

A E N O

Recipes for the AENO Cooking Blender TB3



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Soy milk



Difficulty
Low



Preparation
4 min



Cooking
25 min



Servings
3







Ingredients:

Soybeans	150 g
Water	750 ml

How to cook:

Wash soy, soak it in water for 6 hours. Then drain water, it is not needed any more.

Put soybeans into a blender bowl, pour clean water into it and close the blender lid. Press ON/OFF , use the FUNCTION  button to select the SOY MILK  program, press ON/OFF  and cook till the program runs out.

When ready, pour the resulting mixture out of the blender and carefully strain it through a filter or fine sieve. Soy milk is ready!

Cool the drink before drinking. Store it in the refrigerator for not more than 48 hours.



Hazelnut milk



Difficulty
Low



Preparation
4 min



Cooking
25 min







Servings
3

Ingredients:

Hazelnuts	150 g
Water	750 ml

How to cook:

Soak hazelnuts in water for 4 hours. Then drain water, it is not needed any more.

Put hazelnuts into a blender bowl, pour clean water into it and close the blender lid. Press ON/OFF , use the FUNCTION  button to select the SOY MILK  program, press ON/OFF  and cook till the program runs out.

When ready, pour the resulting mixture out of the blender and carefully strain it through a filter or fine sieve. Hazelnut milk is ready!

Cool the drink before drinking. Store it in the refrigerator for not more than 48 hours.









Almond milk

 Difficulty Low	 Preparation 4 min	 Cooking 25 min	 Servings 4
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How to cook:

Soak almonds in water for 4 hours. Then drain water, it is not needed any more.

Put almonds and dates into a blender bowl, pour clean water into it and close the blender lid. Press ON/OFF , use the FUNCTION  button to select the SOY MILK  program, press ON/OFF  and cook till the program runs out.

When ready, pour the resulting mixture out of the blender and carefully strain it through a filter or fine sieve. Almond milk is ready!

Cool the drink before drinking. Store it in the refrigerator for not more than 48 hours.

Ingredients:

Almonds	120 g
Pitted dates	40 g
Water	900 ml





Walnut milk

Ingredients:

Walnut	50 g
Water	850 ml



Difficulty
Low



Preparation
8 min







Cooking
25 min



Servings
3-4

How to cook:

Soak walnuts in water for 8 hours. Then drain water, it is not needed any more.

Put walnuts into a blender bowl, pour clean water into it and close the blender lid. Press ON/OFF , use the FUNCTION  button to select the SOY MILK  program, press ON/OFF  and cook till the program runs out.

When ready, pour the resulting mixture out of the blender and carefully strain it through a filter or fine sieve. Walnut milk is ready!

Cool the drink before drinking. Store it in the refrigerator for not more than 48 hours.





Milk and nut drink with cocoa



Difficulty
Low



Preparation
2 min



Cooking
15 min



Servings
3







Ingredients:

Hazelnuts	50 g
Milk	600 ml
Cocoa	30 g
Sugar	40 g

How to cook:

Soak hazelnuts in water for 4 hours. Then drain water, it is not needed any more.

Add hazelnuts, milk, cocoa, sugar to into a blender bowl and close the blender lid. Press ON/OFF , use the FUNCTION  button to select the SOY MILK  program, press ON/OFF  and cook till the program runs out.

When ready, pour the mixture out of the blender and carefully strain it through a filter or fine sieve. The drink is ready!

Serve hot, topped with chocolate if desired. Store it in the refrigerator for not more than 48 hours.



Creamy milk buckwheat with cocoa

 Difficulty Medium	 Preparation 5 min	 Cooking 15 min	 Servings 2-3
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How to cook:

Rinse buckwheat thoroughly and put it into a blender bowl, add milk, water, cocoa powder, salt, sugar or honey, nuts, and close top stuffing.

Press ON/OFF , use the FUNCTION  button to select the RISE PASTE  program and press ON/OFF  and cook till the program runs out.

Serve warm, top with banana slices.

Ingredients:

Buckwheat	75 g
Milk	300 ml
Water	210 ml
Cocoa powder	3 tsp.
Salt	1 pinch
Sugar or honey to your liking	
Nuts (any)	70 g





Creamy milk oatmeal with banana

Ingredients:

Oatmeal	170 g
Milk	250 ml
Water	250 ml
Banana	150 g
Nuts (any)	70 g
Salt	1 pinch
Sugar or honey to your liking	



Difficulty
Medium



Preparation
5 min



Cooking
15 min



Servings
2-3

How to cook:

Pour oatmeal into a blender bowl, add milk, water, banana, nuts, salt, sugar or honey, and close the top lid.

Press ON/OFF , use the FUNCTION  button to select the RISE PASTE  program, press ON/OFF  and cook till the program runs out.

Serve warm, topped with fresh seasonal berries.





Creamy milk rice with apples and raisins



Difficulty
Medium



Preparation
5 min



Cooking
15 min



Servings
2-3



Ingredients:

Basmati rice	170 g
Apples	120 g
Milk	250 ml
Water	400 ml
Butter	15 g
Salt	1 pinch
Sugar or honey to your liking	

Serve with:

Raisins

How to cook:

Rinse rice and put it into a blender bowl, add milk, water, peeled apples, salt, sugar or honey, and close the top lid.

Press ON/OFF , use the FUNCTION  button to select the RISE PASTE  program, press ON/OFF  and cook till the program runs out.

Serve warm, top with butter and raisins.



Creamy semolina with apples and cinnamon



Difficulty
Medium



Preparation
5 min



Cooking
15 min



Servings
3



Ingredients:

Semolina	60-80 g
Milk	400 ml
Water	200 ml
Peeled apples	120 g
Cinnamon to your liking	
Butter	20 g
Salt	1 pinch
Sugar or honey to your liking	

Serve with:

Almond petals

How to cook:

Rinse semolina and put it into a blender bowl, add milk, water, peeled apples, cinnamon, salt, sugar or honey, and close the top lid.

Press ON/OFF , use the FUNCTION  button to select the RISE PASTE  program, press ON/OFF  and cook till the program runs out.

Serve warm, top with butter and almond petals.



Creamy pumpkin with milk and rice



Difficulty
Low



Preparation
4 min



Cooking
15 min



Servings
4

How to cook:

Peel and cut the pumpkin. Rinse rice and put it into a blender bowl, add pumpkin, milk, water, salt, sugar and close the top lid.

Press ON/OFF , use the FUNCTION  button to select the RISE PASTE  program, press ON/OFF  and cook till the program runs out.

Serve warm, top with your favorite nuts.

Ingredients:

Pumpkin	350 g
Rice	70 g
Milk	200 ml
Water	200 ml

Salt to your liking

Sugar to your liking

Serve with:

Nuts (any)





Canned corn porridge

Ingredients:

Canned corn	400 g
Milk	300 ml
Water	200 ml
Vanilla extract	1 tsp.
Sugar	15 g
Salt to your liking	



Difficulty
Low



Preparation
3 min



Cooking
18 min



Servings
4

How to cook:

Put canned corn, milk, water, salt, sugar, vanilla extract into a blender bowl and close the blender lid.

Press ON/OFF , use the FUNCTION  button to select the RISE PASTE  program, press ON/OFF  and cook till the program runs out.

Serve warm.





Drinking oatmeal with cherries and orange

Ingredients:

Oat flakes	70 g
Frozen cherries	35 g
Orange juice	50 g
Milk	450 g
Yogurt	120 g
Honey	30 g



Difficulty
Low



Preparation
3 min





Cooking
17 min



Servings
3

How to cook:

Put oat flakes, frozen cherries, orange juice, milk, yogurt, honey into a blender bowl and close the blender lid.

Press ON/OFF , use the FUNCTION  button to select the PORRIDGE  program, press ON/OFF  and cook till the program runs out.

Serve in a glass. Convenient to take with for outdoors or enjoy at home.





Drinking rice porridge



Difficulty
Low



Preparation
3 min



Cooking
17 min



Servings
3



Ingredients:

Rice	35 g
Milk	400 ml
Water	100 ml
Vanilla extract	0.5 tsp.
Sugar to your liking	
Salt to your liking	

How to cook:

Put rice, milk, water, vanilla extract, sugar, salt into a blender bowl and close the blender lid.

Press ON/OFF , use the FUNCTION  button to select the PORRIDGE  program, press ON/OFF  and cook till the program runs out.

Serve in a glass. Convenient to take with for outdoors or enjoy at home.



Drinking oatmeal with bananas and dates/prunes



Difficulty
Low



Preparation
4 min



Cooking
17 min



Servings
3-4



Ingredients:

Oat flakes	70 g
Water	500 ml
Bananas	150 g
Dates or prunes	50 g
Cocoa powder	5 g
Yogurt	100 g
Sugar to your liking	

How to cook:

Put oat flakes, water, sliced banana, dates or prunes, cocoa powder, yogurt, sugar into a blender bowl and close the blender lid.

Press ON/OFF , use the FUNCTION  button to select the PORRIDGE  program, press ON/OFF  and cook till the program runs out.

Serve in a glass. Convenient to take with for outdoors or enjoy at home.



Drinking oatmeal with strawberries



Difficulty
Low



Preparation
3 min



Cooking
17 min



Servings
3

How to cook:

Put oat flakes, strawberries, yogurt, milk, water, flax seeds, sugar into a blender bowl and close the blender lid.

Press ON/OFF , use the FUNCTION  button to select the PORRIDGE  program, press ON/OFF  and cook till the program runs out.

Serve in a glass. Convenient to take with for outdoors or enjoy at home.

Ingredients:

Oat flakes	75 g
Strawberries	150 g
Yogurt	100 g
Milk	150 ml
Water	300 ml
Flaxseeds	10 g
Sugar to your liking	





Drinking oatmeal with apples and cinnamon

Ingredients:

Oat flakes	60 g
Peeled apples	150 g
Yogurt	100 g
Milk	150 ml
Water	300 ml
Cinnamon to your liking	
Sugar to your liking	

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Difficulty
Low





🕒
Preparation
4 min

🔥
Cooking
17 min

🍽️
Servings
3

How to cook:

Put oat flakes, peeled apples, yogurt, milk, water, cinnamon and sugar to your liking into a blender bowl and close the blender lid.

Press ON/OFF , use the FUNCTION  button to select the PORRIDGE  program, press ON/OFF  and cook till the program runs out.

Serve in a glass. Convenient to take with for outdoors or enjoy at home.





Creamy zucchini soup with curry



Difficulty
Medium



Preparation
10 min



Cooking
20 min



Servings
2-3



Ingredients:





Zucchini	300 g
Potatoes	100 g
Water	350 g
Sweet cream	150 g
Curry (powder)	0.5 tsp.
Salt	1 tsp.

Serve with:

White toast bread (crackers)	30 g
Fresh dill	2 sprigs

How to cook:

Wash the zucchini, cut off their ends, remove the seeds and grate on a coarse grater. Slice potatoes. Put the grated zucchini in a blender, add potatoes, pour everything with water and close the blender lid.

Press ON/OFF , use the FUNCTION  button to select the THICK SOUP  program, and press ON/OFF  to start.

7 minutes before the end of the program, open the refill lid, add cream, curry, salt, and put the lid back on. Cook till the program runs out.

Serve warm, top with croutons and dill.



Lentil cream soup



Difficulty
Medium



Preparation
10 min



Cooking
20 min



Servings
4-5

How to cook:

Dice onions and carrots to medium-size pieces. Put the lentils, chopped onions and carrots into a blender, pour everything with water. Close the top lid.

Press ON/OFF , use the FUNCTION  button to select the THICK SOUP  program, and press ON/OFF  to start.

7 minutes before the end of the program, open the refill lid, add cream, salt, pepper, put the lid back on and cook till the program runs out

Serve warm, top with croutons and greens.

Ingredients:

Red lentils	250 g
Onions	140 g
Carrots	150 g
Sweet cream (10-15%)	200 g
Salt	1 tsp.
Ground black pepper	1 pinch
Water	1 l

Serve with:

White toast bread (crackers)	30 g
Greens	





Cheese cream soup

Ingredients:

Butter cheese spread	200 g
Potatoes	200 g
Onions	100 g
Carrots	100 g
Garlic	1 clove
Sweet cream (10-15%)	150 g
Water	800 ml
Salt to your liking	
Ground black pepper	

Serve with:

White toast bread (crackers)	30 g
Greens	

●●●●●
Difficulty
Medium

🕒
Preparation
10 min

🔥
Cooking
20 min

🍲
Servings
4



How to cook:

Dice potatoes, onions and carrots to small pieces. Put chopped potatoes, onions, carrots in a blender, pour everything with water and close the top stuffing of the blender.

Press ON/OFF , use the FUNCTION  button to select the THICK SOUP  program, and press ON/OFF  to start.

7 minutes before the end of the program, open the refill lid, add cheese spread cut into large cubes, add cream, salt, pepper, put the lid back on and cook till the program runs out.

Serve warm, top with croutons and greens.



Creamy mushroom soup



Difficulty
Medium



Preparation
10 min



Cooking
20 min



Servings
4



Ingredients:

Champignons	400 g
Onions	150 g
Sweet cream 20%	200 ml
Milk	100 ml
Water	600 ml
Thyme	1 pinch
Salt to your liking	
Ground black pepper	1 pinch

Serve with:

White toast bread (croutons)	30 g
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How to cook:

Slice mushrooms and onions. Put mushrooms, onions, milk in a blender, pour everything with water and close the top lid.

Press ON/OFF . Use the FUNCTION  button to select the THICK SOUP  program, and press ON/OFF  to start.

7 minutes before the end of the program, open the refill lid, add cream, thyme, salt, pepper, put the lid back on and cook till the program runs out

Serve warm, top with croutons.



Onion cream soup



Difficulty
Medium



Preparation
10 min



Cooking
20 min



Servings
4-5



Ingredients:



Onions	400 g
Potatoes	150 g
Sweet cream 20%	200 ml
Dry white wine	50 ml
Water	800 ml
Nutmeg	1 pinch
Black ground pepper	1 pinch
Salt to your liking	

Serve with:

White toast bread (croutons)	30 g
Grated cheese (any hard variety)	
Greens	

How to cook:

Slice potatoes and onions. Put potatoes, onions in a blender, pour everything with water and close the top lid.

Press ON/OFF , use the FUNCTION  button to select the THICK SOUP  program, and press ON/OFF  to start.

7 minutes before the end of the program, open the refill lid, add cream, wine, nutmeg, salt, pepper, put the lid back on and cook till the program runs out

Serve warm, top with grated cheese, croutons and greens.



Vegetable cocktail with celery, apple and kiwi



Difficulty
Low



Preparation
5 min



Cooking
2 min



Servings
3







Ingredients:

Celery stem	100 g
Kiwi	300 g
Apples	200 g
Lettuce	30 g
Parsley	15 g
Water	250 ml
Honey to your liking	

How to cook:

Peel kiwi and apples, place them in a bowl blender, add celery, parsley, lettuce, water, honey and close the blender lid.

Press ON/OFF , use the FUNCTION  button to select the FRUITS/VEGETABLES  program, and press ON/OFF . Cook till the program runs out.

The cocktail is ready!



Carrot and pumpkin cocktail with apples



Difficulty
Low



Preparation
2 min



Cooking
5 min







Servings
2-3

Ingredients:

Carrots	150 g
Pumpkin	100 g
Apples	150 g
Apple juice	400 ml

How to cook:

Peel carrots, pumpkin and apples, slice them and put into a blender bowl, then add apple juice and close the blender lid.

Press ON/OFF . Use the FUNCTION  button to select the FRUITS/VEGETABLES  program, and press ON/OFF . Cook till the program runs out.

The cocktail is ready!





Green fitness cocktail

<p>Difficulty Low</p>	<p>Preparation 5 min</p>	<p>Cooking 2 min</p>	<p>Servings 3-4</p>
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How to cook:

Cut celery and cucumber and put them into a blender bowl, add spinach, parsley, oat flakes, flaxseeds, olive oil, lemon juice, salt, water and close the blender lid.

Press ON/OFF , use the FUNCTION  button to select the FRUITS/VEGETABLES  program, and press ON/OFF . Cook till the program runs out.

The cocktail is ready!

Ingredients:

Celery stem	200 g
Spinach	100 g
Parsley	50 g
Cucumber	200 g
Oat flakes	100 g
Flaxseeds	50 g
Olive oil	50 g
Water	500 ml
Lemon juice	25 ml
Sea salt to your liking	





Pumpkin citrus smoothie with ginger

Ingredients:

Pumpkin pulp	250-300 g
Grapefruit	350 g
Orange	200 g
Ginger root	5 g
Honey	40 g
Cinnamon	1/4 tsp.
Fruit juice (to your liking)	100 ml



Difficulty
Low



Preparation
5 min







Cooking
2 min



Servings
4

How to cook:

Peel pumpkin, grapefruit and orange, slice them and put into a blender bowl, add honey, ginger, cinnamon, juice and close the blender lid.

Press ON/OFF . Use the FUNCTION  button to select the FRUITS/VEGETABLES  program, and press ON/OFF . Cook till the program runs out.

Smoothie is ready!





Tomato basil fresh



Difficulty
Low



Preparation
5 min



Cooking
2 min



Servings
2-3



Ingredients:

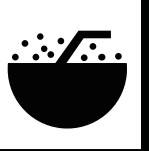
Tomatoes	500 g
Basil	1 stem
Salt	1 tsp.
Sugar	10 g

How to cook:

Wash tomatoes and pour them with boiling water for 2 minutes, then peel them. Put the peeled tomatoes, basil, salt, sugar into a blender bowl and close the blender lid.

Press ON/OFF , use the FUNCTION  button to select the FRUITS/VEGETABLES  program, and press ON/OFF . Cook till the program runs out.

Fresh is ready!



Strawberry banana smoothie

Ingredients:

Strawberries	200 g
Banana	200 g
Milk	150 ml
Water	350 ml



Difficulty
Low



Preparation
3 min



Cooking
1 min



Servings
2-3

How to cook:

Wash the strawberries well.
Peel banana.

Put strawberries, banana, water and milk into a blender bowl, close the blender lid.

Press ON/OFF , use the FUNCTION  button to select the SMOOTHIE  program, and press ON/OFF . Cook till the program runs out.

Smoothie is ready!





Frozen berry smoothie



Difficulty
Low



Preparation
3 min



Cooking
1 min



Servings
2-3



Ingredients:

Frozen berries (any) 250 g

Milk yogurt 250 g

Vanilla extract 1 tsp.

Fruit juice (to your liking)
or milk 200 g

How to cook:

Put frozen berries into a blender bowl, add yogurt, vanilla extract, fruit juice or milk and close the blender lid.

Press ON/OFF , use the FUNCTION  button to select the SMOOTHIE  program, and press ON/OFF . Cook till the program runs out.

Smoothie is ready!



Herbal apple smoothie



Difficulty
Low



Preparation
5 min



Cooking
1 min



Servings
2-3




Ingredients:

Green apples	400 g
Fresh basil	30 g
Fresh parsley	30 g
Curly parsley	20 g
Lemon juice	20 g
Water	200 ml

How to cook:

Wash apples, remove seed and cut into 4 parts.

Put apples, basil, parsley, lemon juice into a blender bowl, add water and close the blender lid.

Press ON/OFF , use the FUNCTION  button to select the SMOOTHIE  program, and press ON/OFF . Cook till the program runs out.

Smoothie is ready!



Ice-cream berry smoothie

<p>Difficulty Low</p>	<p>Preparation 3 min</p>	<p>Cooking 1 min</p>	<p>Servings 2-3</p>
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How to cook:

Wash berries and place them into a blender bowl, add sugar, ice-cream, milk and close the blender lid.

Press ON/OFF . Use the FUNCTION button to select the SMOOTHIE program, and press ON/OFF . Cook till the program runs out.

Smoothie is ready!

Ingredients:

Berries (raspberry, blackberry, strawberry)	400 g
Sugar	30 g
Ice-cream (vanilla)	80 g
Milk	200 ml





Cottage cheese banana smoothie with oat flakes

Ingredients:

Cottage cheese	150 g
Bananas	200 g
Oat flakes	30 g
Milk	300 ml
Sugar or honey to your liking	



Difficulty
Low



Preparation
3 min







Cooking
1 min



Servings
2-3

How to cook:

Peel bananas and put them into a blender bowl, add cottage cheese, milk, oat flakes, sugar or honey and close the blender lid.

Press ON/OFF . Use the FUNCTION  button to select the SMOOTHIE  program, and press ON/OFF . Cook till the program runs out.

Smoothie is ready!





Milk chocolate cocktail with banana

 Difficulty Low	 Preparation 2 min	 Cooking 1 min	 Servings 2
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How to cook:

Peel bananas and put them into a blender bowl, add cocoa powder, sugar, milk, ice and close the blender lid.

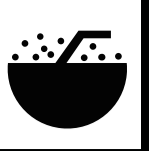
Press ON/OFF . Use the FUNCTION  button to select the SMOOTHIE  program, and press ON/OFF . Cook till the program runs out.

The cocktail is ready!

Ingredients:

Cocoa powder	25 g
Bananas	100 g
Sugar	30 g
Milk (chilled)	450 ml
Ice	100 g





Peach-and-apricot milkshake

Ingredients:

Peaches (fresh)	250 g
Apricots (fresh)	200 g
Milk	200 g
Ice-cream (vanilla)	180 g
Ice	100 g



Difficulty
Low



Preparation
3 min



Cooking
1 min



Servings
2-3

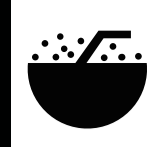
How to cook:

Wash peaches and apricots and remove kernels. Place fruits into a blender bowl, add milk, ice-cream, ice and close the blender lid.

Press ON/OFF . Use the FUNCTION  button to select the SMOOTHIE  program, and press ON/OFF . Cook till the program runs out.

The cocktail is ready!





Milk strawberry cocktail



Difficulty
Low



Preparation
2 min



Cooking
1 min



Servings
2







Ingredients:

Strawberries	120 g
Ice-cream (vanilla)	100 g
Milk	400 ml
Ice	100 g

How to cook:

Wash strawberries and place them into a blender bowl, add ice-cream, milk, ice and close the blender lid.

Press ON/OFF . Use the FUNCTION  button to select the SMOOTHIE  program, and press ON/OFF .

Cook till the program runs out.

The cocktail is ready!



Strawberry shake



Difficulty
Low



Preparation
2 min



Cooking
1 min



Servings
2-3

Ingredients:

Strawberries (fresh)	400 g
Milk	200 g
Sugar	30 g
Ice-cream (vanilla)	150 g
Ice	100 g

How to cook:

Wash strawberries and place them into a blender bowl, add ice-cream, sugar, milk, ice and close the blender lid.

Press ON/OFF . Use the FUNCTION  button to select the SMOOTHIE  program, and press ON/OFF . Cook till the program runs out.

Strawberry shake is ready!





Classic milkshake

 Difficulty Low	 Preparation 3 min	 Cooking 1 min	 Servings 3-4
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How to cook:

Put ice-cream into a blender bowl, add milk, sugar, vanilla extract, ice and close the blender lid.

Press ON/OFF . Use the FUNCTION  button to select the SMOOTHIE  program, and press ON/OFF . Cook till the program runs out.

Milkshake is ready!

Ingredients:

Milk	500 g
Ice-cream	200 g
Vanilla extract	1 чайную ложку
Sugar	40 g or to your liking
Ice	150 g





Crushed ice with juice



Difficulty
Low



Preparation
3 min



Cooking
2 min



Servings
2

Ingredients:

Ice	200 g
Water	50 g
Fruit juice	150 g

How to cook:

Put ice into a blender bowl, add water, juice and close the blender lid.

Press ON/OFF . Use the FUNCTION  button to select the GRIND  program, and press ON/OFF . Cook till the program runs out.

The drink is ready!









Sugar strawberries

 Difficulty Low	 Preparation 3 min	 Cooking 2 min	 Servings 5
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How to cook:

Put strawberries into a blender bowl, add sugar and close the blender lid.

Press ON/OFF . Use the FUNCTION  button to select the GRIND  program, and press ON/OFF . Cook till the program runs out.

Strawberry dessert is ready!

Ingredients:

Strawberries	500 g
Sugar	350 g





Grinding nuts

Ingredients:

Nuts (to your liking) 350 g



Difficulty
Low



Preparation
2 min



Cooking
2 min



Servings
2-3

How to cook:

Put nuts into a blender bowl and close the blender lid.

Press ON/OFF . Use the FUNCTION  button to select the GRIND  program, and press ON/OFF .

Cook till the program runs out.





Meat mincing



Difficulty
Low



Preparation
3 min



Cooking
2 min



Servings
2-3



Ingredients:

Meat	300 g
Onion	100 g
Black pepper to your liking	
Salt to your liking	

How to cook:

Dice meat and onion cut into 3 cm pieces, place pieces into a blender bowl, add salt, pepper and close the blender lid.

Press ON/OFF . Use the FUNCTION  button to select the GRIND  program, and press ON/OFF . Cook till the program runs out.

Mince is ready!



Spaghetti tomato sauce



Difficulty
Medium



Preparation
3 min



Cooking
1 min



Servings
2-3



Ingredients:

Tomatoes	300 g
Red bell pepper	70 g
Fresh basil	10 g
Garlic	7 g
Ground black pepper	30 g
Sunflower oil	
Salt to your liking	
Sugar to your liking	

How to cook:

Wash tomatoes and pour them with boiling water for 2 minutes, then peel them. Put peeled tomatoes, chopped bell pepper, basil, garlic, ground black pepper, sunflower oil, salt, sugar into a blender bowl, close the blender lid.

Press ON/OFF . Use the FUNCTION  button to select the GRIND  program, and press ON/OFF . Cook till the program runs out.

Tomato sauce is ready!



Potato-and-cheese mushroom soup



Difficulty
Medium



Preparation
10 min



Cooking
20 min



Servings
4-5

How to cook:

Peel potatoes, onions and carrots and dice them into small pieces; slice mushrooms. Put all the vegetables in a blender, add water and close the blender lid.

Press ON/OFF . Use the FUNCTION  button to select the STEAM  program, and press ON/OFF  to start.

7 minutes before the end of the program, open the refill lid, add butter, salt, pepper and put the lid back on. After the end of the program, let it draw for 10 minutes.

When ready, the soup can be decorated with greens!

Ingredients:

Potatoes	150 g
Butter cheese	200 g
Champignons	100 g
Onions	50 g
Carrots	70 g
Water	800 g
Butter	30 g
Salt to your liking	
Ground black pepper to your liking	

Serve with:

Greens





Fish soup

Ingredients:

Fish fillet	200 g
Potatoes	150 g
Onions	50 g
Carrots	50 g
Water	800 g
Butter	40 g
Salt to your liking	
Ground black pepper to your liking	

Serve with:

Greens



Difficulty
Medium



Preparation
10 min



Cooking
20 min





Servings
4-5



How to cook:

Slice fish fillet. Peel potatoes, onions, carrots and dice them into small pieces. Put potatoes, carrots, onions, water, salt into a blender bowl, add water, juice and close the blender lid.

Press ON/OFF . Use the FUNCTION  button to select the STEAM  program, and press ON/OFF  to start.

10 minutes before the end of the program, open the refill lid, add fish, butter, pepper and put the lid back on. After the end of the program, let it draw for 10 minutes.

When ready, the soup can be decorated with greens!



Bulgur porridge with dried fruits



Difficulty
Low



Preparation
5 min



Cooking
20 min



Servings
4



Ingredients:

Bulgur	200 g
Onions	50 g
Dried apricots	50 g
Raisins	35 g
Water	360 g
Salt to your liking	

How to cook:

Peel onions. Cut the onions and dried apricots into strips. Put the chopped onions and dried apricots into a blender bowl, add bulgur, raisins, salt, water and close the blender lid.

Press ON/OFF . Use the FUNCTION  button to select the STEAM  program, and press ON/OFF  to start. After the end of the program, let it draw for 10 minutes.

When ready, porridge can be decorated with pieces of dried apricots and raisins!



Buckwheat porridge with mushrooms

●●○○○○
Difficulty
Low

🕒
Preparation
5 min

🔥
Cooking
20 min

🍲
Servings
4






Ingredients:

Buckwheat	150 g
Mushrooms	50 g
Onions	50 g
Water	300 g
Butter	40 g
Salt to your liking	
Ground black pepper to your liking	

How to cook:

Slice mushrooms, peel onions and cut them into strips. Rinse buckwheat several times (until water becomes clear). Put cereal, mushrooms, onions, salt, water into a blender bowl and close the blender lid.

Press ON/OFF . Use the FUNCTION  button to select the STEAM  program, and press ON/OFF  to start.

5 minutes before the end of the program, open the refill lid, add butter and put the lid back on. After the end of the program, let it draw for 10 minutes.

When ready, porridge can be decorated with fried mushroom slices!



Rice porridge with apples



Difficulty
Low



Preparation
5 min



Cooking
20 min



Servings
4

How to cook:

Rinse rice several times (until water becomes clear). Peel apples and dice them into small pieces. Put rice, apples, raisins, cinnamon, salt, sugar, water into a blender bowl and close the blender lid.

Press ON/OFF . Use the FUNCTION  button to select the STEAM  program, and press ON/OFF  to start. After the end of the program, let it draw for 10 minutes.

When ready, porridge can be decorated with apple slices and topped with cinnamon!

Ingredients:

Basmati rice	150 g
Water	300 g
Apples	50 g
Raisins	30 g
Cinnamon to your liking	
Salt to your liking	
Sugar to your liking	

