



Cookware



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Cook with Pride

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www.wonderchef.com

*Standard charges apply.



Prato Compact Juicer



www.wonderchef.com



"For years I have done shows and written my books with just one thought in mind - empower women by enabling them to cook better. Besides a good recipe, a very important element for cooking well is the quality of the kitchenware used in your kitchen. To enable you to cook healthy and tasty food, Wonderchef develops unique & quality products across the world. Enjoy this range of premium cookware, appliances, bakeware and kitchen tools. Happy cooking"

Sanjeev Kapoor

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Apple Pineapple Ginger Juice

- 1 apple, cored and sliced
- 1 cup fresh pineapple, cubed, skin removed
- 1/2 inch fresh ginger

Juice the apple and ginger together in **Wonderchef Prato Compact Juicer**.

Then juice the pineapple and serve.



Blueberry Grape Juice

- 1 handful of grapes
- 1 cup blueberries, fresh or thawed from frozen

Juice the fruits in **Wonderchef Prato Compact Juicer**.

Serve chilled.



Apple Kiwi Juice

- 3 kiwis, peeled
- 2 apples, cored and sliced

Juice the fruits in
**Wonderchef Prato Compact
Juicer.**

Serve chilled.

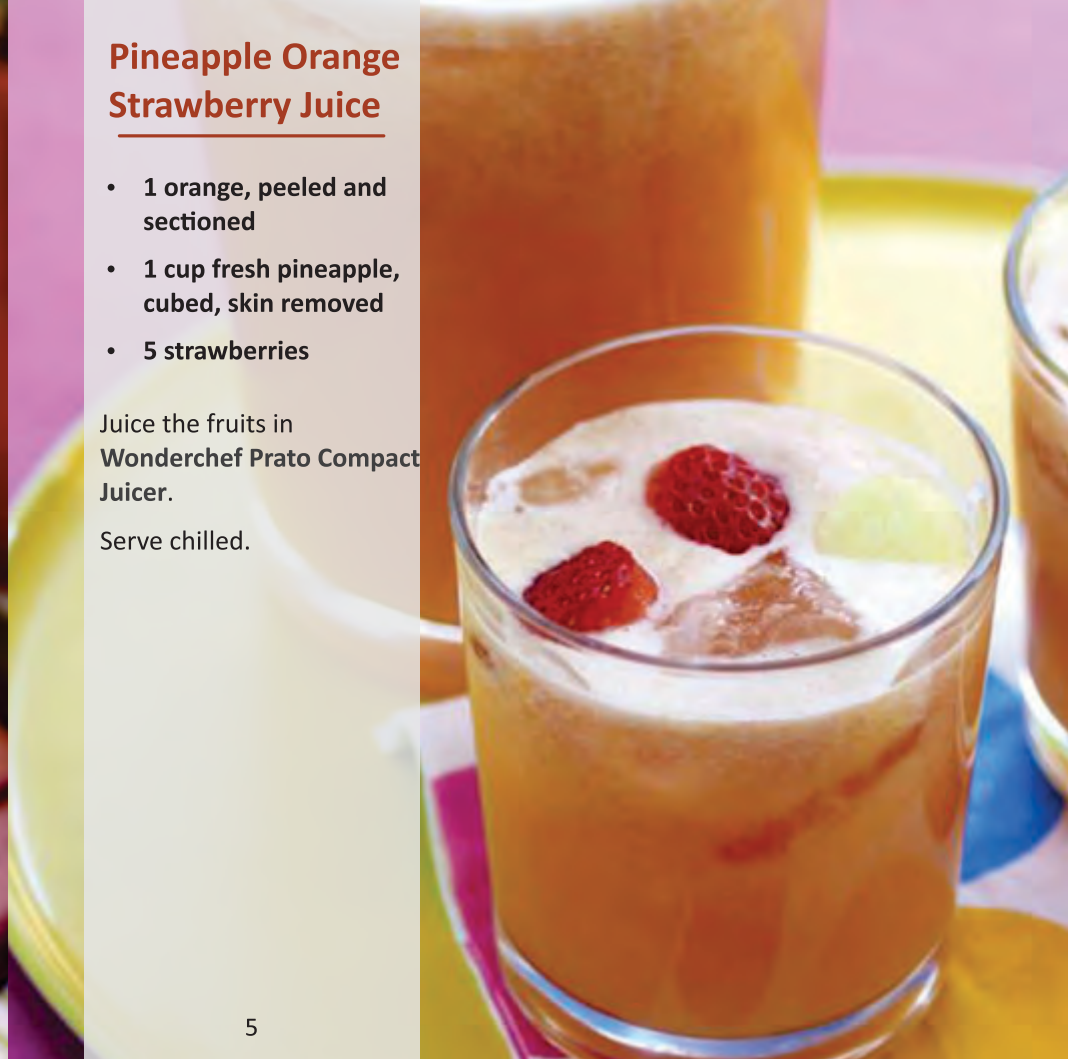


Pineapple Orange Strawberry Juice

- 1 orange, peeled and sectioned
- 1 cup fresh pineapple, cubed, skin removed
- 5 strawberries

Juice the fruits in
**Wonderchef Prato Compact
Juicer.**

Serve chilled.



Cucumber Celery Cooler

- 4 medium carrots, greens removed
- 1/4 medium cucumber, peeled
- 1 stalk celery
- 1 apple, sliced
- 1/2 lemon, peeled (optional)

Juice the fruits and vegetables in **Wonderchef Prato Compact Juicer**.

Serve chilled.



Potassium Drink

- 4 medium carrots, greens removed
- 1 stalk of celery
- 1 apple
- handful of fresh parsley
- handful of fresh spinach
- 1/2 lemon, peeled (optional)

Juice the fruits and vegetables in **Wonderchef Prato Compact Juicer**.

Serve chilled.



Zesty Zinger

- 1 pear
- ½ a fennel bulb
- ½ a lemon
- 1 orange (remove seeds)

Juice the fruits in **Wonderchef Prato Compact Juicer**.

Serve chilled.



Spinach & Cucumber Juice

- 1 large organic cucumber
- 6 stalks organic celery
- 3 cups organic baby spinach
- 1 organic lemon (freshly squeezed)

1. Cut cucumber and celery to fit the chute of **Wonderchef Prato Compact Juicer**.

2. Juice the spinach, cucumber and celery.

3. Squeeze the juice of (1) lemon into the green juice.

4. Drink immediately or store in an air-tight glass container (keep refrigerated).



Watermelon & Mint Juice

- 4 cups watermelon, seeded and cubed
- 1/2 cup water
- 24 mint leaves, divided
- 8 tbsp super-fine sugar (as per taste), divided
- 4 very thin lime slices, halved into half moons, divided
- Ice cubes

1. Add the watermelon and the water to **Wonderchef Prato Compact Juicer** and puree until smooth.
2. Divide the mint leaves, sugar and lime slices among 8 glasses and muddle the ingredients.
3. Add ice to each glass and pour in the juice.
4. Stir and serve.



Beet, Carrot & Orange Juice

- 4 cups freshly squeezed orange juice
- 1 medium beet peeled and roughly chopped
- 1 medium carrot peeled and roughly chopped
- sugar, optional

1. Place all ingredients in **Wonderchef Prato Compact Juicer**. Juice on speed level 2 until everything is fully integrated.
2. Pour through a strainer into a pitcher.
3. Taste and add sugar if desired.
4. Refrigerate until well-chilled.



Pomegranate & Mint Juice

- 1 cup pomegranate seeds
- 10 mint leaves
- 1 tbsp lemon juice
- 2 cups water
- sugar as per taste
- salt as per taste

1. Juice pomegranate, mint leaves, lemon juice, salt and sugar in **Wonderchef Prato Compact Juicer** and add water.
2. Serve chilled with ice cubes.



Karela Juice

- 2 bitter gourd, deseeded
- 1 ginger
- 2 tsp lemon juice
- 1/2 tsp turmeric
- 1/2 tsp black salt
- A pinch salt
- honey, to taste
- black pepper powder, a pinch
- few mint leaves

1. Juice the bitter gourd and ginger into **Wonderchef Prato Compact Juicer**. Add water into the juicer if required.
2. Pour the juice into a jar, add all the remaining ingredients and give it a good stir. Serve immediately.



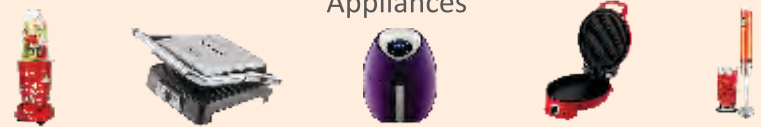


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