingredients

Dear friend,

We have gathered a list of Superfoods ingredients for you to get creative with your own smoothie. Always start with a liquid base of 200 mls, add another 200mls of leafy greens, and another 100mls of energy ingredients, and last of all a teaspoon/tablespoon (depending on the ingredient) of superfoods.

Base (Liquids – 200mls)	Greens (Leafy greens – 200mls)	Energy (Fruits/Vegetables/Nuts – 100mls)	Superfoods (Teaspoons/Tablespons)
BLK Water	Bok Choi	Acai Berries	Aloe Vera
Coconut Water/ Milk	Broccoli	Almonds	Cacao Powder/Nibs
Almond Milk	Chard	Avocado	Camu Powder
	Kale	Banana	Chia Seeds
	Lettuce	Beetroot	Chlorella
	Spinach	Blueberries	Flax Seeds
		Carrot	Green Tea Powder
		Celery	Hemp Seeds/ Protein
		Cucumber	Honey & Bee Pollen
		Ginger	Maca Powder
		Goji Berries	Oats
		Grapes	Spirulina
		Green Apple	Wheatgrass (Raw or Powder)
		Green Tea Leaves	
		Lemon/Lime	
		Mint Leaves	
		Oat Grass	
		Papaya	
		Parsley	
		Pear	
		Pineapple	
		Raspberries	
		Strawberries	

Smoothies Recipes

For the SNT708

All Green & Clean

Smoothies:

GREEN BERRIES SMOOTHIE

1½ cups fresh spinach
250mls of coconut water, unsweetened
½ a cucumber
4 strawberries
1 cup of blueberries
2 tablespoons of chia seeds

GOOD MORNING GREEN SMOOTHIE

1 cup of fresh kale
250mls of coconut water, unsweetened
2 celery stalks
1 cup of diced pineapple
½ cup of almonds

GREEN MACHINE SMOOTHIE

½ cup young Thai coconut meat (or ¼ cup shredded coconut)
¾ of fresh banana, peeled
¼ teaspoon ginger (more or less for taste)
1 cup of baby spinach
250mls of coconut water

GREEN TROPIC THUNDER SMOOTHIE

250mls coconut water
¾ of fresh banana
½ cup of diced pineapple
½ cup of diced mango
1 cup of spinach
¼ of avocado, sliced
1 table spoon of chia seeds

Fruitylicious Smoothies:

BERRY BANDWAGON SMOOTHIE

250mls of almond milk, unsweetened
3 fresh strawberries
½ cup of fresh blueberries
½ a fresh banana (optional)
15g of frozen vanilla yoghurt (optional)
15 g of frozen strawberry yoghurt (optional)
1 cups of oats
1 tablespoons of raw honey
2 tablespoons of chia seeds

SUMMER REFRESHMENTS SMOOTHIE

Diced up watermelon
250mls of fresh apple juice
2 tablespoons of passionfruit
½ of fresh strawberries
½ of fresh raspberries
4 leaves mint
30g strawberry yoghurt
1 cup of ice

NUTTY MANGOES SMOOTHIE

1 mango
½ of fresh banana (optional)
250mls almond/soy/milk
1 tablespoon of honey
½ cup low-fat natural yoghurt
1 cup of almond nuts
1½ cups of ice

Alcoholic Smoothies:

PINA COLADA SMOOTHIE

2 cups of diced pineapple
100mls of Malibu rum (Caribbean rum with coconut flavour)
1 teaspoon of gin tonic (optional)
1½ scoop of vanilla ice cream
1½ cups of ice

STRAWBERRY DAIQUIRI SMOOTHIE

4-6 tablespoon of white rum
1 teaspoon of lime/lemon juice
250mls of fresh apple juice
4 fresh strawberries
30gs of strawberry sorbet
2 cups of ice

Dessert Smoothies:

RED VELVET GREEN SMOOTHIE

2 cups fresh spinach
2 cups coconut milk, unsweetened
2 cups strawberries
4 dates, pitted
¼ cup of diced raw or cooked beets
1 tablespoon cacao powder
½ teaspoon vanilla extract (optional)
Coconut whipped cream on top (optional)

SKINNY MINT GREEN SMOOTHIE

2 cups almond milk, unsweetened
1½ cups fresh spinach
½ cup fresh mint leaves
2 bananas
½ avocado
4 medjool dates, pitted
2 tablespoons cacao powder
Cacao nibs sprinkled on top (optional)