



## Steps to Using a Blender

Place container on base, twist until it feels firm or locked. Plug in base.

1. Liquids are usually added first.
2. Cut fresh fruits and vegetables into 1-inch pieces before placing in the blender.
3. Never fill more than 2/3 full.
4. Always put on the cover before turning on the power. To blend, place one hand on the lid of the blender and one hand on the base controls.
5. Do large quantities of foods in smaller batches.
6. To keep from blending "too much," use a quick on-and-off technique.
7. Use a rubber spatula with a blender. Don't use it when blender is running.
8. Use both hands to twist container free and remove lid and pour contents into cups or bowls.



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9. To clean, fill 2/3 full with warm water and add a drop or two of liquid detergent. Turn on/off several times. Rinse well.
10. Do not put base in water to clean! Unplug and wipe with a damp cloth.

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**For recipes: Contact your county extension office in Kansas or visit the website at [www.kidsacookin.ksu.edu](http://www.kidsacookin.ksu.edu)**

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