



MioMat



# Instruction Manual Recipe Book



# MioMat



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# Quick Start Guide

Milks

1.

Measure your ingredients with the MioMat cup.



2.

Add ingredients to the MioMat.



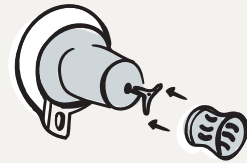
3.

Pour water between the MIN and MAX lines.



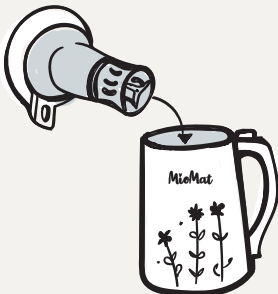
4.

Attach the grinding cylinder to the top of the MioMat by turning it in the LOCK direction indicated on the grinding cylinder.



5.

Close the top.



6.

Plug in the MioMat.



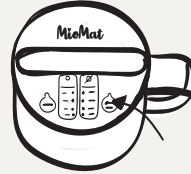
7.

Select your desired program by pressing the select button.



8.

Press the start button.



9.

MioMat will start blending and heating.



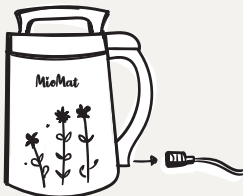
10.

After a few minutes the MioMat starts beeping. This means your milk is done.



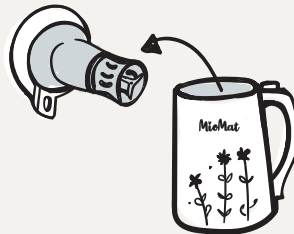
11.

Unplug the MioMat to stop it.



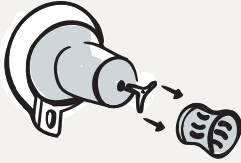
12.

Open the MioMat.



13.

Take off the grinding cylinder.



14.

Rinse the top under running water and clean it with a sponge.



15.

Rinse the grinding cylinder under running water and clean it with a sponge.



16.

Strain the milk with the included strainer.



17.

Rinse the jar under running water and clean it with a sponge.



18.

Enjoy your homemade milk.





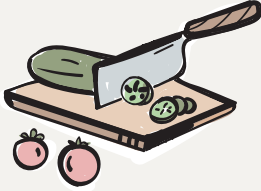
# Quick Start Guide

**Soups | Porridges | Smoothies**



1.

Chop the RAW ingredients into bitesize pieces.



2.

Add chopped ingredients to the MioMat.



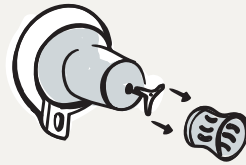
3.

Pour water between the MIN and MAX lines.



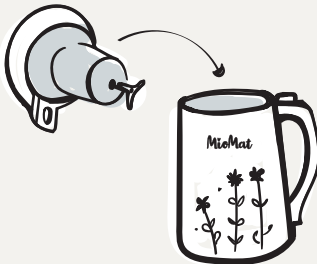
4.

Remove the grinding cylinder from the top of the MioMat.



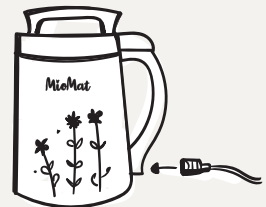
5.

Close the top.



6.

Plug in the MioMat.



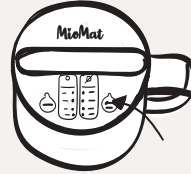
7.

Select your desired program by pressing the select button.



8.

Press the start button.



9.

MioMat will start blending and heating.



10.

After a few minutes the MioMat starts beeping. This means your food is done.



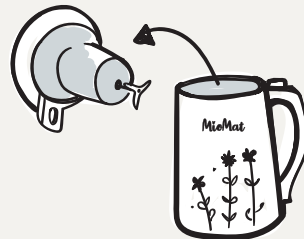
11.

Unplug the MioMat to stop it.



12.

Open the MioMat.



13.

Rinse the top under running water and clean it with a sponge. Be careful around the blades.



15.

Rinse the jar under running water and clean it with a sponge.



14.

Pour the food directly into bowls or glasses and the rest to a container.



16.

Enjoy your soup, porridge or a smoothie.



# MioMat Parts List

## 1. MioMat Jar

When pouring water into the MioMat make sure it is on a flat surface to avoid over-filling or under-filling. The top and bottom parts of the MioMat are not sealed when closed. The gap is there to let the steam out.



## 2. Grinding cylinder

Grinding cylinder concentrates the water flow around the blades which enables them to spin faster, resulting in very creamy milk.



— MAX  
— MIN

Minimum and maximum water levels are indicated inside the MioMat jar. There should always be more liquid (water, plant milk, broth) than dry ingredients.

### 3. MioMat Top

MioMat's buttons are touch-sensitive so you don't need to use force to press them.

The STOP button stops responding after one minute of selecting the program because of soy milk which can be poisonous when not cooked properly - unplug it if you need to cancel the program. 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 is still in progress.

**Blinking program light** - program is finished.



### 4. Strainer

If you find the plant milk too gritty even after straining we recommend getting a nut milk bag/cheesecloth to strain out even the smallest particles. MioMat strainer is dishwasher safe.



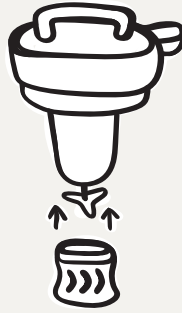
### 5. Cup

One MioMat cup is  $\approx$  1/2 US measuring cup | 3.4 ounces | 100ml. All measurements in our recipes are for dry ingredients before soaking. MioMat cup is dishwasher safe.

### 6. Standard power cord







# Grinding Cylinder



Don't forget to attach the Grinding Cylinder when making milk

# Grinding Cylinder

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

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

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

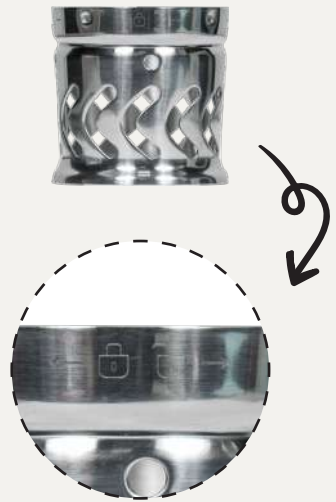
MioMat can't detect if the grinding cylinder is not attached when it should be and if you don't attach it while making your milk or cleaning program, MioMat will spill out water.



Attached Grinding Cylinder



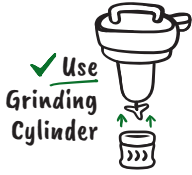
Removed grinding cylinder



Make sure to lock the grinding cylinder in place by turning it.



# When to use Grinding Cylinder



Raw Milk



Cereal Milk



Soy Milk



Cleaning



Creamy Soup



Chunky Soup











Porridge



Smoothie

# MioMat

USE GRINDING CYLINDER	DO NOT USE GRINDING CYLINDER
Raw milk 	 Creamy soup
Cereal milk 	 Chunky soup
Soy milk 	 Porridge
Cleaning 	 Smoothie



*The panel is touch sensitive, no need to press, just touch :)*





# Programs



## Raw Milk Program



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 of the soybeans is needed.

90°C/194°F - 30-35 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 the jar, and add 2 drops of soap. Attach the grinding cylinder, close the MioMat, and start the program.

5 minutes



## Creamy Soup Program



Don't Use  
Grinding  
Cylinder

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



Don't Use  
Grinding  
Cylinder

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



Don't Use  
Grinding  
Cylinder

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.

95°C/203°F - 30 minutes



## Smoothie Program



Don't Use  
Grinding  
Cylinder

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



noMat



# Trouble- shooting

 <b>Problem</b>	 <b>Possible causes</b>	 <b>Possible solutions</b>
<p>The ingredients were not sufficiently ground.</p>	<p>Too many ingredients.</p>	<p>Use recommended measurements.</p>
	<p>Too little water.</p>	<p>Add water to MIN - MAX range.</p>
<p>The soup is very watery.</p>	<p>Thickening ingredients are missing.</p>	<p>Add 1 MioMat cup of grains or legumes. You can also add thicker vegetables such as potatoes, zucchini, etc.</p>
<p>The MioMat doesn't work and the indicator light does not light up.</p>	<p>The plug is not connected properly.</p>	<p>Firmly connect the plug.</p>
	<p>Failure to the adapter.</p>	<p>Contact me: <a href="mailto:viktoria@miomat.co">viktoria@miomat.co</a></p>
	<p>The lid is not connected well to the top of the MioMat.</p>	<p>Place the lid onto the jar correctly.</p>
<p>The MioMat heats, but doesn't grind.</p>	<p>Failure to the base. Motor damage.</p>	<p>Contact me: <a href="mailto:viktoria@miomat.co">viktoria@miomat.co</a></p>
	<p>Too much food or the grinding cylinder got clogged up.</p>	<p>Let the MioMat cool down. Make sure you have the correct amount of food (up to the MIN line).</p>
<p>The MioMat turned off without finishing the program.</p>	<p>The ingredients got burned and stuck to the bottom of the MioMat from having too many ingredients in it or too little water.</p>	<p>Empty the MioMat, and allow it to cool. Remove the stuck-on food with a sponge and soft cleanser. Use the MioMat 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.</p>
	<p>Wrong voltage.</p>	<p>Make sure you are supplying 110 volts.</p>





### Problem



### Possible causes



### Possible solutions

Milk/water overflows out of the MioMat.

You didn't use the grinding cylinder.

For milk and cleaning programs ALWAYS attach the grinding cylinder.

You used processed food.

Use only raw ingredients that were not previously processed.

You overfilled your MioMat.

When pouring water into the MioMat make sure it is on a flat surface to avoid over-filling or under-filling. Always have water between the lines indicated inside the MioMat.

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.

My milk is gritty even after straining.

Too many ingredients.

Use fewer ingredients when making your milk or use a nut milk bag (cheese cloth) to strain even the smallest particles.

My MioMat stopped mid-process.

Too little water.

Add water to the MIN - MAX range.

Too much water.

Make sure not to exceed the MAX mark.

MioMat overheated. You put hot water into the jar or didn't let MioMat cool down between the programs.

Empty the MioMat and allow it to cool down. Then use the MioMat as normal with cold water and let it cool down between the programs for at least 20 minutes.

 <b>Problem</b>	 <b>Possible causes</b>	 <b>Possible solutions</b>
Programs taking too long to finish.	MioMat is still plugged in. After using the Cereal or Soy Milk program, MioMat will mix and keep the milk hot if you do not unplug it from the outlet.	Unplug the MioMat from the outlet when the program is finished. <b>Solid program light:</b> program still in progress <b>Blinking program light:</b> program is finished <b>All light blinking:</b> program did not finish
All lights blink and MioMat beeps: *beep* pause *beep* pause *beep* ... Error 1	There is not enough water inside the MioMat.	Add cold water between the lines indicated inside.
All lights blink and MioMat beeps like: *beep* *beep* pause *beep* *beep* pause *beep* *beep* ... Error 2	Water inside the MioMat is too hot.	Remove the hot water and add cold water.
All lights blink and MioMat beeps like: *beep* *beep* *beep* *beep* *beep* pause ... Error 5	Wrong input voltage	Supply 110 volts to the MioMat.
All light blink and MioMat beeps out any other beeping interval.	Many possible causes	Contact me at: <a href="mailto:viktoria@miomat.co">viktoria@miomat.co</a> with the error number.
I want to make less milk.	With MioMat you can make only a set amount of food/milk, which is 40oz.	You can freeze the rest of milk. Put it inside ice cube trays and freeze. Frozen milk will last up to 3 months.
I do not feel a "click" when I push the select or start buttons.		The buttons on the MioMat are touch sensitive so you don't have to use force to press them.
I have too much straining when making almond milk.	The skins from the almonds are very hard to blend.	If you want to make almond milk that does not require any straining, use blanched almonds.



## Problem



## Possible causes



## Possible solutions

I accidentally selected the wrong program and the STOP button does not work.

The STOP button only works after the program is finished because of soy milk, which can be poisonous if not cooked well.

Unplug the MioMat, wait a few seconds, plug it back in and select your desired program. You might need to let the MioMat cool down if it is hot.

I don't know if I can use frozen vegetables and fruits in MioMat.

Yes you can! Just let when defrost a little bit so they are not rock solid. You can leave when defrost in the MioMat after you already added water - this will make then defrost a little faster.

Burned bottom.

Ingredients got stuck to the bottom and burned.

Next time add one cup of water to the jar before adding any other ingredients. This will prevent ingredients from sticking to the bottom and burning. Also, add the heaviest ingredients last.

My MioMat has stains, is discolored at the bottom and overall has dirt that can not be easily removed by soap.

Big temperature changes and exposure to air causes this surface discolorations and dirt build-ups.

Add one cup of vinegar with a teaspoon of baking soda into the MioMat, let sit for 1 minute and scrub the affected areas. After this "deep clean" clean the MioMat with soap.

The MioMat is steaming.

Normal cooking process.



I have a problem that is not listed here.

Contact me at: [viktoria@miomat.co](mailto:viktoria@miomat.co) and I will get to you asap :)





MioMat



# Cleaning



# 3 options of cleaning

## 1. Right after use

The easiest and fastest way to clean your MioMat is right after making your food/milk. After you open your MioMat, take the top to the sink and wash with a sponge with soap. This way the ingredients will not have time to stick to the stainless steel.

## 2. When left to dry out

If you could not clean your MioMat right after use and the ingredients are already stuck to the stainless steel, use the cleaning program to soak them and make them easier to clean.

Add 2 drops of soap to the jar of the MioMat, pour water between the lines, attach the grinding cylinder and start the cleaning program. After it's done, finish the cleaning with a sponge.

- 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.
- You can place the MioMat in a wet sink, just don't submerge it in water.
- Don't use steel, wool or a wire brush as it can damage the stainless steel surface
- Be careful when cleaning the top of the MioMat as the blades are sharp.

### 3. When left to dry out (Deep cleaning)

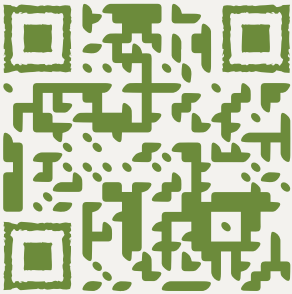
After using the MioMat for some time, you might start to see discoloration, stains, or rust in the MioMat jar.

As your MioMat is made out of 304 Stainless Steel all these are purely on the surface of the stainless steel and you can easily clean them with a solution of baking soda and vinegar.

Just add 1 MioMat cup of vinegar and 1 tablespoon of baking soda to the MioMat, let it sit for 1 minute, and then scrub the affected areas with a sponge.

You can clean the top part of the MioMat with the soaked sponge as well.

After this, clean out the MioMat with soap and your MioMat should look like new :)



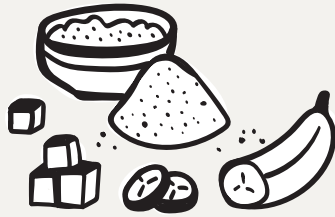
[MIOMAT.CO/START](https://MIOMAT.CO/START)

Watch the cleaning  
process video on our  
website.









# Sweeteners

Here are 5 natural sweeteners that are healthier alternatives to refined sugar. Many of them are low in calories, low in fructose, and taste very sweet.



*Dates are packed with plenty of nutrients, making them an excellent natural sweetener. Dates can satisfy a person's sweet tooth while also providing essential nutrients, such as vitamin B-6 and iron.*

*Bananas have their own unique, sweet taste, which comes from natural sugars that develop as the banana ripens. They are an excellent source of potassium and fiber.*

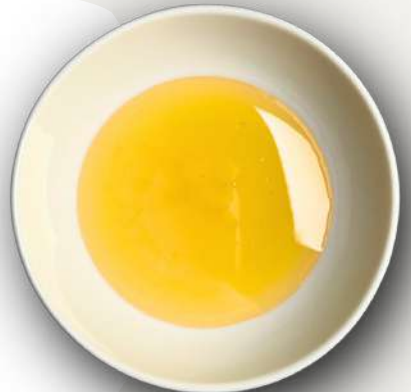


*Maple syrup contains a small amount of minerals, such as manganese and zinc. It is a plant-based product, and like many plant-based foods it is rich in antioxidants.*



*Coconut sugar is a popular sweetener in many vegan diets and it's dehydrated sap of the coconut palm. It contains small amounts of minerals, antioxidants and fiber.*

*Honey is basically sugar. It is actually higher in calories than the typical white sugar used for cooking or baking. Because it is sweeter, you may need less if you're using it as a substitute. Also, honey adds flavor that white sugar does not have.*







# Soaking Ingredients

# Soak or not soak ingredients in your MioMat?

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



## Soaking times

---

### Long soaking time

Almonds, soy beans, hazelnuts, brazil nuts, pumpkin seeds and dried dates needs soaking for **at least 8 hours**.

### Short soaking time

Cashews, macadamias, coconut, sunflower seeds require **only 2 to 4 hours** soaking, because of their highest fat content.

### Medium soaking time

Pecans, walnuts, brazil nuts, pistachios, sesame seeds are oilier and swell up quickly, so they require less soaking time **from 4 to 6 hours**.

### None soaking time

Flax seeds, hemsps seeds, pine nuts **don't require soaking** at all.



*If you don't have time to soak the ingredients for the recommended time period remember that any soaking is better than no soaking.*

When ingredients are soaked, they are 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.



## How to soak nuts, seeds and legumes?

Soak the ingredients in preferably filtered water at room temperature in a glass, ceramic, or non-reactive metal container.

It's normal to see few nuts, seeds or legumes floating on the surface. Discard them. These are possibly rancid.

After soaking period empty the contents of the bowl into the strainer. Rinse those ingredients under running water and you can use them in your recipes.

## How to soak dried fruits and vegetables?

The soaking process is almost same with the dried fruits and vegetables.

Use filtered water and pour it to glass, ceramic or metal container. Let it soak at room temperature and cover it with breathable towel.

All fruits and vegetables contain anti-nutrients like nuts, seeds, and grains, so there is no need to rinse. You can also use the soaking liquid in your recipe for fuller flavor.







# Warranty Coverage

# 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, don't get the plugged-in cable or the cover of the machine wet. Don't 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. Don't 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.

When used near children, the cable should be plugged in a way that there's no possibility of pulling the MioMat off the working area.

MioMat is NOT dishwasher safe. Don't use outdoors.

Don't place the appliance on or near gas or electric cooktops, 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.

Don't 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.

# Warranty Coverage

Your MioMat 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.

Your MioMat is under warranty for **2 years** from the purchase as per the date on the proof of purchase. Shipping and handling costs to technical services will be paid by the customer submitting the appliance for warranty.

Before you submit your MioMat for warranty repair, please check the troubleshooting guide in this Instruction Manual - it might be an easy fix :)

If your MioMat is still not working properly, contact me directly at [viktoria@miomat.co](mailto:viktoria@miomat.co)

with a detailed description of the problem with your MioMat and I will do my best to help you out.



---

## Never put into MioMat

Don't put foreign objects, previously processed food, or cooked food into the MioMat.

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





# Recipe Book

More than

80

delicious recipes







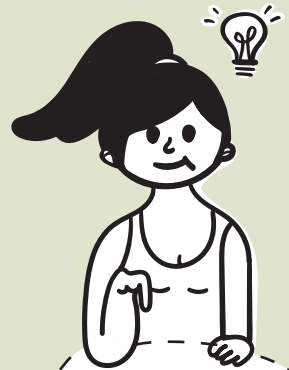
# Raw Milk

*Make your favorite plant based 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 MioMat cups of nuts or seeds. (We recommend starting with just one MioMat 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.
4. Pour cold water between the MIN and MAX lines indicated inside the MioMat.
5. **Then take the top and attach the grinding cylinder by turning it in the "LOCK" direction indicated on the grinding cylinder.**
6. Close the MioMat. Don't worry if there is a little gap between the top and the bottom, its there to let the steam to come out when cooking.
7. Plug in the 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.
10. Strain the milk with the included strainer. You can use a spoon to move the leftover pulp in the strainer to strain it faster.



The recommended maximum number of MioMat cups for milk is 3. As always, it's best to experiment and find a consistency that's perfect for you.



# Almond Milk



± 40oz /  
5 cups



15  
min



Use  
Grinding  
Cylinder

## Ingredients

- 1 MioMat cup of almonds
- cold water

## Optional

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

## Instructions

1. Add 1 MioMat cup of almonds into the MioMat.
2. Pour cold water between the lines MIN and MAX indicated inside the MioMat.
3. If you want, you can now add 1/2 vanilla pod or 1 tsp of vanilla extract or/and 2 tablespoons of maple syrup.
4. Attach the grinding cylinder to the top of the MioMat by turning it in the LOCK direction indicated on the grinding cylinder. If you skip this step, MioMat will spill out water.
5. Close the MioMat. Don't worry if there is a little gap between the top and the bottom, it's there to let the steam come out when cooking
6. Plug in the MioMat.
7. Choose the Raw Milk program by pressing the select button.
8. Press the start button.
9. After 12 minutes, MioMat will start beeping. This means your milk is done.
10. Unplug the MioMat and open it.
11. Strain the milk with the included strainer.
12. Enjoy your freshly made almond milk.



Do you want to make almond milk without any straining? Easy, use soaked blanched almonds.



# Cashew Milk



± 40oz /  
5 cups



15  
min



Use  
Grinding  
Cylinder

## Ingredients

- 1 MioMat cup of cashews
- cold water

## Optional

- 1/2 vanilla pod or 1 tsp of vanilla extract
- 1 tablespoon of coconut sugar



## Instructions

1. Add 1 MioMat cup of cashews into the MioMat.
2. Pour cold water between the lines MIN and MAX indicated inside the MioMat.
3. If you want, you can now add 1/2 vanilla pod or 1 tsp of vanilla extract or/and 1 tablespoon of coconut sugar.
4. Attach the grinding cylinder to the top of the MioMat by turning it in the LOCK direction indicated on the grinding cylinder. If you skip this step, MioMat will spill out water.
5. Close the MioMat. Don't worry if there is a little gap between the top and the bottom, it's there to let the steam come out when cooking.
6. Plug in the MioMat.
7. Choose the Raw Milk program by pressing the select button.
8. Press the start button.
9. After 12 minutes, MioMat will start beeping. This means your milk is done.
10. Unplug the MioMat and open it.
11. Strain the milk with the included strainer.
12. Enjoy your freshly made cashew milk.



# Oat Milk

☞ ± 40oz / 5 cups | ⌚ 15 min | 🗑 Use Grinding Cylinder

## Ingredients

- 1 MioMat cup of unsoaked rolled oats
- 1 tbsp of cold-pressed oil (flaxseed oil, hemp seed oil, coconut oil, olive oil, etc.)
- 2 tbsp of maple syrup
- 1 vanilla pod or 1 tsp of vanilla extract
- cold water

## Instructions

1. Add 1 MioMat cup of unsoaked rolled oats into the MioMat.
2. Pour cold water between the lines MIN and MAX indicated inside the MioMat.
3. Now add 1 tablespoon of cold-pressed oil (I like using coconut oil), 2 tablespoons of maple syrup and 1 vanilla pod, or 1 teaspoon of vanilla extract.
4. Attach the grinding cylinder to the top of the MioMat by turning it in the LOCK direction indicated on the grinding cylinder. If you skip this step, MioMat will spill out water.
5. Close the MioMat. Don't worry if there is a little gap between the top and the bottom, it's there to let the steam come out when cooking.
6. Plug in the MioMat.
7. Choose the Raw Milk program by pressing the select button.
8. Press the start button.
9. After 12 minutes, MioMat will start beeping. This means your milk is done.
10. Unplug the MioMat and open it.
11. Strain the milk with the included strainer.
12. Enjoy your freshly made oat milk.

# Walnut Milk



± 40oz /  
5 cups



15  
min



Use  
Grinding  
Cylinder

## Ingredients

- 1 MioMat cup of walnuts
- cold water

## Optional

- 2 tbsp of honey



## Instructions

1. Add 1 MioMat cup of walnuts into the MioMat.
2. Pour cold water between the lines MIN and MAX indicated inside the MioMat.
3. If you want, you can now add 2 tablespoons of honey.
4. Attach the grinding cylinder to the top of the MioMat by turning it in the LOCK direction indicated on the grinding cylinder. If you skip this step, MioMat will spill out water.
5. Close the MioMat. Don't worry if there is a little gap between the top and the bottom, it's there to let the steam come out when cooking.
6. Plug in the MioMat.
7. Choose the Raw Milk program by pressing the select button.
8. Press the start button.
9. After 12 minutes, MioMat will start beeping. This means your milk is done.
10. Unplug the MioMat and open it.
11. Strain the milk with the included strainer.
12. Enjoy your freshly made walnut milk.



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





# Hazelnut Choco Milk



± 40oz /  
5 cups



15  
min



Use  
Grinding  
Cylinder

## Ingredients

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

## Instructions

1. Add 1 MioMat cup of hazelnuts and 1/2 MioMat cup of almonds into the MioMat.
2. Pour cold water between the lines MIN and MAX indicated inside the MioMat.
3. Add 2 tablespoons of cocoa powder and 4 dates.
4. Attach the grinding cylinder to the top of the MioMat by turning it in the LOCK direction indicated on the grinding cylinder. If you skip this step, MioMat will spill out water.
5. Close the MioMat. Don't worry if there is a little gap between the top and the bottom, it's there to let the steam come out when cooking.
6. Plug in the MioMat.
7. Choose the Raw Milk program by pressing the select button.
8. Press the start button.
9. After 12 minutes, MioMat will start beeping. This means your milk is done.
10. Unplug the MioMat and open it.
11. Strain the milk with the included strainer.
12. Enjoy your freshly made hazelnut choco milk.

# Coconut Milk



## Ingredients

- 2 MioMat cups of coconut (any type)
- cold water

## Optional

- 1/2 vanilla pod or 1 tsp of vanilla extract
- 1 tablespoon of coconut sugar



## Instructions

1. Add 2 MioMat cups of coconut into the MioMat.
2. Pour cold water between the lines MIN and MAX indicated inside the MioMat.
3. If you want, you can now add 1/2 vanilla pod or 1 tsp of vanilla extract and/or 1 tablespoon of coconut sugar.
4. Attach the grinding cylinder to the top of the MioMat by turning it in the LOCK direction indicated on the grinding cylinder. If you skip this step, MioMat will spill out water.
5. Close the MioMat. Don't worry if there is a little gap between the top and the bottom, it's there to let the steam come out when cooking.
6. Plug in the MioMat.
7. Choose the Raw Milk program by pressing the select button.
8. Press the start button.
9. After 12 minutes, MioMat will start beeping. This means your milk is done.
10. Unplug the MioMat and open it.
11. Strain the milk with the included strainer.
12. Enjoy your freshly made coconut milk.



# Peanut Milk



± 40oz /  
5 cups



15  
min



Use  
Grinding  
Cylinder

## Ingredients

- 1 MioMat cup of unroasted, unsalted peanuts
- cold water

## Optional

- 4 dates (pits removed)

## Instructions

1. Add 1 MioMat cup of unroasted, unsalted peanuts into the MioMat.
2. Pour cold water between the lines MIN and MAX indicated inside the MioMat.
3. If you want, you can now add 4 dates.
4. Attach the grinding cylinder to the top of the MioMat by turning it in the LOCK direction indicated on the grinding cylinder. If you skip this step, MioMat will spill out water.
5. Close the MioMat. Don't worry if there is a little gap between the top and the bottom, it's there to let the steam come out when cooking.
6. Plug in the MioMat.
7. Choose the Raw Milk program by pressing the select button.
8. Press the start button.
9. After 12 minutes, MioMat will start beeping. This means your milk is done.
10. Unplug the MioMat and open it.
11. Strain the milk with the included strainer.
12. Enjoy your freshly made peanut milk.

# Coco-Cashew Milk



± 40oz /  
5 cups



15  
min



Use  
Grinding  
Cylinder

## Ingredients

- 1 MioMat cup of cashews
- 1 MioMat cup of coconut (any type)
- 2 tbsp of maple syrup
- cold water



## Instructions

1. Add 1 MioMat cup of cashews and 1 MioMat cup of coconut into the MioMat.
2. Pour cold water between the lines MIN and MAX indicated inside the MioMat.
3. Add 2 tablespoons of maple syrup.
4. Attach the grinding cylinder to the top of the MioMat by turning it in the LOCK direction indicated on the grinding cylinder. If you skip this step, MioMat will spill out water.
5. Close the MioMat. Don't worry if there is a little gap between the top and the bottom, it's there to let the steam come out when cooking.
6. Plug in the MioMat.
7. Choose the Raw Milk program by pressing the select button.
8. Press the start button.
9. After 12 minutes, MioMat will start beeping. This means your milk is done.
10. Unplug the MioMat and open it.
11. Strain the milk with the included strainer.
12. Enjoy your freshly made coco-cashew milk.



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





# Pistachio Milk



± 40oz /  
5 cups



15  
min



Use  
Grinding  
Cylinder

## Ingredients

- 1 MioMat cup of unsalted, preferably RAW pistachios
- cold water

## Optional

- 2 tbsp of maple syrup

## Instructions

1. Add 1 MioMat cup of RAW unsalted pistachios into the MioMat.
2. Pour cold water between the lines MIN and MAX indicated inside the MioMat.
3. If you want, you can now add 2 tablespoons of maple syrup.
4. Attach the grinding cylinder to the top of the MioMat by turning it in the LOCK direction indicated on the grinding cylinder. If you skip this step, MioMat will spill out water.
5. Close the MioMat. Don't worry if there is a little gap between the top and the bottom, it's there to let the steam come out when cooking.
6. Plug in the MioMat.
7. Choose the Raw Milk program by pressing the select button.
8. Press the start button.
9. After 12 minutes, MioMat will start beeping. This means your milk is done.
10. Unplug the MioMat and open it.
11. Strain the milk with the included strainer.
12. Enjoy your freshly made pistachio milk.



# Strawberry Milk

☞ ± 40oz / 5 cups | ⌚ 15 min | 🗓 Use Grinding Cylinder

## Ingredients

- 1 MioMat cup of cashews
- 6 fresh strawberries or 2 MioMat cups of dried strawberries
- 1 tablespoon of maple syrup
- cold water



## Instructions

1. Remove the stems of 6 strawberries and cut them into small pieces.
2. Add 1 MioMat cup of cashews into the MioMat.
3. Add diced strawberries or 2 MioMat cups of dried strawberries into the MioMat.
4. Pour cold water between the lines MIN and MAX indicated inside the MioMat.
5. Add 1 tablespoon of maple syrup.
6. Attach the grinding cylinder to the top of the MioMat by turning it in the LOCK direction indicated on the grinding cylinder. If you skip this step, MioMat will spill out water.
7. Close the MioMat. Don't worry if there is a little gap between the top and the bottom, it's there to let the steam come out when cooking.
8. Plug in the MioMat.
9. Choose the Raw Milk program by pressing the select button.
10. Press the start button.
11. After 12 minutes, MioMat will start beeping. This means your milk is done.
12. Unplug the MioMat and open it.
13. Strain the milk with the included strainer.
14. Enjoy your freshly made strawberry milk.



# Pumpkin Seed Milk



± 40oz /  
5 cups



15  
min



Use  
Grinding  
Cylinder

## Ingredients

- 1 MioMat cup of pumpkin seeds
- 1/2 MioMat cup of sesame seeds
- cold water

## Optional

- 1 tablespoon of orange zest
- 2 dates (pits removed)

## Instructions

1. Add 1 MioMat cup of pumpkin seeds and 1/2 MioMat cup of sesame seeds into the MioMat.
2. Pour cold water between the lines MIN and MAX indicated inside the MioMat.
3. If you want you can now add 1 tablespoon of orange zest and/or 2 dates into the MioMat.
4. Attach the grinding cylinder to the top of the MioMat by turning it in the LOCK direction indicated on the grinding cylinder. If you skip this step, MioMat will spill out water.
5. Close the MioMat. Don't worry if there is a little gap between the top and the bottom, it's there to let the steam come out when cooking.
6. Plug in the MioMat.
7. Choose the Raw Milk program by pressing the select button.
8. Press the start button.
9. After 12 minutes, MioMat will start beeping. This means your milk is done.
10. Unplug the MioMat and open it.
11. Strain the milk with the included strainer.
12. Enjoy your freshly made pumpkin seed milk.



When using dried dates, it's best to soak them for at least 2 hours. Soaking removes tannins/phytic acid, making it easier to absorb the nutrients.



# Hemp Milk



± 40oz /  
5 cups



15  
min



Use  
Grinding  
Cylinder

## Ingredients

- 1 MioMat cup of hemp seeds
- cold water

## Optional

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



## Instructions

1. Add 1 MioMat cup of hemp seeds into the MioMat.
2. Pour cold water between the lines MIN and MAX indicated inside the MioMat.
3. If you want, you can now add 1/2 vanilla pod or 1 tsp of vanilla extract and/or 2 tablespoons of honey.
4. Attach the grinding cylinder to the top of the MioMat by turning it in the LOCK direction indicated on the grinding cylinder. If you skip this step, MioMat will spill out water.
5. Close the MioMat. Don't worry if there is a little gap between the top and the bottom, it's there to let the steam come out when cooking.
6. Plug in the MioMat.
7. Choose the Raw Milk program by pressing the select button.
8. Press the start button.
9. After 12 minutes, MioMat will start beeping. This means your milk is done.
10. Unplug the MioMat and open it.
11. Strain the milk with the included strainer.
12. Enjoy your freshly made hemp milk.

# Your Recipes

A series of 18 horizontal dashed lines for writing recipes.

# Your Recipes

A series of 18 horizontal dashed lines for writing recipes.





# Cereal Milk

*Make your favorite plant based 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 MioMat cup of cereals (quinoa, oats, amaranth, etc.) with the measuring cup (MioMat cup) included in the box.
2. Put all the ingredients into the MioMat.
3. Pour cold water between the MIN and MAX lines indicated inside the MioMat.
4. **Then take the top and attach the grinding cylinder by turning it in the "LOCK" direction indicated on the grinding cylinder.**  
**If you skip this step, MioMat will spill-out water.**
5. Close the MioMat. Don't worry if there is a little gap between the top and the bottom, that's for the steam to come out of the MioMat when cooking.
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 25-30 minutes MioMat will start beeping. This means your milk is done.
9. 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



± 40oz /  
5 cups



25  
min



Use  
Grinding  
Cylinder

## Ingredients

- 1 MioMat cup of quinoa
- cold water

## Optional

- 2 dates (pits removed)
- 1 tsp cinnamon

## Instructions

1. Add 1 MioMat cup of quinoa into the MioMat.
2. Pour cold water between the lines MIN and MAX indicated inside the MioMat.
3. If you want, you can add 2 dates and/or 1 teaspoon of cinnamon.
4. Attach the grinding cylinder to the top of the MioMat by turning it in the LOCK direction indicated on the grinding cylinder. If you skip this step, MioMat will spill out water.
5. Close the MioMat. Don't worry if there is a little gap between the top and the bottom, it's there to let the steam come out when cooking.
6. Plug in the MioMat.
7. Choose the Cereal Milk program by pressing the select button.
8. Press the start button.
9. After 25 minutes, MioMat will start beeping. This means your milk is done.
10. Unplug the MioMat and open it.
11. Strain the milk with the included strainer.
12. Enjoy your freshly made quinoa milk.



When using dried dates, it's best to soak them for at least 2 hours. Soaking removes tannins/phytic acid, making it easier to absorb the nutrients.





# Millet Milk



± 40oz /  
5 cups



25  
min



Use  
Grinding  
Cylinder

## Ingredients

- 1 MioMat cup of millet
- cold water

## Optional

- 2 tbsp of maple syrup



## Instructions

1. Add 1 MioMat cup of millet into the MioMat.
2. Pour cold water between the lines MIN and MAX indicated inside the MioMat.
3. If you want you can add 2 tablespoons of maple syrup.
4. Attach the grinding cylinder to the top of the MioMat by turning it in the LOCK direction indicated on the grinding cylinder. If you skip this step, MioMat will spill out water.
5. Close the MioMat. Don't worry if there is a little gap between the top and the bottom, it's there to let the steam come out when cooking.
6. Plug in the MioMat.
7. Choose the Cereal Milk program by pressing the select button.
8. Press the start button.
9. After 25 minutes, MioMat will start beeping. This means your milk is done.
10. Unplug the MioMat and open it.
11. Strain the milk with the included strainer.
12. Enjoy your freshly made millet milk.



## Amaranth Milk

☞ ± 40oz / 5 cups | 🕒 25 min | 🗑️ Use Grinding Cylinder

### Ingredients

- 1 MioMat cup of amaranth
- cold water

### Optional

- 1/2 vanilla pod or 1 tsp of vanilla extract
- 1 tablespoon of coconut sugar

## Instructions

1. Add 1 MioMat cup of amaranth into the MioMat.
2. Pour cold water between the lines MIN and MAX indicated inside the MioMat.
3. If you want, you can add 1/2 vanilla pod or 1 tsp of vanilla extract and/or 1 tablespoon of coconut sugar.
4. Attach the grinding cylinder to the top of the MioMat by turning it in the LOCK direction indicated on the grinding cylinder. If you skip this step, MioMat will spill out water.
5. Close the MioMat. Don't worry if there is a little gap between the top and the bottom, it's there to let the steam come out when cooking.
6. Plug in the MioMat.
7. Choose the Cereal Milk program by pressing the select button.
8. Press the start button.
9. After 25 minutes, MioMat will start beeping. This means your milk is done.
10. Unplug the MioMat and open it.
11. Strain the milk with the included strainer.
12. Enjoy your freshly made amaranth milk.

# CocoChai Milk

± 40oz /  
5 cups

25  
min

Use  
Grinding  
Cylinder

## Ingredients

- 2 MioMat cups of coconut (any type)
- 2 tablespoons of black tea
- 10 cardamom pods
- 3 cloves
- 1 star anise
- 1 teaspoon of ginger
- 1/4 teaspoon of pepper
- 1 teaspoon of cinnamon
- cold water



## Instructions

1. Put all ingredients into the MioMat.
2. Pour cold water between the lines MIN and MAX indicated inside the MioMat.
3. Attach the grinding cylinder to the top of the MioMat by turning it in the LOCK direction indicated on the grinding cylinder. If you skip this step, MioMat will spill out water.
4. Close the MioMat. Don't worry if there is a little gap between the top and the bottom, it's there to let the steam come out when cooking.
5. Plug in the MioMat.
6. Choose the Cereal Milk program by pressing the select button.
7. Press the start button.
8. After 25 minutes, MioMat will start beeping. This means your milk is done.
9. Unplug the MioMat and open it.
10. Strain the milk with the included strainer.
11. Enjoy your freshly made cocochai milk.



### Victoria's favorite

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





# Rice Milk



± 40oz /  
5 cups



25  
min



Use  
Grinding  
Cylinder

## Ingredients

- 1 MioMat cup of white rice
- 1 tsp of any oil (coconut oil, flex seed oil, avocado oil, hemp oil, etc.)
- cold water

## Optional

- 2 tbsp of maple syrup

## Instructions

1. Add 1 MioMat cup of white rice and 1 tsp of your favorite, preferably cold-pressed oil.
2. Pour cold water between the lines MIN and MAX indicated inside the MioMat.
3. If you want, you can add 2 tbsp of maple syrup.
4. Attach the grinding cylinder to the top of the MioMat by turning it in the LOCK direction indicated on the grinding cylinder. If you skip this step, MioMat will spill out water.
5. Close the MioMat. Don't worry if there is a little gap between the top and the bottom, it's there to let the steam come out when cooking.
6. Plug in the MioMat.
7. Choose the Cereal Milk program by pressing the select button.
8. Press the start button.
9. After 25 minutes, MioMat will start beeping. This means your milk is done.
10. Unplug the MioMat and open it.
11. Strain the milk with the included strainer.
12. Enjoy your freshly made rice milk.



### Did you know?

Rice can be hard to mix evenly with water due to its very low-fat content. The solution is easy - we need to add ingredients that have some fat in them like sesame, nuts, or oil.

# Oat-Sesame Milk



± 40oz /  
5 cups



25  
min



Use  
Grinding  
Cylinder

## Ingredients

- 1 MioMat cup of rolled oats
- 1/2 MioMat cup of sesame seeds
- cold water

## Optional

- 2 tbsp of honey



## Instructions

1. Add 1 MioMat cup of unsoaked rolled oats and 1/2 MioMat cup of sesame seeds into the MioMat.
2. Pour cold water between the lines MIN and MAX indicated inside the MioMat.
3. If you want, you can add 1/2 vanilla pod or 1 tsp of vanilla extract and/or 2 tablespoons of honey.
4. Attach the grinding cylinder to the top of the MioMat by turning it in the LOCK direction indicated on the grinding cylinder. If you skip this step, MioMat will spill out water.
5. Close the MioMat. Don't worry if there is a little gap between the top and the bottom, it's there to let the steam come out when cooking.
6. Plug in the MioMat.
7. Choose the Cereal Milk program by pressing the select button.
8. Press the start button.
9. After 25 minutes, MioMat will start beeping. This means your milk is done.
10. Unplug the MioMat and open it.
11. Strain the milk with the included strainer.
12. Enjoy your freshly made Oat - Sesame milk.



# Millet-Almond Milk



± 40oz /  
5 cups



25  
min



Use  
Grinding  
Cylinder

## Ingredients

- 1 MioMat cup of almonds
- 1/2 MioMat cup of millet
- cold water

## Optional

- 1 diced banana

## Instructions

1. Add 1 MioMat cup of almonds and 1/2 MioMat cup of millet into the MioMat.
2. Pour cold water between the lines MIN and MAX indicated inside the MioMat.
3. If you want, you can add 1 diced banana.
4. Attach the grinding cylinder to the top of the MioMat by turning it in the LOCK direction indicated on the grinding cylinder. If you skip this step, MioMat will spill out water.
5. Close the MioMat. Don't worry if there is a little gap between the top and the bottom, it's there to let the steam come out when cooking.
6. Plug in the MioMat.
7. Choose the Cereal Milk program by pressing the select button.
8. Press the start button.
9. After 25 minutes, MioMat will start beeping. This means your milk is done.
10. Unplug the MioMat and open it.
11. Strain the milk with the included strainer.
12. Enjoy your freshly made millet-almond milk.

# Your Recipes

A series of 18 horizontal dashed lines for writing recipes.

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# Soy Milk

*Making fresh homemade soy milk is easy with MioMat. Let your imagination run wild and mix various types of ingredients together.*



How to make plant-based milk without a recipe?

1. Take 1 MioMat cup of soy beans or brown rice.
2. (Optional) Soak the ingredients for at least 4 hours.
3. Put all the ingredients into the MioMat.
4. Pour cold water between the MIN and MAX lines indicated inside of the MioMat.
5. **Then take the top and attach the grinding cylinder by turning it in the "LOCK" direction indicated on the grinding cylinder. If you skip this step, MioMat will spill-out water.**
6. Close the MioMat. Don't worry if there is a little gap between the top and the bottom, that's for the steam to come out the MioMat when cooking.
7. Plug in the MioMat and choose the Soy Milk program by pressing the select button.
8. Press the start button to run the program.
9. After 30 minutes MioMat will start beeping. This means your milk is done.
10. 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



± 40oz /  
5 cups



30  
min



Use  
Grinding  
Cylinder

## Ingredients

- 1 MioMat cup of soybeans
- cold water

## Optional

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

## Instructions

1. Add 1 MioMat cup of soybeans into the MioMat.
2. Pour cold water between the lines MIN and MAX indicated inside the MioMat.
3. If you want, you can add 1/2 vanilla pod or 1 tsp of vanilla extract and/or 2 tablespoons of maple syrup.
4. Attach the grinding cylinder to the top of the MioMat by turning it in the LOCK direction indicated on the grinding cylinder. If you skip this step, MioMat will spill out water.
5. Close the MioMat. Don't worry if there is a little gap between the top and the bottom, it's there to let the steam come out when cooking.
6. Plug in the MioMat.
7. Choose the Soy Milk program by pressing the select button.
8. Press the start button.
9. After 30 minutes, MioMat will start beeping. This means your milk is done.
10. Unplug the MioMat and open it.
11. Strain the milk with the included strainer.
12. Enjoy your freshly made soy milk.

# Strawberry Soy Milk



± 40oz /  
5 cups



30  
min



Use  
Grinding  
Cylinder

## Ingredients

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



## Instructions

1. Remove the stems of 6 strawberries and cut them into small pieces.
2. Add 1 MioMat cup of soybeans into the MioMat.
3. Add diced strawberries and 2 dates into the MioMat.
4. Pour cold water between the lines MIN and MAX indicated inside the MioMat.
5. Attach the grinding cylinder to the top of the MioMat by turning it in the LOCK direction indicated on the grinding cylinder. If you skip this step, MioMat will spill out water.
6. Close the MioMat. Don't worry if there is a little gap between the top and the bottom, it's there to let the steam come out when cooking.
7. Plug in the MioMat.
8. Choose the Soy Milk program by pressing the select button.
9. Press the start button.
10. After 30 minutes, MioMat will start beeping. This means your milk is done.
11. Unplug the MioMat and open it.
12. Strain the milk with the included strainer.
13. Enjoy your freshly made strawberry soy milk.



When using dried dates, it's best to soak them for at least 2 hours. Soaking removes tannins/phytic acid, making it easier to absorb the nutrients.





# Choco-Soy Milk



± 40oz /  
5 cups



30  
min



Use  
Grinding  
Cylinder

## Ingredients

- 1 MioMat cup of soybeans
- 2 tbsp of cocoa powder
- 2 tbsp of maple syrup
- cold water

## Instructions

1. Add 1 MioMat cup of soybeans into the MioMat.
2. Pour cold water between the lines MIN and MAX indicated inside the MioMat.
3. Add 2 tablespoons of cocoa powder and 2 tablespoons of maple syrup.
4. Attach the grinding cylinder to the top of the MioMat by turning it in the LOCK direction indicated on the grinding cylinder. If you skip this step, MioMat will spill out water.
5. Close the MioMat. Don't worry if there is a little gap between the top and the bottom, it's there to let the steam come out when cooking.
6. Plug in the MioMat.
7. Choose the Soy Milk program by pressing the select button.
8. Press the start button.
9. After 30 minutes, MioMat will start beeping. This means your milk is done.
10. Unplug the MioMat and open it.
11. Strain the milk with the included strainer.
12. Enjoy your freshly made choco-soy milk.

# Brown Rice Milk



± 40oz /  
5 cups



30  
min



Use  
Grinding  
Cylinder

## Ingredients

- 1 MioMat cup of short grain brown rice
- cold water

## Optional

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



## Instructions

1. Add 1 MioMat cup of brown rice into the MioMat.
2. Pour cold water between the lines MIN and MAX indicated inside the MioMat.
3. If you want, you can add 2 dates and/or 1/2 vanilla pod or 1 tsp of vanilla extract.
4. Attach the grinding cylinder to the top of the MioMat by turning it in the LOCK direction indicated on the grinding cylinder. If you skip this step, MioMat will spill out water.
5. Close the MioMat. Don't worry if there is a little gap between the top and the bottom, it's there to let the steam come out when cooking.
6. Plug in the MioMat.
7. Choose the Soy Milk program by pressing the select button.
8. Press the start button.
9. After 30 minutes, MioMat will start beeping. This means your milk is done.
10. Unplug the MioMat and open it.
11. Strain the milk with the included strainer.
12. Enjoy your freshly made brown rice milk.



## Coco-Rice Milk



± 40oz /  
5 cups



30  
min



Use  
Grinding  
Cylinder

### Ingredients

- 1/2 MioMat cup of brown rice
- 1 MioMat cup of coconut (any type)
- cold water

### Optional

- 3 tbsp of maple syrup

## Instructions

1. Add 1/2 MioMat cup of brown rice and 1 MioMat cup of coconut into the MioMat.
2. Pour cold water between the lines MIN and MAX indicated inside the MioMat.
3. If you want, you can add 3 tbsp of maple syrup.
4. Attach the grinding cylinder to the top of the MioMat by turning it in the LOCK direction indicated on the grinding cylinder. If you skip this step, MioMat will spill out water.
5. Close the MioMat. Don't worry if there is a little gap between the top and the bottom, it's there to let the steam come out when cooking.
6. Plug in the MioMat.
7. Choose the Soy Milk program by pressing the select button.
8. Press the start button.
9. After 30 minutes, MioMat will start beeping. This means your milk is done.
10. Unplug the MioMat and open it.
11. Strain the milk with the included strainer.
12. Enjoy your freshly made coco-rice milk.



# Chai-Rice Milk



± 40oz /  
5 cups



30  
min



Use  
Grinding  
Cylinder

## Ingredients

- 1 MioMat cup of brown rice
- 2 tablespoons of black tea
- 10 cardamom pods
- 3 cloves
- 1 star anise
- 1 teaspoon of cinnamon
- 2 tablespoons of coconut sugar
- cold water



## Instructions

1. Put all ingredients into the MioMat.
2. Pour cold water between the lines MIN and MAX indicated inside the MioMat.
3. Attach the grinding cylinder to the top of the MioMat by turning it in the LOCK direction indicated on the grinding cylinder. If you skip this step, MioMat will spill out water.
4. Close the MioMat. Don't worry if there is a little gap between the top and the bottom, it's there to let the steam come out when cooking.
5. Plug in the MioMat.
6. Choose the Soy Milk program by pressing the select button.
7. Press the start button.
8. After 30 minutes, MioMat will start beeping. This means your milk is done.
9. Unplug the MioMat and open it.
10. Strain the milk with the included strainer.
11. Enjoy your freshly made chai-rice milk.

# Your Recipes

A series of 18 horizontal dashed lines for writing recipes.

# Your Recipes

A series of 18 horizontal dashed lines for writing recipes.





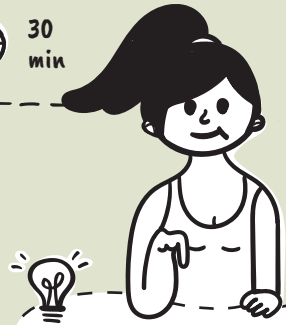
# Soups

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



## How to make soup without a recipe?

1. Peel and cut vegetables of your choice into bitesize pieces. For thicker consistency add 1 MioMat cup of nuts, grains, or legumes. (I like to use cashews)
2. Put all ingredients into the MioMat. Ingredients can't exceed the minimum water line. Add seasoning as you like.
3. Pour cold water, broth, or plant milk between the MIN and MAX lines indicated inside the MioMat.
4. Remove the grinding cylinder by turning it in the UNLOCK direction indicated on the grinding cylinder. If you skip this step, you may have some big, uncooked pieces in your soup.
5. Close the MioMat. Don't worry if there is a little gap, that's for the steam to come out of the machine when cooking.
6. Plug in the MioMat.
7. Choose either the Creamy Soup program or Chunky Soup program by pressing the select button.
8. Press the start button.
9. After 30 minutes, MioMat will start beeping. This means your soup is done.
10. Unplug the MioMat and then open it.
11. Enjoy your freshly made soup.



To avoid burns, add a little bit of water (about one MioMat cup) to the base of the MioMat before adding any other ingredients - this will prevent them from sticking to the bottom.

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



# Chunky Broccoli Soup



4 servings



30 min



Don't Use  
Grinding  
Cylinder

## Ingredients

- 250 grams of broccoli
- 150 grams of potatoes
- 1/3 MioMat cup of rice
- 1 tsp of garlic powder
- 1 tsp salt
- 1 tsp pepper
- 1 tbsp olive oil
- cold water

## Instructions

1. Peel and cut the potatoes and the broccoli head into bitesize pieces.
2. Put all the ingredients into the MioMat.
3. Pour cold water between the MIN and MAX lines indicated inside the MioMat.
4. Remove the grinding cylinder by turning it in the UNLOCK direction indicated on the grinding cylinder. If you skip this step, you may have some big, uncooked pieces in your soup.
5. Close the MioMat. Don't worry if there is a little gap between the top and the bottom, it's there to let the steam come out when cooking.
6. Plug in the MioMat.
7. Choose the Chunky Soup program by pressing the select button.
8. Press the start button.
9. After 30 minutes, MioMat will start beeping. This means your soup is done.
10. Unplug the MioMat and then open it.
11. Enjoy your freshly made chunky broccoli soup.

# Cauliflower Pumpkin Soup



4  
servings



30  
min



~~Don't Use  
Grinding  
Cylinder~~

## Ingredients

- 100 grams of pumpkin (squash)
- 100 grams of carrot
- 80 grams of onion
- 100 grams of cauliflower
- 100 grams of zucchini
- coconut milk (made in MioMat)
- 1 tsp of salt
- 1/2 tsp of pepper
- 1 tablespoon of olive oil



## Instructions

1. Peel and cut all your vegetables into bitesize pieces.
2. Put all the ingredients into the MioMat.
3. Pour the coconut milk between the MIN and MAX lines indicated inside the MioMat.
4. Remove the grinding cylinder by turning it in the UNLOCK direction indicated on the grinding cylinder. If you skip this step, you may have some big, uncooked pieces in your soup.
5. Close the MioMat. Don't worry if there is a little gap between the top and the bottom, it's there to let the steam come out when cooking.
6. Plug in the MioMat.
7. Choose the Creamy Soup program by pressing the select button.
8. Press the start button.
9. After 30 minutes, MioMat will start beeping. This means your soup is done.
10. Unplug the MioMat and then open it.
11. Enjoy your freshly made cauliflower pumpkin soup.



# Vegetable Soup



4 servings

30 min



Don't Use  
Grinding  
Cylinder

## Ingredients

- 60g of celery
- 170g of carrot
- 50g of parsley
- 60g of cauliflower
- 60g of leek
- 60g of broccoli
- 1 tsp of salt
- 1/2 tsp of pepper
- 1/2 tsp of garlic powder
- 2 tbs of olive oil
- cold water

## Instructions

1. Peel and cut all your vegetables into bitesize pieces.
2. Put all the ingredients into the MioMat.
3. Pour cold water between the MIN and MAX lines indicated inside the MioMat.
4. Remove the grinding cylinder by turning it in the UNLOCK direction indicated on the grinding cylinder. If you skip this step, you may have some big, uncooked pieces in your soup.
5. Close the MioMat. Don't worry if there is a little gap between the top and the bottom, it's there to let the steam come out when cooking.
6. Plug in the MioMat.
7. Choose the Chunky Soup program by pressing the select button.
8. Press the start button.
9. After 30 minutes, MioMat will start beeping. This means your soup is done.
10. Unplug the MioMat and then open it.
11. Enjoy your freshly made vegetable soup.



# Sweet Potato Soup



4  
servings



30  
min



~~Don't Use  
Grinding  
Cylinder~~

## Ingredients

- 390g of sweet potatoes
- 110g of carrot
- 80g of white onion
- 2 tsp of curry
- 2 tsp of salt
- 1/2 tsp of pepper
- 1/2 tsp of garlic powder
- cold water



## Instructions

1. Peel and cut the sweet potatoes, the white onion, and the carrot into bitesize pieces.
2. Put all the ingredients into the MioMat.
3. Pour cold water between the MIN and MAX lines indicated inside the MioMat.
4. Remove the grinding cylinder by turning it in the UNLOCK direction indicated on the grinding cylinder. If you skip this step, you may have some big, uncooked pieces in your soup.
5. Close the MioMat. Don't worry if there is a little gap between the top and the bottom, it's there to let the steam come out when cooking.
6. Plug in the MioMat.
7. Choose the Creamy Soup program by pressing the select button.
8. Press the start button.
9. After 30 minutes, MioMat will start beeping. This means your soup is done.
10. Unplug the MioMat and then open it.
11. Enjoy your freshly made sweet potato soup.



# Mushroom Soup



4 servings



30 min



Don't Use  
Grinding  
Cylinder

## Ingredients

- 190g of champignons
- 80g of white onion
- 130g of potatoes
- 1 MioMat cup of white wine
- 1 MioMat cup of cashews
- 1 tbs of soy sauce
- 2 tbs of olive oil
- vegetable broth

## Instructions

1. Peel and cut the champignons, the white onion, and the potatoes into bitesize pieces
2. Put all the ingredients into the MioMat.
3. Add 1 MioMat cup of white wine into the MioMat.
4. Pour the vegetable broth between the MIN and MAX lines indicated inside the MioMat.
5. Remove the grinding cylinder by turning it in the UNLOCK direction indicated on the grinding cylinder. If you skip this step, you may have some big, uncooked pieces in your soup.
6. Close the MioMat. Don't worry if there is a little gap between the top and the bottom, it's there to let the steam come out when cooking.
7. Plug in the MioMat.
8. Choose the Creamy Soup program by pressing the select button.
9. Press the start button.
10. After 30 minutes, MioMat will start beeping. This means your soup is done.
11. Unplug the MioMat and then open it.
12. Enjoy your freshly made mushroom soup.

# Pea Soup



4 servings



30 min



Don't Use  
Grinding  
Cylinder

## Ingredients

- 450g of frozen peas
- 80g of white onion
- 5g of mint leaves (1 MioMat cup)
- 1 tsp of garlic powder
- 1 tsp of salt
- 1/2 tsp of pepper
- 1 tbsp of olive oil
- vegetable broth



## Instructions

1. Let the frozen peas defrost for at least 30 minutes.
2. Peel and cut the onion into bitesize pieces.
3. Put all the ingredients into the MioMat.
4. Pour vegetable broth between the MIN and MAX lines indicated inside the MioMat.
5. Remove the grinding cylinder by turning it in the UNLOCK direction indicated on the grinding cylinder. If you skip this step, you may have some big, uncooked pieces in your soup.
6. Close the MioMat. Don't worry if there is a little gap between the top and the bottom, it's there to let the steam come out when cooking.
7. Plug in the MioMat.
8. Choose the Creamy Soup program by pressing the select button.
9. Press the start button.
10. After 30 minutes, MioMat will start beeping. This means your soup is done.
11. Unplug the MioMat and then open it.
12. Enjoy your freshly made pea soup.



# Creamy Pumpkin Soup



4 servings



30 min



Don't Use  
Grinding  
Cylinder

## Ingredients

- 570g of hokkaido pumpkin
- 80g of white onion
- 1 MioMat cup of cashews
- 1 tsp of salt
- 1/2 tsp of pepper
- 1/2 tsp of garlic powder
- cold water

## Instructions

1. Peel and cut the hokkaido pumpkin and the white onion into bitesize pieces.
2. Put all the ingredients into the MioMat.
3. Pour cold water between the MIN and MAX lines indicated inside the MioMat.
4. Remove the grinding cylinder by turning it in the UNLOCK direction indicated on the grinding cylinder. If you skip this step, you may have some big, uncooked pieces in your soup.
5. Close the MioMat. Don't worry if there is a little gap between the top and the bottom, it's there to let the steam come out when cooking.
6. Plug in the MioMat.
7. Choose the Creamy Soup program by pressing the select button.
8. Press the start button.
9. After 30 minutes, MioMat will start beeping. This means your soup is done.
10. Unplug the MioMat and then open it.
11. Enjoy your freshly made creamy pumpkin soup.

# Creamy Broccoli Soup



4 servings



30 min



## Ingredients

- 400g of broccoli (frozen or fresh)
- 80g of potato
- 1 tsp of garlic powder
- 1 tsp of salt
- 1/2 tsp of pepper
- 1 tbsp of olive oil
- cold water



## Instructions

1. When using frozen broccoli, let it defrost for at least 30 minutes.
2. Cut the broccoli into bitesize pieces.
3. Put all the ingredients into the MioMat.
4. Pour cold water between the MIN and MAX lines indicated inside the MioMat.
5. Remove the grinding cylinder by turning it in the UNLOCK direction indicated on the grinding cylinder. If you skip this step, you may have some big, uncooked pieces in your soup.
6. Close the MioMat. Don't worry if there is a little gap between the top and the bottom, it's there to let the steam come out when cooking.
7. Plug in the MioMat.
8. Choose the Creamy Soup program by pressing the select button.
9. Press the start button.
10. After 30 minutes, MioMat will start beeping. This means your soup is done.
11. Unplug the MioMat and then open it.
12. Enjoy your freshly made pea soup.



# Tomato Soup



4  
servings

30  
min



Don't Use  
Grinding  
Cylinder

## Ingredients

- 350g of tomatoes
- 80g of white onion
- 100g of zucchini
- 50g of bell pepper
- 1 tsp of salt
- 1 tsp of garlic powder
- 1 tsp of oregano
- 1 tsp of basil
- 1/2 tsp of pepper
- 1 tbs of olive oil
- cold water

## Instructions

1. Peel and cut the onion, the tomatoes, the zucchini, and the bell pepper into bitesize pieces.
2. Put all the ingredients into the MioMat.
3. Pour cold water between the MIN and MAX lines indicated inside the MioMat.
4. Remove the grinding cylinder by turning it in the UNLOCK direction indicated on the grinding cylinder. If you skip this step, you may have some big, uncooked pieces in your soup.
5. Close the MioMat. Don't worry if there is a little gap between the top and the bottom, it's there to let the steam come out when cooking.
6. Plug in the MioMat.
7. Choose the Creamy Soup program by pressing the select button.
8. Press the start button.
9. After 30 minutes, MioMat will start beeping. This means your soup is done.
10. Unplug the MioMat and then open it.
11. Enjoy your freshly made tomato soup.

# Cauliflower Soup



4 servings



30 min



Don't Use  
Grinding  
Cylinder

## Ingredients

- 250g of cauliflower
- 2 1/2 MioMat cup of coconut (any type)
- 1 tbsp of olive oil
- 1 tsp of salt
- 1 tsp of garlic powder
- 1/2 tsp of curry
- 1/2 tsp of pepper
- cold water



## Instructions

1. Cut the cauliflower head into bitesize pieces.
2. Put all the ingredients into the MioMat.
3. Pour cold water between the MIN and MAX lines indicated inside the MioMat.
4. Remove the grinding cylinder by turning it in the UNLOCK direction indicated on the grinding cylinder. If you skip this step, you may have some big, uncooked pieces in your soup.
5. Close the MioMat. Don't worry if there is a little gap between the top and the bottom, it's there to let the steam come out when cooking.
6. Plug in the MioMat.
7. Choose the Creamy Soup program by pressing the select button.
8. Press the start button.
9. After 30 minutes, MioMat will start beeping. This means your soup is done.
10. Unplug the MioMat and then open it.
11. Enjoy your freshly made creamy cauliflower soup.

# Your Recipes

A series of 18 horizontal dashed lines for writing recipes.



# Your Recipes

A series of 18 horizontal dashed lines for writing recipes.





**X Don't Use  
Grinding  
Cylinder**



# Porridges

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



4  
servings



30  
min

## How to make porridge without a recipe?

1. Take up to 3 MioMat cups of grains, cereals, nuts, or legumes. Choose sweeteners such as maple syrup, banana, dates, honey, or your favorite fruits.
2. Put all ingredients into the MioMat. Ingredients can't exceed the minimum water line.
3. Pour cold water or plant milk between the MIN and MAX lines indicated inside the MioMat.
4. Remove the grinding cylinder by turning it in the UNLOCK direction indicated on the grinding cylinder. If you skip this step, you may have some big, uncooked pieces in your porridge.
5. Close the MioMat. Don't worry if there is a little gap between the top and the bottom, it's there to let the steam come out when cooking.
6. Plug in the MioMat.
7. Choose the Porridge program by pressing the select button.
8. Press the start button.
9. After 30 minutes, MioMat will start beeping.  
This means your porridge is done.
10. Unplug the MioMat and then open it.
11. Serve and 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.



# Healthy Dessert



4 servings



30 min



Don't Use  
Grinding  
Cylinder

## Ingredients

- 1 MioMat cup of oat groats
- 1 MioMat cup of white rice
- 1 banana
- 4 tbsp of maple syrup
- 1 tbsp of cocoa powder
- 1/2 tsp of cinnamon
- cold water
- fresh fruit and nuts to garnish

## Instructions

1. Peel and cut the banana into bitesize pieces.
2. Put all the ingredients into the MioMat.
3. Pour cold water between the MIN and MAX lines indicated inside the MioMat.
4. Remove the grinding cylinder by turning it in the UNLOCK direction indicated on the grinding cylinder. If you skip this step, you may have some big, uncooked pieces in your porridge.
5. Close the MioMat. Don't worry if there is a little gap between the top and the bottom, it's there to let the steam come out when cooking.
6. Plug in the MioMat.
7. Choose the Porridge program by pressing the select button.
8. Press the start button.
9. After 30 minutes, MioMat will start beeping. This means your porridge is done.
10. Unplug the MioMat and then open it.
11. Serve and garnish with your fruit of choice and enjoy.



### Victoria'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 when they want a dessert.



# Coconut Porridge



4 servings



30 min



~~Don't Use Grinding Cylinder~~

## Ingredients

- 2 1/2 measuring cups of rolled oats
- 2 MioMat cups of coconut (fresh, grated, shredded or laminated)
- 1 tsp of cinnamon
- 1 banana
- 3 tbsp of maple syrup
- cold water



## Instructions

1. Peel and cut the banana into bitesize pieces.
2. Put all the ingredients into the MioMat.
3. Pour cold water between the MIN and MAX lines indicated inside the MioMat.
4. Remove the grinding cylinder by turning it in the UNLOCK direction indicated on the grinding cylinder. If you skip this step, you may have some big, uncooked pieces in your porridge.
5. Close the MioMat. Don't worry if there is a little gap between the top and the bottom, it's there to let the steam come out when cooking.
6. Plug in the MioMat.
7. Choose the Porridge program by pressing the select button.
8. Press the start button.
9. After 30 minutes, MioMat will start beeping. This means your porridge is done.
10. Unplug the MioMat and then open it.
11. Serve and garnish with your fruit of choice and enjoy.



# Three-Grain Porridge



4 servings



30 min



~~Don't Use Grinding Cylinder~~

## Ingredients

- 1/2 MioMat cup of brown rice
- 1/2 MioMat cup of millet
- 1 MioMat cup of rolled oats
- 200g of apples
- 1 tsp of cinnamon
- 2 tbsps of honey (after preparation)
- cold water

## Instructions

1. Peel and cut the apples into bitesize pieces.
2. Put all the ingredients into the MioMat.
3. Pour cold water between the MIN and MAX lines indicated inside the MioMat.
4. Remove the grinding cylinder by turning it in the UNLOCK direction indicated on the grinding cylinder. If you skip this step, you may have some big, uncooked pieces in your porridge.
5. Close the MioMat. Don't worry if there is a little gap between the top and the bottom, it's there to let the steam come out when cooking.
6. Plug in the MioMat.
7. Choose the Porridge program by pressing the select button.
8. Press the start button.
9. After 30 minutes, MioMat will start beeping. This means your porridge is done.
10. Unplug the MioMat and then open it.
11. Serve and 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 has cooled down so it does not lose its healthy properties.

# Vegetable Purée



4 servings



30 min



Don't Use Grinding Cylinder

## Ingredients

- 160g of pumpkin
- 250g of potatoes
- 40g of bell pepper
- 90g of broccoli
- 1 tsp of oregano
- cold water



## Instructions

1. Peel and cut all the vegetables into bitesize pieces.
2. Put all the ingredients into the MioMat.
3. Pour cold water between the MIN and MAX lines indicated inside the MioMat.
4. Remove the grinding cylinder by turning it in the UNLOCK direction indicated on the grinding cylinder. If you skip this step, you may have some big, uncooked pieces in your purée.
5. Close the MioMat. Don't worry if there is a little gap between the top and the bottom, it's there to let the steam come out when cooking.
6. Plug in the MioMat.
7. Choose the Porridge program by pressing the select button.
8. Press the start button.
9. After 30 minutes, MioMat will start beeping. This means your purée is done.
10. Unplug the MioMat and then open it.
11. Serve and garnish with your fruit of choice and enjoy.



# Rice and Millet Porridge



4 servings



30 min



~~Don't Use Grinding Cylinder~~

## Ingredients

- 1 MioMat cup of white rice
- 1 MioMat cup of millet
- 1 MioMat cup of cashews
- 1 banana
- 1/2 vanilla pod or 1 tsp of vanilla extract
- cold water
- 1 tbsp honey (after preparation)

## Instructions

1. Peel and cut the banana into bitesize pieces.
2. Put all the ingredients into the MioMat.
3. Pour cold water between the MIN and MAX lines indicated inside the MioMat.
4. Remove the grinding cylinder by turning it in the UNLOCK direction indicated on the grinding cylinder. If you skip this step, you may have some big, uncooked pieces in your porridge.
5. Close the MioMat. Don't worry if there is a little gap between the top and the bottom, it's there to let the steam come out when cooking.
6. Plug in the MioMat.
7. Choose the Porridge program by pressing the select button.
8. Press the start button.
9. After 30 minutes, MioMat will start beeping. This means your porridge is done.
10. Unplug the MioMat and then open it.
11. Serve and garnish with your fruit of choice and enjoy.



# Strawberry Porridge

🍴 4 servings

🕒 30 min

~~🗑️~~ Don't Use Grinding Cylinder

## Ingredients

- 2 MioMat cups of quinoa
- 220g of strawberries (fresh or frozen)
- 8 dates (pits removed)
- cold water



## Instructions

1. When using frozen strawberries, let them defrost for at least 30 minutes.
2. Cut the strawberries into bitesize pieces.
3. Put all the ingredients into the MioMat.
4. Pour cold water between the MIN and MAX lines indicated inside the MioMat.
5. Remove the grinding cylinder by turning it in the UNLOCK direction indicated on the grinding cylinder. If you skip this step, you may have some big, uncooked pieces in your porridge.
6. Close the MioMat. Don't worry if there is a little gap between the top and the bottom, it's there to let the steam come out when cooking.
7. Plug in the MioMat.
8. Choose the Porridge program by pressing the select button.
9. Press the start button.
10. After 30 minutes, MioMat will start beeping. This means your porridge is done.
11. Unplug the MioMat and then open it.
12. Serve and garnish with your fruit of choice and enjoy.





# Vege-Rice Purée



4 servings



30 min



Don't Use  
Grinding  
Cylinder

## Ingredients

- 200g of potatoes
- 200g of carrots
- 1 MioMat cup of white rice
- handfull of spinach

## Instructions

1. Peel and cut the potatoes and the carrots into bitesize pieces.
2. Put all the ingredients into the MioMat.
3. Pour cold water between the MIN and MAX lines indicated inside the MioMat.
4. Remove the grinding cylinder by turning it in the UNLOCK direction indicated on the grinding cylinder. If you skip this step, you may have some big, uncooked pieces in your porridge.
5. Close the MioMat. Don't worry if there is a little gap between the top and the bottom, it's there to let the steam come out when cooking.
6. Plug in the MioMat.
7. Choose the Porridge program by pressing the select button.
8. Press the start button.
9. After 30 minutes, MioMat will start beeping. This means your porridge is done.
10. Unplug the MioMat and then open it.
11. Serve and garnish with your fruit of choice and enjoy.

# Millet Porridge

4 servings

30 min

~~Don't Use Grinding Cylinder~~

## Ingredients

- 1 MioMat cup of millet
- 1 MioMat cup of sesame
- 1 MioMat cup of coconut (any type)
- 2 tbsp of honey
- cold water



## Instructions

1. Put all the ingredients into the MioMat.
2. Pour cold water between the MIN and MAX lines indicated inside the MioMat.
3. Remove the grinding cylinder by turning it in the UNLOCK direction indicated on the grinding cylinder. If you skip this step, you may have some big, uncooked pieces in your porridge.
4. Close the MioMat. Don't worry if there is a little gap between the top and the bottom, it's there to let the steam come out when cooking.
5. Plug in the MioMat.
6. Choose the Porridge program by pressing the select button.
7. Press the start button.
8. After 30 minutes, MioMat will start beeping. This means your porridge is done.
9. Unplug the MioMat and then open it.
10. Serve and garnish with your fruit of choice and enjoy.



# Piñacolada Porridge



4 servings



30 min



~~Don't Use  
Grinding  
Cylinder~~

## Ingredients

- 2 MioMat cups of white rice
- 1 MioMat cup of coconut (any type)
- 100g of pineapple
- 2tbsp of honey
- cold water

## Instructions

1. Peel and cut the pineapple into bitesize pieces.
2. Put all the ingredients into the MioMat.
3. Pour cold water between the MIN and MAX lines indicated inside the MioMat.
4. Remove the grinding cylinder by turning it in the UNLOCK direction indicated on the grinding cylinder. If you skip this step, you may have some big, uncooked pieces in your porridge.
5. Close the MioMat. Don't worry if there is a little gap between the top and the bottom, it's there to let the steam come out when cooking.
6. Plug in the MioMat.
7. Choose the Porridge program by pressing the select button.
8. Press the start button.
9. After 30 minutes, MioMat will start beeping. This means your porridge is done.
10. Unplug the MioMat and then open it.
11. Serve and garnish with your fruit of choice and enjoy.

# Apple Sauce



4  
servings



30  
min



~~Don't Use  
Grinding  
Cylinder~~

## Ingredients

- 5-6 apples
- 1 tsp cinnamon
- 4 tbsp cane sugar
- cold water



## Instructions

1. Peel and cut the apples into bitesize pieces.
2. Put all the ingredients into the MioMat. Have the MioMat full of apples about an inch under the MIN line.
3. Pour cold water between the MIN and MAX lines indicated inside the MioMat.
4. Remove the grinding cylinder by turning it in the UNLOCK direction indicated on the grinding cylinder. If you skip this step, you may have some big, uncooked pieces in your porridge.
5. Close the MioMat. Don't worry if there is a little gap between the top and the bottom, it's there to let the steam come out when cooking.
6. Plug in the MioMat.
7. Choose the Porridge program by pressing the select button.
8. Press the start button.
9. After 30 minutes, MioMat will start beeping. This means your porridge is done.
10. Unplug the MioMat and then open it.
11. Serve and garnish with your fruit of choice and enjoy.

# Your Recipes

A series of 18 horizontal dashed lines for writing recipes.

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# Smoothies

Everyone loves a fresh smoothie.



40oz / 5 cups



8 min

## How to make smoothie without a recipe?

1. Peel and cut vegetables or fruits of your choice into bitesize pieces. Choose your favourite nuts or cereals.
2. Put all ingredients into the MioMat. Ingredients can't exceed the minimum water line.
3. Pour cold water, coconut water, or plant milk between the MIN and MAX lines indicated inside the MioMat.
4. Remove the grinding cylinder by turning it in the UNLOCK direction indicated on the grinding cylinder. If you skip this step, you may have some big, unblended pieces in your smoothie.
5. Close the MioMat. Don't worry if there is a little gap between the top and the bottom, it's there to let the steam come out when cooking.
6. Plug in the MioMat.
7. Choose the Smoothie program by pressing the select button.
8. Press the start button.
9. After 8 minutes, MioMat will start beeping. This means your smoothie is done.
10. Unplug the MioMat and then open it.
11. Enjoy your freshly made smoothie.



Some people like more watery smoothies and some denser ones. Take these recipes as an inspiration and always adapt them to your style.

The best smoothie is always the one from all of your leftover fruits!



# Apple-Beet Smoothie

± 40oz /  
5 cups

8  
min



~~Don't Use  
Grinding  
Cylinder~~

## Ingredients

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

## Instructions

1. Peel and cut all the fruits and the vegetables into bitesize pieces.
2. Put all the ingredients into the MioMat.
3. Pour cold water between the MIN and MAX lines indicated inside the MioMat.
4. Remove the grinding cylinder by turning it in the UNLOCK direction indicated on the grinding cylinder. If you skip this step, you may have some big, unblended pieces in your smoothie.
5. Close the MioMat
6. Plug in the MioMat.
7. Choose the Smoothie program by pressing the select button.
8. Press the start button.
9. After 8 minutes, MioMat will start beeping. This means your smoothie is done.
10. Unplug the MioMat and then open it.
11. Enjoy your freshly made smoothie.

# Mango Smoothie



± 40oz /  
5 cups



8  
min



Don't Use  
Grinding  
Cylinder

## Ingredients

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- 2 mangos
- 1 apple
- 1 tbsp lemon zest
- coconut milk



## Instructions

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1. Peel and cut all the fruits into bitesize pieces.
2. Put all the ingredients into the MioMat.
3. Pour coconut milk between the MIN and MAX lines indicated inside the MioMat.
4. Remove the grinding cylinder by turning it in the UNLOCK direction indicated on the grinding cylinder. If you skip this step, you may have some big, unblended pieces in your smoothie.
5. Close the MioMat
6. Plug in the MioMat.
7. Choose the Smoothie program by pressing the select button.
8. Press the start button.
9. After 8 minutes, MioMat will start beeping. This means your smoothie is done.
10. Unplug the MioMat and then open it.
11. Enjoy your freshly made smoothie.



# Pineapple Smoothie



± 40oz /  
5 cups



8  
min



~~Don't Use  
Grinding  
Cylinder~~

## Ingredients

- 1/2 of pineapple
- 1 cucumber
- lemon juice from 2 lemons
- parsley
- cold water

## Instructions

1. Peel and cut all the fruits and the vegetables into bitesize pieces.
2. Put all the ingredients into the MioMat.
3. Pour cold water between the MIN and MAX lines indicated inside the MioMat.
4. Remove the grinding cylinder by turning it in the UNLOCK direction indicated on the grinding cylinder. If you skip this step, you may have some big, unblended pieces in your smoothie.
5. Close the MioMat
6. Plug in the MioMat.
7. Choose the Smoothie program by pressing the select button.
8. Press the start button.
9. After 8 minutes, MioMat will start beeping. This means your smoothie is done.
10. Unplug the MioMat and then open it.
11. Enjoy your freshly made smoothie.

# Mint-Berrie Smoothie



± 40oz /  
5 cups



8  
min



~~Don't Use  
Grinding  
Cylinder~~

## Ingredients

- 2 MioMat cups of raspberries
- 2 MioMat cups of strawberries
- 2 MioMat cups of blueberries
- 1 apple
- 1 MioMat cup of mint leaves
- cold water



## Instructions

1. Peel and cut the apple into bitesize pieces.
2. Put all the ingredients into the MioMat.
3. Pour cold water between the MIN and MAX lines indicated inside the MioMat.
4. Remove the grinding cylinder by turning it in the UNLOCK direction indicated on the grinding cylinder. If you skip this step, you may have some big, unblended pieces in your smoothie.
5. Close the MioMat
6. Plug in the MioMat.
7. Choose the Smoothie program by pressing the select button.
8. Press the start button.
9. After 8 minutes, MioMat will start beeping. This means your smoothie is done.
10. Unplug the MioMat and then open it.
11. Enjoy your freshly made smoothie.



# Sweet Smoothie



± 40oz /  
5 cups



8  
min



~~Don't Use  
Grinding  
Cylinder~~

## Ingredients

- 5 MioMat cups of blueberries
- 3 bananas
- 1 apple
- cold water

## Instructions

1. Peel and cut the bananas and the apple into bitesize pieces.
2. Put all the ingredients into the MioMat.
3. Pour cold water between the MIN and MAX lines indicated inside the MioMat.
4. Remove the grinding cylinder by it in the UNLOCK direction indicated on the grinding cylinder. If you skip this step, you may have some big, unblended pieces in your smoothie.
5. Close the MioMat
6. Plug in the MioMat.
7. Choose the Smoothie program by pressing the select button.
8. Press the start button.
9. After 8 minutes, MioMat will start beeping. This means your smoothie is done.
10. Unplug the MioMat and then open it.
11. Enjoy your freshly made smoothie.

# Orange Smoothie



± 40oz /  
5 cups



8  
min



Don't Use  
Grinding  
Cylinder

## Ingredients

- 3 oranges
- 1 banana
- 7 ice cubes
- cold water



## Instructions

1. Peel and cut the oranges and the banana into bitesize pieces.
2. Put all the ingredients into the MioMat.
3. Pour cold water between the MIN and MAX lines indicated inside the MioMat.
4. Remove the grinding cylinder by turning it in the UNLOCK direction indicated on the grinding cylinder. If you skip this step, you may have some big, unblended pieces in your smoothie.
5. Close the MioMat
6. Plug in the MioMat.
7. Choose the Smoothie program by pressing the select button.
8. Press the start button.
9. After 8 minutes, MioMat will start beeping. This means your smoothie is done.
10. Unplug the MioMat and then open it.
11. Enjoy your freshly made smoothie.

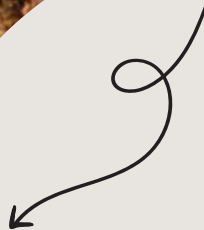
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## 1. Eat it as is with fruits

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



## 2. Use it in smoothie recipes

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

# Made From Pulp

*4 ways to use the leftover pulp from your homemade plant milk.*

### 3. 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 blender to make it finer.



### 4. Use it in pulp recipes

You can easily use leftover pulp in many recipes. Just follow the instructions and enjoy your creations. Find all the pulp recipes on next pages.





# Coconut Energy Bites



12 balls



25 minutes

## Ingredients

- 2 MioMat cups of coconut pulp
- 2 MioMat cups of ground walnut
- 2 tbsp of cocoa powder
- 3 tbsp of honey
- 2 tbsp of soaked chia seeds with remaining water
- ground almonds (as a topping)

## Instructions

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



### Victoria's favorite

One of the best ideas to benefit from the milk leftovers is making energy bites. This recipe is quick and easy to make, and you won't believe how good they are. They are chunky, crunchy, and packed with flavor. The best part is that you can always add your personal touch by using whatever toppings you like.



# Choco Muffins



16 muffins



40 minutes

## Ingredients

- 220 grams of whole wheat flour
- 3 MioMat cups of almond pulp
- 70 grams of muscovado or brown sugar
- 25 grams of cocoa powder
- 1 tsp of baking powder
- 2-3 ripe bananas
- 1 tsp of vanilla extract
- 3.5 oz of coconut oil
- 80 grams of chocolate chips
- 10 oz of almond milk



## Instructions

1. Preheat the oven to 350 °F.
2. Whisk the flour, the pulp, the cocoa powder, and the baking powder together in a large bowl.
3. In a different bowl, combine the mashed bananas, the coconut oil, the vanilla extract, the muscovado / brown sugar and the almond milk.
4. Slowly beat the dry ingredients into the wet ingredients until the dough is smooth and even. Don't overmix.
5. Add the chocolate chips or nuts, and stir again.
6. Grease a muffin pan with a bit of oil or butter. 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 Beet Hummus



4 servings



20 minutes

## Ingredients

- 1 can of chickpeas (15oz)
- 2 red beets
- 3 MioMat cups of almond pulp
- 2 cloves of garlic
- 1/2 lemon (juiced)
- salt and pepper to taste
- 1 tbsp of olive oil

## Instructions

1. Peel and cut the beets into small cubes. Cook them in a medium-sized pot for about 30 minutes until the 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 blender.
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.
- 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/70kg!



# Banana Bread



6 servings



40 minutes

## Ingredients

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



## Instructions

1. Preheat the oven to 350°F (180°C) and grease a 9x5" loaf pan.
2. In a bowl, whisk the oat flour, the chia seeds, the baking powder, the cinnamon, and the 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.



# Strawberry Cashew Balls



6 servings



40 minutes

## Ingredients

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

## Instructions

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



# Almond Cookies



4 servings



20 minutes

## Ingredients

- 1 ripe mango
- 1 tbsp of peanut butter
- 1 tbsp of honey
- 3 MioMat cups of almond pulp
- 2 tbsp of coconut flour
- chocolate in pieces



## Instructions

1. Preheat the oven to 350°F.
2. In a bowl, mix all the ingredients (except 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.



# Almond Cranberry Granola



4 servings



40 minutes

## Ingredients

- 1 MioMat cup of almond pulp
- 1 MioMat cup of shredded coconut
- 1 MioMat cup of oats
- 1 MioMat cup of almonds
- 2 tbsp of chia seeds
- 1 MioMat cups of dried cranberries
- 1 tsp of cinnamon
- ½ tsp of salt
- 3 tbsp of maple syrup
- 3 tbsp of coconut oil (melted)
- 1 tsp of vanilla extract

## Instructions

1. Preheat the oven to 350 °F.
2. Combine the almond pulp, the coconut, the oats, the almonds, the chia seeds, the cranberries, the cinnamon and the salt in large bowl.
3. In a different bowl combine the maple syrup, the coconut oil and the 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.

# Green Pesto

🍴 4 servings | 🕒 40 minutes

## Ingredients

- Handful of basil leaves
- 3 cloves of garlic
- 1 MioMat cup of almond pulp
- 2 MioMat cups of parmesan
- 3 MioMat cups of olive oil
- 1/2 MioMat cup of pine nuts
- 1/2 tsp of pepper
- 1/2 tsp of salt



## Instructions

1. Blend all the ingredients in a blender.
2. Blend until it's smooth and creamy.
3. Cook pasta according to package instructions, and serve with Green Pesto.
4. Garnish with basil leaves, pine nuts and parmesan.



If you don't use all the leftover pulp just freeze it. Frozen pulp will last up to 3 months.



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# Need help?

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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Viki



Erik



Molly