

Ideas for Juices



Discover Robot-Coupe's very latest innovations

Patented automatic feed system,
exclusively available on

J 80 Ultra • J 100 Ultra Centrifugal Juicers

At the press of a button

you can turn



into delicious juices

UNIQUE DESIGN!



feed tube for
continuous throughput



Removable (no special tool
required) stainless-steel basket



Stainless-steel bowl
and motor base



Industrial motor

7 SECONDS

=

A GLASS OF

*FRESHLY-SQUEEZED
JUICE!*



PERT PEACH

summer, antioxidant, **healthy**, Vitamins A & C

For
3
Glasses

Ingredients:

6 peaches
½ lemon
1 big pinch of ground nutmeg
300 ml soda water
1 thin slice of ginger

Preparation: Remove the peach kernels and peel the lemon. Do not peel the ginger. Process the peaches, ginger and lemon in this order in the J 80 Ultra/J 100 Ultra centrifugal juicer. Add the ground nutmeg and soda water.

Pour into 3 glasses.

Decoration: serve with thin slices of peach.

Benefits: Peaches, rich in minerals and vitamins A & C, are ideal to use in **antioxidant-rich juices**.

Another idea: Use white and yellow peaches.

Robot-Coupe tips: Remember to remove the kernel from the fruit (eg. peach, apricot, cherry...). Spices and roots like ginger are easily processed with other fruit and vegetables in the J 80 Ultra centrifugal juicer adding flavour to any juice.



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HONEY WATERMELON

summer, refreshing, healthy, natural defence

For
3
Glasses

Ingredients:

750 g watermelon

½ lemon

20 g honey

20 g water

Preparation: Boil the honey and water. Let it cool.

Remove the rind and pips from the watermelon and cut into large pieces. Peel the lemon. Process the watermelon and lemon in the J 80 Ultra/J 100 Ultra centrifugal juicer. Pour the honey then the watermelon into the glasses.

Decoration: serve with thin slices of watermelon.

Benefits: Watermelons, rich in water, are thirst-quenching and refreshing with no risk of weight gain: they have **very few calories**. Watermelons are also a source of vitamins A, B and C.

Robot-Coupe tips: Before processing in the Ultra juicer, fruit and vegetables with thick skins must be peeled (eg: watermelon).



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ORANGE BOOSTER

winter, health, antioxidant, **Vitamin A**

For
4
Glasses

Ingredients:

4 carrots
4 oranges
1 thin slice of ginger
ice cubes

Preparation: Wash the carrots scraping them with a brush but do not peel. Peel the oranges. Process the oranges, ginger and carrots in the J 80 Ultra/J 100 Ultra centrifugal juicer.

Pour into 4 glasses. Add ice cubes and serve chilled.

Decoration: serve with a slice of orange and an olive.

Benefits: Carrot juice, very rich in beta-carotene, is excellent for the eyes and the skin.

Robot-Coupe tips: The Ultra juicer can process carrots whole 2 - 3 at a time. Always peel oranges to avoid their bitterness. The Ultra juicer can process them whole.



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CUCUMBER MILK

winter, original, digestion, Vitamin E

For
4
Glasses

Ingredients:

1 cucumber
4 Granny Smith apples (medium-size)
3 teaspoons dill
½ lemon
goat's milk

Preparation: Do not peel the cucumber as its skin is full of vitamins and gives colour to the juice. Use preferably organic cucumbers. Peel the lemon. Process the cucumbers, apples, dill and half-lemon in the J 80 Ultra/J 100 Ultra centrifugal juicer. Add the goat's milk. Pour into 4 glasses.

Decoration: serve with thin slices of radish cut using the Robot-Coupe vegetable-cutter (1 mm slicing disc).

Benefits: Cucumber is an excellent diuretic and depurative. Goat milk proteins and fats are more digestible than those of cow's milk.

Robot-Coupe tips: With the Ultra juicer there's no need to cut up the apples or remove their cores.





RUBY RED

spring, digestion, antioxidant, anti-inflammatory

For
4
Glasses

Ingredients:

300 g strawberries

3 carrots

¼ pineapple

Preparation: Peel the pineapple. Wash the strawberries but do not remove their stalks as they will automatically be discarded in the waste container.

Process ¼ pineapple, strawberries and carrots in this order in the J 80 Ultra/J 100 Ultra centrifugal juicer. Shake well.

Decoration: serve with cut strawberries.

Benefits: Pineapple is full of fibres, so good for digestion. Strawberries, rich in vitamins, boost your **immune system**.

Another idea: Spice up your juice with vanilla, cardamom or ginger.

Robot-Coupe tips: The Ultra juicer can process carrots whole 2 - 3 at a time.



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APPLE & KIWI

winter, tonic, antioxidant, Vitamin C

For
3
Glasses

Ingredients:

3 Granny Smith apples (medium-size)
½ lime
3 kiwis

Preparation: Peel the lime, and kiwis which give the green colour to the juice. Process the kiwis, apples and lime in the J 80 Ultra/J 100 Ultra centrifugal juicer. Stir with a spoon and serve immediately before the apple oxidizes.

Benefits: Kiwis are an excellent source of vitamin C.

Another idea: If sour, add honey or cane syrup to the juice. Cucumber or a stalk of celery can replace the kiwis.

Robot-Coupe tips: With the Ultra juicer there's no need to cut up the apples or remove their cores.





SWEET GRAPEFRUIT

spring, energizer, antioxidant, anti-cholesterol

For
3
Glasses

Ingredients:

250 g oranges

250 g grapefruit

250 g strawberries

Preparation: Peel the oranges and grapefruit to avoid their bitterness. Wash the strawberries but do not remove their stalks. Process all the ingredients in the J 80 Ultra/J 100 Ultra centrifugal juicer.

Mix well and serve in cocktail glasses.

Benefits: Orange and grapefruit are rich in **vitamine C**.

Another idea: If sour, add honey or cane syrup to the juice.

Robot-Coupe tips: The Ultra juicer can process the peeled citrus whole.





ORIENTAL JUICE

winter, tonic, natural boost, anti-fatigue

For
3
Glasses

Ingredients:

½ pineapple

3 oranges

1 teaspoon liquid vanilla extract

Preparation: Peel the oranges (to avoid their bitterness) and the pineapple. Process the pineapple then the oranges in J 80 Ultra/J 100 Ultra centrifugal juicer.

Add the vanilla extract and serve in small vodka glasses.

Benefits: Vanilla is an aromatic stimulant. It helps reduce mental and physical fatigue. It is also recommended for insomnia.

Another idea: Replace the oranges with coconut milk.

Robot-Coupe tips: The Ultra juicer can process peeled oranges whole.





A CLASSIC

winter, tonic, economic, health

For
3
Glasses

Ingredients:

4 carrots
3 apples (medium-size)
1 lemon

Preparation: Peel the lemon. Wash the carrots scraping them with a brush but do not peel. Process the carrots, apples and lemon in the J 80 Ultra/J 100 Ultra centrifugal juicer.

Shake well and serve.

Benefits: Apples, rich in vitamin C, help reduce cholesterol.

Another idea: Replace apples with pears.

Robot-Coupe tips: With the Ultra centrifugal juicer there's no need to cut up the apples or remove their cores. Use Golden apples which are the juiciest.



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STRAWBERRY BANANA SMOOTHIE

For
4
Glasses

Ingredients:

250 g strawberries
2 bananas
2 natural yogurts
4 teaspoon maple syrup

Preparation: Skin the bananas. Wash the strawberries but do not remove their stalks as they will automatically be discarded in the waste container.

Process the strawberries in the blender. Process the bananas, yogurts and maple syrup in the J 80 Ultra/J 100 Ultra centrifugal juicer. Combine the 2 mixtures in the blender and process for 1 min to obtain a smooth homogenous mixture. Serve.

Benefits: Carbohydrate-rich bananas are definitely **The pre-exercise fruit.**

Another idea: you can replace the bananas with oranges and the strawberries with redcurrants or other red fruits.



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MELON

summer, rejuvenating, digestion, Vitamin A

For
3
Glasses

Ingredients:

400 g green melon
1 Granny Smith apple
½ lemon

Preparation: Remove the melon rind and cut into large pieces. Peel the lemon. Process the melon, ½ lemon and apple in the J 80 Ultra/J 100 Ultra centrifugal juicer. Stir with a spoon and serve immediately. Add flavour with a few sprigs of mint.

Decoration: serve with melon cubes cut using the Robot-Coupe vegetable-cutter (use 8 x 8 x 8 mm dicer).

Benefits: Melons are good for the digestive system. Their tasty juice goes well with citrus fruit.

Another idea: Replace the melon with peaches.

Robot-Coupe tips: Before processing in the Ultra juicer, fruit and vegetables with thick rinds must be peeled (eg: melon) and all big pips removed (eg: melon). If using peaches, remove the kernels.





PEAR, MELON & CURCUMA

summer, digestion, tonic, spicy

For
4
Glasses

Ingredients:

400 g yellow melon

1 grapefruit

½ pear

½ Golden apple

1 thin slice of ginger

½ lemongrass stalk

1 pinch of curcuma

Preparation: Remove the melon rind and peel the grapefruit. Process the apple, ginger, lemongrass stalk, pear, melon and grapefruit in this order in the J 80 Ultra/J 100 Ultra centrifugal juicer. Mix well and serve in 4 cocktail glasses.

Decoration: serve with thin slices of pear cut using the Robot-Coupe vegetable-cutter (use 1 mm slicer).

Benefits: Ginger is very healthy. Like lemongrass, it helps digestion and prevents cardiovascular diseases.

Robot-Coupe tips: Before processing in the Ultra juicer, fruit and vegetables with thick rinds must be peeled (eg: melon) and all big pips removed (eg: melon).



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CELERY & APPLE

autumn-winter, anti-stress, Tonic

For
4
Glasses

Ingredients:

4 Granny Smith apples

2 celery sticks

1 thin slice of ginger

½ lemon

1 pinch of salt

Preparation: Wash thoroughly the fruit and vegetables. Peel lemon and process celery, ginger and apples in this order in the J 80 Ultra/J 100 Ultra centrifugal juicer.

Add a pinch of salt. Serve immediately to preserve all the vitamins.

Decoration: serve with thin slices of apple cut using the Robot-Coupe vegetable-cutter (use 1 mm slicer).

Benefits: Celery & apple juice reduces stress and insomnia.

Another idea: Replace the apples with pears.



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RED COCKTAIL

autumn, energy-giving, boost, depurative

For
4
Glasses

Ingredients:

1 beetroot
2 carrots
2 small bunches of red grapes
2 Granny Smith apples
cayenne pepper

Preparation: Wash the beetroot thoroughly. Strip the grapes off the bunches. Process the beetroot, carrots, grapes and apples in the J80 Ultra/J 100 Ultra centrifugal juicer.

Spice up the juice with Cayenne pepper. Serve chilled.

Decoration: serve with thin slices of mini-beetroot.

Benefits: Beetroot juice, energy-giving and a **depurative**, is good for blood regeneration. Grapes provide energy.

Robot-Coupe tips: The Ultra juicer can process carrots whole 2 - 3 at a time.



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ASPARAGUS SHOT

Ingredients:

1 kg asparagus spears
1 pinch of Espelette pepper
1 pinch of salt

Preparation: Peel asparagus spears and remove their woody stalks. Process them in the J80 Ultra/J 100 Ultra centrifugal juicer. Season with a pinch of Espelette pepper and salt.

Serve with lightly-cooked salmon and green asparagus tagliatelle.

Benefits: Asparagus is depurative and diuretic.

Another idea: This asparagus juice can be added to a sauce to accompany fish and white meat dishes.



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J 100 ULTRA CENTRIFUGAL JUICER *Specially designed for Intensive Use*



THE ONLY CENTRIFUGAL JUICER THAT IS AUTOMATIC



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