

100 GOURMET RECIPES FOR THE SLOW JUICER



HUrom[®]
SLOW JUICER



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Why a Hurom® Slow Juicer?

Congratulations on being the owner of an Original Hurom® Slow Juicer! With this revolutionary kitchen appliance, you will enjoy better nutrition, convenience, and gourmet fun. And don't let the name fool you- "Slow Juicer" is only referring to the 80 RPM speed.

So what makes a Hurom® Slow Juicer different from other traditional juicers? Many other juicers use centrifugal high-speed force to spin blades or a grater. You are essentially grating or chopping your food, resulting in less juice and less nutrients. Some juicers use sharp blades and are hard to clean, while others can't juice wheatgrass or nuts. Some are just plain bulky and wake up the neighborhood when you juice. With the Hurom® Slow Juicer, you get:

1. **More Juice:** Hurom® works like a mortar and pestle, gently pressing the food. This gives you the most possible juice from the least amount of produce.
2. **More Nutrients:** FDA-certified tests show that Hurom® retains up to 60% more vitamins and minerals. Also, because Hurom® does not generate heat like traditional high-speed juicers, essential live enzymes are not destroyed.
3. **More Value:** Hurom® juices fruits, vegetables, leafy greens, wheatgrass, nuts, and soy. With no filters to replace, an efficient 150W motor, and the multitude of recipes in this cookbook, Hurom® provides you with the most value for your money.

HAPPY JUICING!

Why Juice?

Many people ask us, “Why don’t you just eat all those fruits and vegetables rather than juicing them?” Our simple answer is, “Because we don’t!” If you eat several pounds of fruits and vegetables each week, then we commend you and you can skip this section. But, for most people, getting all those important nutrients into their diet is a challenge and can also be costly if using the wrong equipment.

Juicing provides an easy way to supercharge your diet with the essential vitamins, minerals, phytonutrients and live enzymes that are present in fruits and vegetables without having to eat all of the food itself. This supercharging allows your body to heal itself quicker, boost up the immune system, provide extra energy, and detoxify itself. Even the pulp that results from juicing can be added back into your diet, increasing your fiber intake.

If we all just replace one sugary drink per day with a glass of fresh juice, or replace the preservative-filled ice cream with a tub of natural home-made ice cream, or sneak in some carrot and soy pulp into our kids’ sloppy joes, we would be making a big difference in our health. It’s simple, fun, and just plain good for you!



“Juicing is a truly simple, foolproof way to increase the micronutrient density of one’s diet. I encourage my clients to be inspired by whatever is fresh and in season. Just cut it up and drop it in. The results are bound to taste great and to be packed with vitamins, minerals, antioxidants and accessory phytonutrients.”

Charles Rosenberg, M.S., Certified Nutritionist

Hurom[®] and Your Nutrition

In this cookbook, you will find recipes using all of the ingredients listed below which are rich in dietary fiber, vitamins, and nutrients. Here are some of the nutritional facts and health benefits of these particular foods.

Almonds

- Monounsaturated fat: a good fat that lowers LDL “bad cholesterol”
- Vitamin E: antioxidant protects cell membranes from damage by free radicals
- Manganese: mineral that plays an important role in antioxidant reactions
- Riboflavin: B2 vitamin essential for energy production in the cells
- Gluten-free

Apples

- Bioflavonoids: antioxidant quercetin protect blood vessel cell membranes, reducing the risk of cardiovascular disease, asthma, and lung cancer
- Vitamin C: powerful antioxidant

Beets

- Betalains: phytonutrients with antioxidant, anti-inflammatory and liver detoxification properties and possible cancer prevention effects
- Carotenoids: lutein and zeaxanthin act as antioxidants, protecting cells especially those in the eyes
- Betaine: reduces inflammation which may help prevent cardiovascular disease
- Vitamin B: promotes cell growth, increase metabolism, and reduce risk of pancreatic cancer

Carrots

- Vitamin A: 1 single cup provides over 686% of the non-toxic beta carotene beneficial for eyes
- Carotenoids: lowers risk of lung cancer and rheumatoid arthritis, good for eyes
- Vitamin K: significant for blood clotting and bone mineralization

Celery

- Vitamin C: powerful antioxidant
- Vitamin K: significant for blood clotting and bone mineralization
- Calcium: bone strength and reduced blood pressure

Grapes (especially red and purple)

- Resveratrol: antioxidant and anti-inflammatory properties prevents cardiovascular disease by reducing blood clots, oxidation of cholesterol, and amyloid beta peptides which may contribute to Alzheimer's disease
- Anthocyanins: strong anti-inflammatory antioxidants
- Manganese: helps build tissue and bones, and increases metabolism

Kale

- Bioflavonoids: quercetin and kaempferol are powerful antioxidants that protect cells in the body
- Glucosinolates: cancer preventing phytonutrients found in kale and its relatives broccoli and cabbage
- Sulfur compounds: contribute to the process of detoxification by the liver
- Vitamin K: essential for blood clotting, bone growth and prevention of inflammation
- Vitamin A: huge quantities in the safe form of beta-carotene

Oranges

- Bioflavonoids: citrus flavanones have anti-inflammatory effects that protect against cardiovascular disease
- Limonin: antiviral properties and reduces risk of cancer
- Carotenoids: lowers risk of lung cancer and rheumatoid arthritis, good for eyes
- Vitamin C: 116% of the daily value of this powerful antioxidant in each orange

Pomegranates

- Punicalagins: polyphenolic antioxidants with cancer suppressing properties
- Vitamin C: powerful antioxidant
- Vitamin K: significant for blood clotting and bone mineralization
- Folate: promotes cell growth and reduces risk of cardiovascular disease

Soy

- Isoflavones: lower blood pressure and cholesterol, promote bone growth and strength, reduce prostate cancer risk
- Omega 3 fatty acids: prevent inflammation, lower cardiovascular disease risk
- Molybdenum: essential for enzymatic reactions in the body
- Iron: required for oxygen transport in the bloodstream and prevents anemia

Tomatoes

- Lycopene: antioxidant with colon and prostate cancer preventing effects and anti-inflammatory properties
- Carotenoids: lowers risk of lung cancer and rheumatoid arthritis, good for eyes
- Vitamin C: powerful antioxidant
- Vitamin K: plays a significant role in bone mineralization

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other juicers:

318 mg / serving 60.7% more Vitamin A	125 mg / serving Vitamin A
93.35 mg / serving 42.7% more Vitamin C	53.51 mg / serving Vitamin C

Tests conducted by Michelson Laboratories, FDA and USDA certified

Juicing Tips

The Hurom® Slow Juicer is a totally different kind of juicer so different rules apply. Make sure to read the instruction manual carefully and follow these simple steps below.

FOR BEST RESULTS:

- Cut food into small pieces for optimal extraction. The smaller you cut your food, the more juice you're going to get, so we recommend cutting down into 2" chunks or smaller.
- Don't input ice, frozen foods, peach pits, or rocks, that is, unless you want a broken juicer.
- Drop food into the feeding tube. Don't push it, shove it, or force it down- let gravity do its thing. The pusher provided is only for use if food becomes stuck in the tube.
- Insert food at a slow pace, allowing all the pulp to extract. Like we said, don't force it!
- If you're juicing wheatgrass or leafy greens with other foods, alternate the ingredients while juicing for best results.
- If you can chew it, you can juice it! For example, you can chew pomegranate seeds, watermelon seeds, and apple skins- juice them. You can not (hopefully) chew peach pits, pineapple rinds, and coconut peels- don't juice those.
- Clean the juicer or at least run water through it after each use. Don't be gross.

Juices & Milks



