JUICE RECIPES

amzchef

Leading a healthy lifestyle

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Thank you for using our Juicer,we are dedicated to bring our consumers a fashion and health lifestyle.Our product completely retain the flavor and nutrients of vegetables and fruits, so that you can enjoy a day with fresh and healthy fruitjuice orvegetable juice. A glass of fresh vegetable juice, containing natural vitamins and various enzymes,can provide the human body needs, and also can easily absorb all the essence.

Tips

1.Avoid drinking higher-acidity juice on an empty stomach, it is better to eat some staple food to prevent stomach discomfort; Juice is worthy of careful taste instead of tossing off, every sip should not be too excess;

2.The choice of ingredients is important.The ingredients should not be too hard or too soft.Too hard ingredients will break the juicer.Too soft ingredients,e.g., bananas, Kiwi fruits, mangos are difficult to besqueezed.

3.There will be some fine pulps in the juice.It is common for masticating juicers, and is good for pulp lovers. . The fine pulps are very good nutrition wise, and can be used for making cake, rice, soup, etc.

4.Please drop slowly the ingredients piece by piece, so as to get a higher yield from juicing.If the juicing screw is clogged, please press"REV"for a few seconds to unclog.

5.If the pulp spout is clogged , please stop the unitand use the end of brush to take out the fiber from pulp spout.

6.Please clean up the juicing parts after each use.

Health And Quality Concept

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Kiwi & Apple Juice

Ingredients: Kiwi fruit X 2 Apple X 2

Preparation:

1.Wash the apple, cut it up to fit the chute if needed.
2.Peel the kiwi fruit.
3.Put all the ingredients into the machine one by one.

Benefits:

A glass of mixed green apple and kiwi juice before breakfast cleanses your body;gives energy and enriches the blood with protective phytochemicals and vitamin c.

Carrot & Apple Juice

Ingredients: Carrot X 3 Apple X 2

Preparation:

1.Wash the apple, cut it up to fit the chute if needed.
2.Wash carrot, cut it up into 7cm length.

Benefits:

Carrot and apple juice are rich in vitamin a and vitamin c, which can achieve the effect of beauty, and also make the skin moist and elastic. Vitamins can also reduce the blood cholesterol and triglyceride content, which can prevent the brain Vascular diseases. At the same time, it can improve self-immunity, and reduce the invasion of viruses and bacteria.

Pear & Orange Juice

Ingredients: Pear X 2 Orange X 2

Preparation:

1.Wash the pear, cut it up to fit the chute if needed.
2.Wash and peel the orange, cut it up to fit the chute if needed.
3.Put all the ingredients into the machine one by one.

Benefits:

Pears are rich in important antioxidants, flavonoids and dietary fiber and pack all of these nutrients in a fat-free, cholesterol-free,100-calorie package.glass of fresh pear and orange juice is a great way to start the morning.This is a great combination of yummy fruits full of vitamins and minerals.Try it out!

Cucumber & Lemon & Apple Juice

Ingredients: Cucumber X 2 Lemon X 1/2 Apple X 2

Preparation:

1.Wash the apple, cut it up to fit the chute if needed.
2.Wash cucumber, cut it up into 7cm length.
3.Wash and peel the lemon, cut it up to fit the chute.
4.Put all the ingredients into the machine one by one.

Benefits:

Cucumber juice has rich nutritional value. It contains a lot of vitamin c, vitamin a, and vitamin b, which can not only promote metabolism, improve visual fatigue, helping weight loss but also whiten the skin.

Recommendation: cucumber juice is less fat and sugar, which is good for women in dieting.Avoid adding any ingredient to cucumber juice to affact its sweet taste.

Pomegranate Juice

Ingredients: Three or four Pomegranates

Preparation:

1.Wash the ingredients, then cut it up to fit the chute.
2.Put the ingredients into the machine.

Benefits:

Pomegranate juice contains a variety of amino acids and trace elements, which can help digestion, fight gastric ulcers, soften blood vessels, lower blood lipids and blood sugar, and lower cholesterol. It not only can prevent heart disease， high blood pressure but also can enhance appetite.

Pineapple Juice

Ingredients: Pineapple 250g

Preparation:

1.Wash the ingredients, then cut it up to fit the chute.
2.Put the ingredients into the machine one by one.

Benefits:

Pineapple juice is rich in vitamin C and dietary fiber. Drinking pineapple juice regularly can not only help digest food but also reduce swelling. Especially when there is a sore throat, drinking some pineapple juice can help relieve it.

Grapefruit & Orange & Blueberry Juice

Ingredients: Grapefruit X 1 Orange X 2 Blueberry X 1 cup

Preparation:

1.Wash the grapefruit and orange, cut it up to fit the chute if needed.
2.Wash the blueberry.
3.Put all the ingredients into the juicer one by one.

Benefits:

This combo is full of beta-carotene, biotin, folic acid , vitamins B1,B2,B6,C and E; calcium, magnesium, phosphorus, potassium, sodium, sulphur.

Wheat Grass & Pear & Lemon Juice

Ingredients: 20-20g wheatgrass pearsX2 lemonX1/2

Preparation:

1.wash the ingredients, cut the wheat grass, pear and lemon to fit the chute.
2.Put the ingredients into the machine one by one.

Benefits:

Wheatgrass juice can reduce high blood pressure very quickly, because wheatgrass can remove toxins from the body, increase the iron in the blood, and promote blood circulation. The complete protein contained in it can help lower blood pressure. It is rich in vitamin C, which can maintain the health of blood vessels and avoid hardening.

Watermelon & Tomato Juice

Ingredients: Watermelon X 1 Tomato X 2

Preparation:

1.Wash and peel watermelon, cut it up to fit the chute.
2.Wash tomato,cut it up to fit the chute if needed.

Benefits:

tomato juice can not only soften blood vessels,promote calcium,iron absorption, but also increase appetite, improve protein digestion, reduce the effect of stomach swelling food.

Green Apple & Celery Juice

Ingredients: Kiwi fruit X 2 Apple X 2

Preparation:

1.Wash the celery, cut it up into 2cm length.
2.Wash the apple, cut it to fit the chute if needed.
3.put the ingredietns into the juicer one by one.

Benefits:

weight loss,babance bood pressure, soothe the nerves sweling, subsidies nourishing, detoxification

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Care for Daily Health

Vegetables and fruits not only can be made into delicious cuisines but also can be made into vegie-fruit juice which are rich in antioxidant.

After handling, it would provide various vitamins, calcium,phosphorus,potassium,magnesium and many other mineral nutrients for our

So that it could help adjust body functions,heighten cellviability and gastrointestinal dysfunction as well as improve secretion of digestive juices and reduce fatigue.

FRESH
juice