

Joyoung 九阳

JoyLife

养生食谱 RECIPE

营养 Nutrition
健康 Healthy
养生 Regimen



温馨贴士 Tips

温馨贴士 (一) 如何使豆浆口感更香浓

- 使用120克(1 ½杯) 的黄豆，而不是80克(1 杯)。
- 或者
- 添加一两汤匙 (1 / 16至1 / 8杯) 大米或燕麦 (燕麦片/燕麦麸/即食燕麦片)。

Tips (A) How to make creamier (thicker) soy milk

- Use 120 grams(1½ cup) of soybeans instead of 80 grams(1 cup)
- Or
- Add one or two tablespoons (1/16 to 1/8 cup) of rice or oats (oatmeal/ oat bran/ Instant oatmeal)



温馨贴士 (二) 关于蔬菜水果的配料

- 所有的蔬菜水果必须切成小块/切小丁。(湿黄豆大小)

Tips (B) Ingredients of fruits and vegetables

- All fruits and vegetables must be cut into small pieces / cut small cubes (soaked soybeans size)

温馨贴士 (三) 避免糊底的方法

- 加入奶油可以避免配料放太多而糊底。

Tips (C) Method to avoid bottomer

- Add butter to avoid bottomer if added too much ingredients



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配料: 黄豆80克(1杯)、花生仁(带皮)15克、黑芝麻5克、冰糖适量

注: 所有配料用量均为干燥时的重量,适用于1200ml容量,你可以根据个人喜好的量增减食材分量。

做法:

1. 黄豆用清水浸泡6-8小时,洗净备用。黑芝麻略为冲洗。
2. 将花生仁、黑芝麻和黄豆混合放入杯体中,加水至杯体内的水位刻度(900-1300ml),将机头按正确的位置放入杯体中,插上电源线,指示灯全亮后,按下“Select”键,选择“Grains”功能键,“Grains”指示灯亮并闪烁,按“Start/Cancel”键启动该制作程序。大约25分钟左右,机器发出声光报警(beep),指示豆浆已做好,拔下电源插头。
3. 将豆浆用细滤网过滤后,可加入冰糖调味。

营养贴士: 连皮的花生仁有补血的作用,黑芝麻乌发养颜,和黄豆配合打成豆浆,口味和乌发养颜的效果俱佳。

黑芝麻花生豆浆

Black sesame seeds peanut milk – Black hair



Ingredients: 80g soybeans (1 Cup), 15g peanuts (with skin), 5g black sesame, appropriate crystal sugar

Note: All ingredients are dry weight for 1200 ml capacity, you can increase or decrease ingredients according to personal preferences proportionally components.

Practices:

1. Rinse dry soybeans and soak at room temperature for about 6 to 8 hours, wash stand. Rinse the black sesame.
2. Pour all soaked soybeans, peanuts and black sesame seeds into the jug, add water up to the level of water marks (900-1300ml), place the head into the jug correctly, put the plug into socket, the indicator will be light up, and then press the “Select” button to choose the “Grains” function, the “Grains” button will be light up and blinking, then press “Start / Cancel” button to start the soymilk procedure. After 25 minutes, the machine beeps to signal that the soymilk is done and ready for use. Then, you can unplug the power and pull out the machine head.
3. Use the metal strainer and plastic pitcher to filter out okara grainy from the soymilk, then can be flavored with appropriate crystal sugar.

Tips: The peanut skin has the role of enrich the blood, black sesame seeds black hair beauty.

配料: 黄豆80克、榛仁20克、白糖适量

注: 所有配料用量均为干燥时的重量,适用于1200ml容量,你可以根据个人喜好的量增减食材分量。

做法:

1. 黄豆用清水浸泡6-8小时,洗净备用。
2. 将泡好的黄豆和榛仁放入杯体中,加水至杯体内的水位刻度(900-1300ml),将机头按正确的位置放入杯体中,插上电源线,指示灯全亮后,按下“Select”键,选择“Grains”功能键,“Grains”指示灯亮并闪烁,按“Start/Cancel”键启动该制作程序。大约25分钟左右,机器发出声光报警 (beep),指示豆浆已做好,拔下电源插头。
3. 将豆浆用细滤网过滤后,可加入白糖调味。

营养贴士: 有“坚果之王”美誉的榛子,富含多价不饱和脂肪酸,能有效缓解压力,对提高记忆力、判断力,改善视神经,消除疲劳,都很有帮助。

榛仁豆浆

Hazelnut milk - pressure relief



缓压

Ingredients: 80g soybeans, 20g hazelnut, appropriate sugar

Note: All ingredients are dry weight for 1200 ml capacity, you can increase or decrease ingredients according to personal preferences proportionally components.

Practices:

1. Rinse dry soybeans and soak at room temperature for about 6 to 8 hours, wash stand.
2. Pour all soaked soybeans, and hazelnuts into the jug, add water up to the level of water marks (900-1300ml), place the head into the jug correctly, put the plug into socket, the indicator will be light up, and then press the “Select” button to choose the “Grains” function, the “Grains” button will be light up and blinking, then press “Start / Cancel” button to start the soymilk procedure. After 25 minutes, the machine beeps to signal that the soymilk is done and ready for use. Then, you can unplug the power and pull out the machine head.
3. Use the metal strainer and plastic pitcher to filter out okara grainy from the soymilk, then can be flavored with appropriate sugar.

Tips: The “king of nuts” the reputation of hazelnut, rich in polyunsaturated fatty acids, can effectively relieve stress, improve memory, common sense, to improve the optic nerve, reduce fatigue, are very helpful.

配料: 黄豆80克、燕麦20克、白糖少量

注: 所有配料用量均为干燥时的重量, 适用于1200ml容量, 你可以根据个人喜好酌量增减食材分量。

做法:

1. 黄豆用清水浸泡6-8小时, 洗净备用。
2. 将黄豆、燕麦混合放入杯体中, 加水至杯体内的水位刻度(900-1300ml), 将机头按正确的位置放入杯体中, 插上电源线, 指示灯全亮后, 按下"Select"键, 选择"Grains"功能键, "Grains"指示灯亮并闪烁, 按"Start / Cancel"键启动该制作程序。大约25分钟左右, 机器发出声光报警 (beep), 指示豆浆已做好, 拔下电源插头。
3. 将豆浆用细滤网过滤后, 可加入白糖调味。

营养贴士: 燕麦含有丰富的亚油酸和皂甙素, 与富含植物纤维的豆浆配合, 对降脂胆固醇、预防动脉硬化和心血管疾病, 效果良好。



Ingredients: 80g soybeans, 20g oats, appropriate sugar

Note: All ingredients are dry weight for 1200 ml capacity, you can increase or decrease ingredients according to personal preferences proportionally components.

Practices:

1. Rinse dry soybeans and soak at room temperature for about 6 to 8 hours, wash stand.
2. Pour all soaked soybeans, and oats into the jug, add water up to the level of water marks (900-1300ml), place the head into the jug correctly, put the plug into socket, the indicator will be light up, and then press the "Select" button to choose the "Grains" function, the "Grains" button will be light up and blinking, then press "Start / Cancel" button to start the soymilk procedure. After 25 minutes, the machine beeps to signal that the soymilk is done and ready for use. Then, you can unplug the power and pull out the machine head.
3. Use the metal strainer and plastic pitcher to filter out okara grainy from the soymilk, then can be flavored with appropriate sugar.

Tips: Oats are rich in linoleic acid and saponins, and rich in plant fiber, for lowering cholesterol, preventing atherosclerosis and cardiovascular disease, to good effect.

配料: 黄豆2/3杯, 大米1/3杯, 冰糖少量

注: 所有配料用量均为干燥时的重量, 适用于1200ml容量, 你可以根据个人喜好酌量增减食材分量。

做法:

1. 黄豆用清水浸泡6-8小时, 洗净备用。
2. 大米洗净后, 和黄豆混合放入杯体中, 加水至杯体内的水位刻度(900-1300ml), 将机头按正确的位置放入杯体中, 插上电源线, 指示灯全亮后, 按下“Select”键, 选择“Grains”功能键, “Grains”指示灯亮并闪烁, 按“Start / Cancel”键启动该制作程序。大约25分钟左右, 机器发出声光报警 (beep), 指示豆浆已做好, 拔下电源插头。
3. 将豆浆用细滤网过滤后, 可趁热加入少量冰糖拌匀。

营养贴士: 豆浆的全面营养配上大米的精华, 口感醇和, 润泽肠胃。

米润豆浆

Rice milk - moisturizes stomach



Ingredients: 2/3 cup of soybeans, 1/3 cup of rice, appropriate crystal sugar

Note: All ingredients are dry weight for 1200 ml capacity, you can increase or decrease ingredients according to personal preferences proportionally components.

Practices:

1. Rinse dry soybeans and soak at room temperature for about 6 to 8 hours, wash stand.
2. Rinse the rice then mix with soaked soybeans into the jug, add water up to the level of water marks (900-1300ml), place the head into the jug correctly, put the plug into socket, the indicator will be light up, and then press the “Select” button to choose the “Grains” function, the “Grains” button will be light up and blinking, then press “Start / Cancel” button to start the soymilk procedure. After 25 minutes, the machine beeps to signal that the soymilk is done and ready for use. Then, you can unplug the power and pull out the machine head.
3. Use the metal strainer and plastic pitcher to filter out okara grainy from the soymilk, then can be flavored with appropriate crystal sugar.

Tips: Coupled with the comprehensive nutritional rice milk essence, taste mellow, moisturizes stomach.

配料: 黄豆40克(1/2杯), 甜玉米30克、白糖适量

注: 所有配料用量均为干燥时的重量, 适用于1200ml容量, 你可以根据个人喜好酌量增减食材分量。

做法:

1. 黄豆用清水浸泡6-8小时, 洗净备用。
2. 将甜玉米与泡好的黄豆一起加入杯体中, 加水至杯体内的水位刻度(900-1300ml), 将机头按正确的位置放入杯体中, 插上电源线, 指示灯全亮后, 按下“Select”键, 选择“Grains”功能键, “Grains”指示灯亮并闪烁, 按“Start / Cancel”键启动该制作程序。大约25分钟左右, 机器发出声光报警 (beep), 指示豆浆已做好, 拔下电源插头。
3. 将豆浆用细滤网过滤后, 可加入白糖调味。

营养贴士: 玉米有健脾利湿、保护心血管、利尿等作用, 富含糖类、蛋白质、胡萝卜素、磷、镁、钾、锌等, 有降低胆固醇以及预防高血压、冠心病、细胞衰老及脑功能退化等效果, 并有抗血管硬化的作用。

玉米豆浆

Corn soy milk - to enhance the energy



Ingredients: 40g soybeans (1 / 2 cup), 30g sweet corn, appropriate sugar

Note: All ingredients are dry weight for 1200 ml capacity, you can increase or decrease ingredients according to personal preferences proportionally components.

Practices:

1. Rinse dry soybeans and soak at room temperature for about 6 to 8 hours, wash stand.
2. Pour all soaked soybeans and sweet corn into the jug, add water up to the level of water marks (900-1300ml), place the head into the jug correctly, put the plug into socket, the indicator will be light up, and then press the “Select” button to choose the “Grains” function, the “Grains” button will be light up and blinking, then press “Start / Cancel” button to start the soymilk procedure. After 25 minutes, the machine beeps to signal that the soymilk is done and ready for use. Then, you can unplug the power and pull out the machine head.
3. Use the metal strainer and plastic pitcher to filter out okara grainy from the soymilk, then can be flavored with appropriate sugar.

Tips: Corn spleen dampness, cardiovascular protection, diuretic and other effects, rich in carbohydrates, protein, carotene, phosphorus, magnesium, potassium, zinc, etc., have lower cholesterol and prevent high blood pressure, coronary heart disease, aging and brain cell function degradation effects, and has anti-atherosclerosis effect.

配料: 黑豆1/2杯, 糯米1/2杯, 黑芝麻1/5杯, 冰糖适量

注: 所有配料用量均为干燥时的重量, 适用于1200ml容量, 你可以根据个人喜好酌量增减食材分量。

做法:

1. 干黑豆泡10小时左右。
2. 干糯米, 黑芝麻和泡好的黑豆混合放入杯体中, 加水至杯体内的水位刻度(900-1300ml), 将机头按正确的位置放入杯体中, 插上电源线, 指示灯全亮后, 按下"Select"键, 选择"Grains"功能键, "Grains"指示灯亮并闪烁, 按"Start / Cancel"键启动该制作程序。大约25分钟左右, 机器发出声光报警 (beep), 指示豆浆已做好, 拔下电源插头。
3. 将豆浆用细滤网过滤后, 可趁热加入冰糖调味。

营养贴士: 糯米芝麻豆浆, 含有糯米的香味, 口感润滑, 还有补中益气等益处哦。祛风除热, 调中下气, 活血, 解毒, 利尿, 明目, 滋养肝肾, 补肺气, 润燥滑肠, 生津养发。

糯米芝麻黑豆浆

Black sesame rice milk - improving eyesight



Ingredients: ½ cup black beans, ½ cup glutinous rice, 1/5 cup black sesame, appropriate crystal sugar

Note: All ingredients are dry weight for 1200 ml capacity, you can increase or decrease ingredients according to personal preferences proportionally components.

Practices:

1. Rinse dry black beans and soak at room temperature for about 10 hours, wash stand.
2. Pour all soaked black beans, glutinous rice and black sesame into the jug, add water up to the level of water marks (900-1300ml), place the head into the jug correctly, put the plug into socket, the indicator will be light up, and then press the "Select" button to choose the "Grains" function, the "Grains" button will be light up and blinking, then press "Start / Cancel" button to start the soymilk procedure. After 25 minutes, the machine beeps to signal that the soymilk is done and ready for use. Then, you can unplug the power and pull out the machine head.
3. Use the metal strainer and plastic pitcher to filter out okara grainy from the soymilk, then can be flavored with appropriate crystal sugar.

Tips: Sesame rice milk, with glutinous rice flavor, tastes smooth. In addition to expelling heat, blood circulation, detoxifying, diuretic, eyesight, nourish liver kidney and lungs, and hair care.

配料: 黄豆40克, 百合10克, 莲子20克, 大米10克, 冰糖适量

注: 所有配料用量均为干燥时的重量, 适用于1200ml容量, 你可以根据个人喜好酌量增减食材分量。

做法:

1. 黄豆、百合、莲子用清水浸泡6-8小时, 洗净备用, 大米洗净。
2. 将大米与泡好的黄豆、百合、莲子混合放入杯体中, 加水至杯体内的水位刻度(900-1300ml), 将机头按正确的位置放入杯体中, 插上电源线, 指示灯全亮后, 按下"Select"键, 选择"Grains"功能键, "Grains"指示灯亮并闪烁, 按"Start / Cancel"键启动该制作程序。大约25分钟左右, 机器发出声光报警 (beep), 指示豆浆已做好, 拔下电源插头。
3. 将豆浆用细滤网过滤后, 可趁热加入冰糖调味。

营养贴士: 百合解渴润燥, 对大肠积热导致的便秘有食疗功效。此款豆浆补肝肾, 益精血, 润肠燥, 防便秘。



Ingredients: 40g soybeans, 10g lily, 20g lotus seed, 10g rice, appropriate crystal sugar

Note: All ingredients are dry weight for 1200 ml capacity, you can increase or decrease ingredients according to personal preferences proportionally components.

Practices:

1. Rinse dry soybeans, lily, lotus seed and soak at room temperature for about 6 to 8 hours, wash stand. Rinse rice.
2. Pour all soaked soybeans, lily, lotus seed and rice into the jug, add water up to the level of water marks (900-1300ml), place the head into the jug correctly, put the plug into socket, the indicator will be light up, and then press the "Select" button to choose the "Grains" function, the "Grains" button will be light up and blinking, then press "Start / Cancel" button to start the soymilk procedure. After 25 minutes, the machine beeps to signal that the soymilk is done and ready for use. Then, you can unplug the power and pull out the machine head.
3. Use the metal strainer and plastic pitcher to filter out okara grainy from the soymilk, then can be flavored with appropriate crystal sugar.

Tips: Lily quenches your thirst and dryness, heat accumulation of the large intestine caused by constipation has therapeutic efficacy.

配料: 黄豆40克, 红豆40克, 小米10克, 银耳10克, 胡萝卜一小块 (约15克), 冰糖少许。

注: 所有配料用量均为干燥时的重量, 适用于1200ml容量, 你可以根据个人喜好酌量增减食材分量。

做法:

1. 黄豆和红豆用清水浸泡6-8小时, 洗净备用。
2. 将小米稍微淘洗, 与红豆、黄豆、银耳、胡萝卜一起放入杯体中, 加水至杯体内的水位刻度(900-1300ml), 将机头按正确的位置放入杯体中, 插上电源线, 指示灯全亮后, 按下“Select”键, 选择“Grains”功能键, “Grains”指示灯亮并闪烁, 按“Start / Cancel”键启动该制作程序。大约25分钟左右, 机器发出声光报警 (beep), 指示豆浆已做好, 按下电源插头。
3. 将豆浆用细滤网过滤后, 可趁热加入冰糖调味。

营养贴士: 气色不好, 来一杯补血滋养的五谷豆浆吧。红豆补血效果极佳, 小米益气补虚。此款豆浆可作为滋补佳品, 最适体质虚弱的女性饮用。



Ingredients: 40g soybeans (1 / 2 cup), 40g red beans, 10g millet, 10g white fungus, a small piece of carrot (about 15g), appropriate crystal sugar

Note: All ingredients are dry weight for 1200 ml capacity, you can increase or decrease ingredients according to personal preferences proportionally components.

Practices:

1. Rinse dry soybean, red beans and soak at room temperature for about 6 to 8 hours, wash stand.
2. Pour all soaked soybeans, millet, red beans, white fungus and carrot into the jug, add water up to the level of water marks (900-1300ml), place the head into the jug correctly, put the plug into socket, the indicator will be light up, and then press the "Select" button to choose the "Grains" function, the "Grains" button will be light up and blinking, then press "Start / Cancel" button to start the soymilk procedure. After 25 minutes, the machine beeps to signal that the soymilk is done and ready for use. Then, you can unplug the power and pull out the machine head.
3. Use the metal strainer and plastic pitcher to filter out okara grainy from the soymilk, then can be flavored with appropriate crystal sugar.

Tips: This soymilk is the optimum physical weakness of women drink.

配料: 黄豆80克、薏仁25克,冰糖少许。

注: 所有配料用量均为干燥时的重量,适用于1200ml容量,你可以根据个人喜好的量增减食材分量。

做法:

1. 黄豆和薏仁洗净备好,将黄豆泡水6-8小时。
2. 把泡好的豆子和薏仁一起放入杯体中,加水至杯体内的水位刻度(900-1300ml),将机头按正确的位置放入杯体中,插上电源线,指示灯全亮后,按下“Select”键,选择“Grains”功能键,“Grains”指示灯亮并闪烁,按“Start / Cancel”键启动该制作程序。大约25分钟左右,机器发出声光报警 (beep),指示豆浆已做好,拔出电源插头。
3. 将豆浆用细滤网过滤后,可趁热加入冰糖调味。

功效:

- 1、用于头发:它具有营养头发、防止脱发,并使头发光滑柔软的作用。
- 2、用于皮肤:对面部粉刺及皮肤粗糙有明显的疗效,另外,它还对紫外线有吸收能力,其提炼物加入化妆品中还可达到防晒和防紫外线的效果。此外,薏仁算是谷物的一种,以水煮软或炒熟,比较有利于肠胃的吸收,身体常觉疲倦没力气的人,可以多吃。薏仁中含有丰富的蛋白质分解酵素,能使皮肤角质软化,对皮肤赘疣、粗糙不光滑者,长期服用也有疗效。

薏仁豆浆

Barley milk- Prevent hair loss



防止脱发



Ingredients: 80g soybeans , 25g barley, appropriate crystal sugar

Note: All ingredients are dry weight for 1200 ml capacity, you can increase or decrease ingredients according to personal preferences proportionally components.

Practices:

1. Rinse dry soybean and soak at room temperature for about 6 to 8 hours, wash stand. Rinse barley.
2. Pour all soaked soybeans and barley into the jug, add water up to the level of water marks (900-1300ml), place the head into the jug correctly, put the plug into socket, the indicator will be light up, and then press the “Select” button to choose the “Grains” function, the “Grains” button will be light up and blinking, then press “Start / Cancel” button to start the soymilk procedure. After 25 minutes, the machine beeps to signal that the soymilk is done and ready for use. Then, you can unplug the power and pull out the machine head.
3. Use the metal strainer and plastic pitcher to filter out okara grainy from the soymilk, then can be flavored with appropriate crystal sugar.

Tips:

1. For the hair: It can prevent hair loss and make hair smooth, soft effect.
2. For skin: Facial acne and rough skin have a significant effect, in addition, it also has UV absorption capacity, its extracts can be added in cosmetic for SPF and UV protection effect. In addition, the barley grain regarded as a kind of soft-boiled or fried in, more conducive to gastrointestinal absorption, those who often feel fatigue and physically no strength should eat more. Barley is rich in protein enzymes, can soften the horny skin, skin wart, rough, long-term use is also curative.

配料: 黄豆40克, 枸杞子30克, 冰糖少许。

注: 所有配料用量均为干燥时的重量, 适用于1200ml容量, 你可以根据个人喜好酌量增减食材分量。

做法:

1. 黄豆用清水浸泡6-8小时, 洗净备用; 枸杞子淘洗净。
2. 将泡好的黄豆和枸杞子放入杯体中, 加水至杯体内的水位刻度(900-1300ml), 将机头按正确的位置放入杯体中, 插上电源线, 指示灯全亮后, 按下"Select"键, 选择 "Grains" 功能键, "Grains" 指示灯亮并闪烁, 按 "Start / Cancel" 键启动该制作程序。大约25分钟左右, 机器发出声光报警 (beep), 指示豆浆已做好, 按下电源插头。
3. 将豆浆用细滤网过滤后, 可趁热加入冰糖调味。

营养贴士: 此款豆浆滋补肝肾、益精明目、增强免疫能力, 男性饮用, 可缓解腰膝冷痛、脾胃虚弱、体虚乏力、心悸气短等症状

枸杞豆浆

Wolfberry milk—Liver and Kidney



补肝 肾

Ingredients: 40g soybeans, 30g wolfberry, appropriate crystal sugar

Note: All ingredients are dry weight for 1200 ml capacity, you can increase or decrease ingredients according to personal preferences proportionally components.

Practices:

1. Rinse dry soybeans and soak at room temperature for about 6 to 8 hours, wash stand. Rinse wolfberry.
2. Pour all soaked soybeans and wolfberry into the jug, add water up to the level of water marks (900-1300ml), place the head into the jug correctly, put the plug into socket, the indicator will be light up, and then press the "Select" button to choose the "Grains" function, the "Grains" button will be light up and blinking, then press "Start / Cancel" button to start the soymilk procedure. After 25 minutes, the machine beeps to signal that the soymilk is done and ready for use. Then, you can unplug the power and pull out the machine head.
3. Use the metal strainer and plastic pitcher to filter out okara grainy from the soymilk, then can be flavored with appropriate crystal sugar.

Tips: Nourishing liver and kidney, shrewd eyes, enhance immunity, male drinking, can ease the waist and knee suffering, spleen and stomach, weakness, fatigue, palpitations, shortness of breath and other symptoms.

配料: 黄豆80克(1杯), 南瓜 1 杯, 绿豆1/5杯, 冰糖少许。

注: 所有配料用量均为干燥时的重量, 适用于1200ml容量, 你可以根据个人喜好酌量增减食材分量。

做法:

1. 绿豆和黄豆用清水浸泡6-8小时, 洗净备用, 南瓜去皮切块。
2. 将泡好的绿豆和黄豆和南瓜一起放入杯体中, 加水至杯体内的水位刻度(900-1300ml), 将机头按正确的位置放入杯体中, 插上电源线, 指示灯全亮后, 按下“Select”键, 选择“Grains”功能键, “Grains”指示灯亮并闪烁, 按“Start / Cancel”键启动该制作程序。大约25分钟左右, 机器发出声光报警 (beep), 指示豆浆已做好, 拔下电源插头。
3. 将豆浆用细滤网过滤后, 可趁热加入冰糖调味。

营养贴士: 南瓜多糖是一种非特异性免疫增强剂, 能提高机体的免疫功能, 促进细胞因子生成, 通过活化补体等途径对免疫系统发挥多方面的调节功能; 南瓜中高钙、高钾、低钠, 特别适合中老年人和高血压患者, 有利于预防骨质疏松和高血压。

香甜南瓜绿豆豆浆

Sweet pumpkin mung bean milk -
refreshing antihypertensive



Ingredients: 80g soybeans (1 cup), 1 cup pumpkin, 1/5 cup mung beans, appropriate crystal sugar

Note: All ingredients are dry weight for 1200 ml capacity, you can increase or decrease ingredients according to personal preferences proportionally components.

Practices:

1. Rinse dry soybeans and mung beans, soak at room temperature for about 6 to 8 hours, wash stand. Peel pumpkin and cut into small pieces.
2. Pour all soaked soybeans, mung beans and pumpkin into the jug, add water up to the level of water marks (900-1300ml), place the head into the jug correctly, put the plug into socket, the indicator will be light up, and then press the "Select" button to choose the "Grains" function, the "Grains" button will be light up and blinking, then press "Start / Cancel" button to start the soymilk procedure. After 25 minutes, the machine beeps to signal that the soymilk is done and ready for use. Then, you can unplug the power and pull out the machine head.
3. Use the metal strainer and plastic pitcher to filter out okara grainy from the soymilk, then can be flavored with appropriate crystal sugar.

Tips: Pumpkin polysaccharide is a non-specific immune enhancer can improve immune function and promote cytokine production, activation of complement through channels such as the immune system play a multifaceted regulatory function; Pumpkin contains high calcium, high potassium and low sodium, particularly suitable for the elderly and hypertensive patients, can help prevent osteoporosis and hypertension.

配料: 黄豆1杯, 红豆1/3杯, 红枣5颗, 冰糖少许。

注: 所有配料用量均为干燥时的重量, 适用于1200ml容量, 你可以根据个人喜好酌量增减食材分量。

做法:

1. 黄豆和红豆用清水浸泡6-8小时, 洗净备用, 红枣去核。
2. 将泡好的黄豆, 红豆和红枣一起放入杯体中, 加水至杯体内的水位刻度(900-1300ml), 将机头按正确的位置放入杯体中, 插上电源线, 指示灯全亮后, 按下“Select”键, 选择“Grains”功能键, “Grains”指示灯亮并闪烁, 按“Start / Cancel”键启动该制作程序。大约25分钟左右, 机器发出声光报警 (beep), 指示豆浆已做好, 拔下电源插头。
3. 将豆浆用细滤网过滤后, 可趁热加入冰糖调味。

营养贴士: 红枣中含有丰富的钙、铁, 可以补充各种营养所需。红豆还有去湿通乳的效果。

营养豆浆

Nutrition milk - maternal nourishment



Ingredients: 1cup soybeans, 1/3 cup red beans, 5 Red dates, appropriate crystal sugar

Note: All ingredients are dry weight for 1200 ml capacity, you can increase or decrease ingredients according to personal preferences proportionally components.

Practices:

1. Rinse dry soybeans and red beans, soak at room temperature for about 6 to 8 hours, wash stand. Remove red dates' seed.
2. Pour all soaked soybeans, red beans and red dates into the jug, add water up to the level of water marks (900-1300ml), place the head into the jug correctly, put the plug into socket, the indicator will be light up, and then press the "Select" button to choose the "Grains" function, the "Grains" button will be light up and blinking, then press "Start / Cancel" button to start the soymilk procedure. After 25 minutes, the machine beeps to signal that the soymilk is done and ready for use. Then, you can unplug the power and pull out the machine head.
3. Use the metal strainer and plastic pitcher to filter out okara grainy from the soymilk, then can be flavored with appropriate crystal sugar.

Tips: Red dates are rich in calcium, iron; provide a variety of nutritional needs. Red beans have the effect of dehumidification and lactation.

配料: 黄豆80克, 胡萝卜1/3根, 冰糖少许。

注: 所有配料用量均为干燥时的重量, 适用于1200ml容量, 你可以根据个人喜好酌量增减食材分量。

做法:

1. 黄豆用清水浸泡6-8小时, 洗净备用; 胡萝卜洗净切块。
2. 将胡萝卜和泡好的黄豆混合放入杯体中, 加水至杯体内的水位刻度(900-1300ml), 将机头按正确的位置放入杯体中, 插上电源线, 指示灯全亮后, 按下“Select”键, 选择“Grains”功能键, “Grains”指示灯亮并闪烁, 按“Start / Cancel”键启动该制作程序。大约25分钟左右, 机器发出声光报警 (beep), 指示豆浆已做好, 拔下电源插头。
3. 将豆浆用细滤网过滤后, 可趁热加入冰糖调味。

营养贴士: 胡萝卜富含糖类、脂肪、挥发油、胡萝卜素、维生素A、维生素B1、维生素B2、花青素、钙、铁等营养成分, 素有“小人参”之称, 有健脾和胃、补肝明目、清热解毒等功效, 配合营养丰富的黄豆, 非常适合儿童食用。

宝宝辅食: 胡萝卜豆浆

Baby food supplement: carrot milk - growth



Ingredients: 80g soybeans, 1/3 carrots, appropriate crystal sugar

Note: All ingredients are dry weight for 1200 ml capacity, you can increase or decrease ingredients according to personal preferences proportionally components.

Practices:

1. Rinse dry soybeans and soak at room temperature for about 6 to 8 hours, wash stand. Rinse and cut carrots into small pieces.
2. Pour all soaked soybeans and carrots into the jug, add water up to the level of water marks (900-1300ml), place the head into the jug correctly, put the plug into socket, the indicator will be light up, and then press the “Select” button to choose the “Grains” function, the “Grains” button will be light up and blinking, then press “Start / Cancel” button to start the soymilk procedure. After 25 minutes, the machine beeps to signal that the soymilk is done and ready for use. Then, you can unplug the power and pull out the machine head.
3. Use the metal strainer and plastic pitcher to filter out okara grainy from the soymilk, then can be flavored with crystal sugar.

Tips: Carrots are rich in sugar, fat, volatile oil, carotene, vitamin A, vitamin B1, vitamin B2, anthocyanins, calcium, iron and other nutrients, known as “Little ginseng,” said the spleen and stomach, liver eyesight, heat and detoxification, with nutrient-rich soy, very suitable for kids.

配料: 黄豆40克、大米10克、小米10克、小麦仁10克、玉米渣10克, 酸奶100ml。

注: 所有配料用量均为干燥时的重量, 适用于1200ml容量, 你可以根据个人喜好酌量增减食材分量。

做法:

1. 黄豆用清水浸泡6-8小时, 洗净备用。
2. 将大米、小米、小麦仁、玉米渣和泡好的黄豆, 混合放入杯体中, 加水至杯体内的水位刻度(900-1300ml), 将机头按正确的位置放入杯体中, 插上电源线, 指示灯全亮后, 按下"Select"键, 选择"Grains"功能键, "Grains"指示灯亮并闪烁, 按"Start / Cancel"键启动该制作程序。大约25分钟左右, 机器发出声光报警 (beep), 指示豆浆已做好, 拔下电源插头。
3. 将豆浆用细滤网过滤后, 先等豆浆晾凉后, 再加入酸奶搅拌均匀。

营养贴士: 营养均衡才能保证孩子健康成长。而黄豆和谷物都是儿童和青少年长个子的有益食物, 酸奶则有助消化。谷豆配合, 营养更全面, 吸收更容易。



Ingredients: 40g soybeans, 10g rice, 10g millet, 10g wheat kernels, 10g corn kernels, yogurt 100ml.

Note: All ingredients are dry weight for 1200 ml capacity, you can increase or decrease ingredients according to personal preferences proportionally components.

Practices:

1. Rinse dry soybeans and soak at room temperature for about 6 to 8 hours, wash stand.
2. Pour all soaked soybeans, rice, millet, wheat kernels and corn kernels into the jug, add water up to the level of water marks (900-1300ml), place the head into the jug correctly, put the plug into socket, the indicator will be light up, and then press the "Select" button to choose the "Grains" function, the "Grains" button will be light up and blinking, then press "Start / Cancel" button to start the soymilk procedure. After 25 minutes, the machine beeps to signal that the soymilk is done and ready for use. Then, you can unplug the power and pull out the machine head.
3. Use the metal strainer and plastic pitcher to filter out okara grainy from the soymilk, add yogurt into soymilk after cool down, mix well.

Tips: Nutritionally balanced to ensure healthy growth of kids. Yogurt helps the digestion, grains with beans, nutrition is more comprehensive, more easily absorbed.

配料:干黄豆30克、干燕麦30克、薏仁30克、小米10克、冰糖少许。

注:所有配料用量均为干燥时的重量,适用于1200ml容量,你可以根据个人喜好酌量增减食材分量。

做法:

1. 黄豆用清水浸泡6-8小时,洗净备用。
2. 将干燕麦、薏仁、小米和泡好的黄豆洗净,混合放入杯体中,加水至杯体内的水位刻度(900-1300ml),将机头按正确的位置放入杯体中,插上电源线,指示灯全亮后,按下“Select”键,选择“Grains”功能键,“Grains”指示灯亮并闪烁,按“Start / Cancel”键启动该制作程序。大约25分钟左右,机器发出声光报警 (beep),指示豆浆已做好,拔下电源插头。
3. 将豆浆用细滤网过滤后,可趁热加入冰糖调味。

营养贴士:燕麦中富含钙、磷、铁、锌等矿物质,有预防骨质疏松、促进伤口愈合、防止贫血的功效。燕麦可以缓解生活工作带来的压力,是很不错的减肥食品。



Ingredients: 30g soybeans, 30g oats, 30g barley, 10g millet, appropriate crystal sugar

Note: All ingredients are dry weight for 1200 ml capacity, you can increase or decrease ingredients according to personal preferences proportionally components.

Practices:

1. Rinse dry soybeans and soak at room temperature for about 6 to 8 hours, wash stand.
2. Pour all soaked soybeans, oats, barley and millet into the jug, add water up to the level of water marks (900-1300ml), place the head into the jug correctly, put the plug into socket, the indicator will be light up, and then press the "Select" button to choose the "Grains" function, the "Grains" button will be light up and blinking, then press "Start / Cancel" button to start the soymilk procedure. After 25 minutes, the machine beeps to signal that the soymilk is done and ready for use. Then, you can unplug the power and pull out the machine head.
3. Use the metal strainer and plastic pitcher to filter out okara grainy from the soymilk, then can be flavored with appropriate crystal sugar.

Tips: Oats are rich in calcium, phosphorus, iron, zinc and other minerals, the prevention of osteoporosis, to promote wound healing and prevent anemia effect. Oats can relieve the pressure of work life, and also is a very good diet food.

配料: 黄豆80克、红枣8个、莲子10克、冰糖适量

注: 所有配料用量均为干燥时的重量,适用于1200ml容量,你可以根据个人喜好酌量增减食材分量。

做法:

1. 黄豆用清水浸泡6-8小时,洗净备用;莲子洗净泡水2小时;红枣洗净去核。
2. 将红枣、莲子和黄豆混合放入杯体中,加水至杯体内的水位刻度(900-1300ml),将机头按正确的位置放入杯体中,插上电源线,指示灯全亮后,按下“Select”键,选择“Grains”功能键,“Grains”指示灯亮并闪烁,按“Start/Cancel”键启动该制作程序。大约25分钟左右,机器发出声光报警 (beep),指示豆浆已做好,拔下电源插头。
3. 将豆浆用细滤网过滤后,可依据口味加入冰糖调味。

营养贴士: 红枣健脾益胃、补气养血,莲子养心安神,打成的豆浆补气养血,尤其适合全家大小。



Ingredients: 80g soybeans, 8 red dates, 10g lotus seeds, appropriate crystal sugar

Note: All ingredients are dry weight for 1200 ml capacity, you can increase or decrease ingredients according to personal preferences proportionally components.

Practices:

1. Rinse dry soybeans and soak at room temperature for about 6 to 8 hours; wash stand. Rinse lotus seed and soak at room temperature for about 2 hours, rinse and remove red dates' seed
2. Pour all soaked soybeans, red dates and lotus seed into the jug, add water up to the level of water marks (900-1300ml), place the head into the jug correctly, put the plug into socket, the indicator will be light up, and then press the "Select" button to choose the "Grains" function, the "Grains" button will be light up and blinking, then press "Start / Cancel" button to start the soymilk procedure. After 25 minutes, the machine beeps to signal that the soymilk is done and ready for use. Then, you can unplug the power and pull out the machine head.
3. Use the metal strainer and plastic pitcher to filter out okara grainy from the soymilk, then can be flavored with appropriate crystal sugar.

Tips: Red dates well for spleen and stomach, qi and blood, lotus uneasiness of mind, especially for the whole family.

配料: 黄豆80克、枸杞10克、菊花10克、冰糖少量

注: 所有配料用量均为干燥时的重量,适用于1200ml容量,你可以根据个人喜好酌量增减食材分量。

做法:

1. 黄豆用清水浸泡6-8小时,洗净备用。枸杞、菊花洗净。
2. 将黄豆和枸杞、菊花放入杯体中,加水至杯体内的水位刻度(900-1300ml),将机头按正确的位置放入杯体中,插上电源线,指示灯全亮后,按下“Select”键,选择“Grains”功能键,“Grains”指示灯亮并闪烁,按“Start / Cancel”键启动该制作程序。大约25分钟左右,机器发出声光报警 (beep),指示豆浆已做好,拔下电源插头。
3. 将豆浆用细滤网过滤后,可趁热添加冰糖拌匀。

营养贴士: 枸杞滋补肝肾,益精明目,有降低血糖、增强免疫能力等保健作用。菊花对治疗眼睛疲劳、视力模糊又很好的疗效。此豆浆疏肝明目,最适合需要护眼的人士。

菊花枸杞豆浆

Chrysanthemum wolfberry milk - eyesight



明目

Ingredients: 80g soybeans, 10g wolfberry, 10g chrysanthemum, appropriate crystal sugar

Note: All ingredients are dry weight for 1200 ml capacity, you can increase or decrease ingredients according to personal preferences proportionally components.

Practices:

1. Rinse dry soybeans and soak at room temperature for about 6 to 8 hours, wash stand; rinse wolfberry and chrysanthemum.
2. Pour all soaked soybeans, wolfberry and chrysanthemum into the jug, add water up to the level of water marks (900-1300ml), place the head into the jug correctly, put the plug into socket, the indicator will be light up, and then press the "Select" button to choose the "Grains" function, the "Grains" button will be light up and blinking, then press "Start / Cancel" button to start the soymilk procedure. After 25 minutes, the machine beeps to signal that the soymilk is done and ready for use. Then, you can unplug the power and pull out the machine head.
3. Use the metal strainer and plastic pitcher to filter out okara grainy from the soymilk, then can be flavored with appropriate crystal sugar.

Tips: Wolfberry nourishes liver and kidney, benefits smart head, reduces blood sugar, enhance immunity and other health effects. Chrysanthemum has good effect on eye fatigue, blurred vision treatments. This milk can sooth liver and improve eyesight, most suitable for those who need eye protection.

配料: 黄豆60克、紫薯20克、南瓜20克、白糖适量

注: 所有配料用量均为干燥时的重量,适用于1200ml容量,你可以根据个人喜好酌量增减食材分量。

做法:

1. 黄豆用清水浸泡6-8小时,洗净备用。紫薯、南瓜去皮切丁状。
2. 将黄豆、紫薯和南瓜放入杯体中,加水至杯体内的水位刻度(900-1300ml),将机头按正确的位置放入杯体中,插上电源线,指示灯全亮后,按下“Select”键,选择“Grains”功能键,“Grains”指示灯亮并闪烁,按“Start / Cancel”键启动该制作程序。大约25分钟左右,机器发出声光报警 (beep),指示豆浆已做好,拔下电源插头。
3. 将豆浆用细滤网过滤后,可加入白糖调味。

营养贴士: 紫薯富含硒元素和花青素,有抗氧化功效。南瓜富含多种氨基酸和活性蛋白,所含的南瓜多糖可提高机体免疫力。此豆浆可补充热量、增强体力。

紫薯南瓜豆浆

Purple potato pumpkin milk - supplement the physical



Ingredients: 60g soybeans, 20g purple potato, 20g pumpkin, appropriate sugar

Note: All ingredients are dry weight for 1200 ml capacity, you can increase or decrease ingredients according to personal preferences proportionally components.

Practices:

1. Rinse dry soybeans and soak at room temperature for about 6 to 8 hours, wash stand. Peel purple potato and pumpkin, and then cut into pieces.
2. Pour all soaked soybeans, purple potato and pumpkin into the jug, add water up to the level of water marks (900-1300ml), place the head into the jug correctly, put the plug into socket, the indicator will be light up, and then press the "Select" button to choose the "Grains" function, the "Grains" button will be light up and blinking, then press "Start / Cancel" button to start the soymilk procedure. After 25 minutes, the machine beeps to signal that the soymilk is done and ready for use. Then, you can unplug the power and pull out the machine head.
3. Use the metal strainer and plastic pitcher to filter out okara grainy from the soymilk, then can be flavored with appropriate sugar.

Tips: Purple potato is rich in selenium and anthocyanins, an antioxidant effect. Pumpkin is rich in amino acids and active protein, contains pumpkin polysaccharide can improve immunity. This milk can add calories, increase physical strength.

配料: 黄豆80克、核桃仁4个、燕麦20克、白糖适量

注: 所有配料用量均为干燥时的重量,适用于1200ml容量,你可以根据个人喜好酌量增减食材分量。

做法:

1. 黄豆用清水浸泡6-8小时,洗净备用。核桃去壳切小块。
2. 将黄豆和核桃仁、燕麦一起放入杯体中,加水至杯体内的水位刻度(900-1300ml),将机头按正确的位置放入杯体中,插上电源线,指示灯全亮后,按下“Select”键,选择“Grains”功能键,“Grains”指示灯亮并闪烁,按“Start / Cancel”键启动该制作程序。大约25分钟左右,机器发出声光报警 (beep),指示豆浆已做好,拔下电源插头。
3. 将豆浆用细滤网过滤后,可加入白糖调味。

营养贴士: 黄豆和核桃富含卵磷脂,对增强记忆力大有裨益。而核桃所含的蛋白质和锌,有助于提高思维的灵敏性。此款豆浆健脑益智,对儿童和青少年大脑发育,都非常适合。



Ingredients: 80g soybeans, 4 walnuts, 20g oats, appropriate sugar

Note: All ingredients are dry weight for 1200 ml capacity, you can increase or decrease ingredients according to personal preferences proportionally components.

Practices:

1. Rinse dry soybeans and soak at room temperature for about 6 to 8 hours, wash stand. Walnuts cut into small pieces.
2. Pour all soaked soybeans, walnuts and oats into the jug, add water up to the level of water marks (900-1300ml), place the head into the jug correctly, put the plug into socket, the indicator will be light up, and then press the "Select" button to choose the "Grains" function, the "Grains" button will be light up and blinking, then press "Start / Cancel" button to start the soymilk procedure. After 25 minutes, the machine beeps to signal that the soymilk is done and ready for use. Then, you can unplug the power and pull out the machine head.
3. Use the metal strainer and plastic pitcher to filter out okara grainy from the soymilk, then can be flavored with appropriate sugar.

Tips: Soybeans and walnuts are rich in lecithin, to enhance the memory of great benefit. Walnuts contain protein and zinc; can help to improve the sensitivity of thinking. This soymilk is brain puzzle, encourage brain development in children and adolescents.

配料: 80克、香蕉1/2根、可可粉2小匙、蜂蜜1小匙

注: 所有配料用量均为干燥时的重量,适用于1200ml容量,你可以根据个人喜好的量增减食材分量。

做法:

1. 黄豆用清水浸泡6-8小时,洗净备用。香蕉剥皮,切成约2厘米宽。
2. 将黄豆、香蕉放入杯体中,加水至杯体内的水位刻度(900-1300ml),将机头按正确的位置放入杯体中,插上电源线,指示灯全亮后,按下“Select”键,选择“Grains”功能键,“Grains”指示灯亮并闪烁,按“Start/Cancel”键启动该制作程序。大约25分钟左右,机器发出声光报警 (beep),指示豆浆已做好,拔下电源插头。
3. 将豆浆用细滤网过滤后,趁热加入可可粉拌匀,晾凉后加入蜂蜜。

营养贴士: 香蕉富含食物纤维,与豆浆中的寡糖一起,有润肠通便的功效,可以有效解决孩子觉的饮食不均衡、容易便秘的难题。

香蕉可可豆浆

Banana cocoa milk - relax bowel



Ingredients: 80 g soybeans, ½ banana, 2 tsp cocoa powder, 1 tsp honey

Note: All ingredients are dry weight for 1200 ml capacity, you can increase or decrease ingredients according to personal preferences proportionally components.

Practices:

1. Rinse dry soybeans and soak at room temperature for about 6 to 8 hours, wash stand. Peel banana and cut into about 2cm wide.
2. Pour all soaked soybeans and banana into jug, add water up to the level of water marks (900-1300ml), place the head into the jug correctly, put the plug into socket, the indicator will be light up, and then press the “Select” button to choose the “Grains” function, the “Grains” button will be light up and blinking, then press “Start / Cancel” button to start the soymilk procedure. After 25 minutes, the machine beeps to signal that the soymilk is done and ready for use. Then, you can unplug the power and pull out the machine head.
3. Use the metal strainer and plastic pitcher to filter out okara grainy from the soymilk, then mix cocoa powder with hot soymilk, add honey after cool down.

Tips: Five beans milk can be a variety of beneficial ingredients lowering blood pressure, gluten spleen, strengthen the immune system, enhanced cell viability, so that the body cells have been kept in good condition.

配料: 红薯块1杯, 芝麻1/5杯, 黄豆1杯, 冰糖少许。

注: 所有配料用量均为干燥时的重量, 适用于1200ml容量,你可以根据个人喜好酌量增减食材分量。

做法:

1. 黄豆用清水浸泡6-8小时, 洗净备用; 将红薯去皮切块备用。
2. 将泡好的黄豆, 红薯块和芝麻混合放入杯体中, 加水至杯体内的水位刻度(900-1300ml), 将机头按正确的位置放入杯体中, 插上电源线, 指示灯全亮后,按下“Select”键, 选择“Grains”功能键, “Grains”指示灯亮并闪烁, 按“Start / Cancel”键启动该制作程序。大约25分钟左右, 机器发出声光报警 (beep), 指示豆浆已做好, 拔下电源插头。
3. 将豆浆用细滤网过滤后, 可趁热加入冰糖调味。

营养贴士: 红薯含有丰富的糖、蛋白质、纤维素和多种维生素, 其中 β -胡萝卜素、维生素E和维生素C尤多。特别含有丰富的赖氨酸, 恰是大米、面粉所缺乏的, 所以红薯作为主食, 也是一种很好的调剂哦。

红薯芝麻豆浆

Sweet potato sesame seeds milk - Beauty



Ingredients: 1 cup sweet potato pieces, 1/5 cup sesame seeds, 1 cup soybeans, appropriate crystal sugar

Note: All ingredients are dry weight for 1200 ml capacity, you can increase or decrease ingredients according to personal preferences proportionally components.

Practices:

1. Rinse dry soybeans and soak at room temperature for about 6 to 8 hours, wash stand. Peel and cut sweet potato into small pieces.
2. Pour all soaked soybeans, sweet potato pieces and sesame seeds into the jug, add water up to the level of water marks (900-1300ml), place the head into the jug correctly, put the plug into socket, the indicator will be light up, and then press the "Select" button to choose the "Grains" function, the "Grains" button will be light up and blinking, then press "Start / Cancel" button to start the soymilk procedure. After 25 minutes, the machine beeps to signal that the soymilk is done and ready for use. Then, you can unplug the power and pull out the machine head.
3. Use the metal strainer and plastic pitcher to filter out okara grainy from the soymilk, then can be flavored with appropriate crystal sugar.

Tips: sweet potato rich in sugars, protein, fiber and vitamins, including β -carotene, vitamin E and vitamin C and also lysine.

配料: 黄豆80克(1杯)、红枣20克、冰糖适量

注: 所有配料用量均为干燥时的重量, 适用于1200ml容量, 你可以根据个人喜好酌量增减食材分量。

做法:

1. 黄豆用清水浸泡6-8小时, 洗净备用。
2. 将泡好的黄豆和红枣混合放入杯体中, 加水至杯体内的水位刻度(900-1300ml), 将机头按正确的位置放入杯体中, 插上电源线, 指示灯全亮后, 按下"Select"键, 选择 "Grains" 功能键, "Grains" 指示灯亮并闪烁, 按 "Start / Cancel" 键启动该制作程序。大约25分钟左右, 机器发出声光报警 (beep), 指示豆浆已做好, 拔下电源插头。
3. 将豆浆用细滤网过滤后, 可加入冰糖调味。

营养贴士: 黄豆营养丰富, 添加富含维C、补血养颜的红枣, 此款豆浆最适合爱漂亮的女性饮用。长期饮用, 气色红润, 天天好心情!



Ingredients: 80g soybeans (1 Cup), 20g red dates, appropriate crystal sugar

Note: All ingredients are dry weight for 1200 ml capacity, you can increase or decrease ingredients according to personal preferences proportionally components.

Practices:

1. Rinse dry soybeans and soak at room temperature for about 6 to 8 hours, wash stand.
2. Pour all soaked soybeans and red dates into the jug, add water up to the level of water marks (900-1300ml), place the head into the jug correctly, put the plug into socket, the indicator will be light up, and then press the "Select" button to choose the "Grains" function, the "Grains" button will be light up and blinking, then press "Start / Cancel" button to start the soymilk procedure. After 25 minutes, the machine beeps to signal that the soymilk is done and ready for use. Then, you can unplug the power and pull out the machine head.
3. Use the metal strainer and plastic pitcher to filter out okara grainy from the soymilk, then can be flavored with appropriate crystal sugar.

Tips: Soybeans nutritious, rich in vitamin C, Red dates enrich blood and beauty. This soy milk is pretty women favorites drink, if long-term consumption will be ruddy complexion.

配料: 黄豆1杯, 花生 1/2 杯, 冰糖适量

注: 所有配料用量均为干燥时的重量, 适用于1200ml容量, 你可以根据个人喜好酌量增减食材分量。

做法:

1. 黄豆用清水浸泡6-8小时, 洗净备用; 花生洗净。
2. 将泡好的黄豆和花生混合放入杯体中, 加水至杯体内的水位刻度(900-1300ml), 将机头按正确的位置放入杯体中, 插上电源线, 指示灯全亮后, 按下“Select”键, 选择“Grains”功能键, “Grains”指示灯亮并闪烁, 按“Start / Cancel”键启动该制作程序。大约25分钟左右, 机器发出声光报警 (beep), 指示豆浆已做好, 拔下电源插头。
3. 将豆浆用细滤网过滤后, 可趁热加入冰糖调味。

营养贴士: 不过所加花生的量不宜过多, 将花生连红衣一起放入, 也可加入几粒去核红枣, 既可补虚, 又能止血, 最宜于身体虚弱的出血病人。花生豆浆营养丰富, 尤其是其富含蛋白质、脂肪, 病后体虚、手术病人恢复期以及妇女孕期产后饮用有助益。

花生豆浆

Peanut Milk - Nutritious



Ingredients: 1 cup soybeans, ½ cup peanuts, appropriate crystal sugar

Note: All ingredients are dry weight for 1200 ml capacity, you can increase or decrease ingredients according to personal preferences proportionally components.

Practices:

1. Rinse dry soybeans and soak at room temperature for about 6 to 8 hours, wash stand; rinse the peanuts.
2. Pour all soaked soybeans and peanuts into the jug, add water up to the level of water marks (900-1300ml), place the head into the jug correctly, put the plug into socket, the indicator will be light up, and then press the “Select” button to choose the “Grains” function, the “Grains” button will be light up and blinking, then press “Start / Cancel” button to start the soymilk procedure. After 25 minutes, the machine beeps to signal that the soymilk is done and ready for use. Then, you can unplug the power and pull out the machine head.
3. Use the metal strainer and plastic pitcher to filter out okara grainy from the soymilk, then can be flavored with appropriate crystal sugar.

Tips: Rich nutrition peanut milk, especially it's rich in protein and fat, so that is applicable for weak health persons, recovering from surgery patients and during pregnancy and postpartum women.

配料: 黑豆80克、白糖适量

注: 所有配料用量均为干燥时的重量, 适用于1200ml容量, 你可以根据个人喜好酌量增减食材分量。

做法:

1. 黑豆洗净, 泡水8小时, 泡至发软。
2. 将泡好的黑豆用清水洗净, 放入杯体中, 加水至杯体内的水位刻度(900-1300ml), 将机头按正确的位置放入杯体中, 插上电源线, 指示灯全亮后, 按下“Select”键, 选择 “Soaked Soybean”功能键, “Soaked Soybean”指示灯亮并闪烁, 按“Start / Cancel”键启动该制作程序。大约25分钟左右, 机器发出声光报警 (beep), 指示豆浆已做好, 拔下电源插头。
3. 将豆浆用细滤网过滤后, 可添加适量白糖调味。

营养贴士: 黑豆味甘性平, 富含蛋白质、维生素及粗纤维、钙、磷、铁等营养物质, 有降低胆固醇、延缓衰老、健脾活血等功效, 尤其有补肾滋阴的作用, 是历来的补肾珍品。



Ingredients: 80g black beans, sugar

Note: All ingredients are dry weight for 1200 ml capacity, you can increase or decrease ingredients according to personal preferences proportionally components.

Practices:

1. Rinse dry black beans and soak at room temperature for about 8 hours.
2. Rinse again after soaking, pour all soaked black beans directly into jug, add water up to the level of water marks (900-1300ml), place the head into the jug correctly, put the plug into socket, the indicator will be light up, and then press the “Select” button to choose the “Soaked Soybean” function, the “Soaked Soybean” button will be light up and blinking, then press “Start / Cancel” button to start the soymilk procedure. After 25 minutes, the machine beeps to signal that the soymilk is done and ready for use. Then, you can unplug the power and pull out the machine head.
3. Use the metal strainer and plastic pitcher to filter out okara grainy from the soymilk, then can be flavored with sugar.

Tips: Black beans sweet nature, rich in protein, vitamins and crude fiber, calcium, phosphorus, iron and other nutrients, have lower cholesterol, aging, spleen and blood and other effects, particularly the role of kidney nourishing.

配料: 黄豆80克、即溶咖啡1小袋、白糖适量

注: 所有配料用量均为干燥时的重量,适用于1200ml容量,你可以根据个人喜好酌量增减食材分量。

做法:

1. 黄豆用清水浸泡6-8小时,洗净放入杯体中,加水至杯体内的水位刻度(900-1300ml),将机头按正确的位置放入杯体中,插上电源线,指示灯全亮后,按下"Select"键,选择"Soaked Soybean"功能键,"Soaked Soybean"指示灯亮并闪烁,按"Start / Cancel"键启动该制作程序。大约25分钟左右,机器发出声光报警 (beep),指示豆浆已做好,拔下电源插头。
2. 将热豆浆用细滤网过滤后,倒进容器里,轻轻打出泡沫。
3. 在咖啡杯里冲出热咖啡,再从杯的两边慢慢注入豆浆,最后将泡沫倒在上面。可加入白糖调味。

营养贴士: 在咖啡中加入豆浆代替牛奶,是美国流行的时尚健康喝法。"咖啡欧蕾"中咖啡与豆浆的比例是1:1/2, "咖啡拿铁"则是1:1/3。



Ingredients: 80g soybeans, 1 small bag of instant coffee, sugar

Note: All ingredients are dry weight for 1200 ml capacity, you can increase or decrease ingredients according to personal preferences proportionally components.

Practices:

1. Rinse dry soybeans and soak at room temperature for about 6 to 8 hours, rinse again after soaking, place all soaked soybeans directly into jug, add water up to the level of water marks (900-1300ml), place the head into the jug correctly, put the plug into socket, the indicator will be light up, and then press the "Select" button to choose the "Soaked Soybean" function, the "Soaked Soybean" button will be light up and blinking, then press "Start / Cancel" button to start the soymilk procedure. After 25 minutes, the machine beeps to signal that the soymilk is done and ready for use. Then, you can unplug the power and pull out the machine head.
2. Use the metal strainer and plastic pitcher to filter out okara grainy from the soymilk, pour soymilk into a container, gently hit the bubbles.
3. Make a hot coffee, then slowly pour soymilk into the coffee cup, put some bubbles on the top, add sugar.

Tips: Add soy milk in coffee instead of milk, is the health of American popular fashion of drinking. "Coffee Olay" coffee and milk in the ratio 1:1 / 2, "coffee latte" is a 1:1 / 3.

配料: 黄豆80克、茉莉花茶叶5克

注: 所有配料用量均为干燥时的重量,适用于1200ml容量,你可以根据个人喜好酌量增减食材分量。

做法:

1. 黄豆用清水浸泡6-8小时,洗净备用。
2. 将泡好的黄豆放入杯体中,加水至杯体内的水位刻度(900-1300ml),将机头按正确的位置放入杯体中,插上电源线,指示灯全亮后,按下"Select"键,选择"Soaked Soybean"功能键,"Soaked Soybean"指示灯亮并闪烁,按"Start / Cancel"键启动该制作程序。大约25分钟左右,机器发出声光报警 (beep),指示豆浆已做好,拔下电源插头。
3. 将豆浆用细滤网过滤。
4. 用开水冲泡出茉莉花茶,把茶叶过滤后冲进热豆浆里,搅拌均匀。

营养贴士: 茉莉花茶气味芳香,可去除口臭、美容明目。茉莉花茶豆浆能帮助溶解油脂,助消化,有降低胆固醇的功效。让你品尝徽菜的时候可以开怀食用。

茉莉花豆浆

Jasmine tea milk - oil absorption



Ingredients: 80g soybeans (1 Cup), 5g jasmine tea

Note: All ingredients are dry weight for 1200 ml capacity, you can increase or decrease ingredients according to personal preferences proportionally components.

Practices:

1. Rinse dry soybeans and soak at room temperature for about 6 to 8 hours, wash stand.
2. Pour all soaked soybeans into the jug, add water up to the level of water marks (900-1300ml), place the head into the jug correctly, put the plug into socket, the indicator will be light up, and then press the "Select" button to choose the "Soaked Soybean" function, the "Soaked Soybean" button will be light up and blinking, then press "Start / Cancel" button to start the soymilk procedure. After 25 minutes, the machine beeps to signal that the soymilk is done and ready for use. Then, you can unplug the power and pull out the machine head.
3. Use the metal strainer and plastic pitcher to filter out okara grainy from the soymilk.
4. Make a hot jasmine tea, filter the tea leaves, add soymilk, and stir to mix well.

Tips: Jasmine tea smell aromatic, can remove bad breath, beauty, eyesight. Jasmine tea milk can help to dissolve the grease, help digestion, cholesterol-lowering effect.

配料: 黄豆80克、绿茶5克、蜂蜜适量。

注: 所有配料用量均为干燥时的重量,适用于1200ml容量,你可以根据个人喜好酌量增减食材分量。

做法:

1. 黄豆用清水浸泡6-8小时,洗净备用。
2. 将泡好的黄豆放入杯体中,加水至杯体内的水位刻度(900-1300ml),将机头按正确的位置放入杯体中,插上电源线,指示灯全亮后,按下“Select”键,选择“Soaked Soybean”功能键,“Soaked Soybean”指示灯亮并闪烁,按“Start/Cancel”键启动该制作程序。大约25分钟左右,机器发出声光报警 (beep),指示豆浆已做好,拔下电源插头。
3. 将豆浆用细滤网过滤。
4. 用开水冲泡出绿茶,把茶叶过滤后冲进热豆浆里,搅拌均匀。
5. 等温热时添加适量蜂蜜调味即可。

营养贴士: 绿茶清香怡人、清热生津,与凉性的豆浆搭配,是清热降压的保健饮料。长期饮用可降低血脂、血压,预防动脉硬化,防止血栓产生。



Ingredients: 80g soybeans (1 Cup), 5g green tea, appropriate honey

Note: All ingredients are dry weight for 1200 ml capacity, you can increase or decrease ingredients according to personal preferences proportionally components.

Practices:

1. Rinse dry soybeans and soak at room temperature for about 6 to 8 hours, wash stand.
2. Pour all soaked soybeans into the jug, add water up to the level of water marks (900-1300ml), place the head into the jug correctly, put the plug into socket, the indicator will be light up, and then press the "Select" button to choose the "Soaked Soybean" function, the "Soaked Soybean" button will be light up and blinking, then press "Start/Cancel" button to start the soymilk procedure. After 25 minutes, the machine beeps to signal that the soymilk is done and ready for use. Then, you can unplug the power and pull out the machine head.
3. Use the metal strainer and plastic pitcher to filter out okara grainy from the soymilk.
4. Make a hot green tea, filter the tea leaves, add soymilk, and stir to mix well.
5. Can be flavored with appropriate honey after cool down to warm.

Tips: Green tea milk is a healthy drinks. Long-term consumption can reduce blood lipids, blood pressure, prevent arteriosclerosis, and prevent blood clots generated.

配料: 黄豆80克(1杯)、葡萄干10克、冰糖适量

注: 所有配料用量均为干燥时的重量,适用于1200ml容量,你可以根据个人喜好酌量增减食材分量。

做法:

1. 黄豆用清水浸泡6-8小时,洗净备用。
2. 将泡好的黄豆放入杯体中,加水至杯体内的水位刻度(900-1300ml),将机头按正确的位置放入杯体中,插上电源线,指示灯全亮后,按下"Select"键,选择 "Soaked Soybean"功能键,"Soaked Soybean"指示灯亮并闪烁,按"Start / Cancel"键启动该制作程序。大约25分钟左右,机器发出声光报警 (beep),指示豆浆已做好,拔下电源插头。
3. 将豆浆用细滤网过滤。
4. 葡萄干放进碗里,热豆浆倒入碗中,可加入冰糖调味。

营养贴士: 葡萄干富含钾,能帮助驱走疲乏,集中注意力,补充体力。也可以直接把葡萄干和黄豆一起放进豆浆机中打成葡萄干豆浆。

葡萄干豆浆

Raisins milk - Cheering



Ingredients: 80g soybeans (1 Cup), 10g raisins, appropriate crystal sugar

Note: All ingredients are dry weight for 1200 ml capacity, you can increase or decrease ingredients according to personal preferences proportionally components.

Practices:

1. Rinse dry soybeans and soak at room temperature for about 6 to 8 hours, wash stand.
2. Pour all soaked soybeans, into the jug, add water up to the level of water marks (900-1300ml), place the head into the jug correctly, put the plug into socket, the indicator will be light up, and then press the "Select" button to choose the "Soaked Soybean" function, the "Soaked Soybean" button will be light up and blinking, then press "Start / Cancel" button to start the soymilk procedure. After 25 minutes, the machine beeps to signal that the soymilk is done and ready for use. Then, you can unplug the power and pull out the machine head.
3. Use the metal strainer and plastic pitcher to filter out okara grainy from the soymilk.
4. Pour some raisins into soymilk, then can be flavored with appropriate crystal sugar.

Tips: Raisins are rich in potassium, can help dispel fatigue, aid focus attention and added strength.

配料: 奇异果块3杯、干银耳2/5 杯 (泡水)、白糖3/5杯、去皮柠檬1片、清水3杯

注: 所有配料用量均为干燥时的重量, 适用于1200ml容量, 你可以根据个人喜好的量增减食材分量。

做法:

1. 将奇异果去皮切小块、干银耳泡水30分钟。
2. 将奇异果块、发泡银耳、白糖、去皮柠檬片和清水一起放入杯体中, 将机头按正确的位置放入杯体中, 插上电源线, 指示灯全亮后, 按下 "Select" 键, 选择 "Jam" 功能键, "Jam" 指示灯亮并闪烁, 按 "Start / Cancel" 键启动该制作程序。大约18分钟左右, 机器发出声光报警 (beep), 指示果酱已做好, 拔下电源插头即可。

营养贴士: 奇异果含有丰富的维生素C, 可强化免疫系统, 促进伤口愈合和对铁质的吸收; 它所富含的肌醇及氨基酸, 可抑制抑郁症, 补充脑力所消耗的营养; 它的低钠高钾的完美比例, 可补充熬夜加班所失去的体力。

奇异果酱

Kiwi Jam



Ingredients: 3 cups kiwi cubes, 2/5 cup dry tremella (soak in water), 3/5 cup sugar, 1 slice lemon (remove skin), and 3 cups pure water.

Note: All ingredients are dry weight for 1200 ml capacity, you can increase or decrease ingredients according to personal preferences proportionally components.

Practices:

1. Peel kiwi, then cut into small cubes; rinse dry tremella and soak at room temperature for 30 minutes.
2. Pour all the kiwi cubes, tremella, sugar, lemon slice and water into the jug, place the head into the jug correctly, put the plug into socket, the indicator will be light up, and then press the "Select" button to choose the "Jam" function, the "Jam" button will be light up and blinking, then press "Start / Cancel" button to start the jam procedure. After 18 minutes, the machine beeps to signal that the jam is done and ready for use. Then, you can unplug the power and pull out the machine head.

Tips: Kiwi fruit rich in vitamin C, strengthens the immune system, promote wound healing and iron absorption; it is rich in inositol and amino acids, can inhibit the depression, to supplement the nutrition of the brain; it's perfect ratio of low sodium and high potassium can be used to recover physical strength.

配料: 香蕉块3杯、白糖2/5杯、去皮柠檬1片、清水3杯

注: 所有配料用量均为干燥时的重量,适用于1200ml容量,你可以根据个人喜好酌量增减食材分量。

做法:

1. 将香蕉去皮切小块。
2. 将香蕉块、白糖、去皮柠檬片和清水一起放入杯体中,将机头按正确的位置放入杯体中,插上电源线,指示灯全亮后,按下“Select”键,选择“Jam”功能键,“Jam”指示灯亮并闪烁,按“Start / Cancel”键启动该制作程序。大约18分钟左右,机器发出声光报警 (beep), 指示果酱已做好,拔下电源插头即可。

营养贴士: 香蕉是人们喜爱的水果之一,欧洲人因它能解除忧郁而称它为“快乐水果”,而且香蕉还是女孩子们钟爱的减肥佳果。香蕉又被称为“智慧之果”,传说是因为佛祖释迦牟尼吃了香蕉而获得智慧。香蕉营养高、热量低,含有称为“智慧之盐”的磷,又有丰富的蛋白质、糖、钾、维生素A和C,同时膳食纤维也多,是相当好的营养食品

香蕉果酱

Banana Jam



Ingredients: 3 cups banana cubes, 2/5 cup sugar, 1 slice lemon (remove skin), and 3 cups pure water.

Note: All ingredients are dry weight for 1200 ml capacity, you can increase or decrease ingredients according to personal preferences proportionally components.

Practices:

1. Peel banana, then cut into small cubes.
2. Pour all the banana cubes, sugar, lemon slice and water into the jug, place the head into the jug correctly, put the plug into socket, the indicator will be light up, and then press the "Select" button to choose the "Jam" function, the "Jam" button will be light up and blinking, then press "Start / Cancel" button to start the jam procedure. After 18 minutes, the machine beeps to signal that the jam is done and ready for use. Then, you can unplug the power and pull out the machine head.

Tips: The banana is a favorite fruit, the Europeans call it is "happy fruit" because it relieves depression. Banana is also known as "the fruit of wisdom", the legend of Buddha ate a banana and gain wisdom. Banana high nutrition, low calorie, and also rich in phosphorus, protein, sugar, potassium, vitamin A and C, dietary fiber, is a very good nutritious food.

配料: 芒果块4杯、碎冰渣5杯、冷水7杯

注: 所有配料用量均为干燥时的重量, 适用于1200ml容量, 你可以根据个人喜好的量增减食材分量。

做法:

1. 将芒果去皮去核切小块。
2. 将芒果、碎冰渣和冷水一起放入杯体中, 将机头按正确的位置放入杯体中, 插上电源线, 指示灯全亮后, 按下 "Select" 键, 选择 "Juice" 功能键, "Juice" 指示灯亮并闪烁, 按 "Start / Cancel" 键启动该制作程序。大约4分钟左右, 机器发出声光报警 (beep), 指示冰沙已做好, 拔下电源插头, 即可准备饮用。

营养贴士: 芒果果实含有糖、蛋白质、粗纤维, 芒果所含有的维生素A成分特别高, 是所有水果中少见的。其次维生素C含量也不低。再者, 矿物质、蛋白质、脂肪、糖类等, 也是其主要营养成分之一。食用芒果具抗癌、美化肌肤、防止高血压、动脉硬化、防止便秘、止咳、清肠胃的功效。



Ingredients: 4 cups mango cubes, 5 cups ice cubes, 7 cups cold water.

Note: All ingredients are dry weight for 1200 ml capacity, you can increase or decrease ingredients according to personal preferences proportionally components.

Practices:

1. Peel and remove seeds of mango, then cut into small cubes.
2. Pour all the mango cubes, ice cubes and cold water into the jug, place the head into the jug correctly, put the plug into socket, the indicator will be light up, and then press the "Select" button to choose the "Juice" function, the "Juice" button will be light up and blinking, then press "Start / Cancel" button to start the juice procedure. After 4 minutes, the machine beeps to signal that the smoothie is done and ready for use. Then, you can unplug the power and pull out the machine head.

Tips: Mango fruit contains sugar, protein and coarse fiber; mangoes contain vitamin A concentration is especially high, and is rare in all fruits. Secondly, the vitamin C content is quite high too. Consumption of mango can prevent cancer, beautify the skin, prevent hypertension, arteriosclerosis, prevent constipation, cough and clear stomach.

配料: 花生豆一杯, 牛奶200ml, 冰水100ml

注: 所有配料用量均为干燥时的重量, 适用于1200ml容量, 你可以根据个人喜好的量增减食材分量。

做法:

1. 将花生豆、牛奶和冰水一起放入杯体中, 加水至杯体内的水位刻度(900-1300ml), 将机头按正确的位置放入杯体中, 插上电源线, 指示灯全亮后, 按下"Select"键, 选择"Juice"功能键, "Juice"指示灯亮并闪烁, 按"Start / Cancel"键启动该制作程序。大约4分钟左右, 机器发出声光报警 (beep), 指示奶昔已做好, 拔下电源插头, 即可准备饮用。

贴士: 注意: 如果您选取其它例如香蕉、苹果等食材, 一定要把它切成类似花生大小的块状, 这样容易被均匀打碎。鲜牛奶与冰水的比例为2:1

如果您选取其它例如香蕉、苹果等食材, 一定要把它切成类似花生大小的块状, 这样容易被均匀打碎。鲜牛奶与冰水的比例为2:1



Ingredients: 1cup peanuts, 200ml milk, 100ml ices water

Note: All ingredients are dry weight for 1200 ml capacity, you can increase or decrease ingredients according to personal preferences proportionally components.

Practices:

1. Pour all the peanuts, milk and ice water into the cylinder, add water up to the level of water marks (900-1300ml), place the head into the jug correctly, put the plug into socket, the indicator will be light up, and then press the "Select" button to choose the "Juice" function, the "Juice" button will be light up and blinking, then press "Start / Cancel" button to start the juice procedure. After 4 minutes, the machine beeps to signal that the milk shake is done and ready for use. Then, you can unplug the power and pull out the machine head.

Tips: If you select other ingredients such as bananas, apples, and so on, you must bring it cut into small cubes like peanuts, so that can easily smashed evenly. The ratio of fresh milk to ice water is 2:1

配料: 柚子1个、橘子1个、柠檬汁15ml、蜂蜜1大匙、冰块适量。

注: 所有配料用量均为干燥时的重量，适用于1200ml容量,你可以根据个人喜好酌量增减食材分量。

做法:

1. 将柚子和橘子分别去皮，分成小瓣，再去除白膜及果核。
2. 将柚子和橘子一起放入杯体中，加水至杯体内的水位刻度(900-1300ml)，将机头按正确的位置放入杯体中，插上电源线，指示灯全亮后,按下**"Select"**键，选择**"Juice"**功能键，**"Juice"**指示灯亮并闪烁，按**"Start / Cancel"**键启动该制作程序。大约4分钟左右，机器发出声光报警 (**beep**)，指示果汁已做好，拔下电源插头,即可准备饮用。
3. 加入冰块、柠檬汁、蜂蜜搅匀即可。

营养贴士: 柚子的热量低是公认的，所以它也是一种很有名的瘦身水果。柚子含有的酸性物质可以帮助人体消化，促进营养物质的吸收。并且它含有丰富的维生素C，可以消除疲劳。忙碌的MM们不但可以消除疲劳，同时也瘦身。



Ingredients: 1 pomelo, 1 orange, 15ml lemon juice, 1 tsp honey, appropriate ice cubes.

Note: All ingredients are dry weight for 1200 ml capacity, you can increase or decrease ingredients according to personal preferences proportionally components.

Practices:

1. Peel the pomelo and orange, and then divide them into small flap; remove the white membrane and seeds.
2. Pour all the pomelo and orange into the jug, add water up to the level of water marks (900-1300ml), place the head into the jug correctly, put the plug into socket, the indicator will be light up, and then press the **"Select"** button to choose the **"Juice"** function, the **"Juice"** button will be light up and blinking, then press **"Start / Cancel"** button to start the juice procedure. After 4 minutes, the machine **beeps** to signal that the juice is done and ready for use. Then, you can unplug the power and pull out the machine head.
3. Add Ice cubes, lemon juice and honey and stir to mix well.

Tips: The pomelo is low in calories and recognized, so it is a well-known slimming fruit. Pomelo contains acid can help the body to digest, and promote nutrient absorption. And it is rich in vitamin C, can eliminate fatigue. Busy MM are not only can reduce fatigue, but also slimming.

配料: 糙米70克、熟花生仁10克、红砂糖少许。

注: 所有配料用量均为干燥时的重量, 适用于1200ml容量, 你可以根据个人喜好酌量增减食材分量。

做法:

1. 将糙米洗净浸泡2小时, 洗净备用。
2. 将泡好的糙米、熟花生仁放入杯体中, 加水至杯体内的水位刻度(900-1300ml), 将机头按正确的位置放入杯体中, 插上电源线, 指示灯全亮后, 按下"Select"键, 选择 "Rice Paste" 功能键, "Rice Paste" 指示灯亮并闪烁, 按 "Start / Cancel" 键启动该制作程序。大约25分钟左右, 机器发出声光报警 (beep), 指示米糊已做好, 拔下电源插头。
3. 可依据口味加入红砂糖拌匀。

营养贴士: 糙米含有多种维生素, 为促进脑部运作提供动力, 同时有助于提高大脑认知能力, 对小孩脑部发育尤为有益。此米糊兼有丰富的优质蛋白质、矿物质和膳食纤维, 是老少皆宜的保健佳饮。

糙米米糊

Brown rice paste



Ingredients: 70g brown rice, 10g cooked peanuts and appropriate brown sugar.

Note: All ingredients are dry weight for 1200 ml capacity, you can increase or decrease ingredients according to personal preferences proportionally components.

Practices:

1. Rinse brown rice and soak at room temperature for about 2 hours, wash stand.
2. Pour all soaked brown rice and cooked peanuts into the jug, add water up to the level of water marks (900-1300ml), place the head into the jug correctly, put the plug into socket, the indicator will be light up, and then press the "Select" button to choose the "Rice Paste" function, the "Rice Paste" button will be light up and blinking, then press "Start / Cancel" button to start the rice paste procedure. After 25 minutes, the machine beeps to signal that the rice paste is done and ready for use. Then, you can unplug the power and pull out the machine head.
3. Serve hot, can be flavored with appropriate brown sugar.

Tips: Brown rice contains many vitamins; provide the impetus for the promotion of brain operation, while helping to improve the cognitive ability brain, brain development is particularly beneficial for children. The rice paste is rich in quality protein, minerals and dietary fiber, so it is known as the all ages of good health drinks.

配料: 糙米60克、花生仁10克、薏仁10克、黑糖适量

注: 所有配料用量均为干燥时的重量, 适用于1200ml容量, 你可以根据个人喜好酌量增减食材分量。

做法:

1. 将糙米洗净, 泡水约2小时, 洗净备用。
2. 将泡好的糙米、花生仁和薏仁放入杯体中, 加水至杯体内的水位刻度(900-1300ml), 将机头按正确的位置放入杯体中, 插上电源线, 指示灯全亮后, 按下“Select”键, 选择“Rice Paste”功能键, “Rice Paste”指示灯亮并闪烁, 按“Start / Cancel”键启动该制作程序。大约25分钟左右, 机器发出声光报警 (beep), 指示米糊已做好, 拔下电源插头。
3. 可趁热加入黑糖搅匀调味。

营养贴士: 黑糖性温味甘, 有活血散瘀、温经散寒的功效, 加在米糊中饮用可增加能量、活络气血, 让你精神焕发。薏仁富含维生素B群, 有清热、美白润肤的效果。



Ingredients: 60g brown rice, 10g peanuts, 10g barley, appropriate black sugar

Note: All ingredients are dry weight for 1200 ml capacity, you can increase or decrease ingredients according to personal preferences proportionally components.

Practices:

1. Rinse brown rice and soak at room temperature for about 2 hours, wash stand.
2. Pour all soaked brown rice, peanuts and barley into the jug, add water up to the level of water marks (900-1300ml), place the head into the jug correctly, put the plug into socket, the indicator will be light up, and then press the “Select” button to choose the “Rice Paste” function, the “Rice Paste” button will be light up and blinking, then press “Start / Cancel” button to start the rice paste procedure. After 25 minutes, the machine beeps to signal that the rice paste is done and ready for use. Then, you can unplug the power and pull out the machine head.
3. Serve hot, add black sugar to taste.

Tips: Black sugar of warm sweet, there is heals bruises and dispelling cold effect; added into the rice paste can increase energy and meridian blood. Barley is rich in vitamin B complex, can clearing heat and skin whitening effect.

配料: 红豆20克、黑米40克、麦仁15克、红枣10克。

注: 所有配料用量均为干燥时的重量,适用于1200ml容量,你可以根据个人喜好酌量增减食材分量。

做法:

1. 将红豆、黑米、麦仁和红枣洗净。
2. 将所有配料放入杯体中,加水至杯体内的水位刻度(900-1300ml),将机头按正确的位置放入杯体中,插上电源线,指示灯全亮后,按下“Select”键,选择“Rice Paste”功能键,“Rice Paste”指示灯亮并闪烁,按“Start / Cancel”键启动该制作程序。大约25分钟左右,机器发出声光报警 (beep),指示米糊已做好,拔下电源插头。

调味方法: 可天然风味(不用加任何调味料)、可牛奶调和、可食盐调和(盐味),可白糖调和(甜味),可蜂蜜调和。口味可以根据自己的喜好去进行调制,相信味道会更美。

营养贴士:

红豆: 有治血排浓、消肿解毒功效,可治心肾脏、痛肿。

黑米: 滋阴补肾、健身暖胃、明目活血、清肝润肠、补肺缓筋等功效。

麦仁: 富含膳食纤维,不含胆固醇,含有多矿物微量元素。

红枣: 能提高人体免疫力,可抑制癌细胞,具有健脾益胃、补气养血、安神的功效。

养生米糊

Good health rice paste



Ingredients: 20g red beans, 40g black rice, 15g wheat kernels, 10g red dates.

Note: All ingredients are dry weight for 1200 ml capacity, you can increase or decrease ingredients according to personal preferences proportionally components.

Practices:

1. Rinse red beans, black rice, wheat kernels and red dates, wash stand.
2. Pour all ingredients into the jug, add water up to the level of water marks (900-1300ml), place the head into the jug correctly, put the plug into socket, the indicator will be light up, and then press the "Select" button to choose the "Rice Paste" function, the "Rice Paste" button will be light up and blinking, then press "Start / Cancel" button to start the rice paste procedure. After 25 minutes, the machine beeps to signal that the rice paste is done and ready for use. Then, you can unplug the power and pull out the machine head.

Seasoning methods: According to your own taste preferences; can be natural flavor (do not add any seasoning), can be milk flavor (add milk), can be salt flavor (add salt), can be sweet flavor (add sugar or honey).

Tips:

Red beans: treatment of blood, reduces swelling, detoxification effect, can cure heart and kidney.

Black rice: nourish kidney, warm stomach, eyesight and blood circulation, liver detoxification, lungs and relieve tendon and other effects.

Wheat kernels: rich in dietary fiber, cholesterol free, contains many trace minerals.

Red dates: to improve the human immunizations, inhibit cancer cell, spleen and stomach, enrich the blood and sedative effect.

配料: 黑芝麻30克, 核桃20克, 大米20克。

注: 所有配料用量均为干燥时的重量, 适用于1200ml容量, 你可以根据个人喜好酌量增减食材分量。

做法:

1. 将黑芝麻, 核桃和大米一起放入杯中, 加水至杯体内的水位刻度(900-1300ml), 将机头按正确的位置放入杯中, 插上电源线, 指示灯全亮后, 按下“**Select**”键, 选择“**Rice Paste**”功能键, “**Rice Paste**”指示灯亮并闪烁, 按“**Start / Cancel**”键启动该制作程序。大约25分钟左右, 机器发出声光报警 (beep), 指示米糊已做好, 拔下电源插头。

调味方法: 可天然风味 (不用加任何调味料)、可牛奶调和、可食盐调和(盐味), 可白糖调和(甜味), 可蜂蜜调和。口味可以根据自己的喜好去进行调制, 相信味道会更美。

营养贴士: 美容养生, 益智营养。

核桃黑芝麻米糊

Walnut black sesame seed rice paste



Ingredients: 30g black sesame seeds, 30g walnuts, 20 g rice.

Note: All ingredients are dry weight for 1200 ml capacity, you can increase or decrease ingredients according to personal preferences proportionally components.

Practices:

1. Pour all black sesame seeds, walnuts and rice into the jug, add water up to the level of water marks (900-1300ml), place the head into the jug correctly, put the plug into socket, the indicator will be light up, and then press the “**Select**” button to choose the “**Rice Paste**” function, the “**Rice Paste**” button will be light up and blinking, then press “**Start / Cancel**” button to start the rice paste procedure. After 25 minutes, the machine beeps to signal that the rice paste is done and ready for use. Then, you can unplug the power and pull out the machine head.

Seasoning methods:

According to your own taste preferences; can be natural flavor (do not add any seasoning), can be milk flavor (add milk), can be salt flavor (add salt), can be sweet flavor (add sugar or honey).

Tips: Cosmetic good health, educational nutrition.

配料: 菠菜叶 5片, 大米 1/2杯, 小米 1/2杯。

注: 所有配料用量均为干燥时的重量, 适用于1200ml容量, 你可以根据个人喜好酌量增减食材分量。

做法:

1. 将大米和小米洗净; 菠菜清洗后切碎。
2. 将菠菜、大米和小米一起放入杯体中, 加水至杯体内的水位刻度(900-1300ml), 将机头按正确的位置放入杯体中, 插上电源线, 指示灯全亮后, 按下“Select”键, 选择“Rice Paste”功能键, “Rice Paste”指示灯亮并闪烁, 按“Start / Cancel”键启动该制作程序。大约25分钟左右, 机器发出声光报警 (beep), 指示米糊已做好, 拔下电源插头。

调味方法: 可天然风味 (不用加任何调味料)、可牛奶调和、可食盐调和(盐味), 可白糖调和(甜味), 可蜂蜜调和。口味可以根据自己的喜好去进行调制, 相信味道会更美。

营养贴士: 补铁, 有益婴儿正常生长发育, 增强抗病能力, 防止婴儿口角生疮。

宝宝辅食-菠菜米糊

Your baby supplementary food - Spinach rice paste



Ingredients: 5 spinach leaves 5, ½ cup rice, and ½ cup millets.

Note: All ingredients are dry weight for 1200 ml capacity, you can increase or decrease ingredients according to personal preferences proportionally components.

Practices:

1. Rinse rice and millets, rinse and chop the spinach leaves into small pieces.
2. Pour all rice, millets and chopped spinach into the jug, add water up to the level of water marks (900-1300ml), place the head into the jug correctly, put the plug into socket, the indicator will be light up, and then press the “Select” button to choose the “Rice Paste” function, the “Rice Paste” button will be light up and blinking, then press “Start / Cancel” button to start the rice paste procedure. After 25 minutes, the machine beeps to signal that the rice paste is done and ready for use. Then, you can unplug the power and pull out the machine head.

Seasoning methods:

According to your own taste preferences; can be natural flavor (do not add any seasoning), can be milk flavor (add milk), can be salt flavor (add salt), can be sweet flavor (add sugar or honey).

Tips: Iron supplementation, beneficial baby grow and develop normally, enhance disease resistance, to prevent the infant mouth sores.

配料: 紫薯1杯, 燕麦1/2杯

注: 所有配料用量均为干燥时的重量, 适用于1200ml容量, 你可以根据个人喜好酌量增减食材分量。

做法:

1. 将紫薯去皮切块。
2. 将紫薯和燕麦混合加入杯体中, 加水至杯体内的水位刻度(900-1300ml), 将机头按正确的位置放入杯体中, 插上电源线, 指示灯全亮后, 按下“Select”键, 选择“Rice Paste”功能键, “Rice Paste”指示灯亮并闪烁, 按“Start / Cancel”键启动该制作程序。大约25分钟左右, 机器发出声光报警 (beep), 指示米糊已做好, 拔下电源插头。

调味方法: 可天然风味 (不用加任何调味料)、可牛奶调和、可食盐调和(盐味)、可白糖调和(甜味)、可蜂蜜调和。口味可以根据自己的喜好去进行调制, 相信味道会更美。

营养贴士: 燕麦中含有人体必需的8种氨基酸, 能满足婴儿生长的需要。

宝宝辅食-紫薯燕麦糊

Your baby supplementary food
- purple sweet potato oatmeal rice paste



Ingredients: 1 cup purple sweet potato, ½ cup oats

Note: All ingredients are dry weight for 1200 ml capacity, you can increase or decrease ingredients according to personal preferences proportionally components.

Practices:

1. Peel purple sweet potato and then cut into small cubes.
2. Pour all purple sweet potato cubes and oats into the jug, add water up to the level of water marks (900-1300ml), place the head into the jug correctly, put the plug into socket, the indicator will be light up, and then press the “Select” button to choose the “Rice Paste” function, the “Rice Paste” button will be light up and blinking, then press “Start / Cancel” button to start the rice paste procedure. After 25 minutes, the machine beeps to signal that the rice paste is done and ready for use. Then, you can unplug the power and pull out the machine head.

Seasoning methods:

According to your own taste preferences; can be natural flavor (do not add any seasoning), can be milk flavor (add milk), can be salt flavor (add salt), can be sweet flavor (add sugar or honey).

Tips: Oats contain the 8 essential amino acids; can satisfy the needs of infant growth.

配料: 花生米20克、核桃仁20克、黑白芝麻20克、玉米10克、葡萄干10克。

注: 所有配料用量均为干燥时的重量, 适用于1200ml容量, 你可以根据个人喜好酌量增减食材分量。

做法:

1. 将所有的配料洗净放入杯体中, 加水至杯体内的水位刻度(900-1300ml), 将机头按正确的位置放入杯体中, 插上电源线, 指示灯全亮后, 按下“Select”键, 选择“Rice Paste”功能键, “Rice Paste”指示灯亮并闪烁, 按“Start / Cancel”键启动该制作程序。大约25分钟左右, 机器发出声光报警 (beep), 指示米糊已做好, 拔下电源插头。

调味方法: 可天然风味 (不用加任何调味料), 可牛奶调和、可食盐调和(盐味), 可白糖调和(甜味), 可蜂蜜调和。口味可以根据自己的喜好去进行调制, 相信味道会更美。

营养贴士: 孕妇要注意营养的搭配, 宝宝在肚子里面, 这个时候的营养是两个人的, 宝宝在肚子里面更需要全面的营养成分, 宝宝所需DHA、维生素B族、胡萝卜素、葡萄糖和氨基酸等多种微量元素, 妈妈们能够为宝宝搭配营养丰富的早餐。

孕妇食谱-玉米果仁米糊

Maternal diet - corn nuts rice paste



Ingredients: 20g peanuts, 20g walnut, 20g black and white sesame seeds, 10g corn, 10g raisins.

Note: All ingredients are dry weight for 1200 ml capacity, you can increase or decrease ingredients according to personal preferences proportionally components.

Practices:

1. After rinse, pour all ingredients into the jug, add water up to the level of water marks (900-1300ml), place the head into the jug correctly, put the plug into socket, the indicator will be light up, and then press the “Select” button to choose the “Rice Paste” function, the “Rice Paste” button will be light up and blinking, then press “Start / Cancel” button to start the rice paste procedure. After 25 minutes, the machine beeps to signal that the rice paste is done and ready for use. Then, you can unplug the power and pull out the machine head.

Seasoning methods:

According to your own taste preferences; can be natural flavor (do not add any seasoning), can be milk flavor (add milk), can be salt flavor (add salt), can be sweet flavor (add sugar or honey).

Tips: Maternal should pay attention to nutrition with the baby inside the tummy, the baby inside the tummy is more comprehensive nutritional needs, baby needs DHA, Vitamin B, carotene, amino acids and other trace elements, mothers should be able to provide nutrient rich breakfast for the baby.

配料: 豆浆1杯 (可做不同口味)、砂糖2大匙、模型数个、木棒 (或塑料棒) 数根

做法:

- 1) 将砂糖加入豆浆内, 混合。
- 2) 把豆浆倒入模型中, 放进冷冻库冷冻即可。

温馨提示:

夏天孩子最爱吃冰棒, 与其在外面购买冰品, 不如用自家现做的豆浆做出多种变化, 让孩子吃得开心, 家长也开心!

Ingredients:

1 cup of soymilk (do different flavors), 2 tablespoons of sugar, few model, few stick (or plastic stick)

Practices:

1. Add in sugar with soymilk, mix well.
2. Pour the soymilk into the model, frozen in the freezer.

Tips:

Children love to eat popsicles in summer, instead of buying ice cream on the outside, as is done with their own soy milk to make a variety of changes, let the children eat happy, the parents also happy!

豆浆冰棒

SOYMILK POPSICLES



配料: 豆浆, 油条125克, 榨菜80克, 虾皮20克, 葱末10克, 辣油10克。

酱醋混合调料: 250ml水, 红酱油25克, 细盐25克, 白糖25克, 味精3克, 醋25克。

做法:

- 1) 将红酱油、细盐、白糖、味精加水250ml, 入锅煮沸后倒出, 再加入醋, 制成酱醋混合调料。
- 2) 将油条切成丁, 榨菜切成末。
- 3) 将油条丁、榨菜末、虾皮和葱末放入豆浆稍微熬煮, 加酱醋混合调料, 淋几滴辣油, 盛入碗中即成咸豆浆。

Ingredients: soy milk, **125g** fried dough sticks, **80g** pickled mustard tuber, **20g** dried shrimps, **10g** diced green onion, **10g** chili oil.

Sauce vinegar mix seasoning: **250ml** water, **25g** red soy sauce, **25g** fine salt, **25g** sugar, **3g** MSG, **25g** vinegar,

Practices:

1. Prepare sauce vinegar mix seasoning: **250ml** of water add in red soy sauce, fine salt, sugar and MSG; bring to a boil, and then pour into a bowl, add vinegar.
2. Cut fried dough sticks into small cubes, mince the pickled mustard tuber.
3. Boil the soy milk with diced fried dough sticks, minced pickled mustard tuber, dried shrimps and diced green onion, simmer for a while, dripping few drop of chili oil, dish up.



配料：豆渣80克，鲜香菇60克，胡萝卜80克，芹菜100克，金针菇60克，姜末10克。

调味料：盐1/4小匙，细砂糖少许，胡椒粉少许。

做法：

- 1) 鲜香菇切小片，胡萝卜切碎；芹菜切段，备用。
- 2) 热锅，加入2大匙油，放入姜末和豆渣炒至煸香，再放入鲜香菇片和金针菇炒香。
- 3) 续加入胡萝卜和芹菜拌炒均匀。
- 4) 再加入2大匙的水及所有调味料拌炒至入味即可。

Ingredients: 80g okara, 60g fresh mushrooms, 80g carrots, 100g celery, 60g golden mushrooms, 10g minced ginger.

Seasoning: ¼ tsp salt, appropriate fine sugar and pepper.

Practices:

1. Cut the fresh mushroom, carrots and celery into slices, set aside.
2. Heat 2 tsp of oil in a wok over high heat until hot, sauté minced ginger and okara until aromatic, add in mushroom sliced and golden mushrooms and stir fry for a couple of minutes.
3. Then, add carrots sliced and celery sliced and stir fry until everything is well blended.
4. Add 2 tsp of water, appropriate salt, sugar and pepper; stir fry until sauce is well combined with the vegetables.

素炒豆渣

FRIED OKARA



配料：豆渣250克，干香菇3朵，红辣椒1个，大葱末5克，西兰花杆40克。

调味料：黄酒5毫升，盐3克，油15毫升。

做法：

- 1) 将干香菇泡发，洗干净后切成碎粒；红辣椒去子，洗净后切成碎粒；西兰花杆切成小丁。
- 2) 大火烧热炒锅中的油至七成熟，放入大葱末和红辣椒粒，煸炒出香味。
- 3) 放入西兰花杆丁和香菇粒，调入黄酒，翻炒几分。
- 4) 放入豆渣，翻炒几下后加入盐，继续翻炒至豆渣炒熟即可。

Ingredients: 250g okara, 3 mushrooms, 1 chili, 5g diced green onion, 40g broccoli stem.

Seasoning: 5 ml rice wine, 3g salt, 15ml oil.

Practices:

1. Soak the mushrooms until soften, then cut into small cubes; remove chili's seeds, then cut into small cubes; cut the broccoli stem into small cubes.
2. Heat the oil in a wok over high heat until hot, sauté the diced green onion and diced chili until aromatic.
3. Add diced broccoli stem and diced mushrooms, season with rice wine, and then stir fry for a couple of minutes.
4. Add in okara, toss and stir for a while, add appropriate salt and continue stir fry until well cooked.

香菇炒豆渣

MUSHROOMS FRIED OKARA





果仁豆渣粥

NUT OKARA CONGEE

配料：豆渣80克，玉米粉80克，核桃仁5克，松子仁5克，大杏仁5克。

做法：

- 1) 核桃仁、松子仁、大杏仁放入平底锅内用小火慢慢烘焙出香味。
- 2) 将烘焙好的核桃仁和大杏仁切成碎粒。
- 3) 豆渣与玉米粉混合，加入适量凉水调成糊。
- 4) 煮锅中加入800毫升凉水，大火煮开，倒入调好的豆渣糊，用汤勺搅拌均匀，再次煮开后继续煮10分钟。
- 5) 将煮好的豆渣粥盛入小碗中，撒上松子仁和核桃仁、大杏仁碎粒即可。

Ingredients: 80g okara, 80g corn flour, 5g walnut, 5g pine nuts, 5 grams, 5g almonds.

Practices:

1. Bake walnuts, pine nuts and almonds on a saucepan over low heat.
2. Crush the baked walnuts and almonds into small pieces.
3. Mix okara with corn flour, add appropriate water to toss and stir until paste like.
4. Boil 800ml of water in a pot, bring to a boil over high heat, add in okara paste, and stir to mix well with a spatula, and bring it to a boil and then simmer in low heat for 10 minutes.
5. Transfer the congee in a bowl, sprinkle with crushed walnuts, pine nuts and crushed almonds.

配料：豆渣100克，鸡蛋2个，面粉30克，胡萝卜50克，白胡椒粉3克，盐2克，油200毫升。

做法：

- 1) 将鸡蛋在碗中打散；胡萝卜切成末。
- 2) 将豆渣、蛋液、面粉和胡萝卜末在大碗中混合，调入盐和白胡椒粉，搅拌均匀成糊状。
- 3) 取适量混合好的豆渣糊，在手中团成小丸子。
- 4) 锅中倒入油，中火烧至六成热，放入小丸子，炸3分钟，出香味熟透即可。

Ingredients: 100g okara, 2 eggs, 30g flour, 50g carrots.

Seasoning: 3g pepper, 2g salt, 200ml cooking oil.

Practices:

1. Beaten eggs in a bowl, chop the carrots into small pieces.
2. Mix the okara with eggs, flour and chopped carrots in a bowl; and then season with salt and pepper, toss and stir until paste.
3. Scoop appropriate mixture of paste, and shape it into little balls.
4. Heat the wok with cooking oil; add in little balls, then deep fry for 3 minutes until turning golden brown colour.





 *memo*



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