SPORT BLENDER
Sport Lid Included | 240 Watts
We believe that taking small steps every day to live a healthier life can have a big impact and that the best path to wellness is to eat whole, natural foods. At Dash, we make products that make it easier for you to prepare and eat real food at home, so that you can feel your best. In the store, in your kitchen, and online we gives you the tools and the support to make delicious healthy meals.

That’s what living unprocessed is all about!

Dash
IMPORTANT SAFEGUARDS:
PLEASE READ AND SAVE THIS INSTRUCTION AND CARE MANUAL.

VEUILLEZ LIRE ET CONSERVER CE MODE D’EMPLOI ET D’ENTRETIEN

When using electrical appliances, basic safety precautions should be followed, including:

- Read all instructions.
- Remove all bags and packaging from appliance before use.
- Keep hands and utensils out of container while blending to reduce the risk of severe injury to persons or damage the blender.
- Do not put fingers, hair, clothing, or other objects into the Blender while appliance is in use. If food becomes lodged in the Blades, turn off and unplug the Sport Blender before trying to remove it.
- Always make sure the Blending Bottle is locked securely in place before engaging the motor. Do not remove the Bottle before Blades have stopped moving.
- Do not operate the appliance while the Blending Bottle is empty.
- Caution: Blades are sharp and can cause injury! Handle and clean with care.
- Do not touch the Blades. Hold the Blade attachment by the black base.
- To prevent the risk of fire, electric shock, or personal injury, do not place the cord, plug, or unit in water or other liquids.
- When cleaning the Sport Blender, remove the Blending Bottle from the Motor Base and wash. Never immerse the Motor Base in water or any other liquid; instead, wipe with a damp cloth.
- Never leave appliance unattended when in use.
- Turn off and unplug appliance when not in use.
- Make sure to securely attach the Blade to the Blending Bottle before inserting into Motor Base.
- Avoid contact with moving parts.
- Do not microwave Blending Bottle or Travel Lid.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory, or mental capabilities, or lack of experience and knowledge unless they are provided with supervision and instruction concerning use of the appliance by a person responsible for their safety.
- Children should be supervised to ensure that they do not play with the appliance.
- Always be sure to unplug the appliance from outlet prior to assembly, disassembly, cleaning, and storage.
- Wait until the Blade comes to a complete stop before removing Blending Bottle from Motor Base.
- If the Motor Base gives off a burnt smell, immediately turn off and unplug the Sport Blender. Allow appliance to cool before resuming use. If smell persists, discontinue use until problem is solved.
- Do not let the cord touch hot surfaces or hang over the edge of tables or counters.
- Do not use the appliance if any of the parts are damaged.
- Do not use Blending Bottle if it is cracked or chipped.
- Refrain from using attachments that are not recommended by the appliance manufacturer, as this may result in fire, electric shock, or personal injury.
- Do not use appliance outdoors or for commercial purposes.
- Extension cords are not recommended for use with this appliance. However, if an extension cord must be used, make sure the electrical rating of the wire is compatible with the Sport Blender.
- Do not place appliance on or near a hot gas burner, hot electric burner, or in a heated oven.
- Do not place utensils, fingers, or other foreign objects inside the Sport Blender.
- Do not attempt to blend frozen ingredients that have formed a solid mass. Break up into smaller pieces before placing in Blending Bottle.
- Warning: the Sport Blender is not suitable for making crushed ice.
- Always place soft or liquid food in Blending Bottle before adding hard, frozen food or ice cubes.
- Improper use of the Sport Blender can result in property damage or personal injury.
- Never overfill the Blending Bottle. Do not exceed the 600 ml line.
- Do not blend tough foods such as meat, potatoes, or dough.
- Close supervision is necessary when any appliance is used by or near children.
• If the motor stalls, turn off and unplug the Sport Blender. Let sit for 6 minutes before resuming use.
• Do not place hot liquids in Sport Blender. Allow ingredients to cool to room temperature prior to pouring into Blending Bottle.
• Do not use the Sport Blender for more than 1 minute at a time.
• Allow the motor to rest for 6 minutes between blending cycles.
• Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions, or is dropped or damaged in any manner. Return appliance to the nearest authorized service facility for examination, repair or electrical or mechanical adjustment.
• To reduce the risk of injury, never place blades on base without jar properly attached.
• The use of attachments, (including canning jars) not recommended by the manufacturer may cause a risk of injury to persons.
• StoreBound shall not accept liability for damages caused by improper use of the appliance.
• This appliance has a polarized plug (one blade is wider than the other). To reduce the risk of electric shock, this plug will fit in a polarized outlet only one way. If the plug does not completely fit in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not modify the plug in any way.

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VEUILLEZ LIRE ET CONSERVER CE MODE D’EMPLOI ET D’ENTRETIEN
Clean the Sport Blender and all of its components prior to assembly and use. Remove any stickers and packaging before first-time use.

**WARNING:** This appliance is NOT designed for blending foods without liquids or for making crushed ice. Do not overfill the Blending Bottle–ingredients should never exceed the 600 ml mark.

**NOTE:** The Sport Blender is designed to function only when the Blending Bottle is correctly inserted into the Motor Base. If the Bottle is not securely in place, the Power Button will not function.

1. Place the Motor Base on a stable surface. Plug the cord into a power outlet.
2. Place your ingredients in the Blending Bottle. Make sure to put all liquid ingredients in first, then powdered ingredients, and finally any solid ingredients. Do not exceed the 600 ml level marked on the Bottle. Securely attach Blade to Bottle by carefully inserting the Blade end into the Bottle and turning it clockwise.
3. Insert the Blending Bottle into the Motor Base with the Blade end down, making sure to line up the ▼ on the Blade with the ▲ on the Motor Base.
4. Turn the Blending Bottle clockwise to lock into place. **IMPORTANT:** The Bottle will click when properly positioned.
5. Press the Power Button to start blending. To stop blending, simply release the Power Button.
6. Once you are done blending, release the Power Button and unplug the Motor Base. Turn the Blending Bottle counterclockwise and lift it off of the Motor Base. Carefully detach the Blade assembly from the Bottle by turning the black base counterclockwise. Attach the Travel Lid.
IMPORTANT NOTE: Motor Base is not dishwasher safe. Do not submerge Motor Base in water or any other liquids.

1. Empty any remaining contents in Blending Bottle into the trash.
2. Fill ¼ of the Blending Bottle with warm water and a few drops of dish soap. Reattach Blade and return Blending Bottle to Motor Base. Pulse for a few seconds by pressing the Power Button. Remove from Base, disassemble, and rinse thoroughly with warm water. Dry with dishtowel.
3. Wash Blade and accessories in warm, soapy water. Rinse and dry thoroughly. Use care when washing the Blade as it is very sharp. If necessary, gently scrub with a dish brush.
4. Wipe down the Motor Base with a damp cloth. Never submerge the Motor Base in water or other liquids.
Power up with these delicious, nutritious smoothie recipes!
BREAKFAST SHAKE

INGREDIENTS:
¼ cup frozen blueberries
1 banana
1 cup orange juice
¼ cup vanilla yogurt

DIRECTIONS:
Blend all ingredients together for 30 seconds.
COCONUT MOCHA SHAKE

INGREDIENTS:
- ½ cup cold brew coffee concentrate
- ½ cup coconut milk
- 1 frozen banana
- 2 tbsp unsweetened cocoa powder

DIRECTIONS:
Blend all ingredients together for 45 seconds.

MATCHA SMOOTHIE

INGREDIENTS:
- 1 cup milk
- 1 frozen banana
- 2 tbsp matcha powder

DIRECTIONS:
Blend all ingredients together for 45 seconds.
**PALEO MINT CHOCOLATE SHAKE**

**INGREDIENTS:**
1 frozen banana  
1 tbsp almond butter  
2 tbsp cocoa powder  
¼ tsp mint extract  
½ tsp vanilla extract  
1 cup almond milk

**DIRECTIONS:**
Blend all ingredients together for 1 minute.

**HONEYDEW ALMOND SMOOTHIE**

**INGREDIENTS:**
¾ cup chopped honeydew  
1 cup almond milk  
honey, to taste

**DIRECTIONS:**
Blend all ingredients together for 30 seconds.
GREEN GOODNESS SMOOTHIE

INGREDIENTS:
- ¼ cup baby spinach
- ¼ cup baby kale
- ½ cup fresh pineapple chunks
- ¾ cup apple juice

DIRECTIONS:
Blend all ingredients together for 45 seconds.
CHERRY SMOOTHIE

INGREDIENTS:
- ½ cup frozen cherries
- ¼ cup coconut milk
- ¼ cup vanilla yogurt
- honey, to taste

DIRECTIONS:
Blend all ingredients together for 45 seconds.

STRAWBERRY KIWI SMOOTHIE

INGREDIENTS:
- 1 cup milk
- 1 frozen banana
- 2 tbsp matcha powder

DIRECTIONS:
Blend all ingredients together for 45 seconds.
NUTELLA SHAKE

INGREDIENTS:
¼ cup nutella
1 cup milk
¼ cup vanilla frozen yogurt

DIRECTIONS:
Blend all ingredients together for 45 seconds.

VERY BERRY HEALTH SMOOTHIE

INGREDIENTS:
¼ cup milk
3-4 frozen strawberries
¼ cup frozen blueberries
2 tbsp Greek yogurt

DIRECTIONS:
Blend all ingredients together for 1 minute.
TROPICAL AVOCADO SMOOTHIE

INGREDIENTS:
¼ avocado
¾ cup pineapple juice
1 banana
¼ cup frozen mango chunks

DIRECTIONS:
Blend all ingredients together for 1 minute.

PINEAPPLE MINT SMOOTHIE

INGREDIENTS:
¾ cup milk
3-4 frozen strawberries
¼ cup frozen blueberries
2 tbsp Greek yogurt
½ banana
2 tsp ground flax seeds
agave, to taste

DIRECTIONS:
Blend all ingredients together for 1 minute.
PEACHES’N CREAM SHAKE

INGREDIENTS:
½ cup canned or fresh peaches
¼ cup vanilla ice cream
¾ cup milk
honey, to taste

DIRECTIONS:
Blend all ingredients together for 30 seconds.
**PB & J SHAKE**

**INGREDIENTS:**
- 1 banana
- 4-5 frozen strawberries
- 1 cup milk
- 1 tbsp peanut butter

**DIRECTIONS:**
Blend all ingredients together for 1 minute.

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**WATERMELON SMOOTHIE**

**INGREDIENTS:**
- 1 cup watermelon chunks
- ½ frozen banana
- ½ cup chilled water
- honey, to taste

**DIRECTIONS:**
Blend all ingredients together for 45 seconds.
We welcome and value all concerns and questions from our customers. Please do not hesitate to contact us for product support, warranty, and maintenance related questions directly at: 1(800)-898-6970 from 7AM - 7PM PST, Monday - Friday, or by email at support@storebound.com.

Feel free to give us a call any time during the hours below: 1 (800) 898-6970

Hey Hawaii! You can reach our customer service team from 5AM to 5PM. And also, Alaska, feel free to reach out from 6AM - 6PM.

STOREBOUND, LLC – 1 YEAR LIMITED WARRANTY
Your StoreBound product is warranted to be free from defects in material and workmanship for a period of one (1) year from the date of the original purchase when utilized for normal and intended household use. Should any defect covered by the terms of the limited warranty be discovered within one (1) year, StoreBound, LLC will repair or replace the defective part. To process a warranty claim, contact Customer Support at 1-800-898-6970 for further assistance and instruction. A Customer Support agent will assist you by troubleshooting minor problems. If troubleshooting fails to fix the problem, a return authorization will be issued. Proof of purchase indicating the date and place of purchase is required and should accompany the return. You must also include your full name, shipping address, and telephone number. We are unable to ship returns to a PO box. StoreBound will not be responsible for delays or unprocessed claims resulting from a purchaser’s failure to provide any or all of the necessary information. Freight costs must be prepaid by the purchaser.

Send all inquiries to support@storebound.com. There are no express warranties except as listed above.

REPAIR OR REPLACEMENT AS PROVIDED UNDER THIS WARRANTY IS THE EXCLUSIVE REMEDY OF THE CUSTOMER. STOREBOUND SHALL NOT BE LIABLE FOR ANY INCIDENTAL OR CONSEQUENTIAL DAMAGES OR FOR BREACH OF ANY EXPRESS OR IMPLIED WARRANTY ON THIS PRODUCT EXCEPT TO THE EXTENT REQUIRED BY APPLICABLE LAW. ANY IMPLIED WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE ON THIS PRODUCT IS LIMITED IN DURATION TO THE DURATION OF THIS WARRANTY.

Some states do not allow the exclusion or limitation of incidental or consequential damages, or limitations on how long an implied warranty lasts. Therefore, the above exclusions or limitations may not apply to you. This warranty gives you specific legal rights and you may also have other rights, which vary from state to state.

REPAIRS
DANGER! Risk of electric shock! The Dash Sport Blender is an electrical appliance. Do not attempt to repair the appliance yourself under any circumstances. Contact Customer Support regarding repairs to the appliance.

TECHNICAL SPECIFICATIONS
Voltage 120V ~ 60Hz
Power Rating 240W
Stock#: DP8100_20181119_V2