



Kuvings Whole Slow Juicer

Recipe Book

Basic Juices • Vegetable Juices

Nutritious Juices • Baby Food

Cool Fruit Juices • Cocktails

Smoothies • Frozen Desserts



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Kuvings

Kuvings Whole Slow Juicer • Recipe Book

RECIPE BOOK

Kuvings Whole Slow Juicer



Kuvings

Kuvings Whole Slow Juicer

Recipe Book



Kuvings



For you and nature!
We offer vitality and freshness from nature.
The unique technology of NUC Electronics
transforms our desire for your family's health into reality.
Since 1978, NUC Electronics Co., Ltd. has continuously
developed its technology to offer household appliances
that are elegant but practical at the same time.
NUC's global brand,
Kuvings brings health to people living busy lives

*Humans and nature
come together to
create a better tomorrow.*

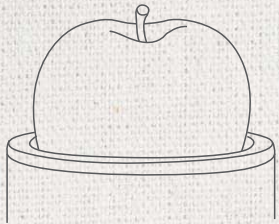
P r o l o g u e

A tall glass of all natural Kuvings juice
makes you feel special.



Start your day with a glass of all-natural juice made with your favorite fruits and vegetables. Fresh natural nutrients are easily absorbed into your body so you feel refreshed and energetic all day. Add a banana if you prefer a sweet and creamy juice. And add an apple or pear when juicing tough, fibrous vegetables. As you make juice using different fruits and vegetables, you will develop your own personal juicing know-how and recipes. Try the Kuvings Whole Slow Juicer for a healthier life. You will feel changes in your body from your very first glass of fresh juice.

Kuvings Whole Slow Juicer Technology



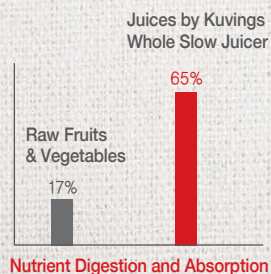
★ Free radicals

Free radicals, also known simply as radicals, are organic molecules responsible for aging, tissue damage, and possibly some diseases. These molecules are very unstable, therefore they look to bond with other molecules, destroying their health and further continuing the damaging process of aging. Antioxidants, present in extracted juices, are molecules that prevent free radicals from harming healthy tissue.

Drink all nutrients of your fruits and vegetables!

A feed chute that's now wide enough for whole apples allows you to minimize nutrient loss (less cutting and air exposure). The patented low-speed masticating technology of the JMCS (Juicer Module Comprising System) squeezes and extracts juice instead of grinding the fruit or vegetable. What's more, Kuving's low-speed system extracts more juice while preserving the natural taste of the fruit or vegetable. A glass of natural juice from our juicer allows your body to absorb almost 4 times the nutrients of eating them raw. Juice contains antioxidants to help remove free radicals from our bodies.

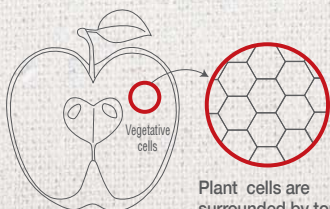
The Kuvings Whole Slow Juicer preserves more nutrients, minerals, and enzymes, yielding the best possible flavor.



source : Anticancer Effects of Green Juice, Food Industry and Nutrition, 8(1)28-36, 2003

Raw Fruits & Vegetables

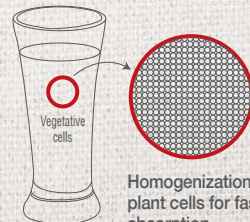
- Digestion-absorption rate : 17 %
- Digestion-absorption time : 3-5 hours



Plant cells are surrounded by tough cell walls

Juices by Kuvings Whole Slow Juicer

- Digestion-absorption rate : 65 %
- Digestion-absorption time : 10-15 min



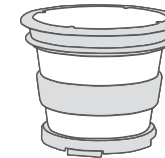
Homogenization of plant cells for fast absorption

Kuvings Whole Slow Juicer Components and Features



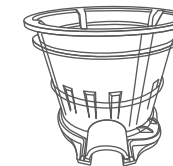
Cleaning Tool

Patented rotating brush for optimum hygiene and easy cleaning with a comfortable one-handed grip.



Smoothie Strainer

Using the smoothie strainer, you'll be able to make a variety of smoothies.

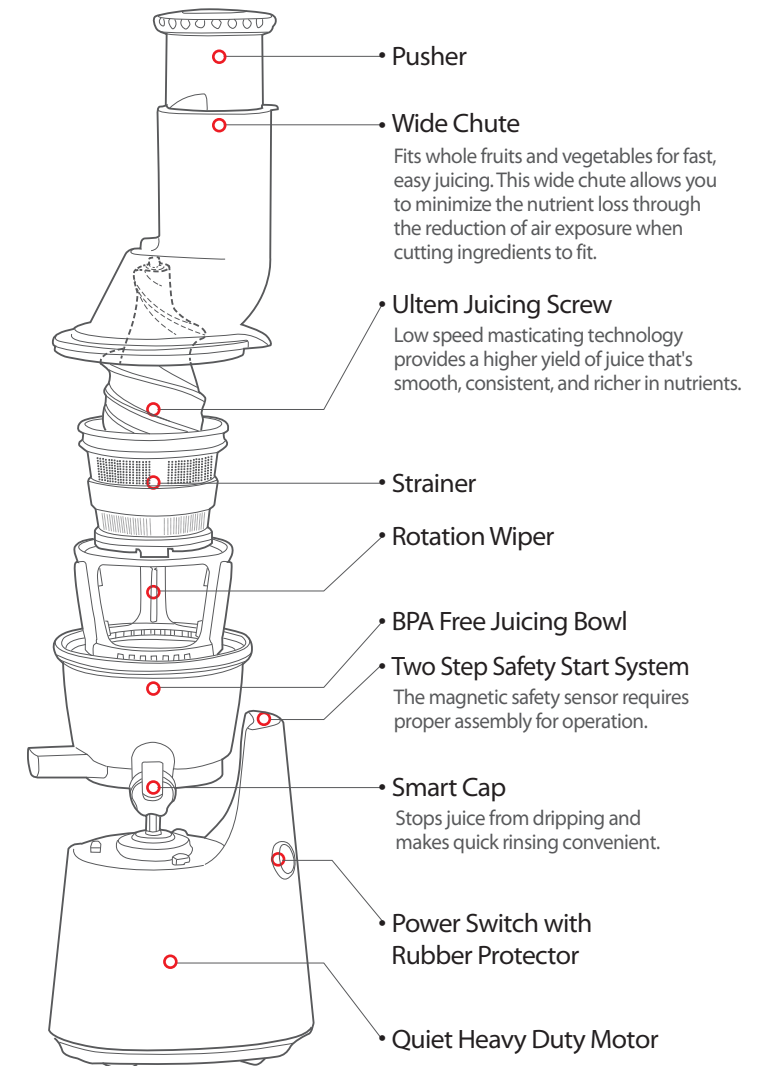


Blank Strainer

Using the blank strainer, you'll be able to make frozen desserts.

* Sold separately

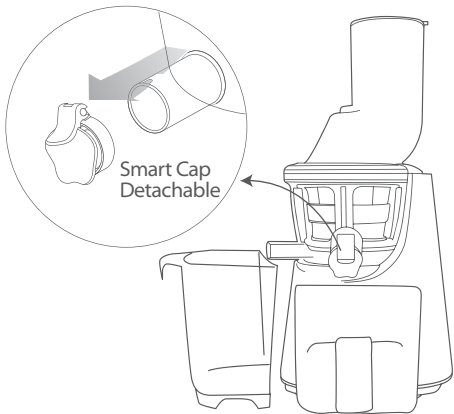
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How to Assemble & Clean

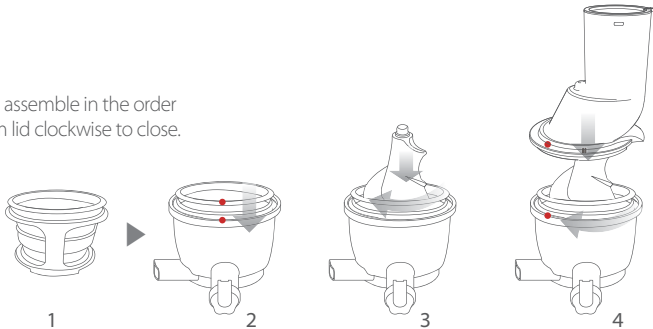
With the usage and cleaning tips below, you'll be able to make a wide variety of juices with your Kuvings Whole Slow Juicer. Please read safety precautions and instructions carefully before juicing.

- Wash the parts before first use.
- Ensure that the compression silicone and silicone ring are assembled properly.



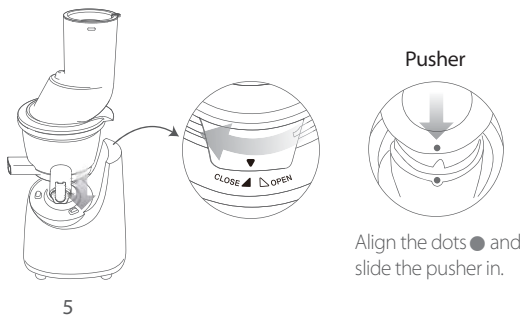
STEP 1 Top-set Assembly

Align the red dots ● on each part and assemble in the order shown. Once assembled, turn the drum lid clockwise to close.

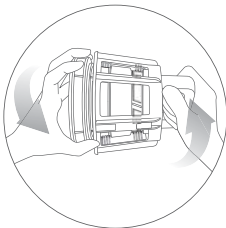


STEP 2 Top-set and base assembly

Place the drum lid on the juicing bowl. Align the down arrow ▼ on the drum lid with the OPEN mark on the base and turn to the ▲CLOSE position.



Cleaning the Screen



Cleaning Tool

Insert the strainer into the cleaning tool. Under running water, rotate the cleaning tool and strainer in opposite directions to clean and rinse the inside and outside of the strainer under running water.



Scrubbing

Use the brush to scrub and clean the strainer and remove the residue of fruits and vegetables in the inside and outside of strainer.

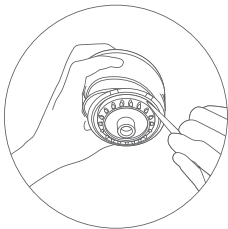
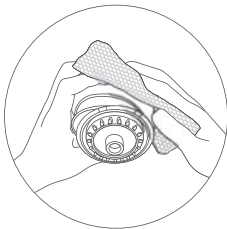


Using a sponge

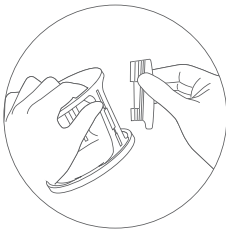
Using a rotating motion, wipe the inside and outside of the strainer with a sponge under running water.

Cleaning the Screw

Under running water, use a soft cloth to clean outside of screw and use a brush to remove fruit and vegetable residue from the screw.

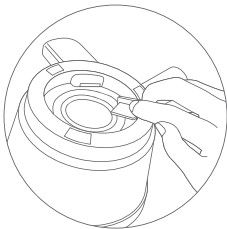


Cleaning the Silicone Parts



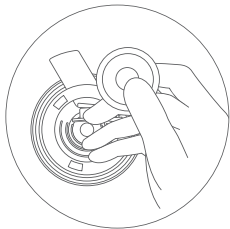
Silicone Brush

Gently pull out the silicone brushes from the rotation wiper. After cleaning with the tip of the tail of the silicone brush pointing down, insert into the slot.



Compression Silicone

Unplug before cleaning. After cleaning, push the compression silicone back into place until it is completely and securely fitted.



Silicone Ring

Remove the silicone ring from the juicing bowl. After cleaning, push in the silicone ring until it is fitted securely.



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Produce Preparation

Learn how to prepare your fruits and vegetables before using the juicer to safely make natural Kuvings juice with plenty of nutrients.



Produce such as grapes need to be destemmed before juicing

Grapes, Pomegranate
For grapes, remove stems and juice grapes only. For pomegranate, cut pomegranate into half and remove the seeds from the rind.



Leafy Vegetables

Spinach, Kale, Lettuce, Bok Choy
Clean vegetables and soak them in cold water for 5-10min to refresh. Cut vegetables to fit the juicer. For produce with big leaves, roll the leaves and feed them slowly into the chute.



Fibrous Leafy Vegetables

Celery, Angelica Utilis, Parsley
Cut celery stem into small pieces and feed into juicer slowly.



Jucing Ingredients with Seeds and Skins

Apple, Pear, Kiwi
Remove the stem and cut the fruit into pieces small enough to fit the juicer. Juice these fruits with their skins and seeds on. The skin and seed are great source of nutrients.



Fruits with Pits

Mango, Cherry, Avocado, Peach, Plum, Persimmon
Remove skins & pits, and cut the fruits in half. Fruits with hard pits may cause damage to the appliance – they must be removed before juicing.



Fruits with hard skins

Orange, Lemon, Grapefruit, Melon
Clean with running water and remove skins. Remove hard skins and cut the fruit into pieces small enough to fit the juicer.



Root Vegetables - Carrots

Trim fine roots and scrub the dirt off under running water. Cut the tip and root ends. Carrots are hard and fibrous, so it's best to cut them into quarters lengthwise and thinly slice them.



Bell Pepper

Wash well and remove stem and seeds.



Almond (Nuts)

Soak almond in water for at least 30 min before juicing. Using a large spoon or ladle, carefully measure out the mixture into the juicer, making sure to add equal parts almond and water each time.



RED

Tomato, Watermelon,
Strawberry, Cherry

Nutrients - Polyphenol, Lycopene
Benefits - Antitumor, Fights Heart Disease,
Prevents Lifestyle Diseases

Yellow & Orange

Orange, Tangerine,
Carrot, Pumpkin

Nutrients - Beta-carotene
Benefits - Antioxidant, Good for Skin

Green

Kiwi, Avocado,
Broccoli, Spinach

Nutrients - Folic Acid, Vitamin C, Catechin
Benefits - Fights Fatigue, Helps Blood

Purple

Grape, Blueberry, Eggplants

Nutrients - Flavonoid, Anthocyanin
Benefits - Aids Eyesight, Antioxidant

White

Cabbage, Radish, Pear,
Onion, Garlic, Soy bean

Nutrients - Isoflavone, Anthoxanthin,
Quercetin
Benefits - Antioxidant

Phytochemicals, nutrients found in fruits and vegetables in five different colors

Fruits and vegetables are essential to our bodies.

Plants growing under the sun absorb nutrients from the earth, which allows them to endure scorching heat and blistering cold. To protect themselves and grow, plants produce natural chemicals over a long period of time. These are called “phytochemicals”. Drinking plenty of phytochemicals in colorful undiluted fruit and vegetable juices has antioxidant effects. You can live longer and healthier thanks to their anti-aging effect and protection from lifestyle diseases. We cannot change our eating habits overnight. Begin by adding a new phytochemical color to your current diet one at a time. Once you stop eating too much fast food and meat and experience the bitter, sweet and sour taste of natural plants, your diet will change for the better.



The best way to consume phytochemicals is
to eat fresh, colorful, and unprocessed
whole fruits and vegetables every day.

It is the best way
to drink natural juice
and absorb nutrients.

A cup of natural juice provides many nutrients,
such as vitamins, minerals, and fiber.
Enjoy the good life with a cup of natural juice.

Basic Juices & Vegetable Juices



1 Cup



2 Cups



Recommended
Recipe



Easy: Simple recipe with
1-2 ingredients



Normal: Recipe which takes
20-30 mins with more ingredients



Hard: Recipe which takes 3-4
hours for preparation



Bitter Taste:
a bitter taste that most
people can distinguish



Slightly Bitter Taste:
a bitter taste that some
people can distinguish



Moderate Taste:
an easy-to-drink taste that isn't bitter
or sweet that anyone can enjoy



Sweet Taste:
a sweet taste that most
people can distinguish



Slightly Sweet Taste:
a sweet taste that some
people can distinguish

Basic Juices Vegetable Juices



Start your day with fresh juice for a big difference in your health.

Raw, fresh juice is one of the most healthy, rejuvenating drinks available.

Drinking fresh juice provides the body with nutrients
in one of the quickest, most readily digestible forms.



Juice is simply the best liquid
refreshment that a body can have.



2 Apples (130g × 2)


148 Cal (Based on the above portions)

Preparation

Before extracting, soak apples in sugar water to prevent browning.

INFO Apples

The Apple's skin contains pectin and polyphenol. It is recommended to juice apple with the skin. For home storage, most varieties of apple can be held for approximately two weeks when kept in the coolest part of the refrigerator.

Apple Juice 
Good for Skin, Detoxication

Apple Juice



Apple Juice is not only detoxifying but also good for lowering cholesterol, aiding digestion, and helping your skin.

The benefits of apples come from their vitamins, minerals, enzymes, malic acid, and fiber.

- 1 Wash apples well
- 2 Remove the stem and cut the apples into pieces small enough to fit the juicer
- 3 Juice in the Kuvings Whole Slow Juicer



Apple seeds are almost non-toxic as they are mostly extracted as fibers.
Source: Harmlessness of undiluted apple juice
(January 2013, Medicinal Herbs Quality Management Center, Daegu Haany University)



Taste Plus Nutrients

Apple + Orange + Lemon = Fights Fatigue
Apple + Cabbage = Relieves Stress
Apple + Paprika = Helps skin



Carrot Juice 
Good for Eyesight



4 Carrots (160g×4)

216 Cal (Based on the above portions)

Preparation

Before extracting, soak carrots in cold water at least 30 min for optimal extraction.



INFO Carrots

Carrots are an excellent source of antioxidant and the richest vegetable source of the pro-vitamin A carotenes. The carrot's antioxidants help protect against cardiovascular disease and cancer and also promote good vision.

Carrot Juice



Carrots are packed with vitamins and minerals, especially the antioxidant beta-carotene. The carrot's overall nutrient value helps prevent aging, enhances immunity, and aids eyesight.

- 1 Scrub well, cut tops, and cut to fit the juicer
- 2 Juice carrots in the Kuvings Whole Slow Juicer



TIP Carrots should be firm, smooth, relatively straight and bright in color. Carrots can be stored for several months in the refrigerator or the over winter in a moist, cool place. For long term storage, unwashed carrots can be placed in a bucket between layers of sand, a 50/50 mix of sand and wood shavings, or in soil.



Taste Plus Nutrients

- Carrot + Apple = Fights Fatigue
- Carrot + Orange = Fights Fatigue
- Carrot + Pineapple = Prevents Constipation

Pomegranate Juice

Pomegranates are packed with vitamin C, vitamin K, as well as maintaining estrogen, which reduces PMS.

Asian Pear Juice
Good for Lungs

Pomegranate Juice
Good for PMS



1 Pomegranate (200g)
134 Cal (Based on the above portions)

INFO Pomegranates

Pomegranates contain estrogen and can help women in menopause. The seeds are a significant source of estrogen. The skin of pomegranates are a major source of tannins. The pulp of pomegranates is high in glucose and vitamins.



2 Pear (500g)
195 Cal (Based on the above portions)

Preparation

Before extracting, soak Pears in sugar water to prevent browning.

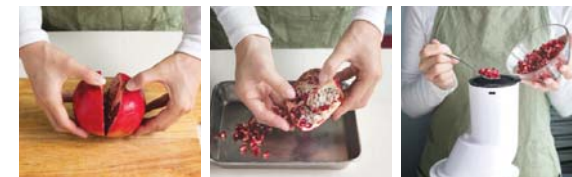
INFO Pears

The Pear is really easy to prepare, tastes great, and has a lot to offer as far as health benefits go. It contains vitamins, minerals, and fiber that helps digestion and detoxification. Pear is also great to mix with different leafy green juices. Pears may be stored at room temperature until ripe. Pears are ripe when the flesh around the stem gives to gentle pressure. Ripe pears are best stored refrigerated.

Pomegranate Juice



- 1 Remove the pomegranate seeds from the rind
- 2 Juice the pomegranate seeds in the Kuvings Whole Slow Juicer



Pear Juice



Pears are cleansing and full of vitamins, minerals, and fiber. They are particularly known for fighting the flu.

- 1 Wash well
- 2 Remove the stem and seeds
- 3 Cut the Pear into pieces small enough to fit the juicer
- 4 Juice Pear in the Kuvings Whole Slow Juicer



TIP The Pear contains a lot of water and relieves thirst and reduces phlegm. Drink Pear juice with steamed honey pears to relieve a severe cough and phlegm. Pear juice has lignin to help reduce constipation.

Oranges, with their high vitamin C and bioflavonoid content, are a well-known immune booster and are good for your skin.

Orange Juice

Grape Juice 
Fights Fatigue, Improves Skin

Orange Juice 
Boosts Immunity, Improves Skin



 3 Oranges (340×3)

408 Cal (Based on the above portions)

INFO Oranges

Vitamin C, flavonoids, and beta carotene help boost the immune system and reduce the effects of aging and may help slow the development of cancer. Orange contains pectin, potassium, and citric acid which are great for skin, treat of constipation, fatigue, and flu.

Orange Juice




- 1 Peel and then chop in half
- 2 Juice the oranges in the Kuvings Whole Slow Juicer



 **TIP** The white part of the rind, including the pith, is a source of pectin and has nearly the same amount of vitamin C as the flesh and other nutrients.



 Grapes (600g)

360 Cal (Based on the above portions)

Preparation

Before extracting, soak in warm water for about 20-30 min or clean with lemon, vinegar, or baking soda.

INFO Grapes

Campbell grapes are juicy and sour, and Muscat grapes are very sweet and have a sweet smell. Crimson seedless grapes from Chile are seedless and have a sweet taste.

As they have seeds, grapes should be fed slowly into the chute. Grape seeds and skin contain much of the key substances, so it is best to slowly juice whole grapes except for the stem.


Grape Juice



The grape is a very cleansing, alkaline, and nutritious fruit, which is why grape juice has been used for many years to help overcome fatigue and heal chronic illness.

- 1 Wash well and remove grapes
- 2 Juice grapes in the Kuvings Whole Slow Juicer



 **TIP** The seed and skin of the grape contains the resveratrol that may prevent cancer. Three types of polyphenols in grapes seem most important with respect to their health benefits; flavonoids, phenolic acids, and resveratrol. Interestingly all three types of polyphenols appear to be most concentrated in the skins, stems, and seeds of grapes rather than their juicy middle sections.



Cabbage Juice 
Weight-Loss, Prevents Constipation



 1/2 Cabbage (800g)

248Cal (Based on the above portions)

Preparation

Before extracting, soak in cold water for optimal extraction.

INFO Cabbage

Cabbage is low-calorie and low-fat at just 31kcal per 100g. They are also a very good source of dietary fiber, which helps reduce meal portions as they keep you fuller for longer. Eating plenty of dietary fiber is good when you are on a diet as it speeds up bowel movements and prevents constipation. When buying a cabbage, choose one that is nice and round, with the outer leaves taking on a dark green color.


Cabbage Juice



Cabbage is full of vitamins, minerals, and anti-cancer nutrients. It is also soothing for stomach problems like ulcers

- 1 Wash well and soak 1/2 cabbage in water for a few minutes
- 2 Cut cabbage pieces to fit juicer
- 3 Juice cabbage in the Kuvings Whole Slow Juicer



 **TIP** Cabbages are best juiced with juicy fruits such as pears, oranges, or apples. These ensure better extraction and taste. The core of a cabbage has nutrients that are especially good for women. It is recommended that you juice the cabbage including the core.

Taste Plus Nutrients

Cabbage + Grapefruit = Antioxidant
Cabbage + Radish = Aids Digestion
Cabbage + Broccoli = Boosts Strength



Tomato Juice 
Good for Skin,
Weight-Loss

Spinach Juice 
Prevent Anemia, Constipation

Tomato Juice

Tomatoes offer vitamins and minerals which can help your digestion, liver, and skin. They also contain lycopene, an antioxidant shown to help prevent prostate problems.




 2 Tomatoes (180 × 2)

50Cal (Based on the above portions)

INFO Tomatoes

Lycopene, a carotenoid found in tomatoes, is known for its powerful antioxidant properties. Antioxidants are substances that prevent free radicals created during the metabolic process in the body from attaching to normal cells.



 A handful of spinach (60g)
1 Apple (180 g)

120Cal (Based on the above portions)

Preparation

Before extracting, soak in cold water for optimal extraction.

Tomato Juice



- 1 Wash well and remove stem
- 2 Slice to fit juicer
- 3 Juice tomatoes in the Kuvings Whole Slow Juicer



Spinach Juice



Exceptionally rich in vitamin A and iron, spinach is filled with health boosting, regenerative properties. These nutrients help your digestive system, liver, and circulation.

- 1 Wash the spinach and apple well
- 2 Remove the apple's stem and cut into chunks
- 3 Juice ingredients in the Kuvings Whole Slow Juicer by alternating between pieces of spinach and apple until complete




It is a very good source of digestion supportive dietary fiber, muscle-building protein, energy-producing phosphorus, and copper. Juice with apple or pear for kids.



Celery Juice 
Increases Diuresis,
Relieves Insomnia


Wheatgrass Juice 
Weight-Loss,
Relieves Constipation

Kale Juice 
Immune Boosting,
Helps Liver and Intestines

Kale Juice

One of nature's super foods, Kale is full of vitamins A, vitamin C and minerals, and enzymes as well as beta-carotene. Beta-carotene helps to boost the immune system.




 3 Celery stalks
including the leaves (250 g)

30Cal (Based on the above portions)

Preparation

Before extracting, soak in cold water for optimal extraction.



 5 Kale leaves (120g)
1 Cucumber (200g)
1 Pear (200g)

115Cal (Based on the above portions)

Preparation

Before extracting, soak in cold water for optimal extraction.

Celery Juice



Celery is a cleansing, soothing juice with diuretic properties and helps relieve insomnia.

- 1 Wash well and soak in cold water for a few minutes
- 2 Cut into 1" segments
- 3 Juice them in the Kuvings Whole Slow Juicer



TIP The scent of celery helps increase appetite and reduce fatigue. Its rich fiber helps treat constipation and lower cholesterol. Juice the whole stick, including the leaves.

Kale Juice



- 1 Wash ingredients well
- 2 Cut kale stalks out and use leaves only
- 3 Remove stem and seeds from pear
- 4 Cut Pear and cucumber into chunks
- 5 Start juicing with kale first, then cucumber and pear in Kuvings Whole Slow Juicer



TIP Kale protects the skin, eyes, and immune system, and the fibers help clean the intestines and strengthen the liver. It is best not to have kale on an empty stomach as this may cause heartburn.


Bell Pepper Juice

Bell Pepper adds a sweet flavor to juice and is an excellent source of antioxidants and contains vitamin A, vitamin C and beta-carotene. Vitamin A and vitamin C from Bell Pepper help your skin tone.



Bell Pepper Juice 
Keeps Skin Healthy



-  1 Handful of Wheatgrass (60g)
- 1 Apple (180g)
- 3 Tangerines (120g)

158Cal (Based on the above portions)

Preparation

Before extracting, soak in cold water for about 30 min for optimal extraction.

INFO Bell Peppers

Bell Peppers are known for their variety of colors. Each color has different nutrient profile. For example, red Bell Peppers may prevent cancer and strengthens the immune system.


Wheatgrass Juice



Wheatgrass juice is a potent raw, living food. When you drink high quality wheatgrass juice your body may produce great results such as a stronger immune system, improved skin condition, detoxification, and weight - loss.

- 1 Wash ingredients well and soak wheatgrass into cold water for about 30 min
- 2 Remove stem from apple and cut into chunks
- 3 Peel and chop into chunks
- 4 Juice wheatgrass in the Kuvings Whole Slow Juicer first, alternating between apple and tangerine for best results




 **TIP** Sprouts such as wheatgrass, radish sprouts, alfalfa, and vegetables such as chives are juiced using the same method. Wheatgrass helps prevent constipation and is full of vitamins, minerals, and fiber.

Bell Pepper Juice




- 1 Wash bell peppers well
- 2 Remove stem and seeds
- 3 Slice bell peppers
- 4 Juice in the Kuvings Whole Slow Juicer



 **TIP** Orange Bell Pepper is a good for your skin and may prevent the flu. Yellow Bell Pepper is great for relieving stress. Green Bell Pepper has less calories, which is ideal for weight-loss.

A very refreshing combination - the sweet carrot is offset by the other ingredients. It's energy-lifting and a stress buster.

Carrot and Celery Juice

Carrot and Celery Juice 
Relieves Stress and Insomnia



 2 Carrots (160g × 2)
1 Celery Stalk (80g)
1 Broccoli (300g)
1 Pear (300g)

319Cal (Based on the above portions)

Preparation

Before extracting, soak carrot, celery, and broccoli in cold water for about 30 min for optimal extraction.



Carrot and Celery Juice




- 1 Wash ingredients well
- 2 Cut carrots, broccoli, and pear into chunks
- 3 Cut celery stalk in half
- 4 Juice in the Kuvings Whole Slow Juicer alternating between carrots, celery, broccoli and pear



TIP Broccoli offers natural skin protection. If you are often exposed to UV rays, drinking broccoli juice will help keep your skin healthy. Carrots are rich in substances that help relieve stress and promote good vision. They are also good for reducing anxiety and nervousness from stress. Rather than choose washed and packaged carrots, choose ones that are covered in dirt and have the stems still intact. Carrots that have a deeper orange color and a thin skin taste better.

Hydration

 2 Celery Stalks (160g),
1 Carrot (160g),
1 Cucumber (200g)

91Cal (Based on the above portions)

Preparation

Before extracting, soak carrots and celery in cold water for about 30 min for optimal extraction.

Dreamy Carrot Juice



A fantastic blend of vegetables juices. Cucumbers are refreshing and contrasts wonderfully well with the carrot juice with the celery giving it a different note. It's more than vegetable juice, it gives you lots of nutrition and is filling.

- 1 Wash ingredients well
- 2 Remove cucumber skin
- 3 Cut carrot and cucumber into chunks
- 4 Cut celery into thin 2 stalks
- 5 Juice in the Kuvings Whole Slow Juicer alternating between celery, cucumber, and carrot


TIP If you juice cucumber and carrot together, drink it within 30 min to prevent excessive nutrient loss.

The sweetness of the apples offsets the more challenging taste of the greens to produce this wonderful detoxifying juice.

Detox Green Juice

Detox Green Juice 
Detoxication, Strength




-  2 Apples (180g × 2)
 - A handful of Spinach (50g)
 - 1 Kale Leaf (20g)
 - 1 inch ginger piece (20g)
 - 1 Cucumber (180g)
 - 1 Green Bell Pepper (120g)
 - 1/2 Lemon (60g)
- 278Cal** (Based on the above portions)

Preparation

Before extracting, soak spinach and kale in cold water for about 30 min for optimal extraction.


Stress Relief

-  4 Stalks of Celery (300g)
 - 1 Bunch Fresh Parsley (30g)
 - 1 Kale Leaf (20g)
 - 1 Apple (180g)
 - 1/2 Lemon (60g)
- 170Cal** (Based on the above portions)

Preparation

Before extraction, soak celery, parsley, and kale in cold water for about 10 min.

Prevent Constipation, Weight-Loss

-  1 Pack of Baby Spinach (200g)
 - 1 Apple (180g)
 - 1 Carrot (160g)
 - 1 Lemon (60g)
- 200Cal** (Based on the above portions)

Preparation


Prepare baby spinach and carrots by washing them and keeping them in cold water.

Detox Green Juice



- 1 Wash ingredients well
- 2 Remove stem and seeds from green bell pepper
- 3 Remove the skins of the lemon, ginger, and cucumber
- 4 Cut apple, cucumber, green bell pepper, lemon into chunks
- 5 Juice in the Kuvings Whole Slow Juicer alternating between spinach, cucumber, kale, green pepper, apple, lemon




 You can try celery, chicory, or bok choy instead of kale and also you can juice radish or beets instead of cucumber.

Celeb Celery Juice




- 1 Wash ingredients well
- 2 Cut apples into chunks
- 3 Cut celery into 1" pieces
- 4 Juice alternating between celery, parsley, kale, apple, and lemon in the Kuvings Whole Slow Juicer

 Parsley has a strong taste, juice small amounts at first.

Baby Spinach Juice




- 1 Remove apple stem
 - 2 Remove lemon peel
 - 3 Scrub carrot well, cut top and root ends, and cut into quarters lengthwise
- Juice alternating between baby spinach, carrot, apple, and lemon in the Kuvings Whole Slow Juicer

 Add yogurt or non-fat milk, depend on your preference for extra nutrition and a more filling feeling.

Multivitamin Juice

*The 8 vegetables are full of energy and essential nutrients.
Any juice using beet or kale can take some getting used
to for the vegetable-juicing amateur, but with time
you can fully appreciate its cleansing properties.
Drink 3 times a week to help change your body.*



Multivitamin juice 
Fights Fatigue, Good for Skin



- 2 Tomatoes (180g × 2)
- 1 Carrot (150g)
- 1 Stalk of Celery (80g)
- 1 Kale Leaf (20g)
- 1/4 Beet (50g)
- A handful of Spinach (60g)
- 1/3 Cabbage (150g)
- A small bunch of Parsley (10g)

125Cal (Based on the above portions)

Preparation

Before extracting, soak ingredients in cold water for about 30 min.

Good for Skin

- 3 Tomatoes (180g × 3)
- 2 Pear (500g)
- 1/4 Lemon (30g)
- A handful of spinach (50g)
- 1/2 bunch of parsley (10g)
- Onion (10g)

301Cal (Based on the above portions)

Preparation

Before extracting, soak parsley and spinach in cold water for a while.

Stomach Soothing

- 1/4 Red Cabbage (400g)
- 1 Cup of Blueberry (100g)
- 1 Carrot (160g)
- 1 Orange (340g)

334Cal (Based on the above portions)

Preparation

Before extracting, soak cabbage and carrot in cold water for about 30min

Multivitamin Juice



- 1 Wash ingredients well
- 2 Scrub carrot well, cut off tops, and cut into chunks
- 3 Cut celery into 1" pieces
- 4 Remove stems from tomatoes and cut into chunks
- 5 Cut cabbage into chunks
- 6 Juice all ingredients in the Kuvings Whole Slow Juicer by alternating between leafy greens, tomato, and cucumber



TIP You can add Pear, orange, or apple depending on your preference.

Tangy Tomato



The wonderful sweetness of the tomatoes and pear is heightened by fresh spinach and parsley.

- 1 Wash ingredients well
- 2 Remove stems from tomatoes and cut into chunks
- 3 Remove stem and seeds from Pear and cut into chunks
- 4 Remove skins from lemon & onion and cut into chunks
- 5 Juice alternating between tomatoes, onion, parsley, spinach, pear, and lemon in the Kuvings Whole Slow Juicer

TIP Tomatoes should be well shaped and smooth skinned with no wrinkles, cracks or bruises.

Purple Cabbage Juice



- 1 Wash ingredients well
- 2 Scrub carrot well and cut into chunks
- 3 Peel orange and chop into chunks
- 4 Juice alternating between red cabbage, blueberry, carrot, and orange in the Kuvings Whole Slow Juicer

TIP You can add broccoli and Bell Pepper

With nutrition and love

Give your children a healthy start to a busy day with a natural and nutritious meal made with fruits and grains. This accelerates brain activity and provides vibrant energy.

Nutritious Juices & Baby Food



1 Cup



2 Cups



Recommended Recipe



Easy: Simple recipe with 1-2 ingredients



Normal: Recipe which takes 20-30 mins with more ingredients



Hard: Recipe which takes 3-4 hours for preparation



Bitter Taste: a bitter taste that most people can distinguish



Slightly Bitter Taste: a bitter taste that some people can distinguish



Moderate Taste: an easy-to-drink taste that isn't bitter or sweet that anyone can enjoy

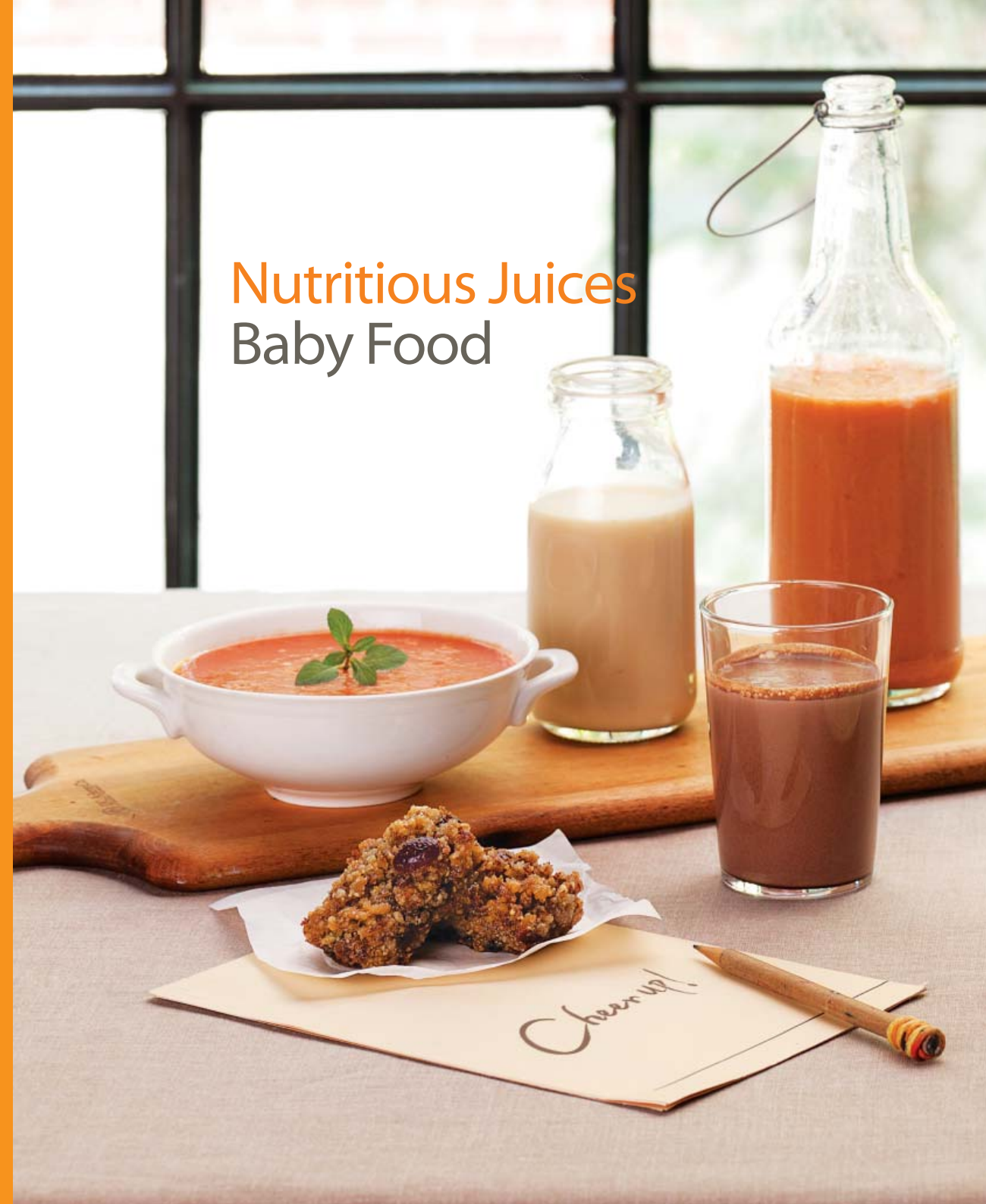


Sweet Taste: a sweet taste that most people can distinguish



Slightly Sweet Taste: a sweet taste that some people can distinguish

Nutritious Juices Baby Food



mom's
note



Homemade Fresh Juice & Baby Food - A Fresh Start to Healthy Eating for your Family

A natural juice by Kuvings made with apples, carrots or tomatoes is great to drink. You can enjoy a healthier juice when you juice different fruits, vegetables, and grains with nutrient balance in mind. A mixture of fruits and vegetables high in vitamins and minerals with grains and nuts for their fat and protein provides a thick and rich breakfast that is good for growing kids as well as for adults on the go.




Nutrition is love in a glass.


LOHAS Wheatgrass Juice

This is a perfect juice in terms of taste and health properties. The strength of flavor of the orange carries the earthy, strong taste of the wheatgrass and pear gives you a sweet smooth finish.



LOHAS Wheatgrass Juice 
Prevents Constipation, Good for Skin




-  A handful of Wheatgrass (100g)
 - 1 Orange (340g)
 - 2 Pear (500g)
- 348Cal** (Based on the above portions)

Preparation

Before extracting, soak the wheatgrass in cold water for a while. Wash the pear and orange well.



Hydration, Diuretic

-  1 Cucumber (200g)
 - A handful of Romaine Lettuce (180g)
 - 1 Oriental Melon (280g)
- 151Cal** (Based on the above portions)

Preparation


Scrub cucumber skin well. Soak romaine lettuce in cold water for a while.

LOHAS Wheatgrass Juice



- 1 Wash ingredients well
- 2 Remove stem and seeds of pear and cut into chunks
- 3 Peel orange and chop into chunks
- 4 Juice alternating between wheatgrass, pear, and orange in the Kuvings Whole Slow Juicer




 **TIP** Wheatgrass helps increases red blood-cell count and lowers blood pressure. Add orange or pear, depending on your preference.

Hydrating Cucumber Juice



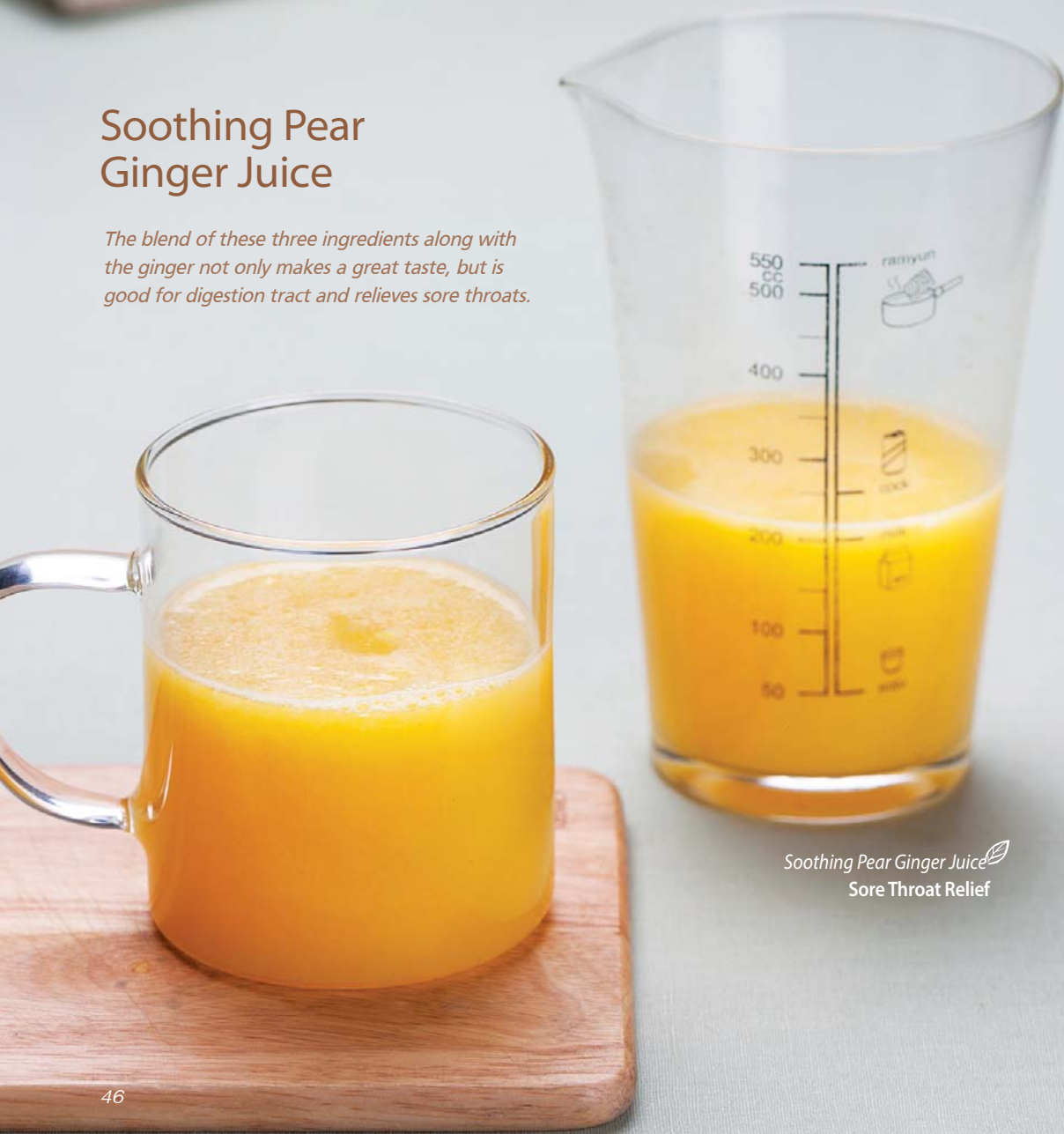
Cucumber juice is surprisingly flavorful. Because of its mineral balance and high water content, cucumber is one of the best natural diuretics. The watery, light cucumber blends well with oriental melon.

- 1 Wash ingredients well
- 2 Remove stem from cucumber and cut into chunks
- 3 Peel oriental melon and cut into chunks
- 4 Alternate between juicing romaine lettuce, cucumber, and oriental melon in the Kuvings Whole Slow Juicer

 **TIP** Cucumber is primarily made of water. It helps prevent edema and cystitis.

Soothing Pear Ginger Juice

The blend of these three ingredients along with the ginger not only makes a great taste, but is good for digestion tract and relieves sore throats.



Soothing Pear Ginger Juice
Sore Throat Relief



2 Pear (500g)
1 inch Ginger Root (20g)
1 Sliced of Radish (150g)
1 Orange (340g)

358Cal (Based on the above portions)

Soothing Pear Ginger Juice



- 1 Wash ingredients well
- 2 Remove Pear stem and seeds and cut into chunks
- 3 Peel ginger root skin
- 4 Peel orange and cut into chunks
- 5 Juice in the Kuvings Whole Slow Juicer



TIP Pear contains a lot of water and relieves thirst and phlegm. If you add more orange, even kids will love it.

Prevents Anemia and High Blood Pressure

1/2 Lotus Root (180g),
1/4 Beet (50g),
2 Pear (500g)

337.5Cal (Based on the above portions)

Lotus Root Energy Boost Juice



If you're at all hesitate to try root vegetable juice, this is a good one to start with. Add more Pear if you prefer more sweetness.

- 1 Wash ingredients well
- 2 Cut ingredients into chunks
- 3 Juice alternating between lotus root, beet, and pear in the Kuvings Whole Slow Juicer

TIP If you juice with Pear or beets, even kids will enjoy the lotus root juice.

Red Vitamin Radish Juice

Radish is rich in minerals and vitamins. It's a supreme energy lifting and immunity-boosting blend



Red Vitamin Radish Juice 
Weight-Loss



- 2 Radishes (60g × 2)
 - 2 Tomatoes (180g × 2)
 - 3 Carrots (150g × 3)
 - 1/2 Lemon (60g)
- 232Cal** (Based on the above portions)

Preparation

Wash radishes & carrots well and soak in cold water for about 30 min. Wash the tomato and lemon well.



Recovery, Fights Flu

- 2 Oranges (340g × 2)
 - 1/4 Beet (50g)
 - A Bunch of Broccoli (300g)
 - 1/2 Lemon (60g)
- 260Cal** (Based on the above portions)

Preparation

Soak broccoli in cold water for a while and wash well

Red Vitamin Radish Juice



- 1 Wash ingredients well
- 2 Remove tomato stems and cut into chunks
- 3 Scrub carrot well and cut into chunks
- 4 Remove lemon peel
- 5 Juice alternating between carrot, radish, tomato, and lemon in the Kuvings Whole Slow Juicer



Orange Beet Vitalizing Juice



The wonderful beet juice has a distinct taste to it. This earthiness gives a hint that it's rich in iron, calcium, and folic acid. The great combination of beet and fruits is enhanced by the broccoli.

- 1 Wash ingredients well
- 2 Peel orange and lemon and cut into chunks
- 3 Cut broccoli into chunks
- 4 Juice alternating between broccoli, beet, orange, and lemon in the Kuvings Whole Slow Juicer


TIP Orange and beet help fight fatigue. Broccoli may help prevent the flu.

Soy Milk

Drinking soymilk has been associated with weight-loss and reducing cancer risk. It's also a good source of calcium.

Soy Milk 
Anti-Aging



 Soy Beans (150g),
Water (150ml)

262Cal (Based on the above portions)

INFO Soy Beans


Isoflavones in soy beans help lower blood pressure and cholesterol and are good for bone health.

Soy Milk




- 1 Rinse soy beans well and soak them in water for at least 8 hours
- 2 Using a large spoon or ladle, carefully measure out the mixture into the Kuvings Whole Slow Juicer, making sure to add equal parts soybeans and water each time
- 3 You can add more water, salt, or sugar depending on your preference



 **TIP** Juice soy milk once again for a clearer soy milk. The fibrous bean curd dregs can be used for cooking. You can add spinach, carrot, or nuts depending on your preference.

Weight-Loss

 1 cup of Peanuts (60g)
1/2 cup of Walnuts (30g)
1/2 cup of Pine Nuts (30g)
Water (400ml)

736Cal (Based on the above portions)

Preparation

Soak peanuts, walnuts, and pine nuts in water for about 3 hours


Nut Milk



A simple and tasty vegetarian milk.
Walnuts and pine nuts give you a creamy flavorful milk.

- 1 Soak nuts in water for at least 3 hours
- 2 Using a large spoon or ladle, carefully measure out the mixture into the Kuvings Whole Slow Juicer, making sure to add equal parts nuts and water each time

Note

 Nut Milk Pulp
Honey (or syrup)

Peanut Spread


It's especially tasty on toast. You can also apply this recipe with cashew milk pulp or almond milk pulp.


- 1 In a frying pan, cook pulp over a low heat until dry
- 2 Mix dried nut pulp with honey or syrup at a one to one ratio
- 3 Transfer to hot sterile jars



Almond Milk 
Anti-Aging, Good for skin

Mixed Nut Energy Bar 



 Soaked almond (180g)
water (250mL)

536Cal (Based on the above portions)

Preparation

Soak almonds in water for about 3 hours


Almond Milk




Unlike animal milk, almond milk contains neither cholesterol nor lactose. As it does not contain any animal products, it is suitable for vegans and vegetarians who abstain from dairy products. Almonds are rich in nutrients including fiber, vitamin E, magnesium.

- 1 Soak almond in water for at least 3 hours
- 2 Using a large spoon or ladle, carefully measure out the mixture into the Kuvings Whole Slow Juicer, making sure to add equal parts almond and water each time
- 3 Finish by straining out the almond flesh using a strainer or cheesecloth



 **TIP** Mix pulp with water in a one to one ratio and process result pulp through the juicer one more time.

Note

 Pulp from Almond Milk
Peanut Pulp
Cashew Pulp
Walnut Pulp
Dried Cranberries
Raisins
Dried fruits such as dried blueberry

Syrup
Sugar (60g)
Starch Syrup (60g)
Oligosaccharide (75g)
Water (20g)

Mixed Nut Energy Bar

This snack uses fibers from vegetarian milk. If you want to lose weight, gain muscle, increase energy levels, or just generally look and feel healthier, try the mixed nut energy bar.

- 1 In a frying pan, cook pulp over a low heat until dry
- 2 In a saucepan, boil syrup and ingredients together (do not stir)
- 3 As soon as the sugar start to melt, turn off the heat and mix with pulp & dried fruits thoroughly
- 4 Stir mixture frequently on low heat
- 5 Spread onto a greased sheet baking tray, packing it firmly
- 6 Let cool and cut into bars



Cashew Milk 
Anti-Aging, Weight- Loss

Cashew Milk

Cashew milk is the creamiest of homemade nut milks and the most refreshing. Since the nuts blend entirely into the water, no nuts go to waste in the process. That also means that the cashew milk retains all of the fiber and nutrients present in the cashews.



 a cup of soaked cashew (180g)
water (200ml)

513Cal (Based on the above portions)

Preparation


Soak cashews in water
for about 3 hours


Cashew Milk




- 1 Rinse cashews well and soak them in water for at least 3 hours
- 2 Using a large spoon or ladle, carefully measure out the mixture into the Kuvings Whole Slow Juicer, making sure to add equal parts cashew and water each time
- 3 Finish by straining out the cashew flesh using a strainer or cheesecloth



 **TIP** For vegetarian baking, we recommend using cashew milk instead of dairy milk.

Chocolate Milk 
Diuretic, Recovery

 **Note**


 Almond Milk
or Cashew Milk 1 Cup (200g)
1 Tablespoon of Honey
1 Tablespoon of Carob Powder
or Cocoa Powder
A bit of Cinnamon Powder

Chocolate Milk




*Cocoa is a great source of antioxidants and it contains an abundance of magnesium and iron.
Quick and easy chocolate milk recipe for kids.*

- 1 Pour all ingredients together into the blender
- 2 Add cinnamon powder as a garnish

Broccoli Chicken Soup 
Prevents Flu, Good for Skin



 Half Bunch of Broccoli (150g)
1/2 Onion (100g)
1 Chicken Breast (70g)
200ml Milk
Flour(50g)
1 Slice of Butter

513 Cal (Based on the above portions)

Preparation

Wash broccoli and onion well



INFO Broccoli

With twice as much vitamin C as oranges, broccoli is effective in preventing colds and it is good for your skin. It is good for losing weight as it is a low-calorie, low-fat food that keeps you fuller for longer. The carotene in broccoli strengthens the resistance of your skin and mucous membrane. Vitamin C is good for your skin and prevents bags under the eyes, so a steady diet of broccoli will give you a smooth and healthy skin. Choose broccoli with floret clusters that are compact and green heads for freshness.

Broccoli Chicken Soup

*It gives a great, creamy, and rich flavor.
It also provides good nutrients for your baby.*

- 1 Wash ingredients well
- 2 Cut broccoli and onion into chunks and juice in the Kuvings Whole Slow Juicer
- 3 Mince chicken breast and stir-fry in a pan
- 4 Melt butter with flour in a heated pan and add broccoli & onion.
Cook until soft
- 5 And add minced chicken breast and simmer on low heat



Tomato Soup

The rich and creamy texture of tomato soup sharpens the appetite. Tomatoes offer nutrients which can ease problems with digestion and also contains lycopene, an antioxidant shown to help prostate health.

Tomato Soup
Good for Skin, Good for Digestion



2 Tomatoes (180g × 2)
1/2 Carrot (80g)
1/4 Onion (50g)
1 Potato (70g)
1 Cabbage Leaf (10g)

120 Cal (Based on the above portions)

Tomato Soup



- 1 Wash ingredients well
- 2 Remove tomato stem and cut into chunks
- 3 Cut carrot into chunks
- 4 Remove potato skin and cut into chunks
- 5 Juice alternating between tomato, carrot, onion, cabbage, and potato



TIP If the baby is older than 12 months, we recommend to boil the extracted pulp.

A Kid's Snack

1/2 Broccoli (150g)
1/2 Zucchini (50g)
1/2 Potato (40g)
1/2 Carrot (80g)
1 Egg
2 Slices of Cheese
Starch (500g)
Water (200g)
2 Eggs (lightly beaten)
Bread Crumbs (500g)

917 Cal (Based on the above portions)

Cheese & Vegetable Finger Food



Great baby snack. If you like, add minced meat.

- 1 Wash ingredients well
- 2 Cut broccoli, zucchini, potato, and carrot into chunks
- 3 Juice above ingredients in the Kuvings Whole Slow Juicer and save pulp
- 4 Combine egg, cheese, and starch with saved vegetable pulp
- 5 Coat mixture with flour first and then beat in egg and bread crumbs
- 6 In a nonstick pan, add oil so it completely covers the bottom of the pan and heat mixture on medium until it reaches 180 degrees
- 7 Cook until golden brown
- 8 Drain on absorbent paper


Carrot & Potato Mash

Creamy and great veggie flavor for your baby.




Carrot & Potato Mash 
Good for Digestion



 1 Carrot (160g)
2 Potatoes (140g)
Fresh Cream (100ml)

253Cal (Based on the above portions)

Good for Digestion

 1 Mango (200g)
1 Banana (100g)

229Cal (Based on the above portions)

Carrot & Potato Mash



- 1 Wash carrot and potatoes well
- 2 Cut carrot and potatoes into chunks
- 3 Juice carrot and potatoes in the Kuvings Whole Slow Juicer and save the pulp
- 4 Steam the saved pulp for 10 minutes in the microwave
- 5 Combine cooked mash with fresh cream



TIP If the baby is younger than 12 months, we recommend boiling juice with whipped cream instead. Adjust the amount of whipped cream to control the calories.

Mango & Banana Puree



When you've got one soft, ripe mango, one banana and one hungry baby, it's a perfect combination! Smooth and creamy, this mango banana puree is an ideal first food for any little one. Your baby will be getting more than their fair share of vitamins A, C, and B6, fiber, potassium and more.

- 1 Peel mango, remove pit, and cut into chunks
- 2 Peel banana and cut into chunks
- 3 Juice the ingredient in the Kuvings Whole Slow Juicer and save pulp
- 4 Combine juice and pulp and serve

TIP Please remove the mango pit.

A colorful juice that is a feast for your eyes

Here are some sweet and fragrant fruit cocktails and juices that will quench your thirst in summer. Enjoy a natural homemade drink at home without having to worry about additives.

Cool Fruit Juices & Cocktails



1 Cup



2 Cups



Recommended Recipe



Easy: Simple recipe with 1-2 ingredients



Normal: Recipe which takes 20-30 mins with more ingredients



Hard: Recipe which takes 3-4 hours for preparation



Bitter Taste: a bitter taste that most people can distinguish



Slightly Bitter Taste: a bitter taste that some people can distinguish



Moderate Taste: an easy-to-drink taste that isn't bitter or sweet that anyone can enjoy

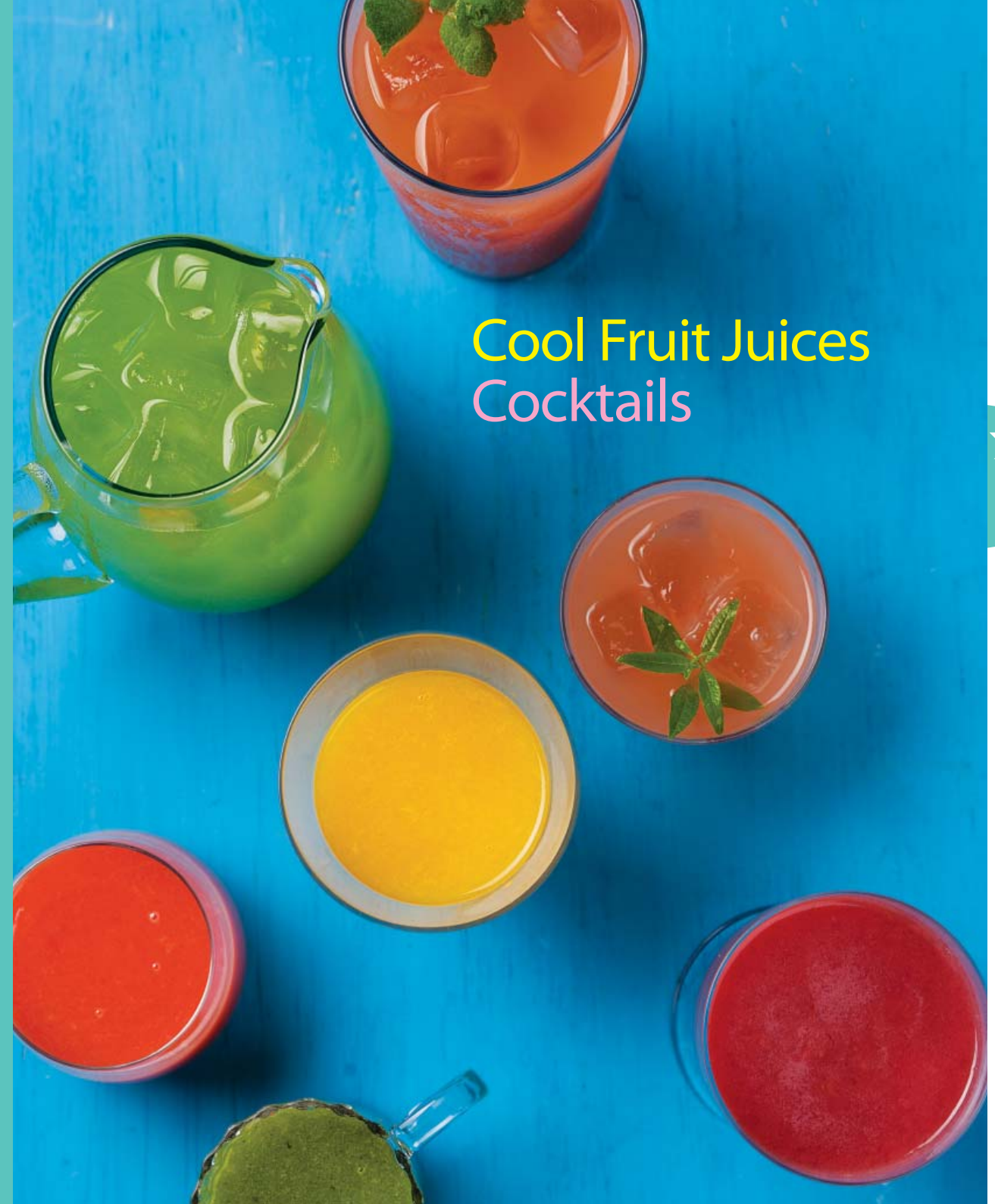


Sweet Taste: a sweet taste that most people can distinguish



Slightly Sweet Taste: a sweet taste that some people can distinguish

Cool Fruit Juices Cocktails





Fruit-filled, kid-friendly punches and adult-pleasing cocktails are perfect summer drinks on hot days

Many artificial ingredients may be harmful to your health.

Prepare homemade natural cocktails

and summer juices to improve your health.

The best summer drinks are full of natural flavor —

they can be subtle, fruity, or just plain refreshing.

Enjoy these natural summer cocktails and drinks during parties, weekend cookouts, or while hanging out with a friend.



Put passion in a glass of juice in summer.

Combining three of the richest sources of vitamin C, this juice is not only a delicious drink but also good for recovery and your skin.

Tropical Mix



Tropical Mix 
Recovery, Good for Skin



- 1 Orange (340g)
- 1 Slice of Pineapple (120g)
- 1/4 Lemon (30g)
- 1 Cup of Strawberries (100g)
- Coconut Milk (120ml)

215Cal (Based on the above portions)

Preparation


Wash orange, lemon, and strawberries well

Tropical Mix



- 1 Wash ingredients well
- 2 Remove strawberry stems
- 3 Peel orange and lemon and cut into chunks
- 4 Close Smart Cap and juice strawberry first and then, pineapple, orange, and lemon in the Kuvings Whole Slow Juicer
- 5 Mix juice well with ice and coconut milk



 Allow all ingredients to blend thoroughly, then open the Smart Cap and pour directly into glass

Diuretic, Detoxication

- 1 Oriental Melon (250g)
- 1/2 bunch of grapes (150g)
- 1 Slice of Watermelon (200g)
- 1 Orange (340g)
- 1 Red Cabbage Leaf (200g)
- 1/2 Lemon (60g)

428Cal (Based on the above portions)

Preparation

Soak red cabbage in cold water for about 30 min, Soak grapes in warm water for about 20-30 min or clean with lemon, vinegar, or baking soda.

Summer Smash



Love this blend of traditional summer fruits - a summer thirst quencher.

- 1 Wash ingredients well
- 2 Remove oriental melon stem and cut into chunks
- 3 Remove grape stem
- 4 Remove watermelon skin and cut into chunks
- 5 Remove orange peel and cut into chunk
- 6 Juice alternating between the Oriental Melon, orange, grapes, red cabbage, watermelon, and lemon in the Kuvings Whole Slow Juicer

Tropical Fantasy Mix

A tropical blend of fruits that will transport you to distant tropical climes. With their high vitamins these juices help protect your skin from the sun.



Tropical Fantasy Mix
Good for Skin



- 1 Orange (340g)
- 1 Slice of Pineapple (120g)
- 1 Mango (200g)
- 1 cup of Strawberries (100g)
- 1/2 cup of Cherries (100g)
- 1 Kiwi (140g)
- 1/2 Pear (150g)
- 1/2 Lemon (60g)
- 1 tablespoon of honey
- ice

553.5Cal (Based on the above portions)

Diuretic Effect,
Good for Digestion

- 4 Slices of Watermelon (500g)
- A handful of basil
- 1 Small Bunch of Apple Mint

155Cal (Based on the above portions)

Tropical Fantasy Mix



- 1 Wash all ingredients well
- 2 Remove strawberry stems
- 3 Remove orange, kiwi, and lemon skins
- 4 Remove mango and cherry pits and cut in half
- 6 Cut all ingredient into chunks
- 7 Juice all ingredients in the Kuvings Whole Slow Juicer
- 8 Stir in the honey and enjoy over ice



TIP Add honey to taste and serve with ice.

Summer Watermelon Mix



Bubbling, refreshing, and sweet with herbs lifting the flavor.

- 1 Remove watermelon skin and cut into chunks
- 2 Juice watermelon in the Kuvings Whole Slow Juicer and add apple mint & basil
- 3 Serve chilled

TIP Watermelon is filled with glucose and fructose which help reduce fatigue and fight dehydration.




Kiwi Max

Good for Skin, Good for Digestion

Kiwi Max

Kiwis can often be a bit too soft to easily juice - choose firm ones and you'll get a delicious green juice. A crisp apple and spinach goes particularly well here and boosts energy.



 4 Kiwi (100g x 4)
1 Apple (180g)
A Handful of Spinach (60g)
336Cal (Based on the above portions)

Preparation


Scrub kiwi well with a brush or remove skin.
Soak spinach in cold water for about 30 min.

Kiwi Max




- 1 Wash all ingredients well
- 2 Remove kiwi skin
- 3 Remove apple stem and cut into chunks
- 4 Soak spinach in cold water for about 30 min and drain well
- 5 Juice alternating between kiwi, spinach, and apple in the Kuvings Whole Slow Juicer



 **TIP** Kiwi, apple, and spinach are good for your skin.
Kiwi is high Vitamin C, Vitamin E, and fiber.

Prevents PMS, Good for Skin

 1 Pomegranate (200g)
1 Apple (180g)

236Cal (Based on the above portions)

Pomegranate Apple Juice

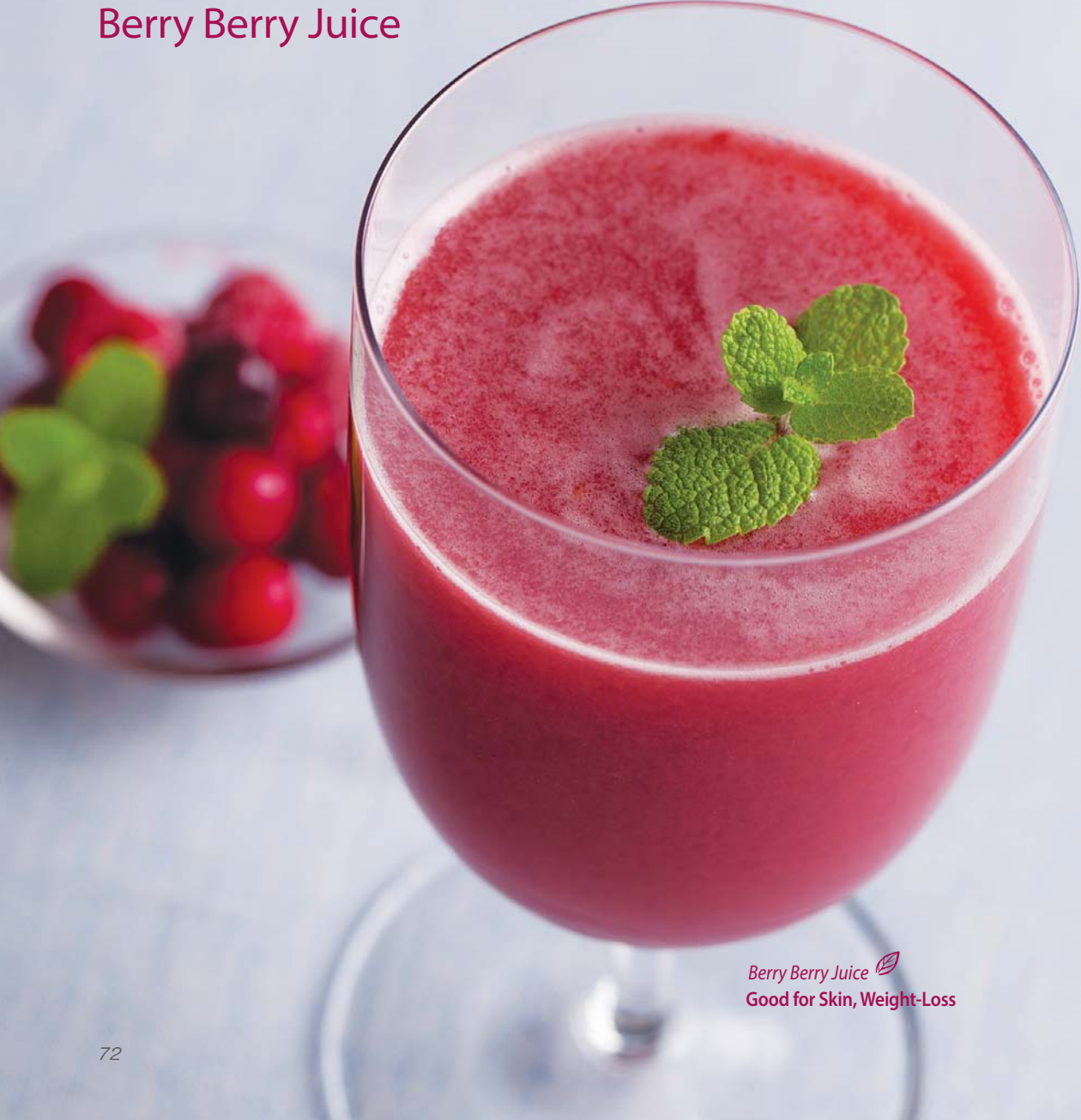


*Each of these juices brings out the best in the other.
And also, pomegranates and apples are packed with vitamins
as well as helping maintain estrogen to help reduce PMS.*

- 1 Remove the pomegranate seeds from the rind
- 2 Remove apple stem and cut into chunks
- 3 Juice alternating between pomegranate seeds first and apple until done

Taking the luxury even further, this berry combination is a blessing to your taste buds and your body. Berries are rich in antioxidants, especially vitamin A and C. They boost immunity and help keep your skin healthy.

Berry Berry Juice



Berry Berry Juice 
Good for Skin, Weight-Loss



- 1 Cup of Strawberries (100g)
- 1/2 cup of Cranberries (50g)
- 1/2 cup of Raspberries (50g)
- 1/2 Pear (150g)

122Cal (Based on the above portions)

INFO Strawberries

Strawberries have Vitamin C which help prevents flu and improves the condition of your skin. Line a shallow bowl or rimmed plate with several layers of paper towels or a clean kitchen towel. Place the strawberries in more or less a single layer on the towels, cover, and chill the berries until you're ready to use them.

Prevents Constipation

- 2 Bananas (100g×2)
- Milk (300ml)
- 1 cup of Espresso(10g)
- Ice

366Cal (Based on the above portions)

Berry Berry Juice



- 1 Wash ingredients well
- 2 Remove Pear stem & seeds and cut into chunks
- 3 Juice berries and Asian Pear in the Kuvings Whole Slow Juicer



TIP Berries such as strawberries, cranberries, and raspberries help maintain a beautiful look as they prevent aging and are good for your skin. Well known for their crisp taste and crimson color, cranberries help lower blood cholesterol levels and enhance heart health. Raspberries are especially good when you're on a diet as they are rich in water soluble dietary fiber which helps prevent constipation and lower cholesterol. Not only that, raspberries are rich in omega-3 fatty acids, which are good for the heart. Consume raspberries with milk as the organic acid and vitamin C in raspberries help to absorb the calcium in milk.

Iced Banana Latte



A wonderful contrast between the sweet banana and bitter espresso. This will help you relax and energize at the same time.

- 1 Remove banana peel and cut into chunks
- 2 Juice milk and banana together in the Kuvings Whole Slow Juicer
- 3 Add espresso & ice and stir well

TIP Bananas are completely unjuiceable, but a wonderful staple for blended drinks, turning a smoothie into a meal in itself.

Mango Tango Coulis

Dense and rich, this is a high-energy blend of the tropics.



Mango Tango Coulis
Good for Skin, Recovery



- 2 Mangoes (270g × 2)
- 1 Slice of Pineapple (120g)
- 1 Peach (200g)
- 1/4 Melon (400g)

580Cal (Based on the above portions)

Preparation

Wash mango and peach well and remove pits

Mango Tango Coulis



- 1 Wash all ingredients well
- 2 Remove mango skins and pits
- 3 Remove pineapple skin and stem
- 4 Remove peach pit
- 5 Remove melon skin and cut into chunks
- 6 Juice all ingredients in the Kuvings Whole Slow Juicer
- 7 Serve chilled



TIP Remove peach skin, depending on your preference
The best way to choose a flavorful melon is to look at the color and quality of the flesh, which should be a deep color and lacking white streaks.

Prevents Constipation, Fights Anemia

- 2 Bananas (100g × 2)
- 1 cup of Walnuts (60g)
- A Handful of Spinach (60g)
- Non-fat Milk (300ml)

489Cal (Based on the above portions)

Preparation

Soak walnuts in milk for about 2 hours

Feel Full Banana Drink




Turning a drink into a meal. If you're a fan of nuts, you'll love this and the way it conjures up the feeling of being on a warm, palm fringed beach.


- 1 Soak walnuts in milk for about 2 hours
- 2 Peel banana and cut into chunks
- 3 Using a large spoon or ladle, carefully put the walnut & milk mixture into the Kuvings Whole Slow Juicer
- 4 Juice by alternating the walnut & milk mixture and banana for best results
- 5 Juice spinach after you finish processing the other ingredients

TIP Put nut pulp aside before juicing spinach
If you consume the nut pulp with the extracted juice together, you'll get extra fiber.



Pink Grapefruitade 
Heart Healthy, Weight-Loss



 1 Grapefruit (340g)
1/4 Lemon (30g)
Sparkling Water (300ml)
Ice and Syrup

150Cal (Based on the above portions)

Preparation

Wash grapefruit and lemon
with vinegar water

INFO Grapefruits

With a crisp but bitter taste that stimulates your appetite, grapefruits are packed with vitamins A, C and E as well as pectin. Pectin in grapefruit helps prevent obesity as it lowers cholesterol and maintains blood sugar levels in your body. Choose grapefruits that are perfectly round and heavy for their size. They should also maintain their shape when you press down on them. They will keep fresh and tasty for longer if you wrap them in newspaper and store in a cool place. Grapefruits and lemons are good if you're on a diet. In particular, the bitter taste of a grapefruit helps curb your appetite.

Pink Grapefruitade



A great summer blend for a wake up call on lazy mornings.


- 1 Wash ingredients well
- 2 Remove grapefruit and lemon peel and cut into chunks
- 3 Juice lemon and grapefruit in the Kuvings Whole Slow Juicer
- 4 Add ice, sparkling water, and syrup and stir well



The sharp flavor of even the sweetest grapefruit is remarkable refreshing.




Green Lemonade 
Detoxication, Good for Skin

-  1 Green Apple (180g)
1/2 Lemon (60g)
Sparkling Water (300ml)
Small Bunch of Mint
Ice and Syrup

136Cal (Based on the above portions)

Anti-Aging, Weight-Loss

-  3 cups of Blueberries (300g)
Sparkling Water (300ml)
A Small Bunch of Mint
Ice

168Cal (Based on the above portions)

Green Lemonade



It's a perfect thirst quencher, especially if you use a tart apple variety such as Granny Smith. This is not only detoxifying, but also helps keep your skin healthy.

- 1 Wash ingredients well
- 2 Remove apple stem and cut into chunks
- 3 Remove lemon peel
- 4 Juice the apple and then the lemon in the Kuvings Whole Slow Juicer
- 5 Add mint, ice, sparkling water, and syrup and stir well

Blueberryade



Blueberries are filled with antioxidants such as vitamin A and C, as well as bioflavonoids. Blueberryade will keep you feeling young and beautiful.

- 1 Wash blueberries well
- 2 Juice blueberries in the Kuvings Whole Slow Juicer
- 3 Add ice and sparkling water and garnish with mint

Cherry brandy is very sweet and this recipe adds a little lemon juice and carbonated water to balance the flavor, but don't kid yourself. This is a drink that's both very sweet and strong. Cherries contain rich antioxidants as well as highly alkaline properties.

Cherry Fizz



Cherry Fizz 
Good for Skin, Weight-Loss

Tequila Sunrise 
Good for Skin, Prevents Colds



- 1 Cup of Cherries (200g)
- 1/2 Lemon(40g)
- Sparkling Water (300ml)
- Vodka (30ml)
- 1 teaspoon of Raspberry Syrup
- Ice, and Mint Leaves

186Cal (Based on the above portions)



- 2 Oranges (340g × 2)
- 1/2 Pomegranate (100g)
- 30ml of Tequila
- Ice

272Cal (Based on the above portions)

Cherry Fizz



- 1 Wash ingredients well
- 2 Remove cherry stems and pits
- 3 Remove lemon peel
- 4 Juice cherries and lemon in the Kuvings Whole Slow Juicer
- 5 Add raspberry syrup and stir well
- 6 Fill glass with crushed ice and juice
- 7 Add sparkling water and vodka and stir well
- 8 Garnish with mint



Tequila Sunrise




This pretty drink with layers of orange and pomegranate juice and grenadine is delicious on a hot day. Rich vitamins and minerals will help fight aging.

- 1 Wash ingredients well
- 2 Remove orange peel and cut into chunks
- 3 Remove the pomegranate seeds from the rind
- 4 Juice oranges in the Kuvings Whole Slow Juicer
- 5 Juice pomegranate seeds and strain the resulting juice
- 6 Pour into a glass filled with ice cubes and shake well
- 7 Pour grenadine down the side by flipping the bottle vertically quickly.
- 8 The grenadine should go straight to the bottom and then rise up slowly through the drink. Garnish with an orange.



Good for Skin,
Good for Digestion

 1 Apple (180g)
1/4 Lemon (20g)
1 stalk of Rosemary
35ml Rosemary Rum

200Cal (Based on the above portions)

Preparation

Make a rosemary rum - put rosemary in rum and infuse for about 2 months
Wash apple, lemon, and rosemary well.


Apple Martini



*Sour green apple steals the show in this icy-cold martini.
It's very refreshing with a nice hint of sour.*

- 1 Wash ingredients well
- 2 Cut apple into chunks
- 3 Juice apple and lemon in the Kuvings Whole Slow Juicer
- 4 Add rosemary into the apple-lemon juice and keep refrigerated about 2 hours
- 5 Combine resulting chilled juice with rosemary rum
- 6 Pour into a chilled cocktail glass
- 7 Garnish with rosemary or lemon slice

Good for Skin,
Recovery

 A Glass of Wine (200ml)
1 Orange (340g)
1 Peach (200g)
1 Bunch of Grapes (250g)
1 Cinnamon

494Cal (Based on the above portions)


Red Sangria



*This fresh and fruity red sangria recipe is a delicious, easy,
and inexpensive way to serve a crowd!*

- 1 Wash ingredients well
- 2 Peel orange and cut into chunks
- 3 Remove peach pit
- 4 Remove grapes from stem
- 5 Juice orange, peach, and grape in the Kuvings Whole Slow Juicer
- 6 Add cinnamon stick into resulting juice
- 7 In a glass jar combine ice, juice, and red wine
- 8 Cover and refrigerate for at least 4 hrs

Detoxication, Hydration

 3 Slices of Watermelon (400g)
1 Lychee (3g) and Sake (50ml)

183Cal (Based on the above portions)


Summer Sake



*Sake Sangria with watermelon-a light,
refreshing way to enjoy sake*

- 1 Remove watermelon rind and cut into chunks
- 2 Remove lychee skin
- 3 Juice watermelon and lychee in the Kuvings Whole Slow Juicer
- 4 Combine sake with juice and stir well

Good for Digestion,
Weight-Loss

 1 Red Bell Pepper (130g)
1/2 Cucumber (100g)
1 Beet (60g)
Small Piece of Ginger (10g)
Small Bunch of Mint


67Cal (Based on the above portions)

Red Punch

(A non-alcohol cocktail)

*A non-alcohol cocktail for your family. Red bell pepper gives it a
sweet and healthy flavor.*

- 1 Wash ingredients well
- 2 Remove red bell pepper stem and remove seeds
- 3 Remove ginger skin
- 4 Remove cucumber skin and cut into chunks
- 5 Juice the above ingredients
- 6 Add mint and refrigerate for about 2 hours


 **TIP** Add water or sparkling water depending on your preference
and add honey to taste

Blueberry Mojito

A simple and refreshing non-alcoholic cocktail with fresh blueberries, mint, and lemon. A family friendly cocktail.

Red Eye 
Heart Healthy



Blueberry Mojito 
Anti-Aging, Weight-Loss



- 1 Cup of Blueberries (200g)
- 1/2 Lemon (40g)
- 300ml Sparkling Water
- 1/2 tablespoon of Sugar
- Ice, and Mint Leaves

78Cal (Based on the above portions)

Blueberry Mojito

(A non-alcohol cocktail)



- 1 Wash ingredients well
- 2 Remove lemon peel and juice in the Kuvings Whole Slow Juicer
- 3 Add sugar and mint to lemon juice
- 4 Juice blueberries in the Kuvings Whole Slow Juicer
- 5 In a glass jar pour blueberry juice over ice and stir well
- 6 Combine with lemon juice and stir well
- 7 Add sparkling water and stir again
- 8 Garnish with mint



TIP Pour sparkling water down the side slowly for gradation
Add vodka, depend on your preference



- 2 Tomatoes (180g x 2)
- 200ml Beer

124Cal (Based on the above portions)

Red Eye



Simple & easy beer and tomato drink. For anyone who's seen the movie Cocktail, you'll be familiar with this drink. It's definitely a pick-me-up/morning after drink to get you up and running.

- 1 Wash tomatoes well
- 2 Remove tomato stem and cut into chunks
- 3 Juice in the Kuvings Whole Slow Juicer
- 4 Combine tomato juice with beer and stir well



Diuretic, Good for Skin



3 Slices of Watermelon (400g)
1/4 Lemon(20g)
300ml Sparkling Water
30ml Vodka (or Tequila)
1 teaspoon Sugar

202Cal (Based on the above portions)

Watermelon Namimono



*Here is another delicious watermelon adult beverage.
Perfect for just relaxing by the pool or for any summer celebration. Add more apple for a smoother texture.*

- 1 Wash ingredients well
- 2 Remove lemon peel and juice in the Kuvings Whole Slow Juicer
- 3 Remove watermelon rind and juice in the Kuvings Whole Slow Juicer
- 4 Mix watermelon juice and lemon juice together
- 5 Add vodka and stir well
- 6 Add sugar and sparkling water

Good for Skin,
Recovery



2 Oranges (340g × 2)
2 Peaches (200g × 2)
150ml Sparkling Water
40ml Brandy
1 teaspoon of syrup
rosemary or mint for garnish

343Cal (Based on the above portions)

Fuzzy Navel



*The fuzzy navel was one of the first drinks to arise with the new popularity of cocktails and mixed drinks in the 1980s.
A very fruity cocktail.*

- 1 Wash ingredients well
- 2 Remove orange peel and cut into chunks
- 3 Remove peach pits and cut into chunks
- 4 Juice orange and peach in the Kuvings Whole Slow Juicer
- 5 Fill your glass jar with juice, ice, brandy, and sparkling water and stir well
- 6 Garnish with mint or rosemary



You can use 45 ml of peach liqueur (Peach + Brandy) instead of peach.

Good for Digestion,
Good for Skin



1 Slice of Pineapple (120g)
1 cup Strawberries (100g)
1/2 cup Cranberries(50g)
1/2 Lemon(60g)
45ml Vodka
Mint Leaves

204.5 Cal (Based on the above portions)

Malibu Bay Breeze



A fruity tropical drink made with pineapple, strawberry, and a splash of cranberry juice

- 1 Wash ingredients well
- 2 Juice pineapple in the Kuvings Whole Slow Juicer
- 3 Juice strawberries and cranberries in the Kuvings Whole Slow Juicer
- 4 Fill shaker with ice, juice, and vodka and shake well
- 5 Filter juice with strainer
- 6 Garnish with lemon or mint

A sweet and smooth temptation by nature

Start your day off right with simple, healthy smoothie.

Smoothies & Frozen Desserts



1 Cup



2 Cups



Easy: Simple recipe with 1-2 ingredients



Normal: Recipe which takes 20-30 mins with more ingredients



Hard: Recipe which takes 3-4 hours for preparation



Bitter Taste:
a bitter taste that most people can distinguish



Slightly Bitter Taste:
a bitter taste that some people can distinguish



Moderate Taste:
an easy-to-drink taste that isn't bitter or sweet that anyone can enjoy



Sweet Taste:
a sweet taste that most people can distinguish



Slightly Sweet Taste:
a sweet taste that some people can distinguish

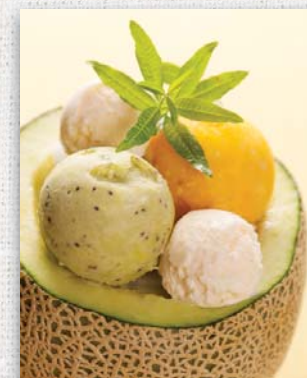
Smoothies & Frozen Desserts



Enjoy a nice smoothie or dessert with friends and family to re-energize your tired body and soul.

Not only are they easy to make, but smoothies are made with many fruits so they are rich in flavor and nutrition. They are creamy and easy to drink, and they offer different tastes depending on the ingredient used. Bananas and milk create a sweet and smooth taste while nuts create a toasty taste.

Frozen fruits are transformed into a sorbet that is easily made at home. Give your children love by making them a fruit dessert yourself rather than buying them ice cream that contains additives and preservatives.



Sorbet is happiness condensed



Creamy Pumpkin Smoothie
Prevents Constipation, Weight-Loss

Mango Kale Smoothie
Good for Skin, Heart Healthy

Blueberry Smoothie
Weight-Loss, Anti-Aging



- 2/3 Steamed Sweet Pumpkin (200g)
- 1 Banana (100g)
- 300ml Nonfat Milk
- 1/3 cup Almonds (200g)
- 1 tablespoon Honey

478Cal (Based on the above portions)

Preparation

Remove seeds and steam sweet pumpkin. and cut it into chunks
Soak almonds in water



Use the smoothie strainer

Good for Digestion, Weight-Loss

- 2 Steamed Sweet Potatoes (200g)
- 1/2 Apple (80g)
- Non-fat Yogurt (50g)
- 200ml Milk
- 1/3 cup Walnuts (20g)
- 1 tablespoon Honey

455Cal (Based on the above portions)

Preparation

Wash sweet potatoes well and steam with the skin on.



Use the smoothie strainer

Creamy Pumpkin Smoothie



A sweet Halloween smoothie - great for kids!

- 1 Mix milk, pumpkin, almonds, and banana chunks together
- 2 Using a large spoon or ladle, carefully put the mixture into the Kuvings Whole Slow Juicer
- 3 Add milk and honey to the resulting juice and mix well



TIP Cook sweet pumpkin with the skin on. The skin is a great source of nutrients.

Sweet Potato Yogurt Smoothie



A great combination of sweet potato and apple. Sweet potato is easy to digest and higher in fiber, add yogurt and it becomes a meal itself.

- 1 Mince walnut, steamed sweet potatoes, and apples and mix with milk
- 2 Using a large spoon or ladle, carefully put the mixture into the Kuvings Whole Slow Juicer
- 3 Add honey to the resulting juice and mix well

TIP Sweet potatoes create more synergy when consumed with milk, dairy or apples. Cook sweet potato with the skin on. The skin is a great source of nutrients.



- 1 Banana (100g)
- 1 cup Mango (200g)
- 1/2 cup Cashews (30g)
- 4 Kale Leaves (100g)
- 200ml Non-fat Milk

476Cal (Based on the above portions)



Use the smoothie strainer

Mango Kale Smoothie



The earthy taste of kale contrasts deliciously with the sweet mango and creamy banana.

- 1 Wash ingredients well
- 2 Mince banana, kale leaves, and cashews mix with milk
- 3 Using a large spoon or ladle, carefully put the mixture into the Kuvings Whole Slow Juicer



TIP When you use the smoothie strainer, insert food more slowly to allow the smoothie to blend thoroughly.



- 1 Cup of Blueberries (100g)
- 1 Orange (150g)
- 1 Banana (100g)

258Cal (Based on the above portions)



Use the smoothie strainer

Blueberry Smoothie



Purple rain with a smoothie favorite - bananas

- 1 Wash ingredients well
- 2 Peel orange and cut into chunks
- 3 Mince banana and mix with blueberries
- 4 Juice blueberries first and then the banana and orange in the Kuvings Whole Slow Juicer



Good for Skin, Good for Digestion

- 3 Mangoes (200g x 3)
- 200ml Milk
- 50ml Plain Yogurt
- 1 teaspoon Honey
- 1 teaspoon of Cinnamon

594Cal (Based on the above portions)



Use the smoothie strainer


Mango Lassi




A refreshing drink made with yogurt and mango - smooth, creamy, and absolutely heavenly.

- 1 Mix minced mango with milk
- 2 Using a large spoon or ladle, carefully put the mixture into the Kuvings Whole Slow Juicer
- 3 Add honey and cinnamon powder to resulting juice


TIP We recommend using homemade yogurt. Add more milk depending on your preference. Try a strawberry, banana, or pineapple lassi instead of mango.

Green Smoothie 
Good for Digestion,
Good for Skin

Melon Banana Smoothie 
Prevents Constipation

Carrot Banana Smoothie 
Weight-Loss, Improves skin



 1 Banana (100g)
1/4 Melon (300g)
1/4 cup Almonds (10g)
150ml Non-fat Milk

300Cal (Based on the above portions)



Use the smoothie strainer

Good for skin,
Weight-Loss

 1 Tomato (180g)
1 Kiwi (100g)
1 Slice of Pineapple (120g)
1 Banana (100g)
100ml Milk

259Cal (Based on the above portions)



Use the smoothie strainer

Melon Banana Smoothie



Unbelievably smooth! You'll wonder whether you're drinking rich ice cream.

- 1 Mince banana, melon, and almonds and mix with milk
- 2 Using a large spoon or ladle, carefully put the mixture into the Kuvings Whole Slow Juicer




Tomato Kiwi Smoothie



A vitamin rich smoothie! Tomatoes and kiwi offer nutrients which can help problems with digestion and the skin.

- 1 Mince banana and kiwi and mix with milk
- 2 Using a large spoon or ladle, carefully put the above mixture and tomato & pineapple into the Kuvings Whole Slow Juicer

 **TIP** Juice 500ml at a time to stop the smoothie strainer from overflowing.



- 1 Apple (150g)
- 1 Lemon (120g)
- 3 Kale Leaves (10g)
- Romaine Lettuce (20g)
- Bok Choy (30g)
- Almonds (30g) and
- Garnish of Parsley

312Cal (Based on the above portions)



Use the smoothie strainer

Green Smoothie



Fresh apple and lemon are so flavorful that they can carry pretty much anything - even the powerful taste of rich, healthy greens.

- 1 Wash ingredients well
- 2 Remove apple stem and cut into chunks
- 3 Remove lemon peel and cut into chunks
- 4 Mince kale leaves, romaine lettuce, bok choy, and almonds and juice in the Kuvings Whole Slow Juicer
- 5 Juice apple and lemon in the Kuvings Whole Slow Juicer



TIP Add banana and milk, turning a smoothie into a meal in itself. Ensure that your smoothie ingredients are all cut to no greater than 2" lengths for best performance.

- 1 Carrots (100g),
- 1 Banana (100g),
- 1 Oranges (300g),
- 200ml Milk

370Cal (Based on the above portions)



Use the smoothie strainer

Carrot Banana Smoothie



Carrot is a very good source of vitamin C and dietary fiber. It's a great smoothie for dieting.

- 1 Cut the carrot into chunks
- 2 Remove orange peel
- 3 Remove banana peel and cut into chunks
- 4 Mix the above ingredients with milk and put into the Kuvings Whole Slow Juicer.

**Prevents Constipation,
Fights Anemia**

- Handful of Spinach (60g)
- 1 Banana (100g)
- 1 cup Walnuts (60g)
- 200ml Non-fat Milk

562Cal (Based on the above portions)



Use the smoothie strainer

Spinach Smoothie



Sweet banana and walnut flavors even can carry the powerful taste of iron-rich spinach.

- 1 Mince all ingredients and mix with milk
- 2 Using a large spoon or ladle, carefully put mixture into the Kuvings Whole Slow Juicer

TIP Ensure that your smoothie ingredients are all cut to no greater than 2" lengths for best performance.

Antioxidant

- 1 tablespoon of Green Tea Powder
- 200ml of Milk
- 2 tablespoons of Condensed Milk

259.3Cal (Based on the above portions)



Use the smoothie strainer

Green Tea Smoothie




Green tea powder contains vitamin A, fiber, and tocopherol. The gentle caffeine from the green tea will refresh you


- 1 Assemble the juicer using the smoothie strainer.
- 2 Mix green tea powder with milk and condensed milk
- 3 Juice the above mixture in the Kuvings Whole Slow Juicer

TIP It is better to use green tea or green tea powder that is rich in catechins which are powerful antioxidants. Long-term consumption of green tea alkalizes your body. Use cooled tea brewed with tea leaves.



Chocolate Milk Smoothie 
Prevents Constipation,
Good for Digestion




-  30ml Almond Milk
- 1 Banana (100g)
- 1/4 Avocado (50g)
- 1 teaspoon of Vanilla Powder
- 1 tablespoon Cocoa Powder

261Cal (Based on the above portions)



Use the smoothie strainer

**Improves Skin,
Good for Digestion**

-  1 Apple (180g)
- 1/4 Avocado (50g)
- 1/4 Lemon(30g)
- 2 tablespoons of MACA Powder
- 200ml Almond Milk
- 1 tablespoon Linseed Oil
- 1 tablespoon Almond Butter

547Cal (Based on the above portions)




Use the smoothie strainer

Chocolate Milk Smoothie



Richer and deeper sweetness than any chocolate milk.

- 1 Assemble the juicer using the smoothie strainer.
- 2 Mince banana and avocado and mix with almond milk, vanilla powder and cocoa powder
- 3 Juice the above mixture in the Kuvings Whole Slow Juicer


 **TIP** If you prefer raw food, we recommend a healthy raw chocolate milk smoothie. Enjoy the raw taste of a smooth chocolate smoothie.

Almond Butter Smoothie




A traditional Winter smoothie - its rich and creamy almond flavor will warm you.

- 1 Assemble the juicer using the smoothie strainer
- 2 Mince all ingredients and mix with almond milk and add linseed and almond butter
- 3 Juice the above mixture in the Kuvings Whole Slow Juicer

 **TIP** Almond butter may be skipped. Adjust the amount of apple and avocado depending on your preference. Apple will give you sweetness and avocado will give you a creamy texture.

Cashew Cranberry Smoothie 
Antioxidant, Weight-Loss

-  1/3 cup Cranberries (30g)
- 1/2 cup Cashews (30g)
- 1/2 Banana (50g)
- 300ml Milk

357Cal (Based on the above portions)



Use the smoothie strainer


Cashew Cranberry Smoothie




Cranberries are rich in a range of antioxidants and because they are tart, cranberries are best mixed with other fruits.

- 1 Assemble the juicer using the smoothie strainer
- 2 Mince Bananas
- 3 Mix all ingredients with milk
- 4 Using a large spoon or ladle, carefully put the above mixture in the Kuvings Whole Slow Juicer

TIP When using frozen cranberries, make sure you defrost them well in advance. As they are very sour, add some syrup according to your taste. Cranberries are well known as powerful antioxidants as they are rich in proanthocyanidins and flavonoids. A steady diet of cranberries is also good for you as they help prevent vascular diseases by elevating the density of HDL cholesterol –good cholesterol – and they are also good for the heart.

Avocado Pineapple Smoothie 
Good for Skin, Good for Digestion



-  1 Avocado (200g)
- 2 Slices of Pineapple (240g)
- 1 Banana (100g)
- 200ml Milk

650Cal (Based on the above portions)



Use the smoothie strainer

Avocado Pineapple Smoothie




This isn't your average smoothie. It's so thick and decadent it could be eaten with a spoon. The avocado gives an incredibly creamy, pudding-like texture and much needed healthy fats.

- 1 Assemble the juicer using the smoothie strainer.
- 2 Remove avocado pit
- 3 Chop avocado, banana, and pineapple and mix with milk
- 4 Using a large spoon or ladle, carefully put the above mixture in the Kuvings Whole Slow Juicer





TIP Very ripe avocados are soft like butter - avoid unripe avocados as they are fairly hard.



Mango Sorbet 
Good for Skin

Strawberry Sorbet 
Good for Skin, Weight-Loss

Blueberry Sorbet 
Anti-Aging, Weight-Loss

Kiwi Sorbet 
Good for Skin, Good for Digestion

Strawberry Sorbet



Strawberries are probably the most abundant and popular fruit in the world. You'll experience a fantastic taste and texture

- 1 Assemble the juicer using the blank strainer
- 2 Put frozen strawberries one at a time in the Kuvings Whole Slow Juicer
- 3 Serve in an ice cream bowl

TIP Frozen strawberries larger than 4 inches may damage blank strainer - please cut strawberries into smaller chunks before freezing.



52Cal (Based on the above portions)



Blank Strainer

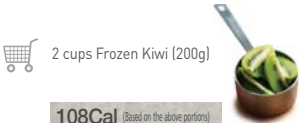
Kiwi Sorbet



It's hard to imagine anything more thirst-quenching than this refreshing sorbet

- 1 Assemble the juicer using the blank strainer
- 2 Put frozen kiwi pieces one at a time into the Kuvings Whole Slow Juicer
- 3 Serve in an ice cream bowl

TIP Remove inner core of Kiwi before freezing for a better taste. If your kiwi has a strong acidic taste, add banana or yogurt.



108Cal (Based on the above portions)



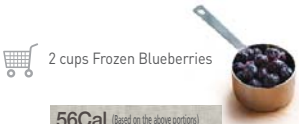
Blank Strainer

Blueberry Sorbet



Whatever the weather, you'd almost believe it was summer when eating this frozen dessert - a great low calorie summer dessert

- 1 Assemble the juicer using the blank strainer
- 2 Put frozen blueberries in small amounts at a time into the Kuvings Whole Slow Juicer
- 3 Serve in an ice cream bowl



56Cal (Based on the above portions)



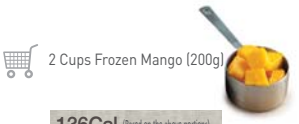
Blank Strainer

Mango Sorbet



Transport yourself beneath a palm tree with a dense and rich mango flavor.

- 1 Assemble the juicer using the blank strainer
- 2 Put frozen mango in small amounts at a time in the Kuvings Whole Slow Juicer
- 3 Serve in an ice cream bowl




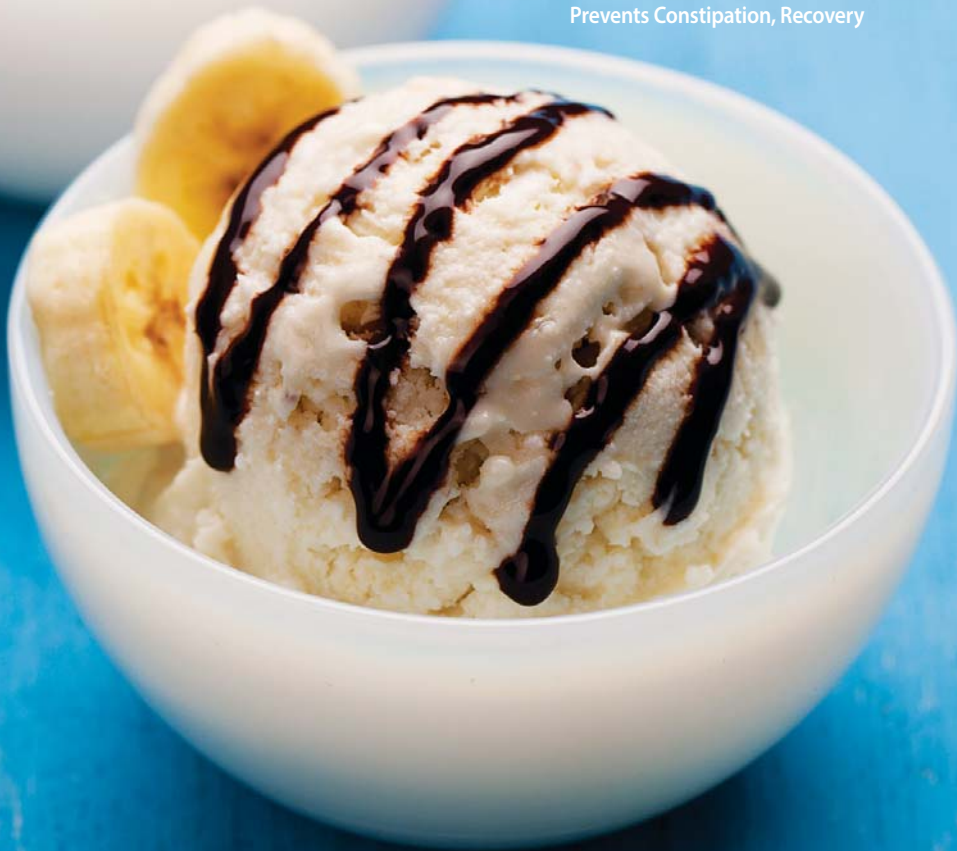
136Cal (Based on the above portions)




Blank Strainer



Cranberry Sorbet 
Weight-Loss , Good for Skin



Banana Yogurt Gelato 
Prevents Constipation, Recovery


 1 Frozen Banana (100g)
Plain Yogurt(200g)

299Cal (Based on the above portions)



Blank Strainer




 2 Cups Frozen Cranberry (200g)
30g Condensed Milk

49Cal (Based on the above portions)



Blank Strainer

**Prevents Constipation,
Good for Digestion**

 1/4 Steamed Sweet Pumpkin
1 cup Cashews (60g)
1 Frozen Banana (100g)
1 tablespoon Honey
1 tablespoon Condensed Milk

423Cal (Based on the above portions)




Blank Strainer

Banana Yogurt Gelato



*A fantastic combination of sweet banana and creamy yogurt.
A kid's favorite!*

- 1 Assemble the juicer using the blank strainer
- 2 Put minced frozen banana with plain yogurt in the Kuvings Whole Slow Juicer
- 3 Serve in an ice cream bowl

 **TIP** Add more plain yogurt as a garnish, depending on your preference

Cranberry Sorbet



*A powerful taste sensation of cranberries!
One of the most healthy & tasty desserts.*

- 1 Assemble the juicer using the blank strainer
- 2 Put frozen cranberries in small amounts at a time in the Kuvings Whole Slow Juicer
- 3 Serve in an ice cream bowl


Sweet Pumpkin Cashew Gelato




*This is a wonderful Autumn dessert!
The sweet pumpkin taste goes perfectly with the nutty texture.*

- 1 Assemble the juicer using the blank strainer
- 2 Mix steamed sweet pumpkin, cashews, honey, condensed milk, and frozen banana together
- 3 Using a large spoon or ladle, carefully put the above mixture in the Kuvings Whole Slow Juicer
- 4 Serve in an ice cream bowl

Oranege Lemon Sorbet 
Good for Skin

Mixed Berry Nut Gelato 
Good for Skin, Antioxidant




-  1 cup Frozen Strawberries (100g)
- 1/3 cup Frozen Cranberries (35g)
- 1/2 cup Almonds (30g)
- 1/2 cup Cashews (130g)
- 1/2 Avocado
- 1 tablespoon Condensed Milk
- 1 tablespoon Honey
- 1 tablespoon Cream Cheese

676Cal (Based on the above portions)



Blank Strainer


-  1 Frozen Orange (peeled and sliced) (340g)
- 1 Frozen Lemon (peeled and sliced) (120g)

173Cal (Based on the above portions)



Blank Strainer

Good for Skin and Bones

-  500ml Frozen Milk
- Touch of Syrup

339Cal (Based on the above portions)



Blank Strainer

Mixed Berry Nut Gelato



Tangy and sweet all at once - this bright red gelato is exquisite.

Preparation

Freeze milk in an ice cube tray.

- 1 Assemble the juicer using the blank strainer
- 2 Mix all ingredient together
- 3 Using a large spoon or ladle, carefully put the above mixture in the Kuvings Whole Slow Juicer
- 4 Serve in an ice cream bowl

Oranege Lemon Sorbet



Fresh, tangy, sharp, juicy -all sensations to liven you up

Preparation

Remove orange and lemon peel and store the fruits in the freezer about 3 hours

- 1 Assemble the juicer using the blank strainer
- 2 Put frozen orange and lemon in the Kuvings Whole Slow Juicer
- 3 Serve in an ice cream bowl

Mlik Ice Cream



Gently melts in your mouth just like white snow. You can add strawberry jam or dried fruits depending on your preferences.

Preparation

Freeze milk in an ice cube tray.

- 1 Assemble the juicer using the blank strainer
- 2 Put frozen milk in the Kuvings Whole Slow Juicer
- 3 Add syrup and serve in an ice cream bowl

TIP If you mix with a green tea latte or ice latte, you can enjoy a creamy and rich milk sorbet.

Ingredient Index

A	A green(young) pumpkin	59
	A steamed sweet potato	93
	A steamed sweet pumpkin	93, 107
	Almond	53, 93, 97, 98,109
	Almond Butter	101
	Almond milk	55,101
	Apple	19, 29, 33, 37, 71, 82, 93, 98, 101
	Apple Mint	69
	Avocado	101,103,109

B	Baby spinach	37
	Banana	75,93,94,95,97,98, 99, 101, 103,107
	Basil	69
	Beer	85
	Beet	47,49
	Beetroot	83
	Bell Pepper	39,53,79,85,95
	Blueberry	33
	Boiled bean	51
	Bok choy	98
	Brandy	87
	Bread crumbs	59
	Broccoli	35,49,57,59
	Butter	57

C	Cabbage	27, 39, 59, 67
	Cacao powder	55,101
	Carbonated water	77, 79, 81, 85, 86, 87
	Carob powder	55
	Carrot	21, 35, 37, 39, 49, 59, 61, 99
	Cashew milk	55
	Cashew nut	55, 94,103, 107, 109
	Celery	31, 35, 37, 39
	Cheerry	69, 81
	Cheese	59
	Chicken breast	57
	Cinnamon	83, 94
	Cinnamon powder	55
	Coconut milk	67
	Condensed milk	97, 99, 107, 109
	Cranberry	53, 73, 86,103, 107, 109
	Cream cheese	109
	Cucumber	31, 37, 35, 45, 83
	Currant	53

D	Deep frozen banana	107
	Deep frozen blueberry	105
	Deep frozen cranberry	107
	Deep frozen kiwi	105
	Deep frozen mango	105
	Deep frozen strawberry	105,109

E	Egg	59
	Espresso	73

F	Fat-free yogurt	93
	Flax seed	101
	Flour	57
	Fresh cream	61
	Frozen milk	109

G	Ginger	37,47,83
	Grape	25,67,83
	Grapefruit	77
	Green apple	79
	Green pepper	37
	Green tea powder	99

H	Honey	93, 94, 107, 109
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K	Kale	31, 94
	Kale Leaf	37,39
	Kale Leaves	98
	Kiwi	69,71,97,105

L	Lemon	37,39,49,67,69,77,79,81, 82,85,86,98,101,109
	Lotus root	47

M	Maca powder	101
	Mango	61,69,75,94
	Melon	69,75,86,97
	Milk	57,73,93,94,97,99,103
	Mint	79,81,83,85,86,87

N	Non-fat milk	75, 93, 94, 97, 98
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O	Onion	39,57,59
	Orange	25,39,45,47,49,67,69,81, 83,87,95,99,109
	Oriental melon	45,67

P	Parsley	37,39,98
	Peach	75,83,87
	Peanut	51
	Pear	23,31,35,39,45,47,67,69,73
	Pine nut	51
	Pineapple	67,69,75,86,97,103
	Plain yogurt	94,107
	Pomegranate	71,81
	Potato	59,61

R	Radish	49
	Raspberry	73
	Raspberry syrup	81
	Red cabbage	39,67
	Red pepper	83
	Red wine	83
	Rich	82
	Romaine	98
	Romane Lettuce	45
	Rosemary	82,87
	Rosemary rum	82

S	Sake	82
	Soak almond	53
	Soak cashew nut	55
	Spinach	29,37,39,71,75,98
	Starch	59
	Strawberry	67,69,73,86
	Sugar	85,86
	Sweet potato	93
	Sweet pumpkin	93,107
	Syrup	77,79,81,87,109

T	Tequila	81,86
	Tomato	29,39,49,59,85,97

V	Vanilla powder	101
	Vodka	81,86

W	Walnut	51,75,93,98
	Watermelon	67,69,82,86
	Wheat sprout	33,45
	White radish(dai-kon)	47

Y	Yogurt	93
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Kuvings Whole Slow Juicer

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