

MioMat

Instruction Manual
Recipe book





“My mom used to prepare plant-based milk for me since I was a little girl. After university, when I first arrived in Chile in 2010, I couldn’t find any plant-based milks available.

MioMat was my solution to that problem. And today, it’s an absolute must for families that care about their health.

I’m so happy about its popularity, and I hope that this recipe book/manual will help you and your family enjoy its versatility even more.”

**Alica Rehakova, Proud Mother and
Founder of MioMat**

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IMPORTANT PREVENTIVE INSTRUCTIONS



MioMat is manufactured under the European and American quality standards and certified in laboratories in Chile and China.

Before opening the MioMat, unplug the cord when the machine beeps at the end of the program. Also, unplug it when the machine is not in use.

MioMat requires 110 - 120 Volts/50hz - 60Hz. Please make sure that this is your case.

To prevent electric shock or damage to the machine, do not get the plugged-in cable or the cover of the machine wet. Do not use the machine if the plug or the cord is damaged.

Never run the machine if the water level is under 1100ml (indicated inside).

Never run the machine if the water level is over 1300ml (indicated inside).

During and after use, the machine parts may get hot. Do not use it again until MioMat has cooled down. Estimated waiting time: 20 minutes. (This only applies to these programs: Cereal Milk, Soy Milk, Creamy Soup, Chunky Soup, and Porridge)

Supervision is necessary if the machine is used by or near children.

MioMat is **NOT** dishwasher safe. Do not use outdoors.

Do not place the appliance on or near gas or electric cook-tops, or in the oven.

Be very careful when moving the appliance when full of food, water, or other hot liquids as MioMat is not sealed.

MioMat is only for domestic use. Commercial use is strictly prohibited.

Do not lift the lid cover mid-process. This will cancel the program.

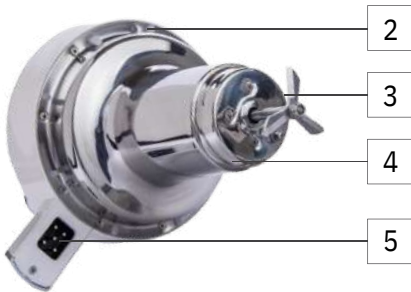
This machine is not designed to be used by children or people with reduced physical, sensory or mental capacities, or those who lack experience or training regarding its use. Supervision, and/or training on MioMat's instructions is necessary in these cases.



"Hi, I'm Viktoria and I'm going to guide you through this book which is full of useful pieces of information. I hope it helps you out!"

MioMat Parts List

1. Control panel and lid with motor
2. Motor compartment
3. Stainless steel blades
4. Temperature and water level sensors
5. Safety connector
6. Grinding cylinder
7. Measuring cup for ingredients
8. Strainer



Warranty Coverage

The product is under warranty for defective parts or damage from the factory, not for damage from accidents, inappropriate use, misuse, neglect, unauthorized technical service, commercial use, and repairs made by anyone unauthorized to service the appliance, or any other problems not related to defective parts or damage from the factory.

It is essential to present proof of purchase when submitting the appliance for warranty.

The distributor will repair or replace the product, as well as parts or faulty components only if the appliance is defective from the factory, and only by presenting proof of the purchase with an original receipt, invoice, or bill.

The warranty is not valid if appliances were used in violation of the instructions in the Instruction's Manual or appliances that have been altered, modified, or damaged by use.

This product is under warranty for 2 years from the purchase of the product as per the date on the proof of purchase.

Shipping and handling costs to and from technical services will be paid entirely by the customer submitting the appliance for warranty.

Before submitting your machine for warranty repair please check the troubleshooting guide in this Instruction Manual.

If your MioMat is still not working properly, contact me directly at viktoria@miomat.co with a detailed description of the problem with your machine.

Before First Use

Before you start making your favorite plant-based milk and food, you need to know a few key things to use MioMat to its fullest potential and prevent any unwanted situations.

Grinding Cylinder

In this recipe book, you will notice that each recipe has a line telling you to use or not to use a grinding cylinder.

A grinding cylinder has to be attached during the preparation of any **plant-based milk and cleaning program**.

This means that if you are using **RAW, CEREAL, SOY, or CLEANING** program, you **HAVE** to have the grinding cylinder attached!

MioMat can't detect if the grinding cylinder is not attached when it should be and if you do not attach it while making your milk or cleaning program, MioMat will **spill out water**.

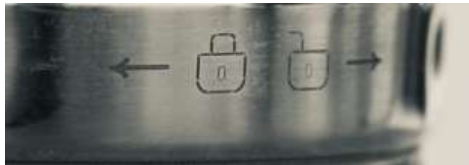
Raw Milk, Cereal Milk, Soy Milk, Cleaning

USE THE GRINDING CYLINDER

Creamy Soup, Chunky Soup, Porridge, Smoothie

DO NOT USE GRINDING CYLINDER

Also, make sure the cylinder is securely locked onto the machine - you can see the lock directions on the cylinder.



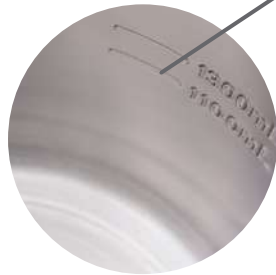
Amount of Ingredients

Never put ingredients to the machine over the minimum water level indicated inside the bottom jar.

MioMat's measuring cup



minimum water line



A good rule of thumb - there should always be more liquid (water, plant milk, broth) than dry ingredients.

When referred to as "measuring cup", we mean MioMat's measuring cup.

Just for reference -

MioMat's measuring cup is 0.42 regular US Cup | 3.4 ounces | 100ml.

Never put into MioMat



Do not put foreign objects, previously processed food, or cooked food into the machine.

Use only legumes, nuts, vegetables, fruits, grains, seeds, water, or other ingredients used in our recipes.

Soaking info

Soaking seeds, nuts, cereals, or legumes allows us to remove enzymatic inhibitors that are protecting the seed from external factors and prevent us from properly absorbing nutrients.

When we activate the seed (soak it), we prepare the food to germinate and that's when the nutrients are at their optimum point to be absorbed.

Also, when the seed is soaked, it's softer and can be crushed more easily - that means creamier milk and less straining.

Even though you can **make your milk without soaking the ingredients** without a problem, we only recommend it if you need to make your milk in a hurry.

Tip - if you are using dry dates, soak them as well!

No force needed!

The buttons on the MioMat are touch sensitive so you don't have to use force to press them.

Pouring water

When pouring water into the MioMat make sure it is on a flat surface to avoid over-filling or under-filling.

Freeze!

When you know you will not use all the milk you made, put it inside ice cube trays. Frozen milk will last up to 3 months.

Finished?

When MioMat finishes preparing your food it will beep for one minute. The selected program will then blink, letting you know it's finished.

Solid program light - program still in progress.
Blinking program light - program is finished.

Cleaning life-hack

If you find it difficult to clean the machine, try this.
After the initial cleaning with the cleaning cycle (water + 2 drops of soap), add a tablespoon of vinegar and start the Cereal Milk program.
You can use the same water or pour fresh one.

Sharp!

Be careful when cleaning the top of the MioMat - the blades are sharp.

Easy almond milk

Amongst all the plant milk variants, almond milk requires the most straining. If you want to make almond milk that does not require any straining, just use blanched almonds. Easy!

Soy milk clean-up

If you are having trouble cleaning the MioMat after making soy milk, a little bit of baking soda used on the hard part of the sponge can do the trick.

Not sealed

The top and bottom parts of the MioMat are not sealed when closed. The gap is there to let the steam out.

Stop button

If you accidentally select the wrong program just press the stop button and select a new one - you can cancel the program within a minute of starting it.

Try them all!

If you bought MioMat for a single purpose (making only plant milk for example) make sure to at least try out all the other functions like soup and porridge.

Homemade food is the best food!

Want More?

We are constantly updating list of tips and tricks - scan QR code to go to our website to see the latest ones.

You can also submit a new trick if you discovered one.



miomat.co/tips

How To Clean MioMat



We recommend cleaning the MioMat right after the preparation process. This way the leftovers will not dry out and stick to the surfaces of the MioMat.

1. Pour water between the lines indicated inside the machine.
 2. Add 2 drops of soap.
 3. Then take the lid, **attach the grinding cylinder** to the top of the machine and turn it clockwise to lock it in place.
 4. Close the MioMat properly.
 5. Plug in the machine and choose the cleaning program by pressing the select button.
 6. Press the start button.
 7. After a few minutes, MioMat will beep, this means that the pre-wash is done.
 8. After this pre-wash just rinse the stainless steel parts under warm water.
- You can clean the stainless steel parts under the tap.
 - For cleaning the exterior of the MioMat use a wet damp cloth.
 - Under no circumstances should the control panel get wet.
 - MioMat is NOT dishwasher safe.

Check out a video of cleaning MioMat on our YouTube channel - MioMat Official.



Troubleshooting

| PROBLEM | POSSIBLE CAUSES | POSSIBLE SOLUTIONS |
|---|---|---|
| The ingredients were not sufficiently ground. | Too many ingredients. | Use recommended measurements. |
| | Too little water. | Add water to 1100 - 1300ml range. |
| The soup is very watery. | Thickening ingredients are missing. | Add a cup of grains or legumes. You can also add thicker vegetables such as potatoes, zucchini, etc. |
| The machine doesn't work and the indicator light does not light up. | The plug is not connected properly. | Firmly connect the plug. |
| | Failure to the adapter. | Contact me : viktoria@miomat.co |
| | The lid is not connected well to the top of the machine. | Place the lid to the jar correctly. |
| The machine heats, but doesn't grind. | Failure to the base. Motor damage. | Contact me : viktoria@miomat.co |
| | Too much food. | Let the machine cool down. Make sure you have the correct amount of food (up to the 1100ml line). |
| The machine turned off without finishing the program. | The ingredients got burned and stuck to the bottom of the appliance from having too many ingredients in it or too little water. | Empty the appliance, and allow it to cool. Remove the stuck-on food with a sponge and soft cleanser. Use the appliance as normal with ingredients and measurements indicated in the recipe book. Always use more water than dry ingredients. Do not use previously cooked or processed ingredients. |
| Milk/water overflows | You didn't used a grinding cylinder. | For milk and cleaning ALWAYS use the grinding cylinder. |
| | You used processed food. | Use only raw ingredients that were not previously processed. |
| The machine is steaming. | Normal cooking process. | 😊 |

Troubleshooting

| PROBLEM | POSSIBLE CAUSES | POSSIBLE SOLUTIONS |
|----------------------------|--|--|
| My milk separated | As homemade milk does not contain any artificial stabilizers, your milk will separate over time. | To fix this just shake the bottle a few times and your milk is ready to enjoy. |
| Milk is too thick | Too many ingredients. | Next time use fewer ingredients. Don't forget to use the right measuring cup which comes with the MioMat. |
| MioMat stopped mid-process | Too little water. | Add water to the 1100 - 1300ml range. |
| | Too much water. | Make sure not to exceed the 1300ml mark. |
| | MioMat overheated. You put hot water into the jar or didn't let MioMat cool down between the programs. | Empty the appliance and allow it to cool down. Then use the appliance as normal with cold water and don't forget to let it cool down between the programs for at least 20 minutes. |
| Oat milk is slimy | Too many ingredients. | When making oat milk use only 1 measuring cup of oats. |
| | Soaked oats | Do not soak oats when making milk. |

Do you have any other problems with MioMat? Check out our tips and tricks page - miomat.co/tips.

If you still have problems please contact me directly at viktoria@miomat.co and I will get to you ASAP. 😊



Control Panel Overview

“Raw Milk” Program

42°C/107°F



Nut milk with the creamiest consistency and preserved nutrients. 42 °C/107°F is the sweet spot for maintaining most flavor while keeping all of the nutrients and vitamins intact. Ideal for almonds, cashews, coconut, hazelnuts, pumpkin seeds, sunflower seeds, sesame, peanuts, pistachios, or any combination of these.

Experiment with mixing different nuts to find your personal favorite combination.

42 °C/107°F - 12 minutes

“Cereal Milk” Program



For all creamy cooked milks from grains and cereals such as rice, quinoa, amaranth, buckwheat, rye, oats, poppy seeds, or millet.

Enjoy the benefits of cooked plant milk without the hassle of pre-cooking the ingredients. MioMat does it for you.

95 °C/203°F - 20-25 min

“Soy Milk” Program



As soybeans require special treatment, we designed a program just for soy milk. This ensures the best soy milk possible.

Again, no pre-cooking is needed, just soaked soybeans.

90°C/194°F - 30-35 minutes

“Smoothie” Program



For making juices and smoothies. Mix your favorite fruits and vegetables with water, milk, or coconut water. Everyone loves a fresh smoothie. :) The

“Smoothies” program is the only program that does not heat up food.

8 minutes



“Creamy Soup” Program

Healthy vegetable soup made while spending time doing what you love. This program cooks the ingredients at 95 °C (203 °F).

Smooth and silky, ready in 30 minutes.

95°C/203°F - 30 minutes



“Chunky Soup” Program

Exclusively for making vegetable soups with grains or legumes leaving chunky pieces. This program cooks ingredients at 95 °C (203 °F) and doesn't grind ingredients completely.

95°C/203°F - 30 minutes



“Porridge” Program

Breakfast made while you are getting ready for the day. You can make delicious porridge with grains such as rice, oats, quinoa, millet, amaranth, and wheat. Mix it with vegetables and/or fruits to give your porridge different flavors and choose between a sweet and a salty one.

95°C/203°F - 30 minutes



“Cleaning” Program

With this program, you can do a quick pre-wash of your MioMat, before the deep cleaning. Just pour water between the lines indicated inside of the jar, add 2 drops of soap. Attach the grinding cylinder, close the machine and start a program.

5 minutes

Did you know?

The first recipes that included the first plant-based milk (almond milk) was recorded back in 13th-century.



42°C/107°F



Raw Milk



Make your favorite plant milk from any nuts or seeds. Let your imagination run wild and mix various types of ingredients together.

How to make plant-based milk without a recipe?

1. Take up to 3 measuring cups of nuts or seeds with the measuring cup included in the box. (We recommend starting with just one measuring cup of ingredients and adding more if you want denser milk).
2. Optional - Soak the ingredients for at least 4 hours.
3. Put all the ingredients into the MioMat jar.
4. Pour cold water between the lines indicated inside of the machine.
5. Then take the top, attach the grinding cylinder and turn it clockwise to lock it in place.
6. Close the top properly.
7. Plug in MioMat and choose the RAW Milk program by pressing the select button.
8. Press the start button to run the program.
9. After 12 minutes MioMat will start beeping. This means your milk is done.

Optional: Strain the milk with the included strainer. You can use a spoon to move the leftover pulp in the strainer to strain it faster.

You can use as many as 8 measuring cups of nuts or seeds inside MioMat.

The more ingredients you use the more dense the milk will be. Anything above 5 measuring cups will be coffee creamer.

The recommended maximum number of measuring cups for milk is 2. As always, it's best to experiment and find a consistency that's perfect for you.





Almond Milk

- 1 measuring cup almonds
- cold water

Optional:

- 1/2 vanilla pod or 1 tsp vanilla extract
- 2 tablespoons honey

USE THE GRINDING CYLINDER

1. Put all the ingredients into the MioMat.
2. Add water between the levels indicated inside of the MioMat.
3. Attach the grinding cylinder to the top of the machine and turn it clockwise to lock it in place.
4. Close the machine properly.
5. Plug in the MioMat and choose the Raw Milk program by pressing select button. Press the start button.
6. After 12 minutes, MioMat will start beeping. This means your milk is done. Unplug the MioMat and then open it.
7. OPTIONAL: Strain the milk with the included strainer.
8. Enjoy your freshly made almond milk.

Cashew Milk

- 1 measuring cup cashews
- cold water

Optional:

- 1/2 vanilla pod or 1 tsp vanilla extract
- 2 dates (pits removed)

USE THE GRINDING CYLINDER

1. Put all the ingredients into the MioMat.
2. Add water between the levels indicated inside of the MioMat.
3. Attach the grinding cylinder to the top of the machine and turn it clockwise to lock it in place.
4. Close the machine properly.
5. Plug in the MioMat and choose the Raw Milk program by pressing select button. Press the start button.
6. After 12 minutes, MioMat will start beeping. This means your milk is done. Unplug the MioMat and then open it.
7. OPTIONAL: Strain the milk with the included strainer.
8. Enjoy your freshly made cashew milk.



TIP: Adjust the amount of ingredients as you like. Also, if you have time, soak the nuts for a creamier consistency and less straining.

Walnut Milk

- 1 measuring cup walnuts
- cold water

Optional:

- 2 tsp honey

USE THE GRINDING CYLINDER

1. Put all the ingredients into the MioMat.
2. Add water between the levels indicated inside of the MioMat.
3. Attach the grinding cylinder to the top of the machine and turn it clockwise to lock it in place.
4. Close the machine properly.
5. Plug in the MioMat and choose the Raw Milk program by pressing the select button. Press the start button.
6. After 12 minutes, MioMat will start beeping. This means your milk is done. Unplug the MioMat and then open it.
7. OPTIONAL: Strain the milk with the included strainer.
8. Enjoy your freshly made walnut milk.



TIP: Would you like to have your milk fresh for longer? Add a pinch of salt to the jar before running program. Salt is effective as a preservative because it reduces the water activity of foods.

Peanut Milk

- 1 measuring cup unsalted peanuts
- cold water

Optional:

- 3 dates (pits removed)

USE THE GRINDING CYLINDER

1. Put all the ingredients into the MioMat.
2. Add water between the levels indicated inside of the MioMat.
3. Attach the grinding cylinder to the top of the machine and turn it clockwise to lock it in place.
4. Close the machine properly.
5. Plug in the MioMat and choose the Raw Milk program by pressing select button. Press the start button.
6. After 12 minutes, MioMat will start beeping. This means your milk is done. Unplug the MioMat and then open it.
7. OPTIONAL: Strain the milk with the included strainer.
8. Enjoy your freshly made peanut milk.





Hazelnut Milk WITH CHOCOLATE

- 1 measuring cup hazelnuts
- 1/2 measuring cup almonds
- 2 tbsp dark cocoa powder
- 4 dates (pits removed)
- cold water

USE THE GRINDING CYLINDER

1. Put all the ingredients into the MioMat.
2. Add water between the levels indicated inside of the MioMat.
3. Attach the grinding cylinder to the top of the machine and turn it clockwise to lock it in place.
4. Close the machine properly.
5. Plug in the MioMat and choose the Raw Milk program by pressing select button. Press the start button.
6. After 12 minutes, MioMat will start beeping. This means your milk is done. Unplug the MioMat and then open it.
7. OPTIONAL: Strain the milk with the included strainer.
8. Enjoy your freshly made chocolate hazelnut milk.

Coconut Milk

- 2 measuring cups coconut (fresh, grated, or laminated)
- cold water

Optional:

- 1/2 vanilla pod or 1 tsp vanilla extract
- 1 date (pits removed)

USE THE GRINDING CYLINDER

1. Put all the ingredients into the MioMat.
2. Add water between the levels indicated inside of the MioMat.
3. Attach the grinding cylinder to the top of the machine and turn it clockwise to lock it in place.
4. Close the machine properly.
5. Plug in the MioMat and choose the Raw Milk program by pressing select button. Press the start button.
6. After 12 minutes, MioMat will start beeping. This means your milk is done. Unplug the MioMat and then open it.
7. OPTIONAL: Strain the milk with the included strainer.
8. Enjoy your freshly made coconut milk.



Hemp Milk

- 1 measuring cup hemp seeds
- cold water

Optional:

- 1/2 vanilla pod or 1 tsp vanilla extract
- 2 tablespoons honey

USE THE GRINDING CYLINDER

1. Put all the ingredients into the MioMat.
2. Add water between the levels indicated inside of the MioMat.
3. Attach the grinding cylinder to the top of the machine and turn it clockwise to lock it in place.
4. Close the machine properly.
5. Plug in the MioMat and choose the Raw Milk program by pressing select button. Press the start button.
6. After 12 minutes, MioMat will start beeping. This means your milk is done. Unplug the MioMat and then open it.
7. OPTIONAL: Strain the milk with the included strainer.
8. Enjoy your freshly made hemp milk.



Viktoria's favorite

You definitely have to try this combination! Creamy cashew milk with a twist of coconut. My mouth's watering!



Coconut-Cashew Milk

- 1 measuring cup cashews
- 1 measuring cup coconut (fresh, grated, or laminated)
- cold water

Optional:

- 3 dates (pits removed)

USE THE GRINDING CYLINDER

1. Put all the ingredients into the MioMat.
2. Add water between the levels indicated inside of the MioMat.
3. Attach the grinding cylinder to the top of the machine and turn it clockwise to lock it in place.
4. Close the machine properly.
5. Plug in the MioMat and choose the Raw Milk program by pressing select button. Press the start button.
6. After 12 minutes, MioMat will start beeping. This means your milk is done. Unplug the MioMat and then open it.
7. OPTIONAL: Strain the milk with the included strainer.
8. Enjoy your freshly made coconut-cashew milk.





Pistachio Milk

- 1 measuring cup pistachios
- cold water

Optional:

- 2 tablespoons maple syrup

USE THE GRINDING CYLINDER

1. Put all the ingredients into the MioMat.
2. Add water between the levels indicated inside of the MioMat.
3. Attach the grinding cylinder to the top of the machine and turn it clockwise to lock it in place.
4. Close the machine properly.
5. Plugin the MioMat and choose the Raw Milk program by pressing select button. Press the start button.
6. After 12 minutes, MioMat will start beeping. This means your milk is done. Unplug the MioMat and then open it.
7. OPTIONAL: Strain the milk with the included strainer.
8. Enjoy your freshly made pistachio milk.



Strawberry Milk

- 1 measuring cup cashews
- 6 diced fresh strawberries or 2 measuring cups of dried strawberries
- cold water

Optional:

- 2 tablespoons maple syrup

USE THE GRINDING CYLINDER

1. Put all the ingredients into the MioMat.
2. Add water between the levels indicated inside of the MioMat.
3. Attach the grinding cylinder to the top of the machine and turn it clockwise to lock it in place.
4. Close the machine properly.
5. Plugin the MioMat and choose the Raw Milk program by pressing select button. Press the start button.
6. After 12 minutes, MioMat will start beeping. This means your milk is done. Unplug the MioMat and then open it.
7. OPTIONAL: Strain the milk with the included strainer.
8. Enjoy your freshly made strawberry milk.

Pumpkin seed Milk

WITH SESAME AND ORANGE

- 3/4 measuring cup pumpkin seeds
- 1/2 measuring cup sesame
- 1 tablespoon orange zest
- cold water

Optional:

- 2 dates (pits removed)

USE THE GRINDING CYLINDER

1. Put all the ingredients into the MioMat.
2. Add water between the levels indicated inside of the MioMat.
3. Attach the grinding cylinder to the top of the machine and turn it clockwise to lock it in place.
4. Close the machine properly.
5. Plugin the MioMat and choose the Raw Milk program by pressing select button. Press the start button.
6. After 12 minutes, MioMat will start beeping. This means your milk is done. Unplug the MioMat and then open it.
7. OPTIONAL: Strain the milk with the included strainer.
8. Enjoy your freshly made pumpkin milk.

Almond Milk

WITH COCONUT

- 1 measuring cup almonds
- 1 measuring cup coconut (fresh, grated, or laminated)
- cold water

Optional:

- 1 diced banana (for sweetness)

USE THE GRINDING CYLINDER

1. Put all the ingredients into the MioMat.
2. Add water between the levels indicated inside of the MioMat.
3. Attach the grinding cylinder to the top of the machine and turn it clockwise to lock it in place.
4. Close the machine properly.
5. Plugin the MioMat and choose the Raw Milk program by pressing select button. Press the start button.
6. After 12 minutes, MioMat will start beeping. This means your milk is done. Unplug the MioMat and then open it.
7. OPTIONAL: Strain the milk with the included strainer.
8. Enjoy your freshly made almond-coconut milk.







Cereal Milk

Make your favorite plant milk from any cereals. Let your imagination run wild and mix various types of ingredients together.

How to make plant-based milk without a recipe?

1. Take 1 measuring cup of cereals (quinoa, oats, amaranth, etc.) with the measuring cup included in the box.
2. Put all the ingredients into the MioMat jar.
3. Pour cold water between the lines indicated inside of the machine.
4. Then take the top, attach the grinding cylinder and turn it clockwise to lock it in place.
5. Close the top properly.
6. Plug in MioMat and choose the Cereal Milk program by pressing the select button.
7. Press the start button to run the program.
8. After 25 to 30 minutes MioMat will start beeping. This means your milk is done.

Optional: Strain the milk with the included strainer. You can use a spoon to move the leftover pulp in the strainer to strain it faster.



Quinoa Milk

- 1 measuring cup quinoa
- cold water

Optional:

- 2 dates (pits removed)

USE THE GRINDING CYLINDER

1. Put all the ingredients into the MioMat.
2. Add water between the levels indicated inside of the MioMat.
3. Attach the grinding cylinder to the top of the machine and turn it clockwise to lock it in place.
4. Close the machine properly.
5. Plug in the MioMat and choose the Cereal Milk program by pressing select button. Press the start button.
6. After 25 minutes, MioMat will start beeping. This means your milk is done. Unplug the MioMat and then open it.
7. OPTIONAL: Strain the milk with the included strainer.
8. Enjoy your freshly made quinoa milk.

Oat Milk

- 1 measuring cup oats (rolled oats)
- cold water

Optional:

- 1/2 vanilla pod or 1 tsp vanilla extract
- 2 tablespoons maple syrup

USE THE GRINDING CYLINDER

1. Put all the ingredients into the MioMat.
2. Add water between the levels indicated inside of the MioMat.
3. Attach the grinding cylinder to the top of the machine and turn it clockwise to lock it in place.
4. Close the machine properly.
5. Plug in the MioMat and choose the Cereal Milk program by pressing select button. Press the start button.
6. After 25 minutes, MioMat will start beeping. This means your milk is done. Unplug the MioMat and then open it.
7. OPTIONAL: Strain the milk with the included strainer.
8. Enjoy your freshly made oat milk.



Oat Milk Tip

Oat milk is one of the few milks that can be prepared both on RAW and Cereal Milk programs. Try making your milk with both programs and see which one do you like the best. 😊

Millet Milk

- 1 measuring cup millet
- cold water

Optional:

- 2 tbsp maple syrup

USE THE GRINDING CYLINDER

1. Put all the ingredients into the MioMat.
2. Add water between the levels indicated inside of the MioMat.
3. Attach the grinding cylinder to the top of the machine and turn it clockwise to lock it in place.
4. Close the machine properly.
5. Plug in the MioMat and choose the Cereal Milk program by pressing select button. Press the start button.
6. After 25 minutes, MioMat will start beeping. This means your milk is done. Unplug the MioMat and then open it.
7. OPTIONAL: Strain the milk with the included strainer.
8. Enjoy your freshly made millet milk.



TIP: Would you like to have your milk fresh for longer? Add a pinch of salt to the jar before running program. Salt is effective as a preservative because it reduces the water activity of foods.

Amaranth Milk

- 1 measuring cup amaranth
- cold water

Optional:

- 3 dates (pits removed)

USE THE GRINDING CYLINDER

1. Put all the ingredients into the MioMat.
2. Add water between the levels indicated inside of the MioMat.
3. Attach the grinding cylinder to the top of the machine and turn it clockwise to lock it in place.
4. Close the machine properly.
5. Plug in the MioMat and choose the Cereal Milk program by pressing select button. Press the start button.
6. After 25 minutes, MioMat will start beeping. This means your milk is done. Unplug the MioMat and then open it.
7. OPTIONAL: Strain the milk with the included strainer.
8. Enjoy your freshly made amaranth milk.



CoconutChai Milk

- 1 1/2 measuring cups coconut (fresh, grated, or laminated)
- 2 tablespoons black tea
- 10 cardamom pods
- 3 cloves
- 1 star anise
- 1 teaspoon ginger
- 1/4 teaspoon pepper
- 1 teaspoon cinnamon
- cold water

USE THE GRINDING CYLINDER

1. Put all the ingredients into the MioMat.
2. Add water between the levels indicated inside of the MioMat.
3. Attach the grinding cylinder to the top of the machine and turn it clockwise to lock it in place.
4. Close the machine properly.
5. Plug in the MioMat and choose the Cereal Milk program by pressing select button. Press the start button.
6. After 25 minutes, MioMat will start beeping. This means your milk is done. Unplug the MioMat and then open it.
7. OPTIONAL: Strain the milk with the included strainer.
8. Enjoy your freshly made coconutchai milk.



Viktoria's favorite

This hot tea recipe is an ideal option for cozy days. It's perfect as a coffee substitute while remaining a strong flavoured cup that will warm your heart. Take a leap of faith in this spice mix: **you'll not regret it.**

Oat-Sesame Milk

- 3/4 measuring cup oats (rolled oats)
- 1/2 measuring cup sesame
- cold water

Optional:

- 2 tablespoons honey (after milk is done)

USE THE GRINDING CYLINDER

1. Put all the ingredients into the MioMat.
2. Add water between the levels indicated inside of the MioMat.
3. Attach the grinding cylinder to the top of the machine and turn it clockwise to lock it in place.
4. Close the machine properly.
5. Plug in the MioMat and choose the Cereal Milk program by pressing select button. Press the start button.
6. After 25 minutes, MioMat will start beeping. This means your milk is done. Unplug the MioMat and then open it.
7. OPTIONAL: Strain the milk with the included strainer.
8. Enjoy your freshly made oat-sesame milk.



Millet-Almond Milk

- 1 measuring cup almonds
- 1 measuring cup millet
- cold water

Optional:

- 1 diced banana (for sweetness)

USE THE GRINDING CYLINDER

1. Put all the ingredients into the MioMat.
2. Add water between the levels indicated inside of the MioMat.
3. Attach the grinding cylinder to the top of the machine and turn it clockwise to lock it in place.
4. Close the machine properly.
5. Plug in the MioMat and choose the Cereal Milk program by pressing select button. Press the start button.
6. After 25 minutes, MioMat will start beeping. This means your milk is done. Unplug the MioMat and then open it.
7. OPTIONAL: Strain the milk with the included strainer.
8. Enjoy your freshly made millet-almond milk.





Christmas Milk

- 2 measuring cups almonds
- 1 tbsp vanilla essence
- 1 tbsp cinnamon
- 2 tablespoons honey (after milk is done)
- cold water

USE THE GRINDING CYLINDER

1. Put all the ingredients into the MioMat.
2. Add water between the levels indicated inside of the MioMat.
3. Attach the grinding cylinder to the top of the machine and turn it clockwise to lock it in place.
4. Close the machine properly.
5. Plugin the MioMat and choose the Cereal Milk program by pressing select button. Press the start button.
6. After 25 minutes, MioMat will start beeping. This means your milk is done. Unplug the MioMat and then open it.
7. OPTIONAL: Strain the milk with the included strainer.
8. Enjoy your freshly made christmas milk.

Choco-Mint Milk

- 1 measuring cup cashews
- 1/2 measuring cup rice
- 2 tbsp cocoa powder
- 1 tsp peppermint essence
- cold water

USE THE GRINDING CYLINDER

1. Put all the ingredients into the MioMat.
2. Add water between the levels indicated inside of the MioMat.
3. Attach the grinding cylinder to the top of the machine and turn it clockwise to lock it in place.
4. Close the machine properly.
5. Plugin the MioMat and choose the Cereal Milk program by pressing select button. Press the start button.
6. After 25 minutes, MioMat will start beeping. This means your milk is done. Unplug the MioMat and then open it.
7. OPTIONAL: Strain the milk with the included strainer.
8. Enjoy your freshly made choco-mint milk.



Rice Milk

- 1 measuring cup rice
- cold water

Optional:

- 1 tbsp vanilla essence

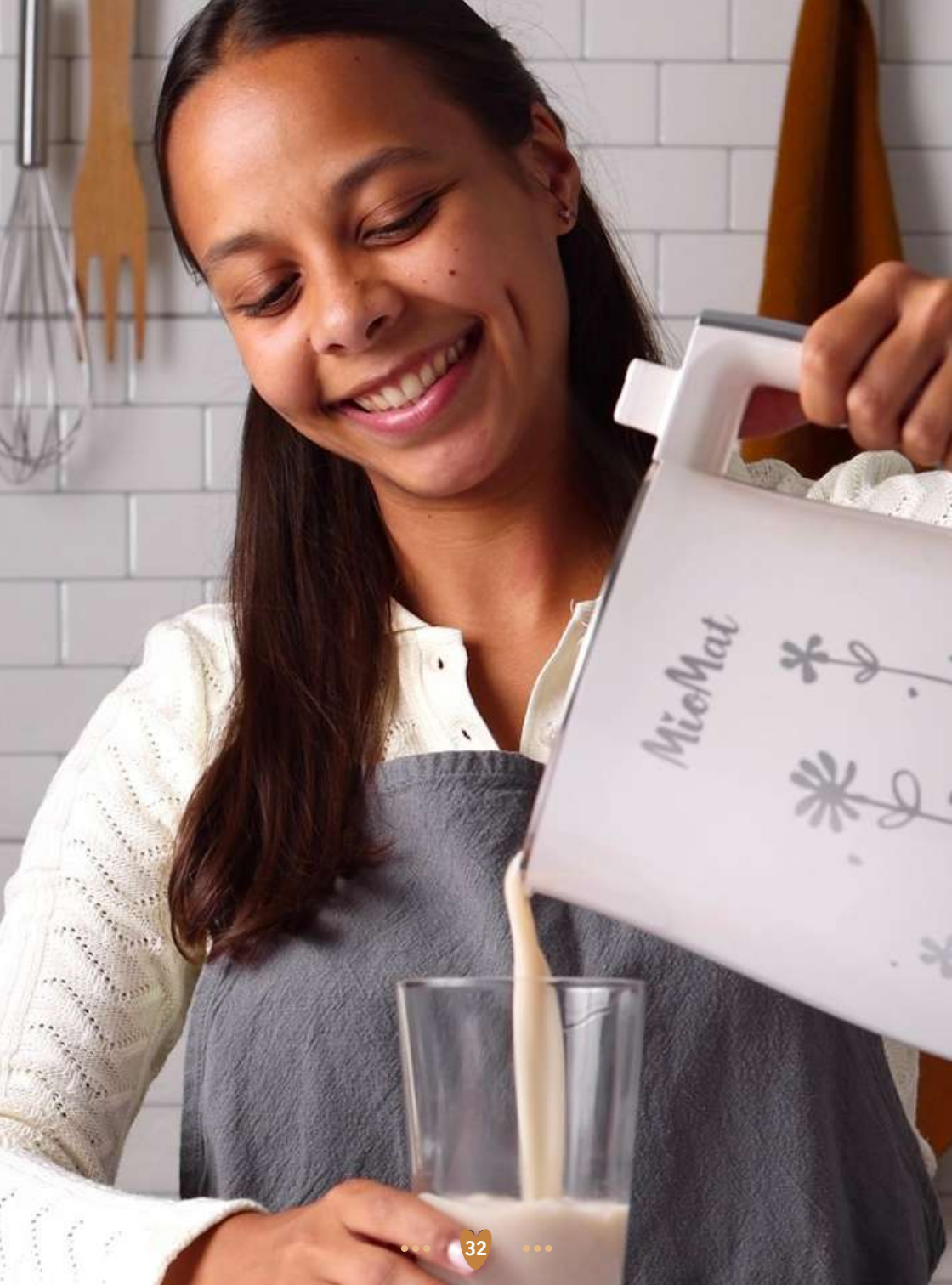
USE THE GRINDING CYLINDER

1. Put all the ingredients into the MioMat.
2. Add water between the levels indicated inside of the MioMat.
3. Attach the grinding cylinder to the top of the machine and turn it clockwise to lock it in place.
4. Close the machine properly.
5. Plug in the MioMat and choose the Cereal Milk program by pressing select button. Press the start button.
6. After 25 minutes, MioMat will start beeping. This means your milk is done. Unplug the MioMat and then open it.
7. **OPTIONAL:** Strain the milk with the included strainer.
8. Enjoy your freshly made rice milk.



Did you know?

- Rice milk is one of the least allergenic dairy-free milk options, meaning it's great for those with nut and other allergies.
- Because rice milk contains no cholesterol, it is a very heart-healthy option.
- It is one of the sweeter milk alternatives, being naturally sweeter than most nuts.





Soy Milk

Making fresh homemade soy milk is easy with MioMat.

How to make plant-based milk without a recipe?

1. Take 1 measuring cup of soy beans or brown rice with the measuring cup included in the box.
2. Put all the ingredients into the MioMat jar.
3. Pour cold water between the lines indicated inside of the machine.
4. Then take the top, attach the grinding cylinder and turn it clockwise to lock it in place.
5. Close the top properly.
6. Plug in MioMat and choose the Soy Milk program by pressing the select button.
7. Press the start button to run the program.
8. After 30 minutes MioMat will start beeping. This means your milk is done.

Optional: Strain the milk with the included strainer. You can use a spoon to move the leftover pulp in the strainer, to strain it faster.



You should always clean your MioMat as soon as possible and this is especially important when making soy milk.

If you let the soybeans dry out on the surfaces, you will have a hard time cleaning them afterward.

Be careful though - MioMat and the milk will be very hot.



Soy Milk

- 1 measuring cup soy beans
- cold water

Optional:

- 1/2 vanilla pod or 1 tsp vanilla extract
- 2 tablespoons maple syrup

USE THE GRINDING CYLINDER

1. Put all the ingredients into the MioMat.
2. Add water between the levels indicated inside of the MioMat.
3. Attach the grinding cylinder to the top of the machine and turn it clockwise to lock it in place.
4. Close the machine properly.
5. Plugin the MioMat and choose the Soy Milk program by pressing select button. Press the start button.
6. After 30 minutes, MioMat will start beeping. This means your milk is done. Unplug the MioMat and then open it.
7. OPTIONAL: Strain the milk with the included strainer.
8. Enjoy your freshly made soy milk.

Brown Rice Milk

- 1 measuring cup brown rice
- cold water

Optional:

- 2 dates (pits removed)

USE THE GRINDING CYLINDER

1. Put all the ingredients into the MioMat.
2. Add water between the levels indicated inside of the MioMat.
3. Attach the grinding cylinder to the top of the machine and turn it clockwise to lock it in place.
4. Close the machine properly.
5. Plugin the MioMat and choose the Soy Milk program by pressing select button. Press the start button.
6. After 30 minutes, MioMat will start beeping. This means your milk is done. Unplug the MioMat and then open it.
7. OPTIONAL: Strain the milk with the included strainer.
8. Enjoy your freshly made brown rice milk.



Chocolate Soy Milk

- 1 measuring cup soybeans
- 2 tbsp cocoa powder
- cold water

Optional:

- 2 tbsp maple syrup

USE THE GRINDING CYLINDER

1. Put all the ingredients into the MioMat.
2. Add water between the levels indicated inside of the MioMat.
3. Attach the grinding cylinder to the top of the machine and turn it clockwise to lock it in place.
4. Close the machine properly.
5. Plug in the MioMat and choose the Soy Milk program by pressing select button. Press the start button.
6. After 30 minutes, MioMat will start beeping. This means your milk is done. Unplug the MioMat and then open it.
7. **OPTIONAL:** Strain the milk with the included strainer.
8. Enjoy your freshly made chocolate soy milk.





Brown Rice Milk

WITH COCONUT

- 1 measuring cup brown rice
- 1 measuring cup coconut (fresh, grated, or laminated)
- cold water

Optional:

- 3 dates (pits removed)

USE THE GRINDING CYLINDER

1. Put all the ingredients into the MioMat.
2. Add water between the levels indicated inside of the MioMat.
3. Attach the grinding cylinder to the top of the machine and turn it clockwise to lock it in place.
4. Close the machine properly.
5. Plug in the MioMat and choose the Soy Milk program by pressing select button. Press the start button.
6. After 30 minutes, MioMat will start beeping. This means your milk is done. Unplug the MioMat and then open it.
7. OPTIONAL: Strain the milk with the included strainer.
8. Enjoy your freshly made brown rice milk.

Soy Milk

WITH SESAME

- 1 measuring cup soybeans
- 1 measuring cup sesame
- cold water

Optional:

- 1/2 vanilla pod or 1 tsp vanilla extract

USE THE GRINDING CYLINDER

1. Put all the ingredients into the MioMat.
2. Add water between the levels indicated inside of the MioMat.
3. Attach the grinding cylinder to the top of the machine and turn it clockwise to lock it in place.
4. Close the machine properly.
5. Plug in the MioMat and choose the Soy Milk program by pressing select button. Press the start button.
6. After 30 minutes, MioMat will start beeping. This means your milk is done. Unplug the MioMat and then open it.
7. OPTIONAL: Strain the milk with the included strainer.
8. Enjoy your freshly made soy with sesame milk.

Chai-Rice Milk

- 1 measuring cup brown rice
- 2 tablespoons black tea
- 10 cardamom pods
- 3 cloves
- 1 star anise
- 1 teaspoon cinnamon
- 2 tablespoons honey
- cold water

USE THE GRINDING CYLINDER

1. Put all the ingredients into the MioMat.
2. Add water between the levels indicated inside of the MioMat.
3. Attach the grinding cylinder to the top of the machine and turn it clockwise to lock it in place.
4. Close the machine properly.
5. Plugin the MioMat and choose the Soy Milk program by pressing select button. Press the start button.
6. After 30 minutes, MioMat will start beeping. This means your milk is done. Unplug the MioMat and then open it.
7. OPTIONAL: Strain the milk with the included strainer.
8. Enjoy your freshly made chai-rice milk.



Strawberry Soy Milk

- 1 measuring cup soybeans
- 6 strawberries
- 2 dates (pits removed)
- cold water

USE THE GRINDING CYLINDER

1. Put all the ingredients into the MioMat.
2. Add water between the levels indicated inside of the MioMat.
3. Attach the grinding cylinder to the top of the machine and turn it clockwise to lock it in place.
4. Close the machine properly.
5. Plugin the MioMat and choose the Soy Milk program by pressing select button. Press the start button.
6. After 30 minutes, MioMat will start beeping. This means your milk is done. Unplug the MioMat and then open it.
7. OPTIONAL: Strain the milk with the included strainer.
8. Enjoy your freshly made strawberry soy milk.





Soups

Prepare healthy vegetable soup in just 30 minutes! Choose between a creamy or chunky one.

How to make soup without a recipe?

1. Peel and cut vegetables of your choice. For thicker consistency add 1 measuring cup of grains or legumes.
2. Put all the ingredients into the MioMat jar. Ingredients can't exceed the minimum water line.
3. Pour cold water, broth or plant milk between the lines indicated inside of the machine.
4. Add seasoning as you like.
5. Close the top properly.
6. Plug in MioMat and choose the Creamy soup or Chunky soup program by pressing the select button.
7. Press the start button to run the program.
8. After 30-35 minutes MioMat will start beeping. This means your soup is done.
9. Your soup will last in the fridge for several days and when frozen for up to a month.



It's best to add seeds, grains, or legumes last to avoid burning them at the bottom of MioMat.

You can add seasonings, but virgin olive oil should be added after the soup is done to maintain its properties.



Cauliflower Pumpkin SOUP

- 100 grams pumpkin (squash)
- 1 small carrot
- 1 onion
- 100 grams cauliflower
- 100 grams zucchini
- coconut milk (made in MioMat)
- salt and pepper to taste
- 1 tablespoon olive oil

DO NOT USE GRINDING CYLINDER

1. Peel and cut to small pieces all your vegetables.
2. Put all the ingredients into the MioMat.
3. Pour the coconut milk between the levels indicated inside.
4. Close the machine properly.
5. Plugin the MioMat and choose the Creamy Soup program by pressing the select button. Press the start button.
6. After 30 minutes, MioMat will start beeping. This means your soup is done. Unplug the MioMat and then open it.
7. Your soup will last in the fridge for several days and when frozen for up to a month.

Chunky Broccoli SOUP

- 200 grams broccoli
- 1 potato
- 1/3 measuring cup rice
- 1 clove of garlic
- salt and pepper to taste
- cold water

DO NOT USE GRINDING CYLINDER

1. Peel and cut to small pieces all your vegetables.
2. Put all the ingredients into the MioMat.
3. Pour the cold water between the levels indicated inside.
4. Close the machine properly.
5. Plugin the MioMat and choose the Chunky Soup program by pressing the select button. Press the start button.
6. After 30 minutes, MioMat will start beeping. This means your soup is done. Unplug the MioMat and then open it.
7. Your soup will last in the fridge for several days and when frozen for up to a month.



vegetable Broth

- 2 carrots
- 100 grams broccoli
- 1 celery
- 1 onion
- 2 tablespoons olive oil
- salt and pepper to taste
- cold water

DO NOT USE GRINDING CYLINDER

1. Peel and cut to small pieces all your vegetables.
2. Put all the ingredients into the MioMat.
3. Pour the cold water between the levels indicated inside.
4. Close the machine properly.
5. Plugin the MioMat and choose the Chunky Soup program by pressing select button. Press the start button.
6. After 30 minutes, MioMat will start beeping. This means your soup is done. Unplug the MioMat and then open it.
7. Your soup will last in the fridge for several days and when frozen for up to a month.



Cabbage Soup

- 1/2 medium head of cabbage
- 2 potatoes
- 1/2 onion
- 1 carrot
- 1 measuring cup rice
- 1/2 tsp dried thyme
- salt and pepper to taste
- cold water

DO NOT USE GRINDING CYLINDER

1. Peel and cut to small pieces all your vegetables.
2. Put all the ingredients into the MioMat.
3. Pour the cold water between the levels indicated inside.
4. Close the machine properly.
5. Plugin the MioMat and choose the Creamy Soup program by pressing select button. Press the start button.
6. After 30 minutes, MioMat will start beeping. This means your soup is done. Unplug the MioMat and then open it.
7. Your soup will last in the fridge for several days and when frozen for up to a month.





Coconut Curry SOUP

- 1 medium onion
- 1 medium potato
- 1 clove of garlic
- 2 tsp curry
- 1/4 turmeric powder
- ¼ tsp ginger paste
- salt and pepper to taste
- coconut milk (made in MioMat)

DO NOT USE GRINDING CYLINDER

1. Peel and cut to small pieces all your vegetables.
2. Put all the ingredients into the MioMat.
3. Pour the coconut milk between the levels indicated inside.
4. Close the machine properly.
5. Plugin the MioMat and choose the Creamy Soup program by pressing select button. Press the start button.
6. After 30 minutes, MioMat will start beeping. This means your soup is done. Unplug the MioMat and then open it.
7. Your soup will last in the fridge for several days and when frozen for up to a month.



Sweet Potato SOUP

- 2 medium sweet potatoes
- 1 medium onion
- 1 carrot
- 1 measuring cup of red lentils (soaked)
- 1 tsp curry
- salt and pepper to taste
- cold water

DO NOT USE GRINDING CYLINDER

1. Peel and cut to small pieces all your vegetables.
2. Put all the ingredients into the MioMat.
3. Pour the cold water between the levels indicated inside.
4. Close the machine properly.
5. Plugin the MioMat and choose the Creamy Soup program by pressing select button. Press the start button.
6. After 30 minutes, MioMat will start beeping. This means your soup is done. Unplug the MioMat and then open it.
7. Your soup will last in the fridge for several days and when frozen for up to a month.

Red Lentil SOUP

- 2 measuring cups red lentils (soaked)
- 2 ripe tomatoes
- 1/2 onion
- 1 tsp grated ginger
- 1/2 chili
- 1/2 tsp turmeric and cumin
- salt and pepper to taste
- vegetable broth

DO NOT USE GRINDING CYLINDER

1. Peel and cut to small pieces all your vegetables.
2. Put all the ingredients into the MioMat.
3. Pour the vegetable broth between the levels indicated inside.
4. Close the machine properly.
5. Plugin the MioMat and choose the Chunky Soup program by pressing select button. Press the start button.
6. After 30 minutes, MioMat will start beeping. This means your soup is done. Unplug the MioMat and then open it.
7. Your soup will last in the fridge for several days and when frozen for up to a month.



Creamy Corn SOUP

- 6 measuring cups corn (fresh or frozen)
- 2 medium potatoes
- 1 onion
- 1 measuring cup cashews
- 1 tsp cumin
- salt and pepper to taste
- cold water

DO NOT USE GRINDING CYLINDER

1. Peel and cut to small pieces all your vegetables.
2. Put all the ingredients into the MioMat.
3. Pour the cold water between the levels indicated inside.
4. Close the machine properly.
5. Plugin the MioMat and choose the Creamy Soup program by pressing select button. Press the start button.
6. After 30 minutes, MioMat will start beeping. This means your soup is done. Unplug the MioMat and then open it.
7. Your soup will last in the fridge for several days and when frozen for up to a month.





Spicy Thai SOUP

- 1 zucchini
- 2 cloves of garlic
- 1 tbsp grated ginger
- 1 tsp curry
- 4 chili
- 1 medium onion
- 2 tbsp olive oil
- 1/2 measuring cup peanuts
- 400 ml coconut milk
- 400 ml vegetable broth (or water)
- rice noodles (after preparation)
- 1 lime (after preparation)

DO NOT USE GRINDING CYLINDER

1. Peel and cut to small pieces all your vegetables.
2. Put all the ingredients into the MioMat.
3. Pour the coconut milk and vegetable broth between the levels indicated inside.
4. Close the machine properly.
5. Plugin the MioMat and choose the Creamy Soup program by pressing select button. Press the start button.
6. In the meantime, cook the rice noodles according to the instructions written on the label.
7. After 30 minutes, MioMat will start beeping. This means your soup is done. Unplug the MioMat and then open it.
8. First place the noodles in a bowl and then pour soup over them.
9. Finally, add a little lime juice and garnish with chili and a slice of lime.





Creamy Broccoli SOUP

- 350 grams broccoli (fresh or frozen)
- 2 medium potato
- 1 clove of garlic
- 1 tbsp olive oil
- salt and pepper to taste
- cold water or vegetable broth

Optional:

- vegan sour cream (after preparation)

DO NOT USE GRINDING CYLINDER

1. Peel and cut to small pieces all your vegetables.
2. Put all the ingredients into the MioMat.
3. Pour the cold water or vegetable broth between the levels indicated inside.
4. Close the machine properly.
5. Plugin the MioMat and choose the Creamy Soup program by pressing select button. Press the start button.
6. After 30 minutes, MioMat will start beeping. This means your soup is done. Unplug the MioMat and then open it.
7. Finally, garnish your soup with sour cream.

Tomato SOUP

- 5 tomatoes
- 1 medium onion
- 1/2 zucchini
- 1/2 bell pepper
- salt and pepper to taste
- cold water

DO NOT USE GRINDING CYLINDER

1. Peel and cut to small pieces all your vegetables.
2. Put all the ingredients into the MioMat.
3. Pour the cold water between the levels indicated inside.
4. Close the machine properly.
5. Plugin the MioMat and choose the Creamy Soup program by pressing select button. Press the start button.
6. After 30 minutes, MioMat will start beeping. This means your soup is done. Unplug the MioMat and then open it.
7. Your soup will last in the fridge for several days and when frozen for up to a month.



Pea and Spinach

SOUP

- 200 grams peas (fresh or frozen)
- 75 grams spinach (fresh or frozen)
- 1 onion
- 2 potatoes
- 1 clove of garlic
- vegetable broth
- salt and pepper to taste
- 1 tablespoon olive oil

DO NOT USE GRINDING CYLINDER

1. Peel and cut to small pieces all your vegetables.
2. Put all the ingredients into the MioMat.
3. Pour the vegetable broth between the levels indicated inside.
4. Close the machine properly.
5. Plugin the MioMat and choose the Creamy Soup program by pressing select button. Press the start button.
6. After 30 minutes, MioMat will start beeping. This means your soup is done. Unplug the MioMat and then open it.
7. Your soup will last in the fridge for several days and when frozen for up to a month.

Potato Leek

SOUP

- 2 large leeks
- 2 potatoes
- 1/2 teaspoon dried thyme
- 1 onion
- salt and pepper to taste
- cold water or vegetable broth

DO NOT USE GRINDING CYLINDER

1. Peel and cut to small pieces all your vegetables.
2. Put all the ingredients into the MioMat.
3. Pour the cold water or vegetable broth between the levels indicated inside.
4. Close the machine properly.
5. Plugin the MioMat and choose the Chunky Soup program by pressing the select button. Press the start button.
6. After 30 minutes, MioMat will start beeping. This means your soup is done. Unplug the MioMat and then open it.
7. Your soup will last in the fridge for several days and when frozen for up to a month.



Mushroom SOUP

- 1 ounce dried porcini mushrooms
- 2 tablespoons olive oil
- 2 pounds sliced cremini mushrooms
- 1 measuring cup hazelnuts
- 1 clove of garlic
- 2 potatoes
- salt and pepper to taste
- vegetable broth

DO NOT USE GRINDING CYLINDER

1. Peel and cut to small pieces all your vegetables.
2. Put all the ingredients into the MioMat.
3. Pour the vegetable broth between the levels indicated inside.
4. Close the machine properly.
5. Plugin the MioMat and choose the Chunky Soup program by pressing select button. Press the start button.
6. After 30 minutes, MioMat will start beeping. This means your soup is done. Unplug the MioMat and then open it.
7. Your soup will last in the fridge for several days and when frozen for up to a month.



Creamy Pumpkin SOUP

- 250g pumpkin
- 1 sweet potato
- 1 onion
- 1 measuring cup cashews
- salt and pepper to taste
- cold water

DO NOT USE GRINDING CYLINDER

1. Peel and cut to small pieces all your vegetables.
2. Put all the ingredients into the MioMat.
3. Pour the cold water between the levels indicated inside.
4. Close the machine properly.
5. Plugin the MioMat and choose the Creamy Soup program by pressing select button. Press the start button.
6. After 30 minutes, MioMat will start beeping. This means your soup is done. Unplug the MioMat and then open it.
7. Your soup will last in the fridge for several days and when frozen for up to a month.







Porridge

Healthy porridge made in 30 minutes while you are getting ready for the day.

How to make porridge without a recipe?

1. Take at least 3 measuring cups of grains, cereals, or legumes. Choose sweeteners (maple syrup, banana, dates, honey) and your favourite fruits.
2. Put all the ingredients into the MioMat jar. Ingredients can't exceed the minimum water line.
3. Pour cold water or plant milk between the lines indicated inside of the machine.
4. Close the top properly.
5. Plug in MioMat and choose the Porridge program by pressing the select button.
6. Press the start button to run the program.
7. After 30-35 minutes MioMat will start beeping. This means your porridge is done.
8. Serve, garnish with your fruit of choice and enjoy.



Honey is one of the best sweeteners for your porridge, just make sure to add it after the porridge is done so it does not lose its healthy properties.



Viktoria's favorite

If you thought porridges were only for breakfast, this healthy dessert recipe is here to prove you wrong. Its flavor has the balance for pleasing those with a sweet tooth and enchanting those who think twice if they want dessert.

Healthy Dessert

- 3 measuring cups whole oats
- 1 banana
- 4 pitted dates
- 1 tablespoon cocoa powder
- 1/2 tablespoon cinnamon
- cold water
- fresh fruit and nuts to garnish

DO NOT USE GRINDING CYLINDER

1. Peel and cut to small pieces all your fruits.
2. Put all the ingredients into the MioMat.
3. Pour the cold water between the levels indicated inside.
4. Close the machine properly.
5. Plugin the MioMat and choose the Porridge program by pressing select button. Press the start button.
6. After 35 minutes, MioMat will start beeping. This means your porridge is done. Unplug the MioMat and then open it.
7. Serve, garnish with your fruit of choice and enjoy.





Coconut Porridge

- 2 measuring cups rolled oats
- 2 measuring cups coconut (fresh, grated, or laminated)
- 1 tsp cinnamon
- 1 banana
- 4 dates (pits removed)
- cold water

DO NOT USE GRINDING CYLINDER

1. Peel and cut to small pieces all your fruits.
2. Put all the ingredients into the MioMat.
3. Pour the cold water between the levels indicated inside.
4. Close the machine properly.
5. Plugin the MioMat and choose the Porridge program by pressing select button. Press the start button.
6. After 35 minutes, MioMat will start beeping. This means your porridge is done. Unplug the MioMat and then open it.
7. Serve, garnish with your fruit of choice and enjoy.



Whole Oat Porridge

- 5 measuring cups whole oats
- 1 tsp cinnamon
- pinch of vanilla
- pinch of sea salt
- cold water

DO NOT USE GRINDING CYLINDER

1. Put all the ingredients into the MioMat.
2. Pour the cold water between the levels indicated inside.
3. Close the machine properly.
4. Plugin the MioMat and choose the Porridge program by pressing select button. Press the start button.
5. After 35 minutes, MioMat will start beeping. This means your porridge is done. Unplug the MioMat and then open it.
6. Serve, garnish with your fruit of choice and enjoy.



Strawberry Porridge

- 2 measuring cup quinoa
- 2 measuring cup millet
- 10 strawberries
- 4 dates (pits removed)
- cold water

DO NOT USE GRINDING CYLINDER

1. Peel and cut to small pieces all your vegetables.
2. Put all the ingredients into the MioMat.
3. Pour the cold water between the levels indicated inside.
4. Close the machine properly.
5. Plugin the MioMat and choose the Porridge program by pressing the select button. Press the start button.
6. After 35 minutes, MioMat will start beeping. This means your porridge is done. Unplug the MioMat and then open it.
7. Serve, garnish with your fruit of choice and enjoy.

Three-grain Porridge

- 1/2 measuring cup brown rice
- 1/2 measuring cup millet
- 1 measuring cup rolled oats
- 1 tsp cinnamon
- 2 apples
- 2 tbsp honey
- cold water

DO NOT USE GRINDING CYLINDER

1. Peel and cut to small pieces apples.
2. Put all the ingredients into the MioMat.
3. Pour the cold water between the levels indicated inside.
4. Close the machine properly.
5. Plugin the MioMat and choose the Porridge program by pressing select button. Press the start button.
6. After 35 minutes, MioMat will start beeping. This means your porridge is done. Unplug the MioMat and then open it.
7. Serve, garnish with your fruit of choice and enjoy.



Millet Porridge

- 3 measuring cup millet
- 1/2 measuring cup sesame
- 1/2 measuring cup coconut (fresh, grated, or laminated)
- 2 tbsp honey
- cold water

DO NOT USE GRINDING CYLINDER

1. Put all the ingredients into the MioMat.
2. Pour the cold water between the levels indicated inside.
3. Close the machine properly.
4. Plugin the MioMat and choose the Porridge program by pressing select button. Press the start button.
5. After 35 minutes, MioMat will start beeping. This means your porridge is done. Unplug the MioMat and then open it.
6. Serve, garnish with your fruit of choice and enjoy.

Rice and Millet Porridge

- 1 measuring cup rice
 - 2 measuring cups millet
 - 1 measuring cup cashews
 - 1 tsp vanilla
 - cold water
- Optional:**
- 1 diced banana (for sweetness)

DO NOT USE GRINDING CYLINDER

1. Put all the ingredients into the MioMat.
2. Pour the cold water between the levels indicated inside.
3. Close the machine properly.
4. Plugin the MioMat and choose the Porridge program by pressing select button. Press the start button.
5. After 35 minutes, MioMat will start beeping. This means your porridge is done. Unplug the MioMat and then open it.
6. Serve, garnish with your fruit of choice and enjoy.





Green Purée

- 150g broccoli
- 2 handfuls spinach
- 100g pea
- 1 potato
- cold water

DO NOT USE GRINDING CYLINDER

1. Peel and cut to small pieces all your vegetables.
2. Put all the ingredients into the MioMat.
3. Pour the cold water between the levels indicated inside.
4. Close the machine properly.
5. Plugin the MioMat and choose the Porridge program by pressing the select button. Press the start button.
6. After 35 minutes, MioMat will start beeping. This means your purée is done. Unplug the MioMat and then open it.
7. Serve, garnish with bread and enjoy.

Piña Colada Porridge

- 2 measuring cups white rice
- 1 measuring cup coconut (fresh, grated, or laminated)
- 100 grams pineapple
- 2 tbsp honey
- cold water

DO NOT USE GRINDING CYLINDER

1. Peel and cut to small pieces all your fruits.
2. Put all the ingredients into the MioMat.
3. Pour the cold water between the levels indicated inside.
4. Close the machine properly.
5. Plugin the MioMat and choose the Porridge program by pressing select button. Press the start button.
6. After 35 minutes, MioMat will start beeping. This means your porridge is done. Unplug the MioMat and then open it.
7. Serve, garnish with your fruit of choice and enjoy.





Coco-wheat Porridge

- 2 measuring cups whole oats
- 1 measuring cup quinoa
- 1 measuring cup coconut (fresh, grated, or laminated)
- 1/2 tsp vanilla
- 3 tbsp honey
- coconut milk

To garnish:

- 1 orange
- 1 grapefruit

DO NOT USE GRINDING CYLINDER

1. Put all the ingredients into the MioMat.
2. Pour the coconut milk between the levels indicated inside.
3. Close the machine properly.
4. Plugin the MioMat and choose the Porridge program by pressing select button. Press the start button.
5. After 35 minutes, MioMat will start beeping. This means your porridge is done. Unplug the MioMat and then open it.
6. Serve, garnish with your fruit of choice and enjoy.

Apple Sauce

- 4-5 apples
- 1 tsp cinnamon
- pinch of vanilla
- cold water

Optional:

- 4 tbsp sugar cane or coconut sugar

DO NOT USE GRINDING CYLINDER

1. Peel and cut to small pieces all your fruits.
2. Put all the ingredients into the MioMat.
3. Pour the cold water between the levels indicated inside.
4. Close the machine properly.
5. Plugin the MioMat and choose the Porridge program by pressing select button. Press the start button.
6. After 35 minutes, MioMat will start beeping. This means your sauce is done. Unplug the MioMat and then open it.
7. Serve, garnish with your fruit of choice and enjoy.





Smoothie

Everyone loves a fresh smoothie.

How to make a smoothie without a recipe?

1. Peel and cut vegetables and/or fruits of your choice. Add nuts or cereals if you want.
2. Put all the ingredients into the MioMat jar. Ingredients can't exceed the minimum water line.
3. Pour cold water, coconut water or plant milk between the lines indicated inside of the machine.
4. Close the top properly.
6. Plug in MioMat and choose the Smoothie program by pressing the select button.
7. Press the start button to run the program.
8. After 8 minutes MioMat will start beeping. This means your smoothie is done.



Some people like more watery smoothies and some more dense ones. Take these recipes as inspiration and always adapt them to your style. The best smoothie is always the one from all of your leftover fruits! Just remember - never put ingredients over the minimum (1100ml) line inside the MioMat.



Apple-Beet SMOOTHIE

- 2 beets
- 1 apple
- 1 orange
- 1 lemon
- 1 pinch cinnamon
- cold water

DO NOT USE GRINDING CYLINDER

1. Peel and cut all ingredients into small pieces.
2. Put all the ingredients into the MioMat.
3. Pour the cold water between the levels indicated inside.
4. Close the machine properly.
5. Plug in the MioMat and choose the Smoothie program by pressing select button. Press the start button.
6. After 5 minutes, MioMat will start beeping. This means your smoothie is done. Unplug the MioMat and then open it.
7. Enjoy.



Mango SMOOTHIE

- 2 mangoes
- 1 apple
- 1 banana
- 1 tsp cinnamon
- cold water

DO NOT USE GRINDING CYLINDER

1. Peel and cut all ingredients into small pieces.
2. Put all the ingredients into the MioMat.
3. Pour the cold water between the levels indicated inside.
4. Close the machine properly.
5. Plug in the MioMat and choose the Smoothie program by pressing select button. Press the start button.
6. After 5 minutes, MioMat will start beeping. This means your smoothie is done. Unplug the MioMat and then open it.
7. Enjoy.

Pineapple SMOOTHIE

- 150 grams pineapple
- 1 cucumber
- lemon juice from 2 lemons
- parsley
- cold water

DO NOT USE GRINDING CYLINDER

1. Peel and cut all ingredients into small pieces.
2. Put all the ingredients into the MioMat.
3. Pour the cold water between the levels indicated inside.
4. Close the machine properly.
5. Plug in the MioMat and choose the Smoothie program by pressing select button. Press the start button.
6. After 5 minutes, MioMat will start beeping. This means your smoothie is done. Unplug the MioMat and then open it.
7. Enjoy.



Mint Berrie SMOOTHIE

- 50 grams raspberries
- 50 grams strawberries
- 50 grams blueberries
- 1 apple
- 1 measuring cup mint leaves
- cold water

DO NOT USE GRINDING CYLINDER

1. Peel and cut all ingredients into small pieces.
2. Put all the ingredients into the MioMat.
3. Pour the cold water between the levels indicated inside.
4. Close the machine properly.
5. Plug in the MioMat and choose the Smoothie program by pressing select button. Press the start button.
6. After 5 minutes, MioMat will start beeping. This means your smoothie is done. Unplug the MioMat and then open it.
7. Enjoy.



Did you know?

Detox Smoothies are filling, healthy and you will enjoy drinking them. Your body will also thank you for drinking them. You can expect to lose some weight, increase your energy levels, reduced cravings, clear your mind, and improve your digestion and your overall health.

Green Detox SMOOTHIE

- 3 green apples
- 1 banana
- 1/2 inch fresh ginger
- a handful of fresh spinach
- a small handful of fresh cilantro
- 1 tablespoon fresh lime juice
- cold water

DO NOT USE GRINDING CYLINDER

1. Peel and cut all ingredients into small pieces.
2. Put all the ingredients into the MioMat.
3. Pour the cold water between the levels indicated inside.
4. Close the machine properly.
5. Plugin the MioMat and choose the Smoothie program by pressing select button. Press the start button.
6. After 5 minutes, MioMat will start beeping. This means your smoothie is done. Unplug the MioMat and then open it.
7. Enjoy.

Red Detox SMOOTHIE

- 1 medium green apple
- 1 small raw red beet
- 3 measuring cups frozen strawberries
- 3 measuring cups frozen pineapple
- 1/2 small avocado
- cold water or coconut water

DO NOT USE GRINDING CYLINDER

1. Peel and cut to small pieces all your vegetables.
2. Put all the ingredients into the MioMat.
3. Pour the cold water or coconut water between the levels indicated inside.
4. Close the machine properly.
5. Plugin the MioMat and choose the Smoothie program by pressing the select button. Press the start button.
6. After 5 minutes, MioMat will start beeping. This means your smoothie is done. Unplug the MioMat and then open it.
7. Enjoy.



Sweet SMOOTHIE

- 5 measuring cups blueberries
- 3 bananas
- 1 apple
- cold water

DO NOT USE GRINDING CYLINDER

1. Peel and cut all ingredients into small pieces.
2. Put all the ingredients into the MioMat.
3. Pour the cold water between the levels indicated inside.
4. Close the machine properly.
5. Plug in the MioMat and choose the Smoothie program by pressing select button. Press the start button.
6. After 5 minutes, MioMat will start beeping. This means your smoothie is done. Unplug the MioMat and then open it.
7. Enjoy.

Pink Oat SMOOTHIE

- 100g frozen strawberries (or other frozen fruit like blueberries, raspberries, mixed berries)
- 2 bananas
- 1 measuring cup oats
- 2 tbsp honey
- cold water

DO NOT USE GRINDING CYLINDER

1. Peel and cut all ingredients into small pieces.
2. Put all the ingredients into the MioMat.
3. Pour the cold water between the levels indicated inside.
4. Close the machine properly.
5. Plug in the MioMat and choose the Smoothie program by pressing select button. Press the start button.
6. After 5 minutes, MioMat will start beeping. This means your smoothie is done. Unplug the MioMat and then open it.
7. Enjoy.



Beet Smoothie Bowl

- 2 medium-size beets, peeled (120g)
- 100g frozen mixed berries
- handful baby spinach leaves
- 1 banana
- 1 tbsp chia seeds
- almond milk

DO NOT USE GRINDING CYLINDER

1. Peel and cut all ingredients into small pieces.
2. Put all the ingredients into the MioMat.
3. Pour the almond milk between the levels indicated inside.
4. Close the machine properly.
5. Plugin the MioMat and choose the Smoothie program by pressing select button. Press the start button.
6. After 5 minutes, MioMat will start beeping. This means your smoothie is done. Unplug the MioMat and then open it.
7. Serve and garnish with the fruit or seeds of choice.

Avocado and Kale

SMOOTHIE BOWL

- handful kale leaves
- 2 avocados
- 2 frozen bananas
- 2 apples
- 2 tbsp agave syrup
- oat milk

DO NOT USE GRINDING CYLINDER

1. Peel and cut all ingredients into small pieces.
2. Put all the ingredients into the MioMat.
3. Pour the oat milk between the levels indicated inside.
4. Close the machine properly.
5. Plugin the MioMat and choose the Smoothie program by pressing the select button. Press the start button.
6. After 5 minutes, MioMat will start beeping. This means your smoothie is done. Unplug the MioMat and then open it.
7. Serve and garnish with the fruit or seeds of choice.



Carrot SMOOTHIE

- 100g carrot
- 1 apple
- 1 orange
- 1 banana
- cold water

DO NOT USE GRINDING CYLINDER

1. Peel and cut all ingredients into small pieces.
2. Put all the ingredients into the MioMat.
3. Pour the cold water between the levels indicated inside.
4. Close the machine properly.
5. Plugin the MioMat and choose the Smoothie program by pressing select button. Press the start button.
6. After 5 minutes, MioMat will start beeping. This means your smoothie is done. Unplug the MioMat and then open it.
7. Enjoy.

Springtime SMOOTHIE

- 100g watermelon
- 50g frozen strawberries
- 10 mint leaves
- cold water

DO NOT USE GRINDING CYLINDER

1. Peel and cut all ingredients into small pieces.
2. Put all the ingredients into the MioMat.
3. Pour the cold water between the levels indicated inside.
4. Close the machine properly.
5. Plugin the MioMat and choose the Smoothie program by pressing select button. Press the start button.
6. After 5 minutes, MioMat will start beeping. This means your smoothie is done. Unplug the MioMat and then open it.
7. Enjoy.





Choco-Banana MILKSHAKE

- 3 frozen bananas
- 2 tbsp cocoa powder
- 1 tsp vanilla
- 1 pitted date
- 1/2 tsp cinnamon
- coconut milk

DO NOT USE GRINDING CYLINDER

1. Cut frozen bananas into small pieces.
2. Put all the ingredients into the MioMat.
3. Pour the coconut milk between the levels indicated inside.
4. Close the machine properly.
5. Plugin the MioMat and choose the Smoothie program by pressing select button. Press the start button.
6. After 5 minutes, MioMat will start beeping. This means your smoothie is done. Unplug the MioMat and then open it.
7. Serve and garnish with dairy-free whipped cream and chocolate topping.

Peanut Butter

SMOOTHIE BOWL

- 2 tbsp peanut butter
- 1 measuring cup peanuts
- 3 frozen bananas
- 1 tsp vanilla
- 1 tbsp maple syrup
- almond milk

DO NOT USE GRINDING CYLINDER

1. Cut frozen bananas into small pieces.
2. Put all the ingredients into the MioMat.
3. Pour the almond milk between the levels indicated inside.
4. Close the machine properly.
5. Plugin the MioMat and choose the Smoothie program by pressing select button. Press the start button.
6. After 5 minutes, MioMat will start beeping. This means your smoothie is done. Unplug the MioMat and then open it.
7. Enjoy.

Strawberry MILKSHAKE

- 150g frozen strawberries
- 2 bananas
- 1 tbsp maple syrup
- oat milk

DO NOT USE GRINDING CYLINDER

1. Cut all ingredients into small pieces.
2. Put all the ingredients into the MioMat.
3. Pour the oat milk between the levels indicated inside.
4. Close the machine properly.
5. Plugin the MioMat and choose the Smoothie program by pressing select button. Press the start button.
6. After 5 minutes, MioMat will start beeping. This means your smoothie is done. Unplug the MioMat and then open it.
7. Enjoy.



Tropical SMOOTHIE

- 1 banana
- 50g pineapple (fresh or frozen)
- 50g mango (fresh or frozen)
- 1 orange, peeled
- cold water

DO NOT USE GRINDING CYLINDER

1. Cut all ingredients into small pieces.
2. Put all the ingredients into the MioMat.
3. Pour the cold water between the levels indicated inside.
4. Close the machine properly.
5. Plugin the MioMat and choose the Smoothie program by pressing select button. Press the start button.
6. After 5 minutes, MioMat will start beeping. This means your smoothie is done. Unplug the MioMat and then open it.
7. Enjoy.



Made of Pulp

5 ways to use the leftover pulp

1. Eat it as is with fruits.

The easiest way to use your pulp is to add it to the bowl with the fruit and nuts of your choice.



2. Use it in smoothie recipes.

Use pulp instead of nuts in all smoothie recipes written in this recipe book.



3. Turn pulp into granola

Mix your favourite nuts, cereals or seeds with pulp and fruits and bake it in the oven.



4. Turn pulp into flour

Spread the pulp on a baking sheet lined with parchment paper. Let the pulp dry for at least 2 hours in the oven pre-heat to 250°F. After this, let it cool and blend it for a few seconds in a food processor to make it finer.



5. Use it in pulp recipes

You can easily use leftover pulp in many recipes. Just follow the instructions and enjoy your creations.

Pulp Recipes

Coconut Energy Bites

Ingredients:

- 5 measuring cups of coconut pulp (2 regular US cups)
- 5 measuring cups of ground walnut (2 regular US cups)
- 2 tbsp cocoa powder
- 3 tbsp cane sugar or honey
- Sesame to taste
- 2 tbsp soaked chia seeds with remaining water
- Ground almonds (as a topping)

Instructions:

1. Mix all of the ingredients in a bowl, except for the almonds.
2. When everything is thoroughly combined, form little balls with your hands.
3. Garnish with almonds and refrigerate until the bites are firm.





Viktoria's favorite

These chocolate muffins can convince anyone to go vegan. They are rich and with complex flavors but easy and quick to make. I can assure you: you'll repeat this one.

Choco Muffins

Ingredients:

- 220 grams whole wheat flour
- 3 measuring cups of almond pulp (1 regular US cup)
- 70 grams muscovado or brown sugar
- 25 grams cocoa powder
- 1 tsp baking powder
- 2-3 ripe bananas
- 1 tsp vanilla extract
- 100 ml coconut oil
- 80 grams chocolate chips
- 300 ml almond milk

Instructions:

1. Preheat the oven to 350 °F.
2. Whisk the flour, pulp, cocoa powder, and baking powder together in a large bowl.
3. In a different bowl, combine the mashed bananas, coconut oil, vanilla extract, muscovado, and almond milk.
4. Slowly beat the dry ingredients into the wet ingredients until the dough is smooth and even. Do not overmix.
5. Add chocolate chips or nuts, and stir again.
6. Grease a muffin pan with a bit of oil and add your batter. Leave a little room as they will rise.
7. Bake the muffins for about 20 to 25 minutes or until they set.
8. Test with a toothpick. If it comes out clean, your muffins are ready.



Almond Cranberry Granola

Ingredients:

- 3 measuring cups almond pulp (1 regular US cup)
- 1 and 1/2 measuring cups shredded coconut
- 1 measuring cup almonds
- 2 tbsp chia seeds
- 2 measuring cups dried cranberries
- 1 tsp cinnamon
- ½ tsp salt
- 3 tbsp maple syrup
- 3 tbsp coconut oil (melted)
- 1 tsp vanilla extract

Instructions:

1. Preheat the oven to 350 °F.
2. Combine almond pulp, coconut, almonds, chia seeds, cranberries, cinnamon and salt in large bowl.
3. In a different bowl, combine maple syrup, coconut oil and vanilla extract.
4. Mix everything together until evenly coated.
5. Spread it on a baking sheet lined with parchment paper.
6. Bake for approximately 30 minutes, stirring once halfway through.
7. Enjoy your granola with almond milk or as you like.



Banana Bread

Ingredients:

- 3 bananas
- 3 measuring cups oat flour (1 regular US cup)
- 3 measuring cups almond pulp (1 regular US cup)
- 1 regular US cup almond milk (only if the almond pulp is too dry)
- 2 tbsp chia seeds
- 2 eggs
- 1/2 tsp baking powder
- 1/2 tsp cinnamon
- 1/4 tsp salt
- 1/2 tsp vanilla

Optional:

- Place banana slices on the surface of the batter or add some chocolate chips.

Instructions:

1. Preheat the oven to 350°F (180°C) and grease a 9x5" loaf pan.
2. In a bowl, whisk the oat flour, chia seeds, baking powder, cinnamon, and salt together. Set aside.
3. In a different bowl, mash the bananas and mix them along with the almond pulp, the eggs, the vanilla extract, and the honey.
4. Mix them together.
5. Afterward, fold in the chocolate chips.
6. Transfer the batter into the loaf pan (optional: top with banana slices) and bake for 25-30 minutes. Baking times vary, so insert a toothpick in the center to check for doneness.
7. Remove the cake from the oven and set it on a wire rack. Allow cooling completely before slicing.

Almond Beet Hummus

Ingredients:

- 1 can chickpeas
- 2 red beets
- 3 measuring cups almond pulp
- 2 cloves of garlic
- 1/2 lemon (juiced)
- salt and pepper to taste
- 1 tbsp olive oil

Instructions:

1. Peel and cut beets into small cubes. Cook them in the medium-size pot for about 30 minutes until beets are tender. Drain and set aside to cool down.
2. Once the beets are cooled down place them with the rest of the ingredients into a food processor.
3. Add salt and pepper to taste.
4. Serve and garnish with rocket and sesame seeds.
5. Keep in refrigerator for up to 3 days.



Did you know?

- Beets are high in fiber, which helps with satiety and regularity.
- The beet and its greens are both an excellent source of folate, vitamin A and K, and a very good source of manganese, copper, and potassium.
- The biggest beet in the world was grown by a Dutchman. It weighed over 156 pounds.





Almond Cookies

Ingredients:

- 1 ripe mango
- 1 tbsp peanut butter
- 1 tbsp honey
- 3 measuring cups almond pulp (1 regular US cup)
- 2 tbsp coconut flour
- chocolate in pieces

Instructions:

1. Preheat the oven to 350°F.
2. In a bowl, mix all the ingredients (instead of chocolate) until it forms a dough that comes off your hands when forming balls.
3. Put on a baking sheet lined with parchment paper.
4. Add on the top chocolate pieces.
5. Bake at 350°F for 15-20 minutes.
6. If you want them to be drier, leave it extra time. These are fluffy and soft.
7. Let them cool on the rack.

Strawberry Cashew Balls

Ingredients:

- 2 measuring cups coconut - cashew milk pulp
- 2 measuring cups cashews
- 2 measuring cups shredded coconut
- 5 dates (pits removed)
- 6 strawberries
- 1 measuring cup freeze-dried strawberries

Instructions:

1. In a food processor add the cashews, coconut, and strawberries and process them into a fine meal.
2. Add the dates and pulp into the food processor and mix well into a sticky mixture.
3. Now form balls and coat them in strawberry dust, made out of freeze-dried strawberries.
4. Store in the fridge for up to 4 days.





Green Pesto

Ingredients:

- 3 cloves of garlic
- 3 measuring cups almond pulp (1 regular US cup)
- 2 measuring cups olive oil
- handful of basil leaves
- salt and pepper to taste
- 3 measuring cups vegan parmesan

Instructions:

1. Blend all ingredients in a food processor.
2. Blend until smooth and creamy!
3. Put on a baking sheet lined with parchment paper.
4. Cook pasta according to package instructions, and serve with Green Pesto.
5. Garnish with basil leaves and pine nuts.



Viktoria's Tip

When you know you will not use all the leftover pulp just freeze it. Frozen pulp will last up to 3 months.

other recipes





Almond Creamer

Ingredients:

- 6 measuring cups of almonds
- 3 dates (pits removed)
- 1/2 tsp vanilla
- pinch of salt

USE THE GRINDING CYLINDER

Instructions:

1. Put all the ingredients into the MioMat.
2. Add water between the levels indicated inside of the MioMat.
3. Attach the grinding cylinder to the top of the machine and turn it clockwise to lock it in place.
4. Close the machine properly.
5. Plug in the MioMat and choose the Raw Milk program by pressing select button. Press the start button.
6. After 12 minutes, MioMat will start beeping. This means your creamer is done. Unplug the MioMat and then open it.
7. OPTIONAL: Strain the creamer with the included strainer.
8. Enjoy.

Red Milky Ice Cream

Ingredients:

- 150 grams strawberries
- 150 grams of pitted cherries
- almond milk
- 2 tbsp honey

DO NOT USE GRINDING CYLINDER

Instructions:

1. Put all the ingredients into the MioMat jar.
2. Fill it with almond milk between the levels indicated inside of the machine.
3. Close your MioMat properly.
4. Plugin MioMat and choose the Smoothie program, by pressing a Select button.
5. Press a Start button.
6. After 5 minutes MioMat will start beeping. This means the mixture is done.
7. Pour the mixture into a popsicle mold and place it in the fridge.
8. Let it cool overnight or at least four hours before serving.
9. Enjoy!





Gingerbread Cookies

Ingredients:

- ½ regular US cup vegan butter
- ¼ regular US cup applesauce
- ½ regular US cup muscovado
- ¼ regular US cup molasses
- 1 tsp vanilla extract
- 2 tbsp cornstarch
- ½ tsp baking soda
- ½ tsp salt
- ½ tsp cinnamon
- ½ tsp ginger
- ¼ tsp nutmeg
- ⅛ tsp clove
- 2 regular US cups all-purpose gluten-free flour

Instructions:

1. In a large bowl, combine the flour, cornstarch, baking soda, salt, and spices.
2. In a different bowl, mix the vegan butter and muscovado until it's thoroughly combined. Then, add the molasses, applesauce, and vanilla and mix again.
3. Finally, combine both mixtures with a spatula until it forms a ball of dough.
4. Cover with plastic wrap and let rest in the fridge for at least 1 hour.
5. Preheat the oven to 350F.
6. Roll out the dough and cut out the cookies using cookie cutters of your favorite shapes.
7. Bake at 350F for 10 - 15 minutes or until golden brown.
8. Allow the cookies to cool down and decorate however you like.

Dalgona Spiced Coffee

Ingredients:

For the syrup:

- 1/2 regular US cup water
- 1/3 regular US cup sugar
- 2 tsp vanilla
- 1 cinnamon stick
- 1/4 tsp cardamom
- 1/4 tsp black pepper
- 1/8 tsp ground ginger

For the coffee:

- 2 regular US 2 tbsp ground instant coffee
- 2 regular US cups oat-almond milk
- 2 tbsp sugar
- ICE

Instructions:

1. To prepare the syrup: In a small saucepan, mix all of the ingredients, bring to a boil, and let simmer for 20 minutes. Then, strain and set aside.
2. In a bowl, put the instant coffee, the tablespoons of sugar, and a tablespoon of water. With a hand mixer, whisk the blend until you have a fluffy and light-colored cream. It should have the consistency of meringue.
3. To serve, in a tall glass, put some ice and two tablespoons of your spice syrup.
4. Then, pour the oat-almond milk up to 3/4 of the glass. Top with two large scoops of the coffee cream.
5. Stir and enjoy!





Cashew Creamer

Ingredients:

- 6 measuring cups of cashews
- 3 tbsp maple syrup
- 1/2 tsp vanilla
- pinch of salt

USE THE GRINDING CYLINDER

Instructions:

1. Put all the ingredients into the MioMat.
2. Add water between the levels indicated inside of the MioMat.
3. Attach the grinding cylinder to the top of the machine and turn it clockwise to lock it in place.
4. Close the machine properly.
5. Plug in the MioMat and choose the Raw Milk program by pressing select button. Press the start button.
6. After 12 minutes, MioMat will start beeping. This means your creamer is done. Unplug the MioMat and then open it.
7. OPTIONAL: Strain the creamer with the included strainer.
8. Enjoy.

Vegan Sugar Cookies

Ingredients:

- $\frac{3}{4}$ regular US cup vegan butter
- $\frac{3}{4}$ regular US cup sugar
- 2 tbsp pecan milk
- 1 tsp vanilla extract
- 1 tbsp cornstarch
- $\frac{1}{2}$ tsp baking powder
- $\frac{1}{2}$ tsp salt
- 2 regular US cups gluten-free flour
- Powder sugar to garnish

Instructions:

1. In a mixing bowl, add the vegan butter and sugar and whip until creamy.
2. Add pecan milk and vanilla extract to the mixture, and combine.
3. In a different bowl, mix the flour with salt, baking powder, and cornstarch.
4. Finally, combine both mixtures using a spatula until a ball of dough forms.
5. Transfer the dough to a sheet of parchment paper, and roll it out until it's about $\frac{1}{4}$ inch thick.
6. Preheat the oven to 350F.
7. Use a cookie cutter to form the cookies and transfer them to a baking sheet.
8. Bake for 10 minutes, or until very lightly colored. The cookies continue to firm up as they cool.
9. Let the cookies cool completely and decorate with powdered sugar.



Hello!

Food plays one of the biggest roles in determining our overall health, and avoiding unnecessary additives can make a big difference.

Trying something new always comes with a challenge and maybe even some frustration along the learning process.

That's why we are determined to provide not only the best hardware but also the best customer service possible.

If you have any trouble whatsoever we are only a message away with help.



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PS - If you had a good experience why not leave a review on Amazon? It only takes a minute.

Thank you!