

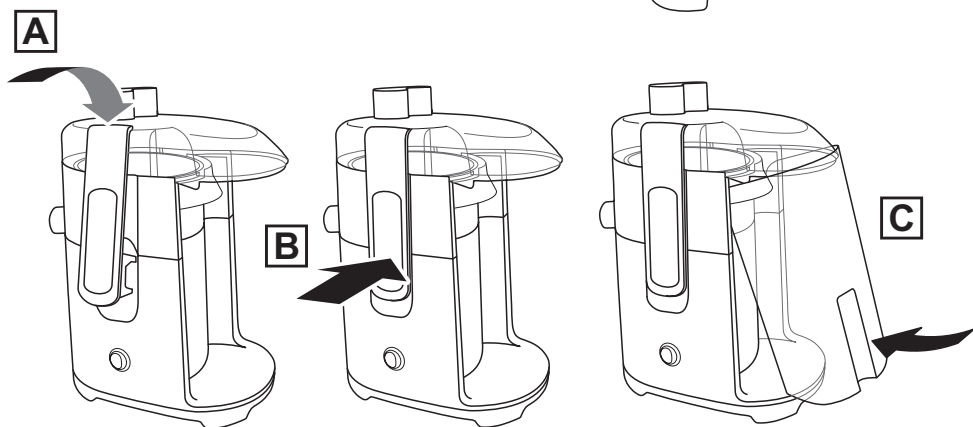
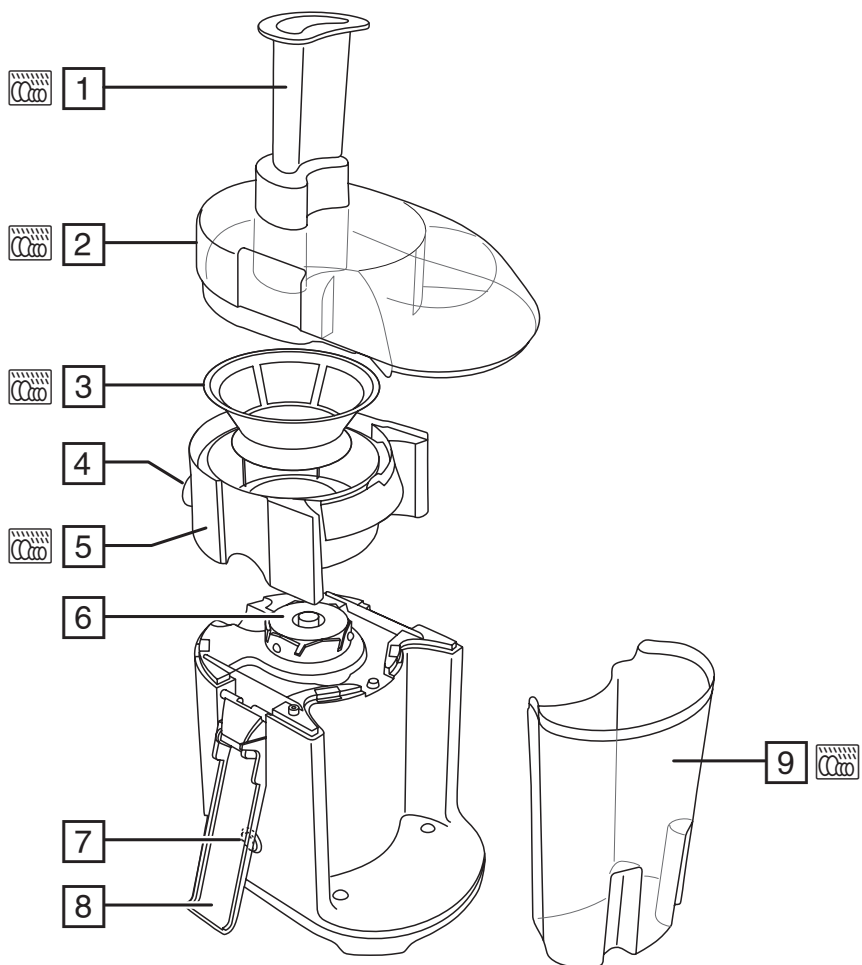


Russell Hobbs



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:

This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children without supervision.

Check the sieve for damage every time you use the appliance. Do not use the appliance if the rotating sieve is damaged.

Always disconnect the appliance from the mains supply socket if it is left unattended and before assembling, disassembling or cleaning.

If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.

- Don't put the motor unit in liquid.
- Don't use fingers or cutlery to push food down the tube – only the pusher.
- Don't open the latches till the sieve has come to a complete stop.
- Don't use the appliance for any purpose other than those described in these instructions.
- Don't use accessories or attachments other than those we supply.
- Don't operate the appliance if it's damaged or malfunctions.

HOUSEHOLD USE ONLY

PARTS

- | | |
|--------------|---|
| 1. Pusher | 6. Drive shaft |
| 2. Lid | 7. On/off switch |
| 3. Sieve | 8. Latch |
| 4. Spout | 9. Pulp container |
| 5. Separator |  Dishwasher safe |

BEFORE USING FOR THE FIRST TIME

- Remove any packaging material and labels.
- Wash the pulp container, sieve, lid, food pusher and separator and in warm, soapy water. Rinse and dry.
- Wipe the motor base with a damp cloth.
- Place the appliance on a dry, firm, level surface, near a power socket.

ASSEMBLY

1. Fit the separator onto the motor unit.
2. Put the sieve into the separator and press it down onto the drive shaft.
3. Fit the lid over the separator.
4. Fit the latches on each side over the rim of the lid (Fig A)
5. Press the latches inwards until they lock (Fig B).
6. Fit the pulp container over the right hand edge of the lid then push the bottom inwards (Fig C).
7. Fit the pusher into the tube.

USING YOUR JUICER

1. Check that the appliance is switched off (O).
2. Put the plug into the power socket.
3. Put a jug under the spout to collect the juice.
4. Turn your juicer on (I).
5. Remove the pusher and drop the ingredients down the tube.
6. Replace the pusher and use it to push the ingredients gently down the tube.
7. Once finished, turn off your juicer (O).

Don't run the motor continuously for more than 2 minutes, it may overheat. After 2 minutes switch off and allow the appliance to rest for at least 2 minutes.

TIPS

- Buy organically grown produce whenever you can.
- Use good quality, fresh, ripe fruit and vegetables. Soft vegetables or overripe fruit can make the juice thick and cloudy.
- 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.
- Don't juice anything strong or pungent, like onions or garlic. No matter how well you clean your juicer, you'll never get rid of the taste.
- Trim fruit and vegetables so they'll go through the tube. Use the pusher to push down the last bits of fruit, and to push down carrots, celery and other long fruit and vegetables.
- Bunch up leafy greens, parsley, wheat grass and beansprouts into a small tight ball and push it down the tube with the pusher.

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

STALKS AND LEAVES

Remove stalks, stems and leaves.

STONES/SEEDS

Remove and discard stones, peach pits and other big seeds. Pomegranate seeds, melon 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 sieve.

ORANGES, GRAPEFRUIT AND TANGERINES

Peel oranges, grapefruit and tangerines.

PINEAPPLE

Top, tail, and peel pineapples.

POMEGRANATES

Remove the skin and pith.

WATERMELON

Watermelon rind can be left on, but some people dislike the taste. However, the rind contains many nutrients so why not try it first.

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.

CLEANING

1. Switch the appliance off (O) and unplug it.
2. Unclip both side latches.
3. Lift off the lid.
4. Lift off the separator and sieve.
5. Turn the separator upside down and tip out the sieve.
6. Wipe the outside of the motor unit with a clean damp cloth.
7. Wash the removable parts in warm soapy water, rinse well, drain, and air dry.
If the 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.



You may wash these parts in a dishwasher.

If you use a dishwasher, the harsh environment inside the dishwasher will affect the surface finishes. Damage should be cosmetic only, and should not affect the operation of the appliance.

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

50ml milk

5g wheatgerm

5ml 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

250g 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

Serve over ice.

LOW FAT CREAMY FRUIT COCKTAIL

100g strawberries

1 bunch seedless grapes

2 peaches/nectarines

100g raspberries

½ pineapple

50ml milk

ICE-CREAMY FRUIT SHAKE

1 mango, stone removed

¼ pineapple

1 kiwi fruit

125g vanilla ice cream

2 peaches/nectarines

250ml milk

100g strawberries

crushed ice (optional)

SAVOURY COCKTAIL

2 carrots

1 handful watercress

3 tomato

1 bunch coriander or basil leaves

1 stick celery

½ red pepper

dash of Tabasco or Worcestershire sauce (optional)

SUNSHINE COCKTAIL

2 apples

100g strawberries

PASSION COCKTAIL

50g strawberries

¼ pineapple

1 bunch black grapes

PARTY COOLER

¼ pineapple

1 orange

¼ lemon

SUMMER REJUVENATOR

3 tomatoes

½ cucumber

1 stick celery

⅛ lime

DIGESTIVE COCKTAIL

¼ lemon

½ grapefruit

2 oranges

MORNING TONIC

1 apple

1 grapefruit

HOLIDAY COCKTAIL

2 apples

1 bunch seedless grapes

¼ lemon

PINEAPPLE AND GRAPEFRUIT

½ grapefruit

¼ pineapple

PINEAPPLE AND ORANGE

¼ pineapple

2 oranges

PINEAPPLE AND STRAWBERRY

¼ pineapple
100g strawberries

PINEAPPLE AND CELERY

2 stick celery
¼ pineapple

PINEAPPLE, STRAWBERRY, AND APPLE

1 Red Delicious apple
¼ pineapple
100g strawberries

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
60ml 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: support@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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