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LIFE ESSENCE



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*Find out more about
Multifruit on our website*


www.zumex.com

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Multifruit's Recipes





Why should we drink juices?

Fruit and vegetables are essential for leading a healthy and balanced life. To adapt to this need we need a little help.

Multifruit now means you have a wide range of delicious possibilities for bringing fresh products into your daily diet.

let's recipe

At Zumex we have prepared our Million Colours recipes, so that you can refresh yourselves and make the most of your multi-juicer.

Experiment, use your imagination, create something new.

Let this short guide help you to set your imagination loose and plunge into a world of colours and flavours.

**Come into the Multifruit world:
where would you like to start?**



PURIFYING



IMMUNISING



ANTIOXIDANT



ENERGISING



BEAUTY



DETOX



Multifruit will take on anything - what about you?

*Don't be afraid to liquefy new ingredients,
you will be surprised at the number
of new flavours and nutrition value
that you can add to your juices.*



RECIPE #1

Red Cleanser

Ingredients

- 1 Beetroot
- 1 Apple
- 2 Oranges
- 2 Carrots
- 25g. Ginger



PURIFYING



WINTER



GOOD FOR YOUR EYESIGHT



SWEET

VITAMINS

A1000
★★

B16

C78
★★



RECIPE #2

Immunizing Orange

Ingredients

- 4 Carrots
- 1 red Apple
- ½ Potato

extra:

Include almonds or macadamia nuts as a topping for added energy.



IMMUNISING



AUTUMN



PHYSICAL RECOVERY



SWEET

VITAMINS

A840
★

B20

C30
★

RECIPE #3

Yellow Oxygen

Ingredients

- 3 Plums
- 1 Pear
- 1 Orange

ANTIOXIDANT ALL YEAR ROUND FOR A HEALTHY HEART VERY SWEET

VITAMINS

A77 B9 C63 ★ K12 ★



extra:
 Add cold green tea when you finish liquefying and give this an eastern touch.



explosion

of flavours

*The combination of flavours is
infinite now, with Multifruit.*

*Just decide what type of juice you want to have
and Multifruit will make sure you make
the best use of the ingredients.*

RECIPE #4

Energizing Yellow

Ingredients

4 slices of Pineapple
 ½ stick of Celery
 ½ Apple
 ½ Orange



ENERGISING



ALL YEAR
ROUND



LOWERS BLOOD
PRESSURE



MILD
FLAVOUR

VITAMINS

A27

B7

C30
★

K12
★

extra:

Add one finely
chopped date to
make your juice a
little sweeter!

RECIPE #5

Beauty Green

Ingredients

- ¾ Melon*
- 2 green Apples*
- ½ stick of Celery*



BEAUTY



SUMMER



IMMUNISES
THE SYSTEM



MILD
FLAVOUR

VITAMINS

A27

B2

C45
★

K12
★





RECIPE #6

Green Detox

Ingredients

- 50g. curly Kale
- 1 green Apple
- 1 Cucumber with skin
- 1 sprig of Mint
- 2 pieces of Pineapple
- ½ Lime



DETOX



ALL YEAR ROUND



FOR SLIMMING



TANGY

VITAMINS

A900
★

B26
★

C132
★★

K13

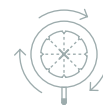


A WORLD OF TASTE

Iced juices

*Imagine a totally natural ice-cream
prepared directly with the freshest
fruit and greens.*

**Is there any more natural way
to freshen up?**



LIQUEFY

+



FILL THE MOULDS

+



FREEZE

=



ENJOY!