

Cuisinart®

INSTRUCTION AND RECIPE BOOKLET



Juice Fusion EasyClean Slow Juicer

CSJ-300 SERIES

For your safety and continued enjoyment of this product, always read the instruction book carefully before using.

IMPORTANT SAFEGUARDS

When using any electrical appliance, basic safety precautions should always be taken, including the following:

1. Read instructions thoroughly.
2. **Turn the appliance STOP, then unplug from the outlet when not in use, before assembling or disassembling parts and before cleaning. To unplug, grasp the plug and pull from the outlet. Never pull from the power cord.**
3. To protect against electric shock, do not immerse the cord, plug, juice extractor motor housing in water or other liquids.
4. This 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 are closely supervised and instructed concerning use of the appliance by a person responsible for their safety. Close supervision is necessary when any appliance is used by or near children. Children should be supervised to ensure that they do not play with the appliance.
5. Do not use this product on sloping or unstable surfaces.
6. Avoid contact with moving parts.
7. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions, or is dropped or damaged in any manner. Contact the manufacturer at their customer service telephone number for information on examination, repair, or adjustment.
8. Using accessory attachments not sold or recommended by the manufacturer can cause fire, electric shock or injury.
9. Do not allow the power cord to come into contact with any hot surfaces, including a stove, or to hang over table edge or counter.
10. Before turning the motor on, always make sure juice extractor cover is properly positioned and securely in place. Do not open cover while the juice extractor is in operation.
11. Press to center position to switch off after each use, and be sure the motor stops completely before disassembling.
12. Do not put fingers or other objects into the juice extractor opening while it is in operation. If food becomes stuck in the opening, use food pusher or another piece of fruit or vegetable to push it down, or turn the motor off and disassemble the unit to remove the remaining food.

13. Always make sure the juice extractor cover is properly positioned and secured before motor is turned on. If it is not, the safety interlock will not operate. Do not loosen cover while the juice extractor is in use.
14. Not designed for outdoor use.
15. Appliance should be plugged into a 120V household outlet only.
16. The appliance is wired for domestic use only.
17. Do not use the appliance for anything other than the intended purpose, as outlined in this instruction booklet.
18. Do not operate without the pulp container in place.
19. Do not operate your appliance in an appliance garage or under a wall cabinet. **When storing in an appliance garage, always unplug the unit from the electrical outlet.** Not doing so could create a risk of fire, especially if the appliance touches the walls of the garage or the door touches the unit as it closes.
20. Do not place on or near a hot gas or electric burner or in a heated oven.
21. SHARP BLADE - ALWAYS USE FOOD PUSHER.

SAVE THESE INSTRUCTIONS

HOUSEHOLD USE ONLY

No user-serviceable parts are inside. Do not attempt to service this product.

A short power-supply cord is provided to reduce the risk resulting from becoming entangled in or tripping over a long cord. **AN EXTENSION CORD MAY BE USED WITH CARE; HOWEVER, THE MARKED ELECTRICAL RATING SHOULD BE AT LEAST AS GREAT AS THE ELECTRICAL RATING OF THE JUICE EXTRACTOR.**

The extension cord should not be allowed to drape over the countertop or tabletop, where it can be pulled on by children or tripped over.

CONTENTS

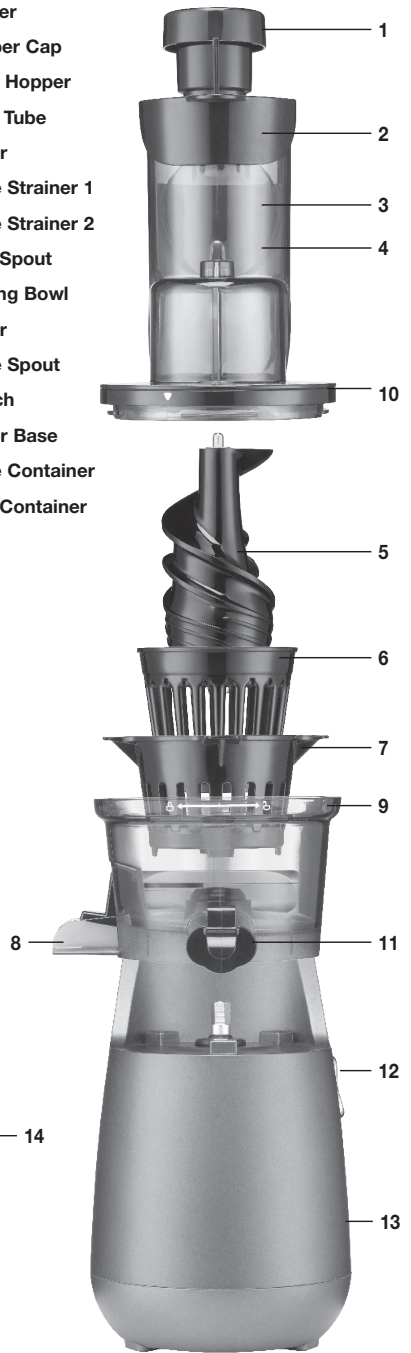
Important Safeguards.....2
 Parts and Features3
 Before First Use3
 Assembly Instructions4
 Disassembly Instructions5
 Operating Instructions.....5
 Cleaning and Maintenance5
 Tips and Hints5
 Troubleshooting6
 Approximate Yield Juicing Chart.....7
 Warranty8
 Recipes.....9

BEFORE FIRST USE

- Remove all packing materials and any promotional labels or stickers from your Cuisinart® Slow Juicer. Be sure all parts (listed in Parts and Features) of your new appliance have been included before discarding any packing materials.
- You may want to keep the box and packing materials for use at a later date.
- Before using your Cuisinart® Slow Juicer for the first time, remove any dust from shipping by wiping the base with a damp cloth.
- Thoroughly clean cover, pusher, feed tube with hopper, pulp container, juice container and plastic juice strainer assembly by hand or on top rack of dishwasher.
- Never place the motor housing in the dishwasher or immerse it in water. Always use a damp cloth to wipe it clean.

PARTS AND FEATURES

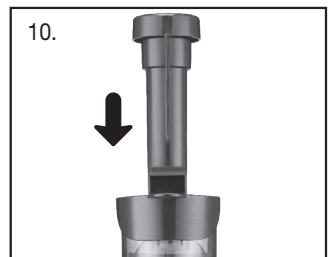
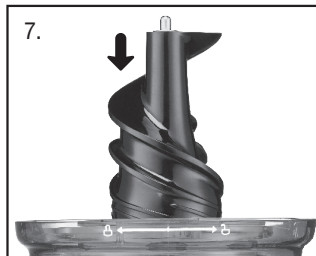
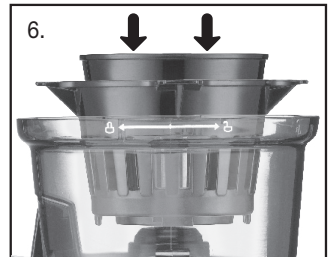
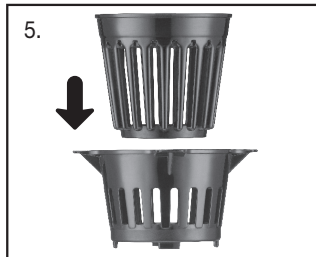
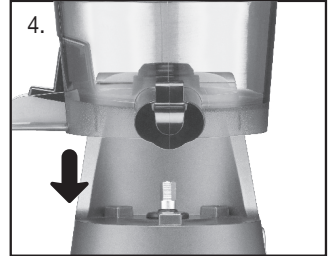
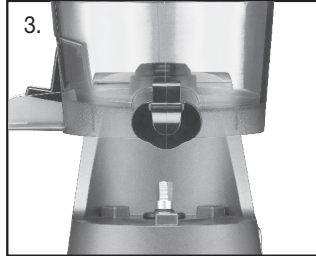
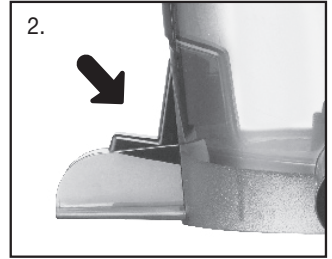
1. Pusher
2. Hopper Cap
3. Plate Hopper
4. Feed Tube
5. Auger
6. Juice Strainer 1
7. Juice Strainer 2
8. Pulp Spout
9. Juicing Bowl
10. Cover
11. Juice Spout
12. Switch
13. Motor Base
14. Juice Container
15. Pulp Container



ASSEMBLY INSTRUCTIONS

Assembling the Slow Juicer

1. Place motor base on a clean, flat surface. Make sure the motor base is unplugged from the power outlet (not shown).
2. Close the pulp spout. Cap will be securely closed when you hear a click.
3. Place the juicing bowl by lining up the fixed columns on the juice container.
4. Insert the juicing bowl into the fixed point of the housing.
5. Place the inner juice strainer into the outer juice strainer, together this is referred to as the juice strainer assembly.
6. Insert the juice strainer assembly firmly into the juicing bowl by pressing down on the rim of the assembly, so it nests securely in place.
7. Place the auger into the juice strainer assembly by pressing down firmly, so it nests securely in place.
8. Install the cover onto the juicing bowl. Line up the arrow on the cover with the unlock symbol on the bowl. The cover should be seated evenly on the juicing bowl. Twist the cover clockwise until locked in place.
9. Place the juice container next to the unit under the juice spout, and place the pulp container under the pulp spout.
10. Insert the food pusher into the feed tube by aligning the groove in the food pusher with the small indent on the inside of the feed tube.



DISASSEMBLY INSTRUCTIONS

1. Press the machine to STOP and then unplug the Slow Juicer.
2. Make sure the flow juice spout is in the closed position. Remove the juice container.
3. Unlock the cover by twisting it counterclockwise and then remove from the juicing bowl. Remove the food pusher from the cover.
4. Remove auger, strainer assembly and then juicing bowl.

OPERATING INSTRUCTIONS

1. Make sure your Slow Juicer is properly assembled. (See Assembly Instructions, page 4.)
2. Plug the power cord into a 120V electrical outlet.
3. Wash all selected fruits and vegetables.
4. Place fruits and vegetables into the feed tube with use of the pusher. Larger items can be added to the feed tube by lifting the hopper cap and placing directly on the plate hopper to juice.
5. While many fruits and vegetables will not need cutting, any item with a diameter larger than 2¼ inches will need to be cut.
6. Press ON when ready to begin.
REVERSE: Use this when needing to clear the auger to avoid clogging of the juicing area.
7. The juice will flow into the juice container and the pulp will accumulate in the pulp container.
8. When finished juicing, press the STOP switch to stop the motor.
9. If the machine suddenly shuts down while operating, press the STOP switch first and then press the REVERSE button. To make the food in the auger come up, release and then press the ON switch. Repeat 3 times.
 - a) When the machine is in reverse, gently press the lid to prevent the lid from becoming loose.
 - b) If the machine is still not working, disassemble it and then wash before trying again.

CLEANING AND MAINTENANCE

Do not immerse the motor base in water or spray it with water. Clean only by wiping with a damp sponge, cloth or paper towel. Use any liquid dishwashing detergent, but do not use any products containing ammonia or scouring powders, as these products will dull, scratch or mar the finish.

For easy cleanup, remove excess pulp from the juice strainer and the lid after each use. Vegetables and fruits will harden if left to dry on the unit parts, making it harder to clean.

1. Unplug juicer and carefully take it apart, following Disassembly Instructions on this page.
2. Rinse all removable parts with cold water.
3. Wash the pulp container, juice container, cover, pusher, feed tube with hopper and juice strainer assembly in hot, sudsy water, or on top rack of dishwasher. Do not use a metal brush or pad.
4. Towel-dry all parts.
5. Any other servicing should be performed by an authorized service representative.

TIPS AND HINTS

- All nuts must be soaked prior to juicing. See chart on page 7 for details.
- When making mixed juices and nut "milks," it is best to have the juice spout in the closed position to allow the juice/milk to self-mix prior to dispensing.
- Extracted juice captures about 95% of the nutrients from fresh fruits and vegetables. Drinking extracted juice is a fast and efficient way for your body to digest and absorb all of those nutrients. Digesting whole fruits can take about an hour; extracted juices take only 15 minutes.
- Freshly extracted juices are an excellent aid in weight management and in cleanses, which rid the body of toxins.
- Always use fresh, organic and seasonal produce. Organic produce is grown without synthetic fertilizers and chemicals, which is very important when juicing whole foods. Buying foods in season is considerably less expensive than purchasing off-season, and flavors are much better.
- Wash all fruits and vegetables immediately after purchasing and store them in the refrigerator. This way they are ready to juice at any time.
- Always juice fresh fruits and vegetables as soon as possible after purchasing. The longer produce is held, the more nutrients are lost.
- Fresh juices should be consumed immediately. They lose nutrients as they sit.
- Certain fruits should be peeled before juicing. Examples are pineapples, melons, mangoes, papayas, citrus – any fruit with skin that you cannot eat. Also remove all pits and hard seeds from peaches, cherries, mangoes, etc.
- Citrus fruit juice is delicious and creamy, and rich in nutrients.
- If cucumbers are waxy, peel them before juicing.

- Juice the softer ingredients before the harder ones.
- When juicing herbs or leafy greens, juice them in the middle of a combination of ingredients in order to extract the greatest amount of juice.
- Use your taste to guide you on fruit and vegetable combinations for juices. The recipes provided in this booklet are a guideline, but the possibilities are endless. Experiment to discover your favorite combinations.
- Carrots make a great and tasty base for vegetable juices, and apples do the same for fruit juices.
- Beets and carrots both have a naturally high sugar content, so when added to vegetable juices, they can balance out any bitter flavors juiced vegetables may have.
- Use your Slow Juicer in tandem with your blender. Blend fresh juices with ingredients like bananas, yogurt, and protein powders for delicious power smoothies.
- It is also possible to make a healthier, fresher version of your favorite cocktail with fresh juices.
- Blend fruit juices with sparkling water or seltzer to make a natural soda.
- The pulp that is separated from the juice has its own health benefits. It is high in fiber and can be used in a variety of ways. See our recipes as guides on how you can incorporate the fibrous pulp into your diet.

TROUBLESHOOTING

PROBLEM	SOLUTION
The juicer/motor has stopped during normal operation	<ul style="list-style-type: none"> • Press the REVERSE switch for 2–3 seconds to release food material stuck inside juicer, then press the ON switch (this can be repeated 3 times). • Wait 20 minutes for the motor to cool down, then start the machine again.
Abnormal noises	<ul style="list-style-type: none"> • Use the juicer on a level surface. • Turn the juicer off and check to ensure that it was assembled properly.
Slow Juicer does not turn on	<ul style="list-style-type: none"> • Make sure the power cord is plugged in. • Press ON switch to start juicing.
Juice flow is slow	<ul style="list-style-type: none"> • Make sure the spout is fully open. • Press the REVERSE switch for 2–3 seconds to release food material stuck inside juicer, then press the ON switch (this can be repeated 3 times). • Soak the food materials in clean water. After the water is fully absorbed, more juice will flow.
Difficulty getting herbs or leafy greens down the feed tube	<ul style="list-style-type: none"> • Place them between other ingredients.
Juice still flowing with unit off	<ul style="list-style-type: none"> • Make sure the spout is closed all the way.
Unit is on, but juice/pulp not flowing	<ul style="list-style-type: none"> • Press the REVERSE switch for 2–3 seconds to release food material stuck inside juicer, then press the ON switch (this can be repeated 3 times).

APPROXIMATE YIELD JUICING CHART

FRUIT	AMOUNT	YIELD
Apples	1 pound, about 3 small	about 10 oz.
Cantaloupe (peeled and seeded)	1 cup, cubed (5 oz.)	4 oz.
Cherries (pitted)	1 cup (5 oz.)	about 4 oz.
Grapefruit (peeled)	1 medium to large (about 1 pound)	10 oz.
Grapes	1 pound (about 2 cups)	10 oz.
Kiwi (peeled)	1 fruit (about 5 oz.)	2 oz.
Lemon (peeled and cubed)	1 fruit (about 5 oz.)	2 oz.
Orange (peeled)	1 medium (7 oz.)	about 4 oz.
Papaya (peeled and seeded)	½ fruit (10 oz.)	8 oz.
Peach (pitted)	1 medium (7 oz.)	about 4 oz.
Pear	1 medium (about 7 oz.)	about 4 oz.
Pineapple (peeled)	½ fruit	about 12 oz.
Pomegranate (seeds only)	1 cup seeds (about 6 oz.)	about 4 oz.
Strawberries	1 cup	about 6 oz.
Watermelon (seedless; peeled)	1 cup, cubed (5 oz.)	4 oz.
VEGETABLE	AMOUNT	YIELD
Beet	1 medium (about 7 oz.)	4 oz.
Bell Pepper	1 medium (about 7 oz.)	4 oz.
Cabbage	¼ head (about 8 oz.)	about 2.5 oz.
Carrot	1 pound	7 oz.
Celery (2-inch pieces)	4 large stalks (about 12 oz.)	8 oz.
Cucumber	medium to large (about 11 oz.)	about 6 oz.
Leafy Greens	1 handful (about 8 leaves, or 4 oz.)	2 oz.
Parsley	1 bunch (about 4 oz.)	about 2 oz.
Tomato	1 medium (about 6 oz.)	4 oz.
Wheat Grass	2 oz.	1.5 oz.
NUTS (SOAKED OVERNIGHT)	AMOUNT	YIELD
Almonds	1 cup + 1 cup water	about 7 oz.
Cashews	1 cup + 1 cup water	about 8 oz.
Macadamia nuts	1 cup + 1 cup water	about 9.5 oz.
Pistachios	1 cup + 1 cup water	about 9.5 oz.

WARRANTY

Limited Three-Year Warranty

This warranty is available to U.S. consumers only. You are a consumer if you own a Cuisinart® Slow Juicer that was purchased at retail for personal, family or household use. Except as otherwise required under applicable law, this warranty is not available to retailers or other commercial purchasers or owners. We warrant that your Cuisinart® Slow Juicer will be free of defects in materials and workmanship under normal home use for 3 years from the date of original purchase.

We recommend that you visit our website, www.cuisinart.com, for a fast, efficient way to complete your product registration. However, product registration does not eliminate the need for the consumer to maintain the original proof of purchase in order to obtain the warranty benefits. In the event that you do not have proof of purchase date, the purchase date for purposes of this warranty will be the date of manufacture.

CALIFORNIA RESIDENTS ONLY

California law provides that for In-Warranty Service, California residents have the option of returning a nonconforming product (A) to the store where it was purchased or (B) to another retail store that sells Cuisinart products of the same type. The retail store shall then, according to its preference, either repair the product, refer the consumer to an independent repair facility, replace the product, or refund the purchase price less the amount directly attributable to the consumer's prior usage of the product. If neither of the above two options results in the appropriate relief to the consumer, the consumer may then take the product to an independent repair facility, if service or repair can be economically accomplished. Cuisinart and not the consumer will be responsible for the reasonable cost of such service, repair, replacement, or refund for nonconforming products under warranty. California residents may also, according to their preference, return nonconforming products directly to Cuisinart for repair or, if necessary, replacement by calling our Consumer Service Center toll-free at 800-726-0190. Cuisinart will be responsible for the cost of the repair, replacement, and shipping and handling for such nonconforming products under warranty.

HASSLE-FREE REPLACEMENT WARRANTY

Your ultimate satisfaction in Cuisinart products is our goal, so if your Cuisinart® Slow Juicer should fail within the generous warranty period, we will repair it or, if necessary, replace it at no cost to you. To obtain a return shipping label, email us at <https://www.cuisinart.com/customer-care/product-returns>. Or call our toll-free customer service department at 1-800-726-0190 to speak with a representative.

Your Cuisinart® Slow Juicer has been manufactured to the strictest specifications and has been designed for use only

in 120-volt outlets and only with authorized accessories and replacement parts. This warranty expressly excludes any defects or damages caused by attempted use of this unit with a converter, as well as use with accessories, replacement parts or repair service other than those authorized by Cuisinart. This warranty does not cover any damage caused by accident, misuse, shipment or other than ordinary household use. This warranty excludes all incidental or consequential damages. Some states do not allow the exclusion or limitation of these damages, so these exclusions may not apply to you. You may also have other rights, which vary from state to state.

Important: If the nonconforming product is to be serviced by someone other than Cuisinart's Authorized Service Center, please remind the servicer to call our Consumer Service Center at 1-800-726-0190 to ensure that the problem is properly diagnosed, the product is serviced with the correct parts, and the product is still under warranty.

RECIPES

JUICES

Grapefruit-Lime-Ginger	9
Orange PLUS Juice.....	9
PineApple Refresh.....	10
Bright Apple Juice.....	10
Green Medley	10
Veggie Pick-Me-Up.....	10
Sweet Zinger	11
Apple-Berry Juice.....	11

SPRITZERS

Pineapple Mint Spritz.....	11
Berry-Lemon Spritz.....	11

SHAKES

Orange, Pineapple, Banana, Kiwi	12
Banana, Kale, Almond, Date.....	12

NUT “MILKS”

Cashew Golden Milk	12
Pistachio-Rosewater	13
Almond Horchata	13

COCKTAILS

Paloma	13
Rum Swizzle.....	14
White Sangria Spritzer	14

JUICES

Grapefruit-Lime-Ginger

These ingredients naturally go well together. To change it up, serve it over a glass of ice with a splash of seltzer or tonic water.

Makes 1 serving

1 large grapefruit, peeled and cut into quarters

¼ lime, peeled and halved

1 ½-inch piece ginger

1. Close the juice and pulp spouts.
2. Turn the juicer to the ON position and process all ingredients.
3. Once juice has filled the juicing area, slowly open the juice spout to allow it to flow into the Juice Container.
4. Stir and drink immediately, preferably over ice.

Nutritional information per serving:

*Calories 50 (4% from fat) • carb. 13g • pro. 1g • fat 0g
sat. fat 0g • chol. 0mg • sod. 1mg • calc. 160mg • fiber 2g*

Orange PLUS Juice

The name of this juice is thanks to the orange-hued color. The sweetness of the orange and carrots balance the zing and tartness of the other ingredients.

Makes 2 servings

1 medium orange, peeled and cut into quarters

3 carrots

1 large grapefruit, peeled and cut into quarters

1 ½-inch piece ginger

1 quarter-inch piece turmeric root

¼ lemon, peeled and halved

1. Close the juice and pulp spouts.
2. Turn the juicer to the ON position and process all ingredients.
3. Once juice has filled the juicing area, slowly open the juice spout to allow it to flow into the Juice Container.
4. Stir and drink immediately.

Nutritional information per serving:

*Calories 106 (5% from fat) • carb. 26g • pro. 2g • fat 1g
sat. fat 0g • chol. 0mg • sod. 76mg • calc. 370mg • fiber 6g*

PineApple Refresh

A sweet juice that kids will love, too. This makes a great spritzer when served over ice with some seltzer or tonic water.

Makes 2 servings

- 1 medium green apple, cut to fit the feed tube**
 - 3 – 4 tablespoons mint (be sure mint is bunched together between two harder items, like the apple and pineapple)**
 - ¼ pineapple, peeled and cut to fit the feed tube, if necessary**
 - ¼ lemon, peeled and halved**
1. Close the juice and pulp spouts.
 2. Turn the juicer to the ON position and process all ingredients.
 3. Once juice has filled the juicing area, slowly open the juice spout to allow it to flow into the Juice Container.
 4. Stir and drink immediately.

Nutritional information per serving:

*Calories 115 (4% from fat) • carb. 29g • pro. 1g • fat 0g
sat. fat 0g • chol. 0mg • sod. 6mg • calc. 30mg • fiber 5g*

Bright Apple Juice

A classic juice for the grown-up palate. Bright, tart, and refreshing.

Makes 2 servings

- 2 medium green apples, cut to fit the feed tube**
 - ¼ lemon, peeled and halved**
 - 1 ½-inch piece ginger**
 - Cayenne (optional), a pinch or more based on personal preference**
1. Close the juice and pulp spouts.
 2. Turn the juicer to the ON position and process all ingredients except the cayenne.
 3. Once juice has filled the juicing area, slowly open the juice spout to allow it to flow into the Juice Container.
 4. Add the cayenne, if using, and then stir and drink immediately.

Nutritional information per serving:

*Calories 84 (4% from fat) • carb. 23g • pro. 0g • fat 0g
sat. fat 0g • chol. 0mg • sod. 1mg • calc. 220mg • fiber 5g*

Green Medley

Slow juicers are known for expertly crushing and juicing leafy greens to retain important nutrients in your cup of juice.

Makes 2 servings

- 4 stems kale, tough bottom stems removed**
 - 1 cup packed spinach (baby or not)**
 - 4 celery stalks, each cut into thirds**
 - ½ medium cucumber, halved lengthwise**
 - ¼ lemon, peeled**
 - ¼ cup fresh parsley leaves and stems, optional**
 - Pinch sea salt, optional**
1. Close the juice and pulp spouts.
 2. Turn the juicer to the ON position and process all ingredients, except for the salt.
 3. Once juice has filled the juicing area, slowly open the juice spout to allow it to flow into the Juice Container.
 4. Add the salt, if using, stir and drink immediately.

Nutritional information per serving:

*Calories 42 (4% from fat) • carb. 8g • pro. 3g • fat 1g
sat. fat 0g • chol. 0mg • sod. 56mg • calc. 346mg • fiber 1g*

Veggie Pick-Me-Up

This juice is a great balance of sweet and not-so-sweet ingredients. It is a great start to the day, or an afternoon energy boost.

Makes 1 serving

- 2 medium to large carrots**
 - ¼ cup packed parsley**
 - 1 cup packed spinach**
 - ½ large beet, cut to fit the feed tube**
 - ½ orange, peeled and halved**
 - ¼ lemon, peeled**
1. Close the juice and pulp spouts.
 2. Turn the juicer to the ON position and process all ingredients, in the order listed.
 3. Once juice has filled the juicing area, slowly open the juice spout to allow it to flow into the Juice Container.
 4. Stir and drink immediately.

Nutritional information per serving:

*Calories 124 (7% from fat) • carb. 29g • pro. 4g • fat 1g
sat. fat 0g • chol. 0mg • sod. 164mg • calc. 95mg • fiber 6g*

Sweet Zinger

We recommend to be bold with the amount of ginger being used in this recipe, since the sweetness of the other ingredients will balance it out nicely.

Makes 2 servings

- 2 medium to large carrots**
- 1 beet, cut to fit feed tube**
- 1 apple, cut to fit feed tube**
- 1 ½- to 1-inch piece ginger, based on personal preference**

1. Close the juice and pulp spouts.
2. Turn the juicer to the ON position and process all ingredients.
3. Once juice has filled the juicing area, slowly open the juice spout to allow it to flow into the Juice Container.
4. Stir and drink immediately.

Nutritional information per serving:

Calories 95 (6% from fat) • carb. 25g • pro. 2g • fat 1g
sat. fat 0g • chol. 0mg • sod. 76mg • calc. 81mg • fiber 5g

Apple-Berry Juice

A sweet treat for the kids or adults. Adding a bit of basil is a nice way to change this juice up a bit.

Makes 2 servings

- 1 apple, cut to fit the feed tube**
 - 1½ cups strawberries**
1. Close the juice and pulp spouts.
 2. Turn the juicer to the ON position and process all ingredients.
 3. Once juice has filled the juicing area, slowly open the juice spout to allow it to flow into the Juice Container.
 4. Stir and drink immediately.

Nutritional information per serving:

Calories 70 (7% from fat) • carb. 17g • pro. 1g • fat 1g
sat. fat 0g • chol. 0mg • sod. 2mg • calc. 50mg • fiber 4g

SPRITZERS

Pineapple Mint Spritz

This quenching refresher is a must when temperatures start to climb.

Makes 3 servings

- 3 cups pineapple pieces (2-inch pieces – this is equivalent to about ¾ of a medium pineapple. Cutting into pieces is not necessary, having large spears works well, too)**
- ¼ cup fresh mint leaves**
- 1 tablespoon cider vinegar**
- 1 cup tonic water, chilled**
- Pinch salt, preferably pink Himalayan salt**
- Ice**

1. Close the juice and pulp spouts.
2. Turn the juicer to the ON position and process the pineapple and mint.
3. Once juice has filled the juicing area, slowly open the juice spout to allow it to flow into the Juice Container.
4. Stir in the vinegar, and then add the tonic and pinch of salt.
5. Serve immediately over ice.

Nutritional information per serving:

Calories: 114 (1% from fat) • carb. 30g • pro. 1g • fat 0g
sat. fat 0g • chol. 0mg • sod. 14mg • calc. 220mg • fiber 2g

Berry-Lemon Spritz

This mocktail presents a nice balance of light and fruity when combined with tonic.

Makes 2 servings

- 2 cups strawberries**
- ½ – 1 lemon, peeled (amount being used is dependent on sweetness of strawberries and personal preference)**
- 2 tablespoons fresh basil leaves**
- ¾ cup tonic water, chilled**
- Ice**

1. Close the juice and pulp spouts.
2. Turn the juicer to the ON position and process the strawberry, lemon, and basil.
3. Once juice has filled the juicing area, slowly open the juice spout to allow it to flow into the Juice Container.
4. Stir well, and then add the tonic.
5. Serve immediately over ice.

Nutritional information per serving:

Calories: 137 (8% from fat) • carb. 20g • pro. 2g • fat 1g
sat. fat 0g • chol. 0mg • sod. 21mg • calc. 50mg • fiber 6g

SHAKES

Orange, Pineapple, Banana, Kiwi

This recipe is bright and refreshing, and best made with fruit that is chilled prior to juicing (except for the banana, of course).

Makes 1 serving

- ½ medium orange**
- 1 banana**
- 1 kiwi**
- 1 cup pineapple**

1. Close the juice and pulp spouts.
2. Turn the juicer to the ON position and process all of the ingredients.
3. Once juice has filled the juicing area, slowly open the juice spout to allow it to flow into the Juice Container.
4. Serve immediately.

Nutritional information per serving:

*Calories: 137 (8% from fat) • carb. 20g • pro. 2g • fat 1g
sat. fat 0g • chol. 0mg • sod. 21mg • calc. 50mg • fiber 6g*

Banana, Kale, Almond, Date

The banana and dates provide a nice sweetness for this nutrient dense drink. Don't forget to use almond milk that is well chilled!

Makes 2 servings

- 1 banana**
- 4 pieces kale, preferably lacinato, but curly works as well**
- 2 dates, pitted**
- 1 cup almond milk, chilled**

1. Close the juice and pulp spouts.
2. Turn the juicer to the ON position and process the banana, kale and dates.
3. Once juice has filled the juicing area, slowly open the juice spout to allow it to flow into the Juice Container.
4. Add the almond milk and stir well.
5. Serve immediately.

Nutritional information per serving:

*Calories: 139 (11% from fat) • carb. 32g • pro. 2g • fat 2g
sat. fat 0g • chol. 0mg • sod. 64mg • calc. 221mg • fiber 4g*

NUT "MILKS"

Cashew Golden Milk

There are so many health benefits to both turmeric and ginger (anti-inflammatory and immunity support), but an added bonus is that when the two flavors are together, they are really delicious. We find that the full-bodied cashews complement the flavors of the popular "golden milk" really well.

Makes 2 servings

- 1 cup cashews, soaked in water for a minimum of 8 hours, or up to overnight**
- 1 cup fresh, cold water**
- 1 1-inch piece fresh turmeric root**
- 1 ½-inch piece fresh ginger**
- 1 teaspoon honey**
- 1 teaspoon coconut oil**
- ¼ teaspoon ground cinnamon**
- Pinch freshly ground black pepper**
- Pinch fine sea salt**

1. Drain the cashews and rinse with cold water. Put into a large, liquid measuring cup or bowl, with the 1 cup of cold water.
2. Turn the juicer to the ON position, with the juice spout closed, and begin to process the cashews, one scoop at a time, and the turmeric and ginger. Gradually add all of the cashews and the water. Once juicing area has filled, slowly open the juice spout to allow it to flow into the Juice Container.
3. Once these have been processed, transfer the mixture to a small saucepan. Add the remaining ingredients, warm over low heat and stir constantly until the coconut oil has melted.
4. Remove from heat and serve warm.

Nutritional information per serving (based on 2 servings):

*Calories: 125 (8% from fat) • carb. 12g • pro. 2g • fat 8g
sat. fat 5g • chol. 0mg • sod. 74mg • calc. 67mg • fiber 0g*

Pistachio-Rosewater

We are channeling Middle Eastern flavors in this floral milk. Rosewater (also labeled as Rose Flower Water) can be found in the baking aisle of some specialty markets, or easily found online.

Makes 1 serving

- 1 cup pistachios, soaked in water for a minimum of 8 hours or up to overnight**
- 1 cup fresh, cold water**
- ¼ – ½ teaspoon rosewater (start with ¼ teaspoon and then add more to taste)**
- Pinch fine sea salt**

1. Drain the pistachios and rinse with cold water. Put into a large, liquid measuring cup or bowl, with the 1 cup of cold water.
2. Turn the juicer to the ON position, with the juice spout closed, and begin to process the pistachios, one scoop at a time, with the water. Gradually add all of the pistachios and the water. Once juicing area has filled, slowly open the juice spout to allow it to flow into the Juice Container. If the nut milk seems to be too thin, add back some of the pulp in the pulp container through the top of the feed tube, to give more body and flavor to the drink.
3. Once processed, stir in the rosewater and salt. Serve immediately.

Nutritional information per serving:

Calories: 176 (68% from fat) • carb. 9g • pro. 7g • fat 14g sat. fat 2g • chol. 0mg • sod. 151mg • calc. 35mg • fiber 32g

Almond Horchata

Traditionally made with rice milk, we show off the almonds in this cinnamon-forward, refreshing drink. To take it up a notch, add ¼ cup strongly brewed, chilled coffee, after the almonds and ginger have been processed.

Makes 1 serving

- 1 cup almonds, soaked in water overnight**
- 1 cup fresh, cold water**
- 1 1-inch piece fresh ginger**
- 1 tablespoon simple syrup***
- ½ teaspoon pure vanilla extract**
- ½ teaspoon ground cinnamon**

1. Drain the almonds and rinse with cold water. Put into a large, liquid measuring cup, or bowl, with the 1 cup of cold water.
2. Turn the juicer to the ON position, with the juice spout closed, and begin to process the

almonds, one scoop at a time, with the water and the ginger. Gradually add the remaining almonds and water.

3. Once juicing area has filled, slowly open the juice spout to allow it to flow into the Juice Container.
4. When all of the items have been processed, stir in the remaining ingredients. Serve over ice or chill well before enjoying.

*Simple syrup is sugar dissolved in water in equal parts. Put ½ cup each, granulated sugar and water, into a small saucepan and place over medium heat. Once sugar dissolves, remove from heat and chill until ready to use.

Nutritional information per serving:

Calories: 88 (8% from fat) • carb. 13g • pro. 1g • fat 3g • sat. fat 0g chol. 0mg • sod. 117mg • calc. 435mg • fiber 2g

COCKTAILS

Paloma

The combination of spicy and tart, with a touch of salt, makes this drink a refreshing cooler when the weather is hot.

Makes 4 servings

- 1 large grapefruit**
- 1 small lime**
- 4 ounces tequila**
- Sparkling water**
- 1 small jalapeño pepper, sliced**
- Sea salt**

1. Remove the peel from the grapefruit and the lime and cut to fit the feed tube. Juice together and reserve.
2. Fill four, large rocks glasses with ice. Add an ounce of tequila to each glass. Distribute the juice evenly among the four glasses. Fill to the top with sparkling water. Add 2 to 4 jalapeño slices, plus a pinch of sea salt, to each glass.
3. Stir well and serve immediately.

Nutritional information per serving:

Calories: 77 (8% from fat) • carb. 4g • pro. 0g • fat 0g sat. fat 0g • chol. 0mg • sod. 37mg • calc. 41mg • fiber 0g

Rum Swizzle

Made famous in Bermuda, this drink can easily transport you to a beach, no matter what the season may be.

Makes 6 servings

- ¼ **fresh pineapple**
- 1 **small to medium orange**
- 1 **small lemon**
- 8 **ounces Bermudian dark rum**
- 2 **ounces orange-flavored liqueur**
- ½ **ounce orange bitters**

Orange slices for garnish

1. Remove the exterior peel from the pineapple, orange and lemon. Cut each to fit the feed tube. Juice together and reserve.
2. In a large pitcher, stir together the juice, rum and orange liqueur to combine ingredients.
3. Fill a shaker with ice and shake the mixture together in batches. Serve in large glasses, filled with ice. Garnish each glass with an orange slice. Serve immediately.

Nutritional information per serving:

Calories: 144 (21% from fat) • carb. 12g • pro. 2g • fat 2g
sat. fat 0g • chol. 0mg • sod. 1mg • calc. 94mg • fiber 1g

White Sangria Spritzer

Fruity and light, this recipe can easily be made your own by adding in or substituting some of your favorite seasonal fruits.

Makes about 10 servings

- 2 **peaches**
- 1 **cup pineapple**
- 1 **medium apple or pear**
- 1 **medium orange**
- 1 **bottle dry white wine**
- ⅓ **cup orange-flavored liqueur**
- ¼ **cup simple syrup***

Sparkling water

1. Prep the fruit. Pit one peach and cut the second into ½-inch cubes. Cut half of the pineapple and half of the apple or pear into ½-inch cubes. Reserve the cubed fruit separately in a large serving pitcher. Peel the orange.
2. Juice the whole peach, the remaining pineapple, apple and orange together. Add to the pitcher with the white wine, orange liqueur and simple syrup. Stir together.

3. Serve sangria in glasses over ice. Distribute the fresh, cubed fruit evenly among the glasses. Fill with sangria about three-quarters of the way and finish with sparkling water.

*Simple syrup is sugar dissolved in water in equal parts. Put ½ cup each, granulated sugar and water, into a small saucepan and place over medium heat. Once sugar dissolves, remove from heat and chill until ready to use.

Nutritional information per serving:

Calories: 138 (8% from fat) • carb. 16g • pro. 1g • fat 0g
sat. fat 0g • chol. 0mg • sod. 1mg • calc. 103mg • fiber 1g

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