

Recipes for your J80 ULTRA



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The Real Power in the Kitchen™

Get your 5 a Day

“5 a Day” has become the watch word for making sure that we all have a sufficient daily intake of fruit and vegetables.

With an emphasis upon fresh and richly coloured varieties (excluding potatoes), for many however, even reaching this goal is difficult to maintain day after day. The J80 Ultra Automatic Centrifugal Juicer is perfect for making our 5 a day goal easier to realise.

Freshly prepared juices are a great way to work towards our recommended daily fruit and vegetable intake for a healthier life.

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The Real Power in the Kitchen™



Transform fruit and vegetables into perfect juice at the press of a button

Patented automatic feed system exclusively available on the J80 Centrifugal Juicer.

Its unique design allows for an incredibly high throughput!

- Soft fruit such as tomato
- Soft vegetables such as green pepper
- Hard fruit and vegetables such as beetroot and carrot
- Citrus fruit like orange



Technical Specifications

- Power: 550 Watts
- Voltage: single phase 230v
- 1 speed: 3000 rpm
- Patented automatic feed system, \varnothing 79mm
- Removable stainless steel basket for easy cleaning
- Stainless steel bowl with non-drip spout
- Dimensions: (HxWxD) 505 x 235 x 420mm



Removeable stainless steel basket for quick and easy cleaning (no special tool required)



Patented automatic feed tube with a diameter of 79mm for continuous throughput



6.5 litre large capacity pulp container

Carrot, Apple & Ginger Juice

INGREDIENTS

- 8 medium carrots • 2 apples (Cox's, Royal Gala or Braeburn)
- Slice of root ginger (to taste)

METHOD

Simply juice all of the ingredients together.

Carrot, Apple & Ginger makes a delicious starting point for those who have never tried vegetable juices. It has superb nutritional qualities: carrots are a good source of Vitamin A and Beta Carotenes, providing anti-ageing and cancer-fighting antioxidants. Apples have an abundance of pectin which forms a gel that breaks down toxins in the intestines and helps maintain a healthy bowel function. Ginger is an excellent tonic for the entire digestive system. In fact, Carrot & Apple is a staple drink of the Gerson Institute of Cancer Therapy.

Carrots need to form the majority of the juice otherwise the flavour of the apples will dominate. The ginger provides a nice touch of spice, but use it sparingly – it's powerful stuff!



Carrot, Apple & Gi



Stress Buster

INGREDIENTS

- *50g celery* • *50g fennel* • *125g Romaine lettuce*
- *175g pineapple* • *1 teaspoon chopped tarragon*

METHOD

Juice all the ingredients and whizz in a blender with 2 ice cubes.
Serve in a tall glass and decorate with tarragon sprigs, if liked.

This juice combines celery and fennel, which help the body utilise magnesium and calcium to calm the nerves. Coupled with the sedative effect of lettuce, it is an ideal stressbuster.

Stress Buster

Orango Mango Tang

INGREDIENTS

- 3 oranges
- 2 mangos
- 1/4 pineapple



METHOD

Top, tail and peel the pineapple, then quarter. Peel the oranges and mangos, remove any seeds/stones and blend all the fruit together in the J80.

This combination of juices provides an instant boost of vitamin C and a truly refreshing drink.

Experiment with the quantities according to your individual taste preferences. Adding more pineapple will increase the sweetness - you may choose to add a lemon for more tang!



Orango Mango Tang



Knockout Fruit Punch

INGREDIENTS

- 2 apples • 2 pears • 1 pineapple • 2 lime or 1 lemon
- 1/4 teaspoon cinnamon

METHOD

Top, tail and peel the pineapple then roughly chop. A heavy pineapple will be full of sweet juice. Peel the limes or lemon, whichever you choose. Add the cinnamon, pineapple, apples and pears and juice all of the ingredients together.

The sweet natural sugars of the apples, pears and pineapples are cut through by the tart acidity of the citrus (and the apple peel to some extent) and given a warm tone by the cinnamon.

For a sharper version use a peeled grapefruit in place of the lemon or lime.

This juice is an ideal source of vitamin C as both Pineapple and Grapefruit are great sources of this antioxidant that is so effective at strengthening your immune system. All the ingredients are a great source of fibre and this drink goes a long way to achieving your 5 a day.

This drink is great over ice.

Fruit Punch

Extracting the Health and Well being benefits of Juice

The J80 Juicer is the perfect machine to entice health-conscious customers. Fruit and vegetables are synonymous with 'healthy eating'. However, these foods are more beneficial to our bodies in liquid form, as juice enables the body to absorb larger amounts of nutrients more quickly.

Specific fruits and vegetables such as carrot and grapefruit have outstanding long-term health benefits. Fresh juice helps the body fight diseases and conditions such as cancer, diabetes, Alzheimer's and many more.

Mix the following healthful fruits in the amounts indicated or adjust the proportions to suit your taste.

All recipes are for two – proportionally increase the ingredients as required.



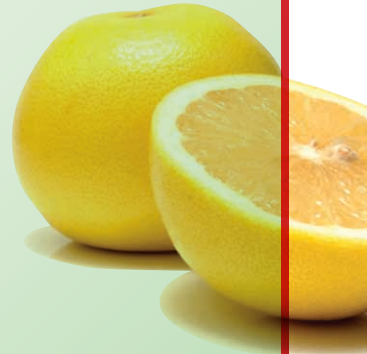


Un-beetable Liver Livener

- 2 medium beetroots
- 2 carrots
- 1 lemon
- 3 apples
- 2 inches of root ginger

Super Juice Energy Boost

- 2 large carrots
- 2 white grapefruit, peeled
- 2 inches of root ginger



Royal Kidney Flush

- 2 apples
- 4-6 slices watermelon
- 1 pomegranate



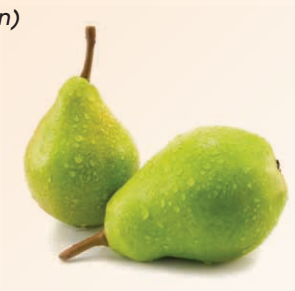
Natural Blood Thinner

- 2 pink grapefruits • 2 oranges
- 2 inches of root ginger



Liver Saver

- 2 pink grapefruits • 1 lemon • 1 lime • 1 pear
- 1 tbsp olive oil (extra virgin)



Fresh Fruit Detox

- 3 apples • 3 pears • 2 pink grapefruit • 1 lime



Create your own recipes and jot
them down here...

The J80 Ultra is suitable for juice bars, hotel and cocktail bars,
restaurants, nursing homes, care homes, ward kitchens, schools
and colleges, airlines...the possibilities are endless.

AUTOMATIC FEED • QUIET OPERATION • EASY TO CLEAN



robot coupe®

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