
Recipes and Operating Instructions

World's Finest



C The Champion Juicer

HOUSEHOLD USE ONLY

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IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should always be followed including the following:

1. Read all instructions prior to use.
2. To protect against electrical hazards, do not immerse motor or base in water or other liquid.
3. Close supervision is necessary when any appliance is used by children.
4. Unplug appliance when not in use and before cleaning.
5. Avoid contacting moving parts.
6. Do not operate any appliance with a damaged cord set or after the appliance has been dropped or damaged in any other manner. Return the appliance to the nearest authorized service facility for examination and repair.
7. The use of accessories not recommended by the appliance manufacturer may cause hazards.
8. Do not use outdoors (unless the product is specifically designed for outdoor use).
9. Cutter blades are sharp. Handle carefully.
10. Never feed food by hand. Always use food pusher.
11. Be sure to turn switch to "OFF" position after each use of your juicer. Make sure the motor stops completely before disassembling.
12. Do not put your fingers or other objects into the juicer opening while it is in operation. If food becomes lodged into the opening, use another piece of fruit or vegetable to push it down. When this method is not possible, turn the motor off, unplug juicer cord and disassemble juicer to remove the remaining food.
13. Do not let cord hang over edge of table or counter or touch hot surfaces.
14. Do not place on or near a hot gas or electric burner or in a heated oven.

SAVE THESE INSTRUCTIONS

WELCOME TO YOUR CHAMPION

YOU CAN SEE AND TASTE THE DIFFERENCE

The 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 use. Remove the screen and insert the blank and it is now a homogenizer. It is so simple and all the parts are easy to clean.

Assembly, disassembly, juicing 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 100percent 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 cleaning 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 too 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 in the 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 chose 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 opinion is to juice or homogenize the food and package it in freezing containers for use later.

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

ASSEMBLY INSTRUCTIONS

Step 1

Slide the cutter onto the shaft. Make sure the shaft is greased with olive oil or coconut oil. Do not use other liquid oils, butter, margarine or petroleum jelly. About 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 the flat edge of the cutter hole. It will then slide on easily.

Special Instructions on Champion Juicer Cutters:

At certain times while removing the juicing parts of your Champion Juicer you may find that the cutter has become sticky or vacuum locked. To prevent this we recommend the following:

Apply a thin film of coconut oil or olive oil to the motor shaft. Fill the cavity of the cutter with cold water. Empty the water out of the cavity and place the cutter on the motor shaft.

After juicing, remove parts and clean them thoroughly with cold water. The cutter should not be placed on the motor shaft until you are

ready to shaft juicing once again.

Caution: To prevent injury from the exposed cutter when it is not in use, we recommend that you wrap the cutter in paper towels or place it in a paper bag.

Note: If the cutter becomes vacuum locked, place a small screwdriver 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 bank 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.

Step 6

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

Note: If the Champion doesn't operate at this point, all the parts have not been assembled properly. Unplug and check to see that all parts are completely attached. If it still doesn't operate, take apart and reassemble carefully following complete instructions.

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 becomes vacuum locked, place a small screw driver at the back of the cutter and push forward slowly.

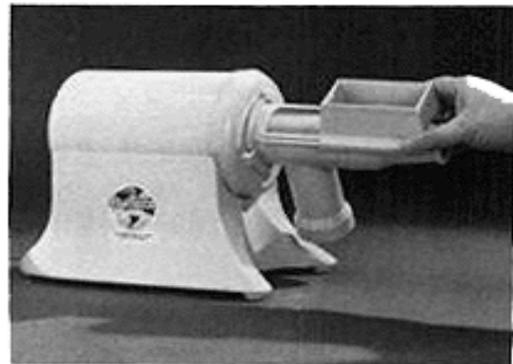
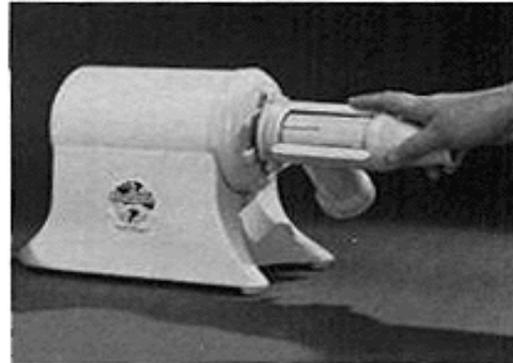
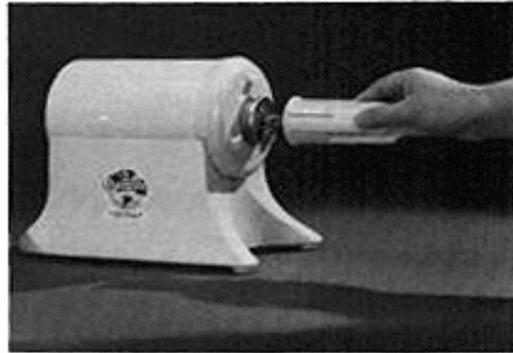
Note: A buildup of pulp behind the cutter and against the stainless steel hub is normal.

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.

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. Do not place in dishwasher.



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.

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 dishcloth.

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 or the solution. (Note: the solution is reusable; 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 applying 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**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 the 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 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 mild blend of vegetables, 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 more 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 1/4 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 1/2 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 3/4 inch after releasing it, hold it down a few seconds longer 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 page 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.

BEET JUICE

Types of Beets to Use: Use any variety of young, tender beets.

Preparing the Vegetables: Cut off tops about 1/4 inch, to remove any hidden dirt. Wash the beets well and cut into sections to fit the feeding throat, do not peel. (Beet tops may also be juiced. See Spinach and Other Straight Leafy Greens on page 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 page 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), and dandelions. Any of these greens may also be used when making a mixed vegetable juice as described on page 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 also be juiced.

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 changes. 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 all 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.

CABBAGE JUICE

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.

TOMATO JUICE

A 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.

CUCUMBER JUICE

Type of Vegetables 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.

POTATO JUICE

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.

WHEAT GRASS JUICE

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.

FRUIT JUICES

APPLE OR PEAR JUICE

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 48 hours 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.

CHERRY JUICE

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 48 hours. It can also be frozen.

BERRY JUICE

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.

KIWI JUICE

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 used.

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 into 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
- No salt vegetable sprinkles
- Fresh ground pepper
- No salt season salt
- Cinnamon
- Nutmeg
- Celery seed
- 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

- 1/2 pineapple, peeled
- 1 carrot
- 1 apple, cored
- 1 stalk celery

Juice together in the order given.

COCKTAIL AMIABLE

1/2 pineapple, peeled
 1/2 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

1/2 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. or 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

1/2 pineapple, peeled
 2 apples, cored

Juice together in the order given.

COCKTAIL COUNTRY

4 ripe tomatoes
 1 cup green lettuce, packed

Juice together in the order given.

COCKTAIL DELICIOUS

2 apples, cored
 3 carrots
 1 stalk celery

Juice together in the order given.

CELERY AND LEMON COCKTAIL DELIGHT

2 peeled lemons
 1 handful of tender celery leaves
 1/2 cup raw sugar

Juice the celery leaves, then the lemons. Stir in sugar, add water to make 1 quart. Serve with ice cubes.

COCKTAIL DYNAMIC

1/2 fresh pineapple, peeled
 2 carrots

Juice together in the order given.

COCKTAIL EXQUISITE

1/2 pineapple, peeled
 1 stalk celery
 1/2 slice lemon
 1 carrot

Juice together in the order given.

ORANGEADE

2 oranges, peeled
 1 lemon, peeled
 1/2 cup raw sugar

Juice oranges and lemon. Add sugar to juice. Rerun pulp. Add water to make 1 quart. Serve with ice cubes.

PEARLY-TEETH COCKTAIL

3 oranges, peeled
 1/2 cup chopped spinach, packed
 1/2 cup chopped parsley

Juice together in the order given.

RICH-BLOOD COCKTAIL

6 tomatoes
 1 cup beet leaves, chopped
 1 slice lemon

Juice together in the order given.

COCKTAIL ROSE

1/2 pineapple, peeled
 1/2 slice lemon
 1/2 cup fresh cranberries
 3 tablespoons raw sugar

Juice together in the order given. Add the sugar to the juice and stir.

COCKTAIL SECURITY

6 carrots
 2 tomatoes
 1 stalk celery

Juice together in the order given.

COCKTAIL SLIM

1 cup red cabbage, packed
 1/2 pineapple, peeled

Juice together in the order given.
 Drink at once.

COCKTAIL SPRINGTIME

2 oranges, peeled
 1/2 lemon, peeled
 2 carrots
 1/2 cup dandelion, leaves only

Juice together in the order given.

SUNSET COCKTAIL

2 apples, cored
 1 medium beet
 1 orange, peeled
 3 carrots

Juice together in the order given.

COCKTAIL TANG

3-4 carrots
 1 stalk celery
 1/2 cup chopped parsley
 1/2 cup chopped spinach, packed

Juice together in the order given.

COCKTAIL VIGOROUS

6 carrots
 2 oranges, peeled
 1 apple, cored
 1 stalk celery
 1 slice lemon

Juice together in the order given.

ASPIC – JELLY – SALAD

APPLE MINT JELLY

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 degrees F. Add 1/2 cup of the mint juice. Continue to boil until the thermometer reads 8 degrees over boiling temperature and jelly sheets from a metal spoon. (For an 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.

TOMATO ASPIC OLE

6-7 ripe tomatoes
 2 envelopes unflavored gelatin
 1 teaspoon sugar
 1 jalapeno pepper, seeded
 3 stalks celery
 1/2 teaspoon salt
 1/4 teaspoon each, garlic powder and oregano
 1/2 red pepper, diced
 1/2 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

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 jalapeno 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.

LIQUID SALAD

3 carrots
 1/2 small onion
 1 slice green pepper
 1/2 cup packed spinach
 1 slice lemon
 1/4 cup parsley (chopped)
 2 tomatoes

Juice the ingredients together. Beneficial for those that are unable to eat salads.

HEALTHY ADDITIONS TO DAILY MENUS

Fresh fruits and vegetables add more than just excitement to everyday meals. Medical literature continually reports on the health benefits of eating more vegetables, fruits and grains. To prevent disease, maintain lower body weight, live longer and healthier lives, increase your daily servings of these nutritional foods.

Try combining fruits and vegetables for a nice flavor change. The Carrot Apple Muffins, Zucchini Bread and Sweet Potatoes with Fresh Pear recipes, pages 22, 23, and 24, are good examples. Add one cup of homogenized fresh fruit to quick bread and muffin recipes in place of 1/2 cup of oil. It increases flavor and decreases the fat content.

Thicken soups and chowders naturally, simply by removing 2 cups of cooked vegetables and grains and homogenizing them with your Champion Juicer. Then, add back to the coup pot for a richer, hearty flavored soup or chowder.

Instead of rich cakes and pies for dessert, try serving fresh fruit. Peaches, pears or nectarines become delightfully delicious when topped with Fresh Raspberry Sauce-recipe below. Make this cause ahead of time and store it in your refrigerator to also serve over plain yogurt and fruit sherbets. Let your imagination tempt your taste buds with lots of new flavor combinations; your Champion Juicer is ready to make healthy food

preparations quick and simple.

Fresh Raspberry Sauce

1 quart fresh raspberries or 1 pkg. frozen, unsweetened raspberries
1/3 cup raw sugar

Assemble the Champion for homogenizing. Feed the berries, using the nylon funnel. Stir sugar into raspberry cause and let stand at least 1 hour in the refrigerator. Top dishes of fresh fruit or simple fruit sorbets. Makes about 2 cups of sauce.

UNBEATABLE APPLESAUCE

6 apples, Granny Smith, Delicious or your own favorite
1 cup water
1/2 cup raw sugar
1/2 teaspoon ground cinnamon

Wash, core and chunk the apples.* Cook with water, sugar and cinnamon until apples are tender, about 20 minutes. Assemble the Champion for homogenizing. When the apples have cooled, feed them into the machine, using the nylon funnel. Use a large bowl to catch the apple sauce and juice. Stir and refrigerate. Great for topping pancakes or waffles, as a side dish with meats, or as a healthy, fat-free dessert.

*For a smoother applesauce, peel the apples before cooking.

Moist and delicious, these may become a new family favorite.

CARROT APPLE MUFFINS

1 cup whole wheat flour (see page 37)
1 cup all purpose flour
2 teaspoons baking soda
1/2 teaspoon ground cinnamon
1/2 cup raisins
1/2 cup chopped walnuts (See Note)

1 egg
3/4 cup firmly packed brown sugar
1 cup buttermilk
1/4 cup corn, safflower or light olive oil
1 teaspoon vanilla extract
1 cup finely chopped apple
2 cups grated carrots

Preheat oven to 375 degrees. Spray muffin pan with non-stick spray. Set aside.

In a medium bowl, combine the flours, baking soda, cinnamon, raisins and walnuts, mix well. In a large bowl whisk together egg, brown sugar, buttermilk, oil, vanilla, apple and carrots. Add flour mixture and gently fold together until dry ingredients are moistened.

Fill the muffin cups 1/4 full. Bake 20-25 minutes or until toothpick inserted in the center comes out clean. Serve warm.

Makes 18 muffins.

Note: Chopped nuts can be made with the Champion Juicer. Simply remove screen or blank, and put screen holder back on. Feed only a handful at a time to prevent build up on screen holder grill. Nuts must be dry, not refrigerated or frozen. Some nuts may not be suitable for chopping.

This looks especially elegant when piped onto the plate for serving.

CARROT VEGETABLE PUREE

1/2 pound carrots, grated
1-1/2 pounds butternut squash, peeled and grated
1/4 cup liquid margarine
1/4 cup water
1/2 teaspoon nutmeg
Salt and pepper to taste
1 tablespoon chopped cilantro

Combine carrots and squash in medium saucepan, stir in margarine, water and nutmeg. Bring to a

boil and stem for 12-16 minutes, until vegetables are tender. Put the nylon blank in position and homogenize the cooked vegetables. Salt and pepper to taste. Keep warm. Garnish with chopped cilantro and serve.

Makes 4 servings.

CARROT CAKE

2 cups raw sugar
1 cup safflower oil
4 eggs
3 cups sifted, unbleached white flour
2 teaspoons baking powder
2 teaspoons baking soda
1 tablespoon cinnamon
2 cups grated raw carrots
1 cup chopped walnuts (See Note)

Blend together sugar, oil, and eggs. Sift together flour, baking powder, soda, cinnamon, and salt. Add the dry ingredients alternately with the carrots and nuts to the egg mixture; mix well. Pour the batter into a well-greased 10-inch tube pan. Bake at 350 degrees for about 5 to 60 minutes.

CRANBERRY ORANGE RELISH

1 package (12 oz.) cranberries, fresh or frozen
1 orange, cut in eighths, seeded but not peeled
1 red or green apple, cut in eighths, cored but not peeled
1/3 cup sugar
1/2 teaspoon ground ginger
Wash cranberries, discard any soft or blemished ones. Assemble the Champion for homogenizing, with the nylon blank in the screen holder. Homogenize the cranberries, orange and apple. Stir in sugar and ginger; cover and refrigerate for at least four hours. Relish keeps for several weeks in the refrigerator.

Makes about 3 cups

ZUCCHINI BREAD

3 eggs
1 cup corn, safflower or light olive oil
1-1/2 cups packed brown sugar
3 teaspoons vanilla
2 cups grated zucchini
1 cup whole wheat flour (see page 37)
2 cups all-purpose flour
1/2 teaspoon salt
1/2 teaspoon baking powder
1 teaspoon soda
3 teaspoons cinnamon
1 cup raisins
1 cup chopped walnuts

Preheat oven to 350 degrees F. Spray two 9x5x3 inch loaf pans with non-stick spray. Set aside.

Whip together eggs, oil, sugar, vanilla and grated zucchini in a large bowl. In a separate bowl combine the flours, salt, baking powder, soda and cinnamon; mix well. Add to the zucchini, stirring just until thoroughly mixed. Stir in the raisins and nuts. Pour into the prepared pans and bake for 50 to 60 minutes, until the center tests done. Cool on wire rack for 5 minutes. Carefully remove from pan and cool completely. Wrap in foil or freezer wrap and store in refrigerator or freezer until served.

Makes 2 loaves.

SWEET POTATOES WITH FRESH PEAR

1-1/2 pounds sweet potatoes or yams
1 ripe pear
2 tablespoons maple syrup
1/2 teaspoon ground cinnamon

Bake sweet potatoes until tender, cool. Remove the skin and chunk into pieces that fit the feeding throat of the Champion. Homogenize the potatoes and pear, stir in maple syrup and cinnamon. Reheat before serving.

Makes about 6-1/2 cup servings.

POTATO CORN CHOWDER

1 pound potatoes, peeled and diced
 1 can (14 oz.) chicken broth
 1 can water
 1 medium onion, chopped
 2 stalks celery, thinly sliced
 2 cups water
 1 cup non-fat milk OR
 1 can (12 oz.) evaporated skim milk OR Soyamel
 1 can (16 oz.) corn
 Salt and fresh ground pepper to taste
 1/4 cup chopped parsley

Combine potatoes, broth, 1 can water, onion and celery in a 4-quart saucepan. Bring to a boil, simmer 15 to 20 minutes until potatoes and celery are tender. Dissolve dry milk in water and add to chowder, along with remaining ingredients. Cook 10 more minutes and serve. Garnish with sprigs of parsley.

Makes about 8 cups of soup.

CHEESY BROCCOLI SOUP

1 pound broccoli, chopped
 1 medium potato, peeled and diced
 1 can (14 oz.) chicken broth
 2 cans water
 1 medium onion, chopped
 1/2 teaspoon celery seed
 1/2 teaspoon nutmeg
 2 cups cold water
 1 cup non fat milk OR Soyamel, OR
 1 can (12 oz.) evaporated skimmed milk
 Salt and fresh ground pepper to taste
 1/3 cup grated sharp cheddar cheese

Combine broccoli and potato with broth, water, onion, celery seed and nutmeg in a 4-quart saucepan.

Cook 10 to 15 minutes until broccoli is tender and soup thickened.* Dissolve dry milk in water and add to soup. Salt and pepper to taste. Serve hot topped with grated cheese.

Makes about 8 cups of soup.

*Note: For a thicker soup or chowder, mask the cooked mixture several times with a potato masher.

HOMOGENIZING

To homogenize, always use the nylon blank in place of the juicer screen. Place a bowl or container under the tapered end of the body. If homogenizing very wet or juicy food, place a second bowl or container under the screen holder.

Foods to Homogenize:

Your Champion can homogenize a wide variety of foods. For example, a variety of fruits can be made into sauces; cooked vegetables and fruits for baby food; fresh or canned nuts for nut butters; fresh coconut for creamed coconut; and frozen mixes for ice cream or sorbets.

Preparing to Homogenize:

If you do not want seeds, peels, etc. in the homogenized food, remove them before beginning. Any food that is soft or juicy can be homogenized with the Champion.

Homogenizing with your Champion

When using foods such as berries, nuts, peaches and tomatoes, the funnel attachment is recommended. Feed the food into the funnel and push it down with the tamper. Homogenizing with the Champion is very fast and efficient.

Note:

Do not attempt to homogenize any dry products, such as grains with the Champion. Dry products do not contain liquid and therefore, can not be homogenized.

HOMOGENIZING

SORBET

CITRUS SORBET

2 cups raw sugar
 3-3/4 cups hot water
 2-1/4 cups lime or lemon juice (see page 16)
 1 egg white, lightly beaten

Dissolve sugar in hot water. Add remaining ingredients. Pour mixture into a freezing tray and freeze until solid. Cut the frozen mixture into strips to fit the feeding throat of the Champion. Homogenize the frozen strips. Serve at once.

Makes 6 cups.

TROPICAL ICE

2 cups raw sugar
 3 cups boiling water
 3 oranges, peeled
 2 lemons, peeled
 1 banana, peeled
 1 papaya, peeled and seeded, cut in strips

Dissolve sugar in hot water, cool. Assemble the Champion for juicing and juice the oranges and lemons. Homogenize the banana and papaya. Combine all the ingredients and pour into a freezing tray and freeze solid. Cut the frozen mixture into strips to fit the feeding throat of the Champion. Homogenize the frozen strips. Serve at once.

Makes 6 cups.

KIWI SORBET

8 ripe kiwi fruit
 1 cup water
 1/2 cup sugar
 1 teaspoon lemon juice

Juice the kiwi fruit (see page 15). Add back to the juice, 1 tablespoon of the pulp with seeds, to give a special fresh touch to the sorbet. Stir in water, sugar and lemon juice. Pout the mixture into a freezing tray and freeze until solid. Cut the frozen mixture into strips to fit the feeding throat. Homogenize the frozen strips. Serve at once.

Makes 1 quart.

QUICK GRAPE ICE

1 can (12 oz.) frozen grape juice concentrate
 3 cans water

Reconstitute the juice and pour into a freezing tray and freeze solid. Chill the juicer, cutter, blank and bowl. Cut frozen mixture into strips to fit the feeding throat. Homogenize the frozen strips. Serve at once.

Makes 6 cups.

Any variety of frozen juice concentrate can be substituted for grape juice for a tasty variation.

ICE CREAM

All the ice cream recipes call for a certain proportion of milk, however, half and half or a milk substitute, such as Soyamel, can be used. The use of Lecithen granules in the recipes is optional, but they are an emulsifier and will produce a creamier texture in the ice cream. Soyamilk powder, Lecithen granules and carob powder can be found in almost any health food store.

Ice cream will be thicker and creamier if the juicer body, cutter, blank, and bowl are chilled before homogenizing the frozen mixture. This is easily done by placing the parts and bowl in the refrigerator for about 30 minutes before using.

Note: Do not place parts in freezer to chill.

BANANA ICE CREAM

4 over-ripe bananas
 2 tablespoons Lecithen Granules (optional)
 1-1/2 cups milk
 1/4 cup raw sugar
 1 teaspoon vanilla

Homogenize the bananas and mix with the other ingredients, OR, mix the ingredients in a food processor. Liquify the first two ingredients – do not turn off the processor – and add the other ingredients.

The mixture will make between 3-1/2 to 4 cups liquid, depending on the size of the bananas. Add more milk if necessary to make one-quart of liquid. Pour the mixture into freezing trays and freeze until solid. Cut the frozen mixture into strips to fit the feeding throat of the Champion. Homogenize the frozen strips. Serve at once.

Makes 1 quart.

MELON MILK SHAKES

Crenshaw, Cantaloupe, Persian, Honeydew

Assemble the machine for juicing. Juice the edible parts of a chilled fresh melon. Add one scoop of vanilla ice cream to 8 ounces of juice and stir or shake in a shaker.

BANANA-MELON ICE CREAM

Crenshaw, Cantaloupe, Persian or Honeydew

1-1/2 cups melon juice (see page 16)
 2 over-ripe bananas
 2 tablespoons Lecithen Granules (optional)
 1-1/2 cups milk
 1/3 cup raw sugar
 1 teaspoon vanilla

Thoroughly combine all ingredients in a blender or food processor. Pour the mixture into a freezing tray and freeze until solid. Cut the frozen mixture into strips to fit the feeding throat of the Champion. Homogenize the frozen strips. Serve at once. Makes 1 quart

FROZEN BANANA DESSERT

4 ripe bananas (cut in half and frozen without skins)

Assemble the Champion Juicer for homogenizing and homogenize the frozen bananas. Serve at once.

Makes 4 servings

MELON ICE CREAM

Crenshaw, Persian, Cantaloupe, or Honeydew

2 cups melon juice (see page 16)
 1-1/2 cup milk
 2 tablespoons Lecithen Granules (optional)
 1/2 cup raw sugar

Thoroughly combine all ingredients in a blender or mixing bowl. Pour mixture into a freezing tray and freeze until solid. Cut the frozen mixture into strips to fit the feeding throat of the Champion. Homogenize the frozen strips. Serve at once.

Makes 1 quart.

CAROB ICE CREAM

(Chocolate Flavor)

1 egg
 2-1/2 cups milk
 1/2 cup carob powder
 3 tablespoons Lecithen Granules (optional)
 1 teaspoon pure vanilla
 1/4 cup raw sugar

Thoroughly combine all ingredients in a blender or mixing bowl. Pour the mixture into a freezing tray and freeze until solid. Cut the frozen mixture into strips to fit the feeding throat of the Champion. Homogenize the frozen strips. Serve at once.

Makes 1 quart.

CHOCOLATE FLAVORED-BANANA ICE CREAM

4 over-ripe bananas
 1-1/2 cups milk
 1/2 cup carob powder
 2 tablespoons Lecithen Granules (optional)
 1 teaspoon vanilla
 1/4 cup raw sugar

Homogenize the bananas and mix with the other ingredients. Beat well after each addition – OR – Mix the ingredients in a blender or food processor. Liquify the first 2 ingredients – do not turn off the blender – and add the other ingredients.

Pour the mixture into a freezing tray and freeze until solid. Cut the frozen mixture into strips to fit the feeding throat of the Champion. Homogenize the frozen strips. Serve at once.

Makes 1 quart.

COCONUT OR COCONUT ALMOND ICE CREAM

2 eggs
 3 tablespoons Lecithen Granules (optional)
 3 cups coconut or coconut-almond milk (See page 35)
 2 tablespoons Soyamel (optional)
 1/3 cup raw sugar
 1 teaspoon vanilla

Thoroughly combine all ingredients in a blender or mixing bowl. Pour the mixture into a freezing tray and freeze until solid. Cut the frozen mixture into strips to fit the feeding throat of the Champion. Homogenize the frozen strips. Serve at once. - Makes 1 quart.

MAPLENUT ICE CREAM

1 egg
 2 cups milk
 2 tablespoons Lecithen Granules (optional)
 1/2 cup black walnut meats

1/4 teaspoon maple flavoring
 1/2 cup raw sugar

Thoroughly combine all ingredients in a blender or mixing bowl. Pour the mixture into a freezing tray and freeze until solid. Cut the frozen mixture into strips to fit the feeding throat of the Champion. Homogenize the frozen strips. Serve at once.

Makes 1 quart.

FIG DELIGHT

1 cup fig puree (See page 34)
 2 eggs
 2 cups milk
 2 tablespoons Lecithen Granules (optional)
 1 teaspoon vanilla
 1/2 cup carob powder

Thoroughly combine all ingredients in a blender or food processor. Beat well after each addition. Pour the mixture into a freezing tray and freeze until solid. Cut the frozen mixture into strips to fit the feeding throat of the Champion. Homogenize the frozen strips. Serve at once.

Makes 1 quart.

HAWAIIAN DELIGHT

2 over-ripe bananas
 1/2 cup fresh or frozen strawberries
 1/2 cup finely cut pineapple (fresh or unsweetened, canned or frozen)
 1-1/2 cups milk
 2 tablespoons Lecithen Granules (optional)
 1/2 cup raw sugar
 Homogenize the bananas, strawberries, and pineapple together. Add the other ingredients, beat well. Pour the mixture into a freezing tray and freeze until solid. Cut the frozen mixture into strips to fit the feeding throat of the Champion. Homogenize the frozen strips. Serve at once.

Makes 1 quart

PEACH ICE CREAM

2 cups peaches (fresh or frozen)
1-1/2 cups milk
2 tablespoons Lecithen Granules (optional)
1 teaspoon vanilla
1/2 cup raw sugar

Homogenize the peaches with the Champion, and mix the rest of the ingredients. Beat well after each addition – OR – mix all ingredients in a blender or food processor.

Pour the mixture into a freezing tray and freeze until solid. Cut the frozen mixture into strips to fit the feeding throat of the Champion. Homogenize the frozen strips. Serve at once.

Makes 1 quart.

PEAR AND PINEAPPLE ICE CREAM

1 large ripe pear
1 cup pineapple chunks, OR
1/4 cup crushed pineapple (fresh or frozen)
1 cup milk
2 tablespoons Lecithen Granules (optional)
1/2 cup raw sugar

Homogenize the pear and pineapple. Pour the mixture into a blender or mixing bowl. Add the other ingredients. Beat well after each addition. Pour the mixture into freezing trays and freeze until solid. Cut the frozen mixture into strips to fit the feeding throat of the Champion. Homogenize the frozen strips. Serve at once.

Makes 1 quart

STRAWBERRY ICE CREAM

1-1/2 cups strawberries (fresh or frozen)
2 cups milk
2 tablespoons Lecithen Granules (optional)
1 teaspoon vanilla

1/2 cup raw sugar

Homogenize the strawberries in the Champion, blender or food processor. Add the other ingredients and beat well. If the strawberries are already sweetened, use less sweetener. Pour the mixture into freezing trays and freeze until solid. Cut the frozen mixture into strips to fit the feeding throat of the Champion. Homogenize the frozen strips. Serve at once.

Makes 1 quart

VANILLA ICE CREAM

2 eggs
2 cups milk
3 tablespoons Lecithen Granules (optional)
2 teaspoons vanilla
1/2 cup raw sugar

Thoroughly combine all ingredients in a blender or mixing bowl. Pour the mixture into a freezing tray and freeze until solid. Cut the frozen mixture into strips to fit the feeding throat of the Champion. Homogenize the frozen strips. Serve at once.

Makes 1 quart.

SERBET

Instant All-Fruit Sherbets

For fresh fruit instant sherbets, all that is needed is the fruit. Use any type of fruit and try different combinations. Clean the fruit and cut into sections to fit the feeding throat of the Champion. Freeze the fruit solid before running it through the Champion. Homogenize the frozen pieces. If the fruit is extremely tart, add a little sweetener to the homogenized mixture.

OR

Homogenize the fresh fruits first, freeze solid in freezing trays and cut into strips to fit the feeding throat of the Champion. Homogenize the frozen pieces. Serve at once. With this method, it is

easier to determine if the fruits need a sweetener, and it can be added before the freezing of the fruits.

The following sherbet recipes contain Soyamel. This is a powdered milk made from soya beans. Any brand of powdered soya bean milk or other powdered milk may be used. The Lecithen Granules in the recipes are optional, but they will produce a creamier textured sherbet.

Frozen sherbet mixes may be stored in freezer bags for future use. This is a handy way to use up an abundance of seasonal fruit. Sherbets will be thicker and creamier if the juicer body, cutter, blank and bowl are chilled before homogenizing the frozen mixes. This is easily done by placing the parts in the refrigerator for about 30 minutes before using.

Note: Do not place parts in freezer to chill.

APPLE SHERBET

2-1/2 cups apple juice (see page 15)
2 tablespoons Lecithen Granules (optional)
1/2 cup water
3 tables Soyamel
1 teaspoon vanilla
3 tablespoons raw sugar

Thoroughly combine all ingredients. Pour mixture into a freezing tray and freeze until solid. Cut the frozen mixture into strips to fit the feeding throat of the Champion. Homogenize the frozen strips. Serve at once.

Makes 1 quart.

GRAPE SHERBET

3 cups grape juice (see page 16)
2 tablespoons Lecithen Granules (optional)
3 tablespoons Soyamel
1 teaspoon vanilla
1/4 cup raw sugar

Any variety of grape may be used in this recipe. If the flavor seems too strong the juice may be diluted. Thoroughly combine all ingredients. Pour mixture into a freezing tray and freeze until solid. Cut the frozen mixture into strips to fit the feeding throat of the Champion. Homogenize the frozen strips. Serve at once.

Makes 1 quart.

BERRY SHERBET

2 cups berries (any variety)
1-1/2 cups water
1 tablespoon lemon juice
2 tablespoons Lecithen Granules (optional)
2 tablespoons Soyamel
1 teaspoon vanilla
1/2 cup raw sugar

For a sherbet containing the seeds, homogenize the berries first in the Champion (not necessary if using a blender). For a seedless sherbet, run the berries through the juicer with the screen in place.

Thoroughly combine all ingredients in a blender or mixing bowl. Pour mixture into a freezing tray and freeze until solid. Cut the frozen mixture into strips to fit the feeding throat of the Champion. Homogenize the frozen strips. Serve at once.

Makes 1 quart.

LEMON SHERBET

Grated rinds of 2 lemons
6 tablespoons lemon juice OR the juice of 3 lemons (use Champion made lemon juice for added tang. See page 16)
1-1/2 cups water
2 tablespoons Lecithen Granules

3 tablespoons Soyamel
 1 teaspoon vanilla
 1/4 cup raw sugar
 1 cup water

Thoroughly combine all ingredients in a blender or mixing bowl. Pour mixture into a freezing tray and freeze until solid. Cut the frozen mixture into strips to fit the feeding throat of the Champion. Homogenize the frozen strips. Serve at once.

Makes 1 quart.

ORANGE SHERBET

1 small can frozen orange juice
 2 cups water, OR
 3 cups fresh orange juice (peel the oranges, and juice in the Champion. See page 16)
 1/4 cup raw sugar
 2 tablespoons Lecithen Granules (optional)
 2 tablespoons Soyamel
 1/2 teaspoon vanilla
 1/2 cup water

Thoroughly combine all ingredients in a blender or mixing bowl. Pour mixture into a freezing tray and freeze until solid. Cut the frozen mixture into strips to fit the feeding throat of the Champion. Homogenize the frozen strips. Serve at once.

Makes 1 quart.

PEACH SHERBET

2 cups homogenized peaches (2-1/2 cups sliced)
 1-1/2 cups water
 2 tablespoons Lecithen Granules (optional)
 2 tablespoons Soyamel
 1/2 cup raw sugar
 1 teaspoon vanilla

Homogenize the peaches with the Champion Juicer and add the other ingredients. Beat well after each addition, OR, mix the ingredients in a blender.

Pour mixture into freezing trays and freeze until solid. Cut the frozen mixture into strips to fit the feeding throat of the Champion. Homogenize the frozen strips. Serve at once.

Makes 1 quart.

PINEAPPLE AND APRICOT SHERBET

3/4 cup homogenized pineapple
 3/4 cup apricot puree
 1-1/2 cups water
 2 tablespoons Lecithen Granules (optional)
 2 tablespoons Soyamel
 1 teaspoon vanilla
 1/2 cup raw sugar

Pour the pineapple and apricot puree into a blender or mixing bowl. Add the rest of the ingredients and beat well. Pour mixture into a freezing tray and freeze until solid. Cut the frozen mixture into strips to fit the feeding throat of the Champion. Homogenize the frozen strips. Serve at once.

Makes 1 quart.

PINEAPPLE SHERBET

2 cups homogenized pineapple
 1-1/2 cup water
 2 tablespoons Lecithen Granules (optional)
 2 tablespoons Soyamel
 1 tablespoon lemon juice
 1 teaspoon vanilla
 1/2 cup raw sugar

Thoroughly combine all ingredients in a blender or mixing bowl. Pour mixture into a freezing tray and freeze until solid. Cut the frozen mixture into strips to fit the feeding throat of the Champion. Homogenize the frozen strips. Serve at once.

Makes 1 quart.

WATERMELON SHERBET

3 cups watermelon juice (See page 16)
 2 tablespoons Lecithen Granules (optinal)
 3 tablespoons Soyamel
 1 teaspoon vanilla
 3 tablespoons raw sugar

Thoroughly combine all ingredients in a blender or mixing bowl. Pour mixture into a freezing tray and freeze until solid. Cut the frozen mixture into strips to fit the feeding throat of the Champion. Homogenize the frozen strips. Serve at once.

Makes 3-1/2 cups.

GINGERED PEACH/PEAR SHERBET

2 cups peeled, cored and sliced peaches or pears
 1/2 peeled lemon chunked
 1/2 inch piece fresh ginger root, thinly sliced
 1/2 cup raw sugar

Freeze the peaches or pears solid. Homogenize the frozen pieces with the ginger and the lemon. Stir in sugar to taste, if desired. Serve immediately.

Makes 2 cups

HOMOGENIZED FRUIT

MOIST APPLE CAKE

2 cups all purpose flour
 1 teaspoon baking soda
 2 teaspoons cinnamon
 1/2 teaspoon salt
 2 eggs
 1 egg white
 1/2 cup corn, safflower, or light olive oil
 1 cup raw sugar
 2 teaspoons vanilla
 3 cups finely chopped tart green apples
 1 cup chopped walnuts

Preheat oven to 350 degrees F. In a medium bowl, combine flour, baking soda, cinnamon, and salt. Mix well.

In a large bowl, whisk together the eggs, oil, sugar and vanilla. Core and cut the apples to fit the feeder throat. Process the fruit with the nylon plate in the screen holder and a bowl underneath to catch the apple juice. Combine the homogenized fruit with the juice and walnuts and add to the eggs. Add the flour mixture, stirring just until thoroughly blended.

Pour into a greased 9x13 inch pan. Bake 45 to 55 minutes or until center tests done. Cool.

Makes 12-15 servings.

HOMOGENIZED VEGETABLES

Homogenized vegetables are perfect for several reasons. Babies and small children can easily enjoy cooked vegetables with no additives. People with chewing or digestion problems can continue to enjoy the flavor of their favorite vegetables. Vegetable purees are a tasty and elegant addition to an entrée.

Assemble the Champion for homogenizing. If the vegetable is very moist, place a bowl beneath the screen holder as well as at the tapered end.

BABY FOODS

Cooked vegetables may be homogenized for salt free baby food. Freeze immediately in small freezer bags to preserve vitamins. Thaw in the microwave oven or in a pan of hot water. Stir and test the temperature before using.

CREAMED CORN

Cut the fresh corn off the cob. Place the funnel on the feeder throat for easy loading. Homogenize. Cook and serve. Frozen corn kernels may also be used.

SQUASH – BUTTERNUT, BANANA, AND

PUMPKIN

Peel squash and cut into pieces that will fit the feeding throat. Steam until tender, cool. Homogenize.

HOT MEXICAN SALSA

2 jalapeno chiles, seeded*
 2 serrano chiles, seeded
 2 yellow chiles, seeded
 2 Anaheim chiles, seeded
 5 large shallots, peeled
 7 tomatillos, cut in half
 4 large tomatoes, quartered
 1/4 cup fresh cilantro, chopped
 1/2 teaspoon garlic powder
 salt and pepper to taste

Homogenize all ingredients except for seasonings. Stir in cilantro and seasonings. Serve chilled.

Makes 4 cups salsa.

*Chiles are very hot and can burn your eyes and other membranes. Be sure to wear rubber gloves when seeding and handling chilies. Do not touch your face.

FRUIT PUREES AND SAUCES

Liquids extracted from some fruits are of a thicker nature than other juices. These are called "Purees." Fruit purees are excellent for many sauces and desserts (see Ice Cream and Sherbets). Purees are extracted the same way that juices are with the screen in place. Fruit may also be homogenized for sauces.

Fruit must be ripe for puree. When using peaches, peel or wash well to remove all the peach fuzz. Smooth skinned fruits need not be peeled, but should be washed well. Remove the pits. Assemble the machine for juicing and feed the fruit sections through. Do not mix the puree with any chlorophyll vegetables (green vegetable) juice.

APRICOT, PEACH, NECTARINE OR PLUM PUREE

Fruit must be ripe for puree. When using peaches, peel or wash well to remove all the peach fuzz. Smooth skinned fruits need not be peeled, but should be washed well. Remove the pits. Assemble the machine for juicing and feed the fruit sections through. Do not mix the puree with any chlorophyll vegetable (green vegetable) juice.

CRANBERRY PUREE

Wash the cranberries thoroughly, add one cup of water for each pound of cranberries and cook them over a medium heat, until soft. Allow them to cool. Assemble the Champion for juicing. Use the funnel for easier insertion of small fruit, and run the entire matter through the machine.

FIG PUREE

Use fresh figs only; tree ripened are the best. Wash the figs well, do not peel. Assemble the machine for juicing, and feed the figs through one at a time. This process will automatically remove the skins and seeds and extract a thick puree. Fig puree is excellent for jams. (Also see Fig Delight under Ice Creams). If a thick fig extraction containing seeds is desired, peel the figs first and homogenize them with the nylon blank in place of the screen.

FRUIT SAUCES – APPLES AND PEARS

Sauces may be extracted by either of two methods:

First Method: Remove any bad parts from the fruit, do not peel. Cook the fruit until soft.

Assemble the machine for juicing and use the funnel for easier insertion of fruit. Allow to cool. The entire matter should be run through the machine. Any skins or seeds will automatically be removed in this process.

Second Method: Wash the fruit well. Cut into sections and remove the cores and seeds. Assemble the machine for homogenizing. Homogenize the sections, add a little lemon, sweeten with sugar, and serve at once. (The fruit should first be pre-cooled in the refrigerator when making sauce by this method).

FRESH COCONUT

Fresh coconuts contain three eyes or brown indentations on the top of the coconut. One of these spots is soft enough to be punctured. Puncture the coconut and turn it upside down over a container to drain. The hard coconut shell may be cracked with a hammer or can be placed in an oven, preheated to 400 degrees for a few minutes, until the shell cracks.

COCONUT MILK

Drain the liquid from a fresh coconut and save. Remove the coconut meat from the hard shell and peel off the thin brown shell with a potato peeler. Cut the coconut into sections to fit the feeder throat.

Homogenize the sections and add a little water into the feeding throat with each charge so the homogenized material will resemble a thin paste. Keep the motor running and pour a cup or two of water into the feeding throat in order to clean out all of the coconut. Add an additional quart of water, plus the liquid drained from the coconut to the mixture. Assemble the machine for juicing. pour the oil into the feeder throat as the nuts are being homogenized.

Do not continue to make nut butter when the juicer body becomes excessively warm. Most nut butters can only be made in small amounts.

Assemble the Champion for homogenizing. Use the funnel for easier insertion of the nuts. Feeding the nuts slowly will produce a creamy nut butter. Fast feeding will result in a crunchy nut butter.

PEANUT BUTTER

Either fresh roasted or canned peanuts may be used to make peanut butter. Salted peanuts make the best tasting peanut butter.

ALMOT AND CASHEW NUT BUTTERS

Use raw or roasted nuts. Salt to taste.

MAKE FLOUR, CORN MEAL, COFFEE WITH A GRAIN MILL ATTACHMENT

Easy to Install

Clean, dust-free operation

Heavy-duty construction

Simple to adjust for coarse or fine materials

Grind only free flowing grains such as wheat, rye, oats, barley or rice. When running red wheat, back off the adjustment knob one notch; never grind paste. Coffee beans, pepper corns, or mung beans can be run on any setting.

Soybeans or dry field corn can be run with the adjustment knob backed off one notch.

Nut meats, dried beans, garbanzo (chickpeas), dried herbs, etc., are not recommended for use with the grain mill. These materials will gum up the grinding plates and cause the unit to run hot.

For best results, check and clean grain mill between each use.

Order from your local dealer or contact:

Plastaket Manufacturing Company,
Lodi, California.

GRAIN MILL RECIPES

Freshly ground flours contain no preservatives and should be stored in the refrigerator or freezer to retain their freshness. Baked goods should also be refrigerated or frozen to keep that “just baked” goodness and to prevent spoilage.

1-1/2 pounds of wheat yields about 4 cups of flour
 1 pound of oats yields about 3 cups of flour
 1 pound of corn yields about 3-1/2 cups of flour
 1 cup of millet yields about 2-1/2 cups of flour

Use freshly ground flour for any of your favorite baking recipes. Following are some new, Champion tested recipes you will enjoy.

APPLE RAISIN SQUARES

1 cup whole wheat flour
 1 cup all purpose flour
 1 teaspoon baking soda
 1 teaspoon baking powder
 1/2 teaspoon cinnamon
 1/2 teaspoon salt
 2 eggs
 1/2 cup raw sugar
 1/2 cup liquid margarine
 1/4 cup corn, safflower, or light olive oil
 1 teaspoon vanilla
 2 cups finely chopped tart green apples
 1 cup raisins
 1 cup chopped walnuts

Preheat oven to 350 degrees F. In a medium bowl, combine flours, baking soda, baking powder, cinnamon and salt. Mix well. In a large bowl, whisk together eggs, margarine, oil, sugar, vanilla, and apples. Add raisins and nuts.

Add the flour mixture, stirring just until thoroughly mixed.
 Pour into 2 greased 8x8 inch square pans. Bake for 35 or 40 minutes until center tests done. Cool and cut into squares.

Makes about 18 servings.

CRISPY CORN BREAD

Nothing beats the taste of freshly ground cornmeal

1-1/2 cups yellow cornmeal
 1 cup all purpose flour
 1/4 cup sugar
 1 tablespoon baking powder
 1/2 teaspoon salt
 2 eggs
 1-1/2 cups nonfat milk
 1/4 cup liquid margarine
 1/4 cup corn, safflower, or light olive oil

Preheat oven to 400 degrees F. Combine cornmeal, flour, sugar, baking powder, and salt in a large bowl. Mix well.

Mix eggs, milk, liquid margarine, and oil in a medium bowl. Stir milk mixture into cornmeal mixture, just until moistened.

Pour batter into greased 9x5x3 inch loaf pan. Bake until golden, and center tests done, 35 to 40 minutes. Carefully remove from pan and cool completely on rack.

Makes 1 loaf cornbread.

CRANBERRY MUFFINS

Tart and tasty treats

3/4 cup whole wheat flour
 1/2 cup oat flour
 1 cup all purpose flour
 2 tablespoons wheat germ
 2 teaspoons baking powder
 1/2 teaspoon baking soda
 1 teaspoon ground cinnamon
 1 egg
 3/4 cup firmly packed brown sugar
 1 cup buttermilk
 1/4 cup corn, safflower or light olive oil
 1-1/2 teaspoons grated orange peel
 1-1/2 cups chopped cranberries

Preheat oven to 375 degrees F. Spray muffin pans with non-stick spray. Set aside.

In a medium bowl, combine flour, baking powder, baking soda and cinnamon. Mix well.

In a large bowl, beat egg lightly. Stir in brown sugar, buttermilk, oil, orange peel and cranberries. Blend well. Add flour mixture and gently fold together until dry ingredients are moistened.

Fill muffin cups 3/4 full. Bake 20-25 minutes or until a toothpick inserted in center comes out clean. Serve warm.

Makes 18 muffins.

Note: Cranberries homogenize easily fresh or frozen.

ENERGY BARS

An easy alternative to candy bars for quick energy.

1-1/2 cups whole wheat flour
 3/4 cup all purpose flour
 1/2 cup brown sugar, firmly packed
 1/4 cup wheat germ
 1 teaspoon each baking powder and cinnamon
 1/2 teaspoon salt
 2 eggs
 1/3 cup corn, safflower, or light olive oil
 1/4 cup molasses
 1/4 cup raw sugar
 1 tablespoon finely grated orange peel
 1 cup orange juice
 1 cup chopped dried figs
 1/2 cup golden raisins
 1/2 cup chopped almonds

Combine flours, sugar, wheat germ, baking powder, cinnamon, and salt. In smaller bowl, blend eggs, butter, honey molasses, orange peel, vanilla, and orange juice with wire whip. Add liquid to dry ingredients; whip until smooth. Add figs, raisins, and almonds. Spread in a greased 9x13 inch baking pan. Bake in a 350 degree F

oven 35 minutes, until it tests done.

Makes about 24 bars.

TROUBLESHOOTING

Motor will not start.

- A. Machine will not start unless all parts are in position.
- B. Check screenholder sensor located on screenholder closest to machine for possible damage.

Food backing up feeder throat:

- A. This is normal since machine works on a back-pressure system.

Motor section running warm:

- A. The motor is designed for a 40 degree heat rise so, depending on amount juiced, motor will get very warm to touch.

Juice hot:

- A. Feeding machine too slowly.
- B. Possible dull cutter.

Wet pulp:

- A. First two handfuls of pulp should always be refed.
- B. Possible clogged screen. Note: Refer to page 10.

Stuck cutter:

- A. Lack of lubrication
- B. Cutter needs to be cleaned. If cutter will not come off with help of screwdriver contact the Service Department. Note: Refer to page 10.

Leakage:

- A. Some juice leakage is normal on juicing

chamber since there are no gaskets.

Squealing sound or abnormal sound:

- A. Possible motor problem. Contact the Service Department immediately. Have the machine close to the phone so Service Rep can diagnose the problem.

Black or brown oil dripping on counter

- A. Possible seal failure. Discontinue use of machine and contact the Service Department

Difficulty feeding celery, leafy greens, any new material:

- A. Refer to owner's manual for each specific item for instructions.

Service Department (209) 369-2154

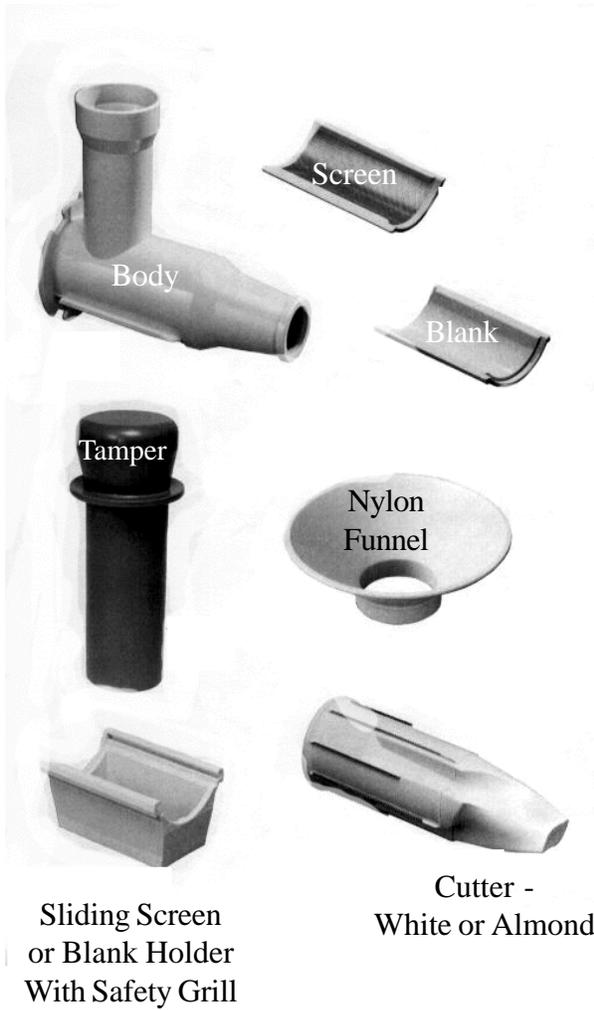
8:30 a.m. – 12:00 p.m.
and 1:00 p.m. – 4:30 p.m.
Pacific Standard Time

NOTE:

A juicer is not a healer and no juicer has any effect on the user nor the juice it extracts. But, a juicer must be able to liberate the hidden values from the fibers and place them into the juice under pressure without loss by aeration or static in order to obtain the full nutritional value of such juices extracted from fruits and vegetables

**PLASTAKET MANUFACTURING
COMPANY, INC.**

6220 East Highway 12
Lodi, California 95240
Phone (209) 369-2154
Fax (209) 369-7455
www.championjuicer.com



Champion Juicer - Spare Parts

Part Description	Price
Juicer Body	\$26.00
End Bell Hub With Oil Seal	\$20.00
Juicer Body	\$26.00
Juicer Cutter	\$26.00
Motor Base Skids (4 -Pieces)	\$2.75
Motor Switch	\$3.25
Detachable Motor Cord	\$7.50
Motor Cord (3-Wire)	\$7.50
Oil Seal (Stainless Steel)	\$4.25
Juicer Screen	\$5.75
Juicer Screen Holder	\$6.50
Juicer Blank	\$3.00
Tamper (Food Pusher)	\$4.50
<u>Accessories</u>	
Large-Hole Screen	\$5.75
Nylon Funnel	\$5.00
5" Stainless Steel Sieve	\$5.50
Instruction/Recipe Book	\$2.00

