

concept
smartly designed for your life

Recipe book for LO7300

Naturally.
Simply.
With joy.



100%
NATURAL
INSPIRATION



DISCOVER THE LO7300 PROGRAMS

Each program is designed to get the very best from your ingredients - maximum flavour, colour and nutrients.



PROGRAM AI

An intelligent program for most ingredients. Automatically sets the optimum speed and juicing time.



APPLE

For juicing different apple varieties. An ideal base for pure apple juice or combinations with other fruit and vegetables.



PINEAPPLE

For pineapple and tropical fruit juice. Enjoy the fresh flavour of pineapple on its own or in your favourite fruit combinations.



ORANGE

For juicing peeled oranges and other citrus fruits. Prepare refreshing juice from oranges, grapefruits, mandarins or a mixture.



BERRIES

For berries and soft fruit. Enjoy juice from strawberries, raspberries, blueberries or blackberries, full of summer flavour.



CUCUMBER

For preparing light, refreshing cucumber juice. Delicious on its own or combined with apple or citrus fruit.



CARROT

For juicing carrots and other root vegetables. Their naturally sweet flavour pairs perfectly with apple or orange.



MILK

For making homemade plant-based drinks from nuts and grains. Try almond, cashew or oat drink according to your taste.



SORBET

For preparing sorbets and frozen fruit desserts. Combine mango, berries or banana to create your own refreshing blend.



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TIP FOR PERFECT RESULTS

Always wash the ingredients thoroughly and cut them into smaller pieces that fit easily through the feeding chute. Alternate softer and harder ingredients for smooth juicing.



All recipes have been created especially for the LO7300 juicer, bringing you joy, health and inspiration every day.

GREEN JUICE

A refreshing green juice packed with vitamins.



10 MIN



2
SERVINGS



PROGRAM

INGREDIENTS

- 2 cucumbers
- 3 apples
- 2 cm fresh ginger
- 3 celery stalks
- 2 handfuls baby spinach
- ½ lemon

METHOD

1. Clean the ingredients, peel the lemon and juice everything gradually using the AI program.



TIP

For maximum nutrients, drink fresh juice immediately.

WATERMELON MOJITO

Summer refreshment with watermelon, lime and mint.



15 MIN



2
SERVINGS



PROGRAM

INGREDIENTS

- 800 g red watermelon
- 2 limes
- 2 handfuls fresh mint
- 2–3 tsp cane sugar
- ice
- lime and mint to garnish
- optional: white rum

METHOD

1. Cut the watermelon into smaller pieces. Juice it with a few mint leaves and a piece of peeled lime.
2. Add ice and mint to the glasses, then pour in the watermelon juice.
3. For an alcoholic version, add 40 – 50 ml white rum per glass.



TIP

Chill the watermelon well before preparation; the drink will stay refreshing with less ice.

TOMATO PASSATA

A wholesome homemade base for sauces, soups and pizza.



20 MIN



4
SERVINGS



PROGRAM

INGREDIENTS

- 2 kg fresh tomatoes
- optional: fresh basil

METHOD

1. Gradually juice the washed tomatoes using the Sorbet program.
2. Use the passata immediately, preserve it or freeze it. It is perfect for soups, sauces and pizza bases.



TIP

For the fullest flavour, use perfectly ripe seasonal tomatoes.

GINGER SHOT

A concentrated dose of ginger and citrus.



10 MIN



4 SHOTS



PROGRAM

INGREDIENTS

- 150 g fresh ginger
- 2 lemons
- 2 oranges
- optional: 1–2 tbsp honey
- 50–100 ml water

METHOD

1. Wash the ginger; organic or thoroughly cleaned ginger does not need peeling.
2. Gradually juice the ginger and peeled citrus fruit using the AI program.
3. Add honey and water if desired, then stir.



TIP

Store the shot in a sealed bottle in the refrigerator and consume within 48 hours.

POPPY SEED MILK

A delicate plant-based alternative with a nutty flavour.



4 H + 10 MIN



4
SERVINGS



PROGRAM

INGREDIENTS

- 100 g whole blue poppy seeds
- optional: 3 dates
- water

METHOD

1. Soak the poppy seeds for at least 4 hours, ideally overnight.
2. Drain the water and rinse the seeds.
3. Alternate spoonfuls of poppy seeds, water and dates in the juicer. Select the Milk program.



TIP

Poppy seeds are a natural source of calcium, magnesium and phosphorus.

TURMERIC GINGER SHOT

A bold, spicy shot with a fresh citrus note.



10 MIN



4 SHOTS



PROGRAM

INGREDIENTS

- 100 g ginger
- 50 g fresh turmeric
- 2 lemons
- pinch of black pepper
- 1 tbsp honey

METHOD

1. Wash the ginger and turmeric; thoroughly cleaned roots do not need peeling.
2. Gradually juice them with the peeled lemons using the AI program.
3. Add honey and pepper to the juice, then stir.



TIP

Black pepper supports the absorption of curcumin from turmeric.

FRUIT POPSICLES

Colourful homemade popsicles made only from fruit.



15 MIN
+ FREEZING



6
POPSICLES



PROGRAM

INGREDIENTS

- fruit of your choice: strawberries, raspberries, apricots or peaches
- optional: maple syrup or honey

METHOD

1. Juice the fruit; select the program according to the type of fruit.
2. Sweeten the juice to taste.
3. Pour into popsicle moulds and freeze completely.



TIP

Layer several juices, briefly freezing each layer before adding the next.

ENERGY GINGER SHOT

A fresh citrus shot for an energetic start to the day.



10 MIN



4 SHOTS



PROGRAM

INGREDIENTS

- 80 g ginger
- 2 oranges
- 1 grapefruit
- 1 lemon

METHOD

1. Wash the ginger; organic or thoroughly cleaned ginger does not need peeling.
2. Gradually juice the ginger and all peeled citrus fruit using the AI program.



TIP

This version is milder and fresher than a classic ginger shot.

HOMEMADE STRAWBERRY JAM

Fragrant seasonal jam with the full flavour of strawberries.



45 MIN



4 JARS



PROGRAM

INGREDIENTS

- 1 kg fresh strawberries
- 350 g sugar
- juice of 1 lemon

METHOD

1. Wash the strawberries, remove the stems and juice them using the Berries program.
2. Transfer the pulp to a saucepan, add the sugar and lemon juice.
3. Cook for about 30 minutes, stirring frequently.
4. Pour the hot jam into sterilised jars and seal.



TIP

A shorter cooking time helps preserve the natural aroma of ripe seasonal strawberries.

GREEN SHOT

A light vegetable shot with a refreshing flavour.



10 MIN



4 SHOTS



PROGRAM

INGREDIENTS

- ½ cucumber
- 2 celery stalks
- handful of parsley
- 1 lemon
- 50 g ginger

METHOD

1. Wash the ginger; organic or thoroughly cleaned ginger does not need peeling.
2. Gradually juice all ingredients using the AI program.



TIP

For a milder flavour, add half a green apple.

HOMEMADE PEANUT BUTTER

Creamy butter made from just a few simple ingredients.



15 MIN



1 JAR



PROGRAM

INGREDIENTS

- 500 g roasted unsalted peanuts
- ½ tsp salt
- optional: 50 ml peanut or rapeseed oil

METHOD

1. Place the peanuts in the juicer and add the remaining ingredients.
2. Select the AI program.
3. Transfer the butter to an airtight container and store in the fridge.



TIP

Use freshly roasted peanuts; add the oil gradually until you reach the desired consistency.

APPLE GINGER SHOT

A sweeter ginger shot with apple and cinnamon.



10 MIN



4 SHOTS



PROGRAM

INGREDIENTS

- 2 apples
- 80 g ginger
- 1 lemon
- pinch of ground cinnamon

METHOD

1. Wash the ginger; organic or thoroughly cleaned ginger does not need peeling.
2. Gradually juice the ginger, apples and peeled lemon using the AI program.
3. Add the cinnamon and stir.



TIP

A suitable version for anyone who finds fresh ginger too sharp.

OAT MILK

A light homemade plant-based drink with no unnecessary additives.



25 MIN



1 L



PROGRAM

INGREDIENTS

- 100 g rolled oats
- 1 L cold water
- pinch of salt
- optional: 2 dates
- optional: ½ tsp vanilla extract

METHOD

1. Soak the oats in boiled water for about 15 minutes.
2. Place them in the juicer, add the dates and select the Milk program.
3. Add salt and vanilla, pour into bottles and shake before serving.



TIP

For a lighter drink, add more water. Refrigerate and consume within 3 days.

PINEAPPLE SHOT

A tropically fresh combination of pineapple, ginger and lime.



10 MIN



4 SHOTS



PROGRAM

INGREDIENTS

- 250 g fresh pineapple
- 70 g ginger
- 1 lime
- a few mint leaves

METHOD

1. Wash the ginger; organic or thoroughly cleaned ginger does not need peeling.
2. Gradually juice the ginger, pineapple and peeled lime using the AI program.
3. Garnish with mint leaves.



TIP

Chill the ingredients before preparation for the most refreshing result.

PIÑA COLADA

A creamy tropical drink with pineapple and coconut.



15 MIN



4
SERVINGS



PROGRAM

INGREDIENTS

- 1 fresh pineapple
- 250 ml coconut milk
- juice of 1 lime
- optional: 1–2 tsp honey
- ice cubes

METHOD

1. Peel and chop the pineapple, removing the hard core.
2. Select the Pineapple program for the pineapple juice.
3. Add the coconut milk, lime juice and honey. Stir and serve over ice.



TIP

For a creamier consistency, chill all ingredients thoroughly before preparation.

RED SHOT

A richly coloured vegetable shot with beetroot and carrot.



10 MIN



4 SHOTS



PROGRAM

INGREDIENTS

- 1 beetroot
- 2 carrots
- 60 g ginger
- 1 lemon

METHOD

1. Wash the ginger, beetroot and carrots thoroughly; peel the lemon.
2. Gradually juice all ingredients and serve immediately.



TIP

Protect your work surface when handling beetroot – its juice stains intensely.

IMMUNE-BOOSTING JUICE

Carrot, orange and ginger in one refreshing glass.



10 MIN



2
SERVINGS



PROGRAM

INGREDIENTS

- 3 carrots
- 2 oranges
- 2 cm fresh ginger
- ½ lemon

METHOD

1. Wash the fruit and vegetables.
Peel the oranges and lemon.
2. Gradually juice the ingredients using the Orange program.
3. Stir and serve immediately.



TIP

For an extra-refreshing taste, add a few ice cubes before serving.

STRAWBERRY SORBET

A quick fruit dessert made from frozen strawberries.



10 MIN



4
SERVINGS



PROGRAM

INGREDIENTS

- 500 g frozen strawberries
- juice of ½ lemon
- optional: 1–2 tbsp honey
- mint leaves to garnish

METHOD

1. Remove the strawberries from the freezer about 5 minutes beforehand.
2. Place them in the juicer, add the lemon juice and select the Sorbet program.
3. Sweeten to taste, stir gently and garnish with mint.



TIP

Serve in chilled dishes so the sorbet keeps its consistency longer.

BEET KVASS

A traditional fermented drink with an intense colour.



20 MIN
+ 5-7 DAYS



1 L



PROGRAM

INGREDIENTS

- 1 kg beetroot
- 3 garlic cloves
- 1 L boiled, cooled water
- 1 tbsp salt
- 3 bay leaves
- 5 allspice berries
- 6 peppercorns

METHOD

1. Wash and chop the beetroot. Place about 200 g of slices in a sterilised jar.
2. Juice the remainder using the AI program and pour the juice into the jar.
3. Add garlic, spices and salted water, then leave at room temperature for 5-7 days.



TIP

Use kvass as a drink or as a distinctive base for traditional borscht.

PEAR SORBET

Delicate fruit sorbet with lemon and mint.



10 MIN



4
SERVINGS



PROGRAM

INGREDIENTS

- 4 ripe pears, chopped and frozen
- juice of ½ lemon
- optional: 1 tbsp honey
- mint leaves to garnish

METHOD

1. Remove the pears from the freezer about 5 minutes beforehand.
2. Place them in the juicer and select the Sorbet program.
3. Add lemon juice and honey if desired; serve with pear slices and mint.



TIP

Use very ripe pears – the sorbet will be naturally sweet even without honey.