

*Optimum*  
QUALITY YOU CAN TRUST

# NUTRIFORCE MINI



**USER MANUAL**

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## WELCOME TO YOUR NEW KITCHEN ASSISTANT

Congratulations on purchasing your single serve Optimum Nutriforce Mini. The Nutriforce Mini can be used to create amazing smoothies and purées or to chop, blend and grind. You can also use it to make nutritious fruit and vegetable juices, milkshakes, slushies, baby food, and creamy iced latte.

Designed as a personal single-serve blender, the Optimum Nutriforce Mini is a convenient and ideal companion for busy urban dwellers who need a quick healthy fix for those on-the-go mornings.

This blender will quickly become your ultimate kitchen tool allowing you to make healthy choices, even when time is at a premium.

For more tips, tricks and community posts, don't forget to join the Froothie Family group on Facebook: [www.facebook.com/groups/froothiefamily](http://www.facebook.com/groups/froothiefamily).

**TO ENSURE YOUR SAFETY AND TO GET THE BEST PERFORMANCE FROM YOUR OPTIMUM NUTRIFORCE MINI,  
PLEASE READ THESE INSTRUCTIONS CAREFULLY.**

## WELCOME TO YOUR NEW KITCHEN ASSISTANT

Welcome to our Froothie owners club & congrats on your purchase!

My name is Francois, General Manager at Froothie. I won't waste your time with our journey from a bootstrapped business in Melbourne to becoming a world leader in high-quality health and wellness appliances, just know we are a true Australian start-up company full of passionate engineers and people who want to make a change in others' lives.

I believe it is still possible to build a business while doing right by customers and showing them love and appreciation. I believe every client should be treated as if we sold something to a neighbour and I, along with our founder Mario, still take a very personal interest in the success of every Froothie and Optimum experience.

Should you encounter any issues at all in your experience with your Optimum, I ask that you please give us the opportunity to right them and I promise to put your needs and interests first. If for any reason our Customer Support team doesn't exceed your expectations for care, my personal and direct contact information is at the bottom of this letter. Any email sent there will come direct to me and get answered every time.

If you love your Optimum, I would also be grateful if you could spread the word among your friends and family. We're still a small company with a tiny advertising budget and your personal recommendation is the best favour you can do in return for us.

With the deepest regard and appreciation for you, our customer, I welcome you to our Froothie community!  
Thank you again for your trust :-)

All the Best,  
*Francois Nassif*



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## SAFETY FIRST



### **WHEN USING ELECTRICAL APPLIANCES, YOU SHOULD ALWAYS BE AWARE OF AND FOLLOW BASIC SAFETY PRECAUTIONS INCLUDING:**

1. Read and follow all instructions and warnings in this manual carefully.
2. To protect against the risk of injury due to electric shock, do not immerse the base of the blender in water or any other liquid.
3. Store your Nutriforce M in a secure place, out of the reach of children.
4. Always be vigilant when using the blender in close proximity to children.
5. 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.
6. Do not touch any of the blender's moving parts and keep your hands away from the blender blades.
7. Always handle the blades carefully as they are quite sharp.
8. Do not operate the blender if it malfunctions or is damaged in any way. Return the appliance to the nearest authorized service facility for inspection or repair.
9. NEVER place hot ingredients (above 65°C) into the blender. This can cause damage to the jar and base, including leaks.
10. Do not put carbonated ingredients in your Nutriforce M. This creates pressure in the jug and can lead to injury, or damage to the blender (immediately or over time).
11. Do not put MCT oil (or powder) in the blender. Over time, this can damage the blender.
12. Do not remove the lid while operating. Ensure to only operate your Nutriforce Mini with the lid securely screwed on.
13. Do not run the Nutriforce when it is empty. Doing this can cause damage.
14. Do not add anything rigid to your blender when it is blending.

## SAFETY FIRST

15. Wait for the ingredients to settle before loosening the lid after blending.
16. Do not leave the device running continuously for over 30 seconds. Then wait for the appliance to cool down before using it again.
17. Do not leave food in the Nutriforce Mini for a long time. This can cause fermentation and pressure buildup in the jug up to a point where it could burst, causing damage or even injury.
18. Be careful when handling the blender base without the jar attached. As a safety precaution, magnets must be placed on the blender's jar and base for the Nutriforce M to work. The magnetic material can trick the base into thinking that the bottle is attached and rotate the blade.
19. Do not submerge the base and charging cable in water or other liquids to prevent damage and to avoid the risk of electric shock. Also, ensure the unit is switched off before cleaning it.
20. Do not disinfect your blender in the microwave or hot water above 80°C.
21. Do not put your blender into the freezer.
22. Do not clean your blender with any kind of metallic cleaning sponge to prevent parts from scratching or damaging.
23. Do not place the Nutriforce Mini in the dishwasher.
24. Only use high-quality USB chargers (like the one that came with your phone) and the included USB-C cable or certified USB-C cables.
25. To charge, push the USB cable firmly and fully (do not insert it partially).
26. Do not charge your blender when it is wet.
27. Do not allow the charging cable to come into contact with hot surfaces and do not submerge the charging cable in water.
28. Do not repair or disassemble it by yourself, otherwise your warranty will be void. If a malfunction occurred, kindly contact us.

## GETTING TO KNOW YOUR OPTIMUM NUTRIFORCE MINI



# USING YOUR OPTIMUM NUTRIFORCE MINI

## Your First Blend

Make sure your blender is fully charged by checking whether all indicator lights are on before your first blend. Tighten the body and base until the magnet is aligned with the power button. Press power button twice to start blending and remember to clean it immediately after use.



### Step 1

Cut fruits into small pieces before adding them into the blender to fill up about 60% of the jar capacity.



### Step 2

Add some water until it reaches 80% of jar capacity.



### Step 3

Tighten the lid and tilt down the blender to make sure fruit pieces are not stuck under the blades.



### Step 4

Press the power button twice to start blending.



## Tips

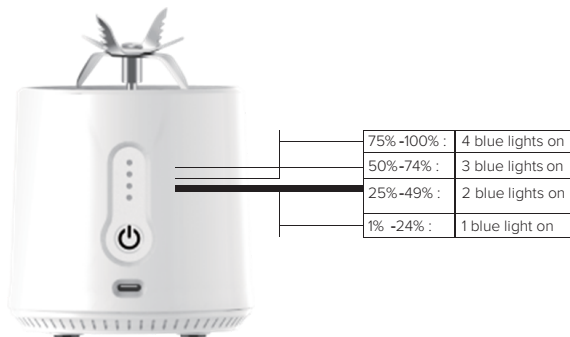
- Be careful not to overload your Nutriforce M.
- Please be careful not to add too many ice cubes. If you want to add more, start with a few, blend and later add a few more.
- If the Nutriforce M get's jammed turn it upside down and shake it to loosen up everything. You can even continue blending upside down and turn it around once it's running smoothly.
- To achieve the best results we recommend blending fresh instead of frozen fruits and veggies.
- If you start blending upside down be careful when turning it over, however, you can also shake it to loosen up the contents.
- NEVER place hot ingredients (above 65°C) into the blending. This can cause damage to the jar and base, including leaks.
- Do not put carbonated ingredients in your Nutriforce M. This creates pressure in the jug and can lead to injury, or damage to the blender (immediately or over time).
- Do not run the Nutriforce when it is empty.
- Do not remove the lid while operating.
- Do not touch any of the blender's moving parts and keep your hands away from the blender blades.



**WARNING: NO PARTS CAN BE PUT IN THE DISHWASHER!**

# USING YOUR OPTIMUM NUTRIFORCE MINI

## Check Battery Level



## Normal Use Display

Key Operations	Press power button twice to start, press it once to stop. When idling, press power button once to check battery level.
Blending Display	All indicator lights will be continuously flashing upwards.
Charging Display	Indicator light(s) will be flashing slowly at current battery level.
Low Battery Display	All indicator lights will be flashing in red while blending.
Fully Charge Display	All indicator lights will light up in blue.

## BLENDER CLEANING AND MAINTENANCE

Always clean your Optimum Nutriforce Mini after each use for hygiene purposes and to ensure its longevity. Leaving food in the blender is a health risk as bacteria can grow. It can also cause your cups to stain. Bacteria and residual food acids can also damage the seals and shaft of the blades.

1. Switch off and unplug the blender from the power outlet.
2. Using a soft, damp cloth, wipe the surface of the blender's base. You can use a mild detergent to remove dried food if required.
3. After each use, rinse the cup thoroughly with warm soapy water (not hot).
4. Place one or two drops of dish soap in your cup and fill halfway with warm water.
5. Blend one full cycle until the Nutriforce Mini comes to a stop.
6. Pour the contents out and rinse thoroughly.
7. Turn the cup upside down and let air dry.
8. The rubber seal sits within the blade base please ensure it remains in place throughout the cleaning process.
9. Use a dry soft cloth to thoroughly dry the blender.



Food Contact  
Compliance



Keep Away  
From Fire



Non-  
microwavable



Fragile

## TROUBLESHOOTING

<b>MALFUNCTION</b>	<b>ANALYSIS</b>	<b>TROUBLESHOOTING</b>
All indicator lights light up in red, or no light(s) on, unable to start.	Ran out of battery.	Charge it for 3 to 5 hours to make sure that it gets a full charge.
All indicator lights flicker in red and blue alternately, unable to start.	The jar is not tighten to the base.	Tighten the jar and base, make sure the magnet is aligned with the power button.
Stop working after 5 seconds.	Blender is empty.	Add ingredients into blender to start blending.
Stop working, all indicator lights flicker in red for 5 seconds.	Ingredient is too thick / overload.	Add some liquid or cut ingredients into smaller pieces, then restart it.
Leakage.	The sealing ring is not placed properly.	Place the sealing ring properly.

### NOTE :

- Product is suitable for USB -C cable. Suitable for power bank charging as well.
- When not used for a long time, charge it fully first to keep the battery in a high voltage state to prevent damage.

## PRODUCT SPECIFICATIONS

<b>Product</b>	Optimum Nutriforce Mini
<b>Product Codes</b>	NFMBLK, NFMWHI, NFMBLU, NFMRED, NFMMIN
<b>Charging Port</b>	Type-C 5V/1A
<b>Battery Info</b>	4000mah / 7.4V
<b>Motor</b>	150W
<b>Motor Speed</b>	22000 (No load) / 18000 (Load)

<b>Working Current</b>	22-30A
<b>Working Time</b>	5s (No load) / 30s (Load)
<b>Material</b>	Food grade PCTG (BPA FREE)
<b>Base Shell Material</b>	ABS
<b>Blade Material</b>	Stainless Steel
<b>Product Volume</b>	500ml
<b>Product Size</b>	89*89*290mm



**Only for EU countries.** Do not dispose of electric appliances together with household waste material! In observance of European Directive 2002/96/EC on waste electrical and electronic equipment and its implantation in accordance with national law, electric appliances that have reached the end of their life must be collected separately and returned to an environmentally compatible recycling facility.

## WARRANTY TERMS & CONDITIONS (INTERNATIONAL)

### Effective as of 1st January 2014

This warranty as outlined below solely covers distributors of the Optimum range of products. Please contact your distributor for full product warranty.

1. Optimum® warranties this product against defects in materials and workmanship for a period of 1 year from the original date of purchase when used in accordance with the accompanying instruction manual.
2. Any warranties exceeding this standard period are offered as extended terms by the selling distributor and claimable only through that provider.
3. Defects that occur within this manufacturer's warranty period, under normal use and care will be repaired or replaced at our discretion only if the selling distributor is unable to do so. This is done solely at our option with no charge for parts. This warranty does not extend to accessories included or purchased separately. Replacements can be offered for major faults as determined by your distributor and at their own discretion.
4. In the event that the goods requiring repair are under warranty, and this distributor is unable to provide the repairs; the customer is responsible for any freight charges to or from Optimum® (or their approved service provider).
5. Whilst in transit the goods are at the owner's risk and any further damage during this transportation is not covered under warranty.
6. Customers should ensure that the product being returned is properly packaged so as to ensure that no damage occurs to the product during transit. To be able to process the warranty claim ensure you have included an explanation of any problem, Optimum® will not fault-find and will only repair described faults as covered under warranty.
7. This full warranty is void if this product has been subject to abuse, negligence, accident, alteration, failure to follow operating instructions, or the product has been exposed to abnormal or extreme conditions.

8. Cosmetic changes that do not affect performance, such as discolouration of parts of the product in the hands of the user or the effects of the use of abrasive cleaners will not be warranted or considered defects. The cleaning or removal of food products along with any damage caused by allowing them to build up is not covered by this full warranty.
9. This warranty does not cover normal wear and tear of the product or parts.
10. This warranty does not cover any defect caused by an accident, misuse, abuse, improper installation or operation, lack of reasonable care, unauthorized medication, loss of parts, tampering or attempted repair by a person not authorized by Optimum®.
11. The warranty will not apply if damage, malfunction or failure resulting from alterations, accident, misuse, abuse, fire, liquid spillage, maladjustment of customer controls, use on an incorrect voltage, power surges and dips, thunderstorm activity, acts of God, voltage supply problems, tampering or unauthorized repairs by any persons, use of defective or incompatible accessories, exposure to abnormally corrosive conditions or entry by any insect, vermin or foreign object in the product.
12. You must keep your purchase receipt as proof of purchase and as proof of the date on which the purchase was made. The purchase receipt must be presented when making a claim under this warranty.
13. In the event the receipt of purchase is not presented, then this warranty is invalid. Consumer Law allows us to request reasonable proof of purchase to service a warranty claim.
14. This warranty does not imply, intend to or detract from any consumer rights listed in and able to be enforced from Regulated Consumer Law, any condition which is found to be in breach of the consumer law, the single condition shall be void only and all other conditions remain in place.

# RECIPES

## Smoothies, Drinks



### Frozen Mandarin Shake

4 mandarines  
peel and separate segments  
1 tbsp protein powder  
200 ml coconut cream



### Double Chocolate Brownie Smoothie

1 Chocolate Brownie Piece (50grs)  
100ml Cold Milk  
1tsp Cocoa Powder  
1tsp Sugar Powder  
2-3 Fresh Strawberries  
Chocolate Syrup + Carnation Caramel



### Vegan Dairy-Free Chocolate Protein Smoothie

1 frozen banana (cut into pieces)  
1 scoop @thenewtritionco organic vanilla plant protein  
1 tbsp cacao powder, 1tsp tahini  
2tbsp g olden flaxseed, ground  
Oat milk



### 3-Layer Colourful Avocado Mango Strawberry Smoothie

Avocado layer:

- 1 avocado
- 1/4 cup milk of choice
- 2 tsp sugar free maple syrup (or sweetener of choice)

Mango Layer:

- 1/2 mango
- 1/4 cup mango yoghurt
- 1/4 cup water (or milk of choice)
- 1 tsp sugar free maple syrup

Strawberry Layer

- 150g strawberries (or 1/2 a punnet)
- 2 tsp sugar free maple syrup
- 1 tbsp water



### Fresh Lemonade

200ml Water  
1½ Whole Lemon  
2 Tsp Honey  
Mint Leaves  
Ice cubes



### Homemade Chocolate Caramel Latte

1/2 cup plant-based milk  
1/2 cup brewed coffee (made with Oxfam Organic Ground Coffee)  
1tbsp cacao nibs  
3tbsp chocolate chips



### Addictive Kiwi FroYo

Kiwi, Salt, Honey, Agave, Water, Yogurt.  
Blend until smooth.  
Pour mixture on the freezing tray.  
Freeze for a few hours.

### Quick Red Velvet Smoothie

1/2 cup cubed raw beetroot  
1/4 cup greens (cubed broccoli stem)  
1/2 cup Ocean Spray Low Sugar Blueberry Juice  
1 serve each of Happy Way x Ashy Bines Triple Choc fudge protein + Super Reds powder  
1 serve each of From the Reserve Plant-based Immunity & Collagen Booster





# RECIPES



## Mango and Coconut Smoothie Recipe

1 mango cheek  
1 small banana  
1/2 cup milk of choice  
3 tbsp coconut yoghurt (or any yoghurt)  
1 tsp vanilla extract  
Handful of ice



## Pandan Coconut Drink

1 cup @h2coco Coconut water (cold)  
1/4 cup coconut milk powder (I used a sweetened blend; add up to 1tbsp sugar if you use unsweetened milk powder)  
1 tsp Pandan leaf powder

## Dips, Sauces, Dressings



## Chocolate and Protein Smoothie

Coconut Milk  
Chocolate Chips  
Banana  
Protein Powder  
Cocoa Powder



## Mexican Guacamole Dip

2 tbsp Olive Oil  
1/2 of an Avocado  
1/2 Red Onion  
Bunch of Fresh Cilantro  
Juice of a Lemon



## Balsamic Vinaigrette Salad Sauce

50g Olive Oil  
30g Balsamic Vinegar  
1 tsp Dijon Mustard  
3 Tbsp Lemon Juice  
1 Garlic Clove  
Salt + Pepper



## Healthy Salad Dressing

1/4 cup Olive Oil  
1/2 Lemon Juice  
1 Tsp Dijon Mustard  
1 Garlic Clove  
1 Tsp Honey  
Salt & Pepper



## Roasted Butternut Squash Fries with Sweet & Spicy Aioli

1 small butternut squash, cut into 1cm thick sticks  
1/2 cup corn flour or corn starch  
1 teaspoon smoked paprika  
1 teaspoon Italian seasonings  
1 teaspoon garlic powder (optional)  
1-2 tablespoons olive or avocado oil  
Avocado Aioli:  
1/2 large hass avocado  
1 garlic clove  
1 tablespoon mustard  
1 teaspoon Italian seasonings  
1 tablespoon lemon juice  
1/4 cup olive or avocado oil

Preheat oven to 180C and line a baking tray with parchment paper. Place butternut sticks into a mixing bowl, add in corn starch and toss well until evenly coated. Add in the seasonings and give them another toss. Lastly add in oil and toss again. Arrange on the prepared baking tray, leaving space so they don't touch each other. Bake for 20 minutes, then flip and return to the oven for another 10-20 minutes. Switch the heat off and crack open the oven door slightly and wait another 15 minutes. To make avocado aioli simply add all the ingredients into a blender and pulse until creamy and smooth.



## Easy Vegan Tofu Yogurt Recipe

100g Evergreen silken tofu  
1 tbsp kombucha/ lemon juice/ vinegar (I used Remedy Drinks Immunity Shot)  
1 tbsp sweetener of choice  
Optional add-ins:  
1 tsp probiotic (I used Knowrshwell Gut Hero Happy Gut powder)  
1 tsp protein powder (I used Veego Honeycomb flavoured Protein Mousse - dc: CANDY10)  
1 tsp Glow Proteins Glow Elixir marine collagen.

## Desserts, Treats



### Breakfast Chia Seed Pudding

3 tbsp chia seeds  
1/2 cup Ocean Spray  
Low-Sugar Blueberry Juice  
1/2 cup Pure Harvest  
unsweetened organic oat milk  
1 serve Veegeo Strawberry Plant  
protein

Topped with Mindful Foods  
choc granola, Hello Pure  
coconut & dried orange pieces



### Chocolate Brownies

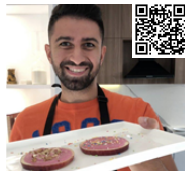
1/2 cup Oats  
1/4 cup Cocoa Powder  
1tbs Baking Powder  
5tbs Yogurt  
1/4 cup Milk  
1 Egg  
Cinnamon Powder



### Fro-Yo Lemon Bites

Lemon, Salt, Water, Mustard,  
Yogurt, Turmeric, Honey

Cut up the lemon. Place the  
lemon with some water into a  
blender and blend until smooth.  
Strain the mixture. Add yogurt,  
turmeric, salt, honey and mix  
well. Place the mixture on the  
tray and freeze.



### Apple Slice Donuts Loaded With Froyo

strawberries  
beetroot  
ricotta cheese  
honey  
Blend all ingredients.  
Pour over apple slices  
and freeze.

### Simple Peanut Butter and Oats Cookies

1/2 cup Oats  
1.5tsp Baking Powder  
1/4 cup Peanut Butter  
Salt  
1tbsp Coconut Oil  
2 tbsp Yogurt  
3 tbsp Milk

Blend ingredients until smooth.  
Bake in the oven at 180 C until done.



**Mix it up Anywhere, Anytime:**  
Unleash Your Inner Mixologist with  
our Portable Blender Cocktail  
Recipe Series



## General Blending Tips

- Be careful not to overload your Nutriforce Mini.
- Layering ingredients is crucial: Liquids first, then soft/light, then harder ingredients such as ice cubes. Please be careful not to add too many ice cubes. If you want to add more, start with a few, blend and later add a few more.
- If the Nutriforce Mini gets jammed turn it upside down and shake it to loosen up everything. You can even continue blending upside down and turn it around once it's running smoothly.
- To achieve best results we recommend blending fresh instead of frozen fruits and veggies.
- If you start blending upside down be careful when turning it over, however you can also shake it to loosen up contents.
- Do not run the Nutriforce Mini when it is empty as this could cause damage.
- For more tips and tricks and Do's and Dont's please refer to page 6 in the user manual.

**Love your Nutriforce M?**

**Post & Tag #Froothie or #NutriforceMini to win!**



@Froothie



@Froothieappliances