

SLOW JUICER

RECIPES



KitchenAid®

SLOW JUICER

RECIPES

KitchenAid®



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Pictured on the front cover: Cucumber Refresher (page 40).

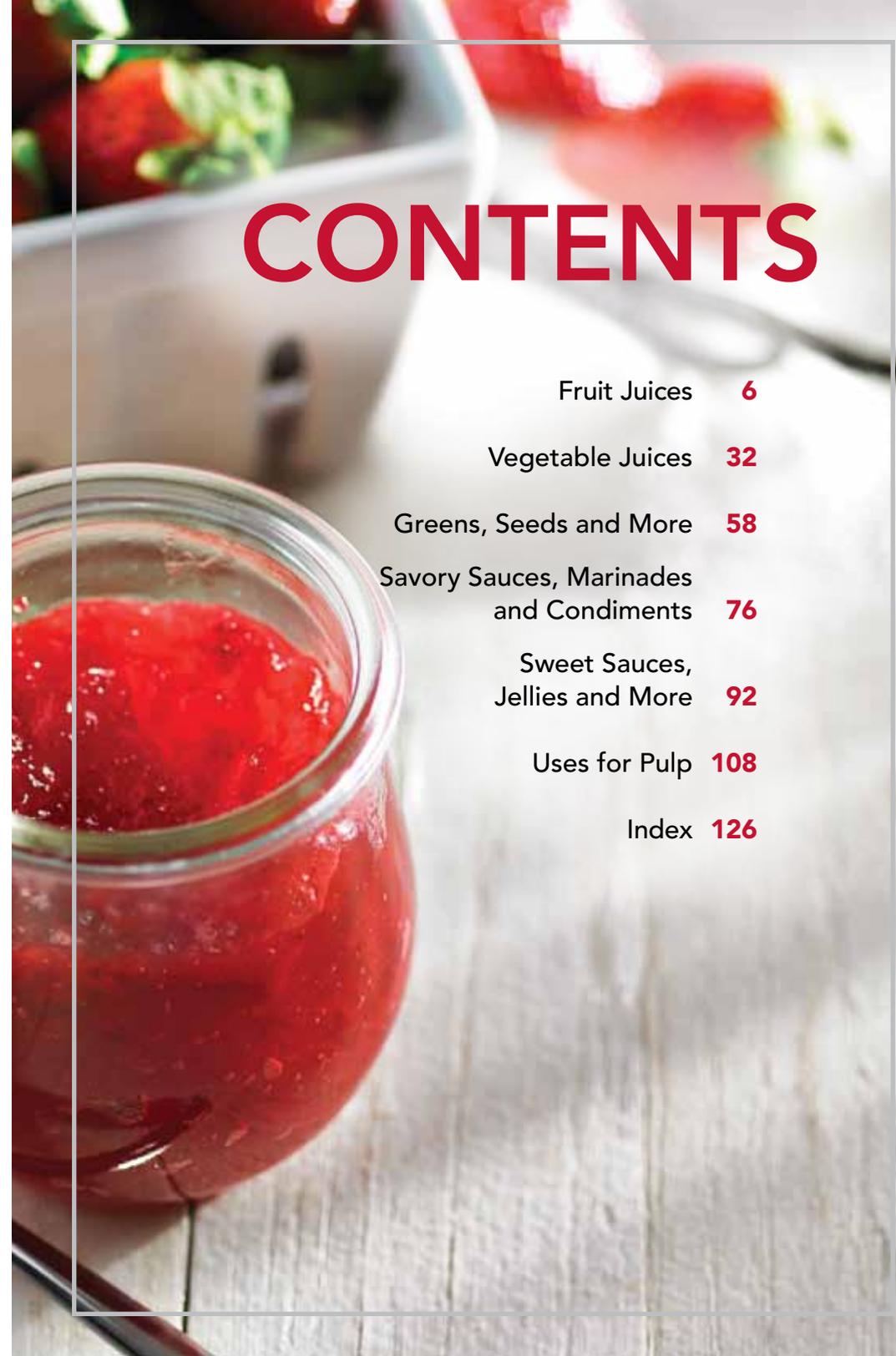
Pictured on the back cover (left to right, top to bottom): Winter Fruit (page 10), Carrot Ginger (page 38), Wheatgrass Blast (page 70), Lemon Basil Marinade (page 90), Strawberry Vanilla Jam (page 96) and Farro Veggie Burgers (page 118).

Manufactured in China.

8 7 6 5 4 3 2 1

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MAXIMUM EXTRACTION SLOW JUICER

Fresh fruits. Fresh vegetables. Fresh results. Take your culinary creativity to new heights with over 50 new recipes that will inspire and delight; each recipe has been rigorously tested and earned the KitchenAid®

Official Recipe Seal of Approval. Discover easy to prepare, nutritious and tasty recipes using a variety of fresh fruits and vegetables.

Start the day with an Apple Carrot Zinger, then power back up for lunch with a refreshing Wheatgrass Blast. But don't stop there... keep the juices flowing with an energizing Papaya Power Juice for a late afternoon kick. And make the best use of the pulp with Zucchini Date Bread or Sweet Vegetable Fritters.

Just like your favorite fresh market stand, we guarantee you'll be returning to this recipe book and your juicer for fresh results daily.



FRUIT JUICES

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Sweet and Spicy Citrus 26

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SWEET AND SOUR

- ½ grapefruit, peeled**
- ⅛ papaya, peeled and seeded**
- 1½ cups raspberries**

- 1** Assemble KitchenAid® Slow Juicer with desired pulp screen. Cut grapefruit and papaya to fit in feed chute.
- 2** Juice raspberries, papaya and grapefruit. Stir; serve immediately.

Makes 2 servings



WINTER FRUIT

- 1 Gala apple, cored
- 1 Anjou pear
- 1 navel orange, peeled

- 1 Assemble KitchenAid® Slow Juicer with medium pulp screen. Cut apple, pear and orange to fit in feed chute.
- 2 Juice apple, pear and orange. Stir; serve immediately.

Makes 2 servings



TROPICAL FRUIT FLING

- ¼ pineapple, peeled
- 1 orange, peeled
- ½ mango, peeled
- ½ cup strawberries, hulled
- ½ cup coconut water

- 1 Assemble KitchenAid® Slow Juicer with desired pulp screen. Cut pineapple, orange and mango to fit in feed chute, if necessary.
- 2 Juice strawberries, mango, orange and pineapple. Stir in coconut water; serve immediately.

Makes 2 servings

Note: Use the leftover pulp from this juice to make Fruit Leather Rolls (page 116). Use the fine pulp screen and make two batches of juice to get enough pulp.



PINK POWER

- ¼ small watermelon, rind removed**
- 1 tomato**
- 1 lemon, peeled and seeded**

- 1** Assemble KitchenAid® Slow Juicer with medium pulp screen. Cut watermelon and tomato to fit in feed chute.
- 2** Juice watermelon, tomato and lemon. Stir; serve immediately.

Makes 2 servings

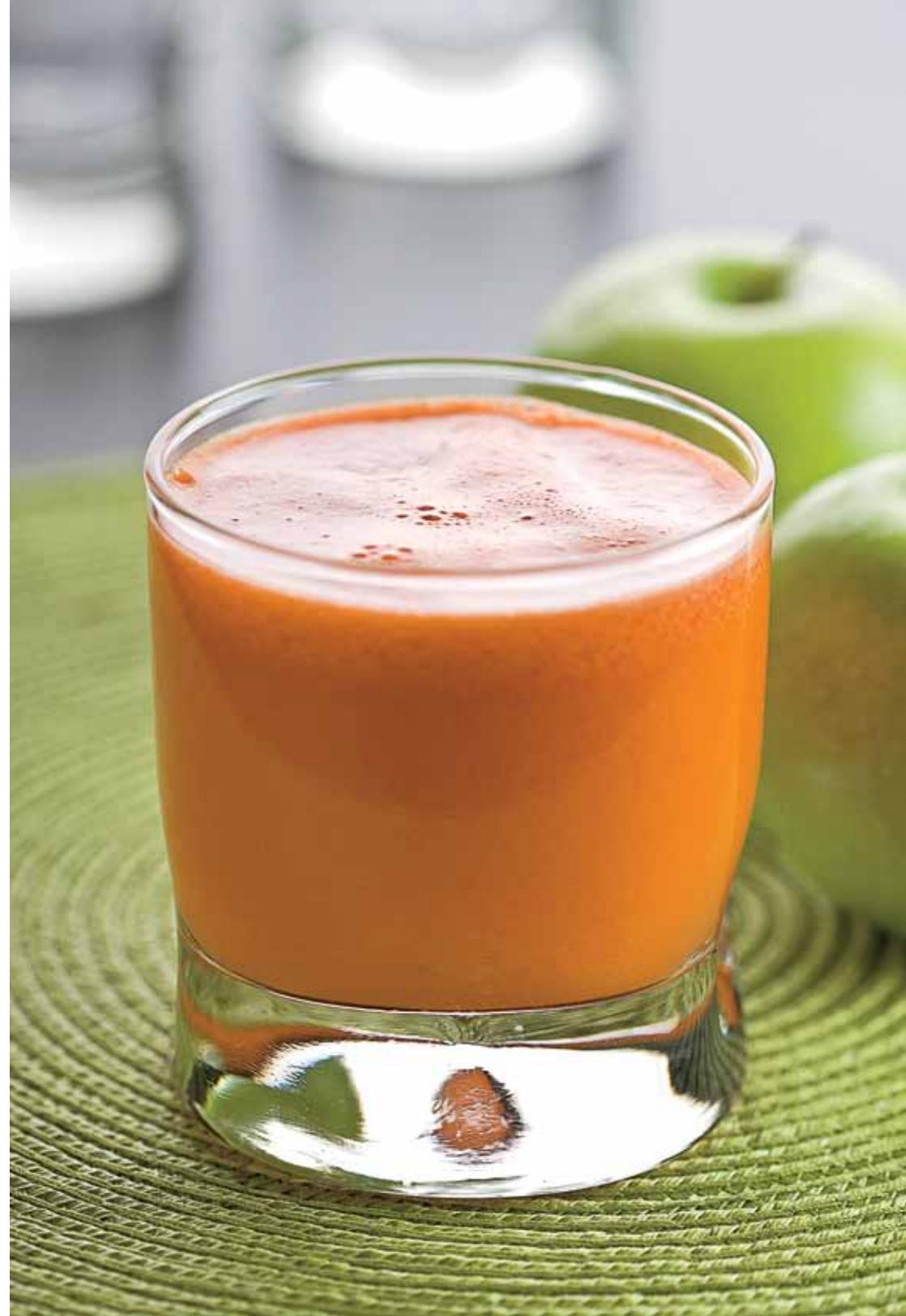


APPLE CARROT ZINGER

- 2 apples, cored
- 4 carrots, ends trimmed
- ¼ cucumber
- 1 inch fresh ginger, peeled

- 1 Assemble KitchenAid® Slow Juicer with desired pulp screen. Cut apple to fit in feed chute.
- 2 Juice carrots, apples, cucumber and ginger. Stir; serve immediately.

Makes 2 servings



ORCHARD

CRUSH

- 2 apples, cored**
- 1 cup raspberries**
- 1 cup strawberries, hulled**

- 1** Assemble KitchenAid® Slow Juicer with desired pulp screen. Cut apples to fit in feed chute.
- 2** Juice apples, raspberries and strawberries. Stir; serve immediately.

Makes 2 servings



VITAMIN C

- 6 large strawberries, hulled
- 1 kiwi, peeled
- ½ cup chopped peeled mango

- 1 Assemble KitchenAid® Slow Juicer with desired pulp screen.
- 2 Juice strawberries, kiwi and mango. Stir; serve immediately.

Makes 1 serving



FANTASTIC

FIVE

- 1 tangerine, peeled
- ½ peach, pitted
- ½ apple, cored
- ½ pear
- ½ cup green seedless grapes

- 1 Assemble KitchenAid® Slow Juicer with desired pulp screen.
- 2 Juice tangerine, peach, apple, pear and grapes. Stir; serve immediately.

Makes 2 servings

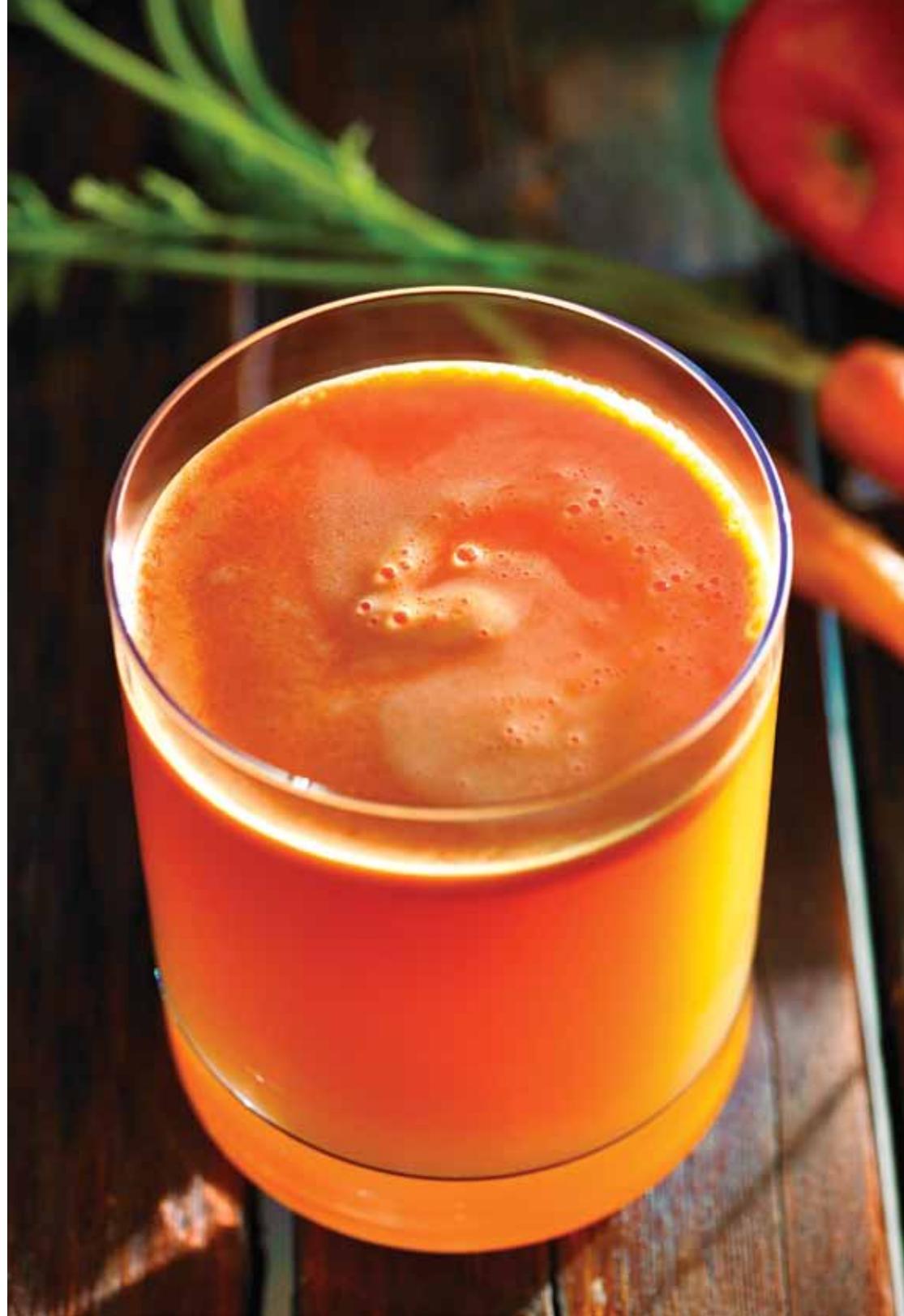


APPLE, TATER AND CARROT

- 4 apples, cored
- 1 sweet potato, peeled
- 1 carrot, ends trimmed

- 1 Assemble KitchenAid® Slow Juicer with desired pulp screen. Cut apples and sweet potato to fit in feed chute.
- 2 Juice apples, sweet potato and carrots. Stir; serve immediately.

Makes 4 servings



SWEET AND SPICY

CITRUS

- 1 orange or 2 clementines, peeled
- 5 carrots, ends trimmed
- $\frac{1}{3}$ cup strawberries, hulled
- 1 lemon, peeled and seeded
- $\frac{1}{2}$ inch fresh ginger, peeled

- 1 Assemble KitchenAid® Slow Juicer with desired pulp screen. Cut orange to fit in feed chute.
- 2 Juice carrots, strawberries, orange, lemon and ginger. Stir; serve immediately.

Makes 2 servings



TROPICAL TWIST

- 1/8 seedless watermelon, rind removed
- 1 orange, peeled
- 1/2 mango, peeled
- 1/8 pineapple, peeled
- 1/3 cup strawberries, hulled

- 1 Assemble KitchenAid® Slow Juicer with desired pulp screen. Cut watermelon, orange, mango and pineapple to fit in feed chute, if necessary.
- 2 Juice watermelon, orange, mango, strawberries and pineapple. Stir; serve immediately.

Makes 1 serving

Note: Use the leftover pulp from this juice to make Zucchini Date Bread (page 124). Use the fine pulp screen for the maximum amount of pulp.



POMEGRANATE APPLE

- 1 Gala apple, cored
- 1½ cups pomegranate seeds

- 1 Assemble KitchenAid® Slow Juicer with large pulp screen. Cut apple to fit in feed chute.
- 2 Juice apple and pomegranate seeds. Stir; serve immediately.

Makes 2 servings



VEGETABLE JUICES

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DOUBLE GREEN

PINEAPPLE

- ¼ pineapple, peeled
- 4 leaves Swiss chard
- 4 leaves kale

- 1 Assemble KitchenAid® Slow Juicer with large pulp screen. Cut pineapple to fit in feed chute, if necessary.
- 2 Juice Swiss chard, kale and pineapple. Stir; serve immediately.

Makes 1 serving



RUBY

RED

- 1 small apple, cored
- 1 beet, peeled
- 3 medium carrots, ends trimmed
- ½ cup packed kale leaves

- 1 Assemble KitchenAid® Slow Juicer with fine pulp screen. Cut apple and beet to fit in feed chute.
- 2 Juice apple, beet, carrots and kale. Stir; serve immediately.

Makes 1 serving

Note: Use the leftover pulp from this juice to make Sweet Vegetable Fritters (page 120). Peel the carrots before juicing to get pulp with a better consistency for the fritters. Juice with the fine pulp screen for the maximum amount of pulp.



CARROT GINGER

12 small to medium carrots, ends trimmed
½ inch fresh ginger, peeled

- 1 Assemble KitchenAid® Slow Juicer with desired pulp screen.
- 2 Juice carrots and ginger. Stir; serve immediately.

Makes 1 serving



CUCUMBER REFRESHER

- 2 large English cucumbers
- 1 cup packed fresh spinach
- ½ lemon, peeled and seeded

- 1 Assemble KitchenAid® Slow Juicer with desired pulp screen. Cut cucumbers to fit in feed chute, if necessary.
- 2 Juice cucumber, spinach and lemon. Stir; serve immediately.

Makes 2 servings

Note: For a sweeter juice, add one apple, quartered and cored.



JICAMA

PEAR CARROT

- 1 cup cut-up peeled jicama
- ½ pear
- 2 large or 3 medium carrots, ends trimmed
- ½ inch fresh ginger, peeled
- Pinch ground red pepper (optional)

- 1 Assemble KitchenAid® Slow Juicer with fine pulp screen.
- 2 Juice jicama, pear, carrots and ginger. Stir in red pepper until well blended or sprinkle over juice, if desired. Serve immediately.

Makes 1 serving

Note: Use the leftover pulp from the juice to make Quinoa Cakes (page 112). Peel the pear and the carrots before juicing to get pulp with a better consistency. Use the fine pulp screen for the maximum amount of pulp.



CITRUS SPROUT

- 1 cup brussels sprouts
- 1 orange, peeled
- ½ apple, cored
- ½ lemon, peeled and seeded
- 4 leaves romaine lettuce

- 1 Assemble KitchenAid® Slow Juicer with desired pulp screen. Cut brussels sprouts into quarters. Cut orange to fit in feed chute, if necessary.
- 2 Juice apple, orange, lemon, romaine and brussels sprouts. Stir; serve immediately.

Makes 1 serving



BACK TO YOUR ROOTS

- 2 beets, peeled
- 1 turnip
- 1 sweet potato, peeled
- 2 carrots, ends trimmed
- 2 parsnips, ends trimmed

- 1 Assemble KitchenAid® Slow Juicer with desired pulp screen. Cut beets, turnip and sweet potato to fit in feed chute.
- 2 Juice beets, carrots, parsnips, turnip and sweet potato. Stir; serve immediately.

Makes 2 servings

Note: Use the leftover pulp from this juice to make Corn Fritters (page 122). Peel the turnip, carrots and parsnips before juicing to get pulp with a better consistency for the fritters. Juice with the fine pulp screen for the maximum amount of pulp.



TRIPLE PEPPER

- 2 apples, cored
- 1 red bell pepper, stemmed
- 1 yellow bell pepper, stemmed
- ½ jalapeño pepper, stemmed

- 1 Assemble KitchenAid® Slow Juicer with desired pulp screen. Cut apples and bell peppers to fit in feed chute.
- 2 Juice apples, bell peppers and jalapeño pepper. Stir; serve immediately.

Makes 2 servings

Note: Use the leftover pulp from this juice to make Bell Pepper Marinara (page 110). Juice with the fine pulp screen for the maximum amount of pulp.



FIERY CUCUMBER BEET

- 1 cucumber
- 1 beet, peeled
- 1 lemon, peeled and seeded
- ½ jalapeño pepper, stemmed
- 1 inch fresh ginger, peeled

- 1 Assemble KitchenAid® Slow Juicer with fine pulp screen. Cut cucumber and beet to fit in feed chute, if necessary.
- 2 Juice cucumber, beet, lemon, jalapeño pepper and ginger. Stir; serve immediately.

Makes 2 servings

Note: Use the leftover pulp from this juice to make Farro Veggie Burgers (page 118). Juice with the fine pulp screen for the maximum amount of pulp.



PARSNIP PARTY

- 1 apple, cored
- 1 pear
- ½ bulb fennel
- 3 parsnips, ends trimmed
- ½ cup fresh parsley

- 1 Assemble KitchenAid® Slow Juicer with desired pulp screen. Cut apple, pear and fennel to fit in feed chute.
- 2 Juice parsnips, apple, pear, fennel and parsley. Stir; serve immediately.

Makes 2 servings



SPICY CARROT BLEND

- 5 carrots, ends trimmed
- 2 radishes
- ½ inch fresh ginger, peeled

- 1 Assemble KitchenAid® Slow Juicer with desired pulp screen.
- 2 Juice carrots, radishes and ginger. Stir; serve immediately.

Makes 1 serving



GO GREEN

- 2 cucumbers
- 1 pear
- 2 cups fresh spinach
- ½ lemon, peeled and seeded
- 1 inch fresh ginger, peeled

- 1 Assemble KitchenAid® Slow Juicer with desired pulp screen. Cut cucumbers and pear to fit in feed chute.
- 2 Juice cucumbers, pear, spinach, lemon and ginger. Stir; serve immediately.

Makes 2 servings

Note: Use the leftover spinach pulp from this juice to make Turkey Spinach Lasagna (page 114). Juice the spinach first and set the pulp aside before juicing the remaining ingredients. Juice with the fine pulp screen for the maximum amount of pulp.



GREENS, SEEDS AND MORE

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PAPAYA

POWER

- 1/4 papaya, peeled and seeded
- 1 orange, peeled
- 3/4 cup fresh parsley
- 1 clove garlic
- 2 tablespoons soy protein powder

- 1 Assemble KitchenAid® Slow Juicer with desired pulp screen. Cut papaya and orange to fit in feed chute.
- 2 Juice papaya, orange, parsley and garlic. Stir in soy protein powder until well blended; serve immediately.

Makes 2 servings



ZESTY VEGETABLE BLEND

- 4 carrots, ends trimmed
- 1 cup broccoli rabe or other dark greens
- 1 cup watercress
- 1 (2-inch) piece jicama, peeled
- 1 lemon, peeled and seeded
- 1 tablespoon flaxseed oil

- 1 Assemble KitchenAid® Slow Juicer with desired pulp screen.
- 2 Juice carrots, broccoli rabe, watercress, jicama and lemon. Stir in flaxseed oil until well blended; serve immediately.

Makes 2 servings



HONEY

SPICE

- 1 grapefruit, peeled
- ¼ pineapple, peeled
- ½ inch fresh ginger, peeled
- 4 whole cloves
- 1 teaspoon honey

- 1 Assemble KitchenAid® Slow Juicer with desired pulp screen. Cut grapefruit and pineapple to fit in feed chute.
- 2 Juice grapefruit, pineapple and ginger. Stir. Pour into medium saucepan. Add cloves and honey; simmer over low heat until heated through. Remove from heat; let stand 5 minutes. Strain through fine-mesh sieve.

Makes 2 servings



RAINBOW

- 1 Asian pear, cored
- 1 apple, cored
- 1 beet, peeled
- ¼ head green cabbage
- 1 carrot, ends trimmed
- 8 leaves Swiss chard
- 1 teaspoon finely ground chia seeds

- 1 Assemble KitchenAid® Slow Juicer with desired pulp screen. Cut pear, apple, beet and cabbage to fit in feed chute.
- 2 Juice Swiss chard, pear, apple, beet, carrot and cabbage. Stir in chia seeds until well blended; serve immediately.

Makes 2 servings



TANGY TWIST

- 1 grapefruit, peeled
- 1 apple, cored
- 1 beet, peeled
- 4 carrots, ends trimmed
- 1 inch fresh ginger, peeled
- 1 tablespoon ground flaxseed
- Ice cubes (optional)

- 1 Assemble KitchenAid® Slow Juicer with desired pulp screen. Cut grapefruit, apple and beet to fit in feed chute.
- 2 Juice grapefruit, apple, beet, carrots and ginger. Stir in flaxseed until well blended; serve immediately over ice, if desired.

Makes 3 servings



WHEATGRASS BLAST

- 1 apple, cored
- 1 cup wheatgrass
- ½ lemon, peeled and seeded
- 3 sprigs fresh mint

- 1 Assemble KitchenAid® Slow Juicer with desired pulp screen. Cut apple to fit in feed chute.
- 2 Juice apple, wheatgrass, lemon and mint. Stir; serve immediately.

Makes 1 serving



SPROUT

APPLE CARROT

- 2 apples, cored
- 1 carrot, ends trimmed
- 1 cup alfalfa sprouts
- 1 cup bean sprouts
- 4 sprigs fresh parsley

- 1 Assemble KitchenAid® Slow Juicer with desired pulp screen. Cut apples to fit in feed chute.
- 2 Juice apples, carrot, alfalfa sprouts, bean sprouts and parsley. Stir; serve immediately.

Makes 2 servings



GARDEN PATCH

- 1 yellow bell pepper, stemmed
- 1 apple, cored
- 1 beet, peeled
- ½ sweet potato, peeled
- 2 carrots, ends trimmed
- 1 cup broccoli florets
- 1 cup fresh parsley
- 2 teaspoons powdered spirulina (green algae)

- 1 Assemble KitchenAid® Slow Juicer with desired pulp screen. Cut bell pepper, apple, beet and sweet potato to fit in feed chute.
- 2 Juice bell pepper, apple, beet, sweet potato, carrots, broccoli and parsley. Stir in spirulina until well blended; serve immediately.

Makes 2 servings





SAVORY SAUCES, MARINADES AND CONDIMENTS

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CILANTRO

LIME MARINADE

- 4 limes, peeled
- 1 small yellow onion, quartered
- 1 cup packed fresh cilantro
- 6 tablespoons extra virgin olive oil
- 1 tablespoon sugar
- 1 teaspoon coarse salt
- ½ teaspoon freshly ground black pepper

- 1 Assemble KitchenAid® Slow Juicer with low pulp screen. Juice 2 limes, onion, cilantro and remaining 2 limes. Pour juice into jar with tight-fitting lid.
- 2 Add olive oil, sugar, salt and pepper; seal jar and shake to blend. Store in refrigerator up to 2 weeks.

Makes 1½ cups

Serving Suggestion: Marinate chicken 20 to 30 minutes and grill until cooked through. Thinly slice the chicken and serve it in corn tortillas with cabbage and drizzle with additional marinade.



TOMATO MANGO KETCHUP

- 1 pound plum tomatoes, halved or 1 can (14 ounces) whole Italian plum tomatoes
- 1 large mango, peeled, pitted and quartered
- ½ medium onion
- 1 clove garlic
- 2 tablespoons sugar
- 3 tablespoons white vinegar
- 1 tablespoon tomato paste
- Salt and freshly ground black pepper

- 1 Assemble KitchenAid® Slow Juicer with sauce screen (pulp control closed). Juice tomatoes, mango, onion and garlic. (If using canned tomatoes, reserve juice and add to saucepan in step 2).
- 2 Combine juice, sugar, vinegar and tomato paste in medium saucepan. Bring to a boil over medium-high heat. Reduce heat to low; simmer 30 to 40 minutes or until mixture is significantly reduced and reaches desired consistency. Season with salt and pepper. Cool completely. Store in airtight jar or container in refrigerator 1 to 2 weeks.

Makes $\frac{3}{4}$ cup

Note: For smoother ketchup, process cooled ketchup in a food processor until desired consistency is reached.



CLASSIC TOMATO SAUCE

- 3½ pounds fresh plum tomatoes
 - 1 carrot, ends trimmed
 - 1 tablespoon extra virgin olive oil
 - 1 tablespoon butter
 - ½ medium onion, finely chopped
 - 2 cloves garlic, minced
 - ½ teaspoon dried oregano
 - ¼ teaspoon salt
 - ¼ teaspoon freshly ground black pepper
- Hot cooked pasta and Parmesan cheese

- 1 Assemble KitchenAid® Slow Juicer with sauce screen (pulp control closed). Juice tomatoes and carrot.
- 2 Heat olive oil and butter in large saucepan over medium heat until mixture is frothy. Add onion and garlic; sauté about 1 minute or until fragrant. Add juice and oregano; bring to a simmer. Simmer 1 to 1½ hours or until sauce thickens to desired consistency, stirring occasionally. Season with salt and pepper. Serve over pasta with cheese.
- 3 Store leftover sauce in an airtight container in refrigerator up 5 days or freeze up to 3 months.

Makes about 3½ cups



ORANGE GINGER MARINADE

- 3 large navel oranges, peeled and halved
- 4 ounces fresh ginger, peeled and cut into chunks
- ¼ cup dark sesame oil
- 1 tablespoon honey
- 1 teaspoon coarse salt
- ½ teaspoon freshly ground black pepper

- 1 Assemble KitchenAid® Slow Juicer with fine pulp screen. Juice oranges and ginger. Measure 1¾ cups juice; pour into jar with tight-fitting lid.
- 2 Add sesame oil, honey, salt and pepper; seal jar and shake to blend. Store in refrigerator up to 2 weeks.

Makes 2 cups

Serving Suggestion: Use as a marinade for grilled salmon.



CILANTRO LIME

VINAIGRETTE

- 2 cups packed fresh cilantro
- 2 limes, peeled
- 1 Granny Smith apple, quartered and cored
- ½ inch fresh ginger
- 1 clove garlic
- ½ cup grapeseed oil or light olive oil
- 1 teaspoon agave nectar or honey
- ½ teaspoon dark sesame oil
- Salt and freshly ground black pepper

- 1 Assemble KitchenAid® Slow Juicer with large pulp screen. Juice cilantro, limes, apple, ginger and garlic. Pour juice into medium bowl.
- 2 Add grapeseed oil in slow, steady stream, whisking constantly until blended. Whisk in agave nectar and sesame oil. Season with salt and pepper. Store in airtight jar or container in refrigerator up to 3 days (dressing will discolor slightly but taste will not be affected).

Makes 1¼ cups



TOFU

CARROT CURRY

- 1 pound carrots, ends trimmed
- 2 medium sweet potatoes (about $\frac{3}{4}$ pound), peeled and quartered
- 1 apple, quartered and cored
- 1 clove garlic
- 1 inch fresh ginger, peeled
- 2 teaspoons extra virgin olive oil
- 1 tablespoon Thai red curry paste
- 3 cups vegetable broth
- 1 cup light coconut milk
- 1 tablespoon fresh lime juice
- 1 tablespoon soy sauce
- 1 package (14 ounces) firm or extra firm tofu, drained and cut into cubes

- 1 Assemble KitchenAid® Slow Juicer with fine pulp screen. Juice carrots, sweet potatoes, apple, garlic and ginger. Measure 1 cup juice.
- 2 Heat olive oil in medium saucepan over medium heat. Add curry paste; cook and stir 1 minute or until fragrant. Add juice and broth; bring to a simmer. Stir in coconut milk, lime juice and soy sauce. Add tofu; cook until heated through. Serve warm.

Makes 4 servings



LEMON BASIL MARINADE

- 5 lemons, peeled and seeded
- 1 cup packed fresh basil leaves
- 6 cloves garlic
- 6 tablespoons extra virgin olive oil
- 1 teaspoon coarse salt
- ½ teaspoon freshly ground black pepper

- 1 Assemble KitchenAid® Slow Juicer with fine pulp screen. Juice 2 lemons, basil, garlic and remaining 3 lemons. Pour juice into jar with tight-fitting lid.
- 2 Add olive oil, salt and pepper; seal jar and shake to blend. Store in airtight jar or container in refrigerator up to 2 weeks.

Makes 2 cups

Note: Use as a marinade or as a salad dressing.





SWEET SAUCES, JELLIES AND MORE

Triple Citrus Jelly 94

Strawberry Vanilla Jam 96

Spiced Apple Pear Sauce 98

Mango Curd 100

Blackberry Granita 102

Pear Caramel Sauce 104

Pineapple Orange Jelly 106



TRIPLE CITRUS JELLY

- 6 navel oranges, peeled and halved
- 4 lemons, peeled and seeded
- 3 large grapefruit, peeled and quartered
- 2 cups sugar
- 3 tablespoons powdered pectin
- 3 (½-pint) canning jars

- 1 Assemble KitchenAid® Slow Juicer with large pulp screen. Juice oranges, lemons and grapefruit. Measure 4 cups juice; pour into 5-quart saucepan.
- 2 Whisk sugar and pectin in medium bowl; add to juice. Bring to a boil over high heat. Boil 15 to 20 minutes or until thickened, stirring frequently. Jelly is done cooking when it forms thick layer on side of pan and registers 221°F when tested with candy thermometer. Transfer jam to clean, hot jars. Wipe off any jelly from tops of jars; seal jars.
- 3 Meanwhile, fill stockpot with enough water to cover jars; bring to a boil over high heat. Reduce heat slightly to stop boiling; carefully lower jars into water. Add additional water to fully submerge jars, if necessary. Return water to a boil; boil 10 minutes. Carefully remove jars from stockpot; cool on kitchen towel. Store sealed jars at room temperature up to 1 year.

Makes 3 (½-pint) jars



STRAWBERRY

VANILLA JAM

- 3 pounds strawberries, hulled**
- 1½ cups sugar**
- 4 teaspoons powdered pectin**
- 1 vanilla bean, split and seeds removed**
- ¾ teaspoon lemon juice**
- 3 (½-pint) canning jars**

- 1** Assemble KitchenAid® Slow Juicer with large pulp screen. Juice strawberries; reserve juice for another use. Measure 3 cups pulp; place in 5-quart saucepan.
- 2** Whisk sugar, pectin and vanilla seeds in medium bowl; add to saucepan. Bring to a boil over high heat. Boil 10 minutes, stirring frequently. Stir in lemon juice; cook 5 minutes or until thickened. Jam is done cooking when it forms thick layer on side of pan. Transfer jam to clean, hot jars. Wipe off any jam from tops of jars; seal jars.
- 3** Meanwhile, fill stockpot with enough water to cover jars; bring to a boil over high heat. Reduce heat slightly to stop boiling; carefully lower jars into water. Add additional water to fully submerge jars, if necessary. Return water to a boil; boil 10 minutes. Carefully remove jars from stockpot; cool on kitchen towel. Store sealed jars at room temperature up to 1 year.

Makes 3 (½-pint) jars



SPICED APPLE PEAR SAUCE

- 1 pound pears, quartered
- 2 to 2½ pounds apples, peeled, quartered and cored
- ¼ cup packed brown sugar
- 1 teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- ¼ teaspoon ground cloves

- 1 Assemble KitchenAid® Slow Juicer with saucing screen (pulp control closed). Juice pears and enough apples to yield 4 cups of pulp. Combine pulp, brown sugar, cinnamon, nutmeg and cloves in medium saucepan. Simmer over medium-low heat until thickened to desired consistency.
- 2 Cool to room temperature. Store in airtight jar or container in refrigerator 2 to 3 weeks.

Makes 4 cups sauce



MANGO

CURD

- 1 ripe mango, peeled, pitted and quartered
- 2 egg yolks
- 1 egg
- 1/3 cup sugar
- 3 tablespoons fresh lime juice
- Pinch salt
- 3 tablespoons butter, cubed

- 1 Assemble KitchenAid® Slow Juicer with fine pulp screen. Juice mango. Measure 1/2 cup juice.
- 2 Whisk egg yolks, egg and sugar in top of double boiler until light and frothy. Whisk in mango juice, lime juice, and salt. Cook over simmering water 12 to 15 minutes or until mixture thickens enough to coat back of spoon (about 170°F), whisking occasionally.
- 3 Remove top of double boiler from simmering water. Gradually whisk in butter until well blended. Press mixture through fine-mesh sieve into bowl. Press plastic wrap onto surface of curd; refrigerate 1 to 2 hours or until set. Store in airtight jar or container in refrigerator up to 2 weeks.

Makes 1 cup curd



Note: Mango curd makes a great filling for cakes, pies or cookies. For a different flavor, try raspberries or peaches instead of the mango, and lemon juice instead of lime juice.

BLACKBERRY

GRANITA

- 12 ounces (3 cups) fresh or thawed frozen blackberries
- ½ orange, peeled
- 1 cup water
- ⅓ cup sugar
- 1 tablespoon orange-flavored liqueur

- 1 Assemble KitchenAid® Slow Juicer with fine pulp screen. Juice blackberries and orange.
- 2 Combine juice, water and sugar in medium saucepan. Cook and stir over medium heat until sugar is completely dissolved. Stir in liqueur.
- 3 Pour mixture into 9-inch square metal or glass baking dish. Freeze 4 hours, stirring and scraping with fork every 30 minutes, until mixture resembles shaved ice.

Makes 4 servings



PEAR CARMEL SAUCE

- 3 Comice or Anjou pears, quartered**
- ½ cup sugar**
 - Pinch cream of tartar**
- 2 tablespoons heavy cream**
- 1 tablespoon butter**
- ⅛ teaspoon salt**
- 1 tablespoon pear-flavored vodka or liqueur**

- 1 Assemble KitchenAid® Slow Juicer with fine pulp screen. Juice pears. Strain juice through fine-mesh sieve. Measure 1 cup juice.
- 2 Pour juice into small saucepan. Cook over medium-high heat 10 minutes or until thickened and reduced to ¼ cup, stirring occasionally. Set aside.
- 3 Combine sugar, 2 tablespoons water and cream of tartar in medium saucepan. Bring to a boil over medium heat, stirring until sugar dissolves. When mixture boils, cover pan 2 minutes to dissolve sugar crystals on side of pan. Remove cover; cook without stirring 8 to 10 minutes or until mixture is light amber in color, swirling pan occasionally.
- 4 Remove from heat; carefully whisk in reduced pear juice, cream, butter and salt until smooth (mixture will bubble vigorously). Stir in vodka; cool completely.



Store in airtight jar or container in refrigerator up to 2 weeks.

Makes ¾ cup sauce

PINEAPPLE

ORANGE JELLY

- 1 large pineapple, peeled, cored and cut into eighths
- 2 navel oranges, peeled and halved
- 2 cups sugar
- 3 tablespoons powdered pectin
- 3 (½-pint) canning jars

- 1 Assemble KitchenAid® Slow Juicer with large pulp screen. Juice pineapple and orange. Measure 4 cups juice; pour into 5-quart saucepan.
- 2 Whisk sugar and pectin in medium bowl; add to juice. Bring to a boil over high heat. Boil 15 to 20 minutes or until thickened, stirring frequently. Jelly is done cooking when it forms thick layer on side of pan and registers 221°F when tested with candy thermometer. Transfer jam to clean, hot jars. Wipe off any jelly from tops of jars; seal jars.
- 3 Meanwhile, fill stockpot with enough water to cover jars; bring to a boil over high heat. Reduce heat slightly to stop boiling; carefully lower jars into water. Add additional water to fully submerge jars, if necessary. Return water to a boil; boil 10 minutes. Carefully remove jars from stockpot; cool on kitchen towel. Store sealed jars at room temperature up to 1 year.

Makes 3 (½-pint) jars



USES FOR PULP

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BELL PEPPER

MARINARA

- 2 tablespoons olive oil
- 1 cup chopped onion
- 1 each red, yellow and green bell pepper, cut into 1-inch pieces
- 4 cloves garlic, minced
- 1 can (6 ounces) tomato paste
- 2 cans (about 14 ounces each) diced tomatoes
- 1 cup pulp from Triple Pepper (page 48), juiced with fine pulp screen
- 1 teaspoon each salt, dried basil and oregano
- ¼ teaspoon red pepper flakes
- Hot cooked pasta

- 1 Heat olive oil in large saucepan over medium-high heat. Add onion and bell peppers; sauté 5 minutes or until vegetables are softened. Add garlic; sauté 1 minute. Add tomato paste; cook and stir 2 minutes. Stir in ½ cup water, scraping up any browned bits from bottom of saucepan.
- 2 Add tomatoes, juice pulp, salt, basil, oregano and red pepper flakes. Bring to a boil. Reduce heat to low; cover and simmer 30 to 45 minutes or until vegetables are tender, stirring occasionally and adding additional water if needed. Serve marinara over hot pasta.

Makes 4 to 6 servings



QUINOA

CAKES

- 1 cup uncooked quinoa
- 2 cups water
- 4 eggs
- 2 cups pulp from Jicama Pear Carrot (page 42), juiced with fine pulp screen
- 1 cup panko bread crumbs
- 1 large onion, finely chopped
- ⅓ cup packed fresh parsley leaves, chopped
- 4 cloves garlic, minced
- ½ teaspoon coarse salt
- ½ teaspoon freshly ground black pepper
- 4 ounces goat cheese, crumbled
- 2 to 4 tablespoons olive oil

- 1 Place quinoa in fine-mesh strainer; rinse well under cold running water. Bring 2 cups water to a boil in small saucepan; stir in quinoa. Reduce heat to low; cover and simmer 10 to 15 minutes or until quinoa is tender and water is absorbed. Cool completely.
- 2 Whisk eggs in large bowl. Add quinoa, juice pulp, panko, onion, parsley, garlic, salt and pepper; mix well. Fold in goat cheese. Shape mixture by ¼ cupfuls into ½-inch-thick patties; place on greased baking sheet or plate. Refrigerate 15 minutes. Preheat oven to 250°F.



- 3 Heat 2 tablespoons olive oil in large nonstick skillet over medium heat. Cook patties in batches 4 to 5 minutes per side or until firm and golden brown, adding additional oil as needed. Keep warm on baking sheet in oven.

Makes 16 cakes

TURKEY

SPINACH LASAGNA

- ¾ cup chopped onion**
- 2 medium cloves garlic, minced**
- 1 pound ground turkey**
- 1 teaspoon Italian seasoning**
- ¼ teaspoon freshly ground black pepper**
- 1 container (15 ounces) ricotta cheese**
- 1 cup (4 ounces) Italian shredded cheese blend, divided**
- 1 package (10 ounces) frozen chopped spinach, thawed and squeezed dry**
- 1 cup spinach pulp from Go Green juice (page 56), juiced with fine pulp screen**
- 12 ounces no-boil lasagna noodles**
- 1 jar (24 ounces) chunky marinara sauce**
- ½ cup water, divided**

- 1** Preheat oven to 350°F. Spray 13×9-inch baking dish with nonstick cooking spray. Spray large skillet with cooking spray; heat over medium heat. Add onion and garlic; sauté 4 minutes. Add turkey; sauté until cooked through, stirring to break up meat. Stir in Italian seasoning and pepper; remove from heat.
- 2** Combine ricotta cheese and ½ cup Italian cheese in medium bowl; mix well. Combine spinach and spinach pulp in small bowl.



- 3** Layer half of noodles in prepared dish, breaking in half to fit if necessary. Spread half of turkey mixture and half of spinach mixture over noodles. Top with half of marinara sauce and ¼ cup water. Gently spread cheese mixture on top. Repeat layers.
- 4** Cover and bake 40 minutes or until noodles are tender. Sprinkle with remaining ½ cup Italian cheese; bake just until cheese is melted.

Makes 8 servings

FRUIT LEATHER ROLLS

- 1½ cups pulp from two batches of Tropical Fruit Fling (page 12), juiced with fine pulp screen
- ¼ cup honey
- 2 tablespoons water

- 1 Preheat oven to 200°F. Line baking sheet with parchment paper.
- 2 Combine juice pulp, honey and water in blender; purée until smooth paste forms. Pour fruit mixture onto prepared baking sheet; spread into ¼-inch-thick rectangle, leaving 1-inch border on all sides.
- 3 Bake 2 to 3½ hours or until fruit mixture is firm and not too sticky. Cool completely on baking sheet.
- 4 Roll up fruit leather jelly-roll style from long end. Cut into pieces with serrated knife. Store in airtight container at room temperature 2 to 3 weeks.

Makes 4 to 6 rolls



FARRO

VEGGIE BURGERS

- 1½ cups water
- ½ cup uncooked pearled farro
- 2 medium potatoes, peeled and quartered
- 2 to 4 tablespoons canola oil
- ¾ cup finely chopped green onions
- 1 cup grated carrots
- 1 cup juice pulp from Fiery Cucumber Beet Juice (page 50), juiced with fine pulp screen
- 2 tablespoons ground almonds
- ½ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- ½ cup panko bread crumbs
- 6 sandwich rolls

- 1 Combine 1½ cups water and farro in medium saucepan; bring to a boil over high heat. Reduce heat to low; partially cover and cook 25 to 30 minutes or until farro is tender. Drain and cool.
- 2 Meanwhile, place potatoes in large saucepan; cover with water. Bring to a boil; reduce heat and simmer 20 minutes or until tender. Mash potatoes; let cool.
- 3 Heat 1 tablespoon oil in medium skillet over medium-high heat. Add green onions; sauté 1 minute. Add carrots; cover and cook 3 minutes or until carrots are tender. Transfer to large bowl; cool completely.



- 4 Add mashed potatoes, farro, juice pulp, almonds, salt and pepper to carrot mixture. Shape mixture into six patties. Spread panko on medium plate; coat patties with panko.
- 5 Heat 1 tablespoon oil in large nonstick skillet over medium heat. Cook patties about 4 minutes per side or until golden brown, adding additional oil as needed. Serve on rolls with desired condiments.

Makes 6 burgers

SWEET

VEGETABLE FRITTERS

- 1½ cups pulp from Ruby Red Juice (page 36), juiced with fine pulp screen**
- 2 eggs**
- ¼ cup all-purpose flour**
- ½ teaspoon ground cinnamon**
- ¼ teaspoon salt**
- 4 tablespoons vegetable oil**
- Honey**

- 1** Combine juice pulp, eggs, flour, cinnamon and salt in large bowl; mix well.
- 2** Heat 2 tablespoons oil in large nonstick skillet over medium heat. Drop batter by tablespoonfuls into skillet; flatten into circle with back of spoon (do not crowd pan). Cook 1 to 2 minutes per side or until browned and firm. Repeat with remaining batter, adding additional oil if needed. Serve fritters warm with honey.

Makes 20 fritters



CORN FRITTERS

- ½ cup all-purpose flour
- 1 teaspoon sugar
- ½ teaspoon each baking powder and salt
- ⅛ teaspoon dried thyme
- Pinch ground red pepper
- 1 egg
- ¼ cup milk or half-and-half
- 1 cup cooked fresh or thawed frozen corn
- ½ cup pulp from *Back to Your Roots* (page 46), juiced with fine pulp screen
- Vegetable oil for frying
- Salsa

- 1 Combine flour, sugar, baking powder, salt, thyme and red pepper in large bowl. Beat egg and milk in small bowl; stir into flour mixture. Stir in corn and juice pulp.
- 2 Heat ¼ inch of oil in large skillet over medium heat until drop of batter sizzles and turns golden in less than 1 minute. Drop batter by rounded tablespoonfuls into hot oil. Cook 3 minutes or until golden; turn and cook 1 minute or until golden.
- 3 Remove fritters with slotted spoon to paper towel-lined plate. Serve hot with salsa.

Makes 16 fritters



ZUCCHINI DATE BREAD

- 1 cup chopped pitted dates
- 1 cup water
- 1 cup whole wheat flour
- 1 cup all-purpose flour
- 2 tablespoons sugar
- 1 teaspoon baking powder
- ½ teaspoon each baking soda, salt and ground cinnamon
- ¼ teaspoon ground cloves
- 2 eggs
- 1 cup shredded zucchini, squeezed dry
- 1 cup pulp from Tropical Twist (page 28), juiced with fine pulp screen

- 1 Preheat oven to 350°F. Spray 8×4-inch loaf pan with nonstick cooking spray.
- 2 Combine dates and water in small saucepan; bring to a boil over medium-high heat. Remove from heat; let stand 15 minutes.
- 3 Combine flours, sugar, baking powder, baking soda, salt, cinnamon and cloves in large bowl. Beat eggs in medium bowl; stir in date mixture, zucchini and juice pulp. Stir egg mixture into flour mixture just until moistened. Pour into prepared pan.

- 4 Bake 30 to 35 minutes or until toothpick inserted into center comes out clean. Cool in pan 5 minutes. Remove to wire rack to cool completely.

Makes 1 loaf



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METRIC

CONVERSION CHART

VOLUME MEASUREMENTS (dry)

$\frac{1}{8}$ teaspoon = 0.5 mL
 $\frac{1}{4}$ teaspoon = 1 mL
 $\frac{1}{2}$ teaspoon = 2 mL
 $\frac{3}{4}$ teaspoon = 4 mL
 1 teaspoon = 5 mL
 1 tablespoon = 15 mL
 2 tablespoons = 30 mL
 $\frac{1}{4}$ cup = 60 mL
 $\frac{1}{3}$ cup = 75 mL
 $\frac{1}{2}$ cup = 125 mL
 $\frac{2}{3}$ cup = 150 mL
 $\frac{3}{4}$ cup = 175 mL
 1 cup = 250 mL
 2 cups = 1 pint = 500 mL
 3 cups = 750 mL
 4 cups = 1 quart = 1 L

VOLUME MEASUREMENTS (fluid)

1 fluid ounce (2 tablespoons) = 30 mL
 4 fluid ounces ($\frac{1}{2}$ cup) = 125 mL
 8 fluid ounces (1 cup) = 250 mL
 12 fluid ounces ($\frac{1}{2}$ cups) = 375 mL
 16 fluid ounces (2 cups) = 500 mL

WEIGHTS (mass)

$\frac{1}{2}$ ounce = 15 g
 1 ounce = 30 g
 3 ounces = 90 g
 4 ounces = 120 g
 8 ounces = 225 g
 10 ounces = 285 g
 12 ounces = 360 g
 16 ounces = 1 pound = 450 g

DIMENSIONS

$\frac{1}{16}$ inch = 2 mm
 $\frac{1}{8}$ inch = 3 mm
 $\frac{1}{4}$ inch = 6 mm
 $\frac{1}{2}$ inch = 1.5 cm
 $\frac{3}{4}$ inch = 2 cm
 1 inch = 2.5 cm

OVEN TEMPERATURES

250°F = 120°C
 275°F = 140°C
 300°F = 150°C
 325°F = 160°C
 350°F = 180°C
 375°F = 190°C
 400°F = 200°C
 425°F = 220°C
 450°F = 230°C

BAKING PAN SIZES

<u>Utensil</u>	<u>Size in Inches/Quarts</u>	<u>Metric Volume</u>	<u>Size in Centimeters</u>
Baking or Cake Pan (square or rectangular)	8×8×2 9×9×2 12×8×2 13×9×2	2 L 2.5 L 3 L 3.5 L	20×20×5 23×23×5 30×20×5 33×23×5
Loaf Pan	8×4×3 9×5×3	1.5 L 2 L	20×10×7 23×13×7
Round Layer Cake Pan	8×1½ 9×1½	1.2 L 1.5 L	20×4 23×4
Pie Plate	8×1¼ 9×1¼	750 mL 1 L	20×3 23×3
Baking Dish or Casserole	1 quart 1½ quarts 2 quarts	1 L 1.5 L 2 L	— — —

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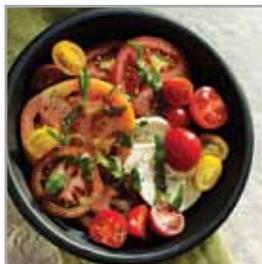
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