

# HUROM JUICE

RECIPE BOOK

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## **Hurom that stays close to nature**

Today, everything is outdated even after a day, just like fast food. In such a fast-paced society, our lives become extremely difficult because we need to keep pace to survive.

This is why Hurom believes in a slower but more proper pace. It is in Hurom's ethos to preserve the natural nutrients in all ingredients, because we believe that being close to the nature is the healthiest way of living.

To support healthy eating habits of people around the world, Hurom shares the benefit of the nature as it is.

# Ingredients preparation & juicing tips

To ensure maximum durability of your juicer, please prepare your ingredients as recommended. Please refer to the manual and recipe books for the recommendations on proper ingredient preparation.

## Follow these steps!

1. Do not apply the following ingredients that may damage the product : (i) ingredients that are not extractable (e.g. sesame seeds, coffee beans, Chinese peppers, barks, roots, etc.); (ii) fruits and enzymes that are preserved in alcohol, honey, sugar, etc.; and (iii) ingredients that cannot be extracted due to their natural characteristics (e.g. oleasters, cactus, aloes, etc.).
2. Do not insert large-sized ingredients or those with extremely large content of fiber. Remove seeds that cannot be chewed with teeth from stone fruits (e.g. mangoes, sweet persimmons, plums, peaches, cherries, etc.) These ingredients may lead to the risk of product damage.
3. When pushing ingredients in a juicer, only use the pusher provided in the original package. Do not put your fingers, chopsticks or other objects into the juice outlet of this appliance. This may lead to the risk of product damage or personal injury.
4. If ingredients are juiced above the capacity indicated on the chamber while the juice cap is closed, juice may overflow. Open the juice cap every time the chamber is filled up to 400mL to pour out juice and prevent overflow.
5. When juicing more than 400mL multiple times, clean or remove the pulp from inside the chamber in between consecutive usages. Otherwise, it may cause pressure to build inside the chamber which may lead to stuck hopper or parts damage.
6. Ingredients that are strongly fibrous or contain seeds should be used after being separately cleaned per 1kg.
7. Close supervision is necessary to prevent children from using this appliance unsupervised.
8. Some materials are difficult to extract depending on the product model. Please refer to the manual.
9. Juicing strainer hole can be clogged.

## Roots & Bulb Vegetables (sweet potatoes, potatoes, gingers, carrots, garlics, etc.)

1. Always use ingredients after washing them and eliminating debris, including soil. (it is possible to use them unpeeled). Ginger should be peeled and chopped. Other root vegetables should be cut into 3-4 cm in length.
2. Add prepared ingredients into the appliance.  
Press [juice extraction/ON] button when ready to begin.
3. If ingredients are not pushed down properly or wrapped around the inner part of the appliance, reverse for 2-3 second and then, turn it in a normal rotation.
4. Place a juice cup in front of the juice cap and then open the cap to pour out juice.

**TIP** Unless debris including soil is eliminated completely, residues may remain in juice or may lead to the risk of product damage.



## Leaf/stem vegetables (wheatgrass, leeks, water parsleys, Angelica Utilis Makino, celeries, kales, etc.)

1. Cut ingredients into smaller pieces with about 3-4cm in length.
2. After adding all selected ingredients into this appliance, press [juice extraction/ON] button when ready to begin.
3. If ingredients are not pushed down properly or wrapped around the inner part of the appliance, reverse for 2-3 second and then, turn it in a normal rotation.
4. Place a juice cup in front of the juice cap and then open the cap to pour out juice.

**TIP** In case of certain vegetables (e.g. kales, spinaches, wheatgrass, leeks, water parsleys, Angelica Utilis Makino, celeries, etc.), the fibers are so long and tough that they are not convenient for extraction or could easily get wrapped around the inner part of the appliance. Thus, we recommend to chop such ingredients in 3-4cm in length for an optimized juicing experience.



## Citrus fruits and fruits with thick or solid rinds (e.g. lemons, oranges, grapefruits, pomegranates, dragon fruits, etc.)

1. After removing rinds, cut the flesh into pieces that fit into the feeding tube of a hopper.
2. After putting all selected ingredients into this appliance, press [juice extraction/ON] button when ready to begin.
3. If ingredients are not pushed down properly or wrapped around the inner part of the appliance, reverse for 2-3 second and then, turn it in a normal rotation.
4. Place a juice cup in front of the juice cap and then, open the cap to pour out juice.

**TIP** Thick or tough rinds must be removed from fruits before juicing. Otherwise, it may lead to the risk of product damage.



## Soft fruits and vegetables (e.g. bananas, strawberries, kiwis, tomatoes, etc.)

1. Bananas must be peeled; unpeeled fruits are cut into pieces that fit into the feeding tube of a hopper.
2. After putting all selected ingredients into this appliance, press [juice extraction/ON] button when ready to begin.
3. If ingredients are not pushed down properly or wrapped around the inner part of the appliance, reverse for 2-3 second and then, turn it in a normal rotation.
4. Place a juice cup in front of the juice cap and then, open the cap to pour out juice.

**TIP** It should be much better to mix soft fruits and vegetables with other ingredients than to juice soft fruits and vegetables themselves. After putting other ingredients into this appliance, add soft fruits and vegetables.



## Stone fruits (e.g. mangos, persimmons, plums, peaches, cherries, etc.)

1. Seeds from stone fruits must be removed before juicing and only the flesh may be used. The flesh needs to be cut into pieces that fit into the feeding tube of a hopper.
2. After putting all selected ingredients into this appliance, press [juice extraction/ON] button when ready to begin.
3. If ingredients are not pushed down properly or wrapped around the inner part of the appliance, reverse for 2-3 second and then, turn it in a normal rotation.
4. Place a juice cup in front of the juice cap and then, open the cap to pour out juice.

**TIP** Seeds from stone fruits must be removed before juicing. Otherwise, it may lead to the risk of product damage. The smaller the size of the ingredient is, the better it is for juicing.





## CUSTOMIZED JUICE

# How to customize juice

Customize your juice with Hurom every day.

You can make your own Hurom juice based  
on your condition or choice of seasonal ingredients.

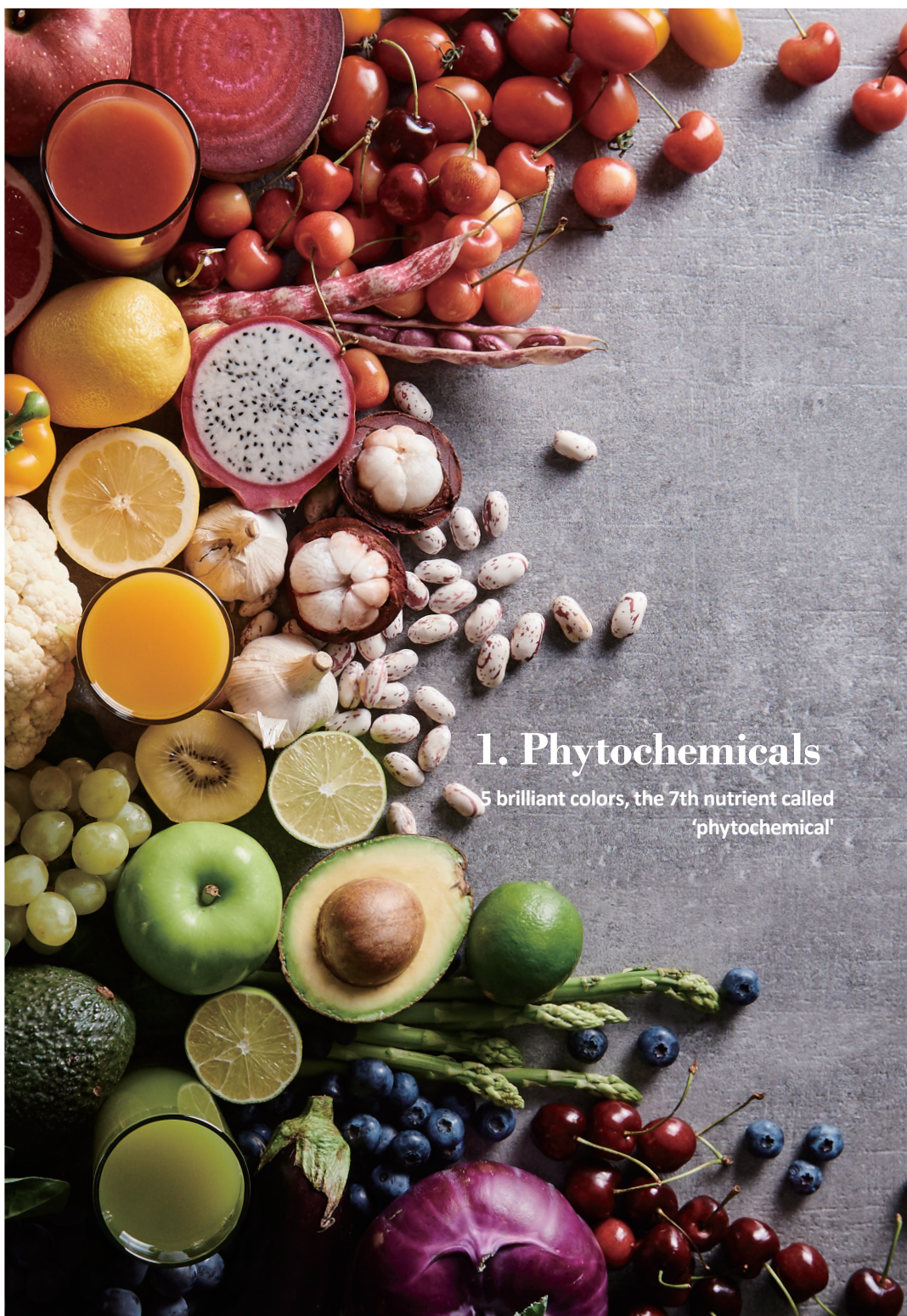
Hurom juice adds fun to your daily life and takes care of  
your loved ones' health.

To support healthy eating habits of people around the world,  
Hurom shares the benefit of the nature as it is.

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# 1. Phytochemicals

5 brilliant colors, the 7th nutrient called  
'phytochemical'

During its growth process, plants are easily exposed to external damages. To defend itself against such external damage, plants produce a defensive substance called “**phytochemical**.”

This substance represents the color of vegetables and fruits, and when consumed by humans, this magnificent substance leads to several efficacies: (i) strong antioxidant effect; (ii) inhibition effect on the formation of cancer cells; (iii) enhancement of the immune system; and (iv) aging prevention. Therefore, “phytochemical” is known for being the 7th nutrient, which is classified as one of essential nutrients for adults.

COLOR	Main Nutrient	Main Efficacy	Food
RED	Lycopene	inhibition effect on the formation of cancer cells, Cardioprotective action	Tomatoes, watermelons, pomegranates, strawberries, beets, etc.
YELLOW	Beta-carotene	boosting the immune system, Skincare	Oranges, carrots, lemons, pineapples, etc.
GREEN	Lutein	hematogenesis, Eye care	Green grapes, kiwis, kales, spinaches, broccolis, celeries, Angelica Utilis Makino, wheatgrass, etc.
PURPLE	Anthocyanin	Antioxidant effect, protection of eyesight	Grapes, berries, purple carrots, red cabbages, etc.
WHITE	Quercetin	elimination of wastes/toxins from the body, boosting the immune system	Pears, apples, bananas, cabbages, bellflowers, ginsengs, garlics, etc.

\*Food and beverages (including juice) are not regarded as medicine or medical supplies, so they do not have a direct effect in treating diseases. Instead of consuming single nutrient or food continuously, it's recommended to incorporate a variety of nutrients and foods in your diet.

\*The above table shows efficacy of vegetables and fruits.

\*This product does not guarantee a medical treatment effect.



## 2. Efficacy of each fruit and vegetable

Efficacy of each fruit and vegetable, and nutritive components

Today, people suffer from chronic diseases caused  
by environmental pollution and stress.

Cultivate a healthy lifestyle with fresh Hurom juice.  
Although it might be slow, Hurom believes that slow juicing will help us  
stay close to the nature, which is the healthiest way of living.



## Super food that is good for eliminating wastes/toxins from the body

Ingredient	Nutrient	Efficacy
Cucumber	Vitamin K, potassium	Diuretic action, relief of edema, elimination of wastes from the body
Broccoli	Folic acid, glucosinolate	Inhibition effect on the formation of cancer cells, antioxidant effect
Bok choy	Vitamin A, glucosinolate, beta-carotene	Inhibition effect on the formation of cancer cells, increasing metabolism
Kale	Vitamin B(B <sub>1</sub> , B <sub>2</sub> , B <sub>6</sub> ), glucosinolate	Inhibition effect on the formation of cancer cells, antioxidant effect
Cauliflower	Vitamin C, glucosinolate	Inhibition effect on the formation of cancer cells
Cabbage	Vitamin C, glucosinolate	Inhibition effect on the formation of cancer cells, prevention of constipation
Tomato	Vitamin C, lycopene	Activation of intestinal motility, prevention of constipation
Apple	Quercetin, pectin	Decline in cholesterol, intestinal regulation
Banana	Vitamin B <sub>6</sub> , Potassium	Relief of edema, prevention of constipation
Wheatgrass	Folic acid, beta-carotene, chlorophyll	Prevention of constipation, deintoxication

## Super food that is good for brain health

Ingredient	Nutrient	Efficacy
Broccoli	Folic acid, glucosinolate	Antioxidant effect, inhibition of thrombogenesis
Paprika	Vitamin C, folic acid, beta-carotene	Antioxidant effect, protection of brain function
Carrot	Vitamin A, beta-carotene	Antioxidant effect, improvement of blood circulation
Eggplant	Vitamin A, folic acid, anthocyanin	Improvement of blood circulation, memory improvement
Spinach	Iron, lutein, beta-carotene	Memory improvement
Asparagus	Folic acid, lutein	Concentration and memory improvement, antioxidant effect
Kale	Vitamin B(B <sub>1</sub> , B <sub>2</sub> , B <sub>6</sub> ), glucosinolate	Antioxidant effect, activation of brain activity
Almond	Vitamin E, fatty acid, catechin	Memory improvement, activation of brain activity

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## Vegetables/fruits that have plenty of nutrients in peels

Ingredient	Nutrient	Efficacy
Pumpkin	Vitamin C, vitamin E, carotinoid	Aging prevention, relief of edema
Potato	Vitamin C, chlorogenic acid	Antioxidant effect
Sweet potato	beta-carotene(yellow sweet potato), anthocyanin(purple sweet potato)	Prevention of constipation
Cucumber	Vitamin K, potassium	Elimination of wastes from the body, antioxidant effect
Apple	Quercetin, pectin	Antioxidant effect, intestinal regulation
Pear	Luteolin, quercetin	Intestinal regulation, protection of bronchial tubes
Persimmon	Vitamin A, vitamin C, carotene	Recovery from fatigue
Peach	Vitamin A, beta-carotene	Skincare
Watermelon	Potassium, lycopene, citrulline	Recovery from fatigue, diuretic action
Grapes (Grapes/green grapes)	Resveratrol, proanthocyanidins, catechin(green grapes)	Antioxidant effect, protection of liver function
Kiwi	Folic acid, lutein, actinidain	Decline in cholesterol, activation of a digestive process, antioxidant effect
Tangerine	Vitamin C, naringin, hesperidin	Antioxidant effect, skincare
Korean melon	Iron, beta-carotene, folic acid	Decline in blood pressure, deintoxication
Eggplant	Vitamin A, vitamin C, anthocyanin	Decline in cholesterol, improvement of blood circulation

## Vegetables/fruits that contain rich nutrients in seeds

Ingredient	Nutrient	Efficacy
Red bell pepper	Vitamin C, vitamin E, carotinoid	Skincare
Paprika	Folic acid, lycopene, beta-carotene, zeaxanthin	Antioxidant effect, boosting the immune system
Tomato	Vitamin C, lycopene	Protection of prostate function, antioxidant effect
Watermelon	Potassium, lycopene, citrulline	Recovery from fatigue, diuretic action
Strawberry	Vitamin C, folic acid, ellagic acid	Antioxidant effect, skincare
Blueberry	Resveratrol, anthocyanin	Antioxidant effect, eye care
Grapes (Grapes/green grapes)	Resveratrol, proanthocyanidins, catechin(green grapes)	Antioxidant effect, protection of liver function
Kiwi	Folic acid, lutein, actinidain	Decline in cholesterol, activation of a digestive process
Dragon fruit	Potassium	Improvement of blood pressure
Pomegranate	Vegetable estrogen, ellagic acid	Relief of menopausal symptom
Korean melon	Iron, beta-carotene, folic acid	Boosting the immune system, deintoxication

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## HUROM JUICE



# HUROM JUICE

Today's busy lifestyle heavily involves high-calorie diet and cooked food.

Here are 15 Hurom juices that are good for health symptoms that many people suffer today, including stress and chronic diseases.

Enjoy a cup of relaxation amid your busy life.

Improve your diet with Hurom and maintain wellness.

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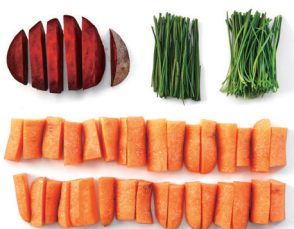
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## Health Plus

### Ingredient

**Wheatgrass** 30g / **carrots** 330g / **beets** 100g



### Wheatgrass detox

Wheatgrass is a gemmule of wheat that has plenty of dietary fibers, so it is effective in relieving constipation. It also contains a great quantity of chlorophyll which increases the level of immunity and helps to eliminate wastes from the body.

### Order of juicing

1. Cut wheatgrass into smaller pieces with about 3-4cm in length. Chop carrots and beets into smaller pieces with about 4 cm in length.
2. Put wheatgrass, carrots and beets into Hurom and juice.

### TIP

Leafy vegetables will be juiced easily when they are cut in 3-4cm in length.



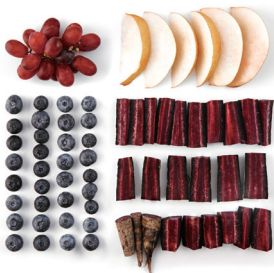
## Clear Eyes

### Power of the purple color! Purple carrot

Purple carrots are full of purple anthocyanins which are superior in antioxidant effect, eye care and lowering cholesterol.

#### Ingredient

**Purple carrots** 230g / **blueberries** 80g /  
**grapes** 80g / **pears** 120g



#### Order of juicing

1. Chop purple carrots into smaller pieces with about 4 cm in length. Grapes are washed after taking them off one by one. Slice unpeeled pears in half and divide into 6 parts.
2. Put purple carrots, blueberries, grapes and pears into Hurom and juice.

#### TIP

As carrots and grapes have plenty of nutrients in peels and seeds (grapes), they should be used without peeling after washing.



## A Glass of Juice after Meals

### Ingredient

**Pineapples** 280g / **Kiwis** 180g



### Kiwi aids in digestion

‘Actinidain’ found abundantly in Kiwis is an enzyme that helps breaking down proteins. It comforts stomach and intestines, thereby aiding in digestion.

### Order of juicing

1. Slice kiwis into 4 parts without peeling. Remove pineapple rinds and divide the fruit into 4 parts. Slice pineapples into smaller pieces with about 4cm in length.
2. Put pineapples and kiwis into Hurom and juice.

### TIP

When washed thoroughly, kiwis can be used unpeeled.



## Green Energy

### Ingredient

**Boiled beans** 120g / **spinaches** 60g / **apples** 320g



### The highest vegetable protein, Soybean

As a high-protein source, soybeans have plenty of essential amino acids and are effective in a child's growth and development. It also contains a great quantity of isoflavone which relieves menopausal symptoms.

### Order of juicing

1. Soak soybeans in water for about a day and boil; spinaches are cut in 3-4cm; and apples(remove seeds) are cut in half and divided into 4 parts.
2. Put boiled soybeans, spinaches and apples into Hurom and juice them.

### TIP

While soaking in water, soybeans may go bad. Thus, they should be soaked in cold water at room temperature during the winter season; during summer, we recommend to soak soybeans in cold water inside a refrigerator.





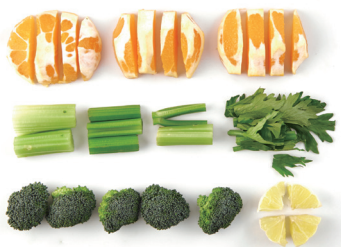
## Power-up

### Broccolis contain plenty of vitamin C

Lack of vitamin C may contribute to fatigue or even depression. Eat broccolis, which contains a plenty of vitamin C, to recover from fatigue and boost energy.

#### Ingredient

**Broccolis** 70g / **oranges** 280g /  
**celeris** 70g / **lemons** 70g



#### Order of juicing

1. Chop celeris and broccolis into smaller pieces with about 3-4cm in length. Slice peeled oranges and lemons into 4 parts.
2. Put broccolis, oranges, celeris and lemons into Hurom and juice them.

#### TIP

The roots of broccolis may be too firm, so they should be chopped into smaller pieces for use.



## Relaxing Day

### Cabbage, #1 for healthy gut

Vitamin U, a special component of cabbages, is effective in protecting and strengthening the gastric/duodenal mucous membrane. Accordingly, eating cabbages contributes to making your stomach healthy.

#### Ingredient

**Yams** 80g / **cabbages** 160g /  
**pears** 240g



#### Order of juicing

1. Slice pears in half and divide into 6 parts without peeling; chop cabbages and yams into smaller pieces with about 4 cm in length.
2. Put yams, cabbages and pears into Hurom and juice.

#### TIP

Yams can be used with the skin after washing.



## Blood Care

### Angelica aids with blood circulation

As Angelica Utilis Makino contains plenty of chalcone and coumarin, it prevents blood coagulation, thus improving blood circulation.

#### Ingredient

**Celeries** 50g / **kiwis** 50g / **kales** 60g / **Angelica Utilis Makino** 80g / **apples** 140g



#### Order of juicing

1. Chop celeries, Angelica Utilis Makino and kales into smaller pieces with about 3-4cm in length; slice kiwis into 4 parts without peeling. Remove seeds from apples and slice into 4 parts.
2. Put celeries, kiwis, Angelica Utilis Makino, apples and kales into Hurom and juice them.

#### TIP

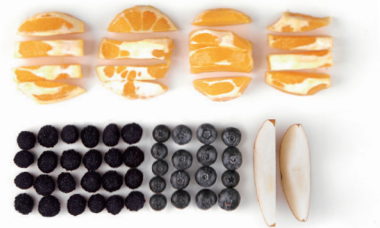
In case of Angelica Utilis Makino, the upper part of its stem is thick and hard, so it is cut in pieces for use.



## Still Young Today

### Ingredient

**Blueberries** 50g / **blackberries** 50g /  
**oranges** 220g / **pears** 50g



### Anti-aging blueberries, blackberries

One of the 10 superfoods selected by The Time Magazine, blueberries are full of anthocyanin that are superior in antioxidant effect. Thus, they help you to keep cells from aging and improve eyesight by inhibiting active oxygen. Blackberries are also full of vegetable estrogen, thereby contributing to antioxidant effect, in particular relieving menopausal symptoms.

1. Chop orange in half and divide into 4 parts after peeling. Slice pears in half and divide into 6 parts with the skin.
2. Put blueberries, blackberries, oranges and pears into Hurom and juice.

### TIP

If frozen blueberries and blackberries are used, slightly thaw the ingredients before juicing.





## GreenBio

### Ingredient

**Broccolis** 130g / **kales** 100g /  
**pineapples** 80g / **pears** 180g



### Kale is effective in inhibiting the formation of cancer cells

Among green & yellow vegetables, kale has the highest content of betacarotene which is effective in antioxidation. It is also rich in indole and sulforaphane, which can prevent cancerous cell cormation.

### Order of juicing

1. Chop broccoli and kale into smaller pieces with about 3-4cm in length.
2. Slice pears in half and divide into 6 parts with the skin. Peel pineapples; divide into 4 parts; and slice into smaller pieces with about 3-4cm in length.
3. Put broccoli, kale, pineapples and pears into Hurom and juice.

### TIP

As kale is strongly fibrous, chop into smaller pieces with about 3-4cm in length for use.





## Popeye Juice

### Ingredient

**Celeries** 70g / **spinaches** 100g /  
**apples** 230g



### Spinach, the king of vegetables

As seen in the classic cartoon "Popeye", spinach has plenty of different nutrients and is known as the 'king of vegetables.' Rich in folic acid and iron, spinach is effective in making skin healthy as well as preventing anemia and gastrointestinal disturbance.

### Order of juicing

1. Chop celeries and spinaches into smaller pieces with about 3-4cm in length. Remove seeds from apples; cut in half and divide into 4 parts.
2. Put celeries, spinaches and apples into Hurom and juice.

### TIP

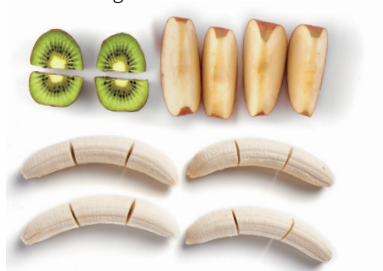
Celery's stems and leaves are all appropriate for juicing.



## Light Day

### Ingredient

**Apples** 150g / **bananas** 140g /  
**kiwis** 100g



### Apples for colonic health

With plenty of organic acid, apples help with recovery from fatigue and strengthen immune system. A great quantity of pectin in apples are effective in preventing constipation and making intestines healthy.

### Order of juicing

1. Remove seeds from apples first; cut in half and divide into 4 parts. Slice kiwis into 4 parts without peeling. Slice peeled bananas into smaller pieces with about 3-4cm in length
2. Put apples, kiwis and bananas (in this order) into Hurom and juice.

### TIP

Soft fruits like banana and kiwi are easy to juice and good to chew when used with a smoothie strainer (with larger holes).



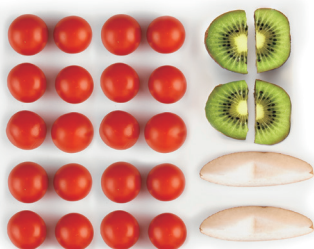
## The Skinny

### Cherry tomatoes for weight loss

Cherry tomatoes are low-calorie fruit vegetables and contain pectin that are filling. They not only prevent constipation, but are also apt for a low-calorie diet.

### Ingredient

**Cherry tomatoes** 250g / **kiwis** 100g / **pears** 60g



### Order of juicing

1. Remove the stalk ends of cherry tomatoes. Slice kiwis into 4 parts with the skin. Slice pears in half and divide into 6 parts without peeling.
2. Put cherry tomatoes, kiwis and pears into Hurom and juice.

### TIP

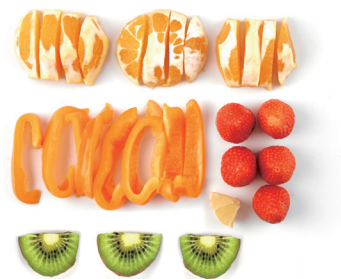
The nutritive components of tomatoes and cherry tomatoes are similar, but cherry tomatoes contain more nutrients in amount.



## Young Looking Skin

### Ingredient

**Paprika** 100g / **kiwis** 80g / **lemons** 10g /  
**strawberries** 100g / **oranges** 160g



### Paprika for a youthful glow

Widely known for its abundance in carotenoid, Paprika eliminates active oxygen that accelerates aging and is superior in antioxidant effect. It is also full of vitamin C, which helps with your skin health.

### Order of juicing

1. Remove the stalk ends of strawberries. Chop paprika into smaller pieces with about 4 cm in length. Slice kiwi into 4 parts with the skin.
2. Peel oranges and lemons; slice in half and divide into 4 parts.
3. Put paprika, kiwis, strawberries, oranges and lemons into Hurom and juice.

### TIP

Acidic fruits like kiwis, oranges and lemons accelerate the secretion of gastric acid, which may lead to heartburn. Accordingly, avoid taking them on an empty stomach or before sleeping.





## Super Juice

### Ingredient

**Carrots** 470g / **walnuts** 30g / **almonds** 30g



### Almond, a super food that is good for brain development

Almond, selected as one of the 10 superfoods! As Almonds are full of fatty acid and vitamin E, they have an excellent antioxidant effect and are effective in promoting heart health and brain development.

### Order of juicing

1. Chop carrots into smaller pieces with about 4 cm in length. Prepare walnuts and almonds.
2. Put carrots, walnuts and almonds into Hurom and juice.

### TIP

If walnuts and almonds are roasted in a dry pan or in an oven, it will be more savory.



## Secret Woman

### Ingredient

**Boiled soybeans** 150g /  
**pomegranates** 190g / **grapes** 150g



### Pomegranate for women's health

As pomegranates are full of vegetable estrogen which is similar to the female hormone, they are one of the essential fruits that all women need. In addition to delaying menopause, they relieve menopausal symptoms. The pomegranate seeds help you to remove dark spots on your skin, thus helping with maintaining youthful skin.

1. Soak soy beans in water for about a day and boil; pomegranates and grapes are taken off one by one.
2. Put pomegranates, boiled soy beans and grapes (in this order) into Hurom and juice

### TIP

#### 1. The 2 easiest ways to peel a pomegranate

① Slice off the top and the bottom of a pomegranate. Score around the sides six times, scrape the rind and remove white skin particles.

② Cut a pomegranate in half horizontally and turn the seeds over. With a spoon, tap on the peel to release the seeds.

**2. Extracting juice from pomegranate may be difficult depending on the country of origin or condition of the fruit.**

## HUROM Information QR Code



HUROM GLOBAL WEBSITE

## Reference

암 억제 식품 사전 / 니시노 호요쿠 (편저) [ISBN : 9788997484355]  
Dictionary of cancer-fighting foods / Edited by Nishino Hoyoku

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## Notice

\*Food and beverages (including juice) are not regarded as medicine or medical supplies, so they do not have a direct effect in treating diseases. Instead of consuming single nutrient or food continuously, it's recommended to incorporate a variety of nutrients and foods in your diet.

\*The above table shows efficacy of vegetables and fruits.

\*This product does not guarantee a medical treatment effect.



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