



# For your health



21

Harmony of  
crushing power,  
high RPM and  
quality components  
for a great tasting  
smoothie.

*Technology used by professionals and  
masters of gastronomy.*

Using blenders G21 you can prepare vegetable and fruit cocktails in just a couple of seconds. Quality blades supported by tremendous power will blend all your ingredients into the smallest pieces. In addition, the blending process preserves the cellular structure of fruits and vegetables and thereby helps to preserve a huge amount of vitamins that your body can absorb faster.

#### Perfect Smoothie

*Popular blender with retro design*

- Power: 1.500 W
- Max RPM: 35.000
- Colors: white, red, green, dark brown, cappuccino, black

#### Perfect and Smart Smoothie Vitality New modern design

- Power: 1.680 W
- Max RPM: 32.000
- Improved motor cooling
- Improved noise isolation
- Possibility to order a smaller 0,9l container
- Colors: red, white, graphite black, cappuccino, dark brown



Available  
accessories  
**0,9l container**  
**2,5l container**



1 500 W



35 000 rpm



2.5 l

Perfect Smoothie

Perfect  
Smoothie

Vitality



1 680 W



32 000 rpm



2.5 l

Smart  
Smoothie

Vitality





## Cocktails & Mixing

Blenders G21 are able to easily process foods containing tough fiber such as carrot tops into smooth puree, which contains a lot of beneficial nutrients and vitamins and is usually very difficult to blend using regular blenders due to lack of power. Unlike with regular blenders and juicers, using G21 blenders you will get a smooth and creamy juice full of vitamins and fiber.

## Ice cream

Preparing homemade ice cream with Perfect Smoothie is very simple. Its high quality blades work so fast that the frozen ingredients will not have enough time to melt but will only be fine whipped into a fluffy ice cream. The whole process takes just a few seconds and Perfect Smoothie with some good ingredients will be all you need to serve a delicious ice cream. Using our blenders, canned fruit can turn into delicious fruit syrups that are perfect to use as a topping with your ice cream, waffles or pancakes.

## Cooking

Preparation of hot soups full of healthy nutrients in Perfect Smoothie is very easy and only takes a couple of minutes. You can turn broccoli, peas or lentils into a creamy soup and avoid incomplete blending using the immersion blender, splashed kitchen table, spillovers and loads of dirty dishes. Just put all the soup ingredients into the blender and start mixing, add your favorite spices for the best taste and the soup will be hot and ready in 5-6 minutes.

There are many more ways how to use your G21 Perfect Smoothie blender such as preparation of sauces, snacks, tasty toppings, smoothies, or grinding of meat or nuts.





## Perfect Smoothie

For retro design enthusiasts.



1 500 W



35 000 rpm



2.5 l

Power: 1.500 W **1**

Max RPM: 35.000

Blades **2**

Two 3-arm high quality blades.

Container 2,5 l **3**

BPA free

Container lid **4**

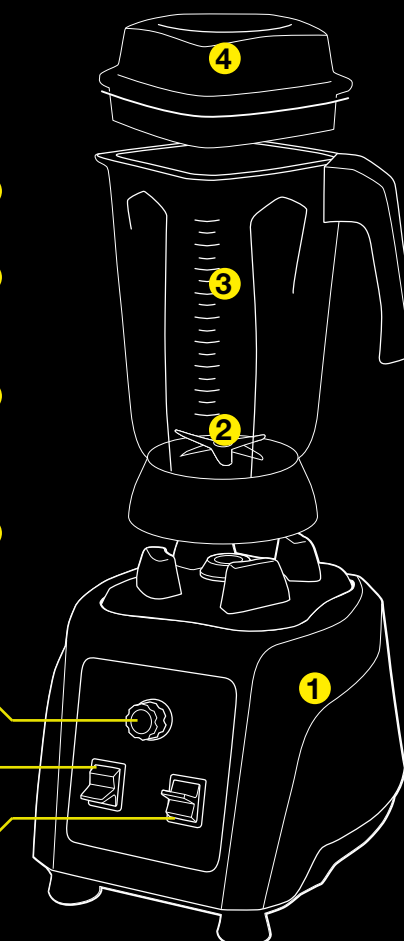
RPM setting wheel

For setting of the desired RPM.

ON / OFF switch

Pulse operation

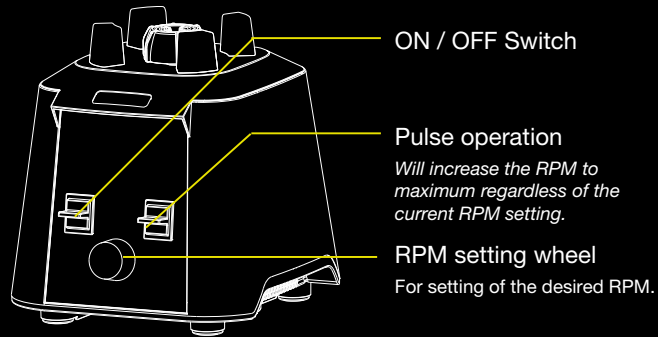
Will increase the RPM to maximum regardless of the current RPM setting.





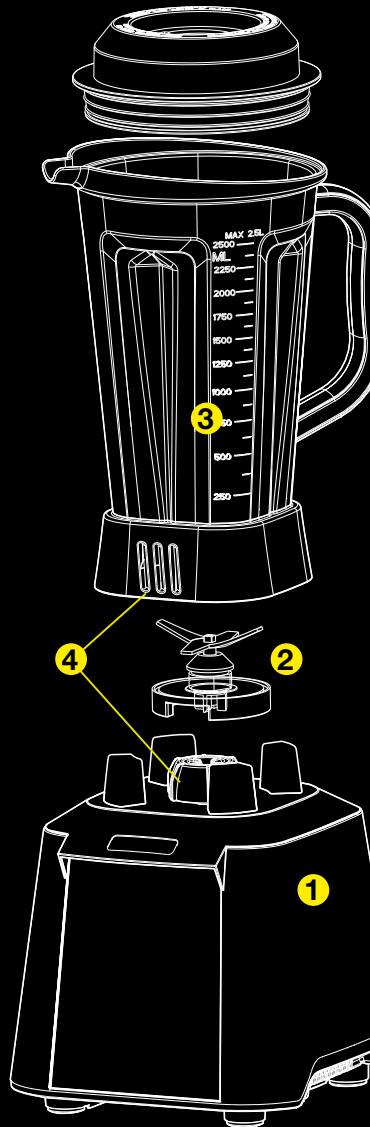
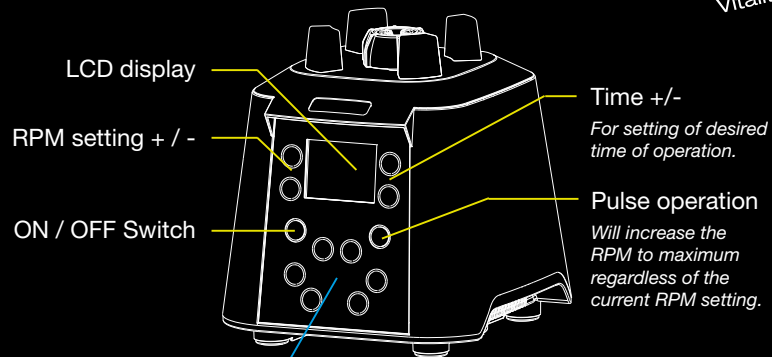
## Perfect Smoothie

Vitality



## Smart Smoothie

Vitality



- 1** 1.680 W strong high speed motor developed for commercial and personal use is able to prepare cocktails and smoothies in record time.
- 2** Quality blades rotating at speeds up to 32.000 RPM are able to easily crush fresh fruits and vegetables and also ice, nuts and other ingredients.
- 3** Durable high quality container with capacity of 2,5 l made of completely BPA free material.
- 4** Improved cooling system allows for a longer lifespan of the blender and makes it possible to use the blender longer before the temperature of used ingredients starts to increase.

*Perfect tool for use at home and also in hotels, restaurants and juice bars.*



1 680 W



32 000 rpm



2,5 l



### PROGRAMS

#### Automatic programs

*Dynamic RPM and duration will be set automatically.*

*Soups / Sauces / Vegetables*

*Smoothie / Soy milk / Nuts*



## SMOOTHIES

Smoothie is a cold drink made of mixed fruits or vegetables. It is possible to add some ice, yogurt, ice or herbs. Other suitable additions are also pieces of chocolate, nuts or oatmeal. Smoothies have the consistency of a milk-shake and are thicker than juices. Unlike commercial juices, they contain pure ingredients and are not diluted with water and don't contain preservatives.

### Chocolate – coconut SMOOTHIE with dates (0,5 l)

Ingredients:

- 3 pcs of bananas
- 2 apples
- 2 tablespoons of coconut oil
- 8 pieces of chocolate beans
- 4 tablespoons of chia seeds
- 1 tablespoon of cocoa powder
- 4 pieces of dates
- 1 tablespoon of Maca
- 1 tablespoon of Lucuma

### Almond – cinnamon SMOOTHIE with Maca (0,5 l)

Ingredients:

- 3 pcs of banana
- 300 ml of almond milk
- 1 teaspoons of cinnamon
- 1 tablespoon of Maca powder
- 4 tablespoons of chia
- 2 before blending and 2 after blending

### Apple – parsley SMOOTHIE with Lucuma (0,5 l)

Ingredients:

- 5 pcs of apples
- 200 ml of harmonized osmotic water
- 100 g of parsley
- 100 g of corn salad
- 1 tablespoon of cinnamon
- 2 tablespoons of chia seeds
- 1 tablespoon of Lucuma

### Strawberry SMOOTHIE with Maqui (0,5 l)

Ingredients:

- 1 cup of strawberries
- 2 tablespoons of chia seeds
- 50 grams of almonds
- 1 tablespoon of maqui
- 4 pcs of dates

### Green breakfast SMOOTHIE

Ingredients:

- 3 pcs of banana
- 300 ml of hazelnut milk
- 1 teaspoon of barley
- 1 teaspoon of bee pollen
- 1 cup – 21 grams chocolate protein
- 15 pcs of chlorella
- 2 tablespoons of chia seeds
- 4 leaves of lettuce

## Chia YOGURT (2 servings)

Ingredients:

- 300 ml of coconut milk
- 4 tablespoons of chia seeds

Palm or date syrup, goji, mulberries, raw cocoa powder, cinnamon or and any fruit to suit your favorite taste.

## Garlic BUTTER

Ingredients:

- 2 ripe avocados
- 3 cloves of garlic
- juice from one lemon
- Himalayan salt
- Pepper
- Chives or other fresh herbs according to your taste

## Banana ICE CREAM (2 servings)

Ingredients:

- 3 bananas
- Cinnamon, crushed raw cocoa beans, vanilla, agave syrup according to your taste

Instructions:

Cut bananas into slices and put them into freezer for 1-2 hours. After the bananas are frozen, put them into the blender and add a little bit of water. Blend until you get a creamy banana ice cream. Add other ingredients (cinnamon, cocoa etc.) based on your taste. If you want to achieve a creamier result, add cashew nuts and blend together.

## Chocolate PUDDING

Ingredients:

- 2 pcs of ripe avocados
- 1 tablespoon of coconut oil
- 1 tablespoon of cocoa powder
- 2 tablespoons of date sweetener (amount according to your taste)

Serve on sliced apple or other fruit.

## Nut milk

Milk can be made from walnuts, cashews, hazelnuts, almonds, macadamia or pine nuts or seeds – sunflower, pumpkin, hemp etc.

Ingredients:

- 1 coffee cup of nuts, ideally soaked for 4-12 hours\* (milk can be made of any kind of nuts or seeds)
- 1 teaspoon of honey or agave syrup, dates, prunes, coconut (for sweetening, not required)
- hint of vanilla bean, cinnamon, 1/2 teaspoon of vanilla extract or any of your favorite spices (for taste, not required)
- 1 teaspoon of raw cocoa powder (for raw cocoa milk)
- 2-3 coffee cups of water – if you prefer thicker milk, use less water and vice versa

Instructions:

Put all ingredients into the blender and blend until they form a smooth mass. Then pour the content into nylon stocking through a strainer or directly and squeeze out all the milk. Milk can also be flavored with cinnamon, nutmeg or other spices. Milk can be kept in a sealed bottle or container in the refrigerator for 2-4 days. Raw milk can be flavored with cocoa powder resulting in delicious raw cocoa milk. Pureed pulp from nuts can be used for mashes or cocktails.

\* Reason for soaking of nuts is their better digestibility and simultaneous activation of enzymes.

## Poppy milk

Ingredients for production of approx.

- 1.2 liters of poppy milk:
- 200 g of poppy seeds
- 2 liters of water

Instructions:

Soak poppy seeds for 2-3 hours in warm water and then blend them in the blender using high RPM. Strain the poppy milk through a fine sieve or cloth. If you prefer finer consistency of the milk, repeat sieving several times.








Advanced  
slow  
juicing  
technology.

## Perfect Juicer

Vertical slow juicer G21 Perfect Juicer is most suitable if you enjoy more pulp in your juice. Its construction makes it a perfect tool for juicing of soft fruits and vegetables, citruses, leafy vegetables or berries.

  
80 rpm

  
500 W

  
Quiet  
operation

- Power: 500 W
- Max RPM: 800 RPM
- BPA free
- red, green and white color variations



# Horizontal juicers G21

Great choice if you like your juices without pulp or if you prefer having one multifunctional device which can be also used to grind meat or prepare noodles. Thanks to their construction they are suitable for hard root vegetables, leafy vegetables, herbs or all kinds of berries.

## G21 Chamber horizontal

This model is equipped with Optimal Seal system which provides the best possible extraction of juice from both soft and hard ingredients.

- Power: 150 W
- Max RPM: 75
- Optimal Seal system
- BPA free



Horizontal ceramic auger



75 rpm



150 W



Quiet operation

## Gourmet horizontal

Multifunctional device for juicing, production of noodles, grinding meat or filling of sausages.

- Power: 150 W
- Max RPM: 75
- Adapter for grinding meat and production of noodles
- BPA free



### Available accessories

Adapter for production of ice cream for models G21 Chamber and G21 Gourmet



Available accessories

Adapter for grinding meat and production of noodles

Chamber



Optimal Seal system

Gourmet



Multifunctional USE

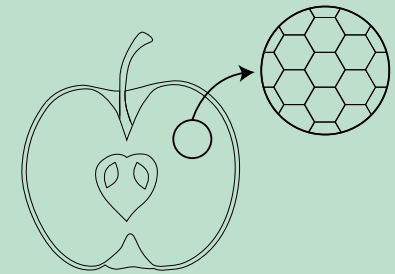






Slow juicing helps to preserve more nutrients, minerals and enzymes and guarantees great tasting juice.

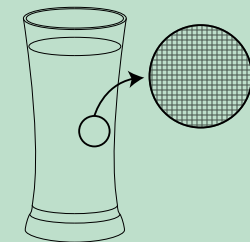
The main advantage of fruit and vegetable juices is their fast absorption by the human body, because juicing process separates the vital nutrients and water from roughage. This is an energy and time consuming process and if whole fruits and vegetables are consumed, the whole is done by the digestive system. The energy that the body needs for this work is taken from the food we consume.



Whole fruits and vegetables:

Absorption rate: 17%

Time needed for digestion and absorption:  
3-5 hours



Juices extracted using a slow juicer:

Absorption rate: 65%

Time needed for digestion and absorption:  
10-15 minutes

Nutritious phytochemicals are found in fruits and vegetables in 5 different colors.

Polyphenol,  
Lycopene



Beta-caroten



Folic acid,  
vitamin C,  
Catechin



Flavonoid



Anthocyan





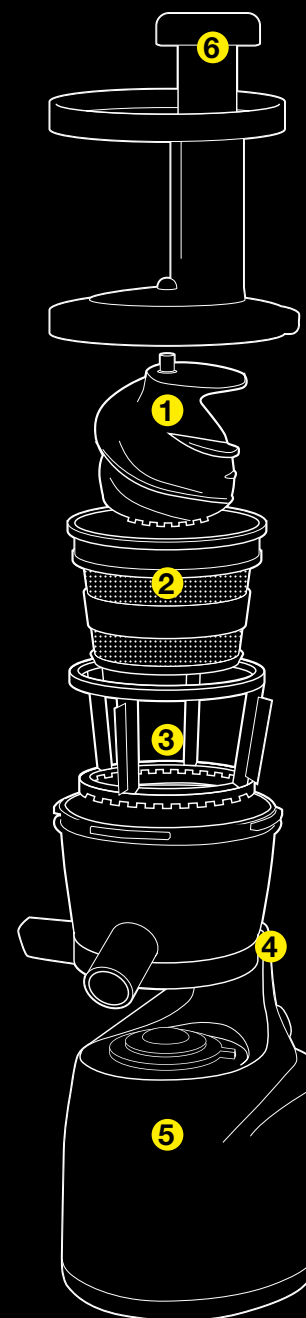


Sweet and tasty treat from the nature. Start your day with a simple and healthy smoothie.

Smoothies are very easy to prepare and are very rich on nutrients. Based on your choice of ingredients you can prepare many different tasty and creamy smoothies.

You will feel great after each glass of 100% natural juice.

Consumption of fruits and vegetables is crucial for our health. Plants absorb nutrients from the soil and use them to produce natural substances called phytochemicals which help them survive harsh conditions such as hot summers and cold winters. These phytochemicals are also very beneficial for the human body - they improve our immunity, they act as antioxidants and protect our body from many diseases.



## perfect Juicer



80 rpm



500 W



Quiet operation

### 1 Auger

*Thanks to slow speed technology you get more smooth and nutrient-rich juice.*

### 2 Strainer

*Made from ecologically friendly materials. Functions as a pulp regulator.*

### 3 Rotating brush

### 4 Two-step security system

*Magnetic security sensor requires precise positioning of components in order to start the operation. Made from ecologically friendly materials.*

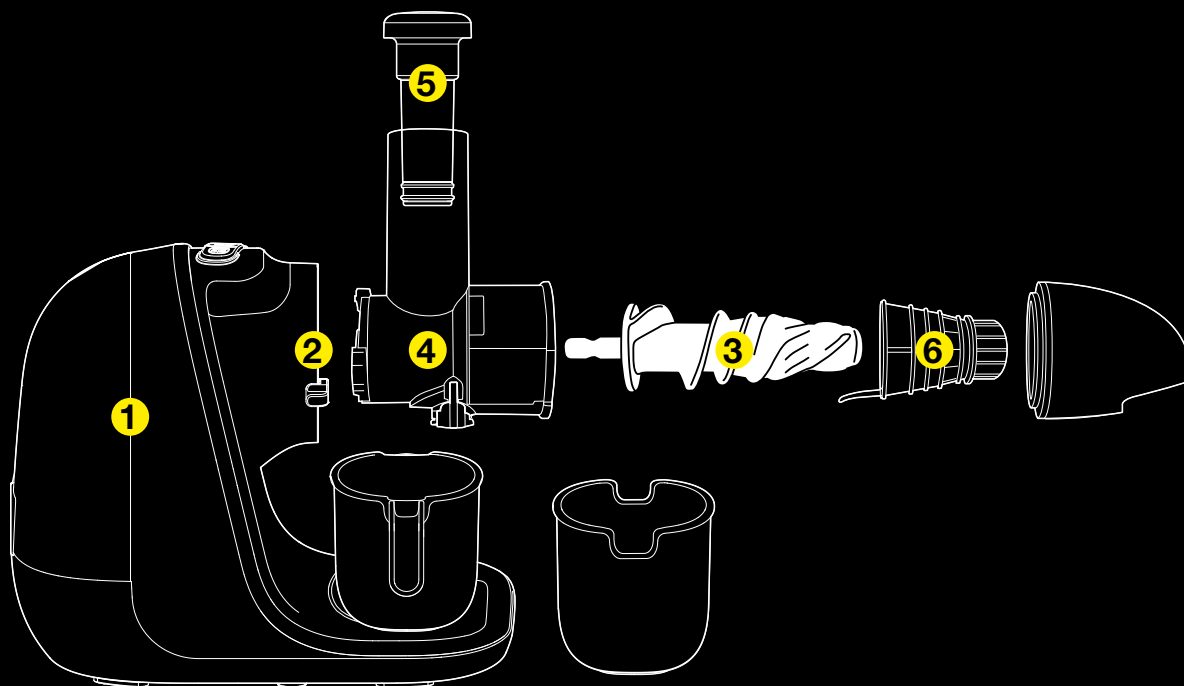
### 5 Silent motor

*Perfect Juicer uses a specially designed motor which provides a lot of power while remaining silent during operation.*

### 6 Stamper



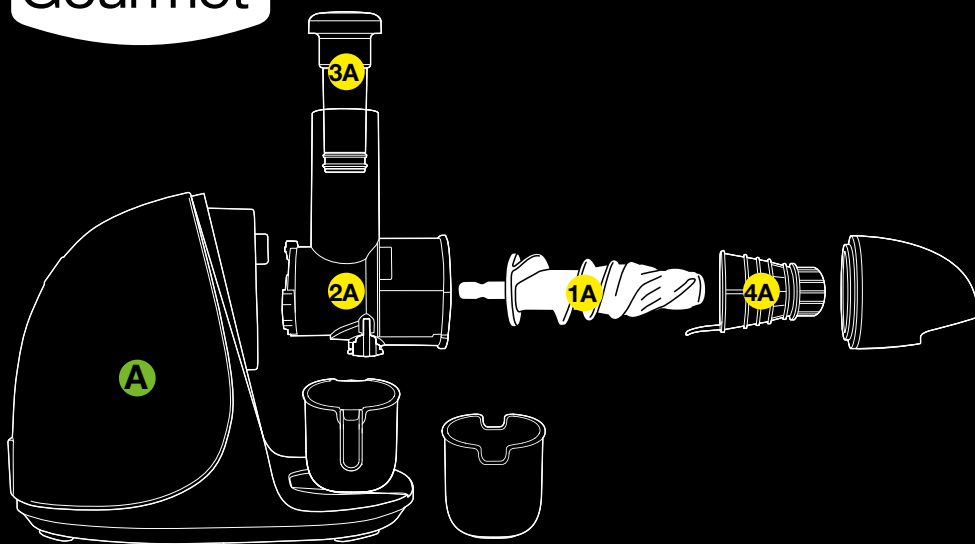
# Chamber



- 1** Powerful 150 W motor in combination with a strong transmission provides sufficient power to squeeze juice from all your favorite ingredients.
- 2** Adjustable lever for distinction between soft and hard ingredients allows best possible juice extraction and less wear of components.
- 3** Thanks to porcelain auger all important vitamins and enzymes are preserved in your juice.
- 4** Chamber made from BPA free material.
- 5** Stamper with a sealing ring that cleans the juicer with each press.
- 6** Fine sifter with 2-step stamping system provides maximum juice extraction. BPA free material.



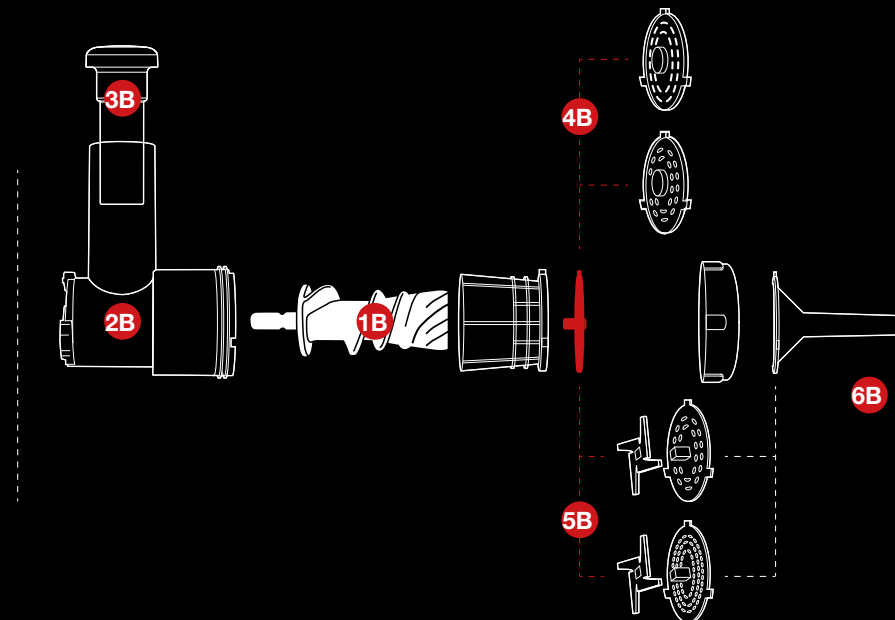
# Gourmet



- A** Powerful 150 W motor in combination with a strong transmission provides sufficient power for squeezing juice, grinding meat and production of noodles.

## Juicer

- 1A** Thanks to porcelain auger all important vitamins and enzymes are preserved in your juice.
- 2A** Chamber made from BPA free material.
- 3A** Stamper with a sealing ring that cleans the juicer with each press.
- 4A** Fine sifter with 2-step stamping system provides maximum juice extraction. BPA free material.



## Adaptor for grinding meat and production of noodles (available accessory for G21 Chamber)

- 1B** Special auger for effective grinding.
- 2B** Chamber made from BPA free material.
- 3B** Stamper without sealing ring for easier feed of solid food.
- 4B** Replaceable plastic discs for production of round and flat noodles.
- 5B** Replaceable metal discs with rotational blades for fine or coarse meat grinding.
- 6B** Tube for filling sausages.







### Juices for body cleansing (0,2l)

#### Ingredients:

300 g	carrots
200 g	spinach

#### Ingredients:

250 g	carrots
150 g	lettuce
100 g	spinach

#### Ingredients:

300 g	carrots
100 g	beetroot
100 g	cucumber

#### Ingredients:

300 g	carrots
75 g	beetroot
125 g	pomegranate

### Juices against headaches and migraines (0,2l)

#### Ingredients:

300 g	carrots
100 g	celery
144 g	spinach

#### Ingredients:

300 g	carrots
200 g	celery <small>(If you are using celery leaves, use 350 g carrots and 150 g celery leaves)</small>

### Juices against cold (0,2l)

#### Ingredients:

250 g	carrots
150 g	celeru
100 g	radish

#### Ingredients:

100 g	grapefruit
50 g	orange
100 g	lemon



# Digitally controlled operation of the dehydrator ensures optimal drying process.

Leave the whole drying process to our professional dehydrators.

Drying is one of the oldest methods of food preservation. The main advantage of this gentle process is the ability to preserve most of the important nutrients and vitamins contained in raw food. Our professional dehydrators G21 are designed for drying of practically all kinds of foods from herbs, fruits and vegetables to meat, which can be turned to very popular Jerky.

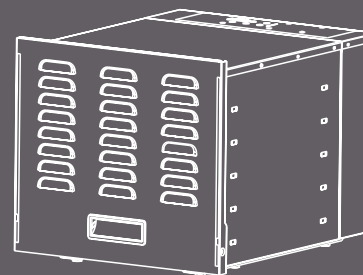
## Available accessories:

### Teflon inserts for G21 Harmony dehydrators.

These inserts are suitable for dehydration of raw liquid materials. They are the perfect tool for preparation of fruit rolls, crackers, flaxseed crackers, or for drying foods like yoghurt.

Teflon inserts come in 3 sizes to perfectly fit all our G21 Harmony dehydrators.

## Harmony Platinum



### Food dehydrator G21 Harmony Platinum

Our top of the line dehydrator from the Harmony line with fully digital controls made of stainless steel material.

- Interchangeable trays for different sizes of ingredients: 10 fine and 10 coarse trays
- Tray dimensions: 40 x 36 cm
- Power: 1.000 W
- Temperature regulator: 35 – 68 °C
- Digital timer
- Dimensions: 51,1 x 43 x 35,5 cm
- Stainless steel material
- Equal dehydration of even bigger pieces
- Simple operation





## Harmony

Small



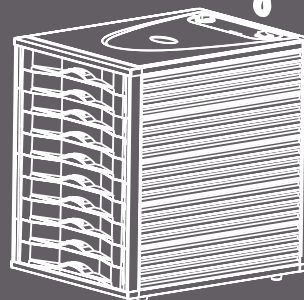
### Food dehydrator G21 Harmony Small

The smallest dehydrator from our Harmony line with 8 plastic trays.

- 8 tray inserts with fine grit for dehydration of small items
- Tray dimensions: 37 x 29 cm
- Power: 630 W
- Temperature regulator: 32 – 68 °C
- Digital timer
- Dimensions: 46 x 33 x 27,5 cm
- Equal dehydration of even bigger pieces
- Simple operation

## Harmony

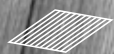
Big



### Food dehydrator G21 Harmony Big

Medium sized dehydrator from our Harmony line with 10 plastic trays.

- 10 tray inserts with fine grit for dehydration of small items
- Tray dimensions: 38 x 34 cm
- Power: 800 W
- Temperature regulator: 32 – 68 °C
- Dimensions: 50 x 38,5 x 49 cm
- Digital timer
- Equal dehydration of even bigger pieces
- Simple operation



8x tray  
37 / 29 cm



630 W



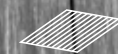
32-68 °C



timer



46 / 33 / 27,5 cm



10x tray  
38 / 34 cm



800 W



32-68 °C



timer



50 / 38,5 / 49 cm







## RAW dumplings

Ingredients:

- 1 cup carrots
- 1 cup celery
- 1 cup parsley
- 1 cup sunflower seeds
- 3 tbsp blended flaxseeds
- 3 tbsp psyllium
- 1 tsp salt
- ½ tsp pepper
- ¼ - ½ cup water

Cut root vegetables into small pieces so it can be measured in cups. Blend it together with sunflower seeds in a blender. When it is blended into one mass, add blended golden flaxseeds, psyllium and mix thoroughly. The result should be a non-sticky dough that holds firmly together.

In case the dough is not firmly connected, add a little bit of water.

Put the dough on a kitchen desk and create a cone. Cut it into individual circles, put them on a dehydrator tray and dehydrate for 1-2 hours.

The dumpling must stay smooth, dry on the outside but soft and creamy inside.



## Flaxseed and beet crackers

Ingredients:

- 1 cup flaxseeds (sprouted)
- 1 carrot, 1 red beet, 1 onion
- 1 tbsp dried bear garlic, hemp seeds (soaked in water overnight), 1 tbsp Tamari

Blend beet, carrot and onion in a blender. Add the rest of the ingredients and mix thoroughly together. Spread the resulting mixture on the teflon insert and dehydrate for 2 hours – ideally using temperature below 42 °C.

## Dried meat marinade – Jerky

Ingredients:

- ½ tbsp soy sauce
- 2 tbsp cane sugar
- ½ cup Worcestershire sauce
- ½ tsp onion powder
- 1 crushed garlic clove
- 2 tbsp ketchup
- 1 ¾ tsp salt
- ½ tsp pepper

Choose good quality meat and remove all fat and waste tissue. Put the meat into a freezer for 30 minutes for easier cutting. Cut the meat with the grain into thin slices and put it into the marinade for at least 3 hours. Dry the soaked meat slices thoroughly and put them on the trays inside the dehydrator. The dehydration process will take approximately 6-16 hours. The result should be easy to chew but not too brittle, therefore check the meat regularly.



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powerful blenders "Smoothie"



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vertical juicers "Juicer"



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horizontal juicers "Chamber" and "Gourmet"



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food dehydrators "Harmony"



[www.g21-vitality.eu](http://www.g21-vitality.eu)