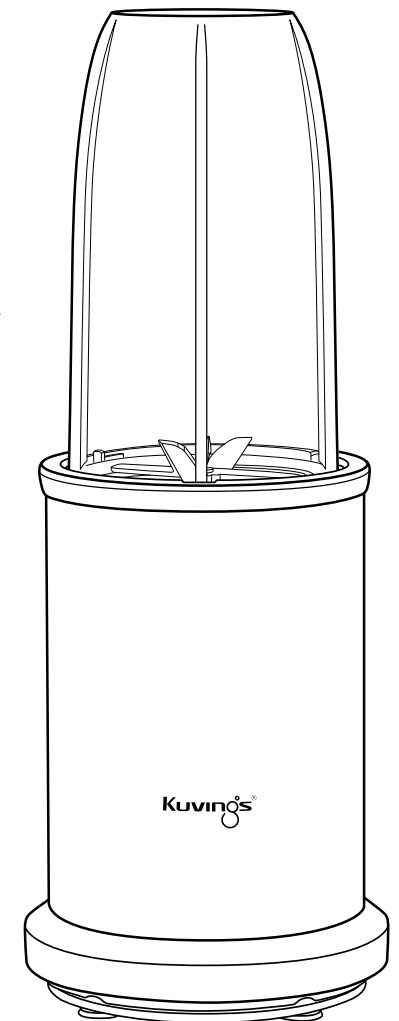




NUTRI BLENDER

User Guide



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

*HOUSEHOLD USE ONLY

IMPORTANT SAFEGUARDS

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

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

CONTENTS

IMPORTANT SAFEGUARDS	03
SAFETY WARNING	06
TIPS ON OPERATING	08
PARTS	09
Recommended capacity of	10
Container(Grinding Jar) by ingredients	
HOW TO ASSEMBLE AND OPERATE	12
CLEANING AND CARE	13
BEFORE REQUESTING SERVICE	14
RECIPE GUIDE	15
SPECIFICATION	35

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

SAVE THESE INSTRUCTIONS

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

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

SAFETY WARNING

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

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

⊘ This indicates prohibition.

ⓘ This indicates that you should perform.

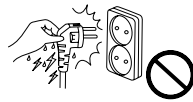
⊘ This indicates that you should not separate.

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

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

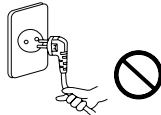
• Do not touch the power plug with wet hands.

→ Otherwise, it might cause electric shock.



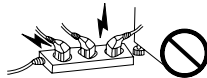
• Do not pull the plug by holding the cable.

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



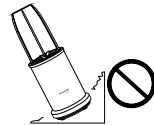
• Do not plug multiple cords into one outlet at the same time.

→ Otherwise, it might cause heat or fire.



• Do not use on a slope or unstable place.

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



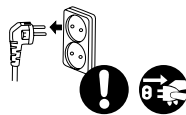
• Do not put other parts or tools aside from components in the container before using the product.

→ It may cause safety accidents.



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

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



• Store away from children or infants' reach.

→ Otherwise, safety accidents might occur involving injury.



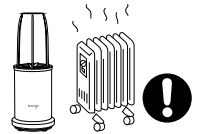
• Do not hold blades with hands when using or cleaning the product.

→ Otherwise, the blades might injure your hands.



• Do not use or store near heat or open flame.

→ It might cause deformation or discoloration of the product.



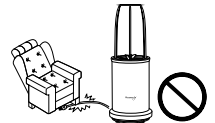
• Never dismantle, repair or remodel base.

→ Fire or injury might occur due to abnormal operation.



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

→ It might cause a short circuit or fire.



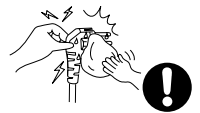
• Do not clean with inflammable materials or chemicals.

→ It might cause electric shock, fire or explosion.



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

→ It might cause electric shock or fire.



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

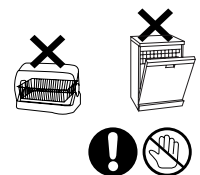
→ It might cause electric shock or fire.



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

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

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



TIPS ON OPERATING

■ Before use

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

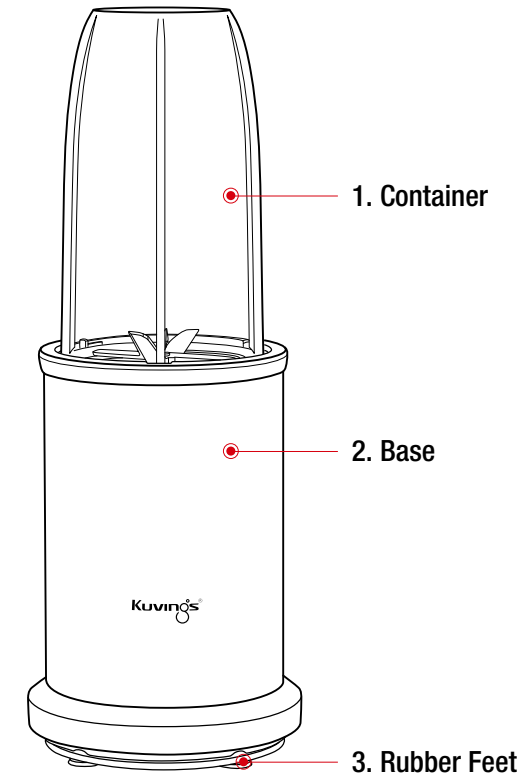
■ Blending Tips

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

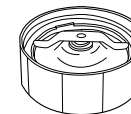
■ Maintenance Tips

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

PARTS



4. Grinding Blade



5. Extractor Blade



6. To-Go Lid



7. Container
(Grinding) Lid



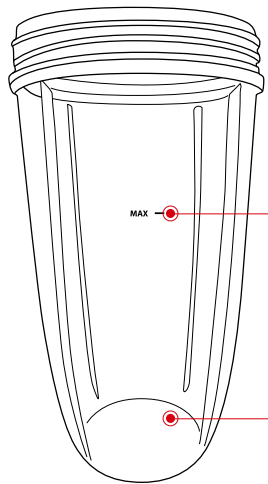
8. Grinding Jar



Recommended capacity of Container(Grinding Jar) by ingredients



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



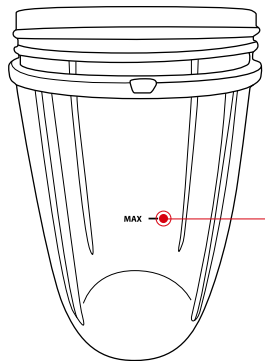
1 Container

Capacity for general ingredients

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

Minimum liquid capacity for blending

- Load up to 100ml



2 Grinding Jar

Maximum capacity for grinding

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

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



Precautions

• Add liquid

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

100ml



• Recommended ice

Use home made ice cubes no larger than 3cm.



• Grinding dry ingredients

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

Use the Grinding blade for grind.

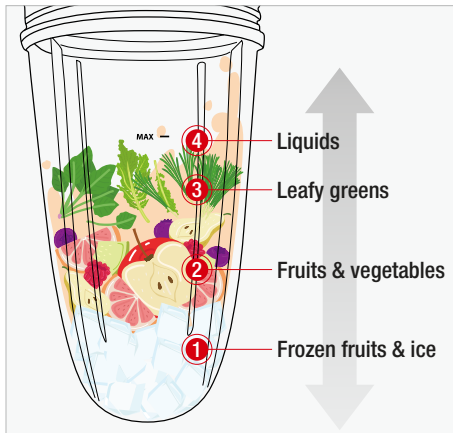


HOW TO ASSEMBLE AND OPERATE

1 Put ingredients in the Container(Grinding Container).

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

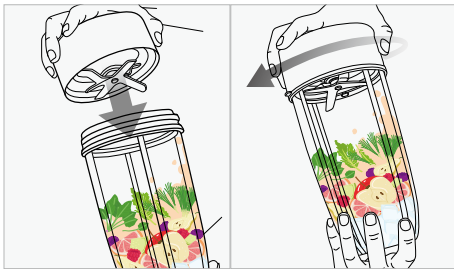
Do not exceed the max line in the Container.(Grinding Jar)



2 Lock the Extractor Blade(Grinding Blade) into the Container(Grinding Jar) by turning it clockwise.

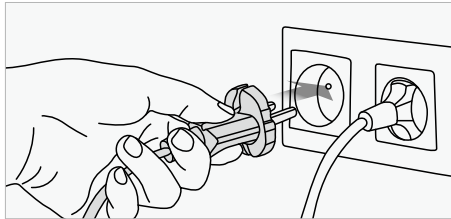
- Be sure to correctly fasten the Extractor Blade(Grinding Blade) on to the container.

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



3 Plug in the power cord.

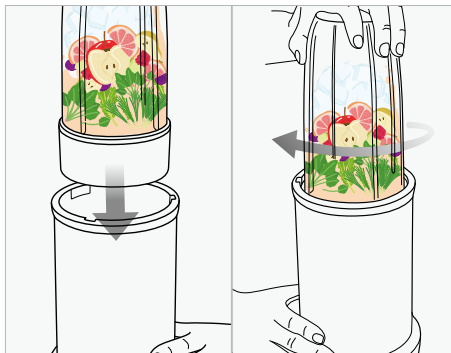
Do not touch the power plug with wet hands.



4 Properly place the Container(Grinding Jar) with Extractor blade(Grinding Blade) onto the base. then apply pressure clockwise for blending start.

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

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

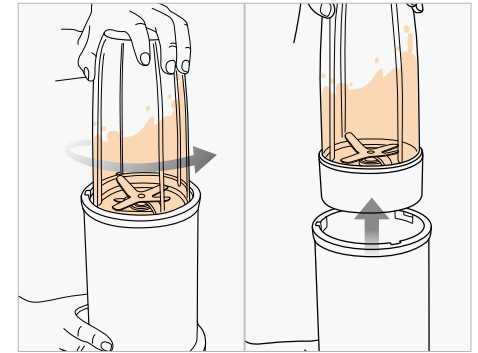


5 When blending is completed, turn the Container(Grinding Jar) counterclockwise and separate from Base.

- There is no automatically stop function.
- To stop blending function, turn the Container(Grinding Jar) counterclockwise.

Recommended blending time : 60 seconds per cycle.

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



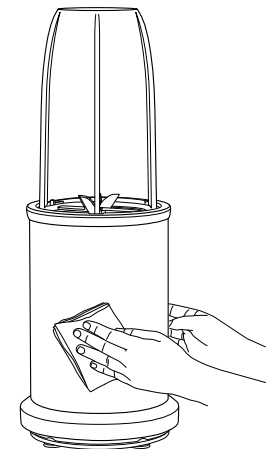
CLEANING AND CARE

1 Container (Grinding Jar), Blade (Extractor Blade, Grinding Blade)

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

2 Base

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



BEFORE REQUESTING SERVICE

1 If blender does not turn on.

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

2 If hearing abnormal noise.

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

3 Blending is not stop.

- There is no automatically stop function. when complete the blending, turn the Container (Grinding Jar) counterclockwise then, separate from base.

4 Base moves slightly during operation.

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

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

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

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

Recip Guide

CONTENTS

Carrot and Cocoa Juice	16	Citrus Energy Circle	26
Grapefruit Green Juice	17	Green Tea Smoothie for Calming	27
Daily Detox Juice	18	Avocado Cacao Smoothie	28
Melon and Kale Juice	19	Cloudy Smoothie	29
ABC Juice	20	Cucumber and Melon Smoothie	30
Yellow Tango	21	Triple Berry Smoothie	31
Power-Up Purple Juice	22	Citrus Circle Smoothie	32
Mind Calming Apple Berry Lush	23	Strawberry Spinach Smoothie	33
Pear Berry Sweet	24	Summer Intention	34
Summer Breeze	25		

Carrot and Cocoa Juice

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

Ingredients

1/2 Carrot
1/3 Apple
1 tsp. Cacao powder
3/4 C. Filtered water

Tip

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

Nutritional Information

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



Grapefruit Green Juice

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

Ingredients

1/4 Grapefruit
1/8 Pear
1/4 C. Spinach
1/4 C. Kale
3/4 C. Filtered water

Tip

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

Nutritional Information

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



Daily Detox Juice

The bitterness of vegetables can become milder with pear and apple. Consume various vegetables with this daily detox juice.

Ingredients

1/4 C. Celery
1/4 C. Spinach
1/3 Apple
1/6 Beet
1/8 C. Lemon juice
1/2 C. Filtered water

Tip

Wash the spinach cleanly. If you don't like the strong flavor of celery, use the stems rather than the leaves.

Nutritional Information

Betanin and anthocyanin in beet are antioxidants that detox intestines and promote the activation of good gut bacteria, which can prevent constipation and cleanse the body in general.



Melon and Kale Juice

Was your schedule tight today? Drink this bloodcleansing, sweet cantaloupe and kale juice, and have a healthy and energy-boosting day.

Ingredients

1/4 Melon
1/3 C. Kale
1/3 Apple
3/4 C. Milk

Tip

You can replace regular milk with coconut water, or soy milk to make more tasty and nutritional juice.

Nutritional Information

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



ABC Juice

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



Ingredients

1/3 Apple
1/6 Beet
1/3 Carrot
1 tsp. Cinnamon powder
1 C. Filtered water



Tip

You can eat cooked or raw beet roots.



Nutritional Information

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



Yellow Tango

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



Ingredients

1/2 C. Pineapple chunks
1/2 Mango
1/3 Orange
3/4 C. Coconut milk



Tip

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



Nutritional Information

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



Power-Up Purple Juice

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

Ingredients

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

Tip

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

Nutritional Information

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



Mind Calming Apple Berry Lush

Start your day peacefully with this calming pink juice.

Ingredients

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

Tip

You can replace water with milk or almond milk.

Nutritional Information

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



Pear Berry Sweet

Make your day sweet with this lovely pink juice.

Ingredients

1/3 Pear
1/3 C. Strawberries
1/3 C. Blueberries
3/4 C. Filtered water

Tip

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

Nutritional Information

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



Summer Breeze

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

Ingredients

1 C. Watermelon chunks
1/3 C. Blueberries
1/8 C. Lime juice
3/4 C. Filtered water

Tip

You can use frozen blueberries in the off-season.

Nutritional Information

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



Citrus Energy Circle

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

Ingredients

1/2 Orange
1/2 Lime
1/6 C. Spinach
3/4 C. Filtered water

Tip

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

Nutritional Information

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



Green Tea Smoothie for Calming

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

Ingredients

1 tsp. Green tea powder
1 Banana
1/3 Cucumber
1/2 C. Milk
1/4 C. Ice cube, optional

Tip

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

Nutritional Information

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



Avocado Cacao Smoothie

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

Ingredients

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

Tip

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

Nutritional Information

Polyphenol in avocado and cacao powder restricts the generation of reactive oxygen species and slows aging. Beta-carotene in banana and spinach also helps to restrict the generation of reactive oxygen species.



Cloudy Smoothie

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

Ingredients

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

Tip

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

Nutritional Information

Watermelon and cucumber are both high in water and potassium for quenching thirst and getting sodium out of body.



Cucumber and Melon Smoothie

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

Ingredients

1/4 Melon
1/4 Pear
1/2 Cucumber
1/2 C. Filtered water
1/4 C. Ice cube, optional

Tip

Add syrup or honey if you want sweetness.

Nutritional Information

The cucumber is a popular vegetable in summer, because it is possessed more than 90% of water, rich in vitamins (A and C) and minerals. In the hot summer, the cucumber is good for quenching your thirst.



Triple Berry Smoothie

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

Ingredients

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

Tip

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

Nutritional Information

With its sweet flavor and high nutrition, the blueberry is one of the most popular fruits. Now, many people, especially diet goers, love blueberries because it is a low-calorie "Super Fruit," convenient to eat, and tastes so good. It is low calories, but high in healthy nutrients like fiber and vitamins (C and K). It is also high in antioxidant substances like flavonoid, compared to other fruits and vegetables.



Citrus Circle Smoothie

Enjoy a refreshingly sweet citrus smoothie.

Ingredients

1/4 Grapefruit
1/3 Orange
1/8 C. Lemon juice
1 Tbsp. Agave syrup
1/2 C. Filtered water
1/4 C. Ice cube, optional

Tip

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

Nutritional Information

The grapefruit is a tropical citrus fruit known for its sour to bitter-and-sweet taste. It is low in calories but high in fiber, vitamins, minerals and antioxidant substances. Particularly, vitamins and minerals in this fruit prevents infection and improve the immune system.



Strawberry Spinach Smoothie

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

Ingredients

1/2 C. Strawberries
1/6 C. Spinach
1 Banana
4/3 C. Coconut milk

Tip

You can replace coconut milk with water or ordinary milk.

Nutritional Information

Strawberry contains 80mg of vitamin C per 100g, 10 times as much as an apple. A daily intake of 6-8 strawberries is enough to meet the daily recommended intake of vitamin C. The strawberry removes metabolism, which leads to less skin trouble and increases bowel movements to prevent constipation.



Summer Intention

Find your energy back with Summer Intention! Anthocyanin in grapes and lycopene in watermelons help the homeostasis of your body and boosts energy.

Ingredients

- 1/2 C. Green grapes
- 1/2 C. Watermelon chunks
- 1/8 Cabbage
- 1/8 C. Lemon juice
- 3/4 C. Filtered Water

Tip

It is important to wash green grapes that are eaten unpeeled.

Nutritional Information

The cabbage juice is rich in vitamins (A and C), minerals (calcium and iron), fibers and essential amino acids. It is also high in vitamins K and U, which is effective in alleviating ulcers in the stomach and duodenum. With the effects of detoxing and weight loss, the cabbage juice is very popular among women who want a well-shaped body. When boiled or steamed, vitamin U in cabbage is destroyed. So, it's better to eat uncooked cabbage.



SPECIFICATION

Product	Kuvings Nutri Blender
Model Name	KNB-3000, KNB-3100
Rating Voltage	AC220-240V, 50-60Hz
Power Consumption	1,000W
Recommended Rating Time	Less than 1min.
Weight	2.54Kg
Product Size	135 X 135 X 375(mm)
Manufacturer	NUC Electronics Co., Ltd.