

# Breville®

# Breville®

*the Juice Fountain™ Plus*  
Instruction Booklet

## Breville Consumer Service Center

**Website:**

[brevilleusa.com/certified](http://brevilleusa.com/certified)

**Toll Free:**

1-855-273-8456

**Hours:**

8am to 5pm (Pacific Time)  
Monday through Friday, excluding holidays

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Due to continued product improvement, the products illustrated/photographed  
in this booklet may vary slightly from the actual product.

**Models RM-JE98XL Issue - A11**



**RM-JE98XL**

# CONGRATULATIONS

on the purchase of your  
Breville Certified Remanufactured Product

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We at Breville 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

- Remove and safely discard any packaging material or promotional labels before using the Juice Fountain™ Plus for the first time.
- Do not touch the small cutting blades in the base of the stainless steel filter basket.
- 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 Juice Fountain™ Plus near the edge of a counter-top or table during operation. Ensure that the surface is level, clean and free of water, food, 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 Juice Fountain™ Plus on or near a hot gas or electric burner, or where it could touch a heated oven.
- Always ensure the Juice Fountain™ Plus is properly assembled before use. The appliance will not operate unless properly assembled.
- Do not use the Juice Fountain™ Plus on a sink drain board.
- Do not leave the Juice Fountain™ Plus unattended when in use.
- Always ensure the Juice Fountain™ Plus is turned off by positioning the switch in the off position 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 Juice Fountain™ Plus is not in use, and before disassembling, cleaning and storing.
- Do not operate the appliance continuously with hard fruits and vegetables for more than 10 seconds. Allow the motor to rest for 1 minute between each use.
- Do not juice stone fruit unless pits have 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 call Breville Consumer Service Center at 1-855-273-8456.
- 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.

- 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 Juice Fountain™ Plus for anything other than food and/or beverage preparation.
- Keep the appliance clean. Refer to care and cleaning section.

### 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 counter-top, 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.
- The appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Children should be supervised to ensure that they do not play with the appliance.
- 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.

### BREVILLE ASSIST™ PLUG

Your Breville appliance comes with a unique Assist™ Plug, conveniently designed with a finger hole in the power plug for easy and safe removal from the wall outlet. For safety reasons it is recommended you plug your Breville appliance directly into its own electrical outlet on a dedicated circuit separate from other appliances. If the electric circuit is overloaded with other appliances, your appliance may not function properly. Use in conjunction with a power strip or extension cord is not recommended.

### SHORT CORD INSTRUCTIONS

Your Breville appliance is fitted with a short power supply cord as a safety precaution to prevent personal injury or property damage resulting from pulling, tripping or becoming entangled with a longer cord. Do not allow children to use or be near this appliance without close adult supervision. Longer detachable power strips or extension cords are not recommended but may be used if care is exercised. If an extension cord is used, (1) the marked electrical rating of the cord set or extension cord should be at least as great as the electrical rating of the appliance, (2) the cord should be arranged so that it will not drape over the countertop or tabletop where it can be pulled on by children or tripped over unintentionally and (3) the extension cord must include a 3-prong grounding plug.

### WARNING

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

## SAVE THESE INSTRUCTIONS

# KNOW

your Breville Certified Remanufactured Product

## KNOW YOUR BREVILLE CERTIFIED REMANUFACTURED PRODUCT



- A. Food pusher**  
For pushing whole fruit and vegetables down the feed chute.  
(Not Dishwasher safe)
- B. Unique Direct Central Feed System**  
Ensures maximum juice extraction.
- C. Wide 3 inch feed chute**  
Fits whole fruit and vegetables.
- D. Large capacity pulp container**  
Dishwasher safe.
- E. Stainless steel titanium reinforced micro mesh filter basket**  
Dishwasher safe.
- F. Heavy duty 850 watt motor**
- G. Cord storage**  
Cord wraps around feet and clips into position under base.

- H. Interlocking safety arm**  
Stops juicer operating without cover locked into place.
- I. Juicer cover**  
(Not dishwasher safe).
- J. Filter bowl surround**
- K. 1 liter juice jug and lid**  
With built in froth separator  
(dishwasher safe).
- L. 2 speed electronic control ON/OFF switch**

### Accessories ( Not Shown)

#### Cleaning brush

#### Nylon bristle brush

Included for easy cleaning of micro mesh filter basket

# ASSEMBLING

your Breville Certified Remanufactured Product

## ASSEMBLING YOUR BREVILLE CERTIFIED REMANUFACTURED PRODUCT

### BEFORE FIRST USE

Before using your Juice Fountain™ Plus for the first time, remove and safely discard any packaging materials and promotional stickers and labels.

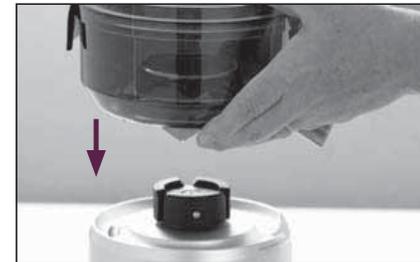
Ensure the appliance is turned OFF and the power cord is unplugged.

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. The motor base can be wiped with a damp cloth. Dry thoroughly.

1. Place motor base on a flat, dry surface such as a counter top. Ensure that the motor base is turned OFF and unplug the power cord.



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. Ensure the stainless steel filter basket is fitted securely inside the filter bowl surround and onto the motor base.

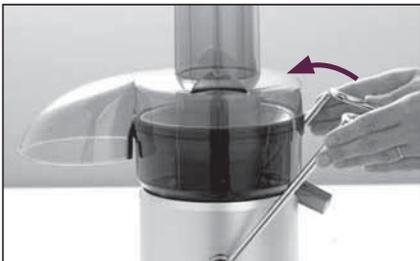


4. Place the juicer cover over the filter bowl surround, positioning the feed chute over the stainless steel filter basket and lower into position.

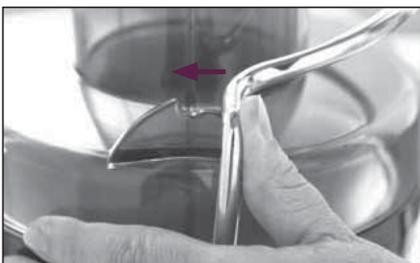


## ASSEMBLING YOUR BREVILLE CERTIFIED REMANUFACTURED PRODUCT

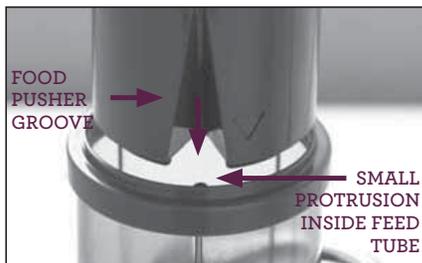
5. Raise the safety locking arm up and locate into the two grooves on either side of the juice cover.



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



6. 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.



Continue to slide the food pusher down on the feed chute.



## ASSEMBLING YOUR BREVILLE CERTIFIED REMANUFACTURED PRODUCT

7. 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.



### NOTE

To minimize cleaning, line the pulp container with a produce bag to collect the pulp. Pulp can be used in other dishes, or as a compost for the garden or discarded.

8. Place the juicer jug under the juice spout on the right hand side of the Juice Fountain™ Plus. The juicer jug lid can be used to avoid any splatter.

# OPERATING

your Breville Certified Remanufactured Product

## OPERATING YOUR BREVILLE CERTIFIED REMANUFACTURED PRODUCT

1. Wash your selection of fruit and vegetables to be juiced.

### NOTE

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 beets, carrots etc. have all soil removed, are well washed and trimmed of leaves before using.

2. Ensure the Juice Fountain™ Plus is correctly assembled. Refer to Assembling your Breville Juice Fountain™ Plus. Place the juicer jug under the juice spout and the pulp container is in position before commencing juicing.
3. Plug the power cord into a 110/120V power outlet. Adjust the speed to the desired setting. Flip the two speed switch either up for low speed or down for high speed depending on the type of fruit or vegetable being juiced. Use the speed selector as a guide for juicing different fruits and vegetables.

### SPEED SELECTOR TABLE

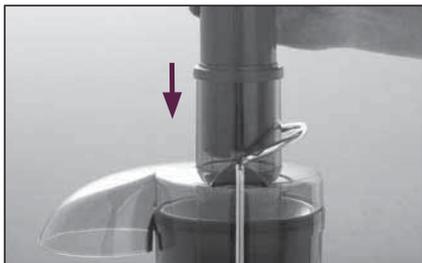
Apples	High
Apricots (stone removed)	Low
Beets (trimmed)	High

### SPEED SELECTOR TABLE

Blueberries	Low
Broccoli	Low
Brussels sprouts (trimmed)	High
Cabbage	Low
Carrots	High
Cauliflower	Low
Celery	High
Cucumber (peeled)	Low
Cucumber, soft skinned	High
Fennel	High
Grapes (seedless)	Low
Kiwi Fruit (peeled)	Low
Mangoes (peeled, stone removed)	Low
Melons (peeled)	Low
Nectarines (stone removed)	Low
Oranges (peeled)	High or Low
Peaches (stone removed)	Low
Pears (stalks removed)	High for hard or Low for soft
Pineapple (cored)	High
Plums (stone removed)	Low
Raspberries	Low
Tomatoes	Low
Watermelon (peeled)	Low

## OPERATING YOUR BREVILLE CERTIFIED REMANUFACTURED PRODUCT

4. 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.



5. As fruit and vegetables are processed, juice will flow into the juice jug and the separated pulp will accumulate in the pulp container.

### NOTE

The pulp container can be emptied during juicing by turning the Juice Fountain™ Plus OFF, 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.

### NOTE

To minimize cleaning, line the pulp container with a produce bag to collect the pulp. Pulp can then be used for other dishes, or as compost for gardens or discard.

### NOTE

To include the froth with your juice, simply remove the lid of the juice jug when pouring juice into the glass.



### **WARNING**

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

# DISASSEMBLING

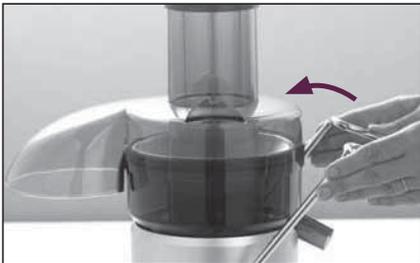
your Breville Certified Remanufactured Product

## DISASSEMBLING YOUR BREVILLE CERTIFIED REMANUFACTURED PRODUCT

1. Ensure the Juice Fountain™ Plus is turned off by flipping the speed switch up or down to the OFF position. Then unplug the power cord.
2. Remove the pulp container by tilting the motor base slightly to the right and unlatch it from under the juicer cover.



3. Place both hands on either side of the safety locking arm and pull back and lift over the grooves on either side of the juicing cover. Lower the safety locking arm down out of position.



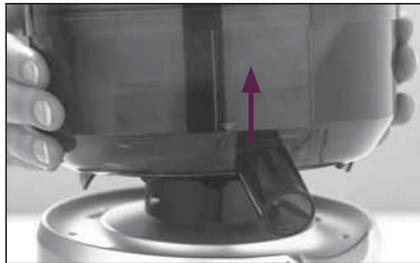
4. Lift the juicer cover of the Juice Fountain™ Plus.



5. To remove the filter bowl surround with the stainless steel filter basket, still in place, hold base of the juicer and turn filter bowl surround by the juice spout.

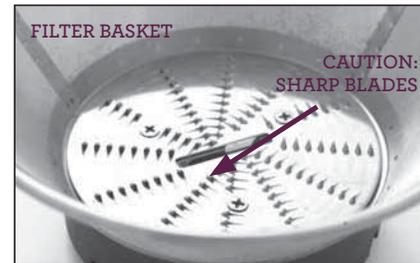
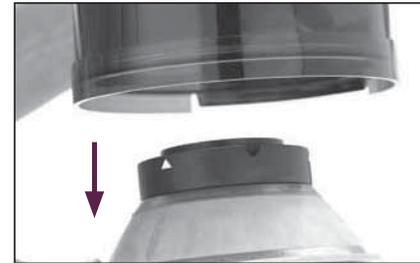


6. Lift off the filter bowl surround with the stainless steel filter basket still in place.



## DISASSEMBLING YOUR BREVILLE CERTIFIED REMANUFACTURED PRODUCT

7. To remove the stainless steel filter basket from the filter bowl surround, insert fingers under the grooves and lift filter basket up. For easy cleaning, it is recommended to remove filter basket over the sink.



### **⚠ WARNING**

*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

for your Breville Certified Remanufactured Product

## CARE & CLEANING

Ensure the Juice Fountain™ Plus is turned off by flipping the ON/OFF switch to OFF, then unplug the power cord.

Ensure the Juice Fountain™ Plus is correctly disassembled. Refer to disassembling your Breville Juice Fountain™ Plus.

### FOR EASY CLEANING:

- Clean as you go and avoid dried on juice or pulp residue.
- Immediately after each use, rinse removable parts in hot water to remove wet pulp. Allow parts to air dry.

### NOTE

To minimize cleaning, line the pulp container with a produce bag to collect the pulp. Pulp can then be used for other dishes, or as compost for the garden or discarded.



### CLEANING THE MOTOR BASE

- Wipe the motor base with a soft, damp cloth then dry thoroughly.
- Wipe any excess food particles from the power cord.

### NOTE

Do not use abrasive scouring pads or cleaners when cleaning the parts or motor base as they may scratch the surface.

### CLEANING THE FILTER BOWL SURROUND, JUICER COVER, FOOD PUSHER, PULP CONTAINER

- Wash all parts in warm soapy water with a soft cloth. Rinse and dry thoroughly.

### NOTE

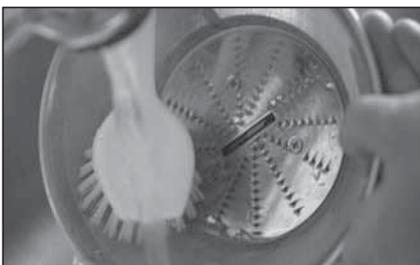
The filter bowl surround, juicing jug and lid and pulp container, are dishwasher safe (top shelf only).

The juice cover and food pusher are not dishwasher safe.

### CLEANING THE FILTER BASKET

- For consistent juicing results always ensure that the stainless steel filter basket is thoroughly cleaned using the supplied cleaning brush.
- Soak the stainless steel filter basket 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.
- Using the cleaning brush, hold the filter basket under running water and brush from the inside of the basket to the outer rim. Avoid touching the small sharp blades in the center of the filter basket. After cleaning the filter basket, hold it up towards a light to ensure the fine mesh holes are not blocked. If the holes are blocked, soak the filter basket in hot water with 10% lemon juice to loosen the blocked holes. Alternatively, wash the filter basket in the dishwasher.

## CARE & CLEANING



Do not soak the stainless steel filter basket in bleach or other abrasive cleansers.

Always treat the filter basket with care as it can be easily damaged.

### NOTE

The stainless steel filter basket is dishwasher safe (top shelf only).

### CLEANING THE JUICE JUG

- Rinse the juice jug and lid with froth attachment under running water.
- Wash both parts in warm soapy water with a soft cloth. Rinse and dry thoroughly.

### NOTE

The juice jug and lid are dishwasher safe (top shelf only).

### REMOVING STUBBORN OR STRONG FOOD STAINS AND ODORS

Discoloration of the plastic may occur with brightly colored fruit and vegetables. To help prevent this, wash parts immediately after use. If discoloration does occur, the plastic parts can be soaked in water with 10% lemon juice or they can be cleaned with a non abrasive cleaner.

The Breville Juice Fountain™ Plus is constructed with a heavy duty 850 watt motor.

### **WARNING**

*Do not immerse the motor base in water or any other liquid. The center of the filter basket and feed chute contain small sharp blades to process fruit and vegetables during the juicing function. Do not touch blades when handling the filter basket or feed chute.*

# TROUBLESHOOTING

## TROUBLESHOOTING

POSSIBLE PROBLEM	EASY SOLUTION
<b>Machine will not work when switched ON</b>	<ul style="list-style-type: none"> <li>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 juicer cover.</li> </ul>
<b>Motor appears to stall when juicing</b>	<ul style="list-style-type: none"> <li>Wet pulp can build up under the juicer cover if the juicing action is too vigorous. Try slower juicing action by pushing the food pusher down slower. Follow Disassembling and Cleaning instructions and clean the filter bowl surround, the stainless steel filter basket and the juicer cover.</li> <li>Hard fruit 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 fruit and vegetables selected for juicing.</li> </ul>
<b>Excess pulp building up in the stainless steel filter basket</b>	<ul style="list-style-type: none"> <li>Stop the juicing process and follow Disassembling instructions. Remove the juicer cover, scrape off pulp, reassemble and begin juicing again. Try alternating (soft and hard) vegetables and fruit varieties.</li> </ul>
<b>Pulp too wet and reduced extracted juice</b>	<ul style="list-style-type: none"> <li>Try a slower juicing action. 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 fiber build up (from fruit and vegetables) which could be inhibiting the flow.</li> </ul>
<b>Juice leaks between the rim of the juicer and the juicer cover</b>	<ul style="list-style-type: none"> <li>Try a slower juicing speed and push the food pusher down the feed chute slower.</li> </ul>
<b>Juice sprays out from spout</b>	<ul style="list-style-type: none"> <li>The juice is being extracted too fast. Try a slower juicing speed and push the food pusher down the feed chute slower.</li> </ul>

# TIPS ON JUICING

## THE INSIDE INFORMATION ON JUICING

Although juice drinks are usually developed with flavor, texture and aroma at the forefront, the health benefits certainly add to the pleasurable taste experience.

Up to 70% of the nutrient content of fruit and vegetables is found in the juice. Liquids extracted from fresh fruit and vegetables form an important part of a well balanced diet. Fresh fruit and vegetable juices are an easy to make source of vitamins and minerals.

Juices are rapidly absorbed into the blood stream therefore being the quickest way in which the body can digest nutrients.

When you make your own juices, you have complete control over what you include in them. You select the ingredients and decide if you need to use sugar, salt or other flavoring agents.

## 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.
- Keep your fruit and vegetables ready for juicing by washing 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, melons or pineapple, always peel before juicing.
- Citrus fruit can be juiced in the juicer 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 prohibit browning.

### NOTE

**Your juicer makes invigorating, frothy orange juice. Simply peel the oranges and juice.**

**(It is best to refrigerate oranges before juicing).**

## THE RIGHT TECHNIQUE

When juicing a variety of ingredients with varying textures start with the softer textured ingredients then change to for harder texture ingredients.

If you are juicing herbs, sprouts or leafy green vegetables either wrap them together to form a bundle or juice them in the middle of a combination of ingredients to obtain the best extraction.

### NOTE

**If juicing herbs or leafy green vegetables on their own, the juice yield will be low due to the nature of centrifugal juicing, it is advised to juice them as with a combination of other fruit and vegetables.**

All fruit and vegetables produce different amounts of liquids. This varies within the same group i.e. one batch of tomatoes can produce more juice than another batch. Since juice recipes are not exact, the precise quantities of any juice are not crucial to the success of a particular mixture.

### NOTE

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

## GETTING THE RIGHT BLEND

It is easy to create great tasting juice. If you have been making your own vegetable and fruit juices, then you know how simple it is to invent new combinations. Taste, color, texture and ingredient preferences are a personal thing. Just think of some of your favorite flavors and foods - would they work well together or would they clash. Some bold flavors could overpower the more subtle flavors of others. It is however, a good rule of thumb is to combine starchy, pulpy ingredients with those high in moisture.

## USING THE PULP

The remaining pulp left after juicing fruit or vegetables is mostly fiber and cellulose which, like the juice, contains vital nutrients necessary for the daily diet and can be used in many ways. However, like the juice, pulp should be used that day to avoid loss of vitamins. Some of the uses of pulp are to bulk out rissoles, thicken casseroles or soups or in the case of fruit, simply placed in a bowl topped with meringue and bake for a simple dessert.

Apart from the consumption use, pulp is great used in the garden for compost.

### NOTE

**When using the pulp, there may be some pieces of fruit or vegetables remaining. These should be removed before using the pulp in any recipes.**

# FRUIT & VEGETABLE FACTS

## FRUIT & VEGETABLE FACTS

FRUIT AND VEGETABLES	BEST SEASON TO BUY	STORAGE	NUTRITIONAL VALUE	CALORIE COUNT
Apples	Autumn/ Winter	Vented produce bags in refrigerator	High in Dietary Fiber and Vitamin C	166g Apple =80 cal
Apricots	Summer	Unwrapped in crisper of refrigerator	High in Dietary Fiber Contains Potassium	55g Apricot =19 cal
Bananas	Autumn/ Spring	Room temperature	Vitamins B6 & C, Potassium, Dietary Fiber	100g Banana =90 cal
Beets	Winter	Cut off tops, then refrigerate unwrapped	Good source Folate and Dietary Fiber Vitamin C and Potassium	160g Beets =79 cal
Blueberries	Summer	Cover in the refrigerator	Vitamin C	100g Blueberries =52 cal
Broccoli	Autumn/ Winter	Produce bag in refrigerator	Vitamin C, Folate, B2, B5, E, B6 and Dietary Fiber	100g Broccoli =31 cal
Brussel Sprouts	Autumn/ Winter	Unwrapped in crisper of refrigerator	Vitamin C, B2, B6, E, Folate and Dietary Fiber	100g Brussel Sprouts =37 cal
Cabbage	Winter	Wrapped, trimmed in the refrigerator	Vitamin C, Folate, Potassium B6 and Dietary Fiber	100g Cabbage =22 cal
Carrots	Winter	Uncovered in refrigerator	Vitamin A, C, B6 and Dietary Fiber	100g Carrots =33 cal
Cauliflower	Autumn/ Winter	Remove outer leaves, store in produce bag in refrigerator	Vitamin C, B5, B6 Folate Vitamin 5 and Potassium	100g Cauliflower =24.5 cal
Celery	Autumn/ Winter	Refrigerate in produce bag	Vitamin C and Potassium	100g stick =15 cal
Cucumber	Summer	Crisper in refrigerator	Vitamin C	100g Cucumber =12 cal
Fennel	Autumn to Spring	Refrigerate	Vitamin C, Dietary Fiber, Folate	100g Fennel =19 cal
Grapefruit	All year round	Room temperature	Vitamin C =, Bioflavonoids, Lycopene, Dietary Fiber	100g Grapefruit =33 cal

## FRUIT & VEGETABLE FACTS

FRUIT AND VEGETABLES	BEST SEASON TO BUY	STORAGE	NUTRITIONAL VALUE	CALORIE COUNT
Grapes (Seedless)	Summer	Produce bag in refrigerator	Vitamin C, B6 and Potassium	100g Grapes =60-83 cal
Kiwi Fruit	Winter/ Spring	Crisper in refrigerator	Vitamin C and Potassium	100g Kiwi Fruit =52 cal
Mangoes	Summer	Covered in refrigerator	Vitamin A, C, B1, B6 and Potassium	207g Mango =113 cal
Melons including Watermelon	Summer/ Autumn	Crisper in refrigerator	Vitamin C, Folate, Dietary Fiber and Vitamin A	200g Melon =50 cal
Nectarines	Summer	Crisper in refrigerator	Vitamin C, B3, Potassium and Dietary Fiber	151g Nectarines =66 cal
Oranges	Winter/ Autumn/ Spring	Cool, dry place for 1 week, transfer to refrigerator to keep longer	Vitamin C	131g Orange =54 cal
Peaches	Summer	Ripen at room temperature then refrigerate	Vitamin C, Potassium, Dietary Fiber, Beta Carotene	100g Peaches =42 cal
Pears	Autumn/ Winter	Ripen at room temperature then refrigerate	Vitamin C & E Dietary Fiber	161g Pear =93 cal
Pineapple	Spring/ Summer	Store in a cool place	Vitamin C & E Dietary Fiber	100g Pineapple =43 cal
Spinach	All year round	Refrigerate	Vitamin B6, C, E, Beta carotene, Folate, Magnesium, Potassium, Dietary Fiber	100g Spinach =15 cal
Sweet Potato	All year round	Store in cool place	Vitamins C, E, Beta Carotene, Dietary Fiber	100g Sweet Potato =65 cal
Tomatoes	Late Winter to early Summer	Ripen at room temperature	Lycopene, Vitamin C, E, Folate, Dietary Fiber	100g Tomatoes =15-17 cal

# RECIPES

**APPLE, CARROT AND CELERY JUICE**

Makes 2 servings

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

**INGREDIENTS**

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

**METHOD**

1. Process apples, carrots and celery through juicer.

*Mix well and serve immediately.*

**TOMATO, CARROT, CELERY AND LIME JUICE**

Makes 2 servings

**INGREDIENTS**

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

**METHOD**

1. Process tomatoes, carrot, celery and lime through juicer.

*Serve immediately.*

**CARROT, BEETS AND ORANGE JUICE**

Makes 2 servings

**INGREDIENTS**

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

**METHOD**

1. Process carrots, beets and oranges through juicer.

*Serve immediately.*

**APPLE, PEACH AND GRAPEFRUIT JUICE**

Makes 2 servings

**INGREDIENTS**

1 small Delicious apple  
2 large peaches, halved and seeds removed  
2 grapefruits, peeled

**METHOD**

1. Process apple, peaches and grapefruit through juicer.

*Serve immediately.*

**PINEAPPLE PEACH AND PEAR JUICE**

Makes 2 servings

**INGREDIENTS**

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

**METHOD**

1. Process pineapple, peaches and pears through juicer.

*Serve immediately.*

**APPLE, PEAR AND STRAWBERRY JUICE**

Makes 2 servings

**INGREDIENTS**

1 small Granny Smith apple  
3 small ripe pears  
1 cup strawberries, trimmed

**METHOD**

1. Process apple, pears and strawberries through juicer.

*Serve immediately.*

**CANTALOUPE, MINT AND MANGO JUICE**

Makes 2 servings

**INGREDIENTS**

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

**METHOD**

1. Process cantaloupe, mint and mango through juicer.

*Serve immediately.*

**TOMATO, CUCUMBER, PARSLEY AND CARROT JUICE**

Makes 2 servings

**INGREDIENTS**

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

**METHOD**

1. Process tomatoes, cucumber, parsley and carrots through juicer.

*Serve immediately.*

**SWEET POTATO, CELERY, GINGER AND ORANGE JUICE**

Makes 2 servings

**INGREDIENTS**

4 stalks celery, trimmed  
1 small sweet potato, peeled and halved  
1 inch piece fresh ginger  
4 oranges, peeled

**METHOD**

1. Process celery, sweet potato, ginger and oranges through juicer.

*Serve immediately.*

**PARSNIP, CELERY AND PEAR JUICE**

Makes 2 servings

**INGREDIENTS**

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

**METHOD**

1. Process parsnips, celery and pears through juicer.

*Serve immediately.*

## VITAMIN REPLACERS

### TOMATO, CARROT AND RED BELL PEPPER JUICE

Makes 2 servings

#### INGREDIENTS

- 2 small red bell peppers
- 3 medium tomatoes
- 3 carrots, trimmed
- 4 sprigs parsley

#### METHOD

1. Trim red bell peppers and remove seeds.
2. Process tomatoes, carrots, parsley and bell peppers through juicer.

*Serve immediately.*

### BLACKBERRY, PEAR AND GRAPEFRUIT JUICE

Makes 2 servings

#### INGREDIENTS

- 250g blackberries
  - 3 ripe pears
  - 2 grapefruit, peeled
1. Process blackberries, pears and grapefruit through juicer.

*Serve immediately.*

### BETROOT, APPLE AND CELERY JUICE

Makes 2 servings

#### INGREDIENTS

- 4 medium sized beets, trimmed
- 2 medium Granny Smith apples
- 4 stalks celery

#### METHOD

1. Process beets, apples and celery through juicer.

*Serve immediately.*

### BLUEBERRY, BLACKBERRY, STRAWBERRY AND LIME JUICE

Makes 2 servings

#### INGREDIENTS

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

#### METHOD

1. Process blackberries, blueberries, strawberries and lime through juicer.

*Serve immediately.*

### CUCUMBER, CELERY, FENNEL AND BEAN SPROUT JUICE

Makes 2 servings

#### INGREDIENTS

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

#### METHOD

1. Process cucumber, celery, fennel and bean sprouts through juicer.

*Serve immediately.*

### FROTHY ORANGE JUICE

#### INGREDIENTS

- 1kg oranges, peeled

#### METHOD

1. Process oranges through juicer.  
(Best to refrigerate oranges before juicing)

*Serve immediately.*

## LIQUID LUNCHES

### FRESH VEGETABLE SOUP WITH NOODLES

Makes 4 servings

#### INGREDIENTS

- 1 small tomato
- 1 small onion, peeled and trimmed
- 2 carrots
- 1 green bell pepper, seeded
- 20g butter
- 1 tablespoon wholemeal flour
- 375ml vegetable stock
- 425g canned white beans
- 1 packet instant noodles
- Freshly ground black pepper

#### METHOD

1. Process tomato, onion, carrots and green pepper through juicer.
2. Melt butter in a large saucepan over a medium heat.
3. Stir in flour, cook for one minute, stirring constantly.
4. Stir in the extracted juice, vegetable stock and beans.
5. Bring to a boil, then reduce heat and allow to simmer for 10 minutes.
6. Add noodles, cook for 2 minutes or until noodles are tender.

*Pour into 4 soup bowls, sprinkle with black pepper to taste and serve immediately.*

### GAZPACHO

Makes 4 servings

#### INGREDIENTS

- 4 medium tomatoes
- 4 sprigs fresh parsley
- 1 large clove garlic, peeled
- 1 small onion, peeled and trimmed
- 2 carrots
- 2 stalks celery
- 1 red bell pepper, seeded
- 1 lebanese cucumber
- 2 tablespoons red wine vinegar
- Freshly ground black pepper
- 1 cup crushed ice
- ¼ cup chopped fresh basil

#### METHOD

1. Process tomatoes, parsley, garlic, onion, carrots, celery, bell pepper and cucumber through juicer.
2. Stir in vinegar and black pepper.
3. Arrange ice in four soup bowls.

*Pour in extracted juice, sprinkle with basil and serve immediately.*

**PASTA WITH PROVENCALE  
STYLE SAUCE**

Makes 4 servings

**INGREDIENTS**

4 tomatoes  
2 sprigs fresh parsley  
1 stick celery  
2 large cloves garlic  
1 small onion, peeled and trimmed  
1 red bell pepper, seeded  
1 tablespoon tomato paste  
½ cup red wine  
2 teaspoons dried oregano  
500g cooked pasta  
¼ cup grated Parmesan cheese

**METHOD**

1. Process tomatoes, parsley, celery, garlic, onion and red bell pepper.
2. Blend tomato paste with red wine, stir in the extracted juice.
3. Pour into a saucepan and cook over medium heat for 3-4 minutes.
4. Add pasta and toss to coat pasta well. Divide mixture between 4 serving bowls.
5. Sprinkle with oregano and Parmesan cheese.

*Serve immediately.*

**MANGO, CANTALOUPE AND  
ORANGE YOGURT DRINK**

Makes 4 servings

**INGREDIENTS**

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

**METHOD**

1. Process mango, cantaloupe and oranges through juicer.
2. Pour into a large bowl whisk in yogurt.

*Serve immediately.*

**SPARKLING PEAR AND  
APRICOT COOLER**

Makes 2 servings

**INGREDIENTS**

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

**METHOD**

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

*Serve immediately.*

**CANTALOUPE, STRAWBERRY AND  
PASSION CRUSH**

Makes 2 servings

**INGREDIENTS**

½ cantaloupe, peeled, seeded and divided into 2 equal portions  
250g strawberries, hulled  
Pulp of 2 passion fruit  
1 cup crushed ice

**METHOD**

1. Process cantaloupe and strawberries through juicer.
2. Stir in passion fruit pulp.
3. Scoop ice into 4 glasses, pour over juice, mix well to combine.

*Serve immediately.*

**TROPICAL BLEND**

Makes 2 servings

**INGREDIENTS**

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

**METHOD**

1. Process mangoes, kiwi fruit, pineapple and mint through juicer.
2. Scoop ice into 4 glasses, pour over juice, mix well to combine.

*Serve immediately.*

**TOMATO, NECTARINE,  
PASSIONFRUIT AND MINT ICER**

Makes 2 servings

**INGREDIENTS**

6 tomatoes  
2 nectarines, halved and seeded  
½ cup fresh mint leaves  
Pulp of 4 passion fruit  
1 cup crushed ice

**METHOD**

1. Process tomatoes, nectarines and mint leaves through juicer.
2. Stir in passionfruit pulp.
3. Scoop ice into 4 glasses, pour over juice, mix well to combine.

*Serve immediately.*

## ICY COOLERS

### CUCUMBER, PINEAPPLE AND CILANTRO ICE

Makes 2 servings

#### INGREDIENTS

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

#### METHOD

1. Process pineapple, cucumbers and cilantro through juicer.
2. Scoop ice into 4 glasses, pour over juice, mix well to combine.

*Serve immediately.*

### PEAR, RADISH AND CELERY CRUSH

Makes 2 servings

#### INGREDIENTS

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

1. Process pears, radishes and celery through juicer.
2. Scoop ice into 4 glasses, pour over juice, mix well to combine.

*Serve immediately.*

## SPIRITED JUICES

### COCONUT PINEAPPLE COLADA

Makes 4 standard servings

#### INGREDIENTS

- ½ large pineapple, peeled and quartered
- 60ml Malibu Rum
- 500ml soda water
- 1 cup crushed ice

#### METHOD

1. Process coconut and pineapple through juicer.
2. Stir in rum and soda water.
3. Scoop ice into 4 tall glasses, pour over juice mixture, mix well to combine.

*Serve immediately.*

### HONEYDEW DREAM

Makes 4 standard servings

#### INGREDIENTS

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

#### METHOD

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

*Serve immediately.*

### BLOODY MARY

Makes 4 standard servings

#### INGREDIENTS

- 4 medium tomatoes
- 2 stalks celery
- 1 large red bell pepper, base removed and seeded
- 60ml Vodka
- 1 cup crushed ice

#### METHOD

1. Process tomatoes, celery and red bell pepper through juicer.
2. Stir in Vodka. Scoop ice into 4 glasses, pour over tomato mixture, mix well to combine.

*Serve immediately.*

### PEACH AND MINT JULEP

Makes 4 standard servings

#### INGREDIENTS

- 6 peaches, halved and seeded
- ½ cup fresh mint leaves
- 60ml Creme de Menthe
- 2 teaspoons sugar
- ½ cup crushed ice
- 500ml mineral water

#### METHOD

1. Process peaches and mint leaves through juicer.
2. Stir in Creme de Menthe and sugar.
3. Scoop ice into 4 glasses, pour over peach mixture, mix well to combine.

*Serve immediately.*

## ENERGY FUEL

### GRAPE, KIWI FRUIT AND BERRY BOOSTER

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

Makes 2-4 servings

#### INGREDIENTS

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

#### METHOD

1. Process grapes, kiwi fruit and strawberries through juicer.
2. Mix in milk, protein drink mix and crushed ice.

*Serve immediately.*

### APRICOT, APPLE AND PEAR SPARKLE

Makes 2-4 servings

#### INGREDIENTS

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

#### METHOD

1. Process apricots, apples and pears through juicer.
2. Stir in mineral water and ice.

*Serve immediately.*

### BEETROOT, CARROT AND ORANGE QUENCHER

Makes 4 servings

#### INGREDIENTS

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

#### METHOD

1. Process carrots, beets, mint leaves and oranges through juicer.

*Serve immediately.*

## FIBER FAVORITES

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.

### VEGETABLE AND BACON SOUP

Makes 4 servings

#### INGREDIENTS

¼ cup butter  
1 onion, finely chopped  
1 ham bone  
350g beet 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 liters  
4 bacon lardon, chopped  
1 tablespoon lemon juice  
½ cup sour cream

#### METHOD

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 beet pulp, potato pulp, carrot pulp, tomato pulp, cabbage pulp, reserved juices and water, bacon and lemon juice.
2. Bring to a boil, reduce heat and simmer for 30-40 minutes.
3. Remove ham bone, discard bone, finely chop meat and return to the pan.

*Serve topped with sour cream.*

### CARROT, APPLE AND CELERY STRUDELS

Makes 8 servings

#### INGREDIENTS

30g butter  
1 small onion, finely chopped  
4½ cups carrot, apple and celery pulp, strained (See juice recipe on page 29)  
250g cottage cheese  
2 tablespoons chopped fresh mint  
1 egg, beaten  
12 sheets filo pastry  
60g butter, melted (extra)  
1 cup grated fresh Parmesan cheese

#### METHOD

1. Melt butter in a saucepan, add onion, cook for 2-3 minutes, or until soft, seasoning to taste.
2. Combine onion, carrot, apple and celery pulp, cottage cheese, mint and egg in a bowl. Mix well.
3. Cut filo sheets in half, place 3 sheets on bench, cover remaining pastry with greaseproof paper, then a damp cloth to prevent drying. Brush 1 sheet of pastry with extra butter, sprinkle with Parmesan cheese, top with another sheet of pastry, brush with butter, sprinkle with more cheese. Repeat with last sheet of pastry.
4. Place tablespoons of carrot pulp mixture on one end of pastry, fold in sides and roll up like a swiss roll. Repeat with remaining pastry and pulp mixture. Place on a greased oven tray and bake at 400°F for 20-25 minutes or until golden.

**PARSNIP, HERB AND POLENTA  
HOT CAKES**

Makes 6 servings

**INGREDIENTS**

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

**METHOD**

1. Combine parsnip pulp, milk, egg yolks, self-rising flour, polenta, thyme, rosemary, cajun seasoning and red bell pepper 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.

*Serve immediately.*

**BERRY AND WHITE  
CHOCOLATE MOUSSE**

Makes 6 servings

**INGREDIENTS**

200g white chocolate  
 200g strawberry pulp  
 200g raspberry pulp  
 3 teaspoons gelatine dissolved in  
 ¼ cup hot water  
 3 egg yolks  
 300ml heavy whipping cream  
 ¼ cup confectioners sugar, sifted  
 2 tablespoons Grand Marnier

**METHOD**

1. Melt chocolate over hot water, cool, being careful not to let it set. Combine strawberry pulp and raspberry pulp, set aside. Combine chocolate, gelatine mixture and egg yolks, whisk until pale and glossy. Beat cream until soft peaks form, fold through chocolate mixture with berry pulp and Grand Marnier. Pour into a bundt cake mold. Refrigerate several hours or overnight.

**CARROT CAKE**

Makes 16 servings

**INGREDIENTS**

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

**METHOD**

1. Grease and line a 9in x 5in loaf pan. Sift flour and baking powder into a large mixing bowl, add nutmeg, cinnamon, cardamom, peanuts, raisins, 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 375°F 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.