



# Oscar 900 & 930Pro

## User Instructions



Oscar Vital Max 900



Oscar 930 Pro

OSCAR

VitalMAX

LIVING FOOD KITCHEN



# Vitality 4 Life

Two decades ago, our company's founder, Roger Akins began designing and distributing quality Living Juice extractors for the Australian market.

During the early years, Vitality 4 Life developed the concept of living juice in association with such organisations as the Hippocrates Institute in Florida, USA.

Since this time consumer awareness has developed significantly; a tiny alternative niche has now become mainstream.

Vitality 4 Life has pioneered the introduction of cold-pressed juice extractors to the Western World and now exports all over the world.

We are encouraged that our Vitality 4 Life 'Approved Product' range is regarded as the finest in the world.

## **Our selection criteria remain simple;**

The product must offer the customer superior value and quality, deliver genuine health benefits and be made in a way that recognises the scarcity of our planets resources.

During the past two decades we have never forgotten why we started Vitality 4 Life and our belief in the healing power of living food, living juice, pure water, fresh air and sunshine.

Additional information on our products is available on our website

**[www.vitality4life.com](http://www.vitality4life.com)**

Sincerest regards

The Vitality 4 Life team



Dear Customer

Congratulations! You are now the proud owner of an Oscar Living Juicer.

Please read this manual carefully before you begin using your machine, it has important tips and instructions so you can utilise the Oscar to its full potential.

### **You Have Made The Right Choice!**

In October 2007, Choice Magazine; Australia's leading consumer authority, tested the claim that cold-press-style machines' juice is more nutritious and that it'll stay fresh and tasty for up to 48 hours. They found that the manufacturers' claims are true... and Vitality 4 Life has the best juicers!

Choice tested 12 leading brands of juicers and found the Oscar Vital Max 900 to be the best single gear juicer out of the 4 cold press juicers and 8 centrifugal (fast spinning) juicers tested.

The gentle, slow-turning action of a cold press juicer produces a greater quantity of juice, which retains more vitamins, minerals, enzymes, phytonutrients and fibre than high-speed centrifugal juicers which heat up the juice, allow air to enter and therefore cause damage to some of the perishable nutrients.

### **With the Oscar you get:**

- More Juice
- Less Pulp
- More Vitamins, Minerals and Enzymes
- Longer lasting Juices

The Oscar juicers are the original single gear cold press juicers and the most advanced in their field in quality, design and technology.

The Oscar Vital Max 'Living Food Kitchen' products feature patented technology for less pulp and more juice and are made with the highest quality components.

The result is a less pulpy juice and a higher yield than its counterparts, plus longer juicing life.

- Oscar Living Juicers feature a patented stone mill-like screw, made of hygienic FDA approved polycarbonate and contain NO dangerous toxic chemicals in their plastics such as Bisphenol A.
- Oscar Living Juicers' slow speed ensures full taste and nutrition. Nothing is lost through heated elements in your juicer.
- Oscar Living Juicers are easy to assemble and disassemble for quick cleaning.
- Oscar Living Juicers assure many years of trouble-free and dependable service.
- Oscar Living Juicers come with a 20 year warranty on the motor and 5 year warranty on all parts and labour.



The Oscar 900 is the original single gear cold press juicer and is the most advanced in its field in quality design and technology.

The Oscar Vital Max 900 features a patented 3 step auger for less pulp and more juice plus a sleek new juicing screen with smaller holes and a silicone seal to prevent juice escaping with the pulp.

The result is a less pulpy juice and a higher yield than its counterparts, plus longer juicing life and less cleaning up time.



The Oscar 930 Pro is a single gear juicer with the difference of a juicing head that sits on the vertical axis as opposed to the horizontal axis of previous single gear juicers.

The advantage is that the Oscar 930 Pro is faster and almost self-feeding. This model is a juicer and drink maker and is a dispenser style machine similar in appearance and usage to a centrifugal juicer.

Unlike the Oscar Vital Max 900, the Oscar 930 Pro cannot be used as a living food processor, but it can efficiently produce a range of health drinks made from soaked pulses, grains, beans and produce.

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# Oscar 900 & 930Pro

## Safety Precautions and Instructions

1. Read all instructions.
2. To protect against risk of electrical shock, do not put the main body (motor) in water or any other liquid.
3. Close supervision is necessary when any appliance is used by or near children.
4. Do not operate the machine with wet hands.
5. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions, or is dropped or damaged in any manner. Call your service centre to arrange to return the appliance to the nearest authorized service facility for examination, repair or electrical or mechanical adjustment.
6. The use of attachments not recommended or sold by the manufacturer may cause fire, electric shock or injury.
7. Do not let cord hang over edge of table or counter.
8. Always make sure juicer locking clip is locked while juicer is in operation.
9. Switch to “off” position after each use of your juicer. Make sure the motor stops completely before disassembling.
10. Do not put your fingers or other objects into the juicer while it is in operation. If food becomes lodged in opening, use food plunger or another piece of fruit or vegetable to push it down. When this method is not possible, turn the motor off and disassemble juicer to remove the remaining food.

# Getting started with your Oscar 900 / Oscar 930 Pro

## Food Selection

Buy the best produce for your health whenever possible. Organic produce, grown in mineral rich, healthy soil is ideal and there are some great delivery services available.

Look for small sized produce, such as small and sweet carrots that will save you time in preparation. By going organic, you are saying yes to ecologically sound practices and the best in health.

## Food Preparation

While the OSCAR Living Juicers can extract juice from most unpeeled fruits and vegetables, we recommend thorough washing, scrubbing and/or peeling of fresh ingredients to remove accumulated chemicals & soil debris.

Oranges need to be peeled while the thin skins of limes & kiwifruit can be juiced without peeling.





## **To Chop or Not to Chop?**

Cut off any damaged sections or tough ends while leaving most peels on. With Oscar's exclusive patented extraction process, more nutrients including those in the skin of produce are available.

Remove hard pieces such as the core and stalk of the pineapple before juicing. Cut the produce so it fits into the feeding chute.

With continuous juicing available, the feeding chute can take any length. If you buy smaller, young carrots, you don't need to chop them at all; they can go in whole as long as they fit down the chute. It's only the width that needs chopping, not the length.

So you need to chop beetroot and apples but not young carrots, small varieties of cucumbers, celery, silverbeet or other leafy greens.

## **What About Soft Fruits?**

The technological improvements in Oscar are geared towards health and Oscar thrives on the fibrous roughage found in vegetables and greens which are naturally high in chlorophyll.

When juicing your soft fruits, you will find it works best to alternate them with some carrots, celery or other hard vegetable. You will need to avoid mushy apples, using crisp ones instead.



## **Fruit Juice & Your Health**

Cold press juicing was developed by Dr. Norman Walker who believed we should “eat your fruit and juice your vegetables”. It’s good to bear this in mind when embarking on a juice regime for health and vitality.

Large quantities of fruit juices can mean a significant increase in sugars which can affect the body’s sensitive chemical balance.

So we recommend that you use fruit in your juices to help make the juice more palatable, thereby ensuring you are getting the maximum healthy start with a litre of vegetable juice every day.

Fresh limes (which don’t need to be peeled), a slice of ginger and a crisp green apple go a long way towards making a vegetable juice more palatable without upsetting your body chemistry.

## **Care & Use of the Juice!**

The Oscar makes a living juice you can drink over a period of 48 hours. If you make up a large quantity of juice, store it in a tightly sealed glass container and place in the refrigerator. The integrity of the juice will remain for up to 48 hours because of the gentle extraction method.



## **A few IMPORTANT juicing and food processing hints**

Only use the plunger supplied and do not use the machine with wet hands.

The pulp from the first few pieces of fruit and vegetables will be wetter than normal as the machine builds up pressure for efficient juicing.

Ensure the correct strainer is used for each function required. When juicing soft and hard produce, alternate to avoid soft fruits clogging.

If produce becomes clogged in the machine, use the reverse switch. Backing up in the juicer can be remedied by placing the fruit in the juicer one piece at a time. For soft fruits the pulp is bound to be a little wetter.

All pits, such as date, plum, apricot and peach pits must be removed. Seeds from lemons, limes, grapes and melons etc. may be put into your juicer.

When you are making nut butters, soak nuts for 8 hours or overnight before processing, this aids the body's digestive process and avoids damage and excess wear & tear to the screw and juicing strainer.

When processing frozen fruits, let them stand for 10 minutes before use. This ensures any attached ice has melted and prevents damage to the screw.

Oscar parts are not dishwasher safe. Rinse the juicing parts of the Oscar under running water.



# Oscar 900

## User Instructions



### **Fruit Juice Extractor**

The OSCAR Vital Max 900 Living Juicer / Food Processor efficiently juices soft and hard fruits including citrus fruits, usually one of the hardest fruits to juice.

### **Vegetable Juice Extractor**

The OSCAR Vital Max 900 Living Juicer / Food Processor juices all kinds of vegetables, including celery, carrots, peppers, radishes, cabbage without destroying the natural flavor and nutrition. Fresh taste, full nutrition is guaranteed with this unique extraction process.

### **Grass Juice Extractor**

The OSCAR Vital Max 900 Living Juicer / Food Processor can juice wheatgrass, aloe leaves, pine tree leaves, parsley and other herbs.

Enjoy the best that nature offers in raw foods of all kinds and juice them for full nutritional benefits.

### **Mincer/Chopper Functions**

The OSCAR Vital Max 900 Living Juicer / Food Processor chops and minces, providing natural flavor and nutrition from garlic, scallions, red pepper, ginger, radish and many other foods, including herbs and seasonings. Soft foods for special diets for babies and geriatric patients are quick and easy to prepare with the chopper attachment.

### **Pasta Maker**

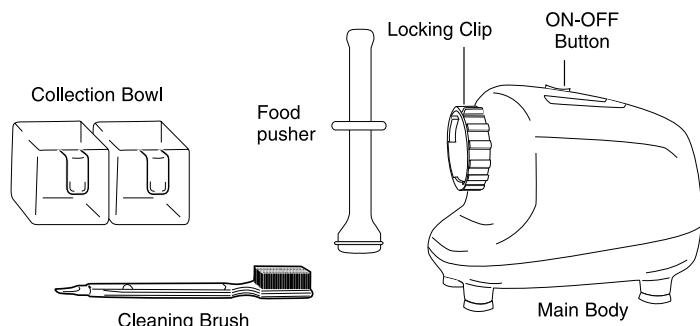
The OSCAR Vital Max 900 Living Juicer / Food Processor can make fresh noodles in just minutes with the handy pasta nozzles. See the instructions below and the recipe section for more information.

# Oscar 900

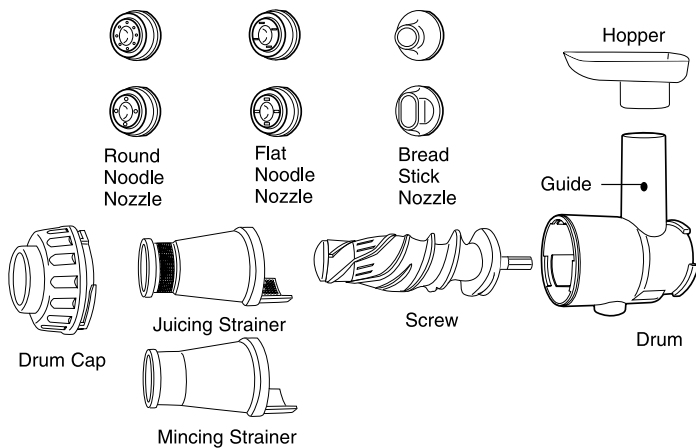
## Parts & Accessories



- 1 Juicing Strainer
- 1 Mincing Strainer
- 1 Screw (Auger)
- 1 Drum
- 1 Hopper
- 1 Drum Cap
- 1 Food Pusher
- 2 Round Noodle Nozzle
- 2 Flat Noodle Nozzle
- 2 Bread Stick Nozzle
- 2 Collection Bowls
- 1 Cleaning Brush
- 1 User Manual

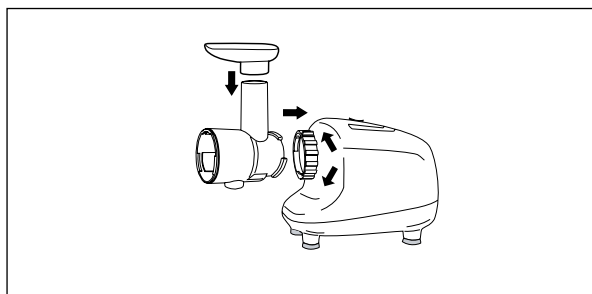


### Parts for Juicing or Mincing



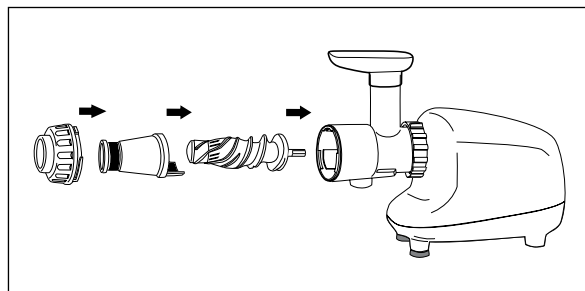
# Oscar 900

## Assembly Instructions

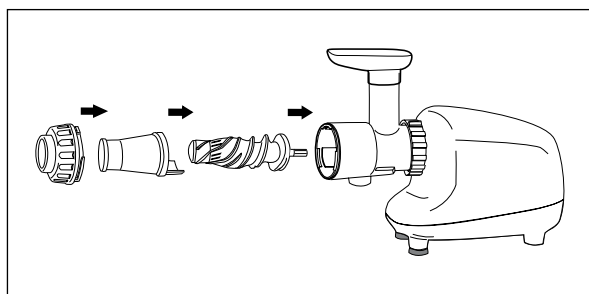


For juicing function, place the screw into the drum. Insert the juicing strainer into the drum. Place the drum cap on to the end of the drum and turn it counter-clock-wise until it locks firmly into place.

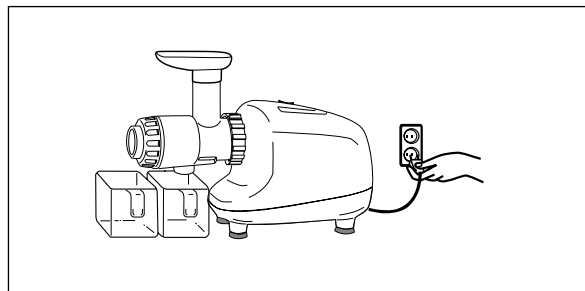
Connect the drum to the main body by turning locking clip clockwise (about 60°). Place the hopper onto the guide.



For mincing function, place the screw into the drum. Insert the mincing strainer into the drum. Place the drum cap on to the end of the drum and turn it counter-clock-wise until it locks firmly into place. For making pasta, u-dong, noodle or breadstick, please proceed to the recipe section



Place the juice bowl and waste bowl under the drum set. Plug power cord into wall outlet.



# Oscar 900

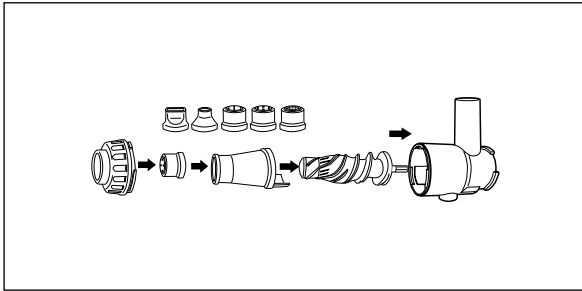
## Startup Instructions



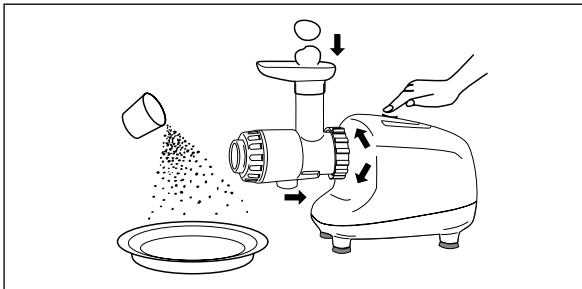
1. Press the ON button. Place a few pieces of fruit or vegetables cut to the size, one at a time into the guide. Use the food pusher to press the fruit or vegetables gently down the guide. Leave the machine on as you feed in the fruits/vegetables.
2. The Oscar Vital Max 900 juices / processes continuously - turn on the machine and let it run without interruption until all the juice has been extracted.
3. DO NOT place any metal objects into the hopper. If the drum set is blocked or clogged or the machine stops operating, press the reverse button 2 to 3 times and press the on button again to resume normal operation.
4. After placing the last pieces of fruits or vegetables into the hopper, keep the machine running for a few seconds longer to ensure the machine has extracted the last drops of juice. Do NOT run juicer for more than 30 minutes continuously at any one time.
5. Switch the juicer OFF at the on/off switch and the power outlet before changing accessories or touching any moving parts. Remove the drum set from the main body by turning the locking clip counter-clockwise. Pull the screw forward to disassemble it from the drum set. Disassemble and clean the front end immediately after each use to ensure easy cleaning. Wash all parts in warm soapy water. Do NOT place any of the juicer parts and accessories in the dishwasher.

# Oscar 900

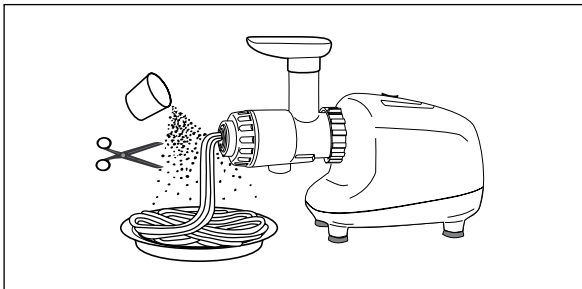
Making Pasta, U-dong,  
Noodle, Breadstick



Open the drum cap. Replace the juicing strainer with the mincing strainer. Choose and place the desired nozzle into the front end of the mincing strainer. Turn the drum cap counter-clockwise until it clips firmly into place



Sprinkle a small amount of wheat flour on the holding dish, placed under the spout. Press the ON button. Push pasta dough through the food guide without stopping.



Use scissors to cut the pasta to desired lengths. Cook according to recipe used.



# Oscar 900

## Cleaning Instructions



Wash the OSCAR 900 parts in warm, soapy water and rinse well.

Staining from vegetables will occur naturally over time, it's nothing to be concerned about as it is an inherent part of juicing.

To periodically remove any discolouring created by the fruits or vegetables, soak affected parts in a solution of citric acid diluted with water. Alternatively you can make a paste of bicarb and water, apply and leave overnight.

Do Not Place Parts Or Accessories In Your Dishwasher.

Do not immerse unit in water. Clean with gentle, non abrasive detergent and a damp cloth.

## Choosing the Right Screen

PRODUCE	SCREEN
Apples, oranges, pears, grapes, strawberries, kiwi fruit, tomatoes, avocados, aloe plant, pine tree leaves, kale, radishes, beet tops, spinach, carrots, yams, wheat grass and all fruit & vegetables for juicing	Juicing Screen
Red/green pepper, pitted olives, garlic, ginger, herbs, soaked rice and beans, soaked nuts, fresh fish and meat and all produce for mincing (baby foods, nut butters, dips, bliss balls & frozen fruit desserts)	Mincing Screen
Pasta, U-dong, Noodle Breadstick	Mincing Screen

# Oscar 900

## Specifications & Warranty



Model Name	Oscar Vital Max 900 Juicer / Living Food Processor
Dimensions	Length: 260 mm Width: 175 mm Height: 215 mm
Voltage	230V / 50Hz
Wattage	200W
Motor	Single phase induction
RPM	75-90
Fuse	T5AL 250VAC
Certification	CE, GS, ISO9001

### LIMITED WARRANTY

The OSCAR VITAL MAX 900 Living Juicer / Food Processor is warranted (20 years for motor and 5 years on all parts and labor) from the date only to the original consumer purchase or other person for whom it was purchased as a gift to be free from defects in materials and workmanship. The OSCAR Living Juicer / Food Processor will be repaired or replaced at Vitality4Life's option during the warranty period. This warranty is for normal household (non commercial) use and does not cover damage occurring during shipping or product failure as a result of accident, misuse, alteration, abuse, neglect or improper maintenance. This warranty applies only to units used in accordance with supplied instructions. Vitality 4 Life will not be liable for commercial consequential or incidental damages. Warranty is void if unit has been altered or modified without Vitality4Life's authorization. Removal or rendering serial number illegible voids your warranty. Warranty card must be completed and sent to Vitality4Life within 10 days of purchase (or receipt as a gift) to receive warranty coverage.

# Oscar 930Pro

## USER INSTRUCTIONS



### **Fruit Juice Extractor**

The OSCAR 930 Pro Living Juicer efficiently juices soft and hard fruits including citrus fruits, usually one of the hardest fruits to juice.

### **Vegetable Juice Extractor**

The OSCAR 930 Pro Living Juicer juices all kinds of vegetables, including celery, carrots, peppers, radishes, cabbage without destroying the natural flavor and nutrition. Fresh taste, full nutrition is guaranteed with this unique extraction process.

### **Grass Juice Extractor**

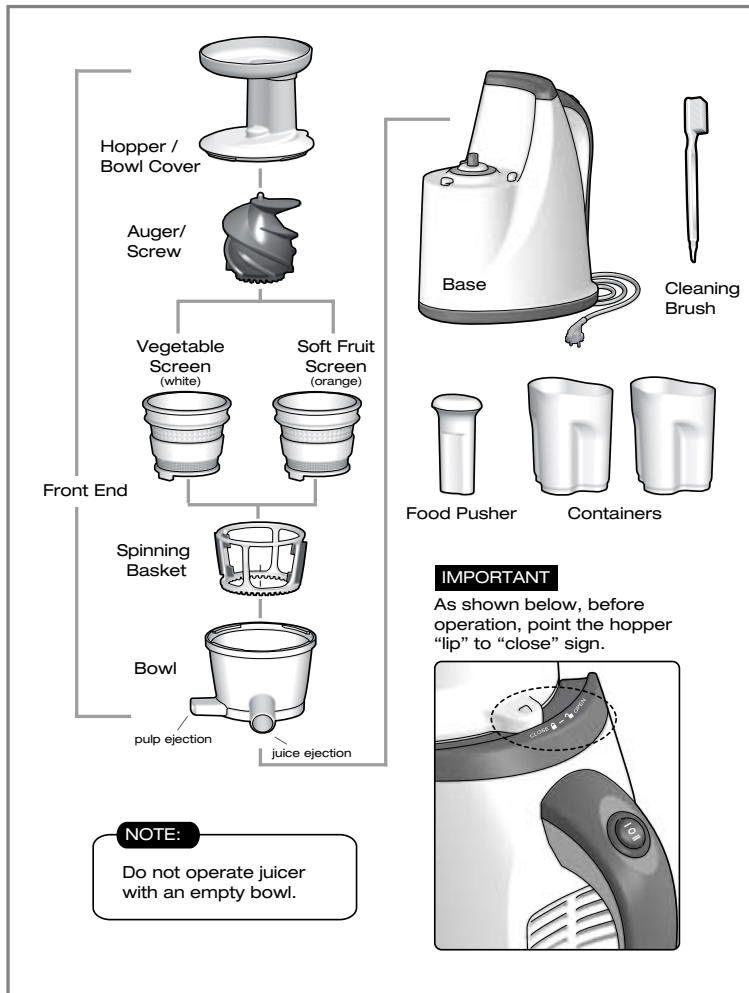
The OSCAR 930 Pro Living Juicer can juice wheatgrass, aloe leaves, pine tree leaves, parsley and other herbs. Enjoy the best that nature offers in raw foods of all kinds and juice them for full nutritional benefits.

### **Nutritional Drink Maker**

The OSCAR 930 Pro Living Juicer can effectively make a range of healthy drinks from soaked pulses, grains, beans and produce.

# Oscar 930Pro

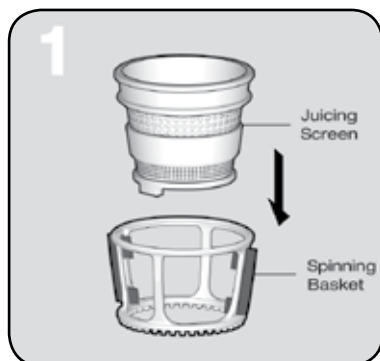
## Parts & Accessories



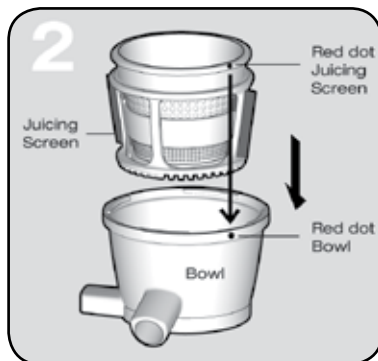
- 1 Hopper / Bowl Cover
- 1 Auger / Screw
- 2 Juicing Screens
- 1 Drum
- 1 Spinning Basket
- 1 Pulp Container
- 1 Juice Container
- 1 Cleaning Brush

# Oscar 930Pro

## Assembly Instructions



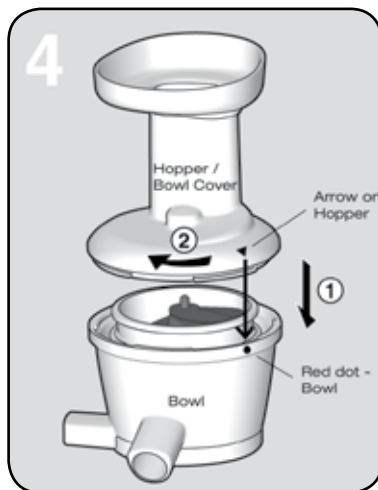
Put the juicing screen into the spinning basket.



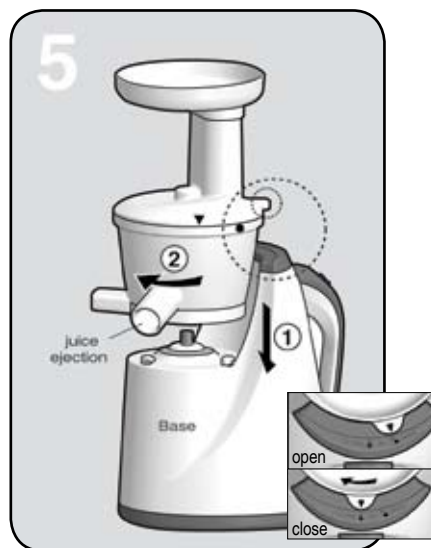
Set the round red mark on the top of juicing screen vertically over the round red mark on the top of drum.



Put the auger into the juicing screen.



- Set the arrow mark on the drum cover vertically over the round red mark on the top of drum.
- Turn the drum cover clock-wise firmly to fix it onto the drum.



- Set the arrow mark on the bottom of drum to "O" mark on the housing.
- Turn the drum set clock-wise until the arrow mark on the bottom of drum reaches the round black mark on the housing.

# Oscar 930Pro

## Startup Instructions



1. Press the ON button.  
Place a few pieces of fruit or vegetables cut to the size, one at a time into the guide. Use the food pusherto press the fruit or vegetables gently down the guide. Leave the machine on as you feed in the fruits/vegetables.
2. The Oscar Vital Max 930Pro juices continuously - turn on the machine and let it run without interruption until all the juice has been extracted.
3. DO NOT place any metal objects into the feeding chute. If the drum set is blocked or clogged or the machine stops operating, press the reverse button 2 to 3 times and press the on button again to resume normal operation.
4. After placing the last pieces of fruits or vegetables into the hopper, keep the machine running for a few seconds longer to ensure the machine has extracted the last drops of juice. Do NOT run juicer for more than 30 minutes continuously at any one time.
5. Switch the juicer OFF at the on/off switch and the power outlet before changing accessories or touching any moving parts. Remove the drum set from the main body by turning the locking clip counter-clockwise. Pull the screw forward to disassemble it from the drum set. Disassemble and clean the front end immediately after each use to ensure easy cleaning. Wash all parts in warm soapy water. Do NOT place any of the juicer parts and accessories in the dishwasher.

# Oscar 930Pro

## Making Health Drinks



The Oscar 930Pro can make a range of healthy nut, bean & pulse based drinks.

Simply soak nuts, rice, soybeans, etc overnight in a bowl of pure filtered water.

After soaking, wash thoroughly before use.

Place the rice, beans & legumes of your choice in a bowl of fresh filtered water (the ratio of water can be varied according to taste).

Simply scoop the mixture using a soup ladle into the feeding chute and alternate with fruits and vegetables to make an endless array of healthy drinks.

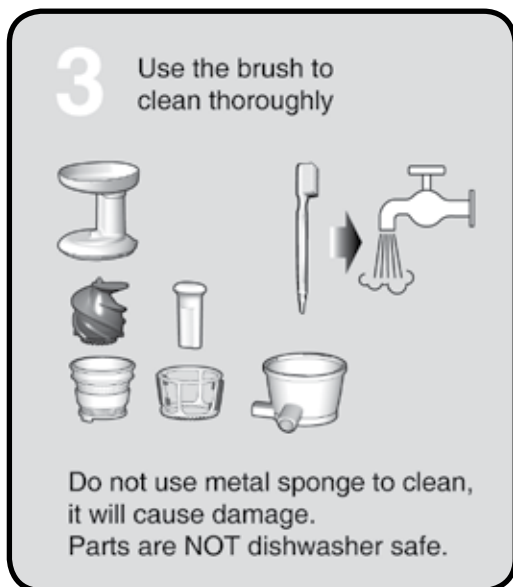
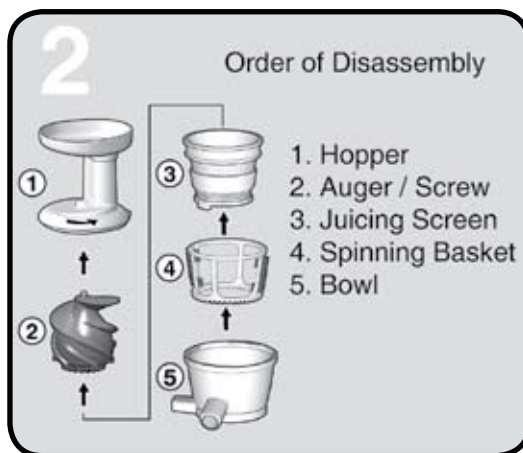
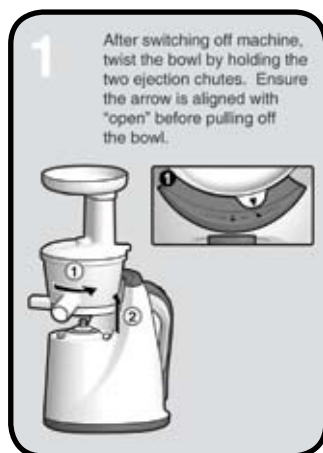
### Some yummy recipes to try...

- Almond, berry, banana, yogurt
- Rice, celery, apple, walnut
- Soy, red capsicum, cherry (pitted)
- Black rice, red grape, beetroot, pear
- Soy, banana, walnut and honey



# Oscar 930Pro

## Disassembly & Cleaning





# Oscar 930Pro

## Cleaning Instructions



Wash the OSCAR Living Juicer parts in warm, soapy water in your kitchen sink and rinse well.

Staining from vegetables will occur naturally over time, it's nothing to be concerned about as it is an inherent part of juicing.

To periodically remove any discolouring created by the fruits or vegetables, soak affected parts in a solution of citric acid diluted with water.

Alternatively you can make a paste of bicarb and water, apply and leave overnight.

Do Not Place Parts Or Accessories In Your Dishwasher.

Do not immerse unit in water. Clean with a damp cloth.

## Choosing the Right Screen

PRODUCE	SCREEN
Apples, oranges, tomatoes, aloe plant pine tree leaves, kale, radishes, beet tops, spinach, carrots, yams, wheat grass and all hard vegetables for juicing	Small Hole Screen
Pears, strawberries, kiwi fruit, grapes, soaked pulses, avocados, rice and beans and all soft fruits for juicing	Large Hole Screen

# Oscar 930Pro

## Specifications & Warranty



Model Name	Oscar 930 Pro Juicer
Dimensions	Length: 173 mm Width: 250 mm Height: 402 mm
Voltage	230V / 50Hz
Wattage	200W
Motor	Single phase induction
RPM	70
Fuse	T5AL 250VAC
Certification	CE, GS, ISO9001

### LIMITED WARRANTY

The OSCAR VITAL MAX 930Pro Living Juicer is warranted (20 years for motor and 5 years on all parts and labor on domestic use & 3 years on commercial use) from the date only to the original consumer purchase or other person for whom it was purchased as a gift to be free from defects in materials and workmanship. The OSCAR VITAL MAX 930 Pro Living Juicer will be repaired or replaced at Vitality4Life's option during the warranty period. This warranty is for normal household (non commercial) use and does not cover damage occurring during shipping or product failure as a result of accident, misuse, alteration, abuse, neglect or improper maintenance. This warranty applies only to units used in accordance with supplied instructions. Vitality 4 Life will not be liable for commercial consequential or incidental damages. Warranty is void if unit has been altered or modified without Vitality4Life's authorization. Removal or rendering serial number illegible voids your warranty. Warranty card must be completed and sent to Vitality4Life within 10 days of purchase (or receipt as a gift) to receive warranty coverage.

# Oscar 900 & 930Pro

## Troubleshooting

### **The motor sounds noisy, what shall I do?**

If the juicer starts to vibrate slightly during operation, turn off the machine and empty the drum set. Re-assemble and resume normal operation.

If your machine is making a loud noise, take all the extra parts off the machine and run the motor alone. If it is still making a loud noise then you will need the motor looked at.

If the motor is not making a noise, check that all parts are clean, as dirty parts can make a noise due to rubbing against each other while you are juicing.

Check the kind of produce you are using, as some kinds of produce are noisier than others, for instance,

if your produce is particularly hard, or has been frozen or refrigerated. Finally, try smearing just a little bit of olive oil on the inside of the machine before you start juicing. If the noise persists, please contact your service centre.

### **What shall I do if I've lost the original plastic plunger or pusher?**

Call your distributor and order a new part. It is very important to use the correct plunger for the machine as they are made to fit each juicer precisely.

If you use another plunger you may risk entering it too deep into the feeding chute, creating so much pressure that you can break either the plunger or the auger/screw.

# Living Juice Recipes

## Juice for Vitality!

With the Oscar, you now have the tools you need to improve your vitality – the rest is up to you.

Drink 1 litre of vegetable juice spread over the day, every day. Try this for 30 days and feel the difference. We recommend reading the books by Dr. Norman Walker to guide your understanding.

Dr. Walker's book 'Fresh Fruits and Vegetable Juices' is a complete guide to raw juices and explains how to use juice therapy for maximum results. The book describes 150 ailments and recommends which juices to use, in what proportions and why.

## Juice Your Sprouts!

Dr Brian R. Clement, Director Hippocrates Health Institute, Florida, USA, states that 'the healing qualities of sprouts especially when juiced are evident, as sprouts are the most alive of the living foods'.

Broccoli is considered the new wonder sprout due to the sulforaphane contained therein, which has been proven to enhance cancer-fighting enzymes.

A handful of sprouts can be added to any of the recipes in this section.



# Fresh Juice or Fresh Juice ?

## Bottled vs Freshly Squeezed

Processed bottled juice on supermarket shelves comes in all forms – plastic or glass bottles, canned, refrigerated cartons or vacuum packed and can last up to 2 years.

The fruit processing industry uses powerful yet the same low speed extraction process as the cold press juicers to extract the maximum yield of juice from the fruit. Once cold pressed, fresh fruit juice is quickly pasteurised or heat treated at around 90°C.

This heating process has been shown to destroy certain nutrients and changes the pH from alkaline to acid. Most antioxidants are heat sensitive and can reduce by 15% each time a juice is heated.

By the time the juice is packed and sold in the supermarket or deli it may have been heated at 2 or 3 locations to get in the final bottle and the long term storage of pasteurised juice leads to a further breakdown of nutrients over time.

If you look closely at the ingredients, you will see that a lot of juice companies use juice concentrates to save costs, but regardless of whether the juice is made from concentrate or not, the alkaline properties and naturally occurring nutrients are greatly diminished.

These juice concentrates are often imported and typically involve hours of heating to remove the water, leaving little nutritional value behind.

## Quality Produce

The type of produce you decide to juice really is up to you.

Organic produce is always going to be the best choice, however it can be more expensive and hard to find. So we say do the best you can with what you have got available.

Going organic really gives your body the very best nutrition possible. Seek out your local produce suppliers, farmers markets or most supermarkets have organic sections these days and are encouraged to . Start to take note of what greens and fruit are in season or available in your area.

Recipes for use with...

## Oscar 900 & 930Pro

### Make your own V8 Juice!

3-4 Tomatoes  
2 Carrots  
1/2 Beetroot  
1 Stalk of Celery  
1/2 Red Capsicum  
1/4 cup Cucumber (or 1  
Lebanese cucumber)  
2 Apples  
Sprigs of Parsley

Tomatoes are a great alkaliser when consumed without sugars or starches! Carrots support the immune system! Beetroot is a great blood builder. Celery improves digestion. Red Capsicum is good for skin, hair & nails. Cucumber is a natural diuretic. Apples aid liver function and improve taste. Parsley is high in minerals including potassium.





## Green Juice

1 small Broccoli Head or 1 cup  
Florets

1 – 2 Stalks of Celery

¼ Cabbage

1 small Lettuce Head or 1 cup  
leaves

¼ cup Spinach Leaves

Sprouts of any kind

Sprigs of Parsely

1 small Cucumber

Apple & Lime to taste

Green juices are rich in chlorophyll in its natural state – the way nature intended. One of chlorophyll's most important functions is the oxygenation of the bloodstream. It is necessary for health to select foods that feed rather than rob the body of oxygen. Without sufficient oxygen in the blood, we are prone to develop symptoms of low energy, sluggish digestion and metabolism, leading to deterioration in vitality and an increase the onset of disease. The addition of limes and apples to green juices greatly assist to make juices more acceptable to the palate.



## Crazy Carrot Juice

4 Medium Carrots  
4 Tomatoes  
2 Stalks Celery  
Small Sprigs of Parsley

Feed all ingredients through the Oscar alternatively and enjoy. Carrots have carotene which is a natural protection against sunburn. Celery is rich in vitamin C. Garlic defeats high blood pressure and cholesterol, to name but a few of its many benefits. Basil is rich in calcium and iron and has a delicious flavour.

## Carrot Juice Recipe with potato, fennel and apple

4 Medium Carrots  
2 Apples  
1 Small Potato  
1 Small Stalk of Fennel

Fennel assists you as a mild sedative and in falling asleep. Fennel has been shown to reduce and control inflammation of arthritis. It evens mood fluctuation and depressive states. Fennel has the rare nutrient called manganese, contains zinc and vitamin B complex, which makes it a very valuable ingredient in a juice.





## Draculas Punch

2 Apples  
1 cup of Raspberries  
2 cups of Black Grapes

Apples contain potassium and are known to assist the body in building resistance to infection and they stimulate the digestion. They are also known to help with weight loss. Berries assist to keep the blood alkaline.

## Cupids Capsicum Shot

1 Dark Red Fresh Capsicum  
4 Medium Carrots  
1/4 of a Fresh Chilli Husk  
Pinch of Black Pepper

Red capsicum is rich in vitamin A, C, potassium and silicon. It reduces risk of cardiovascular disease by assisting in the prevention of blood clot formations.

Chili is a stimulant for the whole system and is said to increase passion.



## Fruit & Veg Supreme

5-6 Carrots

1 Beetroot

1 small Cucumber or 1 stalk of Celery

Piece of Fresh Ginger

2 Apples

1 Lime

Handful of Broccoli Sprouts

Feed ingredients through the Oscar alternatively.

This is a great tasting, nutrient-rich juice which can be varied according to personal taste and seasonal availability.



## Apple and Celery Juice

5-6 Apples

3-4 Celery Stalks

Feed ingredients through the Oscar alternatively.

Apples build resistance to infection, have anti- cancer benefits and are great for healthy hair, skin and fingernails.

Celery assists in the elimination of carcinogens and has a calming effect on the nervous system.

## Digesters Delight

1/2 Pineapple – core & stalk removed

2 Peeled Oranges

1 Celery Stalk

Fresh Ginger to Taste

Remove the core of the pineapple before juicing.

Juice the pineapple pieces alternatively to the oranges and celery.

Pineapple soothes sore throats, aids digestion and acts as an anti-inflammatory for various forms of arthritis and sporting injuries. It also stimulates pancreatic hormone secretions.



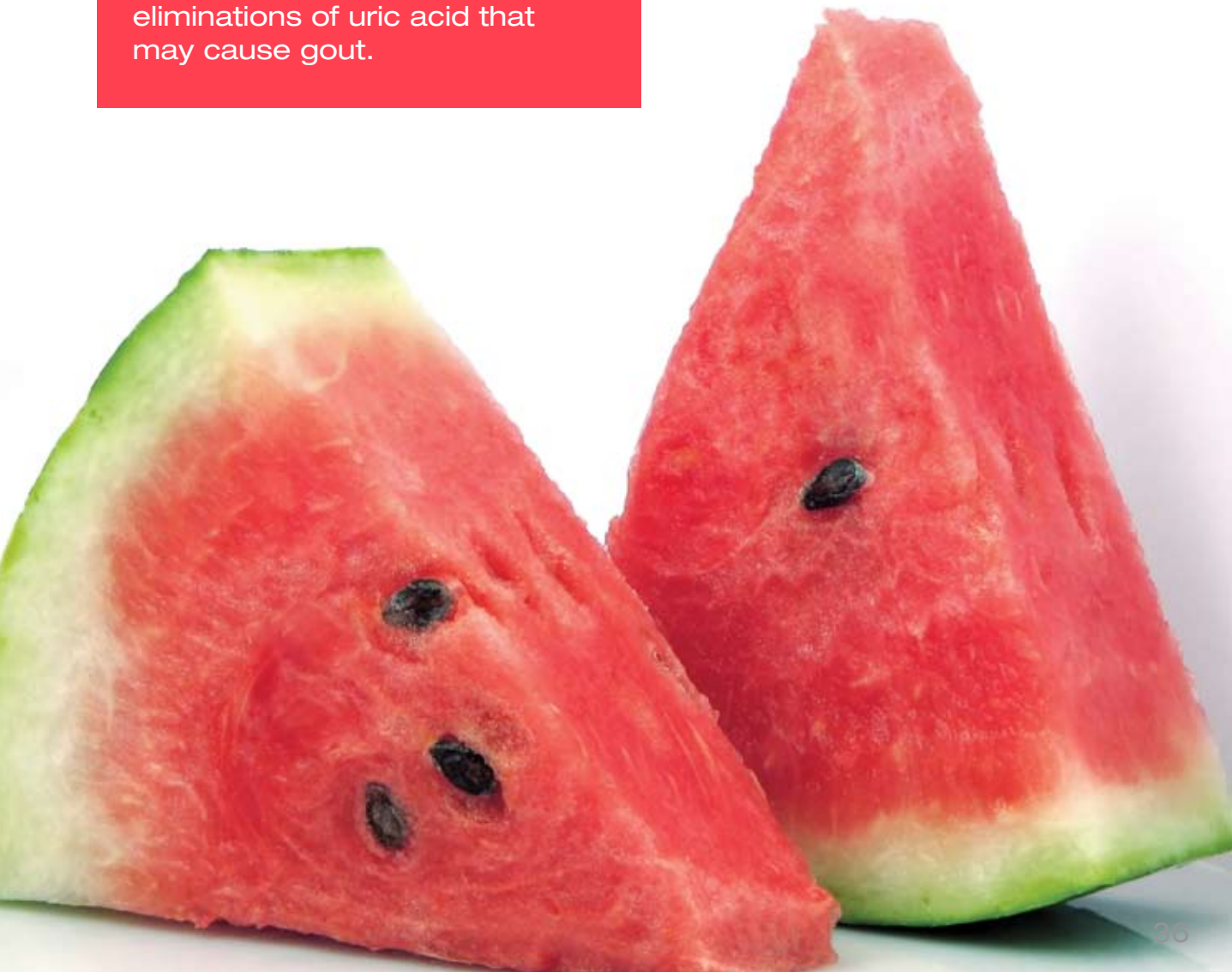
# Grape Watermelon Drink

Watermelon

Bunch of Grapes without the stems

Feed ingredients through the Oscar alternatively.

Watermelon assists in flushing the kidneys and bladder, assists in digestions and the eliminations of uric acid that may cause gout.





# Wheatgrass

## ...nature's healer

**Wheatgrass** is baby wheat, planted on the soil and not sown. Wheatgrass produces high concentrations of chlorophyll, active enzymes, vitamins and other nutrients. Chlorophyll makes up over 70% of the solid content of wheatgrass juice and is the basis of all plant life. It is often referred to as the “blood of plant life” as it closely resembles the molecule of human red blood cells. Wheatgrass is not only rich in chlorophyll: it has 100 elements needed by the body to keep vital and nourished. If grown in organic soil, wheatgrass absorbs 92 of the known 102 minerals from the soil.

**Dr. Ann Wigmore** was a pioneer in the use of wheatgrass juice for detoxifying and healing the body, mind, and spirit. The recommended daily allowance for wheatgrass is 30 mls once or twice per day. You can start with as little as 10–15mls per day and gradually increase the dose. Wheatgrass juice can temporarily cause an upset stomach if too much is consumed too soon.

### Care & Use

Cut the grass close to the roots and wash thoroughly to ensure no soil or stones are present. You can get a second yield when the grass grows back, although the content won't be as rich as the original grass. Feed the wheatgrass tips first into the Oscar. Four trays planted on different days over a two week period should be enough for 1 person. Undoubtedly, wheatgrass has a very strong taste. You can mix the wheatgrass shots and here are a couple of delicious recipes.



## Wheatgrass Whip

30mls Wheatgrass  
1 Green Apple  
1/2 Lime

## Sweet Grass

2 Carrots  
1 Orange  
30mls Wheatgrass  
Ginger to taste

When juicing Wheatgrass, Barley Grass or Alfalfa Juice, place a bunch of wheatgrass (about 1 inch diameter) 'tips down' into the feeding chute.

Feed carrots and other desired fruits or vegetables into the chute for a milder tasting combination for those who haven't tried pure wheatgrass juice before.



## Juiced Tomato and Herb Soup

8 Tomatoes  
2 Carrots  
Pinch of Sea Salt  
Pinch of Black Pepper  
1 tsp. Fresh Dill  
2-3 Basil Leaves  
1 tsp Olive Oil

Using the juicing strainer, feed in the carrots and tomatoes then mix all the ingredients together.

For more fibre, let everything run through again with the mincing strainer this time, adding some of the pulp. Decorate with a sprinkle of fresh herbs or flowers.



# Recipes for use with...

## Oscar 900

### Max Salsa

4 Ripe Tomatoes  
1/2 Red or Green Capsicum  
1/2 Stick Celery  
1 Small Onion  
1 Garlic Clove  
1-2 tbsp Fresh Coriander  
1/3 tsp Cumin  
Braggs Liquid Aminos  
Cayenne Pepper or Fresh Chilli

Using the mincing strainer, feed all the ingredients into chute alternatively.

Mix well and serve vegetable sticks or rice crackers made with the Oscar.

### Japanese Seaweed Soup

2-3 Avocados  
2 Cups of Water  
1/2 Sheet of Seaweed  
1/4 Cup Soaked Macadamias  
Handful of Sprouted Sunflower Seeds  
2 tsp Olive Oil  
5 Chives

Chop the chives finely. Using the mincing strainer, let the seaweed, macadamia nuts and avocados run through the guide together until you get a smooth paste.

Mix oil and water into this paste. Sprinkle with chopped chives and sunflower seed sprouts.





## Sprouted Chickpea Hummus

1 1/2 cups Soaked, Sprouted and Drained Chick Peas  
1/2 cup Chopped Spring Onion  
1/2 cup Chopped Parsley  
1/4 cup Lemon Juice  
Big Squeeze of Orange or Lemon juice  
2 tbs Hulled Tahini  
1 tbs Honey or Maple Syrup  
2 tbs Braggs Liquid Aminos  
Pinch Cayenne Pepper (optional)  
Ginger (optional)

Using the mincing strainer feed chickpeas, parsley and spring onion into the chute. Thoroughly mix all remaining ingredients together and serve.



## Pesto

1 1/2 cups of Basil  
Bunch of Parsley  
1 Garlic Clove  
1 cup Pine Nuts (or Pistachio)  
Juice of 1/2 Lemon  
2 tsp Olive Oil  
Braggs Liquid Aminos

Using the mincing strainer feed the basil, parsley, garlic and pine nuts into the chute. Mix the oil and lemon juice into the paste until smooth. Spice with Braggs.

# Nut Butters

Fresh nut butters in any combination are an ideal spread for sandwiches, base for sate, dressings or as part of a delicious dip. Almost any variety of nuts can produce nut butter. Some varieties of nuts don't have high oil content so if you want a creamy butter, add nut or olive oil until you reach the desired consistency. Another hint for a creamy butter is to pour in the nuts slowly and alternatively, for crunchy nut paste pour in the nuts faster. Relatively soft nuts such as peanuts, pine nuts, macadamias and cashews may be poured in without soaking. All other nuts must be soaked. When nuts are soaked, the enzyme inhibitors are rinsed away and they are easier to digest.



## Bliss Balls

2 cups Almonds Soaked, Rinsed and Drained  
1 cup Unsulphured Dried Fruits such as Dates, Raisins and Apricots  
1/2 cup Desiccated Coconut

Using the mincing strainer, mince almonds, alternating with the dried fruit. Form into balls and roll in coconut. For variation, use different nuts, carob powder, natural vanilla essence or peppermint oil.

## Peanut Butter

2 cups Roasted Unsalted Peanuts  
Olive Oil  
Vitamin C Powder (Sodium Ascorbate)

Using the mincing strainer slowly add the peanuts while machine is running. Stop the machine and add the Vitamin C powder and enough olive oil to the peanut paste to make a nice soft spreading consistency. Other types of nuts such as almonds are very nice ground in this manner.

## Peanut Balls

2 cups Peanuts  
1 cup Sesame Seeds  
4 Apricots  
2 tbs Honey  
Juice of Half an Orange

Mix peanuts, apricots, honey, juice and 1 cup sesame seeds in bowl. Using the mincing strainer, feed through the chute. Roll paste into balls and into remaining sesame seeds.

# Pasta & Noodles

The Oscar 900 can make pasta simply by replacing the juicing screen with the mincing screen. The pasta dough bypasses the juice outlet and is pushed out through the drum cap and one of the 6 pasta nozzles supplied.

Freshly made pasta is such a treat, so much so that you may find it difficult to eat packet pasta every again. You also know exactly what is going into the mix. There are many varieties of ingredients you can try, mixing in beetroot, carrot or other types of juice to give a vibrant colour.

## Hints and Tips for Pasta Making

- Add an egg and a few drops of olive oil to your mixture to help prevent it from sticking together
- Have a floured tray to lay it on when it comes out of the machine
- If making spelt or semolina pasta, reduce the amount of flour used or the dough will be too stiff





## Cheeky Pasta

Firstly, set up your Oscar with the mincing screen and desired nozzle for fettuccine or round noodle. On you clean kitchen bench or in a large bowl, pour out a couple of cups of organic flour. Add half a cup of warm water or vegetable juice and 1/2 teaspoon of sea salt (which acts as a rising agent). Keep the mixture dry, not too sticky. Break into balls and feed into the chute. As the strands of pasta come out of the machine, cut them off and lay on to floured tray. Repeat process until dough is used. Cook noodles in boiling water for 3 – 5 minutes and drain.



## Boiled Rice Noodle

An ideal way to use left over rice is to make rice noodles. Mix rice in a bowl together with a little sea salt and warm water. Feed the mixture into the machine and cut at desired length. Cook in boiling water for 3-5 minutes. Add desired vegetables and Asian sauces.



# Sweet Treats

What a wonderful way to use excess fruit by freezing and making delicious ice creams and sorbet style desserts.

- Freeze fruit without skins, stones or seeds and cut into pieces that fit into the feeding chute.
- Remove frozen fruit from the freezer about five minutes before you plan to use them so the hard ice crystals have melted.
- Mixing frozen banana with other fruits will give a creamy consistency.
- For sorbets use any frozen fruit without bananas and let your imagination flow free.



## Coco Mango Ice Cream

2 Frozen Mangos  
2 Frozen Bananas  
1/2 cup Fresh Coconut cut into pieces  
1/2 cup Frozen Dates

Using the mincing strainer, alternate all ingredients into the feeding chute and mix well. You may refreeze this nutritious, delicious treat.

## Blueberry Spider

3 Oranges (peeled)  
3/4 cup Frozen Blueberries  
1/2 Frozen Banana

First place the juicing strainer over the screw.

Juice the oranges and fill 2 glasses, then make a blueberry-banana ice cream by letting the frozen fruit run through the mincing function twice (when you change over to the mincing function you don't have to clean the machine).

Take 2 ice cream scoops with a spoon and place them gently into the orange juice and serve immediately.

## Maca Fruit Icecream

2 cups Frozen Fruit such as Strawberry, Mango or Pineapple  
3 Frozen Bananas  
1/2 cup Soaked and Drained Macadamias  
1 tsp Natural Vanilla Essence

Using the mincing strainer, alternate the fruit, bananas and macadamias. Quickly stir in the vanilla and enjoy.

# Making Bean, Rice & Nut Milks

Soak soybeans, rice and/or nuts in water (nuts & soybeans for a minimum of 8 hours).

Rinse and drain. Make a mixture of beans, nuts, rice, water and if desired, fruit / vegetables.

Using the mincing screen, feed the mixture into the chute simultaneously with a small amount of water.

This works best using a large spoon and scooping the mixture from a container.

To reduce sediment, place a sieve over the collection bowl or strain through a muslin cloth.

This will make flavoured bean, nut or rice milk. If using soybeans, the resulting mixture can be used to make tofu. For flavoured milks, try the following ideas...

- Add berries, banana and other fruits
- Add a small amount of salt and/or sweetener eg; raw honey or maple syrup
- Add vanilla and a pinch of cumin, nutmeg, cinnamon or cardamom

## Tofu Recipe

- Add a small amount of salt to soy juice if you haven't already and boil while stirring continuously.
- Add the curdling agent (coagulant) to the boiled soy juice and let stand for 4-5 minutes while it curdles.
- Remove the excess water by squeezing it with clean, food-grade muslin.





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