

Oster

Ingredients In. Guesswork Out.
Pre-Programmed Cycles For Perfect Results

Oster



In2itive™

Blender/Food Processor

User Manual

6700

IMPORTANT SAFEGUARDS

When using your blender, you should always follow basic safety precautions, including the following:

- Read all instructions before use.
- To protect against electrical hazards, do not immerse the cord, plug or motor base in water or other liquids.
- Always use the product on a clean, flat, hard, dry surface. There should be no material such as a tablecloth or plastic between the unit and surface.
- Avoid contact with moving parts.
- Keep hands and utensils out of jar while blending to reduce the risk of:
 - Severe personal injury
 - Damage to the blender
- If scraping is necessary, turn the power OFF and use a rubber spatula only.
- Do not use the appliance:
 - With a damaged cord or plug
 - After the unit fails to work correctly
 - After you drop or damage the product in any wayReturn the product to your nearest Authorized Oster® Appliance Service Center for a safety check, adjustment or repair.
- Triple blades are sharp. Handle them carefully.
- To reduce the risk of injury:
 - Do not leave the triple blades sitting out or exposed
 - Always completely assemble the blades to the jar before putting on the base
- Always put the lid on the jar before operating the blender.
- When blending hot liquids beware of steam. Remove the feeder cap from the lid to allow steam to escape.
- Do not use outdoors.
- Do not allow the cord to touch hot surfaces or hang over the edge of a table or counter.
- Unplug the blender when it is not in use, before taking off or putting on parts and before cleaning.
- Never leave the appliance unattended while it is running.
- You risk personal injury, fire or electric shock if you use attachments, jars or parts other than those recommended by Oster®.
- Supervise children closely when they use or are nearby appliances.

SAVE THESE INSTRUCTIONS

- This product is for household use only.
- The maximum rating marked on the product is based on the attachment that draws the greatest load. Other attachments may draw less power.

Power Cord Instructions

Please follow the instructions below to ensure the safe use of the power cord.

- This blender has a power cord storage area that allows you to adjust the length of the cord so that it is the appropriate length for your location. Try to position the blender near the power source to reduce the hazards associated with power cords (such as becoming entangled or tripping over a long power cord).
- Do not pull, twist or otherwise abuse the power cord.
- Do not wrap the power cord around the main body of the blender during or after use.



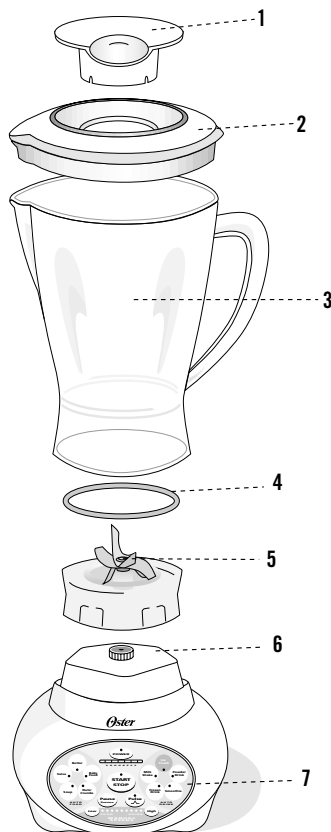
This symbol has been placed in specific areas of the User Guide portion of this book. Its purpose is to help you easily identify instructions that require your special attention.

Welcome	1
Learning About Your Product	2
Using Your Product	4
Assembly	4
Using the AUTOMATIC Programs	5
Using MANUALLY	8
Using the Low and High Buttons	8
Using the Pulse Button	10
After Use	11
Caring for Your Product	12
Cleaning	12
Checking the Triple Blades	12
Storing	13
Servicing	13
Blending Tips	14
Liquids	14
Using the Feeder Cap	14
Hot Foods	15
Ingredients Quantity	15
Foods Chart	16
Recipes	18
Frozen Drinks	18
Milk Shakes	20
Powder Drinks	21
Smoothies	22
Salsa	25
Soups	27
Baby Food	29
Batter	31
Nuts/Crumbs	32
Accessory	34
Blend-N-Go™ Cup	34
Two-year Limited Warranty	35
How to Obtain Warranty Service	36

Congratulations on your purchase of an Oster® Model 6700 In2itive™ Blender/Food Processor. Your product includes the following technology and features:

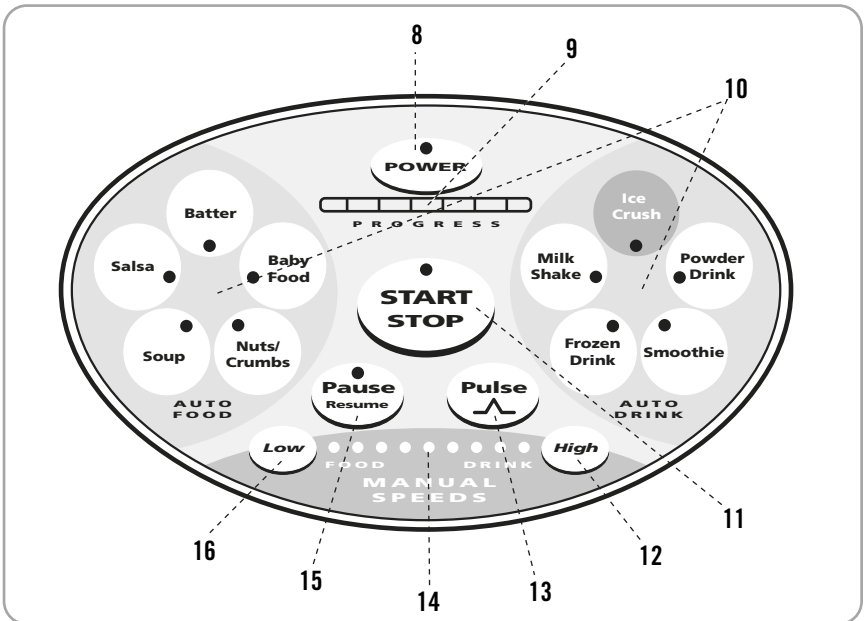
- An **“In2itive”** technology takes the guesswork out of blending, giving you the ability to make a variety of foods and drinks with consistent results every time.
- A **user-friendly touchpad design** walks you through the complete process, whether you use the pre-programmed **AUTOMATIC** settings, the recipe section in the instructions or your own recipes.
- A **triple set of blades** optimizes programmed food and drink preparation.
- A **dynamic breaking function** stops the blade quickly once the cycle is complete, ensuring that the ingredients are not over processed.
- A **500-watt reversible motor** keeps the ingredients near the blade by spinning at very low speeds and gradually speeding up to the programmed level, ensuring optimum results from smooth to chunky.
- **MANUAL** controls allow you to add additional time to **AUTOMATIC** programs or allow you to operate **MANUALLY** for personal recipes.
- A **PROGRESS** indicator lets you estimate how much more programmed time remains.
- A **PAUSE/RESUME** button lets you stop to add additional ingredients, then resume at the same point to complete the **AUTOMATIC** program.
- A **feeder cap** lets you add ingredients without removing the jar lid.

- 1. Feeder Cap** – Allows you to add ingredients during use.
- 2. Lid** – Seals the blender jar.
- 3. Jar** – Made from Polycarbonate, a virtually indestructible plastic. Has a maximum capacity of 6 cups.
- 4. Sealing Ring** – Seals the jar to the triple blade assembly.
- 5. Triple Blades** – Creates a forward and reverse action when using the **AUTOMATIC** programs.
- 6. Low Profile Base** – Holds the jar securely in 6 positions. Contains a powerful, reversible, variable speed motor. It uses programmed logic that takes the guesswork out of creating foods and drinks.
- 7. Control Panel** – Contains all the necessary controls to operate your product.



8. **POWER Button** – Turns the product **On** and **Off**.
9. **PROGRESS Indicator** – A segmented bar fills showing the status.
10. **Touchpad Buttons** – Use to select **AUTOMATIC** food and drink settings.
11. **START/STOP Button** – Use to Start and Stop the product.
12. **High Button** – Use to **MANUALLY** *increase* speed.
13. **Pulse Button** – Press and hold to **Pulse**, release the button to Stop.
14. **Speed Indicator** – Indicates **MANUAL** speed.
15. **Pause/Resume Button** – Use to **Pause** and **Resume** **AUTOMATIC** or **MANUAL** function.
16. **Low Button** – Use to **MANUALLY** *decrease* speed.

Control Panel



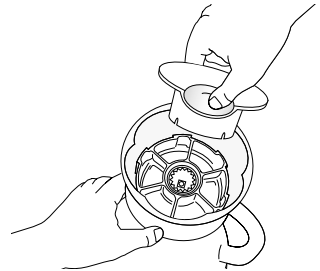
Before you use the product for the first time, separate the lid, feeder cap and blades from the jar. Wash in warm, soapy water. Rinse and dry well.

Assembly

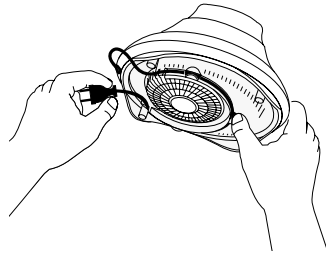
- 1 Check to ensure the sealing ring is properly seated in the channel surrounding the triple blades.
- 2 Turn the jar upside down.
- 3 Turn the triple blades upside down and twist them into the bottom of the jar. You can use the feeder cap as a tool to twist the blades securely in place.



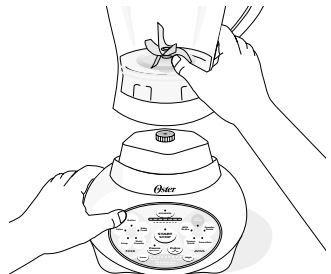
Be sure the triple blades are locked securely to the jar before using.



- 4 Wrap the power cord around the cord storage area on the base of the blender until the cord is the length you desire.



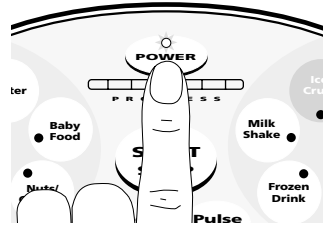
- 5 Slide the jar onto the base.



- 6 Plug the power cord into a standard household 120/127-volt, 60 Hz. AC outlet. You are now ready to start.

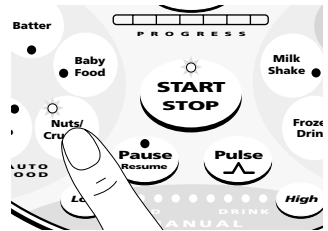
Using the AUTOMATIC Programs

- 1 Press the **POWER** button. All the lights blink on briefly, and you will hear a greeting sound. The **POWER** light stays on, meaning the product is ready to use.
- 2 Choose a recipe from the recipe section of this manual or use one of your own.
- 3 Put the ingredients into the jar.
- 4 Make sure the lid and feeder cap are on.
- 5 Press one of the programmed **AUTO FOODS** or **AUTO DRINKS** buttons appropriate for your recipe. A selection light confirms your choice and the **START/STOP** light will blink.

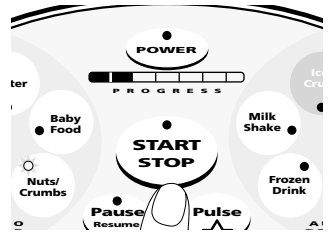


- 6 To change your selection, press another button.

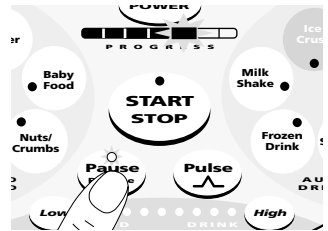
Cont'd. next page



7 Press the **START/STOP** button. The product will begin to operate. The **PROGRESS** indicator bar will show the progress of the **AUTOMATIC** program.



8 To pause and add more ingredients, while a program is in progress, press the **Pause/Resume** button. The product will stop and the **Pause/Resume** light blinks. The last filled segment in the **PROGRESS** indicator bar blinks, showing the product is paused.



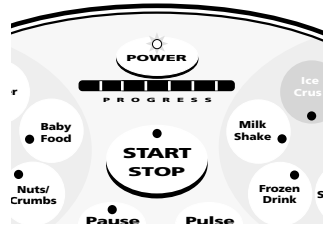
9 Remove the feeder cap or lid to add the additional ingredients.

10 Secure the feeder cap or lid.

11 Press the **Pause/Resume** button to finish the **AUTOMATIC** program cycle of your recipe. The **Pause/Resume** button light turns off and the **PROGRESS** indicator continues growing.

- 12 Press the **START/STOP** button to cancel the program at any time. You will hear a tone as the blender returns to ready.

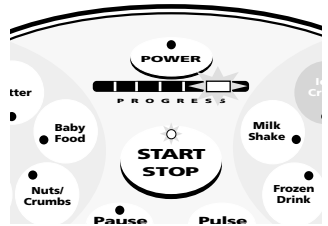
Once the program is finished, you will hear a tone as the product **AUTOMATICALLY** stops. The **PROGRESS** indicator will flash for about 20 seconds. You will then hear a second tone and the product will exit the program, returning to the ready state.



- 13 While the **PROGRESS** indicator flashes, and before the second tone, you can process ingredients longer by pressing and holding in the **Pulse** button. During Pulse a single **PROGRESS** indicator segment “runs” from left to right. Be careful you do not **over-process** your food or drinks.



- 14 Release the **Pulse** button when you are done. The **PROGRESS** indicator bar will again flash for about 20 seconds before resetting the unit. You can continue Pulsing by pressing and holding in the **Pulse** button while the **PROGRESS** bar is flashing.



- 15 If you do not press **Pulse**, the product will return to the ready state.
- 16 Press the **POWER** button to turn the product off.



If the jar is ever removed from the base while the product is running, the motor will stop as quickly as possible and 3 error tones will sound.

Using MANUALLY

The **MANUAL** buttons include, **Low**, **High** and **Pulse**. Use these buttons for personal recipes or to continue mixing after a program is finished.

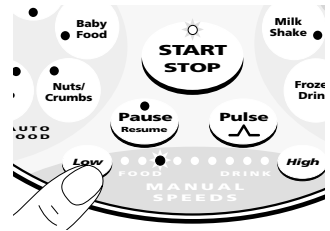
- 1 Press the **POWER** button.
- 2 Add your ingredients.
- 3 Secure the lid and feeder cap.

Using the Low and High Buttons

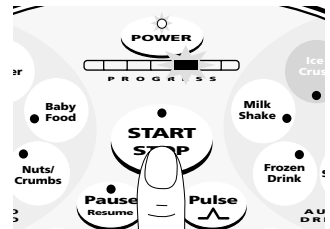
- 1 Press the **Low** or **High** button to run the product at a slower or faster speed. You will see the **START/STOP** light blink indicating that the product is ready to start.



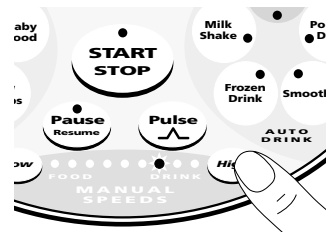
Use lower settings for food, higher settings for drinks.



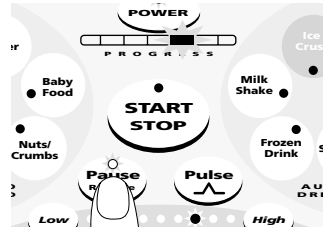
- 2 Press the **START/STOP** button to start the product. A single segment travels in the **PROGRESS** indicator bar and the product will run at the speed shown by the speed indicator lights.



- 3 To adjust the speed while the product is running, press the **Low** or **High** buttons.

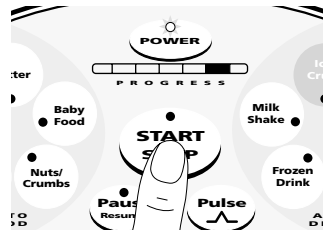


- 4 Continue to press the **High** or **Low** buttons to gradually speed up or slow down the product, as shown by the speed indicator lights.
- 5 To pause and add more ingredients, while in progress, press the **Pause/Resume** button. The **Pause/Resume** light blinks. One of the segments on the **PROGRESS** indicator bar stops and blinks, showing the product is paused.



- 6 Press the **Pause/Resume** button to finish your recipe. The **Pause/Resume** button light turns off. The paused segment on the **PROGRESS** indicator bar continues to travel.

- 7 When you finish, press **START/STOP**. You will hear a tone and the product will be ready to use again. The **START/STOP** light will flash indicating the product is ready to operate. You can make another selection or change speeds. After 1 minute, the product will reset to the ready state.



- 8 Press the **POWER** button to turn the product off.

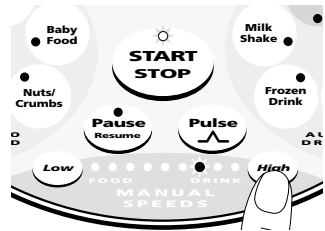


If the jar is ever removed from the base while the product is running, the motor will stop as quickly as possible and 3 error tones will sound.

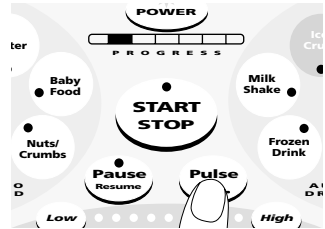
Using the Pulse Button

To **MANUALLY** run the product in short bursts, use the **Pulse** button.

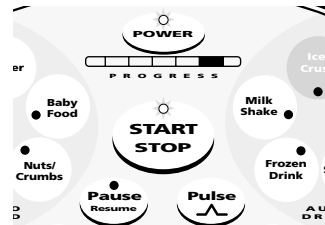
1 Press the **Low** or **High** button to select a desired speed level. The **START/STOP** light will flash to indicate that the product is ready to start.



2 Press and hold in the **Pulse** button. A segment on the **PROGRESS** indicator bar travels from left to right as the product pulses at your selected setting.



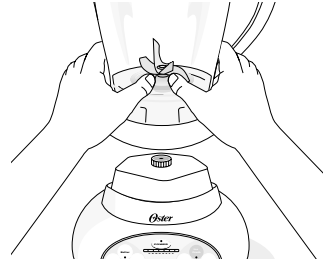
3 Release the **Pulse** button to stop. The **START/STOP** light will blink, indicating that the product is ready to start. If you do not use the product for 1 minute, it will reset to the ready state.



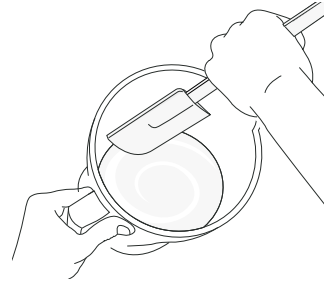
- 4 Press the **POWER** button to turn the product off.

After Use

- 1 Lift the jar straight up from the base, remove the lid and empty the jar.



- 2 If necessary, use a rubber spatula to scrape foods away from the sides of the jar.



Cleaning

Release the triple blades from the bottom of the jar by turning counterclockwise. If necessary, use the feeder cap as a tool to help remove the triple blades. The feeder cap, lid, jar and blades are dishwasher safe. Use the top rack of the dishwasher for the feeder cap, lid and triple blades. Place sealing ring in bottom basket of dishwasher.



You can also wash the parts in warm, soapy water. Rinse well and dry. Wipe the base with a soft, damp cloth to clean. Never submerge the low profile base in a liquid.

Check the parts as you put them back together. Make sure the feeder cap and lid fit tightly on the jar.

Checking the Triple Blades

- Turn the triple blades as shown, being careful of the sharp blade edges.
- The blades should turn freely. If they are stuck or hard to turn, do not use the product.



Storing

Reassemble the blender for storage.

WARNING Never put the jar, or any other parts, in a microwave oven. Never store foods or drinks in the jar.

Servicing

If repairs are needed send your appliance only to an Authorized Oster® Appliance Service Center.

Use only replacement parts from Oster.®

See *How to obtain warranty service* on page 36.

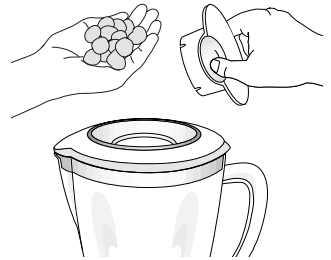
Liquids

Put liquids into the jar first, unless the recipe says otherwise.



Using the Feeder Cap

Do not remove the lid while in use. Food may splatter if you do. Instead, open the feeder cap to add smaller ingredients.



Hot Foods



WARNING When you work with **HOT FOODS**, remove the feeder cap to vent steam. Tilt the cap away from you partially covering the opening. Keep hands and other exposed skin away from the lid opening to prevent possible burns.



When you work with **HOT LIQUIDS**, remove the feeder cap and start at a Low speed, and then gradually increase to a faster speed. Do not add liquid over the 4 cup (1L) level. Always keep hands away from steam.

Ingredients Quantity

Use only the amount of food suggested in the recipes. If you want greater amounts, prepare in batches. Using larger amounts may overload and strain the motor. You might also get different results from those described.

FOOD	QUANTITY
Almonds, whole	1/2 cup
Apricots, dried	1 cup + 1 Tbs. flour or sugar
Apple	1 medium, cut into 4 pcs.
Basil leaves, fresh	1 cup, packed, tough stems removed
Breadcrumbs, hard or soft	2-3 slices bread; by hand, tear into jar
Cabbage, green/red	1/4 medium head, cut into 4 pcs.
Carrot	1 large, cut into 6 pcs.
Celery	1 stalk, cut into 4 pcs.
Cilantro/fresh Coriander	1 cup, packed
Cheese, Parmesan or Romano	4 oz.; by hand, break into jar
Citrus Peel (lemon, lime, orange)	Peel of 1 large fruit + 1 Tbs. flour or sugar
Coconut	1 chunk, about 2 oz.
Cookies/Crackers, except Gingersnaps	18 - 20
Coffee Beans	1 cup
Cranberries, fresh or frozen	1 cup
Cranberries or Cherries, dried	1 cup + 1 Tbs. flour or sugar
Cucumbers or Zucchini	1 medium, cut into 8 pcs.
Dill, fresh	1 cup, packed
Garlic, peeled	5 medium cloves
Gingersnap cookies	12 - 14; by hand break into jar
Onion, white, red or yellow	1/2 large, cut into 2 pcs.
Parsley, fresh, curly or Italian	1 cup packed
Peanuts, oil roasted	1 cup
Peanuts, dry roasted	1 cup
Pecans, halves	1/2 cup
Peppers, bell	1 medium, cut into 4 pcs.
Peppers, chilies	2 - 3 small or 1 large, cut into 4 pcs.
Raisins	1 cup + 1 Tbs. flour or sugar
Tomatoes, regular	1 large, seeded, cut into 6 - 8 pcs.
Tomatoes, plum	1 large, seeded, cut into 4 pcs.
Walnuts, halves	1 cup

SETTING	PROCESSED QUANTITY
Nuts/Crumbs program	1/2 cup
Pulse/High speed	1 cup
Pulse/High speed	1 cup
Pulse/High speed	1/2 cup
Nuts/Crumbs program	about 1/3 cup
Pulse/High speed	2 cups
Pulse/High speed	1 cup
Pulse/High speed	1/3 cup
Pulse/High speed	1/3 cup
High speed 30 sec., then Pulse/High	1 cup
High speed 15 sec., then Pulse/High	3 - 4 Tbs.
Pulse/High speed	1/4 cup
Nuts/Crumbs program	about 1 cup
High speed 15 sec., then Pulse/High	1 cup
Pulse/High speed	1 cup
Medium speed, 10 - 15 sec., then Pulse	1 cup
Pulse/Medium speed	1 cup
Pulse/High speed	1/2 cup
Pulse/High speed	about 1 Tbs.
Nuts/Crumbs program	3/4 cup
Pulse/High speed	about 1 cup
Pulse/High speed	about 1 cup
Nuts/Crumbs program	1/3 cup
Nuts/Crumbs program	1 cup
Nuts/Crumbs program	1/2 cup
Pulse/Medium speed	1 cup
Pulse/Medium speed	1 cup
High speed	1/2 cup
Pulse/Medium speed	1 cup
Pulse/Medium speed	1 1/4 cups
Nuts/Crumbs program	1 cup

Frozen Drinks

Frozen Margarita

Makes 4 servings

4 oz. gold tequila

2 oz. orange and cognac liqueur

2 Tbs. fresh lime juice

1/4 cup sugar

3 cups ice

Garnish: Extra lime juice and salt for coating glass rims

1. In jar, place ingredients in order given above.
2. Cover jar with lid. Press **POWER**, then press **Frozen Drink**. Press **START/STOP**.
3. Dip rim of stemmed glasses in lime juice then in salt; pour drink into glasses.

Creative Cook's Note: If desired, granulated sugar can be used in place of salt.

Strawberry Daiquiri

Makes 4 servings

1 can (6 oz.) frozen limeade concentrate

5 oz. rum

1 cup whole strawberries with stems removed

1 Tbs. sugar

3 1/2 cups ice

Garnish: Small whole strawberries and lime slices

1. In jar, place ingredients in order given above.
2. Cover jar with lid. Press **POWER**, then press **Frozen Drink**. Press **START/STOP**.
3. Pour into stemmed glasses.
4. Garnish, if desired, with strawberry and lime slice.

Creative Cook's Note: For variety, substitute fresh raspberries, blackberries or cubed mango, in equal amounts for the strawberries.

Mudslinger

Makes 4 servings

2 oz. coffee-flavored liqueur

2 oz. dark crème de cacao

2 oz. vodka

1/4 cup half-and-half

3 1/2 cups ice

1. In jar, place ingredients in order given above.
2. Cover jar with lid. Press **POWER**, then press **Frozen Drink**. Press **START/STOP**.
3. Pour into martini glasses.

Piña Colada

Makes 4 servings

1 cup pineapple juice

6 oz. golden rum

2/3 cup cream of coconut

1 tsp. lemon juice

4 cups ice

Garnish: Pineapple slices, maraschino cherries

1. In jar, place ingredients in order given above.
2. Cover jar with lid. Press **POWER**, then press **Frozen Drink**. Press **START/STOP**.
3. Pour into tall glasses.
4. Garnish, if desired, with pineapple slice and cherry.

Beach Ball

Makes 5 servings

6 oz. citrus-flavored vodka

2 cups cubed seedless watermelon

1/2 medium banana

3 cups ice

2 tsp. sugar

Garnish: Watermelon triangles

1. In jar, place ingredients in order given above.
2. Cover jar with lid. Press **POWER**, then press **Frozen Drink**. Press **START/STOP**.
3. Pour into tall glasses.
4. Garnish, if desired, with watermelon triangle.

Creative Cook's Note: For variety, substitute cantaloupe or honeydew melon for the watermelon and use the same type of melon for the garnish.

Frozen Sunshine

Makes 4 servings

4 oz. vodka

2 oz. clear orange-flavor liqueur

1/4 cup half-and-half

1/4 cup frozen orange juice concentrate

4 cups ice

Garnish: Orange slices and paper umbrellas

1. In jar, place ingredients in order given above.
2. Cover jar with lid. Press **POWER**, then press **Frozen Drink**. Press **START/STOP**.
3. Pour into stemmed glasses.
4. Garnish, if desired, with orange slice and paper umbrella.

Milk Shakes

Strawberry Shake

Makes 2 servings

1 cup milk
2 cups strawberry ice cream

1 cup fresh, ripe strawberries with
stems removed

1. In jar, place ingredients in order given above.
2. Cover jar with lid. Press **POWER**, then press **Milk Shake**. Press **START/STOP**.
3. Pour into tall glasses.

Choco-Peanut Butter Shake

Makes 2 servings

1 cup milk
2 cups chocolate ice cream

1/4 cup peanut butter
1/4 tsp. vanilla

1. In jar, place ingredients in order given above.
2. Cover jar with lid. Press **POWER**, then press **Milk Shake**. Press **START/STOP**.
3. Pour into tall glasses.

Brandy Alexander

Makes 4 servings

3 Tbs. milk
4 oz. crème de cacao

2 oz. brandy
2 cups vanilla ice cream

1. In jar, place ingredients in order given above.
2. Cover jar with lid. Press **POWER**, then press **Milk Shake**. Press **START/STOP**.
3. Pour into stemmed glasses.

Banana Malted

Makes 2 servings

1/2 cup milk

2 cups vanilla ice cream

2 quartered ripe bananas

1/3 cup malted milk powder

1. In jar, place ingredients in order given above.
2. Cover jar with lid. Press **POWER**, then press **Milk Shake**. Press **START/STOP**.
3. Pour into tall glasses.

Powder Drinks

Coffee Breakfast Cooler

Makes 1 serving

1 cup fat free milk

1 envelope chocolate breakfast drink mix

3 Tbs. malted milk powder

1 Tbs. freeze-dried coffee granules

1 Tbs. protein powder

6 ice cubes

1. In jar, place ingredients in order given above.
2. Cover jar with lid. Press **POWER**, then press **Powder Drink**. Press **START/STOP**.
3. Pour into tall glass to serve.

Honey-Vanilla Blast

Makes 1 serving

1 cup fat free milk

1 cup (8 oz.) fat free vanilla yogurt

3 chunks frozen banana, about 1 medium

1/4 cup protein powder

2 Tbs. honey

1. In jar, place ingredients in order given above.
2. Cover jar with lid. Press **POWER**, then press **Powder Drink**. Press **START/STOP**.
3. Pour into tall glass to serve.

Smoothies

Cranberry-Orange Smoothie

Makes 1 serving

3/4 cup orange juice

1/2 cup raspberry sorbet

1/2 cup frozen cranberries

1 small ripe banana

1 Tbs. honey

3 ice cubes

1. In jar, place ingredients in order given above.
2. Cover jar with lid. Press **POWER**, then press **Smoothie**. Press **START/STOP**.
3. Pour into tall glass to serve.

Morning Mocha Smoothie

Makes 1 serving

1/2 cup fat free milk

1 cup (8 oz.) low fat coffee yogurt

2 Tbs. chocolate syrup

6 ice cubes

1. In jar, place ingredients in order given above.
2. Cover jar with lid. Press **POWER**, then press **Smoothie**. Press **START/STOP**.
3. Pour into tall glass to serve.

Very Berry Smoothie

Makes 1 serving

1 cup orange juice

1/2 cup vanilla low fat yogurt

1 cup frozen mixed berries

2 frozen banana chunks, about 1 small

2 Tbs. honey

1. In jar, place ingredients in order given above.
2. Cover jar with lid. Press **POWER**, then press **Smoothie**. Press **START/STOP**.
3. Pour into tall glass to serve.

Tropical Power Punch Smoothie

Makes 2 servings

1 can (6 oz.) pineapple juice	1 cup mango sorbet
1 can (8 oz.) crushed pineapple	1/2 tsp. coconut extract
	1 cup ice

1. In jar, place ingredients in order given above.
2. Cover jar with lid. Press **POWER**, then press **Smoothie**. Press **START/STOP**.
3. Pour into tall glasses to serve.

Iced Spiced Chai

Makes 1 serving

3/4 cup milk	1/4 tsp. ground cinnamon
3/4 cup orange sherbet	1/4 tsp. ground nutmeg
2 Tbs. unsweetened iced tea mix	1/2 cup ice

1. In jar, place ingredients in order given above.
2. Cover jar with lid. Press **POWER**, then press **Smoothie**. Press **START/STOP**.
3. Pour into tall glass to serve.

Sweet Cherry Smoothie

Makes 1 serving

3/4 cup white grape juice	1/4 cup milk
1 cup frozen dark sweet cherries	1/8 tsp. almond extract
	6 ice cubes

1. In jar, place ingredients in order given above.
2. Cover jar with lid. Press **POWER**, then press **Smoothie**. Press **START/STOP**.
3. Pour into tall glass to serve.

Frozen Apple Pie Smoothie

Makes 1 serving

1/2 cup milk

1 cup unsweetened applesauce

1 cup low fat vanilla frozen yogurt

1/4 tsp. ground cinnamon

1/8 tsp. ground nutmeg

4 ice cubes

1. In jar, place ingredients in order given above.
2. Cover jar with lid. Press **POWER**, then press **Smoothie**. Press **START/STOP**.
3. Pour into tall glass to serve.

Banana-Berry Blitz

Makes 1 serving

1 cup regular or diet ginger ale

1/2 cup low fat vanilla frozen yogurt

1/2 cup frozen blueberries

3 chunks frozen banana, about 1 medium

1/8 tsp. ground nutmeg

1. In jar, place ingredients in order given above.
2. Cover jar with lid. Press **POWER**, then press **Smoothie**. Press **START/STOP**.
3. Pour into tall glass to serve.

Creamy Mint Cookie Smoothie

Makes 1 serving

1/2 cup milk

1 cup low fat vanilla frozen yogurt

6 chocolate-covered chocolate-mint cookies

6 ice cubes

1. In jar, place ingredients in order given above.
2. Cover jar with lid. Press **POWER**, then press **Smoothie**. Press **START/STOP**.
3. Pour into tall glass to serve.

Beta Blaster

Makes 2 servings

1 can (12 oz.) carrot juice

1 medium apple, cored and cut into 4 pieces

6 frozen strawberry halves

2 frozen banana chunks, about 1 small

1. In jar, place ingredients in order given above.
2. Cover jar with lid. Press **POWER**, then press **Smoothie**. Press **START/STOP**.
3. Pour into tall glasses to serve.

Salsa

Garden Fresh Salsa

Makes 2 cups

1 medium cucumber, pared, cut into 8 pieces
and seeded

1 small onion, cut into 4 pieces

1/2 small green pepper, cut into 4 pieces

1 large garlic clove

12 oz. plum tomatoes, each cut into 4 pieces
and seeded

3 Tbs. red wine vinegar

1 tsp. Worcestershire

1/8 tsp. hot pepper sauce

Salt & pepper to taste

Tortilla chips for serving

1. In jar, place ingredients, except tortilla chips, in order given above.
2. Cover jar with lid. Press **POWER**, then press **Salsa**. Press **START/STOP**.
3. Pour into bowl; serve with tortilla chips

Pineapple-Mango Salsa

Makes 3 cups

1/2 medium red pepper, cut into 4 pieces
1/2 medium red onion, cut into 4 pieces
1-inch piece gingerroot, peeled, cut into 4 pieces

1 cup pineapple chunks
1 cup fresh mango chunks
1 Tbs. lime juice
1 cup rinsed, drained black beans
Tortilla chips for serving

1. In jar, place ingredients, except beans and tortilla chips, in order given above.
2. Cover jar with lid. Press **POWER**, then press **Salsa**. Press **START/STOP**.
3. Pour into bowl; stir in beans.
4. Serve with tortilla chips

Fiery Red Salsa

Makes 3 cups

2 large garlic cloves
1 medium onion, cut into 8 pieces
2 - 4 jalapeño peppers, quartered
1/2 cup cilantro leaves
1/2-1 tsp. sugar

2 cans (15 oz. each) whole tomatoes,
drained
1 Tbs. lime juice
Salt to taste
Tortilla chips for serving

1. In jar, place ingredients, except tortilla chips, in order given above.
2. Cover jar with lid. Press **POWER**, then press **Salsa**. Press **START/STOP**.
3. Pour into bowl; serve with tortilla chips.

Creative Cook's Note: When handling hot peppers, such as jalapeños, use rubber gloves, and keep hands away from your eyes.

Salsa Verde

Makes 1 1/2 cups

- | | |
|---|---|
| 1/2 small onion, cut into 4 pieces | 1/2 tsp. ground cumin |
| 1/2 small green pepper, cut into 4 pieces | 1/4 tsp. green hot pepper sauce |
| 2 garlic cloves | 1/8 tsp. salt |
| 1/4 cup cilantro leaves | 12 oz. tomatillos, roasted, husks removed |
| | Tortilla chips for serving |

1. In jar, place ingredients, except tortilla chips, in order given above.
2. Cover jar with lid. Press **POWER**, then press **Salsa**. Press **START/STOP**.
3. Pour into bowl; serve with tortilla chips.

Soups

Creamy Carrot-Dill Soup

Makes 4 servings

- | | |
|----------------------------|-----------------------------|
| 1 small onion, chopped | 2 cups chicken broth |
| 1 Tbs. butter or margarine | 1 Tbs. chopped fresh dill |
| 1 lb. baby carrots | Salt to taste |
| | 1 cup half-and-half or milk |

1. In 3-qt. saucepan, cook onion in butter 5 minutes or until onion is tender.
2. Add carrots, broth and dill; cook over medium heat 15-18 minutes or until carrots are very tender.
3. In jar, place carrots, broth, dill and salt.
4. Cover jar with lid. Press **POWER**, then press **Soup**. Press **START/STOP**.
5. Return mixture to saucepan; stir in half-and-half.
6. Gently heat to 145° F; do not let soup boil.

Creative Cook's Note: Soup can be served chilled or hot.

Cuban Black Bean Soup

Makes 4 servings

2 cans (15-19 oz. each) black beans
1 small onion, chopped
2 garlic cloves, crushed
2 Tbs. olive oil

1 cup water
1/2 cup sofrito*
1 Tbs. chopped cilantro
Sour cream, chopped red onion, cilantro for serving, optional

1. Rinse and drain beans; set aside.
2. In 4-qt. saucepan, cook onion and garlic in oil 5 minutes or until tender.
3. Add beans, water, sofrito and cilantro.
4. Cook over medium heat 12-15 minutes or until hot.
5. In jar, place 3 cups beans and liquid.
6. Cover jar with lid. Press **POWER**, then press **Soup**. Press **START/STOP**.
7. Stir bean mixture into soup remaining in saucepan; re-heat as desired.
8. Serve, if desired, with sour cream, red onion, and cilantro.

*sofrito is a popular condiment in Latin American cooking. It can be found in the Latin American or International foods section of most supermarkets.

Creative Cook's Note: If a totally blended soup is preferred, repeat step # 3 with remaining beans and liquid.

Cream of Tomato Soup

Makes 4 servings

4 cups chopped fresh tomatoes
1 small onion, chopped
1 Tbs. chopped fresh basil

2 Tbs. butter
1/2 tsp. salt
1 cup half-and-half or milk

1. In 3-qt. saucepan, cook tomato, onion and basil in butter 5 minutes or until onion is tender.
2. Pour mixture into jar; add salt.
3. Cover jar with lid. Press **POWER**, then press **Soup**. Press **START/STOP**.
4. Return soup to saucepan; stir in half-and-half.
5. Gently heat to 145° F; do not let soup boil.

Tuscan Bean Soup

Makes 8 servings

1 can (15-19 oz.) cannellini beans (white kidney)	1 cup chopped red onion
1 can (15-19 oz.) chickpeas (garbanzos)	1 tsp. dried sage
1 can (15-19 oz.) red kidney beans	2 Tbs. olive oil
1 can (15-19 oz.) pinto beans	2 cups water
1 cup chopped celery	2 cups cooked small pasta, such as ditalini
	Grated Parmesan cheese and chopped parsley for serving, optional

1. Rinse and drain beans; set aside.
2. In 4-qt. saucepan, cook celery, onion, garlic and sage in oil 5 minutes or until tender.
3. Add beans and water; cook over medium heat 15-18 minutes or until hot.
4. In jar, place 3 cups beans and liquid.
5. Cover jar with lid. Press **POWER**, then press **Soup**. Press **START/STOP**.
6. Stir bean mixture and the pasta into soup remaining in saucepan; re-heat.
7. Serve, if desired, with grated cheese and parsley.

Baby Food

Peachy Applesauce

Makes 1 1/4 cups

1 large apple, pared, cored and quartered	1 large peach, pitted, peeled and quartered
	2 Tbs. water

1. In small saucepan, cook fruits in water 5-8 minutes or until very tender.
2. In jar, place fruits and liquid.
3. Cover jar with lid. Press **POWER**, then press **Baby Food**. Press **START/STOP**.
4. Remove from jar; place in covered containers.
5. Chill or freeze at once.

Green Peas

Makes 1 1/2 cups

3/4 cup water

1 pkg. (10 oz.) frozen baby green peas

1. In small saucepan, cook peas in water 10-15 minutes or until very tender.
2. In jar, place peas and liquid.
3. Cover jar with lid. Press **POWER**, then press **Baby Food**. Press **START/STOP**.
4. Remove from jar. Place in covered containers.
5. Chill or freeze at once.

Chicken-Rice Dinner

Makes 1 cup

1 cup cubed or shredded cooked chicken

2/3 cup water

1/4 cup cooked white rice

1. In jar, place ingredients in order given above.
2. Cover jar with lid. Press **POWER**, then press **Baby Food**. Press **START/STOP**.
3. Remove from jar; place in covered containers.
4. Chill or freeze at once.

Sweet Potatoes

Makes 2 cups

1 cup water

2 cups pared sweet potato chunks

1. In small saucepan, cook potatoes in water, 15-20 minutes until very soft.
2. Drain potatoes; set aside liquid.
3. In jar, place liquid then potatoes.
4. Cover jar with lid. Press **POWER**, then press **Baby Food**. Press **START/STOP**.
5. Remove from jar; place in covered containers.
6. Chill or freeze at once.

Batter

Lemon Crepes

Makes 14-18

1 1/2 cups milk
3 eggs
2/3 cup flour

2 Tbs. melted butter or margarine
2 Tbs. granulated sugar
1 tsp. grated lemon zest
Confectioners' sugar for serving, optional

1. In jar, place ingredients, except confectioner's' sugar, in order given above.
2. Cover jar with lid. Press **POWER**, then press **Batter**. Press **START/STOP**.
3. For each crepe, pour 2 to 3 Tbs. batter onto a preheated, lightly buttered 6 or 7-inch crepe pan or skillet. Cook about 1 minute or until top is set. Loosen edge with heat proof spatula, and then gently turn crepe over. Cook until lightly golden.
4. If desired, fold each crepe into quarters and sprinkle with confectioners' sugar.

Honey-Wheat Pancakes

Makes 12 pancakes

1 1/3 cups low fat buttermilk
2 eggs
2 Tbs. honey
1 1/2 cups reduced-fat buttermilk baking mix

1/2 cup whole-wheat flour
1/4 cup honey-crunch wheat germ
1 tsp. baking powder
Butter and syrup for serving

1. In jar, place ingredients in order given above.
2. Cover jar with lid. Press **POWER**, then press **Batter**. Press **START/STOP**.
3. For each pancake, pour about 1/4 cup batter onto preheated griddle; cook until tops begin to bubble; turn over and continue to cook until golden.
4. Serve hot with butter and syrup.

Fruit-Filled Popover

Makes 2-4 servings

3 Tbs. butter

3/4 cup milk

3 eggs

2 Tbs. granulated sugar

1/2 tsp. ground cinnamon

1/2 cup flour

2 cups sliced fresh fruit

(berries, peaches, etc.)

Confectioners' sugar for serving

1. Preheat oven to 425° F.
2. In 10" skillet with oven-safe handle, place butter. Place skillet in oven to melt butter. Meanwhile, in jar, place remaining ingredients, except fruit and confectioner's' sugar, in order given.
3. Cover jar with lid. Press **POWER**, then press **Batter**. Press **START/STOP**.
4. Remove skillet from oven and carefully pour in batter.
5. Bake 20-25 minutes until edges are golden brown and center is puffed; center will fall slightly when removed from oven.
6. To serve, fill with fruit and sprinkle with confectioners' sugar.

Nuts/Crumbs

Walnut-Cheddar Ball

Makes 12 servings

1 cup walnut halves

1 pkg. (8 oz.) cream cheese, softened

2 cup (8 oz.) shredded mild cheddar cheese

1/4 cup peach-apricot sweet-and-sour sauce

1 tsp. curry powder

1/8 tsp. ground red pepper

Assorted crackers for serving

1. In jar, place walnuts.
2. Cover jar with lid. Press **POWER**, then press **Nuts/Crumbs**. Press **START/STOP**.
3. Remove nuts and set aside.
4. In medium bowl, combine remaining ingredients, except crackers.
5. Shape mixture into a ball, cover and chill.
6. Just before serving, roll ball in nuts.
7. Arrange ball on serving platter and surround with assorted crackers.

Chocolate Cream Pie

Makes 8 servings

1/3 cup slivered almonds	3 1/2 cup milk
20 chocolate wafer cookies	1/2 tsp. almond extract
1/4 cup melted butter	1 1/2 cups heavy cream
2 pkg. (3.4 oz. each) chocolate pudding and pie filling	1/3 cup chocolate syrup
	Garnish: White chocolate curls

1. In jar, place almonds. Then break cookies into jar.
2. Cover jar with lid. Press **POWER**, then press **Nuts/Crumbs**. Press **START/STOP**.
3. Spray a 9" pie plate with nonstick cooking spray; add crumbs and butter; mix well then press into bottom and up side; chill.
4. Prepare pie filling with milk as package directs; stir in extract; chill.
5. In medium bowl, place cream and chocolate syrup; whip until soft peaks form.
6. Pour chilled pie filling into crust; spread chocolate whipped cream over filling.
7. Garnish with chocolate curls.
8. Chill several hours.

Pecan-Crusted Chicken

Makes 4 servings

1 cup pecan halves	3 Tbs. Dijon mustard
2 eggs	1 lb. boneless, skinless chicken breast
	1/4 cup butter

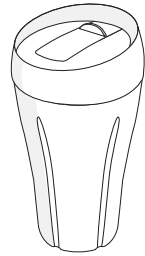
1. In jar, place pecans.
2. Cover jar with lid. Press **POWER**, then press **Nuts/Crumbs**. Press **START/STOP**.
3. Remove nuts and set aside.
4. In small bowl, beat eggs with mustard.
5. Dip chicken into egg mixture then coat with nuts.
6. In a medium skillet, over medium-high heat, cook chicken in butter until golden brown on both sides and juices run clear.

Creative Cook's Note: For a quick party hors d'oeuvres, cut chicken into strips, then dip in egg mixture, coat in nuts and cook as directed. Place cooked chicken strips on a platter and serve with bottled honey mustard or sweet and sour sauce.

This accessory can be purchased at retail outlets or at Authorized Oster® Appliance Service Centers. Only use the accessory model number listed below with this unit.

Blend-N-Go™ Cup

This single serve blending cup has 24 oz. (750ml) of usable capacity. The lid features a slider pad to prevent spills. The Blend-N-Go™ Cup attaches to 6700 or 6710 bases by means of an Oster® Collar with triple blades.



Sunbeam® Products, Inc. (“Sunbeam®”) warrants that for a period of two years from the date of purchase, this product will be free from defects in material and workmanship. Sunbeam®, at its option, will repair or replace this product or any component of the product found to be defective during the warranty period. Replacement will be made with a new or remanufactured product or component. If the product is no longer available, replacement may be made with a similar product of equal or greater value. This is your exclusive warranty.

This warranty is valid for the original retail purchaser from the date of initial retail purchase and is not transferable. Keep the original sales receipt. Proof of purchase is required to obtain warranty performance. Sunbeam® dealers, service centers, or retail stores selling Sunbeam® products do not have the right to alter, modify or in any way change the terms and conditions of this warranty.

This warranty does not cover normal wear of parts or damage resulting from any of the following: negligent use or misuse of the product, use on improper voltage or current, use contrary to the operating instructions, disassembly, repair or alteration by anyone other than Sunbeam® or an authorized service center. Further, the warranty does not cover Acts of Nature, such as fire, flood, hurricanes and tornadoes.

Sunbeam® lawerr any iliudos warrancs omepercishbilitify ofitn rrte forof paiculweaf ppohase be

How to Obtain Warranty Service

Take the product to an Authorized Oster® Appliance Service Center. You may obtain a list of service centers and other repair/replacement instructions by calling:

(800) 334-0759

Or send e-mail to:

Consumeraffairs@consumer.Sunbeam.com

Please include name, address, telephone number, product model number, and description of the problem and date of purchase.

If you purchased this product outside the U.S. or Canada, please see country specific insert or contact your local authorized distributor.

DO NOT RETURN THIS PRODUCT TO THE PLACE OF PURCHASE.

For product questions:

Sunbeam Consumer Service

PO BOX 948389

Maitland, FL 32794-8389

Do not send product to the above address.

©2001 Sunbeam Corporation. All rights reserved.

Sunbeam® and Oster® are registered trademarks of Sunbeam Products, Inc. Blend-N-Go™ Cup, and In2itive™ are trademarks of Sunbeam Corporation or its affiliated companies. Distributed by Sunbeam Products, Inc., Boca Raton, FL 33431, or an affiliated company.

Rev. 8/9/01 02.



Free Manuals Download Website

<http://myh66.com>

<http://usermanuals.us>

<http://www.somanuals.com>

<http://www.4manuals.cc>

<http://www.manual-lib.com>

<http://www.404manual.com>

<http://www.luxmanual.com>

<http://aubethermostatmanual.com>

Golf course search by state

<http://golfingnear.com>

Email search by domain

<http://emailbydomain.com>

Auto manuals search

<http://auto.somanuals.com>

TV manuals search

<http://tv.somanuals.com>