

Cuisinart®



Instruction Booklet Kick Start Personal Juicer & Blender CBJ-450XA

For your safety and continued enjoyment of this product, always read the instruction booklet carefully before using.



IMPORTANT SAFEGUARDS

READ ALL INSTRUCTIONS BEFORE USING

When using any electrical appliance, especially when children are present, **basic safety precautions should always be taken to reduce the risk of fire, electric shock and/or injury**, including the following:

- This appliance is intended for **HOUSEHOLD USE ONLY** and similar applications such as:
 - staff kitchen areas in shops, offices & other working environments;
 - clients in hotels, motels and other residential type environments;
 - bed and breakfast settings
- Always make sure the juice extractor cover is clamped securely in place before motor is turned on. Do not unfasten clamps while juicer is in operation. Be sure to turn switch to OFF position after each use of your juice extractor. Make sure the motor stops completely before disassembling.
- Do not put fingers or other objects into the juice extractor opening while it is in operation. If food becomes stuck in the opening, use the food pusher or another piece of fruit or vegetable to push it down, or turn the motor off and disassemble the unit to remove the remaining food.
- If the mesh filter basket blade is damaged, do not use.
- Do not operate without the pulp container in place.
- **Turn the appliance to OFF, then unplug from the outlet when not in use, before assembling or disassembling parts and before cleaning or removing contents from blending cup or juice extractor. Never put hands into the blending cup or juice extractor, or handle the blades with appliance plugged. To unplug, grasp the plug and pull from the outlet. Never pull from the power cord.**
- To protect against the risk of electrical shock, do not put motor base in water or other liquids.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory, or mental capabilities, or lack experience and knowledge unless, they have been given instruction concerning use of the appliance by a person responsible for their safety.
- Children should be supervised to ensure that they do not play with the appliance.
- Avoid contact with moving parts.
- Do not operate this appliance if it has been dropped or damaged (including the cord) in any manner or is not operating correctly.
- The use of attachments not recommended by Cuisinart may be hazardous.
- Not designed for outdoor use.
- Do not allow the power cord to come into contact with any hot surfaces, including a stove, or to hang over table edge or counter.
- Keep hands, hair, clothing, as well as spatulas and other utensils away from blending cup during operation to reduce risk of injury to persons, and/or damage to the appliance. A spatula may be used, but must be used only when the unit is not operating.
- Do not touch cutting assembly, interfere with blade movement, or remove juice extractor cover.
- **BLADES ARE SHARP. HANDLE CAREFULLY.**
- To reduce the risk of injury, never place cutting assembly on base unless the blending cup is properly attached.
- Never leave your Kick Start Blender unattended while running.
- When using the blender, twist blending cup on firmly. Injury can result if moving blades accidentally become exposed.
- Do not use an extension cord with this unit. Doing so may result in fire, electric shock, or personal injury.
- Risk of thermal burn injury due to excessive pressure in the container. Do not blend hot liquids.
- **CAUTION! NEVER USE carbonated beverages in the blending cup.**
- Be certain blade assembly is securely locked in place before operating the blender.
- Do not attempt to bypass the interlock system that powers the unit on.

- To avoid possible malfunction of the appliance switch, never store juice extractor attachment assembly with cover on in locked position.
- **WARNING: TO REDUCE THE RISK OF ELECTRICAL SHOCK OR FIRE, DO NOT REMOVE THE BASE PANEL. NO USER-SERVICEABLE PARTS ARE INSIDE. REPAIR SHOULD BE DONE ONLY BY AUTHORIZED PERSONNEL.**
- If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.

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SAVE THESE INSTRUCTIONS.

UNPACKING INSTRUCTIONS

1. Place the gift box containing your Cuisinart® Kick Start Personal Juicer & Blender on a flat, sturdy surface before unpacking.
2. Open the box and remove any other literature.
3. Remove Kick Start Personal Juicer & Blender base as well as all other parts. Be sure to check all packing materials for all parts listed in the Parts & Features section on page 4 before discarding.
4. Remove any protective or promotional labels from your Juicer and other parts.
5. Wash the blending cup, blade assemblies , juice jug and other accessories in warm soapy water before first use.
6. To assemble the Kick Start Personal Juicer & Blender follow the Assembly instructions on page 5 of this instruction booklet.

CAUTION: ALL CUTTING TOOLS HAVE VERY SHARP EDGES. To avoid injury when unpacking the parts, never touch the cutting edges of blades or filter basket.



PARTS AND FEATURES



A. 480ml BPA-Free Blending Cup (top rack dishwasher safe)

Comes with flip top lid to take on the go or to save for later.

B. Stainless Vortex Blades

High efficiency 4 ways blades designed to create rapid circulation.

C. 3-Function Rotary Dial

Easy-to-use Low, High, and Pulse settings.

D. Heavy-Duty Motor Base

Compact yet strong, sturdy, and stable for both blending and juicing with Heavy-Duty motor and safety shutoff.

Juice Extractor Attachment:

E. Pulp Container

Collects pulp from juicing for easy cleaning

F. Feed Tube Pusher (top rack dishwasher safe)

G. Cover with Feed Tube (top rack dishwasher safe)

H. Filter Housing (top rack dishwasher safe)

I. Stainless Steel Micro Mesh Filter Basket (top rack dishwasher safe)

J. Safety Locking Arms

Locking arms must be secured to allow the juicer to operate.

K. Drip Stop Flow Spout

Push spout down to release juice and up to stop any drips after juicing

NOTE: Blades are SHARP. Handle carefully.

QUICK TIPS GUIDE

BLENDER

Always put the hardest ingredients into the blending cup first (ice cubes, frozen fruit) and finish with the softer ingredients and liquids.

It is recommended that most foods be cut into 1 - 2cm pieces to achieve the most uniform result.

For best results in the fastest time, pulse a few times before running continuously. Pulses should be short bursts with about 1 second in between each one to allow the blade to stop rotating between pulses.

To crush ice, put no more than 3 standard ice cubes into the blending cup at one time. Pulse until uniformly crushed.

When blending thicker mixtures, lightly hold down top of blending cup to prevent excessive movement.

After blending, flip the blending cup over so that the blade assembly is on the top. Gently tap the cup on the counter a few times to prevent any spillage. Remove the blade assembly and replace with the provided lid.

JUICER

Extracted juice captures about 95% of the nutrients from fresh fruits and vegetables. Drinking extracted juice is a fast and efficient way for your body to digest and absorb all these nutrients. Digesting whole fruits can take about an hour; extracted juices take only 15 minutes.

Freshly extracted juices are an excellent aid in weight management and in cleanses, which rid the body of toxins.

Always use fresh, organic, and seasonal produce. Organic produce is grown without synthetic fertilizers and chemicals, which is very important when juicing whole foods. Buying foods in season is considerably less expensive than purchasing off-season, and flavours are much better.

Always juice fresh fruits and vegetables as soon as possible after purchasing. The longer produce is held the more nutrients it loses.

Certain fruits should be peeled before juicing. Examples are pineapples, melons, mangoes, papayas, citrus – any fruit with skin that you cannot eat. Also, remove all pits and hard seeds from peaches, cherries, mangoes, etc.

Citrus fruit juice is delicious and richer in nutrients.

If cucumbers are waxy, peel them before juicing.

Juice the softer ingredients before the harder ones.

Carrots make a great and tasty base for vegetable juices and apples do the same for fruit juices.

Beets and carrots both have a naturally high sugar content, so when added to vegetable juices they can balance out any bitter flavours juiced vegetables may have.

Use the juice extractor in tandem with the blender. Blend fresh juices with ingredients like bananas, yogurt, and protein powders for delicious power smoothies.

It is also possible to make a healthier, fresher version of your favourite cocktail with fresh juices.

Stir fruit juices into sparkling water or seltzer to make a natural soda.

The pulp that is separated from the juice has its own health benefits. It is high in fibre and can be used in a variety of ways.

BLENDER ASSEMBLY

Wash blending cup, lid and blade assembly in warm soapy water, rinse and dry.

All parts (except the motor base) are TOP RACK only dishwasher safe.

NOTE: Be careful when handling the blades as they are extremely sharp.

1. Place motor base on a flat level surface.
2. Remove blades and position the cup with opening facing up.
3. Add ingredients avoiding filling past the MAX line indicated on the cup.
4. Secure the blade assembly onto the cup by turning clockwise until tightened.
5. Ensure the blade assembly collar is securely in place before inverting the cup to blend.

BLENDER OPERATION

The blender will only operate when the blades and cup are correctly assembled. This engages the safety interlock switch, and allows the blender to operate.

With liquids inside invert the cup, and place onto the motor base using the alignment graphics and turn clockwise to lock into place. A blue light ring will blink on the power dial to indicate the unit is ready to operate.

Select the LOW or HIGH speed to commence blending. Use PULSE for short speed bursts (hold and release power dial for short bursts of power). This can be used to break up larger pieces of food or when making smoothies with frozen fruits or crushing ice.

Blend until ingredients are combined.

The blender has an auto-stop feature after 60 seconds.

Turn blender to OFF, wait a few secs then unlock blender cup from the base. Invert the cup and turn the blade assembly collar anti-clockwise to remove. Attach the travel cup lid.

NEVER TOUCH THE BLADES

Turn off the power and unplug when finished blending.

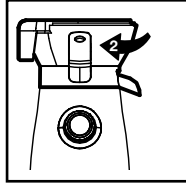
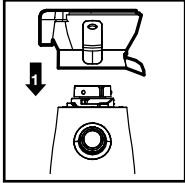
BLENDER OPERATING AND SAFETY TIPS

- Make sure the electrical outlet is rated at the same voltage as that stated on the bottom of the blender motor base.
- Don't remove blending cup while unit is running.
- **Don't place blade assembly onto motor base without the blending cup attached.**
- Make sure blade assembly is tightly attached when utilizing the blending cup.
- Always remove blade assembly before cleaning.
- Never use metal utensils, as damage may occur to the blending cup or cutting assembly.
- Don't overload blending cup. If the motor stalls, turn the blender off immediately, unplug the unit and let it cool for at least 15 minutes. Then, remove a portion of the food and continue.
- **CAUTION: Never use carbonated beverages in the blending cup.**
- Don't blend hot liquids in blending cup.
- Do not attempt to mash white potatoes or knead bread dough in the blending cup.
- Don't use any container or accessories not recommended by Cuisinart. Doing so may result in injury.
- To remove blending cup, turn slightly counterclockwise before lifting.
- The blending cup is not recommended for microwave use.

NOTE: THE BLENDER WILL NOT TURN ON IF IT IS NOT LOCKED INTO PLACE CORRECTLY.

JUICE EXTRACTOR ASSEMBLY

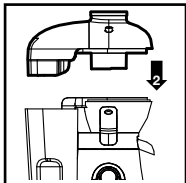
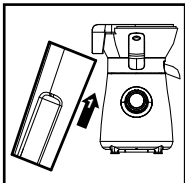
1. Place motor base on a clean flat surface. Make sure the motor base is unplugged from the power outlet.
2. Place filter housing on top of motor base using the alignment graphics and turn clockwise to lock into place. Do not lock locking clamps into place until you've completed assembling the juice extractor.



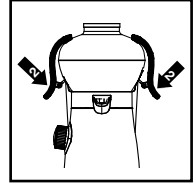
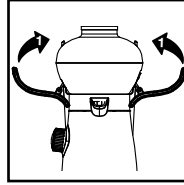
3. Insert the mesh filter basket/blade firmly into filter housing by pressing down on the rim of the filter so it locks securely in place. **Be careful not to touch the blades in the bottom of the basket and be sure this part is inserted before every use.**



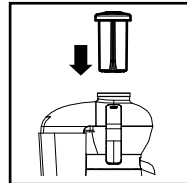
4. Insert the pulp container onto the side of the unit by tilting unit slightly. Then place cover on top of the filter housing. Be sure to align the feed tube over the mesh filter basket.



5. Move the safety locking arms upwards to the lid cover and engage by pushing them down until they lock into place on both sides.



6. Place a glass or juice jug beneath the spout at the front of the unit.
7. Insert the food pusher inside the feed tube.



JUICE EXTRACTOR OPERATION

1. Make sure your Juice Extractor Attachment is properly assembled and attached to the motor base.
2. Plug the power cord into the electrical outlet.
3. Wash all selected fruits or vegetables.
4. While many fruits and vegetables will not need cutting, any item with a diameter larger than 5cm will need to be cut.
5. Turn the dial from the OFF position to HIGH. A blue light ring will blink on the power dial to indicate the unit is ready to operate.
6. Push the juice spout down to the open position before juicing.
7. Lift the food pusher out of the feed tube and drop your food into the opening. Push through by inserting the food pusher and pressing firmly. Do not pack the feed tube too full of food. Be sure that the food has been processed through the filter basket/blade before adding more items. When using the pusher, use gentle pressure to guide food through the feed tube. Do not press too hard or use too much force.
8. The juice will flow into your glass and the pulp will accumulate in the pulp container.
9. When finished juicing, turn the dial to the OFF position to stop the motor.

JUICE EXTRACTOR DISASSEMBLY

1. Unplug the Juice Extractor.
2. Unlock the locking clamps and cover then remove the pusher.
3. Lift and remove cover from filter housing.
4. Carefully remove mesh filter basket/blade from the filter housing by pulling up on the sides of the rim. **Be careful not to touch the blades in the bottom of the basket.**
5. Remove the pulp container from the side of the motor base and empty.

CLEANING AND MAINTENANCE

Always unplug your Cuisinart® Kick Start Personal Juicer & Blender from the electrical outlet before cleaning. The base and parts are made of corrosion-resistant materials that are easy to clean. After every use, clean each part thoroughly. Periodically check all parts before reassembly. **DO NOT USE IF ANY PART IS DAMAGED, OR IF THE BLENDER CUP IS CHIPPED OR CRACKED.**

To remove blade assembly, twist off by turning counterclockwise.

NEVER TOUCH THE BLADE.

CAUTION: Handle the blade assembly carefully. Blades are SHARP and may cause injury. DO NOT attempt to remove blades from cutting assembly, do not attempt to detach the blade assembly from Blade collar.

Wash all parts in warm, soapy water. Rinse and dry thoroughly. All parts (except the motor base and filter housing) are top rack dishwasher safe.

Blender Cleaning Tips: You may wish to clean your blade assembly as follows: squirt a small amount of dishwashing liquid into blending cup and fill halfway with warm (not hot) water. Attach blade assembly and run on Low or Pulse for 15 seconds. Repeat, using clean tap water. Carefully disassemble parts and empty blending cup. Rinse and dry all parts thoroughly.

Juicer Cleaning Tips:

To ensure consistent juicing results, always clean the filter basket thoroughly immediately after use. If pulp is left to dry, it may clog the fine pores of the filter mesh, which can affect juicing performance. The filter basket can be soaked in hot soapy water for a few minutes if necessary. Filter basket can be washed in the top rack of the dishwasher.

CAUTION: The center of the filter basket has an array of small, sharp blades. Do not touch these blades when handling the filter basket.

Base Cleaning Tips: Wipe the motor base clean with a damp cloth to remove any residue, and dry thoroughly. Never submerge the motor base in water or other liquids, or place in a dishwasher. Any other servicing should be performed by an authorized service representative.

Pulp Container Cleaning Tips: The pulp container is easier to clean if lined with a plastic bag. This may also prevent staining of the pulp container over time with use.

BLENDER TROUBLESHOOTING

Problem:	Solution:
My blender is not turning on	Be sure the blade assembly is on the blending cup correctly and locked into place Plug the blender into an independent and electrical outlet and make sure the blender is securely plugged in. If it still doesn't work, try plugging into a different outlet and/or check your home's circuit breaker.
The blender stops running	The blender has an auto stop feature. After 60 seconds or if blending heavy loads for extended periods the motor overload feature may be activated. To reset, unplug and allow the blender to cool for a minimum of 15 minutes. Reduce the contents of the blending cup and/or clear any jams.
The blade assembly is hard to remove after blending	The ingredients cause pressure, and with the air-tight seal, pressure builds up creating a vacuum or a suction effect. This is normal.
Unit appears to be leaking	Check rubber gasket and make sure it's flush with the blender assembly. You can also check the rubber gasket to see if is in place or even damaged. The blade assembly should be tight. Replacement rubber gaskets can be purchased as a spare part.

JUICE EXTRACTOR TROUBLESHOOTING

Problem:	Solution:
Juice extractor does not turn on	Check to see if the locking clamps are properly engaged. (See Assembly Instructions, page 6.) Turn to HIGH to start juicing.
The juice extractor stops running	The motor could have overheated. The resettable fuse, which protects the motor if overloaded, may have been tripped. When this happens, reset the appliance by unplugging it and letting it cool for a minimum of 15 minutes. Then, reduce the contents or clear any jams. Restart the unit as noted in the operating directions.
Juice flow is slow	Excess pulp in mesh filter basket can slow juice rate. Stop the juice extractor and clean filter basket.
Unit is on but juice/pulp not flowing	Make sure the mesh filter basket/blade is in place. Ensure the juice spout is in the open position for the juicer to flow.

SPEED SELECTOR GUIDE

FOOD TYPE	SPEED
APPLES	High
BABY SPINACH	High
BANANA	High
BEETS	High
BLUEBERRIES	High
BROCCOLI	High
CABBAGE	High
CARROT	High
CELERY	High
CITRUS FRUITS (PEELED)	Low
CUCUMBER	High
GINGER	High
GRAPES (SEEDLESS)	Low
HONEYDEW MELON (peeled)	High
KALE	High
KIWI (PEELED)	Low
MANGO (peeled, pit removed)	High
MINT	High
PAPAYA	Low
PARSLEY	High
PEACH (PIT REMOVED)	High
PEARS	High
PINEAPPLE (PEELED)	High
SQUASH	High
SPINACH	High
STRAWBERRIES	High
TURMERIC	High
WATERMELON (PEELED)	Low

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Cuisinart®

Kick Start Your Day the Healthy Way
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