

AENO

Recipes for the AENO Cooking Blender TB1



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Soy milk



Difficulty
Easy



Getting ready
4 min



Preparation
25 min



Servings
3



Ingredients:

Soybeans 150 g

Water 750 ml

Preparation procedure:

Wash the soybeans, put in the water and let soak for 6 hours.

Drain the soy beans.

Put the soybeans in the blender bowl and cover with water.

Press  «ON/OFF» button.

Use  «FUNCTION» button to select  «SOY MILK» program and press  «ON/OFF» button.

Once ready, pour the mix out from the blender and strain well through a filter or a fine sieve.

The fluid you made is soy milk.

Cool the soy milk and keep in the fridge.
Consume within 48 hours.



Hazelnut milk



Difficulty
Easy



Getting ready
8 min



Preparation
25 min



Servings
3-4

Ingredients:

Hazelnuts	150 g
Water	750 ml

Preparation procedure:

Soak the hazelnut in water for 4 hours.

Drain the nuts.

Put the nuts in the blender bowl, add clean water and close the blender cover.

Press  «ON/OFF» button.

Use  «FUNCTION» button to select  «SOY MILK» program and press  «ON/OFF» button.

Prepare until the program finishes. Once finished, pour the mix out from the blender and strain well through a filter or a fine sieve.

The fluid you made is hazelnut milk.

Do not through the nut pulp away. It can be dried and used in making pastry or confectionary.

Cool the milk and keep in the fridge. Consume within 48 hours.





Almond milk

 Difficulty Easy	 Getting ready 4 min	 Preparation 25 min	 Servings 4
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Preparation procedure:

Soak the hazelnut in water for 4 hours.

Drain the nuts.

Put the almonds and dates in the blender bowl, add clean water and close the blender cover.

Press  «ON/OFF» button.

Use  «FUNCTION» button to select  «SOY MILK» program and press  «ON/OFF» button.

Once finished, pour the mix out from the blender and strain well through a filter or a fine sieve.

The fluid you made is hazelnut milk.

Do not throw the nut pulp away. It can be dried and used for making pastry or confectionary.

Ingredients:

Almonds	120 g
Water	900 ml
Stoned dates	40 g





Walnut milk

Ingredients:

Walnut	50 g
Water	850 ml



Difficulty
Easy



Getting ready
2 min



Preparation
15 min



Servings
3

Preparation procedure:

Soak the nuts in water for 8 hours.

Drain the nuts.

Put the nuts in the blender bowl, add clean water and close the blender cover.

Press  «ON/OFF» button.

Use  «FUNCTION» button to select  «SOY MILK» program and press  «ON/OFF» button.

Prepare until the program finishes. Once finished, pour the mix out from the blender and strain well through a filter or a fine sieve.

The fluid you made is walnut milk.

Do not throw the nut pulp away. It can be dried and used for making pastry or confectionary.

Cool the milk and keep in the fridge. Consume within 48 hours.





Milk and nut drink with cocoa



Difficulty
Easy



Getting ready
2 min



Preparation
15 min



Servings
3



Ingredients:

Hazelnut	50 g
Cocoa	30 g
Sugar	40 g
Water	600 ml
Chocolate for decoration	

Preparation procedure:

Soak the hazelnut in water for 4 hours.

Drain the nuts.

Put the nuts, cocoa, sugar in the blender bowl, add milk and close the blender cover.

Press  «ON/OFF» button.

Use  «FUNCTION» button to select  «SOY MILK» program and press  «ON/OFF» button.

Once finished, pour the mix out from the blender and strain well through a filter or a fine sieve.

Serve hot. Add some chocolate sprinkles on top to decorate.



Creamy buckwheat porridge with milk and cocoa



Difficulty
Easy



Getting ready
2 min



Preparation
15 min



Servings
3

Preparation procedure:

Wash the buckwheat grains well and put in the blender bowl. Add water, milk, salt, sugar or honey, cocoa powder, nuts, and close the upper cover.

Press  «ON/OFF» button.

Use  «FUNCTION» button to select  «RISE PASTE» program and press  «ON/OFF» button.

Prepare until the program finishes.

Serve the porridge in a plate, decorated with banana slices.

Ingredients:

Buckwheat	75 g
Water	210 ml
Milk	300 ml
Cocoa powder	3 teaspoonfuls
Pinch of salt	
Sugar or honey to taste	
Any nuts	70 g
Banana for decoration	70 g





Creamy oatmeal with milk and banana

Ingredients:

Oat flakes	170 g
Water	250 ml
Milk	250 ml
Pinch of salt	
Sugar or honey to taste	
Any nuts	70 g
Banana	150 g
Blueberry for decoration	



Difficulty
Easy



Getting ready
3 min



Preparation
15 min



Servings
3-4

Preparation procedure:

Put the oat flakes in the blender bowl, add water, milk, salt, sugar or honey, banana, nuts, and close the upper cover.

Press  «ON/OFF» button.

Use  «FUNCTION» button to select  «RISE PASTE» program and press  «ON/OFF» button.

Prepare until the program finishes.

Put the ready porridge in a plate or a soup pot and decorate with fresh berries, such as blueberry, raspberry, or strawberry.





Creamy rice porridge with milk, apple and raisins



Difficulty
Easy



Getting ready
4 min



Preparation
15 min



Servings
4



Ingredients:

Basmati rice	170 g
Water	400 ml
Milk	250 ml
Pinch of salt	
Sugar or honey to taste	
Apples	120 g
Butter	15 g
Raisins for decoration	

Preparation procedure:

Wash the rice and put in the blender bowl, add water, milk, salt, sugar or honey, peeled apple and close the upper cover.

Press  «ON/OFF» button.

Use  «FUNCTION» button to select  «RISE PASTE» program and press  «ON/OFF» button.

Prepare until the program finishes.

Serve the porridge in a plate with a piece of butter on top and some raisins.



Semolina porridge with apple and cinnamon



Difficulty
Medium



Getting ready
4 min



Preparation
15 min



Servings
4



Ingredients:

Semolina	60-80 g
Milk	400 ml
Water	200 ml
Pinch of salt	
Sugar or honey to taste	
Apples	120 g
Butter	20 g
Cinnamon to taste	
Almond flakes for decoration	

Preparation procedure:

Put the semolina in the blender bowl, add water, milk, salt, sugar or honey, peeled apple, cinnamon and close the upper cover.

Press  «ON/OFF» button.

Use  «FUNCTION» button to select  «RISE PASTE» program and press  «ON/OFF» button.

Prepare until the program finishes.

Serve the porridge in a plate with a piece of butter and decorated with almond flakes.



Creamy pumpkin porridge with milk and rice

●●●●● Difficulty Easy	 Getting ready 4 min	 Preparation 15 min	 Servings 4
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Preparation procedure:

Peel and slice the pumpkin.

Wash the rice and put in the blender bowl, add pumpkin, water, milk, salt, sugar and close the upper cover.

Press «ON/OFF» button.

Use «FUNCTION» button to select «RISE PASTE» program and press «ON/OFF» button.

Prepare until the program finishes.

Serve the porridge in a plate, decorated with nuts.

Ingredients:

Pumpkin	350 g
Rice	70 g
Milk	200 ml
Water	200 ml
Salt to taste	
Sugar to taste	
Nuts for decoration	





Canned corn porridge

Ingredients:

Canned corn	400 g
Vanilla extract	1 teaspoonful
Sugar	15 g
Water	200 ml
Milk	300 ml
Salt to taste	



Difficulty
Easy



Getting ready
2 min



Preparation
15 min



Servings
4-5

Preparation procedure:

Put corn in the blender bowl, add milk, water, salt, sugar, vanilla extract and close the cover.

Press  «ON/OFF» button.

Use  «FUNCTION» button to select  «RISE PASTE» program and press  «ON/OFF» button.

Prepare until the program finishes.





Oatmeal drink

Ingredients:

Oat flakes	70 g
Frozen cherry	35 g
Orange juice	50 g
Milk	450 g
Yoghurt	120 g
Honey	30 g



Difficulty
Easy



Getting ready
3 min



Preparation
17 min



Servings
3

Preparation procedure:

Put oat flakes and cherries in the blender bowl, add milk, juice, honey, yoghurt and close the cover.

Press  «ON/OFF» button.

Use  «FUNCTION» button to select  «PORRIDGE» program and press  «ON/OFF» button.

Prepare until the program finishes.





Rice porridge drink

 Difficulty Easy	 Getting ready 3 min	 Preparation 17 min	 Servings 3
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Ingredients:

Milk suitable for children	400 ml
Rice	35 g
Water	100 ml
Vanilla extract	0.5 teaspoonful
Sugar to taste	
Salt to taste	

Preparation procedure:

Put rice in the blender bowl, add milk, water, salt, sugar, vanilla extract and close the cover.

Press  «ON/OFF» button.

Use  «FUNCTION» button to select  «PORRIDGE» program and press  «ON/OFF» button.

Prepare until the program finishes.



Oatmeal drink with banana and dates



Difficulty
Easy



Getting ready
4 min



Preparation
17 min



Servings
3-4



Ingredients:

Oat flakes	70 g
Water	500 ml
Banana	150 g
Yoghurt	100 g
Dates or prunes	50 g
Cocoa powder	5 g
Sugar to taste	

Preparation procedure:

Put oat flakes in the blender bowl, add water, sugar, cocoa powder, yoghurt, sliced banana, dates or prunes and close the cover.

Press  «ON/OFF» button.

Use  «FUNCTION» button to select  «PORRIDGE» program and press  «ON/OFF» button.

Prepare until the program finishes.



Oatmeal drink with strawberry

 Difficulty Easy	 Getting ready 3 min	 Preparation 17 min	 Servings 3
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Preparation procedure:

Put oat flakes in the blender bowl, add strawberries, milk, water, sugar, yoghurt, flax seeds and close the cover.

Press  «ON/OFF» button.

Use  «FUNCTION» button to select  «PORRIDGE» program and press  «ON/OFF» button.

Prepare until the program finishes.

Ingredients:

Oat flakes	75 g
Strawberries	150 g
Yoghurt	100 g
Water	300 ml
Milk	150 ml
Flax seeds	10 g
Sugar to taste	





Oatmeal drink with apple and cinnamon

Ingredients:

Oat flakes	60 g
Apples	150 g
Yoghurt	100 g
Water	300 ml
Milk	150 ml
Cinnamon to taste	
Sugar to taste	



Difficulty
Easy



Getting ready
4 min



Preparation
17 min



Servings
3

Preparation procedure:

Put oat flakes and peeled apples in the blender bowl, add milk, yoghurt, water, sugar, cinnamon and close the cover.

Press  «ON/OFF» button.

Use  «FUNCTION» button to select  «PORRIDGE» program and press  «ON/OFF» button.

Prepare until the program finishes.





Creamy spicy zucchini soup



Difficulty
Medium



Getting ready
10 min



Preparation
20 min



Servings
2-3



Ingredients:

Zucchini	300 g
Potatoes	100 g
Water	350 ml
Cream	150 g
Salt	1 teaspoonful
Curry (powder)	0.5 teaspoonful
Fresh dill	2 twigs
Croutons	30 g

Preparation procedure:

Wash the zucchinis, chop off the stem and blossom ends, remove seeds, and grate on the coarse side of the grater.

Cut potatoes into thin sticks. Put the grated zucchinis in the blender bowl, add potatoes, water and close the blender cover.

Press  «ON/OFF» button.

Use  «FUNCTION» button to select  «THICK SOUP» program and press  «ON/OFF» button.

7 minutes before the program finishes, open the loading cover, add cream, salt, curry, and put the cover back.

Prepare until the program finishes.

Serve with dill and croutons.



Creamy lentil soup



Difficulty
Medium



Getting ready
10 min



Preparation
20 min



Servings
4-5

Preparation procedure:

Chop onions and carrots in medium-sized cubes.

Put lentils, onions, carrots in the blender and cover with water. Close the upper cover.

Press  «ON/OFF» button.

Use  «FUNCTION» button to select  «THICK SOUP» program and press  «ON/OFF» button.

7 minutes before the program finishes, open the loading cover, add cream, salt, pepper, put the cover back and prepare until the program finishes.

When the program finishes, put the soup in a plate, add croutons and decorate with herbs.

Ingredients:

Red lentils	250 g
Onions	140 g
Carrots	150 g
Cream (10-15%)	200 g
Salt	1 teaspoonful
Ground black pepper	
Water	1 l
White toast bread (croutons)	





Creamy cheese soup

Ingredients:

Cream cheese	200 g
Potatoes	200 g
Onions	100 g
Carrots	100 g
Cream (10-15%)	150 g
Salt to taste	
Ground black pepper	
Garlic	1 clove
Water	800 ml
White toast bread (croutons)	



Difficulty
Medium



Getting ready
10 min



Preparation
20 min



Servings
4

Preparation procedure:

Chop potatoes, onions and carrots in small cubes.

Put the potatoes, onions, carrots in the blender bowl and cover with water.

Close the upper cover.

Press  «ON/OFF» button.

Use  «FUNCTION» button to select  «THICK SOUP» program and press  «ON/OFF» button.

7 minutes before the program finishes, open the loading cover, add cream cheese cut in big cubes, cream, salt, pepper, put the cover back and prepare until the program finishes.

When the program finishes, put the soup in a plate, add croutons and decorate with herbs.





Creamy mushroom soup



Difficulty
Medium



Getting ready
10 min



Preparation
20 min



Servings
4



Ingredients:

Mushrooms (champignons)	400 g
Onions	150 g
Cream 20%	200 ml
Milk	100 ml
Water	600 ml
Pinch of thyme	
Salt to taste	
Ground black pepper	
Croutons for decoration	

Preparation procedure:

Slice mushrooms and onions.

Put the mushrooms, onions and milk in the blender bowl and cover with water.

Close the upper cover.

Press  «ON/OFF» button.

Use  «FUNCTION» button to select  «THICK SOUP» program and press  «ON/OFF» button.

7 minutes before the program finishes, open the loading cover and add cream, salt, ground black pepper, thyme, put the cover back and prepare until the program finishes.

When the program finishes, put the soup in a plate, add croutons and decorate with herbs.



Creamy onion soup



Difficulty
Medium



Getting ready
10 min



Preparation
20 min



Servings
4-5



Ingredients:

Onions	400 g
Potatoes	150 g
Cream 20%	200 ml
White dry wine	50 ml
Pinch of nutmeg	
Salt to taste	
Water	800 ml
Ground black pepper	
Croutons for decoration	
Grated cheese for decoration	
Herbs for decoration	

Preparation procedure:

Cut potatoes and onions in small sticks.

Put the potatoes and onions in the blender bowl and cover with water.

Close the upper cover.

Press  «ON/OFF» button.

Use  «FUNCTION» button to select  «THICK SOUP» program and press  «ON/OFF» button.

7 minutes before the program finishes, open the loading cover, add cream, salt, ground black pepper, nutmeg, wine, put the cover back and prepare until the program finishes.

When the program finishes, put the soup in a plate, put croutons on top, decorate with herbs and sprinkle with grated cheese.



Vegetable cocktail with celery, apple and kiwi



Difficulty
Easy



Getting ready
5 min



Preparation
2 min



Servings
3



Ingredients:

Kiwi	300 g
Ribbed celery	100 g
Apples	200 g
Lettuce	30 g
Parsley	15 g
Honey to taste	
Still mineral water	250 ml

Preparation procedure:

Peel kiwi and apples, put in the blender bowl, add celery, parsley, lettuce, honey, water and close the cover.

Press  «ON/OFF» button.

Use  «FUNCTION» button to select  «FRUITS VEGETABLES» program and press  «ON/OFF» button.

Prepare until the program finishes.



Carrot and pumpkin cocktail with apples



Difficulty
Easy



Getting ready
2 min



Preparation
5 min



Servings
2-3

Ingredients:

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

Preparation procedure:

Peel carrots, pumpkin, and apples, chop and put in the blender bowl, then add apple juice and close the cover.

Press  «ON/OFF» button.

Use  «FUNCTION» button to select  «FRUITS VEGETABLES» program and press  «ON/OFF» button.

Prepare until the program finishes.





Green fitness cocktail



Difficulty
Easy



Getting ready
5 min



Preparation
2 min



Servings
3-4

Preparation procedure:

Chop celery and cucumber, put in the blender bowl, add spinach, parsley, oat flakes, flax seeds, olive oil, lemon juice, salt, water and close the cover.

Press  «ON/OFF» button.

Use  «FUNCTION» button to select  «FRUITS VEGETABLES» program and press  «ON/OFF» button.

Prepare until the program finishes.

Ingredients:

Ribbed celery	200 g
Spinach	100 g
Parsley	50 g
Oat flakes	100 g
Flax seeds	50 g
Olive oil	50 g
Drinking water	500 ml
Cucumber	200 g
Lemon juice	25 ml
Sea salt to taste	





Pumpkin and citrus smoothie with ginger

Ingredients:

Pumpkin	250-300 g
Grapefruit	350 g
Orange	200 g
Honey	40 g
Ginger (root)	5 g
Cinnamon	1/4 teaspoonful
Fruit juice	100 ml



Difficulty
Easy



Getting ready
5 min



Preparation
2 min



Servings
4

Preparation procedure:

Peel pumpkin, orange, and grapefruit, chop and load in the blender bowl, then add honey, ginger, cinnamon, juice and close the cover.

Press  «ON/OFF» button.

Use  «FUNCTION» button to select  «FRUITS VEGETABLES» program and press  «ON/OFF» button.

Prepare until the program finishes.





Tomato fresh with basil

 Difficulty Easy	 Getting ready 5 min	 Preparation 2 min	 Servings 2-3
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Ingredients:

Tomatoes	500 g
Basil	1 twig
Salt	1 teaspoonful
Sugar	10 g

Preparation procedure:

Wash the tomatoes and dip in boiling water for 2 minutes.

Blanch the tomatoes.

Put tomatoes and basil in the blender bowl, add salt, sugar and close the cover.

Press  «ON/OFF» button.

Use  «FUNCTION» button to select  «FRUITS VEGETABLES» program and press  «ON/OFF» button. Prepare until the program finishes.



Strawberry and banana smoothie

Ingredients:

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



Difficulty
Easy



Getting ready
3 min



Preparation
1 min



Servings
2-3

Preparation procedure:

Peel the banana.

Wash the strawberries well.

Put banana, strawberries, water and milk in the blender bowl.

Close the cover, press  «ON/OFF» button, use  «FUNCTION» button to select  «SMOOTHIE» program and press  «ON/OFF» button.

Prepare until the program finishes.





Frozen berry smoothie



Difficulty
Easy



Getting ready
3 min



Preparation
1 min



Servings
2-3



Ingredients:

Frozen berries (any)	250 g
Plain yoghurt	250 g
Vanilla extract	1 teaspoonful
Fruit juice or milk	200 g

Preparation procedure:

Put frozen berries in the blender bowl, add yoghurt, vanilla extract, juice or milk and close the cover.

Press  «ON/OFF» button.

Use  «FUNCTION» button to select  «SMOOTHIE» program and press  «ON/OFF» button.

Prepare until the program finishes.



Apples and herbs smoothie



Difficulty
Easy



Getting ready
5 min



Preparation
1 min



Servings
2-3



Ingredients:

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

Preparation procedure:

Wash the apples, remove the seeds, cut in quarters.

Put apples, lemon juice and basil in the blender bowl, add parsley, water and close the cover.

Press  «ON/OFF» button.

Use  «FUNCTION» button to select  «SMOOTHIE» program and press  «ON/OFF» button.

Prepare until the program finishes.



Berry smoothie with ice-cream

 Difficulty Easy	 Getting ready 3 min	 Preparation 1 min	 Servings 2-3
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Preparation procedure:

Wash the berries well and put in the blender bowl, add sugar, ice-cream, milk and close the blender cover.

Press  «ON/OFF» button.

Use  «FUNCTION» button to select  «SMOOTHIE» program and press  «ON/OFF» button.

Prepare until the program finishes.

Ingredients:

Berries (raspberry, blackberry, strawberry)	400 g
Sugar 30 g	30 g
Ice-cream (extra rich)	1 serving
Milk	200 ml





Cottage cheese and banana smoothie with oat flakes

Ingredients:

Banana	200 g
Cottage cheese	150 g
Milk	300 ml
Oat flakes	30 g
Sugar or honey to taste	



Difficulty
Easy



Getting ready
3 min



Preparation
1 min



Servings
2-3

Preparation procedure:

Peel the banana and put in the blender bowl, add cottage cheese, milk, oat flakes, sugar or honey and close the cover.

Press  «ON/OFF» button.

Use  «FUNCTION» button to select  «SMOOTHIE» program and press  «ON/OFF» button.

Prepare until the program finishes.





Milk and chocolate shake with banana

 Difficulty Easy	 Getting ready 2 min	 Preparation 1 min	 Servings 2
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Preparation procedure:

Peel the banana and put in the blender bowl, add sugar, cocoa, milk, ice and close the blender cover.

Press  «ON/OFF» button.

Use  «FUNCTION» button to select  «SMOOTHIE» program and press  «ON/OFF» button.

Prepare until the program finishes.

Ingredients:

Cocoa powder	25 g
Banana	100 g
Sugar	30 g
Cold milk	450 ml
Ice	100 g





Peach and apricot milkshake

Ingredients:

Fresh peaches	250 g
Fresh apricots	200 g
Milk	200 g
Ice-cream (extra rich)	180 g
Ice	100 g



Difficulty
Easy



Getting ready
3 min



Preparation
1 min



Servings
2-3

Preparation procedure:

Pit the peaches and apricots, put the fruit in the blender bowl.

Add milk, ice-cream, ice and close the blender cover.

Press  «ON/OFF» button.

Use  «FUNCTION» button to select  «SMOOTHIE» program and press  «ON/OFF» button.

Prepare until the program finishes.





Strawberry milkshake



Difficulty
Easy



Getting ready
2 min



Preparation
1 min



Servings
2



Ingredients:

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

Preparation procedure:

Wash the strawberries well and put in the blender bowl, add ice-cream, milk, ice and close the cover.

Press  «ON/OFF» button.

Use  «FUNCTION» button to select  «SMOOTHIE» program and press  «ON/OFF» button.

Prepare until the program finishes.



Strawberry shake



Difficulty
Easy



Getting ready
2 min



Preparation
1 min



Servings
2-3

Ingredients:

Strawberries	400 g
Milk	200 g
Sugar	30 g
Ice-cream (extra rich)	150 g
Ice	100 g

Preparation procedure:

Wash the strawberries well and put in the blender bowl, add ice-cream, sugar, milk, ice and close the cover.

Press  «ON/OFF» button.

Use  «FUNCTION» button to select  «SMOOTHIE» program and press  «ON/OFF» button.

Prepare until the program finishes.





Classic milkshake

<p>Difficulty Easy</p>	<p>Getting ready 2 min</p>	<p>Preparation 1 min</p>	<p>Servings 3-4</p>
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Preparation procedure:

Put ice-cream in the blender bowl, add milk, sugar, vanilla extract, ice and close the cover.

Press «ON/OFF» button.

Use «FUNCTION» button to select «SMOOTHIE» program and press «ON/OFF» button.

Prepare until the program finishes.

Ingredients:

Milk	500 g
Ice-cream	200 g
Vanilla extract	1 teaspoonful
Sugar	40 g or to taste
Ice	150 g





Crushed ice with juice



Difficulty
Easy



Getting ready
3 min



Preparation
2 min



Servings
2

Ingredients:

Ice	200 g
Water	50 g
Fruit juice	150 ml

Preparation procedure:

Put ice in the blender bowl, add water, juice and close the cover.

Press  «ON/OFF» button.

Use  «FUNCTION» button to select  «GRIND» program and press  «ON/OFF» button.

Prepare until the program finishes.





Strawberries with sugar

 Difficulty Easy	 Getting ready 3 min	 Preparation 2 min	 Servings 5
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Preparation procedure:

Put strawberries in the blender bowl, add sugar and close the cover.

Press  «ON/OFF» button.

Use  «FUNCTION» button to select  «GRIND» program and press  «ON/OFF» button.

Prepare until the program finishes.

Ingredients:

Strawberries	500 g
Sugar	350 g





Crushed nuts

Ingredients:

Nuts 350 g



Difficulty
Easy



Getting ready
2 min



Preparation
2 min



Servings
2-3

Preparation procedure:

Put nuts in the blender bowl and close the cover.

Press  «ON/OFF» button.

Use  «FUNCTION» button to select  «GRIND» program and press  «ON/OFF» button.

Prepare until the program finishes.





Minced meat



Difficulty
Easy



Getting ready
3 min



Preparation
2 min



Servings
2-3



Ingredients:

Meat	300 g
Onions	100 g
Ground black pepper	
Salt to taste	

Preparation procedure:

Chop meat and onions in cubes of approximately 3 cm, put in the blender bowl, add salt, pepper and close the cover.

Press  «ON/OFF» button.

Use  «FUNCTION» button to select  «GRIND» program and press  «ON/OFF» button.

Prepare until the program finishes.



Tomato spaghetti sauce



Difficulty
Medium



Getting ready
3 min



Preparation
1 min



Servings
2-3



Ingredients:

Blanched and peeled tomatoes	300 g
Red bell pepper	70 g
Fresh basil	10 g
Garlic	7 g
Ground black pepper	30 g
Sunflower oil	
Salt to taste	
Sugar to taste	

Preparation procedure:

Put tomatoes, chopped bell peppers, basil, garlic in the blender bowl, add sunflower oil, salt, sugar, black ground pepper and close the cover.

Press  «ON/OFF» button.

Use  «FUNCTION» button to select  «GRIND» program and press  «ON/OFF» button.

Prepare until the program finishes.



Potato and cheese soup with mushrooms

 Difficulty Medium	 Getting ready 10 min	 Preparation 20 min	 Servings 4-5
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Preparation procedure:

Peel potatoes, onions, and carrots, chop in small cubes and put in the blender bowl, add thin mushroom slices, add water and close the blender cover.

Press  «ON/OFF» button. Use  «FUNCTION» button to select  «STEAM» program and press  «ON/OFF» button.

7 minutes before the program finishes, open the loading cover, add salt, ground black pepper, butter and put the cover back.

Prepare until the program finishes.

Let sit for 10 minutes.

Sprinkle with herbs before serving.

Ingredients:

Potatoes	150 g
Mushrooms (champignons)	100 g
Cream cheese	200 g
Onions	50 g
Carrots	70 g
Water	800 g
Butter	30 g
Salt, pepper to taste	
Herbs for decoration	





Fish soup

Ingredients:

Fish fillet	200 g
Potatoes	150 g
Onions	50 g
Carrots	50 g
Water	800 g
Salt, pepper to taste	
Herbs for decoration	
Butter	40 g

●●●●●
Difficulty
Medium

🕒
Getting ready
10 min

🔥
Preparation
20 min

🍲
Servings
4-5

Preparation procedure:

Chop the fish fillet. Peel potatoes, onions, carrots and chop in small cubes.

Put potatoes, carrots, onions in the blender bowl, add water, salt and close the blender cover.

Press  «ON/OFF» button.

Use  «FUNCTION» button to select  «STEAM» program and press  «ON/OFF» button.

10 minutes before the program finishes, open the loading cover, add fish, ground black pepper, butter and put the cover back.

Prepare until the program finishes.

Let sit for 10 minutes.

Sprinkle with herbs before serving.





Bulgur porridge with dried fruit



Difficulty
Easy



Getting ready
5 min



Preparation
20 min



Servings
4



Ingredients:

Bulgur grain	200 g
Onions	50 g
Dried apricots	50 g
Raisins	35 g
Water	360 g
Salt to taste	

Preparation procedure:

Peel the onions, cut into strips and put in the blender bowl, add dried apricots cut in strips, add bulgur, raisins, salt, water and close the blender cover.

Press  «ON/OFF» button.

Use  «FUNCTION» button to select  «STEAM» program and press  «ON/OFF» button.

Prepare until the program finishes.

Let sit for 10 minutes.



Buckwheat with mushrooms



Difficulty
Easy



Getting ready
5 min



Preparation
20 min



Servings
4



Ingredients:

Buckwheat	150 g
Mushrooms (champignons)	50 g
Onions	50 g
Water	300 g
Salt, pepper to taste	
Butter	40 g

Preparation procedure:

Slice mushrooms, peel onions and cut in strips.

Wash buckwheat well.

Put mushrooms, onions, buckwheat, salt, water in the blender bowl and close the blender cover.

Press  «ON/OFF» button.

Use  «FUNCTION» button to select  «STEAM» program and press  «ON/OFF» button.

5 minutes before the program finishes, open the loading cover, add butter and put the cover back.

Prepare until the program finishes.

Let sit for 10 minutes.



Rice porridge with apples



Difficulty
Easy



Getting ready
5 min



Preparation
20 min



Servings
4

Preparation procedure:

Wash rice well.

Peel apples and cut in small cubes.

Put rice, apples, raisins in the blender bowl, add cinnamon, salt, sugar, water and close the blender cover.

Press  «ON/OFF» button.

Use  «FUNCTION» button to select  «STEAM» program and press  «ON/OFF» button.

Prepare until the program finishes.

Let sit for 10 minutes.

Ingredients:

Basmati rice	150 g
Water	300 g
Apples	50 g
Raisins	30 g
Cinnamon to taste	
Salt, sugar to taste	

