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IMPORTANT SAFEGUARDS

PLEASE READ AND SAVE THIS INSTRUCTION MANUAL

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

- Read all instructions.
- Remove all bags and packaging from appliance before use. Packing materials should be kept away from children.
- To reduce the risk of severe injury or damage, keep hands and utensils away from moving Blades while appliance is engaged. A scraper may be used but must be used only when the Blender is not running.
- Only operate the appliance on a dry, stable surface.
- 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 Performance Blender before trying to remove it.
- Always make sure the Blending Pitcher is in place before engaging the motor.
- Always make sure the appliance is properly assembled prior to use.
- The appliance has a delayed motor stop so make sure that the Blades have stopped moving before removing the Lid or disconnecting the Pitcher.
- Always turn off the appliance before unplugging the power cord. To disconnect, turn the Dial to standby so that the Position Indicator is pointing straight up. Then, remove plug from outlet.
- Do not operate the appliance with wet hands or while the Blending Pitcher is empty.
- Do not operate this appliance with an external timer.
- Caution: Blades are sharp and can cause injury! Handle and clean with care. Do not touch the Blades with hands.
- To prevent the risk of fire, electric shock, or personal injury, do not place the cord, plug, or unit near water or other liquids.
- When cleaning the Performance Blender, remove the Blending Pitcher from the Motor Base and wash. Never immerse the Motor Base or power cord in water or any other liquid; instead, wipe with a damp cloth.
- Never leave appliance unattended when in use.
- Unplug the appliance from outlet prior to assembly, disassembly, cleaning, and storage.
- Avoid contact with moving parts.
- Do not microwave Blending Pitcher or Lid.
- Do not store the appliance outside or in a wet place.
- 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. Close supervision is necessary when appliance is used by or near children.
- Do not use Blending Pitcher if it is cracked or chipped.
- Do not place appliance on or near a hot gas burner, hot electric burner, or in a heated oven.
- 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.

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**IMPORTANT SAFEGUARDS**

- If the Motor Base gives off a burnt smell, immediately turn off and unplug the Performance Blender. Allow appliance to cool for at least 10 minutes before resuming use. If smell persists, discontinue use and call customer service.
- Do not let the cord touch hot surfaces or hang over the edge of tables or counters.
- 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 for other than its intended use. Do not use appliance outdoors or for commercial purposes.
- Do not attempt to blend frozen ingredients that have formed a solid mass. Break up into smaller pieces before placing in Blending Pitcher.
- Never overfill the Blending Pitcher. Do not exceed MAX line.
- **WARNING:** Do not use the Performance Blender for making crushed ice. Always place soft or liquid food in Blending Pitcher before adding hard food or ice cubes.
- Improper use of the Performance Blender can result in property damage or even in personal injury.
- Do not blend tough or hard foods such as coffee beans, nutmeg, grains, nuts, meat, potatoes, dough, blocks of chocolate, or fruits with pits.
- Always operate Blender with Lid in place.
- When blending hot liquids, remove center piece of two-piece cover.
- If the motor stalls, turn off and unplug the Performance Blender. Let sit for 10 minutes before resuming use.
- StoreBound shall not accept liability for damages caused by improper use of the appliance.

**SAVE THESE INSTRUCTIONS**
1. Measuring Cup
2. Lid
3. No-Drip Spout
4. Blending Pitcher
5. Blade
6. Position Indicator
7. Control Dial
8. Motor Base
9. Non-Slip Feet
10. Cord Storage
1. Place the Motor Base on a stable surface.

2. Place your ingredients in the Blending Pitcher. Make sure to put all liquid ingredients in first, then powdered ingredients, and finally any solid ingredients. Do not exceed the MAX line. You can use the Measuring Cup to add ingredients to the Pitcher.

3. Attach the Measuring Cup to the Lid by aligning the notches on the Cup with the slots in the Lid and turning the Measuring Cup clockwise. Place the Lid on the Pitcher.

4. Set the Blending Pitcher into the Motor Base by aligning the marking on the bottom of the Pitcher with the marking on front of the Motor Base.

5. Plug the cord into a power outlet. Turn the Dial to your desired blending speed. To stop blending, turn back the Dial so that the Position Indicator is pointing up. For turbo blending or pulsing, you can turn the Dial counterclockwise.

6. Once you are done blending, wait for the blades to stop moving and then unplug the Motor Base. Lift the Pitcher off the Motor Base.

Note: Ingredients can be added to the Pitcher while blending through the small hole in the Lid. To do this, select a low speed, turn the Measuring Cup counterclockwise to remove from Lid, and then pour in ingredients. Make sure to never exceed the MAX line. Once done, return the Measuring Cup to the Lid before switching to a higher speed.

Clean the Performance Blender and all of its components prior to assembly and use. Remove any stickers and packaging before first-time use.

WARNING: Do not use the Blender for more than 3 minutes at a time. Do not blend hot foods or liquids exceeding 175°F. Do not overfill the Blending Pitcher - ingredients should never exceed the MAX line.
IMPORTANT NOTE: Do not submerge Motor Base in water or any other liquids. Motor Base and Blade are not dishwasher safe.

1. Empty any remaining contents in Blending Pitcher into the trash.

2. Fill ¼ of the Blending Pitcher with warm water and a few drops of dish soap. Reattach the Lid and return Blending Pitcher to Motor Base. Blend for a few seconds on a low speed. Remove Pitcher from Base and empty.

3. Carefully clean around blades with a dish brush and warm, soapy water. Rinse and dry thoroughly with a dishtowel. Use care when washing the Blade as they are very sharp. Only the Lid and Measuring Cup are dishwasher safe.

4. Wipe down the Motor Base with a damp cloth. Never submerge the Motor Base in water or other liquids.

5. When blending highly pigmented foods such as carrots, butternut squash, or beets, you may need to wipe the Blade and the inside of the Pitcher with cooking oil to remove any stains prior to cleaning.

6. Do not use any abrasive scrubbers, sponges, or chemical cleaners as they will damage the appliance.
BREAKFAST SHAKE

**INGREDIENTS**
- ½ cup frozen blueberries
- 2 bananas, halved
- 2 cups orange juice
- ½ cup vanilla yogurt

**DIRECTIONS**
Place all ingredients in the Blender and blend over medium speed until smooth and creamy.

MORNING BOOST SMOOTHIE

**INGREDIENTS**
- 1 ½ cups orange juice
- ½ cup plain yogurt
- 1 cup frozen peach slices
- ½ cup frozen raspberries

**DIRECTIONS**
Add all of the ingredients to the Dash Performance Blender. Select a high speed and blend until smooth and creamy.

VERY BERRY HEALTH SMOOTHIE

**INGREDIENTS**
- 1 ½ cups milk
- 8 frozen strawberries
- ½ cup frozen blueberries
- 4 tbsp Greek yogurt
- 1 banana, halved
- 4 tsp ground flax seeds
- agave, to taste

**DIRECTIONS**
Add all of the ingredients to the Performance Blender. Turn the Dial to a high speed and process until creamy.

PINEAPPLE MINT SMOOTHIE

**INGREDIENTS**
- 1 cup frozen pineapple chunks
- 2 cups orange juice
- ½ cup plain yogurt
- 6-7 mint leaves

**DIRECTIONS**
Blend all ingredients on medium until the desired consistency is reached.

STRAWBERRY KIWI SMOOTHIE

**INGREDIENTS**
- 1 ½ cups apple juice
- 2 frozen bananas, cut into 2” pieces
- 8 strawberries, halved
- 2 kiwis, sliced
- honey, to taste

**DIRECTIONS**
Add all of the ingredients to the Performance Blender. Blend until creamy.

WATERMELON REFRESH

**INGREDIENTS**
- 2 cups watermelon chunks
- 1 frozen banana, cut into 2” pieces
- 1 cup chilled water
- honey, to taste

**DIRECTIONS**
Blend all ingredients until smooth.
TROPICAL AVOCADO SMOOTHIE

**INGREDIENTS**
- ½ avocado
- 1 ½ cups pineapple juice
- 2 bananas, halved
- ½ cup frozen mango chunks

**DIRECTIONS**
Add the ingredients to the Performance Blender and blend on medium speed.

BANANA GINGER SMOOTHIE

**INGREDIENTS**
- 2 frozen bananas, cut into 2” pieces
- 2 cups milk
- 1 tsp freshly grated ginger
- ½ cup vanilla yogurt
- brown sugar, to taste

**DIRECTIONS**
Blend all ingredients on high until thick and creamy.

CHERRY SMOOTHIE

**INGREDIENTS**
- 1 cup frozen cherries
- 1 ½ cups coconut milk
- ½ cup vanilla yogurt
- honey, to taste

**DIRECTIONS**
Add all of the ingredients to the Performance Blender. Process until creamy.

PEANUT BUTTER AND JELLY SHAKE

**INGREDIENTS**
- 2 bananas, halved
- 10 frozen strawberries
- 2 cups milk
- 2 tbsp peanut butter

**DIRECTIONS**
Blend all ingredients on high speed until desired consistency is reached.

PROTEIN SHAKE

**INGREDIENTS**
- 2 frozen bananas, cut into 2” pieces
- 1 scoop vanilla protein powder
- ½ cup rolled oats
- 2 cups milk
- ¼ tsp cinnamon

**DIRECTIONS**
Fill the Performance Blender with all of the ingredients, making sure to add the frozen banana last. Cover with the Lid and turn the Dial to high. Blend for 1 minute or until smooth.

GREEN GOODNESS SMOOTHIE

**INGREDIENTS**
- ½ cup baby spinach
- ½ cup baby kale
- 1 cup fresh pineapple chunks
- 1 ½ cups apple juice

**DIRECTIONS**
Blend all ingredients on medium until consistency is smooth. Serve cold.
**BANANA, KALE, AND KIWI SMOOTHIE**

**INGREDIENTS**
- 1 frozen banana, cut into 2” pieces
- 2 kiwis, sliced
- ½ cup baby kale
- ½ cup Greek yogurt
- 1 ½ cups milk
- ½ lime, juiced

**DIRECTIONS**
Blend all ingredients on high until desired consistency is reached.

**PEACHES ’N CREAM SHAKE**

**INGREDIENTS**
- 1 cup canned or fresh peaches
- ½ cup vanilla ice cream
- 1 ½ cups milk
- honey, to taste

**DIRECTIONS**
Blend all ingredients on low to medium speed until desired consistency is reached.

**CHOCOLATE PEANUT BUTTER BANANA SHAKE**

**INGREDIENTS**
- 2 frozen bananas, cut into 2” pieces
- 2 tbsp peanut butter
- 4 tbsp cocoa powder
- 2 cups milk

**DIRECTIONS**
Put milk, then cocoa powder and peanut butter, and finally the bananas into the Performance Blender. Blend for about 1 minute. Enjoy!

**COCONUT MOCHA SHAKE**

**INGREDIENTS**
- 1 cup cold brew coffee concentrate
- 1 cup coconut milk
- 2 frozen bananas, cut into 2” pieces
- 4 tbsp unsweetened cocoa powder

**DIRECTIONS**
Fill the Performance Blender with all of the ingredients, making sure to add the frozen banana last. Cover with the Lid and blend over high speed until smooth.

**APPLE PIE SHAKE**

**INGREDIENTS**
- 2 cups almond milk
- 2 tbsp apple cider vinegar
- 2 tbsp almond butter
- 2 frozen bananas, cut into 2” pieces
- ½ tsp cinnamon
- maple syrup, to taste

**DIRECTIONS**
Fill the Performance Blender with all of the ingredients, adding the frozen banana last. Blend on a high speed until smooth.

**NUTELLA SHAKE**

**INGREDIENTS**
- ½ cup nutella
- 2 cups milk
- ½ cup vanilla frozen yogurt

**DIRECTIONS**
Blend all ingredients on a low speed. Top with a little whipped cream and a drizzle of chocolate.
**CLEAN FROSTY**

**INGREDIENTS**
- 3 frozen bananas, cut into 2” pieces
- 2 cups milk
- 4 tbsp cocoa powder

**DIRECTIONS**

Fill the Pitcher with all ingredients, making sure to put in milk first, then the cocoa powder, and finally the bananas. Blend over a medium high speed until the frosty is smooth. Top with whipped cream and serve.

**PALEO MINT CHOCOLATE SHAKE**

**INGREDIENTS**
- 2 frozen bananas, cut into 2” pieces
- 2 tbsp almond butter
- 4 tbsp cocoa powder
- ½ tsp mint extract
- 1 tsp vanilla extract
- 2 cups almond milk

**DIRECTIONS**

Fill the Performance Blender with all of the ingredients, making sure to add the frozen banana last. Cover with the Lid turn the Dial to high. Blend for 1 minute or until smooth.

**MANGO MARGARITA**

**INGREDIENTS**
- 1 ½ cups frozen mango chunks, thawed
- 1/3 cup tequila
- ¼ cup lime juice
- 2 ½ tbsp agave
- 1 ½ cup ice

**DIRECTIONS**

Blend all ingredients on high speed until the desired consistency is reached. Serve in margarita glasses with salted rims.
TOMATO BASIL BISQUE

**INGREDIENTS**
- 2 (15 oz) cans diced tomatoes
- ½ small onion, halved
- 1 cup chicken or vegetable broth
- 1 tbsp butter
- 1 tbsp flour
- ¼ cup fresh basil
  (or 1 tbsp dried basil)

**DIRECTIONS**
Add all of the ingredients except heavy cream, salt, and pepper into the Performance Blender. Blend until the soup has reached the desired consistency. Pour into a saucepan and heat until soup is simmering. Remove from heat and add heavy cream. Stir to combine and then season with salt and pepper. Pour your freshly made soup into your favorite bowl and garnish with basil.

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BUTTERNUT SQUASH SOUP

**INGREDIENTS**
- 1 small butternut squash, peeled, seeded, and cut into ¾” cubes
- 1 cup chicken stock
- ½ small onion, diced
- 1 tbsp butter
- ½ tsp cinnamon
- pinch of nutmeg
- crumbled Gorgonzola cheese, to garnish
- chopped walnuts, to garnish
- crème fraîche or Greek yogurt, to garnish

**DIRECTIONS**
Melt butter in a large saucepan over medium heat. Add the butternut squash, stirring to coat the squash in butter. Cook for 3 minutes. Add the chicken stock, onion, and spices.

Bring to a boil and then reduce heat to low. Cover and simmer for about 20 minutes or until the squash is tender.

Remove from heat and let cool. Once the mixture is near room temperature, transfer to the Performance Blender and blend on a low speed until smooth. Pour soup into bowls and heat in microwave. Garnish with crème fraîche, Gorgonzola, and walnuts.
THAI PEANUT CURRY

INGREDIENTS

Curry:
¾ cup peanut butter
1 red bell pepper, diced
½ cup water
3 cloves garlic, crushed
2 tbsp low sodium soy sauce
2 tbsp thai red curry paste
salt, to taste

Veggies and Chicken:
3 broccoli crowns (1 large bunch broccoli), washed and cut
6 medium carrots, cut diagonally into ½” thick pieces
2 cloves garlic, crushed
2 lb boneless chicken breast, cut into 1” cubes
1 tbsp coconut oil
salt, to taste

DIRECTIONS

Blend all of the curry ingredients in the Performance Blender until smooth. Fill bottom of a large skillet with ¼ inch of water (if using a smaller pan, fill pan with ½ inch water). Add carrots, garlic, and salt and cook over medium heat. Once carrots are tender, add the broccoli.

Cover and steam until broccoli is cooked but still crunchy. Uncover veggies and set aside. Sauté chicken in coconut oil. Cook chicken through and salt to taste. Add veggies and curry sauce. Stir and bring to a light simmer for 5 minutes and then remove from heat.

Serve warm over rice.
For product support, warranty, and maintenance related questions, please contact StoreBound directly at: 1-800-898-6970 from 7AM - 7PM PST, Monday - Friday, or by email at support@storebound.com.

REPAIRS

DANGER! Risk of electric shock! The Dash Performance Blender is an electrical appliance. Do not attempt to repair the appliance yourself under any circumstances.

Contact Customer Support regarding repairs to the device.

TECHNICAL SPECIFICATIONS

Model PFB001BB
Voltage 120V ~ 60Hz
Power Rating 350 W

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 PROHIBITED 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.