

GASTROBACK®

Operating Instructions **Vital Juicer Pro**



Art.-Nr. 40117 Vital Juicer Pro

Read all provided instructions before first use!
Model and attachments are subject to change!
For domestic use only!



Carefully read all provided instructions before you start running the appliance and pay attention to the warnings mentioned in these instructions.

Table of Contents

Important safeguards.....	27
Safeguards for daily operation	27
Important safeguards for all electrical appliances.....	28
Moving parts – Risks of injuries to persons	29
Get to know your Juicer	30
Assembling the Juicer	31
Operating your Juicer.....	33
Care and Cleaning	34
Disassembling the Juicer	34
Cleaning the Juicer	36
Storage.....	37
Trouble Shooting Guide.....	37
Remove blockage	38
To avoid further blockage	38
Technical Specifications	38
Notes for disposal	38
Information and Service.....	39
Warranty	39
Recipe ideas	40

DEAR CUSTOMER!

Congratulations! A series of new possibilities comes with your new Gastroback Vital Juicer Pro. With the current focus on fresh and natural foods, freshly made vegetable and fruit drinks are becoming a favourite part of our daily diet.

The Vital Juicer is designed for preparing such juices efficiently and easily. Most fruits and vegetables do not need to be cut, as they will fit into the extra large feed chute. For fruits with hard or inedible skins such as melons, mango and kiwi fruit, always peel before juicing. Some fruits may have stones such as nectarines, peaches and cherries must be removed the stones before extracting. After juicing you may use the fibrous remainder of your ingredients (pulp) for delicious soups and sauces or in the garden for compost. The Vital Juicer is designed for a quick and easy cleaning after juicing fresh fruit, vegetables and herbs.

IMPORTANT SAFEGUARDS

Carefully read all instructions before operating and save the instructions for further reference. Do not attempt to use this appliance for any other than the intended use, described in these instructions. Any other use, especially misuse, can cause several injuries or damage by electric shock, fire or moving mechanical parts.

Any operation, repair and technical maintenance of the appliance or any part of it other than described in these instructions may only be performed at an authorized service centre. Please contact your vendor.

Safeguards for daily operation

- The appliance is designed for household use only. Do not operate or store the appliance outdoors or in damp or wet areas. Always place the appliance on a clean, dry and frost-free surface where it is protected from inadmissible strain (i.e. mechanical or electric shock, overheating, moisture). For storage always keep the entire appliance dry, clean and where young children cannot reach it.
- Do not attempt to operate the appliance using any parts or accessories not recommended by the manufacturer. Do not operate the appliance when the appliance or any parts of it is likely to be damaged to avoid risk of fire, electrical shock or any other damage or injuries to persons. The appliance is likely to be damaged if there are any cracks, excessively frayed parts, distortions, leaks or the gear on the motor base stalls or sticks. In this case, immediately stop to use the appliance and return the entire appliance (including any parts and accessories) to an authorised service centre for examination and repair.
- Before use always make sure that the appliance is properly and completely assembled. Do not operate the unit for more than 7 minutes at a time to avoid overheating. Always switch off (power switch position '0') the appliance immediately after processing your foods.
- This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, if they have been given supervision or instruction concerning the use of the appliance in a safe way and understand the hazards involved. Do not let children play with the appliance. Cleaning and user maintenance must not be carried out by children without supervision.
- Always use the pusher to push the food down the feed chute. Do not use your fingers or

any other utensils to push down the food. Do not push down the food too fast and vigorously. Do not allow the pulp container to overfill, as this may prevent correct operation or damage the appliance. When juicing hard fruits and vegetables and/or pushing down the food with firm pressure, the motor could stall or stick during operation. In this case, immediately switch OFF (power switch position on '0') and unplug the appliance to avoid overheating. (See ›Trouble Shooting Guide‹).

- Do not leave any food dry on the surfaces of the appliance. If pulp is left to dry on the filter basket, it may clog the filter mesh and, as a result, decreasing the performance of the juicer. In this case, soak the filter basket in hot soapy water to remove any dried pulp before use (see ›Care and cleaning‹). Do not use any abrasive cleaners or cleaning pads to avoid damage. Never use hard or sharp objects to work with the device or use for cleaning. Always handle with care. Do not place the motor base or power cord in an automatic dishwasher or under a tap!
- Do not use the appliance for chopping, slicing or shredding of hard foods and nutrients (i.e. nuts or chocolate). Do not use for mincing meat or pureeing.

Important safeguards for all electrical appliances

- Ensure that the voltage rating of your mains power supply corresponds to the voltage requirements of the appliance (230 V, 50 Hz, AC). Always connect the appliance directly to a mains power supply wall socket with protective conductor (earth/ground) connected properly. The installation of a current safety switch with a maximum rated operating of 30 mA in the supplying electrical circuit is recommended. If in doubt, contact your local electrician for further information. Maximum power consumption: 700 Watt. Do not use any extension cord or multiple socket.
- Do not immerse the motor base or power cord in water or any other liquid. Do not pour or drip any liquids on the motor base or power cord. When liquids are spilled on the motor base, immediately switch off (power switch position '0') and unplug the appliance and dry the motor base.
- Always place the appliance on a stable, even, dry and sufficiently large surface. Do not place any cloth or tissues under or on the appliance to avoid risk of fire and electric shock. Do not place the appliance near the edge of the table or counter. Do not let the plug or power cord hang over the edge of the table or counter. Take care that no one will pull the appliance by the power cord, especially when young children are near. Never touch the appliance or any part of it during the appliance is working, because the surface is getting hot. Do not place the appliance and any part of it on or near hot surfaces, (i.e. burner, heater or oven).
- Do not leave the appliance unintended while connected to the power supply. Always switch OFF ('0') and unplug the appliance if it is not in use and before moving, cleaning and/or assembling or disassembling.
- Always handle the power cord with care. Do not pull or strain the power cord. The power cord may never be knotted or squeezed. Always grasp the plug to disconnect the power cord from the power outlet. Do not let the power cord hang over the edge of the table or counter. Take care not to entangle in the power cord.
- Always ensure that the power switch is in OFF-position '0', before connecting the appliance to the mains power supply.

Moving parts – Risks of injuries to persons

- Extra wide feed chute! Never insert your fingers or any other objects (hair, clothes, brushes, cooking utensils) in the feed chute with the appliance connected to the power supply. Always switch off (power switch position '0') the appliance, wait for the motor to stop completely and unplug the appliance, before removing the juicer cover. Do not attempt to use other utensils but the food pusher provided to push down the food in the feed chute. Do not hold your face over the feed chute during operation, because juice or hard parts of the processed foods could spit out of the feed chute.
- Do not touch the small cutting blades in the base of the filter basket. Close supervision is necessary while handling the filter basket to avoid injuries. Always grasp the filter basket on the rim and handle with care and without violation. Use a fine nylon washing brush for cleaning the filter basket. Always assemble the appliance completely for storage, therefore, the blades cannot be touched unintentionally.
- Do not insert any hard objects or utensils in the feed chute. Remove any hard and inedible parts of the fruits and vegetables before juicing.
- Always wait until the motor stops completely before disassembling or moving the appliance.

GET TO KNOW YOUR JUICER



ASSEMBLING THE JUICER

Before first use, clean all removable parts of the juicer in warm soapy water (see ›Care and Cleaning‹). For assembling please refer to the figures above (see ›Get know your Juicer‹).

WARNING: Please handle with care. There are extremely sharp cutting blades in the base of the filter basket and a sharp protrusion in the feed chute. Before you plug in the juicer, always ensure that the appliance is assembled correctly.

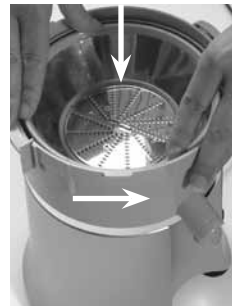
1. Place the juice collector on the top of the motor base.

2. Lock the juice collector by pushing it slightly down and rotating it counter-clockwise as far as possible without violation.



3. Insert the filter basket inside the juice collector.

Rotate the filter basket in the juice collector until it is seated on the gear. The upper edge of the filter basket may not protrude the juice collector.



CAUTION: Rotate the filter basket to ensure that it is mounted properly and will not wobble or tilt. The filter basket must rotate easily and without rubbing on the juice collector.

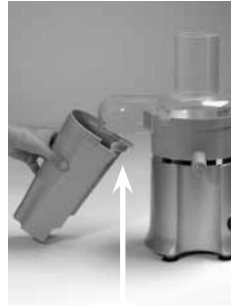
4. Place the juicer cover over the juice collector.
The juicer cover can only be mounted in the correct orientation: The feed chute must be centred above the filter basket, the juicer cover must seat firmly on the rim of the juice collector and the safety cover lock slips into the locking slot of the juice collector.

5. Rotate the juicer cover clockwise until the safety cover lock slips into the locking slot of the juice collector.



6. Place the pulp container into position on the left side of the motor base (see figure XX).

Tip: To minimize washing up we recommend to place a plastic freezer bag into the pulp container to collect the pulp.



7. Rotate the juicer cover counter-clockwise as far as possible without violation to lock the juicer cover on the juice collector.
At this time the juicer cover must be locked firmly to the motor base and may not wobble or tilt.

8. Place the juice container under the spout.

Tip: You may use any other suitable jug or cup.
However we recommend to use the provided juicer container.



9. Align the groove in the food pusher with the protrusion on the inside of the feed chute and slide the food pusher down the feed chute.

The appliance is now ready for use.



OPERATING YOUR JUICER

WARNING: Before connecting to the mains power supply and switching on, always ensure, that the appliance is assembled properly and that there are no utensils in the feed chute other than the food pusher.

Do not insert your hands, cooking utensils or other objects (i.e. hair, clothes, brushes, tissue) in the feed chute, when the appliance is connected to the power supply. Before removing the juicer cover always switch off the appliance, wait until the motor completely stops, and unplug from the power outlet.

Always keep the table or counter dry and clean. Do not drip or spill any liquids on the motor base or power cord. Do not place any tissue or similar materials under the motor base to avoid fire and electrical shock.

When liquids are spilled over or under the motor base than immediately switch OFF (power switch position '0') and unplug the appliance and dry the motor base (see ›Trouble Shooting Guide‹).

1. Wash your fruits and vegetables and remove all inedible parts. For fruits with hard or inedible skins such as melons, mango and kiwi fruit, always peels before juicing. Some fruits may have stones such as nectarines, peaches and cherries must be removed the stones before extracting.

CAUTION: Do not use the appliance for chopping, slicing or shredding of hard foods and nutrients (i.e. nuts or chocolate). Do not use for mincing meat or pureeing.

Tip: Most fruits and vegetables such as apples, carrots and cucumbers will not need to be cut to pieces, as they will fit into the extra large feed chute of the juicer. When juicing carrots, place the tip of the carrot in last.

2. Ensure the juicer is assembled correctly and the power switch is in OFF position '0'. (see ›Assembling the Juicer‹). Ensure that you placed the juice container or another suitable large jug or glass under the spout and the pulp container is mounted correctly.

3. Plug the power connector into a 230V AC power outlet.

4. Switch the power switch to the ON-position 'I' to start the motor.

CAUTION: If the motor appears to stall or stick during operation, immediately switch off and unplug the appliance. Please refer to ›Trouble Shooting Guide‹.

WARNING: Always use the provided food pusher to push the food down the feed chute. Always keep your face away from the feed chute during operation. Never grasp into the feed chute when the appliance is connected to the power supply.

5. With the motor running, remove the food pusher and place food down the feed chute. Do not overfill the feed chute.

6. Using the food pusher, slowly push the food down the feed chute.

To extract the maximum amount of juice, push the food pusher gently and slowly down without violation. The juice will flow in the juice container and the pulp will accumulate in the pulp container.

CAUTION: Do not operate the unit continuously for longer than 7 minutes. About 10 kg apples or carrots can be extracted within this time. If you want to extract a larger amount of fruit or vegetables, interrupt juicing after 7 minutes to let the motor cool down.

Do not allow the pulp container to overflow, because this may prevent proper operation of the juicer or cause damage. Interrupt the extraction and empty the pulp container before the pulp container is full to the brim (see ›Disassembling the Juicer‹). The pulp container must be released before removing. Never attempt to remove the pulp container with violence, to avoid damage.

7. If the pulp container is filled up with pulp: Switch OFF (power switch position '0'), wait until the motor stops and unplug the appliance.

Remove the juice container.

8. To release the pulp container, rotate the juicer cover clockwise as far as possible without violation. Then remove and empty the pulp container. If you want to extract more food, replace the pulp container. Lock the juicer cover by rotating it counter-clockwise and place the juice container under the spout (see ›Assembling the Juicer‹).

9. After juicing is complete: Switch OFF (power switch position '0'), wait until the motor stops and unplug the appliance.

10. Empty the containers and clean the appliance (see ›Care and Cleaning‹). Never leave any food dry up on the appliance or any parts of it.

CARE AND CLEANING

Disassembling the Juicer

WARNING: Always switch OFF the appliance (power switch position '0'), wait until the motor stops completely and unplug the appliance before moving, disassembling or cleaning the appliance.

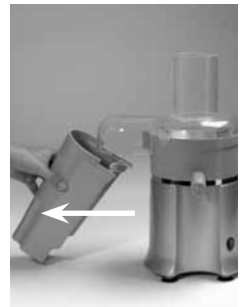
DO NOT place the motor base or power cord in an automatic dishwasher or under a tap. Do not immerse the motor base or power cord in any liquids or spill any liquids on it.

1. Switch OFF (power switch position '0') the appliance, wait until the motor stops and unplug from power outlet.

2. Remove the juice container.



3. To unlock the juicer cover, rotate the juicer cover clockwise as far as possible without violation. Remove the pulp container and juicer cover.



WARNING: Beware of the sharp cutting blades in the filter basket and feed chute. **DO NOT** touch the inner side of the filter basket with your hands. Only grasp the filter basket on the rim.

DO NOT let young children play with the appliance or any part of it. Never leave young children unattended, while the appliance or any part of it is within their reach.

4. Rotate the juice collector clockwise as far as possible without violation and lift off the juice collector with the filter basket still in place.



5. To remove the filter basket, simply turn the juice collector upside down. We recommend to do so over a sink or large bowl.



Cleaning the Juicer

WARNING: DO NOT immerse the motor base or power cord in any liquids. Do not spill any liquids on the motor base or power cord. **DO NOT** place the motor base or power cord in an automatic dishwasher!

Beware of the sharp cutting blades in the filter basket and feed chute. Do not touch the blades when handling the filter basket. Only grasp the filter basket on the rim.

NOTE: If pulp is left to dry on the filter basket, it may clog the fine mesh of the filter basket and, as a result, decreasing the juicer's performance. To assist cleaning, soak the filter basket in hot soapy water for about 10 minutes immediately after juicing.

Discoloration of plastic parts may occur when processing strongly coloured fruits and vegetables. However, this will not affect the juicer's performance. To prevent any discoloration, rinse the removable parts of the appliance immediately after use with clear water.

1. Disassemble the appliance according to the upper instructions (see ›Disassembling the Juicer‹).

CAUTION: Never use abrasive cleaners, cleaning pads or any sharp objects (i.e. metal scouring pads) for cleaning because this could damage the surfaces. Carefully clean the appliance with a damped sponge or cloth and warm soapy water.

For convenience, juice collector and filter basket, juicer cover, food pusher and pulp/juice container may be cleaned in an automatic dishwasher (max. 60°C).

DO NOT place the motor base or power cord in an automatic dishwasher!
Always handle the appliance and any part of it with care and without violation.

2. Place the filter basket in hot soapy water for about 10 minutes to soak dried pulp. Wash any removable parts (food pusher, juicer cover, filter basket, juice collector, juice and pulp container) in warm washing-up liquid. To clean the filter basket we recommend to use a fine nylon washing brush. Grasp the filter basket on the rim, place it under running water and brush the filter mesh carefully from the inside of the basket out. Always treat the filter basket with care, because it can be damaged easily. Clean the plastic parts of the appliance using a soft cloth or sponge.
3. Rinse all removable parts thoroughly under running water.
4. Wipe the motor base with a damp soft cloth or sponge. Take care not to spill or drip water or any other liquids on the motor base.
5. Thoroughly dry the motor base and all parts of the appliance after each cleaning and, for some minutes, leave all parts dry naturally. Always keep the appliance and all parts of it out of reach of young children.
6. To prevent the parts of the appliance from damage and being lost, reassemble the appliance for storage (see ›Assembling the Juicer‹).

STORAGE

Always clean the appliance before storing (see ›Care and cleaning‹). Ensure to store the appliance where it is clean, dry and safe from frost, unacceptable strain (mechanical or electric shock, heat, moisture) and where it is out of reach of young children. **DO NOT** place any hard or heavy objects on the appliance.

TROUBLE SHOOTING GUIDE

On any problems occurring that are not mentioned here, please contact your authorised service centre. To get more information about the appliance, contact Gastroback GmbH, Gewerbestr. 20, D-21279 Hollenstedt (Germany), Phone: +49 (0) 4165 / 22 25-0.

The Problem	The Easy Solution
The motor will not work, when switched ON.	The appliance is possibly not assembled correctly. Refer to ›Assembling the Juicer‹.
The motor appears to stick or stall.	Immediately switch OFF the Juicer and unplug from power outlet. Refer to ›Remove blockage‹.
Excessive pulp building up in the filter basket	Immediately switch OFF the Juicer and unplug from power outlet. Refer to ›Remove blockage‹.
The pulp is too wet and you get an insufficient amount of juice	Try to work slower. Remove excess fibre building up in the mesh and blocking the fine pores. Remove the filter basket and brush out remaining pulp under running water (see ›Care and cleaning‹).
Juice leaks between the rim of the juice collector and the juicer cover.	Try to work slower. Push the food pusher down gently and slowly.
Juice sprays out from the spout.	Try to work slower. Push the food pusher down gently and slowly.
Juice overflows the brim of the motor base.	Immediately switch OFF and unplug the juicer. Possibly the juice collector and/or spout is blocked. Clean the juice collector (see ›Care and cleaning‹).

Remove blockage

When juicing hard and fibrous food or working too fast, excessive wet pulp may build up in the filter basket and clog up the filter mesh.

1. Switch OFF the appliance (power switch position '0'), wait until the motor stops completely and unplug the appliance.
2. Remove the juicer cover (see ›Disassembling the Juicer‹).
WARNING: Beware of the sharp blades in the filter basket. Only grasp the filter basket on the rim.
3. Use a little wooden or plastic spoon to scrape off the pulp.
4. If the mesh is still blocked: remove the filter basket and thoroughly clean the mesh under running water using a fine brush. Brush from the inside of the filter basket out.
5. Assemble the appliance properly and completely (see ›Assembling the Juicer‹) and continue juicing.
6. If the mesh is blocked again, clean the appliance. Refer to ›Care and cleaning‹.

To avoid further blockage:

- Remove any hard and fibrous parts of the food (i.e. stalks and seeds).
- Push the food pusher down slower.
- Do not allow the pulp container to overfill.
- Possibly use another variety of fruits and vegetables.

TECHNICAL SPECIFICATIONS

Model:	Art. No. 40117 Vital Juicer Pro
Power supply:	230 V / 50 Hz
Rotations:	with load 12.000 per minute without load 17.000 bis 18.500 per minute
Maximum power consumption:	700 Watt
Length of power cord:	approx. 146 cm
Weight:	approx. 3.2 kg
Dimensions: (width x depth x height)	approx. 26,8 cm x 20,5 cm x 39,6 cm
Capacity Juice Box:	approx. 0.5 Litre

NOTES FOR DISPOSAL



Dispose of the appliance and packaging must be effected in accordance with the corresponding local regulations and requirements for electrical appliances and packaging.

■ Please contact your local disposal company.

INFORMATION AND SERVICE

Please check www.gastroback.de for further information. For technical support, please contact Gastroback Customer Care Center by phone: +49 (0)4165/22 25-0 or e-mail info@gastroback.de.

WARRANTY

We guarantee that all our products are free of defects at the time of purchase. Any demonstrable manufacturing or material defects will be to the exclusion of any further claim and within warranty limits of the law free of charge repaired or substituted. There is no warranty claim of the purchaser if the damage or defect of the appliance is caused by inappropriate treatment, over loading or installation mistakes. The warranty claim expires if there is any technical interference of a third party without an written agreement.

The purchaser has to present the sales slip in assertion-of-claim and has to bear all charges of costs and risk of the transport.

RECIPE IDEAS



Fresh Starts

Apple-Carrot-Celery-Juice

You may alter the amounts of either the carrots or apple to make the juice sweeter or savoury to suit your taste buds:

Makes 2 cups:

- 4 small Granny Smith apples
- 3 medium sized carrots, trimmed
- 4 sticks celery

Process apples, carrots and celery through the Smart Health Juicer Pro. Mix well and serve immediately.

Tomato-Carrot-Celery-Lime-Juice

Makes 3 cups:

- 2 medium tomatoes
- 1 large carrot, trimmed
- 2 celery stalks, trimmed
- 1 lime, peeled

Process tomatoes, carrot, celery and lime through the Smart Health Juicer Pro. Serve immediately.

Carrot-Beetroot-Orange-Juice

Makes 2 cups:

- 2 medium carrots, trimmed
- 3 medium beetroot, trimmed
- 4 oranges, peeled

Process carrots, beetroot and oranges through the Smart Health Juicer Pro. Serve immediately.

Apple-Peach-Grapefruit-Juice

Makes 2 cups

- 1 small Delicious apple
- 2 large peaches, halved and seeds removed
- 2 grapefruits, peeled

Process apple, peaches and grapefruit through the Smart Health Juicer Pro. Serve immediately.

Pineapple-Peach-Pear-Juice

Makes 3 cups

- ½ small pineapple, peeled and halved
- 2 peaches, halved and seeds removed
- 2 small ripe pears

Process pineapple, peaches and pears through the Smart Health Juicer Pro. Serve immediately.

Apple-Pear-Strawberry-Juice

Makes 3 cups:

- 1 small Granny Smith apple
- 3 small ripe pears
- 1 cup strawberries, trimmed

Process apple, pears and strawberries through Smart Health Juicer Pro. Serve immediately.

Rockmelon-Mint-Mango-Juice

Makes 2 cups:

- ½ small rockmelon, peeled, seeded and halved
- 3 sprigs fresh mint leaves
- 1 mango, halved, seeded and peeled

Process rockmelon, mint and mango through the Smart Health Juicer Pro. Serve immediately.

Tomato-Cucumber-Parsley-Carrot-Juice

Makes 3 cups:

- 3 medium tomatoes
- 1 large cucumber
- 1 large bunch fresh parsley
- 3 medium carrots, trimmed

Process tomatoes, cucumber, parsley and carrots through the Smart Health Juicer Pro. Serve immediately.

Kumera-Celery-Ginger-Orange-Juice

Makes 3 cups:

- 4 sticks celery, trimmed
- 1 small kumera (sweet potato), peeled and halved
- 2.5 cm piece fresh ginger
- 4 oranges, peeled

Process celery, kumera, ginger and oranges through the Smart Health Juicer Pro. Serve immediately.

Parsnip-Celery-Pear Juice

Makes 3 Cups:

- 2 parsnips, trimmed
- 4 sticks celery, trimmed
- 4 medium pears, stalks removed

Process parsnips, celery and pears through the Smart Health Juicer Pro. Serve immediately.

Vitamin replacer

Tomato-Carrot-Red Capsicum-Juice

Makes 3 cups:

- 2 small red capsicum
- 3 medium tomatoes
- 3 carrots, trimmed
- 4 sprigs parsley

Trim base of capsicum and remove seeds. Process tomatoes, carrots, parsley and capsicum through the Smart Health Juicer Pro. Serve immediately.

Blackberry-Pear-Grapefruit-Juice

Makes 3 cups:

- 250g blackberries
- 3 ripe pears
- 2 grapefruits, peeled

Process blackberries, pears and grapefruit through the Smart Health Juicer Pro. Serve immediately.

Beetroot-Apple-Celery-Juice

Makes 2 cups:

- 4 medium sized beetroot, trimmed
- 2 medium Granny Smith apples
- 4 sticks celery

Process beetroot, apples and celery through the Smart Health Juicer Pro. Serve immediately.

Cucumber-Celery-Fennel-Bean Sprout-Juice

Makes 3 cups:

- 1 large cucumber
- 3 sticks celery
- 1 bulb fennel, trimmed
- 2 cups bean sprouts

Process cucumber, celery, fennel and bean sprouts through the Smart Health Juicer Pro. Serve immediately.

Frothie orange juice

Makes 8-10 cups:

Process oranges through the Smart Health Juicer Pro. Serve immediately. (Best to refrigerate oranges before juicing)

Liquid lunches

Mango, rockmelon and orange yogurt drink

Serves 4:

- 1 mango, halved, peeled and seeded
- ½ small rockmelon, peeled, seeded and cut into two equal portions
- 5 oranges, peeled
- 3 tablespoons natural yogurt

Process mango, rockmelon and oranges through the Smart Health Juicer Pro. Pour into a large bowl whisk in yogurt. Serve immediately.

Fresh vegetable soup with noodles

Serves 4

- 1 small tomato
- 1 small onion, peeled and trimmed
- 2 carrots
- 1 green capsicum, base removed and seeded
- 1 tablespoon butter
- 1 tablespoon wholemeal flour
- 375 ml vegetable stock
- 425 g canned baked beans
- 1 packet 2 Minute Noodles
- Freshly ground black pepper

Process tomato, onion, carrots and green pepper through the Smart Health Juicer Pro. Melt butter in a large saucepan over a medium heat. Stir in flour, cook for one minute, stirring constantly.

Stir in the extracted juice, vegetable stock and baked beans. Bring to the boil, then reduce heat and allow to simmer for 10 minutes. Add noodles, cook for 2 minutes or until noodles are tender. Pour into 4 soup bowls, sprinkle with black pepper to taste and serve immediately.

Gazpacho

Serves 4:

- 4 medium tomatoes
- 4 sprigs fresh parsley
- 1 large clove garlic, peeled
- 1 small onion, peeled and trimmed
- 2 carrots
- 2 stalks celery
- 1 red capsicum, base removed and seeded
- 1 lebanese cucumber
- 2 tablespoons red wine vinegar
- freshly ground black pepper
- 1 cup crushed ice
- 3 tablespoons chopped fresh basil

Process tomatoes, parsley, garlic, onion, carrots, celery, red capsicum and cucumber through the Smart Health Juicer Pro. Stir in vinegar and black pepper. Arrange ice in four soup bowls. Pour in extracted juice, sprinkle with basil and serve immediately.

Pasta with provencal style sauce

Serves 4:

- 4 tomatoes
- 2 sprigs fresh parsley
- 1 stick celery
- 2 large cloves garlic
- 1 small onion, peeled and trimmed
- 1 red capsicum, base removed and seeded
- 1 tablespoon tomato paste
- ½ cup red wine
- 2 teaspoons dried oregano
- 500g cooked pasta
- 3 tablespoons grated Parmesan cheese

Process tomatoes, parsley, celery, garlic, onion and red capsicum. Blend tomato paste with red wine, stir in the extracted juice. Pour into a saucepan and cook over medium heat for 3-4 minutes. Add pasta and toss to coat pasta well. Divide mixture between 4 serving bowls. Sprinkle with oregano and Parmesan cheese. Serve immediately.

Icy Coolers

Sparkling pear and apricot cooler

Makes 4 cups:

- 4 large apricots, halved and seeded
- 3 large pears
- 250 ml mineral water
- 1 cup crushed ice

Process apricots and pears through the Smart Health Juicer Pro. Scoop ice into 4 tall glasses. Divide extracted juice between the glasses. Top with mineral water, stir well to blend. Serve immediately.

Rockmelon, strawberry and passion crush

Makes 4 cups:

- ½ rockmelon, peeled, seeded and divided into 2 equal portions
- 250 g strawberries, hulled
- pulp of 2 passion fruit
- 1 cup crushed ice

Process rockmelon and strawberries through the Smart Health Juicer Pro. Stir in passion fruit pulp. Scoop ice into 4 glasses, pour over juice, mix well to combine. Serve immediately.

Tropical blend

Makes 4 cups
2 mangoes, halved, seeded and peeled
3 kiwi fruit, peeled
½ small pineapple, peeled and halved
½ cup fresh mint leaves
1 cup crushed ice

Process mangoes, kiwi fruit, pineapple and mint through the Smart Health Juicer Pro. Scoop ice into 4 glasses, pour over juice, mix well to combine. Serve immediately.

Tomato, nectarine, passionfruit and mint icer

Makes 4 cups:
6 tomatoes
2 nectarine
½ cup fresh mint leaves
pulp of 4 passion fruit
1 cup crushed ice

Process tomatoes, nectarine and mint leaves through the Smart Health Juicer Pro. Stir in passionfruit pulp. Scoop ice into 4 glasses, pour over juice, mix well to combine. Serve immediately.

Cucumber, pineapple and coriander ice

Makes 4 cups:
½ small pineapple, peeled and halved
2 cucumber
½ cup fresh coriander leaves
1 cup crushed ice

Process pineapple, cucumber and coriander through the Smart Health Juicer Pro. Scoop ice into 4 glasses, pour over juice, mix well to combine. Serve immediately.

Pear, radish and celery crush

Makes 4 cups:
3 medium pears
4 radishes, trimmed
3 sticks celery
1 cup crushed ice

Process pears, radishes and celery through the Smart Health Juicer Pro. Scoop ice into 4 glasses, pour over juice, mix well to combine. Serve immediately.

Spirited juices

Coconut pineapple colada

Makes 4 cups:
½ coconut, peeled and halved
½ large pineapple, peeled and quartered
3 tablespoons Malibu liqueur
500 ml soda water
1 cup crushed ice

Process coconut and pineapple through the Smart Health Juicer Pro. Stir in liqueur and soda water. Scoop ice into 4 tall glasses, pour over juice mixture, mix well to combine. Serve immediately.

Bloody Mary

Makes 4 cups
4 medium tomatoes
2 sticks celery
1 large red capsicum, base removed and seeded
1/3 cup Vodka
1 cup crushed ice

Process tomatoes, celery and red capsicum through the Smart Health Juicer Pro. Stir in Vodka. Scoop ice into 4 glasses, pour over tomato mixture, mix well to combine. Serve immediately.

Honeydew dream

Makes 4 cups:

1 honeydew melon, peeled, seeded and quartered
3 tablespoons Midori liqueur
500 ml soda water
1 cup crushed ice

Process honeydew melon through the Smart Health Juicer Pro. Stir in liqueur and soda water. Scoop ice into 4 tall glasses, pour over melon mixture, mix well to combine. Serve immediately.

Peach and mint julep

Makes 4 cups:

6 peaches, halved and seeded
½ cup fresh mint leaves
2 tablespoons Creme de Menthe
2 teaspoons sugar
½ cup crushed ice
500 ml mineral water

Process peaches and mint leaves through Smart Health Juicer Pro. Stir in Creme de Menthe and sugar. Scoop ice into 4 glasses, pour over peach mixture, mix well to combine. Serve immediately.

Energy fuel

Grape, kiwi fruit and berry booster

Grapes contain potassium and iron, providing a great pick-me-up after a strenuous day.

Makes 6 cups:

500 g green seedless grapes, stems removed
2 kiwi fruit, peeled
250 g strawberries, hulled
500 ml skim milk
2 tablespoons powdered protein drink mix
½ cup crushed ice

Process grapes, kiwi fruit and strawberries through the Smart Health Juicer Pro. Mix in milk, protein drink mix and crushed ice. Serve immediately.

Beetroot, carrot and orange quencher

8 carrots
2 small beetroot, trimmed
1/4 cup fresh mint leaves
4 oranges, peeled

Process carrots, beetroot, mint leaves and oranges through the Smart Health Juicer Pro. Serve immediately.

Apricot, apple and pear sparkle

Makes 4 cups

4 large apricots, halved and seeded
4 small red apples
3 medium pears
250 ml sparkling mineral water
½ cup crushed ice

Process apricots, apples and pears through the Smart Health Juicer Pro. Stir in mineral water and ice. Serve immediately.

Fibre favourites

Rather than waste the fibre from the fruit and vegetables that have been juiced, the following recipes have been developed using the left over pulp.

Carrot, pumpkin and feta flan

Serves 6:

8 sheets filo pastry
60 g butter, melted
1 leek finely sliced
1 cup pumpkin pulp
1 cup carrot pulp
250 g feta cheese, crumbled
3 eggs
1 egg white
½ cup milk
2 tablespoons orange rind
3 tablespoons chopped fresh parsley

Layer the sheets of pastry, brushing between each sheet with butter. Lift pastry into a 25 cm flan tin, press over base and side. Trim pastry edge to about 1.5 cm higher than side of tin. Combine leek, pumpkin, carrot, feta cheese, eggs, egg white, milk, orange

rind and parsley. Pour into pastry case and bake at 180°C for 25 - 30 minutes or until golden and set.

Vegetable and bacon soup

Serves 4:

3 teaspoons butter

1 onion, finely chopped

1 ham bone

350 g beetroot pulp, strained and juice reserved

50 g potato pulp, strained and juice reserved

50 g carrot pulp, strained and juice reserved

100 g tomato pulp, strained and juice reserved

50 g cabbage pulp, strained and juice reserved

reserved juices and enough water to make up 2 litres

4 bacon rasher, chopped

1 tablespoon lemon juice

½ cup sour cream

Melt butter in a large saucepan, cook onion over a medium heat for 2-3 minutes or until golden. Add ham bone to pan, stir in beetroot pulp, potato pulp, carrot pulp, tomato pulp, cabbage pulp, reserved juices and water, bacon and lemon juice. Bring to the boil, reduce heat and simmer for 30-40 minutes. Remove ham bone, discard bone, finely chop meat and return to the pan. Serve topped with sour cream.

Carrot, apple and celery strudels

Serves 8:

30 g butter

1 small onion, finely chopped

4½ cups carrot, apple and celery pulp, strained

250 g cottage cheese

2 tablespoons chopped fresh mint

1 egg, beaten

12 sheets filo pastry

60 g butter, melted extra

1 cup grated fresh Parmesan cheese

Melt butter in a saucepan, add onion, cook for 2-3 minutes, or until soft, seasoning to taste. Combine onion, carrot, apple and

celery pulp, cottage cheese, mint and egg in a bowl. Mix well. Cut filo sheets in half, place 3 sheets on bench, cover remaining pastry with greaseproof paper, then a damp cloth to prevent drying. Brush 1 sheet of pastry with extra butter, sprinkle with Parmesan cheese, top with another sheet of pastry, brush with butter, sprinkle with more cheese. Repeat with last sheet of pastry. Place tablespoons of carrot mixture on one end of pastry, fold in sides and roll up like a swiss roll. Repeat with remaining pastry and pulp mixture. Place on a greased oven tray and bake at 200°C for 20-25 minutes or until golden.

Berry and white chocolate mousse

Serves 6:

200 g white chocolate

200 g strawberry pulp

200 g raspberry pulp

3 teaspoons gelatin dissolved in 3 tablespoons

hot water

3 egg yolks

300 ml carton thickened cream

½ cup icing sugar

2 tablespoons Grand Marnier

Melt chocolate over hot water, cool, being careful not to let it set. Combine strawberry pulp and raspberry pulp, set aside. Combine melted chocolate, gelatin mixture and egg yolks, whisk until pale and glossy. In a separate bowl, beat cream and icing sugar together until soft peaks form, fold through chocolate mixture with berry pulp and Grand Marnier. Pour into a wetted 5 cup capacity mould. Refrigerate several hours or overnight.

Carrot cake

Serves 16:

1¾ cups plain flour

2 teaspoons baking powder

½ teaspoon nutmeg

½ teaspoon cinnamon

½ teaspoon cardamom

½ cup peanuts, chopped
½ cup sultana
½ cup brown sugar, firmly packed
1½ cups carrot pulp
½ cup oil
2 eggs, lightly beaten
¼ cup sour cream

Grease and line a 25 cm x 15 cm loaf pan. Sift flour and baking powder into a large mixing bowl, add nutmeg, cinnamon, cardamom, peanuts, sultana, brown sugar and carrot pulp, stir to combine. Add eggs, oil and sour cream. Beat with electric mixer, using medium speed until all ingredients are well blended. Pour into loaf pan. Bake at 180 °C for 1 hour or until cake is cooked when tested with a skewer. Remove from oven, stand in cake pan for 5 minutes before inverting out onto a wire cake rack.

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