

# JUICE FOUNTAIN®

## ELITE

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# Breville

# Congratulations

on the purchase of your new Breville 800 Class Juicer



From its superbly crafted and ultra-quiet 1000-watt motor right through to the professionally styled casing, your 800 Class Juicer represents a perfect balance of functionality, reliability and absolute style.

In developing this booklet, our goal was to provide you with a starting point from which you can explore the incredible versatility of your 800 Class Juicer. From beautifully fresh and healthy fruit and vegetable recipes to the guide for the 800 Class Juicer's surprisingly easy care, cleaning and maintenance, we hope each page helps you gain many years of health and enjoyment.

We would just like to say thank you, congratulations and...

**enjoy.**



## IMPORTANT SAFEGUARDS

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:

## READ ALL INSTRUCTIONS

- Carefully read all instructions before operating and save for future reference.
- 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 center of the Stainless Steel Filter Basket.
- Do not touch the sharp blade in the feed chute.
- Always make sure the 800 Class Juicer is properly and completely assembled before connecting to power outlet and operating. The unit will not turn 'ON' unless properly assembled.
- Always use the 800 Class Juicer on a dry, level surface.
- Always switch the 800 Class Juicer off, then unplug from the power outlet if the 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 fruit with pits unless the 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 Customer Service at 1-866-BREVILLE.
- The use of accessory attachments not recommended by Breville may cause a risk of injury to persons, fire or electric shock.
- When using this appliance, provide adequate air space above and on all sides for circulation.
- If the appliance is of the grounded type, the extension cord should be a grounded type and its electrical rating must be the same or more wattage as the appliance.
- To protect against fire, electrical shock and injury to persons do not immerse the appliance, motor base, cord or plug in water or any other liquid. Do not use a water jet to clean the power cord or motor base.
- This appliance is not intended for use by young children or infirm persons without supervision.
- Do not leave the appliance unattended when in use.
- Young children should be supervised to ensure that they do not play with the appliance.
- Do not run the 800 Class Juicer for more than one minute at a time when juicing hard fruits and vegetables at a rapid rate and with firm pressure.
- Do not let the cord hang over the edge of a table or counter, or touch hot surfaces or become knotted.
- Do not place this appliance on or near a hot gas or electric burner, or where it could touch a heated oven.
- For any maintenance other than cleaning, call Breville Customer Service at 1-866-BREVILLE.
- Do not use this appliance for anything other than its intended use. Do not use in moving vehicles or boats. Do not use outdoors.



- Strictly follow cleaning and care instructions.
- To disconnect, turn all controls to 'off', then remove plug from power outlet.
- Always make sure the cover is clamped (lock bar) securely in place and before the motor is turned on. Do not unfasten the clamps (lock bar) while the juicer is in operation.
- Do not use appliance if the rotating sieve (filter basket) is damaged.

### ELECTRIC CORD STATEMENT

Your 800 Class Juicer has a short cord as a safety precaution to prevent personal injury or property damage resulting from pulling, tripping or becoming entangled with the cord. Do not allow children to be near or use this appliance without close adult supervision. If you must use a longer cord or an extension cord when using the appliance, the cord must be arranged so it will not drape or hang over the edge of a countertop, tabletop or surface area where it can be pulled on by young children or tripped over. To prevent electric shock, personal injury or fire, the electrical rating of the extension cord you use must be the same or more than the wattage of the appliance (wattage is marked on the underside of the appliance).

## SAVE THESE INSTRUCTIONS FOR HOUSEHOLD USE ONLY

**WARNING: EXTRA WIDE FEED CHUTE. DO NOT PLACE HANDS OR FOREIGN OBJECTS DOWN FEED CHUTE. ALWAYS USE FOOD PUSHER PROVIDED.**

**KNOW YOUR BREVILLE 800 CLASS JUICER**

- Patented Extra Wide Feed Chute**  
fits whole apples, carrots, tomatoes and peeled oranges. Makes juicing fruit and vegetables fast and easy
- Food Pusher**  
for pushing whole fruit and vegetables down the patented wide Feed Chute.
- Safety Locking Arm**  
Juicer will not operate without Juicer Cover in place and Safety Locking Arm in place in the vertical operating position
- Juicer Cover**  
(dishwasher safe – top rack)
- Large Pulp Container with integrated handle**  
(dishwasher safe – top rack)
- Stainless Steel Micro Mesh Filter Basket**  
(dishwasher safe – top rack)
- Two-speed Electronic Control**  
Low-speed for juicing soft fruits with high water content such as watermelon. High-speed for juicing hard fruit and vegetables
- 34fl oz (1 liter) Juice Jug with integrated handle for left or right handed use**  
(dishwasher safe – top rack)
- “OFF” button**
- High performance motor base**  
1000-watt motor
- Overload Protection Button**  
to safeguard against overheating (not shown in picture)
- Cord**  
wraps around feet and clips into position under base (not shown in picture)
- Features the unique Assist™ Plug**  
Easier to insert, easier to remove



Registered design

- Built-in Froth Separator**  
Frother attachment ensures juice froth is separated from juice when poured into a glass (if preferred)
- Juice Jug Lid**  
allows juicer to operate with the lid on, therefore eliminating any splatter during operation. Place lid onto juice jug to store juice in refrigerator
- 34fl oz (1 liter) Juice Jug**  
(dishwasher safe – top rack)

**NOTE!** To have froth in the juice jug simply remove the lid before pouring.

## ASSEMBLING YOUR BREVILLE 800 CLASS JUICER



**STEP 1.**  
Place Filter Bowl Surround on top of the Motor Base.



**STEP 2.**  
Align the arrows on 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.



**STEP 3.**  
Place the Juicer Cover over the Filter Bowl Surround, positioning the Juicer Cover over the Stainless Steel Filter Basket and lower into position.



**STEP 4.**  
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.



**STEP 5.**  
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.



**STEP 5.1.**  
Continue to slide the Food Pusher down the Feed Chute.



**STEP 6.**  
Place the Pulp Container into position by tilting slightly.

**Hint:**  
To minimize washing up we suggest you place a plastic freezer bag (or plastic grocery bag) into the pulp container to collect the pulp.



**STEP 7.**  
Place the Juice Jug provided under the spout on the right hand side of the 800 Class Juicer. The lid can be placed on to avoid any splatter.

**NOTE!** A glass could also be used to collect the juice.



# Operating

## OPERATING YOUR BREVILLE 800 CLASS JUICER

### STEP 1.

Wash your selection of fruit and vegetables ready for juicing.

**NOTE: Most fruit and vegetables such as apples, carrots and cucumbers will not need to be cut to size as these will fit into the feed chute whole. When juicing carrots place the tip of the carrot into the feed chute last.**

### STEP 2.

Ensure the 800 Class Juicer is correctly assembled. Ensure the Stainless Steel Filter is thoroughly cleaned before each use (refer to cleaning on pages 20 - 21). Ensure you place the Juice Jug (or glass) under spout before commencing juicing.

### STEP 3.

Plug the power cord into a 120V power outlet. Push the Two-speed switch either up for low speed or down for high speed depending on the type of fruit or vegetable being juiced and the unit will automatically start. Use the speed selector table as a guide for juicing different fruits and vegetables.

### STEP 4.

With the motor running, place food into the Feed Chute. Using the Food Pusher, gently guide food down the Feed Chute. To extract the maximum amount of juice, always push the Food Pusher down slowly.

### STEP 5.

Juice will flow into the Juice Jug and the separated pulp will accumulate in the Pulp Container.

SPEED SELECTOR TABLE	
APPLES	HIGH
APRICOTS (PIT REMOVED)	LOW
BEET	HIGH
BLUEBERRIES	LOW
BROCCOLI	LOW
BRUSSELS SPROUTS	HIGH
CABBAGE	LOW
CARROTS	HIGH
CAULIFLOWER	LOW
CELERY	HIGH
CUCUMBER	LOW
FENNEL	HIGH
GRAPES (SEEDLESS)	LOW
KIWI FRUIT	LOW
MANGOES	LOW
MELONS	LOW
NECTARINES (PIT REMOVED)	LOW
ORANGES (PEELED)	HIGH OR LOW
PEACHES (PIT REMOVED)	LOW
PEARS	HIGH (FOR HARD) LOW (FOR SOFT)
PINEAPPLE	HIGH
PLUMS (PIT REMOVED)	LOW
RASPBERRIES	LOW
TOMATOES	LOW
WATERMELON	LOW

**NOTE! The Pulp Container can be emptied during juicing by turning the 800 Class Juicer "OFF" and then carefully removing the Pulp Container. (Replace empty Pulp Container before continuing to juice).**

**Do not allow the Pulp Container to overflow as this may prevent correct operation or damage the unit.**



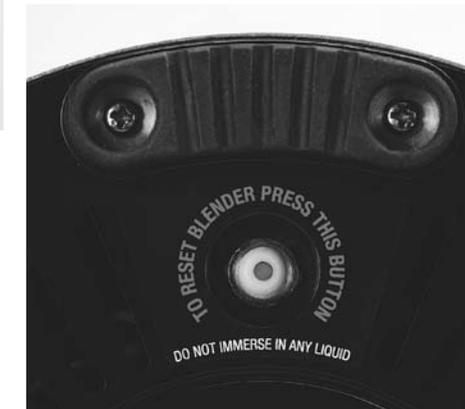
### Hint:

To minimize clean up, place a freezer bag (or plastic grocery bag) into the Pulp Container to collect the pulp.

### OVERLOAD PROTECTION BUTTON

The Breville 800 Class Juicer is fitted with a safety device which safeguards against overheating with excessive loads. If this occurs, the 800 Class Juicer will automatically activate the overload protection button and the unit will switch itself off.

If this occurs unplug the Juicer from the power outlet and allow the unit to cool. Then press the Overload Protection Button found on the bottom of the Motor Base. The safety device will then be reset and the 800 Class Juicer is ready for use again.



**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 800 CLASS JUICER



**STEP 1.**  
Push the “OFF” button on the 800 Class Juicer and then unplug from the power outlet.



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



**STEP 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.



**STEP 4.**  
Move the Locking Arm down.



**STEP 5.**  
Lift the Juicer Cover off the 800 Class Juicer.



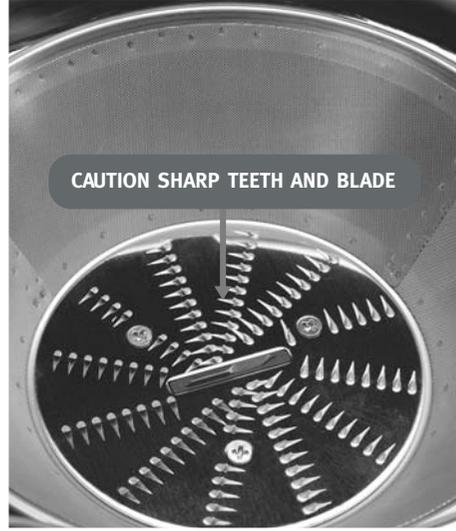
**STEP 6.**  
To remove Stainless Steel Filter Basket, hold base of juicer and turn Filter Bowl Surround by the Juice Spout.



**STEP 7.**  
Lift off the Filter Bowl Surround with the Stainless Steel Filter Basket still in place.



**STEP 8.**  
To remove the Stainless Steel Filter Basket, turn the Filter Bowl Surround upside down and carefully remove the Filter Basket. (It is recommended to remove the Filter Basket over the sink).



**WARNING:** THE STAINLESS STEEL FILTER BASKET CONTAINS SMALL SHARP TEETH AND A SHARP BLADE TO CUT AND PROCESS FRUITS AND VEGETABLES. DO NOT TOUCH TEETH OR THE BLADE WHEN HANDLING THE FILTER BASKET.



# Cleaning

## CARE AND CLEANING

- Always ensure that the 800 Class Juicer is switched off. 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 (to remove wet pulp). Allow parts to air dry.
- After disassembling the unit (see pages 16-18) all removable parts may be washed in hot soapy water.
- The 800 Class Juicer Cover, Filter Bowl Surround, Pulp Container, Stainless Steel Filter Basket and 34fl oz (1 liter) Juice Jug are dishwasher safe (top rack only).
- Wipe the Motor Base with a damp cloth.



- For consistent juicing results always ensure that the Stainless Steel Filter Basket is thoroughly cleaned using the supplied nylon

brush. Using the nylon washing brush, hold the Stainless Steel Filter Basket under running water and brush from the inside of the basket, hold it up towards a light to ensure the fine mesh holes are not blocked. If the holes are blocked soak the Stainless Steel Filter Basket in hot water with 10% lemon juice to loosen the blocked holes. Alternatively wash the Stainless Steel Filter Basket in the dishwasher.

- Do not soak the Stainless Steel Filter Basket in bleach.
- Always treat the Stainless Steel Filter Basket with care as it can be easily damaged.
- Discoloration of the plastic may occur with strongly colored fruit and vegetables. To help prevent this, wash parts immediately after use.
- If discoloration does occur, the plastic parts can be soaked in 10% lemon juice and water or they can be cleaned with a non-abrasive cleaner.
- Be sure to wipe clean the top of the motor base, especially around the locking mechanism. This will prevent stickiness to avoid future difficulty in removing the filter bowl surround and the Filter Basket.

**WARNING:** THE CENTER OF THE FILTER BASKET AND FEED CHUTE CONTAIN SMALL SHARP TEETH AND A SHARP BLADE TO CUT AND PROCESS FRUITS AND VEGETABLES DURING THE JUICING FUNCTION. DO NOT TOUCH TEETH OR BLADE WHEN HANDLING THE FILTER BASKET OR FEED CHUTE.

DO NOT IMMERSE THE MOTOR BASE IN WATER OR ANY OTHER LIQUID. DO NOT USE A WATER JET TO CLEAN THE MOTOR BASE.

**NOTE!** To assist with cleaning, 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.

For your convenience a nylon cleaning brush has been included with your 800 Class Juicer.



### Hint:

To minimize washing up, place a freezer bag (or plastic grocery bag) into the Pulp Container to collect the pulp. When juicing is completed simply remove the bag containing the pulp and place the bag into a bin. (Refer to page 39 for “Fiber Favorites”).

## TROUBLE SHOOTING GUIDE

POSSIBLE PROBLEM	EASY SOLUTION
<b>Machine will not work when switched “ON”</b>	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 (see picture on page 11, step 4).
<b>Motor appears to stall when juicing</b>	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 (refer to page 14, step 4). Clean the Filter Bowl Surround, the Stainless Steel Filter and the Juicer Cover. Select HIGH speed instead of the LOW speed setting.
<b>Excess pulp building up in the Stainless Steel Filter Basket</b>	Stop the juicing process. Remove the Juicer Cover (refer to page 16-18, steps 1 - 8), scrape off pulp. Re-assemble (refer to page 10-12, steps 1 - 7) and begin juicing again. Try alternating (soft and hard) vegetable and fruit varieties.
<b>Pulp too wet and reduced extracted juice</b>	Try a slower juicing action. Remove Stainless Steel Filter Basket (refer to page 16-18, steps 1 - 8) and thoroughly clean mesh walls with a fine brush. Rinse Stainless Steel Filter Basket under hot water. If the mesh holes are blocked, soak the Stainless Steel Filter Basket in a solution of hot water with 10% lemon juice to unblock the holes or wash in the dishwasher (top rack). This will remove excess fiber buildup (from fruit or vegetables) which could be inhibiting the juice flow.
<b>Juice leaks between the rim of the Juicer Cover and the Stainless Steel Filter Basket</b>	Try a slower juicing action by pushing the food pusher down more slowly (refer to page 14, step 4). Fruit and vegetables with a high water content (tomatoes and watermelon) should be juiced on low speed.
<b>Filter Bowl Surround sprays juice out from spout</b>	Try a slower juicing action by pushing the food pusher down more slowly (refer page 14, step 4).
<b>The unit will not switch on</b>	Check the Overload Protection Button on the bottom of the Motor Base to check if the safety device has not been activated automatically.

## TIPS ON JUICING

### THE INSIDE INFORMATION ON JUICE

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

95% 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 a great 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.

Freshly extracted juices should be consumed just after they have been made 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.
- 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, guava, melons or pineapple, always peel before juicing.
- Citrus fruit can be juiced in the 800 Class 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 prevent browning.

### HINT:

Your 800 Class 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 on low-speed then change to high-speed 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 on low-speed 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 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 strong flavors could overpower the more subtle flavors of others. It is however, a good rule of thumb 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 baked for a simple dessert.

Quite 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.**



# Recipes

**APPLE, CARROT AND CELERY JUICE**

Makes approximately 2 cups

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

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

1. Process apples, carrots and celery through the 800 Class Juicer.

Mix well and serve immediately.

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

Makes approximately 3 cups

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

1. Process tomatoes, carrots, celery and lime through the 800 Class Juicer.

Serve immediately.

**CARROT, BEET AND ORANGE JUICE**

Makes approximately 2 cups

- 2 medium carrots, trimmed**
- 3 medium beet, trimmed**
- 4 oranges, peeled**

1. Process carrots, beet and oranges through the 800 Class Juicer.

Serve immediately.

**APPLE, PEACH AND GRAPEFRUIT**

Makes approximately 2 ¼ cups

- 1 small Delicious apple**
- 2 large peaches, halved and pits removed**
- 2 grapefruits, peeled**

1. Process apple, peaches and grapefruit through the 800 Class Juicer.

Serve immediately.

**PINEAPPLE, PEACH AND PEAR JUICE**

Makes approximately 3 cups

- ½ small pineapple, peeled and halved**
- 2 peaches, halved and pits removed**
- 2 small ripe pears**

1. Process pineapple, peaches and pears through the 800 Class Juicer.

Serve immediately.

**APPLE, PEAR AND STRAWBERRY JUICE**

Makes approximately 3 cups

- 1 small Granny Smith apple**
- 3 small ripe pears**
- 1 cup strawberries, hulled**

1. Process apple, pears and strawberries through the 800 Class Juicer.

Serve immediately.

### **CANTALOUPE, MINT AND MANGO JUICE**

Make approximately 2 ¼ cups

**½ small cantaloupe, peeled, seeded and halved**

**3 sprigs fresh mint leaves**

**1 mango, halved, seeded and peeled**

1. Process cantaloupe, mint and mango through the 800 Class Juicer.

Serve immediately.

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

Makes approximately 3 cups

**3 medium tomatoes**

**1 large cucumber**

**1 large bunch fresh parsley**

**3 medium carrots, trimmed**

1. Process tomatoes, cucumber, parsley and carrots through the 800 Class Juicer.

Serve immediately.

### **GRAPE, KIWI FRUIT AND BERRY BOOSTER**

Serves 6

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

**1lb (500g) green seedless grapes, stems removed**

**2 kiwi fruit, peeled**

**8oz (250g) strawberries, hulled**

**16fl oz (500ml) skim milk**

**2 tablespoons powdered protein drink mix**

**½ cup crushed ice**

1. Process grapes, kiwi fruit and strawberries through the 800 Class Juicer.

2. Mix in milk, protein mix and crushed ice.

Serve immediately.

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

Makes approximately 3 cups

**4 sticks celery, trimmed**

**1 small sweet potato, peeled and halved**

**1" (2.5cm) piece fresh ginger**

**4 oranges, peeled**

1. Process celery, sweet potato, ginger and oranges through the 800 Class Juicer.

Serve immediately.

### **PARSNIP, CELERY AND PEAR JUICE**

Makes approximately 3 cups

**2 parsnips, trimmed**

**4 sticks celery, trimmed**

**4 medium pears, stalks removed**

1. Process parsnips, celery and pears through the 800 Class Juicer.

Serve immediately.

## RECIPES – VITAMIN REPLACERS

### APRICOT, APPLE AND PEAR SPARKLE

**4 large apricots, halved and pitted**  
**4 small red apples**  
**3 medium pears**  
**8fl oz (250ml) sparkling mineral water**  
**½ cup crushed ice**

1. Process apricots, apples and pears through the 800 Class Juicer.
  2. Stir in mineral water and ice.
- Serve immediately.

### BEET, CARROT AND ORANGE QUENCHER

Serves 4  
**8 carrots**  
**2 small beet, trimmed**  
**¼ cup fresh mint leaves**  
**4 oranges, peeled**

1. Process carrots, beet, mint leaves and oranges through the 800 Class Juicer.
- Serve immediately.

### TOMATO, CARROT AND RED PEPPER JUICE

Makes approximately 3 cups

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

1. Trim base of red peppers and remove seeds.
  2. Process tomatoes, carrots, parsley and red peppers through the 800 Class Juicer.
- Serve immediately.

### BLACKBERRY, PEAR AND GRAPEFRUIT JUICE

Makes approximately 3 cups

**8oz (250g) blackberries**  
**3 ripe pears**  
**2 grapefruits, peeled**

1. Process blackberries, pears and grapefruits through the 800 Class Juicer.
- Serve immediately.

### BEET, APPLE AND CELERY JUICE

Makes approximately 2 cups

**4 medium sized beet, trimmed**  
**2 medium Granny Smith apples**  
**4 sticks celery**

1. Process beet, apples and celery through the 800 Class Juicer.
- Serve immediately.

**BLUEBERRY, BLACKBERRY, STRAWBERRY AND LIME JUICE**

Makes approximately 3 ½ cups

- 1lb (500g) blackberries**
- 1lb (500g) blueberries**
- 1lb (500g) strawberries, hulled**
- 1 lime, peeled**

1. Process blackberries, blueberries, strawberries and lime through the 800 Class Juicer.

Serve immediately.

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

Makes approximately 3 cups

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

1. Process cucumber, celery, fennel and bean sprouts through the 800 Class Juicer.

Serve immediately.

**FROTHY ORANGE JUICE**

Serves 4/ Makes 8-10 cups

- 1 kg oranges, peeled**

1. Process oranges through the 800 Class Juicer.

Serve immediately.

(Best to refrigerate oranges before juicing)

**FRESH VEGETABLE SOUP WITH NOODLES**

Serves 4

- 1 small tomato**
- 1 small onion, peeled and trimmed**
- 2 carrots**
- 1 green pepper, stem and seeds removed**
- 1 tablespoon butter**
- 1 tablespoon all-purpose flour**
- 13fl oz (375ml) vegetable stock**
- 15oz (425g) canned beans**
- 1 packet 2 Minute Noodles**
- Freshly ground pepper**

1. Process tomato, onion, carrots and green pepper through the 800 Class Juicer.
2. Melt butter in 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 the boil, then reduce heat and allow to simmer for 10 minutes.
6. Add noodles, cook for 2 minutes or until noodles are tender.

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

**GAZPACHO**

Serves 4

- 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 pepper, stem and seeds removed**
- 1 Lebanese cucumber**
- 2 tablespoons red wine vinegar**
- Freshly ground black pepper**
- 1 cup crushed ice**
- 3 tablespoons chopped fresh basil**

1. Process tomatoes, parsley, garlic, onion, carrots, celery, red pepper and cucumber through the 800 Class 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.

## RECIPES – ICY COOLERS

### PASTA WITH PROVENCE STYLE SAUCE

Serves 4

- 4 tomatoes**
- 2 sprigs fresh parsley**
- 1 stick celery**
- 2 large cloves garlic**
- 1 small onion, peeled and trimmed**
- 1 red pepper, stem and seeds removed**
- 1 tablespoon tomato paste**
- ½ cup red wine**
- 2 teaspoons dried oregano**
- 1lb (500g) cooked pasta**
- 3 tablespoons grated Parmesan cheese**

1. Process tomatoes, parsley, celery, garlic, onion and red pepper through the 800 Class Juicer.
2. Blend tomato paste with red wine, stir in 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

- 1 mango, halved, peeled and seeded**
- ½ small cantaloupe, peeled, seeded and cut into two equal portions**
- 5 oranges, peeled**
- 3 tablespoons natural yogurt**

1. Process mango, cantaloupe and oranges through the 800 Class Juicer.
2. Pour into a large bowl and whisk in yogurt. Serve immediately.

### SPARKLING PEAR AND APRICOT COOLER

Serves 4

- 4 large apricots, halved and pitted**
- 3 large pears**
- 8fl oz (250ml) mineral water**
- 1 cup crushed ice**

1. Process apricots and pears through the 800 Class 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

Serves 4

- ½ cantaloupe, peeled, seeded and divided into 2 equal portions.**
- 8oz (250g) strawberries, hulled**
- Pulp of 2 passion fruit**
- 1 cup crushed ice**

1. Process cantaloupe and strawberries through the 800 Class Juicer.
2. Stir in passion fruit pulp.
3. Scoop into 4 glasses, pour over juice, mix well to combine. Serve immediately.

### TROPICAL BLEND

Serves 4

- 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 800 Class Juicer.
2. Scoop ice into 4 glasses, pour over juice, mix well to combine. Serve immediately.

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

Serves 4

- 6 tomatoes**
- 2 nectarines, pitted**
- ½ cup fresh mint leaves**
- Pulp of 4 passionfruit**
- 1 cup crushed ice**

1. Process tomatoes, nectarines and mint leaves through the 800 Class Juicer.
  2. Stir in passionfruit pulp.
  3. Scoop ice into 4 glasses, pour over juice, mix well to combine.
- Serve immediately.

**CUCUMBER, PINEAPPLE AND CILANTRO ICE**

Serves 4

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

1. Process pineapple, cucumbers and cilantro through the 800 Class Juicer.
  2. Scoop ice into 4 glasses, pour over juice, mix well to combine.
- Serve immediately.

**PEAR, RADISH AND 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 800 Class Juicer.
  2. Scoop ice into 4 glasses, pour over juice, mix well to combine.
- Serve immediately.

**COCONUT PINEAPPLE COLADA**

Serves 4

- ½ coconut, peeled and halved**
- ½ large pineapple, peeled and quartered**
- 3 tablespoons Malibu liqueur**
- 16fl oz (500ml) soda water**
- 1 cup crushed ice**

1. Process coconut and pineapple through the 800 Class Juicer.
  2. Stir in liqueur and soda water.
  3. Scoop ice into 4 tall glasses, pour over juice mixture, mix well to combine.
- Serve immediately.

**HONEYDEW DREAM**

Serves 4

- 1 honeydew melon, peeled, seeded and quartered**
- 3 tablespoons Midori liqueur**
- 16fl oz (500ml) soda water**
- 1 cup crushed ice**

1. Process honeydew melon through the 800 Class 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.

## RECIPES – FIBER FAVORITES

### BLOODY MARY

Serves 4

- 4 medium tomatoes**
- 2 sticks celery**
- 1 large red pepper, stem and seeds removed**
- 1/3 cup Vodka**
- 1 cup crushed ice**

1. Process tomatoes, celery and red pepper through the 800 Class Juicer.
2. Stir in Vodka. Scoop ice into 4 glasses, pour over tomato mixture, mix well to combine.

Serve immediately.

### PEACH AND MINT JULEP

Serves 4

- 6 peaches, halved and pitted**
- 1/2 cup fresh mint leaves**
- 2 tablespoons Crème de Menthe**
- 2 teaspoons sugar**
- 1/2 cup crushed ice**
- 16fl oz (500ml) mineral water**

1. Process peaches and mint leaves through the 800 Class Juicer.
2. Stir in Crème de Menthe and sugar.
3. Scoop ice into 4 glasses, pour over peach mixture, mix well to combine.

Serve immediately.

Rather than waste the fiber from the fruit and vegetables that have been juiced, the following recipes have been developed using the leftover pulp.

### CARROT, PUMPKIN AND FETA FLAN

Serves 6

- 8 sheets filo pastry**
- 2oz (60g) butter, melted**
- 1 leek finely sliced**
- 1 cup pumpkin pulp**
- 1 cup carrot pulp**
- 8oz (250g) feta cheese, crumbled**
- 3 eggs**
- 1 egg white**
- 1/2 cup milk**
- 2 tablespoons orange rind**
- 3 tablespoons chopped fresh parsley**

1. Layer the sheets of pastry, brushing between each sheet with butter. Lift pastry into a 10" (25cm) flan tin, press over base and side. Trim pastry edge to about 1/2" higher than side of tin.
2. Combine leek, pumpkin, carrot, feta cheese, eggs, egg white, milk, orange rind and parsley. Pour into pastry and bake at 350°F (180°C) for 25-30 minutes or until golden and set.

### VEGETABLE AND BACON SOUP

Serves 4

- 3 teaspoons butter**
- 1 onion, finely chopped**
- 1 ham bone**
- 12oz (350g) beet pulp, strained and juice reserved**
- 2oz (60g) potato pulp, strained and juice reserved**
- 2oz (60g) carrot pulp, strained and juice reserved**
- 4oz (120g) tomato pulp, strained and juice reserved**
- 2oz (60g) cabbage pulp, strained and juice reserved**
- Reserved juices and enough water to make up 2.1 quart (2 liters)**
- 4 bacon strips, chopped**
- 1 tablespoon lemon juice**
- 1/2 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 beet pulp, potato pulp, carrot pulp, tomato pulp, cabbage pulp, reserved juices and water, bacon and lemon juice. Bring to the boil, reduce heat and simmer for 30-40 minutes.
2. 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

- 1oz (30g) butter**
- 1 small onion, finely chopped**
- 4 1/2 cups carrot, apple and celery pulp, strained (see Recipe-Fresh Starts on page 26)**
- 8oz (250g) cottage cheese**
- 2 tablespoons chopped fresh mint**
- 1 egg, beaten**
- 12 sheets filo pastry**
- 2oz (60g) butter, melted extra**
- 1 cup grated fresh Parmesan cheese**

1. Melt butter in a saucepan, add onion, cook for 2-3 minutes, or until soft, seasoning to taste. Combine onion, carrot, apple and celery pulp, cottage cheese, mint and egg in a bowl. Mix well.
2. Cut filo sheets in half, place 3 sheets on counter, 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.
3. Place tablespoons of carrot 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 cookie sheet and bake at 400°F (200°C) for 20-25 minutes or until golden.

### PARSNIP, HERB AND POLENTA HOT CAKES

Serves 6

**2 cups parsnip, 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 pepper, finely chopped**

**1 tablespoon oil**

1. Combine parsnip pulp, milk, egg yolks, self-raising flour, polenta, thyme, rosemary, Cajun seasoning and red 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

Serves 6

**7oz (200g) white chocolate**

**7oz (200g) strawberry pulp**

**7oz (200g) raspberry pulp**

**3 teaspoons gelatine dissolved in 3 tablespoons hot water**

**3 egg yolks**

**10fl oz (300ml) carton thickened cream**

**¼ cup icing sugar**

**2 tablespoons Grand Marnier**

1. Melt chocolate over hot water, cool, being careful not to let it set.
2. Combine strawberry pulp and raspberry pulp, set aside.
3. Combine chocolate, gelatine mixture and egg yolks, whisk until pale and glossy.
4. Beat cream until soft peaks form, fold through chocolate mixture with berry pulp and Grand Marnier.
5. Pour into a wetted 5 cup capacity mould. Refrigerate several hours or overnight.

### CARROT CAKE

**1 ¾ cups plain flour**

**2 teaspoons baking powder**

**½ teaspoon nutmeg**

**½ teaspoon cinnamon**

**½ teaspoon cardamom**

**½ cup peanuts, chopped**

**½ cup raisins**

**½ cup brown sugar, firmly packed**

**1 ½ cups carrot pulp**

**2 eggs, lightly beaten**

**½ cup oil**

**¼ cup sour cream**

1. Grease and line a 10" x 6" (25cm x 15cm) 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 350°F (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.

### FAMILY MEAT LOAF

Serve 6-8

**1lb (500g) lean ground beef**

**1lb (500g) ground sausage**

**2 onions, finely chopped**

**½ cup carrot pulp, strained**

**½ cup potato pulp, strained**

**2 teaspoons curry powder**

**1 teaspoon ground cumin**

**1 tablespoon chopped fresh parsley**

**1 egg, lightly beaten**

**½ cup evaporated milk**

**½ cup beef stock**

**Freshly ground black pepper**

**2 tablespoons slivered almonds.**

### TOMATO GLAZE

**½ cup beef stock**

**4 tablespoons tomato sauce**

**1 teaspoon instant coffee powder**

**3 tablespoons Worcestershire sauce**

**1 ½ tablespoons vinegar**

**1 ½ tablespoons lemon juice**

**3 tablespoons brown sugar**

**¼ cup butter**

1. Preheat oven to 350°F (180°C). Place beef, sausage mince, onions, carrot pulp, potato pulp, curry powder, cumin, parsley, egg, evaporate milk, stock and black pepper in a bowl, mix to combine. Press mixture into a lightly greased 4" x 8" (11cm x 21cm) loaf pan. Pour glaze over meatloaf, sprinkle with almonds and bake at 350°F (180°C), basting often with glaze, for 40 minutes.
2. To make glaze, place stock, tomato sauce, coffee powder, Worcestershire sauce, vinegar, lemon juice, sugar and butter in a saucepan and bring to the boil over a medium heat. Reduce heat and simmer, stirring frequently, for 8-10 minutes or until glaze reduces and thickens slightly.