



unprocess your food™



# ARCTIC CHILL BLENDER

Instruction Manual and Recipe Guide

DISB200

## HAPPINESS IS HOMEMADE

Helping you eat better is at the core of everything we do. That's why we make products to help you cook delicious homemade meals. We believe in unprocessed living and that there's no substitute for food that's cooked with love.



Dash

# ARCTIC CHILL **BLENDER**

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## PLEASE READ AND SAVE THIS INSTRUCTION AND CARE MANUAL

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

- Read all instructions and keep this manual for future reference.
- Remove all bags and packaging from appliance before use.
- Before connecting to a power source, please check that the local power supply voltage is 120V.
- Do not put foreign objects into the Arctic Chill Blender while appliance is in use. If food becomes lodged in the Blade Assembly, turn off and unplug the appliance before trying to remove it.
- Always make sure the Blending Tumbler is locked securely in place before engaging the motor.
- Do not remove the Tumbler before the Blade Assembly has stopped moving.
- Do not operate the appliance while the Blending Tumbler is empty.
- **CAUTION:** blades are sharp and can cause injury! Handle and clean with care.
- Do not touch the blades. Hold the Blade Assembly by the black base.
- To prevent the risk of fire, electric shock, or personal injury, do not place the cord, plug, or unit in water or other liquids.
- When cleaning the Arctic Chill Blender, remove the Blending Tumbler from the Motor Base and wash thoroughly. Never immerse the Motor Base in water or any other liquid; instead, wipe with a damp cloth.
- Avoid contact with moving parts.

- Never leave appliance unattended when in use.
- Turn off and unplug appliance when not in use.
- Make sure to securely attach the Blade Assembly to the Blending Tumbler before inserting into Motor Base.
- Do not microwave Blending Tumbler or Travel Lid.
- 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 are provided with supervision and instruction concerning use of the appliance by a person responsible for their safety.
- Children should be supervised to ensure that they do not play with the appliance.
- Always be sure to unplug the appliance from outlet prior to assembly, disassembly, cleaning, and storage.
- Wait until the Blade Assembly comes to a complete stop before removing the Blending Tumbler from the Motor Base.
- If the Motor Base gives off a burnt smell, immediately turn off and unplug the Arctic Chill Blender. Allow appliance to cool before resuming use. If smell persists, discontinue use until contacting Customer Support.
- Do not let the cord touch hot surfaces or hang over the edge of tables or counters.
- Refrain from using attachments that are not recommended by the appliance manufacturer, as this may result in fire, electric shock, or personal injury.
- Extension cords are not recommended for use with this appliance. However, if an extension cord must be used, make sure the electrical rating of the wire is compatible with the Arctic Chill Blender.

# IMPORTANT SAFEGUARDS

- Do not place appliance on or near a hot gas burner, hot electric burner, or in a heated oven. Do not microwave any parts of the Arctic Chill Blender.
- Do not place utensils, fingers, or other foreign objects inside the Arctic Chill Blender while blending to reduce the risk of injury to persons or damage to the blender. The Scraper may be used but only when the blender is not running.
- The use of attachments (including canning jars) not recommended by the manufacturer may cause a risk of injury to persons.
- Do not attempt to blend frozen ingredients that have formed a solid mass. Break into smaller pieces before placing in the Blending Tumbler.
- Do not blend hard foods such as meat or potatoes. Do not use the blender to mix dough.
- Do not use appliance outdoors or for commercial purposes.
- Never overfill the Blending Tumbler. Do not exceed the MAX line.
- Always place soft or liquid food in the Blending Tumbler first before adding hard or frozen food, or ice cubes.
- When adding fruit and liquids to the Arctic Chill Blender, maintain a 2:3 ratio with the majority being liquid ingredients. Do not exceed the MAX line on the Blending Tumbler when adding ingredients.
- Improper use of the Arctic Chill Blender can result in property damage or even in personal injury.
- Close supervision is necessary when any appliance is used by or near children.
- If the motor stalls, turn off and unplug the Arctic Chill Blender. Let sit for 1 minute before resuming use.

# IMPORTANT SAFEGUARDS

- Do not place hot liquids in the Arctic Chill Blender. Allow ingredients to cool to room temperature prior to pouring into the Blending Tumbler.
- When blending, allow the appliance to run for 1 minute, then stop for 1 minute to let the Arctic Chill Blender rest. Do not use the Arctic Chill Blender for more than 30 minutes at a time.
- Do not operate any appliance with a damaged cord or plug, or after the appliance malfunctions, or is dropped or damaged in any manner. Return appliance to the nearest authorized service facility for examination, repair, or electrical or mechanical adjustment.
- To reduce the risk of injury, never place the Blade Assembly on the Motor Base without the Blending Tumbler properly attached.
- StoreBound shall not accept liability for damages caused by improper use of the appliance.
- For maintenance other than cleaning, please contact StoreBound directly at 1-800-898-6970 from 7AM-7PM PST Monday-Friday or by email at support@storebound.com.
- This appliance has a polarized plug (one blade is wider than the other). To reduce the risk of electric shock, this plug will fit in a polarized outlet only one way. If the plug does not completely fit in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not modify the plug in any way.
- When the appliance is overloaded/overheated, it will stop working. Once the cool down temperature of the Arctic Chill Blender is within 158°F (+/- 50°F), it can begin working again.

**PLEASE READ AND SAVE THIS  
INSTRUCTION AND CARE MANUAL**



Clean the Arctic Chill Blender and all of its components prior to assembly and use. Remove any stickers and packaging before first-time use.

**WARNING:** This appliance is NOT designed for blending foods without liquids or for making crushed ice. Do not overfill the Blending Tumbler. Ingredients should never exceed the MAX mark on the inside of the Blending Tumbler.

**NOTE:** The Arctic Chill Blender is designed to function only when the Blending Tumbler is correctly inserted into the Motor Base. If the Tumbler is not securely in place, the Power Button will not function. Make sure that the lock/unlock symbols featured on the Motor Base and Blending Tumbler are aligned when assembling the appliance.



1. Place the Motor Base on a stable surface. Plug the cord into a power outlet.



2. Place your ingredients in the Blending Tumbler. Make sure to add all liquid ingredients first, then powdered ingredients, and finally any solid ingredients. Do not exceed the MAX level on the Blending Tumbler.



- Securely attach the Blade Assembly to the Blending Tumbler by carefully inserting the Blade Assembly into the Blending Tumbler, and rotating it clockwise.



- Insert the Blending Tumbler into the Motor Base with the Blade Assembly down, making sure to correctly line up the lock/unlock symbols on the Motor Base in accordance with the arrows.



- Push down on the top of the Blending Tumbler and turn the Tumbler clockwise to lock into place.



- Press the Power Button to start blending. To stop blending, simply release the Power Button.



- When you are finished blending, release the Power Button and unplug the Motor Base. Turn the Blending Tumbler counterclockwise and lift it off the Motor Base.



- Carefully detach the Blade Assembly from the Blending Tumbler by turning the Blade Assembly base counterclockwise.



- Attach the Travel Lid.

While Dash products are durable, you may encounter one or more of the problems listed below. If the issue is either not solved by the solutions recommended below or not included on this page, please contact our Customer Support Team at 1-800-898-6970 or support@storebound.com.

The appliance does not work.	Check that the appliance is correctly plugged into a power source and that the Blending Tumbler is securely locked onto the Motor Base.
The appliance is smoking.	<p>Ensure that the voltage is correct. The voltage must be AC 120V. The appliance may have been blending for too long. In order for the appliance to remain in optimal condition, do not exceed blending cycle for longer than 1 minute. Allow the appliance to rest for up to 6 minutes before continuing to blend.</p> <p>If the ingredients in the Blending Tumbler have exceeded the MAX line, the appliance may produce some smoke. Power off the appliance and remove some ingredients before continuing to use your appliance.</p>
When I press the Power Button the appliance still does not work.	Ensure that the lock/unlock symbols are correctly aligned in accordance with the arrows. If the symbols are not aligned, the appliance will not work.

**IMPORTANT NOTE:** Motor Base is NOT dishwasher safe. Do not submerge Motor Base in water or any other liquids.

1. Empty any remaining contents from the Blending Tumbler into the trash.
2. Fill  $\frac{1}{4}$  of the Blending Tumbler with warm water and a few drops of dish soap. Re-attach Blade Assembly and return the Blending Tumbler to Motor Base. Pulse for a few seconds by pressing the Power Button. Remove Blending Tumbler from Motor Base, disassemble, and rinse thoroughly with warm water. Dry with a dishtowel.
3. Wash Blade Assembly and accessories in warm, soapy water. Rinse and dry thoroughly. Use care when washing the blades as they are very sharp. If necessary, gently scrub with a dish brush. Do not use hands or fingers.
4. Wipe down the Motor Base with a damp cloth. Never submerge the Motor Base in water or other liquids.

# RECIPES

get blending, tastiness awaits!





### CHOCOLATE CHIP COOKIE DOUGH PROTEIN SHAKE

BLENDING TIME: 1 minute

BLEND: ½ cup vanilla almond milk, 2 tbsp uncooked raw oats, ¼ tsp vanilla extract, ½ scoop vanilla protein powder, ½ cup ice, ¼ tsp salt, 1 tsp miniature chocolate chips



### SIMPLE SWEET GREEN JUICE

BLENDING TIME: 1.5 Minutes

BLEND: 1 apple (cored and sliced), 1 stalk of celery, ¼ cucumber, ¼ lemon, ½ cup cold water



### GAZPACHO KICK! JUICE

BLENDING TIME: 1.5 minutes

BLEND: 1 tomato, ¼ large cucumber (peeled and sliced), ½ celery stalk, ¼ red bell pepper (seeds removed), ¼ small red onion (sliced), 2 tbsp parsley, ¼ lime (peeled), ¼ cup cold water



### PURE MELON JUICE

BLENDING TIME: 1 minute

BLEND: ½ cucumber, 1 cup honeydew (diced), 1 celery stalk, 6 mint leaves, ½ cup cold water





### PEANUT BUTTER AND JELLY SHAKE

BLENDING TIME: 1 minute  
BLEND: 1 banana, 4-5 frozen strawberries,  
1 cup milk, 1 tbsp peanut butter



### COCONUT MOCHA SHAKE

BLENDING TIME: 45 seconds  
BLEND: ½ cup cold brew coffee concentrate,  
½ cup coconut milk, 1 frozen banana, 2 tsp  
unsweetened cocoa powder



### PEACHES 'N CREAM SHAKE

BLENDING TIME: 30 seconds  
BLEND: ½ cup canned or fresh peaches, ¼ cup  
vanilla ice cream, ¾ cup milk, honey to taste



### CHOCOLATE PEANUT BUTTER BANANA SHAKE

BLENDING TIME: 1 minute  
BLEND: 1 frozen banana, 1 tbsp peanut butter,  
2 tsp cocoa powder, 1 cup milk



### PROTEIN SHAKE

BLENDING TIME: 1 minute  
BLEND: 1 frozen banana, ½ scoop vanilla  
protein powder, ¼ cup rolled oats, 1 cup milk,  
dash of cinnamon



### MORNING BOOST SMOOTHIE

BLENDING TIME: 45 seconds  
BLEND: ¾ cup orange juice, ¼ cup plain yogurt,  
½ cup frozen peach slices, ¼ cup frozen raspberries



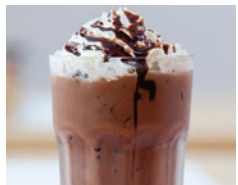
### VERY BERRY HEALTH SMOOTHIE

BLENDING TIME: 1 minute  
BLEND: ¾ cup of milk, 3-4 frozen strawberries,  
¼ cup of frozen blueberries, 2 tsp Greek yogurt,  
½ banana, 2 tsp ground flax seeds, agave to taste



### GREEN GOODNESS SMOOTHIE

BLENDING TIME: 45 seconds  
BLEND: ¼ cup baby spinach, ¼ cup baby kale,  
½ cup fresh pineapple chunks, ¾ cup apple juice



### NUTELLA SHAKE

BLENDING TIME: 45 seconds

BLEND: ¼ cup nutella, 1 cup milk, ¼ cup vanilla frozen yogurt



### CLEAN FROSTY

BLENDING TIME: 1 minute

BLEND: 1½ frozen bananas, 1 cup milk, 2 tbsp cocoa powder



### PALEO MINT CHOCOLATE SHAKE

BLENDING TIME: 1 minute

BLEND: 1 frozen banana, 1 tbsp almond butter, 2 tbsp cocoa powder, ¼ tsp mint extract, ½ tsp vanilla extract, 1 cup almond milk



### WATERMELON SMOOTHIE

BLENDING TIME: 45 seconds

BLEND: 1 cup watermelon chunks, ½ frozen banana, ½ cup chilled water, honey to taste





### SPRING CLEAN CILANTRO SMOOTHIE

BLENDING TIME: 1 minute

BLEND:  $\frac{3}{4}$  cup coconut milk,  $\frac{1}{2}$  frozen banana,  $\frac{1}{2}$  cup mango chunks,  $\frac{1}{4}$  cup cilantro,  $\frac{1}{2}$  lime juice



### MATCHA SMOOTHIE

BLENDING TIME: 45 seconds

BLEND: 1 cup milk, 1 frozen banana, 2 tbsp matcha powder



### BANANA, KALE, AND KIWI SMOOTHIE

BLENDING TIME: 1 minute

BLEND:  $\frac{1}{2}$  frozen banana, 1 sliced kiwi,  $\frac{1}{4}$  cup baby kale,  $\frac{1}{4}$  cup Greek yogurt,  $\frac{3}{4}$  cup milk,  $\frac{1}{4}$  lime juice



### HONEYDEW ALMOND SMOOTHIE

BLENDING TIME: 30 seconds

BLEND:  $\frac{3}{4}$  cup chopped honeydew, 1 cup almond milk, honey to taste





### BANANA GINGER SMOOTHIE

BLENDING TIME: 45 seconds

BLEND: 1 frozen banana, 1 cup milk,  
½ tsp freshly grated ginger, ¼ cup vanilla yogurt,  
brown sugar to taste



### CHAI SMOOTHIE

BLENDING TIME: 45 seconds

BLEND: ½ cup cold brew coffee concentrate,  
½ cup coconut milk, 1 frozen banana, 2 tbsp  
unsweetened cocoa powder



### STRAWBERRY KIWI SMOOTHIE

BLENDING TIME: 45 seconds

BLEND: ¾ cup apple juice, 1 frozen banana,  
3-4 strawberries, 1 sliced kiwi, honey to taste



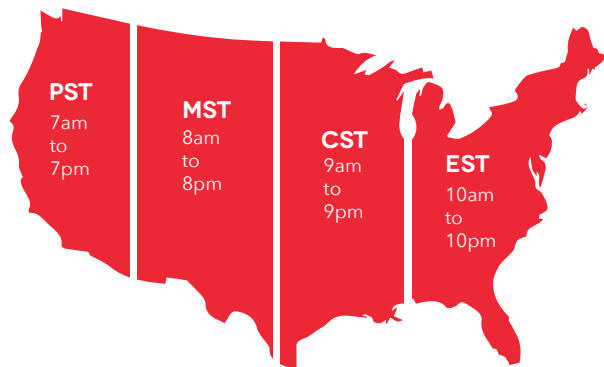
### CHERRY SMOOTHIE

BLENDING TIME: 45 seconds

BLEND: ½ cup frozen cherries, ¾ cup coconut milk,  
¼ cup vanilla yogurt, honey to taste



**?** For product support, warranty, and maintenance related questions, please contact StoreBound directly at 1-800-898-6970 from 7AM - 7PM PST Monday - Friday, or by email at [support@storebound.com](mailto:support@storebound.com).



## REPAIRS

**DANGER!** Risk of electric shock! The Arctic Chill Blender is an electrical appliance. Do not attempt to repair the appliance yourself under any circumstances. Contact Customer Support regarding repairs to the appliance.

## TECHNICAL SPECIFICATIONS

Voltage 120V ~ 60Hz  
 Power Rating 300 W  
 Stock#: DISB200\_20170614\_V6

## STOREBOUND, LLC - 1 YEAR LIMITED WARRANTY

Your StoreBound product is warranted to be free from defects in material and workmanship for a period of one (1) year from the date of the original purchase when utilized for normal and intended household use. Should any defect covered by the terms of the limited warranty be discovered within one (1) year, StoreBound, LLC will repair or replace the defective part. To process a warranty claim, contact Customer Support at 1-800-898-6970 for further assistance and instruction. A Customer Support agent will assist you by troubleshooting minor problems. If troubleshooting fails to fix the problem, a return authorization will be issued. Proof of purchase indicating the date and place of purchase is required and should accompany the return. You must also include your full name, shipping address, and telephone number. We are unable to ship returns to a PO box. StoreBound will not be responsible for delays or unprocessed claims resulting from a purchaser's failure to provide any or all of the necessary information. Freight costs must be prepaid by the purchaser.

Send all inquiries to [support@storebound.com](mailto:support@storebound.com). There are no express warranties except as listed above.

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Some states do not allow the exclusion or limitation of incidental or consequential damages, or limitations on how long an implied warranty lasts. Therefore, the above exclusions or limitations may not apply to you. This warranty gives you specific legal rights and you may also have other rights, which vary from state to state.

