GET MORE JUICE OUT OF LIFE
MORE JUICE  |  MORE NUTRITION  |  MORE TASTE

USHA INTERNATIONAL LTD.
Pilot No.13, Institutional Area, Sector 32, Gurgaon - 122 001 (Haryana) Tel: +91-124-4593100, Fax: +91-124-4593200
E-mail: corporate@ushainternational.com Website: www.usha.com
Regd. Office: Sonya Kiran Building, 19 Kastoria Goelii Marg, New Delhi/India. Tel: +91 11 23318114 Fax: +91 11 23318118

fans | sewing machines | home appliances | inverters | cook tops, hob & hoods | water coolers & dispensers | engines & pumps | electric motors & pumps | auto components
For decades, USHA International Limited is enhancing lifestyles by offering ahead of its times household solutions. Reason why we are today not just the most loved but also the Most trusted Indian consumer durable brand.

MORE JUICE. MORE NUTRITION. MORE TASTE.

Moving innovation forward, now we present before you the revolutionary USHA NUTRIPRESS Cold Press Juicer. With Cold Press Technology and lower temperature juicing for retaining nutrients... it's a symbol of advanced living, luxury and technology.

Treat yourself with good health, savouring the great recipe options of juices, smoothies, Frozen dessert and mocktails that can be prepared best out of the USHA NUTRIPRESS Cold Press Juicer.

COLD PRESS JUICER

GET YOUR CREATIVE JUICES FLOWING!
GET MORE JUICE OUT OF LIFE

MORE JUICE
MORE NUTRITION
MORE TASTE

For more recipes visit www.ushacpj.com
For you and nature!

USHA NUTRIPRESS COLD PRESS JUICER PRESERVES MORE NUTRIENTS, MINERALS AND ENZYMES, YIELDING THE BEST POSSIBLE FLAVOR.

Drink all nutrients of your fruits and vegetables! USHA NUTRIPRESS COLD PRESS JUICER is an innovative product which uses low-temperature cold press juicing technology to efficiently extract the juice from ingredients. The juicer is designed to obtain the best result from various ingredients and help you lead a healthy lifestyle.
Hard Vegetables

Fruits

Green Vegetables

Nuts & Grains

Frozen Desserts

Fruits

Green Vegetables

Nuts & Grains

Frozen Desserts
BASIC JUICES

Pomegranate Juice 10
Orange Juice 10
Carrot Juice 11
Tomato Juice 11
Celery Juice 12
Apple Juice 12
Wheatgrass Juice 13
Spinach Juice 13
Grape Juice 14
Kale Juice 14
Dreamy carrot Juice 15
Detox green Juice 15
Multivitamin Juice 16
Tangy Juice 16
Baby spinach Juice 17
Cabbage juice 17

MOCKTAILS

Tropical Mix 26
Tropical Fasntasy mix 26
Kiwi Max 27
Summer Watermelon Mix 27
Feel Ful Banana Drink 28
Green Lemonade 28
Iced Banana latte 29
Pomegranate Apple Juice 29

NUTRICIOUS JUICES

Hydrating Cucumber Juice 20
Nut juice 20
Orange Beet Juice 21
Soya Milk 21
Almond Milk 22
Cashew Milk 22
LOHAS Wheatgrass Juice 23
Tomato Soup 23

FROZEN DESSERTS & SMOOTHIES

Strawberry 32
Kiwi 32
Mango 33
Banana Yogurt Gelato 33
Orange Lemon 34
Milk Ice Cream 34
Melon Banana Smoothie 35
Tomato Kiwi Smoothie 35
Green Smoothie 36
Spinach Smoothie 36
Carrot Banana Smoothie 37
Avocado Pineapple Smoothie 37
POMEGRANATE JUICE

1. Remove the pomegranate seeds from the rind.
2. Juice the seeds in the USHA Nutripress cold press Juicer.

TIPS
- The seeds and flesh can be scooped out with a spoon or the pomegranate can have its skin and rind removed to leave the central blocks of seeds and flesh.
- Pomegranate seeds are an excellent source of Estrogen. They help women during the menopause phase.

JUICE

2. Juice the seeds in the USHA Nutripress cold press Juicer.

1. Peel and then chop in half.
2. Juice the oranges in the USHA Nutripress cold press Juicer.

TIPS
- Vitamin C, flavonoids, and beta-carotene help boost the immune system and reduce the effects of aging.
- Orange contains pectin, potassium, and citric acid which are great for skin.

CARROT JUICE

1. Before extracting, soak carrots in cold water at least 30 min for optimal extraction.
2. Scrub well, cut tops and cut to fit the juicer.

TIPS
- Carrots should be firm, smooth, relatively straight and bright in color.
- Carrots can be stored in the refrigerator.

ORANGE JUICE

1. 3 Oranges
2. Peel and then chop in half.
3. Juice the oranges in the USHA Nutripress cold press Juicer.

TIPS
- Apart from the flesh of Orange which contains a good amount of Vitamin C, the rind and the pith of the fruit also is an excellent source of Pectin.

TOMATO JUICE

1. 2 Tomatoes
2. Wash well and remove stem
3. Slice to fit juicer.
4. Juice the tomato in the USHA Nutripress cold press Juicer.

TIPS
- Tomatoes are good for your skin as they contain a high level of lycopene.
- A powerful antioxidant called Lycopene is found in tomatoes. During the metabolic process this antioxidant prevents free radicals from attaching to normal cells.
**CELERY JUICE**

3 Celery Stalks
including the leaves
1. Before extracting, soak in cold water for optimal extraction.
2. Wash well and soak in cold water for a few minutes
3. cut into 1” segments
4. Juice them in the USHA Nutripress cold press Juicer.

Celery has rich fiber in its leaves as well as the whole stick and helps treat constipation and lower cholesterol. Appetite can also be increased with the scent of Celery.

It is very rich in vitamin K and also contains folate, vitamin A, potassium, and vitamin C. Celery reduces inflammation.

**APPLE JUICE**

2 Apples
1. Before extracting, soak apples in water to prevent browning.
2. Wash well and soak in cold water for a few minutes
3. Remove the stem and cut the apples into pieces small enough to fit the juicer
4. Juice them in the USHA Nutripress cold press Juicer.

Apple juice is not only detoxifying but also good for lowering cholesterol, aiding digestion, and helping your skin.

Apples have a lot of vitamins, minerals, enzymes, malic acid, and fiber.

**SPINACH JUICE**

A Handful of Spinach
1 Apple
1. Before extracting, soak in cold water for optimal extraction.
2. Wash the spinach and apple well
3. Remove the apple’s stem and cut into chunks

Spinach helps your digestive system, liver, and circulatory system through nutrients like Vitamin A, Iron and other boosting regenerative properties. It is a very good source of supportive dietary fiber & muscle-building protein.

**WHEATGRASS JUICE**

1 Handful of Wheatgrass
1 Apple
3 Tangerines
1. Before extracting, soak in cold water for about 30 min for optimal extraction.
2. Wash ingredients well and soak wheatgrass into cold water for about 30 min
3. Remove stem from apple and cut into chunks
4. Peel and chop into chunks
5. Juice wheatgrass in the USHA Nutripress cold press Juicer. first, alternating between apple and tangerine for best results.

TIPS

- Sprouts such as wheatgrass, radish sprouts, alfalfa, and vegetables such as chives are juiced using the same method. Wheatgrass can be juiced individually as well.
- Wheatgrass juice is a potent raw living food. When you drink high quality wheatgrass juice your body may produce great results such as a stronger immune system.
- Spices such as wheatgrass, radish sprouts, alfalfa, and vegetables such as chives are juiced using the same method. Wheatgrass can be juiced individually as well.
**GRAPE JUICE**

Grapes

1. Before extracting, soak in warm water for about 20-30 min or clean with lemon, vinegar, or baking soda.
2. Wash well and remove grapes
3. Juice grapes in the USHA Nutripress cold press Juicer

**TIPS**

The seed and skin of the grape contains the resveratrol that may prevent cancer. Three types of polyphenols in grapes seem most important with respect to their health benefits: flavonoids, phenolic acids, and resveratrol. Interestingly, all three types of polyphenols appear to be most concentrated in the skins, stems, and seeds of grapes rather than their juicy middle sections.

**KALE JUICE**

5 Kale leaves
1 Cucumber
1 Pear

1. Before extracting, soak in cold water for optimal extraction
2. Wash ingredients well
3. Cut kale stalks out and use leaves only
4. Remove stem and seeds from pear
5. Start juicing with kale first, then cucumber and pear in the USHA Nutripress cold press Juicer

**TIPS**

Kale protects the skin, eyes, and immune system, and the fibers help clean the intestines and strengthen the liver. It is best not to have kale on an empty stomach as this may cause heartburn. Kale can be juiced on its own as well.

**DREAMY CARROT JUICE**

2 Celery Stalks
1 Cucumber
1 Carrot

1. Before extracting, soak carrots and celery in cold water for about 30 min for optimal extraction
2. Wash ingredients well
3. Remove cucumber skin
4. Cut carrot and cucumber into chunks
5. Cut celery into thin 2 stalks

**TIPS**

If you juice cucumber and carrot together, drink it within 30 min to prevent excessive nutrient loss.

As they have seeds, grapes should be fed slowly into the chute. Grape seeds and skin contain much of the key substances, so it is best to slowly juice whole grapes except for the stem.

If you juice celery and apple together, drink it within 30 min to prevent excessive nutrient loss.

**DETOX GREEN JUICE**

2 Apples
1 Kale Leaf
1 Cucumber
1/2 Lemon
1 inch ginger piece
1 Green Bell Pepper

1. Before extracting, soak spinach and kale in cold water for about 30 min for optimal extraction
2. Wash ingredients well
3. Remove stem and seeds from green bell pepper
4. Remove the skins of the lemon, ginger, and cucumber
5. Cut apple, cucumber, green bell pepper, lemon into chunks
6. Juice in the USHA Nutripress cold press juicer alternating between spinach, cucumber, kale, green pepper, apple, lemon

**TIPS**

If you try celery, chicory, or bok choy instead of kale and also you can juice radish or beets instead of cucumber.

This nutrient-rich drink nourishes and detoxifies your system, and helps you feel great.

You can try radish, chicory, or bok choy instead of kale and also you can juice radish or beets instead of cucumber.
**TANGY TOMATO**

1. Before extracting, soak ingredients in cold water for about 30 min.
2. Wash ingredients well
3. Scrub carrot well, cut off tops, and cut into chunks
4. Cut celery into 1” pieces
5. Remove stems from tomatoes and cut into chunks
6. Juice all ingredients in the USHA Nutripress cold press Juicer by alternating between leafy greens, tomato, and cucumber

**BABY SPINACH JUICE**

1. Prepare baby spinach and carrots by washing them and keeping them in cold water.
2. Remove apple stem
3. Remove lemon peel
4. Scrub carrot well, cut top and root ends, and cut into quarters lengthwise. Juice alternating between baby spinach, carrot, apple, and lemon in the old press Juicer

**CABBAGE JUICE**

1. Before extracting, soak in cold water for optimal extraction.
2. Wash well and soak 1/2 cabbage in water for a few minutes
3. Cut cabbage pieces to fit juicer
4. Juice cabbage in the USHA Nutripress cold press Juicer

**MULTIVITAMIN JUICE**

2 Tomatoes
1 Stalk of Celery
1/4 Beet
1/3 Cabbage
1 Carrot
1/2 Kale Leaf
A handful of Spinach
A small bunch of Parsley

1. Before extracting, soak ingredients in cold water for about 30 min.
2. Wash ingredients well
3. Scrub carrot well, cut off tops, and cut into chunks
4. Cut celery into 1” pieces
5. Remove stems from tomatoes and cut into chunks
6. Juice all ingredients in the USHA Nutripress cold press Juicer by alternating between leafy greens, tomato, and cucumber

**TIPS**

- Sprouts such as wheatgrass, radish sprouts, alfalfa, and vegetables such as chives are juiced using the same method. Wheatgrass helps prevent constipation and is full of vitamins, minerals, and fiber.

This nutrient-rich drink nourish and detoxify your system, and help you feel great.

**TIPS**

- Before extracting, soak parsley and spinach in cold water for a while.

- Cabbages are best juiced with juicy fruits such as pears, orange, or apple. These ensure better extraction and taste. The core of a cabbage has nutrients that are especially good for women. It is recommended that you juice the cabbage including the core.

- Tomatoes should be well shaped and smooth skinned with no wrinkles, cracks or bruises.

- Before extracting, soak in cold water for about 30 min.

- Wash ingredients well

- Remove stems from tomatoes and cut into chunks

- Remove stem and seeds from Pear and cut into chunks

- Remove skins from lemon & onion and cut into chunks

- Juice alternating between tomatoes, onion, parsley, spinach, pear, and lemon in the USHA Nutripress cold press Juicer

- Fine Filter

- Baby Spinach juice is a potent raw/ living food. When you drink high-quality wheatgrass juice your body may produce great results such as a stronger immune system.

- Before extracting, soak parsley and spinach in cold water for a while.

- Wheatgrass juice is a potent raw/ living food. When you drink hig-quality wheatgrass juice your body may produce great results such as a stronger immune system.

- Before extracting, soak parsley and spinach in cold water for a while.

- Cabbage is a very good source of dietary fiber, which helps reduce meal portions as they keep you fuller for longer.

- Before extracting, soak parsley and spinach in cold water for a while.

- Cabbage is a very good source of dietary fiber, which helps reduce meal portions as they keep you fuller for longer.

- Before extracting, soak parsley and spinach in cold water for a while.

- Cabbage is a very good source of dietary fiber, which helps reduce meal portions as they keep you fuller for longer.

- Before extracting, soak parsley and spinach in cold water for a while.

- Cabbage is a very good source of dietary fiber, which helps reduce meal portions as they keep you fuller for longer.

- Before extracting, soak parsley and spinach in cold water for a while.

- Cabbage is a very good source of dietary fiber, which helps reduce meal portions as they keep you fuller for longer.

- Before extracting, soak parsley and spinach in cold water for a while.

- Cabbage is a very good source of dietary fiber, which helps reduce meal portions as they keep you fuller for longer.

- Before extracting, soak parsley and spinach in cold water for a while.

- Cabbage is a very good source of dietary fiber, which helps reduce meal portions as they keep you fuller for longer.

- Before extracting, soak parsley and spinach in cold water for a while.

- Cabbage is a very good source of dietary fiber, which helps reduce meal portions as they keep you fuller for longer.

- Before extracting, soak parsley and spinach in cold water for a while.

- Cabbage is a very good source of dietary fiber, which helps reduce meal portions as they keep you fuller for longer.

- Before extracting, soak parsley and spinach in cold water for a while.

- Cabbage is a very good source of dietary fiber, which helps reduce meal portions as they keep you fuller for longer.

- Before extracting, soak parsley and spinach in cold water for a while.

- Cabbage is a very good source of dietary fiber, which helps reduce meal portions as they keep you fuller for longer.

- Before extracting, soak parsley and spinach in cold water for a while.

- Cabbage is a very good source of dietary fiber, which helps reduce meal portions as they keep you fuller for longer.

- Before extracting, soak parsley and spinach in cold water for a while.

- Cabbage is a very good source of dietary fiber, which helps reduce meal portions as they keep you fuller for longer.

- Before extracting, soak parsley and spinach in cold water for a while.

- Cabbage is a very good source of dietary fiber, which helps reduce meal portions as they keep you fuller for longer.

- Before extracting, soak parsley and spinach in cold water for a while.

- Cabbage is a very good source of dietary fiber, which helps reduce meal portions as they keep you fuller for longer.

- Before extracting, soak parsley and spinach in cold water for a while.

- Cabbage is a very good source of dietary fiber, which helps reduce meal portions as they keep you fuller for longer.

- Before extracting, soak parsley and spinach in cold water for a while.

- Cabbage is a very good source of dietary fiber, which helps reduce meal portions as they keep you fuller for longer.

- Before extracting, soak parsley and spinach in cold water for a while.

- Cabbage is a very good source of dietary fiber, which helps reduce meal portions as they keep you fuller for longer.

- Before extracting, soak parsley and spinach in cold water for a while.

- Cabbage is a very good source of dietary fiber, which helps reduce meal portions as they keep you fuller for longer.

- Before extracting, soak parsley and spinach in cold water for a while.

- Cabbage is a very good source of dietary fiber, which helps reduce meal portions as they keep you fuller for longer.

- Before extracting, soak parsley and spinach in cold water for a while.

- Cabbage is a very good source of dietary fiber, which helps reduce meal portions as they keep you fuller for longer.

- Before extracting, soak parsley and spinach in cold water for a while.

- Cabbage is a very good source of dietary fiber, which helps reduce meal portions as they keep you fuller for longer.

- Before extracting, soak parsley and spinach in cold water for a while.

- Cabbage is a very good source of dietary fiber, which helps reduce meal portions as they keep you fuller for longer.

- Before extracting, soak parsley and spinach in cold water for a while.

- Cabbage is a very good source of dietary fiber, which helps reduce meal portions as they keep you fuller for longer.

- Before extracting, soak parsley and spinach in cold water for a while.

- Cabbage is a very good source of dietary fiber, which helps reduce meal portions as they keep you fuller for longer.

- Before extracting, soak parsley and spinach in cold water for a while.

- Cabbage is a very good source of dietary fiber, which helps reduce meal portions as they keep you fuller for longer.

- Before extracting, soak parsley and spinach in cold water for a while.

- Cabbage is a very good source of dietary fiber, which helps reduce meal portions as they keep you fuller for longer.

- Before extracting, soak parsley and spinach in cold water for a while.

- Cabbage is a very good source of dietary fiber, which helps reduce meal portions as they keep you fuller for longer.

- Before extracting, soak parsley and spinach in cold water for a while.

- Cabbage is a very good source of dietary fiber, which helps reduce meal portions as they keep you fuller for longer.
**HYDRATING CUCUMBER JUICE**

1. Cucumber
   A handful of Romaine Lettuce
   1 Oriental Melon

1. Scrub cucumber skin well. Soak romaine lettuce in cold water for a while.
2. Wash ingredients well
3. Peel oriental melon and cut into chunks.
4. Alternate between juicing romaine lettuce, cucumber, and oriental melon in the USHA Nutripress cold press juicer.

**TIPS**

Cucumber is primarily made of water. It helps prevent edema and cystitis.

---

**NUT JUICE**

1 cup of Peanuts
1/2 cup of Walnuts
1/2 cup of Pine Nuts
Water

1. Soak nuts in water for at least 3 hours
2. Measure out the mixture into the USHA Nutripress cold press juicer, using a large spoon or ladle. Make sure to add equal parts nuts and water each time.

**TIPS**

Cucumber is primarily made of water. It helps prevent edema and cystitis.

---

**ORANGE BEET JUICE**

2 Oranges
A Bunch of Broccoli
1/4 Beet
1/2 Lemon

1. Wash ingredients well
2. Peel orange and lemon and cut into chunks
3. Cut broccoli into chunks
4. Juice alternating between broccoli, beet, orange, and lemon in the USHA Nutripress cold press juicer.

**TIPS**

Beetroots, being rich in nitrates can reduce stroke, heart related diseases and blood pressure

Orange and beet help fight fatigue, broccoli may help prevent the flu.

---

**SOY MILK**

Soy Beans
Water

1. Rinse soy beans well and soak them in water for overnight
2. Using a large spoon or ladle, carefully measure out the mixture into the USHA Nutripress cold press juicer, making sure to add equal parts soybeans
3. You can add more water, salt, or sugar depending on your preference

**TIPS**

Soy beans have isoflavones that help lower blood pressure and cholesterol and are good for bone health.

Juice soy milk once again for a clearer soy milk. The fibrous bean curd dregs can be used for cooking. You can add spinach, carrot or nuts depending on your preference.

---

**HYDRATING CUCUMBER JUICE**

1. Scrub cucumber skin well. Soak romaine lettuce in cold water for a while.
2. Wash ingredients well
3. Peel oriental melon and cut into chunks.
4. Alternate between juicing romaine lettuce, cucumber, and oriental melon in the USHA Nutripress cold press juicer.

**TIPS**

Cucumber is primarily made of water. It helps prevent edema and cystitis.

---

**NUT JUICE**

1 cup of Peanuts
1/2 cup of Walnuts
1/2 cup of Pine Nuts
Water

1. Soak nuts in water for at least 3 hours
2. Measure out the mixture into the USHA Nutripress cold press juicer, using a large spoon or ladle. Make sure to add equal parts nuts and water each time.

**TIPS**

Cucumber is primarily made of water. It helps prevent edema and cystitis.

---

**ORANGE BEET JUICE**

2 Oranges
A Bunch of Broccoli
1/4 Beet
1/2 Lemon

1. Wash ingredients well
2. Peel orange and lemon and cut into chunks
3. Cut broccoli into chunks
4. Juice alternating between broccoli, beet, orange, and lemon in the USHA Nutripress cold press juicer.

**TIPS**

Beetroots, being rich in nitrates can reduce stroke, heart related diseases and blood pressure

Orange and beet help fight fatigue, broccoli may help prevent the flu.

---

**SOY MILK**

Soy Beans
Water

1. Rinse soy beans well and soak them in water for overnight
2. Using a large spoon or ladle, carefully measure out the mixture into the USHA Nutripress cold press juicer, making sure to add equal parts soybeans
3. You can add more water, salt, or sugar depending on your preference

**TIPS**

Soy beans have isoflavones that help lower blood pressure and cholesterol and are good for bone health.

Juice soy milk once again for a clearer soy milk. The fibrous bean curd dregs can be used for cooking. You can add spinach, carrot or nuts depending on your preference.
ALMOND MILK
Soak almond in water for at least 3 hours
1. Carefully measure out the mixture into the USHA Nutripress cold press juicer, using a large spoon or ladle. Make sure to add equal parts almond and water each time.
2. Finish by straining out the almond flesh using a strainer or cheesecloth.

CASHEW MILK
A cup of soaked Cashew
1. Rinse cashews well and soak them in water for at least 3 hours
2. Carefully measure out the mixture into the USHA Nutripress cold press juicer, using a large spoon or ladle. Make sure to add equal parts cashew and water each time.
3. Finish by straining out the cashew flesh using a strainer or cheesecloth

TIPS
- Mix pulp with water in a one to one ratio and process one more time. You can also soak and peel almonds before juicing them.

LOHAS WHEATGRASS JUICE
A handful of Wheatgrass
1. Soak the wheatgrass in cold water for a while before extracting. Wash the pear and orange well.
2. Wash ingredients well
3. Remove stem and seeds of pear and cut into chunks
4. Peel orange and chop into chunks
5. Juice alternating between wheatgrass, pear, and orange in the USHA Nutripress cold press juicer

TIPS
- Wheatgrass helps increases red blood-cell count and lowers blood pressure. Add orange or pear, depending on your preference.

TOMATO CABBAGE SOUP
2 Tomatoes
1/4 Cabbage Leaf
1/2 Carrot
1 Orange
2 Pear
1. Wash ingredients well
2. Remove tomato stem and cut into chunks
3. Cut carrot into chunks
4. Juice alternating between tomato, carrot, onion, cabbage

TIPS
- Lycopene, a carotenoid found in tomatoes, is known for its powerful antioxidant properties. Antioxidants are substances that prevent free radicals created during the metabolic process in the body from attaching to normal cell.
**Tropical Mix**

1. Wash orange, lemon, and strawberries well.
2. Wash ingredients well
3. Remove strawberry stems
4. Peel orange and lemon and cut into chunks
5. Close Smart Cap and juice strawberry first and then, pineapple, orange, and lemon in the USHA Nutripress cold press juicer
6. Mix juice well with ice and coconut milk

**Tropical Fantasy Mix**

1. Wash ingredients well
2. Remove strawberry stems
3. Remove orange, kiwi, and lemon skins
4. Remove mango and cherry pits and cut in half
5. Cut all ingredient into chunks
6. Juice all ingredients in the USHA Nutripress cold press juicer
7. Stir in the honey and enjoy with ice

**Kiwi Max**

1. Scrub kiwi well with a brush or remove skin. Soak spinach in cold water for about 30 min.
2. Wash all ingredients well
3. Remove kiwi skin
4. Remove apple stem and cut into chunks
5. Soak spinach in cold water for about 30 min and drain well
6. Juice alternating between kiwi, spinach, and apple in the USHA Nutripress cold press juicer

**Summer Watermelon Mix**

1. Remove watermelon skin and cut into chunks
2. Juice watermelon in the USHA Nutripress cold press juicer and add apple mint & basil
3. Serve chilled
FEEL FULL BANANA DRINK

2 Bananas
1 cup of Walnuts
A Handful of Spinach
Non-fat Milk

1. Soak walnuts in milk for about 2 hours
2. Peel banana and cut into chunks
3. Using a large spoon or ladle, carefully put the walnut & milk mixture into the USHA Nutripress cold press Juicer
4. Juice by alternating the walnut & milk mixture and banana for best results
5. Juice spinach after you finish processing the other ingredients

Put nut pulp aside before juicing spinach. If you consume the nut pulp with the extracted juice together, you’ll get extra fiber.

Tips

TIPS

Put nut pulp aside before juicing spinach. If you consume the nut pulp with the extracted juice together, you’ll get extra fiber.

2 Bananas
1 cup of Walnuts
A Handful of Spinach
Non-fat Milk

GREEN LEMONADE

1 Green Apple
Sparkling Water
Ice and Syrup

1/2 Lemon
Small Bunch of Mint

1. Wash ingredients well
2. Remove apple stem and cut into chunks
3. Remove lemon peel
4. Juice the apple and then the lemon in the USHA Nutripress cold press Juicer
5. Add mint, ice, sparkling water and syrup and stir well

Tips

Tips

TIPS

Put nut pulp aside before juicing spinach. If you consume the nut pulp with the extracted juice together, you’ll get extra fiber.

2 Bananas
1 cup of Walnuts
A Handful of Spinach
Non-fat Milk

ICE BANANA LATTE

2 Bananas
1 cup of Espresso
Milk
Ice

1. Remove banana peel and cut into chunks
2. Juice milk and banana together in the cold press Juicer.
3. Add espresso & ice and stir well

Tips

Eating bananas will help prevent kidney cancer. Protects the eyes from macular degeneration.

2 Bananas
1 cup of Walnuts
A Handful of Spinach
Non-fat Milk

POMEGRANATE APPLE JUICE

Tips

1 Pomegranate
1 Apple

1. Remove the pomegranate seeds from the rind
2. Remove apple stem and cut into chunks
3. Juice alternating between pomegranate seeds first and apple until done

Tips

Put nut pulp aside before juicing spinach. If you consume the nut pulp with the extracted juice together, you’ll get extra fiber.

2 Bananas
1 cup of Walnuts
A Handful of Spinach
Non-fat Milk

28 29
**STRAWBERRY**

2 cups Frozen Strawberries

1. Assemble the juicer using the Frozen Dessert Filter
2. Put frozen strawberries one at a time in the USHA Nutripress cold press Juicer
3. Serve in an ice cream bowl

**TIPS**

Frozen strawberries larger than 4 inches may damage Frozen Dessert Filter, please cut strawberries into smaller chunks before freezing.

**KIWI**

2 cups Frozen Kiwi

1. Assemble the juicer using the Frozen Dessert Filter
2. Put frozen kiwi pieces one at a time into the USHA Nutripress cold press Juicer
3. Serve in an ice cream bowl

**TIPS**

Remove inner core of Kiwi before freezing for a better taste. If your Kiwi has a strong acidic taste, add banana or yogurt.

**MANGO**

2 Cups Frozen Mango

1. Assemble the juicer using the Frozen Dessert Filter
2. Put frozen mango in small amounts at a time in the USHA Nutripress cold press Juicer
3. Serve in an ice cream bowl

**TIPS**

**BANANA YOGURT GELATO**

1 Frozen Banana
1. Assemble the juicer using the Frozen Dessert Filter
2. Put minced frozen banana with plain yogurt in the USHA Nutripress cold press Juicer
3. Serve in an ice cream bowl

**TIPS**

Add more plain yogurt as a garnish, depending on your preference
1. Remove orange and lemon peel and store the fruits in the freezer about 3 hours.
2. Assemble the juicer using the Frozen dessert filter.
3. Put frozen orange and lemon in the USHA Nutripress cold press juicer.
4. Serve in an ice cream bowl.

**MELON BANANA SMOOTHIE**

1. Mince banana, melon, and almonds and mix with milk.
2. Using a large spoon or ladle, carefully put the mixture into the USHA Nutripress cold press juicer.

**TIPS**

- Juice 500ml at a time to stop the Coarse Filter from overflowing.

**TOMATO KIWI SMOOTHIE**

1. Mince banana and kiwi and mix with milk.
2. Carefully put the above mixture and tomato & pineapple into the USHA Nutripress cold press juicer using a large spoon or ladle.

**TIPS**

- Juice 500ml at a time to stop the Coarse Filter from overflowing.

**MILK ICE CREAM**

1. Freeze milk in an ice cube tray.
2. Assemble the juicer using the Frozen Dessert Filter.
4. Add syrup and serve in an ice cream bowl.

**TIPS**

- If you mix with a green tea latte or ice latte, you can enjoy a creamy and rich milk sorbet.

**FREEZE MILK IN AN ICE CUBE TRAY**

1. Follow these steps to freeze your milk:
   1. Pour the milk into a shallow dish.
   2. Place the dish in the freezer for about 2 hours.
   3. Once the milk is partially frozen, remove it from the freezer and stir it with a fork to break up the ice crystals.
   4. Return the milk to the freezer and let it freeze completely for another hour.

**Assemble the juicer using the Frozen dessert filter**

1. Place the juicer on a stable surface.
2. Connect the power cord to the juicer and plug it into an electrical outlet.
3. Place the Frozen dessert filter on the juicer base.
4. Turn on the juicer and let it run until the desired juice is produced.

**Put frozen milk in the USHA Nutripress cold press juicer**

1. Pour the frozen milk into the juicer basket.
2. Close the juicer lid.
3. Turn on the juicer and let it run until the desired juice is produced.
4. Turn off the juicer and remove the juicer basket.
5. Serve the juice in an ice cream bowl.

**Add syrup and serve in an ice cream bowl**

1. Pour the syrup into the juice and stir well.
2. Serve in an ice cream bowl.
3. Enjoy your refreshing milk ice cream.

**FREEZE MILK IN AN ICE CUBE TRAY**

1. Pour the milk into a shallow dish.
2. Place the dish in the freezer for about 2 hours.
3. Once the milk is partially frozen, remove it from the freezer and stir it with a fork to break up the ice crystals.
4. Return the milk to the freezer and let it freeze completely for another hour.

**Assemble the juicer using the Frozen dessert filter**

1. Place the juicer on a stable surface.
2. Connect the power cord to the juicer and plug it into an electrical outlet.
3. Place the Frozen dessert filter on the juicer base.
4. Turn on the juicer and let it run until the desired juice is produced.

**Put frozen milk in the USHA Nutripress cold press juicer**

1. Pour the frozen milk into the juicer basket.
2. Close the juicer lid.
3. Turn on the juicer and let it run until the desired juice is produced.
4. Turn off the juicer and remove the juicer basket.
5. Serve the juice in an ice cream bowl.

**Add syrup and serve in an ice cream bowl**

1. Pour the syrup into the juice and stir well.
2. Serve in an ice cream bowl.
3. Enjoy your refreshing milk ice cream.

**FREEZE MILK IN AN ICE CUBE TRAY**

1. Pour the milk into a shallow dish.
2. Place the dish in the freezer for about 2 hours.
3. Once the milk is partially frozen, remove it from the freezer and stir it with a fork to break up the ice crystals.
4. Return the milk to the freezer and let it freeze completely for another hour.

**Assemble the juicer using the Frozen dessert filter**

1. Place the juicer on a stable surface.
2. Connect the power cord to the juicer and plug it into an electrical outlet.
3. Place the Frozen dessert filter on the juicer base.
4. Turn on the juicer and let it run until the desired juice is produced.

**Put frozen milk in the USHA Nutripress cold press juicer**

1. Pour the frozen milk into the juicer basket.
2. Close the juicer lid.
3. Turn on the juicer and let it run until the desired juice is produced.
4. Turn off the juicer and remove the juicer basket.
5. Serve the juice in an ice cream bowl.

**Add syrup and serve in an ice cream bowl**

1. Pour the syrup into the juice and stir well.
2. Serve in an ice cream bowl.
3. Enjoy your refreshing milk ice cream.
GREEN SMOOTHIE

1 Apple
3 Kale Leaves
Bok Choy
Garnish of Parsley
1 Lemon
Romaine Lettuce
Almonds

1. Wash ingredients well
2. Remove apple stem and cut into chunks
3. Remove lemon peel and cut into chunks
4. Mince kale leaves, romaine lettuce, bok choy, and almonds and juice in the USHA Nutripress cold press juicer.
5. Juice apple and lemon in the cold press juicer.

Add banana and milk, turning a smoothie into a meal in itself. Ensure that your smoothie ingredients are all cut to no greater than 2" lengths for best performance.

CARROT BANANA SMOOTHIE

1 Carrot
1 Oranges
1 Banana
Milk

1. Cut the carrot into chunks
2. Remove orange peel
3. Remove banana peel and cut into chunks
4. Mix the above ingredients with milk and put into the USHA Nutripress cold press juicer

AVOCADO PINEAPPLE SMOOTHIE

1 Avocado
1 Banana
2 Slices of Pineapple
Milk

1. Assemble the juicer using the Coarse Filter
2. Remove avocado pit
3. Chop avocado, banana, and pineapple and mix with milk
4. Using a large spoon or ladle, carefully put the above mixture in the USHA Nutripress cold press juicer

SPINACH SMOOTHIE

Handful of Spinach
1 cup Walnuts
1 Banana
Non-fat Milk

1. Mince all ingredients and mix with milk
2. Using a large spoon or ladle, carefully put mixture into the USHA Nutripress cold press juicer

Ensure that your smoothie ingredients are all cut to no greater than 2" lengths for best performance.

Very ripe avocados are soft like butter - avoid unripe avocados as they are fairly hard.