

AROMA[®]

Crush & Blend[™]

with glass jar and stainless steel base



Instruction Manual

Model ABD-530RG

Congratulations!

Your **AROMA** Crush & Blend will surely become one of the most versatile and practical appliances in your home.

Please read the following instructions carefully before your first use.



Published By:

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IMPORTANT SAFEGUARDS

Basic safety precautions should always be followed when using electrical appliances, including the following:

1. Read all instructions before use.
2. Avoid contact with moving parts.
3. To protect against electrical shock, do not immerse cord, plug or unit in water or any other liquid.
4. Close supervision is necessary when this appliance is used by or near children. This appliance is not intended to be used by children.
5. Unplug from outlet when not in use and before cleaning. Allow to completely cool before putting on or taking off any parts, and before cleaning.
6. Do not operate this appliance with a damaged cord, plug or after the appliance malfunctions or has been damaged in any manner. Return appliance to the nearest authorized service facility for examination, repair or adjustment.
7. The use of accessory attachments not recommended by the appliance manufacturer may cause injuries.
8. Do not use outdoors.
9. Do not let cord hang over edge of table or counter, or touch hot surfaces.
10. Do not place on or near a hot gas or electrical burner, or in a heated oven.
11. Extreme caution must be used when moving an appliance containing hot oil or other hot liquids.
12. To disconnect, press the "power" button, then remove plug from wall outlet.
13. Do not let cord hang over the edge of the counter.
14. Do not use appliance for other than intended use.
15. The motor must always be switched off before the blender is connected to the wall outlet.
16. Blender blades are very sharp. Handle the blender with extreme care and caution.
17. The blender can only be operated if the glass jar has been inserted properly into the motor block.
18. The blender must not be operated with an empty glass jar. Ensure that it contains liquid or solid food to prevent damage to the motor.
19. Allow hot liquids to cool to a lukewarm temperature before pouring into blender.

SAVE THESE INSTRUCTIONS

SHORT CORD INSTRUCTIONS

1. A short power-supply cord is provided to reduce risk resulting from becoming entangled in or tripping over a longer cord.
2. Longer extension cords are available and may be used if care is exercised.
3. If a longer extension cord is used:
 - a. The marked electrical rating of the extension cord should be at least as great as the electrical rating of the appliance.
 - b. The longer cord should be arranged so that it will not drape over the counter top or tabletop where it can be pulled by children or tripped over unintentionally.

POLARIZED PLUG

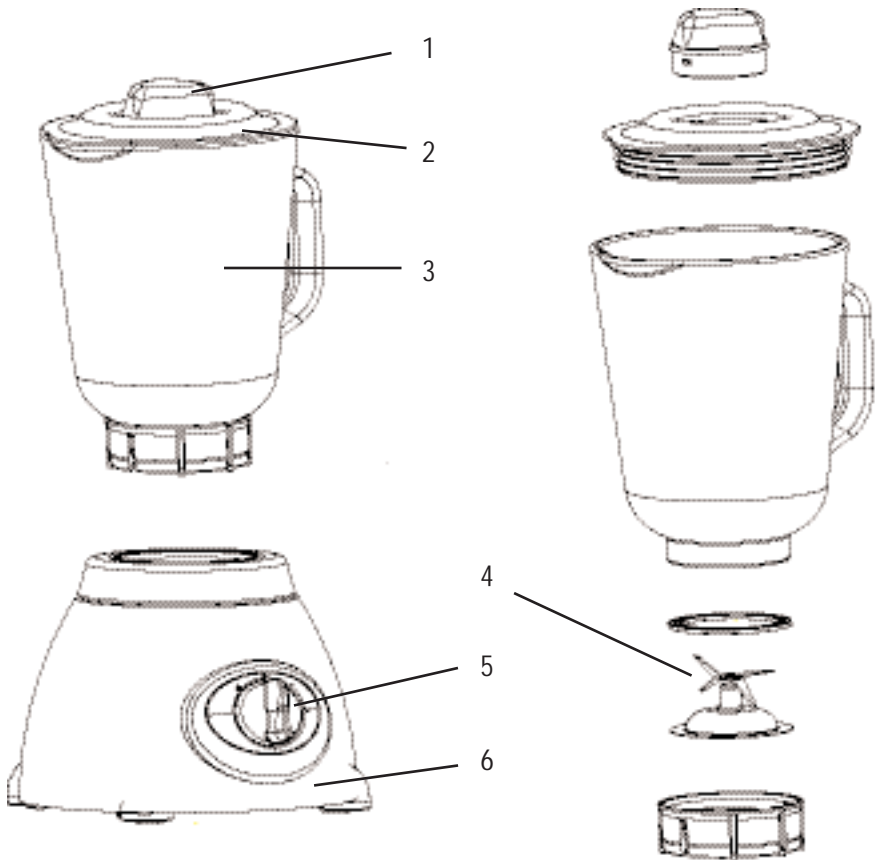
This appliance has a **polarized plug** (one blade is wider than the other); follow the instructions below:

To reduce the risk of electric shock, this plug is intended to fit into a polarized outlet only one way. If plug does not fit fully into the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to modify the plug in any way.



This appliance is for household use only.

PARTS IDENTIFICATION



1. Lid Access Cover
2. Lid
3. Glass Jar
4. Blade Assembly
5. Rotary Controls
6. Blender Base

HOW TO USE

Before First Use:

1. Read all the instructions and important safeguards.
 2. Remove all packaging materials; make sure all your items are received in good condition.
 3. With the exception of the base, wash all parts with warm soapy water using a sponge or dishcloth.
 4. Rinse thoroughly to remove soapy residue.
 5. Wipe body clean with a damp cloth.
- **Do not use abrasive cleaners or scouring pads.**
 - **Do not immerse the blender base, cord or plug in water at any time.**

How to Use:

Please refer to the Parts Identification page.

1. Put the rubber sealing ring on the inner edge of the blade assembly.
2. Put the blade with the sealing ring into the cup base.
3. Mount the glass jar onto the cup base unit by screwing it on in clockwise direction.
4. Mount the glass jar and cup base onto the blender base by placing it securely onto the blending base. Make sure that the motor is off before mounting the glass jar.
5. After putting the ingredients in the glass jar, put the lid on by pressing down.
6. Insert the lid access cover into the opening of the lid and turn it in counter-clockwise direction until it is locked.

HOW TO USE

Helpful Tips:

1. To achieve the best results when pureeing solid ingredients, place multiple small portions into the glass jar, one by one, instead of one large quantity all at once.
2. If you are processing solid ingredients, cut into small pieces before inserting in glass jar (1/2 to 1 inch).
3. When mixing solid ingredients, start off first with a small amount of liquid. Gradually add more and more liquid through the access cover.
4. For blending solid or very thick liquid ingredients, we recommend that you use the "M" setting (pulse mode).
5. Do not operate the blender without the lid access cover securely in place.

Speed Setting	Use
1 - Low	For light mixing of liquids
2 - High	For more solid ingredients - for blending liquids and solids
M - Pulse	Short, powerful pulsing movements - For crushing ice and hard solid ingredients. (The blending control does not permanently engage in the "M" setting. You have to hold the switch in the "M" setting, or turn it repeatedly to the "M" setting.)

CAUTION:

After using the blender, always turn it off to the "0" position and disconnect from outlet.

HOW TO CLEAN

Always unplug unit before cleaning.

For Simple Cleaning:

1. Empty the glass jar and fill it with water and a little mild soap.
2. Place lid firmly on glass jar.
3. Place the glass jar on the motor base and turn controls to the "M" setting, several times, for a few seconds each time.
4. Empty the glass jar and rinse until clean.

For Deep Cleaning:

1. Ensure that the glass jar is completely empty before you unscrew the cup base.
2. Be careful when handling the cutting blade.
3. All removable parts are suitable for the dishwasher.
5. The motor base is NOT dishwasher safe.

WARNING:

- Never immerse the motor base in any water or liquid.

RECIPES

Whole Fruit Juices

Summer Crush

1/4 medium sized watermelon
1/2 lime
1/2 lemon
1 cup ice
Sugar

Chop watermelon into large squares. Squeeze the juice from the lime and lemon juice into the blender. Add in watermelon cubes and ice. Blend. Pour and sweeten to taste.
Serves 4

Carrot-Ginger

2 carrots
1/4 tsp ground ginger
1/4 cup water
1/2 cup apple juice
1 tsp honey
1-2 cups wheat grass

Rough chop 2 carrots until pulpy by using the pulse button. Add ginger, water, apple juice, honey and wheat grass to carrots. Blend until smooth.
Serves 1

Healthy Smoothies

Mango-Banana

1 cup ice
1 mango*
1 banana
2-3 cuts of wheat grass

Place ice, mango and banana in blender and pulse until ice is crushed and desired consistency is achieved about 30-40 seconds.
Serves 2

RECIPES

Crazzle-Raz Juice

1 1/2 cup raspberries
1/2 orange
1 1/2 cup cranberry juice
1/2 cup raspberry sorbet

Peel and quarter the orange. Combine all ingredients in the blender. Blend them. Pour them. Swallow them.

Serves 2

Milkshakes

Cappuccino Shake

1 cup fat free vanilla frozen yogurt
1/4 cup fat free milk
1/2 tsp instant espresso powder
1/4 tsp ground cinnamon
1/4 cup lite whipped topping

Blend yogurt, milk, espresso powder and cinnamon. Pour into two glasses. Top each with 2 tablespoons whipped topping.

Serves 2

Vanilla-Strawberry Shake

1/4 cup soymilk
1 cup vanilla soy ice cream
1 tsp vanilla extract
5 strawberries

Add strawberries, soymilk, vanilla and ice cream in the blender until smooth and creamy.

Serves 2

RECIPES

Appetizers

Red Salsa

1 tomato seeded
1/2 tomato with seeds
1/2 tsp lemon juice
1/2 jalapeno
1 clove garlic
1/4 cup cilantro
1/2 sweet onion

Place cilantro and garlic in grinder attachment and pulse until finely chopped. Place onion and jalapeno in blender and blend until finely chopped. Add tomatoes, lemon juice, and cilantro-garlic mixture and blend until all ingredients are mixed, but still chunky. Makes 1 cup.

Spinach Dip

1/2 cup sweet onion
1 clove garlic
1/2 cup low fat sour cream
3 oz softened low fat cream cheese
1 cup thawed and drained spinach

Place garlic and sweet onion in grinder attachment, pulsing until chopped. Put sour cream, cream cheese and spinach in blender. Add chopped onion and garlic. Blend until spinach is thoroughly integrated into mixture. Makes 1 cup

Soups

French Onion Soup

2 large white onions, peeled
4 cups beef broth
Dash of fresh ground pepper
4 thick slices of French bread
2 cups shredded Swiss cheese

Quarter onions and place in blender. Add broth and pepper to blender. Pulse until onions are roughly chopped. Pour mixture into soup pot and bring to a boil. Reduce heat and simmer for about 20 minutes or until onions are soft and clears. Pour the soup into bowl and top with a slice of French bread and then sprinkle a thick coating of cheese over the top. Place under the broiler until cheese is melted and bubbly. Serve immediately. Serves 4.

RECIPES

Butternut Squash

2 medium butternut squash
1 1/2 cups low fat milk
Olive oil

Cut squash in half. Place on cookie sheet skin-side down. Drizzle olive oil. Place in 400 degree oven for about 20 minutes or until squash is soft. Let cool. Using a spoon, scoop squash out of skin and put into blender. Add milk and blend until creamy (to thin, add milk until desired consistency). Transfer to stove and cook on medium-low.

Serves 2

Desserts

Orange Sorbet

1 whole orange
2 cups ice
2 tbsps orange juice
1/4 cup low-fat milk

Put ice into the blender and pulse to breakup ice. Peel and slice orange and add to blender along with orange juice and milk. Blend until ice is completely smooth. Keep in freezer until ready to serve.

Serves 2

Cherry Un-Pie

1 cup cherries
1 cup vanilla yogurt
1 tsp honey

Chop cherries into halves and remove pits. Mix yogurt, cherries and honey in blender. Pulse until smooth. Cover and chill for 20 minutes. Serve in a chilled glass.

Serves 2

LIMITED WARRANTY

Aroma Housewares Company warrants this product free from defects in material and workmanship for one year from provable date of purchase in continental United States.

Within this warranty period, Aroma Housewares Company will repair or replace, at its option, defective parts at no charge, provided the product is returned, freight prepaid with proof of purchase and U.S. \$8.00 for shipping and handling charges payable to Aroma Housewares Company. Before returning an item, please call the toll free number below for return authorization number. Allow 2-4 weeks for return shipping.

This warranty does not cover improper installation, misuse, abuse or neglect on the part of the owner. Warranty is also invalid in any case that the product is taken apart or serviced by an unauthorized service station.

This warranty gives you specific legal rights and which may vary from state to state and does not cover areas outside the United States.

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