

Breville

Juice Fountain®

Compact and easy clean design

Instructions for use
Includes recipes



Model BJE200 & BJE200C

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Congratulations

on the purchase of your new Breville Juice Fountain®

Breville recommends safety first

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 operating and save for future reference.

Important safeguards for your Breville Juice Fountain

- Do not push produce into the feed chute with your fingers. Always use the food pusher provided.
- Do not touch the small cutting blades in the base of the stainless steel filter basket.
- Always make sure the Juice Fountain is properly and completely assembled before connecting to power outlet and operating. The unit will not turn 'ON' unless properly assembled.
- Always use the Juice Fountain on a dry, level surface.
- Always turn the Juice Fountain off then turn off at the power outlet and then unplug when not in use or when disassembling or assembling.
- Do not juice stone fruit unless seed stone has been removed.
- Always turn the Juice Fountain 'OFF' at the power outlet and the remove cord - if appliance is left unattended, - if not in use, - before cleaning, - before attempting to move the appliance, disassembling, assembling and when storing the appliance.
- Do not operate the Juice Fountain continuously on heavy loads for more than 10 seconds. None of the recipes in this book are considered a heavy load.



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

Important safeguards for all electrical appliances

- Fully unwind the cord before use.
- To protect against electric shock, do not immerse cord, plug or motor base in water or any other liquid.
- Do not let the cord hang over the edge of a table or counter, touch hot surfaces or become knotted.
- This appliance is not intended for use by young children or infirm persons without supervision.
- 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.
- The use of accessory attachments not recommended by Breville may cause a risk of injury to persons, fire or electric shock.

Know your Breville Juice Fountain

Food pusher

for pushing whole fruit and vegetables down the patented wide feed chute

To include froth in your juice simply remove the lid of the juice jug when pouring.

Note

Unique patented centrally located feed chute

designed to extract more juice. The extra wide 75mm feed chute fits whole apples, carrots, tomatoes. Makes juicing fruit and vegetables fast and easy

Stainless steel micro mesh filter basket

(dishwasher safe)

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

Built in froth separator in lid

ensures juice froth is separated from juice when poured into a glass (if preferred)

800ml dishwasher safe juice jug



Safety locking arm

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

Juicer cover (dishwasher safe)

Integrated pulp container

will collect pulp for up to 1.5 litres of apple juice (dishwasher safe)

High performance 900 watt motor

Easy 'ON' and 'OFF' button

Cord wrap

cord wraps around a raised disc on the base of the Juice Fountain (not shown in picture)



Spatula

ruler style end of brush is to assist in the removal of pulp from the integrated pulp container when juicing large quantities

Nylon bristle brush

included for easy cleaning of the micro mesh filter basket

Assembling your Breville Juice Fountain

Step 1

Place the motor base on a flat, dry surface such as a bench top. Ensure that the motor base is switched 'OFF' at the power outlet and the power cord is unplugged.

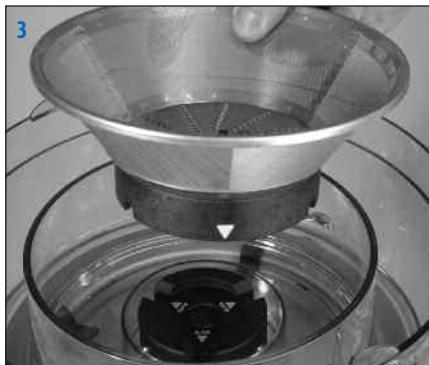
Step 2

Place the integrated pulp container on top of the motor base. Locate the integrated pulp container so that the spout fits through the hole on the front of the motor base.



Step 3

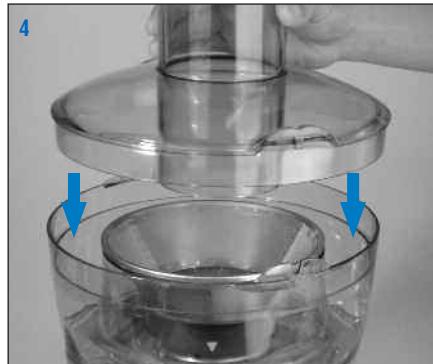
Align the arrows on the stainless steel filter basket with the arrows on the motor drive coupling and push down until it clicks into place. Ensure the stainless steel filter basket is fitted securely inside the integrated pulp container and onto the motor base.



Assembling your Breville Juice Fountain continued

Step 4

Place the juicer cover over the stainless steel filter and integrated pulp container. The humps of the rim of the juicer cover should align with the small plastic wings on the integrated pulp container. Lower into position.



The juicing cover can be positioned in either of the plastic wings on the integrated pulp container.

Note

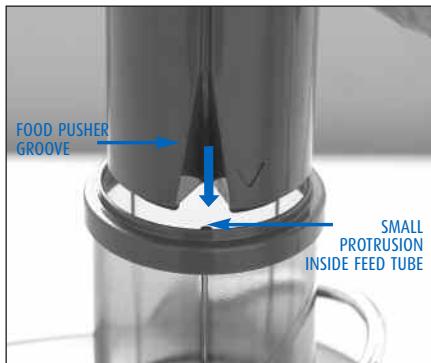
Step 5

Raise the safety locking arm up and lock into the two grooves on either side of the juicer cover. The safety locking arm should now be in a vertical position and locked into place on top of the juicer cover.



Step 6

Slide the food pusher down the feed chute by aligning one of the grooves in the food pusher with the small protrusion on the inside of the top of the feed chute. Continue to slide the food pusher down the feed chute.



Step 7

Place the juice jug provided sideways under the spout of the Juice Fountain. A graphic on the lid shows where the juicer spout is to be placed. Note the jug is designed to clip in under the spout to give it a positive location.



A glass could also be used to collect the juice, but using the jug and lid is recommended to avoid any splatter.

Note

Operating your Breville Juice Fountain

Step 1

Wash your selection of fruit and vegetables ready for juicing.

Most fruit and vegetables such as small 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.

Note

Step 2

Ensure the Juice Fountain is correctly assembled. Ensure the stainless steel filter is thoroughly cleaned before each use (refer to care and cleaning) (See page 13). Ensure you place the juice jug with lid fitted (or glass) under spout before commencing juicing.

Step 3

Plug the power cord into a 230/240V power outlet and turn the power 'ON'. Push the 'ON/OFF' button to 'ON'.

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 integrated pulp container.

When the integrated pulp container is full of pulp, it must be emptied before continuing to juice. (Refer to disassembling instructions on Page 11). Reassemble machine to continue juicing.

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

Step 1

Push the 'ON/OFF' button on Juice Fountain to 'OFF' and then switch 'OFF' at the power outlet and unplug.

Important

Wait for the filter basket to stop spinning before continuing to step 2.



Step 3

Move the locking arm down.

Step 4

Remove the integrated pulp container (preferably with the juicer cover, stainless steel mesh filter and food pusher in place) by lifting vertically from the motor base. Take it to the sink for easy cleaning.



Step 2

Pull the locking arm back over the grooves on either side of the juicer cover.



Disassembling your Breville Juice Fountain continued

Step 5

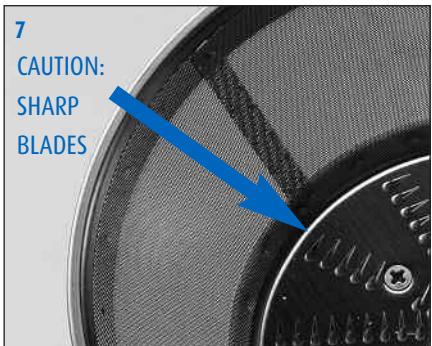
Remove the food pusher by lifting it vertically.

Step 6

Remove the juicer cover from the integrated pulp container by lifting it vertically. Remove any pulp from the cover by using the flat end of the brush to gently scrape down the sides.

Step 7

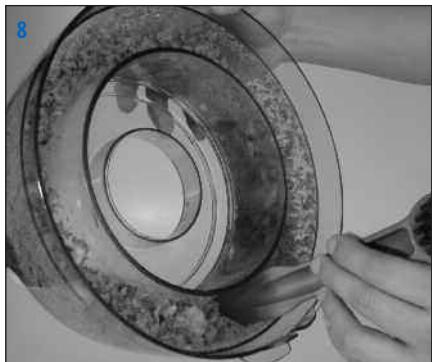
Remove the stainless steel filter basket by lifting it vertically from the pulp bowl surround.



THE STAINLESS STEEL FILTER BASKET CONTAINS SMALL SHARP BLADES TO CUT AND PROCESS FRUITS AND VEGETABLES. DO NOT TOUCH BLADES WHEN HANDLING THE FILTER BASKET.

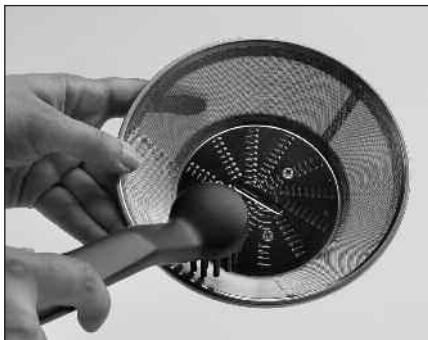
Step 8

Empty the pulp from the integrated pulp container into a side bowl for composting or into the bin. Use the flat end of the brush to gently scrape down inside the pulp container.



Care and cleaning

- Always ensure that the Juice Fountain is switched off at the power outlet. Then remove the plug from the power outlet before cleaning, dissembling 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 always switch off at power outlet and then unplug. Then rinse removable parts under running water (to remove wet pulp). Allow parts to air dry.
- After disassembling the unit all removable parts may be washing in hot soapy water or dishwasher safe parts may be placed in the dishwasher.
- The Juice Fountain cover, integrated pulp container, stainless steel filter basket and 800ml juice jug are dishwasher safe, (top shelf 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 bristle 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.
- Discolouration of the plastic may occur with strongly coloured fruit and vegetables. To help prevent this, wash parts immediately after use.
- If discolouration does occur, the plastic parts can be soaked in 10% lemon juice and water or they can be cleaned with a non- abrasive cleaner.

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 Juice Fountain.

Note



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

THE CENTRE OF THE FILTER BASKET AND FEED CHUTE CONTAIN SMALL SHARP BLADES TO PROCESS FRUIT AND VEGETABLES DURING THE JUICING FUNCTION. DO NOT TOUCH BLADES WHEN HANDLING THE FILTER BASKET OR FEED CHUTE.

Trouble shooting guide

| 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 (see picture on page 8, Step 5). |
| Motor appears to stall when juicing | Wet pulp can build up under the cover if the juicing action is too vigorous. Try slower juicing action by pushing the food pusher down more slowly. Clean the integrated pulp container, the stainless steel filter basket and the juicer cover. |
| Excess pulp building up in the micro mesh filter basket | Stop the juicing process. Remove the juicer cover, scrape off pulp. Re-assemble and begin juicing again. Try alternating (soft and hard) vegetable and fruit varieties. |
| Pulp too wet and reduced extracted juice | Try a slower juicing action by pushing the food pusher down more slowly. Remove stainless steel filter basket and thoroughly clean mesh walls with the nylon brush. Rinse the stainless steel filter basket under hot water. If the fine 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. This will remove excess fibre build up (from fruit or vegetables) which could be inhibiting the juice flow. |
| Juice leaks between the rim of the juicer and the cover of the filter | Try a slower juicing action by pushing the food pusher down more slowly. Fruit and vegetables with a high water content (tomatoes and watermelon) should be juiced on low speed. |
| Bowl surround juice sprays out from spout | Try a slower juicing action by pushing the food pusher down more slowly. |
| Juicer makes loud noise when turned on | Filer basket is not properly snapped into position. Turn the On/OFF button to OFF. Turn the power OFF. Disassemble the Juice Fountain (refer to disassembling page 11). Re-assemble (refer to assembly page 7). |
| No Juice coming out while juicing | Check that the spout is not blocked with pulp. Refer to care and cleaning page 13. |

Tips on juicing

The inside information on juicing

Although juice drinks are usually 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 diet. Fresh fruit and vegetable juices are an easy to make source of vitamins and minerals. Juices are rapidly absorbed into the blood stream therefore being the quickest way in which the body can digest nutrients.

When you make your own juices, you have complete control over what you include in them. You select the ingredients and decide if you need to use sugar, salt or other flavouring 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 Juice Fountain if peeled first.
- All fruits with pits, hard seeds or stones such as nectarines, peaches, mangoes, apricots, plums and cherries must be pitted before juicing.
- A small amount of lemon juice can be added to apple juice to prohibit browning.

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

That's the idea™

Tips on juicing continued

The right technique

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

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

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

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.

Note

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, colour, texture and ingredient preferences are a personal thing. Just think of some of your favourite flavours and foods – would they work well together or would they clash. Some strong flavours could over power the more subtle flavours 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 fibre 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.

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 vegetable facts

| 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 cals) |
| Apricots | Summer | Unwrapped in crisper of refrigerator | High in Dietary Fibre Contains Potassium | 30g Apricot =85kj (20 cals) |
| Beetroot | Winter | Cut off tops, then refrigerate unwrapped | Good source Folate and Dietary Fibre Vitamin C and Potassium | 160g Beetroot =190kj (45 cals) |
| Blueberries | Summer | Cover in the refrigerator | Vitamin C | 125g Blueberries =295kg (70 cals) |
| Broccoli | Autumn/Winter | Plastic bag in refrigerator | Vitamin C, Folate, B2, B5, E, B6 and Dietary Fibre | 100g Broccoli =195kj (23 cals) |
| Brussels Sprouts | Autumn/Winter | Unwrapped in crisper of refrigerator | Vitamin C, B2, B6, E, Folate and Dietary Fibre | 100g Brussels Sprouts =110kj (26 cals) |
| Cabbage | Winter | Wrap, trimmed in the refrigerator | Vitamin C, Folate, Potassium B6 and Dietary Fibre | 100g Cabbage =110kj (26 cals) |
| Carrots | Winter | Uncovered in refrigerator | Vitamin A, C, B6 and Dietary Fibre | 120g Carrots =125kj (30 cals) |
| Cauliflower | Autumn/Winter | Remove outer leaves, store in plastic bag in refrigerator | Vitamin C, B5, B6 Folate Vitamin K and Potassium | 100g Cauliflower = 55kj (13 cals) |
| Celery | Autumn/Winter | Refrigerate in plastic bag | Vitamin C and Potassium | 80g stick =55kj (7 cals) |
| Cucumber | Summer | Crisper in refrigerator | Vitamin C | 280g Cucumber =120kj (29 cals) |
| Fennel | Winter/Spring | Crisper in refrigerator | Vitamin C and Dietary Fibre | 300g Fennel = 145kj (35 cals) |
| Grapes (seedless) | Summer | Plastic bag in refrigerator | Vitamin C, B6 and Potassium | 125g Grapes =355kj (85 cals) |
| Kiwi Fruit | Winter/Spring | Crisper in refrigerator | Vitamin C and Potassium | 100g Kiwi Fruit =100j (40 cals) |

Fruit and vegetable facts continued

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

Your Juice Fountain makes invigorating frothy orange juice. Simply peel the oranges and juice.
(Best to refrigerate oranges before juicing)

That's the idea™

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Due to continual improvements in design or otherwise, the product you purchase may differ slightly from the one illustrated in this booklet.

Model BJE200 & BJE200C Issue 1/05

Breville

Recipes

Delicious recipes

Includes instructions for use



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Fresh starts

Apple, carrot and celery juice

MAKES
2 

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, trimmed
4 sticks celery

1. Process apples, carrots and celery through Juice Fountain.

Mix well and serve immediately.

Tomato, carrot, celery and lime juice

MAKES
3 

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

1. Process tomatoes, carrot, celery and lime through Juice Fountain.

Serve immediately.

Carrot, beetroot and orange juice

MAKES
2 

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

1. Process carrots, beetroot and oranges through Juice Fountain.

Serve immediately.

Apple, peach and grapefruit juice

MAKES
25 

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

1. Process apple, peaches and grapefruit through Juice Fountain.

Serve immediately.

Pineapple peach and pear juice

MAKES
3 

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.

Serve immediately.

Fresh starts continued

Apple, pear and strawberry juice

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

1. Process apple, pears and strawberries through Juice Fountain.

Serve immediately.

MAKES
3 

Kumera, celery, ginger, and orange juice

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

1. Process celery, kumera, ginger and oranges through Juice Fountain.

Serve immediately.

MAKES
3 

Rockmelon, mint and mango juice

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.

Serve immediately.

MAKES
25 

Parsnip, celery and pear juice

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

1. Process parsnips, celery and pears through Juice Fountain.

Serve immediately.

MAKES
3 

Tomato, cucumber, parsley and carrot juice

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.

Serve immediately.

MAKES
3 

MAKES
3 

Vitamin replacers

Tomato, carrot and red capsicum juice

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

1. Trim base of capsicums and remove seeds.
2. Process tomatoes, carrots, parsley and capsicums through Juice Fountain.

Serve immediately.

Blackberry, pear and grapefruit juice

250g blackberries
3 ripe pears
2 grapefruits, peeled

1. Process blackberries, pears and grapefruit through Juice Fountain.

Serve immediately.

Beetroot, apple and celery juice

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

1. Process beetroot, apples and celery through Juice Fountain.

Serve immediately.

MAKES
3 

Blueberry, blackberry, strawberry and lime juice

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

1. Process blackberries, blueberries, strawberries and lime through Juice Fountain.
- Serve immediately.

MAKES
35 

Cucumber, celery, fennel and bean sprout juice

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.

Serve immediately.

MAKES
3 

Frothie orange juice

1kg oranges, peeled

1. Process oranges through juice fountain.

Serve immediately.

(Best to refrigerate oranges before juicing)

MAKES
2 

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.
2. Melt butter in a large saucepan over a medium heat.
3. Stir in flour, cook for one minute, stirring constantly.
4. Stir in the extracted juice, vegetable stock and 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.
2. Stir in vinegar and black pepper.
3. Arrange ice in four soup bowls.
Pour in extracted juice, sprinkle with basil and serve immediately.

Pasta with provencal style sauce

MAKES
4 SERVES

4 tomatoes
2 sprigs fresh parsley
1 stick celery
2 large cloves garlic
1 small onion, peeled and trimmed
1 red capsicum, base removed and seeded
1 tablespoon tomato paste
 $\frac{1}{2}$ 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.
 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 GLASSES

1 mango, halved, peeled and seeded
 $\frac{1}{2}$ 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.
2. Pour into a large bowl whisk in yoghurt.
Serve immediately.

Icy coolers

Sparkling pear and apricot cooler

MAKES
4 

4 large apricots, halved and seeded

3 large pears

250 ml mineral water

1 cup crushed ice

1. Process apricots and pears through Juice Fountain.
 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.

Rockmelon, strawberry and passion crush

MAKES
4 

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.
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 

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.
2. Scoop ice into 4 glasses, pour over juice, mix well to combine.

Serve immediately.

Tomato, nectarine, passionfruit and mint icer

MAKES
4 

6 tomatoes

2 nectarines

½ cup fresh mint leaves

pulp of 4 passion fruit

1 cup crushed ice

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

Serve immediately.

Cucumber, pineapple and coriander ice

1½ 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.
2. Scoop ice into 4 glasses, pour over juice, mix well to combine.

Serve immediately.

MAKES
4 

Pear, radish and celery crush

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

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

Serve immediately.

MAKES
4 

Spirited juices

Coconut pineapple colada

MAKES
4 

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

1. Process coconut and pineapple through Juice Fountain.
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

MAKES
4 

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.
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 

4 medium tomatoes
2 sticks celery
1 large red capsicum, base removed and seeded
½ cup Vodka
1 cup crushed ice

1. Process tomatoes, celery and red capsicum through Juice Fountain.
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 

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

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

Serve immediately.

Energy fuel

Grape, kiwi fruit and berry booster

MAKES
6 

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.

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

Serve immediately.

Apricot, apple and pear sparkle

MAKES
4 

4 large apricots, halved and seeded

4 small red apples

3 medium pears

250ml sparkling mineral water

½ cup crushed ice

1. Process apricots, apples and pears through Juice Fountain.

2. Stir in mineral water and ice.

Serve immediately.

Beetroot, carrot and orange quencher

MAKES
4 

8 carrots

2 small beetroots, trimmed

¼ cup fresh mint leaves

4 oranges, peeled

1. Process carrots, beetroot, mint leaves and oranges through Juice Fountain.

Serve immediately.

Fibre favourites

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

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
 $\frac{1}{2}$ cup milk
2 tablespoons orange rind
3 tablespoons chopped fresh parsley

MAKES
6 SERVES

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 to 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

3 teaspoons butter
1 onion, finely chopped
1 ham bone
350g beetroot pulp, strained and juice reserved
50g potato pulp, strained and juice reserved
50g carrot pulp, strained and juice reserved
100g tomato pulp, strained and juice reserved
50g cabbage pulp, strained and juice reserved
reserved juices and enough water to make up 2 litres
4 bacon rashers, chopped
1 tablespoon lemon juice
 $\frac{1}{2}$ 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 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.

MAKES
4 SERVES

Carrot, apple and celery strudels

30g butter
1 small onion, finely chopped
 $4\frac{1}{2}$ 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 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 oven tray and bake at 200°C for 20-25 minutes or until golden.

MAKES
8
SERVES

Parsnip, herb and polenta hot cakes

2 cups parsnip pulp, strained
 $\frac{1}{4}$ cup milk
2 eggs, separated
 $\frac{1}{4}$ cup polenta (corn meal)
 $\frac{1}{4}$ 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.

MAKES
6
SERVES

Fibre favourites continued

Berry and white chocolate mousse

200g white chocolate
200g strawberry pulp
200g raspberry pulp
3 teaspoons gelatine dissolved in
3 tablespoons hot water
3 egg yolks
300ml carton thickened cream
 $\frac{1}{4}$ cup icing sugar
2 tablespoons Grand Marnier

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

MAKES
6
SERVES

Carrot cake

$1\frac{3}{4}$ cups plain flour
2 teaspoons baking powder
 $\frac{1}{2}$ teaspoon nutmeg
 $\frac{1}{2}$ teaspoon cinnamon
 $\frac{1}{2}$ teaspoon cardamom
 $\frac{1}{2}$ cup peanuts, chopped
 $\frac{1}{2}$ cup sultanas
 $\frac{1}{2}$ cup brown sugar, firmly packed
 $1\frac{1}{2}$ cups carrot pulp
 $\frac{1}{2}$ cup oil
2 eggs, lightly beaten
 $\frac{1}{4}$ cup sour cream

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

MAKES
16
SERVES

Family meat loaf

MAKES
4-6 SERVES

500g lean beef mince
500g sausage mince
2 onions, finely chopped
 $\frac{1}{2}$ cup carrot pulp, strained
 $\frac{1}{2}$ cup potato pulp, strained
2 teaspoons curry powder
1 teaspoon ground cumin
1 tablespoon chopped fresh parsley
1 egg, lightly beaten
 $\frac{1}{2}$ cup evaporated milk
 $\frac{1}{2}$ cup beef stock
Freshly ground black pepper
2 tablespoons slivered almonds

TOMATO GLAZE

$\frac{1}{2}$ cup beef stock
4 tablespoons tomato sauce
1 teaspoon instant coffee powder
3 tablespoons Worcestershire sauce
 $1\frac{1}{2}$ tablespoons vinegar
 $1\frac{1}{2}$ tablespoons lemon juice
3 tablespoons brown sugar
 $\frac{1}{4}$ 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 11cm x 21cm loaf pan. Pour glaze over meatloaf, sprinkle with almonds and bake, 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.

Notes

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