# COMPACT JUICE EXTRACTOR
# EXTRACTOR DE JUGOS COMPACTO

User Guide/ Guía del Usuario:

**FPSTJE3157 SERIES**

*Safety*
*Seguridad*

*How to use*
*Cómo usar*

*Cleaning*
*Cuidado y Limpieza*

*Recipes*
*Recipes*

*Warranty*
*Garantía*

**www.oster.com**

**CONGRATULATIONS** on your purchase of your new Oster® Compact Juice Extractor. You have taken an important step to quick start your juicing journey for a Healthy Living…TODAY!

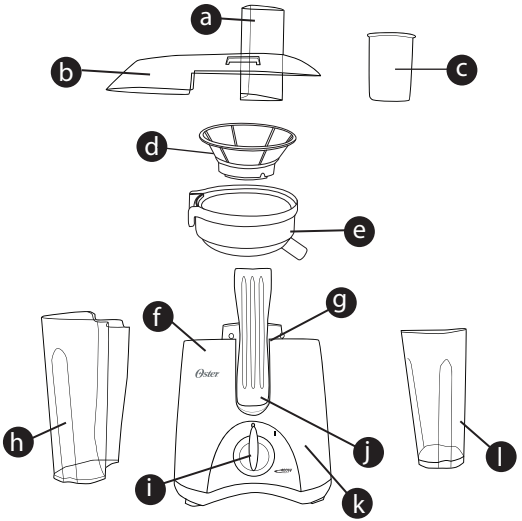
This multi-functional product allows you to extract nutrients from soft and hard fruits and veggies . Now you can quickly and easily prepare nutritious and delicious drinks to boost your day!

**The Benefits of Juicing:**
Juicing is a quicker way to extract many of the health benefits you need from fresh fruits and veggies, including antioxidants and nutrients that help your body stay healthy, boost your immune system, help you remove toxins, aid digestion and help you lose weight. Juicing eliminates the digestion process for a faster absorption. Please note that "whole fruits and vegetables" also have healthy fiber that is needed for your body. We recommend you to consume both in conjunction for a healthy daily fiber intake.

We have included Helpful Tips and Recipes created by the Oster® Juicing team, to please the most demanding palates (including your Kids') and guide you through the juicing journey. Whether you like proven and tested recipes or feel like experimenting, you can take your first delicious step to a healthier you today!

If you have any comments, questions or inquiries about this innovated product, please call 1-800-334-0759.

# LEARNING ABOUT YOUR JUICE EXTRACTOR




- **a** Food Chute
- **b** Juice Extractor Lid/Cover
- **c** Food Pusher
- **d** Stainless Steel Filter
- **e** Filter Basket
- **f** Motor Base Housing
- **g** Safety Switch (both sides)
- **h** Large Pulp Collector Cotainer
- **i** ON/OFF Switch (I/O)
- **j** Safety Locking Arms (both sides)
- **k** Powerful 400-watt Motor
- **l** Large Capacity 20 oz. (2.5-cup) Jar

# IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should always be followed, including the following:

1. Read all instructions before using your juice extractor.
2. To protect against risk of electrical shock, DO NOT put power cord or motor base in water or any other liquid.
3. Close supervision is necessary when any appliance is used by or near children.
4. Unplug from outlet when not in use, before putting on or taking off parts, and before cleaning.
5. Avoid contact with moving parts. DO NOT touch the small cutting blades located at the base of the stainless steel filter.
6. DO NOT operate any appliance with a damaged cord or plug or after the appliance malfunctions, or is dropped or damaged in any manner. Return appliance to the nearest authorized service center for examination, repair or electrical or mechanical adjustment.
7. The use of attachments not recommended or sold by the manufacturer may cause fire, electric shock or injury.
8. DO NOT use outdoors.
9. DO NOT let cord hang over edge of table or counter.
10. DO NOT let cord touch hot surfaces, including the stove.
11. DO NOT operate this appliance continuously for more than 5 minutes.
12. Always make sure juicer lid/cover is clamped securely in place before motor is turned on. DO NOT unfasten clamps while juicer is in operation.
13. Be sure to turn switch to off position "O" after each use of your juicer. Make sure the motor stops completely before disassembling.
14. DO NOT PUT YOUR FINGERS OR OTHER OBJECTS INTO THE JUICER OPENING WHILE IT IS IN OPERATION. IF FOOD BECOMES LODGED IN THE OPENING, USE FOOD PUSHER OR ANOTHER PIECE OF FRUIT OR VEGETABLE TO PUSH IT DOWN. WHEN THIS METHOD IS NOT POSSIBLE TURN THE

MOTOR OFF, UNPLUG FROM OUTLET AND DISASSEMBLE JUICER TO REMOVE THE REMAINING FOOD.

15. DO NOT use the appliance if the rotating sieve/filter is damaged.
16. DO NOT push produce into the feed chute with your finger. Always use the food pusher provided.
17. DO NOT touch the small cutting blades in the base of the stainless steel filter basket.
18. Always make sure the juice extractor is properly and completely assembled before operating. The unit will not turn on unless properly assembled.
19. Always use the juice extractor on a dry, level surface.
20. Always turn the juice extractor off first before unplugging it from the outlet.
21. DO NOT place this appliance on or near a hot gas or electric burner or where it could touch a heated oven.
22. This 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.
23. Children should be supervised to ensure that they do not play with the appliance.

THIS APPLIANCE IS FOR HOUSEHOLD USE ONLY.

# SAVE THESE INSTRUCTIONS

To reduce the risk of electrical shock, this appliance has a polarized plug (one blade is wider than the other). This plug fits a polarized outlet only one way. This is a safety feature intended to help reduce the risk of electrical shock. If the plug does not fit fully into the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to defeat this safety feature.

If a longer detachable power-supply cord or extension cord is used, the marked electrical rating of the extension cord should be the same as that of your juicer. The extension cord should be arranged so that it will not drape over the countertop or tabletop where it can be pulled on by children or tripped over unintentionally.

# INSTRUCTIONS FOR USE

## BEFORE USING YOUR JUICE EXTRACTOR

Follow the assembling instructions listed below before using your Oster® Juice Extractor:

- Before you start assembling your juice extractor, make sure it is unplugged and it is placed on a dry and level surface
- Place filter basket on top of the motor base (Figure 1)
- Place the stainless steel filter on top of the filter basket pushing down and turning it until it fits into the grooves of the motor shaft (Figure 2)
- Place juicer cover/lid on top of the filter basket (Figure 3)
- Raise the safety locking arms, then lower them to securely fit into the grooves in the lid and then firmly press lower part of the locking arms into the unit ensuring they lock the lid into the unit (Figure 4)
- Place the pulp container into position by tilting it slightly (Figure 5)
  **Important:** Make sure Pulp Container edge is underneath the lip of the basket
- Place the 20 oz. jar under the spout located on the right hand side of the juicer by tilting it slightly. Other jars or glasses can be used as well (Figure 6)

Figure 1

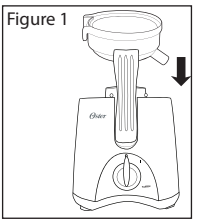


Figure 2

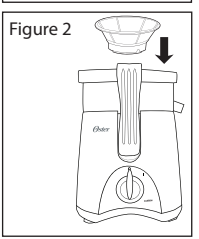


Figure 3

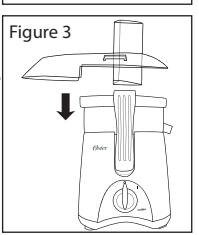


Figure 6

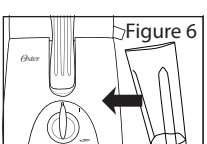


Figure 5

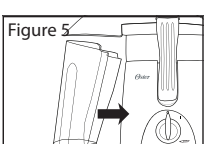
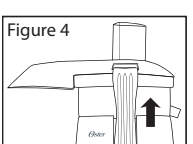


Figure 4



## OPERATING INSTRUCTIONS

1. Prepare your fruits and vegetables by washing them. thoroughly and peeling off those that need the skin removed.
2. Prepare the fruits and vegetables by cutting them into smaller pieces to ensure they will fit in the chute.
3. Make sure your juice extractor is properly assembled. Please follow the instructions from the section "Before Using Your Juice Extractor."
4. Ensure the juice extractor and its accessories are clean by following the cleaning and maintenance section of this manual.
5. Place the jar or any other container/glass you may wish to use to collect the juice under the spout and make sure the pulp collector is in place prior to begin juicing. Do not allow the pulp collector container to overfill as this may cause the unit to stall.
6. Plug the power cord into an electrical outlet and turn the unit on "I".
7. Once the juicer is on, place the fruits and vegetables on the food chute and use the food pusher slowly to drive them down. In order to extract the maximum amount of juice, it is important to push the food pusher slowly.
8. The juice extractor will separate the juice and the pulp in the jar and pulp collector while you are juicing.

**NOTE:** Both the pulp container as well as the jar can be emptied during juicing by turning the juice extractor off "O." Make sure to place both containers back in place before you resume juicing.

**NEVER USE HAND OR FINGERS TO PUSH FOOD DOWN THE FOOD CHUTE OR TO CLEAR THE FOOD CHUTE. ALWAYS USE THE FOOD PUSHER PROVIDED.**

## AFTER USING YOUR JUICE EXTRACTOR

Before cleaning and storing your juice extractor, follow the instructions below to disassemble the unit:

- Turn juice extractor off "O" and unplug it from the electrical outlet (Figure 1)

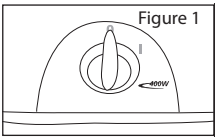


Figure 1

- Remove the jar and the pulp collector container by tilting it slightly (Figure 2)

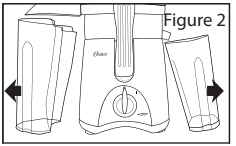


Figure 2

- Unlock the safety locking arms to release the cover/lid (Figure 3)
- Lift the lid up and remove it from the juice extractor (Figure 4)

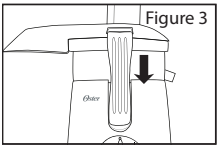


Figure 3

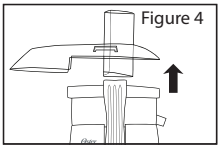


Figure 4

- In order to remove the filter basket and the filter, hold the filter basket with two hands and then lift it straight up (Figure 5)

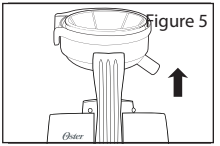


Figure 5

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

# CARE & CLEANING

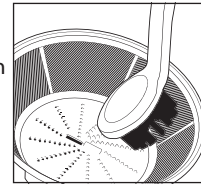
## CLEANING

All parts are removable and dishwasher safe, with the exception of the motor base.

- After disassembling all removable parts of the juice extractor, wash them by hand with warm soapy water or in the dishwasher (top shelf only). If the pulp dries out in the pulp collector container, the filter or the filter basket, let it soak in water for approximately 10 minutes before washing it

- Wipe the motor base with a damp cloth It is very important to keep the filter very clean, free of residues blocking the holes in order to ensure optimal performance

- Use a nylon brush (not included) to clean it thoroughly, if necessary. If the holes in the mesh remain blocked, soak the filter in hot water with a water solution with 10% lemon juice



**NOTE:** DO NOT IMMERSE THE MOTOR BASE IN WATER OR ANY OTHER LIQUID.

## MAINTENANCE

- Some plastic parts might stain when in contact with some fruits and vegetables for too long. In order to avoid this from happening, all parts should be washed immediately after each use

## PROBLEMS AND SOLUTIONS

| PROBLEM | SOLUTION |
|---|---|
| Juice Extractor will not work after switching on "I" | • Safety locking arms may not be locked properly in its position<br>• Turn off and unplug unit and ensure all parts are assembled properly<br>• Turn off and unplug unit and check if there are any residues blocking the unit |
| Motor makes loud noise and unit starts vibrating | • Turn off and unplug unit and ensure all parts are assembled properly<br>• Juicing overripe fruits may produce too much pulp and clog the filter. Turn off and unplug unit and clean the filter thoroughly |
| Motor appears to stall when juicing | • If pulp starts building up under the lid, slow down the juicing process. Turn off and unplug unit and clean the filter basket, the stainless steel filter and the lid |
| Too much pulp build up on stainless steel filter | • Follow the instructions to disassemble the unit included in the "After Using Your Juice Extractor" section. Clean up pulp from the filter |

## PROBLEMS AND SOLUTIONS

| | |
|---|---|
| Pulp too wet and reduced juice extraction | • Try a slower juicing action by pushing the food Pusher down slower. Remove stainless steel mesh filter and thoroughly clean mesh with a nylon brush. Rinse the filter basket with 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 fiber build up (from fruit or vegetables), which could be reducing the flow of juice |
| Juice leaks between the rim of the Juicer and Cover the Filter. | • Try a slower juicing action by pushing the Food Pusher down slower |

## TIPS AND SUGGESTIONS

- Do not place any fruits or vegetables until you turn the unit on. Allow unit to run for at least 10 seconds before you start juicing
- Do not allow the pulp container to overfill as this may prevent correct operation or damage the unit
- Ensure to remove large pits from fruits such as peach, mango, etc as they can damage the unit
- You can use a plastic bag inside the pulp collector container to avoid having to clean it
- Do not use bananas or avocados as they do not contain juice and will clog the unit. You can use a blender to add them to the juice
- You can use the pulp of the juices you prepare in a variety of ways. The pulp from fruits and vegetables contains high amounts of fiber and cellulose, which are essential for a healthy and well balanced diet. You can use the pulp to thicken soups, bulk up rissoles and thicken casseroles or to enhance your desserts. Make sure to use the pulp the same day you juice to avoid loss vitamins

Oster

# MIX&MATCH - QUICK START RECIPE GUIDE

This guide will help you Juice the fruits and vegetables commonly used to create your own custom juice or smoothie.

**Step 1:**
Pick 1 or 2 Fruits

**Step 2:**
Pick 1 or 2 veggies

**Step 3:**
Add liquids and enhancers if desired

**Step 4:**
To boost your juice, you can mix your favorite booster with the juice result, in a Blender or Hand Blender to create Smoothies. Visit www.Oster.com for suggested models

| JUICE EXTRACTOR | | PERSONAL BLENDER | | |
|---|---|---|---|---|
| **FRUITS** | **VEGGIES** | **LIQUIDS** | **ENHANCERS** | **BOOSTS** |
| Pineapples ( 1 to 1/2 cup)<br>Bananas (1/2)<br>Cranberries (1 cup)<br>Blueberries (1 cup)<br>Beets (1 medium)<br>Apples ( 1 medium) | Celery stalks (2)<br>Kale Leaves (1 cup)<br>Cucumbers ( 4- inch piece)<br>Spinach Leaves (1 cup)<br>Tomatoes (1 medium)<br>Parsley (1/2 cup)<br>Carrots (2 medium) | Lemon Juice ( 1 to 2 tbsp)<br>Orange juice (1/2 cup)<br>Cold brewed green tea (1 cup)<br><br>Ice cubes (1/2 cup) | Agave Syrup (1 tbsp)<br>Brown Sugar ( 1 tbsp) | Peanut Butter (1 tbsp)<br>Protein Powder ( 1 tbsp)<br>Greek Yogurt (1/2 to 1 cup)<br>Flaxseeds (1-2 tsp)<br>Chia Seeds (1-2 tsp) |
| Apples ( 1 medium)<br>Kiwis- (1 pc)<br>Pears (1 pc)<br>Honeydew melon ( 1/4 to 1/2 cup)<br>Grapes ( 1/2 to 1 cup)<br>Bananas (1/2)<br>Cantaloupe (1 cup)<br>Grapefruit (1 medium) | Carrots (2 medium)<br>Broccoli florets (1 cup)<br>Spinach leaves (1 cup) | Juice of 1 lime (1 to 2 tbsp) | Honey ( 2 tbsp)<br>Brown Sugar ( 1 tbsp)<br>Agave Syrup (1 tbsp) | Greek Yogurt (1/2 cup)<br>Flaxseeds (1-2 tsp)<br>Chia Seeds (1-2 tsp) |
| Blueberr ies (1 cup)<br>Cranberries (1 cup)<br>Strawberries (1 cup)<br>Raspberries (1 cup)<br>Apples ( 1 medium)<br>Pineaples (1/2 cup) | Spinach leaves (1 cup)<br>Arugula leaves ( 1 cup)<br>Watercress leaves ( 1/2 cup)<br>Ginger (1-inch piece) | Juice of 1 lime (1 to 2 tbsp)<br>Cold brewed green tea (1 cup)<br><br>Ice cubes (1/2 cup) | Honey ( 2 tbsp) | Greek Yogurt- 1/2 cup<br>Flaxseeds (1-2 tsp)<br>Chia Seeds (1-2 tsp) |

Cut and place this chart in your fridge for quick reference

Cut and place this chart in your fridge for quick reference

**Helpful Tips**

- If using ice when blending, Use 1-4 cubes for a thin, chilled shake or use 5-10 cubes for thicker, pudding-like consistency shake
- Berries and Green leaves can be juiced or blended based on your preference
- Cut fruits and veggies like apples and beets into pieces that fit the food chute if needed
- Some protein powders have thickerness added. This will increase the thickness of oyur shake
- less liquid=thick shakes, more liquid=thin shakes
- If you add celery or cucumber, make sure to watch the amount of liquids you add
- Be careful not to force any food into the opening that be too big nor apply excessive force to the pusher as this and might result in jamming the blade, causing a thermal Cut Off and stopping the blade
- Turn the machine on before adding fruits and veggies

**General Guidelines for Juicing**

- Juice softer items first and then follow with a harder one i.e. juice tomatoes first and then celery
- Always serve juices immediately. After seconds, it starts to loose nutrients
- Use apples to sweeten veggie mixes and carrots blends well with fruits
- When juicing leafy greens (spinach, cabbage, herbs, etc.) always roll into a ball before feeding through the chute.
- Skins: juicing with them is a personal preference
- Stems: remove them as they don't have nutritional value. Juts grape stems are beneficial.
- Seeds: removing them is discretionary
- Citrus Fruits-We recommend you to remove the skins and seeds from citrus fruits due their tart flavor, but it is a personal preference
- Do not juice Bananas, Avocados and Coconuts as they don't produce juice. Blend them with your juice for a thicker drink or smoothie.
- Use the Pulp!-Save the pulp from the lid and pulp collector to use it in an innumerable healthy ways…
- Smoothies: add juice, ice, low-fat milk or yogurt in your blender to prepare healthiest and tastiest smoothies.
- Muffins, Breads and Pies: fruit and veggies provide fiber and a sweet taste to your dough
- Favorite Dishes: Meat Loaf, Quiches, Casseroles, Lasagna, Soups, Stews and more: Veggie pulp adds thickness and flavor to your favorite recipes

**Healthful Content**

Incorporate the wealth of nutrients contained in fruits and vegetables in to your diet!

Below you will find some of the healthful contents of your favorite ones + plus boosters healthy benefits :

| | |
|---|---|
| **Apple:** | boron, cellulose and pectin |
| **Cranberry:** | antibiotic and anti-viral elements |
| **Orange:** | natural aspirin and boron |
| **Papaya:** | vitamin A and potassium |
| **Pineapple:** | bromelain, manganese, vitamin c |
| **Beet:** | folic acid, iron, calcium, potassium |
| **Brocoli:** | beta catorene, vitamin c, calcium, iron, folic acid, chromium |
| **Carrot:** | beta carotene, vitamin A, C, pectin, fluorine, potassium |
| **Kale:** | antioxidants, calcium, iron, vitamin A, C |
| **Parsley:** | antioxidants, folic acid, iron, vitamin A, C |
| **Tomato:** | beta carotene and vitamin C |
| **Spinach:** | antioxidants, potassium, iron, calcium, vitamin C |
| **Berries:** | antioxidants, phytochemicals that help protect cell from damage, boost mental and heart health, fight urinary infections |
| **Chia Seeds:** | rich in fiber, Omega 3, Calcium, manganese, phosphorus, protein |
| **Flax Seeds:** | Omega 3-Fatty acids, vitamin B, magnesium, manganese, fiber, antioxidants |
| **Greek Yogurt:** | high protein content, calcium, vitamin D, calcium, build muscles, burn fat |
| **Peanut Butter:** | fiber, protein, Vitamin E, B3, cooper, iron, calcium, potassium, antimicrobial, lower LDL- bad cholesterol-, provides feeling of fullness. |
| **Protein Powders:** | |

# RECIPES

In the following recipes, you will find additional ingredients to boost your juice after processing fruits and vegetables with the Oster® Compact Juice Extractor. You can mix the juice result in a Blender if desired, to create the most delicious and nutritious smoothies. Please visit www.Oster.com for recommended blender models to suit your lifestyle!

## SUPER SMOOTHIE – VEGETABLE GALORE

| **JUICE…** | **BLEND with…** |
|---|---|
| 1 medium beet | ½ cup ice cubes |
| 2 medium carrots | 1 tbsp lemon juice |
| 1 medium tomato | **Boost if desired…** |
| 1 cup firmly packed spinach leaves | 1 -2 tsp Chia or Flax seeds |
| ½ cup parsley | |
| 2 small red apples | |

1-Cut the beet, carrots, tomato and apples into pieces that will fit into the food chute of the juice extractor. Process with spinach and parsley through the juice extractor.
2-Pour the juice into a blender jar, add the remaining ingredients and blend the mixture until smooth.
3- Serve in a glass.
Makes about 20 ounces.

## SUPER SMOOTHIE – TANGY VEGETABLE SMOOTHIE

**JUICE…**
1 medium Granny Smith apple- cut into pieces
1 cup broccoli florets
1 medium grapefruit, skin and white pith removed
1 cup kale leaves
1 cup firmly packed watercress

**BLEND with…**
½ cup plain Greek yogurt
2 tbsp honey
½ cup ice
**Boost if desired…**
1 -2 tsp Chia or Flax seeds

1-Cut the apple into pieces that will fit into the food chute of the juice extractor. Process with broccoli, grapefruit, kale and watercress through the juice extractor.
2-Pour the juice into a blender jar, add the remaining ingredients and blend the mixture until smooth.
3- Serve in glass.
Makes about 20 ounces.

## SUPER SMOOTHIE – ENERGY EXPLOSION

**JUICE…**
2 medium celery stalks
1 medium Granny Smith apple*
1 ½ cubed pineapple
Note:
* Replace by 1 cup cranberries when they are, in season if desired

**BLEND with…**
1 medium banana
1 tbsp peanut butter
Juice of 1 lemon (about 2 tbsp)
**Boost if desired…**
1 -2 tsp Chia or Flax seeds

1-Cut the celery, apple and pineapple into pieces that will fit into the food chute of the juice extractor. Process through the juice extractor.
2-Pour the juice into a blender jar, add the remaining ingredients and blend the mixture until smooth.
3- Serve in glass and if desired, garnish with a wedge of pineapple
Makes about 16 ounces.

## HEALTH BOOSTER – GREEN APPLE REFRESHER

| JUICE… | BLEND with… |
|---|---|
| 1 Granny Smith apple- cut into pieces-<br>1 medium carrot<br>1 kiwi<br>1 pear<br>1 cup firmly packed spinach leaves | 1 cup plain Greek yogurt<br>Juice of 1 lime (about 2 tbsp)<br>½ cup ice cubes<br>**Boost if desired…**<br>1 -2 tsp Chia or Flax seeds |

1-Cut the fruit into pieces that will fit into the food chute of the juice extractor. Process through the juice extractor.
2-Pour the juice into a blender jar, add the remaining ingredients and blend the mixture until smooth.
3- Serve in glass and If desired, garnish with a strawberry.
Makes about 20 ounces**.**

## HEALTH BOOSTER – HONEYDEW SMOOTHIE

| JUICE… | BLEND with… |
|---|---|
| ¼ honeydew melon<br>1 medium apple<br>1 cup green grapes | 1 medium banana cut in half<br>½ cup plain Greek yogurt<br>1 tbsp protein powder<br>**Boost if desired…**<br>1 -2 tsp Chia or Flax seeds |

1-Cut honeydew and apple into pieces that will fit into the food chute of the juice extractor. Process with grapes through the juice extractor.
2-Pour the juice into a blender jar, add the remaining ingredients and blend the mixture until smooth.
3- Serve in glass and If desired, garnish with a wedge of honeydew.
Makes about 18 ounces.

## HEALTH BOOSTER – MELON SURPRISE

| JUICE… | BLEND with… |
|---|---|
| 1 cup broccoli florets<br>1 cup cubed cantaloupe<br>1 cup cubed honeydew<br>1 lemon, peel and white pith removed | ½ cup plain yogurt<br>1 tbsp agave syrup *<br>½ cup ice cubes<br>Note:<br>* You can replace by 1 tbsp brown sugar or sweetener of your preference |

1-Cut the fruit into pieces that will fit into the food chute of the juice extractor. Process through the juice extractor.
2-Pour the juice into a blender jar, add the remaining ingredients and blend the mixture until smooth.
3- Serve in glass and If desired, garnish with a wedge of lemon.
Makes about 20 ounces.

## ENERGY BOOSTER – BREAKFAST BONANZA

| JUICE… | BLEND with… |
|---|---|
| 2 medium carrots<br>1 cup blueberries<br>2 cups cubed pineapple<br>1 cup kale leaves | 1 medium banana<br>1 tbsp protein powder<br>½ cup freshly squeezed orange juice<br>**Boost if desired…**<br>1 -2 tsp Chia or Flax seeds<br>1 tbsp peanut butter |

1-Cut the carrots into pieces that will fit into the food chute of the juice extractor. Process with the blueberries, pineapple and kale through the juice extractor.
2-Pour the juice into a blender jar, add the remaining ingredients and blend the mixture until smooth.
3- Serve in glass and If desired, garnish with a pineapple or lemon wedge.
Makes about 20 ounces.

## ENERGY BOOSTER – FRESH FROM THE GARDEN

| JUICE… | BLEND with… |
|---|---|
| 2 medium carrots<br>1 medium celery stalk<br>4-inch piece of cucumber<br>1 medium apple<br>1 medium tomato<br>1 lemon, peel and white pith removed<br>1-inch piece fresh ginger<br>1 cup firmly packed spinach leaves | ½ cup cold brewed green tea<br>½ cup ice cubes<br>**Boost if desired…**<br>1 -2 tsp Chia or Flax seeds |

1-Cut the carrots, celery, cucumber, apple, tomato, lemon and ginger into pieces that will fit into the food chute of the juice extractor. Process them with the spinach through the juice extractor.
2-Pour the juice into a blender jar, add the remaining ingredients and blend the mixture until smooth.
3- Serve in glass and If desired, garnish with a lemon wedge.
Makes about 18 ounces.

## DETOX RECIPE- GINGERED SUPER GREENS

| JUICE… | BLEND with… |
|---|---|
| 2 cups firmly packed spinach leaves<br>1 cup firmly packed arugula leaves<br>1 medium red delicious apple, cut into wedges<br>½ firmly packed watercress leaves<br>1 lemon, peel and pith removed and cut in half<br>1-inch piece fresh ginger | 1 cup cranberry juice<br>½ cup ice cubes<br>**Boost if desired…**<br>1 -2 tsp Chia or Flax seeds |

1-Process the spinach, arugula, apple, watercress, lemon and ginger through the juice extractor. Pour the juice into the blender jar. Add the remaining ingredients.
2-Pour the juice into a blender jar, add the remaining ingredients and blend the mixture until smooth.
3- Serve in glass and If desired, garnish with a lemon wedge.
Makes about 18 ounces.

**DETOX RECIPE- THE BERRY BEST**

| **JUICE…** | **BLEND with…** |
|---|---|
| 1 cup fresh blueberries<br>1 cup fresh strawberries, halved *<br>1 cup fresh raspberries<br>½ cubed pineapples<br>2 celery stalks<br>Note:<br>* Replace by 1 cup cranberries when they are in season, if desired | ½ plain Greek yogurt<br>½ cup cold brewed organic green tea with pomegranate and açai **<br>2 tbsp honey<br>**Boost if desired…**<br>1 -2 tsp Chia or Flax seeds |

1-Process the blueberries, cranberries and raspberries through the juice extractor. Pour the juice into the blender jar. Add the remaining ingredients.
2-Pour the juice into a blender jar, add the remaining ingredients and blend the mixture until smooth.
3- Serve in glass and If desired, garnish with blueberries and raspberries.
Makes about 18 ounces.

## KID'S FAVORITES- MORNING SUNRISE

| JUICE… | BLEND with… |
|---|---|
| 1 medium apple<br>1 medium carrot<br>1 medium peach, stone removed<br>1 cup cubed mango | ½ cup freshly squeezed orange juice<br>½ ice cubes |

1-Cut apples, carrots, peaches and mango into pieces that will fit into the food chute of the juice extractor. Process through the juice extractor.
2-Pour the juice into a blender jar, add the remaining ingredients and blend the mixture until smooth.
3- Serve in glass and If desired, garnish with a wedge of mango.
Makes about 16 ounces.

## KID'S FAVORITES- REACH AND CREAMY BREAKFAST BOOST

| JUICE… | BLEND with… |
|---|---|
| 1 nectarine, stone removed<br>1 cup cubed pineapple<br>1 cup strawberries cut in pieces | 1 small banana or ½ banana<br>½ cup Greek yogurt<br>**Boost if desired…**<br>1 tbsp protein powder |

1-Cut the nectarine into pieces that will fit into the food chute of the juice extractor. Process with the pineapple through the juice extractor.
2-Pour the juice into a blender jar, add the remaining ingredients and blend the mixture until smooth.
3- Serve in glass and If desired, garnish with a strawberry.
Makes about 16 ounces.

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