

# L'EQUIP®



Life In **Healthy** Balance

# RPM BLENDER

## Full Power Control

Owner's Manual  
User Guide



# L'EQUIP | RPM BLENDER

FULL POWER CONTROL



## CONGRATULATIONS

You have just purchased a great product. The only blender of its kind, the **RPM Blender** makes your work easier and more enjoyable thanks to its quality engineering and design.

We thank you for your decision to experience the **RPM Blender** and hope you enjoy it for years to come.

## IMPORTANT SAFEGUARDS

The following basic safety precautions apply when using any electrical appliance:

- a. Read all instructions.
- b. To protect against electrical shock do not immerse cord, plugs, or motor base in water or other liquid.
- c. Close supervision is necessary when any appliance is used by or near children.
- d. Remove plug from outlet when the appliance is not in use, before putting on or taking off parts, and before cleaning. Allow to cool before handling.
- e. 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.
- f. The use of accessory attachments not recommended by the manufacturer may cause injuries.
- g. Do not use outdoors.
- h. Do not let cord hang over edge of table or counter or touch hot surfaces.
- i. Do not place on or near a hot gas or electric burner or in a heated oven.
- j. Do not use appliance for anything other than intended use.
- k. Avoid contacting moving parts.
- l. Save these instructions.

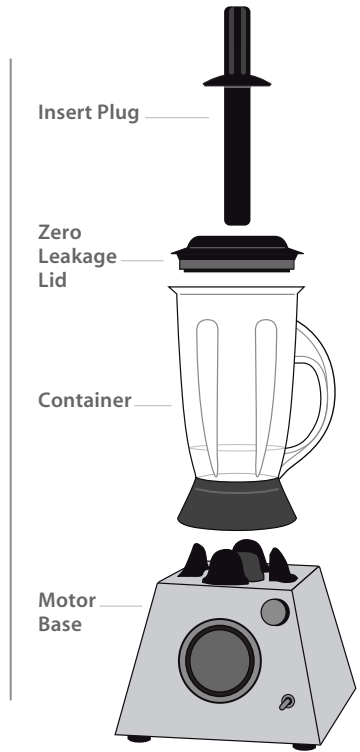
## HOUSEHOLD USE ONLY

Also, Stay Safe with these RPM Blender Safeguards

- Do not put fingers or kitchen utensils into the container while the motor is on.
- Blender blades are sharp. Use caution to avoid injury.
- Do not operate the blender if the blades are loose.
- Make sure the container is securely positioned on the base before turning the motor on.
- Never place the blade unit on the motor without the container.
- Do not fill the container above the measured markings.
- Always operate with the lid in place.
- When using hot liquids, always operate with the cover in place and always start on low speed.
- Be sure to press the toggle switch down to off position after every use.
- Do not remove the third prong from the power cord.
- Use common sense! These safeguards are not meant to cover every possibility. Be careful and enjoy.

## Parts and Specifications

- 900 watt, 115V motor with 500-20,000 revolutions per minute.
- Brushed metal motor base with rubber container pads.
- Control panel with tachometer speed display.
- Variable speed knob.
- On/Off toggle switch.
- Polycarbonate blending pitcher with 1.75 liter or 7 cup capacity. Pitcher positions on base at any angle and is dishwasher safe.
- Stainless steel blades, replaceable. (Blade assembly should be hand-washed only)
- Black rubber zero leakage lid with insert plug.
- Funnel cone for adding oils, flavorings, and syrups.
- Three foot power cord with a 3-prong grounding type plug.
- 2 year warranty.



## Basic Operation

### First Time Cleaning

Clean your machine before the first use by adding 1-2 cups of warm water and a few drops of your favorite liquid dishwashing detergent. Put lid and lid insert plug in position and run at half speed for less than one minute. Remove and rinse thoroughly in warm water. Your RPM Blender is now ready for use.

### Variable Speed Control Knob

This is the knob above the ON/OFF toggle switch that runs your blender.

Turn it to the RIGHT to increase RPMs and blending power.

Turn it to the LEFT to decrease RPMs and reduce blending power.

**IMPORTANT:** If your blender does not start immediately, turn the variable speed knob further to the RIGHT and make sure the toggle switch is in the ON position.

### Hot Drink Instructions

Hot drinks and soups are wonderful when prepared in your blender. Since liquids over 100° F (38° C) can scald skin and cause burns and blisters, please take the following precautions.

1. Never look directly into the blender while the motor is running.
2. Always use the rubber lid on top of the container when working with hot liquids. Leave the hole in the cover open to allow for the escape of hot, expanding gases.
3. Blend no more than 8 ounces of hot liquid at a given time.
4. Always start the blender at low speed and carefully increase the speed.

## Ice Drink Instructions

Some of the nicest drinks you can make with your RPM Blender are frozen fruit drinks. Specific recipes follow, but here are the general instructions.

1. Start by adding the liquid first, whether it is milk, juice, or water.
2. Cover the container securely with the rubber lid with the open hole.
3. Start the motor turning at low speed.
4. Add the ice or frozen fruit piece by piece through the hole in the top of the lid.
5. Increase speed gradually as high as necessary to crush the frozen ingredients.
6. You may use the blade wrench to tamp frozen ingredients into the liquid. Blend for as short a time as possible. Too much blending creates friction heat that melts the ingredients.

Tip: You can achieve desired milk shake or ice cream consistency by balancing the liquid and frozen ingredients.

**CAUTION:** Do not attempt to blend ingredients that are so hard that the tip of a sharp knife will not pierce them. Allow frozen ingredients like fruit to soften slightly if they have been in a deep freeze. The ideal temperature for blending frozen ingredients is 20-25° F.

## Thick Drink Tamper Instructions

The tamper is used to stir thick shakes and ice drinks, puree vegetable soups, and maintain circulation by pushing ingredients into the blades and eliminating air pockets. It is designed to prevent any contact with the blades. If circulation stops, angle the tamper to any side of the container and slightly increase the liquid ingredients. Do not use the tamper when the container is more than  $\frac{2}{3}$  full.

## Funnel Cone Instructions

This is the lid insert that enables you to add oils and flavor tinctures such as vanilla while the blades are turning. It is perfect for making mayonnaise.

## Grinding Coffee Beans and Nuts

Your RPM Blender will grind coffee beans, all nuts, and seeds. For small seeds such as sesame or flax (linseed) seeds, add only enough seeds to come up to the blades. Try not to cover the blades. Excessive amounts of small seeds can stress your blender. For coffee beans or large nuts such as cashews, add one cup at a time. Place the fully closed cover on the container and blend at half, then full speed if necessary.

## Basic Cleaning & Care

**Blades:** These may be removed for cleaning. A convenient blade wrench is included. The blades are very sharp! Use caution and hand protection. The rubber gasket may be removed for cleaning and is replaceable. It is not recommended to wash blades in the dishwasher. The heat, steam, and harsh detergents of an automatic dishwasher will damage the ball bearings and remove the bearing lubrication. Carefully wash the blade assembly by hand. Avoid letting it soak in soapy water.

**Lid and Lid Plug:** Wash the lid with gentle dish washing liquid, a sponge, or a soft dish washing brush. Do not use any abrasive cleaning tools, copper sponges, steel wool, bleach or other strong detergent products.

**Pitcher:** Remove the blade assembly before washing in dishwasher. The blender pitcher is dishwasher safe, but whenever possible keep the pitcher away from the heating element.

Caution: Do not use any abrasive cleaning tools, copper sponges, steel wool, bleach or other strong detergent products.

**Motor base:** Unplug the power cord. Then a damp cloth or sponge can be used to clean the surface of the motor base. Clean the switches with a cloth, sponge, or a gentle vegetable brush. Never immerse the motor base in water.

## RPM Blender Recipes



### Orange-You-Sweet

- 2 pineapple rings (fresh or frozen)
- 1 orange (fresh or frozen)
- 1 passion fruit (optional, fresh or frozen))
- 4 to 6 strawberries
- ½ to 1 cup water

Fresh fruit will prepare like a drink. Frozen fruit will make a thicker shake. Start with ½ cup water and blend the fruit piece by piece at a low RPM, increasing speed gradually. Add only enough water to achieve desired consistency.

**Apple Tahini**    ½ to 1 cup water  
                         1/2 apple, chopped  
                         2 to 3 Tbsp Tahini  
                         2 Tbsp wheat germ

Start with half the water and add the other ingredients one at a time. Add the rest of the water as needed to achieve the desired consistency.

**Pina Colada**    ½ cup water  
                         8 to 10 pineapple chunks (1 to 1½ in. thick)  
                         4 fresh coconut chunks (1-1½ in. thick) or 2 oz coconut cream  
                         3 Tbsp favorite rum (optional)  
                         pinch of nutmeg  
                         4 ice cubes

Blend the first 5 ingredients at the same time. Add one ice cube at a time at high speed until the desired consistency is achieved.

**Good Digestion**    1 cup strawberries  
                         1 to 2 cups grapes  
                         1 apple, cut and cored.  
                         2 Tbsp bran (wheat, oat or rice)  
                         water to taste

Blend the fruits and bran together for a soothing digestive experience. Juice the fruits in any order and blend in the bran.

**Green & Nutty Smoothie**    1 to 2 cups water  
                         8 to 10 almonds, raw  
                         1 apple, cut and cored  
                         1 Tbsp favorite green powder

Choose your favorite green powder from your vitamin supplements store. One tablespoon is reportedly equivalent to eating a serving of green vegetables! Add only one cup of water to start, then add any additional water as necessary to achieve the desired consistency. If you like crunchier smoothies, blend the almonds last and at low speed.

**Berry Berry Rich**    1 large banana (fresh or frozen-cut into chunks)  
                         1 handful of your favorite berries (fresh or frozen)  
                         1 cup apple juice  
                         ½ Tbsp yogurt (optional)

Fresh fruit will prepare like a drink. Frozen fruit will make a thicker shake. Strawberries are commonly used in smoothies, but blueberries, blackberries and raspberries also make excellent choices. Place the fruit in the blender, add part of the apple juice and blend at low speed, increasing RPMs as needed. Add the yogurt last if desired, and more juice to achieve desired consistency.

**Gespacho Soup** 2 tomatoes  
1 garlic clove, small  
2 Tbsp Tamari or soy sauce  
1 cup raw cabbage  
¼ avocado  
2 to 3 sprigs dill  
1 pinch black or cayenne pepper  
water as required

Blend the first 3 ingredients using only one of the two tomatoes. Chop the cabbage into 1 to 2 inch pieces and add, blending at medium speed. Add only enough water with the remaining ingredients as necessary for mixing. Chop the 2nd tomato into bite size pieces at slow speed.

**Whey to Go** 1 cup water  
1 banana, small  
2 Tbsp whey protein powder  
5 to 6 Tbsp yogurt  
1 Tbsp honey  
3 ice cubes

First blend the banana and honey in 1 cup of water at medium speed. Add the whey powder and yogurt. (Whey protein is one of the best foods for muscle health) Lastly, add 1 to 3 ice cubes and crush on high speed.

**Fast Mayo** 1 Tbsp lemon juice  
1 Tbsp apple cider vinegar  
1 tsp salt  
pinch of cayenne pepper  
1 tsp yellow mustard  
1 egg  
1 cup olive oil or your favorite oil

Blend the first five ingredients. Use only ½ pinch of cayenne at first. Add the rest later if needed. Parboil the egg for 3 minutes to kill bacteria, then rinse in cold water and place in blender. Put the funnel cone into the lid. With RPMs set on slow to medium, drip in small amounts of the oil slowly while pulsing the mixture with the power knob. Stop adding oil when mixture achieves desired consistency.

**Pina-Mango Smoothies** 4 fresh pineapple rings (cut, fresh or frozen)  
1 mango (skinned, cut, fresh or frozen)  
1 lime (cut, peeled and pitted)  
1 cup + apple juice  
4 to 6 Tbsp yogurt

Fresh fruit will prepare like a drink. Frozen fruit will make a thicker shake. The combination of pineapple, mango, lime and yogurt has to be tasted to be believed! Blend lime with half of the apple juice. Add the mango, pineapple, and yogurt. Then add small amounts of apple juice at a time to achieve the desired consistency. For even more zing, add some ginger.

## **RPM Blender Limited 2-year Warranty**

Kitchen Resource L.L.C., warrants the RPM Blender, to the original purchaser, to be free of manufacturing defects in materials and workmanship. Defective product will be repaired or replaced with a comparable model at our discretion, upon receiving the defective product.

This warranty applies only to the original noncommercial purchaser. Since an unauthorized dealer is an original purchaser, the warranty does not apply to consumers purchasing from unauthorized dealers. It also does not apply to damage resulting from accident, misuse, shipping, normal wear, commercial use, neglect, incidental or consequential damages, or from damage caused by any foreign objects getting into the appliance.

Implied warranties of merchantability and fitness for a particular purpose and all other warranties express or implied, other than the limited warranty described on this page, are excluded. The only remedy for damage covered by the limited warranty is repair or replacement. Kitchen Resource will not refund the purchase price or provide any other remedy.

This warranty applies to products purchased and operated in the U.S.A. or Canada. Transportation, handling, and/or shipping costs are not included in this warranty.

Read the instructions before attempting to use the product.

This product contains no user serviceable parts. Any attempt to repair it will void the warranty. If you have a problem with your RPM Blender and to obtain performance of this warranty, return it securely packed, along with a dated proof of purchase, to where you purchased it, or to:

Kitchen Resource / 180 West 500 North / North Salt Lake, UT 84054

Or call customer service 877.267.2434 or email [service@kitchenresource.com](mailto:service@kitchenresource.com)

To insure prompt service, include a statement with the product, giving specific reasons for the return, along with your information.

**KEEP DATED SALES RECEIPT FOR WARRANTY SERVICE.**

## **Replacement Parts, Service, & Repair**

If your blender is not functioning properly, contact our customer service department at the number above.

For purchases outside the USA and Canada, contact the L'EQUIP dealer in your area.

Printed on Recycled Materials



**Kitchen Resource**

Exclusive Brand Distribution

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