

**Drawing My Daily Healthy Canvas
with Fruits & Vegetables**

RAWCORE JUICE



HUROM

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The marked categories explain the benefits of the nutrients contained in the fruits and vegetables.



PART 01
ESSENTIAL



Phytochemicals

Fruits and vegetables are rich in essential nutrients such as vitamins and minerals.

In addition, they are cholesterol-free with less fat and sodium.

They contain different nutrients, antioxidants, and phytochemicals depending on their color, so it is important to consume a variety of colorful vegetables and fruits evenly.

Fill your nutrition with various fruits and vegetables to start a healthy daily routine.



RED

Tomatoes,
Red paprikas,
Pomegranates,
Watermelons,
Raspberries,
Grapefruits.

- Your daily energy:
ABC juice
- Relax basil-tomato
juice
- Heart-filling juice
- Tropical sunshine
sorbet



YELLOW

Carrots,
Yellow paprikas,
Oranges,
Tangerines,
Pineapples,
Mangoes,
Lemons.

- Appenut balance
milk
- Golden delight
- Ginger lemon



GREEN

Kales,
Celeries,
Broccolis,
Barley sprouts,
Basils,
Green grapes.

- Drink your one day
green juice
- Green CCA juice
- Kale-lery rawcore
juice
- Greenlight juice
- Asian-infusion
cocktail



PURPLE

Red cabbages,
Purple carrots,
Red grapes,
Blueberries.

- Juicy purple juice
- Grape fizzy juice
- Milano energy



WHITE

Cauliflowers,
Cabbages,
Radishes,
Onions,
Pears.

- Real almond milk
- Silky-milky white
- Clean white juice

A Daily Glass of Rawcore Nutrients

Rawcore Juice

Rawcore juice is made by the low-temperature and slow-speed

method to squeeze three or more fresh fruits and vegetables.

It contains heat-sensitive enzymes and their complex nutrients.

Drink a cup of Rawcore juice to create a refreshing and healthy daily routine.

Learn about Rawcore

The hidden key to a healthier you.

01. Easy nutrition from ingredients that are hard to eat every day

The WHO recommends 400g of fruits and vegetables a day but it's not always easy to eat that much. With one glass of Rawcore juice, you can conveniently get the nutrients you'd easily miss.

02. A well-balanced glass in a single serving

Rawcore combines more than three types of fresh fruits and vegetables; by combining these ingredients together, you can consume a wide range of essential nutrients and enzymes all at once.

03. "Low-temperature, slow juicing" that preserves heat-sensitive nutrients

Using a gentle slow-squeeze method, which minimizes heat and oxidation, helping maintain enzymes, phytonutrients, and antioxidants.

04. Natural "taste, color, and freshness"

Capturing the original flavor and color of the raw ingredients, it delivers a premium juice experience with maximized freshness.

You can enjoy fresh juice without damaging heat-sensitive nutrients or causing separation.

Hurom provides healthy juice made by slowly squeezing fruits and vegetables at a low temperature based on patented technologies, saving their natural colors, tastes, and nutrients without destroying them.



My own recipe combination

With a good combination of sweet, sour, and bitter tastes, you can enjoy a cup of savory and nutrition-rich juice.

Sweet taste : Add more base fruits and/or vegetables.

Sour taste : Add more citrus fruits such as lemons and limes.

Bitter taste : Add more root vegetables.

Salty taste : Add more celeries for natural salty taste.

Fresh taste : Add more herbs such as mints and basil.



The sweetness level varies depending on the ingredients.

If you want to make a less sweet juice, add vegetables such as cucumbers, lettuces, bell peppers, bok choys, chicories, and spinaches.

If you want fresh juice, add more green vegetables.



You can refer to "Sweetness Level"

indicated on the recipe page to enjoy various sweetness.

The lowest sweetness level : You can enjoy the natural taste of vegetables.

The highest sweetness level : You can enjoy the rich taste of fruits.

Sweetness Level : ■■■■■□□

The indicated sweetness levels are confirmed by Hurom's experts and set as the standard based on the studied data.

The actual sweetness may vary depending on personal preferences and the characteristics of raw ingredients.

How to prepare fruits and vegetables

Hurom can squeeze even peels and seeds to secure more nutrients.
You can enjoy more healthy juice with various fruits and vegetables.

1. Fruits that seeds must be removed



Apples, Pears.

Wash them with running water and then remove their seeds.

Mangoes, Peaches, Cherries, Plums, Apricots.

Please remove big and hard seeds before making juice.

Please remove both the seed and the peel from the mango.



2. Citrus fruits



Lemons, Oranges, Grapefruits, Limes, Tangerines, Green tangerines.

Wash the rind with running water, and remove the pith or squeeze it with the pulp according to your preference.



3. Fruits/Vegetables that must be peeled



Potatoes, Onions, Pineapples, Pomegranates, Melons, Dragon fruits.

Wash them with running water and remove the peel thoroughly.

The core of a pineapple can be squeezed if you want.



4. Fruits/Vegetables that requires removal of stems



Grapes.

Remove the berries from the stem and wash them with running water.

Tomatoes, Cherry tomatoes, Berries (i.e., strawberries and blueberries), Paprikas, Jalapenos.

Remove the stem and wash them with running water.



※ Put whole fruits into the hopper, or cut them into pieces to squeeze.

5. Vegetables that must be washed



Carrots, Beetroots, Radishes, Broccolis.

Remove dirt remaining on the surface and wash them with running water.



6. Herbs and leaf vegetables



Dills, Mints, Basils, Chervils, Kales, Parsleys.

Shake them several times while washing with running water, and then dry them naturally or remove the moisture with a dry towel according to your preference.



7. Vegetables that are rich in fiber



Celeries, Lemongrasses, Garden rhubarbs, Cabbages, Gingers.

Wash them with running water and remove any remaining dirt or impurities. The core of a cabbage can be squeezed depending on your preference. Tough, long-fibered vegetables should be cut into appropriate lengths before preparation.



8. Nuts



Almonds, Walnuts, Cashew nuts, (Fried) peanuts.

Soak them in warm water for about 10 minutes before squeezing.



9. Frozen fruits



Prepare fruits under the guidelines, cut them into pieces about two to four centimeters, and freeze them.



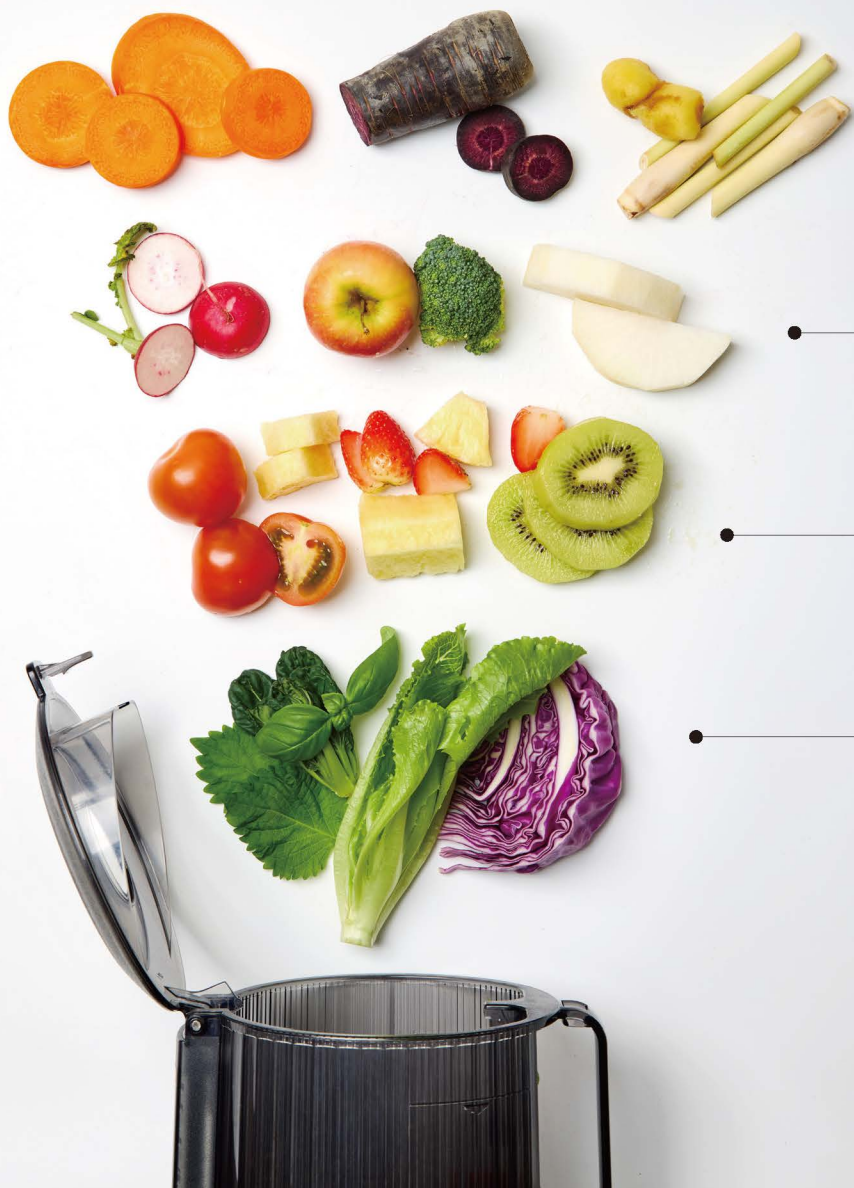
※ Put whole fruits into the hopper, or cut them into pieces to squeeze.

Layering order

Order for placing vegetables and fruits into the hopper.

Leaf vegetables → Soft ingredients → Firm ingredients → Hard ingredients.

Heavy ingredients press down on lighter ones, allowing for efficient and clean juicing.



04 Hard ingredients

Add hard ingredients such as beet, ginger, carrot, and lemongrass at the end.

03 Firm ingredients

Put firm ingredients such as apples, pears, potatoes, and broccolis.

02 Soft ingredients

Put soft ingredients such as grapes, lemons, strawberries, and tomatoes before the hard ingredients.

01 Leaf vegetables

Roll up the leafy vegetable ingredients, such as kale, cabbage, basil, and parsley, and put them in the hopper first.



PART 02
RECIPE

Drink your one day green juice

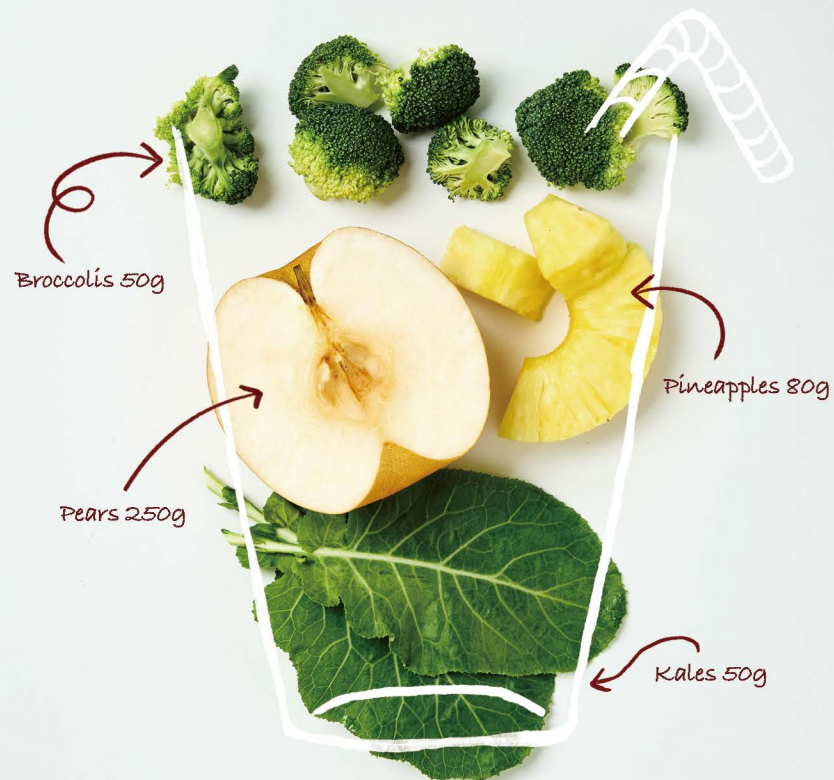
Key Nutrients

Vitamin C

Lutein

Bromelain

Chlorogenic acid



Sweetness Level :



Ingredient preparation (250ml)

- ① Kales _ 50g
- ② Pineapples _ 80g
- ③ Pears _ 250g
- ④ Broccoli _ 50g

Recipe

1. Wash ingredients thoroughly.
2. For a pineapple, remove the rind, and for a pear, remove the seed.
3. Cut it into appropriate-sized pieces.
4. Put the cut pieces into the hopper.

Applenut balance milk

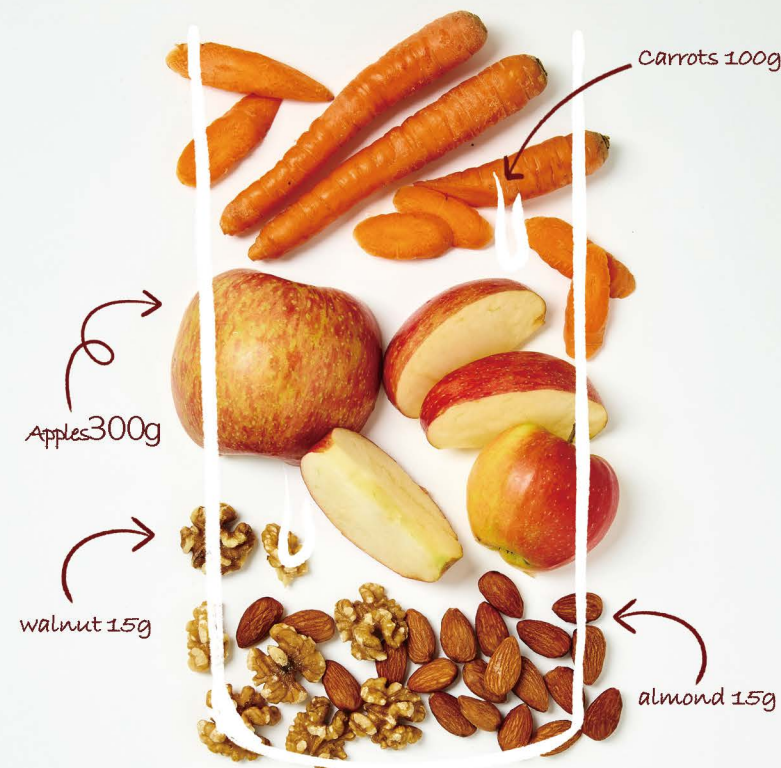
Key Nutrients

Vitamin E

Potassium

β-carotene

Quercetin



Sweetness Level :



Ingredient preparation (250ml)

- ① Walnut _15g
(the half of a measuring cup)
- ② Almond _15g
(the quarter of a measuring cup)
- ③ Apples _300g
- ④ Carrots _100g

Recipe

1. Wash ingredients thoroughly.
 2. For an apple, remove the seed.
 3. Cut it into appropriate-sized pieces.
 4. Put the cut pieces into the hopper.
- ※ Use the pusher as a measuring cup.

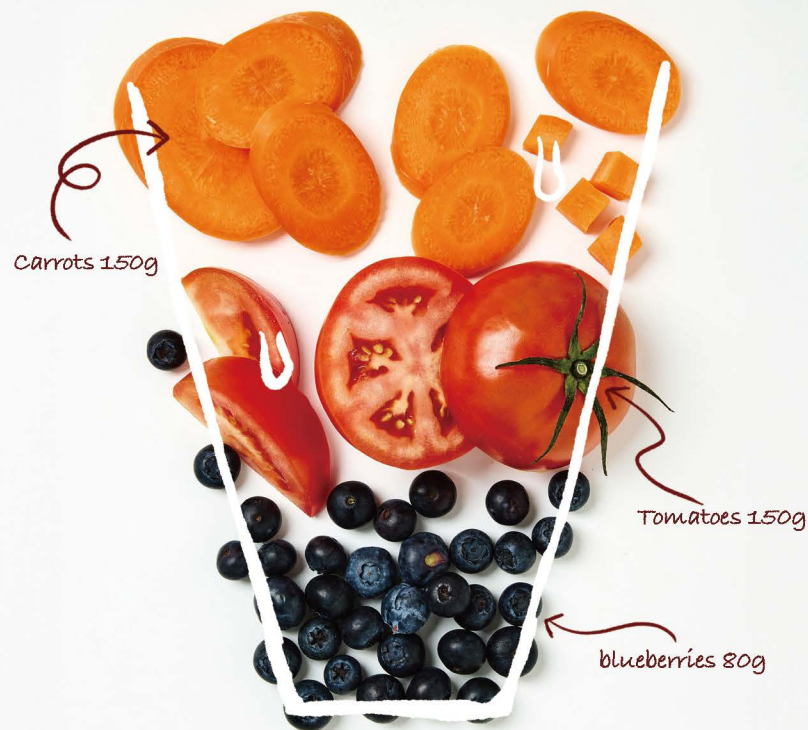
Juicy purple juice

Key Nutrients

Folic acid

Lycopene

Anthocyanin



Sweetness Level : ☒ ☐ ☐ ☐ ☐



Ingredient preparation (250ml)

- ① Blueberries_80g
- ② Tomatoes_150g
- ③ Carrots_150g

Recipe

1. Wash ingredients thoroughly.
2. Cut it into appropriate-sized pieces.
3. Put the cut pieces into the hopper.

Your daily energy: ABC juice

Key Nutrients

Vitamin C

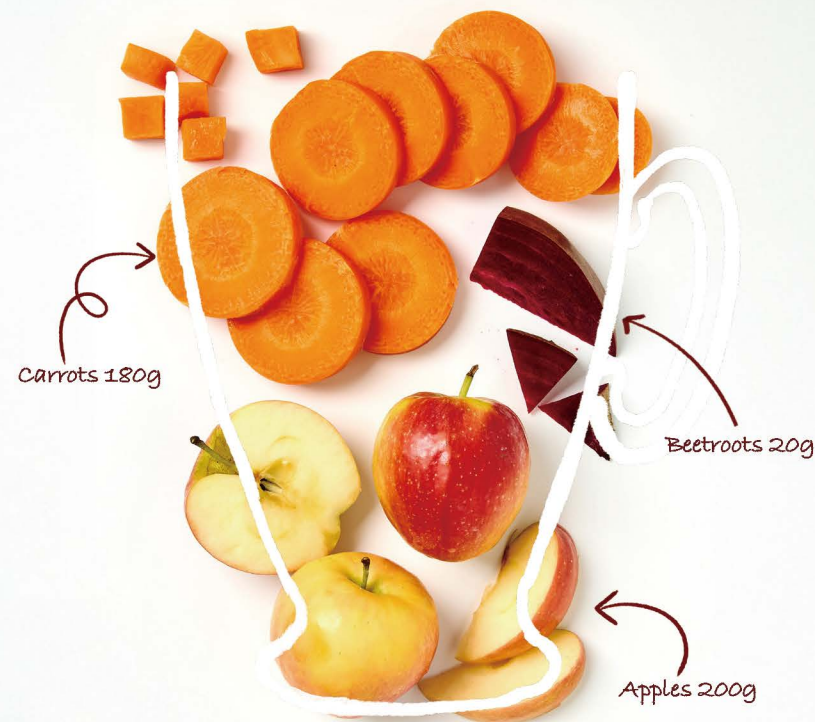
Vitamin K

Folic acid

Quercetin



Your daily energy: ABC juice is Hurom Juice Kit recipe that won the Superior Taste Award at the 2025 ITI International Food and Beverage Contest.



Sweetness Level : ☒ ☐ ☐ ☐ ☐



Ingredient preparation (250ml)

- ① Apples_200g
- ② Beetroots_20g
- ③ Carrots_180g

Recipe

1. Wash ingredients thoroughly.
2. For beetroots and carrots, peel them first.
3. Cut it into appropriate-sized pieces.
4. Put the cut pieces into the hopper.

A Healthy glass of rawcore juice a day

Golden delight

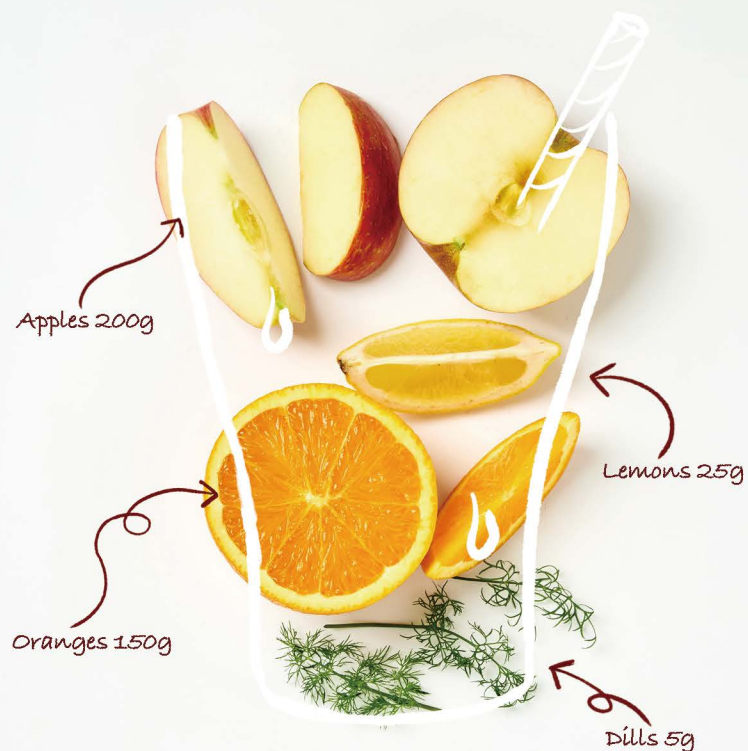
Key Nutrients

Vitamin C

Selenium

Limonene

Hesperidin



Sweetness Level : 



Ingredient preparation (250ml)

- 1 Dills_5g
- 2 Oranges _150g
- 3 Lemons _25g
- 4 Apples _200g

Recipe

1. Wash ingredients thoroughly.
2. For an apple, remove the seed.
3. Cut it into appropriate-sized pieces.
4. Put the cut pieces into the hopper.

A Healthy glass of rawcore juice a day

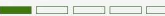
Real almond milk

Key Nutrients

Vitamin E

Magnesium



Sweetness Level : 



Ingredient preparation (250ml)

- 1 Almonds _150g
(two cups of a measuring cup)
- 2 Water _300g
- 3 A pinch of salt.

Recipe

1. Wash almonds thoroughly
2. To squeeze, put almonds into the hopper with water.
3. Add salt according to your preference.

Green CCA juice

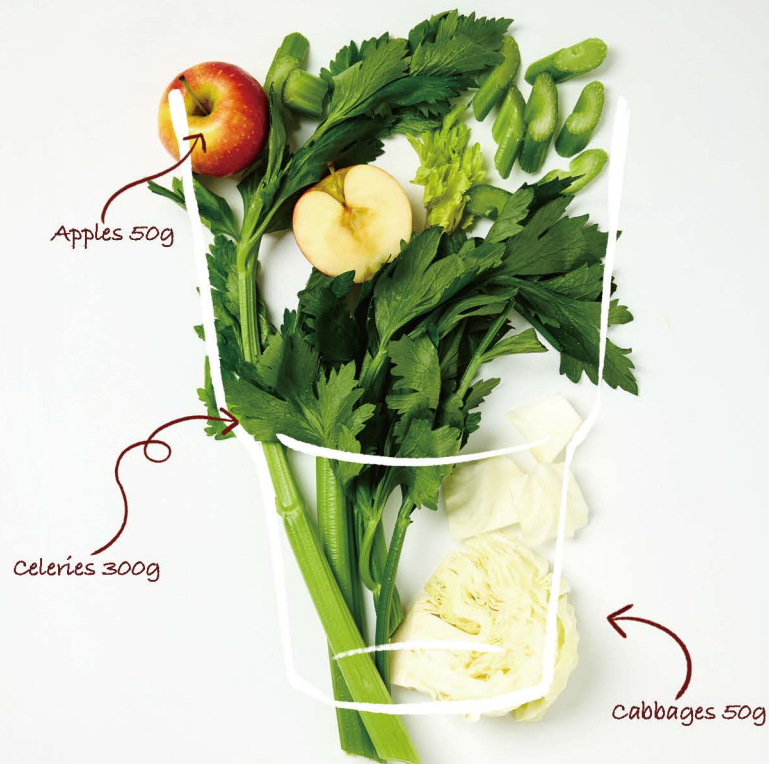
Key Nutrients

Folic acid

Vitamin U

Sulforaphane

Coumarin



Sweetness Level : ☒ ☐ ☐ ☐ ☐



Ingredient preparation (250ml)

- ① Cabbages _50g
- ② Celeries _300g
- ③ Apples _50g

Recipe

1. Wash ingredients thoroughly.
2. For an apple, remove the seed.
3. Cut it into appropriate-sized pieces.
4. Put the cut pieces into the hopper.

Silky-milky white

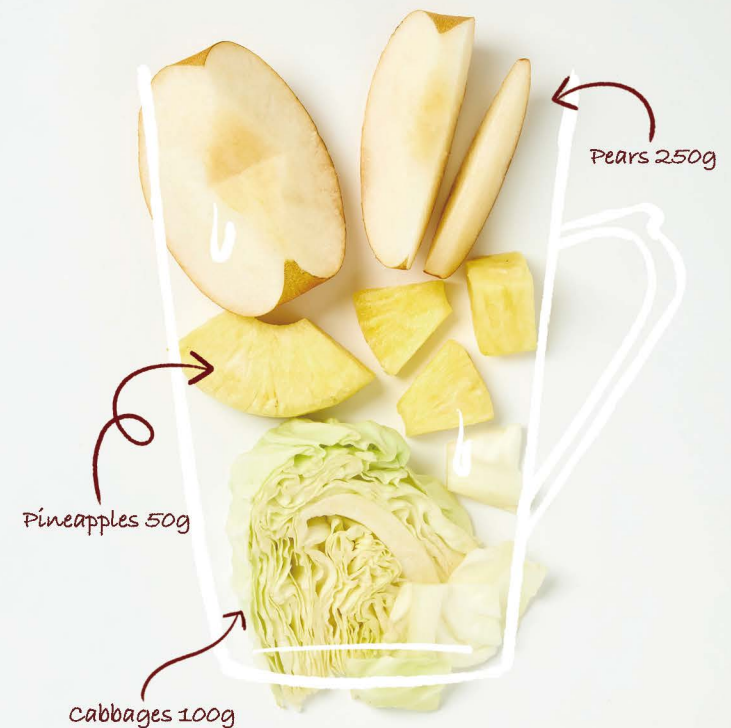
Key Nutrients

Vitamin U

Luteolin

Bromelain

Indole



Sweetness Level : ☒ ☐ ☐ ☐ ☐



Ingredient preparation (250ml)

- ① Cabbages _100g
- ② Pineapples _50g
- ③ Pears _ 250g

Recipe

1. Wash ingredients thoroughly.
2. For a pineapple, remove the rind, and for a pear, remove the seed.
3. Cut it into appropriate-sized pieces.
4. Put the cut pieces into the hopper.

Kale-lerý rawcore juice

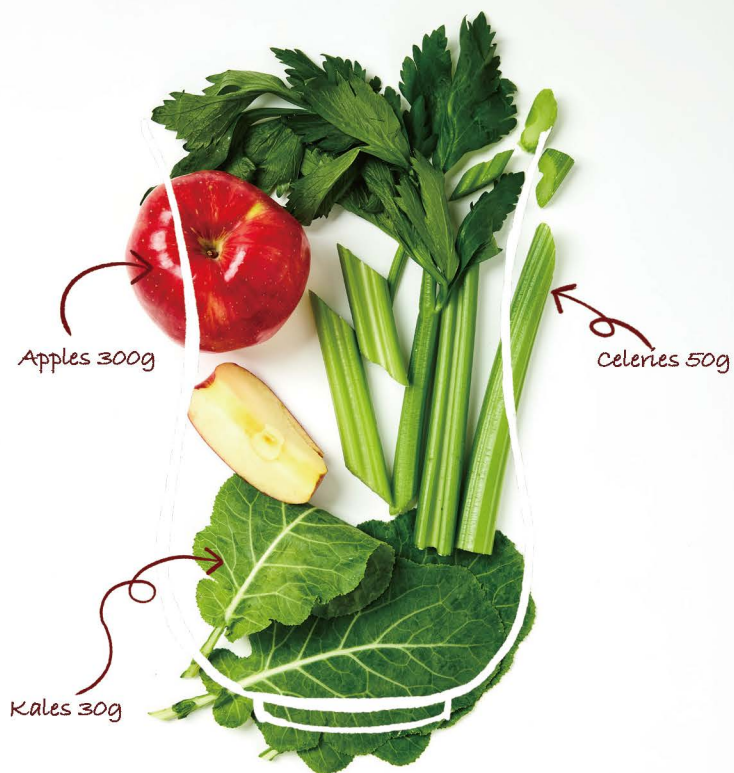
Key Nutrients

Folic acid

β -carotene

Lutein

Quercetin



Sweetness Level : ☒ ☒ ☒ ☒ ☐



Ingredient preparation (250ml)

- ① Kales _ 30g
- ② Celeries _ 50g
- ③ Apples _ 300g

Recipe

1. Wash ingredients thoroughly.
2. For an apple, remove the seed.
3. Cut it into appropriate-sized pieces.
4. Put the cut pieces into the hopper.

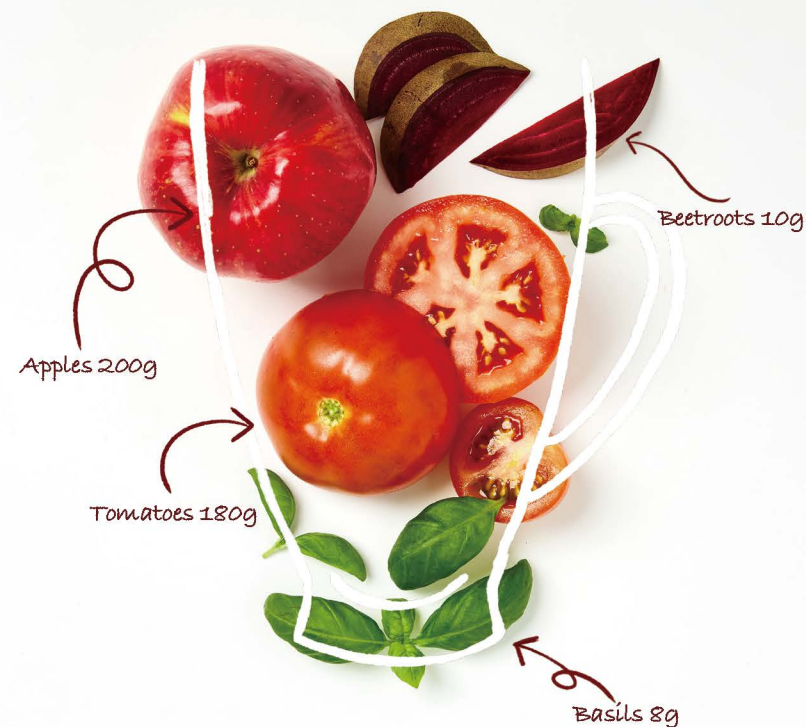
Relax basil-tomato juice

Key Nutrients

Lycopene

Betalain

Quercetin



Sweetness Level : 



Ingredient preparation (250ml)

- 1 Basils _ 8g
- 2 Tomatoes _ 180g
- 3 Apples _ 200g
- 4 Beetroots _ 10g

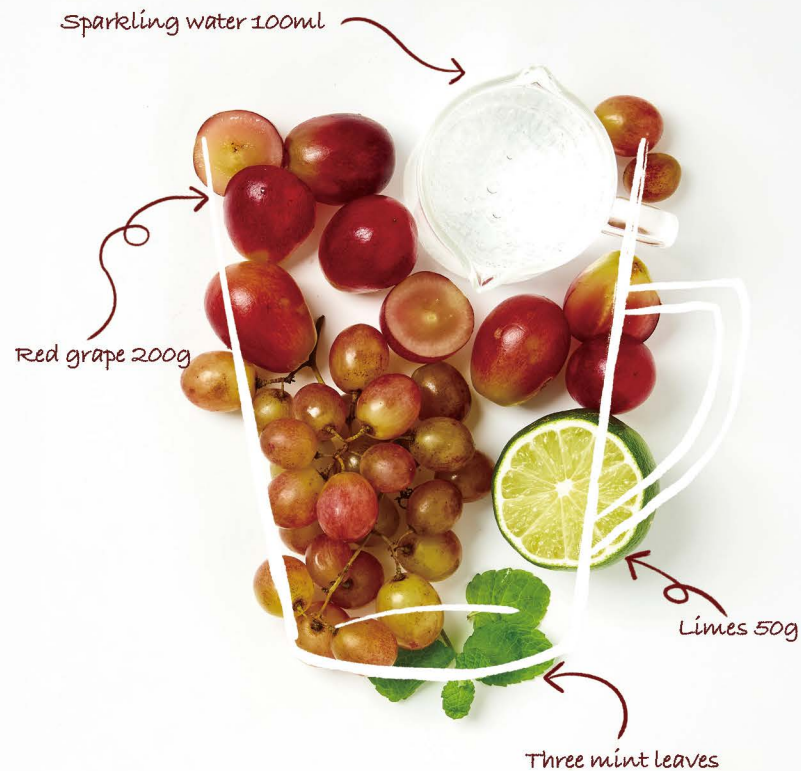
Recipe

1. Wash ingredients thoroughly.
2. For an apple, remove the seed.
3. Cut it into appropriate-sized pieces.
4. Put the cut pieces into the hopper.

Grape fizzy juice

Key Nutrients

Vitamin B₁ Resveratrol Anthocyanin Proanthocyanidin



Sweetness Level : ☒ ☒ ☒ ☐ ☐



Ingredient preparation (250ml)

- ① Three mint leaves
- ② Limes _ 50g
- ③ Red grape _ 200g
- ④ Sparkling water_ 100ml

Recipe

1. Wash ingredients thoroughly.
2. Remove grape berries from the stem.
3. Put the cut pieces into the hopper.

※ Use the pusher as a measuring cup.

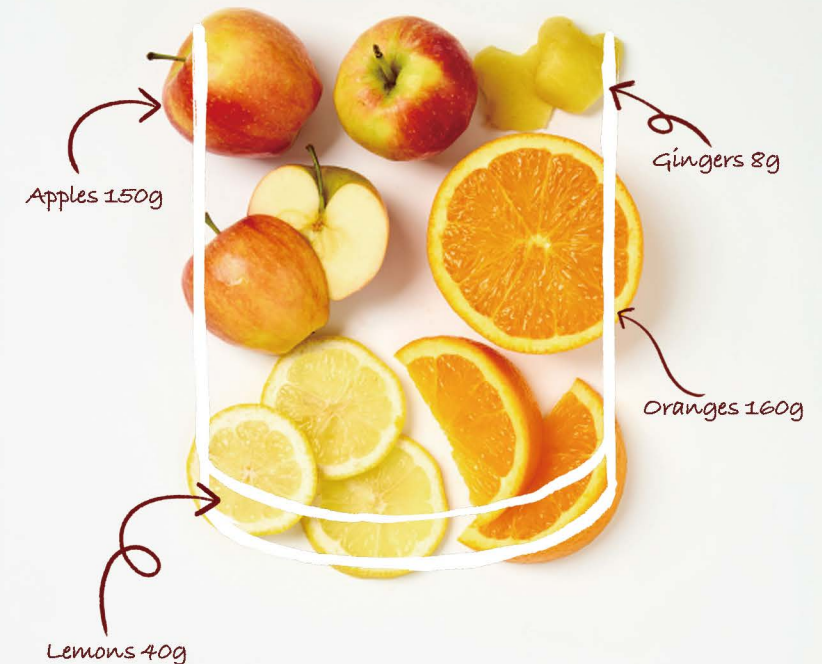
Ginger lemon

Key Nutrients

Vitamin C Naringin Gingerol Hesperidin



Ginger lemon is Hurom Juice Kit recipe that won the Superior Taste Award at the 2025 ITI International Food and Beverage Contest.



Sweetness Level : ☒ ☒ ☒ ☐ ☐



Ingredient preparation (250ml)

- ① Oranges _160g
- ② Lemons _ 40g
- ③ Apples _150g
- ④ Gingers _8g

Recipe

1. Wash ingredients thoroughly.
2. For oranges and lemons, remove the rind.
3. Cut it into appropriate-sized pieces.
4. Put the cut pieces into the hopper.

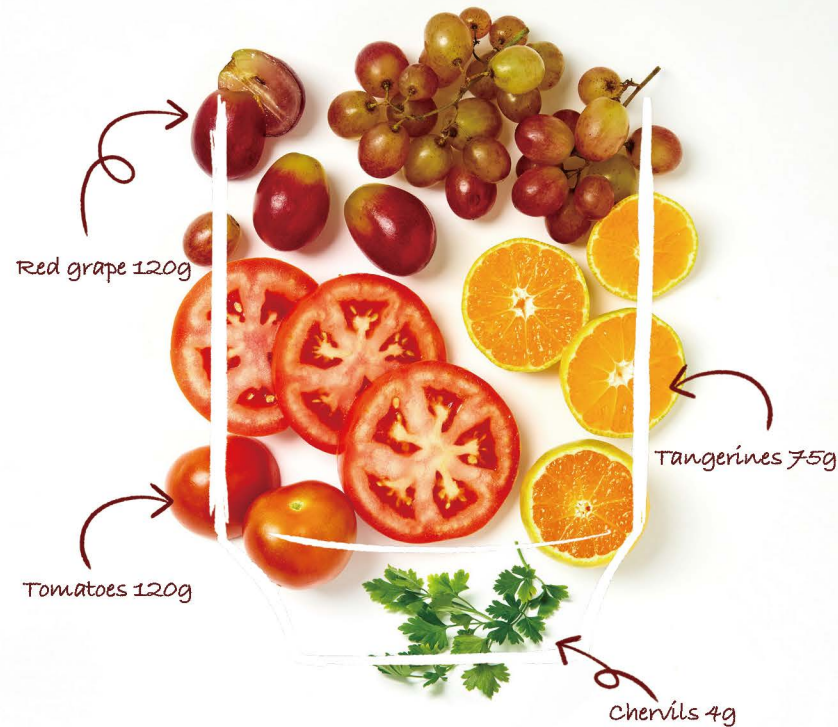
Milano energy

Key Nutrients

Vitamin B₁

Vitamin C

Lycopene



Sweetness Level :



Ingredient preparation (250ml)

- ① Chervils_ 4g
- ② Tomatoes _ 120g
- ③ Tangerines_ 75g
- ④ Red grape _ 120g

Recipe

1. Wash ingredients thoroughly.
2. Remove grape berries from the stem.
3. Cut it into appropriate-sized pieces.
4. Put the cut pieces into the hopper.

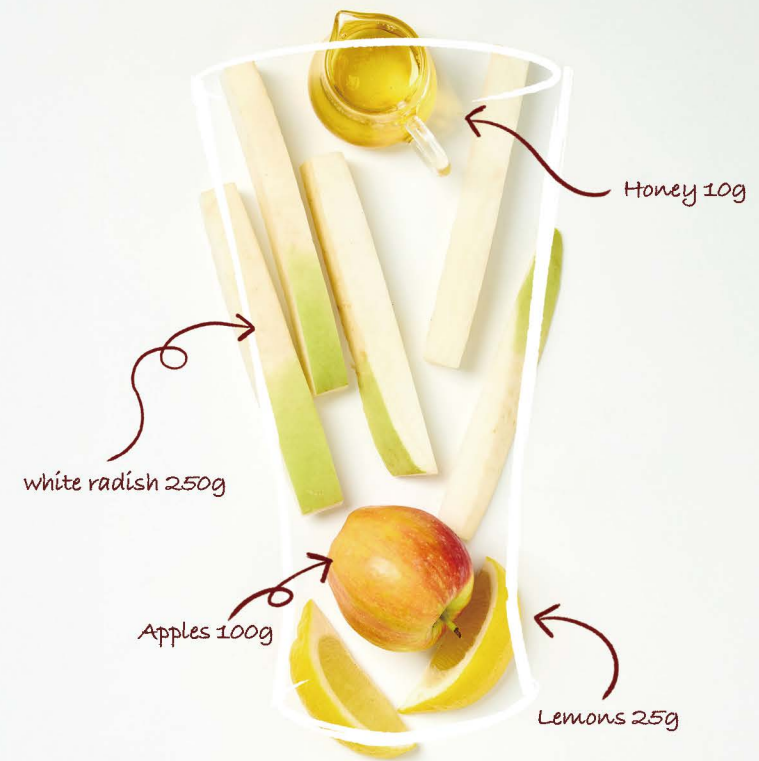
Clean white juice

Key Nutrients

Limonene

Isothiocyanate

Quercetin



Sweetness Level :



Ingredient preparation (250ml)

- ① Lemons _ 25g
- ② Apples _100g
- ③ White radish _250g
- ④ Honey _10g

Recipe

1. Wash ingredients thoroughly.
2. For an apple, remove the seed.
3. Cut it into appropriate-sized pieces.
4. Put the cut pieces into the hopper.
5. Add honey according to your preference.

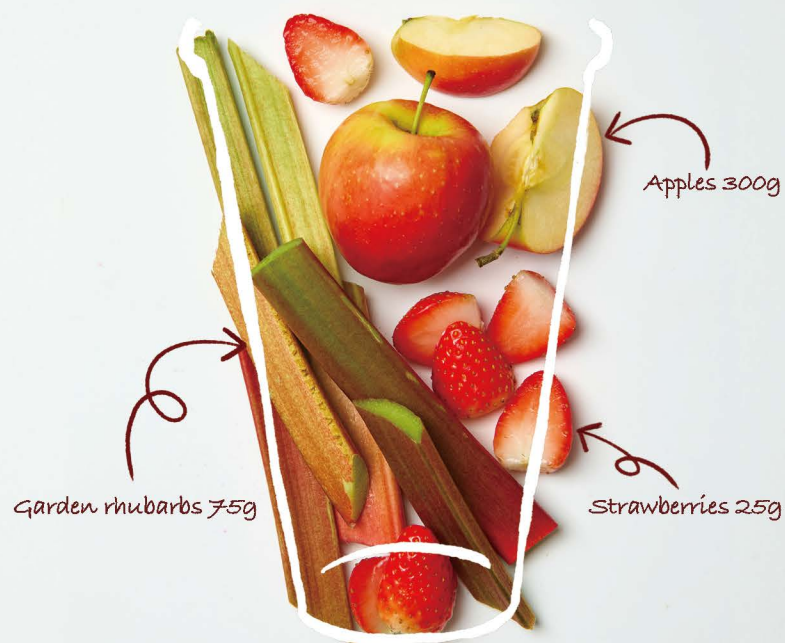
Heart-filling juice

Key Nutrients

Folic acid

Manganese

Quercetin



Sweetness Level : ☐ ☒ ☐ ☐ ☐



Ingredient preparation (250ml)

- 1 Strawberries _ 25g
- 2 Garden rhubarbs _ 75g
- 3 Apples _ 300g

Recipe

1. Wash ingredients thoroughly.
2. For an apple, remove the seed.
3. Cut it into appropriate-sized pieces.
4. Put the cut pieces into the hopper.

Greenlight juice

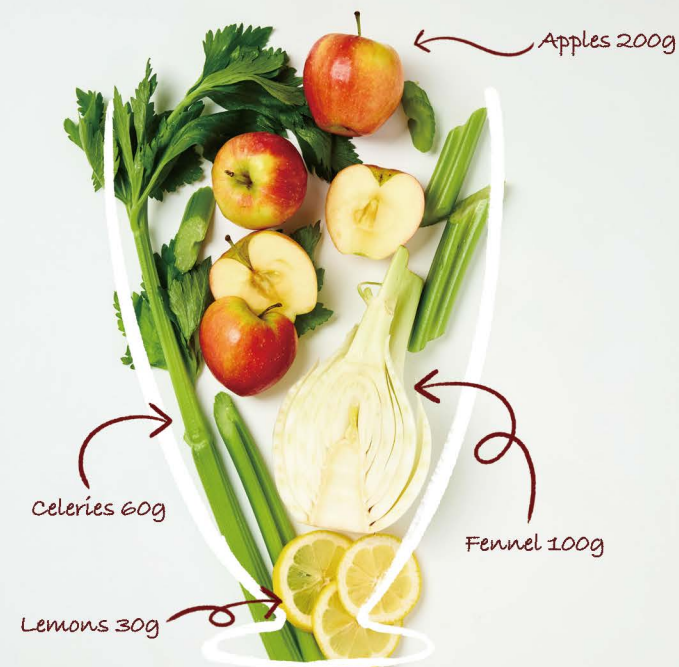
Key Nutrients

Calcium

β -carotene

Apigenin

Hesperidin



Sweetness Level: ☒ ☒ ☒ ☐ ☐



Ingredient preparation (250ml)

- ① Lemons _30g
- ② Celeries _60g
- ③ Fennel _100g
- ④ Apples _200g

Recipe

1. Wash ingredients thoroughly.
2. For an apple, remove the seed.
3. Cut it into appropriate-sized pieces.
4. Put the cut pieces into the hopper.

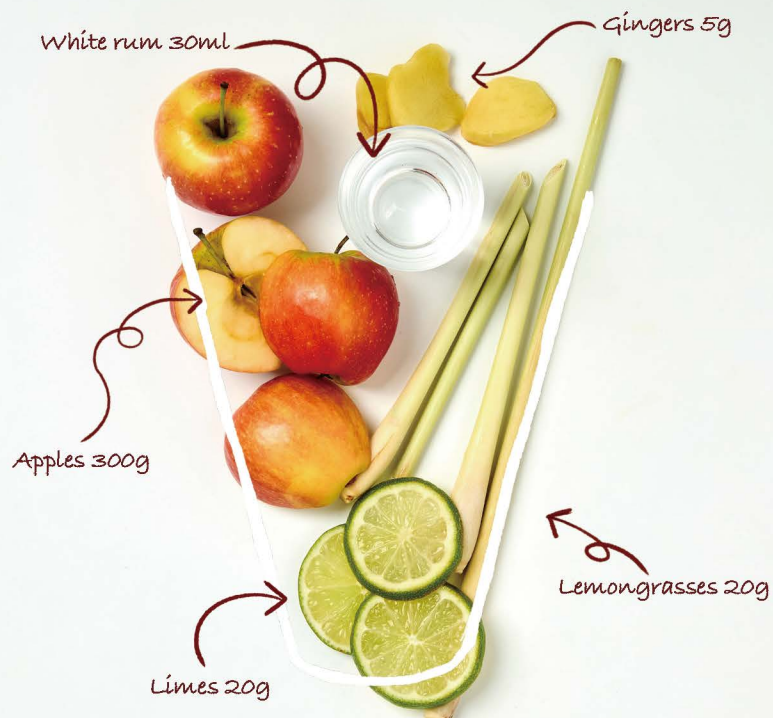
Asian-infusion cocktail

Key Nutrients

Organic Acid

p-Coumaric Acid

Gingerol



Sweetness Level : ————



Ingredient preparation (250ml)

- ① Limes _ 20g
- ② Apples _ 300g
- ③ Lemongrasses _ 20g
- ④ Gingers _ 5g
- ⑤ White rum _ 30ml

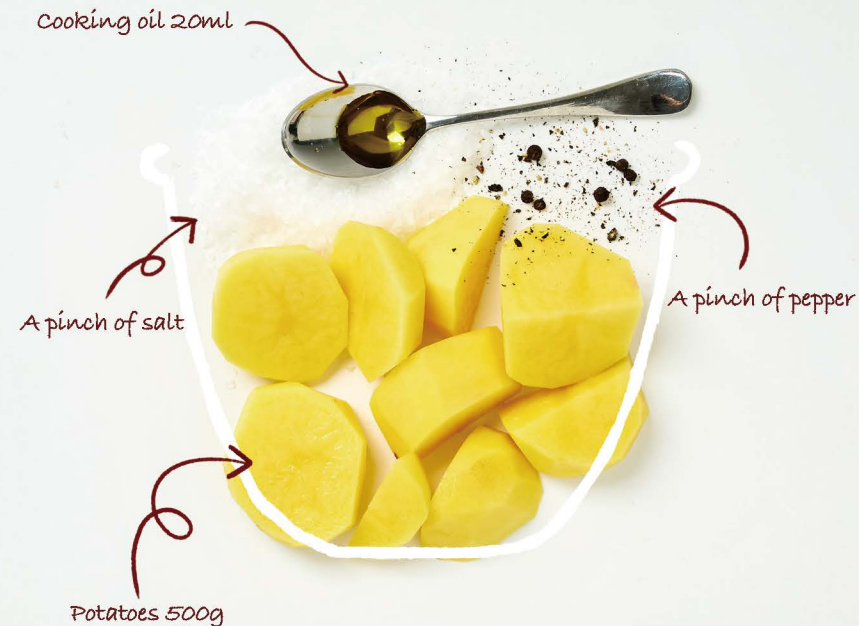
Recipe

1. Wash ingredients thoroughly.
2. For an apple, remove the seed.
3. Cut it into appropriate-sized pieces.
4. Put the cut pieces into the hopper.
5. Pour the squeezed juice into a cup and add white rum.

※ Use the pusher as a measuring cup.

Chewy potato pancake

Try hurom in a variety of ways, not just in juice, but also in cooking!



Ingredient preparation

- ① Potatoes _ 500g
- ② A pinch of salt
- ③ A pinch of pepper
- ④ Cooking oil _ 20ml
- ⑤ A small amount of a parsley

Recipe

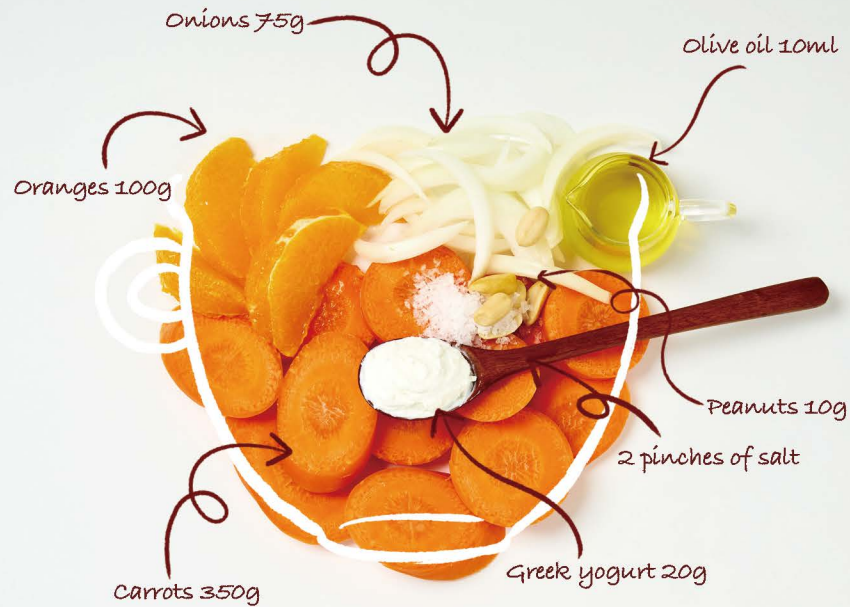
1. Wash and peel off the potatoes.
2. Cut them into pieces for the hopper, and squeeze them.
3. Leave the squeezed potato juice for about 5 minutes until the starch settle down.
4. Put the prepared starch, salt, and pepper into a potato puree, and stir it.
5. Apply cooking oil onto a heated pan, and cook the puree until it becomes brown.
6. Sprinkle the prepared parsley to add a touch of color.

※ Use the pusher as a measuring cup.



Creamy orange carrot soup

Try hurom in a variety of ways, not just in juice, but also in cooking!



Ingredient preparation

- ① Oranges _100g
- ② Onions _75g
- ③ Carrots _350g
- ④ Olive oil _10ml
- ⑤ Greek yogurt _20g
- ⑥ Peanuts _10g
- ⑦ 2 pinches of salt



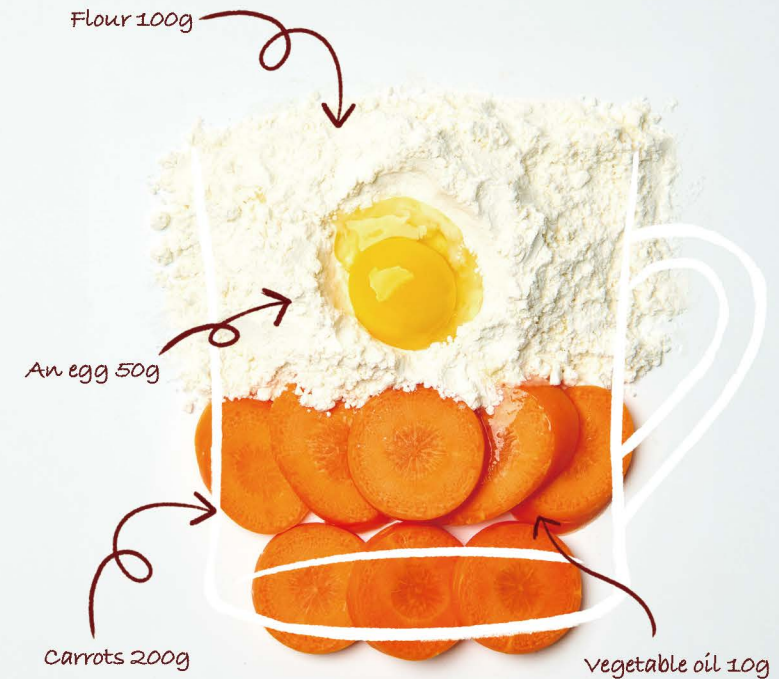
Recipe

1. Wash ingredients thoroughly.
2. Peel the oranges and onions.
3. Cut it into appropriate-sized pieces.
4. Put the cut pieces into the hopper.
5. Mix the puree with the squeezed juice and boil it, lower down the heat, and stir until it becomes creamy like soup.
6. When it becomes cream like soup, add the prepared peanuts, greek yogurt, and olive oil to finish.
7. Add salt according to your preference.

※ Use the pusher as a measuring cup.

Pet-mily Carrot Cookies

Cook healthy and delicious meals for your beloved family!



Ingredient preparation

- ① Carrots _ 200g
- ② Flour _ 100g
- ③ An egg _ 50g
- ④ Vegetable oil_ 10g
(i.e., olive oil/coconut oil)

Recommended daily usage(Based on 10 pcs)	
Pet's weight	Usage
Less than 3 kg	1~2
3 kg or more to less than 5 kg	2~3
5 kg or more to less than 10 kg	3~5



Recipe

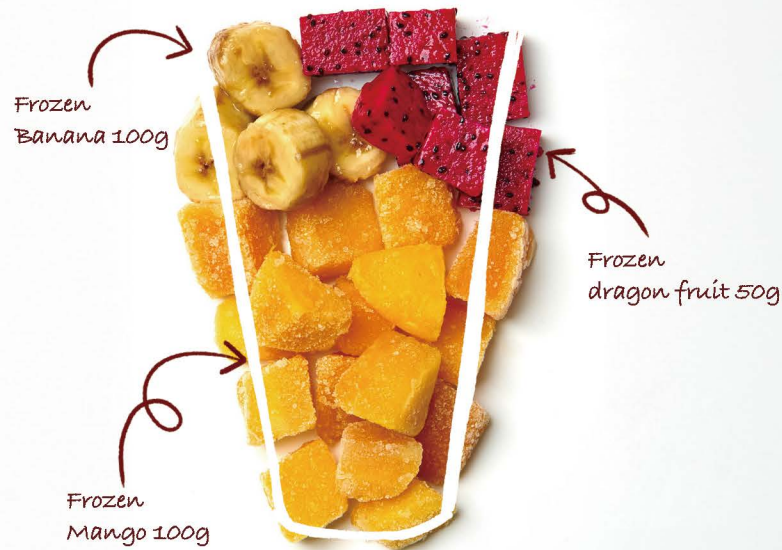
1. Wash carrots, and cut them into pieces to put into the hopper.
2. Put the pieces into the hopper to squeeze.
3. Mix the carrot puree with rice powder and an egg. Then, add 30 ml of carrot juice and 10 g of olive oil to knead.
4. Cover the batter well, and rest it in a refrigerator for about 30 minutes.
5. Make the shape you want, and bake it in an oven at 180 degrees Celsius for about 20 minutes.

※ Use the pusher as a measuring cup.

TIP: Vegetable oil is used to prevent cookies from clumping and make the smooth texture but they can be skipped according to your preference

Tropical sunshine sorbet

Try hurom in a variety of ways, not just in juice, but also in cooking!



Ingredient preparation

- ❶ Frozen Mango _ 100g
- ❷ Frozen Banana _ 100g
- ❸ Frozen dragon fruit _ 50g

※ Loading too many frozen or hard ingredients into the hopper at once may overload the motor and cause the appliance to stop.



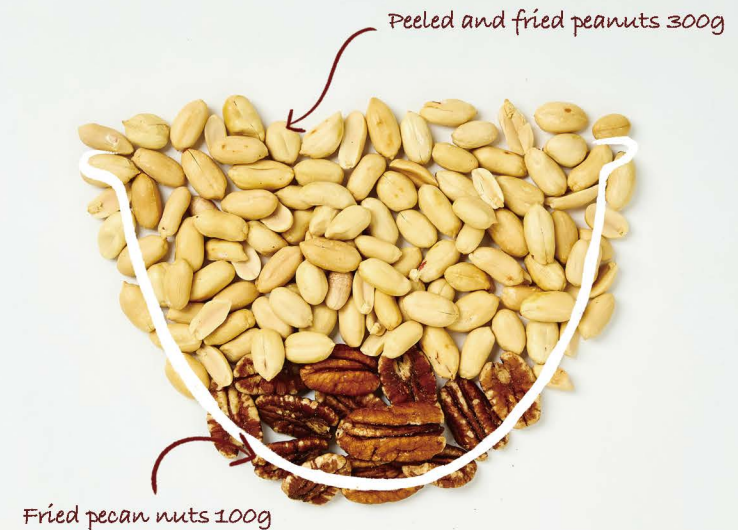
Recipe

1. Insert the Ice cream strainer, not the stainless steel one, inside the drum.
2. Close the juice cap, and remove the "Juicing Packing Holder" inserted into the puree outlet.
3. Put a cup beneath the outlet, and squeeze the prepared ingredients by slowly putting each small amount into the hopper.
4. You should enjoy the cooked sorbet while it's full of freshness.

TIP : If you want some nutty flavor, add 20 g of coconut chunks.

Creamy peanut butter

Try hurom in a variety of ways, not just in juice, but also in cooking!



Ingredient preparation

- ❶ Peeled and fried peanuts _300g
- ❷ Fried pecan nuts _100g

※ You may damage the ice cream mesh if you use hot or warm ingredients, so please cool them down before cooking.



Recipe

1. Insert the Ice cream strainer, not the stainless steel one, inside the drum.
2. Close the juice cap, and remove the "Juicing Packing Holder" inserted into the puree outlet.
3. Close the juice cap, and remove the "fit and clean" inserted into the puree outlet.
4. Put the extracted pecan butter into the hopper again, and repeat the process once more.

※ Use the pusher as a measuring cup.

TIP : If you want the smoother texture, add a spoonful of extra virgin olive oil.

Special ways to enjoy Hurom



1. Dressing for vegetables and fruits

- Put four spoonfuls of squeezed vegetable and/or fruit juice, four spoonfuls of olive oil, and a spoonful of oligosaccharide, mix them well, and add salt to season to your taste.
- Enjoy the prepared dressing with a bowl of fresh salad.

2. Nutty ssamjang

- Put and mix two spoonfuls of nut puree, two spoonfuls of doenjang (soy bean paste), half a spoonful of crushed garlic, two spoonfuls of sesame oil, and a spoonful of honey.
- Enjoy the prepared nut ssamjang with fresh vegetables for wrap.



3. All-around vegetable and fruit butter

- Mix three spoonfuls of a puree of vegetables and fruits with 500 g of a butter, which has already been put out at room temperature, wrap the mixture with a greased cooking sheet, and put it in a refrigerator.
- Spread the mixed butter on a bread or enjoy it with a steak.



4. Vegetable/Fruit jam

- Mix 600 g of squeezed vegetable or fruit juice, 300 g of sugar, and a teaspoonful of lemon juice, and stir the mixture to boil down on medium low heat.
- If the shape is preserved when hot jam is dropped into cold water, it is completed.

5. Orange facial mask sheet

- Mix puree from 2 juiced oranges, 2 tbsp of orange juice, 85 g of plain yogurt, and 1 tbsp of flour thoroughly.
- After washing your face, put a facial mask sheet, apply the orange mixture to the sheet, and rest for about 15 to 20 minutes before washing your face with water.



6. Cucumber Mist

- Mix 30 ml of cucumber juice strained using cheesecloth with 70 ml of purified water.
- Refrigerate and consume immediately.







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