

# Healthy Choice™



## **Blend and Go**

### **Model: BP188**

Distributed by:

Lenoxx Electronics Australia Pty Ltd  
6 Oban Court Laverton North 3026

Tel: + 61 3 9267 2100 Fax: + 61 3 9267 2199

Customer Service: 1300 666 848

Email Address: [lenoxx@lenoxx.com.au](mailto:lenoxx@lenoxx.com.au)

Web site: [www.lenoxxelectronics.com](http://www.lenoxxelectronics.com)

# IMPORTANT SAFEGUARDS FOR YOUR HEALTHY CHOICE BP1 88 BLEND AND GO BLENDER

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

READ ALL INSTRUCTIONS BEFORE USE

- To disconnect, grasp plug and unplug cord from electrical outlet.
- To protect against risk of electrical shock, do not immerse the cord, plug or motor base in water or any other liquids.
- Do not let cord hang over edge of table or counter or touch hot surfaces.
- Never leave appliance unattended when in use.
- Close supervision is necessary when used by or near children.
- Avoid contact with moving parts. Keep hands and utensils out of sport bottle while blending to prevent personal injury or damage to the blender.
- The blade is sharp. Handle with care.
- To reduce the risk of injury, never place cutter-assembly blades on base without sport bottle properly attached.
- Do not attempt to bypass the interlock system that powers the unit on.
- 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 it to the store where the unit was purchased or call Lennox customer service for further assistance on 1300 666 848
- Do not use outdoors or for commercial purposes; this appliance is for household use only.
- Always operate on a flat surface.
- Unplug the blender when not in use, before taking off or putting on parts and before cleaning.
- 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 appliance by a person responsible for their safety. Children should be supervised to make sure that they do not play with the appliance.

**THIS PRODUCT IS FOR HOUSEHOLD USE ONLY**

# Getting to know your Blend and Go Blender

**Note:**

Additional 600 ml bottles are available for purchase. Model BPC190. Available colours are red and orange. All bottles are BPA free and dishwasher safe



- 1 300 watt motor base
- 2 2 x 600 ml BPA free, dishwasher safe blender bottles
- 3 2 x Spill proof travel lids
- 4 Removable easy to clean stainless steel blades
- 5 Non slip feet

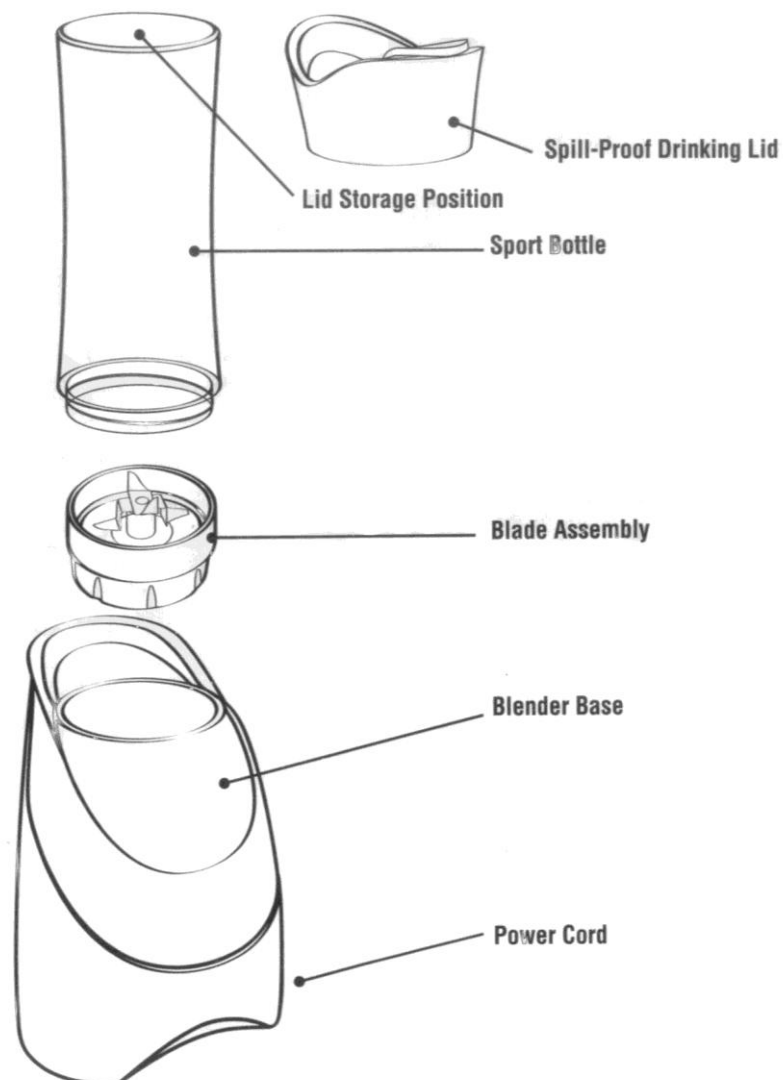
# Using your BP188 Blend and Go Blender

## Before First Use

Before using your blender, you need to remove all packaging materials and promotional labels.

Wash your blender bottles and dry before use. Clean blender according to the instructions in the “Cleaning and Storing Your Blender” section.

## Diagram of Blender



**1**



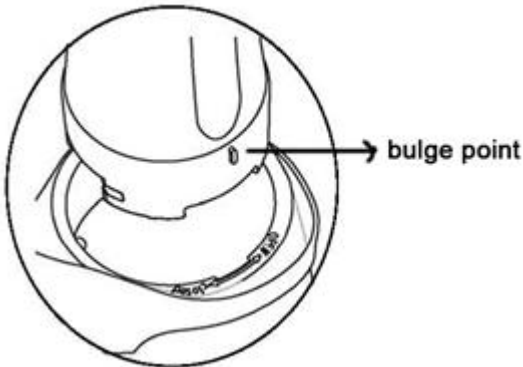
Place the sport bottle on a flat surface with the open end facing up. Fill the sport bottle with your favourite ingredients. Be sure not to fill ingredients past the 20oz marking.

**2**



Fasten the blade assembly on the open end of the blender bottle. Make sure that the blade assembly is secured to the bottle and is not leaking. Turn the bottle upside down.

**3**



Turn the bottle upside down so that the blade assembly is facing down. With one hand on the motor base and the other holding the assembled bottle, place it inside the motor base and align the bulged point to blender base and turn clockwise to lock (this is now on lock position). Plug the power cord into power outlet and switch on at the power point. Turn the bottle clockwise to start. Blending will commence once blender bottle is properly locked and secured. Blender will not turn on unless it is locked properly. Once you are satisfied with the consistency, turn the blender bottle anti-clockwise to stop. It takes about 1-2 minutes to finish the blending. Always unplug the blender from the power point before releasing the blender bottle from the blender base

# 4



To remove the assembled bottle from the motor base, turn it anti-clockwise and pull away from the motor base.

Turn the assembled bottle upside down so the blade assembly is facing up.

Replace the blade assembly with the spill proof drinking lid. You are now ready to take your blended drink to go!

**TIP:** After you've consumed your blended beverage, wash out the blender bottle and reuse it throughout the day for water or other liquids.

Note: For optimal performance, place desired ingredients in the blender bottle according to the following order: Liquids, fresh ingredients, frozen fruit, yogurt and ice cream.

## Blending Tips

- Put liquids in the cup first, unless a recipe says otherwise.
- Cut all firm fruits and vegetables into pieces no larger than 3/4 inch (1.8 cm) to 1 inch (2.5 cm).
- Don't overload sport bottle. If the motor stalls, turn the blender off immediately, unplug the unit and let it cool for at least 15 minutes. Then, remove a portion of the food and continue.
- This blender could not be used to mash potatoes, whip egg whites or substitute dairy toppings, mix stiff dough or grind raw meat.

## Cleaning and Storing Your Blender

**IMPORTANT: UNPLUG BEFORE CLEANING. DO NOT IMMERGE THE BLENDER BASE IN WATER OR ANY OTHER LIQUID.**

Use a damp, soft sponge with mild detergent to clean the outside of the blender base. All parts except the blender base are dishwasher-safe. You can also wash the parts, except the blender base, in warm, soapy water. Rinse well and dry.

## Storing Your Blender

After cleaning, reassemble blade assembly to open end of the sport bottle and then place in the blender base. Snap the drinking lid on the other end of the sport bottle.

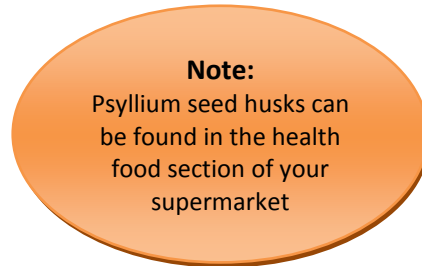
## Working Time

The blender works 1 minute and stops 1 minute for 5 cycles, then let the motor cool down for at least 15 minutes.

# RECIPES

## BLUEBERRIES FOR BREAKFAST SMOOTHIE

1/2 of a large banana  
1/3 cup of soy protein  
1/2 tablespoon of flaxseed oil  
1/4 cup of frozen blueberries  
1/2 tablespoon of apple juice concentrate or honey  
1 teaspoon of Psyllium seed husks  
8 ounces of water



Break the banana into pieces, place all the ingredients into your blender, and blend until mostly smooth

## STRAWBERRY BANANA SMOOTHIE

1/4 cup of strawberries  
1 banana  
1/2 cup of low-fat yogurt or milk  
5 ice cubes  
1/2 of a sliced orange

Place all the ingredients in the blender and blend until smooth

## GREEN TEA SMOOTHIE

*Serves 1-2*

1 frozen banana  
1/2 large honeydew melon, cut into chunks  
3/4 cup strong brewed green tea (Use two tea bags and seep for ten minutes)  
1 tsp honey  
1/4 cup almond milk

Place all the ingredients in the blender and blend until smooth

# BERRY - FLAXSEED SMOOTHIE

2 tablespoons whole flaxseeds  
1/2 cup orange juice  
1/2 cup non-fat vanilla yogurt  
1 cup unsweetened frozen mixed berries or blueberries  
1 small banana, sliced

Place the flaxseeds in dry blender, cover, and blend until ground into a fine powder. Add the orange juice, yogurt, mixed berries (or blueberries), and banana. Cover and blend until smooth and creamy.

# MANGO SMOOTHIE

*Serves 1-2*

1 ripe mango  
1/3 cup (85 g) plain low-fat yogurt, chilled  
200 ml skim milk, chilled  
1 tsp honey  
Seeds from 6 green cardamom pods

Peel the skin off the mango and cut the flesh away from the stone. Chop the flesh roughly and place it in a blender and blend until smooth

Pour in the yogurt and milk, and continue to process until well mixed and frothy. Sweeten with honey.

Pour into glasses and sprinkle with cardamom seeds over the top

# MIXED BERRY SMOOTHIE

1 cup of frozen berries  
1/2 cup of non-fat vanilla or plain yogurt or 1/2 cup of low-fat milk  
Ice (optional)

Blend until smooth.

# PEACH SMOOTHIE

1 cup of skim milk  
1 cup of frozen, unsweetened peaches  
2 teaspoons of flaxseed oil

Blend milk and peaches until smooth, then add flaxseed oil.



# KIWI AND HONEYDEW SMOOTHIE

- 1 cups of honeydew, cubed
- 1 Granny Smith apple, chopped
- 1 kiwi fruit, peeled and chopped
- 2 tablespoons of sugar
- 1 tablespoon of lemon juice
- 1/2 cup of ice cubes

Place all the ingredients in the blender and blend until smooth

# LEMON-ORANGE CITRUS SMOOTHIE

- 1/2 cup of skim milk or soy milk
- 3 ounces of lemon yogurt
- 1 medium-sized orange in sections
- 1 tablespoon of flaxseed oil
- 6 ice cubes

Place milk, orange, yogurt, and the ice into the blender and mix for about a minute, then add the flaxseed oil.

# APPLE SMOOTHIE

- 1/2 cup of skim milk or soy milk
- 6 ounces of vanilla yogurt
- 1 teaspoon of apple pie spice
- 1 medium-sized, chopped apple
- 2 tablespoons of cashew butter
- 6 ice cubes

Place all the ingredients in the blender and then blend until smooth; best eaten with a spoon!

# BANANA ALMOND SMOOTHIE

- 1 banana, sliced and frozen
- 1 tablespoon of almond butter
- 2 teaspoons of flaxseed
- 1/2 cup of almond milk or non-fat yogurt
- A drizzle of honey
- Half a teaspoon of almond or vanilla extract

Place everything in the blender and blend until smooth.