

EVERYDAY HEALTHY BEAUTY JUICE

HUROM NATURAL JUICING RECIPES

FOR JUICE CAP USER



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HUROM

HUROM[®]

FROM HUROM TO YOU

At Hurom, we strive to deliver the promise for nutrition and flavor of the highest quality and closest to the purest form found in nature.

The quest for the best way to accept the goodness of nature into our body and thrive in healthy, vibrant life is the driving force behind the continuous research and technological advances made here at Hurom.

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HUROM REINVENTED

Hurom opened a new age in healthy eating with our unique, innovative technology and has already won the love of over 60 million customers world wide. To show our appreciation for the enthusiastic support from all over the world, we improved the technology of providing the purest form of natural nutrients through vigorous studies and research. We hereby present the reinvented and renewed line of our juicers.

Pure and Natural Wholesome Juice

Through SSS method (Slow Squeezing System), the ingredients are not grinded but gently squeezed, securing the natural taste, color and nutrition and allowing you to make wholesome, all-natural juice bursting with flavor.

More Nutrients and Flavor: Your Own Custom-made Juice

Explore many different varieties of mixed juice!

You can enjoy fresh juice from a favorite fruit or mix and match different types of fruits and vegetables for your own custom-made juice. Invent your own blend of Hurom juice recipes and customize it to your taste and health needs. The possibilities are endless!

Simple Meal in a Cup

Make Hurom juice into a quick and easy meal for busy days with balanced nutrition by mixing fortifying ingredients such as banana, corn, potato, sweet potato, pumpkin, and much more.

Hurom baby food

Provide essential nutrients for healthy development of growing babies with Hurom. It is easy to make healthy, nutritious baby food with Hurom juicer by mixing grains and vegetables diluted with a little bit of water.

More Convenient and User Friendly

By using the juice cap, you can control the amount of juice poured out without any mess or spillage.

Advanced Easy Cleaning System

With the new self-cleaning system, it is easier to clean Hurom juicer. Just close the juice cap and fill up the bowl with water and let the juicer run for easy cleaning.



Strawberry Milk

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Slow Squeezing System (SSS™)

Hurom's world patented technology for healthy, wholesome eating. What is the Slow Squeezing System? It is Hurom's own technology for the best juicing experience with minimal loss of nutrients while preserving the natural flavor and goodness of the ingredients. By pressing the ingredients gently in low speeds, SSS by Hurom minimize the loss of nutrients caused by heat, friction, and oxidation to produce the freshest and most potent juice extract.



Slow Squeezing System for superior results

Why do these two juices made from the same tomato show such different results? The answer is in the difference between Slow Squeezing System and regular extraction method by grinding. Hurom's Slow Squeezing System preserves the natural taste and nutrition of the ingredient and prevents destructive oxidation effect on the juice.

Ultem screw, an eco-friendly new material

Our juicing screw made with ultem, a revolutionary new material, is the secret behind Slow Squeezing System (SSSTM). Ultem screw prevents destruction of nutrients during juicing process, producing 100% pure, undiluted fresh juice containing the full original flavor and nutrition of the ingredient. Made with eco-friendly new material, ultem screw is semi-permanent and highly durable. The innovative technology embedded in each Hurom juicer is what makes Hurom one of the premium world-class juicer.

Ultem screw

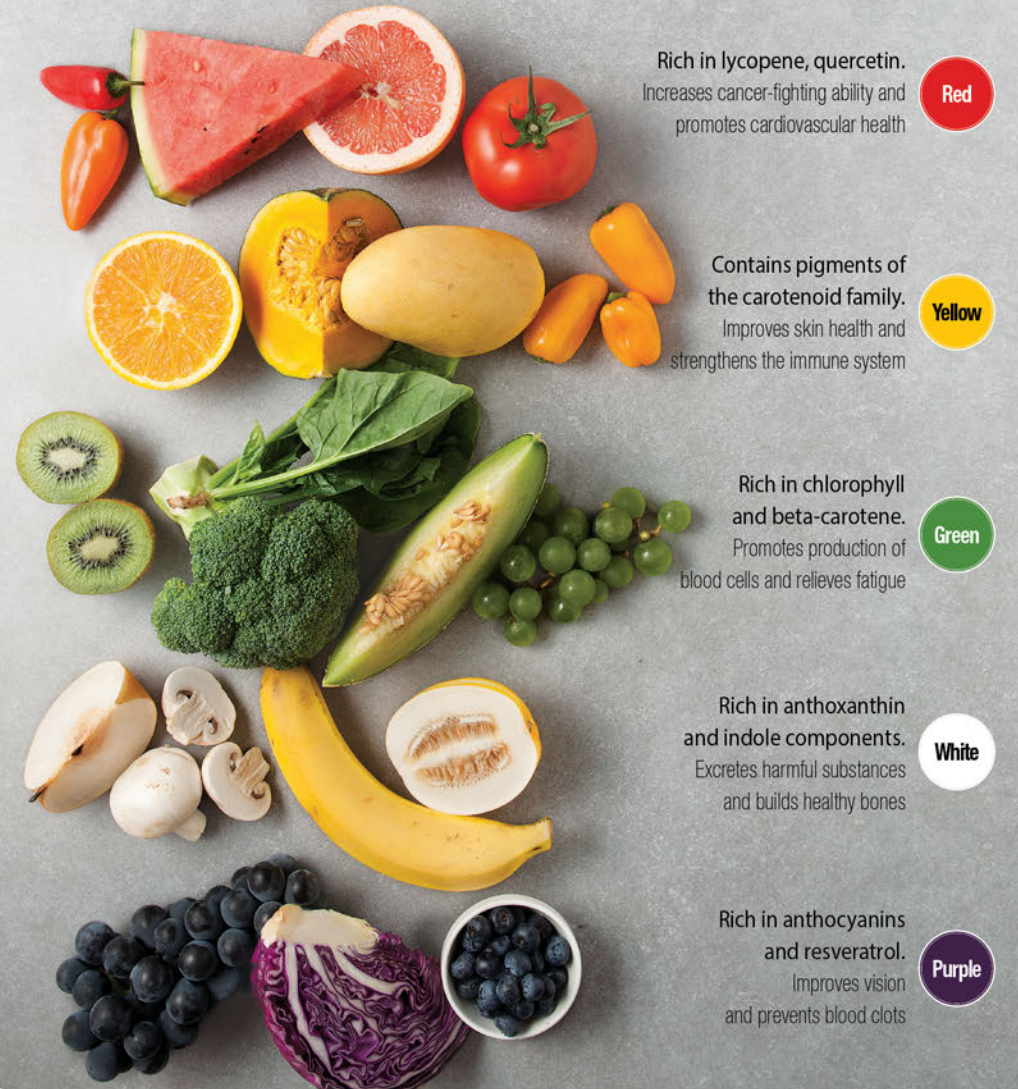
Ultem is a new, eco-friendly material that is highly durable and resistant to wear. It safely squeezes fruits and vegetables without altering or destroying the nutrients and their natural goodness.

- eco-friendly new materials
- strength
- semipermanent use



Rise of the 7th Nutrient, Phytochemical

Phytochemicals are compounds found in fruits and vegetables that give rise to their vibrant colors and also act as a defensive force, protecting the plant against external dangers such as microorganisms and pests. With powerful antioxidant properties, phytochemicals play an important role in cancer prevention and treatment. When absorbed into our body, it removes carcinogens and inhibits growth and spreading of cancer cells. Due to its anti-aging properties and strengthening effect on the immune system, phytochemicals are attracting the attention of scientific community and rapidly rising in importance as the 7th nutrient.



Rich in lycopene, quercetin. Increases cancer-fighting ability and promotes cardiovascular health **Red**

Contains pigments of the carotenoid family. Improves skin health and strengthens the immune system **Yellow**

Rich in chlorophyll and beta-carotene. Promotes production of blood cells and relieves fatigue **Green**

Rich in anthoxanthin and indole components. Excretes harmful substances and builds healthy bones **White**

Rich in anthocyanin and resveratrol. Improves vision and prevents blood clots **Purple**

Renewed *Hurom*,
see what's been improved!



From
nature
HUROM
to
human

Juice Cap

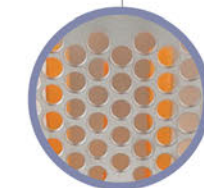


Juice cap controls the flow of juice.

Close the juice cap during extraction. You can extract various ingredients together and mix the juices in the juicing bowl for an easy blended juice.

Once you have finished extracting, open the juice cap and simply pour out the desired amount of juice.

Two Types of Strainers



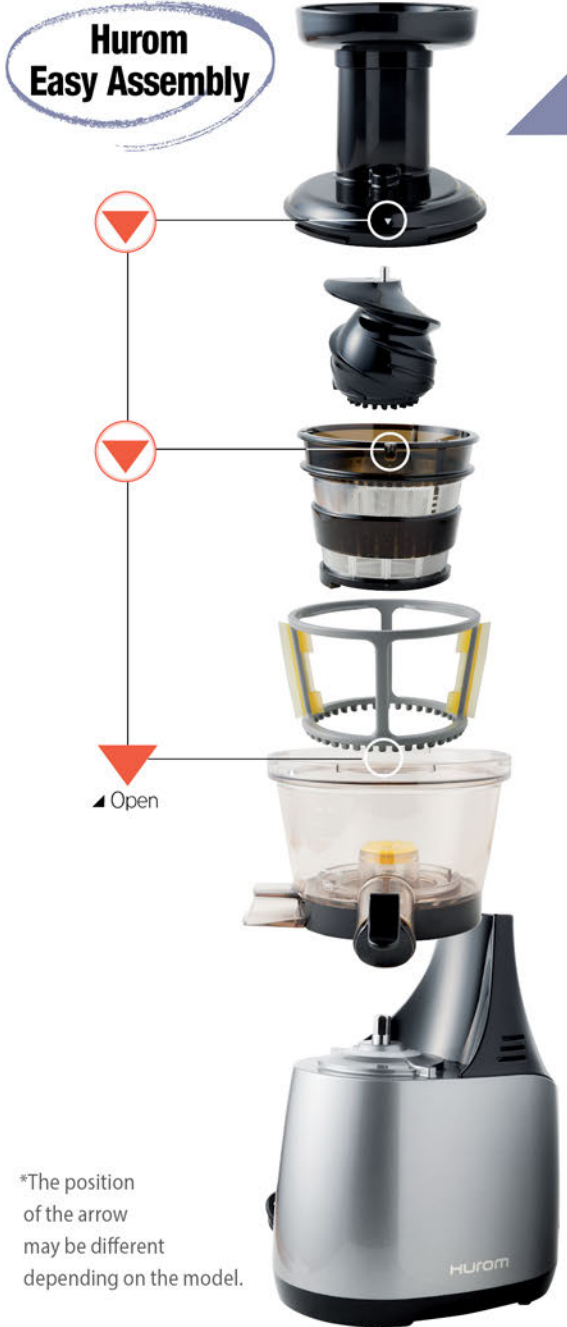
Fine Strainer Use for extracting fruit juice, vegetable juice, soymilk. Use for extracting clearer juice.

Coarse Strainer Use when extracting juice from softer fruits or for juice with pulp and thicker consistency.

*Color of Coarse strainer could differ depending on the model type.

		
Best	Adequate	Do not use

NOTE **Strainer Selection Mark** For best tasting juice, use the recommended strainer for each ingredient.



*The position of the arrow may be different depending on the model.

STEP 4

STEP 3

STEP 2

STEP 1

Close the lid by lining up the arrow mark on the lid with the 'open' mark on the juicing bowl. Turn the lid clockwise until the arrow is lined up with 'close' mark.

The lid will not close unless the screw is firmly pressed into place.

Assemble the juicing bowl and the strainer by lining up the arrow marks.

Assemble the main body and the juicing bowl.

HUROM EASY CLEANING



Use a sponge or cleaning brush to clean inside and outside the strainer.



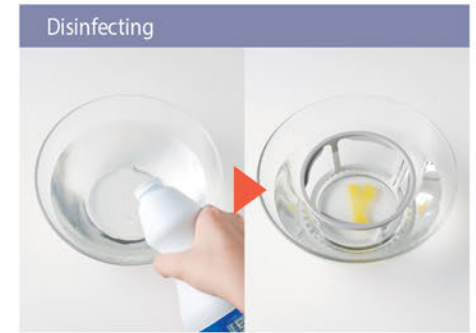
After juicing, close the juice cap and fill the bowl with water. Run the juicer and allow it to expel the water, cleaning the the interior of the strainer.

*There is no need to disassemble and clean the parts separately between making different juices.



Bowl Packing and silicone brush can be removed and cleaned separately.

*Please refer to the User Manual for detailed disassembling/assembling instructions.



Parts can be soaked in a mild solution of baking soda or natural antibacterial dishwashing detergent for disinfection and to remove discoloration.

CHAPTER 1

Fruit juice for healthy beauty

- ✓ Depending on the season, the origin and diversity of ingredients, the amount, taste and color of the extracted juice may vary.
- ✓ Try to make juice with seasonal ingredients for the best taste and nutritional benefits.
- ✓ Caution : Do not juice fruits containing large, hard stones such as nectarines, peaches, mangos, plums, apricots, cherries, etc. before removing the stones.
- ✓ For clearer juice, use the fine strainer. You can also pour the extracted juice into the feeding chute again for clearer, double-filtered juice.
- ✓ Mix and match various ingredients for your own custom Hurom juice.
- ✓ Always make sure to check the ingredients to avoid fruits and vegetables that may cause allergic reactions in certain individuals.

- 015 Apple Juice
- 016 Grape Juice
- 017 Kiwi Juice
- 018 Mango Juice
- 019 Orange Juice
- 020 Pineapple Juice
- 021 Pomegranate Juice
- 022 Strawberry Juice



Apple juice



Calories 160 kcal (Serving size: 200ml)
 Nutrition Pectin, quercetin, potassium
 Benefits Reduces stress, improves bowel function, increases appetite



Grape juice



Calories 91 kcal (based on 200ml)
 Nutrition Anthocyanin, resveratrol, potassium
 Benefits Recovers fatigue, prevents cancer, prevents aging, prevents cardiovascular disease



INSTRUCTIONS



1 Wash and slice the apple into appropriate size that will fit in the feed chute.



2 Use the fine strainer for clearer juice.



TIP Apples discolor quickly so it is best to drink it fresh soon after juicing.

***Caution!**
 Apples may produce a lot of foam during juicing. This is a natural occurrence and safe to drink. Apple varieties in season in September–October (Yoko, Jonathan, Sinano Sweet) have softer flesh and lower juice content and not optimal for juicing. Fuji apples which come into season in November are the best apples for juicing.

INSTRUCTIONS



1 Remove grapes from stem and wash thoroughly.



2 Insert the grapes slowly into the feed chute. Fruits with soft flesh should be fed into the chute slowly.

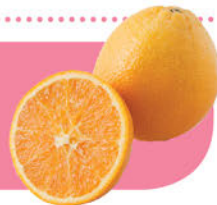


3 For clearer juice, filter it twice by pouring the extract into the chute once more.

Taste boost!

Add tangerines and oranges!

Tangerines and oranges will improve the flavor of the juice and prevent discoloration of the apple.



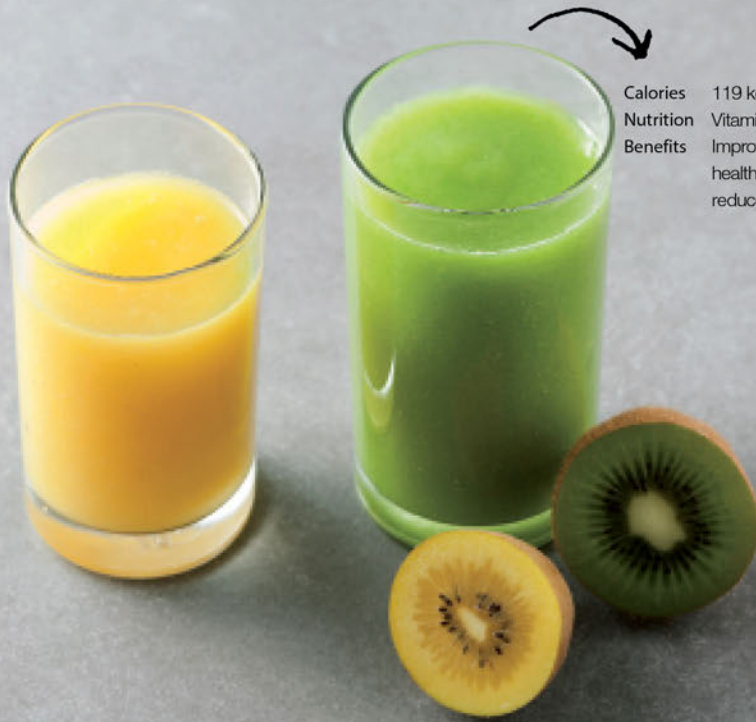
Taste boost!

Add a slice of watermelon!

When watermelon and grape are juiced together, the absorption rate and diuretic effect



Kiwi juice



Calories 119 kcal (Serving size: 200ml)
 Nutrition Vitamin C, dietary fiber, tocopherol
 Benefits Improves digestion, promotes skin health, relieves fatigue, reduces stress

Mango juice



Calories 170 kcal (Serving size: 200ml)
 Nutrition Beta-carotene, pectin, potassium
 Benefits Prevents cancer, cardiovascular disease and constipation



INSTRUCTIONS



- 1 Wash the kiwi and cut into adequate size. Since many of the nutritional benefits are concentrated in the skin, leave the skin on.
- 2 Kiwis have soft flesh so use the coarse strainer. Insert the pieces slowly into the feed chute.
- 3 Feed the expelled pulp into the juicer once more for maximum juice extraction.

Taste boost!

Add an apple!

Combining kiwi and pectin-rich apples relieves constipation and provides skin health benefits.



INSTRUCTIONS



- 1 Remove the hard seed and cut into adequate size, with the skin on.
- 2 Mangoes have soft flesh so slice it into small pieces and insert it slowly into the juicer.
- 3 Feed the expelled pulp into the juicer once more for maximum juice extraction.

Taste boost!

Add a pineapple!

Adding the pineapple will boost the taste and amount of nutrients in the juice.



Orange juice



Calories 120 kcal (Serving size: 200ml)
Nutrition Calcium, vitamin C, folic acid
Benefits Prevents osteoporosis, promotes skin health, improves immune system, relieves fatigue, reduces stress

INSTRUCTIONS



1 Remove the outer skin and cut the flesh of the orange into adequate size.



2 Coarse strainer is recommended but fine strainer may be used for clearer juice.



3 Oranges have soft flesh so feed it into the juicer more slowly than other types of fruits.

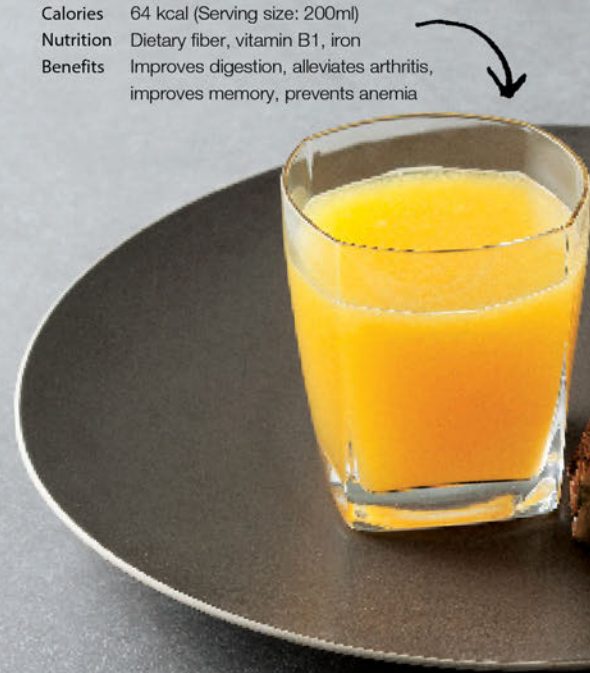
Taste boost!

Add a banana!

Banana will eliminate the bitterness from the fibers in the thin skin of the orange.



Pineapple juice



Calories 64 kcal (Serving size: 200ml)
Nutrition Dietary fiber, vitamin B1, iron
Benefits Improves digestion, alleviates arthritis, improves memory, prevents anemia

INSTRUCTIONS



1 Remove the hard outer skin and core and cut into adequate size.



2 Use the coarse strainer for better extraction.



3 Do not re-juice the pulp. Pineapples have a lot of pulp which may clog the strainer.

Taste boost!

Add an apple!

Feed the pineapple and apple into the juicer alternately for better extraction and smoother taste.



Pomegranate juice



Calories 188 kcal (Serving size: 200ml)
Nutrition Plant estrogen, zinc, anthocyanin
Benefits Alleviates menopausal symptoms, prevents arteriosclerosis and cancer, anti-aging property

INSTRUCTIONS



1 Remove the bitter outer skin and collect the fruit only.



2 Use the fine strainer and insert the pomegranate into the juicer one small portion at a time.



3 Pomegranate pulp is comprised mostly of hard seeds so do not insert the pulp back into the juicer to re-juice it.

Taste boost!

Add an apple!

Apple's flavor mixes well with the pomegranate and also allows for better extraction of the juice.



Strawberry juice



Calories 56 kcal (based on 200ml)
Nutrition Vitamin C, potassium, ellagic acid
Benefits Recovery of fatigue, Prevention of cold, skin beauty, reduces stress

INSTRUCTIONS



1 Remove the stem and extract with fine or coarse strainer, depending on the desired texture of the juice.



2 Feed the expelled pulp into the juicer once more for maximum juice extraction.

Add a pear!

For clearer juice, use the fine strainer.

Taste boost!

Add a banana!

Include a banana for sweeter, thicker juice. Use the coarse strainer for the best result.



CHAPTER 2

Vegetable juice

Powerful source of nutrients

- ✓ Depending on the season, the origin and diversity of ingredients, the amount, taste and color of the extracted juice may vary. Make juices with seasonal ingredients for the best taste and nutritional benefits.
- ✓ Only the fine strainer should be used for vegetables. Cut the vegetables with long, tough fibers into short pieces and chop dryer, harder vegetables into appropriate size for juicing. For fruits with soft flesh such as tomatoes, use the coarse fruit strainer.
- ✓ When large pieces or a large amount of ingredients are inserted at once, the juicing process may stop. In this case, first press the reverse button to lift the clogged ingredients back toward the feeding chute and then press the normal rotation button to continue juicing.
- ✓ For clearer juice, pour the extracted juice into the juicer once more to further remove residual pulp.
- ✓ Add your choice of various additional ingredients to make your own custom Hurom juice.
- ✓ When juicing vegetables and fruits together, feed it into the juicer alternately, starting with the fruit. (ex. fruit → vegetable → fruit)

- 025 Tomato Juice
- 026 Broccoli Juice
- 027 Cabbage Juice
- 028 Kale Juice
- 029 Celery Juice
- 030 Carrot Juice
- 031 Paprika Juice
- 032 Wheatgrass Juice



Tomato juice



Calories 38 kcal (Serving size: 200ml)
 Nutrition Potassium, lycopene, vitamin E
 Benefits Improves prostate function, anti-aging property, prevents cancer and lifestyle diseases



Broccoli juice



Calories 124 kcal (Serving size: 200ml)
 Nutrition Calcium, vitamin C, vitamin E
 Benefits Prevents cancer, improves blood flow, relieves fatigue, prevents dementia



INSTRUCTIONS



- 1 Always use the coarse strainer for tomatoes.
- 2 Tomatoes have soft flesh so insert slowly into the juicer.

Add plum extract or honey!

Tomatoes have low sugar content. Adding plum extract or honey to tomato juice provides natural sweetness to your juice.



Taste boost!

Add grapes!

Tomato juice have a thick consistency so adding grapes will dilute the mixture and add sweetness.

INSTRUCTIONS



- 1 The stems of the broccoli contain a lot of nutrients so chop the entire broccoli into appropriate size for juicing.
- 2 Insert the broccoli in small portions.
- 3 Pour the extracted juice into the juicer once more for a clearer juice.

Taste boost!

Add a pear!

Sweet pear can make great combination by complementing broccoli's mild-taste and lower fluid content.



Cabbage juice



Calories 107 kcal (Serving size: 200ml)
 Nutrition Vitamin V, folic acid, vitamin C
 Benefits Heals gastric ulcer, improves skin health, prevents heart disease, reduces stress

Kale juice



Calories 38 kcal (Serving size: 200ml)
 Nutrition Vitamin C, folic acid, vitamin A, potassium
 Benefits Prevents lifestyle diseases, improves blood flow, prevents anemia, improves skin health, improves vision

INSTRUCTIONS



1 Chop the cabbage into appropriate size. Red or white cabbage may be used depending on individual preference.



2 Insert the sliced cabbage slowly into the juicer, one piece at a time.



3 Pour the extracted juice into the juicer once more for a clearer juice.

***Caution!**
 There may be some noise during the juicing process due to viscosity and low water content of the cabbage. This is a natural occurrence so there is no need for alarm.



Taste boost!

Add a pear!

Chop up a pear and juice it with the cabbage for better extraction. The sweetness of pear will eliminate the acrid taste of the cabbage.

INSTRUCTIONS



1 Kale has low water content and tough fiber, so roll the leaves individually and insert into the juicer.



2 If the juicing operation stops, press the reverse button and then the normal rotation button.

Add a pear!

Pears have a lot of moisture and sweetness to balance the bitter taste of kale.



Taste boost!

Add an apple!

Adding an apple rich in pectin can enhance the taste and effectively prevent constipation, promoting healthy bowel movement.

Celery juice



Calories 37 kcal (Serving size: 200ml)
Nutrition Calcium, vitamin A, vitamin B6
Benefits Prevents dementia and osteoporosis, improves appetite, relieves fatigue



Carrot juice



Calories 170kcal (Serving size: 200ml)
Nutrition Calcium, vitamin A, beta carotene
Benefits Prevents cancer, improves vision, anti-aging property, strengthens immune system



INSTRUCTIONS

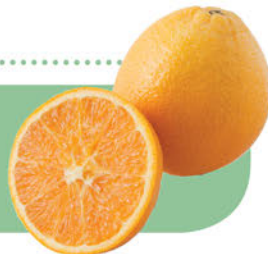


- 1 Celery has tough fibers, so chop it into short sticks.
- 2 Insert the celery slowly into the juicer. If the operation stops, press the reverse button.
- 3 Pour the extracted juice into the juicer once more for a clearer juice.

Taste boost!

Add an orange!

Celery's strong scent blends well with the sweet tart of oranges.



INSTRUCTIONS



- 1 Carrots are very dense so chop it thinly into sticks about the size of fingers.
- 2 The hardness of carrots may stall the juicing operation. In this case, press the reverse button to free the clogged particles.
- 3 Pour the extracted juice into the juicer once more for a clearer juice.

Taste boost!

Add an apple!

Because carrots have low water content, adding an apple and juicing it alternately will provide a better extraction.



Paprika juice



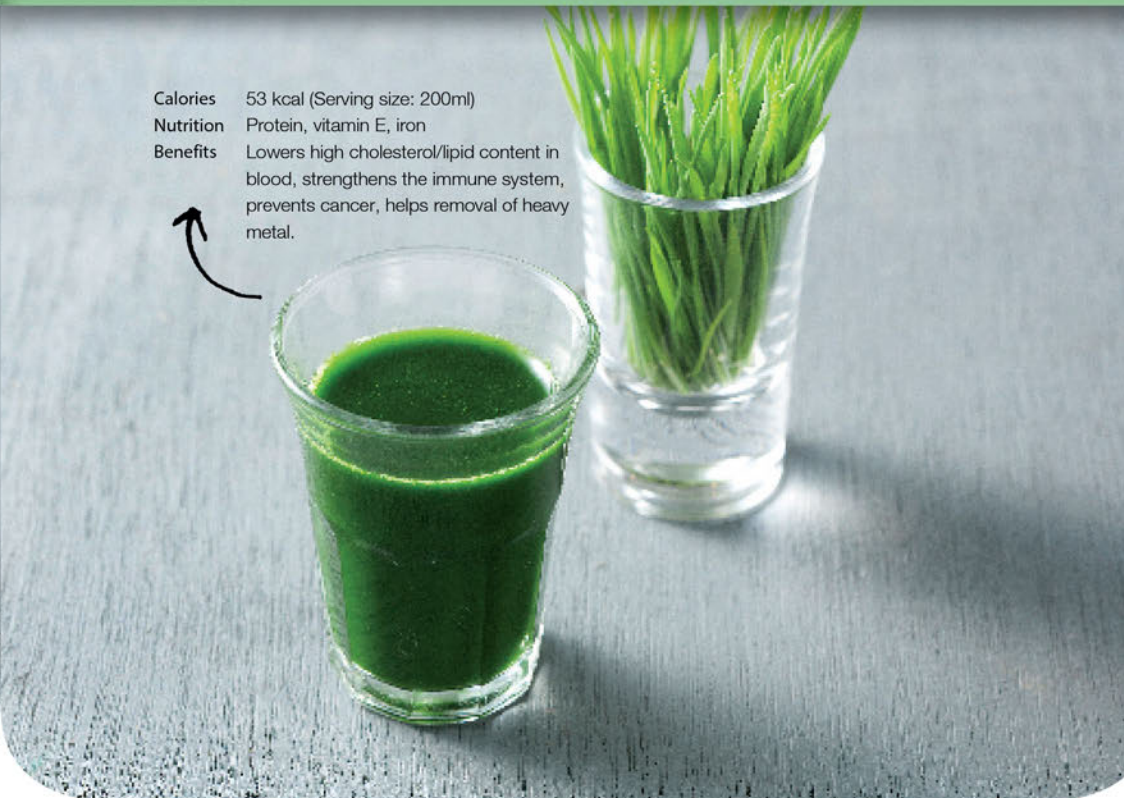
Calories 46kcal (Serving size: 200ml)
Nutrition Beta carotene, vitamin C, vitamin E
Benefits Improves skin health, prevents cancer, prevents cardiovascular disease, prevents cold/flu, relieves fatigue



Wheatgrass juice



Calories 53 kcal (Serving size: 200ml)
Nutrition Protein, vitamin E, iron
Benefits Lowers high cholesterol/lipid content in blood, strengthens the immune system, prevents cancer, helps removal of heavy metal.



INSTRUCTIONS



1 Remove the spicy and bitter seeds.



2 Chop the paprika into appropriate size and insert into juicer one at a time.



3 Pour the extracted juice into the juicer once more for a clearer juice.



Taste boost!

Add an apple!

Flavor of the juice becomes sweet and rich with addition of apple.

INSTRUCTIONS



1 Since wheatgrass is light and thin, bunch it together in small portion and insert into juicer.



2 Low water content and long fibers of wheatgrass may clog up the juicer. Feed the wheatgrass into juicer as slowly as possible.

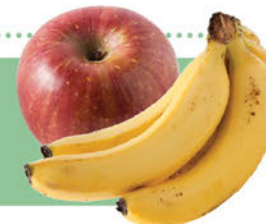


3 If the lid does not open due to overloading, add water and press the reverse button and normal rotation button several times.

Caution!
 There may be some noise during the juicing process due to the low water content of wheatgrass. This is a natural occurrence so there is no need for alarm.

Add an apple!

Juice wheatgrass and apple together for sweetness and more effective extraction.



Taste boost!

Add a banana!

If you are not used to vegetable juice, add a banana to smooth out the characteristic taste and smell of wheatgrass.

CHAPTER 3

Tasty and Wholesome Mixed Juice

Enjoy vegetables and fruits with mixed juice made with Hurom. Mixing the juices from different ingredients complement the existing flavors and provide a more comprehensive nutritional benefits. Be adventurous and try many varieties of mixed juice blends to fit your personal nutritional needs in a tasty and easy way.

- 035 Beet Apple Raspberry Juice
- 036 Pineapple Orange Mint Juice
- 037 Orange Gold Kiwi Basil Juice
- 038 Grape Celery Juice
- 039 Banana Carrot Apple Juice
- 040 Apple Pineapple Mint Juice
- 041 Kale Spinach White Grape Juice
- 042 Baby Arugula Apple Ginger Juice



CHAPTER 3

Beet Apple Juice



Calories 138 kcal
 Ingredients Beet 10g, Apple 220g, Raspberry 50g
 Nutrition Vitamin E, Potassium, Vitamin C
 Benefits Alleviates anemia, promotes weight loss, antioxidants

INSTRUCTIONS



- 1 Chop the apple and beet with the skin on into appropriate size.
- 2 Use the fine strainer. Close the juice cap and juice the apple first.
- 3 Take turn extracting beet and raspberries alternately.
- 4 Run the juicer until all ingredients are fully extracted and mixed. Open the juice cap and pour the completed juice into a cup.

Taste boost!

Use lemon instead of raspberries for a refreshing tart flavor.



Pineapple Orange Juice



Calories 100 kcal
 Ingredients Orange 170g, Pineapple 120g, Peppermint 1g
 Nutrition Dietary fiber, Vitamin C, Bromelain
 Benefits Promotes digestion, relieves fatigue, improves skin health, prevents anemia

INSTRUCTIONS



- 1 Peel the orange and remove the hard skin and core of the pineapple. Chop both into appropriate size.
- 2 Use the coarse strainer. Close the juice cap and extract pineapple first. Pineapples have dense fiber so insert each slice slowly into the juicer.
- 3 Take turn extracting mint and oranges alternately.
- 4 Run the juicer until all ingredients are fully extracted and mixed. Open the juice cap and pour the completed juice into a cup.

Taste boost!

Use strawberries instead of orange for additional sweetness.



Orange Kiwi Juice



Calories 125 kcal
Ingredients Orange 240g, Kiwi 40g, Basil 4 leaves
Nutrition Dietary fiber, Vitamin C, Naringin
Benefits Stress relief, promotes skin health, strengthens immunity

INSTRUCTIONS



- 1 Peel the oranges and chop into appropriate size. Wash the gold kiwi thoroughly and chop into appropriate size with the skin on.
- 2 Use the coarse strainer and close the juice cap prior to juicing.
- 3 Extract juice from one piece at a time in alternating order of orange, basil, gold kiwi.
- 4 Run the juicer until all ingredients are fully extracted and mixed. Open the juice cap and pour the completed juice into a cup.

Taste boost!

Try a mango instead of kiwi. (refer to mango juice recipe on pg. 18 for instruction on mango preparation)



Grape Celery Juice



Calories 146 kcal
Ingredients Grape 240g, Celery 15g
Nutrition Vitamin B1, Vitamin E, Anthocyanin
Benefits Relieves fatigue, relieves constipation, anti-aging property, alleviates insomnia

INSTRUCTIONS



- 1 Remove grapes from the stem and wash thoroughly. Chop the celery into short pieces.
- 2 Use the fine strainer. Close the juice cap and extract celery first.
- 3 Extract grapes.
- 4 Run the juicer until all ingredients are fully extracted and mixed. Open the juice cap and pour the completed juice into a cup.

Banana Carrot Juice



Calories 150 kcal
Ingredients Carrot 90g, Apple 100g, Banana 80g
Nutrition Vitamin E, Beta-carotene, Selenium, Zinc
Benefits Improves vision, promotes skin health, relieves constipation, relieves stress



Apple Pineapple Juice



Calories 101 kcal
Ingredients Apple 110g, Pineapple 160g, Mint 8 leaves
Nutrition Vitamin C, Vitamin E, Quercetin
Benefits Antioxidant activity, promotes digestion



INSTRUCTIONS



1 Chop the carrots into thin sticks. Chop apples into appropriate size with the skin on. Peel the banana and chop into small pieces.



2 Use the fine strainer. Close the juice cap and extract the apple first.



3 Extract bananas and carrots alternately.



4 Run the juicer until all ingredients are fully extracted and mixed. Open the juice cap and pour the completed juice into a cup.

Taste boost!

Carrots are hard so the operation may stop during use. In this case, press the reverse button to loosen the clogged pulp.



INSTRUCTIONS



1 Remove the hard skin and core of the pineapple. Chop the pineapple and apple into appropriate size.



2 Use the coarse strainer. Close the juice cap and extract apples and mints first, in alternate order.



3 Pineapples have dense fiber so insert each slice slowly into the juicer.



4 Run the juicer until all ingredients are fully extracted and mixed. Open the juice cap and pour the completed juice into a cup.

Taste boost!

Soak the mint in ice water for 5 minutes for a richer scent.



Spinach White Grape Juice



Calories 144 kcal
 Ingredients Kale 15g, Spinach 25g, White Grapes 220g
 Nutrition Vitamin E, Beta-carotene, Vitamin B1, Selenium
 Benefits Relieves constipation, prevents anemia, improves blood circulation



Baby Arugula Ginger Juice



Calories 160 kcal
 Ingredients Apple 200g, Arugula 20g, Ginger 1g
 Nutrition Vitamin E, Vitamin C, Quercetin
 Benefits Weight loss, relieves constipation, strengthens immune system



INSTRUCTIONS



1 Remove the grapes from stem and wash thoroughly. Chop kale into appropriate size and roll up each leaves separately.



2 The root of the spinach is rich in nutrients. Wash it thoroughly and include in juicing. Use the fine strainer and insert the grapes, kale and spinach in turn.



3 Run the juicer until all ingredients are fully extracted and mixed. Open the juice cap and pour the completed juice into a cup.

Taste boost!

Kale and spinach which are rich in fiber should be rolled up and added to the juicer slowly. If the juicing stops, press the reverse button 2-3 times.



INSTRUCTIONS



1 Remove the root from arugula and wash thoroughly. Wash the ginger and apples and cut into appropriate size with the skin on.



2 Use the fine strainer.



3 Close the juice cap and insert apple, arugula and ginger in turn.



4 Run the juicer until all ingredients are fully extracted and mixed. Open the juice cap and pour the completed juice into a cup.

Taste boost!

Soak the ginger in cold water before use for a milder scent.



CHAPTER 4

Hurom Juice as a simple and easy meal

Make a simple and satisfying meal in a cup by combining the protein and calcium in milk, the energy in sweet potato, banana, pumpkin, potato, soybean, and nuts and the vitamins and minerals in fruit and vegetable juice. The rich variety of ingredients provide a tasty and easy way to obtain a meal with balanced nutrients in a single cup.



- ✓ The juice cap must be closed before operating the juicer. Operate the juicer until all ingredients are thoroughly mixed.
- ✓ For best extraction, insert hard, fibrous ingredients first and followed by softer ingredients.
- ✓ Ingredients with low water content should be added when the juicing bowl is filled with juice.
- ✓ Feed the pulp of ingredients with low fiber that could be eaten whole back into the juicer for maximized extraction and a more potent juice.

- 47 Blueberry Potato Almond Milk
- 48 Hazelnut Banana Milk
- 49 Sweet Pumpkin Seed Carrot Milk
- 50 Sweet Potato Apple Almond Milk



CHAPTER 4

Breakfast is not a choice but a necessity! Don't skip breakfast. Have a quick and satisfying meal with Hurom's easy one-cup meal juice!!

Breakfast is the most important meal of the day that starts off our daily nutritional requirement. Eating breakfast maintains the body's blood sugar at optimum levels and provides much needed energy to our brain and body. It especially helps with brain function and thinking process by supplying us with carbohydrates, the vital fuel for necessary for normal brain activity.

Breakfast is not a choice but a necessity. The first meal of the day is necessary to improve the academic experience for students, increase the efficiency at workplace and to maximize everyone's daily potential






With Hurom's One-cup Meal Juice,

- ☑ Meal preparation becomes simple and quick.
- ☑ It is easier to meet the daily quota of vitamins, minerals and bioactive components.
- ☑ Amount of sodium in diet decreases.
- ☑ Amount of calories are lower compared to the amount of nutrients absorbed, making the Hurom juice an excellent weight loss solution.
- ☑ It is an easy way to provide nutritious meals especially to busy employees and students.
- ☑ You can make your own customized juice blends depending on your personal preference and nutritional needs.

Reduce Sodium in your diet with customized meal juice by Hurom

Potassium is one of the most abundant minerals found in fruits and vegetables and it helps remove excess sodium accumulated in our body. You can lower your sodium intake by replacing one meal a day with a Hurom juice and supplying your body with potassium to remove excess sodium within your body.

'CALORIE SOURCES' FOR ONE-CUP MEAL

Type	Banana	Sweet potato	Potato	Pumpkin	Corn
Application	 Add the banana and milk to fruit and vegetable juice. It's better to add the pieces slowly one at a time rather than adding the whole banana at once.	 Boil the sweet potatoes before juicing for smooth texture and added sweetness. Slowly mix in sweet potato and milk to fruit and vegetable juice.	 Prepare the potatoes by washing it thoroughly and boiling or steaming it. After juicing the vegetables and fruits, slowly add milk and potato pieces.	 Remove the seeds and slice the pumpkin into wedges. Steam it to soften the meat and add the pieces slowly with milk to fruit and vegetable juice.	 Boil or steam the corn and remove the kernels from the cob. When using canned corn, strain and remove the water before juicing.
Nutritional Information	1 medium sized	1 medium sized	1 medium sized	1/4 of medium sized	1 Canned corn

For Your Information

Vegetables rich in potassium
potato, sweet potato, tomato, kale, water dropwort, celery, spinach, crown daisy

Fruits rich in potassium
Asian melon, melon, banana, peach, kiwi

Blueberry Potato Almond Milk



Hazelnut Banana Milk



Calories 255kcal
 Ingredients Blueberry 120g, milk 300ml, almonds 20g, boiled potato 100g
 Nutrition Protein 9.6g, lipid 12.1g, iron, vitamin E, zinc
 Benefits Prevents anemia, alleviates swelling/edema



Calories 414kcal
 Ingredients Milk 300ml, toasted hazelnuts 20g, 1 banana, cashew 20g
 Nutrition Protein 18.5g, lipid 17.4g, calcium, iron, vitamin E
 Benefits Brain development, lowers cholesterol

INSTRUCTIONS



- 1 Chop the boiled potatoes into appropriate size.
- 2 Close the juice cap and add blueberries.
- 3 Add the ingredients in the order of milk, boiled potato and almonds.
- 4 Run the juicer until all ingredients are fully extracted and mixed. Open the juice cap and pour the completed juice into a cup.

INSTRUCTIONS



- 1 Peel the banana and chop into appropriate size. Place the pieces in a bowl with milk.
- 2 Use the coarse strainer. Close the juice cap and add milk and banana.
- 3 Add cashew and hazelnuts in small amounts.
- 4 Run the juicer until all ingredients are fully extracted and mixed. Open the juice cap and pour the completed juice into a cup.

Taste boost!

Toast the hazelnut in a pan over medium heat for five minutes to enhance the nutty flavor.



Sweet Pumpkin Seed Carrot Milk



Calories 316 kcal
Ingredients Milk 200ml., boiled pumpkin ¼, carrot 1, pumpkin seeds 1~2 spoonful
Nutrition Protein 14.0g, lipid 12.1g, beta carotene, iron, zinc
Benefits Prevents arteriosclerosis, improves immune system, prevents anemia

Sweet Potato Apple Almond Milk



Calories 441kcal
Ingredients Milk 200ml, 1 boiled sweet potato, ¼ apple, 1~2 spoonful of almonds
Nutrition Protein 10.3g, lipid 12.3g, potassium, vitamin B1
Benefits Improves gastro-intestinal functions, prevents cardiovascular disease

INSTRUCTIONS



- 1 Chop the boiled pumpkin into appropriate size. Cut the carrots into thin sticks.
- 2 Close the juice cap and add the carrot.
- 3 Add the rest slowly in the order of milk, boiled pumpkin and pumpkin seeds.
- 4 Run the juicer until all ingredients are well blended. Open the juice cap and pour the completed juice into a cup.

INSTRUCTIONS



- 1 Chop the boiled sweet potato and apples into appropriate size.
- 2 Close the juice cap and add the apple.
- 3 Add the rest slowly in the order of milk, boiled sweet potatoes and almonds.
- 4 Run the juicer until all ingredients are well blended. Open the juice cap and pour the completed juice into a cup.

CHAPTER 5

Special snacks filled nutrition and love

In addition to fruit and vegetable juices, you can also create nutritious and satisfying meals and all-natural baby food with your Hurom juicer. Reach into your creative side and use Hurom to make desserts, ice cream, jelly, soup, chutney and more. The possibilities are endless!

Enjoy the taste and nutrients of ingredients in their purest, most natural form.

- Explore the variety of healthy homemade snacks made to your preference.
- Easily mix and blend various ingredients.

053 Sorbet

055 Ice Cream

057 Fruit Jelly

058 Apple Basil Dressing

059 Potato Mushroom Soup

060 Blueberry Chutney

CHAPTER 5

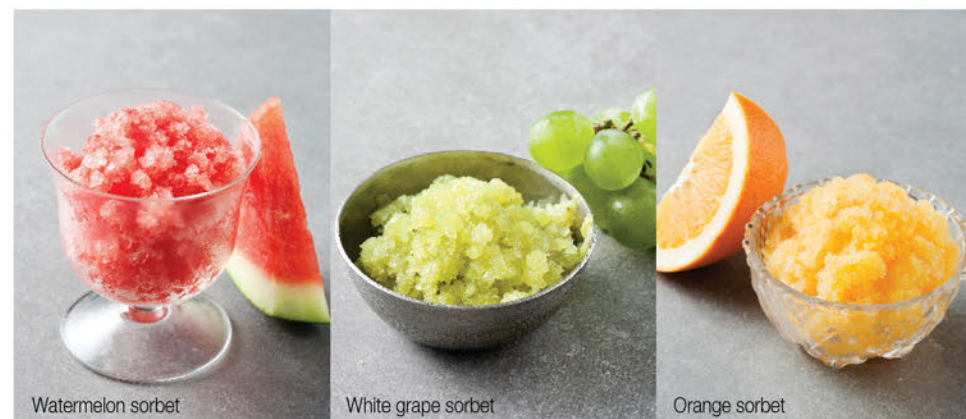
All-Natural Fruit Sorbet



Sorbet are sweet frozen dessert made with fruit juice or other types of beverage.

It may contain milk, egg whites and gelatin depending on the recipe.

With a rougher and icier texture than ice cream, it makes a cool and wonderfully refreshing dessert.



Watermelon sorbet

White grape sorbet

Orange sorbet

All-Natural Fruit Sorbet

INSTRUCTION



Ingredients
watermelon, white grapes, orange

- 1 Extract the desired ingredients with the juicer.
*Refer to fruit juice recipes.

- 2 Pour the extracted juice into a sealed container and place it in the freezer .

- 3 Add honey or sweetener to taste depending on personal preference.

- 4 Remove the frozen juice from the freezer and scrape it with a fork for refreshing sorbet.

All-Natural Fruit Ice Cream



Create a natural fruit ice cream any way you want it. If you want to make it sweeter, add a spoonful of honey or sweetener. If you want to add tartness to your ice cream, just add a dollop of plain yogurt. For a smoother, creamier texture, add condensed milk. Create custom-made ice cream, mixed and matched for your enjoyment!



Strawberry ice cream

Blueberry ice cream

Walnut ice cream
(refer to the walnut soymilk recipe)

All-Natural Fruit Ice Cream

INSTRUCTION



Ingredients strawberries, blueberries, walnuts, milk, nuts.
1 Extract desired ingredients with the juicer.
 *Refer to fruit juice recipes.



2 Add plain yogurt and condensed milk to the the extracted juice and place the mixture in the freezer .



3 Take the mixture out every 1~2 hours and scrape it with a fork to for a smoother texture.



Add nuts!

Add any kind of nuts of your choice to the ice cream mixture to add flavor and crunch to your dessert.



Fruit jelly



Apple Basil Dressing



INSTRUCTION



Ingredients orange 270g, gelatin 24g, sweetener 40g

1 Dissolve gelatin in water.

2 Peel the orange and chop it into appropriate size. Insert into the juicer and extract.

3 Boil the extracted juice, gelatin and sweetener together in a pot until the gelatin is dissolved completely.

4 Pour the mixture in 3 into the jelly mold and place it in refrigerator until firm.

TIP Try other fruit jelly in the same way.

INSTRUCTION



Ingredients 1 apple, 5 basil leaves, apple cider vinegar 20g, mustard seed 5g, olive oil 160g, a dash of salt and pepper

1 Chop the apple with the skin on into appropriate size. Soak basil in ice water for 3 minutes.

2 Close the juice cap and extract apple and basil in alternate order.

3 Pour the extracted juice into a bowl and mix in mustard seeds and vinegar.

4 Add olive oil, salt and pepper and mix well.

Potato Mushroom Soup



INSTRUCTION



Ingredients white mushrooms 100g, shitake mushrooms 40g, boiled potato 200g, onion 10g, milk 400g, fresh cream 30g, a dash of salt and pepper
1 Chop the boiled potato, mushroom and onion into appropriate sizes.



2 Close the juice cap and add the onion for extraction.



3 Mix boiled potato, milk and mushroom together and pour it into the juicer slowly.



4 Pour the extracted juice and extracted pulp together into a bowl and boil over medium-low heat, stirring continuously for 8 minutes. Add a dash of salt and pepper to taste.



Add cream for richer flavor and smooth texture.

Blueberry chutney



INSTRUCTION



Ingredients blueberry 300g, onion 50g, honey 100g, white wine vinegar 130g, ginger 5g, a dash of salt and pepper
1 Chop the onion and ginger into appropriate sizes.



2 Close the juice cap and insert blueberries, onion and ginger alternately into juicer.



3 Pour the extracted pulp and juice together in a bowl and boil over medium heat for 12 minutes. Add a dash of salt and pepper to taste.

10 MAJOR DISEASES INGREDIENTS EFFECTIVE IN PREVENTING LIFESTYLE DISEASES

Effective ingredients for preventing 10 major diseases

10 MAJOR DISEASES	EFFECTIVE INGREDIENTS FOR PREVENTION
LIVER CANCER	Carrot, tomato, spinach, kale, paprika, dandelion
HYPERTENSION	Aloe, ginseng, mango, melon, grapes, kiwi, celery, water dropwort, carrot, tomato, paprika, potato, spinach
STROKE	Pomegranate, wild raspberry, watermelon, asian melon, tomato, paprika, wheatgrass, water dropwort
DIABETES	Dandelion, water dropwort, aloe, broccoli, paprika, carrot, kale, balsam pear
COLORECTAL CANCER	Apple, kale, spinach, nuts, sweet potato, cabbage, blueberry, broccoli, banana, orange, carrot
RHEUMATOID ARTHRITIS	Milk, water dropwort, parsley, tomato, orange, strawberry
KIDNEY DISEASE	Watermelon, apple, plum, black sesame, black beans, corn, cucumber, burdock
HEART DISEASE (ANGINA PECTORIS, MYOCARDIAL INFARCTION)	Sweet persimmon, wild raspberry, pomegranate, watermelon, asian melon, tomato, paprika, broccoli, spinach, kale, strawberry, orange, melon, carrot, mango, apple
GASTRIC CANCER	Lettuce, cabbage, leek, aloe, spinach, tomato, dandelion, potato, pineapple, soybean, kale, broccoli, cauliflower, turnip
LUNG CANCER	Carrot, white radish, soybean, tomato, peach, Chinese yam, sweet pumpkin, apple, bellflower, pear, broccoli, banana, orange

Effective ingredients for preventing lifestyle diseases

LIFESTYLE DISEASES	EFFECTIVE INGREDIENTS FOR PREVENTION
STRESS	Kiwi, paprika, orange, strawberry, kale, dandelion, spinach
VISION	Carrot, spinach, kale, celery, sweet persimmon, tomato, broccoli, grape, blueberry
NEURALGIA	Carrot, kiwi, strawberry, pineapple, oranges, celery, black beans, milk
ATOPY	Kiwi, strawberry, kale, water dropwort, dandelion, spinach, paprika, carrot, chive
COLD	Strawberry, sweet persimmon, orange, grapefruit, kiwi, paprika, pear, radish, banana
HANGOVER	Melon, pear, persimmon, apple, grape, pear, cucumber, watermelon, citron
DEMENCIA	Strawberry, orange, spinach, kale, celery, broccoli, paprika
FATIGUE	Orange, pineapple, grape, melon, apple, celery, spinach, kale, broccoli

LIST OF REPRESENTATIVE FOOD CONTAINING ESSENTIAL NUTRIENTS

Nutritional benefits & source food

NUTRITION	NUTRITIONAL BENEFITS	SOURCE FOOD	NUTRITIONAL EFFECT
VITAMIN A	Prevents skin disease, inflammation, gastro-intestinal ulcer, strengthens immune system	Tomato, carrot, celery, kale, water dropwort, green pepper, spinach, citron, broccoli, chive, sweet persimmon, kumquat, mango, apricot	
BETA-CAROTENE	Alleviates atopy, asthma, inflammation, dark spots, cold sores, prevents cancer, dementia, cold, hyperlipidemia	Mango, tangerine, sweet persimmon, apricot, watermelon, citron, carrot, kale, parsley	
VITAMIN B1	Relieves stress, prevents memory loss, beriberi	Soybean, red bean, kidney bean, mung bean, peanut, chestnut, pine nut, cashew, sesame seed, sunflower seed, wild perilla seed	
VITAMIN B2	Relieves stress, prevents hair loss, memory loss, glossitis, beriberi	Soybean, almond, wild perilla seed, wiled perilla leaf, dandelion, kale, celery, water dropwort	
FOLIC ACID	Improves acne, anemia, psoriasis, prevents ulcerative colitis	Asian melon, kiwi, orange, avocado, strawberry, cabbage, spinach, crown daisy, rapeseed, broccoli, fig, kiwi, banana	
VITAMIN C	Alleviates depression, anemia, chronic fatigue, dark spots, arthritis, allergies, stress relief, prevents immune disease, aging, cancer, arteriosclerosis	Kiwi, grapefruit, orange, citron, mulberry, raspberry, lemon, guava, tangerine, strawberry, lotus root, kale, kohlrabi	
VITAMIN E	Relieves asthma, arthritis, hair loss, menopause, allergy, muscle spasm, prevents aging, cancer, arteriosclerosis, dementia, gastro-intestinal ulcer	Almond, sunflower seed, peanut, soybean, pine nut, walnuts, kale, parsley, dandelion, spinach, bell pepper, blueberry, kiwi	
VITAMIN K	Prevents colitis, osteoporosis, rheumatoid arthritis, provides pain relief	Blueberry, kiwi, pomegranate, pumpkin seed, pine nut, soybean, pea, cabbage, spinach	
IRON	Alleviates anemia, memory loss prevention, improves concentration	Water dropwort, dandelion, walnut, sesame seed, chive, beet, lettuce, spinach, crown daisy, wild grape, jujube, mulberry	
CALCIUM	Alleviates postpartum depression, muscle cramps, prevents osteoporosis, rickets, cancer, arteriosclerosis	Citron, grapefruit, mulberry, orange, fig, quince, kale, turnip leaf	
ZINC	Prevents skin disease, liver disease, hair loss, prostatic hypertrophy, allergies, cold, wound healing, diabetes, arthritis, hyperlipidemia	Soybean, red bean, kidney bean, mung bean, peanut, pine nut, almond, walnut, wild perilla seed, pumpkin seed, sunflower seed, jujube, banana	
POTASSIUM	Relieves high blood pressure, muscle spasms, stress, prevents diabetes, infection	Asian melons, banana, melon, jujube, kumquat, tomato, kiwi, spinach, mugwort, chive, lettuce, kale, celery, water dropwort, dandelion	
SELENIUM	Alleviates atopy, asthma, inflammation, migraine, prevents aging, cancer, hyperlipidemia	Banana, melon, sweet persimmon, kale, kohlrabi, burdock, asparagus, spinach, broccoli, beet, chive	

SUPERFOODS AND ESSENTIAL NUTRIENTS

SUPERFOOD	BENEFIT	NUTRIENTS
POTATO	Improves Vision Lowers cholesterol	K, vitamin C
SWEET POTATO	Prevents hypertension	folate, vitamin C, K, b-carotene
CARROT	Gastric cancer prevention, Esophageal cancer prevention, Promotes Skin Health	vitamin A, b-carotene, K
BANANA	Relives constipation, Brain development	K, dietary, fiber, Mg
PEAR	Prevents cold and asthma, Relieves hangover	vitamin B1, sorbitol, Stone cell
BROCCOLI	Anti-cancer effect, prevents dementia	vitamin C, vitamin A, Ca
APPLE	Improves Skin Health, Prevents atherosclerosis	pectin, Fe, quercetin
STRAWBERRY	Skin beauty, Enhances immune system, Relieves stress	vitamin C, folate
SPINACH	Prevents dementia, Relieves fatigue, Prevents lung cancer	vitamin C, vitamin A, b-carotene, Fe
ORANGE	Prevents dementia, relieves fatigue, prevents cancer and cardiovascular disease	vitamin C, flavonoid, pectin
TOMATO	Prostate cancer prevention, weight control	lycopene, vitamin A, K, vitamin E
BLUBERRIES	Antioxidant activity, Improves Vision	anthocyanin, vitamin C, dietary fiber, vitamin E
CITRUS FRUITS	Relieves stress and Fatigue	vitamin C, Narinjin
KALE	Prevents lifestyle diseases and Anemia	vitamin A, vitamin C, Ca, K, miricetin
KIWI	Promotes Skin Health, Relieves fatigue	vitamin C, K, folate
PINEAPPLE	Improves digestion	bromeline, vitamin C, Mn
GRAPE	Relieves Fatigue, Prevents cardiovascular disease	anthocyanin, resveratrol, vitamin B1
CABBAGE	Prevents Osteoporosis , Improves gastric ulcer fuction and neuromodulator effects	vitamin C, folate, Ca

Health is not be wasted but filled.

HUROM®