

Dear client,

We are pleased that you have purchased a VEGAN STAR VR 1 and hope you will enjoy your home-made vegan drinks. As specialists with the most extensive experience in this area, our imported European appliances are constantly updated and undergo a final inspection to meet European standards. Only this way, we can fulfil the high quality expectations of our clients.

Please be sure to read the user's manual carefully.

Enjoy your new VEGAN STAR VR 1 and we wish you good health!

Mills and More

Robert Gepat
sole importer

Mankind has been pursuing the search for eternal youth and wholesome nutrition for ages. The soya bean is one of the few wholesome nutritious sources with regards to its protein, vitamin and mineral content. Despite her small size, she is the queen among the beans. Populations in East Asia were the first to discover the mysteries of this life giving plant.

The Yogi from the Vedic period were the first vegetarians in the world and the soya bean was a regular staple in their meatless diet.

Ancient Chinese and Japanese populations were so thankful for their soya bean harvest and placed such a high value on the bean that they included it among their "Five Holy Grains." The four other grains were barley, rice, wheat and millet.

More and more people

- are dependant on a diet without animal protein and fat for health reasons.

- have allergies and need to change their diet.

- don't want to endanger the environment more because of certain dietary practices.

- try to reduce or prevent arteriosclerosis and the deposition of cholesterol.

- must live on a cholesterol free, low fat or even fat free diet.

- want to systematically strengthen their weakened immune system.

- want to loose weight without going hungry or endangering their health.

Good nutrition is the most important step to good health - our most valuable attribute in life.

COMPONENTS OF THE VEGAN STAR VR 1

1. upper part of appliance
2. overflow sensor
3. rotary blades
4. filter container
5. steel water container
6. control lamp
7. program keys
8. upper electrical socket
9. handle
10. main power supply
11. socket for lower heating system
12. main power supply cable
13. filter container
14. measuring cup
15. container to catch the drippings

IMPORTANT TIPS FOR YOUR SAFETY

Please read the user's manual carefully before operating your machine!

PROGRAM SELECTION

Press SELECT to operate

Selected programs

Soya milk	SOY MILK button	yellow light
Soup, cereal, spread, paste	PASTE button	green light
Personal individual program	MILL button	red light

When the machine is turned on, a beeping sound will occur and a yellow blinking light will appear on the SOY MILK button. If you press the ON/OFF button the program will begin with the making of soya milk.

Selected programs for soya milk

The SELECT button can be used to operate all programs.

The ON/OFF button is used for certain selected programs.

The selected program button is lit up during the duration of the desired program in its given colour.

PROCEDURE FOR SOYA MILK

Fully automatic program - press MILK key

I. Use of dry soya beans

For reasons of health and taste, the use of dry soya beans is not recommended. See information sheet!

Amount: Depending on the amount of water used (1.1 - 1.3 litres), fill the included measuring cup with the desired amount of dry beans. Thoroughly rinse the beans and remove any stones or other debris.

Procedure: Follow instructions for soaked soya beans.

II. Use of soaked soya beans

1. Measure desired amount:

Rinse the soya beans carefully and remove any stones or other debris. Depending on the amount of water used (1,1 - 1.3l), fill the included measuring cup with the desired amount of dry beans. Soak this amount for 6-8 hours (warm water reduces the soaking period). Toss the water from the soaked beans and rinse thoroughly 2-3 times.

2. Fill the filter container with the measured amount of beans.

Use the specially marked SOYA BEAN MILK filter when making soya milk.

3. Carefully attach the filter-sieve with the soya beans to the lower part of the machine and turn counter clockwise. Make sure the filter-sieve is attached securely!

CLOSE - look at marking on the filter-sieve

OPEN - look at marking on the filter-sieve.

4. Fill with water

Fill the water container (lower part of machine) to the lower or upper designated line with cold water. Note that the amount of water will determine the consistency of the milk making it either thicker or more liquid. The upper designated line is for 1,3 litres soya milk - the lower designated line for 1,1 litre soya milk.

5. Attach the upper part of machine correctly onto the water container.

6. Plug in the machine. A tone will sound and a red control lamp will start blinking.

7. Press the ON/OFF key. During the processing time the SOY MILK key will remain on - a yellow light. The program takes about 19 minutes and the VEGAN STAR VR 1 will automatically turn itself off upon completion. Preparation time includes: a heating process - grinding - mashing - filtering - and cooking

8. When the process is done a signal tone will sound. The constantly yellow control lamp will change to a blinking yellow light.

If you want to make your milk ground finer, this is what you need to do:

Press as much as needed the SELECT key until the MILL key begins to blink red. Press the key ON/OFF and the machine will grind its contents 12 times finer. This finer grinding process makes the substance more richer in content. After the program is finished, a constant beeping sound will be heard and the yellow light SOY MILK will blink.

Unplug the machine and leave the milk covered for a few minutes. Floating particles can be removed by means of a sieve.

ATTENTION: Upon completion of the preparation process, place the upper part of the appliance with the filter container onto the enclosed container to catch the drippings.

COOL THE FILTER CONTAINER BRIEFLY with cold water. It is thus easier to open. Clean the filter thoroughly with a brush - a clogged filter is responsible for poor milk quality.

TIP: For thicker soya milk, 1-2 tablespoons of rice can be added.

SWEETENERS: Add honey, maple syrup etc. after the milk has cooled. Curdling will thus be avoided. Saccharine may also be used. Only sugar won't cause curdling.

If soya milk is being made from green or red beans, please soak them for 3 hours and use the PASTE program.

PROCEDURE FOR RICE MILK

I. Procedure for thick and cooked rice milk

Press the PASTE key.

Is especially suited for baby food.

II. Procedure for uncooked rice milk - a tasty rice drink

Press the MILL key.

I. Thick rice milk - paste

1. Measure desired amount - 2 cups.
Fill 2 measuring cups to the rim with rice.
Whole grain rice is recommended. The measured amount should be rinsed well.
2. Place measured rice into the filter container.
Press the RICE PASTE key to activated the specially designed filter for this type of rice milk.
3. Carefully attach the filter-sieve with the rice to the lower part of the machine and turn counter clockwise. Make sure the filter-sieve is attached securely!
CLOSE - look at marking on the filter-sieve.
OPEN - look at marking on the filter-sieve.
4. Fill with water
Fill the water container (lower part of appliance) to the 1.3 litres marking with cold water.
5. Attach upper part of machine correctly onto the water container.
6. Plug in machine.

A tone will sound and the yellow control lamp SOY MILK will start blinking. Push the SELECT key, then the green PASTE key will light up. Press the ON/OFF key and the program will start to work.

The VEGAN STAR VR 1 machine will automatically go through a heating- grinding- mashing - filtering - and cooking process.

7. When the program is done a signal tone will sound. Press the ON/OFF button and unplug the machine and leave the milk covered for a few minutes.

NOTE: Sesame seeds and peanuts should be roasted for a pleasant, sweet tasting milk. Only blanched almonds and nuts should be used.

II. Procedure for uncooked rice milk - a tasty rice drink

Press the MILL key.

1. **Rinse rice** (whole grain recommended) thoroughly and remove any small stones etc. Fill either 2 measuring cups with rice or 1 measuring cup with rice and 1 measuring cup with other ingredients. Sesame seeds, almonds, nuts and coconut flakes are well suited. Pitted dates (2-3 pieces) add an especially pleasant sweet flavour. Please make sure blanched nuts or almonds are being used.

OUR RECOMMENDATION: 1 cup whole grain rice, 3 pitted dates, 15 blanched almonds, 1 tablespoon coconut flakes, 5 cashew nuts.

2. **Place measured ingredients into the filter container**

Use the specially designated RICE PASTE filter. By large amounts it might be necessary to turn the machine upside down or even shake it. But only after the filter container has been securely attached!

3. **Carefully attach the filter-sieve with the ingredients to the lower part** of the machine and turn counter clockwise. Make sure the filter-sieve is attached securely!

OPEN - look at marking on the filter-sieve.

CLOSE - look at marking on the filter-sieve.

4. **Fill with water**

Fill the water container to the upper designated line with the desired water temperature. We recommend a water temperature of 40 C. Experience has shown that the best milk was produced using a water temperature between 50 - 60C.

5. **Attach upper part of machine correctly onto the water container.**

6. **Plug in the machine.**

A tone will sound and automatically the yellow control lamp SOY MILK will appear. Press the SECLECT key as many times as needed until the MILL key starts blinking red. Press the ON/OFF button and the machine will start to work.

By pressing the MILL key, it grinds 12 times more than usual. This step can be repeated.

7. **When the program is done**, Press the ON/OFF key. Unplug the machine and leave the milk covered for a few minutes. Floating particles can be removed by means of a sieve. Other flavourings can now be added to the rice drink.

THE MILL PROGRAM - your personal program.

By pressing the MILL key a grinding process is activated 12 times finer. If you desire less than 12 times then press the ON/OFF key to stop the machine for the desired grinding procedure.

MILL is the program for the raw diet of uncooked food!

THE TEMPERATURE of the water and the number of grinding processes are variable. The manufacturing process takes only a few minutes! With the use of very hot or boiling water, valuable vitamins, minerals and other vital substances are destroyed.

In this program you designate the temperature of the water. We recommend a water temperature of at least 40C. Experience has shown that the best milk was produced using a water temperature between 50 - 60C.

This program is used to produce:

Rice milk, milk made from grains, nut milk, almond milk, pine nut milk and any other types of uncooked vegan milk drinks.

For amounts used and procedure see PROCEDURE FOR UNCOOKED RICE MILK (II)

Use the specially designated RICE PASTE filter.

NOTE: If you just want to grind the ingredients i.e. for desserts or müsli and don't want to produce milk, do the following:

Fill container with cold water and let grind only a few times (approx. 2-4 times), depending on the type of ingredients.

PROCEDURE FOR MÜSLI:

- a. Measure 1 to 1-1/2 cups of grain.
- b. Place the soaked grain into the RICE PASTE filter.
- c. Fill container to the upper designated line with cold water.
- d. Attach filter onto the upper part of the machine.
- e. Attach upper part of machine correctly onto the water container.
- f. Plug in the machine. The control lamp SOY MILK will blink yellow.
- g. Press the SELECT key as much as needed until the MILL button lights up. Then press the ON/OFF button.

The machine will grind 8 times by pressing the key one time. The process can be repeated as often as you wish. When making müsli with oats, we recommend repeating the process 3-4 times. After the 4th time, press the ON/OFF key.

Remove the ground grain from the filter. Use some of the water to soak the grain. If using oats, let soak in water for 10-20 minutes. This soaking process is very important to ensure good digestion. Use just enough water to cover the grain.

Müsli made from spelt, wheat and any other grain should be soaked overnight.

After the soaking process has been completed, finish preparing the müsli by adding any other additional ingredients.

TIP: Add lemon juice and honey or maple syrup to the coarsely ground oats. A freshly shredded apple mixed with a bit of lemon juice (to prevent it from turning brown) will give the müsli a light and refreshing flavour.

Add fruit, dried fruit (that has been soaked overnight), nuts, cream, curd etc.

This breakfast is very filling and will increase the body's productivity without overtaxing the system.

Vary the müsli ingredients often for more variety.

PROCEDURE FOR ALMOND MILK, PINE NUT MILK, NUT MILK, HEMPSEED MILK etc.

These types of milk are easily digested and don't need to be cooked. They are quickly prepared by pressing the MILL key = PERSONAL PROGRAM. You select the water temperature. We recommend a water temperature of at least 40C - best results are with a water temperature between 50 - 60C.

Refer to: PROGRAM MILL

Amount: 1-2 measuring cups of the ingredients of your choice.

Amount of water: fill between the upper and lower designated lines.

Special filter: Rice Paste

PROCEDURE FOR MILK MADE FROM GRAINS.

i.e. millet, spelt, wheat, barley - especially well suited and flavourful are oats.

These types of milk can be produced using the following program:

PASTE: for a thicker, richer consistency, cooked.

MILL: for a milkier consistency, uncooked.

Procedure: see Personal Program or PROGRAM MILL - repeat 6 to 8 times.

Amount: 1-2 measuring cups of the ingredients of your choice.

Amount of water: fill between the upper and lower designated lines.

Special filter: Rice Paste

PROCEDURE FOR BABY FOOD AND SOUPS

Use the following programs:

PASTE - for a thicker consistency, cooked.

Program MILL - for a milkier consistency, uncooked.

Ingredients: rice, potatoes, grains, various vegetables, herbs etc.

Amount of water:

Program PASTE: fill water to the upper designated line.

Program MILL: fill water between the upper and lower designated lines.

Procedure: refer to the directions for the above mentioned programs.

Special filter: Rice Paste

The residue left in the filter upon completion of the program should be added to the baby food or soup.

Baby food can be sweetened. Season soups with salt, pepper and herbs of your choice. Cooked rice, noodles etc. or croutons may also be added.

Soup for your health:

Place $\frac{3}{4}$ cup oats, $\frac{1}{4}$ cup unpeeled sesame seeds and linseed into the filter container RICE PASTE. Use the program PASTE to make the soup. When the program has finished, the remaining residue in the filter should be added to the container. Stir. Season with soup seasoning, salt, pepper and herbs.

NOTE: Fruit should not be used in the machine since the milk will curdle!

INTERESTING FACTS FOR GOOD HEALTH AND TASTY VEGAN MILKS/DRINKS

Which types of soya bean can be used to make soya milk?

Essentially all, including the black beans that come from Japan and Korea.

If you use green, red or black beans, be sure to use the program PASTE.

The flavour of the soya milk is determined by the type of soya bean used. Some beans have a rather harsh, peppery and unpleasant flavour. We suggest you try several different types before buying a large supply of beans.

Although the machine can be used to make soya milk from dry beans, we strongly advise against it. See the information sheet: Why it is so important to soak soya beans.

The flavour of the soya milk improves when the milk is left covered in the machine for a few minutes after the program has finished. Sweeteners of your choice can then be added. Sugar can be added immediately. Honey, maple syrup or cane sugar should be added after the milk has cooled. Vanilla, chocolate or cocoa are also good flavourings, as well as almond butter, cashew butter or macademia butter.

Almonds, nuts, sesame seeds and coconut flakes can be added to the filter container before pressing the program key.

If you prefer a thicker soya milk consistency - add 1-2 tablespoons of rice or grain to the soya beans in the filter container.

Should vegan milk be added to coffee?

Yes, but please fill cup with the vegan milk first before adding the coffee, otherwise the milk will curdle!

Vegan milk will keep several days in the refrigerator - you might need to stir it before use!

Don't use any unripe or sour fruit. This will cause the milk to curdle.

If babies or children experience gas after consuming soya milk, peel the soya beans before using them. Soaked beans are easy to peel.

Please remember that vegan milk made with the VEGAN STAR is left in its natural state. The milk has not been pasteurized, homogenized or emulsified etc. Thus the flavour of the soya milk will differ from that bought in the store. Your home made vegan milk is a pure, unadulterated, natural product - without oils, spices etc. You chose the ingredients and water used. It's a good feeling to know what your drinking!

CLEANING THE MACHINE

When the machine has finished its program, place the motor and the filter container into the container to catch the drippings. If the container is filled with cold water, the remaining residue won't paste onto the filter or motor.

Remove filter before cleaning the motor part of the machine. - Be careful when cleaning the rotary blades - danger of injury!

ATTENTION: No water should seep into the motor part of the machine or into the sockets. Be particularly careful that no water seeps into the upper or lower electrical sockets.

When the motor part of the machine is being cleaned, be sure the rotary blades are pointing downward and that the upper part of the machine (black colour) doesn't come in contact with flowing water. Only the white plastic part of the machine can be placed under the faucet. The best way to clean the motor part of the machine is with a brush and damp cloth. Carefully dry the machine.

The water container isn't dishwasher proof and shouldn't be covered with water. Be careful that the upper and lower electrical sockets don't become wet.

A clean sieve is prerequisite for good quality milk. Occasionally clean the sieve with a protein cleanser (available in special stores).

IF YOU AREN'T SATISFIED WITH YOUR MACHINE OR WITH THE MILK BEING MADE:

Contact your supplier or the importer of the machine before sending back the appliance. Ninety percent of all problems can be solved over the phone, saving time, work and money. If you still decide to send the machine back, please specify exactly what the problem or malfunction is.

Typical problems and solutions:

Why is the quality of milk so poor?

- If the measured amount is too little or too much, the quality of the milk is usually affected.
- If the filter is clogged, it can no longer work efficiently and will influence the quality of the milk.

You can protect your machine and extend its life expectancy if you allow it to cool for 30 minutes after each use.

Technical data

Name of product	VEGAN STAR VR 1
Number of machine	
Date of purchase	Guarantee begins
Name of customer	Telephone number
Name of supplier	Telephone number

PRODUCT INFORMATION

Model:	VR 1
Voltage:	230V
Frequency:	50Hz
Motor Output:	220W
Heat Output:	750W
Capacity (Volume):	1.3 litres
Height/Width:	28cm / 15 x 9cm
Weight:	1.8 kg

Importer:

Mills and More

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Here is the easiest way to give your soya milk a flavour:

Soya milk and tea

Once the soya milk has been made, add 2 bags of tea (flavour of your choice: peach, vanilla, wild berry etc) and let steep for about 20 minutes.

RECIPES FOR SOYA MILK

Almond Pear Milk

Ingredients: 2 cups (measuring cup included) selected almonds. Remove core of pear and cut into soya bean size pieces. 1 tbsp. rice, 1300 ml hot water. After the almonds and rice have been rinsed, let soak for 2 hours. Put soaked almonds, rice and the cut pear into the filter container. Follow the directions for soya milk!

Peanut Milk

Ingredients: 2 cups (measuring cup included) small peanuts, 1300 ml hot water. Briefly sauté (in a little oil) the peanuts and let soak for 2 hours. Follow the directions for soya milk!

Sesame Seed Milk

Ingredients: 2 cups (measuring cup included) black sesame seeds, ½ cup rice, 1300 ml hot water. Rinse rice and let soak for 2 hours. Briefly sauté sesame seeds. Put rice and sesame seeds into the filter container. Follow the directions for soya milk!

Walnut Milk

Ingredients: 1 cup (measuring cup included) walnuts, 1 cup rice, 1300 ml hot water. Briefly sauté walnuts. Put in filter container. Follow the directions for soya milk!

Recipe For Milk Made From Grains

(oat milk, millet milk, barley milk etc.)

Use 1 cup of desired grain. Rinse well. Add vanilla if desired. TIP: Once the milk is done, mix in a fresh banana.

Milk made from grains - especially barley milk - taste best warm. Once the milk made from grains cools it thickens. Add to cooled milk made from grains water and stir well before serving.

Don't add honey or maple syrup before the milk has cooled! It will curdle immediately!

TIP: If you want a thicker type of soya milk - add 1 tbsp. of rice to the soya beans in the filter container!

SWEETENERS: Add honey, maple syrup etc. after the milk has cooled. Only sugar won't cause any curdling!

DRINK RECIPES

Soya milk can be drunk plain without the addition of sweeteners or sugar. But particularly children enjoy the natural sweet taste of cow's milk and prefer their soya milk sweetened with honey or maple syrup. Add sweeteners after the milk has cooled! Saccahrine can also be added. It is best to experiment and develop your own favourite soya milk!

SOYA MILK IN TEA OR COFFEE

First add the soya milk to the cup and then either the tea or the coffee!

SIMPLE, SLIGHTLY SWEETENED SOYA MILK

1.3 litres soya milk, 3-4 tbsp. sugar (or saccharine), ¼ tbsp. vanilla extract (optional), ¼ tbsp. salt (optional). Honey, cane sugar or dates can be used instead of sugar. Serve cooled.

HOT CHOCOLATE

Use your favourite hot chocolate recipe and use the slightly sweetened soya milk.

SOYA MILK WITH FRUIT

Mix blueberries and/or bananas with either the natural plain soya milk or the slightly sweetened soya milk. Any favourite fruits or syrups can be used. Only slightly sour fruit shouldn't be used since it will cause the milk to curdle!

KAREN'S FAVORITE MILK

Fill the filter container with the desired amount of soya beans. To the beans add 1 tbsp. round, whole grain rice (that has been soaked for at least 4 hours), ¼ tsp. vanilla flavoured sugar with vanilla extract, 1 tsp. soya oil and 1 tbsp. maple syrup for a sweet flavour.

SOYA BEAN COFFEE WITH SOYA MILK

250 ml water, 2 tbsp. soya bean coffee, 1 cup soya milk, 1 tbsp. carob powder. Boil water and pour directly onto coffee and carob powder. Stir after a few minutes. Add soya milk to taste and serve warm. This drink is well liked by children and a good substitute for chocolate milk or an excellent breakfast drink.

PORCEDURE FOR MAKING TOFU

Version I:

Dissolve 4-5g of NIGARI (available in health food stores) in 125ml water. Add to the freshly prepared soya milk from the soya milk machine. Make sure the milk has a consistent temperature of about 80C for 1 hour. Remove the whey and press the lump of soya cheese in to a cheese cloth. Place the paste in to a form and place a 3-4 kg. weight on top. Let rest for 10-24 hours (depending on how firm you want the tofu). The water that has been pressed out should be removed and the tofu put back into the form. Repeat this process as often as necessary. Once the tofu has obtained the desired consistency, place in cold water (this is not really necessary, however the water neutralizes the tofu's flavour). The tofu will keep refrigerated for 8-10 days. Change the water daily. 1.3 liters soya milk makes about 180g of tofu.

Version II:

Add ½ tbsp. freshly squeezed lemon juice to the freshly prepared soya milk and let rest for 20 minutes. Follow the directions given in Version I. When making tofu with lemon juice, the soya beans don't need to be soaked but should be rinsed repeatedly with hot water.

SOYA YOGURT

The procedure for soya yoghurt is the same for yoghurt made from cow's milk.

Follow the procedure for soya milk. Let the soya milk cool down to 40C (use thermometer) and keep the milk at this temperature either on the stove or in a hot water bath. Add the yoghurt culture available in health food stores (for example from Neuform Yoghurt "Ferment mild") to the 40C milk (for 1.3 litres of milk use 1 packet of "Ferment mild") and stir. Pour into screw on jars and leave at room temperature for about 20 hours. Cover jars with a thick cloth.

Fruit can now be added.

For further batches remove 3 tbsp. of yoghurt and stir into warm milk (or after a freshly made batch of milk, cooled down to 40C). Follow the procedure described above. This process can be repeated approximately 10 times using the same culture. Soya yoghurt has a thinner consistency than the traditional yoghurt. It tastes well sweetened with jam or used in a salad dressing.

PUDDINGS - CREAMS - SAUCES

Use your favourite pudding recipe and replace the cow's milk with the slightly sweetened soya milk.

ANNE'S CAROB PUDDING

2 cups soya milk, ¼ cup nuts, ¼ cup coconut flakes, 5-6 tbsp. light carob powder, ¼ tsp. vanilla, ¼ tsp. cinnamon 1/8 tsp. cardamom, 1/8 tsp. salt, 2 cups cold water, 1 cup rice flour, ½ flask of rum essence, ½ flask of vanilla essence, honey or raw sugar. Blend first four ingredients until very fine. Whisk water, rice flour, spices and blended ingredients in a pot. Continue stirring on low heat until it begins to boil. Let cook for 5-10 minutes. Pour pudding into a bowl and let cool.

SPELT PUDDING

1 liter spelt milk from the machine. 1-1/2 packets of instant vanilla pudding, 2-3 tbsp. raw brown sugar. Bring spelt to a boil. Mix the packet of vanilla pudding and raw brown sugar with a bit of hot spelt milk, then add to remaining spelt milk. Let boil briefly and pour into bowls.

SPELT FRUIT SAUCE

200g spelt mash from the machine, 500g fresh seasonal fruit, 1-2 tbsp. Agave syrup. Blend together spelt mash and Agave syrup. Cut fresh fruit into small pieces and mix with the spelt mash.

BANANA CREAM

100g tofu, 1/3 cup Sojagen (from GranoVita), 1/3 cup almonds, 1/2 cup whole grain rice, cooked, 2 cups water, 1 cup dates or 1/3 cup honey, vanilla, 2 tbsp. lemon juice, 3 bananas. Blend ingredients - except for lemon juice and bananas - very fine. Add lemon juice and 2 bananas and blend again until creamy. Cut remaining banana into small pieces and add to cream. Mix. Can also be served with pineapple pieces.

AVOCADO FRUIT CREAM

1 pear, 1/2 avocado, 1 banana, 1/2 cup dates, 1/2 cup soya milk. Blend all ingredients into a fine cream. For variety mix in a few anise or fennel seeds. Is an excellent dressing for fruit salad; a cream for waffles or replaces whipping cream as a topping for a fruit cake.

BARLEY TOFU CREAM

100g barley mash from the machine, 100g soft tofu - tofu used for desserts, 1-2 tbsp. maple syrup, a couple of drops of lemon juice. Blend tofu very fine and mix well with remaining ingredients. Pour into bowls.

ORANGE TOFU CREAM

250g tofu, 1 orange, 2-3 tbsp. honey, 1/8 cup cashew nuts or almonds, 1 tbsp. organic orange peel, grated or Orange - back (Schwartau), 1-2 tbsp. lemon juice. Blend all ingredients to a fine cream.

BANANA SAUCE WITH SOYA MILK

1/2 litre soya milk, 2 large or 3 small bananas, 1 tbsp. honey or maple syrup. Puree the bananas in a blender, beat until creamy and add the soy milk. Add honey or maple syrup to taste and serve slightly cooled.

BANANA SAUCE WITH RICE MILK

1/2 litre rice milk, 2 large or 3 small bananas, 1 tbsp. honey or maple syrup. Puree the bananas in a blender, beat until creamy and add the soya milk. Add honey or maple syrup to taste and serve slightly cooled.

PUDDING SAUCE WITH BANANAS

1/2 litre soya milk, 1/2 packet instant pudding mix, 1 banana, 1 tbsp. almond butter, 2 tbsp. raw brown sugar. Dissolve the pudding powder in 1 cup of milk. Bring the rest of the soya milk to a boil and stir in the almond butter with a whisk. As soon as the soya milk begins to boil, stir in the dissolved pudding mix. After a few minutes, remove from stove. Mash the banana with a fork, blend until creamy and stir into the pudding. Add brown sugar to taste and serve hot or cold.

MISCELLANEOUS

WALNUT PATTIES

50g chopped walnuts, 200g spelt mash from the machine, 1tbsp. soya flour, 40g whole wheat flour, 2 tbsp. tomato paste, 1 tbsp. oregano, herbal seasoned salt, bread crumbs, 50g onions chopped and stewed (optional). Mix all ingredients. If batter is too soft, add more bread crumbs. Form patties and place on cookie sheet. Bake at 180C for 15 minutes or until golden brown.

WARM BARLEY MASH

100g barley, 1-2 tbsp. maple syrup, 1 tbsp. slivered almonds. Make a barley mash with the machine. Pour maple syrup over mash. Decorate with slivered almonds.

COCONUT PIE CRUST

200g coconut flakes, 100g spelt mash from the machine, honey. Mix coconut flakes and spelt mash. Add enough honey to make a dough. Place dough in pie dish and let bake for 10 minutes at 190C.

OAT PIE CRUST

100g cashew nuts, 200g oat mash from the machine, a pinch of salt, approx. 80ml water, 1 tbsp. honey (optional). Blend cashew nuts and add to remaining ingredients. Form dough and place in pie dish. Bake at 180C. Dough may be used as a crust for sweet or spicy dishes.

CREAMY TOFU TORTE

Oat pie crust (see recipe above), 400g soft tofu, 500ml soya vanilla dessert, 2-3 tbsp. raw brown sugar, 125ml water, 10g Agar Agar. Make pie crust. Mix soft tofu, sugar, and soya vanilla dessert. Cook Agar Agar in 125ml of water. Let boil and then add to the creamy tofu-vanilla batter. Spread into cooled pie crust and let stand for approx. 2 hours.

ALMOND - OAT WAFFLES

150g oat mash from the machine, 250ml almond milk from the machine, 50g chopped almonds, 1 tbsp. vanilla flavoured sugar, 2-3 tbsp. raw brown sugar. Blend all ingredients very fine until batter is light and fluffy. Place batter in waffle iron.

SESAME SEED CRACKERS

125g oat mash from the machine, 125g spelt mash from the machine, 100g sesame seeds, 1 tbsp. sea salt, 1 tbsp. ground coriander, eventually some water. Mix oat mash and spelt mash. Add remaining ingredients. Spread batter onto a non-stick cookie sheet. Bake at 175C for approx. 60 minutes. With a knife cut batter into strips after 15 minutes of baking time.

SPREADS

BARLEY - DATE SPREAD

150g barley mash from the machine, 100ml boiling water, 50g pitted dates. Let dates soak in boiling water. Blend barley mash with soft dates. Store in refrigerator.

CAROB NUT SPREAD

100g oat mash from the machine, 2 tbsp. carob powder, 3 tbsp. honey, 100g almond butter. Mix all ingredients well. Store in refrigerator.

ALMOND - OAT WAFFLES

150g oat mash from machine, 250ml almond drink from machine, 50g chopped almonds, 1 tbsp. vanilla flavoured sugar, 2-3 tbsp. raw brown sugar. Blend all ingredients very fine until batter is light and fluffy. Place batter in waffle iron.

SOUPS

CREAMY SOUP

Any mash made from grains with the filter container, 300ml water, 1 tbsp. soup seasoning, chives. Bring water and soup seasoning to a boil. Stir in mash made from grains and serve with chopped chives.

CREAMY BARLEY OR SPELT SOUP

100g barley or spelt, 1 liter water, herbal soup seasoning, 1-2 carrots. Follow procedure for barley milk. Place the barley mash and milk into a pot and season. Grate carrots and add to soup. Let boil. A finely chopped onion or chives may be added.

BURGERS

SEASONED TOFU BURGERS

1 large onion, 2 cloves of garlic, 1 bunch parsley, 500g tofu, 5 tbsp. pureed tomatoes, ½ tsp. sea salt, ¼ tsp. pepper, ¼ tsp. ground nutmeg, 1 tbsp. liquid seasoning, bread crumbs as needed. Peel and chop onion. Peel and crush garlic. Wash, dry and mince parsley. Mash tofu with a fork as fine as possible. Add parsley, pureed tomatoes, sea salt, pepper, nutmeg and liquid seasoning. Mix well. Put everything into a bowl and add bread crumbs as needed until batter has the consistency needed to form burgers. Make burgers. Heat oil in pan and fry burgers on both sides for 5 minutes.

TOFU DUMPLINGS

20g butter, 100g tofu, 1 tbsp. liquid lecithin, 1 tsp. sea salt, 1 tsp. ground nutmeg, Semolina as needed. Beat butter, tofu, lecithin, sea salt and ground nutmeg in a bowl. Add as much Semolina for a soft batter. Form dumplings.

TOFU BURGERS WITH CARROTS AND CELERY

500g tofu, 1 carrot, 1 small celery tuber, 1 onion (optional), herbal seasoned salt, 100g oat mash from the machine, eventually bread crumbs. Mash tofu with fork. Grate carrot and celery. Mix all ingredients, including the oat mash and shape into burgers. If batter is too soft, add bread crumbs. Bake at 180C for 20 minutes.

BRAZIL NUT BURGERS

100g spelt mash from the machine, 1-2 slices of whole grain bread, cubed, 1 tbsp. soy flour, 100g chopped Brazil nuts, 1 onion finely chopped (optional), 2 tbsp. peanut butter, herbal seasoned salt, water, sage. Mix all ingredients well. Add only enough water to batter so it has the consistency needed to form burgers. Make burgers. Bake at 180C for 20 minutes until golden brown.

OKRA PATTIES

150g okra, 150g rolled oats, 75g sunflower seeds, 1 onion, vegetarian soup seasoning, garlic, herbal seasoned salt, 1 red pepper (or 1 grated carrot or ½ a grated zucchini), oil, bread crumbs, Tofunaise (optional). Mix okra and rolled oats. Add ground sunflower seeds and finely chopped onion. Cut pepper into small pieces. Mix all ingredients and let rest. Form small burgers and roll in bread crumbs. Fry in pan until golden brown.

SPREADS

Any mash made from grains can be used as a warm porridge for breakfast or a light evening meal. Add maple syrup, date butter, mashed banana etc. Very delicious!

SWEET SPREAD

Mash from the filter container, 125ml soya vanilla dessert (for example: Alpro), 2 tbsp. honey, 2 tbsp. ground nuts or coconut flakes. Blend all ingredients well. Should have a spreadable consistency.

SEASONED SPREAD

Mash from filter container, 2 tbsp. margarine, 1 clove of garlic, 1 finely chopped onion, herbal seasoned salt, minced chives. Blend all ingredients well. Should have a spreadable consistency. Store in refrigerator up to 5 days.

CASHEW SPELT CHEESE

120g spelt mash from the machine, 120g ground cashew nuts, approx. 125ml water, 1 tbsp. lemon juice, herbal seasoned salt, (1/2 tsp. garlic powder, ½ tsp. onion powder, finely chopped chives - optional). Puree all ingredients except for lemon juice. Add lemon juice and mix well.

OKRA SPREAD

80g moist okra, 1 clove of garlic, vegetarian soup seasoning, 1 tsp. sweet Paprika, chopped parsley, 1-2 tbsp. cashew nuts (optional). Blend all ingredients until creamy. Store in refrigerator.

MISCELLANEOUS

SOYA MILK BANANA ICE CREAM

½ litre soya milk, 2 bananas, 2 tbsp. raw brown sugar. Mash bananas with a fork, beat until creamy and mix with the soya milk. Add sugar to taste. Place in freezer and stir regularly or use an ice cream maker.

Those who are fond of eating ice cream might want to invest in an ice cream maker. However, it is also possible to make ice cream in the freezer. Stir every 5 minutes, afterwards every 15 minutes to prevent crystallisation. Honey, apple or pear juice concentrate aren't well suited as sweeteners, since they lose their flavour when frozen.

SOYA FROTH

Whip the coldest possible soya milk in a blender until creamy and add honey to taste. Serve immediately, since it soon will become liquid again.

SOYA CREAM - 250g

125 litre soya milk, 1 tbsp. liquid lecithin, 125 litre oil, 1 tsp. lemon juice. Let soya milk, lecithin and oil stand in a cool place for several hours. Add lemon juice and whip together until a creamy consistency has been reached.

TIP: This soya cream is an excellent vegan alternative to sour cream. However, it can only be used cold. It is an excellent condiment for vegetable dips.

SOYA MAYONNAISE - 250g

125ml soya milk, 125ml oil, 2-3 tbsp. lemon juice, 1 tsp. soup seasoning, ¼ tsp. garlic powder, ¼ tsp. white pepper. Preparation time: 10 minutes. Place soya milk and oil for several hours in the refrigerator. Pour soya milk in a tall container. Add lemon juice and stir. Add soup seasoning, garlic powder and pepper. Pour in oil and blend until creamy.

Why is soaking the soya bean so important?

Many beans are poisonous when eaten raw. The toxic proteins are called hemagglutinins. They cause the red blood cells to clot, can inflame the intestinal mucous membrane and lead to bleeding. In the liver fat deposits and necrosis (local destruction of tissue) were observed.

BY COOKING THE BEANS THESE TOXIC PROTEINS ARE DESTROYED AND THE NUTRITIONAL VALUE OF THE BEAN IMPROVED.

Soya beans have at least 5 protein inhibitors, in particular Trypsin-inhibitors - a natural poison found in plants. Trypsin is one of the major enzymes produced by the pancreas that digest protein. By consuming legumes raw, unusual high amounts of trypsin are discharged by the pancreas and the pancreas is enlarged.

In addition, trypsin-inhibitors have a restraining effect on the trypsin's activities by strongly impairing protein catabolism. They not only impair protein catabolism but also the development of protein and impair the release of all amino acids (protein building blocks), thus destroying the growth and development of cells.

BY SOAKING THE BEANS OVERNIGHT AND COOKING THEM FOR 5 MINUTES; THE TRYPSIN-INHIBITORS ARE COMPLETELY DESTROYED.

Another component of the soya bean to be considered is phytic acid. Phytic acid's property is binding with minerals found in food and making them inaccessible to the body - they also reduce the availability of proteins. Phytic acid is water soluble. By soaking the legumes and by pouring away the water in which the beans were soaked, the level of phytic acid is reduced dramatically. Cooking the legumes will have the same effect.