

BIG BOSS™ JUICER

700 WATT/MULTI SPEED
STAINLESS STEEL



BIG BOSS™ JUICER ITEM NO. 8123E

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Healthy Recipes



Congratulations on the purchase of your Juicer! By introducing more fresh fruits and vegetables to your diet, you are now one step closer to a healthier lifestyle.

You've probably heard the old saying, "You are what you eat." This couldn't be more true. Your body is made of what goes into it. Today's nourishment (or lack of it) quickly becomes tomorrow's flesh and blood. Big Boss™ Juicer will help you to get the nourishment you need in the form that your body can absorb most easily.

VITAMINS - VITAL FOR VITALITY

You need many different things to satisfy your body's 26,000 billion cells. Vitamins are the vital, life-organizing forces that your body's complicated processes depends on. Vitamins are essential for transforming food into energy. They regulate your body processes. Without the right supply of vitamins, your body doesn't have the protection it needs against the disease. But today's cooking and refining procedures destroy vitamins or diminish their effectiveness. That's why you need the Big Boss Juicer to give you vitamins in their live food form.

THE MIRACLE OF MINERALS

Your body requires more than 20 different minerals, some of them major minerals like calcium and iron, some of them "trace elements", present in small quantities but absolutely vital. They help in the regulation of your body's acid-balance, your blood pressure, your nerves, your growth and reproduction. Minerals like calcium and iron can't be absorbed into your body directly. They've got to go into plants - nature's "processing factories" first. But, like vitamins, minerals can be destroyed by modern food processing.

Big Boss Juicer will help you to "mine" fruits and vegetables for calcium, iron and other minerals you need.

ENZYMES - THE ENERGY ENGINES

Enzymes help to create chemical changes. Life couldn't go on with out them. A single one of your cells could contain 100,000 enzymes and produce 2,000 chemical reactions. Some of the enzymatic activities are digesting food, building tissues, replacing used up blood cells and converting chemical energy into kinetic energy which helps you to move and use your muscles. In addition, your lack of ability to produce certain enzymes may cause diseases which seem to run in your family. An example of this is diabetes. The diminished quantity of particular enzymes in your pancreas may contribute to diabetes.

Enzymes can't be taken in a pill. And they can be destroyed by merely enough heat to warm your hand. So they are often fatalities of the cooking process. Raw vegetables are your best source of enzymes. And the best form of which to get your raw vegetables is in their juices through the Big Boss Juicer.

GOOD VEGETABLES FOR GOOD JUICE

The first step in getting the most from your Big Boss Juicer is to select your vegetables carefully. If you were to put vegetables which are bruised, spotted or over-ripe into your juicer, you'd find yourself getting a poor quality juice. On the other hand, if you use delicious, organically grown fruits and vegetables, you'll get juice at the peak of perfection. So choose your fruits and vegetables carefully. They should be crisp and fresh when you buy them and you should use them as quickly as possible.

PREPARATION OF FRUITS AND VEGETABLES

Be sure to scrub them with a stiff scrub brush under cold running water. We live in an age of chemical insect sprays. You've got to make sure that everything that you put into your juicer is clean. Cut away all the bruises and bad spots. They'll change the color of the juice, affect its taste and speed the loss of vitamins and minerals.

IMPORTANT:

Do not juice bananas, avocados, coconuts, eggplants or leeks.

CLEANING YOUR SUPER JUICER

Clean your Juicer after you use it. That means **immediately** afterward. If you wait, the Juicer could become clogged with pulp. The fibers become more difficult to remove as they dry. If the fibers hang around they'll encourage the growth of bacteria. The best way to clean is with warm water and a stiff brush right away.





THE SUPER JUICER GIVES YOU THE ULTIMATE FOOD VALUES

Begin using your Juicer to head down the road to better health. At the start of each day, we suggest drinking a glass of apple juice to tone and cleanse your system. Apple juice aids digestion. It is great for the kidneys and promotes good intestinal activity. It purifies the blood and helps skin tone and anemia.

If you feel depressed in the morning - that "I hate to get up and face the day" feeling, we suggest that you supplement your apple juice with a glass of orange juice, reinforced with bioflavonoids, and a glass of grape juice.

The orange juice will have a rapid alkaline effect on your body (which is especially good if you are overly acidic). It is an excellent blood cleanser. And it's rich in vitamins A and B, and, particularly, in vitamin C. The bioflavonoids (from the peel of the fruit) improve the strength and elasticity of your capillaries, helping them to pass life-giving ingredients from your blood stream to your cells.

NOTE: You may juice your fruits and vegetables and store them in the refrigerator for future consumption. The longer the juice is stored in the refrigerator, it starts losing vitamins and nutrients. If you have to store juice, make sure to place it into the airtight container, preferably glass. If you choose to freeze juice, use freezer safe containers. Do not store or freeze juice for a period longer than 1 month.

Do not store the following after juicing: melons, berries, cherries, mangoes and papayas.



ORANGE JUICE WITH BIOFLAVONOIDS

(bioflavonoids - from the peel of the fruit)

Feed two whole oranges into the Juicer until they give you 8 ounces of juice.

Drink as soon as possible, or store in the refrigerator for a few hours.



APPLE JUICE

Feed three medium size apples (core and all) through your Juicer until they produce 8 ounces of juice (either 1 cup or a medium size glass). Drink as soon as possible, or store in the refrigerator for a few hours.



WATERMELON PUNCH

1/2 watermelon 5 oranges
1 lemon 1/2 pineapple

Feed 1/2 watermelon (without rind) through your Juicer. Then run 1 lemon, 5 oranges and 1/2 of pineapple (peeled and cut into smaller pieces). Drink as soon as possible, or store in the refrigerator for a few hours.

PINEAPPLE EXQUISITE

1/2 pineapple 1/2 lemon
1 stalk celery 1 carrot

Feed 1/2 of pineapple (peeled and cut into smaller pieces) through your Juicer. Then run 1 stalk of celery, 1/2 lemon and 1 carrot. Drink as soon as possible, or store in the refrigerator for a few hours.

APPLE PINEAPPLE GINGER JUICE

1 apple
1/2 inch fresh ginger
1 pineapple

Feed 1 whole apple (core and all) and 1/2 inch of fresh ginger through your Juicer. Then run 1 pineapple (peeled and cut into smaller pieces). Drink as soon as possible, or store in the refrigerator for a few hours.



VEGETABLE JUICE - THE BUILDER AND REGULATOR

We're accustomed to drinking fruit juices. But we usually enjoy vegetable juices less frequently. That's a mistake. Raw vegetable juices carry the nourishment of vegetables at their most concentrated, in the form that can be absorbed by your body most easily.

Raw vegetables juices are a particularly good food for older people and for anyone with digestive tract troubles. It's almost impossible to have too much raw vegetable juice. And the juices will help to curb any desire you might have to overeat. In addition they will reduce the urge for "junk food" that might be harmful to you. And they will aid in generating and rebuilding your body.

NOTE: You may juice your fruits and vegetables and store them in the refrigerator for future consumption. The longer the juice is stored in the refrigerator, it starts losing vitamins and nutrients. If you have to store juice, make sure to place it into the airtight container, preferably glass. If you choose to freeze juice, use freezer safe containers. Do not store or freeze juice for a period longer than 1 month.

Do not store the following after juicing: potatoes, onions, garlic, cabbage, lettuce and greens.



CARROT JUICE - A DELICIOUS ADDITION TO YOUR MEALS

Carrot juice balances your system. It's a powerful blood builder. It helps your appetite and also your digestion. It's the richest source of vitamin A and also contain lots of vitamins B, C, D, E, G and K.

Feed two carrots into the Juicer. Add more, if necessary, to produce a full 8 ounce glass of carrot juice. Enjoy it with your meals. Drink as soon as possible, or store in the refrigerator for a few hours.

CELERY JUICE - IDEAL FOR INSOMNIA

Celery juice is a natural nerve tonic. It will relax you and help you to sleep.

Feed the celery through the Juicer until it yields an 8 ounce glass. Celery tops or greens may be used, as well. If you use the greens, which are a concentrated source of juice, proportionally fewer stalks will be necessary. Drink the celery juice within an hour of bedtime. Drink as soon as possible, or store in the refrigerator for a few hours.



CUCUMBER-ORANGE COCKTAIL

3 oranges (peeled)

1 small cucumber

Feed 3 peeled oranges through your Juicer. Then run 1 small cucumber. Drink as soon as possible, or store in the refrigerator for a few hours.

APPLE VEGGIE BLEND

2 apples

3 carrots

1 stalk celery

Feed 2 whole apples (core and all) through your Juicer. Then run 3 carrots and 1 stalk of celery. Drink as soon as possible, or store in the refrigerator for a few hours.



SUPER SALAD

There's nothing wrong with tossed green salad. But it can get boring. Here's a sparkling salad that will perk up any meal.

1 lb. carrots

leaf lettuce

1/4 cup raisins

1/4 tsp. salt

4 tbs. mayonnaise

Peel carrots. Section them and feed through the Juicer. Put carrot pulp in mixing bowl. Rinse raisins and dry on paper towels. Toss raisins and salt with carrots. Moisten with mayonnaise to your taste. Blend with fork, tossing mixture.

Serves up to 6 on lettuce-lined salad plates.



POTASSIUM BROTH - PALATABLE AND POWERFUL

Potassium broth is a wonderful food. It is superior natural nourishment for anyone whose illness is causing trouble with digestion or who is encountering a stress period in their life. It seems to be beneficial to women who suffer from premenstrual headaches. And it is excellent for women approaching menopause.

2 carrots

3 celery stalks

parsley

spinach

pure cream (optional)

Feed two carrots into the Juicer until you have 7 ounces of carrot juice. Next, feed three celery stalks through the Juicer until they yield 4 ounces of celery juice. Run enough parsley through the Juicer to produce 2 ounces of parsley juice. Process sufficient spinach to give you 3 ounces of spinach juice. Mix, adding a little pure cream if it suits your taste. Enjoy your broth at mid-morning as an excellent boost for the day. Drink as soon as possible, or store in the refrigerator for a few hours.



THE BEST OF BREAD AND CAKE

The Juicer does wonders with breads and cakes. They are special treats that you can't find at your local bakery. Your ingredients are so fresh that bakery products wouldn't be as good even if they did stock these delicious things. And, with the Juicer, they're so easy to make.

ZUCCHINI BREAD

2 medium zucchini (1 1/2 cups shredded)
2 eggs
1 1/2 tsp. cinnamon
2 cups flour
3/4 tsp. baking soda
1/2 tsp. baking powder
1 tsp. shortening
1 cup sugar
1 1/2 tsp. vanilla extract
1/2 cup oil
3/4 tsp. salt
1/2 cup walnuts

Coat the ends of a 5" x 9" pan with shortening. Cover the sides and bottom with wax paper. Do not peel the zucchini. Scrub it. Section the zucchini and run it through the Juicer. Put zucchini pulp in mixing bowl. In separate bowl combine sugar, salt, cinnamon, flour, baking soda and baking powder, mix well. Add dry ingredients to zucchini pulp. Beat eggs, oil and vanilla extract. Add to zucchini mix. Stir in walnuts. Pour into pan lined with wax paper. Bake in oven at 325 °F for 1 hour and 15 minutes or until the bread comes away slightly from the sides of the pan.



CARROT CAKE

- 4 medium carrots
- 1 cup crushed pineapple
- 1 cup walnuts
- 1 cut coconut
- 3 eggs
- 2 cups flower
- 2 cups sugar
- 2 tsp. cinnamon
- 2 tsp. baking soda
- 1/2 tsp. salt
- 1 cup oil
- 2 tsp. vanilla extract

Butter a 9" x 12" pan. Section the carrots. Run them through the Juicer. Put carrot pulp in bowl. Add sugar, eggs, pineapple, vanilla extract, oil and salt to bowl with carrot pulp, stirring them in thoroughly. In a separate bowl combine flour, baking soda and cinnamon. Sift into carrot bowl. Stir once again. Add the walnuts and coconut. Mix again, stirring thoroughly. Pour into buttered pan. Bake in 375 °F degree oven for 45 minutes to an hour. Dust with powdered sugar. The carrot cake can be enjoyed as is or served with whipped cream or ice cream. You will have 12-18 servings.



PERFECT PUDDING

With your Juicer, you can prepare puddings, fillings, and other good things and keep them ready to use. You can enjoy them directly from your refrigerator or reheat them easily to serve hot.

STEAMED CARROT PUDDING

2 medium carrots	1 cup flour
1 large potato	1 tsp. cinnamon
3/4 cup raisins	1/4 tsp. salt
1/2 cup walnuts	1 cup brown sugar
2 eggs	1 tsp. vanilla extract
3 tbs. butter	1 tsp. baking soda mixed with
1/2 tsp. ground cloves	2 tbs. hot water

Use a 6 cup mold. Butter it with one tablespoon of butter. Melt the rest of the butter. Put it aside. Put the walnuts and raisins into a mixing bowl. Process carrots and potato in the Juicer. Add the pulp to the bowl with the raisins and the nuts. Add the eggs, brown sugar, vanilla extract, salt and baking soda (dissolved in hot water), mixing them together well with the carrot and potato pulp. Combine the cloves, cinnamon and flour in a sifter. Sift into the bowl with the rest of the ingredients. Stir. Pour into the buttered mold. Pour the melted butter over the top of the pudding. Cover. Set in deep pot with lid. Add boiling water to pot until it goes halfway up the mold's sides. Cover. Steam 2 1/2 hours. Serve warm. Pudding can be refrigerated. To reheat, put pudding, still in mold, in same pot with simmering water for an hour and a half.

Makes 10 servings.



PERSIMMON PUDDING

4 persimmons	2 cups flour	
1 cup of pitted dates	1 cup walnuts	2/3 cup milk
2 eggs	3 tsp. baking soda	
2 cups powdered sugar	1 tsp. salt	
3 tbs. sugar	1 tsp. allspice	
1 1/2 tbs. soft butter	2 tsp. cinnamon	
2 tbs. melted butter	1. tsp. nutmeg	
	1 tsp. cloves	

Coat 2 four cup molds with soft butter. Dust with sugar, emptying out excess sugar. Cut dates lengthwise in half, place in medium size bowl. Add nuts, set aside. Feed persimmons through the Juicer. Mix together sugar, melted butter, eggs, spices, salt and baking soda. Add persimmon pulp, milk and flour. Mix in dates and nuts. Pour into prepared molds. Cover. Place in a deep pot. Pour in boiling water halfway up molds' sides. Cover. Steam for 3 hours. Serve warm with whipped cream.