



J8006HDS - J8006HDC

USER MANUAL

Nutrition System

LOW SPEED MASTICATING JUICER

MODE D'EMPLOI

Système alimentaire

CENTRIFUGEUSE BROYEUSE À BASSE VITESSE

MANUAL DEL USUARIO

Sistema de nutrición

EXTRACTOR DE JUGOS POR MASTICACIÓN A BAJA VELOCIDAD

www.OmegaJuicers.com



Congratulations!

CONGRATULATIONS on the purchase of your new Omega product.

At Omega, we strive to develop technologically advanced machines that help deliver nutrition and flavor of the highest kind and closest to nature's purest form. We are driven by you, our brand supporters. Your enthusiasm helps us continue to reinvent and renew our line of juicers, high speed blenders and beverage equipment. Our team at Omega thanks you for supporting us for over 50 years!

JOIN US FOR RECIPES, HINTS, AND TIPS:



@OmegaJuicing



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PRODUCT REGISTRATION, VISIT:

www.omegajuicers.com/omega-warranty-registration

RECIPES, VISIT:

www.omegajuicers.com/recipes

CUSTOMER SERVICE:

Call **1-800-633-3401** or

visit: **www.omegajuicers.com/contact-omega-juicers**

After using your Omega, we kindly ask you to rate the machine on

www.OmegaJuicers.com

TABLE OF CONTENTS

02 - 03	Important Safeguards
04 - 05	Know Your Omega
06 - 07	Quick Start Assembly
08 - 09	Operating Instructions
10 - 11	Multi-Purpose Nutrition System
12 - 13	Sterilization & Easy Cleaning
14 - 17	Precautions for Safe Use
18 - 19	If the Auger Stops Working
20 - 25	How To Prepare
21	Fruits And Vegetables
22	Wheatgrass And Greens
22	Mincing And Chopping
23	Nut Butters
23	Nuts And Soy Milks
23	Desserts
24	Baby Foods
24	Coffee Grinds
25	Pasta and Breadsticks
26 - 27	Troubleshooting
28 - 29	Product Specifications
30 - 41	Recipes
42 - 83	French
84 - 125	Spanish

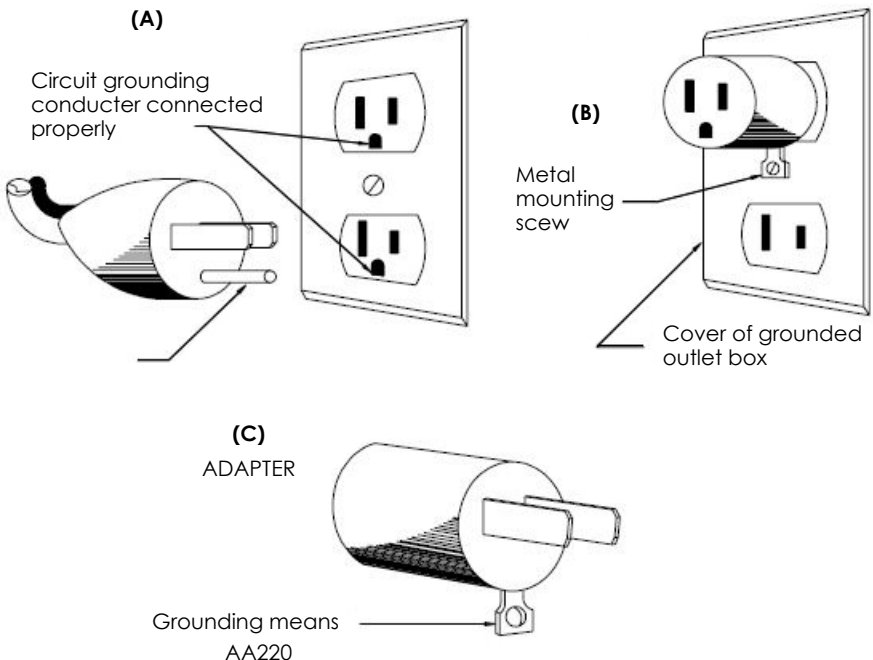


IMPORTANT SAFEGUARDS

WARNING: GROUNDING INSTRUCTIONS

This appliance must be grounded while in use to protect the operator from electrical shock. The appliance is equipped with a 3-conductor cord and a 3-prong grounding-type plug to fit the proper grounding-type receptacle. The appliance has a plug that looks like **sketch A** in **Figure 73.1**. An adaptor, **sketch B**, should be used for connecting **sketch A** plugs to two-prong receptacles. The grounding tab which extends from the adaptor must be connected to a permanent ground such as a properly grounded outlet box as shown in **sketch C** using a metal screw.

FIGURE 73.1
Grounding Methods



IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should always be followed including the following.

1. READ ALL INSTRUCTIONS BEFORE USING.
2. To protect against electrical shock, do not immerse cord, plug, or main body (motor) in water or other liquid.
3. Close supervision is necessary when any appliance is used by or near children.
4. Unplug from outlet when not in use, before putting on or taking off parts, and before cleaning.
5. Avoid contact with moving parts. Unplug from outlet when not in use, before putting on or taking off parts, and before cleaning.
6. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions or has been damaged in any manner. Return appliance to the manufacturer (see warranty) for examination, repair, or electrical or mechanical adjustment.
7. The use of attachments not recommended or sold by manufacturer may cause fire, electric shock or injury.
8. Do not let cord hang over edge of table or counter or touch heated surfaces.
9. Always make sure juicer cover is clamped securely in place before motor is turned on. Do not unfasten clamps while juicer is in operation.
10. Be sure to turn switch to OFF position after each use of your juicer. Make sure the motor stops completely before disassembling.
11. Do not put your fingers or other objects into the juicer while it is in operation. If food becomes lodged in opening, use food pusher or another piece of fruit or vegetable to push down the lodged food. When this method is not possible, turn off the machine, remove the plug from wall outlet and disassemble juicer to remove the remaining food.
12. Do not use outdoors.
13. Do not place on or near a hot gas or electric burner or in a heated oven.
14. Do not use appliance for anything other than its intended use.
15. Keep hands and utensils away from moving blades or discs while processing food to reduce the risk of severe injury to persons or damage to the food processor. A scraper may be used but must be used only when the food processor is not running.
16. Blades are sharp. Handle carefully.
17. Keep the appliance clean. Refer to the Care & Cleaning instructions in this manual.
18. DO NOT plug in until familiar with all the instructions and operating procedures.
19. DO NOT unplug from electrical outlet by pulling on the cord. To unplug, grasp the plug, not the cord, and pull.
20. Turn off all controls before unplugging from or plugging into an electrical outlet.
21. This appliance can not grind meat.
22. Check hopper for presence of foreign objects before using.
23. Moving parts – Keep fingers out of discharge openings.
24. Sharp blade – Always use food pusher.

SAVE THESE INSTRUCTIONS



KNOW YOUR OMEGA

KNOW YOUR OMEGA

This product uses a reset switch and thermal cutoff to protect the motor.

If the unit stops running during operation, press the reset switch on the bottom of the unit.

If the unit will still not operate, unplug, wait for 30 minutes, and try again.

Reset Switch



A Hopper

B Chute

C Drum

D Handle

E Locking Clip

F Housing

G On/Off Button (In rear)

H Auger (Inside Drum)

I Blank Cone (Inside Drum)

J Juicing Screen (Inside Drum)

K Adjustable End Cap

L Blank End Cap

M 4 Pasta Nozzles

N 2 Breadstick Nozzles

O Sieve

P Cleaning Brush

Q Pulp Container

R Juice Container

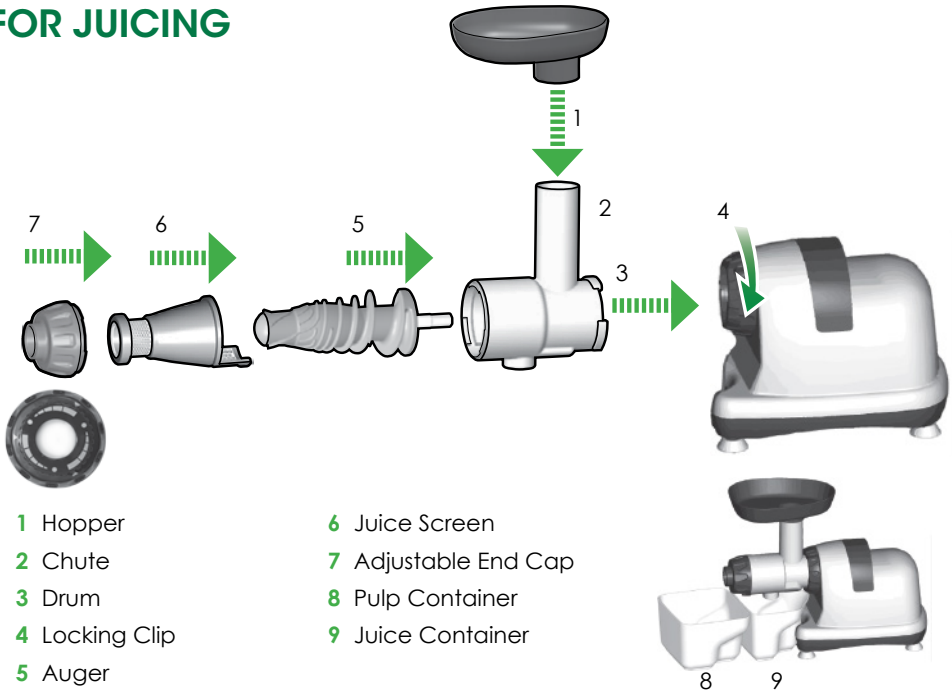
S Pusher



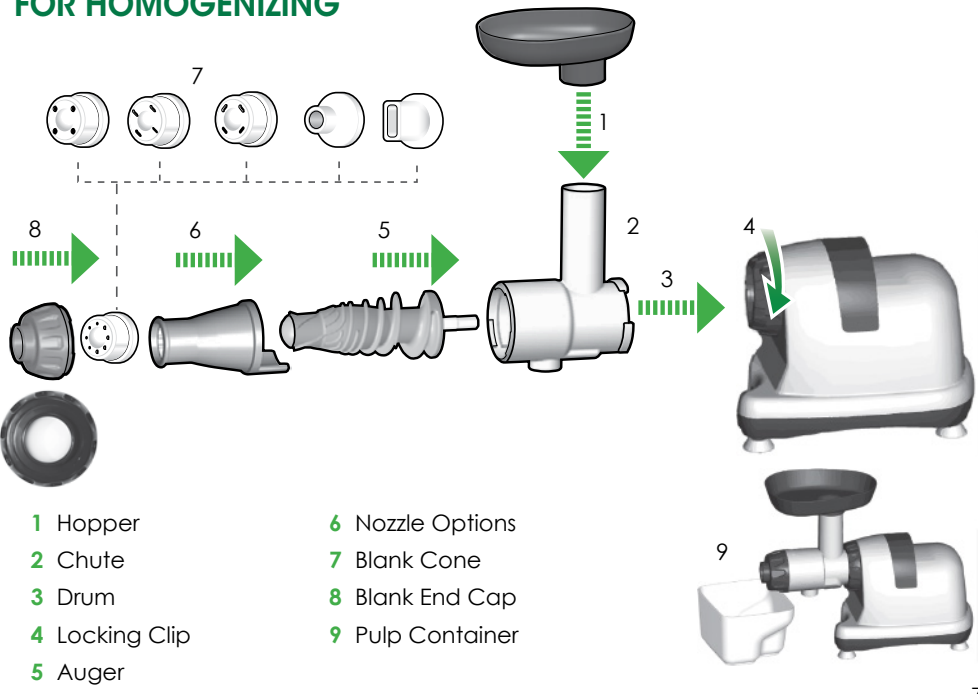
QUICK START ASSEMBLY

QUICK START ASSEMBLY

FOR JUICING



FOR HOMOGENIZING

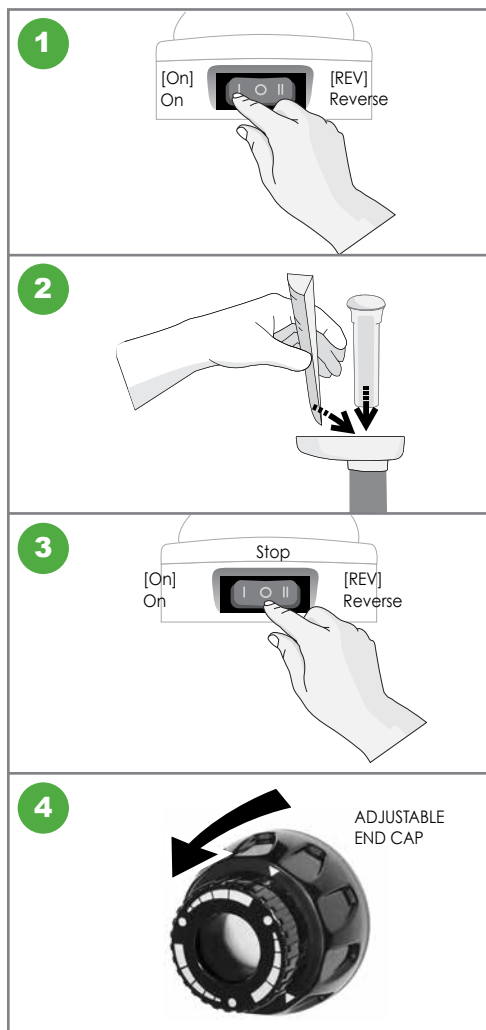




OPERATING INSTRUCTIONS

OPERATING INSTRUCTIONS

JUICING FUNCTION



Press [ON] button on the back of the Omega® Nutrition System to start.

Gradually put the ingredients into the hopper chute and press down with the pusher.

DO NOT place any metal objects into the hopper. If the drum set is clogged or the machine stops operating, press the reverse button 2 to 3 times and press the ON button again to resume normal operation.

After the extraction or processing is complete, place the switch in the stop position to stop.



WARNING When using [ON] or [Rev] button, make sure that the auger stops completely.

Turn the adjustable end cap counter-clockwise to tighten the squeeze, increasing the pressure. Turn the adjustable end cap clockwise to loosen the pressure. Use the tighter setting for citrus fruits. Use the loosest setting for wheatgrass. Using the appropriate setting will yield more juice.

FOOD PROCESSING FUNCTION



Use the blank end cap for all food processing functions from mincing and chopping to pastas and breadsticks (refer to pages 22-25).



MULTI-PURPOSE NUTRITION SYSTEM

MULTI-PURPOSE NUTRITION SYSTEM

This heavy-duty nutrition system features a patented, stone mill-like auger, made of hygienic U.S. FDA-approved melamine. The low speed of 80 RPMs ensures full taste and the highest nutritional value.

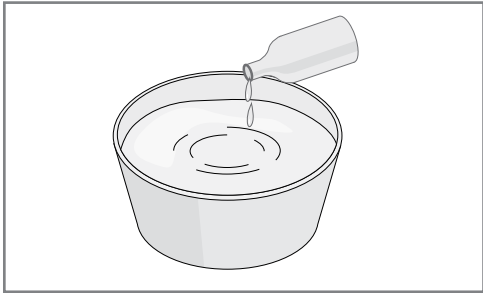
- **FRUIT JUICE.** Efficiently juices hard and soft fruits: even citrus fruits.
- **VEGETABLE JUICE.** Juices all kinds of vegetables including carrots, beets, celery, peppers, and radishes without destroying the natural flavor and nutritional benefits. Fresh taste and full nutrition are guaranteed with this unique extraction process.
- **WHEATGRASS AND LEAFY GREENS.** Kale, cabbage, spinach and pine tree needles are just some of the natural products that can be juiced. Enjoy the best that nature offers in raw foods and juice them for full nutritional benefits.
- **FOOD PROCESSOR.** Chops and minces, providing natural flavor and nutrition from garlic, scallions, red pepper, ginger, and most other foods, including herbs and seasonings. Soft foods for special diets for babies are quick and easy to prepare with the homogenizer set-up.
- **NUT BUTTERS.** Make almond butter, peanut butter, sunflower seed butter and more while using all-natural ingredients.
- **NUTS & SOY MILKS.** Use almonds, pecans, cashews, hazelnuts, or any other of your favorites to create nutritious milks. You can also make coconut milks.
- **DESSERT MAKER.** Make all-natural, dairy free, gluten free, low fat, low sugar, low calorie desserts that taste like your favorite ice creams or frozen treats.
- **BABY FOODS.** Make homemade baby food knowing that you are giving your baby fresh produce that is nutritious and easily digestible.
- **GRINDER.** Easily grind coffee beans and flour.
- **PASTA EXTRUDER.** Make homemade spaghetti, linguine, or breadsticks can be extruded in just minutes with the included pasta nozzles.



**STERILIZATION
&
EASY CLEANING**

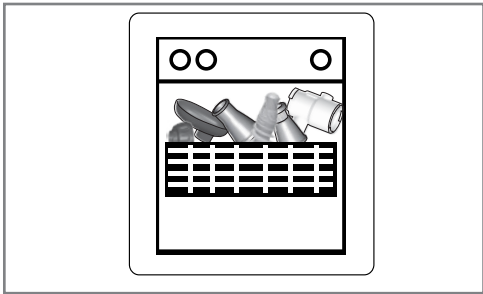
STERILIZATION & EASY CLEANING

HANDWASH OPTION



You can thoroughly wash parts by immersing in warm water diluted with one or two drops of baking soda or dishwashing soap for about 30 minutes.

DISHWASHER SAFE OPTIONS



When finished using the Omega® Nutrition System, simply put parts into dishwasher, on top rack.



PRECAUTIONS FOR SAFE USE

PRECAUTIONS FOR SAFE USE

All users of this appliance must read and understand these safety precautions before operating.

SIGN SAMPLES



This sign indicates contents that may cause risk of a fire or an electrical shock.

Specific warnings are written in the sign.



This sign indicates prohibited acts.

Specific prohibitions are written around or in the sign.



This sign indicates contents of regulating or directing actions.

Specific prohibitions are written around or in the sign.

PRECAUTIONS



CAUTION Hazards or unsafe practices could result in minor personal injury or appliance damage.



DO NOT PLUG IN OR UNPLUG WITH WET HANDS.

It may cause an electric shock or an injury.



DO NOT USE WITH OTHER THAN RATED VOLTAGE.

It may cause an electric shock, a fire or abnormal performance.

If the voltage is different, it may shorten the life of the motor or cause a failure.



PLUG THE POWER CORD CORRECTLY AND PUSH IT TIGHT IN A WALL SOCKET.

It may cause electric shock or a fire.



IF THE SUPPLY CORD IS DAMAGED, IT MUST BE REPLACED BY THE MANUFACTURER, ITS SERVICE OR SIMILARLY QUALIFIED PERSONS IN ORDER TO AVOID A HAZARD.

If the power cord is damaged, it may cause electric shock or a fire.



NEVER ALTER THE APPLIANCE. ALSO, DO NOT DISASSEMBLE OR REPAIR BY YOURSELF. DO NOT INSERT FINGERS, FOREIGN SUBSTANCES OR OBJECTS SUCH AS PINS INTO GAPS OR HOLES IN THE BASE.

It may cause a fire, an electric shock or a failure. For any technical support, contact the authorized local Customer Care Center.

PRECAUTIONS FOR SAFE USE



DO NOT MOISTEN THE BASE OR SPLASH WATER ON THE BASE.

Be careful not to let any liquids or other substances get into the switch on the appliance. **DO NOT OPERATE THE SWITCH WITH WET HANDS.** It may cause electric shock or a fire.



WHEN THE POWER CORD, WIRE IS BROKEN OR DAMAGED OR THE PLUG-IN PART BECOMES LOOSE, DO NOT OPERATE IT.

It may cause an electric shock, a fire or an injury.



FOR SAFETY, MUST DO GROUND CONNECTION DO NOT DO THE GROUNDING ON GAS PIPE, PLASTIC WATER PIPE, TELEPHONE WIRE, ETC.

It could cause an electric shock, a fire, or a malfunction and an explosion. Be sure to use the socket with ground connection.



NEVER DISASSEMBLE BOWL SET DURING OPERATION OR INSERT FINGERS, FOREIGN OBJECTS SUCH AS FORKS, SPOONS ETC. INTO FEEDING TUBE OR JUICE OUTLET.

It may cause an injury, an accident or a failure.



THIS APPLIANCE IS NOT INTENDED FOR USE BY PERSONS (INCLUDING CHILDREN) WITH REDUCED PHYSICAL, SENSORY OR MENTAL CAPABILITIES, OR LACK OF EXPERIENCE AND KNOWLEDGE, UNLESS THEY HAVE BEEN GIVEN SUPERVISION OR INSTRUCTION CONCERNING USE OF THE APPLIANCE BY A PERSON RESPONSIBLE FOR THEIR SAFETY.

Children should be supervised to ensure that they do not play with the appliance.



DO NOT OPERATE WITHOUT LOCKING THE HOPPER PROPERLY.

It may cause an injury or a failure.



IF A GAS LEAK IS DETECTED, DO NOT PLUG IN THE APPLIANCE'S POWER CORD INTO A POWER OUTLET. IMMEDIATELY VENTILATE THE ROOM BY OPENING A WINDOW, AND ALLOW TO FULLY VENTILATE BEFORE PLUGGING IN THE APPLIANCE.

It may cause an injury or a failure.



IF SCREW ROTATION IS STOPPED IN NORMAL OPERATION, PRESS [REVERSE/REV] BUTTON AND HOLD FOR 2-3 SECONDS AND THEN AFTER REVERSE OPERATION IS COMPLETELY STOPPED, PRESS [ON] BUTTON AGAIN.

If such a stop event continues during the operation, the parts may be damaged and performance may be deteriorated due to overheating in a motor. When the problem continues, immediately stop the appliance and contact the local Customer Care Center.

PRECAUTIONS FOR SAFE USE



NEVER PUT A FINGER, A FORK OR A SPOON ETC. INTO JUICE OUTLET.

It may cause an injury or a failure.



DURING THE OPERATION, DO NOT ATTEMPT TO MOVE THE BASE, DISASSEMBLE THE BOWL SET OR PARTS AND TRY TO LOCK THEM.

It may cause an injury or a failure. Any act of event needed, switch off first and unplug the power cord.



WHEN USING THE APPLIANCE, BE CAREFUL FOR A NECKTIE, LONG NECKLACE, SCARF ETC. NOT TO BE ENTANGLED INTO FEEDING TUBE.

It may cause an injury, a failure or a breakage.



PLACE THE APPLIANCE ON A FLAT AND STABLE SURFACE.

It may cause an injury or a failure.



DO NOT OPERATE THE APPLIANCE FOR MORE THAN 30 MINUTES AT A TIME.

It may cause a motor failure due to overheating. Cool it down sufficiently for 5 minutes and operate it again.



WHEN PLACING INGREDIENTS INTO THE FEEDING TUBE, ONLY USE THE PUSHER PROVIDED.

It may cause an injury or a failure.



DO NOT ALLOW A SEVERE SHOCK TO THE APPLIANCE OR DROP IT.

It may cause an electric shock, a fire or damage



IF THE APPLIANCE GIVES OFF AN UNPLEASANT SMELL OR EXCESSIVE HEATING, SMOKE, STOP USING IMMEDIATELY AND CONTACT THE LOCAL CUSTOMER CARE CENTER.

When using a new appliance, it gives off a smell and the smell disappears naturally over time.



ALWAYS UNPLUG THE APPLIANCE AFTER USE.

WHEN UNPLUGGING THE POWER CORD, MAKE SURE TO HOLD THE POWER CORD.

If holding the wire to unplug, it may cause an electric shock or a fire.



THE APPLIANCE WEIGHS ABOUT 20 LB (9 KG). WHEN MOVING THE APPLIANCE, ENSURE TO MOVE IT HOLDING GRIPS TIGHTLY AT THE BASE BOTTOM WITH BOTH HANDS.

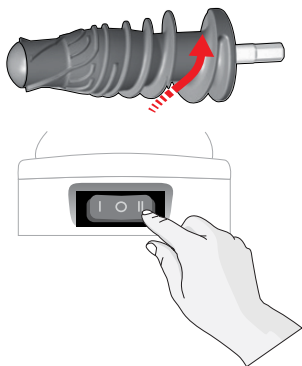
If attempting to hold bowl or the edge of the base, the base may fall causing an injury or a failure.



**IF THE AUGER
STOPS WORKING**

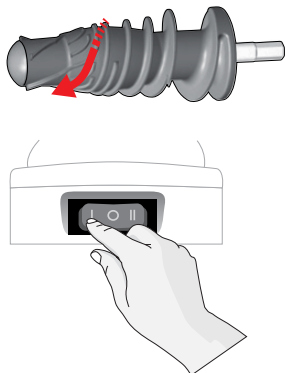
IF THE AUGER STOPS WORKING

1



Press [Rev] button for 3 to 5 seconds, then release. When the [Rev] button is released, the auger will stop rotating. Repeat this 2 to 3 times. The [Rev] button pushes the ingredients upward releasing the food clog.

2



Press [ON] button to start. When using [ON] auger should rotate. Wait 2 to 3 seconds. Then press [REV] button. Repeat this 2 to 3 times. Make sure the auger stops completely after releasing the button.

Note:

Even after following the directions above, if the juicer still doesn't work, please unplug the power cord, disassemble the chamber set and clean it. Then try again.

Any other servicing should be performed by an authorized service representative.



HOW TO PREPARE

FRUITS AND VEGETABLES

WHEATGRASS AND GREENS

MINCING AND CHOPPING

NUT BUTTERS

NUTS AND SOY MILKS

DESSERTS

BABY FOODS

COFFEE GRINDS

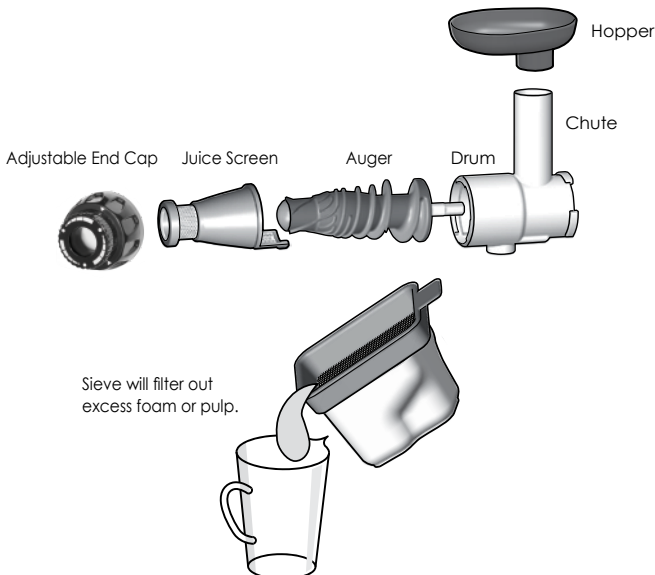
PASTA AND BREADSTICKS

HOW TO PREPARE

FRUITS AND VEGETABLES

Juicing Screen | **Adjustable End Cap** | **No Nozzle Needed**

- **Sieve:** You may want to use this if you have juiced items that create more foam or more pulp than you prefer. Place the sieve on the juice container or bowl after juicing process is complete and before pouring juice into a glass.
- Thoroughly wash fresh ingredients to remove accumulated chemicals. The Omega® Nutrition System can extract juice from un-peeled fruits and vegetables but your taste may prefer peeled produce.
- Soft produce will process easier if refrigerated.
- Cut fruits and vegetables into small pieces to fit in the drum.
- Turn [ON] machine and let it run without interruption until all juice has been extracted.
- Alternate soft and firm items. It is best to start with the softer item.
- If the pulp starts to clog the drum, turn [OFF] machine and empty the drum set. Reassemble and resume normal operation.
- After placing the last piece of fruit or vegetable into the hopper, keep the machine running for a few seconds to ensure juice is extracted.
- After every use, clean all parts that come into contact with food or juice.
- You may juice items that are not usually used in meals, for example, carrot or beet stems.

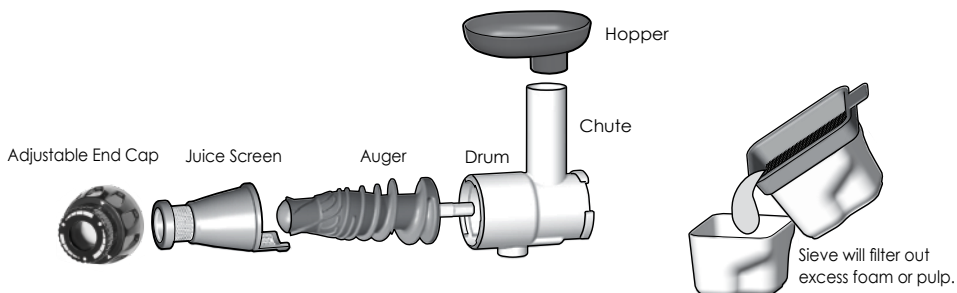


HOW TO PREPARE

WHEATGRASS AND GREENS

Juicing Screen | **Adjustable End Cap** | **No Nozzle Needed**

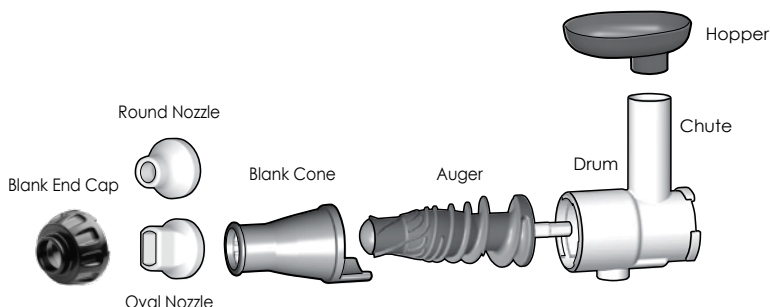
- **Sieve:** You may want to use this if you have juiced items that create more foam or more pulp than you prefer. Place the sieve on the juice bowl after juicing process is complete and before pouring juice into a glass. You can also place the sieve on the pulp container and pour the small amount of juice into a glass.
- Thoroughly wash fresh ingredients to remove accumulated chemicals.
- Do not overfill the feed chute. Feed the juicer with small quantities. Allow most of the juice to exit before pushing in the next item.
- Some juice may exit into the pulp bowl and not the juice bowl. This is normal. This may continue to occur until the ejection area is filled with pulp.
- When juicing an item for added taste, insert that item during the first half of the juicing process. If inserted at the end of the process, the full taste may not come through.
- Certain green drinks may be too strong for some people. Lemon, apple, ginger, carrots &/or beets may be added as a natural sweetener to dilute the taste of wheatgrass and leafy greens.



MINCING AND CHOPPING

Blank Cone | **Blank End Cap** | **Round/Oval Nozzle**

- Use as a food processor to make marinades, salsas, soups and sauces.
- Chop or grind meat, fish, herbs, soaked rice and beans. Remove any fat from the meat or poultry if not desired in the finished product. Bone and scale fish before processing.



HOW TO PREPARE

NUT BUTTERS

Blank Cone | **Blank End Cap** | **Nozzle is Optional**

- Nut butters are an all-natural version of peanut butter, almond butter, sunflower seed butter, etc.
- Remove all skins and shells from nuts. Turn [ON] machine. Start adding nuts 1 cup at a time.
- Add 1 to 2 tablespoons of oil slowly between nuts.
- Process nuts through nutrition system at least two to three times until texture is of a smoother consistency.

NUT & SOY MILKS

Blank Cone | **Blank End Cap** | **Nozzle is Optional**

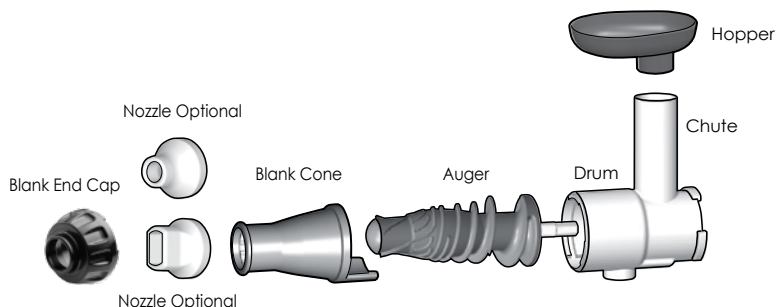
- Nut milks consist of almonds, pecans, cashews, hazelnuts, etc. You can also make coconut milk and soy milk.
- Soak nuts for 4-8 hours in water.
- Turn [ON] machine. Spoon the soaked nuts (and some of the soaking water) down the chute. Pour the pulp down the chute again with more soaking water, for a second grinding, more flavor and a creamier texture. You can either stop after the second process or repeat for a third time.

DESSERTS

Blank Cone | **Blank End Cap** | **Nozzle is Optional**

- Make all-natural sweet, frozen treats without the added fat, sugar and calories.
- Thaw frozen fruit for 5-10 minutes. Turn [ON] machine. Process thawed fruit through nutrition system and serve.
- Popular frozen fruit sorbets include banana, cherry, blackberry, blueberry, raspberry, strawberry, melon, kiwi, mango, pear, pineapple, peach, grape, orange, and more!
- You can also make frozen lemonades and ice creams with all-natural ingredients. Recipes can be found on www.OmegaJuicers.com.

The above recipes are made using the items below.



HOW TO PREPARE

BABY FOOD

Blank Cone | **Blank End Cap** | **No Nozzle Needed**

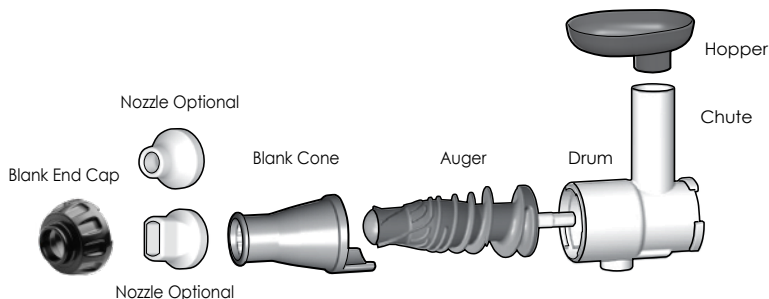
- Making homemade baby food with your Omega Juicer can be very rewarding knowing that you are giving your baby fresh produce that is nutritious and easily digestible. This also gives your baby regular chances to experience a wide variety of textures and tastes without artificial preservatives or additives.
- Start by cooking the vegetable or fruit. Either steam, bake, or boil. Steaming maintains the most nutrients.
- For Fruits: apples, pears, peaches, plums, mangoes and strawberries, all puree well.
- For Vegetables: potatoes, carrots, yams, broccoli and squash, all puree well.
- Turn [ON] machine. Spoon the cooked vegetable/fruit down the chute. If steamed or boiled vegetable or fruit add some of the cooked liquid. Adding the liquid helps preserve any nutrients that may have released into the water during cooking.

COFFEE GRINDER

Blank Cone | **Blank End Cap** | **No Nozzle Needed**

- Turn [ON] machine. Place coffee beans into the chute at a slow steady pace. The beans will come out finely ground. Do not add too many beans at a time. There should be no need to grind the beans twice.
- If the coffee bean has a high oil content, you may want to dry the bean out overnight in order to process it easier.

The above recipes are made using the items below.



HOW TO PREPARE

PASTA OR BREADSTICKS

Blank Cone | **Blank End Cap** | **Round, Flat or Breadsticks Nozzle**

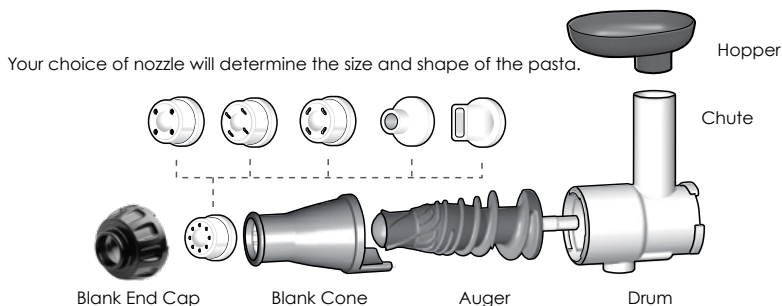
- This machine can to extrude pasta; not make pasta. Make dough by hand or use a mixer.
- Sprinkle a small amount of flour on the pasta, on the nutrition system hopper and inside the drum to prevent sticking.
- Add water to the dough if it becomes too dry.
- To extrude pasta:
Decide which style of noodle you prefer and place the appropriate nozzle on the drum.

Shape the pasta dough into balls or tubes that are slightly smaller than the nutrition system hopper opening.

Turn [ON] machine. Process dough through nutrition system. A consistent feeding of dough without any gaps will give you longer noodles as pasta exits. Pasta may be cut with a scissor or a knife to desired length.

Freshly made pasta should be put in boiling water. Fresh pasta will cook faster than packaged pasta.

If you want to make the pasta more flavorful, add spinach, basil or sundried tomatoes. Leftover vegetable juice or pulp may also be mixed into dough for added flavor.





TROUBLESHOOTING

TROUBLESHOOTING

Please troubleshoot using the details below before contacting Omega Customer Service for repair or service. When contacting Omega for after-sales service, please have the manufacturer's serial number or bar code available.

The Appliance Does Not Work

- Make sure the power cord is plugged in correctly.
- Make sure the drum is assembled correctly. If the drum is not locked into place, the appliance will not operate.
- Make sure the appliance is assembled according to the instructions in this manual. Refer to the instructions.
- If the appliance still does not work, please contact Omega Customer Service for additional support.

The Drum Does Not Open

- If there is a lot of pulp inside the drum, press [On] to release the excess pulp.
- Check the appliance for any foreign substance or solid objects including seeds.
- Press [Rev] button to push up stuck ingredients.
- Do not attempt to open by force. If the drum still does not open, please contact Omega Customer Service for additional support.

The Appliance Stops During Normal Operation

- Check for large pieces of food stuck in the appliance.
- Refer to the section "If the Auger Stops Working" and follow the guideline for the [Rev] button.
- If the appliance still does not work, please contact Omega Customer Service for additional support.

Fine Lines or Scratch Marks around the Auger

- This is normal. Do not be concerned. These are molding marks resulting from the normal manufacturing process.

Juice Leaks Over the Base

- Check for an excessive amount of ingredients in the hopper and/or chute.
- If you try to juice a large amount of food compared to the pulp chute, the packing will be slightly pushed away. Juice may leak out of the gap.
- Do not force too much food into the juicer. Push food gradually for extraction.
- Check to make sure the juice flap is closed.

Juicer Shakes when In-Use

- This is normal as the auger rotates. It is not a malfunction. Hard ingredients such as carrots, potato, radish, beets, etc. may cause shaking more so than soft ingredients.
- Depending on the firmness of the ingredient, there may be a more pronounced shaking of the motor.
- Slight shaking may be caused by the motor.

CONTACT US:

Customer Service: 1-800-633-3401

Online: www.OmegaJuicers.com/contact-omega-juicers



PRODUCT SPECIFICATIONS

PRODUCT SPECIFICATIONS

Product Name	Omega® Nutrition System
Model Name	J8006HDS/J8006HDC
Rated Voltage	120 V
Rated Frequency	50/60 Hz
Rated Power Consumption	200 W
RPM	80 RPM
Cord Length	64 inches (1.6 m)
Weight	14.3 lb (6.5 kg)
Outward Dimension	7.4" Width (188 mm) 15.5" Depth (394 mm) 13" Height (330 mm)
Rated Operating Time	Less than 30 minutes





RECIPES

Almond Milk

What You'll Need:

2 cups of unsalted almonds
6 cups of distilled water

PREP 12 hours PROCESS 4 minutes

How To Prepare:

- 1 Soak almonds overnight in 3 cups of water. Drain.
- 2 Place almonds in 3 cups of fresh water.
- 3 Using the juicing screen in the Omega® Nutrition System, ladle almonds and water into juicer.

If you prefer the milk thinner add more water.
- 4 You can sweeten milk by adding 1 tsp of honey, agave nectar, cane sugar or maple syrup. You can make vanilla almond milk by adding 1 tsp of vanilla extract or make chocolate almond milk by adding 1 tbsp of unsweetened cocoa powder.

Soy Milk

What You'll Need:

1 cup dried organic soy beans
6 cups of water
dash of salt
½ tsp vanilla extract
1 tsp agave or other sweetener
1 tsp cinnamon

PREP 12 hours PROCESS 35 minutes

How To Prepare:

- 1 Soak soy beans overnight in 3 cups of water. Drain.
- 2 Place soy beans in 3 cups of fresh water. Using the juicing screen in the Omega® Nutrition System. Ladle soy beans and water into juicer. If you prefer the milk thinner add more water.
- 3 Transfer the milk to a pot on the stove. Bring the milk to a boil. Then reduce to low and let simmer for 25 minutes. Skim off and discard any foam or filmy layers that occur.
- 4 Remove from heat and flavor with salt, vanilla extract, agave and cinnamon. Mix and Enjoy.

Peanut Butter

What You'll Need:

2 cups shelled and skinned
roasted peanuts
1 tbsp grapeseed oil
2 tsp coconut nectar
1 tsp real salt

PREP 5 minutes PROCESS 10 minutes

How To Prepare:

- 1 With an Omega® Nutrition System, change the juicing cone for the blank cone and assemble your preferred nozzle.
- 2 Start pouring nuts into the hopper. Run them through about 2-3 times until oils start to appear.
- 3 Transfer to a bowl and combine all ingredients by hand, with a spoon.
- 4 Pour the mixture into the Omega® Nutrition System one more time.

Cookie Dough Nut Butter

What You'll Need:

2 cups dry cashews
6 tablespoons coconut nectar
1 tbsp coconut oil
2 tsp vanilla powder
½ tsp real salt

PREP 5 minutes PROCESS 8 minutes

How To Prepare:

- 1 With an Omega® Nutrition System, change the juicing cone for the blank cone and assemble your preferred nozzle.
- 2 Start pouring nuts into the chute. Run them through about 2-3 times until oils start to appear.
- 3 Transfer to a bowl and combine all ingredients by hand, with a spoon. Pour the mixture into the Nutrition System one more time.

Homemade Pasta

What You'll Need:

- 1 cup flour
- 1 egg, beaten
- 2 tbsp water
- ½ tsp salt

PREP 5 minutes JUICE 15 minutes

How To Prepare:

- 1 In a large bowl, combine flour and salt.
- 2 Make a well in the middle of the flour/salt mixture, then add egg. If dough is too stiff, then add water.
- 3 With an Omega® Nutrition System, change the juicing cone for the blank cone, choose preferred pasta nozzle.
- 4 Put dough through hopper and cut noodles to preferred length.

Eggless Pasta

What You'll Need:

- 2 cups semolina flour
- ½ tsp salt
- ½ cup warm water

PREP 5 minutes JUICE 5 minutes

How To Prepare:

- 1 In a large bowl combine flour and salt, then add water (add more if too dry)
- 2 With an Omega® Nutrition System, change the juicing cone for the blank cone, choose preferred pasta nozzle.
- 3 Put dough through hopper and cut noodles to preferred length.

Breadsticks

What You'll Need:

2 $\frac{1}{4}$ pkg active dry yeast
 1 $\frac{1}{2}$ cup warm water
 $\frac{1}{2}$ cup warm milk
 2 tbsp sugar
 3 tbsp butter, divided and melted
 $\frac{1}{2}$ tsp kosher salt
 $\frac{1}{2}$ tsp minced garlic
 $\frac{3}{4}$ tsp dried Italian seasoning
 4 $\frac{1}{2}$ - 5 $\frac{1}{2}$ cups flour
 $\frac{1}{4}$ cup parmesan cheese, grated

PREP 15 minutes **PROCESS** 5 minutes

How To Prepare:

- 1 In a large bowl, combine yeast with water and let stand until it bubbles (7-10 minutes).
- 2 Add milk, sugar, butter, kosher salt, and 2 cups of flour. Beat until smooth. Add parmesan cheese and remaining flour until it forms into a soft dough.
- 3 With an Omega® Nutrition System, change the juicing cone for the blank cone, choose preferred bread stick nozzle. Put dough through chute, running the dough about 7-8 times.
- 4 Divide dough into equal portions.

Salsa in a Glass

What You'll Need:

2 tomatoes
 $\frac{1}{4}$ onion
 $\frac{1}{2}$ lime
 1 jalapeno pepper
 5 sprigs of fresh cilantro

PREP 5 minutes **JUICE** 5 minutes

How To Prepare:

- 1 Wash all produce well.
- 2 Peel lime (optional).
- 3 Add all ingredients into your Omega® Nutrition System and juice.
- 4 Serve and enjoy.

Baby Food - Applesauce

What You'll Need:

3 medium red apples

PREP 15 minutes PROCESS 6 minutes

How To Prepare:

- 1 Steam 3 medium red, skinned and seeded apples.
- 2 With an Omega® Nutrition System, change the juicing cone for the blank cone, choose preferred nozzle.
- 3 Process through the Omega® Nutrition System.
- 4 Add a sprinkle of cinnamon.

Yields 1 cup.

Baby Food - Sweet Potato

What You'll Need:

2 sweet potatoes

PREP 30 minutes PROCESS 5 minutes

How To Prepare:

- 1 Steam potatoes 20 to 25 minutes.
- 2 Process through the Omega® Nutrition System.
- 3 1 large potato yields about 1 cup.

Baby Food - Carrots

What You'll Need:

3 large carrots

PREP 30 minutes

PROCESS 5 minutes

How To Prepare:

- 1 Steam carrots.
- 2 With an Omega® Nutrition System, change the juicing cone for the blank cone, choose preferred nozzle.
- 3 Process through the Omega® Nutrition System.

Three large carrots yields about 1 cup.

Baby Food - Peas

What You'll Need:

peas

PREP 3 minutes

PROCESS 6 minutes

How To Prepare:

- 1 Depod peas when preparing. No need to steam, unless you prefer.
- 2 With an Omega® Nutrition System, change the juicing cone for the blank cone, choose preferred nozzle.
- 3 Then process through the Omega® Nutrition System. Better for children 1 to 2 years old (younger children have trouble digesting them).

Clean Boost

What You'll Need:

- 1/2 a beetroot
- 5 spinach leaves
- 1/4 cabbage
- 1 broccoli stick
- 1/2 a grapefruit
- 1/2 a lemon
- 1 orange
- 1 kiwi fruit
- 2 small pieces of ginger

PREP 2 minutes JUICE 4 minutes

How To Prepare:

- 1 Cut product to fit into hopper.
- 2 Juice in an Omega® Nutrition System.
- 3 Pour over ice.
- 4 Enjoy!

Australian Dream

What You'll Need:

- 2 beets (Australian beetroot)
- 2 organic carrots
- 1 cup organic strawberries
- 2 cups kale leaves (6-8 leaves)
(Australia tuscan cabbage)

PREP 3 minutes JUICE 6 minutes

How To Prepare:

- 1 Wash all produce well.
- 2 Cut as needed to fit into juicer.
- 3 Juice in an Omega® Nutrition System.
- 4 Pour over ice and enjoy.

Morning Glory Citrus

What You'll Need:

2 grapefruits (peeled)
1 red bell pepper
2 pears
6 carrots

PREP 5 minutes JUICE 5 minutes

How To Prepare:

- 1 Wash all produce well.
- 2 Juice all produce in an Omega® Nutrition System and enjoy!

Serving Size: 16 - 18 oz.

Bursting with Vitamin C and beta-carotene, as well as Vitamins A & K and even copper.

Apple & Kiwi Juice

What You'll Need:

2 apples
3 kiwis

PREP 5 minutes JUICE 5 minutes

How To Prepare:

- 1 Wash the apples, then remove the core and cut into quarters.
- 2 Peel the kiwis and chop into small pieces.
- 3 Juice ingredients in your Omega® Nutrition System.
- 4 Stir before drinking.

Total Health Booster

What You'll Need:

- 1 medium apple, cored and cubed
- 2 medium soft pears, cored and cubed
- ½ cup fresh cherries (pits removed or frozen and thawed)

How To Prepare:

- 1 In your Omega® Nutrition System, juice apple, pears, and cherries.
- 2 Before serving, garnish with fresh cherries, if desired.

PREP 5 minutes JUICE 5 minutes

Cukelear Power

What You'll Need:

- 1 cucumber
- 2 collard green leaves
- 1 handful of cauliflower florets
- ½ lemon (yellow rind removed)

How To Prepare:

- 1 Wash all produce.
- 2 Add all ingredients into your Omega® Nutrition System and juice.
- 3 Pour into your glass and enjoy!

PREP 5 minutes JUICE 5 minutes

Tropical Morning

What You'll Need:

- 1 peach (remove pit)
- 1 mango (peeled and seed removed)
- 1 orange (skin removed)
- ½ cup coconut water
- 1 teaspoon agave nectar

How To Prepare:

- 1 In your Omega® Nutrition System, juice peach, mango and orange
- 2 Add remaining ingredients and stir.
- 3 Serve chilled and garnish with a peach slice.

PREP 5 minutes JUICE 5 minutes

Island Dreaming' Sorbet

What You'll Need:

- ½ cup frozen pineapple chunks
- ½ cup frozen banana
- 1 cup frozen strawberries
- ½ cup frozen mango chunks
- 2 tbsp coconut flakes

How To Prepare:

- 1 Mix all ingredients in a bowl. Thaw slightly before running through Omega® Nutrition System.
- 2 Change the juicing cone for the blank cone and assemble your preferred nozzle.
- 3 Start pouring and pushing the ingredients into the chute. Serve.

PREP 5 minutes PROCESS 5 minutes

Frozen Lemonade Sorbet

What You'll Need:

6 tbsp lemon juice
3 tbsp raw honey
1 cup water

PREP 6 hours

PROCESS 5 minutes

How To Prepare:

- 1 Heat lemon juice and honey for 10-20 seconds in microwave. Stir. Add in the water and stir.
- 2 Freeze the mixture in ice cube trays or ice pop mold.
- 3 With an Omega® Nutrition System, change the juicing cone for the blank cone and assemble your preferred nozzle.
- 4 Thaw lemon cubes slightly before pushing thru the chute of Omega® Nutrition System. Serve.

Orange Dreamsicle Sorbet

What You'll Need:

4 frozen oranges/
mandarins peeled
1 cup vanilla yogurt

PREP 5 minutes

PROCESS 5 minutes

How To Prepare:

- 1 Freeze yogurt and peeled orange segments.
- 2 Thaw slightly before running through Omega® Nutrition System.
- 3 Change the juicing cone for the blank cone and assemble your preferred nozzle.
- 4 Start pouring and pushing the ingredients into the chute, alternating the yogurt and the orange segments. Serve.