SWEET® HOME

Intelligent
Regimen Machine

Mini

SWEET® HOME

RECIPE BOOK

SWEET HOME ®

西瓜雪梨汁

材料：

西瓜3小量杯
雪梨1個

製作：

西瓜、雪梨去皮去核洗淨切粒(約1厘米立方)，放入
壺身內加熟水至500ml，選擇"果汁"按"啟動"，
完成後即可享用。

功效：含維生素C，清涼解渴。

Watermelon Pear Juice

Ingredients:
3 small cup watermelon,1 pear

Method:
Peel, remove seeds, rinse and dice watermelon and pear into
pieces (about 1 cm cube).
Put all ingredients into the container.
Add 500ml boiled water, select "juice" function and press
"start" button Serve.

Benefit:
Contain Vitamin C, cooling and thirst-quenching.

荔枝蘋果汁

材料:

荔枝10粒
蘋果1個

製作:

荔枝、蘋果去皮去核洗淨切粒(約1厘米立方)放入壺身內,加熟水至500ml,選擇"果汁"按"啟動",完成後即可享用。

功效: 補腦健身,開胃益脾。

Lychee Apple Juice

Ingredients:
10 lychees, 1 apple

Method:
Peel, remove seeds, rinse and dice lychees and apple into pieces (about 1 cm cube).
Put all ingredients into the container,
Add boiled water to 500ml water line.
Select "juice" function and press "start" button. Serve.

Benefit:
Promote brain and body fitness, stimulate appetite and strengthen spleen.

木瓜鮮奶

材料:

木瓜3小量杯
鮮奶500毫升

製作:

木瓜去皮去核洗淨切粒(約1厘米立方) 放入壺身內，加入鮮奶，選擇"果汁"按"啟動"，完成後即可享用。
功效: 含多種礦物質和維生素，增強抵抗力。

Papaya Milk

Ingredients:
3 small cups papaya, 500ml milk

Method:
Peel, remove seeds, rinse and dice papaya into pieces (about 1 cm cube).
Put papaya into the container and add milk.
Select "juice" function and press "start" button. Serve.

Benefit:
Contain a variety of minerals and vitamins, enhance immunes system.

雪梨鳳梨汁

材料:

雪梨1個
鳳梨3小量杯
蜂蜜適量

製作:

雪梨、鳳梨去皮去核，洗淨切粒(約1厘米立方)放入壺身內，加熟水至500ml水位線，選擇"果汁"鍵，按"啟動"，完成可按個人喜好加入蜂蜜享用。

功效: 促進身陳代謝。

Pear Pineapple Juice

Ingredients:
1 pear, 3 small cup pineapple, honey

Method:
Peel, remove core and dice pear and pineapple into pieces (about 1 cm cube).
Put all ingredients into the container.
Add boiled water to 500ml water line.
Select "juice" function and press "start" button.
 Add honey as per need. Serve.

Benefit:
Promote metabolishm.system.

蜜瓜檸檬汁

材料:

蜜瓜3小量杯
檸檬1/4個
蜂蜜適量

製作:

蜜瓜、檸檬去皮去核洗淨切粒(約1厘米立方)放入壺身內,加熟水至500ml水位線,選擇"果汁"按"啟動",完成後可按個人喜好加入蜂蜜享用.

功效: 保護腸道。

Melon Lemon Juice

Ingredients:
3 small cup melon, 1/4 lemon, honey

Method:
Peel, remove seeds, rinse and dice melon and lemon into pieces (about 1 cm cube).
Put the ingredient into the container and add boiled water to 500ml to water line.
Select "juice" function and press "start" button.
Add honey as per need. Serve.

Benefit:
Protect intestinal tract.

百合綠豆羹

材料：

百合1/2小量杯
綠豆1/2小量杯
大米1/4小量杯

製作：

將料洗淨放入壺身內，加水至800ml水位線，選擇“豆沙”按“啟動”，完成後按個人喜好加入糖，選擇“果汁”按“啟動”，完成後即可享用。

功效：滋陰清火、養心安神、補腦、抗衰老。

Lily Bulb and Green Bean Sweet Soup

Ingredients:
1/2 small cup lily bulb, 1/2 small cup green bean, 1/4 small cup of rice

Method:
Rinse and put all the ingredients into the container.
Add water to 800ml water line. Press the "bean paste" button.
Add sugar as per need.
Select the "juice" function and press "start" button. Serve.

Benefit:
Tonify yin and clear fire, calm the nerves, nourish brain, anti-aging.

花生蓮子羹

材料：

花生 (炒香)
蓮子各1/2小量杯
大米1/2小量杯

製作：

將料洗淨放入壺身內，加水至800ml水位線，按"豆沙"鍵，完成後按個人喜好加入糖，按"果汁"鍵，完成後即可享用。

功效：益氣補腎、降血脂、健脾胃、止瀉痢。

Peanut Lotus Seed Sweet Soup

Ingredients:
Peanuts (roasted), 1/2 small cup lotus seed, 1/2 small cup of rice

Method:
Rinse and put all the ingredients into the container.
Add water to 800ml water line.
Press the "bean paste" button.
Add sugar as per need.
Press the "juice" button. Serve.

Benefit:
Tonify qi & kidney, lower blood lipids; strengthen spleen and stomach, ease diarrhea

陳皮紅豆沙羹

材料：

紅豆1/2小量杯
大米1/2小量杯
陳皮1/2小片

製作：

將材料洗淨，陳皮浸軟去囊切碎放入壺身內，加水至800ml水位線，按“豆沙”鍵，完成後按個人喜好加入糖，按“果汁”鍵，完成後即可享用。

功效：健脾益胃、利尿消腫、通氣除煩。

Red Bean Sweet Soup

Ingredients:

1/2 small cup red bean, 1/2 small cup of rice, 1/2 small piece of dried tangerine peel

Method:

Rinse all ingredients.
Soak dried tangerine peel until soft. Scrape off the pith and chop into pieces.
Put all ingredients into the container and add water to 800ml water line.
Press the "bean paste" button. Add sugar as per need.
Press the "juice" button. Serve.

Benefit:

Strengthen spleen and stomach, promote urination & release edema, remove unpleasant mood.

粟米瘦肉粥

材料：

粟米粒1/2小量杯
大米1/2小量杯
瘦肉1/2小量杯

製作：

將材料洗淨，瘦肉切粒(約1厘米立方)放入壺身內，加水至800ml水位線，選擇"豆沙"鍵按"啟動"，完成後按個人喜好加入鹽調味即可享用。

Corn and Pork Congee

Ingredients:
Shelled corn, 1/2 small cup of rice, 1/2 small cup lean pork

Method:
Rinse all ingredients, dice lean pork inot piece (about 1 cm cube).
Put all ingredients into the container. Add water to 800ml water line.
Select the "bean paste" function and press the "start" button.
Season with salt.
Serve.

Benefit:
Smooth core and strengthen kidney, clear heat and release diabetes.

甘荀肉碎粥

材料：

甘荀1/2小量杯
肉碎1/2小量杯
大米1/2小量杯

製作：

將材料洗淨，甘荀切粒(約1厘米立方)放入壺身內，加水至800ml水位線，選擇"豆沙"按"啟動"，完成後按個人喜好加入鹽調味即可享用。

功效：抗氧化、降膽固醇。

Carrot Minced Pork Congee

Ingredients:
1/2 small cup carrot, 1/2 small cup minced pork, 1/2 small cup of rice

Method:
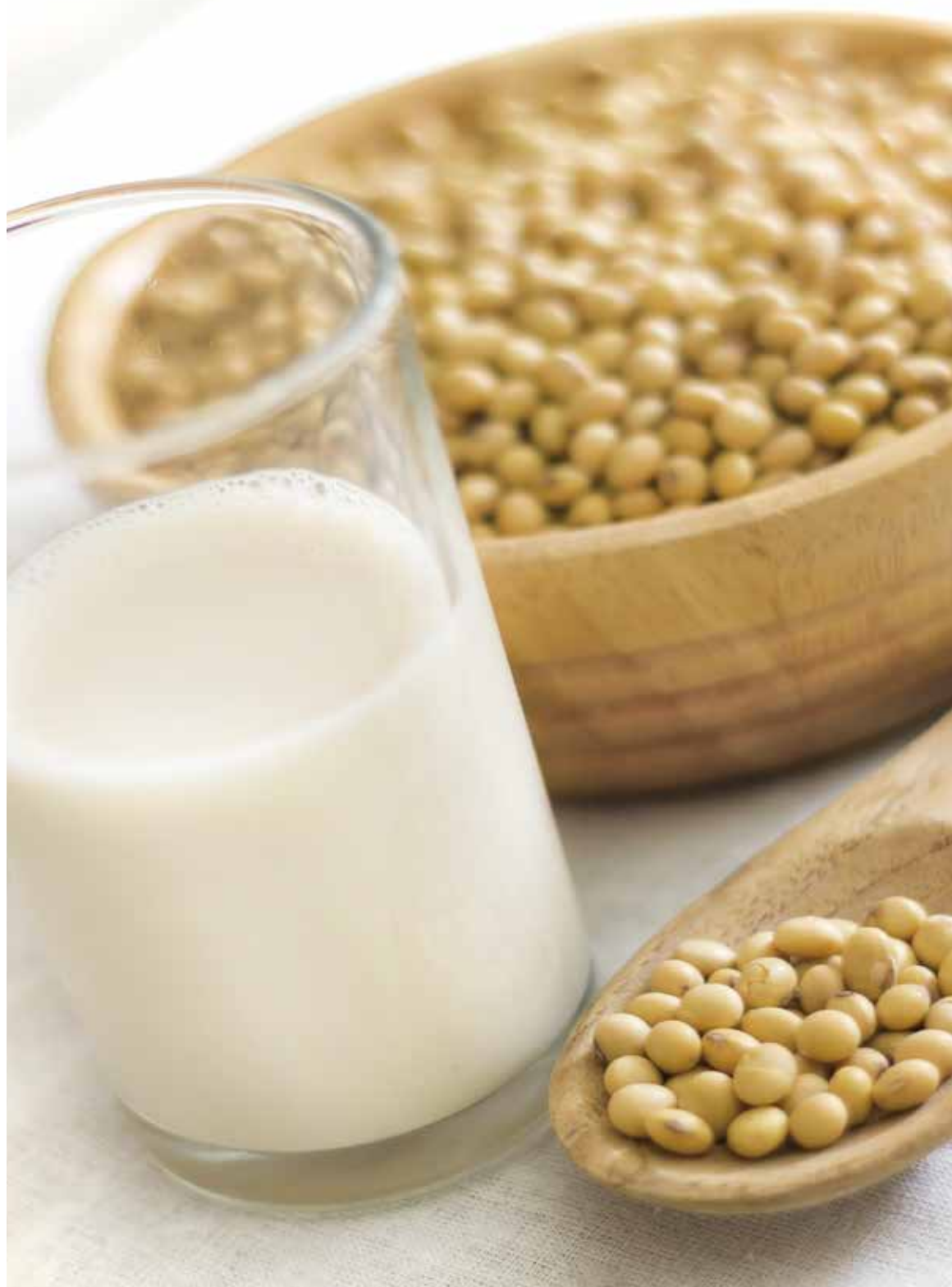Rinse carrot and rice, dice carrot into pieces (about 1 cm cube).
Put all ingredients into the container; add water to 800ml water line.
Select the "bean paste" and press the "start" button.
Season with salt, Serve.

Benefit:
Antioxidant, lower cholesterol.

黃豆豆漿

材料：

黃豆1小量杯
冰糖適量

製作：

黃豆洗淨放入壺身內，加水至800ml水位線，選擇“豆漿”
按“啟動”，完成後按個人喜好加入冰糖，選擇“果汁”
按“啟動”，完成後即可享用。

功效：補虛、清熱化痰、通淋巴、利大便、降血壓、增乳汁

建議：加入3-5粒杏仁於材料中，完成後更鮮更濃。

Soybean Milk

Ingredients:
1 small cup soybean, rock sugar

Method:
Rinse and put soybean into the container, add water to 800ml
water line.
Select the "soybean milk" function and press "start" button.
Add rock sugar as per need.
Select the "juice" function and press "start" button. Serve.

Benefit:
Tonify body, clear heat, ease phlegm, remove waste, lower
blood pressure, increase breast milk.

Recommendation:
Put 3-5 almonds in the ingredients, make the milk fresher and
thicker.

益智豆漿

材料：
黃豆1/3小量杯　　　　　黑芝麻(炒香)1/3小量杯
核桃1/3小量杯　　　　　冰糖適量

材料洗淨放入壺身內，加水至800ml水位線，選擇“豆漿”按“啟動”完成後按個人喜好加入冰糖，選擇“果汁”按“啟動”，完成後即可享用。

功效：益智補腦。

Intelligent Soybean Milk

Ingredients:
1/3 small cup soybean, 1/3 small cup walnut,1/3 small cup black sesame (roasted),
rock sugar

Method:
Rinse all the ingredients and put into the container.
Add water to 800ml water line.
Select the "soybean milk" function and press the "start" button.
Add sugar as per need.
Select the "juice" function and press the "start" button. Serve.

Benefit:
Promote brain health and intelligence.

紅棗杞子豆漿

材料:

紅棗(去核)5粒　　　　　黃豆3/4小量杯
杞子1/4小量杯　　　　　冰糖適量

製作:

材料洗淨放入壺身內，加水至800ml水位線，選擇“豆漿”
按“啟動”，完成後按個人喜好加入冰糖，選擇“果汁”
按“啟動”，完成後即可享用.

Soybean Milk with Red Date and Goji

Ingredients:
5 red dates (pitted), 1/4 small cup goji, 3/4 small cup soybean,
rock sugar

Method:
Rinse all the ingredients and put into the container.
Add water to 800ml water line.
Select the "soybean milk" function and press the "start" button.
Add sugar as per need.
Select the "juice" function and press the "start" button. Serve.

Benefit:
Tonify internal and Qi, improve the nutrient cardio muscle and
prevent disease of cardiovascular.

綠豆豆漿

材料:

綠豆1/2小量杯
黃豆1/2小量杯
冰糖

製作:

材料洗淨放入壺身內，加水至800ml水位線，選擇"豆漿"按"啟動"，完成後按個人喜好加入冰糖，選擇"果汁"按"啟動"，完成後即可享用.

功效: 清熱解毒，消暑止渴。

Green Bean in Soybean Milk

Ingredients:
1/2 small cup green bean, 1/2 small cup soybean, rock sugar

Method:
Rinse and put all ingredients into the container.
Add water to 800ml water line.
Select the "soybean milk" function and press the "start" button.
Add sugar as per need.
Select the "juice" function and press the "start" button. Serve.

Benefit:
Clear heat and toxins, cooling and thirst quenching.

紅豆豆漿

材料:

紅豆1/2小量杯
黃豆1/2小量杯
冰糖

製作:

材料洗淨放入壺身內，加水至800ml水位線，選擇"豆漿"按"啟動"，完成後按個人喜好加入冰糖，選擇"果汁"按"啟動"，完成後即可享用。

功效: 促進血液循環，強化體能

Red Bean in Soybean Milk

Ingredients:
11/2 small cup red bean, 1/2 small cup soybean, rock sugar

Method:
Rinse and put all ingredients into the container.
Add water to 800ml water line.
Select the "soybean milk" function and press the "start" button.
Add sugar as per need.
Select the "juice" function and press the "start" button. Serve.

Benefit:
Promote blood circulation and strenghten body.

冬瓜薏米瘦肉湯

材料:

冬瓜3小量杯
薏米1/4小量杯
瘦肉1/2小量杯
果皮1小片

製作:

冬瓜(去皮洗淨)、瘦肉切粒(約1厘米立方),陳皮浸軟去囊連同薏米放進壺身內,加水至800ml水位線,選擇"濃湯"按"啟動"鍵,完成後加鹽調味即可享用。

Winter Melon Soup with Job's Tear and Lean Pork

Ingredients:
3 small cup winter melon, 1/4 small cup job's tear , 1/2 small cup minced lean pork, 1 small piece dried tangerine peel

Method:
Peel, rinse and dice the winter melon into pieces (about 1 cm cube).
Soak dried tangerine, peel and scrape off the pith.
Put in all ingredients along with pork and job's tear into container; add water to 800ml water line.
Select the "soup" function and press "start" button.
Season with salt. Serve.

蕃茄薯仔瘦肉湯

材料：

蕃茄1個
薯仔1/2個
瘦肉1/2小量杯
乾蔥頭1粒

製作：

蕃茄、薯仔(去皮)、洗淨切粒(約1厘米立方)，連同肉碎、乾蔥放進壺身內，加水至800ml水位線，選擇 "濃湯" 按 "啟動"，完成後加鹽調味即可享用。

Pork Soup with Tomato and Potato

Ingredients:
1 tomatoes, 1/2 potato, 1/2 small cup lean pork, 1 dried onion

Method:
Peel and rinse tomato and potato, cut into pieces (about 1 cm cube).
Put all ingredients along with minced lean port and dried onion into the container, add water to 800ml water line. Select the "soup" function and press the "start" button.
Season with salt. Serve.

南瓜甘筍湯

材料：

南瓜2 $1/_2$小量杯
甘荀2小量杯
薯仔1/2個
鮮忌廉30毫升
鮮奶100毫升

製作：

南瓜、甘荀、薯仔去皮洗淨切粒 (約1厘米立方) 放進壺身內，加水至600ml－800ml之間水位線，選擇 "濃湯" 按 "啟動"，完成後加入鮮奶、鮮忌廉和鹽調味即可享用。

Pumpkin Carrot Soup

Ingredients:
2 $1/_2$ small cup pumpkin, 2 small cup carrot, 1/2 potato, 30ml fresh cream, 100ml milk

Method:
Peel, rinse and dice pumpkin, carrot and potato into pieces (about 1 cm cube).
Put all ingredients into the container; add water to middle line between 600ml-800ml.
Select the "soup" function and press the "start" button.
Add and mix milk and fresh cream to the soup.
Season with salt. Serve.

薯仔青豆湯

材料:

薯仔1/2個
青豆1小量杯
鮮奶100毫升
鮮忌廉30毫升

製作:

薯仔去皮洗淨切粒(約1厘米立方),連同青豆(洗淨)放進壺身內,加水至600ml-800ml之間水位線,選擇"濃湯"按"啟動",完成後加入鮮奶、鮮忌廉和鹽調味即可享用。

Potato Pea Soup

Ingredients:
1/2 potato, 1 small cup pea,100ml milk, 30ml fresh cream

Method:
Peel, rinse and dice potato into pieces (about 1 cm cube),
along with rinsed peas, put all ingredients into the container,
add water to the middle line between 600ml-800ml.
Select the "soup" function and press the "start" button.
Add and mix milk and fresh cream to the soup.
Season with salt. Serve.

洋蔥蘑菇濃湯

材料：

洋蔥半個　　　　　　火腿1/2片（大片）
蘑茹1小量杯　　　　　鮮奶100毫升
薯仔1/2個　　　　　　鮮忌廉20毫升

製作：

洋蔥、薯仔（去皮）、火腿、蘑茹洗洗淨切粒（約1厘米立方）放進壼身內，加水至600ml水位線，選擇"濃湯"按"啟動"，完成後加入鮮奶、鮮忌廉和鹽調味即可享用。

Onion Mushroom Soup

Ingredients:
1/2 onion, 1 small cup mushroom, 1/2 potato, 1/2 large slice of ham, 100ml milk, 20ml fresh cream

Method:
Rinse and dice onion, potatoes (peeled), ham, mushroom into pieces (about 1 cm cube).
Put all ingredients into the container; add water to 600ml water line.
Select the "soup" function and press the "start" button.
Add and mix milk and fresh cream to the soup.
Season with salt. Serve.

杏仁糊

材料：

杏仁1/2小量杯
大米1/2小量杯
冰糖適量

製作：

材料洗淨放入壺身內，加水至800ml水位線，選擇"五穀"
按"啟動"，完成後按個人喜好加冰糖，選擇"果汁"按
"啟動"，完成後即可享用。

功效：除肺熱、潤心肺、治咳嗽。

Almond Sweet Soup

Ingredients:
1/2 small cup almond, 1/2 small cup of rice, rock sugar

Method:
Rinse all the ingredients and put into the container,
Add water to 800ml water line,
Select the "grain" function and press the "start" button.
Add sugar as per need,
Select the "juice" function and press the "start" button, Serve.

Benefit:
Remove heat in lung, nourish heart and lung, cure cough.

花生糊

材料：

花生 (炒香) 1/2小量杯
大米 1/2小量杯
冰糖

製作：

材料洗淨放入壺身內，加水至800ml水位線，選擇"五穀"按"啟動"，完成後按個人喜好加冰糖，選擇"果汁"按"啟動"，完成後即可享用。

功效：益氣補腎，防心血管病，降血脂。

Peanut Sweet Soup

Ingredients:
1/2 small cup peanut (roasted), 1/2 small cup rice, rock sugar

Method:
Rinse and put all ingredients into the container.
Add water to 800ml water line.
Select the "grain" function and press the "start" button.
Add sugar as per need.
Select the "juice" function and press the "start" button. Serve.

Benefit:
Tonify qi and strengthen kidney, prevent cardiovascular disease and lower boold lipid.

芝麻糊

材料：

黑芝麻(炒香)2/3小量杯
大米1/3小量杯
冰糖

製作：

材料洗淨放入壺身內，加水至800ml水位線，選擇"五穀"
按"啟動"，完成後按個人喜好加冰糖，選擇"果汁"按
"啟動"，完成後即可享用。

功效：延緩衰老、潤心肺、益氣力。

Sesame Sweet Soup

Ingredients:
2/3 small cup of black sesame (roasted), 1/3 small cup of rice,
rock sugar

Method:
Rinse all the ingredients and put into the container.
Add water to 800ml water line.
Select the "grain" function and press the "start" button.
Add sugar as per need.
Select the "juice" function and press the "start" button. Serve.

Benefit:
Delay-aging, nourish heart and lung, tonify qi and energy.

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南瓜糊

材料：

南瓜4小量杯
大米1/3小量杯

製作：

南瓜去皮洗淨切粒(約1厘米立方)放進壺身內，加水至600ml-800ml中間水位線，選擇"五穀"按"啟動"，完成後按個人喜好加入糖，選擇"果汁"按"啟動"，完成後即可享用。

功效：潤肺益氣，美顏護膚。

Pumpkin Sweet Soup

Ingredients:
4 small cups pumpkin, 1/3 small cup of rice

Method:
Peel, rinse and dice pumpkin into pieces (about 1 cm cube).
Put all ingredients into the container.
Add water to the middle line between 600ml-800ml.
Select the "grain" function and press the "start" button.
Add sugar as per need.
Select the "juice" function and press the "start" button. Serve.

Benefit:
Nourish lung, tonify qi and beauty care.

香芋紫米糊

材料:

紫米1/2小量杯
香芋2小量杯
冰糖

製作:

材料洗淨放入壺身內,加水至800ml水位線,選擇"五穀"按"啟動",完成後按個人喜好加入糖,選擇"果汁"按"啟動",完成後即可享用。

功效: 健脾暖肝,明目活血。

Taro and Black Glutinous Rice Soup

Ingredients:
1/2 small cup black glutinous rice, 2 small cups taro, rock sugar

Method:
Rinse and put all ingredients into the container.
Add water to 800ml water line.
Select the "grain" function and press the "start" button.
Add sugar as per need.
Select the "juice" function and press the "start" button. Serve.

Benefit:
Strengthen spleen and warm liver, promote eyesight and blood circulation.

SWEET HOME®

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