

SOYBEAN MILK



Soybean Milk

Soybean Milk is abundant in protein.
Ingredients : boiled soybeans, water or milk

CORN JUICE



Almond Corn Milk

Almond corn milk is abundant with essential vitamins.

NATURAL FRUIT ICE CREAM



Natural Fruit Sorbet

Sorbet is made by slightly freezing fruit juice. There is no milk added making this the perfect, natural and tangy dessert.
Ingredients : fruit, honey or saccharine



Yogurt Ice Cream

Ice cream made by mixing tangy fruit juice with fresh yogurt.
Ingredients : 300ml pineapple juice, 1 pack plain yogurt, 3tbs condensed milk



Ice Cream

Eggs, fresh cream and juice are used to make this ice cream full of flavor and nutrients.
Ingredients : 300ml strawberry juice, 5Tbs powdered skim milk, 3tbs condensed milk, 1 egg yolk, 100ml cups cream

COOKING



Corn Soup

Ingredients : 1 can of corn, 15g onion, 100ml milk



Grape Jam

Ingredients : 200g grape, 100g sugar



Tomato Ketchup

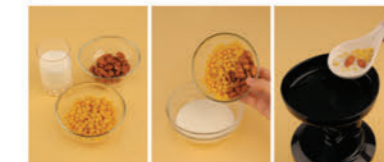
Ingredients : 3 tomatoes, 1/2 an onion, 4tbs vinegar, 3tbs honey, 1tbs starch, salt to taste, 1 bay leaf



1. Mix the soybeans with the water or milk using a 1:1 ratio.
2. Carefully put the mixture into the Slow Juicer making sure to add equal parts soybean and water/milk each time.
3. Put the soymilk through the Slow Juicer a second time to remove excess residue.

TIP

It is also beneficial to use the water from boiling the soybeans.



1. Prepare almond, corn and milk.
2. Mix the almond, corn and milk together.
3. Put the mixture into the Slow Juicer.
4. After juicing, add a little more milk through the juicer to decrease residue in the strainer.



1. Cut fruit into appropriate sizes.
2. Put the prepared fruit into the Slow Juicer.
3. Mix the extracted juice with honey or saccharine and mix well. Put in the freezer (1tbs of honey or saccharine for 100ml of juice).
4. Take out after 3-4 hours and scrape the ice with a spoon and put back into the freezer.

TIP

When fruit juice is frozen, the sugar content is lowered which is why it is beneficial to add honey or saccharine before freezing the juice.



1. Prepare the pineapple juice, plain yogurt and condensed milk.
2. Remove the core and cut into appropriate pieces. Put into the Slow Juicer.
3. Mix the juice with the yogurt and condensed milk and freeze.
4. Put in a freezer and scrape the mixture with a spoon every 1-2 hours and then put the mixture back in the freezer.

TIP

Fruits that have a sour taste such as oranges and pineapples taste better with plain yogurt than skim milk or fresh cream.



1. Wash the strawberries and extract juice using the Slow Juice.
2. Mix the powdered skim milk, condensed milk and egg yolk with the juice.
3. Transfer to a pot and heat over low heat stirring constantly. Boil and then cool.
4. Whip the cream until thick.
5. Put in the cooled liquid from 3. and immediately stir.
6. Put in the freezer for 3-4 hours. Taking it out every 1-2 hours and scraping the mixture with a spoon will produce a softer ice cream.

TIP

An ice cream maker makes it easier to make ice cream at home.



1. Strain the corn and set aside.
2. Put the corn and milk through the Slow Juicer. The corn to milk ratio should be 1:1.
3. Add the onion through the Slow Juicer.
4. Transfer the extraction to a pot and heat over medium heat.



1. Wash grapes and prepare by removing individually.
2. Put the grapes through the fruit strainer.
3. Put the extraction and sugar in a pot and bring to a boil.

TIP

The jam is finished when a drop of jam is dropped in cold water and it does not spread out.



1. Wash the onion and tomato and put in the Slow Juicer using the strainer.
2. Mix one spoonful of the extraction with starch.
3. Boil the remaining extraction with a bay leaf.
4. When it becomes thick, add honey, vinegar, and salt to taste.
5. Add the prepared starch mixture and turn off the heat when it starts to boil.
6. Remove bay leaf and put in a bottle and refrigerate.

TIP

The ketchup will last about a month in the refrigerator.





Broccoli Juice

Broccoli has selenium, a cancer-preventing component. It is also abundant in betacarotene and other minerals, which prevent aging and lifestyle related illnesses.



1. The stem has a lot of nutrition so cut into appropriate sizes.
2. Put the prepared broccoli into the Slow Juicer.
3. Mix the broccoli with pears, apples or melons to increase flavor and juice.



Wheatgrass Juice

Wheatgrass is abundant with vitamins and minerals. It is effective in preventing aging and cancer. It cleans blood, increases circulation, lowers blood pressure and keeps blood vessels strong.



1. Cut the wheatgrass into appropriate lengths.
2. Put the prepared wheatgrass into the Slow Juicer. The wheatgrass is thin so add in bunches.
3. To lower the intensity of the wheatgrass flavor mix with oranges or pears.

TIP

Wheatgrass can be easily grown at home or purchased from the Internet and local growers.



Carrot Juice

Carrots are full of beta-carotene, a type of vitamin A, preserving eyesight, cancer and aging. It is also good for skin.



1. Wash and cut into long strips.
2. Put the prepared carrots into the Slow Juicer.
3. If you put the carrot juice through the juicer twice there will be less residue and the juice will be clearer.

TIP

The orange color of the carrot may dye the brush but the color will wash out naturally when the next ingredient is used.



Grape Juice

The purple coloring caused by flavonoid prevents blood clots and strengthens the heart. The plentiful minerals promote muscular strength and the pectins and tannins in grapes is good for the digestive system.



1. Wash and separate the grapes individually and put into the Slow Juicer.
2. Putting already extracted grapes into the Slow Juicer a second time may cause the machine to break.

TIP

The surface of a well-ripened grape may be covered with a white powder. It is beneficial to pick the grape with the white powder evenly distributed.



Strawberry Juice

The red coloring in strawberries from lycopene strengthens the immune system and circulatory system slowing down the aging process. Strawberries have a high Vitamin C content compared to other fruit. Eating 5-6 strawberries a day will provide the necessary daily Vitamin C dose.



1. Prepare the strawberries by washing the strawberries with the stem attached.
2. Put the prepared strawberries into the Slow Juicer.

TIP

Put the whole strawberry including the stem into the Slow Juicer. It is not only less troublesome but the juice is extracted better.



Orange Juice

Oranges have vitamin C, flavonoid and beta-carotene to prevent aging, strengthen the immune system and raise resistance against sickness and cancer.



1. Peel the fruit and cut into appropriate sizes.
2. Put the prepared orange pieces into the Slow Juicer.

TIP

If you put the extracted orange juice through the Slow Juicer a second time, the juice becomes clearer and there is less residue left in the strainer.



Kiwi Juice

Kiwis are abundant in vitamin C. It controls aging and prevents cancer and cataracts. It is helpful in smoothing skin and stress and is also good for smokers.



1. Lightly brush the kiwi with a brush to remove the fine hairs and cut into appropriate sizes with the peel on.
2. Put the prepared kiwi into the Slow Juicer.
3. The kiwi peel is extracted through the separate output.

TIP

Gold Kiwi v. Green Kiwi There are two different colors of kiwi and the nutrients in each differs slightly. The green kiwi is more sour and good for dietary purposes. The gold kiwi is sweet and is a good snack for picky kids that need vitamins and minerals.



Pomegranate Juice

Pomegranates contain the female hormone estrogen so it is effective for women going through menopause. The seeds contain estrogen and the pulp contains vitamins to give energy and treat high blood pressure and blood clots.



1. Open the outer peel and take out the fruit.
2. Put the prepared fruit into the Slow Juicer.

TIP

The origin of the pomegranate may affect the color and amount of juice produced.

JUICE RECIPE

For Human Life
HUROM
 SLOW JUICER

