

Goodful™

BY Cuisinart®

Compact To-Go Blender

USER GUIDE & RECIPE BOOKLET



healthy beverages
made
simple!



good things come
from small blenders
(especially this one!)

CB300GF

For your safety and continued enjoyment of this product,
always read the User Guide carefully before using.

IMPORTANT SAFEGUARDS

When using an electrical appliance, especially when children are present, basic safety precautions should always be taken, including the following:

1. **READ ALL INSTRUCTIONS BEFORE USING.**

2. To protect against the risk of electric shock, do not put motor base of blender in water or other liquids.

3. Close supervision is necessary when any appliance is used by or near children.

4. Unplug from outlet when not in use, before putting on or taking off parts, and before cleaning or removing contents from travel cups.

Never put hands into the travel cups, or handle the blades with appliance plugged in.

5. Avoid contact with moving parts.

6. 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 nearest Cuisinart service facility for examination, repair, and/or mechanical or electrical adjustment.

7. The use of attachments, including canning or ordinary jars, not recommended or sold by Cuisinart, may cause fire, electric shock, or risk of injury to persons.

8. Do not use outdoors.

9. Do not let cord hang over edge of counter or table or touch hot surfaces.

10. **Keep hands and utensils out of travel cups while blending, to reduce the risk of severe injury to persons or damage to blender itself.** A rubber or plastic spatula may be used, but must be used only when the blender is turned off.

11. When blender is on, do not touch cutting assembly or interfere with blade movement.

12. **BLADES ARE SHARP. HANDLE CAREFULLY.**

13. To reduce the risk of injury, never place blending blade on base unless the blender jar is properly attached.

14. Always operate blender with the cover in place.

15. Never leave your blender unattended while it is running.

16. Twist removable blade assembly firmly onto travel cups. Injury can result if moving blades accidentally become exposed.

17. **Regarding your cord set:** A longer cord has been provided so that you will have flexibility in positioning your Goodful™ by Cuisinart® Compact To-Go Blender. Exercise care when using the longer cord to avoid entangling or tripping over the cord. The longer cord should be arranged so that it will not drape over the counter or tabletop, where it can be pulled on by children or tripped over. Excess cord should be stored in the cord storage area at the back of the blender base to avoid injury caused by the longer cord.

18. Wash the travel cups, blade assembly, and cover before first use.

19. **WARNING:** TO REDUCE THE RISK OF ELECTRIC SHOCK OR FIRE, DO NOT REMOVE THE BASE PANEL. NO USER-SERVICEABLE PARTS ARE INSIDE. REPAIR SHOULD BE DONE ONLY BY AUTHORIZED PERSONNEL.

20. **DO NOT BLEND HOT LIQUIDS IN TRAVEL CUPS.**

21. Do not operate your appliance in an appliance garage or under a wall cabinet. **When storing in an appliance garage, always unplug the unit from the electrical outlet.** Not doing so could create a risk of fire, especially if the appliance touches the walls of the garage or the door touches the unit as it closes.

SAVE THESE INSTRUCTIONS FOR HOUSEHOLD USE ONLY

NOTICE:

This appliance has a polarized plug (one prong is wider than the other). To reduce the risk of electric shock, this plug will fit into a polarized outlet only one way. If the plug does not fit fully into the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not modify the plug in any way.

This appliance comes with a resettable thermal fuse to prevent damage to the motor in the case of extreme overload. Should the unit shut off unexpectedly, unplug it and let it cool for at least 15 minutes before continuing (see “Operating and Safety Tips,” on page 6).

UNPACKING INSTRUCTIONS

1. Place the gift box containing your Goodful™ by Cuisinart® Compact To-Go Blender on a flat, sturdy surface before unpacking.
2. Remove instruction booklet and other printed materials from top of packaging material. Next, remove top pulp tray.
3. Carefully lift blender base from box and set aside.
4. Remove blender jar and travel cups and set aside. Before using for the first time: Wash all parts according to the Cleaning and Maintenance section on page 6 of this booklet to remove any dust or residue.

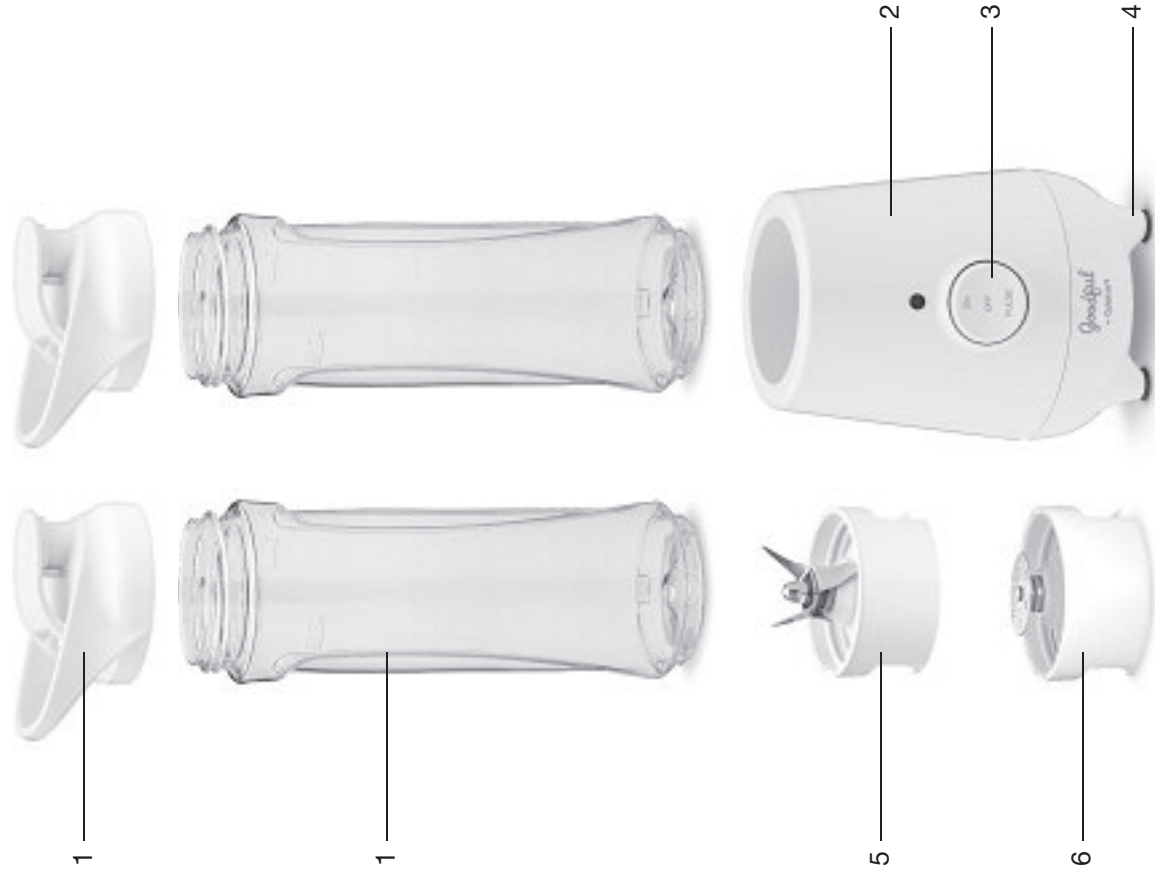
To assemble the blender, follow the Assembly instructions on page 5 of this instruction booklet. Replace all packaging materials in the box and save the box for repackaging.

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FEATURES AND BENEFITS

1. **Two To-Go, 20 oz. BPA-free travel cups with lids** allows you to blend for two. Make your favorite drinks: smoothies, protein, health, diet drinks and more!
2. **Blender motor base** is sturdy and stable, housing a compact, 300-watt motor with a safety interlock feature.
3. **ON, OFF + Pulse control** is easy to use and clean.
4. **Slip-proof feet** prevent movement during use.
5. **Blending blade assembly** used for blending or making smoothies.
6. **Mixing/frothing disk assembly** used for blending protein drinks, and frothing as well.



QUICK REFERENCE GUIDE	
To activate blender	Place vessel fitted with blade assembly onto base
To begin blending	Press rocker switch up
To pulse	Press rocker switch down
To make smoothies	Use blending blade assembly
To make protein drinks	Use mixing/frothing disk assembly
To froth milk	Use mixing/frothing disk assembly

ASSEMBLY

After washing all parts, please see below for assembly.
Place base on flat surface and plug in.

1. Place cup on flat surface.
2. Attach blending blade or mixing/frothing disk assembly on round opening of the cup and turn clockwise until tightened.

OPERATION

1. Put food ingredients into the travel cup, and then attach desired blending or mixing/frothing assembly.
2. With the base unit on the tabletop and the unit plugged in, place the assembled travel cup onto the base and turn to lock into place.
3. For continuous blending, press ON. The red LED light will illuminate, indicating that the blender is on and running.
4. When you have finished blending, press the OFF button. Remove the travel cup from the base. Unplug the unit.
5. Turn cup right side up, turn blending/mixing blade assembly counterclockwise to remove. Attach travel cup lid by twisting clockwise.

NOTE: Do not fill with ingredients/liquid past the max fill line.

NOTE: Your blender is equipped with a 1-minute auto-off feature.

NOTE: Your blender is equipped with a Resettable Thermal Protector to protect the motor. If the motor shuts down, unplug the blender. Let the blender rest for approximately 15 minutes. Once the resting period has elapsed, plug the power cord back into the outlet and continue blending. If your blender does not function properly following this procedure, discontinue use and contact a certified Cuisinart Consumer Service Center.

OPERATING AND SAFETY TIPS

- Make sure the electrical outlet is rated at the same voltage as that stated on the bottom of the blender motor base.
- Always use the blender on a clean, sturdy and dry surface.
- Keep the blender jar cover on the travel cup while blending.
- Always operate the travel cup with blade assemblies on. Place cover on firmly.
- Don't put hands inside the travel cup when blender is plugged in.
- Don't remove travel cups while unit is running.
- **Don't place blending blade or mixing/frothing assembly onto motor base without the travel cup attached.**
- Make sure blade assemblies are tightly attached to travel cup.
- Always remove blending blade or mixing/frothing assembly before cleaning.
- **Don't twist blending blade or mixing assembly from travel cup when removing from blender motor base. Simply lift jar or cup from motor base.**
- Don't store food or liquids in your travel cup.
- Don't overload travel cups. If the motor stalls, turn the blender off immediately, unplug the unit and let it cool for at least 15 minutes. Then, remove a portion of the food and continue.
- **CAUTION:** NEVER use carbonated beverages in the travel cup.
- Don't blend hot liquids in travel cup.
- Don't use any container or accessories not recommended by Goodful™ by Cuisinart®. Doing so may result in injury.
- To remove travel cup, lift straight up. Do not twist to remove.
- The travel cup is not recommended for microwave use.

CLEANING AND MAINTENANCE

Always unplug your Goodful™ by Cuisinart® Compact Blender from the electrical outlet before cleaning. The base and parts are made of corrosion-resistant materials that are easy to clean. Before first use and after every use, clean each part thoroughly. Periodically check all parts before reassembly. **DO NOT USE** if any part is damaged, or the cup is chipped or cracked.

To remove blade assemblies, twist off by turning counterclockwise.

NEVER TOUCH THE BLADE ITSELF.

CAUTION: Handle the blade assemblies carefully. They are SHARP and may cause injury. DO NOT attempt to remove blades from cutting assemblies.

Wash all parts in warm, soapy water; rinse and dry thoroughly. All parts are top rack dishwasher safe.

Tip: You may wish to clean your blade assemblies as follows: Squirt a small amount of dishwashing liquid into travel cup and fill halfway with warm water. Attach blending blade or mixing/frothing assembly. Run for 15 seconds. Repeat, using clean tap water. Carefully disassemble parts and empty cup. Rinse and dry all parts thoroughly.

Finally, wipe the motor base clean with a damp cloth to remove any residue, and dry thoroughly. Never submerge the motor base in water or other liquids, or place in a dishwasher.

Any other servicing should be performed by an authorized service representative.

WARRANTY

LIMITED 3-YEAR WARRANTY

(U.S. AND CANADA ONLY)

This warranty is available to consumers only. You are a consumer if you own a Goodful™ by Cuisinart® Compact To-Go Blender that was purchased at retail for personal, family or household use. Except as otherwise required under applicable law, this warranty is not available to retailers or other commercial purchasers or owners.

We warrant that your Goodful™ by Cuisinart® Compact To-Go Blender will be free of defects in materials and workmanship under normal home use for 3 years from the date of original purchase.

We recommend that you visit our website, www.cuisinart.com for a fast, efficient way to complete your product registration. However, product registration does not eliminate the need for the consumer to maintain the original proof of purchase in order to obtain the warranty benefits. In the event that you do not have proof of purchase date, the purchase date for purposes of this warranty will be the date of manufacture.

If your Goodful™ by Cuisinart® Compact To-Go Blender should prove to be defective within the warranty period, we will repair it, or if we think necessary, replace it. To obtain warranty service, simply call our toll-free number 1-800-726-0190 for additional information from our Consumer Service Representatives, or send the defective product to Consumer Service Representatives at Cuisinart, 7475 North Glen Harbor Blvd., Glendale, AZ 85307.

To facilitate the speed and accuracy of your return, please enclose \$10.00 for shipping and handling of the product.

Please pay by check or money order made payable to Cuisinart (California residents need only supply proof of purchase and should call 1-800-726-0190 for shipping instructions).

NOTE: For added protection and secure handling of any Cuisinart® product that is being returned, we recommend you use a traceable, insured delivery service. Cuisinart cannot be held responsible for in-transit damage or for packages that are not delivered to us. Lost and/or damaged products are not covered under warranty. Please be sure to include your return address, daytime phone number, description of the product defect, product model number (located on bottom of product), original date of purchase, and any other information pertinent to the product's return.

CALIFORNIA RESIDENTS ONLY

California law provides that for In-Warranty Service, California residents have the option of returning a nonconforming product (A) to the store where it was purchased or (B) to another retail store which sells Cuisinart products of the same type.

The retail store shall then, at its discretion, either repair the product, refer the consumer to an independent repair facility, replace the product, or refund the purchase price less the amount directly attributable to the consumer's prior usage of the product. If the above two options do not result in the appropriate relief to the consumer, the consumer may then take the product to an independent repair facility if service or repair can be economically accomplished. Cuisinart and not the consumer will be responsible for the reasonable cost of such service, repair, replacement, or refund for nonconforming products under warranty.

California residents may also, according to their preference, return nonconforming products directly to Cuisinart for repair, or if necessary, replacement, by calling our Consumer Service Center toll-free at 1-800-726-0190.

Cuisinart will be responsible for the cost of the repair, replacement, and shipping and handling for such products under warranty.

BEFORE RETURNING YOUR CUISINART PRODUCT

If you are experiencing problems with your Cuisinart product, we suggest that you call our Cuisinart Service Center at 1-800-726-0190 before returning the product for service. If servicing is needed, a Representative can confirm whether the product is under warranty and direct you to the nearest service location.

Your Goodful™ by Cuisinart® Compact To-Go Blender has been manufactured to the strictest specifications and has been designed for use only in 120-volt outlets and only with authorized accessories and replacement parts. This warranty expressly excludes any defects or damages caused by attempted use of this unit with a converter, as well as by use with accessories, replacement parts or repair service other than those authorized by Cuisinart. This warranty does not cover any damage caused by accident, misuse, shipment or other than ordinary household use. This warranty excludes all incidental or consequential damages. Some states do not allow the exclusion or limitation of these damages, so these exclusions 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.

Important: If the nonconforming product is to be serviced by someone other than Cuisinart's Authorized Service Center, please remind the service to call our Consumer Service Center at 1-800-726-0190 to ensure that the problem is properly diagnosed, the product is serviced with the correct parts, and the product is still under warranty.

TRAVEL CUP – TIPS AND HINTS

- When using the travel cups, ingredients are put in the following order: Always put the hardest ingredients into the travel cup first (ice cubes, frozen fruit) and finish with the softer ingredients and liquids.
- It is recommended that most foods be cut into ½-inch to 1-inch pieces to achieve the most uniform result.
- For best results in the fastest time, pulse a few times before running continuously. Pulses should be short bursts with about 1 second in between each one to allow the blade to stop rotating between pulses.
- To crush ice, put as many as 6 ice cubes into the travel cup at one time. Pulse until uniformly crushed.
- If food sticks to the sides of the cup when blending, stop the blender, carefully scrape down the food, replace blade assembly and pulse in short bursts to combine.
- When blending thicker mixtures, lightly hold down the top of travel cup to prevent jumping.
- After blending, flip the travel cup over so that the blade assembly is on the top. Gently tap the cup on the counter a few times to prevent any spillage. Remove the blade assembly and replace with one of the provided lids.
- All beverage recipes in the booklet are portioned for the travel cups.
- Most of our smoothie recipes call for frozen fruit. If fresh fruit is preferred, it is easy to convert any recipe.

Basic Smoothie with Ice

Makes about 2 cups

- 4 ice cubes**
- 1½ cups fresh fruit**
- ½ cup juice, milk or favorite liquid**

1. Put ingredients, in the order listed, into the travel cup. Fit with the blending blade assembly.
2. Lock into place and run until smooth, about 25 seconds.
3. Serve immediately.

Berry Cherry Smoothie

This kid-friendly smoothie is a vitamin-packed way to start the day.

Makes 1 serving

- 1 cup frozen cherries**
- 1 banana, quartered**
- ½ cup fresh strawberries, hulled and halved**
- ¼ cup orange juice**
- ¼ cup plain yogurt**
- 1 tablespoon honey (optional)**

1. Put ingredients, in the order listed, into the travel cup. Fit with the blending blade assembly.
2. Lock onto base and run until smooth, about 25 seconds.
3. Serve immediately.

Nutritional information per serving:

*Calories 274 (9% from fat) • carb. 62g • pro. 6g • fat 3g • sat. fat 1g
• chol. 8mg • sod. 39mg • calc. 141mg • fiber 6g*

Tropical Vitamin C Smoothie

You'll barely taste the kale in this smoothie, but including it in your daily drink is a good way to sneak in some extra good-for-you greens, not to mention vitamin C.

Makes 1 serving

- 1/4 cup frozen mango pieces
- 1 large kale leaf (about 1/2 ounce), hard stem removed and cut into 1-inch pieces
- 1/4 cup fresh pineapple pieces, cut into 1-inch pieces
- 1/2 cup fresh papaya pieces, peeled, seeded and cut into 1-inch pieces
- 1/2 cup orange juice

- Put all of the ingredients, in the order listed, into the travel cup. Fit with the blending blade assembly.
- Lock onto the base and run until smooth, about 1 minute.
- Serve immediately.

Nutritional information per serving:

Calories 143 (3% from fat) • carb. 34g • pro. 2g • fat 0g • sat. fat 0g
chol. 0mg • sod. 18mg • calc. 53mg • fiber 3g

Light Green Smoothie

This green smoothie is as delicious and nutritious as it is simple. Use any greens you have on hand.

Makes 1 serving

- 1/2 cup frozen strawberries
- 1/2 cup baby spinach
- 1 ripe banana, cut into 1-inch pieces
- 1/2 cup non dairy milk (e.g., rice, almond or soy)

- Put all of the ingredients, in the order listed, into the travel cup. Fit with the blending blade assembly.
- Lock onto the base and run until smooth, about 1 minute.
- Serve immediately.

Nutritional information per serving:

Calories 191 (7% from fat) • carb. 45g • pro. 2g • fat 2g • sat. fat 0g
chol. 0mg • sod. 56mg • calc. 181mg • fiber 5g

Oatmeal Breakfast Smoothie

Kids will love this alternative to a bowl of oatmeal – it has all of the components, but in a to-go format.

Makes 1 serving

- 1/4 cup frozen blueberries
- 1/2 banana, cut into 2-inch pieces
- 1 cup oat milk
- 1 1/2 teaspoons flax oil
- 1 1/2 teaspoons pure maple syrup
- 1/4 teaspoon ground cinnamon

- Put all of the ingredients, in the order listed, into the travel cup. Fit with the blending blade assembly.
- Lock onto the base and run until smooth, about 1 minute.
- Serve immediately.

Nutritional information per serving:

Calories 258 (31% from fat)
carb. 43g • pro. 4g • fat 9g • sat. fat 1g • chol. 0mg
sod. 59mg • calc. 27mg • fiber 5g

Coconut-Cardamom-Date Smoothie

Thanks to the canned coconut milk, this smoothie has a great, thick texture. The health benefits are hidden by the sweetness of the dates.

Makes 1 serving

- 3 ice cubes
- 3 dates, pitted
- 1 cup “lite” coconut milk (you may use regular, full-fat coconut milk for a richer drink)
- 1/4 teaspoon ground cardamom
- Pinch kosher salt

- Put all of the ingredients, in the order listed, into the travel cup. Fit with the blending blade assembly.
- Lock onto the base and run until smooth, about 1 minute.
- Serve immediately.

Nutritional information per serving:

Calories 381 (38% from fat) • carb. 58g • pro. 1g • fat 16g • sat. fat 12g
chol. 0mg • sod. 193mg • calc. 88mg • fiber 5g

Brazilian Power Shake

Packed with nutrients and monounsaturated fats (the good ones – we swear!), this will fill you up and give you the energy to keep on moving.

Makes 1 serving

- 3 ice cubes
- 1/2 ripe banana, cut into 1-inch pieces
- 1/3 ripe avocado, pitted, cut into 1-inch pieces
- 1 cup rice milk
- 2 teaspoons honey
- Pinch ground cinnamon

- Put all of the ingredients, in the order listed, into the travel cup. Fit with the blending blade assembly.
- Lock onto base and run until smooth, about 1 minute.
- Serve immediately over ice.

Nutritional information per serving:
Calories 289 (29% from fat) • carb. 51g • pro. 3g • fat 10g • sat. fat 1g
chol. 0mg • sod. 92mg • calc. 313mg • fiber 5g

Triple Chocolate Shake

The ultimate chocolate lover’s milkshake.

Makes 2 servings

- 1/2 cup reduced-fat chocolate milk (if you do not have chocolate milk on hand, you can substitute regular milk and then add a tablespoon of chocolate syrup)
- 1 1/2 cups premium chocolate ice cream
- 2 tablespoons chocolate syrup

- Put all of the ingredients, in the order listed, into the travel cup. Fit with the mixing disk assembly.
- Lock onto base and run until homogenous, about 30 seconds.
- Serve immediately.

Nutritional information per serving (8 ounces):
Calories 507 (50% from fat) • carb. 53g • pro. 10g • fat 28g • sat. fat 17g
chol. 178mg • sod. 145mg • calc. 296mg • fiber 2g

Super Antioxidant Smoothie

Berries are the ultimate antioxidant ingredient. Sip on this mix for breakfast, especially after a day of indulgent eating, to kick-start your healthy-eating routine.

Makes 1 serving

- 2/3 cup pomegranate juice
- 1/2 banana, cut into 1-inch pieces
- 1 cup mixed frozen berries
- 2 teaspoons ground flaxseed

- Put all the ingredients, in the order listed, into the travel cup. Fit with the blending blade assembly.
- Lock onto base and run until smooth, about 1 minute.
- Serve immediately.

Nutritional information per serving:
Calories 238 (8% from fat) • carb. 57g • pro. 3g • fat 2g • sat. fat 0g
chol. 0mg • sod. 16mg • calc. 40mg • fiber 8g

Cold Tea Lattes

Skip the coffee shop and make your favorite iced tea latte at home.

- 1/2 cup milk (any variety, dairy or nondairy)
- 1/2 cup tea concentrate (such as chai, turmeric-ginger, yerba mate, etc.)

- Put the milk and concentrate into the travel cup. Fit with the mixing disk assembly.
- Lock onto base and run until frothy, about 30 seconds.
- Serve over ice.

Matcha Latte

Matcha is a great alternative to coffee to get your energy going in the mornings. Try first without additional sweetener, because some matcha powders have sweeteners in them.

- 1 cup milk (any variety, dairy or nondairy)
- 1 teaspoon matcha powder
- 1/2 teaspoon honey or agave, optional

- Put all ingredients into the travel cup. Fit with the mixing disk assembly.
- Lock onto base and run until frothy, about 45 seconds.
- Serve over ice.

Cold Brew Coffee Latte

Cold brew is everywhere and is great to keep on hand for a quick drink to go.

Makes 1 serving

- ½ **cup milk cup milk (any variety, dairy or nondairy)**
- ½ **cup cold brew coffee**

1. Put ingredients into the travel cup. Fit with the mixing disk assembly.
2. Lock onto the base and run until frothy, about 45 seconds.
3. Serve over ice.

Nutritional information per serving (with 2% cow's milk):
Calories 59 (35% from fat) • carb. 5g • pro. 4g • fat 2g • sat. fat 1g
chol. 9mg • sod. 58mg • calc. 141mg • fiber 0g

Chocolate Nut Butter Protein Shake

Make this tasty shake for a post workout recovery drink.

Makes 1 serving

- 1 **cup chilled liquid (water, milk, etc.)**
- 2 **tablespoons protein powder**
- 2 **teaspoons unsweetened nut butter**
- 1 **teaspoon cocoa powder**
- 1 **teaspoon liquid sweetener (honey, agave, stevia, or maple syrup)**

1. Put ingredients, in order listed, into the travel cup. Fit with the mixing disc.
2. Lock onto the base and run until homogenous, about 1 minute.
3. Serve over ice.

Nutritional information per serving (with water, peanut butter and vegetable based protein):
Calories 160 (30% from fat) • carb. 10g • pro. 20g • fat 6g • sat. fat 1g
chol. 0mg • sod. 234mg • calc. 44mg • fiber 1g

Vanilla-Maple Protein Shake

Keep it simple, and sweet with this quick shake.

Makes 1 serving

- 1 **cup chilled liquid (preferably milk – alternative is OK)**
- 2 **tablespoons protein powder**
- 1 **teaspoon pure maple syrup**
- ½ **teaspoon pure vanilla extract**

1. Put ingredients, in order listed, into the travel cup. Fit with the mixing disk assembly.
2. Lock onto the base and run until homogenous, about 1 minute.
3. Serve over ice.

Nutritional information per serving (with unsweetened rice milk and vegetable-based protein):
Calories 194 (12% from fat) • carb. 23g • pro. 18g • fat 3g • sat. fat 0g
chol. 0mg • sod. 261mg • calc. 287mg • fiber 0g

Sweetened Whipped Cream

Whipped cream in a blender? Yes, please! Add other flavorings such as cocoa powder or orange extract to change.

Makes ⅔ cup

- ½ **cup heavy cream**
- 1 **tablespoon confectioners' sugar**
- ¼ **teaspoon pure vanilla extract**
- Pinch kosher salt**

1. Put all of the ingredients, in the order listed, into the travel cup. Fit with the blending blade assembly.
2. Lock onto the base and run until stiff, about 30 seconds.
3. Serve immediately.

Nutritional information per serving (2 tablespoons):
Calories 89 (88% from fat) • carb. 2g • pro. 0g • fat 9g • sat. fat 5g
chol. 33mg • sod. 38mg • calc. 15mg • fiber 0g

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