

GEORGE FOREMAN®

HEALTHY LIVING

George Foreman



GEORGE FOREMAN® MIX & GO XL BLAST

Instructions & Warranty

Congratulations on the purchase of your new George Foreman appliance. Each unit is manufactured to ensure safety and reliability. **Before using the appliance for the first time, please read this instruction booklet carefully and keep it for future reference.** Pass it on if you pass on the appliance.

When using electrical appliances, basic safety precautions should always be followed.



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| 1. Blastomatic blade assembly | 8. 2L blending jug |
| 2. Blastomatic drinking lid | 9. Control panel |
| 3. 800ml Blastomatic blending bottle | 10. Motor unit |
| 4. Personal blending bottle lid | 11. Lid with easy pour spout |
| 5. 600ml personal blending bottle | 12. Lid cap / measuring cup |
| 6. Personal blending bottle chill stick | 13. Soft grip handle |
| 7. Personal blending bottle blade assembly | 14. Blade assembly |
| | 15. Keep Cool Sleeve (for blender jug) |

BEFORE FIRST USE

CAUTION: Handle blades carefully.

- Carefully remove all packaging material and any stickers from the product.
- Take extreme caution when unpacking and handling the sharp blades.
- As some parts may be packed separately, check to ensure all items have been unpacked before disposing of the packaging.
- Dismantle and clean all parts as instructed in the CARE AND CLEANING section of this manual.
- Freeze the Chill Sticks in advance so these are ready for when you make a drink.
- Detach the Chill Stick from the personal blending bottle lid by rotating clockwise.
- Open the lid of the Chill Stick and fill to its max line with cool water. Never fill with hot liquids or solids.
- Close the lid and place in the freezer.

PRE-PROGRAMMED FUNCTIONS

Your blender features 4 different pre-programmed 'AUTO' functions; these functions will automatically take the blender cycle through different speeds to produce optimal results for the specific food type.

To use an AUTO function:

- Press the ON/OFF button.
- Press AUTO. Once pressed, all numbered buttons will blink.
- Press the button of the desired function as listed in the chart below. The STOP button will illuminate and flash continuously while the blender is in operation. The numbered Speed buttons will also illuminate as the blender moves through the pre-programmed cycle.

AUTO number	1	2	3	4
Meal	Soup	Chop	Smoothie	Green Smoothie
Description	Puree perfectly creamy soups.	Chop vegetables, herbs, spices and nuts to create garnishes, dressings, salads, salsas and more.	Blend frozen fruits and ingredients into a thick consistency.	Blend green ingredients (i.e. kale, celery, apples) to create smoothies with a thick consistency but smooth mouth feel.
Tips	Do not blend hot/warm ingredients - always allow to cool to room temperature before blending.		For best results using the Blastomatic attachment or personal bottle, add ingredients in the following order: liquids, ice, hard foods, soft foods, powders. Adopt the reverse order when using the blender jug Never blend dry goods alone in the bottle (always add liquid) and ensure ingredients are at room temperature. or below.	For best results using the Blastomatic attachment or personal bottle, add ingredients in the following order: liquids, ice, hard foods, soft foods, powders. Adopt the reverse order when using the blender jug Never blend dry goods alone in the bottle (always add liquid) and ensure ingredients are at room temperature. or below.

SPEED CHART

Your blender features 4 different speed settings, plus pulse, for ultimate control when manually blending various types of products. Refer to the table below for a guide on which speeds to use for different food types.

Speed	Function	Usage
1	Stir Mix Crumb	Prepare salad dressings Mix ingredients for baked goods Make cookie, cereal, and bread crumbs
2	Chop Whip Blend	Chop fruits, vegetables, and cooked meats Whip cream or butter Blend salsas
3	Puree Ice Crush Grind	Prepare sauces Grind hard cheeses, cooked meats, and coconut Puree fruits and vegetables Blend milkshakes and malts
4	Liquefy	Blend ice drink Create Mousse

NOTE: When blending dry goods, you may experience abrasions on the inside of the jug, making it cloudy. This is not preventable but is normal and will not impact the performance of the blender.

PREPARE THE BLENDER JUG FOR USE

The Blender Jug is perfect for large batch blending of smoothies, soups and all other food preparation

NOTE: Prior to use, the jug should be dismantled and washed as instructed in the **CARE AND CLEANING** section on page 8 of this manual. Following cleaning:

- Sit the motor unit on a stable, level, dry surface.
- Make sure the jug is securely situated on the base.

NOTE: The jug can be placed in a number of positions on the base.

CAUTION: Do not blend hot/warm ingredients - always allow to cool to room temperature before blending.

- Place foods to be blended into the jug; liquids first then solids, leaving any frozen fruit, vegetables and ice to last. Do not fill past the 1750ml marking.
- Place lid on jug. Press down firmly on the tip and both sides to snap it into place.
- Insert the cap into the opening of the lid. Rotate in a clockwise direction to lock it in place.

NOTE: Further ingredients can be added during the blending process via the lid opening. However, do not start the blender without the cap as ingredients may be ejected through the hole.

- Plug the cord into a wall power outlet and switch the outlet on. Press ON/OFF button. The button will illuminate, indicating blender is in STANDBY mode.

NOTE: The blender will power-off in 60 seconds if no buttons are pressed.

CAUTION: Hold the lid.

- Before starting the motor, place and leave your hand on the blender lid to prevent the possibility of it being dislodged by the sudden movement of ingredients when the motor starts.
- Press the appropriate speed button to start the blender, or select AUTO plus desired pre-programmed function (see the PRE-PROGRAMMED FUNCTIONS and SPEED CHART section of this manual on page 3-4 for more information). You can press STOP at any time to stop blending.
- If using the Pulse function, press and hold the PULSE button for several seconds then release. Repeat until food reaches desired consistency.

IMPORTANT: Do not hold speed or pulse buttons down when blending. If held for longer than 30 seconds the unit will automatically power-off. Unplug the unit to reset.

- When finished press STOP to stop blending or ON/OFF to switch the unit off.
- To remove the jug, grasp the handle and lift up.
- Lift open the pouring tab and pour contents out.
- Always switch off and disconnect the appliance from the wall power outlet when not in use.

PREPARE THE BLASTOMATIC FOR USE

The Blastomatic is perfect for green smoothies, frozen fruit smoothies, ice based drinks, salsas and creations containing nuts and seeds

NOTE: Prior to use, the Blastomatic bottle should be dismantled and washed as instructed in the CARE AND CLEANING section on page 8 of this manual. Following cleaning:

- Place the Blastomatic bottle on a flat surface with the open end facing up.

CAUTION: Never blend dry goods alone in the bottle (always add liquid) and ensure ingredients are at room temperature or below.

For best results, add ingredients in the following order:

- a. Liquids
- b. Ice
- c. Hard Foods
- d. Soft Foods
- e. Powders

CAUTION: Handle the sharp Blastomatic blade assembly with care.

- Fasten the Blastomatic blade assembly on to the open end of the bottle and turn it clockwise until it is tight.
- Sit the motor unit on a stable, level, dry surface.
- Turn the Blastomatic upside down and place on the blender base, turning clockwise to lock into place.

CAUTION: Hold the bottle!

NOTE: Before starting the motor, place and leave your hand on top of the bottle to prevent the possibility of it being dislodged by the sudden movement of ingredients when the motor starts.

- Select the appropriate speed or program or use PULSE to blend to desired consistency. The Blastomatic attachment is optimised for green smoothies, frozen fruit smoothies, ice based drinks, salsas and creations containing nuts and seeds.

CAUTION: Wait until the blades come to a complete stop before proceeding any further.

- Once blending has finished, remove the Blastomatic by turning counter-clockwise and lifting off the base. Turn the Blastomatic over and place it on a flat surface with the blade assembly end facing upwards.

CAUTION: *Ensure the bottle does not unscrew from the blade assembly when removing it from the motor unit. If loose, turn the Blastomatic bottle clockwise again to tighten, and then turn anti-clockwise to remove the bottle and blade assembly from the motor unit.*

- Remove the Blastomatic blade assembly from the bottle by turning counter-clockwise.
- Replace the blade assembly with the Blastomatic drinking lid.
- Switch the blender off by pressing the ON/OFF button. Always switch off and disconnect the appliance from the wall power outlet when not in use.

PREPARE THE PERSONAL BLENDING BOTTLE FOR USE

The personal blender bottle is perfect for single serve drinks, shakes and smoothies

NOTE: *Prior to use, the bottle should be dismantled and washed as instructed in the CARE AND CLEANING section on page 8 of this manual. Following cleaning:*

- Place the bottle on a flat surface with the open end facing up.

CAUTION: *Never blend dry goods alone in the bottle (always add liquid) and ensure ingredients are at room temperature or below.*

For best results, add ingredients in the following order:

- a. Liquids
- b. Ice
- c. Hard Foods
- d. Soft Foods
- e. Powders

CAUTION: *Handle the sharp blade assembly with care.*

- Fasten the bottle blade assembly on to the open end of the bottle and turn it clockwise until it is tight.
- Sit the motor unit on a stable, level, dry surface.
- Turn the bottle upside down and place on the blender base, turning clockwise to lock into place.

CAUTION: *Hold the bottle!*

NOTE: *Before starting the motor, place and leave your hand on top of the bottle to prevent the possibility of it being dislodged by the sudden movement of ingredients when the motor starts.*

- Select the appropriate speed or use PULSE to blend to desired consistency. It is recommended you only use speeds 1-3 or the 'Auto 3' Smoothie pre-programmed function when using the bottle.

CAUTION: *Wait until the blades come to a complete stop before proceeding any further.*

- Once blending has finished, remove the bottle by turning counter-clockwise and lifting off the base. Turn the bottle over and place it on a flat surface with the blade assembly end facing upwards.

CAUTION: *Ensure the bottle does not unscrew from the blade assembly when removing it from the motor unit. If loose, turn the bottle clockwise again to tighten, and then turn anti-clockwise to remove the bottle and blade assembly from the motor unit.*

- Remove the blade assembly from the bottle by turning anti-clockwise.
- Take a Chill Stick from your freezer and attach to the recess on the underside of the drink bottle lid by rotating anti-clockwise.
- Replace the blade assembly with the drink bottle lid with Chill Stick attached.
- Switch the blender off by pressing the ON/OFF button. Always switch off and disconnect the appliance from the wall power outlet when not in use.

BLENDING TIPS AND TECHNIQUES

- When pureeing solid ingredients, start with small portions in the jug and gradually add more ingredients as they begin to combine.
- When blending liquids into solid ingredients start with a small amount of liquid and gradually add more liquid through the lid opening. However, do not start the blender without the cap as ingredients may be ejected through the hole.
- Always let cooked ingredients cool before blending. All food and liquid should be at room temperature or below.
- For stirring solid or very thick liquid ingredients it is recommended that you use the Pulse function first to avoid overloading the motor.
- Cut all firm, fresh fruits and vegetables into smaller pieces no larger than 1.8cm to 2.5cm for the Blastomatic and personal blending bottles. For the jug, food should be no larger than 4cm to 5cm.
- Ensure all frozen fruits and vegetables are no larger than 1.5cm to 2cm for the Blastomatic and personal blending bottles plus jug.
- When blending dry goods (i.e. making bread crumbs, flours, etc.) ensure the jug is completely dry.
- It is best to begin the blending process at a lower speed and then increase to a higher speed if necessary.
- When crushing ice with no other ingredients, use 2 cups ice max (about 15 cubes). Make sure jug is completely dry before ice crushing.
- It is recommended you use at least 250ml of liquid when using the personal blending or Blastomatic bottle for optimal results.
- Do not overload the jug or bottles. If the motor stalls, turn the device off immediately, unplug the unit and let it cool for at least 20 minutes. Then remove a portion of the food and continue.
- The lid cap holds up to 60ml of liquid and can be used as a measure when adding ingredients such as olive oil, vinegar, milk, etc.
- When using the Pulse function, use short bursts for a maximum of 5 seconds. Allow the blades to stop rotating between pulses.

- When ingredients collect on the sides of the jug or the mixture is very thick, turn the appliance off. Wait for the blades to stop rotating. Remove the lid and use a rubber spatula to scrape down the sides of the jug, pushing food toward the blades. Replace the lid and continue blending.

CAUTION: Do not insert utensils of any kind into the blender while it is running.

- Always place your hand on top of the jug lid/bottle to hold it steady when you are operating the appliance.
- Never fill the Chill Sticks with hot liquids, solids or anything but cool water.

DO NOT PLACE ANY OF THE FOLLOWING IN THE BLENDER:

- Large pieces of frozen food above 1.5cm to 2cm
- Tough foods such as raw turnips, raw sweet potatoes and raw potatoes
- Bones
- Hard salami, pepperoni and hard sausages
- Hot/warm ingredients above room temperature

TASKS NOT RECOMMENDED FOR THE BLENDER:

- Whipping egg whites
- Mixing dough
- Mashing potatoes
- Grinding meats

IMPORTANT

- When using the jug the lid **MUST ALWAYS** be in place before starting the blender.
- The motor will automatically stop after 2.5 minutes. To prolong the life of the motor, it is recommended that you allow the motor to cool down for a further 2.5 minutes before restarting.
- Always disconnect the blender from the wall power outlet when not in use.

CARE AND CLEANING

This product contains no user serviceable parts. Refer service to qualified service personnel.

CAUTION: To prevent possible damage to the appliance do not use harsh abrasive or alkaline cleaning agents.

CLEANING THE BLENDER JUG (QUICK CLEAN)

- For a quick clean of the jug, simply half fill the jug with warm water and add a drop or two of dishwashing liquid, fit the lid onto the jug (with the cap in place) and run the motor for 30 seconds. The blender uses its own power to clean both the jug and the blade system.
- Rinse and dry thoroughly.

CLEANING THE BLENDER JUG (THOROUGH CLEAN)

- Before cleaning, turn off and disconnect the appliance from the wall power outlet.
- Remove the jug from the motor unit.

CAUTION: Handle the jug with care when cleaning as the fixed blades are extremely sharp.

- Wash the jug and all other removable parts in hot soapy water.
- Rinse well and allow all parts to dry before storing.
- Alternatively, the jug, lid and cap may be washed in the dishwasher.

IMPORTANT NOTE: DISHWASHERS: To preserve the appearance of the unit it is recommended all removable parts are washed by hand. Alternatively, removable parts may be placed in the dishwasher. Note some dishwashers have a heating element sitting directly below the bottom rack - ensure items are never placed close to or directly above the heating element.

- Place the jug upside-down on the bottom rack, ensuring it is not placed near any heating elements. The lid and cap should be placed on the top-rack only.

CLEANING THE BLASTOMATIC AND PERSONAL BLENDING BOTTLE

- Before cleaning, turn off and disconnect the appliance from the wall power outlet.

CAUTION: Handle the sharp blade assembly with care.

- If assembled, unscrew and separate the blade assembly from the bottle.
- Wash the bottle, blade assembly and drinking lid by hand or alternatively place in the dishwasher. Place the bottle on the bottom rack and all other parts on the top-rack only.

IMPORTANT

- Do not place jug or bottle parts in boiling liquids or pour boiling liquids into the jug or bottle.
- Do not immerse the motor unit in liquid. Wipe with a damp cloth and dry thoroughly.
- Remove stubborn spots by rubbing with a damp cloth and non-abrasive cleaner.

NOTE: If liquids spill onto the motor unit, immediately switch off and disconnect from the wall power outlet, wipe with a damp cloth and dry thoroughly. Do not use rough scouring pads or cleansers on parts or finish.

TROUBLESHOOTING

Problem	Possible Cause	Solution
All LEDs blinking quickly (100 msec/time)	Overheat warning or button held longer than 30 seconds	Unit must be reset. Unplug to reset. Let unit cool for at least 20 minutes
Unit stops/goes into standby mode	Work time exceeds 150 seconds (2.5 minutes)	Re-select appropriate speed

IMPORTANT SAFEGUARDS

When using this appliance, basic safety precautions should always be followed, including the following:

Read all instructions before, and follow whilst using this appliance.

1. To protect against electric shock DO NOT immerse cord, plug or motor unit in water or any other liquid.
2. Do not use in the bathroom or near any source of water.
3. Do not use outdoors.
4. This product 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 product by a person responsible for their safety.
5. This appliance is not a toy. Children shall be supervised to ensure they do not play with this appliance.
6. Cleaning or user maintenance shall not be carried out by children without the supervision of a person responsible for their safety.
7. Always switch off and disconnect this appliance from the wall power outlet when not in use and before cleaning.
8. To disconnect, set the controls to off. Turn off the wall power outlet, then grasp the plug and remove from the wall power outlet. Never pull by the cord.
9. Do not operate any appliance with a damaged cord or plug or after the appliance has malfunctioned, or has been dropped or damaged in any manner. Contact customer service for replacement, examination, repair or adjustment.
10. There are no user serviceable parts. If the power cord is damaged, it must be replaced by the manufacturer or similarly qualified person in order to avoid a hazard.
11. Cutting blades are very sharp. Handle with extreme care and caution when emptying the jug and during cleaning.
12. Before switching on, ensure the jug or bottle has been assembled correctly and has been seated onto the motor unit (and in the case of the jug, with the lid attached). The motor will only operate if the jug or bottle has been properly seated onto the motor unit.
13. Do not operate the appliance with an empty jug or bottle.
14. Do not blend hot/warm ingredients - always allow to cool to room temperature before blending.
15. Wait until the blades come to a complete stop before removing the lid from the jug, and before removing the jug from the motor unit.
16. Do not run the motor for longer than 2.5 minutes. After 2.5 minutes, switch off for at least a further 2.5 minutes to allow the motor to cool down.
17. Switch off and unplug the appliance before changing accessories or touching parts that move whilst in use.
18. Do not leave the appliance unattended when in use.
19. Do not use on an inclined plane or unstable surface.
20. Do not place on or near any heat sources.
21. Do not use appliance for other than its intended purpose.
22. Misuse of the appliance may cause injury.
23. Keep the appliance and the power cord away from the edge of tables or countertops and out of reach of children and persons with reduced physical, sensory and mental capacities.
24. This appliance is not intended to be operated by means of an external timer or separate remote control system.
25. For added safety, electrical appliances should be connected to a power outlet that is protected by a residual current device (RCD / 'Safety Switch') having a rated residual operating current not exceeding 30mA. Your switchboard may already incorporate an RCD. If unsure, call an electrician for verification and fitting if necessary.

26. 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 & breakfast type environments.

SAVE THESE INSTRUCTIONS

Spectrum Brands Australia Pty Ltd

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Customer Service in Australia

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Spectrum Brands New Zealand Ltd

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Auckland 1149 New Zealand

Customer Service in New Zealand

TollFree: 0800 736 776
Email: service@spectrumbrands.co.nz
Website: www.spectrumbrands.co.nz

Spectrum Brands Australia Pty Ltd and Spectrum Brands New Zealand Ltd Warranty Against Defects



In this warranty:

Australian Consumer Law means the Australian consumer law set out in Schedule 2 to the Competition and Consumer Act 2010;

CGA means the New Zealand Consumer Guarantees Act 1993;

Goods means the product or equipment which was accompanied by this warranty and purchased in Australia or New Zealand, as the case may be;

Manufacturer, We or **us** means:

1. for Goods purchased in Australia, Spectrum Brands Australia Pty Ltd ABN, 78 007 070 573;
or
2. for Goods purchased in New Zealand, Spectrum Brands New Zealand Ltd, as the case may be, contact details as set out at the end of this warranty;

Supplier means the authorised distributor or retailer of the Goods that sold you the Goods in Australia or in New Zealand; and

You means you, the original end-user purchaser of the Goods.

1. Our goods come with guarantees that cannot be excluded under the Australian Consumer Law, or the CGA. You are entitled to a replacement or refund for a major failure and 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.
2. The benefits provided by this Warranty are in addition to all other rights and remedies in respect of the Goods which the consumer has under either the Australian Consumer Law or the CGA. The original purchaser of the Goods is provided with the following Warranty subject to the Warranty Conditions:
3. We warrant the Goods for all parts defective in workmanship or materials from the date of purchase (**Warranty Period**), for the period of 1 year from the date of purchase (**Warranty Period**).

If the Goods prove defective within the Warranty Period by reason of improper workmanship or material, we may, at our own discretion, repair or replace the Goods without charge.

Warranty Conditions

4. The Goods must be used in accordance with the manufacturer's instructions. This Warranty does not apply should the defect in or failure of the Goods be attributable to misuse, abuse, accident or non-observance of manufacturer's instructions on the part of the user. As far as the law permits, the manufacturer does not accept liability for any direct or consequential loss, damage or other expense caused by or arising out of any failure to use the Goods in accordance with the manufacturer's instructions.
 5. Exhaustible components (such as batteries, filters and brushes) of the Goods are included under this Warranty only where there is a defect in workmanship or materials used.
 6. The warranty granted under clause 3 is limited to repair or replacement only.
 7. Any parts of the Goods replaced during repairs or any product replaced remain the property of the manufacturer. In the event of the Goods being replaced during the Warranty Period, the warranty on the replacement Goods will expire on the same date as for the Warranty Period on the original Goods which are replaced.
 8. In order to claim under the warranty granted under clause 3 you must:
 - (a) Retain this warranty with your receipt/proof of purchase; and
 - (b) Return the Goods to us at the relevant address or to the Supplier by prepaid freight within the Warranty Period accompanied with (i) the legible and unmodified original proof of purchase, which clearly indicates the name and address of the Supplier, the date and place of purchase, the product name or other product serial number and (ii) this warranty.
 9. This warranty is immediately void if:
 - (a) Any serial number or appliance plate is removed or defaced;
 - (b) The Goods have been serviced or otherwise repaired by a person not authorised to do so by us or where non approved replaced parts are used.
 10. The Goods are designed for domestic use only. The Goods must be connected to the electrical voltage requirements as specified in the ratings label located on the Goods.
 11. This warranty does not cover the cost of claiming under the warranty or transport of the Goods to and from the Supplier or us.
 12. This warranty is only valid and enforceable in Australia against Spectrum Brands Australia Pty Ltd and in New Zealand against Spectrum Brands New Zealand Ltd.
- Contact us or the Supplier for further details.

Register your product online

If you live in Australia please visit: www.spectrumbrands.com.au/warranty

If you live in New Zealand Please visit: www.spectrumbrands.co.nz/warranty

Registration of your warranty is not compulsory, it gives us a record of your purchase AND entitles you to receive these benefits: Product information; Hints and tips; Recipes and news; Information on special price offers and promotions.

Any questions? Please contact Customer Service for advice.

GEORGE FOREMAN[®]

HEALTHY COOKING



RECIPES

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MIX & GO XL BLAST

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Recipes: Blender Jug

RECIPES

CREAMY BUTTERNUT PUMPKIN SOUP

Preparation Time:

60 minutes

Ingredients:

2 tablespoons butter

1 small onion, chopped

900g butternut pumpkin, peeled, seeded and cut into 1-inch cubes

2 cups chicken or vegetable stock

$\frac{1}{8}$ tsp salt

$\frac{1}{8}$ tsp black pepper

$\frac{1}{2}$ cup double cream

Method:

- 1) Melt butter in large sauce pan on medium heat. Add onion; cook and stir 3 minutes or until tender.
- 2) Add pumpkin, chicken broth, salt and pepper. Bring to boil. Reduce heat to medium low, cover and simmer 20 minutes or until pumpkin is tender.
- 3) Allow ingredients to cool for 30 minutes.
- 4) Puree pumpkin mixture in two batches on Auto Speed 1, until smooth. Return pureed soup to sauce pan. Stir in cream and heat through. Do not boil.

RECIPES

STRAWBERRY SENSATION SMOOTHIE

Ingredients:

- 1 cup pineapple juice
- 2 cups vanilla flavoured yogurt
- 1 cup fresh strawberries
- 8-10 ice cubes

Method:

Place all ingredients, in the order listed, into your blender jug. Select AUTO plus 3 to blend.

ALMOND HONEY BUTTER

Preparation Time:

5 minutes

Ingredients:

- 3 cups blanched almonds, unsalted
- Pinch of salt (optional)
- 4 to 10 tablespoons canola oil, as needed
- 3 tablespoons honey

Method:

1. Place the almonds, salt and 4 tablespoons oil into the blender. Pulse several times to combine then blend on Speed 4 for 15 seconds.
2. Scrape down the sides of the blender and pulse to blend, adding the remaining oil, if a smoother consistency is desired.
3. Add the honey and pulse until well-combined.
4. Store in a sealed container in the refrigerator ready to serve.

Makes 1 cup

RECIPES

FRESH TOMATO FUSION SALSA

Preparation Time:

65 minutes

Ingredients:

½ small purple onion, peeled, quartered

2 cloves garlic, peeled

½ cup fresh coriander leaves, stems removed

½ chipotle chilli (canned)

¼ teaspoon salt

6 large plum tomatoes, cored, seeded, cut in half

Corn chips to serve

Method:

1. Place all ingredients in the order listed (except the chips) in the blender jug and pulse just until chunky, 3 to 4 times. Avoid over-mixing.

2. Chill for 1 hour to allow flavours to marry. Serve with corn chips.

Serves 4-6

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Recipes: Blastomatic

RECIPES

CLASSIC GREEN SMOOTHIE

Handful of spinach

½ cup pineapple

½ cup green grapes

½ green apple

1 cup coconut water

Auto 4: Green Smoothie

KIWI SPIRULINA SMOOTHIE

2 kiwi fruits, peeled and quartered

Handful of spinach

½ banana

½ cup cucumber

½ lime, peeled

1 cup coconut water

1 tsp spirulina powder

Auto 4: Green Smoothie

BERRY KALE BLAST SMOOTHIE

½ cup frozen raspberries

Small handful of kale

½ stick of celery

½ pear, diced

½ apple, diced

Juice of half a lemon

5mm piece of ginger

Cup of cold water

Auto 4: Green Smoothie

RECIPES

PEACH & APRICOT YOGHURT SMOOTHIE

2 halves of tinned apricot

½ cup apricot juice

1 peach

½ cup natural yoghurt

½ cup milk

1 tsp honey

2 ice blocks

Auto 5: Smoothie

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Recipes: Personal Blender Bottle

RECIPES

APPLE MAGIC

½ apple, halved

1 cup cloudy apple juice

Juice of half a lemon

1 kiwi fruit, peeled and quartered

Use manual speeds 1 – 3 until you reach the desired consistency or alternatively use Auto 3:
Smoothie

BANANA BENDER

1 banana

1 cup low fat milk

½ cup vanilla low fat yoghurt

1 tsp honey

¼ tsp nutmeg

2 ice cubes

Use manual speeds 1 – 3 until you reach the desired consistency or alternatively use Auto 3:
Smoothie

ORANGE MANGO TANGO

½ cup orange juice

1 cup plain or vanilla flavoured yogurt

½ cup fresh mango

Use manual speeds 1 – 3 until you reach the desired consistency or alternatively use Auto 3:
Smoothie

RECIPES

BREAKFAST POWER SMOOTHIE

1 cup milk

1 cup frozen raspberries

1 cup natural yoghurt

1 ripe banana

2 tbs *LSA mix (linseeds, sunflower seeds & almonds)

1 tbs honey

*Purchase LSA mix from most supermarkets in the health aisle or your health food shop.

Use manual speeds 1 – 3 until you reach the desired consistency or alternatively use Auto 3:
Smoothie

