

# Toyomi<sup>®</sup>

# Recipe Book

# レシピ本

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MIXED FRUIT JUICE RECIPES

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vol.02



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# Cold Press Masticating Slow Juicer

コールドプレススロージューサー



**Toyomi**<sup>®</sup>



## INTRODUCTION

The refined cold press masticating technology enables the juicer to yield high juice and nutrient yield with little waste. With only 3 parts to assemble, you'll definitely find this machine effortless to operate, changing the way you make juices to be easier than ever before!

Featuring a modern design, this masticating juicer has a powerful motor that effectively pulls the juice out of your fruits and vegetables without heat or oxidation, preserving nutrients and flavor 30% more than regular centrifugal slow juicers. The slow extraction process eliminates foam and froth so you get more from your produce with little to no leftover juice in the pulp waste.

# Higher Juice Rate

Masticating Technology

より高いジュース率

Pure Juice Rate is Much Higher Than Others  
Little to No Leftover Juice in Pulp Waste

## Screw Shaft

ネジ・シャフト

Recreates the feel of a  
traditional, stone mill and  
slow-kneading style

Retains original nutrition in  
fruits and vegetables



## Dual Mesh Filter

二重メッシュ・フィルタ

### 2.0mm Mesh

Allows air to pass through,  
prevents foam in juice

### 0.8mm Mesh

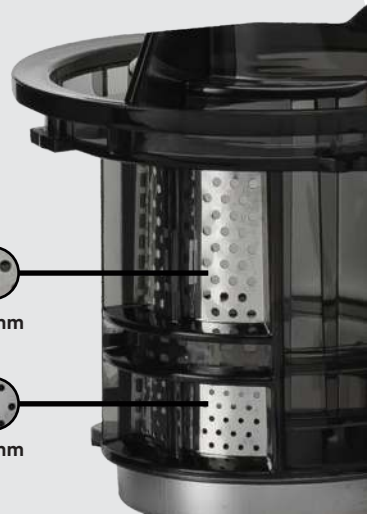
Traps pulps and filters juice



2.0mm



0.8mm





## Easy 3-Part Assembly

簡単な3-一部アセンブリ

Extremely easy to assemble. There is only 3 parts to this slow juicer, it can be removed and installed with little to no strength needed at all!

Not only it is easy to assemble, but easy to clean! Tools are provided to assist in the cleaning process. Making your whole juicing so much better!

## Juicer Accessories

ジューサー・アクセサリ

- ① Juice Container
- ② Pulp Container
- ③ Cleaning Brush
- ④ Push Rod



# Carrot Apple Orange Juice

にんじん、りんご、オレンジジュース



うまい!

## BENEFITS:

Juice made from carrots, apples, and oranges is an excellent way to promote digestion, healthy skin, and overall health and wellness, as all three fruits are rich in essential vitamins and minerals. Drinking this juice regularly can also help to boost the immune system and keep the body functioning at its best.

## INGREDIENTS:

*Yield: 1 serving*

1 whole peeled orange, including white part of peel

1 apple

1 medium carrot, peel

## PREPARATIONS:

1. Wash the carrot and apple. Cut off the ends of the carrot and peel the skin off. Remove the rind of the orange with a knife.
2. Add the carrot, apple, and orange into the feeding hole of the juicer, alternating between ingredients.
3. Stir the juice and serve immediately at room temperature or pour into glasses over ice.

# Kale Apple Celery Juice

ケール・リンゴとセロリ・ジュース



うまい!

## BENEFITS:

Kale, apple, and celery juice is nutrient-packed and it contains essential vitamins and minerals like vitamin C, potassium, and magnesium, which support immune function, energy, and digestion. It also helps to protect against cellular damage, inflammation, promote healthy digestion and bowel movements.

## INGREDIENTS:

*Yield: 1 serving*

- 1 bunch kale leaves
- 1 granny smith apple
- 3 celery stalks
- ½ large cucumber

## PREPARATIONS:

1. Wash all of the ingredients.
2. Add kale leaves, apple, celery, and cucumber into the feeding hole of the juicer, alternating between ingredients.
3. Once all the ingredients have been juiced, stir the juice and serve immediately or over ice (if desired).



# Apple Orange Lemon Juice

アップル・オレンジ・レモン・ジュース



うまい!

## BENEFITS:

With its abundance of vitamins and minerals, the combination of apple, orange, and lemon juice offers a range of health benefits, including promoting healthy digestion, bowel movements, weight loss, and immune function. This juice's high vitamin C content can also help keep the skin healthy and reduce signs of aging, making it an excellent choice for those seeking to improve their overall well-being.

## INGREDIENTS:

*Yield: 1 serving*

2 apples

½ orange, peeled

½ lemon, peeled

## PREPARATIONS:

1. Wash apples and cut the rind of the orange and lemon.
2. Add apples, orange and lemon into the feeding hole of the juicer, alternating between ingredients.
3. Stir the juice and serve immediately at room temperature or over ice (if desired).

# Cucumber Cooler Juice

キュウリ・クーラー・ジュース



うまい!

## **BENEFITS:**

Cucumber lemon juice is a refreshing and hydrating way to support your body's natural detoxification process, promote healthy digestion, and boost immune function. This juice is also rich in antioxidants and essential nutrients, including vitamin C, vitamin K, and potassium, which can provide numerous health benefits.

## **INGREDIENTS:**

*Yield: 1 serving*

2 cucumbers

1 lemon

2-3 fresh mint sprig, for garnishing and juicing

a big pinch of salt

## **PREPARATIONS:**

1. Wash all the ingredients and peel the rind of the lemon.
2. Add the cucumbers, lemon, mint leaves and salt into the feeding tube of the juicer, alternating between ingredients.
3. Once all the ingredients have been juiced, stir the juice and serve immediately or over ice (if desired).

# Grapefruit Lime Apple Juice

グレープフルーツ・ライム・リンゴ・ジュース



うまい!

## BENEFITS:

Grapefruit, lime, and apple juice are packed with essential vitamins and minerals, such as vitamin C, vitamin A, and potassium. When consumed, this juice can help to keep you hydrated, promoting energy and overall health. Additionally, this juice can support healthy digestion, stimulate bowel movements, and reduce inflammation in the digestive system.

## INGREDIENTS:

*Yield: 1 serving*

2 apples

2 limes, peeled

1 grapefruit, peeled

## PREPARATIONS:

1. Peel the rind of the grapefruit and lime with knife and wash the apples.
2. Add the grapefruit, apples and lime into the feeding hole of the juicer, alternating between ingredients.
3. Stir the juice well and serve immediately at room temperature or over ice (if desired).

# Beetroot Carrot Lime Juice

ビートの根ニンジン・ライムジュース



うまい!

## BENEFITS:

Beetroot Carrot Lime Juice is a highly beneficial drink that offers numerous health benefits. This juice is rich in antioxidants, which help reduce inflammation and lower blood pressure. It also improves digestion, skin health, and immune function, making it an excellent addition to any healthy lifestyle.

## INGREDIENTS:

*Yield: 1 serving*

2 medium-sized beetroot

1 carrot

1 lime

## PREPARATIONS:

1. Wash and peel the rind of the lime and beetroot.
2. Add the beetroot, carrot and lime into the feeding hole of the juicer, alternating between ingredients.
3. Once all the ingredients have been juiced, stir the juice and serve immediately or over ice (if desired).

# Grapefruit Spinach Juice

グレープフルーツ・ホウレンソウ・ジュース



うまい!

## BENEFITS:

Due to its nutrient-dense ingredients, Grapefruit Spinach Juice provides various health benefits. It's rich in vitamins and minerals, supporting a healthy immune system and skin. It promotes hydration, reduces inflammation, and boosts digestive health.

## INGREDIENTS:

*Yield: 1 serving*

2 grapefruits

1 orange

1 bowl of spinach

## PREPARATIONS:

1. Wash the ingredients and peel the rind of the grapefruits and orange.
2. Add the grapefruit, orange and spinach into the feeding tube of the juicer.
3. Once all the ingredients are juiced, stir the juice and serve immediately or over ice (if desired).

# Watermelon Refresher Juice

スイカリフレッシュージュース



うまい!

## BENEFITS:

Watermelon, cucumber, and lime juice hydrates and is rich in essential vitamins and minerals such as vitamin C, potassium, and magnesium, promoting healthy digestion, immune function, and reducing inflammation. Mint leaves soothe the digestive system, reduce discomfort and promote healthy bowel movements.

## INGREDIENTS:

*Yield: 1 serving*

2 cups of cubed watermelon

1 large cucumber

1-2 small limes, peeled

8 mint leaves

## PREPARATIONS:

1. Dice up the watermelon into cubes that are no larger than 7cm x 7cm in diameter.
2. Peel the rind of the lime, wash the cucumber and mint leaves.
3. Add the watermelon, cucumber and lime into the feeding hole of the juicer, alternating between ingredients.
4. Stir the juice and serve immediately or over ice and top it over with mint leaves.

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