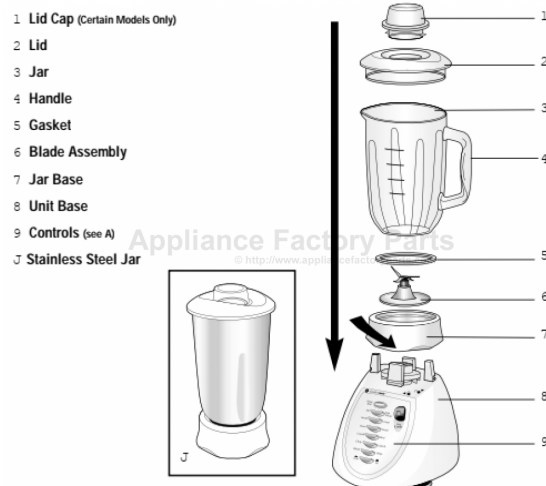


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Black & Decker BL690B Owner's Manual

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----- Manual continues below -----

IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should always be followed, including the following:

- **Please read all instructions.**
- To protect against risk of electrical shock, do not put blender Base, cord, or plug in water or other liquid.
- Close supervision is necessary when any appliance is used by or near children.
- Turn off and unplug from outlet when not in use, before putting on or taking off parts, and before cleaning.
- Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions or is dropped or damaged in any manner. If the product requires attention within the warranty period, call the appropriate toll-free number listed on the cover of this manual for information on examination, repair, or electrical or mechanical adjustment.
- Do not use outdoors.
- The use of attachments including canning jars not recommended or sold by the appliance manufacturer may cause fire, electric shock, or injury.
- Never carry the unit by the cord or yank cord from an outlet.
- Do not let the plug or cord hang over the edge of table or counter, or touch hot surfaces including the stove. Unit should be placed away from sinks and hot surfaces.
- Remove the Jar and Blade Assembly from the blender before washing.
- Unit should be used for food/beverage preparation only.
- Keep hands and utensils out of container while blending.
- Blades are sharp. Handle carefully.
- Avoid contacting moving parts. Always operate blender with Lid in place.

- To reduce the risk of injury, never place cutter on Base without the Jar properly attached.
- When blending hot liquids, remove Lid Cap or spout. Do not fill blender beyond 3-cup level. Face away from Lid Cap/Flap opening while m
- Do not leave blender unattended during use.
- This appliance is intended for household use only. Commercial or industrial use. Use for anything not intended will void the warranty.

SAVE THESE INSTRUCTIONS

POLARIZED PLUG

This appliance has a polarized plug — one blade is wider than the other. As a safety feature, this plug will fit into a polarized outlet one way. If the plug does not fit fully into the outlet, do not force it. If it still does not fit, contact an electrician. **Do not defeat this safety feature.**

TAMPER-RESISTANT SCREW

This appliance is equipped with a tamper-resistant screw to prevent removal of the bottom cover. To reduce the risk of fire, do not attempt to remove the bottom cover. There are no parts inside. Repair should be done only by authorized service personnel.

ELECTRICAL CORD

The cord length of this appliance was selected to reduce the risk of fire that may occur with a longer cord. If more cord length is needed, a longer cord may be used. It should be rated not less than 10 amperes and should have Underwriters Laboratories listing. When using a longer cord, be sure that it does not drape over a working area and could be pulled on or tripped over.

Recipes

ICY FRUIT SLUSH

- | | |
|------------------------------------|---|
| ½ cup orange juice | 1 medium ripe banana, cut into 4 pieces |
| 15 small ice cubes (about 1½ cups) | 8 medium strawberries, hulled |

1. Combine all ingredients in the Stainless Steel Blender Jar.
2. Cover and blend by pulsing the Ice Crush button until thick and smooth.
3. Serve immediately.

Makes: About 4 (4-ounce) servings.

CREAMED HARVEST GINGER SOUP

- | | |
|--|---|
| 2 cans (14½ oz.) chicken or vegetable broth | 2 onions, coarsely chopped |
| 2 cups water | 1 red pepper, coarsely chopped |
| 1 2 pound butternut squash, peeled and cut in 1-inch cubes | 2 (1-inch) squares fresh ginger, coarsely chopped |
| 5 medium carrots, cut in 1-inch lengths | 1 teaspoon dried basil |
| 4 medium potatoes, peeled and each cut in 6 pieces | ½ teaspoon salt |
| | ¼ teaspoon pepper |
| | ½-1 cup milk |
| | Sour cream or plain yogurt |

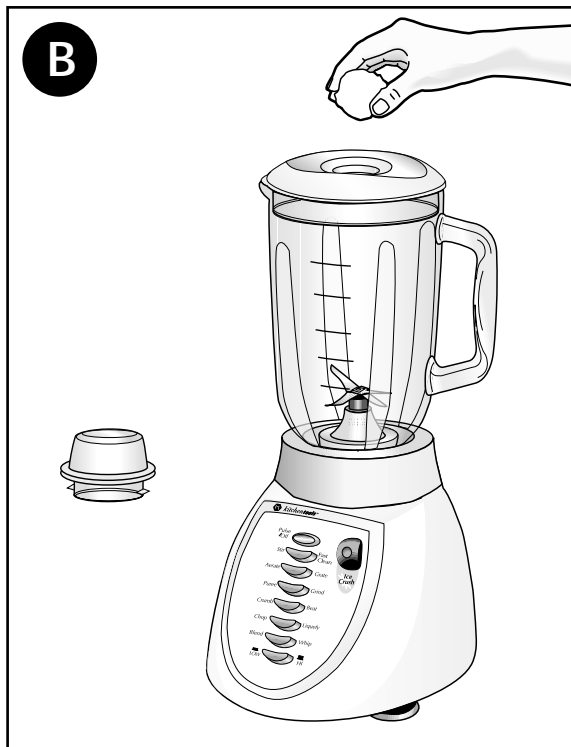
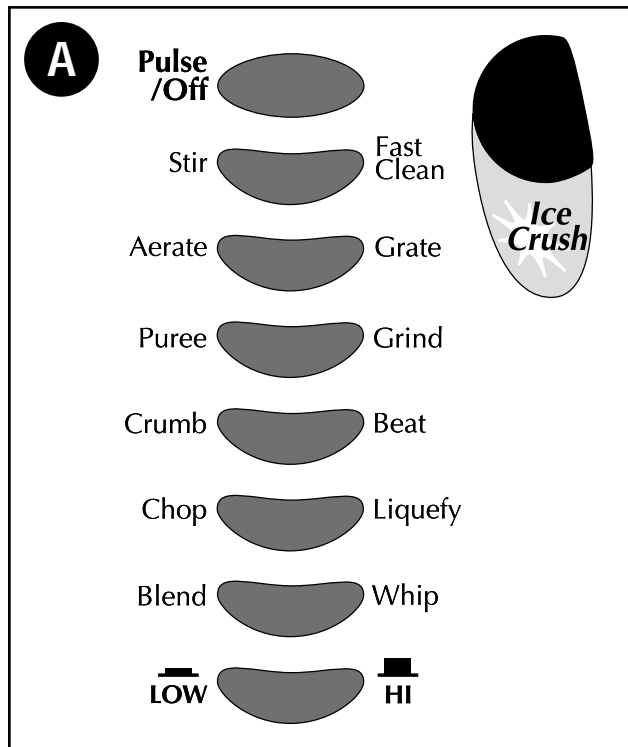
1. Combine chicken or vegetable broth and water in large sauce pot. Bring to a boil. Add all ingredients except milk and sour cream or yogurt.
2. Bring mixture to a boil; cover and reduce heat to a simmer.

Need Help?

For service, repair, or any questions regarding your product, call the appropriate "800" number on the cover of this book. Do not mail the product to the place of purchase. Do NOT mail the product to the manufacturer nor bring it to a service center. You may visit the website listed on the cover of this manual.

FULL ONE-YEAR WARRANTY

Applica warrants this product against any defects in material or workmanship for a one-year period after consumer purchase. This warranty does not include damage to the product resulting from accident, misuse, or repairs performed by unauthorized personnel. If the product should become defective during the warranty period, or you have questions regarding warranty, contact Consumer Assistance and Information toll free at: 1-800-828-8888. This warranty gives you specific legal rights and you may have other rights which vary from state to state or province to province.



How To Use

1. Be sure the unit is "off" and plug the cord into a standard electrical outlet.
2. Place the food to be blended into the Jar and the Lid on the Jar before blending.
3. Be sure that the Lid Cap is in place. When crushing ice or hard foods, keep one hand on the Lid.
4. Select the desired speed from 12 settings (A):
 - Choose the speed that best suits your task for food or beverage blending. Be sure to depress the LOW/HI button in combination with the task button when choosing or switching speeds. For example to "chop," you must depress the LOW button and then, the Chop button.
 - To switch to higher settings, press the Pulse/Off button first. Be sure the Low/Hi button is not depressed but in the "up" HI position.
5. Use the Pulse button for a few seconds, then release for quick or delicate blending tasks. Releasing the Pulse automatically turns the Blender off. Use the Ice Crushing Button to crush ice in the same manner as the Pulse. For best results, use short "pulses". The Blender will stop when you release the Ice Crush button.
6. If you want to add ingredients while the Blender is on, remove the Lid Cap and drop ingredients through the Lid opening. (B)
7. When finished blending, push the Off/Pulse button.
8. To remove the Jar, grasp the Handle, twist toward the unlock (🔓) and lift it from the Unit Base. Remove the Lid before pouring.

USING THE STAINLESS STEEL JAR

Blender Jar Assembly

NOTE: Before first use, wash the Stainless Steel Jar in a dishwasher, top rack.

1. Unscrew the Jar Base from the Glass Jar and be sure the Jar Base Assembly and Gasket are in place in the Jar Base.
2. Blades are sharp; handle carefully. Guide the Blade Assembly into the Stainless Steel Jar opening and screw on the Jar Base clockwise until tight. (D)
3. After you've added your ingredients, remove the Lid Cap and fit it firmly onto the Stainless Steel Jar.
4. Place the assembled Jar onto the Unit and twist toward the lock (🔒 "Interlock System").

STAINLESS STEEL JAR TIPS

- Stainless steel offers superior chilling and is great for making drinks as daiquiris, ice-based drinks (such as slushies), and smoothies.
- Place 6 ice cubes into the Jar and pulse the Express button for about 15 seconds for homemade snow cones. Mix with your favorite dessert dishes and drizzle with a fruit-flavored or chocolate sauce. Enough for two small snow cones.

Cleaning

FAST CLEAN

1. The Fast Clean feature helps make it easier to clean the blender Jar by loosening food particles. You may use the Fast Clean feature by filling the Jar with lukewarm water to the 1.5-Cup mark for the glass Jar or by measuring 1.5 cups of lukewarm water and filling the Stainless Steel Jar. Add a little dish detergent for tough cleaning jobs (such as after making salsa, shakes, or salad dressing). Hold the Lid and press the Fast Clean button. Let the unit run for about 5 seconds, then press Off.

Storage

For convenient storage, wrap the cord around the large feet on the bottom of the Unit Base (E).

