

Complete Health Center™



by **Juiceman**®

INSTRUCTION MANUAL

MODEL JMS7



IMPORTANT SAFEGUARDS

When using electrical appliances, especially when children are present, basic safety precautions should always be followed including the following:

1. Read all instructions before using.
2. To protect against risk of electrical shock, do not submerge Blender Base, Cord or Plug in water or other liquid.
3. Close supervision is necessary when any appliance is used by or near children.
4. Unplug from outlet when not in use, before putting on or taking off parts, and before cleaning.
5. Avoid contact with moving parts.
6. Do not operate the Complete Health Center with a damaged cord or plug or should the appliance malfunction, or has been dropped or damaged in any manner. Contact Consumer Service for return authorization for examination, repair or electrical or mechanical adjustment.
7. Do not use outdoors.
8. Do not let cord hang over edge of table or counter or touch hot surfaces.
9. Keep hands, hair, clothing and utensils away from moving Blades and out of container while blending to reduce the risk of severe injury to persons or damage to the Complete Health Center. A scraper may be used but must be used only when the Blender is not running.
10. Blades are sharp. Handle carefully.
11. Always operate Blender with Blending Jar Lid in place.
12. The use of attachments, including canning jars, not recommended or sold by the manufacturer may cause fire, electric shock or injury.
13. When processing hot liquids, remove Center Lid from the Blending Jar Lid.
14. Be certain Blending Jar Lid is securely locked in place before operating appliance.

SAVE THESE INSTRUCTIONS



ADDITIONAL IMPORTANT SAFEGUARDS

1. All users of this appliance must read and understand this Owner's Manual before operating or cleaning this appliance.
2. The cord to this appliance should be plugged into a 120V AC electrical outlet only.
3. When using this appliance, provide adequate air space above and on all sides for air circulation. Do not allow this appliance to touch curtains, wall coverings, clothing, dish towels or other flammable materials during use.
4. Do not leave this appliance unattended during use.
5. If this appliance begins to malfunction during use, immediately press OFF Button and unplug the cord. Do not use or attempt to repair the malfunctioning appliance. Do not use the Blending Jar if cracked or chipped.

GROUNDING-TYPE PLUG

This appliance has a 3-prong grounded-type plug. This plug will only fit into an electrical outlet made for a 3-prong plug. This is a safety feature. If the plug should fail to fit the outlet, contact a qualified electrician. Do not attempt to defeat this safety feature.

ELECTRIC POWER

If the electric circuit is overloaded with other appliances, your appliance may not operate properly. It should be operated on a separate electrical circuit from other appliances.

Extension cords are not recommended, however, if an extension cord is used, (1) the marked electrical rating of the extension cord should be at least as great as the electrical rating of the appliance, and (2) the longer cord should be arranged so that it will not drape over the counter top or table top where it can be pulled on by children or tripped over unintentionally.

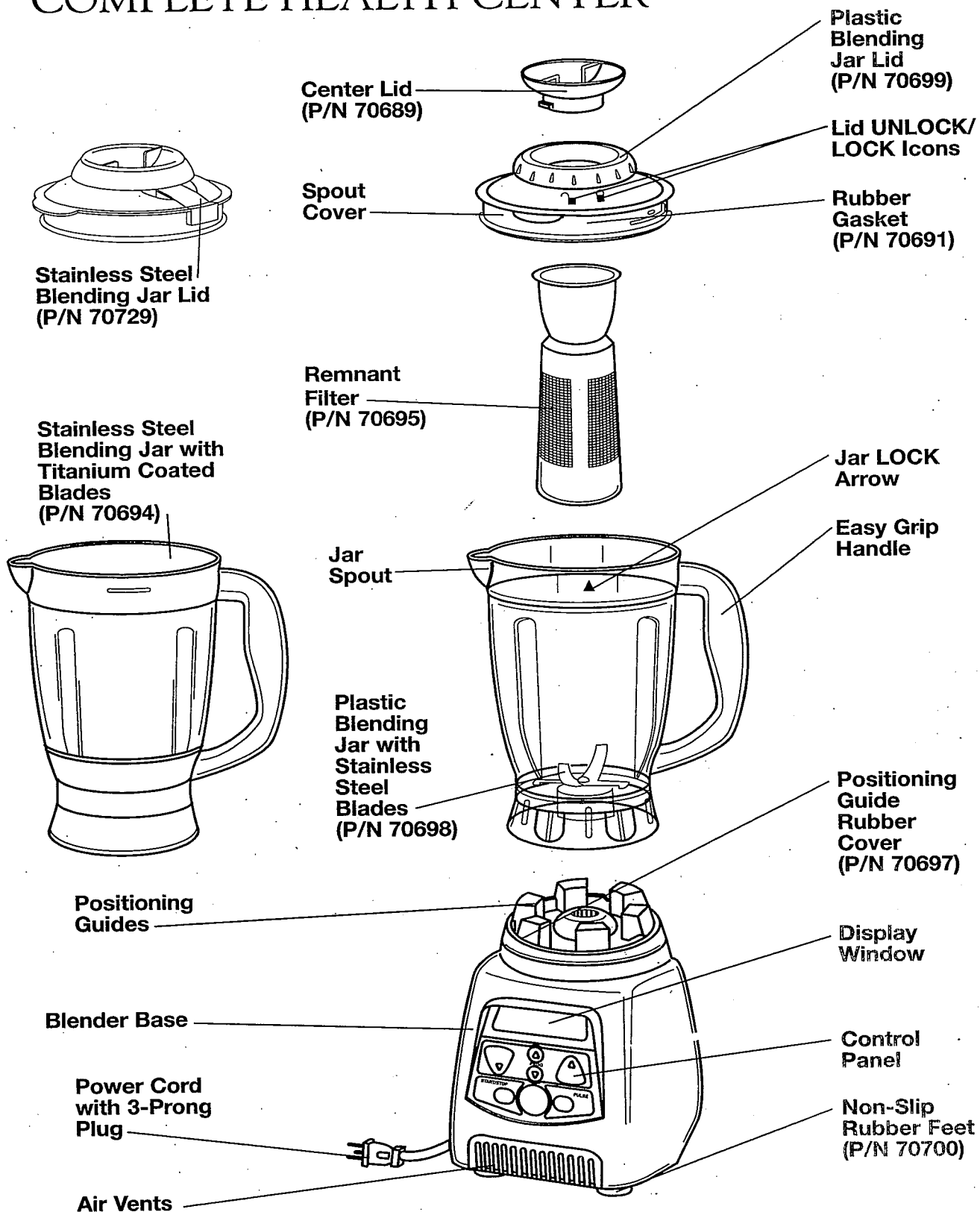
PLASTICIZER WARNING

CAUTION: To prevent Plasticizers from migrating from the finish of the counter top or table top or other furniture, place **NON-PLASTIC** coasters or place mats between the appliance and the finish of the counter top or table top.

Failure to do so may cause the finish to darken, permanent blemishes may occur or stains can appear.

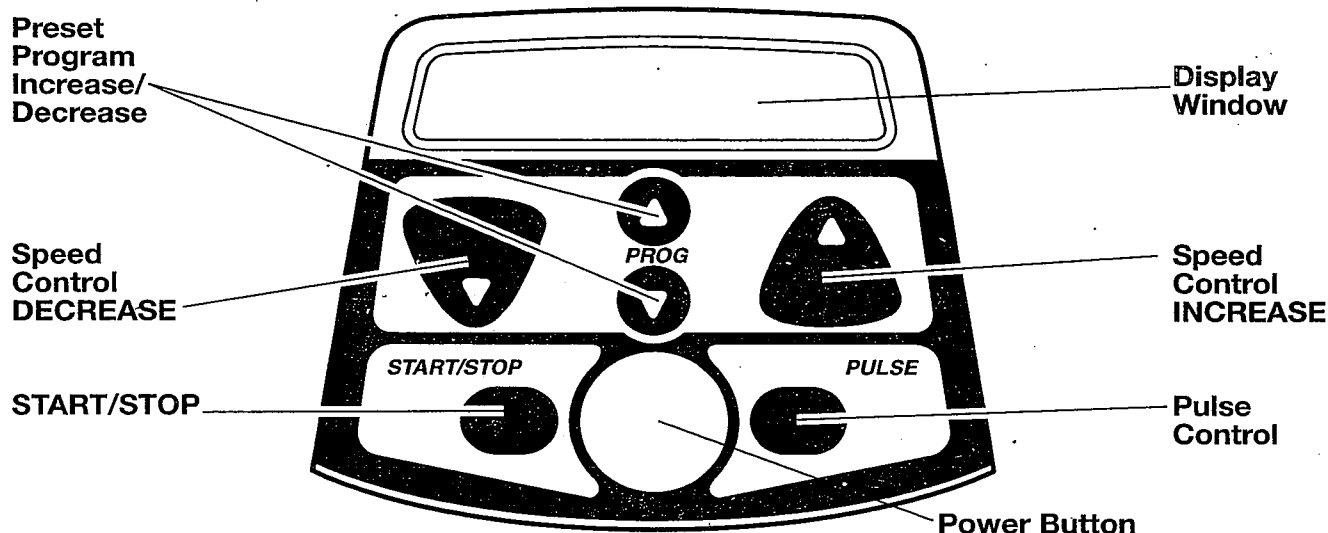


GETTING TO KNOW YOUR JUICEMAN® JMS7 COMPLETE HEALTH CENTER





CONTROL PANEL



POWER Button

Press the POWER Button to turn the Blender ON and OFF. The POWER Button will glow red to indicate the Complete Health Center is ready to operate.

Display Window

When the POWER Button is pressed, the Display Window will illuminate. The Display Window shows Blender SPEED (%), Time elapsed in Minutes and Seconds. When using Preset Programs, the selected PROGRAM number is shown, and Time remaining in Minutes and Seconds.

Preset PROGRAM ▲ and ▼

Use this pair of Buttons to select the desired Program: 1 through 20.

SPEED (%) Controls ▲ and ▼

Use this pair of Buttons to select the desired SPEED from 5% to 100% in increments of 5%, where 5% is the minimum SPEED and 100% is at full blending power.

▲ Each time you press this arrow, the SPEED Control increases 5%.

▼ Each time you press this arrow, the SPEED Control decreases 5%.

(Hint: Holding the arrow down in place will either fast forward ▲, or fast reverse ▼ the SPEED.)

START/STOP

Firmly press and hold this Button to START blending or to STOP Blender operations.

PULSE Control Button

Press this Button to initiate PULSE blending action, for short bursts of power. PULSE is activated as long as you continue to press the Button. Pulsing action will stop as you release.



SAFETY SYSTEM

The JMS7 has a Safety System that disables the Motor if the Blending Jar is not (or is improperly) seated in the Blender Base. The words: "NO JAR" will appear on the Display Window.



When finished using this Blender, press POWER Button to turn OFF. DO NOT use this Safety System to turn the Blender ON and OFF. This Safety System is intended for safety reasons only.

BEFORE FIRST USE

1. When using for the first time, wash Plastic Blending Jar with Blades, Stainless Steel Blending Jar with Blades, Remnant Filter, Center Lids, and Blending Jar Lids in warm soapy water. Rinse well and dry thoroughly.
2. Wipe the Complete Health Center with a soft, clean cloth or sponge.

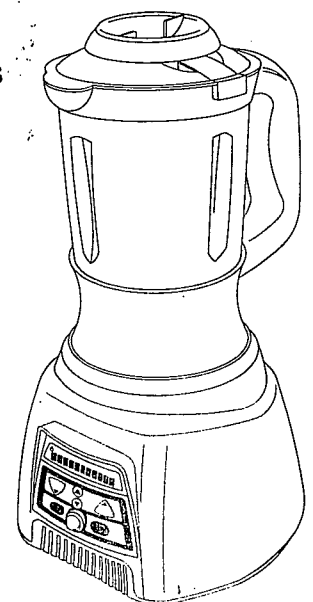
CAUTION: TO PROTECT AGAINST ELECTRIC SHOCK, NEVER IMMERSE THE BLENDER BASE IN WATER OR ANY OTHER LIQUID.

3. Be sure to unplug the power cord and wind around the Cord Storage area on the bottom of the Blender Base when the Complete Health Center is not in use.

STAINLESS STEEL BLENDING JAR

Your JMS7 Complete Health Center comes with a Stainless Steel Blending Jar. The Stainless Steel Jar is ideal for:

- Grinding hard spices.
- Recipes in which the contents need to be chilled prior to processing or pureeing, such as seafood or meat mousse, eggplant paste, or creme fillings.
- Recipes in which the contents are chilled while processing, such as sorbet, milk shakes or frozen drinks.
- Processing large quantities of garlic or onions or other vegetables with strong odors.
- Processing fruits or vegetables with strong staining colors, such as carrots or beets.








INSTRUCTIONS FOR USE

1. Place Blender Base on a dry, level surface. The Complete Health Center's Non-Slip Feet should feel secure on the working surface.
2. Make sure cord is unplugged and POWER Button is OFF.
3. Place Blending Jar on top of Blender Base. Using the 6 Positioning Guides, rotate the Jar to be in any of 6 possible positions, with the Handle facing left or right. The Jar will fit snugly as it is properly seated. Your Complete Health Center is suitable for both left-handed and right-handed users.
4. Add ingredients to Blending Jar.

CAUTION: NEVER operate Blender when the Jar is empty.

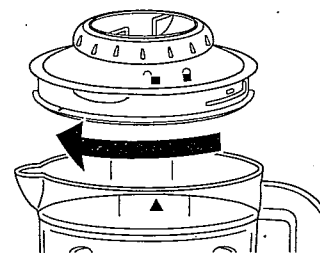
5. **To Lock Plastic Blending Jar Lid:** Place Blending Jar Lid on top of the Blending Jar and align the Lid's UNLOCK icon  with the Jar's (▲). Turn clockwise until the Jar's arrow (▲) and the Lid's LOCK icon  are aligned. The Lid must fit securely in place.

To Unlock Plastic Blending Jar Lid: Rotate Blending Jar Lid counterclockwise until the Jar's arrow (▲) and the Lid's UNLOCK icon  are aligned. Then remove the Blending Jar Lid.

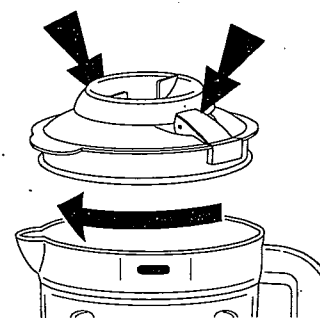
6. **To Lock Stainless Steel Blending Jar Lid:** Place Blending Jar Lid on top of the Blending Jar and align the Lid's two Clips with the Jar's Anchor Point (—). Make the Clips cover the Jar's Anchor Point, and PUSH the Clips until here "click" sound. The Lid must fit securely in place.

To Unlock Stainless Steel Blending Jar Lid: Pull up the Blending Jar Lid's Clips until they release the Jar's Anchor Point. Then remove the Blending Jar Lid.

7. Lock Center Lid into the Jar Lid by turning clockwise until properly seated.
8. Make sure that the POWER Button is still OFF and plug into a 120V AC electrical outlet.
9. To turn the Complete Health Center Blender ON, press the POWER Button; it will glow red; the Display Window will illuminate. The JMS7 Blender is now ready to operate. "POWER ON" will be displayed first.



Properly locked, the Spout Cover on the Lid is centered over the Spout of the Jar.

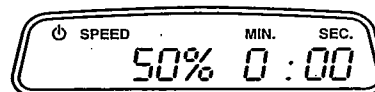


Properly locked, the black clip on the Lid is fixed over the Anchor Point.



INSTRUCTIONS FOR USE (Continued)

Then, the default SPEED setting at 50% and Time 0 :00 will appear on the Display Window. (See illustrations below.)



CAUTION: DO NOT TOUCH BLADES. DO NOT INTERFERE WITH THE BLADE MOVEMENT. Keep hands and utensils out of Blending Jar while operating to reduce the risk of severe injury to persons or damage to the Blender. A scraper may be used, but must be used only when the Blender is not running.

OPERATIONAL MODES

Your Complete Health Center has 2 Modes of operation: Continuous Mode and PULSE Mode.

CONTINUOUS MODE

1. Press the POWER Button.
2. Select the desired SPEED from 5% to 100%, (default SPEED setting is 50%) by using the up ▲ and down ▼ SPEED (%) Controls.
 - ▲ Each time you press this arrow, the SPEED (%) Control increases 5%.
 - ▼ Each time you press this arrow, the SPEED (%) Control decreases 5%.The SPEED (%) appears on the Display Window.
(Hint: Holding the arrow down in place will either fast forward ▲, or fast reverse ▼ the SPEED.)
3. Firmly press and hold START/STOP Button to START blending. (There is an intentional delay when START Button is pressed — once started, you may release the Button.)

NOTE: The SPEED (%) Control can be changed while blending in Continuous Mode.

4. The Display Window shows Time elapsed in Minutes and Seconds.
5. When blending is complete, press START/STOP Button again to stop the operation. The Display Window will show the previous SPEED (%) setting and total elapsed blending time.



OPERATIONAL MODES (Continued)

NOTE: In order to avoid overheating, blending will be stopped automatically after 2 minutes of operation in Continuous Mode. To reset the unit, press the POWER Button to the OFF position and allow to cool for 5 minutes, then press the POWER Button to the ON position.

6. When you are finished using the Complete Health Center for a period of time, press the POWER Button to the OFF position.

PULSE MODE

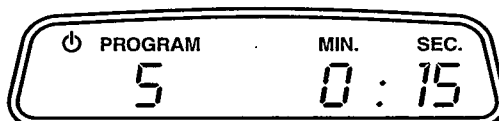
The PULSE Mode is recommended for short bursts of power blending.

1. Choose the desired SPEED (%) (follow instructions listed for the Continuous Mode).
2. Press firmly on the PULSE Control Button to start blending.
3. The Blender will operate as long as the PULSE Button is held down and will stop as you release.

NOTE: The SPEED (%) Control can NOT be changed while blending in PULSE Mode.

PRESET PROGRAMS MODE

1. Choose one of the Preset Programs by pressing the up ▲ and down ▼ PROGRAM Controls. The PROGRAM number, Total Program Time in minutes : seconds is shown on the Display Window.
2. Press the START/STOP Button to begin the Program.
3. As the selected PROGRAM is executed, the Time will count down.

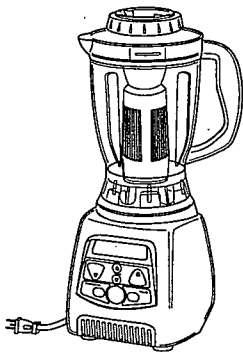


4. When blending is complete, the Blender will automatically stop.

NOTE: While the Complete Health Center is executing the program, you may press the START/STOP Button to STOP the unit.



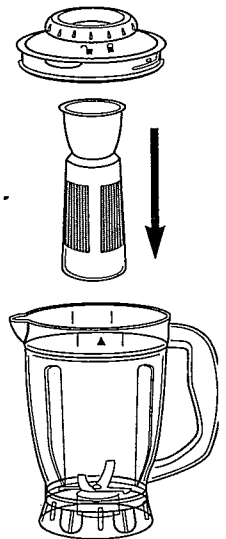
USING THE REMNANT FILTER



The Remnant Filter is designed to make Soya milk, or to blend high fiber fruits and vegetables such as: pineapple, celery, carrots, or seeded fruits such as: watermelon, pomelo, tomatoes, or oranges and the like. Although this Complete Health Center is capable of grinding fiber into a very fine pulp, if you do not wish to have these “remnants” in your juice, the Filter will separate residual pulp for you.

ASSEMBLY

1. Place Blender Base on a dry, level surface. The Complete Health Center's Non-Slip Feet should feel secure on the working surface.
2. Make sure cord is unplugged and POWER Button is OFF.
3. Place Blending Jar on top of Blender Base (see the INSTRUCTIONS FOR USE section of this manual).
4. Lower Remnant Filter into the Blending Jar, making sure that the Filter is level and securely in position over the Blades.
5. Add ingredients to the center of the Remnant Filter.



CAUTION: NEVER operate Blender when the Filter is empty.

CAUTION: NEVER fill the Filter above the metal screen.

CAUTION: NEVER use the Filter without the Blending Jar Lid and the Center Lid in place.

6. Process according to your recipe. After processing, press the OFF Button and allow Blades to come to a complete stop. Remove Blending Jar from Base and remove the Blending Jar Lid. Place the palm of your hand over the top of the Remnant Filter to hold it in place and pour juice into serving or cooking vessel. Seeds and excess fiber will be securely locked inside the Filter.

NOTE: Always clean Remnant Filter immediately after use.

Remove and rinse Remnant Filter under warm running water. For additional batches, replace Filter, making sure it is secure and properly positioned over the Blades; repeat blending procedure.

TIPS ON USING YOUR REMNANT FILTER

Please refer to the HINTS & TIPS section of this manual.



20 PRE-SET PROGRAMS

PROGRAM 1: POWDERY CRUSHED ICE

80% for 1 second, (10% for 1 second, 75% for 3 seconds) x 5,
40% for 1 second Total: 22 seconds

PROGRAM 2: FRESH CARROT SMOOTHIE

80% for 1 second, 20% for 5 seconds, 50% for 20 seconds
and 40% for 5 seconds Total: 31 seconds

PROGRAM 3: ORCHARD SMOOTHIE

80% for 2 seconds and 85% for 8 seconds Total: 10 seconds

PROGRAM 4: TROPICAL SMOOTHIE

85% for 2 seconds and 60% for 8 seconds Total: 10 seconds

PROGRAM 5: CHAMPAGNE SALAD DRESSING

80% for 1 second and 45% for 14 seconds Total: 15 seconds

PROGRAM 6: TROPICAL FRUIT SALSA

80% for 1 second and 40% for 4 seconds Total: 5 seconds

PROGRAM 7: HOMEMADE PEANUT BUTTER

80% for 2 seconds, 70% for 45 seconds,
85% for 45 seconds and 50% for 18 seconds Total: 1 min : 50 seconds

PROGRAM 8: MOCHA CINNAMON FREEZE

80% for 2 seconds, 85% for 8 seconds
and 65% for 15 seconds Total: 25 seconds

PROGRAM 9: CHOCOLATE BANANA DELIGHT

80% for 2 seconds and 75% for 8 seconds Total: 10 seconds

PROGRAM 10: ELEGANT SMOKED SALMON SPREAD

80% for 4 seconds and 50% for 21 seconds Total: 25 seconds



20 PRE-SET PROGRAMS (Continued)

PROGRAM 11: FRESH & EASY SALSA

80% for 2 seconds and 20% for 3 seconds

Total: 5 seconds

PROGRAM 12: CREAMY ROASTED RED PEPPER SOUP

50% for 8 seconds, 60% for 4 seconds,
75% for 10 seconds and 30% for 3 seconds

Total: 25 seconds

PROGRAM 13: CAESAR SALAD DRESSING

50% for 1 second, 60% for 5 seconds,
65% for 5 seconds and 30% for 20 seconds

Total: 31 seconds

PROGRAM 14: CHIMICHURRI SAUCE

50% for 1 second and 40% for 19 seconds

Total: 20 seconds

PROGRAM 15: SOYMILK

50% for 45 seconds

Total: 45 seconds.

PROGRAM 16: ROASTED CHILI SALSA

60% for 1 second and 40% for 14 seconds

Total: 15 seconds

PROGRAM 17: CHICKPEA FLOUR

85% for 1 second, 70% for 19 seconds and
85% for 15 seconds

Total: 35 seconds

PROGRAM 18: CITRUS VINAIGRETTE

50% for 3 seconds and 75% for 7 seconds

Total: 10 seconds

PROGRAM 19: MINT ALMOND SAUCE

85% for 30 seconds

Total 30 seconds

PROGRAM 20: CREAMY CILANTRO & PEPPER GUACAMOLE

80% 2 seconds; 20% 8 seconds

Total: 10 seconds



PRE-SET RECIPES BY PROGRAM

POWDERY CRUSHED ICE

PROGRAM 1 - 22 SECONDS

Use this very light and fine ice as the base for your favorite fresh juice or iced fruit dessert.

- 1 cup ice cubes
- 2- 3 tablespoons sweetened flavored syrup (if desired)

Place the ice cubes in the Blending Jar and process on Program 1.

Makes 1 cup of powdery, finely crushed ice

FRESH CARROT SMOOTHIE

PROGRAM 2 - 31 SECONDS

Packed with antioxidants and good-for-you vitamins, this Smoothie is the perfect afternoon snack.

- 1/2 cup soft silken tofu
- 1/2 cup fresh carrot juice, chilled
- 1 cup nonfat vanilla frozen yogurt
- 2 tablespoons frozen orange juice concentrate
- 1 tablespoon fresh lemon juice
- 1/2 teaspoon fresh ginger, grated

Place all ingredients in the Blending Jar and process on Program 2.

Makes 1 large serving



ORCHARD SMOOTHIE

PROGRAM 3 - 10 SECONDS

Use fresh, ripe peaches and strawberries to enjoy all the natural goodness of this Smoothie.

2 peaches, pitted and quartered
8 strawberries, de-stemmed
1 cup unsweetened apricot nectar
1/2 cup soft silken tofu
1 tablespoon lemon juice
1 tablespoon honey
10 ice cubes

Place all of the ingredients in the Blending Jar and process on Program 3:

Makes 2 large Smoothies

TROPICAL SMOOTHIE

PROGRAM 4 - 10 SECONDS

A rich and satisfying Smoothie in seconds!

1-13 oz. can pineapple chunks, packed in natural juices,
undrained and chilled
1 cup light coconut milk, chilled
1 medium banana
6 ice cubes
2 tablespoons frozen orange juice concentrate
2 tablespoons honey
1/2 teaspoon pure vanilla extract

Place all of the ingredients in the Blending Jar and process on Program 4.

Makes 2 large Smoothies



CHAMPAGNE SALAD DRESSING

PROGRAM 5 - 15 SECONDS

You can find champagne vinegar in specialty gourmet stores or in the gourmet section of your grocery store.

1/3 cup champagne vinegar
1/3 cup honey
1/3 cup olive oil
salt to taste
1/2 teaspoon freshly ground black pepper

Place the ingredients in the Blending Jar and process on Program 5.

Makes 1 cup of salad dressing

TROPICAL FRUIT SALSA

PROGRAM 6 - 5 SECONDS

Try this salsa with grilled petrale sole or chicken breasts.

1 cup papaya, roughly chopped
1-1/2 cups mango, roughly chopped
1 cup pineapple, roughly chopped
1 medium tomato, quartered
3 tablespoons crystallized ginger, roughly chopped
1 tablespoon rice wine vinegar
1 tablespoon fresh lime juice
2 tablespoons fresh cilantro, roughly chopped
1/4 teaspoon red pepper flakes

Place all of the ingredients in the Blending Jar and process on Program 6.

Makes about 3 cups



HOMEMADE PEANUT BUTTER

PROGRAM 7 - 1 MIN : 50 SECONDS

No artificial ingredients in this natural peanut butter!

4 cups roasted peanuts
salt to taste (optional)

Place the peanuts and salt (if desired) in the Blending Jar and process on Program 7. Store in a sealed container in the refrigerator.

Makes 18 servings, 2 tablespoons each

MOCHA CINNAMON FREEZE

PROGRAM 8 - 25 SECONDS

A great pick-me-up for anytime of day!

3 cups chilled coffee
1 cup nonfat milk
1/4 cup chocolate syrup
1 teaspoon ground cinnamon
1 teaspoon ground nutmeg
12 ice cubes

Place all of the ingredients in the Blending Jar and process on Program 8.

Makes 4 servings

CHOCOLATE BANANA DELIGHT

PROGRAM 9 - 10 SECONDS

This is the ultimate quick and easy Smoothie.

2 frozen medium bananas, peeled and cut into chunks
1 cup nonfat milk (or soymilk)
3 tablespoons chocolate syrup

Place all of the ingredients in the Blending Jar and process on Program 9. Serve immediately.

Makes 2 medium Smoothies



ELEGANT SMOKED SALMON SPREAD

PROGRAM 10 - 25 SECONDS

A delightful and sophisticated spread. Serve with water crackers, bagel chips or thin-sliced crostini.

8 oz. smoked salmon, chopped
8 oz. reduced fat cream cheese, softened
4 green onions, roughly chopped
1/4 cup non-fat milk
1 tablespoon lemon juice
salt to taste
1/2 teaspoon paprika
1/8 teaspoon Tabasco sauce

Place all of the ingredients in the Blending Jar and process on Program 10.

Makes about 1-1/2 cups

FRESH & EASY SALSA

PROGRAM 11 - 5 SECONDS

Chock-full of fresh vegetables, this salsa makes a healthy snack.

1/2 cup whole canned tomatoes, drained
4 whole ripe Roma tomatoes
2 roasted (or 1 fresh) jalapeno pepper, seeded and roughly chopped
1/2 large sweet red onion, roughly chopped
2 tablespoons lime juice
1 tablespoon honey
salt to taste
1/2 cup cooked corn kernels
1/2 cup cooked black beans

Place all ingredients, except for the corn and beans, in the Blending Jar and process on Program 11. Place the salsa in a serving bowl and add the corn and beans, mixing thoroughly. Chill prior to serving.

Makes 3 cups salsa



CREAMY ROASTED RED PEPPER SOUP

PROGRAM 12 - 25 SECONDS

This lovely soup is distinct and elegant. Perfect for dinner with guests!

- 2 roasted red bell peppers, skinned and seeded
(or 1-12 oz. jar of roasted red peppers, drained)
- 1-14 oz. can whole tomatoes, drained
- 1 medium yellow onion, sautéed
- 1 cup whole kernel corn
- 2 cloves roasted garlic
- 1 cup hot vegetable broth
- 1 cup hot nonfat milk (or soymilk)
- 2 tablespoons fresh oregano leaves (or 1 teaspoon ground oregano)
- 1 tablespoon honey
- 1/2 teaspoon freshly ground black pepper
- pinch of cayenne pepper
- salt to taste

Place all of the ingredients in the Blending Jar and process on Program 12.

To serve hot soup, you may continue to process the soup at 80% for 3-4 minutes (2 minutes at a time), or until the soup is steaming and ready to serve.

Serve immediately or chill for several hours and serve as a refreshing summer soup.

Makes 4-1 cup servings



CAESAR SALAD DRESSING

PROGRAM 13 - 31 SECONDS

Serve over Romaine lettuce, homemade croutons and freshly grated Parmesan cheese.

1 oz. anchovies (about 3 fillets), drained and rinsed
1 large clove garlic
1 large egg
1/2 cup olive oil
juice of 1 lemon
2 tablespoons red wine vinegar
2 tablespoons Parmesan cheese, finely grated
1 teaspoon Dijon mustard
1 teaspoon Worcestershire sauce
1/2 teaspoon white pepper
salt to taste

Place all of the ingredients in the Blending Jar and process on Program 13. Store in an airtight container in the refrigerator.

Makes 1 cup of salad dressing.

CHIMICHURRI SAUCE

PROGRAM 14 - 20 SECONDS

Chimichurri is traditionally used as a sauce and condiment for an Argentinean steak barbecue. Use this sauce as a marinade for skirt or flank steak, or for beef skewers laced with vegetables.

1/2 bunch fresh Italian parsley, stems removed and leaves roughly chopped
3 cloves garlic, peeled
1/2 cup olive oil
1/8 cup white vinegar
2 tablespoons fresh lemon juice
1/2 teaspoon freshly ground black pepper
1/4 teaspoon red pepper flakes
salt to taste

Place all of the ingredients in the Blending Jar and process on Program 14.

Makes about 1 cup



HOMEMADE SOYMILK

PROGRAM 15 - 45 SECONDS

Soy milk is a rich, naturally sweet milk which is high in protein, vitamin B and iron. Since it is lactose-free, it is also a wonderful milk alternative for the lactose intolerant and older children or adults who are allergic to cow's milk.

1/2 cup dried soybeans, soaked*
3 cups cold water
sugar to taste

*Soak 1/2 cup dried soybeans in water for 6 to 8 hours. Drain. The soaked beans should now measure 1 cup.

Place the Remnant Filter into the Blender following the instructions given in the USING THE REMNANT FILTER section of this manual. Make sure that the Filter is level and securely in position over the Blades.

Place the soaked soybeans into the Filter, and pour water over the soybeans, and process on Program 15. With the Filter still attached, pour the soymilk into a medium saucepan, being careful not to let the contents of the Filter spill into the soymilk.

Heat the soymilk just to a boil, and then let simmer for 10 to 15 minutes. (Boiling is necessary to destroy the soybeans' trypsin inhibitors, which prevent the absorption of protein in the human body.) Add sugar to taste.

Makes about 2-1/2 cups soymilk

ROASTED CHILI SALSA

PROGRAM 16 - 15 SECONDS

Use this intriguing salsa as a dip or in a marinade for chicken breasts.

3 large fresh poblano chilies, roasted and blackened skins removed
14 oz. can tomatoes, drained
1 medium yellow onion, finely chopped and sautéed
1 clove garlic
1 teaspoon ground cumin
1 tablespoon fresh lime juice
1 tablespoon fresh cilantro leaves
1 tablespoon honey
1 tablespoon fresh oregano leaves
salt to taste

Place all of the ingredients in the Blending Jar and process on Program 16.

Makes about 2 cups of salsa



CHICKPEA FLOUR

PROGRAM 17 - 35 SECONDS

Chickpea flour offers a healthy advantage over processed white flour. It can be used to thicken soups and stews or in such dishes as panelli, an unleavened Italian bread that is sliced and lightly fried in olive oil.

1 lb. dried chickpeas

Place the chickpeas in the Blending Jar and process on Program 17.

Makes 1 lb. chickpea flour.

NOTE: This program is ideal for grinding coffee beans, dried beans such as kidney beans and black-eyed peas, and hard spices, such as nutmeg. Note also that when grinding hard spices, it may be necessary to repeat the program until the desired grind is achieved.

CITRUS VINAIGRETTE

PROGRAM 18 - 10 SECONDS

Drizzle over greens and garnish with sunflower seeds and fresh mandarin orange sections.

1 cup olive oil
2 tablespoons grated orange zest
1/2 cup orange juice
1/2 cup red wine vinegar
2 tablespoons honey
1 clove garlic, peeled
salt to taste
1 teaspoon freshly ground black pepper

Place all of the ingredients in the Blending Jar and process on Program 18.

Makes about 2 cups



MINT ALMOND SAUCE

PROGRAM 19 - 30 SECONDS

This East Indian sauce is delightful served over grilled fish or lamb.

1/4 cup mint leaves, firmly packed
1/4 cup Italian parsley leaves, firmly packed
1/4 cup sliced almonds, toasted
1/8 cup fresh lemon juice
2 tablespoons honey
1/2 teaspoon freshly ground black pepper
1/2 cup olive oil
salt to taste

Place all of the ingredients in the Blending Jar and process on Program 19.

Makes about 1-1/2 cups

CREAMY CILANTRO & PEPPER GUACAMOLE

PROGRAM 20 - 10 SECONDS

This guacamole with jalapeno pepper and onion packs a punch!

2 ripe avocados, peeled and seeds removed
1/8 cup cilantro leaves, firmly packed
2 tablespoons fresh lime juice
1/2 jalapeno pepper, seeded and roughly chopped
1/8 cup red onion, roughly chopped

Place the ingredients in the Blending Jar and process on Program 20.

Makes 1 cup



HINTS & TIPS

GENERAL

- Before adding ingredients to Blending Jar, make sure the OFF Button is pressed. **Never fill Blending Jar more than 3/4 full;** the action of the Blades will cause the ingredients to rise in the Blending Jar. Make large recipes in several batches.
- Unless the recipe states differently; pour liquid ingredients into Blending Jar before solid ingredients. The liquid will help the processing go faster and at a lower SPEED (%).
- For powdery crushed ice, no liquid is needed (see recipe).
- The blending of foods that are gummy or sticky, such as fresh ginger, are not well suited for the JMS7.
- When in Continuous Mode, blend for 5 to 30 seconds, and check consistency. Continue blending until desired consistency is reached. Over-blending will result in a loose consistency.

NOTE: Always operate Blender with Lid in place.

- Do not remove Blending Jar from the Blender Base when the Motor is running.

CAUTION: DO NOT TOUCH BLADES. DO NOT INTERFERE WITH THE BLADE MOVEMENT. Keep hands and utensils out of Blending Jar while operating to reduce the risk of severe injury to persons or damage to the Blender. A scraper may be used, but must be used only when the Blender is not running.

- When pressing the START Button, there is an intentional delay — once the Complete Health Center has started, release the Button.

SOLIDS

- Thick mixtures require special attention during processing. Periodically press the OFF Button and allow Blades to come to a complete stop. Remove Blending Jar Lid and scrape mixture off sides of Blending Jar and onto the Blades. Replace Lid and continue processing. Select a higher SPEED if processing becomes sluggish.
- If you need to add additional ingredients to the Blending Jar, press STOP and allow Blades to come to a complete stop. With the Center Lid removed, add solids or ice, in small amounts, through the hole in the Blending Jar Lid. Then replace the Center Lid.



HINTS & TIPS *(Continued)*

- Always cut solid foods such as vegetables and cheese into small chunks before placing in the Blending Jar.

POWER ERROR

In some cases, large solids can overload the Motor, and this will cause the JMS7 to stop automatically. The words: "POWER ERROR" will appear on the Display Window.



- Reset the Complete Health Center. Press the POWER Button to turn the Blender OFF and then ON.
- Reduce the amount of ingredients in the Blending Jar or choose a higher blending speed.

HOT INGREDIENTS

- To prevent excessive heat expansion remove Center Lid from Jar Lid before adding hot ingredients. Add hot foods slowly (to a maximum of 2 cups) through the Blending Jar Lid's center hole.

NOTE: For blending hot ingredients, remove Center Lid to allow for heat expansion before blending. Place a small rag or paper towel over opening to prevent hot liquids from splashing out.

CAUTION: To prevent the risk of burns, do not use your hand to cover opening!

STAINLESS STEEL BLENDING JAR

- Because of its strength, your Stainless Steel Blending Jar is impervious to scratches and is ideal when grinding hard spices.
- The Stainless Steel Blending Jar is resistant to odors and food stains. Use when processing large amounts of garlic or onions or other foods with strong odors, or when processing foods with strong staining colors such as carrots, beets or blueberries.



HINTS & TIPS (Continued)

ADJUSTING AND CREATING RECIPES

Using the recipes included in this manual as a guide, you may wish to test and adjust your blending times according to your personal taste.

Experiment with various fruit and vegetable combinations. To prepare smoothies and foods not listed in these recipes, refer to a similar recipe and adjust blending times accordingly.



HINTS ON USING THE REMNANT FILTER FOR BLENDING FRUITS WITH SEEDS

When blending fruits containing seeds, (for example: watermelon) cut the fruit into small pieces, and place inside the Filter.

NOTE: Never fill the Remnant Filter with food past the metal screen.

Blend at a MINIMUM SPEED (10%). To avoid the bitter taste of ground watermelon seeds, blend for 5 seconds only.

After processing, remove the Blending Jar Lid. Place the palm of your hand over the top of the Remnant Filter to hold it in place and pour juice into serving or cooking vessel. Seeds and excess fiber will be securely locked inside the Filter.

NOTE: Always clean Remnant Filter immediately after use.

Remove and rinse Remnant Filter under warm running water. For additional batches, replace Filter, making sure it is secure and properly positioned over the Blades; repeat blending procedure.



USER MAINTENANCE INSTRUCTIONS

CLEANING YOUR JMS7 COMPLETE HEALTH CENTER

CAUTION: Do not immerse Blender Base in water.

Always unplug the unit before cleaning.

1. Disassemble Blender Lid by turning the Center Lid counter-clockwise until it removes easily from the Jar Lid.
2. Rotate Blending Jar Lid counterclockwise until the Jar's arrow (▲) and the Lid's UNLOCK icon ◡ are aligned. Then remove the Blending Jar Lid.
3. Use a long handled kitchen brush to remove debris from the Blades and bottom of Blending Jar.

CAUTION: To reduce the risk of severe injury to persons, keep bare hands out of Blending Jar while cleaning.

4. To loosen foods easily from Blades, fill Blending Jar **not more than one-quarter full** with warm water and a drop or two of liquid dishwashing detergent. Set SPEED to 25-50% and continuously blend for up to two minutes. Remove the Blending Jar from the Blender Base and inspect Blades. Use a long handled kitchen brush to remove any remaining debris from the Blades.

CAUTION: Allow Blades to air-dry, do not touch Blades at any time.

5. Wash Blending Jar with Blades, Jar Lid and Center Lid in warm, sudsy water. Use any mild liquid dishwashing detergent. Do not use any products containing ammonia, or scouring powders. These products will dull, scratch or mar the plastic surface. Rinse all parts and wipe dry.
6. For complete cleaning, remove Positioning Guide Rubber Cover from the Blender Base and the clear Rubber Gasket from the bottom rim of the Jar Lid and wash in warm, soapy water.
7. Clean the Remnant Filter immediately after use. Hold Filter under warm running water and use a food brush and gentle dishwashing detergent to loosen caught or dried-on particles. Rinse and dry thoroughly.
8. Wipe Blender Base and Power Cord with a warm, sudsy cloth, then wipe clean with a damp cloth. Dry with a soft cloth. Sponge off the Blender Base and Non-Slip Rubber Feet in case any liquid has spilled under the Blender.



USER MAINTENANCE INSTRUCTIONS (Con't.)

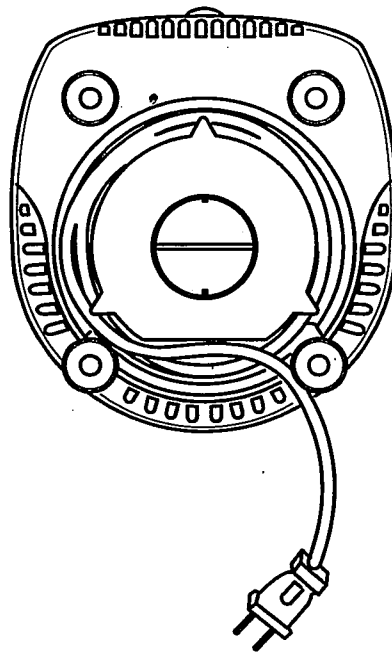
This appliance requires little maintenance. It contains no user serviceable parts. Do not try to repair it yourself. Any servicing requiring disassembly other than cleaning must be performed by a qualified appliance repair technician.

STORAGE

1. Unplug unit and allow to cool. Never store it while it is hot or still plugged in.

CAUTION: Severe injury can result if Blender is accidentally turned on when not properly assembled.

2. Wrap cord around the Cord Storage area, located on the bottom of the Blender Base. (See illustration below.)



LIMITED ONE YEAR WARRANTY

Warranty: This Juiceman® product is warranted by Salton, Inc. to be free from defects in materials or workmanship for a period of (1) year from the original purchase date. This product warranty covers only the original consumer purchaser of the product.

Warranty Coverage: This warranty is void if the product has been damaged by accident in shipment, unreasonable use, misuse, neglect, improper service, commercial use, repairs by unauthorized personnel, normal wear and tear, improper assembly, installation or maintenance abuse or other causes not arising out of defects in materials or workmanship. This warranty is effective only if the product is purchased and operated in the USA, and does not extend to any units which have been used in violation of written instructions furnished with the product or to units which have been altered or modified or to damage to products or parts thereof which have had the serial number removed, altered, defaced or rendered illegible.

Implied Warranties: ANY IMPLIED WARRANTIES WHICH THE PURCHASER MAY HAVE ARE LIMITED IN DURATION TO ONE (1) YEAR FROM THE DATE OF PURCHASE. Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you.

Warranty Performance: During the above one-year warranty period, a product with a defect will be either repaired or replaced with a reconditioned comparable model (at our option) when the product is returned to the Repair Center, or the purchase price refunded. The repaired or replacement product will be in warranty for the balance of the one-year warranty period and an additional one-month period. No charge will be made for such repair or replacement.

Service and Repair: Should the appliance malfunction, you should first call toll-free 1 (800) 233-9054 between the hours of 9:00 am and 5:00 pm Central Standard Time and ask for CONSUMER SERVICE stating that you are a consumer with a problem. Please refer to model number JMS7 when you call.

In-Warranty Service (USA): For an appliance covered under the warranty period, no charge is made for service or postage. Call for return authorization 1 (800) 233-9054.

Out-of Warranty Service: A flat rate charge by model is made for out-of-warranty service. Include \$15.00 (U.S.) for return shipping and handling. We will notify you by mail of the amount of the charge for service and require you to pay in advance for the repair or replacement.

For Products Purchased in the USA, but Used in Canada: You may return the product insured, packaged with sufficient protection, and postage and insurance prepaid to the USA address listed below. Please note that all customs duty / brokerage fees, if any, must be paid by you and we will require you to pay the cost of customs duty / brokerage fees to us in advance of our performing any service.

Risk During Shipment: We cannot assume responsibility for loss or damage during incoming shipment. For your protection, carefully package the product for shipment and insure it with the carrier. Be sure to enclose the following items with your appliance: any accessories related to your problem, your full return address and daytime phone number, a note describing the problem you experienced, a copy of your sales receipt or other proof of purchase to determine warranty status. C.O.D. shipments cannot be accepted.

To return the appliance, ship to:

ATTN: Repair Center
Salton, Inc.
708 South Missouri Street
Macon, MO 63552

To contact us, please write to, call, or email:

Salton, Inc.
P.O. Box 7366
Columbia, MO 65205-7366
1-800-233-9054
E-mail: Salton@Saltonusa.com

Limitation of Remedies: No representative or person is authorized to assume for Salton, Inc. any other liability in connection with the sale of our products. There shall be no claims for defects or failure of performance or product failure under any theory of tort, contract or commercial law including, but not limited to negligence, gross negligence, strict liability, breach of warranty and breach of contract. Repair, replacement or refund shall be the sole remedy of the purchaser under this warranty, and **in no event shall Salton be liable for any incidental or consequential damages, losses or expenses.** Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.

Legal Rights: This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

For more information on Salton products: visit our website: www.juiceman.com, or email us at: juiceman@saltonusa.com

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