

# TAYAMA®

## INSTRUCTION & RECIPE BOOKLET



300-Watt Personal Blender

# User manual

Model BL-07

TAYAMA APPLIANCE USA INC.  
[www.tayama-usa.com](http://www.tayama-usa.com)

# **IMPORTANT SAFEGUARDS**

Before using this electrical appliance, the following basic precautions should always be followed including the following:

- 1 READ ALL INSTRUCTIONS FIRST.**
- 2** Before use, check that the voltage of your wall outlet corresponds to the rated voltage.
- 3** Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions, or is dropped or damaged in any manner. Return appliance to the nearest authorized service facility for examination, repair or electrical or mechanical adjustment.
- 4** To protect against risk of electrical shock do not put the motor base, power cord or plug in water or other liquid.
- 5** Do not let cord hang over edge of table or counter or touch hot surface.
- 6** To reduce the risk of electric shock, never operate this product with wet hands, spill liquid in the product or submerge it in water or any other liquid.
- 7** This appliance 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 appliance by a person responsible for their safety.
- 8** Close supervision is necessary when any appliance is used by or near children.
- 9** Never leave the appliance unattended when in use.
- 10** Do not place an appliance on or near a hot gas stove or on a heated oven.
- 11** Do not use outdoors.
- 12** Never operate the product when the bottle is empty and do not remove the cup lid before the blades come to a complete stop.
- 13** Unplug from outlet when not in use, before putting on or taking off parts, and before cleaning. To disconnect, turn unit off, grasp plug, and pull from the wall. never yank on cord.
- 14** Avoid contacting moving parts.
- 15** Warning: misuse may cause serious injury. Care is needed when handling cutting blades, especially when removing the blade from the bottle, emptying the bottle and during cleaning.
- 16** Keep hands and utensils out of container while blending to reduce the risk of severe injury to persons or damage to the blender.
- 17** Blades are sharp. Handle carefully.
- 18 Caution:** Do not immerse the Blender Base, cord or plug in water or other liquid. Do not use harsh detergents or abrasive cleansers on any part of the blender.

- 19** To reduce the risk of injury, never place blade assembly on base without bottle properly attached.
- 20** Always operate blender with cover in place.
- 21** Always operate appliance on a flat surface.
- 22** Never use any attachments which are not listed in the instruction book. The use of attachments not recommended by the manufacturer may cause fire, electric shock, or injury.
- 23** Do not blend hot liquids.
- 24** The blade assembly is not designed to blend frozen or hard fruit, or crush ice.

## **SAVE THESE INSTRUCTIONS HOUSEHOLD USE ONLY**

### **Additional Safety Information**

#### **Short Power Cord:**

A short power-supply cord is provided to reduce the hazards resulting from entanglement or tripping over a longer cord. An extension cord may be used with care; however, be sure the marked electrical rating is at least as great as the electrical rating of this appliance. The extension cord should be positioned such that it does not drape over the counter or tabletop where it can be pulled on by children or tripped over. The electrical rating of this appliance is listed on the bottom panel of the unit.

#### **Polarized Plug:**

This appliance has a polarized plug (one blade is wider than the other). To reduce the risk of electric shock, this plug will fit in a polarized outlet only one way. If the plug does not fit fully in 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.

### **Before Your First Use**

Carefully unpack the blender and remove all packaging materials. Be sure to handle the blade carefully; it is sharp. Wash the blade in warm, soapy water. Rinse and dry thoroughly.

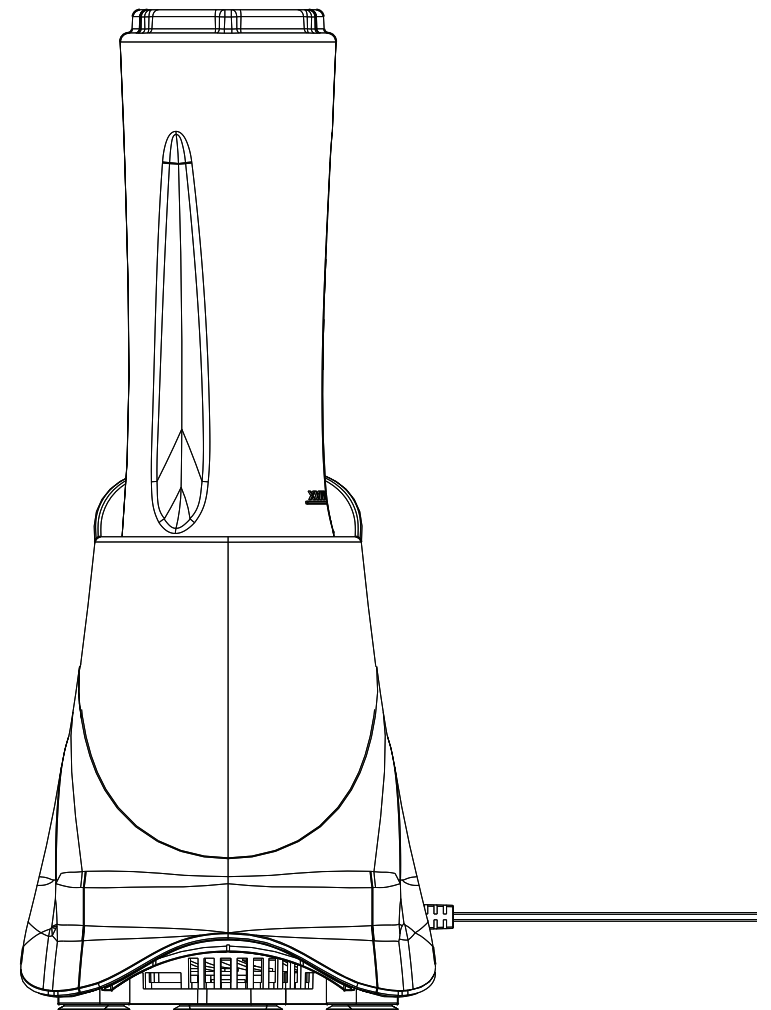
Wipe the Blender Base with a clean, damp cloth. This will remove any dust that may settle during packaging.

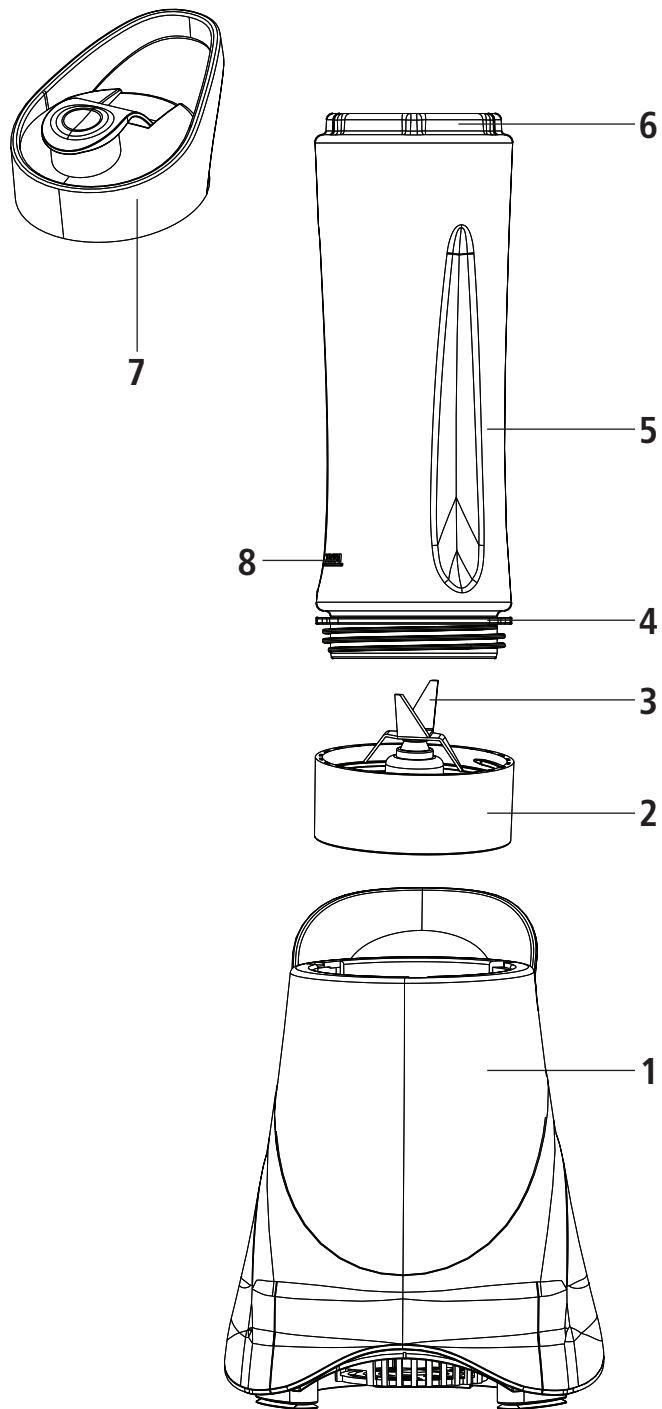
## Table of Contents

Important Safeguards	2
Additional Safety Information	3
Before Your First Use	3
Know Your Personal Blender	5
Using Your Personal Blender	7
Helpful Hints	7
Care and Cleaning	8
Recipes	9

## Know Your Personal Blender

1. Blender Base
2. Blade Base
3. Blade
4. Micro Switch Tab
5. BPA-Free Tritan Sport Bottle
6. Lid Storage Position
7. Spill-Proof Drinking Lid
8. MAX fill line





## Using Your Personal Blender

- 1 Place the Sport Bottle on a flat surface, open the bottle.
- 2 Fill the Sport Bottle with your favorite ingredients, all the ingredients must not exceed the MAX Fill Line.
- 3 Fasten the Blade Base on the open end of the bottle by turning clockwise.
- 4 Turn the assembled Sport Bottle and Blade Base upside down and line up the Micro Switch Tab on the Sport Bottle with the micro switch on the Blender Base.
- 5 Press the Sport Bottle down in the Blender Base to start blending.
- 6 To lock the Sport Bottle in the Blender Base for hands-free operation, press the bottle down over the micro switch and turn the bottle clockwise in the Blender Base.
- 7 Either stop pressing the Sport Bottle down or unlock the bottle from the Blender Base, the blender will stop.
- 8 Turn Sport Bottle over and place on a flat surface, take off the Blade Base, put the Drinking Lid on.

CAUTION: Blades are sharp, handle carefully.

## Helpful Hints

- The appliance may only be used for a maximum 3 minutes of continuous operation. Allow to cool down between uses.
- This appliance is not intended to crush ice or frozen food.
- Use only for liquid and soft fruit. Hard fruit should not be used and soft fruits cut before use.
- When overloaded, motor will automatically stop, please unplug, empty Sport Bottle, wait for 15 minutes to cool down motor, start again.

## Care and Cleaning

- Unplug the appliance from wall outlet before cleaning.
- After use, clean the Blender Base with a damp cloth and dry with towel. Always keep Blender Base away from water or high humidity.
- Wash the Sport Bottle and blade parts in running water.
- Do not clean with solvents, thinners or abrasive cleaners, etc.
- Keep away from direct sunlight and damp places.
- Never immerse the Blender Base or power cord into water or any other liquid.
- The Sport Bottle can be placed in the top rack of the dishwasher or wash in warm soapy water.

## SLIM DOWN STRAWBERRY SMOOTHIE

INGREDIENT	QUANTITY	MEASUREMENT
BANANA, PEELED & SLICED	1	EACH
SPINACH	1	CUP
APPLE, PEELED & CHOPPED	0.5	EACH
ALMOND MILK	0.5	CUP
GROUND FLAX (OPTIONAL)	1	TSP
STRAWBERRIES, SLICED	4	EACH

### METHOD

BLEND ALL INGREDIENTS UNTIL SMOOTH. ADD MORE ALMOND MILK IF DESIRED THINNER.

## POMEGRANATE BERRY SMOOTHIE

INGREDIENT	QUANTITY	MEASUREMENT
STRAWBERRIES, SLICED	0.25	CUP
BLUEBERRIES	0.25	CUP
POMEGRANATE JUICE	0.5	CUP
BANANA, SLICED	1	EACH
NON-FAT COTTAGE CHEESE	0.25	CUP
WATER	0.5	CUP

### METHOD

BLEND ALL INGREDIENTS UNTIL SMOOTH.

## CANTELOPE SMOOTHIE

INGREDIENT	QUANTITY	MEASUREMENT
CANTELOPE, PEELED & DICED	1	CUP
BANANA	0.5	EACH
LOW-FAT YOGURT	0.5	CUP
ORANGE JUICE	0.5	CUP
HONEY	1	TBSP
VANILLA EXTRACT (OPTIONAL)	0.5	TSP

### METHOD

BLEND ALL INGREDIENTS UNTIL SMOOTH.

## MANGO COCONUT CREAMSICLE SMOOTHIE

INGREDIENT	QUANTITY	MEASUREMENT
MANGO, DICED	1.5	CUP
ORANGE JUICE	0.5	CUP
VANILLA GREEK YOGURT	0.25	CUP
PURE COCONUT WATER (NO SUGAR)	0.5	CUP

### METHOD

BLEND ALL INGREDIENTS UNTIL SMOOTH.

## TROPICAL PINEAPPLE SMOOTHIE

INGREDIENT	QUANTITY	MEASUREMENT
PINEAPPLE, DICED	1	CUP
VANILLA GREEK YOGURT	0.5	CUP
COCONUT WATER (NO SUGAR)	0.5	CUP
BANANA	1	EACH

### METHOD

BLEND ALL INGREDIENTS UNTIL SMOOTH.

## COOL MINT CUCUMBER KIWI SMOOTHIE

INGREDIENT	QUANTITY	MEASUREMENT
CUCUMBER, CHOPPED	1	CUP
KIWI, PEELED	1	EACH
ALL NATURAL APPLE CIDER	0.5	CUP
PLAIN GREEK YOGURT	0.5	CUP
FRESH MINT LEAVES	1	TBSP

### METHOD

BLEND ALL INGREDIENTS UNTIL SMOOTH.

## OATMEAL SHAKE

INGREDIENT	QUANTITY	MEASUREMENT
OATMEAL	0.5	CUP
PROTEIN POWDER	0.25	CUP
GROUND CINNAMON	0.5	TSP
HONEY	2	TBSP
SLIVERED ALMONDS	1	TBSP
LOW FAT MILK	1.5	CUP
BANANA	0.5	EACH

### METHOD

BLEND ALL INGREDIENTS UNTIL SMOOTH.



## PEANUT BUTTER BANANA SHAKE

INGREDIENT	QUANTITY	MEASUREMENT
PROTEIN POWDER	0.5	CUP
SLIVERED ALMONDS	1	TBSP
PEANUT BUTTER	2	TBSP
LOW FAT MILK	1	CUP
BANANA	0.5	EACH

### METHOD

BLEND ALL INGREDIENTS UNTIL SMOOTH.

## TROPICAL PROTEIN SHAKE

INGREDIENT	QUANTITY	MEASUREMENT
PINEAPPLE, DICED	0.5	CUP
PROTEIN POWDER	0.25	CUP
COCONUT WATER	1	CUP
BANANA	1	EACH

### METHOD

BLEND ALL INGREDIENTS UNTIL SMOOTH.

## WEIGHT GAINER PROTEIN SHAKE

INGREDIENT	QUANTITY	MEASUREMENT
WEIGHT GAIN PROTEIN POWDER	0.5	CUP
WATER	1.5	CUPS
BANANA	1	EACH
PEANUT BUTTER	3	TBSP

### METHOD

BLEND ALL INGREDIENTS UNTIL SMOOTH.

## VANILLA COFFEE SHAKE

INGREDIENT	QUANTITY	MEASUREMENT
LOW- FAT MILK	1.5	CUP
PROTEIN POWDER	0.25	CUP
LOW-FAT COFFEE ICE CREAM	0.5	CUP

### METHOD

BLEND ALL INGREDIENTS UNTIL SMOOTH.



