

# JUICER PRODUCT REVIEW

Rating System: 4 = Excellent 3 = Pretty Great 2 = Average 1 = Meh

## CENTRIFUGAL

**Centrifugal uses a fast-spinning grater to shred produce.** Produce is ground to a pulp and juice pours into bowl while pulp is collected in a catch basket.

**Pros:** Easy to clean and use, super fast, takes up less counter space, no need to prep or peel veggies and

**Cons:** Doesn't juice greens well, very noisy, juice has shorter shelf-life (15-30 minutes), and nutrients

\*You can store your juices in a mason jar with tight lid in order to keep fresh and extend shelf life but the juice will still lose nutritional value throughout the day, esp. if you open and close lid often.

JUICER BRAND	USER FRIENDLY	YIELD	CLEAN UP
Breville Juice Fountain Elite (\$299)	4	3	4
Breville Juice Fountain Compact (\$99)	3	2	4
Omega 400 Juicer (\$150)	2	2	2
Jack LaLanne Pro (\$120)	2	1	1

## MASTICATING

**Masticating (slow juicer, singer gear, cold-pressed)** uses one slowly turning gear that chews up the produce and squeezes the juice through a screen.

**Pros:** More juice with higher nutritional value, longer fridge life (up to 2 days), quiet, less pulp (it is dry which means less to throw away), can make nut butters, wheatgrass, etc... with most masticating juicers.

**Cons:** Takes longer to prep veggies and fruits and make juice (have to cut up produce into smaller pieces because of smaller chute), more difficult to put together and clean, heavy and big, more expensive.

JUICER BRAND	USER FRIENDLY	YIELD	CLEAN UP
Hurom Masticating Slow Juicer (\$300-\$400)	2	3	4
Omega Nutrition Juicer (\$250)	2	3	3
Champion Juicer (\$265)	2	2	1
Breville Fountain Crush (\$265)	3	3	3

## TWIN GEAR

**Twin Gear works at lower speeds, slowly squishing the fruits and veggies** between two gears until pulp is dry and all juice is squeezed out.

**Pros:** Juice stays fresher longer (up to 3 days), higher juice yield and nutritional value, quiet, can make nut butters, etc...

**Cons:** Long prep and juice time, plus longer clean up. Not optimal for juicing citrus, heavy and large machine plus more expensive.

JUICER BRAND	USER FRIENDLY	YIELD	CLEAN UP
Samson Green Power Twin Gear (\$500)	4	4	2
Super Angel 5500 (\$1,400)	4	4	3
Green Star Elite Jumbo Twin Gear Juice Extractor (\$600)	3	4	2

