

Cuisinart®

INSTRUCTION AND RECIPE BOOKLET



**Cuisinart® Core Essentials™
Juicing Center Accessory**

MFP-JCC

For your safety and continued enjoyment of this product, always read the instruction book carefully before using.

IMPORTANT SAFEGUARDS

This Juicing Center Accessory (Model MFP-JCC) is intended for Cuisinart Food Processor of Model FP-110C series and FP-130C series (CFP-260C series) series.

When using electrical appliances, basic safety precautions should always be followed including the following:

1. Read instructions thoroughly.
2. This appliance is not intended for use by children or by persons with reduced physical, sensory, or mental capabilities, or lack of experience and knowledge. Close supervision is necessary when any appliance is used near children. Children should be supervised to ensure that they do not play with the appliance.
3. Avoid contacting moving parts.
4. Do not operate any appliance that has a damaged cord or plug or after it has been dropped or damaged in any way. Contact Cuisinart® Customer Service Center at 1-800-472-7606 for information on examination, repair or adjustment.
5. Using accessory attachments not sold or recommended by the Cuisinart® can cause fire, electric shock or injury or damage to your food processor and/or this Juicing Center accessory.
6. Do not allow the power cord to come into contact with any hot surfaces, including stove, or to hang over table edge or counter.
7. Do not put fingers or other objects into the juice extractor feed tube or on the citrus reamer while they are in operation. If food becomes stuck in the opening of the feed tube, use the food pusher or a piece of fruit or vegetable to push it down or turn the motor off and disassemble the unit to remove the trapped food.
8. If the mesh filter-basket/blade is damaged, do not use.
9. Always make sure the juice extractor and citrus juicer attachment is properly positioned and secured before motor is turned on. If it is not, the safety interlock will not operate. Do not loosen attachments while the juice extractor/citrus juicer is in use.
10. Not designed for outdoor use.
11. Do not use the appliance for anything other than the intended purpose, as outlined in the instruction booklet.
12. Never juice with the spout in the closed position.
13. Do not operate without a juice pitcher in place.

14. Be careful when removing the pulp basket by the stem as it is normal for the drive pin to get warm after an extended run time.
15. Turn the appliance off then unplug from the outlet when not in use, before assembling or disassembling parts and before cleaning. To unplug, grasp the plug and pull from the outlet. Never pull from the power cord.
16. Avoid contacting moving parts. Do not attempt to defeat any safety interlock mechanisms.
17. Always make sure juicer cover is clamped securely in place before the motor is turned on. Do not unfasten clamps while the juicer is in operation.
18. Be sure to turn your food processor off after each use of your juicing center. Make sure the motor stops fully before disassembling.
19. Do not use this appliance if the rotating sieve is damaged.

CONTENTS

Important Safeguards	2
Parts	3
Before First Use	3
Assembly Instructions	4
Disassembly Instructions	4
Operating Instructions	5
Cleaning and Maintenance	5
Tips and Hints	5
Approximate Yield Juicing Charts	6-7
Vegetables, Fruits and their key vitamins and minerals	8-9
Troubleshooting	9
Recipes	12
Warranty	16

SAVE THESE INSTRUCTIONS FOR HOUSEHOLD USE ONLY

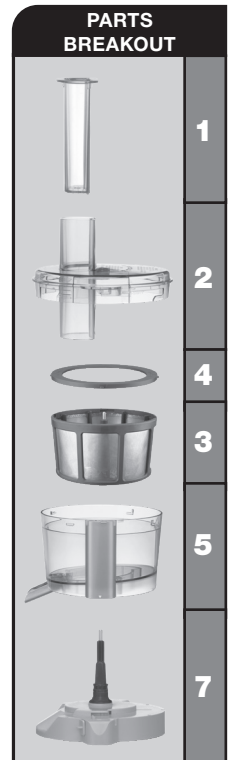
PARTS

Items in pictures may be slightly different than those in the final product.

1. Food Pusher
2. Juice Extractor Cover with Feed Tube
3. Micro-Mesh Juice Filter Basket and Cutting Disc
4. Pulp Sealing Ring
5. Filter Housing/Juice Container
6. Adjustable Citrus Juicing Basket and Reamer
7. Juicer Adapter
8. Cleaning Brush

BEFORE FIRST USE

- Remove all packaging materials and any promotional labels or stickers from your Cuisinart Core Essentials™ Juicing Center. Be sure all parts (listed at left) of your new accessory have been included before discarding any packaging materials.
- You may wish to save the box and packing materials for use at a later date.
- Thoroughly clean juice extractor cover, food pusher, micro-mesh juice filter basket assembly, filter housing/juice container, and citrus juicing basket, pulp sealing ring and reamer by hand or on top rack of dishwasher.



ASSEMBLY INSTRUCTIONS

Juice Extractor Accessory

To use the Juicing Center Accessory, begin by setting your food processor base (sold separately) on a clean, flat surface. Make sure the base is unplugged from the power outlet.

1. Place juicer adapter on top of Food Processor base. Turn clockwise to lock the juicer adapter into place.

Parts needed.



2. Place the filter housing/juice container on the juicer adapter. Turn clockwise to lock into place.

Parts needed.



3. Insert the micro-mesh filter with cutting disc into the filter housing, pressing firmly down on rim of the filter basket so it locks securely in place.

Be careful not to touch the blades on the bottom of the filter basket and be sure this part is inserted before every use.

Parts needed.



4. Place the pulp sealing ring on top of micromesh filter basket. Rotate counterclockwise to lock into place.
5. Place the juice extractor cover on top of filter housing and twist into place, making sure to align locking marks.

Parts needed.



6. Insert the food pusher into the feed tube.

Parts needed.



7. Make sure the flow spout is in the open position. Never juice with the spout in the closed position.

Part needed.



Citrus Juicer Attachment

1. Place the juicer adapter on top of the Food Processor base. Turn clockwise to lock into place.
2. Place the filter housing/juice container on top of the juicer adapter and turn clockwise to lock into place.
3. Place the citrus juicing basket and reamer on the spindle in the filter housing.

Parts needed.



4. Place a juice pitcher or container under the flow spout. Make sure the flow spout is in the open position. Never juice with the spout in the closed position.
5. Plug in power cord. Your citrus juicer is now ready to be used.

DISASSEMBLY INSTRUCTIONS

Disassembling the Juice Extractor

1. Unplug the food processor base.
2. Remove the food pusher from cover.
3. Make sure the flow spout is in the closed position.
4. Turn cover counterclockwise to unlock, then lift and remove cover from filter housing.
5. Carefully remove the micro-mesh filter basket from filter housing by pulling up on the sides of the rim.
Be careful not to touch the blades in the bottom of the basket. DO NOT touch the metal shaft in the center of the micro-mesh filter basket as it may be hot after using.

6. To remove Filter Housing/Juice Container with or without the juicer adapter press down and hold the release button and turn counterclockwise to unlock.

Disassembling the Citrus Juicer

1. Unplug the food processor.
2. Rotate the citrus juicing basket and reamer assembly counterclockwise to unlock.
3. Remove the reamer from the basket by placing one hand on the basket and the other on the reamer, gently pulling apart.

OPERATING INSTRUCTIONS

1. Make sure your juicing center is properly assembled and attached to your food processor base. (See Assembly Instructions, pages 4 and 5.)
2. Plug the food processor power cord into a 120V electrical outlet.
3. Make sure that the spout is in the open position.
NEVER JUICE WITH THE SPOUT IN THE CLOSED POSITION.
4. Wash all selected fruits or vegetables.

Operating the Juice Extractor

1. Select high speed when using the juice extractor.
2. Lift the food pusher out of the feed tube and put your food into the opening. Push through by inserting the food pusher and pressing firmly.
3. Juice will begin to flow into your container.
4. When juice is fully extracted, press the Pulse/Off paddle to stop juicer.
5. Lift the spout to the closed position before removing your container to prevent juice from dripping on the counter.

Operating the Citrus Juicer

1. Select low, medium, or high pulp setting on the citrus juicing basket and reamer assembly by rotating the reamer according to the arrows. Low speed is the recommended speed for best results.
2. Slice fruit horizontally.
3. Place center of citrus fruit on the center of the juicing reamer.
4. Place your palm over the fruit and press it against the reamer using steady pressure.
5. Once you feel the ribs of the reamer through the citrus rind, remove it from reamer and begin juicing the next piece of fruit.
6. After approximately 1 lb. (454 g) of fruit has been juiced, the juicing basket will appear to be full.
7. Place drip spout in the closed position and remove the juice pitcher.

8. Turn the juicing basket counterclockwise to release and remove it.
9. Separate the reamer and the juicing basket by pulling gently with one hand.

CLEANING AND MAINTENANCE

For easy cleanup, use the cleaning brush to remove excess pulp from the micro-mesh juice filter basket and citrus juicing basket after each use. Vegetable and fruit residue will harden if left to dry on the unit parts, making them more difficult to clean. One side of the provided cleaning brush is designed to scrape the pulp out of the filter basket and the other side is used to brush the basket clean.

1. Unplug food processor and carefully take juicing center apart, following Disassembly Instructions on page 4-5.

WARNING: Be careful when handling the mesh filter basket/blade, as blades are very sharp.

2. Rinse all removable parts with cold water.
3. Wash the juice extractor cover, food pusher, juice pitcher, micro-mesh juice filter basket assembly, filter housing/juice container, and citrus juicing basket and reamer in hot, sudsy water or on top rack of dishwasher.

NOTE: For best juicing results, the mesh filter basket must always be thoroughly cleaned after each use.

4. Towel dry all parts.
5. Any other servicing should be performed by an authorized service representative.

TIPS AND HINTS

Juice Extractor

- Extracted juice captures about 95% of the nutrients from fresh fruits and vegetables. Drinking extracted juice is a fast and efficient way for your body to digest and absorb all of those nutrients. Digesting whole fruits can take about an hour; extracted juices take only 15 minutes.
- Freshly extracted juices are an excellent aid in weight management and in cleanses, which may rid the body of toxins.
- Always use fresh, organic and seasonal produce. Organic produce is grown without synthetic fertilizers and chemicals, which is very important when juicing whole foods. Buying foods in season is considerably less expensive than purchasing off-season, and flavours are much better.
- Wash all fruits and vegetables immediately after purchasing and store them in the refrigerator. This way they are ready to juice at any time.
- Always juice fresh fruits and vegetables as soon as possible after purchasing. The longer produce is held, the more nutrients it loses.

- Fresh juices should be consumed immediately. They lose nutrients as they sit.
- Certain fruits should be peeled before juice extracting. Examples are pineapples, melons, mangoes, papayas, citrus – any fruit with skin that you cannot eat. Also remove all pits and hard seeds from peaches, cherries, mangoes, etc.
- If cucumbers are waxy, peel them before juicing.
- Juice the softer ingredients before the harder ones.
- When juicing herbs or leafy greens, juice them in the middle of a combination of ingredients in order to extract the greatest amount of juice.
- Use your taste to guide you on fruit and vegetable combinations for juices. The recipes provided are a guideline, but the possibilities are endless. Experiment to discover your favourite combinations.
- Carrots make a great and tasty base for vegetable juices, and apples do the same for fruit juices.
- Beets and carrots both have a naturally high sugar content, so when added to vegetable juices they can balance out any bitter flavours juiced vegetables may have.
- It is also possible to make a healthier, fresher version of your favourite cocktail with fresh juices.
- Blend fruit juices with sparkling water or seltzer to make a natural soda.
- Roll fruit on the countertop with the palm of your hand a few times to increase juice yield.
- Remove all seeds, but leave in pulp when using juice in baking – it will add flavour.
- Zest the citrus peel for recipes before using the fruit for juicing. Freeze leftover juice into pre-measured cubes using an ice cube tray. Thaw to use.
- Choose oranges, lemons and limes with smooth, brightly coloured skin.
- The best citrus fruits are firm, plump and heavy for their size. Small brown areas on the skin (“scald” spots) will not affect flavour or juiciness. Avoid lemons/limes with hard or shriveled skin.
- Lemon and lime juice can be used interchangeably in most recipes (margaritas are an exception).
- Grapefruits should have thin, finely textured, brightly coloured skin and be firm yet springy to palm texture.
- The thinner the skin, the more juice. Juice from pink grapefruit contains more vitamin A than that from white grapefruit.
- Use the hollowed-out citrus fruit skins that remain after juicing as containers for desserts such as sorbets.
- Sweet oranges make the best juice, but you can make orange juice from any type of orange. Sweet oranges include both juice oranges and navel oranges. Navel oranges have a prominent navel and thick skin that’s easy to peel. They’re generally seedless. Juice oranges have thinner skins and are often chock-full of seeds.

Citrus Juicer

- Choose fresh fruit that is firm, not soft – it will yield more juice.
- Always wash citrus fruit before juicing to remove pesticides and residue.
- Room-temperature fruit will yield more juice than refrigerated fruit.

APPROXIMATE YIELD – JUICE EXTRACTING CHART

FRUIT	AMOUNT	YIELD
Apple (eight sections)	1 medium (about 7 ounces [200 g])	½ cup or 4 ounces 125 ml
Cantaloupe (peeled and seeded)	1 cup (250 ml), cubed	½ cup or 4 ounces 125 ml
Grapes	1 cup (250 ml)	½ cup or 4 ounces 125 ml
Orange (peeled and quartered)	1 medium (about 12 ounces [340 g])	⅝ cup or 5 ounces 147 ml
Papaya (peeled and seeded)	½ fruit (about 1 pound 3 ounces [454 g])	1 cup or 8 ounces 250 ml
Peach (pitted)	1 medium (about 10 ounces [285 g])	¼ cup or 2 ounces 60 ml
Pear (quartered)	1 medium (about 7 ounces [198 g])	½ cup or 4 ounces 125 ml

APPROXIMATE YIELD — JUICE EXTRACTING CHART (CONTINUED)

Pineapple (peeled and cored)	½ fruit	1 cup or 8 ounces 250 ml
Watermelon (peeled and seeded)	1 cup (250 ml), cubed	½ cup or 4 ounces 125 ml
Strawberries	1 cup (250 ml)	½ cup or 4 ounces 125 ml
Grapefruit (peeled and quartered)	1 medium to large (about 1 pound [454 g])	1¼ cup or 10 ounces 284 ml
Lemon (peeled)	1 fruit (about 5 ounces [145 g])	¼ cup or 2 ounces 60 ml
Kiwi	1 fruit (about 3 ounces [85 g])	1 ounce 28 g
VEGETABLE	AMOUNT	YIELD
Beet (quartered)	1 medium (about 6 to 7 ounces [170 to 200 g])	½ cup or 4 ounces 125 ml
Leafy Greens	1 handful (about 8 leaves)	1½ ounces 43 g
Carrot	1 pound (454 g)	1 cup or 8 ounces 250 ml
Celery	4 large stalks	½ cup or 4 ounces 125 ml
Bell Pepper (quartered)	1 medium (about 9 ounces [255 g])	½ cup or 4 ounces 125 ml
Cucumber	1 medium/large (about 11 ounces [312 g])	1 cup or 8 ounces 250 ml
Tomato	1 medium (about 5 ounces [145 g])	½ cup or 4 ounces 125 ml
Parsley	1 bunch (about 6 ounces [170g])	¼ cup or 2 ounces 60 ml
Cabbage	¼ head (about 12 ounces [340 g])	¾ cup or 6 ounces 170 g

APPROXIMATE YIELD — CITRUS JUICING CHART

FRUIT	AMOUNT	YIELD
Grapefruit	1 medium grapefruit approximately 1 pound (454 g)	about 1 cup (250 ml) of juice
Lemons	Approximately 4 to 6 lemons equal one pound (454 g)	about 1 cup (250 ml) of lemon juice
	One lemon	about 3 tablespoons (45 ml) juice
Limes	Approximately 6 to 8 medium limes equal one pound (454 g)	about ⅔ – ¾ cup (150 -175 ml) of juice
Oranges	Approximately 2 to 4 oranges equal one pound (454 g)	1 cup (250 ml) of juice

VEGETABLES, FRUITS AND THEIR KEY VITAMINS AND MINERALS

VEGETABLE	VITAMINS	MINERALS
Asparagus	A, B1 (thiamine), C, choline, folic acid	potassium
Beets and Beet Greens	A, C, chlorophyll, B6	calcium, potassium, choline and iron
Cabbage	B6, C	iodine, potassium and sulfur
Carrots	A, C	potassium, calcium, phosphorus and carotene
Celery		organic alkaline minerals (balances blood pH levels)
Cucumbers	Good diuretic	potassium
Fennel		alkaline, calcium and magnesium content
Kale	A and chlorophyll	calcium
Parsley	A, C, and chlorophyll	calcium
Parsnips	A, C, and chlorophyll	calcium
Radishes	C	choline, phosphorus, potassium
Spinach	A, B complex, chlorophyll	calcium, iron, magnesium, phosphorus, potassium
Summer Squash	B1, B2, niacin	
Peppers	A, C	potassium
Tomatoes	C	calcium
Watercress	C and chlorophyll	potassium, choline, phosphorus, sulfur and calcium
FRUITS	VITAMINS	MINERALS
Apples	A, B1, B2, B6, biotin, folic acid and pantothenic acid	choline, copper, iron, magnesium, manganese, phosphorus, potassium, silicon, sodium and sulfur
Cherries	A, C, B1, B2, folic acid and niacin	calcium, cobalt, iron, magnesium, phosphorus, potassium Contains powerful alkalinizing properties
Cranberries	A, C, B-complex and folic acid	calcium, iron, phosphorus, potassium and enzymes
Grapes	A, B1, B2, C and niacin	calcium, copper, iron, magnesium, manganese and phosphorus

FRUITS AND THEIR KEY VITAMINS AND MINERALS (CONTINUED)

Grapefruit	B-complex, C, E, K, biotin and inositol	calcium, phosphorous and potassium
Lemons	C and citric acid	Very strong cleanser
Limes	C and citric acid	Very strong cleanser
Melons	A, B-complex and C	High in enzymes
Oranges	A, B-complex, B1, B2, B6, C, K, biotin, folic acid and niacin	calcium, choline, copper, flourine, iron, manganese, magnesium, phosphorous, potassium, silicon and zinc
Papayas	A and C	High in enzymes and good cleanser
Peaches	A, B1, B2, C, and niacin	calcium, iron, phosphorous and potassium
Pears	A, B1, B2, C, folic acid and niacin	phosphorous and potassium
Pineapples	C	choline and potassium — high in enzymes
Strawberries	C	calcium, phosphorous and potassium
Watermelons	A	chlorophyll, enzymes and good cleanser

TROUBLESHOOTING

PROBLEM	SOLUTION
Juicer does not turn on	<ul style="list-style-type: none"> • Make sure all parts are properly inserted and locked into place on the food processor base.
Juice flow is slow	<ul style="list-style-type: none"> • Make sure the spout is opened all the way. • Excess pulp in mesh filter basket can slow juice rate. Stop the juice extractor and clean filter basket.
Difficulty getting herbs or leafy greens down the feed tube	<ul style="list-style-type: none"> • Place them between other ingredients.
Juice still flowing with unit off	<ul style="list-style-type: none"> • Make sure the spout is closed all the way.
Unit is on but juice/pulp not flowing	<ul style="list-style-type: none"> • Make sure the mesh filter basket/blade is in place.
Unit begins to vibrate noticeably on your counter top surface	<ul style="list-style-type: none"> • Turn off, unplug, wait until blade stops, remove cover and clean sieve and countertop surface, then re-assemble and resume juicing.

RECIPES | Juices

The Mighty Green	12
Bright Herb Tonic	12
Sweet Spring	13
Garden Green	13
Pomegranate Pucker	14
Sweet Papaya	14
Glow Green	15
Super Citrus Immune Booster	15
Pineapple Refresh	16
Basil Lemonade	16
Blood Orange Margarita	17

The Mighty Green

Simple, clean and green!

Yield: 1 serving

INGREDIENTS

4	small lacinato kale leaves	1	small handful parsley
3	celery stalks	1/3	lemon, peeled
1	large Swiss chard leaf		

INSTRUCTIONS

1. Assemble the juice extractor attachment.
2. Juice the kale, celery, chard, parsley and lemon on High. Alternate juicing the celery between the leafy greens in order to maximize yield.
3. Stir and drink immediately.

Nutritional information per serving:

Calories 98 (10% from fat) • carb. 19 g • pro. 6 g • fat 1 g • sat. fat 0 g • chol. 0 mg • sod. 388 mg • calc. 259 mg • fiber 0 g

Bright Herb Tonic

The bright flavour of fresh herbs and sweetness of the apple round out this nutrient-dense tonic.

Yield: 1 serving

INGREDIENTS

1	small handful parsley	4	small lacinato kale leaves
1	small handful cilantro	2	celery stalks
1	small apple	1/4	lemon, peeled

INSTRUCTIONS

1. Assemble the juice extractor attachment.
2. Juice the herbs, apple, kale, celery and lemon on High.
3. Stir and drink immediately.

Nutritional information per serving:

Calories 179 (6% from fat) • carb. 42 • pro. 5 g • fat 1 g • sat. fat 0 g • chol. 0 mg • sod. 192 mg • calc. 216 mg • fiber 0 g

Sweet Spring

A delicious combination for a fresh and tasty juice to enjoy anytime!

Yield: 1 serving

INGREDIENTS

1	large tangerine or mandarin orange, halved	½	ounce (15 g) fresh mint
½	ounce (15 g) fresh oregano	¼	English cucumber

INSTRUCTIONS

1. Assemble the citrus juicer attachment.
2. Juice the tangerine or mandarin on Low. Replace the citrus juicer with the juice extractor attachment.
3. Juice the herbs and then the cucumber on High.
4. Stir and serve immediately.

Nutritional information per serving:

Calories 173 (5% from fat) • carb. 43 • pro. 4 g • fat 1 g • sat. fat 0 g • chol. 0 mg • sod. 23 mg • calc. 158 mg • fiber 0 g

Garden Green

A quick trip to the farmer's market will have you set for this fresh juice. Perfect for a morning on the go or an afternoon pick-me-up.

Yield: 2 servings

INGREDIENTS

½	medium cucumber, halved lengthwise	¼	cup (60 ml) fresh cilantro leaves and stems
1	cup (250 ml) packed spinach (baby or not)	¼	lime, peeled
4	romaine lettuce leaves		Pinch sea salt, optional
4	celery stalks		

INSTRUCTIONS

1. Assemble the juice extractor attachment.
2. Juice the cucumber, spinach, romaine, celery, cilantro and lime on High.
3. Add the salt and stir; drink immediately.

Nutritional information per serving:

Calories 23 (4% from fat) • carb. 7 g • pro. 2 g • fat 0 g • sat. fat 0 g • chol. 0 mg • sod. 61 mg • calc. 72 mg • fiber 1 g

Pomegranate Pucker

Pomegranate, another antioxidant powerhouse, costars in this cleansing elixir.

Yield: 1 to 2 servings

INGREDIENTS

$\frac{2}{3}$	cup (150 ml) pomegranate seeds	1	small lemon
2	blood oranges, halved		

INSTRUCTIONS

1. Assemble juice extractor attachment. Juice the pomegranate seeds on High.
2. Replace juice extractor with the citrus juicer attachment. Juice the blood oranges and then the lemon on Low.
3. Stir and drink immediately.

Nutritional information per serving:

Calories 288 (29% from fat) • carb. 50 g • pro. 6 g • fat 10 g • sat. fat 1 g • chol. 0 mg • sod. 186 mg
calc. 457 mg • fiber 8 g

Sweet Papaya

The fruit gives this juice a nice, thick texture plus a standout flavour making it a true crowd pleaser.

Yield: 1 to 2 servings

INGREDIENTS

$\frac{1}{4}$	medium papaya, cut to fit feed tube (about 6 ounces [170 g])	1	medium tangerine, halved
4	large strawberries (about 6 ounces [170 g])		

INSTRUCTIONS

1. Assemble the juice extractor attachment.
2. Juice the papaya and strawberries on High
3. Replace juice extractor with the citrus juice attachment. Juice the tangerine on Low.
4. Stir together and serve immediately.

Nutritional information per serving (based on 2 servings):

Calories 124 (5% from fat) • carb. 31 g • pro. 2 g • fat 1 g • sat. fat 0 g • chol. 0 mg • sod. 10 mg • calc. 73 mg • fiber 0 g

Glow Green

The ginger and lemon brighten up this green-packed juice. We like to keep lemon juice on hand to add to water or juices, but if you prefer, you can put in a ¼ of a peeled lemon while juicing.

Yield: 2 servings

INGREDIENTS

2	medium green apples, cut to fit the feed tube	4	stems kale, tough bottom stems removed
½	medium cucumber, halved lengthwise	1	½-inch (1.25 cm) piece ginger
4	celery stalks	¼	lemon, peeled

INSTRUCTIONS

1. Assemble the juice extractor attachment.
2. Juice all ingredients on High.
4. Stir and drink immediately.

Nutritional information per serving:

Calories 84 (4% from fat) • carb. 23 g • pro. 0 g • fat 0 g sat. • fat 0 g • chol. 0 mg • sod. 1 mg • calc. 220 mg • fiber 5 g

Super Citrus Immune Booster

Wintertime is a great time for citrus and for boosting that immune system!

Yield: 2 servings

INGREDIENTS

1	large grapefruit	¼	lemon
1	medium orange	1	ounce (28 g) ginger juice*

INSTRUCTIONS

1. Assemble the citrus juicer attachment.
2. Juice the grapefruit, orange and lemon on Low. Stir in the ginger juice.
3. Stir and drink immediately.

*We recommend keeping ginger juice on hand for adding to tea water, seltzer, or other juices for an extra immunity boost or for a shot by itself. However, if the ginger is not already juiced, it is advised to use the juice extractor attachment to prepare this entire juice. If using the juice extractor, juice a ½ inch (3.75 cm) piece of ginger after the citrus fruit that is peeled.

Nutritional information per serving:

Calories 106 (5% from fat) • carb. 26 g • pro. 2 g • fat 1 g • sat. fat 0 g • chol. 0 mg • sod. 76 mg • calc. 370 mg • fiber 6 g

Pineapple Refresh

Pineapple and mint are a perfect pairing. Make it even more refreshing with a splash of seltzer.

Yield: 2 servings

INGREDIENTS

½	pineapple, peeled and cut to fit the feed tube		Pinch pink Himalayan salt
1	cup (250 ml) packed spinach (baby or not)	3 to 4	tablespoons (45 to 60 ml) fresh mint leaves

INSTRUCTIONS

1. Assemble the juice extractor attachment.
2. Juice the pineapple, mint and spinach on High. Juice the mint and spinach in between pieces of the pineapple for maximum yield.
3. Add the salt and stir; drink immediately.

Nutritional information per serving:

Calories 115 (4% from fat) • carb. 29 g • pro. 1 g • fat 0 g • sat. fat 0 g • chol. 0 mg • sod. 6 mg • calc. 30 mg • fiber 5 g

Basil Lemonade

Little beats homemade lemonade and that process is a breeze with a juicer. The basil adds a nice twist to the traditional flavour, but you can forgo it or swap in different herbs, if preferred.

Yield: 2½ cups (625 ml)

INGREDIENTS

1½	cups (375 ml) water	½	cup (125 ml) basil leaves
1½	cups (375 ml) granulated sugar	6	medium lemons

INSTRUCTIONS

1. Prepare the simple syrup. Put both the sugar and water into a small saucepan over medium-high heat. Bring to a boil. Once it boils, reduce heat to medium to allow mixture to simmer until the sugar has completely dissolved, stirring occasionally. Remove from heat and add the basil. Steep for a minimum of 30 minutes. Chill until completely cold. Strain and discard leaves.
2. Assemble the citrus juicer attachment.
3. Juice the lemons on Low.
4. Pour the lemon juice into a large pitcher. Add the basil simple syrup to taste.

Nutritional information per serving:

Calories 138 (1% from fat) • carb. 39 g • pro. 1 g • fat 0 g • sat. fat 0 g • chol. 0 mg • sod. 3 mg • calc. 27 mg • fiber 0 g

Blood Orange Margarita

A fresh twist on the classic cocktail.

Yield: 1 serving

INGREDIENTS

4	ounces (113 g) fresh blood orange juice	1	ounce (28 g) fresh lime juice
1	ounce (28 g) good quality tequila	½	tablespoon (7.5 ml) agave nectar

INSTRUCTIONS

1. Stir or shake ingredients together.
2. Serve over plenty of ice.

Nutritional information per serving:

Calories 128 (2% from fat) • carb. 16 g • pro. 1 g • fat 0 g • sat. fat 0 g • chol. 0 mg • sod. 3 mg • calc. 46 mg • fiber 0 g

WARRANTY

LIMITED 18-MONTHS WARRANTY

We warrant that this Cuisinart product will be free of defects in materials or workmanship under normal home use for 18- months from the date of original purchase. This warranty covers manufacturer's defects including mechanical and electrical defects. It does not cover damage from consumer abuse, unauthorized repairs or modifications, theft, misuse, or damage due to transportation or environmental conditions. Products with removed or altered identification numbers will not be covered.

This warranty is not available to retailers or other commercial purchasers or owners. If your Cuisinart product should prove to be defective within the warranty period, we will repair it or replace it if necessary.

For warranty purposes, please register your product online at www.cuisinart.ca to facilitate verification of the date of original purchase and keep your original receipt for the duration of the limited warranty. This warranty excludes damage caused by accident, misuse or abuse, including damage caused by overheating, and it does not apply to scratches, stains, discolouration or other damage to external or internal surfaces that does not impair the functional utility of the product. This warranty also expressly excludes all incidental or consequential damages.

Your Cuisinart product has been manufactured to the strictest specifications and has been designed for use only in 120 volt outlets and only with authorized accessories and replacement parts. This warranty expressly excludes any defects or damages caused by attempted use of this unit with a converter, as well as use with accessories, replacement parts or repair service other than those authorized by Cuisinart.

If the appliance should become defective within the warranty period, do not return the appliance to the store. Please contact our Customer Service Centre:

Toll-free phone number:
1-800-472-7606

Address:

Cuisinart Canada
100 Conair Parkway
Woodbridge, ON. L4H 0L2

Email:
consumer_Canada@conair.com

Model: MFP-JCC Series

To facilitate the speed and accuracy of your return, please enclose:

- \$10.00 for shipping and handling of the product (cheque or money order)
- Return address and phone number
- Description of the product defect
- Product date code*/copy of original proof of purchase
- Any other information pertinent to the product's return

* Product date code can be found on the underside of the base of the product. The product date code is a 4 (WWYY) digit number. Example, 0122 means week 01 of 2022.

Note: We recommend you use a traceable, insured delivery service for added protection.

Cuisinart will not be held responsible for in-transit damage or for packages that are not delivered to us. To order replacement parts or accessories, call our Customer Service Centre at 1-800-472-7606.

For more information, please visit our website at www.cuisinart.ca. e correct parts, and the product is still under warranty.

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Consumer Call Centre E-mail:
Consumer_Canada@Conair.com

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