

## Lifelong LLHF21

# Lifelong LLHF21 HealthyFry Air Fryer Instruction Manual

Model: LLHF21

## 1. INTRODUCTION

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This manual provides essential information for the safe and efficient operation of your Lifelong LLHF21 HealthyFry Air Fryer. Please read all instructions carefully before first use and retain this manual for future reference.

The Lifelong LLHF21 HealthyFry Air Fryer is designed to cook a variety of foods using hot air circulation, offering a healthier alternative to traditional frying methods with little to no oil. It features a 2.5-liter cooking pan capacity, adjustable temperature control, and a timer function.

## 2. IMPORTANT SAFETY INSTRUCTIONS

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**Always follow basic safety precautions when using electrical appliances to reduce the risk of fire, electric shock, and injury.**

- Read all instructions before operating the appliance.
- Do not touch hot surfaces. Use handles or knobs.
- To protect against electric shock, do not immerse cord, plugs, or the appliance body in water or other liquid.
- Close supervision is necessary when any appliance is used by or near children.
- Unplug from outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts.
- Do not operate any appliance with a damaged cord or plug, or after the appliance malfunctions or has been damaged in any manner. Contact customer support for assistance.
- The use of accessory attachments not recommended by the appliance manufacturer may cause injuries.
- Do not use outdoors.
- Do not let cord hang over edge of table or counter, or touch hot surfaces.
- Do not place on or near a hot gas or electric burner, or in a heated oven.
- Extreme caution must be used when moving an appliance containing hot oil or other hot liquids.
- Always attach plug to appliance first, then plug cord into the wall outlet. To disconnect, turn any control to "off", then remove plug from wall outlet.

- Do not use appliance for other than intended use.
- Ensure the appliance is placed on a stable, heat-resistant surface.
- Do not block any ventilation openings.

### 3. PRODUCT OVERVIEW

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The Lifelong LLHF21 HealthyFry Air Fryer is designed for ease of use and efficient cooking. Familiarize yourself with its components:

- **Main Unit:** Houses the heating element and fan.
- **Control Panel:** Features a timer knob and a temperature control knob.
- **Removable Pan:** The outer container that holds the food basket.
- **Food Basket:** Non-stick basket where food is placed for cooking. It fits inside the removable pan.
- **Handle:** For safely pulling out the pan and basket assembly.



*Image: The Lifelong LLHF21 HealthyFry Air Fryer, showcasing its main unit, handle, and food basket filled with fries, alongside plates of various air-fried dishes.*

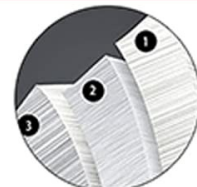
## CAN JUST MAKE EVERYTHING



Non-Stick Basket



Dishwasher Safe



1. Anti-Rust Layer  
2. Substrate Layer



Shrimp

Hamburger

Brownies

Chicken

*Image: A detailed view of the air fryer's internal components, including the non-stick basket and the pan, highlighting their design for easy food placement and removal.*

## 4. SETUP AND FIRST USE

1. **Unpack:** Carefully remove the air fryer and all its components from the packaging.
2. **Clean:** Before first use, clean the food basket and removable pan with warm soapy water. Wipe the exterior of the appliance with a damp cloth. Ensure all parts are completely dry before assembly.
3. **Placement:** Place the air fryer on a stable, heat-resistant, and level surface. Ensure there is adequate space (at least 10 cm) around the appliance for proper air circulation. Do not place it directly against a wall or under cabinets.
4. **Power Connection:** Plug the power cord into a grounded wall outlet.
5. **Pre-heating (Optional):** For best results, pre-heat the air fryer for 3-5 minutes at the desired cooking temperature before adding food.

## 5. OPERATING INSTRUCTIONS

Operating your Lifelong LLHF21 HealthyFry Air Fryer is straightforward:



1. **Prepare Food:** Place the food you wish to cook into the non-stick food basket. Do not overfill the basket to allow for proper air circulation.
2. **Insert Basket:** Slide the food basket and pan assembly back into the main unit until it clicks securely into place.
3. **Set Temperature:** Rotate the temperature control knob to select the desired cooking temperature (range: 180°C to 200°C).
4. **Set Timer:** Rotate the timer knob to set the required cooking time (up to 30 minutes). The air fryer will begin heating automatically.
5. **Monitor Cooking:** During cooking, you may pull out the pan to shake or turn food for even cooking. The air fryer will pause when the pan is removed and resume when it's reinserted.
6. **Completion:** The timer will ring when the set cooking time has elapsed, and the air fryer will automatically shut off.
7. **Remove Food:** Carefully pull out the pan using the handle. Place it on a heat-resistant surface. Use tongs to remove the cooked food from the basket.
8. **Cool Down:** Allow the appliance to cool down completely before cleaning or storing.



Image: Visual guide illustrating the simple four-step process for using the air fryer: placing food, setting controls, removing the pan, and serving the meal.

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Fry with 90% LESS FAT



Grill



Toast



Reheat



Roast



Warm



Air-fry



Dehydrate



Bake

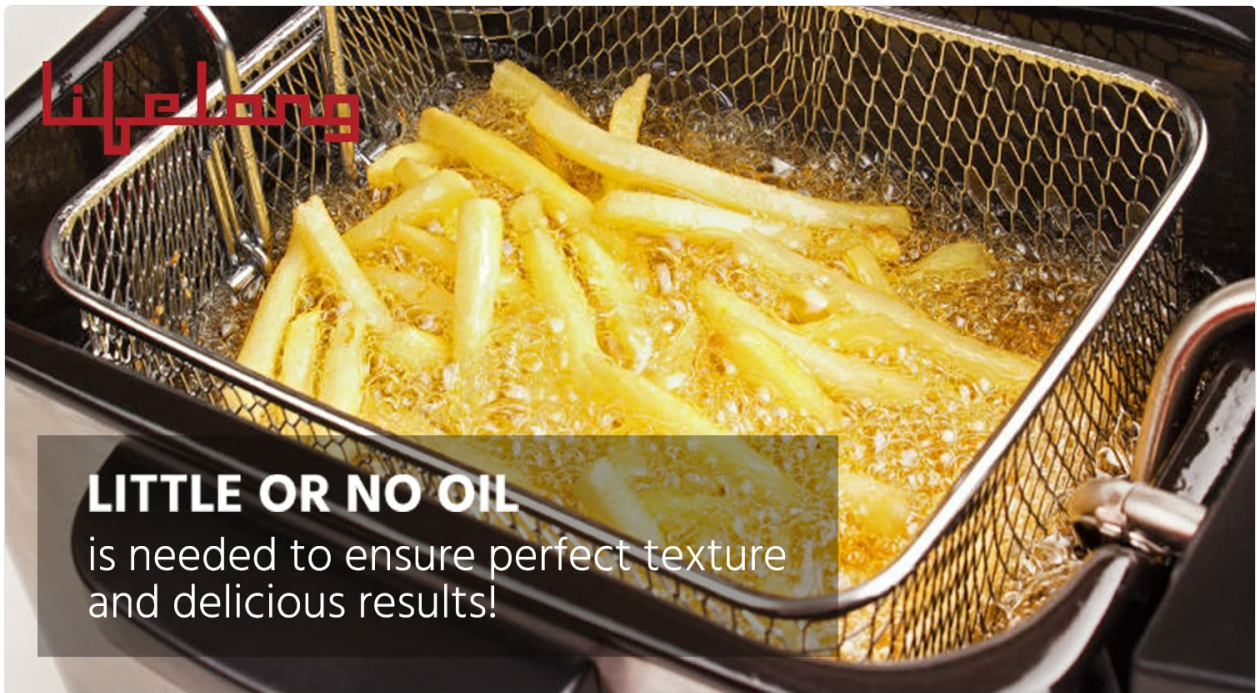
*Image: A detailed view of the air fryer's control panel, highlighting the timer knob (top) and temperature control knob (bottom) for precise cooking adjustments.*

## 6. COOKING TIPS AND VERSATILITY

The Lifelong LLHF21 HealthyFry Air Fryer is versatile and can prepare a wide range of dishes:

- **Healthier Cooking:** Achieve crispy results with significantly less oil compared to deep frying. The air fryer extracts excess fat from food, contributing to healthier meals.
- **Faster Cooking:** With 1200W of power, the air fryer heats up quickly (2-3 minutes) and cooks food faster than a conventional oven.
- **Even Cooking:** The 360° hot air circulation system ensures food is cooked evenly and thoroughly.
- **Diverse Recipes:** Beyond chips, you can prepare casseroles, cakes, curries, chicken breasts, sausages, and various desserts.





*Image: The air fryer positioned alongside a grid of cooking methods including grill, toast, reheat, roast, warm, air-fry, dehydrate, and bake, highlighting its ability to fry with 90% less fat.*

**Lifelong**



**Easy to clean**



**2.5 L**



**Non stick tray**



**30 mins  
time control**

**1 YEAR WARRANTY**

*Image: A visual comparison between traditional deep frying and air frying, emphasizing that the air fryer requires little to no oil for perfect texture and delicious results.*



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## 360° Hot Air Circulation



*Image: An illustrative diagram demonstrating the 360-degree hot air circulation system within the air fryer, which ensures food is cooked thoroughly and evenly.*

### 7. MAINTENANCE AND CLEANING

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Proper maintenance ensures the longevity and optimal performance of your air fryer:

- **Unplug and Cool:** Always unplug the air fryer from the power outlet and allow it to cool down completely before cleaning.
- **Clean Pan and Basket:** The removable pan and non-stick food basket should be cleaned after each use. Wash them with warm soapy water and a non-abrasive sponge. Rinse thoroughly and dry completely.  
*Note: The appliance is not dishwasher safe.*
- **Clean Exterior:** Wipe the exterior of the air fryer with a damp cloth. Do not use harsh abrasive cleaners or scouring pads.
- **Clean Interior:** If necessary, wipe the interior of the appliance with a damp cloth. Avoid getting water into the electrical components.
- **Storage:** Store the air fryer in a dry, cool place when not in use. Ensure all parts are clean and dry before storage.
- **General Care:** Handle the appliance with care to prevent damage.



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29 cm



28.5 cm

Image: The air fryer displayed with key features highlighted: easy cleaning, non-stick tray, 2.5 L capacity, and a 30-minute time control.

## 8. TROUBLESHOOTING

If you encounter issues with your air fryer, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Air fryer does not turn on.	Not plugged in; power outlet malfunction; timer not set.	Ensure the power cord is securely plugged into a working outlet. Set the timer to the desired cooking duration.
Food is not cooked evenly.	Basket is overfilled; food not shaken/turned.	Do not overfill the basket. Shake or turn food halfway through cooking for optimal results.
Food is not crispy.	Too much moisture; insufficient cooking time/temperature.	Pat food dry before air frying. Increase cooking time or temperature slightly. A light coating of oil can also help.

Problem	Possible Cause	Solution
White smoke coming from the appliance.	Grease residue from previous use; fatty food being cooked.	Clean the pan and basket thoroughly after each use. For very fatty foods, place a small amount of water in the bottom of the pan to catch drips.

If the problem persists after trying these solutions, please contact customer support.

## 9. SPECIFICATIONS

Feature	Detail
Model Name	LLHF21
Brand	Lifelong
Capacity	2.5 Litres
Output Wattage	1200 Watts
Voltage	220 Volts
Product Dimensions (D x W x H)	29D x 28.5W x 24H Centimeters
Item Weight	2.75 kg (2750 Grams)
Colour	Black
Material	Plastic
Special Features	Automatic Shut-Off, Programmable
Control Method	Knob
Air Frying Technology	Air Fry
Nonstick Coating	No (referring to the main unit, basket is non-stick)
Dishwasher Safe	No
Included Components	1N Air Fryer, 1N Oil Brush, 1N Manual, 1N Warranty Card

## COOKING SYSTEM

Comes with the **HIGH-SPEED CIRCULATION** of hot air at a constant temperature, achieves tasty and crispy fries.



Image: The Lifelong LLHF21 HealthyFry Air Fryer with its dimensions clearly marked: 29 cm depth, 28.5 cm width, and 24 cm height.

## 10. WARRANTY AND CUSTOMER SUPPORT

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Your Lifelong LLHF21 HealthyFry Air Fryer comes with a **1-Year Brand Warranty** from the date of purchase. For any issues, concerns, or warranty claims, please contact Lifelong customer support:

- **Phone:** +91 9711558877
- **Email:** [customercare@lifelongindia.com](mailto:customercare@lifelongindia.com)
- **Availability:** Monday to Saturday, 8:00 AM to 8:00 PM (except national holidays).

Please have your purchase receipt and product model number (LLHF21) ready when contacting support.