



"My mom used to prepare plant-based milk for me when I was little. And 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.

We are very grateful for the reception that MioMat has had in Latin America, Europe and now in USA. I'm so happy about its popularity, and we hope that with this recipe book/manual, we could help you and your family enjoy its versatility even more."

Alica Reháková, CEO 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.

Do not put foreign objects, previously processed food, or cooked food into the appliance. Do not introduce food(s) other than legumes, nuts, vegetables, fruits, grains, seeds, water or other food(s) not specified in this manual book. Placing foreign objects not listed in this manual could seriously damage the blade, the motor, or the heating coils of the MioMat.

Important

- MioMat requires 120V/60Hz voltage. 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 cord is damaged.
- Never run the machine without the water level under the permitted levels between 1100 and 1300 ml.
- During and after use, the machine parts may get hot. Do not use again until it has cooled down. Estimated waiting time: 1 hour.
- Supervision is necessary if the machine is used by or near children.
- Unplug the cord when the machine beeps at the end of the program. Also unplug it before lifting the lid, and when the machine is not in use.
- 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.
- If the machine is damaged, stop using it and contact your distributor.
- MioMat is only for domestic use. Commercial use is strictly prohibited.
- Do not lift the lid cover in the 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.

BEFORE USING

- Check the contents of the box.
- Check if the machine and the electrical cord are in good conditions.
- Please remove all packaging material.

MioMat Parts List

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



How do I clean my MioMat?


1. After food preparation, remove the lid (top cover) immediately. Wash only the stainless steel parts. Clean the exterior with a damp cloth.
2. As shown in the photograph, hold the handle of both parts of the machine. This to ensure the correct and safe handling of your appliance.
3. Only the stainless steel parts can be washed.
4. Never immerse the base of the MioMat in water nor get it wet, as there are electrical connections located at the base.
5. Under no circumstances should the control panel get wet.
6. Washing should always be done by hand. The appliance is not dishwasher safe.
7. If you used the grinding cylinder, remove it and wash the blade.

Machines that were used in violation of THESE instructions and guidelines of the User's Manual are not covered under warranty.*

Warranty Coverage

1. 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.
2. It is essential to present proof of purchase when submitting the appliance for warranty.
3. The distributor will repair or change the product, as well as parts or faulty components only when the appliance is defective from the factory, and only by presenting proof of the purchase with an original receipt, invoice, or bill of sale.
4. The warranty is not valid where appliances were used in violation of the instructions in the User's Manual or appliances that have been altered, modified or damaged by use.
5. First, contact the authorized dealer where you bought the appliance.
6. Duration of the warranty. This product is under warranty for 2 years from the purchase of the product as per the date on the proof of purchase.
7. Shipping and handling costs to and from technical services will be paid entirely by the customer submitting the appliance for warranty.

Troubleshooting

PROBLEM	POSSIBLE CAUSES	POSSIBLE SOLUTION
The ingredients were not sufficiently ground.	Too many ingredients.	Use recommended measurements.
	Too little water.	Add water up to 1100 - 1300 ml. 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.
The machine doesn't work and the indicator light does not light.	The plug is not connected properly.	Firmly connect the plug.
	Failure to the adapter.	Contact the distributor.
	The lid is not connected well to the top of the appliance.	Place the lid to the jar correctly.
The machine heats, but doesn't grind.	Failure to the base. Motor damage.	Contact the distributor.
	Too much food.	Let the machine cool down. Make sure you have the correct amount of food (up to the 1100 ml 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 soft 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 overflows	You didn't wear a grinding ring	For milks always use grinding ring
	You used processed food	Add only raw foods without previous processes
The machine is steaming.	Normal cooking process.	

If the machine stops working, please check these possible causes and solutions before taking the appliance to your distributor.

For more information please visit www.miomat.co

Has your MioMat stopped mid-process?

Check if any of the security measures have been activated

Low-water level protection:

MioMat has a safety measure that detects a low level of water during preparations. When the water level in your MioMat is below the minimum level, it will automatically stop working.

Anti-Spill protection:

MioMat has an anti-spill safety measure that prevents liquids from spilling over while boiling. This works thanks to a sensor located in the motor.

Motor and coil overheating protection:

If the motor temperature is too high, the appliance will shut down immediately. Empty and clean the inside of the MioMat and let it sit until it cools down. Let it rest at least 1 hour between hot preparations.

Suggestions

To achieve a creamier consistency in your plant-based milks, you can add more ingredients or more of your previously made milks. You can also add flavor with your favorite ingredients such as cocoa, cinnamon, vanilla or other spices, and sweeten with honey and other natural sweeteners adhering to the measurements stated in recipes.

When making soups, creams and porridge, add the lightest ingredients such as green leaves, seeds, grains, or legumes last to avoid crushing and burning them at the bottom of the appliance. You can add seasonings, but virgin olive oil should be added to your soup or cream after being served so it maintains its properties.

When you use legumes in your soup, cream or vegetable milk preparations, you should soak the food to cleanse and activate it to improve digestion. Discard this waste since it contains “anti-nutrients” that will inhibit good digestion of food. When you use grains, wash them well. If you soak them, it is unnecessary to eliminate the water since it will contain water-soluble vitamins. Shredded oats shouldn’t be soaked as they can stick to the bottom of the jar. For hot meal preparations in your MioMat, do not use linseed, flour, chia, animal-based milks or pre-cooked ingredients, as these will burn and stick to the bottom of the appliance. The ingredients should be measured when dry, before soaking.

Control Panel with 8 Programs

42°C/107°F



1 "Raw Milk" Program

For making raw plant-based milks through a process that does not exceed 42 °C (107.6 °F). Ideal for various types of seeds and nuts that can be consumed raw, for example cashews, hazelnuts, almonds, walnuts, pumpkin seeds, sunflower seeds, sesame, peanuts, pistachios, etc. or any combination of these. To achieve a milky consistency, use 1 measuring cups of ingredients.



2 "Cereal Milk" Program

An exclusive program for making grain milk with grains such as quinoa, millet, amaranth, rye, buckwheat, oats or others. This program cooks ingredients at high temperatures and prepares warm, soft plant based milks. For a milky texture use 3/4 measuring cup of ingredients.



3 "Soy Milk" Program

Program for making milk from soybeans, brown rice and/or a combination of the two. To get excellent results, you should let the soybean soak for at least 8 hours. To achieve a milky consistency, use 1 measuring cup of ingredients.



4 "Smoothie" Program

For making juices, smoothies, mixes with vegetables and fruits and water or vegetable milk. The "Smoothies" program is the only program that does not heat up foods. The motor blends with nano-shred technology. Always use more water than the other, solid ingredients.

5 “Creamy Soup” Program



For making vegetable soups and creams with grains, pulses or legumes. This program cooks the ingredients at 95 °C (203 °F). For a creamy consistency, use 1 measuring cup of legumes or grains. Fill with solid ingredients up to the “1100” line indicated on the inside of your MioMat maximum and with water up to the “1300” line. If you are looking for a more liquid consistency, we recommend reducing the amount of solid ingredients and keep the water between the “1100” and “1300” levels. Always use more water than dry ingredients.

6 “Chunky Soup” Program



Program An exclusive program for making vegetable soups with grains or legumes, leaving whole chunks. This program cooks ingredients at 95 °C (203 °F) and does not grind ingredients completely. Always use more water than other dry ingredients. Fill with solid ingredients below the “1100” line indicated on the inside of your MioMat and with water up to “1300”.

7 “Porridge” Program



In this program, you can make delicious porridge and grain porridge with grains such as rice, oats, quinoa, millet, amaranth, and wheat. This program cooks the ingredients at 95 °C (203 °F). You can mix these with vegetables and/or fruits to give your porridge different flavors and transform breakfasts, lunches or dinners, for you or your baby. For a creamy consistency, use 2.5 measuring cup of grains.

8 “Cleaning” Program



In this program you can do a quick pre-wash of your MioMat, blades and motor before deep cleaning. Keep water levels between “1100” and “1300”. Add a few drops of detergent to help the cleaning process. (Use the grinder cylinder).



42°C/107°F



“Raw Milk” Program

Raw Milk



Preparation of raw plant-based milks / RAW

1. Take 1 measure of nuts or seeds (almonds, hazelnuts, peanuts, etc.) with the ingredient measuring cup included in the box. Wash the ingredients, and then let soak for 4-6 hours at room temperature or 8-10 hours in the refrigerator.
2. Pour the pre-soaked ingredients into the MioMat.
3. Add water to 1100-1300 ml. (4,6-5,5 cups) indicated by lines in the MioMat.
4. Put on the grinding cylinder, close your MioMat and connect the cable.
5. The machine will turn on and beep. At the same time, lights will start to blink indicating that the machine is in standby mode and ready so you can select a program to use.
6. Press the “Select” button until the indicator light is on the RAW milk position, then press Start. After 10-15 minutes, the machine will beep to signal that the milk is ready.



Sunflower Seed MILK WITH SESAME

1/2 measuring cup sunflower seeds

1/2 measuring cup sesame

Water

USE THE GRINDING CYLINDER

Soak the sunflower and sesame seeds for at least 4 hours, ideally overnight.

Pour all the ingredients into the MioMat, and fill with cold water to 1100-1300 ml. (indicated by lines in the appliance).

Put the grinding cylinder on. Close your MioMat.

Select RAW Milk program, and let the machine complete the process.

Don't lift the lid before MioMat ends the process with a beep. Use a strainer or straining bag to filter out the milk.



Almond MILK

1 measuring cup almonds

1/2 vanilla pod

2 tablespoons honey (after the preparation process)

Water

USE THE GRINDING CYLINDER

Soak the almonds for at least 4 hours, ideally overnight.

Pour all the ingredients into the MioMat and fill with cold water to 1100-1300 ml. (indicated by lines in the appliance).

Put the grinding cylinder on. Close your MioMat.

Select RAW Milk program, and let the machine complete the process.

Do not lift the lid before MioMat finishes the process with a beep. Use a strainer or straining bag to filter out the milk.

Walnut MILK

1 measuring cup walnuts

Honey (after the preparation process)

Water

USE THE GRINDING CYLINDER

Soak the walnuts for at least 4 hours, ideally overnight.

Pour all the ingredients into the MioMat and fill with cold water to 1100-1300 ml. (indicated by lines in the appliance).

Put the grinding cylinder on. Close your MioMat.

Select RAW Milk program, and let the machine complete the process.

Do not lift the lid before MioMat finishes the process with a beep. Use a strainer or straining bag to filter out the milk. Serve and naturally sweeten to taste.

Peanut MILK

1 measuring cup unsalted peanuts

4 dates

Honey or agave nectar (after the preparation process)

Water

USE THE GRINDING CYLINDER

Soak the peanuts and dates for at least 4 hours, ideally overnight.

Pour all the ingredients into the MioMat and fill with cold water to 1100-1300 ml. (indicated by lines in the appliance).

Put the grinding cylinder on. Close your MioMat.

Select RAW Milk program, and let the machine complete the process.

Do not lift the lid before MioMat finishes the process with a beep. Use a strainer or straining bag to filter out the milk.



Coconut MILK

**1 1/2 measuring cups shredded coconut
Water**

USE THE GRINDING CYLINDER

Pour the shredded coconut into the MioMat, and fill with cold water to 1100-1300 ml. (indicated by lines in the appliance).

Put the grinding cylinder on. Close your MioMat.

Select RAW Milk program, and let the machine complete the process. When finished, it will beep.

Use a strainer or straining bag to filter out the milk. Serve and naturally sweeten to taste.

Almond, Walnut and Coconut MILK

1/2 measuring cup almonds

1/2 measuring cup coconut

1/2 measuring cup walnuts

USE THE GRINDING CYLINDER

Soak the almonds, walnuts, and coconut for at least 4 hours, ideally overnight.

Pour all the ingredients into the MioMat and fill with cold water to 1100-1300 ml. (indicated by lines in the appliance).

Put the grinding cylinder on. Close your MioMat.

Select RAW Milk program, and let the machine complete the process. Do not lift the lid before MioMat finishes the process with a beep.

Use a strainer or straining bag to filter out the milk. Serve and naturally sweeten to taste.





Hazelnut and Cinnamon MILK

1 measuring cup hazelnuts (or almonds)

1 teaspoon cinnamon

Water

USE THE GRINDING CYLINDER

Let the hazelnuts soak for 4 hours, ideally overnight.

Pour all the ingredients into the MioMat and fill with cold water to 1100-1300 ml. (indicated by lines in the appliance).

Put the grinding cylinder on. Close your MioMat.

Select RAW Milk program, use the grinding cylinder

Pumpkin Seed, Sesame and Orange MILK

3/4 measuring cup pumpkin seeds

1/2 measuring cup sesame

1 tablespoon orange zest

Water

USE THE GRINDING CYLINDER

Soak the seeds for at least 4 hours, ideally the night before.

Pour all the ingredients into the MioMat and fill with cold water to 1100-1300 ml. (indicated by lines in the appliance).

Put the grinding cylinder on. Close your MioMat.

Select RAW Milk program, and let the machine complete the process until it beeps.

Use a strainer or straining bag to filter out the milk. Serve and naturally sweeten to taste.

Hazelnut Milk WITH ALMONDS AND CHOCOLATE

1/2 measuring cup almonds

1/2 measuring cup hazelnuts

4 dates pre-soaked

2 tablespoons dark cocoa powder

Water

USE THE GRINDING CYLINDER

Soak the hazelnuts, almonds, and dates for at least 4 hours, ideally overnight.

Pour all the ingredients into the jar and fill with cold water to 1100-1300 ml. (indicated by lines in the appliance).

Put the grinding cylinder on. Close your MioMat.

Select RAW Milk program, and let the machine complete the process. Do not lift the lid before MioMat finishes the process with a beep.

Use a strainer or straining bag to filter out the milk. Serve and naturally sweeten to taste.



Hemp MILK

1 measuring cup of hemp seeds

1/2 vanilla bean

Water

USE THE GRINDING CYLINDER

Soak the hemp seeds overnight.

Dump out the soaking water. Wash again. Pour the drained seeds into the MioMat.

Add the vanilla bean and fill with cold water to 1100-1300 ml. (indicated by lines in the appliance).

Put the grinding cylinder on. Close your MioMat.

Select RAW Milk program.

Golden MILK

1 measuring cup almonds

1 teaspoon cinnamon

**1 teaspoon turmeric per serving
(after the preparation process)**

Pinch pepper

**Honey to taste (after the
preparation process)**

Water

USE THE GRINDING CYLINDER

Soak the almonds for at least 4 hours, ideally overnight.

Pour the ingredients into the jar and fill with cold water to 1100-1300 ml. (indicated by lines in the appliance).

Put the grinding cylinder on. Close your MioMat.

Select RAW Milk program, and let the machine complete the process.

Use a strainer or straining bag to filter out the milk. Serve and naturally sweeten to taste.

Cocoa Coconut MILK

1 1/2 measuring cup coconut

2 tablespoons dark cocoa powder

2 tablespoons coconut sugar

Water

USE THE GRINDING CYLINDER

Pour the coconut and dark cocoa powder into the MioMat and fill with cold water to 1100-1300 ml. (indicated by lines in the appliance).

Put the grinding cylinder on. Close your MioMat.

Select RAW Milk program, and let the machine complete the process. When finished, it will beep.

Use a strainer or straining bag to filter out the milk. Serve and naturally sweeten to taste.







Cereal Milk Program



Cooked Veggie Milks

Preparation of cereal milks

1. Take 1 measure of cereal (quinoa, amaranth, millet, rice, wheat rye or others) with the ingredient measuring cup included in the box.
2. Pour the washed cereal into the machine.
3. Add water to 1100-1300 ml. (4,6-5,5 cups) indicated by lines in the MioMat.
4. Put on the grinding cylinder, close your MioMat and connect the cable.
5. The machine will turn on and beep. At the same time, lights will start to blink indicating that the machine is in standby mode and ready so you can select a program to use.
6. Press the "Select" button until the indicator light is on the cereal milk position, then press "Start". After 20 minutes, the machine will beep to signal that the milk is ready.
7. Use the strainer to filter the milk. Be careful as the milk will be very hot.
8. The milk we store lasts in the refrigerator 3-4 days approx.



Millet and Oatmeal MILK

3/4 measuring cup millet

1/4 measuring cup oatmeal

Honey optional (after the preparation process)

Water

USE THE GRINDING CYLINDER

Pour all the ingredients into the appliance and and fill with cold water to 1100-1300 ml. (indicated by lines in the appliance).

Put the grinding cylinder on. Close your MioMat.

Select the Cereal Milk program and let the machine complete the process. Do not lift the lid before MioMat finishes the process with a beep.

Use a strainer or straining bag to filter out the milk. Serve and naturally sweeten to taste.

Quinoa milk WITH COCONUT

3/4 measuring cup quinoa

1/2 measuring cup shredded coconut or coconut flakes

Water

USE THE GRINDING CYLINDER

Pour all the ingredients into the appliance and and fill with cold water to 1100-1300 ml. (indicated by lines in the appliance).

Put the grinding cylinder on. Close your MioMat.

Select the Cereal Milk program, and let the machine complete the process. Do not lift the lid before MioMat finishes the process with a beep.

Use a strainer or straining bag to filter out the milk.

Oat and Sesame

MILK

3/4 measuring cup natural oats

1/2 measuring cup sesame or shredded coconut

2 tablespoons honey (after the preparation process)

Water

USE THE GRINDING CYLINDER

Soak the sesame overnight ideally.

Pour all the ingredients into the jar and fill with cold water to 1100-1300 ml. (indicated by lines in the appliance).

Put the grinding cylinder on. Close your MioMat.

Select the Cereal Milk program, and let the machine complete the process. Do not lift the lid before MioMat finishes the process with a beep.

Use a strainer or straining bag to filter out the milk. Serve and naturally sweeten to taste.



Poppy Seed and Oat MILK

1 measuring cup poppy

1/4 measuring cup oats

Water

USE THE GRINDING CYLINDER

Soak the poppy seeds overnight ideally.

Pour all the ingredients into the jar and fill with cold water to 1100-1300 ml. (indicated by lines in the appliance).

Put the grinding cylinder on. Close your MioMat.

Select the Cereal Milk program, and let the machine complete the process. Do not lift the lid before MioMat finishes the process with a beep.

Use a strainer or straining bag to filter out the milk. Serve and naturally sweeten to taste.

Cocoa Milk WITH STAR ANISE

1/2 measuring cup quinoa

1/4 measuring cup millet

1 tablespoon cocoa powder

3 Star Anise

Water

USE THE GRINDING CYLINDER

Pour all the ingredients into the appliance and and fill with cold water to 1100-1300 ml. (indicated by lines in the appliance).

Put the grinding cylinder on. Close your MioMat.

Select the Cereal Milk program and let the machine complete the process. Do not lift the lid before MioMat finishes the process with a beep.

Use a strainer or straining bag to filter out the milk. Serve and naturally sweeten to taste.





Millet and Almond MILK

3/4 measuring cup millet

1/2 measuring cup almonds

Water

USE THE GRINDING CYLINDER

Pour all the ingredients into the appliance and fill with cold water to 1100-1300 ml. (indicated by lines in the appliance).

Put the grinding cylinder on. Close your MioMat.

Select the Cereal Milk program and let the machine complete the process. Do not lift the lid before MioMat finishes the process with a beep.

Use a strainer or straining bag to filter out the milk. Serve and naturally sweeten to taste.

Almond Milk, CARDAMOM AND GINGER

1 measuring cup almonds

8 whole cardamom pods

1 teaspoon grated ginger

Water

USE THE GRINDING CYLINDER

Soak the almonds overnight ideally.

Pour all the ingredients into the jar and fill with cold water to 1100-1300 ml. (indicated by lines in the appliance).

Put the grinding cylinder on. Close your MioMat.

Select the Cereal Milk program, and let the machine complete the process. Do not lift the lid before MioMat finishes the process with a beep.

Use a strainer or straining bag to filter out the milk. Serve and naturally sweeten to taste.

Pine nut

MILK

1 1/2 measuring cups peeled pine nuts

1 vanilla bean

Cinnamon or cocoa powder (optional)

Water

USE THE GRINDING CYLINDER

Pour all the ingredients into the appliance and fill with cold water to 1100-1300 ml. (indicated by lines in the appliance).

Put the grinding cylinder on. Close your MioMat.

Select the Cereal Milk program and let the machine complete the process. Do not lift the lid before MioMat finishes the process with a beep.

Use a strainer or straining bag to filter out the milk. Serve and naturally sweeten to taste.



Amaranth Date

MILK

1/2 measuring cup amaranth

1 measuring cup grated coconut

3 dates

Water

USE THE GRINDING CYLINDER

Pour all the ingredients into the appliance and fill with cold water to 1100-1300 ml. (indicated by lines in the appliance).

Put the grinding cylinder on. Close your MioMat.

Select the Cereal Milk program and let the machine complete the process. Do not lift the lid before MioMat finishes the process with a beep.

Use a strainer or straining bag to filter out the milk. Serve and naturally sweeten to taste.

Coconut Chai

MILK

1 1/2 measuring cups coconut

2 tablespoons black tea

10 cardamom pods

3 cloves

1 star anise

1 teaspoon ginger

1/4 teaspoon pepper

1 teaspoon cinnamon

Water

USE THE GRINDING CYLINDER

Pour all the ingredients into the appliance and fill with cold water to 1100-1300 ml. (indicated by lines in the appliance).

Put the grinding cylinder on. Close your MioMat.

Select the Cereal Milk program and let the machine complete the process. Do not lift the lid before MioMat finishes the process with a beep.

Use a strainer or straining bag to filter out the milk. Serve and naturally sweeten to taste.







Soy Milk Program



Soy or Rice Milk

For making soy milk or milk from brown rice

1. Fill 1 measuring cup (included in the box) with soybeans. Wash the soybeans and then soak them for 4 to 6 hours at room temperature, or for 8 to 10 hours in the refrigerator.
2. Remove the soaking water and put the clean pre-soaked beans into the machine.
3. Add cold water to 1100-1300 ml. (4,6-5,5 cups) indicated by lines in the appliance.
4. Put on the grinding cylinder. Close your MioMat. Attach the cord to your MioMat.
5. The machine will turn on and beep. At the same time, lights will start to blink indicating that the machine is in standby mode and ready so you can select a program to use.
6. Press the "Select" button until the indicator light is on the Soy milk position, then press "Start". After 35-45 minutes, the machine will beep to signal that the milk is ready.
7. Use the strainer to filter the milk. Be careful, as the milk will be very hot.
8. The rest of the food that will remain in the strainer is called "Okara" or soy pulp, which can be used in various recipes (See "Milk Pulp" section).
9. Stored milk lasts for approximately 3 days in the refrigerator.

Poppy Seed Soy MILK

1/2 measuring cup organic soy beans

1/4 measuring cup poppy seeds

Water

Soak the soybeans and poppy seeds overnight ideally.

Pour all the ingredients into the appliance and fill with cold water to 1100-1300 ml. (indicated by lines in the appliance).

Put the grinding cylinder on. Close your MioMat.

Select the Soy Milk program and let the machine complete the process. Do not lift the lid before MioMat finishes the process with a beep.

Use a strainer or straining bag to filter out the milk. Serve and naturally sweeten to taste.



Brown Rice Milk WITH CINNAMON

1 measuring cup brown rice

1/4 measuring cup shredded coconut

1/4 measuring cup sesame

Cinnamon to taste

Honey (after the preparation process)

Orange peel (organic)

Water

USE THE GRINDING CYLINDER

Pour all the ingredients into the appliance and fill with cold water to 1100-1300 ml. (indicated by lines in the appliance).

Put the grinding cylinder on. Close your MioMat.

Select the Soy Milk program and let the machine complete the process. Do not lift the lid before MioMat finishes the process with a beep.

Use a strainer or straining bag to filter out the milk. Serve and naturally sweeten to taste.

Brown Rice Milk WITH COCONUT

1 measuring cup brown rice
3/4 measuring cup grated coconut
Water

USE THE GRINDING CYLINDER

Pour all the ingredients into the appliance and and fill with cold water to 1100-1300 ml. (indicated by lines in the appliance).

Put the grinding cylinder on. Close your MioMat.

Select the Soy Milk program and let the machine complete the process. Do not lift the lid before MioMat finishes the process with a beep.

Use a strainer or straining bag to filter out the milk. Serve and naturally sweeten to taste.



Brown Rice Milk WITH COCONUT AND SESAME

1 measuring cup brown rice
1/2 measuring cup shredded coconut
1/2 measuring cup of sesame

USE THE GRINDING CYLINDER

Pour all the ingredients into the appliance and and fill with cold water to 1100-1300 ml. (indicated by lines in the appliance).

Put the grinding cylinder on. Close your MioMat.

Select the Soy Milk program and let the machine complete the process. Do not lift the lid before MioMat finishes the process with a beep.

Use a strainer or straining bag to filter out the milk. Serve and naturally sweeten to taste.



Soy Milk WITH LEMON

1 measuring cup oy beans
the zest of 1 whole lemon or 1 medium organic orange
1 stick cinnamon
Water

USE THE GRINDING CYLINDER

Soak the soybeans overnight ideally. Pour all the ingredients into the appliance and and fill with cold water to 1100-1300 ml. (indicated by lines in the appliance).

Put the grinding cylinder on. Close your MioMat.

Select the Soy Milk program and let the machine complete the process. Do not lift the lid before MioMat finishes the process with a beep.

Use a strainer or straining bag to filter out the milk. Serve and naturally sweeten to taste.



Cocoa Soy Milk (HOT CHOCOLATE)

1 measuring cup soaked soy beans
1/4 measuring cup sesame
Cocoa
Coconut sugar
Water

USE THE GRINDING CYLINDER

Soak the soybeans and poppy seeds overnight ideally.

Pour all the ingredients into the appliance and and fill with cold water to 1100-1300 ml. (indicated by lines in the appliance).

Put the grinding cylinder on. Close your MioMat.

Select the Soy Milk program and let the machine complete the process. Do not lift the lid before MioMat finishes the process with a beep.

Use a strainer or straining bag to filter out the milk. Serve and naturally sweeten to taste.



Soy milk WITH COCONUT AND SESAME

1/2 measuring cup soy beans

1/4 measuring cup coconut

1/4 measuring cup sesame

Water

USE THE GRINDING CYLINDER

Soak the soybeans and sesame seeds overnight ideally.

Pour all the ingredients into the appliance and fill with cold water to 1100-1300 ml. (indicated by lines in the appliance).

Put the grinding cylinder on. Close your MioMat.

Select the Soy Milk program and let the machine complete the process.

Do not lift the lid before MioMat finishes the process with a beep.

Use a strainer or straining bag to filter out the milk. Serve and naturally sweeten to taste.

Soy Milk WITH HONEY AND CINNAMON

1 measuring cup organic soy beans

1/4 measuring cup sesame

3 tablespoons honey (after the preparation process)

Powdered cinnamon

Water

USE THE GRINDING CYLINDER

Soak the soybeans and sesame seeds overnight ideally.

Pour all the ingredients into the appliance and fill with cold water to 1100-1300 ml. (indicated by lines in the appliance).

Put the grinding cylinder on. Close your MioMat.

Select the Soy Milk program and let the machine complete the process.

Do not lift the lid before MioMat finishes the process with a beep.

Use a strainer or straining bag to filter out the milk. Serve and naturally sweeten to taste.



SUGGESTIONS:

When making soups or creams, it is important to add the lightest ingredients such as green leaves, seeds, grains, or legumes last to avoid crushing and burning them at the bottom of the MioMat.



Creamy Soup Program

Soups or Creams

For making soups or creams made from legumes, grains and/or vegetables

1. Measure the grains (quinoa, rice, millet, etc.) or legumes (lentils, beans, peas, etc.) with one measuring cup that is included in the box.
2. Let the legumes or grains soak for a minimum of 8 hours at room temperature or 10 hours if kept in the refrigerator. It is not necessary to soak rice.
3. Prepare approximately 250 grams of peeled vegetables of your choice and cut them into small pieces (for example, you can use carrots, squash, potatoes, onions, garlic, etc.).
4. Wash all the ingredients.
5. Put all the ingredients into the MioMat and and fill with cold water to 1100-1300 ml. (4,6-5,5 cups) indicated by lines in the appliance.
6. Close your MioMat. Connect the cord to the appliance.
7. The machine will turn on and beep. At the same time, lights will start to blink indicating that the machine is in standby mode and ready so you can select a program to use.
8. Press the "Select" button until the indicator light is on the Creamy Soup position, then press Start. After 35-45 minutes, the machine will beep to signal that the soup is ready.
9. Caution. The cream or soup will be very hot.
10. When food preparation is finished, remove the lid (top cover) immediately.

DO NOT USE THE GRINDING CYLINDER

Red SOUP

1 measuring cup red lentils

2 carrots

200 grams squash

1 beet

3 garlic cloves

Water

DO NOT USE THE GRINDING CYLINDER

Cut the vegetables into small pieces and pour them into the appliance along with the red lentils.

Fill with cold water to 1100-1300 ml. (indicated by lines in the appliance).

Close your MioMat.

Select the Creamy soup program and let the machine complete the process.

Do not lift the lid before MioMat finishes the process with a beep.

Serve and naturally season to taste.

Garlic SOUP

8 garlic cloves

2 medium potatoes

1 measuring cup sesame seeds

A little cilantro

Salt and pepper to taste

Water

DO NOT USE THE GRINDING CYLINDER

Cut the vegetables into small pieces and pour them into the appliance.

Fill with cold water to 1100-1300 ml. (indicated by lines in the appliance).

Close your MioMat.

Select the Creamy soup program and let the machine complete the process.

Do not lift the lid before MioMat finishes the process with a beep.

Serve and naturally season to taste.



Pea and Spinach

SOUP

200 grams peas (frozen is fine)

1 small onion

75 grams fresh spinach

2 medium potatoes

2 cloves of garlic

A pinch of nutmeg

Salt and pepper to taste

Water

DO NOT USE THE GRINDING CYLINDER

Cut the vegetables into small pieces and pour them into the appliance.

Fill with cold water/milk to 1100-1300 ml. (indicated by lines in the appliance). Close your MioMat.

Select the Creamy Soup program and let the machine complete the process.

Do not lift the lid before MioMat finishes the process with a beep.

Serve and naturally season to taste.

Tip: If the peas are dry or dehydrated, use 1 measuring cup





Cauliflower Pumpkin SOUP

- 100 grams pumpkin (squash)**
- 1 small carrot**
- 1 onion**
- 100 grams coliflower**
- 100 grams italian squash**
- Olive oil (at the end of the process)**
- Salt and pepper to taste**
- Water**

DO NOT USE THE GRINDING CYLINDER

Cut the vegetables into small pieces and pour them into the appliance. Fill with coconut milk to 1100-1300 ml. (indicated by lines in the appliance). Close your MioMat.

Select the Creamy Soup program and let the machine complete the process. Do not lift the lid before MioMat finishes the process with a beep. Serve and naturally season to taste.

Tomato SOUP

- 8 small tomatoes**
- 1 small onion**
- 1 small zucchini**
- Bell pepper**
- Salt**
- Oregano**
- Virgin olive oil (after the preparation process)**
- Water**

DO NOT USE THE GRINDING CYLINDER

Cut the vegetables into small pieces and pour them into the appliance. Fill with cold water to 1100-1300 ml. (indicated by lines in the appliance). Close your MioMat.

Select the Creamy Soup program and let the machine complete the process. Do not lift the lid before MioMat finishes the process with a beep. Serve and naturally season to taste.

Spiced Thai CREAM

1 measuring cup lentils (red or brown)

1 chive

1 tomato

1 clove of garlic

1 heaping teaspoon curry

1/2 heaping teaspoons cumin

1/4 heaping teaspoon turmeric

Coconut milk (previously made in your MioMat)

DO NOT USE THE GRINDING CYLINDER

Cut the vegetables into small pieces and pour them into the appliance. Fill with coconut milk to 1100-1300 ml. (indicated by lines in the appliance). Close your MioMat.

Select the Creamy soup program and let the machine complete the process. Do not lift the lid before MioMat finishes the process with a beep. Serve and naturally season to taste.



Sweet Potato SOUP

3 sweet potatoes

2 large carrots

1 small onion

Salt and pepper to taste

Water

DO NOT USE THE GRINDING CYLINDER

Cut the vegetables into small pieces and pour them into the appliance. Fill with cold water to 1100-1300 ml. (indicated by lines in the appliance). Close your MioMat.

Select the Creamy Soup program and let the machine complete the process. Do not lift the lid before MioMat finishes the process with a beep

Serve and naturally season to taste.

Tip: Sweet potato, also known as "batata", "chaco", or "yam" (erroneously) in North America, is an excellent source of vitamin B6 which help to break down homocysteine (an amino acid that contributes to the hardening of the vessels blood and arteries).

Cream of Mushroom WITH HAZELNUTS

- 1 measuring cup pre-soaked hazelnuts**
- 100 grams mushrooms**
- 2 potatoes**
- 2 onions of your choice**
- 1 chive**
- Garlic to taste**
- Spices such as chilli powder among others**
- Water**

DO NOT USE THE GRINDING CYLINDER

Cut the vegetables into small pieces and pour them into the appliance. Fill with cold water to 1100-1300 ml. (indicated by lines in the appliance). Close your MioMat.

Select the Creamy Soup program and let the machine complete the process. Do not lift the lid before MioMat finishes the process with a beep.

Serve and naturally season to taste.

Red Lentil and Tomato BISQUE

- 2 measuring cups red lentils**
- 1 medium onion**
- 2 or 3 medium tomatoes**
- 2 cloves garlic**
- 1 pinch curry**
- Salt and pepper to taste**
- Water**

DO NOT USE THE GRINDING CYLINDER

Cut the vegetables into small pieces and pour them into the appliance. Fill with cold water to 1100-1300 ml. (indicated by lines in the appliance). Close your MioMat.

Select the Creamy Soup program and let the machine complete the process. Do not lift the lid before MioMat finishes the process with a beep. Serve and naturally season to taste.





Celery Quinoa

DIURETIC SOUP

3 celery sticks (strings peeled off)

1/2 measuring cup quinoa

1/2 onion or chives

Pepper and cumin to taste

Cilantro

Water

DO NOT USE THE GRINDING CYLINDER

Cut the vegetables into small pieces and pour them into the appliance. Fill with cold water to 1100-1300 ml. (indicated by lines in the appliance). Close your MioMat.

Select the Creamy Soup program and let the machine complete the process. Do not lift the lid before MioMat finishes the process with a beep. Serve and naturally season to taste.

White Bean Pumpkin

CREAM

2 measuring cups white beans

100 grams pumpkin

1 medium carrot

1/2 red onion

Salt and pepper to taste

Water

DO NOT USE THE GRINDING CYLINDER

Cut the vegetables into small pieces and pour them into the appliance. Fill with cold water to 1100-1300 ml. (indicated by lines in the appliance). Close your MioMat.

Select the Creamy Soup program and let the machine complete the process. Do not lift the lid before MioMat finishes the process with a beep. Serve and naturally season to taste.



Cream of Corn

2 cups corn (frozen is fine)

2 small potatoes

1 onion

Cumin to taste

Pinch of pepper and sea salt

Water

DO NOT USE THE GRINDING CYLINDER

Cut the vegetables into small pieces and pour them into the appliance. Fill with cold water to 1100-1300 ml. (indicated by lines in the appliance). Close your MioMat.

Select the Creamy Soup program and let the machine complete the process. Do not lift the lid before MioMat finishes the process with a beep. Serve and naturally season to taste.

Garbanzo SOUP

1 meter chick peas

1/2 meter basmati or brown rice

400 grams pumpkin

Chives and garlic to taste

Salt and pepper to taste

Water

DO NOT USE THE GRINDING CYLINDER

Cut the vegetables into small pieces and pour them into the appliance. Fill with cold water to 1100-1300 ml. (indicated by lines in the appliance). Close your MioMat.

Select the Creamy soup program and let the machine complete the process. Do not lift the lid before MioMat finishes the process with a beep. Serve and naturally season to taste.

Tips: you can add seasonings before starting the preparation process. However with virgin olive oil, you cannot add it before. Olive oil must be added at the end of the process to avoid losing the properties of the soup. Never fill foods past the "1100" line indicated in the appliance. Excess food will overload the machine, and your meal could burn at the bottom.

Cream of Broccoli

300 grams broccoli
1 measuring cup quinoa
1/2 onion
3 cloves garlic
A sheet Wakame Seaweed (optional)
Salt and pepper to taste
Water

DO NOT USE THE GRINDING CYLINDER

Cut the vegetables into small pieces and pour them into the appliance. Fill with cold water to 1100-1300 ml. (indicated by lines in the appliance). Close your MioMat.

Select the Creamy Soup program and let the machine complete the process. Do not lift the lid before MioMat finishes the process with a beep. Serve and naturally season to taste.

Spinach Broccoli SOUP

200 grams fresh spinach
200 grams broccoli
1/2 onion
3 cloves garlic
Coriander seeds
Turmeric
Salt and pepper to taste
Water

DO NOT USE THE GRINDING CYLINDER

Cut the vegetables into small pieces and pour them into the appliance. Fill with cold water to 1100-1300 ml. (indicated by lines in the appliance). Close your MioMat.

Select the Creamy soup program and let the machine complete the process. Do not lift the lid before MioMat finishes the process with a beep. Serve and naturally season to taste.





SUGGESTIONS:

When making chunky soups, it is important to have less solid food than liquid and that it is cut into medium sized bits. If you are adding lighter ingredients such as green leaves, seeds, grains, or legumes, add them last because if they are crushed, they could burn at the bottom of the appliance.



Chunky Soup Program

Chunky Soups

Exclusively for making vegetable soups with grains or legumes leaving chunky pieces.

1. Measure grains (quinoa, rice, millet, etc.) or legumes (lentils, beans, peas, etc.) with the measuring cup included in the box.
2. Let the legumes or grains soak for a minimum of 8 hours at room temperature or 10 hours if kept in the refrigerator. It is not necessary to soak the rice.
3. Prepare approximately 250g of peeled vegetables of your choice and cut them into small pieces (For example, you can use carrots, squash, potatoes, onions, garlic, etc).
4. Wash all the ingredients.
5. Pour all the ingredients into the MioMat and fill with drinkable water to 1100-1300 ml. (4,6-5,5 cups) indicated by lines in the appliance.
6. Close your MioMat. Connect the cord to the appliance.
7. The machine will turn on and beep. At the same time, lights will start to blink indicating that the machine is in standby mode and ready so you can select a program to use.
8. Press the "Select" button until the indicator light is on the Chunky Soup position, then press Start. After 30-35 minutes, the machine will beep to signal that the soup is ready.
9. Caution. The cream or soup will be very hot.
10. When food preparation is finished, remove the lid (top cover) immediately.

DO NOT USE THE GRINDING CYLINDER



Chunky Leek **SOUP**

1 small leek

1 measuring cup red lentils

1 potato

1 carrot

Cilantro as a garnish

Salt and pepper to taste

Water

DO NOT USE THE GRINDING CYLINDER

Cut the vegetables into medium-sized pieces. Pour the heaviest veggies into the appliance first and the lentils last. Fill with cold water to 1100-1300 ml. (indicated by lines in the appliance). Close your MioMat.

Select the Chunky Soups program and let the machine complete the process with a beep.

Serve, add chopped cilantro and naturally season to taste.

Vegan Carbonada

(VEGAN STEW)

1 piece sweet potato squash

(Buttercup Squash)

1 medium-sized potato

2 cloves garlic

1/2 onion

1/2 cup mushrooms

2 measuring cups corn

Green beans

**Salt, pepper, cumin, paprika
and oregano**

Water

DO NOT USE THE GRINDING CYLINDER

Cut the vegetables into medium-sized pieces and pour them into the appliance. Fill with cold water to 1100-1300 ml. (indicated by lines in the appliance). Close your MioMat.

Select the Chunky Soups program and let the machine complete the process with a beep.

Serve, add chopped cilantro and naturally season to taste.

Green SOUP

1/2 a head broccoli

100 grams spinach

1 celery stalk

1 Leek

Salt and pepper to taste

DO NOT USE THE GRINDING CYLINDER

Cut the vegetables into medium-sized pieces and pour them into the appliance. Fill with cold water to 1100-1300 ml. (indicated by lines in the appliance). Close your MioMat.

Select the Chunky Soups program and let the machine complete the process with a beep.

Serve, add chopped cilantro and naturally season to taste.





TIP FOR BABIES

You can start with porridge made from white rice and then make the transition to brown rice after 2 weeks along with other grains such as quinoa, millet and amaranth. If there is no allergic reaction to new grains, continue to slowly mix them into meals.



Porridge Program

Fruit compotes and porridge for babies

Preparation of porridge Porridge can be prepared with any type of grain and combination of grains. Always use a maximum of 2.5 measuring cups. For small babies, use gluten-free grains.

1. Use 2.5 measuring cups of any type of grains.
2. It is not necessary to soak.
3. Wash all the ingredients.
4. Pour all the ingredients into the MioMat and fill with water to 1100-1300 ml, indicated by lines in the appliance (4,6-5,5 cups).
5. Close your MioMat. Connect the cord to the appliance.
6. The machine will turn on and beep. At the same time, lights will start to blink indicating that the machine is in standby mode and ready so you can select a program to use.
7. Press the "Select" button until the indicator light is on the Porridge position, then press Start. After 30-35 minutes, the machine will beep to signal that the soup is ready.
8. CAUTION. The porridge will be very hot.
9. When food preparation is finished, remove the lid (top cover immediately).

DO NOT USE THE GRINDING CYLINDER

Rice and Millet PORRIDGE

1 measuring cup rice

1 measuring cup millet

Water

DO NOT USE THE GRINDING CYLINDER

Pour all the ingredients into the appliance. Fill with cold water to 1100-1300ml (indicated by lines in the appliance). Close your MioMat.

Select the Porridge program and let the machine complete the process with a beep.

Serve and naturally sweeten to taste.

Mashed Carrot PUREE

6 carrots

2 potatoes

1 measuring cup quinoa

2 tablespoons olive oil (after the preparation process)

Water

DO NOT USE THE GRINDING CYLINDER

Pour all the ingredients into the appliance. Fill with cold water to 1100-1300 ml. (indicated by lines in the appliance). Close your MioMat.

Select the Porridge program and let the machine complete the process. Do not lift the lid before MioMat finishes the process with a beep.

Serve and naturally season to taste.



Multigrain Porridge

WITH APPLES

1/2 measuring cup brown rice

1/2 measuring cup millet

1 measuring cup oat

1 apple without seeds

Water

DO NOT USE THE GRINDING CYLINDER

Pour all the ingredients into the appliance. Fill with cold water to 1100-1300ml (indicated by lines in the appliance). Close your MioMat.

Select the Porridge program and let the machine complete the process.

Do not lift the lid before MioMat finishes the process with a beep.

Serve and naturally season to taste.

Potato Porridge

WITH ONION

5 to 6 small potatoes

1/3 measuring cup millet

1 onion

2 cloves garlic

Salt and pepper to taste

Water

DO NOT USE THE GRINDING CYLINDER

Pour all the ingredients into the appliance. Fill with cold water to 1100-1300ml (indicated by lines in the appliance). Close your MioMat.

Select the Porridge program and let the machine complete the process.

Do not lift the lid before MioMat finishes the process with a beep.

Serve and naturally season to taste.

TIP

Do not use more than three measuring cups of grains. You can combine the grains as you wish. For the first porridges, use gluten-free grains.

To make tastier porridges, you can add fresh fruit or natural sweeteners along with the ingredients.

Add honey only after the preparation process so the properties of the porridge are not lost.

Carrot Multicereal

PORRIDGE

1/2 measuring cup brown rice

1/2 measuring cup oat

1 measuring cup quinoa

1 peeled carrot

2 tablespoons honey

(after the preparation process)

Water

DO NOT USE THE GRINDING CYLINDER

Cut the carrots into small pieces. Pour all the ingredients into the appliance.

Fill with cold water to 1100-1300 ml. (indicated by lines in the appliance).

Close your MioMat.

Select the Porridge program button and let the machine complete the process. Do not lift the lid before MioMat finishes the process with a beep.

Serve and naturally season to taste.

Red Lentil PORRIDGE

1 measuring cup washed red lentils

2 potatoes

1 peeled carrot

1 chive

Water

DO NOT USE THE GRINDING CYLINDER

Wash the red lentils. Pour all the ingredients into the appliance. Fill with cold water to 1100-1300 ml. (indicated by lines in the appliance). Close your MioMat.

Select the Porridge program and let the machine complete the process. Do not lift the lid before MioMat finishes the process with a beep.

Serve and naturally season to taste.



Applesauce (APPLE COMPOTE)

Apples

**4 tablespoons sugar cane or
coconut sugar**

Water

DO NOT USE THE GRINDING CYLINDER

Cut the apples into small pieces and pour the ingredients into the appliance up to the "1100" line. Fill with cold water to 1100-1300 ml. (indicated by lines in the appliance). Close your MioMat.

Select the Porridge program and let the machine complete the process. Do not lift the lid before MioMat finishes the process with a beep. Serve and naturally season to taste.

Rice Porridge WITH GOJI BERRIES AND NUTS

1 measuring cup brown or white rice

1/2 measuring cup grated coconut

1/2 measuring cup sesame

Handful of goji berries (after the process)

Nuts or fruits to your liking

2 tablespoons honey (after the process)

Water

DO NOT USE THE GRINDING CYLINDER

Pour all the ingredients into the appliance. Fill with cold water to 1100-1300 ml. (indicated by lines in the appliance). Close your MioMat.

Select the Porridge program and let the machine complete the process.

Do not lift the lid before MioMat finishes the process with a beep.

Serve and naturally season to taste.



Coconut PORRIDGE

1 measuring cup grated coconut

1 measuring cup oat flakes

1/2 banana

2 tablespoons honey (after the preparation process)

Fruits to garnish

Water

DO NOT USE THE GRINDING CYLINDER

Pour all the ingredients into the appliance. Fill with cold water to 1100-1300 ml. (indicated by lines in the appliance). Close your MioMat.

Select the Porridge program and let the machine complete the process.

Do not lift the lid before MioMat finishes the process with a beep.

Serve and naturally season to taste.



Poppy Seed PORRIDGE

1 measuring cup buckwheat

1/2 measuring cup poppy seeds

1/2 measuring cup brown rice

1 apple

1 tablespoon cinnamon

Water

DO NOT USE THE GRINDING CYLINDER

Cut the apple into small pieces. Pour all the ingredients into the appliance.

Fill with cold water to 1100-1300 ml. (indicated by lines in the appliance).

Close your MioMat.

Select the Porridge program and let the machine complete the process.

Do not lift the lid before MioMat finishes the process with a beep.

Serve and naturally season to taste.

Piña Colada PORRIDGE

1 measuring cup white rice

1 measuring cup shredded or flaked coconut

100 grams piña or other fruit

Fruit to garnish

Water

DO NOT USE THE GRINDING CYLINDER

Cut the fruit into small pieces. Pour all the ingredients into the appliance.

Fill with cold water to 1100-1300 ml. (indicated by lines in the appliance). Close your MioMat.

Select the Porridge program and let the machine complete the process. Do not lift the lid before MioMat finishes the process with a beep.

Serve and naturally season to taste.



Millet PORRIDGE

- 1 measuring cup millet**
- 1/2 measuring cup sesame**
- 1/2 measuring cup shredded or flaked coconut**
- Honey**
- Water**

DO NOT USE THE GRINDING CYLINDER

Pour all the ingredients into the appliance. Fill with cold water to 1100-1300 ml. (indicated by lines in the appliance). Close your MioMat. Select the Porridge program and let the machine complete the process. Do not lift the lid before MioMat finishes the process with a beep. Serve and naturally season to taste.



Strawberry PORRIDGE

- 1 measuring cup quinoa**
- 1 measuring cup millet**
- 10 strawberries**
- 3 teaspoon coconut sugar**
- Water**

DO NOT USE THE GRINDING CYLINDER

Cut the fruit into small pieces. Pour all the ingredients into the appliance. Fill with cold water to 1100-1300 ml. (indicated by lines in the appliance). Close your MioMat.

Select the Porridge program and let the machine complete the process. Do not lift the lid before MioMat finishes the process with a beep. Serve and naturally season to taste.



Healthy Dessert

**2 measuring cups whole wheat
(or a combination of other grains)**

1 banana

4 pitted dates

1 tablespoon cocoa powder

1/2 tablespoon cinnamon

Water

Fresh fruit to garnish

DO NOT USE THE GRINDING CYLINDER

Cut the fruit into small pieces. Pour all the ingredients into the appliance. Fill with cold water to 1100-1300 ml. (indicated by lines in the appliance). Close your MioMat.

Select the Porridge program and let the machine complete the process. Do not lift the lid before MioMat finishes the process with a beep. Serve and naturally season to taste.

Apricot PORRIDGE

1 measuring cup quinoa

1/2 measuring cup poppy seeds

8 pitted apricots

1 tablespoon cinnamon

Water

DO NOT USE THE GRINDING CYLINDER

Cut the apricots into small pieces and pour the ingredients into the appliance up to the "1100" line.

Fill with cold water to 1100-1300 ml. (indicated by lines in the appliance). Close your MioMat.

Select the Porridge program and let the machine complete the process. Do not lift the lid before MioMat finishes the process with a beep. Serve and naturally season to taste.



Quinoa, Pear and Green Apple

PORRIDGE

1 measuring cup quinoa

2 pears

2 apples

1 measuring cup shredded coconut

Honey

Water

DO NOT USE THE GRINDING CYLINDER

Cut the fruit into small pieces. Pour all the ingredients into the appliance. Fill with cold water to 1100-1300 ml. (indicated by lines in the appliance). Close your MioMat.

Select the Porridge program and let the machine complete the process. Do not lift the lid before MioMat finishes the process with a beep. Serve and naturally season to taste.

Plum PURÉE

10 plums (or 15 small ones)

1 apple (or 2 small ones)

1 measuring cup of quinoa

Water

DO NOT USE THE GRINDING CYLINDER

Pour all the ingredients into the appliance. Fill with cold water to 1100-1300 ml. (indicated by lines in the appliance). Close your MioMat. Select the Porridge program and let the machine complete the process. Do not lift the lid before MioMat finishes the process with a beep. Serve and naturally season to taste.

DID YOU KNOW...

Drinking fruit and vegetable smoothies gives us essential vitamins and minerals quickly, practically and easily. Smoothies improve our digestions and give us energy to start the day. Do you find it difficult to get your 5 servings of fruit or vegetables of the day? Try out delicious smoothies like this one!





Smoothies Program

Smoothies and ice creams

Preparation of fruit / vegetable smoothies

1. For each preparation, measure approximately 200 to 250 grams of washed, peeled and unseeded/pitted fruits or vegetables. Cut the fruit into small pieces
2. Pour the fruit / vegetables into the MioMat and and fill with drinkable water to 1100-1300 ml. (indicated by lines in the appliance)
3. Close your MioMat. Connect the cord to the appliance.
4. The machine will turn on and beep. At the same time, lights will start to blink indicating that the machine is in standby mode and ready so you can select a program to use.
5. Press the "Select" button until the indicator light is on the Smoothie position, then press Start. After 2-3 minutes, the machine will beep to signal that the smoothie is ready.
6. Unplug the appliance. Wash your machine immediately. Do not get the cover wet.
7. Enjoy your fresh smoothie

DO NOT USE THE GRINDING CYLINDER



Spinach Banana SMOOTHIE

150 grams spinach
1 banana
1 kiwi
1/4 measuring cup sesame
Water

Mango and Avocado PURÉE

1 mangoe
1 avocado
1 banana
Shredded coconut to garnish
Water

Sweet SMOOTHIE

1 cup blueberries
1 banana
Water

Super Nutritious SMOOTHIE

50 grams blueberries
50 grams raspberries
1 pouch of açai
1 banana
Organic cocoa powder
Water

Apple, Beetroot and Cinnamon SMOOTHIE

1 beetroot
2 apples
1 orange (optional)
1 lemon
Cinnamon to taste
Water

DO NOT USE THE GRINDING CYLINDER

Cut the ingredients into small pieces, and pour them into the appliance. Fill with cold water to 1100-1300 ml. (indicated by lines in the appliance). Close your MioMat.

Select the Smoothie program and let the machine complete the process.

Serve and enjoy your smoothie.

Pineapple, Cucumber and Lemon

SMOOTHIE

100 grams pineapple

1/2 cucumber

Lemon juice from 2 lemons

Parsley

Water

Detox and Beauty

SMOOTHIE

1 green apple

1 celery stalk

Lemon juice

1/2 cup pineapple (optional)

Basil to taste

Water

Peach and Apricot

SMOOTHIE

3 apricots

1 peach

optional: 100 grams of pineapple

Mint to taste

Water

Mint Berry

SMOOTHIE

50 grams raspberries

50 grams strawberries

50 grams blueberries

Mint leaves

Water

Oat Milk Smoothie WITH PLUMS AND DATES

- 4 pitted dates
- 4 pitted plums
- 2 tablespoons dark cocoa
- Agave syrup (optional)
- Pinch of salt
- Lemon or orange zest
- Oat milk made previously with MioMat



Carrot and Melissa **(Lemon Balm) SMOOTHIE**

- 1 carrot
- 1 cup pineapple
- 1 banana
- Fresh melissa leaves
(Melissa can be found as Lemon Balm)
- Water

Blue SMOOTHIE

- 1 cup blueberries
- 2 cups diced watermelon
- A piece of ginger to taste
- Water

Springtime JUICE

- 1 Tbsp lavender or jasmine flowers
- 1 apple
- Lemon juice from half a lemon
- A piece of ginger to taste
- Water

Green smoothie TO START THE DAY

- 1 green or red apple
- 1 tablespoon chia seeds
- 1 small piece ginger
- Lemon juice from half a lemon
- Water

Juice

FOR A HAPPY BELLY

1/2 papaya

1 tablespoon chia seeds

Lemon juice from half a lemon

Water

Cinnamon Summertime

JUICE

2 cups diced watermelon

1 cup strawberries

1/2 bowl raspberries

1/2 teaspoon cinnamon

Water

“Orange” JUICE

5 tangerines

1 carrot

1 piece ginger to taste

1/2 teaspoon turmeric

Water



Purple DETOX

2 carrots

1 cucumber

1/2 beet

1 lemon

DO NOT USE THE GRINDING CYLINDER

Cut the ingredients into small pieces, and pour them into the appliance. Fill with cold water to 1100-1300 ml. (indicated by lines in the appliance). Close your MioMat.

Select the Smoothie program and let the machine complete the process.

Serve and enjoy your smoothie.



Strawberry, Cherry, Almond Milk

ICE CREAM

150 grams strawberries

100 grams of pitted cherries

**Almond milk or any other veggie milk
previously made with MioMat
(should be cold)**

**Honey or other sweetener of your
preference**

Watermelon, Grape, and Cucumber

ICE CREAM

200 grams watermelon

6 grapes

1/2 cucumber

1 or 2 bananas

Lemon juice

Water

Mango Kiwi

ICE CREAM

3 mangoes

2 bananas

Lemon juice

2 kiwis

Ginger to taste

Water

Coconut, Banana, Strawberry

ICE CREAM

300 grams strawberries

3 bananas

**1L coconut milk previously made
with MioMat**

Sweeten to taste

DO NOT USE THE GRINDING CYLINDER

Cut the ingredients into small pieces. and pour them into the appliance. Fill with cold water to 1100-1300 ml. (indicated by lines in the appliance). Close your MioMat.

Select the Smoothie program and let the machine complete the process.

Serve and enjoy your smoothie.

Other Recipes



Vegan Chocolate

MUFFINS

220 grams whole wheat flour (or gluten-free almond flour)
70 grams muscovado
25 grams organic cocoa powder
2 teaspoons baking soda
1 large ripe banana
300 ml. veggie milk (we prefer almond milk) previously made with MioMat
100 ml. of extra virgin olive oil or coconut oil
optional: nuts, seeds, chocolate chips

Preheat the oven to 180 °C (350 °F).

Put the bananas and the almonds into a blender until they are completely mixed together.

Mix the flour and baking soda in a large bowl. Make a batter by adding your banana almond milk mix, sugar, oil and vanilla extract into the bowl. Stir until the dough is smooth and even.

Add chocolate chips and stir again.

Grease a muffin pan with a little oil and add your batter. Leave a little room.

Bake the muffins for about 20 to 25 minutes or until they set. Test with a toothpick. If it comes out clean, your muffins are ready.

Vegan Cake

WITH LEFTOVER ALMOND REMNANTS

Almond milk remnants
1 cup whole wheat flour or oatmeal
2 ripe bananas
1/2 cup cane sugar or coconut sugar
1 lemon (zest and juice)
3/4 cup coconut oil
1 teaspoon baking soda
blueberries or goji berries (optional)
Water or veggie milk to balance out consistency

Hand mix the bananas, sugar and oil until even and smooth.

Add flour, and almond milk remnants. Stir. While stirring, add the lemon zest and baking soda (or baking powder). If the batter is too thick, add water or vegetable milk.

Pour into a silicone mold or any mold you might have around the house and bake for 30 minutes at 180 °C (350 °F).



Okara Burgers

(FOR 2 SERVINGS)

80 grams Okara

50 grams whole wheat flour

1 egg

Chopped small onion

1 grated carrot

2 garlic cloves (chopped)

Salt and pepper to taste

Mix all the ingredients well, and form burger patties. Heat oil in a skillet and fry the patties until golden and crisp. Let them sit briefly on some paper to drain. Serve while hot.

In the oven: Bake at 200 °C (400 °F) for approximately 15 to 20 minutes. We suggest serving with brown rice, quinoa or potatoes.

Banana Cake

WITH LEFTOVER ALMOND
REMNANTS

3 bananas

1 cup oat flour (oatmeal in a blender)

1 cup leftover almond remnants

1 cup almond milk (If necessary.

This depends on how wet the almond remnants are)

**2 tablespoons chia seeds (pre-soaked)
for every 6 tablespoons of water
or 2 eggs**

Honey to taste

**Optional: Place banana slices on the
surface of the batter**

Mix the ingredients and bake in the oven at 180 °C (350 °F) for approximately 30 min.

Almonds and Beet Paté (FOR 4 SERVINGS)

- 1 part almond milk remnants
- 1 beet (cooked, peeled and grated)
- 1 carrot (peeled and grated)
- Salt, season to taste
- Touch of mustard
- Olive oil to taste

Mix all the ingredients in a container and you're done.

Serve with rice cakes, corn chips or rye crackers.



Okara Paté with Turmeric (FOR 2 SERVINGS)

- 1 part okara
- 2 hard-boiled eggs
- 1 carrot
- Mustard and pepper
- Pinch of salt
- 1 teaspoon turmeric
- Olive oil to taste

Mix all the ingredients in a food processor and voila! Ready to eat.

We suggest serving with vegetables such as stuffed mushrooms, or just bread for dipping.

Almond and Raisin Bites

(FOR 10 BITES)

1 part leftover almond remnants

50 grams shelled almonds

50 grams raisins (pre-soaked)

1 tablespoon olive oil

Pinch of salt

Shredded coconut to garnish

Cinnamon and honey

In a food processor, mix the almonds (remnants and whole almonds), salt and cinnamon. Add in raisins, honey, and oil. Mix in the processor again. When everything is mixed, remove and form little balls with your hands. Garnish with coconut and refrigerate until the bites are firm.

Coconut Energy Bites

(USING REMNANTS FROM COCONUT MILK)

1 cup shredded coconut or coconut milk remnants

1 cup ground walnuts

2 tablespoons dark cocoa powder

3 tablespoons cane sugar or honey

Sesame to taste

2 tablespoons chia (pre-soaked) for every 3 tablespoons of water

Ground almonds (as a topping)

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



- The only machine of its kind with a grinding cylinder which gives it unbeatable performance and makes foods creamier and smoother
- First on the market with a RAW program - cooks up to 42 °C (107 °F) to prepare nut milk without losing nutrients
- Double-layered interior made of refined stainless steel. The exterior is made for protection against heat and burning
- The motor base is made out of refined stainless steel
- Smart control panel boasts 8 programs and security features
- Includes strainer, cookbook and measuring cup
- 1-year warranty

Model: MioMat Classic
Capacity: 1100 - 1300 ml.
Voltage: 120V
Frequency: 60Hz
Motor / Heating Power: 200W / 750W