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# Congratulations

on the purchase of your new Breville ikon Multi-Speed Juice Fountain

## IMPORTANT SAFEGUARDS

We at Breville are very safety conscious. We design and manufacture consumer products with the safety of you, our valued customer foremost in mind. In addition we ask that you exercise a degree of care when using any electrical appliance and adhere to the following precautions:

## READ ALL INSTRUCTIONS AND SAVE THESE FOR FUTURE REFERENCE



- Carefully read all instructions before operating and save for future reference.
- Do not push food into the feed chute with your fingers. Always use the food pusher provided.
- Do not touch the small sharp teeth and blade in the center of the Stainless Steel Filter Basket.
- Do not touch the sharp blade in the feed tube.
- Always make sure the ikon Juice Fountain is properly and completely assembled before connecting to power outlet and operating. The unit will not turn 'ON' unless properly assembled.
- Always use the ikon Juice Fountain on a dry, level surface.
- Always switch the ikon Juice Fountain off, then unplug from the power outlet if the appliance is to be left unattended, if not in use, before cleaning, before attempting to move the appliance, disassembling, assembling and when storing the appliance.
- Do not juice fruits with pits unless pits have been removed.
- Regularly inspect the supply cord, plug and actual appliance for any damage. If found damaged in any way, immediately cease use of the appliance and call Breville Customer Service at 1-8666-BREVILLE.
- The use of accessory attachments not recommended by Breville may cause risk of injury to persons, fire or electric shock.
- When using this appliance, provide adequate air space above and on all sides for circulation.
- If the appliance is of the grounded type, the extension cord should be a grounded type and its electrical rating must be the same or more wattage as the appliance.
- To protect against fire, electrical shock and injury to persons do not immerse the appliance, motor base, cord or plug in water or any other liquid. Do not use a water jet to clean the power cord or motor base.
- This appliance is not intended for use by young children or weak persons without supervision.
- Do not leave the appliance unattended when in use.
- Young children should be supervised to ensure that they do not play with the appliance.
- Do not run the juicer for more than one minute at a time when juicing hard fruits and vegetables at a rapid rate and with firm pressure.
- Do not let the cord to hang over the edge of a table or counter, or touch hot surfaces or become knotted.
- Do not place this appliance on or near a hot gas or electric burner, or where it could touch a heated oven.
- For any maintenance other than cleaning call Breville Service Center at 1-8666-BREVILLE.

- Do not use this appliance for anything other than its intended use. Do not use in moving vehicles or boats. Do not use outdoors.
- Strictly follow cleaning and care instructions.
- To disconnect, turn all controls to 'off', then remove plug from power outlet.
- Always make sure the cover is clamped (lock bar) securely in place before the motor is turned on. Do not unfasten the clamps (lock bar) while the juicer is in operation.
- Do not use the appliance if the rotating sieve (filter basket) is damaged.
- Make sure the motor stops completely before disassembling.
- If food becomes lodged in opening (Feed Tube), use food pusher or another piece of fruit or vegetable to push it down. When this method is not possible, turn motor off and disassemble juicer to remove the remaining food.
- This appliance has a polarized plug. To reduce the risk of electric shock, this plug will fit in a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not modify the plug in any way.

## ELECTRIC CORD STATEMENT

Your ikon Juice Fountain has a short cord as a safety precaution to prevent personal injury or property damage resulting from pulling, tripping or becoming entangled with the cord. Do not allow children to be near or use this appliance without close adult supervision. If you must use a longer cord or an extension cord when using the appliance, the cord must be arranged so it will not drape or hang over the edge of a countertop, tabletop or surface area where it can be pulled on by young children or tripped over. To prevent electric shock, personal injury or fire, the electrical rating of the extension cord you use must be the same or more than the wattage of the appliance (wattage is marked on the underside of the appliance).

## SAVE THESE INSTRUCTIONS FOR HOUSEHOLD USE ONLY



DO NOT PLACE HANDS OR FOREIGN OBJECTS DOWN FEED CHUTE.  
ALWAYS USE THE FOOD PUSHER PROVIDED.

# Know your Breville ikon Juice Fountain



Custom designed juice nozzle perfect for mess free juicing straight into a glass (top shelf dishwasher safe)



Cleaning Brush flat end of brush assists in removal of pulp from the pulp container when juicing large quantities, nylon brush end makes for easy cleaning of the stainless steel filter basket (top shelf dishwasher safe)

# Assembling your Breville ikon Juice Fountain

## Before first use

Before using your ikon Juice Fountain for the first time, remove any packaging material and promotional stickers and labels. Ensure the appliance is switched off at the power outlet and the power cord is unplugged.

Wash the filter bowl surround, filter basket, juicer cover, food pusher, pulp container and juice jug and lid in warm, soapy water with a soft cloth. Rinse and dry thoroughly. The motor base can be wiped with a damp cloth. Dry thoroughly.

## Step 1

Place the motor base on a flat, dry surface such as a bench top. Ensure that the motor base is switched 'Off' at the control panel, then switch the appliance off at the power outlet and unplug the cord.

## Step 2

Place the filter bowl surround on top of the motor base.



## Step 3

Align the arrows at the base of the stainless steel filter basket with the arrows on the motor drive coupling and push down until it clicks into place. Ensure the stainless steel filter basket is fitted securely inside the filter bowl surround and onto the motor base.



## Step 4

Place the juicer cover over the filter bowl surround, positioning the feed chute over the stainless steel filter basket and lower into position.



## Step 5

Raise the safety locking arm up and locate it into the two grooves on either side of the juicer cover. The safety locking arm should now be in a vertical position and locked into place on top of the juicer cover.



## Step 6

Slide the food pusher down the feed chute by aligning the groove of the food pusher, with the small protrusion on the inside top of the feed chute. Continue to slide the food pusher down into the feed chute.



## Step 7

Place the pulp container into position by tilting the base of the pulp container away from the motor base and slide the top of the pulp container over the bottom of the juice cover. Tilt the base of the pulp container back into the motor base ensuring it is supported by the container support extending from under the motor base.



## Step 8

Place the juice jug provided under the spout on the right-hand side of the ikon Juice Fountain. The juice jug lid can be used to avoid any splatter.

Alternatively, you can fit the custom-designed juice nozzle over the juice spout and place a glass underneath. The juice nozzle will prevent splatter, ensuring mess free juicing.

To minimize clean-up, line the pulp container with a plastic freezer bag to collect the pulp.

**Note**

## Step 1

Wash selection of fruit and vegetables to be juiced.

## Step 2

Ensure the ikon Juice Fountain is correctly assembled. Refer to Assembling your Breville ikon Juice Fountain (page 7). Ensure the juice jug (or a glass) is placed under the spout and the pulp container is in position before commencing juicing.

## Step 3

Plug the power cord into a 110/120v power outlet. Turn the power on at the power outlet. The LCD display will illuminate.

The LCD display will illuminate continuously for 3 minutes before going into a sleep mode, where it will switch off automatically to conserve power.

The screen will come back on after activating either the 'On/Off' switch or the speed control dial.

When the safety locking arm is not locked into place on top of the juicer cover, the LCD display will illuminate and flash with an "L", indicating that the safety locking arm should be locked into place.

When the safety locking arm is locked into place on top of the juicer cover, the LCD display will illuminate and display the selected speed setting. The speed can be changed by adjusting the variable speed control dial. For a quick juicing speed reference, use the speed guide displayed on the LCD screen, the speed selector table located on the pulp container, or refer to the speed selector table (PAGE 10).

**Note**

Most fruit and vegetables such as apples, carrots and cucumbers will not need to be cut or trimmed to size as these will fit whole into the feed chute. Ensure vegetables such as beetroot, carrots, etc. have all soil removed, are well washed and trimmed of leaves before juicing.

**Note**

Hard fruits and vegetables will put excess strain onto the motor if a low speed is selected. Please refer to the speed selector table to determine the correct speed for the fruits and vegetables being juiced.

**Note**

Fruit / Vegetables	Suggested Speed
Apples	5
Apricots (stone removed)	2
Beetroot (cleaned, trimmed)	5
Blueberries	1
Broccoli	4
Brussel sprouts (trimmed)	5
Cabbage	4
Carrots (cleaned)	5
Cauliflower	4
Celery	5
Cucumber, peeled	2
Cucumber, soft skinned	4
Fennel	5
Grapes (seedless)	1
Kiwi fruit (peeled)	2
Mangoes (peeled, stone removed)	2
Melons (peeled)	1
Nectarines (stone removed)	2
Oranges (peeled)	3
Peaches (stone removed)	2
Pears hard (stalks removed)	5
Pears soft (stalks removed)	2
Pineapple (peeled)	5
Plums (stone removed)	2
Raspberries	1
Tomatoes	1
Watermelon (peeled)	1

## Step 4

With the motor running, place food into the feed chute and use the food pusher to gently guide food down. To extract the maximum amount of juice, always push the food pusher down slowly.

## Step 5

As fruit and vegetables are processed, juice will flow into the juice jug and separated pulp will accumulate in the pulp container.

The pulp container can be emptied during juicing by turning the ikon Juice Fountain 'Off' at the control panel and then carefully removing the pulp container. Replace the empty pulp container into position before continuing to juice.

Use the speed selector table located on the pulp container for a quick and convenient juicing reference.

Note

The ikon Juice Fountain will automatically stop operating if the motor is stalled for more than 10 seconds. This is a safety feature. Either too much food is being processed at one time or the pieces are not small enough. Try trimming food, cutting food into smaller pieces of even size and/or processing a smaller amount per batch.

To continue juicing, reset the ikon Juice Fountain by pressing the 'On/Off' switch on the control panel to 'Off', then clear the feed chute, finally turn the appliance back on by pressing the 'On/Off' switch to 'On'.

Note

Do not allow the pulp container to overfill as this may affect the operation of the appliance. Pulp may be used as a compost for the garden or when creating delicious recipes (refer to page 33).

Note

To include the froth in with your juice, simply remove the lid of the juice jug when pouring juice into the glass.

Note



NEVER USE FINGERS, HANDS OR OTHER UTENSILS TO PUSH FOOD DOWN THE FEED CHUTE OR TO CLEAR THE FEED CHUTE DURING OPERATION. ALWAYS USE THE FOOD PUSHER PROVIDED.

# Dissassembling your ikon Juice Fountain

## Step 1

Ensure the ikon Juice Fountain is turned off by pressing the 'On/Off' switch on the control panel to 'Off'.

## Step 2

Remove the pulp container by tilting the base away from the motor base, then unlatch it from under the juicer cover and the container support extending from under the motor base.



## Step 3

Use the grip handle located on the safety locking arm to lift the locking arm from the juicer cover and lower down out of position.



## Step 4

Lift the juicer cover off the ikon Juice Fountain.



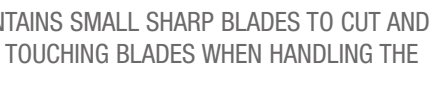
## Step 5

Remove the filter bowl surround with the stainless steel filter basket still in place.



## Step 6

To remove the stainless steel filter basket from the filter bowl surround, insert fingers under the grooves marked 'LIFT BASKET' and lift the filter basket up. For easy cleaning, it is recommended to remove the filter basket over the sink.



THE STAINLESS STEEL FILTER BASKET CONTAINS SMALL SHARP BLADES TO CUT AND PROCESS FRUITS AND VEGETABLES, AVOID TOUCHING BLADES WHEN HANDLING THE FILTER BASKET.

# Care and cleaning

Ensure the ikon Juice Fountain is turned off by pressing the 'On/Off' button on the control panel to 'Off'. Then switch the appliance off at the power outlet and unplug the cord.

Ensure the ikon Juice Fountain is correctly disassembled. Refer to Disassembling your Breville ikon Juice Fountain (page 11).

For easier cleaning:

Clean as you go to avoid dried on juice or pulp residue.

Immediately after each use, rinse removable parts in hot water to remove wet pulp. Allow parts to air dry.

To minimize cleaning, line the pulp container with a plastic freezer bag to collect the pulp. Pulp can then be used in other dishes (see page 33) or as compost for the garden or discarded (see page 17).

Note

## Cleaning the motor base

1. Wipe the motor base with a soft, damp cloth then dry thoroughly.
2. Wipe any excess food particles from the power cord.

Do not use abrasive scouring pads or cleaners when cleaning the parts or motor base as they may scratch the surface.

Note

## Cleaning the filter bowl surround, juicer cover, food pusher, pulp container

1. Wash all parts in warm soapy water with a soft cloth. Rinse and dry thoroughly.

The filter bowl surround, juicer cover and pulp container are dishwasher safe (top shelf only).

Note

## Cleaning the filter basket

For consistent juicing results always ensure that the stainless steel filter basket is thoroughly cleaned using the supplied cleaning brush.

1. Soak the stainless steel filter basket in hot soapy water for approximately 10 minutes immediately after juicing is completed. If pulp is left to dry on the filter it may clog the fine pores of the filter mesh thereby lessening the effectiveness of the juicer.
2. Using the cleaning brush, hold the filter basket under running water and brush from the inside of the basket to the outer rim. Avoid touching the small sharp blades in the center of the filter basket. After cleaning the filter basket, hold it up towards a light to ensure the fine mesh holes are not blocked. If the holes are blocked, soak the filter basket in hot water with 10% lemon juice to loosen the blocked holes. Alternatively, wash the filter basket in the dishwasher.





The stainless steel filter basket may be washed in the top shelf of any dishwasher.

### Note

- Do not soak the stainless steel filter basket in bleach or other abrasive cleansers.
- Always treat the filter basket with care as it can be easily damaged.

### Cleaning the juice jug

1. Rinse the juice jug and lid with froth attachment under running water.
2. Wash both parts in warm soapy water with a soft cloth. Rinse and dry thoroughly.

The juice jug and lid may be washed in the top shelf of any dishwasher.

### Note

### Removing stubborn or strong food stains and odors

Discoloration of the plastic may occur with strongly colored fruit and vegetables. To help prevent this, wash parts immediately after use. If discoloration does occur, the plastic parts can be soaked in water with 10% lemon juice or they can be cleaned with a non abrasive cleaner.



DO NOT IMMERSE THE MOTOR BASE IN WATER OR ANY OTHER LIQUID. THE CENTER OF THE FILTER BASKET AND FEED CHUTE CONTAINS SMALL SHARP BLADES TO PROCESS FRUIT AND VEGETABLES DURING THE JUICING FUNCTION. DO NOT TOUCH BLADES WHEN HANDLING THE FILTER BASKET OR FEED CHUTE.

### Machine will not work when switched 'ON'

The safety locking arm may not be correctly engaged in the vertical operating position with the locking arm located into the two grooves on either side of the juicer cover (page 8 step 5).

### Motor appears to stall when juicing

1. Wet pulp can build up under the juicer cover if the juicing action is too vigorous. Try slower juicing action by pushing the food pusher down more slowly (refer to page 10, step 4). Follow Disassembling and Cleaning instructions and clean the filter bowl surround, the stainless steel filter basket and the juicer cover.
2. The ikon Juice Fountain will automatically stop operating if the motor is stalled for more than 10 seconds. Either too much food is being processed at one time or the pieces are not small enough. Try trimming the food or cutting into smaller pieces of even size and processing a smaller amount per batch. To continue juicing, reset the ikon Juice Fountain by pressing the 'On/Off' switch on the control panel to 'Off' then turn the appliance back on by pressing 'On/Off' switch to 'On'.
3. Hard fruits and vegetables will put excess strain onto the motor if a low speed is selected. Please refer to the juicing guide on Page 9 to determine the correct speed for the fruits and vegetables selected on juicing.

### Excess pulp building up in the stainless steel filter basket

Stop the juicing process and continue the Disassembling instructions. Remove the juicer cover, scrape off pulp, reassemble and begin juicing again. Try alternating (soft and hard) vegetable and fruit varieties.

### Pulp too wet and reduced extracted juice

Try a slower juicing action.

Remove stainless steel filter basket and thoroughly clean mesh walls with a cleaning brush. Rinse the filter basket under hot water. If the fine mesh holes are blocked, soak the basket in a solution of hot water with 10% lemon juice to unblock the holes or wash in the dishwasher. This will remove excess fiber build up (from fruit and vegetables) which could be inhibiting the juice flow.

### Juice leaks between the rim of the Juicer and the juicer cover

Try a slower juicing speed and push the food pusher down the feed chute more slowly (refer to page 10, step 4).

### Juice sprays out from spout

Use Juice jug and lid provided, or if juicing into a glass please use the custom designed juice nozzle.

## The inside information on juicing

The juice drinks contained in this booklet were developed for the most part with flavor, texture and aroma in mind, it may also be realized that the health benefits add to the pleasurable taste experience.

95% of the nutrient content of the fruit and vegetables is found in the juice. Liquids extracted from fresh fruits and vegetables form an important part of a well-balanced healthy diet. Fresh fruit and vegetable juices are an easy source of vitamins and minerals. Juices are rapidly absorbed into the blood stream therefore being the quickest way in which the body can digest nutrients.

When you make your own fruit and vegetable juices, you have complete control over what is included. Select the ingredients and decide if you need to add sugar, salt or other flavoring agents after juicing. Freshly extracted juices should be consumed immediately after they have been processed to avoid a loss of vitamin content.

## Purchasing and storage of fruit and vegetables

- Always wash fruit and vegetables before juicing.
- Always use fresh fruit and vegetables for juicing.
- To save money and obtain fresher produce, purchase fruit or vegetables that are in season. Refer to the Fruit and Vegetable Facts chart (page 18 and 19).
- Keep your fruit and vegetables ready for juicing by washing and drying them before storing.
- Most fruits and hardier type vegetables can be stored at room temperature. The more delicate and perishable items such as tomatoes, berries, leafy greens, celery, cucumbers and herbs should be stored in the refrigerator until required.

## Preparation of fruit and vegetables

- If using fruits with hard or inedible skins such as mangoes, guava, melons or pineapple, always peel before juicing.
- Some vegetables, such as cucumbers, can be processed unpeeled depending on the softness of the skin and the juicing requirements.
- All fruits with large pits, hard seeds or stones such as nectarines, peaches, mangoes, apricots, plums and cherries must be pitted before juicing.
- Ensure vegetables such as beetroot, carrots, etc. have all soil removed, are well washed and trimmed of leaves before juicing.
- Ensure fruits such as strawberries are hulled before juicing and pears have their stalks removed.
- Citrus fruit can be juiced in the ikon Juice Fountain but remove the skin and excess pith before juicing.
- A small amount of lemon juice can be added to apple juice to reduce discoloration.

Your ikon Juice Fountain makes invigorating, frothy orange juice. Simply peel the oranges and remove any excess pith before juicing. It is best to refrigerate oranges before juicing.

Note

## The right technique

When juicing a variety of ingredients with varying textures, start with the softer textured ingredients on low speed then gradually change to high speed for the harder textured ingredients.

If you are juicing herbs, sprouts or leafy green vegetables, either wrap them together to form a bundle or juice them in the middle of a combination of ingredients on low speed to obtain the best extraction.

All fruit and vegetables produce different amounts of liquids. This varies within the same group i.e. one batch of tomatoes can produce more juice than another batch. Since juice recipes are not exact, the precise quantities of any juice are not crucial to the success of a particular mixture.

To extract the maximum amount of juice, always push the food pusher down slowly.

## Getting the right blend

It is easy to create great tasting juice. If you have been making your own vegetable and fruit juices, then you know how simple it is to invent new combinations. Taste, color, texture and ingredient preferences are a personal choice. Think of some of your favorite flavors and foods – would they work well together or would they clash. Some strong flavors could overpower the more subtle flavors of others. It is however, a good rule to combine starchy, pulpy fruits or vegetables with those high in moisture.

## Using the pulp

The remaining pulp left after juicing fruit or vegetables is mostly fiber and cellulose which, like the nutrients in the juice, are necessary for the daily diet and can be used in many ways. However, like the juice, pulp should be used that day to avoid loss of vitamins.

There are a number of recipes contained in this book for the use of pulp (refer to page 33). Apart from these, pulp can be used to add bulk to rissole mixtures, thicken casseroles or soups, or with fruit pulp, simply place in a heat-proof bowl, top with meringue and bake in the oven for a simple dessert.

Apart from consumption use, pulp is great to create compost for the garden.

If juicing herbs or leafy green vegetables on their own, the juice yield will be low due to the nature of centrifugal juicing. It is advised to juice them with a combination of other fruit and vegetables.

Note

When using the pulp, there may be some pieces of fruit or vegetable remaining. These should be removed before using the pulp in any recipes.

Note



# Fruit and vegetable facts

Fruit and vegetables	Best season to buy	Storage	Nutritional value	Kilojoule/ calorie count
Apples	Autumn/ Winter	Vented plastic bags in refrigerator	High in Dietary Fiber and Vitamin C	200g Apple =300kj (72 cal)
Apricots	Summer	Unwrapped in crisper of refrigerator	High in Dietary Fiber Contains Potassium	30g Apricot =85kj (20 cal)
Beetroot	Winter	Cut off tops, then refrigerate unwrapped	Good source Folate and Dietary Fiber Vitamin C and Potassium	160g Beetroot =190kj (45 cal)
Blueberries	Summer	Cover in the refrigerator	Vitamin C	125g Blueberries =295kj (70 cal)
Broccoli	Autumn/ Winter	Plastic bag in refrigerator	Vitamin C, Folate, B2, B5, E, B6 and Dietary Fiber	100g Broccoli =195kj (23 cal)
Brussel Sprouts	Autumn/ Winter	Unwrapped in crisper of refrigerator	Vitamin C, B2, B6, E, Folate and Dietary Fiber	100g Brussel Sprouts =110kj (26 cal)
Cabbage	Winter	Wrapped, trimmed in the refrigerator	Vitamin C, Folate, Potassium B6 and Dietary Fiber	100g Cabbage =110kj (26 cal)
Carrots	Winter	Uncovered in refrigerator	Vitamin A, C, B6 and Dietary Fiber	120g Carrots =125kj (30 cal)
Cauliflower	Autumn/ Winter	Remove outer leaves, store in plastic bag in refrigerator	Vitamin C, B5, B6 Folate Vitamin K and Potassium	100g Cauliflower = 55kj (13 cal)
Celery	Autumn/ Winter	Refrigerate in plastic bag	Vitamin C and Potassium	80g stick =55kj (7 cal)
Cucumber	Summer	Crisper in refrigerator	Vitamin C	280g Cucumber =120kj (29 cal)
Fennel	Winter/ Spring	Crisper in refrigerator	Vitamin C and Dietary Fiber	300g Fennel = 145kj (35 cal)
Grapes (seedless)	Summer	Plastic bag in refrigerator	Vitamin C, B6 and Potassium	125g Grapes =355kj (85 cal)
Kiwi Fruit	Winter/ Spring	Crisper in refrigerator	Vitamin C and Potassium	100g Kiwi Fruit =100j (40 cal)

Fruit and vegetables	Best season to buy	Storage	Nutritional value	Kilojoule/ calorie count
Mangoes	Summer	Covered in refrigerator	Vitamins A, C, B1, B6 and Potassium	240g Mango =200kj (102 cal)
Melons including Watermelon	Summer/ Autumn	Crisper in refrigerator	Vitamin C, Folate, Dietary Fiber and Vitamin A	200g Melon =210kj (50 cal)
Nectarines	Summer	Crisper in refrigerator	Vitamin C, B3, Potassium and Dietary fiber	180g Nectarines =355kj (85 cal.)
Oranges	Winter/ Autumn/ Spring	Cool, dry place for 1 week, transfer to refrigerator to keep longer	Vitamin C 35mg/100g	150g Orange = 160kj
Peaches	Summer	Refrigerate uncovered	Vitamin C, B3 Potassium and Dietary Fiber	150g Peach =205kj (49 cal)
Pears	Autumn	Refrigerate uncovered	Dietary Fiber	150g Pear =250kj (60 cal)
Pineapples	Summer	Refrigerate uncovered	Vitamin C	150g Pineapple =245kj (59 cal)
Plums	Summer	Refrigerate uncovered	Dietary Fiber	70g Plums =110kj (26 cal)
Raspberries	Summer	Covered in refrigerator	Vitamin C, Iron, Potassium and Magnesium	125g Raspberries =130kj (31cal)
Tomatoes	Summer	Uncovered in crisper of refrigerator	Vitamin C Dietary fiber Vitamin E, Folate and Vitamin A	100g Tomatoes =90kj (22 cal)

Your ikon Juice Fountain makes invigorating frothy orange juice. Simply peel the oranges and juice (best to refrigerate oranges before juicing)

Note

If this appliance should become defective within the warranty period, do not return the appliance to the store. Please contact our Customer Service Center.

1-866- BREVILLE (1-866-273-8455)

AskUs@Breville.ca (in Canada)

\*HWI Breville® products are distributed in Canada by Anglo Canadian Housewares, L.P. and in USA by Metro/Thebe Inc.

This warranty gives you specific legal rights and you may also have other legal rights which vary from state to state or province to province.

# Breville

# Breville

## ikon Multi-Speed Juice Fountain

Breville is a registered trademark of Breville Pty. Ltd.

### **Breville Customer Service Center US Customers**

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Model BJE510XL Issue 2/07 Packaging Code: NA

Model BJE510XL



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# Recipes

## Apple, carrot and celery juice

Alter the amounts of either the carrots or apple to make the juice sweeter or savory to suit your taste buds:

**4 small Granny Smith apples**

**3 medium sized carrots**

**4 sticks celery**

1. Process apples, carrots and celery through ikon Juice Fountain using speed 5.

Mix well and serve immediately.

## Tomato, carrot, celery and lime juice

**2 medium tomatoes**

**1 lime, peeled**

**1 large carrot**

**2 celery stalks**

1. Process tomatoes, lime, carrot and celery through ikon Juice Fountain using speeds 1, 3 and 5.

Serve immediately.

## Peach, grapefruit and apple juice

**2 large peaches, halved and seeds removed**

**2 grapefruits, peeled**

**1 small Delicious apple**

1. Process peaches, grapefruit and apple, through ikon Juice Fountain using speeds 2, 3 and 5

Serve immediately.

## Strawberry, apple and pear juice

**1 cup strawberries, hulls removed**

**1 small Granny Smith apple**

**3 small ripe pears, stalks removed**

1. Process strawberries, apple and pears through ikon Juice Fountain using speeds 1 and 5.

Serve immediately.

## Rockmelon, mint and mango juice

**½ small rockmelon, peeled, seeded and halved**

**3 sprigs fresh mint leaves**

**1 mango, halved, seeded and peeled**

1. Process rockmelon, mint and mango through ikon Juice Fountain using speeds 1 and 2.

Serve immediately.

## Tomato, cucumber, parsley and carrot juice

**3 medium tomatoes**

**1 large cucumber, peeled, if desired**

**1 large bunch fresh parsley**

**3 medium carrots**

1. Process tomatoes, cucumber, parsley and carrots through ikon Juice Fountain using speeds 1, 4 and 5.

Serve immediately.

## Orange, ginger, celery and kumara juice

**4 oranges, peeled**

**1 inch piece fresh ginger**

**4 sticks celery**

**1 small kumara (sweet potato), peeled and halved**

1. Process oranges, ginger, celery and kumara through ikon Juice Fountain using speeds 3 and 5.

Serve immediately.

## Parsnip, celery and pear juice

**2 parsnips**

**4 sticks celery**

**4 medium pears, stalks removed**

1. Process parsnips, celery and pears through ikon Juice Fountain using speed 5.

Serve immediately.



## Vitamin boosts

### Tomato, red capsicum, parsley and carrot juice

**3 medium tomatoes**  
**2 small red capsicums**  
**4 sprigs parsley**  
**3 carrots**

1. Trim base of capsicums and remove seeds.
2. Process tomatoes, capsicums, parsley and carrots through ikon Juice Fountain using speeds 1, 4 and 5.

Serve immediately.

### Blackberry, grapefruit and pear juice

**8oz (250g) blackberries**  
**2 grapefruits, peeled**  
**3 ripe pears, stalks removed**

1. Process blackberries, grapefruit and pears through ikon Juice Fountain using speeds 1, 3 and 5.

Serve immediately.

### Beetroot, apple and celery juice

**4 medium sized beetroot**  
**2 medium Granny Smith apples**  
**4 sticks celery**

1. Process beetroot, apples and celery through ikon Juice Fountain using speed 5.

Serve immediately.

### Blueberry, blackberry, strawberry and lime juice

**16oz (500g) blackberries**  
**16oz (500g) blueberries**  
**16oz (500g) strawberries, hulls removed**  
**1 lime, peeled**

1. Process blackberries, blueberries, strawberries and lime through ikon Juice Fountain using speeds 1 and 3.

Serve immediately.

### Cucumber, celery, bean sprout and fennel juice

**1 large cucumber**  
**3 sticks celery**  
**2 cups bean sprouts**  
**1 bulb fennel**

1. Process cucumber, celery, bean sprouts and fennel through ikon Juice Fountain using speeds 4 and 5.

Serve immediately.

### Frothy orange juice

**2½oz (1kg) oranges, peeled**

1. Process oranges through ikon Juice Fountain using speed 3.

Serve immediately.

(Refrigerate oranges before juicing)

## Liquid lunches

### Fresh vegetable soup with noodles

**1 small tomato**  
**1 green capsicum, base removed and seeded**  
**1 small onion, peeled and trimmed**  
**2 carrots**  
**1 tablespoon butter**  
**1 tablespoon wholemeal flour**  
**1½cups vegetable stock**  
**13½oz (425g) canned baked beans**  
**1 packet instant noodles**  
**Freshly ground black pepper**

1. Process tomato, capsicum, onion and carrots through ikon Juice Fountain using speeds 1, 4 and 5.
2. Melt butter in a large saucepan over a medium heat.
3. Stir in flour, cook for one minute, stirring constantly.
4. Stir in the extracted juice, vegetable stock and baked beans.
5. Bring to the boil, then reduce heat and allow to simmer for 10 minutes.
6. Add noodles, cook for 2 minutes or until noodles are tender.
7. Pour soup into 4 serving bowls, sprinkle with black pepper to taste and serve immediately.

### Gazpacho

**4 medium tomatoes**  
**4 sprigs fresh parsley**  
**1 red capsicum, base removed and seeded**  
**1 Lebanese cucumber**  
**1 large clove garlic, peeled**  
**1 small onion, peeled and trimmed**  
**2 carrots**  
**2 stalks celery**  
**2 tablespoons red wine vinegar**  
**Freshly ground black pepper**  
**1 cup crushed ice**  
**3 tablespoons chopped fresh basil**

1. Process tomatoes, parsley, red capsicum, cucumber, garlic, onion, carrots and celery through ikon Juice Fountain using speeds 1, 4 and 5.
2. Stir in vinegar and black pepper.
3. Arrange ice in four soup bowls.
4. Pour soup over ice in bowls, sprinkle with basil and serve immediately.

## Pasta with Provencale style sauce

**4 tomatoes**  
**2 sprigs fresh parsley**  
**1 red capsicum, base removed and seeded**  
**1 stick celery**  
**2 large cloves garlic**  
**1 small onion, peeled and trimmed**  
**1 tablespoon tomato paste**  
**½ cup red wine**  
**16oz (500g) cooked pasta**  
**2 teaspoons dried oregano**  
**3 tablespoons grated Parmesan cheese**

1. Process tomatoes, parsley, red capsicum, celery, garlic and onion through ikon Juice Fountain using speeds 1, 4 and 5.
  2. Blend tomato paste with red wine, stir in the extracted juice.
  3. Add pasta and toss to coat pasta well. Divide mixture between 4 serving bowls.
  4. Sprinkle with oregano and Parmesan cheese.
- Serve immediately.

## Mango, rockmelon and orange yoghurt drink

**1 mango, halved, peeled and seeded**  
**¼ small rockmelon, peeled, seeded and cut into two equal portions**  
**5 oranges, peeled**  
**3 tablespoons natural yoghurt**

1. Process mango, rockmelon and oranges through ikon Juice Fountain using speeds 1, 2 and 3.
  2. Pour into a large bowl. Whisk yoghurt.
- Serve immediately.

## Sparkling pear and apricot cooler

**4 large apricots, halved and seeded**  
**3 large pears, stalks removed**  
**1 cup crushed ice**  
**1 cup mineral water**

1. Process apricots and pears through ikon Juice Fountain using speeds 2 and 5.
  2. Scoop ice into 4 tall glasses.
  3. Divide extracted juice between the glasses.
  4. Top with mineral water, stir well to blend.
- Serve immediately.

## Rockmelon, strawberry and passion crush

**½ cup rockmelon, peeled, seeded and divided into 2 equal portions**  
**8oz (250g) strawberries, hulled**  
**Pulp of 2 passion fruit**  
**1 cup crushed ice**

1. Process rockmelon and strawberries through ikon Juice Fountain using speed 1.
  2. Stir in passion fruit pulp.
  3. Scoop ice into 4 glasses, pour over juice, mix well to combine.
- Serve immediately.

## Tropical blend

**2 mangoes, halved, seeded and peeled**  
**3 kiwi fruit, peeled**  
**¼ small pineapple, peeled and halved**  
**¼ cup fresh mint leaves**  
**1 cup crushed ice**

1. Process mangoes, kiwi fruit, pineapple and mint through ikon Juice Fountain using speeds 2 and 5.
  2. Scoop ice into 4 glasses, pour in juice, mix well to combine.
- Serve immediately.

## Tomato, nectarine, passionfruit and mint ice

**6 tomatoes**  
**2 nectarines, peeled, seed removed**  
**½ cup fresh mint leaves**  
**Pulp of 4 passion fruit**  
**1 cup crushed ice**

1. Process tomatoes, nectarines and mint leaves through ikon Juice Fountain using speeds 1 and 2.
  2. Stir in passionfruit pulp.
  3. Scoop ice into 4 glasses, pour in juice, mix well to combine.
- Serve immediately.

### Cucumber, pineapple and cilantro ice

**2 cucumbers, peeled if desired**  
**½ cup fresh cilantro leaves**  
**½ small pineapple, peeled and halved**  
**1 cup crushed ice**

1. Process cucumbers, coriander and pineapple through ikon Juice Fountain using speeds 4 and 5.
2. Scoop ice into 4 glasses, pour in juice, mix well to combine.

Serve immediately.

### Pear, radish and celery crush

**3 medium pears, stalks removed**  
**4 radishes, trimmed**  
**3 sticks celery**  
**1 cup crushed ice**

1. Process pears, radishes and celery through ikon Juice Fountain using speed 5.
2. Scoop ice into 4 glasses, pour in juice, mix well to combine.

Serve immediately.

### Coconut pineapple colada

**½ large pineapple, peeled and quartered**  
**3 tablespoons Malibu liqueur**  
**2 tablespoons coconut cream**  
**2 cups soda water**  
**1 cup crushed ice**

1. Process pineapple through ikon Juice Fountain using speed 5.
2. Stir in liqueur, coconut cream and soda water.
3. Scoop ice into 4 tall glasses, pour in juice mixture, mix well to combine.

Serve immediately.

### Honeydew dream

**1 honeydew melon, peeled, seeded and quartered**  
**3 tablespoons Midori liqueur**  
**2 cups soda water**  
**1 cup crushed ice**

1. Process honeydew melon through ikon Juice Fountain using speed 1.
2. Stir in liqueur and soda water.
3. Scoop ice into 4 tall glasses, pour in melon mixture, mix well to combine.

Serve immediately.

### Bloody mary

**4 medium tomatoes**  
**1 large red capsicum, base removed and seeded**  
**2 sticks celery**  
**½ cup Vodka**  
**1 cup crushed ice**

1. Process tomatoes, celery and red capsicum through ikon Juice Fountain using speeds 1, 4 and 5.
2. Stir in Vodka. Scoop ice into 4 glasses, pour in tomato mixture, mix well to combine.

Serve immediately.

### Peach and mint julep

**6 peaches, halved and seeded**  
**½ cup fresh mint leaves**  
**2 tablespoons Creme de Menthe**  
**2 teaspoons sugar**  
**½ cup crushed ice**  
**2 cups mineral water**

1. Process peaches and mint leaves through ikon Juice Fountain using speed 2.
2. Stir in Creme de Menthe and sugar.
3. Scoop ice into 4 glasses, pour in peach mixture, mix well to combine.

Serve immediately.

# Energy fuel

## Grape, kiwi fruit and berry booster

Grapes contain potassium and iron, providing a great pick-me-up after a strenuous day.

**2 cups green seedless grapes, stems removed**  
**2 kiwi fruit, peeled**  
**1 cup strawberries, hulled**  
**2 cups skim milk**  
**2 tablespoons powdered protein drink mix**  
**½ cup crushed ice**

1. Process grapes, kiwi fruit and strawberries through ikon Juice Fountain using speed 1.
2. Mix in milk, protein drink mix and crushed ice.
3. Pour into chilled glasses and serve immediately.

## Apricot, apple and pear sparkle

**4 large apricots, halved and seeded**  
**4 small red apples**  
**3 medium pears, stalks removed**  
**1 cup sparkling mineral water**  
**½ cup crushed ice**

1. Process apricots, apples and pears through ikon Juice Fountain using speeds 2 and 5.
2. Stir in mineral water and ice.
3. Pour into chilled glasses and serve immediately.

## Orange, carrot, mint and beetroot quencher

**4 oranges, peeled**  
**8 carrots**  
**¼ cup fresh mint leaves**  
**2 small beetroots**

1. Process oranges, carrots, mint leaves and beetroots through ikon Juice Fountain using speeds 3 and 5.
- Serve immediately.

# Fiber favorites

Rather than waste the fiber from the fruit and vegetables that have been juiced, the following recipes have been developed using the left over pulp.

## Carrot, pumpkin and feta flan

**8 sheets filo pastry**  
**60g butter, melted**  
**1 leek, finely sliced**  
**1 cup pumpkin pulp**  
**1 cup carrot pulp**  
**8oz (250g) feta cheese, crumbled**  
**3 x 60g eggs**  
**1 egg white**  
**½ cup milk**  
**2 tablespoons orange rind**  
**3 tablespoons chopped fresh parsley**

1. Layer the sheets of pastry, brushing between each sheet with melted butter. Lift pastry into a 10 inches (25cm) flan tin, press over base and side. Trim pastry edge to about ½ inch (1.5cm) higher than side of tin.
  2. Combine leek, pumpkin, carrot, feta cheese, eggs, egg white, milk, orange rind and parsley.
- Pour into pastry case and bake at 356F (180°C) for 25-30 minutes or until golden and set.

## Vegetable and bacon soup

**3 teaspoons butter**  
**1 onion, finely chopped**  
**1 ham bone**  
**11¼oz (350g) beetroot pulp, strained and juice reserved**  
**1½ oz (50g) potato pulp, strained and juice reserved**  
**1½ oz (50g) carrot pulp, strained and juice reserved**  
**3oz (100g) tomato pulp, strained and juice reserved**  
**1½ oz (50g) cabbage pulp, strained and juice reserved**  
**Reserved juices and enough water to make 8 cups**  
**4 strips of bacon, chopped**  
**1 tablespoon lemon juice**  
**½ cup sour cream, for serving**

1. Melt butter in a large saucepan, cook onion over a medium heat for 2-3 minutes or until golden. Add ham bone to pan, stir in beetroot pulp, potato pulp, carrot pulp, tomato pulp, cabbage pulp, reserved juices and water, bacon and lemon juice. Bring to the boil, reduce heat and simmer for 30-40 minutes.
  2. Remove ham bone, discard bone, finely chop meat and return to the pan.
- Serve topped with sour cream.

## Carrot, apple and celery strudels

**1oz (30g) butter**  
**1 small onion, finely chopped**  
**4½ cups carrot, apple and celery pulp, strained**  
(see juice recipe on page 22)  
**8oz (250g) cottage cheese**  
**2 tablespoons chopped fresh mint**  
**1 egg, beaten**  
**12 sheets filo pastry**  
**60g butter, melted extra**  
**1 cup grated fresh Parmesan cheese**

1. Melt butter in a saucepan, add onion, cook for 2-3 minutes, or until soft, seasoning to taste.
2. Combine onion, carrot, apple and celery pulp, cottage cheese, mint and egg in a bowl. Mix well.
3. Cut filo sheets in half, place 3 sheets on bench, cover remaining pastry with greaseproof paper, then a damp cloth to prevent drying. Brush 1 sheet of pastry with extra butter, sprinkle with Parmesan cheese, top with another sheet of pastry, brush with butter, sprinkle with more cheese. Repeat with last sheet of pastry.
3. Place tablespoons of carrot mixture on one end of pastry, fold in sides and roll up like a Swiss roll. Repeat with remaining pastry and pulp mixture. Place on a greased oven tray and bake at 392F (200°C) for 20-25 minutes or until golden brown.

## Parsnip, herb and polenta hot cakes

**2 cups parsnip pulp, strained**  
**¼ cup milk**  
**2 x 60g eggs, separated**  
**¼ cup polenta**  
**¼ cup self-raising flour**  
**1 teaspoon chopped fresh thyme**  
**1 teaspoon chopped fresh rosemary**  
**1 teaspoon Cajun seasoning**  
**1 small red capsicum, finely chopped**  
**1 tablespoon oil**

1. Combine parsnip pulp, milk, egg yolks, self-raising flour, polenta, thyme, rosemary, Cajun seasoning and red capsicum in a large mixing bowl. In a separate bowl, beat egg whites until soft peaks form, fold into parsnip mixture.
  2. Heat oil in a large frying pan, drop spoonfuls of mixture into pan. Cook for about 1 minute on each side or until golden brown.
- Serve immediately.

## Family meat loaf

**16oz (500g) lean beef mince**  
**16oz (500g) sausage mince**  
**2 onions, finely chopped**  
**½ cup carrot pulp, strained**  
**½ cup potato pulp, strained**  
**2 teaspoons curry powder**  
**1 teaspoon ground cumin**  
**1 tablespoon chopped fresh parsley**  
**1 x 60g egg, lightly beaten**  
**½ cup evaporated milk**  
**½ cup beef stock**  
**Freshly ground black pepper**  
**2 tablespoons slivered almonds**

### Tomato Glaze

**½ cup beef stock**  
**4 tablespoons ketchup**  
**1 teaspoon instant coffee powder**  
**3 tablespoons Worcestershire sauce**  
**1½ tablespoons vinegar**  
**1½ tablespoons lemon juice**  
**3 tablespoons brown sugar**  
**¼ cup butter**

1. Place beef mince, sausage mince, onions, carrot pulp, potato pulp, curry powder, cumin, parsley, egg, evaporated milk, stock and black pepper in a bowl, mix to combine. Press mixture into a lightly greased 4½in x 8½in (11cm x 21cm) loaf pan. Press almonds into top of mixture to make a pattern.
2. Make Tomato Glaze and pour over meatloaf and bake, basting often with glaze, for 40 minutes.
3. To make glaze, place stock, ketchup, coffee powder, Worcestershire sauce, vinegar, lemon juice, sugar and butter in a saucepan and bring to the boil over a medium heat. Reduce heat and simmer, stirring frequently, for 8-10 minutes or until glaze reduces and thickens slightly.





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