

Sur la table

FLEXBLEND HOT & COLD BLENDER

1200 WATTS

USER MANUAL



www.mcappliances.us

SLT-2201 MODEL

BEFORE USE, PLEASE READ AND FOLLOW ALL IMPORTANT SAFEGUARDS, WARNINGS, CAUTIONS AND OPERATING INSTRUCTIONS.



Congratulations! You now own an incredibly versatile, convenient and powerful performance blender.

To get the most out of your performance blender, please read the manual carefully before use, and keep this manual for easy reference. **Enjoy!**

Sur la table

*This manual is only applicable to SLT-2201 Performance Blender. All the contents in the manual are for reference only during the user's use and maintenance. The pictures are for reference only.

*All the contents in the manual have been carefully checked. If there are any printing errors or misunderstandings in the contents, the company reserves the right to interpret.

IMPORTANT SAFEGUARDS

1. Read all instructions prior to using the appliance and its accessories.
2. Carefully observe and practice all warnings and instructions. This unit contains electrical connections, moving parts, and heating elements that potentially present risk to the user.
3. Take your time and exercise care during unpacking and appliance setup.
4. Take inventory of all contents to ensure you have all parts needed to properly and safely operate your appliance.
5. Blades are sharp. Handle carefully.
6. Turn the appliance OFF, then unplug from outlet when not in use, before putting on or taking off parts and before cleaning. Flashing light (or identify other means used) indicates ready to operate. Avoid inadvertent contact with the touch screen. To unplug, grasp the plug and pull from the outlet. Never pull from the power cord. To disconnect, turn any control to "off", then remove plug from wall outlet.
7. Wash all parts that may contact food before use. Follow washing instructions covered in this instruction manual.
8. To protect against the risk of electric shock, DO NOT submerge the appliance or allow the power cord to contact any form of liquid.
9. DO NOT use this appliance outdoors. It is designed for indoor household use only.
10. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions or is dropped or damaged in any manner. Please contact the customer service telephone number (877) 246-0990.
11. This appliance has important markings on the plug blade. The entire supply cord is not suitable for replacement.
12. Extension cords should not be used with this appliance.
13. DO NOT allow young children to operate this appliance or use as a toy. Close supervision is necessary when any appliance is used near children.
14. This appliance is not intended to be used by people (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. Close supervision is necessary when any appliance is used by or near children. Children should be supervised to ensure that they do not play with the appliance.
15. Before each use, inspect blade assemblies for damage. If a blade is bent or damage is suspected, contact service to arrange for replacement.
16. DO NOT attempt to sharpen blades.
17. DO NOT let cord hang over edge of table or counter or touch hot surfaces.
18. DO NOT allow the unit or the cord to contact hot surfaces, including stoves and other heating appliances.
19. Do not place on or near a hot gas or electric burner or in a heated oven.
20. Always use the appliance on a dry and level surface.
21. Keep hands, hair, and clothing out of the container when loading and operating.
22. The use of attachments, including canning jars, not recommended by the manufacturer may cause a risk of injury.
23. Flashing light indicates ready to operate. Avoid any contact with blades or moveable parts.
24. DO NOT operate the appliance with an empty container.
25. DO NOT fill containers past the max fill or max liquid lines.
26. DO NOT microwave any containers or accessories provided with the appliance.
27. Before operation, ensure all utensils are removed from containers. Failure to remove utensils can cause containers to shatter and potentially result in personal injury and property damage.
28. Keep hands and utensils, other than the tamper provided, out of container while blending to reduce the risk of severe injury to persons or damage to the blender. The cover must remain in place when using the tamper through the cover opening. A scraper may be used but must be used only when the blender is not running.
29. Never operate the appliance without lids and caps in place. Do not attempt to disengage the interlock mechanism. Ensure the container and lid are properly installed before operation.
30. DO NOT expose the containers and accessories to extreme temperature changes. This may cause damage.
31. Never leave the appliance unattended while in use.
32. Always operate blender with cover in place.

33. Allow to cool before assembling or disassembling parts and before cleaning appliance.
34. DO NOT grasp the sides of the jar after hot blending or cooking. The surface of the jar is hot during and after operation. Surfaces are hot during and after operation. To prevent burns or personal injury, always use protective hot pads or insulated oven mitts and use available handles and knobs.
35. If you find unmixed ingredients sticking to the sides of the jar, stop the appliance, remove the lid, and use a rubber scraper or spatula to dislodge ingredients. Never insert your hands into the jar, as you may contact one of the blades and experience a laceration.
36. DO NOT attempt to remove the container and lid from the motor base while the motor is still spinning. Allow the appliance to come to a complete stop before removing the lid and jar.
37. If the appliance overheats, a thermal switch will activate and temporarily disable the motor. To reset, unplug the appliance and allow it to cool for approximately 15 minutes before using again.
38. The maximum wattage rating for this appliance is based on the configuration of the high speed bottom blade and glass jar blender. Other configurations may draw less power or current.
39. The maximum (max.) rating marked on the blender is based on processing a food load, as recommended in this manual, that draws the greatest load. Blending or processing some foods may draw less power.
40. Risk of thermal burn injury due to excessive pressure in the container. Do not blend hot liquids or in heating mode while using the travel mug to be blending.
41. When blending hot liquids or operating in the heating mode, open or remove each non-pouring lid or cap, and close any edge cover openings intended for pouring.
42. Never add foods to container while appliance is operating.
43. To protect against fire, electric shock and injury to persons do not immerse cord, plugs, or motor base, jar base in water or other liquid.
44. Do not use appliance for other than intended use.
45. Scalding may occur if the lid is removed during the brewing cycles.

SAVE THESE INSTRUCTIONS HOUSEHOLD USE ONLY



GROUNDING PLUG

To reduce the risk of electric shock, this appliance has a grounding type cord and plug that has a third grounding pin (3-prong plug). The plug must be plugged into an outlet that is properly installed and grounded in accordance with all local codes and ordinances. If the plug does not fit into the outlet or if in doubt as to whether the outlet is properly grounded, contact a qualified electrician to install the proper outlet. Do not alter the plug in any way.

Power Cord Instructions:

A short power-supply cord (or detachable power-supply cord) may be provided to reduce risks resulting from becoming entangled in or tripping over a longer cord. Longer detachable power-supply cords or extension cords are available and may be used if care is exercised in their use. If a long detachable power-supply cord or extension cord is used:

- a. The marked electrical rating of the cord set or extension cord should be at least as great as the electrical rating of the appliance;
- b. If the appliance is of the grounded type, the extension cord should be a grounding type 3-wire cord.
- c. The longer cord should be arranged so that it will not drape over the counter top or table top where it can be pulled on by children or tripped over unintentionally.

Do not pull, twist or otherwise abuse the power cord.

PRODUCT PARTS AND FUNCTIONS



Product may vary slightly from illustration.

- 1 Filler Cap:** Use to stop emerging steam and splashing drinks.
- 2 Jar Lid:** Equipped with a magnet inside. Make sure to align the arrows on the lid “▼” and the glass jar “▲” for the blender to work.
- 3 Jar Lid Sealing Ring:** Used to seal the lid and the jar to prevent food from spilling out. Removable for cleaning.
- 4 Glass Jar:** 56 oz. capacity for cold drinks and 46 oz. capacity for hot drinks.
- 5 Blender Blade:** Thick stainless steel material, used for crushing food.
- 6 Control Panel:** Used for preset and manual operation of the blender.
- 7 Motor Base:** Equipped with motor and heater.
- 8 Travel Mug Lid:** Place on the Travel Mug after blending for on-the-go use.
- 9 Travel Mug:** Use for on-the-go smoothies.
- 10 Cleaning Brush:** Used to clean the inside of the Glass Jar and Travel Mug.
- 11 Tamper:** After putting the ingredients into the blender, use the tamper to press the ingredients properly, so that the blender can crush the ingredients more evenly. Be careful not to hit the blade when using it.
- 12 Scraper:** It is used to scrape the food residues stuck on the wall of the Glass Jar or Travel Mug.
- 13 Travel Mug Blade Assembly:** Twists onto the Travel Mug to blend directly into the Travel Mug.
- 14 Travel Mug Base:** Used to support the Travel Mug Blade Assembly.

BEFORE FIRST USE

IMPORTANT: Review all warnings on pages 4–5 before proceeding.

1. Remove all packaging material and labels from the appliance.
2. Wash all the removable parts with warm, soapy water. Use a dishwashing utensil with a handle to avoid contact with the blades.
NOTE: Do not submerge the Jar Base when washing.
NOTE: Follow cleaning instructions on page 14 very carefully.
3. Thoroughly rinse and air-dry all parts.

GETTING STARTED WITH YOUR BLENDER

IMPORTANT: Review all warnings on pages 4–5 before proceeding.

Assembling the Blender

1. Plug in base and place on a clean, dry, level surface such as a countertop or table.
2. Lower the Glass Jar onto the motor base making sure the Glass Jar's handle is to the right and is placed securely on the base. (Figure 1)

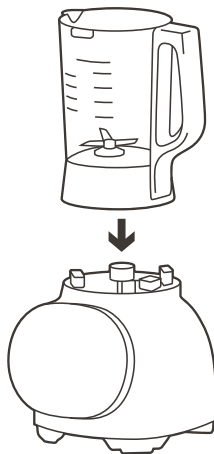


Figure 1

3. Add ingredients, making sure to not exceed the max fill lines on side of Glass Jar. In HEAT mode, do not exceed the level labeled "Soup." In BLEND mode, do not exceed the level labeled "Cold." (See Figure 2)

4. To lock the Jar Lid on the Glass Jar, place the Jar Lid's tab to the right of the handle. Then, press the Jar Lid down until it is secure. Rotate the tab clockwise so the arrow on the Jar Lid tab aligns with the arrow on the glass jar's handle (Figure 3). Secure the center cap by placing it down into the Jar Lid and twisting clockwise until it clicks into place. (Figure 4)

5. To remove the jar lid from the Glass Jar, rotate lid counterclockwise out of the lock position and lift up.

NOTE: After using programs with heated functions, beware that steam may release as the Jar Lid is removed. Carefully unlock the Jar Lid and lift directly up.

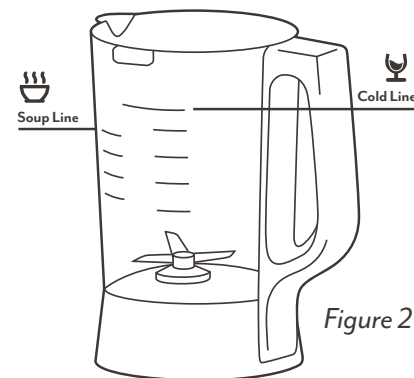


Figure 2

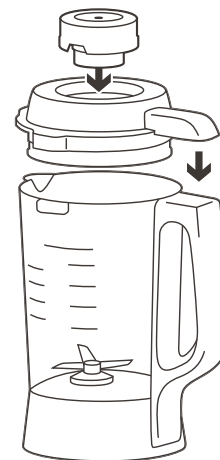


Figure 3

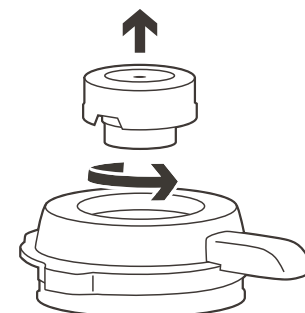


Figure 4

Travel Mug

1. Place the Travel Mug Base on the blender's Motor Base. (Figure 5)
2. Fill the Travel Mug with your favorite smoothie ingredients. Then, secure the Travel Mug Blade Assembly onto the Travel Mug. See Additional Assembly Information for additional guidance.

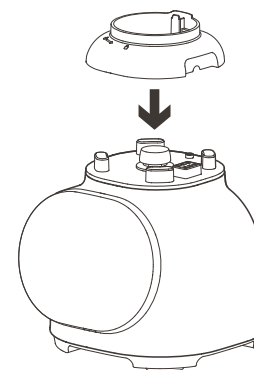
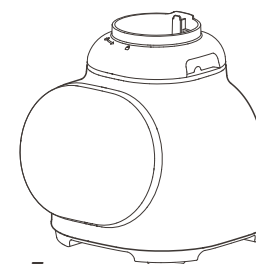


Figure 5



Travel Mug (continued)

- Align the (🔒) on the Travel Mug with the unlocked icon on the Travel Mug Base. Then, twist the travel mug counter clockwise towards the locked icon to lock into place. (Figure 6)
- Press the “Smoothie” or “Travel Mug” function to blend. Once the preset time has elapsed, the blender will automatically stop.

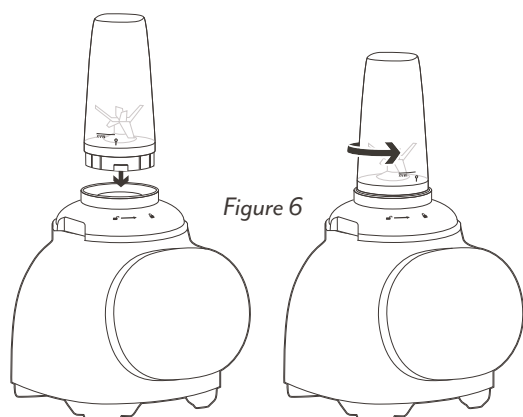
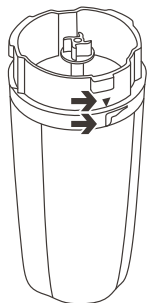


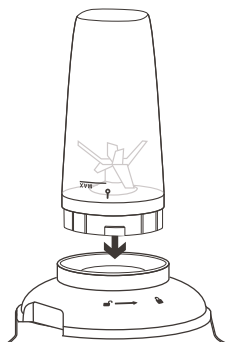
Figure 6

Additional Assembly Information

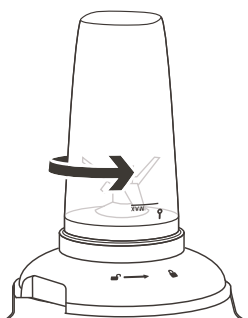
Line up the triangle symbol (▼) on the travel mug blade assembly with the locking notch on the Travel Mug. Twist the Travel Mug Blade Assembly clockwise to secure it to the Travel Mug. Ensure the Travel Mug Blade Assembly is fully tightened before placing on the Travel Mug Base.



Align the arrow mark with the unlock symbol when placing the Travel Mug into the Travel Mug Base.



Turn the Travel Mug counter clockwise. The arrow mark should align with the locked symbol. DO NOT over tighten.



CONTROL PANEL FUNCTIONS



- To begin, ensure that the Glass Jar and lid are properly assembled and positioned on the Motor Base. If using the Travel Mug, ensure that the Travel Mug Base and the Travel Mug are properly assembled and positioned.
- Press the program of your choice from Control Panel.

TIP: When making thicker recipes such as ice creams and dips, use the tamper to push ingredients toward the blades. The Tamper should be used only when the Jar Lid is attached to Glass Jar. Remove center cap and replace with the Tamper.

BUTTON FUNCTIONS

Keep Warm	This function is used to heat drinks and keep foods warm. The initial temperature is set to 100 degrees. The temperature can be adjusted by pressing the “-“ or “+” buttons. Each adjustment step decreases or increases by 10 degrees. The maximum temperature is set to 160 degrees.
Blend	This function is used to crush ice or blend food at different speeds/power from 1 to 9. Speed/power can be adjusted by pressing the “-“ or “+” button. Each adjustment step decreases or increases by 1 with a maximum speed/power of 9.
Pulse	This function is used to crush or blend food in short bursts. Press and release the pulse button for a short blend cycle or hold your finger on the button for a long pulse (will run the blend cycle until released).
Delay Timer	This function is used to start the preset function cycle after setting a specific time period. To use the delay timer function, select the desired preset function. Then, press “Delay Timer.” Set the time delay by using the “-“ or “+” buttons. The max delay time is 12 hours. Then, press the Start/Cancel button. <i>Note that this function can only be used with the Nut Milk, Puree, Warm Drink, Sauce, Nut Butter, Smoothie, Smooth Soup, and Hearty Soup presets only.</i>
Clean	The clean cycle is designed to clean the glass jar using high blending speeds and heat. Fill the glass jar with water up to the 24 oz mark. Add 1 to 2 small drops of liquid dish soap. Press the Clean button. Use caution when removing the glass jar when the cycle is complete as the glass jar will be hot.
Start/Cancel	After the power is turned on, the blender will enter a standby state and the light for the Start/Cancel button will remain lit for one (1) minute. It is ready to use in this state. After one (1) minute, the blender will enter a power save state and will need to be pushed again to operate. To cancel any function before it is complete, this button can be pushed.
Frozen Drink	This function is used for making drinks with ice, smoothies, and other cold drinks. This cycle will run for 3 minutes and start and stop several times during the cycle and will ramp up to high speed. To stop this cycle before the time is complete, press the cancel button.
Smoothie	This function is used for making smoothie-based drinks using fruit, greens, liquid and other ingredients. This cycle will run for 1 minute and 10 seconds and start and stop several times during the cycle. Towards the end of the smoothie cycle, the blending speed will ramp up to ensure that all the ingredients are properly blended. To stop this cycle before the time is complete, the cancel button can be pushed.
Nut Butter	This function is used for making nut butter including almond, peanut, cashews, etc. The heating and blending functions will both be used in this function for a total of 5 minutes. The blending cycle will ramp up from medium to high speed. To stop this cycle before the time is complete, press the Cancel button.

BUTTON FUNCTIONS

Crushed Ice	This function is used for making drinks with ice, smoothies, and other cold drinks. This cycle will run for 1 minute at high speed to completely blend the food/drink. To stop this cycle before the 1 minute is complete, press the cancel button.
Purée	This function is used for puréeing fruits and vegetables. This cycle will run for 2 minutes and 30 seconds and will ramp up from medium to high speed. To stop this cycle before the time is complete, press the cancel button.
Sauce/ Warm Drink	This function is used for making warm sauces and drinks. The heating and blending functions will both be used in this function for a total of 8 minutes. The blending cycle will ramp up from medium to high speed for four minutes in order to blend and bring the temperature up. After that cycle, blender will count down from 4 minutes until complete. To stop this cycle before the before the time is complete, press the cancel button.
Nut Milk	This function is used for making nut milks including almond, cashews, etc. The heating and blending function will both be used in this function. The blending cycle will ramp up from low to high speed.
Travel Mug	This function is used for quick smoothies and snacks on-the-go. To use this function, the following steps should be used: 1. Place the Travel Mug Base onto the blender. 2. Make sure the Travel Mug Blade Assembly is tightened onto the jar. 3. Place the Travel Mug Blade assembly side down into the base and turn counterclockwise (small turn) to lock into place. 4. Press Start then Travel Mug function. Preset time is set for a 45 second blend with a pause in the middle. If more time is needed, repeat the Travel Mug function.
Hearty Soup	This function is used to make hearty soups such as chicken noodle, minestrone, etc. Press button once and it will default to Hearty Soup. This preset will begin by heating up. Then, the cycle will run for 30 minutes with several short blends (to stir ingredients) in the beginning of the cycle and at the end.
Smooth Soup	This function is used to make smooth soups such as tomato, split pea, etc. Press button twice and it will be default to the Smooth Soup setting. This preset will begin by heating up. Then, the cycle will run for 30 minutes with several short blends (to stir ingredients) in the beginning of the cycle and a long, blend on high to thoroughly blend ingredients at the end.

CARE & MAINTENANCE

Cleaning

Allow parts to cool before cleaning. Separate all parts before cleaning.

Hand-Washing

Wash the Glass Jar, Jar Lid, and Tamper with warm, soapy water. Use the included cleaning brush to avoid direct contact with the blades.

NOTE: Do not submerge the Glass Jar. Submerging will damage the integrated heating element.

Dishwasher

The Jar Lid, Filler Cap, and Tamper are dishwasher safe.

NOTE: Do not wash the Glass Jar in the dishwasher. Dishwashing will damage the integrated heating element.

Motor Base

Unplug the Motor Base. Wipe Motor Base with a clean, damp cloth.

Using CLEAN Button

A combination of heat and rapid pulses easily removes residue from the glass jar.

1. Fill jar with 24 oz. of water and 2 small drops of dish soap.
2. Place the lid on the jar and ensure it is properly closed.
3. Press CLEAN.
4. When program is complete, discard water and thoroughly rinse jar.

Tips for best cleaning results:

- Give the jar a quick rinse before running CLEAN.
- Run the CLEAN cycle immediately after use.

Storing

Store the unit upright with the lid secured on the jar.

NOTE: Do not stack items on top of the unit. Store any remaining attachments alongside the unit or in a cabinet where they will not be damaged or create a hazard.

1 YEAR LIMITED WARRANTY

Customer Service:

(877) 246-0990

ApplianceSupport@monchateau.us

A glass of almond milk with a frothy top, sitting on a wooden surface next to a bowl of almonds and a wooden tray. The background is slightly blurred, showing more almonds and a wooden surface.

RECIPES

ALMOND MILK

RECIPE LEVEL: Easy | Makes about 4 cups

INGREDIENTS

- 1 cup skins-removed soaked unseasoned raw almonds*
- 4 cups hot water
- 1 tablespoon mild honey or maple syrup
- Pinch of salt

INSTRUCTIONS

1. Place all ingredients in the Blender Jar in the order given.
2. Place the Jar on the Blender Base. Secure the Blender Lid on the Jar.
3. Press START; press NUT MILK. Press START again.
4. When End signal sounds, pour milk into a nut milk bag set over a large bowl.
5. Gently squeeze bag to strain as much milk from the almond pulp as possible; discard pulp and restrain if desired for an even smoother consistency.
6. Use a funnel to pour the strained milk into a jar or bottle with a tight-fitting cover.
7. Refrigerate and use within 3 days; shake or stir well before using.

*For best results and creamiest milk, soak almonds in water to cover at least 12 hours or overnight.

SERVING SUGGESTION

Spiced Hot Cocoa: Place the following ingredients in the Blender Jar in the order given: 2 cups Almond Milk, 2 tablespoons unsweetened cocoa stirred with 2 tablespoons hot water and ½ teaspoon vanilla extract, 2 teaspoons ground cinnamon, 1/2 teaspoon ground ginger, ¼ teaspoon ground cloves, and 1/8 teaspoon ground nutmeg. Place the Jar on the Blender Base. Secure the Blender Lid on the Jar. Press START; press WARM DRINK. Press START again. When End signal sounds, pour drink into 2 mugs.

BUTTERNUT SQUASH & APPLE SOUP

RECIPE LEVEL: Easy | Makes about 5 cups

INGREDIENTS

- 1 tablespoon extra-virgin olive oil
- 1 small onion, coarsely chopped
- 2 cloves garlic
- 4 cups lower-sodium chicken or vegetable broth
- 4 cups cubed raw butternut squash
- 1 small Granny Smith apple, peeled, cored, and cut in half
- 1 teaspoon ground cinnamon
- 1 teaspoon ground ginger
- ¼ teaspoon ground nutmeg
- 1 teaspoon Kosher salt
- ½ teaspoon black pepper
- ½ cup half-and-half or milk, optional
- Sour cream or yogurt and roasted pumpkin seeds for garnish, optional

INSTRUCTIONS

1. In a small skillet, heat oil over medium-high heat; add onions and garlic and cook, stirring, until onion is softened.
2. Add the onion mixture to the Blender Jar with the broth, squash, apple, cinnamon, ginger, nutmeg, salt, and pepper.
3. Place the Blender Jar on the Blender Base. Secure the Lid on the Blender Jar.
4. Press START; Press SMOOTH SOUP. Press START again.
5. When End signal sounds, use a potholder or oven mitt to hold the glass side of the Blender Jar (the Jar will be hot), while lifting the Jar off the Base using the Jar Handle.
6. Carefully remove the Lid and pour the soup into a serving container. If desired, stir in half-and-half and garnish each serving with a dollop of sour cream and a sprinkle of roasted pumpkin seeds.

CHICKEN SOUP WITH ORZO

RECIPE LEVEL: Easy | Makes about 6 cups

INGREDIENTS

- 1 tablespoon extra-virgin olive oil
- 1 small onion, coarsely chopped
- 1 clove garlic
- 1 teaspoon grated ginger
- 1 teaspoon ground turmeric
- 1 medium carrot, cut into 1-inch pieces
- 1 stalk celery, cut into 1-inch pieces
- 4 cups lower-sodium chicken broth or stock
- 8 ounces uncooked skinless boneless chicken breast, cut into 1-inch cubes
- 1 teaspoon each chopped fresh rosemary and thyme
- 1 teaspoon Kosher salt
- ½ teaspoon black pepper
- ½ cup orzo (rice-shaped) pasta

INSTRUCTIONS

1. In a small skillet, heat oil over medium-high heat; add onion, garlic, ginger, and turmeric and cook, stirring, until onion is softened.
2. Add the onion mixture to the Blender jar with the carrot, celery, chicken broth, chicken, rosemary, thyme, salt, pepper, and orzo.
3. Place the Blender Jar on the Blender Base. Secure the Lid on the Blender Jar.
4. Press Start; press HEARTY SOUP. Press Start again.
5. When End signal sounds, use a potholder or oven mitt to hold the glass side of the jar (the jar will be hot) while lifting the Jar off the Blender Base using the Jar Handle.
6. Carefully remove the Lid and pour the soup into a serving container.

SPICY MARINARA SAUCE

RECIPE LEVEL: Easy | Makes 4 cups

INGREDIENTS

- 2 pounds ripe Roma tomatoes, washed and any labels removed
- ¼ cup extra-virgin olive oil, divided
- 1 medium onion, diced
- 2 large cloves garlic, sliced
- Kosher salt and black pepper
- 2 tablespoons torn fresh basil leaves
- ½ teaspoon crushed red pepper flakes or to taste
- 2 tablespoons tomato paste, optional

INSTRUCTIONS

1. Fill a saucepot with water and let it come to a boil over high heat. Fill a large bowl with cold water and several ice cubes.
2. Meanwhile, with a small, sharp knife, remove the core of each tomato, then cut an “x” at the bottom of each.
3. Carefully drop the tomatoes into the saucepot for 1 to 1½ minutes, until the skins start to slightly shrivel (riper tomatoes will take slightly less time).
4. Use a slotted spoon to remove the tomatoes to the bowl of ice water; with fingers, gently peel off and discard the tomato skins.
5. Cut skinned tomatoes lengthwise in half, then in quarters and gently squeeze out the seeds. Season tomatoes generously with salt and pepper.
6. In a small skillet, heat 2 tablespoons of the oil over medium-high heat; add the onions and garlic and cook, stirring, until onions are softened.
7. Add the onion mixture to the Blender Jar with the seeded tomatoes, red pepper flakes, basil leaves, and the remaining 3 tablespoons olive oil.
8. Place the Blender Jar on the Blender Base. Secure the Lid on the Blender Jar. Press START. Press and release PULSE until desired consistency is reached.
9. Season to taste with salt and pepper. Serve sauce at room temperature over hot pasta, or if desired, place sauce in a saucepan, stir in tomato paste and cook and stir over medium heat 15 minutes.
10. Store sauce in refrigerator in airtight container; use or freeze within 1 week.

TROPICAL GREEN SMOOTHIE

RECIPE LEVEL: Easy | Makes 2 to 4 servings

INGREDIENTS

- 1 cup packed spinach leaves
- ½ cup packed kale
- 1 small orange, peeled and cut in half
- ½ cup frozen mango cubes
- ½ cup frozen pineapple cubes
- ½ cup frozen papaya cubes
- Half a small frozen banana
- 1 teaspoon grated ginger
- 1 cup unsweetened coconut water

INSTRUCTIONS

1. Place all ingredients in the Blender Jar in the order given.
2. Place the Jar on the Blender Base. Secure the Blender Lid on the Jar.
3. Press START; press SMOOTHIE. Press START again.
4. When End signal sounds, pour mixture into glasses and serve immediately.

VARIATION: Use 1½ cups of a frozen single variety of fruit – mango, papaya, or pineapple.