

# Cuisinart®

INSTRUCTION BOOKLET

Recipe  
Booklet  
Included



**Cuisinart® Juice Extractor**

**CJE-1000C**

For your safety and continued enjoyment of this product, always read the instruction book carefully before using.

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## INTRODUCTION

Congratulations on the purchase of your new Cuisinart® Juice Extractor! It's never been easier to create fresh, nutritious fruit and vegetable juices at home. The 3" (7.5 cm) feed tube easily handles soft and hard whole fruits and vegetables for wash-and-juice convenience. The adjustable pour spout and locking hinged lid eliminate drips and spills for clean countertops, and the 5-speed control dial is easy to operate. The specially designed filter basket reduces foam while increasing juice output, and the unit is so quiet, you won't wake the family while you're making juice for breakfast! Our exclusive foam management filter disk allows you to choose the amount of foam in your juice – use the disk for less or leave it out for frothy, foamy juice.

## IMPORTANT SAFEGUARDS

When using any electrical appliance, basic safety precautions should always be followed, including the following:

1. **READ INSTRUCTIONS THOROUGHLY**
2. To protect against electrical shock, do not immerse the juice extractor motor housing in water or other liquids.
3. When any appliance is used by or near children, supervise closely.
4. Always unplug unit from outlet when not in use, before putting on or removing parts and before cleaning.
5. Avoid contact with moving parts.
6. If the juice extractor has a damaged cord or

plug or malfunctions, DO NOT OPERATE. Contact our Customer Service Center to return for examination, repair or adjustment.

7. Using accessory attachments not sold or recommended by the manufacturer can cause fire, electric shock or injury.
8. Do not allow the power cord to come into contact with any hot surfaces, including stove, or to hang over table edge or counter.
9. Before turning the motor on, always make sure juice extractor cover is properly positioned and securely in place. Do not open cover while the juice extractor is in operation.
10. Switch to OFF position after each use and be sure the motor stops completely before disassembling.
11. Do not put fingers or other objects into the juice extractor opening while it is in operation. If food becomes stuck in the opening, use food pusher or another piece of fruit or vegetable to push it down. Or turn the motor off and disassemble the unit to remove the remaining food.
12. If the rotating sieve is damaged, do not use.
13. Always make sure the juice extractor cover is properly positioned and secured before motor is turned on. If it is not, the safety interlock will not operate. Do not loosen cover while the juice extractor is in use.
14. Not designed for outdoor use.
15. Appliance should be plugged into a 120V household outlet only.
16. The appliance is wired for domestic use only.
17. Do not use the appliance for anything other than the intended purpose, as outlined in the instruction booklet.
18. Never juice with the spout in the closed position.
19. Do not operate without the pulp container in place.

## SAVE THESE INSTRUCTIONS

This appliance is for **HOUSEHOLD USE ONLY**. No user-serviceable parts are inside. Do not attempt to service this product.

Maximum rating of 1000 watts is based on the food chopper attachment that draws the greatest power.

Other recommended attachments may draw less power.

A short power supply cord is provided to reduce the risk resulting from becoming entangled in or tripping over a long cord. **AN EXTENSION CORD MAY BE USED WITH CARE: HOWEVER, THE MARKED ELECTRICAL RATING SHOULD BE AT LEAST AS GREAT AS THE ELECTRICAL RATING OF THE JUICE EXTRACTOR.**

The extension cord should not be allowed to drape over the countertop or tabletop, where it can be pulled on by children or tripped over.

## POLARIZED PLUG

This appliance has a polarized plug (one blade is wider than the other). To reduce the risk of electric shock, this plug is intended to fit into a polarized outlet only one way. If the plug does not fit fully into the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to modify the plug in any way. If the plug fits loosely into the AC outlet or if the AC outlet feels warm, do not use that outlet.

## PARTS AND FEATURES

1. **Motor base**  
Die-cast and brushed stainless steel housing.
2. **5-speed dial control with blue LED light ring and On/Off (⓪) button**
3. **Stainless steel micro-mesh filter basket**
4. **Filter bowl (not shown)**
5. **Foam management filter disk**
6. **Cover with 3-inch diameter feed tube and pyramid design fruit stabilizer**
7. **Food pusher**
8. **Juice spout**  
Controls the flow rate
9. **1-liter juice pitcher**
10. **2-liter pulp container**
11. **4-second safety break (not shown)**  
Stops the filter basket with blades when handle tab is released.
12. **Push box cord storage (not shown)**
13. **Heavy-duty cleaning brush to clean filter basket**
14. **1000 watts of power for maximum juice extraction (not shown)**

## BEFORE FIRST USE

- Remove all packaging materials and any promotional labels or stickers from your juice extractor. Be sure all parts (listed in Parts and Features) of your new appliance have been included before discarding any packaging materials.
- You may want to keep the box and packing materials for use at a later date.
- Before using your Cuisinart® Juice Extractor for the first time, remove any dust from shipping by wiping the base with a damp cloth.
- Thoroughly clean cover, pusher, pulp container, juice pitcher, filter basket, and filter bowl.
- All removable parts can be submerged in water for cleaning and are dishwasher safe.
- Never place the motor housing in the dishwasher, nor should you immerse it in water. Always use a damp cloth to wipe clean.



## ASSEMBLY INSTRUCTIONS

### Assembling the Juice Pitcher

1. Place the juice pitcher on a flat surface.
2. Insert the foam separator.
3. Put cover in place. Set pitcher aside.



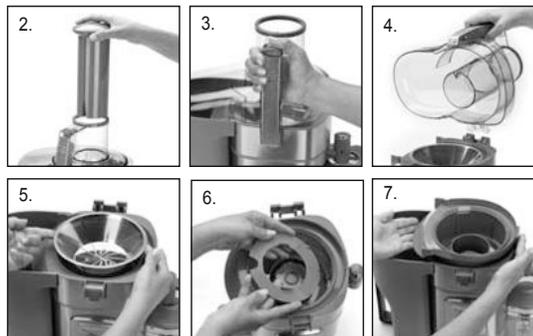
### Assembling the Juice Extractor

1. Place base on a clean, flat surface.
2. Insert filter bowl, positioning spout on right side, on top of motor housing.
3. Place foam management filter disk in filter bowl.
4. Place mesh filter basket firmly in place in the filter bowl.
5. Hold the juice extractor cover by the handle with the feed tube facing back and the hinge straight down over the hinge slot on the motor housing. Insert the hinge into the slot and lower into position.
6. Make sure the handle lock is in the "open" position. Press handle in with an upward motion to close.
7. Slide the food pusher down the feed tube by aligning the groove in the food pusher with the small indent on the inside of the top of the feed tube.
8. Place the pulp container in position by tilting opening slightly under the cover.
9. Place the assembled juice pitcher under the spout, with the handle facing forward.
10. Make sure the spout is in the open position. Never juice with the spout in the closed position.



### Disassembling the Juice Extractor

1. Unplug the juice extractor.
2. Remove the food pusher.
3. Press the handle tab release to unlock the cover.
4. Lift and remove cover.
5. Carefully remove the filter basket by pulling up on either side of the rim. **Be careful not to touch the blades in the bottom of the basket.**
6. Remove foam management filter disk.
7. Remove the filter bowl by pulling up on either side.



### Foam Management System

If you prefer less foam in your juice, use the foam management filter disk and adjust the spout to a smaller opening. If you prefer more foam, do not use the disk and adjust the spout to a larger opening.

## OPERATING INSTRUCTIONS

1. Make sure your juice extractor is properly assembled. (See Assembly Instructions.)
2. Plug the power cord into a 120V electrical outlet.
3. Make sure that the spout is in the open position. **NEVER JUICE WITH THE SPOUT IN THE CLOSED POSITION.**
4. Wash all selected fruits or vegetables.
5. While most fruits such as apples, pears, carrots, etc. will not need cutting, any fruit or vegetable with a diameter larger than 3 inches (7.5 cm) will need to be cut.
6. Set the dial to the desired speed. The blue LED light ring on the control dial will start to blink.
7. Press the button in the center of the control dial to start the juice extractor. The LED light ring will stop blinking and stay on.
8. Lift the food pusher out of the feed tube and drop your food into the feed tube. Push through by inserting the food pusher and pressing firmly.
9. The juice will flow into the juice pitcher and the pulp will accumulate in the pulp container.
10. When finished juicing, press the On/Off (⓪) button to stop the motor. Turn the control dial to "0" to shut off the juice extractor.
11. Before removing the juice pitcher from under the spout, turn the spout to the closed position. This will prevent juice from dripping on the counter.

## CLEANING AND MAINTENANCE

Do not immerse the motor housing in water or spray it with water. Clean only by wiping with a damp sponge, cloth or paper towel. Use any liquid dishwashing detergent, but do not use any products containing ammonia or scouring powders, as these products will dull, scratch or mar the finish.

For easy cleaning, always clean immediately after each use. Vegetables and fruits will harden if left to dry on the unit parts, making it harder to clean.

1. Unplug juicer.

**WARNING:** Be careful when handling the filter basket during cleaning, as the blades at the bottom are very sharp. For best juicing results, always thoroughly clean the filter basket with the nylon brush provided.

(See image.)

2. Take juice extractor apart, following Disassembly Instructions (page 4). First, rinse with cold water. Then wash the pulp container, pusher, lid and rotating filter basket in hot, sudsy water, or place in top rack of dishwasher. Do not use a metal brush or pad.
3. Towel-dry all parts.
4. Any other servicing should be performed by an authorized service representative.



## TIPS AND HINTS

- Extracted juice from fresh fruits and vegetables contains 95% of their nutrients. Drinking extracted juices is the fastest way to digest fruits and vegetables so that your body can absorb all of those nutrients. As opposed to eating the whole fruit, which can take about 1 hour to digest, extracted juices take only 15 minutes.
- Fresh juices are excellent for aiding in cleanses (ridding the body of toxins) and in weight management.
- Always use fresh, organic and seasonal produce. Organic produce is grown without synthetic fertilizers and chemicals, which is very important when juicing whole foods. When buying foods in season, they are considerably less expensive than purchasing off season, and the flavours are much better.
- Wash all vegetables immediately after purchasing and store them in the refrigerator. This way they are ready to juice at any time.
- Always juice fresh fruits and vegetables soon after purchasing. The longer produce is held, the more nutrients it loses.
- Always wash vegetables and fruit before juicing.
- Fresh juices should be consumed immediately. They lose nutrients as they sit.
- Certain fruits should be peeled first before juicing. Examples of such fruits are pineapples, melons, mangos, papayas, citrus – any fruit with skin that you cannot eat. Also remove all pits and hard seeds from fruit such as peaches, cherries, mangos, etc.

- Citrus fruit juice is delicious and creamy, plus it is more nutrient rich than citrus juice that is manually pressed.
- If cucumbers are waxy, peel them before you juice them.
- When juicing, softer ingredients should be juiced before the harder ones. As a rule, softer ingredients should be juiced at the low speed, while harder ingredients are juiced on higher speeds (refer to Juicing Chart, page 7).
- When juicing herbs or leafy greens, juice them in the middle of a combination of ingredients in order to extract the greatest amount of juice.
- Use your taste to guide you on fruit and vegetable combinations for juices. The recipes provided are a guideline, but the possibilities are endless. Experiment to see what your favorite combinations are.
- Carrots make a great and tasty base for vegetable juices, and apples do the same for fruit juices.
- Beets and carrots both have naturally high sugar content, so when added to vegetable juices they balance out any bitter flavours juiced vegetables may have.
- Use your juice extractor in tandem with your blender. Blend fresh juices with ingredients like bananas, yogurt, and protein powders for delicious power smoothies.
- It is also possible to make a healthier, fresher version of your favorite cocktail with fresh juices.
- Blend fruit juices with sparkling water or seltzer to make a natural soda.
- The pulp that is separated from the juice has its own health benefits. It is high in fiber and can be used in a variety of ways. See our recipes as guides on how you can incorporate the fibrous pulp into your diet.

## TROUBLESHOOTING

PROBLEM	SOLUTION
<b>Juice extractor does not turn on</b>	The handle safety lock is not engaged. (See Assembly Instructions page 4.) Press On/Off (Ⓞ) button to start juicing.
<b>Decreased juice rate</b>	Make sure the spout is opened all the way. Excess pulp in filter basket can slow juice rate. Stop the juice extractor and clean filter basket.
<b>Handle lock is not closing</b>	Make sure that lock is fully opened by pushing down on the locking tab. Position your finger on the raised lines on the locking tab and press closed.

## APPROXIMATE YIELD JUICING CHART

FRUIT	AMOUNT	SPEED	YIELD
<b>APPLE</b>	3 medium (about 1 pound [500 g])	5	10 ounces (300 ml)
<b>CANTALOUPE (peeled)</b>	½ fruit (about 1¼ pounds [625 g])	1	16 ounces (480 ml)
<b>GRAPES</b>	1 pound (500 g)	1	8 ounces (240 ml)
<b>MANGO (peeled and pitted)</b>	1 fruit	2	3 ounces (85 ml)
<b>ORANGE (peeled)</b>	2 medium (about 1 pound [500 g])	2	12 ounces (360 ml)
<b>PEACH</b>	3 medium (about 1 pound [500 g])	3	8 ounces (240 ml)
<b>PEAR</b>	2 medium (about 1 pound [500 g])	4	10 ounces (300 ml)
<b>PINEAPPLE (peeled and cored)</b>	½ fruit	3	8 ounces (240 ml)
<b>WATERMELON (peeled)</b>	1 pound (500 g)	1	14 ounces (420 ml)
VEGETABLE	AMOUNT	SPEED	YIELD
<b>BEET</b>	3 pieces (about 1 pound [500 g])	5	10 ounces (300 ml)
<b>BEET GREENS</b>	1 bunch (about 8 ounces [240 g])	5	5 ounces (145 ml)
<b>CARROT</b>	1 pound (500 g)	5	8 ounces (240 ml)
<b>CELERY</b>	1 bunch (about 1¼ pounds [625 g])	4	12 ounces (360 ml)
<b>CUCUMBER</b>	1 large (about 12 ounces [360 g])	1	10 ounces (300 ml)
<b>PARSLEY</b>	1 bunch (about 6 ounces [170 g])	5	2 ounces (60 ml)
<b>TOMATO</b>	1 pound (500 g)	2	10 ounces (300 ml)

## WARRANTY LIMITED THREE- YEAR WARRANTY

We warrant that this Cuisinart product will be free of defects in material or workmanship under normal home use for 3-years from the date of original purchase.

This warranty covers manufacturer's defects including mechanical and electrical defects. It does not cover damage from consumer abuse, unauthorized repairs or modifications, theft, misuse, or damage due to transportation or environmental conditions. Products with removed or altered identification numbers will not be covered.

This warranty is not available to retailers or other commercial purchasers or owners.

If your Cuisinart product should prove to be defective within the warranty period, we will repair it or replace it if necessary.

For warranty purposes, please register your product online at [www.cuisinart.ca](http://www.cuisinart.ca) to facilitate verification of the date of original purchase or keep your original receipt for the duration of the limited warranty.

If the appliance should become defective within the warranty period, do not return the appliance to the store. Please contact our Customer Service Centre:

**Toll-free phone number:** 1-800-472-7606

**Address:** Cuisinart Canada

100 Conair Parkway

Woodbridge, Ont. L4H 0L2

**Email:** [consumer\\_Canada@conair.com](mailto:consumer_Canada@conair.com)

**Model:** CJE-1000C

To facilitate the speed and accuracy of your return, please enclose:

- \$10.00 for shipping and handling of the product (cheque or money order)
- Return address and phone number
- Description of the product defect
- Product date code\*/copy of original proof of purchase
- Any other information pertinent to the product's return

\* Product date code can be found on the underside of the base of the product. The product date code is a 4 or 5 digit number. Example, 90630 would designate year, month & day (2009, June 30th).

**NOTE:** We recommend you use a traceable, insured delivery service for added protection. Cuisinart will not be held responsible for in-transit damage or for packages that are not delivered to us.

To order replacement parts or accessories, call our Customer Service Centre at: 1-800-472-7606.

For more information, please visit our website at [www.cuisinart.ca](http://www.cuisinart.ca)

# Cuisinart®

## Recipe Booklet



Cuisinart® Juice Extractor

CJE-1000C

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# VEGETABLES, FRUITS AND THEIR KEY VITAMINS AND MINERALS

VEGETABLE	VITAMINS	MINERALS
ASPARAGUS	A, B1 (thiamine), C, choline, folic acid	potassium
BEETS AND BEET GREENS	A, C, chlorophyll, B6	calcium, potassium, choline and iron
CABBAGE	B6, C	iodine, potassium and sulfur
CARROTS	A, C	potassium, calcium, phosphorus and carotene
CELERY		organic alkaline minerals (balances blood PH levels)
CUCUMBERS	Good diuretic	potassium
FENNEL		alkaline, calcium and magnesium content
KALE	A and chlorophyll	calcium
PARSLEY	A, C, and chlorophyll	calcium
PARSNIPS	A, C, and chlorophyll	calcium
RADISHES	C	choline, phosphorus, potassium
SPINACH	A, B complex, chlorophyll	calcium, iron, magnesium, phosphorous, potassium
SUMMER SQUASH	B1, B2, niacin	
PEPPERS	A, C	potassium
TOMATOES	C	calcium
WATERCRESS	C and chlorophyll	potassium, choline, phosphorous, sulfur and calcium
FRUITS	VITAMINS	MINERALS
APPLES	A, B1, B2, B6, biotin, folic acid and pantothenic acid	choline, copper, iron, magnesium, manganese, phosphorous, potassium, silicon, sodium and sulfur
CHERRIES	A, C, B1, B2, folic acid and niacin	calcium, cobalt, iron, magnesium, phosphorous, potassium Contains powerful alkalinizing properties.
CRANBERRIES	A, C, B-complex and folic acid	calcium, iron, phosphorous, potassium and enzymes
GRAPES	A, B1, B2, C and niacin	calcium, copper, iron, magnesium, manganese and phosphorous
GRAPEFRUIT	B-complex, C, E, K, biotin and inositol	calcium, phosphorous and potassium
LEMONS	C and citric acid	Very strong cleanser.
LIMES	C and citric acid	Very strong cleanser.
MELONS	A, B-complex and C	High in enzymes.
ORANGES	A, B-complex, B1, B2, B6, C, K, biotin, folic acid and niacin	calcium, choline, copper, flourine, iron, manganese, magnesium, phosphorous, potassium, silicon and zinc
PAPAYAS	A and C	High in enzymes and good cleanser.
PEACHES	A, B1, B2, C, and niacin	calcium, iron, phosphorous and potassium
PEARS	A, B1, B2, C, folic acid and niacin	phosphorous and potassium
PINEAPPLES	C	choline and potassium. High in enzymes.
STRAWBERRIES	C	calcium, phosphorous and potassium
WATERMELONS	A	chlorophyll, enzymes and good cleanser

## RISE AND SHINE

### Melon Cleanser

It is recommended for melons to be eaten alone. This refreshing juice is perfect first thing in the morning.

Makes about two 8-ounce (240 ml) servings

- 2 cups (500 g) cantaloupe
- 2 cups (500 g) honeydew melon
- ¼ cup (50 g) fresh mint leaves
- ¼ lime, peeled, about ¼ ounce (7 g)

1. Turn the Cuisinart® Juice Extractor to speed 1. Turn the unit on and juice the cantaloupe and honeydew.
2. Increase to speed 4 and juice the mint leaves and then the lime.
3. Stir juice and serve immediately.

*Nutritional information per serving (8 ounces [240 ml]):*  
Calories 129 (4% from fat) • carb. 32g • pro. 3g  
• fat 1g • sat. fat 0g • chol. 0mg • sod. 61mg  
• calc. 37mg • fiber 1g

*Notable nutrients based on daily percentages:*  
Vitamin A 124% • Vitamin B6 15% • Vitamin C 167%

### Antioxidant Berry Blast

Berries are packed with good-for-you antioxidants. This juice is also a great base for a berry spritzer – just add seltzer.

Makes about 10 ounces (300 ml)

- 2 cups (500 ml) whole strawberries, about 8 ounces (240 g)
- 1 cup (250 g) raspberries
- 1 cup (250 g) blueberries
- ¼ lemon, peeled, about ¼ ounce (7 g)

1. Turn the Cuisinart® Juice Extractor to speed 2. Turn the unit on and juice the strawberries, raspberries and blueberries.
2. Increase to speed 4 and juice the lemon.
3. Stir juice and serve immediately.

*Nutritional information per serving (8 ounces [240 ml]):*  
Calories 246 (7% from fat) • carb. 60g • pro. 5g  
• fat 2g • sat. fat 0g • chol. 0mg • sod. 6mg  
• calc. 90mg • fiber 1g

*Notable nutrients based on daily percentages:*  
Vitamin C 381% • Folate 27% • Manganese 124%

### Citrus-C

This simple blend of orange and grapefruit makes a delicious juice to start the day. You won't want to drink store-bought juice again!

Makes about 12 ounces (360 ml)

- 1 medium to large orange, peeled, about 12 to 14 ounces (360 g to 420 g) (1 to 1½-cup [250 g to 375 g] segments)
- 1 large grapefruit, peeled, about 1 pound (500 g) (2-cup [500 g] segments)

1. Turn the Cuisinart® Juice Extractor to speed 2.
2. Turn the unit on and juice the orange and grapefruit.
3. Stir juice and serve immediately.

*Nutritional information per serving (6 ounces [170 ml]):*  
Calories 157 (4% from fat) • carb. 39g • pro. 3g  
• fat 1g • sat. fat 0g • chol. 0mg • sod. 0mg  
• calc. 109mg • fiber 2g

*Notable nutrients based on daily percentages:*  
Vitamin A 19% • Vitamin C 283% • Folate 24%

### Orange, Peach and Mango Juice

This sunny beverage is full of vitamin C, and is a great base for smoothies.

Makes about 12 ounces (360 ml)

- ½ mango, peeled, about 5 ounces (145 g)
- 1 medium orange, peeled, about 6 to 7 ounces (170 g to 210 g)
- 2 peaches, pits removed

1. Turn the Cuisinart® Juice Extractor to speed 2. Turn the unit on and juice the mango and orange.
2. Increase to speed 3 and juice the peaches.
3. Stir juice and serve immediately.

*Nutritional information per serving (12 ounces [360 ml]):*  
Calories 252 (4% from fat) • carb. 64g • pro. 4g  
• fat 1g • sat. fat 0g • chol. 0mg • sod. 5mg  
• calc. 99mg • fiber 2g

*Notable nutrients based on daily percentages:*  
Vitamin A 43% • Vitamin B6 19% • Vitamin C 255%  
• Folate 21%

### Junior Juice

Made just for kids, it is a great juice to introduce to your children starting around 18 months since it contains no citrus.

Makes about 6 small servings

- ½ mango, about 4 ounces (115 g), peeled and cut into 1-inch (2.5 cm) pieces
- 8 medium carrots, about 1 pound (500 g)
- 2 medium apples, about 10 ounces (300 g)

1. Turn the Cuisinart® Juice Extractor to speed 2. Turn the unit on and juice the mango.
2. Increase the speed to 5 and juice the carrots and apples.
3. Stir juice and serve immediately.

*Nutritional information per serving (4 ounces [115 ml]):*  
Calories 67 (4% from fat) • carb. 17g • pro. 1g  
• fat 0g • sat. fat 0g • chol. 0mg • sod. 53mg  
• calc. 30mg • fiber 1g

*Notable nutrients based on daily percentages:*  
Vitamin A 258% • Vitamin C 20%

## FROM THE GARDEN

### Veggie Juice Plus

A rainbow of veggies, chock full of nutrients, all in one glass.

Makes about two 7-ounce (210 ml) servings

- 1 tomato, about 5 ounces (145 g)
- ½ cucumber, about 5 ounces (145 g)
- ½ lemon, peeled about ½ ounce (15 g)
- 1 handful parsley, about 1 cup (250 g) packed
- 3 to 4 kale leaves
- ½ medium beet, about 2 ounces (60 g)
- 2 carrots, about 8 ounces (240 g)

1. Turn the Cuisinart® Juice Extractor to speed 2. Turn the unit on and juice the tomato.
2. Increase to speed 3 and juice the cucumber and lemon.
3. Increase to speed 5 and juice the parsley, kale, beet and carrots.
4. Stir juice and serve immediately.

*Nutritional information per serving (7 ounces [210 ml]):*  
Calories 116 (7% from fat) • carb. 26g • pro. 5g

• fat 1g • sat. fat 0g • chol. 0mg • sod. 137mg  
• calc. 152mg • fiber 2g

*Notable nutrients based on daily percentages:*  
Vitamin A 548% • Vitamin B6 20% • Vitamin C 184%  
• Iron 20% • Folate 31%

### Super Greens

Rich in chlorophyll and vitamins, this juice is a super health drink.

Makes about 10 ounces (300 ml)

- ⅓ cucumber, about 3 ounces (300 ml)
- 5 ounces (85 g) assorted greens (kale, chard, beet greens)
- 1 cup (250 g) packed spinach leaves
- 1 cup (250 g) green herbs (parsley, cilantro, mint)\*
- 2 medium celery stalks
- 2 medium carrots, about 8 ounces

1. Turn the Cuisinart® Juice Extractor to speed 3. Turn the unit on and juice the cucumber.
2. Increase to speed 5 and juice the greens, spinach, herbs, celery and carrots.
3. Stir juice and serve immediately.

\* Juiced greens definitely have a strong flavor – experimenting with different types and amounts of herbs, like cilantro, gives the juice a nice herbal note.

*Nutritional information per serving (10 ounces [300 ml]):*  
Calories 216 (9% from fat) • carb. 46g • pro. 11g  
• fat 1g • sat. fat 2g • chol. 0mg • sod. 340mg  
• calc. 233mg • fiber 2g

*Notable nutrients based on daily percentages:*  
Vitamin A 1365% • Vitamin C 461% • Thiamin 28%  
• Folate 67%

### Iron Boost

Makes two 4-ounce (115 ml) servings

- 2 large handfuls fresh spinach
- 2 stalks fresh kale
- ½ bunch parsley
- 1 beet with greens
- 2 medium carrots

1. Turn the Cuisinart® Juice Extractor to speed 5. Turn the unit on and juice ingredients in order listed.
2. Stir juice and serve immediately.

Nutritional information per 4-ounce serving:  
Calories 57 (5% from fat) • carb. 12g • pro. 3g • fat 0g  
• sat. fat 0g • chol. 0mg • sod 163 mg  
• calc. 91mg • fiber 2g

**Notable nutrients based on daily percentages:**  
Vitamin A 293% • Vitamin C 51% • Folate 25% • Iron 12%

## Green Zing

Makes four 5-ounce (145 ml) servings

- 1 medium cucumber (peeled if waxy)
- ½ bunch kale, about 3 to 4 stalks
- ½ bunch parsley
- 3 handfuls spinach
- 1 two-inch (5 cm) piece ginger
- 5 celery stalks

1. Turn the Cuisinart® Juice Extractor to speed 3. Turn the unit on and juice the cucumber.
2. Increase to speed 5 and juice the remaining ingredients in order listed.
3. Stir juice and serve immediately.

Nutritional information per 5-ounce (145 ml) serving:  
Calories 28 (8% from fat) • carb. 6g • pro. 1g  
• fat 0g • sat. fat 0g • chol. 0mg • sod 54mg  
• calc. 52mg • fiber 2g

**Notable nutrients based on daily percentages:**  
Vitamin A 41% • Vitamin C 24% • Potassium 356mg  
• Folate 13%

## REFRESHERS

### Afternoon “Pick Me Up”

This light and zesty cooler is perfect for a late-day lift.

Makes about 2 servings

- 2 cups (500 g) grapes
- ½ lemon, peeled, about 1 to 2 ounces
- 1 cup (250 g) packed mint leaves
- ½ ounce (15 g) ginger, about a 1-inch (2.5 cm) piece
- 2 medium apples, about 10 ounces (300 g)

1. Turn the Cuisinart® Juice Extractor to speed 2. Turn the unit on and juice the grapes and lemon.

2. Increase to speed 5 and juice the mint, ginger and apples.

3. Stir juice and serve immediately.

Nutritional information per serving (10 ounces [300 ml]):  
Calories 152 (4% from fat) • carb. 39g • pro. 2g • fat 1g  
• sat. fat 0g • chol. 0mg • sod. 8mg • calc. 57mg • fiber 1g

**Notable nutrients based on daily percentages:**  
Vitamin A 14% • Vitamin C 37%

## Watermelon-Pear Detox Juice

Recharge your body with this delicious juice.

Makes 2 servings

- 2 cups 1-inch (2.5 cm) cubed watermelon, about 9 ounces (270 g)
- 1½ medium pears, about 12 ounces (360 g)
- 1 medium lime, peeled

1. Turn the Cuisinart® Juice Extractor to speed 1. Turn the unit on and juice the watermelon.
2. Increase to speed 4 and juice the pears and lime.
3. Stir juice and serve immediately.

Nutritional information per serving (8 ounces [240 ml]):  
Calories 147 (2% from fat) • carb. 39g • pro. 2g  
• fat 0g • sat. fat 0g • chol. 0mg • sod. 4mg  
• calc. 35mg • fiber 1g

**Notable nutrients based on daily percentages:**  
Vitamin C 45% • Beta Carotene 419mcg  
• Lycopene 5782 mcg

## COOLERS & SPRITZERS

### Pineapple Mint Spritzer

Refreshing on a hot summer day.

Makes about 5 servings

- 3 cups (750 g) 1-inch (2.5 cm) cubed pineapple, about 1 pound (500 g)
- ¼ cup (50 g) packed fresh mint leaves
- 6 ounces (170 g) unflavored seltzer

1. Turn the Cuisinart® Juice Extractor to speed 3. Turn the unit on and juice the pineapple and mint.
2. Stir juice and add the seltzer. Pour over ice and serve immediately.

Nutritional information per serving (4 ounces [120 ml]):

Calories 133 (2% from fat) • carb. 35g • pro. 1g  
• fat 0g • sat. fat 0g • chol. 0mg • sod. 13mg  
• calc. 29mg • fiber 1g

**Notable nutrients based on daily percentages:**  
Vitamin C 128% • Manganese 125%

## Mango Spritzer

We love fresh mango juice, but other fresh fruit juices like kiwi or grape would work well when paired with seltzer on ice.

Makes about 4 servings

- 1½ fresh mangoes, peeled and pits removed
- 4 ounces unflavored seltzer

1. Turn the Cuisinart® Juice Extractor to speed 2. Turn the unit on and juice the mangoes.
2. Stir juice and add the seltzer. Pour over ice and serve immediately.

Nutritional information per serving (4 ounces):  
Calories 122 (3% from fat) • carb. 32g • pro. 1g  
• fat 0g • sat. fat 0g • chol. 0mg • sod. 10mg  
• calc. 16mg • fiber 1g

**Notable nutrients based on daily percentages:**  
Vitamin A 24% • Vitamin C 72% • Beta Carotene 691mcg

## Apple Ginger Fizz

This beverage is super gingery. Cut back on the amount of ginger if a less sharp drink is preferred.

Makes 2 servings

- 1 one-inch (2.5 cm) piece of ginger
- 1 medium apple
- 8 ounces (240 ml) seltzer or sparkling water

1. Turn the Cuisinart® Juice Extractor to speed 5. Turn the unit on and juice the ginger and apple.
2. Stir juice and add the seltzer. Pour over ice and serve immediately.

Nutritional information per 6-ounce serving:  
Calories 82 (2% from fat) • carb. 21g • pro. 0g  
• fat 0g • sat. fat 0g • chol. 0mg • sod 16mg  
• calc. 6mg • fiber 2g

**Notable nutrients based on daily percentages:**  
Potassium 97mg

## SMOOTHIES

### Papaya Pineapple “Smoothie”

This tropical blend is loaded with great enzymes that aid in digestion.

Makes about 12 ounces (300 ml)

- 2 cups (500 g) papaya, peeled, with seeds discarded
- 1 cup (250 g) mango, peeled and pit removed
- ½ lemon, peeled, about ¾ ounce (20 g)
- 2 cups (500 g) pineapple, skin and core discarded

1. Turn the Cuisinart® Juice Extractor to speed 2. Turn the unit on and juice the papaya and mango.
2. Increase to speed 3 and juice the lemon and pineapple.
3. Stir juice and serve immediately.

Nutritional information per serving (12 ounces [360 ml]):  
Calories 369 (3% from fat) • carb. 96g • pro. 4g  
• fat 1g • sat. fat 0g • chol. 0mg • sod. 15mg  
• calc. 128mg • fiber 3g

**Notable nutrients based on daily percentages:**  
Vitamin A 90% • Vitamin B6 31% • Vitamin C 564%  
• Folate 44%

## Tropical Power Juice

Makes two 6-ounce (170 ml) servings

- 1 medium orange, peeled
- 1 mango, peeled and pit removed
- 1 peach, pit removed
- 6 strawberries, hulls removed
- 1 tablespoon (15 g) protein powder

1. Turn the Cuisinart® Juice Extractor to speed 2. Turn the unit on and juice all fruits in the order listed.
2. Pour juice into a blender or sealable container.
3. Add protein powder and blend or shake up. Serve immediately.

Nutritional information per 6-ounce (170 ml) serving:  
Calories 148 (4% from fat) • carb. 33g • pro. 6g  
• fat 1g • sat. fat 0g • chol. 0mg • sod 52mg  
• calc. 57mg • fiber 1g

**Notable nutrients based on daily percentages:**  
Vitamin A 22% • Vitamin C 141% • Riboflavin 24%  
• Thiamin 30%

## Sunshine Smoothie

Makes 32 ounces (1 L)

- 1/2 **lemon-peeled, about 1 ounce (30 g)**
- 1/2 **ounce ginger, about 1-inch (2.5 cm) piece**
- 1 **pound (500 g) carrots**
- 1 **medium orange, peeled and cut into sections**
- 2 **medium peaches, about 10 to 12 ounces (300 to 360 g), pitted, peeled and cut into large cubes**
- 1 **cup (250 g) fresh pineapple, skin and core discarded**
- 1 **cup (250 g) frozen mango**

1. Turn the Cuisinart® Juice Extractor to speed 3. Turn the unit on and juice the lemon.
2. Increase the speed to 5 and juice the ginger and carrots. Pour into the jar of a Cuisinart® Blender.
3. Add the remaining ingredients and blend on high speed until smooth, about 45 seconds.
4. Serve immediately.

*Nutritional information per 8-ounce (240 ml) serving:*  
Calories 133 (4% from fat) • carb. 33g • pro. 2g  
• fat 1g • sat. fat 0g • chol. 0mg • sod. 80mg  
• calc 67mg • fiber 6g

*Notable nutrients based on daily percentages:*  
Vitamin A 393% • Vitamin C 100% • Folate 12%

## Superfood Smoothie

This smoothie utilizes the fiber-rich pulp of vegetables to maximize the health benefits of both juice and pulp. You will be amazed how great it tastes!

Makes about 32 ounces (1 L)

- 2 **medium apples**
- 1/2 **cup (125 ml) water**
- 1 **large ripe banana, quartered**
- 1 **medium peach, pitted and cut into 1-inch (2.5 cm) cubes**
- 2 **cups (500 g) assorted berries (any desired combination: strawberry, blueberry raspberry)**
- 2 **cups (500 g) reserved green vegetable pulp**

1. Turn the Cuisinart® Juice Extractor to speed 3. Turn the unit on and juice the apples.

2. Pour the apple juice and water into the blender jar of a Cuisinart® Blender. Add the banana, peach, berries and pulp.
3. Blend on high until smooth, about 1 minute.
4. Serve immediately

**Note:** This smoothie will be room temperature. If desired, blend in some ice cubes once smooth.

*Nutritional information per serving:*  
Calories 120 (6% from fat) • carb. 30g • pro. 3g  
• fat 1g • sat. fat 0g • chol. 0mg • sod. 16 mg  
• calc 67mg • fiber 6g

*Notable nutrients based on daily percentages:*  
Vitamin A 106% • Vitamin C 81%

## DRESSING, SAUCES AND SOUP

### Carrot Ginger Dressing

Delicious over a bed of mixed greens.

Makes about 4 servings

- 1/2 **pound (250 g) carrots, about 4 medium carrots**
- 2 **ounces (60 g) fresh ginger, about two 2-inch pieces**
- 1/2 **medium orange, about 3 ounces (85 g), peeled**
- 1/4 **lemon, peeled**
- 1 **large clove garlic**
- 2 **tablespoons (30 ml) rice vinegar**
- 1 **tablespoon (15 ml) reduced-sodium soy sauce**
- 4 **teaspoons (20 ml) sesame oil**
- 1 **tablespoon (15 ml) honey**
- 1/4 **cup (50 ml) water**
- pinch sea salt**

1. Turn the Cuisinart® Juice Extractor to speed 5. Turn the unit on and juice the carrots, ginger, orange and lemon. Reserve juice and pulp.
2. In the bowl of a Cuisinart® Food Processor fitted with the chopping blade, process the garlic until finely chopped. Add all of the extracted juice, 3 tablespoons of the mixed pulp, and the remaining ingredients. Process until completely combined. Adjust seasonings to taste.

*Nutritional information per serving (2 tablespoons [30 ml]):*

Calories 58 (64% from fat) • carb. 5g • pro. 0g  
• fat 4g • sat. fat 1g • chol. 0mg • sod. 66mg  
• calc. 11mg • fiber 1g

*Notable nutrients based on daily percentages:*  
Vitamin A 59% • Beta Carotene 1451mcg

## Carrot Fennel Sauce with Orange

This is a great sauce to serve with fish and seafood, most notably shrimp.

Makes about 2/3 cup (150 ml)

- 1 **teaspoon (5 ml) olive oil**
- 1 **small shallot, about 1/4 ounce (7 g) chopped**
- 1/4 **lemon peeled, about 1/4 ounce (7 g)**
- 1/2 **orange peeled, about 2 ounces (60 g)**
- 1/2 **fennel bulb, about 4 ounces (115 g)**
- 1 **pound (500 g) carrots, about 8 medium carrots**
- 2 **tablespoons (300 g) unsalted butter, cut into small cubes**
- 2 **tablespoons (300 g) sliced basil**

1. Put the olive oil in a sauce pan and place over medium heat. Add the chopped shallot and sweat until soft, about 2 minutes.
2. While the shallot is sweating, turn the Cuisinart® Juice Extractor to speed 2. Turn the unit on and juice the lemon and orange.
3. Increase to speed 5 and juice the fennel and carrots.
4. Add juice to the saucepan and bring to a simmer. Allow sauce to simmer for about 30 minutes, until reduced to about 2/3 cup (150 ml).
5. Once reduced, whisk in both the butter and basil immediately before serving.

*Nutritional information per serving (1 tablespoon [15 ml]):*  
Calories 51 (48% from fat) • carb. 6g • pro. 1g  
• fat 3g • sat. fat 2g • chol. 6mg • sod. 38mg  
• calc. 26mg • fiber 1g

*Notable nutrients based on daily percentages:*  
Vitamin A 155%

## Red Pepper Reduction

This reduction, with its intense red pepper flavor, is a great sauce for chicken and fish.

Makes about 1/4 cup (50 ml)

- 1 **teaspoon (5 ml) olive oil**
- 1 **shallot, about 1/2 ounce (15 g)**
- 12 **ounces (360 ml) red pepper juice, (about 2 pounds [4 medium peppers] juiced on speed 3)**
- 2 **tablespoons (30 g) unsalted butter, cut into small cubes (optional)**

1. Put the olive oil in a small saucepan and place over medium heat. Add the shallot and sweat until soft, about 2 minutes.
2. Add the pepper juice and bring to a simmer. Allow the juice to simmer until reduced to about 1/4 cup (50 ml), 30 to 40 minutes. For a sauce with more body, whisk in the butter if using right before serving.\*

\* **Note:** Although thin, this sauce is very flavorful and stands very well on its own. However, if you prefer a thicker sauce without butter, make a slurry with one tablespoon of cornstarch mixed with water and whisk into the sauce, a little at a time, as it simmers until the desired consistency is achieved.

*Nutritional information per serving (1tablespoon [15 ml]) without butter* Calories 71 (20% from fat) • carb. 14g • pro. 2g • fat 2g • sat. fat 0g • chol. 0mg • sod. 5mg  
• calc. 17mg • fiber 1g

*with butter (1 tablespoon [15 ml])* Calories 122 (51% from fat) • carb. 14g • pro. 2g  
• fat 8g • sat. fat 4g • chol. 15mg • sod. 6mg  
• calc. 19mg • fiber 1g

*Notable nutrients based on daily percentages:*  
Vitamin A 146% • Vitamin B6 34% • Vitamin C 719%

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Printed in China/ Imprimé en Chine  
10CC111522

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**IB-9269-CAN**