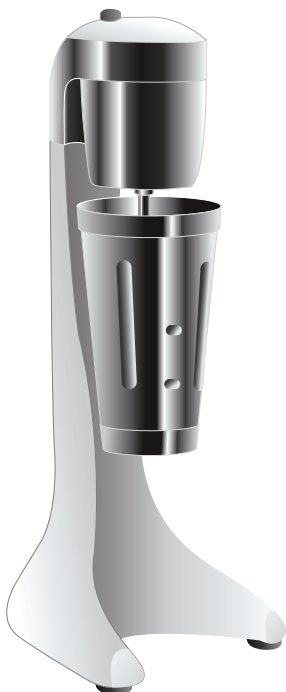


WARING PRO™

PROFESSIONAL DRINK MIXER



PDM SERIES

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

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IMPORTANT: Always unplug the Waring Pro™ Professional Drink Mixer from outlet when disassembling and assembling.

IMPORTANT SAFEGUARDS

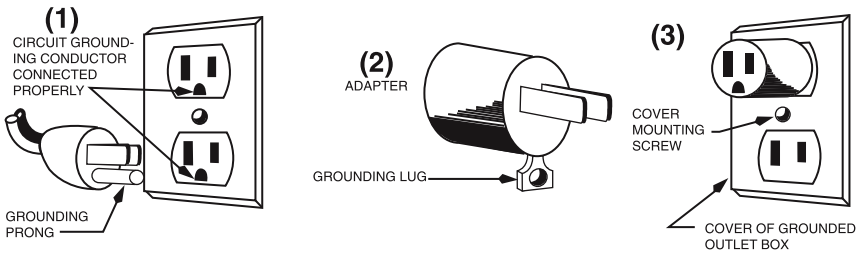
When using electrical appliances, basic safety precautions should always be followed, including the following.

- 1. READ ALL INSTRUCTIONS:**
- To protect against risk of electrical hazards, do not immerse the Waring Pro™ Professional Drink Mixer in water or other liquid.
- Close supervision is necessary when any appliance is used by or near children.
- Unplug from outlet when not in use and before cleaning the outside of the unit.**
- Avoid contact with moving parts.
- Do not operate the Waring Pro™ Professional Drink Mixer or any other electrical equipment with a damaged cord or plug, or after the unit malfunctions, or is dropped or damaged in any manner. Return it to the nearest authorized service facility for examination, repair, or adjustment.
- The use of attachments not recommended or sold by Waring may cause fire, electric shock, or injury.

8. Do not use outdoors.
9. Do not let cord hang over edge of table or counter, or touch hot surfaces.
10. Keep hands and utensils out of container to reduce the risk of injury to persons or damage to the mixer.
11. Never add ingredients to container while motor is running.
12. Container must be properly in place before starting the motor.
13. Put this list in a safe place; do not discard.

**SAVE THESE INSTRUCTIONS
FOR HOUSEHOLD USE ONLY**

GROUNDING INSTRUCTIONS



For your protection, your drink mixer is provided with a 3-conductor cord and a grounding type plug.

Always plug the mixer into a grounding-type outlet. Do not defeat the grounding capability of the provided cord set.

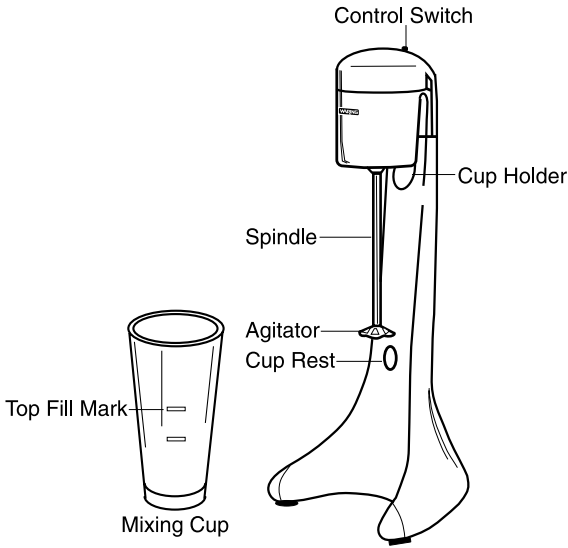
If a grounding-type outlet is not available, one must be installed by a licensed electrician in accordance with your local electrical code before your mixer can be used.

HOW TO USE YOUR DRINK MIXER

1. Clean the drink mixer thoroughly before initial use.
2. Use the control switch to turn the unit off (O) or to select either low (I) or high (II) speed. Always set the control switch to off (O) before plugging in the mixer.
3. Plug the drink mixer into a properly grounded outlet.
4. Put recipe ingredients into the mixing cup. (Do not fill beyond the top fill mark on the side of the mixing cup, which represents $1\frac{3}{4}$ cups (420 ml). This will help to prevent the mixture from splashing out during mixing.
5. Attach the mixing cup to the drink mixer by sliding the lip of the mixing cup up under the cup holder and setting the bottom edge of the mixing cup on the cup rest.

- 6. Operate the drink mixer only when the mixing cup is attached.
- 7. Set the control switch to low speed and mix for 3 seconds. If your recipe requires high speed, switch to high speed after mixing 3 seconds on low speed; otherwise, continue on low speed until finished.
- 8. When mixing is complete, always set the control switch to off (O) before removing the mixing cup.

Operating Cycle: 3 min. ON / 1 min. OFF



CLEANING

- 1. Not for water jet cleaning.
- 2. Clean the drink mixer before initial use, and immediately after each use.
- 3. Clean the spindle, agitator, and mixing cup by filling the mixing cup to the top fill mark with warm soapy water. Attach the mixing cup to the drink mixer and run it on low speed for about 30 seconds. Turn the unit off (O), empty the mixing cup, and repeat with

rinse water. Turn the unit off (O) again, empty the mixing cup, and allow it to dry.

4. Unplug the drink mixer before cleaning the outside of the unit.
5. Clean the outside of the unit by using a cloth moistened with a mild soap and water solution. Rinse the cloth and wipe the unit again. Prevent liquid from running into the housing by wringing all excess moisture from the cloth before using it. Wipe the housing dry after rinsing.

Do not immerse the unit in water or any other liquid.

MAINTENANCE

MOTOR: The motor requires no greasing or oiling. Sealed-in lubrication gives the unit lifetime, smooth operation.

HELPFUL HINTS

1. Always be sure the control switch is in the off (O) position before plugging in the drink mixer and before removing the mixing cup when mixing has been completed.
2. For best mixing results, add wet recipe ingredients to the mixing cup before dry recipe ingredients.
3. The mixing times of beverages containing ice cream-type ingredients will vary according to the hardness of the ingredients. Softer ingredients work better.
4. If your recipe calls for ice, use only crushed ice in the drink mixer.
5. Do not mix hot ingredients with your drink mixer.
6. Operate the drink mixer only when the cup is attached.
7. In general, start mixing on low speed for about 3 seconds. Finish mixing on low speed if all your

ingredients are liquid, to avoid splashing. If your recipe includes solid ingredients (ice cream, powdered milk, etc.) or if you need to whip cream or aerate eggs, switch to high speed after the first 3 seconds of mixing on low speed, and continue on high speed until mixing is completed.

RECIPES

All recipes make one serving unless otherwise noted.

HEALTH COCKTAILS

Sweet Iron

- 6 ounces reduced fat cold milk
- ½ cup soft vanilla ice cream
- 2 tablespoons unsulphured molasses

Combine in mixing cup. Mix on low speed for 3 seconds and high speed for 45 seconds.

Nutritional information per serving:

*Calories 314 (29% from fat) • carb. 49g • pro. 8g • fat 10g
• chol. 42mg • sod. 1580mg • calc. 414mg • fiber 0g*

BREAKFAST DRINKS AND ENTREES

Breakfast Shake

- ½ cup orange juice
- 1 cup fat-free vanilla yogurt

Combine in mixing cup. Mix on low speed for 3 seconds and high speed for 60 seconds. Makes generous size breakfast.

Nutritional information per serving:

*Calories 250 (11% from fat) • carb. 44g • pro. 12g • fat 3g
• chol. 11mg sod. 150mg • calc. 402mg • fiber 0g*

Pancakes

- 1 egg
- 1 tablespoon vegetable oil
- $\frac{3}{4}$ cup reduced fat milk
- $\frac{3}{4}$ cup pancake mix

Put ingredients in mixing cup. Mix on low speed for 3 seconds and high speed for 30 seconds. Turn off and scrape sides of cup with a spatula, if necessary. Mix again until well blended. Cook on preheated greased or nonstick griddle or fry pan. Makes 6 six-inch (or 12 three-inch) pancakes. Serve with syrup, jam, jelly or stewed fruit.

Nutritional information per serving:

*Calories 152 (11% from fat) • carb. 44g • pro. 12g • fat 3g
• chol. 11mg • sod. 151mg • calc. 402mg • fiber 0g*

Plain Omelette

- 4 eggs
- 2 tablespoons milk
- 1 tablespoon butter
- salt and pepper to taste
- (see note below)

Place all ingredients except butter in mixing cup. Mix on low speed for 3 seconds and high speed for 30 seconds or until well mixed. Melt butter in a 6-inch omelette pan on medium-high heat until butter bubbles. Then add egg mixture and cook, pushing edges back with a spatula as they set to let the uncooked portion run down to pan's surface. When mixture is set, but still moist, spoon on one of the fillings shown below, fold over, and serve, or serve plain. Serves 2.

For flavoring and fillings to give variety, try one of these, or combine them to your taste:

- Jellies, jams or cooked fruits, fresh or canned
- Cheeses: shredded, sliced, cottage or cream
- Cooked sausage, bacon, ham or fish
- Sautéed onions, peppers, mushrooms, tomatoes or celery

NOTE: Add a quarter teaspoon of basil, oregano, tarragon or marjoram to your eggs, and give a new, exciting taste to your omelette.

Nutritional information per serving:
 Calories 240 (75% from fat) • carb. 2g • pro. 13g • fat 20g
 • chol. 431mg • sod. 473mg • calc. 70mg • fiber 0g

SHAKES

Banana Shake

- 1 ripe banana, mashed
- ½ cup vanilla ice cream
- 1 cup reduced fat milk

Combine in mixing cup. Mix on low speed for 3 seconds and high speed for 1 minute.

Nutritional information per serving:
 Calories 361 (30% from fat) • carb. 54g • pro. 12g • fat 12g
 • chol. 48mg • sod. 181mg • calc. 391mg • fiber 2g

Orange Frosty

- 1 cup orange juice
- ½ cup vanilla ice cream

Combine in mixing cup. Mix on low speed for 3 seconds and high speed for 1 minute.

Nutritional information per serving:
 Calories 246 (27% from fat) • carb. 42g • pro. 4g • fat 8g
 • chol. 30mg • sod. 61mg • calc. 115mg • fiber 1g

Basic Shake

- 2/3 cup ice cream
- 1 cup reduced fat milk
- 1 tablespoon syrup (flavor of choice)

Combine in mixing cup. Mix on low speed for 3 seconds and high speed for 1 minute.

Variation: Use sherbet instead of ice cream.

Nutritional information per serving:

*Calories 349 (36% from fat) • carb. 45g • pro. 12g • fat 14g
• chol. 58mg • sod. 211mg • calc. 413mg • fiber 0g*

Coffee Frosty

- 1/2 cup strong cold coffee
- 2 tablespoons coffee syrup
- 2/3 cup coffee or chocolate ice cream

Combine in mixing cup. Mix on low speed for 3 seconds and high speed for 1 minute.

Nutritional information per serving:

*Calories 259 (32% from fat) • carb. 42g • pro. 4g • fat 10g
• chol. 30mg • sod. 69mg • calc. 97mg • fiber 0g*

Eskimo Pie

Burt Wolf, New York City

- 1 cup chocolate chip ice cream
- 1/2 ounce Kahlúa (optional)
- 1/4 cup chocolate milk

Combine in mixing cup. Mix on low speed for 3 seconds and high speed for 30 seconds to 1 minute, or until you have a chunky but drinkable mixture.

Nutritional information per serving:

*Calories 383 (36% from fat) • carb. 49g • pro. 7g • fat 16g
• chol. 49mg • sod. 139mg • calc. 215mg • fiber 1g*

Mocha Madness Grande Bretagne Hotel, Athens, Greece

- 1 cup frozen chocolate yogurt
- ½ cup hot coffee, sweetened to taste

Combine in mixing cup. Mix on low speed for 3 seconds and high speed for 30 seconds to 1 minute, or until you have a chunky but drinkable mixture.

Nutritional information per serving:
Calories 286 (26% from fat) • carb. 42g • pro. 6g • fat 9g
• chol. 7mg • sod. 145mg • calc. 214mg • fiber 0g

DESSERT TOPPING

NOTE: Creams mixed in the drink mixer will not become quite as stiff as those whipped by other methods.

Softly Whipped Cream

- 1 cup heavy cream
- 1 teaspoon vanilla
- 2 tablespoons confectioners' sugar

Place all ingredients in mixing cup. Mix on low speed for 5 seconds and high speed for about 30 seconds, or until cream holds its shape.

Nutritional information per serving:
Calories 48 (88% from fat) • carb. 1g • pro. 0g • fat 5g
• chol. 18mg • sod. 5mg • calc. 9mg • fiber 0g

Whipped Fruit Cream

- 1 cup heavy cream
- 2 tablespoons fruit preserves

Place all ingredients in mixing cup. Mix on low speed for 5 seconds and high speed for about 30 seconds, or until cream holds its shape.

Nutritional information per serving:
Calories 48 (88% from fat) • carb. 1g • pro. 0g • fat 5g
• chol. 18mg • sod. 5mg • calc. 9mg • fiber 0g

BAR DRINKS

Grasshopper

- 3 ounces crème de menthe
- 3 ounces white crème de cacao
- 3 ounces heavy cream

Combine in mixing cup and mix on low speed for 30 seconds. Serve over cracked ice. Serves 2.

Nutritional information per serving:
Calories 435 (32% from fat) • carb. 33g • pro. 1g • fat 16g
• chol. 58mg • sod. 22mg • calc. 28mg • fiber 0g

Alexander

- 3 ounces brandy
- 3 ounces heavy cream
- 3 ounces crème de menthe

Combine in mixing cup and mix on low speed for 30 seconds. Serve over cracked ice. Serves 2.

Nutritional information per serving:
Calories 432 (33% from fat) • carb. 22g • pro. 1g • fat 16g
• chol. 58mg • sod. 19mg • calc. 27mg • fiber 0g

Sunny Sunshine

- 1 cup orange juice
- 2 ounces vodka
- 1 ounce curaco or grand marnier®

Combine in mixing cup and mix on low speed for 30 seconds. Serve over cracked ice.

Nutritional information per serving:
Calories 186 (1% from fat) • carb. 19g • pro. 1g • fat 0g
• chol. 0mg • sod. 2mg • calc. 14mg • fiber 0g

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