

# Solo Star II Instruction Manual



## Important Safety Instructions

- Please read all instructions carefully.
- To protect against risk of electric shock, do not submerge motor base in water or other liquids.
- Do not touch the electric plug or outlet with wet hands to avoid electric shock.
- While the machine is in operation, avoid contact with its moving parts.
- Unplug the appliance from the electrical outlet and be sure to switch the machine off before assembling or disassembling and when not in use.
- Do not operate any appliance: with a damaged cord or plug; after the appliance malfunctions; is dropped or is damaged in any manner. Return the appliance to the nearest authorized service center for examination and possible repair.
- Close supervision is necessary when any appliances are used by or near children.
- Do not put any articles such as spoons, forks or knives into the feeding chute.
- Keep fingers out of the feeding chute while it is in operation. Make sure to always use the provided plunger to push down materials.
- Use of attachments not recommended or sold by the manufacturer may cause fire, electrical shock or injury.
- Do not let the cord hanging over the edge of a table or counter.
- Do not let the cord contact any hot surface such as the stove.
- Please refer to "When You Need Service" in case your juicer is not functioning properly.
- Do not disassemble any parts other than those necessary for normal operation or cleaning of your juice extractor.
- Continuous operation of the machine (more than 30 min. of straight use) might cause the motor to overheat. The motor will automatically shut down when over-heated or overloaded. When this occurs, turn the machine off and let the motor cool off for about 30 min before next usage.
- Do not use hot or boiling water (above 40 degree C) to clean the unit and parts. This may damage the parts.
- Do not use any bleach or harsh chemicals.
- Do not use outdoors.
- This machine is made for household use only.
- Please refer to the "INSTRUCTIONS" before operation.
- Your SOLO STAR Juice Extractor should be grounded electrically for proper and safe operation. Use only the 3-prong plug provided, the proper plug or the adapter complying with the electrical safety code in your country.

- Do not use the appliance for other than its intended use.

## Warranty Information

We warrant to you, the end-user customer who has properly registered after purchasing the Solo Star Juice Extractor for a valuable consideration, that the plastic parts and motor will be free from defects in materials and workmanship for a period of 5 years from the date of purchase. All other parts, including but not limited to the Juice and Pulp Containers, Plastic Plunger are not subject to any warranty.

To activate your warranty, you are required to complete and mail the warranty registration card, containing all the requested information, to us within ten (10) days following the purchase of your Solo Star.

- Warranty is only activated after we have actually received the enclosed warranty registration card, containing all the requested information, within ten (10) days of the date of original purchase. The warranty is only good for the original purchaser for value. This warranty is non-transferable.
- If the Solo Star exhibits defects while in normal household use, upon receipt of a written notice of such defects from you during the warranty period, we will, at our option, either repair or replace the Solo Star. Please send the defective machine or parts, by insured mail and in protective packaging\*, delivered to the Solo Star to the location of your service center as set forth. Solo Star may contain re-manufactured or re-conditioned parts, which are equivalent to new in performance.
- We do not warrant that the operation of the Solo Star will be uninterrupted or error free. In no event shall our liability exceed the retail value of the Solo Star.
- All warranty and repair services must be performed at a warranty service center, which is located within the country where the machine was originally purchased. However, in the event that: [i] the machine must be serviced at a service center, which is not located within the country where the machine was purchased; or [ii] there is no service center within the country where the machine is located and must be shipped to a service center in another country, then those service centers are responsible for the parts and service only, and any and all costs relating to the shipping, delivery and handling of the machine to and from those service center shall be the sole responsibility of the owner.

This warranty does not cover defects resulting from: [a] failure to operate the Solo Star in accordance with the instructions; [b] use of parts or supplies not provided or authorized by us; [c] negligent, improper or inadequate maintenance; [d] service performed or attempted by unauthorized service person; [e] damages, accidental or otherwise to the Solo Star, which are not directly caused by us or the manufacturer; or [f] damages resulting from abuse, tampering, misuse, commercial use, or unauthorized modification of the Solo Star.

WE MAKE NO OTHER EXPRESS OR IMPLIED WARRANTY OR CONDITION WHETHER WRITTEN OR ORAL TO THE EXTENT ALLOWED BY LOCAL LAW, ANY IMPLIED WARRANTY OF FITNESS FOR A PARTICULAR PURPOSE OR IMPLIED WARRANTY OR CONDITION OF MERCHANTABILITY IS LIMITED TO ONE (1) YEAR. In the event that such limitation or exclusion on the duration of an implied warranty is not allowed in the state or county wherein you reside, the above limitation or exclusion will not apply. This warranty gives you specific legal rights and protection. You may have other rights that vary from state to state, or country to country.

TO THE EXTENT ALLOWED BY LOCAL LAW, THE REMEDIES IN THIS WARRANTY STATEMENT ARE YOUR SOLE AND EXCLUSIVE REMEDIES. EXCEPT AS INDICATED ABOVE, IN NO EVENT WILL WE BE LIABLE FOR DIRECT, SPECIAL, INCIDENTAL, CONSEQUENTIAL (INCLUDING LOST PROFIT, OR OTHER DAMAGE, WHETHER BASED IN CONTRACT, TORT, OR OTHERWISE. Some states or counties may not allow the exclusion or limitation of incidental or consequential damages. If you reside in such a state or county, the above limitation or exclusion may not be applicable.

**Do not send your Solo Star back to the service center without a return authorization.**

**\*Save Original Shipping Box**

## Solo Star Assembly and Operation

1. Attach the Auger Ring to the Auger (as seen in the picture) then place the hexagon shaft of the Auger into the opening of the Auger Housing Retaining Ring.
2. Slide the Auger Housing over the Auger to the Auger Housing Retaining Ring. While holding the housing stable, turn the Auger Housing Retaining Ring clockwise (right) to lock the Auger Housing in place.
3. Pick the desired screen according to the foods being used and push in.

**\*Juicing Screen:** for juicing leafy greens, vegetables, fruits and nuts.

Place the Juicing Screen into the front end of the Auger Housing. Put the Screen Locking Cap over the screen and turn it counter-clockwise (while holding the housing stable) to lock in position. Attach the Juicing Nozzle (the middle sized opening) to the Screen Locking Cap by turning it counter-clockwise.

- Do not use the First Juice Outlet Plug. Leave the First Juice Outlet open for maximum juice yield.
- Small amounts of pulp can be in juices depending on the produce used.

**\*Homogenizing Screen:** for making Rice Cake/Breadstick, grinding (tomato, garlic, coffee beans, etc.), Pasta noodles (Spaghetti or Fettuccini) or Tofu.

3. Place the First Juice Outlet Plug into the First Juice Outlet by following the instruction and the drawing.
4. Attach the Homogenizing Screen into the Auger Housing. Fasten and turn the Screen Locking Cap counter clockwise to lock in place (while holding the housing stable).
5. Place the desired nozzle into the Screen Locking Cap and turn it counter clockwise.
4. Use the Homogenizing Nozzle (with the smallest hole) for homogenizing and grinding fresh garlic, onion, ginger or peppers.
5. Do not use the Homogenizing Nozzle for dried pepper, coffee beans etc.
6. Insert the Funnel to the Auger Housing. Place the Juice Container underneath the specified Juice Outlets and the Pulp Container underneath the Nozzle (as seen in the drawing). Connect the electric plug on the machine to an electrical outlet.
7. Turn the machine on and feed in fruits and vegetables in small amounts into the Funnel. Use the Plastic Plunger for assistance in pushing down foods.
  - Foods need to be cut into small lengthwise pieces before juicing.
  - There may be some normal squeaking noises while operating.
8. If any hard or foreign objects are put into the machine and results in the motor to stop, use the reverse switch for about 1 to 2 seconds 2-3 times.
  - When you need to use the reverse switch while in its normal operation, press the stop switch first then the reverse switch.
  - Do not use any foreign articles such as spoons, forks or knives for it may result in damage to your machine.
  - Always use the Plastic Plunger during operation.

## Disassembling the Solo Star

- Separate the Screen Locking Cap and Nozzle from the unit by turning clockwise
- Pull to remove the assembled Screen. (For easier disassembly, run the reverse switch on for 2-3 seconds or use butter knife to gently dislodge screen) . After removing screen locking cap and nozzle, and screen, flush with water by pouring water down the feeding chute, while running the machine, with large empty bowl below openings. This does speed cleaning process - keep fingers out of moving parts.
- Turn the Auger Housing Retaining Ring counter-clockwise to separate from the unit.
- Push the front end of the Auger towards the Auger Ring to separate the Auger from the Auger Housing.
- [Important Safety](#)

## When you need service.

In the unlikely event that you do need service on your Solo Star Juice Extractor, or if it fails to function properly while within the warranty period (normal household operation only) - contact the nearest authorized Solo Star Service Center. PLEASE FOLLOW THE INSTRUCTIONS BELOW:

SERVICE CENTER

Tribest Corp. 14109 Pontlavoy Ave.  
Santa Fe Springs, Ca 90670, USA

TEL: 562-623-7150  
1-888-254-7336  
FAX: 562-623-7160  
EMAIL: [service@tribest.com](mailto:service@tribest.com)  
WEBSITE: [www.tribestlife.com](http://www.tribestlife.com)

- Call to obtain a return authorization number to send your unit or part back to the service center. Explain the problem you are experiencing.
- Pack your Solo Star or part securely in the original shipping box. Make sure all necessary parts are enclosed. Fill out the Service Request Form below, detach it and enclose it in the shipping box.
- Securely seal the shipping box with strapping tape.
- Address the box to the service center. Be sure to put your return address and the Return Authorization Number on the outside of the package.
- It is always wise to insure the package against possible damages or loss in transit. Ship prepaid.

Service Request Form ([PDF Form](#))

First Name \_\_\_\_\_ Initial \_\_\_\_\_  
Last Name \_\_\_\_\_  
Address: Street \_\_\_\_\_ Apt # \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone \_\_\_\_\_  
Serial # \_\_\_\_\_ Model# \_\_\_\_\_  
Reason for service request \_\_\_\_\_  
Date of Purchase \_\_\_\_\_ 5. Place of Purchase \_\_\_\_\_  
Name of parcel/post carrier ( In case of damage during delivery) \_\_\_\_\_

## Cleaning the Solo Star

- Be sure to clean and properly store the parts of the unit after using. When the Screens are not cleaned after use, the residue can get dried, blocking the holes from filtering and juicing.
- Use lukewarm water with mild detergent. Do not use hot water or any harsh chemicals such as bleach. This could damage the parts.
- To remove colored stains, soak parts in 70% White Wine Vinegar and 30% Water.

## Trouble Shooting

### Symptom:

### Check to see if:

There is no power:

The electrical cord is properly put into the outlet.

Loud Noise:

The unit is leveled on a flat surface.

The unit corresponds to the voltage in your country.

Difficulty in feeding foods into the machine.

Materials need to be cut into smaller lengthwise pieces.

The machine is operating in reverse.

The motor has stopped:

You have overloaded the unit; reduce volume in half.

Any foreign substances have been inserted.

The Auger Housing is stuck or hard to take out.

The Auger Housing is stuck or hard to take out.

The Auger Housing Retaining Ring is not moving or too tight. Try using the reverse switch 2 -3 times.

The Auger Housing does not fit onto the main body.

There are foreign materials inside.

Juice leaks from the back of the Auger Housing.

The Auger Ring is loose and try reassembling.

That you have not overloaded the unit; reduce the amount of material being put.

## Winter Wonderland Juice

### Ingredients:

1/2 apple  
1 celery stalk  
1 bok choy stalk  
1 chard stalk  
2" unwaxed cucumber  
2 small carrots

Yield: 1 2/3 cup, 2 servings

### Machine Instructions for juicing:

1. Placing the Juicing screen into the front end of the Auger Housing, push in - turning slightly in a clockwise direction.
2. Put the Screen Locking Cap over the screen and turn it counter-clockwise, while holding the housing stable, to lock in position.
3. Attach the Juicing Nozzle (the middle sized opening) to the Screen Locking Cap by turning it counter-clockwise.

- Do not use the First Juice Outlet Plug. Leave the First Juice Outlet open for maximum juice yield.
- Small amounts of pulp can be in juices depending on the produce used.

4. Insert the Funnel to the Auger Housing.
5. Place the Juice Container underneath the specified Juice Outlets and the Pulp Container underneath the Nozzle. Plug in machine.
6. Turn the machine on and slowly feed ingredients in small amounts into the Funnel. Use the Plastic Plunger for assistance in pushing down foods.

- Foods need to be cut into small lengthwise pieces before juicing.
- There may be some normal squeaking noises while operating.

### Juicing Instructions:

1. Juice, alternating ingredients, ending with carrot.
2. Pour juice through strainer, and serve in fancy glasses.

## Digester's Delight

### Ingredients:

1 apple  
2 celery stalks  
1/2 head purple cabbage  
1/2 beet

1/2 lemon (w/rind)

Yield: 1 1/2 cup, 2 servings

Machine Instructions for juicing:

1. Placing the Juicing screen into the front end of the Auger Housing, push in - turning slightly in a clockwise direction.
7. Put the Screen Locking Cap over the screen and turn it counter-clockwise, while holding the housing stable, to lock in position.
8. Attach the Juicing Nozzle (the middle sized opening) to the Screen Locking Cap by turning it counter-clockwise.

- Do not use the First Juice Outlet Plug. Leave the First Juice Outlet open for maximum juice yield.
- Small amounts of pulp can be in juices depending on the produce used.

9. Insert the Funnel to the Auger Housing.
10. Place the Juice Container underneath the specified Juice Outlets and the Pulp Container underneath the Nozzle. Plug in machine.
11. Turn the machine on and slowly feed ingredients in small amounts into the Funnel. Use the Plastic Plunger for assistance in pushing down foods.

- Foods need to be cut into small lengthwise pieces before juicing.
- There may be some normal squeaking noises while operating.

Juicing Instructions:

1. Juice, alternating ingredients, ending with celery.
2. Pour juice through strainer, and serve in fancy glasses.

## Lettuce Tonic

Ingredients:

1 apple  
2 carrots  
1/2 head of romaine lettuce  
1/2 head of red leaf lettuce  
1/2 lemon (w/rind)

Yield: 2 cups, 2 servings

Machine Instructions for juicing:

1. Placing the Juicing screen into the front end of the Auger Housing, push in - turning slightly in a clockwise direction.
23. Put the Screen Locking Cap over the screen and turn it counter-clockwise, while holding the housing stable, to lock in position.
24. Attach the Juicing Nozzle (the middle sized opening) to the Screen Locking Cap by turning it counter-clockwise.

- Do not use the First Juice Outlet Plug. Leave the First Juice Outlet open for maximum juice yield.
- Small amounts of pulp can be in juices depending on the produce used.

25. Insert the Funnel to the Auger Housing.
26. Place the Juice Container underneath the specified Juice Outlets and the Pulp Container underneath the Nozzle. Plug in machine.
27. Turn the machine on and slowly feed ingredients in small amounts into the Funnel. Use the Plastic Plunger for assistance in pushing down foods.

- Foods need to be cut into small lengthwise pieces before juicing.
- There may be some normal squeaking noises while operating.

Juicing Instructions:

1. Juice, alternating ingredients, ending with celery.

2. Pour juice through strainer, and serve in fancy a glass.

## Mellow Yellow Juice

### Ingredients:

1 apple  
2 cucumbers (unwaxed)  
1 yellow squash  
1 yellow bell pepper (remove seeds & stalk)  
3 stalks fennel  
1/2 lemon (w/rind)

Yield: 1 1/2 cup, 2 servings

### Machine Instructions for juicing:

1. Placing the Juicing screen into the front end of the Auger Housing, push in - turning slightly in a clockwise direction.
2. Put the Screen Locking Cap over the screen and turn it counter-clockwise, while holding the housing stable, to lock in position.
3. Attach the Juicing Nozzle (the middle sized opening) to the Screen Locking Cap by turning it counter-clockwise.

- Do not use the First Juice Outlet Plug. Leave the First Juice Outlet open for maximum juice yield.
- Small amounts of pulp can be in juices depending on the produce used.

4. Insert the Funnel to the Auger Housing.
5. Place the Juice Container underneath the specified Juice Outlets and the Pulp Container underneath the Nozzle. Plug in machine.
6. Turn the machine on and slowly feed ingredients in small amounts into the Funnel. Use the Plastic Plunger for assistance in pushing down foods.

- Foods need to be cut into small lengthwise pieces before juicing.
- There may be some normal squeaking noises while operating.

### Juicing Instructions:

1. Juice, alternating ingredients, ending with apple.
2. Pour juice through strainer, and serve in fancy glasses

## Cantaloupe Cream

### Ingredients:

1 cantaloupe (skinned, juice seeds)

Yield: 3 cups, 2 servings

### Machine Instructions for juicing:

1. Placing the Juicing screen into the front end of the Auger Housing, push in - turning slightly in a clockwise direction.
2. Put the Screen Locking Cap over the screen and turn it counter-clockwise, while holding the housing stable, to lock in position.
3. Attach the Juicing Nozzle (the middle sized opening) to the Screen Locking Cap by turning it counter-clockwise.

- Do not use the First Juice Outlet Plug. Leave the First Juice Outlet open for maximum juice yield.
- Small amounts of pulp can be in juices depending on the produce used.

4. Insert the Funnel to the Auger Housing.
5. Place the Juice Container underneath the specified Juice Outlets and the Pulp Container underneath the Nozzle. Plug in machine.

6. Turn the machine on and slowly feed ingredients in small amounts into the Funnel. Use the Plastic Plunger for assistance in pushing down foods.

- Foods need to be cut into small lengthwise pieces before juicing.
- There may be some normal squeaking noises while operating.

Juicing Instructions:

1. Cut rind off cantaloupe, juice 'meat' with seeds. The seeds makes a creamier juice. For a thinner juice - remove the seeds.
2. Serve in fancy glasses.

## Apple Cream Sauce:

Ingredients:

3 apples  
20 soaked almonds  
2 slices fresh ginger  
1/4 fresh lemon  
garnish with dash of cinnamon, lemon wedges

Machine Instructions: Sauce / dressing recipes

1. Placing the Juicing screen into the front end of the Auger Housing, push in - turning slightly in a clockwise direction.
2. Put the Screen Locking Cap over the screen and turn it counter-clockwise, while holding the housing stable, to lock in position.
3. Attach the Juicing Nozzle (the middle sized opening) to the Screen Locking Cap by turning it counter-clockwise.

- Do not use the First Juice Outlet Plug. Leave the First Juice Outlet open for maximum sauce yield.
- Pulp is a part of this kind of recipe.

4. Insert the Funnel to the Auger Housing.
5. Place a bowl large enough to be underneath both the first and second Juice Outlet. Plug in machine.
6. Turn the machine on and slowly feed ingredients into the Funnel. Use the Plastic Plunger for assistance in pushing down foods.

- Foods need to be cut into small lengthwise pieces before processing.
- There may be some normal squeaking noises while operating.

Instructions:

1. Process all ingredients - alternating apples with almonds, lemons and ginger - ending with apples. (Note: this recipe also tastes great substituting pears for apples)
2. Serve in a fancy bowls - garnish with fresh lemon wedges and cinnamon.

Yield: 2 cups

## Rawcous "Ketsup"

Ingredients:

4 red tomatoes  
1 cup soaked dried tomatoes (drain and save soaking water)  
3 pitted dates  
1 clove garlic  
1/4 cup virgin olive oil  
juice of one lemon  
pinch of sea salt  
dash of ground black pepper (Mrs. Dash's lemon garlic pepper is great)

Machine Instructions: Sauce / dressing recipes

1. Placing the Juicing screen into the front end of the Auger Housing, push in - turning slightly in a clockwise direction.
2. Put the Screen Locking Cap over the screen and turn it counter-clockwise, while holding the housing stable, to lock in position.

3. Attach the Juicing Nozzle (the middle sized opening) to the Screen Locking Cap by turning it counter-clockwise.

- Do not use the First Juice Outlet Plug. Leave the First Juice Outlet open for maximum sauce yield.
- Pulp is a part of this kind of recipe.

4. Insert the Funnel to the Auger Housing.

5. Place a bowl large enough to be underneath both the first and second Juice Outlet. Plug in machine.

6. Turn the machine on and slowly feed ingredients into the Funnel. Use the Plastic Plunger for assistance in pushing down foods.

- Foods need to be cut into small lengthwise pieces before processing.
- There may be some normal squeaking noises while operating.

Instructions:

1. Feed fresh and dried tomatoes, dates, and garlic through machine, alternating ingredients.

2. Putting puréed ingredients into a bowl, whisk in olive oil, and lemon juice, spicing to taste with salt and pepper.

3. Store in a glass jar, refrigerate. Will keep for 2 weeks.

Yield: 2 cups sauce

## Pumpkin Seed Pate

Ingredients:

2 cups soaked (rinsed) raw pumpkin seeds

1 - 2 Tbs. miso (red or azuki miso preferred - spicing to taste)

1 Tbs. Red Star Nutritional yeast

1 tsp. fresh lemon juice (or more to taste)

Machine Instructions: 'Homogenizing' recipes

1. Placing the Solid screen into the front end of the Auger Housing, push in - turning slightly in a clockwise direction.

2. Put the Screen Locking Cap over the screen and turn it counter-clockwise, while holding the housing stable, to lock in position.

3. Attach the largest sized Nozzle to the Screen Locking Cap by turning it counter-clockwise.

- Close off the First Juice Outlet with the First Juice Outlet Plug.

4. Insert the Funnel to the Auger Housing.

5. Place a bowl large enough to be underneath both the first and second Juice Outlet. Plug in machine.

6. Turn the machine on and slowly feed ingredients into the Funnel. Use the Plastic Plunger for assistance in pushing down foods.

- Foods need to be cut into small lengthwise pieces before processing.
- There may be some normal squeaking noises while operating.

Instructions:

1. Rinse pumpkin seeds and towel dry. Feed slightly moist seeds into the funnel - catching ingredients into the bowl below opening.

2. With fork, mix miso, nutritional yeast, and lemon juice into mix - seasoning to desired taste.

3. Serve on vegetable chips, crackers, or breads as a pate / spread. Can be refrigerated and used chilled.

Yield: 2 cups

## Almond Dream Candy

Ingredients:

2 cups soaked almonds (rinsed - towel dried)

1/4 cup raw coconut oil (in liquid state)

1/4 cup raw carob powder  
1/2 tsp. stevia (sweeten to taste)  
1/2 tsp. favorite flavoring \*(peppermint, vanilla, coconut, almond, etc.).

- Note: use 1, 2 or any combination of flavorings you like.

Garnish with raw shredded coconut

Machine Instructions: 'Homogenizing' recipes

1. Placing the Solid screen into the front end of the Auger Housing, push in - turning slightly in a clockwise direction.
2. Put the Screen Locking Cap over the screen and turn it counter-clockwise, while holding the housing stable, to lock in position.
3. Attach the largest sized Nozzle to the Screen Locking Cap by turning it counter-clockwise.

- Close off the First Juice Outlet with the First Juice Outlet Plug.

4. Insert the Funnel to the Auger Housing.
5. Place a bowl large enough to be underneath both the first and second Juice Outlet. Plug in machine.
6. Turn the machine on and slowly feed ingredients into the Funnel. Use the Plastic Plunger for assistance in pushing down foods.

- Foods need to be cut into small lengthwise pieces before processing.
- There may be some normal squeaking noises while operating.

Instructions:

1. Take towel dried almonds and put through chute - catching 'dough' in bowl.
2. Melt coconut oil (use just enough heat to get coconut oil to liquid state - do not over heat oil) and add flavorings to oil.
3. Pour seasoned coconut oil over almonds and blend with a fork, adding carob powder slowly (to avoid lumps), sweetening with stevia to taste.
4. Spread the blended mixture in a pyrex casserole dish - about 1/2 inch thick and garnish top with shredded coconut.
5. Refrigerate until solid again, cut into desired portions and serve chilled.

Yield: 8 - 12 squares

## Rockin' Rye Bread Sticks

Ingredients:

2 cups rye berries  
1/2 cup flax seeds  
1/2 cup pumpkin seeds  
1/4 cup caraway seeds  
2 cloves garlic  
1 Tbs. miso (red or barley suggested)  
1 tsp. sea salt (season to taste)

Machine Instructions: 'Homogenizing' recipes

1. Placing the Solid screen into the front end of the Auger Housing, push in - turning slightly in a clockwise direction.
2. Put the Screen Locking Cap over the screen and turn it counter-clockwise, while holding the housing stable, to lock in position.
3. Attach the largest sized Nozzle to the Screen Locking Cap by turning it counter-clockwise.

- Close off the First Juice Outlet with the First Juice Outlet Plug.

4. Insert the Funnel to the Auger Housing.
5. Place a bowl large enough to be underneath both the first and second Juice Outlet. Plug in machine.
6. Turn the machine on and slowly feed ingredients into the Funnel. Use the Plastic Plunger for assistance in pushing down foods.

- Foods need to be cut into small lengthwise pieces before processing.

- There may be some normal squeaking noises while operating.

Instructions:

1. Put rye, flax, pumpkin, and caraway seeds into a bowl, stir together, and cover with 2 parts water to 1 part dry ingredients. Cover with a towel or other permeable substance, and let 'germinate' 8 - 12 hours.
2. Drain water and gently rinse. Let mixture sit in a strainer, with a bowl underneath, covered by a towel for 8 - 12 hours - for sprouting.
3. Spoon feed moist mixture slowly into chute - with dehydrator tray ready to catch dough (which comes out in the shape of a thick bread stick).
3. Dehydrate at 105 degrees to desired crispness - between 6 and 12 hours. Serve warm with pumpkin pate, or dip.

Yield: 30 - 40 bread sticks

## Tropical Delight Sorbet

Ingredients:

- 1 cup frozen pineapple (cut into bite size pieces)
- 1 cup frozen mango (cut into bite size pieces)
- 1/2 cup macadamia nuts

Garnish with raw shredded coconut

Machine Instructions: 'Homogenizing' recipes

1. Placing the Solid screen into the front end of the Auger Housing, push in - turning slightly in a clockwise direction.
2. Put the Screen Locking Cap over the screen and turn it counter-clockwise, while holding the housing stable, to lock in position.
3. Attach the largest sized Nozzle to the Screen Locking Cap by turning it counter-clockwise.

- Close off the First Juice Outlet with the First Juice Outlet Plug.

4. Insert the Funnel to the Auger Housing.
5. Place a bowl large enough to be underneath both the first and second Juice Outlet. Plug in machine.
6. Plastic Plunger for assistance in pushing down foods.

- Foods need to be cut into small lengthwise pieces before processing.
- There may be some normal squeaking noises while operating.

Instructions:

1. Feed chute with ingredients, alternating pineapple, mango and nuts.
2. Serve in parfait glasses, or spread sorbet into a glass pie plate, freeze - serving when sufficiently frozen. Garnish with raw shredded coconut.

Yield: 2 1/2 cups

## Tropical Delight Sorbet

Ingredients:

- 1 cup frozen pineapple (cut into bite size pieces)
- 1 cup frozen mango (cut into bite size pieces)
- 1/2 cup macadamia nuts

Garnish with raw shredded coconut

Machine Instructions: 'Homogenizing' recipes

1. Placing the Solid screen into the front end of the Auger Housing, push in - turning slightly in a clockwise direction.

2. Put the Screen Locking Cap over the screen and turn it counter-clockwise, while holding the housing stable, to lock in position.
3. Attach the largest sized Nozzle to the Screen Locking Cap by turning it counter-clockwise.

- Close off the First Juice Outlet with the First Juice Outlet Plug.

4. Insert the Funnel to the Auger Housing.
5. Place a bowl large enough to be underneath both the first and second Juice Outlet. Plug in machine.
6. Plastic Plunger for assistance in pushing down foods.

- Foods need to be cut into small lengthwise pieces before processing.
- There may be some normal squeaking noises while operating.

Instructions:

1. Feed chute with ingredients, alternating pineapple, mango and nuts.
2. Serve in parfait glasses, or spread sorbet into a glass pie plate, freeze - serving when sufficiently frozen. Garnish with raw shredded coconut.

Yield: 2 1/2 cups