



USE & CARE MANUAL





The yonanas story

Do you love ice-cream, cupcakes, candy or any sweet treats? Do you fight the urge to indulge daily? Do you feel guilty after enjoying a delicious, fat-laden, calorie-loaded dessert? Wouldn't you love to eat "dessert" for breakfast, lunch, or dinner, and your doctor would recommend it as a healthy part of your diet. With yonanas, you can!

When I was a young girl I loved ice-cream. It was my favorite dessert and our freezer was always stocked with gallons of ice-cream. Drinking chocolate malts with my girlfriends or eating soft-serve ice cream cones after softball games are fond memories. However, I didn't realize that the stomach aches and chronic sneezing I experienced after indulging was due to something so delicious and special to me.

Later in life I moved to southern California and embraced the healthy lifestyle of the west coast, and the philosophy, "you are what you eat." While living in Los Angeles, I attended cooking school and worked in the natural products industry. Eating healthy became a way of life, but I was not a fan of elimination, diets, or believing you couldn't enjoy a balance of healthy food and the occasional indulgence. But too much dairy in my diet still made me feel ill. How could I incorporate my favorite dessert from childhood? There are a number of alternative "ice-creams" on the market, but the taste or texture never satisfied my sweet tooth.

While creating healthy recipes as a caterer and private chef, I experimented with professional culinary equipment and frozen bananas to make smooth, creamy treats. I called them yonanas – like a frozen yogurt made from a banana. We tested yonanas on guests at dinner parties and no one would believe it wasn't ice cream, and guests always asked if we were having yonanas for dessert when they came over. It was a hit!

But for the average home kitchen, there was no appliance that could make the treat. I envisioned a machine that was simple yet produced a product of exceptional quality. I knew that for people to make and enjoy these amazing treats, it had to be easy and affordable. After many years of experimentation, my husband worked with me to design a machine that would easily make yonanas. We presented the idea to a good friend we have known since high school who was successful in manufacturing, and after tasting yonanas for the first time, he was hooked. The yonanas maker soon became a reality.

It is my sincere hope that yonanas can help people enjoy a guilt-free treat that will make them and their families both happy and healthy!



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IMPORTANT SAFEGUARDS

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

1. Read all instructions before using Yonanas Maker.™
2. To prevent risk of electrical shock, do not submerge base unit or electrical cord in water or any liquid.
3. Turn power off and unplug from power outlet when not in use, before assembling/disassembling parts and cleaning.
4. Do not let cord hang over edge of work surface or touch any hot surfaces.
5. Do not let children use Yonanas Maker™ without proper adult supervision.
6. Always store blade cone out of reach of children.
7. Avoid contact with moving parts. Fingers, hair, clothing, etc. must be kept away from moving parts during use.
8. Never use Yonanas Maker™ for any purpose other than that for which it was designed. This appliance is intended for household use only, and any other use is considered improper and therefore dangerous.
9. Avoid bodily contact with blades.
10. Do not use Yonanas Maker™ if it is damaged, malfunctioning, or electrical cord is damaged. Return appliance to the nearest authorized service facility for examination, repair or electrical or mechanical adjustment.
11. Keep hands and utensils away from spinning blade. **Do not insert anything not mentioned in the instruction booklet into chute.**
12. Ensure there are no foreign objects in Yonanas Maker.™
13. Using attachments or components not recommended or sold by Healthy Foods, LLC. may cause hazards such as fire, electrical shock and/or personal injury, and will void warranty.
14. Only use plunger (included) to force food into Yonanas Maker.™ **Never force food into blades with hands.**
15. Do not place near electric burner or hot gas.
16. Be certain top portion is securely locked in place before operating appliance.
17. Do not attempt to defeat the cover interlock mechanism.
18. Always use your Yonanas Maker™ on flat surface.
19. Only use Yonanas Maker™ indoors.
20. Never unplug from socket by pulling cord.
21. For best results, do not operate Yonanas Maker™ continuously for more than 2 (two) minutes. Allow appliance to cool down for 1 (one) minute.
22. Never put ice, nuts or fruits with seeds or pits in Yonanas Maker™ or use in any way other than described.
23. Do not lick or use fingers to remove excess yonanas from blade cone.

BEFORE FIRST USE

1. Remove all packaging materials and literature.
2. Wash plunger, chute & blade cover, blade cone, gasket and cap with soap and warm water or in dishwasher. Wipe base with damp cloth. NEVER immerse base in water or any other liquid.

SAVE THESE INSTRUCTIONS

along with the original box and packaging

FOOD PREPARATION

Seal peeled banana halves and/or other fruit in an zip-top bag or plastic container and place in freezer 24 hours prior to use.

Microwave one (1) serving of frozen fruit on high for twenty (20) seconds or let fruit partially thaw at room temperature for five (5) minutes.

Microwave results may vary depending on settings and amount of fruit.

For best results, freeze bananas when peels are spotted.



SERVING SIZE (two people)

- ◎ 4 bananas
- or
- ◎ 2 bananas and 1 cup frozen berries

RECOMMENDED BERRIES:

- strawberries
- blackberries
- blueberries
- raspberries

DO NOT USE:

- nuts
- fruit with pits or seeds
- ice

* Pieces of frozen chocolate may be added, but do not require microwaving.

* When using berries or other frozen fruit, alternate between banana halves and additional contents to ensure an even mixture.

PARTS



- 1** Plunger
presses food through chute and into blade
- 2** Chute & Blade Cover
provides access for food and covers sharp blades
- 3** Blade Cone
rotates rapidly to process frozen fruit
- 4** Gasket
prevents contents from leaking out of unit
- 5** Cap
screws on to blade cover and holds all parts in place
- 6** Base
contains motor and provides mounting surface for chute

DISASSEMBLY



- 1 Rotate chute clockwise
- 2 Lift chute off of base



CAUTION: DO NOT attempt to disassemble, clean or service Yonanas Maker™ while power switch is on and/or electrical cord is plugged into power source.

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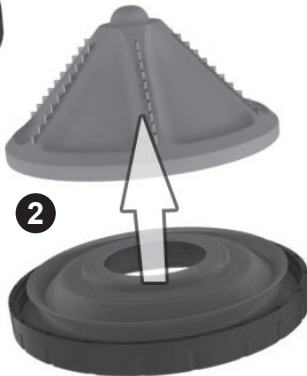
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DISASSEMBLY



1

- 1 Unscrew cap from blade cover (counter clockwise)
- 2 Carefully remove blade cone
CAUTION: blades are sharp
- 3 Remove gasket by lifting



2

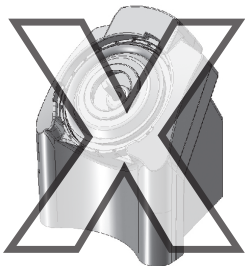


3



WARNING: Blades are very sharp.
DO NOT touch blades.

CLEANING



DO NOT submerge base, plug or cord in any liquid or allow liquid to enter motor housing or electrical components.

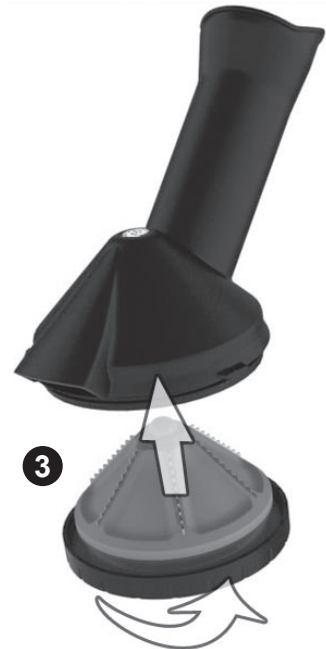
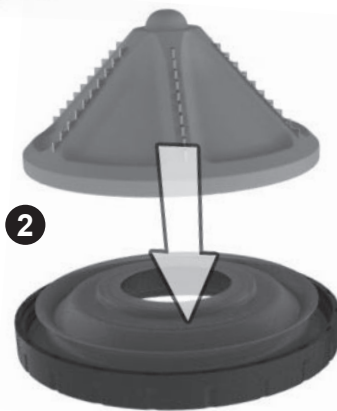
Wash all five (5) components of chute assembly with soap and warm water or in dishwasher.

Wipe base with damp cloth.



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ASSEMBLY



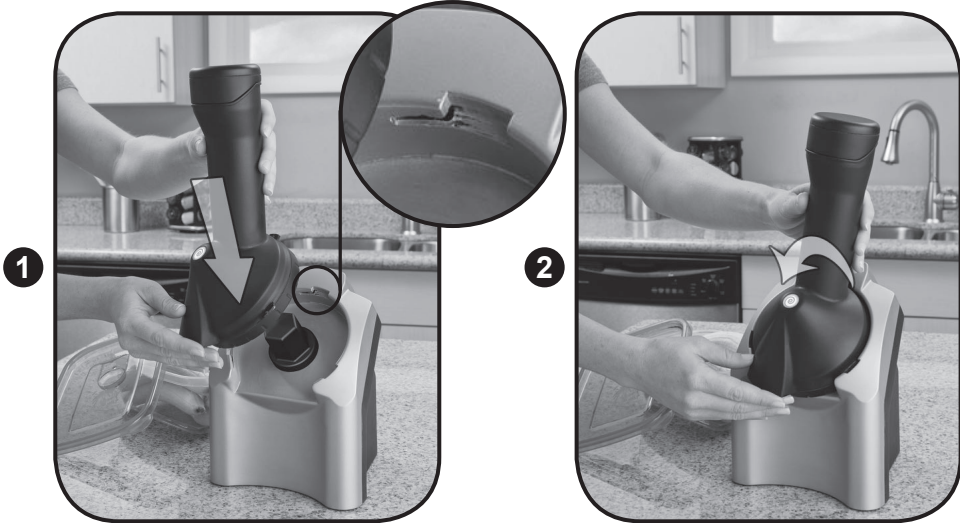
- 1 Place gasket in cap
- 2 Carefully set blade cone on gasket
- 3 Screw cap into blade cover (clockwise)



ALWAYS insert gasket into cap BEFORE screwing cap into blade cover.

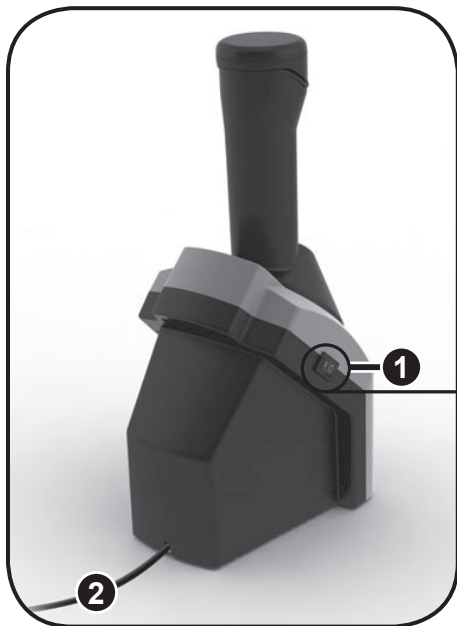
ASSEMBLY

Interlock mechanism in base prevents motor from turning on when chute is not in place.



- 1** Place chute assembly on base
- 2** Rotate counter-clockwise until chute clicks into locked position

ELECTRICAL REQUIREMENTS



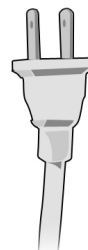
Volts: 120 V.A.C. only
Hertz: 60 Hz

- 1 Power Switch
- 2 Electrical Cord



Yonanas Maker™ uses a polarized plug. To reduce the risk of electric shock, this plug will fit in a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not modify the plug in any way.

Do not use an extension cord. If the provided cord is too short, move the appliance closer to an outlet.



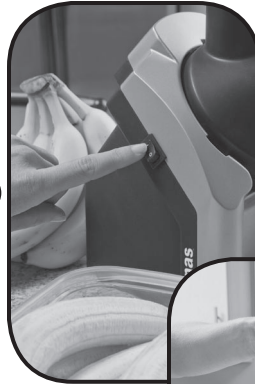
MAKING YONANAS™

Place bowl in front of unit underneath spout

- 1** Remove plunger, turn power switch to “ON” position
- 2** Insert frozen fruit through top of chute
- 3** Slowly press contents into blade cone using plunger

APPLY STEADY PRESSURE ON PLUNGER to obtain proper consistency.

Note: the first load inserted into unit will not immediately be dispensed from unit. Insert more fruit for the contents to be fully dispensed.



TROUBLE SHOOTING

Yonanas flow contains chunks and/or ice chips	<i>Add several more seconds to defrost cycle as microwave times may vary.</i>	p. 3
Yonanas Maker™ stops during use and will not turn back on	Chute has moved and disengaged interlock mechanism.	p. 9
	Electrical cord has become unplugged. Outlet has stopped working/power is out. <i>Turn off for 3 minutes and try again.</i>	p. 10
Yonanas Maker™ will not turn on	Chute is not fully engaged with interlock mechanism.	p.9
	Unit is not plugged in.	p. 10
Yonanas Maker™ emits burning smell	Outlet does not work. Residue on motor from manufacturing may cause odor during first uses. <i>If odor continues and/or smoke appears, turn off and unplug IMMEDIATELY.</i>	p.10
Motor slows down	Contents exceed normal load limit. Contents are too thick in consistency.	

Why are Yonanas™ healthier than ice-cream?

- Yonanas™ are made only from fruit
- Yonanas™ contain zero fat
 - Equal serving of soft serve ice-cream = 23g fat (1 cup serving)
- Yonanas™ contain zero cholesterol
 - Equal serving of soft serve ice-cream = 79mg cholesterol
- Yonanas™ contains nearly ½ calories of ice cream 1 cup = 200 calories
 - Equal serving of soft serve ice-cream = 384 calories
- Yonanas™ contain fiber, vitamins, and minerals
- Yonanas,™ with their base of bananas, are a superfood because they are:
 - high in potassium — building muscle and protein synthesis
 - high in B6 — elevates your mood
 - a good source of vitamin A, C, iron, thiamin, riboflavin, niacin, pantothenic acid, phosphorus, magnesium, zinc, copper, protein
 - with additional fruits like blueberries and acai, you increase your antioxidants and your nutrition

How does Yonanas™ save you money?

Ice-cream and frozen yogurt can cost more than \$5/pint. Yonanas™ cost as little as \$1/pint. That is only 50 cents a serving and an 80% savings!

AFTER USE

To clean your Yonanas Maker[™], turn off the power, unplug the cord, and repeat the disassembly/cleaning steps (pages 4, 5, & 6).

Store your Yonanas Maker[™] out of the reach of children.

WARRANTY

Healthy Foods, LLC. warrants that for a period of 90 days from date of purchase, this product will be free from manufacturer's defects in material and workmanship. Healthy Foods, LLC., at its option, will repair or replace this product or any component of the product found to be defective during the warranty period. Warranty voided if Yonanas Maker[™] is misused, dropped or damaged at fault of user. Replacement will be made with a new or refurbished product or component. This is your exclusive warranty.



FREQUENTLY ASKED QUESTIONS

How do I make yonanas?

1. Simply peel and freeze ripe bananas. Cheetah-spotted bananas make the best yonanas because of their sweetness.
2. Remove frozen banana from freezer and thaw very slightly by (a) heating 15 seconds in microwave or (b) setting on counter top for 10-15 minutes
3. Turn on yonanas maker and insert bananas
4. For flavored yonanas insert slightly thawed frozen fruit (see number 2 above) after inserting one banana.
5. Enjoy!

Does the machine freeze bananas?

No, the yonanas maker does not freeze bananas. Before you use the yonanas maker, freeze peeled bananas.

Do you have to use bananas?

No. You can use other frozen fruits without bananas, but the consistency is more icy. Using bananas makes yonanas creamy, like a soft serve ice cream or frozen yogurt.

Can my blender or food processor make yonanas?

No. It is a common misperception that Yonana's cold, creamy, soft serve, ice-cream like texture and consistency can be replicated in a food processor or blender. The patent-pending technology of the yonanas maker creates an "ice-cream like" experience that skeptics have expressed "if I closed my eyes I would honestly think I was eating ice-cream!" A food processor will shred the fruit and then create a "sticky" consistency and a blender requires a liquid be added to the banana to create a "smoothie" like consistency.

Does yonanas taste like bananas?

yonanas take on the taste of the other ingredients that you mix in. Ripe bananas carry only a very mild banana flavor that most people describe as tasting like vanilla ice cream when frozen and made into yonanas. For example, mixing in strawberries makes them taste like strawberries, mixing in chocolate makes yonanas taste like chocolate ice cream. Plain yonanas have a very slight banana flavor

How big is the yonanas maker?

A yonanas maker has a footprint about the same size of a blender. The upper portion of the yonana maker is removable, so the entire machine can easily be stored in a small space in your cupboard.

Is the yonanas maker easy to clean?

Yes! The yonanas maker is very easy to clean. You simply twist off the upper portion of the yonanas maker and unscrew a cap to expose the surface that gets covered with yonanas. Then just rinse those surfaces in the sink with soapy water. It literally takes just one minute to clean.

What colors of yonanas makers are available?

At this time only one model, silver-black, is available.

Is there a product guarantee?

Healthy Foods, LLC. warrants that for a period of 90 days from date of purchase, this product will be free from manufacturer's defects in material and workmanship. Healthy Foods, LLC., at its option, will repair or replace this product or any component of the product found to be defective during the warranty period. Warranty voided if yonanas Maker™ is misused, dropped or damaged at fault of user. Replacement will be made with a new or refurbished product or component. Product must be returned in original packaging along with proof of purchase.

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