

L'EQUIP® 
Life In Healthy Balance

RPM Blender

**Owner's Manual
& User Guide**





CONGRATULATIONS

Congratulations on your purchase of the L'EQUIP RPM Blender. This product is superbly engineered, innovatively designed, and built with lasting quality. Thank you for your decision to utilize this wonderful blender. We know you will enjoy it for years to come. After all, it's a L'EQUIP.

IMPORTANT SAFEGUARDS

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

Read all instructions.

- To protect against risk of electrical shock do not put in water or other liquid.
- Close supervision is necessary when any appliance is used by or near children.
- Unplug from outlet when not in use, before putting on or taking off parts, and before cleaning.
- Avoid contacting moving parts.
- 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.
- The use of attachments, including canning jars, not recommended by the manufacturer may cause injury.
- Do not use outdoors.
- Do not let cord hang over edge of table or counter.
- Do not let cord contact hot surface, including the stove.

SAVE THESE INSTRUCTIONS.

HOUSEHOLD USE ONLY

- Keep hands and utensils out of pitcher while blending to reduce the risk of severe injury to persons or damage to the blender. A scraper may be used, but must be used only when the blender is not running.
- Blades are sharp. Handle carefully.
- To reduce the risk of injury never place blender blade assembly on base without pitcher properly attached.
- Always operate blender with lid in place.
- The use of attachments not recommended or sold by the manufacturer may cause fire, electric shock or injury.
- When blending hot liquids, place funnel in lid. Make sure lid is secured to blender pitcher before operating blender.

1. Never look directly into the blender while the motor is running.
2. Always secure the lid on top of the pitcher when working with hot liquids. Make sure funnel has been placed in lid 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. Add ice and frozen fruit pieces. (Ice cream or sherbet may also be added)
2. Add enough liquid, (milk, juice, or water), to cover frozen ingredients.
3. Place lid securely on blender pitcher.
4. Start the motor turning at low speed. You may jog toggle switch on and off a few times before turning on speed knob.
5. Increase speed gradually as high as necessary to crush the frozen ingredients.
6. You may use smoothie stick to tamp frozen ingredients into the liquid.
7. Blend for as short a time as possible. Too much blending creates friction heat that may melt the ingredients.

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

CAUTION: Allow frozen ingredients, like fruit, to soften slightly if they have been in a deep freeze. The ideal temperature for blending frozen ingredients is between 20-25° F.

Smoothie Stick Instructions

The smoothie stick is used when making thick shakes, ice drinks and thick soups. It helps maintain circulation by pushing ingredients into the blades and eliminating air pockets. It is designed to prevent contact with the blades. If circulation stops, angle the smoothie stick to any side of the container and slightly increase the liquid ingredients. Do not use the smoothie stick when the container is more than 2/3 full.

Funnel Instructions

This is the lid insert that enables you to add oils and liquids such as vanilla while the blades are turning. Funnel is also helpful for drizzling oil in a slow steady stream when making mayonnaise.

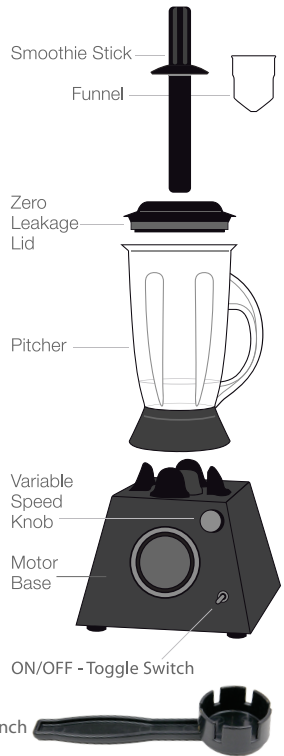
Grinding Coffee Beans and Nuts

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 lid on the pitcher and begin by blending at half speed. Increase speed as necessary.

Parts

- Metal motor base with rubber container pads.
- Control panel with tachometer speed display.
- Variable speed knob.
- On/Off toggle switch.
- High impact Tritan® pitcher (BPA Free) = 1.75 liter or 7 cups
- Stainless steel blades and cone. (Blade assembly should be hand-washed only)
- Lid
- Funnel for adding oils, flavorings, and syrups.
- Smoothie stick
- Blade Wrench
- Three foot power cord with a 3-prong grounding type plug.
- 5 year warranty.

- ETL certified for U.S. & Canada



Basic Operation

First Time Cleaning

Clean the RPM Blender 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 cap 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:

Basic Cleaning & Care

Blades: These may be removed for cleaning. Blades are very sharp! Use caution and hand protection. 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.

Gasket: The rubber gasket may be removed for cleaning and is replaceable. We recommend replacing the gasket at least once a year.

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

Pitcher / Funnel: Remove the blade assembly before washing in dishwasher. The blender pitcher and funnel are dishwasher safe, but whenever possible place them in the top rack.

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

Motor base: Unplug the power cord. Use 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



Hawaiian Delight

- 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
- ½ 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. While blending 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.

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 an entire 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 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.

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.

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 $\frac{1}{2}$ pinch of cayenne at first. Add the rest later if needed. Put the funnel 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.

Gazpacho Soup 2 tomatoes
1 garlic clove, small
2 Tbsp Tamari or soy sauce
1 cup raw cabbage
 $\frac{1}{4}$ 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.

Please see the warranty information sheet included in the product box for warranty details and information.

For additional service or operational information
Visit us at www.lequip.com
or call us at 877-267-2434

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.

HOUSEHOLD USE ONLY

