

RECIPE BOOK

Kuvings Whole Slow Juicer



Kuvings®

Kuvings

Kuvings Whole Slow Juicer

Recipe Book



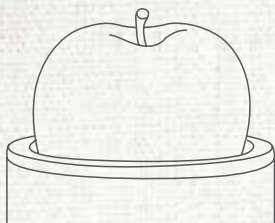
Kuvings

A tall glass of all natural Kuvings juice
makes you feel special.



Start your day with a glass of all-natural juice made with your favorite fruits and vegetables. Fresh natural nutrients are easily absorbed into your body so you feel refreshed and energetic all day. Add a banana if you prefer a sweet and creamy juice. And add an apple or pear when juicing tough, fibrous vegetables. As you make juice using different fruits and vegetables, you will develop your own personal juicing know-how and recipes. Try the Kuvings Whole Slow Juicer for a healthier life. You will feel changes in your body from your very first glass of fresh juice.

Kuvings Whole Slow Juicer Technology



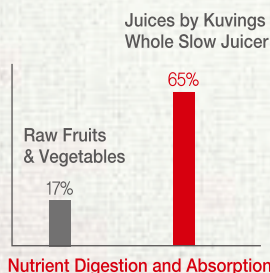
**Drink all nutrients of
your fruits and vegetables!**

★ Free radicals

Free radicals, also known simply as radicals, are organic molecules responsible for aging, tissue damage, and possibly some diseases. These molecules are very unstable, therefore they look to bond with other molecules, destroying their health and further continuing the damaging process of aging. Antioxidants, present in extracted juices, are molecules that prevent free radicals from harming healthy tissue.

A feed chute that's now wide enough for whole apples allows you to minimize nutrient loss (less cutting and air exposure). The patented low-speed masticating technology of the JMCS (Juicer Module Comprising System) squeezes and extracts juice instead of grinding the fruit or vegetable. What's more, Kuving's low-speed system extracts more juice while preserving the natural taste of the fruit or vegetable. A glass of natural juice from our juicer allows your body to absorb almost 4 times the nutrients of eating them raw. Juice contains antioxidants to help remove free radicals from our bodies.

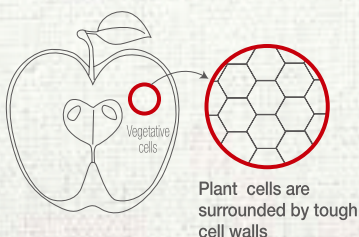
The Kuvings Whole Slow Juicer preserves more nutrients, minerals, and enzymes, yielding the best possible flavor.



source : Anticancer Effects of Green Juice,
Food Industry and Nutrition, 8(1)28-36, 2003

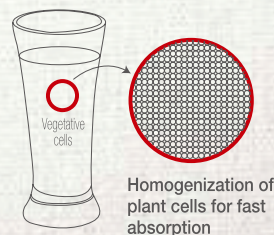
Raw Fruits & Vegetables

- Digestion-absorption rate : 17 %
- Digestion-absorption time : 3-5 hours



Juices by Kuvings Whole Slow Juicer

- Digestion-absorption rate : 65 %
- Digestion-absorption time : 10-15 min





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Ingredient Preparation

Learn how to prepare your fruits and vegetables to juice optimally. These tips and recommendations will help you juice efficiently and to maintain longevity of your juicer.

- Slowly feed ingredients for the optimal result.
- Make sure to thaw the frozen ingredients to ensure the safety of the juicer.
- Soak nuts and seeds as instructed to ensure the safety of the juicer.
(Soak soy beans for at least 8 hours in the water.)
- When making nut milk, make sure to add equal amount of nuts and water(or other liquid) to get the best result.



Juicing Softer Ingredients

Apple, pear, tomato, etc.

Remove the stem and cut the fruit into pieces small enough to fit the juicer.

Juice these fruits with their skins and seeds on. The skin and seed are great source of nutrients.

The softer ingredients can either be inserted whole or cut as needed to fit into the chute (beware that some soft ingredients have hard seeds or skins).



Fruits with hard Seeds or Pits

Mango, cherry, avocado, peach, plum, persimmon, etc.

Fruits with hard seeds or pits may damage the juicer; carefully remove the hard seeds or pits.



Fruits with Hard Skins or Rinds

Melon, cantaloupe, orange, pineapple, lychee, etc.

Clean with running water and remove skins.

Remove hard skins and cut the fruit into pieces small enough to fit the juicer. Hard skins may damage the juicer; peel or cut out the skins before juicing.

Frozen Ingredients

Using frozen ingredients without thawing for a period of time may damage the juicer. Make sure to thaw the frozen ingredients for at least 5 to 10 minutes before use.

Feeding the Ingredients

If the ingredients are fed in too fast:
(1) this can affect the juice yield,
(2) juice can overflow and leak out,
(3) and even jam up the juicer.
Slowly feed the juicer by looking through the lid. Give the juicer time to juice the inserted ingredient(s) before feeding more ingredients in.



Leafy Vegetables

Spinach, kale, lettuce, chard, bok choy, etc.

Thoroughly clean the vegetables and soak them in cold water for 10-15 minutes before juicing. This will help extract the most amount of nutrient from these ingredients.



Fibrous Leafy Vegetables

Celery, kale, parsley, carrots, beets, cabbage, etc.

Juicing this type of ingredients without proper preparation may cause jamming of the juicer, low yield, and even increase the amount of pulp in the juice. Cutting fibrous ingredients into 3 to 4 inches in length will ensure safe and efficient way of juicing.



Nuts/Seeds(Almonds, Peanuts, Cashews etc)

Soak almonds in water for at least 8 hours before juicing. If this type of ingredients is not properly soaked before use, it can damage the juicer.



RED

Tomato, Watermelon,
Strawberry, Cherry

Nutrients - Polyphenol, Lycopene

Benefits - Antitumor, Fights Heart Disease,
Prevents Lifestyle Diseases

Yellow & Orange

Orange, Tangerine,
Carrot, Pumpkin

Nutrients - Beta-carotene

Benefits - Antioxidant, Good for Skin

Green

Kiwi, Avocado,
Broccoli, Spinach

Nutrients - Folic Acid, Vitamin C, Catechin

Benefits - Fights Fatigue, Helps Blood

Purple

Grape, Blueberry, Eggplants

Nutrients - Flavonoid, Anthocyanin

Benefits - Aids Eyesight, Antioxidant

White

Cabbage, Radish, Pear,
Onion, Garlic, Soy bean

Nutrients - Isoflavone, Anthoxanthin,
Quercetin

Benefits - Antioxidant

Phytochemicals, nutrients found in fruits and vegetables in five different colors

Fruits and vegetables are essential to our bodies.

Plants growing under the sun absorb nutrients from the earth, which allows them to endure scorching heat and blistering cold. To protect themselves and grow, plants produce natural chemicals over a long period of time. These are called “phytochemicals”. Drinking plenty of phytochemicals in colorful undiluted fruit and vegetable juices has antioxidant effects. You can live longer and healthier thanks to their anti-aging effect and protection from lifestyle diseases. We cannot change our eating habits overnight. Begin by adding a new phytochemical color to your current diet one at a time. Once you stop eating too much fast food and meat and experience the bitter, sweet and sour taste of natural plants, your diet will change for the better.



The best way to consume phytochemicals is to eat fresh, colorful, and unprocessed whole fruits and vegetables every day.

Best way to absorb nutrients and drink fresh juice.

A cup of natural juice provides many nutrients,
such as vitamins, minerals, and fiber.
Enjoy the good life with a cup of natural juice.

Basic Juices & Vegetable Juices



1 Cup



2 Cups



Recommended
Recipe



Easy

Easy: Simple recipe with
1-2 ingredients



Normal

Normal: Recipe which takes
20-30 mins with more ingredients



Hard

Hard: Recipe which takes 3-4
hours for preparation



Bitter Taste:
a bitter taste that most
people can distinguish



Slightly Bitter Taste:
a bitter taste that some
people can distinguish



Moderate Taste:
an easy-to-drink taste that isn't bitter
or sweet that anyone can enjoy



Sweet Taste:
a sweet taste that most
people can distinguish



Slightly Sweet Taste:
a sweet taste that some
people can distinguish



Basic Juices

Vegetable Juices





Start your day with fresh juice. It makes a big difference in your health.

Raw, fresh juice is one of the most healthy, rejuvenating drinks available.

Drinking fresh juice provides the body with nutrients
in one of the quickest, most readily digestible forms.



Juice is simply the best liquid
refreshment that a body can have.



Apple Juice 
Good for Skin, Detoxication



2 apples (130g×2)

148 Cal (Based on the above portions)

INFO Apples

The Apple's skin contains pectin and polyphenol. It is recommended to juice apple with the skin.

Apple Juice



Apple Juice is not only detoxifying but also good for lowering cholesterol, aiding digestion, and helping your skin.

The benefits of apples come from their vitamins, minerals, enzymes, malic acid, and fiber.

- 1 Wash the ingredients well.
- 2 Remove the stems and cut the apples as needed to fit the chute.
- 3 Juice carrots in the Kuvings Whole Slow Juicer.



Taste Plus Nutrients

Apple + Orange + Lemon = Fights Fatigue

Apple + Cabbage = Relieves Stress

Apple + Paprika = Helps skin



Carrot Juice 
Good for Eyesight



4 carrots (160g×4)

216 Cal (Based on the above portions)

Preparation

Before extracting, soak carrots in cold water at least 30 min for optimal extraction.

Carrot Juice



Carrots are packed with vitamins and minerals, especially the antioxidant beta-carotene. The carrot's overall nutrient value helps prevent aging, enhances immunity, and aids eyesight.

- 1 Scrub well, cut tops, and cut to fit the juicer.
- 2 Juice carrots in the Kuvings Whole Slow Juicer.



Taste Plus Nutrients

Carrot + Apple = Fights Fatigue

Carrot + Orange = Fights Fatigue

Carrot + Pineapple = Prevents Constipation



Pear Juice 
Good for Lungs



Pomegranate Juice 

Pomegranate Juice

Pomegranates are packed with vitamin C, vitamin K, as well as maintaining estrogen.





2 pomegranates (200g)

134 Cal (Based on the above portions)

INFO Pomegranates

Pomegranates contain estrogen and can help women in menopause. The seeds are a significant source of estrogen. The skin of pomegranates are a major source of tannins. The pulp of pomegranates is high in glucose and vitamins.

Pomegranate Juice



- 1 Remove the pomegranate seeds from the rind.
- 2 Juice the pomegranate seeds in the Kuvings Whole Slow Juicer.



2 pears (500g)

195 Cal (Based on the above portions)

INFO Pears

The pear contains a lot of water and relieves thirst and reduces phlegm. Drink pear juice with steamed honey pears to relieve a severe cough and phlegm. Pear juice has lignin to help reduce constipation.

Pear Juice



Pears are cleansing and full of vitamins, minerals, and fiber. They are particularly known for fighting the flu.

- 1 Wash the ingredients well.
- 2 Remove the stem and cut the pears as needed to fit the chute.
- 3 Juice the pears in the Kuvings Whole Slow Juicer.



Oranges, with their high vitamin C and bioflavonoid content, are a well-known immune booster and are good for your skin.

Orange Juice

Grape Juice 
Fights Fatigue, Improves Skin



Orange Juice 
Boosts Immunity, Improves Skin





3 oranges (340g x 3)

408 Cal (Based on the above portions)

INFO Oranges

Vitamin C, flavonoids, and beta carotene help boost the immune system and reduce the effects of aging and may help slow the development of cancer. Orange contains pectin, potassium, and citric acid which are great for skin, treat of constipation, fatigue, and flu.

Orange Juice



- 1 Peel the oranges and cut if needed.
- 2 Juice the oranges in the Kuvings Whole Slow Juicer.



The white part of the rind, including the pith, is a source of pectin and has nearly the same amount of vitamin C as the flesh and other nutrients.



Grapes (600g)

360Cal (Based on the above portions)

INFO Grapes

The seed and skin of the grape contains the resveratrol that may prevent cancer. Three types of polyphenols in grapes seem most important with respect to their health benefits; flavonoids, phenolic acids, and resveratrol. Interestingly all three types of polyphenols appear to be most concentrated in the skins, stems, and seeds of grapes rather than their juicy middle sections.

Grape Juice




The grape is a very cleansing, alkaline, and nutritious fruit, which is why grape juice has been used for many years to help overcome fatigue and heal chronic illness.


- 1 Wash the ingredients well and remove the grapes from the stem.
- 2 Juice the grapes in the Kuvings Whole Slow Juicer.





Cabbage Juice 
Weight-Loss, Helps Digestion



 ½ cabbage (800g)
1 apple (180g)

248Cal (Based on the above portions)

INFO Cabbage

Cabbage is low-calorie and low-fat at just 31kcal per 100g. They are also a very good source of dietary fiber, which helps reduce meal portions as they keep you fuller for longer. Eating plenty of dietary fiber is good when you are on a diet as it speeds up bowel movements and prevents constipation. When buying a cabbage, choose one that is nice and round, with the outer leaves taking on a dark green color.

Cabbage Juice



Cabbage is full of vitamins, minerals, and anti-cancer nutrients. It is also soothing for stomach problems like ulcers.

- 1 Wash the ingredients well and soak the cabbage in water for a few minutes.
- 2 Cut the apple and cabbage as needed to fit the chute.
- 3 Juice the ingredients in the Kuvings Whole Slow Juicer.




Taste Plus Nutrients

Cabbage + Grapefruit = Antioxidant

Cabbage + Radish = Aids Digestion

Cabbage + Broccoli = Boosts Strength



Spinach Juice 
Prevent Anemia, Helps Digestion

Tomato Juice 
Good for Skin,
Weight-Loss

Tomato Juice

Tomatoes offer vitamins and minerals which can help your digestion, liver, and skin. They also contain lycopene, an antioxidant shown to help prevent prostate problems.



 2 tomatoes (180g x 2)
1 apple (180g)

50Cal (Based on the above portions)

INFO Tomatoes


Lycopene, a carotenoid found in tomatoes, is known for its powerful antioxidant properties. Antioxidants are substances that prevent free radicals created during the metabolic process in the body from attaching to normal cells.

Tomato Juice



- 1 Wash the ingredients well and remove stem.
- 2 Cut the apple as needed to fit the chute.
- 3 Juice the ingredients in the Kuvings Whole Slow Juicer.



 A handful of spinach (60g)
1 apple (180g)

120Cal (Based on the above portions)

Spinach Juice



Exceptionally rich in vitamin A and iron, spinach is filled with health boosting, regenerative properties. These nutrients help your digestive system, liver, and circulation.

- 1 Wash the ingredients well and soak spinach in water for a few minutes.
- 2 Remove the stem and cut the apple as needed to fit the chute.
- 3 Juice the ingredients in the Kuvings Whole Slow Juicer.



Spinach is a very good source of digestion supportive dietary fiber, muscle-building protein, energy-producing phosphorus, and copper. Juice with apple or pear for kids.



Celery Juice 
Relieves Insomnia



Wheatgrass Juice 
Weight-Loss,
Helps Digestion




Kale Juice 
Immune Boosting,
Helps Liver and Intestines

Kale Juice

One of nature's super foods, Kale is full of vitamins A, vitamin C and minerals, and enzymes as well as beta-carotene. Beta-carotene helps to boost the immune system.



 3 celery stalks (250g)
1 apple (180g)

30Cal (Based on the above portions)

Celery Juice




Celery is a cleansing, soothing juice with rich nutritions and helps relieve insomnia.

- 1 Wash the ingredients well and soak celery in water for a few minutes.
- 2 Cut the apple and celery as needed to fit the chute.
- 3 Juice the ingredients in the Kuvings Whole Slow Juicer.



The scent of celery helps increase appetite and reduce fatigue. Its rich fiber helps treat constipation and lower cholesterol. Juice the whole stick, including the leaves.



 5 kale leaves (120g)
1 cucumber (200g)
1 pear (200g)

115Cal (Based on the above portions)

Kale Juice



- 1 Wash the ingredients well and soak the kale in water for a few minutes.
- 2 Cut the ingredients as needed to fit the chute.
- 3 Juice the ingredients in the Kuvings Whole Slow Juicer alternating between the ingredients.



Kale protects the skin, eyes, and immune system, and the fibers help clean the intestines and strengthen the liver. It is best not to have kale on an empty stomach as this may cause heartburn.


Bell Pepper Juice

Bell Pepper adds a sweet flavor to juice and is an excellent source of antioxidants and contains vitamin A, vitamin C and beta-carotene. Vitamin A and vitamin C from Bell Pepper help your skin tone.

Bell Pepper Juice 
Keeps Skin Healthy





-  1 handful of wheatgrass (60g)
1 apple (180g)
3 tangerines (120g)

158Cal (Based on the above portions)

Wheatgrass Juice




Wheatgrass juice is a potent raw, living food. When you drink high quality wheatgrass juice your body may produce great results such as a stronger immune system, improved skin condition, detoxification, and weight - loss.

- 1 Wash the ingredients well.
- 2 Cut the ingredients as needed to fit the chute.
- 3 Juice the ingredients in the Kuvings Whole Slow Juicer alternating between the ingredients.



Sprouts such as wheatgrass, radish sprouts, alfalfa, and vegetables such as chives are juiced using the same method. Wheatgrass helps prevent constipation and is full of vitamins, minerals, and fiber.



-  1 cucumber (200g)
1 bell pepper (170g)
¼ lemon (40g)

136Cal (Based on the above portions)

Preparation

Bell Pepper red, yellow or orange Bell Peppers to your taste. Remember to remove the stem and seeds.

Bell Pepper Juice



- 1 Wash the ingredients well.
- 2 Remove the stem and seeds and cut the ingredients as needed to fit the chute.
- 3 Juice the ingredients in the Kuvings Whole Slow Juicer alternating between the ingredients.



Orange Bell Pepper is a good for your skin and may prevent the flu. Yellow Bell Pepper is great for relieving stress. Green Bell Pepper has less calories, which is ideal for weight-loss.

INFO Bell Peppers


Bell Peppers are known for their variety of colors. Each color has different nutrient profile. For example, red Bell Peppers may prevent cancer and strengthens the immune system.

A very refreshing combination - the sweet carrot is offset by the other ingredients. It's energy-lifting and a stress buster.

Carrot and Celery Juice

Carrot and Celery Juice 
Relieves Stress and Insomnia



-  2 carrots (160g×2)
- 1 celery stalk (80g)
- 1 broccoli (300g)
- 1 pear (300g)

319Cal (Based on the above portions)

Preparation

Before extracting, soak carrot, celery, and broccoli in cold water for about 30 min for optimal extraction.



Carrot and Celery Juice




- 1 Wash the ingredients well.
- 2 Cut the ingredients as needed to fit the chute.
- 3 Juice the ingredients in the Kuvings Whole Slow Juicer alternating between the ingredients .



Broccoli offers natural skin protection. If you are often exposed to UV rays, drinking broccoli juice will help keep your skin healthy. Carrots are rich in substances that help relieve stress and promote good vision. They are also good for reducing anxiety and nervousness from stress. Rather than choose washed and packaged carrots, choose ones that are covered in dirt and have the stems still intact. Carrots that have a deeper orange color and a thin skin taste better.

Hydration

-  2 celery stalks (160g),
- 1 carrot (160g),
- 1 cucumber (200g)

91Cal (Based on the above portions)

Preparation

Before extracting, soak carrots and celery in cold water for about 30 min for optimal extraction.

Dreamy Carrot Juice



A fantastic blend of vegetables juices. Cucumbers are refreshing and contrasts wonderfully well with the carrot juice mixed with celery giving it a different note. It's more than vegetable juice, it gives you lots of nutrition and is filling.

- 1 Wash the ingredients well.
- 2 Cut the ingredients as needed to fit the chute.
- 3 Juice the ingredients in the Kuvings Whole Slow Juicer alternating between the ingredients .


The sweetness of the apples offsets the more challenging taste of the greens to produce this wonderful detoxifying juice.

Detox Green Juice

Detox Green Juice 
Detoxication, Strength





-  2 apples (180g×2)
A handful of spinach (50g)
1 kale Leaf (20g)
1 inch ginger piece (20g)
1 cucumber (180g)
1 green bell pepper (120g)
½ lemon (60g)

278Cal (Based on the above portions)

Detox Green Juice




- 1 Wash the ingredients well.
- 2 Remove the stem and seeds from the bell pepper and cut the ingredients as needed to fit the chute.
- 3 Juice the ingredients in the Kuvings Whole Slow Juicer alternating between the ingredients .



You can try celery, chicory, or bok choy instead of kale and also you can juice radish or beets instead of cucumber.

Stress Relief

-  4 stalks of celery (300g)
1 bunch fresh parsley (30g)
1 kale leaf (20g)
1 apple (180g)
½ lemon (60g)

170Cal (Based on the above portions)

Celeb Celery Juice




- 1 Wash the ingredients well.
- 2 Remove the stem from the apple and cut the ingredients as needed to fit the chute.
- 3 Juice the ingredients in the Kuvings Whole Slow Juicer alternating between the ingredients.



Parsley has a strong taste, juice small amounts at first.

Prevent Constipation, Weight-Loss

-  1 pack of baby spinach (200g)
1 apple (180g)
1 carrot (160g)
1 lemon (60g)

200Cal (Based on the above portions)

Baby Spinach Juice



- 1 Wash the ingredients well.
- 2 Remove the apple stem and cut the ingredients as needed to fit the chute.
- 3 Juice the ingredients in the Kuvings Whole Slow Juicer alternating between the ingredients .

Prepare baby spinach and carrots by washing them and keeping them in cold water.

Multivitamin Juice

Any juice with beet or kale can take some time for first time juicers to get used to with the taste. But you will be able to fully absorb all the health values stored in the juice. Drinking 3 times a week is recommended.



Multivitamin juice 
Fights Fatigue, Good for Skin



2 tomatoes (180g×2)
1 carrot (150g)
1 stalk of celery (80g)
1 kale leaf (20g)
¼ beet (50g)
A handful of spinach(60g)
½ cabbage (150g)
A small bunch of parsley (10g)

125Cal (Based on the above portions)

Multivitamin Juice



- 1 Wash the ingredients well.
- 2 Remove the stems from the tomatoes and cut the ingredients as needed to fit the chute.
- 3 Juice the ingredients in the Kuvings Whole Slow Juicer alternating between the ingredients.



You can add pear, orange, or apple depending on your preference.

Good for Skin



3 tomatoes (180g×3)
2 pear (500g)
¼ lemon (30g)
A handful of spinach (50g)
½ bunch of parsley (10g)
Small piece of onion (10g)

301Cal (Based on the above portions)

Preparation

Before extracting, soak parsley and spinach in cold water for a while.

Tangy Tomato



The wonderful sweetness of the tomatoes and pear is heightened by fresh spinach and parsley.

- 1 Wash the ingredients well.
- 2 Remove the stems from the tomatoes and pear.
- 3 Cut the ingredients as needed to fit the chute.
- 4 Juice the ingredients in the Kuvings Whole Slow Juicer alternating between the ingredients .



Tomatoes should be well shaped and smooth skinned with no wrinkles, cracks or bruises.

Stomach Soothing



¼ red cabbage (400g)
1 cup of blueberry (100g)
1 carrot (160g)
1 orange (340g)

334Cal (Based on the above portions)

Purple Cabbage Juice



- 1 Wash the ingredients well.
- 2 Peel the oranges and cut the ingredients as needed to fit the chute.
- 3 Juice the ingredients in the Kuvings Whole Slow Juicer alternating between the ingredients.



You can add broccoli and Bell Pepper

With nutrition and love

Give your children a healthy
start to a busy day with a natural
and nutritious meal made
with fruits and grains.

This will help accelerate the child's brain activity and
provide vibrant energy.

Nutritious Juices & Baby Food



1 Cup



2 Cups



Recommended
Recipe



Easy

Easy: Simple recipe with
1-2 ingredients



Normal

Normal: Recipe which takes
20-30 mins with more ingredients



Hard

Hard: Recipe which takes 3-4
hours for preparation



Bitter Taste:
a bitter taste that most
people can distinguish



Slightly Bitter Taste:
a bitter taste that some
people can distinguish



Moderate Taste:
an easy-to-drink taste that isn't bitter
or sweet that anyone can enjoy



Sweet Taste:
a sweet taste that most
people can distinguish



Slightly Sweet Taste:
a sweet taste that some
people can distinguish

Nutritious Juices

Baby Food





mom's
note





Homemade Fresh Juice & Baby Food - A fresh start to a healthier decision for your family.

With Kuvings, you'll have access to fresh juice made with apples, carrots or tomatoes. You can enjoy a healthier juice when you juice different fruits, vegetables, and grains with nutrient balance in mind. A mixture of fruits and vegetables high in vitamins and minerals with grains and nuts for their fat and protein provides a thick and rich breakfast that is good for growing kids as well as for adults on the go.



Rich nutrition stored in a glass.

LOHAS Wheatgrass Juice


This is a perfect juice in terms of taste and health properties.

The orange helps to bring out the earthy flavor of wheatgrass and the sweetness of pear for a refreshingly smooth finish.



LOHAS Wheatgrass Juice 
Helps Digestion, Good for Skin



-  A handful of wheatgrass (100g)
1 orange (340g)
2 pears (500g)

348Cal (Based on the above portions)

Preparation

Before extracting, soak the wheatgrass in cold water for a while.



LOHAS Wheatgrass Juice




- 1 Wash ingredients well.
- 2 Remove stem from pears and peel orange.
- 3 Cut ingredients as needed to fit the chute.
- 4 Juice ingredients in the Kuvings Whole Slow Juicer alternating between the ingredients.



Wheatgrass helps increase red blood-cell count and lowers blood pressure. Add orange or pear, depending on your preference.

Hydration, Diuretic

-  1 cucumber (200g)
1 apple (180g)
1 pear (250g)
1 cup pineapple (150g)
1 lime (60g)

151Cal (Based on the above portions)

Preparation

Scrub cucumber skin well. Soak romaine lettuce in cold water for a while.

Hydrating Cucumber Juice



Cucumber juice is surprisingly flavorful. Because of its mineral balance and high water content, cucumber is one of the best natural diuretics. The watery, light cucumber blends well with oriental melon.

- 1 Wash the ingredients well.
- 2 Remove the stems from the apple and pear and cut the ingredients as needed to fit the chute.
- 3 Juice the ingredients in the Kuvings Whole Slow Juicer alternating between the ingredients.



Close the smart cap for better mixing.

A glass mug and a measuring jug filled with yellow pear ginger juice on a wooden surface. The mug is on the left, sitting on a wooden coaster. The measuring jug is on the right, showing the liquid level at approximately 350 ml. In the background, a book is visible.

Soothing Pear Ginger Juice

The blend of these three ingredients along with the ginger not only not only tastes great but also helps with digestion and relieves sore throats.

Soothing Pear Ginger Juice 
Sore Throat Relief



2 pear (500g)
Small piece of ginger
1 slice of radish
1 orange (340g)

358Cal (Based on the above portions)

Soothing Pear Ginger Juice



- 1 Wash the ingredients well.
- 2 Remove the stem from pear and peel the orange.
- 3 Cut the ingredients as needed to fit the chute.
- 4 Juice the ingredients in the Kuvings Whole Slow Juicer alternating between the ingredients.



Pear contains a lot of water and relieves thirst and phlegm. If you add more orange, even kids will love it.

**Prevents Anemia
and High Blood Pressure**



½ lotus root (180g),
¼ beet (50g),
2 pear (500g)

337.5Cal (Based on the above portions)

Lotus Root Energy Boost Juice



If you're at all hesitate to try root vegetable juice, this is a good one to start with. Add more Pear if you prefer more sweetness.

- 1 Wash the ingredients well.
- 2 Cut the ingredients as needed to fit the chute.
- 3 Juice the ingredients in the Kuvings Whole Slow Juicer alternating between the ingredients.



If you juice with Pear or beets, even kids will enjoy the lotus root juice.

Red Vitamin Radish Juice

Radish is rich in minerals and vitamins. It's a supreme energy lifting and immunity-boosting blend



Red Vitamin Radish Juice 
Weight-Loss



2 radishes (60g×2)
2 tomatoes (180g×2)
3 carrots (150g×3)
½ lemon (60g)

232Cal (Based on the above portions)



Red Vitamin Radish Juice



- 1 Wash the ingredients well.
- 2 Remove the stems from tomatoes and cut the ingredients as needed to fit the chute.
- 3 Juice the ingredients in the Kuvings Whole Slow Juicer alternating between the ingredients.



Recovery, Fights Flu



2 oranges (340g×2)
¼ beet (50g)
1 bunch of broccoli (300g)
½ lemon (60g)

260Cal (Based on the above portions)

Preparation

Soak broccoli in cold water for a while and wash well

Orange Beet Vitalizing Juice



The wonderful beet juice has a distinct taste to it. This earthiness gives a hint that it's rich in iron, calcium, and folic acid. The great combination of beet and fruits is enhanced by the broccoli.

- 1 Wash the ingredients well.
- 2 Peel oranges and cut the ingredients as needed to fit the chute.
- 3 Juice the ingredients in the Kuvings Whole Slow Juicer alternating between the ingredients.



Orange and beet help fight fatigue.
Broccoli may help prevent the flu.


Soy Milk

Drinking soymilk has been associated with weight-loss and reducing the risk of cancer. It's also a good source of calcium.

Soy Milk 
Anti-Aging





 Soy beans (150g)

262Cal (Based on the above portions)

Preparation

Rinse soy beans well and soak them in water for at least 8 hours.

INFO Soy Beans

Isoflavones in soy beans help lower blood pressure and cholesterol and are good for bone health.

Soy Milk




- 1 Wash the soy beans well and soak in water for at least 8 hours.
- 2 Cook over medium heat and boil the beans until they are tender (about 7-10 minutes).
- 3 Cool down the soybeans.
- 4 Juice the beans with the Kuvings Whole Slow Juicer making sure to add equal parts beans and water.



Juice soy milk once again for a clearer soy milk. The fibrous bean curd dregs can be used for cooking. You can add water, salt, sugar, spinach, carrot, or nuts depending on your preference.

Weight-Loss

 1 cup peanuts (60g)
½ cup walnuts (30g)
½ cup pine nuts (30g)

736Cal (Based on the above portions)

Preparation

Soak peanuts, walnuts, and pine nuts in water for at least 8 hours.

Nut Milk




*A simple and tasty vegetarian milk.
Walnuts and pine nuts give you a creamy flavorful milk.*

- 1 Soak nuts in water for at least 8 hours.
- 2 Juice the nuts with the Kuvings Whole Slow Juicer making sure to add equal parts nuts and water.



After juicing 1kg of ingredients, make sure to disassemble the juicing bowl and clean it thoroughly before the next session.



 Nut Milk Pulp
Honey (or syrup)

Peanut Spread

- 1 In a frying pan, saute the nut pulp over a low heat until they are dry.
- 2 Mix the nut pulp with the equal parts of honey.



Almond Milk 
Anti-Aging, Good for skin

Mixed Nut Energy Bar 



 1 cup almond (180g)

536Cal (Based on the above portions)

Preparation

Soak almonds in water for at least 8 hours.

Almond Milk



Unlike animal milk, almond milk contains neither cholesterol nor lactose. As it does not contain any animal products, it is suitable for vegans and vegetarians who abstain from dairy products. Almonds are rich in nutrients including fiber, vitamin E, magnesium.

- 1 Soak almonds in water for at least 8 hours.
- 2 Juice the almonds with the Kuvings Whole Slow Juicer making sure to add equal parts almonds and water.
- 3 Strain with cheesecloth.



After juicing 1 kg of ingredients, make sure to disassemble the juicing bowl and clean it thoroughly before the next session. Mix pulp with water in a one to one ratio and process result pulp through the juicer on more time.

Note



Pulp from almond milk
Peanut pulp
Cashew pulp
Walnut pulp
Dried cranberries
Raisins
Dried fruits such as dried blueberry

Syrup

Sugar (60g)
Starch syrup (60g)
Oligosaccharide (75g)
Water (20g)

Mixed Nut Energy Bar

This snack uses fibers from vegetarian milk.

If you want to lose weight, gain muscle, increase energy levels, or just generally look and feel healthier, try the mixed nut energy bar.

- 1 In a frying pan, saute the pulp over a low heat until they are dry.
- 2 In a saucepan, boil sugar, starch syrup, oligosaccharide, and water. Do not stir.
- 3 As soon as the sugar starts to melt, turn off the heat and mix with sauted pulp and dried fruits and other nuts.
- 4 Spread onto a greased baking sheet packing it firmly.
- 5 Cool before cutting into bars.



A glass bottle of white cashew milk stands in the background. In the foreground, a glass mug filled with chocolate cashew milk, topped with a dusting of brown powder, sits on a wooden spoon which is placed on a book. The scene is set against a light, neutral background.

Cashew Milk 
Anti-Aging, Weight- Loss

Cashew Milk

Cashew milk is the creamiest and most refreshing homemade nut milks. Since the nuts blend entirely into the water, no nuts go to waste in the process. That also means that the cashew milk retains all of the fiber and nutrients present in the cashews.

Chocolate Cashew Milk 
Diuretic, Recovery



1 cup cashew (180g)

513Cal (Based on the above portions)

Preparation

Soak cashews in water for about 8 hours.

Cashew Milk



- 1 Wash cashews well and soak them in water for at least 8 hours.
- 2 Juice the cashews with the Kuvings Whole Slow Juicer making sure to add equal parts cashews and water.
- 3 Strain with cheesecloth.



After juicing 1kg of ingredients, make sure to disassemble the juicing bowl and clean it thoroughly before the next session.
For vegetarian baking, we recommend using cashew milk instead of dairy milk.



1 cup cashew (180g)
1 tbsp cocoa powder

Preparation

Soak cashews in water for at least 8 hours.

Chocolate Cashew Milk




Cocoa is a great source of antioxidants and it contains an abundance of magnesium and iron.

- 1 Wash cashews well and soak them in water for at least 8 hours.
- 2 Juice the cashews with the Kuvings Whole Slow Juicer making sure to add equal parts cashews and water.
- 3 Strain with cheesecloth.
- 4 Add cocoa powder and mix well.

Broccoli Chicken Soup 
Prevents Flu, Good for Skin





-  ½ bunch broccoli (150g)
 ½ onion (100g)
 1 chicken breast (70g)
 ¾ cup milk (200g)
 ½ cup flour (50g)
 1 tbsp butter

513 Cal (Based on the above portions)



INFO Broccoli

With twice as much vitamin C as oranges, broccoli is effective in preventing colds and it is good for your skin.

It is good for losing weight as it is a low-calorie, low-fat food that keeps you fuller for longer. The carotene in broccoli strengthens the resistance of your skin and mucous membrane. Vitamin C is good for your skin and prevents bags under the eyes, so a steady diet of broccoli will give you a smooth and healthy skin.

Choose broccoli with floret clusters that are compact and green heads for freshness.

Broccoli Chicken Porridge



It gives a great, creamy, and rich flavor.

It also provides good nutrients for your baby.

- 1 Wash the ingredients well.
- 2 Cut broccoli and onion as needed to fit the chute and juice in the Kuvings Whole Slow Juicer. Reserve the pulp.
- 3 Cut chicken breast and saute in a pan.
- 4 Melt butter with flour in a heated pan and cook broccoli and onion until soft.
- 5 Add chicken to vegetables and simmer on a low heat.



Tomato Soup

The rich and creamy texture of tomato soup excites the appetite. Tomatoes offer nutrients which can ease digestion problems and also contains lycopene, an antioxidant shown to help prostate health.



Tomato Soup 
Good for Skin, Good for Digestion



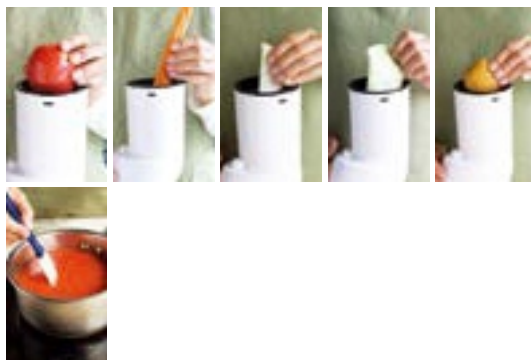
2 tomatoes (180g×2)
 ½ carrot (80g)
 ¼ onion (50g)
 1 potato (70g)
 1 cabbage leaf(10g)

120 Cal (Based on the above portions)

Tomato Soup



- 1 Wash ingredients well.
- 2 Remove stem from tomatoes and peel the potato.
- 3 Cut ingredients as needed to fit the chute.
- 4 Juice ingredients in the Kuvings Whole Slow Juicer alternating between the ingredients.
- 5 In a pot, over medium heat, combine the pulp and the juice. Bring to a boil for about 20 minutes to blend all of the flavors.



½ bunch broccoli (200g)
 1 small carrot (80g)
 1 small potato (90g)
 1 egg, beaten
 ½ bread crumbs (30g)
 2 oz grated cheese (40g)
 Salt and pepper to season
 Oil

917Cal (Based on the above portions)

Vegetable & Cheese Finger Food



- 1 Wash ingredients well.
- 2 Finely chop potato and set aside.
- 3 Cut carrot and broccoli as needed to fit the chute.
- 4 Juice carrot and broccoli in the Kuvings Whole Slow Juicer alternating between the ingredients. Reserve the pulp.
- 5 Preheat oven to 375 and light coat a baking sheet with oil.
- 6 Combine broccoli carrot pulp, chopped potatoes, egg, cheese and bread crumb and mix well.
- 7 Shape mixture into nuggets and place on baking sheet. Bake for 20-25 minutes.

Juice festival of vibrant colors!

Here are some sweet and fragrant fruit cocktails
and juices that will quench your thirst in summer.
Enjoy these natural homemade drinks made
with fresh ingredients!

Cool Fruit Juices & Cocktails



1 Cup



2 Cups



Recommended
Recipe



Easy

Easy: Simple recipe with
1-2 ingredients



Normal

Normal: Recipe which takes
20-30 mins with more ingredients



Hard

Hard: Recipe which takes 3-4
hours for preparation



Bitter Taste:
a bitter taste that most
people can distinguish



Slightly Bitter Taste:
a bitter taste that some
people can distinguish



Moderate Taste:
an easy-to-drink taste that isn't bitter
or sweet that anyone can enjoy



Sweet Taste:
a sweet taste that most
people can distinguish



Slightly Sweet Taste :
a sweet taste that some
people can distinguish

A top-down view of several fruit-based beverages on a bright blue textured surface. At the top center is a tall glass of orange juice with ice and a mint sprig. To its left is a large glass pitcher filled with green juice and ice. Below the pitcher is a small bowl of yellow juice. To the right of the yellow bowl is another glass of orange juice with ice and a mint sprig. In the bottom left corner is a small bowl of orange juice. In the bottom right corner is a glass of red juice. At the very bottom center is a small glass of green juice. The text 'Cool Fruit Juices' is in yellow and 'Cocktails' is in pink, both in a sans-serif font.

Cool Fruit Juices Cocktails





Beat the heat with the fruity punches and delicious cocktails at home

Make delicious cocktails and summer refreshments with natural ingredients that are rich in vitamins and nutrients.

Pick and choose your favorite cocktail on each different occasions.




Combining three of the richest sources of vitamin C, this juice is not only a delicious drink but also good for your body and your skin.

Tropical Mix



Tropical Mix 
Recovery, Good for Skin



-  1 orange (340g)
1 slice pineapple (120g)
¼ lemon (30g)
1 cup strawberries (100g)
½ cup coconut milk (120mL)

215Cal (Based on the above portions)

Preparation

Wash orange, lemon, and strawberries well

Tropical Mix




- 1 Wash the ingredients well.
- 2 Remove the stem from the strawberry and peel the orange.
- 3 Cut ingredients as needed to fit the chute.
- 4 Close the smart cap.
- 5 Juice the ingredients in the Kuvings Whole Slow Juicer alternating between the ingredients.
- 6 Mix the juice with coconut milk and stir to serve.



Allow all ingredients to blend thoroughly, then open the smart cap and pour directly into glass. Add in a couple of ice cubes to make it more refreshing.

Diuretic, Detoxication

-  honeydew (250g)
½ bunch of grapes (150g)
1 slice watermelon (200g)
1 orange (340g)
1 red cabbage leaf (200g)
½ lemon (60g)

428Cal (Based on the above portions)

Summer Smash



- 1 Wash the ingredients well.
- 2 Remove the rind from honeydew and watermelon.
- 3 Peel the orange and remove the stem from the grapes.
- 4 Cut the ingredients as needed to fit the chute.
- 5 Juice the ingredients in the Kuvings Whole Slow Juicer alternating between the hard and soft ingredients.

Tropical Fantasy Mix

A tropical blend of fruits that will transport you to distant tropical climes.

With their high vitamins these juices help protect your skin from the sun.



Tropical Fantasy Mix 
Good for Skin



-  1 orange (340g)
1 slice pineapple (120g)
1 mango (200g)
1 cup strawberries (100g)
½ cup cherries (100g)
1 kiwi (140g)
½ pear (150g)
½ lemon (60g)
1 tbsp honey
Ice

553.5Cal (Based on the above portions)


Tropical Fantasy Mix



- 1 Wash the ingredients well.
- 2 Remove the stems from strawberry. Peel the orange and kiwi.
- 3 Remove the pits from mango and cherries.
- 4 Cut the ingredients as needed to fit the chute.
- 5 Juice the ingredients in the Kuvings Whole Slow Juicer alternating between the ingredients.
- 6 Stir in the honey and serve over ice.



**Diuretic Effect,
Good for Digestion**

-  4 slices watermelon (500g)
A handful of basil
1 small bunch of apple mint

155Cal (Based on the above portions)

Summer Watermelon Mix



Bubbling, refreshing, and sweet with herbs lifting the flavor.

- 1 Wash the ingredients well.
- 2 Remove the rind from watermelon.
- 3 Cut the ingredients as needed to fit the chute.
- 4 Close the smart cap.
- 5 Juice the ingredients in the Kuvings Whole Slow Juicer alternating between the ingredients.
- 6 Serve chilled.



Serve on ice to make it more refreshing.



Kiwi Max 
Good for Skin, Good for Digestion

Kiwi Max

Kiwis are often too soft to juice. Choose ones that are firm and fresh for the best result. Add apples and spinach for a boost of energy.



4 kiwi (100g × 4)
1 apple (180g)
A handful of Spinach (60g)

336Cal (Based on the above portions)

Kiwi Max



- 1 Wash the ingredients well.
- 2 Scrub the kiwis well with a brush to remove the hairs or remove the skin.
- 3 Remove the stem from the apple.
- 4 Cut the ingredients as needed to fit the chute.
- 5 Juice the ingredients in the Kuvings Whole Slow Juicer alternating between the ingredients.



TIP Kiwi, apple, and spinach are good for your skin.
Kiwi is high Vitamin C, Vitamin E, and fiber.



1 pomegranate (200g)
1 apple (180g)

236Cal (Based on the above portions)

Pomegranate Apple Juice



Each of these juices brings out the best in the other.
And also, pomegranates and apples are packed with vitamins as well as helping maintain estrogen to help reduce PMS.

- 1 Wash the ingredients well.
- 2 Remove the pomegranate seeds from the rind.
- 3 Remove apple stem and cut as needed to fit the chute.
- 4 Juice the ingredients in the Kuvings Whole Slow Juicer alternating between the ingredients.

Taking the luxury even further, this berry combination is a blessing to your taste buds and your body. Berries are rich in antioxidants, especially vitamin A and C. They boost immunity and keep your skin healthy.

Berry Berry Juice



Berry Berry Juice 
Good for Skin, Weight-Loss



1 cup strawberries (100g)
½ cup cranberries (50g)
½ cup raspberries (50g)
½ pear (150g)

122Cal (Based on the above portions)

Berry Berry Juice



- 1 Wash ingredients well.
- 2 Remove Pear stem & seeds and cut into chunks.
- 3 Juice the ingredients in the Kuvings Whole Slow Juicer alternating between the ingredients.



Mango Tango Coulis

Dense and rich, this is a high-energy blend of the tropics.



Mango Tango Coulis 
Good for Skin, Recovery



2 mangoes (270g x 2)
1 slice pineapple (120g)
1 peach (200g)
¼ melon (400g)

580Cal (Based on the above portions)

Mango Tango Coulis



- 1 Wash the ingredients well.
- 2 Remove the pits from mango and peach and cut the ingredients as needed to fit the chute.
- 3 Juice the ingredients in the Kuvings Whole Slow Juicer alternating between the ingredients.
- 4 Serve chilled.





Green Lemonade 
Detoxication, Good for Skin



2 green apples (360g)
½ lemon (60g)
1 ¼ cups sparkling water
Small bunch of mint
Ice and syrup

136Cal (Based on the above portions)

Green Lemonade



It's a perfect thirst quencher, especially if you use a tart apple such as Granny Smith. This is not only detoxifying, but also helps keep your skin healthy.

- 1 Wash ingredients well.
- 2 Remove apple stem and cut into chunks.
- 3 Remove lemon peel.
- 4 Juice the apple and then the lemon in the Kuvings Whole Slow Juicer.
- 5 Add mint, ice, sparkling water, and syrup and stir well.

Anti-aging, Weight-loss



4 cups blueberries (400g)
1 ¼ cups sparkling water (300mL)
A small bunch of mint
Ice

186Cal (Based on the above portions)

Blueberryade



Blueberries are filled with antioxidants such as vitamin A and C, as well as bioflavonoids.

- 1 Wash the blueberries well.
- 2 Juice blueberries in the Kuvings Whole Slow Juicer
- 3 Add ice and sparkling water
- 4 Garnish the drink with mints




Put 1 tablespoon of honey to add more sweetness into the drink.

Cherry brandy is very sweet and this recipe adds a little lemon juice and carbonated water to balance the flavor, and you can create a smooth finish with alcohol.

This is a drink that's both very sweet and strong. Cherries contain rich antioxidants as well as highly alkaline properties.

Cherry Fizz

Cherry Fizz 
Good for Skin, Weight-Loss

Tequila Sunrise 
Good for Skin, Prevents Colds



1 cup of cherries (200g)
 ½ lemon(40g)
 1 ¼ cups sparkling water
 ¼ cup vodka
 1 teaspoon of raspberry syrup
 Ice, and mint leaves
 ½ cup raspberries (90 g)

186Cal (Based on the above portions)

Cherry Fizz



- 1 Wash the ingredients well.
 - 2 Remove the pits and stems from the cherries.
 - 3 Juice the ingredients in the Kuvings Whole Slow Juicer.
 - 4 Combine with sparkling water, vodka, and ice in a drink shaker.
- Shake firmly until frothy.
- 5 Garnish with mint leaves.



2 oranges (340g×2)
 ½ pomegranate (100g)
 ¼ cup tequila
 1 tbsp of grenadine
 Ice

272Cal (Based on the above portions)

Tequila Sunrise



- 1 Wash the ingredients well.
- 2 Peel the oranges.
- 3 Carefully remove the pomegranate seeds from the rind.
- 4 Juice the ingredients in the Kuvings Whole Slow Juicer.
- 5 Combine with tequila and serve on ice.
- 6 Add a touch of grenadine and garnish with a slice of orange.




Blueberry Mojito

A simple and refreshing non-alcoholic cocktail with fresh blueberries, mint, and lemon.
A family friendly cocktail.

Red Eye 
Heart Healthy



Blueberry Mojito 
Anti-Aging, Weight-Loss



1 cup blueberries (200g)
1 ¼ cups sparkling water (300mL)
½ tbsp sugar
Ice
Mint leaves

78Cal (Based on the above portions)

Blueberry Mojito

(A non-alcohol cocktail)



- 1 Wash the ingredients well.
- 2 Peel the lemon.
- 3 Juice the ingredients in the Kuvings Whole Slow Juicer.
- 4 Add the sugar into the juice and stir well.
- 5 Combine with sparkling water, rum and ice.
- 6 Garnish it with mint leaves.



Pour sparkling water down the side slowly for gradation
Add vodka, depend on your preference



2 tomatoes (180g×2)
4/5 cup beer (200mL)

124Cal (Based on the above portions)

Red Eye



- 1 Wash the ingredients well.
- 2 Remove the stems from the tomatoes.
- 3 Juice the ingredients in the Kuvings Whole Slow Juicer.
- 4 Mix the tomato juice with beer and stir well.



Kuvings Whole Slow Juicer

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Kuvings Whole Slow Juicer

Recipe Book

Basic Juices • Vegetable Juices

Nutritious Juices • Baby Food

Cool Fruit Juices • Cocktails

