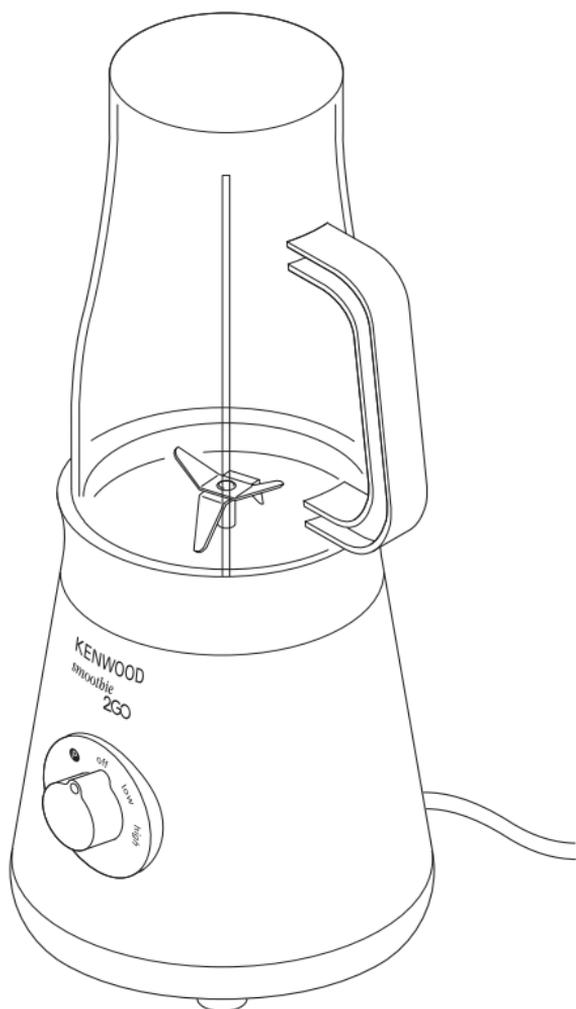




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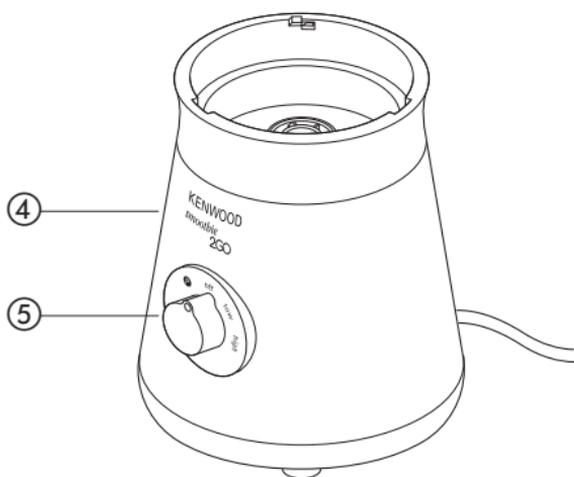
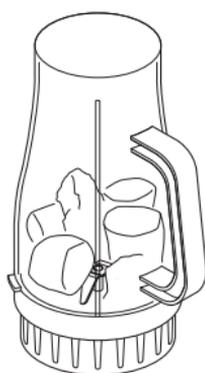
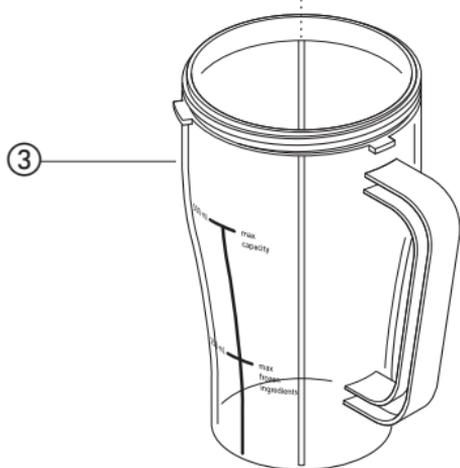
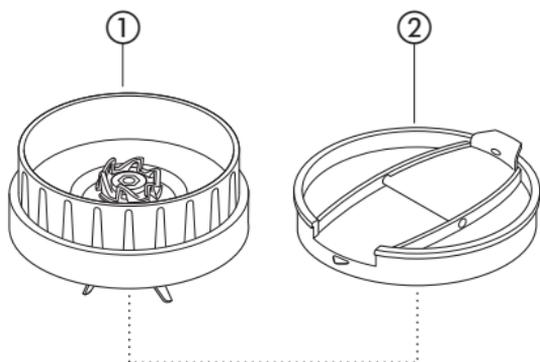
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# KENWOOD



SB050 series *smoothie*  
**2GO**





You can use your Smoothie Blender for making delicious and nutritious cold drinks. The dispensing lid means that the goblet can easily be converted into a travel mug.

A selection of recipes can be found at the back of the instructions, and the handy markings on the mug 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.

### **before using your Kenwood appliance**

- Read these instructions carefully and retain for future reference.
- Remove all packaging and any labels.
- Wash the parts: see 'care & cleaning'.

## safety

- Switch off and unplug:
  - before fitting and removing parts
  - after use
  - before cleaning.
- Never let the power unit, cord or plug get wet.
- Never use a damaged machine. Get it checked or repaired : see 'service'.
- Never use an unauthorised attachment.
- Never leave the appliance on unattended.
- Always wait until the blades have completely stopped before removing the mug from the power unit.
- The unit may also be used for making soups. Liquids should be allowed to cool to room temperature before blending.
- Never blend hot ingredients or drink any hot liquids from the travel mug.

- When drinking through the lid, take care that the drink is smooth. Some experimentation may be necessary to achieve the desired result, particularly when processing firm or unripened foods as you may find that some ingredients remain unprocessed.
- Always take care when handling the blade assembly and avoid touching the cutting edge of the blades when cleaning.
- Only use the Smoothie Blender with the blade assembly supplied.
- Always use the Smoothie Blender on a secure, dry level surface.
- Never place the appliance on or near a hot gas or electric burner or where it could come into contact with a heated appliance.
- Misuse of your Smoothie Blender can result in injury.
- 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.
- Only use the appliance for its intended domestic use. Kenwood will not accept any liability if the appliance is subject to improper use, or failure to comply with these instructions.

### 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:  
Blue = Neutral, Brown = Live.
- The appliance must be protected by a 3A approved (BS1362) fuse.

### 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.

## key

- ① blade assembly
- ② dispensing lid x 2
- ③ travel mug x 2
- ④ power unit
- ⑤ speed control

## to use your smoothie blender

- 1 Add ice or frozen ingredients to the mug ①.
- This includes frozen fruit, frozen yoghurt, ice cream or ice. These can be added **up to** the level marked 'max frozen ingredients'.
- 2 Add liquid ingredients to the mug.

- This includes fruit (not frozen), fresh yoghurt, milk and fruit juices. These can be placed into the mug to the level marked 'max capacity'.
- 3 Hold the underside of the blade unit and lower it onto the mug, blades down – turn clockwise to lock ①.
- 4 Shake to disperse the ingredients.
- 5 To fit the assembled mug to the power unit, turn the mug upside down and line up the tabs on the mug with the grooves in the power unit and then turn clockwise until a positive click is heard ②.
- 6 Select the required speed.
- When blending recipes that include frozen ingredients turn the speed control to 'low' for 5 seconds to start the mixing process, then turn the speed control to 'high'.
- Allow the ingredients to blend until smooth.
- 7 When the desired consistency is reached, turn the speed control to the 'off' position. Turn the mug anticlockwise to release it from the power unit.
- 8 Turn the mug the other way up and unscrew the blade assembly.
- 9 Fit and lock the lid by turning clockwise.
- When you want to drink the smoothie, simply flip open the lid cover and clip into position ③. The drink can be consumed straight from the mug.

### hints & tips

- Note that when the mug is filled to max capacity (500ml), this is approximately two servings.
- If you don't intend to consume your smoothie drink immediately, keep it refrigerated.
- Ensure your smoothie drink is thin enough to be able to drink from the dispensing lid. To make a thinner smoothie drink add more liquid.

- Once your smoothie drink has reached the desired consistency, you can use the pulse 'P' to ensure all ingredients are thoroughly blended. Use the pulse 'P' to operate the power unit in a start stop action to control the texture of your drink.
- 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 Smoothie Blender as a storage container whilst on the power unit.
- Some liquids increase in volume and froth during blending e.g milk, so do not overfill and ensure the blade assembly is correctly fitted.
- To ensure long life of your Smoothie Blender, never run it continuously for longer than 30 seconds.
- Never blend food that has formed a solid mass during freezing, break it up before adding to the mug.
- Never blend more than the max capacities marked on the mug.
- When the dispensing lid is fitted always keep the travel mug upright.

## care & cleaning

- Always switch off, unplug and dismantle before cleaning.
- Never let the power unit, cord or plug get wet.
- Always wash immediately after use. Don't let food dry onto the mug assembly as this will make cleaning difficult.
- Don't wash any part in the dishwasher.

#### **power unit**

- Wipe with a damp cloth, then dry.

#### **blade unit**

- 1 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.
- 2 Leave to dry upside down away from children.

#### **mug and dispensing lid**

Wash by hand, rinse with clean water then dry.

## 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 Smoothie Blender.
- **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**

### ***Breakfast Smoothies***

#### breakfast 2GO

*1 serving (300ml)*

- 2 ice cubes
- 60ml skimmed milk
- 50g low fat yoghurt
- 50g banana cut into 2cm slices
- 75g apple, chopped into 2cm chunks
- 5ml wheatgerm
- 5ml runny clear honey

- 1 Place the ice cubes, milk and yoghurt in the mug. Then add the banana, apple and wheatgerm. Shake well before blending.
- 2 Switch to 'low' for 5 seconds, then 'high' for 20 seconds. Check the sweetness and add the Honey if required.

#### ruby grapefruit oatie

*1 serving (250ml)*

- 150ml ruby grapefruit juice
- 50ml natural wholemilk yoghurt
- 50g banana cut into 2cm slices
- 1tbsp porridge oats
- 1tbsp clear runny honey

- 1 Add the grapefruit juice and yoghurt to the mug. Then add the banana and porridge. Shake well before blending.
- 2 Switch to 'high' for 15 seconds. Check the sweetness and add the Honey if required.

#### nutty banana boost

*1 serving (250ml)*

- 75ml semi-skimmed milk
- 115g low fat hazelnut yoghurt
- 50g banana cut into 2cm slices
- 3 ready to eat dried apricot, chopped into 1cm pieces

- 1 Add the milk and yoghurt to the mug. Then add the banana and apricot. Shake well before blending.
- 2 Switch to 'low' for 5 seconds, then 'high' for 25 seconds.

### ***Fruity Smoothies***

#### iced strawberry sensation

*1 serving (250ml)*

- 2 Ice cubes
- 70ml apple juice
- 60g strawberries, hulled and halved
- 80g cantaloupe melon, seeded and cut into 2cm chunks
- 5ml runny clear honey

- 1 Add the ice cubes and apple juice to the mug. Then add the strawberries and melon.
- 2 Switch to 'low' for 5 seconds, then 'high' for 20 seconds. Check the sweetness and add the Honey if required.

## mango, pineapple, passion fruit juice smoothie

1 serving (300ml)

150ml freshly squeezed orange juice  
85g ripe mango cut into 2cm chunks  
65g pineapple chopped into 2cm  
chunks  
½ passion fruit

- 1 Add the orange juice to the mug.  
Then add the mango, pineapple and  
passion fruit.
- 2 Switch to 'high' for 20 seconds.

## papaya & peach nectar

1 serving (250ml)

100ml grapefruit juice  
100g canned peach slices in fruit  
juice/drained  
70g papaya, seeded and cut into  
2cm chunks

- 1 Add the grapefruit juice, peach and  
papaya to the mug.
- 2 Switch to 'high' for 15 seconds.

## berry smoothie

1 serving (250ml)

100ml cranberry juice  
25ml apple juice  
75g raspberries  
40g blackberries

- 1 Add the cranberry and apple juice to  
the mug . Then add the berries.
- 2 Switch to 'high' for 20 seconds.

## ice cool fruity

1 serving (300ml)

2 ice cubes  
100ml orange Juice  
50g ½ kiwi fruit cut into 2cm pieces  
75g strawberries, hulled and halved

- 1 Add the ice cubes and orange juice  
to the mug. Then add the kiwi fruit  
and strawberries.
- 2 Switch to 'low' for 5 seconds, then  
'high' for 20 seconds.

## summer fruit smoothie

1 serving (250ml)

50g frozen summer fruit mix  
200ml semi-skimmed milk

- 1 Add the fruit and milk to the mug.
- 2 Switch to 'low' for 5 seconds, then  
'high' for 25 seconds.

## **Vegetable Smoothies**

### minted lassi cooler

1 Serving (250ml)

2 ice cubes  
150ml natural wholemilk yoghurt  
90g ¼ cucumber peeled, deseeded  
and chopped into 2cm slices  
4 mint leaves

- 1 Place the ice cubes, yoghurt,  
cucumber and mint into the mug.
- 2 Switch to 'low' for 5 seconds, then  
'high' for 25 seconds.

## avocado smoothie

1 serving (300ml)

200ml white grape juice  
10ml lemon juice  
50g ½ small avocado, stoned, peeled and chopped into 6 pieces.  
60g ½ ripe pear, peeled, cored & chopped into 2cm chunks.  
few drops of Tabasco, optional

- 1 Place the grape and lemon juice, avocado and pear into the mug
- 2 Switch to 'high' for 20 seconds.

## beetroot buzz

1 serving (250ml)

50ml freshly squeezed orange juice  
100ml apple juice  
15g carrot, grated.  
5g fresh root ginger, peeled & grated.  
50g cooked fresh baby beetroot, cut into 2cm chunks.

- 1 Add the orange and apple juice to the mug. Then add the carrot, ginger and beetroot.
- 2 Switch to 'low' for 5 seconds, then 'high' for 25 seconds.

## carrot and coriander soup

200g carrot cut into 12mm cubes  
300ml water  
small knob of butter  
1 small onion finely chopped  
5ml ground coriander  
salt and pepper  
stock

- 1 Place the carrot and water into the travel mug.
- 2 Fit the blade assembly and then process for 20 seconds on high speed.
- 3 Melt the knob of butter in a pan, add the onion and fry until soft.
- 4 Add the carrot/water mixture, coriander and seasoning. Simmer the soup until cooked. Adjust the seasoning as necessary and add extra stock if required.

