



opt<sup>+</sup>trimax<sup>®</sup>

LIVE LIGHT, LIVE RIGHT!

RECIPES

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## Why Juicing?

The best alternative to have your fruits & vegetables the healthier way!

Did you know that it is recommended to take 1½ -2½ cups of fruits and 2½ -4 cups of vegetables, or at least 5 combined servings of fruits and vegetables daily\*?

Very few of us hit this target as it is a challenge to have a well-planned and balanced diet in the hectic modern lifestyle. We will need to find a convenient way that is best for our body without making too many sacrifices.

And juicing proves to be the answer!

### **Maximum absorption of nutrients**

Whilst insoluble fibre is essential for a well-balanced diet, consuming it in large amounts does make our body work harder in obtaining the maximum nutrients from fruits and vegetables. Quality juicing helps to “pre-digest” the natural foods for the body by separating out a reasonable amount of insoluble fibre, so that our body gets to fully absorb the nutrients of the juice more easily.

### **Wide variety**

Even though some of us care to add some fruits and vegetables into our daily diet, but we tend to eat the same types on a daily basis for the sake of convenience. This actually violates the principle of regular food rotation. However, quality juicing twists the story around! With just a glass of fresh and pure quality juice, we get to enjoy a wider variety of fruits and vegetables more easily as compared to eating them whole.

\* Recommendations by Centres for Disease Control (CDC) of the U.S. Department of Health and Human Services (DHHS).

## Why Optrimax Slow Juicer?

Make yourself the finest-quality juices, concentrated with enzymes and phytonutrients!

We all know that enzymes are the keys to all life processes in our body. But do you know that enzymes are very sensitive to temperature and will break down and get denatured with heat?

Most conventional blenders or juicers that use centrifugal process do not yield high levels of nutrient content due to the heat and friction generated from the intensive and high-speed shredding.

By using the first-of-its-kind DualEdge Cold-Press Technology (DECT), one of the best-performing squeezing screws in the market, the Optrimax Slow Juicer is able to wholly extract the highest level of nutrients out of whole foods and natural produce.



**DECT** DualEdge Cold-Press Technology  
*for extraordinary juicing results!*

DECT preserves the natural nutrients in foods more intactly and minimises oxidation as it operates at the slowest speed of 47 RPM as compared to the conventional 70-80 RPM that other slow juicers use. Its strong and thorough dual-edge squeezing allows efficient juicing of a wide range of fruits and vegetables, including the harder and/or highly fibrous ones. That's why DECT always gives the most juice with the highest yield of nutrients like no other!

With the Optrimax Slow Juicer, you will experience fresh, pure and wholesome juices of great flavour. Now, you can even make your very own healthy versions of ice cream, sorbet, soy milk, jam, sauce, puree for baby foods and many more at the comfort of your own home!

Start feeling refreshed, rejuvenated and energised!

# How is Optrimax Slow Juicer Different?

The juices made from  
20 cherry tomatoes:



## High-Speed Juicer

- Less juice
- More residue
- Nutrients destroyed
- Only processes a small variety of food



WHY? The high-speed rotating blades generate high friction and heat that destroy the inherent nutrients of natural foods, causing the layering and oxidation of juices.



## Conventional Slow Juicer

- More juice
- Less residue
- Nutrients preserved
- Processes more variety of food



WHY? The conventional slow juicer operates only with a single-edge screw at a typical speed of 80 RPM, which is not as efficient as the Optrimax DECT Squeezing Screw.



## optrimax<sup>®</sup> SLOWJUICER

- The most juice
- The least residue
- Nutrients maximised!
- Processes the widest variety of food



WHY? DECT operates at the lowest speed of 47 RPM, gently cold-pressing without heat and friction, to wholly retain the nutrients of natural foods.



## Before You Start

### Which bowl to use?

#### Juicing Bowl

For juicing of food ingredients such as fruits, vegetables, corn or soybeans.

Use the Juicing Bowl for recipes marked with this icon in this recipe book.



#### Puree Maker Bowl

For making of puree, jam or sauce.

Use the Puree Maker Bowl for recipes marked with this icon in this recipe book.



# Assembly and disassembly of Optrimax Slow Juicer

Please follow the instructions of assembly and disassembly in the User Guide to avoid injuries and/or product damage.

## Preparing food ingredients

### Fruits

- Wash thoroughly.
- Remove any hard seeds or pits.
- Cut fruits into small thin pieces not thicker than 2cm for optimal juice extraction.

### Vegetables

- Wash thoroughly to remove any sand or grits that may be present.  
*\* Sand or grits in the machine may cause product damage.*
- Remove any hard seeds or pits, if any.
- For hard or highly fibrous ingredients (e.g. carrot, beet, radish, sweet potato, etc.), cut into thin slices not thicker than 2cm.

### Grains and Nuts

- Wash thoroughly.
- Soak grains and nuts (e.g. almonds, oats, walnuts, etc.) in water for at least 5 hours to soften before juicing.
- Cook grains before juicing if necessary.

## Soybeans

- Wash thoroughly.
- Soak soybeans in water for at least half a day to soften before cooking. The soybean to water ratio should be 1 : 1.
- Heat the soybeans in water to boil. When it starts to boil, lower the heat and continue cooking for about 10 minutes before turning it off.
- Juice the soybeans together with the earlier-boiled water to produce soy juice with richer flavour and smoother texture.
- Boiled soybeans, when refrigerated, can last for 3-4 days.
- To keep soybeans longer, drain the water and freeze the soybeans separately. Frozen soybeans can last for 2-4 weeks.

## Juicing tips

- For optimal juicing results, feed ingredients at a slow pace to allow all pulp to eject before adding more ingredients to avoid overloading.
- For smoother juice with lesser pulp, pour the extracted juice into the Hopper to strain the juice for a second time.
- Add adequate water into the Hopper together with the ingredients while juicing for smoother texture.
- At the end of each juicing, press and hold the "rev" Switch for 3-5 seconds to avoid clogging of ingredients in the Bowl.
- To rinse the machine after use, turn on the Switch and pour clean water into the Hopper. This helps remove the residue in the Bowl.

## Troubleshooting tips

Please refer to the User Guide.

## Ingredients and Their Benefits



**Almonds** may be high in fat content, but they contain monounsaturated fats, which is actually good for our health. This type of fat has been well associated with the reduction in risks of heart disease. Research has also shown that almonds do not only lower blood sugar and insulin levels, but also contains antioxidants to scavenge free radicals.



**Aloe** are gel-filled leaves that consist of 99% water and contain many trace elements, vitamins and minerals; it can be a great natural option for detox and helps to improve bowel regularity when made into juice. Aloe juice can help to lower bad bacteria count found in our gut, as well as to improve blood sugar control in type-2 diabetics, and reduce risks of liver damage associated with alcohol abuse.



**Apples** are rich in Vitamin C and antioxidant phytonutrients (e.g. quercetin), which are believed to help prevent and repair oxidation damage that occurs during normal cell activity. Pectin, a soluble fibre found in apples, aids in promoting good digestive health.



**Bananas** are known for their high potassium content, which is vital for good nerve, muscle and heart functions, as well as in the maintenance of normal blood pressure and healthy fluid balance in the body. They are also an excellent source of Vitamin B6, which is used by the body for new cell growth.

## Ingredients and Their Benefits



**Barley** is a versatile cereal grain that can greatly boost our intestinal health! In addition to providing bulk for aid in bowel movement, barley's fibre also provides food for the good bacteria in the large intestine. Interestingly, the high beta-glucan content in barley's fibre binds to and removes cholesterol-containing bile, which forces the body to make more bile, hence reducing cholesterol levels.



**Black Fungus** contains a variety of amino acids, carotene, calcium, magnesium, potassium, sodium and fibre. It helps to improve the fluidity and circulation of our blood, lowers cholesterol and blood sugars. The black fungus also contains germanium, a trace mineral that is believed to have anti-viral and anti-cancer properties.



**Blueberries** deliver impressive amounts of vitamins, fibre and phytonutrients (e.g. quercetin and ellagic acid), which provide anti-inflammatory benefits, and help to support the immune system; it also may protect our body against chronic diseases including heart disease and cancer. Now there even is a new discovery that blueberries can actually improve memory functions!

## Ingredients and Their Benefits



**Broccoli** provides an impressive line-up of nutrients, such as Vitamin C, potassium and lutein. They also have an unusually strong combination of Vitamins A and K, which can help to keep Vitamin D metabolism in balance and hence help to prevent Vitamin D deficiency. In addition, the isothiocyanates found in broccoli can also help to protect cells against cancer development.



**Carrots** are best known for their beta-carotene content (the nutrient beta-carotene is actually named after carrot!). In addition, they are an excellent source of immune-supporting Vitamin C, bone-building Vitamin K, heart-health-supporting Vitamin B6, niacin, folate and Vitamin E, together with enzyme-supporting manganese and molybdenum, energy-supporting Vitamins B1, B2 and phosphorus, and a fascinating combination of phytonutrients!



**Celery** is not just a crunchy, low-calorie vegetable, it also plays a key role in health support. Recent research has bolstered our knowledge about celery's anti-inflammatory properties, including its protection against inflammation in the digestive tract. The celery is not only rich in conventional antioxidants such as Vitamin C, beta-carotene and manganese; it also contains many phenolic antioxidants which have proven to provide anti-inflammatory benefits as well.

## Ingredients and Their Benefits



**Corn** contains all of the essential amino acids, which is a good source of protein, while also delivering folate for metabolism and soluble fibre, that binds cholesterol and transports it out of the body. Corn is also rich in Vitamins A, B and E, minerals and antioxidants.



**Cranberries** provide powerful flavonoids (a type of phytonutrient) called proanthocyanidins. Research has shown that drinking cranberry juice daily can promote urinary tract health as it provides protection against certain harmful bacteria that cause Urinary Tract Infection (UTI).



**Cucumbers** offer valuable antioxidant, anti-inflammatory and anti-cancer benefits. Besides Vitamin C and potassium, cucumbers are also rich in Vitamin K, which plays a role in building bones and other tissues in the body, and is responsible for making some of the required proteins in the liver for blood clotting.



**Grapes** boast a wealth of antioxidants with its total number running well into the hundreds! While the pulp of grapes is what we enjoy most, its seed and skin contain the richest concentration of antioxidants. Red or purple grapes give a resveratrol boost that can help to reduce blood pressure and cardiac hypertrophy, lower levels of bad cholesterol and retard the progression of artery hardening.

## Ingredients and Their Benefits



**Kiwi Fruits** are abundant in Vitamin C, which acts as an antioxidant, scavenging free radicals in the body that cause damage to cells and lead to problems such as inflammation and cancer. It is also a good source of Vitamins E and K, folate and potassium.



**Lemons** do not only offer a potent dose of Vitamin C, an important antioxidant, critical for muscle and collagen repair, they contain unique flavanoids that possess anti-cancer properties, folate that helps to maintain body cells, and fibre which is essential for digestive health.



**Oats** are a tasty source of dietary fibre and beta-glucan, a component of soluble fibre, has proven to be effective in lowering total blood cholesterol and LDL (bad cholesterol) levels, thus helping to enhance heart health.



**Oranges** are much more than just an excellent source of Vitamin C! They have a wide variety of phytonutrients, including citrus flavanones (a type of flavonoid), anthocyanins, and a variety of polyphenols. The great abundance of polyphenols in oranges have shown to possess antioxidant, anti-viral, anti-allergenic, anti-inflammatory and anti-cancer properties.

## Ingredients and Their Benefits



**Papayas** not only offer the luscious taste and sunlit colour of the tropics, but are also rich sources of antioxidant nutrients such as carotenes, Vitamin C and flavonoids, Vitamin B complex, folate and pantothenic acid; and the minerals, copper, potassium and magnesium, and lastly, fibre. With a great combination like such, they promote cardiovascular health and provide protection against colon and prostate cancer. To add on, papayas contain an abundant supply of the digestive enzyme, papain.



**Pears** are often recommended by healthcare practitioners as a hypoallergenic fruit and a safe fruit to introduce to infants. Not only are pears rich in Vitamins B2, C and E, copper and potassium, they also contain a significant amount of pectin (a type of soluble fibre). This makes pears effective in lowering cholesterol levels and toning the intestines.



**Peppers** have impressive nutrient and phytonutrient contents. They are a very good source of Vitamin E and contain more than 30 different carotenoids (a kind of colour-pigment phytonutrient), including abundant amounts of beta-carotene and zeaxanthin which provide antioxidant, anti-inflammatory and anti-cancer benefits. Recent studies have also taken a closer look at the enzymes present in peppers which may be involved in some of the anti-cancer benefits possessed in the fruit itself.

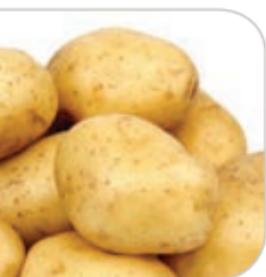
## Ingredients and Their Benefits



**Pineapples** contain bromelain, which is a protein-digesting enzyme and a natural anti-inflammatory agent, while containing Vitamin C, folate, Vitamin B6 and potassium. Besides that, pineapples are also an excellent source of manganese, which is an essential cofactor in enzymatic reactions for energy production and antioxidant defenses.



**Pomegranate** being one of the oldest known fruits found in writings and artefacts, it is a nutrient-dense fruit that is rich in phytonutrients. Containing high levels of anthocyanins, tannins and potent antioxidants, pomegranate aids in protection against heart disease, possesses strong anti-inflammatory, antioxidant and even anti-tumour properties.



**Potatoes** are most unfortunately known for being consumed in forms of greasy French Fries or potato chips. However, with the taking away of extra fat and deep frying, they are actually exceptionally healthy, high-fibre food that offers significant protection against cardiovascular diseases and cancer. Potatoes contain a vast variety of antioxidant phytonutrients. Among these important health-enhancing compounds are carotenoids, flavonoids, caffeic acid, as well as unique tuber storage proteins, e.g. patatin, which exhibits activity against free radicals.

## Ingredients and Their Benefits



**Pumpkins** have amazing phytonutrient content. The carotenoids present in pumpkins include alpha-carotene, beta-cryptoxanthin, lutein and zeaxanthin. The pectin-containing polysaccharides found in pumpkins are vital anti-inflammatory agents, so as their cucurbitacins. In addition, pumpkins are a good source of the immune-supporting Vitamin A, heart-health-supporting folate, enzyme-promoting manganese, bone-building copper and Vitamin K, the antioxidising Vitamin C, omega-3 fatty acids, B complex vitamins such as Vitamins B2 and B6, magnesium and potassium.



**Strawberries** are not only high in Vitamin C and folate, they are also rich in antioxidants and flavanoids which have been proven to reduce risks of cancer. A recent study has interestingly shown that with the intake of strawberries at least 3 times weekly will boost anti-inflammatory benefits.



**Soybeans** are a good source of vegetarian protein, which contains essential amino acids, aiding muscle repair and recovery while offering a host of vitamins and minerals. While only taking up a sixth of a day's calories, a cup of soybeans provides 40% of the recommended Daily Value (DV) for fibre and 50-60% of the recommended DV for protein!

## Ingredients and Their Benefits



**Spinach** being greatly known as Popeye's power food, is indeed nutrient-rich. Not only is it abundant in iron and zinc, spinach is also high in Vitamin K, vital for bone health and folate, a Vitamin B complex responsible for the production and maintenance of new cells and essential for DNA and RNA production.



**Sweet Potatoes** are known in two forms of coloured flesh; whereby its orange flesh being exceedingly rich in beta-carotene, and its purple flesh being an outstanding source of anthocyanins. Both types are rich in phytonutrients, including polysaccharide-related molecules called batatins and bataosides, and storage proteins called sporamins which possess potent antioxidant properties. In addition, sweet potatoes are also a good source of copper, niacin, pantothenic acid, potassium and fibre.



**Tomatoes** are rich in lycopene, which aid in fighting against skin cancer and promoting prostate and bone health. The intake of tomatoes have also been long linked to heart health as they help in lowering total cholesterol, LDL cholesterol and triglycerides.

## Ingredients and Their Benefits



**Walnuts** are not only excellent source of protein, they provide essential vitamins and minerals, such as Vitamin E, which is responsible for immune function and helps to prevent cataract, and omega-3 fatty acids, which help to promote heart and brain health.



**Wheatgrass** is the grass of young wheat plants. Considered as a vegetable in the grass stage, wheatgrass is safe for people with wheat allergies and is highly rich in nutrients. Along with it containing Vitamins A, C and E, amino acids, calcium and magnesium, wheatgrass also contains ample amounts of green plant pigment, called chlorophyll, which has the ability to draw toxins from the body like a magnet and has a molecular structure similar to that of haemoglobin in blood, which helps with the transportation of oxygen to the body's cells.



**FRUIT & VEGETABLE JUICES**

**BEAUTY JUICES**

# Apple Grape Juice

## Ingredients:

6 grapes, stems removed  
1 apple, cored and sliced  
12 blueberries  
1 slice ginger, chopped  
1 cup water

## Directions:

1. Feed grapes, apple, blueberries and ginger into the Oprimax Slow Juicer.
2. Pour water into the Oprimax Slow Juicer, if necessary, to reach the desired constituency.



## Tips



Ginger helps to reduce the drink's "heatiness".



# Apple Strawberry Juice

## Ingredients:

- 3 strawberries, halved
- ½ apple, pitted and sliced
- 1 slice lemon (optional)
- ½ cup water
- ½ cup ice cubes (optional)

## Directions:

1. Feed strawberries, apple, lemon (if preferred) and water into the Oprimax Slow Juicer.
2. Add ice cubes to the extracted juice, if necessary, to meet your desired taste.



## Tips



- Feed the strawberries, with stems, into the Oprimax Slow Juicer. It is not only less troublesome but also for better juice extraction.
- Other berries, such as blackberries, cranberries, blueberries, are also suitable for juicing.

For better taste and if preferred, you may add in a lemon slice into the juice.



# Orange Pepper Juice

## Ingredients:

- ¼ red bell pepper, chopped
- ¼ yellow bell pepper, chopped
- ¼ orange, peeled, cored and sliced
- 5 spinach leaves, chopped
- ½ cup water
- 1 tablespoon honey (optional)

## Directions:

1. Remove the seeds and stems of the red and yellow bell peppers.
2. Feed red and yellow bell peppers, orange, spinach leaves and water into the Optrimax Slow Juicer.
3. Stir in honey and serve.



## Tips



When choosing peppers for juicing, please look out for ones with a glossy sheen and should not have presence of shrivelling, cracks and soft spots.



# Papaya Milk

## Ingredients:

- ¼ papaya, cored and sliced
- 2 cups fresh milk
- a pinch of sugar
- 1 cup ice cubes

## Directions:

1. Feed papaya and fresh milk into the Optrimax Slow Juicer.
2. Add sugar and ice cubes, if necessary, to meet your desired taste.

## Tips:

Papaya milk gets oxidised and will precipitate in a short time. Papaya milk juice should be consumed when freshly made.



## Do You Know?



Papayas are rich in natural enzymes (eg. papain) which help to promote skin metabolism, reduce the accumulation of sebum in pores and brighten skin complexion. Drinking papaya milk will not only improve overall skin condition, but also helps in regulating menstruation and keeping our body nourished.



# Pomegranate Juice

## Ingredients:

- 1 pomegranate, peeled
- ¼ lemon, sliced (optional)
- 1 cup water
- 1 tablespoon honey (optional)
- 1 cup ice cubes (optional)

## Directions:

1. Feed pomegranate flesh, lemon (if preferred) and water into the Optrimax Slow Juicer.
2. Stir in honey, ice cubes and serve.



## Tips



The origin of the pomegranate may affect the colour and amount of juice produced.



# Pomegranate Kiwi Juice

## Ingredients:

- ½ pomegranate, peeled
- 1 kiwi fruit, peeled and sliced
- ½ pineapple, peeled, cored and sliced
- 1 cup water
- ½ cup ice cubes (optional)

## Directions:

1. Feed pomegranate, kiwi fruit and pineapple slices into the Oprimax Slow Juicer.
2. Add water into the Oprimax Slow Juicer to remove all residue and dilute the juice for a better taste.
3. Add ice cubes to the extracted juice for better taste.



## Tips



Some people may find a hassle to deal with the little seeds in pomegranates, which is why extracting its juice is the best method to obtain its maximum nutrient benefits.





**FRUIT & VEGETABLE JUICES**

**DETOX JUICES**

# Apple Aloe Juice

## Ingredients:

- 1 aloe leaf, chopped
- 1 apple, cored and sliced
- ¼ lemon, sliced (optional)
- ½ cup ice cubes (optional)

## Directions:

1. Feed aloe, apple and lemon (if preferred) into the Optimax Slow Juicer.
2. Stir in ice cubes and serve.

## Do You Know:

One of the combined benefits of the apple aloe juice is its antioxidant defence. Vitamins A and C, found in apple and aloe, are vital for fighting free radicals that create cell havoc and disease in the body.



## Tips



For better taste and if preferred, you may add a lemon slice into your juice.



# Apple Cucumber Juice

## Ingredients:

- 1 cucumber, chopped
- 1 apple, cored and sliced
- ½ cup ice cubes (optional)

## Directions:

1. Feed cucumber and apple into the Optrimax Slow Juicer.
2. Stir in ice cubes and serve.



## Do You Know?



Cucumbers are surprisingly rich in nutrients when juiced. For optimal benefits, juice the entire cucumber, including its skin and seeds for most of its nutrients including calcium, zinc and Vitamin K, are found just under its skin.



# Broccoli Juice

## Ingredients:

- 2 stalks of broccoli, sliced
- ½ lemon, sliced (optional)
- 1 cup water
- 1 tablespoon honey (optional)

## Directions:

1. Feed broccoli and lemon (if preferred) into the Optrimax Slow Juicer.
2. Add water into the Optrimax Slow Juicer.
3. Stir in honey and serve.



## Tips



- You may need to mix broccoli with other fruits or vegetables, such as carrots, apples or pears, to make your juice more palatable.
- Alternatively, juicing fresh ginger or herbs, such as basil or mint, along with your broccoli can help to boost its flavour.



# Carrot Orange Juice

## Ingredients:

- ¼ pineapple, peeled, cored and sliced
- 1 orange, peeled and sliced
- 2 carrots, chopped
- ½ lemon, sliced (optional)
- 2 cups water (optional)

## Directions:

1. Feed pineapple, orange, carrots and lemon (if preferred) into the Optrimax Slow Juicer.
2. Add water into the Optrimax Slow Juicer, if necessary, to meet your desired taste.



## Tips



Having this juice around 20 minutes before eating your meal will serve to stimulate body's secretion of the digestive juices and as a great appetiser.



# Celery Watermelon Juice

## Ingredients:

- ½ watermelon, peeled and sliced
- 1 starfruit, cored and sliced
- 1 stalk of celery, chopped with leaves on
- 1 tablespoon honey (optional)

## Directions:

1. Feed watermelon, starfruit, and celery into the Optimax Slow Juicer.
2. Add honey into the extracted juice and serve.



## Tips



Watermelon is a very juicy fruit. Juicing watermelon with any fruits or vegetables do not require additional water.



# Pineapple Strawberry Juice

## Ingredients:

- ½ pineapple, peeled, cored and sliced
- 6 strawberries, halved
- 1 pear, cored and sliced
- 15 mint leaves
- ½ cup water
- 1 cup ice cubes (optional)

## Directions:

1. Feed pineapple, strawberries, pear and mint leaves into the Optrimax Slow Juicer.
2. Add water into the Optrimax Slow Juicer.
3. Stir in ice cubes and serve.



## Tips



If you don't like having bits of leaves in your juice, blend the three fruits and pour the juice in a jar. Thereafter, add whole mint leaves and stir, cover with the lid and refrigerate for half an hour. You can then remove the mint leaves and enjoy the juice.



# Strawberry Spinach Juice

## Ingredients:

2 cups packed red Swiss chard, green Swiss chard, spinach or a combination with roots removed and chopped  
1 pear, cored and sliced  
10 strawberries, halved  
1 cup coconut water

## Directions:

1. Feed vegetables, pear, and strawberries into the Oprimax Slow Juicer.
2. Add coconut water into the extracted juice.



## Tips



During the summer heat, a drink mixed with coconut water, fruits and vegetables serves as a great alternative to carbonated drinks – this delicious drink will keep you cool, energised and hydrated throughout the day while making you healthier at the same time.





**FRUIT & VEGETABLE JUICES**

**ENERGY JUICES**

# Apple Beetroot Carrot (ABC) Juice

## Ingredients:

- 1 apple, cored and sliced
- 1 beetroot, chopped
- 1 carrot, chopped
- 1 pear, cored and sliced (optional)
- ½ cup ice cubes (optional)

## Directions:

1. Feed apple, beetroot, carrot and pear (if preferred) into the Optrimax Slow Juicer.
2. Stir in ice cubes and serve.

## Do You Know?

The combined power of the ABC enriches the juice with plentiful of antioxidants that help to combat free radicals in the body.



## Tips



- For optimal nutrient absorption, add equal quantities of apples, beetroots and carrots into your juice. You may also add lime juice to enhance its taste but without sugar.
- For better results, take your juice with an empty stomach, preferably early in the morning or an hour before your regular breakfast. You can take it twice a day, one in the morning and the other in the early afternoon.



# Apple Black Fungus Juice

## Ingredients:

- 4 pieces black fungus, soaked for over 2 hours until softened
- 1 apple, cored and sliced
- 1 tablespoon honey (optional)
- 1 cup water
- 1 cup ice cubes (optional)

## Directions:

1. Boil black fungus in water for 2 minutes.
2. Soak boiled fungus into cold water and cut into small slices.
3. Feed black fungus and apple into the Oprimax Slow Juicer.
4. Stir in honey and ice cubes to the extracted juice and serve.



## Tips



- For better and smoother taste, you may add other fruits into the juice to mask the strong taste of the black fungus.
- Drink a glass of black fungus syrup after your meal can help to improve digestion and cleansing.



# Apple Wheatgrass Juice

## Ingredients:

- 1 handful wheatgrass
- 1 apple, cored and sliced
- 1 tablespoon honey (optional)

## Directions:

1. Feed wheatgrass and apple into the Oprimax Slow Juicer.
2. Add more wheatgrass, if necessary, to meet your desired taste.
3. Stir in honey and serve.

## Do You Know?

A major benefit of drinking wheatgrass juice is that it gets easily digested with little energy. With just a glass of wheatgrass juice daily provides a host of benefits. It's a complete food with no side effects at all!



## Tips



For better taste and if preferred, you may add in orange, pear or lemon slices into the juice.



## Potato Juice

### Ingredients:

- 2 potatoes, chopped
- 2 cups water
- ½ cup ice cubes (optional)

### Directions:

1. Feed potatoes and water into the Oprimax Slow Juicer.
2. Add ice cubes into the extracted juice, if necessary, to meet your desired taste.



### Tips



- When potatoes are juiced, a white silky paste will form on the bottom of the glass. Give it a good stir before drinking. Unlike other juices that can be prepared the night before, it's best to drink Potato Juice right away.
- Potato Juice doesn't taste that great; to make it taste better, you may mix it with other juices, such as carrot juice, followed by some honey.

## Potato Barley Juice

### Ingredients:

- 1 sweet potato
- ¼ potato, boiled and sliced
- 1 tablespoon barley, boiled
- 1 tablespoon brown sugar
- 2 cups water

### Directions:

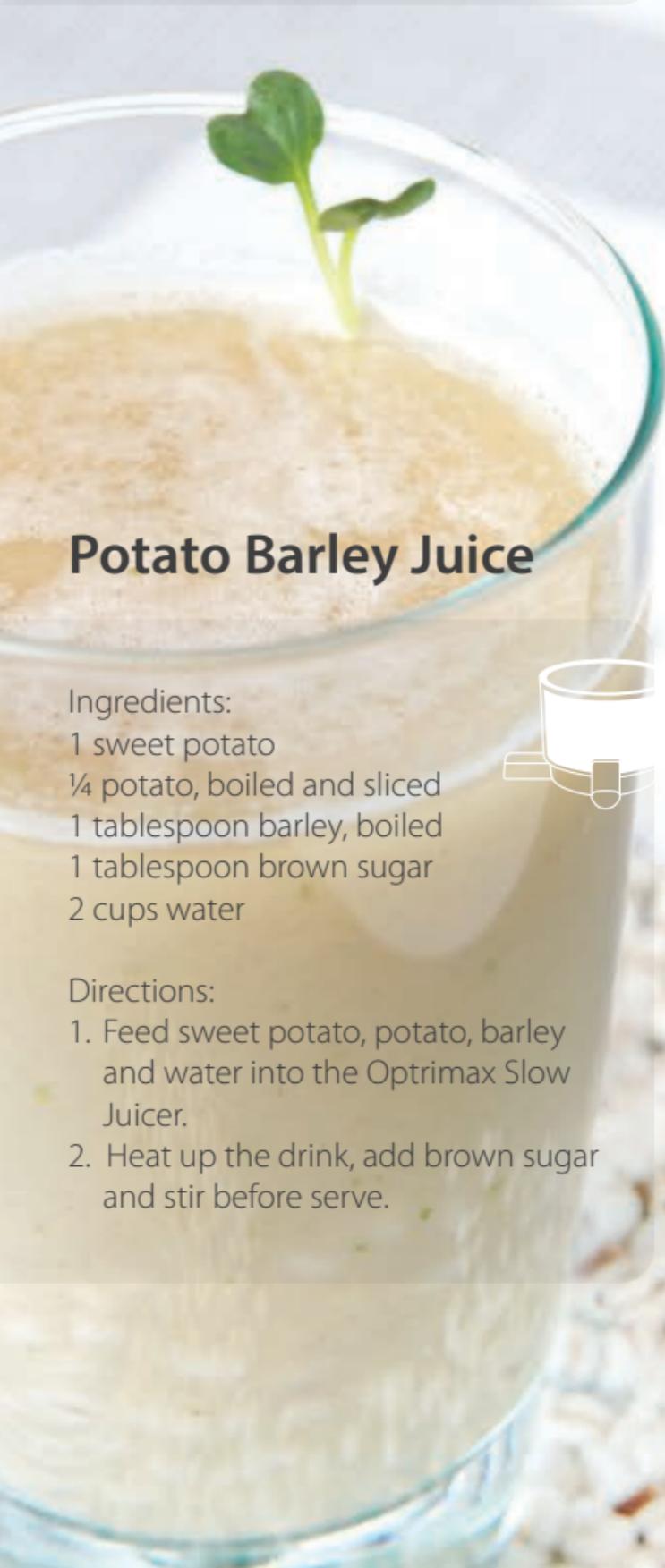
1. Feed sweet potato, potato, barley and water into the Oprimax Slow Juicer.
2. Heat up the drink, add brown sugar and stir before serve.



### Tips



- The potatoes to be used for juicing should be fresh, with smooth skin and have no germinated shoots on them.



# Strawberry Banana Milk

## Ingredients:

5 strawberries, halved  
¼ bananas, chopped  
½ cup yoghurt  
½ cup fresh milk

## Directions:

1. Feed strawberries, banana, yoghurt and fresh milk into the Optimax Slow Juicer.
2. Refrigerate the yoghurt drink overnight or for 8 hours for further thickening.

## Do You Know?

Strawberries, bananas and yoghurt have their individual goodness, but their combined power provides several benefits as well. An example will be the bananas, which have a variety of nutrients, such as Vitamin A and potassium. Their caloric content will keep you energised but be sure not to overeat for they have high sugar and carbohydrate content.



## Tips



- Yoghurt is a good way to get your daily serving of protein. It will be good to choose ones with live active cultures, which helps to build up your immune system.
- It is also best to choose plain yoghurt, as this option contains more calcium and protein, with less sweeteners and additives.



SOY JUICES



## Soy Milk

### Ingredients:

- 2 cups soybean, boiled
- 2 cups milk



### Directions:

1. Mix soybeans and milk in 1:1 ratio.
2. Carefully feed the mixture into the Optrimax Slow Juicer; be sure to add equal parts of soybeans and milk at each time.
3. Feed the soy milk through the Optrimax Slow juice a second time to remove excess residue and to produce a clearer juice.

## Apple Soy Juice

### Ingredients:

- 2 cups soybean, boiled
- 1 apple, cored and sliced
- 2 cups water



### Directions:

1. Mix boiled soybeans with water.
2. Carefully feed the soybean mixture and apple slices into the Optrimax Slow Juicer; be sure to add the ingredients in equal ratio.
3. To help remove any residue, you can add two slices of apple to Optrimax Slow Juicer.

## Banana Soy Juice

### Ingredients:

- 2 cups soybean, boiled
- 2 bananas, peeled and sliced
- 2 cups water



### Directions:

1. Mix boiled soybeans with water.
2. Carefully feed the mixture and banana into the Optrimax Slow Juicer; be sure to add the ingredients in equal ratio.

## Carrot Soy Juice

### Ingredients:

- 2 cups soybean, boiled
- 2 carrots, chopped
- 2 cups water



### Directions:

1. Mix the boiled soybeans with water.
2. Carefully feed the mixture and carrots into the Optrimax Slow Juicer; be sure to add equal parts of soybean mixture and carrots.

### Tips



Carrots are low in juice content; you may add water to the extracted juice if necessary.

## Grape Soy Juice

### Ingredients:

- 2 cups soybean, boiled
- 2 cups grapes, stems removed
- 1 cups water



### Directions:

1. Mix boiled soybeans with water.
2. Carefully feed the mixture and grapes into the Optrimax Slow Juicer; be sure to add the ingredients in equal ratio.
3. To help remove any residue, you can add 3 pieces of grapes into the Optrimax Slow Juicer.

## Orange Soy Juice

### Ingredients:

- 2 cups soybean, boiled
- 2 oranges, peeled, cored and sliced
- 2 cups water



### Directions:

1. Mix boiled soybeans with water.
2. Carefully feed the soybean mixture and orange slices into the Optrimax Slow Juicer; be sure to add the ingredients in equal ratio.
3. To help remove any residue, you can add two slices of orange into the Optrimax Slow Juicer.

## Papaya Soy Juice

### Ingredients:

2 cups soybean, boiled  
½ papaya, peeled, cored  
and sliced  
2 cups water



### Directions:

1. Mix boiled soybeans with water.
2. Carefully feed the soybean mixture and papaya slices into the Optrimax Slow Juicer; be sure to add the ingredients in equal ratio.
3. To help remove any residue, you can pour ½ cup water into the Optrimax Slow Juicer.

## Pineapple Soy Juice

### Ingredients:

2 cups soybean, boiled  
1 pineapple, peeled, cored  
and sliced  
1 cup water



### Directions:

1. Mix boiled soybeans with water.
2. Carefully feed the soybean mixture and pineapple into the Optrimax Slow Juicer; be sure to add the ingredients in equal ratio.
3. To help remove any residue, you can pour ½ cup water into the Optrimax Slow Juicer.

## Walnut Soy Milk

### Ingredients:

- 2 cups soybean, boiled
- ½ cup walnuts, soaked for more than 5 hours
- 3 cups milk
- 1 tablespoon honey (optional)



### Directions:

1. Mix boiled soybeans and soaked walnuts with milk.
2. Carefully feed the mixture into the Optrimax Slow Juicer; be sure to add the ingredients in equal ratio.
3. To help remove any residue, you can add ½ cup milk into the Optrimax Slow Juicer.
4. Stir in honey and serve.

## Watermelon Soy Juice

### Ingredients:

- 2 cups soybean, boiled
- ¼ watermelon, peeled and sliced
- 1 cup water



### Directions:

1. Mix boiled soybeans with water.
2. Carefully feed the soybean mixture and watermelon into the Optrimax Slow Juicer; be sure to add the ingredients in equal ratio.
3. To help remove any residue, you can add two slices of watermelon to the Optrimax slow juicer.



## CORN JUICES

## Corn Milk

### Ingredients:

- 1 cup boiled corn
- 2 cups fresh milk

### Directions:

1. Mix boiled corn with fresh milk.
2. Feed mixture into the Optrimax Slow Juicer.



### Do You Know?



Corn milk is a good source of energy-producing pantothenic acid; heart-healthy folate and niacin; and free radical-scavenging Vitamin C and manganese.

## Almond Corn Milk

### Ingredients:

- 1 cup boiled corn
- ½ cup almond, soaked for over 5 hours
- 2 cups fresh milk

### Directions:

1. Mix almond, boiled corn and fresh milk together.
2. Place the mixture into the Optrimax Slow Juicer.
3. Feed the almond corn milk through Optrimax Slow Juice a second time to remove excess residue and to produce a clearer juice.



## Grape Corn Juice

### Ingredients:

- 1 cup boiled corn
- 1 bunch grapes, stems removed
- 1 cup water



### Directions:

1. Mix boiled corn with water.
2. Feed the mixture and grapes into the Optrimax Slow Juicer; be sure to add the ingredients in equal ratio.
3. To help remove any residue, you can add  $\frac{1}{2}$  cup water into the Optrimax Slow Juicer.

## Orange Corn Juice

### Ingredients:

- 1 cup boiled corn
- 2 oranges, peeled, cored and sliced
- 1 cup water



### Directions:

1. Mix boiled corn with water.
2. Feed the mixture and orange slices into the Optrimax Slow Juicer; be sure to add the mixture and orange in equal ratio.
3. To help remove any residue, you can add  $\frac{1}{2}$  cup water to Optrimax slow juicer.

## Pear Corn Juice

### Ingredients:

- 1 cup boiled corn
- 2 pears, cored and sliced
- 1 cup water



### Directions:

1. Mix boiled corn with water.
2. Feed the mixture and pear slices into the Optrimax Slow Juicer; be sure to add the ingredients in equal ratio.
3. To help remove any residue, you can add  $\frac{1}{2}$  cup water to the Optrimax Slow Juicer.

## Pineapple Corn Juice

### Ingredients:

- 1 cup boiled corn
- 1 pineapple, peeled, cored and sliced
- 1 cup water



### Directions:

1. Mix boiled corn with water.
2. Feed the mixture and pineapple slices into the Optrimax Slow Juicer; be sure to add the ingredients in equal ratio.
3. To help remove any residue, you can add  $\frac{1}{2}$  cup water to the Optrimax Slow Juicer.

## Tomato Corn Juice

### Ingredients:

- 1 cup boiled corn
- 3 tomatoes,  
sliced with stems removed
- 2 cups water



### Directions:

1. Mix boiled corn with water.
2. Feed the mixture and tomatoes into the Optrimax Slow Juicer; be sure to add the ingredients in equal ratio.
3. To help remove any residue, you can add  $\frac{1}{2}$  cup water into the Optrimax Slow Juicer.

## Wheatgrass Corn Milk

### Ingredients:

- 1 cup boiled corn
- 1 handful wheatgrass
- 2 cups fresh milk
- 1 tablespoon honey (optional)



### Directions:

1. Mix boiled corn with fresh milk.
2. Feed the mixture and wheatgrass into the Optrimax Slow Juicer.
3. Add in honey and serve.

### Tips



When adding the mixture and wheatgrass, please take note not to add all in one addition but to alternate them in equal ratio until all of its contents are evenly added into the Optrimax Slow Juicer.



ICE CREAM

# Flavoured Ice Cream

## Ingredients:

- 12 strawberries, halved
- 5 tablespoons powdered skim milk
- 3 tablespoons condensed milk
- 1 egg yolk
- 100ml cup cream



## Directions:

1. Feed the strawberry halves into the Optrimax Slow Juicer to obtain 300ml of strawberry juice.
2. Mix the extracted juice with powdered skim milk, condensed milk and egg yolk.
3. Transfer the mixture into a pot and boil over low heat with constant stirring. Turn off the heat once done and leave it to cool.
4. Whip the cream until thickened.
5. Put in the cooled mixture from step 3 and stir immediately.
6. Put into the freezer for 3-4 hours, taking out every 1-2 hours to stir. This will help the ice cream to produce a softer taste.

# Natural Fruit Ice Bar

## Ingredients:

- 1 watermelon, peeled, cored and sliced
- 1 tablespoon condensed milk



## Directions:

1. Feed watermelon slices into the Optrimax Slow Juicer.
2. Mix the extracted juice well with condensed milk, with a ratio of 1 tablespoon of condensed milk to 100ml of juice.
3. Put the mixture into the freezer.

## Tips



- You may not only use watermelon, but other fruits as well. Choose the fruit of your choice and make your own special natural fruit ice bar with no preservatives or additives.
- There is a vast variety of ice-bar moulds available in the market. Alternatively, using a paper cup or plastic container will also help to serve the frame purpose.



# Natural Fruit Sorbet

## Ingredients:

- 1 apple, cored and sliced
- 1 tablespoon honey
- 1 tablespoon sugar (optional)



## Directions:

1. Feed apple slices into the Optrimax Slow Juicer.
2. Mix the extracted juice well with honey or sugar, with a ratio of 1 tablespoon of honey to 100ml of juice.
3. Put the mixture in the freezer.
4. Take the mixture out from the freezer after 3-4 hours and stir well. Put the mixture back into the freezer once done so.

## Tips



- You may choose the fruit of your choice to make the natural fruit sorbet.
- When the fruit juice has frozen, the sugar content will be lowered. Add a little bit of honey or sugar for better taste.



# Natural Ice Cream

## Ingredients:

- 12 raspberries
- 4 tablespoons powdered milk
- 2 tablespoons condensed milk



## Directions:

1. Feed raspberries into the Optimax Slow Juicer to obtain 300ml of juice.
2. The powdered milk does not dissolve easily, hence set aside a small volume of juice, and mix it together with both powdered and condensed milk.
3. Mix the remaining extracted juice with the mixture from step 2.
4. Pour into a bowl of wide surface area.
5. Put the mixture into the freezer and stir well every 1-2 hours. Put the mixture back into the freezer once done so.

## Tips



- Powdered skim milk is a dried product, which resembles taste of off-the-shelf ice cream while ensuring low fat content. Using this will help to lower the calorie count as compared to using regular powdered milk.
- You may choose different fruits to make juice for making your own natural ice cream.



# Yoghurt Ice Cream

## Ingredients:

- 12 strawberries, halved
- 1 pack plain yoghurt
- 3 tablespoons condensed milk

## Directions:

1. Feed the strawberry halves into the Optrimax Slow Juicer to obtain 300ml of juice.
2. Mix the extracted juice with yoghurt and condensed milk with a ratio of 1 tablespoon of condensed milk to 100ml of juice.
3. Put the mixture into the freezer and stir well every 1-2 hours. Put the mixture back into the freezer once done so.

## Tips



- Strawberries, grapes and apples are great examples of fruits good for making traditional ice cream.
- Fruits with a sour flavour will taste better with the use of plain yoghurt as compared to skim milk or fresh cream. Great examples will be oranges and pineapples.





SAVOURIES

# Strawberry Jam

## Ingredients:

20 strawberries, halved,  
stems removed  
2 tablespoons sugar



## Directions:

1. Wash strawberries thoroughly.
2. Feed strawberries into the Oprimax Slow Juicer.
3. Mix the extracted juice and sugar in a pot.
4. Boil the mixture in a pot over medium heat.
5. Stir constantly to prevent the mixture from sticking to the bottom of the pot.
6. The jam is considered ready when you put drop a spoon of the mixture in cold water and does not spread evenly.

## Tips



You may use different fruits of your choice to make tasty jams with high nutrient content.



# Pumpkin Soup

## Ingredients:

- 1 tablespoon olive oil
- 1 brown onion, finely chopped
- 2 tablespoon ground cumin
- 1 butternut pumpkin, peeled, seeded and finely chopped
- 4 cups chicken or vegetable stock
- 1 dollop plain yoghurt
- 1 garlic clove
- 1 Turkish bread and extra virgin olive oil, to serve

## Directions:

1. Heat olive oil in a large pan over medium heat.
2. Cook onion, stirring for 5 minutes, or until golden.
3. Add grounded cumin and cook, stirring for 1 minute or until fragrant.
4. Add chopped pumpkin and stir to coat. Add stock and simmer for 20 minutes or until the pumpkin softens. Set aside to cool slightly.
5. Feed the pumpkin into the Optrimax Slow Juicer.
6. Cut Turkish bread in half and cook on a char griller until golden. Drizzle with extra virgin olive oil. Ladle soup among serving bowls. Top each bowl with a drizzle of natural yoghurt. Serve together with bread.



# Red Bean Porridge

## Ingredients:

- 1 cup red beans
- 1 bowl boiled rice
- 1 tablespoon salt
- 1 cup water



## Directions:

1. Wash red beans thoroughly.
2. Soak beans in water with ratio of 1:1 for over 5 hours.
3. Boil the red beans until they soften.
4. Feed boiled beans and water into the Oprimax Slow Juicer and be sure to add them in equal ratio.
5. Boil the extraction in a pot over medium heat.
6. Add rice to the extraction.
7. Add salt to meet your desired taste.
8. Stir constantly to prevent the mixture from sticking to the bottom of the pot.



# Tofu

## Ingredients:

- 1 cup beans
- 1½ cup water
- 2 tablespoons vinegar
- 1 tablespoon salt

## Directions:

1. Wash beans thoroughly.
2. Soak beans in water with ratio of 1:1 for over 5 hours.
3. Mix water, 2 tablespoons of vinegar and 1 tablespoon of salt together to make brine.
4. Remove the skin of the soaked beans and retain the “bean-soaked” water.
5. Feed soaked beans and water into the Optrimax Slow Juicer and be sure to add them in equal ratio.
6. Boil the extraction in a pot at medium heat and stir constantly to prevent it from sticking to the bottom of the pot.
7. Turn off the heat when the extraction starts to boil, add the brine, a bit at a time, and stir the mixture slowly.
8. When the extraction starts to coagulate, put into a tofu mould and press down with a heavy item. This will help to remove the excess liquid and form the tofu’s shape.



## Tips



Put the extraction through the Optrimax Slow Juicer a second time before boiling for a clearer liquid and smoother tofu.



# Tomato Ketchup

## Ingredients:

- 3 tomatoes, sliced
- ½ onion, finely chopped
- 4 tablespoons vinegar
- 3 tablespoons honey
- 1 tablespoon starch
- a pinch salt
- 1 bay leaf

## Directions:

1. Feed tomatoes and onion into the Oprimax Slow Juicer.
2. Mix one tablespoon of the extraction with starch.
3. Boil the remaining extraction with a bay leaf.
4. When the mixture thickens, add honey, vinegar, and salt to taste.
5. Add the prepared starch mixture and turn off the heat when it starts to boil.
6. Remove bay leaf and pour the mixture into a bottle and refrigerate.



## Tips



The ketchup will be able to last about a month in the refrigerator.



