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# Recipes and Operating Instructions

## World's Finest



# The Champion Juicer<sup>®</sup>

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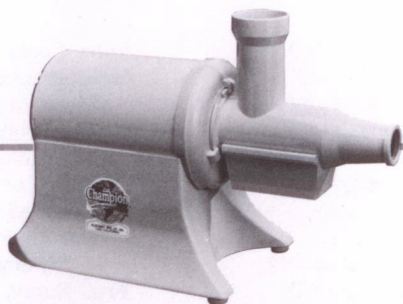
HOUSEHOLD USE ONLY

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# Welcome to Your Champion



## You can See and Taste the Difference

**T**he **Champion** is classified as a slow-speed, masticating type machine. It chews the fibers and breaks up the cells of vegetables and fruits. This gives you more fiber, enzymes, vitamins and trace materials. All this results in the darker, richer color of the juice and a sweeter, richer, more full-bodied flavor.

Your **Champion** is simple and easy to use. Assembly doesn't require nuts, bolts, screws or clamps. Just slide the floating cutter on the shaft, make a quick half turn, the body locks on and the machine is ready to operate. Remove just one part and your **Champion** is now a *grater*; insert a single part and it is now a

*homogenizer*. It's so simple and all the parts are easy to clean.

Assembly, disassembly, juicing, grating and homogenizing instructions, plus a wide variety of recipes follow. Read the instructions completely to receive maximum efficiency and use from your new **Champion Juicer**.

Your **Champion** is powered by a full 1/3-horsepower, heavy-duty motor. All parts are made from 100 percent FDA accepted nylon and stainless steel. The floating cutter has been designed to separate the juice from the pulp in a continuous operation. *No* intermittent clearing is required.

## MAKING HEALTHIER EATING CHOICES IS EASY

Research studies have repeatedly shown a direct relationship between diet and health. Recently, more doctors are discussing the ability of individuals to decrease their risk of certain cancers and heart disease through proper diet. Current recommendations are to increase the intake of fiber and complex carbohydrates, and decrease the intake of fat, cholesterol, sugar, and sodium.

Our diet has, over the years, become filled with highly processed convenience foods. Many of these get their calories from fats and sugars, and contain large amounts of sodium to enhance flavor.

You have an opportunity to make changes in your diet and increase your intake of fiber and complex carbohydrates. The **Champion Juicer** and **Grain Mill** are designed to make preparation of fruits, vegetables, and grains convenient and easy. You can process fruits and vegetables in their prime and quickly prepare them to fit your family's needs and menu plans. You can control the addition of salt and sugar and make

healthy choices in the types of fat you use.

From an early age, children love the flavor of fresh fruits and vegetables. Presentation of two or more vegetables tastefully prepared rounds out a dinner menu without large servings of animal protein, which are commonly high in fat and cholesterol.

Fresh fruit desserts and toppings are satisfying and good for you. Whole grains, used for breakfast as cereal and throughout the day in baked products, are a wonderful source of fiber and energy. The **Grain Mill** allows you to prepare your family's favorites.

We have chosen to use safflower, corn, or olive oil, wherever possible. All are without cholesterol and high in poly and mono unsaturated fats.

Begin using your **Champion Juicer** and **Grain Mill** at every meal. The more you use it, the easier it becomes to make healthier eating choices.

## USING YOUR FREEZER

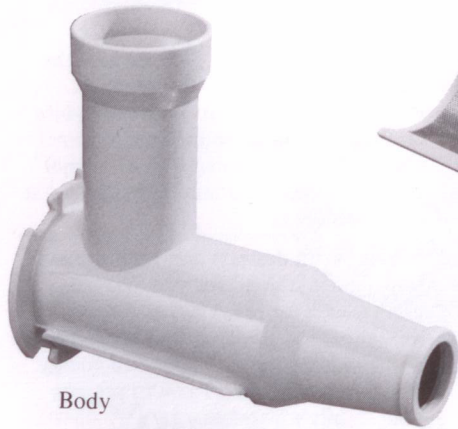
Fruits and vegetables should be processed in the **Champion Juicer** while still crisp and fresh. Old woody vegetables or soft mushy fruit will not produce good results or good flavor.

If you have more produce than you can eat while it is fresh, you have two options. One is to wash and cut the produce to fit the feeding throat and quick freeze to process later. Remember, the freezer will not stop the aging process, only slow it down. It gives you a few more weeks to use the food and still have good quality.

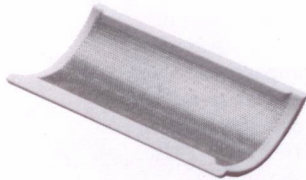
Your second option is to juice, grate, or homogenize the food and package it in frozen containers for use later.

Unless fruits and vegetables have been blanched, the aging process continues slowly in the freezer. For maximum flavor, uncooked fruits and vegetables should be used in 2 to 3 months; cooked in 6 to 8 months. Baked goods should be used in 2 to 3 months. Always wrap fruits carefully to exclude all exchange of moisture or air between food and the cold air in the freezer. Always label with food type, amount and date.

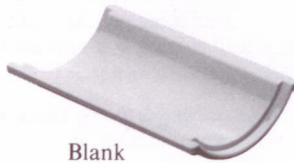
## JUICER PARTS



Body



Screen



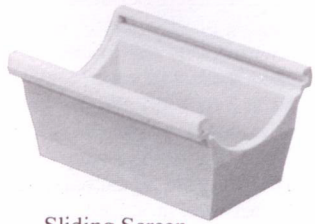
Blank



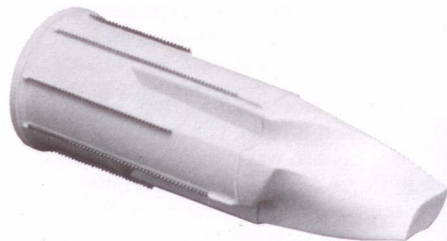
Tamper



Nylon  
Funnel



Sliding Screen  
or Blank  
Holder



Cutter-white  
or almond

# Assembly Instructions

Following the instructions carefully, your Champion Juicer can be assembled or disassembled in approximately five seconds. It can be converted to a grater or homogenizer in less time. Practice assembly and disassembly several times and the procedures will become easy.

### Step 1

Slide the cutter onto the shaft. Make sure the shaft is greased with a solid vegetable shortening such as Crisco; no liquid oil except olive oil or coconut oil. **DO NOT USE OTHER** liquid oils, butter, margarine or petroleum jelly. About  $\frac{1}{4}$  inch onto the shaft, the cutter may stop; turn and jiggle the cutter slightly in either direction so that the flat edge of the shaft will match flat edge of the cutter hole. It will then slide on easily.

**Note: If the cutter becomes vacuum locked, place a small screw driver behind the cutter and the stainless steel hub and pry the cutter forward.**

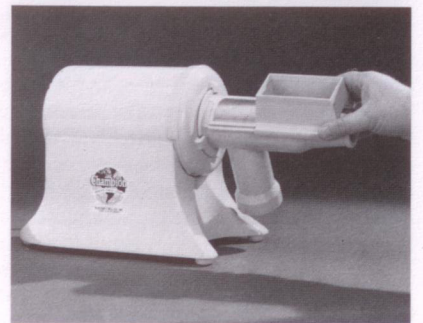
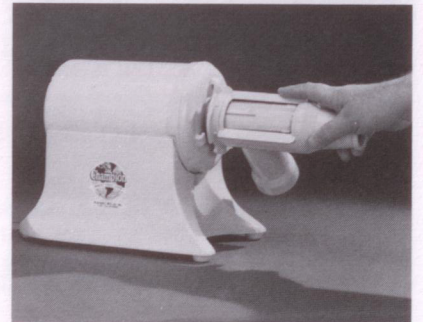
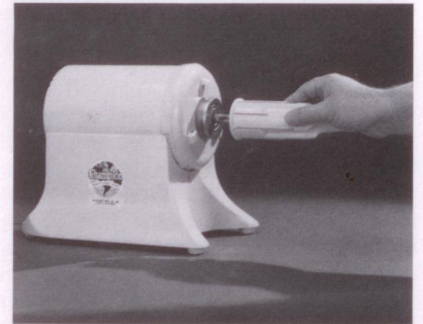
### Step 2

Slide the body over the cutter, holding it in a horizontal position, with the feeder throat down.

### Step 3

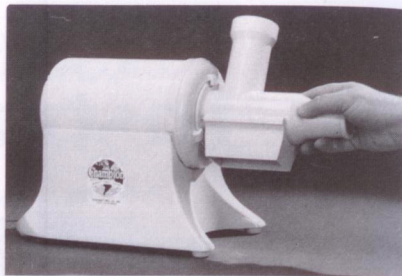
Place the juicer screen into the recessed grooves and hold it into position with one hand. Now slide the juicer screen holder over the screen. Hold the edge of the screen down for easier starting. Note: The screen holder will slide over the screen *only* one way.

The raised lip indicates front and the flat portion is the starting end. Hold the corners of the screen down for easier starting and, once started over the screen, slide the screen holder completely forward until the raised lip contacts the body slides. The screen holder should be level for easier starting. The nylon blank is inserted in the same manner.



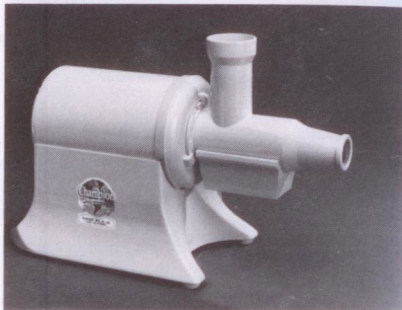
#### Step 4

Pull the body forward slightly, so it is completely clear of the prongs on the hub. Turn the body one notch to the left, counter clock-wise, and match the openings in the back of the body with the prongs on the hub. Slide the body all the way back and turn it to the left until it stops. It is now locked in proper position for use.



#### Step 5

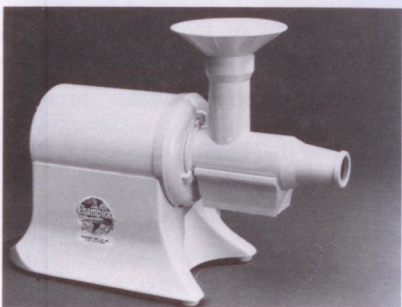
The Champion is now in proper position to juice. To homogenize, replace the screen with the blank. To grate, use only the screen holder.



#### Step 6

Add the funnel when using small feeding materials such as berries and nuts. Never use the funnel when juicing.

The Champion Juicer can be plugged into any standard wall plug for immediate operation. It is advisable to operate your juicer at 110 volt, 60 hertz. As motor shaft stops, you will hear a clicking noise. This is normal.



### TO DISASSEMBLE THE CHAMPION

After shutting off the juicer, disconnect the electric cord. Turn the body one notch to the right, clock-wise. Jiggle the body slightly and remove. The screen, blank, screen cutter and cutter will slide off easily. However, if the cutter become vacuum locked, place a small screw driver at the back of the cutter and push forward slowly.

**Note:** A buildup of pulp behind the cutter and against the stainless steel hub is normal.

**Note:** Never switch on the juicer before the parts are properly assembled. Always turn off the juicer and make sure it is completely stopped before removing *any* parts. Avoid dropping a hard object, such as a spoon or knife, down the feeder throat; it may damage the tempered stainless cutting blades. When grating, the cutter is exposed; keep hands away from the bottom part of the screen holder.

### CLEANING INSTRUCTIONS

Wash the nylon juicer parts immediately after juicing. Use *only* cold water and soap for cleaning the parts. **Never wash nylon parts in hot water.**

The juicer body, screen, blank and screen holder may be soaked or submerged in soapy water. A foam-sponge brush, with a long handle, is handy for cleaning these parts. Sprinkle the parts with any cleanser containing bleach; clean well and rinse the parts thoroughly.

All food particles must be removed from the screen pores. Do not allow food to harden on the screen. Tap the screen gently on a table edge or sink to jar loose any food particle stuck in the pores. Scrub the screen with a stiff bristle brush.

Do not submerge the cutter in water for regular cleaning; *only* soak the cutter if it is badly stained and *only* if following directions for badly stained parts. To clean the cutter, sprinkle on cleanser, scrub with a nylon brush and rinse under the faucet, with the tip end up, so water doesn't run into the shaft end. The

bottom of the cutter, around the shaft, can be cleaned with a dish cloth.

The motor can easily be cleaned with a soft cloth, dipped in warm, soapy water. Do not poke the oil seal in the hub with any sharp instrument; clean this part with a paper towel, soft cloth or small toothbrush.

After the parts are cleaned and dried, the Champion is ready to be reassembled and used again. When not in use, the juicer takes up less room with the feeder throat turned down.

**Note:** Before replacing the cutter, always grease the shaft with any solid vegetable shortening; NO liquid oil except olive oil or coconut oil. Do this each time the juicer is assembled. The shortening or accepted liquid oils will not get into the juice. Do not use any other type of liquid oil, oleo-margarine or petroleum jelly on the shaft.

Cleaning and reassembly of the juicer will take no more than a few minutes after you become familiar with the routine.

### CLEANING BADLY STAINED PARTS

If the parts become yellowed or stained from excessive use, they can be easily cleaned and the stains removed.

**Directions:** Make a cleaning solution consisting of one pint liquid bleach. Add water to make one gallon of the solution. (Note: the solution is reuseable; store it in a plastic or glass container between uses.)

Pour the solution into a plastic or glass container large enough to hold all the parts needing cleaning but, small enough so that one gallon of the solution will completely cover all the parts. All the nylon and stainless steel parts may be soaked in this solution. After one hour, check the parts to determine if the stain is loosened. Badly stained parts may

require several hours soaking to remove the stain completely. After all the stains are removed, wash and rinse the parts thoroughly.

Parts may be soaked as often as needed.

The liquid solution may not properly clean a badly clogged screen. In that case, we recommend soaking the screen in a pure olive oil solution.

**Note:** Be sure to plug the cutter bearing opening with paper towel, cork or other material to prevent the solution from entering the bearing and causing a film to develop, thereby causing the cutter to become tight or sticky.

# JUICING

Before juicing, read the instructions completely. To juice properly, the screen must be inserted in the correct place.

Place a bowl below the screen holder to catch the juice and a second bowl under the tapered end to catch the pulp. An alternative is to secure a plastic bag at the tapered end to catch the pulp.

## PREPARING VEGETABLES:

For best results, use fresh, crisp and pre-cooled vegetables. This way the Champion Juicer will give you refreshing and delicious juice.

Clean the vegetables before you start juicing. The Champion can extract the quantity of juice you want, without stopping for intermittent cleaning. For best results, feed the Champion large pieces of vegetables when juicing.

## FEEDING YOUR CHAMPION:

Feed the juicing material into the juicer at a steady pace. It is important to hold the tamper down all the way, for a few seconds after each piece, so the pulp will not back up in the feeder throat, but unload out the tapered end.

## OVERLOADING THE CHAMPION:

If overloaded, the juicer will make a clicking sound. It is nothing to be alarmed about but, merely indicates that the unit was being fed at too rapid a pace or the tamper hasn't been held down long enough between pieces.

## IMMEDIATE UNLOADING:

If clogged, the Champion can be quickly unclogged by holding the tamper down with one hand and applying downward pressure on the tapered end of the body with your other hand.

If clogged while juicing carrots, feed a large carrot into the throat while apply-

ing pressure on the tapered end of the body.

## POWER SOURCE:

The Champion Juicer requires standard 110-volt, five amp service. Some foreign countries use 220-240 volt, 50 hertz. Overloaded circuits can cause the juicer to slow down and become clogged.

## SEDIMENT IN THE JUICE:

The Champion is a masticating juicer; so a small amount of sediment may be produced when juicing. To remove the sediment, pour the juice through the fine steel hand-held sieve packed with your juicer.

## FOAM IN THE JUICE:

Juice extracted by your Champion is masticated under pressure. This may result in a small amount of foam in the juice and vary, depending on the type fruit or vegetable being juiced. To eliminate, pour through the hand held sieve.

## WET PULP:

Pulp from the first two or three vegetables fed into the juicer may contain more moisture than normal. Re-feed the pulp to obtain the maximum amount of juice.

Unusually wet pulp is usually caused by a clogged screen or too rapid feeding. Shut off the Champion, remove the screen and clean it with a stiff bristle brush. Re-assemble the unit and continue juicing.

*Always washing the screen unit after juicing will keep it clean and free of any pulp residue.*

Fruit pulp is naturally wetter than vegetable pulp. When using extra juicy fruit or vegetables, reduce feeding speed.

# Vegetable Juices

Before juicing any product be sure that your juicer is properly assembled for juicing (see assembling instructions on pages 7 and 8 and juicing instructions on page 10). Do not use the funnel when making vegetable juices. No vegetable juice should be kept longer than 24 hours refrigerated.



When a thicker, heavier or pureed juice is desired from fruits or vegetables, a special large-hole screen is now available and may be ordered directly from the factory.

## STRAIGHT CARROT JUICE

A delicious juice, the favorite of many

**Type of Vegetables to Use:** Always use fresh, crisp, pre-cooled carrots. If the carrots are woody, or have been in the ground a long time, there is very little juice in them and the maximum efficiency of extraction should not be expected.

**Preparing the Vegetables:** Cut off carrot tops about 1/4 inch, in order to eliminate any hidden dirt. Wash and scrub the carrots well with a vegetable brush. (Plastic mesh pot cleaners, found in grocery stores are excellent for cleaning carrots). **DO NOT PEEL THE CARROTS OR CUT THEM INTO SMALL PIECES.** Leave the carrots whole and cut them **ONLY** if they are too large to fit into the feeder throat.

**Feeding Process:** Feed the carrots at a steady medium speed, holding down the wooden tamper from 3 to 5 seconds, between each carrot. If the tamper should

back up the feeder throat more than 3/4 inch, after releasing it, hold it down a few seconds longer in order to eliminate more pulp and prevent clogging. As the material is fed into the machine, a continuous discharge of pulp should be taking place. **SHOULD A BACK PRESSURE DEVELOP** where the discharge of pulp begins to slow down and the tamper backs up the feeder throat one or more inches, causing the juicer to warm up, apply the **IMMEDIATE UNLOADING PROCEDURES**, as described on page 10. This procedure is very fast and efficient for eliminating back pressure.

Strain the juice through the sieve to remove any fine sediment. Four pounds of fresh, crisp, cleaned carrots, will make a quart or better of juice. **DO NOT** make more juice than you will use in a 24 hour period. Keep juice refrigerated.

## MIXED VEGETABLE JUICE (WITH CARROT BASE)

A tasty blend, very popular

Juice that is extracted from most green vegetables will be highly concentrated and sometimes bitter to the taste. Blending green vegetables with the carrots make a very tasty drink, containing the values of both the carrots and the green chlorophyll vegetables. Start by adding just a few greens with the carrot juice. Try different combinations. Some like a milk blend of greens, while others prefer a heavier blend.

**Type of Vegetables to Use:** Use only fresh, crisp, pre-cooled vegetables. Many types of green vegetables are good for blending with the carrots, however, the greens most often used are celery, spinach, parsley, endive, and lettuce. Beets are also very tasty in a mixed juice. Celery is rich in natural salt and makes a good blend with carrots. Parsley is very potent, so go easy on it. Many people shy away from spinach, because they are used to the bitter taste of cooked spinach. Raw spinach juice is not bitter and makes a good blend, rich in values. Try adding a few English Walnuts into the feeding throat when juicing. This adds a delightful flavor to the juice and is an excellent way to obtain protein in a liquid form.

**Preparing the Vegetables:** Wash thoroughly all of the vegetables that you will be juicing. Cut off carrot tops about ¼ inch and scrub them with a vegetable brush, if they are very dirty. Sometimes celery is sprayed with a poisonous

chemical spray, so wash all celery stalks thoroughly, and cut off the bottom part about ½ inch. Cut celery stalks approximately 3 inches long. Remove any bad parts from parsley and other leafy greens and swish them in cold water. Prepare all the vegetables you will use before starting to juice.

**Juicing Procedure:** Start by feeding a few carrots first, then alternate the vegetables as they are fed. Feed the vegetables at a steady medium speed, holding down the tamper from 5 to 10 seconds, between each charge. If the tamper should back up the feeder throat more than ¾ inch after releasing it, hold it down a few seconds longer in order to eliminate more pulp and prevent clogging. As the material is fed into the machine, a continuous discharge of pulp should be taking place.

**SHOULD A BACK PRESSURE DEVELOP** where the discharge of pulp begins to slow down and the tamper backs up the feeder throat one or more inches, causing the juicer to warm up, apply the IMMEDIATE UNLOADING PROCEDURE, as described on p. 10. This procedure is very fast and efficient for eliminating back pressure.

Strain the juice to remove any fine sediment. Keep the juice refrigerated for no more than 24 hours. If cabbage is used in the mixed blend, the juice must be consumed immediately. Cabbage juice cannot be kept.

sections to fit the feeding throat, do not peel. (Beet tops may also be juiced. See Spinach and Other Straight Leafy Greens on p. 13).

**Feeding Process:** Juice one section at a time. Beet juice may be mixed with other juices, if desired.

## CELERY JUICE

**Type of Vegetable to Use:** Use only fresh, crisp, cool celery.

**Preparing the Vegetables:** Wash the celery well to remove any possible trace of chemical sprays. The stalks should be cut into pieces approximately 3 to 4 inches long, especially if you are going to juice more than one head of celery.

**Feeding Process:** Feed the celery at a steady medium speed and hold the

tamper down from 5 to 10 seconds between charges. There is very little pulp in celery, so the discharge will be slight. If a back pressure should develop apply the IMMEDIATE UNLOADING PROCEDURE as described on p. 10.

If you desire to juice several heads of celery, stop the machine after each head, remove nylon parts, rinse them in cold water, replace and proceed again.

## SPINACH AND OTHER STRAIGHT LEAFY GREENS JUICE

**Type of Vegetables to Use:** The Champion will juice any fresh crisp, tender, green leafy vegetables, such as parsley, spinach, celery tops, beet tops, carrot tops, sorrel, endive, watercress, fennel, chard, lettuce, mustard greens, turnip leaves, alfalfa (young tender shoots only), clover (young tender shoots only), and dandelions. Any of these greens may also be used when making a mixed vegetable juice as described on p. 12).

**Preparing the Vegetables:** Wash the greens well and remove any bad parts. Cut the greens into pieces approximately 3 inches long and place them in a pan of cold water. The stems can be juiced also.

**Feeding Process—Small Amounts (one pint or less):** Assemble the machine for juicing, with the screen in place. Lift the greens from the water, (do not shake the water from the greens), and place them in the feeding throat. Hold the tamper down 5 to 10 seconds between charges. Greens have very little pulp and there isn't enough material to push through into the discharge end of the body, so it may be necessary, if making a full pint of juice, to stop the juicer once,

rinse off the parts, replace them and continue juicing. Straight chlorophyll juice is highly concentrated and one pint will go a long way.

**Feeding Process—Large Amounts (one pint or more):** Assemble the machine for homogenizing, with the nylon blank in place. Lift the greens from the water, (do not shake the water from the greens), and feed them into the feeding throat. Hold the tamper down 5 to 10 seconds between charges, and add a little water into the feeding throat with each charge, so that the homogenized material will be very wet. When the material is all homogenized, remove the nylon parts, rinse them off, remove and discard any stringy material that may cling to the cutter, and reassemble the machine for juicing with the screen in place. Feed the homogenized material through the juicer for the second time. This will produce a very highly concentrated separation of the pulp and chlorophyll juice. If the juicer body becomes warm at any time, stop the juicer, rinse the cutter, reassemble and continue.

Do not make more juice than you will consume in a 24 hour period.

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## CABBAGE JUICE

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**Type of Vegetables to Use:** The Champion will juice any type of cabbage, brussel sprouts, kale, or collard. Loose leaf cabbage can also be used. Vegetables should be fresh and crisp.

**Preparing the Vegetables:** Wash the cabbage well and cut into pieces that will fit the feeding throat.

**Feeding Process:** Feed the cabbage at a steady speed. Hold the tamper down 5 to 10 seconds between charges. Since cabbage is over 90% liquid, there will be very little pulp discharge. Cabbage juice should be consumed immediately. Within a few minutes after cabbage juice is made, it will oxidize and have a strong odor. Do not store cabbage juice.

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## TOMATO JUICE

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A very good source of Vitamin C

**Type of Vegetable to Use:** Tomatoes should be ripe, but not over-ripe.

**Preparing the Vegetables:** Wash tomatoes in cold water, and cut in sections to fit the feeding throat of the juicer.

**Feeding Process:** Tomatoes can be juiced at a much faster speed than other vegetables. The Champion will automatically eliminate the seeds and peels and discharge them with the pulp. Tomato juice may be used fresh, cooked, canned, or frozen. For a tasty juice, season to taste with salt or organic salt, and mix with raw celery juice. (This can be frozen, but shake well after thawing before using).

**WARNING:** Do not store tomatoes in anything metallic or jars with metallic lids.

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## CUCUMBER JUICE

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**Type of Vegetable to Use:** Any variety of cucumber may be juiced. Use only fresh, crisp, chilled cucumbers.

**Preparing the Vegetables:** Scrub cucumbers well, cut off any bitter ends and cut into sections to fit the feeding throat. Some or all of the peeling may be removed.

**Feeding Process:** Cucumbers will juice very fast. Mix with other juices, if desired.

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## POTATO JUICE

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**Type of Vegetable to Use:** New potatoes, sweet potatoes or yams.

**Preparing the Vegetables:** For new potatoes, wash them well, do not peel, remove any bad parts and cut in sections to fit the feeding throat. Sweet potatoes and yams can be peeled, if desired.

**Feeding Process:** Juice the sections, one at a time. With new potatoes, let the juice settle for a minute or so and the free starch will settle to the bottom. Pour the juice off and drink straight or mix with carrot juice. Potato juice is an excellent base for stews and soups. Do not keep over 24 hours, unless cooked.

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## WHEAT GRASS JUICE

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**Type of Vegetable to Use:** Freshly cut wheat grass.

**Preparing the Vegetables:** Cut the grass in 2 inch lengths. 6 cups of grass yield 6 ounces of juice.

**Feeding Process:** Juice the wheat grass a small amount at a time, alternating with a small amount of water, until all is juiced. For a tastier nutritious drink, add 6 walnuts and four cups of carrot juice.

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# Fruit Juices

Before juicing any product, be sure that your juicer is properly assembled for juicing (see assembly instructions on pages 7 and 8, and the juicing instructions on page 10). The funnel may be used with small or juicy fruits for easier handling.

When a thicker, heavier or pureed juice is desired from fruits or vegetables, a special large-hole screen is now available and may be ordered directly from the factory.

Fruit juices extracted by the Champion will be heavy and thick in consistency.



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## APPLE OR PEAR JUICE

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**Type of Fruit to Use:** Always use hard, crisp apples or pears. A mealy apple or pear will not juice, but can be homogenized for sauces.

**Preparing the Fruit:** Wash and core the fruit and cut into sections to fit the feeding throat. Do not peel the fruit.

**Feeding Process:** Juice the fruit sections at a steady speed.

Apple or pear juice may be kept for 2 weeks in a refrigerator, if it is kept extremely cold so it doesn't ferment and turn to alcohol. Apple or pear juice can also be frozen.

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## CHERRY JUICE

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**Type of Fruit to Use:** Any variety of fresh ripe cherries may be used.

**Preparing the Fruit:** Wash cherries well and remove stem and pits.

**Feeding Process:** Use the funnel at the top of the feeding throat for easier insertion of small fruit. Dilute the juice with a little water, if desired. Cherry juice may be kept in the refrigerator for 2 weeks. It can also be frozen.

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## BERRY JUICE

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**Type of Fruit to Use:** Any type of berry may be juiced. (Strawberries, blackberries, loganberries, youngberries, mulberries, gooseberries, dewberries, elderberries, huckleberries, etc.) For good flavor, berries should be ripe.

**Preparing the Fruit:** Wash the berries and remove any stems or bad berries.

**Feeding Process:** Use the funnel at the top of the feeding throat for easier insertion of small fruit. With some berries the juice will be thick, like puree. Dilute with a little water if desired. The Champion will automatically deseed the berries as it juices. Berry juices are excellent for drinking, desserts, toppings or jellies.

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## KIWI JUICE

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**Type of Fruit to Use:** Ripe, soft to the touch.

**Preparing the Fruit:** Wash and remove stem end of kiwi. No need to peel. Cut in half to fit feeding throat.

**Feeding Process:** Juice pieces of kiwi one at a time.

Kiwi juice may be combined with citrus juice for refreshing drinks.



## GRAPE JUICE

**Type of Fruit to Use:** Any variety of grapes may be juiced.

**Preparing the Fruit:** Wash the grapes well, discarding stems and spoiled grapes.

**Feeding Process:** Use the funnel at the top of the feeding throat for easier insertion of small fruit. Juice the grapes with the seeds and skin. Juicing will remove the seed particles and the skins. Grape juice made with the Champion will have a slight cream of tartar taste, because the seeds of grapes are large and many will be masticated with the grapes.\*

After grape juice is extracted, pour through the special 5 inch sieve

furnished with the juicer. This will remove excessive sediment. Grape Juice separates very quickly. Drink the juice right after it is extracted, if possible. If it separates, shake vigorously, then drink.

Should grape juice set overnight, the residue on top may become thick and require quite a bit of shaking or stirring in order to render it drinkable. If kept too long, it could begin to ferment.

*\*Because the seeds of some varieties of grapes are very hard, they will blemish the insides of the nylon parts. If large amounts of grape juice will be made regularly, it is advisable to purchase another set of nylon parts. (Write to Plastaket Manufacturing Co. for further information).*

## MELON JUICE

**Type of Fruit to Use:** Most types of melons will juice very easily, such as watermelon, crenshaw, honeydew, cantaloupe.

**Preparing the Fruit:** Remove rind and cut the melons into sections that will fit the feeding throat. For a more refreshing drink, chill the melons well before juicing.

**Feeding Process:** Feed the pieces at a steady speed. The seeds may also be juiced.

## PINEAPPLE JUICE

**Type of Fruit to Use:** Juice only ripe pineapples.

**Preparing the Fruit:** Remove outside shell of pineapple. Cut fruit in sections to fit the feeding throat.

**Feeding Process:** Juice sections one at a time.

Pineapple juice may be kept in the refrigerator several days.

## CITRUS JUICES—ORANGE, GRAPEFRUIT, LEMON, LIME

**Type of Fruit to Use:** Fully ripe fruit will yield the sweetest, most flavorful juice.

**Preparing the Fruit:** Wash and peel the fruit. Lemons and limes with very thin skins may be juiced with skins on. Juice will be tart and very concentrated in flavor. No need to remove seeds. cut fruit in sections to fit the feeding throat.

**Feeding Process:** Have all the fruit ready to juice. Feed sections one at a time.

Juice will be quite concentrated and may be diluted with hot or cold water for drinking. To obtain the full vitamin content, drink the juice within 12 minutes of juicing. Concentrated juice adds great flavor to recipes.

# Nutritious Vegetable and Fruit Cocktails

These cocktails are tasty and refreshing. Always start with chilled fruit and vegetables. They should be consumed within 24 hours to offer the best nutrition. Some of the seasonings you might enjoy adding for variation, are:

Hot pepper sauce	Cinnamon
No salt vegetable sprinkles	Nutmeg
Fresh ground pepper	Celery seed
No salt season salt	Ground cumin



A tablespoon or two of plumped raisins, dates or chopped figs, adds sweetness and a flavor boost. A tablespoon of chopped nuts is a nice treat. Add to the fruit and vegetables as you juice them.

## COCKTAIL ALERT

- ½ pineapple, peeled
- 1 carrot
- 1 apple, cored
- 1 stalk celery

Juice together in the order given.

## COCKTAIL AMIABLE

- ½ pineapple, peeled
- ½ cup radishes
- 1 stalk celery

Juice together in the order given.

## COCKTAIL BEAUTY

- 3 Oranges, peeled
- 1 small cucumber

Juice together in the order given.

## CHLOROPHYLL COCKTAIL

- ½ cup water
- 7 almonds
- 4 teaspoons sunflower seeds
- 4 pitted dates
- 1 pound spinach, OR other dark leafy green vegetable

Soak the nuts and dates in water overnight. Assemble the Champion for juicing. Run the mixture through the machine alternating it with approximately 1 lb. of leafy greens, such as spinach, comfrey, parsley, etc. Add a slight amount of water to the discarded pulp and rerun through the machine to completely extract all the values.

## COCKTAIL CHAMPAGNE

- ½ pineapple, peeled
- 2 apples, cored

Juice together in the order given.

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### COCKTAIL COUNTRY

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- 4 ripe tomatoes
  - 1 cup green lettuce, packed
- Juice together in the order given.
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### COCKTAIL DELICIOUS

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- 2 apples, cored
  - 3 carrots
  - 1 stalk celery
- Juice together in the order given.
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### CELERY AND LEMON COCKTAIL DELIGHT

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- 2 peeled lemons
  - 1 handful of tender celery leaves
  - ½ cup raw sugar
- Juice the celery leaves, then the lemons. Stir in sugar, add water to make 1 quart. Serve with ice cubes.
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### COCKTAIL DYNAMIC

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- ½ fresh pineapple, peeled
  - 2 carrots
- Juice together in the order given.
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### COCKTAIL EXQUISITE

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- ½ pineapple, peeled
  - 1 stalk celery
  - ½ slice lemon
  - 1 carrot
- Juice together in the order given.
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### ORANGEADE

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- 2 oranges, peeled
  - 1 lemon, peeled
  - ½ cup raw sugar
- Juice oranges and lemon. Add sugar to juice. Rerun pulp. Add water to make 1 quart. Serve with ice cubes.
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### PEARLY-TEETH COCKTAIL

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- 3 oranges, peeled
  - ½ cup chopped spinach, packed
  - ½ cup chopped parsley
- Juice together in the order given.
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### RICH-BLOOD COCKTAIL

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- 6 tomatoes
  - 1 cup beet leaves, chopped
  - 1 slice lemon
- Juice together in the order given.
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### COCKTAIL ROSE

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- ½ pineapple, peeled
  - ½ slice lemon
  - ½ cup fresh cranberries
  - 3 tablespoons raw sugar
- Juice together in the order given. Add the sugar to the juice and stir.
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### COCKTAIL SECURITY

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- 6 carrots
  - 2 tomatoes
  - 1 stalk celery
- Juice together in the order given.
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### COCKTAIL SLIM

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- 1 cup red cabbage, packed
  - ½ pineapple, peeled
- Juice together in the order given.  
Drink at once.
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### COCKTAIL SPRINGTIME

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- 2 oranges, peeled
  - ½ lemon, peeled
  - 2 carrots
  - ½ cup dandelion, leaves only
- Juice together in the order given.
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### SUNSET COCKTAIL

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- 2 apples, cored
  - 1 medium beet
  - 1 orange, peeled
  - 3 carrots
- Juice together in the order given.
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### COCKTAIL TANG

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- 3-4 carrots
  - 1 stalk celery
  - ½ cup chopped parsley
  - ½ cup chopped spinach, packed
- Juice together in the order given.
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### COCKTAIL VIGOROUS

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- 6 carrots
  - 2 oranges, peeled
  - 1 apple, cored
  - 1 stalk celery
  - 1 slice lemon
- Juice together in the order given.
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### Aspic • Jelly • Salad

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#### APPLE MINT JELLY

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- 1 cup fresh mint leaves, packed
  - 1 cup boiling water
  - 6 tart green apples
  - 3 tablespoons fresh lemon juice
  - 3 cups sugar
- Pour the boiling water over the crushed mint leaves. Let stand 1 hour. Assemble the Champion machine for juicing. Cut the apples into wedges to fit the feeder throat; quickly juice. Add enough water to make 4 cups of juice. Combine apple juice, lemon juice and sugar in a 4-quart or larger kettle. Bring to a boil on high heat, cook until candy thermometer reads 200° F. Add ½ cup of the mint juice. Continue to boil until thermometer reads 8° over boiling temperature and jelly sheets from a metal spoon. (For an
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English mint sauce, mixture can be left quite thin.) Add 3 to 5 drops green food coloring to obtain color. Pour immediately into hot jars and seal.

Makes 3 to 4 four-ounce jars.

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### TOMATO ASPIC OLÉ

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- 6-7 ripe tomatoes
  - 2 envelopes unflavored gelatin
  - 1 teaspoon sugar
  - 1 jalapeño pepper, seeded
  - 3 stalks celery
  - ½ teaspoon salt
  - ¼ teaspoon each, garlic powder and oregano
  - ½ red pepper, diced
  - ½ green pepper, diced
  - 1 green onion, thinly sliced
  - 1 stalk celery, diced
  - 1 ripe avocado, peeled and diced
  - 1 tablespoon chopped cilantro (optional)
- Fresh ground pepper, to taste  
Sour cream for garnish
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Assemble the Champion machine for juicing. Cut the tomatoes in wedges to fit the feeder throat and quickly juice. Soften the gelatin and sugar in 1 cup tomato juice, heat to dissolve. Juice the jalapeña pepper and the 3 stalks of celery. Combine all remaining ingredients except the sour cream. Pour into a 6-cup glass mold or a 2-quart baking dish; chill several hours or overnight. Serve garnished with sour cream and a cilantro leaf. Makes 12 servings.

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### LIQUID SALAD

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- 3 carrots
  - ½ small onion
  - 1 slice green pepper
  - ½ cup packed spinach
  - 1 slice lemon
  - ¼ cup parsley (chopped)
  - 2 tomatoes
- Juice the ingredients together. Beneficial for those that are unable to eat salads.
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