

IMPORTANT TIPS:

Congratulations! You have made a great decision in choosing the **Blendtec** Total Blender. It is the tool you need for better health and entertaining fun! To make your experience more successful, we have included these tips:

The most important thing you need to know about your new blender is the telephone number for customer service: Please call **1-800-253-6383** for all of your **Blendtec** needs. Have questions about recipes; not getting the right consistency? A customer service representative is available to assist you Monday-Friday from 7am-4pm (Pacific Standard Time). They are polite and will tell you step-by-step how to get the best results from your blender. In case you cannot call, please visit the website at: www.Blendtec.com.

GETTING TO KNOW YOUR ICE will take time, so please be patient. Ice quantities needed for each recipe will vary depending on the size of your ice. Start experimenting. You may need to add a little more or a little less. Once you know your ice, you will be able to know exactly how much to add to get the desired results. Please read **BLENDING 101 on PAGE 2** of your **RECIPE BOOK**; this covers using **ICE** in your blender. If too much ice is used when making ice cream, the mixture may become frozen. To fix this, turn the machine up to **SPEED 10** or add more liquid. If your ice cream seems runny, add more **ICE** and blend at **SPEED 10** until mixture is firm. Most fruits and vegetables are dense and contain very little liquid. So, when making beverages it is important to **start with a liquid base**. A few options are grapes, watermelon, yogurt, milk, cranberry juice, water, or any juice of your choice.

The **WHOLE JUICE BUTTON** is the most powerful smoothie button. It liquefies fruits and vegetables. When using frozen fruit to make smoothies, use the **WHOLE JUICE BUTTON**, this is more powerful than using the **SMOOTHIE BUTTON**. Always load the **SOFTEST** ingredients at the **BOTTOM** of the jar (i.e. grapes) and the **HARDEST** ingredients towards the **TOP** (i.e. ice). When making **SOUP** use **WARM WATER** and press the **SOUP BUTTON** and run for **1 CYCLE (90 seconds)**. When using **COLD WATER**, run the **SOUP BUTTON** for **2 CYCLES (3 minutes)**. If you would like to make your soup hotter at anytime, simply press the **SOUP BUTTON** again or run the blender at **SPEED 10**.

Featured Costco Demonstration Recipes

- **Coconut Pineapple Ice Cream:** 3 oz. Half and Half , 1 oz Coconut Syrup (Torrani Brand) 2 tablespoons Instant vanilla pudding, Piece of Lemon, Handful of green cabbage, ice (about 2 ½-3 cups), Press **ICE CREAM BUTTON**.
- **Whole Juice:** 2 cups of grapes, 2 strawberries, 1 or 2 pineapple slice(s), 1 cantaloupe slice with seeds, 1 orange slice (shave off orange color), 1 small piece of lemon (shave off yellow color), 1 small handful of spinach, add about 5 large ice cubes. Press **WHOLE JUICE BUTTON**
- **Tortilla Soup:** 1 tsp. taco seasoning, garlic and parsley mix from Costco and some sea salt to taste 6-8 small cherry tomatoes or 2 roma tomatoes, 1 carrot not peeled, 3-4 pieces of a sliced onion, about 6-8 stems of fresh cilantro, small piece of lemon (shave off yellow color), slice of avocado 1 spoon of tomato paste. Add warm water to the 18 oz line and press the **SOUP BUTTON**. Add tortilla chips, left over rice, beans, corn, and cooked chicken at this point and use **PULSE BUTTON** 3-4 times.
- **Almond Milk:** 1/4 cup of almonds (Kirkland roasted), 1 cup of water, squirt of Agave or honey, add ice (about ½ cup). Press **SOUP BUTTON**.
- **“Shrek”, “Popeye” Ice Cream:** 3 oz. Half & Half or soy milk, 1 oz of Peppermint Syrup (Torrani Brand) add 1 - 2 cups of raw spinach, 2 tbsp. of Instant Vanilla Pudding, mix on speed 3-4 for about 20 seconds until smooth, add 2 cups of ice; press **ICE CREAM BUTTON**.
- **Carrot Juice:** 1 1/2 to 2 cups of grapes, small hand full of baby carrots, optional: a teaspoon of agave sweetener, add a 1 1/2 cups ice and press the **WHOLE JUICE BUTTON**. *You may add 1 med. whole carrot instead of the baby carrots - the baby carrots have a better flavor.
- **Soy Drink:** 2 oz. dried organic soy beans (only use organic soy beans, can buy at whole foods or Jumbo’s.) Grind on speed 8 for 50 seconds. Repeat. Add 2 oz. sugar or sweetener of choice. Add 4 capsfuls of vanilla extract. Add hot water till the 16 oz. line. Press **SOUP Button**. Add 4 cups of ice and use **PULSE button** to disperse ice and chill instantly. Put in a container and store in refrigerator for up to 2 days.
- **Chocolate Pudding:** 1 avocado peeled and pitted, 6 medjoul dates (pitted), ¼ cup of pure Dutch process cocoa, 4 caps full of vanilla extract, ¼ cup of water. Press **saucers button**. Take jar off of base and pound on counter to release air pocket. Place back on the base and power up to speed 7 or 8 to pull through until smooth.

For Other Great Recipes and Tips go: www.wellnesstherapiesforme.com