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Interior Content provided by

Pascoe Publishing, Inc. Rocklin, California

www.pascoepublishing.com

Published in the United States of America by

Spectrum Brands, Inc.
Middleton, Wisconsin

 ${\mathscr P}$  www.spectrumbrands.com

ISBN: 978-0-9969154-1-0

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Nutritional Analysis: calculations for the nutritional analyses in this book are based on the largest number of servings listed within the recipés. Calculations are rounded up to the nearest gram or milligram as appropriate. If two options for an ingredient are listed, the first one is used. Not included are optional ingredients or serving suggestions.

The recipes, instructions and nutritional information contained in this book are not intended as medical advice or freatment or substitute for medical advice or freatment. Do not attempt self-treatment of a medical problem - consult your health care provider for medical advice and treatment

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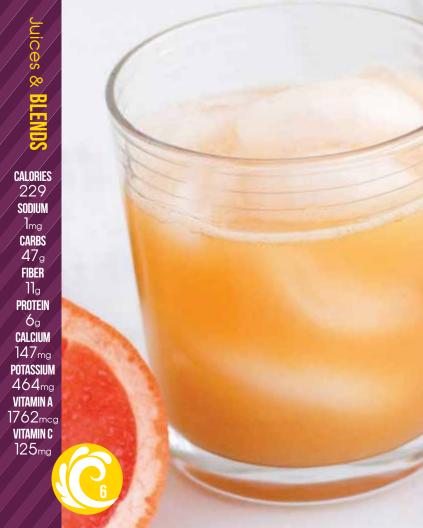
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# Juices & BLANS

Use the fresh juice you just made in your favorite blended recipe to bump up your vitamin and mineral content, or try something entirely new like the *Machine-Burning Blend* to kick your taste buds into high gear!

Adding liquid to the juice blend recipes will help get the ingredients moving. Add any liquid of your choice to the delicious recipes ahead. We recommend almond milk, coconut water, or even just plain water.



#### FRESH CITRUS POWERBALL

SERVINGS: 1 (about 6 oz.)

#### **INGREDIENTS:**

1 ripe orange, peeled, sectioned V2 pink grapefruit, peeled, sectioned V2 cup seedless purple grapes 1 Tbsp chia seeds

#### **DIRECTIONS:**

Place all ingredients into the blender and blend until smooth. Strain before serving, if desired, and serve over ice.

This sweet-tart blend will leave you feeling energized and refreshed!





**SERVINGS:** 1(about 6 oz.)

#### **INGREDIENTS:**

1 papaya, seeded, peeled, cut into chunks

1 kiwi fruit, peeleď

1/4 small apple, cut in chunks

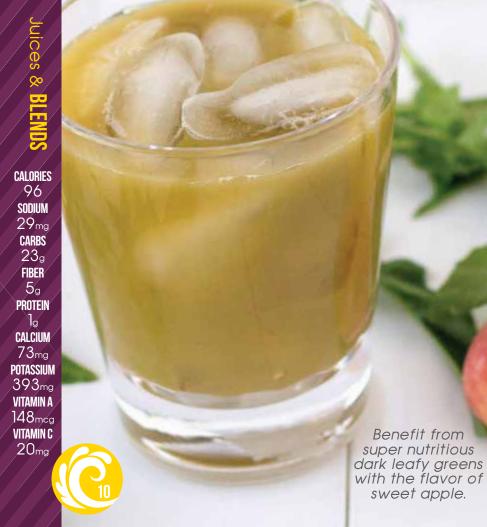
1/4-1/2 cup water, as needed

#### **DIRECTIONS:**

Place the papaya, kiwi and apple into the blender and blend until smooth. Add water to thin if needed. Stir in the agave nectar and pour over ice.

**MAKE IT YOUR OWN:** If papayas aren't available, try substituting mango or a ripe avocado.





#### GALA APPLE & **GREENS NUTRIENT** LIFT

**SERVINGS:** 1 (about 6 oz.)

#### INGREDIENTS:

1/2 small cucumber, peeled, cut in chunks 1 Gala apple, cored, cut in chunks 1/2 cup dandelion greens 1/4-1/2 cup water, as needed

#### **DIRECTIONS:**

Benefit from

Place the ingredients into the blender and blend until smooth. Strain before serving, if desired, and serve over ice cubes.

#### RED & GREEN VITAMIN FUSION

SERVINGS: 1 (about 6 oz.)

#### **INGREDIENTS:**

6 strawberries
1 cup kale leaves, torn
1/2 cup pineapple,
cut in chunks
1/4-1/2 cup water,
as needed

#### DIRECTIONS:

Place the ingredients into the blender and blend until smooth. Add water to thin the juice as needed. Strain before serving, if desired, and serve over ice cubes.

A fusion of fruit and greens team up for a synergistic boost that may enhance nutrition!





32mg

#### **PEPPERY TOMATO** PROTEIN JUICE

**SERVINGS:** 1 (about 6 oz.)

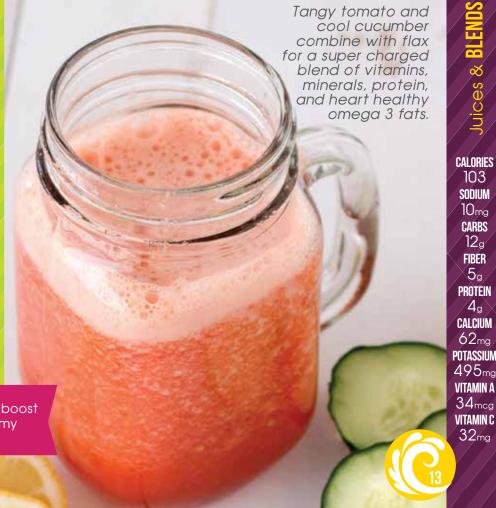
#### **INGREDIENTS:**

I small ripe tomato, cored, quartered 1/2 cucumber, peeled, cut in chunks 2/tsp lemon juice 1 Tbsp flaxseed Freshly ground black pepper

#### **DIRECTIONS:**

Place the tomato, cucumber. flax seed and lemon juice in the blender and blend. Just before serving, dust the juice with the black pepper.

MAKE IT YOUR OWN: If you really want to boost the flavor, add bottled hot sauce or creamy horseradish to key up this energetic juice.



# JUICE EXTRACTION

Creating a juice to fit your needs has NEVER BEEN SO EASY! Try the Powerful Green Machine to get all the goodness of powerhouse veggies, or fill up with a sweet, low calorie Melon Madness.



#### IRON & PROTEIN LIFT OFF

**SERVINGS:** 2 (about 12 oz.)

#### **INGREDIENTS:**

2 cups baby spinach, tightly packed

2 cups green grapes

2 Tbsp wheat germ

#### **DIRECTIONS:**

Using light pressure, juice the spinach and grapes through the juicer. Pour into 2 glasses, add 1 tablespoon wheat germ to each, stir well and serve.

Increase energy and help fight fatigue with this iron rich and protein packed juice, perfect for any time you need a boost!



171
SODIUM
29 mg
CARBS
32g
FIBER
Og
PROTEIN
11g
CALCIUM
57 mg
POTASSIUM
650 mg
VITAMIN A
146 mcg
VITAMIN C

CARBS 5g POTASSIUN 266mg VITAMIN A 137<sub>mcg</sub> VITAMIN C



#### 30 SECOND SALAD

**SÉRVINGS**: 2 (about 12 oz.)

#### **INGREDIENTS:**

2 cups baby bok choy 1 cup arugula 1 cup watercress 1 cup cabbage 1 sprig cilantro 1/2 fresh lemon, seeded

#### **DIRECTIONS:**

Using light pressure, juice all ingredients through the juicer. Pour into 2 glasses and add ice, if desired.

MAKE IT YOUR OWN: Substitute greens you have on hand, such as romaine lettuce, watercress, dandelion greens or kale.

#### **POWERFUL GREEN** MACHINE

SERVINGS: 2 (about 12 oz.)

#### **INGREDIENTS:**

2 cups dandelion greens, loosely packed 2 cups kale, tightly packed 1/2 fresh lime, seeded/ 1 small bunch cilantro pinch sea salt

#### **DIRECTIONS:**

Using light pressure, juice the greens, kale, lime and cilantro through the juicer, Pour into 2 glasses and sprinkle a bit of sea salt over each serving. Add ice and serve.



CARBS 5,9 FIBER Og **PROTEIN POTASSIUM** VITAMIN A



# TOMATO BASIL ANTIOXIDANT JUICE

SERVINGS: 3 (about 18 oz.)

#### **INGREDIENTS:**

1 lb large ripe tomatoes 4 ribs celery, cut in half ¼ small white onion 2 leaves fresh basil

#### **DIRECTIONS:**

Using light pressure, juice all ingredients. Pour into 2 glasses and add ice cubes.

MAKE IT YOUR OWN: When using fruit or vegetables for juice, try prepping items such as onions in batches. Freeze bulk ingredients and thaw as needed for your juice.



CARBS 6g



SERVINGS: 2 (about 12 oz.)

#### **INGREDIENTS:**

2 large red peppers, cut in half

1 large bunch parsley

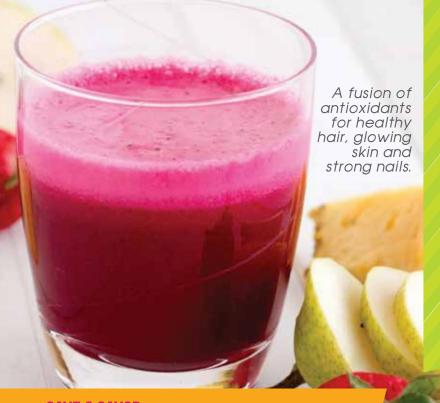
3 cups brewed green tea,

#### **DIRECTIONS:**

Using light pressure, juice the peppers and parsley. Pour into glasses, add/the tea and stir well. Add ice cubes and serve.

> Rich in many vital vitamins, this detoxing mix supports a strong immune system.

CALORIES
131
SODIUM
63mg
CARBS
40g
FIBER
1g
PROTEIN
2g
CALCIUM
32mg
POTASSIUM
382mg
VITAMIN A
6mcg



SWEET TART BEAUTY BOOST

SERVINGS: 3 (about 18 oz.)

#### **INGREDIENTS:**

2 ripe Bosc or Bartlett pears, cut in half ½ ripe pineapple, peeled 2 cups strawberries 1 large beet, cut in half

#### DIRECTIONS:

Using light pressure, juice the pears, pineapple, beet and strawberries. Stir well and pour over ice-filled glasses.

**SAVE & SAVOR:** Spread the fruit pulp on a baking sheet as thinly as possible. Bake in a 200°F oven for 2-3 hours, or until dry and crispy. Use as a topping for fresh fruit, ice cream, or in a yogurt parfait.



#### **BERRY MANIA**

SERVINGS: 2 (about 12 oz.)

#### **INGREDIENTS:**

3 cups strawberries 2 cups blueberries 2 cups raspberries

#### DIRECTIONS:

Using light pressure, juice all ingredients through the juicer. Pour into glasses and add ice cubes.



CALORIES SODIUM CARBS 31<sub>g</sub> FIBER Og VITAMIN A

CARBS 34g FIBER Og **POTASSIUM** VITAMIN A



SERVINGS: 2 (about 12 oz.)

#### **INGREDIENTS:**

4 cups pineapple, cut in chunks 2 Thsp light coconut milk

#### **DIRECTIONS:**

Using light pressure, juice the pineapple through the juicer. Pour into 2 glasses and add ice cubes. Slowly drizzle the milk into each glass and serve right away.

Escape to the beach and give your immune system a boost with this delicious tropical blend rich in vitamin C.



CARBS 44g



# CITAUS Juices

Citrus fruits come in a variety of vibrant colors and sweet-tangy flavors, providing you with endless combinations to get refreshed. Start your day with a triple vitamin C packed glass of *Grapefruit*, *Orange & Tangerine Blast* or enjoy an afternoon *Spicy Citrus Cooler* instead of a soda!

#### GRAPEFRUIT, ORANGE & TANGERINE BLAST

SERVINGS: 2 (about 12 oz.)

#### **INGREDIENTS:**

1 large grapefruit, cut in half 1 large orange, cut in half

I ripe tangerine, cut in half

#### **DIRECTIONS:**

Using the citrus attachment, juice the grapefruit, orange and tangerine. Pour into glasses and add ice cubes.

Triple your vitamin C with this refreshing and immune boosting citrus trio.

SAVE & SAVOR: Combine the fruit pulp with 1 teaspoon ground cinnamon, ½ teaspoon ground nutmeg and ½ teaspoon ground cardamom. Mix well and spread on a large baking sheet. Let stand in a warm, dry place for 1-2 days turning occasionally, until dry. When completely dry, spoon 2 tablespoons of the mixture into small envelopes. Seal and use as sweetly-scented sachets for drawers and closets.

CALORIES SODIUM **CARBS** FIBER **PROTEIN** CALCIUM **POTASSIUM** 234<sub>mg</sub> VITAMIN A VITAMIN C

60<sub>mg</sub>

**CALORIES** SODIUM **CARBS**  $17_{g}$ **FIBER** 0.2g**PROTEIN** CALCIUM **POTASSIUM** 321<sub>mg</sub> VITAMIN A VITAMIN C

 $79_{mg}$ 

# BLOOD ORANGE AND GRAPEFRUIT

**SERVINGS:** 2 (about 12 oz.)

#### **INGREDIENTS:**

3 blood oranges, cut in half 2 red grapefruit, cut in half

#### **DIRECTIONS:**

Using the citrus attachment, juice the grapefruit and blood oranges. Pour into glasses and add ice cubes, if desired.

A refreshing and energizing fusion of citrus packed with antioxidants, and a powerful combination of compounds believed to fight inflammation and support a healthy heart.

#### "TANG"ÉRINE JUICE

SERVINGS: 2 (about 12 oz.)

#### INGREDIENTS:

3 tangerines, cut in half 1 orange, cut in half 1 lemon, cut in half

#### DIRECTIONS:

Using the citrus attachment, juice the tangerines, orange and lemon. Pour into glasses and add ice cubes, if desired.

Vibrant orange and sweet with a little tang, this "Tang"erine Juice is a healthy choice any time of day for adults & kids alike!



20<sub>mg</sub>



### FRESHLY JUICED LEMONADE

SERVINGS: 8 (about 48 oz.)

#### **INGREDIENTS:**

6 lemons, juiced 5 cups water 2 tsp Stevia 1 lemon, sliced fresh mint sprigs

#### **DIRECTIONS:**

Using the small cone on the citrus attachment, juice lemons in the Juiceman<sup>®</sup> juicer. Mix lemon juice, water, and Stevia in a pitcher. Cover and refrigerate 30 to 60 min. to allow flavors to blend. Serve over ice and garnish with lemon slices and fresh mint.

CALORIES

#### SPICY CITRUS COOLER

SERVINGS: 4 (about 24 oz.)

#### **INGREDIENTS:**

1 cup water

3 Tbsp sugar

2 Tbsp peeled and grated ginger

2 red grapefruits

2 limes

sparkling water

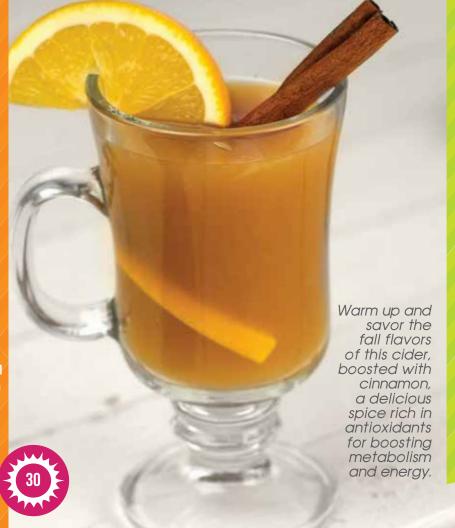
#### **DIRECTIONS:**

Combine water, sugar and ginger in small sauce pan. Bring mixture to a boil, reduce heat and simmer 5 minutes. Remove from heat; let stand 10 minutes. Strain, reserving ginger water.

Juice grapefruits and limes in the Juiceman® juicer and combine with ginger water. Pour into tall glasses with ice and a splash of sparkling water. Garnish with lime.

A healthy alternative to soda, ginger in this crisp cooler lifts the sweet-tart flavor of grapefruit, and may help fight inflammation.

**CALORIES** /30 SODIUM **CARBS** 32g **FIBER PROTEIN** CALCIUM 34<sub>mg</sub> **POTASSIUM** 350mg VITAMIN A **VITAMIN C** 



## MULLED ORANGE CIDER

**SERVINGS:** 12 (about 72 oz.)

#### **INGREDIENTS:**

8 cups apple cider

3 cups freshly juiced orange juice (about 6 oranges)

2 sticks cinnamon

1/2 tsp allspice

4 cup packed brown sugar1 orange,sliced and halved

#### **DIRECTIONS:**

Using the large cone on the citrus attachment, juice oranges in the Juiceman® juicer. Combine all ingredients in stoneware pot. Stir. Cover and cook on high for 2 hours. Garnish with orange slices.

#### SWEET ORANGE SMOOTHIE

**SERVINGS**: 4 (about 24 oz.)

#### **INGREDIENTS:**

1 cup water

3 Tbsp sugar

2 Tbsp peeled and grated ginger

2 red grapefruits

2 limes

sparkling water

#### **DIRECTIONS:**

Using the large cone on the citrus attachment, juice oranges in the Juiceman<sup>®</sup> juicer. Place juice and remaining ingredients into the blending cup. Blend until smooth and frothy. Perfect for post-workout recovery with a mixture of lean protein, and essential vitamins and minerals.

**CALORIES** 102 SODIUM **CARBS** 32g FIBER **PROTEIN** 0.6<sub>a</sub> CALCIUM 34<sub>mg</sub>**POTASSIUM** 350mg VITAMIN A VITAMIN C 38<sub>mg</sub>





## PEPPERMINT PALMER

SERVINGS: 4 (about 24 oz.)

#### **INGREDIENTS:**

1 cup water

34 cup sugar

4 peppermint tea bags

4 lemons, juiced

2 cups cold water mint for garnish

#### DIRECTIONS:

Heat hot water and sugar in small sauce pan. Add tea bags; remove from heat and let steep 15 min.

Combine fresh lemon juice, tea mixture and 2 cups cold water in a large pitcher. Stir to combine. Refrigerate at least one hour.

Serve over ice garnished with fresh mint leaves.

#### BLOOD ORANGE BEET JUICE

SERVINGS: 2 (about 12 oz.)

#### **INGREDIENTS:**

3 blood oranges, cut in half 1 medium beet ½-inch piece fresh ginger

#### **DIRECTIONS:**

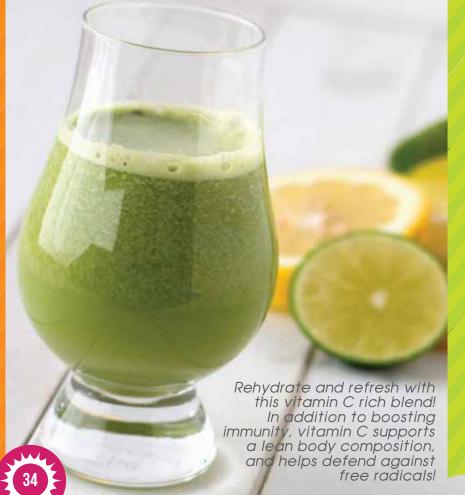
Using the large cone on the citrus attachment, juice the oranges in the Juiceman juicer. Set aside the citrus attachment and add the juice extractor attachment. Juice the beet and ginger, using light pressure on the pusher. Stir the juice and serve over ice cubes.

MAKE IT YOUR OWN: This is such a beautiful juice, you'll want to share it with friends. After juicing, add a splash of sparkling water or club soda to each glass, stir and serve with a lemon twist.



**CALORIES** SODIUM **CARBS** FIBER **PROTEIN** CALCIUM 68<sub>mg</sub> POTASSIUM 385mg VITAMIN A VITAMIN C

48<sub>mg</sub>



#### LEMON LIME VITAMIN SPLASH

SERVINGS: 2 (about 12 oz.)

#### **INGREDIENTS:**

1 lemon, cut in half
1 lime, cut in half
1 cucumber, peeled,
cut in chunks
1-2 tsp honey, or to taste

#### **DIRECTIONS:**

Using the small cone on the citrus attachment, juice the lemons and limes in the Juiceman® juicer. Set aside the citrus attachment and add the juice extractor attachment. Juice the cucumber and mix into the juice well. Pour into glasses, add honey to taste, and add ice cubes before serving.

# MARINADES & vinaigrettes

Take juicing outside of the glass! Try our *Mustard Shallot Vinaigrette* with your daily salad for a surprising, savory twist to your daily routine. Or create an Asian inspired dinner with our *Kickin' Hot Orange Marinade* and spice up your night.



CALORIES
91
SODIUM
176mg
CARBS
7g
FIBER
Og
PROTEIN
Og
CALCIUM
2mg
POTASSIUN
13mg
VITAMIN A
Omog



#### **GINGER MARINADE**

SERVINGS: 16 (about 8 oz.)

#### **INGREDIENTS:**

2 green onions, cut in 2-inch pieces 1 clove garlic, peeled 2/3 cup canola oil 1/3 cup low-sodium soy sauce 2 Tbsp honey 1 tsp ground ginger

#### **DIRECTIONS:**

Place the onions and garlic into the blender and pulse to chop evenly. Add the remaining ingredients and blend on High speed for 15 seconds. Pour the marinade into a self-sealing bag and add 1 to 1½ pounds beef, pork or poultry cuts. Seal and chill for up to 24 hours, turning the meat occasionally. When ready to grill, remove and discard the marinade. Grill meat as directed.

MAKE IT YOUR OWN: Roughly chop 2 pounds of any combination of fresh vegetables (squash, peppers, onion, broccoli, etc). Place in a self-sealing plastic bag and cover with the marinade. When ready, discard the marinade and grill the vegetables for 1-2 minutes, or until softened and lightly seared.

#### **COOL AVOCADO** CILANTRO DRESSING

SERVINGS: 24 (about 12 oz.)

#### INGREDIENTS:

 $\frac{1}{2}$  lemon, peeled, seeded ½ cup plain Greek yogurt 1/2 fresh ripe avocado, peeled, cut in chunks 1 sprig fresh cilantro, roughly chopped

1/4 cup lowfat milk, plus more as needed Salt and pepper to taste

#### **DIRECTIONS:**

Place the lemon, yogurt, avocado and cilantro in the blender and pulse until mixture is smooth. Add the milk and blend on Low speed for 10 seconds until smooth. Add more milk if a thinner dressing if preferred.





## CREAMY LEMON DILL SAUCE

SERVINGS: 16 (about 8 oz.)

#### INGREDIENTS:

1 lemon, cut in half
1 cup sour cream
1/2 cup plain Greek yogurt
1/4 tsp white pepper
1/4 tsp kosher salt
1 Tbsp fresh dill weed

#### **DIRECTIONS:**

Using the small cone on the citrus attachment, juice the lemon in the Juiceman® juicer. Pour the juice into a medium bowl and slowly whisk in the sour cream and yogurt until smooth. Add the pepper and salt and continue whisking until blended. Add the dill weed and stir just until combined. Chill until serving and refrigerate any leftovers.

Add some pep to your step with this Asian inspired marinade featuring fresh orange juice which may support a healthy heart.



#### **KICKIN HOT ORANGE MARINADE**

SERVINGS: 24 (about 12 oz.)

#### **INGREDIENTS:**

1 orange, cut in half 1/4 white onion, cut in chunks 1/4 small bunch flat-leaf parsley 1 clove garlic, peeled 4 Tbsp Sriracha™ sauce (or other hot sauce to taste) 34 cup canola oil/

1/4 cup low sodium soy sauce

#### **DIRECTIONS:**

Using the large cone on the citrus attachment, juice the orange in the Juiceman® juicer. Place the onion, parsley and garlic in the Juiceman blender and pulse to chop vegetables evenly. Place the orange juice, chopped vegetables, Sriracha sauce, oil and soy sauce in a self-sealing plastic bag. Add up to 2 pounds poultry or pork and seal. Refrigerate for up to 24 hours. When ready to grill, remove and discard the marinade. Grill meat as directed. 72
SODIUM
95mg
CARBS
2g
FIBER
Og
PROTEIN
Og
CALCIUM
5mg
POTASSIUM
39mg
VITAMIN A
6mcg
VITAMIN C



#### MUSTARD SHALLOT VINAIGRETTE

SERVINGS: 8 (about 4 oz.)

#### INGREDIENTS:

2 shallots

1 sprig parsley

3 Tbsp rice wine vinegar

1/4 cup canola/oil

1 Tbsp grainy mustard

Sea salt and freshly ground pepper to taste

#### **DIRECTIONS:**

Using light pressure, juice the shallots and parsley through the Juiceman® juicer on Low speed. Add the shallot and parsley juice to the remaining ingredients in a shaker jar. Shake well and adjust seasonings to taste. Drizzle over greens; refrigerate leftovers.

MAKE IT YOUR OWN: Add 1-2 tablespoons fresh herbs of your choice, such as flat-leaf parsley, basil or mint to create a fresh twist on this vinaigrette.