



Gareth's guide to juice machines:

Drinking fresh low sugar vegetable and fruit juices is one of the best ways to get super nutritious, easily absorbed foods into your body. To juice fresh produce you need a good juice machine. It's worth spending a reasonable sum on a good quality machine. See it as an investment in your health and wellbeing.

Different ways of getting juice!

There are several ways of turning plant parts into juice, including pressing, sieving and masticating, but commercially available juicers fall into three major categories:

a) Centrifugal machines:

Usually the least expensive machines

Advantages: quick, less expensive machines

Disadvantages: heats juice, limited effectiveness with leafy greens and cannot juice wheatgrass
Doesn't make nut butters.



b) Auger / masticating juice machines:

Prices (£299-£399)

Advantages: slow pressing action preserves nutrients. Small "footprint" on kitchen work surfaces. Machines listed below can be used for nut butters.

Disadvantages: Not many! May need other produce for good wheatgrass yields

- 1.KT2200 [\(click here\)](#) £299
- 2.Tribest Slowstar [\(click here\)](#) £399



c) Twin gear juice machines:

"Top end". £300-£1,000

Advantages: Ultimate juicing. Leaves very dry pulp and preserves all nutrients. Can be used for nut butters.

Disadvantages: Big, heavy and more complicated to clean, dismantle and re-assemble

