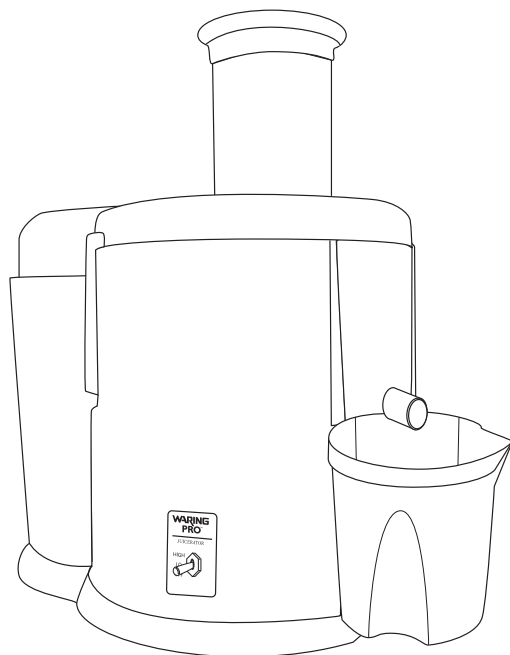


# WARING PRO<sup>®</sup>

## JUICERATOR<sup>®</sup>



JEX450

For your safety and continued enjoyment of this product,  
always read the instruction book carefully before using.

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## IMPORTANT UNPACKING INSTRUCTIONS

Caution: The filter basket/shredder disc has sharp edges. Handle carefully.

1. Place the box on a large, sturdy, flat surface.
2. Remove the instruction book and any other literature.
3. Put one hand on each side of the Styrofoam® inserts and carefully lift the Styrofoam® inserts out of the box.
4. Separate Styrofoam® inserts to remove components.
5. Remove unit base, top cover, pulp container, juice cup and pusher from Styrofoam® mold.
6. Remove top cover of juice extractor. Carefully remove all protective shipping material.

Keep all plastic bags away from children.

# REPACKING INSTRUCTIONS

1. Place filter basket/shredder disc inside of filter bowl.
2. Place filter bowl and juice cover onto motor housing. Lock juice cover into place by turning left to right.
3. Insert motor housing, top cover and pulp container into Styrofoam® insert.
4. Place food pusher and juice cup into Styrofoam® insert.
5. Place empty Styrofoam® insert over insert holding components.
6. Put one hand on each side of the Styrofoam® inserts and place contents into box.
7. Close box cover.

## IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should always be followed, including the following:

- 1. READ ALL INSTRUCTIONS.**
2. Always use the appliance on a dry, level surface.
3. Do not push produce into the feed chute with your fingers. Always use the food pusher provided.
4. Do not touch the small cutting blades in the base of the stainless steel filter basket.
5. Do not leave the juice extractor unattended when in use. Close supervision is necessary when this appliance is being used near children. Do not allow children to use this appliance.
6. Always make sure the juice extractor is properly and completely assembled before operating. The unit will not turn on unless properly assembled.
7. Always disconnect the juice extractor from the power outlet when not in use or when assembling.
8. Always make sure juice extractor cover is securely in place before motor is turned on. Be sure to turn

switch to off position after each use for your juicer. Make sure the motor stops completely before disassembling.

9. Do not put your fingers or any other object into the juicer opening while it is in operation. If food becomes lodged in opening, use food pusher 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.
10. Do not operate any electrical appliance with a damaged cord or plug or after the appliance has malfunctioned or been damaged in any manner. If damaged, immediately stop use and call Waring Customer Service at (800) 269-6640 for examination, adjustment or repair.
11. Do not immerse power cord or motor base in water or any other liquid.
12. Do not let the cord hang over the edge of the table or counter, or touch hot surfaces or become knotted.
13. Do not place this appliance on or near a hot gas or electric burner, or where it could touch a heated oven.
14. Always turn appliance off at the power point and remove cord
  - if the appliance is left unattended
  - if not in use
  - before cleaning
  - before attempting to move the appliance
15. For any maintenance other than cleaning call (800) 269-6640.
16. This appliance has a 3-prong grounded plug . To reduce the risk of electric shock, this plug is intended to fit into a grounded outlet only one way. If the plug does not fit, contact a qualified electrician. Do not attempt to modify the plug in any way.
17. To protect against risk of electrical shock do not put motor, unit housing and power cord in water or other liquid.
18. Unplug from outlet when not in use, before putting on

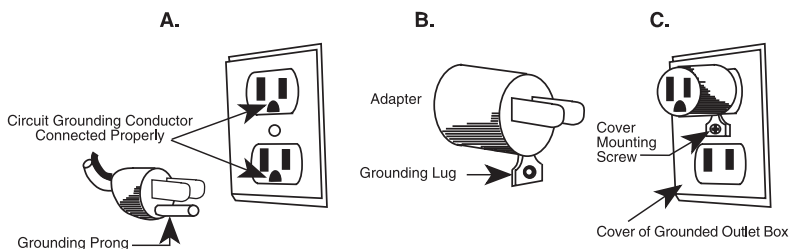
- or taking off parts, and before cleaning.
19. Avoid contacting moving parts.
  20. The use of attachments not recommended or sold by the manufacturer may cause fire, electric shock or injury.
  21. Do not use outdoors.
  22. Always make sure juicer cover is clamped securely in place before motor is turned on. Do not unfasten clamps while juicer is in operation.
  23. Be sure to turn switch to OFF position after each use of your juicer. Make sure the motor stops completely before disassembling.
  24. Do not use the appliance if the rotating sleeve is damaged.

## **SAVE THESE INSTRUCTIONS**

### **FOR HOUSEHOLD USE ONLY**

#### **GROUNDING INSTRUCTIONS**

This appliance must be grounded while in use to protect the operator from electrical shock. The appliance is equipped with a 3-conductor cord and 3-prong grounding-type plug to fit the proper grounding-type receptacle. The appliance has a plug that looks like sketch A. An adapter, sketch B, should be used for connecting sketch-A plugs to two-prong receptacles. The grounding tab which extends from the adapter must be connected to a permanent ground such as a properly grounded outlet box as shown in sketch C using a metal screw.



## **GROUNDING METHOD**

### **EXTENSION CORDS**

Use only 3-wire extension cords which have 3-prong grounding-type plugs and 3-pole cord connectors that accept the plug from the appliance. Use only extension cords which are intended for indoor use. Use only extension cords having an electrical rating not less than the rating of the appliance. Do not use damaged extension cords. Examine extension cord before using and replace if damaged. Do not abuse extension cord and do not yank on any cord to disconnect. Keep cord away from heat and sharp edges.

## **INTRODUCTION**

Raw juices derived from fresh fruits and vegetables are invaluable as an aid in maintaining a balanced diet. Raw juice contains, in its most natural and complete form, precious vitamins, minerals, bioflavonoids and enzymes. Nutritional authorities claim that raw juice is food in one of its most easily digestible forms.

Be sure to use your Waring Pro® Juicerator® daily, or as often as you can manage, in the manner recommended in this instruction manual.

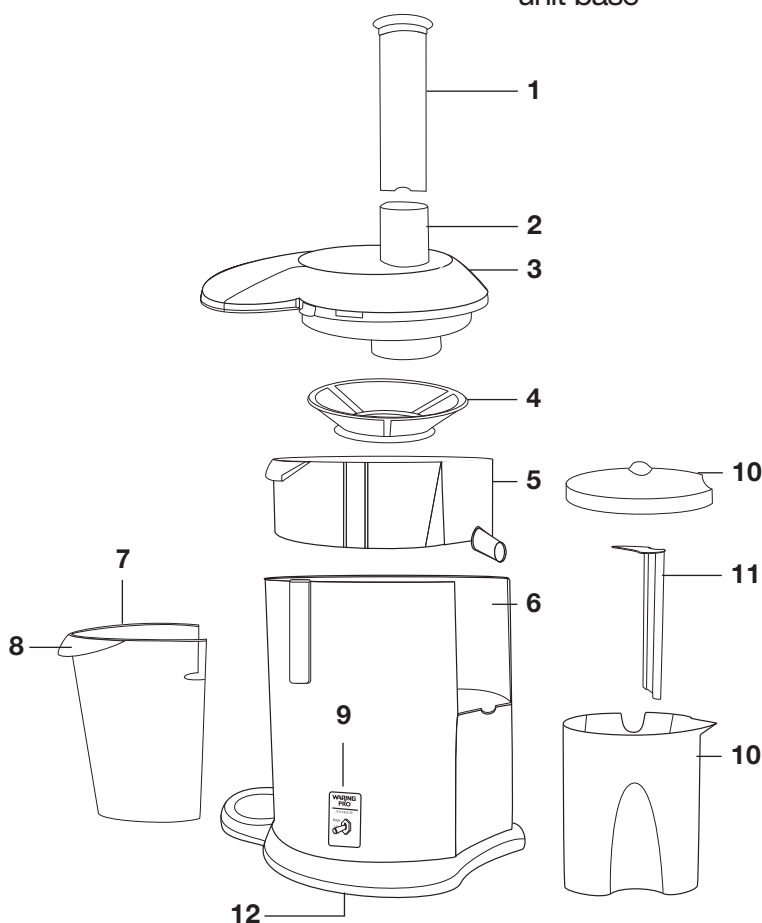
Because of the cleansing and rebuilding properties contained in juices, it is recommended that you use juices in small amounts in the first week and then gradually increase amounts as you can comfortably enjoy them.

We recommend that juices be taken alone, between meals, and at room temperature – not with meals.

The Waring Pro® Juicerator® is the result of intensive research and engineering efforts, and we are sure you will be delighted with its performance.

## PARTS

1. Food Pusher
2. Extra-Wide Feed Chute
3. Top Cover
4. Stainless Steel Filter Basket and Shredder Disc
5. Filter Bowl
6. Motor Housing
7. Pulp Container
8. Pulp Container Lip
9. Lo/Off/High Toggle Switch
10. Juice Collector Cup and Cover
11. Froth/foam separator (ensures juice froth is separated from juice when poured into glass)
12. Rest Button (not shown) located under unit base



# Assembling Your Waring Pro® Juicerator®

NOTE: The juice extractor will not operate until the pulp container is locked into position. To assemble this unit the following steps must be followed in the order given.

## Step 1

Place filter bowl on top of the motor housing.

## Step 2

Place the stainless steel filter basket inside the center of the filter bowl. Make sure it snaps into hub. Press firmly on the stainless rim of the filter basket. To avoid injury do not press on shredder disk.

**Note:** Before switching the juicer on, ensure the stainless steel filter basket is pushed down firmly until it clicks into place.

## Step 3

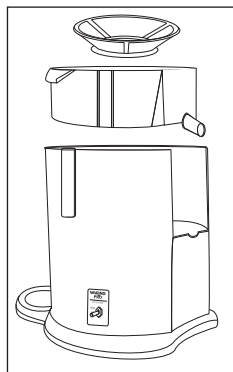
Place the Juicerator® top cover over the top of the motor housing by positioning it over the center of the filter and lower into position.

## Step 4

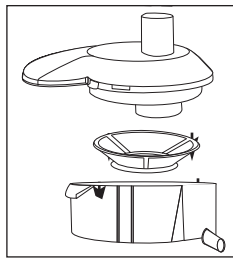
Lock juice cover into place by turning left to right (counterclockwise) until cover locks into position. Follow instructional arrows on top cover.

## Step 5

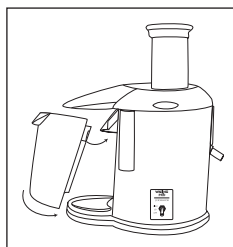
Slide the food pusher down the feed chute by aligning the flat area of the food pusher with the flat area of the feed chute. Food pusher is marked with an arrow for easy lineup. Continue to slide the food pusher down the feed chute.



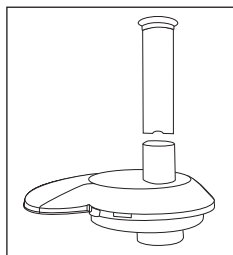
Step 1 and 2



Step 3



Step 4



Step 5



### **Step 6**

Place the pulp container into position by grasping the lip of the pulp container with one hand and tilting the pulp container slightly. Place under top cover until it locks into position.

### **Step 7**

Place the juice collector cup provided under the spout of the filter bowl.

## **Disassembling Your Waring Pro® Juicerator®**

### **Step 1**

Turn the Waring Pro Juicerator® toggle switch to the off position. Remove the plug from the power outlet.

### **Step 2**

Remove juice cup.

### **Step 3**

Remove the pulp container by tilting slightly to remove from base.

### **Step 4**

Remove the lid by twisting right to left (clockwise) as far as it will go to disengage then lift up cover.

### **Step 5**

**Remove stainless steel filter basket and filter bowl at the same time by holding onto the filter bowl spout and pulp container lip while putting pressure with your thumbs on the top rim of housing and pulling gently in an upward motion. For best cleaning results, we recommend cleaning the filter basket with an Oxo® cleaning brush.**



**THE STAINLESS STEEL FILTER BASKET CONTAINS SMALL SHARP BLADES TO CUT AND PROCESS FRUITS AND VEGETABLES.**



**DO NOT TOUCH BLADES WHEN HANDLING THE FILTER BASKET.**

## **Step 6**

To remove the stainless steel filter basket, lift up from juicer bowl.

**Caution: Sharp blades**

## **OPERATION**

**Note: The juice extractor will not operate until the pulp container is locked into position. See page 8.**

### **Step 1**

Wash your selection of fruit and vegetables for juicing.

**Note:** Most fruit and vegetables such as apples, carrots and cucumbers will not need to be cut to size as they will fit into the feed chute whole.

### **Step 2**

Ensure that the Juicerator® is correctly assembled and that the juice collector cup is placed under the spout while juicing.

### **Step 3**

Plug the power cord into a power outlet. For softer fruits and vegetables such as melons, spinach, pears, etc., use the low setting. For harder fruits and vegetables such as carrots, beets, cabbage, etc., use the high setting.

Toggle to the low or to the high position depending on the fruit or vegetable being processed. Toggle to the off position when process is completed.

### **Step 4**

With the motor running place food down the feed chute. Using the food pusher, gently guide food down the chute. To extract maximum juice always push the food pusher down slowly. Make sure flat area of food pusher is aligned to flat area of feed chute. The food pusher is marked with an arrow for easy lineup.

## Step 5

Juice will flow into the juice collector cup and the separated pulp will accumulate in the pulp container.

**Note:** The pulp container can be emptied during juicing by turning the juice extractor to the off position, then carefully removing the pulp container. You can reserve the pulp for soups, sauces or cakes. Or, you can discard the pulp.

For your convenience, the juice cup is equipped with a froth/foam separator. To remove, simply pull up. To insert, slide down. This part is not dishwasher-safe.

**NEVER USE FINGERS TO PUSH FOOD  
DOWN THE FEED CHUTE OR TO  
CLEAR THE FEED CHUTE.  
ALWAYS USE THE FOOD  
PUSHER PROVIDED.**



**Note:** Do not allow the pulp container to overfill as this may prevent correct operation or damage the unit.

**Cleanup tip:** For easy cleaning, immediately after each use wash the Juicerator® removable parts with soap and water under running water to remove wet sticky pulp. Removable parts (except the froth/foam separator) can be air dried or can also be cleaned by placing on top shelf of dishwasher.

## Step 6

Replace the pulp container by tilting it slightly, grasping the pulp container lip, then push lightly until it snaps into place.

## Thermal Protector

For your safety and protection, this juice extractor is equipped with a thermal protector. Should the juice extractor overheat, the motor will automatically shut off. To restart, follow these steps:

Move the toggle switch to the off position.

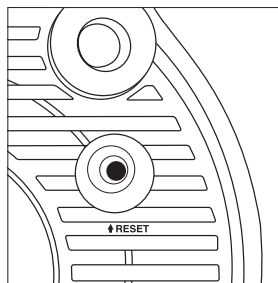
Unplug the juice extractor from electrical outlet.

Let motor cool down for approximately 5 to 10 minutes.

Press the black reset button located on the bottom of the unit base.

Once the motor has cooled down, plug unit into electrical outlet.

Move toggle switch to either low or high to continue juicing.



## CARE AND CLEANING/ TROUBLESHOOTING GUIDE

For easy cleaning: immediately after each use rinse removable parts with hot soapy water to remove wet pulp. Rinse with clean water. Allow parts to air dry. Or, place removable parts on top shelf only of dishwasher. **Note:** Froth/foam attachment is not dishwasher-safe and must be washed by hand. Waring Pro® juice cover, filter bowl, pulp container, filter basket and juice container are dishwasher safe (top shelf only).

Wipe the motor base with a damp cloth.

Before washing juice collector cup, remove froth/foam attachment and rinse under running water.

**Note:** Froth/foam attachment is not dishwasher-safe.

A nylon washing brush is the most effective way to clean the filter basket. Using the brush, hold the filter basket under cold running water and brush from the outside of the basket. Then clean the filter basket in warm soapy water. Always treat the filter basket with care as it can be easily damaged. We recommend using an Oxo® cleaning brush.

POSSIBLE PROBLEM	SOLUTION
<b>Machine will not work when switched on</b>	Make sure unit is plugged into proper power supply source. Make sure all parts are in the proper working position. Press the red reset button on bottom of unit. Check your home circuit breaker or fuse panel to make sure they are live.
<b>Motor appears to stall when juicing</b>	Wet pulp can build up under the cover if the juicing action is too vigorous. Try slower juicing action by pushing the food pusher down more slowly.
<b>Excess pulp building up in the filter basket</b>	Stop the juicing process. Remove the juicer cover and scrape off pulp. Re-assemble and begin juicing again. Try alternating (soft and hard) vegetable and fruit varieties.
<b>Pulp too wet and insufficient</b>	Change to low or high speed. Try a slower juicing action. Remove mesh filter basket and clean mesh walls with a fine brush in a solution of 70% water and 30% bleach. This will remove excess fiber buildup (from fruit or vegetables) which could be inhibiting the juice flow.
<b>Juice leaks between the rim of the juicer cover and the filter bowl</b>	Try a slower juicing action by pushing the food pusher down more slowly. Make sure unit is clean before use.
<b>Filter bowl – juice sprays out from spout</b>	Try a slower juicing action by pushing the food pusher down more slowly. Make sure juice cup is in proper position.

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 bleach and water. Using 1 tablespoon of bleach to 1 quart of water, soak plastic parts for a maximum of 5 minutes, then rinse thoroughly. Do not soak the filter basket in bleach. **DO NOT IMMERSE THE MOTOR BASE IN WATER OR ANY OTHER LIQUID. THE CENTER OF THE FILTER BASKET AND FEED CHUTE CONTAIN SMALL SHARP BLADES TO PROCESS FRUIT AND VEGETABLES DURING THE JUICING FUNCTION. DO NOT TOUCH BLADES WHEN HANDLING THE FILTER BASKET OR FEED CHUTE AS BLADES HAVE SHARP EDGES.**

**Note:** To assist with cleaning, 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.

## **TIPS ON JUICING**

Extracted juice from fresh fruits and vegetables contains 95% of their nutrients. Drinking extracted juices is the fastest way to digest fruits and vegetables so that your body can absorb all of those nutrients. When you make your own juices, you have complete control over what you include. You select the ingredients and decide if you need to use sugar, salt or other flavoring agents. Freshly extracted juices should be drunk just after they have been made to avoid a loss of vitamin content.

Always use fresh, seasonal produce. Always juice fresh fruits and vegetables soon after purchasing. The longer produce is held, the more nutrients they lose.

One tip is to wash all vegetables immediately after purchasing and store in the refrigerator. This way they are ready to juice at any time.

Fresh juices should be consumed immediately. They lose nutrients as they sit.

Certain fruits need to be peeled first before juicing. Examples of such fruits are pineapples, melons, mangoes, and papayas – any fruit with skin that you cannot eat.

Also remove all pits and hard seeds from fruit such as peaches, cherries, mangoes, etc.

Citrus fruit juice is delicious and creamy, and more nutrient-rich than citrus juice that is manually pressed. It is essential to remove the peel from all citrus fruits first before juicing.

**Hint:** It is best to refrigerate oranges before juicing.

If cucumbers are waxy, peel them before you juice them.

When juicing, softer ingredients should be juiced before the harder ones. As a rule, softer ingredients should be juiced at the low speed, while harder ingredients are juiced on high.

Use your taste to guide you on fruit and vegetable combinations for juices. The recipes provided are a guideline but the possibilities are endless. Experiment to see what your favorite combinations are.

Carrots make a great and tasty base for vegetable juices and apples do the same for fruit juices.

Beets and carrot both have naturally high sugar contents so when added to vegetable juices they balance out any bitter flavors juiced vegetables may have.

It is great to use your juicer in tandem with your blender. Blend fresh juices with ingredients like bananas, yogurt, and protein powders for super delicious power smoothies.

It is also possible to make a healthier, fresher version of your favorite cocktail with fresh juices. For a fresh mimosa, juice two peeled oranges and add about an ounce to five champagne glasses. Carefully fill with champagne, sip, and enjoy.

Or, juice a pineapple (skin removed) and half a peeled lime and place the juices in a blender with a banana, 4 ounces of dark rum, and 1 cup of ice cubes. Blend for a delicious daiquiri. Finally blend fruit juices with sparkling water or seltzer to make a natural soda.

Most fruits and vegetables can be stored at cool 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.

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, and juicing is not a science, the precise quantities of any juice are not crucial to the success of a particular mixture.

## **NOTE**

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

## **USING THE PULP**

The pulp left after juicing fruit or vegetables is mostly fiber and cellulose which, like the juice, contains vital nutrients 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.

Pulp can be used to thicken casseroles or soups. Carrot pulp can be used for making carrot cake. Pulp is also great used in the garden for compost.



## Vegetables and their Vitamin and Mineral Content

Asparagus	High in vitamins A, B-1 (thiamine), C, choline, folic acid; high in the mineral potassium
Beets and Beet Greens	High in vitamins A, C, and chlorophyll High in alkaline minerals such as calcium and potassium Also contains vitamin B-6 and minerals choline and iron
Cabbage	High in vitamins B-6, C High in minerals chlorine, iodine, potassium, and sulfur
Carrots	High in vitamins A, C High in potassium, calcium, and phosphorus High in carotenes
Celery	High concentration of organic alkaline minerals (balances blood pH levels)
Cucumbers	Good diuretic Rich in potassium
Fennel	Similar to celery – high in alkaline minerals High calcium and magnesium content
Kale	High in vitamins A and chlorophyll High in calcium
Parsley	High in vitamins A, C, and chlorophyll High in calcium, magnesium, phosphorous, Potassium, sulfur
Parsnips	High in vitamins C High in chlorine, phosphorus, potassium
Radish	High in vitamins C Contains iron, magnesium, and potassium
Spinach	High in vitamins A, B complex, chlorophyll High in calcium, iron, magnesium, phosphorous, potassium
Summer Squash	High in B-1, B-2, niacin
Peppers	High in vitamins A, C High in potassium
Tomatoes	High in vitamins C, calcium
Watercress	High in vitamins C, chlorophyll High in calcium, potassium, chlorine, phosphorous, sulfur

Source: 1. Juicing Therapy by Dr. Bernard Jensen, 2000, Keats Publishing  
2. Getting the Best Out of Your Juicer, William H. Lee, 1992, Keats Publishing

## Fruits and their Vitamin and Mineral Content

Apples	Contain vitamins A, B-1, B-2, B-6, biotin, folic acid, pantothenic acid. High in chlorine, copper, iron, magnesium, manganese, phosphorous, potassium, silicon, sodium, sulfur
Cherries	Contain vitamins A, C, B-1, B-2, folic acid, niacin Contain calcium, cobalt, iron, magnesium, phosphorous, potassium Contains powerful alkalizing properties
Cranberries	High in vitamins A, C, B-complex, folic acid High in calcium, iron, phosphorous, potassium Contains live enzymes
Grapes	Contains vitamins A, B-1, B-2, C, niacin Contains calcium, chlorine, copper, iron, magnesium, manganese, phosphorous
Grapefruit	High in vitamin C High in calcium, phosphorous, potassium Contains some Vitamin B-complex, E, K, biotin, inositol
Lemons	High in vitamin C and citric acid Acts as a very strong cleanser
Limes	Same as lemons but not as acidic
Melons	High in vitamin A, B-complex, C High in enzymes
Oranges	High in vitamin A, C Contains B-1, B-2 B-6, E, K, biotin, folic acid, niacin Contains calcium, chlorine, copper, fluorine, iron manganese, magnesium, phosphorous, potassium, silicon, zinc

Source: 1. Juicing Therapy by Dr. Bernard Jensen, 2000, Keats Publishing  
2. Getting the Best Out of Your Juicer, William H. Lee, 1992, Keats Publishing

# RECIPES

Although the juice drinks contained in this booklet were developed with flavor, texture and aroma at the forefront, the health benefits certainly add to the pleasurable taste experience. For further information on the consumption of juices, we recommend that you visit your local bookstore and pick up one or more of the many juice books available on this subject.

## STRAWBERRY CITRUS BLAST

Makes one 8-ounce serving

- 1 medium orange, peeled**
- ½ pound strawberries, hulls removed**
- 1 cup grapes**

Put all ingredients in order listed through the Juicerator® on low speed. Serve immediately.

*Nutritional information per 8-ounce serving:*

*Calories 192 (7% from fat) • carb. 48g • pro. 3g • fat 2g • sat. fat 0g  
• chol. 0mg • sod. 4mg • calc. 101mg • fiber 9g*

*Notable nutrients:*

*Vitamin A 384 IU • Vitamin C 219mg • potassium 806mg*

## TROPICAL POWER JUICE

Makes two 6-ounce servings

- 1 medium orange, peeled**
- 1 mango, peeled and pit removed**
- 1 peach, pit removed**
- 6 strawberries, hulls removed**
- 1 tablespoon protein powder**

Put all ingredients through the Juicerator® on low speed.

Place juice in a blender or sealable container. Blend or shake. Serve immediately.

*Nutritional information per 6-ounce serving:*

*Calories 262 (8% from fat) • carb. 38g • pro. 15g • fat 2g • sat. fat 0g  
• chol. 0mg • sod. 4mg • calc. 356mg • fiber 7g*

*Notable nutrients:*

*Vitamin A 6171 IU • Vitamin C 156mg • potassium 557mg*

## **DETOX EXPRESS**

This purifying drink is a delicious and zesty cooler.

Makes two 8-ounce servings

- ½      lemon peeled**
- 1      cucumber (peeled if waxy)**
- 1      medium apple**
- 1      2-inch piece of ginger**
- 2      medium carrots**

Put the lemon and cucumber through the Juicerator® at low speed. Turn to high and juice the apple, ginger, and carrots. Serve immediately.

*Nutritional information per 8-ounce serving:*

*Calories 117 (6% from fat) • carb. 28g • pro. 3g • fat 1g • sat. fat 0g  
• chol. 0mg • sod. 32mg • calc. 57mg • fiber 6g*

*Notable nutrients:*

*Vitamin A 20628 IU • Vitamin C 31mg • potassium 682mg • iron  
1mg*

## **SUPER VEGGIE JUICE**

This super-good-for-you juice is surprisingly sweet and refreshing.

Makes two 8-ounce servings

- 2 large handfuls fresh spinach**
- 1 medium cucumber (peel if waxy)**
- 1 beet**
- 3 celery stalks**
- 2 carrots**

Put the spinach and cucumber through the Juicerator® on low speed. Turn machine to high and juice the beet, celery, and carrots. Serve immediately.

*Nutritional information per 8-ounce serving:*

*Calories 91 (6% from fat) • carb. 20g • pro. 5g • fat 1g • sat. fat 0g  
• chol. 0mg • sod. 157mg • calc. 127mg • fiber 7g*

*Notable nutrients:*

*Vitamin A 24442 IU • Vitamin C 37mg • potassium 1073mg • iron 3mg*

## **VEGGIE “C”**

This refreshingly good veggie juice is packed with vitamin C.

Makes two 12-ounce servings

- 1 pound tomatoes (approximately 4 medium)**
- ½ lemon, peeled**
- 2 medium red peppers**
- 2 medium carrots**

Place tomatoes and lemon through the Juicerator® on low speed. Turn machine to high and juice the peppers and carrots. Serve immediately.

*Nutritional information per 12-ounce serving:*

*Calories 105 (8% from fat) • carb. 25g • pro. 4g • fat 1g • sat. fat 0g  
• chol. 0mg • sod. 48mg • calc. 43mg • fiber 7g*

*Notable nutrients:*

*Vitamin A 25890 IU • Vitamin C 202mg • potassium 896mg • iron 2g*

## **GREEN ZING**

Makes four 5-ounce servings

- ½ bunch kale (about 3 to 4 stalks)**
- ½ bunch parsley**
- 3 handfuls fresh spinach**
- 1 medium cucumber (peeled if waxy)**
- 5 celery stalks**
- 1 2-inch piece ginger**

Put kale, parsley, spinach, and cucumber through the Juicerator® on low speed. Turn machine on high and juice the celery and ginger. Serve immediately.

*Nutritional information per 5-ounce serving:*

*Calories 49 (9% from fat) • carb. 10g • pro. 3g • fat 1g • sat. fat 0g  
• chol. 0mg • sod. 91 mg • calc. 108mg • fiber 3g*

*Notable nutrients:*

*Vitamin A 5102 IU • Vitamin C 50mg • potassium 660mg • iron 2mg*

## **IRON BOOST**

Makes two 4-ounce servings

- 2 large handfuls fresh spinach**
- 2 stalks fresh kale**
- ½ bunch parsley**
- 2 medium carrots**
- 1 beet with greens**

Place spinach, kale, and parsley through the Juicerator® on low speed. Turn to high and then juice the carrots and beet with greens. Serve immediately.

*Nutritional information per 4-ounce serving:*

**Calories 77 (6% from fat) • carb. 16g • pro. 4g • fat 1g • sat. fat 0g  
• chol. 0mg • sod. 117 mg • calc. 128mg • fiber 6g**

*Notable nutrients:*

**Vitamin A 26864 IU • Vitamin C 66 mg • potassium 837mg • iron 3mg**

## **CARROT APPLE GINGER TONIC**

Makes two 6-ounce servings

- 1 medium apple**
- 1 1-inch piece ginger**
- 10 carrots**

Put all ingredients through the Juicerator® in order listed on high speed. Serve immediately.

*Nutritional information per 6-ounce serving:*

**Calories 205 (4% from fat) • carb. 49g • pro. 4g • fat 1g • sat. fat 0g  
• chol. 0mg • sod. 128mg • calc. 105mg • fiber 13g**

*Notable nutrients:*

**Vitamin A 1013 IU • Vitamin C 38mg • potassium 1301mg**

## **CUCUMBER MELON COOLER**

Great cooler for anytime, but especially thirst-quenching in hot weather.

Makes two 8-ounce servings

- 1 medium cucumber (peel if waxy)**
- 1 pound honeydew melon, peeled and seeded (approximately ½ melon)**
- 1 handful mint**

**½ lime, peeled (optional)**

Place all ingredients in order listed through the Juicerator® on low speed. Serve immediately.

*Nutritional information per 8 ounce serving:*

**Calories 110 (4% from fat) • carb. 28g • pro. 3g • fat 1g • sat. fat 0g  
• chol. 0mg • sod. 27mg • calc. 73mg • fiber 3g**

*Notable nutrients:*

**Vitamin A 1245 IU • Vitamin C 73mg • potassium 953mg**

## **MELON MADNESS**

Makes approximately four 8-ounce servings

**1 pound watermelon with rind  
1 pound honeydew melon, peeled and seeded  
1 pound cantaloupe melon, peeled and seeded  
1 handful fresh mint (optional)**

Put all ingredients as listed through the Juicerator® on low speed. Serve immediately.

*Nutritional information per 8 ounce serving:*

**Calories 113 (4% from fat) • carb. 29g • pro. 2g • fat 1g • sat. fat 0g  
• chol. 0mg • sod. 25mg • calc. 23mg • fiber 2g**

*Notable nutrients:*

**Vitamin A 4046 IU • Vitamin C 82mg • potassium 770mg**

## **KIWI KISS**

This delicious drink is loaded with Vitamin C and potassium

Makes two 6-ounce servings

**2 kiwis, peeled  
1 pound honeydew melon, peeled and seeded  
(approximately ½ melon)  
½ pint blueberries**



Put all ingredients as listed through the Juicerator® on low speed. Serve immediately.

*Nutritional information per 6 ounce serving:*

**Calories 210 (6% from fat) • carb. 53g • pro. 3g • fat 1g • sat. fat 0g  
• chol. 0mg • sod. 32mg • calc. 60mg • fiber 7g**

*Notable nutrients:*

**Vitamin A 283 IU • Vitamin C 165mg • potassium 1046mg**

## **APPLE GINGER ALE**

This beverage is super-gingery. Cut back on the amount of ginger if a less sharp drink is preferred.

Makes two 6-ounce servings

- 1 medium apple**
- 1 one-inch piece of ginger**
- 8 ounces seltzer or sparkling water**

Place apple and ginger through the Juicerator® on high speed. Pour ¼ cup of juice into 2 glasses. Top each with ½ cup of seltzer. Serve immediately.

For an adult beverage: add 1 ounce of dark rum to drink for a “natural” version of a Dark and Stormy.

*Nutritional information per 6-ounce serving:*

**Calories 50 (6% from fat) • carb. 13g • pro. 0g • fat 0g • sat. fat 0g •  
chol. 0mg • sod. 5 mg • calc. 10mg • fiber 2g**

*Notable nutrients:*

**Vitamin A 37 IU • Vitamin C 5mg • potassium 138mg**

## APPLE GRAPE FIZZ

Makes two 8-ounce servings

- 1 medium apple**
- 1 cup grapes**
- 8 ounces seltzer or sparkling water**

Place apple and grapes through the Juicerator® on low speed. Pour even amounts of juice into two glasses. Top each with 4 ounces of seltzer. Serve immediately.

*Nutritional information per 8-ounce serving:*

*Calories 71 (6% from fat) • carb. 19g • pro. 0g • fat 1g • sat. fat 0g • chol. 0mg • sod. 3mg • calc. 14mg • fiber 2g*

*Notable nutrients:*

*Vitamin A 70 IU • Vitamin C 9mg • potassium 169mg*

## This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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Printed in China

JEX450 IB  
05WR32092

IB-5942A