

HUROM LIFE STYLE 365 HEALTHY RECIPE

NATURALJUICING R E C I P E S

EVERYDAY · HEALTHY · BEAUTY · JUICE



ALJUICING KECIPES

Squeeze two times more softly and slowly Nature friendly HUROM





Nowadays everything seems to be old-fashioned even a day after and modern people's daily lives are hard since they should move on fast in order to survive.

So, Hurom says "slowly but properly moving on"

SST™(SLOW SQUEEZING TECHNOLOGY), which Hurom developed

for the first time in the world, does not hasten.

It does not grind the ingredients with sharp blades.

We believe that things close to nature are the healthiest, and with this belief, slowly rotating Hurom's technology does not damage original ingredients and extracts undiluted pure juice.

Hurom delivers benefits from nature with maximized slow squeezing technology for healthy diet all around the world.



Slow Squeezing Technology (SST System) is an original technology which Hurom developed first in the world and applied for over 120 patents and designs.









A little pleasure in daily life makes happy life and a little habit makes healthy life.



Make happy moments in life with your loving family, drinking juice full of flavors and nutrition of four seasons.







Healing time with precious people who are always with me.

Start small but meaningful changes with Hurom.



Renewed 2nd
generation
Hurom?

Presses two times more slowly which is fresher

 2^{nd} generation Hurom has half rotational speed compared to previous products (RPM 80 times) Since it presses 2 times more slowly, we provide juice which is closer to the nature.

+ Even if it presses more slowly, the extraction speed is faster due to double blades auger.

∩ 2 Upgraded extraction amount

 2^{nd} generation Hurom enables best extraction from each characteristic of ingredient through newly adopted lever which controls pressure ejection of pulp.

∩ Q Cleaner juice from improved structure of strainer

2nd generation Hurom has its structure improved which does not allow pulp to be flowed in, so you can make cleaner juice.

Due to improvement of the structure of chamber, the amount of pulp from the strainer has been lessened.

2nd generation Hurom has its chamber improved which presses more gently and discharges pulp more smoothly, so the pulp in the strainer has been lessened compared remarkably to our previous products.

☐ F Easier and more convenient assembly

 2^{nd} generation Hurom has minimized inconvenience in assembly of auger, spinning brush, strainer, and hopper, and from its water tank design anybody can easily assemble at any position.

More hygienic structure and easier cleaning.

 2^{nd} generation Hurom, through hygienic structure which simplified inner part of the chamber and the strainer, enabled easy cleaning and you can use it more conveniently and more hygienically.

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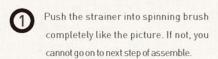
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How to assemble







2 Place assembled strainer and spinning brush like the picture no.1 on the chamber.



Put the auger into the chamber fitting both wings of auger in the groove of spinning brush.



Turn the hopper clockwise and lockit.



Place the assembled chamber set on the base.

*If you need more information about how to assemble, please note instruction manual.

----- PLUS TIP! ------

You can assemble the machine in both ways.





Hopper is assembled in both ways, so you can place the machine anywhere in your kitchen without restriction.



If the chamber set is not assembled with the base, please check.



When the lever is placed in OPEN position, the chamber set is not placed properly on the base. After assembling the chamber set, please place the lever in CLOSE position.

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Precaution before use

1 Preparation. Extraction



•(CLOSE)

Closing the lever is basic preparation before juicing. Please check whether the lever is closed completely before use. Thicker and softer juice is made when the lever is closed completely.

In case of fruits with hard seeds (grapes, robus coreanus, kiwi, pomegranate, etc), the lever should be closed. Then, place the lever in half-opened position when juice starts to come out.

2 Finishing. Simple cleaning



(half-opened)

When extraction is almost finished, open the lever completely and release the compressed pulp.

Pulp in the strainer are reduced, so the hopper is opened more easily after use. During simple cleaning, place the lever in half-opened position and release the compressed pulp.

3 Cleaning



When disassembling and cleaning the chamber, open the lever completely.

You can clean the chamber simply and easily.

O(OPEN)





1. When the machine stops operation during juicing because of too much ingredients

Push reverse button for 3~4 seconds and stop. Repeat it 2~3 times.

2. When the hopper does not open well after use

With the lever placed in half-opened position, push reverse button for $3{\sim}4$ seconds and stop. Repeat it $2{\sim}3$ times.

Warning!

After operation is completely stopped, push reverse button.

[the same as normal rotation]

If reverse button is pushed by force, reverse rotation function is not appropriately operated, or it can be a cause of malfunction.

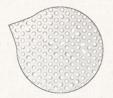
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Fine Strainer vs Coarse Strainer,

which is better?

1 Fine Strainer



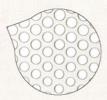


Fine strainer is used for making clean juice because it has fine and dense holes.

It is better to use fine strainer especially when juicing green vegetable juice and pear juice.

2 Coarse Strainer





Coarse strainer is used to make thick juice with fruit flesh or mix juices because it has bigger holes than fine strainer. It is better to use coarse strainer for thick ingredients like banana or strawberry, and it is also useful for smoothie, latte or soup.



Fine Strainer

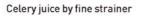


Carrot juice by fine strainer



Coarse Strainer







Banana juice by coarse strainer

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How to clean after use

1 Strainer cleaning





Wash inside and outside the strainer with a dish sponge. It is good to clean the corner of the strainer with cleaning brush.

2 Chamber cleaning



Rub and wash every part of pulp outlet with cleaning brush.

3 Packing cleaning





Chamber packing, juice cap packing and silicon brush can be disassembled and cleaned separately.

4 Components sterilization





Put your components in baking soda or natural sanitizer for dishes diluted with water for a quarter of a day to sterilize them.

6 How to dry and keep







After cleaning, assemble and keep your components in an open place after completely drying them. Set your components in order of screw-hopper-chamber set (chamber+strainer+spinning brush).

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How to trim ingredients

Ingredients after peeling for extraction

Melon, watermelon, orange, grape fruit

Fruits whose skin is not used (melon, watermelon, orange, grape fruit etc) should be peeled and cut into right size.



Juicing ingredients after separating flesh Pomegranate, grapes

Remove tough stalk of grapes and separate each grapes, andremove skin of pomegranate and only use flesh.



Tough stalk vegetables water celery, angelica

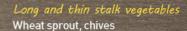
Cut water celery and angelica with long and tough fiber into less than 3cm.



Ingredients with seeds and skin for extraction

Apple, pear, kiwi, oriental melon

Fruits which have abundant nutrition in seeds and skin (apple, pear, kiwi, oriental melon etc) are put in the entrance together with seeds and skin after cutting into right size. In case of apple, it is recommended to remove seeds because of toxicity.



Vegetables with lots of tough fiber are put in mass in order not to be scattered.



Juicing ingredients after removing hard seeds

Mango, cherry, peach, plum, persimmon

Fruits like mango, cherry, peach, plum, persimmon etc have hard seed to chew.
Remove seeds before use because they might be a cause of operation stoppage or component damage.

Vegetable and fruit fever all around the world

People's health nowadays are on the brink of being lost because of bad eating habits including fast food, instant food, processed food or meat, irregular life style, lack of exercise, stress etc. As a part of the effort to improve eating habits, in 1990s America, '5 a day' campaign was started to take 5 color vegetables, fruits and grains. Since then, spread all over the world, now a campaign to recommend vegetables and fruits has been continued in more than 30 countries such as Canada, Mexico, Britain, German etc.



Happy Family 365 Campaign

Let's eat more than six kinds of five colors vegetables and fruits three times a day.

In Korea, in November 2009, 'Happy Family 365 Headquarters' was launched, and it led 'Happy Family 365 Campaign'. The Korean Nutrition Society designated May 13th as 'Day of Phytonutrients' and led '5.1.3 Phytonutrients Campaign' to recommend vegetables and fruits.

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American Cancer Society (ACS)

Recommended dietary allowance

7 dishes of vegetables, 3 dishes of fruits

The Korean Nutrition Society

Recommended daily vegetable and fruit intake 270g-420g

World Health Organization (WHO)

Intake at least over 4.5 cups of vegetables and fruits a day

American Heart Association [AHA]

Recommended daily vegetable and fruit intake
Vegetables 350g, Fruits 200g

Japanese Ministry of Health, Labor and Welfare

Eat enough vegetables and fruits. Eat balanced meals with various diets.

National Cancer Institute (NCI)

Eat lots of vegetables and fruits, low fat or nonfat dairy products, beans, nuts etc. [DASH diet] National Institutes of Health(NIH)

DASH diet: Diet therapy for patients with high blood pressure from NIH Recently it has become popular for diet.

"Authorized institutes and societies including WHO recommend to intake vegetables and fruits for health."

Cause of all disease, oxygen free radical, Fight for it with vegetables and fruits!

First cause of death in Korea is cancer caused by oxygen free radical.

Cancer is developed because 'oxygen free radical which is piled up in our body because of bad eating habits, environmental pollution, stress etc destroys cells and transforms DNA. Oxygen free radical is like incomplete combusted exhaust gas of cars. Incomplete combusted cars emit exhaust gas even though they run for a short time because of leftovers in the engine. Critical components are corroded, so cars are broken regardless of good oil.

Our body is also like this. As food acting like fuel is piled up as leftovers not decomposed appropriately, they release toxin and gas.

People who do not consume energy properly because of wrong eating habits and life style can suffer from various diseases including cancer resulting from excessive oxygen free radical.

"Can oxygen free radical be removed?"

That is large amount to eat directly.

Activities to remove harmful oxygen free radical are called 'antioxidant'

'Antioxidant' seems to be hard to do, but we can find the answer with vegetables and fruits.

Antioxidant nutrition from well-known vitamin, mineral, dietary fiber to recently-recognized phytochemical and enzyme is abundant in vegetables and fruits. However, antioxidant is expected to be effect when taking over 790g of fresh vegetables and fruits.

Taking vegetables and fruits as juice increases absorption and nutrition!

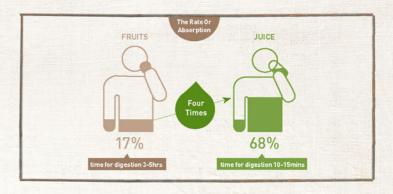
Drinking Hurom juice is the most effective way to absorb large amount of nutrition in vegetables and fruits without lots of loss.

You can take recommended daily vegetables and fruits intake (790g) easily with a glass of juice. If you take vegetables and fruits as juice, you can easily take large amount of them by a glass of juice, and also you can take nutrition in seeds and skin which you usually throw away.



790g of vegetables and fruits = a glass of Hurom juice

If you take as juice, absorption is four times faster and time for digestion is reduced. Water soluble dietary fiber is abundant in Hurom juice, and the rate of absorption and digestion is better than chewing vegetables and fruits.

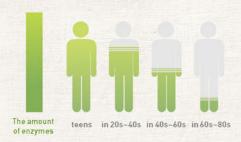


The secret of health and lifespan living enzymes in vegetables and fruits

"As we get older,
it is hard to gain strength even if we take good food
because enzymes in our body is reduced more and more."

It seems that we just take food and live,

but actually we can live because food is digested, absorbed and changed into energy. Likewise, "enzyme" makes people live and maintain their lives.



^{*} The amount of enzymes is reduced as we get older.

Enzyme necessary for maintaining life.

Life expectancy depends on the amount of enzymes in the body.

The amount of enzymes produced in the body for lifetime is decided.'

Enzymes enable food to combine with oxygen making energy and our body to live when we breathe. Dr. Edward Howell, who is well-known in Enzyme Nutrition area all over the world, said "Lifespan depends on the amount of enzymes in the body.

And the amount of enzymes the body produces for lifetime is decided." All living creatures including human cannot be alive for a moment without the effect of enzyme.

Therefore, if you spare enzymes in the body and intake enzymes from outer sources, you can live a healthy and long life. As we get older, our body should be supplemented with enzymes from outer sources to gain strength, be prevented from adult diseases and keep healthy.



After a quarter of a day

Chicken meat in pineapple juice on the market does not show any change, but chicken meat in Hurom pineapple juice is decomposed completely by enzymes.

HUROM LABORATORY

- Q Pineapple is known for abundant protease (bromelain). Then, let's compare Hurom pineapple juice with pineapple juice on the market about decomposition of chicken meat.
- A Chicken meat in Hurom pineapple juice is decomposed completely by enzymes. Otherwise, chicken meat in pineapple juice on the market does not show any change. We conclude that enzymes and nutrition which are easily broken by heat do not remain in the juice on the market through processing, but enzymes in Hurom juice are alive.



Phytochemical

Phytochemical is nutrition in vegetables and fruits.

It is a defensive substance fighting for outer stimulus like microorganism or injurious insects. It has strong antioxidant activity. If people intake phytochemical, it plays an important role in blocking cancer in the phase of carcinogen or control metastasis. In addition, it improves immune system of the body and prevents aging, so it is now recognized as the seventh nutrition.

Color	omponents of phytochemical	Effect
Red	lycopene	carcinostatic effect, strengthening blood vessel
Yellow	beta-carotene	healthy skin, improvement of immune system
Green	lutein	healthy blood, fatigue recovery
White	allicin	releasing harmful substances, healthy bone
Purple	anthocyanin	healthy eye, improvement of cardiovascular disease



FRUIT juice 01 Strawberry Juice Common cold prevention



It is said that three pieces of strawberry are enough for recommended daily vitamin C intake. Make delicious and healthy strawberry juice. It is also good to mix strawberry with milk and yogurt. You can make special beverage like natural fruit yogurt or smoothie.







of strawberries and clean them.

1 Remove the upper part 2 Close the lever, put them in the machine, and operate it.

3 When extraction is almost finished, place the lever in half-opened position to release the compressed pulp.

Tip

Strawberry is soft fruit, so strawberry juice is relatively thick. If you want to make thick juice, please use coarse strainer, but if you want clean juice, please use fine strainer and add some pears

Makejuice in the same the way





Banana

- · Prevention of constipation
- · Prevention of cardiovascular disease

Blueberry

· Eyesight recovery

· Prevention of aging



Apples are easy to get anytime in a year and familiar fruits everyone likes.

Also they are abundant with vegetable fiber,

pectin to prevent constipation and citric acid to recover from fatigue.

If you take apples as juice, nutrition are absorbed better in our body.









apples and clean them. Cut them into proper size.

1 Remove upper part of 2 Close the lever, put them in the 3 If you want clean juice, machine, and operate it.

pour original juice into chamber to juice one more time.

When extraction is almost finished, place the lever in half-opened position to release the compressed pulp.

Tip

When juicing, lots of bubbles are formed. It is a characteristic of apples. Do not worry about it.

Make juice in the same the way





· Improvement against bronchial diseases.



Oriental melon

- Prevention of high blood pressure
- · Diuretic effect



Watermelon

- · Relief of edema · Recovery of fatigue



Melon

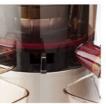
- · Prevention of high blood pressure
- · Prevention of edema



Sweet grape juice has lots of anthocyanin to prevent cancer and restore youth. If you take grapes as juice with Hurom, you cannot miss rich nutrition in seeds and skin.



the bunch and clean them.



1 Separate each grape from 2 Close the lever and 3 If you want rich flavors, 4 When extraction is almost operate the machine. If juice starts to come out, place the lever in halfopened position.



close and open the lever repeatedly during extraction.



finished, place the lever in half-opened position to release the compressed pulp.

Tip

If you put in the pulp again for extraction, operation might stop. If the lid is not opened because of excessive operation, push reverse button for a short time. Then you can easily open it.

Make juice in the same the way



Robus oreanus

- · Refreshment
- · Prevention of aging



Kiwi

- · Digestion enhancement
- · Stress relief



Pomegranate

- · Improvement against menopausal disorder
- · Prevention of atherosclerosis



It seems that oranges, a mine of vitamin, give vitality to our body. Freshly juiced a glass of orange juice makes us recover from fatigue and feel good. Make healthy and delicious juice without additives.







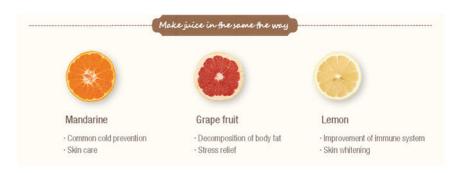
into proper size.

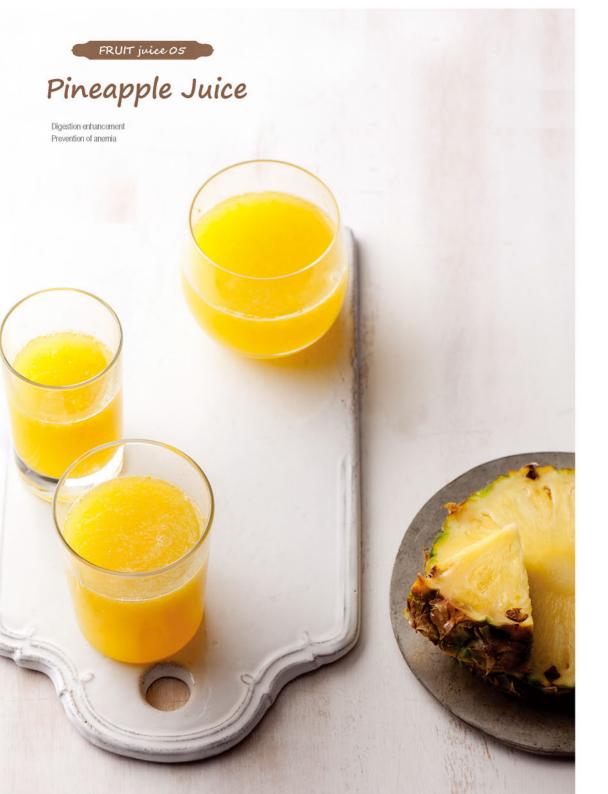
1 Peel the oranges and cut 2 Close the lever, put them in the 3 When extraction is almost machine, and operate it.

finished, place the lever in half-opened position to release the compressed pulp.

Tip

If you want to make thick juice with little flesh in it, please use coarse strainer, but if you want clean juice, please use fine strainer. Peel skin and remove seeds before juicing in case of fruits like orange, grape fruit or lemon.





Pineapple has lots of protease called bromelain.

If you drink pineapple juice after meal, it helps digestion.

Because pineapples are very sweet and has unique flavor,

they can be added for making juice with less sweet fruits and vegetables







1 Remove the skin and the 2 Close the lever, put them in core of the pineapple. Cut into right size.

the machine, and operate it.

3 When extraction is almost finished, place the lever in half-opened position to release the compressed pulp.

If you want to make thick juice with little flesh in it, please use coarse strainer, but if you want clean juice, please use fine strainer.



Soft and yellow flesh, sweet taste.

Mango is loved by even children who do not like vegetables and fruits.

Mangos have plenty of antioxidant, so mango juice is also good for adults.







in the machine, and operate it.



3 When extraction is almost finished, place the lever in half-opened position to release the compressed pulp.

Tip

You can find frozen mangos which are already trimmed on the mart. If you make juice with frozen mangos, defrost enough to use it. If you use mangos, make sure to remove the hard seed. The hard seed might cause component damage.

Make juice in the same the way





- · Recovery of fatigue
- · Prevention of anemia



Peach

- · Relief of hangover
- · Removing nicotine



Cherry

- · Improvement against insomnia
- · Improvement of blood circulation



Persimmon

- · Prevention of aging · Adjustment of blood
- pressure



Simple Mask Pack Using Hurom Juice



Using natural fruit juice or green vegetable juice as mask pack helps improve skin by good natural substances. Above all, you can choose ingredients for mask pack according to your skin type and condition, so you do not have to worry about exposal to antiseptic or chemical substances.

Get skin care easily at home without worrying about expenses.

[How to use mask pack using Hurom juice]



irst

Choose ingredients, and mix juiced ingredients with flour and honey into proper density. Spread on face skin, and after 20 minutes, wash it away.

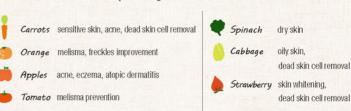


Second

Dip a mask sheet into juicing ingredients sufficiently, and then place the mask sheet on face skin. After 20 minutes, wash it away.

You can purchase mask pack sheet online or at the beauty shop.

Mask pack ingredients for me



^{*}There might be allergic reaction or skin trouble, so test it first in the inner part of wrist before use.

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Many people enjoy water celery as cooked vegetables, but raw water celery as it is are abundant with flavor and nutrition. Especially, it is good for detoxification in our body, so if you take it everyday, you can improve constitution and strengthen immune system.



1 Water celery has lots of 2 Close the lever and put a long and tough fiver, so cut into about 3cm.



handful of water celery to



3 When extraction is almost finished, place the lever in half-opened position to release the compressed pulp.



4 The machine can stop operation or the lid cannot be opened if you put too much ingredients at once because they have long and tough fiber. In this case, push reverse and normal rotation button several times repeatedly.

Tip

If you want to relieve peculiar flavor of green vegetable juice, then add apples, oranges or pineapples. You can enjoy sweeter and more delicious juice.





Carrots which have full of vitamin A and beta-carotene! Carrots are root vegetables to rest eyes and give vitality. If you extract carrots, it has beautiful color, tastes sweet and increases absorption of nutrition.











them in finger size.

in the machine, and operate it.

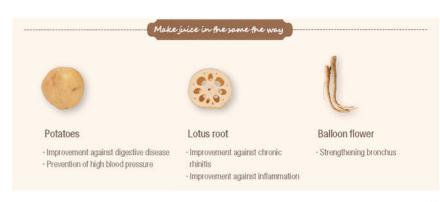
1 Carrots are hard, so cut 2 Close the lever, put them 3 When extraction is almost

finished, place the lever in half-opened position to release the compressed

4 Operation can be stopped during extraction because carrots are hard. In this case, push reverse and normal rotation button several times repeatedly.

Tip

You can extract carrots more easily together with fruits like apples which have lots of juice. Recommend carrot banana juice with banana to people who do not like green vegetable juice.





The saying goes that if tomatoes are well harvested, hospitals close the door. Tomatoes are very nutritious fruit vegetables. Tomatoes are nutritious and recognized as health food all over the world. Also, it is not hard to eat in any season.



1 Remove the stalk of tomato.



2 Close the lever, put them in 3 When extraction is the machine, and operate it. almost finished, place



3 When extraction is almost finished, place the lever in half-opened position to release the compressed pulp.

Tip

Add pure juice of Japanese apricot or honey into tomato juice which is less sweet. Extraction with grapes is also excellent.

Make juice in the same the way



Paprika

- · Skin care
- · Prevention of cerebrovascular disease



Broccoli

- · Prevention of cancer
- · Prevention of Alzheimer's disease



Cauliflower

- · Prevention of cancer
- · Skin care



These days, many people have stomach disorder.

We recommend cabbage juice since it is abundant in vitamin U which is excellent for treatment of stomach inflammation. Vitamin U is effective when taking as it is because it is weak against heat.

Also, cabbage improves inflammation of gingiva. It has lots of dietary fiber helping diet and prevent lifestyle related diseases like stroke or high blood pressure.



 Cut cabbage into chunk pieces not to be scattered.



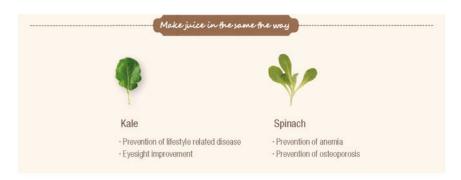
2 Close the lever and put a chunk piece of cabbage slowly.



3 When extraction is almost finished, place the lever in half-opened position to release the compressed pulp.

Tip

Cabbage makes sound during extraction. It is a natural phenomenon because the surface of cabbage is smooth and not moisture. If you add pear during juicing, acrid taste of cabbage is relieved.





Make Hurom soymilk with milk, nuts and beans full of nutrition which are called beef from the field. Make my own healthy soymilk without additives.

Ingredients

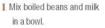
Tip

beans or nuts.

Milk 200ml
Boiled beans 50g
According to preference a handful of nuts

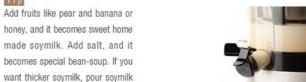
with Juice cap closed and add







2 Close the juice cap and the lever, and pour a ladle of in the chamber.



3 Operate the machine until all ingredients are well mixed.



4 When extraction is almost finished, place the lever in half-opened position to release the compressed pulp.



- · Prevention of cardiovascular disease
- · Brain development
- · Prevention of Alzheimer's disease

- · Removal of waste product
- · Relief of edema



Drink a cup of latte made from sweet potato in the morning.

If you use sweet pumpkin or corn, you can make various special latte.

Ingredients

Milk 200ml Boiled sweet potato 100g



If you boil already cooked latte for a short time, you can enjoy warm latte or soup.



1 Close the juice cap and the 2 Put sweet potato which has lever, and fill the chamber with milk.



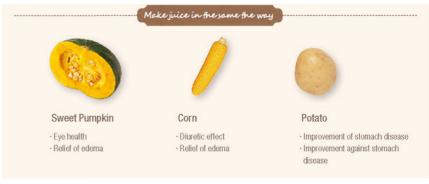
been cut into cube one by one.



3 Operate the machine until all ingredients are well mixed.



4 When extraction is almost finished, place the lever in half-opened position to release compressed pulp.





Even green vegetable juice is delicious with Hurom.

'Green Smoothie'



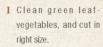
Children and husbands remove beans in the rice, spinaches in gimbab and carrots in curry.

They do not like vegetables! However, there are lots of energy to give vitality to our body in green vegetables. It might be so happy that all family members like green vegetables for health.

You will like green smoothie because of its beautiful green color, soft and sweet taste and vitality it gives to our body. Make green smoothie now with spinach or carrots which remain in the refrigerator.

Sweetness of fruits and healthy taste of green vegetables are in a glass of green smoothie.





*Reference to Nutrition p.102~103



2 Close the juice cap and put them in Hurom. After extraction, fill up green vegetables juice with the chamber.



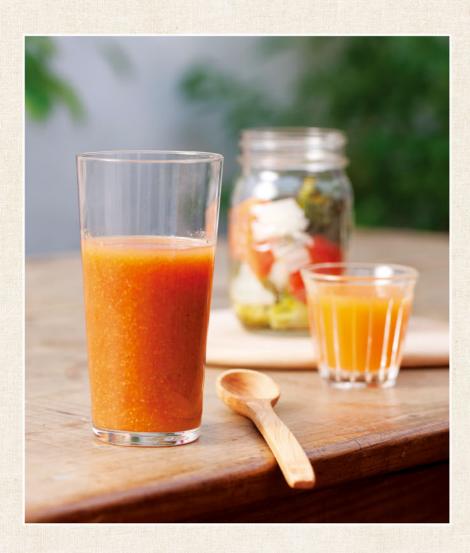
3 Put bananas in the chamber. According to your preference, add fruits such as apples or pears or milk or yogurt.



4 Mix bananas well enough with green vegetable juice.

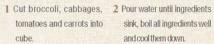


Healthier and more delicious! Hurom detoxification juice



Many celebrities and famous doctors recommend 'detoxification juice' for diet or detox meal. Detoxification juice is nowadays a popular way to keep healthy. our body is detoxified, we lose weight, and our skin is cleaner. Hurom which squeeze slowly improves taste, and natural flavor and







sink, boil all ingredients well and cool them down.



ingredients 3 in Hurom and start to extract.



3 Close the lever, put 4 Put bananas and apples, and extract them.

According to your preference, add various ingredients, and then you can make your own detoxification juice.

*Reference to Nutrition p.102~103





Bananas not only have lots of minerals and low calorie but also they are very nutritious and taste sweet, so men and women in all ages like them.

Hurom banana milk made with real bananas makes you enjoy it without worrying about additives, and it is very nutritious and tastes great.

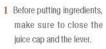
Ingredients

Milk 200ml Banana 1



Besides bananas, you can make strawberry milk with strawberry or other various fruit milk according to your preference.







2 Fill the chamber with milk, and operate the machine.



3 Put the peeled banana and extract it.



4 Mix all the ingredients until they are well mixed.

Makejuice in the same the way



Strawberry

- · Skin care
- · Prevention of common cold.



Blueberry

- · Eyesight recovery
- · Prevention of aging



Apple which cleans intestine with pectin, is mixed with beet, which is abundant in iron that is good for anemia.

It is a healthy juice that removes oxygen free radical in the body to prevent cancer, helps blood circulation to prevent thrombosis and cerebrovascular disease.

Ingredients

- 1 apple
- 1 piece of beet
- 1 slice of lemon



1 Remove the seeds and the stem of an apple, and cut the beet and the lemon with order. skin in right size.



2 Close the lever, and extract beet-apple in



3 When putting the last ingredients in, place the lever in half-opened position to release the compressed pulp.

aste may differ depending on the size and the sugar content of the apple, so adjust the amount of beet and lemon according to your preference.



There are many people who worry about constipation because of frequent eat-outs and meat-oriented eating habit. Fibers in green-leaf vegetables prevent constipation and abundant in iron and folic acid, so it is good for prevention of anemia.

It seems to taste bitter, but it is sweet since there are pineapples in it.

Pineapples not only add sweet taste but also helps to smooth defecation since there are a lot of enzymes.

Ingredients

1/4 of pineapple
A handful of kale and spinach



1 Remove the skin and the core of the pineapple, and trim and cut the kale and the spinach in right size.

2 Close the le kale-spinach in order.



2 Close the lever and extract kale-spinach-pineapple in order.



3 When putting the last ingredients in, place the lever in half-opened position to release compressed pulp.

Tip

For those who try green vegetable juice for the first time, adjust the amount of kale and spinach according to one's preference.



Ginger is effective for relieving chill in the body and also for coughing. Pear also contain luteolin which is effective for bronchial disease, phlegm and coughing. When you cough, fight for it with pear ginger tea.

Ingredients

- 1/2 Pear
- 150ml of water
- 150ml of water
- 1 tablespoon of honey



in Hurom.



1 Extract a pear with skin 2 Boil water, ginger and honey together, and filter them through a strainer, and cool them off.



3 Mix extracted pear with 2.

It is good for cold because it contains a pear and ginger which helps to prevent bronchial disease and cold.



It is a tea with various berries in a cup which charges up vitamin C.

Vitamin C not only helps to prevent cold but also improves stains and freckles, and helps to form collagen to give skin elasticity.

Be a healthy and skin beauty with berry berry tea!

Ingredients

250ml of water
30g of frozen blueberry
30g of frozen raspberry
40g of frozen strawberry
A little bit of honey or oligosaccharides



 Boil frozen blueberry, raspberry and strawberry with water, and then cool them down.



2 Close the lever and extract a ladle of flesh and tea.



3 Extract all the ingredients with the lever closed.



4 Put honey or oligosaccharides in the extracted tea according to your preference.

Make juice with frozen fruits which are easy to buy and keep them. You can enjoy both cool smoothie and hot tea depending on the situation. If you want chewy texture of flesh then use coarse strainer strainer, but if you want clean juice then use fine strainer.

A place to enjoy premium Hurom juice

Hurom Farm Juice Café

The healing place you can feel closest to the nature in the center of city, Hurom Farm. Enjoy 100% natural premium juice from the touch of professional juice maker Phytos and various breads.



First and second floor, 323-10 Yul-dong, Bundang-gu, Seongnam-si, Gyeonggi-do TEL: 070-4351-2398 / Opening Hours: AM10:00 ~ PM11:00

Second Store, Dosandaero

First and second floor of Hurom building, 7 Nonhyun-dong, Gangnam-gu, Seoul TEL: 070-4351-1889/Opening Hours: AM08:00-PM12:00

Third Store, Lotte Sunae

B1 floor food sector of Lotte Department Bundang, 14 Sunae-dong, Bundang-gu, Seongnam-si, Gyeonggi-do.

TEL: 070-4351-1849 / Opening Hours: AM10:30~PM08:00

(Opens Until PM8:30 on Friday, Saturday and Sunday)

Fourth Store, Gwanghwamun

First floor of The-K Twin Tower, 19 Junghak-dong, Jung-gu, Seoul

Opening Hours: AM08:00~PM11:00 (Opens until PM 10:00 on weekends)

Fifth Store, Lotte Premium Outlet (Scheduled)

Lotte Premium Outlet, Dancheon-ri, Hobup-myeon, Icheon-si, Gyeonggi-do TEL: Undecided / Opening Hours: Undecideed

www.huromfarm.com

HUCOM FACM (주) 휴롬팜









Premium juice at Hurom Farm Juice Café,

Grape Fruit Pine



Hurom Farm's representative menu 'Juice and Juice', two-layered juice which is fun to see and to drink.

You can make and enjoy nice looking juice with Hurom at home. Grapefruit which is good for body fat decomposition and skin care and pineapple which helps digestion and prevent constipation are mixed in the juice.

Ingredients

- 1/3 of grapefruit
- 1/4 of pineapple



1 Remove skin of the 2 Make juice with each fruit pineapple and the grapefruit, and cut them in right size.



by using fine strainer.



3 Pour pineapple juice first 4 Pour grapefruit juice in a cup.



on the pineapple juice cautiously.



Hurom can make not only juice,
green vegetable juice and soymilk

but also nutritious meal and baby foodDaily dishes like soft tofu, hand-made tofu,
special vegetable tofu, jam and ketchup to dessert
like jelly, sherbet and ice cream,
enjoy various dishes with Hurom…

HUROM cooking time 01

Hand-Made Tofu Vegetable Tofu



Ingredients

- Beans 300g
- 1 tablespoon of traditional natural bittern







strainer, close the juice cap and close the lever.



water at 1:1, pour it 1 ladle and extract it.



3 Mix the soaked beans and 4 From 3, put your favorite 5 When putting the last color of vegetables alternately and extract it. It will be a vegetable tofu.



ingredients in, place the lever in half-opened position to release the compressed pulp.



water in the pot and and boil it with medium heat by stirring not to be burned.



turn of the fire and put the bittern in little by little by stirring it.



6 Put the extracted bean 7 If bean water boils up. 8 Put the soft hand-made tofy in the tofu kit and make it hard.

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, 2 tablespoons of vinegar, and 1 tablespoon of salt and mix them.



- 300g of corn
- 200ml of milk
- 20g of onion
- A little bit of salt





1 Boil raw corns until 2 Close the juice cap and corn kernels are easily crushed by hand, and separate each from the bunch.

the lever, and fill the chamber with milk.



alternately.



3 Extract corns and onions 4 When putting the last 5 Pour juiced corn milk into ingredients in, place the lever in half-opened position to release the compressed pulp.



the pot and boil it over the medium heat by stirring not to be burned.

Tip

If you want to use canned corn, it is better to use after drying on a sieve.

You can reduce sweet and salty taste after rinsing in mineral water.



10g or rice 30g of water soaked rice 5g of water soaked glutinous millet 15g of pear 150ml of water



1 Soak glutinous millet and 2 Close the juice cap and rice sufficiently in water.



the lever, and fill the chamber with water.



millet-pear in order.



until the ingredients are sufficiently mixed.



3 Extract rice, glutinous 4 Operate the machine 5 Pour 4 in the pot and boil it moderatley.

Use fine strainer for thin rice gruel and baby food for infants. Glutinous millet is hard to be trimmed because of the skin, but with Hurom it is easy to use. It contains more protein, dietary fiber and iron than rice, so it is good for baby food for infants.



Fruit juice Honey or Oligosaccharides



1 Extract the fruits which 2 Add honey or oligosacchayou want in Hurom.





rides to less sweet fruits or green vegetable juice.



3 If you pour the extracted juice in the ice bar container and freeze it, then ice bars are completed.



4 Freeze the extracted juice in a wide container, and then scratch it with a fork.

Sherbet is a frozen fruit juice or beverage, and you can adjust texture of sherbet with milk or gelatin.



- 200ml of fruit juice
- 50g of whipped cream
- A little bit of honey or powdered skim milk





*Refer to fruit juice recipes



with whipped cream and freeze it.



skim milk to less sweet fruits or green vegetable juice.



3 Add honey or powdered 4 If you scratch it every one or two hours with a fork, the ice cream becomes softer.

If you are uncomfortable with high calorie, mix it with plain yogurt instead of whipped cream.



200ml of fruit juice 24g of gelatin paper 40f of oligosaccharides



want in Hurom

1 Extract the fruits you 2 Soak the gelatin in water.

*Refer to fruit juice recipes



3 Put the extracted juice, 4 Pour 3 into a proper dish soaked gelatin and oligosaccharides in the pot, and boil it with low heat until gelatin is melted.



or frame, and harden it in the refrigerator.

Tip

You can make various natural jellys with other fruits.



- 3 tomatoes
- 1/2 of onion
- 1 tablespoon of starch
- 1 bay leaf
- 4 tablespoons of vinegar
- 1 tablespoon of honey
- A little bit of salt



1 Close the juice cap and the 2 Take a little bit of lever, and extract tomatoes and onions alternately.



extracted juice from and mix it with starch.



with bay leaf in the pot and boil it, and once it boils slightly you put honey, vineager and salt.



3 Put the remained juice 4 Pour starch water from ② into ③ , adjust the concentration and boil again.

Tip

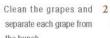
If you put completed tomato into a sanitized bottle and place it in the refrigerator, then you can keep it for about a month.



300g of grapes 150g of sugar



the bunch.





1 Clean the grapes and 2 Close the lever, and extract the grapes.



3 Boil the extracted grapes 4 If the content doesn't get and sugar together in the pot until it becomes thick.



dispersed when putting in cold water, then it is well made.

HUROM cooking time 09

Ginger Syrup (Traditional Korean boiled ginger syrup)



Ingredients

- 300g of ginger
- A cup of honey
- Same amount of sugar or oligosaccharides



mud, so clean them well. Cut them into thin slices with skin.



1 Gingers are stained with 2 Close the lever and 3 Put the extracted juice operate the juicer. When putting the last ingredients in, place the lever in half-opened position to release the compressed pulp.



and honey in the pot, and boil it.

Balloon flower and pear is known for being effective in bronchus. If you extract altogether, acrid taste of gingers are relieved and they become more effective.

Ingredients which are good for preventing top ten diseases

Top ten diseases	Ingredients which are good for prevention				
Liver cancer	Carrot, tomato, spinach, kale, paprika, dandelion				
Liver cancer	Aloe, undried ginseng, mango, melon, grape, kiwi, celery, water celery, carrot tomato, paprika, potato, spinach				
Stroke	Pomegranate, robus coreanus, water melon, oriental melon, tomato, paprika, whea sprout, water celery				
Diabetes	Dandelion, water celery, 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 celery, parsley, tomato, orange, strawberry				
Nephropathy	Water melon, apple, plum, black sesame, black bean, corn, cucumber, burdock				
Cardiovascular disease (angina pectoris, myocardial infarction)	Sweet persimmon, robus coreanus, watermelon, oriental melon, tomato, paprika broccoli, spinach, kale, strawberry, orange, melon, carrot, mango, apple				
Stomach cancer	Cabbage, lettuce, chives, aloe, spinach, tomato, dandelion, potato, pineapple, bean kale, broccoli, cauliflower, radish				
Lung cancer	Carrot, radish, bean, tomato, peach, Chinese yam, sweet pumpkin, apple, balloor flower, pear, broccoli, banana, orange				

Ingredients which are good for preventing lifestyle related diseases

Top ten diseases	Ingredients which are good for prevention		
Stress	Kıwı, paprıka, orange, strawberry, kale, dandelion, spinach		
Eyesight	Carrot, spinach, kale, celery, sweet persimmon, broccoli, grape		
Neuralgia	Carrot, kiwi, strawberry, pineapple, orange, celery, black bean, milk		
Atopic dermatitis	Kiwi, strawberry, kale, water celery, dandelion, spinach, paprika, carrot, chives		
Common cold	Strawberry, sweet persimmon, orange, grape fruit, kiwi, paprika, pear, radish, banana		
Hangover	Melon, pear, persimmon, apple, grape, cucumber, water melon, citron		
Alzheimer's disease	Strawberry, orange, spinach, kale, celery, broccoli, paprika		
Fatigue	Orange, pineapple, grape, melon, apple, celery, spinach, kale, broccoli		
Skin care	Strawberry, orange, watermelon, melon, carrot, tomato, broccoli, kale, paprika		
Constipation	Robus coreanus, apple, grapefruit, pineapple, banana, sweet potato, cabbage, red bear		
Menopausal disorder	Robus coreanus, pomegranate, Chinese yam, dandelion, bean, broccoli		

List of foods which contain essential nutrients

Nutrients	Nutritious effect	Containing food		
Vitamin A	Prevention of skin disease, various inflammation, gastric ulcer, and duodenal ulcer. Improvement of immune system.	Tomato, carrot, celery, kale, water celery, bell pepper, spinach, citron, lettuce, broccoli, chives, sweet persimmon, kumquat, mango, apricot		
Beta- carotene	Prevention of atopic dermatitis, asthma, various inflammation, stains, herpes simplex relief, cancer, Alzheimer's disease, common cold, and hyperlipidemia.	Mango, tangerine, sweet persimmon, apricot, water melon, citron, carrot, kale, parsley		
Vitamin B1	Stress relief. Prevention of memory impairment, and beriberi.	Kale, bean, red bean, kidney bean, mung bean, peanut, chestnut, pine nut, cashew nut, ginkgo nut, sesame, sunflower seeds, perilla		
Vitamin B2	Stress relief. Prevention of hair loss, memory impairment, glossitis, and cheilosis.	Bean, almond, perilla, perilla leaf, dandelion, kale, celery, water celery		
Folic acid	Relief of pimple, anemia, and scaly tetter. Prevention periodontitis and ulcerative colitis.	Oriental melon, kiwi, orange, avocado, strawberry, cabbage, spinach, crown daisy, canola, fig, banana		
Vitamin C	Prevention of depression, anemia, chronic fatigue, stains, arthritis, allergy relief, stress relief, immune disease, aging, cancer, atherosclerosis, and Alzheimer's disease.	Kiwi, grapefruit, orange, citron, mulberry, raspberry, temon, guava, tangerine, strawberry, lotus root, kale, kohlrabi		
Vitamin E	Prevention of asthma, arthritis, alopecia, menopausal disorder, allergy, muscle cramps relief, aging, diabetes, cancer, atherosclerosis, Alzheimer's disease, gastric ulcer, and duodenal ulcer.	Almond, sunflower seed, peanut, soy bean, pine nut, nut, kale, water celery, dandelion, spinach, bell pepper, blueberry, kiwi		
Vitamin K	Prevention of colliss, osteoporosis, and rheumatoid arthritis. Pain relief.	Blueberry, kiwi, pomegranate, pumpkin seed, pine nut, bean, pea, cabbage, spinach		
ron	Relief of anemia. Prevention of memory impairment and concentration improvement.	Water celery, dandelion, nut, sesame, chives, beet, lettuce, spinach, crown daisy, Korean wild grapes, jujube, mulberry		
Calcium	Relief of postpartum depression and muscle cramps. Prevention of osteoporosis, rickets, cancer, and atherosclerosis.	Citron, grapefruit, mulberry, orange, fig, quince, kale, radish leaf		
Zinc	Prevention of skin disease, liver disease, immune disease, inflammation disease, alopecia, benign prostatic hyperplasia, allergy, common cold, inflammation relief, wound treatment, diabetes, arthritis, and hyperlipidemia.	Bean, red bean, pea, mung bean, peanut, pine nut, almond, nut, perilla, pumpkin seed, sunflower seed, banana		
Potassium	Relief of high blood pressure, muscle cramps, and stress. Prevention of diabetes and inflammation.	Oriental melon, banana, melon, jujube, kumquat, tornato, kiwi, spinach, mugwort, chives, lettuce, kale, celery, water celery, dandelion		
Selenium	Prevention of atopic dermatitis, asthma, inflammation, migraine, aging, cancer, and hyperlipideia.	Banana, melon, sweet persimmon, kale, kohlrabi, burdock, asparagus, spinach, broccoli, beet, chives		

Calorie Table For Each Ingredients (100g)

Fruits / Vegetables	Calorie	Fruits/ Vegetables	Calorie	Fruits/ Vegetables	Calorie
Persimmon	51kcal	Grapefruit	31kcal	Angelica	63kcal
Tangerine	39kcal	Oriental melon	38kcal	Spinach	33kcal
Strawberry	36kcal	Kiwi	64kcal	Cabbage	20kcal
Lemon	30kcal	Pineapple	55kcal	Kale	43kcal
Mango	64kcal	Tomatoes	18kcal	Paprika	30kcal
Melon	36kcal	Potato	63kcal	Bean(boiled)	182kcal
Pear	41kcal	Carrots	37kcal	Nut	663kcal
Robus coreanus	60kcal	Balloon flower	74kcal	Almond	598kcal
Blueberry	57kcal	Water celery	21kcal	Boiled sweet potato	130kcal
Apples	49kcal	Dandelion	32kcal	Boiled sweet potato	30kcal
Pomegranate	56kcal	Broccoli	33kcal	Corn	135kcal
Watermelon	32kcal	Chives	22kcal	Boiled potato	66kcal
Orange	44kcal	Celery	26kcal		A REP