

# AENO

## Recipes for the AENO Cooking Blender TB2



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# Soy milk

<div>●●○○○</div> <div>Difficulty</div> <div>Low</div>	<div></div> <div>Preparation</div> <div>4 min</div>	<div></div> <div>Cooking</div> <div>25 min</div>	<div></div> <div>Servings</div> <div>3</div>
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## Ingredients:

Soy	150 g
Water	1100 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 NUT/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

<div><div>●●○○○</div><div>Difficulty</div><div>Low</div></div>	<div><div>⌚</div><div>Preparation</div><div>4 min</div></div>	<div><div>🔥</div><div>Cooking</div><div>25 min</div></div>	<div><div>🍲</div><div>Servings</div><div>3</div></div>
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## Ingredients:

Hazelnuts	150 g
Water	750 g

## 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 NUT/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

<div>●●○○○</div> <div>Difficulty</div> <div>Low</div>	<div></div> <div>Preparation</div> <div>4 min</div>	<div></div> <div>Cooking</div> <div>25 min</div>	<div></div> <div>Servings</div> <div>4</div>
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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 NUT/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:

Walnuts	50 g
Water	850 ml

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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 NUT/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

<div>●●○○○</div> <div>Difficulty</div> <div>Low</div>	<div></div> <div>Preparation</div> <div>2 min</div>	<div></div> <div>Cooking</div> <div>15 min</div>	<div></div> <div>Servings</div> <div>3</div>
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Ingredients:





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

Serve with:

Grated chocolate

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 NUT/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.









# Strawberry banana smoothie

## Ingredients:

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

## How to cook:

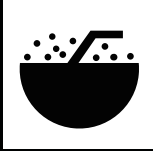
Wash the strawberries well.  
Peel banana.

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!

 Difficulty Low	 Preparation 3 min	 Cooking 1 min	 Servings 2-3
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# Frozen berry smoothie





<div></div> <div>Difficulty Low</div>	<div></div> <div>Preparation 3 min</div>	<div></div> <div>Cooking 1 min</div>	<div></div> <div>Servings 2-3</div>
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Ingredients:

Frozen berries (any)	250g
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

<div><div>●●○○○○</div><div>Difficulty</div><div>Low</div></div>	<div><div></div><div>Preparation</div><div>5 min</div></div>	<div><div></div><div>Cooking</div><div>1 min</div></div>	<div><div></div><div>Servings</div><div>2-3</div></div>
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## 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

 Difficulty Low	 Preparation 3 min	 Cooking 1 min	 Servings 2-3
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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 (raspberries, blackberries, strawberries)	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	

## 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!

 Difficulty Low	 Preparation 3 min	 Cooking 1 min	 Servings 2-3
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# Milk chocolate cocktail with banana

<div>●●●●●</div> <div>Difficulty</div> <div>Low</div>	<div></div> <div>Preparation</div> <div>2 min</div>	<div></div> <div>Cooking</div> <div>1 min</div>	<div></div> <div>Servings</div> <div>2</div>
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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

## How to cook:

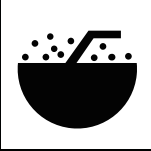
Wash peaches and apricots and remove kernels. Place fruits in a blender bowl, add milk, ice cream, ice and close the lid. Press ON/OFF . Use the FUNCTION  button to select the SMOOTHIE  program, and press ON/OFF . Cook till the program runs out.

The cocktail is ready!

 Difficulty Low	 Preparation 3 min	 Cooking 1 min	 Servings 2-3
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# Milk strawberry cocktail





<div></div> <div>Difficulty Low</div>	<div></div> <div>Preparation 2 min</div>	<div></div> <div>Cooking 1 min</div>	<div></div> <div>Servings 2</div>
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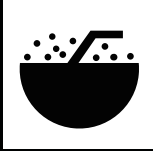
### Ingredients:

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

### How to cook:

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

<div><div>●●○○○○</div><div>Difficulty</div><div>Low</div></div>	<div><div></div><div>Preparation</div><div>2 min</div></div>	<div><div></div><div>Cooking</div><div>1 min</div></div>	<div><div></div><div>Servings</div><div>2-3</div></div>
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## 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

<div>●●○○○</div> <div>Difficulty</div> <div>Low</div>	<div></div> <div>Preparation</div> <div>3 min</div>	<div></div> <div>Cooking</div> <div>1 min</div>	<div></div> <div>Servings</div> <div>3-4</div>
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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 tsp.
Sugar	40 g or your liking
Ice	150 g





# Creamy zucchini soup with curry

<div><div>●●●●●</div><div>Difficulty</div><div>Medium</div></div>	<div><div></div><div>Preparation</div><div>10 min</div></div>	<div><div></div><div>Cooking</div><div>20 min</div></div>	<div><div></div><div>Servings</div><div>2-3</div></div>
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## 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 CREAM 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

<div>●●●●●</div> <div>Difficulty</div> <div>Medium</div>	<div></div> <div>Preparation</div> <div>10 min</div>	<div></div> <div>Cooking</div> <div>20 min</div>	<div></div> <div>Servings</div> <div>4-5</div>
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## 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 CREAM 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%)	150g
Water	800 ml
Salt to your liking	
Ground black pepper	

### Serve with:

White toast bread (crackers)	30 g
Greens	

### 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 CREAM 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.

 Difficulty Medium	 Preparation 10 min	 Cooking 20 min	 Servings 4
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# Creamy mushroom soup

<div><div>●●●●●</div><div>Difficulty</div><div>Medium</div></div>	<div><div><div></div></div><div>Preparation</div><div>10 min</div></div>	<div><div><div></div></div><div>Cooking</div><div>20 min</div></div>	<div><div><div></div></div><div>Servings</div><div>4</div></div>
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### 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 CREAM 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.



# Olnion cream soup

<div><div>●●●●●</div><div>Difficulty</div><div>Medium</div></div>	<div><div></div><div>Preparation</div><div>10 min</div></div>	<div><div></div><div>Cooking</div><div>20 min</div></div>	<div><div></div><div>Servings</div><div>4-5</div></div>
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## Ingredients:

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

## 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 CREAM 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.









# Creamy milk buckwheat with cocoa

<div>●●●●●</div> <div>Difficulty</div> <div>Medium</div>	<div></div> <div>Preparation</div> <div>5 min</div>	<div></div> <div>Cooking</div> <div>15 min</div>	<div></div> <div>Servings</div> <div>2-3</div>
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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 PASTRY  program, 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

## Serve with:

Banana	70 g
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# 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

## Serve with:

Seasonal berries

## 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 PASTRY  program, press ON/OFF  and cook till the program runs out.

Serve warm, topped with fresh seasonal berries.

 Difficulty Medium	 Preparation 5 min	 Cooking 15 min	 Servings 2-3
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# Creamy milk rice with apples and raisins

<div>●●●●●</div> <div>Difficulty</div> <div>Medium</div>	<div></div> <div>Preparation</div> <div>5 min</div>	<div></div> <div>Cooking</div> <div>15 min</div>	<div></div> <div>Servings</div> <div>2-3</div>
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### 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 PASTRY  program, press ON/OFF  and cook till the program runs out.

Serve warm, top with butter and raisins.





# Creamy semolina with apples and cinnamon

<div><div>●●●●●</div><div>Difficulty</div><div>Medium</div></div>	<div><div></div><div>Preparation</div><div>5 min</div></div>	<div><div></div><div>Cooking</div><div>15 min</div></div>	<div><div></div><div>Servings</div><div>3</div></div>
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## 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 PASTRY  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

<div>●●●●●</div> <div>Difficulty</div> <div>Medium</div>	<div></div> <div>Preparation</div> <div>4 min</div>	<div></div> <div>Cooking</div> <div>15 min</div>	<div></div> <div>Servings</div> <div>4</div>
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## 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 PASTRY  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	

## Ingredients:

Nuts (any)







# Corn porridge with semolina

<div><div>●●○○○</div><div>Difficulty</div><div>Low</div></div>	<div><div></div><div>Preparation</div><div>2 min</div></div>	<div><div></div><div>Cooking</div><div>18 min</div></div>	<div><div></div><div>Servings</div><div>4-5</div></div>
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## Ingredients:

KCornmeal	80 g
Semolina	35 g
Water	400 ml
Milk	400 ml
Salt to your liking	
Butter	20 g

## How to cook:

Put semolina and cornmeal into a blender bowl, add water, milk, salt and close the blender lid. Press ON/OFF . Use the FUNCTION button to select the CORN/CEREALS program, and press ON/OFF . Cook till the program runs out.

Serve warm, top with a piece of butter.





# Corn porridge with vegetables

<div><div>●●○○○</div><div>Difficulty</div><div>Low</div></div>	<div><div></div><div>Preparation</div><div>5 min</div></div>	<div><div></div><div>Cooking</div><div>18 min</div></div>	<div><div></div><div>Servings</div><div>4</div></div>
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## How to cook:

Peel and cut carrots and onions. Put cornmeal, carrots, onions into a blender bowl, add water, milk, salt and close the blender lid. Press ON/OFF . Use the FUNCTION button to select the CORN/CEREALS program, and press ON/OFF . Cook till the program runs out.

Serve warm, top with greens.

## Ingredients:

Cornmeal	150 g
Carrots	80 g
Onions	60 g
Water	600 ml
Milk	100 ml
Salt to your liking	

## Serve with:

Greens











# Corn porridge with cheese spread

## Ingredients:

Cornmeal 150 g	150 g
Cheese spread 100 g	100 g
Water 600 ml	600 ml
Milk 100 ml	100 ml
Ground curry 1 g	1 g
Salt to your liking	

## How to cook:

Put cornmeal into a blender bowl, add cheese spread, water, milk, curry, salt and close the blender lid. Press ON/OFF . Use the FUNCTION  button to select the CORN/CEREALS  program, and press ON/OFF . Cook till the program runs out.

Serve warm

 Difficulty Low	 Preparation 3 min	 Cooking 18 min	 Servings 4
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# Corn porridge with dry fruits

<div>●●○○○</div> <div>Difficulty</div> <div>Low</div>	<div></div> <div>Preparation</div> <div>5 min</div>	<div></div> <div>Cooking</div> <div>18 min</div>	<div></div> <div>Servings</div> <div>3-4</div>
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## Ingredients:

Cornmeal	170 g
Raisins	50 g
Dried apricots	50 g
Water	600 ml
Milk	120 ml
Salt to your liking	

## How to cook:

Put cornmeal into a blender bowl, add raisins, dried apricots, water, milk, salt and close the blender lid. Press ON/OFF . Use the FUNCTION button to select the CORN/CEREALS program, and press ON/OFF . Cook till the program runs out.

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



# Corn porridge with pumpkin





<div><div>●●○○○</div><div>Difficulty</div><div>Low</div></div>	<div><div>🕒</div><div>Preparation</div><div>5 min</div></div>	<div><div>🔥</div><div>Cooking</div><div>18 min</div></div>	<div><div>🍲</div><div>Servings</div><div>3</div></div>
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## Ingredients:

Cornmeal	150 g
Pumpkin	120 g
Water	600 ml
Milk	120 ml
Salt to your liking	

## How to cook:

Put cornmeal, peeled and diced pumpkin into a blender bowl, add water, milk, salt and close the blender lid. Press ON/OFF . Use the FUNCTION  button to select the CORN/CEREALS  program, and press ON/OFF . Cook till the program runs out.

Serve warm









# 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	

## 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 CORN/CEREALS  program, press ON/OFF  and cook till the program runs out.

Serve warm.

 Difficulty Low	 Preparation 3 min	 Cooking 18 min	 Servings 4
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# Vegetable cocktail with celery, apple and kiwi





<div>●●○○○</div> <div>Difficulty</div> <div>Low</div>	<div></div> <div>Preparation</div> <div>5 min</div>	<div></div> <div>Cooking</div> <div>2 min</div>	<div></div> <div>Servings</div> <div>3</div>
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### 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/VEGGIES  program, and press ON/OFF . Cook till the program runs out.

The cocktail is ready!





# Carrot and pumpkin cocktail with apples

<div><div>●●○○○</div><div>Difficulty</div><div>Low</div></div>	<div><div></div><div>Preparation</div><div>2 min</div></div>	<div><div></div><div>Cooking</div><div>5 min</div></div>	<div><div></div><div>Servings</div><div>2-3</div></div>
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## 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/VEGGIES program, and press ON/OFF . Cook till the program runs out.

The cocktail is ready!









# Green fitness cocktail

<div>●●●●●</div> <div>Difficulty</div> <div>Low</div>	<div></div> <div>Preparation</div> <div>5 min</div>	<div></div> <div>Cooking</div> <div>2 min</div>	<div></div> <div>Servings</div> <div>3-4</div>
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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/VEGGIES  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	











# Carrot and 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 мл

## 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/VEGGIES  program, and press ON/OFF . Cook till the program runs out.

Smoothie is ready!

 Difficulty Low	 Preparation 5 min	 Cooking 2 min	 Servings 4
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# Tomato basil fresh





<div><div>●●○○○</div><div>Difficulty</div><div>Low</div></div>	<div><div></div><div>Preparation</div><div>5 min</div></div>	<div><div></div><div>Cooking</div><div>2 min</div></div>	<div><div></div><div>Servings</div><div>2-3</div></div>
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## 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/VEGGIES  program, and press ON/OFF . Cook till the program runs out.

Fresh is ready!