



HSL600 Slow Juicer and Nutrition Centre USER MANUAL



Thank you for choosing ElectriQ.
Please read this user manual before using this appliance
and keep it safe for future reference.
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Contents

Features	3
Safety Instructions	4
Package Content	5
Parts	6
Assembly and Operation	7
Fruits and Vegetables Nutrition Tables	17
Cleaning and maintenance	21
Troubleshooting	22
Recipes	24

FEATURES

ElectrIQ Slow masticating juicer HSL600 juices fruits, vegetables, grasses, leafy greens or creates delicious nut milks.

Refreshing design to complement any kitchen.

Low power 150 watts DC motor that spins at only 80 RPM ensuring fruits and vegetable are mechanically pressed without adding friction heat, preventing juice oxidation while retaining maximum nutrients.

Horizontal design maximizes leafy greens and wheatgrass juice extraction

Low Noise due to slow press system

Super strong auger and juicing screen

BPA Free Plastic

High Juice Yield and Less Waste

Easy to Assemble and Store

Large Juice and Pulp Containers

Low noise due to slow pressing system

Easy to clean and dishwasher Safe

Nutrition Center *

The HSL600 Nutrition Centre is the most versatile kitchen appliance you ever owned.

Apart from Juicing, now you can enjoy:

Slicing Fruits and Vegetables

Grating nuts and cheeses

Mincing Dried Fruits, Nuts and Meat

Making Vegetarian or Meat Sausages

Making Pasta and Noodles

* with the optional Nutrition Centre Essential Accessories Pack (HSL600-ACC) you can transform the versatile HSL600 in a Grater / Slicer, Mincer, Sausage and Pasta Maker

Note: Due to continuous product development, products may not exactly correspond to the illustrations in this manual.

SAFETY INSTRUCTIONS

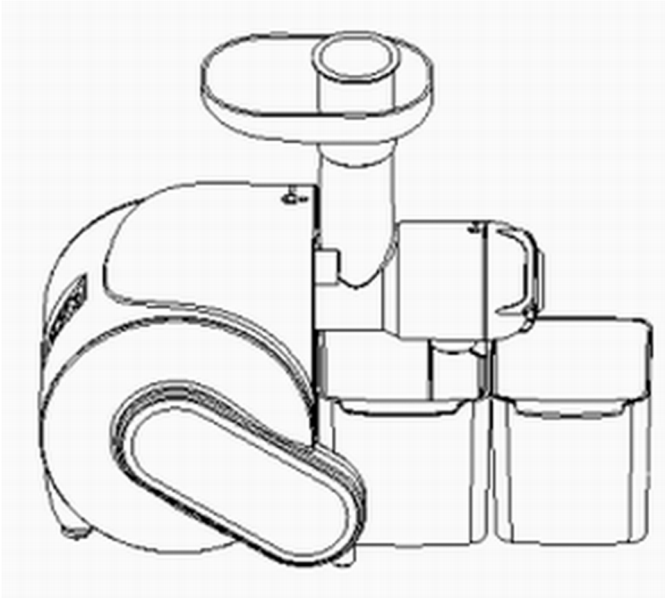
Important

- Carefully read the instructions before operating the unit
- This appliance is for indoor use only.
- Rating: This unit must be only connected to a 220-240 V / 50 Hz earthed outlet. Always check the rating label against your electrical supply.
- If you are in any doubt about the suitability of your electrical supply have it checked and, if necessary, retested by a qualified electrician.
- This juicer has been tested and is safe to use. However, as with any electrical appliances - use it with care.
- Disconnect the power plug from socket before dismantling, assembling or cleaning.
- Do not clean the unit by spraying it or immersing it in water.
- Never operate this appliance if the cord or plug is damaged. Ensure the power cord is not stretched or exposed to sharp object/edges.
- Do not pull the mains cable to disconnect the mains plug from the mains.
- Do not use the appliance if any part or any accessory is damaged or defective.
- A damaged supply cord or plug should be replaced by the manufacturer or a qualified electrician in order to avoid a hazard.
- Avoid touching any moving parts of the appliance.
- Never insert fingers, or any other objects apart from the food pusher through the feeder
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities. It is also not intended for use by those with a lack of experience and knowledge, unless they have been given supervision or instruction concerning the use of the appliance by a person responsible for their safety.
- Do not leave children unsupervised with this appliance.
- Any service other than regular cleaning should be only performed by an authorized service representative. Failure to comply could result in a voided warranty.
- Do not use the appliance for any other purposes than its intended use.
- Always place the unit on a dry and stable surface.
- Do not use the appliance in places with high humidity (>80%RH)
- Do not immerse the appliance in water or other liquids. If the appliance is immersed in water or other liquids by mistake, do not touch the appliance with your hands. Immediately remove the mains plug from the wall socket. If the appliance is immersed in water or other liquids, discard it.

Unit Safety Protection and Performance Tips

- Make sure the unit is correctly assembled and the safety locks engaged
- When using the appliance take regular breaks to avoid motor overheating
- Always clean the appliance and accessories immediately after use

PACKAGE CONTENTS

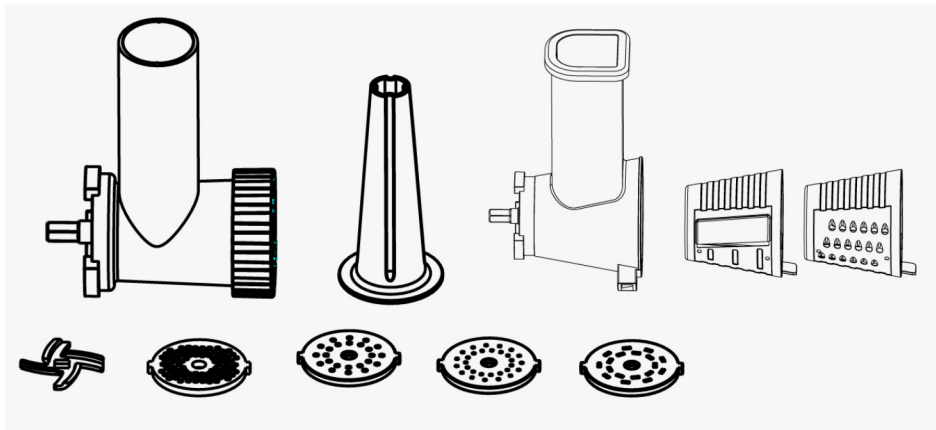


HSL600 Slow Juicer

- 1x Cold Press Juicer
- 1x Instruction Manual
- 1x Juice Tank
- 1x Pulp Tank
- 1x Cleaning Brush
- 1x Cold Press Juicer

Optional HSL600-ACC Accessories Pack

- 1 x Chopper with 2 blades
- 1x Mincer
- 1x Sausage Attachment
- 3 x Pasta / Noodles Attachment
- 1x Cleaning Brush

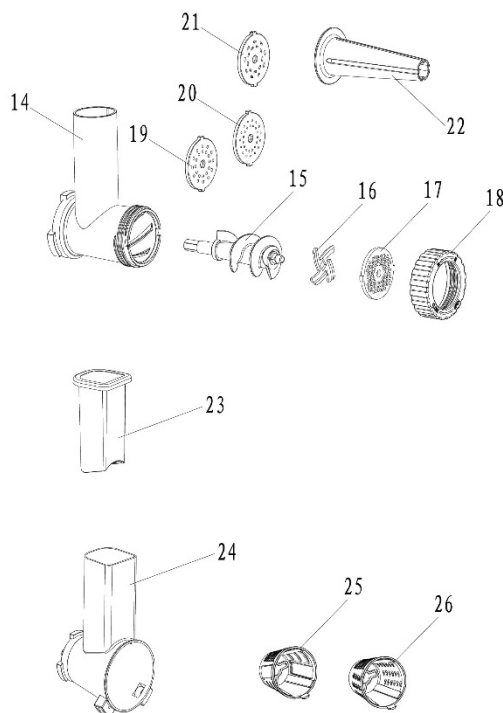
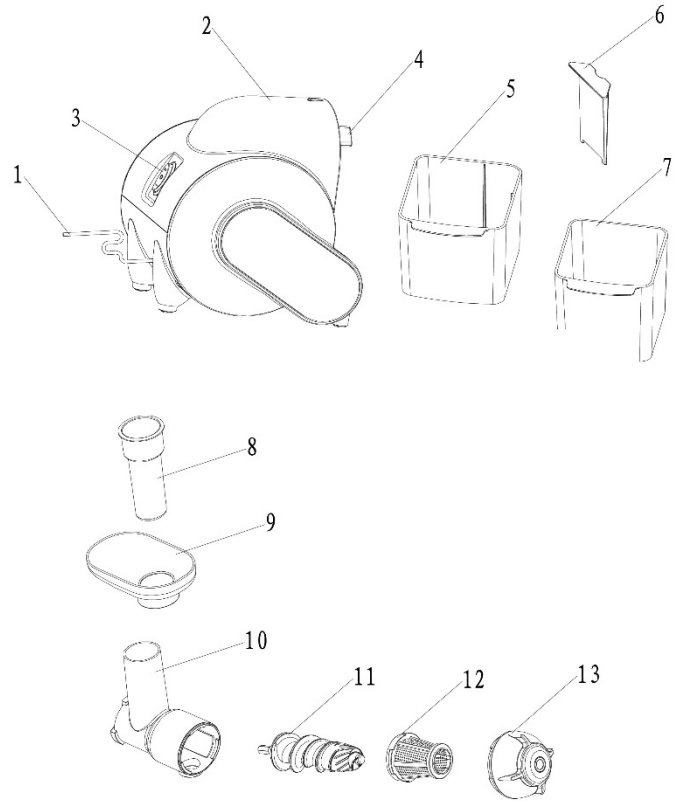


Account for all parts before disposing packing. Safely dispose of all plastic bags and other packaging components. They may be potentially dangerous to children.

PARTS AND ASSEMBLY

Slow Juicer

1. Power cable
2. Juicer Main Body
3. Power Switch (On/Off/Reverse)
4. Accessory Lock Release
5. Juice Container
6. Foam Separator
7. Pulp Container
8. Pusher
9. Ingredients Tray
10. Juice Extractor body
11. Auger
12. Juicing Screen
13. Juice Extractor Head



HSL600-ACC Accessories Pack (Optional)

14. Mincer / Pasta maker body
15. Mincer Auger
16. Cutting blade
17. Grinding plate
18. Cover
19. Pasta / Noodle Plates (19-21)
22. Sausage Maker Tube
23. Chopper pusher
24. Fruit / Vegetables Chopper
25. Chopper Blades (25-26)

Initial use

Preparation

- Clean the appliance and accessories before first use
- Wash the juicer body and head, juicing screen, auger, pusher, juice cup and pulp cup in warm soapy water with a soft cloth or nylon brush. Rinse and dry thoroughly. Also refer to the section "**Cleaning and maintenance**"

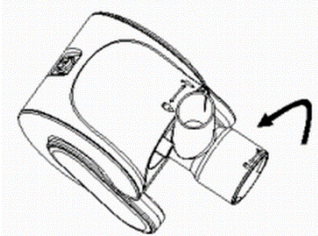
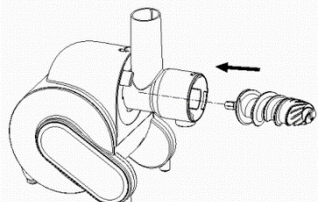
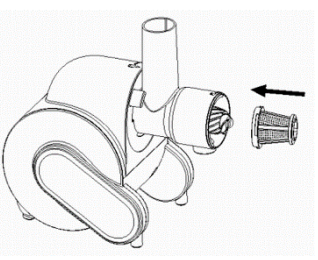
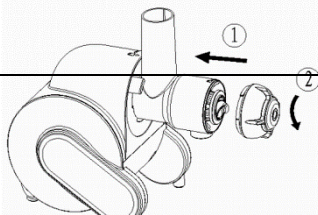
Assembly and Operation

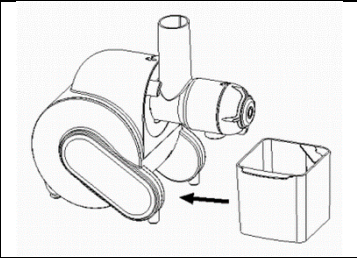
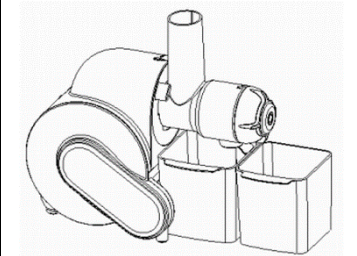
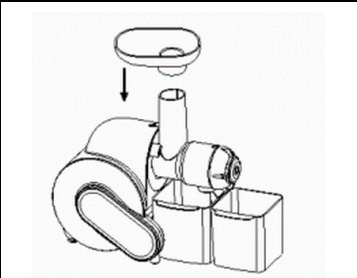
Before assembly or disassembly, switch off the appliance, remove the mains plug from the wall socket and wait until the appliance has cooled down.

This appliance has a built-in safety lock (4); this feature ensures that you can only switch on the appliance if you have assembled the juicer correctly on the motor unit. When assembled correctly, the built-in safety lock will be unlocked.

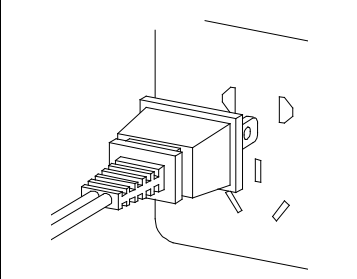
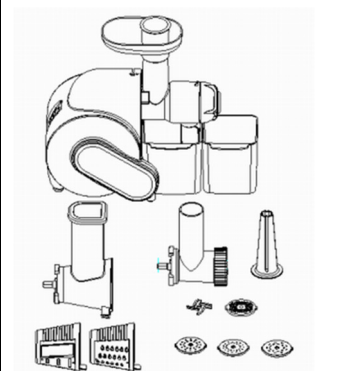
Assembling the Juicer

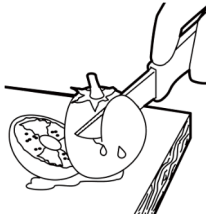
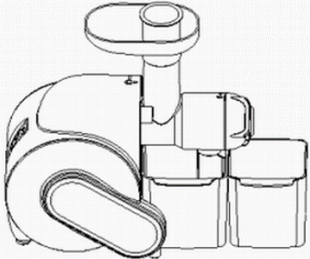
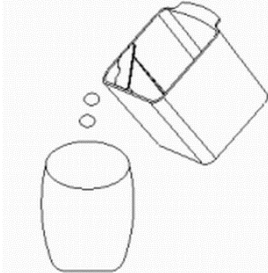
Before you assemble the juicer, ensure that the power cord is unplugged. Place the juicer base on a flat dry surface such as a worktop.

	1	<p>Attach the extractor body (10) to the HSL600 base (2) Make sure the juicer body triangle mark is aligned with the triangle mark of the extractor before rotating the extractor body. Rotate the extractor counterclockwise until it clicks in being secured by the accessory lock (4)</p>
	2	<p>Align the hexagonal shaft of the auger (11) in the frame of the extractor (10) and push it into place (slightly rotate the auger to make sure you got a good alignment)</p>
	3	<p>Slide the juicing screen (12) into the end of the auger (11) making sure it is properly pushed down. <i>Make sure you do not skip this step as using the juicer without juicing screen may damage the extractor.</i></p>
	4	<p>Align the juice extractor head (13) with the keys on the juice extractor body and twist the extractor head by rotating it</p>

		counterclockwise making sure is fully locked.
	5	Place the juice container (5) in the recessed placeholder along the juicer base body making sure the juice dispensing outlet is directly above. If you want a foam free juice insert the foam separator in the juice container prior to use.
	6	Align the pulp container (7) with the juice container (5) making sure the juice extractor head (13) is centred above the pulp container
	7	Mount the ingredients tray (9) onto the juice extractor feeder. The tray will facilitate the loading of small fruits e.g. grapes, strawberries, blueberries, pomegranates etc.

Operation

	1	Once the HSL600 is correctly assembled (see Assembling the Juicer) connect to the power outlet and get ready to juice. Ensure the switch is on off central position before plugging in the unit.
	2	Power on Operation Description There are 3 settings on the power button. Top: ON Middle: OFF Down: Reverse ON for normal juicing, chipping, mincing, pasta making etc. press the ON button. Press OFF middle button to stock the unit. Use REVERSE if there is any food blockage or motor locking. Press and hold the REVERSE for 3-5 seconds. This should

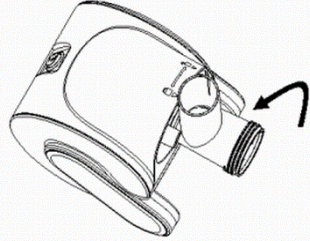
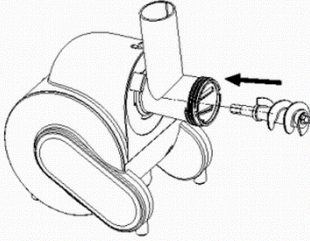
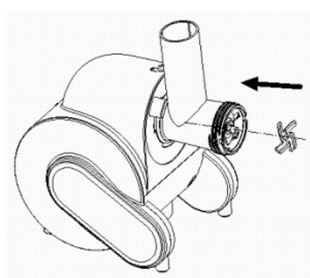
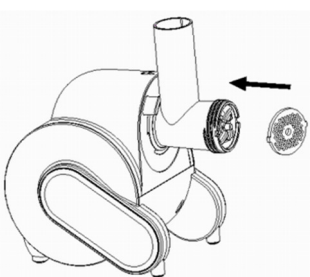
		resolve the issues. Releasing the REVERSE button will resume normal operation.
	3	Wash and prepare your fruits, leaves and vegetables. Cut them it into pieces small sufficiently to pass through the feeder, use the feeder tray for small fruits. There is no need to cut the Any hard core, hard seeds (e.g. peaches, apricots), skin or shell (e.g. pineapple) shall be removed in advance.
	4	Press down ON button. Machine will start operating after a 2-3 seconds delay. Return to OFF position after maximum 30-45 minutes of use. Load the ingredients into the feeder tube and use the pusher (8) to help them progressing in the extractor.
	5	When you stop juicing, turn off and disconnect the appliance. Wait until all the juice flows into the juice container. Do not remove the juice container before the auger have stopped rotating completely. Juice tastes best straight from the juicer.

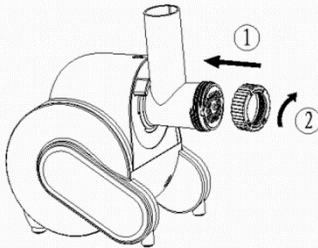
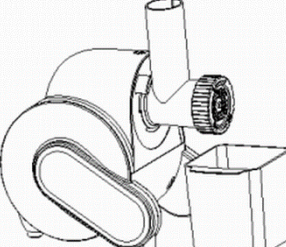
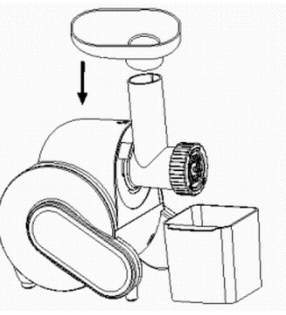
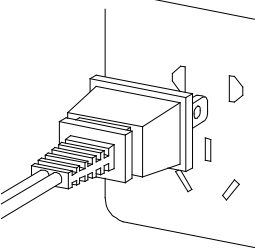
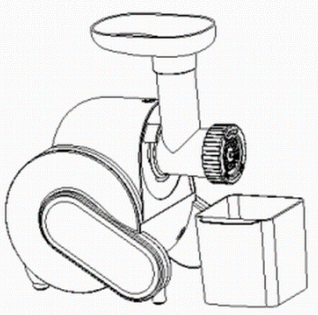
Optional Accessories Assembly and Operation

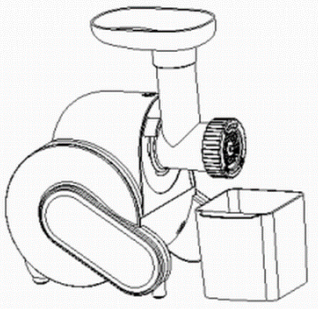
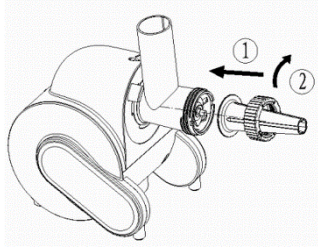
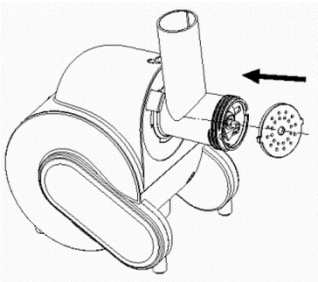
The HSL600-ACC kit will transform your juicer in a true Nutrition Centre that will enable you to easily cook a variety of foods. Please find assembly / operation instruct

Mincer, Pasta/ Noodle/ Sausage Maker

Slide the juicing screen (12) into the end of the auger (11) making sure is properly pushed down. Make sure you do not skip this step as using the juicer without juicing screen may damage the extractor.

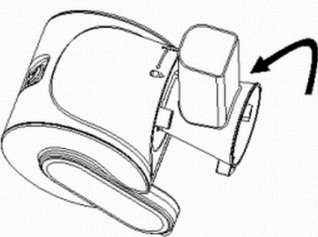
	1	<p>Attach the mincer body (14) to the HSL600 base (2) Make sure the body triangle mark is aligned with the triangle mark of the mincer before rotating the mincer body. Rotate the mincer counterclockwise until it clicks in being secured by the accessory lock (4)</p>
	2	<p>Align the hexagonal shaft of the mincer auger (15) in the frame of the mincer body (14) and push it into place (slightly rotate the auger to make sure you got a good alignment)</p>
	3	<p>Position the cutting blade onto the mincer auger (15), with the square hole in the center of the cutter embedded into the square convex plate on the top of the screw.</p>
	4	<p>Make sure the grinding plate (17) is clean and in position over the cutting blade (16). The mincer body has guide keys and the blade will slot into them.</p>

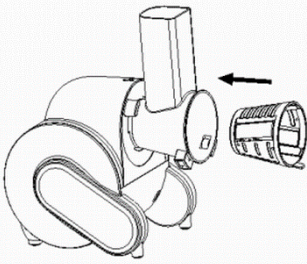
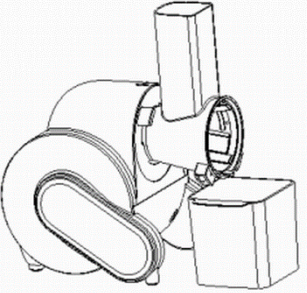
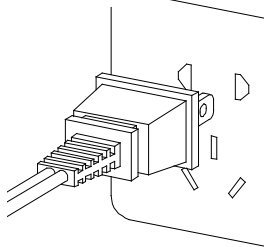
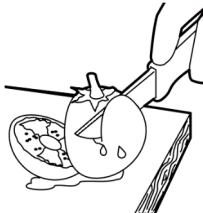
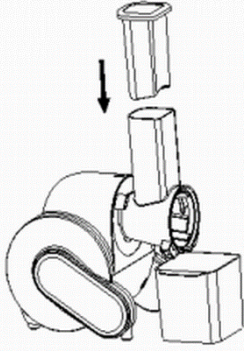
	5	Screw and tighten the mincer cover to the grinder body.
	6	Place pulp container (or another recipient) below the mincer cover to hold and collect any mince.
	7	Mount the food tray onto the upper end of feeder cylinder to facilitate loading of the mincing ingredients.
	8	<p>Once the mincer is correctly assembled connect it to the power outlet and get ready to mince.</p> <p>Ensure the switch is on OFF central position before plugging in the unit.</p> <p>Start the mincer by pressing the on button.</p>
	9	<p>Load the mincing ingredients through the feeder and push them with the pusher.</p> <p>Do not apply excessive force when pushing the food. Reverse if it gets stuck.</p> <p>Make sure meat is skinless and boneless and dried fruits are pitted.</p> <p>Do not use meat pieces larger than the feeder tube.</p>

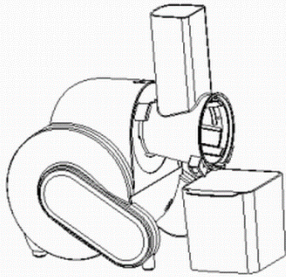
	10	<p>Upon finishing, shut down the unit and disconnect the power supply, and do not remove the pulp container until the auger have stopped rotating completely.</p>
	11	<p>Making Sausages (vegetarian or from mincemeat)</p> <p>Repeat above for assembling the mincer, than before screwing back the cover attached the sausage tube between grinding plate and cover.</p> <p>Attach sausage skin (there are vegetarian options) to the sausage tube and feed the mince</p> <p>Feed the mince slowly through the feeder and advance the sausage in a roll of the desired length.</p> <p>Prick the sausage skin with a toothpick every so often to let the air out.</p>
	12	<p>Making Pasta / Noodles from Kneaded Dough</p> <p>Mix flour with water in a bowl at a proportion of 5:2 and knead it into dough as flexible as possible (adding oil, salt, spices or egg is preferable); Clear up all holes in the noodle plate to ensure smooth operation;</p> <p>Replace the grinding plate with the preferred plastic pasta plate.</p> <p>Slowly feed the dough through the feeder and make noodles / pasta of the desired length.</p> <p>You can color or flavor the pasta / noodles. Use spinach or beetroot juice instead of water for vibrant colours and flavours.</p> <p>Note: Remove the small cutter when making pasta.</p>

Chopping and Slicing

You can use the chopper attachment to create restaurant looking salad with this attachment.

	1	<p>Attach the chopper body (24) to the HSL600 base (2). Make sure the body triangle mark is aligned with the triangle mark of the chopper before rotating the chopper.</p> <p>Rotate the chopper counterclockwise until it clicks in being secured by the accessory lock (4)</p>
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	<p>2</p>	<p>Select the desired chopper blade (25), (26). Align the through hole at the center of slicer with the slot in the vegetable cutter unit and push it in to the end until clicks in. (slightly rotate the cutter to make good alignment). There is a slicing blade (25) and a grating / shredding blade (26).</p>
	<p>3</p>	<p>Place pulp container right below chopper blade or use a larger container to capture the chopped fruits or vegetable.</p>
	<p>4</p>	<p>Once the chopper is correctly assembled connect it to the power outlet and get ready to chop. Ensure the switch is on OFF central position before plugging in the unit. Start the chopper by pressing the ON button.</p>
	<p>5</p>	<p>Wash and prepare your fruits and vegetables. Only use the freshest produce, you need firm produce for a perfect chop. Cut them it into pieces small sufficiently to pass through the feeder, use the feeder tray as necessary. Any hard core, seeds, hard skin or shell shall be removed in advance.</p>
	<p>6</p>	<p>Load the ingredients in the feeder and use the pusher (23) to help them advancing. Moderate amount of force shall be used to push the food through to ensure chopping.</p>

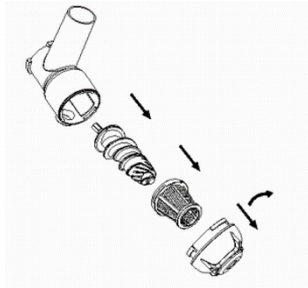
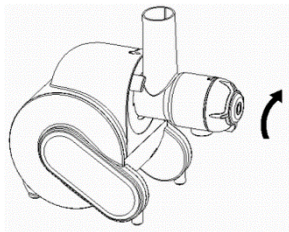
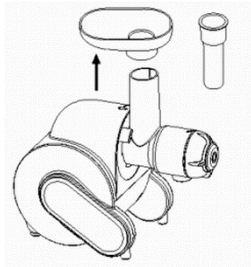
	7	<p>Upon finishing, shut down the unit and disconnect the power supply, and do not remove the pulp container until the chopper blade have stopped rotating completely.</p>
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Using your Juicer

1. Clean fruit and vegetables thoroughly, ready for juicing.
2. If juicing fruit with stones or hard seeds, pit the fruit. Remove any hard inedible skins, i.e. skin of melons, pineapples and mangoes prior to juicing.
3. If citrus fruits are being used, remove the skin prior to juicing.
4. If pieces of fruit or vegetables are very large, chop them to a size that will fit down the juicer's feeder.
5. Ensure the juicer is locked in position.
6. Turn the control switch to **On** to start juicing.
7. Press the food pusher slowly down until all fruit or vegetables have gone through the juicer. Do not press the food pusher rapidly as the juicer will not be as effective.
8. The juice from the fruit and/or vegetables will flow directly into the juice collector and the pulp will be collected in the pulp bin.
9. When juicing is complete, ensure that the juicer's control switch is set to the **OFF** position, the power is turned off at the outlet and the juicer is unplugged. It is now safe to disassemble the unit.
10. If the Juice auger is stuck and does not detach from the base, Press the **REVERSE** button for 3-5 seconds. Repeat this process 2-3 times. Then use pusher to help ingredients advancing.
11. You can put the pulp that is not completely dry a second time through the machine to get a pulpier juice.

CAUTION: do not put your hand or any other object in the feeder during operation.

Disassemble your juicer

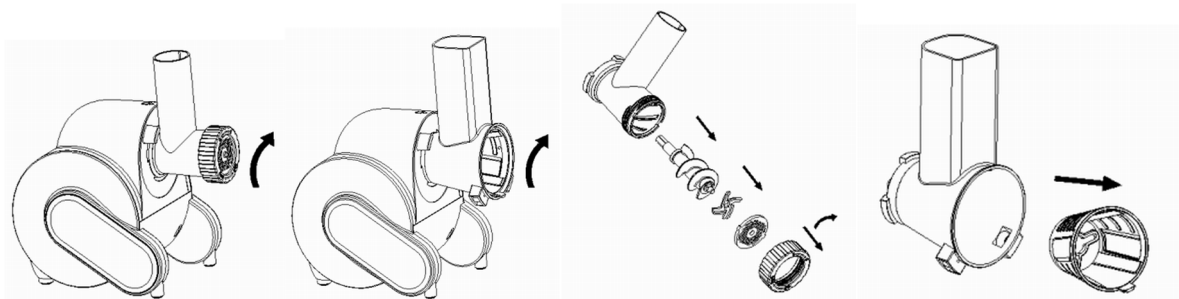


1. Ensure the juicer is turned off and the power cord is unplugged from the power outlet.
2. Remove food tray (9) and pusher (8)
3. Remove the pulp tank and juice jug from under the juicer.
4. Press the accessory lock release button (4), grip the juice extractor body (11) and turn it to the open position (anti-clockwise), it will click out of position. The juicing screen and all the internals can now be lifted off the HSL600 base for cleaning
5. The juice extractor, auger, juicing blade and head can all be removed together for easier disassembly.
6. After removing extractor body, detach the cover, juice filter and spiral propeller in turn. All removable components can be washed with water

Disassemble your optional accessories

Use the same release procedure as in 4. for mincer and salad maker.

Reverse the installation as in pictures bellow.



Switching On / Off

Turn the knob to **ON** position. The juicer will start cold pressing your fruits, vegetables or leafy greens. The slow juicer is quiet and the auger rotates to around 80 RPM (the slower the better). You can use **Reverse** setting on the button if the auger gets blocked

Notes:

Do not leave the juicer switched on continuously for more than 30-40 minutes - If the appliance stops working, possibly due to its thermal protection system, switch off the appliance and allow it to cool down for 20-30 minutes before switching it on again.

Juicing

Cut food items into pieces for optimal extraction. Do not place ice or frozen fruit into the juicer. Do not push the food down with excessive force. The pusher is designed to gently push food down the feeder if food becomes stuck. Insert ingredients at a regular speed, allowing all the pulp to be extracted. For maximum efficiency, do not rush this process.

When juicing leafy greens or wheat grass, it is suggested that you mix it with fruits or other hard vegetables for optimal results. Soak nuts in water for minimum 10 hours before making nut milk and add plenty of extra water. Use a strainer to filter nut milk to achieve smooth texture. Check the recipes at the end of the operating instructions for ideas.

The juice from fresh fruit and vegetables is high in nutritional content and an important part of a balanced diet. When selecting fruit and vegetables for juicing, always select fresh and well ripened specimens. Ripened and fresh fruit and vegetables carry more flavor and juice than those that are not properly ripened. Cold fruits or vegetables produce a better juice. Juice is best consumed when freshly made as this is when its vitamin and mineral content is highest. Cold pressed juice will keep better than normal centrifuged juice. Depending on the fruits used you can refrigerate the juice for a maximum 24 hours.

Your juicer can handle most varieties of fruit and vegetables. If using fruit with hard, inedible skin (i.e. watermelons, pineapple, mangoes etc.) always peel the skin before placing in the juicer. The skin of citrus fruit should also be removed before fruit is placed in the juicer. For better tasting citrus juice, also remove the inner white peel from the fruit. Fruits with stones or hard seeds (i.e. mangoes, nectarines, apricots, and cherries) should be pitted before juicing. A small amount of lemon can be added to apple juice to prevent the juice browning.

The juicer is not suitable for juicing very hard and starchy fruits or vegetables such as sugar cane. When juicing fruit and vegetables of different consistency it may help to juice different combinations, i.e. juice soft fruit first, (i.e. oranges) then follow with hard fruit (i.e. apples). This will help you achieve maximum juice extraction. If juicing herbs or leafy vegetables, wrap them together to form a bundle before placing in the juicer or combine them with other ingredients.

NOTES:

- The juicer will only function correctly if all parts have been assembled correctly.
- Do not insert hands or other objects into the feeding tube to press food ingredients.

Always use the provided pusher. Do not exert too much pressure on the pusher.

- Only operate the appliance when the pulp jug is placed under the pulp outlet. Regularly empty the pulp jug when processing larger quantities of fruit or vegetables. Empty the pulp jug when it is full.
- Only operate the appliance when the juice jug is placed under the juice outlet. Regularly empty the juice jug when processing larger quantities of fruit or vegetables. Empty the juice jug when it is full.

Refer to the following tables for the nutritional values of a wide range of fruits and vegetables.

**Vegetables
Nutrition Facts**

Raw, edible weight portion. Percent Daily Values (%DV) are based on a 2,000 calorie diet.

Vegetables Serving Size (gram weight/ ounce weight)	Calories	Calories from Fat	Total Fat		Sodium		Potassium		Total Carbo- hydrate		Dietary Fiber		Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
			(g)	(%DV)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)						
Asparagus 5 spears (93 g/3.3 oz)	20	0	0	0	0	0	230	7	4	1	2	8	2	2	10	15	2	2
Bell Pepper 1 medium (148 g/5.3 oz)	25	0	0	0	40	2	220	6	6	2	2	8	4	1	4	190	2	4
Broccoli 1 medium stalk (148 g/5.3 oz)	45	0	0.5	1	80	3	460	13	8	3	3	12	2	4	6	220	6	6
Carrot 1 carrot, 7" long, 1 1/4" diameter (78 g/2.8 oz)	30	0	0	0	60	3	250	7	7	2	2	8	5	1	110	10	2	2
Cauliflower 1/6 medium head (99 g/3.5 oz)	25	0	0	0	30	1	270	8	5	2	2	8	2	2	0	100	2	2
Celery 2 medium stalks (110 g/3.9 oz)	15	0	0	0	115	5	260	7	4	1	2	8	2	0	10	15	4	2
Cucumber 1/3 medium (99 g/3.5 oz)	10	0	0	0	0	0	140	4	2	1	1	4	1	1	4	10	2	2
Green (Snap) Beans 3/4 cup cut (83 g/3.0 oz)	20	0	0	0	0	0	200	6	5	2	3	12	2	1	4	10	4	2
Green Cabbage 1/12 medium	25	0	0	0	20	1	190	5	5	2	2	8	3	1	0	70	4	2

head (84 g/3.0 oz)																			
Green Onion 1/4 cup chopped (25 g/0.9 oz)	10	0	0	0	10	0	70	2	2	1	1	4	1	0	2	8	2	2	
Iceberg Lettuce 1/6 medium head (89 g/3.2 oz)	10	0	0	0	10	0	125	4	2	1	1	4	2	1	6	6	2	2	
Leaf Lettuce 1 1/2 cups shredded (85 g/3.0 oz)	15	0	0	0	35	1	170	5	2	1	1	4	1	1	130	6	2	4	
Mushrooms 5 medium (84 g/3.0 oz)	20	0	0	0	15	0	300	9	3	1	1	4	0	3	0	2	0	2	
Onion 1 medium (148 g/5.3 oz)	45	0	0	0	5	0	190	5	11	4	3	12	9	1	0	20	4	4	
Potato 1 medium (148 g/5.3 oz)	110	0	0	0	0	0	620	18	26	9	2	8	1	3	0	45	2	6	
Radishes 7 radishes (85 g/3.0 oz)	10	0	0	0	55	2	190	5	3	1	1	4	2	0	0	30	2	2	
Summer Squash 1/2 medium (98 g/3.5 oz)	20	0	0	0	0	0	260	7	4	1	2	8	2	1	6	30	2	2	
Sweet Corn kernels from 1 medium ear (90 g/3.2 oz)	90	20	2.5	4	0	0	250	7	18	6	2	8	5	4	2	10	0	2	
Sweet Potato 1 medium, 5" long, 2" diameter (130 g/4.6 oz)	100	0	0	0	70	3	440	13	23	8	4	16	7	2	120	30	4	4	
Tomato 1 medium (148 g/5.3 oz)	25	0	0	0	20	1	340	10	5	2	1	4	3	1	20	40	2	4	

Most vegetables provide negligible amounts of saturated fat, trans fat, and cholesterol.

Fruits

Nutrition Facts

Raw, edible weight portion. Percent Daily Values (%DV) are based on a 2,000 calorie diet.

Fruits Serving Size (gram weight/ ounce weight)	Calorie s	Calories from Fat	Total Fat		Sodium		Potassiu m		Total Carbo- hydrate		Dietary Fiber		Sug ars	Prot ein	Vita min A	Vita min C	Calci um	Iron
			(g)	(%D V)	(mg)	(%D V)	(mg)	(%D V)	(g)	(%D V)	(g)	(g)			(%D V)	(%D V)	(%D V)	(%D V)
Apple 1 large (242 g/8 oz)	130	0	0	0	0	0	260	7	34	11	5	20	25	1	2	8	2	2

Avocado California, 1/5 medium (30 g/1.1 oz)	50	35	4.5	7	0	0	140	4	3	1	1	4	0	1	0	4	0	2
Banana 1 medium (126 g/4.5 oz)	110	0	0	0	0	0	450	13	30	10	3	12	19	1	2	15	0	2
Cantaloupe 1/4 medium (134 g/4.8 oz)	50	0	0	0	20	1	240	7	12	4	1	4	11	1	120	80	2	2
Grapefruit 1/2 medium (154 g/5.5 oz)	60	0	0	0	0	0	160	5	15	5	2	8	11	1	35	100	4	0
Grapes 3/4 cup (126 g/4.5 oz)	90	0	0	0	15	1	240	7	23	8	1	4	20	0	0	2	2	0
Honeydew Melon 1/10 medium melon (134 g/4.8 oz)	50	0	0	0	30	1	210	6	12	4	1	4	11	1	2	45	2	2
Kiwifruit 2 medium (148 g/5.3 oz)	90	10	1	2	0	0	450	13	20	7	4	16	13	1	2	240	4	2
Lemon 1 medium (58 g/2.1 oz)	15	0	0	0	0	0	75	2	5	2	2	8	2	0	0	40	2	0
Lime 1 medium (67 g/2.4 oz)	20	0	0	0	0	0	75	2	7	2	2	8	0	0	0	35	0	0
Nectarine 1 medium (140 g/5.0 oz)	60	5	0.5	1	0	0	250	7	15	5	2	8	11	1	8	15	0	2
Orange 1 medium (154 g/5.5 oz)	80	0	0	0	0	0	250	7	19	6	3	12	14	1	2	130	6	0
Peach 1 medium (147 g/5.3 oz)	60	0	0.5	1	0	0	230	7	15	5	2	8	13	1	6	15	0	2
Pear 1 medium (166 g/5.9 oz)	100	0	0	0	0	0	190	5	26	9	6	24	16	1	0	10	2	0
Pineapple 2 slices, 3" diameter, 3/4" thick (112 g/4 oz)	50	0	0	0	10	0	120	3	13	4	1	4	10	1	2	50	2	2
Plums 2 medium (151 g/5.4 oz)	70	0	0	0	0	0	230	7	19	6	2	8	16	1	8	10	0	2
Strawberries 8 medium (147 g/5.3 oz)	50	0	0	0	0	0	170	5	11	4	2	8	8	1	0	160	2	2
Sweet Cherries 21 cherries; 1 cup (140 g/5.0 oz)	100	0	0	0	0	0	350	10	26	9	1	4	16	1	2	15	2	2

Tangerine 1 medium (109 g/3.9 oz)	50	0	0	0	0	0	160	5	13	4	2	8	9	1	6	45	4	0
Watermelon 1/18 medium melon; 2 cups diced pieces (280 g/10.0 oz)	80	0	0	0	0	0	270	8	21	7	1	4	20	1	30	25	2	4

Most fruits provide negligible amounts of saturated fat, *trans* fat, and cholesterol; avocados provide 0.5 g of saturated fat per ounce.

Provided by <http://www.fda.gov>

Cleaning and maintenance

The appliance must be cleaned after each use. Regular maintenance of your appliance will keep it safe and in proper operational order.

Notes:

Before cleaning or maintenance, switch off the appliance, remove the mains plug from the wall socket and wait until the appliance has cooled down.

- Do not immerse the appliance in water or other liquids.
- Do not use aggressive or abrasive cleaning agents to clean the appliance.
- Do not use sharp objects to clean the appliance.
- Do not sterilize any accessories with water with a temperature higher than 80 °C or in the microwave to prevent deformation or damage. The materials of all parts that come into contact with food must be clean and hygienic.
- Regularly check the appliance for possible damage and stop using it if any damage.
- Clean the outside of the appliance with a soft, damp cloth. Thoroughly dry the outside of the appliance with a clean, dry cloth.
- Clean the accessories:
- Disassemble the appliance reversing the assembly instructions.
- Clean the accessories in soapy water. Rinse the accessories under running water. Thoroughly dry the accessories.
- You can feed the juicer with water to clean the juicer between juicing different fruits or vegetables or before disassembly. Just add water and start the juicer. Repeat this using about 1.5 litres of water.
- Also use provided brush to clean the juicing screen. Simply place brush inside the juicing screen and under running water twist the brush left and right to remove the pulp from the strainer. When finished hold the screen up towards the light to ensure the fine mesh holes are not blocked. If the holes are blocked, soak the juicing screen in hot water with 10% lemon juice to loosen the blocked holes.

Tips:

If the juicing screen cannot be cleaned immediately after use, soak it in hot water. If pulp is left to dry on the screen, it may clog the fine mesh holes, thereby lessening the effectiveness of the juicer. Do not soak the screen in bleach. Wash the juice extractor, auger, juicing screen, juice extractor head, tray, pusher, pulp and juicing cup in warm soapy water then clean with the small

nylon brush. Rinse and dry thoroughly.

Discoloration of the plastic parts may occur with brightly colored fruit and vegetables. To help prevent this, wash parts immediately after use. If discoloration does occur, the plastic parts can be soaked in 10% lemon juice and water or they can be cleaned with a nonabrasive cleaner.

When not in use store your appliance and all its accessories and instruction manual in a safe and dry place.

Note: Optional accessories can be cleaned following the same procedure.

Technical Specification

Voltage: 220-240V~

Frequency: 50/60Hz

Power Input: 150W

Speed: 80 RPM

Troubleshooting

Fault	Cause	Troubleshooting
Not starting	Improper installation.	Reinstall the appliance following assembly instructions
Burnt smell coming from unit	Normal for first time use. Should disappear over the time.	Return the appliance to retailer for repair or exchange if unpleasant smell persists after repeated use.
The motor appears to struggle/cut out during use.	Too much food being juiced at once. Food is clogging the juicing auger.	Feed food into the feeder slower and use smaller size pieces. Turn the slow juicer to the off position and wait until juicer stops. Select the 'Reverse' position on the control switch until blockage is cleared.
Stopping during use	Excessive ingredients blocking the juicing blade The pusher is forced down Motor thermal control protection	Disconnect power, remove the surplus then reassemble. Use less force on pusher Restart after pausing 20-30 minutes.
The pulp appears to be very wet.	Large amounts of fibrous fruit and vegetables have caused excess pulp to build up in the juicing screen.	Stop juicing. Disassemble slow juicer and clean the juicing screen using the cleaning brush provided. See Disassembly and Cleaning section. When resume juicing feed food slowly into the feeder.

Juice comes out from the top of the juice bowl.	Too much food being juiced at once.	Feed food into the feeder slower and use smaller size pieces. Open the smart juice mixing cap.
Less juice is coming out from the juice outlet.	Large amounts of fibrous fruit and vegetables have caused excess pulp to build up.	Stop juicing. Disassemble slow juicer and clean the juicing screen using the cleaning brush provided. See Disassembly and Cleaning section. When resume juicing feed food slowly into the feeder.
The unit is too noisy during operation	The unit is not balanced.	Use the juicer on a flat surface. Disassemble and reassemble the unit, making sure no part is damaged.

Note: For any other faults please contact the service centre.

Recipes

Wash all fruit and vegetables well before juicing. Only remove the skin from the fruit and vegetables when advised to do so. Cut fruit and vegetables to a size that will fit easily into the feeder of the slow juicer. Try to avoid cutting fruit and vegetables too far in advance of the actual juicing time as this will reduce the nutrient levels.

Minty Pink

Serves 2

6 mint leaves
1 celery stick, roughly chopped
1 rhubarb stick, roughly chopped
¼ watermelon, skin and seeds removed

Feed the fruit and vegetables through the slow juicer in the order that they are written. Stir juice before serving.

Blue 4 You

Serves 2

1 cup blueberries or blackcurrants, fresh or frozen
1 pear
1 stick rhubarb, roughly chopped
1 kiwi
2 apples

Feed the fruit and vegetables through the slow juicer in the order that they are written. Stir juice before serving.

Zestybeet

Serves 2

2 celery sticks, roughly chopped
1 beetroot, peeled
1 lemon
2 apples

Feed the fruit and vegetables through the slow juicer in the order that they are written. Stir juice before serving.

Gazpacho (cold Spanish soup)

Serves 2

½ red capsicum
½ green capsicum
½ cucumber peeled
1 celery stick, roughly chopped
A few springs of parsley
4 basil leaves
1 garlic clove
4 ripe tomatoes

Feed the fruit and vegetables through the slow juicer in the order that they are written. Stir before serving and garnish with extra virgin olive oil, a tbsp. of sherry vinegar and salt and freshly ground black pepper. On a hot summer day add ice cubes.

Morning Green

Serves 2

Few spinach leaves, roughly chopped
7 mint leaves
½ pineapple, skin removed
½ lime, ¼ cup coconut water

Feed the fruit and vegetables through the slow juicer in the order that they are written. Stir juice before serving.

Tropical Sundown

Serves 2

¼ pineapple, skin removed
3 carrots, 1 beetroot
1 sliced strawberry to garnish

Feed the fruit and vegetables through the slow juicer in the order that they are written. Stir juice before serving.

Tropical Sunrise

Serves 2

1 banana, skin removed
½ cup coconut flesh or shredded coconut
½ teaspoon cinnamon
1 pear

½ cup fresh dates
6 mint leaves

½ pineapple, skin removed

Feed the fruit and vegetables through the slow juicer in the order that they are written. Stir juice before serving.

Using the dry pulp from the Tropical Sunrise Juice you can make these muffins;

Exotic Muffins

Makes 12

3 cups self-raising flour, sifted
½ cup sugar
1 egg, beaten
¼ cup oil
1 ½ cups milk
1 tsp vanilla extract

All the pulp from the Tropical Sunrise Juice

1. Pre-heat the oven to 180°C. Grease a 12 capacity large muffin pan.
2. In a large bowl combine the flour and sugar.
3. In a separate bowl, combine the rest of the ingredients until well blended.
4. Using a wooden spoon, fold the wet mix through the flour trying to combine all ingredients within 8 stirs of the wooden spoon.
5. Spoon the mix into the muffin pans to the top. Bake for 20 minutes or until done.

Ginger Splash

Serves 2

4 carrots
6 brazil nuts
3cm piece ginger
1 apple

Feed the fruit and vegetables through the slow juicer in the order that they are written. Stir juice before serving.

Morning Kick

Serves 2

1 beetroot
fresh parsley
10cm piece of sweet potato
3 carrots
½ lemon

Feed the fruit and vegetables through the slow juicer in the order that they are written. Stir juice before serving.

Spicy Jump

Serves 2

1 green apple
fresh coriander
1 red chili
2 cucumbers,
1 lime

Feed the fruit and vegetables through the slow juicer in the order that they are written.
Stir juice before serving.

Green Fuel

Serves 2

2 apples
½ cucumber
4 kale leaves, roughly chopped
1 lime
2 spinach leaves, roughly chopped
1 kiwi

Feed the fruit and vegetables through the slow juicer in the order that they are written. Stir juice before serving.

Tin Man Greaser

Serves 2

3 carrots
fresh parsley
1 celery stalk, roughly chopped
1 tablespoon olive oil
1 stalk broccoli
4 asparagus spears
1 apple

Feed the fruit and vegetables through the slow juicer in the order that they are written. Stir juice before serving.

Digestive Fresh

Serves 2

2 apples
3 cm piece ginger
9 mint leaves
½ fennel bulb

Feed the fruit and vegetables through the slow juicer in the order that they are written.
Stir juice before serving.

Berry Merry

Serves 2

2 cups blueberries, fresh or frozen
2 kiwis
10 mint leaves
16 strawberries

Feed the fruit and vegetables through the slow juicer in the order that they are written. Stir juice before serving.

Fresh Start

Serves 2

1 fennel bulb
1 pear
2 apples
2cm piece of ginger
1 celery stick, roughly chopped
1 orange, peeled

Feed the fruit and vegetables through the slow juicer in the order that they are written. Stir juice before serving.

Grape It Red

Serves 2

¼ pineapple, skin removed
¼ red cabbage
1½ cups red grapes
2 carrots

Feed the fruit and vegetables through the slow juicer in the order that they are written.
Stir juice before serving.

Pink Moments

Serves 2

¼ pineapple, skin removed
3 plums, pitted
1 red grapefruit, peeled

Feed the fruit and vegetables through the slow juicer in the order that they are written. Stir juice before serving.

Fresh Breakfast Juice

Serves 2

3 oranges, peeled
½ Gallia melon, skin removed
2 carrots
1 lemon

Feed the fruit and vegetables through the slow juicer in the order that they are written. Stir juice before serving.

Doctor Away

Serves 2

2 apples
fresh parsley
3 kale leaves, roughly chopped
1 kiwi
2 oranges, peeled

Feed the fruit and vegetables through the slow juicer in the order that they are written.
Stir juice before serving.

Lychee Glee

Serves 2

2 pears, cut in half
¼ pineapple, skin removed
8 lychees, fresh or tinned
½ lemon

Feed the fruit and vegetables through the slow juicer in the order that they are written.
Stir juice before serving.

Autumn Garden

Serves 2

2 carrots
1cm piece ginger
1 beetroot
2 apples

Feed the fruit and vegetables through the slow juicer in the order that they are written. Stir juice before serving.

Minty Berries

Serves 2

- 2 cups blueberries, fresh or frozen
- 2 kiwis
- 8 mint leaves
- 1 cup raspberries
- 1 apple

Feed the fruit and vegetables through the slow juicer in the order that they are written.

Stir juice before serving.

Use the pulp from the Minty Berry Juice to make this cheesecake

No Bake Berries Cheesecake

Serves 8

- 1 packet sweet biscuits, crushed
- 125g butter, melted

Filling:

- 250g cream cheese
- 395g can condensed milk
- 1/8 cup fresh lemon juice
- All the pulp from the Minty Berry Juice

1. Line a 25cm spring form cake pan with baking paper.
2. Combine the biscuits and butter and press crumb into the base of the cake pan. Allow to set in refrigerator for 1 hour.
3. In a food processor, combine all the filling ingredients and process for 2 minutes
4. Pour filling over the crumb base, spoon juice extraction pulp over the top of the cheese cake filling and using a butter knife, swirl berry mix through the cheese cake filling.
5. Allow to set in the refrigerator for 2 hours or overnight.

Chocolate and Ginger Beetroot Cake

Serves 10-12

- 2 cups self- raising flour
- 3/4 cup dark cocoa powder
- 2 teaspoons ground cinnamon
- 300g beetroot pulp
- 2 teaspoons grated ginger
- 300g unsalted butter, softened to room temperature
- 2 cups caster sugar
- 2 teaspoons vanilla extract
- 5 large eggs
- 150mls milk

Chocolate icing:

- 250g unsalted butter, softened to room temperature
 - 1 cup icing sugar
 - 100g dark chocolate, melted
1. Preheat the oven to 170°C. Grease and line the base and sides of a 28cm spring form pan with baking paper.
 2. Sift the flour, cocoa and cinnamon together. Fold through the beetroot and ginger.
 3. Cream the butter, sugar and vanilla for 5 minutes, or until light and fluffy, regularly scrape down the sides of the bowl with a spatula.
 4. Add the eggs one at a time, beating thoroughly in between each egg.
 5. Fold the flour and beetroot mixture into the egg mixture alternatively with the milk until well combined.
 6. Pour batter into prepared cake pan. Bake for 50 to 55 minutes or until cake is firm to the touch and

slightly pulling away from the sides of the pan. Cool completely before icing.

7. For the icing, beat butter until pale and fluffy; slowly add icing mixture whilst still beating. Fold through melted chocolate until well blended. Spread evenly over cake.

Maui Wowie

Serves 2

- 2 pineapple rounds
- 1 inch of ginger
- 1/4 cup of sparkling water

1. Chop up the pineapple and remove the rind from the rounds.
2. Turn the juicer on.
3. Place them in the feed tube and use the food pusher to push the pineapple through.
4. Chop up the ginger and place it in the feed tube. Use the food pusher to push the ginger through the juicer.
5. Now pour the sparkling water through the juicer, the water will help to get the juice out of the juicer. Enjoy your refreshing juice.

Veggie Delight

Serves 2

- 3 inch round of wheatgrass
- 2 large carrots
- 1/2 cup alfalfa sprouts
- 3 celery stalks
- 8 spinach leaves

1. Chop up the carrots and celery stalks. Turn the juicer on.
2. Place the ingredients in the feed tube one after another and use the food pusher to push them through. Enjoy your healthy juice.

Sunshine Juice

- 2 oranges
- 1/2 cup of raspberries
- 1 banana
- 3 fresh mint leaves

1. Peel the oranges and turn them into slices. Turn the juicer on.
2. Place the orange pieces into the feed tube and use the food pusher to push the food through the tube.
3. Place the raspberries into the feed tube and use the food pusher to push the fruit through.
4. Peel the banana and cut into slices. Place the banana slices into the feed tube and use the food pusher to push it through the juicer.
5. Put the mint leaves into the feed tube and use the food pusher to push the food through. Enjoy a delicious morning juice.

Mean Green

Serves 4

- 6 kale leaves
- 1 cucumber
- 4 celery stalks
- 2 green apples
- 1/2 inch lemon

1. Chop up the kale leaves.
 2. Turn the juicer on.
 3. Place the kale into the feed tube and use the food pusher to push the kale leaves through the juicer.
 4. Chop up the cucumber and place in the feed tube. Use the food pusher to push the cucumber through the juicer.
 5. Chop up the celery stalks and place in the feed tube. Use the food pusher to push the celery through the juicer.
 6. Slice the apples and remove the seeds. Place the apple slices in the feed tube and push through with the food pusher.
 7. Remove the peel from the lemon. Place the lemon piece in the feed tube and use the food pusher to push the lemon through the juicer.
- Enjoy a nutritious juice.

Watermelon Punch

Serves 4

- 1/2 watermelon
- 1 lemon
- 5 oranges
- 1/2 pineapple

1. Remove skin from the watermelon and chop up into small pieces.
2. Turn the juicer on.
3. Place the watermelon pieces into the feed tube and use the food pusher to push through the juicer.
4. Remove the peel and rind from the lemon. Chop the lemon into smaller pieces and put in the feed tube. Use the food pusher to push the lemon through the juicer.

5. Peel the oranges and turn into slices. Place the orange slices into the feed tube and use the food pusher to push the orange through the juicer.
 6. Chop up and remove the peel from the pineapple. Put the pineapple pieces into the feed tube and use the food pusher to push the pineapple through the juicer.
- Enjoy a juice with a punch.

Raw Nuts Milk

Makes 1 litre

- 500g raw almonds*
- 750ml filtered water

- Maple syrup (may use agave syrup, raw honey)
- Pinch of salt (optional)
- 1 tsp vanilla extract (optional)

1. Soak raw almonds for at least 10 hours. Best keep them in a glass jug in refrigerator.
2. Drain the water and replace with 750 ml clean filtered or bottled water
5. Juice the almonds together with the water in the Electric Slow Juicer, making sure to input equal parts water and nuts. Use a ladle to feed the juicer with an equal quantity of water / nuts.
6. You can add the remaining water on the dry pulp. Vigorously mix the water and dry pulp than rejoice to extract most from the nuts
7. Mix the nuts milk well then use a strainer or a cheese cloth (jam muslin cloth) to filter the remaining pulp from the milk
8. Place the nut milk into a glass bottle or a jug. Stir in the sweet syrup, vanilla extract and / or salt pinch to taste (optional). Mix well. Keep refrigerated and use within 3-5 working days

IMPORTANT: You need to feed the nuts and water together otherwise water will be coming out without milking the nuts.

250 g hazelnuts / 250 g almonds makes a tasty milk

* can be replaced with hazelnuts, soya beans etc.

ElectriQ UK SUPPORT
www.ElectriQ.co.uk/support

Please, for your own convenience, make these simple checks before calling the service line. If the unit still fails to operate call: 0871 620 1057 or complete the online form

- 1. Is the unit plugged into the mains?**
- 2. Is the fuse OK?**
- 3. Switch the unit off. Restart the unit.**

Office hours: 9AM - 5PM Monday to Friday

**www.ElectriQ.co.uk
Unit 2, The Nursery
Berristow Lane
South Normanton
Derbyshire, DE55 2FX**