

Juicers



JUICERS: Which is the best?

Juicing is now essential in the mainstream of our diet. Consumers use juicers for everything from squeezing a few tablespoons from a fresh lemon to use in a recipe, to crushing bunches of tough greens for a super healthy start to their morning. The popularity of cleanses has also helped make a juicer practically a “must have” appliance in every kitchen. Consumer Education and Research Centre (CERC) has done the testing to find the best juicers for healthy lifestyle.

Make fresh juice at home with juicer

Juicers are a standby in many kitchens. Unlike blenders and smoothie makers, which simply blend ingredients together in a jug, juicers extract juice from the fruit and vegetables push through the feeder tube. Pure and fresh juice is produced from a tap at the front, while the skin and pulp are collected in a separate container, which needs to be emptied and cleaned when the job is finished. But not all juicers are efficient equally. Some waste more of fruits and vegetables than others. Some juicers squeeze oranges more efficiently than others.

The BEST Juicer, Is there one?

Often times, we are asked, “**Which is the best juicer?**” There are a lot of claims made about different juicer brands and types. “This one makes more juice, faster! That one extracts more nutrients! This one is easier to clean!” and so on. That’s why CERC put them to the test, to sort the truth from the myths and the best from the rest. Here’s how they do it.

How we tested best juicers

CERC lab tested each juicer with a range of ingredients to see how well each model could cope with different types of fruits and vegetables and how quickly they can get the job done. Each model was tested with the same ingredients three times and an average was taken from the results.

For the fruit juice, we combined three peeled and sectioned oranges, half a cup peeled and sliced pineapple and quarter of a cup of fresh strawberries, one cored and sliced apple and half a cup of seedless grapes. For the vegetable juice, the ingredients included two chopped raw beetroots, four chopped carrots and one chopped apple.

For the orange juice test we have taken five peeled oranges. Each juice was assessed on a range of parameters, including taste, frothiness, smoothness, fibrousness and sedimentation. The juice produced was weighed and poured through a 0.25mm sieve to reveal the proportion of the original ingredients that had been successfully juiced.

We have also given weightage to easy use and how complicated each model to assemble, use, take apart and clean as well as how loud it is and how much it vibrates when in use.

Our best pick

Juicers are becoming an indispensable kitchen appliance. Here are the ones worth buying

Philips Juicer HR1861

The juices produced were perfectly smooth with little or no sediments left in the liquid. Though it top rated, its motor (700W) is not the most powerful on test. It is pretty quick and took 55 seconds to make juice of five oranges while other took more than twice the time for the same task. On average left with 59% of the fruit and vegetables it process once the juice has been strained, which makes this model third most efficient on test. This comes with a large 1,500ml juice jug – which holds double the volume of the jug supplied with smaller Philips HR1853 but is a pretty noisy model that vibrates quite a lot in use. It does not have non-slip feet but, at 4.2kg, this sturdy juicer is around twice the weight of some and should not move around when in use.



PROS: Great all-round, easy to use

CONS: Heavy, expensive

Morphy Richards Juicexpress



It is the fastest juicer on test. It is rated high for speed – whether juicing fruit or vegetable – it blitzes through five oranges in just 38seconds. On average around 57% of the fruit and vegetables are left after they are juiced and strained. Leftover pulp collects in a container on the side which, like all other parts on this model, is very easy to clean. The vibrations are no higher than other high-scoring models, and the vacuum feet should make sure this juicer does not move around on the surface. The two-speed rotary has four blue LED lights and a large feeder tube process large fruit like apples. No juice jug is supplied and the sieve is a bit tricky to fix, but otherwise this is a straightforward juicer

to operate.

PROS: Fast, quite

CONS: Sieve not the easiest to attach

Braun Multiquick 5 Juicer

It gets more juice out of fruit and vegetables than any other tested models despite having one of the least powerful motors on test. This is not quite as efficient with time and is the slowest among models tested. It cannot start unless it has been correctly assembled. It is pretty noisy and vibrates quite a lot in use but, despite being the lightest (2.41kg) among the tested models. The construction is sturdy and it is an easy model to use. The manual advises that the filter should be cleaned with a small brush instead of being put through the dishwasher. It is very easy to dismantle and clean.

PROS: Avoids waste, extra safety feature

CONS: Slow, noisy, vibrates a lot



Prestige juicer PCJ4.0



This model has most powerful motor (800W). It produces very smooth juices with a great level of froth, and no sediments left (fruits and vegetables) at the bottom of the glass. It produces very smooth juices with a great level of froth and no sediments of fruits and vegetables left at the bottom of the glass. It takes out juice from 5 oranges in 50 seconds and taking just over a minute to tackle fibrous fruit and vegetables. On average 53% of fruit or vegetables are left into the juicer. It is very easy to use and has a power indicator. It is noisy and vibrates when in use. A juice jar is provided and leftover pulp collects in a container on the side. Tests show it is easier to use and clean and squeezes around 10% more out of fruit and vegetables.

PROS: Great results, very easy to use

CONS: Some juices are slightly fibrous

Philips Juicer HR1853

This is the cheapest juicer on test, and also one of the fastest overall – juicing five oranges in just 35 seconds. It also scored top marks for removing fibres from tough ingredients like beetroot and pineapple. This two-speed juicer is half the price of the top scoring **Philips Juicer HR1861** and is just as easy to use and clean. But this juicer has a smaller motor (550W) and juicing jug (700ml) and the 1.5l pulp container holds 25% less pulp. Noise and vibrations are high but not as dramatic as those from the HR1861, and the non-slip vacuum feet and sturdy construction are reassuring.



PROS: Cheap, good at removing fibres

CONS: Gets less juice out of what goes in

Worth Considering

Morphy Richards max juice extractor



It is worth considering juicer and is within the budget. True to its name it extracted more juice than any other model on test. It is efficient with fruit and managed 18% more than one juicer managed and 63% of the weight of five whole oranges (some only squeeze out 38%). This juicer is also among the cheapest on test. It saves money but takes time to make juice just double the time of fastest models (76 seconds). Though quality wise still perfectly acceptable, none of the fruit or vegetable juices were as smooth as those produced by the

top scorers. It is also not as easy to clean and use as other models on test

PROS: Cheap, extracts lots of juice

CONS: Not the fastest or easiest to use.

Source: Right Choice August 2013