

## Important Cord Information

- This appliance has a polarized electrical plug for the wall socket (one blade is wider than the other). To reduce the risk of electric shock, this plug is intended to fit into a polarized outlet only one way. If the plug does not fit fully into the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to modify the plug in any way.
- Connect the power supply cord to a 120V AC electrical outlet only.
- **The griddle comes equipped with a short power cord to minimize the risk of entanglement or tripping hazards, especially when hot and in use.** A shorter cord reduces energy loss so the griddle can operate efficiently. Extension cords may be used if care is properly exercised in their use. If an extension cord is used, the marked electrical rating of the extension cord should be at least as great as the electrical rating of the appliance. The extension cord should be installed so that it does not hang over the countertop or tabletop where it can be pulled on by children or tripped over unintentionally.
- If the electric circuit is overloaded with other appliances, your griddle may not function properly. **For best performance the griddle should be operated on an electrical circuit that is separate from other appliances.**

## BEFORE FIRST USE

- 1 Clean the appliance by following the instructions in the CLEANING AND MAINTAINANCE section of this manual.
- 2 Always place the griddle on a dry, level, **heat-resistant surface** away from walls, cabinets, and other objects.
- 3 Before using, make sure that the voltage indicated on the rating plate of the appliance corresponds to your outlet voltage.
- 4 Always make sure the Temperature Dial is at the "OFF" setting before plugging or unplugging the unit.
- 5 **When using your appliance for the first time, there may be a slight odor and smoke. This is normal and is no cause for concern.**

## GETTING TO KNOW YOUR GRIDDLE

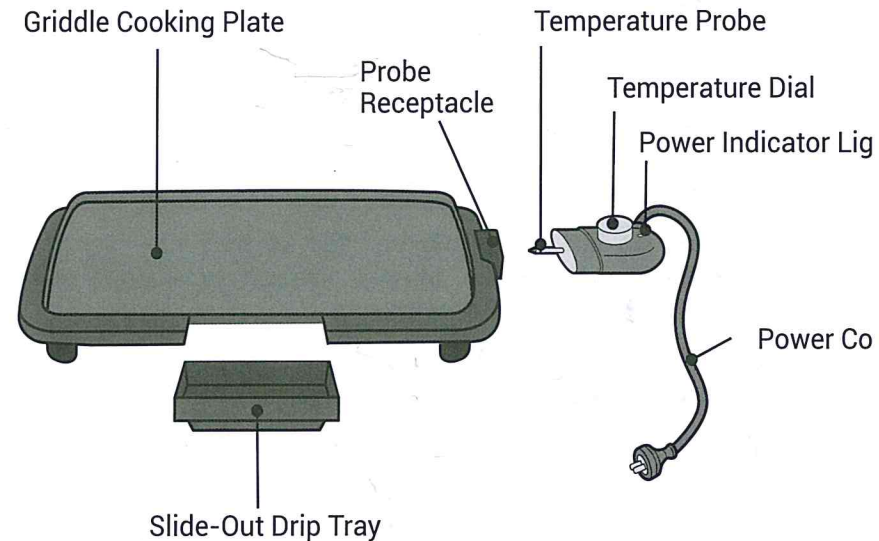
Rated Voltage: 120V

FDA 21 CFR 175.300 Compliant Coating

Rated Frequency: 60Hz

PTFE, PFOA, PFOS & BPA Free

Rated Power: 1500W



## USING YOUR GRIDDLE

- 1 Insert the Temperature Probe into the Probe Receptacle located on the side of the griddle, ensuring the Temperature Dial is facing upwards and positioned at the "OFF" position. Push in thoroughly so the electrical pin of the griddle is fully inserted and secure.

**Note: MAKE SURE TO INSERT TEMPERATURE CONTROL PLUG ALL THE WAY IN, OR THE GRIDDLE WILL NOT TURN ON.**

- 2 Slide the Drip Tray into the base of the unit.

**TIP:** To make cleaning easier and help eliminate smoke, fill the Drip Tray with water (approximately 3.5 - 4 fl oz/ 100-120 ml) before inserting it in the base.



3 Insert the power cord plug into a 120V wall outlet.

**⚠ WARNING: Always attach the Temperature Probe to the appliance first, and then insert the power cord plug into the wall outlet.**

4 Turn the Temperature Dial to the desired heat setting (see TEMPERATURE DIAL SETTINGS section of this manual). The Power Indicator Light will turn orange indicating that the griddle is turned on. The light turns off when temperature for selected heat setting is reached (this takes approximately 5 minutes).

**NOTE:** As the griddle heats up, you may hear a clicking sound; this is due to the expansion of the metal as it heats. It is normal. You may also notice this sound as the unit cools down.

5 Place food on the cooking plate. Because the griddle features a non-stick finish, food may be prepared with little or no oil.

**⚠ IMPORTANT: Do not use metal utensils as they may scratch the non-stick surface. Use nylon, plastic, wooden, or silicone utensils. Never cut food directly on the griddle.**

**NOTE:** Avoid using non-stick cooking sprays as they may cause the cooking surface to become tacky.

6 When finished with cooking, first turn the Temperature Dial to "OFF" position, then remove the power cord plug from the wall outlet, and then remove the Temperature Probe from the griddle.

**CAUTION: Allow the griddle to cool before disassembling the Drip Tray. Be sure liquid has cooled before removing the Drip Tray.**

#### TEMPERATURE DIAL SETTINGS

SETTING	WARM	1	2	3	4	5
APPROXIMATE TEMPERATURE	160°F 70°C	212°F 100°C	275°F 135°C	320°F 160°C	375°F 190°C	430°F 220°C

- Always take care when removing food after cooking as it is hot.
- Do not cook food wrapped in plastic film or polythene bags. It will cause a fire hazard.
- Do not place pots or pans on the griddle surface to heat or keep warm, it is hazardous and may damage the non-stick surface.

**! CAUTION: Do not leave appliance unattended when in use!**

- TO PREVENT ELECTRICAL SHOCK, do not immerse in water or other liquids or use near washbasins or sinks. Ensure the electrical components of the appliance do not get wet, and do not use with wet hands.
- Use only the Temperature Probe supplied with this product. Using any other type of Temperature Probe may cause fire, electrical shock, or injury.

**! CAUTION: The Temperature Probe is a sensitive device.** Use care not to drop, hit or impact the Temperature Probe against hard surfaces. Never pull on the cord of the Temperature Probe. Always grip the body of the Temperature Probe when handling.

- The appliance is not designed for use with an external timer or a remote-control system.
- Ensure proper ventilation during use either from an open window or from a running ventilation hood. Always leave a gap of approximately 8 inches (20 cm) around the exterior of the appliance. Never use near curtains, walls, under cupboards, or other flammable materials.
- Do not store any objects on the appliance when not in use as they could scratch the griddle cooking plate or even melt or catch fire from residual heat or if the appliance is turned on inadvertently.

**! WARNING: DO NOT store or use gasoline, aerosols, combustible liquids, or other easily flammable vapors or materials in the vicinity of this appliance.**

- Do not let grease or other flammable substances accumulate on this appliance. Clean regularly.

**KEEP THIS MANUAL IN A SAFE PLACE FOR FUTURE REFERENCE AND REVIEW PERIODICALLY.**

**SAVE THESE INSTRUCTIONS  
FOR HOUSEHOLD USE ONLY**



## IMPORTANT SAFEGUARDS

To reduce the risk of personal injury or damage to your HealthyBites Eco Non-stick Electric Griddle or other property when using this product, basic safety precautions should always be followed, including the following:

- Read all instructions before assembling and using.
- Keep all packaging materials, including any plastics, out of reach of children.
- Not to be used by children.
- Close supervision is necessary when used near children or by any other persons with reduced physical, sensory, or mental capabilities.

**! CAUTION: This appliance is hot during operation and retains heat for some time after turning off. Do not touch hot surfaces.**

**• Always attach the Temperature Probe to the appliance first, then plug the power cord plug into the wall outlet. When finished with cooking, first turn the Temperature Dial to "OFF" position, then remove the power cord plug from the wall outlet, and then remove the Temperature Probe from the griddle.**

• Unplug from outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts and before cleaning the appliance.

• Do not operate this appliance with a damaged cord or plug or in the event the appliance malfunctions or has been damaged in any manner. Contact Mueller Customer Service.

• Do not let the cord hang over the edge of a table or a counter or touch hot surfaces.

• This product is for household use only. The appliance should not be used outdoors, placed near a hot gas or electrical burner, or placed in a heated oven.

• Do not use the appliance in any other way than its intended use.

**! WARNING: The grill plate will reach high temperatures. Always place the appliance on a heat-resistant surface, such as a heat-resistant countertop protector.**

• Do not move the appliance when in use.

• Do not cover the appliance when in use.

## COOKING HINTS AND TIPS

- Use tender cuts of meat.
- Better cooking results will be achieved with boneless cuts of meat, chicken and fish.
- Marinate tougher cuts of meat to tenderize them before cooking.
- To avoid drying out meat and fish, do not pierce center with a utensil.
- Cut edge of meat in several places to prevent curling.
- When cooking fish or chicken breast fillets, tuck extremely thin parts under to prevent overcooking.
- If cooking more than one item, try to select foods of even thickness to promote uniform cooking.
- When cooking small portions, make sure meat is centered on the griddle cooking plate. When cooking larger portions, distribute evenly and allow 1 inch (25 mm) of space between foods to promote uniform cooking.
- Some foods such as eggs and pancakes cook better if the non-stick surface is conditioned with cooking oils before preheating. If necessary, remove excess oil with a paper towel.
- Adjust heat setting gradually and only as necessary. Cooking foods at too high a temperature can cause them to dry out.
- If food is undercooked when removed from the griddle, simply return to the griddle for additional cooking time.

## CLEANING AND MAINTAINANCE

### WARNING!

- ! Never immerse your appliance in water or other liquids. Keep the power cord and the Temperature Probe away from any liquids.**
- ! Always disconnect the power cord plug from the wall outlet and the Temperature Probe from the Probe Receptacle before cleaning.**
- ! Always allow your griddle to cool completely before handling and washing.**
- ! Do not wash the griddle in the dishwasher.**

**⚠ IMPORTANT:** Avoid using harsh abrasives, oven cleaners, or scouring pads to maintain the protective coating on the griddle. Wooden, silicone, heat-resistant nylon utensils or soft abrasive pads/brushes may be used.

Remove the Temperature Probe, wipe with a cloth and dry thoroughly. When cool, remove the Drip Tray. Empty it and wash with hot soapy water. You can also wash the Drip Tray in the top rack of the dishwasher (keep the temperature below 140°F/60°C).

To clean the Griddle, wait until it is cool. Use a paper towel to remove excess grease and oil from the cooking plate. The griddle can be washed directly under a faucet with hot soapy water. The probe connection point should not be washed. Clean the drip hole with a soft brush to remove any build up.

**WARNING:** Do not immerse the griddle fully in water.

Dry the griddle thoroughly with a clean and dry cloth or let air dry. Make sure that the griddle is completely dry before using it again or storing it.

**⚠ CAUTION:** Temperature control probe and probe receptacle must always be completely dry before use.

Store in a clean, dry place. Store carefully, so as not to scratch the griddle cooking plate. Never store the griddle while it is hot or leave plugged in. Never rap the cord tightly around the appliance as this could cause the cord to fray and break.

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**Müller**

**HealthyBites**  
*Eco Nonstick Electric Griddle*

Model: EG-1100



**USER MANUAL**

Your satisfaction is guaranteed. If you are not completely satisfied with our Electric Griddle, please let us know. We'll help make it work for you, or we'll refund your money.