

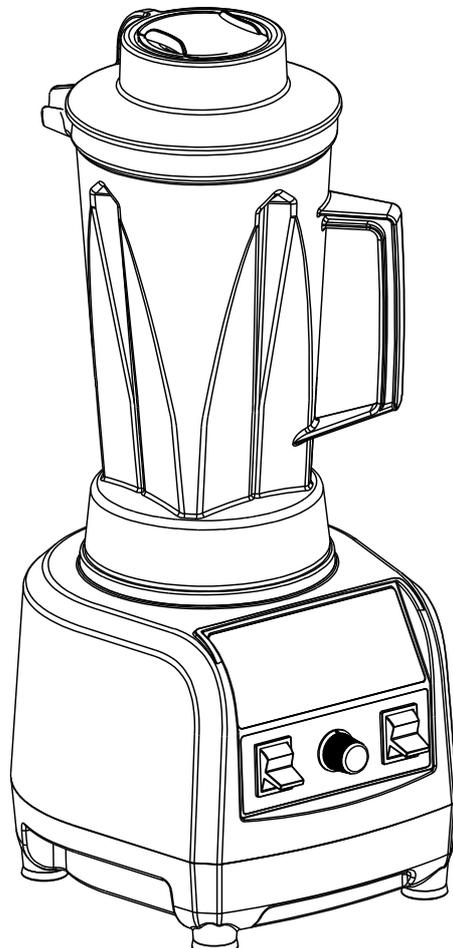
# electriQ

iQMix

iQMix-Pro

Premium Home Nutrition Centre and  
Professional Blender

**USER MANUAL**



Thank you for choosing ElectriQ

Please read this user manual before using this blender  
and keep it safe for future reference.

Visit our page [www.electriQ.co.uk](http://www.electriQ.co.uk) for our entire range of Intelligent Electricals

# Contents

|  |    |
|--|----|
| Features                               | 3  |
| Safety Instructions                    | 4  |
| Package content and parts              | 7  |
| Quick reference guide                  | 8  |
| Assembly                               | 10 |
| Control Panel and Operation            | 12 |
| Fruits and Vegetables Nutrition Tables | 17 |
| Cleaning and Maintenance               | 20 |
| Troubleshooting                        | 22 |
| Recipes                                | 23 |

## FEATURES

Home nutrition centre and professional blender

Professional commercial or domestic use

Creates entire meals from steaming soups to frozen desserts

Variable fine speed settings controls enabling most diverse operation

Powerful pulse function controls better circulation of food.

Automatic easy to use digital controls combined with manual variable controls (iQMix-PRO)

Makes hot soup from cold ingredients in less than ten minutes

Creates delicious sorbets and ice creams

Makes sauces and pesto

Self-cleaning function allows cleaning the unit between different jobs or before storage

Super strong commercial grade stainless steel blade can perform multiple operations without the need to change the blade or the container

Multiple protection system will protect the motor from overheating ensuring long operation

BPA free Tritan wet container

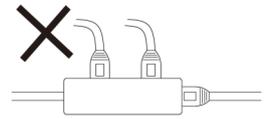
Optional dry container available for milling and dry grinding

**Note:** Due to continuous product development, products may not exactly correspond to the illustrations in this manual.

## SAFETY INSTRUCTIONS

### Important

- Carefully read the instructions before operating the unit
- This blender has been tested and is safe to use. However, as with any electrical appliances - use it with care.
- This appliance is for indoor use only.
- Rating: This unit must be only connected to a 220-240 V / 50 Hz earthed outlet. Always check the rating label against your electrical supply. Do not use with an extension lead or overload the socket
- If you are in any doubt about the suitability of your electrical supply have it checked and, if necessary, retested by a qualified electrician.
- Do not let power cord hang over edge of table or counter or in contact with hot surface, including stoves or hobs.
- Disconnect the power plug from socket before dismantling, assembling or cleaning.
- Do not clean the unit by spraying it or immersing it in water.
- Never operate this appliance if the cord or plug is damaged. Ensure the power cord is not stretched or exposed to sharp object/edges.
- Do not pull the mains cable to disconnect the mains plug from the mains.
- Do not use the appliance if any part or any accessory is damaged or defective.
- A damaged supply cord or plug should be replaced by the manufacturer or a qualified electrician in order to avoid a hazard.
- Avoid touching any moving parts of the appliance. Keep hands and utensils out of container while blending to reduce the risk of severe injury to persons or damage to the blender. A rubber scraper or spatula may be used but only when the jug is removed from the base. Handle or remove blade and blade assembly from the container with extreme care to avoid injury.
- Never insert fingers, or any other objects apart from the food tamper through the lid feeder hole. The tamper provided must be used only when the main part of the lid is in place.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities. It is also not intended for use by those with a lack of experience and knowledge, unless they have been given supervision or instruction concerning the use of the appliance by a person responsible for their safety. Do not leave children unsupervised with this appliance.
- Any service other than regular cleaning should be only performed by an authorized service representative. Failure to comply could result in a voided warranty.
- Do not use the appliance for any other purposes than its intended use.
- Always place the unit on a dry, hard and stable surface. Do not use on carpet or soft table cloth as this could impede hot air dispersal. Do not shake while is in use.
- Do not use the appliance in places with high humidity (>80%RH)
- Do not immerse the appliance in water or other liquids. If the appliance is immersed in water or other liquids by mistake, do not touch the appliance with your hands. Immediately remove the mains plug from the wall socket. If the appliance is immersed in water or other liquids, discard it.

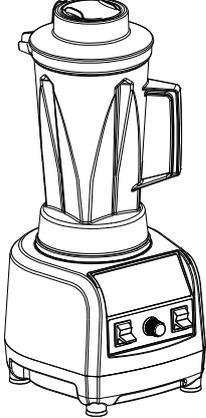
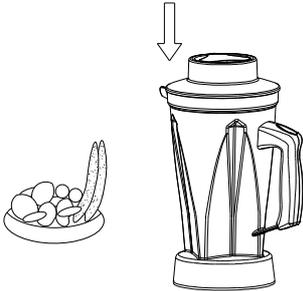
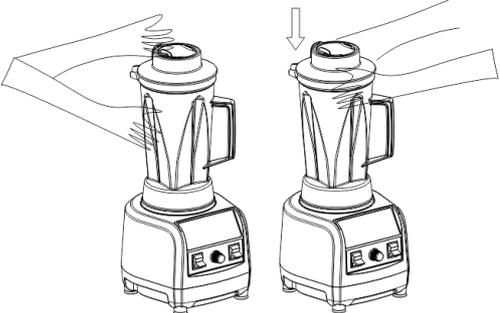


### Unit Safety Protection and Performance Tips

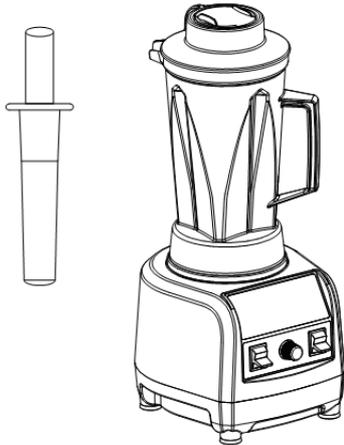
- Never switch on the unit before you intend to use.
- Make sure the jug is correctly assembled and placed correctly on the appliance body
- Do not place the jug without lid on the appliance. Do not remove the lid from jug before removing them from the appliance body and switching the appliance off. Always operate blender with lid and lid plug firmly in place. The lid plug should only be removed when adding ingredients and when using the tamper.

- Do not remove the jug / containers before the motor completely stops.
- Do not run it empty or fill more than the maximum advised level as this could cause damage to the appliance. Always begin processing on the lowest speed setting - variable speed 1. Keep hands and other exposed skin away from the lid opening to prevent possible burns.
- When making nut butters or oil based foods, use tamper to help the mixture going through and do not process for more than one minute after the mixture starts to circulate in the container. Processing for longer periods can cause dangerous overheating.
- Never attempt to operate with damaged blades. Replace blades or the whole jug
- When using take regular breaks to avoid motor overheating, do not run for more than 15-20 minutes continuously
- Always clean the jugs immediately after use. Use water for most efficiently and safe way of cleaning and blend until the jugs is clear. Empty the jug and repeat operation with clean water.

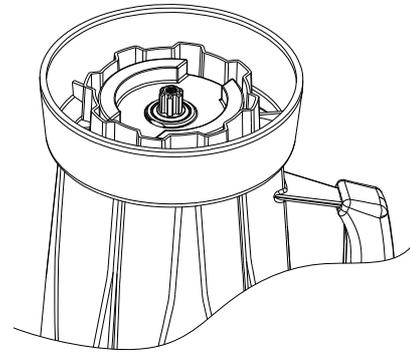
**IMPORTANT:**

|   |   |
|---|---|
| <p>This product is a Class1 appliance, please only use earthed socket outlet and only replace the plug if necessary with earthed plug</p>                           | <p>Wait until the motor completely stops before removing the lid.</p>   |
| <p>Only fill the jug to maximum indicator. When making hot soup or using hot liquid only use 2/3 of the jug capacity as hot liquids expand during processing.</p>  | <p>Before starting the appliance make sure the jug is properly fitted to the body, shake the jug gently to guide it to the centring pad. Make sure the lid and the lid plug is in place, twist the lid plug to lock. Do not open the lid during operation.</p>  |

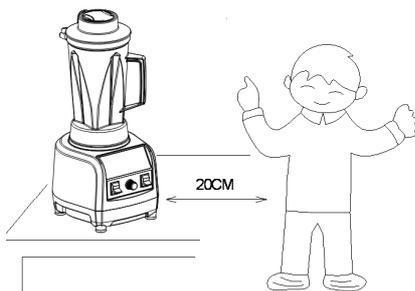
When you use the tamper, only open the lid plug and when finishing with the tamper put back the lid plug. Do not use tamper without the lid on when unit is in operation.



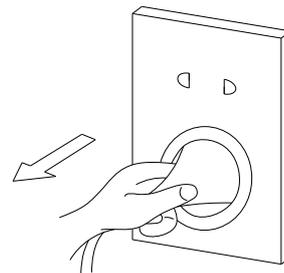
Make sure no liquid goes on the bottom of the jug as this will affect the lifespan of the product. If such occurrence use a paper tissue to remove liquid as soon as possible.



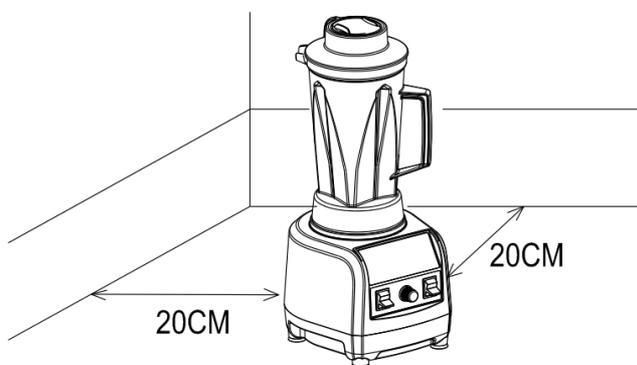
When blending always start on lowest power setting and gradually increase as necessary. If possible keep at least 20 cm distance from the blender if using for a long time to minimize noise impact.



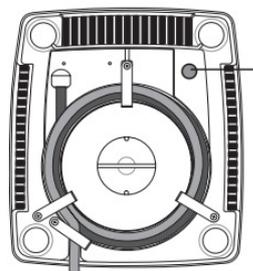
After use, unplug from power socket and store the unit in a dry place. The appliance is equipped with a long cord. Store the unused portion underneath.



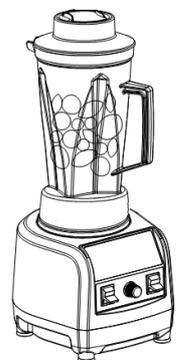
Allow at least 20 cm gap around the unit while in operation to allow free air flow around the air inlet and outlet.



This product has over current protection. If the motor overheats due to overload the appliance will stop. Unplug the machine and let it rest for a few minutes. Reduce the load and reset the unit from the button on the bottom.



**Reset Button**



This appliance contains fast moving parts which become very hot during extensive use. Please refrain from touching the hot parts for up to 15 minutes after motor stopped.



Do not leave the working appliance unattended at anytime.

Keep unsupervised children away from the plugged appliance.



## PACKAGE CONTENTS

1x Container Jug

1 x 2 part Lid with Lid Plug

1 x Tamper

1 x Silicone Spatula

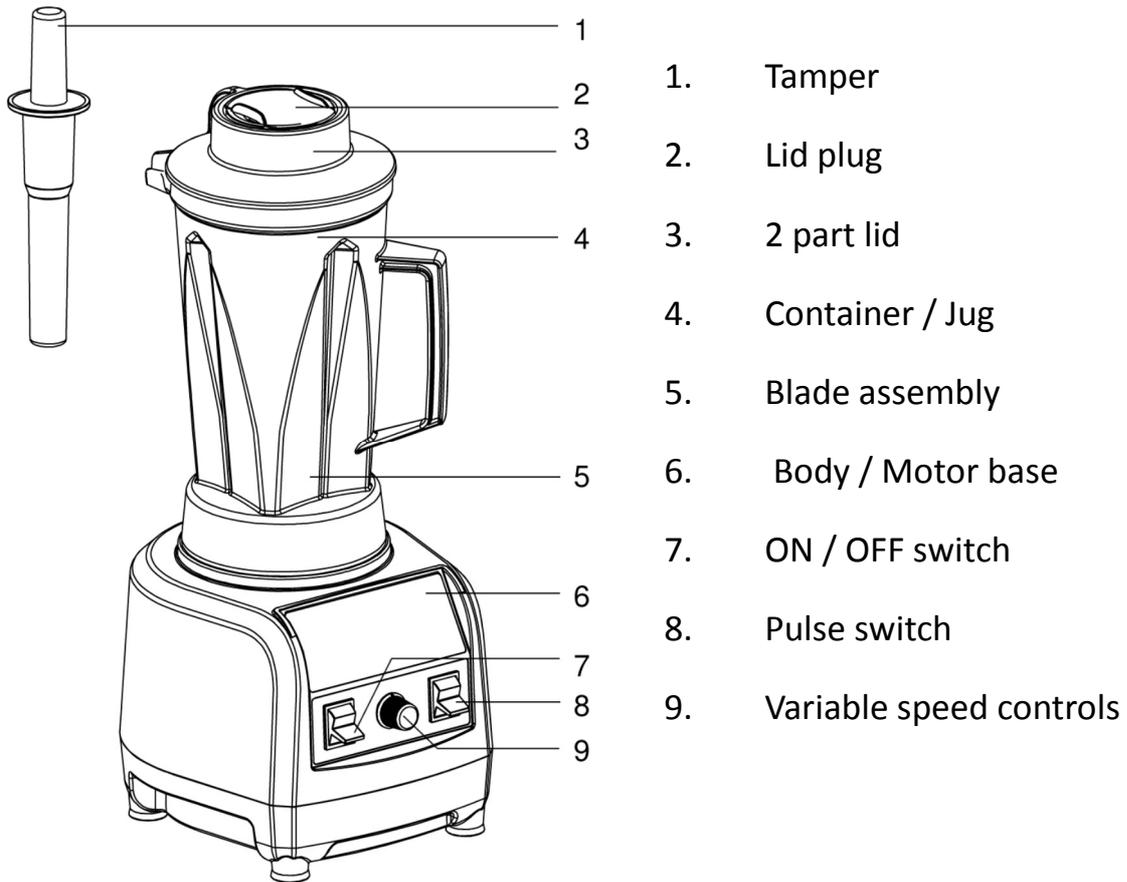
1x Base / Motor body

1x User Manual

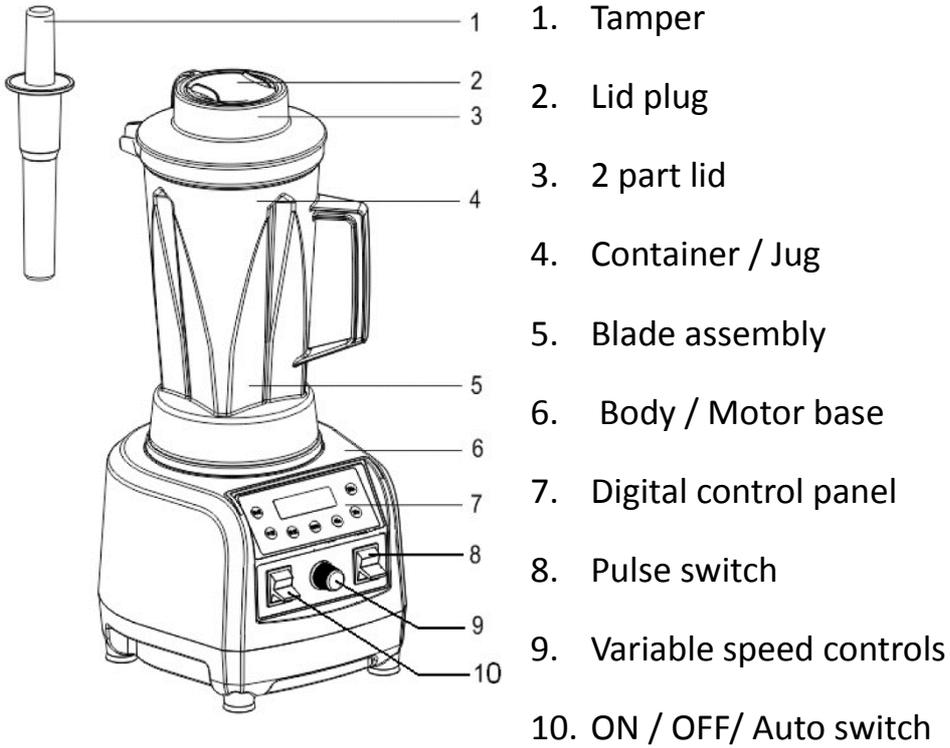
Account for all parts before disposing packing. Safely dispose of all plastic bags and other packaging components. They may be potentially dangerous to children.

## Quick Reference Guide

### iQMix



## iQMix-Pro



## **Initial Use**

### Preparation

- Clean the appliance and accessories before first use
- Wash the container / jug and tamper before use. Also refer to the section "**Cleaning and maintenance**"

## **Assembly and Operation**

Before assembly or disassembly, switch off the appliance, remove the mains plug from the wall socket and wait until the appliance has cooled down.

This appliance has a built-in safety lock; this feature ensures that you can only switch on the appliance if you positioned the jug / containers correctly on the motor unit. When assembled correctly, the built-in safety lock will be unlocked.

### **Assembling the nutrition centre**

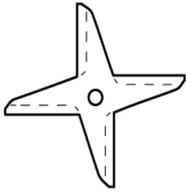
Before you assemble the appliance, ensure that the power cord is unplugged.

1. Place the motor base on a flat dry surface such as a countertop
2. Leave at least 20 cm space around the unit
3. Place the jug / container on the top of the motor with the lid cover on
4. Plug the unit in to a mains socket and turn the socket on
5. Make sure power is off (see control panel instructions) before opening the lid or lid plug and adding ingredients. IQMIX-PRO has an extra power switch on the left side which should only be activated before starting operation

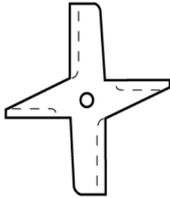
**Notes:** Please make sure you never place a jug / container on the appliance without the lid cover on. We recommend first adding ingredients in the jug than placing the container on the blender. Remove only the lid plug if adding extra ingredients. Only remove the lid plug while the motor is stopped.

Never remove the jug from motor base or lid cover before the motor is completely stopped.

Always use the correct jug for the operation you are performing.



Your appliance is supplied with a Tritan BPA free **wet jug** that is able to perform all operations from processing liquids e.g. blending, soup making, juice and smoothie making, nut milks to sauces, purees, pesto also frozen mixtures and desserts, wet chopping, nut butters. The wet jugs can also knead bread and do grinding but the container will have a shorter life and may get cloudier.



The optional poly carbonate **dry jug** is not designed to process liquids efficiently but is ideal for grinding grains, cereals, coffee and can knead bread dough. Also you can grind dry herbs or spices but taste may persist so extensive cleaning is needed.

Dry blades are shaped to push ingredients up, in order to minimize packing into the bottom corners.

**Notes:** Do not process dry ingredients in either wet or dry containers for more than 2 minutes at a time.

**CONTROL PANEL**  
**IQMIX**



**IQMIX** has simple manual controls while offering a high flexibility.

**ON/OFF Switch:**

Push down the switch and the unit is turned **ON**

Pull up the switch and the unit is turned **OFF**

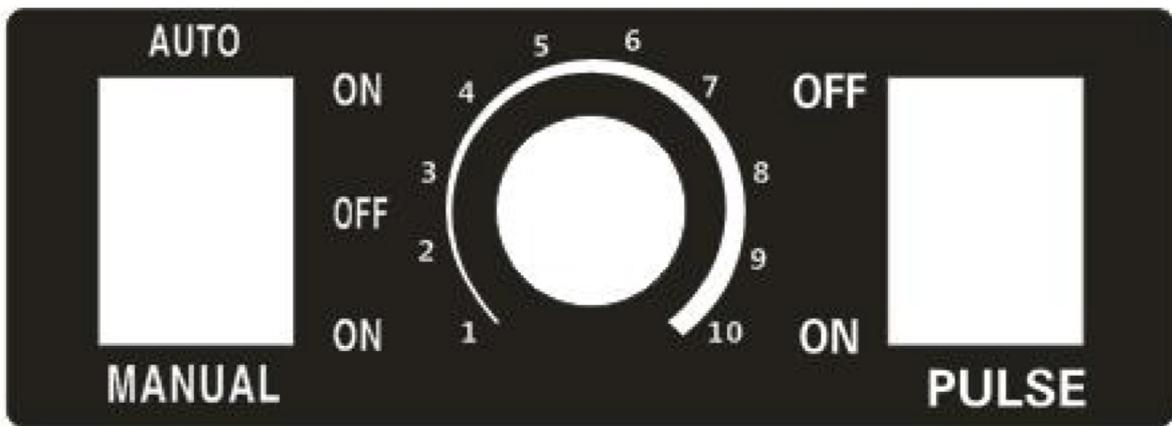
**High/Variable Switch:** While left switch is pulled down to **ON** set the speed from 1 to 10 with **10 being** is the fastest speed available

The variable speed control is also useful for when you do not need to fully liquefy your mixtures as when you do textured pesto, sauces or wet or dry chopping vegetables. The variable speed also makes the air bubble removal more effective.

**Pulse switch:**

Pulse switch is always set to **OFF**. While pressing down the pulse switch will turn **ON**. Release the switch and the **PULSE** function will be off. You can use the pulse function while blending on variable speed settings.

## IQMIX-PRO



**IQMIX-PRO** Combines the versatility of manual control, variable speed, pulse with convenience of having easy presets for quick operation.

The manual variable speed controls and pulse function performs identically on IQMIX-PRO and IQMIX, the main difference is the left power flip switch that has 3 settings. **MANUAL** (bottom), **OFF** (middle) and **AUTO** (top). Also the IQMIX-PRO has a safety **OFF** switch on the right bottom side of the unit that must be turned to **OFF** position while unit is not in operation.

To turn the **IQMIX-PRO** to **AUTOMATIC** position just flip the left switch to top position and select one of the pre-programmed presets. You can stop the automatic function by turning back to middle **OFF** position or to **MANUAL**.

| No  | fFunction       | Description  |
|---|-----------------|--|
| 1   | <b>Auto</b>     | The appliance will work in highest speed ( <b>5</b> equivalent to variable speed 10 on manual controls) for 10 minutes unless is stopped. The digital display will show the operation time. The <b>SPEED</b> will enable selection of 5 speeds from <b>1</b> (slowest) to <b>5</b> (fastest)   |
| 2   | <b>Soup</b>     | The appliance will work in highest speed for 7 minutes enough to process and heat cold liquid to steaming hot. You can adjust the <b>SPEED</b> and increase the processing time if needed with 10 seconds at a time by pressing <b>+10S</b> key.   |
| 3   | <b>Smoothie</b> | This is the ideal setting for smoothies and shakes. The machine will work for 40 seconds in the highest speed. The digital display will show remaining operation time and selected speed.<br>Depending on the ice cubes size and the hardness of fruit you may use the tamper to stir. To make <b>whole fruit juice</b> with fibre add the fruits/ vegetables ice cubes / cold water and set the appliances to Smoothie function and add <b>+10S</b> key. You may pulse several times if larger fruits are used. |
| 4   | <b>Nut milk</b> | The appliance will work in highest speed ( <b>5</b> equivalent to variable speed 10 on manual controls) for 2 minutes unless is stopped. The digital display will show remaining operation time and selected speed. The <b>SPEED</b> and <b>Time</b> can be adjusted while in operation; enabling a selection of 5 speeds from <b>1</b> (slowest) to <b>5</b> (fastest) and can also increment the processing time by 10 seconds at a time.  |
| 5   | <b>Clean</b>    | After finish the food processing you can clean easily the machine if you put some cold or tepid water inside the jug and press the <b>CLEAN</b> key. The machine will work 25 seconds, you may increase the cleaning time as necessary by pressing the <b>+10S</b> key. We advise only to use a droplet of washing up liquid and fill only to 2/3. Can wash by adding lemon juice or mild vinegar to water. Once cleaned, empty the jug and turn it upside down on a kitchen towel or cloth.                     |
| 6   | <b>+10S</b>     | <b>+10S</b> key will increase the processing time in any Automatic mode function by ten seconds. You can keep pressing the key to achieve any operation time.  |
| 7   | <b>Speed</b>    | In automatic mode the speed can be set to five speeds from 1 (slowest) to 5 (fastest). When using recipes designed for 10 speed manual operation use the following equivalence Auto..( <b>Manual</b> ), 1..( <b>1</b> ), 2..( <b>4</b> ), 3..( <b>6</b> ), 4..( <b>8</b> ), 5..( <b>10</b> )   |
| <b>Notes:</b> pressing any of the 1-5 buttons above while in operation will stop the appliance. |                 |  |

## Operation and tips

Always start the appliance with the centre **variable speed** dial on lowest speed (**1**). Gradually adjust the dial to the desired speed according to the results you are trying to achieve or the recipe you prepare.

When following a recipe use the highest setting stipulated in the recipe book for most of the processing time.

You can make whole fibre juices, soups, smoothies, shakes, frozen desserts, purées, nut butters or grind grains to flour with processing times of less than one minute.

Using high speed will result in best processing quality breaking ice cubes, frozen fruit, whole fruits or vegetables and grains to a smooth lump-free consistency liquid, paste, sauce, ice cream or sorbet.

Processing for a very long time at low speed will overheat the appliance and may trip the overheat protection. Processing on higher speeds increases the speed of the motor cooling fan and avoids overheating.

7-10 minutes high speed processing of vegetables, herbs, spices and cold water is enough to create piping hot soups from cold ingredients. The friction heat is transferred to the liquid creating delicious soups or drinks. Hot chocolate or dairy free alternative can be created from cold ingredients as well. To create a smooth soup with less froth just add 1 or 2 spoons of olive oil. This will improve taste and help with the absorption of nutrients.

If ingredients do not circulate inside the jug the appliance may be overloaded, have trapped air or the mixture may be too solid. Ensure the lid is firmly fixed on the jug and remove the lid plug. Insert the tamper through the lid opening and help the mixture to move. Also reducing gradually the variable speed will help the mixture circulating. Once the mixture starts moving increase the speed gradually.

Do not exceed the processing time. If mixture still does not circulate and recipe allows, add small amounts of liquid to help circulation. You can also use the pulse function or use the tamper to help the mixture circulating.

If processing **hot liquids** never load to maximum markings as there is further liquid expansion; we advise to fill only 2/3 of the jug when using hot liquids. Always start with lowest variable setting on hot liquids and gradually increase. Be cautious when removing the lid as hot liquids may release steam or splash and there is a risk of scalding.

When creating juices, smoothies, cocktails or other cold drinks add ice cubes to keep the mixture cold. This will allow a smoother crispier texture, ensuring better taste.

When making juice or smoothies use ice cubes or cover with enough water.

When juicing or creating nut milks you may want to use a strainer, milk bag (filtration bag) or a muslin cloth to filter the mixture if you want a liquid without any residues. We advise to soak the nuts for at least 8 hours. Keep in the fridge while soaking.

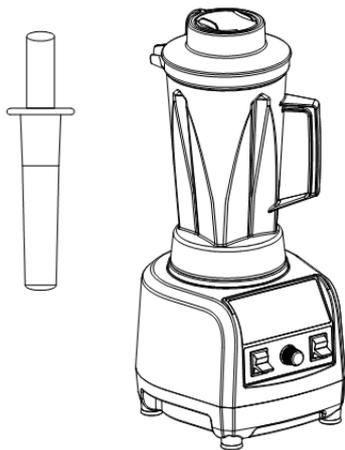
When adding ingredients via the lid plug make sure the appliance motor stopped.

Twist the plug back into its place before restart food processing.

Always load the jug in the order listed in the recipe: liquids and soft foods first with dry ingredients and/or ice cubes. Following this will ensure the best machine performance and improved taste. The IQMIX is able to create smooth combinations blended to perfection.

When processing personal recipes as a general rule liquids are to be added first than solids (e.g. water first, than oil, flour etc.)

### Using the tamper



Your appliance is supplied with a tamper that allows to process very thick or consistent mixtures that you would not normally be able to process in a regular blender.

Using the tamper accelerates the processing time, helps the circulation of mixture, helps eliminating air bubbles and pockets, ensures the mixture is homogenized and can be processed by the blades.

Typically tamper is used in roasted nut butter making, ice crushing and ice cream sorbet making, mincing etc.

While the machine is in operation only use the tamper through the lid opening. Press the ingredients into the blades and make sure the food is moved from corners.

Never use any other tamper than the one provided with the appliance. The tamper length and the splash disk (next to the top of the tamper) is designed to prevent the tamper bottom from hitting the blades when the lid is on and secured in place.

Never fill the jug more than 2/3 full when using tamper during blending.

Do not engage the tamper for more than 30-40 seconds at a time as this may cause overheating. Stop for at least one minute before continuing.

If the food does not move there may be air trapped inside the mixture and the tamper may need to be moved towards the corners of the jug.

You can also use **PULSE** function to help the mixture move.

**Refer to the following tables for the nutritional values of a wide range of fruits and vegetables.**

**Vegetables**

**Nutrition Facts**

Raw, edible weight portion. Percent Daily Values (%DV) are based on a 2,000 calorie diet.

| Vegetables<br>Serving Size<br>(gram weight/ ounce<br>weight)            | Calories | Calori<br>es<br>from<br>Fat | Total Fat |       | Sodium |       | Potassium |       | Total<br>Carbo-hydrate |       | Dietary<br>Fiber |       | Sugars<br>(g) | Protein<br>(g) | Vitamin A<br>(%DV) | Vitamin C<br>(%DV) | Calcium<br>(%DV) | Iron<br>(%DV) |
|---|----------|-----------------------------|-----------|-------|--------|-------|-----------|-------|------------------------|-------|------------------|-------|---------------|----------------|--------------------|--------------------|------------------|---------------|
|   |          |                             | (g)       | (%DV) | (mg)   | (%DV) | (mg)      | (%DV) | (g)                    | (%DV) | (g)              | (%DV) |               |                |                    |                    |                  |               |
| <b>Asparagus</b><br>5 spears<br>(93 g/3.3 oz)                           | 20       | 0                           | 0         | 0     | 0      | 0     | 230       | 7     | 4                      | 1     | 2                | 8     | 2             | 2              | 10                 | 15                 | 2                | 2             |
| <b>Bell Pepper</b><br>1 medium<br>(148 g/5.3 oz)                        | 25       | 0                           | 0         | 0     | 40     | 2     | 220       | 6     | 6                      | 2     | 2                | 8     | 4             | 1              | 4                  | 190                | 2                | 4             |
| <b>Broccoli</b><br>1 medium stalk<br>(148 g/5.3 oz)                     | 45       | 0                           | 0.5       | 1     | 80     | 3     | 460       | 13    | 8                      | 3     | 3                | 12    | 2             | 4              | 6                  | 220                | 6                | 6             |
| <b>Carrot</b><br>1 carrot, 7" long, 1<br>1/4" diameter<br>(78 g/2.8 oz) | 30       | 0                           | 0         | 0     | 60     | 3     | 250       | 7     | 7                      | 2     | 2                | 8     | 5             | 1              | 110                | 10                 | 2                | 2             |
| <b>Cauliflower</b><br>1/6 medium head<br>(99 g/3.5 oz)                  | 25       | 0                           | 0         | 0     | 30     | 1     | 270       | 8     | 5                      | 2     | 2                | 8     | 2             | 2              | 0                  | 100                | 2                | 2             |
| <b>Celery</b><br>2 medium stalks<br>(110 g/3.9 oz)                      | 15       | 0                           | 0         | 0     | 115    | 5     | 260       | 7     | 4                      | 1     | 2                | 8     | 2             | 0              | 10                 | 15                 | 4                | 2             |
| <b>Cucumber</b><br>1/3 medium<br>(99 g/3.5 oz)                          | 10       | 0                           | 0         | 0     | 0      | 0     | 140       | 4     | 2                      | 1     | 1                | 4     | 1             | 1              | 4                  | 10                 | 2                | 2             |
| <b>Green (Snap) Beans</b><br>3/4 cup cut<br>(83 g/3.0 oz)               | 20       | 0                           | 0         | 0     | 0      | 0     | 200       | 6     | 5                      | 2     | 3                | 12    | 2             | 1              | 4                  | 10                 | 4                | 2             |
| <b>Green Cabbage</b><br>1/12 medium head<br>(84 g/3.0 oz)               | 25       | 0                           | 0         | 0     | 20     | 1     | 190       | 5     | 5                      | 2     | 2                | 8     | 3             | 1              | 0                  | 70                 | 4                | 2             |
| <b>Green Onion</b><br>1/4 cup chopped<br>(25 g/0.9 oz)                  | 10       | 0                           | 0         | 0     | 10     | 0     | 70        | 2     | 2                      | 1     | 1                | 4     | 1             | 0              | 2                  | 8                  | 2                | 2             |
| <b>Iceberg Lettuce</b><br>1/6 medium head<br>(89 g/3.2 oz)              | 10       | 0                           | 0         | 0     | 10     | 0     | 125       | 4     | 2                      | 1     | 1                | 4     | 2             | 1              | 6                  | 6                  | 2                | 2             |
|   |          |                             |           |       |        |       |           |       |                        |       |                  |       |               |                |                    |                    |                  |               |
| <b>Leaf Lettuce</b><br>1 1/2 cups shredded<br>(85 g/3.0 oz)             | 15       | 0                           | 0         | 0     | 35     | 1     | 170       | 5     | 2                      | 1     | 1                | 4     | 1             | 1              | 130                | 6                  | 2                | 4             |
| <b>Mushrooms</b><br>5 medium<br>(84 g/3.0 oz)                           | 20       | 0                           | 0         | 0     | 15     | 0     | 300       | 9     | 3                      | 1     | 1                | 4     | 0             | 3              | 0                  | 2                  | 0                | 2             |
| <b>Onion</b><br>1 medium<br>(148 g/5.3 oz)                              | 45       | 0                           | 0         | 0     | 5      | 0     | 190       | 5     | 11                     | 4     | 3                | 12    | 9             | 1              | 0                  | 20                 | 4                | 4             |
| <b>Potato</b><br>1 medium<br>(148 g/5.3 oz)                             | 110      | 0                           | 0         | 0     | 0      | 0     | 620       | 18    | 26                     | 9     | 2                | 8     | 1             | 3              | 0                  | 45                 | 2                | 6             |

|  |     |    |     |   |    |   |     |    |    |   |   |    |   |   |     |    |   |   |
|--|-----|----|-----|---|----|---|-----|----|----|---|---|----|---|---|-----|----|---|---|
| <b>Radishes</b><br>7 radishes<br>(85 g/3.0 oz)                             | 10  | 0  | 0   | 0 | 55 | 2 | 190 | 5  | 3  | 1 | 1 | 4  | 2 | 0 | 0   | 30 | 2 | 2 |
| <b>Summer Squash</b><br>1/2 medium<br>(98 g/3.5 oz)                        | 20  | 0  | 0   | 0 | 0  | 0 | 260 | 7  | 4  | 1 | 2 | 8  | 2 | 1 | 6   | 30 | 2 | 2 |
| <b>Sweet Corn</b><br>kernels from 1<br>medium ear<br>(90 g/3.2 oz)         | 90  | 20 | 2.5 | 4 | 0  | 0 | 250 | 7  | 18 | 6 | 2 | 8  | 5 | 4 | 2   | 10 | 0 | 2 |
| <b>Sweet Potato</b><br>1 medium, 5" long,<br>2" diameter<br>(130 g/4.6 oz) | 100 | 0  | 0   | 0 | 70 | 3 | 440 | 13 | 23 | 8 | 4 | 16 | 7 | 2 | 120 | 30 | 4 | 4 |
| <b>Tomato</b><br>1 medium<br>(148 g/5.3 oz)                                | 25  | 0  | 0   | 0 | 20 | 1 | 340 | 10 | 5  | 2 | 1 | 4  | 3 | 1 | 20  | 40 | 2 | 4 |

Most vegetables provide negligible amounts of saturated fat, trans fat, and cholesterol.

#### Fruits

##### Nutrition Facts

Raw, edible weight portion. Percent Daily Values (%DV) are based on a 2,000 calorie diet.

| Fruits<br>Serving Size<br>(gram weight/<br>ounce weight)     | Calories | Calories<br>from Fat | Total Fat |           | Sodium |           | Potassium |           | Total Carbo-<br>hydrate |           | Dietary<br>Fiber |           | Suga<br>rs<br>(g) | Prot<br>ein<br>(g) | Vita<br>min<br>A<br>(%DV<br>) | Vita<br>min<br>C<br>(%DV<br>) | Calci<br>um<br>(%DV<br>) | Iron<br>(%DV<br>) |
|--|----------|----------------------|-----------|-----------|--------|-----------|-----------|-----------|-------------------------|-----------|------------------|-----------|-------------------|--------------------|-------------------------------|-------------------------------|--------------------------|-------------------|
|  |          |                      | (g)       | (%D<br>V) | (mg)   | (%D<br>V) | (mg)      | (%D<br>V) | (g)                     | (%D<br>V) | (g)              | (%D<br>V) |                   |                    |                               |                               |                          |                   |
| <b>Apple</b><br>1 large<br>(242 g/8 oz)                      | 130      | 0                    | 0         | 0         | 0      | 0         | 260       | 7         | 34                      | 11        | 5                | 20        | 25                | 1                  | 2                             | 8                             | 2                        | 2                 |
| <b>Avocado</b><br>California,<br>1/5 medium<br>(30 g/1.1 oz) | 50       | 35                   | 4.5       | 7         | 0      | 0         | 140       | 4         | 3                       | 1         | 1                | 4         | 0                 | 1                  | 0                             | 4                             | 0                        | 2                 |
| <b>Banana</b><br>1 medium<br>(126 g/4.5 oz)                  | 110      | 0                    | 0         | 0         | 0      | 0         | 450       | 13        | 30                      | 10        | 3                | 12        | 19                | 1                  | 2                             | 15                            | 0                        | 2                 |
| <b>Cantaloupe</b><br>1/4 medium<br>(134 g/4.8 oz)            | 50       | 0                    | 0         | 0         | 20     | 1         | 240       | 7         | 12                      | 4         | 1                | 4         | 11                | 1                  | 120                           | 80                            | 2                        | 2                 |
| <b>Grapefruit</b><br>1/2 medium<br>(154 g/5.5 oz)            | 60       | 0                    | 0         | 0         | 0      | 0         | 160       | 5         | 15                      | 5         | 2                | 8         | 11                | 1                  | 35                            | 100                           | 4                        | 0                 |
| <b>Grapes</b><br>3/4 cup<br>(126 g/4.5 oz)                   | 90       | 0                    | 0         | 0         | 15     | 1         | 240       | 7         | 23                      | 8         | 1                | 4         | 20                | 0                  | 0                             | 2                             | 2                        | 0                 |
| <b>Honeydew Melon</b><br>1/10 medium melon<br>(134 g/4.8 oz) | 50       | 0                    | 0         | 0         | 30     | 1         | 210       | 6         | 12                      | 4         | 1                | 4         | 11                | 1                  | 2                             | 45                            | 2                        | 2                 |
| <b>Kiwifruit</b><br>2 medium<br>(148 g/5.3 oz)               | 90       | 10                   | 1         | 2         | 0      | 0         | 450       | 13        | 20                      | 7         | 4                | 16        | 13                | 1                  | 2                             | 240                           | 4                        | 2                 |
| <b>Lemon</b><br>1 medium<br>(58 g/2.1 oz)                    | 15       | 0                    | 0         | 0         | 0      | 0         | 75        | 2         | 5                       | 2         | 2                | 8         | 2                 | 0                  | 0                             | 40                            | 2                        | 0                 |

|  |     |   |     |   |    |   |     |    |    |   |   |    |    |   |    |     |   |   |
|--|-----|---|-----|---|----|---|-----|----|----|---|---|----|----|---|----|-----|---|---|
| <b>Lime</b><br>1 medium<br>(67 g/2.4 oz)   | 20  | 0 | 0   | 0 | 0  | 0 | 75  | 2  | 7  | 2 | 2 | 8  | 0  | 0 | 0  | 35  | 0 | 0 |
| <b>Nectarine</b><br>1 medium<br>(140 g/5.0 oz)                                       | 60  | 5 | 0.5 | 1 | 0  | 0 | 250 | 7  | 15 | 5 | 2 | 8  | 11 | 1 | 8  | 15  | 0 | 2 |
| <b>Orange</b><br>1 medium<br>(154 g/5.5 oz)  | 80  | 0 | 0   | 0 | 0  | 0 | 250 | 7  | 19 | 6 | 3 | 12 | 14 | 1 | 2  | 130 | 6 | 0 |
| <b>Peach</b><br>1 medium<br>(147 g/5.3 oz)   | 60  | 0 | 0.5 | 1 | 0  | 0 | 230 | 7  | 15 | 5 | 2 | 8  | 13 | 1 | 6  | 15  | 0 | 2 |
| <b>Pear</b><br>1 medium<br>(166 g/5.9 oz)  | 100 | 0 | 0   | 0 | 0  | 0 | 190 | 5  | 26 | 9 | 6 | 24 | 16 | 1 | 0  | 10  | 2 | 0 |
| <b>Pineapple</b><br>2 slices,<br>3" diameter, 3/4"<br>thick<br>(112 g/4 oz)          | 50  | 0 | 0   | 0 | 10 | 0 | 120 | 3  | 13 | 4 | 1 | 4  | 10 | 1 | 2  | 50  | 2 | 2 |
| <b>Plums</b><br>2 medium<br>(151 g/5.4 oz)   | 70  | 0 | 0   | 0 | 0  | 0 | 230 | 7  | 19 | 6 | 2 | 8  | 16 | 1 | 8  | 10  | 0 | 2 |
| <b>Strawberries</b><br>8 medium<br>(147 g/5.3 oz)                                    | 50  | 0 | 0   | 0 | 0  | 0 | 170 | 5  | 11 | 4 | 2 | 8  | 8  | 1 | 0  | 160 | 2 | 2 |
| <b>Sweet Cherries</b><br>21 cherries; 1 cup<br>(140 g/5.0 oz)                        | 100 | 0 | 0   | 0 | 0  | 0 | 350 | 10 | 26 | 9 | 1 | 4  | 16 | 1 | 2  | 15  | 2 | 2 |
| <b>Tangerine</b><br>1 medium<br>(109 g/3.9 oz)                                       | 50  | 0 | 0   | 0 | 0  | 0 | 160 | 5  | 13 | 4 | 2 | 8  | 9  | 1 | 6  | 45  | 4 | 0 |
| <b>Watermelon</b><br>1/18 medium<br>melon;<br>2 cups diced pieces<br>(280 g/10.0 oz) | 80  | 0 | 0   | 0 | 0  | 0 | 270 | 8  | 21 | 7 | 1 | 4  | 20 | 1 | 30 | 25  | 2 | 4 |

Most fruits provide negligible amounts of saturated fat, *trans* fat, and cholesterol; avocados provide 0.5 g of saturated fat per ounce.

Provided by <http://www.fda.gov>

## **Cleaning and maintenance**

The appliance must be cleaned immediately after each use. Regular maintenance of your appliance will keep it safe and in proper operational order.

The lid, lid plug and tamper can be cleaned using hot water under the tap or in a dishwasher top rack.

Make sure that the bottom of the jug is not immersed in water. If water is reaching the bottom of the jugs please use kitchen towel or dry cloth to immediately dry it. Prolonged water contact may cause damage and will reduce the life of the appliance.

### **Notes:**

Before cleaning or maintenance, switch off the appliance, remove the mains plug from the wall socket and wait until the appliance has cooled down.

- Do not immerse the appliance in water or other liquids.
- Do not use aggressive or abrasive cleaning agents to clean the appliance.
- Do not use sharp objects to clean the appliance.
- Do not sterilize any accessories with water with a temperature higher than 70 °C or in the microwave to prevent deformation or damage. The materials of all parts that come into contact with food must be clean and hygienic.
- Regularly check the appliance for possible damage and stop using it if any damage is found.
- Clean the outside of the appliance with a soft, damp cloth. Thoroughly dry the outside of the appliance with a clean, dry cloth.
- Clean the accessories:
- Disassemble the appliance.

- Clean the accessories in soapy water. Rinse the accessories under running water. Thoroughly dry the accessories.

The easy way to clean the jugs between different operations is to use the procedure below

**Standard Cleaning** (also use before first use)

1. Fill the jug 2/3 with warm water and add a droplet of washing detergent to the container. The detergent may expand into a foam.
2. Lock the lid and lid plug in place before starting the appliance
3. Use clean function on IQMIX-PRO or select variable speed 1 on IQMIX turning gradually to 10 then stop after 25-30 seconds
4. Leave the jug to rest for 1-2 minutes with the cleaning liquid as this will help the stuck mixture to be released.
5. Repeat for as many times as needed
6. Turn off the machine and empty the container. Refill with clean hot water to the maximum mark and process again. Rinse thoroughly when finished.
7. Drain the jug and let it dry on a kitchen towel

**Deep Cleaning**

1. Follow normal Cleaning instructions above.
2. When finished, fill the container with hot water to the mark and add half glass of vinegar or lemon juice.
3. Clean for 25 seconds twice then turn off the machine and allowing mixture to stand in the container for an additional 3-4 minutes each time.
4. Dispose the mixture and allow container to dry.
8. Do not rinse after deep cleaning.

**Tips:**

If the jugs cannot be cleaned immediately after use for any reasons, fill them with hot soapy water and leave them to soak. We do not recommend to leave this for more than few hours as the blade may be affected. When not in use store your appliance and all its accessories and instruction manual in a safe and dry place.

## Troubleshooting

| Fault  | Cause  | Troubleshooting  |
|--|--|--|
| Not starting   | Improper installation.   | Make sure the appliance is fully plugged and correctly assembled. Reinstall the appliance following assembly instructions  |
| Burnt smell coming from unit and / or the motor appears to struggle / cut out during use | Normal for first time use. Should reduce over the time.<br>Air Circulation is blocked and unit is overheating<br>Food does not circulate, air bubbles may form | Make sure that air vents are left clean and air can circulate<br>Use tamper to make food circulate<br>Use pulse to dissipate air bubbles<br>Add liquid<br><br>Return the appliance to retailer for repair or exchange only if the appliance will not restart after pressing the reset button underneath. |
| Stopping during use  | Motor control protection<br>The tamper is used for too long  | Disconnect power, remove the surplus from jug and then reassemble.<br>Use less force on pusher<br>Restart after pausing 10-15 minutes<br>Use reset button underneath   |
| Appliance is shaking and moving  | The machine is not on a perfect horizontal surface<br>The lid and the lid plug may not be properly installed   | Place the machine on a stable surface<br>Resit the lid and fix the lid plug. Make sure the lid is fully pushed down  |
| Appliance is spilling out liquid   | The jug is overloaded over the maximum markings level<br>The lid and the lid plug may not be properly installed  | Stop the appliance and empty part of the mixture<br>Resit the lid and fix the lid plug. Make sure the lid is fully pushed down   |

**Note:** Your ElectriQ IQMIX appliance has automatic overcurrent safety switch off designed to protect the motor and enhance the life span of the appliance and give you peace of mind. When this feature is activated this will cause the motor to shut down. Prior and after this motor may emit a light odour but this is normal. Rest the unit for 10-15 minutes and press the reset button to resume normal operation.

**For any other faults please contact the service centre.**

## Recipes

Wash all fruit and vegetables well before processing. Only remove the skin from the fruit and vegetables when advised to do so. Try to avoid cutting and peeling fruit and vegetables too far in advance of the actual processing as this will reduce the nutrient levels. Your appliance is compatible with all the recipes from major high performance blender.

[joyofblending.com](http://joyofblending.com) and [www.rawblend.com.au](http://www.rawblend.com.au) are good places to start looking for recipes also you can find video recipes on youtube.

### Pink Pineapple Juice

Preparation: 4 minutes • processing: 1 minute • makes: 380-400 ml

400g fresh ripe pineapple

Deskinned, core included in chunks

Hand of raspberries (can replace with mint leaves for green juice)

8 ice cubes

1. Put all the ingredients into the IQMIX jug in the order listed and secure the lid.
2. Select Variable 1.
3. Turn the machine on and slowly increase the speed to Variable 10 (max)
4. Process for 1 minute or until the desired consistency and smoothness is reached.
5. if too sweet add extra ice

### Red Smoothie

Preparation: 5 minutes • processing: 1 minute • makes: 600ml

150g red grapes

150g strawberries or raspberries

1 banana, peeled

8 ice cubes

1. Put all the ingredients into the IQMIX jug in the order listed and secure the lid.
2. Select Variable 1 or Smoothie function (IQMIX-PRO)
3. Turn the machine on and slowly increase the speed to Variable 10, then to High.
4. Blend for 40 seconds to 1 minute or until the desired consistency and smoothness is reached

**Notes: if using frozen fruits, do not add ice but water.**

### Morning Boost

Preparation: 5 minutes • processing: 1 minute • makes: 500ml

200g blueberries

2 teaspoons of Chia seeds (can replace with 10 almonds)

2 banana, peeled

8 ice cubes

1 teaspoon of maple syrup

1. Put all the ingredients into the IQMIX jug in the order listed and secure the lid.
2. Select Variable 1 or Smoothie function (IQMIX-PRO)
3. Turn the machine on and slowly increase the speed to Variable 10, then to High.

4. Blend for 40 seconds to 1 minute or until the desired consistency and smoothness is reached

**Notes: if using frozen fruits, do not add ice but water. Can replace cocoa pods with 2 teaspoons of cocoa powder or dark chocolate**

### Hummus

Preparation: 5 minutes • processing: 1 minute • makes: 900g

2 x 400g tins chickpeas

half glass of water

35g sesame seeds or tablespoon of tahini paste

2 tbs olive oil

60ml lemon juice

1 garlic clove, peeled

1 tsp ground cumin or curry powder

1 roasted pepper (optional)

pinch sea salt

1. Put all the ingredients, except the salt, into the IQMIX in the order listed and secure the lid.
2. Select Variable speed 1.
3. Turn the machine on and slowly increase the speed to Variable 10,
4. Blend for 1-2 minutes, using the tamper to press the ingredients into the blades.
5. Season to taste with salt. Can serve with different salsa toppings from green salsa to pepper and tomato salsa

### Chopping Vegetables / Dry Chopping

1. Cut the root vegetables (carrots, parsnips etc) into 3-5 cm length.
  2. Secure the lid on the wet jug and remove the lid plug
  3. Select variable speed 5 or 6
  4. Turn the machine on and drop the ingredients one at a time on to the blades
  5. Process maximum 3 then turn the container onto a chopping board or a bowl tapping it gently so the chopped ingredients are coming out
- Note: you can chop cold cheese (about 4 cm chunks), hard boiled eggs, quarter onions etc. using the method above

### Chopping Vegetables / Wet Chopping

Wet chopping employs water or another liquid to circulate the items being chopped. Only use it for uncooked fruits or vegetables. Water brings the items into the blades resulting in a uniform chop. How coarse or fine is the results is determined by the speed selected on the Variable Speed Dial.

Wet chopping can easily prepare vegetables for soups, salads, stir-frying, side dishes and coleslaw and all dishes where fine blending is not required and texture is needed. When straining the result, there is no need to discard the liquid, it can be used in soups or sauces.

### Chopping Cabbage

1. Cut wedges of green and red cabbage into 4-5 cm chunks.
2. Cover only with enough water to make the cabbage float of the blade
3. Secure the lid and lid plug into place
4. Select variable speed 5 and turn the machine slowly to variable speed 8
5. Stop and drain the cabbage using a strainer than transfer to a bowl
6. Can add vinaigrette and eat as fresh salad or use for cooking in soups or stews

### Ice Crushing

1. Fill the jug with ice and cover with enough water so the ice cubes are floating over the blades.
  2. Select variable speed 1 and slowly turn to 10 and stop the machine
  3. Pour off the water and use immediately.
- Fun to use in cocktails and mocktails.

### Frozen Yogurt or Ice Cream

preparation: 5 minutes • processing: 30–60 seconds • makes: 750g  
250g yogurt

450g frozen strawberries

50 g sugar or agave syrup (optional)

1 tbsp of Vanilla Paste or vanilla pod

1. Put all the ingredients into the IQMIX jug in the order listed and secure the lid.
2. Select variable speed 1 and increase the speed to 10 gradually
3. Once on 10 open the lid and use the tamper to press the ingredients into the blades
4. in about 40–60 seconds, the sound of the motor will change and four mounds should form in the mixture in the corners
5. Do not over process as otherwise will start melting. Serve immediately.

**Note:** Can replace the frozen fruit with any soft fruit or soft fruit mixture as raspberries, blueberries, forest fruit mix, cherries, mango etc. For ice cream texture and taste replace the yogurt with cream. For healthier results omit the sugar and use 1-2 ripe frozen peeled bananas instead.

### Tomato Soup

Preparation: 5 minutes • processing: 7-10 minutes  
seconds • makes: 900 g (3-4 servings)

2 cups of water (500 g)

3 large tomatoes

1 onion/ shallot/spring onion

1 stick celery

1/2 carrot

1/2 red capsicum (pepper) hot or sweet

1-2 handful cashews nuts

1 handful of basil (with stalk)

1 garlic clove

1 tsp of sea-salt or vegetable stock cube

1 tbsp or 2 of high quality cold pressed olive oil (optional)

1. Put all the ingredients into the IQMIX wet jug in the order listed and secure the lid.

2. Select variable speed. Turn the machine on and quickly increase the speed to 10 or use the automatic Soup function on IQMIX-PRO

3. Blend for 7-10 minutes until the desired temperature is obtained

**Notes:** Use tamper to effectively move the ingredients into the blades if required whilst processing. If chunky texture is needed add some vegetables at the end and blitz using the **PULSE** function for few seconds. Garnish with Basil leaves and serve with croutons. If using hot water run for only 2-3 minutes. Experiment with any combination of vegetables to personalize your soups.

### Roasted Nuts Butters

Preparation: 2 minutes • processing: 1 minute • makes: 500 g

440g unsalted roasted peanuts

60 g sunflower or pumpkin seeds oil (optional)

pinch of sea salt

1. Put all the ingredients into the IQMIX jug and secure the lid.
2. Select variable speed 1.
3. Turn the machine on and slowly increase the speed to variable speed 10
4. Use the tamper to press the ingredients into the blades. The oil is optional but will make the butter smoother and easier to process
5. In about one minute the motor will change the sound to a high pitched noise and the butter should flow freely now.
6. Stop the machine and spoon the butter while hot in an airtight container. Can be frozen for longer storage. Can replace the peanuts with roasted almonds, sunflower or pumpkin seeds. Always use only roasted nuts or seeds. Pour off the excess oil.

**Note:** Over processing nuts butters or oil based mixtures can cause serious overheating to your appliances and may damage the container. Do not process for more than a minute once the mixture starts circulating.

## Technical Specification

**Model:** IQMIX and IQMIX-PRO

**Voltage:** 220-240V ~ 50/60Hz

**Power Input:** 1800 W Speed: 32,000 RPM

**Wet Jug:** Tritan BPA Free (2 litres)

**Weight:** 4.6 kgs



**Disposal:** Do not dispose this product as unsorted waste. Collection of such waste must be handled separately as special treatment is necessary.

Recycling facilities are now available for all customers at which you can deposit your old electrical products. Customers will be able to take any old electrical equipment to participating civic amenity sites run by their local councils. Please remember that this equipment will be further handled during the recycling process, so please be considerate when depositing your equipment. Please contact the local council for details of your local household waste recycling centres.

## ElectriQ UK SUPPORT

[www.ElectriQ.co.uk/support](http://www.ElectriQ.co.uk/support)

**Please, for your own convenience, make these simple checks before calling the service line.**

**If the unit still fails to operate call: 0871 620 1057 or complete the online form**

- 1. Is the unit plugged into the mains?**
- 2. Is the fuse OK? Is the unit correctly assembled?**
- 3. Have you followed the troubleshooting guide?**
- 4. Switch the unit off. Reset the switch under the unit.**
- 5. Restart the unit.**

**Office hours: 9AM - 5PM Monday to Friday**

**www.ElectriQ.co.uk**

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# electriQ

