



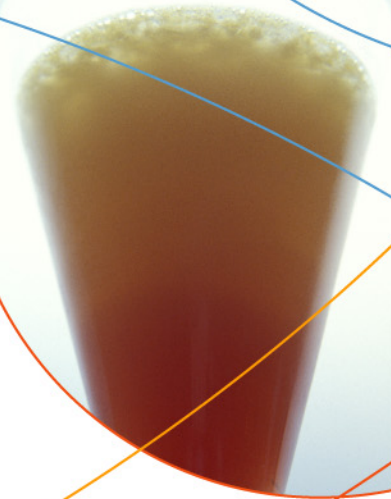
**zümex**®

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**Multijuicer Z1 Recipe Book**

**Great ideas to  
squeeze**



**zümex**®

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# 1 INTRODUCTION

The Zumex Multijuicer Z1 is a robust and excellent quality machine. It is ideal to process all kinds of fruits and vegetables for preparing juices, soups, creams, smoothies, etc. and it will open you a new world of sensations and flavours thanks to its resourcefulness.

In this book you will find a collection of recipes that will help you to experiment the first-rate qualities of the Multijuicer Z1 and to prepare very easily delicious juices. This is only the first step, from now on only your imagination can put a limit to your recipes.

Enjoy it!

## 2 BASIC RECOMMENDATIONS

### PREPARATION OF THE FRUITS AND VEGETABLES

**Peels and rinds:** it is recommendable to peel some fruits and vegetables because of their consistence or acidity, for example the pineapple, watermelon, melon, kiwi, peach, etc. , removing stones and big seeds such as the one of the mango, peach, plum, etc.

**Size:** The large opening of the feeding tube allows introducing some uncut fruits and vegetables, big fruits and vegetables should be cut into adequate pieces.



**Preparation:** Fruits and vegetables with a low water content or high content in alimentary fibre are recommended to be juiced together with a liquid as a base (water, other juices, broths) or to soak the fruit or vegetable for a few hours before processing them.

**Recommendation:** It is not recommendable to juice citric fruits, the juice extracted from them with a multijuicer doesn't have the same flavour as the juice got with a squeezing procedure. Other fruits like bananas, and avocados should not be juiced because no juice will be obtained out of them.

## 3 RECIPES

Juices are a natural health fountain thanks to their high vitamin contents. It has to be consumed very fresh, just squeezed so that they preserve the excellent qualities of their ingredients. They are ideal for being consumed every moment and an excellent way to promote the fruit and vegetables consumption. There are many ways to classify juices: according to energetic contents, according to their ingredients... Here we present some ideas that you can do with your Zumex **Multijuicer Z1**, sorted up by grade of elaboration. In the first part you will find the basic recipes, quick and delicious. In the second part you will find more original recipes that require more time to prepare them, exquisite and sophisticated.



## 3.1 BASIC RECIPES: THE ABC OF JUICES

With the **Multijuicer Z1** you will be able to squeeze almost any kind of fruits and vegetables, you will obtain a fresh and natural juice which can be drank **alone, mixed or added to more elaborated recipes**. The most common juices are made from **carrots, apples and pears**. Juices made from melon, watermelon, pineapple and peach are also popular.

The preference for one or another juice depends on the season and the cultural habits of the country.

Basic juices (apple, carrot...) can be blended between. Following you will find some of the tastiest and most common blends.

↘ **WATERMELON-CARROT JUICE:**  
Mix the juice from 750 g (26 ½ oz) carrot with the juice of 1200 g (42 ⅓ oz) watermelon.

↘ **WATERMELON-APPLE JUICE:**  
Mix the juice from 750 g (26 ½ oz) apple with the juice of 1200 g (42 ⅓ oz) watermelon.

↘ **PEAR-KIWI JUICE:**  
Mix the juice from 750 g (26 ½ oz) kiwi with the juice of 1200 g (42 ⅓ oz) pear.

↘ **GRAPES-APPLE JUICE:**  
Mix the juice from 750 g (26 ½ oz) apple with the juice of 1200 g (42 ⅓ oz) grapes.

↘ **MELON-PEACH JUICE:**  
Mix the juice from 750 g (26 ½ oz) peach with the juice of 1200 g (42 ⅓ oz) melon.

↘ **PINEAPPLE-APPLE JUICE:**  
Mix the juice from 750 g (26 ½ oz) apple with the juice of 1200 g (42 ⅓ oz) pineapple.

↘ **GRAPES-PEAR JUICE:**  
Mix the juice from 750 g (26 ½ oz) pear with the juice of 1200 g (42 ⅓ oz) grapes.

↘ **SPINACH-CELERY JUICE:**  
Mix the juice from 750 g (26 ½ oz) celery with the juice of 1500 g (53 oz) spinach.

↘ **TOMATO-CARROT JUICE:**  
Mix the juice from 750 g (26 ½ oz) carrot with the juice of 1200 g (42 ⅓ oz) tomato.

↘ **APPLE-CARROT JUICE:**  
Mix the juice from 750 g (26 ½ oz) carrot with the juice of 1200 g (42 ⅓ oz) apple

↘ **TOMATO JUICE:**  
Juice 2 kg (4 ½ pounds) ripe tomatoes, add white grinded pepper and salt and olive oil to taste

The ingredients are proposed to obtain approximately 1 litre of juice.

## 3.2 A TOUCH OF CLASS: JUICES AND SOMETHING MORE



### ▾ HARLEQUIN JUICE:

Ingredients (for 1 or 2 portions).

- ¼ red pepper
- 2 tomatoes
- 100 ml. mineral water
- 3 leafs fresh coriander
- 1 leafs fresh celery

#### Preparation.

Put all the ingredients into the **Multijuicer Z1** in this order: Pepper, tomato, coriander, celery. Add to the juice the 100 ml water and stir.

Serve very cold. Decorate slightly with chopped coriander or a celery leaf.



### ▾ GRAPE AND MELON JUICE WITH YOGHURT AND BLACKBERRIES

Ingredients (for 1 or 2 portions).

- 1 slice melon
- 100 gr. (3 ½ oz) white grapes
- 100 ml liquid natural yoghurt
- 50 gr. (1 ½ oz) blackberries

#### Preparation.

Remove the rind and the seeds of the melon. Wash the white grapes. Process both fruits with the **Multijuicer Z1**. Add the yoghurt and stir, add the blackberries. Blackberries can be replaced with other red fruits (raspberries, strawberries...)



### ▾ FRUIT PUNCH:

#### Ingredients (for 1 or 2 portions).

- ¼ cup melon
- ¼ cup pineapple
- ¼ cup papaya
- 2 cups fresh squeezed orange juice
- 2 spoonful grenadine
- 2 spoonful sugar
- Lemon juice drops

#### Preparation.

Process the melon, the pineapple and the papaya in the **Multijuicer Z1**. Add the rest of ingredients to the juice and stir until getting an homogeneous punch.

Serve chilled, adding some ice cubes. You can decorate with pineapple bits and cherries.

### ▾ BROCCOLI BOOSTER:

#### Ingredients (for 1 or 2 portions).

- 125 gr. (4 ½ oz) broccoli
- 2 apples
- 15 ml. lemon juice
- Ice cubes

#### Preparation.

Remove the stalks from the broccoli, because the juice obtained out of them is very little and its flavour isn't as smooth as the juice from the sprouts. Process the broccoli and the apple through the Zumex **Multijuicer Z1** and add the lemon juice.

Serve in a long glass with ice cubes.





### ▾ WATERMELON SOUP:

#### Ingredients (for 1 or 2 portions).

- 2 slices watermelon
- 1 spoonful liquid honey
- 2 spoonful liquid cream
- 1 apple
- 6 dates

#### Preparation.

Remove the rind of the watermelon and the biggest part of the seeds. Process the watermelon with the **Multijuicer Z1**. Put  $\frac{1}{2}$  of the resultant juice in a bowl and dissolve the liquid honey and cream in it. Add the rest of the juice and stir until well mixed. Put the diced apple and the boned dates into the soup.

Serve chilled. The versatility of this soup makes it perfect to be served as a main course, starter or as a dessert.

### ▾ GREEN MAGIC:

#### Ingredients (for 1 or 2 portions).

- 4 stalks celery
- 2 cucumber
- 2 tomatoes
- 1 clove garlic

#### Preparation.

Process all the ingredients in the **Multijuicer Z1** and mix.

You can decorate with a parsley or celery leaf.



### ▾ VEGETABLE GAZPACHO:

#### Ingredients (for 1 or 2 portions).

- 4 medium tomatoes
- 4 sprigs fresh parsley
- 1 clove garlic
- 1 small onion
- 2 carrots
- 2 stalks celery
- 1 red pepper
- 1 medium cucumber
- 2 spoonful vine vinegar
- 3 spoonful basil
- Black grinded Pepper

#### Preparation.

Process the ingredients in this order: tomatoes, parsley, garlic, onion, carrots, celery, pepper and cucumber with your **Multijuicer Z1**. Add salt and pepper to taste.

Serve in bowls and spice with basil, you can add ice cubes



## 3.3 OTHER MULTIJUICER PRODUCTS: THE PULP

When making juices in you **Multijuicer Z1** you will obtain pulp. The pulp can be used for preparing compotes, mousses, and creams. The pulp has to be collected in an adequate container and mixed well so that the result is homogeneous. For example Greenery or Vegetable Cream.

Add 300 cl milk cream, 6 tablespoon potato starch and olive oil and salt to taste, we will obtain delicious creams based on the pulp of any of the preceding recipes.



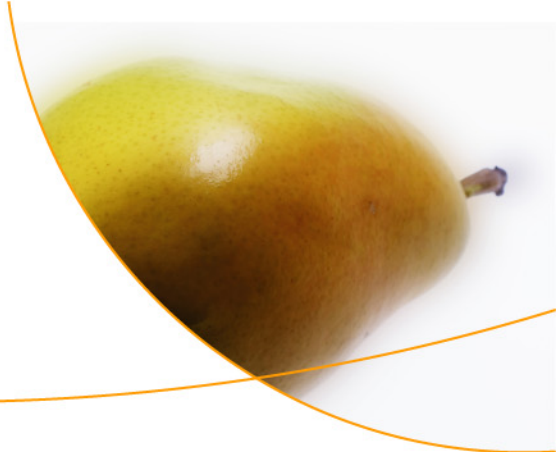
## 4 FRUITS, VEGETABLES AND GREENNERY

Do you know that the **Multijuicer Z1** saves work to the body?

Separating the juice from fibre, so that our body gets the maximum amount of nutritive substances in a short term.



## 4.1 JUICETHERAPY: COMPOSITION AND NUTRITIVE ELEMENTS



### FRUITS

	KCal.	Proteins	Lipids	Carbohydrates	Vitamins	Other Nutrients
Apricot	52	0,4	0,1	12,5	A, C, B1, PP	Fluorine, Cobalt
Plum	36	0,5	0,1	8,9	A, C, PP	Manganese, Sulfur, Chlorine
Raspberry	30	1	0,6	5,6	A,C	Potassium, Magnesium, Calcium
Strawberry	27	0,9	0,4	5,6	A	Potassium, Magnesium, Calcium
Mango	73	0,7	0,4	16,8	C	Phosphorus, Iron, Fibers
Apple	45	0,2	0,3	10,4	A, B1, B2, C	Pectin
Peach	30	0,8	0,1	6,9	C, B3	Potassium
Melon	30	0,8	0,2	7,4	A, B1, B2, C, PP	Folic Acid
Pineapple	55	0,5	0,2	12,7	A, B1, B6, C	Potassium, Magnesium, Iodine
Pear	38	0,7	0,1	2	A, B1, C, PP	Potassium, Phosphorus, Calcium
Watermelon	15	0,7	0	3,7	A, C	Sulfur, Magnesium
Grape	61	0,5	0,1	15,6	A, B1, B6, C	Sulfur, Iodine

### VEGETABLES AND GREENNERY

	KCal.	Proteins	Lipids	Carbohydrates	Vitamins	Other Nutrients
Onion	24	1	0	5,2	C, B6, E	Potassium, phosphorus, Calcium
Spinach	31	3,4	0,7	3	A, B6, E, K	Iron
Cucumber	10,4	0,7	0,1	2	C, B6, E	Potassium, phosphorus, Calcium
Leek	26	2,1	0,1	6	C, B6, E	Potassium, Phosphorus, Magnesium, Calcium
Beet	42	1,5	0,1	8,2	C, E	Potassium, phosphorus, Iron, Calcium
Cabbage/Kale	19	2,1	0,1	2,5	C, B6, E	Potassium, phosphorus, Calcium
Tomato	16	1	0,2	2,9	C, B6, E	Potassium, Carotene
Carrot	37	1	0,2	7,8	A	Iron, potassium, Calcium
Celery	22	2,3	0,2	2,4	C, B1, B2, A, E	Fiber, Potassium
Broccoli	31	3,3	0,2	4	C, B2, B5, B6, E	Potassium, Calcium

## 4.2 HOW TO MIX JUICES

The general rule to follow is that vegetable and fruit juices should not be mixed together, but there are some exceptions to this rule. Green Juices (vegetables + greenness) can only be combined with apple and carrot juice, other combinations could bring about gastric discomfort.

## 4.3 JUICES AROUND THE CLOCK

Juices and fruits can be eaten at every time and they are very useful for surfeit the appetite during the day without high caloric contribution.

It is recommended to drink fruit juices, that have a higher energetic contribution and are more stimulating, at the beginning of the day; and the softer and relaxing vegetable and greenness juices to finish the day's journey.

## 4.4 SEASON FRUITS

Chard	All year long
Celery	January-May and October-December
Broccoli	December
Aubergine	May-November
Zucchini	June-October
Cardoon	January-February and November-December
Onion	All year long
Plum	May-November
Brussels Sprouts	January-April and December
Cauliflower	January-April and October-December
Spinach	January-April and October-December
Strawberry	March-May
Kidney Bean	February-October
Kivi	January-November
Lettuce	All year long
Mango	November
Apple	All year long
Peach	May-September
Melon	June-November
Turnip	January-May and November-December
Cucumber	June-September
Pear	All year long
Green Pepper	March-May and July-November
Red Pepper	September-December
Pineapple	All year long
Leek	All year long
Beet	January-May and July-December
Cabbage/ Kale	January-April, June and October-December
Watermelon	May-August
Tomato	March-November
Grape	January-February and July-December
Carrot	All year long

\* Estos datos varían según la zona geográfica/país.

## 5 CLEANING OF THE MULTIJUICER Z1

For its cleaning you only have to open the upper cover, disassembly the main parts and you can easily wash the components, even in the dishwasher. It isn't recommended to submerge the body of the Multijuicer (Motor), it is enough to clean it with a humid cloth. It is recommended to clean thoroughly the multijuicer filter and the blade, if it is needed you can use a metal scrubber or brush.



Do you need more information about the utilization of the [Multijuicer Z1](#)?

Do not hesitate to consult the user's manual.