

Recipe Book

JUICE & COOKING
HUROM Recipe Book



HUROM

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Easy-to-Make Phytochemical Juices

Red Juice / Cherry Tomato Juice

Yellow Juice / Pineapple Juice

Green Juice / Kale Juice

White Juice / Apple Juice

Purple Juice / Red Grape Juice

Mixed Juices with Various Flavors

Melon Apple Juice (Melon, Apple, Pak Choi, Celery)

Chia Seed Plus Juice (Chia seeds, Apple, Lemon, Cucumber, Celery)

Apple Ginger Juice (Apple, Ginger, Pineapple)

Basil Pineapple Juice (Basil, Pineapple, Green Grape, Spinach)

Apple Mint Healing Juice (Apple Mint, Kale, Green Grape)

Healthy Juices for Your Body

Vitamin-Hydration Juice (Orange, Carrot, Apple)

Light Juice (Grapefruit, Orange, Pineapple, Carrot)

Good Morning Juice (Angelica Uffis, Pear, Grape)

Circulation Improvement Juice (Beet, Apple, Lemon)

Nut Milk & Ice Cream

Almond Milk · Cashew Milk

Blueberry Ice Cream · Banana Cookie Ice Cream

HUROM Cooking

Soft Creamy Tomato Soup

Moist Cinnamon Apple Muffin

p.28 07. Nutrients in Each Ingredient

PRECAUTIONS FOR USE

To ensure maximum durability of your juicer, please prepare your ingredients as recommended. Please refer to the manual and recipe books for the recommendations on proper ingredient preparation.

FOLLOW THESE STEPS!

1. Do not use juiceless ingredients such as sesame, beans, Chinese pepper, bark, root, quince, enzyme liquids and preserved fruits in alcohol, honey, sugar, or hard-to-squeeze ingredients such as lindens, cactuses, aloes, bananas, and boiled materials. These ingredients can cause product damage.
2. Do not insert large-sized ingredients or those with extremely large content of fiber. Remove seeds that cannot be chewed with teeth from stone fruits (e.g. mangoes, sweet persimmons, plums, peaches, cherries, etc.) These ingredients may lead to the risk of product damage.
3. When pushing ingredients in a juicer, only use the pusher provided in the original package. Do not put your fingers, chopsticks or other objects into the juice outlet of this appliance. This may lead to the risk of product damage or personal injury.
4. Please open the juice cap during operation.
5. When squeezing many times or in large quantities, please empty the pulp and clean the container thoroughly before operating. It may increase pressure inside the machine, disturb the drum lid opening, or cause damage to components.
6. Ingredients that are strongly fibrous or contain seeds should be used after being separately cleaned per 1kg.
7. Close supervision is necessary to prevent children from using this appliance unsupervised.
8. Some materials are difficult to extract depending on the product model. Please refer to the manual.
9. Do not attempt to extract juice from already juiced pulp. The squeezing strainer can get clogged up.

01 THE IMPORTANCE OF EATING VEGETABLES AND FRUITS

HUROM Juice uses slow squeeze technology, which extracts the essence from seeds and peels so that users intake more nutrients than they would by ingesting the food itself. There are so many fruits and vegetables that contain rich nutrients in their seeds and peels. Now, you can get all the nutrients from the seeds and peels with HUROM!

Beta-carotene YELLOW

Improves skin health,
bolsters the immune system

Oranges, carrots, lemons,
pineapples, etc.

Lycopene RED

Helps prevent cancer and
improve vascular functioning

Tomatoes, watermelons,
pomegranates, strawberries,
beets, etc.

Lutein GREEN

Improves eye health,
gives an anti-inflammatory effect

Green grapes, kiwis, kales, as,
spinaches, broccolis,
celerics, Angelica Uilis Malakino,
wheatgrass, etc.

02 PHYTOCHEMICALS THAT KEEP YOUR BODY HEALTHY

Phytochemicals are plant nutrients only found in fruits and vegetables. The colors, scents, and tastes are derived from the phytochemicals. They are produced by plants to defend against external aggression, such as insects, pathogens, or ultraviolet rays. Ingesting phytochemicals helps to protect the human body against toxic substances.

Anthocyanin PURPLE

Helps reduce cardiovascular risk,
improves memory

Grapes, berries,
purple carrots,
red cabbages, etc.

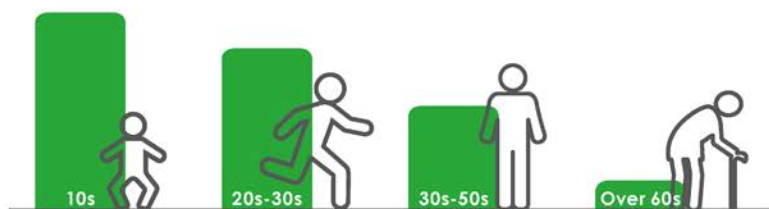
Quercetin WHITE

Helps manage blood pressure
and protect your liver

Pears, apples, bananas,
cabbages, bellflowers,
ginsengs, garlicks, etc.

03 ENZYMES IN VEGETABLES AND FRUITS THAT INVIGORATE YOUR BODY

Enzymes are vital substances that convert ingested food into energy for our body. Enzymes are imperative to sustain life and play roles such as *stimulating digestion, strengthening our natural healing power, eliminating body waste, and improving immunity.*



THE AMOUNT OF ENZYMES DECREASES WITH AGE.

You need to eat enough vegetables and fruits to replenish your enzymes because enzyme production diminishes with age.

「Labeling Standards for Foods, Etc.」, Korean Ministry of Food and Drug Safety, Notification No. 2015-93, 「Annex 1」, 1. A. 10) F」

04 WHY DRINK HUROM JUICE?



HUROM JUICE IS HEALTHY AND "NATURAL" JUICE WITHOUT ANY ARTIFICIAL ADDITIVES AND PROCESSING.

01

Nutrients and enzymes are preserved instead of being easily destroyed by heat.

02

This helps you get enough nutrients from the seeds and peels.

03

It excludes the indraft of air so the oxidation barely happens.

04

The natural colors of ingredients are maintained, and these ingredients are rich in antioxidant nutrients.

05

By eliminating residue, taste is maximized and the absorptivity of juice is increased.

06

You can enjoy green vegetable juices with ease while staying healthy.

05 HOW TO GET EACH INGREDIENT READY



CITRUS FRUITS

(grapefruit, orange, lemon, etc.)

Prepare the ingredients by peeling and cutting them into smaller pieces to fit the hopper. Remove all the hard, unchewable seeds or pits before insertion.



ROOT VEGETABLES

(carrot, beet, ginger, sweet potato, potato, garlic, etc.)

Make sure to wash dirt and debris off the roots with running water. Peel the outer skins off of fibrous ingredients such as ginger, and cut long ingredients lengthways for extraction.



FRUITS WITH SEEDS

(grape, apple, peach, persimmon, plum, cherry, pear, melon, etc.)

Use the flesh only after removing the hard, unchewable part of the fruit, such as a peach pit. Remove apple seeds, if possible, as they can be toxic when ground. For grapes, pluck each grape from the bunch after rinsing.



FRUITS WITH THICK RINDS

(Pineapple, dragon fruit, melon, watermelon, pomegranate, etc.)

Prepare the ingredients by peeling and cutting them into smaller pieces to fit the hopper. Remove any fruit seeds that are hard to chew before insertion.



LEAF AND STALK VEGETABLES

(celery, kale, cabbage, water parsley, wheat sprout, chive, etc.)

Cut the ingredients into 3 cm or shorter pieces for extraction. As leaf stalk vegetables are rough and fibrous, they are not easily squeezed, and the screw can get tangled.



SOFT FRUITS

(strawberry, kiwi, banana, tomato, mango, etc.)

For dry and viscous ingredients, mix with other ingredients for juicing. Remove peels and stalks in advance. Remove mango seeds.

EASY-TO-MAKE PHYTOCHEMICAL JUICES



CHERRY TOMATO JUICE

#RED-LYCOPENE

1. Remove the stems from the cherry tomatoes and wash them under running water.
2. Insert the ingredients into the hopper, and put on the cap. Extract juice.

TIP. Cherry tomatoes may a bit thick for your taste. Add grapes or pears to enjoy more watery juice.

PINEAPPLE JUICE

#YELLOW-BETA CAROTENE

1. Remove the peel of pineapple and slice into it lengthways.
2. Insert the ingredients into the hopper, and put on the cap. Extract juice.

TIP. Unripe pineapples contain lots of acids. Please allow ripening to prevent mouth sores.



KALE JUICE

#GREEN-LUTEIN

1. Wash the kale thoroughly and cut into it at a length of 3 cm or shorter.
2. Insert the ingredients into the hopper, and put on the cap. Extract juice.

TIP. Squeeze with a pear to add moisture and sweetness to reduce the bitter taste of kale.

APPLE JUICE #WHITE-QUERCETIN

1. Wash the unpeeled apple and slice it into smaller pieces to fit the hopper.
2. Insert the ingredients into the hopper, and put on the cap. Extract juice.

TIP. Please drink apple juice when it is fresh as apples go brown quickly. Fuji apples, which become available in November, are the most suitable for squeezing juice.



RED GRAPE JUICE #PURPLE-ANTHOCYANIN

1. Separate the grapes and wash them under running water.
2. Insert the ingredients into the hopper, and put on the cap. Extract juice.

TIP. You can enjoy juice with an excellent absorption and a diuretic effect if you squeeze grapes with watermelon.

MIXED JUICES WITH VARIOUS FLAVORS

MELON APPLE JUICE

114kcal /

Melon 200 g, Apple 130 g, Pak Choi 50 g, Celery 50 g

1. Remove the peel from the melon and slice it into smaller pieces to fit the hopper.
2. Wash the apple and slice it into smaller pieces to fit the hopper.
3. Wash the pak choi and celery thoroughly and cut them into 3 cm pieces.
4. Insert the ingredients into the hopper, and put on the cap. Extract juice.

TIP. You can substitute hami melon for the melon.



CHIA SEED PLUS JUICE

198kcal /

Chia seeds 10 g, Apple 150 g, Lemon 50 g, Cucumber 70 g, Celery 50 g

1. Remove the peel from the lemon.
2. Slice the apple and cucumber into smaller pieces to fit the hopper.
3. Wash the celery thoroughly and cut it into 3 cm pieces.
4. Insert the ingredients into the hopper, and put on the cap. Extract juice.
5. Mix the chia seeds into the extracted juice.





APPLE GINGER JUICE

135kcal / Apple 280 g, Ginger 5 g, Pineapple 120 g

1. Remove the peel from pineapple and ginger.
2. Slice them lengthways to fit the hopper.
3. Wash the apple thoroughly and cut it into smaller pieces to fit the hopper.
4. Insert the ingredients into the hopper, and put on the cap. Extract juice.
5. Apples and pineapples are good for digestion and relieving fatigue. Mixing them with ginger's spicy taste increases body temperature, helping prevent cancer and boost immunity.

BASIL PINEAPPLE JUICE

93kcal /

Basil 4 g, Pineapple 220 g, Green Grape 100 g, Spinach 40 g

1. Remove the peel from the pineapple and slice it lengthways.
2. Separate the green grapes and wash them thoroughly. Cut the spinach and basil into 3 cm pieces.
3. Insert the ingredients into the hopper, and put on the cap. Extract juice.

TIP. Basil is a good source of beta-carotene, which helps prevent cancer. And the Vitamin B and C of green grapes and pineapples are effective in overcoming fatigue.



APPLE MINT HEALING JUICE

129kcal / Apple Mint 3 g, Kale 60 g, Green Grape 330 g

1. Separate the green grapes and wash them thoroughly. Cut the apple mint and kale into 3 cm pieces.
2. Insert the ingredients into the hopper, and put on the cap. Extract juice.

TIP. Apple mints are not only aromatic, but also good for digestion and fatigue recovery. Kale is a good source of lutein and beta-carotene, which protect the body against cancer.

HEALTHY JUICES FOR YOUR BODY

VITAMIN-HYDRATION JUICE

127kcal / Orange 200 g, Carrot 100 g, Apple 140 g

1. Remove the peel from the orange and slice it into smaller pieces to fit the hopper.
2. Wash the carrot and apple thoroughly and cut them lengthways.
3. Insert the ingredients into the hopper, and put on the cap. Extract juice.

TIP. Oranges contain plenty of vitamin C, which helps absorb carrots' beta-carotene and vitamin A, effectively improving vision.



LIGHT JUICE

74kcal /
Grapefruit 100 g, Orange 70 g,
Pineapple 180 g, Carrot 20 g

1. Remove the peels from the grapefruit, orange, and pineapple, and cut them lengthways to fit the hopper.
2. Wash the carrot thoroughly and cut it lengthways.
3. Insert the ingredients into the hopper, and put on the cap. Extract juice.

TIP. Grapefruits' fat-breaking enzymes and pineapples' bromelain, which promotes digestion, activate the intestines. Vitamin C helps restore energy to a tired body.



GOOD MORNING JUICE

121kcal /

Pear 109 g, Angelica Uffilis 134 g, Green Grape 118 g

1. Separate the green grapes and wash them thoroughly. Slice the pear into smaller pieces to fit the hopper.
2. Cut angelica uffilis into 3 cm pieces.
3. Insert the ingredients into the hopper, and put on the cap. Extract juice.

TIP. Angelica uffilis and pear reduces the level of alcohol in the blood and relieve hangovers. Green grapes are rich in citric acid and organic acid, which are effective in eliminating toxins and countering fatigue.



CIRCULATION IMPROVEMENT JUICE

148kcal /

Beet 20 g, Apple 350 g, Lemon 20 g

1. Remove the peels from the beet and lemon, and slice them lengthways.
2. Wash the apple thoroughly and cut it lengthways to fit the hopper.
3. Insert the ingredients into the hopper, and put on the cap. Extract juice.

TIP. Betaine produced from beets and quercetin from apples reduce the risk of cardiovascular disease by cleaning the blood and decreasing blood cholesterol.



NUT MILK & ICE CREAM

ALMOND MILK

90g of almonds (1 paper cup), 300ml of water (2 paper cups),
2t of sugar, a little bit of salt

1. Clean almonds thoroughly and let them soak in water for over 6 hours.
2. Close the juice cap and pour water and almonds together for juicing.
3. Once the purée is sufficiently discharged, open the juice cap.
4. Add sugar and salt as much as you desire.

TIP. A popular kind of milk in the U.S., almond milk has low fat and salt, and rich fatty acid content, which improves metabolism to improve heart health and maintain a good nutrition balance. Milk or soy milk can be used instead of water.



CASHEW NUT MILK

80g of cashew nuts (1 paper cup), 300ml of water (2 paper cups),
2t of sugar, a little bit of salt

1. Clean cashew nuts thoroughly and let them soak in water for over 2 hours.
2. Close the juice cap and pour water and cashew nuts together for juicing.
3. Once the purée is sufficiently discharged, open the juice cap.
4. Add sugar and salt as much as you desire.

TIP. It can be processed in a variety of forms including yogurt, cream and cheese. Selenium and linoleic acid contained in cashew nuts help lower the blood cholesterol level. When extracting nut milk, do not use more than 350ml of water.



BLUEBERRY ICE CREAM

1 cup of frozen blueberries (150g),
1 cup of frozen strawberries (150g), 2T of honey

1. Place the juice container at the purée outlet.
2. Add the ingredients alternately, 1 to 2 pieces or 1 spoon at a time.
3. Add honey and mix thoroughly.

TIP. Blueberries have a greater concentration of anthocyanin when frozen, which helps with health improvement. Inserting all of the ingredients at once can frequently stop the machine and make it malfunction.



BANANA COOKIE ICE CREAM

2 frozen bananas (200g), 5 Oreo cookies (50g),
2T of condensed milk

1. Cut bananas in 5 pieces each and freeze them. Cut Oreo cookies in half.
2. Place the juice container at the purée outlet.
3. Add the prepared ingredients alternately, 1 to 2 pieces at a time.
4. Add condensed milk and mix thoroughly.

TIP. Addition of crispy Oreo cookies to banana ice cream produces sweet flavors and a crunchy mouthfeel for a fantastic harmony.





CINNAMON APPLE MUFFIN

Medium flour 200 g, 1 Egg, Brown sugar 60 g, Butter 60 g,
Baking powder 3 g, Apple carrot juice 70 ml, Apple carrot puree 50 g,
Cinnamon powder 1/2 t, Salt

1. Prepare an apple and carrot by washing them and then cutting them lengthways to fit the hopper.
2. Insert the prepared ingredients into the hopper, and put on the cap. Extract juice.
3. Sift medium flour, baking powder, and salt into a bowl.
4. Combine room temperature butter, egg, and brown sugar in a mixing bowl.
5. Add 1/3 cup of apple carrot juice, cinnamon powder, sifted flour, and apple carrot puree, and blend thoroughly.
6. Grease a muffin pan with butter and push 1/7 or 1/8 of the mixture from the top of the mold. Bake for 20-25 minutes at a steam cooker.

TIP. Store the butter and egg at room temperature before using. You can also use an oven or an air fryer. (180°, 20 minutes)

CREAMY TOMATO SOUP

Carrot 100 g, half an onion, 3 cloves of garlic, cherry tomatoes 500 g,
butter 1 t, chicken stock (or vegetable stock), dried thyme 1/2 t,
fresh cream 2 T, slivers of parmesan cheese, salt, pepper

1. Remove the stems from the cherry tomatoes and wash them thoroughly.
2. Remove the peels from the onion, garlic, and carrot, then cut them lengthways to fit the hopper.
3. Insert the prepared cherry tomatoes, onion, garlic, and carrot into the hopper, and put on the cap. Extract juice.
4. Heat the juice puree on a buttered pan over medium heat. Garnish with dried thyme over low heat.
5. Add the juice and stock and bring it to a boil. Stir in fresh cream for 10 minutes over low heat.
6. Add salt and pepper to taste.

07 NUTRIENTS IN EACH INGREDIENT

※ Food and beverages (including juice) are not regarded as medicine or medical supplies, so they do not have a direct effect in treating diseases. Instead of consuming a single nutrient or food continuously, it's recommended that you incorporate a variety of nutrients and foods into your diet.

※ The nutrition profiles of the recipe book indicate the effects of vegetables and fruit.

※ This product does not guarantee therapeutic value.

Super food that is good for brain health

Ingredient	Nutrient	Efficacy
Broccoli	Folic acid, glucosinolate	Antioxidant effect, inhibition of thrombogenesis
Paprika	Vitamin C, folic acid, beta-carotene	Antioxidant effect, protection of brain function
Carrot	Vitamin A, beta-carotene	Antioxidant effect, improvement of blood circulation
Eggplant	Vitamin A, folic acid, anthocyanin	Improvement of blood circulation, memory improvement
Spinach	Iron, lutein, beta-carotene	Memory improvement
Asparagus	Folic acid, lutein	Concentration and memory improvement, antioxidant effect
Kale	Vitamin B(B ₁ , B ₂ , B ₆), glucosinolate	Antioxidant effect, activation of brain activity
Almond	Vitamin E, fatty acid, catechin	Memory improvement, activation of brain activity

Super food that is good for eliminating wastes/toxins from the body

Ingredient	Nutrient	Efficacy
Cucumber	Vitamin K, potassium	Diuretic action, relief of edema, elimination of wastes from the body
Broccoli	Folic acid, glucosinolate	Inhibition effect on the formation of cancer cells, antioxidant effect
Bok choy	Vitamin A, glucosinolate, beta-carotene	Inhibition effect on the formation of cancer cells, increasing metabolism
Kale	Vitamin B(B ₁ , B ₂ , B ₆), glucosinolate	Inhibition effect on the formation of cancer cells, antioxidant effect
Cauliflower	Vitamin C, glucosinolate	Inhibition effect on the formation of cancer cells
Cabbage	Vitamin C, glucosinolate	Inhibition effect on the formation of cancer cells, prevention of constipation
Tomato	Vitamin C, lycopene	Activation of intestinal motility, prevention of constipation
Apple	Quercetin, pectin	Decline in cholesterol, intestinal regulation
Banana	Vitamin B ₆ , Potassium	Relief of edema, prevention of constipation
Wheatgrass	Folic acid, beta-carotene, chlorophyll	Prevention of constipation, deintoxication

Vegetables/fruits that have plenty of nutrients in peels

Ingredient	Nutrient	Efficacy
Pumpkin	Vitamin C, vitamin E, carotinoid	Aging prevention, relief of edema
Potato	Vitamin C, chlorogenic acid	Antioxidant effect
Sweet potato	beta-carotene (yellow sweet potato), anthocyanin (purple sweet potato)	Prevention of constipation
Cucumber	Vitamin K, potassium	Elimination of wastes from the body, antioxidant effect
Apple	Quercetin, pectin	Antioxidant effect, intestinal regulation
Pear	Luteolin, quercetin	Intestinal regulation, protection of bronchial tubes
Persimmon	Vitamin A, vitamin C, carotene	Recovery from fatigue
Peach	Vitamin A, beta-carotene	Skincare
Watermelon	Potassium, lycopene, citrulline	Recovery from fatigue, diuretic action
Grapes (Grapes /green grapes)	Resveratrol, proanthocyanidins, catechin(green grapes)	Antioxidant effect, protection of liver function
Kiwi	Folic acid, lutein, actinidain	Decline in cholesterol, activation of a digestive process, antioxidant effect
Tangerine	Vitamin C, naringin, hesperidin	Antioxidant effect, skincare
Korean melon	Iron, beta-carotene, folic acid	Decline in blood pressure, deintoxication
Eggplant	Vitamin A, vitamin C, anthocyanin	Decline in cholesterol, improvement of blood circulation

Vegetables/fruits that contain rich nutrients in seeds

Ingredient	Nutrient	Efficacy
Red bell pepper	Vitamin C, vitamin E, carotinoid	Skincare
Paprika	Folic acid, lycopene, beta-carotene, zeaxanthin	Antioxidant effect, boosting the immune system
Tomato	Vitamin C, lycopene	Protection of prostate function, antioxidant effect
Watermelon	Potassium, lycopene, citrulline	Recovery from fatigue, diuretic action
Strawberry	Vitamin C, folic acid, ellagic acid	Antioxidant effect, skincare
Blueberry	Resveratrol, anthocyanin	Antioxidant effect, eye care
Grapes (Grapes /green grapes)	Resveratrol, proanthocyanidins, catechin (green grapes)	Antioxidant effect, protection of liver function
Kiwi	Folic acid, lutein, actinidain	Decline in cholesterol, activation of a digestive process
Dragon fruit	Potassium	Improvement of blood pressure
Pomegranate	Vegetable estrogen, ellagic acid	Relief of menopausal symptom
Korean melon	Iron, beta-carotene, folic acid	Boosting the immune system, deintoxication

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