Make it Fresh or Frozen
with the new Panasonic Slow Juicer
Healthy indulgence
Refreshing juices, delicious sorbets or frozen yogurt

Enjoy delicious juices, as well as frozen treats like sorbets, frozen yogurt and much more. It is so easy! With the new Panasonic Slow Juicer MJ-L500, you can turn fresh or frozen fruit and vegetables into healthy power packs of energy and enjoy balanced nutrition.
100 % delicious. 100 % healthy.
The new Panasonic Slow Juicer squeezes all of the healthy ingredients which nature has given us with power and grace.

That means: You get to decide what goes in – an indulgence with no artificial additives or preservatives.

The special squeezing process protects the ingredients and makes sure you get as much juice as possible.

Clever technology for a natural and healthy diet.

You decide what goes in!
100 % fruit
0 % preservatives
0 % additives
0 % concentrates
0 % added sugar or sweeteners
**Power: Get more from your fruit**

Drink absolutely anything that is tasty and good for you. You’ll be amazed how much more juice you can press with the MJ-L500 Slow Juicer, compared to standard juicing methods. The powerful stainless steel-reinforced press makes the process efficient. Thanks to its high-quality and robust materials, it can handle virtually anything. You can use hard fruits and vegetables like apples, carrots and ginger, or soft ones like bananas, cucumbers and mint. The possibilities are endless: Let your imagination run wild and shape your own healthy diet!

**Grace: More of the good stuff**

Thanks to the low rotational speed, none of your ingredients will be exposed to high temperatures. Many electric juicers are high speed, which creates heat that can damage the essential vitamins, minerals and enzymes in the ingredients. The squeezing technology of the Slow Juicer protects these precious nutrients and ensures that they are not lost through oxidation.
Delicious: Tastes as good as it looks
You can tell one of the best advantages of the juicing process just by looking. The natural color is retained, there’s no foam, and the pulp does not separate as quickly. This means you can enjoy the fresh taste for longer.

Get the best from your ingredients and treat your body to fresh vitamins every day!
Get started right away with your own favorite juice. With the clever design of the Slow Juicer MJ-L500, making fresh juices is a breeze.

The robust, **stainless steel press** squeezes the ingredients evenly and thoroughly, thanks to its **powerful motor**.

Get your day off to a great start with a delicious glass of juice, a fresh sorbet or even your own frozen yogurt. The Slow Juicer is so **quiet**, you can give your body a vitamin boost at any time of day or night.

With its compact size, you can find room in any sized kitchen for the Slow Juicer. The **Drip Stop** helps keep your kitchen surface clean, and **anti-slip feet** ensure stability.

The juicer is also **quick and easy to clean**. Simply remove the components and wash them briefly under running water. Parts 2-7 (see image) can also be cleaned in the dishwasher.
Get creative
Enjoy delicious and healthy refreshment

As well as fresh **juices** made from fruit and vegetables, you can also use your ingredients for a refreshing **sorbet**. You can even create the perfect starter to any meal with a **chilled soup**.

How about a **frozen yogurt** for refreshment on a hot summer’s day? Simply use the provided **accessory for frozen ingredients** and add some frozen fruit and yogurt in the Slow Juicer. Your sugar-free, low-fat and delicious dessert will be ready in no time.

There are no limits to your culinary imagination and pleasure. The following pages contain **fresh recipe ideas** to get you started. Enjoy!
RASPBERRY DREAM
(yields approx. 300 ml)
125 g raspberries
½ a lemon
2 oranges
1 pomegranate

PREPARATION
Wash the ingredients thoroughly. Remove the pomegranate seeds. Peel the orange and lemon, chop everything into small pieces and feed into the Slow Juicer.

Everyone knows that citrus fruits contain vitamin C. But did you know they also contain vitamin B, which is important for blood production and your metabolism? They also contain the minerals potassium and calcium, which help lower your blood sugar level, encourage cell growth and make your bones and teeth strong.

ORNAGE TROPIC
(yields approx. 300 ml)
2 oranges
4 passion fruit
3 carrots
1 small pineapples

PREPARATION
Wash the fruit thoroughly. Cut the passion fruit in half and remove the pips. Cut off the ends of the carrots. Peel the oranges and cut the skin from the pineapples. Chop everything into small pieces and feed into the Slow Juicer.

Passion fruit contains lots of magnesium, which is good for your muscles and nerves. It also contains phosphorous, which helps you gain energy and build cell walls, as well as acting as a so-called “buffering agent” in your blood to stop it becoming too acidic.
**WAKE UP CALL**
(yields approx. 300 ml)
1 cucumber
2 apples
20 mint leaves

**PREPARATION**
Wash the ingredients thoroughly. Chop off the ends of the cucumber. Remove the stalks from the mint leaves. Cut the cucumber and apples into small pieces. Feed everything into the Slow Juicer.

**Cucumbers consist of up to 97% water and have only 12 calories per 100g, making them a particularly low-cal vegetable. But they also contain valuable nutrients, including vitamins B, C, and K, as well as potassium and iron.**

**RED HERO**
(yields approx. 300 ml)
5 red beetroots
3 small carrots
2 apples
1 tablespoon of vegetable oil

**PREPARATION**
Wash and peel the red beetroots. Cut off the ends of the carrots and remove the stem of the apple. Chop everything into small pieces and feed into the Slow Juicer. At the end, add a small amount of vegetable oil to make it easier for your body to absorb the vitamins.

**Iron and folic acid are essential for healthy blood. Red beetroots contain tons of both. The best way to preserve these nutrients is to eat the beets either raw or as a raw juice.**
**PREPARATION**
Wash the fruit. Clean and quarter the strawberries, and place in the freezer with the raspberries. Mix the frozen fruit in a bowl with the yogurt and feed everything into the Slow Juicer.

**BERRY HEAVEN**
(yields approx. 300 g)
- 125 g raspberries
- 125 g strawberries
- 4 tablespoons of yogurt

**PREPARATION**
Wash the fruit. Clean and quarter the strawberries, and place in the freezer with the raspberries. Mix the frozen fruit in a bowl with the yogurt and feed everything into the Slow Juicer.

**SWEET’N SPICY**
(yields approx. 300 ml)
- 5 carrots
- 3 apples
- 2 slices of ginger
- 1 tablespoon of vegetable oil

**PREPARATION**
Wash the apples, carrots and ginger thoroughly. Cut off the ends of the carrots. Chop everything into small pieces and feed into the Slow Juicer. Add a small amount of oil at the end to make it easier for your body to absorb the vitamins.

Ginger oil doesn’t just have a hot and spicy taste, it can also have a healing effect. Ginger is anti-inflammatory, helps clear mucus and relieves pain.

As well as provitamin A and vitamins B and C, raspberries contain plenty of iron. The vitamin C helps ensure that your body absorbs the iron well.

Ginger oil doesn’t just have a hot and spicy taste, it can also have a healing effect. Ginger is anti-inflammatory, helps clear mucus and relieves pain.

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**BLUEBERRY BANANA DREAM**
(yields approx. 300 g)
125 g blueberries  
2 bananas  
4 tablespoons of yogurt

**PREPARATION**
Peel the bananas and cut into small pieces. Place in the freezer with the blueberries. Mix the frozen fruit in a bowl with the yogurt and feed everything into the Slow Juicer.

**SPANISH SUMMER**
(yields approx. 300 g)
80 g cucumber  
80 g celery stalks  
80 g peppers (red, yellow)  
80 g tomatoes  
A pinch of salt and pepper

**PREPARATION**
Wash the vegetables, cut into small pieces and place in the freezer. Feed the frozen vegetables into the Slow Juicer and season to taste with salt and pepper.

Blueberries contain tons of the antioxidant vitamins C and E. They also strengthen your immune system and help combat so-called “free radicals” that can damage your cells.

Tomatoes contain vitamins and secondary plant compounds like carotenoids and phenolic acids. These bioactive substances help strengthen your immune system and can even help fight cancer.
## Specifications

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