

the Juice Fountain® Fresh 95

Instruction Book - BJE420



Breville®

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LIMITED PRODUCT WARRANTY

Breville's warranty for this product covers the repair or replacement if it's found to be defective due to faulty materials, workmanship, or function within the warranty period.



QR149

All legal warranty rights under applicable national legislation will be respected and will not be impaired by our warranty. For details on length of warranty, to obtain a printed copy or to read full

terms and conditions please scan the QR code or visit www.breville.com. Alternatively, call the Breville Service Centre (see back cover for contact details).

BREVILLE® RECOMMENDS SAFETY FIRST

At Breville® we are very safety conscious. We design and manufacture appliances with your safety foremost in mind. We also ask that you exercise a degree of care when using any electrical appliance and adhere to the following precautions.

IMPORTANT SAFEGUARDS

Read all instructions before use and save for future reference.

- Remove and discard any packaging materials safely before first use.
- To eliminate a choking hazard for young children, discard the protective cover fitted to the power plug safely.
- Do not place the appliance near the edge of a bench or table or on a sink drain board during operation. Ensure the surface is level, clean and free of water, flour, etc.

Vibration during operation may cause the appliance to move.

- Do not place the appliance on or near a hot gas burner, electric element or where it could touch a heated oven.
- Do not operate the appliance on a sink drain board.
- Any significant spillage onto the surface under or around the appliance, or onto the appliance itself, should be cleaned and dried before continuing to use the appliance.
- Always make sure the appliance is completely assembled, with the processing lid securely in position before operating. The appliance will not operate unless properly assembled.
- Always make sure appliance cover is clamped securely in place before motor is turned on. Do not unfasten locking bar while the appliance is in operation.
- Do not use the appliance if the rotating filter basket or juicer cover is damaged or shows visible cracks.
- Remove rind from all citrus fruit before juicing.
- Ensure that the seed is removed before juicing stone fruit.
- Keep hands, fingers, hair, clothing as well as spatulas and other utensils away from the appliance during operation.
- Do not push food into the feed chute with your fingers or other utensils. Always use the food pusher provided.
- Do not leave the appliance unattended when in use.
- Always ensure the appliance is turned off by turning the dial on the control panel to OFF. Then switch the appliance off at the power outlet and unplug the cord. Make sure the filter basket has stopped rotating and the motor has completely stopped before releasing the safety locking arm and/or attempting to move the appliance, when the appliance is not in use, and before disassembling, cleaning and storing.
- A representative example of the heaviest loading anticipated for use with this

appliance is 5 kg of beetroot, juiced continuously over a period of 2 minutes.

- Do not juice more than 3 kg of carrot at a time.
- Hard fruits and vegetables will put excess strain onto the motor if a low speed is selected. Please refer to the juicing guide to determine the correct speed for the fruits and vegetables selected for juicing.
- Allow the motor to rest for 1 minute between each use.
- Keep the appliance and accessories clean. Follow the cleaning instructions provided in this book.
- Be careful when handling the filter basket as the small cutting blades at the base of the filter basket are very sharp. Mishandling may cause injury.
- Do not attempt to operate the appliance by any method other than those described in this booklet.

IMPORTANT SAFEGUARDS FOR ALL ELECTRICAL APPLIANCES

- Fully unwind the power cord before operating.
- Do not let the power cord hang over the edge of a counter or table. Do not let the power cord touch hot surfaces or become knotted.
- Always disconnect the appliance from the supply if it is left unattended and before assembling, disassembling or cleaning.
- The appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. Cleaning and user maintenance shall not be made by children. Keep the appliance and its cord out of reach of children.
- Children must not play with the appliance. Do not leave the appliance unattended

when in use. Do not move the appliance whilst in operation.

- Regularly inspect the power cord, plug and appliance for any damage. If found to be damaged in any way, immediately cease use of the appliance, and return the entire appliance to the nearest authorised Breville Service Centre for examination, replacement, or repair.
- Any maintenance other than cleaning should only be performed by an authorised service representative at an authorised Breville Service Centre.
- This appliance is for household use only. Do not use the appliance for anything other than its intended purpose. Do not use in moving vehicles or boats. Do not use outdoors. Misuse may cause injury.
- The installation of a residual current safety switch is recommended to provide additional safety when using all electrical appliances.

WARNING

The appliance is not intended to be operated by means of an external timer or separate remote-control system.



To protect against electric shock, do not immerse the power base, power cord or power plug in water or allow moisture to come in contact with these parts.



The symbol shown indicates that this appliance should not be disposed of in normal household waste. It should be taken to a local authority waste collection centre designated for this purpose or to a dealer providing this service. For more information, please contact your local council office.

FOR HOUSEHOLD USE ONLY SAVE THESE INSTRUCTIONS



COMPONENTS

- A. Food pusher with removable lid for cleaning
- B. Centrally located 84mm wide feed chute
- C. Juicer cover
- D. Large capacity pulp container
- E. High performance 1050 watt motor
- F. Safety locking arm
- G. Stainless steel micro mesh filter basket
- H. Filter bowl surround
- I. Sealing juice jug lid with built in froth separator
- J. 1.4L Juice Jug
- K. Two speed controls with OFF switch

Not depicted:

- * Juice nozzle - can be placed over spout to juice directly into a cup
- * Cleaning Brush

ASSEMBLY

BEFORE FIRST USE

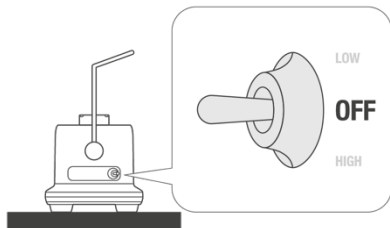
Before using your juicer for the first time, remove and safely discard any packaging materials and promotional stickers and labels.

Wash the juicer cover, stainless steel micro mesh filter basket, filter bowl surround, juice jug and lid, pulp container, juice nozzle, as well as the food pusher and lid in warm, soapy water with a soft cloth. Rinse and dry thoroughly.

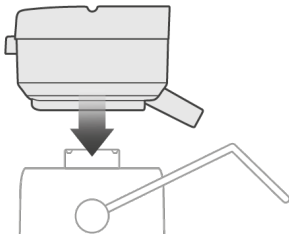
Alternatively, the juicer cover, filter bowl surround, juice jug and lid, juice nozzle as well as the food pusher and lid are all dishwasher safe. The stainless steel micro mesh filter basket may be washed in the top shelf of the dishwasher.

The motor base can be wiped with a damp cloth. Dry thoroughly.

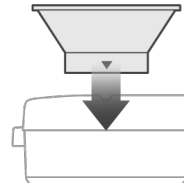
1. Place the motor base on a flat, dry surface such as a bench top. Ensure the appliance is switched off at the power outlet and the power cord is unplugged.



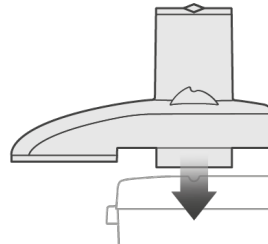
2. Place filter bowl surround on top of the motor base.



3. Align the arrows at the base of the stainless steel filter basket with the arrows on the motor drive coupling and push down until it clicks into place. Ensure the stainless steel filter basket is fitted securely inside the filter bowl surround and onto the motor base.

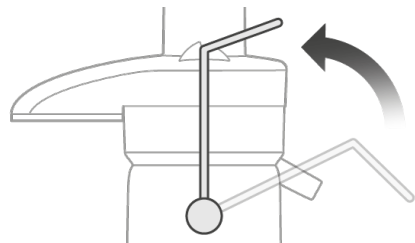


4. Place the juicer cover over the filter bowl surround, positioning the feed chute over the stainless steel filter basket and lower into position.

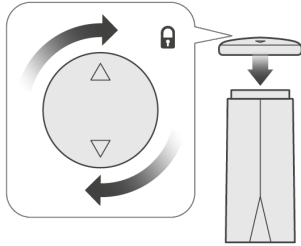


5. Raise the safety locking arm up and locate into the two grooves on either side of the juicer cover.

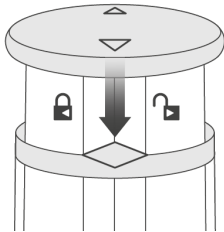
The safety locking arm should now be in a vertical position and locked into place on top of the juicer cover.



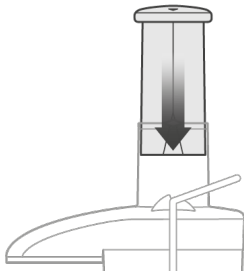
6. Secure the food pusher lid to the food pusher by twisting the lid on clockwise.



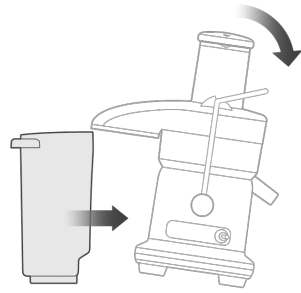
7. Slide the food pusher down the feed chute by aligning the groove in the food pusher with the small bump on the inside of the top of the feed chute. The triangle icon on the food pusher lid will assist finding the correct alignment.



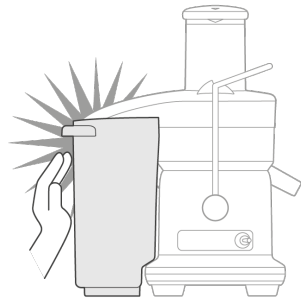
Continue to slide the food pusher down on the feed chute.



8. Place the pulp container into position by tilting the motor base slightly to the right. Insert the pulp container under the juicer cover on the left hand side ensuring it is supported by the juicer cover and motor base.



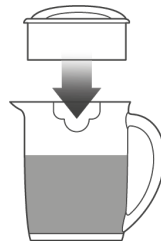
Apply firm pressure at the side of the pulp container pushing it towards the motor base to ensure it clicks into place under the juicer cover.



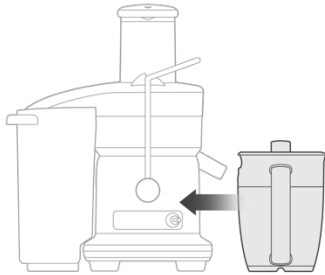
NOTE

To minimise cleaning, line the pulp container with a compostable bag to collect the pulp. Pulp can be used in other dishes, used as compost in the garden, or discarded.

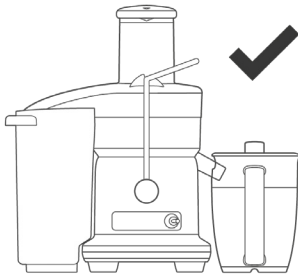
9. Place the juice jug lid on to the juice jug in open spout position.



10. Place the juice jug sideways under the spout of the juicer.



The jug is designed to clip in under the spout to give it a positive location.



Alternatively, attach the included juice nozzle to the spout to collect juice directly into a glass, rather than the juice jug.

FUNCTIONS

1. Wash your selection of fruit and vegetables to be juiced.

NOTE

Most fruit and vegetables such as apples, carrots and cucumbers will not need to be cut or trimmed to size as these will fit whole into the feed chute. Ensure vegetables such as beetroots, carrots etc. have all soil removed, are well washed and trimmed of leaves and hard stems before using.

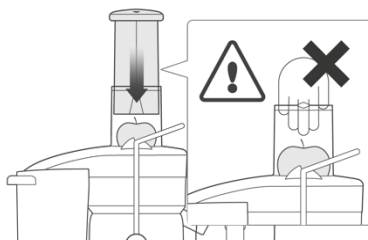
2. Ensure the juicer is correctly assembled. Refer to Assembling your Breville juicer. Ensure the juice jug is placed under the juice spout and pulp container is in position before commencing juicing.
3. Plug the power cord into a 230/240V power outlet. Turn the power ON at the power outlet. Adjust the speed to the desired setting. Push the two speed switch either up for low speed or down for high speed depending on the type of fruit or vegetable being juiced. Use the speed selector as a guide for juicing different fruits and vegetables.

Speed selector table

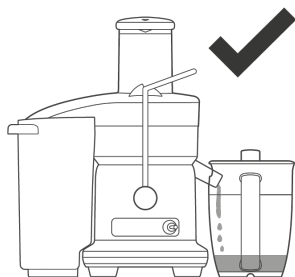
Apples	High
Apricots (stone removed)	Low
Beetroot (trimmed)	High
Blueberries	Low
Broccoli	High
Brussels sprouts (trimmed)	High
Cabbage	High
Capsicum	High
Carrots	High
Cauliflower	High
Celery	High
Cucumber	Low

Fennel	High
Ginger	High
Grapes (seedless)	Low
Kiwi Fruit (peeled)	Low
Mangoes (peeled, stone removed)	Low
Melons (peeled)	Low
Nectarines (stone removed)	Low
Oranges (peeled)	Low
Peaches (stone removed)	Low
Pears (stalks removed)	High for hard or Low for soft
Pineapple (peeled)	High
Plums (stone removed)	Low
Raspberries	Low
Rhubarb	High
Spinach	Low
Tomatoes	Low
Zucchini	Low

4. With the motor running, place food into the feed chute and use the food pusher to gently guide food down. To extract the maximum amount of juice, always push the food pusher down slowly.



5. As fruit and vegetables are processed, juice will flow into the juice jug and the separated pulp will accumulate in the pulp container.



NOTE

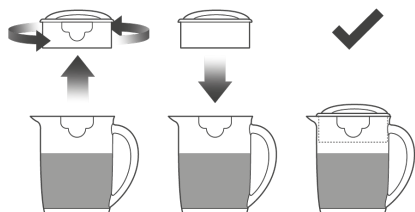
The pulp container can be emptied during juicing by turning the juicer OFF at the control panel and then carefully removing the pulp container. Replace the empty pulp container before continuing to juice.

Do not allow the pulp container to overflow as this may affect the operation of the appliance.

NOTE

To include the froth with your juice, simply remove the lid of the juice jug when pouring juice into the glass.

6. To store the juice in the refrigerator for up to 3 days, remove the lid from the jug, turn the lid to the close spout position and reinsert on jug.



NOTE

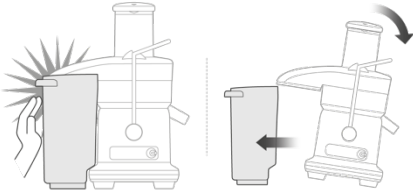
The juicer is fitted with a safety device which safeguards against overheating with excessive loads. If overheating occurs, the juicer will automatically activate the overload protection device and the unit will switch itself off. When the overload protection is activated, unplug the juicer from the power outlet for 15 minutes to allow the unit to cool. Then plug juicer into the power outlet and use as normal.

WARNING

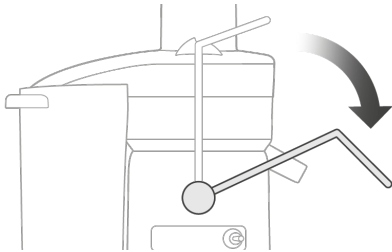
Never use fingers to push food down the feed chute or to clear the feed chute. Always use the food pusher provided.

DISASSEMBLY

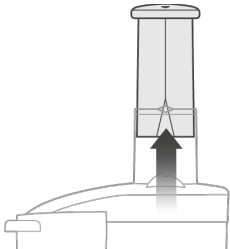
1. Ensure the juicer is turned off by pushing the speed switch up or down to the OFF position. Then switch the appliance off at the power outlet and unplug the power cord.
2. Remove the pulp container by tilting the motor base slightly to the right and unlatch it from under the juicer cover.



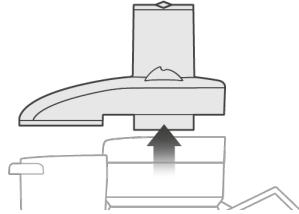
3. Pull the locking arm back over the grooves on either side of the juicer cover and move the locking arm down.



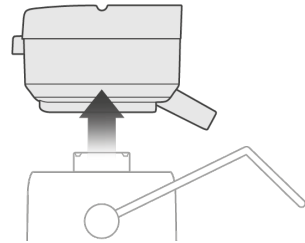
4. Remove the food pusher by lifting it vertically and remove the food pusher lid for cleaning by twisting it anti clockwise.



5. Lift the juicer cover off the juicer.



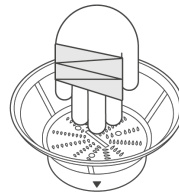
6. Lift off the filter bowl surround with the stainless steel filter basket still in place.



7. For easy cleaning, it is recommended to remove the filter basket over the sink. Lift the stainless steel filter basket from the filter bowl surround.

WARNING

The stainless steel filter basket contains small sharp blades to cut and process fruit and vegetables. Avoid touching the blades when handling the filter basket.



CARE & CLEANING

Ensure the juicer is turned off by switching to the OFF position. Then switch the appliance off at the power outlet and unplug the power cord.

Ensure the juicer is correctly disassembled. Refer to disassembling your Breville product.

FOR EASIER CLEANING:

- Clean as you go and avoid dried on juice or pulp residue.
- Immediately after each use, rinse removable parts in hot water to remove wet pulp. Allow parts to air dry.

NOTE

To minimise cleaning, line the pulp container with a compostable bag to collect the pulp. Pulp can then be used for other dishes, or as compost for the garden or discarded.

CLEANING THE MOTOR BASE

- Wipe the motor base with a soft, damp cloth then dry thoroughly.
- Wipe any excess food particles from the power cord.

NOTE

Do not use abrasive scouring pads or cleaners when cleaning the parts or motor base as they may scratch the surface.

CLEANING THE FILTER BOWL SURROUND, JUICER COVER, FOOD PUSHER, FOOD PUSHER LID, JUICE JUG, JUICE JUG LID, PULP CONTAINER, JUICE NOZZLE

- Wash all parts in warm soapy water with a soft cloth. Rinse and dry thoroughly.
- Alternatively, these components may be washed in the dishwasher.

CLEANING THE FILTER BASKET

- For consistent juicing results always ensure that the stainless steel filter basket is thoroughly cleaned using the supplied cleaning brush.
- Soak the stainless steel filter basket in hot soapy water for approximately 10 minutes immediately after juicing is completed. If pulp is left to dry on the filter it may clog the fine pores of the filter mesh thereby lessening the effectiveness of the juicer.
- Using the cleaning brush, hold the filter basket under running water and brush from the inside of the basket to the outer rim. Avoid touching the small sharp blades in the centre of the filter basket. After cleaning the filter basket, hold it up towards a light to ensure the fine mesh holes are not blocked. If the holes are blocked, soak the filter basket in hot water with 10% lemon juice to loosen the blocked holes. Alternatively, wash the filter basket in the dishwasher on the top shelf only.

Do not soak the stainless steel filter basket in bleach or other abrasive cleansers.

Always treat the filter basket with care as it can be easily damaged.

NOTE

The stainless steel filter basket is dishwasher safe (top shelf only).

REMOVING STUBBORN OR STRONG FOOD STAINS AND ODOURS

Discolouration of the plastic may occur with strongly coloured fruit and vegetables. To help prevent this, wash parts immediately after use. If discolouration does occur, the plastic parts can be soaked in water with 10% lemon juice or they can be cleaned with a non abrasive cleaner.

The juicer is constructed with a heavy duty motor. So heavy duty, we have given the motor a 5-year guarantee against faulty materials or manufacture. This warranty is an extension of the 12-month replacement guarantee and covers the motor only. The warranty does not cover damage caused by accident, misuse, or being used in a manner not stated in the instruction book.

The 5-year guarantee is additional to the conditions and warranties mandatory implied by the laws and regulations of the individual States and Territories of Australia and the Trade Practices Act, 1974.

WARNING

Do not immerse the motor base in water or any other liquid. The centre of the filter basket and feed chute contains small sharp blades to process fruit and vegetables during the juicing function. Do not touch blades when handling the filter basket or feed chute.

TROUBLESHOOTING

POSSIBLE PROBLEM	EASY SOLUTION
Machine will not work when switched ON	• The safety locking arm may not be correctly engaged in the vertical operating position with the locking arm located into the two grooves on either side of the juicer cover.
Motor appears to stall when juicing	• Wet pulp can build up under the juicer cover if the juicing action is too vigorous. Try slower juicing action by pushing the food pusher down more slowly. Follow Disassembling and Cleaning instructions and clean the filter bowl surround, the stainless steel filter basket and the juicer cover. • The juicer will automatically stop operating if the motor is stalled for more than 10 seconds. Either too much food is being processed at one time or the pieces are not small enough. Try trimming the food or cutting into smaller pieces of even size and processing a smaller amount per batch. To continue juicing, reset the juicer by selecting the OFF switch and then selecting the correct LOW or HIGH speed to resume juicing. • Hard fruit and vegetables will put excess strain onto the motor if a low speed is selected. Please refer to the juicing guide to determine the correct speed for the fruit and vegetables selected for juicing.
Excess pulp building up in the stainless steel filter basket	• Stop the juicing process and follow Disassembling instructions. Remove the juicer cover, scrape off pulp, reassemble and begin juicing again. Try alternating (soft and hard) vegetables and fruit varieties.
Pulp too wet and reduced extracted juice	• Try a slower juicing action. Remove the stainless steel filter basket and thoroughly clean mesh walls with a cleaning brush. Rinse the filter basket under hot water. If the fine mesh holes are blocked, soak the basket in a solution of hot water with 10% lemon juice to unblock the holes or wash in the dishwasher. This will remove excess fibre build up (from fruit and vegetables) which could be inhibiting the flow.
Juice leaks between the rim of the juicer and the juicer cover	• Try a slower juicing speed and push the food pusher down the feed chute more slowly.
Juice sprays out from spout	• The juice is being extracted too fast: try a slower juicing speed and push the food pusher down the feed chute more slowly.
Overheating with excessive loads.	• The juicer is fitted with a safety device which safeguards against overheating with excessive loads. If overheating occurs, the juicer will automatically activate the overload protection device and the unit will switch itself off. When the overload protection is activated, unplug the juicer from the power outlet for 15 minutes to allow the unit to cool. Then plug the juicer into the power outlet and use as normal.

TIPS

THE INSIDE INFORMATION ON JUICING

Although juice drinks are often developed with flavour, texture and aroma at the forefront, the health benefits certainly add to the pleasurable taste experience.

Up to 70% of the nutrient content of fruit and vegetables is found in the juice. Liquids extracted from fresh fruit and vegetables form an important part of a well-balanced healthy diet. Fresh fruit and vegetable juices are an easy source of vitamins and minerals. Juices are rapidly absorbed into the blood stream therefore being the quickest way in which the body can digest nutrients.

When you make your own fruit and vegetable juices, you have complete control over what is included. Select the ingredients and decide if you need to add sugar, salt or other flavouring agents after juicing.

PURCHASING AND STORAGE OF FRUIT AND VEGETABLES

- Always wash fruit and vegetables before juicing.
- Always use fresh fruit and vegetables for juicing.
- To save money and obtain fresher produce, purchase fruit or vegetables that are in season. Refer to the Juice Guide
- Keep your fruit and vegetables ready for juicing by washing and drying them before storing.
- Most fruits and hardier type vegetables can be stored at room temperature. The more delicate and perishable items such as tomatoes, berries, leafy greens, celery, cucumbers and herbs should be stored in the refrigerator until required.

PREPARATION OF FRUIT AND VEGETABLES

- If using fruits with hard or inedible skins such as mangoes, guava, melons or pineapple, always peel before juicing.
- Some vegetables, such as cucumbers can be processed unpeeled depending on the softness of the skin and the juicing requirements.
- All fruits with hard seeds or stones such as nectarines, peaches, mangoes, apricots, plums and cherries must be pitted before juicing.
- Hard stems and leaves from fruit such as apples and pears should be removed before juicing.
- Ensure fruits such as strawberries are hulled before juicing and pears have their stalks removed.
- Citrus fruit can be juiced in the juicer but remove the skin and excess pith before juicing.
- A small amount of lemon juice can be added to apple juice to reduce discolouration.

NOTE

Your juicer makes invigorating, frothy orange juice. Simply peel the oranges and remove any excess pith before juicing. It is best to refrigerate oranges before juicing.

THE RIGHT TECHNIQUE

- When juicing a variety of ingredients with varying textures, start with the softer texture ingredients on low speed and then gradually change to high speed for the harder textured ingredients.
- If you are juicing herbs, sprouts or other leafy green vegetables, either wrap them together to form a bundle or juice them in the middle of a combination of ingredients on low speed to obtain the best extraction.

NOTE

If juicing herbs or leafy green vegetables on their own, the juice yield will be low due to the nature of centrifugal juicing. It is advised to juice them with a combination of other fruit and vegetables.

All fruit and vegetables produce different amounts of liquids. This varies within the same group i.e. one batch of tomatoes can produce more juice than another batch. Since juice recipes are not exact, the precise quantities of any juice are not crucial to the success of a particular mixture. To extract the maximum amount of juice always push the food pusher down slowly.

GETTING THE RIGHT BLEND

It is easy to create great tasting juice. If you have been making your own vegetable or fruit juices, then you know how simple it is to invent new combinations. Taste, colour, texture and ingredient preferences are a personal choice. Think of some flavours and foods – would they work well together or would they clash. Some strong flavours could overpower the more subtle flavours of others. It is however, a good rule to combine starchy, pulpy fruit and vegetables with those high in moisture.

USING THE PULP

The remaining pulp left after juicing fruit and vegetables is mostly fibre and cellulose which, like the nutrients in juice, are necessary for the daily diet and can be used in many ways. Pulp can be used to add bulk to rissole mixtures, thicken casseroles or soups, or with fruit pulp, simply place in a heat-proof bowl, top with meringue and bake in the oven for a simple dessert. Apart from consumption use, pulp is great to create compost for the garden.

NOTE

When using the pulp, there may be some pieces of fruit or vegetables remaining. These should be removed before using the pulp in any recipes.

JUICING GUIDE

FRUIT AND VEGETABLES	BEST SEASON TO BUY	STORAGE	NUTRITIONAL VALUE	KILOJOULE/ CALORIE COUNT
Apples	Autumn/ Winter	Vented plastic bags in refrigerator	High in Dietary Fibre and Vitamin C	166g Apple =338kj (80 cal)
Apricots	Summer	Unwrapped in crisper of refrigerator	High in Dietary Fibre Contains Potassium	55g Apricot =80kj (19 cal)
Bananas	Autumn/Spring	Room temperature	Vitamins B6 & C, Potassium, Dietary Fibre	100g Banana =378kj (90 cal)
Beetroot	Winter	Cut off tops, then refrigerate unwrapped	Good source Folate and Dietary Fibre Vitamin C and Potassium	160g Beetroot =332kj (79cal)
Blueberries	Summer	Cover in the refrigerator	Vitamin C	100g Blueberries =220kj (52 cal)
Broccoli	Autumn/ Winter	Plastic bag in refrigerator	Vitamin C, Folate, B2, B5, E, B6 and Dietary Fibre	100g Broccoli =131kjs (31 cal)
Brussels Sprouts	Autumn/ Winter	Unwrapped in crisper of refrigerator	Vitamin C, B2, B6, E, Folate and Dietary Fibre	100g Brussels Sprouts =156kj (37 cal)
Cabbage	Winter	Wrapped, trimmed in the refrigerator	Vitamin C, Folate, Potassium B6 and Dietary Fibre	100g Cabbage =93kj (22 cal)
Carrots	Winter	Uncovered in refrigerator	Vitamin A, C, B6 and Dietary Fibre	100g Carrots =140kj (33 cal)
Cauliflower	Autumn/ Winter	Remove outer leaves, store in plastic bag in refrigerator	Vitamin C, B5, B6 Folate Vitamin K and Potassium	100g Cauliflower =103kj (24.5 cal)
Celery	Autumn/ Winter	Refrigerate in plastic bag	Vitamin C and Potassium	100g stick =64kjs (15 cal)
Cucumber	Summer	Crisper in refrigerator	Vitamin C	100g Cucumber =50kj (12 cal)
Fennel	Autumn to Spring	Refrigerate	Vitamin C, Dietary Fibre, Folate	100g Fennel =80kj (19 cal)

Grapefruit	All year round	Room temperature	Vitamin C, Bioflavonoids, Lycopene, Dietary Fibre	100g Grapefruit =140kj (33 cal)
Grapes (Seedless)	Summer	Plastic bag in refrigerator	Vitamin C, B6 and Potassium	100g Grapes =250-350kj (60-83 cal)
Kiwi Fruit	Winter/ Spring	Crisper in refrigerator	Vitamin C and Potassium	100g Kiwi Fruit =219kj (52 cal)
Mangoes	Summer	Covered in refrigerator	Vitamin A, C, B1, B6 and Potassium	207g Mango =476kj (113 cal)
Melons including Watermelon	Summer/ Autumn	Crisper in refrigerator	Vitamin C, Folate, Dietary Fibre and Vitamin A	200g Melon =210kj (50 cal)
Nectarines	Summer	Crisper in refrigerator	Vitamin C, B3, Potassium and Dietary Fibre	151g Nectarines =277kj (66 cal)
Oranges	Winter/ Autumn/ Spring	Cool, dry place for 1 week, transfer to refrigerator to keep longer	Vitamin C	131g Orange =229kj (54 cal)
Peaches	Summer	Ripen at room temperature then refrigerate	Vitamin C, Potassium, Dietary Fibre, Beta Carotene	100g Peaches =175kj (42 cal)
Pears	Autumn/Winter	Ripen at room temperature then refrigerate	Vitamin C & E Dietary Fibre	161g Pear =391kj (93 cal)
Pineapple	Spring/Summer	Store in a cool place	Vitamin C & E Dietary Fibre	100g Pineapple =180kj (43 cal)
Spinach	All year round	Refrigerate	Vitamin B6, C, E, Beta carotene, Folate, Magnesium, Potassium, Dietary Fibre	100g Spinach =65kj (15 cal)
Sweet Potato	All year round	Store in cool place	Vitamins C, E, Beta Carotene, Dietary Fibre	100g Sweet Potato =275kj (65 cal)
Tomatoes	Late Winter to early Summer	Ripen at room temperature then refrigerate	Lycopene, Vitamin C, E, Folate, Dietary Fibre	100g Tomatoes =65-75kj (15-17 cal)

Breville Service Centre

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