

# ***Ariete***



## **DRINK 'N GO**

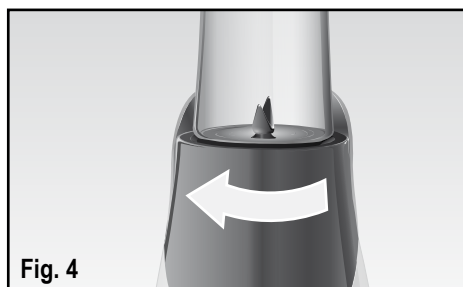
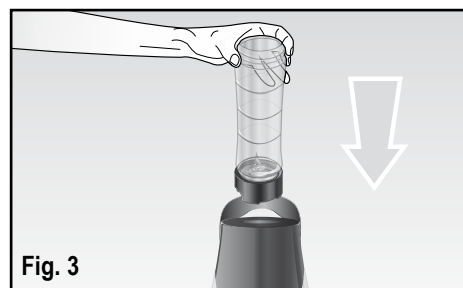
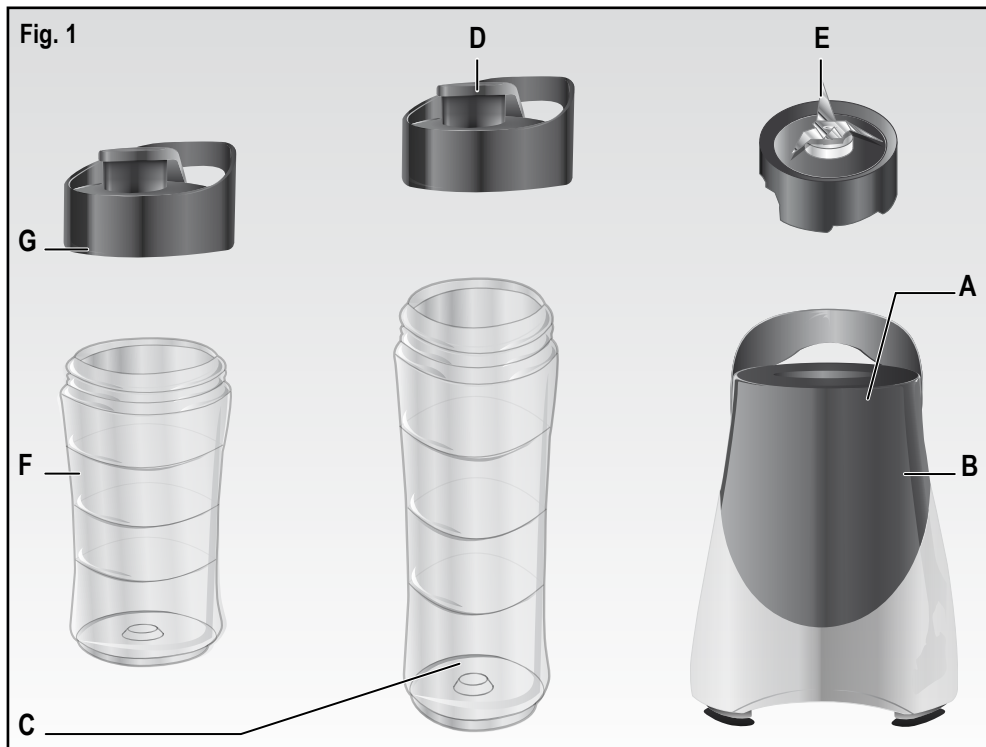
### ***Ariete***

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## **Mod. 563**



# IMPORTANT SAFEGUARDS

## READ THESE INSTRUCTIONS BEFORE USE

The necessary precautions must be taken when using electrical appliances, and these include the following:

1. Make sure that the voltage on the appliance rating plate corresponds to that of the mains electricity.
2. Never leave the appliance unattended when connected to the power supply; unplug it after every use.
3. Never place the appliance on or close to sources of heat.
4. Always place the appliance on a flat, level surface during use.
5. Never leave the appliance exposed to the elements (rain, sun, etc....).
6. Make sure that the power cord does not come into contact with hot surfaces.
7. This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge only if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Do not allow children to play with the appliance. Cleaning and user maintenance must not be carried out by children unless they are older than 8 and supervised.
8. Children under age 8 should not be allowed to handle appliance and its power cord which must be kept out of their reach.
9. Never place the appliance body, plug or power cord in water or other liquids; always wipe clean with a damp cloth.
10. Always unplug the power cord from the electricity mains before fitting or removing single attachments or before cleaning the appliance.
11. Always make sure that your hands are thoroughly dry before using or adjusting the switches on the appliance, or before touching the power plug or power connections.
12. To unplug the appliance, grip the plug and remove it directly from the power socket. Never pull the power cord to unplug the appliance.
13. Do not use the appliance if the power cord or plug are damaged or if the appliance itself is faulty; all repairs, including substitution of power cord, must be carried out exclusively by personnel authorised by the distributor in order to avoid all risks. Contact our Customer Support Centre on 1300 886 649 or [info@tempo.org](mailto:info@tempo.org).
14. In case of using extension leads, these must be suitable for the appliance power to

- avoid danger to the operator and for the safety of the environment in which the appliance is being used. Extension leads, if not suitable, can cause operating anomalies.
15. Never allow the cord to dangle in places where it may be grabbed by a child.
  16. Do not threaten the safety of the appliance by using parts that are not original or which have not been approved by the manufacturer.
  17. Any changes to this product that have not been expressly authorised by the manufacturer may lead to the user's guarantee being rendered null and void.
  18. In the event that you decide to dispose of the appliance, we advise you to make it inoperative by cutting off the power cord. We also recommend that any parts that could be dangerous be rendered harmless, especially for children, who may play with the appliance or its parts.
  19. Packaging must never be left within the reach of children since it is potentially dangerous.
  20. NEVER TOUCH MOVING PARTS.
  21. The blades are sharp; take great care while emptying the container and when cleaning.
  22. Never operate the appliance while it is empty.
  23. Do not use the appliance if the blade is damaged.
  24. Do not use the appliance to chop foods that are excessively hard (e.g., meat on the bone).
  25. When crushing ice cubes, there must be at least one cupful of liquid in the mixing beaker. Ice cubes must never be crushed without liquid as this will damage the blender.
  26. Leave hot liquids to cool before pouring them into the container.
  27. PREPARE THE CONTAINER CORRECTLY WITH THE FOODS TO BE BLENDED AND THE BLADE SET BEFORE CLOSING IT AND FITTING IT TO THE POWER BASE.
  28. Before removing the container with the blade set from the power base, wait for the blade to stop moving completely.
  29. Unless your home is already fitted with a residual current device (safety switch), we recommend installing an RCD with a rated residual operating current not exceeding 30mA to provide additional safety protection when using electrical appliances. See your electrician for professional advice.

**DO NOT THROW AWAY THESE INSTRUCTIONS**

## DESCRIPTION OF PARTS (Fig. 1)

- A Container slot
- B Power base
- C Container (capacity: 600 ml)
- D Drink lid
- E Blade set
- F Small container (capacity: 400 ml)
- G Drink lid for small container

This appliance has been designed for HOME USE ONLY and must not be used for commercial and industrial purposes.

## INSTRUCTIONS FOR USE

### IMPORTANT NOTE:

***Before using the appliance, we recommend washing all removable parts that will come into contact with food. Use hot water, a cloth and a mild detergent. Dry thoroughly.***

- Place the container (C or F) on a flat, horizontal surface with the opening facing upwards and pour in the ingredients you wish to use, cutting them into small pieces, if necessary and without exceeding the maximum level mark on the container itself.
- Place the blade set (E) on the opening of the container (C or F) and turn it clockwise until it locks into place (Fig. 2).
- Turn the container (C or F) upside down and place it in the slot (A) on the power base (B) by inserting the nicks on the blade unit (E) into the power base slots (Fig. 3).
- Plug the appliance into the power mains.
- Pressing down gently on the top of the container (C or F) will start the blender, which will continue to operate for as long as it is pressed.
- To operate the blender without pressing continuously, lock the container (C or F) in the power base (B) by turning it clockwise (Fig. 4). To stop the blender, release the container (C or F) by turning it anticlockwise.
- After use, unplug the appliance and wait for the blade set to stop before removing the container (C or F) from the power base (B).
- Turn the container (C or F) upright and place it on a flat surface. To open the container, unscrew the blade set (E).
- Pour the contents into a glass or fit the container (C or F) with the special lid (D or G) to carry it round throughout the day (Fig. 5).
- Wash the container (C or F) after use.

### IMPORTANT NOTE

***Prepare the container (C or F) with the ingredients for blending and close it correctly with the blade set (E) before fitting it to the power base (B) and plugging it into the mains power.***

***The blades are sharp; handle with care.***

***Do not leave the appliance running for more than 30 seconds. Brief pulses of a few seconds each are best.***

***Never place hot liquids or fruit with stones or shells inside the container (C or F) as they could damage the blade.***

***Ice cubes must never be crushed without liquid.***

## **HELPFUL HINTS**

- First insert the liquids in the container (fruit juice, milk, yogurt or just water, according to the recipe you are using).
- Cut hard fruit and vegetables into piece from 1.8 to 2.5 cm in size.
- Do not overfill the container (C or F). If the power base blocks, switch off the blender immediately, unplug it and leave it to cool for at least 15 minutes. Remove the excess ingredients and continue to blend.
- This appliance is not designed to mash potatoes, whisk egg whites or dairy produce, mix solids or mince raw meat, or crush ice on its own or in large amounts.
- For the best results, add the ingredients in the following order: liquids, fresh ingredients, frozen fruit, yoghurt and ice cream

## **CLEANING**

### **IMPORTANT NOTE**

***Unplug the appliance and make sure that the blades have stopped moving before cleaning the appliance.***

***The blades are sharp; take care when cleaning.***

- The containers (C-F), blade set (E) and lids (D-G) are dishwasher safe (top rack).
- Wipe the power base (B) clean with a damp cloth. Do not use abrasive products.

## **RECIPES**

### **IMPORTANT NOTE**

***Do not put carbonated drinks (coke, etc.) into the bottles as it may cause the drinking lid to pop up.***

### **The Green Machine**

Makes 1 serve

75ml coconut water

1 tbsp chia seeds

80g green grapes

20g baby spinach leaves

90g cucumber, diced

8 mint leaves

125ml apple juice

2 tsp agave

50g avocado, diced

100ml water

1. In a bowl, combine and stir together the coconut water and chia seeds and allow to stand for 10 minutes.
2. Place the coconut water, chia seeds, grapes, spinach, cucumber, mint, apple juice, agave, avocado and water into the 600ml bottle; securely attach the removable blade holder to the bottle.
3. Secure the bottle onto the motor base and press the “pulse” button for 15 seconds or until smooth.
4. Unscrew the removable blade holder and attach the drinking lid on top of the bottle.

**NOTE: Agave is a natural sweetener that can be found in the health food section of the supermarket.**

**NOTE: Chia seeds can be found in the health food section of the supermarket. They absorb liquid and become like jelly.**

## **Banana and Strawberry**

### **Super Shake**

Makes 1 serve

- 75g banana
- 4 strawberries, hulled
- 1 tbsp almonds
- 1 tbsp dates
- 60g avocado
- 1 cup skim milk
- 2 tsp honey

1. Place the banana, strawberries, almonds, dates, avocado, milk and honey into the 600ml bottle; securely attach the removable blade holder to the bottle.
2. Secure the bottle onto the motor base and press the “pulse” button for 15 seconds or until smooth.
3. Unscrew the removable blade holder and attach the drinking lid on top of the bottle.

**HINT: If a recipe is too thick for your liking, try adding liquid such as apple juice, orange juice or coconut water.**

**NOTE: If you need a bit of extra sweetness and would prefer a natural ingredient, you can add agave, honey or dates to any shakes.**

**NOTE: Cut all fruits and vegetables into pieces not larger than 2.5cm.**

## **Purple Power**

Makes 1 serve

- 65g grapes
- 125ml pomegranate juice
- 125ml apple juice
- 1 baby beetroot, peeled, cooked
- ½ tsp ginger, minced
- 6 mint leaves

1. Place the grapes, pomegranate juice, apple juice, beetroot, ginger and mint leaves into the 600ml bottle; securely attach the removable blade holder to the bottle.
2. Secure the bottle onto the motor base and press the “pulse” button for 15 seconds or until smooth.
3. Unscrew the removable blade holder and attach the drinking lid on top of the bottle.

## Antioxidants Overload

### Makes 1 serve

6 strawberries, hulled

¼ cup raspberries

¼ cup blueberries

70g red grapes

125ml cranberry juice

125ml pomegranate juice

3 medium ice cubes

1. Place the strawberries, raspberries, blueberries, grapes, cranberry juice, pomegranate juice and ice cubes into the 600ml bottle; securely attach the removable blade holder to the bottle.
2. Secure the bottle onto the motor base and press the “pulse” button for 15 seconds or until smooth.
3. Unscrew the removable blade holder and attach the drinking lid on top of the bottle.

## Banana Breakfast Drink

### Makes 1 serve

1 ½ Weet-bix

375ml skim milk

½ banana

1 tsp honey

1. Place the Weet-bix, milk, banana and honey into the 600ml bottle; securely attach the removable blade holder to the bottle.
2. Secure the bottle onto the motor base and press the “pulse” button for 15 seconds or until smooth.
3. Unscrew the removable blade holder and attach the drinking lid on top of the bottle.

## Strawberry Breakfast Drink

### Makes 1 serve

1 ½ Weet-bix

375ml skim milk

4 strawberries, hulled

1 tsp honey

1. Place the Weet-bix, milk, strawberries and honey into the 600ml bottle; securely attach the removable blade holder to the bottle.
2. Secure the bottle onto the motor base and press the “pulse” button for 15 seconds or until smooth.
3. Unscrew the removable blade holder and attach the drinking lid on top of the bottle.

## Raspberry Protein Booster

### Makes 1 serve

1 cup frozen raspberries

100ml skim milk

150ml iced water

3 tbsp vanilla protein powder

2 tsp honey



1. Place the raspberries, milk, water, protein powder and honey into the 600ml bottle; securely attach the removable blade holder to the bottle.
2. Secure the bottle onto the motor base and press the “pulse” button for 15 seconds or until smooth.
3. Unscrew the removable blade holder and attach the drinking lid on top of the bottle.

## **Chocolate Banana Protein**

### **Booster**

Makes 1 serve

375ml skim milk

½ banana

1 tbsp chocolate syrup

3 tbsp chocolate protein powder

1 tsp honey

1. Place the milk, banana, chocolate syrup, protein powder and honey into the 600ml bottle; securely attach the removable blade holder to the bottle.
2. Secure the bottle onto the motor base and press the “pulse” button for 15 seconds or until smooth.
3. Unscrew the removable blade holder and attach the drinking lid on top of the bottle.

## **Summer Refresher**

Makes 1 serve

½ cup frozen strawberries

150ml cranberry juice

40ml lemon juice

80ml orange juice

6 medium ice cubes

1. Place the strawberries, cranberry juice, lemon juice, orange juice and ice cubes into the 600ml bottle; securely attach the removable blade holder to the bottle.
2. Secure the bottle onto the motor base and press the “pulse” button for 15 seconds or until smooth.
3. Unscrew the removable blade holder and attach the drinking lid on top of the bottle.

## **Banana Smoothie**

Makes 1 serve

1 ½ bananas, halved

250ml milk

1 scoop ice cream

1 tbsp honey

1. Place the bananas, milk, ice cream and honey into the 600ml bottle; securely attach the removable blade holder to the bottle.
2. Secure the bottle onto the motor base and press the “pulse” button for 15 seconds or until smooth.
3. Unscrew the removable blade holder and attach the drinking lid on top of the bottle.

## Mango Smoothie

Makes 1 serve

½ cup mango flesh

250ml milk

1 scoop ice cream

2 tsp honey

1. Place the mango, milk, ice cream and honey into the 600ml bottle; securely attach the removable blade holder to the bottle.
2. Secure the bottle onto the motor base and press the “pulse” button for 15 seconds or until smooth.
3. Unscrew the removable blade holder and attach the drinking lid on top of the bottle.

## Blueberry and Almond Milk

**Cooler**

Makes 1 serve

1 cup frozen blueberries

250ml almond milk

1 tbsp apple cordial

100ml cranberry juice

1. Place the blueberries, almond milk, apple cordial and cranberry juice into the 600ml bottle; securely attach the removable blade holder to the bottle.
2. Secure the bottle onto the motor base and press the “pulse” button for 15 seconds or until smooth.
3. Unscrew the removable blade holder and attach the drinking lid on top of the bottle.

## Iced Coffee

Makes 1 serve

30ml espresso

250ml milk

1 scoop ice cream

1 tsp vanilla syrup

1. Place the espresso, milk, ice cream and vanilla syrup into the 600ml bottle; securely attach the removable blade holder to the bottle.
2. Secure the bottle onto the motor base and press the “pulse” button for 15 seconds or until smooth.
3. Unscrew the removable blade holder and attach the drinking lid on top of the bottle.

## Baby Food Recipes

### Apple Baby Food

#### Makes 4 serves

1 green apple, peeled, cored, steamed

1 pinch cinnamon

¼ cup water

1. Place the apple, cinnamon and water into the 300ml bottle; securely attach the removable blade holder to the bottle.
2. Secure the bottle onto the motor base and press the “pulse” button for 15 seconds or until smooth.
3. Unscrew the removable blade holder and pour into containers to be refrigerated or frozen.

### Veggie Baby Food

#### Makes 4 serves

50g sweet potato, peeled, steamed

50g carrot, peeled, steamed

1 broccoli floret, steamed

1/3 cup water

1. Place the sweet potato, carrot, broccoli and water into the 300ml bottle; securely attach the removable blade holder to the bottle.
2. Secure the bottle onto the motor base and press the “pulse” button for 15 seconds or until smooth.
3. Unscrew the removable blade holder and pour into containers to be refrigerated or frozen.

**NOTE:** *You can add 1 tablespoon of grated cheddar cheese if the child is old enough to consume dairy products.*

