

nuwave™
— LIVE WELL FOR LESS —



NuWave Nutri-Master™ Slow Juicer

Owner's Manual & Complete Recipe Book

MEDIDAS DE SEGURIDAD IMPORTANTES

Todos los usuarios de este aparato deben leer y entender estas medidas de seguridad antes de utilizarlo para evitar lesiones o daños al producto.



! ADVERTENCIA

Las prácticas inseguras y los riesgos pueden provocar daños en el aparato, lesiones serias e, incluso, la muerte.

1. Se deben seguir siempre precauciones básicas de seguridad cuando se utilicen aparatos eléctricos. Lea todas las instrucciones antes de utilizar el NuWave Nutri-Master™ Slow Juicer.
2. Es necesario que haya una supervisión cercana cuando el aparato sea usado por niños.
3. No coloque la parte principal (motor) en agua u otros líquidos para evitar una descarga eléctrica.
4. Evite el contacto con las partes móviles.
5. Desconecte el aparato de la corriente cuando no lo utilice, antes de armarlo o de quitarle partes, y antes de limpiarlo.
6. Para evitar una descarga eléctrica, NO sumerja el cable, la clavija ni ninguna parte de la unidad principal en agua u otros líquidos.
7. No opere ningún aparato que tenga el cable dañado, o después de haber tenido un mal funcionamiento, o si se ha caído o dañado de cualquier forma. Devuelva el aparato a NuWave, LLC para su revisión, reparación o ajuste eléctrico o mecánico.
8. Siempre asegúrese de que el alimentador esté bien asegurado a su lugar antes de que el motor sea encendido. No retire el alimentador mientras el aparato esté funcionando.
9. No permita que el cable cuelgue del borde de la mesa o mostrador.
10. Asegúrese de apagar el switch después de cada uso de su exprimidor. También, que el motor se haya detenido completamente antes de desmontarlo.
11. No coloque sus dedos u otros objetos dentro del exprimidor mientras esté funcionando. Si los alimentos se atascan, utilice el presionador u otra pieza de fruta o verdura para empujar. Cuando este método no sea posible, apague el motor y desmonte el exprimidor para retirar los restos.
12. No colocar sobre o junto a estufas calientes ni dentro de un horno caliente.
13. No utilizar al aire libre.
14. No utilice el aparato para otro fin que no sea para el que está diseñado.
15. No utilice la canastilla si está agrietada o rota.
16. No utilice accesorios no recomendados o vendidos por el fabricante.
17. No conecte o desconecte el producto del contacto eléctrico con las manos mojadas.
18. Para desconectarlo del contacto, jale de la clavija; no jale del cable.
19. Supervise a sus niños para que no jueguen con el aparato.

GUARDE ESTAS INSTRUCCIONES



⚠ PRECAUCIÓN

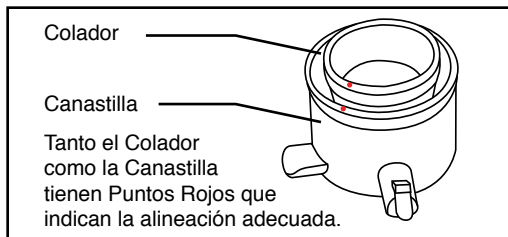
Las prácticas inseguras y los riesgos pueden provocar lesiones personales menores o daños en el aparato.

1. No lo utilice si el alimentador no está asegurado correctamente.
2. No intente exprimir materiales duros como semillas grandes (aquellas que no se puedan tragar o masticar), huesos o hielo.
3. No intente mover la base mientras esté funcionando.
4. No coloque ninguna parte en el lavavajillas ni utilice limpiadores abrasivos. El calor o los abrasivos pueden provocar daños.
5. No opere el aparato cuando la Canastilla esté vacía. Utilizarlo sin ingrediente alguno dañará el Aspa.
6. Si un alimento se atora en el tubo alimentador, utilice solamente el Presionador incluido.
7. No lo utilice por más de 30 minutos continuamente (sólo para uso doméstico).
8. Si el aparato despide un olor desagradable o humo, o se sobre calienta, detenga su uso inmediatamente y contacte a Servicio al Cliente. Cuando se utiliza un aparato nuevo puede despedir un olor, el cual desaparecerá naturalmente con el tiempo.
9. No introduzca frutas en conserva en azúcar, miel o alcohol, ya que el alimentador no se podrá abrir fácilmente.
10. Siempre desconecte el aparato después de utilizarlo.
11. Siempre colóquelo en una superficie plana, nivelada y estable.
12. Mantenga el producto fuera del alcance de los niños.

INSTRUCCIONES DE ENSAMBLE



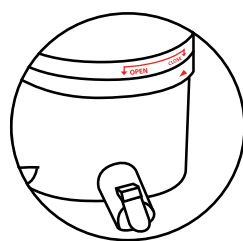
- 1** Coloque el Colador (Fino o Grueso) dentro del Cepillo Giratorio. Presione el Colador dentro del Cepillo Giratorio hasta que las orillas se alineen adecuadamente y el Colador gire fácilmente dentro del Cepillo Giratorio.



- 2** Baje a la Canastilla el Cepillo Giratorio con el Colador insertado. Coloque el Cepillo Giratorio dentro de la Canastilla de tal forma que los Puntos Rojos estén alineados adecuadamente. No force el Cepillo Giratorio durante el ensamblaje.

- 3** Coloque el Aspa directamente en el medio del Colador adjuntado y gírela con cuidado en sentido de las manecillas del reloj hasta que quede asegurada y alineada adecuadamente.

- 4** Asegúrese de que el switch del Extractor se encuentre en la posición de apagado OFF. Coloque el Alimentador encima de la Canastilla con OPEN alineado con la flecha de la Canastilla. Gire el Alimentador en sentido de las manecillas del reloj hasta que CLOSE se alinee con la flecha de la Canastilla y el Alimentador se asegure en su lugar.



- 5** Coloque la Canastilla sobre la Base asegurándose que la flecha en la parte de atrás del Alimentador esté alineada con la flecha de la base. La Canastilla debe quedar sellada y alineada adecuadamente a la Base para su funcionamiento.

DESARMADO DEL CEPILLO GIRATORIO



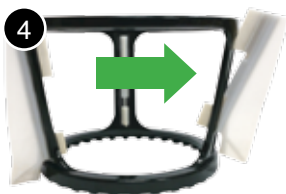
- Retire el Colador del Cepillo Giratorio.
- Localice las aberturas en el Cepillo Giratorio.



- Jale el centro del Silicón del Cepillo hacia afuera.



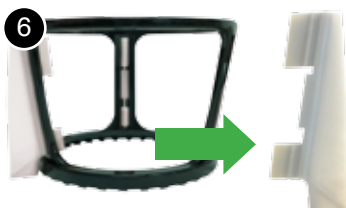
- Presione la parte de arriba del Silicón del Cepillo hacia abajo y hacia el centro de la abertura.



- Jale la parte de arriba del Silicón hacia afuera.



- Jale la parte de abajo del Silicón del Cepillo hacia el centro de la abertura.



- Jale la parte de abajo del Silicón hacia afuera.

- Siga los pasos al revés para ensamblar



Nota: Utilice el Cepillo Limpiador para limpiar el Cepillo Giratorio, los Silicones del Cepillo y los Filtros.

INSTRUCCIONES PARA EL MANEJO



- Asegúrese de que el switch se encuentre en la posición de apagado OFF antes de usarlo.



- Coloque el switch en FORWARD para iniciar.



- Inserte los ingredientes cuidadosamente en el Alimentador para exprimir. Sólo utilice el Presionador si los ingredientes comienzan a atorarse en el Alimentador.
- Una vez que termine de exprimir y toda la pulpa haya sido sacada, coloque el switch en OFF.

Continúa



⚠ ADVERTENCIA

Asegúrese que el Aspa se haya detenido completamente antes de colocar el switch en FORWARD o REVERSE.

Limpieza

Una vez que haya preparado su jugo, asegúrese que el switch esté en la posición OFF y coloque la salida de pulpa sobre su fregadero o contenedor de residuos. Coloque el switch en REVERSE para retirar fácil y rápidamente el exceso de pulpa de la canastilla.

¿No puede abrir el Alimentador después de exprimir?

- Mantenga presionado el switch en REVERSE por 3-4 segundos. Esto libera la presión de la canastilla y hace que el Alimentador se abra fácilmente.

**NO
SUMERJA
LA BASE
EN AGUA.**



PRECAUCIONES

ADVERTENCIA



Ignorar o no respetar las indicaciones en la etiqueta de advertencias puede provocar lesiones serias o la muerte. No conecte o desconecte el aparato con las manos mojadas o cuando haya agua cerca de la fuente de potencia. Esto podría provocar una descarga eléctrica o lesiones.

Sólo utilice el aparato con una potencia de 120V AC. El no hacerlo podría ocasionar un desempeño subóptimo, una descarga o, incluso, un incendio. Si la fuente utiliza un voltaje diferente, puede provocar una falla al motor.

Conecte el cable en un contacto adecuado presionándolo firmemente y asegurándolo en su lugar. No conectar el cable en un contacto adecuado podría provocar una descarga eléctrica o un incendio.

Si el cable se daña no lo conecte al contacto ni intente utilizar el aparato, ya que podría ocasionar una descarga eléctrica o incendio.

SI EL CABLE SE DAÑA DEBERÁ SER REEMPLAZADO POR EL FABRICANTE.

No altere o desarme el aparato. No le introduzca objetos ajenos, ya que podría ocasionar fallas en el aparato, descargas eléctricas o un incendio.

Para obtener soporte técnico contacte a nuestro departamento de servicio al cliente llamando al **1-877-689-2838 de Lunes a Viernes de 7:00AM a 8:00PM (CST) o escribiendo a help@nuwavenow.com.**

No humedezca o salpique agua en la Base. Nunca utilice el aparato con las manos mojadas. Siempre asegúrese de que no entren líquidos por el switch, ya que podría ocasionar una descarga eléctrica o incendio.


Siempre asegúrese de utilizar una conexión de tierra. Nunca tome tierra para el aparato de mangueras, de agua o gas, o de cables de teléfono. Esto podría ocasionar fallas, descargas eléctricas, incendio o explosión.

Nunca introduzca sus dedos u otros objetos ajenos, como utensilios de cocina, en el Alimentador o la Canastilla durante el funcionamiento. Nunca desarme la Canastilla mientras esté funcionando, ya que podría dañar el aparato o lesionarse.

El aparato puede ser utilizado por personas con capacidades, físicas o mentales, diferentes solamente si han recibido instrucciones adecuadas para su uso seguro, o si son bien supervisados.

MANTÉNGASE FUERA DEL ALCANCE DE LOS NIÑOS. ESTE APARATO NO DEBE SER USADO POR NIÑOS.

Continúa

	<p style="text-align: center;">⚠ PRECAUCIÓN</p> <p>La violación de las instrucciones de las etiquetas podría ocasionar lesiones o daños al aparato.</p> <p>No utilizar si el alimentador no está asegurado correctamente, ya que podrían provocarse lesiones o fallas.</p>
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NO INTRODUZCA LOS DEDOS U OBJETOS AJENOS EN LA CANASTILLA.

Si el Aspa ha dejado de girar durante el funcionamiento normal, mantenga presionado el switch en REVERSE por 3-4 segundos. Luego regrese el switch a FORWARD para volver a exprimir. Si esto no resuelve el problema, entonces desarme y vuelva ensamblar la Canastilla e intente de nuevo. Si el Aspa se detiene constantemente al operar, las partes podrían estar dañadas y el funcionamiento en peligro. Si el problema continúa, detenga la operación inmediatamente y contacte al departamento de servicio al cliente para ayuda.

No intente mover la Base, desarmar la Canastilla o asegurar las partes si el aparato está funcionando, ya que podría ocasionar una falla o lesión. Si necesitara intentar alguna de estas acciones, ponga el switch en la posición OFF y desconecte el cable antes de ello.

Para prevenir accidentes, tenga precaución cuando utilice el aparato si viste prendas como corbatas o bufandas.

Siempre coloque el aparato sobre superficies planas y firmes.

No utilice el aparato por más de 30 minutos seguidos, ya que podría provocar que el motor se sobre caliente y falle. Deje reposar el aparato por alrededor de 1 hora para que el motor se enfríe lo suficiente antes de volverlo a usar.

Sólo introduzca ingredientes en el Alimentador usando sus manos o el Presionador incluido cuando sea necesario. No utilice ningún otro objeto ajeno para el Alimentador, ya que podría ocasionar fallas o lesiones.

Siempre tenga cuidado cuando utilice o mueva el aparato.

Si el aparato comienza a despedir humo o algún olor desagradable, detenga la operación inmediatamente y contacte al departamento de servicio al cliente para ayuda.

Siempre desconecte el aparato entre usos. Desconéctelo de la fuente de energía cuando usted no esté presente y antes de armar o desarmarlo. Siempre que lo desconecte, sostenga el cable directamente. Jalar del cable podría ocasionar descarga eléctrica o incendio.

No limpie el aparato a temperaturas de 176°F (80°C) o más. No lo coloque en un horno de microondas, un lavavajillas o una secadora, ya que se podrían deformar las partes u ocasionar una falla en él.

El aparato pesa 14.3 lb. (6.5 kg) cuando está vacío. Cuando mueva el aparato siempre sujételo de la Base con ambas manos. No lo cargue del Alimentador o la Canastilla, ya que se podría dañar.

GUÍA DE SOLUCIÓN DE PROBLEMAS

Cuando el Aspa se detiene durante el funcionamiento.



Mantenga presionado el switch en REVERSE por 3-4 segundos. Esto liberará la presión de la canastilla y hará que el Alimentador se abra fácilmente.

- Al ser puesto en REVERSE, el aparato empujará los ingredientes hacia arriba.
- REVERSE sólo funciona mientras el switch se sostiene hacia abajo. El aparato se apagará automáticamente cuando el switch se suelte.



Si se siguen estos pasos y el Aspa continúa detenida, desarme la Canastilla, limpie todas las partes y ensamble de nuevo para intentarlo otra vez.

Nota

Si el Aspa no girara después de seguir las instrucciones anteriores, desarme la canastilla, limpie cada una de las partes e intente de nuevo. Si el Aspa se atora o el Alimentador no puede quitarse fácilmente, mueva el switch a REVERSE, luego a OFF, luego a FORWARD y repita esto 2-3 veces para desatorar de forma segura las partes atascadas.

PRECAUCIÓN



Quando el switch está en posición OFF, el Aspa no se detendrá inmediatamente. No ponga el switch en FORWARD o REVERSE mientras el Aspa se mueva. Espere hasta que el Aspa se detenga completamente antes de usarse.

Continúa

PROBLEMA	POSIBLE CAUSA	SOLUCIÓN
El aparato no arranca.	No hay energía. La canastilla no está alineada correctamente.	Asegúrese de que el cable esté bien conectado en un contacto que funcione. Revise que todas las partes estén bien ensambladas.
La Canastilla se atoró en la Base.	Exceso de ingredientes u objetos ajenos se atascaron en la Canastilla.	Mantenga presionado el switch en REVERSE por 3-4 segundos. Repita 2-3 veces si es necesario, luego retire la Canastilla de la Base con cuidado.
El Alimentador se atoró en la Canastilla.	Exceso de ingredientes u objetos ajenos se atascaron en la Canastilla.	Mantenga presionado el switch en REVERSE por 3-4 segundos. Repita 2-3 veces si es necesario, luego presione el Alimentador hacia abajo con cuidado mientras lo gira para quitarlo. No intente quitarlo forzándolo.
El aparato dejó de funcionar mientras operaba normalmente.	Exceso de ingredientes u objetos ajenos se atascaron en la Canastilla. El aparato se apagó automáticamente por sobre calentamiento.	Deje enfriar el aparato por 5 minutos antes de volverlo a usar. Mantenga presionado el switch en REVERSE por 3-4 segundos. Repita 2-3 veces si es necesario.
El aparato emite un sonido de rechinido al estar funcionando.	Hay una fricción entre el Aspa y la Canastilla.	Este rechinido es perfectamente normal. No utilice el aparato sin colocar alimentos en él.
El aparato vibra durante su uso.	La vibración es perfectamente normal.	La vibración es perfectamente normal. Si fuera excesiva, provocando desbalance, revise si el Aspa tiene algún defecto y contacte a servicio al cliente de ser necesario.
Hay una raya o marca de agua en el Aspa.	Estas marcas son creadas durante el proceso de fabricación y son perfectamente normales.	Estas marcas aparecen con el paso del tiempo y no afectan el desempeño del aparato.
Las partes del aparato se han manchado.	Los alimentos contienen colorantes naturales.	Algunos colorantes naturales de los alimentos son normales y no afectan el desempeño del aparato. Para minimizar las manchas enjuague y limpie las partes después de cada uso.

Continúa

PROBLEMA	POSIBLE CAUSA	SOLUCIÓN
Hay moho en los Silicones del Cepillo.	Limpieza inadecuada.	Quite y limpie bien los Silicones del Cepillo después de cada uso.
El Filtro está dañado.	Exceso de ingredientes, objetos ajenos o grandes y duros, como hielo o huesos, se atascaron en la Canastilla.	Vea las Instrucciones para el Manejo para un uso adecuado. No coloque exceso de comida en la Canastilla.
Las partes no se pueden ensamblar correctamente.	Las partes han sido expuestas a materiales abrasivos o calor excesivo.	No lave ninguna parte en el lavavajillas ni use detergentes fuertes. Si las partes se han deformado, contacte a servicio al cliente para ayuda.
El jugo contiene demasiada pulpa.	Exceso de ingredientes u objetos ajenos se atascaron en la Canastilla tapando el Filtro. Los alimentos no han sido cortados en pedazos lo suficientemente pequeños.	Corte los ingredientes en pedazos más pequeños para evitar que las fibras se atoren en el Aspa. Introduzca los alimentos despacio.

Para mayor información del Nutri-Master Slow Juicer contacte a Servicio al Cliente
1.877.689.2838 • help@nuwavenow.com
Lunes-Viernes 7:00 AM - 8:00 PM CST
www.NuWaveNow.com

Juicer Tips



How to prepare juicing ingredients*

Apple, Kiwi

Kiwi can be juiced without removing seeds and peels. Apple can be juiced with the peel avoiding the seeds. Apple seeds contain toxicity.

Pomegranate, Grapes

Separate grapes from cluster. Remove skin from pomegranate and juice seeds only.

Watermelon, Orange, Grapefruit

Remove rind from watermelon and peel citrus fruits. Cut into chunks to fit hopper opening.

Mango, Cherry, Peach

Remove pits from mangoes, cherries, peaches or any fruit with large pits. The pits can cause damage or stoppage and must be removed before juicing.

Wheat Grass, Chives

Hold wheat grass or chives in a bunch and drop into the juicer.

Water Parsleys, Angelica, Celery, Kale

Cut fibrous foods into 1-inch long pieces.

* This reference is for trimming ingredients; please keep in mind personal food intolerances or allergies when choosing your ingredients.

FINE STRAINER VS COARSE CONTAINER

Fine strainer has small holes for making cleaner juices.

Coarse strainer has larger holes for thick, pulpy juice.

It's also great for juice from soft fruits, thick juices like banana and strawberry, smoothies or soups.

HEALTHY JUICE RECIPES



nuwave[™]
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Apple Juice (Serves: 2)

Ingredients:

2 apples

Directions:

1. Remove stems and wash apples.
2. Cut to fit into juicer.
3. Juice apples and enjoy.

Orange Juice (Serves: 2)

Ingredients:

3 oranges

Directions:

1. Peel oranges and pull into wedges to fit into juicer.
2. Juice and enjoy.



Carrot Juice (Serves: 2)

Ingredients:

4 carrots

Directions:

1. Cut top off and wash carrots well.
2. Cut into pieces small enough to fit into juicer.
3. Juice carrots and enjoy.

Grape Juice (Serves: 2)

Ingredients:

2¹/₂ cups grapes

Directions:

1. Wash grapes well.
2. Juice and enjoy.



Cranberry Cravings (Serves: 1)

Ingredients:

- 1/2 cup whole cranberries, fresh or frozen
- 1 carrot
- 3 oranges
- 1 lemon

Directions:

1. Remove top from carrot.
2. Wash carrots and cranberries well.
3. Peel oranges, lemons and pull into wedges to fit juicer.
4. Cut carrot to fit into juicer.
5. Whisk together and enjoy over ice.

Grape-Grapefruit Juice

(Serves: 1)

Ingredients

- 1 grapefruit
- 1 cup fresh blueberries
- 1/2 cup grapes

Directions:

1. Wash all fruit.
2. Peel grapefruit and pull into wedges to fit juicer.
3. Juice and enjoy.



Grape-Grapefruit Juice



Cherry Surprise (Serves: 1)

Ingredients:

- 1 cup pitted cherries
- 1 grapefruit
- 1 green apple

Directions:

1. Remove stem from apple and wash well.
2. Peel grapefruit and pull into sections to fit juicer.
3. Juice all ingredients and enjoy.

Berry Juice (Serves: 2)

Ingredients:

- 1 cup strawberries
- 1 cup blueberries
- 1 cup blackberries

Directions:

1. Remove any stems and wash fruit thoroughly.
2. Juice and enjoy over ice.



Berry Juice



Pear Juice (Serves: 1)

Ingredients:

- 2 pears

Directions:

1. Wash pears well.
2. Remove pear stems, cut to fit into juicer
3. Juice and enjoy.

Watermelon Juice (Serves: 2)

Ingredients:

- 1 (8-inch) watermelon

Directions:

1. Slice melon in half and remove rind.
2. Cut watermelon into chunks to fit in juicer.
3. Juice and enjoy.



Pineapple-Grape Juice

(Serves: 1)

Ingredients:

- 1/2 pineapple
- 1 cup purple grapes

Directions:

1. Peel pineapple and cut into chunks.
2. Wash grapes thoroughly.
3. Juice pineapple and grapes.
4. Pour over ice and enjoy.

Grapefruit-Orange Juice

(Serves: 1)

Ingredients:

- 1 grapefruit
- 2 oranges

Directions:

1. Peel fruit and pull into wedges to fit into juicer.
2. Juice and enjoy over ice.



Tomato Juice

Tomato Juice (Serves: 2)

Ingredients:

- 4 tomatoes

Directions:

1. Wash tomatoes well.
2. Remove stems and slice to fit in juicer.
3. Juice and enjoy.

Pomegranate Juice (Serves: 2)

Ingredients:

- 1 pomegranate

Directions:

1. Cut in half and remove the pomegranate seeds from rind.
2. Juice seeds and enjoy.

Carrot Cran-Apple Juice

(Serves: 1)

Ingredients:

- 1 cup cranberries
- 3 carrots
- 2 apples



Carrot Cran-Apple Juice

Directions:

1. Remove stems from apples and tops from carrots.
2. Wash apples and carrots along with cranberries.
3. Cut apples and carrots to fit into juicer.
4. Juice all ingredients.
5. Pour over ice and enjoy.



Simple Fruit Juice

Simple Fruit Juice (Serves: 1)

Ingredients:

- 1 apple
- 1 pear
- 1 carrot

Directions:

1. Remove stems from apple and pear.
2. Remove top from carrot.
3. Cut to fit into juicer.
4. Juice all ingredients.
5. Enjoy over ice.

Blue Moon (Serves: 1)

Ingredients:

- 1 cup cantaloupe
- 1 cup blueberries
- 1 cup cherries, pitted
- 1/2 cup green grapes
- Juice from half of 1 lime

Directions:

1. Wash everything thoroughly.
2. Cut cantaloupe and remove rind.
4. Juice all fruit and whisk together with lime juice.
5. Pour over ice and enjoy.



Detoxifying Juice

Detoxifying Juice (Serves 1)

Ingredients:

- Fresh mint or basil to taste
- 2 apples
- 1 carrot
- 2-3 celery sticks

Directions:

1. Remove apple stems and tops of carrots.
2. Wash everything thoroughly.
3. Cut apples, carrots and celery to fit juicer.
4. Juice mint or basil first.
5. Juice all remaining ingredients.
6. Whisk together and enjoy.

Tip: Juicing the basil first will allow other vegetables and fruits to push the basil through.

Cleansing Juice (Serves: 1)

Ingredients:

- 2 carrots
- 1/2 cucumber
- 1/4 beet

Directions:

1. Be sure all vegetables have been washed.
2. Cut to fit into juicer. Juice all ingredients.
3. Whisk and enjoy.

Tip: You can juice the beet with or without the greens depending on your flavor preference.



Apple Zinger

Apple Zinger (Serves: 1)

Ingredients:

- 3 apples
- 1 small cucumber
- 1 (1-inch) piece ginger

Directions:

1. Remove apple stems.
2. Wash apple and cucumber.
3. Cut to fit into juicer.
4. Juice ginger first and follow with remaining ingredients.
5. Whisk and enjoy over ice.

Apple-Squash Juice (Serves: 2)

Ingredients:

- 4 apples
- 1/2 butternut squash
- 1 carrot
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg

Directions:

1. Remove stems from apples and cut top off carrot.
2. Wash apples, squash and carrot.
3. Juice apples, squash and carrot.
4. Season with cinnamon and nutmeg.
5. Whisk and enjoy.

Digestion Aid (Serves: 1)

Ingredients:

- 1/2 apple
- 5 carrots
- 1 wedge cabbage

Directions:

1. Remove apple stem and tops of carrots.
2. Wash all fruit and vegetables well.
3. Cut everything to fit into juicer.
4. Juice apple and carrots then juice cabbage.
5. Whisk and enjoy.

Kiwi Apple Juice (Serves: 1)

Ingredients:

- 1 kiwi
- 1 apple
- 1 handful blueberries or blackberries

Directions:

1. Wash fruit.
2. Peel kiwi cut to fit into juicer.
3. Remove apple stem, cut to fit in juicer.
4. Juice and enjoy over ice.

Breathe Right Juice (Serves: 1)

Ingredients:

- 1 bunch parsley
- 1/2 clove garlic
- 1/2 cucumber
- 2 carrots
- 2 stalks celery

Directions:

1. Wash carrots, cucumber, parsley and celery.
2. Roll parsley into ball and juice first.
3. Juice garlic then juice cucumbers, carrots and celery.
4. Whisk and enjoy.

Watermelon-Kale Juice

(Serves 2)

Ingredients:

- 1/2 round watermelon
- 2 large kale leaves
- 1 large celery stick

Directions:

1. Wash watermelon, kale and celery well.
2. Remove watermelon rind and discard.
3. Cut watermelon and celery to fit into juicer.
4. Juice watermelon
5. Juice kale and celery.
6. Whisk and enjoy over ice.



Carrot-Broccoli Juice

(Serves: 1)

Ingredients:

- 1 cup spinach leaves
- 1 large broccoli spear
- 5 carrots
- 1 (1/2-inch) piece ginger

Directions:

1. Remove tops from carrots.
2. Wash spinach, broccoli, carrots and ginger.
3. Cut broccoli and carrots to fit into juicer.
4. Roll spinach into ball and place in juicer first.
5. Juice broccoli, carrots and ginger.
6. Pour over ice and enjoy.



Carrot and Kelp Juice

(Serves: 1)

Ingredients:

- 3 carrots
- 6 kale leaves
- 1/4 fresh fennel bulb
- 1 teaspoon ground dried kelp

Directions:

1. Remove tops of carrots.
2. Wash vegetables well.
3. Roll kale into tight ball and push through juicer first.
4. Cut carrots and fennel to fit into juicer.
5. Juice everything and whisk in kelp.
6. Pour over ice and enjoy.



Celery and Carrot Blend

(Serves 1)

Ingredients:

- 1 apple
- 3 carrots
- 2 stalks celery
- 1/4 fresh fennel bulb
- 1/2 teaspoon ground cumin

Directions:

1. Remove stem from apple and tops of carrots.
2. Wash fruit and vegetables well.
3. Cut apples, carrots, celery and fennel to fit juicer.
4. Whisk in cumin and enjoy over ice.

Peas and Carrots (Serves: 1)

Ingredients:

- 5 sprigs fresh parsley
- 1 cup peas
- 1 cup carrots
- 1 apple

Directions:

1. Wash all ingredients well.
2. Remove apple stem, cut to fit in juicer and remove seeds.
3. Juice parsley and peas.
4. Juice carrots and apple.
5. Whisk together and enjoy.



Pomegranate-Apple Juice

Pomegranate-Apple Juice

(Serves: 1)

Ingredients:

- 2 pomegranates, seeds only
- 1 apple
- 1 pear
- 1 cup raspberries

Directions:

1. Remove stems from apple and pear, cut to fit in juicer.
2. Wash all fruit well.
3. Cut pomegranate in half and remove the seeds from rind.
4. Juice apples, pears and seeds.
5. Whisk together and enjoy over ice.

Cherry Pomegranate Juice

(Serves: 1)

Ingredients:

- 2 pomegranates, seeds only
- 1 cup pitted black cherries
- 1 cup grapes
- 1 apple

Directions:

1. Slice pomegranates in half and remove seeds.
2. Remove apple stem and wash well.
3. Cut apples to fit in juicer.
4. Juice fruit and pomegranate seeds.
5. Pour over ice and enjoy.

Sweet and Spicy

Watermelon Juice (Serves: 1)

Ingredients:

- 1/2 watermelon
- 1 (1/2-inch) piece fresh ginger
- 2 tablespoons agave nectar (optional)

Directions:

1. Wash watermelon.
2. Slice watermelon and remove rind.
3. Cut watermelon to fit into juicer.
4. Juice ginger first and follow with watermelon.
5. Sweeten juice with agave if desired and enjoy.

Grapefruit Medley (Serves: 1)

Ingredients:

- 6 sprigs fresh parsley
- 1 grapefruit
- 1 orange
- 1 carrot
- 3 kiwi

Directions:

1. Wash carrot.
2. Peel and slice grapefruit, orange and kiwi.
3. Juice parsley.
4. Juice remaining ingredients and enjoy over ice.



Sweet and Spicy
Watermelon Juice



Strawberry-Rhubarb Juice

(Serves: 1)

Ingredients:

- 1 (1/2-inch) piece ginger
- 1 grapefruit
- 1 cup strawberries
- 2 stalks fresh rhubarb, trimmed

Directions:

1. Wash all ingredients well.
2. Peel grapefruit and pull into wedges to fit into juicer..
3. Remove stems from strawberries.
4. Juice ginger.
5. Juice grapefruit, strawberries and rhubarb.
6. Whisk together and enjoy over ice.



Peppy Parsley Apple Juice

(Serves: 1)

Ingredients:

- 1 cup parsley
- 1/2 apple
- 2 carrots
- 3 celery stalks

Directions:

1. Remove stem from apple.
2. Wash all fruit and vegetables well.
3. Juice parsley first.
4. Juice apple, carrots and celery.
5. Enjoy over ice.



Red Dawn Juice

Red Dawn Juice (Serves: 1)

Ingredients:

- 1 grapefruit
- 1 cup cherries, pitted
- 1 apple
- 1 carrot

Directions:

1. Peel grapefruit and pull into sections to fit juicer.
2. Removing stem from apple and tops from carrot.
3. Wash well.
4. Juice all ingredients.
5. Enjoy over ice.

Veggie Chiller (Serves: 1)

Ingredients:

- 1 apple
- 1/2 zucchini
- 1/2 cucumber
- 1/2 red bell pepper
- 1 carrot
- 3 stalks celery

Directions:

1. Wash all ingredients well and cut to fit into juicer.
2. Juice all ingredients and whisk together.
3. Enjoy over ice.



Rising Star Juice (Serves: 1)

Ingredients:

- 2 oranges
- 1 apple
- 1 carrot
- 2 star fruit

Directions:

1. Wash all ingredients.
2. Peel and slice oranges.
3. Remove apple stem, cut to fit in juicer and remove seeds.
4. Juice all ingredients and whisk together.
5. Enjoy over ice.



Tangy Tomato Juice (Serves: 1)

Ingredients:

- 4 sprigs fresh parsley
- 1 large tomato
- 1 (1/2-inch) piece ginger
- 1/2 lemon

Directions:

1. Wash lemon, remove peel and pull into wedges to fit into juicer.
2. Remove stem from tomato and wash well.
3. Wash parsley and juice first by rolling into a tight ball to push through.
4. Juice ginger, tomatoes and lemon.
5. Whisk and enjoy.



Red Rider (Serves: 1)

Ingredients:

- 5 radishes
- 4 tomatoes
- 1 red bell pepper
- 1 small beet with greens
- Cayenne pepper to taste

Directions:

1. Wash all vegetables and slice to fit into juicer.
2. Juice all ingredients and whisk together.
3. Season with cayenne pepper.
4. Whisk and enjoy over ice.



Spinach Juice (Serves: 1)

Ingredients:

- 2 large handfuls spinach
- 1 apple

Directions:

1. Remove stem from apple.
2. Wash spinach and apple well.
3. Cut apple to fit into juicer.
4. Roll spinach into tight balls to fit into juicer.
5. Juice spinach first and push through with apple.
6. Whisk and enjoy.



Easy Green Juice

Easy Green Juice (Serves: 1)

Ingredients:

- 2 cups parsley
- 1 cup spinach
- 1 cucumber
- 3 celery stalks
- 2 cups kale

Directions:

1. Wash vegetables well.
2. Cut cucumber and celery to fit juicer.
3. Juice parsley, kale and spinach first by rolling into tight balls and pushing into juicer.
4. Whisk and enjoy over ice.

Tip: For added health benefits, add a little ginger or garlic to your juice.



Broccoli Cabbage Juice

(Serves: 1)

Ingredients:

- 1 clove garlic
- 1 (1/2-inch) piece ginger
- 1 cup cabbage
- 2 cups broccoli

Directions:

1. Alternate juicing vegetables adding garlic half way through.
2. Whisk everything and enjoy over ice.



Cabbage Juice

Cabbage Juice (Serves: 2)

Ingredients:

1/2 head cabbage

Directions:

1. Wash cabbage well.
2. Slice cabbage into pieces small enough to fit juicer.
3. Juice and enjoy.

Sweet Asparagus Juice

(Serves: 1)

Ingredients:

- 10 asparagus spears
- 1 apple
- 1 apricot, pitted
- 3 carrots

Directions:

1. Wash all ingredients.
2. Remove tops from carrots and apple stem.
3. Cut to fit into juicer.
4. Juice all ingredients.
5. Enjoy over ice.



Sweet Asparagus Juice

SMOOTHIE RECIPES



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Banana Berry Smoothie

Banana Berry Smoothie

(Serves: 2)

Ingredients:

- 6 ounces vanilla yogurt
- 1/2 cup milk
- 1/2 cup frozen berries of choice
- 1 banana, firm but ripe

Directions:

1. Insert coarse strainer.
2. Add yogurt and milk to juicer.
3. Juice berries.
4. Juice banana.
5. Blend until smooth.
6. Open juicer cap, pour into glass and enjoy.

Honey Banana Smoothie

(Serves: 2)

Ingredients:

- 1 banana, ripe but firm
- 6 ounces plain yogurt
- 2 teaspoons honey
- 1/4 pineapple, rind and core removed
- 6 fresh mint leaves

Directions:

1. Insert coarse strainer.
2. Juice banana.
3. Add yogurt and honey to juicer.
4. Juice pineapple and mint, alternating in batches.
5. Blend until smooth.
6. Open juicer cap, pour into glass and enjoy.



Spiced Orange Smoothie

Spiced Orange Smoothie

(Serves: 1)

Ingredients:

- 1 banana, frozen and sliced
- 1 (1½-inch) piece fresh ginger, peeled
- 1 orange, peeled

Directions:

1. Insert coarse strainer.
2. Juice banana.
3. Juice ginger and orange.
4. Blend until smooth.
5. Open juicer cap, pour into glass and enjoy.

Pineapple Mango Smoothie

(Serves: 1)

Ingredients:

- 1 banana, frozen and sliced
- ¾ cup frozen mango, sliced
- ¾ cup pineapple slices
- 2 large carrots
- 4 mint leaves (optional)

Directions:

1. Insert coarse strainer.
2. Juice banana.
3. Juice mango and pineapple.
4. Juice carrots and mint, alternating in batches.
5. Blend until smooth.
6. Open juicer cap, pour into glass and enjoy.

Green Apple Smoothie

(Serves: 1)

Ingredients:

- 5 kale leaves roughly chopped
- 1 Granny smith apple, peeled, cored and sliced
- 1 avocado, peeled, pit removed and sliced
- 5 mint leaves

Directions:

1. Insert coarse strainer.
2. Juice kale and apple.
3. Juice avocado and mint.
4. Blend until smooth.
5. Open juicer cap, pour into glass and enjoy.

PULP RECIPES

Tip:

All baking recipes are designed for the NuWave™ Oven.



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Orange Carrot Pulp Muffins

Orange Carrot Pulp Muffins

(Yields: 12 muffins)

Muffin Ingredients:

- 2 cups all-purpose flour
- 1/4 cup packed brown sugar
- 2 teaspoons baking powder
- 1/4 teaspoon baking soda
- 1 teaspoon salt
- Ground cinnamon
- 1/2 cup granulated sugar
- 1 tablespoon coconut oil (softened)
- 2 tablespoons honey
- 2/3 cup orange juice
- 1 tablespoon grated orange zest
- 1/4 cup carrot pulp
- 1/4 cup orange pulp

Topping Ingredients:

- 1 tablespoon melted margarine
- 1/4 cup brown sugar
- 1/2 teaspoon cinnamon

Directions:

1. Combine flour, brown sugar, baking powder, baking soda, salt and ground cinnamon in large bowl; set aside.

2. In separate bowl, combine granulated sugar, coconut oil, honey, orange juice and orange zest and mix well.
3. Combine orange mixture with dry ingredients.
4. Mix in carrot and orange pulp.
5. Fill baking cups 2/3 full.
6. Add Extender Ring to NuWave Oven base.
7. Place baking cups on 1 or 2-inch rack.
8. Bake at 350°F for 18-20 minutes, until toothpick inserted in center comes out clean.
9. Cool for 5 minutes before turning out of baking cups.

Conventional Oven Baking

Directions: Preheat oven to 350°F. Place muffins directly on rack or on a baking sheet. Bake for 18-20 minutes, or until toothpick comes out clean.



Apple Cinnamon Pulp Muffins

Apple Cinnamon Pulp Muffins

(Yield: 12 muffins)

Ingredients:

- 2 cups all-purpose flour
- 1/2 cup artificial sweetener
- 3 teaspoons baking powder
- 1 tablespoon ground cinnamon
- 1/2 teaspoon salt
- 3/4 cup apple juice
- 1/3 cup coconut oil (softened)
- 2 tablespoons honey
- 2 medium apples, peeled, cored and finely diced
- 1/2 cup apple pulp

Directions:

1. Spray 12 baking cups with non-stick spray and set aside.
2. In medium bowl, combine flour, sweetener, baking powder, cinnamon and salt; mix well and set aside
3. In small bowl, combine apple juice, oil and honey; blend well.

4. Add wet ingredients to dry ingredients and stir just until combined.
5. Stir in chopped apples and apple pulp.
6. Fill baking cups 2/3 full.
7. Add Extender Ring to NuWave Oven base.
8. Place baking cups on 1 or 2-inch rack.
9. Bake at 350°F for 18-20 minutes, until toothpick inserted in center comes out clean.
10. Cool for 5 minutes before turning out of baking cups.

Conventional Oven Baking

Directions: Preheat oven to 400°F. Place muffins directly on rack or on a baking sheet. Bake for 18-20 minutes, or until toothpick comes out clean.



Fat-Free Sugar-Free Blueberry Muffins

Fat-Free Sugar-Free Blueberry Muffins

(Yield: 12 muffins)

Ingredients:

- 1³/₄ cups all-purpose flour
- 2¹/₂ teaspoons baking powder
- 1/3 cup artificial sweetener
- 2 tablespoons honey
- 1/4 cup apple pulp
- 1/3 cup skim milk
- 1 cup blueberries

Directions:

1. Spray 12 muffin baking cups with non-stick spray and set aside.
2. In medium bowl, combine flour, baking powder and sweetener; set aside.
3. In separate bowl combine honey, pulp and milk.
4. Gradually add dry ingredients to pulp mixture and stir to combine.
5. Fold blueberries into batter.

6. Fill baking cups ²/₃ full.
7. Add Extender Ring to NuWave Oven base.
8. Place baking cups on 1 or 2-inch rack.
9. Bake at 350°F for 15-17 minutes, until toothpick inserted in center comes out clean.
10. Cool for 5 minutes before turning out of baking cups.

Conventional Oven Baking

Directions: Preheat oven to 400°F. Place muffins directly on rack or on a baking sheet. Bake for 15-17 minutes, or until toothpick comes out clean.



Berry Pulp Muffins

Berry Pulp Muffins

(Yield: 12 muffins)

Ingredients:

- 2 cups all-purpose flour
- 1/2 cup artificial sweetener
- 3 teaspoons baking powder
- 1 tablespoon ground cinnamon
- 1/2 teaspoon salt
- 3/4 cup apple juice
- 1/3 cup vegetable oil
- 2 tablespoons honey
- 1 cup blueberries, blackberries or strawberries
- 1/2 cup apple or berry pulp

Directions:

1. Spray 12 muffin baking cups with non-stick spray and set aside.
2. In medium bowl, combine flour, sweetener, baking powder, cinnamon and salt; mix well and set aside.
3. In large bowl, combine apple juice, oil and honey and blend well.

4. Gradually add dry ingredients to wet ingredients, stirring until just combined.
5. Fold in berries and fruit pulp.
6. Fill baking cups 2/3 full.
7. Add Extender Ring to NuWave Oven base.
8. Place baking cups on 1 or 2-inch rack.
9. Bake at 350°F for 18-20 minutes, until toothpick inserted in center comes out clean.
10. Cool for 5 minutes before turning out of baking cups.

Conventional Oven Baking

Directions: Preheat oven to 400°F. Place muffins directly on rack or on a baking sheet. Bake for 18-20 minutes, or until toothpick comes out clean.



Savory Pulp Muffins



Savory Pulp Muffins

(Yield: 12 muffins)

Ingredients:

- 1 1/2 cups all-purpose flour
- 2 tablespoons sugar
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/4 teaspoon dried tarragon
- 2 tablespoons oil
- 1/3 cup chopped green onions
- 1/4 cup minced red bell pepper
- 1/4 cup minced green bell pepper
- 1/4 cup minced fresh parsley
- 2 eggs
- 1/3 cup sour cream
- 1 tablespoon Dijon mustard
- 1/4 cup vegetable pulp of choice

Directions:

1. Spray 12 muffin baking cups with non-stick spray and set aside.
2. In medium bowl, combine flour, sugar, baking powder, baking soda, salt and tarragon; set aside.

3. Add onions and peppers to fry pan and sauté in oil over medium heat until tender.
4. Stir in parsley, lower cooking temperature and cook for 10 minutes and set aside.
5. In separate bowl, combine eggs, sour cream and mustard.
6. Add cooked veggies to egg mixture and stir to combine.
7. Gradually add dry ingredients and vegetable pulp and mix until combined.
8. Fill baking cups 2/3 full.
9. Add Extender Ring to NuWave Oven base.
10. Place baking cups on 1 or 2-inch rack.
11. Bake at 350°F for 18-20 minutes, until toothpick inserted in center comes out clean.

Conventional Oven Baking

Directions: Preheat oven to 400°F. Place muffins directly on rack or on a baking sheet. Bake for 18-20 minutes, or until toothpick comes out clean.



Orange Carrot Pulp Muffins

Orange Carrot Pulp Muffins

(Yield: 12 muffins)

Muffin Ingredients:

- 2 cups all-purpose flour
- 1/4 cup packed brown sugar
- 2 teaspoons baking powder
- 1/4 teaspoon baking soda
- 1 teaspoon salt
- Ground cinnamon
- 1/2 cup granulated sugar
- 1 tablespoon coconut oil (softened)
- 2 tablespoons honey
- 2/3 cup orange juice
- 1 tablespoon grated orange zest
- 1/4 cup carrot pulp
- 1/4 cup orange pulp

Topping Ingredients:

- 1 tablespoon melted margarine
- 1/4 cup brown sugar
- 1/2 teaspoon cinnamon

Directions:

1. Spray 12 muffin baking cups with non-stick spray and set aside.
2. Combine flour, brown sugar, baking powder, baking soda, salt and ground cinnamon in large bowl; set aside.

3. In separate bowl, combine granulated sugar, coconut oil, honey, orange juice and orange zest and mix well.
4. Combine orange mixture with dry ingredients.
5. Mix in carrot and orange pulp.
6. Fill baking cups 2/3 full.
7. Add Extender Ring to NuWave Oven base.
8. Place baking cups on 1 or 2-inch rack.
9. Bake at 350°F for 18-20 minutes, until toothpick inserted in center comes out clean.
10. Cool for 5 minutes before turning out of baking cups.

Conventional Oven Baking

Directions: Preheat oven to 350°F. Place muffins directly on rack or on a baking sheet. Bake for 18-20 minutes, or until toothpick comes out.

COOKIE RECIPES

Tip:

All baking recipes are designed for the NuWave™ Oven.

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Apple Oatmeal Cookies

Apple Oatmeal Cookies

(Yield: 24 cookies)

Ingredients:

- 1 1/4 cups all-purpose flour
- 1/4 teaspoon baking soda
- 1/2 teaspoon ground cinnamon
- 1/3 cup coconut oil (softened)
- 2/3 cup packed brown sugar
- 1 egg
- 1/2 cup apple pulp
- 1 1/4 cups rolled oats
- 1 tablespoons honey

Directions:

1. In medium bowl, combine flour, baking soda and cinnamon; set aside.
2. In large bowl of electric mixer, cream together coconut oil and brown sugar.
3. Add egg to oil mixture and mix well.
4. Mix apple pulp, oats and honey together until combined and add to mixer.

5. Gradually add dry ingredients to wet ingredients and mix until combined.
6. Refrigerate dough for 30 minutes, or until firm.
7. Add Extender Ring to NuWave Oven base.
8. Place NuWave Silicone Baking Ring on 2-inch rack.
9. Using a cookie scoop, place cookie dough around silicone baking ring between vented holes.
10. Bake at 325°F for 8-10 minutes or until lightly browned.

Conventional Oven Baking

Directions: Preheat oven to 375°F and bake cookies on cookie sheet for 8-10 minutes.



Butter Berry Pulp Cookies

Butter Berry Pulp Cookies

(Yields: 36 cookies)

Ingredients:

- 1 cup butter or coconut oil (softened)
- 1 cup granulated sugar
- 2 tablespoons honey
- 1 teaspoon vanilla extract
- 2¹/₂ cups flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1/2 cup berry pulp, blueberry, cherry or raspberry

Directions:

- 1. Cream together oil and sugar in large bowl.
- 2. Beat in honey and vanilla and set aside.
- 3. In separate bowl, combine flour, baking powder and salt.
- 4. Gradually add flour mixture to creamed mixture and mix well.
- 5. Add pulp and mix well.
- 6. Roll dough into 1-inch balls and refrigerate for 30 minutes.

- 7. Add Extender Ring to NuWave Oven base.
- 8. Place NuWave Silicone Baking Ring on 2-inch rack.
- 9. Bake at 325°F for 8-10 minutes or until lightly browned.

Conventional Oven Baking

Directions: Preheat oven to 350°F and bake on cookie sheet for 8-10 minutes.



Banana Pulp Snack Bread

Banana Pulp Snack Bread

Yields: 1 (9x5-inch) loaf

Ingredients:

- 1³/₄ cup all-purpose flour
- 1 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1/4 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1/2 teaspoon salt
- 1 cup mashed ripe banana pulp
- 1/2 cup coconut oil, softened
- 3/4 cup sugar
- 2 eggs
- 2 teaspoon vanilla
- 1/2 cup chopped walnuts

Directions:

1. Prepare pan with coconut oil and set aside.
2. In large bowl, combine flour, baking soda, baking powder, cinnamon, nutmeg and salt; set aside.

3. In separate bowl, cream together banana pulp, oil, sugar, and eggs until blended.
4. Add vanilla to banana mixture and mix to combine.
5. Gradually add dry ingredients to banana mixture and mix until combined.
6. Fold nuts into batter and pour into 9x5-inch loaf pan.
7. Place pan on 2-inch rack.
8. Add Extender Ring to NuWave Oven base
9. Bake at 325°F for 45-50 minutes, or until toothpick comes out clean.

Conventional Oven Baking

Directions: Preheat oven to 350°F and bake for 45-50 minutes, or until toothpick comes out clean.

SALSA RECIPES



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**Tip:**

Use tomato, celery or carrot pulp for best results.

Papaya Salsa

Papaya Salsa (Yield: 2 cups)

Ingredients:

- 1 papaya, chopped
- 1 red bell pepper, chopped
- 1 yellow bell pepper, chopped
- 1/3 cup vegetable pulp
- 1 bunch cilantro, chopped
- 1 tablespoon freshly grated ginger

Juice and finely grated zest from 3 limes

Salt and black pepper to taste

Directions:

1. Combine all vegetables and pulp in large bowl.
2. Drizzle lime juice and zest over salsa and season with salt and pepper.
3. Toss salsa until combined and enjoy.

Corn Chili Salsa (Yield: 3 cups)

Ingredients:

- 1/4 cup carrot or tomato pulp
- 1 can black beans, drained and rinsed
- 1 orange bell pepper, chopped
- 1 bag frozen corn
- 2 long red chillies, chopped
- 1 red onion, chopped
- 2 garlic cloves, minced
- 2 tablespoons cilantro, chopped

Directions:

1. Combine all ingredients in large bowl.
2. Refrigerate salsa until chilled.
3. Serve salsa with chips or crackers.



Mango, Apple and Black Bean Salsa

Mango, Apple and Black Bean Salsa (Yield: 4 cups)

Ingredients:

- 1 (15-ounce) can black beans
- 1/4 cup apple pulp
- 4 mangos, diced
- 1 apple, diced
- 1/2 cup chopped cilantro
- Salt and pepper to taste

Directions:

1. Rinse black beans and transfer to large bowl.
2. Add remaining ingredients to bowl and toss to combine.
3. Season with salt and pepper and enjoy.

Heavenly Apple Sauce

(Yield: 2 cups)

Ingredients:

- 2 cups water
- 2 cups seedless apple pulp
- 2 cups natural apple juice
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 3 tablespoons pure honey

Directions:

1. Add water to medium saucepan and bring to boil.
2. Add pulp and apple juice to pan, reduce heat and simmer for 10 minutes.
3. Mix in cinnamon, nutmeg and honey and enjoy.



Avocado-Cucumber Dip

Red Pepper Dip (Serves: 4)

Ingredients:

- 3/4 cup walnuts, soaked for 8 hours and drained
- 2 large red peppers, chopped
- Juice from 1/2 lemon
- 3 tablespoons extra-virgin olive oil
- 1/2 teaspoon crushed red pepper flakes
- 1/2 teaspoon cumin
- 1/2 teaspoon sea salt
- 1 clove garlic
- Parsley (optional)

Directions:

1. Insert coarse strainer.
2. Juice walnuts.
3. Juice red peppers and transfer mixture to mixing bowl.
4. Add lemon juice and olive oil and blend until smooth.
5. Season dip with remaining ingredients.
6. Garnish with parsley and serve with chips.

Tip: For a chunkier dip, add onions, avocado or additional red peppers.

Avocado-Cucumber Dip

(Yield: 1 cup)

Ingredients:

- 1 avocado
- 1/2 cup cucumber pulp
- Juice from 1 small lime

Directions:

1. Mash avocado in small bowl.
2. Add cucumber pulp and mix well.
3. Drizzle with fresh lime juice.

Tip: Enjoy with chips or use as a sandwich spread.

SOUP RECIPES



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Raw Tomato-Basil Soup

Raw Tomato-Basil Soup

(Serves: 2)

Ingredients:

- 1 handful basil (about 1/2 cup)
- 1 carrot, cut into chunks
- 8 tomatoes, sliced
- Salt and pepper to taste
- 1 teaspoon dried parsley (optional)
- 1 teaspoon olive oil

Directions:

1. Insert coarse strainer.
2. Juice basil and carrots.
3. Juice tomatoes and blend.
4. Pour soup into bowl and season with salt and pepper to taste.
5. Garnish with parsley and top with drizzle of olive oil.

Tips: Rolling the basil into a ball will help produce the most juice.

For warm soup, simmer the soup over low heat for 10-15 minutes, stirring constantly.



Raw Asparagus Soup

Raw Asparagus Soup

(Serves: 2)

Ingredients:

- 1 avocado, peeled, pitted and cut into chunks
- 1 1/2 pounds asparagus, trimmed
- 2 cloves
- 1/2 teaspoon salt
- Pepper to taste

Directions:

1. Insert coarse strainer.
2. Juice garlic cloves.
3. Juice avocado and asparagus.
4. Blend until smooth and transfer to serving bowl.
5. Season with salt and pepper to taste and enjoy.

Tip: For warm soup, omit the avocado from step 2 and serve whole with soup. Simmer the soup over low heat for 10-15 minutes, stirring constantly.

Raw Creamy Carrot-Avocado Soup

(Serves: 1)

Ingredients:

- 1 1/2 cups carrot juice, 7-10 carrots, enough for 1 1/2 cups juice
- 1 lime, peeled
- 1 avocado, peeled, pitted and cut into chunks
- Salt and pepper to taste
- 1 handful cilantro or parsley, chopped

Directions:

1. Insert coarse strainer.
2. Juice carrots and lime.
3. Add avocado to juice and blend until smooth.
4. Pour soup into serving bowl garnish with chopped cilantro or parsley.
5. Season soup with salt and pepper to taste.

Tip: For warm soup, omit the avocado from step 3 and serve whole with soup. Simmer the soup over low heat for 10-15 minutes, stirring constantly.



Almond Milk

Almond Milk (Yield: 24 ounces)

Ingredients:

- 1 pound almonds
- Water
- 1 teaspoon raw honey, agave or maple syrup

Directions:

1. Place almonds in container or bowl and add enough water to cover. Soak almonds for 8 hours.
2. Drain almonds and reserve water.
3. Boil 3 cups of water and pour over almonds.
4. Let almonds soak in hot water for 5 minutes, then drain and discard water.
5. Squeeze almonds between your thumb and fingers to remove skins.
6. Juice almonds, alternating with reserved water.
7. Place cheesecloth over large bowl and slowly pour almond milk through the cloth to strain.
8. Stir in honey and refrigerate until ready to serve.

Cashew Milk

(Yield: 24 ounces)

Ingredients:

- 1 pound cashews
- Water

Directions:

1. Place cashews in container or bowl and add enough water to cover. Soak cashews for 3 hours.
2. Drain cashews and reserve water.
3. Insert coarse strainer.
4. Juice cashews, alternating with reserved water.
5. Place cheesecloth over large bowl and slowly pour cashew milk through the cloth to strain.

Tip: For best flavor, store in a glass container.



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For patent information please to go: www.nuwarennow.com/legal/patent
Model: 27001 120V, 60Hz, 260Watts

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