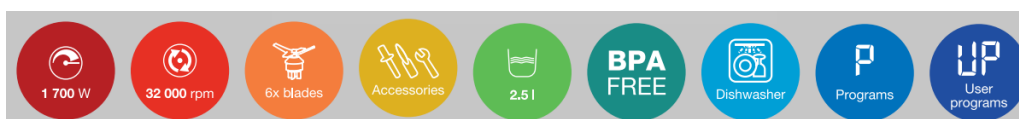




G21-VITALITY Blender G21 Excellent User Manual

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Warranty

2+2 years extended warranty registration on blender.

Extended warranty registration is carried out by filling out the application form at the following address: www.g21-warranty.com

An extended warranty can be done within 2 months of purchasing the product.

Extended warranty does not cover mixing containers.



Thank you for purchasing our product.

Please read this instruction manual before using the device to avoid unprofessional handling and the device could perform all of your expectations.

Appliance parts



1. Small lid Small lid 2. Big lid 3. Jar 4. Blades 5. LCD display 6. Smoothie 7. Nuts 8. Nut milk	9. Soups 9. Soups 10. Ice/Cleaning 11. Pulse 12. + speed/time 13. – speed/time 14. Start/Stop 15. User – Programme selector 16. Set – Confi ring button	17. ON/OFF 18. Housing 19. Motor 20. Ventilation vents 21. Rubber feet 22. Tamper 23. Spatula 24. Spanner
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Warning

1. Make sure that the appliance has not been damaged during transport.
2. Make sure you have all parts of the appliance.
 - 1x Instruction Manual
 - 1x Blender
 - Big lid, small lid, tamper, main body, jar (including blade and the retaining nut), spanner, spatula.
3. Place the appliance on a level stable surface. Do not tilt the appliance. Do not place the appliance near flammable materials.
4. Protect the appliance against direct sunlight and rain.
5. In order to prevent leakage of electricity, the appliance must be plugged into a properly grounded electrical socket.

Safety instructions

1. Before first use read the safety instructions.
2. Make sure the appliance is plugged in 220-240 V
3. 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 the use of the appliance by a person responsible for their safety.
4. DO NOT allow children to play with the appliance. Keep them at a safe distance from the appliance while operating.
5. Do not forget to install the lid for the container before using it. Thanks to Big lid's opening and pusher is possible to mix the ingredients inside the device. After the device is turned off, remove the container and use the spatula to remove all food residues.
6. When switching on the appliance, hold the lid to prevent its
7. During operation, do not remove the lid and do not put your hands into the jar.
8. Do not put any metal items like knives, forks, spoons, etc. into the JAR.
9. Do not leave the appliance run on empty for more than 2 minutes. It causes the generation of high temperatures that may cause damage to the lubrication system of the appliance.

10. In case that blade drops out or breaks, immediately switch off the appliance. Then contact the authorized service center.
11. During cleaning or removing parts, do not forget to turn off the power and unplug the appliance.
12. Do not immerse the main body into the water. Do not wash the main body under running water directly in order to prevent electric shock.
13. Do not clean the blades with bare hands because they are very sharp. Use a brush or a strong cloth.
14. If the appliance is overfilled, overfill protection automatically switches off the appliance. Reduce the amount of food inside the jar.
15. If the appliance does not work, pull it from the wall socket and wait until the temperature of the motor decreases.
16. If the power cord is damaged, the replacement must always be carried by an authorized service center.

Control panel

LCD display

When plugging the device into a power socket and turning on the device by pressing the ON button, the LCD display shows the speed no. 5 and time 20 sec and the device is in standby mode.

Control the device



ON/OFF

Press the button ON/OFF to turn on the blender, the blender will switch into standby mode. Press the button ON/OFF again to turn off the blender.



Pulse

Caution: The pulse function will be started at the highest speed. Make sure the container lid is mounted properly.

Note: There is a 2-sec safety lag when using the PULSE button during the program.



Quick program

Press the button SET when the device is in standby mode and no. 5 will flash on the display. Press the button + or – to set the desired speed in range 1 to 10 (highest). Press the button SET again to set the mixing time, which can be adjusted by pressing the + or – button. The Quick Program will be switched on after the pressing START button.



User program

Press the button USER when the device is in standby mode to switch to the mode for manual (own) programs.

There are 6 points A-F in the left column, you can save your own program under these points. Every program can save 6 steps, which are displayed under the numbers 1 – 6 in the right column.

After the transition to own program mode, the cursor is on program A (the letter A flashes).

If you press buttons + and – you can switch between individual programs. You start programming the selected program when pressing the button SET.

Step no. 1 will light up in the right part of the display. When pressing the button SET again you will be switched to speed setting and you can set the speed of step no 1 – H (10) when pressing button + and -. When pressing the button SET again you will be switched to the time setting (min) and by pressing the SET button again you will be switched to the seconds setting.

Press the SET button again to complete the setting of step no. 1 and step no.2 will start flash. The next pressing of the SET button will switch you to speed setting.



You can set up to 6 steps by using this procedure.

If you want to finish the programming, press the USER button.

Deleting the program:

Individual steps or programs can be deleted by holding the SET button for 3 seconds.

Preset programmes

When the blender is in standby mode, press the buttons 5 — 9 to switch to preset programs — Smoothie, Nuts, Nut milk, Soups, or Ice Crushing/Cleaning program.

The selected program will be switched on by pressing the START button.



Smoothie Program:

This program will start mixing at middle-speed no. 4 for 10 sec, then it mixing for 25 sec at the highest speed H. During the remaining 25 sec, it alternates speeds 7 and H.

The total time of this program is 1 min.



Nuts Program:

This program accelerates for 4 sec to the highest speed and then mix at the highest speed until the end of the program.

The total time of this program is 1 min.



Nut Milk Program:

Within 10 sec this program slowly increases rpm to speed no. 5 and then to speed no. 8. After 22 sec it switches to the highest speed H and mixes until the end of the program.

The total time of this program is 3 min.



Soups Program:

This program accelerates to the max. rpm within 8 sec and then mix at the highest speed until the end of the program. During the cycle, the program will heat up 1 liter of liquid from 24°C to 56°C.

The total time of this program is 3 min and 30 sec.



Ice Crushing/Cleaning Program:

The program alternates speed 5 and H.

The total time of this program is 40 sec.

Warning: Always switch on the blender from position “MIN”.

Pulse Button: “ON” position overrides the appliance at the highest possible speed. After switching off the Pulse button, the appliance reduces speed until it stops.

Operation

Before starting the appliance, check the following:

The jar is correctly attached to the base.

The lid on the container must be securely closed.

The speed button is in MIN speed position.

1. Plug the appliance into an electrical outlet.
2. Place the jar on the base.
3. Insert the food into the jar. Do not exceed the MAX marking on the jar.
4. When finished, switch the appliance off and wait until the appliance stops completely, then remove and empty the jar.

Blending Tips

When inserting the food materials into the jar, please be aware of the order. First, pour the liquid, add ice, and finally food.

It is better to use a low speed and then increase the speed.

If the food materials are pushed toward the jar wall you set too high speed. You should reduce speed.

The appliance is equipped with protection against overheating to avoid damaging the motor.

After switching off wait till the appliance cool down completely, then turn on the appliance. If the appliance does not have enough cooling, the appliance does not start again, you have to let the appliance cool down for a longer time.

Preparation

Fruit or Vegetable Juice

Cut fruits and vegetables into small pieces (3,5 cm) then put them into the jar. Add water and ice according to personal preference. Attach the big lid, small lid and turn on the appliance.

Start at a low speed and turn to high speed. Blend until the juice is prepared according to your requirements.

Smoothie/Icecream

First, insert the ice, then add liquid, and then add food.

You can replace water with milk, yogurt, or fruit juice.

If the food inside the jar cannot be blended, use the tamper to stir the food inside.

When making fruit ice cream, peel the skin, remove seeds, and put it into the freezer to replace the ice.

Then blend fruits and place them in the freezer again.

Jams/Sauces

The appliance can produce jams and sauces.

When making jams/sauces, please cut the food into small pieces (2,5 cm), and put them into the jar. Then add water depending on food material and their quantity.

Time should be set for 15-150 seconds depending on the thickness of the food.

When making sauces, you can add other liquids than water. (For example milk, oil, wine, meat soup, orange juice, tomato juice, etc)

Soymilk

Cook soybeans and add them to the jar. Add boiling water.

The recommended ratio of water and beans is 5:1.

Run the motor at low speed, then switch to high speed.

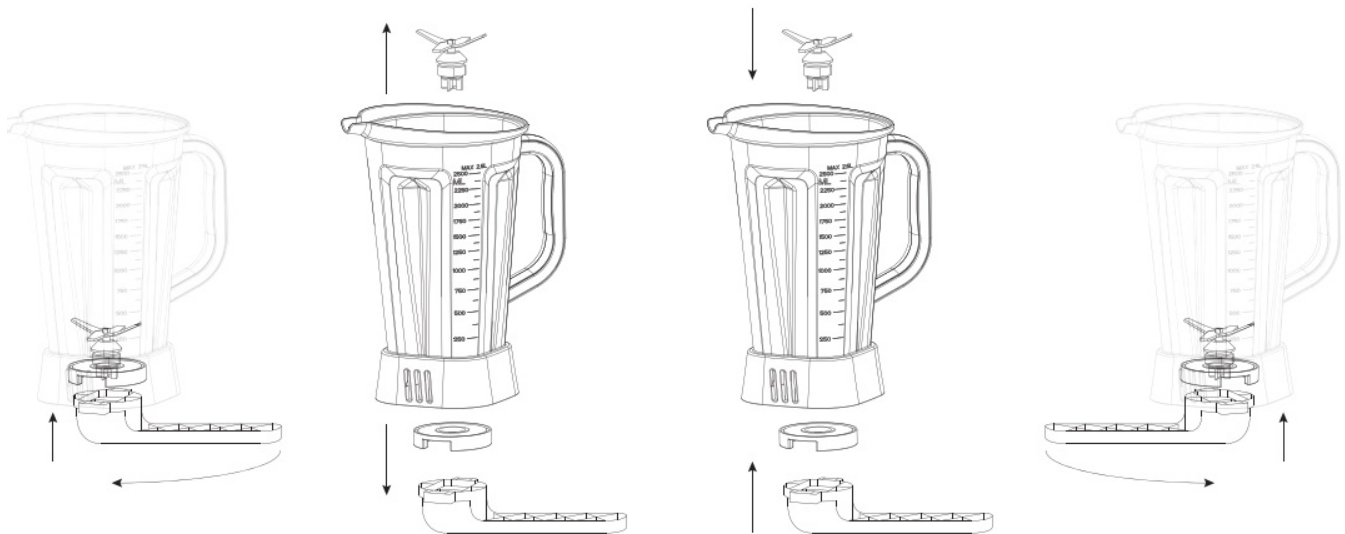


Nutrition tips

1. If you do not like the bitter taste, you can add honey. Diabetics can add natural sweeteners.
2. Tomatoes and other vegetables or fruit have high nutrition values, which can prevent cancer. They are for people who have arteries problems. Healthy raw materials lose their nutrition values during the heat treatment process, therefore it is better to process them in a blender.
3. Papaya has a high amount of potassium and sugar. People with diabetes and kidney problems should be careful with its use.
4. Celery is excellent for reducing high blood pressure, cleans the blood, and neutralizing the calcium content and acidity which is inside the human body. Celery also strengthens the immune system, prevents lung cancer, breast cancer, and prostate cancer.
5. Carrot contains about 490 types of nutrients, particularly beta carotene, which strengthens immunity, helps the formation of cells, lowers cholesterol and reduces the liver values. Carrot contains calcium, potassium, vitamin B, and vitamin C and helps reduce high blood pressure.
6. You can replace water with milk.
7. Since the blender has a high performance and speed, is suitable for fruits that are not resistant to long cooking and cooking is losing its nutritional value.

Cleaning and Maintenance

1. Before cleaning makes sure that the appliance is switched to the OFF position and disconnected from the electrical outlet.
2. Cleaning the JAR: fill the jar with water, press the pulse button for 10 seconds, then switch it off and rinse it with water.
3. Use a sponge or cloth to wipe the jar and lid, dry them thoroughly to prevent odor or bacteria from growing.
4. DO NOT put hands into the JAR to clean the blades. Blades are very sharp and can cause injury.
5. Use a dry cloth to wipe the base, do not wash the base under the running water, and do not immerse it in water.
6. Any worn parts must be replaced with original parts. Never use a cheap refund.
7. If the appliance does not work, switch it off and contact the authorized repair center.



Technical parameters:

Rated voltage: 220-240 V

Frequency: 50 Hz

Power: 1 700 W

Temperature resistance of the jar: -40 °C to 120 °C

Max. speed: 32 000 RPM

Jar capacity: 2,5 l

The English version of the manual is an exact translation of the original manufacturer's instructions.

Images used in this manual are for illustrational purposes only and may differ from the actual product.



RECIPES

Crop milk

Crop milk made of walnuts. cashews, hazelnuts, macadamia nuts. pine nuts or seeds- almonds. sunflower seeds. pumpkin seeds. hemp seeds.

Ingredients:

- 1 cap of nuts ideally soaked for 4-12 hours (milk can be prepared from various nuts- walnuts. cashew. macadamia nuts, pine nuts or seeds- sunflower seeds. pumpkin seeds or hemp seeds.
- 1 teaspoon of honey or agave syrup. dates syrup, prunes syrup, or coconut syrup (not necessary)

- 1 pinch of vanilla cinnamon, half a teaspoon of vanilla extract, or other favorite spices (not necessary)
- 1 teaspoon of RAW cocoa (for the preparation of RAW cocoa)
- 2-3 caps of water- if we want thick milk use less water and vice versa

Process:

All the ingredients are put into the blender and mix until it is smooth. Then pour into the nylon stocking through a strainer or directly into the nut milk bag and squeeze out all the milk.

- Nut milk can also be flavored with cinnamon, nutmeg or other favorite spices.
- Nut milk can be kept in a closed bottle or container in a refrigerator for 2-4 days.
- Nut milk can be flavored with raw cocoa powder.
- Pureed pulp from the nuts can be used to make smoothies or cocktails.
- The main reason for soaking is better digestibility of nuts.

Milk of the poppy Ingredients:

For preparation approximately 1.2 liter of milk is necessary to use:

- 200 grams of poppy
- 2 liters of water

Process:

Poppy seeds soak for 2-3 hours in warm water. then blend poppy seeds in blender on high speed. Milk of the poppy strain through a fine strainer or cloth bag. If you want to get a finer structure of milk, repeat the process several times.

Almond-cinnamon smoothie with MACA

- 3 pieces of banana
- 3 DCL of COCONut milk
- 4 spoons of chia- mix 2 spoons of chia seeds and 2 do not mix
- 1 teaspoon of cinnamon
- 1 spoon MACA powder

Smoothie: Green breakfast

- 3 pieces of banana
- 3 DCL of hazelnut milk
- 1 measuring glass – 21 grams – chocolate SUNWARRIOR BLEND (Vitalvibe)
- 1 teaspoon of barley
- 1 teaspoon of bee pollen
- 15 pieces of chlorella
- 2 spoons of chia seeds
- 4 leaves of lettuce

Chocolate-coconut smoothie with dates

- 3 pieces of banana

- 2 pieces of apple
- 2 spoons of coconut oil
- 8 pieces of chocolate beans
- 4 spoons of chia seeds
- 1 spoon of cocoa powder
- 4 pieces of dates
- 1 spoon of MACA
- 1 spoon of LUCUMA

Apple-parsley smoothie with Lucuma

- 5 pieces of apple
- 2dcl of water
- 100 grams of parsley
- 100 grams of lamb's lettuce
- 1 spoon of cinnamon
- 1 spoon of LUCUMA

Spinach smoothie

- 3 pieces of banana
- 400 grams of spinach

Chocolate pudding

- 2 pieces of riped avocados
- 1 teaspoon of coconut oil
- 1 teaspoon of cocoa powder
- 2 spoons of tamarind syrup Serve on sliced apple or other fruit.

Garlic spread

- 2 pieces of riped avocados
- 3 cloves of garlic
- Juice of one lemon
- Himalayan salt
- Pepper
- Chives or any other fresh herbs

Strawberry smoothie with Maqui

- 1 cap of strawberries
- 2 spoons of chia seeds
- 50 grams of almonds

- 1 spoon of MAQUI
- 4 pieces of dates

Chia yogurt:

- 3 DCL of coconut milk
- 4 spoons of chia seeds
- To make the taste better you can use for example palm or tamarind syrup, goji, mulberries, raw cocoa powder, cinnamon, or several kinds of fruit.

Banana ice cream

- 3 pieces of banana
- To taste: cinnamon, raw cocoa beans, vanilla, agave syrup

Process:

Banana cut into slices and put into the freezer for 1-2 hours. After freezing put bananas into a blender and add a little bit of water. Mix until you get creamy banana ice cream. If you want to get a creamier texture of ice cream you can add cashew nuts and mix it together.

The recipes were developed in cooperation with www.centrumzdravibrno.cz, unique and comprehensive measurement of the overall state of the organism, consulting, health information and seminars, courses, and RAW food school.





More products G21

Documents / Resources



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G21-VITALITY, Blender, G21, Excellent

References

- [Centrum zdraví Brno](#)
- [g21-warranty.com](#)