



## HOW TO MAKE FRUIT JUICE WITH YOUR VEGAN MILKER?

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While we might have designed Vegan Milker as a tool to prepare plant milks in a quick and easy way, we've discovered how practical it is when it comes to preparing all kinds of healthy drinks. In this post, we'll explain how to make top quality fruit juices with Vegan Milker's filtre, saving on costs and energy.

### TIP!!

General rule of thumb in order to make a good fruit juice with Vegan Milker is to use at least a really high-water content fruit, which from now on, we'll refer as "base fruit". Thanks to this "base fruit" we'll get enough liquid to integrate a second, less juicy fruit afterwards. The juicing process goes on for a total of three minutes, and it doesn't produce an excessive amount of pulp. However, as you know, we hate wasting food so we've sure come up with a few ways to make the most of this pulp.

### Basic ingredients:

Base fruit: any kind of melon, oranges, grapes, pears or any other high-water content fruit.

Secondary fruits: strawberries, mango, pineapple, peaches, kiwifruits, apples, plums, figs, etc... Do not use bananas or avocados in the secondary group, as their texture (and high fat content in the case of avocado) make the filtering step harder than usual. If you'd like to add them to your juice, do it at the end, after having removed the filtering attachment.

### Instructions to make the fruit juice:

1. Wash fruit you don't intend to peel with water and a squeeze of vinegar.
2. Fill the filtre with the high-water content fruit until the point where it reaches the line on top, and blend with a hand blender until it's completely liquid. This way, we'll get the base juice, which we can add the remaining ingredients to.
3. Add the secondary fruits and blend for an extra minute.
4. Release the filtering attachment and, before pressing the pulp with the mortar, keep blending.
5. Lastly, press the pulp with the mortar to release the last droplets of juice.
6. Juice will keep well in a glass jar in the fridge for up to 2-3 days, but it's best to consume immediately, so we can make the most of all the vitamins.
7. Thanks to the emulsion which Vegan Milker makes, the remaining amount of pulp is minimum. The juice texture, however, tends to be rather thick, like a cross between a pressed juice and a smoothie.

### What to do with remaining pulp?

Even if the leftover pulp is minimal, it's not nice to throw them away. Pulp is really nutritious and can be added to many recipes to boost their nutritional content.. for example yoghurt, muesli or even as a topping for cheesecake etc.



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### MELON AND STRAWBERRY JUICE:

This is a sweet juice with antioxidant and diuretic properties.

#### Ingredients for 250ml:

2 slices of really ripe melon (set seeds aside)  
8 ripe strawberries.

#### Instructions:

- Wash strawberries with water and a drizzle of vinegar. There's no need to cut them into smaller pieces, as they're easy enough to blend.
- Put the seedless and skinless melon in the filtering attachment and blend for a minute. Add the strawberries and blend to mix thoroughly.
- Release the filter attachment and keep blending the pulp as shown in our video "express filtering" to aid the filtering process.
- Press the pulp with the mortar, leaning the filter diagonally so it's easier to squeeze and set pulp aside to prepare other recipes (see last section of the post for recipes).
- Do not throw the melon seeds away, you can use them to prepare a different juice with your vegan milker, which then can be added to the juice to boost its nutritional benefits.



### TROPICAL WATERMELON, PINEAPPLE & MANGO JUICE:

This juice is delicious, and will provide you with lots of fibre and minerals such as magnesium and phosphorus, as well as vitamins A, B-group and C.

#### Ingredients for 250ml:

2 slices of ripe watermelon, with seeds  
1 slice of pineapple, including fibrous core  
Half a mango

#### Instructions:

- Peel and cut all fruit.
- Put the watermelon (base fruit in this case) in the filtering attachment and blend for a minute.
- Add pineapple and mango and blend again until fully mixed.
- Release the filter attachment and keep blending the pulp as shown in our video "express filtering" to aid the filtering process.
- Press the pulp with the mortar, leaning the filter diagonally so it's easier to squeeze and set pulp aside to prepare other recipes (see last section of the post for recipes).vegan milker, which then can be added to the juice to boost its nutritional benefits.



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### MANGO AND ORANGE JUICE:

Delicious vibrant juice with plenty of antioxidant properties, as well as lots of fibre and vitamins B, C and E.

#### Ingredients for 250ml:

2 oranges  
Half a mango

#### Instructions:

- Peel the orange, putting special attention to remove all the white bits and seeds, which could make the juice bitter.
  - Peel and cut the mango
- Put the orange (base fruit) inside the filtre and blend for a minute.
  - Add the mango and blend until fully mixed.
- Release the filter attachment and keep blending the pulp as shown in our video "express filtering" to aid the filtering process.
- Press the pulp with the mortar, leaning the filter diagonally so it's easier to squeeze and set pulp aside to prepare other recipes (see last section of the post for recipes).