



JUICE AND SMOOTHIE RECIPES

- Powerful 800W motor
- 9 speeds LCD display
- Infinite speed control for extracting hard and soft fruit
- Easy to operate and easy to clean



To get you started using your Juice Extractor and Blender; we have included tantalizing juice and smoothie recipes for your delight. Enjoy!

JUICE RECIPES FOR YOUR JUICE EXTRACTOR

<p>Grapefruit Delight</p> <ul style="list-style-type: none"> • 2 or 3 apples • ½ grapefruit <p>Remove the peel of the grapefruit but leave as much of the white membrane as possible. The white membrane contains bioflavonoids. Remove the seeds of the apple before juicing.</p>	<p>Orange Lime</p> <ul style="list-style-type: none"> • ¼ to ½ lime • 1 orange <p>Peel the orange but leave the white membrane to get the bioflavonoids. You can juice the peel of the lime. You can also juice the seeds</p>
<p>Sweet Cherry</p> <ul style="list-style-type: none"> • 1 large handful of pitted cherries • 1 apple • 2 slices of pineapple <p>Remove the seeds of the apple before juicing. If the pineapple is organic, you can juice the rind for added nutrition and flavor. If the cherries are organic, you can also juice the cherry stems.</p>	<p>Grape Taste</p> <ul style="list-style-type: none"> • 1 bunch of grapes • 4 to 6 strawberries • 1 apple <p>Remove the seeds from the apple. Juice the stems of the grapes if organic. If not, discard the stems.</p>
<p>Kiwi Surprise</p> <ul style="list-style-type: none"> • 2 to 3 kiwis • 1 orange • Strawberries to taste <p>Peel the orange while leaving as much white membrane on as possible. The white membrane contains bioflavonoids. This drink is rich in vitamin C.</p>	<p>Papaya Magic</p> <ul style="list-style-type: none"> • 1 medium size papaya • 1 apple • 2 kiwis <p>Remove the seeds of the papaya before juicing as the seeds can be bitter tasting. Remove the seeds of the apple before juicing.</p>
<p>Pineapple</p> <ul style="list-style-type: none"> • ½ pineapple <p>If the pineapple is organic, then you can juice the rind. If the pineapple isn't organic, then do not juice the rind.</p> <p>The rind contains a lot of beneficial nutrition including the digestive enzyme known as "bromelain".</p>	<p>Sweet and Sour</p> <ul style="list-style-type: none"> • ¼ to ½ grapefruit • 1 to 2 apples <p>Peel the grapefruit but leave the white membrane to get the bioflavonoids. Remove the seeds of the apple.</p>
<p>Honey I'm Home</p>	<p>Pear Lemon</p> <ul style="list-style-type: none"> • 1 pear

<ul style="list-style-type: none"> • ½ honeydew melon <p>If organic, juice the rind as well for extra nutrition and flavor. You can also juice the seeds.</p>	<ul style="list-style-type: none"> • ¼ to ½ lemon <p>Juice the peel of the lemon for extra nutrition and flavor. You can juice the seeds too.</p>
<p>Orange Juice</p> <ul style="list-style-type: none"> • 3 oranges <p>Remove the peel but leave the white membrane. The white membrane contains bioflavonoids which helps the body assimilate vitamin C.</p>	<p>Pineberry</p> <ul style="list-style-type: none"> • ¼ to ½ pineapple • Add strawberries until desired taste is achieved <p>Juice the rind of the pineapple if organic. This allows you to get the bromelain from the rind.</p>
<p>Sweet Lemon</p> <ul style="list-style-type: none"> • ¼ to ½ lemon • 2 to 4 apples <p>Don't forget to juice the lemon peel for extra nutrition. Remove the seeds of the apple.</p>	<p>Carrot Juice</p> <ul style="list-style-type: none"> • 4 large organic carrots <p>Wash carrots using water and a stiff vegetable brush to remove any dirt. Remove the green tops and slice the carrots to fit your juicer. Juice and enjoy.</p>
<p>Celery Juice Recipe with celery and apples</p> <ul style="list-style-type: none"> • 4 stalks of celery • 2 large carrots • 1 large apple <p>Wash the fruit and vegetables using water and a stiff vegetable brush. Keep the leaves on the celery, but remove the carrot tops. Core the apple. Slice to fit your juicer. Juice and enjoy.</p>	<p>Pearot</p> <ul style="list-style-type: none"> • 3 or 4 apricots • 1 Pear
<p>Carrot-Apple Juice</p> <ul style="list-style-type: none"> • 4 large carrots, scrubbed • 2 ribs celery, washed • 1 apple, washed, seeded and cut into pieces <p>Process carrots, celery and apple using juicer. Whisk together and pour into glass</p>	<p>Ginger Broccoli Juice</p> <ul style="list-style-type: none"> • 2 stalks broccoli, washed and cut into pieces • 1 clove garlic • ¼ small cabbage, washed and cut into cubes • 1/2 –inch piece fresh gingerroot <p>Process broccoli, garlic, cabbage and ginger using juicer. Whisk together and pour into a glass.</p>

Healthy Smoothie Recipes

It is amazing what you can do with a fridge full of fresh fruit and a blender. The difference between blender recipes and juicing is the added advantage of soft fibers

<p>Apple and Banana Smoothie Recipe</p> <p><i>(serves 1)</i></p> <p>Ingredients</p> <p>1/2 cup of pure orange juice 1/4 cup low fat milk 1 whole banana, chopped into 4 pieces 1 whole apple, peeled and chopped into 4 pieces</p> <p>Method</p> <p>Place all ingredients in the blender, blend for approximately 20 seconds. Serve in a glass</p>	<p>Afternoon Bliss Smoothie Recipe</p> <p><i>(serves 1)</i></p> <p>Ingredients</p> <p>1 organic apple 3 large strawberries 1 handfull of grapes (red or green) 1/2 medium cup of organic apple juice</p> <p>Method</p> <p>Peel and chop apple into four pieces, add to blender. Next add the grapes, strawberries and apple juice and blend for approximately 40 seconds. Serve, relax and enjoy.</p>
<p>Apple and Blueberry Smoothie Recipe</p> <p><i>(serves 2)</i></p> <p>Ingredients</p> <p>300ml semi-skimmed milk 1/2 apple 1/4 cup of blueberries 1 cup of black grapes 3 ice cubes</p> <p>Method</p> <p>Chop up the apple in to pieces, then place the rest of the ingredients in the blender then blend until smooth.</p>	<p>Creamy Delight Smoothie Recipe</p> <p><i>(serves 2)</i></p> <p>Ingredients</p> <p>1 chopped mango 1 apple (Braeburn if possible) 10 strawberries (approx) 2 scoops vanilla ice-cream 4 tablespoons of double cream</p> <p>Method</p> <p>Cut mango into bite size pieces then top and tail the strawberries. Put both in the blender for about 20 sec's. Cut apple into bite size pieces and add into the blender. Next add the cream and blend for 15 sec's. Scoop in the ice-cream, blend for another 10-20secs, and you're done! (Serves nicest with chocolate sprinkles on top!)</p>
<p>A Summer Breeze Smoothie Recipe</p> <p><i>(serves 1)</i></p> <p>Ingredients</p> <p>1 medium sized banana 2 scoops of low fat vanilla ice cream 1 pear cut into chunks 3-4 fresh strawberries</p> <p>Method</p> <p>This Summer Breeze smoothie recipe really is a breeze to make and it tastes great. First of all break the banana into about 4 pieces, place in blender. Next add the pear chunks. Hull the strawberries and add</p>	<p>Melon and Passion Fruit Kick Smoothie Recipe</p> <p><i>(serves 2)</i></p> <p>Ingredients</p> <p>1/2 honeydew / watermelon 2 small passion fruits 5 strawberries to sweeten handful of ice (if preferred)</p> <p>Method</p> <p>Cut the melon in to small pieces or melon balls, add to blender. Cut the passion fruits in half and scrape into the blender with the melon. Cut the strawberries in to halves and add also. Blend for 30 seconds, then</p>

<p>them next. Finally throw the low fat vanilla ice cream in and blend on full power for around 30 seconds. Then set on smooth for 30 seconds. Pour out in a tall glass and enjoy it! If you need to make more, just double or triple the smoothie ingredients.</p>	<p>add ice if desired and blend for further 20 seconds. Serve. Tip: Add sugar to taste if necessary - but you can also add more strawberries as an alternative</p>
<p>Apricot Pineapple Smoothie Recipe</p> <p><i>Ingredients</i> 1/4 cup crushed pineapple 1 fresh apricot, diced 6 strawberries 1/2 banana 1 1/2 cup water 1 tbsp. skim milk powder 1 heaping tbsp. high- quality protein powder (optional) 1 tsp. flax seed oil (optional)</p> <p><i>Method</i> In a blender, process fruit with the rest of the ingredients. Blend until thoroughly mixed and serve.</p>	<p>Banana-Strawberry Fruit Smoothie Recipe</p> <p><i>Ingredients</i> 1 banana, frozen 6 strawberries, frozen 1 1/4 cup water 1 tbsp. skim milk powder 1 heaping tbsp. high- quality protein powder (optional) 1 tsp. flax oil (optional)</p> <p><i>Method</i> In a blender, process all the ingredients until thoroughly mixed and serve.</p>
<p>Tropical Fruit Shake</p> <p><i>Ingredients</i> 1/2 mango 2 tbsp. frozen pina coloda mix (or 1/8 tsp. natural coconut extract) 1/2 banana, frozen 4 strawberries, frozen 6 ice cubes 1 1/4 cup water 1 heaping tbsp. high- quality protein powder (optional) 1 tsp. flax oil (optional)</p> <p><i>Method</i> In a blender, process all the ingredients until thoroughly mixed and serve.</p>	<p>Banana-Berry Fruit Smoothie</p> <p><i>Ingredients</i> 1/2 pear, cored 1/4 cup frozen blueberries or frozen mixed berries 1/2 banana, frozen 1 1/4 cup water 1/8 tsp. cinnamon 1 tbsp. skim milk powder 1 heaping tbsp. high-quality protein powder (optional) 1 tsp. flax oil (optional)</p> <p><i>Method</i> In a blender, process all the ingredients until thoroughly mixed and serve.</p>
<p>Banana-Orange-Strawberry Fruit Shake</p> <p><i>Ingredients</i> 1/2 cup orange juice 1/2 banana, frozen 6 strawberries, frozen 1/2 cup water</p>	<p>Dr. Oz's Green drink</p> <p><i>Ingredients</i> 2 cups spinach 2 cups cucumber 1 head of celery 1/2 inch or teaspoon ginger root</p>

<p>1 tbsp. skim milk powder 1 heaping tbsp. high- quality protein powder (optional) 1 tsp. flax oil (optional) <i>Method</i> In a blender, process all the ingredients until thoroughly mixed and serve.</p>	<p>1 bunch parsley 2 apples Juice of 1 lime Juice of 1/2 lemon <i>Method</i> After everything is combined in a blender, this recipe makes 28 to 30 ounces—about three to four servings. Oprah takes a sip and is pleasantly surprised. "It's a glass of fresh," she says.</p>
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