

VX40S - BioBoss

Whole Slow Juicer



USER MANUAL AND RECIPES

BIO BOSS

EN

ENGLISH 3

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FRANÇAIS 21

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The information in this manual is intended to help you to get the best results from your BioBoss Whole Slow Juicer. Please read and follow these instructions and safeguards prior to use.

Please keep your manual handy for future reference, warranty information and support details

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Safety Precautions

- ! Read all instructions.
- ! To protect against risk of electrical shock, do not put the body (motor) in water or any other liquid .
- ! Close supervision is necessary when any appliance is used by children.
- ! Unplug from electrical outlet when not in use and before disassembly for cleaning.
- ! Avoid contact with moving parts.
- ! Do not operate appliance with a damaged cord or plug.
- ! The use of attachments not recommended or sold by the manufacturer may cause damage and will void warranty.
- ! Do not let cord hang over edge of counter.
- ! Make sure the motor has stopped completely before disassembling.
- ! Do not put your fingers or other objects into the juicer while it is in operation. If food becomes lodged in the opening, use the provided food plunger to push it down or press the button into reverse mode. If ingredients are still lodged in the juicing drum, turn off and disassemble to remove remaining food. You may need to cut produce smaller, or feed ingredients slower into the chute to prevent this.

Parts and Accessories



- 1 Hopper and Feeding Chute
- 2 Bowl (drum)
- 3 Motor Base

- 4 Extra Fine, Fine, Coarse & Sorbet Strainers
- 5 Spinning Basket
- 6 Auger
- 7 Tamper

- 8 Silicone Cover
- 9 Pulp Container
- 10 Juice Container
- 11 Cleaning Brush & Fine Cleaning Brush

Assembly Instructions



Step 1

If a silicone cover is not already fitted, place one over spindle as shown.



Step 2

Ensure the yellow pulp plug at the base of the bowl has been inserted firmly into the outlet. Place the bowl onto the base.



Step 3

Place the desired strainer into the spinning basket and then place these into the bowl, aligning the triangle on the strainer with the triangle on the bowl.



Step 4

Insert auger into strainer/spinning basket. Wind clockwise until it is sitting firmly in the bowl.



Step 5

Align the open yellow triangles on the hopper and twist the hopper clockwise until the lock position.



Operating Instructions

Press the power switch into the ON position. Ensure that the safety switch is unlocked and tap the door to open. Then push your larger round ingredients into the chute allowing it to fall towards the auger. Insert other ingredients into the smaller feeding chute individually. For best results add ingredients at an even, slow pace to ensure maximum extraction is achieved.

CHOOSE YOUR STRAINER



Extra Fine Strainer

This strainer is half blank, and half has small holes to create a smoother juice with less pulp.



Fine Strainer

This strainer has small holes to create a fine juice with a small amount of pulp.



Coarse Strainer

This strainer has larger holes to create a whole-fruit juice (more pulp/fibre included).



Sorbet Strainer

This strainer is blank with no holes to give you the option of making sorbets, nut butters and more.

REVERSE FUNCTION

If you notice any ingredients have become stuck or are refusing to move use the tamper to gently push ingredients downwards. The reverse switch is specifically for this reason. Press the reverse switch down for 3-5 seconds and repeat 2-3 times if necessary.

Once the auger has come to a complete stop press the forward switch to continue.

JUICE OUTLET CAP

Close the juice outlet cap to mix your juice inside your juicer. Open the juice outlet cap to dispense as required into the juice container.

CARING FOR THE SILICONE PULP PLUG

It is important to ensure that the pulp plug is always closed before juicing.

When you are cleaning the juicing drum (bowl) gently unplug the seal and rinse under water.

Replace the seal after cleaning so your juicer is ready to use next time.

SILICONE COVER

Ensure the silicone cover is fitted prior to use. It is another measure to ensure that the motor is sealed from any juice overspill.

Clean after use by removing it from the motor base. Keep your spare silicone covers handy in case of misplacement.



My juicer does not operate when the switch is in the ON position

1. Make sure the power cord is properly secured into the power source and that the switch is turned to the 'ON' position.
2. Check that the hopper is assembled correctly.

PLEASE NOTE: If the hopper has not been securely locked in place with the arrows aligning, the appliance will not work for safety reasons. This is due to a magnetic safety strip located inside the hopper which must align with the matching magnetic strip inside the base.

3. Check the appliance has been assembled according to the instructions in this manual.

My juicer has stopped during operation

1. Reverse / REV to unwind any fibre that is caught around the auger.
2. If your juicer has stopped during operation, please check that the hopper is correctly aligned with the base. If the alignment shifts during operation the juicer will stop.
3. Turn your juicer off, reset the hopper and you should be able to continue.

PLEASE NOTE: The BioBoss Whole Slow Juicer has an automatic motor cut off safety feature that will activate if the juicer is overloaded. This has been designed to help prevent accidental damage and to help extend the life of the machine.

4. To reset your juicer take off the hopper lid and remove any ingredients in the juice bowl.

**The hopper
will not open**

The hopper opens in an anti-clockwise way. If the hopper will not open easily, try the following:

1. Allow your BioBoss Whole Slow Juicer to run without adding more ingredients before turning off and attempting to remove the hopper.
2. Switch your juicer into reverse for a few moments to help dislodge any remaining ingredients around the auger and feeding chute of the hopper.

PLEASE NOTE: The auger turns in a clockwise direction which is opposite of the hopper. This may cause an unintentional tightening of the hopper and result in difficulty releasing the hopper from the juicing bowl.

3. After you have fed the last ingredients into the hopper, let it run until all the juice and pulp has run through the machine. Pour one or two glasses of water down the hopper to flush out much of the left over pulp.
4. Lift off the entire juicing section before trying to separate.

**The bowl
shakes when
squeezing**

A slight shaking of the motor while in operation is completely normal. Variations beyond this depend on the fibre content of the ingredients. Hard or tough ingredients such as carrot and beetroots may cause the bowl to shake more than soft and juicy ingredients.

My juice is a little pulpy, how can I fix this?

1. Make sure the yellow silicone plug is fully inserted into its slot. This part is removable to assist with cleaning but is often not reinserted correctly. It acts as a pressure point to ensure that the pulp is ejected from the pulp tube.
2. The outlet can sometimes get blocked if ingredients are fed too quickly into the juicer. Please try slowing down the rate at which you insert produce into the juicer.
3. Try cutting ingredients into smaller pieces (3 to 5cm) so the vertical auger will be able to fully crush and process before the next ingredient is fed in.
4. Fresh and refrigerated ingredients will have firmer fibres and greater water content and will be less pulpy in constitution.
5. Over time, the silicone spinning basket blades may become blunt. Please contact the Customer Care Centre or website for ordering replacement parts.



FAQs

Do I need to refrigerate fruits and vegetables before juicing them?

Apart from tasting better when juiced, refrigerated fruits and vegetables will provide a higher yield of juice than room temperature produce. This is because the fibre in refrigerated produce is firmer when chilled and consequently provides more juice when crushed compared to softer or warmer fruits and vegetables, which may also be in a partial stage of dehydration (losing water content).

What's the best way to prepare fruits, vegetables and leafy greens for juicing in the BioBoss ?

VEGETABLES

We recommend preparing your vegetables by cutting them into pieces that will simply fall through the feeding chute without assistance.

FRUITS

We recommend preparing your fruits by cutting them into pieces that will simply fall through the feeding chute without assistance. We recommend removing skins from most citrus fruits although one third of the skin of lemons and limes may be left on.

LEAFY GREENS

Roll leaves into parcels and then fold them in half, ensuring that the parcels will simply fall through the feeding chute without assistance. You may notice with some leafy greens that they can cause the BioBoss to clog. This can be remedied by adding a few pieces of carrot or other fibrous vegetables, which will help to push through the leafy green material. Also, wet leaves will not pass through the juicer as well as drier leaves, so when washing produce, pat dry with a kitchen towel before inserting into the BioBoss . The vertical crushing and squeezing mechanism of the juicer means that the smaller you cut the pieces before you feed them into the shoot, the less likely that the fibres will become tangled around the internal mechanism. For best results cut your ingredient into 3 - 5cm pieces.

What are the best apples for juicing?

We find that fresh and chilled green apples are the best. Nutritionally, green apples contain various antioxidants, are a good source of vitamin C and are considered to be able to prevent the formation of gall stones in the bladder and help remedy liver and kidney disorders.

Do I need to peel citrus for juicing?

We recommend peeling the skin from mandarins, oranges and grapefruit prior to juicing as the skin has a bitter taste and this will transfer through to the juice. The skin of lemons and limes do not have this bitter flavour and as such can be juiced. Leave about one third of the skin of lemons and limes on.

What can I juice with a BioBoss and what should I avoid?

The BioBoss can juice just about all types of fruits and vegetables. It is not a food processor so do not place any of the following in the juicer:

- hard coconut fibre – soft, young flesh is ok
- seeds
- unsoaked/roasted nuts
- legumes
- sugar cane
- frozen ingredients - for sorbet remove fruit from freezer 5-10 minutes before using.
- fish or meat
- liquorice root or other woody materials
- dried herbs and spices
- stone fruit with stones in
- olives

Can I make soy, nut and rice milk?

Yes you can easily make nut milk using your juicer, simply refer to the Recipes section for instructions.

Can I grind seeds, grains or legumes with the BioBoss ?

No. The BioBoss is not a grinder and using this machine as such will void the warranty.

Can the BioBoss make cold press olive oil?

No. This is a different process to juicing and requires different machinery.

Can I make frozen sorbets?

Yes you can easily make frozen fruit sorbets using your juicer. Refer to the recipes section for instructions.

Can I re-juice the discarded pulp in order to get more juice?

The BioBoss is very effective at extracting high yields but some users may put through the discarded pulp again to try and gain more juice yield. The results vary from different ingredients so feel free to experiment. Try mixing the pulp with blended fruits to make fruit roll ups. We recommend a BioBoss food dehydrator for this.

Is the BioBoss suitable for commercial environments?

Yes! The can run for up to 60 minutes continuously. Effectively, you can make up to 40L of juice per hour (apples tested).

How long can I keep the juice before the nutritional integrity has depleted?

There's no specific answer to this as there are too many variables based on the type of produce and storage method. When storing juice, refrigerate in a glass airtight jar or bottle for best results. This storage method will usually help retain the nutritional integrity of your juice for up to 48 hours.

Can I buy spare parts for my juicer?

Yes, simply contact your local service provider (details located in rear of manual) or order online on our website.

Cleaning

The BioBoss parts are dishwasher-safe (top shelf). For best results, rinse prior to placing into the dishwasher to remove any stubborn fibres.

You can rinse your juicer easily after use by closing the juice outlet cap, and running water through the juicer. Simply open the juice outlet cap to flush the water through.

If hand-washing simply rinse under water, and use the desired cleaning brush to scrub any tough fibres. If you are in a hurry, simply leave the parts soaking in water so the fibres remain soft and pliable.

Your juicer comes with two specialised cleaning brushes. The fine cleaning brush is ideal for cleaning hard-to-reach places.

We recommend soaking your parts in a solution of bi-carb soda, water and white vinegar or lemon juice once per month or on occasion. This does a great job of removing any juice stains or residue that may build up over time.



Recipes

Green Juice

Servings: 4

- 1 small bunch curly kale roughly chopped
- 1 lemon peeled and quartered
- 1 inch ginger peeled
- 1 cucumber cut into long strips
- 2 granny smith apples cored and sliced
- 4 celery stalks

Green juices are rich in chlorophyll in its natural state – the way nature intended.

One of chlorophyll's most important functions is the oxygenation of the bloodstream. It is necessary for health to select foods that feed rather than rob the body of oxygen.

Without sufficient oxygen in the blood, we are prone to develop symptoms of low energy, sluggish digestion and metabolism, leading to deterioration in vitality and an increase in the onset of disease.

The addition of limes and apples to green juices greatly assist to make juices more tolerable to the palate.

Ginger Zinger

Servings: 3

- 2 medium apples
- 5 carrots
- ½ inch fresh ginger
- ¼ lemon (peel removed to avoid bitterness)

Pineapple Pick-Me-Up

Servings: 4

- 3 medium carrots
- ½ small, ripened pineapple (peeled, cored, and cut in quarters)
- 1 orange (peel removed)

Immune Booster

Servings: 1 cup

- 1-3 cloves of garlic
- 1 inch fresh ginger
- 1 bunch of rainbow carrots (can substitute for any carrots), tops removed

This healing juice is a great remedy for that cold that just won't go away. Carrots are a good source of vitamin C, vitamin B complex, potassium, iron and sodium which all work to boost the immune system and improve liver function. Raw garlic is a natural anti-microbial anti-inflammatory and powerful tool for boosting the immune system.

Mocktail Mojito

Servings: 3

- 1 small bunch mint
- 1 small bunch parsley
- 1 lime (peel removed)
- 1/2 inch fresh ginger
- 2 cucumbers
- 1 green apple

Savoury Gazpacho

Servings: 1 - 2

- 4 ripened plum tomatoes
- 1 large cucumber
- 2 stalks celery
- 1 red bell pepper
- 1/4 small red onion
- 2 cups fresh parsley (leaves and stems roughly chopped and packed)
- 1 lime (peel removed)

Tomatoes are a great alkaliser when consumed without sugars or starches. Beetroot is a great blood builder. Celery improves digestion. Red Capsicum is good for skin, hair and nails. Cucumber is a natural diuretic. Parsley is high in minerals including potassium.

Sorbets

Assemble the juicer using the sorbet strainer. We recommend allowing your frozen ingredients to thaw for 5-10 minutes before feeding them into the juicer chute for best results and to prevent any damage to the juicer and its parts.

Banana Raspberry Sorbet

Servings: 2

- 2 frozen bananas
- 2 cups of raspberries

Banana Cinnamon Sorbet

Servings: 2

- 4 frozen bananas
- 1 tsp. ground cinnamon
- 1 tbsp. honey

Soy, Rice & Nut Milks

Soak soybeans, rice and/or nuts in filtered water for a minimum of 8 hours, water should cover them completely. Rinse thoroughly until water runs clear and drain.

Feed the mixture into the chute simultaneously with the same volume of filtered water. We recommend using the fine strainer for smoothest results. For creamier results use less water, or for a thinner milk, increase the amount of water. This works best using a large spoon and scooping the mixture from a container.

Keep the juice outlet cap closed to pre-mix the milk. To reduce sediment, place a sieve over the collection bowl or strain through a muslin cloth.

If using soybeans, the resulting mixture can be used to make tofu.

For flavoured milks, try the following ideas:

- add berries, banana and other fruits
- add a small amount of salt and/or sweetener eg; raw honey or maple syrup
- add vanilla and a pinch of cumin, nutmeg, cinnamon or cardamom.