The Juicing Book by Stephen Blauer
Natural fruit and vegetable juices have been used for centuries to maintain health, restore vigor, and remedy illness. However, today, sugar-loaded pasteurized juices offer little benefit to the consumer. The Juicing Book shows you how to get the most nutritional value from fresh fruits and vegetables - from apples to zucchini and practically everything in between.
Paperback : 164 Pages

Power Juices Super Drinks by Steve Meyerowitz
Quick, delicious recipes to prevent and reverse disease. Juices, teas, milks made from soya, rice, or nuts, and other drinks are a great way to get the vital nourishment we need to help prevent and fight disease. Now you can learn how to tap the healing power of natural fruits, vegetables, herbs and seeds. This handy guide makes juicing fast and easy enough to fit into any lifestyle.
Paperback : 413 Pages

Wheatgrass Nature’s Finest Medicine by Steve Meyerowitz
Everything you need to know about this wonder plant and its miracle cures, including why it works, where to get it, where to go for help, how to grow it, juice it, take it and create a total health restoration programme. Nutrition, research, healing retreats, detoxification, history, chlorophyll, cancer and real stories by real people. Wheat, barley and kamut grasses.
Paperback : 242 Pages

Juicing for Life by Cherie Calbom and Maureen Keane
Eating fresh fruits and vegetables can boost your energy level, supercharge your immune system, and maximize your body’s healing power. Juicing for Life provides complete nutritional programmes for dealing with more than seventy five health problems, from acne to water retention and everything in between. Juicing for Life can provide you and your family with a safe, effective and natural way of achieving better health.
Paperback : 350 Pages

The Joy of Juicing by Gary Null
In this completely revised and updated edition, you will learn how to use your juicer to transform fruit and vegetables into savory snacks and meals - from drinks that can improve your vision or boost your energy, to sauces, dips, and entrees that are as healthful as they are delicious. With more than 100 recipes, The Joy of Juicing allows you to be creative.
Paperback : 230 Pages
**Handy Tips**

If you are juicing more than once a day

You do not need to do a complete clean-up between juicing. When you are finished your first juicing session, pour water through the juicer while it’s running to rinse out most of the solid matter. Remove the entire front / top end as one complete piece and put it into a plastic supermarket bag and place it in the fridge. For your next juicing session, simply remove it from the fridge and re-attach it to the motor-base of your juicer. It is not recommended to do this for more than two juicing sessions.

Cleaning

Before you clean your juicer, pour water into the machine while it is running. This will make it so much easier to clean.

---

**Other Ideas**

If you are juicing more than once a day

Your juicer can be used to make pâte, using the mincing strainer. Then, with a dehydrator you can turn the pâte into a variety of delicious vegan burgers that make a great addition to a salad or a lunch box. For more pâte and burger ideas consult rawfood recipe books.

Green juice is the best day-to-day juice for health and healing. It can also be beneficial to incorporate a variety of vegetables and spices into your juices. This increases your intake of essential vitamins, minerals and phyto-chemicals. Recipe ideas can be found in juicing books.

---

**Baby Food - Cooked**

**Vegetables**

Spinach and Potato Puree
- Half a bunch organic spinach
- 2 small fresh organic potatoes
- 1 tablespoon chopped parsley
- A pinch of salt (optional)
- 1/4 cup water

Remove the stems from the spinach. Wash the potatoes and cut into small pieces.

Serve chilled.

---

**Fruit**

Stewed Fruit
- 2 apples
- 1 pear
- 1 large plum
- Berries (in season)

Peel the pear and apple and dice into small pieces. Slice the plums (plums are easier to peel when cooked).

Serve chilled.

---

**Baby Food - Raw**

**Vegetables**

Baby Spinach Guacamole
- 1-2 cups baby spinach or large spinach leaves
- 1 Avocado
- A pinch of salt (optional)

Wash the spinach thoroughly and dry with a clean dish towel.

Peel the avocados and dice them into 2 cm cubes.

Serve and enjoy.

---

**Fruit**

Cinnamon Delight
- 2 prunes
- 2 dried apricots
- Water to soak

Put the prunes and apricots in a bowl, add enough water to slightly cover them. Let them soak for an hour or until they appear plump.

Transfer the contents of the bowl into your juicer and puree (Using the mincing strainer).

Serve chilled.
SOYA MILK MAKER

How to make Soya Milk

Step 1:
Soak 3 cups of dried soy beans overnight or for at least 8 hours.

Step 2:
Drain and rinse soybeans then pass them through the Oscar juicer using the mincing strainer. This step takes about 5 minutes.

Step 3:
Pour 4 litres of purified water into a large stainless steel container. Add the mashed soy beans into the water and stir for a few minutes.

Step 4:
Pass the minced soya and water through the Oscar juicer
NB. This time use the juicing strainer to extract the soy milk out of the mash. Pour the soya milk into another large container.

Step 5:
Pass the soya milk through a cheese cloth before cooking it. It takes about 10-15 minutes from steps 3 to 5.

Important Step: The cooking time is important as raw soybeans contain a substance known as a trypsin inhibitor. Essentially, this means that the protein contained in the beans cannot be properly assimilated by the body unless the beans are well cooked. Soya milk should be cooked for at least 25 minutes from the first boiling time.

Step 6:
a) Put the pot of soya milk on the stove on high. Stir the soya milk clockwise every 25-30 seconds. Make sure there is no milk stuck at the bottom. If it is stuck, use the wooden spatula to remove it.
b) When it boils, adjust the heat to medium, keeping it at a boiling level. At this time, you only need to stir the milk once in a while. The milk may also rise very quickly. If it does, take the pot off the stove for about 30 seconds and put it back afterwards. It may rise about 3-4 times.
c) Use a timer to set the time for about 25 minutes then turn off the heat.

Step 7:
The soya milk is now ready to drink or for making tofu.

VEGETABLE JUICER

Basic Green Detox
1 head Lettuce or Celery
5 – 6 stalks kale
1 apple
1 whole organic lemon including peel
5cm fresh ginger
Set up the Oscar Juicer with the juicing strainer and feed half the lettuce or celery through, then the other ingredients and finish with the remaining lettuce or celery

Antioxidant Juice
4 Carrots
1 Orange, Peeled
1/2 Green Pepper
1/2 inch Ginger Root
Set up the Oscar with the juicing strainer and juice all the ingredients. For best results drink immediately.

FRUIT JUICER

Strawberry Peach Mint juice
2 peaches
10 strawberries
1/4 bunch mint leaves
Remove the leaves from the strawberries
Juice all the ingredients and serve chilled

Kiwi Pear Juice
2 kiwis
3 pears
1 apple
Peel the kiwis and slice lengthwise into 6 equal parts
Core and slice the apple lengthwise into 8 equal parts
Slice the pear lengthwise into 6 equal parts
Juice all the ingredients
Serve chilled

Wheatgrass Juicer
Cut the grass off as low as possible. Feed the grass into the hopper in small bunches, so that the worm of the juicer draws the grass in. Smaller bunches allow a continuous flow, whereas putting large bunches of grass down the shoot creates pressure on the juicer and actually slows the process down.

How to make Soya Milk

Step 1:
Soak 3 cups of dried soy beans overnight or for at least 8 hours.

Step 2:
Drain and rinse soybeans then pass them through the Oscar juicer using the mincing strainer. This step takes about 5 minutes.

Step 3:
Pour 4 litres of purified water into a large stainless steel container. Add the mashed soy beans into the water and stir for a few minutes.

Step 4:
Pass the minced soya and water through the Oscar juicer
NB. This time use the juicing strainer to extract the soy milk out of the mash. Pour the soya milk into another large container.

Step 5:
Pass the soya milk through a cheese cloth before cooking it. It takes about 10-15 minutes from steps 3 to 5.

Important Step: The cooking time is important as raw soybeans contain a substance known as a trypsin inhibitor. Essentially, this means that the protein contained in the beans cannot be properly assimilated by the body unless the beans are well cooked. Soya milk should be cooked for at least 25 minutes from the first boiling time.

Step 6:
a) Put the pot of soya milk on the stove on high. Stir the soya milk clockwise every 25-30 seconds. Make sure there is no milk stuck at the bottom. If it is stuck, use the wooden spatula to remove it.
b) When it boils, adjust the heat to medium, keeping it at a boiling level. At this time, you only need to stir the milk once in a while. The milk may also rise very quickly. If it does, take the pot off the stove for about 30 seconds and put it back afterwards. It may rise about 3-4 times.
c) Use a timer to set the time for about 25 minutes then turn off the heat.

Step 7:
The soya milk is now ready to drink or for making tofu.

VEGETABLE JUICER

Basic Green Detox
1 head Lettuce or Celery
5 – 6 stalks kale
1 apple
1 whole organic lemon including peel
5cm fresh ginger
Set up the Oscar Juicer with the juicing strainer and feed half the lettuce or celery through, then the other ingredients and finish with the remaining lettuce or celery

Antioxidant Juice
4 Carrots
1 Orange, Peeled
1/2 Green Pepper
1/2 inch Ginger Root
Set up the Oscar with the juicing strainer and juice all the ingredients. For best results drink immediately.

FRUIT JUICER

Strawberry Peach Mint juice
2 peaches
10 strawberries
1/4 bunch mint leaves
Remove the leaves from the strawberries
Juice all the ingredients and serve chilled

Kiwi Pear Juice
2 kiwis
3 pears
1 apple
Peel the kiwis and slice lengthwise into 6 equal parts
Core and slice the apple lengthwise into 8 equal parts
Slice the pear lengthwise into 6 equal parts
Juice all the ingredients
Serve chilled

Wheatgrass Juicer
Cut the grass off as low as possible. Feed the grass into the hopper in small bunches, so that the worm of the juicer draws the grass in. Smaller bunches allow a continuous flow, whereas putting large bunches of grass down the shoot creates pressure on the juicer and actually slows the process down.
**FOOD PROCESSOR**

**NUT BUTTERS**

Soak nuts overnight. Fit the mincing strainer and pour the nuts into the hopper. For creamier nut butter, put the nuts through the machine twice.

**ICE-CREAM & DESSERTS**

**Mixed Fruit Ice Cream**
- 3 Bananas
- ½ Cup Soaked and drained nuts
- 2 Cups Frozen fruit - strawberry, mango or pineapple
- 1 Teaspoon Vanilla essence

Setup the Oscar with the mincing strainer. Mince frozen fruit, bananas and nuts alternatively until finished, stir in Vanilla essence and serve.

**Avocado Chocolate Mousse Pie**

The Crust: With the mincing strainer installed in your juicer, process 1½ cups raw almonds (soaked overnight) (if you prefer raw) or 1½ cup roasted cashew nuts (if you don’t mind cooked) and 10 Dates (preferably Mejool). It should form into a dough-like texture. You might need to process the ingredients through the juicer more than once. Transfer the dough to a bowl and add honey or agave to taste and put in a pinch of cinnamon. Work the dough and press into a pie dish or plate.

The Mousse: In a blender, combine about 2 medium size ripe avocados, 1 tsp vanilla, honey/agave (to taste) and 1 bar of 70% organic chocolate (melted) or ½ cup of raw cacao powder. Process till smooth. Do not add any liquid. Pour into the pie crust and decorate with fruits, nuts or cacao nibs. Put in the freezer for about an hour to firm up before slicing.

**SALSA**

**Salsa**
- 4 Ripe Tomatoes
- 1/2 Celery stalk
- 1 Onion
- 1 Clove Garlic
- 1/2 Tbsp fresh Coriander
- 1/3 tsp Cumin
- 1/2 red or Green Pepper
Seasoning to taste Cayenne Pepper, Fresh Chilli, Soy Sauce

Set up Oscar with the Mincing Strainer. Cut and feed the ingredients into the Hopper, alternately, until all ingredients are processed. Mix well and serve with vegetable sticks, chips, biscuits or rice cakes.

**SAUCES**

**Pesto**
- 1 1/2 Cups of Basil leaves
- 1 Cup Pine Nuts or soaked Almonds
- Juice of 1/2 Lemon
- 2 tsp Olive Oil
- Finger thick bunch of Parsley
- 1 Clove Garlic
Seasoning to taste

Setup the Oscar with the Mincing Strainer. Feed the basil, parsley, garlic and pine nuts/almonds through the Oscar. Mix the oil and lemon juice into a paste until smooth and add seasoning to taste.

**Hummus**
- 1 Tin Chickpeas, drained (or 400 g freshly cooked chickpeas)
- 1/4 Cup tahini (sesame seed paste)
- 1 Tablespoon olive oil
- 1/4 cup lemon juice
- 1 clove garlic
- salt to taste

Season with a pinch of cayenne pepper and a pinch of dry ginger, salt and pepper to taste. Set up the Oscar with the mincing strainer. Mince the chickpeas, parsley and spring onion. Mix in all the other ingredients, and serve.

**PASTA Gluten-Free**

This dough is a bit hard to handle at first, but the al dente texture of the finished product is very much worth the effort. Cook as you would any fresh pasta, in plenty of boiling salted water for about 5 minutes, or to al dente.

1/2 cup white rice flour
1/2 cup tapioca flour
1/2 cup cornstarch
1/4 cup potato starch
4 tspn xanthan gum
1 tspn agar powder
1/2 tsp salt
2 large eggs
1 Tbl spn canola oil
1/4 cup water

1. In a large bowl, whisk together rice flour, tapioca flour, cornstarch, potato starch, xanthan gum, agar, and salt. In another bowl, combine eggs, oil and water and whisk until thoroughly blended and light yellow in colour.
2. Stir egg mixture into flour mixture and work dough into a firm ball. Knead for 1 to 2 minutes. Flatten into a thick disk, wrap in plastic, and set aside for 30 minutes.
3. Divide dough into 4 pieces and form into sausage shapes.
4. Select a suitable shape from the Oscar pasta nozzles.
5. Feed the dough into the Oscar chute and push through with the pusher.
6. Cut off the first length of pasta that comes through and return to the hopper.
7. Collect the pasta on a tray as it comes out and cut off at convenient lengths.

**GRINDING**

Using the mincing strainer, the Oscar can be used for grinding nuts, grains and coffee. The material should be processed repeatedly until the level of fineness required is obtained.

*Oscar DA900 - Optional extras can be purchased to mince meat, slice and crush and extract oil.*