

SALTER®

Let's **GO Healthy.**



POWERFUL
500 W
MOTOR



NUTRITWIST

Powerful personal and stick blender in one

The easier way to a healthier lifestyle.

INSTRUCTION MANUAL

SALTER®

NutriTwist

Powerful personal and stick blender in one

“Easy to carry and use design”

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Please read all of the instructions carefully and retain for future reference.

Safety Instructions

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

Check that the voltage indicated on the rating plate corresponds with that of the local network before connecting the appliance to the mains power supply.

Children aged from 8 years and people with reduced physical, sensory or mental capabilities or lack of experience and knowledge can use this appliance, only if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved.

Children should be supervised to ensure that they do not play with the appliance.

Unless they are older than 8 and supervised, children should not perform cleaning or user maintenance.

This appliance is not a toy.

This appliance contains no user serviceable parts. If the power supply cord, plug or any part of the appliance is malfunctioning, or if the appliance has been dropped or damaged, only a qualified electrician should carry out repairs. Improper repairs may place the user at risk of harm.

Keep the appliance and its power supply cord out of reach of children.

Keep the appliance and its power supply cord away from heat or sharp edges that could cause damage.

Keep the appliance away from heat emitting appliances.

Keep hands, fingers, hair and any loose clothing away from the rotating tools of the appliance.

Do not touch any moving parts on this appliance during use, as this could cause injury.

Do not immerse the appliance in water or any other liquid.

Do not operate the appliance with wet hands.

Do not use broken or loose cutting or rotating blades.

Do not overload the appliance; only fill up to the maximum level marked on the appliance as the mixture level may rise during blending.

Do not leave the appliance unattended whilst connected to the mains power supply.

Do not remove the appliance from the mains power supply by pulling the cord; switch it off and remove the plug by hand.

Do not use the appliance for anything other than its intended use.

Do not use any accessories other than those supplied.

Do not use this appliance outdoors.

Do not store the appliance in direct sunlight or in high humidity conditions.

Do not place boiling water or very hot liquid in the appliance.

Always unplug the appliance after use and before any cleaning or user maintenance.

Always use the appliance on a stable, heat-resistant surface, at a height that is comfortable for the user.

Use of an extension cord with the appliance is not recommended.

This appliance should not be operated by means of an external timer or separate remote control system, other than that supplied with this appliance.

This appliance is intended for domestic use only. It should not be used for commercial purposes.

Warning: Do not touch sharp blades.

Getting Started

Remove the appliance from the box.

Remove any packaging from the appliance.

Place the packaging inside the box and either store or dispose of safely.

In the Box

NutriTwist power handle

600 ml BPA-free blender bottle

Sealable flip lid with handle

Stainless steel cross blade attachment

Stainless steel blender shaft attachment with cross blade

Instruction manual with recipes

Features

500 W power

2 speed settings with turbo

Stick blender with stainless steel shaft and rod

Easy to use and carry design

600 ml capacity BPA-free bottle

Sealable flip lid

Description of Parts



Introduction

Perfect for those on the go, the NutriTwist is versatile and compact in design. Featuring two speed settings and a turbo function, it creates delicious drinks, smoothies, dips and soups in a matter of minutes. Whether it is for a quick and healthy meal, a nutrient boost or to impress friends, the NutriTwist is the perfect addition to any home.

Instructions for Use

Before First Use

Before using the NutriTwist for the first time, wash all of the accessories in warm, soapy water, then rinse and dry thoroughly.

Wipe the NutriTwist power handle with a soft, damp cloth and allow to dry thoroughly. Do not immerse the NutriTwist power handle in water or any other liquid.

Note: When using the NutriTwist for the first time, a slight odour may be emitted. This is normal and will soon subside. Ensure that there is sufficient ventilation around the NutriTwist.

Using the NutriTwist

As a Personal Blender

STEP 1: Ensure that the NutriTwist is unplugged from the mains power supply. Place the blender bottle onto a flat, stable surface at a height that is comfortable for the user.

STEP 2: Chop the ingredients to be blended into small pieces and then place them into the blender bottle, ensuring that they do not exceed the maximum fill mark.

STEP 3: Fasten the stainless steel cross blade attachment onto the blender bottle by twisting it in a clockwise direction, until secure.

STEP 4: Invert the blender bottle so that the stainless steel cross blade attachment is at the bottom, align the unlock symbol with that on the NutriTwist power handle and then twist the stainless steel cross blade attachment in a clockwise direction to secure it; the lock symbol should be aligned with that on the NutriTwist power handle.

STEP 5: Plug in and switch on the NutriTwist at the mains power supply.

STEP 6: Invert the blender bottle so that the NutriTwist power handle is at the bottom. Hold the NutriTwist in one hand, whilst using the other to support the blender bottle.

STEP 7: To blend the ingredients, press and hold the 'On/Off' button.

STEP 8: Adjust the speed setting using the speed setting dial; rotate it in an anticlockwise direction to increase the speed or in a clockwise direction to decrease it. The small triangle underneath the speed setting dial indicates the speed that has been selected.

STEP 9: Inject additional speed into the blending process by pressing the 'Turbo' button. Release the 'Turbo' button to stop the 'Turbo' function.

STEP 10: End the blending process by releasing the 'On/Off' button.

STEP 11: Switch off and unplug the NutriTwist from the mains power supply. Detach the stainless steel cross blade attachment from the NutriTwist power handle by twisting it in an anticlockwise direction.

STEP 12: Invert the blender bottle so that the NutriTwist power handle is at the top, then remove the stainless steel cross blade attachment by twisting it in an anticlockwise direction and replace it with the sealable flip lid.

Note: Always ensure that the rubber gasket, located on the inside bottom edge of the stainless steel cross blade attachment, is in place.

Warning: Maximum operation time is 1 minute. Allow to cool for 4 minutes before using the NutriTwist again.

As a Handheld Blender

STEP 1: Chop the ingredients to be blended into small pieces and then place them into a bowl.

STEP 2: Holding the top of the blender shaft attachment, fit it onto the NutriTwist power handle by aligning the unlock symbols and then twist the blender shaft attachment in a clockwise direction to secure it; the lock symbol should be aligned with that on the NutriTwist power handle.

STEP 3: Plug in and switch on the NutriTwist at the mains power supply.

STEP 4: To blend the ingredients, press and hold the 'On/Off' button.

STEP 5: Adjust the speed setting using the speed setting dial; rotate it in an anticlockwise direction to increase the speed or in a clockwise direction to decrease it.

STEP 6: Inject additional speed into the blending process by pressing the 'Turbo' button. Release the 'Turbo' button to stop the 'Turbo' function.

STEP 7: End the blending process by releasing the 'On/Off' button.

STEP 8: Switch off and unplug the NutriTwist from the mains power supply. Remove the blender shaft attachment by holding it at the top and twist it in an anticlockwise direction.

Note: It is recommended to start blending on a slow speed setting; this will help to avoid splashing.

Warning: Do not allow the NutriTwist to stand in a hot pan, whilst not in use. Never allow liquid to leak into the join between the blender shaft attachment and the NutriTwist power handle, as this could cause damage.

Warning: Maximum operation time is 1 minute. Allow to cool for 4 minutes before using the NutriTwist again.

Dos and Don'ts

Do:

Check that any attachments are securely fitted before use.

Ensure that all of the ingredients to be blended have been cut up into small pieces. Add a small amount of cold liquid or reduce the quantity of the ingredients to be blended if the blades are not running smoothly.

If the ingredients do not blend evenly, remove the blender bottle from the NutriTwist power handle. Shake the blender bottle to redistribute the ingredients and then blend once more.

Caution: Exercise caution when handling the blade attachments, as the blades may get hot during use. If blending warm ingredients, take care when removing the blade attachments, as there may be a pressure build-up from blending, which could cause the blended ingredients to spout from the bottle.

Do not:

Do not hold the blender shaft attachment at the bottom, near the blades, as this could cause injury.

Do not attempt to remove the attachments until the blades have fully stopped moving.

Warning: Do not blend hot liquid or food when using as a personal blender. Never exceed the maximum fill mark when adding ingredients to the blender bottle, as this could cause spillage and may damage the NutriTwist. The NutriTwist must not be operated when the blender bottle is empty, cracked or broken.

Care and Maintenance

Always ensure that the NutriTwist is unplugged from the mains power supply before performing any cleaning or user maintenance.

Wash all of the accessories in warm, soapy water, then rinse and dry thoroughly.

Wipe the NutriTwist power handle with a soft, damp cloth and allow to dry thoroughly.

Do not immerse the NutriTwist power handle in water or any other liquid.

Do not use harsh or abrasive detergents or scourers to clean the NutriTwist, as this could cause damage.

The NutriTwist is not suitable for use in a dishwasher.

Always clean the NutriTwist immediately after each use.

Warning: Handle the blade attachments with care, as the blades are extremely sharp. Exercise caution when attaching, removing, cleaning or storing the blade attachments.

Troubleshooting

Problem	Solution
The NutriTwist is not working.	Check the 3 amp fuse by replacement.

Storage

Reassemble the NutriTwist before storing.
Ensure that the NutriTwist is cool, clean and dry.
Store in a cool, dry place.

Specifications

Product code: EK2187TITANIUM
Input: 220–240 V~ 50/60 Hz
Output: 500 W
Maximum operation time: 1 minute, cool for 4 minutes

Personal Blender Recipes

Muesli Breakfast Smoothie

Ingredients

60 g muesli
1 small banana, halved
1 tsp dry chia seeds
1 tsp peanut butter
Chilled soya or semi-skimmed milk



Method

Add the muesli, chia seeds, banana halves and peanut butter to the blender bottle. Top-up to the maximum fill mark with milk and blend until smooth.

Mango and Banana Smoothie

Ingredients

1 small mango
1 small banana
200 ml orange juice



Method

Cut the mango in half, remove the stone, then peel off the skin and cut the mango into small chunks.
Peel and chop the banana.
Put all of the ingredients into the blender bottle and blend until thick and smooth.

Avocado Pinch Smoothie

Ingredients

3 whole strawberries, frozen
1 small avocado, skin and stone removed
1 tbsp honey
1 tbsp greek style yoghurt
200 ml milk



Method

Add all of the ingredients to the blender bottle and blend until thick and smooth.

Blueberry Health Smoothie

Ingredients

100 g blueberries
2 tbsp natural yoghurt
1 tsp green tea
Chilled water or pure juice



Method

Add the blueberries, green tea, natural yoghurt and ice cubes to the blender bottle. Top-up to the maximum fill mark with chilled water or juice and blend until smooth.

Fruit Boost Smoothie

Ingredients

2 peaches
1 small mango
150 ml white grape juice



Method

Cut the mango and peaches in half and remove the stones. Remove the skin and chop into chunks.

Add the mango, peach and white grape juice to the blender bottle and blend until smooth.

Berry Protein Blast

Ingredients

1 large handful of frozen or fresh berries
30 g vanilla or banana protein powder
300 ml skimmed milk



Method

Add all of the ingredients to the blender bottle and blend until thick and smooth.

Handheld Blender Recipes

Carrot & Coriander Soup

Ingredients

450 g carrots
1 onion
1 garlic clove
3 tbsp fresh coriander, chopped
1 tsp ground coriander
1 large knob of butter
1.2 L cold vegetable stock
Squeeze of lemon juice
Salt and pepper, to taste



Method

Peel and slice the carrots, onion and garlic.

Melt the butter in a pan, add the chopped onion and fry for approximately 5 minutes until softened.

Add the garlic, ground coriander, carrots and stock to the pan, bring to the boil and then reduce the heat. Cover and cook for approximately 20 minutes until the carrots are tender.

Pour the mixture into a bowl and add the remaining ingredients.

Place the blender shaft attachment into the mixture, ensuring that it is completely immersed to reduce any splashing and mess, then press and hold the 'On/Off' button. Blend the mixture until smooth (this may need to be done in more than one batch).

Stir the mixture occasionally to ensure that all of the ingredients have been blended together.

Season to taste with the salt and the pepper.

Serve in warm soup bowls.

Chicken Soup

Ingredients

450 g skinless chicken, cut into chunks
3 shallots
1 leek, chopped
1 tbsp parsley, chopped
1 tbsp fresh thyme, chopped
3 tbsp butter
800 ml cold chicken stock
200 ml double cream
Salt and pepper, to taste



Method

Peel and slice the shallots.

Melt the butter in a pan and fry the shallots for approximately 5 minutes until softened.

Add the chicken chunks, leek and chicken stock to the pan, bring to the boil and then reduce the heat. Cover and cook for approximately 30 minutes, until the vegetables are soft and the chicken is fully cooked.

Pour the mixture into a bowl and add the remaining ingredients, excluding the double cream.

Place the blender shaft attachment into the mixture, ensuring that it is completely immersed to reduce any splashing and mess, then press and hold the 'On/Off' button. Blend the mixture until smooth (this may need to be done in more than one batch). Stir the mixture occasionally to ensure that all of the ingredients have been blended together.

Add the double cream to the mixture and stir in with a wooden spoon.

Season to taste with the salt and the pepper.

Serve in warm soup bowls.

Guacamole

Ingredients

1 ripe avocado, peeled and pitted
1 spring onion, trimmed and cut into 1½ cm pieces
1 garlic clove, peeled and crushed
½ jalapeno pepper, cored, seeded and cut into 1½ cm pieces
½ tsp cumin
¼ tsp powdered coriander
1 tbsp fresh lime juice
¼ tsp salt, to taste



Method

Place the garlic, spring onion and jalapeno pepper into a bowl.

Using the blender shaft attachment, blend the ingredients using a pulse method by pressing and releasing the 'On/Off' button in short bursts.

Add the avocado, lime juice, cumin, coriander and salt. Pulse approximately 10 times, then continuously blend until the desired consistency is reached, pausing approximately every 20–30 seconds to scrape the sides of the bowl.

Transfer the mixture into a serving bowl, cover with plastic film and refrigerate for approximately 30 minutes before serving to allow the flavour to develop.

Mango Salsa

Ingredients

1 mango, peeled, pitted and cut into 1½ cm pieces
½ small red onion, peeled and cubed
½ jalapeno pepper, cored, seeded and cut into 1½ cm pieces
¼ red bell pepper
1 small garlic clove
1½ tbsp fresh coriander leaves
2 tsp fresh lime juice
1½ tsp rice vinegar (may substitute for white balsamic vinegar)
½ tsp honey



Method

Place the red bell pepper into a bowl.

With the blender shaft attachment, chop the pepper using a pulse method by pressing and releasing the 'On/Off' button in short bursts (approximately 6–8 pulses). Transfer to a separate container, then add the garlic, jalapeno pepper and onion to the bowl and pulse to chop. Add this mixture to the already chopped red bell pepper. Add the mango and coriander to the bowl and pulse until the mango reaches the desired consistency (approximately 10–12 pulses). Again, transfer to the container with the chopped red pepper, then stir in the lime juice, vinegar and honey. Cover the mixture with plastic film and allow to rest for approximately 30 minutes to allow the flavour to develop.

Mango salsa is best served the day that it is prepared but may be prepared up to one day ahead. Remove from the refrigerator approximately 30 minutes before serving.

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Connection To The Mains

Please check that the voltage indicated on the product corresponds with your supply voltage.

Important

As the colours in the mains lead of this appliance may not correspond with the coloured markings identifying the terminals in your plug, please proceed as follows:
The wires in the mains lead are coloured in accordance with the following code:

Blue Neutral (N)

Brown Live (L)

FOR UK USE ONLY - Plug fitting details
(where applicable).

The wire coloured **BLUE** is the **NEUTRAL** and must be connected to the terminal marked **N** or coloured **BLACK**.

The wire coloured **BROWN** is the **LIVE** wire and must be connected to the terminal marked **L** or coloured **RED**.

On no account must either the **BROWN** or the **BLUE** wire be connected to the **EARTH** terminal ($\perp$).

Always ensure that the cord grip is fastened correctly.

The plug must be fitted with a fuse of the same rating already fitted and conforming to BS 1362 and be ASTA approved.

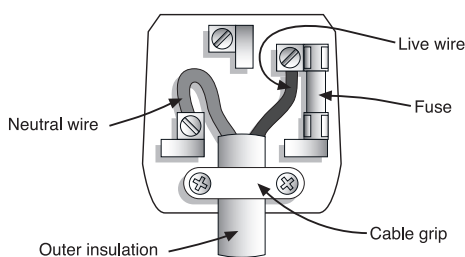
If in doubt, consult a qualified electrician who will be pleased to do this for you.

Non-Rewireable Mains Plug

If your appliance is supplied with a non-rewireable plug fitted to the mains lead and should the fuse need replacing, you must use one that is ASTA approved one (conforming to BS 1362 of the same rating).

If in doubt, consult a qualified electrician who will be pleased to do this for you.

If you need to remove the plug, **DISCONNECT IT FROM THE MAINS**, then cut it off the mains lead and immediately dispose of it safely. Never attempt to reuse the plug or insert it into a socket outlet as there is a danger of an electric shock.



**UP Global Sourcing,
Victoria Street, Manchester OL9 0DD. UK.**

If this product does not reach you in an acceptable condition please contact our Customer Services Department by one of the following methods:

Telephone: 0161 934 2240*

*Telephone lines are open Monday–Friday, 9 am–5 pm (Closed Bank Holidays)

Email: customercare@upgs.com

Fax: 0161 628 2126

Please have your delivery note to hand as details from it will be required.

If you wish to return this product, please return it to the retailer from where it was purchased with your receipt (subject to their terms and conditions).

Guarantee

This product is guaranteed for a period of 1 year from the date of purchase against mechanical and electrical defects.

This guarantee is only valid if the appliance is used solely for domestic purposes in accordance with the instructions and provided that it is not connected to an unsuitable electricity supply or dismantled or interfered with in any way or damaged through misuse. Under this guarantee we undertake to repair or replace free of charge any parts found to be defective. Reasonable proof of purchase must be provided.

Nothing in this guarantee or in the instructions relating to this products excludes, restricts or otherwise affects your statutory rights.

In line with our policy of continuous development we reserve the right to change this product, packaging and documentation specification without notice.

Consumables are not guaranteed i.e. plug and fuse.

The crossed out wheellie bin symbol on this item indicates that this appliance needs to be disposed of in an environmentally friendly way when it becomes of no further use or has worn out. Contact your local authority for details of where to take the item for recycling.



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