

# The need for speed

Juicing speed selection guideline



**Sage**

# Selecting a speed

Certain foods need specific speeds while juicing to ensure you're getting the maximum possible yield of delicious nutrients.



Citrus fruit



Celery



Cucumber



Broccoli



Courgette



Pear



Kiwi



Apple



Leafy Greens



Grape



Honeydew Melon



Beetroot



Cabbage



Tomato



Strawberry



Peach



Rhubarb



Carrot



Ginger



Watermelon



Mango



Squash



Blueberry



Pineapple



Pepper



*the Nutri Juicer™ Cold XL*

**Sage**





*Green Zinger*



*the Nutri Juicer® Cold XL*


Cold spin juice with a super-sized jug and XL feed chute


**Sage**

# Green Zinger



## Sweet Tooth

-  Makes 2 cups (500ml)
- 1/8 Small green cabbage, trimmed
  - 3 Swiss chard leaves
  - 2 Cups green grapes
  - 1 Kiwi fruit, peeled
  - 2 Oranges, peeled
  - 1.5cm piece ginger

-  Makes 1 jug (2 Litres)
- 1/2 Small green cabbage, trimmed
  - 12 Swiss chard leaves
  - 8 Cups green grapes
  - 4 Kiwi fruit, peeled
  - 8 Oranges, peeled
  - 5cm piece ginger

## Health Kick

-  Makes 2 cups (500ml)
- 1/4 Small green cabbage, trimmed
  - 6 Swiss chard leaves
  - 1/2 Cup green grapes
  - 1 Kiwi fruit, peeled
  - 1/4 Orange, peeled
  - 2.5cm piece ginger

-  Makes 1 jug (2 Litres)
- 1 Small green cabbage, trimmed
  - 24 Swiss chard leaves
  - 2 Cups green grapes
  - 4 Kiwi fruit, peeled
  - 1 Orange, peeled
  - 10cm piece ginger

### Nutrition Information *Per 1 cup (250ml) serving*

Calories	84	Vit A	138µg
Total Fat	0.2g	Vit C	51mg
Cholesterol	0mg	Calcium	39mg
Sodium	54mg	Iron	0.9mg
Carbohydrate	17g	Magnesium	37mg
Fiber	0.7g	Potassium	438mg
Protein	2g	Zinc	0.4mg

### Nutrition Information *Per 1 cup (250ml) serving*

Calories	85	Vit A	520µg
Total Fat	0.4g	Vit C	102mg
Cholesterol	0mg	Calcium	91mg
Sodium	197mg	Iron	2mg
Carbohydrate	14g	Magnesium	94mg
Fiber	1g	Potassium	787mg
Protein	4g	Zinc	0.7mg

Information is estimated only and can also vary depending on the season, freshness and size of the produce being consumed.





*Good Morning Sunshine*



*the Nutri Juicer® Cold XL*

Cold spin juice with a super-sized jug and XL feed chute

**Sage**

# Good Morning Sunshine



## Sweet Tooth



Makes 2 cups (500ml)

- 1 Yellow pepper, stem and seeds removed
- 4 Yellow patty pan squashes
- ¼ Large pineapple, trimmed & peeled



Makes 1 jug (2 Litres)

- 4 Yellow peppers, stem and seeds removed
- 16 Yellow patty pan squashes
- 1 Large pineapple, trimmed & peeled

## Health Kick



Makes 2 cups (500ml)

- 2 Yellow peppers, stem and seeds removed
- 4 Yellow patty pan squashes
- ½ Large pineapple, trimmed & peeled
- ½ Stalk celery, leaves trimmed
- 1 Yellow or orange carrot



Makes 1 jug (2 Litres)

- 8 Yellow peppers, stem and seeds removed
- 16 Yellow patty pan squashes
- ½ Large pineapple, trimmed & peeled
- 2 Stalks celery, leaves trimmed
- 4 Yellow or orange carrots

### Nutrition Information *Per 1 cup (250ml) serving*

Calories	64	Vit A	104µg
Total Fat	0.3g	Vit C	83mg
Cholesterol	0mg	Calcium	10mg
Sodium	2mg	Iron	0.4mg
Carbohydrate	13g	Magnesium	16mg
Fiber	0.2g	Potassium	267mg
Protein	2g	Zinc	0.1mg

### Nutrition Information *Per 1 cup (250ml) serving*

Calories	85	Vit A	796µg
Total Fat	0.4g	Vit C	120mg
Cholesterol	0mg	Calcium	33mg
Sodium	48mg	Iron	0.7mg
Carbohydrate	12g	Magnesium	21mg
Fiber	0.4g	Potassium	437mg
Protein	3g	Zinc	0.4mg

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*Orange You Happy*



*the Nutri Juicer® Cold XL*


Cold spin juice with a super-sized jug and XL feed chute


**Sage**

# Orange You Happy



## Sweet Tooth

-  Makes 2 cups (500ml)
- 3 Orange carrots
  - 1 Yellow or orange pepper , stem and seeds removed
  - 1 Stalk celery, leaves trimmed
  - 1 Orange, peeled
  - 1.5cm piece ginger

-  Makes 1 jug (2 Litres)
- 12 Orange carrots
  - 4 Yellow or orange peppers, stem and seeds removed
  - 4 Stalks celery, leaves trimmed
  - 4 Oranges, peeled
  - 5cm piece ginger

## Health Kick

-  Makes 2 cups (500ml)
- 2 Orange carrots
  - 2 Yellow or orange peppers, stem and seeds removed
  - 1 Stalk celery, leaves trimmed
  - ½ Orange, peeled
  - 2.5cm piece ginger

-  Makes 1 jug (2 Litres)
- 8 Orange carrots
  - 8 Yellow or orange peppers, stem and seeds removed
  - 4 Stalks celery, leaves trimmed
  - 2 Oranges, peeled
  - 10cm piece ginger

### Nutrition Information *Per 1 cup (250ml) serving*

Calories	66	Vit A	1643µg
Total Fat	0.3g	Vit C	111mg
Cholesterol	0mg	Calcium	57mg
Sodium	90mg	Iron	0.7mg
Carbohydrate	12g	Magnesium	24mg
Fiber	0.4g	Potassium	540mg
Protein	2g	Zinc	0.6mg

### Nutrition Information *Per 1 cup (250ml) serving*

Calories	59	Vit A	1461µg
Total Fat	0.3g	Vit C	157mg
Cholesterol	0mg	Calcium	46mg
Sodium	71mg	Iron	0.7mg
Carbohydrate	10g	Magnesium	20mg
Fiber	0.5g	Potassium	491mg
Protein	2g	Zinc	0.5mg

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*Cool as a Cucumber*



*the Nutri Juicer® Cold XL*

Cold spin juice with a super-sized jug and XL feed chute

**Sage**

# Cool As A Cucumber



## Sweet Tooth



Makes 2 cups (500ml)

- 2 Cucumbers
- 2 Green apples
- 3 Large sprigs fresh mint
- 60g Baby spinach leaves
- ¼ Lemon, peeled



Makes 1 jug (2 Litres)

- 8 Cucumbers
- 8 Green apples
- 12 Large sprigs fresh mint
- 225g Baby spinach leaves
- 1 Lemon, peeled

## Health Kick



Makes 2 cups (500ml)

- 4 Cucumbers
- 1 Green apple
- 4 Large sprigs fresh mint
- 120g Baby spinach leaves
- ¼ Lemon, peeled



Makes 1 jug (2 Litres)

- 16 Cucumbers
- 4 Green apples
- 16 Large sprigs fresh mint
- 450g Baby spinach leaves
- 1 Lemon, peeled

### Nutrition Information *Per 1 cup (250ml) serving*

Calories	54	Vit A	61µg
Total Fat	0.2g	Vit C	27mg
Cholesterol	0mg	Calcium	90mg
Sodium	34mg	Iron	0.8mg
Carbohydrate	12g	Magnesium	26mg
Fiber	0.5g	Potassium	286mg
Protein	0.9g	Zinc	0.4mg

### Nutrition Information *Per 1 cup (250ml) serving*

Calories	40	Vit A	122µg
Total Fat	0.3g	Vit C	37mg
Cholesterol	0mg	Calcium	124mg
Sodium	41mg	Iron	1mg
Carbohydrate	7g	Magnesium	37mg
Fiber	0.5g	Potassium	348mg
Protein	1g	Zinc	0.6mg

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*Blues Beetroots*



*the Nutri Juicer® Cold XL*

Cold spin juice with a super-sized jug and XL feed chute

**Sage**

# Blues Beetroots



## Sweet Tooth



Makes 2 cups (500ml)

- 1 ¼ Cups blueberries
- 1 Beetroot
- 1 Courgette
- 2 Pears



Makes 1 jug (2 Litres)

- 5 Cups blueberries
- 4 Beetroots
- 4 Courgettes
- 8 Pears

## Health Kick



Makes 2 cups (500ml)

- ¾ Cup blueberries
- 2 Beetroots
- 3 Courgettes



Makes 1 jug (2 Litres)

- 2 ¾ Cups blueberries
- 8 Beetroots
- 12 Courgettes

### Nutrition Information *Per 1 cup (250ml) serving*

Calories	79	Vit A	20µg
Total Fat	0.1g	Vit C	14mg
Cholesterol	0mg	Calcium	14mg
Sodium	26mg	Iron	0.5mg
Carbohydrate	17g	Magnesium	20mg
Fiber	0.5g	Potassium	285mg
Protein	1g	Zinc	0.4mg

### Nutrition Information *Per 1 cup (250ml) serving*

Calories	63	Vit A	53µg
Total Fat	0.4g	Vit C	30mg
Cholesterol	0mg	Calcium	24mg
Sodium	38mg	Iron	1mg
Carbohydrate	11g	Magnesium	36mg
Fiber	0.8g	Potassium	413mg
Protein	2g	Zinc	0.9mg

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*Jam Jar*



*the Nutri Juicer® Cold XL*

Cold spin juice with a super-sized jug and XL feed chute

**Sage**

# Jam Jar



## Sweet Tooth



Makes 2 cups (500ml)

- 2 Stalks rhubarb\*  
(leaves must be removed and not consumed)
- 1 Courgette, peeled
- 1 Cup strawberries, hulled
- 2 Red apples



Makes 1 jug (2 Litres)

- 8 Stalks rhubarb\*  
(leaves must be removed and not consumed)
- 4 Courgettes, peeled
- 4 Cups strawberries, hulled
- 8 Red apples

## Health Kick



Makes 2 cups (500ml)

- 2 Stalks rhubarb\*  
(leaves must be removed and not consumed)
- 2 Courgettes, peeled
- 1 Cucumber, peeled
- 1 Red apple



Makes 1 jug (2 Litres)

- 8 Stalks rhubarb\*  
(leaves must be removed and not consumed)
- 8 Courgettes, peeled
- 4 Cucumbers, peeled
- 4 Red apples

\* The red-colored stalks are the edible part of rhubarb, trim base and leaves before using. Always remove and discard the leaves, as these contain oxalic acid and can be toxic.

### Nutrition Information *Per 1 cup (250ml) serving*

Calories	67	Vit A	27µg
Total Fat	0.3g	Vit C	34mg
Cholesterol	0mg	Calcium	32mg
Sodium	18mg	Iron	0.7mg
Carbohydrate	13g	Magnesium	21mg
Fiber	0.5g	Potassium	315mg
Protein	2g	Zinc	0.4mg

### Nutrition Information *Per 1 cup (250ml) serving*

Calories	52	Vit A	49µg
Total Fat	0.4g	Vit C	25mg
Cholesterol	0mg	Calcium	39mg
Sodium	13mg	Iron	0.7mg
Carbohydrate	8g	Magnesium	28mg
Fiber	0.5g	Potassium	360mg
Protein	2g	Zinc	0.5mg

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*Purple Haze*



*the Nutri Juicer® Cold XL*

Cold spin juice with a super-sized jug and XL feed chute

**Sage**

# Purple Haze



## Sweet Tooth



Makes 2 cups (500ml)

- 2 Small beetroots
- 2 Purple kale leaves
- 2 Cups black seedless grapes
- 1 ½ Green apples



Makes 1 jug (2 Litres)

- 8 Small beetroots
- 8 Purple kale leaves
- 8 Cups black seedless grapes
- 6 Green apples

## Health Kick



Makes 2 cups (500ml)

- 3 Small beetroots
- 4 Purple kale leaves
- ¾ Cup black seedless grapes
- 1 Cucumber
- ¼ Small red cabbage



Makes 1 jug (2 Litres)

- 12 Small beetroots
- 16 Purple kale leaves
- 3 Cups black seedless grapes
- 4 Cucumbers
- 1 Small red cabbage

### Nutrition Information *Per 1 cup (250ml) serving*

Calories	120	Vit A	13µg
Total Fat	0.2g	Vit C	13mg
Cholesterol	0mg	Calcium	22mg
Sodium	21mg	Iron	0.5mg
Carbohydrate	25g	Magnesium	21mg
Fiber	0.8g	Potassium	352mg
Protein	2g	Zinc	0.3mg

### Nutrition Information *Per 1 cup (250ml) serving*

Calories	76	Vit A	14µg
Total Fat	0.3g	Vit C	60mg
Cholesterol	0mg	Calcium	61mg
Sodium	45mg	Iron	1mg
Carbohydrate	12g	Magnesium	29mg
Fiber	1g	Potassium	552mg
Protein	3g	Zinc	0.7mg

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*Peach and Mint Julep*



*the Nutri Juicer® Cold XL*

Cold spin juice with a super-sized jug and XL feed chute

**Sage**

# Peach & Mint Julep



*the Nutri Juicer®  
Cold XL*

 Serves 4

## Ingredients

6 Peaches, halved and pitted  
½ Cup fresh mint leaves  
60ml Creme de Menthe  
2 Teaspoons sugar  
500ml Soda water  
½ Cup crushed ice

## Method

1. Process peaches and mint leaves through juicer using the "BOOST" range on your dial.
2. Stir in Creme de Menthe, soda water and sugar.
3. Scoop ice into 4 glasses, pour over peach mixture and mix well to combine.



*Bloody Mary*



*the Nutri Juicer® Cold XL*

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**Sage**

# Bloody Mary



*the Nutri Juicer®  
Cold XL*

 Serves 4

## Ingredients

- 4 Tomatoes
- 2 Stalks celery
- 1 Large pepper, stem and seeds removed
- 60ml Vodka
- 1 Cup crushed ice

## Method

1. Process tomatoes, celery and pepper through juicer using the "Fast" range on your dial.
2. Stir in Vodka.
3. Scoop ice into 4 glasses, pour over tomato mixture and mix well to combine.