

美膚明目蔬果汁

COMPLEXION AND EYESIGHT IMPROVING VEGETABLE JUICE

份量：3-4杯
Portion: 3-4 cups

材料

甘筍 1條
粟米仔 4條
番茄 1個
奇異果 1個
菠蘿 ½個
木瓜 ½個
杞子 3湯匙
蒸餾水 500毫升
(可加冰塊)

Ingredient

1 carrot
4 baby corns
1 tomato
1 kiwi
½ pineapple
½ papaya
3 tbsp Chinese wolfberry
500ml distilled water
(add ice cubes if desired)

功效 Benefits

幫助消化，有明目、美膚、健胃、補腎功效。
Improves digestion, eyesight and complexion;
strengthens stomach; nourishes kidney.

做法

1. 將所有材料洗淨、切件，奇異果及菠蘿先去皮，其餘則連皮放入食品處理器內。
注意：打磨原個蔬果前請先洗淨，並需瞭解蔬果各部份包括皮、肉、莖、籽是否適宜食用。
2. 選擇「蔬果」程式即成。

Steps

1. Rinse all ingredients. Except kiwi and pineapple, keep fruit peels and cut them into pieces. Put into food processor.
Note: Please thoroughly wash fruits/vegetables before blending, and be sure to find out whether its peels, pulp, stem and pips are edible.
2. Select "Vegetable" function. Done.



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健康抗氧藍莓汁

ANTIOXIDANT BLUEBERRY JUICE

份量：3-4杯
Portion: 3-4 cups

材料

提子	20克
藍莓	125克
番茄	1個
檸檬	1個
老薑	5片
杞子	3湯匙
蒸餾水 (可加冰塊)	500毫升
鮮迷迭香	適量

Ingredient

20g grape
125g blueberry
1 tomato
1 lemon
5 slices old ginger
3 tbsp Chinese wolfberry
500ml distilled water
(add ice cubes if desired)
Some fresh rosemary

功效 Benefits

強壯心臟功能，有助明目、安神等功效。
Strengthens heart function, improves eye sight, calms emotion.

做法

1. 將所有材料洗淨、切件，連皮放入食品處理器內。
注意：打磨原個蔬果前請先洗淨，並需瞭解蔬果各部份包括皮、肉、莖、籽是否適宜食用。
2. 選擇「蔬果」程式即成。

Steps

1. Rinse all ingredients. Do not peel. Cut into pieces. Put into food processor.
Note: Please thoroughly wash fruits/vegetables before blending, and be sure to find out whether its peels, pulp, stem and pips are edible.
2. Select "Vegetable" function. Done.



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五青汁

FIVE-GREEN JUICE

份量：3-4杯
Portion: 3-4 cups

材料

青瓜 50克
青椒 20克
西芹 60克
苦瓜 50克
青蘋果 80克
蒸餾水 500毫升
(可加冰塊)

Ingredient

50g cucumber
20g green bell pepper
60g celery
50g bitter melon
80g green apple
500ml distilled water
(add ice cubes if desired)

做法

1. 將所有材料洗淨、切件，連皮放入食品處理器內。
注意：打磨原個蔬果前請先洗淨，並需瞭解蔬果各部份包括皮、肉、莖、籽是否適宜食用。
2. 選擇「蔬果」程式即成。

Steps

1. Rinse all ingredients. Do not peel. Cut into pieces. Put into food processor.
Note: Please thoroughly wash fruits/vegetables before blending, and be sure to find out whether its peels, pulp, stem and pips are edible.
2. Select "Vegetable" function. Done.

功效 Benefits

可幫助消化，亦有排毒及降火之功效。
Improves digestion, helps body detoxification and reduces pathogenic fire.



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呢度我煮場 排毒明目親子健康果汁

士多啤梨奶昔

STRAWBERRY MILKSHAKE

份量：3-4杯
Portion: 3-4 cups

材料

士多啤梨（切粒） 100克
士多啤梨雪糕 300克
牛奶 300毫升

Ingredient

100g strawberry (diced)
300g strawberry ice cream
300ml milk

做法

1. 將所有材料放入食品處理器內。
注意：打磨原個蔬果前請先洗淨，並需瞭解蔬果各部份包括皮、肉、莖、籽是否適宜食用。
2. 選擇「冰沙」程式即成。

Steps

1. Put all ingredients into food processor.
Note: Please thoroughly wash fruits/vegetables before blending, and be sure to find out whether its peels, pulp, stem and pips are edible.
2. Select "Smoothie" function. Done.

小貼士 Tips

可隨個人口味，轉用香蕉、朱古力等代替士多啤梨，亦可改用雲呢嚕雪糕。

Feel free to replace strawberry with banana or chocolate and strawberry ice cream with ice cream of vanilla flavour.

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冰涼香葉青檸汁

COOL BASIL LEMONADE

份量：2-3杯
Portion: 2-3 cups

材料

青檸汁	100克
檸檬汁	70克
糖水	100克
羅勒葉	40克
鹽	10克
蒸餾水	300毫升
冰塊	適量

Ingredient

100g lime juice
70g lemon juice
100g syrup
40g basil
10g salt
300ml distilled water
Some ice cubes

做法

1. 將所有材料放入食品處理器內，選擇「蔬果」程式。
注意：打磨原個蔬果前請先洗淨，並需瞭解蔬果各部份包括皮、肉、莖、籽是否適宜食用。
2. 飲用時加適量冰塊即可。

Steps

1. Put all ingredients into food processor. Select "Vegetable" function.
Note: Please thoroughly wash fruits/vegetables before blending, and be sure to find out whether its peels, pulp, stem and pips are edible.
2. Add some ice cubes upon serving.

小貼士 Tips

青檸汁及檸檬汁味道酸甜醒神，最適合夏天飲用，且檸檬含豐富維他命C，有美白作用。

The refreshingly sour taste of lime and lemon juice is great for the hot summer. On top of that, lemon is rich in vitamin C that has skin whitening effect.

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