

L'EQUIP®



Life In **Healthy** Balance

Pulp Ejection

MINI JUICER

Compact Convenient Design

Owner's Manual
User Guide



 **WARRANTY / 10 year**

Kitchen Resource L.L.C., warrants the L'EQUIP® Mini Juicer, to the original purchaser, to be free of manufacturing defects in materials and workmanship for a period of 10 years. Defective product will be repaired or replaced with a comparable model at our discretion, upon receiving the defective product.

This warranty applies only to the original noncommercial purchaser. Since an unauthorized dealer is an original purchaser, the warranty does not apply to consumers purchasing from unauthorized dealers. It also does not apply to damage resulting from accident, misuse, shipping, normal wear, commercial use, neglect, incidental or consequential damages, or from damage caused by any foreign objects getting into the appliance.

Implied warranties of merchantability and fitness for a particular purpose and all other warranties express or implied, other than the limited warranty described on this page, are excluded. The only remedy for damage covered by the limited warranty is repair or replacement. Kitchen Resource will not refund the purchase price or provide any other remedy.

This warranty applies to products purchased and operated in the U.S.A. or Canada. Transportation, handling, and/or shipping costs are not included in this warranty.

Read the instructions before attempting to use the product.

This product contains no user serviceable parts. Any attempt to repair it will void the warranty. If you have a problem with your Mini Juicer and to obtain performance of this warranty, return it securely packed, along with a dated proof of purchase to:

Kitchen Resource / 180 West 500 North / North Salt Lake, UT 84054

Or, for more info, call customer service at 1.877.267.2434...
...or email service@kitchenresource.com

To insure prompt service, include a statement with the product, giving specific reasons for the return, along with your information.

KEEP DATED SALES RECEIPT FOR WARRANTY SERVICE

L'EQUIP Pulp Ejection MINI JUICER



CONGRATULATIONS

You're now the proud owner of L'EQUIP's Mini Juicer - Model 110.5. This juicer was designed with your convenience in mind.

We're confident you will appreciate its ease of operation as you enjoy the delicious and healthy juices it gives you for years to come.

HOUSEHOLD USE ONLY

 **IMPORTANT SAFEGUARDS**

When using your L'EQUIP Mini Juicer, Model 110.5, please keep the following safeguards and precautions in mind:

- Before you begin operating your juicer, read all of these instructions.
- This appliance should only be plugged in to AC connections with voltage matching the identification plate on the appliance.
- This appliance is fitted with a polarized plug (one insert is wider than the other). To reduce the risk of shock, this plug will fit in a polarized outlet only one way. If the plug will not go in the outlet, reverse the plug. Do not attempt to modify the plug.
- Avoid body contact with any of the juicer's moving parts.
- Do not put your fingers or other foreign objects into any of the juicer's openings while it is in operation. If any food pieces should become lodged in the feed tube, use the food pusher or another piece of fruit or vegetable to push it down. If it's not possible to correct the problem with this method, turn the motor off and disassemble the juicer to remove the remaining food.
- To protect against the risk of electrical shock, do not put the motor base in water or any other liquid.
- Do not operate any appliance with a damaged cord or plug, or after the appliance malfunctions or is dropped or damaged in any manner. Return the appliance to the nearest authorized service facility for a thorough examination and any needed repairs or electrical/mechanical adjustments.
- The use of attachments not sold by or recommended by the manufacturer may cause fire, electrical shock or other injury.
- Unplug from the electrical outlet when not in use, before assembling or disassembling and before cleaning.
- Do not unplug from the electrical outlet by pulling on the cord. To unplug, grasp the plug, not the cord, and pull.
- Do not plug in or unplug with wet hands.
- Turn off all power before unplugging or plugging into an electrical outlet.
- Always make sure the juicer cover is securely fastened in place before the motor is turned on. Do not unfasten while the juicer is in operation.
- Be sure to turn switch to the off position after every use of the juicer. Make sure the motor stops completely before disassembling.
- Close supervision is necessary when any appliance is used by or in the presence of children.
- Do not let the cord hang over the edge of tables or counters.
- Do not use outdoors.
- **SAVE THESE INSTRUCTIONS**

INTRODUCTION

The L'ÉQUIP Model 110.5 comes almost completely assembled in the box. To complete the assembly before its initial use, spring loose each side clamp by pulling out the bottom of each clamp, lift the cover, lightly press the blade/basket down into place and rotate with your fingers to make certain it is locked down and can move freely. Replace the cover, bring the clamps up and notch over the cover, pressing in and down at the same time. You should hear a click, and clamps should be secure against the side of the juicer with no free play left. We suggest taking your juicer apart and washing the removable parts in warm soapy water before its first use. This will eliminate any traces of dust or residue from manufacturing or shipping. Washing these parts with any liquid detergent is fine.

ASSEMBLY

Always make sure the juicer is unplugged before beginning assembly.

1. Place the juice bowl on top of the motor base. The guide ring, located on the underside of the juice bowl, should rest in the accompanying guide slot on top of the motor base.



2. Set the blade/basket on the hub in the center of the juice bowl, and press down until it feels snug.



3. Gently rotate the blade/basket to ensure that it turns freely. If initially it failed to seat, this should slip it into place. Double check by pressing down and spinning it again.



4. Place the transparent cover over the juice bowl with the large pulp ejection opening toward the back of the juicer.



5. Place the tops of the clamps on the respective slots on the cover, leaving the clamp hinges resting out. Press the bottom of the clamps in, until they snap snugly into place.



6. Place the pulp collector under the pulp spout behind the juicer.



DISASSEMBLY

Always make sure the juicer is unplugged before beginning disassembly.

1. Remove the clamps by bracing each thumb on the top or middle of each clamp...

2. ...and use one or two fingers to pull out the bottom of each clamp. Let the clamps hang from the sides by the lower hinges.

3. Lift up the transparent cover from the juicer.

4. Lift off the juice bowl and blade/basket together. These two pieces separate easily for cleaning.



CLEANING

All parts are washable in warm soapy water except the motor base.

- Use any liquid dishwashing detergent. Do not use any products containing ammonia, bleach or scouring powders. These products will dull, scratch or mar the plastic surface.
- Disassemble according to instructions.
- To clean the cover and juice bowl, use a soft sponge or dish cloth. To clean the blade/basket, invert the basket assembly under a faucet so water passes through the outside to the inside. Use a scotch pad or soft brush to clean pulp from the basket.
- Wipe the motor base with a damp cloth.
- After prolonged use, the cover, blade/basket assembly, juice bowl and plunger may start to show mineral deposits. To remove deposits, submerge in a solution containing ½ cup of automatic dishwashing detergent and a sink full of water overnight. Then rinse thoroughly.
- For convenience, all parts, excluding the motor base are also dishwasher safe, on top rack only.
- All other servicing should be performed by authorized service personnel only.

JUICING TIPS

- For the best results while juicing fruits and vegetables, press slowly and firmly on food plunger at a steady rate.
- Trimming stalks and stems off of produce is recommended. It will make juice less bitter.
- When juicing a combination of fruits or vegetables, feed the machine slowly between combinations of fruits or vegetables.
- Always try to select fresh, firm produce and wash well before using.
- When juicing leafy greens, roll tightly before putting into feeding tube.
- Juice from fruits and vegetables should be consumed immediately after juicing, before oxidation occurs.
- For better health, drink at least two or three glasses of fresh juice daily.

RECIPES**BENEFITS OF GREEN COMBINATIONS...**

While some carrot combinations have greens in them, green juices are all green. Green juices are healing, stabilizing and calming. They have a relaxing and centering effect. If you want a quick pick-me-up, drink a carrot juice. But for long-term energy, take a green juice. If you are restless or feeling mentally scattered, drink green. Green juice is a quieting drink that is usually taken in the evening. It is perfect when you are exhausted. Ingredients like lemon, ginger, garlic and cayenne can also be added. It is the closest thing to a natural cocktail. In fact, today's juice bars are not unlike their alcohol counterparts. After all, both have bar tenders who mix drinks according to the customers preferences. The only difference is, one detoxifies your liver while the other hardens it.

Green Juice Recipes by:

Steve Meyerowitz / Sproutman Publications

Green Magic

4 stalks Celery
2 Cucumbers
2 Tomatoes
1 Green Pepper
1 clove Garlic

Green Spice

4 stalks Celery
2 Tomatoes
1 Green Pepper
2 sprigs Cilantro
1 clove Garlic

Green Giant

4 stalks Celery
4 - 5 leaves Spinach
2 Tomatoes
1/8 head Cabbage
3 sprigs Dill
1 Lemon (no rind)
1 clove Garlic
1 inch Ginger
1 tsp Cayenne
2 Tbsp Tamari

Green Detox

4 stalks Celery
4 - 5 leaves Spinach
2 Tomatoes
1/8 head Cabbage
3 sprigs Dill
1 Lemon (no rind)



BENEFITS OF CARROT COMBINATIONS...

Carrot juices are energy drinks. They provide you with caloric power for that get up and go. Because they are stimulating, they are good to have in the morning or daytime hours. Depending on the combinations, they can have many specific physiological benefits. Beet juice, for example, is a wonderful stimulant for the liver and parsley is a blood purifier. Sweet potato is an alkalizer of the bloodstream and a mineralizer that also contains an enzyme for diabetics. Cabbage is a wonderful juice for the stomach that is soothing for ulcers and gas. Cucumbers stimulate the kidneys and parsley is a diuretic. Watermelon's high alkaline fluid content neutralizes acids and flushes toxins out of the kidneys. Spinach stimulates peristalsis. Aloe vera, which is a plant more than a vegetable, is a wonderful detoxifier of the bloodstream and lymphatic system.

Carrot Juice Recipes by:

Steve Meyerowitz / Sproutman Publications

**Cilantro Carrot**

4 Carrots
3 stalks Celery
1 sprig Cilantro
1-2 Cloves Garlic

Brocco Carrot

4 Carrots
3 stalks Celery
1 small Beet
1/2 cup Broccoli sprouts

Peppery Carrot

4 Carrots
4 leaves Spinach
1-2 leaves Kale
1 Red Pepper

Red Carrot

4 Carrots
4 leaves Spinach
1 small Beet
1/8 head Cabbage

Green Carrot

4 Carrots
3 sprigs Parsley
1-2 Cucumbers
2 Radish (roots)

Aloha Carrot

4 Carrots
4 leaves Spinach
2 Carrot Tops (greens)
2-3 Inches Aloe Vera leaf



BENEFITS OF FRUIT COMBINATIONS...

Mix these healthful fruits in the amounts indicated or adjust the proportions to suit your taste. Seeded fruits should be cut in quarters before running through the juicer. Removing the seeds is optional. Seeds can detract from the taste of your juice because they contain strong tasting essential oils and phyto-nutrients. Some people may be sensitive to them. Stone fruits (fruits with pits in them) should never be run through the juicer whole. Quarter the fruit, remove the pit, and run the cut fruits through the juicer.

Fruit Juice Recipes by:

Steve Meyerowitz / Sproutman Publications

**Kidney Cleanser**

2 Apples
4-6 slices Watermelon

Urinary Tract Helper

2 Apples
1/2 cup Cranberries (pitted)

Free Radical Scavenger

2 Apples
2 cups Grapes

Detoxifier

2 Apples
2 Pears

Blood Thinner

2 Oranges
2 Grapefruits

Allergy Fighter

1 Apple
1 Pear
1/4 Pineapple

