

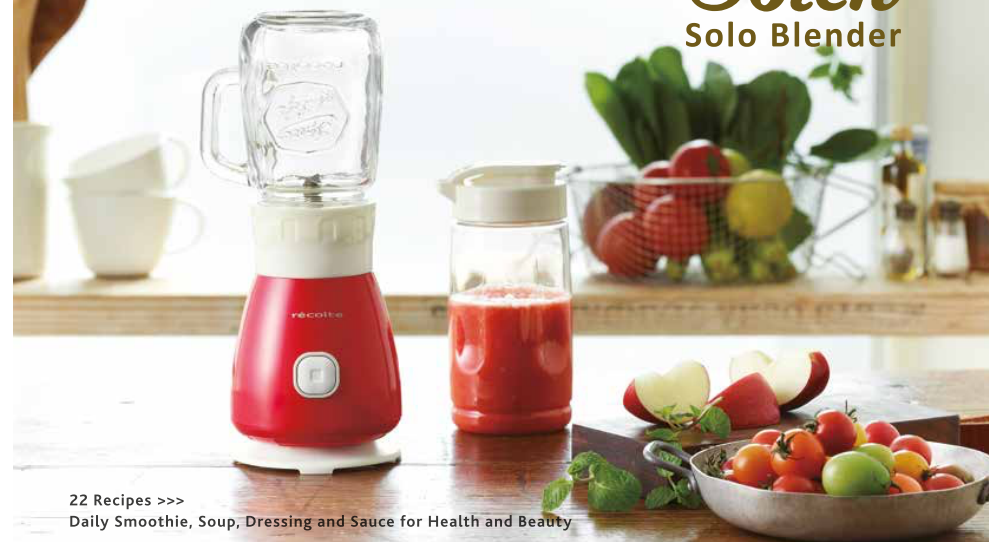
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**Solen**  
Solo Blender

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**Solen**  
Solo Blender



22 Recipes >>>  
Daily Smoothie, Soup, Dressing and Sauce for Health and Beauty



**Solen**  
Solo Blender

Blender with 2 types of juice containers  
to serve 2 different purposes

### Solo Blender Solen

Solen represents the Sun.

Daily meals should include vegetables and fruits that are grown under the sun.  
The name also represents our hope for everyday vitality!

Solen blender comes with two types of juice containers. Use it to make  
smoothies, soups, salad dressings and various sauces. These diverse recipes  
also allow you to relish in the joy of DIY.

Light and durable [Tritan Bottle]  
Every morning, enjoy a cup of fresh vegetable or fruit juice to bring  
on the go. It is also easy to prepare a simple soup for the holiday brunch.

Fashionable and environmental [Mason Glass Jug]  
Pour the colourful and fresh juice or soup into the bottle, to create a  
romantic dining atmosphere at home ♪♪ The easy to wash and odour free  
Mason Glass Jug is suitable for strong smelling food or dishes with more oil.

The 2 types of juice containers for you to interchange according to your daily  
preferences and food ingredients.

The 22 recipes were specially put together for Solen Blender by a famous  
Japanese nutritionist. These recipes contain nutrition values, calories and  
other special notes to aid users.

For information on the usage and precaution in operating the Solen Blender,  
please refer to the instruction in the booklet.

## USING TRITAN BOTTLE/MASON GLASS JUG

Tritan Bottle and Mason Glass Jug work the same way. Please use them according to your personal preference.



### Tritan Bottle (made of Tritan)

(Max. capacity of 400ml)

- Can make 1-2 servings of smoothie
- Convenient for taking your drinks out



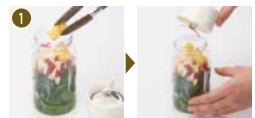
### Mason Glass Jug

(Max. capacity of 300ml)

- Can make 1 serving of smoothie
- Suitable for food that uses more oil (such as salad dressing), or food ingredient with pungent tastes (like garlic).

## USING THE SOLEN BLENDER

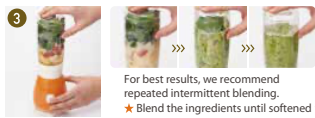
Tritan Bottle and Mason Glass Jug work the same way. (Photo: Tritan Bottle)



Place the food ingredients in the bottle and fix the blade.



Please align the ▼ on the blade attachment with the ▲ on the main body, rotate clockwise to lock tightly.



For best results, we recommend repeated intermittent blending. ★ Blend the ingredients until softened ★



To prevent spills when separating the bottles, hold tightly on the attachment and the juice bottle before opening.



The 2 types of caps can be used alternatively with the Tritan Bottle and Mason Glass Jug.



Able to drink directly  
Straw drink cap



2

## The 22 recipes are introduced as per calorie and nutritional value

The chart indicates a list of ingredients, calorie and nutritional value.

You may select the recipe that matches your daily mood or physical condition that is based on your favourable ingredients.



Recipe Designer /  
**Bisaji Masumi**  
(bisaji masumi)  
Nutritionist/  
Food Coordinator

※ The calorie is calculated as per the amount of the finished cuisine in the recipe. (calorie/finished product)

### BREAKFAST

1	Cherry Tomato + Sweet Red Pepper Smoothie	87kcal / about 220ml	The cherry tomato and red pepper have high anti-oxidant properties (due to Vitamin A, C & E), and supply beta-carotene and Vitamin C and E. The combination accelerates absorption of nutrition.		▶P8
2	Carrot + Orange + Ginger Smoothie	115kcal / about 240ml	Sugar is the energy source for body and brain activities. Proper amount of sugar uptake is necessary. Orange and carrot contain sugar as well as anti-oxidant beta-carotene, Vitamin C & B1 that can boost sugar metabolism.		▶P8
3	Leaf Lettuce + Celery Leaf + Apple + Sweet Wine Smoothie	90kcal / about 240ml	Leaf lettuce and celery leaf can curb active acid elements, while apple and sweet wine contain Vitamin B group and proper amount of sugar. Nutritional values are the key in ingredient selection, the leaf lettuce is more nutritious than normal lettuce, and the celery leaf is better than its stem.		▶P10
4	Komatsuna + Parsley + Golden Kiwi Fruit + Konjac Jelly Smoothie	98kcal / about 200ml	Komatsuna is rich in calcium and iron, while golden kiwi fruit and parsley have Vitamin C that can help the absorption of calcium and iron. The combination can effectively relieve daily stress and anaemia. Konjac jelly can also add to the taste.		▶P10

4

## Tips for efficient blending

Come and enjoy the freshly made smoothie.

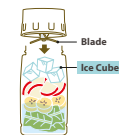
This recipe is easy and can be made very quickly. Make this your daily habit today!

### 1. Food Ingredients Preparation

- Amount, hardness and size of ingredients used will affect the blending time. Please adjust your blending time, amount of ingredients used and cutting of ingredients in accordance to the requirements in the recipes.
- To shorten the blending time, hard ingredients such as carrots and apples can be cut into blocks (approx. 1cm) or into thin slices (approx. 3 – 5mm).

### 2. Order of Placing Ingredients

- To ensure blending efficiency, please place ingredients in the jar from soft to hard. Place liquid (e.g.: water) in last.
- To ensure consistent blending, sticky ingredients such as condensed milk or honey should be added in last and sprinkled on top of other ingredients. This is to prevent from sticking to the container or the body of the blender.
- To blend ice cubes efficiently, please add them last and place them at the top that the cubes are closer to the blade.
  - Please make ice cubes with drinkable water.
  - Remember, all liquid ingredients (e.g.: water, milk etc) should be added before adding the ice cubes.



### 3. Switch Operation

★ **Continuous Blending** Press the switch continuously until the ingredients have been blended to desired consistency. (It should take less than 1 min)

★ **Intermittent Blending** Press the switch for 1 second then release, repeat the process until the ingredients have been blended to desired consistency.

■ When blending ice cubes and hard ingredients, we recommend to start with intermittent blending to soften the ingredients, followed by continuous blending.

#### Attention

The ingredients and operation sequence listed out in this recipe book are meant for use with Solen Blender. Please make necessary adjustment if the ingredients are different from those in the recipes.

- ◆ If no steps or sequences are given in the recipe, please put all the ingredients in and blend according to your preference.
- ◆ Use honey or condensed milk to sweeten as needed. (The calorie index will increase correspondingly)
- ◆ Recipes for salad dressings and other sauces are designed for single serving and taken into consideration of convenience and easy operation of the blender.
- ◆ The photos are for reference only. The final quantity and actual results may vary from the photos shown.

3

5	Kale + Sweet Wine + Ginger Hot Mousse	111kcal / about 150ml	The rich calcium content can eliminate swelling. Suitable for drinking after over-consumption of alcohol or food. The hot ginger also accelerates blood circulation.		▶P11
6	Ice Blended Blueberry + Cottage Cheese Smoothie	129kcal / about 160ml	Blueberry contains rich cyanidin that can relieve eye fatigue. The protein in Cottage cheese can speed up recovery of exhausted muscles. Suitable for drinking after a day work or exercise.		▶P12
7	Ice Blended Strawberry + Greek Yogurt + Cornflakes Smoothie	170kcal / about 220ml	The dietary fibre in cornflakes and lactic acid bacteria in yogurt can optimise the intestinal environment. Strawberry that is rich in Vitamin C can help achieve healthy-looking skin. Greek yogurt contains abundance of protein in comparison with normal yogurt, which is an essential nutritional element for young ladies.		▶P13
<b>LUNCH</b>					
8	Potato + Bamboo Shoots Puree	133kcal / about 250ml	The potato is a source of sugar and bamboo shoots contain dietary fibres and is rich in amino acid.		▶P14
9	Bean Curd + Red Wine Vinegar	870kcal / about 180ml ( 72kcal / 1 big spoon )	Red wine vinegar, compared with normal vinegar, is rich in calcium, iron and other mineral elements. Rapeseed oil and olive oil are healthy oils with high n-9 fatty acid content.		▶P14
10	Blue Cheese Sauce	578kcal / about 100ml ( 87kcal / 1 big spoon )	Vitamin C can help accelerate the absorption of protein and calcium which is found in blue cheese. It's good to add this sauce to vegetables or fruits rich in Vitamin C, for example: cilantro which is both tasty and nutritious.		▶P16

5

11 Pumpkin + chickpea yogurt soup 178kcal / about 200ml

Pumpkin is rich in Vitamin E and can improve colds. Pumpkin and chickpea are both rich in iron, when applied to physical deficiency, can bring about cold ailment. Drink a bowl of soup to warm your body from inside out!



▶P16

12 Dried Tomato + Green Olive Sauce 587kcal / about 120ml (73kcal / 1 big spoon)

「Olive sauce」 is normally prepared with black olive, the green olive is chosen to match the tomato flavour. Olives are rich in Vitamin E.



▶P16

13 Salty Indian Yogurt 72kcal / about 200ml

Cilantro and other aromatic plants have rich plant nutrition that can fight against oxidation. As over-sweating can cause sodium (salt) deficiency, this drink is very suitable during the summer.



▶P19

## DINNER

14 Argentine Green Sauce 486kcal / about 100ml (72kcal / 1 big spoon)

Mint is good for antiseptic and is also refreshing. Italian parsley contains beta-carotene that are found in green and yellow vegetables.



▶P20

15 Purple onion + Italian Dill Salad Cream 713kcal / about 200ml (53kcal / 1 big spoon)

Use onion directly without immersing in water so that the garlic can effectively accelerate blood circulation. Purple onion is good for anti-oxidation and contains cyanidin with pigment.



▶P21

16 Carrot Yellow Mustard Puree 94kcal / about 200ml

Carrot contains beta-carotene that contributes to maintaining healthy skin, and is a nutritional element with good anti-aging effects. Its oil content can promote absorption of the nutrition. The fragrance and sweetness of the puree come from the carrot peel. It is recommended to keep the carrot skin.



▶P23

## DESSERT

17 Hot Lemon Shake 240kcal / about 150ml

The lack of protein will cause skin roughness and wrinkles; thus, protein is quite essential for women. The gee yolk with its rich protein content combined with lemon of high Vitamin C content can effectively accelerate the absorption of nutrition.



▶P24

18 Apple Jam 213kcal / about 150ml (21kcal / 1 big spoon)

Do not need to peel the skin. The heated apple will shrink to reduce the dietary stress, just a small amount can provide dietary fibre and apple polyphenol.



▶P25

19 Ice Blended Avocado Smoothie 292kcal / about 200ml

Avocado is also known to be the 「butter from the forest. It is rich in Vitamin E and when combined with calcium source like milk, the drink can help alleviate daily agitation and fatigue. As the calorie is high, its recommended to be served during the day.



▶P26

20 Ice Blended Tomato Smoothie 179kcal / about 250ml

Tomato contains rich lycopene that has strong anti-oxidant functions to keep the blood clear. Ripe tomato is more nutritional.



▶P26

21 Ice Blended Lemon Smoothie 165kcal / about 200ml

Lemon contains Vitamin C and citrate acid that can prevent the formation of black spots and freckles, as well as effectively alleviate fatigue. The yellow pigment of lemon peel can resist active acid elements. As this drink recommends the use of preserved lemon skin, thus is best to purchase pesticide-free ones.



▶P26

22 Banana + Black Sesame + Soy Milk Hot Mousse 159kcal / about 200ml

Signs such as losing hair lustre and finger nail fracture, indicate that you are lacking in protein. Soy milk contains protein, while banana has Vitamin B6 that can accelerate protein metabolism. It is an effective nutrition supplementary drink.



▶P28

## BREAKFAST



### 1 Cherry Tomato + Sweet Red Pepper Smoothie

Cherry tomato and sweet pepper are a perfect match in terms of fragrance and sweetness. Ripe tomato will add to the flavour.

[Ingredient/finished product is about 220ml]

Cherry tomato	8	-	(80g)
* Remove the stem			
Sweet red pepper	1/2	(75g)	
* Remove the stem and seed, cut into blocks of 1.5cm			
Lemon juice	2	small spoons	
Honey	2	small spoons	
Water-	2	big spoons	
Ice cube	-	20g	

### 2 Carrot + Orange Ginger Smoothie

The fresh taste of orange combines with slightly spicy ginger. The fruit paste is pleasant to the tongue and stomach.

[Ingredient/finished product is about 240ml]

Orange	1	(net weight of 100g)
* Peel off, cut into blocks of 1.5cm		
Carrot	1/2	(75g)
* Peel off, cut into thickness of 3mm, then into 4 fan-shaped equitable parts		
Ginger	1.5	small spoons
* Ground into paste		
Lemon juice	2	small spoons
Honey	2	small spoons
Water	2	big spoons
Ice cube	-	20g



### 3 Leaf lettuce + Celery Leaf + Apple + Sweet Wine Smoothie

Two types of green leafy vegetables, plus apple and cold red wine, it is delicious and nutritious.

[Ingredient/finished product is about 240ml]

- Leaf lettuce - 1 (40g)
- \* Cut into shreds
- Celery leaf - 4 (10g)
- \* Cut into shreds
- Apple - 1/4 (net weight of 25g)

\* No peeling off, cut into thickness of 5mm, then into 4 fan-shaped equitable parts

- Sweet wine - 80ml
- \* Drink once chilled
- Lemon juice - 2 small spoons
- Cold water - 80ml

- [Decoration]
- Apple - Based on personal preference

### 4 Komatsuna + Parsley + Golden Kiwi + Konjac Jelly Smoothie

Komatsuna always used in vegetable or fruit juice, plus konjac jelly. Excellent kiwi flavour!

[Ingredient/finished product is about 200ml]

- Komatsuna - 1 (50g)
- \* Remove the hard stem and cut into small pieces
- Golden kiwi - 1 (100g)
- \* Peel off and cut into blocks of 1.5cm

- Konjac jelly - 60g
- Water - 3 big spoons
- Ice cube - 40g

- [Decoration]
- Golden kiwi - Based on personal preference

### 5 Kale + Sweet Wine + Ginger HotMousse

It is recommended to use the kale for lettuce salad, as the taste is smoother with sweet wine. The after-taste of ginger presents the layered tastes of the drink.

[Ingredient/finished product is about 150ml]

- Kale - 40g
- \* Cut into width of 1cm
- Ginger - 1.5 small spoons
- \* Ground into paste
- Sweet wine - 120ml
- Water - 30ml

[Process]

- 1 After blending, pour into a heat-resistant container to be heated in microwave according to your preference.



### 6 Ice Blended Blueberry + Cottage Cheese Smoothie

The sour and sweet blueberry with Cottage cheese, plus dense maple syrup is smooth and yummy. Excellent kiwi flavour!

[Ingredient/finished product is about 160ml]

- Blueberry - 80g
- Cottage cheese - 50g
- Lemon juice - 1 small spoon
- Maple syrup - 2 spoons
- Water - 2 big spoons
- Ice cube - 30g



### 7 Ice blended Strawberry + Greek Yogurt + Cornflakes Smoothie

Zero sugar content, flavourful strawberry taste. Enjoy the pure and intense flavours of Greek yogurt and cornflakes!

[Ingredient/finished product is about 220ml]

- Strawberry - Net weight of 100g
- \* Remove the stem and cut a cross
- Greek yogurt - 4 big spoons
- Cornflakes - 1/4 cup (20g)
- Water - 2 big spoons
- Ice cube - 30g



8

## Potato + Bamboo Shoots Puree

Japanese style combination with sweet potato, and bamboo shoot & shallot.  
The clear soup shall be sprinkled with pepper powder to lift the layered tastes.

[Ingredient/finished product is about 250ml]

Potato	-	1/2 (50g)
* Peel off, cut into 3mm thick, then into 4 fan-shaped equitable parts (thoroughly cooked)		
Bamboo shoot	-	70g
* Use after cooling down		
* Cut into thickness of 3mm, then into 4 fan-shaped equitable parts		
Shallot	-	15cm (15g)
* Cut into the size of a bite		
Olive oil	-	1/2 small spoon
Thin soup	-	170ml
Salt	-	1/6 small spoon
Pepper powder	-	Moderate amount

[Process]

- Fetch a small pan, pour olive oil and shallot for stirring with medium amount of heat.  
Cook the shallot to soft and add potato and bamboo shoot to fry.
- Put the stuff prepared in Step 1, salt, pepper powder and the remaining thin soup (120ml) into the Mason Glass Jug and stir.  
Pour the finished cuisine into a heat-resistant container, and heat in a microwave as per personal preferences.

9

## Bean curd + Red Wine Vinegar

To bring out the special flavour of bean curd, oil with special tastes is not recommended (such as rapeseed oil, rice bran oil and sunflower seed oil). There is no need to drain the bean curd as the water in the package can be used in cooking.

[Ingredient/finished product is about 180ml]

Tender bean curd	-	100g
* Cut into blocks of 1.5cm		
Garlic bulb	-	1/2 pc (2.5g)
* Mince		
Red wine vinegar	-	2 big spoons
Rapeseed oil	-	100ml
Salt	-	1/3 small spoon
Dijon yellow mustard	-	2 small spoons (x)
Honey	-	1 small spoon

[Process]

- Put in all ingredients, sprinkle Dijon yellow mustard, blend and emulsify.
- ※ Dijon yellow mustard features mellow taste.

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## Blue Cheese Sauce

Make a pure and delicious sauce with the fragrant blue cheese and its own salinity.  
It is suitable for vegetables with special flavours like cilantro.  
Mashed beans can also be added as per personal preferences.

[Ingredient/finished product is about 100ml]

Blue cheese	-	40g
* Tear into shreds		
Fresh cream	-	50ml
Olive oil	-	2 big spoons
Warm water	-	2 big spoons
Liquor vinegar	-	1 small spoon

[Process]

- Place the blue cheese into warm water and stir continuously till melting, then add in the remaining ingredients, till it gets thick.

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## Pumpkin + Chickpea Yogurt Soup

The slightly sour and sweet yogurt soup can be served with bread. The chickpea can be added to enhance soup flavours, if the pumpkin is considered too sweet.

[Ingredient/finished product is about 200ml]

- Pumpkin - 1/8 (net weight of 100g)
    - \* Remove the seed, stem and skin, cut into blocks of 1.5cm
  - Onion - 1/8 (25g)
    - \* Cut into thin slices
  - Garlic bulb - 1/2 pc (2.5g)
    - \* Mince
  - Chickpea (boiled) - 1/4 cup (30g)
  - Original flavour yogurt - 2 big spoons
  - Thin soup - 100ml
    - \* Served when cooled down
- [Decoration]
- Original flavour yogurt - Based on personal preference
  - Pumpkin skin - Based on personal preference

\* Cut into shreds

[Process]

- 1 Place the pumpkin, onion and carrot in a heat-resistant container and cover with cling film, leave a small opening and heat for 3 minutes in a microwave at 600W. Smash the hot pumpkin with a fork and release the hot air. Let the paste cool down.
- 2 Place the ingredients process in Step 1, chickpea, yogurt and thin soup into the Mason Glass Jug, blend till kind of getting thick.
- 3 Pour into a heat-resistant container, heat as per personal preferences.

12

## Fried Tomato + Green Olive Sauce

Fresh olive combines with the taste of tomato it is suitable to be served with bread, or blended in blanched potato or vegetable, simple and yummy!

[Ingredient/finished product is about 120ml]

- Dried tomato (tomato confit) - 2 (15g)
- Green olive (seedless) - 60g
- Small anchovy - 5 (10g)
- Garlic bulb - 1/2 pc (2.5g)
  - \* Mince
- Olive oil - 70ml

13

## Salty Indian Yogurt

Combined with cilantro and cumin powder, a fragrant yogurt. Apart from curry, Indian flavour toast chicken and Turkey cuisine, it is suitable for cuisine seasoned with new aromatic plants or vanilla.

[Ingredient/finished product is about 200ml]

- Original flavour yogurt - 100ml
  - Cilantro - 3 (6g)
    - \* Mince
  - Cumin powder - 1/6 small spoon
  - Salt - 1/6 small spoon
  - Cold water - 100ml
- [Decoration]
- Ice cube - Moderate amount
  - Cumin powder - As per personal preferences.



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DINNER



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## Argentine Green Sauce

A sauce loved by people in Argentina and Peru, the fresh mint combining Italian parsley is a multi-purpose sauce suitable for meat, fish or bread.

[Ingredient/finished product is about 100ml]

Mint	-	1.5 cups (20g)
* Cut into sections		
Italian parsley	-	1/2 cup (7g)
* Cut into sections		
Garlic bulb	-	1/2 pc (2.5g)
* Mince		
Olive oil	-	50ml
Red wine vinegar	-	1.5 big spoons
Water	-	2 big spoons
Cayenne red pepper powder (or House Foods spicy powder)	-	A small amount
Salt	-	1/3 small spoon

[Process]

- Blend till a bit granular taste of leaves remain to add flavour.

15

## Purple Onion + Italian Dill Salad Cream

The salad dressing made of aromatic plants bears the crisp taste of purple onion. It is very suitable for pickling.

[Ingredient/finished product is about 200ml]

Purple onion	-	1/2 (100g)
* Cut into blocks of 1cm		
Dill	-	2 (4g)
* Mince		
Olive oil	-	80ml
Lemon juice	-	2 big spoons
Dried oregano	-	1/2 small spoon
Salt	-	2/3 small spoon
Black pepper	-	Moderate amount

[Process]

- Blend until only a small amount of granular onion remains, the taste will be proper.

16

## Carrot

Yellow mustard puree  
Carrot and shallot stewed with wine can bring sweetness to the soup even without thin soup.

[Ingredient/finished product is about 200ml]

Carrot	-	1/2 (75g)
* No peeling off, cut into 3mm thick, then into 4 fan-shaped equitable parts		
Shallot	-	15cm (15g)
* Cut into sections		
Olive oil	-	1 small spoon
Wine	-	1 big spoon
Water	-	150ml
Salt	-	1/6 small spoon
Dijon yellow mustard ※	-	1/2 small spoon
[Decoration]		
Carrot leaf	-	Based on personal preference

[Process]

- Pour the olive oil into the pan and stir fry with carrot and shallot. Fry the shallot till becomes soft, pour in the wine and water (50ml) in the gesture of drawing a circle, cover the pan and stew for 10 minutes with low heat. Turn off the fire and let mixture cool down.
- Blend the ingredients prepared in Step 1 and the remaining parts. Pour into a heat-resistant container, and heat in a microwave as per personal references.

※ Dijon yellow mustard features mellow taste.



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## DESSERT



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17

## Hot Lemon Shake

The fresh yellow lemon shake topped with dense bubbles is pleasant to the eyes and tongue. A bit of brandy can be added to warm up the body.

[Ingredient/finished product is about 150ml]

Egg yolk	-	1
Lemon juice	-	45ml
Brandy ※	-	2 big spoons
Honey	-	1.5 big spoons
Water	-	80ml

[Process]

- All the ingredients are poured in the Mason Glass Jug to blend till bubble appears. Transfer it into a pot and heat up with low heat. Turn off the heat before it boils and pour in into a cup for consumption.

※ Please add brandy based on personal preferences.

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## Apple Jam

Apple with skin can be used to make sour and sweet jam. The Esopus Spitzenburg apple is recommended. The apple features strong sourness, and the original pulp colour and fragrance can be preserved even heated. Lemon juice can be added to season apples of other breeds.

[Ingredient/finished product is about 150ml]

Apple	-	A small one (150g)	[Process]
* Remove seed, preserve the skin, cut into 3-4mm thick, then into 4 fan-shaped equitable parts.			
Honey	-	2 big spoons	1
Lemon juice	-	1/2 big spoon	2
Water	-	2 big spoons	3

1 With a heat-resistant container, pour in the

2

3

25



## 19 Ice Blended Avocado Smoothie

The freshly made smoothie with dense avocado tastes like ice cream! Healthy and flavourful dessert.

[Ingredient/finished product is about 200ml]

- Avocado - A big one (net weight of 120g)
- \* Remove the seed and skin, cut into blocks of 1cm
- Low-fat milk - 60ml
- Condensed milk - 2 big spoons

[Process]

- 1 Wrap the processed avocado with cling film and freeze it in the freezer.
- 2 Semi-thaw Step 1 and mix with milk and condensed milk.

## 20 Ice Blended Tomato Smoothie

Use the seasonal tomato to make a dessert with distinctive flavour. New flavour with milk and condensed milk!

[Ingredient/finished product is about 250ml]

- Tomato - A big one (net weight of 200g)
- \* Remove the stem and cut into blocks of 1cm.
- Low-fat milk - 60ml
- Condensed milk - 2 big spoons

[Process]

- 1 Put the tomato into the freezer.
- 2 Semi-thaw Step 1 and mix with milk and condensed milk, till stirred to smoothie status.

## 21 Ice Blended Lemon Smoothie

The freshly made smoothie with dense avocado tastes like ice cream! Healthy and flavourful dessert.

[Ingredient/finished product is about 200ml]

- Lemon (pesticide free) - 1 (100g)
- Lemon drink - 150ml
- Condensed milk - 2 big spoons

[Process]

- 1 Pour the lemon drink into an ice cube tray and place in the freezer
- 2 Prepare some lemon peel, remove the white part between the pulp and skin, and cut the pulp into blocks of 1cm.
- 3 Place the skin, pulp and condensed milk prepared in Step 1 and 2 into the blender, stir till formation of smoothie.

**Semi-thaw standard** Frozen vegetables and drinks must be unfrozen to a state suitable for continuous blending (meaning uninterrupted blending for 1 minute at most).

- Avocado: Unfreeze the surface till it gets soft, while the inside remains frozen. (Microwave at 600W/50s)
- Tomato: Unfreeze the surface till water is coming out. (Microwave at 600W/30s)
- Lemon drink: Unfreeze to the state of scatter like smashed ice when poke with a fork. (Microwave at 600W/30-40s)



## 22 Banana + Black Sesame + Soy Milk Hot Mousse

Dense sesame fragrance!  
It is a light drink with satiating plentiful banana pulp.

[Ingredient/finished product is about 200ml]

- Banana - 1 (90g)
  - \* Cut into the size of a bite
  - Soy milk - 120ml
  - Black sesame (powder) - 1 big spoon
  - Honey - 1 small spoon
- [Decoration]
- Black sesame (powder) - Based on personal preference

[Process]

- 1 After blending, place into a heat-resistant container, heat in the microwave based on personal preferences.

### RECIPE AUTHOR



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Once a staff in a corporation, she then opted to become a nutritionist. After return from learning the art of cooking in Bahia of Brazil, she worked as a recipe book designer for Vegans Cafe, dealing with corporate planning and operation of food and goods. Now she is engaging in recipe proposals for enterprises and the media, nutrition consulting services, cuisine classrooms, catering development and others. She has published books including 「満たされスープ (世界文化社)」 and 「「やせウマ」 糖レシビ (Selbidu Shuppan)」. Lecturer of the Women's Nutrition University

## Solen Solo Blender

22 Recipes >>>  
Daily Smoothie, Soup, Dressing and Sauce for Health and Beauty

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- About the recipe book
- \* The recipes are designed for Solen Blender.
- \* The actual conditions or state of ingredients used may vary from the recipe book. It is recommended that you adjust the amount and heating time in accordance with the actual conditions of the ingredients.
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