

# HUROM JUICING RECIPES & TIPS



**HUROM**  
Slow Juicer

# HUROM'S TOP 4 JUICES

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## AMAZING GREEN APPLE, LEMON & VANILLA

This recipe is my go to drink when I want to treat myself and impress friends. Including the lemon rind not only boosts the vitamin content from the lemon by 5-10x, but it also delivers a wonderful sherbet like flavour when paired with the green apple. Just make sure you cut that lemon into 9+ pieces as this will help the Hurom press the most out of that tough rind.

The Hurom does a supreme job of scraping the precious vanilla seeds from the bean husk. In order to maximise this process and get the maximum antioxidant goodness and creamy flavour profile of the vanilla, make sure you cut the bean into 1cm pieces which will help avoid the husk clogging the Hurom.

Oh, and just when you thought it couldn't get any better... try throwing in a few strawberries to really send this extraordinary tasting juice into another orbit.

- 4 green apples
- 1/2 lemon including skin
- 1 vanilla bean
- 4-6 strawberries

## GREEN MACHINE

As any Hurom owner will tell you, the key to consistent regular juicing is speed and convenience - two things that the Hurom excels in. But there's another almost equally important aspect to juicing and especially juicing for health which is often overlooked. And it's that of taste. You can have the healthiest juice in the world but if it tastes woeful then who's going to want to drink that on a regular basis? I developed the Green Machine after having made all too many "green juices" which tasted frankly awful.

Now I'm not going to tell you that this recipe has everything you'll ever need in a juice, but if you're in a rush and just want to get a good dose of vital green juice into you, and you want it to taste great, then Green Machine is the juice for you. Again the combination of the green apple (which has a comparatively low sugar content compared with most fruits) and lemon works wonders and overrides any yuk factor that your choice of leafy green brings to the party.

- 4 green apples
- 1/2 lemon including skin
- Bunch of your favourite seasonal greens

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## VIRGIN MARY

This is a recipe I shared with one of the world's top cocktail bars, the members club @ The Ivy in Sydney. It's fair to say it blew the staff away at the Hurom demonstration.

As a long term Hurom user, I always felt that the concept of a Virgin Mary (or Bloody Mary if you so chose!) could easily be improved upon by simply doing away with the cartoned / bottled tomato juices just about all Mary variants are made with and build the juice up from scratch with an all-fresh ingredient cast that will blow your mind with flavours and nutrients. I encourage you to play around with the quantities to suit your tastes. When I'm at home I'll double the chili and garlic as I have a particularly spicy palette.

- 3-4 tomatoes
- 1/2 red capsicum
- 1/2 cup cucumber
- 1/2 cup carrots
- 1 garlic celery sticks
- 1 garlic clove, peeled
- 1 hot chili



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## COCOMONDILLA MILK

Nectar of the Gods? Well modesty prevents me from making that claim in so many words but this all-raw, dairy free milk is about as good as it gets.

Firstly you need to soak your almonds (chemical free or organic if possible) over night in a bowl of water (fill to an inch above the almonds) with 1/2 tsp of good quality salt. I keep the bowl in the fridge to ensure the almonds are cool for processing which ensures the best press in the Hurom. The next day I'll rinse the almonds thoroughly (this removed the enzyme inhibitors which are a not digestive friendly) in a colander and mix in the 1cm cut pieces of vanilla.

Now for the fun part - simply place a handful of almonds into the Hurom feeder chute whilst pouring in your chilled coconut water. Pouring the coconut water from a bottle makes this job easier. For those of you with a Juice Cap fitted to your Hurom, this process is simplified further by closing the Juice Cap and managing the proportions based on the bowl capacity.

Variants of this milk can be made by using different nuts such as brazils, macadamias and hazelnuts. You can switch the coconut water for just filtered water and sweeten with dried fruit (dates and figs work great) which has been soaked in a small amount of water overnight (include the syrup that results in this process!).

Finally, if you want to make the most amazing chocolate milk you'll ever taste, simply soak 50gms of cacao nibs in coconut water over night and process through the Hurom with the nuts.

- 200-250g Raw Almonds
- 800 ml Coconut Water
- 1 Vanilla Bean
- 50g cacao nibs (optional for chocolate milk)



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For superior results with the Hurom

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## 1 CUT SMALL

The smaller your cut of product the better the results - general rule of thumb is cut to the size you would put in your mouth to eat.

## 2 CUT FIBEROUS LENGTHS

Whole pieces of celery, leafy greens and vanilla beans will all do a great job of blocking up your Hurom. Anything with lengths of fibre should be cut down to 1cm pieces to avoid blockages.

## 3 CHILL

Refrigerate everything you put in the Hurom. Refrigeration has the effect of crisping the product and thus lending itself to being better pressed by the Hurom. Refrigeration also ensures your juice will taste its best as room temperature juices really just don't compare to chilled ones.

## 4 LUBRICATE

If you're juicing leafy greens a lot then try pouring 1-2 tablespoons of your favourite edible oil into the Hurom prior to juicing the greens. The effect of this is elimination of frictional heat and dense foaming that can often occur when pressing dry leafy greens. I recommend trying Udo's Oil or a good quality flax or nut oil.

Coconut oil becomes solid at cooler temperatures so assuming you're following the previous point it doesn't work so well.