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HD2060



User manual

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1 Important

Read this user manual carefully before you use the appliance, and save the user manual for future reference.

Before processing:

- Before you insert the plug into the power outlet, make sure that the appliance is assembled correctly.
- Make sure that your hands are dry before you insert the plug into the power outlet.
- Before you connect the appliance to the power, make sure that the voltage indicated on the bottom of the appliance corresponds to the local power voltage.
- This appliance can only be used with a grounded plug. Make sure that the plug is firmly inserted into the power outlet.
- Never connect this appliance to a timer switch, to avoid a hazardous situation.
- Make sure that you clean the appliance before use (see the "Cleaning before first use" section on Page 9).
- Do not use this appliance to heat up soymilk or other liquid foods.
- Never use the appliance for dry heating.
- Never add contents (including water) above 上水位 (the maximum level indication) or below 下水位 (the minimum level indication).
- If the power cord, the plug, or other parts are damaged, do not use the appliance.
- If the power cord is damaged, you must have it replaced by Philips, a service centre authorised by Philips or similarly qualified persons to avoid a hazard.
- Do not replace parts of the appliance yourself.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instructions concerning use of the appliance by a person responsible for their safety.
- For their safety, do not allow children to play with the appliance.
- Make sure that the water you add into the soymilk maker is no hotter than 70°C.
- This appliance is intended for household use only.

During processing:

- Do not use this appliance on an unstable or uneven surface.
- Keep the appliance and its power cord out of the reach of children.
- Never let the appliance run unattended.
- Do not touch the steam or the metal parts of the appliance, to avoid burns or scalding.
- Do not disconnect the power cord or remove the head unit before processing is complete.
- If you have to stop processing, disconnect the power cord before you perform other operations.
- If there is a power outage during processing and this lasts up to three minutes, do not immediately restart the soymilk maker. Empty the contents in the soymilk maker, and then put in new contents before restarting. Otherwise, the contents will stick to the chamber or overflow, or the appliance will set off a long alarm.

After processing:

- Disconnect the power before you continue other operations.
- Disconnect the power and remove the power cord before cleaning or disassembling this appliance.
- To prevent steam scalding, keep a certain distance from the soymilk maker before you lift the head unit.
- Install, remove, and clean the perforated flow cup with care. The blade on the head unit is sharp. Be careful not to cut yourself or others.
- To prevent a short circuit or an electric shock,
 - do not use water to rinse the outside of the chamber unit or head unit (including the head unit handle, control panel, upper plug, upper plug connector, and the power cord connector) and keep them away from drip or splash;
 - do not place the head unit in water; and
 - do not place the base of the soymilk maker in water.
- Use a microwave to heat up cold soymilk. Do not use this appliance to heat it, as the contents will stick to the inner side of the chamber.

- Store the power cord in a cool and dry place.
- To prevent an electric shock, use the power cord to connect other appliances.
- Food coloring can discolor components. This is normal and has no impact on use.

Electromagnetic Fields (EMF)

This Philips soymilk maker complies with all standards regarding electromagnetic fields (EMF). If handled properly and according to the instructions in this user manual, the appliance is safe to use based on scientific evidence available today.

Conformity with national standards

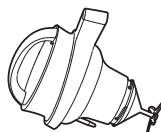
- GB4706. 1-2005, "Safety of household and similar electrical appliances", Part 1 General requirements
- GB4706. 19-2008, "Safety of household and similar electrical appliances", Particular requirements for appliances for heating liquids
- GB4706. 30-2008, "Safety of household and similar electrical appliances", Particular requirements for kitchen machines

2 Introduction

Congratulations on your purchase and welcome to Philips! To fully benefit from the support that Philips offers, register your product at www.philips.com/welcome.

- Philips soymilk maker HD2060 can be used to make beverages and food such as soymilk, five-grain soymilk, rice paste, and juice. It comes with keep warm and easy clean functions, and it equips with anti-overflow and anti-splash protective device. It is fully automated, easy to use, healthy, attractive, and durable.

3 What's in the box



Head unit



Chamber unit



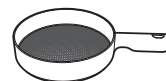
Perforated flow cup



Power cord



Measuring cup



Filter



User manual



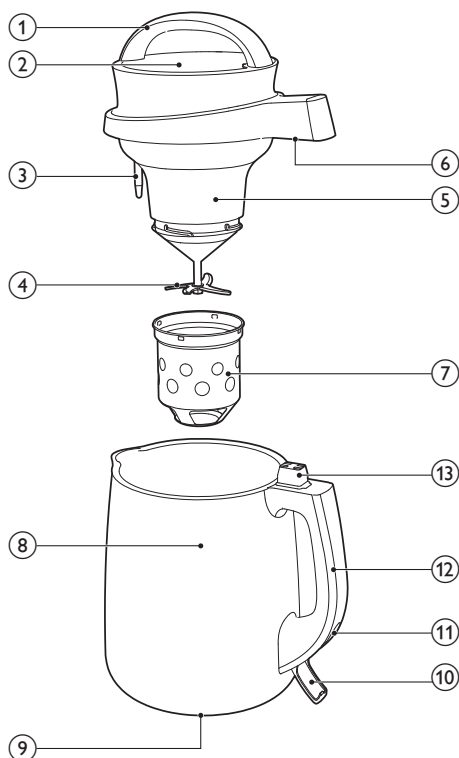
Warranty card



Tip

- Do not change the filter direction. The convex filter is a special design from Philips, which makes filtering much more efficient.

4 Overview

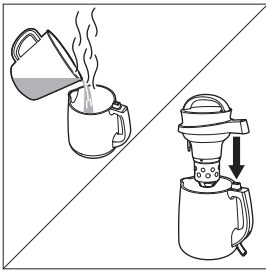


- ① Handle of the head unit
- ② Control panel
 - Function buttons:
 选择 (Select)
 启动 (Start)
 易清洗 (Easy clean)
 - Indicators:
 干/湿豆浆 (Soymilk)
 五谷豆浆 (Five-grain soymilk)
 营养米糊 (Rice paste)
 果蔬冷饮 (Juice)
 工作中 (Working)
 保温 (Keep warm)
 易清洗 (Easy clean)
- ③ Overflow sensor
 - Monitor soymilk and prevent overflowing
- ④ Blade
- ⑤ Lower part of the head unit
- ⑥ Upper plug
- ⑦ Perforated flow cup
 - Increase the flow rate and make soymilk well balanced
- ⑧ Chamber unit
- ⑨ Base
- ⑩ Protective cover of the power cord connector
- ⑪ Power cord connector
- ⑫ Chamber handle
- ⑬ Upper plug connector

5 Cleaning before first use

Method 1:

- 1 Pour boiling water into the chamber, put the head unit into the chamber, and soak for 10 minutes.



- 2 Clean the appliance (see the "Cleaning" section on Page 16).

Method 2:

- 1 Make soymilk following the instructions in the "Make soymilk" section.
- 2 After soymilk is made, pour it away and then clean the appliance (see the "Cleaning" section on Page 16).

6 Use the appliance



Warning

- If you wish to cancel a function once it is selected, do not lift the head unit to prevent the facial scalding. You can unplug the power cord, re-plug it, and then select another function.

Make soymilk

- Measure ingredients as instructed. You can adjust the quantity a bit as per your personal taste.
- For 2-4 people.



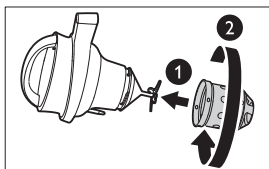
Note

- Make sure that the perforated flow cup is installed correctly before use.

- 1 Take a cup of dry soybeans with the supplied measuring cup and wash them clean.
 - To increase the life of the blade, soak the soybeans (8-9 hours in fall and spring, 6-7 hours in summer, and 9-10 hours in winter) and wash them clean before processing.

- 2 Install the perforated flow cup and rotate it to the correct position, as shown in the illustration.

↳ Make sure that it cannot be pulled off.

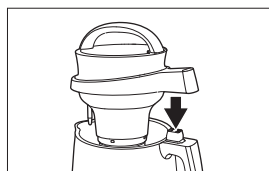


- 3 Put the soybeans evenly at the bottom of the chamber to prevent them from touching the perforated flow cup.

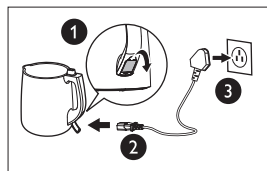
- 4 Pour water into the chamber. Make sure that the water level is between 上水位 (the maximum level indication) and 下水位 (the minimum level indication).



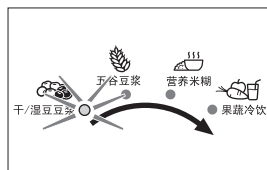
- 5 Put the head unit into the chamber. Make sure that the upper plug is correctly inserted into the connector.



- 6 Open the protective cover, insert the power cord, and connect the power.



↳ The indicators flash in a circle, indicating that the power is connected.



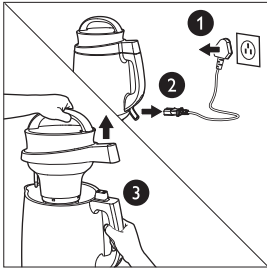
- 7 Press 选择 (Select) to select 干/湿豆浆 (Soymilk).

↳ The 干/湿豆浆 (Soymilk) indicator lights up.

- 8 Press 启动 (Start).

↳ The 工作中 (Working) indicator flashes and 1 beep occurs, indicating that processing starts. After about 24 minutes, 6 beeps occur and the 保温 (Keep warm) indicator lights up, indicating that soymilk is ready. If no other operations are performed, the appliance starts the keep warm function. The keep warm function lasts for 1 hour, and then automatically stops (see the "Keep warm" section on Page 15).

- 9 After processing, disconnect the power. Hold the handle of the chamber tightly with one hand and lift the head unit with the other hand.



- 10 Filtrate soymilk with the filter, and it is ready to serve. You can add some sugar before serving.
- Soymilk can also be served without being filtrated.

Make five-grain soymilk

- Measure ingredients as instructed. You can adjust the quantity a bit as per your personal taste.
- Example recipe: rice and soy bean milk, for 2-4 people.

Note

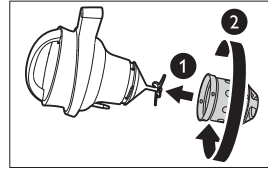
- Make sure that the perforated flow cup is installed correctly before use.

- 1 Take 30 g of soybeans (around 1/2 cup) and 50 g of rice (around 1/2 cup) with the supplied measuring cup and wash them clean.
- To increase the life of the blade, soak the soybeans (8-9 hours in fall and spring, 6-7 hours in summer, and 9-10 hours in

winter) and wash them clean before processing.

- 2 Install the perforated flow cup and rotate it to the correct position, as shown in the illustration.

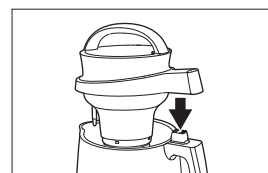
↳ Make sure that it cannot be pulled off.



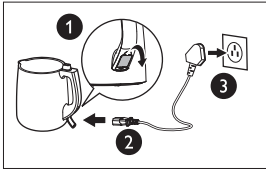
- 3 Put rice and the soybeans evenly at the bottom of the chamber to prevent them from touching the perforated flow cup.
- 4 Pour water into the chamber. Make sure that the water level is between 上水位 (the maximum level indication) and 下水位 (the minimum level indication).
- To shorten the processing time, you can add warm water no hotter than 70°C.



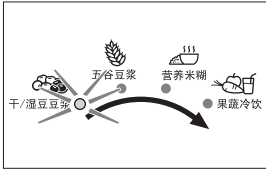
- 5 Put the head unit into the chamber. Make sure that the upper plug is correctly inserted into the connector.



- 6 Open the protective cover, insert the power cord, and connect the power.



- The indicators flash in a circle, indicating that the power is connected.



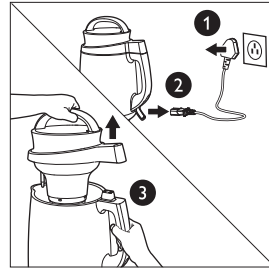
- 7 Press 选择 (Select) to select 五谷豆浆 (Five-grain soymilk).

- The 五谷豆浆 (Five-grain soymilk) indicator lights up.

- 8 Press 启动 (Start).

- The 工作中 (Working) indicator flashes and 1 beep occurs, indicating that processing starts. After about 25 minutes, 6 beeps occur and the 保温 (Keep warm) indicator lights up, indicating that soymilk is ready. If no other operations are performed, the appliance starts the keep warm function. The keep warm function lasts for 1 hour, and then automatically stops (see the “Keep warm” section on Page 15).

- 9 After processing, disconnect the power. Hold the handle of the chamber tightly with one hand and lift the head unit with the other hand.



- 10 Pour five-grain soymilk into the soymilk cup, and it is ready to serve. You can also add some sugar before serving.

Make rice paste

- Measure ingredients as instructed. You can adjust the quantity a bit as per your personal taste.
- Example recipe: lily bulb and Job's-tears rice paste, for 2-4 people.

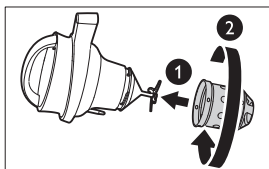
Note

- Make sure that the perforated flow cup is installed correctly before use.

- 1 Take 35 g of Job's-tears and 35 g of rice (around 2/5 cup each) with the supplied measuring cup, take 20 g of fresh lily bulbs (around 7-8 pieces), and wash them clean.

- 2 Install the perforated flow cup and rotate it to the correct position, as shown in the illustration.

↳ Make sure that it cannot be pulled off.



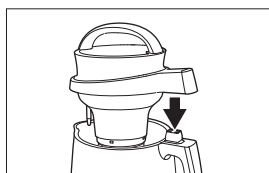
- 3 Put the lily bulbs, Job's-tears, and rice evenly at the bottom of the chamber to prevent them from touching the perforated flow cup.

- 4 Pour water into the chamber. Make sure that the water level is between 上水位 (the maximum level indication) and 下水位 (the minimum level indication).

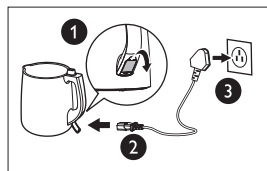
- To shorten the processing time, you can add warm water no hotter than 70 °C.



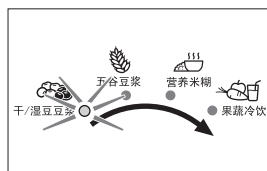
- 5 Put the head unit into the chamber. Make sure that the upper plug is correctly inserted into the connector.



- 6 Open the protective cover, insert the power cord, and connect the power.



↳ The indicators flash in a circle, indicating that the power is connected.



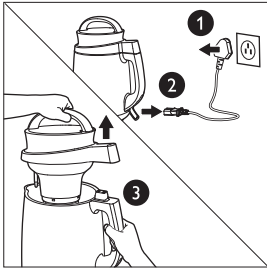
- 7 Press 选择 (Select) to select 营养米糊 (Rice paste).

↳ The 营养米糊 (Rice paste) indicator lights up.

- 8 Press 启动 (Start).

↳ The 工作中 (Working) indicator flashes and 1 beep occurs, indicating that processing starts. After about 25 minutes, 6 beeps occur and the 保温 (Keep warm) indicator lights up, indicating that soymilk is ready. If no other operations are performed, the appliance starts the keep warm function. The keep warm function lasts for 1 hour, and then automatically stops (see the "Keep warm" section on Page 15).

- 9 After processing, disconnect the power. Hold the handle of the chamber tightly with one hand and lift the head unit with the other hand.



- 10 Pour rice paste into the soymilk cup, and it is ready to serve. You can add some sugar before serving.

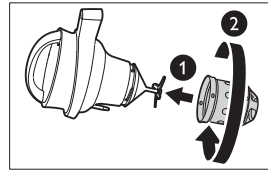
Make juice

- Measure ingredients as instructed. You can adjust the quantity a bit as per your personal taste.
- Example recipe: banana juice, for 2-4 people.

Note

- Make sure that the perforated flow cup is installed correctly before use.

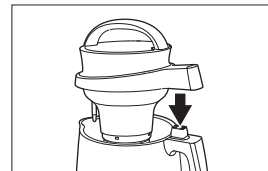
- 1 Cut 3 bananas (about 400 g) into 1.3-mm cubes.
- 2 Install the perforated flow cup and rotate it to the correct position, as shown in the illustration.
↳ Make sure that it cannot be pulled off.



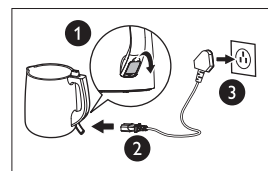
- 3 Put the banana cubes evenly at the bottom of the chamber to prevent them from touching the perforated flow cup.
- 4 Pour 200 ml of milk and some water into the chamber. Make sure that the water level is between 上水位 (the maximum level indication) and 下水位 (the minimum level indication).



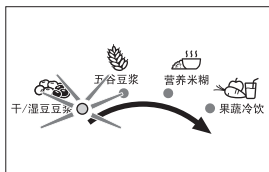
- 5 Put the head unit into the chamber. Make sure that the upper plug is correctly inserted into the connector.



- 6 Open the protective cover, insert the power cord, and connect the power.



- ↳ The indicators flash in a circle, indicating that the power is connected.



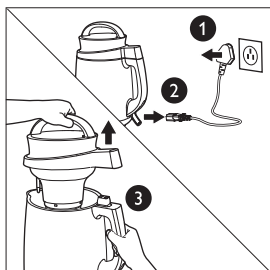
- 7 Press 选择 (Select) to select 果蔬冷饮 (Juice).

- ↳ The 果蔬冷饮 (Juice) indicator lights up.

- 8 Press 启动 (Start).

- ↳ The 工作中 (Working) indicator flashes and 1 beep occurs, indicating that processing starts. After about 4 minutes, 6 beeps occur, indicating that juice is ready.

- 9 After processing, disconnect the power. Hold the handle of the chamber tightly with one hand and lift the head unit with the other hand.



- 10 Pour banana juice into the soymilk cup, and it is ready to serve. You can add some sugar before serving.

* Tip

- After banana juice is ready, serve at once to avoid oxidization.
- If you want to make juice multiple times, wait about 10 minutes until the appliance cools down before the next use. This makes the appliance more durable.

Keep warm

After soymilk, rice paste, puree, or corn juice is made, 6 beeps occur and the 保温 (Keep warm) indicator lights up. If no other operations are performed, the appliance starts the keep warm function. The keep warm function lasts for 1 hour, and then automatically stops.

* Tip

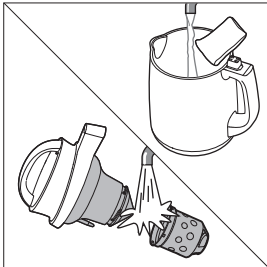
- If you lift the head unit as soon as processing is complete, the appliance does not start the keep warm function.
- The appliance does not start the keep warm function at the completion of juice making.

7 Cleaning

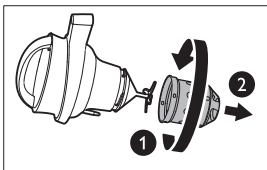
Note

- Disconnect the power and remove the power cord before cleaning or disassembling this appliance.
- Do not put the head unit in water.
- To prevent scalding, do not touch the head unit, perforated flow cup, or the inner side of the chamber before they cool down.

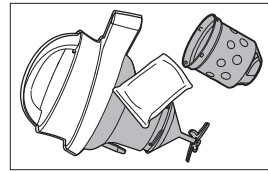
- 1 After disconnecting the power, lift the head unit, rinse the lower part of the head unit, overflow sensor, blade, perforated flow cup, and inner side of the chamber.



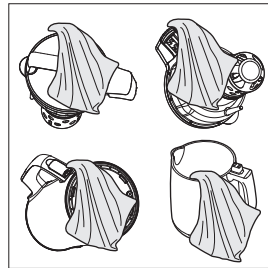
- 2 After the head unit cools down, remove the perforated flow cup. Rotate the perforated flow cup and remove it, as shown in the illustration. Take care of the sharp blade.



- 3 Use a cleaning pad to remove the residue from the lower part of the head unit, overflow sensor, and the blade.



- 4 Use a dry cloth to clean the head unit handle, control panel, upper plug, upper plug connector, base, and power cord connector.



- 5 The outside of the chamber can be cleaned with a damp cloth.

Easy clean

- After processing is complete, if you cannot promptly clean the residue on the appliance, the residue will dry up and stick on the appliance, difficult to remove. As this happens, you can use the easy clean function to heat and soak the inner side of the chamber and clean the appliance easier.

- To prevent the residue from smelling, clean the appliance within 10 hours after use.
- 1 Make sure that the perforated flow cup is correctly installed before use.
 - 2 Pour water into the chamber.
Make sure that the water level is between 上水位 (the maximum level indication) and 下水位 (the minimum level indication).
 - 3 Put the head unit into the chamber.
Make sure that the upper plug is correctly inserted into the connector.
 - 4 Open the protective cover, insert the power cord, and connect the power.
 - ↳ The indicators flash in a circle, indicating that the power is connected.
 - 5 Press 易清洗 (Easy clean).
 - ↳ The 易清洗 (Easy clean) indicator lights up and 1 beep occurs, indicating that the easy clean function starts. After about 8 minutes, beeps occur and the 工作中 (Working) indicator lights up, indicating that the easy clean function is complete.
 - 6 Clean the appliance as instructed in the "Cleaning" section.

8 Product information



Note

- Product information is subject to change without prior notice.
- Rated voltage: 220 V-
- Rated frequency: 50 Hz
- Motor power: 180 W
- Heating power: 900 W
- Dimensions (L x W x H)
 - Soymilk maker: 231.5 x 180.0 x 314.2 mm
 - Packaging: 230 x 230 x 345 mm
- Weight
 - Net weight: 2.45 kg
 - Gross weight: 3.07 kg
- Capacity: 1000-1200 ml (for 2-4 people)

9 Recycling



Do not throw away the appliance with the normal household waste at the end of its life, but hand it in at an official collection point for recycling. By doing this, you help to preserve the environment.

10 Guarantee and service

If you have a problem, need service or need information, see www.philips.com/support or contact the Philips Consumer Care Centre in your country. The phone number is 4008 800 008.

11 Troubleshooting

This chapter summarizes the most common problems you could encounter with the appliance. If you are unable to solve the problem with the information below, contact the Philips Consumer Care Centre in your country.

Problem	Possible cause	Solution
The indicators do not light up.	The upper plug is not plugged correctly.	Make sure that the head unit is put into the chamber correctly.
	Too much ingredient is added.	Put proper quantity of ingredient evenly at the bottom of the chamber as instructed.
	There is water in the head unit or the indicators are broken.	Contact the Philips Consumer Care Centre.
The indicators light up but the appliance does not work.	You do not press 启动 (Start).	Press 启动 (Start).
	The power is disconnected during processing.	Follow the instructions in this user manual.
	The appliance is broken.	Contact the Philips Consumer Care Centre.
Processing will not stop.	The appliance is broken.	Contact the Philips Consumer Care Centre.
The buttons do not work.	The appliance is broken.	Contact the Philips Consumer Care Centre.
The beans or rice is not ground well.	The voltage is too low.	Use a household power regulator.
	Too many beans are added.	Put proper quantity of ingredient as instructed in the "Use the appliance" section.
	Insufficient water is added.	Make sure that the water level is between 上水位 (the maximum level indication) and 下水位 (the minimum level indication).
	The machine is broken.	Contact the Philips Consumer Care Centre.

Problem	Possible cause	Solution
Overflow.	A wrong function was selected.	Select a correct function.
	Installation was incorrect or the perforated flow cup was not installed into place.	Make sure that the perforated flow cup is correctly installed.
	Soymilk is too diluted or too many beans are added.	Put proper quantity of ingredient as instructed in the "Use the appliance" section.
	The water level is above 上水位 (the maximum level indication) or below 下水位 (the minimum level indication).	Make sure that the water level is between 上水位 (the maximum level indication) and 下水位 (the minimum level indication).
	The appliance is broken.	Contact the Philips Consumer Care Centre.
	The overflow sensor is not cleaned.	Clean the overflow sensor.
The time taken to process soymilk is longer than instructed, but other functions work well.	The voltage is too low.	Use a household power regulator.
	The water temperature is too low.	Add warm water no hotter than 70 °C.
Food is burnt.	A wrong function is selected.	Select a correct function.
	The inner side of the chamber was not cleaned.	Clean the inner side of the chamber.
	Insufficient water is added.	Make sure that the water level is between 上水位 (the maximum level indication) and 下水位 (the minimum level indication).
	Too much ingredient is added.	Put proper quantity of ingredient as instructed in the "Use the appliance" section.

Problem	Possible cause	Solution
The beeps occur before soymilk is ready.	Too much ingredient is added.	Make sure that the water level is between 上水位 (the maximum level indication) and 下水位 (the minimum level indication).
	The appliance is broken.	Contact the Philips Consumer Care Centre.
	The sea level of your region is too high.	This appliance can only be used in regions no more than 2000 m above mean sea level.
The appliance begins stirring once you press any button.	The appliance is broken.	Contact the Philips Consumer Care Centre.

12 Recipes

For more recipes, you can visit Philips MyKitchen website www.philips.com/kitchen.

Soymilk



Tip

- For details on cooking, see the "Make Soymilk" section.

Soymilk

- **Ingredients:**
 - 75 g of dry soybeans (a full cup)
- **Benefits:**
 - Soybean: Nourishing. Good for digestion. Helpful to reduce phlegm and control blood pressure.

Black soybean milk

- **Ingredients:**
 - 85 g black soybeans (a full cup)
- **Benefits:**
 - Black soybean: Good for the kidneys, lungs, and hair. Known for their detoxing properties.

Five grain soymilk



Tip

- For details on cooking, see the "Make five-grain soymilk" section.

Classic five-grain soymilk

- **Ingredients:**
 - 15 g of soybeans (around 1/5 cup)
 - 20 g of rice (around 1/5 cup)
 - 20 g of millet (around 1/5 cup)
 - 15 g of oats (around 1/5 cup)
 - 10 g of wheat
- **Cooking:** Wash the ingredients and soak for 6 hours. For details, see the "Make five-grain soymilk" section.
- **Benefits:**
 - Millet: Rich in female hormones. Good for skin and longevity.
 - Oat: Helpful to reduce cholesterol and control blood sugar.

Black rice and soybean milk

- **Ingredients:**
 - 50 g of black rice (around 1/2 cup)
 - 30 g of soybeans (around 1/2 cup)
 - some black sesame seeds
 - some sugar
- **Cooking:** Wash the black rice and soybeans and soak for 6 hours. For details, see the "Make five-grain soymilk" section.
- **Benefits:**
 - Black rice: Good for the blood and complexion.

- Soybean: Good for digestion. Helpful to reduce phlegm and control blood pressure.

Rice and soybean milk

- **Ingredients:**
 - 30 g of soybeans (around 1/2 cup)
 - 50 g of rice (around 1/2 cup)
 - some sugar
- **Cooking:** Wash the red beans and millet and soak for 6 hours. For details, see the “Make five-grain soymilk” section.
- **Benefits:**
 - Rice: Good for the spleen, stomach, and lungs.
 - Soybean: Good for digestion. Helpful to reduce phlegm and control blood pressure.

Pumpkin soybean milk

- **Ingredients:**
 - 35 g of soybeans (around 1/2 cup)
 - 35 g of pumpkin (around 1/2 cup)
- **Cooking:** Wash the soybeans and soak for 6 hours. Remove the pumpkin skin and cut the pumpkin into 1.3-mm cubes. For details, see the “Make five-grain soymilk” section.
- **Benefits:**
 - Soybean: Good for digestion. Helpful to reduce phlegm and control blood pressure.
 - Pumpkin: Detox. Helpful to control sugar levels and quench thirst.

Sweet potato and soybean milk

- **Ingredients:**
 - 40 g of sweet potato (around 1/2 cup)
 - 35 g of soybeans (around 1/2 cup)
- **Cooking:** Wash the soybeans and soak for 6 hours. Remove the sweet potato skin and cut the sweet potato into 1.3-mm cubes. For details, see the “Make five-grain soymilk” section.
- **Benefits:**
 - Soybean: Good for digestion. Helpful to reduce phlegm and control blood pressure.
 - Sweet potato: Rich in nutrients. Helpful to increase appetite and strengthen the kidneys.

Foxnut and walnut paste

- **Ingredients:**
 - 50 g of foxnut (around 1/2 cup)
 - flesh of 10-15 walnuts
 - 5-10 Chinese dates (with stones removed)
 - some sugar
- **Cooking:** Wash the Chinese dates and foxnuts and soak for 6 hours. Chop Chinese dates and walnut flesh into small pieces. For details, see the “Make five-grain soymilk” section.
- **Benefits:**
 - Foxnut: Good for the kidneys. Helpful to relieve the nerves.
 - Walnut flesh: Good for the kidneys, brain, lungs, and other respiratory organics.
 - Chinese date: Good for the spleen, stomach, and respiratory organics. Helpful to enrich blood.

Mung bean and Job's-tears paste

- **Ingredients:**
 - 35 g of Job's-tears (around 2/5 cup)
 - 35 g of mung beans (around 2/5 cup)
 - 20 g of rice (around 1/5 cup)
 - 10 g of oats (around 1/5 cup)
 - some sugar
- **Cooking:** Wash and the ingredients and soak the Job's-tears, mung beans, and rice for 6 hours. For details, see the "Make five-grain soymilk" section.
- **Benefits:**
 - Mung bean: Diuretic. Good for eyes. Helpful to control blood pressure and prevent oedema.
 - Job's-tear: Helpful to reduce vascular disease, reduce cholesterol, and improve complexion.

Walnut and cashew paste

- **Ingredients:**
 - 35 g of rice (around 2/5 cup)
 - 35 g of millet (around 2/5 cup)
 - flesh of 5 cashews
 - flesh of 5 walnuts
 - 5-10 Chinese dates (with stones removed)
 - 5-10 longans (with stones removed)
 - some sugar
- **Cooking:** Wash rice and millet and soak for 6 hours. Chop walnut flesh, Chinese dates, and longans into small pieces. For details, see the "Make five-grain soymilk" section.

• Benefits

- Walnut flesh: Good for the kidneys, brain, lungs, and other respiratory organics.
- Cashew: Good for the blood, brain, kidney, and spleen.
- Chinese date: Good for the spleen, stomach, and respiratory organics. Helpful to enrich blood.
- Longan: Good for the blood, heart, brain, and spleen.

Rice paste



Tip

- For details on cooking, see the "Make rice paste" section.

Complete nutritious rice paste

- **Ingredients:**
 - 35 g of rice (around 1/2 cup)
 - 15 g of millet (around 1/5 cup)
 - 10 g of black sesame seeds
 - 10 peanuts (with shells removed)
 - flesh of 5 walnuts
 - 5 Chinese dates (with stones removed)
- **Cooking:** Wash rice and millet and soak for 6 hours. Chop walnut flesh into small pieces. For details, see the "Make rice paste" section.
- **Benefits**
 - Millet: Rich in female hormones. Good for the skin and longevity.
 - Black sesame seed: Good for the kidneys, liver, lungs, and blood.

- Peanut: Good for the spleen and stomach.
- Walnut flesh: Good for the kidneys, brain, lungs, and other respiratory organics.
- Chinese date: Good for the spleen, stomach, and respiratory organics. Helpful to enrich blood.

Job's-tears and lily rice paste

- **Ingredients:**
 - 35 g of Job's-tears (around 2/5 cup)
 - 35 g of rice (around 2/5 cup)
 - 20 g of fresh lily bulbs
 - some sugar
- **Cooking:** Wash the Job's-tears and rice and soak for 6 hours. Wash and chop fresh lily bulbs into small pieces. For details, see the "Make rice paste" section.
- **Benefits:**
 - Job's-tear: Helpful to make the skin beautiful and fair.
 - Lily bulb: Helpful to make the skin beautiful and fair.

Yam and Chinese date rice paste

- **Ingredients:**
 - 50 g of rice (around 1/2 cup)
 - 30 g of yam
 - 5-10 Chinese dates (with stones removed)
 - some crystal sugar
- **Cooking:** Wash the Chinese dates and rice and soak for 6 hours. Remove the skin of the yam and cut the yam into 1.3-cm cubes. For details, see the "Make rice paste" section.

- **Benefits:**
 - Yam: Good for the spleen and stomach. Helpful to end diarrhea.
 - Chinese date: Good for the spleen, stomach, respiratory system, and blood.

Sweet potato and pumpkin rice paste

- **Ingredients:**
 - 30 g of sweet potato (around 1/2 cup)
 - 20 g of pumpkin (around 1/3 cup)
 - 35 g of rice (around 1/3 cup)
 - 35 g of millet (around 1/3 cup)
- **Cooking:** Wash millet and rice and soak for 6 hours. Remove the skin of sweet potato and pumpkin and cut them into 1.3-cm cubes. For details, see the "Make rice paste" section.
- **Benefits:**
 - Sweet potato: Rich in nutrients. Helpful to increase positive energy, improve appetite, and strengthen the kidneys.
 - Pumpkin: Helpful to increase positive energy, relieve pain, decrease toxicity, control sugar levels, and quench thirst.
 - Millet: Rich in female hormones. Good for skin and longevity.

Almond rice paste

- **Ingredients:**
 - 50 g of rice (around 1/2 cup)
 - 40 g of almonds
 - some crystal sugar
- **Cooking:** Wash rice and soak for 6 hours. For details, see the "Make rice paste" section.

- **Benefits:**
 - Almond: Good for skin and complexion. Helpful to eliminate blemishes, freckles, and dark spots.

Juice



Tip

- For details on cooking, see the “Make juice” section.

Banana milkshake

- **Ingredients:**
 - 400 g of banana
 - 300 ml of milk
- **Cooking:** Remove the skin of the bananas and cut them into 1.3-cm cubes. For details, see the “Make juice” section.

Cucumber juice

- **Ingredients:**
 - One cucumber (around 200 g)
- **Cooking:** Cut the cucumber into 1.3-cm cubes. For details, see the “Make juice” section.

