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SELF-CLEANING JUICER PLUS



JUICE YOUR WAY TO HEALTH

• *Recipe Book* •

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STEP 1



Remove Paper Protector

Lower the Locking Bar and remove the Lid and Pulp Guard. Discard the paper protector. Wash all the parts and reassemble the juicer. Secure the Locking Bar.

STEP 2



Align the Juicer's Spout into a Receptacle

Line up the mouth of the spout with the receptacle into which juice will be deposited. Face the Spout downward to help keep juice from leaking from the sides of the juicer.

STEP 3



Plug In and Power On the Juicer

Plug the Power Cord into a 120V power outlet (the plug will fit only one way in a polarized outlet). Press the juicing button to turn on juicer. Wait 5-10 seconds before inserting produce into the Chute.

IMPORTANT: Unpack all parts from the box and remove any clear or blue protective film on the components. Wash with warm, soapy water before first use (only select accessories are dishwasher safe).

See owner's manual for complete instructions and important safety information before using this product.

STEP 4



Add Fresh Fruits and Vegetables

Remove the Pusher and insert fresh fruits and vegetables into the Chute. Use the Pusher to push the produce gently through the Chute (pushing too hard or overloading the Chute may jam the motor).

STEP 5



Self-Cleaning

Place an empty cup underneath the spout. Turn the juicer on. Pour water into the juicer while pressing the cleaning button a few times. Remove the cup and you are ready to juice again.

NOTE: Sometimes, you may need to clear away excess produce when making large quantities of juice: Unplug the juicer, remove the Lid and Pulp Guard, and clean the Chute, blade assembly, and pulp collector. The blade is sharp. Be careful when handling.

STEP 6



Cleaning Juicer Parts

For easiest clean-up, wash juicer parts immediately after juicing. Place the dishwasher-safe parts on the top rack only.

Clean Fruits & Vegetables Before Juicing

Fruits and vegetables should be cleaned before juicing:

- Wash your hands for 20 seconds with warm water and soap before and after preparing fresh produce.
- If damage or bruising occurs before eating or handling, cut away the damaged or bruised areas before preparing or eating.
- Rinse produce before you peel it so dirt and bacteria are not transferred from the knife onto the fruit or vegetable.
- Gently rub produce while holding under plain running water. There's no need to use soap or a produce wash.
- Use a clean vegetable brush to scrub firm produce, such as melons and cucumbers.
- Dry produce with a clean cloth or paper towel to further reduce bacteria that may be present.
- Remove the outermost leaves of a head of lettuce or cabbage.
- Leafy greens are easier to juice if they are damp.

Visit <https://www.fda.gov/consumers/consumer-updates/7-tips-cleaning-fruits-vegetables> for more information



Carrot & Beet Juice

serves 1

1 beet (peeled, leaves removed & cut up)
3 carrots (peeled, tops removed & cut up)

Juice all the ingredients.

*128 calories; 3 g protein; 30 g carbohydrate;
0.5 g fat; 7 g fiber; 14 g sugar*

Super Sunrise

serves 2

2 pineapple spears (rind removed)
½ orange (peeled)
4 strawberries (hulled)
1 bunch seedless red grapes

Juice all the ingredients.

Note: Always juice berries first.

*178 calories; 2 g protein; 44 g carbohydrate;
4 g fiber; 41 g sugar*



Daily Detox

serves 2

6 asparagus stalks (trimmed)
½ lemon (peel intact)
½ cucumber (peeled)

Alternatives to asparagus:

endive & watercress

Juice all the ingredients.

*45 calories; 3 g protein; 13 g carbohydrate;
0.5 g fat; 5 g fiber; 2 g sugar*

Cabbage Cleanser

serves 2

2 apples
2 carrots (peeled, tops removed & cut into pieces)
½ head cabbage

Juice all the ingredients.

*169 calories; 4 g protein; 41 g carbohydrate;
1 g fat; 11 g fiber; 27 g sugar*



Apple Raspberry

serves 2

2 apples
1 cup raspberries

Juice all the ingredients.

Note: Always juice berries first.

*Serving size (433 g); 210 calories; 0 calories
from fat; 0 g total fat; 0 g saturated fat; 0 g trans fat;
0 mg cholesterol; 0 mg sodium; 61 g total carbohydrate;
18 g dietary fiber; 32 g sugar; 1 g protein; 4% vitamin A; 60%
vitamin C; 2% calcium; 6% iron*

Cool-Down Splash

serves 2

3 carrots (peeled, tops removed & cut into pieces)
3 strawberries (hulled)
1 passion fruit
3 cauliflower florets
¼ red cabbage

Juice all the ingredients.

Note: Always juice berries first.

*Serving size (556 g); 220 calories; 5 calories from fat;
0.5 g total fat; 0 g saturated fat; 0 g trans fat;
0 mg cholesterol; 190 mg sodium; 50 g total carbohydrate;
14 g dietary fiber; 29 g sugar; 8 g protein; 860% vitamin A; 330%
vitamin C; 15% calcium; 15% iron*

Cabbage Spinach Apricot

serves 2

- 1 cup spinach
- 3 apricots (pitted)
- 2 cup blackberries
- 1/8 medium cabbage head

Juice all the fruits and vegetables in order.

*Serving size (135 g); 60 calories; 5 calories from fat;
0.5 g total fat; 0 g saturated fat; 0 g trans fat;
0 mg cholesterol; 15 mg sodium; 12 g total carbohydrate;
5 g dietary fiber; 4 g sugar; 2 g protein; 20% vitamin A;
50% vitamin C; 4% calcium; 4% iron*



Beet Spinach Cherry

serves 2

- 2 cups spinach
- 2 apricots (pitted)
- 1 cup cherries (pitted)
- 1 beet (peeled, leaves removed & cut up)

Juice all the ingredients.

*Serving size (347 g); 190 calories; 15 calories
from fat; 2 g total fat; 0 g saturated fat;
0 g trans fat; 0 mg cholesterol; 140 mg sodium;
43 g total carbohydrate; 8 g dietary fiber;
22 g sugar; 3 g protein; 60% vitamin A;
0% vitamin C; 8% calcium; 15% iron*



Orange Fennel Strawberry

serves 2

- 2 oranges (peeled)
- 10 strawberries (hulled)
- 1 fennel bulb, cut into pieces

Juice all the ingredients.

Note: Always juice berries first.

Serving size (338 g); 130 calories; 5 calories from fat; 0.5 g total fat; 0 g saturated fat; 0 g trans fat; 0 mg cholesterol; 60 mg sodium; 31 g total carbohydrate; 6 g dietary fiber; 17 g sugar; 3 g protein; 10% vitamin A; 230% vitamin C; 10% calcium; 8% iron

Carrotene Blast

serves 2

- 2 apricots (pitted)
- 1 carrot (peeled, top removed & cut into pieces)
- 1 wedge cantaloupe (peeled & seeded)

Juice all the ingredients.

Serving size (144 g); 60 calories; 5 calories from fat; 0 g total fat; 0 g saturated fat; 0 g trans fat; 0 mg cholesterol; 35 mg sodium; 14 g total carbohydrate; 2 g dietary fiber; 8 g sugar; 1 g protein; 200% vitamin A; 50% vitamin C; 2% calcium; 2% iron



Green Berry Juice

serves 2

- 2 oz aloe vera (rind removed)
- 1 oz ginger root (peeled & cut into small pieces)
- 1 apple (cored)
- 6 oz collard greens
- 1 ½ cups blueberries
- 1 cup spinach

Juice all the ingredients.

Note: Always juice berries first.

*Serving size (328 g); 160 calories; 10 calories from fat;
1 g total fat; 0 g saturated fat; 0 g trans fat; 0 mg cholesterol; 45 mg
sodium; 34 g total carbohydrate; 5 g dietary fiber;
20 g sugar; 4 g protein; 120% vitamin A; 80% vitamin C;
15% calcium; 6% iron*

Pineapple Berry Surprise

serves 2

- 1 cup arugula
- 1 cup baby spinach
- 1 pineapple spear (rind removed)
- ½ cup blueberries
- ½ cup blackberries
- 1 pear (cored)

Juice all the ingredients.

Note: Juice the berries, then the arugula and spinach, then the pear, and finally the pineapple.

*Serving size (267 g); 140 calories;
5 calories from fat; 0.5 g total fat; 0 g saturated fat;
0 g trans fat; 0 mg cholesterol; 25 mg sodium; 31 g total
carbohydrate; 3 g dietary fiber; 22 g sugar; 2 g protein;
15% vitamin A; 80% vitamin C; 6% calcium; 6% iron*

Power Salad

serves 2

2 cups baby spinach
1 tomato
¼ red onion (peeled)
1 zucchini
½ cup cilantro leaves
¼ lemon

Juice all the ingredients.

*Serving size (223 g); 50 calories; 5 calories from fat;
0.5 g total fat; 0 g saturated fat; 0 g trans fat;
0 mg cholesterol; 50 mg sodium; 10 g total carbohydrate;
1 g dietary fiber; 5 g sugar; 2 g protein; 25% vitamin A;
60% vitamin C; 4% calcium; 8% iron*



Berry Kale Potion

serves 2

4 oz kale
2 celery stalks
½ lemon
1 cup baby spinach
1 pineapple spear (rind removed)
1 cup blackberries

Juice all the ingredients. Juice the berries first.

*Serving size (267 g); 100 calories; 5 calories
from fat; 1 g total fat; 0 g saturated fat; 0 g trans fat;
0 mg cholesterol; 100 mg sodium; 20 g total carbohydrate;
5 g dietary fiber; 10 g sugar; 3 g protein; 190% vitamin A; 200%
vitamin C; 15% calcium; 10% iron*

Orange Berry Mix

serves 2

2 carrots (peeled, tops removed & cut into pieces)
1 cup baby spinach
2 oranges (peeled)
½ cup blueberries
½ cup raspberries
½ cup blackberries
2 strawberries (hulled)
1 oz chia seeds

Juice all the ingredients.

Mix in the chia seeds.

Note: Always juice berries first.

*Serving size (206 g); 130 calories; 25 calories from fat;
2.5 g total fat; 0 g saturated fat; 0 g trans fat;
0 mg cholesterol; 35 mg sodium; 20 g total carbohydrate;
4 g dietary fiber; 14 g sugar; 3 g protein; 110% vitamin A; 120%
vitamin C; 10% calcium; 4% iron*



Tropical Berry Juice

serves 2

½ papaya (peeled & seeded)
1 mango (peeled & pitted)
1 cup raspberries

Juice all the ingredients.

Note: Always juice berries first.

*Serving size (236 g); 140 calories; 10 calories from fat;
1 g total fat; 0 g saturated fat; 0 g trans fat; 0 mg cholesterol; 5 mg
sodium; 30 g total carbohydrate; 2 g dietary fiber;
9 g sugar; 1 g protein; 45% vitamin A; 120% vitamin C;
4% calcium; 4% iron*

OTHER IDEAS FOR YOUR JUICER



Blueberry Twist Cupcakes

serves 12

- 1 cup butter
- 1 ½ cups agave sweetener
- 4 eggs
- 1 ½ cups all-purpose flour
- ¾ cup whole wheat flour
- 2 tsp. baking powder
- 1 lemon
- ¼ cup unsalted butter
- 1 cup powdered sugar
- ¾ cup blueberries

1. Juice the lemon. Reserve half of the pulp and juice.
2. Sift together the flours and baking powder.
3. Beat together the eggs, agave, and reserved lemon. Add to the dry mixture. Stir to incorporate.
4. Spoon the mixture into baking cups. Bake in the oven at 350° F/177° C for about 25 minutes.
5. Juice the blueberries and place the blueberry juice and one quarter of the reserved lemon pulp into a small sauce pot. Cook over medium heat for 4-5 minutes. Then, refrigerate to cool.
6. For frosting, in a mixer, whip the butter and the sugar together while slowly adding the blueberry mixture.

Serving size (128 g); 440 calories; 190 calories from fat; 21 g total fat; 13 g saturated fat; 0.5 g trans fat; 125 mg cholesterol; 115 mg sodium; 61 g total carbohydrate; 2 g dietary fiber; 43 g sugar; 5 g protein; 15% vitamin A; 4% vitamin C; 4% calcium; 8% iron

Raspberry Shortbread Cookies

serves 12

1 ½ cups unsalted butter
2 cups all-purpose flour
1 cup whole wheat flour
½ tsp. sea salt
¾ cup powdered sugar
1 ½ tsp. vanilla extract
6 cups raspberries
½ cup sugar

1. Cream together the butter and powdered sugar. When light and fluffy, carefully mix in the flours, salt, and vanilla. Roll the dough into a 2 inch-thick log, wrap in plastic, and chill.
2. While the dough chills, juice the raspberries. Place the raspberry juice in a small saucepan. Add ½ cup sugar to the raspberry juice and then bring to a boil on the stove top. Boil until the liquid is reduced by half (about 10 oz remain). Then, cool the raspberry syrup
3. Cut the chilled cookie dough into 48 rounds and place on a cookie sheet spaced about 1 inch apart. Bake in the oven at 350° F/177° C until just barely browned (15–20 minutes).
4. Allow the cookies to cool. When cooled, spread about 1 tsp. raspberry syrup on the top of half of the cookies. Top with the remaining cookies.

Note: Always juice berries first.

Serving size (65 g); 200 calories; 110 calories from fat; 12 g total fat; 7 g saturated fat; 0 g trans fat; 30 mg cholesterol; 45 mg sodium; 43 g total carbohydrate; 2 g dietary fiber; 8 g sugar; 2 g protein; 8% vitamin A; 10% vitamin C; 2% calcium; 4% iron

Beauty Smoothie

serves 4

- 2 apricots (pitted)
- 1 ½ oz aloe vera (rind removed)
- 2 cups red grapes
- ¾ cup blueberries
- 1 tbsp. chia seeds
- 1 cup coconut water

1. Juice the aloe. Remove it from the pulp collector and pour it into a blender.
2. Juice the fruit.
3. Add the ice, juice, and half of the pulp into the blender and blend.

Note: Always juice berries first.

Serving size (196 g); 100 calories; 5 calories from fat; 0.5 g total fat; 0 g saturated fat; 0 g trans fat; 0 mg cholesterol; 65 mg sodium; 22 g total carbohydrate; 4 g dietary fiber; 15 g sugar; 2 g protein; 8% vitamin A; 30% vitamin C; 4% calcium; 4% iron



Immunity Smoothie

serves 4

- 1 oz ginger root (peeled & cut into small pieces)
- 10 lychees (peeled & pitted)
- ¼ lemon
- 1 cup blackberries
- 2 tbsp. flax seeds
- ¼ pineapple (rind removed)
- 1 cup coconut water
- 1 cup ice

1. Juice the ginger and all the fruits.
2. Add the pulp and the rest of the ingredients to a blender and blend.

Note: Always juice berries first.

Serving size (235 g); 100 calories; 20 calories from fat; 2.5 g total fat; 0 g saturated fat; 0 g trans fat; 0 mg cholesterol; 70 mg sodium; 20 g total carbohydrate; 5 g dietary fiber; 13 g sugar; 3 g protein; 2% vitamin A; 90% vitamin C; 4% calcium; 6% iron

Dill Scallion Dip

serves 8



- 1 cup dill sprigs
- 4 scallions (trimmed)
- 2 cups fat-free sour cream
- ½ tsp. sea salt
- ¼ tsp. freshly ground black pepper

1. Juice the dill and scallions.
2. Mix with the sour cream, sea salt and pepper.
3. Remove half of the pulp and chop it with a knife.
4. Mix the chopped pulp into the dip and serve with fresh vegetables.

Serving size (78 g); 60 calories; 10 calories from fat; 1 g total fat; 0.5 g saturated fat; 0 g trans fat; 5 mg cholesterol; 170 mg sodium; 11 g total carbohydrate; 0 g dietary fiber; 5 g sugar; 3 g protein; 15% vitamin A; 6% vitamin C; 10% calcium; 2% iron

Peach Salsa

serves 11

- 4 peaches (pitted)
- 1 jalapeño pepper (stemmed)
- ½ lime
- ⅓ cup cilantro leaves
- ½ tsp. sea salt

1. Juice all the ingredients (juice the cilantro with the peaches or jalapeño to help push the cilantro through the juicer).
2. Mix the juice and pulp together.
3. Season with salt to taste.

Serving size (57 g); 25 calories; 0 calories from fat; 0 g total fat; 0 g saturated fat; 0 g trans fat; 0 mg cholesterol; 95 mg sodium; 6 g total carbohydrate; 1 g dietary fiber; 5 g sugar; 0 g protein; 2% vitamin A; 8% vitamin C; 0% calcium; 0% iron

Tomato Dressing

serves 16



- 1 carrot (peeled, top removed & cut into pieces)
- 4 tomatoes
- ½ shallot (peeled)
- 3 garlic cloves (peeled)
- ½ tsp. sea salt
- ⅛ tsp. freshly ground pepper
- 1 tbsp. agave
- ⅛ cup red wine vinegar
- ¾ cup olive oil

1. Juice all the vegetables.
2. In a bowl, mix the juice and the remaining ingredients together.

Serving size (57 g); 110 calories; 90 calories from fat; 11 g total fat; 1.5 g saturated fat; 0 g trans fat; 0 mg cholesterol; 65 mg sodium; 4 g total carbohydrate; 0 g dietary fiber; 2 g sugar; 0 g protein; 5% vitamin A; 10% vitamin C; 0% calcium; 0% iron

Asian Dressing

serves 8

- 1 oz ginger root (peeled & cut into small pieces)
- ½ garlic clove (peeled)
- 2 tbsp. agave sweetener
- 3 tbsp. soy sauce
- ¼ tsp. sea salt
- 1 ¼ cups canola oil
- 1 tbsp. sesame oil
- 2 tbsp. sesame seeds

1. Juice the ginger and garlic.
2. In a bowl, mix the juice and the remaining ingredients together.

Serving size (57 g); 400 calories; 350 calories from fat; 40 g total fat; 3 g saturated fat; 0 g trans fat; 0 mg cholesterol; 160 mg sodium; 11 g total carbohydrate; 0 g dietary fiber; 10 g sugar; 1 g protein; 0% vitamin A; 0% vitamin C; 0% calcium; 2% iron

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