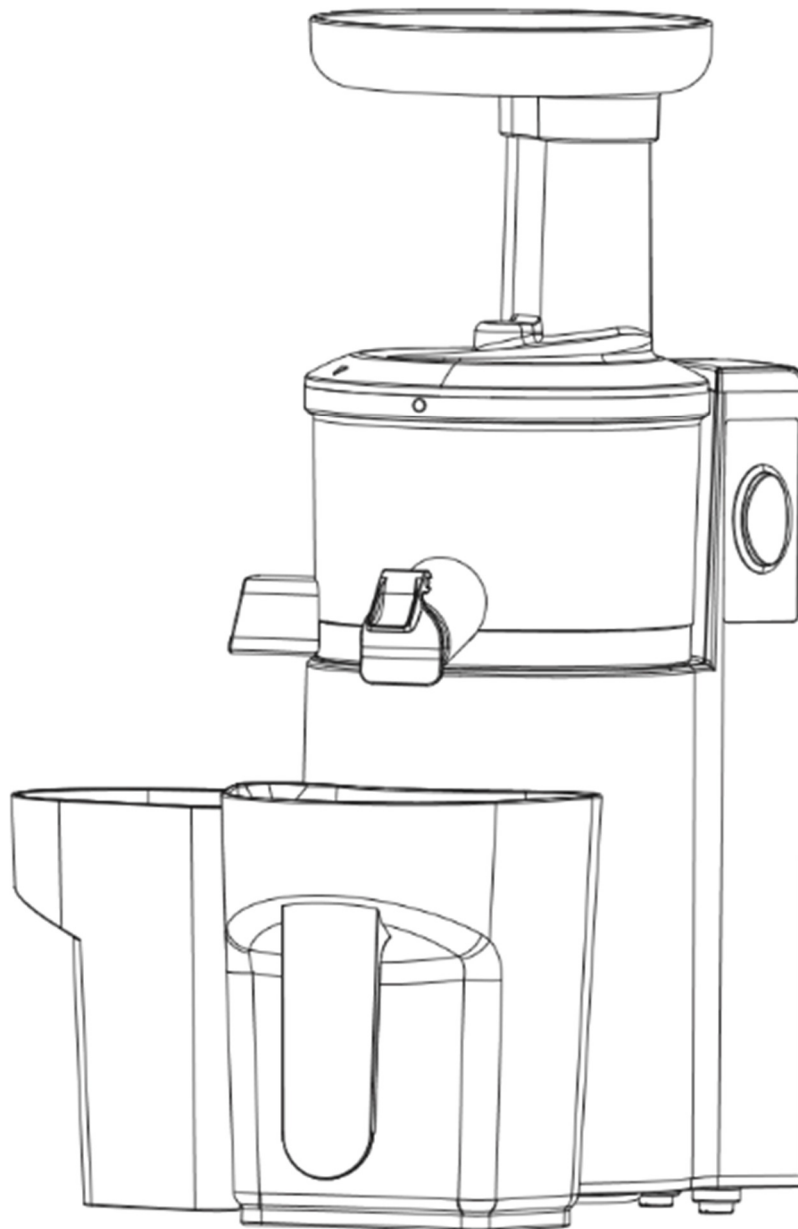


electriQ

VRTSL150 Premium Slow Juicer **USER MANUAL**



Thank you for choosing ElectriQ.

Please read this user manual before using this slow juicer
and keep it safe for future reference.

Visit our page www.electriQ.co.uk for our entire range of Intelligent Electricals

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FEATURES

ElectriQ VRTSL150 slow juicer and smoothie maker

Cold press juicer with high juice extraction

Low gear speed at only 55 RPM

High juice yield and less waste

Fine and coarse juicing screens

Self-cleaning blade

Smart mixer system

Quiet and energy efficient

Easy to assemble and store

Healthier juice

Large juice and pulp containers

ElectriQ extracts more juice, preserves nutrients, taste and colours while producing healthier juice

ElectriQ slow masticating vertical juicer VRTSL150 juices fruits, vegetables, grasses, leafy greens or creates delicious nut milks with minimal effort.

Features a 150 watt energy powerful motor that spins at only 55 RPM ensuring fruits and vegetables are mechanically pressed without adding friction heat, preventing juice oxidation while retaining maximum nutrients.

Vertical modern space saving design

Low noise due to slow pressing system

Includes as standard two juicing screens catering for smooth juice lovers or pulp and fiber fanatics. Self-cleaning blade allows cleaning the unit between juicing different ingredients without disassembly.

Smart juice mixer allowing to blend few fruits seamlessly

BPA Free Plastic

Super strong HD plastic auger and juicing screens

Easy to clean and dishwasher safe

Note: Due to continuous product development, products may not exactly correspond to the illustrations in this manual.

SAFETY INSTRUCTIONS

Important

- Carefully read the instructions before operating the unit
- This appliance is for indoor use only.
- Rating: This unit must be only connected to a 220-240 V / 50 Hz earthed outlet. Always check the rating label against your electrical supply.
- If you are in any doubt about the suitability of your electrical supply have it checked and, if necessary, retested by a qualified electrician.
- This juicer has been tested and is safe to use. However, as with any electrical appliances - use it with care.
- Disconnect the power plug from socket before dismantling, assembling or cleaning.
- Do not clean the unit by spraying it or immersing it in water.
- Never operate this appliance if the cord or plug is damaged. Ensure the power cord is not stretched or exposed to sharp object/edges.
- Do not pull the mains cable to disconnect the mains plug from the mains.
- Do not use the appliance if any part or any accessory is damaged or defective.
- A damaged supply cord or plug should be replaced by the manufacturer or a qualified electrician in order to avoid a hazard.
- Avoid touching any moving parts of the appliance.
- Never insert fingers, or any other objects apart from the food pusher through the feeder
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities. It is also not intended for use by those with a lack of experience and knowledge, unless they have been given supervision or instruction concerning the use of the appliance by a person responsible for their safety.
- Do not leave children unsupervised with this appliance.
- Any service other than regular cleaning should be only performed by an authorized service representative. Failure to comply could result in a voided warranty.
- Do not use the appliance for any other purposes than its intended use.
- Always place the unit on a dry and stable surface. Do not shake while is in use.
- Do not use the appliance in places with high humidity (>80%RH)
- Do not immerse the appliance in water or other liquids. If the appliance is immersed in water or other liquids by mistake, do not touch the appliance with your hands. Immediately remove the mains plug from the wall socket. If the appliance is immersed in water or other liquids, discard it.

Unit Safety Protection and Performance Tips

- Make sure the unit is correctly assembled and the safety locks engaged
- Do not run the juicer empty
- When juicing take regular breaks to avoid motor overheating, do not run for more than 30 minutes continuously
- Fruits and vegetables must be sliced to prevent overloading the motor. Root vegetables such as carrots must be cut in strips less than 2cm in diameters
- Always clean the juicer immediately after use.

PACKAGE CONTENTS

1x Cold Press Juicer with 2 juicing screens

1x User Manual

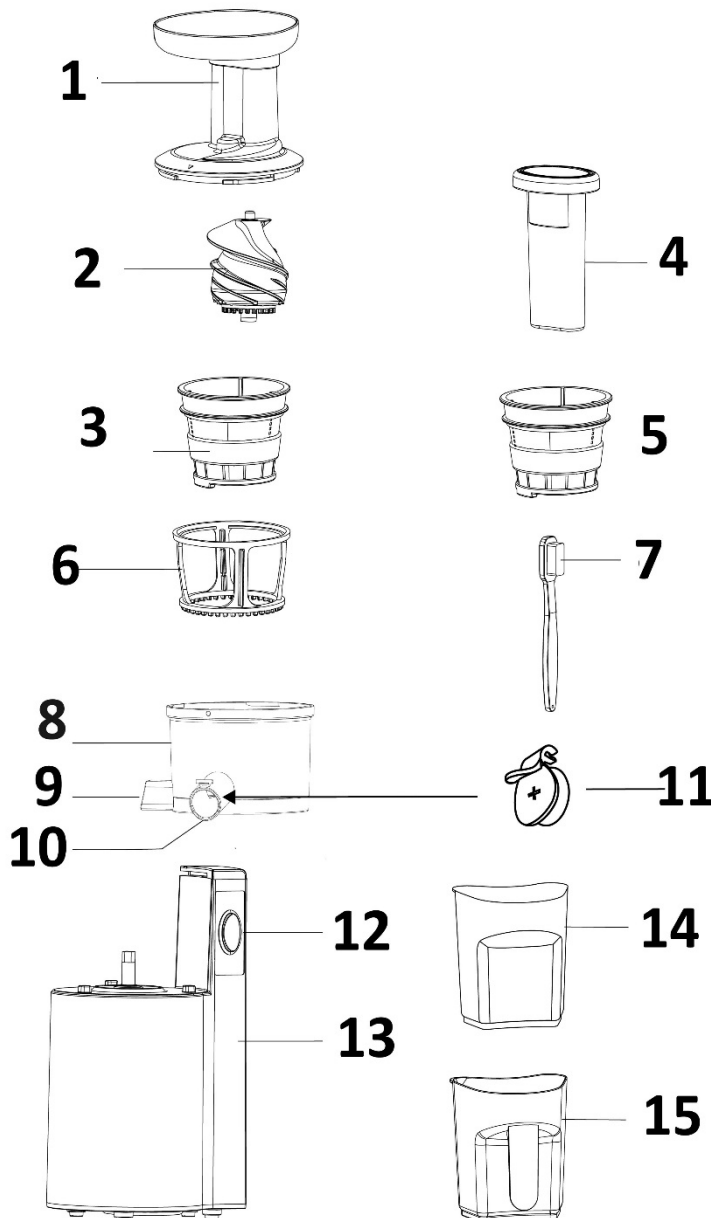
1x Juice Tank

1x Pulp Tank

1x Cleaning Brush

Account for all parts before disposing packing. Safely dispose of all plastic bags and other packaging components. They may be potentially dangerous to children.

Quick Reference Guide



1. Feeding tube
2. Auger
3. Fine juicing screen
4. Pusher
5. Coarse juicing screens
6. Self-cleaning blade
7. Cleaning brush
8. Juice collector
9. Pulp dispenser
10. Juice outlet
11. Smart juice mixer
12. On/ Reverse button
13. Juicer body
14. Pulp Collector
15. Juice Jug

Initial use

Preparation

- Clean the appliance and accessories before first use
- Wash the juicing bowl, juicing screens, auger, pusher, juice cup and pulp cup in warm soapy water with a soft cloth or nylon brush. Rinse and dry thoroughly. Also refer to the section "**Cleaning and maintenance**"

Assembly and Operation

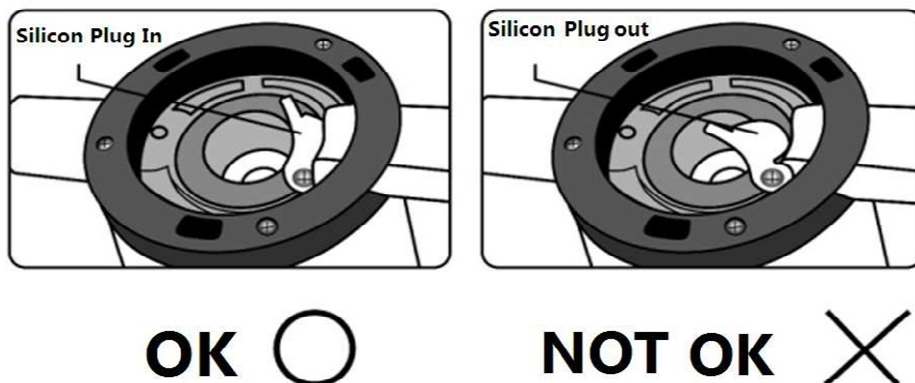
Before assembly or disassembly, switch off the appliance, remove the mains plug from the wall socket and wait until the appliance has cooled down.

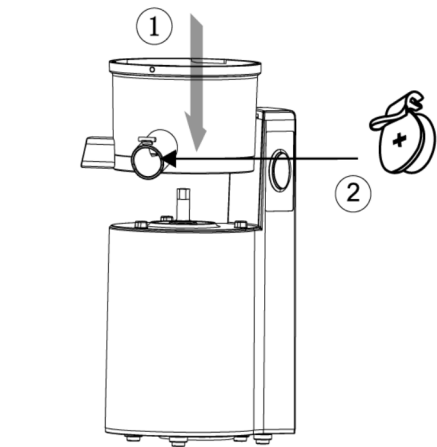
This appliance has a built-in safety lock; this feature ensures that you can only switch on the appliance if you have assembled the juicer correctly on the motor unit. When assembled correctly, the built-in safety lock will be unlocked.

Assembling the Juicer

Before you assemble the juicer, ensure that the power cord is unplugged.

1. Place the motor base on a flat dry surface such as a countertop.
2. Underneath the juice bowl is the pulp extraction silicon, which is used to remove the pulp from the spout of the juicing bowl. Ensure that the silicon is firmly inserted into the whole otherwise the juicer will not function properly.

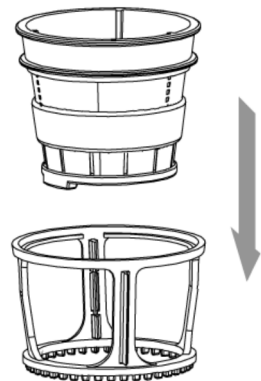




1. While power is still disconnected place the juice collector on the top of the motor base. Make sure the 3 holes at the bottom of the collector are aligned than rotate in a clockwise direction until it locks into position

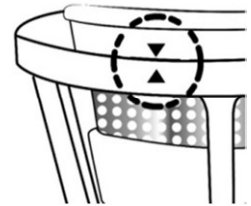
2. Install the smart mixer by clicking it on the juice outlet

3. Select your favourite juicing screen and insert it in the cleaning blade

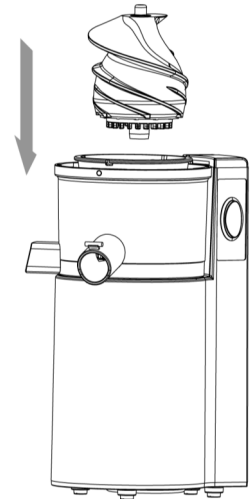


4. Place the assembled parts into the juicer collector

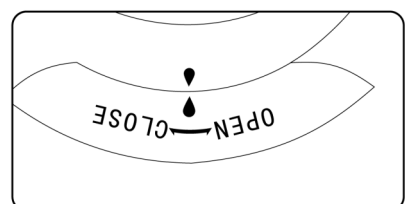
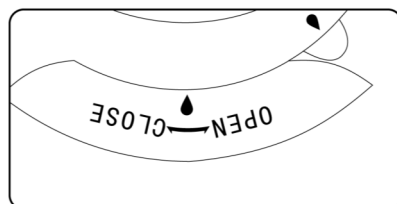
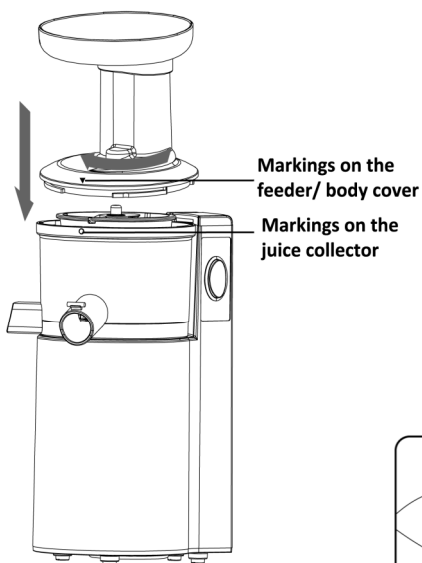
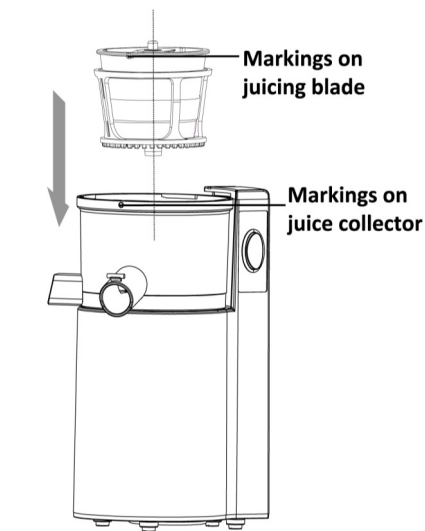
5. Note that the triangle mark on the juicing blade (strainer) needs to align with the triangle mark on the juice collector. Ensure that the strainer is completely pushed down.

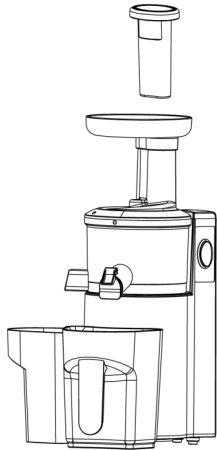


6. Place the Auger into the strainer. Ensure that the Auger is in position by pressing down on it, and feeling the auger clicks into place.



7. Place the assembled feeder/ body cover onto the juice collector. Align the mark on the cover with the mark on the juice collector bowl and turn it clockwise to the locked status. It should click into position as in the pictures bellow.





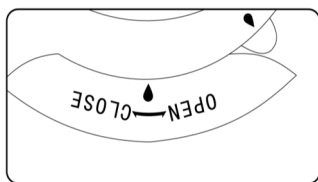
8. Place the pulp cup so it fits in position on the left hand side of the juicer's main body. Place the juice jug under the juice outlet. Slide the food pusher down the feeder. The pusher can only fit one way. You are ready to juice now.

IMPORTANT: If the Juice bowl and lid cover are not correctly assembled, the juicer will not operate. This is a safety feature. Please follow the step by step procedure above to make sure the juicer operates correctly.

Using your Juicer

1. Clean fruit and vegetables thoroughly, ready for juicing.
2. If juicing fruit with stones or hard seeds, pit the fruit. Remove any hard inedible skins, i.e. skin of melons, pineapples and mangoes prior to juicing.
3. If citrus fruits are being used, remove the skin prior to juicing.
4. If pieces of fruit or vegetables are very large, chop them to a size that will fit down the juicer's feeder. Cut hard vegetable as carrots in long slim stripe.
5. Fibrous fruits or vegetables must be cut in small pieces. Remove pineapple core before juicing and mix with soft fruits.
6. Ensure the juicer is locked in position.
7. Press the power switch to **On** to start juicing.
8. Press the food pusher slowly down until all fruit or vegetables have gone through the juicer.
9. Do not press the food pusher rapidly as the juicer will not be as effective.
10. The juice from the fruit and/or vegetables will flow directly into the juice collector and the pulp will be collected in the pulp bin.

11. Use the smart juice mixer to get the best juice mixing results when using several fruits. Do not forget to open the juicer mixer cap before the juice collector bowl is full to avoid spillage.
12. If the juicer stops suddenly during the operation, return the button to middle position, than after few seconds press **reverse**. This will detach and push upwards the pulp trapped in-between auger and cleaning blade. Repeat the operation 2-3 times until the juicer is working normal. Keep the juicer top in place with your hand while doing this. If simple reverse does not work disassemble the unit and clean the juice collecting bowl, strainer and cleaning blade.
13. When juicing is complete, ensure that the juicer's control button is set to the middle **OFF** position, the power is turned off at the outlet and the juicer can be unplugged. It is now safe to disassemble the unit.
14. If the Juice collector is stuck and does not detach easily from the base; plug in and press the reverse button "R" for 3-5 seconds. Repeat this process 2-3 times. Then push the bowl upward while turning.
15. The juicer is equipped with a self-cleaning blade that insures continuous juicing operation.



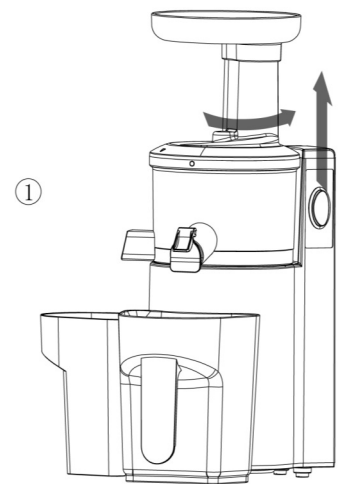
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CAUTION: do not put your hand or any other object in the feeder during operation.

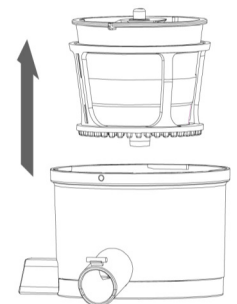
Disassemble your juicer

Ensure the juicer is turned off and the power cord is unplugged from the power outlet. Reverse the assembly operation.

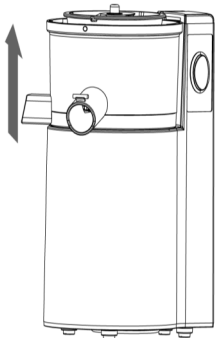
1. Remove the juice collector lid by turning it to the open position (anti-clockwise).
2. Lid will click out of the locked position
3. Turn the juice collector anti-clockwise
4. Remover the assembled juicing screen and self-cleaning blade



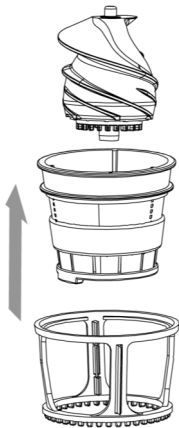
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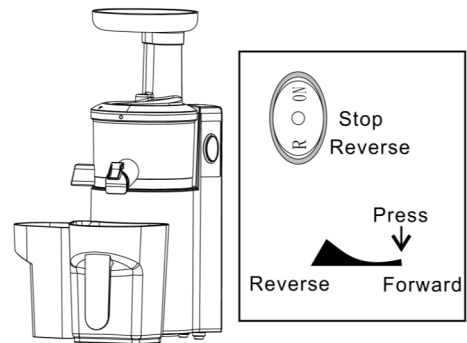
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5. Remove the auger, the juicing screen, the cleaning blade.
6. The juice collector, auger, strainer (juicing blade) and cleaning blade can also be removed together. Grip the juice bowl and turn it to the open position (anti-clockwise) slightly, it will click out of position. The juicing bowl and all the internals can now be lifted off the motor base for cleaning.

Switching On / Off

Turn the power button to **ON** position. The juicer will start cold pressing your fruits, vegetables or leafy greens. The slow juicer is quiet and the auger rotates to around 55 RPM (the slower the better). You can use **Reverse** setting on the button if the auger gets blocked.



Notes:

Do not leave the juicer switched on continuously for more than 20-25 minutes - If the appliance stops working, possibly due to its thermal protection system, switch off the appliance and allow it to cool down for 20-30 minutes before switching it on again.

Juicing

Cut food items into pieces for optimal extraction. Do not place grains, ice or frozen fruit into the juicer. Do not push the food down with excessive force. The pusher is designed to gently push food down the feeder if food becomes stuck. Insert ingredients at a regular speed, allowing all the pulp to be extracted. For maximum efficiency, do not rush this process.

When juicing leafy greens or wheat grass, it is suggested that you mix it with fruits or other hard vegetables for optimal results. Soak nuts in water for minimum 10 hours

before making nut milk and add plenty of extra water. Use a strainer to filter nut milk to achieve smooth texture. Check the recipes at the end of the operating instructions for ideas.

The juice from fresh fruit and vegetables is high in nutritional content and an important part of a balanced diet. When selecting fruit and vegetables for juicing, always select fresh and well ripened specimens. Ripened and fresh fruit and vegetables carry more flavor and juice than those that are not properly ripened. Cold fruits or vegetables produce a better juice. Juice is best consumed when freshly made as this is when its vitamin and mineral content is highest. Cold pressed juice will keep better than normal centrifuged juice. Depending on the fruits used you can refrigerate the juice for a maximum 24 hours. Your juicer can handle most varieties of fruit and vegetables. If using fruit with hard, inedible skin (i.e. watermelons, pineapple, mangoes etc.) always peel the skin before placing in the juicer. The skin of citrus fruit should also be removed before fruit is placed in the juicer. For better tasting citrus juice, also remove the inner white peel from bitter fruit like grapefruit. Fruits with stones or hard seeds (i.e. mangoes, nectarines, apricots, and cherries) should be pitted before juicing. A small amount of lemon can be added to apple juice to prevent the juice browning.

The juicer is not suitable for juicing very hard and starchy fruits or vegetables such as sugar cane. When juicing fruit and vegetables of different consistency it may help to juice different combinations, i.e. juice soft fruit first, (i.e. oranges) then follow with hard fruit (i.e. apples). This will help you achieve maximum juice extraction. If juicing herbs or leafy vegetables, wrap them together to form a bundle before placing in the juicer or combine them with other ingredients. Use the coarse juicing screen if you like a rawer juice with more fiber.

NOTES:

- The juicer will only function correctly if all parts have been assembled correctly.
- Do not insert hands or other objects into the feeding tube to press food ingredients. Always use the provided pusher. Do not exert too much pressure on the pusher.
- Only operate the appliance when the pulp jug is placed under the pulp outlet. Regularly empty the pulp jug when processing larger quantities of fruit or vegetables. Empty the pulp jug when it is full.
- Only operate the appliance when the juice jug is placed under the juice outlet. Regularly empty the juice jug when processing larger quantities of fruit or vegetables. Empty the juice jug when it is full.

Refer to the following tables for the nutritional values of a wide range of fruits and vegetables.

Vegetables

Nutrition Facts

Raw, edible weight portion. Percent Daily Values (%DV) are based on a 2,000 calorie diet.

Vegetables Serving Size (gram weight/ ounce weight)	Calories	Calories from Fat	Total Fat		Sodium		Potassium		Total Carbo-hydrate		Dietary Fiber		Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
			(g)	(%DV)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)						
Asparagus 5 spears (93 g/3.3 oz)	20	0	0	0	0	0	230	7	4	1	2	8	2	2	10	15	2	2
Bell Pepper 1 medium (148 g/5.3 oz)	25	0	0	0	40	2	220	6	6	2	2	8	4	1	4	190	2	4
Broccoli 1 medium stalk (148 g/5.3 oz)	45	0	0.5	1	80	3	460	13	8	3	3	12	2	4	6	220	6	6
Carrot 1 carrot, 7" long, 1 1/4" diameter (78 g/2.8 oz)	30	0	0	0	60	3	250	7	7	2	2	8	5	1	110	10	2	2
Cauliflower 1/6 medium head (99 g/3.5 oz)	25	0	0	0	30	1	270	8	5	2	2	8	2	2	0	100	2	2
Celery 2 medium stalks (110 g/3.9 oz)	15	0	0	0	115	5	260	7	4	1	2	8	2	0	10	15	4	2
Cucumber 1/3 medium (99 g/3.5 oz)	10	0	0	0	0	0	140	4	2	1	1	4	1	1	4	10	2	2
Green (Snap) Beans 3/4 cup cut (83 g/3.0 oz)	20	0	0	0	0	0	200	6	5	2	3	12	2	1	4	10	4	2
Green Cabbage 1/12 medium head (84 g/3.0 oz)	25	0	0	0	20	1	190	5	5	2	2	8	3	1	0	70	4	2
Green Onion 1/4 cup chopped (25 g/0.9 oz)	10	0	0	0	10	0	70	2	2	1	1	4	1	0	2	8	2	2
Iceberg Lettuce 1/6 medium head (89 g/3.2 oz)	10	0	0	0	10	0	125	4	2	1	1	4	2	1	6	6	2	2
Leaf Lettuce 1 1/2 cups	15	0	0	0	35	1	170	5	2	1	1	4	1	1	130	6	2	4

shredded (85 g/3.0 oz)																			
Mushrooms 5 medium (84 g/3.0 oz)	20	0	0	0	15	0	300	9	3	1	1	4	0	3	0	2	0	2	
Onion 1 medium (148 g/5.3 oz)	45	0	0	0	5	0	190	5	11	4	3	12	9	1	0	20	4	4	
Potato 1 medium (148 g/5.3 oz)	110	0	0	0	0	0	620	18	26	9	2	8	1	3	0	45	2	6	
Radishes 7 radishes (85 g/3.0 oz)	10	0	0	0	55	2	190	5	3	1	1	4	2	0	0	30	2	2	
Summer Squash 1/2 medium (98 g/3.5 oz)	20	0	0	0	0	0	260	7	4	1	2	8	2	1	6	30	2	2	
Sweet Corn kernels from 1 medium ear (90 g/3.2 oz)	90	20	2.5	4	0	0	250	7	18	6	2	8	5	4	2	10	0	2	
Sweet Potato 1 medium, 5" long, 2" diameter (130 g/4.6 oz)	100	0	0	0	70	3	440	13	23	8	4	16	7	2	120	30	4	4	
Tomato 1 medium (148 g/5.3 oz)	25	0	0	0	20	1	340	10	5	2	1	4	3	1	20	40	2	4	

Most vegetables provide negligible amounts of saturated fat, trans fat, and cholesterol.

Fruits

Nutrition Facts

Raw, edible weight portion. Percent Daily Values (%DV) are based on a 2,000 calorie diet.

Fruits Serving Size (gram weight/ ounce weight)	Calories	Calories from Fat	Total Fat		Sodium		Potassium		Total Carbo- hydrate		Dietary Fiber		Suga rs (g)	Prot ein (g)	Vita min A (%DV)	Vita min C (%DV)	Calci um (%DV)	Iron (%D V)
			(g)	(%D V)	(mg)	(%D V)	(mg)	(%D V)	(g)	(%D V)	(g)	(%D V)						
Apple 1 large (242 g/8 oz)	130	0	0	0	0	0	260	7	34	11	5	20	25	1	2	8	2	2
Avocado California, 1/5 medium (30 g/1.1 oz)	50	35	4.5	7	0	0	140	4	3	1	1	4	0	1	0	4	0	2
Banana 1 medium (126 g/4.5 oz)	110	0	0	0	0	0	450	13	30	10	3	12	19	1	2	15	0	2
Cantaloupe 1/4 medium (134 g/4.8 oz)	50	0	0	0	20	1	240	7	12	4	1	4	11	1	120	80	2	2
Grapefruit 1/2 medium (154 g/5.5 oz)	60	0	0	0	0	0	160	5	15	5	2	8	11	1	35	100	4	0

Grapes 3/4 cup (126 g/4.5 oz)	90	0	0	0	15	1	240	7	23	8	1	4	20	0	0	2	2	0
Honeydew Melon 1/10 medium melon (134 g/4.8 oz)	50	0	0	0	30	1	210	6	12	4	1	4	11	1	2	45	2	2
Kiwifruit 2 medium (148 g/5.3 oz)	90	10	1	2	0	0	450	13	20	7	4	16	13	1	2	240	4	2
Lemon 1 medium (58 g/2.1 oz)	15	0	0	0	0	0	75	2	5	2	2	8	2	0	0	40	2	0
Lime 1 medium (67 g/2.4 oz)	20	0	0	0	0	0	75	2	7	2	2	8	0	0	0	35	0	0
Nectarine 1 medium (140 g/5.0 oz)	60	5	0.5	1	0	0	250	7	15	5	2	8	11	1	8	15	0	2
Orange 1 medium (154 g/5.5 oz)	80	0	0	0	0	0	250	7	19	6	3	12	14	1	2	130	6	0
Peach 1 medium (147 g/5.3 oz)	60	0	0.5	1	0	0	230	7	15	5	2	8	13	1	6	15	0	2
Pear 1 medium (166 g/5.9 oz)	100	0	0	0	0	0	190	5	26	9	6	24	16	1	0	10	2	0
Pineapple 2 slices, 3" diameter, 3/4" thick (112 g/4 oz)	50	0	0	0	10	0	120	3	13	4	1	4	10	1	2	50	2	2
Plums 2 medium (151 g/5.4 oz)	70	0	0	0	0	0	230	7	19	6	2	8	16	1	8	10	0	2
Strawberries 8 medium (147 g/5.3 oz)	50	0	0	0	0	0	170	5	11	4	2	8	8	1	0	160	2	2
Sweet Cherries 21 cherries; 1 cup (140 g/5.0 oz)	100	0	0	0	0	0	350	10	26	9	1	4	16	1	2	15	2	2
Tangerine 1 medium (109 g/3.9 oz)	50	0	0	0	0	0	160	5	13	4	2	8	9	1	6	45	4	0
Watermelon 1/18 medium melon; 2 cups diced pieces (280 g/10.0 oz)	80	0	0	0	0	0	270	8	21	7	1	4	20	1	30	25	2	4

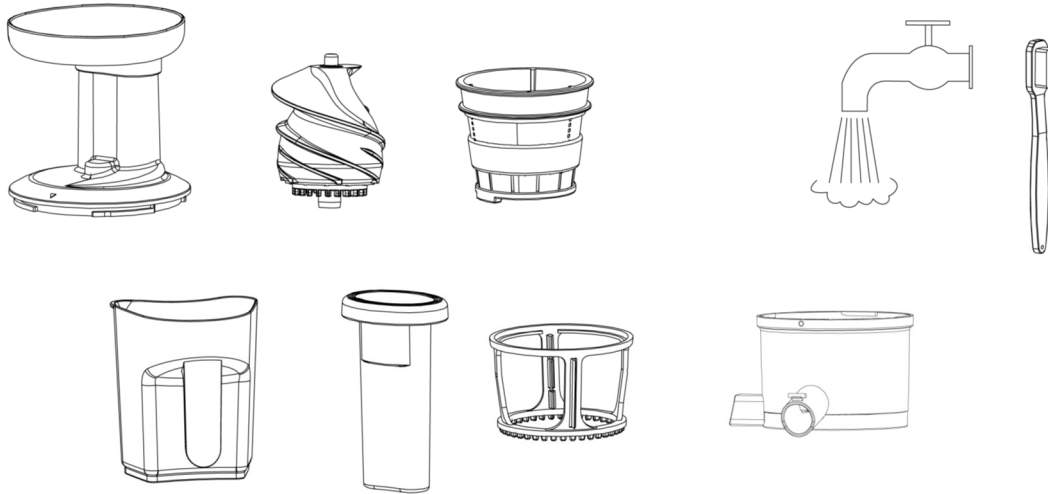
Most fruits provide negligible amounts of saturated fat, *trans* fat, and cholesterol; avocados provide 0.5 g of saturated fat per ounce.

Provided by <http://www.fda.gov>

Cleaning and maintenance

The appliance must be cleaned immediately after each use. Regular maintenance of your appliance will keep it safe and in proper operational order.

All the bellow parts can be cleaned using hot water under the tap or in a dishwasher top rack.



Notes:

Before cleaning or maintenance, switch off the appliance, remove the mains plug from the wall socket and wait until the appliance has cooled down.

- Do not immerse the appliance in water or other liquids.
- Do not use aggressive or abrasive cleaning agents to clean the appliance.
- Do not use sharp objects to clean the appliance.
- Do not sterilize any accessories with water with a temperature higher than 80 °C or in the microwave to prevent deformation or damage. The materials of all parts that come into contact with food must be clean and hygienic.
- Regularly check the appliance for possible damage and stop using it if any damage.

- Clean the outside of the appliance with a soft, damp cloth. Thoroughly dry the outside of the appliance with a clean, dry cloth.



- Clean the accessories:
- Disassemble the appliance.
- Clean the accessories in soapy water. Rinse the accessories under running water. Thoroughly dry the accessories.
- The easy way to clean the juicer is to use the self-cleaning blade provided with the juicer to wash the juicer between juicing different fruits or vegetables or before disassembly. After juicing, we recommend pouring tepid water through the juicer feeder and start the juicer with the smart mixer on for 2-3 minutes. Run this cycle for 2-3 times until the water comes clean. Empty the juice collector every time and never let it fill for more than 3/4. Should go through about 1 litre of water.
- Also use provided brush to clean the juicing screens. Simply place brush inside the juicing screen and under running water twist the brush left and right to remove the pulp from the strainer. When finished hold the screen up towards the light to ensure the fine mesh holes are not blocked. If the holes are blocked, soak the juicing screen in hot water with 10% lemon juice to loosen the blocked holes.

Tips:

If the juicing screen cannot be cleaned immediately after use, soak it in hot water. If pulp is left to dry on the screen, it may clog the fine mesh holes, thereby lessening the effectiveness of the juicer. Do not soak the strainer in bleach or any chemicals. Wash the juice bowl, auger, juicing screens, juice collector, pulp and juicing cup in warm soapy water then clean with the small nylon brush. Rinse and dry thoroughly. Discoloration of the plastic parts may occur with brightly colored fruit and vegetables. To help prevent this, wash parts immediately after use. If discoloration does occur, the plastic parts can be soaked in 10% lemon juice and water or they can be cleaned with a nonabrasive cleaner.

When not in use store your appliance and all its accessories and instruction manual in a safe and dry place.

Technical Specification

Voltage: 220-240V~

Frequency: 50/60Hz

Power Input: 150 W

Speed: 55 RPM

Troubleshooting

Fault	Cause	Troubleshooting
Not starting	Improper installation.	Reinstall the appliance following assembly instructions
Burnt smell coming from unit	Normal for first time use. Should disappear over the time.	Return the appliance to retailer for repair or exchange if unpleasant smell persists after repeated use.
The motor appears to struggle/cut out during use.	Too much food being juiced at once. Food is clogging the juicing auger.	Feed food into the feeder slower and use smaller size pieces. Turn the slow juicer to the off position and wait until juicer stops. Select the 'Reverse' position on the control switch until blockage is cleared.
Stopping during use	Excessive ingredients blocking the juicing blade The pusher is forced down Motor thermal control protection	Disconnect power, remove the surplus then reassemble. Use less force on pusher Restart after pausing 20-30 minutes.
The pulp appears to be very wet.	Large amounts of fibrous fruit and vegetables have caused excess pulp to build up in the juicing screen.	Stop juicing. Disassemble slow juicer and clean the juicing screen using the cleaning brush provided. See Disassembly and Cleaning section. When resume juicing feed food slowly into the feeder.
Juice comes out from the top of the juice bowl.	Too much food being juiced at once.	Feed food into the feeder slower and use smaller size pieces. Open the smart juice mixing cap.
Less juice is coming out from the juice outlet.	Large amounts of fibrous fruit and vegetables have caused excess pulp to build up.	Stop juicing. Disassemble slow juicer and clean the juicing screen using the cleaning brush provided. See Disassembly and Cleaning section. When resume juicing feed food slowly into the feeder.

Note: For any other faults please contact the service centre.

Recipes

Wash all fruit and vegetables well before juicing. Only remove the skin from the fruit and vegetables when advised to do so. Cut fruit and vegetables to a size that will fit easily into the feeder of the slow juicer. Try to avoid cutting fruit and vegetables too far in advance of the actual juicing time as this will reduce the nutrient levels.

Minty Pink

Serves 2

6 mint leaves

1 celery stick, roughly chopped

1 rhubarb stick, roughly chopped

¼ watermelon, skin and seeds removed

Feed the fruit and vegetables through the slow juicer in the order that they are written. Stir juice before serving.

Blue 4 You

Serves 2

1 cup blueberries or blackcurrants, fresh or frozen

1 pear

1 stick rhubarb, roughly chopped

1 kiwi

2 apples

Feed the fruit and vegetables through the slow juicer in the order that they are written.

Stir juice before serving.

Zestybeet

Serves 2

2 celery sticks, roughly chopped

1 beetroot, peeled

1 lemon

2 apples

Feed the fruit and vegetables through the slow juicer in the order that they are written. Stir juice before serving.

Gazpacho (cold Spanish soup)

Serves 2 (use coarse screen)

½ red capsicum

½ green capsicum

½ cucumber peeled

1 celery stick, roughly chopped

A few springs of parsley

4 basil leaves

1 garlic clove

4 ripe tomatoes

Feed the fruit and vegetables through the slow juicer in the order that they are written. Stir before serving and garnish with extra virgin olive oil, a tbsp. of sherry vinegar and salt and freshly ground black pepper. On a hot summer day add ice cubes.

Morning Green

Serves 2

Few spinach leaves, roughly chopped

7 mint leaves

½ pineapple, skin removed

½ lime, ¼ cup coconut water

Feed the fruit and vegetables through the slow juicer in the order that they are written.

Stir juice before serving.

Tropical Sundown

Serves 2

¼ pineapple, skin removed

3 carrots, 1 beetroot

1 sliced strawberry to garnish

Feed the fruit and vegetables through the slow juicer in the order that they are written.

Stir juice before serving.

Tropical Sunrise

Serves 2

1 banana, skin removed

½ cup coconut flesh or shredded coconut

½ teaspoon cinnamon

1 pear

½ cup fresh dates

6 mint leaves

½ pineapple, skin removed

Feed the fruit and vegetables through the slow juicer in the order that they are written. Stir juice before serving.

Using the dry pulp from the Tropical Sunrise

Juice you can make these muffins;

Exotic Muffins

Makes 12

3 cups self-raising flour, sifted

½ cup sugar

1 egg, beaten

¼ cup oil

1 ½ cups milk

1 tsp vanilla extract

All the pulp from the Tropical Sunrise Juice

1. Pre-heat the oven to 180°C. Grease a 12 capacity large muffin pan.

2. In a large bowl combine the flour and sugar.

3. In a separate bowl, combine the rest of the ingredients until well blended.

4. Using a wooden spoon, fold the wet mix through the flour trying to combine all ingredients within 8 stirs of the wooden spoon.

5. Spoon the mix into the muffin pans to the top. Bake for 20 minutes or until done.

Ginger Splash

Serves 2

4 carrots

6 brazil nuts

3cm piece ginger

1 apple

Feed the fruit and vegetables through the slow juicer in the order that they are written. Stir juice before serving.

Morning Kick

Serves 2

1 beetroot

fresh parsley

10cm piece of sweet potato

3 carrots
½ lemon

Feed the fruit and vegetables through the slow juicer in the order that they are written. Stir juice before serving.

Spicy Jump

Serves 2

1 green apple
fresh coriander
1 red chili
2 cucumbers,
1 lime

Feed the fruit and vegetables through the slow juicer in the order that they are written.

Stir juice before serving.

Green Fuel

Serves 2

2 apples
½ cucumber
4 kale leaves, roughly chopped
1 lime
2 spinach leaves, roughly chopped
1 kiwi

Feed the fruit and vegetables through the slow juicer in the order that they are written. Stir juice before serving.

Tin Man Greaser

Serves 2

3 carrots
fresh parsley
1 celery stalk, roughly chopped
1 tablespoon olive oil
1 stalk broccoli
4 asparagus spears
1 apple

Feed the fruit and vegetables through the slow juicer in the order that they are written. Stir juice before serving.

Digestive Fresh

Serves 2

2 apples
3 cm piece ginger
9 mint leaves
½ fennel bulb

Feed the fruit and vegetables through the slow juicer in the order that they are written.

Stir juice before serving.

Berry Merry

Serves 2

2 cups blueberries, fresh or frozen
2 kiwis
10 mint leaves
16 strawberries

Feed the fruit and vegetables through the slow juicer in the order that they are written. Stir juice before serving.

Fresh Start

Serves 2

1 fennel bulb
1 pear
2 apples

2cm piece of ginger
1 celery stick, roughly chopped
1 orange, peeled

Feed the fruit and vegetables through the slow juicer in the order that they are written. Stir juice before serving.

Grape It Red

Serves 2

¼ pineapple, skin removed
¼ red cabbage
1½ cups red grapes
2 carrots

Feed the fruit and vegetables through the slow juicer in the order that they are written.

Stir juice before serving.

Pink Moments

Serves 2

¼ pineapple, skin removed
3 plums, pitted
1 red grapefruit, peeled

Feed the fruit and vegetables through the slow juicer in the order that they are written. Stir juice before serving.

Fresh Breakfast Juice

Serves 2

3 oranges, peeled
½ Gallia melon, skin removed
2 carrots
1 lemon

Feed the fruit and vegetables through the slow juicer in the order that they are written. Stir juice before serving.

Doctor Away

Serves 2

2 apples
fresh parsley
3 kale leaves, roughly chopped
1 kiwi

2 oranges, peeled

Feed the fruit and vegetables through the slow juicer in the order that they are written.

Stir juice before serving.

Lychee Glee

Serves 2

2 pears, cut in half
¼ pineapple, skin removed
8 lychees, fresh or tinned
½ lemon

Feed the fruit and vegetables through the slow juicer in the order that they are written.

Stir juice before serving.

Autumn Garden

Serves 2

2 carrots
1cm piece ginger
1 beetroot
2 apples

Feed the fruit and vegetables through the slow juicer in the order that they are written. Stir juice before serving.

Minty Berries

Serves 2

2 cups blueberries, fresh or frozen

2 kiwis

8 mint leaves

1 cup raspberries

1 apple

Feed the fruit and vegetables through the slow juicer in the order that they are written.

Stir juice before serving.

Use the pulp from the Minty Berry Juice to make this cheesecake

No Bake Berries Cheesecake

Serves 8

1 packet sweet biscuits, crushed

125g butter, melted

Filling:

250g cream cheese

395g can condensed milk

1/3 cup fresh lemon juice

All the pulp from the Minty Berry Juice

1. Line a 25cm spring form cake pan with baking paper.

2. Combine the biscuits and butter and press crumb into the base of the cake pan. Allow to set in refrigerator for 1 hour.

3. In a food processor, combine all the filling ingredients and process for 2 minutes

4. Pour filling over the crumb base, spoon juice extraction pulp over the top of the cheese cake filling and using a butter knife, swirl berry mix through the cheese cake filling.

5. Allow to set in the refrigerator for 2 hours or overnight.

Chocolate and Ginger Beetroot Cake

Serves 10-12

2 cups self- raising flour

3/4 cup dark cocoa powder

2 teaspoons ground cinnamon

300g beetroot pulp

2 teaspoons grated ginger

300g unsalted butter, softened to room temperature

2 cups caster sugar

2 teaspoons vanilla extract

5 large eggs

150mls milk

Chocolate icing:

250g unsalted butter, softened to room temperature

1 cup icing sugar

100g dark chocolate, melted

1. Preheat the oven to 170°C. Grease and line the base and sides of a 28cm spring form pan with baking paper.

2. Sift the flour, cocoa and cinnamon together. Fold through the beetroot and ginger.

3. Cream the butter, sugar and vanilla for 5 minutes, or until light and fluffy, regularly scrape down the sides of the bowl with a spatula.

4. Add the eggs one at a time, beating thoroughly in between each egg.

5. Fold the flour and beetroot mixture into the egg mixture alternatively with the milk until well combined.

6. Pour batter into prepared cake pan. Bake for 50 to 55 minutes or until cake is firm to the touch and slightly pulling away from the sides of the pan. Cool completely before icing.

7. For the icing, beat butter until pale and fluffy; slowly add icing mixture whilst still beating. Fold through melted chocolate until well blended. Spread evenly over cake.

Maui Wowie

Serves 2

• 2 pineapple rounds

• 1 inch of ginger

• 1/4 cup of sparkling water

1. Chop up the pineapple and remove the rind from the rounds.

2. Turn the juicer on.

3. Place them in the feed tube and use the food pusher to push the pineapple through.

4. Chop up the ginger and place it in the feed tube. Use the food pusher to push the ginger through the juicer.

5. Now pour the sparkling water through the juicer, the water will help to get the juice out of the juicer.

Enjoy your refreshing juice.

Veggie Delight

Serves 2

3 inch round of wheatgrass

2 large carrots

1/2 cup alfalfa sprouts

3 celery stalks

8 spinach leaves

1. Chop up the carrots and celery stalks. Turn the juicer on.

2. Place the ingredients in the feed tube one after another and use the food pusher to push them through.

Enjoy your healthy juice.

Sunshine Juice

2 oranges

1/2 cup of raspberries

1 banana

3 fresh mint leaves

1. Peel the oranges and turn them into slices. Turn the juicer on.

2. Place the orange pieces into the feed tube and use the food pusher to push the food through the tube.

3. Place the raspberries into the feed tube and use the food pusher to push the fruit through.

4. Peel the banana and cut into slices. Place the banana slices into the feed tube and use the food pusher to push it through the juicer.

5. Put the mint leaves into the feed tube and use the food pusher to push the food through.

Enjoy a delicious morning juice.

Mean Green

Serves 4

- 6 kale leaves
- 1 cucumber
- 4 celery stalks
- 2 green apples
- 1/2 inch lemon

1. Chop up the kale leaves.
2. Turn the juicer on.
3. Place the kale into the feed tube and use the food pusher to push the kale leaves through the juicer.
4. Chop up the cucumber and place in the feed tube. Use the food pusher to push the cucumber through the juicer.
5. Chop up the celery stalks and place in the feed tube. Use the food pusher to push the celery through the juicer.
6. Slice the apples and remove the seeds. Place the apple slices in the feed tube and push through with the food pusher.
7. Remove the peel from the lemon. Place the lemon piece in the feed tube and use the food pusher to push the lemon through the juicer.

Enjoy a nutritious juice.

Watermelon Punch

Serves 4

- 1/2 watermelon
- 1 lemon
- 5 oranges
- 1/2 pineapple

1. Remove skin from the watermelon and chop up into small pieces.
2. Turn the juicer on.
3. Place the watermelon pieces into the feed tube and use the food pusher to push through the juicer.
4. Remove the peel and rind from the lemon. Chop the lemon into smaller pieces and put in the feed tube. Use the food pusher to push the lemon through the juicer.
5. Peel the oranges and turn into slices. Place the orange slices into the feed tube and use the food

pusher to push the orange through the juicer.

6. Chop up and remove the peel from the pineapple. Put the pineapple pieces into the feed tube and use the food pusher to push the pineapple through the juicer. Enjoy a juice with a punch.

Raw Nuts Milk

Makes 1 litre

- 500g raw almonds*
- 750ml filtered water
- Maple syrup (may use agave syrup, raw honey)
- Pinch of salt (optional)
- 1 tsp vanilla extract (optional)

1. Soak raw almonds for at least 10 hours. Best keep them in a glass jug in refrigerator.
2. Drain the water and replace with 750 ml clean filtered or bottled water
5. Juice the almonds together with the water in the ElectriQ Slow Juicer, making sure to input equal parts water and nuts. Use a ladle to feed the juicer with an equal quantity of water / nuts. Use the coarse blade if you want a creamier milk, or the fine blade if you want a skimmed milk.
6. You can add the remaining water on the dry pulp. Vigorously mix the water and dry pulp than rejoice to extract most from the nuts
7. Mix the nuts milk well then use a strainer or a cheese cloth (jam muslin cloth) to filter the remaining pulp from the milk
8. Place the nut milk into a glass bottle or a jug. Stir in the sweet syrup, vanilla extract and / or salt pinch to taste (optional). Mix well. Keep refrigerated and use within 3-5 working days

IMPORTANT: You need to feed the nuts and water together otherwise water will be coming out without milking the nuts.

250 g hazelnuts / 250 g almonds makes a tasty milk

* can be replaced with hazelnuts, soya beans etc.

ElectriQ UK SUPPORT
www.ElectriQ.co.uk/support

Please, for your own convenience, make these simple checks before calling the service line.

If the unit still fails to operate call: 0871 620 1057 or complete the online form

- 1. Is the unit plugged into the mains?**
- 2. Is the fuse OK?**
- 3. Switch the unit off. Restart the unit.**

Office hours: 9AM - 5PM Monday to Friday

**www.ElectriQ.co.uk
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