

*the Nutri Juicer™ Cold**

Instruction Book - BJE430



Sage® by heston
blumenthal®



Contents

- 2 Sage Recommends Safety First
- 6 Components
- 7 Assembly
- 8 Functions
- 10 Care & Cleaning
- 11 Troubleshooting
- 12 Tips
- 15 Recipes

SAGE RECOMMENDS SAFETY FIRST

At Sage® by Heston Blumenthal® we are very safety conscious. We design and manufacture consumer products with the safety of you, our valued customer, foremost in mind. In addition we ask that you exercise a degree of care when using any electrical appliance and adhere to the following precautions.

IMPORTANT SAFEGUARDS

READ ALL INSTRUCTIONS BEFORE USE AND SAVE FOR FUTURE REFERENCE

- Before using for the first time please ensure that your electricity supply is the same as shown on the rating label on the underside of the appliance. If you have any concerns please contact your local electricity company.
- Your Sage® by Heston Blumenthal® appliance includes a BS 13 amp moulded mains plug on the supply cord.
- Should you need to change this plug, please complete the rewiring as follows (after safe disposal of the moulded plug).
- Please note that a cut off plug inserted into a socket is a serious danger risk.
- Wires are coloured as follows:
 - Blue = Neutral
 - Brown = Live
 - Green & Yellow = Earth

- As the colours of the wire may not correspond with the coloured markings which identify the terminals in your plug, please refer to the following:
 - The Blue wire must be connected to the terminal which is marked 'N'.
 - The Brown wire must be connected to the terminal which is marked with the letter 'L'.
 - The Green & Yellow wire must be connected to the terminal which is marked with the letter E or the earth symbol \perp .
- Please note that if a 13 amp plug is used, a 13 amp fuse should be used.
- Remove and safely discard any packaging material or promotional labels before using the Juicer for the first time.
- To eliminate a choking hazard for young children, remove and safely discard the protective cover fitted to the power plug of this appliance.
- Do not place the juicer near the edge of a bench or table during operation. Ensure that the surface is level, clean and free of water, flour, etc. Vibration during operation may cause the appliance to move.
- Any significant spillage onto the surface under or around the appliance, or onto the appliance itself, should be cleaned and dried before continuing to use the appliance.
- Do not place the juicer on or near a hot gas or electric burner, or where it could touch a heated oven.
- Always ensure the juicer is properly assembled before use. The appliance will not operate unless properly assembled.
- Always make sure juicer cover is clamped securely in place before motor is turned on. Do not unfasten clamps while juicer is in operation. Be sure to turn dial to OFF position after each use of your juicer. Make sure the motor stops completely before disassembling.
- Do not use the juicer on a sink drain board.

- Do not leave the juicer unattended when in use.
- Allow the motor to rest for 1 minute between each use.
- Always ensure the juicer is turned off by turning the ON/OFF dial on the control panel to OFF. Then switch the appliance off at the power outlet and unplug the cord. Make sure the stainless steel filter basket has stopped rotating and the motor has completely stopped before releasing the safety locking arm and/or attempting to move the appliance, when the juicer is not in use, and before disassembling, cleaning and storing.
- Recipes in this instruction book are not considered a heavy load. However, hard fruits and vegetables will put excess strain onto the motor if a low speed is selected. Please refer to the juicing guide to determine the correct speed for the fruits and vegetables selected for juicing.
- Keep hands, fingers, hair, clothing as well as spatulas and other utensils away from the appliance during operation.
- Do not push food into the feed chute with your fingers or other utensils. Always use the food pusher provided. Do not place hand or fingers into the food chute when it is attached to the appliance. If food becomes lodged in the opening, use the food pusher or another piece of fruit/vegetable to push it down. When this method is not possible, turn the motor off and disassemble the juicer to remove the remaining food.
- Be careful when handling the stainless steel filter basket as the small cutting blades at the base of the filter basket are very sharp. Mishandling may cause injury.
- Do not use the juicer for anything other than food and/or beverage preparation. Do not operate without the pulp container in place.
- Keep the appliance clean. Refer to care and cleaning.
- Remove rind from all citrus fruit before juicing.
- Do not use the appliance if the rotating sieve (filter basket) is damaged.

IMPORTANT SAFEGUARDS FOR ALL ELECTRICAL APPLIANCES

- Fully unwind the power cord before use.
- Do not let the power cord hang over the edge of a bench or table, touch hot surfaces or become knotted.
- To protect against electric shock do not immerse the power cord, power plug or appliance in water or any other liquid.
- Always disconnect the appliance from the supply if it is left unattended and before assembling, disassembling or cleaning.
- This appliance shall not be used by children. The appliance can be used by people with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and if they understand the hazards involved.
- Keep the appliance and its cord out of the reach of children. Children shall not play with the appliance.
- Cleaning and user maintenance shall not be made by children without supervision.
- It is recommended to regularly inspect the appliance. Do not use the appliance if power cord, power plug or appliance becomes damaged in any way. If damaged or maintenance other than cleaning is required, please contact Sage Customer Service on **0808 178 1650** | **0333 0142 970** or go to **sageappliances.co.uk**.
- Any maintenance other than cleaning should be performed at an authorised Sage Service Centre.
- This appliance is for household use only. Do not use this appliance for anything other than its intended use. Do not use in moving vehicles or boats. Do not use outdoors. Misuse may cause injury.

- The installation of a residual current device (safety switch) is recommended to provide additional safety protection when using electrical appliances. It is advisable that a safety switch with a rated residual operating current not exceeding 30mA be installed in the electrical circuit supplying the appliance. See your electrician for professional advice.



The symbol shown indicates that this appliance should not be disposed of in normal household waste. It should be taken to a local authority waste collection centre designated for this purpose or to a dealer providing this service. For more information, please contact your local council office.

SPECIFICATIONS

Power Consumption	230-240V ~ 50Hz
Outside Dimensions	400mm (H) 445mm (W) 205mm (D)
Net Weight	Approx. 4.8kg

These specifications may change without notice.

SAVE THESE INSTRUCTIONS



Components



A. Food pusher (not dishwasher safe)

B. Wide feed chute

Fits whole apples, carrots, tomatoes and peeled oranges. Makes juicing fruit and vegetables faster and easier.

C. Interlocking safety arm

Stops juicer operating without cover locked into place.

D. Juicer cover (not dishwasher safe)

E. Stainless steel filter basket (top shelf dishwasher safe)

F. Pulp container (not dishwasher safe)

G. 2 speed control and off dial

H. Cord storage

Cord wraps around feet and clips into position under base.

I. Filter bowl surround (dishwasher safe)

J. 2 litre juice jug and sealing lid with built in froth separator (not dishwasher safe)

K. Overload Protection LED



Assembly

BEFORE FIRST USE

Before using your juicer for the first time, remove and safely discard any packaging materials and promotional stickers and labels.

Ensure the appliance is switched off at the power outlet and the power cord is unplugged.

Wash the filter bowl surround, filter basket, juicer cover, food pusher, pulp container and juice jug and lid in warm, soapy water with a soft cloth. Rinse and dry thoroughly.

1. Place motor base on a flat, dry surface such as a bench top. Ensure that the juicer is switched to OFF at the dial, and the power cord is unplugged.
2. Place filter bowl surround on top of the motor base.



3. Align the arrows at the base of the stainless steel filter basket with the arrows on the motor drive coupling and push down until it clicks into place to create a secure fit with the motor base.



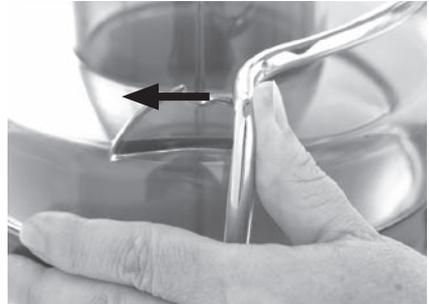
4. Place the juicer cover over the filter bowl surround, positioning the lower part of the feed chute over the stainless steel filter basket.



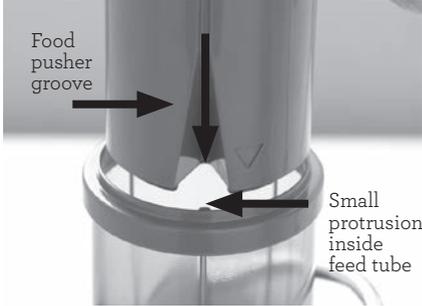
5. Raise the safety locking arm up and locate into the two grooves on either side of the juicer cover.



6. The safety locking arm should now be in a vertical position and locked into place on top of the juicer cover.



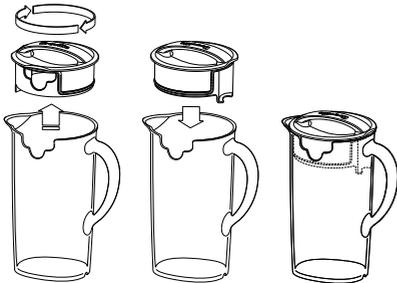
- Slide the food pusher down the food chute by aligning the groove in the food pusher, with the small protrusion on the inside of the top of the feed tube.



- Place the pulp container into position by tilting the motor base slightly to the right. Insert the pulp container under the juicer cover on the left hand side ensuring it is supported by the juicer cover and motor base.
- Place the juicer jug under the juice spout on the right hand side of the juicer, and place the lid to avoid splatter.

JUICE JUG

Juice can be preserved in the juice jug for up to 3 days by following these steps.



- Lift the lid off the jug and rotate 180°
- Press down firmly to replace the lid
- Store juice in the fridge

NOTE

Storage time depends on the ingredients being juiced and the freshness of the fruit prior to juicing. Juice must be stored in the refrigerator between 2°C to 4°C.



Functions

- Wash your selection of fruit and vegetables to be juiced. Most fruit and vegetables such as apples, carrots and cucumbers will not need to be cut or trimmed to size as these will fit whole into the feed chute. Ensure vegetables such as beetroots, carrots etc. have all soil removed, are well washed and trimmed of leaves before using.
- Plug the power cord into a 220/240V power outlet. Turn the power ON at the power outlet. Adjust the speed to the desired setting. Turn the dial to either the LOW or HIGH setting depending on the type of fruit or vegetable being juiced. Use the speed selector as a guide for juicing different fruits and vegetables.
- With the motor running, place food into the feed chute and use the food pusher to gently guide food down. To extract the maximum amount of juice, always push the food pusher down slowly.
- As fruit and vegetables are processed, juice will flow into the juice jug and the separated pulp will accumulate in the pulp container.

SPEED SELECTOR GUIDE

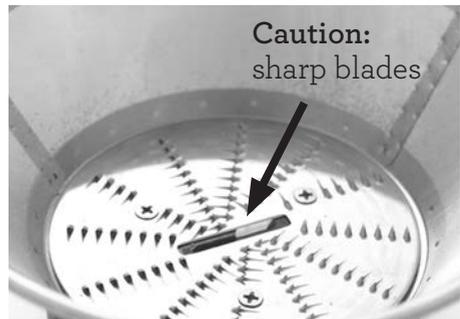
Apples	HIGH
Apricots (stone removed)	LOW
Beetroot (trimmed)	HIGH
Blueberries	LOW
Broccoli	HIGH
Cabbage	HIGH
Carrots	HIGH
Cauliflower	HIGH
Celery	HIGH
Cucumber (peeled optional)	LOW
Cucumber, soft skinned	HIGH
Fennel	HIGH
Grapes (seedless)	LOW
Kiwi Fruit (peeled, optional)	LOW
Mangoes (peeled, stone removed)	LOW
Melons (peeled)	LOW
Nectarines (stone removed)	LOW
Oranges (peeled)	LOW or HIGH
Peaches (stone removed)	LOW
Pears (stalks removed)	LOW (Soft pears) HIGH (Firm pears)
Pineapple (peeled, optional)	HIGH
Plums (stone removed)	LOW
Raspberries	LOW
Tomatoes	LOW
Watermelon (peeled)	LOW

NOTE

- The pulp container can be emptied during juicing by turning the juicer OFF on the dial and then carefully removing the pulp container. Replace empty pulp container before continuing to juice.
- Do not allow the pulp container to overfill as this may affect the operation of the appliance.
- The juicer is fitted with a safety device which safeguards against overheating with excessive loads. If overheating occurs, the juicer will automatically activate the overload protection device and the unit will switch itself off. When the overload protection is activated, unplug the Juicer from the power outlet for at least 15 minutes to allow the unit to cool. Then plug juicer into the power outlet and use as normal.

WARNING

Never use fingers, hands or utensils to push food down the feed chute or to clear the feed chute. Always use the food pusher provided.



The stainless steel filter basket contains small sharp blades to cut and process fruit and vegetables. Avoid touching the blades when handling the filter basket.



Care & Cleaning

Ensure the juicer is turned off by turning the juicer dial to the OFF position. Then switch the appliance off at the power outlet and unplug the power cord.

CLEANING

Rinse all parts after use (except the motor base) under running water to clear away the majority of juice and pulp. Wash in warm soapy water with a soft cloth.

To avoid food drying on to the blades, mesh or transparent parts, rinse and wash as soon as possible after use.

PULP CONTAINER

To minimise cleaning, you can line the pulp container with a biodegradable bag to collect the pulp.

MOTOR BASE

Do not immerse the motor base in liquids. To clean the motor base, wipe with a soft, damp cloth then dry thoroughly. Wipe any excess food particles from the power cord.

CLEANING AGENTS

Do not use abrasive scouring pads or cleaners on either the motor base or the jug, as they may scratch the surface. Use only warm soapy water with a soft cloth.

DISHWASHER

Wash all parts (except the motor base) in warm soapy water with a soft cloth

The filter bowl surround, and stainless steel filter basket are dishwasher safe. Wash on a standard cycle, on the top shelf only.

The juice cover, food pusher, pulp container and juice jug are not dishwasher safe.

FILTER BASKET

To ensure consistent juicing results, always clean the filter basket thoroughly immediately after use.

If pulp is left to dry, it may clog the fine pores of the filter mesh, which can effect juicing performance. The filter basket can be soaked in hot soapy water for 10 minutes, if necessary.

Hold the filter basket under running water and use brush (supplied with the juicer) in a circular motion to clear away pulp from the inside of the basket, including the blades. Turn over to brush away pulp from the outside of the basket, and repeat if necessary.

After cleaning, hold up towards a light source to check that the fine mesh pores are not blocked. If blocked, soak the filter basket in hot water with 10% lemon juice to loosen, and brush under running water again. Do not soak the filter basket in bleach, harsh chemicals or abrasive cleansers.

Always treat the filter basket with care, as it can be easily damaged. Do not use if there is any damage or deformation to the filter mesh.

Filter basket can be washed in the dishwasher (top shelf).

The centre of the filter basket has an array of small, sharp blades. Do not touch these blades when handling the filter basket.

STUBBORN FOOD STAINS

Discolouration of the plastic may occur with strongly coloured fruit and vegetables. To help prevent this, wash parts immediately after use.

If discolouration does occur, the plastic parts can be soaked in water with 10% lemon juice or they can be cleaned with a non-abrasive cleaner.



Troubleshooting

Juicer will not work when switched ON

- The safety locking arm may not be correctly engaged in the vertical operating position. Check the top cover is properly aligned and the locking arm is located firmly into the two grooves on either side of the juicer cover.
- Motor overload protection may have operated (see below).

Overheating with excessive loads.

- The juicer is equipped with an internal self-resetting overload to prevent the motor from damage under heavy or continuous loads. If the motor suddenly stops working, turn the ON/OFF dial to OFF, and unplug the unit from the power outlet. Allow the juicer to cool for up to 30 minutes before operating again. NOTE: The unit **MUST** be unplugged from the power outlet in order for it to cool properly and be reset.
- Despite this overload protector, we suggest juicing in smaller batches using a more gentle pressure to push produce down the chute in order to protect the motor.

Excess pulp building up in the stainless steel filter basket

- Stop juicing, disassemble to scoop excess pulp off the juicer cover. Reassemble and continue juicing. Alternating soft and hard ingredients may help avoid this.

Pulp too wet and reduced extracted juice

- The cleaner the filter, the better the juice yield, and dryer the pulp. Be sure to thoroughly clean the juicer as soon as possible after each use. Remove the stainless steel filter basket and thoroughly clean mesh walls with a cleaning brush. Rinse the filter basket under hot water. If the fine mesh holes are blocked, soak the basket in a solution of hot water with 10% lemon juice to unlock the holes or wash in the dishwasher. This will remove excess fibre build up (from fruit and vegetables) which could be inhibiting the flow.

Juice leaks between the rim of the Juicer and the juicer cover

- Try a slower juicing speed and push the food pusher down the feed chute more slowly.

Juice sprays out from spout

- The juice is being extracted too fast: try a slower juicing speed (if possible) and push the food pusher down the feed chute more slowly.

Motor appears to stall when juicing

- Wet pulp can build up under the juicer cover and stall the juicer if the juicer is used excessively without cleaning. If this occurs, disassemble and follow the cleaning instructions to clean the filter bowl surround, the stainless steel filter basket and the juicer cover.
 - The juicer will automatically stop operating if either too much food is being processed at one time or the pieces are not small enough. Try trimming the food or cutting into smaller pieces of even size and processing a smaller amount per batch. To continue juicing, reset the juicer by turning the juicer OFF and back ON.
 - Allow the motor to reach full speed before putting ingredients in the chute. Pressing ingredients down before the juicer reaches full speed can cause the motor to stall or overload. Use gentle to moderate pressure on the pusher. Lower pressure produces a better juice yield.
 - Hard fruit and vegetables will put excess strain onto the motor if a low speed is selected. Refer to the juicing guide to determine the correct speed for the fruit and vegetables selected for juicing.
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Unit stops & overload protection LED flashes

- This indicates the motor speed is slowed down to a not-efficient level. This may be caused by too heavy pushing force on the pusher or too much pulps sticking onto the lid or in pulp bin. Using proper pushing force on the food pusher or regularly clean the lid and pulp bin can prevent this situation to happen.

Overload Protection LED is on

- This indicates motor overload protection is activated. To reset the unit, unplug the unit from power and let the motor cool down for 10 to 15 minutes, and plug the power on again.
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Tips

THE INSIDE INFORMATION ON JUICING

Fresh fruit and vegetable juices are an excellent source of vitamins and minerals.

When you make your own fruit and vegetable juices, you have complete control over what is included.

Refer to www.juicingscience.com for additional nutritional and fibre information on green juicers and green smoothies.

PREPARATION OF FRUIT AND VEGETABLES

Fruits with hard or inedible skins should be peeled before juicing, including melons, mangoes, pomegranate, etc.

Some vegetables, such as cucumbers can be processed unpeeled depending on the softness of the skin and whether you like the taste of the skin in your juice.

Fruits with hard seeds or stones must be pitted before juicing, including nectarines, peaches, mangoes, plums, cherries, etc.

Citrus fruits with thick pith or skin should be peeled before juicing, including oranges, lemons, mandarins, as the skin and pith can make the juice bitter.

Trim leaves and wash vegetables to remove earth/soil, including carrots, beetroot, spinach, etc.

Trim, hull and remove stalks before juicing, including strawberries, apples, pears, etc.

A small amount of lemon juice can be added to apple juice to reduce browning.

THE RIGHT TECHNIQUE

When juicing a variety of ingredients with varying textures, start with the softer texture ingredients on LOW speed and then gradually change to HIGH speed for the harder textured ingredients.

If you are juicing herbs, sprouts or other leafy green vegetables, either wrap them together to form a bundle and alternate with more solid ingredients for the best extraction.

Fruits and vegetables produce different amounts of liquids, and can vary between batches or at different times of year. Since juice recipes are not exact, the precise quantities of any juice are not crucial to the success of a particular mixture.

To extract the maximum amount of juice always push the food pusher down slowly.

Allow the motor to reach full speed before putting ingredients in the chute. Pressing ingredients down before the juicer reaches full speed can cause the motor to stall or overload. Use gentle to moderate pressure on the plunger. Lower pressure produces a better juice yield.

Fruit and Vegetables	Best season to buy	Storage	Nutritional value	Kilojoule/ calorie count
Apples	Autumn/ Winter	Vented plastic bags in refrigerator	Vitamin C, dietary fibre	166g Apple = 338kj (80 cal)
Apricots	Summer	Unwrapped in crisper of refrigerator	Potassium, dietary fibre	55g Apricot = 80kj (19 cal)
Beetroot	Winter	Cut off tops, then refrigerate unwrapped	Vitamin C, folate, dietary fibre, potassium	160g Beetroot = 332kj (79 cal)
Blueberries	Summer	Cover in the refrigerator	Vitamin C	100g Blueberries = 220kj (52 cal)
Broccoli	Autumn/ Winter	Plastic bag in refrigerator	Vitamin C, B2, B5, B6, E, folate, dietary fibre	100g Broccoli = 131kjs (31 cal)
Brussel Sprouts	Autumn/ Winter	Unwrapped in crisper of refrigerator	Vitamin C, B2, B6, E, folate, dietary fibre	100g Brussel Sprouts = 156kj (37 cal)
Cabbage	Winter	Wrapped, trimmed in the refrigerator	Vitamin C, B6, folate, dietary fibre, potassium	100g Cabbage = 93kj (22 cal)
Carrots	Winter	Uncovered in refrigerator	Vitamin C, B6, beta-carotene, potassium	100g Carrots = 140kj (33 cal)
Cauliflower	Autumn/ Winter	Remove outer leaves, store in plastic bag in refrigerator	Vitamin C, B5, B6, folate and potassium	100g Cauliflower = 103kj (24.5 cal)
Celery	Autumn/ Winter	Refrigerate in plastic bag	Vitamin C, potassium	100g stick = 64kjs (15 cal)
Cucumber	Summer	Crisper in refrigerator	Vitamin C	100g Cucumber = 50kj (12 cal)
Fennel	Autumn to Spring	Refrigerate	Vitamin C, folate, dietary fibre	100g Fennel = 80kj (19 cal)
Grapefruit	All year round	Room temperature	Vitamin C, bioflavonoids, lycopene, dietary fibre	100g Grapefruit = 140kj (33 cal)
Grapes (Seedless)	Summer	Plastic bag in refrigerator	Vitamin C, B6, potassium	100g Grapes = 250-350kj (60-83 cal)

Fruit and Vegetables	Best season to buy	Storage	Nutritional value	Kilojoule/ calorie count
Kale	Winter/Autumn	Crisper in refrigerator	Vitamin C, K, beta-carotene, folate, dietary fibre	100g Kale = 206kj (49 cal)
Kiwi Fruit	Winter/ Spring	Crisper in refrigerator	Vitamin C, potassium	100g Kiwi Fruit = 219kj (52 cal)
Mangoes	Summer	Covered in refrigerator	Vitamin A, C, B1, B6, potassium	207g Mango = 476kj (113 cal)
Melons including Watermelon	Summer/ Autumn	Crisper in refrigerator	Vitamin C, folate, beta-carotene, dietary fibre	200g Melon = 210kj (50 cal)
Nectarines	Summer	Crisper in refrigerator	Vitamin C, B3, potassium, dietary fibre	151g Nectarines = 277kj (66 cal)
Oranges	Winter/ Autumn/ Spring	Cool, dry place for 1 week, transfer to refrigerator to keep longer	Vitamin C	131g Orange = 229kj (54 cal)
Peaches	Summer	Ripen at room temperature then refrigerate	Vitamin C, beta-carotene, potassium, dietary fibre	100g Peaches = 175kj (42 cal)
Pears	Autumn/Winter	Ripen at room temperature then refrigerate	Vitamin C, E, dietary fibre	161g Pear = 391kj (93 cal)
Pineapple	Spring/Summer	Store in a cool place	Vitamin C, E, dietary fibre	100g Pineapple = 180kj (43 cal)
Spinach	All year round	Refrigerate	Vitamin C, B6, E, beta-carotene, folate, magnesium, potassium, dietary fibre	100g Spinach = 65kj (15 cal)
Sweet Potato	All year round	Store in cool place	Vitamin C, E, beta-carotene, dietary fibre	100g Sweet Potato = 275kj (65 cal)
Tomatoes	Late Winter to early Summer	Ripen at room temperature then refrigerate	Vitamin C, E, lycopene, folate, dietary fibre	100g Tomatoes = 65-75kj (15-17 cal)



Recipes

MORE WAYS WITH JUICE

- To make 100% natural ice blocks pour your favourite freshly squeezed fruit and vegetable juices into ice block moulds and freeze overnight.
- Freshly made juices are great as a base for cocktails.
- To get used to drinking vegetable juices (especially for kids) start by making juice containing a higher fruit ratio and/or adding sweeter/more mild vegetables like carrot, cucumber, baby spinach and tomatoes. Then slowly increase the vegetable ratio in the juices over time.
- For an extra burst of flavour, freeze juice into ice cube trays and then pop into water, iced tea, punch and cocktails. It will chill the drink, make it look beautiful and add flavour all at the same time.
- Use left-over vegetable juice pulp into your favourite Bolognese, burgers, meatballs, stews, tomato pasta sauce and soup recipes.
- Vegetable juice pulp is also a great to add as a base for vegetable stock and soups.
- Add fruit and vegetable juice pulp can also be added into smoothies, muffins and cakes. When adding to muffins or cakes, squeeze the pulp through kitchen paper towel, or a clean tea towel, to remove any excess moisture.
- Don't throw your fruit and vegetable juice pulp away. It can make an excellent compost for your garden.

Juice Recipe	Ingredients to serve 2	Ingredients to serve a crowd (approx. 2 Litres juice)	Method
Lean Green Fighting Machine	1 courgette 6 kale leaves, stems trimmed 1 cucumber 1 celery stick 1 kiwi fruit 2 medium green apples Ice cubes, to serve	3 courgette 12 kale leaves, stems trimmed 3 cucumbers 3 celery sticks 3 kiwi fruit 6 medium green apples Ice cubes, to serve	Juice on HIGH setting, feeding all ingredients (except the ice cubes) into the juicer, one at a time. Stir juice and serve over ice.
Cool as a Cucumber	2 cucumbers 2 medium green apples 4 large sprigs fresh mint 1 small lime, peeled Ice cubes, to serve	10 cucumbers 10 medium green apples, stems removed 12 large sprigs fresh mint 4 small limes, peeled Ice cubes, to serve	Juice on HIGH setting, feeding all ingredients (except the ice cubes) into the juicer, one at a time. Stir juice and serve over ice.
Green Fennel, Pear & Lemon	1 small fennel bulb, trimmed, halved ½ bunch English spinach, roots trimmed 2 medium pears, stalk removed ½ small lemon, peeled Ice, to serve	4 small fennel bulbs, trimmed, halved 2 bunches English spinach, roots trimmed 8 medium pears, stalk removed 2 small lemons, peeled, halved Ice, to serve	Juice on HIGH setting, feeding all ingredients (except the ice cubes) into the juicer, one at a time. Stir juice and serve over ice.
Carrot, Apple & Citrus Zinger	4 large carrots 1 apple, stalk removed 1 orange, peeled ½ lemon, peeled 1 celery stalks 3cm piece fresh ginger Ice, to serve	10 - 12 large carrots 3 apples, stalk removed 2 oranges, peeled 1 lemon, peeled 3 celery stalks 8cm piece ginger Ice, to serve	Juice on HIGH setting, feeding all ingredients (except the ice cubes) into the juicer, one at a time. Stir juice and serve over ice.
Beetroot, Pineapple & Mint	2 medium sized beetroots, washed, trimmed ¼ large pineapple 3 large sprigs mint Ice, to serve	8 medium sized beetroots, washed, trimmed, halved or quartered depending on size 12 sprigs mint 1 large pineapple, quartered Ice, to serve	Juice on HIGH setting, feeding all ingredients (except the ice cubes) into the juicer, one at a time. Stir juice and serve over ice.

Juice Recipe	Ingredients to serve 2	Ingredients to serve a crowd (approx. 2 Litres juice)	Method
Watermelon, Strawberry & Cucumber Juice	375g peeled, chopped, seedless watermelon 250g punnet strawberries, hulled ¼ cucumber Ice, to serve	1.5kg peeled, chopped, seedless watermelon 4 x 250g punnets strawberries, hulled 2 cucumbers Ice, to serve	Juice on LOW setting, feeding all ingredients (except the ice cubes) into the juicer, one at a time. Stir juice and serve over ice.
'Kick Me Up' Veg Juice	4 medium sized ripe tomatoes 1 celery stick 2 large sprigs fresh flat leaf parsley Large handful fresh basil leaves ¼ cucumber ½ red capsicum, trimmed, seeds removed ½ long green or jalapeño chilli, seeds removed ½ large carrot ½ small clove garlic ½ small lime, peeled Sea salt and freshly ground pepper, to taste	16 medium sized ripe tomatoes 4 celery sticks 8 large sprigs fresh flat leaf parsley 80g fresh basil leaves 2 cucumbers 2 red capsicums, trimmed, seeds removed 1- 2 long green or jalapeño chillies, seeds removed 2 large carrots 2 small cloves garlic 2 small limes, peeled Sea salt and freshly ground pepper, to taste	Juice on HIGH, feeding all ingredients (except the salt and pepper) into the juicer, one at a time. Stir juice then season with salt and pepper.
Tropical Summer	½ medium pineapple, peeled, halved 1 large mango, stone removed, peeled 3 oranges, peeled Pulp of 1 passionfruit Ice cubes, to serve	1 large pineapple, peeled, quartered 3 large mangoes, stone removed, peeled 8 oranges, peeled Pulp of 3-4 passionfruit Ice cubes, to serve	Juice pineapple on HIGH setting, into the juicer. Juice mango and orange on LOW setting. Add passionfruit pulp to juice jug, stir, and serve over ice.
Melon & Mint Cooler	½ honeydew melon (900g), seeded, peeled, cut into wedges 2 cups green seedless grapes 3 sprigs mint 1 small lime, peeled Ice cubes, to serve	1½ honeydew melons, (2.7kg), seeded, peeled, cut into wedges 6 cups (1.2kg) green seedless grapes 9 sprigs mint 3 small limes, peeled Ice cubes, to serve	Juice on LOW setting, feeding all ingredients (except the ice cubes) into the juicer, one at a time. Stir juice and serve over ice.

Rather than waste the pulp from the fruit and vegetables that have been juiced, the following recipes have been developed using the left over pulp.

Carrot, Pumpkin & Feta Flan

 Serves 6

8 sheets filo pastry
70g butter, melted
1 leek, pale section only, finely sliced
1 cup carrot pulp (see note)
1 cup pumpkin pulp (see note)
250g feta cheese, crumbled
4 eggs
½ cup (125ml) milk
¼ cup chopped fresh flat-leaf parsley
Fresh green salad, to serve

1. Preheat oven to 180°C no fan (160°C fan-forced). Lightly grease a 23cm (base measurement) fluted tart tin with a little melted butter.
2. Place filo onto a clean surface. Cover with a damp tea towel to prevent drying out. Brush one filo sheet with melted butter. Place in prepared tin. Repeat with remaining filo, alternatively placing sheets horizontally and vertically, to line the tin. Brush with melted butter. Trim pastry edge to about 1.5cm above the side of tin.
3. Combine leek, pumpkin, carrot, feta cheese and parsley in a bowl. Combined eggs and milk in a jug. Pour over carrot mixture, stir to combine. Spoon into pastry case and bake for 30–35 minutes or until golden and set. Serve warm with fresh green salad.

NOTE

For 1 cup carrot pulp you will need to juice about 3 carrots (410g).

For 1 cup pumpkin pulp you will need to juice about 620g peeled, chopped pumpkin.

Rockmelon, Mango, Orange Juice & Pulp Ice Blocks

 For juice - makes 5 cups

For ice blocks - makes 6

Juice

1 rockmelon (1.8kg), peeled, seeded, quartered
2 mangoes (850g), halved, seeded, and peeled
1 orange, peeled

1. To make juice: With the motor running on LOW speed, feed all the ingredients into a juicer one at a time. Stir juice. Serve over ice.
2. To make ice blocks: Reserve ½ cup (125ml) juice and the pulp from the above recipe. Transfer into a blender or food processor and secure lid. Pulse until smooth.
3. Spoon into 6 x 125ml capacity ice block moulds. Use a wooden BBQ skewer to help remove the air bubbles. Insert ice block stick. Place into the freezer and freeze for 8 hours, or overnight, until frozen.



TIPS

If ice blocks are stuck in the mould, fill a glass with hot water and place the mould in for a few seconds. The ice block should then be easy to slide out.

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Freephone (UK Landline): 0808 178 1650
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