

Breville

Froojie Fountain Pro™

Instruction Booklet



BJE820

CONGRATULATIONS

on the purchase of your new
Breville product

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BREVILLE RECOMMENDS SAFETY FIRST

At Breville we are very safety conscious. We design and manufacture consumer products with the safety of you, our valued customer, foremost in mind. In addition we ask that you exercise a degree of care when using any electrical appliance and adhere to the following precautions.

IMPORTANT SAFEGUARDS

READ ALL INSTRUCTIONS BEFORE USE AND SAVE FOR FUTURE REFERENCE

- Fully unwind the cord before use.
- Remove and safely discard any packaging materials and promotional labels before using the appliance for the first time.
- To protect against electric shock, do not immerse cord, plug or motor base in water or any other liquid.
- Do not allow the cord to 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 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.
- When using puree disc and insert, always use the speed 1.
- 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 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 centre of the juice disc.
- Do not touch the blade in the feed chute.
- Always make sure the dual disc juice processor is properly and completely assembled before connecting to power outlet and operating. The unit will not turn 'on' unless properly assembled.
- Always use the dual disc juice processor on a dry, level surface.
- Always switch the dual disc juice processor off, then switch off at the power outlet and then unplug appliance – if 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 stone fruit unless seed stone has been removed.
- When using puree disc and insert, always remove seeds, core and skin from fruit before processing (seeds of passionfruit, berries and kiwi fruit are acceptable).

BREVILLE RECOMMENDS SAFETY FIRST

- 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 return the entire appliance to the nearest Breville Service centre for examination, replacement or repair.
- Carefully read all instructions before operating and save for future reference.
- Do not immerse power cord or motor base 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 not in use.
- Do not run the dual disc juice processor for more than one minute at a time when juicing hard fruit or 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.
- Any maintenance other than cleaning should be performed at an authorised Breville service centre.
- 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.
- Strictly follow cleaning and care instructions.
- Do not run ice or hard fruit/vegetables such as raw beetroot and carrots through the juicer when using the puree extractor.
- Remove the rind from all citrus fruit before juicing.



WARNING

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 power cord before use.
- Do not let the power cord hang over the edge of a bench or table, touch hot surfaces or become knotted.
- To protect against electric shock do not immerse the power cord, power plug or appliance in water or any other liquid.
- The appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Children should be supervised to ensure that they do not play with the appliance.
- It is recommended to regularly inspect the appliance. To avoid a hazard do not use the appliance if power cord, power 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. Misuse may cause injury.
- 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.

SAVE THESE INSTRUCTIONS

KNOW

your Breville product

KNOW YOUR BREVILLE PRODUCT



A. Super Wide Feed Chute

Fits whole apples, carrots, tomatoes and peeled oranges. Makes juicing fruit and vegetables fast and easy.

B. Large Pulp Container with Integrated Handle (dishwasher safe).

C. Five Speed Electronic Control

Low speed when using Puree Extractor or for juicing soft fruits with high water content such as watermelon. High speed for juicing hard fruit and vegetables.

D. START/STOP Button

E. Food Pusher

For pushing whole fruit and vegetables down the wide feed chute.

F. Safety Locking Arm

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

G. Juicer Cover (dishwasher safe).

H. Stainless Steel Filter Surround (dishwasher safe).

I. Stainless Steel Micro Mesh Filter Juice Disc (dishwasher safe).

J. Dishwasher Safe 1.2 litre Juice Jug

With integrated handle for left or right handed use.

K. High Performance Motor

KNOW YOUR BREVILLE PRODUCT



L. Motor Base

Contains the motor and supports the stainless steel filter surround.

M. 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.

N. Built in Froth Separator

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

O. Puree Extractor

For soft fruits and vegetables.

P. Puree Insert

For processing softer fruits such as bananas, mangoes and strawberries. Integrated handle for left and right handed use.

Q. Froojie Disc

For processing softer fruits such as bananas, mangoes and strawberries.

NOT SHOWN

Overload protection button

to safeguard against overheating (not shown in picture).

Cord

exits at rear of juicer and wraps around feet (not shown in picture).

ASSEMBLING

your Breville product

ASSEMBLING YOUR BREVILLE PRODUCT

BEFORE FIRST USE

Before using your juice processor for the first time, remove and safely discard any packaging material and promotional labels. Ensure the appliance is switched off at the power outlet and the power cord is unplugged.

Wash the filter surround, juice disc, puree disc, puree insert, juicer cover, food pusher, juice jug, juice jug lid and pulp container in warm soapy water with a soft cloth or nylon brush. rinse and dry thoroughly.

FOR USE WITH JUICE EXTRACTOR

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 control panel, then switch the appliance OFF at the power outlet and unplug the cord.
2. Place the filter bowl surround on the top of the motor base.



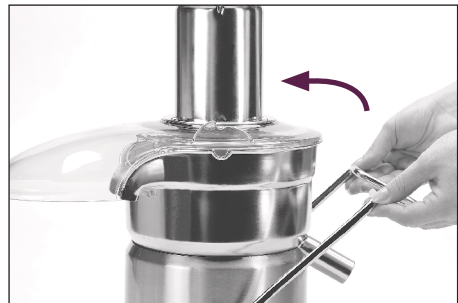
3. Align the arrows on the juice disc with the arrows on the motor drive coupling and push down until it clicks into place. Ensure the juice disc is fitted securely inside the filter bowl surround and onto the motor base.



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



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.



ASSEMBLING YOUR BREVILLE PRODUCT



- 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.



- Place the pulp container into position by tilting slightly.



NOTE

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

- Place the juice jug provided under the spout on the right hand side of the dual disc juicer processor. The lid can be placed on to avoid any splatter.

NOTE

A glass could also be used to collect the juice.

NOTE

The pulp container can be emptied during juicing by turning the dual disc juicer processor "OFF" and then carefully removing the pulp container. (Replace empty pulp container before continuing to juice).

WARNING

Do not allow the pulp container to overfill as this may prevent correct operation or damage the unit.

ASSEMBLING YOUR BREVILLE PRODUCT

PREPARATION OF FRUIT AND VEGETABLES FOR JUICE EXTRACTOR

- If using fruits with hard or inedible skins such as mangoes, guava, melons or pineapple, always peel before juicing.
- Citrus fruit can be juiced 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 inhibit browning.

HINT

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

JUICE EXTRACTOR	SPEED (USING JUICING DISC)
Mangoes (peeled, stone removed)	2
Melons (peeled)	1
Nectarines (stone removed)	2
Oranges (peeled)	3
Peaches (stone removed)	2
Pears hard (stalks removed)	5
Pears soft (stalks removed)	2
Pineapple (peeled)	5
Plums (stone removed)	2
Raspberries	1
Tomatoes	1
Watermelon (peeled)	1

FOR USE WITH PUREE EXTRACTOR

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 control panel, then switch the appliance OFF at the power outlet and unplug the cord.
2. Place the filter bowl surround on the top of the motor base.



JUICE EXTRACTOR	SPEED (USING JUICING DISC)
Apples	5
Apricots (stone removed)	2
Beetroot (cleaned, trimmed)	5
Blueberries	1
Broccoli	4
Brussel sprouts (trimmed)	5
Cabbage	4
Carrots (cleaned)	5
Cauliflower	4
Celery	5
Cucumber, peeled	2
Cucumber, soft skinned	4
Fennel	5
Grapes (seedless)	1
Kiwi fruit (peeled)	2

ASSEMBLING YOUR BREVILLE PRODUCT

- Place the puree disc into the filter bowl surround and onto the motor drive coupling push down until it clicks into place. Ensure the puree disc is fitted securely inside the filter bowl surround and onto the motor base.



- Place the puree insert into the filter bowl surround, making sure the warning label on the handle is facing upwards.



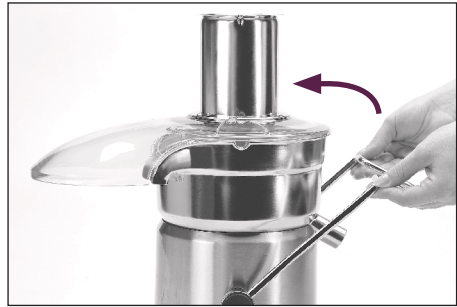
HINT

Never use puree disc without puree insert. They must always be used together.

- Place the juicer cover over the puree insert and filter bowl surround and lower into position.



- 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.



ASSEMBLING YOUR BREVILLE PRODUCT

- 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.



- Passionfruit pulp, peeled kiwi fruit and berries can be processed without removing seeds.

PUREE EXTRACTOR	SPEED
Apricots (stone removed)	1
Bananas (peeled)	1
Kiwi fruit (peeled)	1
Mangoes (peeled, stone removed)	1
Melons (peeled)	1
Peaches (stone removed)	1
Pears soft (stalks removed)	1
Pineapple (peeled and cored)	1
Raspberries	1
Strawberries (stalks removed)	1
Tomatoes (cored and quartered)	1
Watermelon (peeled, seeds removed)	1

NOTE

When using the puree extractor only use speed 1. Always ensure motor is running before adding fruit and/or vegetables to feed tube.

PREPARATION OF FRUIT AND VEGETABLES FOR PUREE EXTRACTOR

- Only soft fruits should be used with the puree extractor.
- When using fruits with hard inedible skins, such as mangoes, pineapple or kiwi fruit, always peel before juicing.
- When using fruits with a hard core such as pineapple, always remove this before juicing.
- All fruits with pits, hard seeds or stones such as nectarines, peaches, mangoes and apricots must be pitted or deseeded before juicing.

OPERATING

your Breville product

OPERATING YOUR BREVILLE PRODUCT

1. Wash your selection of fruit and/or vegetables ready for juicing. Prepare fruits according to charts above.
2. Based on the type of fruit or vegetable you are juicing/pureeing select either the juice extractor or the puree extractor.

WARNING

Do not put hard fruit and vegetables (ie. Carrots, apples, fresh beetroot, etc.) or ice through juicer when using puree extractor. This could damage parts of the unit.

3. Ensure the dual disc juice processor is correctly assembled – see previous instructions. Ensure the juice extractor or puree extractor is thoroughly cleaned before each use (refer to cleaning on pages 26-27). Ensure you place the juice jug (or glass) under spout before commencing juicing.
4. Plug the power cord into a 230/240V power outlet and then turn the power on at the outlet. The light surrounding the START/STOP button will illuminate.

NOTE

The light will be illuminated for 2 minutes before fading into sleep mode. The light will come back on by activating any of the controls.

5. Use the speed selector table as a guide for juicing different fruit and vegetables. Push the START/STOP button and the unit will automatically start.
6. With the motor running, place food into the Feed chute using the food pusher, gently guide food down the feed chute. Do not exert excess pressure. To extract the maximum amount of juice, always push the food pusher down slowly.

USING THE JUICE EXTRACTOR

As fruits 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 juicer off at the control panel and then carefully removing the pulp container. Replace the empty pulp container into position before continuing to juice.

NOTE

Do not allow the pulp container to over fill as this may affect the operation of appliance.

OPERATING YOUR BREVILLE PRODUCT

USING THE PUREE EXTRACTOR

When using the puree extractor puree will flow into the juice jug. There will be no pulp extracted into pulp container.

NOTE 1

SELF-RESET OVERHEATING PROTECTION

The Breville juice processor also fitted with a self-resetting safety device which safeguards against overheating on the motor with excessive loads. If overheating occurs, the juicer will automatically activate the overheating protection device and the motor will switch itself off. If this occurs, the light surrounding the START/STOP button will flash red. When the overheating protection is activated, unplug the juicer from 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 2

ELECTRONIC PROTECTION

The Breville juice processor will automatically stop operating if the motor is stalled. This is an electronic safety feature. Either too much food is being processed at one time or the pieces are not small enough. Try trimming food, cutting food into smaller pieces of even size and/or processing a smaller amount per batch. If this occurs, the light surrounding the START/STOP button will flash red. To continue juicing, turn the power OFF at the power outlet, clear the feed chute, finally turn the appliance back on by pressing the START/STOP button to ON.



NOTE 3

OVERLOAD PROTECTION BUTTON

The Breville juice processor is fitted with a safety device which safeguards against overloading with excessive loads. If this occurs, juicer will automatically activate the overload protection button and the unit will switch itself off.

If this occurs turn the power OFF at 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 Breville juice processor is ready for use again.

DISASSEMBLING

your Breville product

DISASSEMBLING YOUR BREVILLE PRODUCT

JUICE EXTRACTOR

1. Push the START/STOP button on the control panel of the juice processor to turn off. Then switch the appliance OFF at the power outlet and unplug the cord.



NOTE

The light will be illuminated for 2 minutes before fading into sleep mode. The light will come back on by activating any of the controls.

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



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.



4. Move the locking arm down.



5. Lift the juicer cover juice processor.



DISASSEMBLING YOUR BREVILLE PRODUCT

6. To remove stainless steel filter bowl surround, hold base of juicer and turn filter bowl surround by the juice spout.



7. Lift off the filter bowl surround with the juice disc still in place.



8. To remove the juice disc, turn the filter bowl surround upside down and carefully remove the juice disc (it is recommended to remove the juice disc over the sink).



CAUTION

Ultra sharp stainless steel cutting disc and teeth.



WARNING

The stainless steel filter juice disc contains a titanium reinforced cutting disc with super sharp blades and teeth. Do not touch teeth and blade when handling the juice disc.

DISASSEMBLING YOUR BREVILLE PRODUCT

PUREE EXTRACTOR

1. Push the START/STOP button on the control panel of the juice processor to turn off. Then switch the appliance OFF at the power outlet and unplug the cord.



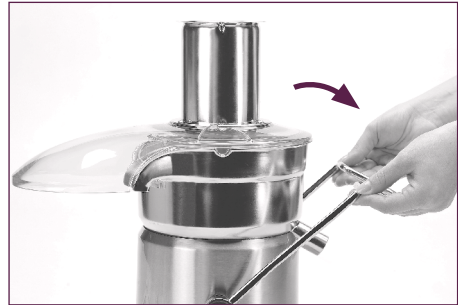
2. Remove the pulp container by holding the handle and pivoting the bottom of the pulp container away from the juicer.



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.



4. Move the locking arm down.



5. Lift the juicer cover off the juice processor.



6. Lift the puree insert from the filter bowl surround.

DISASSEMBLING YOUR BREVILLE PRODUCT



WARNING

The puree cutting disc has super sharp blades and teeth. Do not touch teeth and blade when handling the puree disc.

7. Lift the puree disc out of the filter bowl surround. (Be careful not to touch the sharp cutting teeth).



CAUTION

Ultra sharp stainless steel cutting disc and teeth.



CARE & CLEANING

for your Breville product

CARE & CLEANING

- Always ensure that juice processor is switched off and that the power is switched off at the power outlet. Then 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. Allow parts to air dry.
- After disassembling the unit (see pages 19-25) all removable parts may be washed in hot soapy water, then rinse well and dried.
- The juice processor juice cover, filter bowl surround, pulp container, puree disc, stainless steel filter disc and 1.2L juice jug are dishwasher safe (Top shelf only).

Wipe the motor base with a damp cloth.



- For consistent juicing results always ensure that the juice disc is thoroughly cleaned using the supplied nylon brush. Using the nylon washing brush, hold the juice disc under running water and brush from the inside of the disc, hold it up towards a light to ensure the fine mesh holes are not blocked. If the holes are blocked soak the juice disc in hot water with 10% lemon juice to loosen the blocked holes. Alternatively wash the juice disc in the dishwasher.

- Do not soak either the juice extractor or the puree extractor in bleach.
- Always treat the juice extractor and puree extractor with care as they 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.

NOTE

To assist with cleaning soak the juice disc 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 processor.

HINT

To minimise 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 page 32 for ideas on using the pulp).



TROUBLESHOOTING

TROUBLESHOOTING

POSSIBLE PROBLEM	EASY SOLUTION
<p>Machine will not work when switched “ON”</p>	<ul style="list-style-type: none"> • 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 juice cover (see picture on page 10, step 4). • Check the Overload Protection Button on the bottom of the Motor Base to check if the safety device has not been activated (see Note 3 on page 18 ‘Operating your Breville product’). • The Overheating protection device has not been activated automatically, allow more time for the motor to cool down (see Note 1 on page 18 ‘Operating your Breville product’).
<p>Motor appears to stall when juicing</p>	<ul style="list-style-type: none"> • 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 filter bowl surround, the juice disc and the juicer cover. Select speed 5 instead of the speed 1 setting. • The Breville juice processor will automatically stop operating if the motor is stalled. This is a electronic safety feature. Either too much food is being processed at one time or the pieces are not small enough. Try trimming food, cutting food into smaller pieces of even size and/or processing a smaller amount per batch. If this occurs, the light surrounding the START/STOP button will flash red. • To continue juicing, reset the Juicer by pressing the START/STOP button to OFF, then clear the feed chute, finally turn the appliance back on by pressing the START/STOP button to ON. • 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 12, to determine the correct speed for the fruits and vegetables selected on juicing.
<p>Excess pulp building up the stainless steel filter disc</p>	<ul style="list-style-type: none"> • Stop the juicing process. Remove the juicer cover the stainless steel scrape off pulp. Re-assemble and begin juicing again. Try alternating (soft and hard) vegetable and fruit varieties.

TROUBLESHOOTING

POSSIBLE PROBLEM	EASY SOLUTION
Pulp too wet and reduced extracted juice	<ul style="list-style-type: none">• Try a slower juicing action. Remove juice disc (refer page 9, steps 1 - 8) and thoroughly clean mesh walls with a fine brush. Rinse juice disc under hot water. If the mesh holes are blocked, soak the juice disc 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 cover and the stainless steel filter disc	<ul style="list-style-type: none">• Try a slower juicing action by pushing the food pusher down more slowly (refer page 14, step 6). Fruit and vegetables with a high water content (tomatoes and watermelon) should be juiced on low speed.

TIPS ON JUICING

TIPS ON JUICING

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.

Up to 70% of the nutrient content of fruit and vegetables is found in the juice. Liquids extracted from fresh fruits and vegetables form an important part of a well-balanced healthy diet. Fresh fruit and vegetable 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.
- 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 FOR JUICER ATTACHMENT

- If using fruits with hard or inedible skins such as mangoes, citrus, melons or pineapple, always peel before juicing.
- Some vegetables, such as cucumbers, can be processed un-peeled depending on the softness of the skin and the juicing requirements.
- All fruits with large pits, 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 juicer but remove the skin and excess pith before juicing.
- A small amount of lemon juice can be added to apple juice to reduce discolouration.

NOTE

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

TIPS ON JUICING

PREPARATION OF FRUIT AND VEGETABLES FOR FROOJIE™ EXTRACTOR

- Only soft fruits should be used with the Froojie™ Extractor.
- When using fruits with hard inedible skins, such as mangoes, pineapple or kiwi fruit, always peel before juicing.
- When using fruits with a hard core such as pineapple, always remove this before juicing.
- All fruits with pits, hard seeds or stones such as nectarines, peaches, mangoes and apricots must be pitted or deseeded before juicing.
- Passionfruit pulp, peeled kiwi fruit and berries can be processed without removing seeds.

NOTE

When using the Froojie™ Extractor, use lower speeds (speed 1 or 2). Always ensure motor is running before adding fruit and/or vegetables to feed tube.

FRUIT & VEGETABLE FACTS

FRUIT & 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	166g Apple =338kj (80 cal)
Apricots	Summer	Unwrapped in crisper of refrigerator	High in Dietary Fibre Contains Potassium	55g Apricot =80kj (19 cal)
Bananas	Autumn/ Spring	Room temperature	Vitamins B6 & C, Potassium, Dietary Fibre	100g Banana =378kj (90 cal)
Beetroot	Winter	Cut off tops, then refrigerate unwrapped	Good source Folate and Dietary Fibre Vitamin C and Potassium	160g Beetroot =332kj (79cal)
Blueberries	Summer	Cover in the refrigerator	Vitamin C	100g Blueberries =220kj (52 cal)
Broccoli	Autumn/ Winter	Plastic bag in refrigerator	Vitamin C, Folate, B2, B5, E, B6 and Dietary Fibre	100g Broccoli =131kjs (31 cal)
Brussel Sprouts	Autumn/ Winter	Unwrapped in crisper of refrigerator	Vitamin C, B2, B6, E, Folate and Dietary Fibre	100g Brussel Sprouts =156kj (37 cal)
Cabbage	Winter	Wrapped, trimmed in the refrigerator	Vitamin C, Folate, Potassium B6 and Dietary Fibre	100g Cabbage =93kj (22 cal)
Carrots	Winter	Uncovered in refrigerator	Vitamin A, C, B6 and Dietary Fibre	100g Carrots =140kj (33 cal)
Cauliflower	Autumn/ Winter	Remover outer leaves, store in plastic bag in refrigerator	Vitamin C, B5, B6 Folate Vitamin 5 and Potassium	100g Cauliflower =103kj (24.5 cal)
Celery	Autumn/ Winter	Refrigerate in plastic bag	Vitamin C and Potassium	100g stick =64kjs (15 cal)
Cucumber	Summer	Crisper in refrigerator	Vitamin C	100g Cucumber =50kj (12 cal)
Fennel	Autumn to Spring	Refrigerate	Vitamin C, Dietary Fibre, Folate	100g Fennel =80kj (19 cal)
Grapefruit	All year round	Room temperature	Vitamin C =, Bioflavonoids, Lycopene, Dietary Fibre	100g Grapefruit =140kj (33 cal)

FRUIT & VEGETABLE FACTS

FRUIT AND VEGETABLES	BEST SEASON TO BUY	STORAGE	NUTRITIONAL VALUE	KILOJOULE/ CALORIE COUNT
Grapes (Seedless)	Summer	Plastic bag in refrigerator	Vitamin C, B6 and Potassium	100g Grapes =250-350kj (60-83 cal)
Kiwi Fruit	Winter/ Spring	Crisper in refrigerator	Vitamin C and Potassium	100g Kiwi Fruit =219kj (52 cal)
Mangoes	Summer	Covered in refrigerator	Vitamin A, C, B1, B6 and Potassium	207g Mango =476kj (113 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	151g Nectarines =277kj (66 cal)
Oranges	Winter/ Autumn/ Spring	Cool, dry place for 1 week, transfer to refrigerator to keep longer	Vitamin C	131g Orange =229kj (54 cal)
Peaches	Summer	Ripen at room temperature then refrigerate	Vitamin C, Potassium, Dietary Fibre, Beta Carotene	100g Peaches =175kj (42 cal)
Pears	Autumn/ Winter	Ripen at room temperature then refrigerate	Vitamin C & E Dietary Fibre	161g Pear =391kj (93 cal)
Pineapple	Spring/ Summer	Store in a cool place	Vitamin C & E Dietary Fibre	100g Pineapple =180kj (43 cal)
Spinach	All year round	Refrigerate	Vitamin B6, C, E, Beta carotene, Folate, Magnesium, Potassium, Dietary Fibre	100g Spinach =65kj (15 cal)
Sweet Potato	All year round	Store in cool place	Vitamins C, E, Beta Carotene, Dietary Fibre	100g Sweet Potato =275kj (65 cal)
Tomatoes	Late Winter to early Summer	Ripen at room temperature then refrigerate	Lycopene, Vitamin C, E, Folate, Dietary Fibre	100g Tomatoes =65-75kj (15-17 cal)

RECIPES

FRESH STARTS

APPLE, CARROT AND CELERY JUICE

Makes 2 serves

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

INGREDIENTS

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

METHOD

1. Process apples, carrots and celery through the juicer using speeds 3 and 5.

Mix well and serve immediately.

TOMATO, CARROT, CELERY AND LIME JUICE

Makes 2 serves

INGREDIENTS

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

METHOD

1. Process tomatoes, carrot, celery and lime through the juicer using speeds 1, 3 and 5.

Serve immediately.

CARROT, BEETROOT AND ORANGE JUICE

Makes 2 serves

INGREDIENTS

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

METHOD

1. Process carrots, beetroot and oranges through the juicer using speed 5.

Serve immediately.

APPLE, PEACH AND GRAPEFRUIT JUICE

Makes 2 serves

INGREDIENTS

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

METHOD

1. Process apple, peaches and grapefruit through the juicer using speeds 1, 3.

Serve immediately.

PINEAPPLE PEACH AND PEAR JUICE

Makes 2 serves

INGREDIENTS

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

METHOD

1. Process pineapple, peaches and pears through the juicer using speeds 2 and 5.

Serve immediately.

FRESH STARTS

APPLE, PEAR AND STRAWBERRY JUICE

Makes 2 serves

INGREDIENTS

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

METHOD

1. Process apple, pears and strawberries through the juicer.

Serve immediately.

ROCKMELON, MINT AND MANGO JUICE

Makes 2 serves

INGREDIENTS

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

METHOD

1. Process rockmelon, mint and mango through the juicer using speeds 1 and 2.

Serve immediately.

TOMATO, CUCUMBER, PARSLEY AND CARROT JUICE

Makes 2 serves

INGREDIENTS

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

METHOD

1. Process tomatoes, cucumber, parsley and carrots through the juicer using speeds 1, 4 and 5.

Serve immediately.

SWEET POTATO, CELERY, GINGER AND ORANGE JUICE

Makes 2 serves

INGREDIENTS

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

METHOD

1. Process celery, sweet potato, ginger and oranges through the juicer using speeds 3-5.

Serve immediately.

PARSNIP, CELERY AND PEAR JUICE

Makes 2 serves

INGREDIENTS

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

METHOD

1. Process parsnips, celery and pears through the juicer using speed 5.

Serve immediately.

VITAMIN REPLACERS

TOMATO, CARROT AND RED CAPSICUM JUICE

Makes 2 serves

INGREDIENTS

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

METHOD

1. Trim base of capsicums and remove seeds.
2. Process tomatoes, carrots, parsley and capsicums through the juicer using speeds 1, 4 and 5.

Serve immediately.

BLACKBERRY, PEAR AND GRAPEFRUIT JUICE

Makes 2 serves

INGREDIENTS

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

1. Process blackberries, pears and grapefruit through the juicer using speeds 1, 3 and 5.

Serve immediately.

BEETROOT, APPLE AND CELERY JUICE

Makes 2 serves

INGREDIENTS

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

METHOD

1. Process beetroot, apples and celery through the juicer.

Serve immediately.

BLUEBERRY, BLACKBERRY, STRAWBERRY AND LIME JUICE

Makes 2 serves

INGREDIENTS

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

METHOD

1. Process blackberries, blueberries, strawberries and lime through the juicer using speeds 1 and 2.

Serve immediately.

CUCUMBER, CELERY, FENNEL AND BEAN SPROUT JUICE

Makes 2 serves

INGREDIENTS

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

METHOD

1. Process cucumber, celery, fennel and bean sprouts through the juicer using speeds 4 and 5.

Serve immediately.

FROTHIE ORANGE JUICE

Makes 2 serves

INGREDIENTS

- 1kg oranges, peeled

METHOD

1. Process oranges through the juicer using speed 3.

Serve immediately.

(Best to refrigerate oranges before juicing)

LIQUID LUNCHES

FRESH VEGETABLE SOUP WITH NOODLES

Makes 4 serves

INGREDIENTS

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

METHOD

1. Process tomato, onion, carrots and green pepper through the juicer using speeds 1, 4 and 5.
2. Melt butter in a large saucepan over a medium heat.
3. Stir in flour, cook for one minute, stirring constantly.
4. Stir in the extracted juice, vegetable stock and beans.
5. Bring to 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

INGREDIENTS

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

METHOD

1. Process tomatoes, parsley, garlic, onion, carrots, celery, red capsicum and cucumber through the juicer using speeds 1, 4 and 5.
2. Stir in vinegar and black pepper.
3. Arrange ice in four soup bowls.

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

LIQUID LUNCHES

PASTA WITH PROVENCEALE STYLE SAUCE

Makes 4 serves

INGREDIENTS

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

METHOD

1. Process tomatoes, parsley, celery, garlic, onion and red capsicum through the juicer using speeds 1, 4 and 5.
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

INGREDIENTS

- 1 mango, halved, peeled and seeded
- ½ small rockmelon, peeled, seeded and cut into two equal portions
- 5 oranges, peeled
- ¼ cup natural yoghurt

METHOD

1. Process mango, rockmelon and oranges through the juicer using speeds 1, 2 and 3.
2. Pour into a large bowl whisk in yoghurt.

Serve immediately.

ICY COOLERS

SPARKLING PEAR AND APRICOT COOLER

Makes 2 serves

INGREDIENTS

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

METHOD

1. Process apricots and pears through the juicer using speeds 2 and 5.
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 2 serves

INGREDIENTS

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

METHOD

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

Serve immediately.

TROPICAL BLEND

Makes 2 serves

INGREDIENTS

2 mangoes, halved, seeded and peeled
3 kiwi fruit, peeled
½ small pineapple, peeled and halved
½ cup fresh mint leaves
1 cup crushed ice

METHOD

1. Process mangoes, kiwi fruit, pineapple and mint through the juicer using speeds 1, 3 and 5.
2. Scoop ice into 4 glasses, pour over juice, mix well to combine.

Serve immediately.

TOMATO, NECTARINE, PASSIONFRUIT AND MINT ICER

Makes 2 serves

INGREDIENTS

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

METHOD

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

Serve immediately.

ICY COOLERS

CUCUMBER, PINEAPPLE AND CORIANDER ICE

Makes 4 serves

INGREDIENTS

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

METHOD

1. Process pineapple, cucumbers and coriander through the juicer using speeds 4 and 5.
2. Scoop ice into 4 glasses, pour over juice, mix well to combine.

Serve immediately.

PEAR, RADISH AND CELERY CRUSH

Makes 4 serves

INGREDIENTS

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

1. Process pears, radishes and celery through the juicer using speed 5.
2. Scoop ice into 4 glasses, pour over juice, mix well to combine.

Serve immediately.

SPIRITED JUICES

COCONUT PINEAPPLE COLADA

Makes 4 standard serves

INGREDIENTS

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

METHOD

1. Process pineapple through juicer using speed 5.
2. Stir in liqueur and soda water and cream.
3. Scoop ice into 4 tall glasses, pour over juice mixture, mix well to combine.

Serve immediately.

HONEYDEW DREAM

Makes 4 standard serves

INGREDIENTS

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

METHOD

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

Serve immediately.

BLOODY MARY

Makes 4 standard serves

INGREDIENTS

- 4 medium tomatoes
- 2 sticks celery
- 1 large red capsicum, base removed and seeded
- 60ml nipVodka
- 1 cup crushed ice

METHOD

1. Process tomatoes, celery and red capsicum through the juicer using speeds 1, 4 and 5.
2. Stir in Vodka. Scoop ice into 4 glasses, pour over tomato mixture, mix well to combine.

Serve immediately.

PEACH AND MINT JULEP

Makes 4 standard serves

INGREDIENTS

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

METHOD

1. Process peaches and mint leaves through using speed 2.
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 2-4 serves

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

INGREDIENTS

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

METHOD

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

Serve immediately.

APRICOT, APPLE AND PEAR SPARKLE

Makes 2-4 serves

INGREDIENTS

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

METHOD

1. Process apricots, apples and pears through the juicer using speeds 2 and 5.
2. Stir in mineral water and ice.

Serve immediately.

BEETROOT, CARROT AND ORANGE QUENCHER

Makes 4 serves

INGREDIENTS

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

METHOD

1. Process carrots, beetroot, mint leaves and oranges through the juicer using speeds 3 and 5.

Serve immediately.

FIBRE FAVOURITES

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

CARROT, PUMPKIN AND FETA FLAN

Makes 6 serves

INGREDIENTS

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
¼ cup chopped fresh parsley

METHOD

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

Makes 4 serves

INGREDIENTS

20g 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
½ cup sour cream

METHOD

1. Melt butter in a large saucepan, cook onion over a medium heat for 2-3 minutes or until golden. Add ham bone to pan, stir in beetroot pulp, potato pulp, carrot pulp, tomato pulp, cabbage pulp, reserved juices and water, bacon and lemon juice.
2. Bring to the boil, reduce heat and simmer for 30-40 minutes.
3. Remove ham bone, discard bone, finely chop meat and return to the pan.

Serve topped with sour cream.

FIBRE FAVOURITES

CARROT, APPLE AND CELERY STRUDELS

Makes 8 serves

INGREDIENTS

- 30g butter
- 1 small onion, finely chopped
- 4½ cups carrot, apple and celery pulp, strained (see juice recipe on page 37)
- 250g cottage cheese
- 2 tablespoons chopped fresh mint
- 1 egg, beaten
- 12 sheets filo pastry
- 60g butter, melted extra
- 1 cup grated fresh Parmesan cheese

METHOD

1. Melt butter in a saucepan, add onion, cook for 2-3 minutes, or until soft, seasoning to taste.
2. Combine onion, carrot, apple and celery pulp, cottage cheese, mint and egg in a bowl. Mix well.
3. Cut filo sheets in half, place 3 sheets on bench, cover remaining pastry with greaseproof paper, then a damp cloth to prevent drying. Brush 1 sheet of pastry with extra butter, sprinkle with Parmesan cheese, top with another sheet of pastry, brush with butter, sprinkle with more cheese. Repeat with last sheet of pastry.
4. Place tablespoons of carrot 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

INGREDIENTS

- 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

METHOD

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.

FIBRE FAVOURITES

BERRY AND WHITE CHOCOLATE MOUSSE

Makes 6 serves

INGREDIENTS

200g white chocolate
200g strawberry pulp
200g raspberry pulp
3 teaspoons gelatine dissolved in
¼ cup hot water
3 egg yolks
300ml thickened cream
¼ cup icing sugar
2 tablespoons Grand Marnier

METHOD

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

CARROT CAKE

Makes 16 serves

INGREDIENTS

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

METHOD

1. Grease and line a 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.

SAUCE & DIPS

BEET AND CHIVE DIP

Makes approx 3 cups

INGREDIENTS

850g canned baby beets, well drained
½ cup snipped chives
1 clove garlic, crushed
½ cup mascarpone cheese
1 teaspoon lemon juice
Sea salt
Freshly ground black pepper

METHOD

1. Process beets using Puree Extractor.
2. Pour beet mixture into a bowl.
3. Stir through chives, garlic, mascarpone cheese and lemon juice.
4. Season well with salt and pepper.

Serves with crackers and fresh vegetable pieces.

FRESH NECTARINE SALSA

Makes approx 5 ½ cups

INGREDIENTS

750g nectarines, peeled and stones removed
½ red capsicum, finely chopped
½ small red chilli, deseeded and finely chopped
1 tablespoon finely chopped fresh ginger
2 tablespoons finely chopped fresh coriander leaves
2 teaspoons lemon juice
2 teaspoons sugar
½ teaspoon ground cumin
sea salt to taste

METHOD

1. Process nectarines through Puree Extractor.
2. Pour nectarine mixture into a bowl, add all remaining ingredients and mix well.
3. Season to taste with salt.

Serve with Curry and rice or as an accompaniment to chicken or fish.

TOMATO, CHILLI AND PANCETTA SAUCE

Serves 4

INGREDIENTS

125g sliced pancetta, chopped
1 kg fresh ripe tomatoes
2 tablespoons olive oil
3 medium onions, diced
4 cloves garlic, finely chopped
½ small green chilli, deseeded and finely chopped
2 teaspoons sugar
sea salt and freshly ground pepper

METHOD

1. Cook pancetta in a heavy based frying pan until well browned and crisp.
2. Drain on absorbent paper and set aside.
3. Process tomatoes through juicer using Puree Extractor.
4. Heat oil in a large saucepan, add onions, garlic and chilli and fry over a low heat for about 10 minutes.
5. Add tomatoes and sugar and bring to the boil.
6. Lower heat and simmer without a lid for about 35 minutes or until sauce is thickened and tomatoes are cooked.
7. Season to taste with salt and pepper.
8. Stir through pancetta and serve over hot cooked pasta.

MANGO GELATO

Serves 4 to 6

INGREDIENTS

400g fresh mango pieces
½ cup sugar
½ cup cream
2 tablespoons fresh lemon juice

METHOD

1. Process mango pieces using Puree Extractor.
2. Add sugar, cream and lemon juice to processed mango and mix well.
3. Pour into an ice cream maker and use as directed by manufacturer or pour into a freezer proof container. Cover with a lid. Alternatively, place into freezer until mixture begins to freeze around edges.
4. Remove from freezer and whisk mixture with a fork to break up ice crystals.
5. Cover with lid and return to freezer until frozen.

TIP

An ice-cream maker will produce a creamier, smoother gelato.

PINEAPPLE, PASSIONFRUIT SHERBET

Serves 6

INGREDIENTS

1 medium pineapple, peeled
8 passionfruit, pulp removed
½ cup sugar syrup (see recipe below)

METHOD

1. Cut peeled pineapple into quarters. Remove core and discard.
2. Cut pineapple into chunks.
3. Process pineapple and passionfruit pulp through juicer using Puree Extractor.
4. Stir sugar syrup into pineapple mixture.
5. Pour into an ice-cream maker and use as directed by manufacturer or alternatively, pour into a freezer proof container. Cover with a lid. Place into freezer until mixture begins to freeze around edges.
6. Remove from freezer and whisk mixture with a fork to break up ice crystals.
7. Cover with lid and return to freezer until frozen.

SUGAR SYRUP

Makes approx 3 cups

INGREDIENTS

3 cups white sugar
2 cups water

METHOD

1. Place sugar and water into a heavy base saucepan and cook stirring over a very low heat until sugar has dissolved.
2. Increase to a medium low heat and boil mixture for 5 minutes.
3. Remove from heat and allow to cool completely.

Store in an airtight container in a cool place.

DESSERTS & FROOJIES™

STRAWBERRY COULI

Makes approx 2/3 cup

INGREDIENTS

1 punnet strawberries, hulled
2 tablespoons icing sugar

METHOD

1. Process strawberries using Puree Extractor.
2. Add icing sugar, to processed strawberries and mix well.

Serve spooned over ice cream, meringue or chocolate cake.

TROPICAL ICE POPS

Makes approx 12 ice pops

INGREDIENTS

1 punnet strawberries, hulled
¼ rockmelon, seeded and chopped
2 bananas, peeled
½ small pineapple, peeled and cored
4 passionfruit

METHOD

1. Process strawberries using Puree Extractor and pour into ice block containers.
2. Process rockmelon using Puree extractor and pour into ice block containers over strawberry mixture.
3. Repeat this process with remaining fruit (banana, pineapple and passionfruit) can be processed together.
4. Insert ice-cream sticks into ice blocks and freeze until firm, at least 6 hours.

RASPBERRY AND BANANA FROOJIE™

Serves 2

INGREDIENTS

1 large banana, peeled
½ cup fresh or frozen raspberries, thawed
1 tablespoon honey
½ cup cold water

METHOD

1. Process bananas and raspberries through juicer using Puree Extractor, pour into 2 glasses, stir in honey and water and mix well.

Serve immediately.

PEAR AND BLUEBERRY FROOJIE™

Serves 2

INGREDIENTS

1 ripe pear, peeled and cored
½ cup fresh blueberries
1 banana, peeled
1 tablespoon chopped mint leaves
Sparkling mineral water or soda water to serve

METHOD

1. Process pear, blueberries and banana using Puree Extractor.
2. Stir in mint leaves, mix well.
3. Pour into 2 large glasses, top with sparkling mineral water or soda water.

Serve immediately.

DESSERTS & FROOJIES™

PEACH AND BANANA YOGI

Serves 2

INGREDIENTS

1 large ripe peach, peeled, stone removed, chopped

1 banana, peeled

2 tablespoons pure maple syrup

½ cup natural yoghurt

½ cup milk

METHOD

1. Process peach and banana using Puree Extractor.
2. Stir in maple syrup, yoghurt and milk.
3. Pour into 2 large glasses and serve immediately.

PINEAPPLE AND ROCKMELON FROOJIE™

Serves 2

INGREDIENTS

½ small rockmelon, peeled, seeded and chopped

¼ small pineapple, peeled, cored and chopped

Chilled water to serve

METHOD

1. Process rockmelon and pineapple using Puree Extractor.
2. Pour into 2 large glasses and top up with chilled water to desired thickness.

Serve immediately.

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