

# Juicers and Blenders



Smoothies, juices and soups are a regular occurrence on my client support plans, due to the injection of nutrition they provide in your life! I don't go a day without juicing or making smoothies and soups, and you really do notice the difference. I'm often asked to make recommendations on juicers and blenders, so here is a handout to give you a bit of an idea, based on my own experience.

## Juicers

Juicers range massively in terms of cost, and are also divided into centrifugal juicers and masticating juicers.

**Centrifugal Juicers** - This is probably what comes to mind when you think of a juicer. It has a wide cylinder into which you drop the produce. The internal blade speeds at over 10,000 rpm. This makes juicing a quick and easy affair – chuck whole fruit and veg into the chute and hey presto, you have your juice in seconds.

### Advantages:

- Generally cheaper than slow masticating juicers
- Less effort to prepare – produce doesn't need cutting
- Quick to juice

### Disadvantages:

- Not good for leafy greens – doesn't yield much green juice.
- Machines don't last as long as the motor burns out quickly. Mine last about 3 to 4 years and I find the pulp becomes increasingly wet, which feels like a waste.
- Noisy!
- Fast blade oxygenates and heats the juice, which may reduce its nutrition.
- All centrifugal juicers are a pain to clean - You can make life easier by placing a veggie compost bag in the collection container that can then go straight into the bin or compost and saves some cleaning.



I've had a few centrifugal juicers over the past 20 years and it would be hard to recommend a particular brand over another. They range in cost from approximately £40 to £170. You do notice a difference between the cheapest and more expensive ones, in terms of speed of blades and amount of juice extracted. In the end I tended to stick to mid-range juicers, which are anything from £60-£80. These would probably be the ones I'd recommend if you decide to go for a centrifugal juicer.

**Masticating Juicers** - Also known as a cold press juicer, a masticating juicer slowly and powerfully grinds produce with a screw, known as an auger.

### Advantages:

- It extracts 2-3 times more juice from leafy greens than centrifugal juicers – so really is a must if you want to juice things like kale, spinach, parsley and coriander.

- They are also meant to extract more juice out of all fruit and veg, and the pulp is usually drier.
- Much quieter!
- Better for preserving nutrients as it is cold pressed.
- Slightly easier to clean.
- Last longer.
- Less bulky and heavy than centrifugal juicers.

#### Disadvantages:

- Less cheap options available – but you can still get a good one for around £80
- Definitely takes a little longer to use as you need to chop the produce first.



In terms of which masticating juicer to buy, I've only ever had one and personally feel it's a good option although it can feel a little flimsy. The one I have is the Aicok Slow Masticating Juicer (see picture above) which is around £85. In general, if you are new to juicing then I'd recommend a centrifugal one first, unless you feel very dedicated to the idea of juicing already.

## Blenders for Smoothies and Soups

As with the juicers, there is a huge range in terms of cost, but also in terms of functions. If all you are after is a simple machine to make basic smoothies then look for those around the £25 to £30 mark. These are perfectly good for simple smoothies containing fruit and softer veg, such as leafy greens.

However, if you want to really power up your smoothies then it's worth adding other veg, such as broccoli, kale and even dulse (fantastic for detoxification). If you try these in cheaper smoothie machines you'll find you are chewing on more than the odd lump, which really isn't very pleasant.



So for those of you who want to really make the most of smoothies and what they can do for you, then it is worth investing in those with more power. I've only ever used NutriBullets – but there are now many on the market, including Nutri Ninjas and Breville. The cost goes up along with the power – and most brands have a range, so it's just a question of what you are willing to pay. The benefit of the more powerful smoothie machines is that you really can pack them with a wider range of fruit and veg – and adding in things like sea dulse can be really important for people who need particular support with detoxification. These machines grind them up so

well that you can completely disguise the taste – which frankly is a real blessing!

The one I've had for a year or so is the Nutri Bullet Rx. I must add that I don't work on commission for them! But I love this machine – it not only makes incredible smoothies but also makes soups – both cold and hot ones (it takes 7 minutes to make some of the hot ones). It comes with a recipe book and I can honestly say it was a great investment. It does come in at £150 – although is often on sale on Amazon.