



\$329.95 (Amazon) Blendtec.

- Commercial-quality 1,560-watt countertop blender with 3 HP direct-drive motor
- Preprogrammed blending cycles; digital touchpad controls; auto shutoff
- 2-prong stainless-steel blade spins at up to 29,000 rpm; ice-crushing guarantee
- 2-quart square blending jar; secure-fitting lid; user guide and recipes included
- Measures 7 by 8 by 15.5 inches; 3-year motor-base warranty; 1-year jar warranty; lifetime coupling-and-blade warranty. For blending, not juicing. Vitamix's are good as well.



\$127.99 (Amazon) The FoodSaver® Vacuum Sealing System keeps food fresh up to 5x longer and saves up to \$2700 per year based on buying in bulk, on sale and preventing waste. Fully automatic operation uses exclusive technology to automatically sense the bag and food type to create a perfect, air-tight seal. Use a wide mouth



adaptor (online)

Fresh veggie fruit combo daily. We use carrots 7 lb, kale 3 bushels, cabbage 1 medium, ginger 3-5 thumbs, cucumbers 9, granny smith sour apples 3 lbs, beets, 6 lemons, 2 medium bushels say 8 beets plus greens, 2 fennel, 2 pineapple, 4 pears, three celery bushels. Makes around 2.5 gallons. Put ALL in large tub and quickly strain off most of froth. Pour to fill minus 1 inch in large ½ gal mason jars and Foodsaver them with Large mouth Adaptor to remove oxygen. Store upright and do not shake until you have scooped off the top scum that is dried out useless matter. Shake and enjoy. Blood sugar issues? Try Liquid www.breathing.com/e3live.htm



\$399.99 (Bed Bath & Beyond)

Breville® Juice Fountain® Duo is equipped with a puree disc for making 100% fruit smoothies and a 3.3" feed chute to practically eliminate the need for pre-cutting prior to use

Ultra-sharp Nutri Disc with titanium reinforced cutting blades and stainless steel micro mesh filter ensures consistent maximum juice extraction

Five variable speeds ranging from 6,500 RPM - 13,000 RPM allow precise control for juicing a wide variety of fruits and vegetables, from delicate or hard fruits to leafy and fibrous vegetables

Includes:

3.2-qt. pulp container 1.1-quart juice jug with froth separator

Safety lock mechanism prevents unsafe operation

1200 watts BPA free materials

Hand wash only Measures 12" L x 8.5" W x 17" H

1-year manufacturer's warranty Model BJE820XL