

# Oster® *Juice Me Up!*

Recipes, inspiration, and more!



MADE  
SPECIALLY  
FOR

**SELF**  
*Cleaning*\*

PROFESSIONAL  
JUICE EXTRACTOR

-with-

patented **AUTO-CLEAN**  
TECHNOLOGY



# Contents

Tap on a section →



GET *Creative*







# HEALTHY SKIN *Recipes*



# Liquid Gold

## INGREDIENTS

- 6 oranges, peeled
- 1 medium fennel
- 6 mint leaves and 2 more for garnish
- Stevia or honey to taste

## DIRECTIONS

Thoroughly wash all ingredients and process fennel, oranges and mint into your Oster® Juice Extractor. You can also blend the mint leaves in an Oster Blender. Sweeten to taste and garnish each glass with a mint leaf.





# Bright and Fresh

## INGREDIENTS

- 1 aloe vera leaf
- 6 oranges, peeled
- 3 oz. watercress
- 3 tbsp. honey

## DIRECTIONS

Remove skin from aloe vera. Thoroughly wash all ingredients and make sure to remove the slime between the pulp and the skin of the aloe vera. Remove the thick stems from the watercress. Process oranges by inserting into the feed chute of your Oster® Juice Extractor and save.

Place pulp from aloe vera, watercress, orange juice and honey in an Oster® Blender and process. Serve immediately.



# Sunshine

## INGREDIENTS

- 5 oz. Greek yogurt, vanilla flavor
- 2½ cups ripe mangoes, without the pit
- 1½ tsp. Stevia or honey
- 3 tsp. almond flour

## DIRECTIONS

Process mangoes, inserting the chunks into the feed chute of your Oster® Juice Extractor. In the pitcher, mix yogurt with the mango juice and Stevia or honey. To serve, sprinkle the almond flour on top of each serving.





# Fresh Squeeze

## INGREDIENTS

- 1-inch ginger root, cut in 3
- 1 cup grapes
- 1 orange, peeled and quartered
- 1 lemon, peeled and quartered

## DIRECTIONS

Thoroughly wash all ingredients and insert them into your Oster® Juice Extractor. Serve.



# Magic Glow

## INGREDIENTS

- 1 stalk celery, cut in 3
- 1 cucumber, peeled and quartered
- 2 carrots
- 2 apples, quartered

## DIRECTIONS

Thoroughly wash all ingredients and insert them into your Oster® Juice Extractor. Serve.





# Mango Tango

## INGREDIENTS

- 4 cups seedless mango
- 1 ginger, 2-cm chunk
- 3 grapefruits, peeled
- Stevia or honey to taste

## DIRECTIONS

Thoroughly wash all ingredients and insert them into your Oster® Juice Extractor.

Remove the mixture from the pitcher of the Oster® Juice Extractor. Sweeten as desired & serve.



# Fountain of Youth

## INGREDIENTS

- 1 Granny Smith apple, quartered
- 1 cup strawberries
- 1 grapefruit, peeled and cut in 8
- 1 lemon, peeled and quartered

## DIRECTIONS

Thoroughly wash all ingredients and insert them into your Oster® Juice Extractor. Serve.





# ALKALINE *Recipes*





# Rise and Shine

## INGREDIENTS

- 3 stalks celery, cut in 3
- 2 cucumbers, peeled and quartered
- 3 kiwis, peeled
- 1 lemon, peeled and quartered

## DIRECTIONS

Thoroughly wash all ingredients and insert them into your Oster® Juice Extractor. Serve.





# Greenhouse

## INGREDIENTS

- 2 cups spinach
- 2 stalks celery, cut in 3
- 2 cucumbers, peeled and quartered
- 1 lemon, peeled and quartered

## DIRECTIONS

Thoroughly wash all ingredients and insert them into your Oster® Juice Extractor. Serve.



# Fortitude

## INGREDIENTS

- 2 cups watercress
- 2 cups arugula
- 1 lemon, peeled and quartered
- 1 Granny Smith apple, cut in 8
- 1 cucumber, peeled and quartered

## DIRECTIONS

Thoroughly wash all ingredients and insert them into your Oster® Juice Extractor. Serve.





# Cu-kale-ber

## INGREDIENTS

- 3 cups spinach
- 4 cups chopped kale
- 2 cucumbers, peeled and quartered
- 1 lemon, peeled and quartered

## DIRECTIONS

Thoroughly wash all ingredients and insert them into your Oster® Juice Extractor in the order listed. Add water depending on the desired consistency. Serve.





# Grass-cious

## INGREDIENTS

- 4 cups chopped kale
- 1 lemon, peeled and quartered
- 3 stalks celery, cut in 3

## DIRECTIONS

Thoroughly wash all ingredients and insert them into your Oster® Juice Extractor. Serve.





# BLOOD FLOW *Recipes*





# Beet the Toxins

## INGREDIENTS

- 1 beet, peeled and cut in 1-inch cubes
- 4 carrots
- 1 lemon, peeled and quartered

## DIRECTIONS

Thoroughly wash all ingredients and insert them into your Oster® Juice Extractor. Serve.





# Big Red

## INGREDIENTS

- ½ cup watercress
- 1 cup strawberries
- 2 grapefruits, peeled and quartered
- 2 tbsp. honey

## DIRECTIONS

Thoroughly wash all ingredients and insert them into your Oster® Juice Extractor. Serve.



# Sweet Sunset

## INGREDIENTS

- 1 carrot
- 1 cup mango, peeled and chopped
- 2 cups pineapple, chopped
- 1 lemon, peeled and quartered

## DIRECTIONS

Thoroughly wash all ingredients and insert them into your Oster® Juice Extractor. Serve.





ENERGY BOOSTER  
*Recipes*



# Tomasa

## INGREDIENTS

- 2 tomatoes
- 1 cup spinach
- 2 carrots
- 1 lemon, peeled
- Stevia or honey

## DIRECTIONS

Thoroughly wash all ingredients. Process tomatoes, spinach, carrots and lemon by inserting into the food chute of your Oster® Juice Extractor. Add Stevia or honey to sweeten and serve.





# Papaya Paradise

## INGREDIENTS

- 1½ cups papaya
- 2½ cups strawberries
- 2 tbsp. rolled oats
- 1¼ cup almond milk
- Stevia or honey to taste

## DIRECTIONS

Thoroughly wash all ingredients. Cut up papaya. Process papaya and strawberries by inserting into the food chute of your Oster® Juice Extractor. Remove pitcher from juice extractor and pour juice into an Oster® Blender add almond milk, and sweeten if desired. Blend and serve.



# Sunset Strip


## INGREDIENTS

- 3 grapefruits, peeled
- 6 mandarins, peeled
- 1½ cups strawberries
- 2½ tbsp. flaxseed
- Stevia or honey

## DIRECTIONS

Thoroughly wash all ingredients. Process ingredients by inserting into the food chute of your Oster® Juice Extractor. Add whole flaxseeds to the juice or blend flaxseeds with juice in the Oster® Blender. Add stevia or honey to sweeten and serve.





# Carrot Tomato Booster

## INGREDIENTS

- 2½ cups ripe red tomatoes
- 1 cup water
- 2 medium carrots
- 2 tbsp. honey

## DIRECTIONS

Thoroughly wash all ingredients. Process tomatoes inserting into the feed chute of your Oster® Juice Extractor and set aside. Process carrots by inserting into the food chute of your Oster® Juice Extractor and set aside.

In a pot, add 250 g of the remaining tomato pulp and water. Cook at medium heat until the water evaporates completely. Stir from time to time, using the back of a spoon to turn the pulp into puree. The puree is ready when it turns into a dark color. Set aside.

Mix with the carrot juice and honey, place in a container and store in the freezer. After 2–3 hours, remove from the freezer and mix. Repeat this step two more times to break the ice and get a firmer sorbet.



# Watermelon Delight

## INGREDIENTS

- 4 cups watermelon, seeds and skin removed
- 1½ cups strawberries
- 4 basil leaves and 2 for garnish
- Ice

## DIRECTIONS

Thoroughly wash all ingredients. Cut up watermelon. Process watermelon, basil and by inserting into the food chute of your Oster® Juice Extractor. Add ice, garnish with reserved basil leaves and serve.





# Vital Energy

## INGREDIENTS

- 1 cup grapes
- 2 kiwis, peeled and halved
- 2 oranges, peeled and quartered

## DIRECTIONS

Thoroughly wash all ingredients. Process grapes, kiwis and oranges in your Oster® Juice Extractor and serve.





# *The Cilantropist*

## INGREDIENTS

- ½ cup fresh parsley
- ½ cup cilantro
- 1 cup lettuce, chopped
- 2 large tomatoes, quartered
- 2 carrots
- 3 stalks celery, cut in 3
- 1 lemon, peeled and quartered

## DIRECTIONS

Thoroughly wash all ingredients. Process the ingredients in your Oster® Juice Extractor in the order listed and serve.





# Jump Start

## INGREDIENTS

- 3 cups spinach
- 1-inch ginger root, cut in 4
- 1 lemon, peeled and quartered

## DIRECTIONS

Thoroughly wash all ingredients and juice using your Oster® Juice Extractor. Serve.



# ReFuel

## INGREDIENTS

- 3 cups spinach
- 2 cups pineapple, chopped
- 1 lemon, peeled and quartered

## DIRECTIONS

Thoroughly wash all ingredients. Process spinach, pineapple and lemon in your Oster® Juice Extractor and serve.





# *Gimme a Beet*

## INGREDIENTS

- 1 beet, peeled and cut in 1-inch cubes
- 2 cups pineapple, chopped
- 3 cups spinach

## DIRECTIONS

Thoroughly wash all ingredients. Process beet by gradually inserting cubes. Then, juice the remaining ingredients in your Oster® Juice Extractor and serve.





# STRESS MANAGEMENT *Recipes*





# Worry Free

## INGREDIENTS

- 1 cup lettuce, chopped
- 2 cups watermelon
- 2 lemons, peeled and quartered
- 1 cucumber, peeled and quartered
- 1 tsp. chia seeds

## DIRECTIONS

Thoroughly wash all ingredients. Process lettuce, watermelon, lemons and cucumbers in your Oster® Juice Extractor. Then, drizzle with chia seeds to garnish and serve.



# *Don't Worry Be Happy*

## INGREDIENTS

- 1 carrot
- 1 cup strawberries
- 2 cucumbers, peeled and quartered
- 2 tbsp. honey

## DIRECTIONS

Wash all ingredients. Juice carrot, strawberries and cucumbers in your Oster® Juice Extractor. Add honey if you prefer a sweeter juice and serve.





# Stress-less

## INGREDIENTS

- 1 cup fresh parsley
- 2 cups spinach
- 2 cups lettuce, chopped
- 2 stalks celery, cut in 3

## DIRECTIONS

Thoroughly wash all ingredients. Process all ingredients in your Oster® Juice Extractor in the order listed; juice and serve.



# IMMUNITY BOOSTER *Recipes*





# *Crazy About Cantaloupe*

## INGREDIENTS

- 2 cups cantaloupe
- 2 cups strawberries
- 1 orange, peeled and quartered

## DIRECTIONS

Thoroughly wash all ingredients. Process the ingredients in your Oster® Juice Extractor in the order listed and serve.



# Rainbow

## INGREDIENTS

- ½ handful fresh parsley
- 1-inch ginger root, cut in 4
- 2 carrots
- 1 Red Delicious apple (or any other red apple), cut

## DIRECTIONS

Thoroughly wash all ingredients. Process parsley, ginger, carrots and apple in your Oster® Juice Extractor and serve.





# *Ay Caramba!*

## INGREDIENTS

- 1-inch ginger root, cut in 4
- 1 lemon, peeled and quartered
- 2 tsp. honey
- Cayenne pepper

## DIRECTIONS

Thoroughly wash all ingredients. Process ginger and lemon in your Oster® Juice Extractor. Add honey and Cayenne pepper and serve.



# Blue-biotic

## INGREDIENTS

- 3 cups of blueberries
- 2 cups watercress
- 2 tomatoes, quartered
- 1 lemon, peeled and quartered

## DIRECTIONS

Thoroughly wash all ingredients. Process blueberries, watercress, tomatoes and lemon in your Oster® Juice Extractor and serve.





# Giuseppe Verde

## INGREDIENTS

- 4 cups pineapple
- 4 tbsp. Stevia or honey
- $\frac{1}{3}$  cup watercress with soft stems

## DIRECTIONS

Thoroughly wash all ingredients. Process pineapple and watercress together by inserting into the food chute of your Oster® Juice Extractor. Sweeten with Stevia or hone, if desired, mix and serve.



# Señorita Green

## INGREDIENTS

- 2½ cups celery ribs
- 5 medium cucumbers
- 4 tbsp. lemon juice
- 2 tbsp. olive oil
- 1 tsp. salt

## DIRECTIONS

Thoroughly wash all ingredients. Process cucumber, celery and lemon by inserting into the food chute of your Oster® Juice Extractor. Mix salt and olive oil in the Juice Extractor pitcher with the mixture. Serve cold.





# Kiwi Kreation

## INGREDIENTS

- 2 kiwis
- 1 cup kale
- 1 mango, seedless
- 3 oranges, peeled

## DIRECTIONS

Thoroughly wash all ingredients Process kiwi fruits, kale and oranges by inserting into the food chute of your Oster® Juice Extractor.



# Fortress

## INGREDIENTS

- 2 medium carrots
- 1 cup spinach
- ½ pineapple
- 1 lemon, peeled
- Stevia or honey to taste

## DIRECTIONS

Thoroughly wash all ingredients. Process carrots, spinach, pineapple and lemon by inserting into the food chute of your Oster® Juice Extractor. Sweeten with Stevia or honey, if desired and serve.





# Green Dragon

## INGREDIENTS

- 1-inch ginger root, cut in 4
- 4 cups kale
- 2 cups pineapple, chopped

## DIRECTIONS

Thoroughly wash all ingredients. Process ginger, kale and pineapple in your Oster® Juice Extractor and serve.



# LIQUID RETENTION

## *Recipes*





# Unchained Melody

## INGREDIENTS

- 1 cup watermelon, chopped
- 1 cup cantaloupe, chopped
- 1 orange, peeled and quartered
- 1 lemon, peeled and quartered

## DIRECTIONS

Thoroughly wash all ingredients. Process watermelon, cantaloupe, orange and lemon in your Oster® Juice Extractor and serve.



# Refresher

## INGREDIENTS

- 2 carrots
- 1 lemon, peeled and quartered
- ½ Red Delicious apple (or any other red apple), quartered
- 2 cucumbers, peeled and quartered
- 1 orange, peeled and quartered

## DIRECTIONS

Thoroughly wash all ingredients. Using your Oster® Juice Extractor, process carrots one piece at a time. Then process apple, orange, lemon and cucumbers. Serve.





# *The Green Machine*

## INGREDIENTS

- 4 cups lettuce, chopped
- ½ cup fresh parsley
- 1 lemon, peeled and quartered
- 2 cucumbers, peeled and quartered

## DIRECTIONS

Thoroughly wash all ingredients. Process lettuce, parsley, lemon and cucumbers in your Oster® Juice Extractor and serve.



DETOX

# *Recipes*



Three tall, clear glass tumblers filled with a vibrant green juice. The juice has a slightly frothy texture with small bubbles visible on the surface. The glasses are arranged in a slightly overlapping manner, with one in the foreground and two behind it. The background is a soft, out-of-focus white surface.

# Hydration Station

## INGREDIENTS

- 4 cups chopped kale
- 2 cups pineapple, chopped
- 1 lemon, peeled and quartered
- 1 cucumber, peeled and quartered

## DIRECTIONS

Thoroughly wash all ingredients. Process kale, pineapple, lemon and cucumber in your Oster® Juice Extractor and serve.



# Natures Flavor

## INGREDIENTS

- 4 cups chopped kale
- 1 Granny Smith apple, cut in 8
- 1-inch ginger root, cut in 4
- 1 lemon, peeled and quartered

## DIRECTIONS

Thoroughly wash all ingredients. Process kale, apple, ginger and lemon in your Oster® Juice Extractor and serve.





# Kale me Crazy

## INGREDIENTS

- 2 kale leaves
- 1 lemon, peeled and quartered
- 2 cucumbers, peeled and quartered

## DIRECTIONS

Thoroughly wash all ingredients. Using your Oster® Juice Extractor, process ingredients in the following order: kale, lemon and cucumber. Serve.



# Cool as a Cucumber

## INGREDIENTS

- 2 handfuls spinach
- 2 stalks celery, cut in 3
- 2 cucumbers, peeled and quartered
- 1 cup pineapple, chopped

## DIRECTIONS

Thoroughly wash all ingredients. Process spinach, cucumber, celery and pineapple in your Oster® Juice Extractor, and serve.





# Drink Your Greens

## INGREDIENTS

- 2 cups spinach
- 5 asparagus spears (trim the tough end)
- 3 stalks celery, cut in 3
- 1 lemon, peeled and quartered
- 2 cucumbers, peeled and quartered

## DIRECTIONS

Thoroughly wash all ingredients. Using your Oster® Juice Extractor, process ingredients in the following order: spinach, asparagus, celery, lemon and cucumber. Serve.



# Powerful Punch

## INGREDIENTS

- 2 medium beets
- 1 jalapeño, seedless
- ½ pineapple
- 2 cucumbers

## DIRECTIONS

Thoroughly wash all ingredients. Cut up pineapple leaving the skin. Process beets, jalapeño, pineapple and cucumbers inserting into the feed chute of your Oster® Juice Extractor. Remove pitcher from the juice extractor and serve.





# Super Squeezed

## INGREDIENTS

- 2 medium beets
- 1½ cups pineapple
- 6 oranges, peeled

## DIRECTIONS

Thoroughly wash all ingredients. Cut up pineapple leaving the skin. Process beets, pineapple and oranges inserting into the feed chute of your Oster® Juice Extractor. Remove pitcher from the juice extractor and serve.



# 4 in 1

## INGREDIENTS

- 2 medium beets
- 4 medium carrots
- 1½ cups mulberry
- 3 oranges, peeled

## DIRECTIONS

Thoroughly wash all ingredients. Process beets, carrots, mulberries and oranges inserting into the feed chute of your Oster® Juice Extractor. Remove juice pitcher from the Oster® Juice Extractor. Add Stevia or honey to sweeten, mix and serve.





# Dose of Magic

## INGREDIENTS

- 2½ cups strawberries
- 2 medium beets
- 1 pineapple
- 2 tbsp. Stevia or honey

## DIRECTIONS

Thoroughly wash all ingredients. Cut up pineapple into 4 pieces leaving the skin. Process strawberries, beets and pineapple inserting into the feed chute of your Oster® Juice Extractor. Pour juice from the pitcher. Add Stevia or honey to sweeten, mix and serve.



BEYOND THE JUICE

# *Recipes*





# Sweet Potato Reboot

## INGREDIENTS

- 2 large sweet potatoes
- ½ pineapple
- 1½ oz. coconut milk
- 2 tbsp. shredded dry coconut
- 2 tbsp. Stevia or honey
- salt to taste

## DIRECTIONS

Peel and cut up sweet potatoes. Cook in hot water and salt until tender. Mash until soft. Process pineapple by inserting into the food chute of your Oster® Juice Extractor. Remove juice pitcher from the Oster® Juice Extractor and remove pulp from the large capacity pulp container.

In a pot, pour the juice and leftover pineapple pulp, remaining sweet potato liquid and Stevia or honey. Cook until it reaches a thick consistency. Add coconut milk, mix & cook for another 5 minutes at low temperature. Mix with the mashed sweet potatoes and shredded coconut and serve.

Perfect as a dessert or as a side dish with chicken, fish or red meat.



# Apple of My Eye

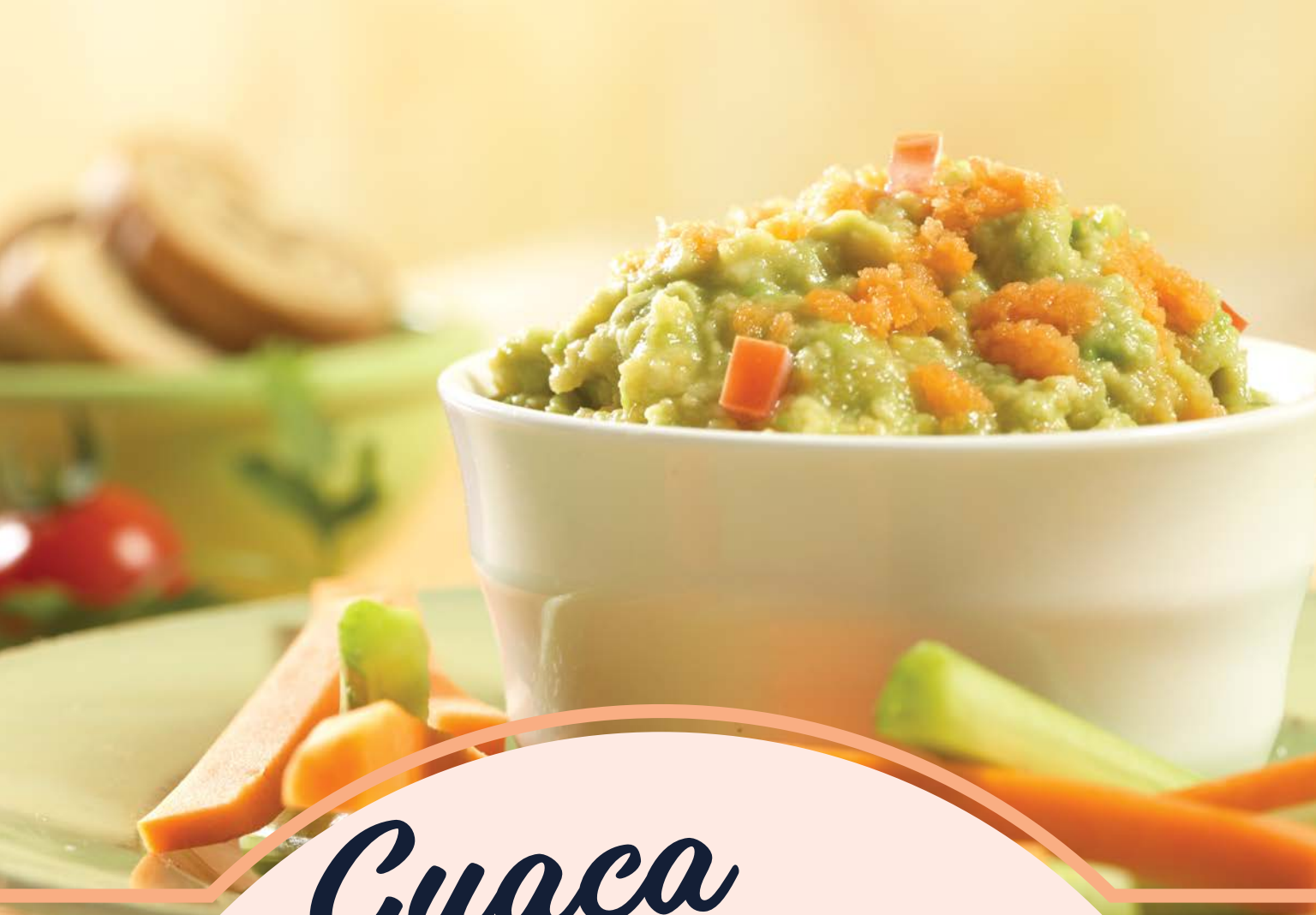
## INGREDIENTS

- 2 red apples
- 1 green apple
- 1 tsp. ground cinnamon
- 2 sheets of neutral or unflavored gelatin
- 1 tsp. lemon juice
- 2 tbsp. Stevia or honey

## DIRECTIONS

Cook red apples in an Oster® Convection Oven for ½ hours at 350°F or until cooked. Thoroughly wash all ingredients and insert the green apple and lemon into your Oster® Juice Extractor. Remove the juice from the pitcher and leftover pulp from the large capacity container on the Juice Extractor. Hydrate the gelatin sheets in hot water for 5 minutes. Warm the green apple and lemon juice, then add gelatin and let dissolve. Remove apples from the oven and set aside. Remove the skin and seeds and process in an Oster® Blender together with the rest of the ingredients until mixture reaches an even consistency. Distribute mixture in small containers with lids and store in the refrigerator.





# Guaca Guaca

## INGREDIENTS

- 1½ cups pulp from ripe avocado
- 1 tsp. lemon juice
- 4 tbsp. remaining carrot pulp (remaining pulp after processing carrots in the Oster® Juice Extractor)
- 1½ oz. juice from ripe tomatoes
- 1 tbsp. cilantro leaves, finely chopped
- 1 tbsp. olive oil
- 1½ tsp. salt
- pepper, freshly ground

## DIRECTIONS

Thoroughly wash all ingredients. Process the pulp from 3 carrots and use the remaining pulp in the large capacity container of your Oster® Juice Extractor. Process the ripe tomatoes in the juice extractor. In a separate container, use a fork to puree the avocado pulp. Add the rest of the ingredients and mix. Adjust seasoning to suit your taste.

Perfect as a side dish with corn tortillas or toast. It can also be used as a spread for a nutritious sandwich.



## *Clean Apple Fennel Dressing*

### INGREDIENTS

- 1 green apple
- 1 medium fennel
- 1 lemon
- ¼ cup olive oil
- 1 tsp, salt
- 1 tsp. Stevia or honey

### DIRECTIONS

Thoroughly wash all ingredients. Remove stems with leaves from the fennel. Peel lemon; process all ingredients. In the Oster® Juice Extractor pitcher, mix with Stevia or honey, pepper and slowly add olive oil.

Check taste and serve as a dressing for a fresh and nutritious green salad.





# Viridiana Dip

## INGREDIENTS

- 1 cup Greek yogurt
- 1 tbsp. olive oil
- ½ large cucumber
- 1 tsp. salt
- 1 tbsp. parsley, finely chopped
- 1 large clove garlic

## DIRECTIONS

Thoroughly wash all ingredients. Process cucumber by inserting into the food chute of your Oster® Juice Extractor. In the pitcher, mix the juice and remaining cucumber pulp (50 ml maximum) left in the large capacity container with the rest of the ingredients until the yogurt is completely diluted and homogenize all ingredients. Serve with slices of bread, corn tortillas or saltine crackers. It can also be used as a spread for a nutritious sandwich.



# D-Tox Beet Dip

## INGREDIENTS

- 1 egg yolk
- 2 tsp. mustard
- 1½ cup vegetable oil
- 2 medium beets
- 1 lemon
- salt to taste

## DIRECTIONS

Insert beets and lemon into the feed chute of your Oster® Juice Extractor. Remove juice pitcher from the Oster® Juice Extractor and place the rest of ingredients in an Oster® blender and blend mixture at low speed. You should get a thick consistency. It should be ready once you incorporate all the oil and beet juice. Serve with vegetables or whole wheat crackers.



# THE JUICING POSSIBILITIES ARE

# Endless

Get creative and create your own delicious juice drinks by mixing and matching tasty and healthy ingredients



## Celery

Very low in calories and a wonderful tonic for the brain. Perfect for those who suffer from high blood pressure (hypertension).



## Blueberries

They can work as antibiotics, especially for urinary tract diseases. They help prevent the occurrence of kidney stones, gastritis and ulcers. They contain a natural acid very similar to aspirin.



## Beet, Beetroot

Very refreshing, restorative and detoxifying. Great for the health of the liver and kidneys. Increases muscle strength in athletes.



## Broccoli

It is one of the foods with the greatest amount and variety of antioxidants. Helps eliminate bacteria that causes gastritis due to its high content of sulforaphane.



## Sweet Potato

Recommended for children and athletes. It has a high content of vitamin A, which helps in growth, keep a healthy skin and excellent vision.



## Coconut

Enhances the diet with a series of very interesting nutritional substances, as a fruit very rich in iron and potassium, and ultimately in those mineral salts that participate in its own mineralization of the bones, such as calcium, phosphorus and magnesium.



## Kale

Very low in calories, rich in calcium and antioxidants to help stay young and it is also an important source of vitamin A, C and K.



## Spinach

Spinach is a wonderful source of multiple nutrients, rich antioxidants, fiber, folic acid, vitamins and minerals.



## Guava

Contains more vitamin C than the orange or lemon. It helps improve circulation, as an anti-inflammatory and has a high content of folic acid.



## Apple

Excellent for fighting tiredness. A diuretic, rich in antioxidants, fiber and helps us improve our digestion.



## Papaya

The fruit with the highest content of vitamin C. Very powerful antioxidant and antidepressant. Very low in calories.



## Pineapple

Very good for eyes and heart health.