



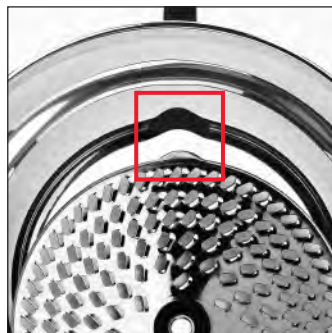
Use & Care

GOOD GRIPS FOOD MILL

INSTRUCTIONS



1. Unfold legs.
2. Insert disc with domed side up into bowl of Mill.



3. Align notches in disc with grooves in Mill.



4. Insert post into hole in disc.



5. Press bar down and position slot opening under either hook in bowl.



6. Press bar down onto opposite hook to lock into place.

You do not need to slide release button back when locking knob into place.

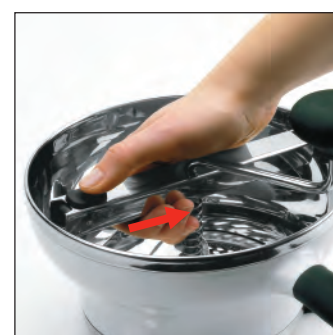


7. Place Mill on top of bowl or pot.



8. Turn knob in clockwise motion to push food through Mill.

Reverse direction frequently to reposition food and prevent sticking.



9. To change discs or disassemble Mill, slide release button back and remove bar. Then remove disc.

TIPS



- Choose the fine or medium disc to prepare applesauce as you like it – smooth or chunky. No peeling or coring is required.
- Treat your toast with smooth, wholesome apple butter.
- Try fruit puree for a simple, healthy dessert.



- Try the medium or coarse disc for perfectly textured mashed potatoes.
- Use the medium disc to rice potatoes for gnocchi.



- Leave tomato skins and seeds behind as you puree your way to delicious marinara sauce.
- Try chilled tomato soup or gazpacho for a refreshing summer meal.



- Use the fine disc to prepare wholesome baby food – simply puree peas, carrots, squash and more.
- For the ultimate comfort food, make your own split pea soup.



- Enjoy summer berries year-round with blueberry, strawberry and raspberry jams.
- Choose your own texture: chunky preserves, clear jellies, seedless berry jams.