

VISOR JUICER



Instruction Manual
L'EQUIP Visor Juicer Model 509

IMPORTANT SAFEGUARDS

Before using your VISOR Natural Processor #509 by L'EQUIP please read all of the instructions in this booklet and keep the following safeguards in mind.

- Do not put your fingers or foreign objects into any of the juicer's openings while it is in operation.
- Do not place the juicer or motor section on or near a heated oven or electric or gas burner.
- Avoid hand or body contact with any of the juicer's moving parts. Never feed products by hand. Always use food pusher.
- Do not set the motor base in water or any other liquid to avoid risk of electrical shock.
- Do not operate the machine with a damaged cord or plug.
- If the appliance is dropped or damaged, return it to the nearest authorized service facility.
- Do not use attachments not sold by or not recommended by L'EQUIP.
- Do not unplug from electrical outlet by pulling on the cord. Grab the plug, not the cord.
- This appliance has a polarized plug (one blade is wider than the other). To reduce the risk of electric shock, this plug will fit in a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not modify the plug in any way.
- Make sure the juicer body is securely fastened before the motor is turned on.
- Be sure to turn switch to OFF position after every use of the juicer.
- Close supervision is necessary when any appliance is used by or in the presence of children.
- Do not let cord hang over the edge of table or counter.
- Do not use outdoors.
- Unplug the juicer's electric cord when not in use, before assembling, disassembling and cleaning.

If you need additional assistance please call us at 1-800-692-6724.

Never submerge the motor base in water or other liquid

FOR HOUSEHOLD USE ONLY.

SAVE THESE INSTRUCTIONS



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L'EQUIP®



Model 509

You'll love your new VISOR Natural Processor 509 by L'EQUIP® because . . .

NUTRITION. The VISOR grinds your vegetables at a gentle 100 revolutions per minute (RPM). Nutrients deep inside the vegetable fibers are released by the VISOR's masticating action. Unlike other machines, the VISOR does not destroy nutrients by friction, heat, or oxidation. In some juicers, these three forces destroy fragile vitamins and enzymes before they get to your glass. But not in the VISOR!

QUIET. Some juicers make your kitchen sound like the inside of a machine shop! You're forced to shout just to carry on a conversation. But not with the VISOR by L'EQUIP. The VISOR's slow turning gear and motor make juicing a pleasurable and peaceful experience.

QUICK CLEAN UP. Studies have shown that even some of the finest juicers stay in the cupboard most of the year. Why? Because clean-up is such a forbidding chore that users are loathe to start up their juicers. Not so with the VISOR. We at L'EQUIP have revolutionized the clean-up process making the VISOR the easiest and fastest clean-up of any juicer you can buy. (And it's quick to assemble, too.)

MORE THAN JUICE. L'EQUIP wants you to keep your juicer on the counter and keep using it. So, in between juicing, you can use your VISOR to make ice-cream or sorbet from frozen fruits, nut butters from your favorite nuts, sprouted bread from grinding sprouted grains, and different pastas or noodles from your own dough.

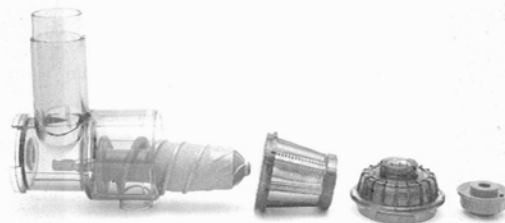
QUALITY MANUFACTURED. Every L'EQUIP VISOR is made with FDA-approved, food grade, inert materials such as polycarbonate and melamine including our world-patented "stone mill" type juicing gear (screw).

L'EQUIP, Inc.

Dedicated to manufacturing world-class juicing and kitchen appliances.

Parts of your VISOR Natural Processor 509 by L'EQUIP®

1. (From l-r) Juicer body, juicing screw, strainer, strainer cap, juicer end nozzle. All in order of assembly.
2. Five pasta and noodle end nozzles. Large and small flat noodles (l). Large and small round noodles (r). Square hole noodles.
3. Blank strainer (l) and juice strainer (r).
4. (From l) #1 Nut butter nozzle for grinding nuts, seeds; #2 Custard nozzle for frozen fruit ice creams, sprouted grains, tough vegetables; #3 (with green washer) juice nozzle for fruit, vegetable and wheatgrass juice.
5. Hopper (l), Pusher (r).
6. Motor Body of the VISOR Natural Processor #509 by L'EQUIP®.
7. Juicer catch bowl (l), pulp catch bowl (r).



1.



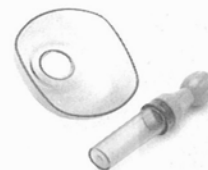
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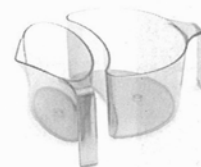
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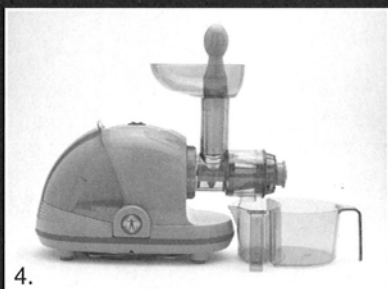
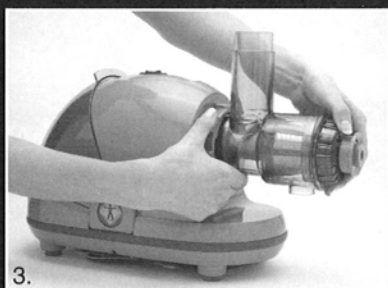
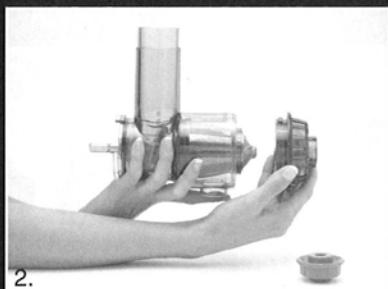
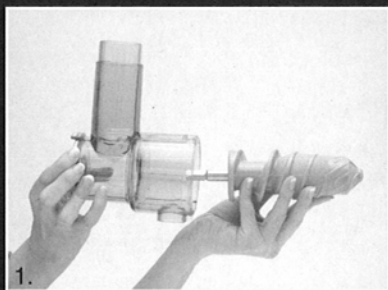
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Assembly

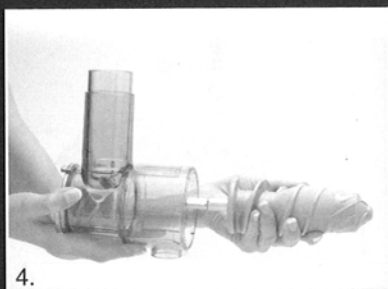
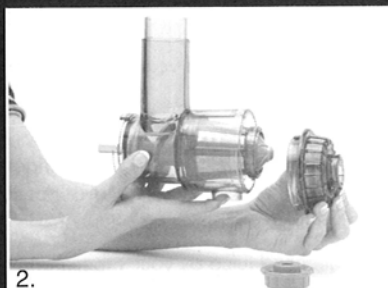
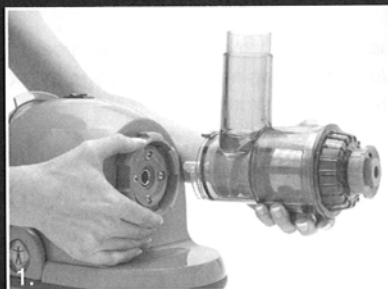
Wash all juicing parts (all parts except the motor body) before first use.

1. Insert the juicing screw into the juicer body.
2. Then, add the
 - a. Juice strainer (or blank strainer)
 - b. The strainer cap. Tighten it by turning it to the left or counter-clockwise.
 - c. Finally, add the juicing end nozzle (the one with the green washer) or any of the other seven end nozzles depending on whether you are making juice, nut butter, or pasta. Tighten by again turning left or counter-clockwise.
3. Set the motor body on your counter. Make sure the power cord is unplugged during assembly.
 - a. Insert the juicer body and its gear shaft into the motor body. Then lock the juicer body by turning the locking nut clockwise.
4. Insert the hopper onto the top of the juicer body chute and slide both the juice (small) and the pulp (bigger) catch bowls underneath the juicer body. The juice catch bowl sits closest to the motor. Now you are ready to begin pumping the vegetables into the juicer. Follow the tips for juicing on pages 5, 7, & 9.



Tips for Healthy Juicing & Wheatgrass

- The VISOR Natural Processor #509 by L'EQUIP® juices wheat and barley grass, leafy greens, sunflower and buckwheat sprouts, sprouted wheat for bread, aloe vera, and all leafy herbs.
- Never force the pusher stick down the chute with heavy pressure. Heavy downward pressure may bend the steel juicer screw shaft. Such heavy pressure indicates that 1) The Chute is overstuffed, or 2) the juicer body is clogged. Try the reverse button or clean out the juicer body. Put less food in the chute.
- Choose the best end of the vegetable to insert first. Some vegetables, such as wheatgrass, juice more easily if the tips are inserted first. Other green vegetables such as kale and parsley are best inserted with their bottoms or stalks first. Test which end of your vegetable works best.
- Some vegetable parts, such as the leaves of beets, are very bitter, whereas the beet roots are very sweet. When experimenting with unusual vegetables, taste them first and be selective.
- Make sure your produce is fresh and firm. Wilted produce is difficult to juice and not as healthful. Use pesticide-free or organically grown fruits and vegetables whenever possible.
- Wheatgrass can be alternated with other greens, such as celery, kale, collards, spinach, or cabbage for those who prefer to moderate its strong taste.
- First timers should start with one ounce of wheatgrass juice, either straight or mixed. After some regular use, you can increase the dosage to two ounces and up to four ounces per day.
- See recommended reading list for more information about wheatgrass juice, juice recipes and how to use juices for various health conditions.
- Alternate hard-to-juice fruits and vegetables with ones that are softer and easier-to-juice.
- Juice can be successfully stored for one-two days by chilling it to just above freezing (35°F) and refrigerating it inside a pre-chilled thermos. But whenever possible, for best results, drink juice right away.
- Think of fresh squeezed juice as your vitamin and mineral supplementation. Drink juice daily.
- Wash all fruits and vegetables to remove dirt and grit. Use a cleaning agent that removes pesticides.



Disassembly & Cleaning

Easy Steps to Disassemble

First turn the machine off and unplug it.

1. Separate the entire juicer body from the motor body.
Turn the locking nut on the motor body to the left or counter-clockwise.
2. Release the juicer end nozzle from the strainer cap, by turning to the right or clockwise.
3. Release the strainer cap also by turning clockwise.
4. Remove the juice strainer (or blank strainer).

Note: If the strainer cap is too difficult to release because food or nuts are compacted in it, then separate the juicer body from the motor, remove the end nozzle and get a good grip on the strainer cap with a non-slip rubber glove. Turn it to the right or clockwise.

How to Clean Up Fast

Clean up is fast when done immediately after juicing.

- A. Immerse the juicer body and its parts in a bowl of warm water, then rinse clean under running water.
- B. Use a hard bristle tooth brush to remove all pulp from the juicer strainer.
- C. Wipe motor body clean with a damp cloth or sponge.

Tips for Cleaning Up

The most important part of clean up is the juicer strainer. Use the hard bristle brush to clean it thoroughly. Tough-to-get-out fibers can be softened by soaking. Any remaining vegetable fibers can be brushed off with a dry brush when the strainer is completely dry. Keep your strainer clean. A partially clogged juicer strainer reduces juicer efficiency.

- Do not use chemical cleaners such as ammonia, bleach, or scouring powders on the juicer parts. These products will damage the machine parts and finish.
- If there are vegetable stains, soak the affected parts overnight in a solution of white vinegar diluted with an equal amount of water. As an alternative, try the same recipe with bicarbonate of soda. Vegetable stains on the motor screw are normal.
- Do not place juicer parts close to the heater element in a dish washer. If the heating element is on bottom, place the juicer parts on the top rack only.
- All parts are washable in warm soapy water except the motor body.
- Dry parts with towel or let them drip dry in dish rack.
- Sponge off any juice or fibers from the motor legs.

Questions & Answers

- Juice has too much pulp in it.
 - a) Clean the juicer strainer so all its holes are clear. (See cleaning tips.)
 - b) Pour the juice from the catch bowl through a sieve or strainer on top of your drinking glass.
 - Juicer body vibrates or stops. The juicer could be jammed or overloaded. Stop the machine, then
 - a) Press the reverse button for 20 seconds. If this does not clear the jam, then
 - b) Disassemble and clean the juicer body.
 - Machine won't turn on.
 - a) Test the power outlet with another appliance to make sure it has power.
 - b) Test the motor alone without the juicer body attached. Contact L'EQUIP if no power.
 - Juice comes out the overflow valve or backs up in the feeding chute.
 - a) Press the reverse button for 30 seconds.
 - b) Remove the end nozzle or switch to the larger nut butter or custard end nozzle.
 - c) Clean the juicer strainer.
 - Machine gets very warm: Try not to run the machine continuously for longer than 20 minutes.
- Once the product operation is stopped by the overload, it will be operated properly if you press the button that is under the machine with your hand or any other instruments after cooling.

Vegetable Juice Recipes

Orange Spice

5 Carrots
4 stalks Celery
2 Cucumbers
1 clove Garlic

Green Magic

4 stalks Celery
2 Tomatoes
2 sprigs Cilantro
1 Green Pepper
1 clove Garlic

Liquid Detox

5 Carrots
4 stalks Celery
4-5 leaves Spinach
1/4 head Cabbage
3 sprigs Dill
1 Lemon (no rind)

Real V-8

4 Carrots
3 stalks Celery
2 Tomatoes
4-5 leaves Spinach
4-5 leaves Kale
3 sprigs Dill
1 Lemon (no rind)
1 clove Garlic
1/2 tsp Cayenne pepper
2 Tbsp Tamari

Green Calm

3 oz Spinach
3 oz Celery
1 oz Green Peppers
1 oz Alfalfa Sprouts
2 oz Collard Greens
2 oz Cucumber

Mid-Day Pick-Me-Up


1 cup Carrot juice
1/2 cup Celery juice
1/2 cup Parsley juice
1-2 tablespoons freshly juiced Ginger

Bronchial Dilator

2 Tomatoes
2 Celery stalks
1 cup Alfalfa Sprouts
1 cup Daikon radish, sliced
6 sprigs Parsley
1 tsp Tamari
1/2 tsp Cayenne Pepper

Rocket Fuel

4 Carrots
2 cups Sunflower/Alfalfa Sprouts
3 Celery stalks
2 fistfuls fresh Wheatgrass



Tips for Making Vegetable Juices

In the following recipes, the core ingredients are at the top of the list. The secondary ingredients that follow are optional or adjustable. These juices are the liquid equivalent of salads. How much juice should you have? Eight to ten ounces per drink and one to two juices per day.

- Wherever spinach, kale, or collards are listed, you may substitute with fresh wheatgrass. One to two ounces of fresh wheatgrass juice per drink is typical.
- Cut your fruits and vegetables into sizes that comfortably fit into the juicing chute. Tight fitting vegetables can become jammed in the chute causing problems for both the machine and the user.
- When juicing firm vegetables such as carrots, hold the plunger down with light pressure allowing each turn of the 100 RPM juicing gear (screw) to bite and chew the carrot inch by inch.
- Some vegetables create foam during juicing. This is normal. Stir the foam back into the juice as much as possible.
- Alternate using firm bodied vegetables and leafy vegetables.

- Save time by selecting vegetables that require less cutting. For example, use kale instead of cabbage, collard greens instead of broccoli.
- Juice sprouts. Alfalfa, sunflower, buckwheat, pea greens are mild tasting sprouts that are excellent to juice. Sprouts are organically grown, highly concentrated baby vegetables that are economical sources of fresh "baby" vegetables for juicing. Sprouts are rich in nutrients, enzymes, and phytochemicals (plant medicines). (For more information, see recommended reading.)
- The wetness/dryness of the pulp is not a certain measure of a juicer's efficiency or its capacity for nutrient extraction. Pulp moisture content will vary from vegetable to vegetable. The pulp can be reinserted for a second cycle if desired, but for common vegetables, the VISOR extracts so much on the first pass that recycling the pulp for a second pass provides little benefit.
- Tough vegetables that jam your juicer can be juiced successfully by changing the end nozzle to one with a bigger opening such as the nut butter or custard end nozzles.
- It usually works best to insert the pointed end of the vegetable into the juicer chute. This enables the VISOR to grab most vegetables and pull them in, making less work for you.



Fruit Juice Recipes

Citrus Morning

- 2 tangerines, peeled
- 1 pink grapefruit, peeled
- 2 oranges, peeled
- 1/4 oz liquid ginseng

Liver Flush

- 2 Pink Grapefruits
- 1 Lemon
- 1 Lime
- 1 Tbsp Olive Oil

Orange-U-Tangy

- 4 Tangerines
- 4 Oranges
- 1 Lime
- 1/2 Organic Orange skin

Kidney Cleanser

- 2 Apples
- 4-6 Watermelon Triangles w/rind

Free Radical Scavenger

- 2 Apples
- 2 cups Grapes

Blood Thinner

- 2 Oranges
- 2 Grapefruits

Detoxifier

- 3 Apples
- 3 Pears
- 1 Lime

Allergy Fighter

- 1 Apple
- 1 Pear
- 1 cup Pineapple cubes

Urinary Tract Heal

- 2 Apples
- 1/2 cup Cranberries (pitted)

Yellow Day

- 1 cup Pineapple, cubed
- 2 Apples
- 1 Peach, pitted
- 1 Tbsp Nutritional Yeast

Rise n' Shine

- 2 Oranges
- 1 Grapefruit
- 1 Papaya
- 1/2 inch Ginger root

Green Morning

- 3 Apples
- 1 cup Pineapple, cubed
- 1 Papaya
- 1 Tbsp Blue-Green Algae

Enzyme Energizer

- 1 Papaya
- 2 cups Pineapple cubed
- 1 Tbsp Whey powder



Pastas and Noodles

The VISOR Natural Processor #509 by L'EQUIP® can make spaghetti, fettuccine, Japanese noodles, square noodles, and other pastas. Choose from among the five pasta end nozzles provided to make the type of noodle you desire. Assemble your juicer in the standard way but use the blank strainer instead of the juice strainer. The blank strainer is the one without any holes.

Classic Spaghetti with Pesto Sauce

Noodle Ingredients:

2 cups semolina or durum flour

1/2 cup warm water

pinch of salt

Mix the flour, water and salt in a large bowl. Then, knead the dough by hand until it is stiff. Place the dough on a lightly floured surface and roll it into a size that fits down the juicer chute. Set up the juicer with the blank strainer and the end nozzle with the four round holes. Select either the large or small four hole nozzle depending on the thickness of spaghetti you prefer. Or choose the square two-hole nozzle for a square noodle.

Begin feeding the dough into the juicer chute. Cut the pasta off with a scissors at the desired length. Catch the noodles in the pulp catch bowl or on a plate. Sprinkle the plate with some flour to prevent noodles from sticking. Place the noodles in boiling water for three minutes. If you make a pound (16 oz.) of noodles, boil approximately 4 quarts of water. Use less water for less noodles. Drain the noodles in a colander and rinse briefly with cool water to prevent them from sticking together. Add your favorite sauce and serve.

Classic Basil Pesto Sauce

1/2 cup Olive Oil

4-6 Basil Leaves

4 Walnut halves

2 Tbsp. Lemon Juice

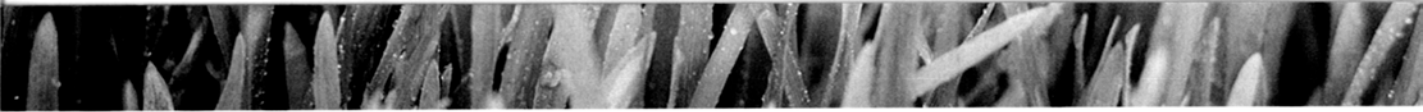
1 Tsp. Parmesan Cheese

1/2 Clove Fresh Garlic, crushed

Pinch Salt

Pinch Pepper

Grind the fresh basil and walnuts together. Mix in the olive oil, lemon juice, parmesan, and spices. Blend the ingredients together and toss with spaghetti. This classic pesto can also be used as a spread for breads and sandwiches.



Nut Butters, Sprouted Breads, Grinding Seeds, Herbs & Spices, Purée Baby Foods, Apple Sauce, Frozen Desserts

The VISOR Natural Processor #509 by L'EQUIP® can make all these wonderful foods. Use the blank strainer instead of the juice strainer. The blank strainer is the one without any holes. Use either of the nut butter or custard end nozzles – the ones with the biggest openings. The juicer end nozzle also has an open hole but is smaller and has a green washer.

Banana Ice Cream

Choose ripe, yellow bananas. One banana serves approximately one person. Remove the peels, wrap bananas in plastic and freeze. When thoroughly frozen, insert one banana at a time into the VISOR using the blank strainer. Use the custard end nozzle (see photo). You can change the look and texture of the resulting custard by changing to a larger end nozzle. Never use a pasta end nozzle for ice cream since it will put undo stress on the juicer parts.

Below are two variations of the basic banana recipe. Freeze the strawberries and berries in their own separate plastic bag. Once frozen, pump the berries through the VISOR by alternating bananas and berries. Strive for a ratio of 3:1—three parts banana to one part berries.

Strawberry Banana Ice Cream

6-8 Ripe Bananas
1 pint Strawberries

Blueberry Banana

6-8 Ripe Bananas
1 pint Blueberries

Creamy Almond Butter

Start with approximately one cup of almonds. Set up the juicer with the blank strainer and the nut butter end nozzle (see photo). Grind the almonds at a rate of 3-4 at a time. Overfilling the chute with nuts puts undo stress on the juicer parts. Collect the resulting almond meal in the catch bowl.

Transfer to a storage jar. Add 1-2 tablespoons of your favorite vegetable oil. (We prefer sesame oil.) Stir with a sturdy spoon until oil and meal are well mixed. Refrigerate for maximum freshness.

Basic Sprout Bread

Soak 1 cup of grain in a jar for 8-10 hours. (Choose hard wheat, rye, spelt, or kamut.) Sprout the grain in any sprouter for two days. (We recommend using a sprout bag.) After two days, examine the length of the shoot. The shoot is short, thick, and grows in the opposite direction of the hairlike roots. In order to achieve the desired consistency, the shoot must be the length of the berry. Longer shoots make the bread too chewy.

Set up the VISOR with the blank strainer and the custard end nozzle. Add the sprouts into the chute one heaping tablespoon at a time. Now comes the secret to making great sprout bread. Make sure that the resulting "sprout dough" is ground to a smooth paste. If necessary, you may reinsert the sprouts for a second grinding.

Dehydrator Version – Cracker

Use your L'EQUIP Dehydrator with the fruit leather insert. Wet your hands and knead the sprouted dough for one minute. Then flatten the dough on the fruit leather trays until it is as thick as a matzoh – approximately one quarter inch. Set your dehydrator at 125°F. Your sprout bread/cracker is ready to eat when fully dry. It takes about 8 hours of drying depending on bread thickness and home humidity.

Oven Version – Bread

Wet your hands and form a 1½ x 3 inch loaf. Wet your hands constantly while shaping. Lay the loaf on a cookie sheet layered with a bed of sesame seeds. Sesame seeds keep the bread from sticking to the pan. Bake at 250°F. for approximately 2½—3½ hours. Lifting the bread slightly off the baking tray momentarily at the half-way hour helps avoids sticking. Bread is done when the underside is firm – no longer mushy. The inside will remain moist while the top of the bread may harden.