

# juicepresso

Smart Extraction System

Fruit Juice  
Ice cream  
Vegetable Juice  
Corn Juice  
Soy Juice  
Cooking

Well-being Life with Juicepresso



# The Way Juice Is Prepared Changes the Taste and Nutrition of the Product.



VS



Tomato juice made with a conventional juicer

The high-speed rotation of the blades and the frictional heat from a conventional juicer will cause juice to create layers.

Tomato juice made with **juicepresso**

**juicepresso** does not shred or grind but gently presses the fruit to extract juice while preserving the natural taste and nutrition of the fruit.

# CONTENTS



## FRUIT JUICE

- 006 Strawberry Juice
- 007 Melon Juice
- 008 Pear Juice
- 009 Blueberry Juice
- 010 Apple Juice
- 011 Pomegranate Juice
- 012 Watermelon Juice
- 013 Orange Juice
- 014 Grapefruit Juice
- 015 Kiwi Juice
- 016 Pineapple Juice
- 017 Grape Juice
- 018 Tomato Juice

## NATURAL FRUIT ICE CREAM

- 020 Enjoy Natural Fruit Ice Cream
- 021 Good Ingredients When Making Ice Cream
- 023 Natural Fruit Ice Bar
- 025 Natural Fruit Sorbet
- 027 Natural Ice Cream
- 029 Yogurt Ice Cream
- 031 Legitimate Ice Cream



## VEGETABLE JUICE

- 032 Digestion Percentage and Digestion Time
- 034 Wheatgrass Juice
- 035 Potato Juice
- 036 Carrot Juice
- 037 Broccoli Juice
- 038 Celery Juice
- 039 Spinach Juice
- 040 Aloe Juice
- 041 Cabbage Juice
- 042 Kale Juice
- 043 Paprika Juice





## **CORN JUICE**

- 045 Enjoy Corn Juice
- 046 Corn Milk
- 047 Strawberry Corn Milk
- 048 Banana Corn Milk
- 049 Almond Corn Milk
- 050 Carrot Corn Juice
- 051 Wheatgrass Corn Juice
- 052 Melon Corn Juice
- 053 Pear Corn Juice
- 054 Apple Corn Juice
- 055 Orange Corn Juice
- 056 Celery Corn Juice
- 057 Tomato Corn Juice
- 058 Pineapple Corn Juice
- 059 Grape Corn Juice



## **SOY JUICE**

- 061 How to Cook Soybeans Deliciously
- 062 Soymilk, Black Bean Soymilk
- 063 Carrot Soy Juice
- 064 Pear Soy Juice
- 065 Apple Soy Juice
- 066 Celery Soy Juice
- 067 Pine Needle Soy Juice
- 068 Ginseng Soy Juice
- 069 Orange Soy Juice
- 070 Kale Soy Juice
- 071 Pineapple Soy Juice
- 072 Grape Soy Juice
- 073 Walnut Soy Juice



## **COOKING**

- 074 Enjoy Cooking
- 076 Corn Soup
- 078 Grape Jam
- 080 Tomato Ketchup

# Fruit juice

**Fruit juice made from *juice*presso is gently pressed not crushed, which preserves the natural taste, fragrance, color and nutrients of the fruit.**

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- Fresh fruits are abundant in vitamins and minerals such as lycopene, antosianin and beta-carotene to fight cancer and aging and improve skin.
- Fruit juices sold in store are full of artificial flavoring and coloring and is not effective in preserving health.
- Fruit mixed in a blender is not up to par with juice extracted by *juice*presso because it has been oxidized.

**When fruit juice is put through *juice*presso a second time, it removes excess residue and makes the juice clearer.**





## Strawberry Juice

The red coloring in strawberries from lycopene strengthens the immune system and circulatory system slowing down the aging process. Strawberries have a high Vitamin C content compared to other fruit. Eating 5-6 strawberries a day will provide the necessary daily Vitamin C dose.



1. Prepare the strawberries by washing the strawberries with the stem attached.
2. Put the prepared strawberries into Juicepresso.

### TIP

Put the whole strawberry including the stem into Juicepresso. It is not only less troublesome but the juice is extracted better.



## Melon Juice

Melons have an abundance of vitamin C and carotene, which relieves fatigue, stress and prevents aging. The potassium content in melons is high making it suitable for high blood pressure and strengthening kidney functions.



1. Remove the outer peel and cut into appropriate sizes.
2. Removing the seed will lower the sugar content so put the seeds into Juicepresso as well.



## Pear Juice

Pears have a large amount of pectin and fiber. The potassium in pears will speed up metabolism and promote kidney functions. Protein enzymes will help the digestion of meat and is effective for individuals with weak organs or lungs. It is also helpful in treating cough and asthma.



1. Wash the pear thoroughly and cut into pieces including the peel.
2. Put the prepared pear into Juicepresso.
3. If the juice is lacking in sweetness, add honey, or ginger.





## Blueberry Juice

Blueberries have a high antiosianin content preventing cancer, stroke, aging and dementia. It is also good in restoring vision and improving memory.



1. Put the prepared blueberries into Juicepresso.
2. The pulp inside the fruit is clear but the peel is purple making the juice a dark purple color.
3. Using only blueberries to make juice will yield only a small amount of juice. Using pears or apples along with blueberries will produce more juice.



## Apple Juice

Apples are abundant not only in vitamins and minerals but also in cancer preventing ingredients. The receptive fiber in pectin is effective in treating constipation and diarrhea. The acidity will promote digestion and the absorption of iron. Also, the citric acid in apples relieves stress and fatigue and is helpful in skin care.



1. Wash the apple with the peel on.
2. Cut the apple into appropriate sizes.
3. Put the apple in Juicepresso.



## Pomegranate Juice

Pomegranates contain the female hormone estrogen so it is effective for women going through menopause. The seeds contain estrogen and the pulp contains vitamins to give energy and treat high blood pressure and blood clots.



1. Open the outer peel and take out the fruit.
2. Put the prepared fruit into Juicepresso.

### TIP

The origin of the pomegranate may affect the color and amount of juice produced.



## Watermelon Juice

The fructose and glucose in watermelons are absorbed quickly by the body and are effective in treating fatigue. It is also good for heart disease, kidney disease, high blood pressure and edema caused by pregnancy.



1. Thinly cut off the watermelon peel and cut into appropriate sizes keeping the white rind and seeds.
2. Put the prepared watermelon into Juicepresso.
3. You can extract the rind and use as a facial pack to moisturize skin.





## Orange Juice

Oranges have vitamin C, flavonoid and beta-carotene to prevent aging, strengthen the immune system and raise resistance against sickness and cancer.



1. Peel the fruit and cut into appropriate sizes.
2. Put the prepared orange pieces into Juicepresso.

### TIP

If you put the extracted orange juice through Juicepresso a second time, the juice becomes clearer and there is less residue left in the strainer.





## Grapefruit Juice

Grapefruits have vitamin C, potassium, folic acid and are low in calories making it ideal for diets. The plentiful citric acid is effective against fatigue and lowers cholesterol preventing blood clots.



1. Peel the fruit.
2. Cut into appropriate sizes and put into Juicepresso.

### TIP

The amount of juice may differ based on the freshness of the grapefruit. Combining the grapefruit with pears will conceal some of the sourness.



## Kiwi Juice

Kiwis are abundant in vitamin C. It controls aging and prevents cancer and cataracts. It is helpful in smoothing skin and stress and is also good for smokers.



1. Lightly brush the kiwi with a brush to remove the fine hairs and cut into appropriate sizes with the peel on.
2. Put the prepared kiwi into Juicepresso.
3. The kiwi peel is extracted through the separate output.

### TIP

**Gold Kiwi v. Green Kiwi** There are two different colors of kiwi and the nutrients in each differs slightly. The green kiwi is more sour and good for dietary purposes. The gold kiwi is sweet and is a good snack for picky kids that need vitamins and minerals.



## Pineapple Juice

Pineapples are a tropical fruit high in sugar and is good in treating fatigue. Also, it is effective in breaking down protein enzymes, speeding up digestion and treating arthritis. It has an abundance of vitamin C making it effective as a skin beautifier.



1. Peel the fruit and remove of the core.
2. Cut into appropriate sizes.
3. Put the prepared pineapple into Juicepresso.

### TIP

Pineapples are sweet and the fragrance is strong making it useful in mixing with vegetables.



## Grape Juice

The purple coloring caused by flavonoid prevents blood clots and strengthens the heart. The plentiful minerals promote muscular strength and the pectins and tannins in grapes is good for the digestive system.



1. Wash and separate the grapes individually and put into Juicepresso.
2. Putting already extracted grapes into Juicepresso a second time may cause the machine to break.

### TIP

The surface of a well-ripened grape may be covered with a white powder. It is beneficial to pick the grape with the white powder evenly distributed.





## Tomato Juice

Tomatoes were selected by Time magazine as one of the ten healthiest foods. Lycopene, present in tomatoes, is highly effective in preventing aging and cancer. It is low in calories making it an ideal dietary food and is helpful in preventing high blood pressure and blood clots.



1. Wash thoroughly and cut into appropriate sizes including the stem.
2. Put the prepared tomato into Juicepresso.

### TIP

Cherry tomatoes are smaller than regular tomatoes but denser in nutrients and higher in calories. But because both are overall low in calories they are ideal for dieters.







# ICE CREAM

**Soft and Sweet Ice Cream**

**A Frozen Popsicle Fresh and Cool Fruit Sorbet**

**I Scream, You Scream, We All Scream For Ice Cream.**

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Fresh fruit and an ice cream mold is enough to easily make ice cream at home. **juice**presso produces juice with natural color, taste and fragrance meaning no preservatives or additives in this homemade ice cream.

It is full of vitamins and nutrients making it safe for kids and surpasses the quality of ice cream available in markets.

In addition, using seasonal fruit to make ice cream is not only economical but can easily be personalized to an individual's taste.

# Good Ingredients When Making Ice Cream

Store-bought ice cream is full of additives and preservatives. It is easy to obtain ingredients to make natural ice cream without chemicals at home while imitating the taste and texture of store-bought ice cream.



**Condensed Milk:** Condensed milk is readily available at markets. Adding one or two tablespoons to fruit juice will raise sugar level and produce ice cream similar in taste and texture to store-bought ice cream.



**Powdered Skim Milk:** Powdered skim milk is available at supermarkets or bakery supply stores. It separates fat from milk and is made into a powder so it is abundant in nutrients but low in calories. It is helpful in maintaining one's health and diet. It adds a creamy texture to fruit juice making it smoother than solely freezing juice.



**Honey & Oligosaccharide:** The sugar-content of juice lowers as it freezes so honey enhances the taste as well as nutritional value of the juice. It also helps separate ice bars from the mold by acting as a lubricant.



**Plain Yogurt:** When making ice cream from sour fruits like oranges and pineapples, adding plain yogurt helps sweeten the taste and fragrance of the ice cream. It is lighter and fresher in taste than ice cream made with condensed milk or powdered skim milk.



**Whipping Cream:** Whipped cream is available at markets in a wide variety. Adding whipping cream to ice cream will imitate the taste and texture of store-bought ice cream without adding preservatives or additives.



**Good Fruit For Making Ice Bars**

melons, oranges, pineapples, strawberries, apples

# Natural Fruit Ice Bar

This ice bar is made with only natural fruit and no preservatives or additives.



**Ingredients:** fruit, condensed milk

1. Prepare the fruit and the condensed milk.
2. Put the prepared fruit into Juicepresso.
3. Mix the juice with the condensed milk and put in the freezer  
(1tbs of condensed milk for 100ml of juice).

## TIP

There are a variety of ice bar molds available at the market. There is no need to spend money to buy one though. A paper cup or plastic container will suffice.







**Good Fruit For Making Ice Sorbet**  
watermelon, pears, grapes, melons



## Natural Fruit Sorbet

Sorbet is made by slightly freezing fruit juice. There is no milk added making this the perfect, natural and tangy dessert.



**Ingredients:** fruit, honey or oligosaccharide

1. Cut fruit into appropriate sizes.
2. Put the prepared fruit into Juicepresso.
3. Mix the extracted juice with honey or oligosaccharide and mix well. Put in the freezer (1tbs of honey or oligosaccharide for 100ml of juice).
4. Take out after 3-4 hours and scrape the ice with a spoon and put back into the freezer.

### TIP

When fruit juice is frozen, the sugar content is lowered which is why it is beneficial to add honey or oligosaccharide before freezing the juice.



**Good Fruit For Making Ice Cream**  
melons, pears, apples, strawberries



# Natural Ice Cream

A harmony of sweet fruit and smooth milk make this natural ice cream.



**Ingredients:** 300ml apple juice, 4tbs powdered milk, 2tbs condensed milk

1. Wash the apple and cut into appropriate pieces.
2. Put the prepared apple into Juicepresso.
3. The powdered milk will not dissolve easily so set aside a small quantity of juice and mix the condensed milk and powdered milk with it.
4. Mix the juice with the mixture.
5. Put in a wide bowl.
6. Put in a freezer and scrape the mixture with a spoon every 1-2 hours and then put the mixture back in the freezer.

## TIP

Powdered skim milk is a dry product, which will help imitate the taste of store-bought ice cream while ensuring low fat content. Using powdered skim milk will bring the calorie count lower than using regular powdered milk.



**Good Fruit For Making Yogurt Ice Cream**  
apples, oranges, pineapples, grapes, strawberries



# Yogurt Ice Cream

Ice cream made by mixing tangy fruit juice with fresh yogurt.



**Ingredients:** 300ml pineapple juice, 1 pack plain yogurt, 3tbs condensed milk

1. Prepare the pineapple juice, plain yogurt and condensed milk.
2. Remove the core and cut into appropriate pieces. Put into Juicepresso.
3. Mix the juice with the yogurt and condensed milk and freeze.
4. Put in a freezer and scrape the mixture with a spoon every 1-2 hours and then put the mixture back in the freezer.

## TIP

Fruits that have a sour taste such as oranges and pineapples taste better with plain yogurt than skim milk or fresh cream.





**Good Fruit For Making Traditional Ice Cream**  
strawberries, grapes, oranges, pineapples, apples

# Legitimate Ice Cream

Eggs, fresh cream and juice are used to make this ice cream full of flavor and nutrients.



**Ingredients:** 300ml strawberry juice, 5Tbs powdered skim milk, 3tbs condensed milk, 1 egg yolk, 100ml cups cream

1. Wash the strawberries and extract juice using Juicepresso.
2. Mix the powdered skim milk, condensed milk and egg yolk with the juice.
3. Transfer to a pot and heat over low heat stirring constantly. Boil and then cool.
4. Whip the cream until thick.
5. Put in the cooled liquid from 3. and immediately stir.
6. Put in the freezer for 3-4 hours. Taking it out every 1-2 hours and scraping the mixture with a spoon will produce a softer ice cream.

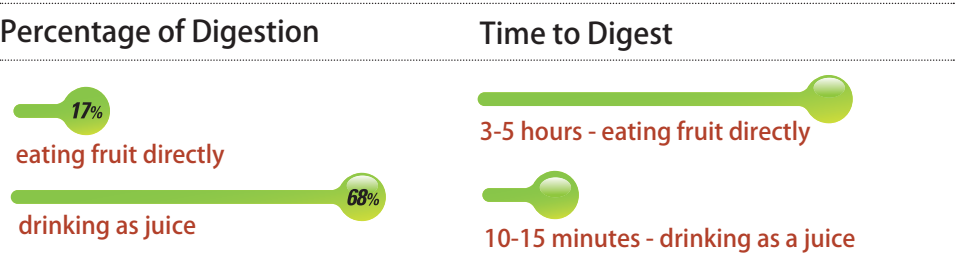
## TIP

An ice cream maker makes it easier to make ice cream at home.





**Consuming fruits and vegetables through juice rather than chewing can shorten digestion time and raise absorption.**



The remnants of the fruit when eaten directly will lower absorption to 17% and take as long as 3-5 hours. Discarding the fiber and drinking juice will increase absorption to 68% and digestion time to only 10-15 minutes.





# Vegetable juice

**Vegetable juice is highly effective in preventing aging and fighting cancer.**

**Fresh vegetables are not only full of vitamins and minerals but abundant in enzymes and chlorophyll. It can strengthen the immune system and remove waste cleaning out the body. It has a natural healing ability to help humans become healthier.**

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## How to Make Vegetable Juice

### **Mix Vegetables Low In Moisture With Fruits**

Vegetables are naturally lower in moisture and sugar content than fruits. Adding pears, melons or apples, which are high in liquid and sugar content to enhance flavor.

### **Cut Fibrous Vegetables Into Small Pieces**

Fibrous vegetables like celery should be cut into thin long strips when possible.

### **Vegetables With Roots Should Be Washed Thoroughly**

Any grit or sand left on the root should be washed carefully and thoroughly to prevent damage to **juicepresso**.

### **Juice a Second Time For Clearer Juice**

When vegetable juice is put through **juicepresso** a second time, it removes excess residue and makes the juice clearer.





## Wheatgrass Juice

Wheatgrass is abundant with vitamins and minerals. It is effective in preventing aging and cancer. It cleans blood, increases circulation, lowers blood pressure and keeps blood vessels strong.



1. Cut the wheatgrass into appropriate lengths.
2. Put the prepared wheatgrass into Juicepresso. The wheatgrass is thin so add in bunches.
3. To lower the intensity of the wheatgrass flavor mix with oranges or pears.

### TIP

Wheatgrass can be easily grown at home or purchased from the Internet and local growers.



## Potato Juice

Potato is abundant in potassium removing excess sodium from the body. It prevents high blood pressure and treats gastric ulcers and kidney trouble.



1. Wash away the dirt from the peel and the crevices.
2. Put the prepared potatoes into Juicepresso.
3. Potatoes are high in starch and may sink if time passes so it should be consumed immediately.



## Carrot Juice

Carrots are full of beta-carotene, a type of vitamin A, preserving eyesight, cancer and aging. It is also good for skin.



1. Wash and cut into long strips.
2. Put the prepared carrots into Juicepresso.
3. If you put the carrot juice through the juicer twice there will be less residue and the juice will be clearer.

### TIP

The orange color of the carrot may dye the brush but the color will wash out naturally when the next ingredient is used.





## Broccoli Juice

Broccoli has selenium, a cancer-preventing component. It is also abundant in beta-carotene and other minerals, which prevent aging and lifestyle related illnesses.



1. The stem has a lot of nutrition so cut into appropriate sizes.
2. Put the prepared broccoli into Juicepresso.
3. Mix the broccoli with pears, apples or melons to increase flavor and juice.



## Celery Juice

The unique smell of celeries can increase appetite and relieve fatigue. It controls perspiration, promotes diuresis and keeps body temperature warm. It has an abundance of fiber and is beneficial in controlling digestion, lowering cholesterol, preventing aging, constipation, and cancer among other illnesses. It is also effective in treating nervous system failure, food poisoning, menopause and neuralgia.



1. Wash the celery and cut into appropriate sizes.
2. Put the prepared celery into Juicepresso.





## Spinach Juice

Spinach is high in calcium making it ideal for women with anemia and children with skeletal symptoms. It also promotes physical growth and is abundant in vitamin A and improves vision.



1. Keep the roots of the spinach because there is a lot of nutrition in the roots.
2. Put the prepared spinach in Juicepresso.
3. Keep any leftover spinach standing up with the roots on the bottom to keep fresh longer.



## Aloe Juice

The stickiness of aloe is effective in treating ulcers and helps cell regeneration. It increases cell regeneration and organ capacity. It also treats diuresis and constipation. The gelatin of the aloe also helps prevent cancer.



1. Cut the aloe into appropriate sizes with the skin on.
2. To help the gel come through the juicer, add a pear or melon and switch between aloe and fruit while juicing.



## Cabbage Juice

Cabbages are full of vitamin D and will lower mucus accumulation. It lowers temperature through vitamin U and is abundant in vitamin K, which prevents osteoporosis. It also controls carcinogens and is effective against stomach and colon cancer.



1. Instead of leafing the cabbage, cut the head into pieces.
2. Cabbage is low in moisture so mix with pear or melon to increase flavor and liquid.
3. Put the cabbage juice through the juicer a second time to remove excess residue and produce clearer juice.

### TIP

There may be a loud noise when juicing cabbage. This is normal and is a result of the ingredients coming into contact with each other.



## Kale Juice

Kale is high in protein and vitamins. It is abundant in a variety of minerals and can treat lifestyle related illnesses. It removes waste from the intestines and helps prevent liver poisoning and anemia while increasing blood circulation.



1. Kale juice is high in viscosity and the taste is strong so mix with pears, apples or melons to remove bitterness and increase the amount of juice.





## Paprika Juice

Paprika lowers cholesterol and promotes growth in children. It is also good in treating atrophy and the plentiful vitamins help manage skin and prevent aging.



1. The seeds in paprika may be spicy and bitter so remove and cut into appropriate pieces.
2. Put the prepared pieces into Juicepresso.





# Corn Juice

**Corn juice can be a meal replacement for busy individuals. A combination of fruits or vegetables and corn can provide an abundance of nutrients.**

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Corn has three times the fiber of rice. Fiber speeds up digestion and cleans out the intestines. It relieves constipation and prevents gastroenteritis. It is also the perfect meal replacement for individuals who do not have time to exercise consistently.

- Corn is high in protein and carbohydrates but low in vitamins and minerals.
- Fruits and vegetables are plentiful in vitamins and minerals but low in protein and carbohydrates.

Mixing corn with fruits and vegetables will provide all the necessary vitamins and minerals while satisfying hunger. It is full of protein, which makes it an ideal dietary product.





## Corn Milk

Corn Milk is a perfect breakfast supplement.



1. Strain the corn to remove any liquid.
2. Prepare corn and milk.
3. Put the corn and milk into Juicepresso simultaneously.



## Strawberry Corn Milk

Strawberry, the queen of vitamins meets corn to create delicious strawberry corn milk.



1. Prepare strawberries, corn and milk.
2. Put the corn, milk and strawberries into Juicepresso switching between the corn and milk mixture and the strawberries.





## Banana Corn Milk

Banana corn milk satisfies an empty stomach.

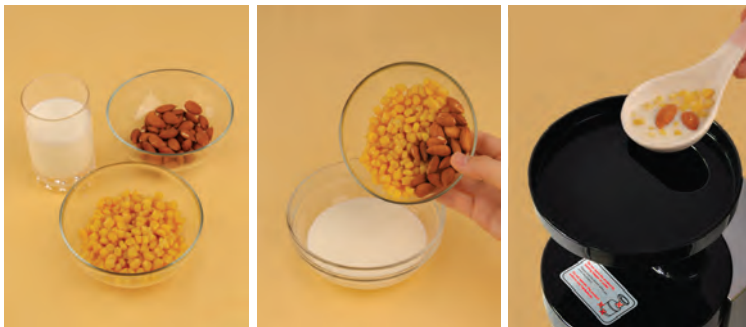


1. Prepare bananas, corn and milk.
2. Put the corn, milk and bananas into Juicepresso switching between the corn and milk mixture and the bananas.



## Almond Corn Milk

Almond corn milk is abundant with essential vitamins.



1. Prepare almond, corn and milk.
2. Mix the almond, corn and milk together.
3. Put the mixture into Juicepresso.
4. After juicing, add a little more milk through the juicer to decrease residue in the strainer.



## Carrot Corn Juice

Carrot corn juice is a healthy way to obtain carotene.



1. Prepare carrots and corn
2. Put the carrots and corn into Juicepresso switching between carrots and corn.



## Wheatgrass Corn Juice

Wheatgrass corn juice increases stamina and treats illnesses.



1. Prepare wheatgrass, corn and water.
2. Put the corn, water and wheatgrass into Juicepresso switching between the corn and water mixture and the wheatgrass.





## Melon Corn Juice

Melon corn juice increases kidney function.



1. Prepare melon and corn.
2. Put the corn and melon into Juicepresso switching between the corn and melon.



## Pear Corn Juice

Pear corn juice can cure a hangover and promote diuresis.



1. Prepare pear and corn.
2. Put the corn and pear into Juicepresso switching between the corn and pear.



## Apple Corn Juice

Apple corn juice prevents aging and is good for skin.



1. Prepare apple and corn.
2. Put the corn and apple into Juicepresso switching between the corn and apple.





## Orange Corn Juice

Orange corn juice is a tangy juice that helps to relieve fatigue.



1. Prepare orange and corn.
2. Put the corn and orange into Juicepresso switching between the corn and orange.





## Celery Corn Juice

Celery corn juice cleans the circulatory system.



1. Prepare celery and corn.
2. Put the corn and celery into Juicepresso switching between the corn and celery.



## Tomato Corn Juice

Tomato corn juice is a low-calorie juice that prevents aging.



1. Prepare tomato and corn.
2. Put the corn and tomato into Juicepresso switching between the corn and tomato.



## Pineapple Corn Juice

Pineapple corn juice can promote digestion and fight constipation.



1. Prepare pineapple and corn.
2. Remove the skin and core of the pineapple and cut into appropriate sizes.
3. Put the corn and pineapple into Juicepresso switching between the corn and pineapple.



## Grape Corn Juice

Grape corn juice relieves fatigue and clears arteries.



1. Prepare grapes and corn.
2. Put the corn and grapes into Juicepresso switching between the corn and grapes.



# Soy juice

Fresh fruits and vegetables are abundant in vitamins and minerals while soy is full of protein. Soy juice is full of both taste and nutrition. It increases appetite but is low in calories. It is the perfect diet product!

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## Making Soy Juice With **juice**presso

### Plenty of Water or Milk

Beans are low in moisture so it is important to use plenty of water or milk. Fruits can increase taste and texture of soy juice as well.

### Fruits With Moisture

Mix fruits with a lot of moisture (pears, oranges or melons) with soybeans without water to produce thicker, tastier juice.

### Make Bean-Curd Refuse

Juice the fruits and then mix the fruit juice with prepared soybeans and put through **juice**presso to make bean-curd refuse without the fruit remains.



## How To Cook Soybeans Deliciously

1. Wash the soybeans and let soak in water for at least half a day.
2. The soybean to water ratio should be 1:1. Add a little bit of salt for flavor.
3. When it starts to boil, lower the heat and let cook for 5-7 minutes then turn off the heat.

If you juice the soybeans with the water boiled with the soybeans, it will give a richer flavor to the soy juice.

The boiled soybeans can be refrigerated for 3-4 days.

To keep soybeans longer, drain the liquid, divide into individual portions, and freeze. The frozen soybeans will last 2-4 weeks and is a convenient way to use whenever needed.

**Warning:** Any sand or grit in **juicepresso** may damage the machine so make sure to remove excess sand from the soybeans when washing.



## Soybean Milk

Soybean Milk is abundant in protein.



**Ingredients:** boiled soybeans, water or milk

1. Mix the soybeans with the water or milk using a 1:1 ratio.
2. Carefully put the mixture into Juicepresso making sure to add equal parts soybean and water/milk each time.
3. Put the soymilk through Juicepresso a second time to remove excess residue.

\*It is also beneficial to use the water from boiling the soybeans.



## Carrot Soy Juice

Carrot soy juice improves vision and helps prevent cancer.



**Ingredients:** carrot, boiled soybeans

1. Wash the carrots and cut into long strips.
2. Put the boiled soybean and carrot into Juicepresso switching between the soybeans and carrot.
3. Carrots are low in moisture so add water if necessary.





## Pear Soy Juice

Pear soy juice relieves fatigue and hangovers. It also promotes digestion.



**Ingredients:** pear, boiled soybeans

1. Wash the pear and cut into appropriate sizes with the peel on.
2. Prepare the soybeans without water.
3. Put the boiled soybean and pear into Juicepresso switching between the soybeans and pear.
4. Add a piece of pear through the juicer last to remove the remaining residue.



## Apple Soy Juice

Apple soy juice is a perfect combination of tangy fruit and nutritional soybeans.



**Ingredients:** apple, boiled soybean

1. Wash the apple and cut into appropriate sizes with the peel on.
2. Put the boiled soybean and apple into Juicepresso switching between the soybeans and apple.
3. Add a piece of apple through the juicer last to remove the remaining residue.



## Celery Soy Juice

Celery soy juice will relieve fatigue and stress.



**Ingredients:** celery, boiled soybeans, water

1. Wash the celery and cut into strips.
2. Mix the soybeans with the water.
3. Put the boiled soybean and water mixture and celery into Juicepresso switching between the soybeans and celery.
4. Add a little water through the juicer last to remove the remaining residue.



## Pine Needle Soy Juice

Pine needle soy juice will clear blood and increase circulation.



**Ingredients:** pine needles, boiled soybeans, water

1. Wash the pine needles
2. Mix the soybeans with the water.
3. Put the boiled soybean and water mixture and pine needles into Juicepresso switching between the soybeans and pine needles.
4. Add a little water through the juicer last to remove the remaining residue.





## Ginseng Soy Juice

Ginseng soy juice is nutritional and has a rich fragrance.



**Ingredients:** ginseng, boiled soybeans, water

1. Wash the ginseng with a small brush and cut into small pieces.
2. Mix the soybeans with the water.
3. Put the boiled soybean and water mixture and ginseng into Juicepresso switching between the soybeans and ginseng.
4. Add a little water through the juicer last to remove the remaining residue.



## Orange Soy Juice

Orange soy juice is abundant in vitamin C and protein.



**Ingredients:** orange, boiled soybeans

1. Remove the orange peel and cut into appropriate sizes.
2. Put the boiled soybean and orange into Juicepresso switching between the soybeans and orange.
3. Add an orange piece through the juicer last to remove the remaining residue.



## Kale Soy Juice

Kale soy juice is abundant in nutrients.



**Ingredients:** kale, boiled soybeans, water

1. Wash the kale and cut into appropriate sizes.
2. Mix the soybeans with the water.
3. Put the boiled soybean and water mixture and kale into Juicepresso switching between the soybeans and kale.
4. Add a little water through the juicer last to remove the remaining residue.



## Pineapple Soy Juice

Pineapple soy juice is a sweet way to relieve fatigue.



**Ingredients:** pineapple, boiled soybean

1. Remove the peel and core of the pineapple and cut into appropriate sizes.
2. Put the boiled soybean and pineapple into Juicepresso switching between the soybeans and pineapple.





## Grape Soy Juice

Grape soy juice is full of glucose making it effective against fatigue.



**Ingredients:** grapes, boiled soybean

1. Wash and separate the grapes individually.
2. Put the boiled soybean and grapes into Juicepresso switching between the soybeans and grapes.



## Walnut Soy Juice

Walnut soy juice helps activate the brain.



**Ingredients:** walnuts, boiled soybean, milk

1. Prepare the walnuts, soybeans and milk in equal amounts.
2. Mix all three ingredients together and put in Juicepresso.
3. Add a little milk through the juicer last to remove the remaining residue.

# Cooking

**Food can be easily prepared in a traditional method with juicepresso.**

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**Use the millstone function on juicepresso to easily make a variety of tofu, porridge, jam and jelly.**







## Corn Soup

**Ingredients:** 1 can of corn, 15g onion, 100ml milk

1. Strain the corn and set aside.
2. Use the fruit (yellow) strainer and put the corn and milk through Juicepresso.  
The corn to milk ratio should be 1:1.
3. Add the onion through Juicepresso.
4. Transfer the extraction to a pot and heat over medium heat.





## Grape Jam

**Ingredients:** 200g grape, 100g sugar

1. Wash grapes and prepare by removing individually.
2. Put the grapes into Juicepresso.
3. Put the extraction and sugar in a pot and bring to a boil.

**The jam is finished when a drop of jam is dropped in cold water and it does not spread out.**









## Tomato Ketchup

**Ingredients:** 3 tomatoes, ½ an onion, 4tbs vinegar, 3tbs honey, 1tbs starch, salt to taste, 1 bay leaf

1. Wash the onion and tomato and put in Juicepresso.
2. Mix one spoonful of the extraction with starch.
3. Boil the remaining extraction with a bay leaf.
4. When it becomes thick, add honey, vinegar, and salt to taste.
5. Add the prepared starch mixture and turn off the heat when it starts to boil.
6. Remove bay leaf and put in a bottle and refrigerate.

**The ketchup will last about a month in the refrigerator.**

# Well-being Life with Juicepresso

## JUICE RECIPE

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 Smart Extraction System

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