

HUROM

HUROM JUICE

HUROM JUICE
RECIPE
BOOK



The Best Investment of Your Day
HUROM JUICE



Contents

Health Column

- 03 The Importance of Eating Fruit and Vegetables
- 05 Enzymes
- 07 Phytochemicals
- 09 Why Hurom Juice?

HUROM Green Juice

- Health**
- 13 Broccoli Apple White grapes
- 15 Kale Apple Lemon
- 17 Angelica keiskei Orange Apple
- 19 Kale White grapes Applemint
- 21 Kiwi Spinach Apple
- 23 Kale Ginger White grapes
- 25 Celery Apple Kale Lemon
- 27 Dropwort Apple Spinach
- 29 Wheatgrass Pear
- 31 White grapes Spainach Basil Pineapple
- 33 Angelica keiskei Pear White grapes

HUROM Juice

- Energy&Healing Stress Down**
- 35 Apple Nut Shake
- 37 Apple Orange
- 39 Blueberry Smoothie
- 41 Schisandra Apple

- Hydration&Vitamins&Minerals**
- 43 Watermelon Smoothie
- 45 Aloe Savanna
- 47 Orange Carrot
- 49 Cabbage Carrot
- 51 Plum Carrot Pineapple

HUROM Juice

- Exercise&Diet**
- 53 Tomato Grape
- 55 Blueberry Cucumber Grape
- 57 Bell Pepper Orange
- 59 Grapefruit Triple

- Circulation**
- 61 Beet Apple
- 63 Lemon Detox

- Hangover Help**
- 65 Persimmon Mango Orange
- 67 Berry Pineapple Pear

- Party**
- 69 Raspberry Grape
- 71 Berry Christmas

Special

- Natural ice cream**
- 75 Natural fruit ice cream
- 77 Blueberry ice cream
- 79 Peach & Cherry ice cream
- 81 Banana honey ice cream
- 83 Banana cookie ice cream
- 85 Pina colada smoothie
- 87 Banana milkshake
- 89 Soft persimmon sherbet
- 91 Homemade red bean bingsu

※Ice cream strainer is included in certain models only.
You may purchase the ice cream strainer at Hurom online mall (www.hurom.com).

- Soybean Foods**
- 95 Vegetable Tofu



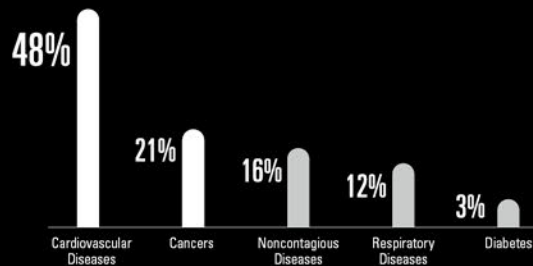
Health Column 1

The Importance of Eating Fruit and Vegetables

By simply including the recommended amount of fruit and vegetables in your diet, you can take a step toward preventing cancers, diabetes, and cardiovascular diseases!

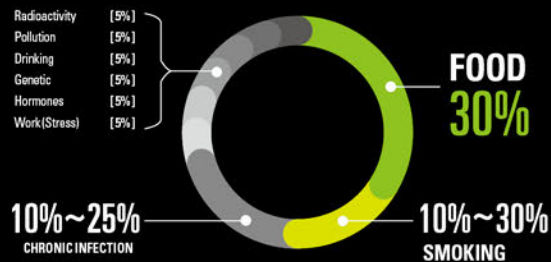
In recent years, Asia has become increasingly globalized, and “Western” food has become much more easily accessible, even preferred, over traditional food practices. Our food choices have been gradually shifting toward convenience and lower prices, with a problem of overeating and a lack of exercise. It’s no wonder the incidence of cancers, diabetes, cardiovascular diseases, and other illnesses are on the rise.

World’s Leading Causes of Death



*WHO, Global Status Report 2010

Food, the main cause of cancers

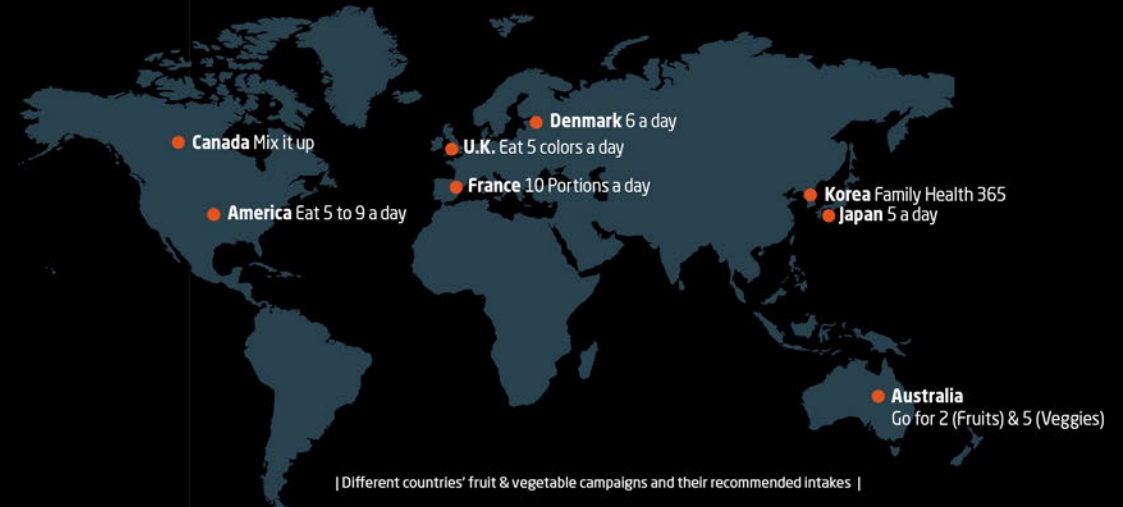


*World Cancer Report 2003 by International Agency for Research on Cancer

560g of Vegetable & Fruits 1 day

University College London

The United States felt it necessary to promote healthy eating in order to lessen the growing number of health problems and diseases. A campaign began in the early 1990's, with the slogan “5 a day,” suggesting at least 5 portions (400g) of fruit and vegetables a day. Korea and other countries have adapted the campaign to also promote increased fruit and vegetable intake. Based on this, UCL conducted 8 years of research on nearly 70,000 people to study the relationship between fruit and vegetable intake and mortality from diseases. In 2014, they reported that daily fruit and vegetable intake of at least 560g lowered early mortality rates by 42%, the mortality rate from cancer by 25%, and the mortality rate from heart-related diseases by 31%.



| Different countries' fruit & vegetable campaigns and their recommended intakes |

Health Column 2

The Importance of Eating Fruit and Vegetables

Enzyme

Enzymes Active Nutrients

Enzymes are essential nutrients for sustaining life, helping to convert the food we ingest into energy.

Promotes digestion + Detoxifies the body and eliminates wastes
+ Improves natural healing ability + Boosts immune system

Now we know that when we start feeling tired and low in energy, it means your body is lacking enzymes!

Remember those days you could eat, lie down, and digest without any problems?

Now you rely on medicines to help you digest, you feel bloated, and you get migraines. Is it simply because of age? Or can you do something about it?



Health Column 3

Phytochemicals

Phytochemicals, Five Brilliant Colors

Plants are immobile, making them susceptible to harm, whether intentional or not. As self-preservation against these external stimuli, plants produce materials to protect themselves called “phytochemicals.” Phytochemicals are only produced and found in plants, such as fruit, vegetables, grains, beans, etc. When we eat plants and allow phytochemicals into our own systems, they also help to strengthen our bodies, like our immune systems, help with anti-aging, and also prevent cells from damage that could lead to cancer. They are indispensable to us as people.

Phytochemical

Phyto-nutrient	Main Efficacy	Ingredient	Color
Anthocyanin Resveratrol	Prevent cancer, Protect vision	Eggplant, Grapes, Berries, Red Cabbage, Sweet Potato, Fig	Purple
Allicin Quercetin	Strengthen immunity, Prevent vascular disease	Garlic, Onion, Mushroom, Cauliflower, Pear, Banana, Radish, Peach, Potato, Bellflower Root	White
Lutein β-carotene	Bone health, Hematogenesis	Spinach, Broccoli, Bell Pepper, Green Peas, Lettuce, Green Tea (leaf), Kale, White Grape, Kiwi	Green
Lycopene Ellagic Acid	Prevent cardiopathy, Prevent cancer	Strawberry, Raspberry, Pomegranate, Bell Pepper, Tomato, Apple, Watermelon	Red
α-carotene Hesperidin	Skin care, Improve immunity	Lemon, Orange, Tangerine, Carrot, Squash, Corn, Pineapple, Sweet Potato, Mango, Yellow Bell Pepper	Yellow



Health Column 4

Why Hurom Juice?

Juice is a great way to consume fruit and vegetables.

Hurom converts solid fruit and vegetables to their juice form, straight into your glass.

The modern man is increasingly exposed to free radicals and active oxygen, causing cell damage and aging, especially due to irregular eating habits and stress. Fruit and vegetables contain a large amount of antioxidant nutrients that eliminate these radicals.

With the busy schedules of today's working population, it's nearly impossible to pack the recommended amount of fruit and vegetables into our meals. Fortunately, a glass of nutrient-rich juice made with fresh, raw fruit and vegetables is an easy and convenient way to help you reach that recommended amount! Juice can easily include as many fruit or vegetables you want it to, and even has a shorter digestion time with a much higher absorption rate.

Unsurprisingly, there are more and more people turning to "juicing" to take care of their health. But are all juices the same?

We cannot call the drinks we see that have chemicals or other additives used to dilute the concentrated juice, real juice.

Fruit and vegetables are living things, so depending on their environment, their colors, flavors, and even nutrients can vary.

Therefore, in order to keep the fruit or vegetable as much in their uniquely nutritious state as possible, juice (real juice) is ideal. Juice should be a way to have more fruit and vegetables, and the best way to ingest them is through Hurom juice.

hurom juice



Home Made Hurom Juice



Green Juice / Health

BROCCOLI
sulforaphane
prevent cancer

APPLE
pectin
organic acid
digestion
relieve fatigue

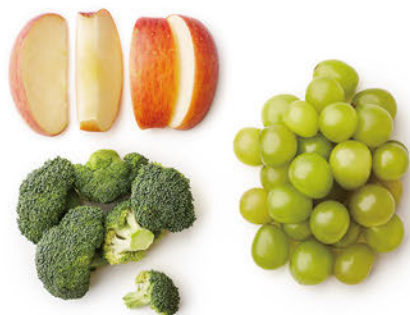
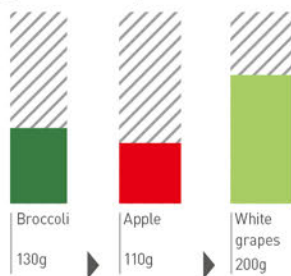
**WHITE
GRAPES**
glucose
relieve fatigue

Broccoli Apple White grapes

Broccoli and apple which are known for their excellent antioxidant properties are rich in vitamin C. Also, as a cruciferous vegetable, broccoli contains a large amount of sulforaphane and helps prevent cancer.

INGREDIENTS

[123Kcal / 280ml]



Broccoli | prevent cancer

Compared to lemon, broccoli contains more vitamin C and a large amount of calcium to prevent aging and vitalize skin. In addition, abundant sulforaphane in broccoli helps prevent cancer.

01

INSTRUCTIONS

1. Wash broccoli thoroughly, then cut into appropriate sizes.
2. Remove the seeds from the apple and cut into appropriate sizes.
3. Remove white grapes from the stem and wash thoroughly.
4. Remove white grapes from the stem and wash thoroughly.
5. Place lever on "CLOSE(●)" and extract ingredients, alternating insertion.
6. Once the last of the ingredients is extracted, place lever on "Half-open(○)" and allow pulp to be expelled.

* Insert ingredients in order, shown in the graph on the left.

PHYTOCHEMICAL MAIN PHYTOCHEMICAL



Green Juice / Health

KALE

ALA
prevent diabetes

APPLE

pectin
organic acid
digestion
relieve fatigue

LEMON

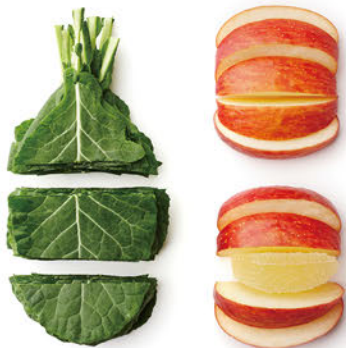
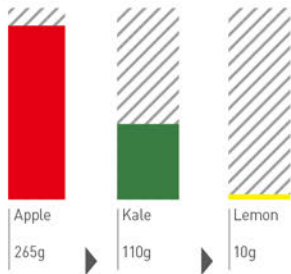
vitamin C
relieve fatigue
remove wastes

Kale Apple Lemon

Lutein and beta-carotene contained in kale help keep eyes healthy. Organic acid contained in apple and vitamin C contained in lemon are good for relieving fatigue and stress.

INGREDIENTS

[125Kcal / 280ml]



Kale | the vegetable for your eyes

Kale enhances the immune system and helps improve eyesight with its large amount of lutein, which is known as a nutrient for the eyes. In addition, it's also rich in organic acid and vitamin C to provide excellent recovery from fatigue.

02

INSTRUCTIONS

1. Remove the seeds from the apple and cut into appropriate sizes.
2. Wash kale thoroughly, then cut into appropriate sizes.
3. Peel lemon and cut into appropriate sizes.
4. Place lever on "CLOSE(●)" and extract about half of the apple, then extract spinach and lemon, alternating insertion.
5. 5. Insert the rest of the apple, place lever on "Half-open(○)" and allow pulp to be expelled.

* Insert ingredients in order, shown in the graph on the left.

PHYTOCHEMICAL MAIN PHYTOCHEMICAL



Green Juice / Health

ANGELICA KEISKEI

coumarin
germanium
prevent cancer
improve liver function

ORANGE

vitamin C
skin care
relieve fatigue

APPLE

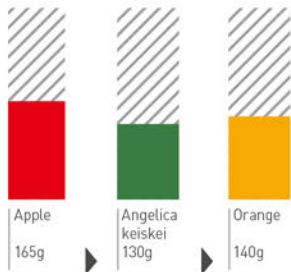
pectin
organic acid
digestion
relieve fatigue

Angelica keiskei Orange Apple

Angelica keiskei is known to be helpful in the prevention of arteriosclerosis and liver disease. Rutin in oranges and apples strengthens the blood vessels and helps reduce the risk of myocardial infarction and stroke.

INGREDIENTS

[125Kcal / 280ml]



Angelica keiskei | a useful plant that an angel brought to mankind

Angelica keiskei has a refreshing fragrance and vigorous vitality and is known to contain many healthy ingredients. Angelica keiskei is rich in coumarin and has an excellent anti-cancer effect. Its germanium clears the blood, improves the liver function and helps in detoxification.

03

INSTRUCTIONS

1. Remove the seeds from the apple and cut into appropriate sizes.
2. Wash angelica keiskei thoroughly, then cut into appropriate sizes.
3. Peel orange and cut into appropriate sizes.
4. Place lever on "CLOSE(●)" and extract ingredients, alternating insertion.
5. Once the last of the ingredients is extracted, place lever on "Half-open(○)" and allow pulp to be expelled.

* Insert ingredients in order, shown in the graph on the left.

PHYTOCHEMICAL MAIN PHYTOCHEMICAL



Green Juice / Health

KALE
ALA
prevent diabetes

**WHITE
GRAPE**
glucose
relieve fatigue

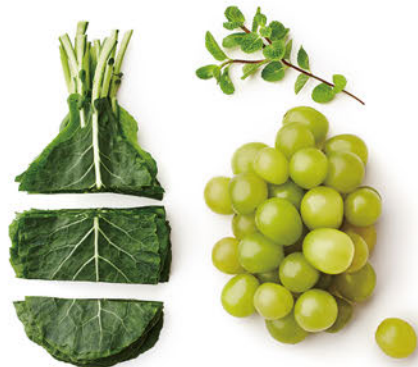
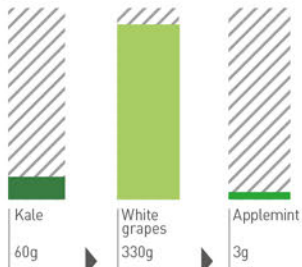
APPELMINT
menthol
anti-
inflammatory
calm nerves

Kale White grapes Applemint

Applemint doesn't just have a refreshing scent, but actually helps support digestion as well as gives a boost to energy. The lutein and β -carotene in kale demonstrate anti-cancer effects.

INGREDIENTS

[129Kcal / 280ml]



Applemint | small but strong

Mint contains menthol, which works to destroy bacteria, relieve skin problems, and improve digestive and stomach troubles. It also has anti-inflammatory effects and helps to prevent the flu.

04

INSTRUCTIONS

1. Wash kale thoroughly, then cut into appropriate sizes.
2. Remove white grapes from the stem and wash thoroughly.
3. Place lever on "CLOSE(●)" and extract ingredients, alternating insertion.
4. Once the last of the ingredients is extracted, place lever on "Half-open(◐)" and allow pulp to be expelled.

* Insert ingredients in order, shown in the graph on the left.

PHYTOCHEMICAL MAIN PHYTOCHEMICAL



Green Juice / Health

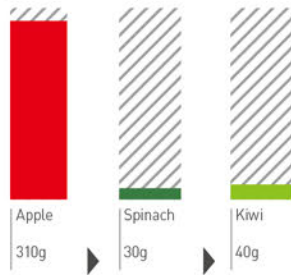
KIWI folic acid prevent anemia	SPINACH iron prevent anemia	APPLE pectin organic acid digestion relieve fatigue
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Kiwi Spinach Apple

Kiwi is especially rich in potassium, combined with apple and spinach which are rich in dietary fiber, makes a three-ingredient juice crafted to strengthen immunity and prevent high blood pressure.

INGREDIENTS

[207Kcal / 280ml]



Kiwi | help produce collagen

Kiwis are so good for skin care and dieting that a new term, "Kiwi Skinet" formed, referring to a new diet-fad based on kiwis. The vitamin C in kiwis is good for skin care and it is also packed with folic acid, making it a perfect fruit to have during pregnancy.

05

INSTRUCTIONS

1. Remove the seeds from the apple and cut into appropriate sizes.
2. Wash spinach thoroughly, then cut into appropriate sizes.
3. Wash kiwi thoroughly and cut into appropriate sizes, with peel intact.
4. Place lever on "CLOSE(●)" and extract about half of the apple, then extract spinach and kiwi.
5. Insert the rest of the apple, place lever on "Half-open(○)" and allow pulp to be expelled.

* Insert ingredients in order, shown in the graph on the left.

PHYTOCHEMICAL MAIN PHYTOCHEMICAL



Green Juice / Health

KALE

ALA
prevent diabetes

GINGER

gingerol
shogaol
anti-inflammatory
prevent atherosclerosis

WHITE GRAPE

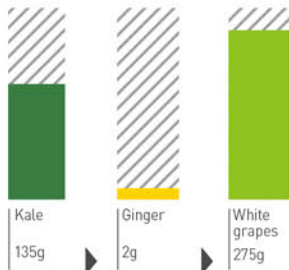
lutein
healthy eyes

Kale Ginger White grapes

β -carotene found abundantly in kale and zingerone in ginger have an excellent antioxidant effect that eliminates free radicals, and help keep eyes healthy along with lutein contained in white grapes.

INGREDIENTS

[134Kcal / 280ml]



Ginger | the super food that is rich in antioxidants

As a key component of the pungent flavor of ginger, zingerone prevents aging with its antioxidant effect, activates gastrointestinal motility, helps digestion and prevents gastric cancer. In addition, it smooths blood circulation to warm the body and effectively prevent colds.

06

INSTRUCTIONS

1. Wash kale thoroughly, then cut into appropriate sizes.
2. Wash ginger thoroughly and cut into appropriate sizes, with peel intact.
3. Remove white grapes from the stem and wash thoroughly.
4. Place lever on "CLOSE(●)" and extract kale, ginger and white grapes in order.
5. Once the last of the ingredients is extracted, place lever on "Half-open(○)" and allow pulp to be expelled.

* Insert ingredients in order, shown in the graph on the left.

PHYTOCHEMICAL MAIN PHYTOCHEMICAL



Green Juice / Health

CELERY

β-carotene
promote metabolism

APPLE

pectin
organic acid
digestion
relieve fatigue

KALE

ALA
prevent
diabetes

LEMON

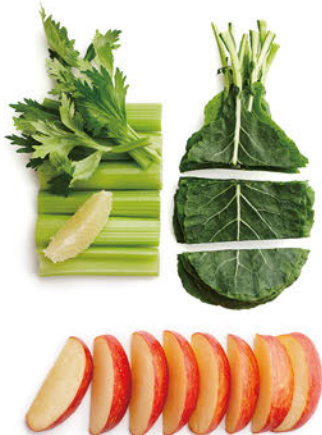
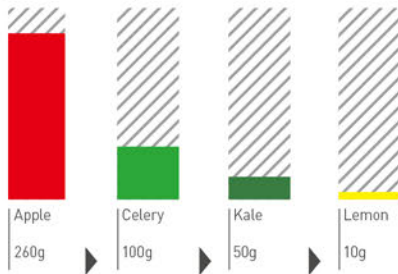
vitamin C
relieve fatigue
remove wastes

Celery Apple Kale Lemon

A juice that is excellent in the prevention of memory loss contains a large amount of vitamin A-rich kale to help maintain eyesight and enhance the immune system.

INGREDIENTS

[115Kcal / 280ml]



Celery | prevent high blood pressure and memory loss

Celery contains luteolin that helps prevent memory loss. Celery also contains a large amount of potassium to be effective in preventing high blood pressure.

07

INSTRUCTIONS

1. Remove the seeds from the apple and cut into appropriate sizes.
2. Wash celery thoroughly, and cut into 5cm pieces.
3. Wash kale thoroughly, then cut into appropriate sizes.
4. Peel lemon and cut into appropriate sizes.
5. Place lever on "CLOSE(●)" and extract about half of the apple, then extract celery, kale and lemon, alternating insertion.
6. Insert the rest of the apple, place lever on "Half-open(●)" and allow pulp to be expelled.

* Insert ingredients in order, shown in the graph on the left.

PHYTOCHEMICAL MAIN PHYTOCHEMICAL



Green Juice / Health

DROPWORT

isorhamnetin
improve liver function

APPLE

pectin
organic acid
digestion
relieve fatigue

SPINACH

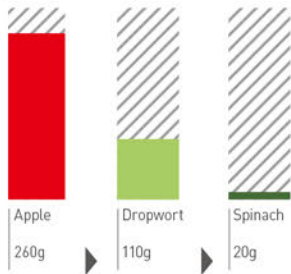
iron
prevent anemia

Dropwort Apple Spinach

As alkaline foods, water dropwort and apple are effective in detoxifying and preventing cardiovascular diseases including high blood pressure. Spinach is rich in iron, folic acid and dietary fiber and is effective for anemia and constipation.

INGREDIENTS

[123Kcal / 280ml]



Dropwort | the king of detoxification

As an alkaline food rich in vitamins, minerals and dietary fibers, water dropwort helps purify blood, detoxify the liver and help the body recover from fatigue. It also has the effect of lowering blood pressure and blood cholesterol level, and it protects against cardiovascular diseases.

08

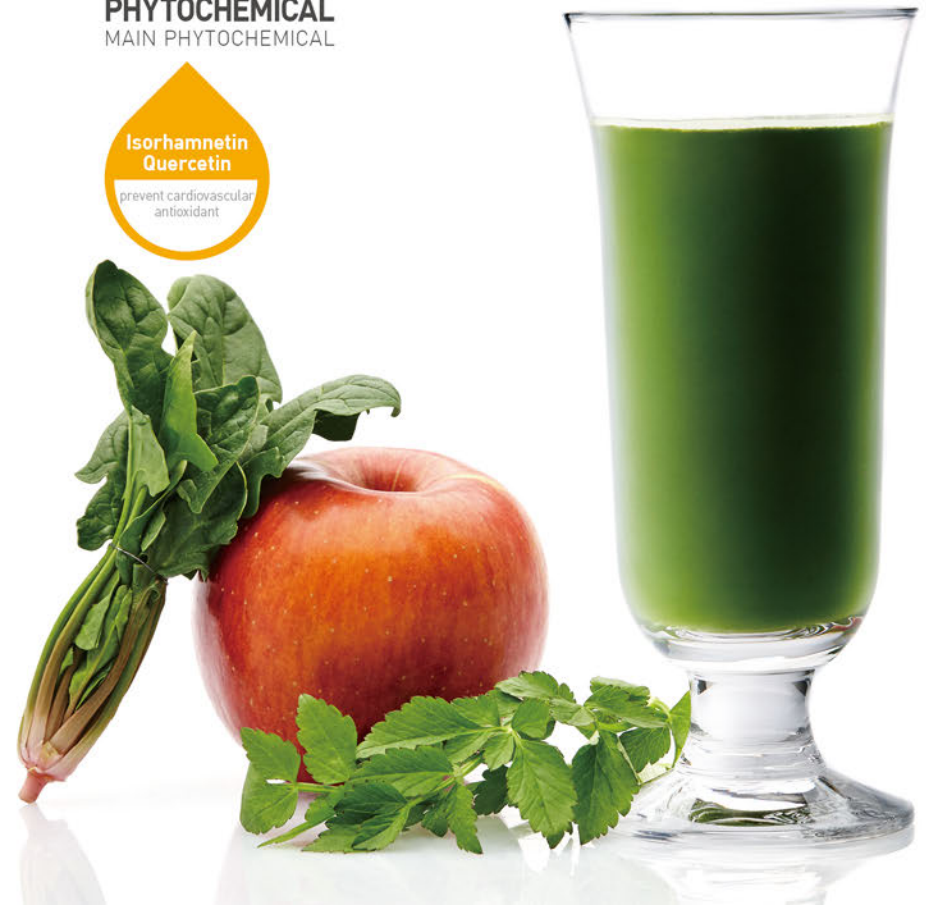
INSTRUCTIONS

1. Remove the seeds from the apple and cut into appropriate sizes.
2. Wash dropwort and spinach thoroughly, then cut into appropriate sizes.
3. Place lever on "CLOSE(●)" and extract about half of the apple, then extract dropwort and spinach.
4. Insert the rest of the apple, place lever on "Half-open(○)" and allow pulp to be expelled.

* Insert ingredients in order, shown in the graph on the left.

PHYTOCHEMICAL MAIN PHYTOCHEMICAL

Isorhamnetin
Quercetin
prevent cardiovascular
antioxidant



WHEATGRASS
chlorophyll
strengthen immunity
detoxification

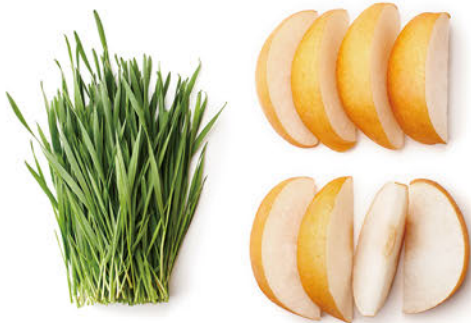
PEAR
luteolin
relieve cough

Wheatgrass Pear

Abundant chlorophyll in wheatgrass helps detoxify and eliminate impurities in the body. Luteolin that is contained in large amounts in pears helps keep bronchial tubes healthy.

INGREDIENTS

[132Kcal / 280ml]



Wheatgrass | natural anti-toxin

Wheatgrass is the "young" shoot of wheat, packed with dietary fiber to help stimulate digestion. It also contains an abundance of chlorophyll, helping to improve the body's ability to detoxify and also giving a boost to immunity.

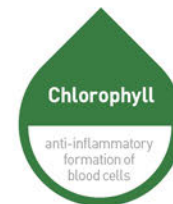
09

INSTRUCTIONS

1. Wash pear thoroughly and cut into appropriate sizes, with peel intact.
2. Wash wheatgrass thoroughly, and cut into appropriate sizes.
3. Place lever on "CLOSE(●)" and extract about half of the pear, then extract wheatgrass.
4. Insert the rest of the pear, place lever on "Half-open(○)" and allow pulp to be expelled.

* Insert ingredients in order, shown in the graph on the left.

PHYTOCHEMICAL MAIN PHYTOCHEMICAL



Green Juice / Health

WHITE GRAPE
glucose
relieve fatigue

SPINACH
iron
prevent anemia

BASIL
vitamin C
β-carotene
relieve fatigue
prevent cancer

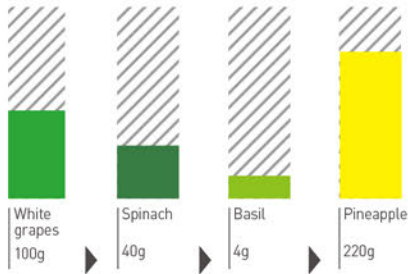
PINEAPPLE
bromelain
promote
digestion

White grapes Spinach Basil Pineapple

Basil is rich in β-carotene which helps in preventing cancer. The vitamin B group and C in white grapes and pineapples help in recovering from fatigue.

INGREDIENTS

[93Kcal / 280ml]



Basil | once you start, you just can't stop

Basil helps your body recover from fatigue with its vitamin C, while its vitamin A helps strengthen the immune system. In addition, the beta-carotene in basil has antioxidant and cancer preventative effects.

10

INSTRUCTIONS

1. Remove white grapes from the stem and wash thoroughly.
2. Wash spinach and basil thoroughly, then cut into appropriate sizes.
3. Remove peel and core of the pineapple. Cut into appropriate sizes.
4. Place lever on "CLOSE(●)" and extract ingredients, alternating insertion.
5. Once the last of the ingredients is extracted, place lever on "Half-open(○)" and allow pulp to be expelled.

* Insert ingredients in order, shown in the graph on the left.

PHYTOCHEMICAL MAIN PHYTOCHEMICAL



Green Juice / Health

ANGELICA KEISKEI

coumarin
germanium
prevent cancer
improve liver function

PEAR

organic acid
relieve fatigue

WHITE GRAPE

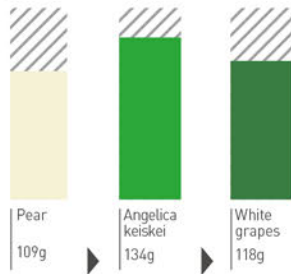
glucose
relieve fatigue

Angelica keiskei Pear White grapes

Angelica keiskei and pears lower blood alcohol concentration and help relieve hangover symptoms. White grapes contain rich citric acid and organic acid to effectively detoxify and help the body recover from fatigue.

INGREDIENTS

[121Kcal / 280ml]



Angelica keiskei, Pear | help alcohol detoxification

Abundant chalcone and coumarin in angelica keiskei as well as a large amount of aspartic acid in pears decompose alcohol in the body and relieve hangovers. Since a pear itself contains a large amount of moisture, it helps quench your thirst after drinking it.

11

INSTRUCTIONS

1. Wash pear thoroughly and cut into appropriate sizes, with peel intact.
2. Wash angelica keiskei thoroughly, then cut into appropriate sizes.
3. Remove white grapes from the stem and wash thoroughly.
4. Place lever on "CLOSE(●)" and extract about half of the pear, then extract angelica keiskei and white grapes.
5. Insert the rest of the pear, place lever on "Half-open(○)" and allow pulp to be expelled.

* Insert ingredients in order, shown in the graph on the left.

PHYTOCHEMICAL MAIN PHYTOCHEMICAL



Juice / Energy & Healing Stress Down

APPLE
pectin
organic acid
digestion
relieve fatigue

ALMOND
unsaturated fatty
acid
brain development

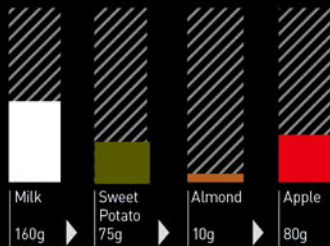
**SWEET
POTATO**
dietary fiber
helps digestion

Apple Nut Shake

The apple's pectin and dietary fiber stimulate digestion while the nuts (almonds) supplement essential fatty acids you may be lacking.

INGREDIENTS

[248Kcal / 280ml]



Almond | take care of both health and beauty

One of the world's top 10 superfoods!

Almonds are excellent source of antioxidant-rich vitamin E and unsaturated fatty acids, aiding in cardiovascular disease prevention and brain development.

12

INSTRUCTIONS

1. Boil the sweet potato and slice into appropriate sizes.
2. Remove the seeds from the apple, and slice into appropriate sizes.
3. Put lever on "CLOSE(●)". Pour in milk, then insert sweet potato and other ingredients to extract.

* Use the smoothie strainer.
Insert ingredients in order, shown in the graph on the left.

PHYTOCHEMICAL MAIN PHYTOCHEMICAL



Juice / Energy & Healing Stress Down

APPLE
pectin
organic acid
digestion
relieve fatigue

ORANGE
vitamin C
skin care
relieve fatigue

Apple Orange

Energize your morning with the dietary fiber in apples and the vitamin C in oranges in one light, bright glass.

INGREDIENTS

[133Kcal / 280ml]



Orange | skin care, prevent colds

The high vitamin C content has excellent antioxidant properties, wonderful for skin care, and strengthens the immune system, helping to relieve fatigue. Also, when ingested in conjunction with iron-rich foods, vitamin C enhances iron absorption.

13

INSTRUCTIONS

1. Peel the orange and slice into appropriate sizes.
2. Remove the seeds from the apple, and slice into appropriate sizes.
3. Put lever on "CLOSE(●)" and juice the ingredients.
4. When two-thirds of your ingredients have been inserted, switch lever to "Half-open(○)" to expel some of the pulp.

* Insert ingredients in order, shown in the graph on the left.

PHYTOCHEMICAL MAIN PHYTOCHEMICAL



Juice / Energy & Healing Stress Down

BLUEBERRY
anthocyanin
healthy eyes
antioxidant

PEAR
organic acid
relieve fatigue

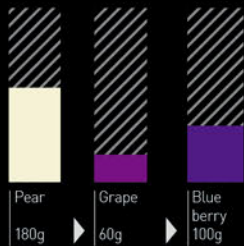
GRAPE
resveratrol
prevent
cancer

Blueberry Smoothie

The polyphenols in blueberries lower active oxygen levels, in turn helping to lower stress and prevent aging.

INGREDIENTS

[122Kcal / 280m]



Blueberries | anti-aging

The blueberry was selected as one of the top ten superfoods by TIME Magazine. Blueberries contain anthocyanin which has superior antioxidant capabilities, anti-aging effectiveness, and are helpful in improving vision by inhibiting active oxygen. Blueberries are also rich in fiber, low in calories, and low in fat, making it great for dieting.

14

INSTRUCTIONS

1. Wash pear thoroughly, and remove stem and seeds. Slice into appropriate sizes.
2. Remove grapes from stem, and then wash grapes and blueberries thoroughly.
3. Put lever on "CLOSE(●)". Extract about half of the pear, and then extract grapes and blueberries.
4. Extract the rest of the pear, then place lever on "Half-open(○)" and allow pulp to be expelled.

* Use smoothie strainer. Insert ingredients in order, shown in the graph on the left.

PHYTOCHEMICAL MAIN PHYTOCHEMICAL



Juice / Energy & Healing Stress Down

SCHISANDRA
vitamin C
relieve fatigue

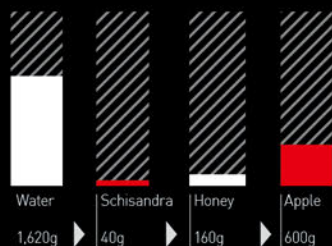
APPLE
pectin
organic acid
digestion
relieve fatigue

Schisandra Apple

The vitamin C in schisandra helps relieve fatigue and is also an excellent antioxidant.

INGREDIENTS

[154Kcal / 280ml]



Schisandra | cool down and regain energy

The schisandra is rich with good malic acid, tartaric acid, which is great for stamina and strength, to relieve fatigue and lethargy, especially in hot weather. It soothes and helps regulate perspiration. Schisandra is effective in protecting the liver as it contains schizandrin, and is also a great antioxidant with its anthocyanin content.

15

INSTRUCTIONS

1. Place water, dried schisandra, and honey into a pot and boil. (Once water boils, promptly turn off heat.)
2. Remove seeds from apple, and then slice into appropriate sizes. Extract in Hurom.
3. Add extracted apple juice into water, schisandra, and honey mixture

* Insert ingredients in order, shown in the graph on the left.

PHYTOCHEMICAL MAIN PHYTOCHEMICAL



Juice / Hydration&Vitamins&Minerals

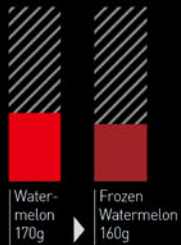
WATERMELON
potassium
remove wastes
diuretic
relieve edema

Watermelon Smoothie

Watermelon is abundant with potassium and citulline and has a high water-content, helping to remove wastes, relieve edema, and quench thirst.

INGREDIENTS

[91Kcal / 280ml]



Watermelon | exceptional diuretic, relieves fatigue

Watermelon is made up of 90% water, helping to quench thirst and promote the removing of wastes. It is also rich in citrulline, acting as a diuretic to help prevent swelling, which is especially good for those suffering from edema. The sugar in watermelon is in the forms of glucose and fructos, making them readily absorbed by the body to overcome fatigue.

16

INSTRUCTIONS

1. Remove the rind of the watermelon, and slice into appropriate sizes.
2. Put lever on "CLOSE(●)". Alternate putting in the prepared frozen watermelon and freshly cut watermelon.

* Insert ingredients in order, shown in the graph on the left.

PHYTOCHEMICAL MAIN PHYTOCHEMICAL



Juice / Hydration&Vitamins&Minerals

ALOE
lectin
gastrointestinal
problem
recovery

CUCUMBER
potassium
relieve edema

APPLE
pectin
organic acid
digestion
relieve fatigue

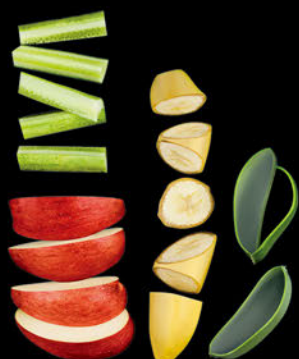
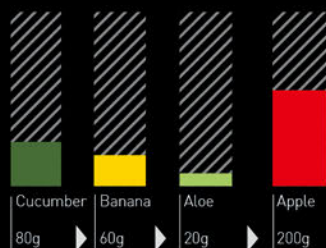
BANANA
dietary fiber
promote
digestion

Aloe Savanna

Aloe's lectin improves gastrointestinal diseases, while the dietary fiber from the apple and banana is effective in the promotion of digestion.

INGREDIENTS

[132Kcal / 280ml]



Aloe | hydration, improve gastrointestinal problems

Aloe is great for improving immunity, healthy skin, and a healthy digestive tract (aloe vera). Aloe contains lectin and saponin, components that help to improve gastrointestinal problems and also help to heal wounds.

17

INSTRUCTIONS

1. Cut off the ends of the cucumber, remove prickles, and slice into appropriate sizes.
2. Peel banana and remove the seeds from the apple. Cut into appropriate sizes.
3. Cut aloe into appropriate sizes, and then peel off skin. Keep prepared flesh in a bowl.
4. Put lever on ""CLOSE(●)"". Insert cucumber and other ingredients to extract.

* Insert ingredients in order, shown in the graph on the left.

PHYTOCHEMICAL MAIN PHYTOCHEMICAL



Juice / Hydration&Vitamins&Minerals

ORANGE
vitamin C
skin care
relieve
fatigue

CARROT
β-carotene
improve
immunity
healthy eyes

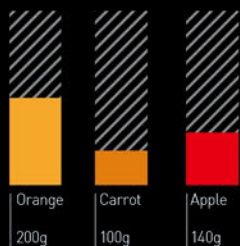
APPLE
pectin
organic acid
digestion
relieve fatigue

Orange Carrot

The plentiful vitamin C in the orange creates a synergy with the β-carotene and vitamin A in the carrot, allowing increased absorption.

INGREDIENTS

[127Kcal / 280ml]



Carrot | improve vision, rich in carotene

Carrots are vegetables most-rich in carotene, which is where its name is derived from. The carotene allows carrots to have its orange color, while helping to prevent heart-related diseases and cancers. Carotene is also converted into vitamin A inside the body, protecting and improving our vision. The lutein and zeaxanthin in carrots also protects the eyes and cataracts, helping to prevent nyctalopia (night blindness).

18

INSTRUCTIONS

1. Peel orange, and slice into appropriate sizes.
2. Wash carrots thoroughly, remove the seeds from the apple, and slice.
3. Put lever on "CLOSE(●)"; Alternate the insertion of orange, carrot, and apple.
4. Once two-thirds of the ingredients have been extracted, switch lever to "Half-open(○)" position. Allow pulp to be expelled from drum.
5. Continue extracting the rest of the ingredients.

* Insert ingredients in order, shown in the graph on the left.

PHYTOCHEMICAL MAIN PHYTOCHEMICAL



Juice / Hydration&Vitamins&Minerals

CARROT

β-carotene
improve immunity
healthy eyes

BEET

betaine
prevent
cardiovascular
diseases

LEMON

vitamin C
relieve fatigue
remove wastes

CABBAGE

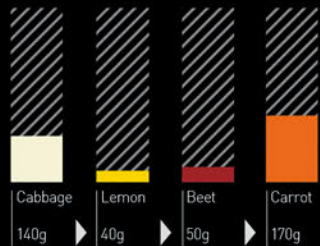
vitamin U
mend gastrointestinal
problems

Cabbage Carrot

The vitamin U component in cabbage helps to protect the stomach lining, as well as prevent gastric ulcers and gastritis, while the β-carotene in the carrot helps to promote healthy eyes. The beet is rich in iron, which increases the absorption rate of vitamin C from the lemon; a good way to prevent anemia.

INGREDIENTS

[75Kcal / 280ml]



Cabbage | the best natural healer of stomach ulcers

The vitamin U, which is very rich in cabbage, is potent enough to help repair the stomach and duodenal mucosa/lining. This is why drinking cabbage juice is ideal if one has stomach or duodenal ulcer symptoms. Also rich in vitamin C, it helps to prevent colds and relieve stress and fatigue. As a plus, the dietary fiber content promotes digestion while helping skin feel healthy, while vitamin K helps to prevent osteoporosis.

19

INSTRUCTIONS

1. Wash carrot and cut into appropriate sizes.
2. The beet should be washed, and then peeled before cutting.
3. Wash lemon with baking soda, and prepare by cutting with the peel intact.
4. Wash cabbage thoroughly and cut into appropriate sizes.
5. Put lever on "CLOSE(●)". Alternate the order of ingredient insertion.

* Insert ingredients in order, shown in the graph on the left.

PHYTOCHEMICAL MAIN PHYTOCHEMICAL



Juice / Hydration&Vitamins&Minerals

PLUM
vitamins A&C
relieve fatigue
healthy eyes

CARROT
β-carotene
improve immunity

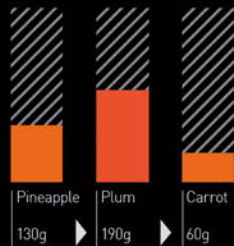
PINEAPPLE
bromelain
promote
digestion

Plum Carrot Pineapple

The plentiful vitamin C in the plum with the β-carotene in the carrot gives rapid fatigue-relief.

INGREDIENTS

[85Kcal / 280ml]



Plum | hydration and vitamins C

A summertime favorite, the sweet and sour plum is good for promoting digestion and improving activity in the intestines. As it is low in calories and high in dietary fiber, it is an excellent choice for dieters. The plum is also abundant in both vitamins A and C, helping to brighten your skin tone, also effective in helping you recover from low energy and fatigue quickly.

20

INSTRUCTIONS

1. Remove pineapple peel and core, and slice into appropriate sizes.
2. Remove the plum's seed, and cut plum and carrot.
3. Put lever on "CLOSE(●)". Extract about half the pineapple, then begin extracting plum and carrot.
4. Once the rest of the pineapple has been extracted, switch lever to "Half-open(◐)". Allow pulp to be expelled.

* Insert ingredients in order, shown in the graph on the left.

PHYTOCHEMICAL MAIN PHYTOCHEMICAL



Juice / Exercise&Diet

CHERRY TOMATO

lycopene
prevent cancer

RED GRAPES

Resveratrol
prevent cancer

LEMON

vitamins C
relieve fatigue
remove wastes

Tomato Grape

The tomato contains lycopene, which inhibits the formation of active oxygen that usually forms after working out. The grape's anthocyanin and resveratrol work to heal sore muscles afterwards.

INGREDIENTS

[116Kcal/280ml]



Grapes | sweet freedom from fatigue, using everything from seed to skin

Grapes are called the Queen of Fruits, rich in vitamins and organic acids in skin, seeds, and bulb, with nothing to throw out. Even the seeds can be squeezed to extract grapeseed oil! Red grapes are perfect for those dieting, as it contains substances, like resveratrol (a wonderful antioxidant), that help you to lose weight. Red grapes are also high in antioxidants, lowering the risk of cardiovascular diseases and helping with fatigue or when you feel dehydrated.

21

INSTRUCTIONS

1. Peel lemon and cut into appropriate sizes.
2. Remove the stem from the cherry tomato, and separate grapes to wash thoroughly.
3. Put lever on "CLOSE(●)". Extract about half the red grapes, then begin extracting lemon and cherry tomatoes. Alternate the lever between "CLOSE(●)" and "Half-open(○)".
4. Once the rest of the red grapes have been extracted, place lever on "Half-open(○)" and allow pulp to be expelled.open". Allow pulp to be expelled.

* Insert ingredients in order, shown in the graph on the left.

PHYTOCHEMICAL MAIN PHYTOCHEMICAL



BLUEBERRY
anthocyanin
healthy eyes
antioxidant

CUCUMBER
potassium
relieve edema

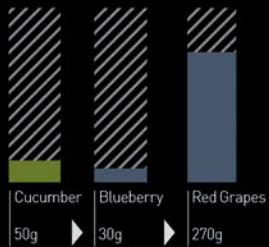
RED GRAPES
β-carotene
improve immunity
healthy eyes

Blueberry Cucumber Grape

The anthocyanin in the blueberry is an effective antioxidant, while the cucumber and grape are effective in rehydrating and helping muscle recovery.

INGREDIENTS

[152Kcal / 280ml]



Cucumber | rehydrate and discharge wastes

The cucumber is a great way to intake vitamins and minerals while keeping the skin hydrated. It also helps in removing wastes. Both ends of the cucumber are packed with substances that destroy vitamin C, so it is best to remove the ends!

22

INSTRUCTIONS

1. Remove grapes from the stem and wash each grape thoroughly.
Cut off the ends of the cucumber, remove prickles, and slice into appropriate sizes.
2. Put lever on "CLOSE(●)". Insert cucumber, blueberry, and grape, in order.
3. When all of the ingredients have been put in, switch lever to "Half-open(◐)" position.
Allow the compressed pulp to be expelled from the drum.

* Insert ingredients in order, shown in the graph on the left.

PHYTOCHEMICAL MAIN PHYTOCHEMICAL

**Anthocyanin
Procyanidin**
prevention of cancers
and cardiovascular
diseases



BELL PEPPER
vitamin C
relieve
fatigue

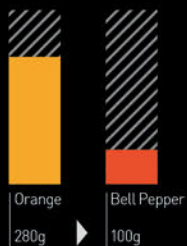
ORANGE
vitamin C
skin care
relieve
fatigue

Bell Pepper Orange

Bell pepper is a great way to intake iron and minerals that are usually easy to miss out on, for a healthy diet.

INGREDIENTS

[102Kcal / 280ml]



Bell Pepper | excellent antioxidant for anti-aging

Bell pepper strengthens the immune system with vitamins, and its lycopene works as an antioxidant to destroy active oxygen responsible for "aging." Bell pepper is also rich with calcium, and phosphorus, making it an excellent choice for developing children and for preventing osteoporosis. Pyrazine, which creates the unique smell of the bell pepper, keeps blood circulation flowing fluidly, preventing high blood pressure, myocardial infarction, and stroke.

23

INSTRUCTIONS

1. Peel orange, and cut into appropriate sizes.
2. Put lever on "CLOSE(●)". Alternating the ingredients, insert bell pepper and orange.
3. When all of the ingredients have been put in, switch lever to "Half-open(○)" position. Allow the compressed pulp to be expelled from the drum.

* Insert ingredients in order, shown in the graph on the left.

PHYTOCHEMICAL MAIN PHYTOCHEMICAL



Juice / Exercise&Diet

GRAPEFRUIT
folic acid
prevent-
anemia

ORANGE
vitamin C
skin care
relieve
fatigue

PINEAPPLE
bromelain
promote-
digestion

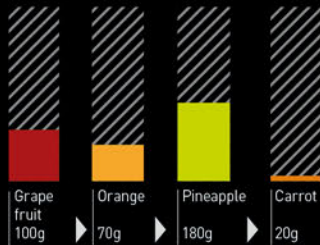
CARROT
β-carotene
improve-
immunity
healthy eyes

Grapefruit Triple

The grapefruit is effective in breaking down fat and the pineapple's bromelain stimulates digestion, facilitating a healthy digestive system. The combination of vitamin C-rich fruit helps rejuvenate a tired body.

INGREDIENTS

[74Kcal / 280ml]



Grapefruit | the tropical healing fruit

Grapefruit reduces blood cholesterol, helping to lessen blood vessel related diseases. The substance limonin, which gives the grapefruit its bitter-taste, aids in preventing cancer and also in detoxing the body. To top it all off, its vitamin C content helps to prevent colds, overcome fatigue, and even help hangovers.

24

INSTRUCTIONS

1. Peel the grapefruit, orange, and carrot, and slice into appropriate sizes.
2. Remove pineapple peel and core, and slice into appropriate sizes.
3. Put lever on "CLOSE(●)". Insert ingredients to extract.
4. When all of the ingredients have been put in, switch lever to the "Half-open(○)" position. Allow the compressed pulp to be expelled from the drum.

* Insert ingredients in order, shown in the graph on the left.

PHYTOCHEMICAL MAIN PHYTOCHEMICAL

**Naringin
Hesperidin**

reduce cholesterol
improve liver
function



Juice / Circulation

BEET

betaine
prevention of cancers
and cardiovascular
diseases

APPLE

pectin
organic acid
digestion
relieve
fatigue

LEMON

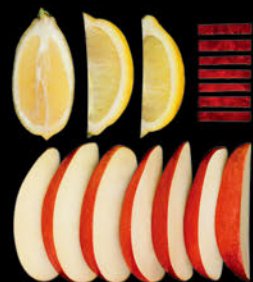
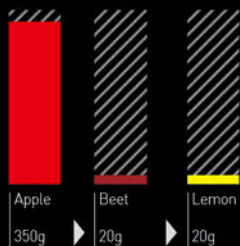
vitamin C
relieve fatigue
remove wastes

Beet Apple

The beet helps to cleanse blood and assist digestion, while the apple's dietary fiber helps strengthen the digestive system.

INGREDIENTS

[148Kcal / 280ml]



Beet | prevent anemia and protect liver cells

The dark red color of the beet is due to a substance called "betacyanin," which contains large amounts of iron, making it especially good to prevent anemia and is also low in calories, an ideal vegetable for women. It especially helps to protect the liver cells from toxins and also to eliminate toxins throughout the body. It also acts to eradicate fatty liver while promoting liver, gallbladder, and spleen activity.

25

INSTRUCTIONS

1. Wash all ingredients thoroughly, remove seeds from apple, and cut into appropriate sizes.
2. Peel lemon, and then slice into appropriate sizes.
3. Put lever on "CLOSE(●)". Extract about half of the apple, and then extract beet and lemon.
4. Insert the rest of the apple, then place lever on "Half-open(○)" and allow pulp to be expelled.

* Insert ingredients in order, shown in the graph on the left.

PHYTOCHEMICAL MAIN PHYTOCHEMICAL



Juice / Circulation

LEMON

vitamin C
relieve fatigue
remove
wastes

BANANA

vitamin B6
strengthen-
immunity

PEAR

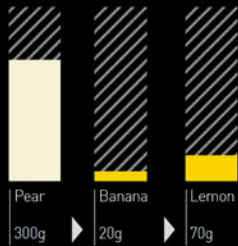
organic acid
relieve fatigue

Lemon Detox

The lemon's vitamin C helps relieve fatigue while also eliminating toxins, which helps preserve beautiful skin.

INGREDIENTS

[114Kcal / 280ml]



Lemon | detoxification

The lemon's vitamin C, as we all know, helps prevent colds, improve immunity, and the citric acid helps alleviate lethargy. It also helps with brightening the skin and eliminating toxins. Recently, the lemon detox has acquired a cult-following, popular for its detoxing qualities, regulating menstruation, and overall cleansing of the body.

26

INSTRUCTIONS

1. Peel lemon and banana. Remove seeds and core of pear. Cut into appropriate sizes.
2. Place lever on "CLOSE(●)". Extract half of the pear, then extract banana and lemon.
3. Insert the rest of the pear, place lever on "Half-open(○)," and allow pulp to be expelled.

* Insert ingredients in order, shown in the graph on the left.

PHYTOCHEMICAL MAIN PHYTOCHEMICAL

Luteolin
Quercetin

relieve coughs
antioxidant



Juice / Hangover Help

PERSIMMON
tannins
alleviate
hangovers

MANGO
vitamin C
relieve
fatigue

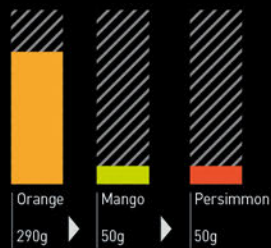
ORANGE
vitamin C
skin care
relieve
fatigue

Persimmon Mango Pear

The tannins in the persimmon are very effective in helping you find relief from hangovers. Mixed with vitamin C from the mango and orange, this juice will have you re-energized in no time!

INGREDIENTS

[130Kcal / 280ml]



Persimmon | alleviate hangover and support healthy eyes

The high vitamin C content in the persimmon is excellent for healthy skin and for preventing colds, while its fructose helps in alleviating hangovers. For those with high blood pressure, the persimmon's potassium reduces blood pressure, while the vitamin A and beta-carotene help to improve vision. Its tannins are also shown to strengthen blood vessels and have an antioxidant effect.

27

INSTRUCTIONS

1. Peel the orange. Cut into appropriate sizes.
2. Remove seeds from persimmon and mango, slice.
3. Place lever on "CLOSE(●)". Extract half of the orange, then extract mango and persimmon.
4. Insert the rest of the orange, place lever on "Half-open(○)," and allow pulp to be expelled.

* Insert ingredients in order, shown in the graph on the left.

PHYTOCHEMICAL MAIN PHYTOCHEMICAL



Juice / Hangover Help

BLUEBERRY
anthocyanin
healthy eyes
antioxidant

RASPBERRY
resveratrol
anti-aging

STRAWBERRY
vitamin C
relieve fatigue

PINEAPPLE
bromelain
promote
digestion

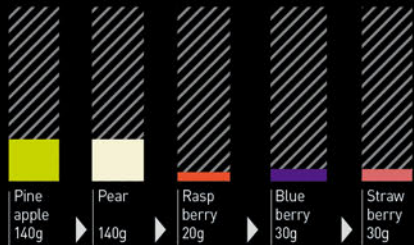
PEAR
organic acid
relieve fatigue

Berry Pineapple Pear

Your go-to hangover helper, packed with the pineapple's wealth of vitamin C, the pear's alkaline components, and the raspberry's antioxidant enzymes.

INGREDIENTS

[121Kcal / 280ml]



Pear | help bronchial diseases and alleviate hangovers

The pear's luteolin relieves coughs, while the aspartic acid is effective in alleviating hangovers. The pectin also helps to stimulate digestion, keeping you feeling refreshed.

28

INSTRUCTIONS

1. Remove the peel and core of the pineapple, and the core and seeds of the pear. Cut into appropriate sizes. Wash berries thoroughly.
2. Place lever on "CLOSE(●)". Extract half of the pineapple, then extract other ingredients.
3. Insert the rest of the pineapple, place lever on "Half-open(○)", and allow pulp to be expelled.

* Insert ingredients in order, shown in the graph on the left.

PHYTOCHEMICAL MAIN PHYTOCHEMICAL



Party

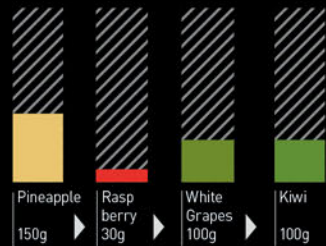
RASPBERRY resveratrol anti-aging	PINEAPPLE bromelain promote digestion	KIWI folic acid prevent anemia	WHITE GRAPES glucose relieve fatigue
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Raspberry Grape

The raspberry is rich in resveratrol, acting as an antioxidant, while polyphenols in the grape help prevent aging and improve blood circulation.

INGREDIENTS

[120Kcal / 280ml]



INSTRUCTIONS

1. Remove the peel and core of the pineapple, peel kiwi, and cut into appropriate sizes. Wash raspberries and white grapes (removed from stem) thoroughly.
2. Place lever on "CLOSE(●)" and extract the grapes and kiwi. Once extracted, place lever on "Half-open(○)" and allow pulp to be expelled.
(Pour extracted grape and kiwi juice into prepared glass.)
3. Place lever on "CLOSE(●)" and extract the pineapple and raspberries. Once extracted, place lever on "Half-open(○)," and allow pulp to be expelled.
(Slowly pour extracted pineapple and raspberry juice into prepared glass to create a double-layer effect.)

* Insert ingredients in order, shown in the graph on the left.



Party

RASPBERRY
resveratrol
anti-aging

PINEAPPLE
bromelain
promote digestion

KIWI
folic acid
prevent
anemia

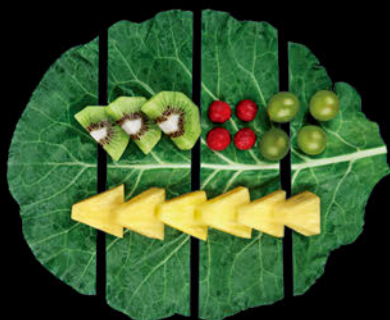
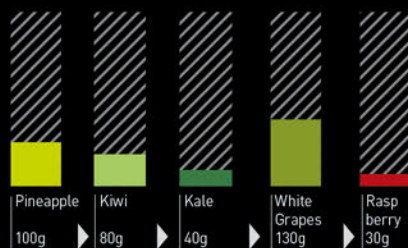
KALE
ALA
prevent
diabetes

WHITE GRAPES
glucose
relieve fatigue

Berry Christmas

INGREDIENTS

[133Kcal / 280ml]



INSTRUCTIONS

1. Wash kale, white grapes, and raspberries thoroughly. Remove the peel and core of the pineapple, and peel the kiwi. Cut into appropriate sizes.
2. Place lever on "CLOSE(●)" and extract the pineapple, kiwi, and kale. Once extracted, place lever on "Half-open(○)" and allow pulp to be expelled. (Pour extracted pineapple, kiwi, and kale juice into prepared glass.)
3. Place lever on "CLOSE(●)" and extract the white grapes and raspberries. Once extracted, place lever on "Half-open(○)," and allow pulp to be expelled. (Slowly pour extracted white grape and raspberry juice into prepared glass to create a double-layer effect.)

* Insert ingredients in order, shown in the graph on the left.



Natural Fruit Ice Cream

Enjoy Fruit Ice Cream with HUROM!

Make homemade ice creams or sorbets without having to defrost fruit for your friends, kids and family. With the HUROM, easily make natural, homemade desserts with no artificial additives, all by yourself.



{Natural fruit ice cream}



INGREDIENTS

Frozen fruit

INSTRUCTIONS

1. Prepare the ice cream strainer and open the juice cap.
2. Get a juice cup and place it under the juice outlet.
3. Prepare frozen fruits.
4. Insert the ingredients prepared one at a time.

Tip. Cut your fruits into 3cm pieces and place them in a freezer for half a day.

{Blueberry ice cream}

INGREDIENTS

Frozen blueberry	1cup
Frozen strawberry	1cup
Honey	2T
Yogurt	1cup

INSTRUCTIONS

1. Prepare the ice cream strainer and open the juice cap.
2. Get a juice cup and place it under the juice outlet.
3. Prepare frozen blueberries, frozen strawberries and yogurt.
4. Take turns in inserting ingredients from number 3.
5. Place number 5 into a cup, and add honey to your taste.

Tip.

1. Adjust the amount of honey depending on your preference.
2. Cut your fruits into 3cm pieces and place them in a freezer for half a day.

{Peach & Cherry ice cream}



INGREDIENTS

Frozen peach 1cup
Frozen cherry 1cup

INSTRUCTIONS

1. Prepare the ice cream strainer and open the juice cap.
2. Get a juice cup and place it under the juice outlet.
3. Prepare frozen peach and frozen cherries.
4. Take turns in inserting ingredients from number 3.

Tip.

1. Prepare fruits cut about 3cm and freeze them for at least half a day.
2. Remove the seeds from frozen cherries and peach.

{Banana Honey ice cream}



INGREDIENTS

Frozen banana	2ea
Greek yogurt	1cup
Hoeny	2T
Lemon juice	1ts
Cinnamon powder	little

INSTRUCTIONS

1. Prepare the ice cream strainer and open the juice cap.
2. Get a juice cup and place it under the juice outlet.
3. Prepare frozen banana, greek yogurt, honey and lemon juice.
4. Take turns in inserting ingredients from number 3.
5. Place number 4 in a cup, sprinkle with cinnamon powder.

Tip.

1. Adjust the amount of honey depending on your preference.
2. Cut your fruits into 3cm pieces and place them in a freezer for half a day.

{Banana Cookie ice cream}



INGREDIENTS

Frozen banana	2ea
Oreo cookie	5ea
Condensed milk	2T

INSTRUCTIONS

1. Cut the bananas into 5 pieces and freeze them.
2. Cut the cookies in half.
3. Prepare the ice cream strainer and open the juice cap.
4. Get a juice cup and place it under the juice outlet.
5. Prepare frozen bananas, Oreo cookies and condensed milk.
6. Take turns in inserting ingredients from number 5.

Tip.

1. Cut your fruits into 3cm pieces and place them in a freezer for half a day.
2. Adjust the amount of condensed milk depending on your preference.

{Pina Colada Smoothie}



INGREDIENTS

Frozen pineapple	1cup
Frozen mango	1cup
Frozen coconut milk (Ice cube)	1cup
Frozen milk (Ice cube)	¼cup

INSTRUCTIONS

1. Prepare the ice cream strainer and open the juice cap.
2. Get a juice cup and place it under the juice outlet.
3. Prepare frozen pineapple, mango, coconut milk and milk.
4. Take turns in inserting ingredients from number 3.

Tip. Cut your fruits into 3cm pieces and place them in a freezer for half a day.

{Banana Milkshake}



INGREDIENTS

Frozen banana	2ea
Yogurt	1cup
Frozen milk (Ice cube)	1cup

INSTRUCTIONS

1. Prepare the ice cream strainer and open the juice cap.
2. Get a juice cup and place it under the juice outlet.
3. Prepare frozen banana, yogurt and frozen milk.
4. Take turns in inserting ingredients from number 3.

Tip.

1. Add the amount of honey depending on your preference.
2. Cut your fruits into 3cm pieces and place them in a freezer for half a day.



{Soft persimmon sherbet}

INGREDIENTS

Frozen soft persimmon	2ea
Yogurt	2T
Lemon juice	1ts

INSTRUCTIONS

1. Defrost the frozen soft persimmon and divide into 6 parts.
(remove the seeds)
2. Prepare the ice cream strainer and open the juice cap.
3. Get a juice cup and place it under the juice outlet.
4. Prepare frozen soft persimmon, yogurt and lemon juice.
5. Take turns in inserting ingredients from number 4.

Tip. Cut your fruits into 3cm pieces and place them in a freezer for half a day.

{Homemade red bean bingsu}



INGREDIENTS

Frozend milk (Ice cube)
Condensed milk to taste
Red bean to taste
Nuts to taste
Fruit toppings to taste

INSTRUCTIONS

1. Prepare the ice cream strainer and open the juice cap.
2. Get a juice cup and place it under the juice outlet.
3. Prepare frozen milk, condensed milk, red bean, nuts and fruit toppings.
4. Insert frozen milk to ice cream strainer.
5. Place number 4 in a bowl and topping with red beans, nuts, fruits and condensed milk depending on your preference.

Tip.

1. Prepare milk by freezing for at least half a day
2. Adjust the amount of condensed milk depending on your preference.

Soybean Foods

Soybeans are so rich in proteins and called the "Meat of the Fields" also has lots of bioactive substance which helps to improve health. Make and Enjoy milk, juice and various soy food with Hurom.



{Vegetable Tofu}



INGREDIENTS

Beans 300g
Water 300ml
Traditional natural bittern 1ts

INSTRUCTIONS

1. Soak the beans for more than 1 day until the beans get bigger 2-3 times.
2. Assemble the fine strainer, "CLOSE(●)" the juice cap and control lever.
3. Mix the soaked beans and water at a one to one ratio, insert them with a ladle.
4. To make vegetable tofu, insert and extract some colorful vegetables such as carrots, or spinach to number ③.
5. Once the last of the ingredients is inserted, place the control lever on "Half-open(●)" and allow pulp to be expelled.
6. Boil the extracted beans and water from number 5 in a pot with medium heat, stirring constantly and being careful not to let scorch.
7. Bring to a boil, then remove from heat, put the bittern a little at a time and stirring it.
8. Prepare the tofu mold, press and soft cloth(cheesecloth). Cover the inside of the mold with rinsed cloths. Pour the curdled beans water into the mold, then fold over the extra cloth, sides first. Press the tofu with tofu press provided to make it hard.

Tip.

Natural bittern has different concentration depending on manufacturers. If you want to use protein coagulation instead of bittern, adjust the ration at 200 ml of water, 2ts of vinegar, and 1ts of salt and mix them.