

# Sunbeam



## NUTRISEAL™

### VACUUM BLENDER

#### User Guide

PBT7200SS



## Contents

<b>Sunbeam's Safety Precautions</b>	<b>1</b>
<b>Welcome</b>	<b>2</b>
<b>Features of your Sunbeam Vacuum Blender</b>	<b>3</b>
<b>Vacuum Seal Cup Accessory</b>	<b>4</b>
<b>Before Using your Vacuum Blender</b>	<b>5</b>
<b>Using your Sunbeam Vacuum Blender</b>	<b>6-8</b>
<b>Using your Vacuum Seal Cup Accessory</b>	<b>9</b>
<b>Care And Cleaning</b>	<b>10</b>
<b>Handy Blending Tips</b>	<b>11</b>
<b>Frequently Asked Questions</b>	<b>11</b>
<b>Recipes</b>	<b>12-19</b>

## Important Instructions - Retain For Future Use

تأكد من تفهم احتياطات السلامة المذكورة أعلاه

請務必理解下列的安全預防措施。

Assurez-vous que les précautions ci-dessus relatives à la sécurité sont bien comprises

Versichern Sie sich, dass die obenstehenden Sicherheitsmaßnahmen Verstanden werden

Βεβαιώνετε πως οι παραπάνω προφυλάξεις ασφαλείας γίνονται κατανοητές

Pastikan bahwa tindakan-tindakan keselamatan seperti di atas dimengerti anda

Accertatevi che le suddette norme di sicurezza siano comprese a dovere

上の注意事項をよくお読みになり、安全を御確認ください

Уверете се дека погоре споменатите мерки на претпазливост се добро разбрани

Asegúrese de que las precauciones de seguridad precedentes sean bien comprendidas

كاری یکنید که احتیاطهای بالا حتماً درک بینوند

ต้องแน่ใจว่า ข้อควรระวังที่เรื่องความปลอดภัยทั้งหมด

เป็นที่เข้าใจกันดี

Yukarda belirtilen güvenlik önlemlerinin anlaşıldığından emin olunuz

Xin kiểm chắc rằng những biện pháp làm an toàn kể trên được hiểu rõ

## Sunbeam's Safety Precautions

### SAFETY PRECAUTIONS FOR YOUR SUNBEAM VACUUM BLENDER

- Ensure fingers are kept well away from the blades when in use.
- Do not blend warm/hot ingredients. Always cool ingredients to room temperature before processing.

- Always operate on a flat surface.
- Take care when removing the Jug from the base or emptying the Jug as blades are extremely sharp.
- Switch off the appliance and disconnect from supply before changing accessories or approaching parts that move in use.

**Sunbeam is very safety conscious when designing and manufacturing consumer products, but it is essential that the product user also exercise care when using an electrical appliance. Listed below are precautions which are essential for the safe use of an electrical appliance:**

- Read carefully and save all the instructions provided with an appliance.
- Always turn the power off at the power outlet before you insert or remove a plug. Remove by grasping the plug - do not pull on the cord.
- Turn the power off and remove the plug when the appliance is not in use and before cleaning.
- Do not use your appliance with an extension cord unless this cord has been checked and tested by a qualified technician or service person.
- Always use your appliance from a power outlet of the voltage (A.C. only) marked on the appliance.
- 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.
- Children should be supervised to ensure that they do not play with the appliance.
- The temperature of accessible surfaces may be high when the appliance is operating.
- Never leave an appliance unattended while in use.
- Do not use an appliance for any purpose other than its intended use. Misuse will cause potential injury.
- Do not place an appliance on or near a hot gas flame, electric element or on a heated oven.
- Do not place on top of any other appliance.
- Do not let the power cord of an appliance hang over the edge of a table or bench top or touch any hot surface.
- Do not operate any electrical appliance with a damaged cord or after the appliance has been damaged in any manner. If damage is suspected, return the appliance to the nearest Sunbeam Appointed Service Centre for examination, repair or adjustment.
- For additional protection, appliance should be supplied through a residual current device (RCD) having a rated residual operating current not exceeding 30 mA in the electrical circuit supplying power to your appliances.
- Do not immerse the appliance in water or any other liquid unless recommended.
- Appliances are not intended to be operated by means of an external timer or separate remote control system.
- This appliance is intended to be used in household and similar applications such as: staff kitchen areas in shops, offices and other working environments; farm houses; by clients in hotels, motels and other residential type environments; bed and breakfast type environments.

**If you have any concerns regarding the performance and use of your appliance,  
please visit the Sunbeam Website or contact Sunbeam Consumer Care -  
details are on the back page. Ensure the above safety precautions are understood.**

## Welcome

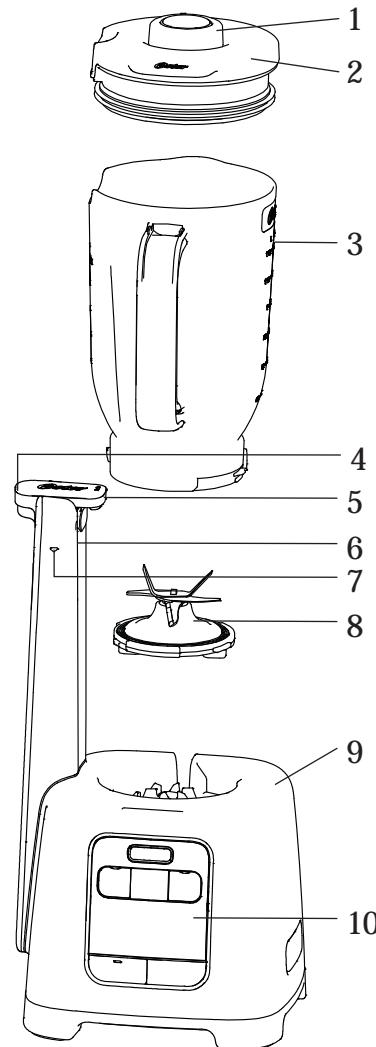
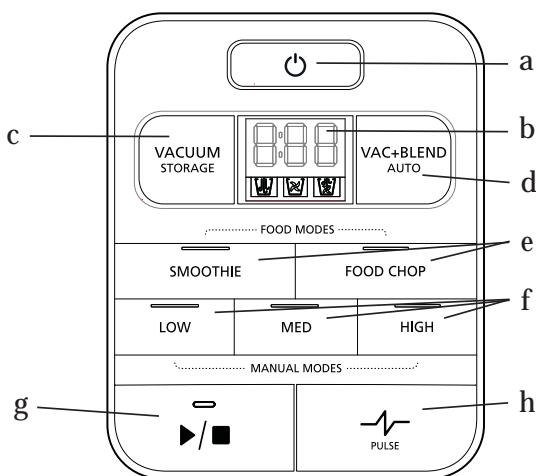
Congratulations on your new Sunbeam blender with vacuum technology. Your blender will allow you to create delicious smoothies, milkshakes, salsas and much more every day!

Your product includes the following features and benefits:

- The ability to remove oxygen from the blending Jug or Vacuum Storage Cup with vacuum technology. Blending without air present means less oxidation will occur in your drinks and meals, resulting in vitamins preservation, prolonged freshness, richer colors, smoother textures and less separating than with traditional blending.
- The choice to blend only, vacuum only or vacuum and blend all your drinks and meals.
- A user-friendly control panel which gives you the flexibility of blending with Manual Modes or pre-programmed Food Mode settings.
- A Digital Timer so you always know how long you'll be blending.
- A Vacuum Storage Cup with a drinking lid so you can conveniently take drinks on the go or store them for later.

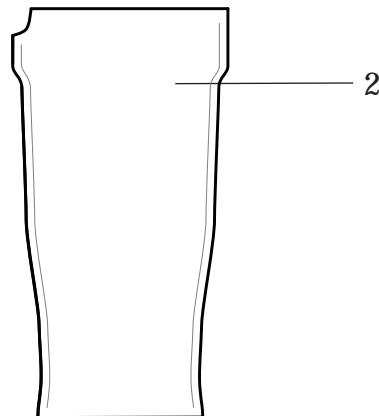
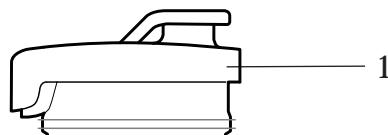
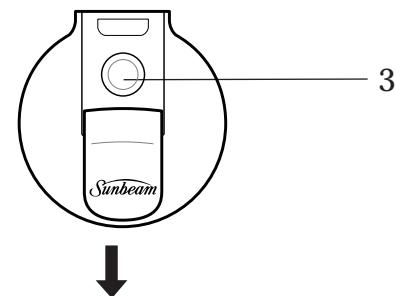
## Features of your Sunbeam Vacuum Blender

1. Seal Selector (cap)
2. Jug Lid
3. 1.5L BPA-Free Tritan™ Jug
4. Arm Release Button
5. Arm Lock
6. NutriSeal™ Vacuum Arm
7. Vacuum Arm Indicator Light
8. 6-Point Blade Assembly
9. Motor Base
10. Control Panel
  - a. Power Button
  - b. Digital Timer
  - c. Vacuum (Storage) Button
  - d. Vac + Blend (Auto) Button
  - e. Food Modes
  - f. Manual Modes
  - g. Start/Stop Button
  - h. Pulse Button



## Vacuum Seal Cup Accessory

1. Cup Lid
2. Break Resistant, 700mL BPA-Free Tritan™ Cup
3. Vacuum Release Button



# Before Using your Vacuum Blender

## Step 1. Remove Packaging

Ensure all packaging has been removed carefully.

**Important:** Always ensure your blender is unplugged from the power outlet before fitting or removing the Blade Assembly. Always handle the Blade Assembly with caution, as the blades are extremely sharp.

## Step 2. Wash and Dry Parts

**Note:** Before using your Vacuum Blender, we recommend removing the 6-Point Blade Assembly for thorough cleaning.

1. Remove carefully the Blade Assembly from the Tritan™ Jug by holding the Jug upright and turning the Blade Assembly clockwise.
2. Wash the parts listed below in warm soapy water:
  - Blade Assembly
  - 1.5L blending Jug
  - Jug Lid
  - 700mL Vacuum Storage Cup
  - Cup Lid
  - Seal Selector (cap)
3. Rinse and allow thorough air drying.

## Step 3. Re-assemble the 6-Point Blade Assembly in the Tritan™ Jug

Place carefully the Blade Assembly in the Tritan™ Jug. Ensure that the Blade Assembly is firmly in place by turning it anti-clockwise from bottom of the Jug.

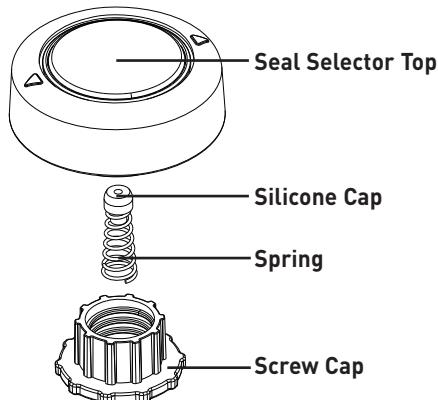
Do not remove the stainless steel blades from the Blade Assembly.

The blender Jug will leak if the 6-Point Blade Assembly is not assembled correctly.

**Note:** When removing the Blade Assembly from the Jug you may need to slightly tilt the blade assembly so that it slides out easily.

## Step 4. Secure the Seal Selector (cap)

Ensure the Seal Selector (cap) is tightly locked in to avoid it falling off when blending.



# Using your Sunbeam Vacuum Blender

## Setting up your blender

1. Place your ingredients into the blending Jug.
2. Secure the Jug Lid onto the blending Jug by aligning the notch in the Jug to the tab on the Jar Lid (Figure 1).
3. Press the Arm Release Button to lift the Arm Lock on the NutriSeal™ Vacuum Arm (Figure 2).
4. Place the blending Jug on the Motor Base (Figure 3).

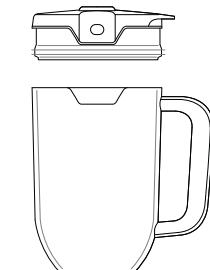


Figure 1

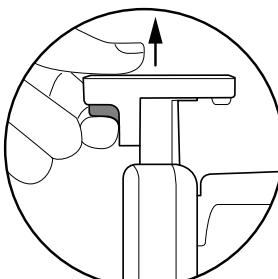


Figure 2

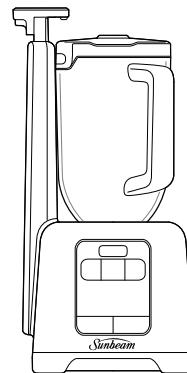


Figure 3

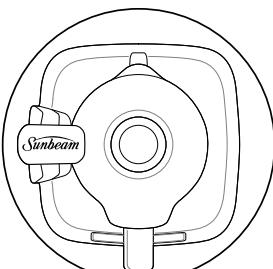


Figure 4a

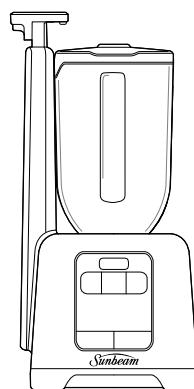


Figure 4b

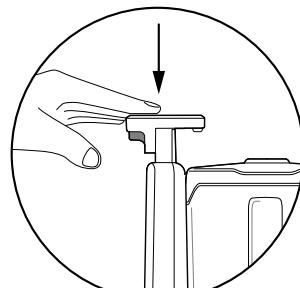


Figure 5

5. Turn the blending Jug clockwise until the vacuum ports (Figure 4a) align (Figure 4b).
6. Plug the power cord into a standard household 230/240V AC outlet.
7. Press the Power Button to turn the blender on. The NutriSeal™ Vacuum Arm Light Indicator will light up.
8. Push the Arm Lock on the NutriSeal™ Vacuum Arm down (Figure 5). The NutriSeal™ Vacuum Arm Light Indicator will turn off.

**Important:** Make sure the Arm Lock is correctly fixed on the Jug Lid. If incorrectly sealed, the Vacuum setting might not work properly.

The blender is ready to use.

# Using your Sunbeam Vacuum Blender

## Blending with the Food Modes (Smoothie, Food Chop)

### Why use the Food Modes (Pre-programmed Functions) ?

Using these functions provides total ease of use. By selecting Smoothie or Food Chop your blender knows exactly what speed to select and how long to blend for, so you don't need to worry. This ensures that you get the best consistency whether you are blending a green smoothie or a milk shake (Smoothie Function) or preparing a hummus dip or salsa (Food Chop Function). The digital timer will indicate how long until the blending is finished.

**Important:** Do not overfill the blending Jug past the MAX fill line. Overfilling may create a hazard and damage the blender.

1. Press the Power button to turn the blender on.  
The Vacuum Arm Light Indicator will light up.
2. Turn the Seal Selector (cap) (Figure 6) on the Jug Lid to the appropriate selection:
  - Blend only
  - Vac/Vac+Blend

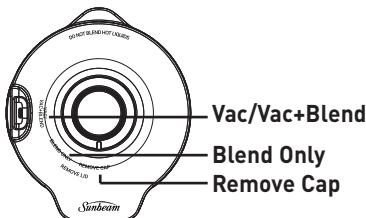


Figure 6

3. (Optional) To vacuum blend, press the Vac + Blend (Auto) Button.
4. Press one of the below buttons to select a pre-programmed setting:
  - Smoothie
  - Food Chop
5. When ready to begin, press the Start/Stop button. The blender will stop automatically when blending is complete.

**Note:** Press the Start/Stop to cancel the program at any time.

6. Once the pre-programmed function has ended, press the Power button to turn the blender off.

**Note:** This appliance is pre-programmed to turn off automatically if not used for a period of several minutes. All lights will turn off when the unit automatically powers down.

7. Press the Arm Release button to lift the Arm Lock Up on the NutriSeal™ Vacuum Arm (Figure 7).

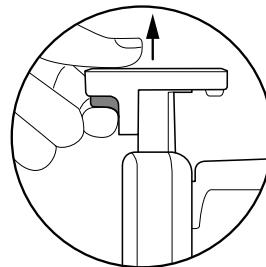


Figure 7

8. Holding the handle, turn the blending Jug counter-clockwise.
9. Lift the blending Jug up and away from the Motor Base.
10. Push the Arm Lock on the NutriSeal™ Vacuum Arm down.
11. Push down on the Seal Selector (cap) to release the vacuum seal (if Vacuum function used).
12. Turn the Seal Selector (cap) (Figure 6) on the Jug Lid to the Remove Cap position and remove the Seal Selector (cap) from the Jug lid.
13. Take the Jug Lid off the blending Jug.

**Important:** Pushing down on the Seal Selector (cap) or turning the Seal Selector (cap) away from the Vac/Vac+Blend position introduces air to your drink/meal.

# Using your Sunbeam Vacuum Blender

## Blending with the Manual Modes (High, Medium, Low)

### Why use the Manual Modes?

The Manual Modes are perfect if you want to take control. Depending on your desired result, whether that is thick, thin, chunky or super smooth, you can use slower or faster blending to suit.

Guide:

Low :	• Whipping cream • Pureeing vegetables and fruit
Med :	• Mayonnaise/Salad dressings • Cake batters
High :	• Hummus • Soups
PULSE :	• Ice cubes • Meat • Breadcrumbs • Biscuits • Finely ground nuts • Chocolate • Self cleaning the unit

**Important:** Do not overfill the blending Jug past the MAX fill line. Overfilling may create a hazard and damage the blender.

1. Press the Power button to turn the blender on.  
The Vacuum Arm Light Indicator will light up.
2. Turn the Seal Selector (cap) (Figure 6) on the Jug Lid to the appropriate selection:
  - Blend only
  - Vac/Vac+Blend

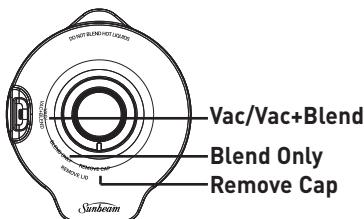


Figure 6

3. (Optional) To vacuum blend, press the Vac + Blend (Auto) Button.

4. Press one of the below buttons to select a manual mode.
  - Low
  - Med
  - High
5. When ready to begin, press the Start/Stop button.
6. To stop blending, press the Start/Stop button.

**Note:** This appliance is pre-programmed to turn off automatically if not used for a period of several minutes. All lights will turn off when the unit automatically powers down.

7. Press the Power button to turn the blender off.
8. Press the Arm Release button to lift the Arm Lock Up on the NutriSeal™ Vacuum Arm (figure 7).

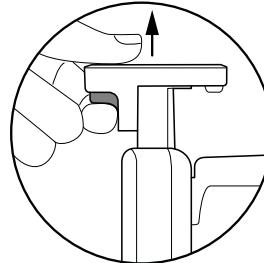


Figure 7

9. Holding the handle, turn the blending Jug counter-clockwise.
10. Lift the blending Jug up and away from the Motor Base.
11. Push the Arm Lock on the NutriSeal™ Vacuum Arm down.
12. Push down on the Seal Selector (cap) to release the vacuum seal (if Vacuum function used).
13. Turn the Seal Selector (cap) (Figure 6) on the Jug Lid to the Remove Cap position and remove the Seal Selector (cap) from the Jug lid.
14. Take the Jug Lid off the blending Jug.

**Important:** Pushing down on the Seal Selector (cap) or turning the Seal Selector (cap) away from the Vac/Vac+Blend position introduces air to your drink/meal.

## Using your Vacuum Seal Cup Accessory

### Why use your Vacuum Seal Cup ?

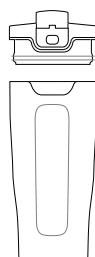
This function is most useful for vacuuming your blended smoothie in the Vacuum Seal Cup.

After you have blended in the 1.5L Tritan™ jug, decant the smoothie into your Vacuum seal Cup, and use the Vacuum Storage option. Your smoothie will stay nutrient rich and fresh for up to 24 hours allowing you to blend the night before and enjoy fresh in the morning.

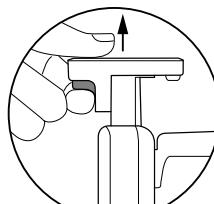
**Note:** You cannot blend in the Vacuum Seal Cup.

1. Pour your blended drink or meal into the Cup.
2. Secure the Cup Lid onto the Cup by aligning the notch in the Cup to the tab on the Cup Lid (Figure 1).
3. Press the Arm Release Button to lift the Arm Lock on the NutriSeal™ Vacuum Arm (Figure 2).
4. Place the Vacuum & Seal Cup on the Motor Base so that the Cup Lid's vacuum port aligns with the NutriSeal™ Vacuum Arm's vacuum port.
5. Press the Power button to turn the blender on.

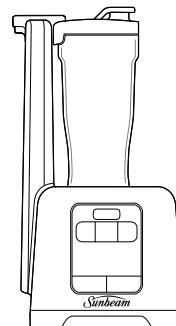
The NutriSeal™ Vacuum Arm Light Indicator will light up.



**Figure 1**



**Figure 2**



**Figure 3**

6. Push the Arm Lock on the NutriSeal™ Vacuum Arm down (Figure 3).
7. Press the Vacuum (Storage) button.
8. When ready to begin, press the Start/Stop button. The blender will stop automatically when vacuuming is complete.

**Note:** Press the Start/Stop button to cancel the program at any time.

9. Press the Power button to turn the blender off.

**Note:** This appliance is pre-programmed to turn off automatically if not used for a period of several minutes. All lights will turn off when the unit automatically powers down.

10. Lift the Arm Lock on the NutriSeal™ Vacuum Arm up.
11. Lift the Vacuum Seal Cup up and away from the Motor Base.
12. Push the Arm Lock on the NutriSeal™ Vacuum Arm down.
13. To drink from the Vacuum Seal Cup, press the Vacuum Release Button on the Cup Lid.

**Note:** Pressing the Vacuum Release Button introduces air to your drink/meal.

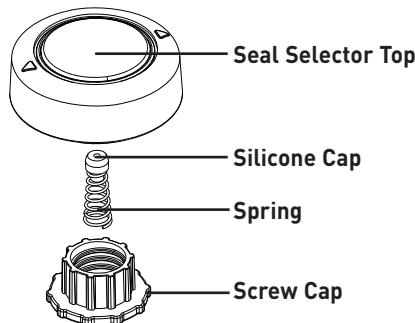
## Care And Cleaning

### Cleaning

**Caution:** Blades are sharp. Handle carefully.

- Empty the blending Jug. If necessary, use a rubber spatula to scrape foods away from the sides of the jar.
- CAREFULLY remove the Blade Assembly from the blending Jug by turning the Blade Assembly counter-clockwise.
- All parts (except for the NutriSeal™ Vacuum Arm and the Motor Base) are dishwasher safe. Use the top rack of the dishwasher for the Jug Lid, Seal Selector (cap), Seal Selector Top, Cup Lid, Cup and Blade Assembly. Place the blending Jug into the bottom basket of dishwasher.
- If necessary, the Seal Selector can be disassembled for a more thorough clean. To disassemble, hold the Seal Selector with the Seal Selector Top facing upwards and turn the screw cap counterclockwise. All parts of the Seal Selector should be hand washed with warm, soapy water. To reassemble, hold the Seal Selector with the seal selector top facing upwards. With the spring (the silicone cap facing upwards) between the seal selector top and screw cap, turn the screw cap clockwise.

**NOTE:** To correctly reassemble the Seal Selector, the silicone cap of the spring must be touching the seal selector top. Failure to do so will stop the blender's ability to vacuum.



- The blending Jug, Jug Lid, Seal Selector (cap), Seal Selector Top, Cup Lid, Cup and Blade Assembly can also be hand washed with warm, soapy water. Rinse well and dry.

**Note:** It is recommended to hand wash the Blade Assembly for longer usage.

- Check the parts as you put them back together.
- Wipe the NutriSeal™ Vacuum Arm and the Motor Base with a soft, damp cloth to clean. Never submerge the NutriSeal™ Vacuum Arm and the Motor Base in a liquid.

**Tip:** Run the blender with soapy water for 20-30 seconds on Manual Mode of Low or Med for cleaning without disassembly. Follow with a clean water rinse.

### Storing

- Reassemble the blender for storage. Leave the Jug Lid open so no odors are retained.

**Caution:** Never put the blending Jug, Vacuum Seal Cup or any other parts, in a microwave oven.

## Handy Blending Tips

### Blending Tips

- Do not operate for more than 10 minutes at a time.
- Repeated use of the blender in a short amount of time may result in error. Open the blending Jug and check the contents. Wait 30 seconds or unplug then plug in the unit, then blend.
- Jug should be at least 25% full at all times for optimal performance.
- Use High speeds as much as possible for whole food juices, shakes, frozen mixtures, making purées and nut butters. High speed provides the best quality of refinement, breaking down ice, frozen fruit, whole fruits or vegetables to a smooth lump-free consistency.
- Use only the amount of food suggested in the recipes. If you want greater amounts, prepare in batches. Using larger amounts may overload and strain the motor.
- Use the PULSE button when mixture is too thick or coarse to circulate within the blender Jug.
- If on High speed the food is not circulating, try using a spatula. If this is also not working, try using a slower speed. Once the food begins to circulate again, you can switch back to a High speed.

• Due to the power of the machine, it is normal for it to be fairly loud during operation. Through the blending cycle, the noises may change, but there is no need to be concerned.

• **Ice Crushing:** For optimal ice crushing, fill the Jug with preferred amount of ice. Then fill with water just above where the ice stops. Use the speed dial to blend on High for a few seconds. Then drain out the excess water and you are left with a Jug filled with great consistent ice!

### Add Ingredients While Blending

You can only add ingredients while blending if you're blending on the Manual Mode of Low and not vacuum blending. To add ingredients while blending, remove the Seal Selector (cap) by turning it to the Remove Cap position and lifting up. Add in ingredients as desired, then put the Seal Selector (cap) back into the Jar Lid and turn it to the blend only position.

**Important:** DO NOT BLEND HOT LIQUIDS.

## Frequently Asked Questions

### Why doesn't the blender turn on?

- Make sure the Motor Base is plugged into an active power receptacle.
- Verify the blinking blue light is active after pushing the Power button.
- Make sure the Arm Lock on the NutriSeal™ Vacuum Arm is in the down position.

### Why did the blender's timer reset?

- The blender will reset its timer if the blender is not active for a considerable amount of time.

### Why did my blender stop blending?

- The blender is programmed to run a maximum of seven continuous minutes before stopping. If you need to blend longer than seven minutes, wait 30 seconds before blending again.

## Recipes

### STRAWBERRY SMOOTHIE

16 strawberries, hulled  
1/3 cup raw cashews, unsalted  
1 Tablespoon honey  
1/2 teaspoon vanilla extract  
1 cup coconut milk  
1 cup ice

1. Place all ingredients into the blender Jug. Secure the Lid.
2. Place the blending Jug on the Motor Base and push the Arm Lock down.
3. Press the Power button to turn the blender on.
4. Turn the Seal Selector (cap) on the Jug Lid to Vac/Vac+Blend position
5. Press the Vac + Blend (Auto) Button.
6. Press the Smoothie Function.
7. When ready to begin, press the Start/Stop button. The blender will stop automatically when blending is complete. If you want a smoother consistency, you can either blend a few more seconds on Med setting.
8. Once complete, lift the Arm Lock and push down on the Seal Selector (cap) to release the air.
9. Turn the Seal Selector (cap) to the Remove Cap position to take the Lid off the Jug.
10. Pour into a glass. Serve.

### SPINACH AND APPLE SMOOTHIE

1 cup Coconut Water  
1 Kiwi, peeled and halved  
1/2 medium sized Cucumber, chopped  
1 Green Apple, cored and quartered  
1 cup Spinach  
1 frozen Banana, chopped  
1 Tablespoon Chia Seeds

1. Place all ingredients into the blender Jug. Secure the Lid.
2. Place the blending Jug on the Motor Base and push the Arm Lock down.
3. Press the Power button to turn the blender on.
4. Turn the Seal Selector (cap) on the Jug Lid to Vac/Vac+Blend position
5. Press the Vac + Blend (Auto) Button.
6. Press the Smoothie Function.
7. When ready to begin, press the Start/Stop button. The blender will stop automatically when blending is complete. If you want a smoother consistency, you can either blend a few more seconds on Med setting.
8. Once complete, lift the Arm Lock and push down on the Seal Selector (cap) to release the air.
9. Turn the Seal Selector (cap) to the Remove Cap position to take the Lid off the Jug.
10. Pour into a glass. Serve.

## Recipes

### BANANA MILKSHKE

Makes 2

2 Bananas, halved  
1/2 cup thickened cream  
1 1/2 cups milk  
1/3 cup milo  
2 scoops vanilla icecream

1. Place all ingredients into the blender Jug. Secure the Lid.
2. Place the blending Jug on the Motor Base and push the Arm Lock down.
3. Press the Power button to turn the blender on.
4. Turn the Seal Selector (cap) on the Jug Lid to Vac/Vac+Blend position
5. Press the Vac + Blend (Auto) Button.
6. Press the Smoothie Function.
7. When ready to begin, press the Start/Stop button. The blender will stop automatically when blending is complete.
8. Once complete, lift the Arm Lock and push down on the Seal Selector (cap) to release the air.
9. Turn the Seal Selector (cap) to the Remove Cap position to take the Lid off the Jug.
10. Pour into a glass. Serve.

### EGGPLANT DIP

2 medium eggplants, roasted and diced  
Zest and juice of 1/2 lemon  
2 cloves garlic  
1/3 cup olive oil  
1/3 cup grated parmesan cheese  
1/2 teaspoon salt  
1/2 teaspoon cracked black pepper  
Pinch of nutmeg

1. Place all ingredients into the blender Jug. Secure the Lid.
2. Place the blending Jug on the Motor Base and push the Arm Lock down.
3. Press the Power button to turn the blender on.
4. Turn the Seal Selector (cap) on the Jug Lid to Vac/Vac+Blend position
5. Press the Vac + Blend (Auto) Button.
6. Press the Food Chop Function.
7. When ready to begin, press the Start/Stop button. The blender will stop automatically when blending is complete. If you want a smoother consistency, you can either blend a few more seconds on Med setting.
8. Once complete, lift the Arm Lock and push down on the Seal Selector (cap) to release the air.
9. Turn the Seal Selector (cap) to the Remove Cap position to take the Lid off the Jug.
10. Pour into a glass. Serve.

## Recipes

### PEA and FENNEL PESTO

1 1/2 cups packed basil  
1 fennel bulb  
1 cup green frozen peas, thawed  
4 cloves garlic  
1/2 cup toasted pine nuts  
1 medium lemon, juiced  
5 Tablespoons Olive Oil  
Salt & Pepper

1. Slice the fennel bulb and stalks, set the leaves aside
2. Place fennel slices and garlic on an oven tray and drizzle with olive oil. Bake in a 200°C oven for 10-12 min. Remove from tray and cool.
3. Place all ingredients into the blender Jug. Secure the Lid.
4. Place the blending Jug on the Motor Base and push the Arm Lock down.
5. Press the Power button to turn the blender on.
6. Turn the Seal Selector (cap) on the Jug Lid to Vac/Vac+Blend position
7. Press the Vac + Blend (Auto) Button.
8. Press the Food Chop Function.
9. When ready to begin, press the Start/Stop button. The blender will stop automatically when blending is complete. If you want a smoother consistency, you can either blend a few more seconds on Med setting.
10. Once complete, lift the Arm Lock and push down on the Seal Selector (cap) to release the air.
11. Turn the Seal Selector (cap) to the Remove Cap position to take the Lid off the Jug.
12. Place into a screw top jar and store in the refrigerator.

### MEXICAN DIP

2 Avocados, flesh removed  
1 sprig coriander  
1/2 spanish onion, peeled, quartered  
1 Jalapeno (optional)  
Juice and zest of 1 lime  
1 Tomato, cored and cut into quarters  
Salt and pepper to taste

1. Place all ingredients into the blender Jug. Secure the Lid.
2. Place the blending Jug on the Motor Base and push the Arm Lock down.
3. Press the Power button to turn the blender on.
4. Turn the Seal Selector (cap) on the Jug Lid to Vac/Vac+Blend position
5. Press the Vac + Blend (Auto) Button.
6. Press the Food Chop Function.
7. When ready to begin, press the Start/Stop button. The blender will stop automatically when blending is complete. If you want a smoother consistency, you can either blend a few more seconds on Med setting.
8. Once complete, lift the Arm Lock and push down on the Seal Selector (cap) to release the air.
9. Turn the Seal Selector (cap) to the Remove Cap position to take the Lid off the Jug.
10. Place into serving bowl or storage container, cover and refrigerate.

## Recipes

### COFFEE AND COCONUT BODY SCRUB

1 cup coffee beans  
1 cup sea salt flakes  
1/2 cup coconut flakes  
1/2 cup organic coconut oil  
1/2 Tablespoon cinnamon  
1 Tablespoon vanilla bean paste

1. Place all ingredients into the blender Jug. Secure the Lid.
2. Place the blending Jug on the Motor Base and push the Arm Lock down.
3. Press the Power button to turn the blender on.
4. Turn the Seal Selector (cap) on the Jug Lid to Vac/Vac+Blend position
5. Press the Vac + Blend (Auto) Button.
6. Press the Food Chop Function.
7. When ready to begin, press the Start/Stop button. The blender will stop automatically when blending is complete.
8. Once complete, lift the Arm Lock and push down on the Seal Selector (cap) to release the air.
9. Turn the Seal Selector (cap) to the Remove Cap position to take the Lid off the Jug.
10. Place into serving bowl or storage container, cover and refrigerate.

### VEGGIE SMOOTHIE BOWL (Blend only)

2 cups chopped cos lettuce  
1/2 cup coriander, stems removed  
2 cups chopped tomatoes  
2 cups peeled and chopped cucumber  
1/2 cup sliced red capsicum  
Juice of 1/2 lemon  
Pinch of salt

1. Place all ingredients into the blender Jug. Secure the Lid.
2. Place the blending Jug on the Motor Base and push the Arm Lock down.
3. Press the Power button to turn the blender on.
4. Turn the Seal Selector (cap) on the Jug Lid to Blend Only position
5. Press the Food Chop Function.
6. When ready to begin, press the Start/Stop button. The blender will stop automatically when blending is complete. If you want a smoother consistency, you can either blend a few more seconds on Med setting.
7. Once complete, lift the Arm Lock.
8. Turn the Seal Selector (cap) to the Remove Cap position to take the Lid off the Jug.
9. Pour into a serving bowl. Serve with raw vegetables, breads or crackers.

## Recipes

### FLAT TUMMY SMOOTHIE

1 cup frozen pineapple  
1 frozen banana.  
1/4 English cucumber, cubed.  
1 tablespoon pure matcha powder (Green Tea powder)  
2cm piece ginger root, peeled and roughly chopped  
1 1/4 cups coconut water

1. Place all ingredients into the blender Jug. Secure the Lid.
2. Place the blending Jug on the Motor Base and push the Arm Lock down.
3. Press the Power button to turn the blender on.
4. Turn the Seal Selector (cap) on the Jug Lid to Vac/Vac+Blend position
5. Press the Vac + Blend (Auto) Button.
6. Select HIGH speed.
7. When ready to begin, press the Start/ Stop button.
8. Blend until smooth, approximately 40 seconds.
9. Once complete, lift the Arm Lock and push down on the Seal Selector (cap) to release the air.
10. Turn the Seal Selector (cap) to the Remove Cap position to take the Lid off the Jug.
11. Pour into a glass. Serve.

### MID-DAY SMOOTHIE

Serves 1

1 small pear (cored and cubed)  
3/4 cup purple cabbage (roughly chopped)  
1/2 cup frozen berries  
1 tablespoon chia seeds  
1/2 cup coconut water or regular water

1. Place all ingredients into the blender Jug. Secure the Lid.
2. Place the blending Jug on the Motor Base and push the Arm Lock down.
3. Press the Power button to turn the blender on.
4. Turn the Seal Selector (cap) on the Jug Lid to Vac/Vac+Blend position
5. Press the Vac + Blend (Auto) Button.
6. Select HIGH speed.
7. When ready to begin, press the Start/ Stop button.
8. Blend until smooth approximately 1 minute.
9. Once complete, lift the Arm Lock and push down on the Seal Selector (cap) to release the air.
10. Turn the Seal Selector (cap) to the Remove Cap position to take the Lid off the Jug.
11. Pour into a glass. Serve.

## Recipes

### KICK STARTER

Serves 1

1 cup baby spinach leaves, firmly packed  
1/2 cup kale, roughly chopped, firmly packed  
1/2 avocado, flesh removed  
1 small green apple, cored  
1 banana, peeled  
1 teaspoon chia seeds  
3/4 cup orange juice  
1 cup ice

1. Place all ingredients into the blender Jug. Secure the Lid.
2. Place the blending Jug on the Motor Base and push the Arm Lock down.
3. Press the Power button to turn the blender on.
4. Turn the Seal Selector (cap) on the Jug Lid to Vac/Vac+Blend position
5. Press the Vac + Blend (Auto) Button.
6. Select HIGH speed.
7. When ready to begin, press the Start/ Stop button.
8. Blend until smooth, approximately 45 seconds.
9. Once complete, lift the Arm Lock and push down on the Seal Selector (cap) to release the air.
10. Turn the Seal Selector (cap) to the Remove Cap position to take the Lid off the Jug.
11. Pour into a glass. Serve.

### AFTERNOON SLUMP BUSTER

Serves 1

1/2 cup orange juice  
2 cups baby spinach  
1/2 teaspoon vanilla extract  
1 teaspoon spirulina powder  
1 scoop vanilla protein powder  
1 cup unsweetened almond milk  
1 cup ice

1. Place all ingredients into the blender Jug. Secure the Lid.
2. Place the blending Jug on the Motor Base and push the Arm Lock down.
3. Press the Power button to turn the blender on.
4. Turn the Seal Selector (cap) on the Jug Lid to Vac/Vac+Blend position
5. Press the Vac + Blend (Auto) Button.
6. Select MED speed.
7. When ready to begin, press the Start/ Stop button.
8. Blend until smooth, approximately 45 seconds.
9. Once complete, lift the Arm Lock and push down on the Seal Selector (cap) to release the air.
10. Turn the Seal Selector (cap) to the Remove Cap position to take the Lid off the Jug.
11. Pour into a glass. Serve.

## Recipes

### DETOX ME

Serves 1

1 cup coconut water  
1 medium green apple, skin on, cored and chopped  
1 small raw red beet, peeled and chopped  
1 cup strawberries, cut in half  
1 cup frozen pineapple  
1/2 small avocado, pitted and peeled  
1 cup baby spinach  
1 tablespoon fresh lemon juice  
1 tablespoon coconut flakes  
1/2 cup ice

1. Place all ingredients into the blender Jug. Secure the Lid.
2. Place the blending Jug on the Motor Base and push the Arm Lock down.
3. Press the Power button to turn the blender on.
4. Turn the Seal Selector (cap) on the Jug Lid to Vac/Vac+Blend position
5. Press the Vac + Blend (Auto) Button.
6. Select HIGH speed.
7. When ready to begin, press the Start/ Stop button.
8. Blend until smooth approximately 45 seconds.
9. Once complete, lift the Arm Lock and push down on the Seal Selector (cap) to release the air.
10. Turn the Seal Selector (cap) to the Remove Cap position to take the Lid off the Jug.
11. Pour into a glass. Serve.

### SLUMBER TIME SMOOTHIE

Serves 1

1 cup almond milk or regular milk  
2 Tablespoons peanut butter  
1 banana  
1 Tablespoon honey  
Pinch nutmeg  
1 teaspoon flax seed for sprinkling on top

1. Place all ingredients into the blender Jug. Secure the Lid.
2. Place the blending Jug on the Motor Base and push the Arm Lock down.
3. Press the Power button to turn the blender on.
4. Turn the Seal Selector (cap) on the Jug Lid to Vac/Vac+Blend position
5. Press the Vac + Blend (Auto) Button.
6. Select LOW speed.
7. When ready to begin, press the Start/ Stop button.
8. Blend until smooth approximately 20 seconds.
9. Once complete, lift the Arm Lock and push down on the Seal Selector (cap) to release the air.
10. Turn the Seal Selector (cap) to the Remove Cap position to take the Lid off the Jug.
11. Pour into a glass. Serve.

## Recipes

### CLEAR FACE SMOOTHIE

Serves 2

1/2 cup frozen blueberries  
1 cup strawberries  
1 cup pomegranate juice  
1/2 cup Greek yogurt  
2 teaspoons chia or flaxseeds  
1 Tablespoon honey  
1/2 cup coconut water

1. Place all ingredients into the blender Jug. Secure the Lid.
2. Place the blending Jug on the Motor Base and push the Arm Lock down.
3. Press the Power button to turn the blender on.
4. Turn the Seal Selector (cap) on the Jug Lid to Vac/Vac+Blend position
5. Press the Vac + Blend (Auto) Button.
6. Select MED speed.
7. When ready to begin, press the Start/Stop button.
8. Blend until smooth approximately 45 seconds.
9. Once complete, lift the Arm Lock and push down on the Seal Selector (cap) to release the air.
10. Turn the Seal Selector (cap) to the Remove Cap position to take the Lid off the Jug.
11. Pour into a glass. Serve.

### CHAI SLUSHY (blend only)

Serves 4

2 cups of strong chai tea, chilled  
1 cup sweetened condensed milk  
4 cups ice  
splash vanilla extract  
cinnamon, for garnish

1. Place all ingredients into the blender Jug. Secure the Lid.
2. Place the blending Jug on the Motor Base and push the Arm Lock down.
3. Press the Power button to turn the blender on.
4. Turn the Seal Selector (cap) on the Jug Lid to Blend Only position
5. Select HIGH speed approximately 20 seconds.
6. When ready to begin, press the Start/Stop button.
7. Blend until ice is crushed.
8. Once complete, lift the Arm Lock.
9. Turn the Seal Selector (cap) to the Remove Cap position to take the Lid off the Jug.
10. Scoop into serving bowls and garnish with a sprinkling of cinnamon.



## The Sunbeam Vacuum Blender 5 Year Motor Guarantee

Sunbeam has built its reputation on manufacturing quality electrical appliances. Our High Performance Blender is constructed from the highest quality materials. So much so, we guarantee our Blender motor for five (5) years against faulty materials or manufacture. This guarantee is just another expression of our confidence in the way we make appliances at Sunbeam. In order to be eligible for this guarantee, you must retain your receipt as proof of purchase.

Your High Performance Blender is covered for the first year against faulty material or manufacture by the Sunbeam 12 Month Replacement Guarantee. Should you experience any difficulties with your appliance within this 12 Month period, please phone our customer service line for advice on 1300 881 861 in Australia, or 0800 786 232 in New Zealand. The Sunbeam (5) five year motor guarantee begins from date of purchase and extends for four years beyond the 12 Month Replacement Guarantee. It covers only the motor, guaranteeing it against faulty materials or manufacture. It does not cover damage caused by accident, misuse or being used in a manner not in accordance with the Instruction Book. Similarly, this motor guarantee does not cover freight or any other costs incurred in making a claim.

If a fault should develop with the motor after the period covered by the 12 Month Replacement Guarantee, please call Sunbeam Customer Service on the number listed below or send a written claim to Sunbeam at the address listed below. On receipt of your claim, Sunbeam will advise you on how to obtain a replacement motor if your motor is defective.

Alternatively, you can return the Sunbeam High Performance Blender to any of Sunbeam's authorised service centres, together with your receipt. The service centre will examine the motor and if it is faulty or defective, the motor will be replaced free of charge.

For a complete list of Sunbeam's authorised service centres visit our website or call:

Australia  
1300 881 861  
[www.sunbeam.com.au](http://www.sunbeam.com.au)  
Units 5 & 6, 13 Lord Street  
Botany NSW 2019 Australia

New Zealand  
0800 786 232 26  
[www.sunbeam.co.nz](http://www.sunbeam.co.nz)  
Level 6, Building 5, Central Park  
660-670 Great South Road  
Greenlane, Auckland

The benefits given to you by this guarantee are in addition to your other rights and remedies under any laws which relate to the appliance. Our goods come with guarantees that cannot be excluded under the Australian Consumer Law and under the New Zealand Consumer Guarantees Act. In Australia you are entitled to a replacement or refund for a major failure and for compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.

### **IMPORTANT NOTE**

Sunbeam agrees to replace the motor in the event of the motor developing a fault or defect, within the four years after the 12 Month Replacement Guarantee. As your High Performance Blender needs to be assessed at a Sunbeam authorised service centre, it will not be accepted through retail stores. If using the Sunbeam High Performance Blender for commercial use this motor guarantee is limited to 12 months from the date of purchase.

## Warranty



This Sunbeam product is covered by a 12 month replacement or repair warranty, which is in addition to your rights under the Australian Consumer Law (if your product was purchased in Australia) or New Zealand Consumer Guarantees Act (if your product was purchased in New Zealand).

Upon receipt of your claim, Sunbeam will seek to resolve your difficulties or, if the product is defective, advise you on how to obtain a replacement or refund.

To assist us in managing warranty claims, we recommend you register your product as soon as practicable after purchase by creating a MySunbeam account on our website and uploading a copy of your original receipt.

In order to make a claim under our warranty, you must have the original proof of purchase documentation for the product and present it when requested (if not already uploaded to our website).

Should your product develop any defect within 12 months of purchase because of faulty materials or workmanship, we will replace or repair it, at our discretion, free of charge. A product presented for repair may be replaced by a refurbished product of the same type rather than being repaired. Refurbished parts may be used to repair the product.

Our replacement or repair warranty only applies where a defect arises as a result of faulty material or workmanship during the warranty period. Your warranty does not cover misuse or negligent handling (including damage caused by failing to use the product in accordance with this instruction booklet), accidental damage, or normal wear and tear.

Your warranty does not:

- cover freight or any other costs incurred in making a claim, consumable items, accessories that by their nature and limited lifespan require periodic renewal (such as filters and seals) or any consequential loss or damage; or
- cover damage caused by:
  - power surges, power dips, voltage supply problems, or use of the product on incorrect voltage;

- servicing or modification of the product other than by Sunbeam or an authorised Sunbeam service centre;
- use of the product with other accessories, attachments, product supplies, parts or devices that do not conform to Sunbeam specifications; or
- exposure of the product to abnormally corrosive conditions; or

- extend beyond 3 months if the product is used in commercial, industrial, educational or rental applications.

**The benefits given to you by our warranty are in addition to other rights and remedies under law in relation to the product.**

**In Australia our goods come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and for compensation for any other foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.**

**Our goods also come with guarantees that cannot be excluded under the New Zealand Consumer Guarantees Act.**

If your warranty claim is not accepted, we will inform you and if requested to do so by you, repair the product provided you pay the usual charges for such repair. You will also be responsible for all freight and other costs.

Should your product require repair or service after the warranty period, contact your nearest Sunbeam service centre. For a complete list of Sunbeam's service centres, visit our website or call our customer care line for advice on: 1300 881 861 in Australia, or 0800 786 232 in New Zealand.

Should you experience any difficulties with your product during the warranty period, please contact Sunbeam Customer Care:

**Australia**  
[www.sunbeam.com.au](http://www.sunbeam.com.au)  
1300 881 861  
Units 5 & 6,  
13 Lord Street,  
Botany NSW 2019  
Australia

**New Zealand**  
[www.sunbeam.co.nz](http://www.sunbeam.co.nz)  
0800 786 232  
Level 6, Building 5,  
Central Park,  
660-670 Great South Road  
Greenlane, Auckland  
New Zealand

# Sunbeam

## Need help with your appliance?

Contact our Customer Care Team or visit our website for information and tips on getting the most from your appliance.

### AUSTRALIA

Visit: [www.sunbeam.com.au](http://www.sunbeam.com.au)

Phone: 1300 881 861

Mail: Units 5 & 6, 13 Lord Street,  
Botany NSW 2019

### NEW ZEALAND

Visit: [www.sunbeam.co.nz](http://www.sunbeam.co.nz)

Phone: 0800 786 232

Mail: Level 6, Building 5, Central Park,  
660-670 Great South Road,  
Greenlane, Auckland



— APPROVED BY —



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