

# Healthy Juicer™

Electric

## Multipurpose Juice Extractor



## User Guide & Recipes



### IMPORTANT SAFEGUARD

1. Read all instructions.
2. To protect against risk of electrical shock do not put the appliance in water or other liquid.
3. Close supervision is necessary when any appliance is used by or near children.
4. Unplug from outlet when not in use, before putting on or taking off parts, and before cleaning.
5. Switch off the appliance before changing accessories or approaching parts which move in use.
6. Avoid contacting moving parts. Never feed food by hand. Always use food pusher.
7. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions, or is dropped or damaged in any manner. Return appliance to the nearest authorized service facility for examination, repair or electrical or mechanical adjustment.
9. If the supply cord is damaged, it must be replaced by the manufacturer or its service agent or a similarly qualified person in order to avoid hazard.
8. The use of attachments not recommended or sold by the manufacturer may cause electric shock or injury.
9. Do not use outdoors.
10. Do not let cord hang over edge of table or counter.
11. The appliance should not operate for more than 1 hour continuously. After each cycle of operation it should rest for at least 30 minutes.
12. This appliance is for household use only.
13. Check if the rated voltage of the appliance is compatible with the local power system. Confirm if all the attachments are included in the package. Otherwise contact the responsible vendor.
14. Overload protector is incorporated in this appliance. The automatic resettable type thermal protector will operate when the appliance is blocked for more than 30 seconds. Switch off the appliance when it is blocked. Then reverse it and make sure the food is loosened before switching on and further operation.
15. To avoid damage do not use water over 105 degrees when cleaning. Use a soft material such as sponge, brush or cotton cloth etc. for cleaning.
16. SAVE THESE INSTRUCTIONS

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Congratulations on your purchase of the electric Healthyjuicer, one of the most versatile and unique juicers available today. Unlike most juicers available on the market, the Healthyjuicer extracts juice using a low rpm auger that “crushes” fruits and vegetables. Other juicers use a very high speed metal mesh that creates friction and heat, which destroys many of the vital enzymes and nutrients that are so important in live juicing.

In addition to these benefits, the healthyjuicer also has many functions a centrifugal juicer simply cannot do such as juice wheatgrass, make frozen yogurt and fruit sorbet. You can also make nut butters, baby food, hummus and soy milk.

We hope you enjoy using your healthyjuicer electric and have a healthy day!

## The Healthyjuicer limited 8 year Warranty

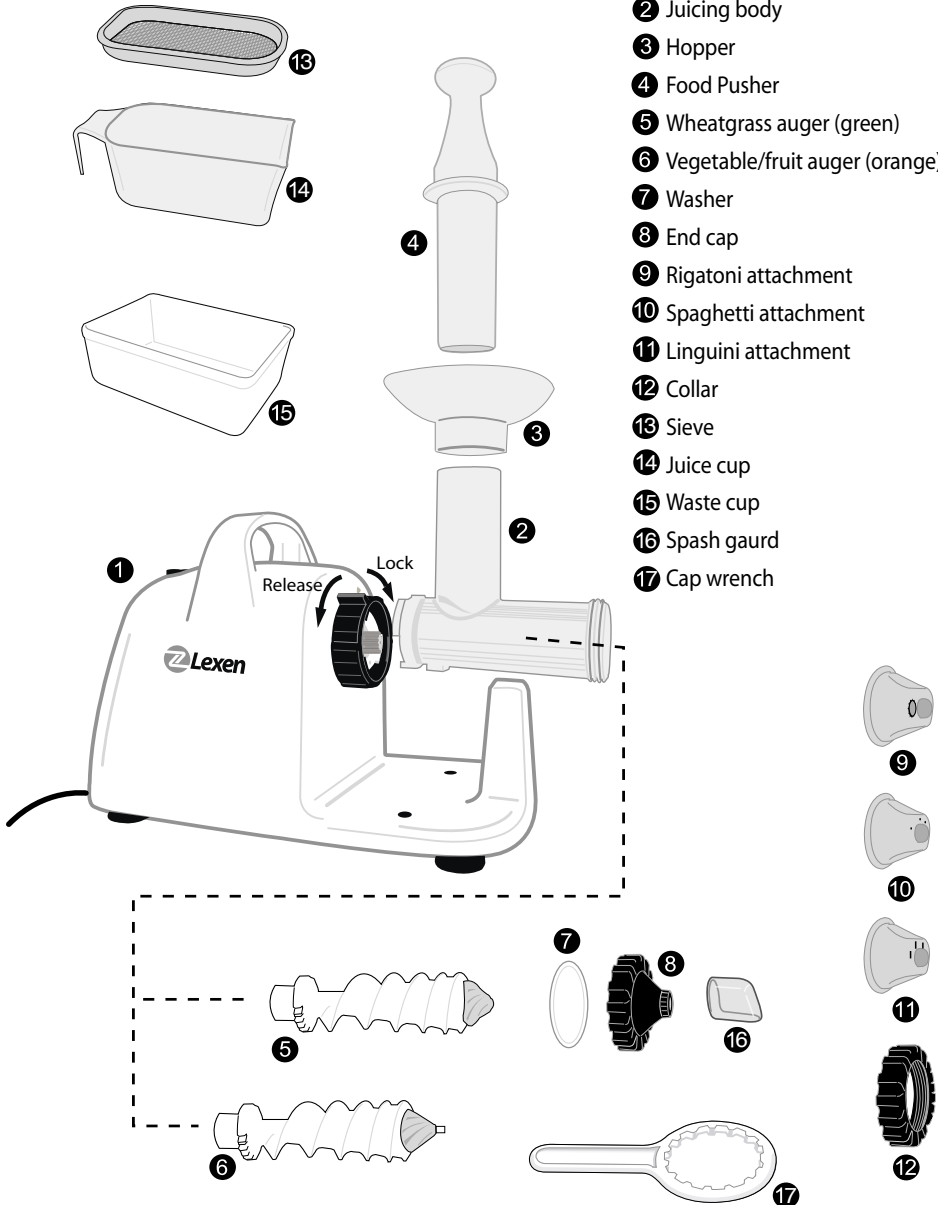
At Lexen products, we go out of our way to produce products that have superior design, quality & value. We warranty the motor for a full 8 years of service and all other parts are covered for a full year under normal household use. Please contact [service@healthyjuicer.com](mailto:service@healthyjuicer.com) or [service@lexenproducts.com](mailto:service@lexenproducts.com) for instructions on how to service your unit.

Lexen products warrants that the electric juicer is free from defects in materials and workmanship for one year of purchase. The electric motor is warranted for 8 years. This warranty only applies with the accordance of the conditions set forth below.

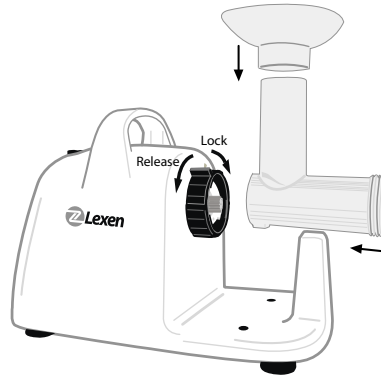
1. The warranty is non transferable and is only extended to the original consumer. Please save your original sales receipt for proof of purchase and date unit was purchased. This warranty is void if the product has been subject to misuse, abuse, accident, improper maintenance or repair and or modification of original appliance in any way.
2. This limited warranty is the only written or express warranty provided by Lexen Products. Any implied warranties including but not limited to any implied warranties of merchantability or fitness for a particular purpose are limited in duration to the duration of this warranty.
3. The limitations and extent of this warranty may vary from state to state.
4. Repair or replacement of a particular part or the whole unit will be made at the discretion of the local service center.
5. This warranty applies to consumer use only and is void if the unit is used by a commercial or institutional establishment. This warranty does not cover normal wear and tear.



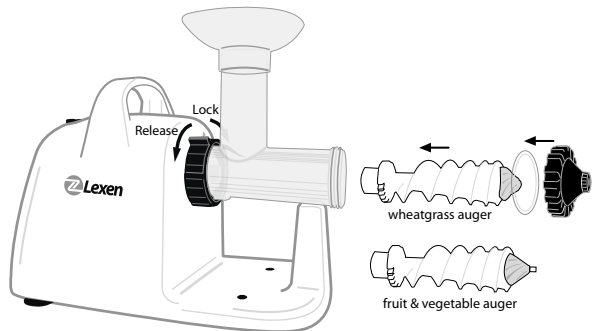
- 1 Main body
- 2 Juicing body
- 3 Hopper
- 4 Food Pusher
- 5 Wheatgrass auger (green)
- 6 Vegetable/fruit auger (orange)
- 7 Washer
- 8 End cap
- 9 Rigatoni attachment
- 10 Spaghetti attachment
- 11 Linguini attachment
- 12 Collar
- 13 Sieve
- 14 Juice cup
- 15 Waste cup
- 16 Spash gaurd
- 17 Cap wrench



**Step 1** - Ensure the machine is switched OFF and the Locking collar is set to the "RELEASE" position. Now insert the juicing body and push firmly into place, then turn the locking collar to the "LOCK" position. The open end of the juicing body should be resting on the supporting pillar.



**Step 2** - Insert either the orange vegetable auger or the green wheat grass auger, be careful to insert the auger fully. Note: when inserted properly only the stainless steel part of the auger will protrude from the juicing body.

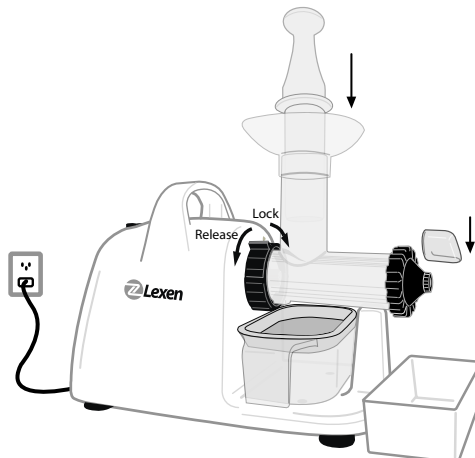


**Step 3** - Place the washer into the end cap.

**Step 4** - Attach the end cap turning in a **counter clockwise** direction, use the enclosed wrench to tighten, but do not over tighten.

**NOTE: collar will not lock if washer is not inserted!**

**Step 5** - Attach the splash guard to the end cap. Place the juice cup under the juicing body making sure it is resting on the rubber tabs. Place and the waste cup at the end to collect the waste pulp. Plug unit into an electric wall socket.



When juicing is complete press the reverse button a few times to ensure that any excess juice still remaining in the juicing body is expelled to the juice cup.

**Step 1** - Turn the machine off and unplug from the wall outlet.

**Step 2** - Use the included wrench to loosen the end cap by turning in a **clockwise** direction, then remove the end cap and washer.

**Step 3** - Turn the locking collar to the release position and remove the juicing body. The auger and juicing body will come away together.

**Step 4** - Press the end of the auger on the back of the juicing body gently, to allow the easy removal of the auger from the front of the juicing body.

**Step 5** - Simply immerse the juicing body and parts in a bowl of warm soapy water then rinse off thoroughly under a running tap. When the juicer has been used to make nut butters, baby food or sorbet it may be necessary to use a soft bristle dish brush to remove any remaining food pieces from the juicing body, auger and cap.

**Step 6** - Wipe the main body with a damp cloth - NEVER IMMERSE THE MAIN BODY IN WATER OR WASH UNDER A TAP.

**TIP:** When disassembling use the included wrench to loosen the end cap before attempting to separate the parts for cleaning.

Cleaning the parts immediately after use ensures a faster clean up time, and this will prolong the life of your juicer and reduce staining on the plastic parts.

The use of harsh abrasives is not recommended. Simply rinse the parts in warm soapy water.



**Step 1** - Cut a small handful of wheat grass (cut the grass just above the seed with a knife or scissors). For optimal nutrition the wheat grass should be between 7 - 10 inches tall. Although much shorter grass can still be cut and juiced the yields may be less and more grass



The healthysprouter

needed. We recommend the healthysprouter kit for growing your own wheatgrass (to learn more visit [www.lexenproducts.com](http://www.lexenproducts.com))

**Step 2** - Rinse the grass to remove any soil, dirt or dust from the blades. Shake lightly to remove the excess water and drain.

**Step 3** - Take a small bunch of the cut grass about a thumbs thickness and place into the hopper and feeding chute of the juicer.

**Step 4** - Press the on button, the grass will be pulled through and squeezed automatically. You will need to put through several handfuls to allow the pressure to build up before the juice begins flowing into the juice cup. Use the food pusher if necessary.



**Step 5** - Take the pulp from the first pressing and place it back into the juicing Chamber as the first pressing is usually a bit moist until the pressure has been built up in the mechanism.

If at any time the grass becomes wrapped around the auger or stuck in the juicing body. Press the off button and then use the reverse button to unclog, then press the on button again to resume juicing.

**NEVER OVERLOAD THE CHAMBER WITH WHEATGRASS, ALWAYS PUT THROUGH SMALL AMOUNTS AT A TIME.**

It is often not necessary to use the food pusher if small bunches of grass are put through at a time.

The same procedure can be used for other leafy types of grass like barley, or leafy greens and sprouted grains.



Slice vegetables into thin strips



Assemble juicer as per page 5 using the orange auger for most fruits and vegetables. Make sure the juice & waste cup are in place. Place sieve on top of juice cup if removal of pulp is desired



Slowly feed the cut strips of fruits or vegetables into the hopper. Do not force or overload. The auger should automatically take in the strips of fruits and vegetables if they are cut in the correct size. Use food pusher if necessary



The juice may be stored in the refrigerator for a day or two but is best when consumed immediately to benefit from the maximum live enzymes and nutrients.

Making your own nut butters from peanuts and cashews is easy and healthy. Because you are making it yourself you can control the ingredients and thus insure there are no hydrogenated oils, refined sugars and other artificial ingredients.



Assemble the Healthyjuicer as per page 5 using the orange colored auger. It is not necessary to use the sieve on the juice cup but there may be a few drops of oil from the crushed nuts that may drip from the juicing spout, so it is a good idea to insert the juice cup in place. **The nuts or nut butters will not come out of the juice spout, but from the front end cap.**

Turn on the juicer and place just a few nuts at a time until a steady stream of nut butter starts to flow from the end cap nozzle. Pause every few seconds to allow the crushed nuts to clear the chamber.

After you are finished making the nut butter you may stir in a small amount of peanut oil to make a smoother consistency. You may also add a small amount of honey (about two tablespoons per cup) to sweeten your home-made peanut or cashew butter (delicious!). Store in the refrigerator in an air tight container.

NOTE: Almonds are extremely hard to crush and are not recommended.

3 cups of flour  
(equal parts of semolina  
& durum or strong white  
flour) 3 eggs, 1 tsp salt  
1 tsp olive oil



Mound the flour on a clean work surface and make a deep well in the center of the flour. Crack the eggs in the well and add salt. With a fork gradually mix the eggs and salt together with the surrounding flour until all of the eggs and flour are incorporated together. If the dough is too dry add a few drops of water, if it is too moist add a small amount of flour.

Knead dough on floured surface until smooth and elastic but not sticky. Wrap dough in clear film and let rest for 20 minutes to one hour at room temperature.

Separate dough into sections small enough to easily fit into hopper. Feed the dough slowly into the hopper to maintain a smooth flow of pasta coming through. Lightly sprinkle flour on the pasta to keep it from sticking together as it comes out of the machine. You may use a drying rack to dry and preserve your pasta for future use.



Use a small pair of kitchen shears to clip rigatoni into small pieces as it comes out of the machine.

## Making flavoured and colored pasta



Add crushed black or red pepper & chili or fresh basil, oregano or sage to make a colorful and tasty variation.

For spinach pasta add chopped fresh or frozen spinach after it has been pressed of excess water.

For tomato pasta add 2 tbsps of

tomato puree or paste.

\* When adding moist ingredients such as spinach and puree, the dough will be slightly stickier due to the added moisture so more flour may need to be added to dough.

Baby food doesn't have to come in jars. The healthyjuicer does an excellent job of both pureeing and mashing food to let you decide on the consistency to match your baby's preference.

### **Three good reasons for making your own baby food:**

- You know what's in it
- You can custom-tailor the texture to your baby's taste preferences
- Use fresh ingredients that have not been processed with preservatives and chemicals and sitting on a store shelf for months or even years.

Set up the Healthyjuicer as per page 5 using the orange colored auger. Make sure the collecting cup and waste cup are both in place. pre-steam or boil the vegetables and let cool. Turn on the healthyjuicer and feed a small amount of food into the hopper at a time, taking care not to place too much in at once. Some of the more fibrous parts of the food will be expelled from the front and a more pureed consistency will be expelled from the juice spout. After you are finished you may decide on what consistency to make your baby food according to your baby's preference by adding the pureed food to the more course food expelled from the front in various amounts.



### **Tips for making your own baby food**

Don't feel you have to prepare separate meals for your baby. You can simply take portions of your adult food (before you add any strong seasonings) and use the healthyjuicer to mash and puree them to a consistency your baby can handle.

Make enough for several meals at a time and pour the freshly-cooked and pureed food into an ice cube tray. Cover with cellophane wrap and freeze. Then, remove the frozen food cubes from the tray and store in air-tight freezer bags. Remove one serving-size cube at a time when needed.

It is both easy, fun & healthy to make your own frozen desserts with the healthyjuicer. You control the ingredients so there are no thickeners, refined sugars or other artificial ingredients.

Some the fresh fruits that you can freeze or buy already frozen are blueberries, strawberries & raspberries. If you are using strawberries, it is best to cut them into slices or buy them frozen in pre-cut slices.

Set up the healthyjuicer as per page 5 using the orange colored auger. Insert both the collecting cup and the waste cup in place. It is not necessary to use the sieve. All fruit will be expelled from the front end cap.

It is best to let the frozen fruit thaw slightly for about 5 minutes before starting to make your sorbet.



Turn on the healthyjuicer and start feeding a few berries at a time making sure not to overload. Pause every few seconds to allow the chamber to clear every so often. If the juicer does jam, press the off button immediately and use the included wrench to remove the end cap (clockwise direction) and remove the excess berries from the end cap before replacing the cap and proceeding again.

To make frozen yogurt you can simply stir in about 1/4 cup fresh vanilla or plain yogurt to one cup of berries after they have been pureed through the Healthyjuicer. Usually there will be no need to add any additional sweetener but you may add a small amount of honey or organic sugar after you are done.

You can also freeze the yogurt with the berries in a flat tray and cut into small 1" cubes. Feed these into the hopper one at a time.

If tray is let to freeze solid, remove from freezer and let thaw for 15 minutes before cutting into cubes and placing into the Healthyjuicer.

**Delicious, healthy & guilt free dessert!**

## Detoxification Drink

A great drink to rid yourself of unwanted toxins and heavy metals that you can accumulate through poor eating habits and breathing in toxic city air. This can be taken for several days after the holidays when you have strayed off your healthy diet and need to get back to your regular self. Combine this drink daily along with a clean diet of brown rice and vegetables for several weeks.

- 3 carrots (cut into strips)
- 1 bunch of wheatgrass
- hand full of parsley
- 1 apple
- 1 stalk of celery
- 1/2 cucumber

## Bladder cleansing drink

Cranberries are great for detoxifying the bladder. The cranberries are a little bitter so the carrots and apple balance the drink with natural sweetness.

- 1 cup cranberries
- 1 orange peeled and separated
- 1 apple cut into wedges
- 2 carrots cut into thin strips

## Morning drink

A delicious way to start the day

- 1/2 cup fresh strawberries
- 1 apple
- 1 orange peeled and separated into quarters

## Enzyme booster

This is a great drink to start the morning and will raise the alkalinity in your system as the body tends to be more acidic in the morning

- one orange peeled and separated
- 1/2 medium papaya sliced
- 1/8 pineapple peeled, cored and sliced

## The power house

With many green vegetables, this drink is loaded with iron and will keep you going the whole day. For the serious juicing enthusiast

- 3 carrots (cut into strips)
- 1 bunch of wheatgrass
- 1 bunch of spinach
- 1 apple
- 1 stalk of celery
- 1/2 green bell pepper
- 1 small tomato cut into wedges.

## A delicious drink

A tasty drink that is also good for you

- 1 cup strawberries
- 1 orange peeled and separated
- 1/4 cantaloupe peel and seeds removed

## Carrot and orange

One of the simplest and most popular drinks around.

- 3 medium carrots (cut into strips)
- 2 oranges peeled and quartered

# Healthy Juicer

Electric

Please visit [www.lexenproducts.com](http://www.lexenproducts.com) for other quality health related products



Healthy Juicer  
Electric



Healthy Mincer  
& Pasta Maker



Healthy Sprouter

The healthysprouter kit is a convenient & fun way to grow your own wheatgrass and sprouts. Modular design means you can purchase additional kits to increase your yield. Includes seed soaking cup and instructions on how to grow wheatgrass and sprouts.



Healthy Juicer

The healthyjuicer manual juicer is small, light weight and compact. Perfect for just a single shot of wheatgrass or to take with you when are traveling. Suction and clamp base attaches to almost any surface.

 **Lexen**

[www.lexenproducts.com](http://www.lexenproducts.com)