

Read Instructions before using

TRIBEST®

personal Blender®

OPERATION MANUAL

BPA FREE!

The blending containers in the Tribest® Personal Blender® Single Serving Blender are now made from an advanced material that contains no Bisphenol-A.



Tribest® Personal Blender®
PB-150/250/350

Introduction

Thank you for purchasing the Tribest® Personal Blender® with BPA Free Cups. You're minutes away from creating your very own favorite recipes in just seconds.

Tribest® Personal Blender® is America's first single serving blender and is now the first to offer BPA Free blending and grinding components within its kind. With optimum convenience and portability in mind, you can now whip up your favorite recipes worry-free of harmful chemicals leaching into your delectable creations.

The Tribest® Personal Blender® does almost everything a bigger blender can do, only faster, lighter in weight and without the added mess and clean up. In addition to blending just about any variety of fruit or vegetable, the high-powered 200-watt motor easily blends ice and frozen fruits. It's also perfect for making sauces, salsa, sorbets, soups, protein shakes, fruit smoothies and baby food. And with the stainless steel grinding blade included with the PB-250 and PB-350, grinding dry ingredients such as coffee beans, nuts, grains, herbs, and even feisty flax seeds is a snap.

Whether at home or on-the-go, take Tribest® Personal Blender® with you. The Tribest® Personal Blender® offers you the most versatile, portable and remarkably convenient way to make single servings of nutritious blended meals and snacks in less than a minute. What's more, unlike traditional blenders that require pouring the finished product from a heavy, bulky mixing container into drinking glasses or storage jars, you can blend and drink right out of the same blending cup, so there's less of a mess to clean up and no glassware or cumbersome pitcher to wash.

Take a moment to familiarize yourself with your Tribest® Personal Blender® and make sure you have received all the parts included with your package. We recommend you wash all the parts with warm water and a mild detergent before you first use your Tribest® Personal Blender®. Once you have done so, you are now ready to begin creating your very own personal size scrumptious delights.

Please take the time to read through the entire operation manual for proper use and care instructions. Following the instructions in this manual will ensure that your Tribest® Personal Blender® serves you faithfully for many years.

We hope you will enjoy your Tribest® Personal Blender® as it helps you stay in control of your diet and health.

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Important Safeguards

When using electrical appliances, the following basic safety precautions should always be adhered to:

1. Read all instructions.
2. Avoid electrical shock: do not put cord plug, base, or motor in water or other liquid; never put a wet plug into a socket, or handle with wet hands; and never immerse motor base into water but wipe with a damp cloth only and dry promptly.
3. Close supervision is necessary when any appliance is used by or near children.
4. Unplug from outlet when not in use.
5. Avoid contact with moving parts.
6. Do not operate any appliance with a damaged cord or plug. If the appliance malfunctions, is dropped, or damaged in any manner, call the main service center (888-254-7336) to get a Return Merchandise Authorization (RMA) No. to send your unit to the service center. Returns will not be accepted without a RMA No. clearly written on the box.
7. Only use attachments sold by TRIBEST with the motor base.
8. Do not let cord hang over edge of table or counter, or touch the stove or other hot surfaces.
9. A rubber spatula is recommended to avoid scratching the Blending or Grinding Cup.
10. Blades are sharp, handle carefully.
11. To avoid injury, properly attach the Blades to the Blade Base.
12. Do not blend liquids over 104°F in the Blending or Grinding Cup.
13. Only use the appliance for its intended purpose.
14. Do not operate while driving a vehicle.
15. Always use on a leveled sturdy surface.
16. Wash cups and blade assemblies immediately after each use.
17. In continuous operation mode, always allow the machine to rest for at least one minute between consecutive blending cycles of 30 seconds.
18. When blending in one minute cycles in continuous operation mode, do not exceed 3 consecutive cycles.
19. Household use only. Not for commercial use.
20. Store the cups with either the cup lid or the blade base assembled.
Make sure the parts are thoroughly dry.
21. This appliance has a polarized plug. To reduce the risk of electric shock, this plug will fit in a polarized outlet only one way. If the plug does not fit properly in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not modify the plug in any way.

SAVE THESE INSTRUCTIONS

-
-
- Do not disconnect the plug from the electrical outlet with wet hands.
 - Do not operate the Tribest® Personal Blender® on an unstable surface.
 - Do not assemble or disassemble while the power cord is plugged in.
 - Do not keep the Tribest® Personal Blender® where children can reach it.
 - Do not put any articles such as a spoon, knife or fork into the Blending or Grinding Cup while operating the machine.
 - Do not hold the blade directly by hand.

Standard Parts



PB-150:

1 Motor Base, 1 Stainless Steel Blending Blade Assembly, 2 16Oz BPA free Blending Cup, 1 Storage Cup Lid, 1 Commuter Sipping lid



PB-250:

1 Motor Base, 1 Stainless Steel Blending Blade Assembly, 1 Stainless Steel Grinding Blade Assembly, 2 16Oz BPA free Blending Cup, 2 8Oz BPA free Grinding Cup, 3 Storage Cup Lid, 1 Commuter Sipping Lid



PB-350:

1 Motor Base, 1 Stainless Steel Blending Blade Assembly, 1 Stainless Steel Grinding Blade Assembly, 1 Mason Jar Attachment, 1 16Oz BPA free Blending Cup, 1 8Oz BPA free Grinding Cup, 1 Storage Cup Lid, 1 Commuter Sipping Lid, 1 4oz Glass Mason Jar, 1 8oz Glass Mason Jar, 1 12oz Glass Mason Jar, 1 16oz Glass Drinking Jar, 1 16oz Glass Drinking Mug, 3 Glass Mason Jar Metal Lids with bands, 1 Glass Mason Jar Plastic Lid

Parts and Optional Accessories

(Please call 888-254-7336 or visit www.tribestlife.com for availability and price)



Motor Base (#PB01)



Blending Blade Assembly (#PB04)



Grinding Blade Assembly (#PB05)



Storage Cup Lid (#PB02L)



8 Oz BPA Free Blending Cup with Lid (#PB03BF)



16 Oz BPA Free Blending Cup with Lid (#PB02BF)



24 Oz BPA Free XL Cup with Lid (#PB02XLBF)



Commuter Sipping Lid (#PB02C)



BPA Free Mason Jar Attachment (JAR02CBF)



4 oz Glass Mason Jar (#JAR04)



8 oz Glass Mason Jar (#JAR08)



12 oz Glass Mason Jar (#JAR12)



16 oz Glass Drinking Mug (#JAR16)



Glass Mason Jar Metal Lid with Band (#JAR03)

Glass Mason Jar Plastic Lid (#JAR01)



Carrying Cases

1. Black (#PB10)
8.5" W x 7.5" D x 7.25" H
2. Silver (#PB10S)
9" W x 7.5" D x 6.5" H
3. Green (#PB10G)
10.5" W x 8.5" D x 8.25" H



Extra Long Silicone Spatula, 11.25" (#PB01S)

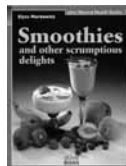


Tribest Bottle Brush (#PB038A)

Tribest Bottle Brush Replacement Head (#PB038H)



Plastic Chopping Board (#PB06)



Smoothies and Other Scrumptious Delights (#GPBEM03)



Sumptuous Creations (#PB06C)



Super Baby Food (#GRBRY04)

Operating Instructions

1. Fill the Cup with desired ingredients
 - **Blending:** With 16Oz Blending Cup, add 2 - 10 oz liquid on your ingredients depending on the recipe
 - **Grinding:** With 8Oz Grinding Cup, 1/4 - 1/2 cup Ingredients
2. Attach the Blending/Grinding Blade Assembly onto the Cup
3. Place the Motor Base on a stable surface
4. Plug the power cord into wall outlet.
5. Invert and place the Blade Assembly on the Motor Base.
6. Turn Blending/Grinding Cup so the small tab on Cup fits into the small notch (groove) on top of Motor Base.
7. To activate;
 - (i) **For Pulsing:** Press the Cup down and release. Repeat if necessary.
 - (ii) **For Continuous Operation:** Press the Cup down and turn to the right (clockwise) so the Motor Base locks the tab in place. Machine will stay on until you press the Cup down and turn to the left (counter-clockwise).

Note: Do not operate more than 30 seconds continuously. Cool down the motor at least 1 minute between continuous operation.

8. Remove the Blending/Grinding Cup from the Motor Base.
9. Invert the cup and turn the Blade Assembly counter-clockwise to open.
10. Drink right out of the Blending Cup, or you may pour into an appropriate Serving Cup.
11. Clean parts and accessories immediately after each use.

Note: Tribest BPA free Personal Blender is equipped with a thermo-protection device. It will automatically shut off if the Motor is overheated. Should this happen, unplug the unit and cool down for 20 minutes before restarting the operation.

Cleaning and Storage

- Keep your Tribest® Personal Blender® ready for use on the kitchen counter.
- When it is not in use, keep it unplugged.
- Store Blade Assemblies in a convenient safe place out of children's reach as you would do with sharp knives.
- All parts except the motor base are hand washable (water temperature should not exceed 104 °F.) To simplify cleaning, rinse blending/grinding Cups and Blade Assemblies immediately after each use so food does not dry on them.
- When you wash the Blade Assemblies by hand, do it carefully as the blades are very sharp. Avoid leaving them in soapy water where they may disappear from sight.
- The Blending/Grinding Cups are made of a strong and clear BPA free polymer plastic, copolyester, with high impact resistance. Its smooth surface will look new for years when properly maintained. Keep a sponge handy as you work and wipe spills from base. Do not use abrasive cleaners on base.
- The rubber feet on the bottom of the motor base will keep the Blender from moving on most work surfaces. Clean the rubber feet regularly. When the rubber feet are dirty, the machine could move on the counter.

Warranty

1. We warrant to you, the end-user customer who has properly registered after purchasing a new Tribest® Personal Blender®, that the new Tribest® Personal Blender® will be free from defects in materials and workmanship for a period of one (1) year from the date of purchase.

2. Upon Tribest's receipt of a written notice of defects from you during the warranty period, Tribest, at its option, will either repair or replace the Tribest® Personal Blender® that proved to be defective. The replacement of the Tribest® Personal Blender® may be either new or like new. The Tribest® Personal Blender® may contain re-manufactured or re-conditioned parts, which is equivalent to new in performance or may have been subjected to incidental use.

3. This warranty does not apply to defects resulting from:

- <a> the failure to operate the Tribest® Personal Blender® in accordance with the instructions.
- the use of parts or supplies not provided or authorized by Tribest.
- <c> negligent, improper or inadequate maintenance.
- <d> the service performed or attempted by unauthorized service person(s).
- <e> tampering, misuse or unauthorized modification of the Tribest® Personal Blender®.

4. All warranty and repair services must be performed at a warranty service center which is located within the country where the Tribest® Personal Blender® was originally purchased. However, in the event that:

[I] the machine must be serviced at a service center that is not located within the country where the machine was purchased; or

[II] there is no service center within the country where the machine is located and must be shipped to a service center in another country, then those service centers are responsible for the parts and service only, and any and all costs relating to the shipping, delivery and handling of the machine to and from those service centers shall be the sole responsibility of the owner.

5. TRIBEST MAKES NO OTHER EXPRESS OR IMPLIED WARRANTY OR CONDITION WHETHER WRITTEN OR ORAL. TO THE EXTENT ALLOWED BY LOCAL LAW, ANY IMPLIED WARRANTY OF FITNESS FOR A PARTICULAR PURPOSE OR IMPLIED WARRANTY OR CONDITION OF MERCHANTABILITY OR SATISFACTORY QUALITY IS LIMITED TO ONE (1) YEAR. In the event that such limitation or exclusion on the duration of an implied warranty is not allowed in the states or counties wherein you reside, the above limitation or exclusion will not apply. This warranty gives you specific legal rights and protection, and you might also have other rights that vary from state to state, or county to county.

6. TO THE EXTENT ALLOWED BY LOCAL LAW, THE REMEDIES IN THIS WARRANTY STATEMENT ARE YOUR SOLE AND EXCLUSIVE REMEDIES. EXCEPT AS INDICATED ABOVE, IN NO EVENT WILL TRIBEST BE LIABLE FOR DIRECT, SPECIAL, INCIDENTAL, CONSEQUENTIAL (INCLUDING LOST PROFIT), OR OTHER DAMAGE, WHETHER BASED IN CONTRACT, TORT, OR OTHERWISE. Some states or counties might not allow the exclusion or limitation of incidental or consequential damages. If you reside in such a state or county, the above limitation or exclusion may not be applicable.

In the event that you have any questions concerning the use and care for this product or concerning service, please write a letter or send an e-mail to following address explaining the nature of your concerns, or call us at 888-254-7336.

Tribest Corp.
P.O. Box 4089
Cerritos, CA 90703
Website: www.personalblender.com
E-mail: service@tribest.com

Model # _____

Serial # _____

Date Warranty mailed _____

please
stamp
here

Tribest® Personal Blender® Registration

TRIBEST CORP.
P.O. Box 4089
Cerritos, CA 90703
U.S.A.

- Do you have Internet Service? Yes No
- Have you ever purchased any products through Internet Stores? Yes No
- Do you use e-mail at work? Yes No
email Address: _____
- Do you use e-mail at home? Yes No
email Address: _____

• Please check all that apply to your household

- | | | |
|---|--|--|
| <input type="checkbox"/> Regularly Purchase Items Though the Mail | <input type="checkbox"/> Military Veteran in Household | |
| <input type="checkbox"/> Member of Frequent Flyer Program | <input type="checkbox"/> Support Health Charities | |
| <input type="checkbox"/> Subscribe to Cable or Satellite TV | <input type="checkbox"/> Have a Microwave Oven | |
| <input type="checkbox"/> Have a CD Player | <input type="checkbox"/> Have a VCR | <input type="checkbox"/> Have a DVD Player |
| <input type="checkbox"/> Have a DVR | <input type="checkbox"/> Use a Personal Computer | |

Thank you for taking the time to fill out this questionnaire. Your answers will be used to help us better serve you in the future. Periodically, we would like to send you important product information and special offers. Be assured, your privacy is important to us and your information is never shared or sold to third parties unless it is required for us to conduct regular business with you, or unless it is required by law. Please initial here if you would not like us to send you important product updates and announcements:

If you have comments or suggestions about our product, please write to:
Personal Blender Customer Relations, P.O. Box 4089, Cerritos, CA 90703

Tribest® Personal Blender®

REGISTRATION FORM

PLEASE FILL OUT AND RETURN WITHIN THE NEXT 10 DAYS. Please write all information legibly.

1. Customer Information

Mr. Mrs. Ms. Miss

First Name _____ Initial _____ Last Name _____

Street _____ Apt. No _____

City _____ State _____ Zip _____

Phone _____ Email Address _____

2. Date of Purchase: Month _____ Day _____ Year _____

3. Product Information:

Tribest® Personal Blender® Model #: _____ Serial #: _____

4. Dealer Information

Dealer Name _____

Dealer Address _____

Phone _____

OPTIONAL SURVEY

• How did you learn of Tribest BPA Free Personal Blender? (Please check only one.)

- | | | |
|---|--|---|
| <input type="checkbox"/> Received as a gift | <input type="checkbox"/> Magazine advertisement | <input type="checkbox"/> Newspaper advertisement |
| <input type="checkbox"/> TV advertisement | <input type="checkbox"/> Radio advertisement | <input type="checkbox"/> In-store display or demo |
| <input type="checkbox"/> Consumer magazine article | <input type="checkbox"/> Friend's recommendation | <input type="checkbox"/> Salesperson |
| <input type="checkbox"/> Information through the mail | <input type="checkbox"/> Other | |

• What is your primary residence?

- | | | |
|--|---|---------------------------------------|
| <input type="checkbox"/> Own a House | <input type="checkbox"/> Own a Townhouse or Condo | <input type="checkbox"/> Rent a House |
| <input type="checkbox"/> Rent an Apartment, Townhouse or Condominium | | |

• What is your Annual Household Income?

- | | | |
|---|---|--|
| <input type="checkbox"/> Less than \$15,000 | <input type="checkbox"/> \$15,000-\$25,000 | <input type="checkbox"/> \$25,000-\$50,000 |
| <input type="checkbox"/> \$50,000-\$75,000 | <input type="checkbox"/> \$75,000-\$100,000 | <input type="checkbox"/> more than \$100,000 |

• What factors most influenced your decision to purchase this blender? (please check up to three)

- | | | |
|---|--|---|
| <input type="checkbox"/> Tribest PB reputation | <input type="checkbox"/> Style and appearance | <input type="checkbox"/> Value for the price |
| <input type="checkbox"/> Special product features | <input type="checkbox"/> Warranty | <input type="checkbox"/> Rebate or sale price |
| <input type="checkbox"/> Quality and durability | <input type="checkbox"/> Consumer Magazine Article | <input type="checkbox"/> Reputation of the Dealer |
| <input type="checkbox"/> Friend Recommendation | <input type="checkbox"/> Salesperson | <input type="checkbox"/> Other |

• What is your occupation?

- | | | |
|---|---|--|
| <input type="checkbox"/> Homemaker | <input type="checkbox"/> Professional/Technical | <input type="checkbox"/> Upper Management or Executive |
| <input type="checkbox"/> Middle Management | <input type="checkbox"/> Sales/Marketing | <input type="checkbox"/> Clerical or Service Worker |
| <input type="checkbox"/> Self Employed/Business Owner | <input type="checkbox"/> Student | <input type="checkbox"/> Retired |
| <input type="checkbox"/> Tradesman/Machine Operator/Laborer | | |

• Which credit cards do you use regularly?

- | | | |
|--|---|---|
| <input type="checkbox"/> Visa | <input type="checkbox"/> MasterCard | <input type="checkbox"/> American Express |
| <input type="checkbox"/> Discover | <input type="checkbox"/> Department Store | <input type="checkbox"/> Diner's Club |
| <input type="checkbox"/> Gasoline Company, etc. | | |
| <input type="checkbox"/> Do not use credit cards | | |

please
stamp
here

Tribest® Personal Blender® 150 / 250 / 350
Parts and Optional Accessories Order Form

TRIBEST CORP.
P.O. Box 4089
Cerritos, CA 90703
U.S.A.

put glue here to seal

Tribest® Personal Blender® Parts and Optional Accessories Order Form

For price and availability, please call 888-254-7336 before you place an order.

ITEM NO.	DESCRIPTION	PRICE	Q'TY	AMOUNT
PB01	Motor Base Assembly, 110V			
PB01-220V	Motor Base Assembly, 220V			
PB04	Blending Blade Assembly			
PB05	Grinding Blade Assembly			
PB03BF	8 Oz BPA Free Cup with Lid in Box (1 Set)			
PB03FBF	8 Oz BPA Free Cup with Lid in Box (2 Sets)			
PB02BF	16 Oz BPA Free Cup with Lid in Box (1 Set)			
PB02SBF	16 Oz BPA Free Cup with Lid in Box (2 Sets)			
PB02XLBF	24 OZ XL BPA Free Cup with Lid in Box (1 Set)			
PB02L	Storage Plastic Cup Lid			
PB02C	Commuter Sipping Cup Lid			
JAR02CBF	BPA Free Mason Jar Attachment			
JAR04	4 Oz Mason Jar with Metal Lid, Single			
JAR04S	4 Oz Mason Jar with Metal Lid, 4-PACK			
JAR08	8 Oz Mason Jar with Metal Lid, Single			
JAR08S	8 Oz Mason Jar with Metal Lid, 4-Pack			
JAR12	12 Oz Mason Jar with Metal Lid, Single			
JAR12S	12 Oz Mason Jar with Metal Lid, 4-Pack			
JAR16	16 Oz Mason Jar Mug without Lid, Single			
JAR16S	16 Oz Mason Jar Mug without Lid, 2-Pack			
JAR01	Glass Mason jar Plastic Lid, Single			
JAR01-B	Glass Mason jar Plastic Lid, 8 Each			
JAR03	Glass Mason Jar Metal Lid with Band, 1 Set			
JAR03-B	Glass Mason Jar Metal Lid with Band, 12 Sets			
PB10	PB Carrying Case, Black, 8.5 x 7.5 x 7.25"			
PB10G	PB Carrying Case, Green, 10.5 x 8.5 x 8.25"			
PB10S	PB Carrying Case, Silver, 9 x 7.5 x 6.5"			
PB01S	PB Extra Long Silicone Spatula, 11.25"			
PB038A	Tribest Bottle Brush			
PB038H	Tribest Bottle Brush Replacement Head			
PB06	Plastic Chopping Board			
PB06C	Recipe, Sumptuous Creations			
GPBEM03	Recipe, Smoothies and Other Scrumptious Delights			
GRBRY04	Super Baby Food			
		Subtotal		
		*Freight		
		**Sales Tax		
		Total		

*Freight: Please call 888-254-7336 for shipping rates. Deliver by UPS Ground to 48 contiguous states and by US Postal Service Priority Mail to Alaska and Hawaii. Tribest provides expedited deliveries for an extra charge.

**Sales Tax: California residents only add 8.75%

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I. Smoothies / Blended Drink Recipes

Basic recipe:

- 1/2 - 1 Cup liquid of choice
- 1 banana (maximum) fresh or frozen in 1" pieces
- 1/4 Cup of other fresh or frozen fruit
- 1 Tbs. of protein powder (or green powders)

Optional ingredients:

- 1 - 2 ice cubes (great for summer cooling)
- Source of EFA (essential fatty acids) from flax or hemp oil or seeds, or soaked chia seeds
- 1 Tbs. of soaked seeds or nuts (e.g. sesame, sunflower, pumpkin, flax seeds; or soaked almonds or brazil nuts) other nuts do not have to be soaked as they are softer and will blend easier than almonds or brazil nuts.

Liquid choices:

Desired amount: 1/2 - 1 Cup liquid of choice:

(Note if more than 1 1/4 cup of liquid is used blender can overflow and might leak out during the blending process)

- Apple Juice
- Orange Juice
- Coffee (Teecino / Pero / Caf-Lib)
- Yogurt (soy or dairy)
- Milk
- Tofu (blend into liquid first w/ 1/8 cup water)
- Water

Fruit choices:

Desired amount: 1/5 - 1/3 cup of fresh or frozen fruit

(Note: maximum amount of fruit is 1 cup, adjust liquid levels to accommodate)

- Any fresh or frozen fruit in season that you like can be used for smoothies.
- The more fruit you add the thicker the drink.
- With a 1/4 cup liquid you can create a pudding like dessert from any fresh fruit and your choice of liquid.

Sample Smoothies:

A Date with an Orange

- 1/2 cup fresh orange juice
- 1 frozen banana
- 2 Tbs soaked chia seeds (optional), or hemp seeds
- 1 pitted date
- 1 Tbs protein or green powder
- 2 ice cubes (optional)

Blend 30 - 45 seconds - or to desired smoothness.

Winter Green Smoothie:

- 1 cup apple juice
- 1 banana
- 1 Tbs soaked flax seeds or flax oil
- 2 mint leaves
- 1- 2 tsp. green powder (barley green is great)

Blend 30 - 45 seconds - or to desired smoothness.

II. Savory Soups

Can be made room temperature, chilled, or warmed. When making a warm soup, use warm liquids.

Caution: warm works better than hot, as the hot tends to expand during blending and can leak out the container.

Basic recipe:

- 1/2 - 1 cup warm or hot liquid of choice
- 1/2 avocado (or other creamy ingredient: e.g. tahini, nut butter, milk, tofu, yogurt, cottage cheese, cream cheese, oils, or kefir) (maximum fresh or frozen in 1" pieces)
- 1/4 cup of other fresh or frozen vegetable
- 1 Tbs. of protein powder (or green powders)

Optional ingredients:

- Source of EFA (essential fatty acids) from flax oil, hemp oil or seeds, or soaked chia seeds
- 1 Tbs. of nut or seed butter (e.g. sesame 'butter' = tahini, almond / hemp / peanut / hazelnut / macadamia / cashew / or pumpkin butter.

Liquid choices:

Desired amount: 1/2 - 1 Cup liquid of choice:

(Note if more than 1 1/4 cup of liquid is used blender can overflow and might leak out during the blending process)

- Carrot juice (or any vegetable juice of your choice)
- Yogurt (soy or dairy)
- Milk (regular or dairy, soy or lactose free)
- Tofu (blend into liquid first w/ 1/8 cup water)
- Water

Vegetable choices:

- Desired amount: 1/5 - 1/3 cup of fresh or frozen vegetables
(Note: maximum amount of vegetable is 1 2 cup, adjust liquid levels to fit into blender container)
- Most fresh vegetables in season that you like can be used for savory soups.
- Recommended vegetables include: Tomatoes, Green peas, Cucumber, Celery, Cauliflower,

Squash (zucchini, crook neck, or button), Cauliflower, Corn, Lettuce (or any leafy green, Cilantro, parsley, mint, etc.)

(Note: These soups will be slightly chunky, unless very soft vegetables / greens are used. The more vegetables you add the thicker the drink / soup. With a 1/4 cup liquid you can create a dip or sauce like dishes from most vegetables and your choice of liquid.)

Sample Savory Soups:

Cado Cado Soup

1 cup carrot juice
1/2 avocado
2 basil leaves
1 Tbs green powder
to taste lemon juice

Blend 30 - 45 seconds - or to desired smoothness.

Chunky Tomato Soup

1/4 cup water
4 cherry tomatoes (cut in half)
4 dried tomatoes (soaked in warm water)
3 basil leaves
1 pitted date
1 clove garlic
to taste salt

Blend 30 - 45 seconds - or to desired smoothness.

III. Sweet or Savory Sauces:

Sauces are lovely to eat like a soup in a bowl, or made thicker by reducing the liquid ingredients in the recipe. Enjoy both fruit and savory styles.

Basic recipe:

- 1/4 - 1/2 cup liquid of choice
- 1/2 cup creamy ingredient (e.g. tahini, nut butter, banana, avocado, milk, tofu, yogurt, cottage cheese, cream cheese, oils, or kefir)
- 1/4 cup of other fresh or frozen fruit or vegetable
- 1 - 2 tsp. spice of choice

Optional ingredients:

- Source of EFA (essential fatty acids) from flax oil, hemp oil or seeds, or soaked chia seeds
- 1 Tbs. of nut or seed butter (e.g. sesame 'butter' = tahini, almond / hemp / peanut / hazelnut / macadamia / cashew / or pumpkin butter.

Liquid choices:

Desired amount: 1/2 - 1 Cup liquid of choice:

(Note: If more than 1 1/4 cup of liquid is used blender can overflow and might leak out during the blending process)

- Carrot juice (or any vegetable juice of your choice)
- Yogurt (soy or dairy)
- Milk (regular or lactose free dairy, soy or potato *)
- Tofu (blend into liquid first w/ 1/8 cup water)
- Water

Fruit or Vegetable choices:

Desired amount: 1/4 - 1/2 cup of fresh or frozen fruits or vegetables

(Note: maximum amount is 1 2 cup, adjust liquid levels to fit into blender container)

Sample sauces:**Sweet sauce:****Such an Apple Sauce**

- 1 fresh chopped apple (chop in little pieces)
- 1 tsp. soaked chia seeds
- 1 banana
- cinnamon and nutmeg to taste
- lemon juice to taste

Blend 45 - 60 seconds - or to desired smoothness. To get apples blending hold the blender between both hands and vigorously shake or bang it on the counter. Once it starts blending, set it back on the counter.

CAUTION: Use extreme caution not to dislodge the switch from the locked position of the container when shaking or jiggling the unit.

Savory Sauce:**Sweet and Sour Sauce**

- 1/3 cup fresh orange juice
- 1/4 cup maple syrup
- 1 tsp. apple cider vinegar
- 2 Tbs olive oil
- 2 Tbs lime juice
- 2 Tbs soy sauce
- 1 Tbs ginger, fresh, finely chopped
- 2 tsp. mustard

Blend 45 - 60 seconds - or to desired smoothness.

Guacamole

- 1 avocado
- 2 cherry tomatoes, sliced in half
- 1 T onion (red or green), chopped
- 1 tsp. Mexican seasoning
- to taste lime juice
- to taste sea salt

Pulse machine until desired consistency is achieved.

IV. Salsa

Salsa is a texture that allows chunky and liquid to marinate together to form wonderful flavors and can be put over any vegetable or grain dish or used as a dip for fruits or vegetables.

Sample salsas:

Classic Salsa

- 1 chopped tomato
- 1 green onion
- 1/2 cup cilantro
- 1 clove garlic
- to taste sea salt
- 1/4 jalapeno (optional)

Pulse machine until desired consistency is achieved.

Mango salsa

- 1 cup mango, chopped
- 1/4 cup fresh pineapple, chopped
- 1/4 Cup green onion
- 1/4 cup fresh cilantro
- 1 tsp. fresh hot chile, chopped
- to taste lime juice
- to taste sea salt

Pulse machine until desired consistency is achieved.

V. Dressing

Dressings can be smooth or chunky depending on the ingredients. Made with a bit less liquid, or more solids and they can be turned into dips.

Sample dressings

Spicy Papaya - seed Dressing

1/3 cup brown rice vinegar (or lime juice)
1 Tbs yellow onion, chopped
2 tsp. mustard (Dijon works fine)
1 tsp. agave nectar or honey
1 tsp. hot sauce, or to taste
2/3 cup olive oil
2 Tbs papaya seeds

Blend 45 - 60 seconds - or to desired smoothness.

Zesty Papaya Dressing:

1 papaya (skinned, seeded, sliced)
1/2 cup orange juice
1 Tbs soaked chia seed (olive or flax oil can be substituted here)
1 tsp. lime juice
1 tsp. chile or other hot (cayenne) spice (optional)
to taste Sea salt

Blend 45 - 60 seconds - or to desired smoothness.

VI. Tapenade / Pesto:

Tapenade and pesto have a very similar texture - thick and with coarsely chopped ingredients.

Sample tapenades & pestos

Olive Tapenade:

1 cup olives, pitted, sliced
1/2 cup olive oil
2 Tbs capers
1 clove garlic, chopped
2 tsp. brown rice vinegar

Blend 45 - 60 seconds - or to desired smoothness.

Tomato Tapenade:

1 cup soaked dried tomatoes (drained)
2 cherry tomatoes, halved
1/4 cup olive oil
2 cloves garlic, chopped
to taste sea salt

Blend 45 - 60 seconds - or to desired smoothness.

Presto Pesto:

1/4 cup olive oil
1 Tbs lemon juice
1/2 Cup fresh basil leaves
1/2 Cup chopped parsley
2 cloves garlic
1 tsp. soy sauce
3 Tbs pine nuts (or walnuts)

Blend 45 - 60 seconds - or to desired smoothness.

Creamy Walnut Pesto:

1/4 cup walnuts
1 avocado (pitted, and chopped)
1/2 cup basil leaves
1/4 cup spinach leaves (carefully washed, chopped)
2 cloves garlic, chopped
2 Tbs olive oil
1 Tbs pepper (freshly ground is best)
1 Tbs lime juice
to taste sea salt

Blend 45 - 60 seconds - or to desired smoothness.

VII. Porridge

Blended cooked, or sprouted grains make a wonderful breakfast meal. Top with your favorite fresh fruit, nuts or seeds, and milk (dairy or non).

Sample porridges**Rice Porridge:**

2 cups rice
1/4 cup warmed rice, soy milk, or Vance's' DariFree Milk, or hot water
2 Tbs hemp seeds
1/4 tsp. cinnamon powder

to taste sea salt
to taste maple syrup, sweeten (optional)

Blend 45 - 60 seconds - or to desired smoothness.

This recipe also works with other grains: all the varieties of rice (brown, basmati, red, white, etc.), millet, buckwheat, barley, or corn meal.

Cream of Quinoa (Flakes):

1 1/4 cup hot water
2/3 cup quinoa flakes
1/4 tsp. Chinese 5 spice (or nutmeg)
1 Tbs soaked chia seeds
to taste agave nectar or honey
to taste sea salt

Blend 45 - 60 seconds - or to desired smoothness.

This recipe also works with other 'flaked' cereals: brown rice, barley, oats, etc.

The water to grain ratio varies slightly (e.g. 1 cup hot water to 1/1/4 Cup brown rice flakes) - follow the directions on the packet.

VIII. Pate

Pates are classically made from nuts and vegetables. They can also be made from nuts and seeds, mixed with various vegetables. Be creative and find your own variations. These recipes will help you get started.

Sample pates

Pecan Pate:

1 cup pecans (raw)
1 red onion (not too large) chopped
2 tsp. poultry spice
1/4 cup zucchini, chopped
1 Tbs soy sauce

Blend 45 - 60 seconds - or to desired smoothness. To add more texture to this pate, stir in finely chopped red bell pepper, parsley, and celery (1/2 cup each).

Saucy Pumpkin Pate:

1/4 cup soaked pumpkin seeds (soak 30 minutes and drain)
1/4 cup soaked sunflower seeds (soak 30 minutes and drain)
1/4 cup fresh orange juice

1/2 avocado, chopped
2 sprigs fresh parsley, chopped
2 cherry tomatoes, halved
1 clove minced garlic
1 Tbs minced fresh ginger
1 Tbs curry powder
to taste sea salt

Blend 45 - 60 seconds - or to desired smoothness. To add a bit of soft / chunky texture, stir in the other half of the avocado, diced, at the end of blending.

IX. Puddings

Main Ingredient:

fresh fruits in season(except the melons):

amount = 1 piece of most fruits (or 1 - 1 1/2 cup of fruit sliced or diced)

Thickeners:

amount = 2 - 4 Tablespoons

- papaya
- banana are the easiest thickener.
- soaked dried fruit
- nuts: cashews, pecans, or walnuts)
- seeds: sunflower seeds or pumpkin seeds - soak them overnight and rinse and then make the pudding with these ingredients. This process removes a coating from the seeds that prevents them from sprouting. Soaking and rinsing also makes it easier to digest. This process is called germinating.
- soaked chia seeds or hemp seeds (a good source of essential fatty acids)

Liquids:

amount = 1 - 3 Tablespoons

- fresh juice
- water
- yogurt (dairy or non-dairy)
- milk (dairy, rice, soy, or Vances' Dari free)
- kefir (dairy or soy)

Find the fruits of your choice and combine with the thickener and liquid of choice, blend to smooth and serve. Start with less liquid, adding more to create desired consistency.

Sample puddings:

Orange Cashew Delight

1 cup cashew pieces
2 Tbs fresh orange juice

1 Tbs hemp seeds

Blend to smooth, serve as a pudding or as a dip.

Apricot Ambrosia

1 large apricot (or 2 small ones) pitted and sliced

2 dried pineapple slices (soaked in warm water)

1 Tbs soaking water from dried pineapple

2 Tbs soaked sunflower seeds

Blend to smooth, serve as a pudding or as a dip.

X. Baby Food

General instructions:

Babies need simple foods:

- blended fruits (raw)
- blended vegetables (lightly steamed) - the only exception is potatoes (they get very gluey)

Pick the food in season, blend it with a small amount of water.

2 Tbs of liquid / water is enough for most, add more if needed

Sample baby foods:

Smashed banana / grapes

1 banana

6 - 10 grapes

Start with banana, blend to a paste - then add grapes - blend to smooth and serve.

Pear sauce

1 pear sliced

1 banana

1-2 Tbs water or apple juice

Start with a small amount of pear and water, add remaining ingredients blend to smooth and serve.

Possible Nutritional supplements

EFA sources:

- Hemp seeds - from HempNut
- Chia seeds - from Jaffee Brothers, or Earth Products
- Flax oils - from Barleans
- Flax seeds

Green / blended food Powders:

- Green Magma
- Barley Green
- Kamut
- Green Frog
- Pure Synergy
- Ultimate Life / Meal

Milk choices:

- Lactose free, low fat, or whole milk
- Soy milk
- Rice milk
- Vance's DariFree Milk - a powdered milk made from potatoes*
- Banana milk - blend fresh or frozen bananas with water

The following three milks can be made in your personal blender by blending soaked, rinsed almonds / sunflower seeds / sesame seeds- with water:

- Almond milk
- Sunflower milk
- Sesame Milk

Juice companies:

- Juice Evolution
- Trader Joe's fresh made juices
- Local markets fresh made juices

Watch out for flash pasteurized juices - know that they have been heat treated, you may prefer fresh, non-pasteurized juices.

Enjoy your new Tribest BPA free Personal Blender. The recipes included here are intended to inspire you. Play with the foods you like, in season, fresh. Organic produce has more nutrition, more flavor, and more food value. Find the best for you and your family and friends. Play with your food and let it help you create perfect health and vitality.

PRODUCT STANDARD

ITEM	FOOD PROCESSOR
METHOD	BLENDING / GRINDING
MODEL	PB-150, PB-250, PB-350
ELECTRICITY	USA MODEL : 120V/ 60Hz EUROP & ASIA MODEL : 210~230V / 50~60 Hz
ELECTRIC POWER	200W
BPA FREE CUP SIZE	8 Oz / 16 Oz
GLASS JAR SIZE	4 Oz / 8 Oz / 12 Oz / 16 Oz
COLOR BOX SIZE	PB-150: 13" W x 5 1/2" D x 7 5/8" H (330 W x 135 D x 193 H mm)
	PB-250 & 350: 13" W x 5 1/2" D x 10 1/2" H (330 W x 135 D x 265 H mm)
SHIPPING WEIGHT	PB-150: 5 Lbs
	PB-250: 7 Lbs
	PB-350: 8 Lbs



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