

Breville®

the Juice Fountain™ Compact

Instruction Booklet



Suits all BJE200 models

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BREVILLE RECOMMENDS SAFETY FIRST

At Breville we are very safety conscious. We design and manufacture consumer products with the safety of you, our valued customer, foremost in mind. In addition we ask that you exercise a degree of care when using any electrical appliance and adhere to the following precautions.

IMPORTANT SAFEGUARDS

READ ALL INSTRUCTIONS BEFORE USE AND SAVE FOR FUTURE REFERENCE

- Do not push produce into the feed chute with your fingers. Always use the food pusher provided.
- Do not touch the small cutting blades in the base of the stainless steel filter basket.
- Always make sure the juicer is properly and completely assembled before connecting to power outlet and operating. The unit will not turn ON unless properly assembled.
- Always use the juicer on a dry, level surface.
- Always turn the juicer off then turn off at the power outlet and then unplug when not in use or when disassembling or assembling.
- Do not juice stone fruit unless seed stone has been removed.
- Always turn the juicer OFF at the power outlet and the remove cord: if appliance is left unattended, if not in use, before cleaning, before attempting to move the appliance, disassembling, assembling and when storing the appliance.
- Do not operate the juicer continuously on heavy loads for more than 10 seconds. None of the recipes in this book are considered a heavy load.
- Remove and safely discard any packaging material or promotional labels before using the juicer for the first time.
- To eliminate a choking hazard for young children, remove and safely discard the protective cover fitted to the power plug of this appliance.
- Do not place the juicer near the edge of a bench or table during operation. Ensure that the surface is level, clean and free of water, flour, etc. Vibration during operation may cause the appliance to move.
- Any significant spillage onto the surface under or around the appliance, or onto the appliance itself, should be cleaned and dried before continuing to use the appliance.
- Do not place the juicer on or near a hot gas or electric burner, or where it could touch a heated oven. Always ensure the juicer is properly assembled before use. The appliance will not operate unless properly assembled.
- Do not use the juicer on a sink drain board.
- Do not leave the juicer unattended when in use.
- Always ensure the juicer is turned off by pressing the OFF/ON switch on the control panel to OFF. Then switch the appliance off at the power outlet and unplug the cord. Make sure the stainless steel filter basket has stopped rotating and the motor has completely stopped before releasing the safety locking arm and/or attempting to move the appliance, when the juicer is not in use, and before disassembling, cleaning and storing.

BREVILLE RECOMMENDS SAFETY FIRST

- Keep hands, fingers, hair, clothing as well as spatulas and other utensils away from the appliance during operation.
- Do not use the juicer for anything other than food and/or beverage preparation.
- Keep the appliance clean. Refer to care and cleaning
- Remove rind from all citrus fruit before juicing.
- Do not use the appliance if the rotating sieve (filter basket) is damaged.
- It is recommended to regularly inspect the appliance. To avoid a hazard do not use the appliance if power cord, power plug or appliance becomes damaged in any way. Return the entire appliance to the nearest authorised Breville Service Centre for examination and/or repair.
- Any maintenance other than cleaning should be performed at an authorised Breville Service Centre.
- This appliance is for household use only. Do not use this appliance for anything other than its intended use. Do not use in moving vehicles or boats. Do not use outdoors. Misuse may cause injury.
- The installation of a residual current device (safety switch) is recommended to provide additional safety protection when using electrical appliances. It is advisable that a safety switch with a rated residual operating current not exceeding 30mA be installed in the electrical circuit supplying the appliance. See your electrician for professional advice.
- This appliance shall not be used by children. Keep the appliance and its cord out of reach of children.

WARNING

Extra wide feed chute. Do not place hands or foreign objects down feed chute. Always use the food pusher provided.

IMPORTANT SAFEGUARDS FOR ALL ELECTRICAL APPLIANCES

- Fully unwind the power cord before use.
- Do not let the power cord hang over the edge of a bench or table, touch hot surfaces or become knotted.
- To protect against electric shock do not immerse the power cord, power plug or appliance in water or any other liquid.
- The appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Children should be supervised to ensure that they do not play with the appliance.

WARNING

Do not immerse the motor base in water or any other liquid. Do not use water jet to clean the motor base.

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.

SAVE THESE INSTRUCTIONS

KNOW YOUR BREVILLE PRODUCT



- A. Food pusher**
For pushing whole fruit and vegetables down the patented wide feed chute.
- B. Unique patented centrally located feed chute**
The extra wide 75mm feed chute fits whole apples, carrots, tomatoes. Makes juicing fruit and vegetables fast and easy.
- C. Stainless steel micro mesh filter basket (dishwasher safe).**
- D. Juice jug lid**
Allows juicer to operate with the lid on, therefore eliminating any splatter during operation. Place lid onto juice jug to store juice in refrigerator.
- E. Built in froth separator in lid**
Ensures juice froth is separated from juice when poured into a glass (if preferred).
- F. 800ml dishwasher safe juice jug**

- G. Safety locking arm**
Juicer will not operate without juicer cover in place and safety locking arm in place in the vertical operating position.
- H. Juicer cover**
- I. Integrated pulp container**
Will collect pulp for up to 1.5 litres of apple juice.
- J. High performance 900 watt motor**
- K. Easy ON and OFF button**

Not Shown

Cord wrap

Cord wraps around a raised disc on the base of the Juice Fountain™ Compact™ (not shown in picture).

Nylon bristle brush/Cleaning tool

Included for easy cleaning of the micro mesh filter basket. Includes a specifically designed end of brush to assist in the removal of pulp from the integrated pulp container

ASSEMBLING YOUR BREVILLE PRODUCT

1. Place the motor base on a flat, dry surface such as a bench top. Ensure that the motor base is switched OFF at the power outlet and the power cord is unplugged.
2. Place the integrated pulp container on top of the motor base. Locate the integrated pulp container so that the spout fits through the hole on the front of the motor base.



NOTE

The juicing cover can be positioned in either of the plastic wings on the integrated pulp container.

3. 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.



5. Raise the safety locking arm up and lock into the two grooves on either side 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.



4. Place the juicer cover over the stainless steel filter and integrated pulp container. The humps of the rim of the juicer cover should align with the small plastic wings on the integrated pulp container. Lower into position.

6. Slide the food pusher down the feed chute by aligning one of the grooves in 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.

ASSEMBLING YOUR BREVILLE PRODUCT



7. Place the juice jug provided sideways under the spout of the juicer. A graphic on the lid shows where the juicer spout is to be placed. Note the jug is designed to clip in under the spout to give it a positive location.

NOTE

A glass could also be used to collect the juice, but using the jug and lid is recommended to avoid any splatter.



WARNING

Never use fingers to push food down the feed chute or to clear the feed chute.

Always use the food pusher provided.

1. Wash your selection of fruit and vegetables ready for juicing.
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 with lid fitted (or glass) under spout before commencing juicing.
3. Plug the power cord into a 230/240V power outlet and turn the power on. Push the ON/OFF button to on.
4. With the motor running, place food into the feed chute. Using the food pusher, gently guide food down the feed chute.

NOTE

Always ensure the power is turned on before inserting fruits and vegetables . Using a gentle pushing motion using the pusher will extract the maximum amount of juice.

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

NOTE

When the integrated pulp container is full of pulp, it must be emptied before continuing to juice.
(Refer to disassembling instructions).
Reassemble machine to continue juicing.

DISASSEMBLING YOUR BREVILLE PRODUCT

1. Push the ON/OFF button on 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.

2. Pull the locking arm back over the grooves on either side of the juicer cover.

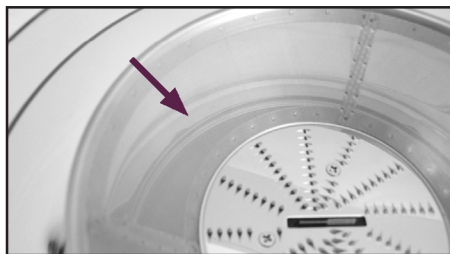


3. Move the locking arm down.
4. Remove the integrated pulp container (preferably with the juicer cover, stainless steel mesh filter and food pusher in place) by lifting vertically from the motor base. Take it to the sink for easy cleaning.



5. Remove the food pusher by lifting it vertically.

6. Remove the juicer cover from the integrated pulp container by lifting it vertically. Remove any pulp from the cover by using the flat end of the brush to gently scrape down the sides.
7. Remove the stainless steel filter basket by lifting it vertically from the pulp bowl surround.



8. Empty the pulp from the integrated pulp container into a side bowl for composting or into the bin.
9. Use the flat end of the brush to gently scrape down inside the pulp container.

WARNING

The stainless steel filter basket contains small sharp blades to cut and process fruits and vegetables. Do not touch blades when handling the filter basket.

CARE & CLEANING

- 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.
- Follow these instructions to clean all surfaces of parts that come into contact with food during normal use.
- For easy cleaning – immediately after each use always switch off at power outlet and then unplug.
- Then rinse removable parts under running water (to remove wet pulp). Allow parts to air dry.
- After disassembling the unit all removable parts may be washed in hot soapy water or dishwasher safe parts may be placed in the dishwasher.
- The juicer cover, integrated pulp container, stainless steel filter basket and 800ml juice jug are dishwasher safe, (top shelf only).
- Wipe the motor base with a damp cloth.
- For consistent juicing results always ensure that the stainless steel filter basket is thoroughly cleaned using the supplied nylon bristle brush. Using the nylon washing brush, hold the stainless steel filter basket under running water and brush from the inside of the basket, to remove any built up pulp. Turn basket over and using a circular motion, brush out any remaining pulp from mesh. Hold it up towards a light to ensure the fine mesh holes are not blocked. If the holes are blocked soak the stainless steel filter basket in hot water with 10% lemon juice to loosen the blocked holes. Alternatively wash the stainless steel filter basket in the dishwasher.



- Do not soak the stainless steel filter basket in bleach.
- Always treat the stainless steel filter basket with care as it can be easily damaged.
- Discolouration of the plastic may occur with strongly coloured fruit and vegetables. To help prevent this, wash parts immediately after use.
- If discolouration does occur, the plastic parts can be soaked in 10% lemon juice and water or they can be cleaned with a non- abrasive cleaner.

NOTE

To assist with cleaning soak the stainless steel filter basket in hot soapy water for approximately 10 minutes immediately after juicing is completed. If pulp is left to dry on the filter it may clog the fine pores of the filter mesh thereby lessening the effectiveness of the juicer.

For your convenience a nylon cleaning brush has been included with your juicer.

TROUBLESHOOTING

POSSIBLE PROBLEM	EASY SOLUTION
Machine will not work when switched ON	<ul style="list-style-type: none"> The safety locking arm may not be correctly engaged in the vertical operating position with the locking arm located into the two grooves on either side of the juicer cover.
Motor appears to stall when juicing	<ul style="list-style-type: none"> 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.
Excess pulp building up in the micro mesh filter basket	<ul style="list-style-type: none"> Stop the juicing process. Remove the juicer cover, scrape off pulp. Re-assemble and begin juicing again. Try alternating (soft and hard) vegetable and fruit varieties.
Pulp too wet and reduced extracted juice	<ul style="list-style-type: none"> Try a slower juicing action 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	<ul style="list-style-type: none"> Try a slower juicing action by pushing the food pusher down more slowly.
Bowl surround juice sprays out from spout	<ul style="list-style-type: none"> Try a slower juicing action by pushing the food pusher down more slowly.
Juicer makes loud noise when turned on	<ul style="list-style-type: none"> Filer basket is not properly snapped into position. Turn the ON/OFF button to OFF. Turn the power OFF. Disassemble the juicer (refer to disassembling). Re-assemble (refer to assembly).
No Juice coming out while juicing	<ul style="list-style-type: none"> Check that the spout is not blocked with pulp. Refer to care and cleaning.

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.

Most 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 to make source of vitamins and minerals.

When you make your own juices, you have complete control over what you include in them.

Freshly extracted juices should be consumed just after they have been made or up to 24 hours in the refrigerator 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 fruits and hardier type vegetables can be stored at room temperature. The more delicate and perishable items such as tomatoes, berries, leafy greens, celery, cucumbers and herbs should be stored in the refrigerator until required.

PREPARATION OF FRUIT AND VEGETABLES

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

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.

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.

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.

FRUIT & VEGETABLE FACTS

FRUIT AND VEGETABLES	BEST SEASON TO BUY	STORAGE	NUTRITIONAL VALUE	KILOJOULE/ CALORIE COUNT
Apples	Autumn/ Winter	Vented plastic bags in refrigerator	High in Dietary Fibre and Vitamin C	166g Apple =338kj (80 cal)
Apricots	Summer	Unwrapped in crisper of refrigerator	High in Dietary Fibre Contains Potassium	55g Apricot =80kj (19 cal)
Bananas	Autumn/ Spring	Room temperature	Vitamins B6 & C, Potassium, Dietary Fibre	100g Banana =378kj (90 cal)
Beetroot	Winter	Cut off tops, then refrigerate unwrapped	Good source Folate and Dietary Fibre Vitamin C and Potassium	160g Beetroot =332kj (79cal)
Blueberries	Summer	Cover in the refrigerator	Vitamin C	100g Blueberries =220kj (52 cal)
Broccoli	Autumn/ Winter	Plastic bag in refrigerator	Vitamin C, Folate, B2, B5, E, B6 and Dietary Fibre	100g Broccoli =131kjs (31 cal)
Brussel Sprouts	Autumn/ Winter	Unwrapped in crisper of refrigerator	Vitamin C, B2, B6, E, Folate and Dietary Fibre	100g Brussel Sprouts =156kj (37 cal)
Cabbage	Winter	Wrapped, trimmed in the refrigerator	Vitamin C, Folate, Potassium B6 and Dietary Fibre	100g Cabbage =93kj (22 cal)
Carrots	Winter	Uncovered in refrigerator	Vitamin A, C, B6 and Dietary Fibre	100g Carrots =140kj (33 cal)
Cauliflower	Autumn/ Winter	Remove outer leaves, store in plastic bag in refrigerator	Vitamin C, B5, B6 Folate Vitamin 5 and Potassium	100g Cauliflower =103kj (24.5 cal)
Celery	Autumn/ Winter	Refrigerate in plastic bag	Vitamin C and Potassium	100g stick =64kjs (15 cal)
Cucumber	Summer	Crisper in refrigerator	Vitamin C	100g Cucumber =50kj (12 cal)
Fennel	Autumn to Spring	Refrigerate	Vitamin C, Dietary Fibre, Folate	100g Fennel =80kj (19 cal)
Grapefruit	All year round	Room temperature	Vitamin C =, Bioflavonoids, Lycopene, Dietary Fibre	100g Grapefruit =140kj (33 cal)

FRUIT & VEGETABLE FACTS

FRUIT AND VEGETABLES	BEST SEASON TO BUY	STORAGE	NUTRITIONAL VALUE	KILOJOULE/ CALORIE COUNT
Grapes (Seedless)	Summer	Plastic bag in refrigerator	Vitamin C, B6 and Potassium	100g Grapes =250-350kj (60-83 cal)
Kiwi Fruit	Winter/ Spring	Crisper in refrigerator	Vitamin C and Potassium	100g Kiwi Fruit =219kj (52 cal)
Mangoes	Summer	Covered in refrigerator	Vitamin A, C, B1, B6 and Potassium	207g Mango =476kj (113 cal)
Melons including Watermelon	Summer/ Autumn	Crisper in refrigerator	Vitamin C, Folate, Dietary Fibre and Vitamin A	200g Melon =210kj (50 cal)
Nectarines	Summer	Crisper in refrigerator	Vitamin C, B3, Potassium and Dietary Fibre	151g Nectarines =277kj (66 cal)
Oranges	Winter/ Autumn/ Spring	Cool, dry place for 1 week, transfer to refrigerator to keep longer	Vitamin C	131g Orange =229kj (54 cal)
Peaches	Summer	Ripen at room temperature then refrigerate	Vitamin C, Potassium, Dietary Fibre, Beta Carotene	100g Peaches =175kj (42 cal)
Pears	Autumn/ Winter	Ripen at room temperature then refrigerate	Vitamin C & E Dietary Fibre	161g Pear =391kj (93 cal)
Pineapple	Spring/ Summer	Store in a cool place	Vitamin C & E Dietary Fibre	100g Pineapple =180kj (43 cal)
Spinach	All year round	Refrigerate	Vitamin B6, C, E, Beta carotene, Folate, Magnesium, Potassium, Dietary Fibre	100g Spinach =65kj (15 cal)
Sweet Potato	All year round	Store in cool place	Vitamins C, E, Beta Carotene, Dietary Fibre	100g Sweet Potato =275kj (65 cal)
Tomatoes	Late Winter to early Summer	Ripen at room temperature then refrigerate	Lycopene, Vitamin C, E, Folate, Dietary Fibre	100g Tomatoes =65-75kj (15-17 cal)

RECIPES

FRESH STARTS

APPLE, CARROT AND CELERY JUICE

Makes 2 serves

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

INGREDIENTS

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

METHOD

1. Process apples, carrots and celery through juicer.

Mix well and serve immediately.

TOMATO, CARROT, CELERY AND LIME JUICE

Makes 2 serves

INGREDIENTS

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

METHOD

1. Process tomatoes, carrot, celery and lime through juicer.

Serve immediately.

CARROT, BEETROOT AND ORANGE JUICE

Makes 2 serves

INGREDIENTS

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

METHOD

1. Process carrots, beetroot and oranges through juicer.

Serve immediately.

APPLE, PEACH AND GRAPEFRUIT JUICE

Makes 2 serves

INGREDIENTS

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

METHOD

1. Process apple, peaches and grapefruit through juicer.

Serve immediately.

PINEAPPLE PEACH AND PEAR JUICE

Makes 2 serves

INGREDIENTS

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

METHOD

1. Process pineapple, peaches and pears through juicer.

Serve immediately.

FRESH STARTS

APPLE, PEAR AND STRAWBERRY JUICE

Makes 2 serves

INGREDIENTS

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

METHOD

1. Process apple, pears and strawberries through juicer.

Serve immediately.

ROCKMELON, MINT AND MANGO JUICE

Makes 2 serves

INGREDIENTS

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

METHOD

1. Process rockmelon, mint and mango through juicer.

Serve immediately.

TOMATO, CUCUMBER, PARSLEY AND CARROT JUICE

Makes 2 serves

INGREDIENTS

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

METHOD

1. Process tomatoes, cucumber, parsley and carrots through juicer.

Serve immediately.

SWEET POTATO, CELERY, GINGER AND ORANGE JUICE

Makes 2 serves

INGREDIENTS

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

METHOD

1. Process celery, sweet potato, ginger and oranges through juicer.

Serve immediately.

PARSNIP, CELERY AND PEAR JUICE

Makes 2 serves

INGREDIENTS

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

METHOD

1. Process parsnips, celery and pears through juicer.

Serve immediately.

VITAMIN REPLACERS

TOMATO, CARROT AND RED CAPSICUM JUICE

Makes 2 serves

INGREDIENTS

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

METHOD

1. Trim capsicums and remove seeds.
2. Process tomatoes, carrots, parsley and capsicums through juicer.

Serve immediately.

BLACKBERRY, PEAR AND GRAPEFRUIT JUICE

Makes 2 serves

INGREDIENTS

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

1. Process blackberries, pears and grapefruit through juicer.

Serve immediately.

BEETROOT, APPLE AND CELERY JUICE

Makes 2 serves

INGREDIENTS

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

METHOD

1. Process beetroot, apples and celery through juicer.

Serve immediately.

BLUEBERRY, BLACKBERRY, STRAWBERRY AND LIME JUICE

Makes 2 serves

INGREDIENTS

- 500g blackberries
- 500g blueberries
- 500g strawberries, hulled
- 1 lime, peeled

METHOD

1. Process blackberries, blueberries, strawberries and lime through juicer.

Serve immediately.

CUCUMBER, CELERY, FENNEL AND BEAN SPROUT JUICE

Makes 2 serves

INGREDIENTS

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

METHOD

1. Process cucumber, celery, fennel and bean sprouts through juicer.

Serve immediately.

FROTHY ORANGE JUICE

INGREDIENTS

- 1kg oranges, peeled

METHOD

1. Process oranges through juicer.

Serve immediately.

(Best to refrigerate oranges before juicing)

ICY COOLERS

SPARKLING PEAR AND APRICOT COOLER

Makes 2 serves

INGREDIENTS

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

METHOD

1. Process apricots and pears through juicer.
2. Scoop ice into 4 tall glasses.
3. Divide extracted juice between the glasses.
4. Top with mineral water, stir well to blend.

Serve immediately.

ROCKMELON, STRAWBERRY AND PASSION CRUSH

Makes 2 serves

INGREDIENTS

½ rockmelon, peeled, seeded and halved
250g strawberries, hulled
pulp of 2 passion fruit
1 cup crushed ice

METHOD

1. Process rockmelon and strawberries through juicer.
2. Stir in passion fruit pulp.
3. Scoop ice into 4 glasses, pour over juice, mix well to combine.

Serve immediately.

TROPICAL BLEND

Makes 2 serves

INGREDIENTS

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

METHOD

1. Process mangoes, kiwi fruit, pineapple and mint through juicer.
2. Scoop ice into 4 glasses, pour over juice, mix well to combine.

Serve immediately.

TOMATO, NECTARINE, PASSIONFRUIT AND MINT ICER

Makes 2 serves

INGREDIENTS

6 tomatoes
2 nectarines, halved and seeded
½ cup fresh mint leaves
pulp of 4 passion fruit
1 cup crushed ice

METHOD

1. Process tomatoes, nectarines and mint leaves through juicer.
2. Stir in passionfruit pulp.
3. Scoop ice into 4 glasses, pour over juice, mix well to combine.

Serve immediately.

ICY COOLERS

CUCUMBER, PINEAPPLE AND CORIANDER ICE

Makes 2 serves

INGREDIENTS

½ small pineapple, peeled and halved
2 cucumbers
½ cup fresh coriander leaves
1 cup crushed ice

METHOD

1. Process pineapple, cucumbers and coriander through juicer.
2. Scoop ice into 4 glasses, pour over juice, mix well to combine.

Serve immediately.

PEAR, RADISH AND CELERY CRUSH

Makes 2 serves

INGREDIENTS

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

1. Process pears, radishes and celery through juicer.
2. Scoop ice into 4 glasses, pour over juice, mix well to combine.

Serve immediately.

SPIRITED JUICES

COCONUT PINEAPPLE COLADA

Makes 4 standard serves

INGREDIENTS

½ large pineapple, peeled and quartered
60ml nip Malibu liqueur
500ml soda water
1 cup crushed ice
½ cup coconut cream

METHOD

1. Process pineapple through juicer.
2. Stir in liqueur and soda water and coconut cream..
3. Scoop ice into 4 tall glasses, pour over juice mixture, mix well to combine.

Serve immediately.

HONEYDEW DREAM

Makes 4 standard serves

INGREDIENTS

1 honeydew melon, peeled, seeded and quartered
60ml nip Midori liqueur
500ml soda water
1 cup crushed ice

METHOD

1. Process honeydew melon through juicer.
2. Stir in liqueur and soda water.
3. Scoop ice into 4 tall glasses, pour over melon mixture, mix well to combine.

Serve immediately.

BLOODY MARY

Makes 4 standard serves

INGREDIENTS

4 medium tomatoes
2 sticks celery
1 large red capsicum, base removed and seeded
60ml nip Vodka
1 cup crushed ice

METHOD

1. Process tomatoes, celery and red capsicum through juicer.
2. Stir in Vodka. Scoop ice into 4 glasses, pour over tomato mixture, mix well to combine.

Serve immediately.

PEACH AND MINT JULEP

Makes 4 standard serves

INGREDIENTS

6 peaches, halved and seeded
½ cup fresh mint leaves
60ml nip Creme de Menthe
2 teaspoons sugar
½ cup crushed ice
500ml mineral water

METHOD

1. Process peaches and mint leaves through juicer.
2. Stir in Creme de Menthe and sugar.
3. 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 2-4 serves

INGREDIENTS

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

METHOD

1. Process grapes, kiwi fruit and strawberries through juicer.
2. Mix in milk, protein drink mix and crushed ice.

Serve immediately.

APRICOT, APPLE AND PEAR SPARKLE

Makes 2-4 serves

INGREDIENTS

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

METHOD

1. Process apricots, apples and pears through juicer.
2. Stir in mineral water and ice.

Serve immediately.

BEETROOT, CARROT AND ORANGE QUENCHER

Makes 4 serves

INGREDIENTS

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

METHOD

1. Process carrots, beetroot, mint leaves and oranges through juicer.

Serve immediately.

NOTES

NOTES



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