

coffee smoothie

250ml Espresso coffee
175ml milk
30-45ml Baileys liqueur
sugar to taste
5 small scoops vanilla ice cream
(approximate weight 250g)

Makes 2-3 glasses

Place the coffee, milk, liqueur and sugar (if used) into the goblet. Add the ice cream. Switch to MIX for 10 seconds and then SMOOTH for 10 seconds. Serve immediately.

chocolate orange smoothie

475ml orange juice
30-45ml Cointreau
5 small scoops chocolate ice cream
(approximate weight 250g)

Makes 2-3 glasses

Place the orange juice and Cointreau into the goblet, then add the ice cream. Switch to MIX for 10 seconds then SMOOTH for 10 seconds. Serve immediately.

lemon zinger

475g natural yoghurt
30-45ml gin
5ml lemon juice
2 large scoops lemon sorbet,
(approximate weight 250g)

Makes 2-3 glasses

Place the yoghurt, gin and lemon juice into the goblet, then add the sorbet. Switch to MIX for 10 seconds then SMOOTH for 10 seconds. Serve immediately.

gin and strawberry cocktail

juice of 2 limes
200g strawberries
75ml gin
100ml lemonade
45ml icing sugar
8 ice cubes

Makes 3 glasses

Place the lime juice, strawberries, gin and icing sugar into the goblet. Add the ice cubes. Switch to MIX for 10 seconds and then SMOOTH for 10 seconds. Serve immediately.

rum and mango cocktail

300ml pineapple juice
1 large mango, flesh cut up
1 large banana, cut up
200g natural yoghurt
90ml brown rum
14 ice cubes

Makes 6 glasses

Place the pineapple juice, mango, banana, yoghurt and rum into the goblet. Add the ice cubes. Switch to MIX for 10 seconds and then SMOOTH for 10 seconds. Serve immediately.

fruit cocktail surprise

300ml pineapple and coconut juice
8 large strawberries
½ banana, cut up
45ml vodka
100g frozen raspberries
4 ice cubes

Makes 3 glasses

Place the juice, strawberries, banana and vodka into the goblet. Add the frozen raspberries and ice cubes. Switch to MIX for 15 seconds then to SMOOTH for 15 seconds. Serve immediately.

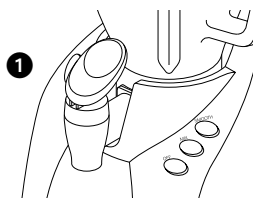
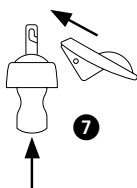
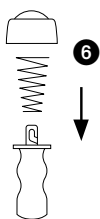
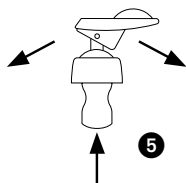
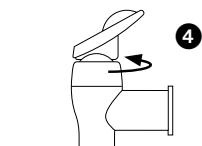
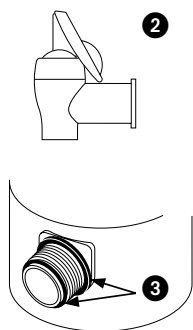
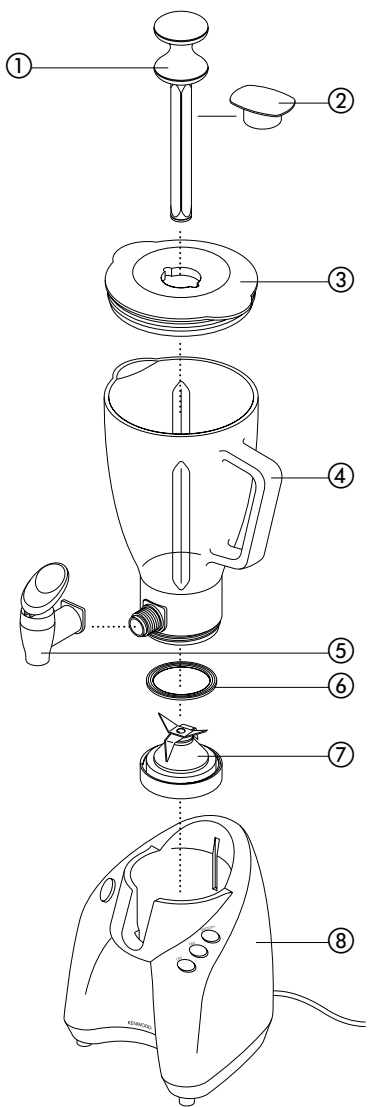
KENWOOD

instructions and recipe ideas



*Smoothie
PRO*

SB300 series



You can use your Smoothie Blender for making delicious and nutritious cold drinks. It's easy to use and the smoothie drink can be dispensed directly into a cup or glass. We've also included a stirring device to assist with the blending.

A selection of recipes can be found at the back of the instructions, but the handy markings on the goblet allow you to mix ingredients of your choice. Combinations of fruit and yoghurt (both fresh and frozen), ice cream, ice cubes, juice and milk can be used.

safety

- Switch off and unplug:
 - before fitting and removing parts
 - after use
 - before cleaning.
- Never let the power unit, cord or plug get wet.
- Keep hands and utensils, other than the stirrer out of the goblet when it's on the power unit.
- Don't touch sharp blades.
- Don't let children or infirm people use the machine unsupervised.
- Never blend hot liquids.
- Never use a damaged machine. Get it checked or repaired : see 'service'.
- Never use an unauthorised attachment.
- Never leave the machine on unattended.
- Don't let children play with the machine.
- When removing the Smoothie Blender from the power unit, wait until the blades have completely stopped.
- Only use the appliance for its intended domestic use.
- Only operate the Smoothie Blender with the lid in place.
- Never use the stirrer unless the lid is fitted to the goblet.

- **The moulded skirt on the bottom of the goblet is fitted during manufacture to comply with safety standards and no attempt should be made to remove it.**
- The unit may also be used for making soups. Allow hot liquids to cool before blending - if you haven't fitted the lid securely before blending, you could get splashed.

carrot and coriander soup

25g butter
1 large onion, chopped
1-2 cloves garlic, crushed
800g carrot cut into 2cm cubes
cold chicken stock
15ml ground coriander
salt and pepper

Melt the butter in a pan, add the onion and garlic and fry until soft. Place the carrot into the goblet, add the onion and garlic. Add sufficient stock to reach the 2 litre level marked on the goblet. Fit the lid and filler cap. Blend on SMOOTH for 5 seconds for a coarse soup or longer for a finer result.

Transfer the mixture to a saucepan, add the coriander and seasoning and simmer the soup for 30 to 35 minutes or until cooked. Adjust the seasoning as necessary and add extra liquid if required.

before plugging in

- Make sure your electricity supply is the same as the one shown on the underside of the machine.
- Important – UK only**
- The wires in the cord are coloured as follows:
Green and Yellow = Earth,
Blue = Neutral,
Brown = Live.
 - The appliance must be protected by a 3A approved (BS1362) fuse.
 - **WARNING: THIS APPLIANCE MUST BE EARTHED.**

Note:

- For non-rewireable plugs the fuse cover **MUST** be refitted when replacing the fuse. If the fuse cover is lost then the plug must not be used until a replacement can be obtained. The correct fuse cover is identified by colour and a replacement may be obtained from your Kenwood Authorised Repairer (see Service).
- If a non-rewireable plug is cut off it must be **DESTROYED IMMEDIATELY**. An electric shock hazard may arise if an unwanted non-rewireable plug is inadvertently inserted into a 13A socket outlet.
- The machine complies with European Economic Community Directive 89/336/EEC.

before using for the first time

- 1 Remove all the packaging .
- 2 Wash the parts: see 'cleaning'.
- 3 Push excess cord into the back of the appliance.

key

- ① stirrer
- ② cap
- ③ lid
- ④ goblet
- ⑤ tap assembly
- ⑥ sealing ring
- ⑦ blade assembly
- ⑧ power unit

to use your smoothie blender

- 1 Fit the sealing ring over the blade assembly.
- 2 Screw the goblet onto the blade unit.
- 3 Screw the tap assembly onto the goblet, then place on the power unit.
 - Check that the dispensing tap lever is in the off position ①.
- 4 Place the liquid ingredients into the goblet.

- This includes fruit (not frozen), fresh yoghurt, milk and fruit juices. These can be placed into the goblet to the level marked LIQUIDS for either 3 or 6 servings.
- 5 Add ice or frozen ingredients to the goblet.
 - This includes frozen fruit, frozen yoghurt, ice cream or ice. These can be added **up to** the level marked FROZEN INGREDIENTS for the corresponding number of servings.
 - 6 Push the lid onto the goblet.
 - 7 Either push the cap into the lid or place the stirrer in the hole.
 - The stirrer can be used when blending thick mixtures or when large quantities of frozen items are used.
 - 8 Press the MIX button for up to 30 seconds, this is to start the mixing process, then press the SMOOTH button. Allow the ingredients to blend until smooth.
 - Use the stirrer by moving it in an anti clockwise direction.
 - 9 Place a glass under the tap, press the MIX button and press down on the dispensing tap lever.
 - Thinner drinks may dispense without having to switch on the power unit.
 - Use the stirrer to assist when dispensing thick smoothie drinks.
 - To help dispense the last amount of a thick smoothie drink, add a few tablespoons of liquid to increase the flow.
 - 10 When the glass is full, release the lever and switch off.

hints

- To make a thinner smoothie drink add more liquid.
- To make a thicker smoothie drink add more frozen ingredients.
- Before fitting the lid, push the solid ingredients into the liquid using the stirrer.

- Use the PULSE button to operate the power unit in a start stop action to control the texture of your drink. Take care as this automatically selects the higher speed and may cause the drink to be thrown up the sides and onto the lid of the goblet.
- After blending, some drinks may not be completely smooth due to seeds or the fibrous nature of ingredients.
- Some drinks may separate on standing, therefore it's best to drink them straight away. Separated drinks should be stirred before drinking.

important

- Never blend dry ingredients (eg spices, nuts) or run the Smoothie Blender empty.
- Don't use the blender as a storage container. Keep it empty before and after use.
- Some liquids increase in volume and froth during blending eg milk, so do not overfill and ensure the lid is correctly fitted.
- To ensure long life of your Smoothie Blender, never run it continuously for longer than 60 seconds.
- Never blend food that has formed a solid mass during freezing, break it up before adding to the goblet.

cleaning

- Always switch off, unplug and dismantle before cleaning.
- Never let the power unit, cord or plug get wet.
- Empty the goblet before unscrewing it from the blade unit.
- Always wash immediately after use. Don't let food dry onto the goblet assembly as this will make cleaning difficult.
- Don't wash any part in the dishwasher.
- Regularly dismantle the tap and clean the parts thoroughly.

blender unit

Before dismantling the blender, half fill the goblet with warm water. Fit the lid and cap then place on the power unit. Switch to MIX and whilst running open the tap and allow the water to drain into a container to clean the valve. This can be repeated until the water runs clear. If further cleaning is necessary dismantle the unit first.

power unit

- Wipe with a damp cloth, then dry.

blade unit

- 1 Remove and wash the sealing ring.
- 2 Don't touch the sharp blades - brush them clean using hot soapy water, then rinse thoroughly under the tap. Don't immerse the blade assembly in water.
- 3 Leave to dry upside down away from children.

lid, cap, stirrer

Wash by hand, rinse with clean water then dry.

cleaning the tap

Remove the tap assembly from the goblet, then soak the tap in hot soapy water with the valve open ②. Wash thoroughly then rinse and dry. Wash and dry the goblet then refit the tap ensuring that the seals are correctly positioned on the goblet ③.

dismantling the tap

- 1 Unscrew the cap ④.
- 2 Push up on the plug ⑤ and remove the lever.
- 3 Remove the plug and spring ⑥.
- 4 Wash all the components, then dry thoroughly.
- 5 Reassemble the unit by reversing the above procedure ⑦.

service and customer care

- If the cord is damaged it must, for safety reasons, be replaced by KENWOOD or an authorised KENWOOD repairer.

UK

If you need help with:

- using your Smoothie Blender
- servicing or repairs (in or out of guarantee)

☎ call Kenwood Customer Care on **023 92392333**. **Have your model number ready** - it's located on the underside of the power unit.

● **spares and attachments**

☎ call 0870 2413653.

other countries

- Contact the shop where you bought your Smoothie Blender.

guarantee (UK only)

If your Smoothie Blender goes wrong within one year from the date you bought it, we will repair or replace it free of charge provided:

- you have not misused, neglected or damaged it;
- it has not been modified (unless by Kenwood);
- it is not second-hand;
- it has not been used commercially;
- you have not fitted a plug incorrectly; and
- **you supply your receipt to show when you bought it.**

This guarantee does not affect your statutory rights.

recipes

strawberry lemon surprise

3 x 150g pots strawberry yoghurt
600ml lemonade
500g frozen strawberries

Makes 5 glasses

Place the yoghurt and lemonade into the goblet. Add the frozen strawberries. Switch to MIX for 10 seconds then to SMOOTH for 10 seconds. Serve immediately.

thick banana milkshake

3 large bananas (cut into chunks)
600ml semi skimmed milk
7 small scoops vanilla ice-cream (approximate weight 350g)

Makes 5 glasses

Place the bananas and milk into the goblet. Add the ice cream. Switch to MIX for 10 seconds then SMOOTH for 10 seconds. Serve immediately.

raspberry cream

4 x 150g pots raspberry yoghurt
300ml orange juice
175g frozen raspberries
175g (approximately 2 scoops) frozen yoghurt dessert, vanilla flavour

Makes 5 glasses

Place the fresh yoghurt and orange juice into the goblet. Add the frozen raspberries and frozen yoghurt. Switch to MIX for 10 seconds then SMOOTH for 30 seconds. Serve immediately.

choco mint shake

475ml semi skimmed milk
few drops peppermint essence to taste
5 small scoops chocolate ice cream (approximate weight 250g)

Makes 2-3 glasses

Place the milk and essence into the goblet. Add the ice cream. Switch to MIX for 10 seconds, then SMOOTH for 10 seconds. Serve immediately

ice cool fruity

4 peeled kiwi fruit, quartered
350g fresh strawberries
425ml orange juice
10 ice cubes

Makes 5 glasses

Place the fruit and orange juice into the goblet. Add the ice cubes. Switch to MIX for 20 seconds, then SMOOTH for 20 seconds. Serve immediately

ginger smoothie

350ml milk
7 - 8 pieces of stem ginger or to taste
35 ml juice from stem ginger
5 small scoops vanilla ice cream (approximate weight 250g)

Makes 2-3 glasses

Place the milk, stem ginger and juice into the goblet. Add the ice cream. Switch to MIX for 15 seconds, then SMOOTH for 30 seconds. Serve immediately.

pineapple and apricot smoothie

250ml pineapple juice
250ml Greek yoghurt
250g fresh pineapple, cut into pieces
4 fresh apricots, stones removed and flesh cut up
12 ice cubes

Makes 4-5 glasses

Place the pineapple juice, yoghurt, pineapple and apricot into the goblet. Add the ice cubes. Switch to MIX for 20 seconds and then SMOOTH for 30 seconds. Serve immediately.

breakfast in a glass

175ml skimmed milk
125ml low fat yoghurt
1 large banana cut into chunks
1 large apple, cored and cut up
10ml wheatgerm
15ml runny honey
5 ice cubes

Makes 2-3 glasses

Place the milk, yoghurt, banana, apple, wheatgerm and honey into the goblet. Add the ice cubes. Switch to MIX for 30 seconds and then SMOOTH for 20 seconds. Serve immediately.

banoffee smoothie

2 large bananas, cut up
250ml milk
5 small scoops toffee ice cream (approximate weight 250g)

Makes 2-3 glasses

Place the banana and milk in the goblet. Add the ice cream. Switch to MIX for 10 seconds and then SMOOTH for 20 seconds. Serve immediately.

fruit smasher

2-3 nectarines, stones removed and flesh cut up

125g fresh raspberries

125g fresh strawberries

125ml lemonade

125ml apple juice

7 ice cubes

Makes 4 glasses

Place all the fruit and juice into the goblet. Add the ice cubes. Switch to MIX for 10 seconds and then SMOOTH for 20 seconds. Serve immediately.

fruits of the forest zinger

850ml lemonade

2 large meringue shells, broken up

550g frozen black forest fruits

Makes 6 large glasses

Place the lemonade and meringue into the goblet, then add the frozen fruit. Switch to MIX for 15 seconds then SMOOTH for 30 seconds. Serve immediately.

oriental splendour

1 can lychees, drained weight 250g (juice not required)

600ml orange juice

125g crème fraiche

12 ice cubes

Makes 4-5 glasses

Place the drained fruit, orange juice and crème fraiche into the goblet, then add the ice cubes. Switch to MIX for 15 seconds then SMOOTH for 15 seconds. Serve immediately.

for adults only

raspberry refresher

950ml cranberry juice

90ml vodka

300g frozen raspberries

4 small scoops raspberry sorbet (approximate weight 275g)

Makes 6 large glasses

Place the cranberry juice and vodka into the goblet, then add the frozen raspberries and sorbet. Switch to MIX for 15 seconds then SMOOTH for 15 seconds. Serve immediately.

tropical ginger

475ml ginger beer

45ml rum

350g mixture frozen pineapple, melon and mango

Makes 2-3 glasses

Place the ginger beer and rum into the goblet, then add the frozen fruit. Switch to MIX for 15 seconds then SMOOTH for 30 seconds. Serve immediately.

pineapple and coconut refresher

1 can (425g) pineapple pieces in juice

300ml pineapple juice

150ml coconut milk

or 75ml Malibu

7 small scoops vanilla ice cream (approximate weight 350g)

Makes 5 glasses

Place the contents of the can of pineapple in juice into the goblet together with the additional pineapple juice and coconut milk or Malibu. Add the ice cream. Switch to MIX for 10 seconds then SMOOTH for 30 seconds. Serve immediately.