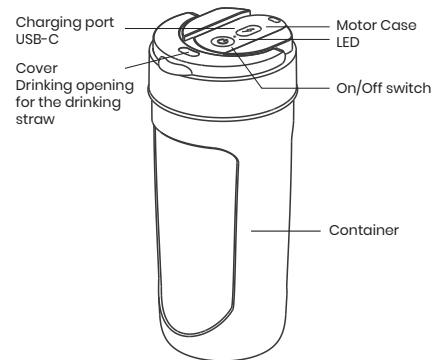


Parts and Description



Technical specifications

Input	5V ~1A
Power	55 W 18.000 U/ min.
Battery Capacity	1.500 mAh - fully charged Battery 10-12 operating intervals (2 batteries installed)
Nominal voltage	7.4V Charge with 5V ~1A
Volume Container	340 ml
Weight	450 g
Size	95 x 80 x 195 mm
Blades	stainless steel 304
Material	Food-safe PC, Housing PP, drinking straw silicone

1

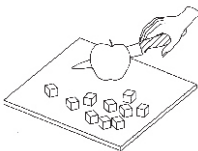
Instructions for Use

Before using the smoothie blender for the first time, clean it and its individual parts with a mild soap solution, rinse it with clean water and let it dry completely. Ensure that the battery is fully charged. This product is equipped with double safety protection. The motor housing alone, without the container screwed on, will not work. When the motor housing is correctly screwed onto the container, the LED will flash red/blue briefly.

Start the rotating blades by pressing the on/off button twice. The blades rotate automatically for 40 seconds, then stop. You can stop the blades at any time by pressing the on/off button again. While the blades are rotating, the LED lights up blue.

Note:

- The built-in battery is only charged to approx. 40% when delivered. Please charge the battery for approx. 4 hours before first use (depending on the charging power used) to maintain/improve the battery life.
- For safety reasons, the mixer will only start if it is correctly screwed onto the container: the upward-pointing arrow mark on the upper edge of the container must be aligned with the nose of the transport handle.
- Wash the fruit or vegetables, peel and core if necessary, and cut into cubes approximately 1 cm in size.



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- Place the chopped fruit or vegetables in the blender, add water or milk and other liquids. The total amount of ingredients and liquids should not exceed the maximum amount of 340 ml (see scale on the container).



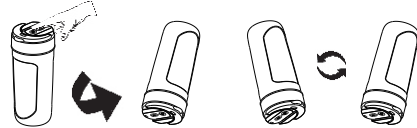
- Place the motor housing on top and screw it to the container as described in detail in note 3. If both parts are correctly connected, no liquid can leak out.



- Hold the smoothie maker in your hand with the container at the top and the motor housing at the bottom. Double-click the on/off button to start the chopping or mixing process. The running time is preset to 40 seconds. Move/shake the smoothie maker during operation to achieve better mixing/crushing. If the blue LED flashes 5 times and the smoothie maker does not start, the motor housing is not properly assembled.

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- You can stop the operation at any time by pressing the on/off button.
- If the blades get stuck during operation, turn the smoothie mixer 180° to loosen any pieces of fruit



- Once the mixing process is complete, please separate the container from the motor housing by turning it counter-clockwise (with the motor housing facing upwards) in order to drink the mixed ingredients directly from the container or to transfer them to another container. Alternatively, you can open the flap on the motor housing and drink directly from the container using the straw provided. The silicone drinking straw can be opened in the middle for cleaning and, after drying, closed again by pressing it together.



- To charge the battery, connect the USB-C connector of the supplied charging cable to the motor housing (to do this, open the silicone cover with the lightning symbol using your fingernail). Do not use any pointed or sharp objects. Connect the USB-A connector to a standard USB charging plug with a USB-A output. The recommended charging power is 5V/1A. The indicator lights up red during charging and blue after charging. The mixer cannot be used while charging.

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Cleaning and maintenance | Operation

- Please do not use steel wool pads, abrasive cleaners, or corrosive liquids (such as gasoline or acetone) to clean the housing/container.
- The motor housing can be wiped with a damp cloth that has been wrung out.
- Do not immerse or soak in water or other liquids to avoid damage to the device.
- The inside of the container and all parts that come into contact with food must be rinsed with water/detergent and dried. Work carefully to avoid cuts (wear protective gloves if necessary).
- When storing, make sure that the device is clean and dry and stored in a dry, ventilated place. Avoid direct sunlight.

- Quick cleaning: fill the container with the correct amount of water and attach the motor housing. Double-click the on/off switch and let the smoothie mixer run for 5 to 10 seconds.

Operation

If the battery voltage falls below 3.7 V, the LED flashes blue for 5 seconds and the device stops working. If the LED flashes red during operation, the battery is empty.

If the fruit gets stuck during operation, the device stops and the LED flashes blue 10 times. In this case, press the on/off button to switch off the smoothie mixer in order to protect the program.

During charging, the LED flashes blue until the battery is fully charged. The LED then changes to a steady blue light until the smoothie mixer is disconnected from the charger.

When the battery is fully charged, the smoothie maker can be operated about 10 times (at the default setting of 40 seconds). After 5 operating cycles, the smoothie mixer must be left to rest for 10 minutes to prevent overheating.

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Safety Instructions

Please read the instructions carefully before using the smoothie maker.

Do not attempt to open the smoothie blender during operation.

The product must not be opened, modified, or repaired improperly. It must be handled with care and protected from shocks and vibrations.

Please clean the product after use with water/detergent, empty the container, and be careful of the sharp blades to avoid cuts (wear protective gloves if necessary).

Disconnect the device from the mains after charging.

Protect from open flames, heaters, or direct sunlight.

The device must not be used by persons with physical, sensory, or mental disabilities, or who lack experience and knowledge in using the device, unless they are supervised by a person responsible for their safety or have been instructed in the use of the device.

Keep the device away from children.

At the end of its service life, dispose of the device in accordance with the standards of your country.

Errors and omissions excepted.

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Errors and solutions

Error	Possible cause	Solution
The device does not start	The device is overheated.	Wait until the device has cooled down.
	The blades become blocked by pieces of fruit	Open the container and carefully remove anything that is blocking the blades.
	The container is not properly screwed on and locked.	Screw the container securely to the motor housing.
LED flashes 10 times blue	The battery is empty, the LED flashes for 5 seconds.	Fully charge the device.
	The blades are not rotating because the pieces of fruit/vegetables are too large.	Cut the fruit/vegetables into smaller cubes.
Fluid leakages	Fruits and/or liquids exceed the specified maximum filling quantity.	Reduce the filled in quantity.
	The silicone seal is not positioned correctly. The flap/drinking straw is not closed correctly.	Insert the silicone seal correctly. Close the flap for the drinking straw completely.
The LED does not flash during charging blue	The USB cable is not properly connected.	Ensure that the connector is correctly plugged in.
	Some brand adapters communicate with the end device. This is useful for smartphones, a.s.o., but in this case it can lead to the device not being recognized.	Use a different charger to charge the product

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Security Alerts

- The motor housing must not be submerged in water!
- Do not place hot ingredients or liquids (>60°C) in the container to avoid cracks in the container and scalding.
- This product contains a built-in rechargeable battery. The motor housing must not be opened to avoid possible damage to the battery or other hazards.
- Do not disassemble the product, pierce it, or attempt to short-circuit it. Keep it away from high heat, fire, or water.
- Never attempt to open the device while it is in operation!
- This product is designed for home use only.
- Each operating interval is set to 40 seconds. Allow at least 3 minutes between operating intervals!
- Never operate the device with an empty container!
- When mixing foamy ingredients, such as bananas, the blender may stop unexpectedly before reaching the 40-second interval.
- After use, immediately clean all parts that come into contact with food with clean water or appropriate cleaning agents. Be careful when cleaning the sharp blades to avoid cuts (wear protective gloves if necessary).
- Do not operate the appliance in environments with high temperatures, strong magnets, flammable and explosive gases (such as natural gas, methane, etc.) to avoid abnormal functioning of the components, fire, and other accidents.

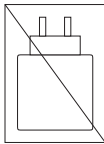
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- Do not wash or disinfect any parts of this product in the dishwasher, microwave oven, sterilizer, or in hot water above 60°C. Do not use any other devices to heat the parts in order to prevent deformation or damage.

- This product has a built-in battery, the following points must be observed:
 - Please store and use this product in an environment of 0-40°C.
 - If you do not use the device for a long time, please charge it every three months to prevent damage.
 - At ambient temperatures below 10°C, the charging speed may be slower; this is a normal phenomenon.
 - Please charge the device in good time when the battery level is low.

Disposal at the end of service life

Please comply with local regulations and dispose of the device at the appropriate recycling stations in accordance with the requirements of your place of residence.



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Mango and banana smoothie with mint

Fruity, fresh, and perfect for summer!

Whether as a light start to the day or a little refreshment in between meals, this mango and banana smoothie brings sunshine to your glass. The sweetness of the banana, the tropical aroma of the mango, and a hint of fresh mint create a pleasant balance of fruitiness and freshness. The recipe takes just a few minutes to prepare, contains no added sugar, and serves up a satisfying 340 ml portion.

Ingredients (for approx. 330-340 ml):

- 80 g ripe mango (fresh, diced)
- 60 g ripe banana
- 100 ml apple juice (naturally cloudy or clear)
- 80 ml water
- 4-5 fresh mint leaves
- Optional: 1 teaspoon agave syrup or honey (to taste).
- Optional: After puréeing, add 2 ice cubes and purée again.

Be sure not to exceed the maximum fill level; adjust the recipe accordingly!

Preparation:

Place the mango, banana, apple juice, water, and mint leaves in a blender. Blend everything on intermittent settings (approx. 40 seconds) until creamy (if necessary, blend for a second time). Taste and add sweetener if desired. Pour into a glass and serve chilled.

Tip:

For extra freshness, blend in a few ice cubes or add them to the glass when serving. Alternatively, you can use frozen mango, but you may need to adjust the quantity to make the smoothie even creamier.

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Berry and apple smoothie

Fruity, refreshing, and simply healthy

Sometimes you don't need many ingredients to conjure up something really delicious. This berry and apple smoothie is a real classic: pure, natural, and packed with vitamins. The combination of sweet and sour apple and fresh berries makes for a refreshing drink—ideal for starting the day or as a light snack between meals.

Ingredients (for approx. 330-340 ml):

- 100 g (fresh or thawed) | 60 g (frozen) mixed berries (e.g. raspberries, blueberries, strawberries)
- 1 small apple (approx. 100 g, e.g. Elstar, Braeburn, or Jonagold)
- 100 ml cold water or unsweetened apple juice
- Optional: 1 tsp lemon juice
- Optional: 1 tsp honey or agave syrup (depending on desired sweetness).
- Optional: After puréeing, add 2 ice cubes and purée again.

Be sure not to exceed the maximum filling level; adjust the recipe accordingly! Cut the harder fruits into smaller cubes and add them first!

Preparation:

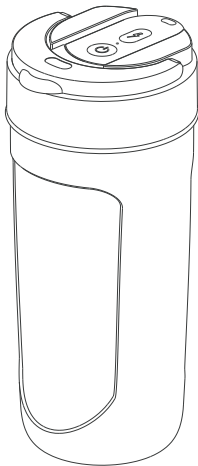
Wash, core, and dice the apple (the peel can remain on). Place all ingredients in a blender. Purée everything on an interval setting (approx. 40 seconds) until creamy (if necessary, start a second interval). If desired, strain the smoothie through a sieve—especially if using raspberries. Serve chilled or enjoy immediately.

Tip:

For an extra burst of freshness, add a few mint leaves or some lemon balm. For a creamier consistency, add 1-2 tablespoons of plain yogurt or plant-based yogurt, keeping in mind the total filling quantity.

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N-m 690 SMOOTHIE Blender Operating instructions



Please read these instructions carefully before using the product. Keep them in a safe place and pass them on when transferring ownership of the product.

Nestler-matho GmbH hereby declares that the device complies with Directive 2014/30/EU. The full text of the EU Declaration of Conformity is available at the following Internet address: www.nestler-matho.de