

Breville®

the Froojie® Juice Fountain™

Instruction Booklet



BJE520

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

IMPORTANT SAFEGUARDS

READ ALL INSTRUCTIONS BEFORE USE AND SAVE FOR FUTURE REFERENCE

- Carefully read all instructions before operation and save for future reference.
- Remove any packaging material and promotional stickers and labels before using the juicer for the first time.
- Do not place the juicer near the edge of a bench or table during operation. Ensure that the surface is level, clean and free of water, flour, etc. Vibration during operation may cause the appliance to move.
- Any significant spillage onto the surface under or around the appliance, or onto the appliance itself, should be cleaned and dried before continuing to use the appliance.
- Do not place the juicer on or near a hot gas or electric burner, or where it could touch a heated oven.
- Always ensure the juicer is properly assembled before use. The appliance will not operate unless properly assembled. Refer to assembly.
- Do not leave the juicer unattended when in use.
- Always ensure the juicer is turned OFF by pressing the OFF/ON switch on the control panel to OFF. Then switch the appliance OFF at the power outlet and unplug the cord. Make sure the stainless steel filter basket has stopped rotating and the motor has completely stopped before releasing the safety locking arm and/or attempting to move the appliance, when the juicer is not in use, and before disassembling, cleaning and storing.
- Do not operate the Juice Extractor continuously with heavy loads for more than 10 seconds. Allow the motor to rest for 1 minute between each use. Recipes in this instruction book are not considered a heavy load. However, hard fruits and vegetables will put excess strain onto the motor if a low speed is selected. Please refer to the juicing guide on Page 9 to determine the correct speed for the fruits and vegetables selected for juicing.
- When using the Froojie® Disc and insert, always use speed 1 and remove seeds core and skin from fruit before processing (seeds of passionfruit, berries and kiwi fruit are acceptable).
- Keep hands, fingers, hair, clothing, as well as spatulas and other utensils away from the appliance during operation.
- Do not push food into the feed chute with your fingers or other utensils. Always use the food pusher provided. Do not place hand or fingers into food chute when it is attached to the appliance.
- Be careful when handling the stainless steel filter basket as the small cutting blades at the base of the filter basket are very sharp. Mishandling may cause injury.
- Do not use the juicer for anything other than food and/or beverage preparation.
- Keep the appliance clean. Refer to Care, Cleaning and Guarantee.
- Do not use appliance if the rotating sieve (filter basket) is damaged.

BREVILLE RECOMMENDS SAFETY FIRST

- Do not touch the small sharp teeth and blades in the centre of the Juice disc.
- Do not touch the blade in the Feed Chute.
- Do not run ice or hard fruit/vegetables such as raw beetroot and carrots through the Juicer when using the Froojie® extractor.
- Remove rind from all citrus fruit before juicing.
- CAUTION In order to avoid a hazard due to inadvertent resetting of the thermal cut out, this appliance must not be supplied through an external switching device such as a timer or connected to a circuit that it regularly switched on and off by the utility.



WARNING

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

IMPORTANT SAFEGUARDS FOR ALL ELECTRICAL APPLIANCES

- Fully unwind the power cord before use.
- Do not let the power cord hang over the edge of a bench or table, touch hot surfaces or become knotted.
- To protect against electric shock do not immerse the power cord, power plug or appliance in water or any other liquid.
- The appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children unless they are older than 8 and supervised.
- Keep the appliance and its cord out of reach of children less than 8 years.
- It is recommended to regularly inspect the appliance. To avoid a hazard do not use the appliance if power cord, power plug or appliance becomes damaged in any way. Return the entire appliance to the nearest authorised Breville Service Centre for examination and/or repair.
- Any maintenance other than cleaning should be performed at an authorised Breville Service Centre.
- This appliance is for household use only. Do not use this appliance for anything other than its intended use. Do not use in moving vehicles or boats. Do not use outdoors. Misuse may cause injury.
- The installation of a residual current device (safety switch is recommended to provide additional safety protection when using electrical appliances. It is advisable that a safety switch with a rated residual operating current not exceeding 30mA be installed in the electrical circuit supplying the appliance. See your electrician for professional advice.



WARNING

Always make sure juicer cover is clamped securely in place before motor is turned on. Do not unfasten interlock arm while juicer is in operation.

SAVE THESE INSTRUCTIONS

KNOW

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KNOW YOUR BREVILLE PRODUCT



- A. Unique Direct Central Feed System**
Ensures maximum juice extraction.
- B. 84mm extra wide feed chute**
Fits larger fruit and vegetables whole.
- C. Juicer cover** (Top shelf dishwasher safe).
- D. 3 litre pulp container** (Top shelf dishwasher safe).
- E. Stylish stainless steel design**
- F. ON/OFF switch**
- G. LCD speed indicator**
With juicing speed guide.
- H. Electronic variable speed control dial**
- I. Food pusher**
For pushing whole fruit and vegetables down the feed chute (top shelf dishwasher safe).
- J. Die-cast metal interlocking safety arm**
Stops the juicer operating without the juicer cover locked in place.
- K. Filter basket**
Stainless steel, titanium reinforced micro mesh filter basket (top shelf dishwasher safe).
- L. Motor drive coupling**
- M. Filter bowl surround** (Top shelf dishwasher safe).
- N. 1.2 litre juice jug and lid**
With in-built froth separator (top shelf dishwasher safe).
- O. Heavy duty motor**
With five year motor warranty.
- P. Custom designed juice nozzle**
Perfect for mess free juicing straight into a glass (top shelf dishwasher safe).

KNOW YOUR BREVILLE PRODUCT



Q. Cleaning Brush

Flat end of brush assists in removal of pulp from the pulp container when juicing large quantities, nylon brush end makes for easy cleaning of the stainless steel filter basket (top shelf dishwasher safe).

R. Froojie® Insert

For processing softer fruits such as bananas, mangoes and strawberries. Integrated handle for left and right handed use.

S. Froojie® Disc

For processing softer fruits such as bananas, mangoes and strawberries.

T. Nutri Disc™

Allows you to extract only the juice from fruit and vegetables.

U. Built in froth separator

Ensures juice froth is separated from juice when poured into a glass (if preferred).

V. Juice jug lid

Allows juicer to operate with the lid on, therefore eliminating any splatter during operation. Place lid onto juice jug to store juice in refrigerator.

NOT SHOWN

Cord Exits at rear of juicer and wraps around feet.

NOTE

To retain froth in the juice jug simply remove the lid before pouring the juice.

ASSEMBLING

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BEFORE FIRST USE

Before using your juicer for the first time, remove any packaging material and promotional stickers and labels. Ensure the appliance is switched off at the power outlet and the power cord is unplugged.

Wash the filter bowl surround, Nutri Disc™, juicer cover, Froojie® Disc, Froojie® insert, food pusher, pulp container and juice jug and lid in warm, soapy water with a soft cloth. Rinse and dry thoroughly. The motor base can be wiped with a damp cloth. Dry thoroughly.

FOR USE WITH JUICE EXTRACTOR

1. Place the motor base on a flat, dry surface such as a bench top. Ensure that the motor base is switched OFF at the control panel, then switch the appliance off at the power outlet and unplug the cord.
2. Place the filter bowl surround on top of the motor base.



3. Align the arrows at the base of the Nutri Disc™ with the arrows on the motor drive coupling and push down until it clicks into place. Ensure the Nutri Disc™ is fitted securely inside the filter bowl surround and onto the motor base.



4. Place the juicer cover over the filter bowl surround, positioning the feed chute over the juice disc and lower into position.



ASSEMBLING YOUR BREVILLE PRODUCT

5. Raise the safety locking arm up and locate it into the two grooves on either side of the juicer cover. The safety locking arm should now be in a vertical position and locked into place on top of the juicer cover.



6. Slide the food pusher down the feed chute by aligning the groove of the food pusher, with the small protrusion on the inside top of the feed chute. Continue to slide the food pusher down into the feed chute.



7. Place the pulp container into position by tilting the base of the pulp container away from the motor base and slide the top of the pulp container over the bottom of the juice cover. Tilt the base of the pulp container back into the motor base ensuring it is supported by the container support extending from under the motor base.



NOTE

To minimise cleaning, line the pulp container with a plastic freezer bag to collect the pulp. Pulp can then be used in other dishes, or as compost for the garden or discarded.

8. Place the juice jug provided under the spout on the right-hand side of the juicer. The juice jug lid can be used to avoid any splatter.

Alternatively you can fit the custom-designed juice nozzle over the juice spout and place a glass underneath. The juice nozzle will prevent splatter, ensuring mess free juicing.

ASSEMBLING YOUR BREVILLE PRODUCT

FOR USE WITH FROOJIE® EXTRACTOR

1. Place the Filter Bowl Surround on the top of the Motor Base.



2. Place the Froojie® Disc into the Filter Bowl Surround and onto the Motor Drive Coupling Push down until it clicks into place. Ensure the Froojie® Disc is fitted securely inside the Filter Bowl Surround and onto the Motor Base.



3. Place the Froojie® Insert into the Filter Bowl Surround, making sure the warning label on the handle is facing upwards.



4. Place the Juicer Cover over the Froojie® Insert and Filter Bowl Surround and lower into position.



NOTE

Never use Froojie® Disc without Froojie® insert. They must always be used together.

ASSEMBLING YOUR BREVILLE PRODUCT

5. Raise the safety locking arm up and lock into the two grooves on either side of the juicer cover. The safety locking arm should now be in a vertical position and locked into place on top of the juicer cover.



6. Slide the food pusher down the feed chute by aligning the groove in the food pusher with the small protrusion on the inside of the top of the feed chute.



NOTE

There is no need to use pulp container when using Froojie® Extractor.

7. Place the juice jug provided under the spout on the right-hand side of the juicer. The juice jug lid can be used to avoid any splatter.

OPERATING

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PREPARATION OF FRUIT AND VEGETABLES FOR FROOJIE® EXTRACTOR

- Only soft fruits should be used with the Froojie® Extractor.
- When using fruits with hard inedible skins, such as mangoes, pineapple or kiwi fruit, always peel before juicing.
- When using fruits with a hard core such as pineapple, always remove this before juicing.
- All fruits with pits, hard seeds or stones such as nectarines, peaches, mangoes and apricots must be pitted or deseeded before juicing.
- Passionfruit pulp, peeled kiwi fruit and berries can be processed without removing seeds.

NOTE

When using the Froojie® Extractor, use low speeds (speed 1 or 2). Always ensure motor is running before adding fruit and/or vegetables to feed tube.

FROOJIE® EXTRACTOR	SPEED
Apricots (stone removed)	1
Bananas (peeled)	1
Kiwi fruit (peeled)	1
Mangoes (peeled, stone removed)	1
Melons (peeled)	1
Pears soft (stalk and core removed)	1
Pineapple (peeled and cored)	1
Raspberries	1
Strawberries (stalks removed)	1
Watermelon (peeled, seeds removed)	1
Use speed 2 to push out any remaining fruit pulp in juice collector	2

WITH JUICE EXTRACTOR OR FROOJIE® EXTRACTOR

1. Wash selection of fruit and vegetables to be juiced.

NOTE

Most fruit and vegetables such as apples, carrots and cucumbers will not need to be cut or trimmed to size as these will fit whole into the feed chute. Ensure vegetables such as beetroot, carrots, etc. have all soil removed, are well washed and trimmed of leaves before juicing.

2. Based on the type of fruit or vegetable you are juicing/pureeing select either the Juice Extractor or the Froojie® Extractor.



WARNING

Do not put hard fruit and vegetables (i.e. Carrots, apples, fresh beetroot, etc.) or ice through juicer when using Froojie® Extractor. This could damage parts of the unit.

3. Ensure the juicer is correctly assembled. Refer to Assembling your juicer. Ensure the juice jug (or a glass) is placed under the spout and the pulp container is in position before commencing juicing.
4. Plug the power cord into a 230/240V power outlet. Turn the power on at the power outlet. The LCD display will illuminate.

NOTE

The LCD display will illuminate continuously for 3 minutes before going into a sleep mode, where it will switch off automatically to conserve power.

The screen will come back on after activating the ON/OFF switch, the speed control dial, or the safety locking arm.

When the safety locking arm is not locked into place on top of the juicer cover, the LCD display will illuminate and flash with an “L”, indicating that the safety locking arm should be locked into place.

When the safety locking arm is locked into place on top of the juicer cover, the LCD display will illuminate and display the selected speed setting. The speed can be changed by adjusting the variable speed control dial. For a quick juicing speed reference, use the speed guide displayed on the LCD screen, the speed selector table located on the pulp container, or refer to the speed selector table.

Hard fruits and vegetables will put excess strain onto the motor if a low speed is selected. Please refer to the speed selector table to determine the correct speed for the fruits and vegetables being juiced.

PREPARATION OF FRUIT AND VEGETABLES FOR JUICE EXTRACTOR SPEED SELECTOR TABLE

FRUIT / VEGETABLES	SUGGESTED SPEED
Apples	5
Apricots (stone removed)	2
Beetroot (cleaned, trimmed)	5
Blueberries	1
Broccoli	4
Brussel Sprouts (trimmed)	5
Cabbage	4
Carrots (cleaned)	5
Cauliflower	4
Celery	5
Cucumber (peeled)	2
Cucumber - soft skinned	4
Fennel	5
Grapes (seedless)	1
Kiwi fruit (peeled)	2
Mangoes (peeled, stone removed)	2
Melons (peeled)	1
Nectarines (stone removed)	2
Oranges (peeled)	3
Peaches (stone removed)	2
Pears - hard (stalks removed)	5
Pears - soft (stalks removed)	2
Pineapple (peeled)	5
Plums (stone removed)	2
Raspberries	1
Tomatoes	1
Watermelon	1

OPERATING YOUR BREVILLE PRODUCT

NOTE

Use the speed selector table located on the pulp container for a quick and convenient juicing reference.

5. Press the ON/OFF switch on the control panel to ON. The juicer will start to operate at the selected speed. The speed can be changed at any time during the juicing process by adjusting the variable speed control dial.

NOTE

After 3 minutes, the LCD display will automatically turn off if the ON/OFF switch is not turned ON, or a speed is not selected.

6. With the motor running, place food into the feed chute and use the food pusher to gently guide food down. To extract the maximum amount of juice, always push the food pusher down slowly.

NOTE

The juicer will automatically stop operating if the motor is stalled for more than 10 seconds. This is a safety feature. Either too much food is being processed at one time or the pieces are not small enough. Try trimming food, cutting food into smaller pieces of even size and/or processing a smaller amount per batch.

To continue juicing, reset the Juicer by pressing the ON/OFF switch on the control panel to OFF, switch off at power outlet and remove power cord from power outlet, then clear the feed chute, finally plug power cord back into power point and switch on at power outlet. Turn the appliance back on by pressing the ON/OFF switch to ON.

NOTE

The juicer is fitted with a safety device which safeguards against overheating with excessive loads. If overheating occurs, the juicer will automatically activate the overload protection device and the unit will switch itself off. When the overload protection is activated, unplug the Juicer from the power outlet for at least 15 minutes to allow the unit to cool. Then plug juicer into the power outlet and use as normal.

OPERATING YOUR BREVILLE PRODUCT

1. As fruit and vegetables are processed, juice will flow into the juice jug and the separated pulp will accumulate in the pulp container.
The pulp container can be emptied during juicing by turning the juicer OFF at the control panel and then carefully removing the pulp container. Replace the empty pulp container into position before continuing to juice.

NOTE

Do not allow the pulp container to overfill as this may affect the operation of the appliance.

To minimise cleaning, line the pulp container with a plastic freezer bag to collect the pulp. Pulp can then be used in other dishes, or as compost for the garden or discarded.

To include the froth in with your juice, simply remove the lid of the juice jug when pouring juice into the glass.



WARNING

Never use fingers, hands or other utensils to push food down the feed chute or to clear the feed chute during operation. Always use the food pusher provided.

USING THE FROOJIE® EXTRACTOR

1. When using the Froojie® Extractor Froojie® will flow into the juice jug. There will be no pulp extracted into Pulp Container.

NOTE

Some fruit Froojie® may be left in the juice collector. This is normal. The amount left over will vary depending on ripeness and hardness of fruit.

DISASSEMBLING

your Breville product

DISASSEMBLING YOUR BREVILLE PRODUCT

JUICE EXTRACTOR

1. Ensure the juicer is turned off by pressing the ON/OFF switch on the control panel to OFF. Then switch the appliance off at the power outlet and unplug the cord.
2. Remove the pulp container by tilting the base away from the motor base, then unlatch it from under the juicer cover and the container support extending from under the motor base.



3. Use the grip handle located on the safety locking arm to lift the locking arm from the juicer cover and lower down out of position.



4. Lift the juicer cover off the juicer.



5. Remove the filter bowl surround with the Nutri Disc™ still in place.



6. To remove the Nutri Disc™ from the filter bowl surround, insert fingers under the grooves marked 'Lift Basket' and lift the juice disc up. For easy cleaning, it is recommended to remove the Nutri Disc™ over the sink.

WARNING

The Nutri Disc™ contains small sharp blades to cut and process fruits and vegetables. Avoid touching blades when handling the filter basket.

DISASSEMBLING YOUR BREVILLE PRODUCT

FROOJIE® EXTRACTOR

1. Switch the ON/OFF button on the control panel of the juicer to turn off. Then switch the appliance OFF at the power outlet and unplug the cord.

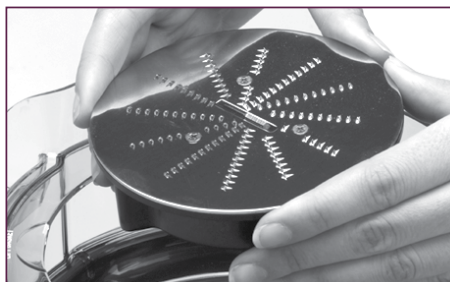


2. Place both hands on either side of the Locking Arm and pull back and lift over the grooves on either side of the Juicer Cover.



3. Lift the Froojie® insert from the Filter Bowl surround.

4. Lift the Froojie® Disc out of the Filter Bowl Surround. (Be careful not to touch the sharp cutting teeth).



CAUTION

Ultra sharp stainless steel cutting disc and teeth.



WARNING

The Froojie® cutting disc has super sharp blades and teeth. Do not touch teeth and blade when handling the Froojie® disc.

CARE & CLEANING

for your Breville product

CARE & CLEANING

Ensure the juicer is turned off by pressing the ON/OFF button on the control panel to OFF. Then switch the appliance off at the power outlet and unplug the cord.

Ensure the juicer is correctly disassembled. Refer to Disassembling your juicer.

NOTE

FOR EASIER CLEANING:

Clean as you go and avoid dried on juice or pulp residue.

Immediately after each use, rinse removable parts in hot water to remove wet pulp. Allow parts to air dry.

To minimise cleaning, line the pulp container with a plastic freezer bag to collect the pulp. Pulp can then be used in other dishes or as compost for the garden or discarded.

CLEANING THE MOTOR BASE

1. Wipe the motor base with a soft, damp cloth then dry thoroughly.
2. Wipe any excess food particles from the power cord.

NOTE

Do not use abrasive scouring pads or cleaners when cleaning the parts or motor base as they may scratch the surface.

CLEANING THE FILTER BOWL SURROUND, JUICER COVER, FROOJIE® INSERT, FOOD PUSHER, PULP CONTAINER

1. Wash all parts in warm soapy water with a soft cloth. Rinse and dry thoroughly.

NOTE

The filter bowl surround, juicer cover and pulp container are dishwasher safe (top shelf only).

The Froojie® insert is not dishwasher safe. Please wash in warm water.

CLEANING THE JUICE DISC

For consistent juicing results always ensure that the juice disc is thoroughly cleaned using the supplied cleaning brush.

1. Soak the juice disc in hot soapy water for approximately 10 minutes immediately after juicing is completed. If pulp is left to dry on the filter it may clog the fine pores of the filter mesh thereby lessening the effectiveness of the juicer.
2. Using the cleaning brush, hold the juice disc under running water and brush from the inside of the basket to the outer rim. Avoid touching the small sharp blades in the centre of the juice disc. After cleaning the juice disc, hold it up towards a light to ensure the fine mesh holes are not blocked. If the holes are blocked, soak the juice disc in hot water with 10% lemon juice to loosen the blocked holes. Alternatively, wash the juice disc in the dishwasher.

CARE & CLEANING



WARNING

Do not immerse the motor base in water or any other liquid.

The centre of the juice disc and feed chute contains small sharp blades to process fruit and vegetables during the juicing function. Do not touch blades when handling the juice disc or feed chute.

NOTE

The juice disc is dishwasher safe (top shelf only).

- Do not soak the juice disc in bleach or other abrasive cleansers.
- Always treat the juice disc with care as it can be easily damaged.

CLEANING THE JUICE JUG

1. Rinse the juice jug and lid with froth attachment under running water.
2. Wash both parts in warm soapy water with a soft cloth. Rinse and dry thoroughly.

NOTE

The juice jug and lid are dishwasher safe (top shelf only).

REMOVING STUBBORN OR STRONG FOOD STAINS AND ODOURS

Discolouration of the plastic may occur with strongly coloured fruit and vegetables. To help prevent this, wash parts immediately after use. If discolouration does occur, the plastic parts can be soaked in water with 10% lemon juice or they can be cleaned with a non abrasive cleaner.

BREVILLE 5 YEAR MOTOR GUARANTEE

The juicer is constructed with a heavy duty motor. So heavy duty, we have given the motor a 5 year guarantee against faulty materials or manufacture. This warranty is an extension of the 12 month replacement guarantee and covers the motor only. The warranty does not cover damage caused by accident, misuse, or being used in a manner not stated in the instruction book.

The 5 year guarantee is additional to the conditions and warranties mandatory implied by the laws and regulations of the individual States and Territories of Australia and the Trade Practices Act, 1974.

12 MONTH REPLACEMENT GUARANTEE

The juicer is totally covered for the first 12 months against faulty material or manufacture by the Breville 12 month replacement guarantee (see Guarantee Card enclosed).

TROUBLESHOOTING

TROUBLESHOOTING

POSSIBLE PROBLEM	EASY SOLUTION
Machine will not work when switched ON	<ul style="list-style-type: none"> The safety locking arm may not be correctly engaged in the vertical operating position with the locking arm located into the two grooves on either side of the juicer cover.
Motor appears to stall when juicing	<ul style="list-style-type: none"> Wet pulp can build up under the juicer cover if the juicing action is too vigorous. Try slower juicing action by pushing the food pusher down more slowly. Follow Disassembling and Cleaning instructions and clean the filter bowl surround, the juice disc and the juicer cover.
	<ul style="list-style-type: none"> The juicer will automatically stop operating if the motor is stalled for more than 10 seconds. Either too much food is being processed at one time or the pieces are not small enough. Try trimming the food or cutting into smaller pieces of even size and processing a smaller amount per batch. To continue juicing, reset the juicer by pressing the ON/OFF switch on the control panel to OFF then turn the appliance back on by pressing ON/OFF switch to ON.
	<ul style="list-style-type: none"> Hard fruits and vegetables will put excess strain onto the motor if a low speed is selected. Please refer to the juicing guide to determine the correct speed for the fruits and vegetables selected for juicing.
Excess pulp building up the Stainless Steel Filter Disc	<ul style="list-style-type: none"> Stop the juicing process and follow Disassembling Instructions. Remove the juicer cover, scrape off pulp, reassemble and begin juicing again. Try alternating (soft and hard) vegetable and fruit varieties.
Pulp too wet and reduced extracted juice	<ul style="list-style-type: none"> Try a slower juicing action. Remove juice disc and thoroughly clean mesh walls with a cleaning brush. Rinse the juice disc under hot water. If the fine mesh holes are blocked, soak the basket in a solution of hot water with 10% lemon juice to unblock the holes or wash in the dishwasher. This will remove excess fibre build up (from fruit or vegetables) which could be inhibiting the juice flow.
Juice leaks between the rim of the Juicer Cover	<ul style="list-style-type: none"> Try a slower juicing speed and push the food pusher down the feed chute more slowly.

TROUBLESHOOTING

POSSIBLE PROBLEM	EASY SOLUTION
Juice sprays out from spout	<ul style="list-style-type: none"> • Use juice jug and lid provided, or if juicing into a glass use the custom designed juice nozzle. • Try using fruits with more water content to help flush through the contents. Additionally, try a slower juicing action by feeding one piece in at a time and by pushing the food pusher down more slowly.
When using the Froojie® Extractor, the filter bowl surround becomes full and clogs its spout	<ul style="list-style-type: none"> • Try using fruits with more water content to help flush through the contents. Additionally, try a slower juicing action by feeding one piece in at a time and by pushing the food pusher down more slowly.
Overheating with excessive loads.	<ul style="list-style-type: none"> • The juicer is fitted with a safety device which safeguards against overheating with excessive loads. If overheating occurs, the juicer will automatically activate the overload protection device and the unit will switch itself off. When the overload protection is activated, unplug the Juicer from the power outlet for at least 15 minutes to allow the unit to cool. Then plug the juicer into the power outlet and use as normal.

TIPS ON JUICING

THE INSIDE INFORMATION ON JUICING

Although the juice drinks contained in this booklet were developed with flavour, texture and aroma at the forefront, the health benefits certainly add to the pleasurable taste experience.

70% of the nutrient content of fruit and vegetables is found in the juice. Liquids extracted from fresh fruits and vegetables form an important part of a well-balanced healthy diet. Fresh fruit and vegetable juices are an easy source of vitamins and minerals. Juices are rapidly absorbed into the blood stream therefore being the quickest way in which the body can digest nutrients.

When you make your own fruit and vegetable juices, you have complete control over what is included. Select the ingredients and decide if you need to add sugar, salt or other flavouring agents after juicing. Freshly extracted juices should be consumed immediately after they have been processed to avoid a loss of vitamin content.

PURCHASING AND STORAGE OF FRUIT AND VEGETABLES

- Always wash fruit and vegetables before juicing.
- Always use fresh fruit and vegetables for juicing.
- To save money and obtain fresher produce, purchase fruit or vegetables that are in season. Refer to the Fruit and Vegetable Facts chart.
- Keep your fruit and vegetables ready for juicing by washing and drying them before storing.
- Most fruits and hardier type vegetables can be stored at room temperature. The more delicate and perishable items such as tomatoes, berries, leafy greens, celery, cucumbers and herbs should be stored in the refrigerator until required.

PREPARATION OF FRUIT AND VEGETABLES FOR JUICER ATTACHMENT

- If using fruits with hard or inedible skins such as mangoes, citrus, melons or pineapple, always peel before juicing.
- Some vegetables, such as cucumbers, can be processed un-peeled depending on the softness of the skin and the juicing requirements.
- All fruits with large pits, hard seeds or stones such as nectarines, peaches, mangoes, apricots, plums and cherries must be pitted before juicing.
- Ensure vegetables such as beetroot, carrots, etc. have all soil removed, are well washed and trimmed of leaves before juicing.
- Ensure fruits such as strawberries are hulled before juicing and pears have their stalks removed.
- Citrus fruit can be juiced in the juicer but remove the skin and excess pith before juicing.
- A small amount of lemon juice can be added to apple juice to reduce discolouration.

NOTE

Your juicer makes invigorating, frothy orange juice. Simply peel the oranges and remove any excess pith before juicing. It is best to refrigerate oranges before juicing.

TIPS ON JUICING

PREPARATION OF FRUIT AND VEGETABLES FOR FROOJIE® EXTRACTOR

- Only soft fruits should be used with the Froojie® Extractor.
- When using fruits with hard inedible skins, such as mangoes, pineapple or kiwi fruit, always peel before juicing.
- When using fruits with a hard core such as pineapple, always remove this before juicing.
- All fruits with pits, hard seeds or stones such as nectarines, peaches, mangoes and apricots must be pitted or deseeded before juicing.
- Passionfruit pulp, peeled kiwi fruit and berries can be processed without removing seeds.

NOTE

When using the Froojie® Extractor, use lower speeds (speed 1 or 2). Always ensure motor is running before adding fruit and/or vegetables to feed tube.

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