

Breville

ikon™
BJE520

Froojie™
Juice Fountain®

**Instructions
and
Recipes**



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Congratulations

on the purchase of your new Breville ikon™ Froojie™ 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:

IMPORTANT SAFEGUARDS FOR YOUR BREVILLE IKON™ FROOJIE™ JUICE FOUNTAIN®

- Carefully read all instructions before operation and save for future reference.
 - Remove any packaging material and promotional stickers and labels before using the ikon™ Froojie™ Juice Fountain® for the first time.
 - Do not place the ikon™ Froojie™ Juice Fountain® near the edge of a bench or table during operation. Ensure that the surface is level, clean and free of water, flour, etc. Vibration during operation may cause the appliance to move.
 - Any significant spillage onto the surface under or around the appliance, or onto the appliance itself, should be cleaned and dried before continuing to use the appliance.
 - Do not place the ikon™ Froojie™ Juice Fountain® on or near a hot gas or electric burner, or where it could touch a heated oven.
 - Always ensure the ikon™ Froojie™ Juice Fountain® is properly assembled before use. The appliance will not operate unless properly assembled. Refer to assembly (page 8 and operation (page 12).
 - Do not leave the ikon™ Froojie™ Juice Fountain® unattended when in use.
 - Always ensure the ikon™ Froojie™ Juice Fountain® is turned off by pressing the 'Off/On' switch on the control panel to 'Off'. Then switch the appliance off at the power outlet and unplug the cord. Make sure the stainless steel filter basket has stopped rotating and the motor has completely stopped before releasing the safety locking arm and/or attempting to move the appliance, when the ikon™ Froojie™ Juice Fountain® is not in use, and before disassembling, cleaning and storing.
 - Do not operate the Juice Extractor continuously with heavy loads for more than 10 seconds. Allow the motor to rest for 1 minute between each use.
- Recipes in this instruction book are not considered a heavy load. However, hard fruits and vegetables will put excess strain onto the motor if a low speed is selected. Please refer to the juicing guide on Page 9 to determine the correct speed for the fruits and vegetables selected for juicing.
- When using the Froojie™ Disc and insert, always use speed 1 and remove seeds core and skin from fruit before processing (seeds of passionfruit, berries and kiwi fruit are acceptable).
 - Keep hands, fingers, hair, clothing, as well as spatulas and other utensils away from the appliance during operation.
 - Do not push food into the feed chute with your fingers or other utensils. Always use the food pusher provided. Do not place hand or fingers into food chute when it is attached to the appliance.
 - Be careful when handling the stainless steel filter basket as the small cutting blades at the base of the filter basket are very sharp. Mishandling may cause injury.
 - Do not use the ikon™ Froojie™ Juice Fountain® for anything other than food and/or beverage preparation.
 - Keep the appliance clean. Refer to Care, Cleaning and Guarantee, page 17.
 - Do not use appliance if the rotating sieve (filter basket) is damaged.
 - Do not touch the small sharp teeth and blades in the centre of the Juice disc.
 - Do not touch the blade in the Feed Chute.
 - Do not run ice or hard fruit/vegetables such as raw beetroot and carrots through the Juicer when using the Froojie™ extractor.

Extra wide feed chute. Do not place hands or foreign objects down feed chute. Always use the food pusher provided.

Note

Breville recommends safety first continued

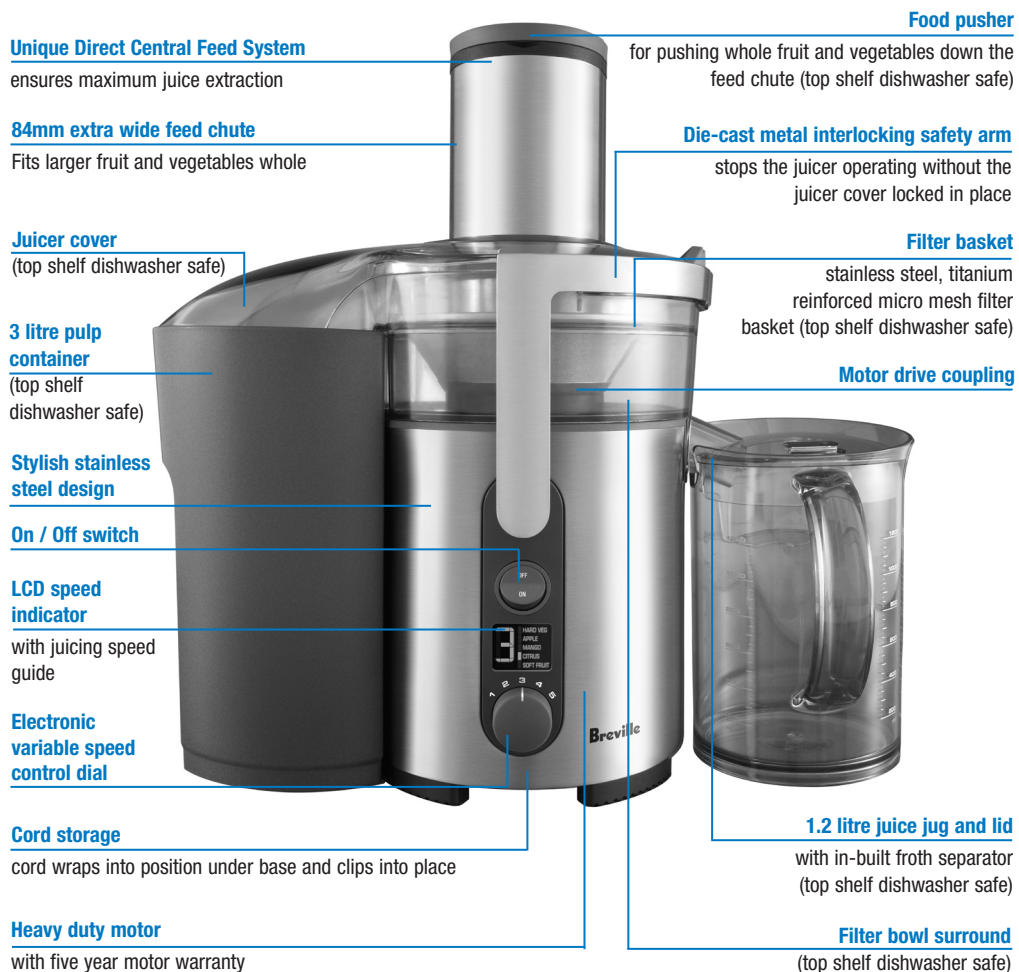
IMPORTANT SAFEGUARDS FOR ALL ELECTRICAL APPLIANCES

- 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 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.
- To eliminate a choking hazard for young children, remove and safely discard the protective cover fitted to the power plug of this appliance.
- 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.
- Strictly follow cleaning and care instructions.



WARNING: ALWAYS MAKE SURE JUICER COVER IS CLAMPED SECURELY IN PLACE BEFORE MOTOR IS TURNED ON. DO NOT UNFASTEN INTERLOCK ARM WHILE JUICER IS IN OPERATION.

Know your Breville ikon™ Froojie™ Juice Fountain®



Custom designed juice nozzle

perfect for mess free juicing straight into a glass (top shelf dishwasher safe)



Cleaning Brush

flat end of brush assists in removal of pulp from the pulp container when juicing large quantities, nylon brush end makes for easy cleaning of the stainless steel filter basket (top shelf dishwasher safe)

Know your Breville ikon™ Froojie™ Juice Fountain® continued



Froojie™ Insert

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



Froojie™ Disc

for processing softer fruits such as bananas, mangoes and strawberries



Juice Disc

Allows you to extract only the juice from fruit and vegetables



Built in froth separator

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



Juice jug lid

Allows juicer to operate with the lid on, therefore eliminating any splatter during operation. Place lid onto juice jug to store juice in refrigerator

To retain froth in the juice jug simply remove the lid before pouring the juice.

Note

Assembling your Breville ikon™ Froojie™ Juice Fountain®

Before first use

Before using your ikon™ Froojie™ Juice Fountain® for the first time, remove any packaging material and promotional stickers and labels. Ensure the appliance is switched off at the power outlet and the power cord is unplugged.

Wash the filter bowl surround, juice disc, juicer cover, Froojie™ Disc, Froojie™ insert, food pusher, pulp container and juice jug and lid in warm, soapy water with a soft cloth. Rinse and dry thoroughly. The motor base can be wiped with a damp cloth. Dry thoroughly.

FOR USE WITH JUICE EXTRACTOR

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 control panel, then switch the appliance off at the power outlet and unplug the cord.

Step 2

Place the filter bowl surround on top of the motor base.



Step 3

Align the arrows at the base of 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.



Step 4

Place the juicer cover over the filter bowl surround, positioning the feed chute over the juice disc and lower into position.



Assembling your Breville ikon™ Froojie™ Juice Fountain® continued

Step 5

Raise the safety locking arm up and locate it 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 the groove of the food pusher, with the small protrusion on the inside top of the feed chute. Continue to slide the food pusher down into the feed chute.



Step 7

Place the pulp container into position by tilting the base of the pulp container away from the motor base and slide the top of the pulp container over the bottom of the juice cover. Tilt the base of the pulp container back into the motor base ensuring it is supported by the container support extending from under the motor base.



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

Note

Step 8

Place the juice jug provided under the spout on the right-hand side of the ikon™ Froojie™ Juice Fountain®. The juice jug lid can be used to avoid any splatter.

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

Assembling your Breville ikon™ Froojie™ Juice Fountain® continued

FOR USE WITH FROOJIE™ EXTRACTOR

Step 1

Place the Filter Bowl Surround on the top of the Motor Base.



Step 2

Place the Froojie™ Disc into the Filter Bowl Surround and onto the Motor Drive Coupling Push down until it clicks into place. Ensure the Froojie™ Disc is fitted securely inside the Filter Bowl Surround and onto the Motor Base.



Never use Froojie™ Disc without Froojie™ insert. They must always be used together.

Note

Step 3

Place the Froojie™ Insert into the Filter Bowl Surround, making sure the warning label on the handle is facing upwards.



Step 4

Place the Juicer Cover over the Froojie™ Insert and Filter Bowl Surround and lower into position.



Assembling your Breville ikon™ Froojie™ Juice Fountain® continued

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 the groove in the food pusher with the small protrusion on the inside of the top of the feed chute.



There is no need to use pulp container when using Froojie™ Extractor.

Note

Step 7

Place the juice jug provided under the spout on the right-hand side of the ikon™ Froojie™ Juice Fountain®. The juice jug lid can be used to avoid any splatter.

Operating your Breville ikon™ Froojie™ Juice Fountain®

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.

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

Note

FROOJIE™ EXTRACTOR	SPEED
Apricots (stone removed)	1
Bananas (peeled)	1
Kiwi fruit (peeled)	1
Mangoes (peeled, stone removed)	1
Melons (peeled)	1
Pears soft (stalk and core removed)	1
Pineapple (peeled and cored)	1
Raspberries	1
Strawberries (stalks removed)	1
Tomatoes (cored and quartered)	1
Watermelon (peeled, seeds removed)	1
Use speed 2 to push out any remaining fruit pulp in juice collector	2

WITH JUICE EXTRACTOR OR FROOJIE™ EXTRACTOR

Step 1

Wash selection of fruit and vegetables to be juiced.

Most fruit and vegetables such as apples, carrots and cucumbers will not need to be cut or trimmed to size as these will fit whole into the feed chute. Ensure vegetables such as beetroot, carrots, etc. have all soil removed, are well washed and trimmed of leaves before juicing.

Note

Step 2

Based on the type of fruit or vegetable you are juicing/pureeing select either the Juice Extractor or the Froojie™ Extractor.



WARNING: DO NOT PUT HARD FRUIT AND VEGETABLES (I.E. CARROTS, APPLES, FRESH BEETROOT, ETC.) OR ICE THROUGH JUICER WHEN USING FROOJIE™ EXTRACTOR. THIS COULD DAMAGE PARTS OF THE UNIT.

Step 3

Ensure the ikon™ Froojie™ Juice Fountain® is correctly assembled. Refer to Assembling your Breville ikon™ Froojie™ Juice Fountain® (page 8). Ensure the juice jug (or a glass) is placed under the spout and the pulp container is in position before commencing juicing.

Step 4

Plug the power cord into a 230/240V power outlet. Turn the power on at the power outlet. The LCD display will illuminate.

Operating your Breville ikon™ Froojie™ Juice Fountain®

continued

The LCD display will illuminate continuously for 3 minutes before going into a sleep mode, where it will switch off automatically to conserve power. The screen will come back on after activating the 'On/Off' switch, the speed control dial, or the safety locking arm.

When the safety locking arm is not locked into place on top of the juicer cover, the LCD display will illuminate and flash with an "L", indicating that the safety locking arm should be locked into place.

When the safety locking arm is locked into place on top of the juicer cover, the LCD display will illuminate and display the selected speed setting. The speed can be changed by adjusting the variable speed control dial. For a quick juicing speed reference, use the speed guide displayed on the LCD screen, the speed selector table located on the pulp container, or refer to the speed selector table on page 13.

Hard fruits and vegetables will put excess strain onto the motor if a low speed is selected. Please refer to the speed selector table to determine the correct speed for the fruits and vegetables being juiced

Note

PREPARATION OF FRUIT AND VEGETABLES FOR JUICE EXTRACTOR

Speed selector table

FRUIT / VEGETABLES	SUGGESTED SPEED
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
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	1

Operating your Breville ikon™ Froojie™ Juice Fountain® continued

Use the speed selector table located on the pulp container for a quick and convenient juicing reference.

Note

Step 5

Press the 'On/Off' switch on the control panel to 'On'. The juicer will start to operate at the selected speed. The speed can be changed at any time during the juicing process by adjusting the variable speed control dial.

After 3 minutes, the LCD display will automatically turn off if the 'On/Off' switch is not turned 'On', or a speed is not selected.

Note

Step 6

With the motor running, place food into the feed chute and use the food pusher to gently guide food down. To extract the maximum amount of juice, always push the food pusher down slowly.

The ikon™ Froojie™ Juice Fountain® will automatically stop operating if the motor is stalled for more than 10 seconds. This is a 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.

To continue juicing, reset the Juice Fountain Plus by pressing the 'On/Off' switch on the control panel to 'Off', switch off at power outlet and remove power cord from power outlet, then clear the feed chute, finally plug power cord back into power point and switch on at power outlet. Turn the appliance back on by pressing the 'On/Off' switch to 'On'.

Note

Step 7 - Using the Juice Extractor

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

The pulp container can be emptied during juicing by turning the ikon™ Froojie™ Juice Fountain® 'Off' at the control panel and then carefully removing the pulp container. Replace the empty pulp container into position before continuing to juice.

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

To minimise cleaning, line the pulp container with a plastic freezer bag to collect the pulp. Pulp can then be used in other dishes (see page R12), or as compost for the garden or discarded (see page 17).

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


Note

Step 8 - Using the Froojie™ Extractor

When using the Froojie™ Extractor Froojie™ will flow into the juice jug. There will be no pulp extracted into Pulp Container.

Some fruit Froojie™ may be left in the juice collector. This is normal. The amount left over will vary depending on ripeness and hardness of fruit.

Note

 **WARNING: NEVER USE FINGERS, HANDS OR OTHER UTENSILS TO PUSH FOOD DOWN THE FEED CHUTE OR TO CLEAR THE FEED CHUTE DURING OPERATION. ALWAYS USE THE FOOD PUSHER PROVIDED.**

Disassembling your Breville ikon™ Froojie™ Juice Fountain®

JUICE EXTRACTOR

Step 1

Ensure the ikon™ Froojie™ Juice Fountain® is turned off by pressing the 'On/Off' switch on the control panel to 'Off'. Then switch the appliance off at the power outlet and unplug the cord.

Step 2

Remove the pulp container by tilting the base away from the motor base, then un-latch it from under the juicer cover and the container support extending from under the motor base.



Step 3

Use the grip handle located on the safety locking arm to lift the locking arm from the juicer cover and lower down out of position.



Step 4

Lift the juicer cover off the ikon™ Froojie™ Juice Fountain®.



Step 5

Remove the filter bowl surround with the juice disc still in place.



Step 6

To remove the juice disc from the filter bowl surround, insert fingers under the grooves marked 'LIFT BASKET' and lift the juice disc up. For easy cleaning, it is recommended to remove the juice disc over the sink.

⚠ WARNING: THE JUICE DISC CONTAINS SMALL SHARP BLADES TO CUT AND PROCESS FRUITS AND VEGETABLES. AVOID TOUCHING BLADES WHEN HANDLING THE FILTER BASKET.

Disassembling your Breville ikon™ Froojie™ Juice Fountain® continued

FROOJIE™ EXTRACTOR

Step 1

Switch the on/off button on the control panel of the Breville ikon™ Froojie™ Juice Fountain to turn off. Then switch the appliance OFF at the power outlet and unplug the cord.



Step 2

Place both hands on either side of the Locking Arm and pull back and lift over the grooves on either side of the Juicer Cover.

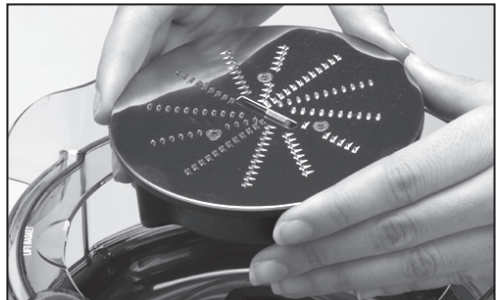


Step 3

Lift the Froojie™ insert from the Filter Bowl surround.

Step 4

Lift the Froojie™ 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.



⚠ WARNING: THE FROOJIE™ CUTTING DISC HAS SUPER SHARP BLADES AND TEETH. DO NOT TOUCH TEETH AND BLADE WHEN HANDLING THE FROOJIE™ DISC.

Care, cleaning and guarantee

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

Ensure the ikon™ Froojie™ Juice Fountain® is correctly disassembled. Refer to Disassembling your Breville ikon™ Froojie™ Juice Fountain® (page 15).

FOR EASIER CLEANING:

Clean as you go and avoid dried on juice or pulp residue.

Immediately after each use, rinse removable parts in hot water to remove wet pulp. Allow parts to air dry.

To minimise cleaning, line the pulp container with a plastic freezer bag to collect the pulp. Pulp can then be used in other dishes (see recipes section R1-R17) or as compost for the garden or discarded.

Note

Cleaning the motor base

1. Wipe the motor base with a soft, damp cloth then dry thoroughly.
2. Wipe any excess food particles from the power cord.

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

Note

Cleaning the filter bowl surround, juicer cover, Froojie™ insert, food pusher, pulp container

1. Wash all parts in warm soapy water with a soft cloth. Rinse and dry thoroughly.

The filter bowl surround, juicer cover and pulp container are dishwasher safe (top shelf only). The Froojie™ insert is not dishwasher safe. Please wash in warm water.

Note

Cleaning the juice disc

For consistent juicing results always ensure that the juice disc is thoroughly cleaned using the supplied cleaning brush.

1. 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.
2. Using the cleaning brush, hold the juice disc under running water and brush from the inside of the basket to the outer rim. Avoid touching the small sharp blades in the centre of the juice disc. After cleaning the juice 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.



The juice disc is dishwasher safe (top shelf only).

Note

- Do not soak the juice disc in bleach or other abrasive cleansers.
- Always treat the juice disc with care as it can be easily damaged.

Care, cleaning and guarantee continued

Cleaning the juice jug

1. Rinse the juice jug and lid with froth attachment under running water.
2. Wash both parts in warm soapy water with a soft cloth. Rinse and dry thoroughly.

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

Note

Removing stubborn or strong food stains and odours

Discolouration of the plastic may occur with strongly coloured fruit and vegetables. To help prevent this, wash parts immediately after use. If discolouration does occur, the plastic parts can be soaked in water with 10% lemon juice or they can be cleaned with a non abrasive cleaner.



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

Breville 5 year motor guarantee

The Breville ikon™ Froojie™ Juice Fountain® is constructed with a heavy duty motor. So heavy duty, we have given the motor a 5 year guarantee against faulty materials or manufacture. This warranty is an extension of the 12 month replacement guarantee and covers the motor only. The warranty does not cover damage caused by accident, misuse, or being used in a manner not stated in the instruction book.

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

12 month replacement guarantee

The Breville ikon™ Froojie™ Juice Fountain® is totally covered for the first 12 months against faulty material or manufacture by the Breville 12 month replacement guarantee (see Guarantee Card enclosed).

Trouble shooting guide

Machine will not work when switched 'ON'

The safety locking arm may not be correctly engaged in the vertical operating position with the locking arm located into the two grooves on either side of the juicer cover (page 8 step 5).

Motor appears to stall when juicing

1. Wet pulp can build up under the juicer cover if the juicing action is too vigorous. Try slower juicing action by pushing the food pusher down more slowly (page 10 step 4). Follow Disassembling and Cleaning instructions and clean the filter bowl surround, the juice disc and the juicer cover.
2. The ikon™ Froojie™ Juice Fountain® will automatically stop operating if the motor is stalled for more than 10 seconds. Either too much food is being processed at one time or the pieces are not small enough. Try trimming the food or cutting into smaller pieces of even size and processing a smaller amount per batch. To continue juicing, reset the ikon™ Froojie™ Juice Fountain® by pressing the 'On/Off' switch on the control panel to 'Off' then turn the appliance back on by pressing 'On/Off' switch to 'On'.
3. 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 9 to determine the correct speed for the fruits and vegetables selected for juicing.

Excess pulp building up in the stainless steel filter basket

Stop the juicing process and follow Disassembling Instructions. Remove the juicer cover, scrape off pulp, reassemble and begin juicing again. Try alternating (soft and hard) vegetable and fruit varieties.

Pulp too wet and reduced extracted juice

Try a slower juicing action.

Remove juice disc and thoroughly clean mesh walls with a cleaning brush. Rinse the juice disc under hot water. If the fine mesh holes are blocked, soak the 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 juicer cover

Try a slower juicing speed and push the food pusher down the feed chute more slowly (page 10, step 6).

Juice sprays out from spout

Use juice jug and lid provided, or if juicing into a glass use the custom designed juice nozzle.

Try using fruits with more water content to help flush through the contents. Additionally, try a slower juicing action by feeding one piece in at a time and by pushing the food pusher down more slowly.

When using the Froojie™ Extractor, the filter bowl surround becomes full and clogs its spout.

Try using fruits with more water content to help flush through the contents. Additionally, try a slower juicing action by feeding one piece in at a time and by pushing the food pusher down more slowly.

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.

95% 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 (page 21-22).
- 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, guava, 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 ikon™ Froojie™ Juice Fountain® but remove the skin and excess pith before juicing.
- A small amount of lemon juice can be added to apple juice to reduce discolouration.

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

Note

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.

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.

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, Vitamin C	200g Apple = 300Kj (72 cal)
Apricots	Summer	Unwrapped in crisper of refrigerator	High in Dietary Fibre, Potassium	30g Apricot = 84Kj (20 cal)
Banana	Spring	Cool, dry place	Dietary Fibre, Potassium, Vitamin C, B6	250g Bananas = 836Kj
Beetroot	Winter	Cut off tops, then refrigerate unwrapped	Good source of Folate, Dietary Fibre, Vitamin C, Potassium	160g Beetroot = 188Kj (45 cal)
Blueberries	Summer	Cover in the refrigerator	Vitamin C	125g Blueberries = 293Kj (70 cal)
Broccoli	Autumn Winter	Plastic bag in refrigerator	Vitamin C, B2, B5, B6, E, Folate, Dietary Fibre	100g Broccoli = 196Kj (23 cal)
Brussel Sprouts	Autumn Winter	Unwrapped in crisper of refrigerator	Vitamin C, B2, B6, E, Folate, Dietary Fibre	100g Brussel Sprouts = 109Kj (26 cal)
Cabbage	Winter	Wrapped, trimmed in the refrigerator	Vitamin C, B6, Folate, Potassium Dietary Fibre	100g Cabbage = 109Kj (26 cal)
Carrots	Winter	Uncovered in refrigerator	Vitamin A, C, B6, Dietary Fibre	120g Carrots = 125Kj (30 cal)
Cauliflower	Autumn Winter	Remove outer leaves, store in plastic bag in refrigerator	Vitamin C, B5, B6, K, Folate, Potassium	100g Cauliflower = 55Kj (13 cal)
Celery	Autumn Winter	Refrigerate in plastic bag	Vitamin C, Potassium	80g stick = 29Kj (7 cal)
Cucumber	Summer	Crisper in refrigerator	Vitamin C	280g Cucumber = 121Kj (29 cal)
Fennel	Winter Spring	Crisper in refrigerator	Vitamin C, Dietary Fibre	300g Fennel = 146Kj (35 cal)
Grapes (seedless)	Summer	Plastic bag in refrigerator	Vitamin C, B6, Potassium	125g Grapes = 355Kj (85 cal)
Kiwi Fruit	Winter Spring	Crisper in refrigerator	Vitamin C, Potassium	100g Kiwi Fruit = 167Kj (40 cal)

Fruit and vegetable facts continued

Fruit and vegetables	Best season to buy	Storage	Nutritional value	Kilojoule / Calorie count
Mangoes	Summer	Covered in refrigerator	Vitamin A, C, B1, B6, Potassium	240g Mango = 426Kj (102 cal)
Melons (including Watermelon)	Summer Autumn	Crisper in refrigerator	Vitamin C, A, Folate, Dietary Fibre	200g Melon = 209Kj (50 cal)
Nectarines	Summer	Crisper in refrigerator	Vitamin C, B3, Potassium, Dietary Fibre	180g Nectarines = 355Kj (85 cal)
Oranges	Winter Autumn Spring	Cool, dry place for 1 week, transfer to refrigerator to keep longer	Vitamin C 35mg / 100g	130g Orange = 259Kj (62 cal)
Peaches	Summer	Refrigerate uncovered	Vitamin C, B3, Potassium, Dietary Fibre	150g peach = 205Kj (49 cal)
Pears	Autumn	Refrigerate uncovered	Dietary Fibre	150g Pear = 350Kj (60 cal)
Pineapples	Summer	Refrigerate uncovered	Vitamin C	150g Pineapple = 245Kj (59 cal)
Plums	Summer	Refrigerate uncovered	Dietary Fibre	70g Plums = 110Kj (26 cal)
Raspberries	Summer	Covered in refrigerator	Vitamin C, Iron, Potassium, Magnesium	125g Raspberries = 130Kj (31 cal)
Strawberries	Spring	Cover in the refrigerator	Vitamin C, Folate, Calcium, Potassium, Phosphorus	144g Strawberries = 65Kj (46 cal)
Tomatoes	Summer	Uncovered in crisper of refrigerator	Vitamin C, E, A, Dietary Fibre, Folate	100g Tomatoes = 92Kj (22 cal)

Your ikon™ Froojie™ Juice Fountain® makes invigorating frothy orange juice. Simply peel the oranges and juice (best to refrigerate oranges before juicing).

Note

Recipes



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USING JUICE EXTRACTOR - Fresh Starts

APPLE, CARROT AND CELERY JUICE

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

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

1. Process apples, carrots and celery through ikon™ Froojie™ Juice Fountain® using speed 5.
2. Mix well and serve immediately.

TOMATO, CARROT, CELERY AND LIME JUICE

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

1. Process tomatoes, lime, carrot and celery through ikon™ Froojie™ Juice Fountain® using speeds 1, 3 and 5.
2. Serve immediately.

ORANGE, CARROT AND BEETROOT JUICE

4 oranges, peeled
2 medium carrots
3 medium beetroot

1. Process oranges, carrots and beetroot through ikon™ Froojie™ Juice Fountain® using speeds 3 and 5.
2. Serve immediately.

PEACH, GRAPEFRUIT AND APPLE JUICE

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

1. Process peaches, grapefruit and apple, through ikon™ Froojie™ Juice Fountain® using speeds 2, 3 and 5.
2. Serve immediately.

STRAWBERRY, APPLE AND PEAR JUICE

1 cup strawberries, hulled
1 small Granny Smith apple
3 small ripe pears, stalks removed

1. Process strawberries, apple and pears through ikon™ Froojie™ Juice Fountain® using speeds 1 and 5.
2. Serve immediately.

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 ikon™ Froojie™ Juice Fountain® using speeds 1 and 2.
2. Serve immediately.

USING JUICE EXTRACTOR - Fresh Starts

TOMATO, CUCUMBER, PARSLEY AND CARROT JUICE

3 medium tomatoes
1 large cucumber, peeled, if desired
1 large bunch fresh parsley
3 medium carrots

1. Process tomatoes, cucumber, parsley and carrots through ikon™ Froojie™ Juice Fountain® using speeds 1, 4 and 5.
2. Serve immediately.

ORANGE, GINGER, CELERY AND KUMARA JUICE

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

1. Process oranges, ginger, celery and kumara through ikon™ Froojie™ Juice Fountain® using speeds 3 and 5.
2. Serve immediately.

PARSNIP, CELERY AND PEAR JUICE

2 parsnips
4 sticks celery
4 medium pears, stalks removed

1. Process parsnips, celery and pears through ikon™ Froojie™ Juice Fountain® using speed 5.
2. Serve immediately.

USING JUICE EXTRACTOR - Vitamin Replaces

TOMATO, RED CAPSICUM, PARSLEY AND CARROT JUICE

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

1. Trim stem from capsicums and remove seeds.
2. Process tomatoes, capsicums, parsley and carrots through ikon™ Froojie™ Juice Fountain® using speeds 1, 4 and 5.
3. Serve immediately.

BLACKBERRY, GRAPEFRUIT AND PEAR JUICE

250g blackberries
2 grapefruits, peeled
3 ripe pears, stalks removed

1. Process blackberries, grapefruit and pears through ikon™ Froojie™ Juice Fountain® using speeds 1, 3 and 5.
2. 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 ikon™ Froojie™ Juice Fountain® using speed 5.
2. Serve immediately.

CUCUMBER, CELERY, BEAN SPROUT AND FENNEL JUICE

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

1. Process cucumber, celery, bean sprouts and fennel through ikon™ Froojie™ Juice Fountain® using speeds 4 and 5.
2. Serve immediately.

FROTHY ORANGE JUICE

Refrigerate oranges before juicing
1kg oranges, peeled

1. Process oranges through ikon™ Froojie™ Juice Fountain® using speed 3.
2. Serve immediately.

USING JUICE EXTRACTOR - Liquid Lunches

FRESH VEGETABLE SOUP WITH NOODLES

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

1. Process tomato, capsicum, onion and carrots through ikon™ Froojie™ Juice Fountain® 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 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.
7. Pour soup into 4 serving bowls, sprinkle with black pepper to taste and serve immediately.

GAZPACHO

4 medium tomatoes
4 sprigs fresh parsley
1 red capsicum, base removed and seeded
1 Lebanese cucumber
1 large clove garlic, peeled
1 small onion, peeled and trimmed
2 carrots
2 stalks celery
2 tablespoons red wine vinegar
Freshly ground black pepper
1 cup crushed ice
3 tablespoons chopped fresh basil

1. Process tomatoes, parsley, red capsicum, cucumber, garlic, onion, carrots and celery through ikon™ Froojie™ Juice Fountain® using speeds 1, 4 and 5.
2. Stir in vinegar and black pepper.
3. Arrange ice in four soup bowls.
4. Pour soup over ice in bowls, sprinkle with basil and serve immediately.

USING JUICE EXTRACTOR - Liquid Lunches

MANGO, ROCKMELON AND ORANGE YOGHURT DRINK

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

1. Process mango, rockmelon and oranges through ikon™ Froojie™ Juice Fountain® using speeds 1, 2 and 3.
2. Pour into a large bowl. Whisk in yoghurt.
3. Pour into glasses and serve immediately.

PASTA WITH PROVENCE STYLE SAUCE

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

1. Process tomatoes, parsley, red capsicum, celery, garlic and onion through ikon™ Froojie™ Juice Fountain® 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.
6. Serve immediately.

USING JUICE EXTRACTOR - Icy Coolers

SPARKLING PEAR AND APRICOT COOLER

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

1. Process apricots and pears through ikon™ Froojie™ Juice Fountain® 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.
5. Serve immediately.

ROCKMELON, STRAWBERRY AND PASSION CRUSH

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

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

PEAR, RADISH AND CELERY CRUSH

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

1. Process pears, radishes and celery through ikon™ Froojie™ Juice Fountain® using speed 5.
2. Scoop ice into 4 glasses, pour in juice, mix well to combine.
3. Serve immediately.

TROPICAL BLEND

R8

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

1. Process mangoes, kiwi fruit, pineapple and mint through ikon™ Froojie™ Juice Fountain® using speeds 2 and 5.
2. Scoop ice into 4 glasses, pour in juice, mix well to combine.
3. Serve immediately.

TOMATO, NECTARINE, PASSIONFRUIT AND MINT ICY

6 tomatoes
2 nectarines, stones removed and halved
½ cup fresh mint leaves
Pulp of 4 passion fruit
1 cup crushed ice

1. Process tomatoes, nectarines and mint leaves through ikon™ Froojie™ Juice Fountain® using speeds 1 and 2.
2. Stir in passionfruit pulp.
3. Scoop ice into 4 glasses, pour in juice, mix well to combine.
4. Serve immediately.

CUCUMBER, PINEAPPLE AND CORIANDER ICY

2 cucumbers, peeled if desired
½ cup fresh coriander leaves
½ small pineapple, peeled and quartered
1 cup crushed ice

1. Process cucumbers, coriander and pineapple through ikon™ Froojie™ Juice Fountain® using speeds 4 and 5.
2. Scoop ice into 4 glasses, pour in juice, mix well to combine.
3. Serve immediately.

USING JUICE EXTRACTOR - Spirited Juices

COCONUT PINEAPPLE COLADA

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

1. Process pineapple through ikon™ Froojie™ Juice Fountain® using speed 5.
2. Stir in liqueur, coconut cream and soda water.
3. Scoop ice into 4 tall glasses, pour in juice mixture, mix well to combine.
4. Serve immediately.

HONEYDEW DREAM

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

1. Process honeydew melon through ikon™ Froojie™ Juice Fountain® using speed 1.
2. Stir in liqueur and soda water.
3. Scoop ice into 4 tall glasses, pour in melon mixture, mix well to combine.
4. Serve immediately.

BLOODY MARY

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

1. Process tomatoes, celery and red capsicum through ikon™ Froojie™ Juice Fountain® using speeds 1, 4 and 5.
2. Stir in Vodka. Scoop ice into 4 glasses, pour in tomato mixture, mix well to combine.
3. Serve immediately.

PEACH AND MINT JULEP

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

1. Process peaches and mint leaves through ikon™ Froojie™ Juice Fountain® using speed 2.
2. Stir in Crème de Menthe and sugar.
3. Scoop ice into 4 glasses, pour in peach mixture, top with mineral water, mix well to combine.
4. Serve immediately.

USING JUICE EXTRACTOR - Energy Fuel

GRAPE, KIWI FRUIT AND BERRY BOOSTER

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 ikon™ Froojie™ Juice Fountain® using speed 1.
2. Mix in milk, protein drink mix and crushed ice.
3. Pour into chilled glasses and serve immediately.

APRICOT, APPLE AND PEAR SPARKLE

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

1. Process apricots, apples and pears through ikon™ Froojie™ Juice Fountain® using speeds 2 and 5.
2. Stir in mineral water and ice.
3. Pour into chilled glasses and serve immediately.

ORANGE, CARROT, MINT AND BEETROOT QUENCHER

4 oranges, peeled
8 carrots
½ cup fresh mint leaves
2 small beetroots, trimmed

1. Process oranges, carrots, mint leaves and beetroots through ikon™ Froojie™ Juice Fountain® using speeds 3 and 5.
2. Serve immediately.

USING JUICE EXTRACTOR - 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 x 60g eggs
1 egg white
½ cup milk
2 tablespoons orange rind
3 tablespoons chopped fresh parsley

1. Layer the sheets of pastry, brushing between each sheet with melted 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.
3. 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 2 litres
4 bacon rashers, chopped
1 tablespoon lemon juice
½ cup sour cream, for serving

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.
3. Serve topped with sour cream.

USING JUICE EXTRACTOR - Fibre Favourites

CARROT, APPLE AND CELERY STRUDELS

30g butter
1 small onion, finely chopped
4½ cups carrot, apple and celery pulp, strained (see juice recipe on page R3)
250g cottage cheese
2 tablespoons chopped fresh mint
1 x 60g 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.
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
4. Parmesan cheese, top with another sheet of pastry, brush with butter, sprinkle with more cheese. Repeat with last sheet of pastry.
5. 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 brown.

PARSNIP, HERB AND POLENTA HOT CAKES

2 cups parsnip pulp, strained
¼ cup milk
2 x 60g eggs, separated
¼ cup self-raising flour
¼ cup polenta (corn meal)
1 teaspoon chopped fresh thyme
1 teaspoon chopped fresh rosemary
1 teaspoon Cajun seasoning
1 small red capsicum, finely chopped
3 tablespoons oil

1. Combine parsnip pulp, milk, egg yolks, self-raising flour, polenta, thyme, rosemary, Cajun seasoning and red capsicum in a large mixing bowl. In a separate 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 brown.
3. Serve immediately.

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
¼ cup icing sugar
2 tablespoons Grand Marnier

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

USING JUICE EXTRACTOR - Fibre Favourites

CARROT CAKE

1¼ cups plain flour
2 teaspoons baking powder
½ teaspoon ground nutmeg
½ teaspoon ground cinnamon
½ teaspoon ground cardamom
½ cup peanuts, finely chopped
½ cup sultanas
½ cup brown sugar, firmly packed
1½ cups carrot pulp
2 x 60g eggs, lightly beaten
½ cup oil
¼ cup sour cream

1. Grease and line a 25cm x 15cm loaf pan.
2. Sift flour, baking powder, nutmeg, cinnamon and cardamom into a large mixing bowl.
3. Add, peanuts, sultanas, brown sugar and carrot pulp. Stir to combine.
4. Add eggs, oil and sour cream. Beat with electric mixer, using medium speed until all ingredients are well blended. Pour into loaf pan.
5. 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 turning out onto a wire cake rack.

FAMILY MEAT LOAF

500g lean beef mince
500g sausage mince
2 onions, finely chopped
½ cup carrot pulp, strained
½ cup potato pulp, strained
2 teaspoons curry powder
1 teaspoon ground cumin
1 tablespoon chopped fresh parsley
1 x 60g egg, lightly beaten
½ cup evaporated milk
½ cup beef stock
Freshly ground black pepper
2 tablespoons slivered almonds

Tomato Glaze

½ cup beef stock
4 tablespoons tomato sauce
1 teaspoon instant coffee powder
3 tablespoons Worcestershire sauce
1½ tablespoons vinegar
1½ tablespoons lemon juice
3 tablespoons brown sugar
¼ cup butter

1. Place beef mince, sausage mince, onions, carrot pulp, potato pulp, curry powder, cumin, parsley, egg, evaporated milk, stock and black pepper in a bowl, mix to combine.
2. Press mixture into a lightly greased 11cm x 21cm loaf pan. Press almonds into top of mixture to make a pattern.
3. Make Tomato Glaze and pour over meat loaf and bake, for 40 minutes.
4. 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.

USING FROOJIE™ EXTRACTOR - Salsa, Fresh Relishes, Sauces, Dips

FRESH NECTARINE SALSA

Makes 5½ cups

500g nectarines, peeled and stones removed
½ red capsicum, deseeded and finely chopped
½ small red chilli, deseeded and finely chopped
3 teaspoons finely chopped fresh ginger
2 tablespoons finely chopped fresh coriander leaves
1 teaspoon lemon juice
1 teaspoon sugar
¼ teaspoon ground cumin seed
sea salt to taste

1. Process nectarines through Froojie™ Extractor.
2. Pour nectarine mixture into a bowl, add all remaining ingredients and mix well.
3. Season to taste with salt.
4. Serve with Curry and rice or as an accompaniment to chicken or fish.

BEET AND CHIVE DIP

Makes approx 3 cups

850g canned baby beets, well drained
½ cup snipped chives
1 clove garlic, crushed
⅔ cup mascarpone cheese
1 teaspoon lemon juice
Sea salt
Freshly ground black pepper

1. Process beets using Froojie™ 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.
5. Serve with crackers and fresh vegetable pieces.

TOMATO, CHILLI AND PANCETTA SAUCE

Serves 4

125g sliced pancetta, chopped
1 kg fresh ripe tomatoes, cored and quartered
2 tablespoons olive oil
2 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

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 Froojie™ 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.

USING FROOJIE™ EXTRACTOR - Soups

ITALIAN FENNEL AND BEAN SOUP

Serves 6

2 chorizo sausages, sliced
1½ kg fresh ripe tomatoes, cored and quartered
¼ cup olive oil
2 large onions, diced
4 cloves garlic, finely chopped
1 small bulb fresh fennel, sliced and chopped
2 sticks celery, diced
2 large carrots, diced
1 tablespoon finely chopped fresh rosemary leaves
2 cups vegetable stock
1 teaspoon sugar
½ cup small pasta
400g can borlotti or cannelloni beans, drained and rinsed
Salt and pepper
½ cup chopped fresh Italian parsley

1. Cook chorizo in a heavy based frying pan until well browned and crisp.
2. Drain on absorbent paper and set aside.
3. Process tomatoes using Froojie™ Extractor.
4. Heat oil in a large saucepan, add onions and garlic, fry over a low heat for about 10 minutes.
5. Add fennel, celery and carrots and cook for 5 minutes.
6. Add tomatoes, chorizo slices, rosemary, stock and sugar, bring to the boil.
7. Lower heat, simmer covered for 30 minutes.
8. Add pasta, cook for 5 minutes.
9. Stir in drained beans, cook a further 3 to 4 minutes to heat through.
10. Season soup to taste with salt and pepper.
11. Sprinkle soup with chopped parsley. Serve with fresh crusty bread.

If soup becomes too thick add a little extra stock.

Note

USING FROOJIE™ EXTRACTOR - Desserts and Fruit Sauces

MANGO GELATO

Serves 4 to 6

400g fresh mango pieces

½ cup sugar

½ cup cream

2 tablespoons fresh lemon juice

1. Process mango pieces using Froojie™ 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.

TROPICAL ICE POPS

Makes approximately 12 ice pops

1 punnet strawberries, hulled

¼ rockmelon, seeded and chopped

2 bananas, peeled

½ small pineapple, peeled and cored

4 passionfruit

1. Process strawberries using Froojie™ Extractor and pour into ice block containers.
2. Process rockmelon using Froojie™ 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.

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PINEAPPLE, PASSIONFRUIT SHERBET

Serves 6

1 medium pineapple, peeled

8 passionfruit, pulp removed

½ cup sugar syrup (see recipe below)

1. Cut peeled pineapple into quarters. Remove core and discard.
2. Cut pineapple into chunks.
3. Process pineapple and passionfruit pulp through juicer using Froojie™ 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 approximately 3 cups

3 cups white sugar

2 cups water

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.
4. Store in an airtight container in a cool place.

STRAWBERRY COULI

Makes approximately ¾ cup

1 punnet strawberries, hulled

2 tablespoons icing sugar

1. Process strawberries using Froojie™ Extractor.
2. Add icing sugar, to processed strawberries and mix well.
3. Serve spooned over ice cream, meringue or chocolate cake.

USING FROOJIE™ EXTRACTOR - Drinks and Froojies™

FULL FRUIT FROOJIES™

Dairy free fruit smoothies made with 100% fruit.

Combines soft fruits, such as bananas, with harder fruits to create exciting new drink combinations.

RASPBERRY AND BANANA FROOJIE™

Serves 2

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

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

PEAR AND BLUEBERRY FROOJIE™

Serves 2

- 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

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

PINEAPPLE AND ROCKMELON FROOJIE™

Serves 2

- ½ small rockmelon, peeled, seeded and chopped
- ¼ small pineapple, peeled, cored and chopped
- Chilled water to serve

1. Process rockmelon and pineapple using Froojie™ Extractor.
2. Pour into 2 large glasses and top up with chilled water to desired thickness.
3. Serve immediately.

PEACH AND BANANA, YOGI

Serves 2

- 1 large ripe peach, peeled, stone removed, chopped
- 1 banana, peeled
- 2 tablespoons pure maple syrup
- ½ cup natural yoghurt
- ½ cup milk

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

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