



2200W
NUTRIMAX

INSTRUCTIONS & RECIPE BOOK



SOUPS



SMOOTHIES



SAUCES

PRE-SET & MANUAL PROGRAMS | **2200W MOTOR** | 2L BPA-FREE JAR

VERIMARK

Please read before first use. Retain for future reference.

Getting to Know Your Genesis Nutrimax Blender

Congratulations on the purchase of your new Genesis Nutrimax Blender.

The Genesis Mighty Blender is the ideal multipurpose blender to suit all your needs.

Before First Use

Before using the Genesis Nutrimax Blender for the first time, it is important that you read and follow the instructions in the manual, even if you are familiar with this type of appliance.

Your attention is drawn in particular to the section dealing with **Important Safeguards**. Find a safe and convenient place to keep this booklet handy for future reference. This appliance has been designed to operate from a standard domestic power outlet. It is not intended for industrial or commercial use. Carefully unpack the Genesis Nutrimax Blender.

Important Safeguards

When using electrical appliances, in order to reduce the risk of fire, electric shock and/or injury, these basic safety precautions should always be followed:

For your safety

Read all instructions carefully, even if you are familiar with the appliance.

- Ensure that the voltage of your electricity supply is the same as that indicated on the rating label on appliance (220-240V). Remove the jug and tamper stick and wash in warm soapy water. Dry thoroughly and replace. Wipe over the exterior of the motor base with a damp sponge or cloth. Do not use abrasive cleaners.
- To protect against the risk of electric shock, do not immerse the plug, power cord or motor base in water or any other liquid.
- This appliance is not intended for use by young children or infirm persons unless they are adequately supervised by a responsible person to ensure that they can use the appliance safely.
- Children should be supervised to ensure that they do not play with the appliance.
- Switch off the power outlet and remove the plug before cleaning or when not in use. To unplug, grasp the plug and pull from the power outlets. Never pull the power cord. Never carry the appliance by the power cord.
- Do not operate any appliance with a damaged power cord or plug, if the appliance malfunctions or if it is dropped or damaged in any manner.
- Do not allow the power cord to hang over the edge of a table or counter or touch hot surfaces.
- Do not operate or place any part of the appliance on or near any hot surfaces (such as hot gas burners, electric stoves or in a heated oven).
- Do not use this appliance for anything other than its intended use. This product is intended for household use only.
- This appliance is intended to be plugged in a standard domestic power outlet only.
- Do not attempt to repair, disassemble, or modify the appliance. There are no user-serviceable parts.
- Do not use outdoors.
- Operate on a dry level surface. Sinks, drainboards or uneven surfaces must be avoided.

- The use of attachments or accessories not recommended or sold by the manufacturer can cause fire, electric shock or injury.
- Never insert utensils into the appliance when the appliance is running.
- Allow to cool before cleaning.
- Do not use with an extension power cord.
- Store the unit indoors in a dry location.
- Do not operate under or near flammable materials such as curtains, drapes or any other combustible materials.
- Do not touch any moving parts.
- Do not operate the appliance when empty.
- Do not operate any appliance with a damaged power cord or plug after the appliance malfunctions, or is dropped or damaged in any manner.
- Never let the blender operate unattended.
- Make sure all parts are correctly mounted before you switch on the appliance.
- Do not remove accessories from the motor base when the blender is working.
- Do not exceed the quantities and proceeding times indicated in the instruction manual.
- Unplug the blender immediately after use.
- Extreme caution is necessary when moving any appliance containing hot liquids.
- Wait until the appliance has been switched off before moving the blender.
- This blender is not intended for use in microwave ovens. Do not place the motor base or any accessories in the microwave as this may result in damage to the appliance.
- 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 have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.

Warning

- If the supply power cord is damaged, the power cord must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.
- This product has not been designed for any uses other than those specified in the booklet.
- Do not remove the motor body lid while blender is on.

Caution – blades are sharp, handle carefully. Avoid contacting moving parts. Keep hands, spatulas and other utensils away from blades during operation to reduce risk of injury to persons and/ or damage to the blender.

Warning – Injury Hazard:

Unplug the blender and ensure the blade has stopped completely before moving the cup or touching the blades. Failure to do so can result in broken bones, cuts or bruises.

Care and Cleaning

Caution: Always ensure the product is unplugged from the electrical outlet before relocating, assembling, disassembling or cleaning and wait until it has cooled down sufficiently before cleaning. This product contains no user serviceable parts. Refer service to qualified service personnel.

NOTE: This unit is not dishwasher safe.

1. Fill jug with warm water.
2. Add a drop of dishwashing detergent.
3. Place the lid on securely.
4. Hold the pulse/ clean button to clean.
5. Rinse the unit in warm water to remove any excess soap scum.
6. Dry thoroughly before using again.

CAUTION: Handle the blade carefully.

1. Do not immerse the motor base in liquid to prevent the risk of electric shock.
2. Do not use harsh or abrasive cleansers on any part of the appliance.
3. Do not use scouring pads, abrasive cleaning agents or aggressive liquids such as petrol, alcohol, or acetone to clean the appliance.
4. Do not touch the blades, they are extremely SHARP and may cause injury. Do not attempt to remove blades from the Blade subassembly for cleaning.

Specifications

Power Supply: 220-240V ~ 50/60 Hz

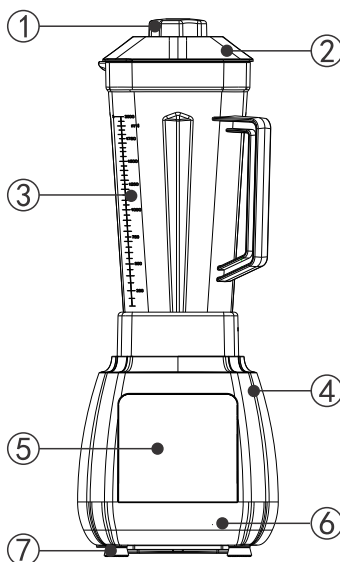
Horsepower: 3Hp

Power Consumption: 2200W

Rated Capacity: 2 litres

Major Component Name:

1. Steam Cover
2. Jug Lid
3. BPA Free Jug
4. Motor Base – Top Shell
5. Control Panel
6. Motor Base – Bottom Shell
7. Anti-slip feet



Note: As a result of continual improvements, the design and specifications of the product within may differ slightly to the unit illustrated from the packaging.

Function Introduction:

Bisque

In standby state select this function to heat contents up.

Press power button to start.

Max Running time: 180 seconds.

Smoothie

In standby state select this function for smooth drinks.

Press power button to start.

Max running time: 20 sec.

Ice Cream

In standby state select this function for frozen items.

Press power button to start.

Repeat until desired consistency is reached.

Max running time: 18 sec.

Grind

In standby state select this function for grinding nuts, herbs, coffee etc.

Press power button to start.

Max running time: 40 sec.

Sauce

In standby state select this function any sauces.

Press power button to start.

Max running time: 20 sec.

Speed

In standby state select this function to choose the desired speed.

Every time you press this button, the speed will increase.

Available speeds: 1 - 9

Press power button to start.

Timing

In standby state select this function to choose the desired time.

Every time you press this button, the speed will increase by 10 seconds.

Once the time has been selected, press the speed function to choose your desired speed.

Press power button to start.

Pulse/ Clean

In standby state hold down this function to activate.

Maximum running time: 30 sec.



This appliance is guaranteed to be free from material or manufacturing defects for a period of 2 years and 5 years on the motor for normal household use from date of purchase. In case a manufacturing or material defect occurs, we will gladly repair the item free of charge, provided the item is returned with the corresponding proof of purchase.

The guarantee will be void if;

- The defect in the machine was caused by inappropriate use, over-loading or used in any way other than the appropriate operation methods described in this manual.
- If there has been any technical interference, modification or service done by an unauthorized service person.
- If the item has been opened by the customer.
- If the item has been dropped.
- If no proof of purchase can be produced at the time of the claim.

REFUNDS**No refunds will be granted on this machine;**

- After 15 days from purchase date.
- If no proof of purchase can be produced.
- If the machine is not in its original condition.
- If the machine is not returned complete with all the parts as sold.
- If the machine has not been used in accordance with this manual.
- If the machine is not returned with the original packaging.
- If the machine is scratched or damaged by the customer in any way.
- If consumables were used by the customer and there is no reasonable proof that a manufacturing or material defect in the machine, the customer should pay for the used consumables.

SERVICING OR REPAIRS

If the product malfunctions or is damaged, all inspections and repairs must be carried out by a qualified electrician or technician.

Blend yourself healthy RECIPE GUIDE

Compiled by a:
*Nutritional specialist,
Doctor & Homeopath*



SAUCES



SOUPS



SMOOTHIES

Tips and Tricks to Blend Better

1. Add the food in small batches – this will ensure that your ingredients are uniformly pureed and keep the blender from overflowing.
2. Chill the ingredients – for smoothies and cocktails – that way your drinks stay cold longer. It also creates a smoother texture.
3. Cut pieces of fruit and vegetables – make sure that the pieces are small and the same sizes. This results in a better consistency.
4. Place equal parts liquid and solid foods when pureeing soups – this will help the texture remain consistent from one batch to the next.
5. For the best texture – let hot liquids cool slightly before adding them to the blender.
6. Adding ice – always add this last so that the weight pushes the ingredients down.

Smoothies

Perfect for breakfast or an afternoon pick me up, pre workout or post workout, the recipes are endless!

Cocktails

Throw the easiest party with these quick drinks. Your guests will keep coming back for more!

Soups

The Genesis is so powerful you can heat your soups up without touching the stove!

Sauces

Meals always taste better when paired with a sauce. Genesis is your secret weapon when it comes to impressing your guests.

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Bump up the Goodness with a NutriBoost

A NutriBoost is a nutrition extracted drink which is made up of blended raw fruit and / or vegetables along with other ingredients such as water, ice, dairy products or sweeteners.

A NutriBoost can be an easy way to nourish your body with essential nutrients in the shortest time possible.

Making your own NutriBoosts can help prevent fruit from going to waste, while providing benefits that will keep you on the right track towards good health.

How to make the perfect NutriBoost

General guidelines for making good, healthy NutriBoost:

·A NutriBoost will only be as good as the ingredients you put in – as much as possible, use fresh and organic ingredients. This will improve the taste, increase the nutrients, and limit the amount of pesticides and other unwanted ingredients.

·If you have enough time, you can pre-prepare the ingredients for future use by chopping fruit and vegetables and freezing it in small bags. Use in NutriBoosts when needed, and leave out the ice.

·It is easy for a NutriBoost to become a sugar and fat laden disaster. Choose ingredients carefully, and use low fat or fat free daily products. Go easy on extra sweeteners, and read the labels on other ingredients (like protein powder) carefully to avoid excess sugar and fat.

·If you add sweeteners, use low GI and natural sweetening agents, such as honey, stevia, xylitol, real maple syrup or agave syrup, or ingredients like dates. Stay clear of artificial sweeteners and white sugar.

·When choosing a protein powder, make sure you get a pure protein powder. Many brands are loaded up with sugar, colourants, flavourants and preservatives.

·Change up the fruit, vegetables, seeds, nuts and other ingredients you choose to get the benefits of many nutrients.

·If you don't want to use green vegetables in a NutriBoost, you can replace it with any good quality green vegetable powder, available from pharmacies and health shops.

·Have fun with your NutriBoosts – add new ingredients, play around – the possibilities are endless!

Mood Improvement NutriBoosts

Good Morning Breakfast NutriBoost

A good breakfast will form the foundation for a good mood throughout the day.

1/2 cup oats
1 scoop protein powder
1 cup milk
10 almonds
1/4 teaspoon vanilla extract
1/2 cup ice – optional

Blend together, put into a bowl and eat with a spoon. Alternatively, add more milk and drink.

Pick-me-up NutriBoost

1/4 cup raw cashew nuts
1 tablespoon of chia seeds
1 frozen banana
1/2 cup plain yoghurt
1/2 cup milk
3 dates (pits removed)

Blend together and drink immediately.

Feel Better NutriBoost

1/2 cup spinach
1/2 cup broccoli
1/2 cup frozen pineapple or banana
5 mint leaves
*1 cup grape juice **
Honey, stevia, agave or xylitol to taste
1/2 cup ice (optional)

Blend until smooth and enjoy.

* Grape juice can be replaced by water or rooibos tea and fresh grapes can be added. For an extra bit of energy, replace grape juice with green tea.

Weight Loss NutriBoosts

Overnight Breakfast NutriBoost

Breakfast is the most important meal of the day – and so often skipped or eaten on-the-go from your local garage or deli. But nothing beats a homemade breakfast for nutritional value and healthy ingredients. This NutriBoost can be made the night before and you can just grab it on your way out the door.

- 1 crisp red apple*
- 1 cup coconut water*
- ¼ teaspoon cinnamon*
- 6 almonds*
- ½ teaspoon vanilla extract*
- 1 scoop protein powder*
- 1 tablespoon ground flax seeds*
- 1 tablespoon chia seeds*
- ¼ cup ice (optional)*

Blend all ingredients together for about 20 seconds.

If you are going to drink it immediately, add the ice. Alternatively, leave out the ice, let it chill in the fridge overnight and grab it on your way out the door.

Metabolism Boosting Flat Belly NutriBoost

The fiber, enzymes and nutrients in this NutriBoost will keep you bloat-free, while the chili, ginger and green tea will boost your metabolism.

- ½ cup low fat / fat free yoghurt*
- ½ cup broccoli*
- ½ cup spinach or kale*
- 1 cup green tea or coconut water*
- ½ cup frozen blueberries or strawberries*
- ½ cup frozen pineapple*
- 1 small chili (optional)*
- 2cm fresh ginger*
- 1 tablespoon almond or other nut butter*

Blend together and enjoy!

Weight Loss NutriBoosts

Protein Weight Loss NutriBoost

One of the keys to healthy weight loss is to ensure that you take in more protein. This NutriBoost combines protein powder and cottage cheese to ramp up your protein intake.

- 1 scoop protein powder
- ½ cup low fat / fat free chunky cottage cheese
- ½ banana
- 1 tablespoon unsweetened peanut butter
- ½ teaspoon cinnamon
- ½ cup fat free milk
- ½ cup ice (optional)

Blend together and enjoy as a protein-rich meal replacement shake.



**Protein
Weight Loss
NutriBoost**

Detox NutriBoosts

Choose-your-own-green-adventure NutriBoost

Green vegetables are considered a super ingredient when it comes to detox. Choose one ingredient from each category to make your own power detox NutriBoost.

Ingredient	Components and amount
1 cup of liquid	Milk, almond or other nut milk, coconut water, rice milk, soya milk, hemp milk, water
1-2 cups of fresh fruit or vegetables (if you don't want to add ice, use frozen fruit)	Bananas, mango, melon, pineapple, berries, apple, cherries, pear, kiwi, watermelon, grapes, beetroot, carrots or other fruits and vegetables of your choice
1 tablespoon of a super detox ingredient	Dandelion leaves* Spirulina Chlorella
Supercharge your smoothie with as many of these as you want	½ cup plain yoghurt 2 tablespoons cottage cheese 1 scoop protein powder (whey, vegan or other) 1-2 tablespoons of nut butter 1-2 tablespoons of seeds – chia seeds, ground flax seeds, hemp seeds 2 tablespoons of avocado 1 tablespoon flax seed oil, coconut oil, hemp oil 1 tablespoon bee pollen (NOTE: Do not use if you are allergic to bees)
1-2 cups of green vegetables	Spinach, kale, swiss chard, mixed baby greens, beet greens, celery, cucumber, broccoli, lettuce, or other green vegetables
1-2 teaspoons for flavor – optional	Cocoa powder, cinnamon, ginger, lemon juice / rind, vanilla extract
Sweetening agent – optional	Honey, stevia, xylitol, raw agave, dates to taste
Ice – optional	Ice can be added for an iced smoothie. Alternatively, freeze the fruit before adding in

*Dandelion leaves improve the liver's ability to clear toxins. If none are available, make a dandelion tea and replace the cup of liquid with dandelion tea.

Put all of your chosen ingredients in a blender, blend until smooth and enjoy!

Detox NutriBoosts

Lean Green Citrus Machine NutriBoost

½ small lemon – peeled
½ orange – peeled
2cm piece of ginger
½ small cucumber
4 ribs of celery
4-6 leaves of spinach / kale

Blend together the orange, lemon and ginger.

Add remaining ingredients and blend until smooth.

Smoother Digestion NutriBoost

The papain, bromelain, ginger and mint in this NutriBoost will aid digestion – an important factor in the elimination of toxins.

1 cup chopped, peeled and seeded papaya
½ cup pineapple
2cm peeled ginger root
½ cup plain low fat yoghurt
Juice of ½ a lemon
1 tablespoon of fresh mint leaves
1 teaspoon of honey – optional

Blend all ingredients until smooth.
If it is too thick, add water until the desired consistency is met.



Hormone Balance NutriBoosts

Happy Hormone NutriBoost

The ingredients in this NutriBoost supports hormone balance to help you through your menstrual cycle.

1 ripe avocado
1 tablespoon of walnuts
½ cup soy milk
1-2 teaspoons of raw cocoa powder
1 square of dark chocolate
1 tablespoon of seeds – flax, pumpkin, sunflower and sesame seeds

Blend together. Add more liquid if needed and enjoy!

Sweet Potato NutriBoost

¾ cup plain low fat yoghurt
½ cup tofu or edamame beans (stem beans) (shelled, lightly steamed and cooled)
½ cup steamed sweet potato (cooled)
1 tablespoon of toasted pumpkin seeds
¼ teaspoon cinnamon
¼ teaspoon turmeric
Milk / water as needed to get to desired consistency

Blend well. Add milk / water to get desired consistency and enjoy.

Menopause NutriBoost

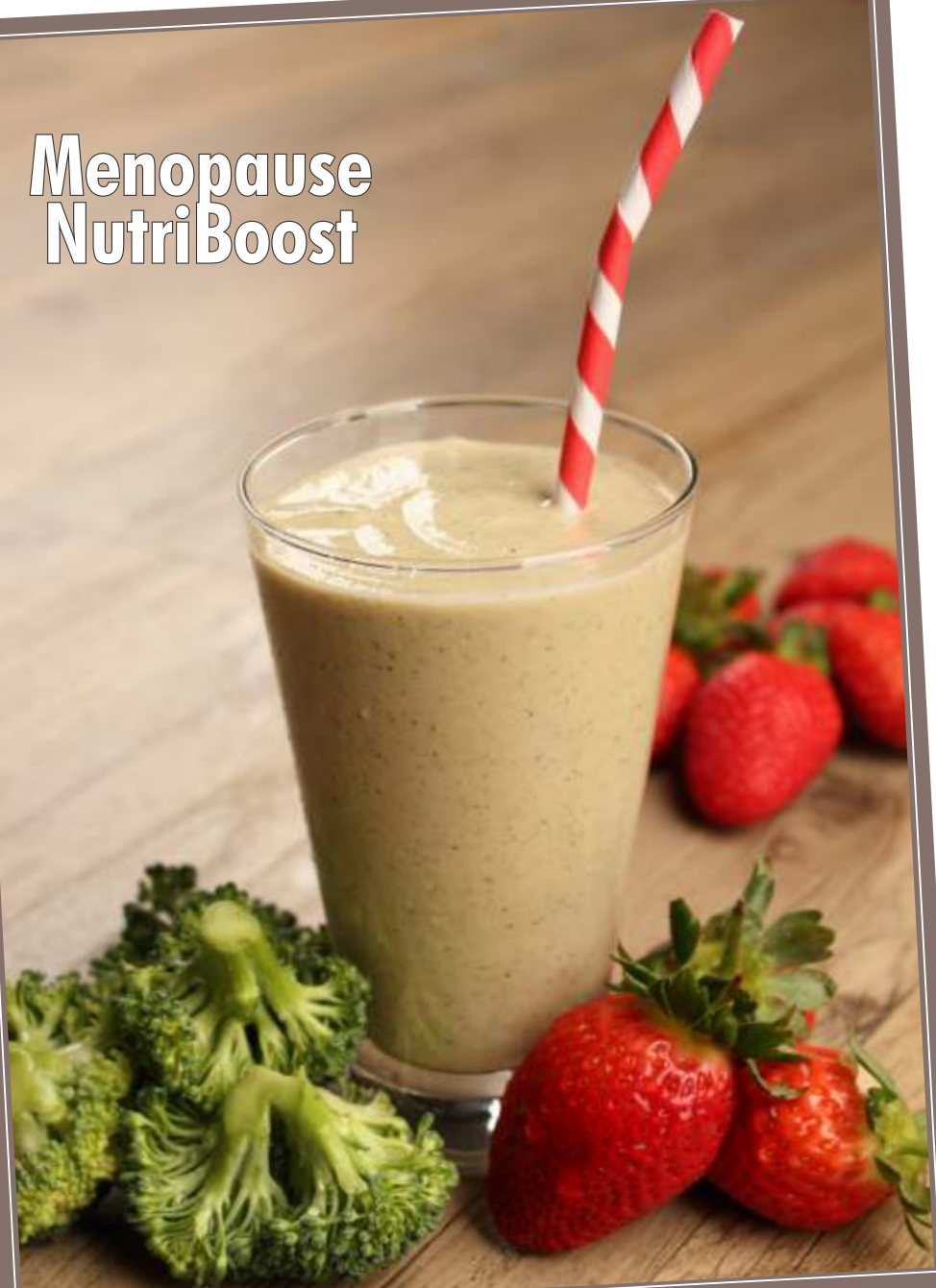
This NutriBoost provides essential calcium, cancer-preventing broccoli, and maca powder. Maca powder has been proven to ease menopausal symptoms, including hot flashes, fatigue and mood swings.

4 raw broccoli florets
6 strawberries
1 banana
½ cup plain low fat yoghurt
¼ teaspoon vanilla extract
1 tablespoon peanut butter
1 tablespoon maca powder

Blend together and enjoy!

Hormone Balance NutriBoosts

Menopause NutriBoost



Diabetes NutriBoosts

These NutriBoosts are designed to stabilize blood sugar – for diabetics, insulin resistance and anyone who struggles with blood sugar fluctuations:

The secret is to use fruit and other ingredients that have slow-release energy. These NutriBoosts combine ingredients with both a low to medium glycemic index (GI) and a low glycemic load (GL).

Apple, Date and Cinnamon NutriBoost

- 1 tablespoon of nuts (walnuts, almonds, pecans, cashews, macadamia and other tree nuts)*
- 1 cup frozen mixed berries – strawberries, blueberries, raspberries, cherries
- 1 cup almond / soya milk
- 1 sprig of mint

*The nuts can also be replaced by a tablespoon of almond / walnut / macadamia or other nut butter (except peanut butter).

Blend together and enjoy.

Power NutriBoost

This NutriBoost is rich in nutrients, protein and low-GI carbohydrates to fill you up and stabilize your blood sugar.

- 1 cup of strawberries, blueberries or grapes
- $\frac{1}{4}$ cup oats
- $\frac{1}{4}$ cup spinach or broccoli
- 10 walnuts
- 1 cup low fat milk or almond milk
- 1 scoop whey protein powder

Blend together until smooth, and drink immediately.

Nut and Berry NutriBoost

- 1 tablespoon of nuts (walnuts, almonds, pecans, cashews, macadamia and other tree nuts)*
- 1 cup frozen mixed berries – strawberries, blueberries, raspberries, cherries
- 1 cup almond / soya milk
- 1 sprig of mint

*The nuts can also be replaced by a tablespoon of almond / walnut / macadamia or other nut butter (except peanut butter)

Blend together and enjoy.

Energy Boosting NutriBoosts

Breakfast Bowl Energy NutriBoost

Energy that lasts all day starts with a good breakfast. You can put this NutriBoost into a bowl and eat it with a spoon, or add some extra milk and drink it on the go.

1 cup almond milk (almond milk gives the NutriBoost a delicious nutty flavor, but can be substituted for any milk you prefer)

½ banana (fresh or frozen)

1 cup mixed berries (fresh or frozen)

¼ cup low fat plain yoghurt / chunky cottage cheese / tofu

1 tablespoon pumpkin seeds

2 tablespoons oats

Add all the ingredients to the blender and blend until smooth.

Green Tea NutriBoost

The green tea can be prepared in advance and kept in the fridge for up to 3 days. Just add the other ingredients and blend for a refreshing and energizing mid-morning or mid-afternoon tea-time NutriBoost.

½ cup of chilled green tea

½ cup almond milk or coconut water

1 teaspoon cinnamon OR ½ tablespoon fresh mint leaves

1-2 teaspoons honey, agave syrup, xylitol or stevia (to taste)

½ cup of ice

Blend together and enjoy.

If you want a more filling NutriBoost, add either ½ a banana or a ½ cup of papaya.

Brain Booster NutriBoost

1 x cup blueberries

1 x tablespoon of dark chocolate

½ banana

1 tablespoon of flax seeds

1 cup almond or other milk

Blend together until smooth and drink immediately.

Sleeplessness NutriBoosts

Goodnight NutriBoost

10-12 almonds and / or walnuts
1 cup of milk or almond milk
¼ teaspoon vanilla extract
½ teaspoon cinnamon
3-4 dates
A pinch of turmeric, cumin and nutmeg

Blend all the ingredients together. Transfer to a small saucepan and heat until warm, not hot. Drink 30 minutes before bed.

Super Sleep Calcium Magnesium NutriBoost

This NutriBoost relies on magnesium and calcium to promote better and longer sleep. If you can't find magnesium powder, you can drink the NutriBoost and take between 200-500mg of magnesium as a separate tablet or capsule.

1 scoop magnesium powder
½ cup low fat plain yoghurt
½ banana
1 fig (fresh or dried) (optional)
Honey (optional)

Blend all ingredients together. Drink about 15 minutes before bed, together with magnesium supplement (if no powder was included in the NutriBoost).

Sleepy Tea

1 cup of Valerian or Chamomile tea
¼ teaspoon fresh mint
2cm ginger root
Honey, xylitol or agave syrup to taste

Place mint and ginger into blender and chop coarsely. Make a large cup of tea, add the mint and ginger to the warm tea, and sweeten to taste. Let it stand for 3 minutes, and then strain. Drink just before going to bed.





Manufactured for and distributed by:
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