

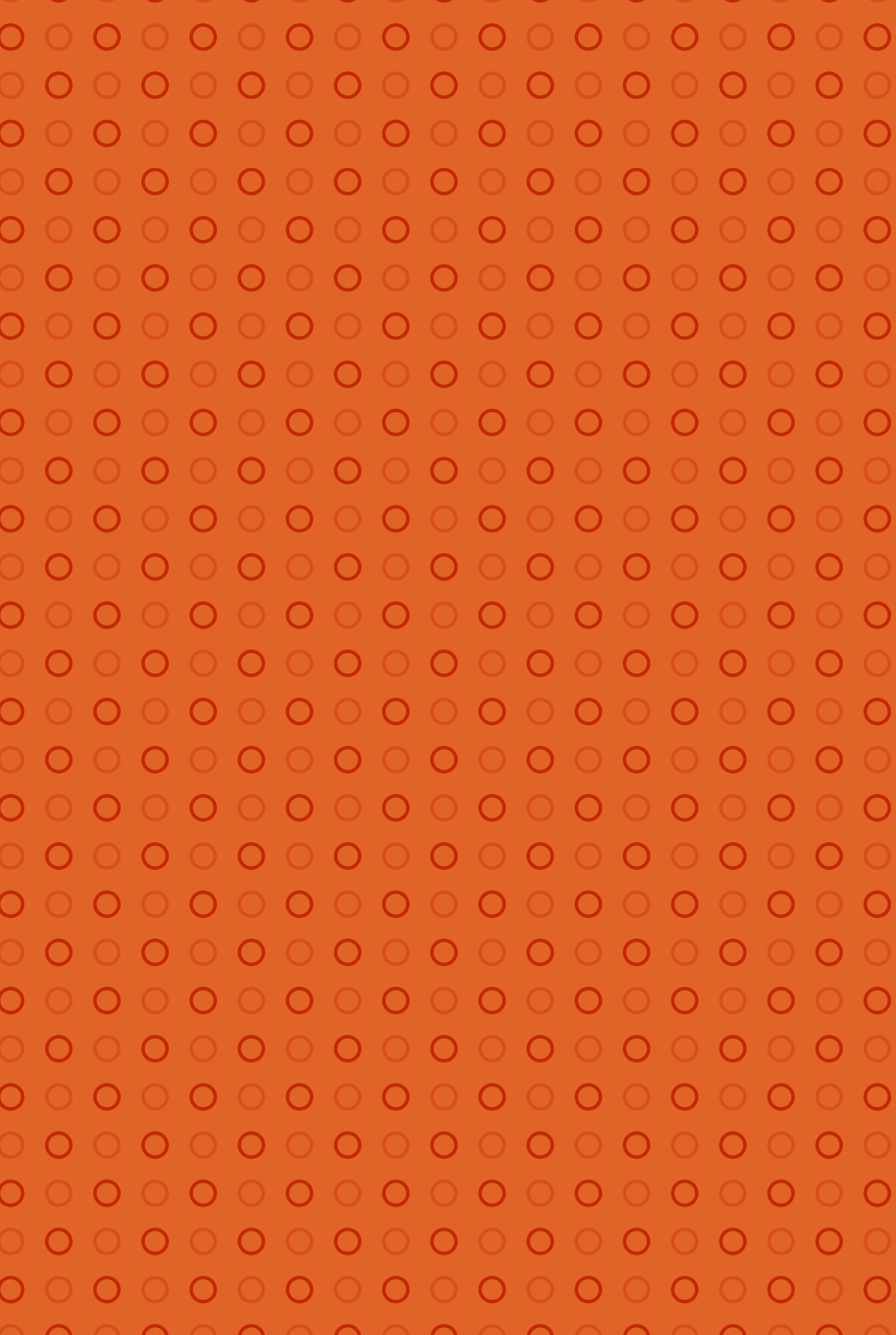
Joyoung 九阳

COOKBOOK
食谱



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说明:

1. 食谱中食材处理切段切块尺寸为2*2*2至3*3*3cm，切丁尺寸为1*1*1cm。
2. 本食谱为推荐食谱，仅作参考。
3. 由于实际使用的食材品种及特点不同，制作效果可能略有差异。

Description:

The cutting size of ingredients in recipe is 2*2*2-3*3*3cm,and the dicing size is 1*1*1cm.
This recipe is recommended only for reference.Different varieties and characteristics of actually used ingredients may cause distinct production effect.



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腰果燕麦奶

Cashew Oat milk



COLD

食材量

Ingredients

300ml(10oz)

即食燕麦片	25g
Quick instant oats	
腰果	10g
Cashew nuts	
蜂蜜	1/2 tbsp
Honey	
食盐	1/8 tsp
Salt	

600ml(20oz)

即食燕麦片	50g
Quick instant oats	
腰果	15g
Cashew nuts	
蜂蜜	1 tbsp
Honey	
食盐	1/8 tsp
Salt	

1000ml(34oz)

即食燕麦片	75g
Quick instant oats	
腰果	20g
Cashew nuts	
蜂蜜	2 tbsp
Honey	
食盐	1/4 tsp
Salt	

步骤

Steps

1. 按量称取即食燕麦片、腰果、蜂蜜、食盐；
2. 打开搅拌杯盖，将所有食材放入杯中，盖紧杯盖，打开水箱盖，装水至 300mL/600mL/1000mL (10oz, 20oz, 34oz) 水位线以上；
3. 轻触“Menu”键，选择“Oat milk”功能，轻触“Capacity”键，选择 300mL/600mL/1000mL (10oz, 20oz, 34oz)；
4. 轻触“Start/Cancel”键，开始制作，待程序结束后过滤食用。

1. Weigh quick instant oats, cashew nuts, honey and salt according to the quantity;
2. Open Mixing cup lid and put all ingredients in cup, then fasten down cup cover and open tank lid, and pour water till over 300mL/600mL/1000mL (10oz/20oz/34oz) water line;
3. Click the "Menu" and select "Oat milk" program, then lightly tap "Capacity" and select 300mL/600mL/1000mL (10oz/20oz/34oz);
4. Click the "Start/Cancel" to start the blending process, after completion, filter before consuming.

提示

Tips

如喜欢清爽的味道，建议在食用前用坚果牛奶袋过滤。

If you prefer a refreshing taste, it is recommended to use nut milk bag to filter before consuming.





榛果可可燕麦奶

Hazelnut Cocoa OatMilk



冷

COLD

食材量

Ingredients

300ml(10oz)

即食燕麦片	25g
Quick instant oats	
榛子仁	10g
Hazelnut kernels	
可可粉	1/8 tsp
Cocoa powder	
蜂蜜	1/2 tbsp
Honey	

600ml(20oz)

即食燕麦片	45g
Quick instant oats	
榛子仁	15g
Hazelnut kernels	
可可粉	1/4 tsp
Cocoa powder	
蜂蜜	1 tbsp
Honey	

1000ml(34oz)

即食燕麦片	75g
Quick instant oats	
榛子仁	25g
Hazelnut kernels	
可可粉	1/4 tsp
Cocoa powder	
蜂蜜	1 tbsp
Honey	

步骤

Steps

1. 按量称取即食燕麦片、榛子仁、可可粉、蜂蜜；
2. 打开搅拌杯盖，将所有食材放入杯中，盖紧杯盖，打开水箱盖，装水至 600mL (20oz) 水位线以上；
3. 轻触“Menu”键，选择“Oat milk”功能，轻触“Capacity”键，选择“600mL (20oz)”；
4. 轻触“Start/Cancel”键，开始制作，待程序结束后过滤食用。

1. Weigh quick instant oats, hazelnut kernels, cocoa powder and honey according to the quantity;
2. Open Mixing cup lid and put all ingredients in cup, then fasten down cup cover and open tank lid, and pour water till over 600mL (20oz) water line;
3. Click the "Menu" and select "Oat milk" program, then lightly tap "Capacity" and select 300mL /600mL /1000mL (10oz/20oz/34oz);
4. Click the "Start/Cancel" to start the blending process, after completion, filter before consuming.

提示

Tips

如喜欢清爽的味道，建议在食用前用坚果牛奶袋过滤。

If you prefer a refreshing taste, it is recommended to use nut milk bag to filter before consuming.





杏仁奶 Almond Milk



COLD

食材量 Ingredients

300ml(10oz)

杏仁	25g
Almond	
蜂蜜	1/2 tbsp
Honey	
食盐	1/8 tsp
Salt	

600ml(20oz)

杏仁	50g
Almond	
蜂蜜	1 tbsp
Honey	
食盐	1/8 tsp
Salt	

1000ml(34oz)

杏仁	85g
Almond	
蜂蜜	2 tbsp
Honey	
食盐	1/4 tsp
Salt	

步骤

Steps

1. 按量称取杏仁、蜂蜜、食盐；
2. 打开搅拌杯盖，将所有食材放入杯中，盖紧杯盖，打开水箱盖，装水至300mL/600mL/1000mL水位线以上；
3. 轻触“Menu”键，选择“Almond milk”功能，轻触“Capacity”键，选择300mL/600mL/1000mL（10oz，20oz，34oz）；
4. 轻触“Start/Cancel”键，开始制作，待程序结束后过滤食用。

1. Weigh almonds, honey and salt according to the quantity;
2. Open Mixing cup lid and put all ingredients in cup, then fasten down cup cover and open tank lid, and pour water till over 300mL (10oz) water line;
3. Click the "Menu" and select "Almond milk" program, then lightly tap "Capacity" and select 300mL /600mL /1000mL (10oz/20oz/34oz).
4. Click the "Start/Cancel" to start the blending process, after completion, filter before consuming.

提示

Tips

如喜欢清爽的味道，建议在食用前用坚果牛奶袋过滤。

If you prefer a refreshing taste, it is recommended to use nut milk bag to filter before consuming.



开心果杏仁奶 Pistachio Almond Milk

冷
COLD

食材量 Ingredients

300ml(10oz)

杏仁	20g
Almond	
腰果	10g
Cashew nuts	
开心果果仁	5g
Pistachio nuts	

600ml(20oz)

杏仁	40g
Almond	
腰果	15g
Cashew nuts	
开心果果仁	15g
Pistachio nuts	

1000ml(34oz)

杏仁	65g
Almond	
腰果	25g
Cashew nuts	
开心果果仁	25g
Pistachio nuts	

步骤

Steps

1. 按量称取杏仁、腰果、开心果果仁；
2. 打开搅拌杯盖，将所有食材放入杯中，盖紧杯盖，打开水箱盖，装水至 600mL (20oz) 水位线以上；
3. 轻触“Menu”键，选择“Almond milk”功能，轻触“Capacity”键，选择“600mL(20oz)”；
4. 轻触“Start/Cancel”键，开始制作，待程序结束后过滤食用。

1. Weigh almonds, cashew nuts and pistachio nuts according to the quantity;
2. Open Mixing cup lid and put all ingredients in cup, then fasten down cup cover and open tank lid, and pour water till over 600mL (20oz) water line;
3. Click the "Menu" and select "Almond milk" program, then lightly tap "Capacity" and select 300mL /600mL /1000mL (10oz/20oz/34oz);
4. Click the "Start/Cancel" to start the blending process, after completion, filter before consuming.

提示

Tips

- 如喜欢清爽的味道，建议在食用前用坚果牛奶袋过滤。
If you prefer a refreshing taste, it is recommended to use nut milk bag to filter before consuming.



杏仁牛奶芝士 Almond Milk Cheese



食材量

Ingredients

杏仁	200g
Almond	
柠檬汁	1/4 cup
Lemon juice	
橄榄油	2 tbsp
Olive oil	
食盐	1/4 tsp
Salt	

步骤

Steps

1. 按量称取杏仁、柠檬汁、橄榄油、食盐；
 2. 将杏仁冷藏浸泡24小时后剥皮；
 3. 打开搅拌杯盖，将所有食材放入杯中，盖紧杯盖，打开水箱盖，装水至600mL(20oz)水位线以上；
 4. 轻触“Menu”键，选择“Almond milk”功能，轻触“Capacity”键，选择600mL(20oz)；
 5. 轻触“Start/Cancel”键，开始制作，待程序结束后将打好的浆放入双层细纱布中，挤压去除多余的水；
 6. 将纱布内的奶酪放入冰箱内冷藏12小时以上，有助于奶酪质地变得更硬。
1. Weigh almonds, lemon juice, olive oil and salt according to the quantity;
 2. Refrigerate and soak the almond for 24 hours before peeling;
 3. Open Mixing cup lid and put all ingredients in cup, then fasten down cup cover and open tank lid, and pour water till over 600ml [20oz] water line.
 4. Click the "Menu" and select "Almond milk" program, then lightly tap "Capacity" and select 600mL [20oz];
 5. Click the "Start/Cancel" and start production, pour the produced thick liquid into double-layer fine mesh gauze after the program, and squeeze and remove the excessive water;
 6. Put the cheese in the gauze into refrigerator for over 12 hours, which is conducive to hardening the cheese.



米浆 Rice Milk



食材量 Ingredients

大米或糙米	70g
Rice or brown rice	
橄榄油	1 tbsp
Olive oil	

步骤 Steps

1. 按量称取大米或糙米、橄榄油；
 2. 打开搅拌杯盖，将所有食材放入杯中，盖紧杯盖，打开水箱盖，装水至 1000mL (34oz) 刻度线以上；
 3. 轻触“Menu”键，选择“Rice milk”功能，轻触“Capacity”键，选择“1000mL (34oz)”；
 4. 轻触“Start/Cancel”键，开始制作，待程序结束后食用。
1. Weigh rice or brown rice and olive oil according to the quantity;
 2. Open Mixing cup lid and put all ingredients in cup, then fasten down cup cover and open tank lid, and pour water till over 1,000mL (34oz) water line.
 3. Click the "Menu" and select "Rice milk" program, then lightly tap "Capacity" and select 1000mL (34oz);
 4. Click the "Start/Cancel" and start production, and conduct filtration after the program for consuming.



奥查塔 Horchata



热
HOT

食材量 Ingredients

大米	60g
Rice	
白砂糖	30g
White granulated sugar	
牛奶	1/4 cup
Milk	
橄榄油	1 tbsp
Olive oil	
肉桂粉	1/8 tsp
Cinnamon powder	

步骤 Steps

1. 按量称取大米、白砂糖、牛奶、橄榄油、肉桂粉；
 2. 打开搅拌杯盖，将所有食材放入杯中，盖紧杯盖，打开水箱盖，装水至 900mL (30oz) 刻度线以上；
 3. 轻触“Menu”键，选择“Rice milk”功能，轻触“Capacity”键，选择“900mL (30oz)”；
 4. 轻触“Start/Cancel”键，开始制作，待程序结束后食用。
1. Weigh rice, white granulated sugar, milk, olive oil and cinnamon powder according to the quantity;
 2. Open Mixing cup lid and put all ingredients in cup, then fasten down cup cover and open tank lid, and pour water till over 900mL (30oz) water line.
 3. Click the "Menu" and select "Rice milk" program, then lightly tap "Capacity" and select 900mL (30oz);
 4. Click the "Start/Cancel" and start production, and conduct filtration after the program for consuming.



豆浆 Soy Milk



热
HOT

食材量 Ingredients

黄豆 60g
Soybean

步骤 Steps

1. 按量称取黄豆；
2. 打开搅拌杯盖，将所有食材放入杯中，盖紧杯盖，打开水箱盖，装水至 1000mL (34oz) 刻度线以上；
3. 轻触“Menu”键，选择“Soy milk”功能，轻触“Capacity”键，选择“1000mL (34oz)”；
4. 轻触“Start/Cancel”键，开始制作，待程序结束后过滤食用。

1. Weigh soybean according to the quantity;
2. Open Mixing cup lid and put all ingredients in cup, then fasten down cup cover and open tank lid, and pour water till over 1,000mL (34oz) water line.
3. Click the "Menu" and select "Soy milk" program, then lightly tap "Capacity" and select 1000mL (34oz);
4. Click the "Start"/"Cancel" to start the blending process, after completion, filter before consuming.

提示 Tips

为保证豆浆口感，请将干豆浸泡时间控制在8小时内，请勿过长时间浸泡，否则会出现溢浆现象。

In order to ensure the taste of soy milk, please limit the soaking time of dry beans within 8 hours. Do not oversoak to avoid overflow.





抹茶豆浆 Matcha Soy Milk



食材量 Ingredients

黄豆	60g
Soybean	
蜂蜜	2 tbsp
Honey	
抹茶	5-8g
Matcha	

步骤 Steps

1. 按量称取黄豆、蜂蜜、抹茶粉；
 2. 打开搅拌杯盖，将所有食材放入杯中，盖紧杯盖，打开水箱盖，装水至 1000mL (34oz) 刻度线以上；
 3. 轻触“Menu”键，选择“Soy milk”功能，轻触“Capacity”键，选择“1000mL (34oz)”；
 4. 轻触“Start/Cancel”键，开始制作，待程序结束后过滤食用。
1. Weigh soybean, honey and matcha according to the quantity;
 2. Open Mixing cup lid and put all ingredients in cup, then fasten down cup cover and open tank lid, and pour water till over 1,000mL (34oz) water line.
 3. Click the "Menu" and select "Soy milk" program, then lightly tap "Capacity" and select 1000mL (34oz);
 4. Click the "Start"/"Cancel" to start the blending process, after completion, filter before consuming.

提示 Tips

为保证豆浆口感，请将干豆浸泡时间控制在8小时内，请勿过长时间浸泡，否则会出现溢浆现象。

In order to ensure the taste of soy milk, please limit the soaking time of dry beans within 8 hours. Do not oversoak to avoid overflow.



绿色果蔬汁 Green Juice

冷
COLD

食材量

Ingredients

黄瓜（切块）	150g
Cucumber (chopped)	
葡萄（去皮去籽）	80g
Grape (peeled and seeded)	
苹果（切块）	80g
Apple (chopped)	
羽衣甘蓝（切段）	30g
Curly kale (chopped)	
芹菜（切段）	15g
Celery (chopped)	
柠檬汁	1 tsp
Lemon juice	
薄荷叶	1g
Mint leaf	
纯净水	1 1/2 cups
Purified water	

步骤

Steps

1. 按量称取黄瓜（切块）、葡萄（去皮去籽）、苹果（切块）、羽衣甘蓝（切段）、芹菜（切段）、柠檬汁、薄荷叶、纯净水；
2. 打开搅拌杯盖，将所有食材放入杯中，盖紧杯盖，打开水箱盖，装水至清洗水位线以上；
3. 轻触“Menu”键，选择“Juice”功能；
4. 轻触“Start/Cancel”键，开始制作，待程序结束后食用。

1. Weigh cucumber, grape, apple, curly kale, celery, lemon juice, mint leaf and purified water according to the quantity;
2. Open Mixing cup lid and put all ingredients in cup, then fasten down cup cover and open tank lid, and pour water till cleaning water line.
3. Click the "Menu" and select "Juice" program;
4. Click the "Start/Cancel" and start production, and consume after the program.



凤梨姜汁 Pineapple Ginger Juice

 冷
COLD

食材量 Ingredients

菠萝（去皮切块）	300g
Pineapple (peeled and chopped)	
生姜（切块）	25g
Fresh ginger (chopped)	
枫糖浆	2 tsp
Maple syrup	
青柠汁	1/2 tsp
Lime juice	
纯净水	1 1/2 cup
Purified water	

步骤 Steps

1. 按量称取菠萝（去皮切块）、生姜（切块）、枫糖浆、青柠汁、纯净水；
2. 打开搅拌杯盖，将所有食材放入杯中，盖紧杯盖，打开水箱盖，装水至清洗水位线以上；
3. 轻触“Menu”键，选择“Juice”功能；
4. 轻触“Start/Cancel”键，开始制作，待程序结束后食用。

1. Weigh pineapple, fresh ginger, maple syrup, lime juice and purified water;
2. Open Mixing cup lid and put all ingredients in cup, then fasten down cup cover and open tank lid, and pour water till cleaning water line.
3. Click the "Menu" and select "Juice" program;
4. Click the "Start/Cancel" and start production, and consume after the program.



混合果汁 Mixed Juice

 冷
COLD

食材量 Ingredients

菠萝（去皮切块）	150g
Pineapple (peeled and chopped)	
橘子（去皮去籽）	120g
Orange (peeled and seeded)	
苹果（切块）	80g
Apple (chopped)	
胡萝卜（切块）	50g
Carrot (chopped)	
枫糖浆	1 tbsp
Maple syrup	
纯净水	2 cups
Purified water	

步骤 Steps

1. 按量称取菠萝（去皮切块）、橘子（去皮去籽）、苹果（切块）、胡萝卜（切块）、枫糖浆、纯净水；
 2. 打开搅拌杯盖，将所有食材放入杯中，盖紧杯盖，打开水箱盖，装水至清洗水位线以上；
 3. 轻触“Menu”键，选择“Juice”功能；
 4. 轻触“Start/Cancel”键，开始制作，待程序结束后食用。
1. Weigh pineapple, orange, apple, carrot, maple syrup and purified water;
 2. Open Mixing cup lid and put all ingredients in cup, then fasten down cup cover and open tank lid, and pour water till cleaning water line.
 3. Click the "Menu" and select "Juice" program;
 4. Click the "Start/Cancel" and start production, and consume after the program.





香蕉奇异果奶昔 Banana Kiwi Smoothie

冷
COLD

食材量 Ingredients

香蕉（去皮、切丁）	220g
Banana (peeled and chopped)	
冷冻混合莓果	90g
Frozen mixed berry	
奇异果（去皮、切丁）	90g
Kiwi fruit (peeled and chopped)	
新鲜生姜	3g
Fresh ginger (chopped)	
冰块	50g
Ice cube	
纯净水	155mL(5.2oz)
Purified water	

步骤 Steps

1. 按量称取2根香蕉（去皮切块）、冷冻混合浆果、奇异果（去皮切块）、鲜姜（切块）、冰块、纯净水；
2. 打开搅拌杯盖，将所有食材放入杯中，盖紧杯盖，打开水箱盖，装水至清洗水位线以上；
3. 轻触“Menu”键，选择“Smoothie”功能；
4. 轻触“Start/Cancel”键，开始制作，待程序结束后食用。

1. Weigh 2 bananas, frozen mixed berries, kiwi fruit, fresh ginger, ice cube and purified water according to the quantity;
2. Open Mixing cup lid and put all ingredients in cup, then fasten down cup cover and open tank lid, and pour water till cleaning water line.
3. Click the "Menu" and select "Smoothie" program;
4. Click the "Start/Cancel" and start production, and consume after the program.

提示 Tips

制作完成后，请在10分钟内饮用，效果更佳，否则易结块。
Please drink within 10min after production for best quality.



菠萝草莓奶昔 Pineapple Strawberry Smoothie

冷
COLD

食材量 Ingredients

冷冻香蕉（切块）	140g
Frozen banana (chopped)	
菠萝（切块）	50g
Pineapple (chopped)	
冷冻草莓	50g
Frozen strawberries	
柠檬汁	1 tsp
Lemon juice	
椰子水	1 cup
Coconut water	

步骤 Steps

1. 按量称取冷冻香蕉（切块 冷冻）、菠萝（切块）、冷冻草莓、椰子水、柠檬汁；
2. 打开搅拌杯盖，将所有食材放入杯中，盖紧杯盖，打开水箱盖，装水至清洗水位线以上；
3. 轻触“功能”键，选择“Smoothie”功能；
4. 轻触“Start/ Cancel”键，开始制作，待程序结束后食用。

1. Weigh frozen bananas, pineapple, frozen strawberries, coconut water and lemon juice according to the quantity;
2. Open Mixing cup lid cover and put all ingredients in cup, then fasten down cup cover and open tank lid, and pour water till cleaning water line.
3. Click the "Menu" and select "Smoothie" program;
4. Click the "Start/Cancel" and start production, and consume after the program.

提示 Tips

制作完成后，请在10分钟内饮用，效果更佳，否则易结块。
Please drink within 10min after production for best quality.



黑莓覆盆子奶昔 Blackberry Raspberry Smoothie

冷
COLD

食材量 Ingredients

冷冻覆盆子	150g
Frozen raspberry	
冷冻香蕉（切块）	120g
Frozen banana(chopped)	
冷冻黑莓	100g
Frozen blackberry	
蜂蜜	1 tsp
Honey	
亚麻籽	1/4 tsp
Lintseed	
食盐	1/8 tsp
Salt	
牛奶	1 cup
Milk	
纯净水	1/2 cup
Purified water	

步骤 Steps

1. 按量称取冷冻覆盆子、冷冻香蕉（切块）、冷冻黑莓、蜂蜜、亚麻籽、食盐、牛奶、纯净水；
2. 打开搅拌杯盖，将所有食材放入杯中，盖紧杯盖，打开水箱盖，装水至清洗水位线以上；
3. 轻触“Menu”键，选择“Smoothie”功能；
4. 轻触“Start/Cancel”键，开始制作，待程序结束后食用。

1. Weigh frozen raspberries, bananas, frozen blackberries, honey, lintseed, salt, milk and purified water according to the quantity;
2. Open Mixing cup lid and put all ingredients in cup, then fasten down cup cover and open tank lid, and pour water till cleaning water line.
3. Click the "Menu" and select "Smoothie" program;
4. Click the "Start/Cancel" and start production, and consume after the program.

提示 Tips

制作完成后，请在10分钟内饮用，效果更佳，否则易结块。
Please drink within 10min after production for best quality.



胡桃南瓜汤

Butternut Squash Soup



食材量

Ingredients

烤熟胡桃南瓜	400g
Baked butternut squash	
鸡汤	1 cup
Chicken soup	
黄洋葱 (切块)	80g
Yellow onion (chopped)	
橄榄油	1 tbsp
Olive oil	
食盐	1/4 tsp
Salt	
黑胡椒粉	1/8 tsp
Black pepper powder	
肉桂粉	1/8 tsp
Cinnamon powder	

步骤

Steps

1. 将胡桃南瓜对半切开，放入烤箱中，在190℃上下热风中烘烤30-40分钟；
2. 按量称取烤熟胡桃南瓜、鸡汤、黄洋葱（切块）、橄榄油、食盐、黑胡椒粉、肉桂粉；
3. 打开搅拌杯盖，将所有食材放入杯中，盖紧杯盖，打开水箱盖，装水至清洗水位线以上；
4. 轻触“Menu”键，选择“Soup”功能；
5. 轻触“Start/Cancel”键，开始制作，待程序结束后食用。

1. Cut up butternut squash half and half, and put in oven for baking for 30-40minutes in upper and lower hot air at 190°C;
2. Weigh baked butternut squash, chicken soup, yellow onion (cutting), olive oil, salt, black pepper powder and Cinnamon powder according to the quantity;
3. Open Mixing cup lid and put all ingredients in cup, then fasten down cup cover and open tank lid, and pour water till cleaning water line.
4. Click the "Menu" and select "Soup" program;
5. Click the "Start/Cancel" and start production, and consume after the program.

提示

Tips

制作浓汤类食谱，食材中有奶油，橄榄油等油脂含量较高的食物时，机器自清洗完成后可能清洗不干净，需要加入清洗剂(如洗碗盐)再启动自清洗功能后可清洗干净。

When making thick soup recipes with butter, olive oil and other food with high oil content, the machine can also add cleaning agent (such as dishwashing salt) to start the self-cleaning function to enhance the cleaning effect.





奶油南瓜汤

Cream Pumpkin Soup



食材量

Ingredients

南瓜 (切块)	400g
Pumpkin (chopped)	
胡萝卜 (切块)	100g
Carrot (chopped)	
奶油	2 tbsp
Cream	
橄榄油	1 tsp
Olive oil	
海盐	1/4 tsp
Sea salt	
黑胡椒粉	1/8 tsp
Black pepper powder	
百里香碎	1/8 tsp
Thymian powder	
牛奶	1 cup
Milk	
水	1/4 cup
Water	

步骤

Steps

1. 按量称取南瓜 (切块)、胡萝卜 (切块)、奶油、橄榄油、海盐、黑胡椒粉、百里香碎、牛奶、水；
2. 打开搅拌杯盖，将所有食材放入杯中，盖紧杯盖，打开水箱盖，装水至清洗水位线以上；
3. 轻触“Menu”键，选择“Soup”功能；
4. 轻触“Start/Cancel”键，开始制作，待程序结束后食用。

1. Weigh pumpkin, carrot, cream, olive oil, sea salt, black pepper powder, thymian power, milk and water according to the quantity;
2. Open Mixing cup lid and put all ingredients in cup, then fasten down cup cover and open tank lid, and pour water till cleaning water line.
3. Click the "Menu" and select "Soup" program;
4. Click the "Start/Cancel" and start production, and consume after the program.

提示

Tips

制作浓汤类食谱，食材中有奶油，橄榄油等油脂含量较高的食物时，机器自清洗完成后可能清洗不干净，需要加入清洗剂(如洗碗盐)再启动自清洗功能后可清洗干净。

When making thick soup recipes with butter, olive oil and other food with high oil content, the machine can also add cleaning agent (such as dishwashing salt) to start the self-cleaning function to enhance the cleaning effect.





超级蔬菜汤

Super Greens Soup



热
HOT

食材量

Ingredients

红薯 (切块)	120g
Sweet Potato (chopped)	
西兰花 (切块)	100g
Broccoli (chopped)	
芹菜 (切段)	100g
Celery (chopped)	
红洋葱 (切块)	80g
Red Onions (chopped)	
大蒜	20g
Garlic	
橄榄油	1 tbsp
Olive Oil	
辣酱	1 tbsp
Thick Chilli Sauce	
黑胡椒	1/2 tsp
Black Pepper	
咖喱粉	1/2 tsp
Curry Powder	
海盐	1/2 tsp
Sea salt	
水	2 cups
Water	

步骤

Steps

1. 按量称取红薯 (去皮、切块)、西兰花 (切块)、芹菜 (切段)、红洋葱 (切块)、大蒜、橄榄油、辣酱、黑胡椒、咖喱粉、海盐、纯净水;
2. 打开搅拌杯盖, 将所有食材放入杯中, 盖紧杯盖, 打开水箱盖, 装水至清洗水位线以上;
3. 轻触“Menu”键, 选择“Soup”功能;
4. 轻触“Start/Cancel”键, 开始制作, 待程序结束后食用。

1. Weigh sweet potato, celery, broccoli, red onions, garlic, olive oil, thick chilli sauce, black pepper, curry powder, sea salt and purified water according to the quantity;
2. Open Mixing cup lid and put all ingredients in cup, then fasten down cup cover and open tank lid, and pour water till cleaning water line.
3. Click the "Menu" and select "Soup" program;
4. Click the "Start/Cancel" and start production, and consume after the program.

提示

Tips

制作浓汤类食谱, 食材中有奶油, 橄榄油等油脂含量较高的食物时, 机器自清洗完成后可能清洗不干净, 需要加入清洗剂(如洗碗盐)再启动自清洗功能后可清洗干净。

When making thick soup recipes with butter, olive oil and other food with high oil content, the machine can also add cleaning agent (such as dishwashing salt) to start the self-cleaning function to enhance the cleaning effect.





蒜泥白豆汤

Garlic White Bean Soup



食材量

Ingredients

白豆（罐头，熟）	300g
White beans (canned)	
奶油	1/3 cup
Cream	
洋葱（切丁）	50g
Onion (chopped)	
黄油	20g
Butter	
大蒜	15g
Garlic	
橄榄油	1 tbsp
Olive oil	
食盐	1/8 tsp
Salt	
白胡椒粉	1/8 tsp
White pepper	
鸡汤	2 cups
Chicken soup	

步骤

Steps

1. 按量称取白豆（罐头，熟）、奶油、洋葱（切丁）、黄油、大蒜、橄榄油、食盐、白胡椒粉、鸡汤；
2. 打开搅拌杯盖，将所有食材放入杯中，盖紧杯盖，打开水箱盖，装水至清洗水位线以上；
3. 轻触“Menu”键，选择“Soup”功能；
4. 轻触“Start/Cancel”键，开始制作，待程序结束后食用。

1. Weigh white beans, cream, onion, butter, garlic, olive oil, salt, white pepper and chicken soup according to the quantity;
2. Open Mixing cup lid and put all ingredients in cup, then fasten down cup cover and open tank lid, and pour water till cleaning water line.
3. Click the "Menu" and select "Soup" program;
4. Click the "Start/Cancel" and start production, and consume after the program.

提示

Tips

制作浓汤类食谱，食材中有奶油、橄榄油等油脂含量较高的食物时，机器自清洗完成后可能清洗不干净，需要加入清洗剂(如洗碗盐)再启动自清洗功能后可清洗干净。

When making thick soup recipes with butter, olive oil and other food with high oil content, the machine can also add cleaning agent (such as dishwashing salt) to start the self-cleaning function to enhance the cleaning effect.



番茄浓汤

Tomato Soup



食材量

Ingredients

番茄罐头	400g
Canned tomato	
奶油	3 tbsp
Cream	
大蒜	3g
Garlic	
干罗勒碎	1/2 tsp
Dried basil	
食盐	1/4 tsp
Salt	
纯净水	1 cup
Purified water	

步骤

Steps

1. 按量称取番茄罐头、奶油、大蒜、干罗勒碎、食盐、纯净水；
2. 打开搅拌杯盖，将所有食材放入杯中，盖紧杯盖，打开水箱盖，装水至清洗水位线以上；
3. 轻触“Menu”键，选择“Soup”功能；
4. 轻触“Start/Cancel”键，开始制作，待程序结束后食用。

1. Weigh canned tomato, cream, garlic, dried basil, salt and purified water according to the quantity;
2. Open Mixing cup lid and put all ingredients in cup, then fasten down cup cover and open tank lid, and pour water till cleaning water line.
3. Click the "Menu" and select "Soup" program;
4. Click the "Start/Cancel" and start production, and consume after the program.

提示

Tips

制作浓汤类食谱，食材中有奶油、橄榄油等油脂含量较高的食物时，机器自清洗完成后可能清洗不干净，需要加入清洗剂(如洗碗盐)再启动自清洗功能后可清洗干净。

When making thick soup recipes with butter, olive oil and other food with high oil content, the machine can also add cleaning agent (such as dishwashing salt) to start the self-cleaning function to enhance the cleaning effect.