Please read these instructions carefully and retain for future reference.
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Important instructions – retain for future use.

- **Safety Precautions for your Juicer**
  - **Features of your Double Sieve Juicer Pro**
  - **Helpful hints for juicing**
  - **A guide to the benefits of juicing**
  - **Assembling your Double Sieve Juicer Pro**
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  - **Troubleshooting guide**
  - **Recipes**

娟statement (for future use).
Sunbeam’s Safety Precautions

SAFETY PRECAUTIONS FOR YOUR SUNBEAM JUICER.

• Do not put fingers or other objects into the feed chute whilst the juicer is in operation, always use the food pusher provided.
• If any fruit or vegetables become lodged in the feed chute, use the food pusher or turn off the juicer, remove the plug from the power outlet and disassemble to remove the lodged fruit or vegetables.
• Never operate without pulp container.
• Ensure the juicer is correctly and completely assembled before turning the appliance ‘On’.
• Switch off the appliance and disconnect from power supply before changing accessories or parts that move in use.

• Do not operate if Double Sieve filter basket is damaged.
• Always operate the juicer on a flat, level surface.
• Do not operate for more than 20 seconds at a time when juicing heavy loads. None of the recipes in this manual are considered a heavy load.

Sunbeam is very safety conscious when designing and manufacturing consumer products, but it is essential that the product user also exercise care when using an electrical appliance. Listed below are precautions which are essential for the safe use of an electrical appliance:

• Read carefully and save all the instructions provided with an appliance.
• Always turn the power off at the power outlet before you insert or remove a plug. Remove by grasping the plug - do not pull on the cord.
• Turn the power off and remove the plug when the appliance is not in use and before cleaning.
• Do not use your appliance with an extension cord unless this cord has been checked and tested by a qualified technician or service person.
• Always use your appliance from a power outlet of the voltage (A.C. only) marked on the appliance.
• This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
• Children should be supervised to ensure that they do not play with the appliance.
• The temperature of accessible surfaces may be high when the appliance is operating.
• Never leave an appliance unattended while in use.

• Ensure the juicer cover is fixed securely and pulp container is in place before juicer is turned on. Do not fasten the locking arm while the juicer is in operation.
• Juicing blades are very sharp, handle Double Sieve filter basket with care when removing, replacing and cleaning.

If you have any concerns regarding the performance and use of your appliance, please visit www.sunbeam.com.au or contact the Sunbeam Consumer Service Line. Ensure the above safety precautions are understood.
Features of your Sunbeam Double Sieve Juicer Pro

**Food pusher**

**Whole fruit & vegetable feed chute**
The wide 70mm diameter feed chute takes whole fruit and vegetables reducing the amount of preparation needed.

**Juicer cover**

**Juice collector / bowl**

**Safety Locking arm**
Juicer will not operate unless stainless steel locking arm is correctly locked into place.

**Powerful 1000 watt motor**
Heavy-duty 1000 watt motor ensures an efficient juicing action. Supplying the necessary power to juice the toughest fruit and vegetables and maximises juice extraction.

**Non-slip feet**
Heavy-duty non-slip feet ensure the juicer remains stable and prevents slipping on the bench top during use.
Stainless steel Double Sieve filtering basket
The Double Sieve filtering basket is designed to extract more juice from fruit and vegetables. The blades and basket are constructed with die-cast metal and fitted with stainless steel photo-etched mesh for durability, performance and cleaning ease.

2 Litre external pulp container
Large 2 litre capacity pulp container is ideal for extracting large volumes of juice without stopping. Once full the pulp container can be easily removed without having to dismantle the juicer.

Control dial with two speeds and off
Two-speed electronic control with 1000 watt motor maximises juicing results. ‘Soft and Squeezy’ speed for soft fruits with high water content including oranges and watermelon. ‘Hard and Crunchy’ speed for harder and fibrous fruit and vegetables such as apples, ginger, celery and carrots

Cord wrap
Cord wraps away to keep bench top clean.

Juicing jug
Large 1 litre juicing jug with froth separating lid ensuring an easy pour and a smooth tasting juice.

Cleaning brush
Helps makes cleaning the filter basket easy. Simply wash under running water whilst pulp is still moist.
Helpful hints for juicing

Preparing fruit and vegetables
Wash all fruit and vegetables well before juicing. There is no need to peel vegetables that have a thin skin but a light scrub with a clean sponge will help rid of any dirt that may be stuck on or any waxy coatings.

Peel fruit and vegetables that have a thick skin such as melons, pineapple and citrus fruit.

Juice only the freshest of fruit and vegetables to get the most nutrients out of them and the best flavours.

Cut large pieces of fruit, such as melons into large wedges.

Some seeds from citrus fruits can be bitter so you may want to remove some of the seeds before juicing.

Remove seeds and stones from fruit such as mangoes, papaya and stone fruit. This will prevent the blade from getting damaged.

Juicing techniques
When juicing different fruit and vegetables it may help to juice in different combinations.

For example, when juicing apples and oranges, juice the soft fruit (oranges) first, then follow with the hard fruit (apples) second. This will help you to achieve the maximum juice extraction from the fruit and vegetables.

When juicing fresh herbs such as mint or parsley, add the herbs in between the fruit and vegetables to get the most out of the herb or if only using a small quantity, add the herb at the same time as a piece of fruit and vegetable.

Bananas can be hard to juice but the taste goes a long way. When juicing a blend of fruit with bananas, add the banana as either the first or second piece of fruit. The nectar of the banana will sit inside the filtering basket and as the remaining fruits are added into the juice extractor they will release the banana nectar throughout the rest of the juice resulting in frothy flavoursome juice.

When juicing small fruit such as grapes or strawberries, add the fruit in handfuls rather than one at a time, this will maximise the amount of juice extracted.

Be aware that beetroot stains all other fruit and vegetables. If juicing several different juice combinations, juice the drink with the beetroot last, so as to not stain the other drinks.
# A guide to the benefits of juicing

<table>
<thead>
<tr>
<th>Fruit / Vegetable</th>
<th>Source of Benefits</th>
<th>Benefits</th>
<th>KJ per 100g</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apples</td>
<td>Carotenes, pectin, potassium, vitamin C and dietary fibre, energy giving carbohydrates.</td>
<td>May help in the treatment of constipation.</td>
<td>150kJ/100g</td>
</tr>
<tr>
<td>Apricots</td>
<td>Beta-carotene, iron, vitamin C, dietary fibre.</td>
<td>High in natural sugars for energy.</td>
<td>280kJ/100g</td>
</tr>
<tr>
<td>Banana</td>
<td>Potassium, carbohydrates, dietary fibre, vitamin B6, vitamin C.</td>
<td>Provides sustained energy.</td>
<td>225kJ/100g</td>
</tr>
<tr>
<td>Beetroot</td>
<td>Folate, potassium, leafy tops are rich in beta carotene, calcium and iron.</td>
<td>The folate is excellent for healthy cells.</td>
<td>120kJ/100g</td>
</tr>
<tr>
<td>Blueberries</td>
<td>Carotenoids, vitamin C.</td>
<td>Antibacterial.</td>
<td>200kJ/100g</td>
</tr>
<tr>
<td>Capsicum</td>
<td>High in vitamin C, beta carotene.</td>
<td>1 red capsicum has enough vitamin C to meet the daily needs of 10 people.</td>
<td>135kJ/100g</td>
</tr>
<tr>
<td>Carrots</td>
<td>Beta carotene, folate, dietary fibre.</td>
<td>May help with night vision.</td>
<td>100kJ/100g</td>
</tr>
<tr>
<td>Celery</td>
<td>Only small amounts of vitamins and minerals.</td>
<td>Helps to clean mouth and teeth.</td>
<td>50kJ/100g</td>
</tr>
<tr>
<td>Cherries</td>
<td>Very high in vitamin C, dietary fibre.</td>
<td>May help to stabilise the heartbeat and also keeps the skin healthy.</td>
<td>170kJ/100g</td>
</tr>
<tr>
<td>Cucumber</td>
<td>Only small amounts of vitamins and minerals.</td>
<td>May help with flatulence.</td>
<td>30-50kJ/100g</td>
</tr>
<tr>
<td>Fennel</td>
<td>Beta carotene, folate.</td>
<td>Fennel seeds are good for digestion.</td>
<td>50kJ/100g</td>
</tr>
<tr>
<td>Ginger</td>
<td>Bioflavenoids, limonene, pectin, vitamin C.</td>
<td>Aids in digestion and is good for nausea and improves circulation.</td>
<td>110kJ/100g</td>
</tr>
<tr>
<td>Grapefruit</td>
<td>Rich in vitamin C, fibre, bioflavenoids.</td>
<td>Pink grapefruit contains Lycopene which is an anti-cancer agent and may reduce the risk of prostate cancer.</td>
<td>130kJ/100g</td>
</tr>
<tr>
<td>Honeydew Melon</td>
<td>Vitamin C, small amounts of carotenoids.</td>
<td>May stimulate the kidneys to help function better.</td>
<td>180kJ/100g</td>
</tr>
<tr>
<td>Kiwi Fruit</td>
<td>Beta carotene, vitamin C, bioflavenoids, dietary fibre.</td>
<td>Helps in digestion and cleansing of the skin.</td>
<td>95kJ/100g</td>
</tr>
<tr>
<td>Lemon</td>
<td>Bioflavenoids, limonene, pectin, vitamin C.</td>
<td>The pectin may help reduce blood cholesterol.</td>
<td>90kJ/100g</td>
</tr>
<tr>
<td>Lime</td>
<td>Bioflavenoids, limonene, pectin, vitamin C.</td>
<td>The pectin may help reduce blood cholesterol.</td>
<td>165kJ/100g</td>
</tr>
<tr>
<td>Mandarins</td>
<td>Vitamin C, beta carotene, folate,</td>
<td>Vitamin C helps build the immune system</td>
<td>165kJ/100g</td>
</tr>
</tbody>
</table>
## A guide to the benefits of juicing (continued)

<table>
<thead>
<tr>
<th>Fruit / Vegetable</th>
<th>Source of Benefits</th>
<th>Benefits</th>
<th>KJ per 100g</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mango</td>
<td>Beta carotene, potassium, flavonoids and other antioxidants.</td>
<td>Easy to digest.</td>
<td>235kJ/100g</td>
</tr>
<tr>
<td>Mint</td>
<td>Antispasmodic volatile oils, flavonoids, menthol.</td>
<td>Aids digestion.</td>
<td></td>
</tr>
<tr>
<td>Oranges</td>
<td>High in vitamin C, fibre, beta carotene, flavonoids, thiamine, pectin, folate.</td>
<td>Excellent for healthy skin and helps the body's defences against bacterial infections.</td>
<td>100kJ/100g</td>
</tr>
<tr>
<td>Papaya</td>
<td>Protective carotenoids, rich in vitamin C, fibre, rich in papain.</td>
<td>Helps digest proteins.</td>
<td>160kJ/100g</td>
</tr>
<tr>
<td>Parsley</td>
<td>Vitamin C, iron.</td>
<td>Excellent for fresh breath.</td>
<td></td>
</tr>
<tr>
<td>Pawpaw</td>
<td>Beta carotene, flavonoids, magnesium, rich in papain.</td>
<td>Helps digest proteins.</td>
<td>163kJ/100g</td>
</tr>
<tr>
<td>Peaches</td>
<td>Good source of vitamin C, dietary fibre, beta carotene.</td>
<td>Easy to digest and works as a gentle laxative.</td>
<td>130kJ/100g</td>
</tr>
<tr>
<td>Pears</td>
<td>Very good source of dietary fibre.</td>
<td>Provide a quick source of energy.</td>
<td>190kJ/100g</td>
</tr>
<tr>
<td>Pineapple</td>
<td>Vitamin C, dietary fibre, beta carotene.</td>
<td>Helps to digest protein.</td>
<td>160kJ/100g</td>
</tr>
<tr>
<td>Plums</td>
<td>Vitamin E, potassium, beta carotene, malic acid.</td>
<td>May help to retard the effects of wrinkling.</td>
<td>110-155kJ/100g</td>
</tr>
<tr>
<td>Raspberries</td>
<td>High in dietary fibre, excellent source of vitamin C, some folate.</td>
<td>Helps in treating constipation.</td>
<td>110kJ/100g</td>
</tr>
<tr>
<td>Rockmelons</td>
<td>Excellent source of vitamin C, beta carotene, carotenoids.</td>
<td>May help in the prevention of cancer and heart disease.</td>
<td>90kJ/100g</td>
</tr>
<tr>
<td>Spinach</td>
<td>Zeaxanthin, vitamin C, beta carotene, folate, dietary fibre.</td>
<td>Helps in keeping eyes healthy in the elderly.</td>
<td>65kJ/100g</td>
</tr>
<tr>
<td>Strawberries</td>
<td>Vitamin C, dietary fibre, some folate.</td>
<td>Helps to absorb iron better after eating meat.</td>
<td>80kJ/100g</td>
</tr>
<tr>
<td>Tomatoes</td>
<td>Rich in lycopene, vitamin C, and small amounts of vitamin E, folate, dietary fibre.</td>
<td>May help reduce the risk of prostate cancer in men.</td>
<td>55kJ/100g</td>
</tr>
<tr>
<td>Watercress</td>
<td>Vitamin C &amp; E, folate, beta carotene, iron.</td>
<td>Thought to have cancer fighting properties.</td>
<td>72kJ/100g</td>
</tr>
<tr>
<td>Watermelon</td>
<td>Carotenoids, beta carotene, vitamin C, dietary fibre.</td>
<td>May stimulate the kidneys to help function better.</td>
<td>95kJ/100g</td>
</tr>
</tbody>
</table>
Assembling your Sunbeam Double Sieve Juicer Pro

Before Use
After unpacking your Double Sieve Juicer Pro we recommend that you disassemble the unit before using for the first time. Wash all parts except the motor base in hot soapy water. Rinse and dry immediately.

Important: Always ensure your juicer is unplugged from the power outlet when not in use, during assembling or whilst removing parts.

1. Set the motor base on a dry, level surface. For convenience when juicing, have the control switch facing you – figure 1.

2. Place the juice collector / bowl onto the top of the motor base – figure 2.

3. Position the stainless steel double sieve filtering basket onto the motor drive shaft and push down until firmly in place – figure 3.

Important: Ensure that the card disc protecting the Double Sieve filter basket blades is removed before use.

4. Place the juicer cover onto the juice collector / bowl, with the feed chute positioned over the stainless steel double sieve filtering basket and push into position – figure 4.
5. Secure the juicer cover by raising the locking arm and securing into the grooves on the juicer cover – figure 5.

6. Slightly tilt the pulp container and slide into place under the juicer cover – figure 6.

Tip: To reduce cleaning we recommend that you line the pulp container with a plastic bag to collect the pulp.

7. Take the food pusher, align the groove on the food pusher with the notch on the inside of the feed chute and slide the food pusher down into the feed chute – figure 7.

8. Position the juicing jug under the spout – figure 8.
Operating your Sunbeam Double Sieve Juicer Pro

**Important:** Do not operate for a total period longer than 20 minutes per session.

**Note:** The Double Sieve Juicer Pro should be completely assembled before use, if this is not the case see ‘Assembling your Double Sieve Juicer Pro’ on page 7.

1. Ensure the control dial on the juicer is in the central ‘Off’ position and insert the power cord into a 230-240V AC power outlet and turn the power to ‘On’.

2. Clean fruit and vegetables thoroughly, ready for juicing.

**Note:** The large feed chute allows whole fruit and vegetables to be juiced, however some fruit and vegetables may require other preparation before juicing, such as peeling or removing stones, see ‘Juicing speed guide’ on page 10 for our recommendations.

3. Ensure that the juicer has been assembled correctly, making sure that the stainless steel double sieve filtering basket revolves properly before placing fruit and vegetables in the juicer.

**Note:** The stainless steel double sieve filtering basket should be cleaned thoroughly before each use, see ‘Care and cleaning’ on page 12.

4. Place the juicing jug under the juice spout.

5. Select speed using the control dial. To select ‘Soft and Squeezy’ speed, turn the control dial to the left. To select ‘Hard and Crunchy’, turn the control dial to the right.

For optimum juicing results, ‘Soft and Squeezy’ speed is primarily used for soft fruit and vegetables, particularly those with high water content and ‘Hard and Crunchy’ speed is ideal for hard and fibrous fruit and vegetables. A list of fruit and vegetables commonly used for juicing and their recommended juicing setting and specified in the ‘Juicing speed guide’ on page 10.

**Important:** Do not operate for more than 20 seconds at a time when juicing heavy loads. None of the recipes in this manual are considered a heavy load.

6. With the juicer in operation, place the fruit and vegetables into the feed chute. Using the food pusher, guide the fruit and vegetables down the feed chute and onto the stainless steel blade.

**Tip:** For maximum juice extraction, guide the food pusher down the feed chute in a slow downward motion.

**Important:** Do not push fruit or vegetables into the feed chute with your fingers, always use the food pusher provided.

7. The juice from the fruit and vegetables will flow directly into the jug or glass and the pulp will be separated and collected in the pulp container.

**Important:** When juicing be aware of the level of pulp in the pulp collection container, because if the container is overfilled this can cause damage to the appliance and prevent the juicer from operating correctly.

8. When juicing is complete ensure that the juicer is switched ‘Off’ and unplugged from the power outlet.
Not all fruit and vegetables should be juiced at the same speed. To maximise juicing results, soft fruits with high water content should be juiced at lower speeds and high speed is ideal for hard and fibrous fruit and vegetables.

### Soft and Squeezy Speed

<table>
<thead>
<tr>
<th>Kale</th>
<th>Mint</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spinach</td>
<td>Watercress</td>
</tr>
<tr>
<td>Grapes</td>
<td>Broccoli</td>
</tr>
<tr>
<td>Cabbage</td>
<td>Sweet Potatoes</td>
</tr>
<tr>
<td>Apricots – remove stone</td>
<td>Mandarins – remove skin</td>
</tr>
<tr>
<td>Banana – remove skin</td>
<td>Mangoes – remove skin &amp; seed</td>
</tr>
<tr>
<td>Blueberries</td>
<td>Oranges – remove skin</td>
</tr>
<tr>
<td>Capsicum – remove seeds</td>
<td>Pawpaw</td>
</tr>
<tr>
<td>Cherries – remove pips</td>
<td>Peaches - remove stone</td>
</tr>
<tr>
<td>Cucumber</td>
<td>Plums – remove stone</td>
</tr>
<tr>
<td>Grapefruit – remove skin</td>
<td>Raspberries</td>
</tr>
<tr>
<td>Honeydew Melon – remove skin</td>
<td>Rock Melon – remove skin</td>
</tr>
<tr>
<td>Kiwi Fruit – remove skin</td>
<td>Strawberries</td>
</tr>
<tr>
<td>Lemon – remove skin</td>
<td>Tomatoes</td>
</tr>
<tr>
<td>Lime – remove skin</td>
<td>Watermelon – remove skin</td>
</tr>
</tbody>
</table>

### Hard and Crunchy Speed

<table>
<thead>
<tr>
<th>Apples</th>
<th>Ginger</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beetroot</td>
<td>Papaya</td>
</tr>
<tr>
<td>Carrots</td>
<td>Pears</td>
</tr>
<tr>
<td>Celery</td>
<td>Pineapple – remove skin</td>
</tr>
<tr>
<td>Fennel</td>
<td>Pears</td>
</tr>
</tbody>
</table>
Disassembling your Sunbeam Double Sieve Juicer Pro

1. Turn the power ‘Off’ at the power outlet and unplug the cord.
2. Slightly tilt the pulp container and slide away from the juicer – figure 9.
3. Grip the safety locking arm and pull downwards to release – figure 10.
4. Lift the juicer cover from the juice collector/bowl – figure 11.
5. Place fingers under the rim of the stainless steel blade and filtering basket and lift out – figure 12.
6. Lift the juice collector/bowl from the motor base – figure 13.

Important: Juicing blades are very sharp, handle juicing filter basket with care when removing, replacing and cleaning.
Care and cleaning

**Note:** Ensure that the juicer is unplugged from the power outlet prior to cleaning.

**Quick clean**
For easy cleaning, ensure that immediately after use that the juicer is disassembled and that each removable part is rinsed under running water, removing any wet pulp and then allow to air dry.

**Thorough cleaning**
Disassemble the juicer and place all removable parts aside, see ‘Disassembling your Double Sieve Juicer Pro on page 11. Rinse the juice collector, juicer cover, pulp container and food pusher under running water and wash with warm, soapy water. Rinse well.

To clean the stainless steel double sieve filtering basket, hold under warm running water and using an cleaning brush, brush the outside of the basket first. Then with the basket still under running water, brush the inside of the basket in an anti-clockwise direction to remove the pulp. To ensure the stainless steel double sieve filtering basket is free of all remaining pulp, hold it to the light and ensure that the holes in the filtering basket are not blocked.

**Important:** Juicing blades are very sharp, handle juicing filter basket with care when removing, replacing and cleaning.

Use a soft, damp cloth to wipe the motor base clean.

**To clean the motor base**
Clean the motor base of the juicer using a damp soft sponge with mild detergent and wipe over the appliance.

**Important:** Never immerse the motor base in water or any other liquid.
## Troubleshooting guide

<table>
<thead>
<tr>
<th>Problem</th>
<th>Possible cause</th>
<th>What to do</th>
</tr>
</thead>
<tbody>
<tr>
<td>Juicer will not start when speed is selected.</td>
<td>The juicer hasn’t been assembled correctly.</td>
<td>See ‘Assembling your Double Sieve Juicer Pro’ on page 7.</td>
</tr>
<tr>
<td>The juicer motor appears to struggle during operation.</td>
<td>Pulp container is full.</td>
<td>Empty the pulp container.</td>
</tr>
<tr>
<td></td>
<td>Pulp is caught in the juicer cover.</td>
<td>Stop juicing, remove the juicer cover and clean out pulp. See ‘Disassembling your Double Sieve Juicer Pro’ and ‘Care and Cleaning’ sections. Try a slower juicing action – guide the food pusher down the feed chute in a slow downward motion.</td>
</tr>
<tr>
<td></td>
<td>Stainless steel double sieve filtering basket is blocked with excess pulp.</td>
<td>After extended juicing of fibrous fruit and vegetables the mesh on the filtering basket may need to be cleaned. Stop juicing, disassemble the juice extractor and clean the filtering basket. See ‘Disassembling your Double Sieve Juicer Pro’ and ‘Care and Cleaning’ sections.</td>
</tr>
<tr>
<td></td>
<td>The selected juicing speed is incorrect.</td>
<td>See ‘Juicing speed guide’ on page 10.</td>
</tr>
<tr>
<td>You notice less juice coming out of the juice spout.</td>
<td>Large amounts of highly fibrous fruit and vegetables have caused excess pulp to build up in the filtering basket.</td>
<td>Stop juicing, disassemble the juice extractor and clean the filtering basket. See ‘Disassembling your Double Sieve Juicer Pro’ and ‘Care and Cleaning’ sections.</td>
</tr>
<tr>
<td>The juicer motor stops or will not start.</td>
<td>The motor has been overloaded.</td>
<td>Unplug the juicer, allow it to cool and press the re-set button located underneath the machine.</td>
</tr>
</tbody>
</table>
DETOX AND CLEANSING DRINKS
All these juices help to cleanse toxins from the body.
For all recipes in this section process all ingredients, in the order listed, through the juicer, stir and serve immediately.

Carrot Cleanser
Makes approx 6 cups
5 carrots
2 stalks celery
2 cups kale
1 apple
1 beetroot, quartered
1 orange, peeled

The Purifier
Makes approx 6 cups
2 large cucumbers
1 pineapple, skin removed
1 bunch fresh mint
1 lemon, peeled
2cm piece ginger
2 cups kale

Body Cleanser
Makes approx 3 cups
5 sprigs fresh parsley
4 apples
3 stalks celery
1 cucumber
1 lemon, peeled
1 lime, peeled

Skin Refresher
Makes approx 3 cups
4 carrots
1 apple
1 red capsicum, cored and seeds removed

Potassium Juice
Makes approx 3 cups
3 carrots
3 stalks celery
2 apples
½ bunch fresh parsley
2 cups spinach
JUICE REMEDIES

All these juices are rich in vitamins and minerals. A great way to start the day.
For all recipes in this section process all ingredients, in the order listed, through the juicer, stir and serve immediately.

Morning Starter
Makes approx 4 cups
5 carrots
4 sprigs fresh mint
1 apple
1 beetroot, quartered

Green Vitamin C
Makes approx 3 cups
4 stalks celery
3 apples
1 head broccoli, chopped
1 cucumber
¼ cup fresh parsley sprigs

Refreshing Renewal
Makes approx 3 cups
4 apples
1 cucumber
1 fennel bulb, quartered
1 bunch fresh mint
2 cm piece ginger

Ginger Root Boost
Makes approx 3 cups
6 carrots
3 apples
1 lemon
2 cm piece ginger

Mean Green Juice
Makes approx 3 cups
3 apples
2 stalks celery
1 cucumber
2 cups spinach

Tummy Calmer
Makes approx 3 cups
4 apples
2 cups spinach
½ small cabbage, quartered

Spinach Energizer
Makes approx 3 cups
3 apples
1 baby fennel, quartered
1 cucumber
2 cups spinach

The Flu Fighter
Makes approx 3 cups
6 carrots
2 stalks celery
1 apple
1 bunch fresh parsley

Immunity Booster
Makes approx 3 cups
3 carrots
1 apple
1 beetroot, quartered
1 stalk celery
1 cucumber
½ bunch fresh parsley
Recipes (continued)

**FAMILY FAVOURITES**

Juices the entire family will enjoy.

For all recipes in this section process all fruit and vegetables, in the order listed, through the juicer. Add any vanilla extract to the finished juice, stir and serve immediately.

**Apple Green Grape**
Makes approx 3 cups
5 apples
1 lemon, peeled
2 cups green grapes

**The Red Racer**
Makes approx 5 cups
500g watermelon, skin removed
250g fresh raspberries
2 apples
2 oranges, peeled

**Minty Peach**
Makes approx 5 cups
3 peaches, stone removed
1 apple
1 lime, peeled
½ bunch fresh mint

**Plum, Orange and Vanilla Juice**
Makes approx 4 cups
10 black plums, stone removed
6 oranges, peeled
½ teaspoon vanilla extract

**Tropical Slurp**
Makes approx 5 cups
3 oranges, peeled
1 mango, skin and stone removed
1 pineapple, skin removed

**Mojito Juice**
Makes approx 4 cups
1 apple
1 cucumber
1 lime, peeled
½ cup fresh basil
½ bunch fresh mint
Carrot and Pineapple Cake
Serves: 10-12
2 cups plain flour
2 teaspoons baking powder
1 teaspoon ground cinnamon
½ teaspoon mixed spice
4 eggs
1 ½ cups sunflower oil
1 cup caster sugar
½ cup brown sugar
1 cup carrot pulp
½ cup pineapple pulp
½ cup walnuts, chopped
Icing:
250g butter, softened
250g cream cheese, softened
5 cups icing sugar
1. Preheat oven to 180°C. Grease and line a 23cm spring form cake pan with baking paper.
2. In a large bowl combine flour, baking powder, cinnamon and mixed spice.
3. Add eggs, oil, sugars and fruit pulp. Stir to combine. Gently fold through walnuts.
4. Pour into prepared pan and bake for 50-60 minutes until cooked. Remove from pan and allow to cool on a wire rack.
5. To make the icing, place butter and cream cheese in the bowl of an electric mixer. Beat until light and fluffy. Gradually add icing sugar to the butter. Continue to beat until light and all ingredients are well combined. Cover top and sides of cooled cake with icing. Serve.

Kale and Italian Sausage Tart
Spinach can be used instead of kale, if desired.
Makes: 1 Tart
1 sheet premade short crust pastry
1 tablespoon olive oil
20g butter
2 onions, chopped
2 cloves garlic, crushed
500g Italian sausages, roughly chopped
1 ½ cups kale pulp
¼ cup white wine
3 eggs
½ cup fresh ricotta
Salt and freshly ground black pepper, to taste
1. Preheat oven to 180°C. Grease a 20cm round tart pan.
2. Roll pastry out into a 23cm circle and gently place in tart tin. Cover with baking paper and fill with uncooked rice. Bake for 10 minutes (Blind Baking). Remove baking paper and rice. Cook for a further 10 minutes or until base is golden.
3. Place oil and butter in a large frypan over medium heat. Add onion and garlic cooking for 3-4 minutes or until tender. Remove from pan.
4. Add sausage to the pan and cook for 2-3 minutes or until golden. Add kale and onion mixture to the pan. Pour in white wine and allow to reduce by half. Season to taste with salt and pepper. Set aside to cool.
5. Stir egg and ricotta through the cooled mixture. Pour into prepared tart case and bake for 10-15 minutes or until cooked. Serve hot or cold.

**Pear and Ginger Cake**

*Serves: 8-10*

- 150g butter, melted
- 1 cup brown sugar
- ¼ cup milk
- 3 eggs
- 1 ½ cups self-raising flour
- 1 tablespoon ginger pulp
- ½ teaspoon ground cinnamon
- 2 cups pear pulp

1. Preheat oven to 180°C. Grease and line a 20cm cake pan with baking paper.
2. In a large bowl combine butter, sugar, milk and eggs.
3. To the bowl add remaining ingredients. Stir mixture until just combined. Pour into prepared pan. Bake for 1 hour or until cooked when tested. Remove from pan and allow to cool on a wire rack.

**Spinach and Fetta Muffins**

The spinach pulp in this recipe can be substituted with almost any vegetable pulp.

*Makes: 12*

- 2 ½ cups self-raising flour
- 1 cup spinach pulp
- ¼ cup grated parmesan cheese
- 1 ⅓ cups milk
- 200g feta cheese, crumbled
- 90g butter, melted
- 1 egg

1. Preheat oven to 180°C. Lightly grease 12 x 1 cup capacity muffin pan.
2. In a large bowl combine flour, spinach and parmesan cheese.
3. In a separate bowl combine remaining ingredients, stirring until combined.
4. Pour wet ingredients into dry ingredients and fold until just combined. Divide mixture evenly into the muffin pan. Bake for 20 minutes or until cooked when tested. Remove from pan and allow to cool on a wire rack.
Chocolate Ginger Beetroot Cake
Serves: 10-12
2 cups self raising flour
¾ cup dark cocoa
2 teaspoons ground cinnamon
1 cup beetroot pulp
2 teaspoons ginger pulp
300g butter, room temperature
2 cups caster sugar
2 teaspoons vanilla extract
5 eggs
²⁄³ cup milk

For the chocolate icing:
250g unsalted butter, softened to room temperature
1 cup icing sugar
100g dark chocolate, melted

1. Preheat the oven to 170°C. Grease and line the base and sides of a 28cm spring form pan with baking paper.
2. Sift the flour, cocoa and cinnamon together. Fold through the beetroot and ginger.
3. Cream the butter, sugar and vanilla for 5 minutes, or until light and fluffy, regularly scrape down the sides of the bowl with a spatula.
4. Add the eggs one at a time, beating thoroughly in between each egg.
5. Fold the flour and beetroot mixture into the egg mixture alternatively with the milk until well combined.
6. Pour into prepared cake pan. Bake for 50 to 55 minutes or until cake is firm to the touch and slightly pulling away from the sides of the pan. Cool completely before icing.
7. For the icing, beat butter until pale and fluffy; slowly add icing mixture whilst still beating. Fold through melted chocolate until well blended. Spread evenly over cake.

Apple Cake
Serves: 8-10
2 ¾ cups plain flour
1 tablespoon baking powder
1 tablespoon ground cinnamon
2 eggs
2 cups apple pulp
2 cups caster sugar
1 cup vegetable oil
1 cup walnuts, chopped
¼ cup orange juice
3 teaspoons vanilla essence

1. Preheat oven to 180°C. Grease and line a 23cm cake pan with baking paper.
2. Sift flour, baking powder and cinnamon into a large bowl.
3. In a separate bowl combine remaining ingredients
4. Pour wet ingredients into flour and fold until just combined. Pour into prepared pan. Bake for 60 to 75 minutes or until cooked when tested. Remove from pan and allow to cool on a wire rack.
Notes
12 Month Replacement Guarantee

In the unlikely event that this appliance develops any malfunction within 12 months of purchase (3 months commercial use) due to faulty materials or manufacture, we will replace it for you free of charge.

Should you experience any difficulties with your appliance, please phone our customer service line for advice on 1300 881 861 in Australia, or 0800 786 232 in New Zealand. Alternatively, you can send a written claim to Sunbeam at the address listed below. On receipt of your claim, Sunbeam will seek to resolve your difficulties or, if the appliance is defective, advise you on how to obtain a replacement or refund.

Your Sunbeam 12 Month Replacement Guarantee naturally does not cover misuse or negligent handling and normal wear and tear.

Similarly your 12 Month Replacement Guarantee does not cover freight or any other costs incurred in making a claim. Please retain your receipt as proof of purchase.

The benefits given to you by this guarantee are in addition to your other rights and remedies under any laws which relate to the appliance.

Our goods come with guarantees that cannot be excluded under the Australian Consumer Law and under the New Zealand Consumer Guarantees Act.

In Australia you are entitled to a replacement or refund for a major failure and for compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.

Should your appliance require repair or service after the guarantee period, contact your nearest Sunbeam service centre.

For a complete list of Sunbeam’s authorised service centres visit our website or call:

**Australia**
www.sunbeam.com.au
1300 881 861
Units 5 & 6, 13 Lord Street
Botany NSW 2019 Australia

**New Zealand**
www.sunbeam.co.nz
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26 Vestey Drive, Mt Wellington
Auckland, New Zealand
Need help with your appliance?
Contact our customer service team or visit our website for information and tips on getting the most from your appliance.

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