

the Juice Fountain™

Instruction Book - JE95



Breville®



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BREVILLE RECOMMENDS SAFETY FIRST

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

- Remove and safely discard any packaging material or promotional labels before using the Juice Fountain™ for the first time.
- To eliminate a choking hazard for young children, remove and safely discard the protective cover fitted to the power plug of this appliance.
- Do not place the Juice Fountain™ near the edge

of a bench or table during operation. Ensure that the surface is level, clean and free of water, food, 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 Juice Fountain™ on or near a hot gas or electric burner, or where it could touch a heated oven.
- Always ensure the Juice Fountain™ is properly assembled before use. The appliance will not operate unless properly assembled.
- Do not use the Juice Fountain™ on a sink drain board.
- Do not leave the Juice Fountain™ unattended when in use.
- Always ensure the Juice Fountain™ is turned off by positioning the switch in the off position. 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 Juice Fountain™ is not in use, and before disassembling, cleaning and storing.

- Do not operate the appliance continuously with hard fruits and vegetables for more than 10 seconds. Allow the motor to rest for 1 minute between each use.
- An example of the heaviest loading anticipated for use with this juices is 5kg of beetroot, juiced continuously over a period of 2 minutes.
- 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 to determine the correct speed for the fruits and vegetables selected for juicing.

- 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 the 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 Juice Fountain™ for anything other than food and/or beverage preparation.
- Keep the appliance clean. Refer to care and cleaning section.
- Remove rind from all citrus fruit before juicing.
- Do not use the appliance if the rotating sieve (filter basket) is damaged.
- Do not juice more than 3 kg of carrot at a time.

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.
- This 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 without supervision.
- Switch off the appliance

and disconnect from power supply before changing accessories or approaching parts that move or in use. Do not use the appliance if the rotating sieve or the protective cover is damaged or has visible cracks.

- Always disconnect the appliance from the supply if it is left unattended and before assembling, disassembling or cleaning.
- The maximum operating time is 15 minutes. The maximum load is 5kg beetroot at a time.
- This appliance shall not be used by children. Keep appliance and its cord out of reach of children.
- 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

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

SAVE THESE INSTRUCTIONS



Components



- | | |
|--------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|
| A. Food pusher For pushing whole fruit and vegetables down the feed chute. | H. Interlocking safety arm Stops juicer operating without cover locked into place. |
| B. Unique Direct Central Feed System Ensures maximum juice extraction. | I. Juicer cover (Not dishwasher safe). |
| C. Wide 75mm feed chute Fits whole fruit and vegetables. | J. Filter bowl surround |
| D. Large capacity pulp container Dishwasher safe. | K. 1 litre juice jug and lid With built in froth separator (dishwasher safe). |
| E. Stainless steel titanium reinforced micro mesh filter basket Dishwasher safe. | L. 2 speed electronic control ON/OFF switch |
| F. Heavy duty motor With 5 year motor warranty. | |
| G. Cord storage Cord wraps around feet and clips into position under base. | |

Accessories (Not Shown)

Cleaning brush

Nylon bristle brush

Included for easy cleaning of micro mesh filter basket



Assembly

BEFORE FIRST USE

Before using your Juice Fountain™ for the first time, remove and safely discard any packaging materials 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, filter basket, juicer cover, 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.

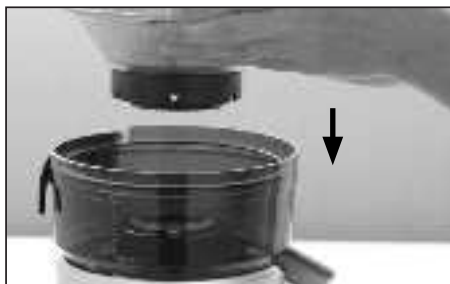
1. Place motor base on a flat, dry surface such as a bench top. Ensure that the motor base is switched OFF at the control panel, then switch the appliance off at the power outlet and unplug the power cord.



2. Place filter bowl surround on top of the motor base.



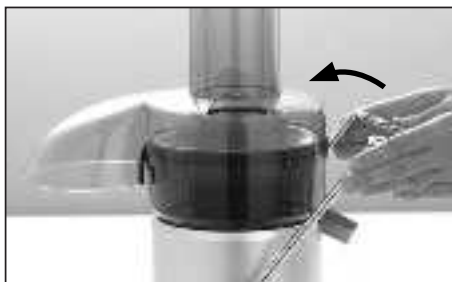
3. Align the arrows at the base of the stainless steel filter basket with the arrows on the motor drive coupling and push down until it clicks into place. Ensure the stainless steel filter basket is fitted securely inside the filter bowl surround and onto the motor base.



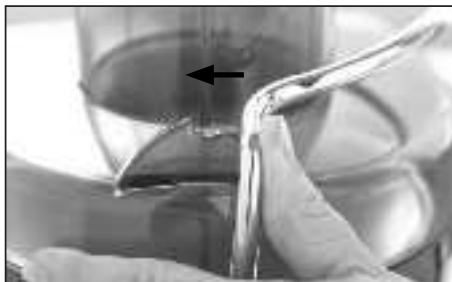
4. Place the juicer cover over the filter bowl surround, positioning the feed chute over the stainless steel filter basket and lower into position.



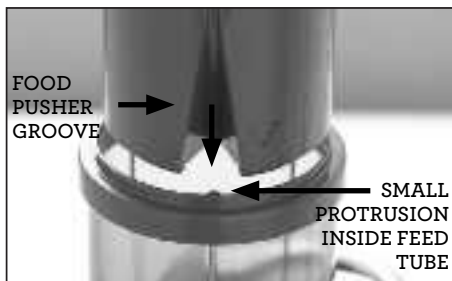
5. Raise the safety locking arm up and locate into the two grooves on either side of the juice cover.



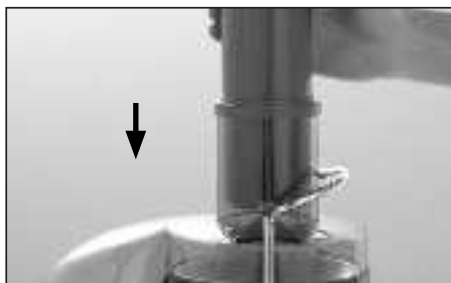
The safety locking arm should now be in a vertical position and locked into place on top of the juice cover.



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



Continue to slide the food pusher down on the feed chute.



7. Place the pulp container into position by tilting the motor base slightly to the right. Insert the pulp container under the juicer cover on the left hand side ensuring it is supported by the juicer cover and motor base.



NOTE

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

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



Functions

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



NOTE

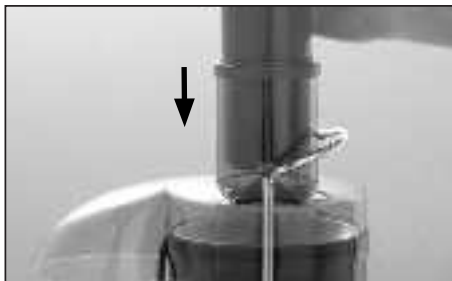
Most fruit and vegetables such as apples, carrots and cucumbers will not need to be cut or trimmed to size as these will fit whole into the feed chute. Ensure vegetables such as beetroots, carrots etc. have all soil removed, are well washed and trimmed of leaves before using.

2. Ensure the Juice Fountain™ is correctly assembled. Refer to Assembling your Breville product. Ensure the juicer jug is placed under the juice spout and pulp container is in position before commencing juicing.
3. Plug the power cord into a 230/240V power outlet. Turn the power ON at the power outlet. Adjust the speed to the desired setting. Push the two speed switch either up for low speed or down for high speed depending on the type of fruit or vegetable being juiced. Use the speed selector as a guide for juicing different fruits and vegetables.

| SPEED SELECTOR TABLE | |
|--------------------------|------|
| Apples | High |
| Apricots (stone removed) | Low |
| Beetroot (trimmed) | High |
| Blueberries | Low |

| SPEED SELECTOR TABLE | |
|---------------------------------|-------------------------------|
| Broccoli | Low |
| Brussels sprouts (trimmed) | High |
| Cabbage | Low |
| Carrots | High |
| Cauliflower | Low |
| Celery | High |
| Cucumber (peeled) | Low |
| Cucumber, soft skinned | High |
| Fennel | High |
| Grapes (seedless) | Low |
| Kiwi Fruit (peeled) | Low |
| Mangoes (peeled, stone removed) | Low |
| Melons (peeled) | Low |
| Nectarines (stone removed) | Low |
| Oranges (peeled) | High or Low |
| Peaches (stone removed) | Low |
| Pears (stalks removed) | High for hard or Low for soft |
| Pineapple (peeled) | High |
| Plums (stone removed) | Low |
| Raspberries | Low |
| Tomatoes | Low |
| Watermelon (peeled) | Low |

4. 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.



5. As fruit and vegetables are processed, juice will flow into the juice jug and the separated pulp will accumulate in the pulp container.



NOTES

The pulp container can be emptied during juicing by turning the Juice Fountain™ OFF at the control panel and then carefully removing the pulp container. Replace empty pulp container before continuing to juice.

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



NOTE

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



NOTE

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



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.



WARNING

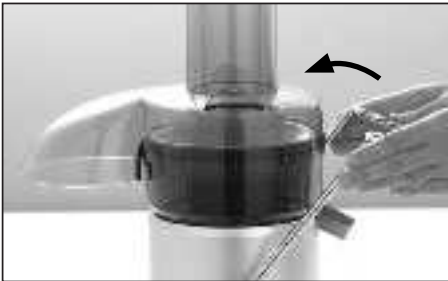
Never use fingers to push food down the feed chute or to clear the feed chute. Always use the food pusher provided.

DISASSEMBLY

1. Ensure the Juice Fountain™ is turned off by pushing the speed switch up or down to the OFF position. Then switch the appliance off at the power outlet and unplug the power cord.
2. Remove the pulp container by tilting the motor base slightly to the right and unlatch it from under the juicer cover.



3. Place both hands on either side of the safety locking arm and pull back and lift over the grooves on either side of the juicing cover. Lower the safety locking arm down out of position.



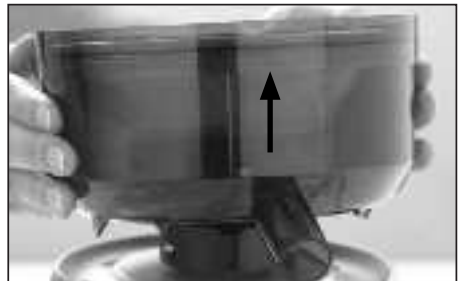
4. Lift the juicer cover of the Juice Fountain™.



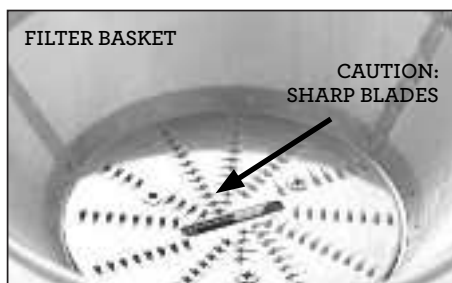
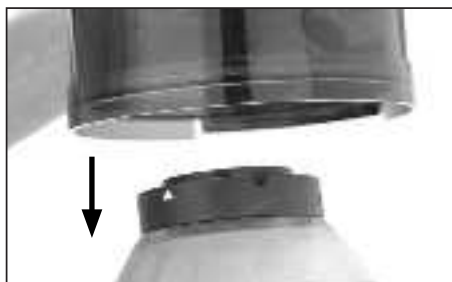
5. To remove the filter bowl surround with the stainless steel filter basket, still in place, hold base of the juicer and turn filter bowl surround by the juice spout.



6. Lift off the filter bowl surround with the stainless steel filter basket still in place.



7. To remove the stainless steel filter basket from the filter bowl surround, insert fingers under the grooves marked **LIFT BASKET** and lift filter basket up. For easy cleaning, it is recommended to remove filter basket over the sink.



WARNING

The stainless steel filter basket contains small sharp blades to cut and process fruit and vegetables. Avoid touching the blades when handling the filter basket.



Care & Cleaning

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

Ensure the Juice Fountain™ is correctly disassembled. Refer to disassembling your Breville product.

FOR EASY 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.



NOTE

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



CLEANING THE MOTOR BASE

- Wipe the motor base with a soft, damp cloth then dry thoroughly.
- 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, FOOD PUSHER, PULP CONTAINER

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



NOTES

The filter bowl surround, juicing jug and lid and pulp container, are dishwasher safe (top shelf only).

The juice cover and food pusher are not dishwasher safe.

CLEANING THE FILTER BASKET

- For consistent juicing results always ensure that the stainless steel filter basket is thoroughly cleaned using the supplied cleaning brush.
- Soak the stainless steel filter basket 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.
- Using the cleaning brush, hold the filter basket 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 filter basket. After cleaning the filter basket, hold it up towards a light to ensure the fine mesh holes are not blocked. If the holes are blocked, soak the filter basket in hot water with 10% lemon juice to loosen the blocked holes. Alternatively, wash the filter basket in the dishwasher.



Do not soak the stainless steel filter basket in bleach or other abrasive cleansers.

Always treat the filter basket with care as it can be easily damaged.



NOTE

The stainless steel filter basket is dishwasher safe (top shelf only).

CLEANING THE JUICE JUG

- Rinse the juice jug and lid with froth attachment under running water.
- 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.

The Breville Juice Fountain™ 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 Breville Juice Fountain™ is totally covered for the first 12-months against faulty material or manufacture by the Breville 12-month replacement guarantee. (See Guarantee Card enclosed).



WARNING

Do not immerse the motor base in water or any other liquid. The centre of the filter basket and feed chute contains small sharp blades to process fruit and vegetables during the juicing function. Do not touch blades when handling the filter basket or feed chute.



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 stainless steel filter basket and the juicer cover.• The juicer will automatically stop operating if the motor is stalled for more than 10 seconds. To reset the juicer, switch it off on the speed selection switch and then switch back on to the selected speed setting in order to continue juicing. The reasons for the motor to stall could be due to either too much food is being processed at one time, the pieces are not small enough or too much pressure is applied to the food pusher. Try trimming the food or cutting into smaller pieces of even size and processing a smaller amount per batch. Only apply gentle pressure onto the food pusher when juicing.• Hard fruit 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 fruit and vegetables selected for juicing. |
| Excess pulp building up in the stainless steel filter basket | <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) vegetables and fruit varieties. |
| Pulp too wet and reduced extracted juice | <ul style="list-style-type: none">• Try a slower juicing action. Remove the stainless steel filter basket and thoroughly clean mesh walls with a cleaning brush. Rinse the filter basket under hot water. If the fine mesh holes are blocked, soak the basket in a solution of hot water with 10% lemon juice to unlock the holes or wash in the dishwasher. This will remove excess fibre build up (from fruit and vegetables) which could be inhibiting the flow. |
| Juice leaks between the rim of the juicer and 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. |
| Juice sprays out from spout | <ul style="list-style-type: none">• The juice is being extracted too fast. Try a slower juicing speed and push the food pusher down the feed chute 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

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.

Up to 70% of the nutrient content of fruit and vegetables is found in the juice. Liquids extracted from fresh fruit and vegetables form an important part of a well-balanced healthy diet. Fresh fruit and vegetables 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

- 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 unpeeled depending on the softness of the skin and the juicing requirements.
- All fruits with large piths, 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 Juice Fountain™ 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 Juice Fountain™ makes invigorating, frothy orange juice. Simply peel the oranges and remove any excess pith before juicing. It is best to refrigerate oranges before juicing.

THE RIGHT TECHNIQUE

When juicing a variety of ingredients with varying textures, start with the softer texture ingredients on LOW speed and then gradually change to HIGH speed for the harder textured ingredients.

If you are juicing herbs, sprouts or other leafy green vegetables, either wrap them together to form a bundle or juice them in the middle of a combination of ingredients on LOW speed to obtain the best extraction.



NOTE

If juicing herbs or leafy green vegetables on their own, the juice yield will be low due to the nature of centrifugal juicing. It is advised to juice them with a combination of other fruit and vegetables.

All fruit and vegetables produce different amounts of liquids. This varies within the same group i.e. one batch of tomatoes can produce more juice than another batch. Since juice recipes are not exact, the precise quantities of any juice are not crucial to the success of a particular mixture.

To extract the maximum amount of juice always push the food pusher down slowly.

GETTING THE RIGHT BLEND

It is easy to create great tasting juice. If you have been making your own vegetable or fruit juices, then you know how simple it is to invent new combinations. Taste, colour, texture and ingredient preferences are a personal choice. Think of some flavours and foods – would they work well together or would they clash. Some strong flavours could overpower the more subtle flavours of others. It is however, a good rule to combine starchy, pulpy fruit and vegetables with those high in moisture.

USING THE PULP

The remaining pulp left after juicing fruit and vegetables is mostly fibre and cellulose which, like the nutrients in juice, are necessary for the daily diet and can be used in many ways. However, like the juice, pulp should be used that day to avoid loss of vitamins.

There are a number of recipes contained in this book for the use of pulp. Apart from these, pulp can be used to add bulk to rissole mixtures, thicken casseroles or soups.

Apart from consumption use, pulp is great to create compost for the garden.



NOTE

When using the pulp, there may be some pieces of fruit or vegetables remaining. These should be removed before using the pulp in any recipes.

FRUIT & VEGETABLE FACTS

| FRUIT AND VEGETABLES | BEST SEASON TO BUY | STORAGE | NUTRITIONAL VALUE | KILOJOULE/ CALORIE COUNT |
|----------------------|--------------------|-----------------------------------------------------------|-----------------------------------------------------------------|--------------------------------------|
| Apples | Autumn/ Winter | Vented plastic bags in refrigerator | High in Dietary Fibre and Vitamin C | 166g Apple =338kj (80 cal) |
| Apricots | Summer | Unwrapped in crisper of refrigerator | High in Dietary Fibre Contains Potassium | 55g Apricot =80kj (19 cal) |
| Bananas | Autumn/ Spring | Room temperature | Vitamins B6 & C, Potassium, Dietary Fibre | 100g Banana =378kj (90 cal) |
| Beetroot | Winter | Cut off tops, then refrigerate unwrapped | Good source Folate and Dietary Fibre Vitamin C and Potassium | 160g Beetroot =332kj (79cal) |
| Blueberries | Summer | Cover in the refrigerator | Vitamin C | 100g Blueberries =220kj (52 cal) |
| Broccoli | Autumn/ Winter | Plastic bag in refrigerator | Vitamin C, Folate, B2, B5, E, B6 and Dietary Fibre | 100g Broccoli =131kjs (31 cal) |
| Brussel Sprouts | Autumn/ Winter | Unwrapped in crisper of refrigerator | Vitamin C, B2, B6, E, Folate and Dietary Fibre | 100g Brussel Sprouts =156kj (37 cal) |
| Cabbage | Winter | Wrapped, trimmed in the refrigerator | Vitamin C, Folate, Potassium B6 and Dietary Fibre | 100g Cabbage =93kj (22 cal) |
| Carrots | Winter | Uncovered in refrigerator | Vitamin A, C, B6 and Dietary Fibre | 100g Carrots =140kj (33 cal) |
| Cauliflower | Autumn/ Winter | Remove outer leaves, store in plastic bag in refrigerator | Vitamin C, B5, B6 Folate Vitamin 5 and Potassium | 100g Cauliflower =103kj (24.5 cal) |
| Celery | Autumn/ Winter | Refrigerate in plastic bag | Vitamin C and Potassium | 100g stick =64kjs (15 cal) |
| Cucumber | Summer | Crisper in refrigerator | Vitamin C | 100g Cucumber =50kj (12 cal) |
| Fennel | Autumn to Spring | Refrigerate | Vitamin C, Dietary Fibre, Folate | 100g Fennel =80kj (19 cal) |
| Grapefruit | All year round | Room temperature | Vitamin C =, Bioflavonoids, Lycopene, Dietary Fibre | 100g Grapefruit =140kj (33 cal) |
| Grapes (Seedless) | Summer | Plastic bag in refrigerator | Vitamin C, B6 and Potassium | 100g Grapes =250-350kj (60-83 cal) |

FRUIT & VEGETABLE FACTS

| FRUIT AND VEGETABLES | BEST SEASON TO BUY | STORAGE | NUTRITIONAL VALUE | KILOJOULE/ CALORIE COUNT |
|-----------------------------|-----------------------------|---------------------------------------------------------------------|------------------------------------------------------------------------------|---------------------------------------|
| Kiwi Fruit | Winter/ Spring | Crisper in refrigerator | Vitamin C and Potassium | 100g Kiwi Fruit =219kj (52 cal) |
| Mangoes | Summer | Covered in refrigerator | Vitamin A, C, B1, B6 and Potassium | 207g Mango =476kj (113 cal) |
| Melons including Watermelon | Summer/ Autumn | Crisper in refrigerator | Vitamin C, Folate, Dietary Fibre and Vitamin A | 200g Melon =210kj (50 cal) |
| Nectarines | Summer | Crisper in refrigerator | Vitamin C, B3, Potassium and Dietary Fibre | 151g Nectarines =277kj (66 cal) |
| Oranges | Winter/ Autumn/ Spring | Cool, dry place for 1 week, transfer to refrigerator to keep longer | Vitamin C | 131g Orange =229kj (54 cal) |
| Peaches | Summer | Ripen at room temperature then refrigerate | Vitamin C, Potassium, Dietary Fibre, Beta Carotene | 100g Peaches =175kj (42 cal) |
| Pears | Autumn/ Winter | Ripen at room temperature then refrigerate | Vitamin C & E Dietary Fibre | 161g Pear =391kj (93 cal) |
| Pineapple | Spring/ Summer | Store in a cool place | Vitamin C & E Dietary Fibre | 100g Pineapple =180kj (43 cal) |
| Spinach | All year round | Refrigerate | Vitamin B6, C, E, Beta carotene, Folate, Magnesium, Potassium, Dietary Fibre | 100g Spinach =65kj (15 cal) |
| Sweet Potato | All year round | Store in cool place | Vitamins C, E, Beta Carotene, Dietary Fibre | 100g Sweet Potato =275kj (65 cal) |
| Tomatoes | Late Winter to early Summer | Ripen at room temperature then refrigerate | Lycopene, Vitamin C, E, Folate, Dietary Fibre | 100g Tomatoes =65-75kj (15-17 cal) |



Recipes

Apple, carrot and celery juice

 Serves 2

4 small Granny Smith apples
3 medium sized carrots, trimmed
4 sticks celery

You may alter the amounts of either the carrots or apple to make the juice sweeter or savoury to suit your taste buds:

1. Process apples, carrots and celery through Juice Fountain™ Plus using HIGH speed.
2. Mix well and serve immediately.

Tomato, carrot, celery and lime juice

 Serves 2

2 medium tomatoes
1 large carrot, trimmed
2 celery stalks, trimmed
1 lime, peeled

1. Process tomatoes, carrot, celery and lime through Juice Fountain™ Plus using HIGH and LOW speeds.
2. Serve immediately.

Carrot, beetroot and orange juice

 Serves 2

2 medium carrots, trimmed
3 medium beetroot, trimmed
4 oranges, peeled

3. Process carrots, beetroot and oranges through Juice Fountain™ Plus using HIGH and LOW speeds.
4. Serve immediately.

Apple, peach and grapefruit juice

 Serves 2

1 small Delicious apple
2 large peaches, halved and seeds removed
2 grapefruits, peeled
method

1. Process apple, peaches and grapefruit through Juice Fountain™ Plus using HIGH and LOW speeds.
2. Serve immediately.

Pineapple peach and pear juice

 Serves 2

½ small pineapple, peeled and halved
2 peaches, halved and seeds removed
2 small ripe pear

1. Process pineapple, peaches and pears through Juice Fountain™ Plus using HIGH and LOW speeds.
2. Serve immediately.

Rockmelon, mint and mango juice

 Serves 2

½ small rockmelon, peeled, seeded and halved
3 sprigs fresh mint leaves
1 mango, halved, seeded and peeled

1. Process rockmelon, mint and mango through Juice Fountain™ Plus using HIGH and LOW speeds.
2. Serve immediately.

Apple, pear and strawberry juice

 Serves 2

1 small Granny Smith apple
3 small ripe pears
1 cup strawberries, trimmed

3. Process apple, pears and strawberries through Juice Fountain™ Plus using HIGH and LOW speeds.
4. Serve immediately.

Tomato, cucumber, parsley and carrot juice

 Serves 2

3 medium tomatoes
1 large cucumber
1 large bunch fresh parsley
3 medium carrots, trimmed

1. Process tomatoes, cucumber, parsley and carrots through Juice Fountain™ Plus. using HIGH and LOW speeds
2. Serve immediately.

Sweet Potato, celery, ginger and orange juice

 Serves 2

4 sticks celery, trimmed
1 small sweet potato, peeled and halved
2.5 cm piece fresh ginger
4 oranges, peeled

1. Process celery, sweet potato, ginger and oranges through Juice Fountain™ Plus using HIGH and LOW speeds.
2. Serve immediately.

Tomato, carrot and red capsicum juice

 Serves 2

2 small red capsicums
3 medium tomatoes
3 carrots, trimmed
4 sprigs parsley

1. Trim capsicums and remove seeds.
2. Process tomatoes, carrots, parsley and capsicums through Juice Fountain™ Plus using HIGH and LOW speeds.
3. Serve immediately.

Parsnip, celery and pear juice

 Serves 2

2 parsnips, trimmed
4 sticks celery, trimmed
4 medium pears, stalks removed

1. Process parsnips, celery and pears through Juice Fountain™ Plus using HIGH and LOW speeds.
2. Serve immediately.

Blackberry, pear and grapefruit juice

 Serves 2

250g blackberries
3 ripe pears
2 grapefruits, peeled

1. Process blackberries, pears and grapefruit through Juice Fountain™ Plus using HIGH and LOW speeds.
2. Serve immediately.

Blueberry, blackberry, strawberry and lime juice

 Serves 2

500g blackberries
500g blueberries
500g strawberries, hulled
1 lime, peeled

1. Process blackberries, blueberries, strawberries and lime through Juice Fountain™ Plus using LOW speed.
2. Serve immediately.

Beetroot, apple and celery juice

 Serves 2

4 medium sized beetroot, trimmed
2 medium Granny Smith apples
4 sticks celery

3. Process beetroot, apples and celery through Juice Fountain™ Plus using HIGH and LOW speeds.
4. Serve immediately.

Cucumber, celery, fennel and bean sprout juice

 Serves 2

1 large cucumber
3 sticks celery
1 bulb fennel, trimmed
2 cups bean sprouts

1. Process cucumber, celery, fennel and bean sprouts through Juice Fountain™ Plus using HIGH and LOW speeds.
2. Serve immediately.

Cucumber, celery, fennel and bean sprout juice

 Serves 2

1kg oranges, peeled

1. Process oranges through Juice Fountain™ Plus using HIGH and LOW speeds.
2. Serve immediately.
(Best to refrigerate oranges before juicing)

Fresh vegetable soup with noodles

 Serves 4

1 small tomato
1 small onion, peeled and trimmed
2 carrots
1 green capsicum, seeded
20g butter
1 tablespoon wholemeal flour
375ml vegetable stock
425g canned white beans
1 packet 2 Minute Noodles
Freshly ground black pepper

3. Process tomato, onion, carrots and green pepper through Juice Fountain™ Plus using HIGH and LOW speeds.
4. Melt butter in a large saucepan over a medium heat.
5. Stir in flour, cook for one minute, stirring constantly.
6. Stir in the extracted juice, vegetable stock and beans.
7. Bring to the boil, then reduce heat and allow to simmer for 10 minutes.
8. Add noodles, cook for 2 minutes or until noodles are tender.
9. Pour into 4 soup bowls, sprinkle with black pepper to taste and serve immediately.

Gazpacho

 Serves 4

4 medium tomatoes
4 sprigs fresh parsley
1 large clove garlic, peeled
1 small onion, peeled and trimmed
2 carrots
2 stalks celery
1 red capsicum, seeded
1 lebanese cucumber
2 tablespoons red wine vinegar
freshly ground black pepper
1 cup crushed ice
3 tablespoons chopped fresh basil

1. Process tomatoes, parsley, garlic, onion, carrots, celery, red capsicum and cucumber through the juicer using speeds 1, 4 and 5.
2. Stir in vinegar and black pepper.
3. Arrange ice in four soup bowls.
4. Pour in extracted juice, sprinkle with basil and serve immediately.

Pasta with provencale style sauce

 Serves 4

4 tomatoes
2 sprigs fresh parsley
1 stick celery
2 large cloves garlic
1 small onion, peeled and trimmed
1 red capsicum, seeded
1 tablespoon tomato paste
½ cup red wine
2 teaspoons dried oregano
500g cooked pasta
¼ cup grated Parmesan cheese

1. Process tomatoes, parsley, celery, garlic, onion and red capsicum using HIGH and LOW speeds.
2. Blend tomato paste with red wine, stir in the extracted juice.
3. Pour into a saucepan and cook over medium heat for 3-4 minutes.
4. Add pasta and toss to coat pasta well. Divide mixture between 4 serving bowls.
5. Sprinkle with oregano and Parmesan cheese.
6. Serve immediately.

Mango, rockmelon and orange yoghurt drink

 Serves 4

1 mango, halved, peeled and seeded
½ small rockmelon, peeled, seeded and cut into two equal portions
5 oranges, peeled
¼ cup natural yoghurt

1. Process mango, rockmelon and oranges through Juice Fountain™ Plus using HIGH and LOW speeds.
2. Pour into a large bowl whisk in yoghurt.
3. Serve immediately.

Sparkling pear and apricot cooler

 Serves 2

4 large apricots, halved and seeded
3 large pears
250 ml mineral water
1 cup crushed ice

1. Process apricots and pears through Juice Fountain™ Plus.
2. Scoop ice into 4 tall glasses.
3. Divide extracted juice between the glasses.
4. Top with mineral water, stir well to blend.
5. Serve immediately.

Rockmelon, strawberry and passion crush

 Serves 2

½ rockmelon, peeled, seeded and halved
250g strawberries, hulled
pulp of 2 passionfruit
1 cup crushed ice

1. Process rockmelon and strawberries through Juice Fountain™ Plus.
2. Stir in passion fruit pulp.
3. Scoop ice into 4 glasses, pour over juice, mix well to combine.
4. Serve immediately.

Tropical blend

 Serves 2

2 mangoes, halved, seeded and peeled
3 kiwi fruit, peeled
½ small pineapple, peeled and halved
½ cup fresh mint leaves
1 cup crushed ice

1. Process mangoes, kiwi fruit, pineapple and mint through Juice Fountain™ Plus.
2. Scoop ice into 4 glasses, pour over juice, mix well to combine.
3. Serve immediately.

Tomato, nectarine, passionfruit and mint icer

 Serves 2

6 tomatoes
2 nectarines, halved and seeded
½ cup fresh mint leaves
pulp of 4 passionfruit
1 cup crushed ice

1. Process tomatoes, nectarines and mint leaves through Juice Fountain™ Plus.
2. Stir in passionfruit pulp.
3. Scoop ice into 4 glasses, pour over juice, mix well to combine.
4. Serve immediately

Cucumber, pineapple and coriander ice

 Serves 2

½ small pineapple, peeled and halved

2 cucumbers

½ cup fresh coriander leaves

1 cup crushed ice

1. Process pineapple, cucumbers and coriander through Juice Fountain™ Plus.
2. Scoop ice into 4 glasses, pour over juice, mix well to combine.
3. Serve immediately.

Pear, radish and celery crush

 Serves 2

3 medium pears

4 radishes, trimmed

3 sticks celery

1 cup crushed ice

1. Process pears, radishes and celery through Juice Fountain™ Plus.
2. Scoop ice into 4 glasses, pour over juice, mix well to combine.
3. Serve immediately.

Coconut pineapple colada

 Serves 4

½ large pineapple, peeled and quartered
60ml nip Malibu liqueur
500ml soda water
½ cup coconut cream
1 cup crushed ice

1. Process pineapple, cucumbers and coriander through Juice Fountain™ Plus.
2. Scoop ice into 4 glasses, pour over juice, mix well to combine.
3. Serve immediately.

Honeydew dream

 Serves 4

1 honeydew melon, peeled, seeded and quartered
60ml nip Midori liqueur
500ml soda water
1 cup crushed ice

1. Process honeydew melon through Juice Fountain™ Plus.
2. Stir in liqueur and soda water.
3. Scoop ice into 4 tall glasses, pour over melon mixture, mix well to combine.
4. Serve immediately.

Bloody Mary

 Serves 4

4 medium tomatoes
2 sticks celery
1 large red capsicum, base removed and seeded
60ml nip Vodka
1 cup crushed ice

1. Process tomatoes, celery and red capsicum through Juice Fountain™ Plus.
2. Stir in Vodka. Scoop ice into 4 glasses, pour over tomato mixture, mix well to combine.
3. Serve immediately.

Peach and mint julep

 Serves 4

6 peaches, halved and seeded
½ cup fresh mint leaves
60ml nip Creme de Menthe
2 teaspoons sugar
½ cup crushed ice
500ml mineral water

1. Process peaches and mint leaves through Juice Fountain™ Plus.
2. Stir in Creme de Menthe and sugar.
3. Scoop ice into 4 glasses, pour over peach mixture, mix well to combine.
4. Serve immediately.

Grape, kiwi fruit and berry booster

 Serves 2-4

Grapes contain potassium and iron, providing a great pick-me-up after a strenuous day.

500g green seedless grapes, stems removed

2 kiwi fruit, peeled

250g strawberries, hulled

500ml skim milk

2 tablespoons powdered protein drink mix

½ cup crushed ice

1. Process grapes, kiwi fruit and strawberries through Juice Fountain™ Plus.
2. Mix in milk, protein drink mix, crushed ice and serve immediately

Apricot, apple and pear sparkle

 Serves 2-4

4 large apricots, halved and seeded

4 small red apples

3 medium pears

250ml sparkling mineral water

½ cup crushed ice

1. Process apricots, apples and pears through Juice Fountain™ Plus.
2. Stir in mineral water and ice.
3. Serve immediately.

Beetroot, carrot and orange quencher

 Serves 4

8 carrots

2 small beetroots, trimmed

¼ cup fresh mint leaves

4 oranges, peeled

1. Process carrots, beetroot, mint leaves and oranges through Juice Fountain™ Plus.
2. Serve immediately.

Carrot, pumpkin and feta flan

 Serves 6

8 sheets filo pastry
60g butter, melted
1 leek finely sliced
1 cup pumpkin pulp
1 cup carrot pulp
250g feta cheese, crumbled
3 eggs
1 egg white
½ cup milk
2 tablespoons orange rind
¼ cup chopped fresh parsley

1. Layer the sheets of pastry, brushing between each sheet with butter. Lift pastry into a 25cm flan tin, press over base and side. Trim pastry edge to about 1.5cm higher than side of tin.
2. Combine leek, pumpkin, carrot, feta cheese, eggs, egg white, milk, orange rind and parsley. Pour into pastry case and bake at 180°C for 25-30 minutes or until golden and set.

Vegetable and bacon soup

 Serves 4

20g butter
1 onion, finely chopped
1 ham bone
350g beetroot pulp, strained and juice reserved
50g potato pulp, strained and juice reserved
50g carrot pulp, strained and juice reserved
100g tomato pulp, strained and juice reserved
50g cabbage pulp, strained and juice reserved
reserved juices and enough water to make up 2 litres
4 bacon rashers, chopped
1 tablespoon lemon juice
½ cup sour cream

1. Melt butter in a large saucepan, cook onion over a medium heat for 2-3 minutes or until golden. Add ham bone to pan, stir in beetroot pulp, potato pulp, carrot pulp, tomato pulp, cabbage pulp, reserved juices and water, bacon and lemon juice.
2. Bring to the boil, reduce heat and simmer for 30-40 minutes.
3. Remove ham bone, discard bone, finely chop meat and return to the pan.
4. Serve topped with sour cream.

Carrot, apple and celery strudels

 Serves 8

30g butter
1 small onion, finely chopped
4½ cups carrot, apple and celery pulp, strained
(see juice recipe on page 35)
250g cottage cheese
2 tablespoons chopped fresh mint
1 egg, beaten
12 sheets filo pastry
60g butter, melted extra
1 cup grated fresh Parmesan cheese

1. Melt butter in a saucepan, add onion, cook for 2-3 minutes, or until soft, seasoning to taste.
2. Combine onion, carrot, apple and celery pulp, cottage cheese, mint and egg in a bowl. Mix well.
3. Cut filo sheets in half, place 3 sheets on bench, cover remaining pastry with grease proof paper, then a damp cloth to prevent drying. Brush 1 sheet of pastry with extra butter, sprinkle with Parmesan cheese, top with another sheet of pastry, brush with butter, sprinkle with more cheese. Repeat with last sheet of pastry.
4. Place tablespoons of carrot mixture on one end of pastry, fold in sides and roll up like a swiss roll. Repeat with remaining pastry and pulp mixture. Place on a greased oven tray and bake at 200°C for 20-25 minutes or until golden.

Parsnip, herb and polenta hot cakes

 Serves 6

2 cups parsnip pulp, strained
¼ cup milk
2 eggs, separated
¼ cup polenta (corn meal)
¼ cup self-raising flour
1 teaspoon chopped fresh thyme
1 teaspoon chopped fresh rosemary
1 teaspoon Cajun seasoning
1 small red capsicum, finely chopped
1 tablespoon oil

1. Combine parsnip pulp, milk, egg yolks, self-raising flour, polenta, thyme, rosemary, Cajun seasoning and red capsicum in a large mixing bowl. Beat egg whites until soft peaks form, fold into parsnip mixture.
2. Heat oil in a large frying pan, drop spoonfuls of mixture into pan. Cook for about 1 minute on each side or until golden.
3. Serve immediately.

Berry and white chocolate mousse

 Serves 6

200g white chocolate
200g strawberry pulp
200g raspberry pulp
3 teaspoons gelatine dissolved in
¼ cup hot water
3 egg yolks
300ml thickened cream
¼ cup icing sugar, sifted
2 tablespoons Grand Marnier

1. Melt chocolate over hot water, cool, being careful not to let it set. Combine strawberry pulp and raspberry pulp, set aside. Combine chocolate, gelatine mixture and egg yolks, whisk until pale and glossy. Beat cream until soft peaks form, fold through chocolate mixture with berry pulp and Grand Marnier. Pour into a wetted 5 cup capacity mould. Refrigerate several hours or overnight.

Carrot Cake

 Serves 16

1¾ cups plain flour
2 teaspoons baking powder
½ teaspoon nutmeg
½ teaspoon cinnamon
½ teaspoon cardamom
½ cup chopped walnuts
½ cup sultanas
½ cup firmly packed brown sugar
1½ cups carrot pulp
½ cup oil
2 eggs, lightly beaten
¼ cup sour cream

1. Grease and line a 25cm x 15cm loaf pan. Sift flour and baking powder into a large mixing bowl, add nutmeg, cinnamon, cardamom, peanuts, sultanas, brown sugar and carrot pulp, stir to combine. Add eggs, oil and sour cream. Beat with electric mixer, using medium speed until all ingredients are well blended. Pour into loaf pan.
2. Bake at 180°C for 1 hour or until cake is cooked when tested with a skewer. Remove from oven, stand in cake pan for 5 minutes before inverting out onto a wire cake rack.

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