

Welcome to the Family!

We are excited you joined the L'EQUIP Nutrimill Grain Mill Family. These simple tips will help you use, care for, and maintain your mill for many years to come.



Recommended Products and Accessories

L'EQUIP Flour bagger Accessory

The L'EQUIP Flour Bagger Multi-Grain Storage Accessory attaches right to the L'EQUIP Nutrimill.

This new attachment brings a world of milling options. Mill right into a freezer safe bag without a mess!

- Includes 10 heavy duty, zip top, freezer safe bags.



Bosch Universal Plus® Mixer

A mixer with more than 60 years of high quality German Engineering designed for your kitchen. From baking to blending the Universal has attachments to satisfy your every kitchen need. 800 watt motor, 6 ½ quart bowl, 4 speeds plus momentary.

One of the more powerful machines in its class.



See your L'EQUIP Retailer to purchase these products.

Nutrimill Warranty

Motor, Milling Heads - Limited Lifetime
Electronics - Limited Lifetime
Parts & Plastic - 10 Year

For assistance with your L'EQUIP Nutrimill contact L'EQUIP's Service Department.

Toll Free 1.877.267.2434 or service@lequip.com

L'EQUIP®
Life In Healthy Balance



NUTRIMILL CARE AND MAINTENANCE QUICK GUIDE



Flour Canister Maintenance



Separator Cup

The separator cup collects the finest flour particles (pastry flour). It must be in place or your mill will blow flour. (Flour in separator cup can be used.)

Gasket:

The flour canister contains a rubber gasket to seal the canister and prevent flour leakage. On new mills the gasket will have a tight grip. Also with use the gasket can become “tacky” causing the lid to be difficult to install and remove.

We suggest rubbing one of the following on new or tacky gaskets:

- Flour
- Cornstarch
- Vegalene (or other non-stick spray)

Vegalene is only for extremely tacky gaskets and only if you use your mill often.

Note: Never spray vegalene directly on gasket, spray only a little on a rag or paper towel and wipe onto gasket.

You will need to periodically reapply your choice of lubricant, especially after washing.

Filter:

Be sure to shake flour out of your filter each time you empty the canister to prevent clogging. Filter does not need to be washed after each use.



Note: be sure there is no flour in the filter before washing.

The inlet grommet and the filter should be replaced every 2 years or as needed.

Milling Tips

The Nutrimill has 2 control knobs the upper motor speed knob, and the lower feed rate knob.



Upper Motor Speed Knob:

For most grains it is recommended that you leave the motor speed knob turned all the way to the left.

For coarse flour, start running the mill with the knob turned all the way to the left for 15 to 20 seconds, then turn the knob all the way to the right.

Lower Feed Rate Knob:

When you start milling, always turn the feed rate knob all the way to the right for 15 seconds to allow the grain to start flowing freely. Then you may turn the knob to your desired setting.

For great all-purpose bread flour most people recommend adjusting the feed rate knob to a setting just to the right of straight up and down or a 1 o'clock position.

Milling positions may vary depending on the type, amount, and size of grain that is used.



Larger grains such as legumes or rice will mill slowly, while small grains like wheat or millet mill quickly.

Milling Head Cleaning Tip:

Periodically mill 3 cups of white rice on a coarse setting to clean the Milling Heads to remove any possible left over particles.

DO NOT Mill Any of the Following

- FLAX SEED
- SUNFLOWER SEEDS
- SESAME SEEDS
- NUTS OF ANY KIND
- SPICES
- TAPIOCA
- SPROUTED GRAINS
- DRIED FRUITS OR VEGETABLES
- SUGARS (BROWN OR WHITE)
- COFFEE BEANS
- OATMEAL
- ROLLED OATS
- HERBS
- HEMP
- CHOCOLATE
- GOJI BERRIES

For any grains not listed on the DO NOT MILL LIST above that you have a question about, mill only one quarter cup, then test flour by pinching a small amount between your thumb and finger. If it holds the shape of the pinch and doesn't fall apart, it contains too much moisture. DO NOT MILL THIS GRAIN.

L'EQUIP Coffee Grinder & Seed Mill

Ideal for dry grinding: coffee beans, shelled nuts, herbs, spices, and seeds such as flax, sesame and sunflower. Also grinds other items not suitable for milling in your Nutrimill.



Available in white and black

See your L'EQUIP Retailer to purchase this product.