

GEORGE FOREMAN®

HEALTHY LIVING



GEORGE FOREMAN® MIX & GO HEALTH MILL

(for use with Mix & Go Personal Blender only)

Instructions & Warranty

Congratulations on the purchase of your George Foreman Mix & Go Health Mill. The Mix & Go Health Mill is only for use in conjunction with your Mix & Go Blender (not inclusive of Mix & Go PRO). Each unit is manufactured to ensure safety and reliability. Before using the health mill for the first time, please read the instruction book carefully and keep it for future reference. Pass it on if you pass on the unit.

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



1. Storage Lid
2. Health Mill
3. Blade Assembly

BEFORE FIRST USE

Caution: Handle blades carefully.

- Remove all packaging material and any stickers from the product.
- As some parts may be packed separately, check to ensure all items have been unpacked before disposing of the packaging.
- Clean all parts as instructed in the 'CARE AND CLEANING' section of this manual.

HOW TO USE

Note: Prior to use, the health mill should be dismantled and washed as instructed in the 'CARE AND CLEANING' section of this manual.

- Wash all parts as instructed in the CARE AND CLEANING section.
- Sit the Mix & Go blender on a stable, level, dry surface.
- Plug the cord into a standard electrical outlet.
- Place the health mill on a flat surface with the open end facing up.
- Place contents to be blended into the health mill, liquids first, then any solids.

Note: Be sure not to fill ingredients past the MAX marking.

- Fasten the blade assembly on the open end of the health mill and turn it in a clockwise direction until it is locked.

Note: Only use the Mix & Go Health Mill specific blade assembly.

Caution: DO NOT blend heated liquids.

- Turn the health mill upside down & line up arrows on the blade assembly to the arrows on the blender base and place the health mill in the blender base.
- The blender will automatically begin as soon as the health mill is pushed down into the blender base.

Caution: Do not blend continuously for more than 30 seconds.

- For hands free continuous blending, simply turn the health mill clockwise in the blender base.

- To stop blending simply remove your hand from the health mill or if you have locked it into the base, turn anti clockwise to release it and place it on a flat surface with the blade assembly at the top.
- Once the blades have stopped rotating, pull the health mill out of the blender base & turn the bottle over and place on a flat surface.
- Remove blade assembly and serve immediately or use the storage lid to preserve contents.

CARE AND CLEANING

This product contains no user serviceable parts. Do not use the product if it has malfunctioned or is damaged in any way.

CLEANING

Caution: To prevent possible damage to the health mill do not use harsh, abrasive or alkaline cleaning agents.

- Ensuring the blender has been unplugged, remove the health mill and detach the blade assembly.

Caution: Blades are sharp, handle carefully.

- Wash parts by hand or in your dishwasher. Place on the top-rack only.

Important:

- Do not place health mill parts in boiling liquids.
- Remove stubborn spots by rubbing with damp cloth and non-abrasive cleaner.

IMPORTANT SAFEGUARDS

1. To protect against electric shock do not immerse cord, plug or blender base of unit in water or liquid of any sort.
2. Do not use outdoors or in damp or moist areas.
3. 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.
4. This product is NOT a toy. Young children should be supervised to ensure they do NOT play with the product.
5. The use of attachments/accessories not recommended by the product manufacturer may cause injuries or damage to the product and void warranty.
6. Do not use on an inclined plane or unstable surface.
7. Care must be taken when handling any accessories with sharp edges.
8. Do not attempt to defeat any safety interlock mechanisms.
9. To prevent possible damage to the product do not use harsh abrasive or alkaline cleaning agents.
10. Always clean the product after use.
11. Follow the instructions when cleaning this product.
12. Do not place on or near any heat sources.
13. Do not leave the product unattended when in use.
14. Do not use product for other than its intended purpose.

SAVE THESE INSTRUCTIONS
THIS PRODUCT IS FOR HOUSEHOLD USE ONLY

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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:
 - (a) Two (2) years for Russell Hobbs products (see product packaging for details)
 - (b) Two (2) years with five (5) year motor warranty for Russell Hobbs products (see product packaging for details)
 - (c) Limited Lifetime, Ten (10) years for Russell Hobbs cookware.
 - (d) One (1) year for George Foreman.

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. A limited 90-day Warranty applies to any industrial or commercial use of the Goods. 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 LIVING



RECIPES

MIX & GO

HEALTH MILL

WWW.GEORGEFOREMAN.COM.AU
WWW.GEORGEFOREMAN.CO.NZ

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RECIPES

PLACE ALL INGREDIENTS IN THE HEALTH MILL, PULSE SEVERAL TIMES TO COMBINE AND THEN BLITZ UNTIL INGREDIENTS ARE FULLY BLENDED.

BASIL PESTO

Ingredients:

¼ cup fresh basil leaves

Tablespoon pine nuts

¼ garlic clove, roughly chopped

2 tablespoons Extra Virgin Olive Oil

Tablespoon parmesan cheese, finely grated

TOMATO PESTO

Ingredients:

2 tablespoons sundried tomatoes

Tablespoon pine nuts

¼ garlic clove, roughly chopped

2 tablespoons Extra Virgin Olive Oil

Tablespoon parmesan cheese, finely grated

RECIPES

BALSAMIC VINAIGRETTE

Ingredients:

⅓ cup balsamic vinegar

¼ roughly chopped clove of garlic

¼ tsp dried oregano

½ tsp Dijon mustard

⅓ cup Extra Virgin Olive Oil

Sea salt and freshly ground black pepper to taste

LEMON VINAIGRETTE

Ingredients:

2 tbsp fresh lime or lemon juice

¼ tsp Dijon mustard, optional

¼ cup Extra Virgin Olive Oil

Sea salt and freshly ground black pepper to taste

RECIPES

CHINESE FIVE SPICE POWDER

Ingredients:

1 star anise pod

2 tsp Szechuan peppercorns (or generic black peppercorns)

½ tsp fennel seed

½ tsp whole cloves

1 cinnamon stick (broken into pieces)

1 tsp coriander seeds (optional)

Makes about 3 tablespoons

