

Juice right

With healthy drinks becoming hugely popular, we look at the choices for making your own

Juicers are a great way to help you get one of your five portions of fruit and vegetables a day. A 150ml glass of fruit and/or vegetable juice is one portion but juice can't make up more than that each day, because you don't get the same nutritional benefits from it as you do from whole fruit and vegetables.

A juicer extracts a thin, watery liquid packed with goodness from fruit and vegetables, leaving a waste bin full of pulp. A smoothie maker – like a blender but with blunter blades – pulps up all the fruit you put in, making a thicker drink and

creating no waste. Alternatively, our Best Buy blenders (April 2006, p34) also make good smoothies.

We've found that combination models, which produce juice and smoothies, are not a good buy. None of those we've tested makes both good juice and good smoothies. You're better off with a dedicated juicer or smoothie maker.

Our expensive, £100+ Best Buys are large, sturdy juicers suitable for people who juice a variety of fruit and vegetables. Best Buys priced under £75 are more basic models, good for the casual juicer.

What you should look for

CHUTE SIZE

Some of the juicers, including the Best Buy Antony Worrall Thompson (1), have large chutes that can take apples and other fruit whole. With other juicers you'll need to cut fruit up before you feed it in

ICE CRUSHING

All the smoothie makers crush ice with their blades, which are blunter than a blender's. The Kenwood (20) does a slightly better job with ice, though

REMOVABLE TAP

A removable tap, which all the smoothie makers have, makes cleaning easier. The tap or spout that dispenses the smoothie from the jug unscrews, so you can give it a thorough clean



1 JUICER

71% Antony Worrall Thompson JE15 £100

One of the best on test for all kinds of juice, this model makes smooth vegetable juice in 45 seconds – the quickest on test. It is available from Argos, Comet, Currys and Woolworths. Last month this model changed to the JE16, which is cheaper but slightly different. The JE15 may become harder to find over the coming months.

WE LIKE Fruit will fit whole into the large inlet chute.

Cheapest store Argos, Comet, Currys, Woolworths **Size** 43x30x18cm **Weight** 4kg **Capacity** 1 litre **Recipe book** Yes **Variable speed** Yes **Dishwasher-safe parts** Yes



MODEL	SPECIFICATION	
	PRICE (£)	SIZE (cm) (HXWxD)
JUICERS		
1 ANTONY WORRALL THOMPSON JE15	100	43x30x18
2 BREVILLE Café Series Commercial JE4	250	43x30x18
3 PHILIPS HR 1861	100	39x27x19
4 RUSSELL HOBBS Juice Lady 10007-10	65	34x32x20
5 BREVILLE Juice Fountain Junior JE 11	50	33x30x18
6 JACK LA LANNE Power Juicer CL-003AP	100	40x28x20
7 HINARI Lifestyle JEP804CH	13	26x17x16
8 KENWOOD JE 570	25	29x26x17
9 L'EQUIP Pulp Ejector Juicer 110.5	100	28x26x18
10 MOULINEX Juicemaster Plus Type BKA3	40	29x26x20
11 ROSEMARY CONLEY Vitality Juicer CT JE2	25	28x18x17
12 MAGIMIX Le Duo 14231	100	31x20x20
13 VICE VERSA Koala Juicer 03744	38	23x20x20
14 YOU ARE WHAT YOU EAT Juice Centre 12713	30	28x21x14

USING THE TABLES

We tested juicers, from basic to top-end models, from as wide a range of manufacturers as possible. We tested all the smoothie makers and combination models available when we started testing. The more stars the better.

Specification

Price For Best Buys, we give the cheapest widely available high-street price as we went to press. Prices for other models are a guide to what you should expect to pay.

2 JUICER

71% Breville Café Series Commercial JE4 £250

This stainless steel juicer has a two-speed motor and a large chute that you can feed whole fruit and vegetables into. There is a big juice jug and a huge pulp bin. It's the best on test for vegetable juice and second best for juicing fruit. It's available from Argos, Currys and John Lewis.

WE LIKE The recipe book gives some excellent advice about using up fruit pulp in cooking or composting it.

Cheapest store Argos, Currys, John Lewis **Size** 43x30x18cm **Weight** 6.4kg **Capacity** 1 litre **Recipe book** Yes **Variable speed** Yes **Dishwasher-safe parts** Yes

WHICH?
BEST
BUY



3 JUICER

67% Philips HR 1861 £100

The Philips was one of the best on test for making orange juice. Juicing fruit is its main strength, taking 49 seconds to juice 66 per cent of the fruit we put in. Other models are better with vegetable juice. The large inlet chute can take fruits such as apples whole. It has a two-speed motor and is one of the quietest and easier juicers to use. Buy it from Argos and John Lewis.

WE LIKE The ideas provided on how to recycle the juicer.

Cheapest store John Lewis **Size** 39x27x19cm **Weight** 4.4kg **Capacity** 2 litres **Recipe book** Yes **Variable speed** Yes **Dishwasher-safe parts** Yes

WHICH?
BEST
BUY



		FEATURES							WHICH? TEST PERFORMANCE								SCORE %
WEIGHT (kg)	CAPACITY (litres)	RECIPE BOOK	JUG SUPPLIED	PULP CONTAINER	CITRUS ATTACHMENT	VARIABLE SPEED	DISHWASHER-SAFE PARTS	CABLE STORAGE	FRUIT JUICE	VEGETABLE JUICE	ORANGE JUICE	VIBRATION	NOISE	RECIPE BOOK	EASE OF USE	CLEANING	
4.0	1	✓	✓	✓		✓	✓		★★★★★	★★★★★	★★★★★	★★★★★	★★★	★★★★★	★★★★★	★★★★	71
6.4	1	✓	✓	✓		✓	✓		★★★★★	★★★★★	★★★★★	★★★★★	★★	★★★★★	★★★★★	★★★★	71
4.4	2	✓	✓	✓		✓	✓	✓	★★★★★	★★★	★★★★★	★★★★★	★★★	★★★★★	★★★★★	★★★★	67
4.1	2.5	✓		✓		✓	✓		★★★★★	★★★	★★★★★	★★★	★★	★★★★★	★★★	★★★★	65
3.5	0.7	✓	✓	✓			✓		★★★★★	★★★	★★★★★	★★★	★★★	★★★★★	★★★★★	★★★★	64
5.2		✓		✓			✓		★★★★★	★★★	★★★★★	★★★★★	★★★★★	★★★	★★★★★	★★★★	62
1.9						✓			★★★	★★★	★★★	★★★	★★★		★★★★★	★★★★★	59
2.4	0.5		✓	✓		✓		✓	★★★	★★★	★★★★★	★★	★		★★★	★★★	58
3.0				✓			✓		★★★	★★★	★★★★★	★★★	★★★		★★★★★	★★★★★	58
3.1	1.5	✓	✓	✓		✓	✓		★★★	★★★	★★★★★	★★★	★★★	★★	★★★	★★★	57
2.3		✓							★★★	★★★	★★★★★	★★	★★	★★★★★	★★★	★★★★★	56
5.3		✓			✓		✓		★★★	★★★	★★	★★	★★★	★★★	★★★★★	★★★	47
1.7					✓			✓			★★	★★★★★	★★★★★		★★★★★	★★★★★	46
2.1	1.5	✓	✓	✓	✓	✓		✓	★★	★★	★★	★★★★	★★★★	★★★★★	★★★★★	★★★	44

Online prices are in *italics*. **Capacity** The amount the manufacturer says you should be able to juice in one go.

Features

Citrus attachment An extra motorised press for making orange juice comes with some of the juicers. **Variable speed** One speed for processing soft fruits and a faster one for processing harder fruits and vegetables.

Test performance

Ease of use Includes setting up, dismantling, and fixing and removing the jug/bowl.

Score

Ignores prices and is based on:

Juicers

Ease of use **40%**
Quantity of juice extracted **25%**
Quality of juice **25%**

Time taken **10%**

Smoothie makers

Ease of use **40%**
Quantity of smoothies **25%**
Quality of smoothies **25%**
Time taken **10%**

Combination models

Ease of use **40%**
Juicing **30%**
Smoothie making **30%**

4 JUICER

65% Russell Hobbs Juice Lady 10007-10

£65

Both left- and right-handers can use this model but it isn't the easiest to set up. It makes excellent fruit juice but the inlet chute is small. Other Best Buys are better at making vegetable juice. Most cleanable parts are dishwasher safe. It comes with a large pulp container but no juice jug. It's available from Argos.

BEST FOR Making orange juice, juicing 73 per cent of fruit in 23 seconds.

Cheapest store Argos **Size** 34x32x20cm **Weight** 4.1kg **Capacity** 2.5 litres **Recipe book** Yes **Variable speed** Yes **Dishwasher-safe parts** No



5 JUICER

64% Breville Juice Fountain Junior JE 11 £50

Our smallest and lightest Best Buy has only a small juice container, limiting how much it can make. It produces some of the best orange juice but is not as good as some on other juices. This basic model is easy to put together and use. The inlet chute is too small for whole fruits. It's available from Argos.

WORTH KNOWING The top inverts to let you put soft fruit in more easily.

Cheapest store Argos **Size** 33x30x18cm **Weight** 3.5kg **Capacity** 0.7 litres **Recipe book** Yes **Variable speed** No **Dishwasher-safe parts** Yes



How we test

We gave each healthy drink maker a good workout

Juicers

We put the juicers through their paces with 450 oranges, 11 pineapples, 31kg of beetroot, 24kg of carrots, 18kg of apples, 8kg of grapes and 4kg of strawberries.

Using a recipe, we put fruit into the juicers and measured how much juice (expressed as a percentage) they were able to extract. We also timed the extractions.

Being able to drink good orange juice is an important

reason to make juice at home. We tested the juicers' ability to extract as much juice from the oranges as possible to produce smooth, frothy juice with no sediment.

Smoothie makers

We tested the smoothie makers using 8kg of yogurt, 60 bananas, two litres of orange juice, four litres of milk, 41 mangoes, 15 limes, nine pounds of honey and a kilo of ginger.

Insider information

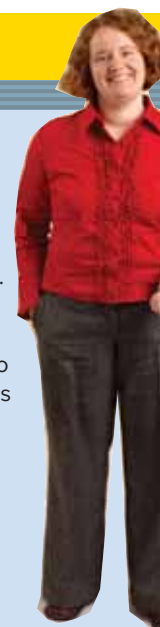
Make your own juices and smoothies or buy them?
Sandie Mattioli offers advice

Sales of juices are soaring. More than 90 per cent of us bought them last year. Smoothies have also grown in popularity as we look for alternatives to sugary drinks, and frozen smoothies are set to make their debut in the shops this summer.

We wanted to check how much it costs to make drinks at home, compared with what you pay for those in the chiller cabinet at your local supermarket. Fruit smoothies cost from £1.50 to £2

in the shops, and we managed to make the same recipes for £1 to £1.70. Dairy smoothies were also slightly cheaper to make at home, working out at 75p to £1.60. Shop-bought versions cost from £1 to £2.

Savings were less with juicing, largely due to the amount of fruit you need. Juices range from £1 to £2 in the shops, and cost only slightly less when made at



MEMBER BENEFIT

Win a Best Buy juicer, health grill and steamer

Shape up for summer with our healthy-eating package. We're offering an Antony Worrall Thompson JE15 juicer, a Breville HG20 grill and a Tefal 3-Tier ultra compact steamer, plus £100-worth of Waitrose vouchers

TO ENTER, SIMPLY ANSWER THE FOLLOWING QUESTION
Pomegranates contain a high level of which vitamin?

(a) B (b) C (c) D

See p16 for closing date and details of how to enter

MEMBER BENEFIT

Free website access

Which? members have free access to www.which.co.uk/juicers, which gives more detailed test results for the combination models. You'll also find more about the features of the standalone juicers and smoothie makers.

MODEL

SMOOTHIE MAKERS

- 19 YOU ARE WHAT YOU EAT** 12732 Smoothie Maker
- 20 KENWOOD** SB256 Smoothie Concert
- 21 KENWOOD** SB308 Smoothie Night & Day
- 22 KENWOOD** SB100 Smoothie Junior
- 23 RUSSELL HOBBS** 12620 Simply Smoothie

See p36 for the notes on using the table

6 JUICER

62% Jack La Lanne Power Juicer CL-003AP £100

This makes smooth, tasty fruit juices, but, despite juicing vegetables in a fairly quick one minute and ten seconds, results don't match our top-scoring Best Buys. A large chute can take some fruits, such as apples, whole but there is just one juicing speed.

It's available at Argos.

WE LIKE This is the quietest juicer we tested and has almost no vibration.

WHICH?
BEST BUY

Cheapest store Argos **Size** 40x28x20cm
Weight 5.2kg **Capacity** Not stated **Recipe book** Yes
Variable speed No **Dishwasher-safe parts** Yes



19 SMOOTHIE MAKER

66% You Are What You Eat 12732 Smoothie Maker £45

Making dairy smoothies in just 60 seconds helped this model win in a close test. It's good at all types of smoothie, is easy to set up and quite easy to use. Fitting the jug takes more effort than with others tested, though. It's available online.

WORTH KNOWING Its recipe book is the best and is packed with nutritional information.

Available Online **Size** 48x22x24cm **Weight** 2.5kg
Capacity 1.8 litres **Recipe book** Yes **Variable speed** Yes
Ice crushing Yes



WHICH?
BEST BUY

Contacts

Antony Worrall Thompson
0800 525089
www.breville.co.uk
Breville
0800 525089
www.breville.co.uk
Hinari
0870 873 0077
www.hinari.co.uk
Jack La Lanne

01782 441950
www.brand-uk.com
Kenwood
02392 392333
www.kenwood.co.uk
L'Equip
01904 757070
www.ukjuicers.com
Magimix
01483 427411
www.magimix.com

Moulinex
0845 602 1454
www.moulinex.co.uk
Philips
0845 601 0354
www.philips.co.uk
Rosemary Conley
0845 050 2568
www.rosemary-conley.co.uk
Russell Hobbs

0845 658 9700
www.saltoneurope.com
Vice Versa
No UK number
www.viceversa.com
You Are What You Eat
0845 658 9700
www.saltoneurope.com

home – from £1 to £1.75. The savings are so small that, even if you buy three juices a week, it will still take more than five years to recoup the cost of our best on test juicer.

But saving money isn't really the point. Shop-bought drinks are often gently pasteurised in order to extend their shelf life, which means some of the goodness is lost. Drinks you make at home and drink fresh are best for

getting the maximum nutrients and vitamins.

And don't forget to make the most of the leftover fruit and vegetable pulp. It often has nutritional value and can be used to thicken soups, sauces and minces, or in baking. Some of the juicers we've tested come with recipe books giving ideas on how to use up pulp. The one that accompanies the Breville Café Series Commercial (2) is particularly easy to follow.

MODEL		TEST PERFORMANCE		SCORE %
	PRICE (£)	JUICING	SMOOTHIE MAKING	
COMBINATION				
15 BREVILLE Juice Fountain Multi Juicer JE6	30	★★★	★★★	57
16 KENWOOD Smoothie Juice Bar JE770	35	★★	★★★★★	55
17 ROSEMARY CONLEY Essentials CT JE3	30	★★★	★★	53
18 MOULINEX Juicemaster Complete	50	★★★	★★★	52

SPECIFICATION				FEATURES		WHICH? TEST PERFORMANCE										SCORE %
PRICE (£)	SIZE (cm) (HxWxD)	WEIGHT (kg)	CAPACITY (litres)	RECIPE BOOK	VARIABLE SPEED	CABLE STORAGE	DAIRY SMOOTHIE	FRUIT SMOOTHIE	SMOOTHIE WITH ICE	MAYONNAISE	VIBRATION	NOISE	RECIPE BOOK	EASE OF USE	CLEANING	
45	48x22x24	2.5	1.8	✓	✓		★★★★★	★★★★★	★★★★★	★★★★	★★★★	★★	★★★★★	★★★★★	★★★★	66
40	43x19x28	2.5	1.5	✓	✓		★★★★	★★★★	★★★★★	★★	★★★★	★★★★	★★★★★	★★★★★	★★★★★	63
50	48x21x22	3.5	2.0	✓	✓	✓	★★	★★★★★	★★★★★	★★★★	★★★★	★★	★★★★★	★★★★★	★★★★★	63
30	41x26x15	2.0	1.0	✓			★★	★★★★★	★★★★★	★★★★	★★★★	★★★★	★★★★★	★★★★★	★★★★★	62
43	48x22x24	2.5	1.8	✓	✓		★★	★★★★	★★★★★	★★★★★	★★★★	★★	★★★★★	★★★★★	★★★★	59