

the Cold Fountain Pro™

Instruction Book - BJE825



Breville®



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IMPORTANT SAFEGUARDS

At Breville 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.

BREVILLE RECOMMENDS SAFETY FIRST

READ ALL INSTRUCTIONS BEFORE USE AND SAVE FOR FUTURE REFERENCE

- Fully unwind the cord before use.
- Remove and safely discard any packaging materials and promotional labels before using the appliance for the first time.
- Appliances can be used by persons 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.
- 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 the power supply cord, plug or appliance becomes damaged in any way.

Return the entire appliance to the nearest authorised Breville Service Centre for examination and/or repair.

- Any maintenance other than cleaning should be performed at an authorised Breville 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.
- The installation of a residual current device (safety switch) is recommended to provide additional safety protection when using electrical appliances.
- 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 push produce into the feed chute with your fingers. Always use the food pusher provided.
- Do not touch the small sharp teeth and blade in the centre of the juice disc.
- Do not touch the blade in the feed chute.
- Always make sure the juicer is properly and completely assembled before connecting to power outlet and operating. The unit will not turn 'on' unless properly assembled.
- Always use juicer on a dry, level surface.
- Always switch the juicer off, then switch off at the power outlet and then unplug appliance – if appliance is to be left unattended – if not in use – before cleaning, – before attempting to move the appliance, disassembling, assembling and when storing the appliance.
- Do not juice stone fruit unless seed stone has been removed.
- Regularly inspect the supply cord, plug and actual appliance for any damage. If found damaged in any way, immediately cease use of the appliance and return the entire appliance to the nearest Breville Service centre for examination, replacement or repair.
- Carefully read all instructions before operating and save for future reference.
- Do not use a water jet to clean the power cord or motor base.

- This appliance shall not be used by children. Keep the appliance and its cord out of reach of children.
- Do not leave the appliance unattended when not in use.
- Do not run the juicer for more than one minute at a time when juicing hard fruit or vegetables, at a rapid rate and with firm pressure.
- Do not place this appliance on or near a hot gas or electric burner, or where it could touch a heated oven.
- Any maintenance other than cleaning should be performed at an authorised Breville service centre.
- Do not use this appliance for anything other than its intended use. Do not use in moving vehicles or boats. Do not use outdoors.
- 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.

- Strictly follow cleaning and care instructions.
- Remove the rind from all citrus fruit before juicing.



WARNING

Extra wide feed chute. Do not place hands or foreign objects down feed chute. Always use the food pusher provided.

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.
 - It is recommended to regularly inspect the appliance. To avoid a hazard do not use the appliance if power cord, power plug or appliance becomes damaged in any way. Return the entire appliance to the nearest authorised Breville Service Centre for examination and/or repair.
 - Any maintenance other than cleaning should be performed at an authorised Breville 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.

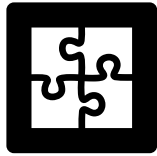
SAVE THESE INSTRUCTIONS

SPECIFICATION

Outside Dimensions	430mm (H) 350mm (W) 205mm (D)
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Net Weight	Approx. 6kg
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These specifications may change without notice.



Components



A. Food Pusher

For pushing fruit and vegetables down the feed chute.

B. Wide Feed Chute

Fits whole apples, carrots, tomatoes and peeled oranges.

C. Pulp Container (dishwasher safe)

D. Five Speed Electronic Control

E. START/STOP Button

F. Safety Locking Arm

Juicer will not operate without juicer cover in place and safety locking arm in place in the vertical operating position.

G. Juicer Cover (dishwasher safe)

H. Stainless Steel Filter Surround (dishwasher safe)

I. Dishwasher Safe 1.2 litre Juice Jug



J. Juice Jug Lid

Eliminates splatter during operation.
Place lid onto juice jug to store juice in refrigerator.

K. Froth Separator

Froth can be separated from juice when poured into a glass (if preferred).

L. Stainless Steel Micro Mesh Filter Juice Disc (dishwasher safe)

M. Juicing Nozzle

Attach to spout to juice directly into a cup instead of the included juice jug (dishwasher safe).

Overload protection button

Safeguards against overheating (not shown).

Cord Wrap (not shown)



Assembly

BEFORE FIRST USE

Before using your juicer for the first time, remove and safely discard any packaging material and promotional labels. Ensure the appliance is switched off at the power outlet and the power cord is unplugged.

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

1. Place the motor base on a flat dry surface such as a bench top. Ensure that the motor base is switched OFF at the control panel, then switch the appliance OFF at the power outlet and unplug the cord.
2. Place the filter bowl surround on the top of the motor base.



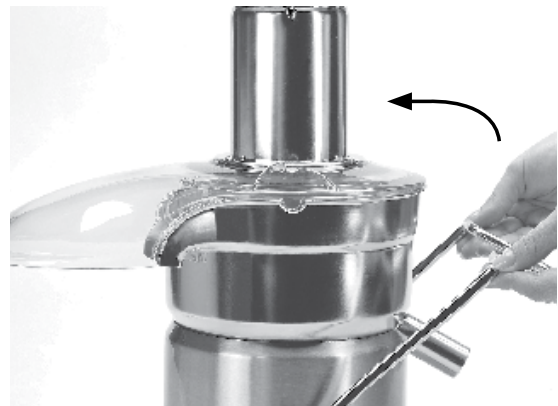
3. Align the arrows on the juice disc with the arrows on the motor drive coupling and push down until it clicks into place. Ensure the juice disc is fitted securely inside the filter bowl surround and onto the motor base.



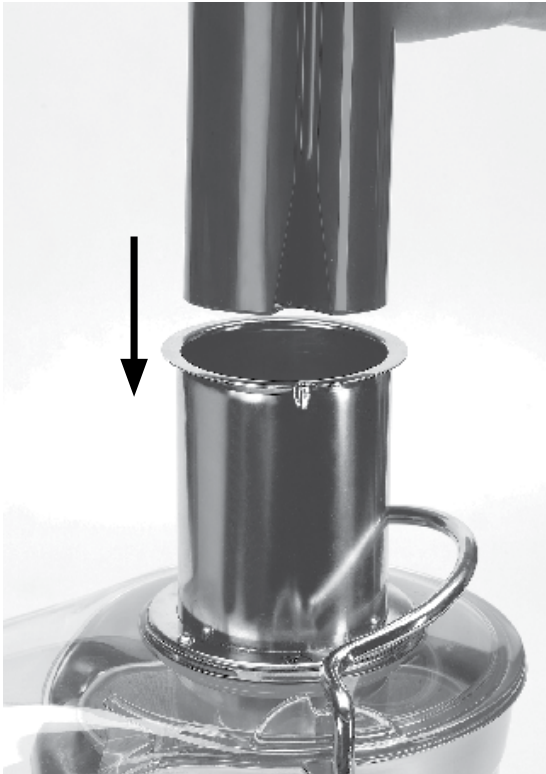
4. Place the juicer cover over the filter bowl surround, positioning the juicer cover over the stainless steel filter disc and lower into position.



5. Raise the safety locking arm up and lock into the two grooves on either side of the juicer cover. 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 feed chute by aligning the groove in the food pusher with the small protrusion on the inside of the top of the feed chute.



- Place the pulp container into position by tilting slightly.



NOTE

To minimise washing up we suggest that you can place a biodegradable bag into the pulp container to collect the pulp.

- Place the juice jug provided under the spout on the right hand side of the juicer. The lid can be placed on to avoid any splatter.

WARNING

Do not allow the pulp container to overflow as this may prevent correct operation or damage the unit.

PREPARATION OF FRUIT AND VEGETABLES

- If using fruits with hard or inedible skins such as melons, mangoes or pomegranate always peel before juicing.
- Citrus fruit can be juiced if peeled first.
- All fruits with pits, hard seeds or stones such as nectarines, peaches, mangoes, apricots, plums and cherries must be pitted before juicing.
- A small amount of lemon juice can be added to apple juice to inhibit browning.

TIP

Your juicer makes invigorating, frothy orange juice. Simply peel the oranges and juice. (It is best to refrigerate oranges before juicing).

Fruit/Vegetable	Speed
Apples	9 – 10
Apricots (stone removed)	3 – 4
Beetroot (cleaned, trimmed)	9 – 10
Berries	1
Broccoli	7 – 8
Cabbage	7 – 8
Carrots	9 – 10
Cauliflower	7 – 8
Celery	9 – 10
Citrus (peeled)	5 – 6
Cucumber	8
Fennel	9 – 10
Grapes (seedless)	1 – 2

Fruit/Vegetable	Speed
Kale	7 – 8
Kiwi fruit (peeled , optional)	2 – 3
Mangoes (peeled, stone removed)	2 – 3
Melons (peeled)	1 – 2
Nectarines (stone removed)	3 – 4
Peaches (stone removed)	3 – 4
Pears (stalks removed)	9 – 10
Pineapple (peeled, optional)	9 – 10
Plums (stone removed)	3 – 4
Spinach	7 – 8
Tomatoes	1 – 2
Watermelon (peeled)	1 – 2



Functions

1. Wash your selection of fruit and/or vegetables. Prepare fruits according to charts above.
2. Ensure the juicer is correctly assembled and clean. Ensure you place the juice jug under the spout before juicing.
3. Plug the power cord into a 230/240V power outlet and then turn the power on at the outlet. The light surrounding the START/STOP button will illuminate.



NOTE

The light will be illuminated for 2 minutes before fading into sleep mode. The light will come back on by activating any of the controls.

4. Use the speed selector table as a guide for juicing different fruit and vegetables. Push the START/STOP button and the unit will automatically start.

5. With the motor running, place food into the feed chute using the food pusher, gently guide food down the feed chute. Do not exert excess pressure. To extract the maximum amount of juice, always push the food pusher down slowly.
6. As fruits and vegetables are processed, juice will flow into the juice jug and the separated pulp will accumulate in the pulp container. If full, the pulp container can be emptied while juicing by turning the juicer off, removing and emptying the pulp container, and replacing the empty pulp container back onto the juicer.



NOTE

Do not allow the pulp container to over fill as this may affect the operation of appliance.

SELF-RESET OVERHEATING PROTECTION

The juicer is fitted with a self-resetting safety device which safeguards against overheating on the motor with excessive loads. If overheating occurs, the juicer will automatically activate the overheating protection device and the motor will switch itself off. If this occurs, the light surrounding the START/STOP button will flash red. When the overheating protection is activated, unplug the juicer from power outlet for at least 15 minutes to allow the unit to cool. Then plug juicer into the power outlet and use as normal.

ELECTRONIC PROTECTION

The juicer will automatically stop operating if the motor is stalled. This is an electronic safety feature. Either too much food is being processed at one time or the pieces are not small enough. Try trimming food, cutting food into smaller pieces of even size and/or processing a smaller amount per batch. If this occurs, the light surrounding the START/STOP button will flash red. To continue juicing, turn the power OFF at the power outlet, clear the feed chute, finally turn the appliance back on by pressing the START/STOP button to ON.

OVERLOAD PROTECTION BUTTON

The juicer is fitted with a safety device which safeguards against overloading with excessive loads. If this occurs, the juicer will automatically activate the overload protection button and the unit will switch itself off.

If this occurs turn the power OFF at the power outlet and allow the unit to cool. Once cooled, press the overload protection button found on the bottom of the motor base. The safety device will then be reset and the Breville juice processor is ready for use again.



Disassembly

1. Push the START/STOP button on the control panel of the juice processor to turn off. Then switch the appliance OFF at the power outlet and unplug the cord.



NOTE

The light will be illuminated for 2 minutes before fading into sleep mode. The light will come back on by activating any of the controls.

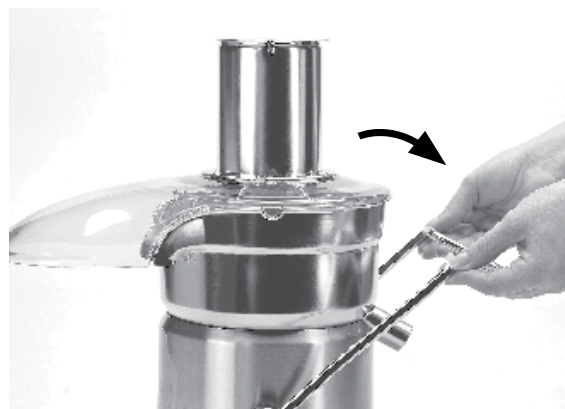
2. Remove the pulp container by holding the handle and pivoting the bottom of the pulp container away from the juicer.



3. Place both hands on either side of the locking arm and pull back and lift over the grooves on either side of the juicer cover.



4. Move the locking arm down.



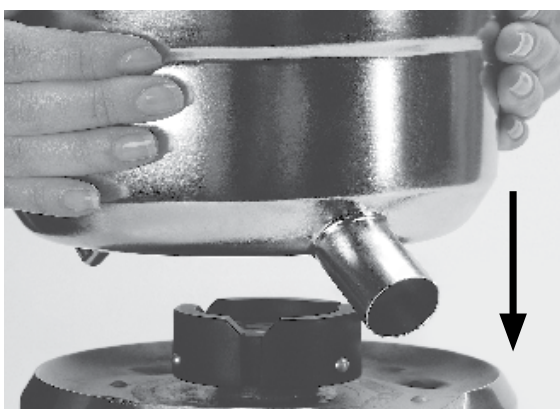
5. Lift the juicer cover.



6. To remove stainless steel filter bowl surround, hold base of juicer and turn filter bowl surround by the juice spout.



7. Lift off the filter bowl surround with the juice disc still in place.

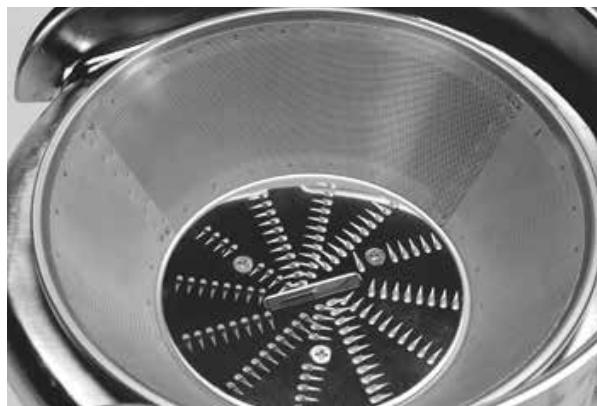


8. To remove the juice disc, turn the filter bowl surround upside down and carefully remove the juice disc (it is recommended to remove the juice disc over the sink).



 **CAUTION**

Ultra sharp stainless steel cutting disc and teeth.



 **WARNING**

The stainless steel filter juice disc contains a titanium reinforced cutting disc with super sharp blades and teeth. Do not touch teeth and blade when handling the juice disc.



Care & Cleaning

- Always ensure that the juicer is switched off and that the power is switched off at the power outlet. Then remove the plug from the power outlet before cleaning, disassembling or assembling and storing the appliance.
 - Follow these instructions to clean all surfaces of parts that come into contact with food during normal use.
 - For easy cleaning- immediately after each use rinse removable parts under running water. Allow parts to air dry.
 - After disassembling the unit, all removable parts may be washed in hot soapy water, then rinse well and dried.
 - The juice cover, filter bowl surround, pulp container, stainless steel filter disc and 1.2L juice jug are dishwasher safe (Top shelf only).
 - Wipe the motor base with a damp cloth.
 - For consistent juicing results always ensure that the juice disc is thoroughly cleaned using the supplied nylon brush. Using the nylon washing brush, hold the juice disc under running water and starting with the inside of the basket, brush in a circular motion then repeat on the outside of the mesh until all food is removed. Hold disc up towards a light to ensure the fine mesh holes are not blocked. If the holes are blocked soak the juice disc in hot water with 10% lemon juice to loosen the blocked holes. Alternatively wash the juice disc in the dishwasher.
 - Do not soak the juice extractor in bleach.
 - Always treat the juice extractor with care as they can be easily damaged.
 - 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 10% lemon juice and water or they can be cleaned with a non abrasive cleaner.



NOTE

To assist with cleaning soak the juice disc in hot soapy water for approximately 10 minutes immediately after juicing is completed. If pulp is left to dry on the filter it may clog the fine pores of the filter mesh thereby lessening the effectiveness of the juicer.



Troubleshooting

Machine will not work when switched “ON”

- The safety locking arm may not be correctly engaged in the vertical operating position with the locking arm located into the two grooves on either side of the juice cover
- Check the overload protection button on the bottom of the motor base to check if the safety device has not been activated.
- The overheating protection device has not been activated automatically, allow more time for the motor to cool down.

Motor appears to stall when juicing

- Wet pulp can build up under the cover if the juicing action is too vigorous. Try slower juicing action by pushing the food pusher down more slowly. Clean the filter bowl surround, the juice disc and the juicer cover. Select a higher speed.
- The juicer will automatically stop operating if the motor is stalled. This is an electronic safety feature. Either too much food is being processed at one time or the pieces are not small enough. Try trimming food, cutting food into smaller pieces of even size and/or processing a smaller amount per batch. If this occurs, the light surrounding the START/STOP button will flash red.
- To continue juicing, reset the juicer by pressing the START/STOP button to OFF, then clear the feed chute, finally turn the appliance back on by pressing the START/STOP button to ON.
- 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 on juicing.

Excess pulp building up the stainless steel filter disc

- Stop the juicing process. Remove the juicer cover the stainless steel scrape off pulp. Re-assemble and begin juicing again. Try alternating (soft and hard) vegetable and fruit varieties.

Pulp too wet and reduced extracted juice

- Try a slower juicing action. Remove juice disc and thoroughly clean mesh walls with a fine brush. Rinse juice disc under hot water. If the mesh holes are blocked, soak the juice disc in a solution of hot water with 10% lemon juice to unblock the holes or wash in the dishwasher. This will remove excess fibre build up (from fruit or vegetables) which could be inhibiting the juice flow.

Juice leaks between the rim of the juicer cover and the stainless steel filter disc

- Try a slower juicing action by pushing the food pusher down more slowly. Fruit and vegetables with a high water content (tomatoes and watermelon) should be juiced on low speed.
-



Tips

INFORMATION ON JUICING

Many of the essential vitamins and minerals in fruit and vegetables is found in the juice. Liquids extracted from fresh fruits and vegetables form an important part of a well-balanced healthy diet. Juices are rapidly absorbed into the blood stream therefore being the quickest way in which the body can digest nutrients.

Freshly extracted juices should be consumed immediately after they have been processed to avoid a loss of vitamin content.

PURCHASING AND STORAGE OF FRUIT AND VEGETABLES

- Always wash fruit and vegetables before juicing.
- Always use fresh fruit and vegetables for juicing.
- To save money and obtain fresher produce, purchase fruit or vegetables that are in season. Refer to the Fruit and Vegetable Facts chart.
- Keep your fruit and vegetables ready for juicing by washing and drying them before storing.
- Most fruits and hardier type vegetables can be stored at room temperature. The more delicate and perishable items such as tomatoes, berries, leafy greens, celery, cucumbers and herbs should be stored in the refrigerator until required.

PREPARATION OF FRUIT AND VEGETABLES

- If using fruits with hard or inedible skins such as mangoes, citrus and melons, always peel before juicing.
- Some vegetables, such as cucumbers, can be processed un-peeled depending on the softness of the skin and the juicing requirements.
- All fruits with large pits, hard seeds or stones such as nectarines, peaches, mangoes, apricots, plums and cherries must be pitted before juicing.
- Ensure vegetables such as beetroot, carrots, etc. have all soil removed, are well washed and trimmed of leaves before juicing.
- Ensure fruits such as strawberries are hulled before juicing and pears have their stalks removed.
- Citrus fruit can be juiced in the juicer but remove the skin and excess pith before juicing, as the skin and pith can make the juice bitter.
- A small amount of lemon juice can be added to apple juice to reduce discolouration.

Fruit and Vegetables Fruit and Vegetables	Best season to buy	Storage	Nutritional value	Kilojoule/ calorie count
Apples	Autumn/ Winter	Vented plastic bags in refrigerator	High in Dietary Fibre and Vitamin C	166g Apple =338kj (80 cal)
Apricots	Summer	Unwrapped in crisper of refrigerator	High in Dietary Fibre Contains Potassium	55g Apricot =80kj (19 cal)
Bananas	Autumn/Spring	Room temperature	Vitamins B6 & C, Potassium, Dietary Fibre	100g Banana =378kj (90 cal)
Beetroot	Winter	Cut off tops, then refrigerate unwrapped	Good source Folate and Dietary Fibre Vitamin C and Potassium	160g Beetroot =332kj (79cal)
Blueberries	Summer	Cover in the refrigerator	Vitamin C	100g Blueberries =220kj (52 cal)
Broccoli	Autumn/ Winter	Plastic bag in refrigerator	Vitamin C, Folate, B2, B5, E, B6 and Dietary Fibre	100g Broccoli =131kjs (31 cal)
Brussel Sprouts	Autumn/ Winter	Unwrapped in crisper of refrigerator	Vitamin C, B2, B6, E, Folate and Dietary Fibre	100g Brussel Sprouts =156kj (37 cal)
Cabbage	Winter	Wrapped, trimmed in the refrigerator	Vitamin C, Folate, Potassium B6 and Dietary Fibre	100g Cabbage =93kj (22 cal)
Carrots	Winter	Uncovered in refrigerator	Vitamin A, C, B6 and Dietary Fibre	100g Carrots =140kj (33 cal)
Cauliflower	Autumn/ Winter	Remover outer leaves, store in plastic bag in refrigerator	Vitamin C, B5, B6 Folate Vitamin 5 and Potassium	100g Cauliflower =103kj (24.5 cal)
Celery	Autumn/ Winter	Refrigerate in plastic bag	Vitamin C and 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, Dietary Fibre, Folate	100g Fennel =80kj (19 cal)
Grapefruit	All year round	Room temperature	Vitamin C =, Bioflavornoids, Lycopene, Dietary Fibre	100g Grapefruit =140kj (33 cal)

Fruit and Vegetables Fruit and Vegetables	Best season to buy	Storage	Nutritional value	Kilojoule/ calorie count
Grapes (Seedless)	Summer	Plastic bag in refrigerator	Vitamin C, B6 and Potassium	100g Grapes =250-350kj (60-83 cal)
Kale				
Kiwi Fruit	Winter/ Spring	Crisper in refrigerator	Vitamin C and Potassium	100g Kiwi Fruit =219kj (52 cal)
Mangoes	Summer	Covered in refrigerator	Vitamin A, C, B1, B6 and Potassium	207g Mango =476kj (113 cal)
Melons including Watermelon	Summer/ Autumn	Crisper in refrigerator	Vitamin C, Folate, Dietary Fibre and Vitamin A	200g Melon =210kj (50 cal)
Nectarines	Summer	Crisper in refrigerator	Vitamin C, B3, Potassium and 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, Potassium, Dietary Fibre, Beta Carotene	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 B6, C, E, Beta carotene, Folate, Magnesium, Potassium, Dietary Fibre	100g Spinach =65kj (15 cal)
Sweet Potato	All year round	Store in cool place	Vitamins C, E, Beta Carotene, Dietary Fibre	100g Sweet Potato =275kj (65 cal)
Tomatoes	Late Winter to early Summer	Ripen at room temperature then refrigerate	Lycopene, Vitamin C, E, Folate, Dietary Fibre	100g Tomatoes =65-75kj (15-17 cal)



Recipes

Apple, carrot & celery Juice

 Serves 2

4 small Granny Smith apples
3 medium sized carrots, trimmed
4 sticks celery

1. Process apples, carrots and celery through the juicer using speeds 3 and 5.
2. Mix well and serve immediately.



TIP

You may alter the amounts of either the carrots or apple to make the juice sweeter or savoury to suit your taste buds.

Tomato, carrot, celery & lime juice

 Serves 2

2 medium tomatoes
1 large carrot, trimmed
2 celery stalks, trimmed
1 lime, peeled

1. Process tomatoes, carrot, celery and lime through the juicer using speeds 1, 6 and 10.
2. Serve immediately.

Carrot, beetroot & orange juice

 Serves 2

2 medium carrots, trimmed
3 medium beetroot, trimmed
4 oranges, peeled

1. Process carrots, beetroot and oranges through the juicer using speed 10.
2. Serve immediately.

Pineapple peach & pear juice

 Serves 2

½ small pineapple, peeled and halved
2 peaches, halved and seeds removed
2 small ripe pears

1. Process pineapple, peaches and pears through the juicer using speeds 4 and 10.
2. Serve immediately.

Rockmelon, mint & mango juice

 Serves 2

½ small rockmelon, peeled, seeded and halved
3 sprigs fresh mint leaves
1 mango, halved, seeded and peeled

1. Process rockmelon, mint and mango through the juicer using speeds 1 and 2.
2. Serve immediately.

Tomato, cucumber, parsley & carrot juice

 Serves 2

3 medium tomatoes
1 large cucumber
1 large bunch fresh parsley
3 medium carrots, trimmed

1. Process tomatoes, cucumber, parsley and carrots through the juicer using speeds 1, 8 and 10.
2. Serve immediately.

Sweet potato, celery, ginger & orange juice

 Serves 2

4 sticks celery, trimmed
1 sweet potato, peeled and halved
2.5 cm piece fresh ginger
4 oranges, peeled

1. Process celery, sweet potato, ginger and oranges through the juicer using speeds 6-10.
2. Serve immediately.

Parsnip, celery & pear juice

 Serves 2

2 parsnips, trimmed
4 sticks celery, trimmed
4 medium pears, stalks removed

1. Process parsnips, celery and pears through the juicer using speed 10.
2. Serve immediately.

Tomato, carrot & red capsicum juice

 Serves 2

2 small red capsicums
3 medium tomatoes
3 carrots, trimmed
4 sprigs parsley

1. Trim base of capsicums and remove seeds.
2. Process tomatoes, carrots, parsley and capsicums through the juicer using speeds 1, 9 and 10.

Beetroot, apple & celery juice

 Serves 2

4 medium sized beetroot, trimmed
2 medium Granny Smith apples
4 sticks celery

1. Process beetroot, apples and celery through the juicer.
2. Serve immediately.

Blueberry, blackberry, strawberry & lime juice

 Serves 2

500g blackberries
500g blueberries
500g strawberries, hulled
1 lime, peeled

1. Process blackberries, blueberries, strawberries and lime through the juicer using speeds 1 and 2.
2. Serve immediately.

Cucumber, celery, fennel & bean sprout juice

 Serves 2

1 large cucumber
3 sticks celery
1 bulb fennel, trimmed
2 cups bean sprouts

1. Process cucumber, celery, fennel and bean sprouts through the juicer using speeds 9 and 10.
2. Serve immediately.

Frothie orange juice

 Serves 2

1kg oranges, peeled

1. Process oranges through the juicer using speed 5-6.
2. Serve immediately.



TIP

Best to refrigerate oranges before juicing.

Mango, rockmelon & orange yoghurt drink

 Serves 4

1 mango, halved, peeled and seeded
½ small rockmelon, peeled, seeded and cut into two equal portions
5 oranges, peeled
¼ cup natural yoghurt

1. Process mango, rockmelon and oranges through the juicer using speeds 1, 2 and 6.
2. Pour into a large bowl whisk in yoghurt.
3. Serve immediately.

Sparkling pear & apricot

 Serves 2

4 large apricots, halved and seeded
3 large pears
250 ml mineral water
1 cup crushed ice

1. Process apricots and pears through the juicer using speeds 3 and 10.
2. Scoop ice into 4 tall glasses.
3. Divide extracted juice between the glasses.
4. Top with mineral water, stir well to blend.
5. Serve immediately.

Tropical cooler

 Serves 2

2 mangoes, halved, seeded and peeled
3 kiwi fruit, peeled
½ small pineapple, peeled and halved
½ cup fresh mint leaves
1 cup crushed ice

1. Process mangoes, kiwi fruit, pineapple and mint through the juicer using speeds 1, 3 and 10.
2. Scoop ice into 4 glasses, pour over juice, mix well to combine.
3. Serve immediately.

Cucumber, pineapple & coriander ice

 Serves 4

½ small pineapple, peeled and halved
2 cucumbers
½ cup fresh coriander leaves
1 cup crushed ice

1. Process pineapple, cucumbers and coriander through the juicer using speeds 8-10.
2. Scoop ice into 4 glasses, pour over juice, mix well to combine.
3. Serve immediately.

Pear, radish & celery crush

 Serves 4

3 medium pears
4 radishes, trimmed
3 sticks celery
1 cup crushed ice

1. Process pears, radishes and celery through the juicer using speed 10.
2. Scoop ice into 4 glasses, pour over juice, mix well to combine.
3. Serve immediately.

Coconut pineapple colada

 Serves 4

½ large pineapple, peeled and quartered
60ml nip Malibu liqueur
500ml soda water
½ cup coconut cream
1 cup crushed ice

1. Process pineapple through juicer using speed 10.
2. Stir in liqueur and soda water and cream.
3. Scoop ice into 4 tall glasses, pour over juice mixture, mix well to combine.
4. Serve immediately.

Honeydew dream

 Serves 4

1 honeydew melon, peeled, seeded and quartered
60ml nip Midori liqueur
500ml soda water
1 cup crushed ice

1. Process honeydew melon through using speed 1.
2. Stir in liqueur and soda water.
3. Scoop ice into 4 tall glasses, pour over melon mixture, mix well to combine.
4. Serve immediately.


Bloody mary

 Serves 4

4 medium tomatoes
2 sticks celery
1 large red capsicum, base removed and seeded
60ml nip Vodka
1 cup crushed ice

1. Process tomatoes, celery and red capsicum through the juicer using speeds 1, 9 and 10.
2. Stir in Vodka. Scoop ice into 4 glasses, pour over tomato mixture, mix well to combine.
3. Serve immediately.

Apricot, apple and pear sparkle

 Serves 2-4

4 large apricots, halved and seeded
4 small red apples
3 medium pears
250ml sparkling mineral water
½ cup crushed ice

1. Process apricots, apples and pears through the juicer using speeds 3 and 10.
2. Stir in mineral water and ice.
3. Serve immediately.

Grape, kiwi fruit and berry booster

 Serves 2-4

500g green seedless grapes, stems removed
2 kiwi fruit, peeled
250g strawberries, hulled
500ml skim milk
2 tablespoons powdered protein drink mix
½ cup crushed ice

1. Process grapes, kiwi fruit and strawberries through the juicer using speed 1.
2. Mix in milk, protein drink mix and crushed ice.
3. Serve immediately.



TIP

Grapes contain potassium and iron, providing a great pick-me-up after a strenuous day.

Beetroot, carrot and orange quencher

 Serves 4

8 carrots
2 small beetroots, trimmed
¼ cup fresh mint leaves
4 oranges, peeled

1. Process carrots, beetroot, mint leaves and oranges through the juicer using speeds 6 and 10.
2. Serve immediately.

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 cake

 Serves 16

1¾ cups plain flour
2 teaspoons baking powder
½ teaspoon nutmeg
½ teaspoon cinnamon
½ teaspoon cardamom
½ cup chopped walnuts
½ cup sultanas
½ cup firmly packed brown sugar
1½ cups carrot pulp
½ cup oil
2 eggs, lightly beaten
¼ cup sour cream

1. Grease and line a 25cm x 15cm loaf pan. Sift flour and baking powder into a large mixing bowl, add nutmeg, cinnamon, cardamom, peanuts, sultanas, brown sugar and carrot pulp, stir to combine. Add eggs, oil and sour cream. Beat with electric mixer, using medium speed until all ingredients are well blended. Pour into loaf pan.
2. Bake at 180°C for 1 hour or until cake is cooked when tested with a skewer. Remove from oven, stand in cake pan for 5 minutes before inverting out onto a wire cake rack.

Vegetable and bacon soup

 Serves 4

20g butter
1 onion, finely chopped
1 ham bone
350g beetroot pulp, strained and juice reserved
50g potato pulp, strained and juice reserved
50g carrot pulp, strained and juice reserved
100g tomato pulp, strained and juice reserved
50g cabbage pulp, strained and juice reserved.
Reserved juices and enough water to make up 2 litres
4 bacon rashers, chopped
1 tablespoon lemon juice
½ cup sour cream

1. Melt butter in a large saucepan, cook onion over a medium heat for 2-3 minutes or until golden. Add ham bone to pan, stir in beetroot pulp, potato pulp, carrot pulp, tomato pulp, cabbage pulp, reserved juices and water, bacon and lemon juice.
2. Bring to the boil, reduce heat and simmer for 30-40 minutes.
3. Remove ham bone, discard bone, finely chop meat and return to the pan.
4. Serve immediately.

Parsnip, herb and polenta hot cakes

 Serves 6

2 cups parsnip pulp, strained
¼ cup milk
2 eggs, separated
¼ cup polenta (corn meal)
¼ cup self-raising flour
1 teaspoon chopped fresh thyme
1 teaspoon chopped fresh rosemary
1 teaspoon cajun seasoning
1 small red capsicum, finely chopped
1 tablespoon oil

1. Combine parsnip pulp, milk, egg yolks, self-raising flour, polenta, thyme, rosemary, cajun seasoning and red capsicum in a large mixing bowl. Beat egg whites until soft peaks form, fold into parsnip mixture.
2. Heat oil in a large frying pan, drop spoonfuls of mixture into pan. Cook for about 1 minute on each side or until golden.
3. Serve immediately.

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