

Blender

Guide



GREEN SMOOTHIE

Weight Loss, A Healthy Glow & Energy

Living

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Introduction

Are you thinking about buying a blender? Whether you are buying your first kitchen mixer or you are replacing an old, worn-out model, there are a lot of good reasons for adding a blender to your kitchen appliance arsenal. There are certain recipes which benefit from a blender, where mixing or mashing by hand simply doesn't cut the mustard.

Blenders can quickly render fruits and vegetables into healthy smoothies and juices. In liquid form, the healthy nutrients, minerals and vitamins that vegetables and fruits offer are absorbed into your bloodstream quickly. This means you get faster health rewards.

Blenders are also great for another reason. Kids love mixing stuff in a blender. It's fun. It makes a lot of noise (a minimal amount if you test-drive your blender first and choose a quieter model), and kids love raising a racket. This gets your children involved in the kitchen at an early age, and when you focus on blending healthy fruits and vegetables, you instill good nutrition habits in your children.

While having choices is always nice, this can present a problem when it comes to purchasing a blender. Your local big box retailer probably has 10 or more blenders to choose from, maybe several dozen. If you are shopping online, you have literally thousands of models to choose from. So how do you decide? Which one is the right one for you and your family?

You can pick out the right blender every time when you know what features, components and accessories to look for.

For instance, you may never have thought what motor size you need. Depending on the food you are going to be blending, choosing the right motor may be very important. Capacity, warranty and price are other obvious considerations.

That's why I put together this report. This blender buyer's guide will walk you through the different features that common blenders offer. This will help you choose what features and accessories are important to you, so you can rapidly narrow down your selection. You might even find that once you decide on the



minimal features and abilities of the blender you're going to purchase, sticking to your budget will take care of itself.

Figure What Type of Blender You Want First

After reading that line, you may be thinking, "That is exactly what I'm trying to do!" What this refers to is what class of blender you are going to be purchasing. All blenders and mixers will fall into one of the following 4 groups.

1. Standard
2. High-Performance
3. Immersion
4. Personal

Standard

This is your traditional, conventional, basic counter-top blender. These are the less expensive models you see priced anywhere from \$25 to \$100. If you're whipping together a fruit smoothie or a milkshake, a standard blender will probably handle all your needs.

You won't be juicing whole fruits and generally will not be able to reduce ice to smaller than chunk sizes, but for simple jobs a standard blender delivers. Dozens, and possibly even hundreds, of different companies make standard, conventional blenders.

High-Performance

These models have all the bells and whistles, and then some. You will usually be able to whip up ice cream or hot soup, make juice out of whole fruits, introduce fruits, vegetables, ice, nuts and other food items to a very fine consistency, and possibly even make bread dough.

Many high-performance blenders also offer extended warranties and multiple accessories as well as features, and you could expect to pay between \$200 and \$700 for those features. VitaMix and Blendtec are the names you repeatedly hear



mentioned during any discussion of high-performance blenders.

Immersion

Immersion blenders have been around for a long time, but have really only become widespread the last couple of decades. As the name implies, you immerse a long, slender, cylindrical blender neck into a glass, pot or some other container. The blending blades are contained in the end of the blender that you lower into the liquid you want to mix.

You get minimal power here, this blender is more for convenience than versatility, and you can expect to pay somewhere between \$20 and \$60. These are sometimes called hand blenders, and Cuisinart and Hamilton Beach are a couple of the many companies that make decent immersion blenders.

Personal

This type of blender is relatively new. It is designed for making a juice or smoothie very quickly, with little preparation or cleaning required. Ninja, Black and Decker and NutriBullet are a few popular personal blender manufacturers. If you are blending for a family or a party, this is not the blender for the job. However, for a quick and healthy smoothie or juice drink on the go a personal blender can't be beat. Expect to pay between \$25 and \$100.



Consider the Motor

When you think about it, the motor is the most important part of your blender. Of course, how efficient your mixing and cutting blades are is important as well. So is capacity, durability and a ton of other features we will talk about in a minute. Still, you can have the most capable blender and best features in the world, and if your motor goes out, you are dead in the water.

There are no hard and fast rules about motor size except that generally speaking, you get a more powerful motor when you spend more money. A hand-held, immersion blender will have a motor in the 100 to 300-watt range. Most counter-top blenders and mixers will boast somewhere between 250 and 700 watts. For most tasks, somewhere between 400 and 500 watts of power will be plenty.

For an immersion blender, insist on at least 200 watts. Personal blenders are at the low end of the wattage scale, like hand blenders. High-performance blenders really crank up the wattage, since they are capable of grinding, pulverizing and breaking down just about anything you put into them. It is not uncommon to see a high-performance blender with more than 1,000 or even 1,500 watts.

Speaking of high-performance, high-end blenders, there is another consideration to think about regarding the motor. You will see VitaMix, Blendtec and other top-of-the-line blender manufacturers talk about horsepower. They know that most people equate horsepower with car engines. This is their sneaky way of getting you to believe their blender is incredibly powerful.

All blenders will have a wattage rating. This makes for an easy, across-the-board comparison between hand blenders, conventional counter-top models, high-end machines and hand-held mixers. Stick to comparing watts to watts when choosing between one blender and another, and don't forget this next important motor consideration.



What's the Warranty Like?

Be happy if you can wrangle a 30-day warranty out of your immersion blender purchase. In most cases you won't want to spend too much money on a hand blender. They may last several years or just a few months, and they aren't very powerful or versatile. The same will likely be the case with a personal blender.

Concerning a conventional blender or high-end model, you want to take a look at the warranty and understand just what is covered. We just got through mentioning the importance of your blender motor. Regarding warranties, your blender base and motor will sometimes have a different warranty and qualification considerations than the rest of your machine.

You might find it odd, but blender warranties are all over the road. You would think that when you spend hundreds of dollars for a blender you would get an amazing warranty. Be prepared to be shocked if that is your mindset. You can find some really good warranties on high-performance models. You can also find basic 90 day warranties as well, and lengthy warranties on low-end models.

This means you need to be aware of the warranty on the blender you decide to buy. Remember, money isn't everything. Spending a few extra bucks now to get a considerable warranty, or even purchasing an extended warranty, might be the right move if you expect more than just the basics out of your machine.

Just so you know, Blendtec offers what they call "The Best Warranty in the Business" compared to all other blender manufacturers. This means an amazing 10-year warranty on all parts of their Tom Dickson Extreme and Professional 800 series blenders. They also offer a 3-year warranty on refurbished models and a 3-year warranty on a blender jar if it is purchased separately.

Contrast that to the VitaMix 7-year warranty that covers "... a machine that fails within 7 years from the date of purchase due to a defect in material or workmanship or as a result of normal wear and tear from ordinary household use." They go on to state that what they consider a machine consists of the motor, blender base and any containers that were included with your blender



purchase.

All things being equal, features and price, it may make sense to purchase a Blendtec over a VitaMix for the extra 3 years of coverage.

Container Considerations

What is your container made of? What does the jar look like? Is a round or square? Is it so tall that when it sits on the base with a lid on top it doesn't fit underneath your counter where you plan on storing it? Is the jar on a blender you are considering clear or opaque? Does it include handy marked measurements such as ounces and milliliters? Is it too heavy for the principle user? How much does it hold?

For health reasons you may want to consider a glass container over a plastic jar. Obviously, this is going to bring the price up a bit. Also, you could shatter a glass container if you drop it. The same may not happen with a plastic blender jar. All of the above questions have to be asked before you get your blender home and begin to use it, only to find out you should have taken some more care in making your choice.

The most obvious container feature you need to think about is capacity. A standard, inexpensive, counter-top blender could have a 32 or 64-ounce jar. If you have basic needs, you can find an attractively priced standard model with multiple speeds and a large capacity glass container with marked measurements. Whatever your needs, just remember to ask the 8 container questions mentioned above before you settle on a model.



Accessories

This is an easy consideration to make. If you need multiple jars or containers, mixing and cutting blades and other accessories, this can help you rule out one blender over another. Understand that in most cases accessories are not included under any type of warranty. You may be able to finagle a 30 or 90-day warranty on your accessories, but unless it is explicitly stated in your warranty, these items are not covered.

Size

We mentioned this earlier. It bears repeating though, because the physical size of your blender is important if storage space is an issue. Too many people plan on buying a blender when they are making a trip to purchase other items, without measuring the storage or display space they are going to be using. Take a few minutes to measure from counter-top to the bottom of the counter above it if you will be storing your blender on your counter.

If space is truly limited, measure the width and depth of the intended storage area as well.

This sounds like a no-brainer consideration you should be making. You might be thinking, "Well of course I would measure for space and storage issues." However, you never know when you may be out and about, and stumble across something that looks like a really good blender buy. Having this information with you (meaning measuring for space issues as soon as you finish reading this report!) can keep your blender purchase from producing mixed results (pun intended).



What Does It Look Like?

If you're going to store your blender away, out of sight, this may not matter to you. If you don't have a theme or color scheme working in your kitchen, you may not care how your blender looks, or what color it is. For those of you who are very detail oriented, you probably want your blender to fit in with your other kitchen appliances so it doesn't stick out like a sore thumb.

How Noisy Is It?

It has happened too many times. Someone finds what they believe to be the perfect blender. It has all of the features they want, and none that they don't feel like paying extra for. The price is right, the warranty looks good, and speaking of looks, the machine is stylish as well as functional. They make the purchase and head home, excited about using their new kitchen appliance.

They fire it up for the first time and it sounds like a helicopter is in their kitchen.

You probably are not going to be able to manually test a blender or a mixer when you are choosing one at the store. Whether you buy from a physical, brick-and-mortar outlet or online, there is one simple way to find exactly how noisy the blender is. Fire up your nearest Internet compatible device and head over to YouTube.

Type in the manufacturer and model number of the mixer you are looking for. There will no doubt be at least a few videos you can check out to see exactly how noisy or quiet a particular blender is. To help your search parameters, add "noisy" or "quiet" to the blender manufacturer name and model number when searching on YouTube for some revealing results.



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- **Time to look great in those skinny jeans** and put your favorite sexy black heels on for a Saturday night date.
- **Time to loosen the belt buckle** my friend and drop a pants size.
- **Time to hit the RESET button** and say bye-bye to belly bloat, fatigue, and dry skin.
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