

# GASTROBACK®

INSTRUCTIONS FOR USE AND RECIPES

## DESIGN JUICER PRO



Art.-Nr. 40126 Design Juicer Pro

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

Knowing your Design Juicer Pro .....	35
Important safeguards .....	36
Safeguards for daily operation .....	37
Important safeguards for all electrical appliances .....	39
Movable and sharp-edged parts – risk of injury .....	39
Technical details .....	40
Operating .....	41
Assembling the appliance .....	41
Operating your Design Juicer Pro .....	44
Emptying the pulp container during juicing .....	45
Disassembling your juicer .....	46
Care and cleaning .....	48
Trouble shooting guide .....	49
To clear blockage .....	50
Tips on juicing .....	51
Storage .....	55
Notes for disposal .....	55
Information and service .....	55
Warranty .....	55
Recipe ideas .....	56

# KNOWING YOUR DESIGN JUICER PRO

1. Food pusher with cannellure: for pushing whole fruit and vegetables down the feed chute

2. Patented extra wide feed chute: You can fill in whole fruit such as apples, carrots, tomatoes and peeled oranges. For quick and easy juicing of fruit and vegetables.

3. Juicer cover (dishwasher safe) with interlocking safety arm: stops the juicing without the juicer cover locked in place.

4. Stainless steel micro mesh filter basket (dishwasher safe)

5. Filter bowl surround with juice spout

6. Large pulp container (dishwasher safe)

7. Safety arm

8. Motor block with 950 Watt motor

9. On-/Off-switch with 2 speed settings

10. Rubberfeet



The current interest in fresh and unprocessed food is the reason for fresh fruit and vegetable juices to become a favourite component of our daily food and well balanced diet.

The Design Juicer Pro has a special designed large feed chute, a 3 litre pulp container, a big juice jug and a stainless steel titanium reinforced micro mesh filter. It operates with a high performance 950 watt motor which makes the juice production easy and efficient.

The parts have a smooth surface with no grooves and rough edges and can be cleaned easily after use. The provided juice jug finishes with the juice run-out and therefore eliminates any splatter during operation. It has a volumetric capacity of 1,000 ml and a nice grip for easy and comfortable handling.

Please read all the advice and instructions with care and keep the manual. Only use the appliance to process fresh food.

## 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 severe injury or damage by electric shock, fire or moving mechanical parts. This instruction is an essential part of the appliance. When passing on the appliance to a third person, ensure to include these instructions.

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 authorised service centre. Please contact your vendor.

### Important Instructions

- **Never leave the appliance unattended when in operational mode.**
- Always make sure the appliance is properly and completely assembled before connecting to power outlet and operating. The unit will not turn on unless properly assembled.
- **Do not** let the motor run permanently for longer than 7 minutes to avoid overheating.
- **Do not** operate the appliance continuously on heavy loads for more than 10 seconds. If this is the case the motor slows down because the appliance is overloaded or the fruit chunks are too big. Cut the fruit in smaller pieces and try smaller amounts at one time. To continue juicing turn the appliance off and then on again. (None of the recipes in this book are considered a heavy load.)
- **ATTENTION:** Extra wide feed chute. Never put fingers, wooden spoons or other foreign substance (such as hair, clothing, brushes, cloths) into the feed chute when the appliance is plugged into the power point. **Do not** push products into the feed chute with your fingers or other foreign substances. Always use the food pusher provided. Always turn the appliance off, wait for the motor to stop moving and then pull the plug before taking off the lid of the juicer.
- **Do not** push products into the feed chute with your fingers or foreign objects. Always use the food pusher provided.
- Never hold your face or other body parts over the feed chute when the motor is running because little pieces of food could be thrown out of the feed chute.

- The blades on the base of the stainless steel micro mesh filter and inside the feed chute are very sharp. Pay attention when handling the parts. Only touch the stainless steel micro mesh filter on the edge and handle with care when cleaning with the nylon bristle brush.
- **ATTENTION:** Ensure that the filter basket is clean before starting to operate the appliance.
- **Do not** leave food leftovers dehumidify on the appliance or parts of the appliance. If pulp dehumidifies on the micro mesh filter it may clog the fine pores of the micro mesh filter thereby lessening the effectiveness of the juicer.
- **Note:** The juice jug lid can be used to avoid any splatter. Alternatively you can fit the custom-designed juice nozzle over the juice spout and place a glass underneath. The juice nozzle will prevent splatter, ensuring mess free juicing.
- **ATTENTION:** Empty the pulp container and juice jug in time to avoid run-over and splatter which might causes damages to the appliance.
- Never clean the motor block in the dishwasher.
- Always turn the appliance off and pull the plug when the appliance is not in use or when disassembling, moving or cleaning the appliance.

## Safeguards for Daily Operation

- Only use the appliance for the intended purpose. Any non-appropriate use and misuse can cause damages and heavy personal injuries through voltage, fire and moving parts. Only operate the appliance as described in the directions.
- **Do not** use the appliance in moist and wet areas. **Do not** use the appliance in moving vehicles or boats. Only use the appliance indoors.
- Store and use the appliance in a clean, frost free environment where it is protected from dampness, moist and immoderate and extraordinary burden (such as: downfall, beat, overheating, moisture in the motorblock).
- **Do not** use or store the appliance outdoors.
- Store appliance and parts out of reach of children.
- The work space has to be easily accessible, solid, even, dry and of sufficient size. **Do not** use the appliance in moist and wet areas.
- Operate the appliance on a well accessible, stable, level, dry, and suitable large surface. **Do not** place the appliance or any part of it on or near hot surfaces (heater, gas burner, grill, or oven). **Do not** place the appliance near the edge of the table or counter or on inclined or wet surfaces or where it can fall.
- **Do not** use the appliance if it is damaged or parts of the appliance are damaged. **Do not** use the appliance if the rotating filter basket is damaged. **Do not** use the appliance if it does not function properly or if it was excessively loaded. The appliance is likely damaged if the appliance or parts of the appliance show cracks, exorbitant wearing down, alterations or leaks. It is also likely damaged if the drive wheel of the motorblock moves slowly. Take the appliance for technical maintenance and repair to an authorised service centre.
- Only use parts, spare parts and supplies which are provided and recommended by the manufacturer. Damaged or improper units may break in use, damage the appliance or cause injury.

- Always make sure the appliance is properly and completely assembled before connecting to power outlet and operating. The unit will not turn on unless properly assembled.
- **Do not** let the motor run permanently for longer than 7 minutes to avoid overheating.
- While proceeding **Do not** push the food pusher too hard down. Empty the pulp container and juice jug in time to avoid run-over and splatter which might cause damages to the appliance. When proceeding hard or stringily food or if you press the stamp down too hard the motor could stop or slow down. In this case turn off the appliance immediately and pull the plug to avoid overheating. Operate according to the instructions ›Trouble shooting guide‹.
- Never clean or operate the appliance or units of the appliance with abrasive or hard sharp-edged items.
- Never use force operating the appliance to avoid damage of the parts of the appliance.
- The appliance is not suitable for mincing nuts, chocolate or similar ingredients. The appliance is not suitable to make minced meat or to blend food.
- **Do not** put any cloth or napkins underneath the appliance to avoid endangering by fire and electric shocks.
- Never place the appliance close to the edge of the working area. Never place the appliance close to a strong heat source or a hot surface (for example: heater, stove or grill)
- Never let water or other liquids run into the motorblock.
- Never clean the line cord or the motorblock in the dishwasher, pour liquids over the appliance or douse or dip it in water or other liquids. In case that water or other liquids ran into the motorblock while operating turn off the appliance immediately, pull the plug and dry the appliance with a clean cloth.
- Never leave children unsupervised when the appliance or parts of the appliance are in reach. Never let children play with the appliance or units of the appliance. Children and invalid people have to be supervised using the appliance.
- Never leave the appliance unattended, when the plug is plugged into the power outlet.
- Always turn the appliance off and pull the plug when the appliance is not in use or when disassembling, moving or cleaning the appliance.
- Make sure that the appliance is turned off before pulling the plug out of the power outlet.
- To avoid damage, **do not** use any abrasive cleaners, corrosive chemicals (i.e. disinfectants, bleach) or cleaning pads for operation or cleaning. **Do not** use any hard or sharp utensils for operation or cleaning.

### **Important Safeguards for all Electrical Appliances**


- Always uncoil the power cord completely before installing the appliance.
- Place the appliance close to a power outlet and connect it directly without using any extension cords to avoid additional risks of injury through fire or voltage.
- Only install the appliance in proper form secure grounding receptacle with adequate electric power supply (alternating current; 230 - 240 V, 50 - 60 Hz) and ground fault circuit interrupter. The maximum power consumption of the appliance is 950 Watt. You should also install a fuse with a release current of maximum 30mA. If necessary ask your electrician for help.

- Never pull, rip, bend, clamp, squish or knot the line cord. Pay attention to the power cord not hanging off the table. Attend to nobody getting caught in loops of the power cord or pulling the appliance off the work space. When pulling the plug always catch hold of the enclosure of the plug.
- **Do not** immerse the motor housing or power cord in water or any other liquid. **Do not** pour or drip any liquids on the motor housing or power cord. When liquids are spilled on the motor housing, immediately unplug the appliance and dry the motor housing to avoid risk of electric shock or fire. **Do not** attempt to operate the appliance, when liquids are on or in the motor housing.

### **Movable and sharp-edged parts – risk of injury**

- The feed chute is designed exceedingly large. Never put fingers, wooden spoons or other foreign substance (such as hair, clothing, brushes, cloths) into the feed chute when the appliance is plugged into the power outlet.
- Always turn the appliance off, wait for the motor to stop moving and then pull the plug before taking off the lid of the outlet.
- Only use the provided food pusher to push food through the feed chute.
- Never hold your face or other body parts over the feed chute when the motor is running because little pieces of food could be thrown out of the feed chute.
- The blades on the base of the stainless steel micro mesh filter and inside the feed chute are very sharp. Pay attention when handling the parts. Only touch the stainless steel micro mesh filter on the edge and handle with care when cleaning with the nylon bristle brush. Only store the appliance completely assembled. This way the blades will be out of reach.
- Never put foreign substance or hard objects into the feed chute. Remove all inedible parts (such as stem, hard peeling and seeds) of the food before putting them into the feed chute.
- The motor pursues running for a little while after turning the appliance off. Wait until the motor stops running completely before you open or move the appliance.

## TECHNICAL DETAILS

Model:	Art.-No. 40126 Design Juicer Pro
Power Supply:	230 - 240 V / 50 - 60 Hz
Power consumption:	800 - 950 W
Rotations:	6,500 - 13,000 per minute
Length of power cord:	ca. 90 cm
Weight:	ca. 4.6 kg
Dimensions: (W x D x H):	330 x 210 x 430 mm
Capacity, Juice Box:	1 Litre
Certification:	



# OPERATING

## ASSEMBLING YOUR DESIGN JUICER

### Step 1:

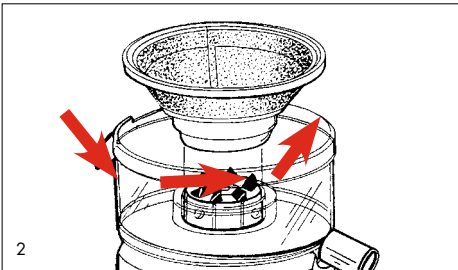
Place the filter bowl surround on the motor block (picture 1).

### Step 2:

**WARNING:** Handle the parts with care and do not use any force. Pay attention to the sharp blades on the stainless steel micro mesh filter and the feed chute to avoid injury. Always completely assemble your juicer before you plug the plug into the power outlet.

**ATTENTION:** Ensure the stainless steel filter basket is clean before assembling. Any dehumidified left over food on the basket will block the fine mesh holes. If necessary remove excess fibre build up (from fruit or vegetables) according to the instructions ›Care and Cleaning‹.

Align the arrows on the stainless steel filter basket with the arrows on the motor drive coupling and push down until it clicks into place. Ensure the stainless steel filter basket is fitted securely inside the integrated pulp container and onto the motor base (picture 2).



### Step 3:

Place the juicer cover over the stainless steel filter on top of the filter bowl surround (picture 3). The feed chute has to be positioned in the middle of the filter basket and the pulp spouting of the cover has to face away from the interlocking safety arm.





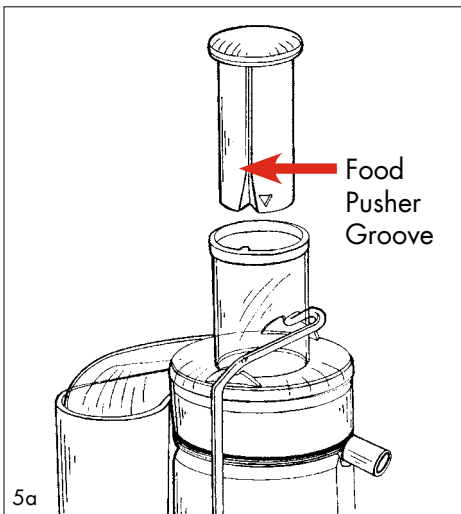
**Step 4:**

Raise the safety locking arm straight up and lock into the two grooves on both sides of the juicer cover. The safety locking arm should now be in a vertical position and locked into place on top of the juicer cover (picture 4).

**IMPORTANT:** If the safety locking arm is not in the right position the motor will not start moving.



Secure the safety arm by lifting it into the two grooves of the cover (picture 4a).



**Step 5:**

Slide the food pusher down the feed chute by aligning the groove of the food pusher with the small protrusion on the inside of the top of the feed chute. Continue to slide the food pusher down the feed chute (picture 5a).

Slide the food pusher all the way down the feed chute (picture 5b).



**Step 6:**

Place the pulp container into position by tilting the motor base slightly to the right. Insert the container under the juicer cover on the left-hand side ensuring it is supported by the container support extending from under the motor base (picture 6).

**NOTE:** To minimise cleaning, line the pulp container with a plastic bag to collect the pulp. Pulp can then be used in other dishes, or as compost for the garden or discarded.



**Step 7:**

Place the juice jug underneath the spout (picture 7).



## OPERATING YOUR DESIGN JUICER PRO

**WARNING:** Make sure the appliance is completely assembled and that there are no foreign objects in the feed chute before putting the plug into the power outlet.

Never put fingers, wooden spoons or other foreign substances (such as hair, clothing, brushes, cloth) into the feed chute.

Always turn the appliance off and wait for the motor to stop moving before removing the lid of the juicer.

Keep the working place clean and dry. Do not let any liquids or water run into the motor block.

Do not put any cloth or napkins underneath the appliance to avoid endangering by fire and voltage. In case that water or other liquids ran into the motor block while operating turn off the appliance immediately, pull the plug and dry the appliance with a clean cloth. Operate according to the instructions ›Trouble shooting guide‹.

### Step 1:

Wash your selection of fruit and vegetables before juicing.

**NOTE:** Most fruit and vegetables such as small apples, carrots and cucumber will not need to be cut to size as these will fit into the feed chute. When juicing carrots place the tip of the carrot into the feed chute last.

### Step 2:

Ensure the juicer is correctly assembled. Ensure the stainless steel filter is thoroughly cleaned before each use (refer to ›Care and cleaning‹). Ensure you place the juice jug under the spout before commencing juicing.

#### Step 2 a: Working with the juice jug

The juice jug consists of the jug with scale, a froth separator and the lid. Insert the froth separator from the top into the jug and close the jug with the lid. Place the juice jug in front of the spout and ensure that the juice can run right into the jug. This way you can avoid splatter.

**ATTENTION:** Ensure not to overfill the juice jug when operating the juicer. Overflowing liquid could run under the motor block and cause damage to the appliance.

### Step 3:

Plug the power cord into a 220-2240V power outlet and turn the power on. Push the ›ON/OFF‹ button to ›ON‹.



**Step 4:**

With the motor running, place food into the feed chute. Using the food pusher, gently guide food down the feed chute.

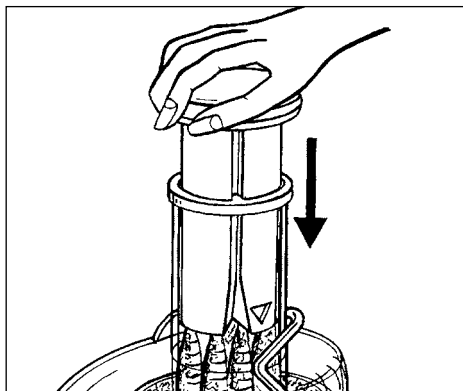
To extract the maximum amount of juice, always push the food pusher down slowly.

**Step 5:**

Juice will flow into the jug and the separated pulp will accumulate in the integrated pulp container.

**ATTENTION:** Do not allow the pulp container to overfill as this may affect the operation of the appliance (refer to disassembling instructions). Reassemble machine to continue juicing.

To minimise cleaning, line the pulp container with a plastic freezer bag to collect the pulp.

**EMPTY THE PULP CONTAINER DURING JUICING**

The pulp container can be emptied during juicing by turning the appliance off at the control panel and then carefully removing the pulp container. Remove the pulp container by tilting the pulp container slightly to the right and unlatch it from under the juicer cover and the container support extending from under the motor base. Replace the empty pulp container into position before continuing to juice.

**NOTE:** Do not use force removing the pulp container to avoid damage to the juicer cover.

**NOTE:** In case that the appliance slows down, stumbles or stops all of a sudden turn off the appliance immediately and pull the plug to avoid overheating. Operate according to the instructions ›Trouble shooting guide‹.

**WARNING:** Never use fingers to push food down the feed chute or to clear the feed chute. Always use the food pusher provided.

**NOTE:** Pay attention not to overflow the juicie jug.

As soon as you finished operating turn the appliance off. Always turn the appliance off and pull the plug when the appliance is not in use and you finished the operation.

Clean the appliance in accordance to the instructions in chapter ›Care and Cleaning‹. Do not leave any food dry on the surfaces of the appliance or the filter basket.

## DISASSEMBLING YOUR DESIGN JUICER

**WARNING:** Always turn the appliance off and pull the plug when the appliance is not in use or when disassembling, moving or cleaning the appliance. Never let water or other liquids run into the motor block. Never clean the power cord or the motor block in the dishwasher, pour liquids over the appliance or douse or dip it in water or other liquids.

### Step 1:

Push the ›ON/OFF‹ button on the juicer to ›OFF‹ and then switch off at the power outlet and unplug.

**IMPORTANT:** Wait for the filter basket to stop spinning before continuing to step 2. Carefully remove the pulp container by tilting the pulp container slightly to the right and unlatch it from under the juicer cover and the container support extending from under the motor base (picture 1).

### Step 2:

Pull the locking arm back over the grooves on both side of the juicer cover (picture 2/3). Move the locking arm down.

### Step 3:

Lift the juicer cover off the juicer (picture 4).



**Step 5:**

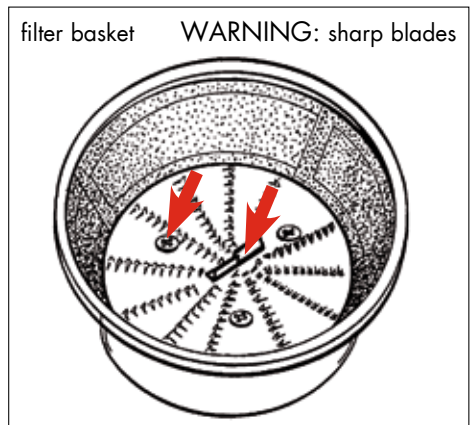
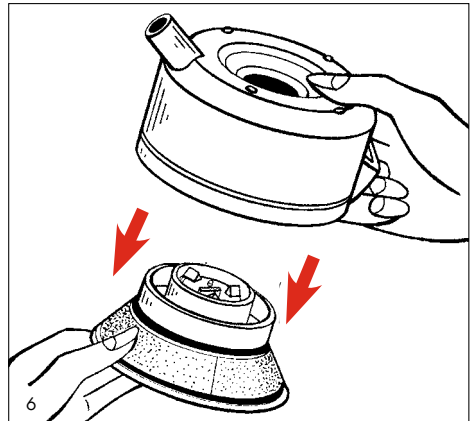
Remove the filter bowl surround with the stainless steel filter basket still in place. To remove the filter bowl turn the spout to the left side. The filter bowl surround will automatically get loose (picture 5).



**Step 6:**

**WARNING:** The stainless steel filter basket contains small sharp blades to cut and process fruit and vegetables. Do not touch blades when handling the filter basket. Only touch the filter basket on the sides.

To remove the stainless steel filter basket from the filter bowl surround turn the filter bowl surround upside down (picture 6). For easy cleaning, it is recommended to remove the filter basket over the sink.



## CARE AND CLEANING

**WARNING:** Always ensure that the juicer is switched off at the power outlet. Then remove the plug from the power outlet before cleaning, disassembling and storing the appliance. Do not immerse the motor base in water or any other liquid. Do not use water jet to clean the motor base. Do not clean the motor base in the dishwasher.

The centre of the filter basket and feed chute contain small sharp blades to process fruit and vegetables during the juicing function. Do not touch blades when handling the filter basket or feed chute.

**ATTENTION:** Abrasive and strong cleaner damage the surface of the plastic parts and could cause discolouration. Never clean the appliance or parts with abrasive and strong cleaner. For easier cleaning and to avoid discolouration: Clean as you go and avoid dried on juice or pulp residue. Immediately after each use, rinse removable parts in hot water to remove wet pulp. Otherwise discolouration of the plastic may occur with strongly coloured fruit and vegetables. Allow parts to air dry.

Never use hard or sharp-edged objects when using or cleaning the juicer or the stainless steel micro mesh filter. Do not use force when using the appliance to avoid damages. Always assemble the appliance completely before storing. The parts are protected this way and can not get lost.

Ensure the juicer is correctly disassembled. Refer to »Disassembling your Design Juicer Pro«. Follow these instructions to clean all surfaces of parts that come into contact with food during normal use.

Filter bowl surround, juicer cover, stainless steel micro mesh filter, juice jug and pulp container are dishwasher safe (top shelf only). Use a program to be suited for glass (low temperature). A program with high temperature might cause discolouration and distortion of the plastic parts. Plastic parts might tarnish being frequently cleaned in the dishwasher.

**IMPORTANT:** Do not clean the food pusher in the dishwasher.

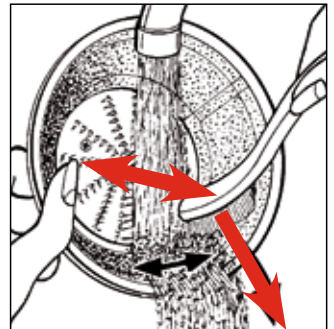
**IMPORTANT:** Soak the stainless steel filter basket in hot soapy water for approximately 10 minutes immediately after juicing is completed. If pulp dehydrates on the micro mesh filter it may clog the fine pores of the micro mesh filter thereby lessening the effectiveness of the juicer.

Using the cleaning brush, hold the filter basket under running water and brush from the inside of the basket to the outer rim. Avoid touching the small sharp blades in the centre of the filter basket. After cleaning the filter basket, hold it up towards a light to ensure the fine mesh holes are not blocked. If the holes are blocked, soak the filter basket in hot water with 10% lemon juice to loosen the blocked holes. Alternatively, wash the filter basket in the dishwasher.

**NOTE:** Alternatively you can soak the filter basket in hot water with dental prosthesis detergent. Rinse thoroughly with clear water and the provided nylon brush.

**IMPORTANT:** Do not soak the stainless steel filter basket in bleach. Always treat the filter basket with care as it can be easily damaged.

Wipe the motor base with a damp cloth. Ensure of no water intrusion into the inside of the motor block.





Allow parts to air dry or thoroughly dry them with a clean cloth. Always assemble the appliance completely before storing (regard ›Assembling the appliance‹). The parts are protected this way and can not get lost. Keep all parts out of reach of children.

**ATTENTION:** Occasionally clean the drive coupling (see picture) with a damp cloth. Ensure the stainless steel balls of the basket adjustment are clean and free from dried on juice or pulp residue. After every fifth usage put some vaseline onto the balls of the adjustment.

**WARNING:** Please store the juicer in a frost-free, clean and dry location where it is out of reach of children and is protected against excessive loads (such as down-fall, voltage, heat, humidity). Never lay heavy or hard objects on top of the appliance.



## TROUBLE SHOOTING GUIDE

Possible problem	Easy solution
Machine will not work when switched ›ON‹	The safety locking arm may not be correctly engaged in the vertical operating position with the locking arm located into the two grooves on both side of the juicer cover (regard ›Assembling the appliance‹).
Motor appears to stall when juicing	Wet pulp can build up under the cover if the juicing action is too vigorous. Try slower juicing action by pushing the food pusher down more slowly. Clean the integrated pulp container, the stainless steel filter basket and the juicer cover (regard ›To clear the block‹).
Excess pulp building up in the micro mesh filter basket	Stop the juicing process. Remove the juicer cover, scrape off pulp. Assemble and begin juicing again. Try alternating (soft and hard) vegetable and fruit varieties.
Pulp too wet and reduced extracted juice	Try a slower juicing by pushing the food pusher down more slowly. Remove stainless steel filter basket and thoroughly clean mesh walls with the nylon brush. Rinse the stainless steel filter basket under hot water. If the fine mesh holes are blocked, soak the stainless steel filter basket in a solution of hot water with 10% lemon juice to unblock the holes or wash in the dishwasher. This will remove excess fibre build up (from fruit or vegetables) which could be inhibiting the juice flow.
Juice leaks between the rim of the juicer and the cover of the filter	Try a slower juicing by pushing the food pusher down more slowly. Fruit and vegetables with a high water content (tomatoes and watermelon) should be juiced on low speed.
Bowl surround juice sprays out from spout	Try a slower juicing by pushing the food pusher down more slowly.
Juicer makes loud noise when turned on	Filer basket is not properly snapped into position. Turn the ›ON/OFF‹ button to ›OFF‹. Turn the power off. Disassemble the Design Juicer Pro (refer to ›disassembling‹). Assemble (refer to ›Assembling‹).
No juice coming out while juicing	Check that the spout is not blocked with pulp. Refer to ›Care and Cleaning‹.

## TO CLEAR BLOCKAGE

When juicing hard or stringily fruit or vegetables, or if you push down the food pusher too fast or with too much pressure or the juicing is too vigorous, wet pulp can build up under the juicer cover or the motor appears to stall when juicing. Wet pulp would block the fine meshes of the filter basket. Try slower juicing by pushing the food pusher down more slowly. Follow Disassembling and Cleaning instructions and clean the filter bowl surround, the stainless steel filter basket and the juicer cover.

1. Turn the appliance off, wait for the motor to stop moving and pull the plug.
2. Disassemble the appliance according to the instructions.  
**WARNING:** Do not touch blades when handling the filter basket.
3. Remove residue of food on the filter basket with a small wooden or plastic spoon.
4. Assemble the appliance according to the instructions and continue juicing.
5. If another blockage occurs clean the appliance according to the instruction ›Care and Cleaning‹.

### To avoid further blockage:

- When juicing hard or stringily fruit or vegetables choose high speed.
- Remove very hard and stringily elements such as stalks and stems.
- Try slower juicing by pushing the food pusher down more slowly.
- Avoid overloading pulp in the pulp container. The pulp has to be able to fall easily and unhindered into the pulp container.
- Try other fruit and vegetables.

# TIPS ON JUICING

## THE INSIDE INFORMATION ON JUICING

Although juice drinks are usually developed with flavour, texture and aroma at the forefront, the health benefits certainly add to the pleasurable taste experience.

95% of the nutrient content of fruit and vegetables is found in the juice. Liquids extracted from fresh fruit and vegetables form an important part of a well balanced diet. Fresh fruit and vegetable juices are an easy source of vitamins and minerals.

Juices are rapidly absorbed into the blood stream therefore being the quickest way in which the body can digest nutrients. When you make your own juices, you have complete control over what you include in them. You select the ingredients and decide if you need to use sugar, salt or other flavouring agents. Freshly extracted juices should be consumed just after they have been made to avoid a loss of vitamin content.

## PURCHASING AND STORAGE OF FRUIT AND VEGETABLES

- Always wash fruit and vegetables before juicing.
- Always use fresh fruit and vegetables for juicing.
- To save money and obtain fresher produce, purchase fruit or vegetables that are in season.
- Keep your fruit and vegetables ready for juicing by washing them before storing.
- Most fruit and hardier type vegetables can be stored at room temperature. The more delicate and perishable items such as tomatoes, berries, leafy greens, celery, cucumber and herbs should be stored in the refrigerator until required.

## PREPARATION OF FRUIT AND VEGETABLES

- If using fruit with hard or inedible skins such as mangoes, guava, melons or pineapple, always peel before juicing.
- Citrus fruit can be juiced in the Design Juicer Pro if peeled first.
- All fruit with pits, hard seeds or stones such as nectarine, peaches, mangoes, apricots, plums and cherries must be pitted before juicing.
- A small amount of lemon juice can be added to apple juice to prevent browning.

**NOTE:** Your Design Juicer Pro makes invigorating, frothy orange juice. Simply peel the oranges and juice. (It is best to refrigerate oranges before juicing).

## THE RIGHT TECHNIQUE

- When juicing a variety of ingredients with varying textures start with the softer textured ingredients then change to for harder texture ingredients. Choose the correct speed according to the speed selection table.
- If you are juicing herbs, sprouts or leafy green vegetables either wrap them together to form a bundle or juice them in the middle of a combination of ingredients to obtain the best extraction.

- If juicing herbs or leafy green vegetables on their own, the juice yield will be low due to the nature of centrifugal juicing, it is advised to juice them as with a combination of other fruit and vegetables.
- All fruit and vegetables produce different amounts of liquids. This varies within the same group i.e. one batch of tomatoes can produce more juice than another batch. Since juice recipes are not exact, the precise quantities of any juice are not crucial to the success of a particular mixture.

**NOTE:** To extract the maximum amount of juice always push the food pusher down slowly.

## **GETTING THE RIGHT BLEND**

It is easy to create great tasting juice. If you have been making your own vegetable and fruit juices, then you know how simple it is to invent new combinations. Taste, colour, texture and ingredient preferences are a personal thing. Just think of some of your favourite flavours and foods – would they work well together or would they clash. Some strong flavours could overpower the more subtle flavours of others. It is however, a good rule of thumb to combine starchy, pulpy ingredients with those high in moisture.

## **USING THE PULP**

The remaining pulp left after juicing fruit or vegetables is mostly fibre and cellulose which, like the juice, contains vital nutrients necessary for the daily diet and can be used in many ways. However, like the juice, pulp should be used that day to avoid loss of vitamins.

Some of the uses of pulp are to bulk out rissoles, thicken casseroles or soups or in the case of fruit, simply placed in a bowl topped with meringue and baked for a simple dessert. Quite apart from the consumption use, pulp is great used in the garden for compost.

**NOTE:** When using the pulp, there may be some pieces of fruit or vegetables remaining. These should be removed before using the pulp in any recipes.

## FRUIT AND VEGETABLE FACTS

<b>Fruit and vegetables</b>	<b>Best season to buy</b>	<b>Storage</b>	<b>Nutritional value</b>	<b>Kilojoule/calorie count</b>
Apples	Autumn/Winter	Vented plastic bags in refrigerator	High in Dietary Fibre and Vitamin C	100 g Apple = 218 kj (52 kcals)
Apricots	Summer	Unwrapped in crisper of refrigerator	High in Dietary Fibre, Potassium	100 g Apricot = 226 kj (54 kcals)
Banana	Spring	Cool, dry place	Dietary Fibre, Potassium, Vitamin C, B6	100 g Bananas = 377 kj (90kcals)
Beetroot	Winter	Cut off tops, then refrigerate unwrapped	Good source of Folate, Dietary Fibre, Vitamin C, Potassium	100 g Beetroot = 190 kj (45 kcals)
Blueberries	Summer	Cover in the refrigerator	Vitamin C	100 g Blueberries = 201 kj (48 kcals)
Broccoli	Autumn/Winter	Plastic bag in refrigerator	Vitamin C, B2, B5, B6, E, Folate, Dietary Fibre	100 g Broccoli = 110 kj (26 kcals)
Brussels Sprouts	Autumn/Winter	Unwrapped in crisper of refrigerator	Vitamin C, B2, B6, E, Folate, Dietary Fibre	100 g Brussels Sprouts = 151 kj (36 kcals)
Cabbage	Winter	Wrapped, trimmed in the refrigerator	Vitamin C, B6, Folate, Potassium Dietary Fibre	100 g Cabbage = 95 kj (23 kcals)
Carrots	Winter	Uncovered in refrigerator	Vitamin A, C, B6, Dietary Fibre	100 g Carrots = 121 kj (29 kcals)
Cauliflower	Autumn/Winter	remove outer leaves, store in plastic bag in refrigerator	Vitamin C, B5, B6, K, Folate, Potassium	100 g Cauliflower = 95 kj (23 kcals)
Celery	Autumn/Winter	Refrigerate in plastic bag	Vitamin C, Potassium	100 g stick = 84 kj (20 kcals)
Cucumber	Summer	Crisper in refrigerator	Vitamin C	100 g Cucumber = 17 kj (4 kcals)
Fennel	Winter/Spring	Crisper in refrigerator	Vitamin C, Dietary Fibre	100 g Fennel = 100 kj (24 kcals)
Kiwi Fruit	Winter/Spring	Crisper in refrigerator	Vitamin C, Potassium	100 g Kiwi Fruit = 222 kj (53 kcals)
Mangoes	Summer	Covered in refrigerator	Vitamin A, C, B1, B6, Potassium	100 g Mango = 264 kj (63 kcals)

<b>Fruit and vegetables</b>	<b>Best season to buy</b>	<b>Storage</b>	<b>Nutritional value</b>	<b>Kilojoule/calorie count</b>
Melons (including Watermelon)	Summer/Autumn	Crisper in refrigerator	Vitamin C, A, Folate, Dietary Fibre	100 g Melon = 109 kJ (26 kcals)
Nectarines	Summer	Crisper in refrigerator	Vitamin C, B3, Potassium, Dietary Fibre	100 g Nectarines = 293 kJ (70 kcals)
Oranges	Winter/Autumn/Spring	Cool, dry place for 1 week, transfer to refrigerator to keep longer	Vitamin C 35mg / 100g	100 g Orange = 206 kJ (49 kcals)
Peaches	Summer	Refrigerate uncovered	Vitamin C, B3, Potassium, Dietary Fibre	100 g peach = 193 kJ (46 kcals)
Pears	Autumn	Refrigerate uncovered	Dietary Fibre	100 g Pear = 247 kJ (59 kcals)
Pineapples	Summer	Refrigerate uncovered	Vitamin C	100 g Pineapple = 239 kJ (57 kcals)
Plums	Summer	Refrigerate uncovered	Dietary Fibre	100 g Plums = 259 kJ 62 kcals)
Raspberries	Summer	Covered in refrigerator	Vitamin C, Iron, Potassium, Magnesium	100 g Raspberries = 167 kJ (40 kcals)
Strawberries	Spring	Cover in the refrigerator	Vitamin C, Folate, Calcium, Potassium, Phosphorus	100 g Strawberries = 163 kJ (39 kcals)
Tomatoes	Summer	Uncovered in crisper of refrigerator	Vitamin C, E, A, Dietary Fibre, Folate	100 g Tomatoes = 67 kJ (16 kcals)

**Note:** Your Design Juicer Pro makes invigorating frothy orange juice. Simply peel the oranges and juice (best to refrigerate oranges before juicing)

## STORAGE

Always clean the appliance before storing. Operate according to the instructions ›Care and cleaning‹. Please store the juicer in a frost-free, clean and dry location where it is out of reach of children and is protected against excessive loads (such as down-fall, voltage, heat, humidity). Never lay heavy or hard objects on top of the appliance.

## 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.

Do not dispose of electrical appliances as unsorted municipal waste, use separate collection facilities. Contact your local government for information regarding the collection systems available. If electrical appliances are disposed of in landfills or dumps, hazardous substances can leak into the groundwater and get into the food chain, damaging your health and well-being. When replacing old appliances with new once, the retailer is legally obligated to take back your old appliance for disposal at least for free of charge.

## INFORMATION AND SERVICE

Please check [www.gastroback.de](http://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](mailto: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 Design 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 Design 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 Design 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 Design 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 Design 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 Design 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 Design 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 Design 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 Design 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 Design 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 Design 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 Design 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 Design 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 Design Juicer Pro. Serve immediately.

## **Frothie orange juice**

Makes 8-10 cups:

Process oranges through the Design 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 Design 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 Design 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 Design 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 Design 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 Design 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 Design 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 Design 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 Design 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 Design 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 Design 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 Design 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 Design 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 Design 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 Design Juicer Pro. Mix in milk, protein drink mix and crushed ice. Serve immediately.

## Beetroot, carrot and orange quencher

8 carrots  
2 small beetroot, trimmed  
¼ cup fresh mint leaves  
4 oranges, peeled

Process carrots, beetroot, mint leaves and oranges through the Design 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 Design 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 table-

spoons

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.

## **GASTROBACK GmbH**

Gewerbestraße 20 • 21279 Hollenstedt / Germany

Telefon +49 (0)41 65/22 25-0 · Telefax +49 (0)41 65/22 25-29

info@gastroback.de · www.gastroback.de