INTRODUCTION

A healthy diet is the basic foundation of youth. Fruits and vegetables provide beneficial nutrients, vitamins, antioxidants, fiber and water. An easy and simple way to increase intake of fruit and vegetables is making yourself a green smoothie, herbal soup or multi-grain congee.

Multi-Functional Pulverizing Blender - ***delivering healthy eating ideas***

FEATURES

Fruit & Vegetable Juice
Provides antioxidants, fiber and many other nutrients. Benefits include clearer skin, increased energy, mental clarity and focus.

Raw Vitality Drinks
Such as Barley Grass or Wheatgrass provide chlorophyll, vitamins, minerals and amino acids.

Nuts and Whole Grain Drinks & Congee
A diet rich in whole grains helps reduce risk of heart disease, diabetes and obesity. The unit's heating element lets you easily make nut milk and multi-grain congee.

Herbal Tea
The essence of herbal tea is now at the touch of a button.

Rich and Nutritious Bisque
Make healthy and delicious bisque in minutes.

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【 Vegetables 】

Name	Nutrient	Health Benefits
Cabbage	Carbohydrates, calcium, phosphorus, vitamins A, B1, B2, C, E, K and a small amount of sulfur, chlorine and iodine	Cancer prevention, anti-inflammatory, digestive tract support, cardiovascular support and aids with weight loss
Tomatoe	Iron, calcium, magnesium, potassium, vitamin A, B, C, P, nicotine acide, amino acid	Combat free radicals, reduce heart disease, rich in phytonutrients, improves digestion
Carrot	Beta carotene, protein, carbohydrates, vitamins A, B, C, malic acid	Slows down aging of cells, improves vision and brain health, liver protection
Radish	Water, carbohydrates, fibre, calcium, phosphorus	Prevents cold, reduce build up of phlegm
Cucumber	Sugar, phosphorus, vitamins a, B1, B2, c and niacin	Hydration, diuresis, flushes out toxins
Spinach	Fiber, iron, vitamin B, oxalic acid, Green pigment	Promotes blood circulation, improves blood glucose control, lowers blood pressure, improves bone health
Bell Pepper	Calcium, phosphorus, iron, vitamins a, B1, B2, C, Nicotinic acid, chlorophyll	Weight management, eye health, prevents anemia, increase immunity
Lotus	Starch, sugar, fibre, tannic acid	Lowers blood pressure, heart health, relieves cough and phlegm
Sweet Potato	calcium, phosphorus, iron, vitamins A, B6, and C, niacin, starch	Maintains skin elasticity, supports healthy immune system, anti-stress,
Winter Melon	Carbohydrates, calcium, phosphorus, vitamins b and c	Prevents migraines, eye health, digestive health, heart health, reduce stroke

Name	Nutrient	Health Benefits
Lettuce	Water, calcium, phosphorus, iron, vitamins a, B1, B6, c, niacin	Hydration, induces sleep, lowers cholesterol, controls anxiety, antioxidant
Nappa	Vitamin B9, C, copper, iron, manganese,	Prevents asthma, strong bones and teeth, treats arthritis
Alfafa Sprouts	Protein, calcium, phosphorus, iron, potassium, vitamin A, B1, B2, C, D, E, K, niacin, pantothenic acid, chlorophyll	Prevents cancer, builds stamina, muscle function
Chinese Yam	Calcium, phosphorus, enzymes, vitamins B1, B2, c, k	Heals skin disease, improves cognitive ability
Zucchin	Vitamin C, B6, B2, B9, Manganese, Copper, Potassium, Phosphorus, Iron, Magnesium,	weight loss, cardiovascular health, prevents stroke, brain health, enhance mood
Bitter Melon	Vitamin C, B9, Zinc, Potassium, Figer	Fights diabetes, prevents breast cancer, fungal infections, hemorrhoid relief, immune system health, blood pressure
Celery	vitamins B1, B2, B3, B5, B6, B9, C, folic acid, retinoids, carotenoids, lipids, amino acids, calcium, iron, magnesium, zinc, potassium	Extremely alkalizing, reduces inflammation, prevents cancer, stimulates immune system, lowers blood pressure and cholesterol
Barley Grass	beta carotene, vitamins B1, B2, B6, B12, pantothenic acid, folic acid, iron, potassium, calcium, phosphorus, magnesium, chlorophyll, amino acids, protein, fiber, and enzymes.	Lowers cholesterol, improves gut health, antioxidant, fights free radicals
Potato	Vitamin B6, B5, B3, C, B1, Copper, Carbohydrate, Potassium, Tryptophan, Manganese,	Cancer prevention, brain function, skin care, kidney stones, digestion, diarrhea, rheumatism
Sword Leaf Lettuce	Chlorophyll, vitamins B1, B2, C, niacin, Iron, calcium, phosphorus	Improves appetize, relieves depression, builds strength, diuretic
Burdock	Vitamin B6, Carbohydrate, copper, Phosphorus, Manganese	Prevents birth defects, treats back pain and cramps, brain health, prevents arthritis and osteoarthritis, hormonal balance, detoxify
Asparagus	Vitamin K, B9, B1, copper, iron	Assist digestion, reduce diabetes, cure hangovers, vision health, reduce arthritis
Mushroom	Proteins, fats, amino acids, minerals, vitamins B1, B2, B3 and h	Weight management, increase vitamin D levels, boost immune system, reduce cholesterol

Name	Nutrient	Health Benefits
Broccoli	Vitamin B1, B2, B5, B6, B9, C, K, A, calcium, iron, potassium	Cancer prevention, bone health, eye care, skin care, wound healing
Onion	Vitamin B6, B9, C, carbohydrate, manganese, fiber, calcium, zinc, carotene	Cancer prevention, treatment of anemia, oral health, urinary disorder, boosts sexual drive, blood sugar regulation, immune system
Pumpkin	Vitamin A, C, B2, B5, C, E, copper, iron, potassium, phosphorus, manganese	Cancer prevention, brain health, enhance immunity, enhance mood, prevents neurodegenerative disease, prevents migraines, cramps, anemia
Garlic	Vitamin B6, C, copper, selenium, manganese, copper, potassium, iron	Treats urinary tract infections, prevents common cold, antioxidant, eliminate contaminants,reduce blood pressure
Green peas	Vitamin A5, B1, C, K, copper, iron	Prevents anaemia and fatigue, bone health, fights diabetes, prevents sign of aging, reduce depression, heart health, enhances learning
Corn	Vitaming B1, B3, B5, carbohydrate, phosphorus	Controls diabetes and hypertension, lowers LDL cholesterol, treats diarrhea, edema, dyspepsia
Green Onion	Vitamin A, C, E, K, folates, niacin, riboflavin, thiamin, fiber, iron, calcium, carotene-ß, lutein-zeaxanthin	Reduce inflammation, treats sore throat and nasal congestion, arthritis prevention, eye health, cancer prevention, antiviral, promotes heart health, decrease high cholesterol
Oyster Mushroom	Vitamin D, B3, B2, B5, B1, B9, iron, copper, phosphorus, tryptophan	Maintains blood sugar level, brain health, immunity system, provides energy, maintains mood
Ginger	Vitamin B6, C, copper, carbohydrate, manganese, magnesium, potassium, iron, dietary fiber, choline	Fights infection, protects against Alzheimer's disease, treats chronic indigestion, reduces menstrual pain, cancer prevention
Taro	Vitamin B1, B6, E, carbohydrate, copper, manganese, potassium, dietery fiber, magnesium	Cancer prevention, blood pressure, heart health, immune system, boosts vision, digestive health, dental health
Chilli Pepper	Vitamin c, beta carotene, folic acid, magnesium, potassium	Relieves joint and muscle pain, prevents allergies, weight loss, anti-fungal, helps digestion

【FRUITS】

Name	Nutrient	Health Benefits
Persimmon	Vitamin A, C, C, dietary fiber, calcium, iron	Liver detox, fights common cold and constipation, diuretic, energizer
Papaya	Calcium, folate, iron, magnesium, niacin, potassium, Vitamin A, C, zinc	Skin care, eye health, prevents heart disease, improves digestion, cancer prevention, relieves nausea
Pineapple	Water, dietary fiber, calcium, iron, Vitamin C, E, potassium, zinc	Prevents cold, strengthens bones, gum health, improves digestion
Kumquat	Vitamin B2, B5, C, dietary fiber, iron, carbohydrate, copper, calcium	Strong bones, immune system, cancer prevention, skin health
Apple	Vitamin A, B, C, tannic acid, pectin, potassium, iron, calcium	Eye, teeth and heart health, protects against Alzheimer's and Parkinson's, cancer prevention, diabetes, treats diarrhea and constipation, prevents gallstones, weight control, cataracts
Banana	Vitamin A, D, B1, B2, B3, B5, B6, C, folate, potassium, iron, magnesium, choline, manganese, phosphorous	Bowel health, bone health, lowers blood pressure,cancer and HIV prevention, morning sickness
Lemon	Vitamin C, B6, B5, B1, B9, iron, dietary fiber, carbohydrate, copper, potassium	Digestive health, hair and skin care, controls weight, reduce cancer risk, prevent kidney stones,
Orange	Vitamin A, B6, C, E calcium, magnesium, potassium, zinc, folate	Treats arteriosclerosis, cancer prevention, lowers cholesterol, antioxidant, heart health, skin care
Grapefruit	Vitamin C, A, B1, B5, B6, B9, dietary fiber, lycopene, copper, carbohydrate	Cures fatigue, loss of appetite, treats fever, diabetes, urinary ailments
Pear	Vitamin B6, B9, C, K, dietary fiber, carbohydrate, copper, manganese, potassium, magnesium	Assists digestion, prevents heart ailments, weight loss, digestive ailments, treats cough
Watermelon	Vitamin A, B1, B5, B6, C, lycopene, carbohydrate, copper, iron	Relieves muscle soreness, lowers blood pressure, prostate health
Cantaloupe	Vitamin A, C, K, folate, dietary fiber, potassium, phosphorus	Healthy skin, combats infections, eye, teeth and gum health
Grape	Vitamin c, b1, B2, B6, K, fluoride, copper, carbohydrate, iron, potassium	Bone health, longevity, migraine, heart disease, constipation, brain function, Alzheimer's disease
Houseleek	Vitamin B1, B2, B6, niacin, potassium, phosphorus, iron, chlorophyll, fiber	Liver function, detox, skin care, prevents cardiovascular disease
Sugar cane	Carbohydrate, iron, calcium, protein, potassium, magnesium,	Wound healing, diabetes, fights cold, organ strength, rehydration
Peach	Carotene-ß, Vitamin A, C, E, K, iron, folates, niacin, copper, magnesium	Low in calories, anti-oxidant, bone and teeth health,

【NUTS & GRAINS】

Name	Nutrient	Health Benefits
Soy bean	Vitamin, B1, B2, B3, B6, B9, C, iron, tryptophan, isoleucine, threonine, valine, phosphorus, protein, leucine, calcium, copper, potassium, dietary fiber, zinc, carbohydrate	Heart health, breast and prostate cancer prevention, sleep disorder, metabolic activity, circulation and oxygenation, alleviate menopausal symptoms, bone health, diabetes
Glutinous rice	Carbohydrates, B complex, calcium, phosphorus, iron, potassium	Suitable for winter consumption, warms limbs, strengthen lung
Almond	Unsaturated fatty acids, Vitamin A, B, C, E, calcium, phosporus, iron, magnesium	Brain, bone and heart health, strong nails, regulates cholestrol, boost immune system, anti-inflammation
Black sesame	Unsaturated fatty acids, calcium, iron, phosphorus, magnesium, Vitamin E	Nourishes the liver and kidney, treats hair loss and grey hair, skin care
White sesame	Vitamin e, lecithin, calcium, dietary fiber, magnesium, iron	Maintains blood pressure, prevents cancer, healthy bones, disgestion
Brown rice	Fiber, magnesium, phosphorus, zinc, potassium, proteins, Vitamin B	Diabetes, antioxidant, fights obesity, prevents constipation, aid digestion
Millet	Isoleucine, leucine, tryptophan, iron, threonine, lysine, vitamin B1, B3	Prevents Alzheimer's disease, stroke and muscle weakness, brain health
Cashew	Copper, total fat, phosphorus, iron, manganese, magnesium, tryptophan	Anti-diabetic, formation of red blood cells, heart, nerve and muscle health
Oats	Vitamin B complex, E, folic acid, iron, calcium, zinc, linseed oil, phosphorus	Improves immune system, helps weight loss, prevent constipation
Black bean	Vitamin B1, B2, C, protein, calcium, phosphorus, folate, fiber	Lowers cholesterol, aids digestive tract, regulated blood sugar
Barley	Vitamin b1, B2, calcium, phosphorus, iron, slenium, protein, magnesium	Colon and intestine health, weight loss, arthritis, skin care, supports immune system, cancer prevention
Mung bean	Vitamin A, B1, B2, B3, B9, C, K, iron, copper, manganese, zinc, isoleucine, tryptophan, dietary fiber	Cancer prevention, lowers blood pessure, immunity, help weight loss, rehydration, assist digestion
Red bean	Protein, carbohydrate, fiber, calcium, vitamin B complex, phosphorus, iron	Diuretic, alleviate edema, reduces swelling and eliminates toxins
Black rice	Vitamin C, zinc, copper, manganese, chlorophyll, carotenoids,	Antioxidant, lowers blood pressure, cancer prevention, detox
Lotus seed	Vitamin B2, E, calcium, phosphorus, iron, protein, dietary fiber	Maintain healthy pregnancy, detox, increases energy, anti-aging
Peanut	Vitam B1, B3, E, copper, manganese, molybdenum, folate, biotin, protein	Heart health, antioxidant, protect against cancer, degenerative nerve disease, heart disease, Alzheimer's
Tremellales	Vitamin B complex, protein, amino acid, calcium, potassium, phosphorus, polysaccharides, resin, dietary fiber	Beautifies skin, lowers cholesterol, improves immune system

Name	Nutrient	Health Benefits
Purple rice	Vitamin B1, B2, dietary fiber, calcium, potaassium, folic acid, zinc, iron	Promotes gastrointestinal peristalsis, aid digestion, lowers blood pressure
Walnut	Vitamin B6, total fat, copper, valine, manganese, phosphorus, tryptophan, isoleucine, magnesium	Colon health, relieves stress, cancer prevention, treats diabetes, brain health, anti-inflammatory

【CHINESE HERBS】

Name	Nutrient	Health Benefits
Jujube	Vitamin B2, B3, B6, potassium, iron, carbohydrate, copper, phosphorus	Skin health, cancer treatment, weight control, digestion, immune system
Citrus peel	Vitamin B1, C, volatile oils, nobiletin, hesperidin, neohesperidin, tangeridin	Regulates chi, aids digestion, reduces phlegm, increase appetite
Ginseng	Vitamin A, B1, B2, C, calcium, iron, magnesium, potassium, germanium	Increases energy, blood circulation, immune system, mind calming
Astragalus	Saponins, isoflavone, free-form amino acids, fatty acids, polysaccharides	Boosts immunity, lowers cortisol, cardiovascular health, fights tumor
Rehmannia	Carbohydrates, amino acids, protein	Treats kidney disorder, rheumatoid arthritis, fibromyalgia, asthma
Goji berry	Vitamin B1, B2, C, calcium, betaine, beta-carotene, zeaxanthin, iron, linoleic acid, phosphorus	Prevents Alzheimer's, eliminates free radicals, protects cardiovascular system, eye and liver health
Chuan Xiong	Volatile oils, alkaloids and phenolic constituents, lactones, ferulic acid	Invigorates blood and chi, relieves menstrual pain, headaches
Knotweed	Vitamin B1, B2, B6, C, calcium, iron, zinc, niacin, stilbene glyscosides	Rejuvenate body, brain and nerves, treats Alzheimer's, strengthen bones, antioxidant, laxative property
Cinnamon	Vitamin A, B6, C, E, K, copper, folate, betaine, niacin, pantothenic acid, iron, thiamin, calcium, potassium, zinc, phosphorus, magnesium, manganese	Lowers blood sugar and cholesterol, antimicrobial, anti-oxidant, anti-fungal, fights cancer, food poisoning, odor neutralizer, anti-fungal, brain function
Angelica (dong quai)	Oil, phytosterols, polysaccharides, ligustilit, b-butyl phtalit, flavonoids	Treats hot flashes, menstrual cramps, liver tonic, improve sleep quality
Longan	Vitamin A, C, magnesium, potassium, phosphorus, carbohydrate	Blood and chi tonic, heart health, promotes calmness
Monkey grass	Steroidal saponins, carotenoids, mucilage, stigmasterol	Treats chronic bronchitis, morning sickness, improve immune function
Black date	Vitamin B complex, carotene, calcium, iron, potassium, manganese	Nourish chi and blood, fights stress, improves insomnia, odor fighting
Korean ginseng	Ginsenoside, Ra, Rf, Rg3, Rh2	Improves mental alertness, enhance memory

Name	Nutrient	Health Benefits
Camomile	Vitamin A, phenolics, glycine, folate, carbohydrate, calcium, magnesium, potassium, fluoride, folate	Treats cuts and wounds, antibacterial, calms muscle spasms, aids sleep, relieves PMS, anti-inflammatory
Licorice root	Vitamin B1, B2, C, E, niacin, calcium, potassium, phosphorus, magnesium	Treats sore throat, ulcers, fatigue, leak gut and food poisoning
Blighted wheat	Starch, protein, carbohydrates, fiber	Stops excessive sweating, nourishes heart and calms mind
Leguminosae	Vitamin C, saponins, tannins	Soothes the chi, promotes blood flow
fu Shen	Sugar, poria acid, protein, lecithin	Calms heart, promotes urination
Bai Zi Ren	Vitamin A, niacin, rion, copper, zinc saponin	Anti-allergic, anti-inflammatory, laxative, antiperspirant
Magnolia vine fruit	Vitamin C, E, citric acid, chlorophyll, tannin, resin	Treats palpitations, insomnia, night sweat, prolonged coughing
Thorowax	Fatty acids, glycosides, oleic acid, palmitic acid, quercetin, narcissin	Anti-inflammatory, mild sedative, reduces fever
St. John's Wort	Naphthodianthrones, quercetin, flavones, xanthoids	Treats depression, antiviral, treats Parkinson's, hormonal balance
Fritillaria	Steroidal alkaloids,	Treats lung-related conditons, lymphatic decongestant
Honeysuckle flower	Chlorogenic acid, flavones, essential oils	Fights infection of respiratory system, anti-inflammatory
Prunella	Triterpenoids oleanolic acid, ursolic acid, flavonoids, camphor, tanshinone	Enhance eyesight, cleanse the liver, reduce swelling
Mulberry leaf	Sterols, flavonoids, volatile oils, coumarins, alkaloids	Treats fever, dry coughing, sweating, chest pain, blurred vision, dizziness
Balloon flower (Platycodon)	Saponins, betulin, volatile oils, sterols, glucose	Astringent, anti-inflammatory, treats cough, excessive mucus, sore throat, common cold, bronchitis
Mint	Mint L-carvone, limonene, essential oil, menthol, flavonoids, caffeic acid	Treats allergies, respiratory disorders, coughs, digestion, headache, asthma
Lily bulbs	Alkaloids, steroidal saponins, phenols	Moistens the lungs, relieves coughs, dispel phlegm, calms heart
Hibiscus	Organic acids, anthocyanins, pectin, phytosterols, flavonoids, mucilage	Manages blood pressure, anti-cancer, anti-inflammatory, lowers cholesterol
Cassia seed	Chrysophanol, physcion, emodin, aloeemodin, rhein, sterols	Sharpens eye sight, promotes bowel movements, lubricates intestines
Hawthorn fruit	Organic acids, flavonoids, tannins, amino acids, vitamin C	Treats indigestion, anorexia, diarrhea, abdominal pain
Wu mei (dark plum)	N-hexanal, linalool, teradecanoic acid, A-terpineol, geranio, benzaldehyde	Relieves constipation, protects the stomach, purifies blood
Rose powder	Vitamin B1, B2, B6, C, D, A, E, precipitin, lipolytic enzymes	Skin care, reducesfatigue, relieves depression, menstrual pain

【VITAMIN SOURCES AND BENEFITS】

Vitamin	Major Function	Deficiency Effects	Food Sources	Notes
A (Beta Carotene)	Vision, immunity, cell reproduction	Night blindness, dry skin, stunted growth	Milk, eggs, leafy darkgreen, yellow/orange vegetables	
B1 (Thiamine)	Energy metabolism, maintain nervous system	Lack of concentration, loss of appetite, fatigue	Lean pork, legumes, banana, nuts and seeds, potatoes	
B2 (Riboflavin)	Skin, nails and hair growth, prevent sores cell regeneration	Inflammation of mouth and skin	Eggs, fish, shellfish, dairy products, kiwi, poultry	
B3 (Niacin)	Energy metabolism, aids digestive system	Depression, indigestion, fatigue, skin eruption, inflammation	Whole grain products, salmon, mushroom	
B5 (Pantothenic Acid)	Protein, fat and carbohydrate metabolism	Rare	Avocadoes, broccoli, meats	
B6 (Pyridoxine)	Protein and fat metabolism	Anemia, convulsions, scaly dermatitis	Protein rich foods	
B7 (Biotin)	Hair, skin and nails health	Rare	Egg yolk, liver, peanuts, also produced by gut bacteria	
B9 (Folate, Folic acid)	Helps produce and maintain red blood cells, maintain normal brain functions	Anemia, birth defects	Fortified grain products, vegetables, legumes	
B12 (Cobalamin)	Protects nerve cells, make DNA for new cells, activates folate	Anemia, nerve damage and paralysis	Meat, fish, eggs, poultry milk products	
C (Ascorbic acid)	Antioxidant, collagen synthesis, immune function	Scurvy, inflamed gums, loose teeth, poor wound healing	Fruits and vegetables	
D (Cholecalciferol)	Bone growth and maintenance, calcium absoprtion	Rickets, osteomalacia	Sunlight, fortified milk, fatty fish, eggs, liver	
E (Tocopherol)	Antioxidant, protects cell membranes	Red blood cell breakage, nerve damage	Vegetable and seed, nut oil, wheat germ, whole grains	
H (Biotin)	To metabolize carbohydrates	Hair loss, loss of appetite, fatigue	Egg yolk, sardines, nuts, soybeans	
K (Phylloquinone)	Blood clotting, bone health	Hemorrhage	Dark leafy greens, cabbage family, broccoli	

Fresh Ingredients and Natural Nutrients

Vitality Juice

Notice: Do not fill beyond the 56 oz mark. Approximate run time 70 seconds.

【Skin Radiance Juice】

3 stalks "A veggie"
1/2 apple
200g pineapple
1/2 carrot
150 cc water
Lemon juice (to taste)
Honey (to taste)

Add all ingredients except lemon juice and honey into blender and run the Juice function. Add lemon juice and honey to taste.

【Rich in vitamin c, carotene and calcium. Improves anemia, dry and rough skin.】

【Lettuce Melon Juice】

250g lettuce
400g watermelon
150 cc water
Lemon juice (to taste)
Honey (to taste)

Add all ingredients except lemon juice and honey into blender and run the Juice function. Add lemon juice and honey to taste.

【Helps digestion and prevents atherrosclerosis,high blood pressure, diuretic, swelling and fatigue】

【Grapefruit Apple Juice】

1 grapefruit
1/2 pineapple
1 apple
1/2 lemon
150 cc water
Honey (to taste)

Wash all ingredients. Peel and cube the grapefruit. Cut apple into cubes. Peel, core and cube the pineapple. Juice the lemon. Add all ingredients except honey into blender and run the Juice function. Add honey to taste

【High in vitamin B, C, E, protein, malic acid, citric acid, calcium, iron and other minerals. Whitens skin and beneficial for after sun care.】

【Tomato Energy Drink】

2 tomatoes
2 asparagus
1 orange
1 celery stalk
200g pineapples
150 cc water
ice cubes

Peel and dice the oranges. Peel, core and cube the pineapple. Wash all other ingredients, cut into large pieces. Add all ingredients into blender and select Juice function. Add ice cubes.

【 Antioxidant function of carotenoids help fight free radicals. 】

【Beauty Drink】

1/4 cabbage
1/2 apple
200g pineapple
1 orange
150 cc water
Lemon juice (to taste)

Peel and dice the oranges. Peel, core and cube the pineapple. Wash all other ingredients, cut into large pieces. Add all ingredients into blender and select Juice function. Add ice cubes and lemon juice to taste.

【 Vitamins B, C, K, along with calcium and amino acids beautifies and clears the skin. 】

【Turnip Juice】

1 white turnip
10 green onion white ends
150 cc water
Honey (to taste)

Wash ingredients, peel and dice the turnip. Add to blender with the water and select Juice function. Add honey to taste.

【 Helps with indigestion. 】

【Carrot Apple Milk】

1/2 carrot
1 apple
350 cc milk
Honey (to taste)

Wash the carrot and apple, cube and place in blender. Add milk and honey to taste. Select Juice function.

【 Helps build strong bones and protects teeth. 】

【Bell Pepper Veggie Juice】

1 green bell pepper
75g lettuce
1 tomato
200g pineapple
1 apple
150 cc water
Lemon (to taste)
Honey (to taste)

Prepare and wash ingregients. Add to blender in order: bell pepper, lettuce, tomato, pineapple, apple and water. Select Juice function. Add lemon juice and honey to taste.

【Suitable for those with chronic illness and poor immunity. Improves vision and skin radiance; strengthen hair and nails.】

【Apple Banana Juice】

1 Apple
1 Banana
200cc Water
Honey (to taste)

Cut apple into large pieces. Peel banana and cut into large pieces. Add water, apple and banana into blender. Select Juice function. Add honey to taste

【Aids intestine health and bowel .movement】

【Parsley Cantaloupe Drink】

150g Parsley
1 Cantaloupe
1/2 Tomato
150cc Water
Honey (to taste)

Peel and remove seed of cantaloupe, cut into large pieces. Add cantaloupe, tomato, parsley and water to blender. Select Juice function. Add honey to taste.

【Calms the mind and aids with sleep quality.】

【The Chi Drink】

1/4 Cabbage
1/2 Apple
200g Pineapple
1 Orange
Lemon (to taste)
150cc Water

Clean and prepare ingredients, cut into large pieces. Add to blender and select Juice function. Add ice and enjoy.

【Rich in vitamin B, C, K, calcium and amino acids. Aids in the flow of chi.】

【Grapefruit Soda】

2 Grapefruits
50cc Club Soda
150cc Water
Honey (to taste)
Ice

Peel grapefruits and cut into large pieces. Add grapefruit, water and club soda to blender. Select Juice function. Add ice and honey to taste.

【Grapefruit helps reduce fatigue, increase metabolism and antioxidant effect.】

【Peachy Milk】

1 Peach
300cc Milk
Lemon juice (to taste)
Honey (to taste)
Ice

Wash and cut the peach into large cubes, seed removed. Add peach, milk and lemon juice to blender. Select Juice function. Add honey to taste.

【Peach provides dietary fiber to help regulate bowel function.】

【Burdock Veggie Juice】

200g Burdock
200g Pineapple
1 Apple
150cc Water
Lemon juice (to taste)
Honey (to taste)

Wash and prepare ingredients, cut into large pieces. Add all ingredients except honey to blender and select Juice function. Add honey to taste.

【Help in prevention of cancer, stroke and the common cold and flu. Facilitates kidney function.】

Multi-grains provide vitamins, protein and fiber

Plant-Based Milk



Notice: DO NOT fill beyond the 48 oz mark.
Straining can be done based on personal preference.

【Soymilk】

1 measuring cup Soybean
1000cc Water
Sugar (to taste)

Wash and drain soybeans. Add to blender with water.Select Soy Milk function. Strain if desired. Add sugar to taste.

* Soybean can be dried or soaked. If soaking, please soak in 2-3 cups of water for a minimum of 4 hours.

【High in fatty acid, protein, fiber, vitamins and minerals】

【Almond Brown Rice Milk】

75g Brown Rice
65g Almond
20g White Sesame
55g Millet
1000cc Water
Sugar (to taste)

Wash and drain the brown rice and millet. Toast the white sesame in a small pan over medium-low heat, until lightly brown (2~3 minutes). Add all ingredients except sugar to blender and select Soy Milk function. Strain if desired. Add sugar to taste.

【Brown rice lowers cholesterol while almond reduces blood sugar.】

【Brown Rice Milk】

75g Brown Rice
50g Peanuts
25g White Sesame
25g Millet
25g Cashew
1000cc water
Sugar (to taste)

Wash and drain the brown rice and millet. Toast the white sesame in a small pan over medium-low heat, until lightly brown (2~3 minutes). Add all ingredients except sugar to blender and select Soy Milk function. Strain if desired. Add sugar to taste.

【Antioxidant and cancer fighting.】

【Black Bean Energy Milk】

20g Black Bean
20g Cashew
20g Oats
20g Black Sesame
20g Millet
20g Barley
20g Walnut
20g Purple Rice
20g Rolled Oats
20g Brown Rice
1000cc Water
Sugar (to taste)

Wash and drain black bean, millet, purple and brown rice. Add all ingredients except sugar to blender and select Soymilk function. Strain if desiredd. Add sugar to taste.

【An energizing and age preventive drink.】

【Black Soybean Milk】

1 measuring cup Black Soybean
1000cc Water
Sugar (to taste)

Wash and drain soybean. Add soybean and water to blender. Select Soymilk function. Drain if desired, add sugar to taste.

【Rich in antioxidants, reduce cardiovascular risks.】

【Mung Bean Barley Drink】

85g Mung Bean
45g Barley
200cc Milk
1000ccn Water
Sugar (to taste)

Wash and drain the mung bean and barley. Add to blender with milk and water. Select Soymilk function. Strain if desired. Add sugar to taste.

【Diuretic and reduces edema.】

【Mung Bean Cashew Milk】

110g Mung Bean
30g Lotus Seed
50g Cashew
Chenpi (small pc)
1000cc Water
Sugar (to taste)

Wash and drain mung bean and lotus seed. Add all ingredients except sugar to blender. Select Soymilk function. Strain if desired and add sugar to taste.

【Detoxify and diuretic.】

【Mung Bean Brown Rice Drink】

30g Mung Bean
30g Peanuts
40g Millet
60g Brown Rice
20g Soybean
15g Cashew
1000cc Water
Sugar (to taste)

Rinse and drain ingredients, add to blender with water. Select Soymilk function. Strain if desired and add sugar to taste.

【 Anti-aging and lowers inflammation. 】

【Tremella and Lotus Drink】

20g Tremella
40g Lotus Seed
60g Barley
1000cc Water
Sugar (to taste)

Wash and drain ingredients. Add to blender with water. Select Soymilk function. Strain if desired. Add sugar to taste

【Tremella clears the lung and lotus seed beautifies.】

【Red Bean Cashew Milk】

110g Red Bean
30g Lotus Seed
50g Cashew
Chenpi (small pc)
1000cc Water
Sugar (to taste)

Wash and drain ingredients. Add to blender with water. Select Soymilk function. Strain if desired. Add sugar to taste.

【 Promotes blood circulation. 】

【Multi-Grain Soymilk】

20g Red Bean
20g Mung Bean
20g Millet
20g Barley
20g Purple Rice
20g Cashew
1000cc Water
Sugar (to taste)

Wash and drain ingredients. Add with water to blender. Select Soymilk function. Strain if desired. Add sugar to taste.

【 Anti-aging and cancer fighting. 】

【Red Bean & Tremella Drink】

60g Brown Rice
20g White Sesame
60g Purple Rice
25g Roasted Peanuts
50g Red Bean
10g Tremella
1000cc Water
Sugar (to taste)

Wash and drain brown rice, purple rice and red bean. Add all ingredients except sugar to blender and select Soymilk function. Strain if desired. Add sugar to taste.

【 Detox and improves the flow of chi. 】

【Mung Bean & Oats Milk】

100g Mung Bean
20g White Sesame
30g Oats
30g Peanuts
20g Cashew
1000cc Water
Sugar (to taste)

Wash and drain mung bean. Add all ingredients except sugar to blender and select Soymilk function. Strain if desired. Add sugar to taste.

【 For younger and healthier skin. 】

【Sesame & Oats Milk】

140g Oats
25g White Sesame
25g Black Sesame
1000cc Water
Sugar (to taste)

Add all ingredients except sugar to blender and select Soymilk function. Strain if desired. Add sugar to taste.

【 Lowers cholesterol and blood pressure. 】

【Oats Milk】

65g Oats
25g Roasted Almond
15g Soybean
1000cc Water
Sugar (to taste)

Add all ingredients except sugar to blender and select Soy Milk function. Strain if desired. Add sugar to taste.

【 Lowers cholesterol. 】

【Oats & Barley Soup】

30g Rolled Oats
30g Barley
30g Red Bean
30g Cashew
30g Millet
1000cc Water
Sugar (to taste)

Wash and drain red bean and millet. Add all ingredients except sugar to blender. Select Soymilk function. Strain if desired ad add sugar to taste.

【Help maintain regularity and intestinal protection.】

【Walnut & Jujube Drink】

60g Walnut
60g Jujube (pitted)
60g Brown Rice
1000cc Water
Sugar (to taste)

Wash and drain brown rice. Add all ingredients except sugar to blender. Select Soymilk function. Strain if desired and add sugar to taste.

【Help regulates chi and blood circulation.】

【Cashew Jujube Rice Drink】

130g Cashew
75g Brown Rice
65g Jujube (pitted)1000cc Water
Sugar (to taste)

Wash and drain brown rice. Add all ingredients except sugar to blender. Select Soymilk function. Strain if desired and add sugar to taste.

【Aids digestion and regulates chi.】

【Sesame Rice Milk】

40g Black Sesame
40g Roasted Peanut
60g Black Rice
65g Brown Rice
1000cc Water
Sugar (to taste)

Wash and drain rice. Add all ingredients except sugar to blender. Select Soymilk function. Strain if desired and add sugar to taste.

【Rich in vitamin E for anti-aging.】

【Black Sesame Cashew Rice Milk】

40g Black Sesame
75g Cashew
40g Brown Rice
1000cc Water
Sugar (to taste)

Wash and drain rice. Add all ingredients except sugar to blender. Select Soymilk function. Strain if desired and add sugar to taste.

【For healthy hair, bones, heart and nerves.】

Easy cooking yet healthy and delightful.

DELICIOUS BISQUE

NOTE: DO NOT fill beyond the 48 oz mark.

【Mushroom Bisque】

150g Mushroom
40g Potato (peeled, cubed)
10g Celery
15g Broccoli
25g Onion (sliced)
10g Butter
100cc Milk
250cc Water
100cc Broth (or water)
Salt & Pepper to taste

Add all ingredients to blender and select Bisque function.
Season with salt and pepper.

【Mushroom lowers cholesterol and risk of cardiovascular disease.】

【Pumpkn Bisque】

350g Pumpkin
(cubed with skin and seed removed)
10g Parsley
40g Carrot (cut)
25g Onion (sliced)
10g Butter
300cc Water
100cc Milk
100cc Broth (or water)
Salt & Pepper to taste

Add all ingredients to blender and select Bisque function.
Season with salt and pepper.

【Help lower blood sugar and blood pressures.】

【Garlic Potato Bisque】

6 Cloves Garlic
150g Potato (peeled, cubed)
20g Green Onion (chopped)
20g Broccoli
10g Parsley
350cc Water
100cc Broth
10g Butter
Salt & Pepper to taste

Add all ingredients to blender and select Bisque function.
Season with salt and pepper.

【Reduce fatigue and aid digestion.】

【Creamy Potato Bisque】

250g Potato (peeled, cubed)
100g Onion (sliced)
20g Broccoli
350cc Water
10g Butter
100cc Milk
Salt & Pepper to taste

Add all ingredients to blender and select Bisque function.
Season with salt and pepper.

【Help reduce indigestion and anti-aging.】

【Pumpkin Seafood Bisque】

200g Pumpkin
(cubed with skin and seed removed)
70g Oats
1/2 Apple
3 Shrimp (peeled)
700cc Water
Salt & Pepper

Add all ingredients to blender and select Bisque function.
Season with salt and pepper.

【Lower risk of diabetes. Protects liver and kidney.】

【Creamy Spinach Bisque】

200g Spinach
25g Onion (sliced)
10g Parsley
100g Potato (peeled & cubed)
5 cloves Garlic
20g Butter
350cc Water
100cc Broth
Salt & Pepper

Add all ingredients to blender and select Bisque function.
Season with salt and pepper.

【Large amounts of dietary fiber in spinach aids digestion and bowel movement.】

【Green Pea Bisque】

100g Green Pea
15g Onion (sliced)
25g Potato (peeled & cubed)
10g Parsley
350cc Water
100cc Broth
20g Butter
Salt & Pepper

Add all ingredients to blender and select Bisque function.
Season with salt and pepper.

【Lowers blood sugar and cholesterol.】

【Cream of Parsley】

250g Parsley
20g Onion (sliced)
100g Potato (peeled & cubed)
50g Shrimp (peeled)
350cc Water
100cc Broth
20g Butter
Sale & Pepper

Add all ingredients to blender and select Bisque function.
Season with salt and pepper.

【Reduces edema. Prevents high blood pressure and colon cancer.】

【Healthy Carrot Bisque】

250g Carrot (chopped)
20g Onion (sliced)
10g Potato (peeled & cubed)
20g Parsley
350cc Water
100cc Broth
1 Tbsp Butter
10g Whipping Cream
Salt & Pepper

Add all ingredients to blender and select Bisque function.
Season with salt and pepper.

【Improves digestive system and anti-aging. Lower risk of cancer.】

【Creamy Tomato Bisque】

150g Tomato (cubed)
20g Onion (sliced)
10g Broccoli
20g Parsley
350cc Water
100cc Broth
1 Tbsp Butter
1 Tbsp Ketchup
80g Tomato (diced)

Add all ingredients except the diced tomato to blender and select Bisque function. Season with sale & pepper and garnish with the diced tomatoes.

【Help prevent cardiovascular diseases.】

【Cream of Corn】

150g Corn Kernels
80g Potato (peeled & cubed)
50g Carrot (chopped)
50g Ham (diced)
350cc Water
100cc Broth
20g Butter
Salt & Pepper

Add all ingredients to blender and select Bisque function.
Season with salt and pepper.

【Antioxidant to protect from cancer and heart disease.】

Simple cooking - healthier lifestyle.

Nutritious Porridge & Congee

NOTE: DO NOT fill beyond the 48 oz mark.

【Oyster Mushroom Tofu Congee】

20g Cooked Rice
20g Tofu
10g Oyster Mushroom
10g Leafy Vegetable
150cc Broth
500cc Water

Add all ingredients to blender and select Porridge function.

【Improves the immune system. Cancer prevention.】

【Sesame Walnut Porridge】

15g Cooked Rice
10g White Sesame
10g Walnut
120cc Milk
500cc Water

Add all ingredients to blender and select Porridge function.

【Prevents diabetes and lower blood pressure.】

【Seafood Congee】

50g Uncooked Rice
30g White Fish meat
20g Leafy Vegetable
10g Kelp Sprout
800cc Broth

Add all ingredients to blender and select Porridge function.

【Rich in protein and minerals.】

【Pumpkin Congee】

50g Uncooked Rice
30g Kabocha
20g Broccoli
15g Pepitas
800cc Broth

Add all ingredients to blender and select Porridge function.

【Controls high blood pressure and prevents gingivitis】

【Preserved Egg & Corn Congee】

90g Cooked Brown Rice
100g Corn Kernels
1 Preserved Egg
700cc Water
Salt (to taste)

Add all ingredients to blender and select Porridge function.

【Stimulates digestive system, promotes appetite and aid digestion.】



Healthy new twist Full of flavor

Sauce

【Ginger Puree】

500g Ginger

Clean and cut ginger into large pieces.
Add to blender and select Sauce function.

【Chili Sauce 】

500g Red Chili Pepper

Place in blender and select Sauce function.

【Peanut Butter】

500g Roasted Peanut

Place in blender and select Sauce function.

【White Sesame Sauce】

200g White Sesame (toasted)
36g Coconut or Olive Oil
Salt (to taste)

Place in blender and select Sauce function.

【Cashew Nut Butter】

100g Peanut
100g Cashew
100g White Sesame

Place ingredients in blender and select Sauce function.

【Thai Salsa】

100g Onion (peeled and sliced)
1 Tomato
40g Sugar
20g Lemon Juice
Cilantro
Fish Sauce (to taste)

Add all ingredients to blender and select Sauce function.

【Tartar Sauce】

3 Tbsp Mayonnaise
1 Tbsp Onion (peeled & diced)
1 Tbsp Dried Parsley
1 Tbsp Pickle (chopped)
Juice of 1 Lemon
1 Hard Boiled Egg (peeld)

Add all ingredients to blender and select Sauce function.

【Mayonnaise】

1~3 Egg Yolk (room temp)
200g Neutral Flavored Oil
1/3 tsp Salt
4 Tbsp Sugar
2~3 Tbsp White Vinegar

Add all ingredients to blender and select Sauce function.

【Pesto Sauce】

400g Basil Leaves
3 Cloves Garlic
100m Olive Oil
1/4 tsp Seasalt
4 Tbsp Parmesan Cheese
Juice of 1/4 Lemon
Pepper to taste

Add all ingredients to blender and select Sauce function.

【Strawberry Compote】

500g Strawberry (stem removed)
Sweetener (to taste)

Add strawberry to blender and select Sauce function. Add sweetener to taste. Drizzle over dessert or dilute in water for refreshing drink.

【 Kumquat Compote 】

500g Kumquat
Sweetener (to taste)

Add kumquat to blender and select Sauce function. Add sweetener to taste. Drizzle over dessert or dilute in water for refreshing drink.

【 Black Sesame Sauce 】

200g Toasted Black Sesame
50g Coconut or Olive Oil

Add all ingredients to blender and select Sauce function.

【 Ketchup 】

500g Tomato (diced)
100g Onion (peeled & sliced)
2 Cloves Garlic
70g Sugar
20g Salt
Dash of Lemon Juice
Dash of Olive Oil
Black Pepper to taste

Add all ingredients to blender and select Sauce function.

SMOOTHIE

【Banana-Pineapple Smoothie】

1 8-ounce can crushed pineapple in juice
1 banana
1 6-ounce container plain nonfat yogurt
1/2 cup ice cubes
Grated nutmeg

In a blender, combine crushed pineapple with juice, banana, yogurt, and ice cubes. Push “Smoothie” button for 20 seconds until smooth. Sprinkle with grated nutmeg and serve.

【Orange-Pineapple Smoothie】

2 cups frozen pineapple chunks
1 cup orange juice
1 cup vanilla yogurt
3/4 cup milk
1/4 cup SPLENDA No Calorie Sweetener, granular
Garnish: orange wedges

In a blender, combine frozen pineapple chunks, orange juice, vanilla yogurt and sweetener. Push “Smoothie” button for 20 seconds until smooth. Stopping to scrape down sides. Garnish, if desired; serve immediately.

【Apple and pineapple smoothie】

Half an apple
2 slices of pineapple
2 dates
3-4 cubes of ice

Chop the apple, pineapple and dates into medium size pieces. Add all chopped fruits and ice into a blender, push “smoothie” button until it forms a smooth consistency. Garnish with finely chopped apples and pineapple. Serve chilled.

【Tomato Smoothie】

225g low-fat plain yogurt
2 large ripe plum or round tomatoes, peeled, seeded and chopped
½ teaspoon dried basil
½ teaspoon salt cherry tomatoes and ice, to serve (optional)

In a blender, whiz yogurt, tomatoes, basil and salt until very smooth, 2 minutes. Serve over ice and garnish with cherry tomatoes, if you like.

【Mango Smoothie】

1cup chopped ripe mango
1/2cup low-fat milk
1/2cup ice
1/4cup plain low-fat yogurt
1tablespoon honey

Place the mango, milk, ice, yogurt, and honey in a blender. Push “smoothie” button until smooth and frothy.

【Mango Watermelon Smoothie】

5 cups cubed seeded watermelon
1 mango - peeled, seeded, and diced
1/2 cup water
1 tablespoon white sugar
ice cubes (optional)

Blend watermelon, mango, water, and sugar together in a blender until smooth. Place ice into glasses and pour smoothie over ice.

【Taro Smoothie】

1 cube of taro root, cooked
1/4 - 1/3 cup of milk
1/4 cup of filtered water
1 cup of ice cubes
1 1/2 - 2 Tbsp. Organic cane sugar
1/2 Tbsp. non-dairy creamer (powdered)

Cook Taro Root for about 10 minutes or until done (soft).
Let the cooked Taro cool completely. If you do not wish to wait, place them in a bath of ice water for 10 minutes until chilled/cooled before blending.

【Papaya and Milk Smoothie】

1 ripe papaya
1/2 cup milk
3 tablespoons lime juice
1/2 teaspoon lime rind, freshly grated
1/4 cup sugar
1/2 teaspoon vanilla extract
1/2 cup crushed ice
Lime wedges for garnish (optional)

Peel the papaya, then cut it in half lengthwise and remove the seeds. Coarsely chop the flesh. Place the papaya chunks and everything except the lime wedges into an electric blender. Push “smoothie” button for 20 to 30 seconds until the mixture is smooth and thick. Pour the smoothie into tall frosted glasses. Garnish with lime wedges, and serve at once.

【 Lemon Smoothie 】

1 cup Low Fat French Vanilla Yogurt
1 cup Ice Cubes
2 tablespoons Fresh Lemon Juice
2 tablespoons Honey
1 tablespoon Grated Fresh Ginger
2 teaspoons Grated Lemon Zest
1/8 teaspoon Ground Turmeric

In blender, combine all ingredients; push “smoothie” button until smooth. Serve immediately.

【 Grapefruit Smoothie 】

1 grapefruit, peeled, seeds removed (reserve juice)
1 large sweet apple, cored and skin removed (I prefer honeycrisp)
2 cups spinach (I like to freeze mine to keep it extra fresh)
1 large ripe banana, previously sliced and frozen
2-3 ice cubes
Unsweetened almond milk, water or orange juice to thin (~1/2 cup)
OPTIONAL: 1/2 tsp fresh ginger, peeled and chopped

Add all ingredients to a blender (including reserved grapefruit juice) and push “smoothie” button until creamy and smooth. Add more liquid if too thick, ice to thicken, and banana or apple to sweeten. Serves 2.

【 Orange Smoothie 】

4 fresh oranges, peeled
2 cups ice
1/3 cup milk (your preference - regular, soy, coconut, etc.)
1-2 tablespoons honey (or agave or your desired sweetener), if needed
1 teaspoon vanilla extract, store-bought or homemade

Combine all ingredients in a blender, and push “smoothie” button until smooth. Add more ice if you would like.

【 Pear and Yogurt Smoothie 】

2 pears, quartered and cores removed
1 banana, cut in chunks
1 cup milk
1/2 cup vanilla yogurt
1/2 teaspoon ground cinnamon
1 pinch ground nutmeg

Place the pears, banana, milk, yogurt, cinnamon, and nutmeg into a blender. Cover, and push “smoothie” button until smooth. Pour into glasses to serve.

ICE CREAM

【Banana Strawberry Ice Cream】

2 bananas, frozen
8-10 frozen strawberries, frozen
1 teaspoon pure vanilla extract

1. Place the frozen bananas and strawberries in the blender. Push “Ice Cream” button for about 4-5 minutes until creamy. It might take a little bit to get to creamy consistency, but be patient.
2. Stir in pure vanilla extract, if desired. Serve soft right away, or freeze for couple hours to firm up.

【Red Bean Ice Cream】

4 cups plus 2 tablespoons half-and-half
1/2 cup granulated sugar
2 cups of ice
2 cups red bean paste

Combine all ingredients in the blender and push “ice cream” button for 50 seconds and stir until smooth.

【Mango Banana Ice Cream】

3 cups frozen mango chunks
½ cup canned coconut milk (full-fat recommended)
½ teaspoon pure vanilla extract
2-4 tablespoons agave nectar (or liquid sweetener of choice such as honey or maple syrup), to taste
Pinch of salt (optional)

Place all ingredients in the blender. Push “Ice Cream” button for 50 seconds until you get a smooth and creamy mixture and there are no more mango chunks. Do not over process or it will begin to melt. You will need to use your tamper stick to stir a little.

【Grape Ice Cream】

Frozen Grapes 600g
2 1/2 cups sugar
1/2cup fresh lemon juice
1 (12-ounce) can evaporated milk
1pint light cream, or half-and-half
2cups milk

Dissolve sugar in lemon juice. Combine grapes, cream, evaporated milk and milk. Pour mixture into blender and push “ice cream” button for 50 seconds and use your tamper stick to stir until smooth.

【Pineapple Ice Cream】

1cup sour cream
1(15 ounce) can sweetened condensed milk
2cups milk
1 1⁄4cups crushed pineapple, undrained

Combine sour cream and sweetened condensed milk; add milk and pineapple. Pour into blender and push “ice cream” button for 50 seconds and use your tamper stick to stir smooth.

POWDER

【Coffee Ground】

Coffee Beans 60g

Set your blender to “powder” setting. Throw coffee into the blender and place lid on top. Grind for 60 seconds or a desired consistency.

【Bread Crumbs】

Toasted Bread 2pcs

If you're using fresh bread, place slices on a baking sheet and dry out slightly in a 300-degree-Fahrenheit oven for 15 minutes. Cool and prepare as directed. To make the breadcrumbs, place chunks of bread into the blender and push “powder” for 60 seconds.

【Almond Powder】

Almonds 1 cup

Place almonds into blender. Secure the blender lid and place tamper inside blender (use tamper if necessary to get almonds moving). Push “Powder” button for 60 seconds.

【Brown Rice Flour】

Brown Rice 200g

Place the brown rice in the blender. Secure the blender lid and push “Powder” button for 60 seconds. Allow the blender to process the rice into flour.

【Peanut Powder】

Roasted Peanut 300g

Place the roasted peanut in the blender. Secure the blender lid and push “Powder” button for 60 seconds. Allow the blender to process the peanut into powder.

【Barley Flour】

Barley Seeds 200g

Place the barley seeds in the blender. Secure the blender lid and push “Powder” button for 60 seconds. Allow the blender to process the barley seed into flour.

Herbal Soup and Tea

【Siwu Soup】

Chuan Xiong 12g
Angelica 9g
White Peony Root 24g
Rehmannia 24g
Goji Berry 12g
Red Dates 6pcs
Water 1000ml

Place all ingredients in the blender. Secure the blender lid and push “Herbal Tea” button to start cooking. It will cook until temperature reaches between 208F~212F. Enjoy your soup after 30 minutes.

【Gastrodia Soup】

Gastrodia 12g
Goji Berry 9g
Ginseng 12g
Huang Qi 24g
Water 1000ml

Place all ingredients in the blender. Secure the blender lid and push “Herbal Tea” button to start cooking. It will cook until temperature reaches between 208F~212F. Enjoy your soup after 30 minutes.

【Seng Qi Soup】

Ginseng 12g
Huang Qi 15g
Rehmannia 9g
Goji Berry 18g
Chuan Xiang 6g
Cinnamon 6g
Water 1000ml

Place all ingredients in the blender. Secure the blender lid and push “Herbal Tea” button to start cooking. It will cook until temperature reaches between 208F~212F. Enjoy your soup after 30 minutes.

【Polygonum Multiflorum Ginseng Soup】

Polygonum 50g
American Ginseng 50g
Huang Qi 15g
Angelica 12g
Ginger 6pcs
Ophiopogon 15g
Water 1000ml

Place all ingredients in the blender. Secure the blender lid and push “Herbal Tea” button to start cooking. It will cook until temperature reaches between 208F~212F. Enjoy your soup after 30 minutes.

【Longan Ginseng Soup】

Ginseng 12g
Longan 24g
Ginger 6pcs
Red Dates 6pcs
Water 800ml
Little pinch of salt

Place all ingredients in the blender. Secure the blender lid and push “Herbal Tea” button to start cooking. It will cook until temperature reaches between 208F~212F. Enjoy your soup after 30 minutes.

【Cinnamon Ginseng Soup】

Korean Ginseng 6g
Cinnamon 6g
Huang Qi 12g
Goji Berry 50g
Black Dates 50g
Water 1000ml

Place all ingredients in the blender. Secure the blender lid and push “Herbal Tea” button to start cooking. It will cook until temperature reaches between 208F~212F. Enjoy your soup after 30 minutes.

【Yellow Croaker Soup】

Yellow Croaker 1pc
Garlic 10g
Ginger 10g
Angelica 1pc
Water 1000ml
Little pinch of Salt

Place all ingredients in the blender. Secure the blender lid and push “Herbal Tea” button to start cooking. It will cook until temperature reaches between 208F~212F. Enjoy your soup after 30 minutes.

【Nerves Soothing Soup】

Sour Dates 18g
Chamomile Flowers 6g
Chuan Xiong 6g
American Ginseng 9g
Licorice 3g
Water 1000ml

Place all ingredients in the blender. Secure the blender lid and push “Herbal Tea” button to start cooking. It will cook until temperature reaches between 208F~212F. Enjoy your soup after 30 minutes.

【Pressure Relieving Tea】

INGREDIENTS
Red Dates 6g
Floating Wheat 6g
Longan 9g
Licorice 6g
Water 1000ml
Add a little crystal sugar

Place all ingredients in the blender. Secure the blender lid and push “Herbal Tea” button to start cooking. It will cook until temperature reaches between 208F~212F. Enjoy your tea after 30 minutes.

【Anxiety Calming Tea】

Acacia Skin 18g
Sour Dates 9g
Bozi Ren 9g
Schisandra 3g
Water 1000ml
Add a little crystal sugar

Place all ingredients in the blender. Secure the blender lid and push “Herbal Tea” button to start cooking. It will cook until temperature reaches between 208F~212F. Enjoy your tea after 30 minutes.

【Ophiopogon Tea】

Ophiopogon 12g
Chrysanthemum 9g
American Ginseng 12g
Goji Berry 15g
Water 1000ml

Place all ingredients in the blender. Secure the blender lid and push “Herbal Tea” button to start cooking. It will cook until temperature reaches between 208F~212F. Enjoy your tea after 30 minutes.

【Health Boosting Tea】

Ginseng 12g
Huang Qi 12g
Polygonatum 12g
Goji 9g
Red Dates 50g
Water 1000ml

Place all ingredients in the blender. Secure the blender lid and push “Herbal Tea” button to start cooking. It will cook until temperature reaches between 208F~212F. Enjoy your tea after 30 minutes.

【Rejurenation Tea】

American Ginseng 12g
Huang Qi 50g
Schisandra 3g
Ophiopogon 9g
Red Dates 50g
Water 1000ml

Place all ingredients in the blender. Secure the blender lid and push “Herbal Tea” button to start cooking. It will cook until temperature reaches between 208F~212F. Enjoy your tea after 30 minutes.

【Polygala Chrysanthemum Tea】

Polygala 6g
Chrysanthemum 6g
Goji 12g
Licorice 3g
Water 1000ml
Add a little crystal sugar

Place all ingredients in the blender. Secure the blender lid and push “Herbal Tea” button to start cooking. It will cook until temperature reaches between 208F~212F. Enjoy your tea after 30 minutes.