

LAURA ASHLEY

SINCE 1953

by  MyVQ.com



HAND WHISK

VQ-SBSMR57-LACR-US

120V~, 60Hz, 200W

SAFETY AND
INSTRUCTION MANUAL

Please read these instructions before
use and retain for future reference.

LAURA ASHLEY

SINCE 1953

by  MyVQ.com

Dear Valued Customer

We're absolutely over the moon knowing that you've chosen one of **MyVQ's** premium products. Your decision to join our community fills us with immense joy, and we're truly grateful for your support.

As you embark on this journey with your new purchase, we want you to know that we're here for you every step of the way. At **MyVQ**, quality isn't just a word, it's our promise. We pour our hearts into crafting products that exceed expectations because you deserve nothing less.

To ensure that your investment remains protected for years to come, we offer an extended warranty registration. This means you can rest easy, knowing that any hiccups along the way will be swiftly taken care of with our top-notch customer service team. Who are always there to help: support@myvq.com

But wait, there's more! We'd love for you to share your **MyVQ** experience with the world. Capture the magic of your new product in action, whether it's a cosy night in with your favourite music or a stylish addition to your kitchen creating a culinary delight. Don't forget to tag us on social media and use **#MyVQLove**, we can't wait to see your creativity shine!

Once again, from the bottom of our hearts, thank you for choosing **MyVQ**. Your satisfaction is our priority, and we're committed to delivering the highest level of excellence in everything we do. If you wanted to leave a review from where you purchased your product, we would be extremely grateful. Hearing our customers comments strives us to be the best company that we possibly can and always improving with genuine feedback.

To activate your warranty and embark on this exciting journey, simply scan the **VQ QR** code below. Let's make memories together!

With Warmest Regards,
VQ Team

**REGISTER YOUR WARRANTY,
CUSTOMER SUPPORT AND
ONLINE MANUALS**



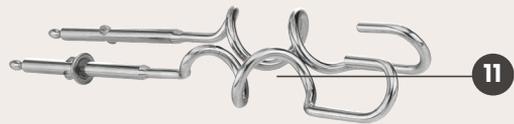
PRODUCT OVERVIEW



SPECIFICATIONS:

This box contains:

- Instruction Manual
- Power Handle
- Blender Attachment
- Chopper Blade
- Chopping Bowl
- 700ml Blending Jar
- Storage Bag



MAIN COMPONENTS:

- | | |
|---------------------|-------------------|
| 1. Front Trim | 7. Power Cord Set |
| 2. Decorative Plate | 8. Stand |
| 3. Eject Button | 9. Main Body |
| 4. Turbo Button | 10. Whisks |
| 5. Speed Selector | 11. Dough Hooks |
| 6. Handle | |

TECHNICAL DATA

Description:	Hand Mixer
Model:	VQ-SBSMR57-LACR-US
Rated Voltage:	120V~
Frequency:	60Hz
Power Consumption:	200W
Protection Class	II (This appliance does not require an earth)
KB Rating:	3 Minutes, 1 Minute Turbo or Speed 5.

Documentation

We hereby declare that all our small domestic appliances manufactured and distributed by us meet the regulations and standards set forth by the United States legislation.

Our commitment to quality and safety ensures that each product undergoes rigorous testing and adheres to the necessary guidelines outlined by relevant authorities in the USA. These measures encompass aspects such as electrical safety, material composition, emissions, and any other applicable requirements.

Furthermore, we affirm that our manufacturing processes comply with environmental regulations and ethical standards, promoting sustainability and responsible business practices.

This declaration serves as a testament to our dedication to delivering products that not only meet but exceed the expectations and requirements of consumers and regulatory bodies in the United States. Conforms to FDA Food Contact Materials.

FOR HOUSEHOLD USE ONLY

ENVIRONMENTALLY FRIENDLY DISPOSAL



This symbol on the Product or on its packaging Indicates that this product may not be treated as household waste. Instead it should be handed over to a suitable collection point for the recycling of electrical and electronic equipment. If electrical appliances are disposed of in landfills or dumps, hazardous substances can leak into the groundwater and get into the food chain, damaging your health and wellbeing.

Appliances bearing the symbol shown may not be disposed of in domestic rubbish. You are required to dispose of old electronic appliances like this separately.

IMPORTANT SAFETY INFORMATION:

PLEASE READ THESE NOTES CAREFULLY BEFORE USING YOUR VQ APPLIANCE

WARNING: Fire Risk – Many people are aware of the potential dangers associated with electrical fires. Perhaps we all know someone who has encountered such an issue, whether major or minor. The primary culprits for these problems are usually tumble dryers, washing machines, and to a lesser extent, refrigerators. However, as a responsible supplier, we want to offer you the best advice to help you avoid any issues with the products you purchase from us, regardless of the risk's magnitude. Therefore, pay special attention to any warnings in these Operating Instructions that are followed by "**Risk of Fire**".

Read this manual thoroughly before the first use, even if you are familiar with this type of product. The safety precautions enclosed herein reduce the risk of fire, electric shock, and injury when correctly adhered to. Keep the manual in a safe place for future reference.

Always follow basic safety precautions when using an electrical appliance, including the following:

- Ensure all packaging and transit materials have been removed. **DO NOT** remove the Rating Label. **WARNING:** Packaging materials can be a suffocation hazard to young children. Always ensure they are kept out of their reach.
- Make sure that your outlet voltage and circuit frequency correspond to the voltage stated on the **Rating Label** of the appliance.
- 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 use of the appliance by a person responsible for their safety.
- **CAUTION:** Keep this appliance out of the reach of children. It should only be used by or under the direct supervision of a responsible adult.
- Take care when handling the appliance. Always unplug it when unattended and before cleaning or storage.
- **DO NOT** let the cord hang over the edge of a table or work top. Do not let it touch hot surfaces or become knotted. Protect it from sharp edges.
- **WARNING:** To reduce the risk of electrocution, never operate this product with wet hands, never immerse it in water or use it where it can drop into water.
- **DO NOT** use this appliance outdoors. It is intended for indoor household use only.
- **CAUTION:** Switch off and unplug the appliance after each use. Ensure the motor stops completely before disassembling and cleaning.
- **DO NOT** use this appliance if it malfunctions or if the **Power Cord** is damaged. A damaged **Power Cord** must be replaced by the manufacturer or its authorised service agent. **Risk of Fire.**
- Repairs to electrical appliances should only be performed by a qualified electrician. Improper repairs may place the user at serious risk.
- Check the power cord regularly for damage.
- **DO NOT** use this appliance for any purpose other than those stated in this manual.
- The use of an extension cord is not recommended.
- **DO NOT** place the product too close to any other heat emitting appliances or in direct sunlight.
- **ALWAYS** switch off and unplug the appliance after use and before removing or attaching parts.
- **ALWAYS** unplug by holding and pulling the plug when disconnecting. Never pull on the cord.

IMPORTANT SAFETY PRECAUTIONS SPECIFIC TO THIS APPLIANCE

- **WARNING:** Keep hands away from the moving parts of the **Hand Mixer** at all times. Do not allow hair to become entangled, keep your hair tied up and away from the appliance.
- **WARNING: DO NOT** put cooking utensils into the mixing bowl whilst the **Hand Mixer** is operating. There could be a risk of injury and / or product damage.
- **WARNING: DO NOT** use the **Hand Mixer** continuously for longer than five minutes as the motor may overheat (**1 minute on Turbo Mode**). Allow to cool for ten minutes before using again.
- Use this **Hand Mixer** only for its intended purpose. Misuse may lead to injury or product damage.
- **Never** attempt to Mix or Beat hot liquids or mixtures. Splashes may cause burns.
- **Never** immerse the **Hand Mixer**, cord set or plug in water or any other liquid in order to protect against electrical hazards.
- **Never** use harsh, abrasive, or caustic cleaners to clean this appliance.
- **Never** leave the appliance unattended when in use.
- Always turn the **Speed Selector** to "0" before unplugging the appliance.
- Always unplug by holding and pulling the plug. Never pull on the cord.
- **Never** use this appliance with a damaged cord or plug, or after it malfunctions, or if it has been dropped or damaged in any way.
- **DO NOT** use this appliance outdoors. This appliance is intended for indoor household use only.
- **DO NOT** leave the cord hanging over the edge of a table top or worktop where a child may pull on it.
- **DO NOT** use any attachments not recommended or supplied by the manufacturer. It could cause risk of fire, injury, or product damage. Your warranty will also be invalidated.
- **ALWAYS** remove the beaters from the appliance before washing them.
- **DO NOT** use the **Whisks** to mix hard or stiff ingredients such as frozen butter or dough.
- **DO NOT** pull the **Beaters** out of the **Hand Mixer**. Always press the **Eject Button** to remove them. Failure to adhere to this may damage the mechanism.

BEFORE FIRST USE

- Carefully unpack your **Hand Mixer** and check that all the parts are present and undamaged. See "**Description of Parts on page 2**" below for the contents that you should have.
- Carefully remove the **Beaters** (if fitted). Be extremely careful when handling as they are sharp, also when cleaning them after use.
- If you do find any damaged items, then **DO NOT** use the product. Contact your Service Centre for advice.
- We recommend you retain the packaging for ease of storage and as a precaution in case you experience a problem and need to return the item for repair.

ASSEMBLY

This appliance is supplied with 2 x **Whisks** (10) and 2 x **Dough Hooks** (11) – (collectively **Beaters**).

Follow the steps below to attach the **Beaters** to the **Hand Mixer**:

1. Wash the **Beaters** (10/11) in hot soapy water rinse and dry, the **Beaters** are also dishwasher safe.
2. Ensure the appliance is turned off - **Speed Selector Switch** (5) set to (“0”).
Do not yet connect it to the wall socket.
3. Using one hand, hold the **Hand Mixer Main Body** (9) by the **Handle** (6), then, using the other hand, insert your selected **Whisks** or **Dough Hooks** into the **Beater Sockets** on the base of the **Hand Mixer** aligning the “wings” on the stem of each Beater in turn with the slots in the **Beater Sockets**. Press firmly until you hear and feel them click into position.

OPERATION

- Check that the **Hand Mixer** is switched **OFF** ensuring that the **Speed Selector Switch** (5) is still set to “0”. Connect the **Power Cord Set** (7) to a wall socket and switch on the socket.
- Place your ingredients into a bowl, grip the **Mixer** handle and position the **Beaters** in the centre of the ingredients to be mixed.
- Select a speed suitable to your mixing task by moving the **Speed Selector Switch** (5) to your chosen speed by sliding it backwards. There are six positions in total – **0 (OFF)**, **1**, **2**, **3**, **4** and **5**.
- Guide the **Beaters** continuously around the bowl to ensure the ingredients are thoroughly mixed.

NOTE: We recommend you start at a slow speed and then increase gradually as required to avoid the ingredients splashing over the edge of the mixing bowl.

NOTE: Do not use the **Whisks** to mix hard butter, fat, or dough. These types of tasks are best suited to the **Dough Hooks**.

- If you need to, scrape the mixture off the sides of the bowl using a wooden or plastic spatula, switch off the **Mixer** first by sliding the **ON/OFF** switch to the “0” (**OFF**) rear position.
- **DO NOT** use the **Mixer** continuously for longer than three minutes (Speeds 1-4) or one-minute Speed 5 or **Turbo** as the motor may overheat. Allow to cool for ten minutes before using again.

NOTE: Turbo Mode may be used at any time to provide an increased “burst” of speed. Simply press the **Turbo Button** (4) to activate this **but note that you must already be operating speeds 1- 4 for this feature to function**.

- When you have finished, first, switch **OFF** the **Hand Mixer** by sliding the **Speed Selector Switch** to the “0” position. **DO NOT** remove the **Beaters** from the bowl until they have stopped rotating completely. Disconnect your Hand Mixer from the mains supply.
- Scrape any excess mixture off the **Beaters** using a wooden or plastic spatula.
- Hold your **Mixer** over a sink or bowl and press the **Eject Button** (3) firmly to eject the **Whisks** or **Dough Hooks**.

WARNING: DO NOT immerse the plug, cord or the unit in water or any other liquid.

CLEANING

- Ensure the **Hand Mixer** is turned **OFF** ("0") and unplugged from the wall socket.
- Press the **Eject button** firmly to eject the **Beaters**.
- The **Beaters** can now be washed in hot soapy water, rinsed, and dried with a soft cloth or if you prefer, in a dishwasher.

NOTE: It is recommended the **Beaters** are cleaned as soon as you have finished using the **Hand Mixer** to prevent any of the mixture drying onto the blades.

- The **Main Body** of the unit can be wiped with a moist cloth and then dried.

WARNING: DO NOT use any scouring pads, abrasive, or chemical cleaners as these may cause permanent damage to the cosmetic surfaces.

WARNING: DO NOT immerse the plug, cord or the unit in water or any other liquid.

STORAGE

- Ensure your **Hand Mixer** is clean and dry as described in the preceding section.
- Wrap the **Power Cord Set** (7) around the body above the **Stand** (8). Ideally store your **Hand Mixer** in its original box. Wrap the Whisks and Dough Hooks in a piece of kitchen towel to keep them clean.
- Store in a dry place out of the reach of children.

FREQUENTLY ASKED QUESTIONS / TROUBLESHOOTING

PROBLEM	POSSIBLE REASONS	SOLUTION
Unit does not operate.	Unit is not plugged in.	Plug into the mains power outlet.
	Speed Selector Switch is not turned on.	Turn the Speed Selector Switch to your chosen speed.
Beater/s fall out.	The Beater/s are not properly located.	Insert the Beater/s and push until a click is heard/felt.
Ingredients are not being properly mixed.	Speed setting is not correct for the chosen task.	Adjust the speed to suit the task in hand.

5 TOP HAND MIXER RECIPES - VEGETARIAN*

1. Orange Pumpkin Chiffon Dessert*



Ingredients:

1 tablespoon unflavored gelatin
1/4 cup orange juice
1-1/4 cups canned pumpkin
1 cup sugar, divided
1/2 cup 2% milk
1 teaspoon grated orange zest
1/2 teaspoon salt
1/2 teaspoon ground cinnamon

1/2 teaspoon ground nutmeg
1/8 teaspoon ground ginger
3 large eggs, separated, room temperature
1/2 teaspoon vanilla extract
Whipped topping and additional ground cinnamon, optional

Technique:

In a small saucepan, sprinkle gelatin over orange juice; let stand 1 minute. Add pumpkin, 1/2 cup sugar, milk, orange zest, salt, cinnamon, nutmeg and ginger. Heat over low heat, stirring until gelatin and sugar are completely dissolved.

In a small bowl, whisk a small amount of hot mixture into egg yolks; return all to pan, whisking constantly. Bring to a gentle boil; cook and stir 2 minutes. Remove from heat; refrigerate 1 hour or until chilled.

In a small heavy saucepan, combine egg whites and remaining sugar over low heat. With a portable mixer, beat on low speed over low heat until mixture reaches 160°, 12-15 minutes. Remove from heat. Add vanilla; beat on high until stiff peaks form. Fold into pumpkin mixture. Spoon into dessert dishes. Refrigerate, covered, 1 hour before serving. If desired, serve with whipped topping and cinnamon.

2. Peanut Butter Caramel Bars*



Ingredients:

1 package yellow cake mix (regular size)
1/2 cup butter, softened
1 large egg
20 miniature peanut butter cups, chopped
2 tablespoons cornstarch
1 jar (12-1/4 ounces) caramel ice cream topping
1/4 cup peanut butter
1/2 cup salted peanuts
topping:
1 can (16 ounces) milk chocolate frosting (453g)
1/2 cup chopped salted peanuts

Technique:

In a large bowl, combine the cake mix, butter and egg; beat on low speed for 30 seconds. Beat on medium for 2 minutes or until no longer crumbly. Stir in peanut butter cups.

Press into a greased 13-in. x 9-in. baking pan. Bake at 350° for 18-22 minutes or until lightly browned.

Meanwhile, in a large saucepan, combine the cornstarch, caramel topping and peanut butter; stir until smooth. Cook over low heat for 25-27 minutes or until mixture comes to a boil; stirring occasionally. Remove from the heat; stir in peanuts.

Spread evenly over warm crust. Bake 6-7 minutes longer or until almost set. Cool completely on a wire rack. Spread with frosting; sprinkle with peanuts. Cover and refrigerate for at least 1 hour before cutting. Store in the refrigerator.

* Vegetarian Recipes / **Vegan Recipes /
***Flexitarian Recipes

5 TOP HAND MIXER RECIPES - VEGETARIAN*

3. Mocha Baked Alaskas*



Ingredients:

8 ounces semi-sweet chocolate, chopped
1 cup heavy whipping cream
1 loaf (10-3/4 ounces) frozen pound cake, thawed
1/4 cup strong brewed coffee
3 cups coffee ice cream
6 large egg whites
1 cup sugar
1/2 teaspoon cream of tartar
1 teaspoon vanilla extract
1/8 teaspoon salt

Technique:

Place chocolate in a small bowl. In a small saucepan, bring cream just to a boil. Pour over chocolate; whisk until smooth. Refrigerate, stirring occasionally, until completely cooled, about 1 hour.

Meanwhile, slice pound cake horizontally into three layers. Cut cake into six 3-in. circles; brush tops with coffee (save remaining cake for another use).

Line six jumbo muffin cups with foil liners. Spoon ice cream into each. Top with ganache, spreading evenly. Place cake, coffee side down, over ganache, pressing gently. Cover and freeze until firm, about 3 hours.

In a large heavy saucepan, combine the egg whites, sugar and cream of tartar. With a hand mixer, beat on low speed for 1 minute. Continue beating over low heat until egg white mixture reaches 160°, about 10 minutes. Transfer to a bowl. Add vanilla and salt; beat until stiff glossy peaks form and sugar is dissolved.

Invert layered cakes onto an ungreased foil-lined baking sheet; remove foil liners. Immediately spread meringue over cakes, sealing to cover completely.

Heat with a kitchen torch or broil 8 in. from the heat for 3-4 minutes or until meringue is lightly browned. Serve immediately.

4. Cheddar-Veggie Torte*



Ingredients:

1-1/3 cups finely crushed multigrain crackers
1/4 cup butter, melted
2 cups shredded sharp cheddar cheese
1 small zucchini, finely chopped
1/2 cup sliced fresh mushrooms
1/3 cup finely chopped red onion
1/4 cup finely chopped sweet red pepper
1 tablespoon olive oil
1 carton (8 ounces) spreadable garlic and herb cream cheese (227g)
4 large eggs, lightly beaten
2 tablespoons crumbled cooked bacon
2 tablespoons grated Parmesan cheese

Technique:

In a small bowl, combine cracker crumbs and butter. Press onto the bottom of a greased 9-in. springform pan. Sprinkle with cheddar cheese. In a large skillet, saute the zucchini, mushrooms, onion and red pepper in oil until tender. Spoon over cheese.

In a large bowl, beat cream cheese until smooth. Add eggs; beat on low speed just until combined. Stir in bacon. Pour over vegetable mixture. Sprinkle with Parmesan cheese.

Place pan on a baking sheet. Bake at 375° for 30-35 minutes or until center is almost set. Cool on a wire rack for 10 minutes. Carefully run a knife around edge of pan to loosen; remove sides of pan. Serve warm or chilled. Refrigerate leftovers.

* Vegetarian Recipes / **Vegan Recipes /
***Flexitarian Recipes

5 TOP HAND MIXER RECIPES - VEGETARIAN* / VEGAN**

5. Cream Cheese Mashed Potatoes*



Ingredients:

8 pounds russet potatoes (3.6kg)
1 package (8 ounces) cream cheese, softened (227g)
1/2 cup butter, melted
2 teaspoons salt
3/4 teaspoon pepper
Additional melted butter, optional
1/4 cup finely chopped green onions

Technique:

Peel and cube potatoes. Place in a large stockpot; add water to cover. Bring to a boil. Reduce heat; cook, uncovered, until tender, 12-15 minutes. Drain.

With a mixer, beat cream cheese, 1/2 cup melted butter, salt and pepper until smooth. Add potatoes; beat until light and fluffy. If desired, top with additional melted butter. Sprinkle with green onions.

* Vegetarian Recipes / **Vegan Recipes
/ ***Flexitarian Recipes

1. Vegan Cup Cakes**



Ingredients:

1 ¾ cups All Purpose Flour (220g)
1 cup White Granulated Sugar (200g)
1 tsp Baking Soda
½ tsp Salt
1 cup Soy Milk (240ml) or other non-dairy milk
½ cup Canola Oil (80ml) or Vegetable Oil*
2 tsp Vanilla Extract
1 Tbsp Distilled White Vinegar

Strawberry Vanilla Frosting

½ cup Vegan Butter (112g)
3 cups Powdered Sugar (360g)
2 tsp Vanilla Extract
2 tsp Strawberry Extract

Technique:

Preheat the oven to 350°F (180°C) and line a cupcake tray with 12 cupcake liners.

Sift the flour into a bowl and add the sugar, baking soda and salt.

Add the soy milk, vanilla extract, oil and white vinegar.

Mix until just mixed, using a hand whisk to get rid of any big lumps. Don't overmix, tiny lumps are fine.

Pour the batter into a jug that allows for easy pouring and pour evenly into the 12 cupcake liners, ensuring that all the batter is used up.

Place into the oven and bake for 20-25 minutes. Check the cupcakes at 20 minutes and if a toothpick inserted into the center doesn't come out clean, then put them back in for a further 5 minutes.

Move to a cooling rack and allow to cool thoroughly before frosting.

Prepare the frosting by adding the vegan butter, powdered sugar, vanilla extract and strawberry flavoring to an electric mixer bowl. Begin mixing on low speed, gradually increasing speed until you have perfectly smooth frosting.

Decorate with fresh strawberry slices before serving (optional).

5 TOP HAND MIXER RECIPES - VEGAN**

2. Vegan Brownies**



Ingredients:

4 tablespoons ground flax
1/2 cup water
1/2 cup vegan butter (earth balance brand), melted
1 cup granulated sugar
1 cup brown sugar, lightly packed
1 tablespoon pure vanilla extract
1 cup all purpose flour
1 cup unsweetened cocoa powder
1/2 teaspoon salt
1 teaspoon baking powder
1 cup non-dairy chocolate chips

Technique:

Make the flax eggs by stirring the ground flax and water in a small bowl. Set aside to thicken. Preheat the oven to 350 degrees F and line a 7 x 11 pan with parchment paper.

Melt the vegan butter (earth balance brand preferred), and measure 1/2 cup. I do this by microwaving the vegan butter in a glass measuring cup, in 30 second intervals, until melted.

In a large bowl, whisk the melted vegan butter and sugars together. Add the flax eggs and vanilla, whisk until evenly combined.

Over the same large bowl, sift in the flour and cocoa powder. Add the salt and baking powder and stir with a large wooden spoon until just combined, do not over mix.

Fold in half of the chocolate chips. Pour the batter into the prepared pan and smooth out the top with a spoon or your hands. Sprinkle the rest of the chocolate chips on top of the batter.

Bake for 35-40 minutes. The brownies may still be bubbling and not look done, but they will firm up a lot as they cool.

Remove from the oven, allow to cool in the pan for 15 minutes, then pull the brownies out, using the parchment paper and let cool for another 15-30 minutes before slicing and serving.

3. Vegan Banana Bread**



Ingredients:

3 large black bananas
75ml vegetable oil or sunflower oil, plus extra for the tin
3.5 ounces brown sugar (100g)
8 ounces plain flour (or use self-raising flour and reduce the baking powder to 2 heaped tsp) (225g)
3 heaped tsp baking powder
3 tsp cinnamon or mixed spice
1.7 Ounces dried fruit or nuts (optional) (50g)

Technique:

Heat oven to 200C/180C fan/gas 6. Mash 3 large black peeled bananas with a fork, then mix well with 75g vegetable or sunflower oil and 100g brown sugar.

Add 225g plain flour, 3 heaped tsp baking powder and 3 tsp cinnamon or mixed spice, and combine well. Add 50g dried fruit or nuts, if using.

Bake in an oiled, lined 2lb loaf tin for 20 minutes. Check and cover with foil if the cake is browning.

Bake for another 20 minutes, or until a skewer comes out clean.

Allow to cool a little before slicing. It's delicious freshly baked, but develops a lovely gooey quality the day after.

* Vegetarian Recipes / **Vegan Recipes
/ ***Flexitarian Recipes

5 TOP HAND MIXER RECIPES - VEGAN**

4. Vegan Blueberry Muffins**



Ingredients:

2 cups flour (all-purpose, spelt, white whole wheat or combo)
2 1/2 teaspoons baking powder
1/4 teaspoon mineral salt
3/4 cup organic pure cane or turbinado sugar
1 cup unsweetened almond milk
1/3 cup olive oil (or fruit infused olive oil: lemon or orange)
1 teaspoon vanilla extract
1 1/2 - 2 cups blueberries, fresh or frozen

Technique:

Preheat oven to 350 degrees F.

Mix wet ingredients: In a 2 cup measuring cup, add the milk, sugar, oil, and vanilla, stir to combine a few times to help soften the large grains of sugar.

Mix dry ingredients: In a large mixing bowl, mix together the flour, baking powder and salt with Hand Blender.

Combine wet & dry: Pour the wet mixture into the dry mixture and mix until just combined. Don't overmix, overmixing the batter tends to make the muffins less tender.

Add blueberries: Toss in the fresh or frozen blueberries and gently fold them into the batter.

Scoop: Fill each muffin-lined hole with batter. For uniformity, fill muffin tin using a 1/4 measuring cup or large ice cream scooper to scoop up the batter and pour into the muffin holes.

Topping: Optionally, add a few strategic blueberries on top and sprinkle the top with a little pure cane sugar or raw sugar. The sugar will add a nice crunch to the tops!

Bake: Place in the oven and bake for 30 minutes. Let cool a few minutes and enjoy warm or at room temperature.

5. Vegan Chocolate Chip Cookies***



Ingredients:

1 cup white, oat, or spelt flour
1/2 tsp baking soda
1/4 tsp salt
1/4 cup sugar, unrefined if desired
1/4 cup brown sugar or coconut sugar
1/3 cup chocolate chips
2 tbsp milk of choice, plus more if needed
2 tbsp oil or melted vegan butter
1/4 tsp pure vanilla extract

Technique:

Combine all dry ingredients in a bowl, then stir in wet to form a dough - it will be dry at first, so keep stirring until a cookie-dough texture is achieved. If needed, add 1-2 tbsp extra milk of choice.

Form into one big ball, then either refrigerate at least 2 hours or freeze until the dough is cold.

Once dough is chilled, preheat oven to 325 F. Form dough balls, and place on a greased baking tray, leaving enough room between cookies for them to spread.

Bake 11 minutes on the center rack. They'll look underdone when you take them out. Let them cool on the baking tray 10 minutes before touching, during which time they will firm up.

If for whatever reason the cookies don't spread enough (climate can play a huge role), just press down with a spoon after baking.

* Vegetarian Recipes / **Vegan Recipes
/ ***Flexitarian Recipes

1. Chocolate Chip Cookies***



Ingredients:

5.3 ounces salted butter, softened (150g)
 2.8 ounces light brown muscovado sugar (80g)
 2.8 ounces granulated sugar (80g)
 2 tsp vanilla extract
 1 large egg
 8 ounces plain flour (225g)
 ½ tsp bicarbonate of soda
 ¼ tsp salt
 7 ounces plain chocolate chips or chunks (200g)

Technique:

Heat the oven to 190C/fan170C/gas 5 and line two baking sheets with non-stick baking paper.

Put 150g softened salted butter, 80g light brown muscovado sugar and 80g granulated sugar into a bowl and beat until creamy.

Beat in 2 tsp vanilla extract and 1 large egg.

Sift 225g plain flour, ½ tsp bicarbonate of soda and ¼ tsp salt into the bowl and mix it in with a wooden spoon.

Add 200g plain chocolate chips or chunks and stir well.

Use a teaspoon to make small scoops of the mixture, spacing them well apart on the baking trays. This mixture should make about 30 cookies.

Bake for 8-10 mins until they are light brown on the edges and still slightly soft in the centre if you press them.

Leave on the tray for a couple of mins to set and then lift onto a cooling rack.

2. Blueberry Muffins***



Ingredients:

3 large black bananas
 75ml vegetable oil or sunflower oil, plus extra for the tin
 3.5 ounces brown sugar (100g)
 8 ounces plain flour (or use self-raising flour and reduce the baking powder to 2 heaped tsp) (225g)
 3 heaped tsp baking powder
 3 tsp cinnamon or mixed spice
 1.8 ounces dried fruit or nuts (optional) (50g)

Technique:

Whisk the flour, sugar, baking powder, and salt in a large bowl.

Add oil to a measuring jug that holds at least 1 cup. Add the egg then fill the jug to the 1-cup line with milk (1/3 to 1/2 cup milk). Add vanilla and whisk to combine.

Add milk mixture to the bowl with dry ingredients then use a fork to combine. Do not over mix. (The muffin batter will be quite thick – see note below for more details). Fold in the blueberries.

Divide the batter between muffin cups. (If making big-topped muffins, the batter will come to the tops of the paper liners). Sprinkle a little sugar on top of each muffin.

Bake muffins 15 to 20 minutes or until tops are no longer wet and a toothpick inserted into the middle of a muffin comes out with crumbs, not wet batter. Transfer to a cooling rack.

To store, place them in a plastic bag, seal, and store at room temperature for 2 to 3 days. To freeze, wrap them tightly in aluminum foil or place them in freezer bags. Freeze for up to 3 months.

3. Red Velvet Crepe Cakes**



Ingredients:

1 package red velvet cake mix (regular size)
 2-3/4 cups whole milk
 1 cup all-purpose flour
 3 large eggs
 3 large egg yolks
 1/4 cup butter, melted
 3 teaspoons vanilla extract

Frosting:

2 packages (16 ounces /227g) cream cheese, softened
 1-1/4 cups butter, softened
 1/2 teaspoon salt
 12 cups confectioners' sugar
 5 teaspoons vanilla extract
 Fresh blueberries

Technique:

In a large bowl, combine the cake mix, milk, flour, eggs, egg yolks, butter and vanilla; beat on low speed for 30 seconds. Beat on medium for 2 minutes.

Heat a lightly greased 8-in. nonstick skillet over medium heat; pour 1/4 cup batter into center of skillet. Lift and tilt pan to coat bottom evenly. Cook until top appears dry; turn and cook 15-20 seconds longer. Remove to a wire rack. Repeat with remaining batter, greasing skillet as needed. When cool, stack crepes with waxed paper or paper towels in between.

For frosting, in a large bowl, beat the cream cheese, butter and salt until fluffy. Add confectioners' sugar and vanilla; beat until smooth.

To assemble two crepe cakes, place one crepe on each of two cake plates. Spread each with one rounded tablespoon frosting to within 1/2 in. of edges. Repeat layers until all crepes are used. Spread remaining frosting over tops and sides of crepe cakes. Garnish with blueberries.

4. Bacon & Tomato Phyllo Tarts***



Ingredients:

2 teaspoons olive oil
 3/4 cup chopped onion (about 1 medium)
 3/4 cup chopped green pepper (about 1 small)
 3/4 cup chopped sweet red pepper (about 1 small)
 1 garlic clove, minced
 Dash dried oregano
 3 packages (1.9 ounces each) frozen miniature phyllo tart shells
 1 package (8 ounces) cream cheese, softened
 1-1/2 teaspoons lemon juice
 1/8 teaspoon salt

1 large egg, lightly beaten

1/2 cup oil-packed sun-dried tomatoes, chopped and patted dry.

2 bacon strips, cooked and crumbled

1 tablespoon minced fresh basil or 1 teaspoon dried basil

1/2 cup crushed butter-flavored crackers

1/2 cup shredded cheddar cheese

Technique:

Preheat oven to 350°. In a large skillet, heat oil over medium-high heat. Add onion and peppers; cook and stir 6-8 minutes or until tender. Add garlic and oregano; cook 1 minute longer. Cool completely.

Place tart shells on ungreased baking sheets. In a large bowl, beat cream cheese, lemon juice and salt until smooth. Add egg; beat on low speed just until blended.

Stir in tomatoes, bacon, basil and onion mixture.

Spoon 2 teaspoons filling into each tart shell. Top each with 1/2 teaspoon crushed crackers and 1/2 teaspoon cheddar cheese.

Bake 10-12 minutes or until set. Serve warm.

5. Cheesy Sausage Stromboli***



Ingredients:

- 5 cups all-purpose flour
- 2 tablespoons sugar
- 2 teaspoons salt
- 2 packages (1/4 ounce each) active dry yeast
- 1-1/2 cups warm water (120° to 130°)
- 1/2 cup warm 2% milk (120° to 130°)
- 2 tablespoons butter, melted
- 2 pounds bulk pork sausage
- 4 cups shredded part-skim mozzarella cheese
- 3 large eggs, divided use
- 1 teaspoon minced fresh basil
or 1/4 teaspoon dried basil
- 2 tablespoons grated Parmesan cheese

Technique:

In a large bowl, combine the flour, sugar, salt and yeast. Add water, milk and butter; beat on low until well combined.

Turn onto a well-floured surface; knead until smooth and elastic, 6-8 minutes. Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 1 hour.

Meanwhile, in a large skillet over medium-high heat, cook sausage until no longer pink; drain and cool. Stir in the mozzarella, 2 eggs and basil; set aside.

Punch dough down; divide in half. Roll 1 portion into a 15x10-in. rectangle on a greased baking sheet.

Spoon half of the sausage mixture lengthwise down 1 side of rectangle to within 1 in. of edges.

Fold dough over filling; pinch edges to seal. Cut 4 diagonal slits on top of stromboli. Repeat with remaining dough and filling. Beat remaining egg; brush over loaves. Sprinkle with Parmesan cheese.

Cover and let rise until doubled, about 45 minutes. Bake at 375° for 20-25 minutes or until golden brown. Slice; serve warm.

* Vegetarian Recipes / **Vegan Recipes / ***Flexitarian Recipes

We'd love to know and see how you are using your VQ Laura Ashley Hand Mixer. What are your favourite recipes? For an opportunity to be featured on our Instagram page simply tag us @myvquk with a photo of your delicious meal, and if our mouths water we will share them through our social media.

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In today's digital age, online reviews have become a powerful tool for consumers seeking honest opinions and reliable information before making a purchase. However, the increase of fake reviews has cast a shadow of doubt on the authenticity of these testimonials.

At **VQ**, we believe in transparency, integrity, and putting our customers first. Research indicates that a significant percentage of reviews found online are fabricated, created either by companies themselves or automated bots. This unethical practice aims to boost sales by deceiving consumers with false endorsements.

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