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CS.AA.20151012

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THE PREMIUM WHOLE SLOW JUICER • RECIPE BOOK

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THE PREMIUM WHOLE SLOW JUICER

RECIPE BOOK

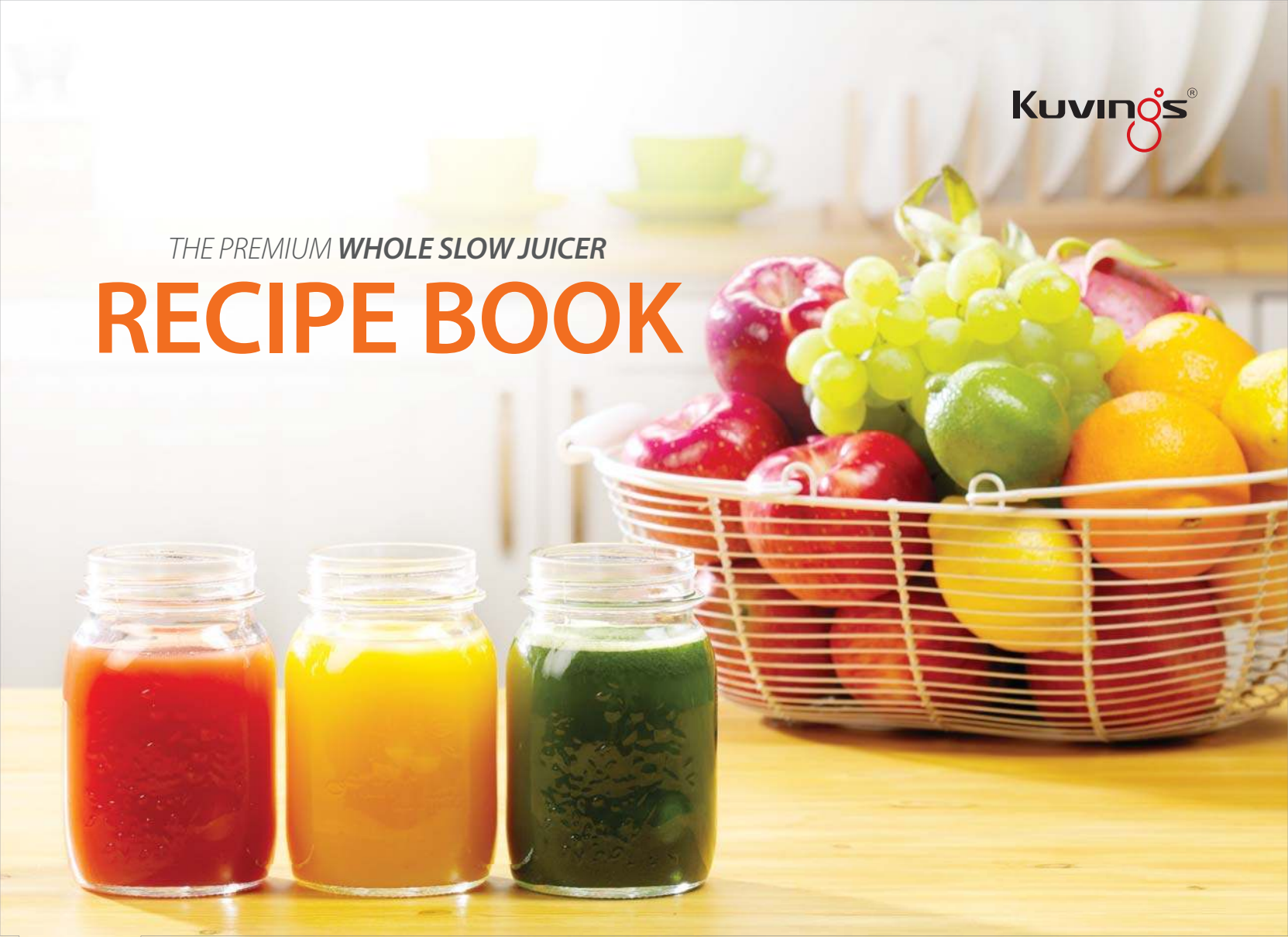
THE PREMIUM WHOLE SLOW JUICER RECIPE BOOK

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THE PREMIUM ***WHOLE SLOW JUICER***

RECIPE BOOK



JUICE
CLEANSE


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Kuvings Juice Cleanse

Clean and Healthy food revitalizes your body and enhances your skin. Is it possible to cleanse one's body with a glass of juice? Kuvings recipes provide different types of detox juice and smoothies that will help you to cleanse your body on an everyday basis.

"Kuvings Juice cleansing program" focuses on a juice diet with raw food that has detox effects and changes your eating habits. Fruits and Vegetables are essential to our bodies. If you drink them in juice or smoothie form, the body absorption rate of nutrients increases and digestion is much easier.

If losing weight is never easy and seemed impossible for you and if you want to have a healthy diet with a detoxifying effect, start your Kuvings juice cleansing program now. You can enjoy a raw food diet that allows you to cleanse your body naturally while experiencing pleasant changes in your body.
Let the Kuvings Juice cleansing program rejuvenate your beauty and health. Make your life style more active with a glass of fresh juice.





What is Kuwings Juice Cleanse?

Drinking a fixed amount of juice at a certain time every day, it not only detoxifies your body, but also lowers your body weight and rejuvenates your beauty. It's not about losing few pounds in few days, but rather improving your physical condition by changing your eating habits.

Give up all the junk food with toxic ingredients and control your appetite. Be aware that people may experience some side effects on the first day or two (period that body releases toxins) but it will go away eventually. Escape the monotony of a boring diet, Kuvings Juice Cleansing program offers over 70 juice recipes, and 35 smoothies, sorbet, and cocktails to enjoy.

The most important thing about the cleansing program is your will to accomplish your goal. Don't forget that the fundamental cause of obesity is bad eating habits and life style.

Change your life style and bad eating habits in order to live a happy life with a healthy body. There is only one thing you need to do, make a realistic detox plan. Don't forget if you have the will to do it, this program will help you to be healthy and recuperate your body every day.



Kuvings Juice Cleanse Program

1. Juice diet only
   Drink 350ml of juice 6~7 times a day without eating any food for up to 7days. Drink water or tea, and intake a handful of nut products inbetween.
2. Juice diet + Meal
   Drink 350ml of juice 4~5 times a day and have one meal (preferably protein/vegetable oriented). This can go for up to 7days. Drink water or tea, and intake a handful of nut products inbetween.

Choose either option 1 or option 2, and start your diet without any pressure. Make sure to check the taste and efficacy of the juice before you start. It's very important to change your diet gradually.

*If you want to extend the Juice cleansing program for more than 15 days, please consult with your doctor first.

Are you ready to start the Kuvings Juice Cleansing Program now?



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THE PREMIUM WHOLE SLOW JUICER RECIPE BOOK

JUICE · Beauty

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Romantic Strawberry | Berry Berry Juice | Skin Care Juice | Red O Juice | Daily Apple Juice
Multiple Vitamin Juice | Fragrance of Fall | Mint scent Dragon Fruit Ade | Triple Berry Juice | Bean Milk Juice





Beauty 01

Cherry Tomato Apple Juice

A combination of apple, cherry tomato, cucumber gives feeling full and satisfaction.

1 Remove the stem from the cherry tomato.

2 Prepare the apple as a whole.
Cut the apple as needed to fit the chute.

3 Remove the stems and thorns from the cucumber. Cut cumber as needed to fit the chute.

4 Use hard ingredients first and then the soft ones. (ingredients can be alternated)

TIP

Cherry tomatoes have low calories and good for obesity. Apple provides full of nutrients with anti-oxidant effect. Serve it with ice to make it more refreshing.

- 350mL (12oz)
- 142kcal
- Use the Strainer

INGREDIENTS

Cherry Tomato	280g
Apple	180g
Cucumber	180g
Lemon(with skin)	30g

Skin care
Fatigue recovery
Lycopene, Vitamin C
—
Sweet



Beauty 02

Hawaiian Punch

Orange is full of vitamins and good for your health and skin.

1 Peel the orange.
2 Remove the core and skin from the pineapple.
3 Prepare the apple as a whole.
Cut the apple as needed to fit the chute.
4 Remove the stems from the strawberry.
5 Use hard ingredients first and then the soft ones. (ingredients can be alternated)

TIP

Citrus fruits contain hesperidin (vitamin P) which strengthens capillaries and decreases your cholesterol level.

- 350mL (12oz)
- 193kcal
- Use the Strainer

INGREDIENTS

Orange	150g
Pineapple	120g
Lemon(with skin)	30g
Apple	100g
Strawberry	60g
Milk	40g

Skin care
May stimulate digestion
Hesperidin, Organic acid
—
Sweet



Best Beauty 03

Tropical Fantasy Mix

It's full of vitamins and very good for your skin.
One of the sweetest and most refreshing juice in the recipe book.

1 Peel the orange and the banana.
2 Remove the core and skin from the pineapple.
3 Remove the seed from the mango and cut it as needed to fit the chute.
4 Remove the stems from the strawberry and cherry, Peel the kiwi.
5 Use hard ingredients first and then the soft ones. (ingredients can be alternated)
6 Add some honey and stir well.

TIP

Use honey to balance the flavor.
Frozen ingredients can be used for a refreshing flavor.
If it is too sweet, you may use additional lettuce, celery, cucumber or other green vegetables.

- 350mL (12oz)
- 252kcal
- Use the Strainer

INGREDIENTS

Orange	300g
Pineapple	30g
Mango	30g
Banana	30g
Strawberry	30g
Cherry	30g
Kiwi	30g
Pear	30g
Lemon(with skin)	30g
Honey	5g

Skin care
May stimulate digestion
Vitamin A, Melatonin
—
Sweet



Best Beauty 04

Kiwi Max Juice

The green color reflects all the nutrients it has to offer.
Even kids who do not like spinach will still love this juice.

1 Peel the kiwi.
2 Prepare the apple as a whole.
Cut the apple as needed to fit the chute.
3 Wash the spinach well.
4 Use hard ingredients first and then the soft ones. (ingredients can be alternated)

TIP

Kiwi, apple and spinach are good for your skin.
Kiwi is known for its natural vitamins which contain vitamins C and E that are rich in dietary fiber.

- 350mL (12oz)
- 282kcal
- Use the Strainer

INGREDIENTS

Kiwi	350g
Apple	150g
Spinach	30g

Skin care
May stimulate digestion
Vitamin C, Dietary fiber
—
Sweet



Beauty 05

Green Lemonade

A glass of lemonade on an empty stomach May eliminate toxins from your body. For your skin, drink a glass of lemonade instead of water for a detox effect.

1 Prepare the apple as a whole.
Cut the apple as needed to fit the chute.

2 Wash the mint well.

3 Use hard ingredients first and then the soft ones. (ingredients can be alternated)

4 Add some syrup and stir well.

TIP

Use green apples (Granny Smith) in order to absorb the natural detoxicant (toxide) chlorophyll.
Lemon whitens and enhances your skin by minimizing pores and decreasing sebum.

- 350mL (12oz)
- 137kcal
- Use the Strainer

INGREDIENTS

Apple	200g
Lemon(with skin)	30g
Carbonated Water	200g
Mint	5g
Syrup	5g

Skin care, Anti-oxidant
Chlorophyll
—
A bit Bitter



Beauty 06

Romantic Strawberry

Fill your mouth with delicious strawberry juice.

1 Remove the stem from the strawberry.
2 Peel the banana.
3 Use hard ingredients first and then the soft ones. (ingredients can be alternated)
4 Add almond butter and stir well.

- 350mL (12oz)
- 489kcal
- Use the Strainer

INGREDIENTS

Strawberry	200g
Banana	200g
Almond Butter	30g
Milk	100g

TIP

Strawberries contain vitamin C which is good for fatigue, skin and immune system. Pectin dietary fiber is also good for people with bowel trouble.
Calcium in milk and strawberries prevent osteoporosis.

Skin care
Prevents constipation
Vitamin C, Dietary fiber
—
A bit Sweet



Beauty 07

Berry Berry Juice

Get rid of your coffee and start your day with a glass of Berry Berry Juice.

1 Peel the pear.
Cut the pear as needed to fit the chute.

2 Wash the kale well and cut the pear as needed to fit the chute.

3 Use hard ingredients first and then the soft ones. (ingredients can be alternated)

4 Add some honey and stir well.

TIP

Acai berries contain twice more anti-oxidants than blueberries that prevent aging while strengthening immune system and speed up metabolism.
Goji berries, also known as a secret to longevity, contain vitamin A, C, iron, calcium and mineral.

- 350mL (12oz)
- 909kcal
- Use the Strainer

INGREDIENTS

Walnut	10g
Goji berry	100g
Acai berry	100g
Pear	150g
Kale	20g
Milk	80g
Honey	30g

Skin care
Tocopherol, Vitamin C
—
A bit Sweet



Beauty 08

Skin Care Juice

This juice is good for your skin and general health. Vitamins and minerals from the tomato juice increase body absorption rate.

1 Peel the pear.
Cut the pear as needed to fit the chute.

2 Peel the onion.

3 Wash the spinach well and cut it as needed to fit the chute.

4 Remove the stem from the tomato.
Cut the tomato as needed to for the chute.

5 Use hard ingredients first and then the soft ones. (ingredients can be alternated)

TIP

Lycopene in tomatoes may prevent cancer, high-blood pressure and has anti-aging and biotic effects. Drink it for your skin and health.

- 350mL (12oz)
- 127kcal
- Use the Strainer

INGREDIENTS

Pear	200g
Lemon(with skin)	30g
Spinach	20g
Tomato	200g
Blueberry	10g
Onion	10g

Skin care
Lycopene
—
Bitter



Best Beauty 09

Red O Juice

Red O has full of vitamin C which prevents freckle and ephelides.

1 Remove the stem from the cherry tomato.
2 Remove the stem and seed from the red paprika.
3 Peel the orange.
4 Use hard ingredients first and then the soft ones. (ingredients can be alternated)

TIP
Combination of red and yellow fruits and vegetables prevents skin trouble and speed up metabolism.

- 350mL (12oz)
- 144kcal
- Use the Strainer

INGREDIENTS

Strawberry	100g
Cherry Tomato	140g
Red Paprika	20g
Orange	240g

May prevent freckles
Carotenoids, Vitamin C
—
Average



Best Beauty 10

Daily Apple Juice

As people say an apple a day keeps a doctor away.
Enjoy daily apple juice with a tomato.

1 Prepare the apple as a whole.
Cut the apple as needed to fit the chute.

2 Remove the stem from the cherry tomato.

3 Wash the kale and the spinach well.
Cut them as needed to fit the chute.

4 Use hard ingredients first and then the soft ones. (ingredients can be alternated)

TIP

Apples contain a lot of dietary fiber and polysaccharides. It has anti-oxidants, anti-virus, anti-bacterial effects and also good for fatigue and skin trouble.

- 350mL (12oz)
- 228kcal
- Use the Strainer

INGREDIENTS

Apple	250g
Cherry Tomato	100g
Kale	15g
Spinach	130g
Walnut	5g

Skin care
Fatigue recovery
Vitamin C, Lycopene
—
A bit Sweet



Beauty 11

Multiple Vitamin Juice

8 different types of vegetables in a glass of juice.
Drink this every day or 3 times a week, reenergize your body.

1 Remove the stem from the tomato.
Cut the tomato as needed to fit the chute.

2 Wash the beet and the carrot well.
Cut them as needed to fit the chute.

3 Wash the celery, the lettuce, the spinach, the kale and the parsley.
Cut them as needed to fit the chute.

4 Use hard ingredients first and then the soft ones. (ingredients can be alternated)

TIP

Soak vegetables in cold water, juice will be more refreshing. Use pear, orange, apple for better flavor.

- 350mL (12oz)
- 120.5kcal
- Use the Strainer

INGREDIENTS

Tomato	200g
Carrot	120g
Celery	50g
Lettuce	100g
Beet	50g
Spinach	30g
Kale	10g
Parsley	10g

Skin care
Fatigue recovery
Lycopene, Carotenoids
—
Bitter



Beauty 12

Fragrance of Fall

Taste the flavor of autumn.

1 Wash the bok choy well and cut it as needed to fit the chute.

2 Peel the pear.
Cut the pear as needed to fit the chute.

3 Use hard ingredients first and then the soft ones. (ingredients can be alternated)

TIP

Even kids who do not like green juice will enjoy drinking this.
Bok Choy makes a good combination with various fruit.
Also try it with frozen fruit for more refreshing drink.

- 350mL (12oz)
- 199kcal
- Use the Strainer

INGREDIENTS

Bok choy	60g
Pear	100g
Fig	200g
Lemon(with skin)	20g
Milk	100g

Anti-oxidant, Skin care
Chlorophyll, Beta-carotene
—
A bit Sweet



Beauty 13

Mint scent Dragon Fruit Ade

Have you ever tried dragon fruit juice?

1 Peel the dragon fruit. Cut the dragon fruit as needed to fit the chute.
2 Prepare the apple as a whole.
Cut the apple as needed to fit the chute.
3 Use hard ingredients first and then the soft ones. (alternate between the ingredients)

- 350mL (12oz)
- 263kcal
- Use the Strainer

INGREDIENTS

Dragon Fruit	260g
Apple	250g
Apple Mint	10g
Lemon(with skin)	15g

TIP

Dragon fruits contain anthocyanin which has antibacterial and antioxidant efficacy.
It also enhances your skin and has anti-aging effects.
Dragon fruits are said to be diuretic and good for constipation.

Anti-aging, Skin care
Anthocyanin, Potassium
—
Sweet



Best Beauty 14

Triple Berry Juice

Triple Berry Juice is an exotic drink that has a very refreshing taste.

1 Remove the stem from the strawberry.

2 Peel the pear.
Cut the pear as needed to fit the chute.

3 Use hard ingredients first and then the soft ones. (ingredients can be alternated)

- 350mL (12oz)
- 196.5kcal
- Use the Strainer

INGREDIENTS

Strawberry	200g
Cranberry	50g
Raspberry	50g
Pear	200g

TIP

Once strawberry, cranberry and blueberry (berry family) have anti-aging effect and good for your skin. Calcium from milk helps the body to absorb vitamin C and organic acid.

Anti-aging
Anthocyanin, Vitamin C
—
Sweet



Beauty 15

Bean Milk Juice

Try our natural homemade soy milk with no additives.

Use steamed beans and milk.
(alternate between the ingredients)

- 350mL (12oz)
- 442kcal
- Use the Strainer

INGREDIENTS

Steamed Beans	150g
Milk	300g

TIP

Isoflavones from soy prevents adult (lifestyle) diseases. Soy has low calories and is a great source for diet food. Try soymilk with vegetables and nut products based on your preferences.

Anti-aging
Isoflavone
—
A bit Sweet


Kuvings®



THE PREMIUM WHOLE SLOW JUICER RECIPE BOOK

JUICE · Healthy

Beet Lemonade | Mango Tango Coulis | Daily Vegetable Juice | Grapefruit Energy Juice | Healthy Orange Juice
Pink Grapefruit Ade | Red Vitamin Juice | Creamy Carrot Juice | Indipink Juice | Refresh Spinach



Best Healthy 01

Beet Lemonade

How about trying colorful drink beet lemonade?
The scent and the color will put you in a good mood.

1 Wash the beet well.
Cut the beet as needed to fit the chute.

2 Prepare the apple as a whole.
Cut the apple as needed to fit the chute.

3 Remove the stems and thorns from the cucumber. Cut the cucumber as needed to fit the chute.

4 Use hard ingredients first and then the soft ones. (ingredients can be alternated)

TIP

Low calorie, low fat, beet is very effective on a diet and prevents anemia. You can also try lemon, apple, or cucumber based on your preferences.

- 350mL (12oz)
- 211kcal
- Use the Strainer

INGREDIENTS

Beet	15g
Lemon(with skin)	80g
Apple	300g
Cucumber	100g

Fatigue recovery
Anti-oxidant
Vitamin C
—
Average



Best Healthy 02

Mango Tango Coulis

Natural sweet and scent will reenergize your body.

1 Peel the mango, peach and melon. Remove the seed and cut them as need to fit the chute.

2 Remove the skin and core from the pineapple.

3 Use hard ingredients first and then the soft ones. (ingredients can be alternated)

- 350mL (12oz)
- 239kcal
- Use the Strainer

INGREDIENTS

Mango	150g
Pineapple	120g
Peach	100g
Melon	200g

TIP

This is the right drink for teenagers or people with insomnia and fatigue.

May stimulate digestion
Fatigue recovery
Dietary fiber, Organic acid
—
Sweet



Healthy 03

Daily Vegetable Juice

Start your day with natural vegetable juice.

1 Wash carrots, celery and broccoli.
Cut them as needed to fit the chute.

2 Peel the pear.
Cut the pear as needed to fit the chute.

3 Use hard ingredients first and then the soft ones. (ingredients can be alternated)

- 350mL (12oz)
- 192kcal
- Use the Strainer

INGREDIENTS

Carrot	200g
Broccoli	150g
Pear	200g
Celery	40g

TIP

Carrot is good for fatigue recovery and eyes.
Broccoli enhances and rejuvenates your skin.

Relieves sleeplessness
Fatigue recovery
Beta-carotene, Sulforaphane
—
Bitter



Healthy 04

Grapefruit Energy Juice

Grapefruit is a well-known low calorie fruit.

1 Peel the grapefruit.
Cut the grapefruit as needed to fit the chute.

2 Peel the pear.
Cut the pear as needed to fit the chute.

3 Use hard ingredients first and the soft one.
(ingredients can be alternated)

- 350mL (12oz)
- 252kcal
- Use the Strainer

INGREDIENTS

Grapefruit	240g
Lemon(with skin)	30g
Pear	200g
Banana	100g

TIP

Decrease your cholesterol level with grapefruit.
Lemon juice keeps banana from changing its color.

Fatigue recovery
Dietary fiber, Organic acid
—
Average



Healthy 05

Healthy Orange Juice

Try yellow fruits in a glass of juice.

1 Peel the orange and the banana.
2 Remove the skin and the seed from Mango.
3 Use hard ingredients first and then the soft ones. (ingredients can be alternated)

- 350mL (12oz)
- 240kcal
- Use the Strainer

INGREDIENTS

Orange	300g
Mango	40g
Banana	100g

TIP

Orange, mango and the banana are good sources of nutrients. You can have various nutrients and improve your physical condition with this juice.

Fatigue recovery
May improve eye sight
Carotenoids, Vitamin C
—
Sweet



Healthy 06

Pink Grapefruit Ade

Sweet & sour drink, the best drink for summer.

1 Peel the grapefruit.

2 Put two ingredients.
(ingredients can be alternated)

3 Add some honey and stir well.

TIP

Grapefruit and Lemon are well known weight loss friendly foods.
Acid from grapefruit, the sourness decreases appetite.

- 350mL (12oz)
- 193kcal
- Use the Strainer

INGREDIENTS

Grapefruit	340g
Lemon(with skin)	10g
Carbonated Water	200g
Honey	30g

Diet, Fatigue recovery
Organic acid
—
Average



Healthy 07

Red Vitamin Juice

Red vitamin revitalizes your body.

1 Remove the stems from radish and wash it well. Cut the radish as needed to fit the chute.

2 Remove the stems from the tomato. Cut the tomato as needed to fit the chute.

3 Wash the carrots well and cut it as needed to fit the chute.

4 Use hard ingredients first and then the soft ones. (ingredients can be alternated)

TIP

Radish contains full of vitamin and protein and often used in oriental herbal medicine.

- 350mL (12oz)
- 235kcal
- Use the Strainer

INGREDIENTS

Radish	300g
Tomato	180g
Carrot	150g
Lemon(with skin)	30g

Diet
May prevent constipation
Vitamin A
—
A bit Sweet



Healthy 08

Creamy Carrot Juice

Get your essential dietary fiber from creamy carrot juice.

1 Wash celery and carrots well.
Cut them as needed to fit the chute.

2 Remove the stems and thorns from the cucumber. Cut it as needed to fit the chute.

3 Put 3 ingredients in order to make juice.
(ingredients can be alternated)

- 350mL (12oz)
- 129kcal
- Use the Strainer

INGREDIENTS

Carrot	300g
Cucumber	200g
Celery	80g

TIP

Enjoy creamy carrot juice.
All ingredients are good for losing weight.

Diet
May prevent constipation
Dietary fiber
—
A bit Bitter



Healthy 09

Indipink Juice

A combination of oriental melon and grapefruit creates exotic pink color.
It tastes good as it looks.

1 Peel the grapefruit.
2 Remove the skin and seeds from the oriental melon.
3 Use hard ingredients first and then the soft ones. (ingredients can be alternated)

TIP

Grapefruit contains pectin which lowers cholesterol and good for weight loss.
Sweetness from oriental melon balances sourness from grapefruit.

- 350mL (12oz)
- 158kcal
- Use the Strainer

INGREDIENTS

Grapefruit	320g
Oriental Melon	200g

Diet
May prevent constipation
Beta-carotene, Folic acid
—
A bit Sweet



Healthy 10

Refresh Spinach

Refresh spinach for constipation and weight loss.

1 Wash the spinach well and cut it as needed to fit the chute.

2 Wash the carrots.
Cut the carrots as needed to fit the chute.

3 Prepare the apple as a whole.
Cut the apple as needed to fit the chute.

4 Use hard ingredients first and then the soft ones. (ingredients can be alternated)

TIP

Spinach has a calming effect and good for bowel trouble. It also has low calorie and mixes well with apple, carrots and lemon.

- 350mL (12oz)
- 229kcal
- Use the Strainer

INGREDIENTS

Spinach	200g
Apple	180g
Carrot	160g
Lemon(with skin)	60g

Diet
May prevent constipation
Lutein, Beta-carotene
—
Average



THE PREMIUM WHOLE SLOW JUICER RECIPE BOOK

JUICE · Prevent

Energy Up Juice | Green Detox | Spring Vegetable Juice | Beautiful Girl | Nutrition Green Juice
Sweet and Sour Green Juice | Apple Vegetable Juice | Grape Energy Juice | Mango & Blueberry Juice | Power Ruby Juice



Prevent 01

Energy Up Juice

Start your day with a full of nutrients with Energy up.

1 Peel the pear and lotus root.
Cut the them as needed to fit the chute.

2 Cut the beet as needed to fit the chute.

3 Use hard ingredients first and then the soft ones. (ingredients can be alternated)

TIP

Lotus root contains asparagine, arginine, thyroxin, amino acid, pectin, vitamin 12 and vitamin C.
It helps with peripheral blood circulation and is good for freckles.
Lotus root also detoxifies nicotine from your body, may improve digestion and lower cholesterol.

- 350mL (12oz)
- 246kcal
- Use the Strainer

INGREDIENTS

Lotus Root	180g
Beet	20g
Pear	300g

May control blood pressure
Luteolin
—
Average



Prevent 02

Green Detox

Green Detox juice with a full of nutrients.

1 Remove the stems and thorns from the cucumber. Cut the cucumber as needed to fit the chute.

2 Peel the pear.
cut the pear as needed to fit the chute.

3 Wash the kale well and cut it as needed to fit the chute.

4 Use 3 different ingredients to make juice. (ingredients can be alternated)

TIP

Cucumber is good for hang over and prevents skin aging.
Kale may prevent cancer and heart disease.
Pear contains potassium which releases sodium from our body and may control blood pressure.

- 350mL (12oz)
- 115kcal
- Use the Strainer

INGREDIENTS

Cucumber	200g
Pear	200g
Kale	120g

May control blood pressure
May prevent arteriosclerosis
Chlorophyll, Polyphenol
—
A bit Bitter



Prevent 03

Spring Vegetable Juice

You can feel the scent of Spring. Share this juice with your loved ones.

1 Remove the stems from the strawberries and the cherry tomatoes.
2 Peel the oranges.
3 Remove the stems and seeds from yellow paprika.
4 Use hard ingredients first and then the soft ones. (ingredients can be alternated)

TIP

Do not wash strawberries for more than 30 seconds, it may wash away vitamin C.
Keep the strawberries on a paper bag to keep them fresh.

- 350mL (12oz)
- 161kcal
- Use the Strainer

INGREDIENTS

Strawberry	100g
Orange	100g
Yellow Paprika	80g
Cherry Tomato	100g
Milk	100g

May prevent cardiovascular diseases
Hesperidin, Lycopene
—
Average



Prevent 04

Beautiful Girl

Pomegranate is good for middle aged women.
(especially women undergoing menopause)

1 Remove the pomegranate seeds from the rind.
2 Prepare the apple as a whole.
Cut the apple as needed to fit the chute.
3 Use hard ingredients first and then the soft ones. (ingredients can be alternated)

TIP
Pomegranate contains phytoestrogen called Isoflavones which is good for women.

- 350mL (12oz)
- 320kcal
- Use the Strainer

INGREDIENTS

Pomegranate	350g
Apple	150g

Prevents menopause
Isoflavone
—
A bit Sweet



Prevent 05

Nutrition Green Juice

Try the green juice with full of nutrients.

1 Wash the kale, the spinach, the romaine, the red bok choy and the parsley well. Cut them as needed to fit the chute.

2 Prepare the apple as a whole. Cut the apple as needed to fit the chute.

3 Use hard ingredients first and then the soft ones. (ingredients can be alternated)

TIP

This juice contains vitamin, mineral, amino acid, enzyme, cellulose, and high in beta-carotene which strengthens immune system.

- 350mL (12oz)
- 189kcal
- Use the Strainer

INGREDIENTS

Kale	200g
Spinach	100g
Romaine	30g
Red Pac-Choi	10g
Parsley	10g
Apple	150g
Lemon(with skin)	10g
Almond	5g

May prevent cardiovascular diseases

Lutein

A bit Bitter



Prevent 06

Sweet and Sour Green Juice

No more bitter green juice.
You will love this sweet juice full of green vegetables.

1 Wash the spinach and the kale well.
Cut them as needed to fit the chute.

2 Prepare the apple as a whole.
Cut the apple as needed to fit the chute.

3 Wash the carrots well and cut it as needed to fit the chute.

4 Use hard ingredients first and then the soft ones. (ingredients can be alternated)

TIP

Kale purifies your blood and helps your eyes.
Treat your exhausted body with fresh green juice.
Use lemon to balance the flavor.

- 350mL (12oz)
- 222kcal
- Use the Strainer

INGREDIENTS

Kale	25g
Spinach	80g
Apple	180g
Carrot	250g
Lemon(with skin)	30g

May prevent cardiovascular diseases
May improve eye sight
Lutein
—
Average



Prevent 07

Apple Vegetable Juice

Sweet Apple Green Juice!

1 Prepare the apple as a whole.
Cut the apple as needed to fit the chute.

2 Remove the stems from the cherry tomatoes.

3 Wash the spinach and kale well and cut them as needed to fit the chute.

4 Use hard ingredients first and then the soft ones. (ingredien ts can be alternated)

TIP

Nut products and milk combine well with apple green juice and all the ingredients are available everywhere.

- 350mL (12oz)
- 402kcal
- Use the Strainer

INGREDIENTS

Apple	180g
Cherry Tomato	150g
Kale	30g
Spinach	50g
Nut Products	40g
Milk	50g

Prevents prostatic disease
Lycopene, Chlorophyll
—
A bit Sweet



Prevent 08

Grape Energy Juice

Grape Energy Juice is good for recovering fatigue.
Kale and grape will recover fatigue in no time, try the grape energy juice.

1 Wash the grapes well and remove the grapes from the stem.
2 Wash the kale well and cut it as needed to fit the chute.
3 Use hard ingredients first and then the soft ones. (ingredients can be alternated)

TIP
Kale juice is hard to drink alone. Mix it with grapes and you will also get full of nutrients.

- 350mL (12oz)
- 204kcal
- Use the Strainer

INGREDIENTS

Grape	300g
Kale	150g

Prevents cancer
Fatigue recovery
Anthocyanin, Minerals
—
Sweet



Prevent 09

Mango & Blueberry Juice

Mango meets blueberry, try this one and you will love it.

1 Remove the skin and the seed from mango.
2 Wash the kale well and cut it as needed to fit the chute.
3 Prepare the apple as a whole.
Cut the apple as needed to fit the chute.
4 Peel the lime.
5 Use hard ingredients first and then the soft ones. (ingredients can be alternated)

TIP

Mango contains a vitamin A and carotene.
It also contains an ingredient that may prevent cancer.

- 350mL (12oz)
- 341kcal
- Use the Strainer

INGREDIENTS

Mango	200g
Blueberry	200g
Kale	10g
Apple	150g
Lime	20g

Prevents cancer
Anthocyanin, Minerals
—
A bit Sweet



Prevent 10

Power Ruby Juice

Combination of strawberry and pomegranate, Power Ruby Juice!

1 Remove the pomegranate seeds from the rind.
2 Remove the stems from the strawberries.
3 Use hard ingredients first and then the soft ones. (ingredients can be alternated)

TIP
Pomegranate has low calorie and low fat which are good for losing weight.

- 350mL (12oz)
- 165kcal
- Use the Strainer

INGREDIENTS

Pomegranate	200g
Strawberry	120g

Prevents menopause
Isoflavone
—
Average

THE PREMIUM WHOLE SLOW JUICER RECIPE BOOK

JUICE · Detox

Sprouted Wheat Detox Juice | Green Detox Juice | Summer Smash | Apple Beet Ade
Moisture Charge Juice | Peach with Vegetable Juice | Golden Balance Juice
Herb scent Sweet Melon | Sweet Spinach Juice | Best Digest Juice | Healing Light Green
Tropical Juice | Sprouted Wheat Grape Juice | Celeb Celery Juice | Hi Parsley





Detox 01

Wheatgrass Detox Juice

Try Wheatgrass Detox Juice!

1 Wash and cut the wheatgrass well as needed to fit the chute.
2 Peel the orange.
3 Prepare the apple as a whole.
Cut the apple as needed to fit the chute.
4 Use hard ingredients first and then the soft ones. (ingredients can be alternated)

TIP
Wheatgrass contains daily recommended amount of vitamins and minerals. It also contains various enzymes and a full of chlorophyll.
Try this one in empty stomach, your body will absorb the nutrients within 20minutes and it will revitalize your body all day along.

- 350mL (12oz)
- 184kcal
- Use the Strainer

INGREDIENTS

Wheatgrass	60g
Orange	150g
Apple	200g

Detox, Anti cancer
Chlorophyll
—
A bit Bitter



Detox 02

Green Detox Juice

Feel the natural detoxifying effects that washes away all the toxins.

1 Wash the kale and spinach well and cut them as needed to fit the chute.

2 Remove the stems and thorns from the cucumber. Cut it as needed to fit the chute.

3 Prepare the apple as a whole. Cut the apple as needed to fit the chute.

4 Use hard ingredients first and then the soft ones. (ingredients can be alternated)

TIP

Use your favorite fruit and vegetable to mix with. Add some yogurt or non fat milk to replace a meal.

- 350mL (12oz)
- 149kcal
- Use the Strainer

INGREDIENTS

Spinach	25g
Cucumber	90g
Kale	10g
Green Pepper	60g
Apple	200g
Lemon(with skin)	30g

Detox, Increase stamina
Lutein, Vitamin B
—
A bit Bitter



Detox 03

Summer Smash

Have fun with Summer Smash.

1 Peel the skin and remove the seed from the oriental melon and the watermelon. Cut them as needed to fit the chute.

2 Wash the grapes well and remove the grapes from the stem.

3 Wash the red cabbage well and cut it as needed to fit the chute.

4 Peel the orange.

5 Use hard ingredients first and then the soft ones. (ingredients can be alternated)

TIP

This juice is said to be diuretic and has anti cancer effect. The body absorbs it quicker and recovers fatigue.

- 350mL (12oz)
- 147kcal
- Use the Strainer

INGREDIENTS

Oriental Melon	100g
Green Grape	120g
Watermelon	100g
Orange	100g
Red Cabbage	70g
Lemon(with skin)	10g

Detox, Diuretic
Carotenoids, Folic acid
—
Sweet



Detox 04

Apple Beet Ade

Apple Beet Ade detox!

1 Prepare the apple as a whole.
Cut the apple as needed to fit the chute.

2 Wash the beet well.
Cut the beet as needed to fit the chute.

3 Peel the pear.
Cut the pear as needed to fit the chute.

4 Use hard ingredients first and then the soft ones. (ingredients can be alternated)

TIP

The most popular detox fruits are lemon, apple, beet, and pear; This combination must be tried.

- 350mL (12oz)
- 265kcal
- Use the Strainer

INGREDIENTS

Apple	300g
Beet	15g
Pear	200g
Lemon(with skin)	30g

Detox
Dietary fiber, Vitamin C
A bit Bitter



Detox 05

Moisture Charge Juice

High water content fruit provides hydration and may help calm coughs.

1 Remove the skin and the seeds from the oriental melon. Cut the melon as needed to fit the chute.

2 Peel the pear.
Cut the pear as needed to fit the chute.

3 Use hard ingredients first and then the soft ones. (ingredients can be alternated)

TIP

Try this drink during summer to rehydrate yourself. Combination of oriental melon, pear and lemon also may prevent constipation.

- 350mL (12oz)
- 160kcal
- Use the Strainer

INGREDIENTS

Oriental Melon	230g
Pear	220g
Lemon(with skin)	10g

Detox, Rehydration
Dietary fiber, Potassium, Folic acid
—
Sweet



Detox 06

Peach with Vegetable Juice

Try peach if you want to clean and rejuvenate your skin.

1 Wash the carrots well.
Cut the carrots as needed to fit the chute.

2 Remove the stems and thorns from the cucumber. Cut it as needed to fit the chute.

3 Wash the kale and spinach well.
Cut them as needed to fit the chute.

4 Use hard ingredients first and then the soft ones. (ingredients can be alternated)

TIP

Peach has high water content and vitamin which are good for your skin.
Try overripe peaches if you want make thick juice.

- 350mL (12oz)
- 145kcal
- Use the Strainer

INGREDIENTS

Peach	250g
Carrot	100g
Cucumber	100g
Kale	25g
Spinach	50g

Anti-oxidant, Rehydration
Organic acid
—
Sweet



Detox 07

Golden Balance Juice

Well balanced juice with ingredients available all year.

1 Wash the spinach well.
Cut the spinach as needed to fit the chute.

2 Prepare the apple as a whole.
Cut the apple as needed to fit the chute.

3 Peel the banana.

4 Use hard ingredients first and then the soft ones. (ingredients can be alternated)

TIP

A simple recipe with ingredients available all year.
Use slightly overripe fruits to add sweetness.

- 350mL (12oz)
- 366kcal
- Use the Strainer

INGREDIENTS

Spinach	50g
Apple	180g
Banana	100g
Lemon(with skin)	30g
Milk	250g

Anti-oxidant
Strengthens immune system
Chlorophyll, Quercetin
—
A bit Sweet



Detox 08

Herb scent Sweet Melon

You will enjoy the sweet taste and the color of this drink.

1 Remove the skin and seeds from the melon. Cut the melon as needed to fit the chute.
2 Prepare the apple as a whole. Cut the apple as needed to fir the chute.
3 Use hard ingredients first and then the soft ones. (ingredients can be alternated)
4 Garnish with apple mint.

TIP
Melon contains vitamin C, beta-carotene, anti cancer content. It's a popular fruit for weight loss since it is low in calories but high in dietary fiber.

- 350mL (12oz)
- 230kcal
- Use the Strainer

INGREDIENTS

Melon	300g
Apple	200g
Basil	5g
Topping	
Apple Mint	5g

Anti-oxidant, Diuretic
Carotenoids, Potassium
—
Sweet



Detox 09

Sweet Spinach Juice

Juice that has full of nutrients.

1 Prepare the apple as a whole.
Cut the apple as needed to fit the chute.

2 Remove the skin and the core from the pineapple. Cut the pineapple as needed to fit the chute.

3 Wash the spinach well and cut it as needed to fit the chute.

4 Use hard ingredients first and then the soft ones. (ingredients can be alternated)

TIP

Pineapple increases your appetite and speeds up your digestion.
It is recommended after meal and it contains carotenoids which demonstrate anti cancer effect, strengthens immune system, and protects your skin.

- 350mL (12oz)
- 175kcal
- Use the Strainer

INGREDIENTS

Apple	200g
Pineapple	150g
Spinach	100g

Anti-oxidant
Prevents anemia
Carotenoids
—
A bit Sweet



Best Detox 10

Best Digest Juice

Fig increases your appetite. Try the fig detox program.

1 Prepare fig as a whole.
Cut the fig as needed to fit the chute.

2 Peel the pear.
Cut the pear as needed to fit the chute.

3 Use hard ingredients first and then the soft ones. (ingredients can be alternated)

- 350mL (12oz)
- 466kcal
- Use the Strainer

INGREDIENTS

Fig	350g
Pear	150g
Nut Products	40g
Milk	50g

TIP

Figs contain proteins that break down enzymes so it is recommended to be consumed after a meal.
It is a precious fruit which lowers cholesterol level and has an anti cancer effect.

Anti-oxidant
May prevent constipation
Dietary fiber, Anthocyanin
—
Sweet



Detox 11

Healing Light Green

Heal your body with light green juice.

1 Peel the pear.
Cut the pear as needed to fit the chute

2 Peel the orange.

3 Wash the spinach well and cut it as needed to fit the chute.

4 Remove the stem from the tomato.
Cut the tomato as needed to for the chute.

5 Use hard ingredients first and then the soft ones. (ingredients can be alternated)

TIP

Sweetness of pear and the orange combines well with wheatgrass.
Drink a glass right before bed and your constipation will go away the next morning.

- 350mL (12oz)
- 193kcal
- Use the Strainer

INGREDIENTS

Pear	180g
Orange	300g
Wheatgrass	20g

Anti-oxidant
May prevent constipation
Chlorophyll, Vitamin C
—
A bit Sweet



Best Detox 12

Tropical Juice

You will love the sweet tropical juice.

1 Peel the kiwi.
Cut the pear as needed to fit the chute.

2 Remove the skin and the core from the pineapple. Cut the pineapple as needed to fit the chute.

3 Peel the banana and the orange.

4 Prepare the apple as a whole.
Cut the apple as needed to fit the chute.

5 Use hard ingredients first and then the soft ones. (ingredients can be alternated)

6 Add some honey and stir well.

TIP
Bromelain from pineapples stimulates your digestion. Add honey to balance the flavor.

- 350mL (12oz)
- 359kcal
- Use the Strainer

INGREDIENTS

Kiwi	100g
Pineapple	120g
Banana	100g
Apple	100g
Orange	100g
Honey	30g

Anti-oxidant
May stimulate digestion
Quercetin
—
Sweet



Detox 13

Wheatgrass Grape Juice

Create a glass of sweet juice with wheatgrass, grapes and lemon.

1 Wash the wheatgrass well. Cut the wheatgrass well as needed to fit the chute.

2 Wash the grapes well and remove the grapes from the stem.

3 Use hard ingredients first and then the soft ones. (ingredients can be alternated)

TIP

Wheatgrass juice contains essential ingredients like vitamins, mineral, enzyme and chlorophyll.
Glucose from grapes can be easily absorbed into the body and converts it into an energy source.

- 350mL (12oz)
- 282kcal
- Use the Strainer

INGREDIENTS

Wheatgrass	20g
Grape	450g
Lemon(with skin)	30g

Anti-oxidant
Fatigue recovery
Chlorophyll, Resveratrol
—
A bit Sweet



Detox 14

Celeb Celery Juice

Celery meets various vegetables and fruits.

1 Wash the celery, the parsley, and the kale well. Cut them as needed to fit the chute.

2 Prepare the apple as a whole.
Cut the apple as needed to fit the chute.

3 Use hard ingredients first and then the soft ones. (ingredients can be alternated)

TIP

Celeb celery juice can be bitter so mix it well with sweet fruits. It helps you to release your stress.

- 350mL (12oz)
- 169kcal
- Use the Strainer

INGREDIENTS

Celery	300g
Parsley	30g
Kale	20g
Apple	180g
Lemon(with skin)	60g

Reduces stress
Chlorophyll
—
Bitter



Detox 15

Hi Parsley

Wake up in the morning with "hi, parsley". It's good for recovering fatigue.

1 Wash the parsley well.
Cut the parsley as needed to fit the chute.

2 Peel the orange and the banana.

3 Use hard ingredients first and then the soft ones. (ingredients can be alternated)

TIP

Parsley may stimulate digestion and detoxifies toxins. To make it more refreshing, you may use frozen fruit or cold beverage.

- 350mL (12oz)
- 274kcal
- Use the Strainer

INGREDIENTS

Parsley	5g
Orange	300g
Banana	100g
Milk	100g

Releases toxin
Chlorophyll, Dietary fiber
—
A bit Sweet


Kuvings®



THE PREMIUM WHOLE SLOW JUICER RECIPE BOOK

JUICE · Healing

Sweet Persimmon Harmony | Single meal Juice | Green tea Healing Juice
Sweet Green Juice | Winter Juice | Crown Daisy Green Juice | Dynamic Charge Juice
Green Spinach Juice | Basic Orange Hong | Full of Water Juice



Healing 01

Sweet Persimmon Harmony

Persimmon may prevent cancer and cold since it has a lot of vitamin C. Enjoy Sweet Persimmon Juice.

1 Remove the skin and seeds from persimmon. Cut the persimmon as needed to fit the chute.

2 Wash the spinach well and cut it as needed to fit the chute.

3 Use hard ingredients first and then the soft ones. (ingredients can be alternated)

4 Add some honey and stir well.

TIP

Keep persimmons in a zip lock bag with temperature of 0℃.

- 350mL (12oz)
- 576kcal
- Use the Strainer

INGREDIENTS

Persimmon	150g
Spinach	150g
Lemon(with skin)	15g
Nut Products	60g
Milk	60g
Honey	30g

Prevents anemia
Anti-aging
Carotenoids, Chlorophyll
—
A bit Sweet



Best Healing 02

Single meal Juice

Taste the sweetness and enjoy the scent.

1 Peel the banana.
2 Wash the spinach well and cut it as needed to fit the chute.
3 Use hard ingredients first and then the soft ones. (ingredients can be alternated)

TIP

Combination of banana, walnut, spinach and milk will heal your body.
It contains dietary fiber and minerals which prevent anemia and constipation.
Banana Walnut Spinach Juice can replace a meal.

- 350mL (12oz)
- 583kcal
- Use the Strainer

INGREDIENTS

Banana	200g
Walnut	40g
Spinach	60g
Milk	200g

Prevents anemia
May prevent constipation
Dietary fiber, Minerals
—
Sweet



Healing 03

Green tea Healing Juice

Turn ice green tea to a juice, you will love it.

1 Remove the stems from the strawberries.
2 Peel the banana.
3 Peel the pear.
Cut the pear as needed to fit the chute.
4 Use hard ingredients first and then the soft ones. (ingredients can be alternated)

TIP

As might already know, green tea is good for a diet and the immune system.
Add some honey for a better flavor.

· 350mL (12oz)
· 409kcal
· Use the Strainer

INGREDIENTS

Green Tea Powder	30g
Strawberry	200g
Banana	200g
Pear	100g
Milk	80g

Diuretic
Catechin
—
A bit Sweet



Healing 04

Sweet Green Juice

All the best greens create Sweet Green Juice.

1 Wash the grapes well and remove the grapes from the stem.
2 Wash the celery well.
Cut the celery as needed to fit the chute.
3 Remove the skin and thorns from the cucumber. Cut the cucumber as needed to fit the chute.
4 Prepare the apple as a whole.
Cut the apple as needed to fit the chute.
5 Peel the banana.
6 Use hard ingredients first and then the soft ones. (ingredients can be alternated)

TIP

High content of iron from green grapes helps hematogenous functions and prevents anemia.
It is recommended to pregnant women.
Enjoy Sweet Green Juice and start your detox with various fruit and vegetables.

- 350mL (12oz)
- 255kcal
- Use the Strainer

INGREDIENTS

Green Grape	200g
Celery	30g
Cucumber	50g
Apple	90g
Lemon(with skin)	30g
Banana	100g

Diuretic
Luteolin, Vitamin C
—
Average



Best Healing 05

Winter Juice

Must drink juice during winter season.
Improve your physical condition with Pear Apple Citron.

1 Peel the pear.
Cut the pear as needed to fit the chute.

2 Prepare the apple as a whole.
Cut the apple as needed to fit the chute.

3 Remove the skin and seeds from citron and cut it as needed to fit the chute.

4 Wash the kyona.
Cut the kyona as needed to fit the chute.

5 Use hard ingredients first and then the soft ones. (ingredients can be alternated)

TIP

Kyona contains calcium, potassium, sodium and mineral, vitamin A and C.
It's good for your skin and a diet.
This juice is recommended after a long day since it will help you to recover fatigue as well.

- 350mL (12oz)
- 113kcal
- Use the Strainer

INGREDIENTS

Pear	100g
Apple	100g
Citron	30g
Kyona	15g
Carbonated Water	150g

Lowers cholesterol
Quercetin, Vitamin C
—
A bit Sweet



Healing 06

Crown Daisy Green Juice

Hot day of summer, heal your body with detox green juice.

1 Peel the tangerine.
2 Remove the skin and seeds from persimmon.
3 Wash the crown daisy well and cut it as needed to fit the chute.
4 Use hard ingredients first and then the soft ones. (ingredients can be alternated)

- 350mL (12oz)
- 223kcal
- Use the Strainer

INGREDIENTS

Tangerine	300g
Persimmon	100g
Crown daisy	30g
Milk	100g

TIP

Enjoy the scent of crown daisy and it may also improve sleeplessness, constipation, and gastrointestinal disorders.
Use cold ingredients to make it more refreshing.

May lower blood pressure
Hesperidin, Chlorophyll
—
A bit Sweet



Healing 07

Dynamic Charge Juice

This one will help you with blood circulation.

1 Peel the orange.

2 Wash the broccoli and beet well.
Cut it as needed to fit the chute.

3 Use hard ingredients first and then the soft ones. (ingredients can be alternated)

TIP

Orange Beet Broccoli Juice contains hesperidin (vitamin P) which strengthens capillaries.

- 350mL (12oz)
- 173.5kcal
- Use the Strainer

INGREDIENTS

Orange	250g
Broccoli	150g
Lemon(with skin)	30g
Beet	50g

Helps blood circulation
Hesperidin, Sulforaphane
A bit Bitter



Healing 08

Green Spinach Juice

Green Spinach Juice may help improve digestion process.

1 Wash the spinach well and cut it as needed to fit the chute.

2 Cut the cabbage as needed to fit the chute.

3 Prepare the apple as a whole.
Cut the apple as needed to fit the chute.

4 Remove the stem and seeds from the green paprika.

5 Use hard ingredients first and then the soft ones. (ingredients can be alternated)

TIP

Spinach contains vitamin A and folic acid (vitamin B9) which help blood circulation.

- 350mL (12oz)
- 205kcal
- Use the Strainer

INGREDIENTS

Cabbage	50g
Spinach	150g
Apple	250g
Green Paprika	30g

May improve gastrointestinal functions

Organic acid

—

Average



Healing 09

Basic Orange Hong

Carrots combined with oranges become sweet orange carrot.

1 Peel the orange.

2 Wash the carrots well.
Cut the carrots as needed to fit the chute.

3 Use hard ingredients first and then the soft ones. (ingredients can be alternated)

TIP

Vitamin A from carrots is good for your eyes and may improve your eye sight.
It also prevents cataract and night blindness.

- 350mL (12oz)
- 202kcal
- Use the Strainer

INGREDIENTS

Orange	310g
Carrot	230g

May improve eye sight
Beta-carotene, Pectin

A bit Sweet



Healing 10

Full of Water Juice

Rehydrate your body with this juice during hot summer day.

1 Wash the romaine well and cut it as needed to fit the chute.
2 Remove the skin and the seeds from the watermelon. Cut the watermelon as needed to fit the chute.
3 Peel the pear and cut it as needed to fit the chute.
4 Use hard ingredients first and then the soft ones. (ingredients can be alternated)

TIP

All ingredients contain high water content, protein, vitamin, sugar.
It can replace carbonated beverages and serve it with ice.

- 350mL (12oz)
- 172kcal
- Use the Strainer

INGREDIENTS

Romaine	200g
Watermelon	150g
Pear	150g
Lemon(with skin)	30g

May improve eye sight
Lutein, Lycopene
—
Average

THE PREMIUM WHOLE SLOW JUICER RECIPE BOOK

JUICE · Refresh

Shouting Guy | Refresh Green Juice | Summer Detox Juice | Blue O Juice | Grape Vegetable Juice
Refresh Juice | Green O Juice | Reset Your Body | Fresh Pear Lemon Juice | Blueberry Ade





Refresh 01

Shouting Guy

Prevent cold and relieve coughing with Shouting Guy.

1 Peel the pear.
Cut the pear as needed to fit the chute.

2 Wash the radish and the ginger well.
Cut them as needed to fit the chute.

3 Peel the orange.

4 Use hard ingredients first and then the soft ones. (ingredients can be alternated)

TIP

It is recommended to people who speak a lot.
Pears are good for coughing, phlegm, and bronchial tubes.

- 350mL (12oz)
- 252kcal
- Use the Strainer

INGREDIENTS

Pear	300g
Daikon	80g
Ginger	2g
Orange	100g

May relieve coughing
May prevent bronchial disease
Luteolin, Gingerol
—
A bit Bitter



Refresh 02

Refresh Green Juice

Best combination of all greens, Refresh Green Juice!

1 Wash the spinach and kale well and cut it as needed to fit the chute.

2 Peel the pear.
Cut the pear as needed to fit the chute.

3 Remove the stems and thorns from the cucumber. Cut the cucumber as needed to fit the chute.

4 Use hard ingredients first and then the soft ones. (ingredients can be alternated)

TIP

Kale contains chlorophyll and multi vitamins.
Spinach contains vitamin A and folic acid.
This juice is good for blood circulation and prevents infection.

- 350mL (12oz)
- 125kcal
- Use the Strainer

INGREDIENTS

Kale	120g
Spinach	100g
Pear	200g
Cucumber	100g

May control blood pressure
Polyphenol, Chlorophyll

A bit Bitter



Refresh 03

Summer Detox Juice

Beat the heat with green detox juice.

1 Peel the banana and the tangerine.

2 Remove the skin and the core from the pineapple. Cut the pineapple as needed to fit the chute.

3 Wash the moroheiya well.
Cut the moroheiya as needed to fit the chute.

4 Use hard ingredients first and then the soft ones. (ingredients can be alternated)

TIP

Egyptian's spinach moroheiya, Cleopatra and royal family also enjoy this vegetable during summer.

- 350mL (12oz)
- 194kcal
- Use the Strainer

INGREDIENTS

Tangerine	100g
Pineapple	120g
Banana	50g
Moroheiya	30g
Milk	120g

May relieve inflammation
Cryptoxanthine
—
Sweet



Best Refresh 04

Blue O Juice

For your stomach and eyes, drink Blue O Juice every day.

1 Cut the red cabbage as needed to fit the chute.
2 Wash the carrots well.
Cut the carrots as needed to fit the chute.
3 Peel the orange.
4 Use hard ingredients first and then the soft ones. (ingredients can be alternated)

TIP

The core part of red cabbage contains many ingredients that are good for women so be sure to juice it. Balance the ingredient for the sweet flavor.

- 350mL (12oz)
- 187kcal
- Use the Strainer

INGREDIENTS

Red Cabbage	200g
Blueberry	50g
Carrot	80g
Orange	170g

May improve gastrointestinal health
May stimulate digestion
Indole, Sulforaphane
—
Average



Refresh 05

Grape Vegetable Juice

Drink grape juice when you are tired or thirsty.

1 Wash the grapes well and remove the grapes from the stem.
2 Wash the spinach and young leaf vegetables well. Cut them as needed to fit the chute.
3 Use hard ingredients first and then the soft ones. (ingredients can be alternated)

TIP
An upper part of the grapes are sweeter than the lower part. Be sure that the grapes are wrapped with a paper when you keep in refrigerator.

- 350mL (12oz)
- 285kcal
- Use the Strainer

INGREDIENTS

Grape	400g
Young Leaf Vegetable	30g
Spinach	50g

Fatigue recovery
May improve liver functions
Anthocyanin
—
A bit Sweet



Refresh 06

Refresh Juice

Refresh juice revitalizes your body with sweet taste.

1 Remove the skin and the core from the pineapple. Cut the pineapple as needed to fit the chute.

2 Use hard ingredients first and then the soft ones. (ingredients can be alternated)

TIP

It contains a lot of vitamin C.
Juicing will be easier if you buy pineapples that has been cut.

- 350mL (12oz)
- 165kcal
- Use the Strainer

INGREDIENTS

Pineapple	350g
Cranberry	80g
Strawberry	70g

May stimulate digestion
Fatigue recovery
Vitamin C
—
A bit Sweet



Refresh 07

Green O Juice

Green vegetables meet healthy fruit, Green O Juice!

1 Wash the parsley, the kale and the celery well. Cut them as needed to fit the chute.
2 Prepare the apple as a whole.
Cut the apple as needed to fit the chute.
3 Remove the skin and the core from the pineapple. Cut the pineapple as needed to fit the chute.
4 Use hard ingredients first and then the soft ones. (ingredients can be alternated)

TIP

Too much of the green can result bitterness so balance it with fruits.
You can consume chlorophyll, various enzymes, vitamins and minerals.

- 350mL (12oz)
- 159kcal
- Use the Strainer

INGREDIENTS

Parsley	30g
Kale	20g
Apple	380g
Celery	100g
Pineapple	60g

Fatigue recovery
Chlorophyll
—
Average



Refresh 08

Reset Your Body

Try "Reset Your Body" if you are tired.
It contains multiple vitamins, glucose, minerals and enzymes.

1 Peel the kiwi.
2 Prepare the apple as a whole.
Cut the apple as needed to fit the chute.
3 Remove the skin and the core from the pineapple. Cut the pineapple as needed to fit the chute.
4 Peel the orange.
5 Use hard ingredients first and then the soft ones. (ingredients can be alternated)

TIP

Be sure to eat the skin when you eat an apple.
It contains quercetin which has an anti-oxidant effect and anti-bacterial effect.

- 350mL (12oz)
- 359kcal
- Use the Strainer

INGREDIENTS

Kiwi	200g
Apple	100g
Pineapple	120g
Orange	100g

May stimulate digestion
Quercetin
—
Sweet



Refresh 09

Fresh Pear Lemon Juice

A good combination of pear juice and lemon juice.
Start your day with Pear Lemon and try the Sweet & Sour taste.

1 Peel the pear.
Cut the pear as needed to fit the chute.

2 Add two ingredients.
(ingredients can be alternated)

TIP
The pectin in pear lowers cholesterol level and release toxin which is good if you drink it in the morning.

- 350mL (12oz)
- 155kcal
- Use the Strainer

INGREDIENTS

Pear	350g
Lemon(with skin)	60g

May relieve coughing
Luteolin, Vitamin C
—
Sweet



Refresh 10

Blueberry Ade

Protect your health with Blueberry ade.

1 Prepare the apple as a whole.
Cut the apple as needed to fit the chute.

2 Use hard ingredients first and then the soft ones. (ingredients can be alternated)

3 Add apple mint on the top.

TIP

A combination of apple and blueberry, two best fruits of all. Recommended every day.

- 350mL (12oz)
- 170kcal
- Use the Strainer

INGREDIENTS

Blueberry	150g
Apple	150g
Carbonated Water	200g

Topping

Apple Mint	5g

May eliminate free oxygen radicals
Anthocyanin
—
Average

Smoothie

Sweet pumpkin Milky Smoothie | Chocolate Milk Smoothie | Sweet potato Yogurt Smoothie
Avocado Pineapple Smoothie | Banana Latte Smoothie | Mango Kale Smoothie | Almond butter Smoothie
Sweet Blueberry Smoothie | Mango Lassi | Melon Banana Smoothie | Tomato Kiwi Smoothie
Spinach Smoothie | Carrot Banana Smoothie | Cashew Cranberry Smoothie | Purple Smoothie



SMOOTHIE



Smoothie 01

Sweet Pumpkin Milky Smoothie

Make a delicious smoothie with a sweet pumpkin.

1 Prepare steamed sweet pumpkin and cut it as needed to fit the chute.
2 Defrost the frozen banana for 5 minutes.
3 Add, steamed pumpkin, frozen banana, almond and milk. (ingredients can be alternated)
4 Add some honey and stir well.

TIP

Skin part of a pumpkin contains a lot of nutrients so try it with skin.
Beta-carotene, amino acid and iron are necessary nutrients for growth of children.

- 350mL (12oz)
- 327kcal
- Use the Smoothie Strainer

INGREDIENTS

Steamed Sweet Pumpkin	100g
Frozen Banana	70g
Milk	200g
Almond	10g
Honey	15g

May prevent constipation
Carotenoids
—
Sweet



Smoothie 02

Chocolate Milk Smoothie

Much better than chocolate milk on the shelves.

1 Defrost the frozen banana for 5 minutes.
2 Defrost the frozen avocado for 5 minutes. (seed and skin removed)
3 Add frozen banana, frozen avocado and milk. (ingredients can be alternated)
4 Add vanilla powder and cacao powder for better flavor.

TIP

Taste the raw-food inside of soft milk chocolate smoothie.

- 350mL (12oz)
- 315kcal
- Use the Smoothie Strainer

INGREDIENTS

Milk	100g
Frozen Banana	100g
Frozen Avocado	50g
Vanilla Powder	3g
Cacao Powder	15g

May prevent constipation
Tocopherol
—
Sweet



Smoothie 03

Sweet Potato Yogurt Smoothie

The taste of sweet potatoes mixes well with the smoothie and it can replace a meal.

1 Prepare steamed sweet potato. (skin removed)
2 Defrost the frozen apple for 5 minutes.
3 Add steamed sweet potato, frozen apple, walnut and milk. (ingredients can be alternated)
4 Add some honey and yogurt.

TIP

With dietary fiber in a sweet potato, you will feel full and satisfied.
It will have a synergy effect if you mix sweet potatoes, apples and milk.
Use a sweet potato with the skin.

- 350mL (12oz)
- 436kcal
- Use the Smoothie Strainer

INGREDIENTS

Steamed Sweet Potato	100g
Frozen Apple	80g
Milk	200g
Walnut	10g
Yogurt	50g
Honey	10g

Calm effect
Dietary fiber, Melatonin
A bit Sweet



Smoothie 04

Avocado Pineapple Smoothie

Avocado Pineapple Smoothie is a colorful juice, and it is also good for digestion.

1 Defrost the frozen Avocado for 5 minutes. (seed and skin removed)
2 Defrost the frozen pineapple for 5 minutes. (skin and core removed)
3 Defrost the frozen banana for 5 minutes.
4 Wash the spinach and kale well and cut it as needed to fit the chute.
5 Add an ingredient with milk, and repeat the process for all ingredients.

TIP

Butter of the forest, avocado contains lutein which is good for your eye care.
This juice also has an anti-aging effect since it contains unsaturated fatty acid, vitamin E.

- 350mL (12oz)
- 292kcal
- Use the Smoothie Strainer

INGREDIENTS

Frozen Avocado	50g
Frozen Pineapple	120g
Frozen Banana	50g
Spinach	10g
Milk	200g

May improve eye sight
May stimulate digestion
Lutein, Tocopherol
—
A bit Sweet



Smoothie 05

Banana Latte Smoothie

Espresso meets frozen bananas.

1 Defrost the frozen banana for 5 minutes.
2 Add banana and milk.
3 Add espresso and stir well.

- 350mL (12oz)
- 366kcal
- Use the Smoothie Strainer

INGREDIENTS

Frozen Banana	200g
Milk	300g
Espresso	10g

TIP

Banana is widely consumed for skin care and weight loss. It is also known for its effects in preventing stroke and indigestion. It simply is very well balanced food.

May stimulate digestion
Skin care
Quercetin, Vitamin C
—
Average



Smoothie 06

Mango Kale Smoothie

Taste from mango and nutrients from kale create a very healthy smoothie.

1 Defrost the frozen mango for 5 minutes. (seed and skin removed)
2 Wash the kale well and cut it as needed to fit the chute.
3 Defrost the frozen banana for 5 minutes.
4 Add each ingredient with milk. (ingredients can be alternated)

TIP

This smoothie enhances your skin and balances blood pressure. Everyone will love it.

- 350mL (12oz)
- 433kcal
- Use the Smoothie Strainer

INGREDIENTS

Frozen Mango	100g
Kale	50g
Frozen Banana	70g
Cashew Nut	30g
Milk	200g

Skin care
May control blood pressure
Dietary fiber, Tocopherol
—
A bit Sweet



Smoothie 07

Almond Butter Smoothie

Almond Butter Smoothie is a creamy smoothie that everyone can enjoy.

1 Defrost the frozen apple for 5 minutes.
2 Defrost the frozen Avocado for 5 minutes. (seed and skin removed)
3 Add frozen apple, frozen avocado, lemon and milk. (ingredients can be alternated)
4 Add almond butter, maca powder, flaxseed for better flavor.

TIP

Almond butter is an optional.
Balance amount of apples and avocadoes based on your preference.
Apples add sweetness and avocadoes give a creamy flavor.

- 350mL (12oz)
- 344kcal
- Use the Smoothie Strainer

INGREDIENTS

Frozen Apple	90g
Frozen Avocado	20g
Lemon(with skin)	30g
Milk	250g
Almond Butter	15g
Maca Power	15g
Flaxseed	15g

Skin care
Quercetin
—
A bit Sweet



Smoothie 08

Sweet Blueberry Smoothie

Refreshing taste and sweetness will melt in your mouth.

1 Defrost the frozen blueberry for 5 minutes.
2 Defrost the frozen orange and the banana for 5 minutes. (skin removed)
3 Add each ingredient with milk. (ingredients can be alternated)

TIP
Blueberry Smoothie has an anti-aging effect.

- 350mL (12oz)
- 270kcal
- Use the Smoothie Strainer

INGREDIENTS

Frozen Blueberry	50g
Frozen Orange	80g
Frozen Banana	100g
Milk	200g

Anti-aging
Anthocyanin
—
Sweet



Smoothie 09

Mango Lassi

Indian's favorite drink Lassi, make your own.

1 Defrost the frozen mango for 5 minutes. (seed and skin removed)
2 Add frozen mango and milk. (ingredients can be alternated)
3 Add yogurt, honey, cinnamon powder and stir well.

TIP

Nutrients from mango and yogurt drink create very healthy drink for your skin.
Balance the amount of milk based on your preference.
You may use strawberries, bananas and pineapples to replace mangos.

- 350mL (12oz)
- 432kcal
- Use the Smoothie Strainer

INGREDIENTS

Frozen Mango	300g
Milk	250g
Yogurt	50g
Honey	5g
Cinnamon Powder	5g

May prevent gastrointestinal disorders
Vitamin A, Dietary fiber
—
Sweet



Smoothie 10

Melon Banana Smoothie

It has a fresh scent and a sweet flavor.
You will feel much better with Melon Banana Smoothie.

1 Defrost the frozen melon for 5 minutes. (seed and skin removed)
2 Defrost the frozen banana for 5 minutes.
3 Add each ingredient with milk. (ingredients can be alternated)
4 Add some evaporated milk.

TIP

Melons contain a full of beta-carotenes which have an anti cancer effect.
Potassium from a melon releases sodium and relieves inflammations. (edemas)

- 350mL (12oz)
- 288kcal
- Use the Smoothie Strainer

INGREDIENTS

Frozen Melon	150g
Frozen Banana	70g
Almond	5g
Milk	200g
Evaporated Milk	5g

Releases sodium
May relieve inflammable
Beta-carotene, Minerals
—
Sweet



Smoothie 11

Tomato Kiwi Smoothie

It is Tomato Kiwi Smoothie, must serve it.

1 Defrost the frozen tomato for 5 minutes. (stems removed)
2 Defrost the frozen kiwi for 5 minutes. (skin removed)
3 Defrost the frozen pineapple for 5 minutes. (core and skin removed)
4 Defrost the frozen banana for 5 minutes.
5 Add each ingredient with milk. (ingredients can be alternated)

TIP

Lycopene from a tomato prevents cardiovascular disease and quercetin from a kiwi prevents a cancer. It is full of vitamins and a good diet for a diet.

- 350mL (12oz)
- 219kcal
- Use the Smoothie Strainer

INGREDIENTS

Frozen Tomato	90g
Frozen Kiwi	50g
Frozen Pineapple	60g
Frozen Banana	50g
Milk	200g

May prevent cardiovascular diseases
Lycopene, Quercetin
—
Average



Smoothie 12

Spinach Smoothie

A tasty way to consume spinach, how about Spinach Smoothie?

1 Wash the spinach well and cut it as needed to fit the chute.

2 Defrost the frozen banana for 5 minutes.

3 Add each ingredient with milk. (ingredients can be alternated)

- 350mL (12oz)
- 418kcal
- Use the Smoothie Strainer

INGREDIENTS

Spinach	30g
Frozen Banana	70g
Walnut	30g
Milk	250g

TIP

Use walnuts to supplement proteins.
Vegetable proteins and unsaturated fatty acid revitalizes your body.
Lutein from spinaches also prevents eye related diseases.

May prevent eye related diseases
Lutein
—
A bit Sweet



Smoothie 13

Carrot Banana Smoothie

Taste the carrots, bananas and oranges all at the same time in one drink.

1 Wash the carrots well.
Cut the carrot as needed to fit the chute.

2 Defrost the frozen banana and the orange for 5 minutes. (skin removed)

3 Add each ingredient with milk.
(ingredients can be alternated)

TIP

Dietary fiber strengthens immune system and it's good for a diet.

- 350mL (12oz)
- 243kcal
- Use the Smoothie Strainer

INGREDIENTS

Carrot	50g
Frozen Banana	50g
Frozen Orange	150g
Milk	200g

Strengthens immune system
Beta-carotene, Hesperidin
—
A bit Sweet



Smoothie 14

Cashew Cranberry Smoothie

Cranberries have low calorie and a high anti-oxidant effect.

1 Defrost the cranberry for 5 minutes.
2 Defrost the frozen banana for 5 minutes.
3 Add each ingredient with milk.
(ingredients can be alternated)

- 350mL (12oz)
- 435kcal
- Use the Smoothie Strainer

INGREDIENTS

Frozen Cranberry	80g
Cashew Nut	30g
Frozen Banana	50g
Milk	300g

TIP

A cranberry contains anthocyanin which has an anti-oxidant effect and may prevent angiosis.
It may also prevent osteoporosis and cardiac diseases.

May prevent osteoporosis
Anthocyanin, Tocopherol
—
A bit Sweet



Smoothie 15

Purple Smoothie

A Cabbage protects eye sight and may prevent gastritis.
Purple color also has a decreasing appetite effect, so it's good for a diet.

1 Cut the red cabbage as needed to fit the chute.
2 Defrost the frozen pear for 5 minutes. (skin removed)
3 Add each ingredient with milk. (ingredients can be alternated)

- 350mL (12oz)
- 184kcal
- Use the Smoothie Strainer

INGREDIENTS

Red Cabbage	20g
Frozen Pear	300g
Milk	100g

TIP

The best season to consume a cabbage is in the fall. Red cabbage contains folic acid and recommended to pregnant women.

May prevent cold
Releases toxin
Indole, Luteolin
—
Average


Kuvings®



THE PREMIUM WHOLE SLOW JUICER RECIPE BOOK

Sherbet

Strawberry Sherbet | Blueberry Sherbet | Watermelon Milk Sherbet
Mixed Berry Nut Gelato | Orange Sherbet | Strawberry Milk Sherbet
Kiwi Sherbet | Banana Yogurt Gelato | Triple Berry Sherbet | Banana Mango Puree

SHERBET



Sherbet 01

Strawberry Sherbet

Everyone loves sweet strawberry sherbet.

1 Defrost the frozen strawberries for 5 minutes. (stems removed)
2 Add the frozen strawberries.
3 Add extra toppings based on your preference.

TIP
Prepare strawberries before you freeze them.

- 350mL (12oz)
- 78(369)kcal
- Use the Blank Strainer

INGREDIENTS

Frozen Strawberry	300g

Topping

Evaporated Milk	50g
Yogurt	50g
Slice Banana	20g
Slice Almond	10g

Anti-aging
Dietary fiber, Vitamin C
—
A bit Sweet



Sherbet 02

Blueberry Sherbet

Blueberry sherbet, chew on blueberry pulps.

1 Defrost the frozen blueberries for 5 minutes.
2 Add the frozen blueberries.
3 Add extra toppings based on your preference.

TIP
It has full of dietary fiber, so you can serve it while you are on a diet.
Please cut the ingredients before you freeze them.

- 350mL (12oz)
- 168(459)kcal
- Use the Blank Strainer

INGREDIENTS

Frozen Blueberry	300g
Topping	
Evaporated Milk	50g
Yogurt	50g
Slice Banana	20g
Slice Almond	10g

Anti-aging
Anthocyanin
—
Sweet



Sherbet 03

Watermelon Milk Sherbet

Watermelon is very refreshing.
Frozen watermelon with milk is much better.

1 Defrost the frozen watermelon for 5 minutes. (skin and seeds removed)
2 Put the frozen watermelon and milk.
3 Add extra toppings based on your preference.

TIP

Adjust amount of your watermelon.
Milk can be replaced with a carbonated drink or sprite.
Please cut the ingredients before you freeze them.

- 350mL (12oz)
- 123(247)kcal
- Use the Blank Strainer

INGREDIENTS

Frozen Watermelon	300g
Milk	50g
Topping	
Evaporated Milk	50g
Slice Almond	10g

Rehydration, Anti-aging
Lycopene, Saponin
—
Sweet



Sherbet 04

Mixed Berry Nut Gelato

Taste various ingredients with Mixed Berry Gelato!

1 Defrost the frozen strawberries for 5 minutes. (stems removed)
2 Defrost the frozen cranberries for 5 minutes. (stems removed)
3 Defrost the frozen avocado for 5 minutes. (Seed and skin removed)
4 Add each ingredient. (ingredients can be alternated)
5 Add extra toppings based on your preference.

TIP
This sherbet is good for skin and relieves infections. Please cut the ingredients before you freeze them.

- 350mL (12oz)
- 312(413)kcal
- Use the Blank Strainer

INGREDIENTS

Frozen Strawberry	200g
Frozen Cranberry	150g
Frozen Avocado	100g

Topping

Evaporated Milk	10g
Slice Almond	10g
Cashew Nut	5g
Honey	3g
Cream Cheese	5g

May relieve inflammable
Skin care
Vitamin C, Resveratrol
— Sweet



Sherbet 05

Orange Sherbet

The best dessert for an after meal.

1 Defrost the frozen oranges for 5 minutes. (skin peeled)
2 Add the frozen oranges.
3 Add extra toppings based on your preference.

TIP
Please cut the ingredients before you freeze them.

- 350mL (12oz)
- 120(499)kcal
- Use the Blank Strainer

INGREDIENTS

Frozen Orange	300g
Topping	
Evaporated Milk	50g
Yogurt	50g
Slice Banana	50g
Slice Almond	20g

Skin care
Citric acid, Vitamin C
—
A bit Sweet



Sherbet 06

Strawberry Milk Sherbet

Sweet strawberries turn into icy sherbet.

1 Defrost the frozen strawberries for 5 minutes.
2 Add the frozen strawberries and milk.
3 Add extra toppings based on your preference.

TIP

Place a sherbet bowl in a freezer, use small strawberries. You can mix other fruit bases on your preference. Please cut the ingredients before you freeze them.

- 350mL (12oz)
- 108(329)kcal
- Use the Blank Strainer

INGREDIENTS

Frozen Strawberry	300g
Milk	50g
Topping	
Evaporated Milk	50g
Slice Almond	10g

Skin care
Dietary fiber, Vitamin C
—
A bit Sweet



Sherbet 07

Kiwi Sherbet

Sweet & sour Kiwi increases your appetite during summer season.

1 Defrost the frozen kiwi for 5 minutes.
2 Add the frozen kiwi.
3 Add extra toppings based on your preference.

TIP
Please cut the ingredients before you freeze them.
Remove the core from the kiwis for a better taste.

- 350mL (12oz)
- 162(453)kcal
- Use the Blank Strainer

INGREDIENTS

Frozen Kiwi	300g

Topping

Evaporated Milk	50g
Yogurt	50g
Slice Banana	20g
Slice Almond	10g

May reduce stress
Dietary fiber
—
Sweet



Sherbet 08

Banana Yogurt Gelato

Try sweet Banana Yogurt Gelato after a long day of work!

1 Defrost the frozen banana for 5 minutes.
2 Add the frozen banana.
3 Add extra toppings based on your preference.

TIP
Please cut the ingredients before you freeze them.

- 350mL (12oz)
- 233(419)kcal
- Use the Blank Strainer

INGREDIENTS

Frozen Banana	200g
Topping	
Yogurt	50g
Nut Products	30g
Blueberry	5g

May improve constipation
Dietary fiber, Yogurt
—
A bit Sweet



Sherbet 09

Triple Berry Sherbet

Try all three berries at once, Triple Berry Sherbet.

1 Defrost the frozen blueberries, cranberries, raspberries for 5 minutes.
2 Put each ingredient one at a time. (ingredients can be alternated)
3 Add extra toppings based on your preference.

TIP
It may improve your eye sight and has an anti-oxidant effect.

- 350mL (12oz)
- 166(252)kcal
- Use the Blank Strainer

INGREDIENTS

Frozen Blueberry	100g
Frozen Cranberry	100g
Frozen Raspberry	100g

Topping

Evaporated Milk	10g
Slice Banana	20g
Syrup	3g

May improve eye sight
Anti-oxidant
Anthocyanin, Resveratrol
—
Average



Sherbet 10

Banana Mango Puree

Puree for a baby or with some bread.
Perfect for baby food with sweet mango and banana.

1 Defrost the frozen avocado for 5 minutes. (seed and skin removed)
2 Defrost the frozen banana for 5 minutes.
3 Add each ingredient one at a time. (ingredients can be alternated)
4 Add extra toppings based on your preference.

TIP
Please cut the ingredients before you freeze them.

- 350mL (12oz)
- 241(517)kcal
- Use the Blank Strainer

INGREDIENTS

Frozen Mango	150g
Frozen Banana	150g

Topping

Evaporated Milk	50g
Yogurt	50g
Blueberry	5g
Slice Almond	10g

May improve digestion process
Dietary fiber, Minerals
—
Sweet

THE PREMIUM WHOLE SLOW JUICER RECIPE BOOK

Cocktail

Tequila Sunrise | Apple Martini | Malibu Bay Breeze | Summer Sake | Pina Colada
Plum Martini | Frozen Daiquiri | Watermelon Nomimono | Coronarita | Fuzzy Navel





Cocktail 01

Tequila Sunrise

This cocktail preserves all natural fruit juice.

1 Peel the orange.
2 Remove the pomegranate seeds from the rind.
3 Add each ingredient. (ingredients can be alternated)
4 Add tequila and stir well.
5 Serve it with ice.

- 230ml (8oz)
- 202kcal
- Use the Smoothie Strainer

INGREDIENTS

Orange	250g
Pomegranate	50g
Tequila	30g

May prevent cold
Carotenoids, Vitamin C
—
Average



Cocktail 02

Apple Martini

Enjoy the fresh scent of a fresh apple.
Apple Martini has a refreshing taste of apple.

1 Prepare the apple as a whole.
Cut the apple as needed to fit the chute.
2 Add each ingredient.
(ingredients can be alternated)
3 Add rosemary rum and stir well.
4 Serve it with ice.

TIP

Make rosemary rum in advanced by adding some rosemary in rum and preserve it for 2 months.

- 230ml (8oz)
- 232kcal
- Use the Smoothie Strainer

INGREDIENTS

Apple	250g
Lemon(with skin)	20g
Rosemary	5g
Rosemary Rum	35g

Skin care
May stimulate digestion
Dietary fiber, Vitamin C
—
Average



Cocktail 03

Malibu Bay Breeze

A cocktail that starts with a refreshing taste and ends with sweet taste.

1 Remove the skin and the core from the pineapple. Cut the pineapple as needed to fit the chute.
2 Remove the stems from the strawberries.
3 Add each ingredient.
(ingredients can be alternated)
4 Add vodka and stir well.
5 Serve it with ice.

- 230ml (8oz)
- 130kcal
- Use the Smoothie Strainer

INGREDIENTS

Pineapple	100g
Strawberry	80g
Cranberry	70g
Lemon(with skin)	30g
Mint Leaf	3g
Vodka	30g

May stimulate digestion
Skin care
Vitamin C, Anthocyanin
—
Average



Cocktail 04

Summer Sake

A watermelon meets sake.
Serve it cold while enjoying the scent of the watermelon and sake!

1 Remove the skin and the seeds from litchi and watermelon.
2 Add each ingredient. (ingredients can be alternated)
3 Add some sake and stir well.
4 Serve it with ice.

- 230ml (8oz)
- 132kcal
- Use the Smoothie Strainer

INGREDIENTS

Watermelon	260g
Litchi	3g
Sake	50g

Anti-aging, Skin care
Dietary fiber, Vitamin C
A bit Bitter



Cocktail 05

Pina Colada

Pina Colada with a coconut!

1 Peel the orange and lime.
2 Remove the skin and the core from the pineapple. Cut the pineapple as needed to fit the chute.
3 Add each ingredient. (ingredients can be alternated)
4 Add some rum and stir well.

- 230ml (8oz)
- 327kcal
- Use the Smoothie Strainer

INGREDIENTS

Orange	150g
Pineapple	90g
Lime	40g
Coconut Cream	20g
Rum	40g

TIP

If you want to enjoy it as non-alcoholic beverage, blend bananas and strawberries and add it instead of rum.

Recovering immune system
Vitamin C, Organic acid
—
Average



Cocktail 06

Plum Martini

Sweet Plum Martini you can't resist!

1 Remove the skin and the seed from plum.
2 Add the ingredient.
3 Add some vodka and syrup. Stir well.
4 Serve it with ice.

TIP
Adjust amount of plum syrup based on your preference.

- 230ml (8oz)
- 311kcal
- Use the Smoothie Strainer

INGREDIENTS

Plum	270g
Syrup	20g
Vodka	70g

May eliminate free oxygen radicals
Anthocyanin, Dietary fiber

A bit Bitter



Cocktail 07

Frozen Daiquiri

Ernest Hemingway's favorite drink the Frozen Daiquiri.

1 Peel the lime.
2 Add the lime.
3 Add some rum, triple sec, syrup and stir well.
4 Serve it with ice.

- 230ml (8oz)
- 311kcal
- Use the Smoothie Strainer

INGREDIENTS

Lime	150g
Rum	100g
Triple Sec	40g
Syrup	10g

TIP

You may add more rum, if you would like stronger scent. Triple sec can be replaced with carbonated water or sprite.

May prevent cardiovascular diseases
Vitamin C, Organic acid
—
Sweet



Cocktail 08

Watermelon Nomimono

Enjoy the taste and scent of watermelon.
An apple can be added for sweeter flavor.

1 Remove the skin and the seeds from the watermelon.
2 Add each ingredient.
(ingredients can be alternated)
3 Add some carbonated water and mix it with vodka or tequila.
4 Serve it with ice.

- 230ml (8oz)
- 141kcal
- Use the Smoothie Strainer

INGREDIENTS

Watermelon	250g
Lemon(with skin)	20g
Carbonated Water	50g
Vodka or Tequila	20g

May relieve inflammable
Lycopene, Vitamin C
—
Bitter



Cocktail 09

Coronarita

It is not a beer.
Cornonarita is an alcoholic / non-alcoholic beverage everyone can enjoy.

1 Peel the lime.
2 Add each ingredient.
(ingredients can be alternated)
3 Add syrup, tequila and triple sec.
4 Pour the drink in a salt rimmed glass and serve it with ice.
5 Turn the bottle of coronarita upside down and garnish with a lemon.

TIP

You can enjoy it as margarita and use other beers like Bernini besides Corona.
Use a mini bottle and triple sec can be replaced with a carbonated water or sprite.

- 230ml (8oz)
- 167kcal
- Use the Smoothie Strainer

INGREDIENTS

Lemon(with skin)	100g
Lime	50g
Syrup	20g
Tequila	30g
Triple Sec	40g
Salt	5g
Corona Mini	1bottle

Topping
Lemon

Fatigue recovery
Anti-oxidant
Vitamin C
—
Bitter



Cocktail 10

Fuzzy Navel

Fuzzy Navel is a unique drink. Serve it cold like a smoothie and you can enjoy the fresh taste of many fruits.

1 Peel the orange.
2 Remove the seeds from a peach.
3 Add each ingredient.
(ingredients can be alternated)
4 Add some carbonated water, syrup, brandy and stir well.
5 Serve it with ice and rosemary mint is optional.

- 230ml (8oz)
- 179kcal
- Use the Smoothie Strainer

INGREDIENTS

Orange	250g
Peach	70g
Carbonated Water	40g
Syrup	3g
Brandy	20g

Topping

Rosemary or Mint Leaf	3g

Fatigue recovery
Lycopene, Lutein
—
A bit Sweet

Ingredients Index

A

Almond Butter Apple 101
Apple Lemon 15
Apple Lemon Rosemary 126
Apple Pear Beet 56
Apple Pineapple Spinach 61
Apple Tomato Kale 20
Apple Tomato Kale 47
Avocado Pineapple 98

B

Banana Milk 99
Banana Walnut Spinach 72
Bean Milk 25
Beet Lemon Apple 29
Blueberry 92
Blueberry Orange Banana 102
Bok choy Pear Fig 22

C

Cabbage Spinach Apple 78
Carrot Banana Orange 107
Carrot Broccoli Pear 31
Carrot Cucumber Celery 36
Celery Parsley Kale 66
Cherry Tomato Apple 11
Cranberry Cashew Nut 108
Cucumber Pear Kale 42

D

Dragon Fruit Apple 23

F

Fig Pear 62
Frozen Banana 120
Frozen Blueberry 114
Frozen Cranberry 116
Frozen Kiwi 119
Frozen Mango Banana 122
Frozen Orange 117
Frozen Strawberry 113
Frozen Strawberry Milk 118
Frozen Triple Berry 121
Frozen Watermelon 115

G

Grape Kale 48
Grape Vegetable 87
Grapefruit Lemon 34
Grapefruit Lemon Banana 32
Grapefruit Oriental Melon 37
Green Grape Cucumber 74
Green Tea Strawberry Banana 73

K

Kale Spinach Apple 46
Kale Spinach Pear 84
Kale Spinach Romaine 45
Kiwi Apple Pineapple 90
Kiwi Apple Spinach 14
Kiwi Pineapple Banana 64

L

Lemon Lime 133
Lime 131
Lotus Root Beet Pear 41

M

Mango Blueberry Kale 49
Mango Kale Banana 100
Mango Milk Yogurt 103
Mango Pineapple Peach 30
Melon Apple 60
Melon Banana 104
Milk Banana Avocado 96

O

Orange Beet Broccoli 77
Orange Carrot 79
Orange Mango Banana 33
Orange Peach 134
Orange Pineapple 129
Orange Pineapple Lemon 12
Orange Pineapple Mango 13
Orange Pomegranate 125
Oriental Melon Green Grape 55
Oriental Melon Pear Lemon 57

P

Parsley Kale Apple 89
Parsley Orange Banana 67
Peach Carrot Cucumber 58
Pear Apple Citron 75
Pear Daikon Ginger 83
Pear Lemon 91
Pear Lemon Spinach 18
Pear Orange Wheatgrass 63
Persimmon Crown Daisy 76
Persimmon Spinach 71
Pineapple Cranberry 88
Pineapple Strawberry 127
Plum 130
Pomegranate Apple 44
Pomegranate Strawberry 50

R

Radish Tomato Carrot 35
Red Cabbage Blueberry 86
Red Cabbage Pear 109
Romaine Watermelon 80

S

Spinach Apple Banana 59
Spinach Apple Carrot 38
Spinach Banana 106
Spinach Cucumber Kale 54
Strawberry Banana 16
Strawberry Cherry Tomato Paprika 19
Strawberry Orange Paprika 43
Strawberry Pear 24
Sweet Potato Apple Yogurt 97
Sweet Pumpkin Banana 95

T

Tangerine Pineapple 85
Tomato Carrot Celery 21
Tomato Kiwi 105

W

Walnut Berry 17
Watermelon Lemon 132
Watermelon Litchi 128
Wheatgrass Grape 65
Wheatgrass Orange Apple 53

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