

Breville

Juice Fountain™ Plus

Instructions
BJE410



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Congratulations

on the purchase of your new Breville Juice Fountain™ Plus Juice Extractor.

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:

Carefully read all instructions before operation 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.
- 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 bench or table during operation. Ensure that the surface is level, clean and free of water, flour, 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. Refer to assembly and operation (Page 7 to 9).
- 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 pressing the 'Off/On' switch on the control panel to 'Off'. Then switch the appliance off at the power outlet 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 heavy loads for more than 10 seconds. Allow the motor to rest for 1 minute between each use.
- 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 on Page 10 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 (Page 14) Important safeguards for all electrical appliances



EXTRA WIDE FEED CHUTE. DO NOTE PLACE HANDS OR FOREIGN OBJECTS DOWN FEED CHUTE. ALWAYS USE THE FOOD PUSHER PROVIDED.

Important safeguards for all electrical appliances

- Fully unwind the cord before use.
- To protect against electric shock, do not immerse the cord, plug or motor base in water or any other liquid.
- Do not allow the cord to hang over the edge a table or bench, touch hot surfaces or become knotted.
- This appliance is not intended for use by young children or infirm persons unless they have been adequately supervised by a responsible person to ensure they can use the appliance safely.
- Young children should be supervised to ensure that they do not play with the appliance.
- It is recommended to regularly inspect the appliance. Do not use the appliance if the power supply cord, plug or appliance becomes damaged in any way. Return the entire appliance to the nearest authorised Breville Service Centre for examination and/or repair.
- Any maintenance other than cleaning should be performed at an authorised Breville Service Centre.
- This appliance is for household use only. Do not use this appliance for anything other than its intended use. Do not use in moving vehicles or boats. Do not use outdoors.
- The installation of a residual current device (safety switch) is recommended to provide additional safety protection when using electrical appliances. It is advisable that a safety switch with a rated residual operating current not exceeding 30mA be installed in the electrical circuit supplying the appliance. See your electrician for professional advice.

Unique Direct Central Feed System

ensures maximum juice extraction

Extra wide 84mm feed chute

fits larger fruit and vegetables whole

Stainless steel titanium reinforced micro mesh filter basket

dishwasher safe

Large capacity pulp container

(dishwasher safe)

Heavy duty 1200 watt motor

with 5 year motor warranty

Cord storage

Cord wraps around feet and clips into position under base

Food pusher

for pushing whole fruit and vegetables down the feed chute (dishwasher safe)

Interlocking safety arm

stops juicer operating without cover locked into place

Custom designed juice nozzle

perfect for mess free juicing straight into a glass



Juicer cover

(not dishwasher safe)

Filter bowl surround

(dishwasher safe)

1 litre juice jug and lid

with built in froth separator (dishwasher safe)

2 speed electronic control On/Off switch

Cleaning brush (accessory not shown)

Nylon bristle brush included for easy cleaning of micro mesh filter basket

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 switched off at the power outlet 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.

Step 1

Place motor base on a flat, dry surface such as a bench top. Ensure that the motor base is switched 'off' at the control panel, then switch the appliance off at the power outlet and unplug the power cord.



Step 2

Place filter bowl surround on top of the motor base.



Step 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.



Step 4

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



Step 5

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

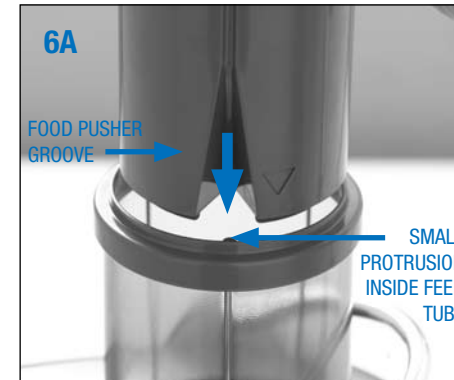


The safety locking arm should now be in a vertical position and locked into place on top of the juice cover.



Step 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.



Step 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.



To minimise cleaning, line the pulp container with a plastic freezer bag to collect the pulp. Pulp can be used in other dishes, or as a compost for the garden or discarded (see page 18)

Note

Step 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.

Alternatively you can fit the juice nozzle over the juice spout and place a glass underneath. The juice nozzle will prevent any splatter and ensuring mess free juicing.

Note

Step 1

Wash your selection of fruit and vegetables to be juiced.

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

Note

Step 2

Ensure the Juice Fountain™ Plus is correctly assembled. Refer to Assembling your Breville Juice Fountain™ Plus (page 7). Ensure the juicer jug (or a glass) is placed under the juice spout and pulp container is in position before commencing juicing.

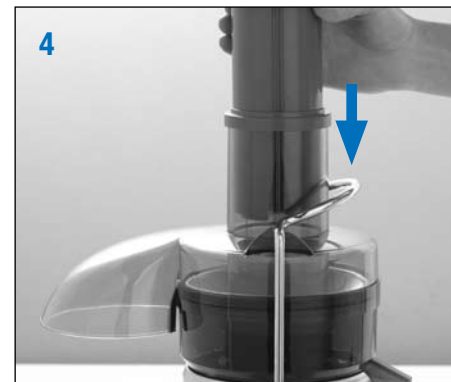
Step 3

Plug the power cord into a 230/240v power outlet. Turn the power 'On' at the power outlet. Adjust the speed to the desired setting. 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. Use the speed selector as a guide for juicing different fruits and vegetables.

Speed selector table	
Apples	High
Apricots (stone removed)	Low
Beetroot (trimmed)	High
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 (peeled)	High
Plums (stone removed)	Low
Raspberries	Low
Tomatoes	Low
Watermelon (peeled)	Low

Step 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.



Step 5

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

The pulp container can be emptied during juicing by turning the Juice Fountain™ Plus 'Off' at the control panel and 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 minimise cleaning, line the pulp container with a plastic freezer bag to collect the pulp. Pulp can then be used for other dishes (see page R12), or as compost for gardens or discard (see page 18).

Note

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

Note

The Breville BJE410 Juicer is fitted with a safety device which safeguards against overheating with excessive loads. If overheating occurs, the juicer will automatically activate the overload protection device and the unit will switch itself off. When the overload protection is activated, unplug the Juicer from the power outlet for at least 15 minutes to allow the unit to cool. Then plug juicer into the power outlet and use as normal.

Note



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 Juice Fountain™ Plus

Step 1

Ensure the Juice Fountain™ Plus is turned off by pushing the speed switch up or down to the 'Off' position.

Then switch the appliance off at the power outlet and unplug the cord.

Step 2

Remove the pulp container by tilting the motor base slightly to the right and unlatch it from under the juicer cover.



Step 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.



Step 4

Lift the juicer cover of the Juice Fountain™ Plus.



Disassembling your Breville Juice Fountain™ Plus continued

Step 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.



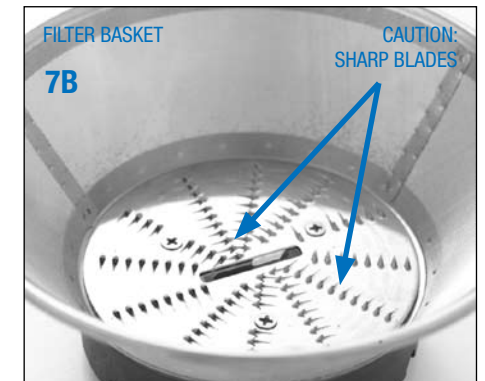
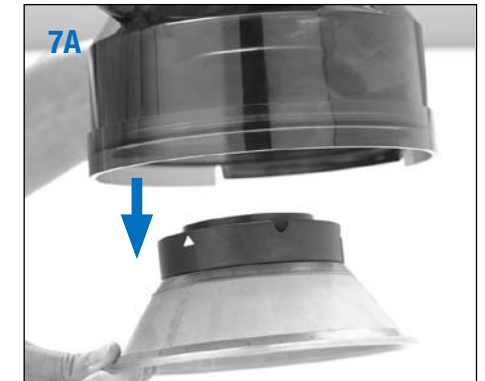
Step 6

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



Step 7

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



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.

Ensure the Juice Fountain™ Plus is turned off by switching the 'On/Off' button on the control panel to 'Off'. Then switch the appliance off at the power outlet and unplug the power cord.

Ensure the Juice Fountain™ Plus is correctly disassembled. Refer to disassembling your Breville Juice Fountain™ Plus (page 12).

For easier 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.

To minimise cleaning, line the pulp container with a plastic freezer bag to collect the pulp. Pulp can then be used for other dishes (see page R12), or as compost for the garden or discarded.

Note



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.

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

Note

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.

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

The juice cover is not dishwasher safe.

Note

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 centre 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.



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.

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

Note

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.

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

Note

Removing stubborn or strong food stains and odours

Discolouration of the plastic may occur with strongly coloured fruit and vegetables. To help prevent this, wash parts immediately after use. If discolouration does occur, the plastic parts can be soaked in 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 1200 watt motor. So heavy duty, we have given the motor a 5-year guarantee against faulty materials or manufacture. This warranty is an extension of the 12-month replacement guarantee and covers the motor only. The warranty does not cover damage caused by accident, misuse, or being used in a manner not stated in the instruction book.

The 5-year guarantee is additional to the conditions and warranties mandatory implied by the laws and regulations of the individual States and Territories of Australia and the Trade Practices Act, 1974.

12 month replacement guarantee

The Breville Juice Fountain™ Plus is totally covered for the first 12-months against fault material or manufacture by the Breville 12-month replacement guarantee. (See Guarantee Card enclosed).



DO NOT IMMERS THE MOTOR BASE IN WATER OR ANY OTHER LIQUID. THE CENTRE OF THE FILTER BASKET AND FEED CHUTE CONTAINS SMALL SHARP BLADES TO PROCESS FRUIT AND VEGETABLES DURING THE JUICING FUNCTION. DO NOT TOUCH BLADES WHEN HANDLING THE FILTER BASKET OR FEED CHUTE.

Possible problem	Easy solution
Machine will not work when switched 'ON'	The safety locking arm may not be correctly engaged in the vertical operating position with the locking arm located into the two grooves on either side of the juicer cover (page 8 step 5).
Motor appears to stall when juicing	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 more slowly (page 11 step 4). Follow Disassembling and Cleaning instructions and clean the filter bowl surround, the stainless steel filter basket and the juicer cover.
	The Juice Fountain™ Plus will automatically stop operating if the motor is stalled for more than 10 seconds. Either too much food is being processed at one time or the pieces are not small enough. Try trimming the food or cutting into smaller pieces of even size and processing a smaller amount per batch. To continue juicing, reset the Juice Fountain™ Plus by pressing the 'On/Off' switch on the control panel back to 'Off' then turn the appliance back on by pressing 'On/Off' switch to 'On'.
	Hard fruit and vegetables will put excess strain onto the motor if a low speed is selected. Please refer to the juicing guide on Page 10 to determine the correct speed for the fruit and vegetables selected for juicing.
Excess pulp building up in the stainless steel filter basket	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.
Pulp too wet and reduced extracted juice	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 fibre build up (from fruit and vegetables) which could be inhibiting the flow.
Juice leaks between the rim of the Juicer and the juicer cover	Try a slower juicing speed and push the food pusher down the feed chute more slowly (page 10).
Juice sprays out from spout	The juice is being extracted too fast – try a slower juicing speed and push the food pusher down the feed chute more slowly (page 10).
Overheating with excessive loads.	The juicer is fitted with a safety device which safeguards against overheating with excessive loads. If overheating occurs, the juicer will automatically activate the overload protection device and the unit will switch itself off. When the overload protection is activated, unplug the Juicer from the power outlet for at least 15 minutes to allow the unit to cool. Then plug the juicer into the power outlet and use as normal.

The inside information on juicing

Although the juice drinks contained in this booklet were developed with flavour, 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 healthy diet. Fresh fruit and vegetables juices are an easy 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 fruit and vegetable juices, you have complete control over what is included. Select the ingredients and decide if you need to add sugar, salt or other flavouring agents after juicing. Freshly extracted juices should be consumed immediately after they have been processed to avoid a loss of vitamin content.

Purchasing and storage of fruit and vegetables

- Always wash fruit and vegetables before juicing.
- Always use fresh fruit and vegetables for juicing.
- To save money and obtain fresher produce, purchase fruit or vegetables that are in season. Refer to the Fruit and Vegetable Facts chart (page 19-20).
- Keep your fruit and vegetables ready for juicing by washing and drying them before storing.
- Most fruits and hardier type vegetables can be stored at room temperature. The more delicate and perishable items such as tomatoes, berries, leafy greens, celery, cucumbers and herbs should be stored in the refrigerator until required.

Preparation of fruit and vegetables

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

Your Juice Fountain™ Plus makes invigorating, frothy orange juice. Simply peel the oranges and remove any excess pith before juicing. It is best to refrigerate oranges before juicing.

Note

The right technique

When juicing a variety of ingredients with varying textures, start with the softer texture ingredients on low speed and then gradually change to high speed for the harder textured ingredients.

If you are juicing herbs, sprouts or other 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.

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.

Note

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.

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 or fruit juices, then you know how simple it is to invent new combinations. Taste, colour, texture and ingredient preferences are a personal choice. Think of some flavours and foods – would they work well together or would they clash. Some strong flavours could overpower the more subtle flavours of others. It is however, a good rule to combine starchy, pulpy fruit and vegetables with those high in moisture.

Using the pulp

The remaining pulp left after juicing fruit and vegetables is mostly fibre and cellulose which, like the nutrients in juice, are 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.

There are a number of recipes contained in this book for the use of pulp (page R12). Apart from these, pulp can be used to add bulk to rissole mixtures, thicken casseroles or soups, or with fruit pulp, simply place in a heat-proof bowl, top with meringue and bake in the oven for a simple dessert.

Apart from consumption use, pulp is great to create compost for the garden.

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.

Note

Fruit and Vegetables	Best season to buy	Storage	Nutritional value	Kilojoule/ calorie count
Apples	Autumn/ Winter	Vented plastic bags in refrigerator	High in Dietary Fibre and Vitamin C	200g Apple =300kj (72 cal)
Apricots	Summer	Unwrapped in crisper of refrigerator	High in Dietary Fibre Contains Potassium	30g Apricot =85kj (20 cal)
Beetroot	Winter	Cut off tops, then refrigerate unwrapped	Good source Folate and Dietary Fibre Vitamin C and Potassium	160g Beetroot =190kj (45cal)
Blueberries	Summer	Cover in the refrigerator	Vitamin C	125g Blueberries =295kj (70 cal)
Broccoli	Autumn/ Winter	Plastic bag in refrigerator	Vitamin C, Folate, B2, B5, E, B6 and Dietary Fibre	100g Broccoli =195kjs (23 cal)
Brussel Sprouts	Autumn/ Winter	Unwrapped in crisper of refrigerator	Vitamin C, B2, B6, E, Folate and Dietary Fibre	100g Brussel Sprouts =110kj (26 cal)
Cabbage	Winter	Wrapped, trimmed in the refrigerator	Vitamin C, Folate, Potassium B6 and Dietary Fibre	100g Cabbage =110kj (26 cal)
Carrots	Winter	Uncovered in refrigerator	Vitamin A, C, B6 and Dietary Fibre	120g Carrots =125kjs (30 cal)
Cauliflower	Autumn/ Winter	Remove outer leaves, store in plastic bag in refrigerator	Vitamin C, B5, B6 Folate Vitamin 5 and Potassium	100g Cauliflower =55kj (13 cal)
Celery	Autumn/ Winter	Refrigerate in plastic bag	Vitamin C and Potassium	80g stick =55kjs (7 cal)
Cucumber	Summer	Crisper in refrigerator	Vitamin C	280g Cucumber =120kj (29 cal)
Fennel	Winter/ Spring	Crisper in refrigerator	Vitamin C and Dietary Fibre	300g Fennel =145kj (35 cal)
Grapes (Seedless)	Summer	Plastic bag in refrigerator	Vitamin C, B6 and Potassium	125g Grapes =355kj (85 cal)

Fruit and Vegetables	Best season to buy	Storage	Nutritional value	Kilojoule/ calorie count
Kiwi Fruit	Winter/ Spring	Crisper in refrigerator	Vitamin C and Potassium	100g Kiwi Fruit =100kj (40 cal)
Fruit and Vegetables	Best season to buy	Storage	Nutritional value	Kilojoule/ calorie count
Mangoes	Summer	Covered in refrigerator	Vitamin A, C, B1, B6 and Potassium	240g Mango =200kj (102 cal)
Melons including Watermelon	Summer/ Autumn	Crisper in refrigerator	Vitamin C, Folate, Dietary Fibre and Vitamin A	200g Melon =210kj (50 cal)
Nectarines	Summer	Crisper in refrigerator	Vitamin C, B3, Potassium and Dietary Fibre	180g Nectarines =355kj (85 cal)
Oranges	Winter/ Autumn/ Spring	Cool, dry place for 1 week, transfer to refrigerator to keep longer	Vitamin C 35mg/100g	150g Orange =160kj
Peaches	Summer	Refrigerate uncovered	Vitamin C, B3 Potassium and Dietary Fibre	150g Peach =205kj (49 cal)
Pears	Autumn	Refrigerate uncovered	Dietary Fibre	150g Pear =250kj (60 cal)
Pineapples	Summer	Refrigerate uncovered	Vitamin C	150g Pineapple =245kj (59 cal)
Plums	Summer	Refrigerate uncovered	Dietary Fibre	70g Plums =110kj (26 cal)
Raspberries	Summer	Covered in refrigerator	Vitamin C, Iron, Potassium and Magnesium	125g Raspberries =130kj (31 cal)
Tomatoes	Summer	Uncovered in crisper of refrigerator	Vitamin C, Dietary Fibre, Vitamin E, Folate and Vitamin A	100g Tomatoes =90kj (22 cal)

Recipes



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Apple, carrot and celery juice

Makes 2 cups

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

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

1. Process apples, carrots and celery through Juice Fountain™ Plus using high speed.

Mix well and serve immediately.

Tomato, carrot, celery and lime juice

Makes 2 cups

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

1. Process tomatoes, carrot, celery and lime through Juice Fountain™ Plus using low and high speeds.

Serve immediately.

Carrot, beetroot and orange juice

Makes 2 cups

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

1. Process carrots, beetroot and oranges through Juice Fountain™ Plus using high speed.

Serve immediately.

Apple, peach and grapefruit juice

Makes 2 cups

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

1. Process apple, peaches and grapefruit through Juice Fountain™ Plus using high and low speed.

Serve immediately.

Pineapple, peach and pear juice

Makes 2 cups

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

1. Process pineapple, peaches and pears through Juice Fountain™ Plus using high and low speed.

Serve immediately.

Apple, pear and strawberry juice

Makes 2 cups

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

1. Process apples, pears and strawberries through Juice Fountain™ Plus using high and low speeds.

Serve immediately.

Fresh starts

Rockmelon, mint and mango juice

Makes 2 cups

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

1. Process rockmelon, mint and mango through Juice Fountain™ Plus using low speed.

Serve immediately.

Tomato, cucumber, parsley and carrot juice

Makes 2 cups

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

1. Process tomatoes, cucumber, parsley and carrots through Juice Fountain™ Plus using high and low speeds.

Serve immediately.

Kumara, celery, ginger and orange juice

Makes 2 cups

- 4 sticks celery, trimmed
- 1 small kumara (sweet potato), peeled and halved
- 2.5cm piece fresh ginger
- 4 oranges, peeled

1. Process celery, kumara, ginger and oranges through Juice Fountain™ Plus using high speed.

Serve immediately.

Parsnip, celery and pear juice

Makes 2 cups

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

1. Process parsnips, celery and pears through Juice Fountain™ Plus using high speed.

Serve immediately.

Vitamin replacers

Tomato, carrot and red capsicum juice

Makes 2 cups

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

1. Trim base of capsicum and remove seeds
2. Process tomatoes, carrots, parsley and capsicums through Juice Fountain™ Plus using high and low speed.

Serve immediately.

Blackberry, pear and grapefruit juice

Makes 2 cups

- 250g blackberries
- 3 ripe pears
- 2 grapefruits, peeled

1. Process blackberries, pears and grapefruit through the Juice Fountain™ Plus using low and high speeds.

Serve immediately.

Beetroot, apple and celery juice

Makes 2 cups

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

1. Process beetroot, apples and celery through Juice Fountain™ Plus using high speed.

Serve immediately.

Blueberry, blackberry, strawberry and lime juice

Makes 2 cups

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

1. Process blackberries, blueberries, strawberries and lime through Juice Fountain™ Plus using low and high speeds.

Serve immediately.

Cucumber, celery, fennel and bean sprout juice

Makes 2 cups

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

1. Process cucumber, celery, fennel and bean sprouts through Juice Fountain™ Plus using high speed.

Serve immediately.

Frothy orange juice

Makes 2 cups

- 1kg oranges, peeled

1. Process oranges through Juice Fountain™ Plus using high or low speed.

Serve immediately.

(Best to refrigerate oranges before juicing)

Liquid lunches

Fresh vegetable soup with noodles

Makes 4 serves

1 small tomato
1 small onion, peeled and trimmed
2 carrots
1 green capsicum, base removed and seeded
1 tablespoon butter
1 tablespoon wholemeal flour
375ml vegetable stock
425g canned baked beans
1 packet 2 Minute Noodles
Freshly ground black pepper

1. Process tomato, onion, carrots and green pepper through Juice Fountain™ Plus using low and high speed.
2. Melt butter in a large saucepan over a medium heat.
3. Stir in flour, cook for one minute, stirring continuously.
4. Stir in the extracted juice, vegetable stock and baked 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 into 4 soup bowls, sprinkle with black pepper to taste and serve immediately.

Gazpacho

Makes 4 serves

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 capsicum, base removed and seeded
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 capsicum and cucumber through Juice Fountain™ Plus using low and high speeds.
2. Stir in vinegar.
3. Arrange ice in four soup bowls.

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

Liquid lunches continued

Pasta with Provencale style sauce

Makes 4 serves

4 tomatoes
2 sprigs fresh parsley
1 stick celery
2 large clove garlic
1 small onion, peeled and trimmed
1 red capsicum, base removed and seeded
1 tablespoon tomato paste
½ cup red wine
2 teaspoons dried oregano
500g cooked pasta
3 tablespoons grated Parmesan cheese

1. Process tomatoes, parsley, celery, garlic, onion and red capsicum through Juice Fountain™ Plus using low and high speeds.
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, rockmelon and orange yoghurt drink

Makes 4 serves

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

1. Process mango, rockmelon and oranges through Juice Fountain™ Plus using low speed.

2. Pour into a large bowl whisk in yoghurt.

Serve immediately.

Sparkling pear and apricot cooler

Makes 4 serves

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

1. Process apricots and pears through Juice Fountain™ Plus using low and high speed.
2. Scoop ice into 4 tall glasses.
3. Divide extract juice between the glasses.
4. Top with mineral water, stir well to blend.

Serve immediately.

Rockmelon, strawberry and passion crush

Makes 4 serves

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

1. Process rockmelon and strawberries through Juice Fountain™ Plus using low speed.
2. Stir in passion fruit pulp.
3. Scoop ice into 4 glasses, pour over juice, mix well to combine.

Serve immediately.

Tropical blend

Makes 4 serves

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 Juice Fountain™ Plus using low and high speed.
2. Scoop ice into 4 glasses, pour over juice, mix well to combine.

Serve immediately.

Tomato, nectarine, passionfruit and mint icer

Makes 4 serves

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

1. Process tomatoes, nectarines and mint through Juice Fountain™ Plus using low speed.
2. Stir in passion fruit pulp.
3. Scoop ice into 4 glasses, pour over juice, mix well to combine.

Serve immediately.

Cucumber, pineapple and coriander ice

Makes 4 serves

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

1. Process pineapple, cucumbers and coriander through Juice Fountain™ Plus using high speed.
2. Scoop ice into 4 glasses, pour over juice, mix well to combine.

Serve immediately.

Pear, radish and celery crush

Makes 4 serves

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

1. Process pears, radishes and celery through Juice Fountain™ Plus using high speed.
2. Scoop ice into 4 glasses, pour over juice, mix well to combine.

Serve immediately.

Spirited juices

Coconut pineapple colada

Makes 4 serves

- ½ large pineapple, peeled and quartered
- 2 tablespoons coconut cream
- 3 tablespoons Malibu liqueur
- 500ml soda water
- 1 cup crushed ice

1. Process pineapple through Juice Fountain™ Plus using high speed.
2. Stir in liqueur, coconut cream and soda water.
3. Scoop ice into 4 tall glasses, pour over juice mixture, mix well to combine.

Serve immediately.

Honeydew dream

Makes 4 serves

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

1. Process honeydew melon through Juice Fountain™ Plus using low speed.
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 serves

- 4 medium tomatoes
- 2 sticks celery
- 1 large red capsicum, base removed and seeded
- 1/3 cup vodka
- 1 cup crushed ice

1. Process tomatoes, celery and red capsicum through Juice Fountain™ Plus using low and high speeds.
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 serves

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

1. Process peaches and mint leaves through Juice Fountain™ Plus using low speed.
2. Stir in Crème 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

Makes 2 serves

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

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

1. Process grapes, kiwi fruit and strawberries through Juice Fountain™ Plus using low speed.
2. Mix in milk, protein drink mix and crushed ice.

Serve immediately.

Apricot, apple and pear sparkle

Makes 4 serves

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

1. Process apricots, apples and pears through Juice Fountain™ Plus.
2. Stir in mineral water and ice.

Serve immediately.

Orange, carrot, mint and beetroot quencher

Makes 2 serves

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

1. Process, oranges, carrots, mint leaves and beetroot through Juice Fountain™ Plus using high speed.

Serve immediately.

Rather than waste the fibre from the fruit and vegetables that have been juiced, the following recipes have been developed using the left over pulp.

Carrot, pumpkin and feta flan

Makes 4 serves

8 sheets filo pastry
60g butter, melted
1 leek finely sliced
1 cup pumpkin pulp
1 cup carrot pulp
250g feta cheese, crumbled
3 eggs
1 egg white
½ 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 25cm flan tin, press over base and side. Trim pastry edge about 1.5cm higher than side of tin.
2. Combine leek, pumpkin, carrot, feta cheese, eggs, egg white, milk, orange rind and parsley. Pour into pastry case and bake at 180°C for 25-30 minutes or until golden and set.

Vegetable and bacon soup

Makes 4 serves

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

1. Melt butter in a large saucepan, cook onion over a medium heat for 2-3 minutes or until golden. Add ham bone to pan, stir in beetroot pulp, potato pulp, carrot pulp, tomato pulp, cabbage pulp, reserved juices and water, bacon and lemon juice. 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 4 serves

30g butter
1 small onion, finely chopped
4½ cups carrot, apple and celery pulp, strained (See juice recipe on page R3)
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

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 bench, cover remaining pastry with grease proof 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 or 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 oven tray and bake at 200°C for 20-25 minutes or until golden.

Parsnip, herb and polenta hot cakes

Makes 6 serves

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

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

Serve immediately.

Berry and white chocolate mousse

Makes 5 serves

200g white chocolate
 200g strawberry pulp
 200g raspberry pulp
 3 teaspoons gelatine dissolved in 3 teaspoons hot water
 3 egg yolks
 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. In a separate bowl, beat cream and icing sugar together until soft peaks form, fold through chocolate mixture with berry pulp and Grand Marnier. Pour into a wetted 5 cup capacity mould.

Refrigerate several hours or overnight.

Carrot Cake

Makes 8 serves

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

1. Grease and line a 25cmx15cm loaf pan. Sift flour and baking powder into a large mixing bowl, add nutmeg, cinnamon, cardamom, peanuts, sultanas, brown sugar and carrot pulp, stir to combine. Add eggs, oil and sour cream. Beat with electric mixer, using medium speed until all ingredients are well blended. Pour into loaf pan.
2. Bake at 180°C for 1 hour or until cake is cooked when tested with a skewer. Remove from oven stand in cake pan for 5 minutes before inverting out onto a wire cake rack.

Family meat loaf

Makes 4 serves

500g lean beef mince
 500g sausage mince
 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
 1½ tablespoons vinegar
 1½ tablespoons lemon juice
 3 tablespoons brown sugar
 ¼ cup butter

1. Place beef, sausage mince, onions, carrot pulp, potato pulp, curry powder, cumin, parsley, egg, evaporated milk, stock and black pepper in a bowl, mix to combine. Press mixture into a lightly greased 11cmx21cm loaf pan. Press almonds into top of mixture to make a pattern.
2. Make tomato glaze and pour over meatloaf and bake, basting often with glaze for 40 minutes.
3. 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.

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