

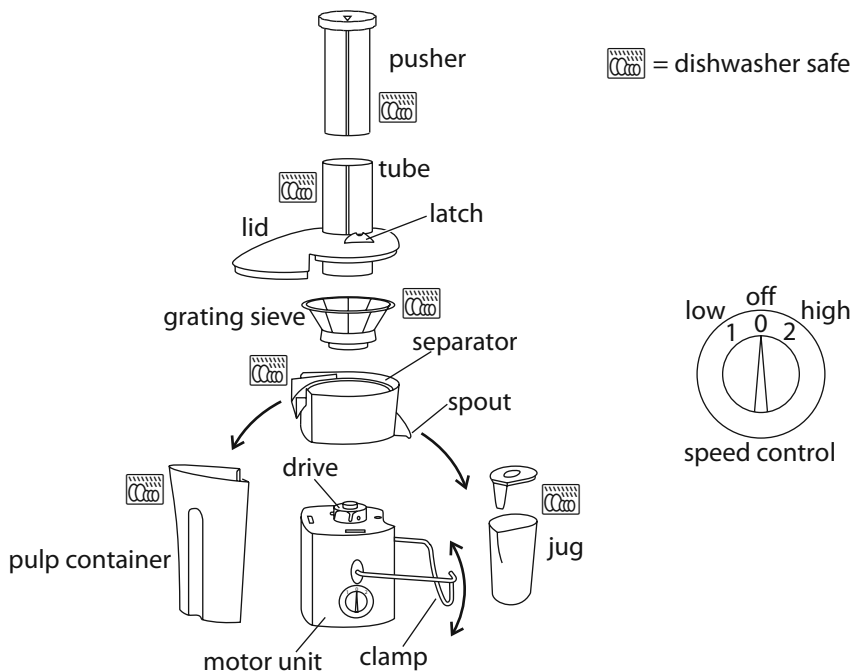


Russell Hobbs



instructions


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Read the instructions, keep them safe, pass them on if you pass the appliance on.
Remove all packaging before use.

IMPORTANT SAFEGUARDS

Follow basic safety precautions, including:

- 1 This appliance must only be used by or under the supervision of a responsible adult.
Use and store the appliance out of reach of children.
- 2 Don't put the motor unit in liquid, don't use the appliance in a bathroom, near water, or outdoors. 
- 3 Check the clamp is in place before using the appliance.
- 4 Don't use fingers or cutlery to push food down the tube – only the pusher.
- 5 Don't remove the clamp till the grating sieve has come to a complete stop.
- 6 Don't use the appliance if the grating sieve is damaged.
- 7 Take care when handling the grating sieve – it's sharp.
- 8 Switch off (0) and unplug before moving, dismantling or cleaning the appliance.
- 9 Don't leave the appliance unattended while plugged in.
- 10 Don't use accessories or attachments other than those we supply.
- 11 Don't use the appliance for any purpose other than those described in these instructions.
- 12 Don't operate the appliance if it's damaged or malfunctions.
- 13 If the cable is damaged, return the appliance, to avoid hazard.

household use only

WARNING

Rhubarb leaves are poisonous, they contain oxalic acid, they mustn't be juiced or eaten.

PREPARATION

Buy organically grown produce whenever you can, to reduce your intake of insecticide and fertiliser residues.

Use good quality, fresh, ripe fruit and vegetables. Soft vegetables or overripe fruit can make the juice thick, cloudy, and funny-tasting.

Wash all fruit and vegetables. Use a brush on the harder ones. Remove the outer leaves on non-organic produce. Peel any non-organic or waxed fruit or vegetables. Cut out and discard bruises and blemishes as these may affect the taste of the juice.

stalks and leaves

Remove stalks, stems, leaves and fern.

stones

Remove and discard stones, peach pits and other big seeds. Melon seeds, pomegranate seeds, and small seeds in raspberries, Kiwi fruit and strawberries can be left in.

bananas

Don't try to juice bananas – the residue will clog the grating sieve.

oranges, grapefruit and tangerines

Peel oranges, grapefruit and tangerines. The oil in their skins is bitter and difficult to digest, the pith is bitter.

pineapple

Top, tail, and peel pineapples.

pomegranates

Remove the skin and pith – they really don't taste nice.

watermelon

Watermelon rind can be left on, but some people find the taste a bit "green". Try a bit first and see what you think. If you remove the rind you'll miss out on many of the nutrients, but it's not medicine – it's meant to taste nice.

smelly vegetables

Don't juice anything really strong or pungent, like onions or garlic. No matter how well you clean your juicer, you'll never get rid of the taste.

cut down

Cut fruit and vegetables down so they'll go through the tube. Use the pusher to clear anything that sticks, to push down the last bits of fruit, and to push down carrots, celery and other long fruit and veg.

Bunch up leafy greens, parsley, wheat grass and beansprouts into a small tight ball and push it down the tube with the pusher.


pulp

When you've finished juicing, don't just throw the pulp in the bin. It may still contain a great deal of goodness. Before you throw it away, think of things like thickening for soups or stews, pie-fillings, or even the compost heap.

SWITCH ON

- 1 Sit the motor unit on a dry, firm, level surface, near a power socket.
- 2 Check that the speed control is set to 0.
- 3 Put the plug into the power socket.
- 4 Put a jug under the spout, to collect the juice.
- 5 Put the pulp collector under the outlet on the left of the separator.
- 6 Turn the speed control to the speed you want (1 = low, 2 = high).
- 7 Use low speed for soft ingredients (strawberries, citrus). Use high speed for hard ingredients (apples, carrots).
- 8 Remove the pusher, and drop the ingredients down the tube.
- 9 Replace the pusher, and use it to push the ingredients gently down the tube.
- 10 Turn the speed control back to 0 to turn the motor off.
- 11 Don't run the motor continuously for more than 2 minutes, it may overheat. After 2 minutes switch off for at least 2 minutes, to recover.
- 12 Stop when the jug is full, empty it, and start again.

CLEANING

- 13 Switch the appliance off (0) and unplug it.
 - 14 Have a tray or basin handy to hold the parts you remove.
 - 15 Hold the lid firmly with one hand, and pull the top of the clamp away from the latches on either side of the tube.
 - 16 Lift off the lid.
 - 17 Lift off the separator and grating sieve.
 - 18 Turn the separator upside down and tip out the grating sieve.
 - 19 Wipe the outside of the motor unit with a clean damp cloth.
 - 20 Wash the removable parts in warm soapy water, rinse well, drain, and air dry.
-  You may wash these parts in a dishwasher.
- 21 If you use a dishwasher, the harsh environment inside the dishwasher will affect the surface finishes.
 - 22 The damage should be cosmetic only, and should not affect the operation of the appliance.
- ★ If the grating sieve is clogged, hold it under a running tap and brush along the surface of the mesh with a nylon washing up brush. Don't try to poke the bristles through the mesh – you'll break it.

REASSEMBLY

- 23 Put the pulp container against the left side of the motor unit.
- 24 Lower the separator on to the motor unit and pulp container.
- 25 Put the grating sieve into the separator and rotate it till it catches on the drive.
- 26 Lower the lid on to the separator and pulp container.
- 27 Hold the lid firmly with one hand, and pull the top of the clamp up and on to the latches on either side of the tube.
- 28 Align the groove in the side of the pusher with the protrusion inside the tube, and drop the pusher into the tube.
- 29 Store the appliance away from direct sunlight, and, if possible, from fluorescent light.

energiser

Fruit and vegetables like apricots, apples and carrots have natural sweetness and make excellent energy drinks. To make them even more energising, add a little honey and wheatgerm. This combination makes a great breakfast substitute if you've no time to eat in the morning. It can also be used as an occasional meal replacement.

2 carrots	3 apricots, stone removed
2 apples	50 ml milk
1 tsp wheatgerm	1 tsp honey

Juice the fruit and vegetables. Stir in the milk, wheatgerm, and honey.

stress buster

It is widely suggested that certain nutrients have a calming effect on the central nervous system. These are mainly the B group vitamins, Vitamin C, and the mineral calcium. This drink is rich in these nutrients and could help to promote a feeling of calm and relaxation.

1 parsnip	½ green pepper
1 broccoli	2 carrots
1 sweet potato	1 stick celery

For a sweeter taste, add more carrot or parsnip.

apple and strawberry whizz

250 g strawberries	3 green, sharp apples
1 small piece ginger, peeled	

Serve over ice.

sparkling fruity blitz

2 orange	¼ pineapple
1 kiwi fruit	½ lemon
1 apple	lemonade
1 sprig mint	

Add lemonade to taste. Serve over ice. Garnish with mint.

the beautiful skin drink

Fresh fruit and vegetables can help detoxify your body and stimulate your kidneys, to promote healthier and clearer skin. This drink is rich in essential detoxifying vitamins and minerals, particularly vitamins A, C, and E, and minerals Zinc and Potassium.

1 handful watercress	1 green, sharp apple
2 carrots	1 orange

Serve over ice.

tropical zinger

2 oranges	¼ watermelon
2 passion fruit	½ lemon
1 papaya	1 sprig mint
1 mango, stone removed	¼ pineapple
lemonade to taste.	

sparkling eye potion

In order to maintain healthy, shiny eyes our bodies require plenty of B vitamins, as well as vitamins C and E and beta-carotene. Try this juice drink now and again as a refreshing and tasty vitamin enriched drink.

3 carrots	2 green, sharp apples
½ broccoli	½ red pepper

still lemonade

4 apples	¼ lemon
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Serve over ice.

low fat creamy fruit cocktail

100 g strawberries
2 peaches/nectarines
½ pineapple

1 bunch seedless grapes
100 g raspberries
50 ml milk

ice-creamy fruit shake

1 mango, stone removed
1 kiwi fruit
2 peaches/nectarines
100 strawberries

¼ pineapple
125 g vanilla ice cream
250 ml milk
crushed ice (optional)

savoury cocktail

2 carrots
3 tomato
1 stick celery
dash of Tabasco or Worcestershire sauce (optional)

1 handful watercress
1 bunch coriander or basil leaves
½ red pepper

sunshine cocktail

2 apples

100 g strawberries

passion cocktail

50 g strawberries
1 bunch black grapes

¼ pineapple

party cooler

¼ pineapple
¼ lemon

1 orange

summer rejuvenator

3 tomatoes
1 stick celery

½ cucumber
⅛ lime

digestive cocktail

¼ lemon
2 oranges

½ grapefruit

morning tonic

1 apple

1 grapefruit

holiday cocktail

2 apples
¼ lemon

1 bunch seedless grapes

love apple cocktail

3 tomatoes
1 stick celery

½ cucumber
⅛ lime

pineapple and grapefruit

½ grapefruit

¼ pineapple

pineapple and orange

¼ pineapple

2 oranges

pineapple and strawberry

¼ pineapple

100 g strawberries

pineapple and celery

2 stick celery

¼ pineapple

pineapple, strawberry, and apple

1 Red Delicious apple
100 g strawberries

¼ pineapple

pineapple and tangerine

¼ pineapple

4 tangerines

mango lemon cooler

1 mango, stone removed

¼ lemon

Add sparkling mineral water. Serve over ice.

tropical nectar

2 passion fruit

¼ pineapple

½ papaya

1 peach/nectarine

grape pineapple punch

1 bunch seedless grapes

¼ pineapple

½ lemon

pear apple cocktail

2 apples

2 pears

¼ lemon

holiday cocktail

2 apples

1 bunch seedless grapes

60 ml cranberries

⅛ lemon

pick-me-up energy cocktail

6 carrots

5 sprigs parsley

fruit cocktail

3 oranges

½ lime

Add sparkling mineral water.

peach cooler

1 peach

1 orange

Add chilled sparkling mineral water.

cabbage cocktail

½ green cabbage

2 stick celery

3 carrots

mineral tonic

1 handful spinach

4 sprigs parsley

4-6 carrots

ENVIRONMENTAL PROTECTION

To avoid environmental and health problems due to hazardous substances in electrical and electronic goods, appliances marked with this symbol mustn't be disposed of with unsorted municipal waste, but recovered, reused, or recycled.



SERVICE

If you ring Customer Service, please have the **Model No.** to hand, as we won't be able to help you without it. It's on the rating plate (usually underneath the product).

The product isn't user-serviceable. If it's not working, read the instructions, check the plug fuse and main fuse/circuit breaker. If it's still not working, consult your retailer.

If that doesn't solve the problem – ring Customer Service – they may be able to offer technical advice.

If they advise you to return the product to us, pack it carefully, include a note with your name, address, day phone number, and what's wrong. If under guarantee, say where and when purchased, and include proof of purchase (till receipt). Send it to:

Customer Service

Spectrum Brands (UK) Ltd

Fir Street, Failsworth, Manchester M35 0HS

email: service@russellhobbs.com

telephone: 0845 658 9700 (local rate number)

➡ GUARANTEE

Defects affecting product functionality appearing within two years of first retail purchase will be corrected by replacement or repair provided the product is used and maintained in accordance with the instructions. Your statutory rights are not affected. Documentation, packaging, and product specifications may change without notice.

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