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# COOKBOOK

HB-P655-MS01 and HB-P655-TH01

Kind Reminder:

This is the recommended recipe and is only used for reference. Since actual ingredients have different varieties and flavors, the final result may differ.



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# Avocado & Banana Smoothie

## Time

2 minutes

## Servings

1 - 2 people

## Ingredients

|                       |                |
|-----------------------|----------------|
| Ripe Avocado .....    | 1              |
| Ripe Banana .....     | 1              |
| Fresh Milk .....      | 200mL          |
| Honey .....           | 15mL           |
| Small Ice Cubes ..... | 8 (86g, 2*2cm) |

## Steps

1. Wash and prepare ingredients. Peel and pit the avocado; peel the banana.
2. Cut both into approximately 2\*2\*2 cm cubes.
3. Place all ingredients into the jar and secure the lid, soundproof cover, and feeding cover.
4. Lightly touch "MENU" to select the "Smoothie" program, then touch "Start/Cancel".
5. Once finished, pour into a cup and enjoy.

# Berry Smoothie

## Time

2 minutes

## Servings

2 - 3 people

## Ingredients

|                          |                |
|--------------------------|----------------|
| Fresh Banan .....        | 280g           |
| Fresh Strawberries ..... | 190g           |
| Fresh Blueberries .....  | 125g           |
| Milk .....               | 500mL          |
| Small Ice Cubes .....    | 8 (86g, 2*2cm) |

## Steps

1. Wash all fruits. Peel the banana and remove strawberry stems.
2. Cut the banana into approximately 2\*2\*2 cm cubes.
3. Place all ingredients into the jar and secure the lid, soundproof cover, and feeding cover.
4. Lightly touch "MENU" to select the "Smoothie" program, then touch "Start/Cancel".
5. Once finished, pour into a cup and enjoy.







# Mango Smoothie

## Time

2 minutes

## Servings

2 - 3 people

## Ingredients

|              |                          |
|--------------|--------------------------|
| Mango .....  | 450g (approx. 50 pieces) |
| Milk .....   | 350mL                    |
| Yogurt ..... | 200g                     |

## Steps

1. Peel and pit the mango. Cut into approximately 2\*2\*2 cm cubes.
2. Place mango cubes into the jar, then add yogurt and milk.
3. Secure the lid, soundproof cover, and feeding cover.
4. Lightly touch "MENU" to select the "Smoothie" program, then touch "Start/Cancel".
5. Once finished, pour into a cup and enjoy.





# Watermelon & Pineapple Juice

## Time

3 minutes

## Servings

2 - 3 people

## Ingredients

|                      |                |
|----------------------|----------------|
| Watermelon(seedless) | 480g           |
| Pineapple            | 240g           |
| Lime juice           | 10mL           |
| Small Ice Cubes      | 8 (86g, 2*2cm) |
| Water                | 200mL          |

## Steps

1. Peel the pineapple and watermelon; remove watermelon seeds if any.
2. Cut both into approximately 2\*2\*2 cm cubes.
3. Place all ingredients into the jar and secure the lid, soundproof cover, and feeding cover.
4. Lightly touch "MENU" to select the "Juice" program, then touch "Start/Cancel".
5. Once finished, pour into a cup and enjoy.



# Creamy Pumpkin Soup

## Time

40 minutes

## Servings

3 - 4 people

## Ingredients

|                             |          |
|-----------------------------|----------|
| Pumpkin .....               | 600g     |
| Small Onion .....           | 1        |
| Garlic Cloves .....         | 2        |
| Water .....                 | 500mL    |
| Chicken Bouillon Cube ..... | 1        |
| Milk .....                  | 30mL     |
| Salt & Black Pepper .....   | To taste |

## Steps

1. Peel and wash pumpkin and small onion; cut into approximately 2\*2\*2 cm cubes. Peel the garlic.
2. Place all ingredients into the jar and secure the lid, soundproof cover, and feeding cover.
3. Lightly touch "MENU" to select the "Soup/ Puree" program, then touch "Start/Cancel".
4. Once finished, pour into a bowl and enjoy (Optional: stir in cream or coconut milk).





# Fragrant Sesame Paste

## Time

40 minutes

## Servings

3 - 4 people

## Ingredients

|                          |                         |
|--------------------------|-------------------------|
| Black Sesame Seeds ..... | 2+1/2 Measuring Cups    |
| Glutinous Rice .....     | 1/2 measuring cup (25g) |
| Walnut Kernels .....     | 15g                     |
| Rock Sugar .....         | 15g                     |

## Steps

1. Rinse all ingredients and place them into the cup.
2. Add water up to 1000mL. Secure the lid, soundproof cover, and feeding cover.
3. Lightly touch "MENU" to select the "Soup/ Puree" program, then touch "Start/Cancel".
4. Once finished, pour into a cup and enj



# Pumpkin & Millet Puree

## Time

40 minutes

## Servings

3- 4 people

## Ingredients

Pumpkin ..... 200g  
Millet ..... 60g (approx. 1.5 measuring cups)

## Steps

1. Wash the millet. Peel and de-seed the pumpkin, then cut into approximately 2\*2\*2 cm cubes.
2. Place all ingredients into the jar and add water up to the 1000mL mark. Secure the lid, soundproof cover, and feeding cover.
3. Lightly touch "MENU" to select the "Soup/ Puree" program, then touch "Start/Cancel".
4. Once finished, pour into a cup and enjoy.





# Eight-Treasure Porridge

## Time

60 minutes

## Servings

3 - 4 people

## Ingredients

|                        |                         |
|------------------------|-------------------------|
| Black Rice .....       | 20g                     |
| Glutinous Rice .....   | 20g                     |
| Sorghum .....          | 20g                     |
| Wheat Berries .....    | 20g                     |
| Red Kidney Beans ..... | 20g (1/2 measuring cup) |
| Coix Seeds .....       | 15g (1/4 measuring cup) |
| Peanuts .....          | 15g (1/2 measuring cup) |
| Lotus Seeds .....      | 8                       |
| Red Dates .....        | 5                       |

## Steps

1. Rinse all ingredients. Soak wheat berries, coix seeds, red beans, red kidney beans, peanuts, and lotus seeds in water for at least 4 hours.
2. Place all ingredients into the cup and add water up to 1000mL.
3. Secure the lid, soundproof cover, and feeding cover.
4. Lightly touch "MENU" to select the "Porridge" program, then touch "Start/Cancel".
5. Once finished, pour into a bowl and enjoy.



# Multi-Grain Milk

## Time

40 minutes

## Servings

3 - 4 people

## Ingredients

|                      |                         |
|----------------------|-------------------------|
| Dried Soybeans ..... | 15g                     |
| Rice .....           | 15g                     |
| Millet .....         | 15g (1/4 measuring cup) |
| Corn Grits .....     | 10g (1/4 measuring cup) |
| Wheat Berries .....  | 10g (1/4 measuring cup) |

(Total ingredients should not exceed 1+1/4 measuring cups).

## Steps

1. Rinse all ingredients and place them into the cup.
2. Add water up to 1000mL. Secure the lid, soundproof cover, and feeding cover.
3. Lightly touch "MENU" to select the "Grain Milk" program, then touch "Start/Cancel".
4. Once finished, pour into a cup and enjoy.



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