

# MAKE YOUR OWN NATURAL VEGGIE DRINKS



...AND COOKING  
WITH THEIR PULPS

## Natural vegetal drinks

# Vegetal “milk”

In Europe, milk is **legally defined** as the “whitish secretion of the mammary glands of the mammals” (EC Regulation 1998/87), thus it would be inaccurate to call “vegetal milk” the drinks coming from any vegetal source.

However, in the USA, Japan and China, drinks made with a vegetal product, are called milk, the most common of them being Soya milk.

Even though many people believe the opposite, “vegetal milks”, as “animal milks”, **have been consumed for thousands of years**, and, if they are used in a balanced way, and are produced in a “natural way”, can provide many of the nutrients that the human body needs.

Please note that under European law, a “**natural drink**” is the one that has not been heat treated to lengthen its life.

Unfortunately, the same lobby food-corporations that drove ban on using the term “vegetable milk”, are the first to employ in their advertising the word “natural”, devaluating and debasing it (similar happens with the word “artisan”).

So from now on, we will call to the drinks made by ChufaMix as “raw veggie milks” or “raw veggie drinks”.

**Raw vegetal milks**, generally, are rich in i) unsaturated fats (that regulate cholesterol and triglycerides), ii) protein and calcium (even though there is less quantity than in animal milk, its proteins are of better quality and its calcium is kept better in the bones), iii) vitamins, iv) minerals, v) Polyphenols, vi) Phosphorus, vii) other nutrients, and viii) food fibre

Regarding **industrial vegetal milks**, as they undergo processes of pasteurization and/or sterilization, and homogenization process, they lose most of their nutritional benefits (among others, the anti-cholesterol effect of the unsaturated fats is gone).

Another distinctive feature between vegetal milks and animal milks (among mammals, only the human being, and just in some cultures, drinks animal milk after breastfeeding) is that vegetal milks do not contain lactose, gluten (except for cereal drinks) nor saturated fats, while animal milks do contain them.

And, if we consider that around 50% of the world's population is lactose intolerant (frequent in adult life), the symptoms of which range from abdominal colic to flatulence, slow growing in allergic children, diarrhoea and even a rash, we will see that, as the anthropologist Marvin Harris explained in his book *Good to Eat: Riddles of Food and Culture*, and as many doctors and nutritionists as the Japanese Hiromi Shinya say, and against the arguments of some governments and many multinationals:

"Milk is NOT good for all".

With this explanation **we don't pretend anyone to quit drinking animal milk as long as** it comes from animals that are not caged, not mistreated and not indiscriminately injected with chemical hormones.

Lactose can even be beneficial for those who are not lactose intolerant, and, for instance, live in northern countries where there is not much sun to be seen (because its rays are necessary, for a proper development of different biological processes in our body, some of which the lactose emulate).

However, **each of us is a different reality**, and our food needs vary depending on our age, activity, sex, geographic area where we live, and depending on the balance and unbalance with which we have lived and we live.

That is why, in Chufamix, we want to show you a **new alternative** that will allow you to produce any kind of raw vegetal milk in a fast, simple, funny and cheap way, with seeds, cereals, nuts, vegetables, and/or herbs.

You only need to have a mixer at home, your Chufamix, and good quality raw materials that, at best, we advise you to grow them yourself, or buy them directly to farmers, cooperatives, popular markets and/or shops or businesses committed to **local, organic and fair-trade agriculture**.

**Changing our attitude** towards this kind of responsible consumption, benefits small farmers and small companies, and helps recuperating the necessary food sovereignty of the peoples and the countries.

Finally, it must be said that the recipes that you will find in this Chufamix Recipe book are just **approximate recommendations** because the combinations of raw materials, quantities, nutritional contents, and tastes, are almost unlimited and depend on the preference and needs of each of us.

**We hope you enjoy** as much as we did developing these recipes.



# Index

<b>1</b>	WHAT IS CHUFAMIX .....	pág.	10
	• <i>How does ChufaMix work</i> .....	pág.	11
<b>2</b>	WITH OR WITHOUT SUGAR ( <i>Or other sweeteners</i> ) .....	pág.	12
<b>3</b>	20 TRICKS & TIPS .....	pág.	12
	1 <i>Preservation</i> .....	pág.	12
	2 <i>Sell by date</i> .....	pág.	12
	3 <i>Can we heat a natural drink taken from the fridge?</i> .....	pág.	12
	4 <i>Tricks to sweeten</i> .....	pág.	12
	5 <i>How to trap your drinks and to serve them in crushed ice</i> .....	pág.	13
	6 <i>Water temperature during production</i> .....	pág.	13
	7 <i>Chufamix, Thermomix, and other cereal mills, complementary</i> .....	pág.	13
	8 <i>No Turbo!</i> .....	pág.	13
	9 <i>How do I know at a guess if my drink is well mixed?</i> .....	pág.	13
	10 <i>Stratification</i> .....	pág.	13
	11 <i>I just want to produce half a litre</i> .....	pág.	13
	12 <i>How to get 1.5 litres(2.64 pints UK) instead of 1 litre(1.75 pints UK)</i> .....	pág.	13
	13 <i>The water</i> .....	pág.	13
	14 <i>Lets Marinate &amp; Macerate</i> .....	pág.	13
	15 <i>Avoid boiling water</i> .....	pág.	14
	16 <i>Coffee &amp; Milk</i> .....	pág.	14
	17 <i>Raw materials and unbeatable prices</i> .....	pág.	14
	18 <i>Organic food</i> .....	pág.	14
	19 <i>Which is the best vegetal milk?</i> .....	pág.	14
	20 <i>Exact measures?</i> .....	pág.	14



# 4 NATURAL VEGGIE DRINKS RECIPES

▶ 4.1	<b>NUTS</b>	pág.	15
▶	• <b>WALNUT JUICE</b> .....	pág.	15
	<i>Nutritional properties</i> .....	pág.	15
1	<i>Walnut juice</i> .....	pág.	16
2	<i>Walnut juice with cinnamon/vanilla and lemon</i> .....	pág.	17
3	<i>Walnut Kokoa</i> .....	pág.	18
▶	• <b>ALMONDS JUICE</b> .....	pág.	19
	<i>Nutritional properties</i> .....	pág.	19
4	<i>Almond juice (With Ground Almond)</i> .....	pág.	20
5	<i>Almond juice (with whole almond)</i> .....	pág.	21
6	<i>Almond juice with cinnamon and lemon or orange</i> .....	pág.	22
7	<i>Almond juice with vanilla</i> .....	pág.	23
▶	• <b>HAZELNUT JUICE</b> .....	pág.	24
	<i>Nutritional properties</i> .....	pág.	24
8	<i>Hazelnuts juice (with ground hazelnuts)</i> .....	pág.	25
9	<i>Hazelnuts juice (with whole hazelnuts)</i> .....	pág.	26
10	<i>Hazelnuts juice with cinnamon and lemon or orange</i> .....	pág.	27
11	<i>Hazelnut Kokoa</i> .....	pág.	28
12	<i>Mixed Nuts juice (alone or with fruits)</i> .....	pág.	29



▶	•PEANUT “MILK” .....	pág. 30
	<i>Nutritional properties</i> .....	pág. 30
13	<i>Peanut “milk”</i> .....	pág. 31
14	<i>CHESTNUTS JUICE</i> .....	pág. 32
▶	4.2 MUESLI NATURAL DRINK .....	pág. 33
	<i>What is Muesli?</i> .....	pág. 33
15	<i>MUESLI NATURAL DRINK</i> .....	pág. 34
▶	4.3 HORCHATA DE CHUFAS (Earth Almond or Orxata nuts Orxata)	
	<i>What is Horchata?</i> .....	pág. 35
	<i>Nutritional properties</i> .....	pág. 37
16	<i>EARTH ALMOND HORCHATA (WITH GROUND ORXATA NUTS)</i> .....	pág. 38
17	<i>EARTH ALMOND HORCHATA (WITH SOAKED DRY ORXATA NUTS)</i> .....	pág. 39
18	<i>Earth almond horchata with cinnamon and lemon</i> .....	pág. 40
19	<i>Orange Horchata</i> .....	pág. 40
20	<i>Popeye’s horchata (horchata &amp; raw spinach)</i> .....	pág. 40
21	<i>Solarium horchata (horchata &amp; carrot)</i> .....	pág. 40
22	<i>Tigernut-coa (horchata &amp; cocoa)</i> .....	pág. 40
23	<i>Strawberry horchata (horchata &amp; strawberries)</i> .....	pág. 40
24	<i>Canary horchata (horchata &amp; banana)</i> .....	pág. 41
25	<i>Melon horchata (horchata &amp; melon)</i> .....	pág. 41
26	<i>Pineapple horchata (horchata &amp; pineapple)</i> .....	pág. 41



27	<i>Peach horchata</i> (horchata & peach/apricot).....	pág.	41
28	<i>Pear horchata</i> (horchata & pear) .....	pág.	41
29	<i>Horchata with Kiwi</i> .....	pág.	41
30	<i>Panchito horchata</i> (horchata&coffee) .....	pág.	41
	<b>•HORCHATA COCKTAILS</b> .....	pág.	42
31	<i>Barraqueta: 20 ml. of coffee liquor</i> .....	pág.	42
32	<i>Trinquet: 10 ml. of anisette, "cazalla" or "pastis"</i> .....	pág.	42
33	<i>Ronchata: 20 ml. of rum cane</i> .....	pág.	42
34	<i>Peché horchata: 20 ml. of "Peché" whisky</i> .....	pág.	42
35	<i>Horchata sunrise: 20 ml. of tequila</i> .....	pág.	42
36	<i>B. B. Marley: 20 ml. of Malibu coconut liquor</i> .....	pág.	42
37	<i>Tiger Daniels: 20 ml. of bourbon</i> .....	pág.	42

## ▶ 4.4 SEEDS JUICES

	<b>•MELON SEEDS HORCHATA</b> .....	pág.	43
	<i>Nutritional properties</i> .....	pág.	43
38	<i>MELON SEEDS HORCHATA</i> .....	pág.	44
	<b>•PUMPKIN SEEDS JUICE</b> .....	pág.	45
	<i>Nutritional properties</i> .....	pág.	45
39	<i>PUMPKIN SEEDS HORCHATA</i> .....	pág.	46
40	<i>PUMPKIN SEEDS AND BEETROOT JUICE</i> .....	pág.	47
	<b>•BIRDSEED JUICE</b> .....	pág.	48
	<i>Nutritional properties</i> .....	pág.	48
41	<i>BIRDSEED JUICE</i> .....	pág.	49
42	<i>HEMP SEEDS JUICE</i> .....	pág.	50



## ▶ 4.5 CEREALS

	•OATS VEGGIE DRINK .....	pág. 51
	<i>Nutritional properties</i> .....	pág. 51
43	OATS VEGGIE DRINK (WITH FINE ROLLED OATS) .....	pág 52
44	OATS VEGGIE DRINK (WITH OATS GRAINS) .....	pág 53
45	OATS WITH VANILLA .....	pág. 54
46	OATS AND HAZELNUT .....	pág. 55
47	OATS WITH FRUITS AND/OR VEGETABLES* .....	pág. 56
	<i>*FRUIT QUANTITIES (47 to 57)</i> .....	pág. 57
58	KokOats .....	pág. 58
59	Oats with carob .....	pág. 59
60	Oats and lettuce* .....	pág. 60
▶	•RICE HORCHATA .....	pág. 61
	<i>Nutritional properties</i> .....	pág. 61
61	Rice Horchata (with rice flakes) .....	pág. 62
62	Rice Horchata (with left overs of cooked rice) .....	pág. 63
63	Rice milk (with raw rice) .....	pág. 64
64	Rice milk with hazelnuts (or other nuts) .....	pág. 65
65	Rice milk with seaweed .....	pág. 66
▶	•SPELT JUICE .....	pág. 67
	<i>Nutritional properties</i> .....	pág. 67
66	Spelt juice .....	pág. 68
67	Spelt juice with fruits .....	pág. 69
68	Spelt juice with cocoa .....	pág. 69





▶ **4.6 SOYA MILK**

*Nutritional properties* ..... pág. **70**

69 *Soya Milk (with h precooked Soya )* ..... pág. **72**

70 *Soya milk (with grain or grain cut into pieces)* ..... pág. **73**

71 *Soya milk with nuts* ..... pág. **74**

72 *Soya milk with fruits (72 to 82)* ..... pág. **75**

83 *Soyakoa* ..... pág. **76**

84 *Soya milk with carob* ..... pág. **77**

85 *Orange Soya milk* ..... pág. **78**

▶ **4.7 VEGGIE DRINKS WITH A TEA BASE** (86 to 89) ..... pág. **79**

▶ **4.8 FRUITS AND VEGETABLES JUICES** ..... pág. **80**

*Properties* ..... pág. **80**

90 *Grape juice* ..... pág. **81**

91 *Vegetables juice (liquid gazpacho)* ..... pág. **82**

▶ **•COCONUT MILK** ..... pág. **83**

*Nutritional properties* ..... pág. **83**

92 *Coconut milk* ..... pág. **84**



## 5 COOK WITH CHUFAMIX'S PULPS

▶ 5.0 TRICKS ABOUT CHUFAMIX'S PULPS .....	pág. 85
▶ 5.1 CULINARY RECIPES .....	pág. 86
<i>Orxata nuts biscuits</i> .....	pág. 87
<i>TAlmond and coconut Truffles</i> .....	pág. 88
<i>Salento's almonds cake</i> .....	pág. 89
<i>Chocolate cake</i> .....	pág. 90
<i>Orxata nuts Cakes -Egyptian recipe 1504-1450 B.C.</i> .....	pág. 91
<i>Peach and nectarine jam and juice</i> .....	pág. 92
<i>Cocoa and nuts cream (homemade nutzillo)</i> .....	pág. 93
<i>Paté crudo de Almendra con hierbas</i> .....	pág. 94
<i>VeggiBurguers de pulpa de Avena y Cereales</i> .....	pág. 95
<i>Broccoli gratinados con bechamel de soja</i> .....	pág. 96
<i>Pasta al horno con bechamel de soja al estilo de Salento</i> .....	pág. 97



Welcome to the



ChufaMix<sup>®</sup>

Veggie Drinks Maker

Recipe book



# 1. WHAT IS CHUFAMIX



# ChufaMix® Veggie Drinks Maker

ChufaMix® is the first device to squeeze out nuts, cereals, seeds and herbs.

Have fun elaborating fresh and delicious natural drinks in a fast and easy way with this revolutionary kitchen tool:

- **nuts juices:** almonds, hazelnuts, walnuts, chestnuts, etc.
- **Seeds juices:** quinoa, sesame, hemp, pumpkins, sunflowers, etc.
- **Cereals beverages:** oats, rice, spelt, millets, etc.
- **Legumes milks:** soya, peanuts, peas, etc.
- **Orxata:** Orxata nuts or earth-almonds.
- **Fantasy shakes:** mixing fruits with nuts, seeds or cereals.
- **Nutritious cocktails.**
- **Vegetable juices** and any type of fresh "gazpachos".
- **Other culinary creations.**

You only need to have at home a stab-mixer or stick-blender, your ChufaMix®, 5 minutes of time and the wish to live an experience radically different to the one proposed by the industrial packaged drinks available in the market.

*With ChufaMix...  
from nature straight to your glass!*

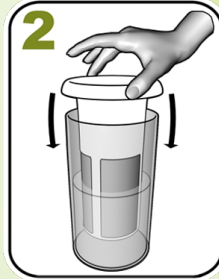


· How does ChufaMix work

6 Easy steps:



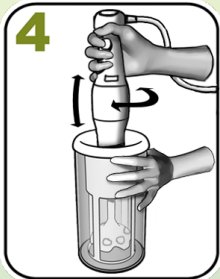
Fill the container up to the mark of 1/2 litre or 1 litre with drinking water.



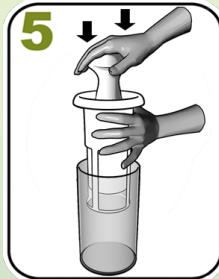
Fit the filtering glass in the container.



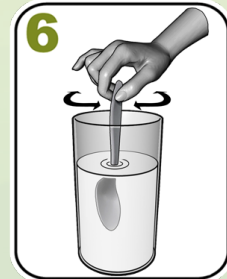
Pour the nuts, cereals, or seeds, into the filter glass.



Insert the stabmixer or hand blender (Not included) and mix gently for 1 minute.



Place the mortar in the filter and gently press to squeeze the last drops.



Add sugar or other sweetener, or non if you prefer your natural drink with no sugar.



## 2 WITH OR WITHOUT SUGAR (OR OTHER SWEETENERS)

Adding or not sweeteners to your natural veggie drink depends on the preferences and habits of each person.

Some vegan and vegetarian people, and all the people who share the macrobiotic philosophy, refuse to eat sugar due to health reasons, philosophy, or even to avoid “dressing” the original taste of food.

What we do recommend is that, if you sweeten your drinks with sugar, which in the case of nuts juices and Orxata nuts horchata, may enhance its taste, use sugars that are not refined.

There are other natural sweeteners of high quality that you can use, such as honey, cane juice or palm sap, agave, maple syrup, stevia, several organic molasses...

In the recipes of this book, you will find, in all recipes, the approximate weight of sweeteners, so those of you who wish to sweeten your natural veggie drinks will have the necessary references.



## 3 20 TRICKS & TIPS

- 1- **Preservation:** Natural drinks must always be kept in the fridge.
- 2- **Sell-by date:** It ranges from 3 to 7 days in cold, depending on the power of your fridge (the colder it is, it will be better preserved) and on the natural drink that you are producing (each dry fruit, seed or herb has its own characteristics).
- 3- **Can we heat a natural drink taken from the fridge?** Yes, but once it is hot, we must drink it, and we must not put it again in the fridge.
- 4- **Tricks to sweeten:**
  - A) The trick for houses where people who like it sweet and people who don't live together, is to keep in the fridge the pan or bottle with the natural veggie drink without sugar, and when each one takes a glass, the ones who like it sweet can add its sweetener individually, as you do, for instance, with coffee.
  - B) If you know that all of you want it sweet, put the chosen sweetener at the beginning of the process inside the filter and mix it all together with the stab mixer.
  - C) You can also sweeten your vegetal drinks by adding ripe natural fruits in the Chufamix filter-glass: bananas, strawberries, dates, raisins, melons, figs, kiwifruits, pears, etc. (this way you will also add their vitamins to the veggie drink you make).



**5- How to frap your drinks and to serve them in crushed ice:** If you wish to frap or serve in crushed ice your natural veggie drink, there are several alternatives, among which we point out two, even though there are others, maybe better:

- A) Putting our vegetal drink into the freezer for two or three hours, and before it freezes, mix it with the mixer until it is approximately crushed ice.
- B) With the vegetal drink frozen, take it out 3 or 4 hours before drinking it, and mix it with the mixer until the ice is crushed.

**6- Water temperature during production:** Be aware, because there are some raw materials that need hot water for their proper extraction (i.e. cereals), as it is explained in each drink's recipe.

**7- Chufamix, Thermomix, and other cereal mills, complementary:** Thermomix is a great invention that has eased life in many kitchens throughout the world, but at last until now, it doesn't filter the vegetal drinks it produces. And, as the people who produce their own natural veggie drinks at home know well, to filter with a strainer or gauze, is a process that requires time and patience.

Anyway, the Thermomix and other cereal mills do grind seeds and grains no matter how hard they are, that is why, those who have one at home, should know that these machines and tools, joined to Chufamix offer a wonderful technical association, because, for example:

"Hard" seeds such as for example oats, Orxata nuts, soya or spelt, can be crushed in dry (not with added water) very fast, and then you can introduce the crushed seed in the Chufamix filter, mixing it and filtering it in less than 5 minutes (avoiding the need to soak the "hard" seed for 24 hours).

**8- No Turbo!** If your stab-mixer or hand-blender has a turbo mode, don't use it if you are using nuts, tigernut, or veg-snowflakes such as i.e. muesli, better use it in the "soft" or "normal" mode, during approximately one minute.

If the seeds you are using are very small such as for example hemp seeds, birdseeds, or sesame seeds, you can switch to the turbo mode to optimize extraction.

**9- How do I know at a guess if my drink is well mixed?** While you are using the mixer, look at how the drink homogenizes until you can see the froth in the upper part, when you see that froth, that means the drink is ready. It is also important to listen and to smell: listen how the mixer's blades are no longer crushing anything, that means that the fruit is well crushed, and smelling, with the nose close to the recipient, will allow us to smell the particular aroma that each veggie drink has. After practising, sight, hearing and smell will tell you when your drink is ready, without using a clock.

**10- Stratification:** Some drinks as oats or rice may stratify in just few minutes or hours if you don't use hot water following instructions, and others, such as Orxata nuts and peanut, may leave dregs. Anyway, if they happen, these processes are nature driven and the only thing we must do is to move the recipient, until we homogenize the product before drinking.

**11- I just want to produce half a litre:** It is very easy, just put half the quantities of this book's recipes (almost all of them are thought for one litre). Be aware, because Chufamix has not been designed to produce less than half a litre (it doesn't squeeze or filter properly) or a litre and a half (veggie drinks would be watered-down).

**12- How to get 1.5 litres(2.64 pints UK) instead of 1 litre(1.75 pints UK):** A remark and a trick:

**A remark:** When you produce any drink with Chufamix, you must keep in mind that you will get a bit more; this is, if you put one litre, as you will add the essence of the raw material used, instead of a litre, you will get between 70ml and 450ml more quantity (in grape more, in seeds like birdseed, less).

**Trick:** Especially with Orxata nuts, and probably also with other seeds (even though we haven't tested that yet) you can get half a litre more of your veggie drink. You have to take out of the recipient the first litre produced, and don't throw away the pulp, put in the recipient half a litre more, and use the stab-mixer or hand-blender for another minute. You will have a delicious veggie drink, but softer, so the best option is to mix that half a litre with the litre you already made, and put it in the fridge to let it settle. The following day your veggie drink will be just right, full-bodied, with an excellent taste.

**13- The water:** Water quality is essential for any natural veggie drink, so if tap water is good in your area, use it without worries. If it has too much lime, chlorine, fluorine, bad taste, or proceeds from desalination plant, use a "purifying" bottle or use mineral water. If you are lucky enough to have a water spring with pure mountain water nearby, don't think twice, fill your bottles and use that water in your veggie drinks.

**14- Lets Marinate & Macerate:** If you wish a maximum gourmet experience and you have time and little bit of patience, follow this trick. Once you have well crushed the



seeds, nuts, herbs, or cereals with your stab-mixer or hand-blender, let them marinate or soak at least 5 minutes inside the container. Then you just need to follow the steps of the recipe book taking the filter glass out of the water and pushing with the ChufaMix mortar slowly so that you squeeze the last drops of the seeds, cereals or nuts pulp.

**15. Avoid boiling water:** As you will see in this recipe book, with cereals you will need to use hot water to optimize extraction, however, avoid completely introducing boiling water into ChufaMix (temperature over 80° Celsius).

**16. Coffee & Milk:** If you want a really marvellous and different taste on your coffee at the same time that you increase its healthiness, just mix your coffee with any of the veggie natural drinks of this recipe book, you will get happily surprised.

**17. Raw materials and unbeatable prices:** In any herbalist's, organic shop and also in some quality supermarkets, you can find good quality raw materials, the ones that you need to produce your natural veggie drinks.

For example, a 500 grams (17.6 ounces) packet of organic rolled oats, in any of these shops, costs around 2 euros (year 2012 price lists), and with this you can produce 10 litres of oats "milk", so one litre would cost you 20 cents if you use tap water, and you don't add any sweetener.

This table will tell you the approximate cost of one litre of natural veggie drink produced at home (year 2012):

Natural Vegetal Drink	Euros / 1 litre (2012)	Grams / Litre	Water to produce	Format
Organic Oats	20 cents	50 grams.	Between 60° and 80°	Fine rolled oats, or soaked, ground or boiled grain
Organic Rice	30 cents	50 grams.	Between 60° and 80°	Flakes, grow, or cooked rice
Organic Spelt	40 cents	70 grams.	Between 60° and 80°	Flakes, grow, ground, or cooked spelt
Organic Soya	50 cents	70 grams.	Between 60° and 80°	Precooked, ground or cut in pieces grain
Organic Muesli	1 euro	150 grams.	Between 1° and 40°	Different types of Muesli (i.e. with chocolate or with raisins)
Dry Tigernut	1'5 euros	225 grams.	Between 1° and 40°	Seed
Ground Tigernut	3 euros	225 grams. (1,5 l.)	Between 1° and 40°	Ground seed
Birdseed	1,92 cents	120 grams.	Between 60° and 80°	Seed
Nuts	Between 2,5 y 5 euros	180 grams.	Between 1° and 40°	Whole or ground nuts

**18- Organic food:** Looking at the table, it is clear that we can eat organic food, a lot cheaper than industrial products, and it is worth the effort, because organic foods are more respectful with the environment, the farmers, and of course, with our health.

**19- Which is the best vegetal milk?** The balance for a healthy and regulated body is found in variety. Because of this, our advice is to change natural veggie drinks each week, that way you will take the widest possible range of natural active ingredients in your body, balancing and strengthening it.

**20- Exact measures?** The recipes that you will find in this ChufaMix book are *just approximate recommendations* because the combinations of raw materials, quantities, nutritional contents, and tastes, are almost unlimited, and will depend on our needs and tastes. Each of us is a different reality, and our food needs vary depending on our age, activity, sex, geographic area where we live, and depending on the balance and unbalance with which we have lived and we live.





## 4 NATURAL VEGGIE DRINKS RECIPES

### 4.1 NUTS

## WALNUT JUICE

### Nutritional properties

As the rest of nuts, it doesn't have gluten or lactose, and it is very rich in oleic acid, which makes it healthy for the heart, and corrects bad cholesterol levels.

Walnut juice is very nutritious and proteinic, with a lot of energy, so it is not recommended to drink more than one glass per day, preferably during the mornings.

It is very rich in oligoelements, vitamin C, vitamins of the B group, lecithin and fat acids omega 3 (polyunsaturated).

Its oleic acid is excellent to regulate cholesterol levels and to improve the circulation of the blood, two of the reasons why as mentioned before, it is considered healthy for the heart.





## Nº 1. WALNUT JUICE

### Ingredients

1 litre of water.

150 grams of whole walnuts.

85 grams of sugar/70 grams of Cane juice/70 grams of honey/40 ml of Agave.

### Preparation

1. Fill the ChufaMix container with 1 litre of water
2. Put the whole walnuts, and the sweetener if you wish, in the filter glass
3. Put the mixer and mix the walnut for approximately 1 minute.
4. Take the filter glass out of the water, move it with a wooden spoon or spatula until you see the pulp, then put the ChufaMix mortar slowly, and squash it until you squeeze the last drops of the walnut's pulp.

### Water temperature

We can produce it with natural or cold water.

If you are not going to drink it right now, keep in the fridge.





## Nº 2. WALNUT JUICE WITH CINNAMON/VANILLA AND LEMON

### Ingredients

1 litre of water.

150 grams of whole walnuts.

85 grams of sugar/70 grams of Cane juice/70 grams of honey/40 ml of Agave.

1/8 of a lemon or lime peel.

*A bit of cinnamon powder or a small branch of cinnamon cut into pieces, or a spoonful of vanilla sugar or a little bit of vanilla aroma.*



### Preparation

1. Fill the Chufamix container with 1 litre of water.
2. Put the whole walnuts, the sweetener, the peel, and the cinnamon or vanilla in the filter glass.
3. Put the mixer and mix it all up for approximately one minute.
4. Take the filter glass out of the water, move it with a wooden spoon or spatula until you see the pulp, then put the Chufamix mortar slowly, and squash it until you squeeze the last drops of the walnut's pulp.

### Water temperature

We can produce it with natural or cold water.

If you are not going to drink it right now, keep in the fridge.



## Nº 3. WALNUT KOKOA

### Ingredients

1 litre of water.

150 grams of whole walnuts.

95 grams of sugar/75 grams of Cane juice/75 grams of honey/50 ml of Agave.

25 grams of pure powder cocoa.

1/4 of an orange or tangerine peel.



### Preparation

1. Fill the Chufamix container with 1 litre of water.
2. Put the whole walnuts, the sweetener, the peel, and the cocoa in the filter glass.
3. Put the mixer and mix it all up for approximately 1 minute.
4. Take the filter glass out of the water, move it with a wooden spoon or spatula until you see the pulp, then put the Chufamix mortar slowly, and squash it until you squeeze the last drops of the walnut's pulp.

### Water temperature

We can produce it with natural or cold water.

If you are not going to drink it right now, keep in the fridge.



# ALMONDS JUICE

## Nutritional properties

As the other nuts, it doesn't have gluten or lactose, and it is very rich in oleic oil, which makes it healthy for the heart and corrects bad cholesterol levels.

Furthermore, as Orxata nuts horchata, almonds juice has been recommended during centuries by Mediterranean midwives to pregnant and lactating women, because it helps milk secretion, and it also has a high content in Phosphorus, Calcium and Potassium, which helps strengthening bones, and because of this it is recommended for children and teenagers that are growing up.

Its low content of sodium makes it especially advisable for people who suffer heart diseases.

It is also a good dietary supplement in winter due to its high content of fats (unsaturated fats) and carbohydrates, and it is recommended to take it in the morning or before any physical effort or any sport.

Since the middle ages to our day, almond juice (also known as "almond milk" or "almond horchata") has been used as an alternative to animal milk in many gastronomic recipes, especially in the Mediterranean (southern Italy, Balearic Islands, etc).





## Nº 4. ALMOND JUICE (WITH GROUND ALMOND)

### Ingredients

- 1 litre of water.
- 200 grams of ground almond.
- 85 grams of sugar/70 grams of Cane juice/70 grams of honey/40 ml of Agave.



### Preparation

1. Fill the ChufaMix container with 1 litre of water.
2. Put the ground almond, and the sweetener if you wish, in the filter glass.
3. Put the mixer, and mix the almond for approximately 1 minute.
4. Take the filter glass out of the water, put the ChufaMix mortar slowly, and crush it until you squeeze the last drops of the almond's pulp.

### Water temperature

We can produce it with natural or cold water.

If you are not going to drink it right now, keep in the fridge.



## Nº 5. ALMOND JUICE (WITH WHOLE ALMOND)

### Ingredients

1 litre of water.

200 grams of whole almond.

85 grams of sugar/70 grams of Cane juice/70 grams of honey/40 ml of Agave.

### Preparation

1. Fill the ChufaMix container with 1 litre of water.
2. Put the whole almond and the sweetener if you wish, in the filter glass.
3. Leave the almond soaking for 5 minutes.
4. Put the mixer and mix it for 2 minutes.
5. Let it marinate for at least 5 minutes.
6. Take the filter glass out of the water, put the Chufamix mortar slowly, and crush it until you squeeze the last drops of the almond's pulp.

### Water temperature

We can produce it with natural or cold water.

If you are not going to drink it right now, keep in the fridge.



## Nº 6. ALMOND JUICE WITH CINNAMON AND LEMON OR ORANGE

### Ingredients

1 litre of water.

Between 150 and 200 grams of ground or whole almond.

85 grams of sugar/60 grams of Cane juice/60 grams of honey/40 ml of Agave.

1/8 of lemon or lime peel or 1/4 of an orange peel.

A bit of powder cinnamon (half a spoonful) or a cinnamon branch cut into pieces.

### Preparation

Same method as in recipe Nº 1 if you use ground almond, and same as in Nº 2 if you use whole almond. Add in the filter glass the peel and the cinnamon. Mix it all.

### Water temperature

We can produce it with natural or cold water.

If you are not going to drink it right now, keep in the fridge.





## Nº 7. ALMOND JUICE WITH VANILLA

### Ingredients

1 litre of water.

Between 150 and 200 grams of ground or whole almond.

80 grams of sugar/55 grams of Cane juice/55 grams of honey/35 ml of Agave.

2 spoonful of vanilla sugar or a bit of vanilla aroma.

### Preparation

Same method as in recipe Nº 1 if you use ground almond, and same as in Nº 2 if you use whole almond. Add in the filter glass the vanilla sugar or a bit of vanilla aroma. Mix it all.

### Water temperature

We can produce it with natural or cold water.

If you are not going to drink it right now, keep in the fridge.



# HAZELNUT JUICE

## Nutritional properties

As all other nuts, it doesn't have gluten or lactose, and it is rich in oleic acid, which makes it heart healthy and corrects bad cholesterol levels.

Hazelnut juice or "milk" has a high nutritional value, because it has 16% of proteins and 60% of unsaturated oils, which makes it an ideal energy supplement for children that are growing.

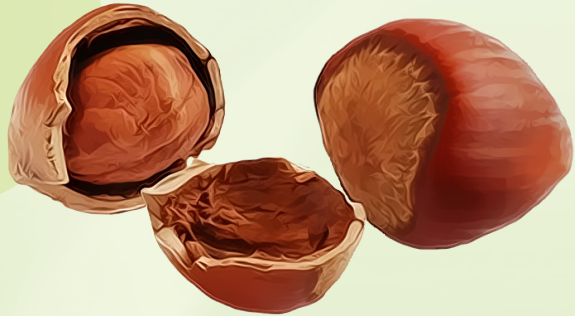
Furthermore it has good levels of Niacin, Thiamin and key minerals such as Calcium, Phosphorus, Magnesium and Potassium which are important to strengthen the bones properly and necessary to develop muscular exercise.

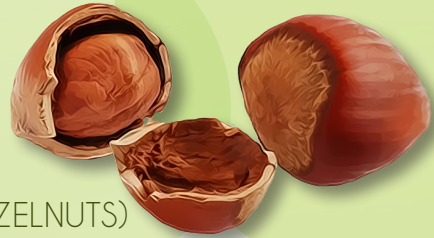
It is rich in proteins, although you need, in order to complete its contribution, proteins from other foods or veggie drinks such as cereals or pulse and legumes, among others.

It has Folic acid, necessary during gestation for the foetus' growth, and zinc, an important active ingredient during a child's growth.

With just a daily glass of hazelnut juice, you can have more than 60% of the daily recommended quantity of vitamin E, an antioxidant nutrient that protects red corpuscles and muscular cells, as well as it minimises the deterioration of cell membranes of the nervous system and the cardiovascular system.

Together with its high content in oleic acid, these are some of the main nutritional reasons why many doctors and scientists think that eating regularly nuts may help to prevent several degenerative diseases, important cardiovascular problems and even some kinds of cancer.





## Nº 8. HAZELNUTS JUICE (WITH GROUND HAZELNUTS)

### Ingredients

1 litre of water.

200 grams of ground hazelnut.

85 grams of sugar/70 grams of Cane juice/70 grams of honey/40 ml of Agave.

### Preparation

1. Fill the Chufamix container with 1 litre of water
2. Put the ground hazelnut and the sweetener that you wish in the filter glass
3. Put the mixer and mix the hazelnut for approximately 1 minute
4. Take the filter glass out of the water, put the Chufamix mortar slowly, and crush it until you squeeze the last drops of the hazelnut's pulp

### Water temperature

We can produce it with natural or cold water.

If you are not going to drink it right now, keep in the fridge.



## Nº 9. HAZELNUTS JUICE (WITH WHOLE HAZELNUTS)

### Ingredients

1 litre of water.  
200 grams of whole hazelnuts.  
85 grams of sugar/70 grams of Cane juice/70 grams of honey/40 ml of Agave.



### Preparation

1. Fill the Chufamix container with 1 litre of water.
2. Put the whole hazelnuts, and the sweetener if you wish in the filter glass.
3. Leave the hazelnuts soaking for 5 minutes.
4. Put the mixer and mix the hazelnut for 2 minutes.
5. Let it marinate for at least 3 minutes.
6. Take the filter glass out of the water, put the Chufamix mortar slowly, and crush it until you squeeze the last drops of the hazelnut's pulp.

### Water temperature

We can produce it with natural or cold water.  
If you are not going to drink it right now, keep in the fridge.



## Nº 10. HAZELNUTS JUICE WITH CINNAMON AND LEMON OR ORANGE

### Ingredients

1 litre of water.

Between 150 and 200 grams of ground or whole hazelnuts.

85 grams of sugar/60 grams of Cane juice/60 grams of honey/40 ml of Agave.

1/8 of a lemon or lime peel, or 1/4 of an orange or tangerine peel.

A bit of cinnamon powder or a small branch of cinnamon cut into pieces.

### Preparation

Use the same method as in recipe Nº 8 if ground hazelnut is being used, and as in Nº 9 if whole hazelnut is being used. Add the peel and the cinnamon in the filter. Mix it all.

### Water temperature

We can produce it with natural or cold water.

If you are not going to drink it right now, keep in the fridge.



## Nº 11. HAZELNUT KOKOA

### Ingredients

1 litre of water.  
200 grams of ground hazelnuts.  
25 grams of pure powder cocoa.  
90 grams of sugar/75 grams of Cane juice/75 grams of honey/50 ml of Agave.

*Optional:* 1/4 of an orange or tangerine peel.



### Preparation

1. Fill the Chufamix container with 1 litre of water.
2. Put the ground hazelnut, the cocoa, and the sweetener in the filter glass.
3. Put the mixer, and mix the hazelnut 1 minute.
4. Take the filter glass out of the water, put the Chufamix mortar slowly, and crush it until you squeeze the last drops of the hazelnut's pulp.

### Water temperature

We can produce it with natural or cold water.  
If you are not going to drink it right now, keep in the fridge.



## Nº 12. MIXED NUTS JUICE (ALONE OR WITH FRUITS)

### Ingredients

1 litre of water.  
150 or 200 grams of mixed nuts balanced as we want.  
85 grams of sugar/70 grams of Cane juice/70 grams of honey/40 ml  
of Agave.

**Optional:** 1 banana / 5 strawberries / 12 blackberries or cranberries / 1 peach / 1 pear  
/ piece of melon / 1 carrot / 1 kiwi / others.



### Preparation

1. Fill the Chufamix container with 1 litre of water.
2. Put the whole or ground nuts, the sweetener, and the fruits in the filter glass.
3. Put the mixer and mix it all up for approximately 1,5 minutes.
4. Let it marinate for at least 2 minutes.
5. Take the filter glass out of the water, move it with a wooden spoon or spatula until you see the pulp, then put the Chufamix mortar slowly, and squash it until you squeeze the last drops of the mixed pulp.

### Water temperature

We can produce it with natural or cold water.  
If you are not going to drink it right now, keep in the fridge.



# PEANUT "MILK"

## Nutritional properties



Peanut is a leguminous plant, more than 7000 years old, the ancient Incas already cultivated it.

Peanut natural juice provides our body with more than 30 essential nutrients and phytonutrients such as folic acid, niacin, phosphorus, fibre, magnesium, vitamin E and manganese. Furthermore in recent studies, several natural ingredients have been found which work as antioxidants.

Regarding Niacin, it is essential to keep mental agility and speed when we get older, as well as to have a proper blood flow.

As the veggie drinks made with nuts and cereals, peanuts' natural vegetal juice is free from Trans and sodium fats and has around 25% of proteins.

One of its main properties is reducing cholesterol level in blood, so it may help people with high levels of cholesterol (hypercholesterolemia).

Usual consumption of peanuts stimulates digestive processes. Because of this, it is advisable for people that suffer constipation or slow digestion.

Finally, peanuts' "milk" has important doses of Resveratrol, a natural ingredient that has been associated in scientific studies, although not demonstrated, to reduction of the risk of cardiovascular attack and some types of cancer, and it is also a source of the coenzyme Q as the blue fish or spinach.





## Nº 13. PEANUT “MILK”

### Ingredients

1 litre of water.

200 grams of toasted peanuts with or without salt.

70 grams of sugar/40 grams of Cane juice/40 grams of honey/25 ml of Agave.



### Preparation

1. Fill the Chufamix container with 1 litre of water.
2. Put the peanuts in the filter glass and leave it soak for 2 minutes.
3. Switch the stab mixer and mix the peanuts for 1 minute.
4. Take the filter glass out of the water, put the Chufamix mortar slowly, and squash until you squeeze the last drops of the peanuts' pulp.

### Water temperature

Do it with natural or cold water, as you prefer.

If you are not going to drink it right now, keep in the fridge.



## Nº 14. CHESTNUTS JUICE

### Ingredients

1/2 litre of water.

100 grams of roasted or toasted chestnuts (aprox. 12 chestnuts).

40 grams of sugar/30 grams of Cane juice/30 grams of honey/20 ml of Agave.

### Preparation

1. *Fill the Chufamix container with 1/2 litre of water.*
2. *Put the chestnuts in the filter glass.*
3. *Put the mixer and mix the peanuts for 1 minute.*
4. *Take the filter glass out of the water, put the Chufamix mortar slowly, and squash until you squeeze the last drops of the peanuts' pulp.*

### Water temperature

Do it with natural or cold water, as you prefer.

If you are not going to drink it right now, keep in the fridge.



## 4.2. MUESLI NATURAL DRINK

### What is Muesli?

Muesli is a mixture of several types of seeds, snowflakes, fruits, etc. that is very used especially for breakfast due to its full and varied nutritional composition.

For first time, you will be able to drink muesli providing all its nutrients to your body, at the same that you enjoy with a special and unique flavour.

If you have children at home, give them a veggie drink made with muesli and chocolate in **ChufaMix**, believe us... they love it!





## Nº 15. MUESLI NATURAL DRINK

### Ingredients

- 1 litre of water.
- 150 grams of muesli with chocolate/cocoa or with raisins.



### Preparation

1. Fill the Chufamix container with one litre of water.
2. Put the muesli in the filter glass.
3. Put the mixer and mix the muesli for 1,5 minutes.
4. Take the filter glass out of the water, move it with a wooden spoon or spatula with patience until you clearly see the pulp, then put the ChufaMix mortar slowly, and squash it until you squeeze the last drops of the muesli's pulp.

### Water temperature

Do it with natural or cold water, as you prefer.  
If you are not going to drink it right now, keep in the fridge.



# 4.3. HORCHATA DE CHUFAS (Earth Almond or Orxata nuts Orxata)

## What is Horchata?

The “horchata” is a millenary drink made with several seeds, fruits and/or nuts depending on the region of the world where we are, and in which we may add, or not, sugar or other sweetener.

In Latin America and in Spain, these kind of vegetal drinks are called “horchata”, “orxata” or “orgea”, and the root is the latin word “Hordeata”, meaning “of barley”.

The most famous ones are the rice “horchata” of Mexico and the Orxata nuts “horchata” of Valencia, in Spain, but there are many more. Since the time of the Maya peoples, there is a vegetal drink, in Central America, made with Calabash seeds that nowadays is called “horchata”, in Chiapas and Oaxaca(Mexico) the “melon seeds horchata” is typical, in Puerto Rico they have been producing for centuries a “sesame seeds horchata”, in Surinam the “almond orgea” is typical, and in Ecuador, the famous “horchata”(redish colour) is a juice of the combination of more than 10 medicinal plants and seeds.

In Amazonian Brazil, there are indigenous tribes that drink a medicinal drink made with Orxata nuts, which they name in their respective languages.





**Spain's Valencia** is the cradle of the earth almond or Orxata nuts "horchata" "horchata de chufas" or "orxata de xufes", whereas in the Balearic Islands and in Alicante the almond horchata, "horchata de almendras" or "orxata d'ametles" has been consumed since a long time ago.

The earth almond or Orxata nuts is a plant rhizome very similar to a tuber. Very small, brown coloured grows on the roots of the plant. And its botanical name is *Cyperus Esculentus*.

Earth almond or Orxata nuts and several derivatives have been consumed in Asia during thousands of years from Byzantium to China.

Anyway, as far as we know, ancient Egypt was the oldest culture in which the liquid derived from the Orxata nuts was drunk. And we know that it was considered a sacred plant, because it is portrayed in many temples and it has been found in some tombs of nobles and pharaohs to be with them in the next life.

In all these cases, the different "horchatas" have been consumed because of nutritional and medicinal reasons, and its limits in the use as a drink are due to the brief life -72 hours- of the natural product and due to the fact that the horchata loses its nutritional and medicinal qualities when it is pasteurized or sterilized.



## Nutritional properties

According to recent medical studies, natural earth almond or Orxata nuts horchata (not concentrates, pasteurized or sterilized products) has the following nutritional benefits:

- Healthy for the heart due to its high content of oleic acid.
- Decreases and/or balances the cholesterol level in a natural way because it has HDL cholesterol.
- Regulates the intestinal process due to its high content of fibre, enzymes and starch.
- Recommended for diabetics if no sugar is added because it contains Arginine, a natural injector of Insuline.
- Contains minerals such as Magnesium (recommended for pregnant women and to diminish pain during the period), Phosphorus, Potassium, Iron and Calcium. However it is low in Sodium thus it is appropriate for patients with a high blood pressure.
- Contains enzymes such as amylase, lipase, catalase, etc. and this could explain its eupeptic properties.
- Antioxidant power due to its content in vitamins E and C.
- No Lactose, no Gluten.
- Fattens less than most of the industrial drinks and juice fruits in bottles with added sugars.
- With or without sugar, as you prefer.



## Nº 16. EARTH ALMOND HORCHATA (WITH GROUND ORXATA NUTS)

### Ingredients

- 1 litre of water.
- 225 grams of ground\* earth almonds or Orxata nuts.
- 85 grams of sugar.

### Preparation with ground earth almond or Orxata nuts

1. *Fill the Chufamix container with 1 litre of water*
2. *Put the ground earth almond and the sugar in the filter glass*
3. *Put the mixer and mix the earth almond approximately 1 minute*
4. *Take the filter glass out of the water, put the Chufamix mortar slowly, and squash until you squeeze the last drops of the earth almond's pulp.*
5. *Leave it at least two hours in the fridge before drinking it.*

### Water temperature

Do it with natural or cold water, as you prefer.







## Nº 17. EARTH ALMOND HORCHATA (WITH SOAKED DRY ORXATA NUTS)

### Ingredients

- 1 litre of water to soak the earth almond.
- 0,8 litre of water to make the horchata.
- 225 grams of dry earth almonds or Orxata nuts.
- 85 grams of sugar.



### Preparation with dry earth almond or Orxata nuts

1. *Leave the earth almond soaking for 24 full hours before its production.*
2. *Fill the Chufamix container with 1 litre of water (different from the one used to soak).*
3. *Put the soaked earth almond and sugar in the filter glass.*
4. *Put the mixer and mix the earth almond between 1 and 2 minutes.*
5. *Let it marinate at least 3 minutes.*
6. *Take the filter glass out of the water, put the Chufamix mortar slowly, and squash until you squeeze the last drops of the Orxata nuts's pulp.*
7. *Leave it at least two hours in the fridge before drinking it.*

### Water temperature

Do it with natural or cold water, as you prefer.



### **Nº 18. Earth almond horchata with cinnamon and lemon**

Do the same as with the earth almond horchata (recipes number 16 and 17) and put also in the filter glass:

- A little bit of cinnamon powder or a small piece of a branch of cinnamon
- And/or a 1/8 of a lemon or lime peel in the filter glass together with the earth almonds.

Mix it all together

### **Nº 19. Orange Horchata**

Do the same as with the earth almond horchata (recipes number 16 and 17) and put also in the filter glass 1/4 of an orange or tangerine peel in the filter glass together with the earth almonds. Mix it all together.

### **Nº 20. Popeye's horchata (horchata & raw spinach)**

Do the same as with the earth almond horchata (recipes number 16 and 17) and put also 160 grams of raw spinach in the filter glass together with the earth almonds. Mix it all together.

### **Nº 21. Solarium horchata (horchata & carrot)**

Do the same as with the earth almond horchata (recipes number 16 and 17) and put also 140 grams of raw carrot (a big carrot or 2 small ones) in the filter glass together with the earth almonds. Mix it all together.

### **Nº 22. Tigernut-coa (horchata & cocoa)**

Do the same as with the earth almond horchata (recipes number 16 and 17) and put also 30 grams of powder cocoa (a big spoonful) or pieces of pure cocoa in the filter glass together with the earth almonds. Mix it all together.

### **Nº 23. Strawberry horchata (horchata & strawberries)**

Do the same as with the earth almond horchata (recipes number 16 and 17) and put also 60 grams of natural whole strawberries (between 3 and 6 strawberries) in the filter glass together with the earth almonds. Mix it all together.



### **Nº 24. Canary horchata (horchata & banana)**

Do the same as with the earth almond horchata (recipes number 16 and 17) and put also 65 grams of banana (1 or 2 bananas depending on the size) in the filter glass together with the earth almonds. Mix it all together.

### **Nº 25. Melon horchata (horchata & melon)**

Do the same as with the earth almond horchata (recipes number 16 and 17) and put also 120 grams of melon in the filter glass together with the earth almonds. Mix it all together.

### **Nº 26. Pineapple horchata (horchata & pineapple)**

Do the same as with the earth almond horchata (recipes number 16 and 17) and put also 80 grams of natural whole pineapple segments in the filter glass together with the earth almonds. Mix it all together.

### **Nº 27. Peach horchata (horchata & peach/apricot)**

Do the same as with the earth almond horchata (recipes number 16 and 17) and put also 80 grams of peach and/or apricot without bone but with the skin (approximately one peach) in the filter glass together with the earth almonds.

### **Nº 28. Pear horchata (horchata & pear)**

Do the same as with the earth almond horchata (recipes number 16 and 17) and put also 100 grams of pear (approximately 1 or 2 pears) in the filter glass together with the earth almonds. Clean the pear and put it with the skin. Be aware, pear seeds may make it bitter. Mix it all together.

### **Nº 29. Horchata with Kiwi**

Do the same as with the earth almond horchata (recipes number 16 and 17) and put also 1 broken kiwi (whole or with the skin) in the filter glass together with the earth almonds.  
The riper the kiwi is the better.  
Mix it all together.

### **No 30. Panchito horchata (horchata&coffee)**

Mix the coffee with earth almond horchata instead of milk.





## Nº 31. HORCHATA COCKTAILS

*Add to a glass with 250 ml of earth almond horchata (cold) or best, served on crushed ice.*

*No 31. Barraqueta:* 20 ml. of coffee liquor

*No 32. Trinet:* 10 ml. of anisette, "cazalla" or "pastis"

*No 33. Ronchata:* 20 ml. of rum cane

*No 34. Peché horchata:* 20 ml. of "Peché" whisky

*No 35. Horchata sunrise:* 20 ml. of tequila

*No 36. B. B. Marley:* 20 ml. of Malibu coconut liquor

*No 37. Tiger Daniels:* 20 ml. of bourbon





## 4.4. SEEDS JUICES



### MELON SEEDS HORCHATA

#### Nutritional properties

Melon seeds horchata is a typical drink in some areas of Central America, like in some areas of Oaxaca and Chiapas, and its main characteristics are that it is a refreshing drink, diuretic and rich in vitamin C.

It has a small quantity of calories, so it is recommended in diets to lose weight and in diets for diabetes control. Moreover, melon seeds are a cough mixture and antispasmodic because of which it is recommended in bronchitis chronic problems. In case of cystitis or renal colic, this melon seeds horchata can help reducing the pain and the irritation of the urinary tract.



## Nº 38. MELON SEEDS HORCHATA

### Ingredients

1/2 a litre of water.

200 grams of fresh melon seeds, of a melon that has just been cut (a string of seeds).

40 grams of sugar/30 grams of Cane juice/30 grams of honey/15 ml of Agave.



### Preparation

1. *Fill the Chufamix container with half a litre of water.*
2. *Put the string of fresh seeds in the filter glass.*
3. *Put the mixer and mix the melon seeds for one minute.*
4. *Take the filter glass out of the water, put the Chufamix mortar slowly, and squash until you squeeze the last drops of the seeds' pulp.*

### Water temperature

Do it with natural or cold water, as you prefer. If you are not going to drink it right now, keep in the fridge.



# PUMPKIN SEEDS JUICE

## Nutritional properties

The veggie drink produced with pumpkin seeds is rich in carbohydrates, amino acids, and fats which are healthy, necessary for a good functioning of the heart and the nervous system, as well as vitamins B, C, D, E and K.

It also has a high amount of minerals such as calcium, phosphorus, potassium, iron, niacin (essential to keep mental agility and speed when we get older, as well as to have a proper blood flow) and zinc (mineral that helps strengthening sight and the immune system, increasing defences and avoiding contagion and infection).

Pumpkin's seeds juice also improves the functioning of the urethra and the bladder and helps avoiding the formation of kidney stones.

As nuts' vegetal "milks" or juices, helps to avoid the hardening of arteries and to regulate cholesterol level.

As rice "milk" or horchata, it has high tryptophan content, an amino acid that helps fighting and eliminating depression because it balances the nervous system.

Pumpkin's seeds juice is also of great help in case we have intestinal parasites, for example Taenia, and is also good for men with prostate problems, because it helps to disinfect and to cure the inflammation and the urinary tract in general.





## Nº 39. PUMPKIN SEEDS HORCHATA

### Ingredients

- 1 litre of water.
- 180 grams of fresh or dry pumpkin seeds.
- 70 grams of sugar/40 grams of Cane juice/40 grams of honey/25 ml of Agave.
- 1/8 of lime peel (optional).
- A very little bit of cinnamon (optional).



### Preparation

1. *Fill the Chufamix container with 1 litre of water*
2. *Put the pumpkin seeds, peel, cinnamon and the sweetener in the filter glass*
3. *Put the mixer and mix the seeds for 1 minute*
4. *Let it marinate for at least 2 minutes.*
5. *Take the filter glass out of the water, put the Chufamix mortar slowly, and squash until you squeeze the last drops of the seeds' pulp*

### Water temperature

Use warm, natural or cold water. If you are not going to drink it right now, keep in the fridge.





## Nº 40. PUMPKIN SEEDS AND BEETROOT JUICE

### Ingredients

- 1 litre of water.
- 150 grams of fresh or dry pumpkin seeds.
- 1 red beetroot\*.
- 85 grams of sugar/70 grams of Cane juice/70 grams of honey/35 ml of Agave.



*\*If the beetroot is raw, remove the stalk and the leaves, peel it, cut it into pieces and put it in the filter glass. We can also use the beetroot boiling it for 15-20 minutes before putting it in the ChufaMix.*

### Preparation

1. *Fill the Chufamix container with 1 litre of water.*
2. *Put the pumpkin seeds, beetroot, and the sweetener if you wish, in the filter glass.*
3. *Put the mixer and mix for 1 minute.*
4. *Let it marinate for at least 2 minutes.*
5. *Take the filter glass out of the water, move it with a wooden spoon or spatula with patience until you clearly see the pulp, then put the ChufaMix mortar slowly, and squash it until you squeeze the last drops of the seeds-beetroot's pulp.*

### Water temperature

Use warm, natural or cold water. If you are not going to drink it right now, keep in the fridge.

### Comments

The raw red beetroot is a plant that is rich in Flavonoids, iron, folic acid, Methionine, fibre, sodium and potassium (be aware with sodium, people with a salt diet or with kidney stones should take it with moderation).



## BIRDSEED JUICE

### Nutritional properties



Birdseed is an herbaceous plant of the Gramineae family, and it comes from the Mediterranean.

Its seeds, and the vegetal "milk" or juices produced with them, are among the strongest and most nutritional and, speaking from a sensorial point of view, its vegetal milk is delicious.

It has a strong capacity of recharging the enzymes; it is an excellent source of antioxidants, which prevent aging and premature skin debilitation. It doesn't have gluten or lactose.

It also has high vegetal protein content, and its enzymes are an ideal natural medicine to cure an inflammation in some organs such as the liver, kidney and pancreas, which makes it an impressive regenerator for the pancreas, that is why it is recommended, for example, for cirrhosis or other liver diseases.

It also recharges the kidneys with enzymes and helps eliminating the excess of liquids, and it contains lipase, an enzyme that helps to cleanse harmful fats in veins and arteries, as well as cleansing the accumulation of fats, and due to all this it is recommended in diets to loose weight for people with obesity.

Birdseed "milk" or juice also helps to prevent arteriosclerosis, and helps in case of gout, oedema, and gastritis and stomach ulcer.



## Nº 41. BIRDSEED JUICE

### Ingredients

1/2 a litre of water.  
60 grams of organic birdseeds (for human consumption).

### Preparation

1. *Put half a litre of hot water in the Chufamix container.*
2. *Put the birdseed in the filter glass.*
3. *Put the mixer and mix the birdseed for one minute.*
4. *Leave it soaking for 3 minutes*
5. *Take the filter glass out of the water, put the Chufamix mortar slowly, and squash until you squeeze the last drops of the birdseeds' pulp.*

### Water temperature

Use hot water. If you are not going to drink it right now, keep in the fridge.

### Comments:

It is great for people with kidney, liver problems, cirrhosis...



## Nº 42. HEMP SEEDS JUICE

### Ingredients

1/2 a litre of water.  
60 grams of hemp seeds.

### Preparation

- 1- *Leave the hemp seeds soaking for 5 minutes.*
- 2- *Put half a litre of hot water in the Chufamix container.*
- 3- *Put the soaked hemp seeds in the filter glass.*
- 4- *Put the mixer and mix the hemp seeds for 40 seconds.*
- 5- *Let it marinate at least 3 minutes.*
- 6- *Take the filter glass out of the water, put the Chufamix mortar slowly, and squash until you squeeze the last drops of the hemp seeds' pulp.*



### Water temperature

Use hot water. If you are not going to drink it right now, keep in the fridge.

### Comments:

Strong source of vitamins of Group B, without lactose, nor gluten.

Note: hemp seeds do not contain THC or other psychoactive substances, unlike the aerial parts of the hemp plant. So using only hemp seeds, you will enjoy from all its nutritional benefits without turning your drink in a psychoactive natural veggie drink.



## 4.5. CEREALS

### OATS VEGGIE DRINK

#### Nutritional properties

Oats is a cereal rich in proteins with a high biological value, fats and many vitamins and minerals and, among the 8 amino acids necessary for life, oats contains 6.

It has a high content in fibre that helps the good performance of the intestine, and also to recuperate and improve the intestinal bacteria. Oats also contains a bit of gluten, thus it can't be used as an alternative cereal for celiacs.

It is also known as being relaxing and its use is recommended in cases of anxiety, stress, insomnia and other nervous disorders, probably due to its high content of vitamin B and avenina, the natural alkaloid of oats, both with a function that balances and structures the nervous system.

It is the cereal with the biggest proportion of vegetal fats, 65% of unsaturated fats and 35% of linoleic acid.

It also has carbohydrates of easy absorption, and when it is not cooked or sterilized in a tetrabrik/bottle, keeps many nutrients such as iron, potassium, calcium, phosphorus, magnesium, copper, zinc, vitamins B1, B2, B3, B6 and E and fibre.

It has a soluble fibre, called beta-glucan, which helps us to reduce the risk of cardiovascular diseases.

Oats is also a source of selenium, a mineral that works as a natural antioxidant, protecting us from heart diseases and premature ageing.

Many of the enzymes that oats has, and which are essential for key functions of our body, are also eliminated with cooking or sterilization in a tetrabrik, thus taking this natural vegetal drink you can help to detoxify and balance your body, and to strengthen hair, nails, skin and other tissues, among other benefits already specified.

From a gastronomic point of view, oats veg drink is frequently used to thicken sauces, creams, and even to produce béchamel sauce and mayonnaise, due to its creamy texture and its delicate taste.



## Nº 43. OATS VEGGIE DRINK (WITH FINE ROLLED OATS)

### Ingredients

- 1 litre of water.
- 50 grams of fine rolled oats\*\*
- 50 grams of sugar/spoon full of stevia herb/40 grams of honey/20 ml of Agave.
- A spoonful of sunflower virgin oil.
- 1/8 of lemon peel or 1/4 of an orange peel.
- A little bit of cinnamon powder (half a spoonful) or a cinnamon branch, broken in pieces.
- A bit of salt.



### Preparation

1. Put one litre of hot water in the Chufamix container.
2. Put rolled oats, salt, peel, cinnamon and the sweetener that you wish in the filter-glass.
3. Put the stab mixer, and mix the oats for one minute approximately.
4. Take the filter-glass out of the water, put the Chufamix mortar and squash it until you squeeze the last drops of the oats' pulp.

### Water temperature

Always produce with very hot water (60° to 80°)

- If you use very hot water, the drink's texture might be thick\*, yogurt-like.
- If you use hot water, you will get a texture that is not so thick.
- Anyway avoid using cold water, because the drink would be watered down and not Homogenized.

\* If it is too thick, you can always add more water, and move it until you homogenize it, or you can put less oats when you are preparing it.

\*\* Some ChufaMix users wrote us telling that they use coarse milled oats.  
If you are not going to drink it right now, keep in the fridge.



## Nº 44. OATS VEGGIE DRINK (WITH OATS GRAINS)

### Ingredients

- 1 litre of water.
- 50 grams of oats seeds.
- 50 grams of sugar/ spoon full of stevia herb /40 grams of honey/20 ml of Agave.
- A spoonful of sunflower virgin oil.
- A little bit of salt.
- 1/8 of lemon peel or 1/4 of an orange peel.
- A bit of cinnamon.

### Preparation

1. *Put the grains to soak the night before (or at least 3 hours before using them) or boil them for 20 minutes.*
2. *Put 1 litre of hot water in the ChufaMix container*
3. *Put soaked or boiled oats, salt, peel, cinnamon and the sweetener that you wish in the filter glass.*
4. *Put the mixer, and mix the oats for around 2 minutes*
5. *Let it marinate at least 2 minutes.*
6. *Take the filter-glass out of the water, put the ChufaMix mortar and squash it until you squeeze the last drops of the oats' pulp.*

### Water temperature

Same advice as in recipe number 43 oats veggie drink (with fine rolled oats).  
If you are not going to drink it right now, keep in the fridge.



## N<sup>o</sup> 45. OATS WITH VANILLA

### Ingredients

- 1 litre of water.
- 50 grams of rolled oats or soaked oats grains.
- 50 grams of sugar/ spoon full of stevia herb /40 grams of honey/20 ml of Agave.
- A spoonful of sunflower virgin oil (optional).
- A little bit of salt.
- A spoonful of vanilla sugar or a little bit of vanilla aroma.



### Preparation

1. *Put 1 litre of hot water in the ChufaMix container*
2. *Put the rolled oats, or oats grains soaked, salt, vanilla, and the sweetener that you wish, in the filter glass*
3. *Put the mixer, and mix the oats for one minute approximately.*
4. *Let it marinate for 5 minutes*
5. *Take the filter-glass out of the water, put the ChufaMix mortar and squash it until you squeeze the last drops of the oats' pulp.*

### Water temperature

Same advice as in recipe number 43 oats veggie drink (with fine rolled oats).  
If you are not going to drink it right now, keep in the fridge.





## Nº 46. OATS AND HAZELNUT

### Ingredients

1 litre of water.

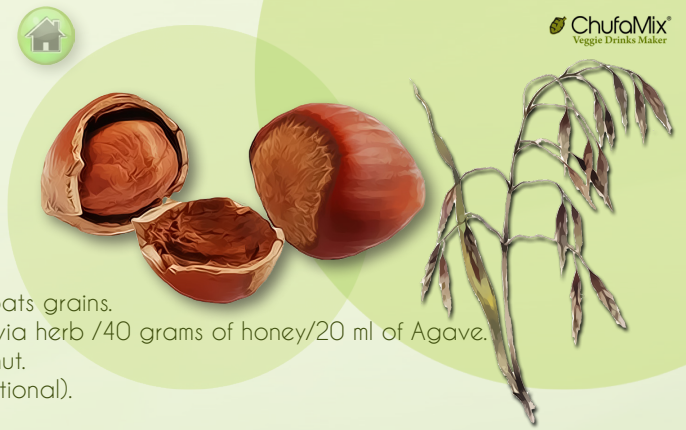
50 grams of rolled oats or soaked oats grains.

50 grams of sugar/ spoon full of stevia herb /40 grams of honey/20 ml of Agave.

50 grams of whole or ground hazelnut.

A spoonful of sunflower virgin oil (optional).

A little bit of salt.



### Preparation

1. *If whole hazelnuts are to be used, put them to soak at least 5 minutes before producing the drink. If ground hazelnut is to be used, put it directly into the filter.*
2. *Put 1 litre of hot water in the Chufamix container.*
3. *Put the rolled oats, or soaked oats grains, salt, hazelnut (whole or ground), and the sweetener that you wish in the filter glass.*
4. *Put the mixer, and mix the oats between 1 and 2 minutes.*
5. *Let it marinate for 5 minutes.*
6. *Take the filter glass out of the water, move it with a wooden spoon or spatula until you see the pulp, then put the Chufamix mortar, and squash it until you squeeze the last drops of the oats' pulp .*

### Water temperature

Same advice as in recipe number 43 oats veggie drink (with fine rolled oats).

If you are not going to drink it right now, keep in the fridge.



## Nº 47. OATS WITH FRUITS AND/OR VEGETABLES

### Ingredients

- 1 litre of water.
- 50 grams of rolled oats.
- 20 grams of sunflower seeds.
- A ripe fruit\* of the season.
- A bit of salt.
- 40 grams of sugar/ spoon full of stevia herb /30 grams of honey/15 ml of Agave.



### Preparation

1. *Put 1 litre of hot water in the Chufamix container.*
2. *Put the rolled oats, salt, sunflower seeds, fruit of the season and the sweetener that you wish in the filter glass.*
3. *Put the mixer, and mix the oats for around 1 minute*
4. *Let it marinate at least for couple of minutes*
5. *Take the filter glass out of the water, move it with a wooden spoon or spatula until you see the pulp, then put the Chufamix mortar, and squash it until you squeeze the last drops of the oats' pulp*

### Water temperature

Same advice as in recipe number 43 oats veggie drink (with fine rolled oats).  
If you are not going to drink it right now, keep in the fridge.



## \*FRUIT QUANTITIES:

**Nº 47A. Popeye´s Oats:** Put 160 grams of raw spinach in the filter glass, with the other raw materials (if you are going to use a sweetener, increase the proportion in 20 grams per ml.). Same preparation as in recipes number 43 or 44.

**Nº 48. Solarium Oats:** Put 140 grams of raw carrot (a big carrot or two small ones) in the filter glass with the other raw materials.

**Nº 49. Wild strawberry Oats:** Put 60 grams of whole natural strawberries (between 3 and 6 strawberries) in the filter glass with the other raw materials.

**Nº 50. Canary Oats:** Put 64 grams of banana (1 banana or 1 and a half, depending on the size) in the filter glass with the other raw materials.

**Nº 51. Melon Oats:** Put 120 grams of melon in the filter glass with the other raw materials.

**Nº 52. Pineapple Oats:** Put 80 grams of whole natural pineapple segments in the filter glass with the other raw materials.

**Nº 53. Oats&Peach:** Put 80 grams of peaches and/or apricots, without the bone but with the skin (nearly one peach) into the filter glass with the other raw materials.

**Nº 54. Oats&Pear:** Put 100 grams of pear (approximately one or two pears) into the filter glass with the other raw materials.

**Nº 55. Ber-ber Oats:** Put between 40 and 80 grams of dates or raisins without the bone in the filter glass with the other raw materials.

**Nº 56. Oats&Blackberries:** Put between 40 and 80 grams of blackberries in the filter glass with the other raw materials.

**Nº 57. Oats&Figs:** Put 100 grams of figs in the filter glass with the other raw materials.



## Nº 58. KOKOATS

### Ingredients

1 litre of water.

50 grams of rolled oats or soaked oats grains.

25 grams of powder cocoa (or pieces of not-refined cocoa).

80 grams of sugar/60 grams of Cane juice/60 grams of honey/35 ml of Agave.

A bit of salt.

Peel of a 1/4 of a clean orange.



### Preparation

1. *Put 1 litre of hot water in the Chufamix container.*
2. *Put the rolled oats or soaked oats grains, salt, peel, cocoa and the sweetener that you wish in the filter glass.*
3. *Put the mixer, and mix it all around one minute.*
4. *Take the filter glass out of the water, move it with a wooden spoon or spatula until you see the pulp, then put the Chufamix mortar, and squash it until you squeeze the last drops of the oats' pulp.*

### Water temperature

Same advice as in recipe number 43 oats veggie drink (with fine rolled oats).

If you are not going to drink it right now, keep in the fridge.



## N<sup>o</sup> 59. OATS WITH CAROB

### Ingredients

- 1 litre of water.
- 50 grams of rolled oats or soaked oats grains.
- 15 grams of ground carob or carob flour.
- 90 grams of sugar/80 grams of Cane juice/80 grams of honey/40 ml of Agave.
- A bit of salt.
- A spoonful of vanilla sugar or a bit of vanilla aroma (optional).



### Preparation

1. *Put 1 litre of hot water in the Chufamix container.*
2. *Put the rolled oats or soaked oats grains, salt, vanilla, carob and the sweetener that you wish in the filter glass*
3. *Put the mixer, and mix it all around one minute*
4. *Let it marinate for couple of minutes*
5. *Take the filter glass out of the water, move it with a wooden spoon or spatula until you see the pulp, then put the Chufamix mortar, and squash it until you squeeze the last drops of the oats' pulp*

### Water temperature

Same advice as in recipe number 43 oats veggie drink (with fine rolled oats).  
If you are not going to drink it right now, keep in the fridge.



## Nº 60. OATS AND LETTUCE\*

### Ingredients

- 1 litre of water.
- 50 grams of rolled oats or soaked oats grains.
- A bit of salt.
- 1/8 of lemon or lime peel.
- 1 fresh and biological lettuce.
- 20 grams of honey.

### Preparation

1. *Put 1 litre of hot water in the Chufamix container.*
2. *Put the rolled oats or soaked oats grains, salt, peel, lettuce and the sweetener that you wish in the filter glass.*
3. *Put the mixer, and mix it all around one minute.*
4. *Let it marinate for 2 minutes.*
5. *Take the filter glass out of the water, move it with a wooden spoon or spatula until you see the pulp, then put the Chufamix mortar, and squash it until you squeeze the last drops of the oats' pulp.*



### Water temperature

Same advice as in recipe number 43 oats veggie drink (with fine rolled oats).  
If you are not going to drink it right now, keep in the fridge.

### \*Comments

Lactucin is one of the main components of the juice of lettuce. This substance has a calming effect. Helps relaxing and sleeping better at night. Moreover, lettuce is diuretic and stimulates the elimination of urine, which is appropriate in case of obesity, kidney failure, kidney pain, inflation of the bladder (cystitis) or high blood pressure, among others.



# RICE HORCHATA

## Nutritional properties

Rice is a cereal, so it doesn't have lactose or cholesterol. And unlike other cereals (like oats) it doesn't have gluten.

If it is whole-grain rice, it provides more nutrients and fibre than the white one (because of this helps to avoid constipation).

Whole-grain rice is rich in vitamins, minerals and oligoelements that are lost in the white one. Whole-grain rice germ is rich in B vitamins, specially Thiamin or vitamin B1, riboflavin or B2 (necessary to create red corpuscles and for a proper growth) and Niacin or vitamin B3 (to decrease cholesterol level in blood).

Rice horchata has half the calories of the other vegetal drinks, which makes it advisable in a diet to loose weight (it supplies approximately the same calories as skimmed milk).

It has a low amount of Sodium, but a high amount of Potassium, so it is considered a hypotensive drink that reduces high blood pressure, regulating pulse frequency. Moreover, its fat acids are essential (polyunsaturated).

Very refreshing, and easy to digest, is ideal for children, the elders, people allergic to cow's milk and, specially, for all those who have heavy or difficult digestion, gastritis or ulcer. It is rich in carbohydrates, proteins, minerals and vitamins (mainly of the B group).

Specially recommended for diabetics (if no sweeteners are added) because its carbohydrates are digested slowly and they supply energy without changing the glucose level in blood.

Due to its tryptophan and B group vitamins content, rice is known among some people as "serenity seed", because these are fundamental ingredients in energy production and in the balance of the nervous system.

It can be drunk as a soft drink, with cocoa or cereals, at anytime of the day.

From a gastronomic point of view, it may be used, as other veggie drinks such as almond juice, as an ingredient in the preparation of different dishes (sauce, purée, cream, desserts, ice cream, etc).

It is important to know that, if we want to replace cow's milk with rice horchata, we must add Calcium and iron, because rice horchata does not contain these minerals.

Thus the best choice is to mix the rice in your Chufamix with whole-grain cereals, legumes, vegetables, fruits or seaweed, that are rich in these active ingredients.



## Nº 61. RICE HORCHATA (WITH RICE FLAKES)

### Ingredients

- 1 litre of water.
- 50 grams of rice flakes.
- 50 grams of sugar/35 grams of Cane juice/35 grams of honey/20 ml of Agave.
- 1/5 of lemon or lime peel or 1/4 of an orange or tangerine peel.
- A bit of cinnamon.
- A bit of salt.

### Preparation

1. Put 1 litre of hot water in the Chufamix container.
2. Put the rice flakes, cinnamon, vanilla, peel, salt and the sweetener in the filter glass.
3. Put the mixer and mix the rice for 1 minute.
4. Leave it soak for 5 minutes.
5. Take the filter glass out of the water, put the Chufamix mortar slowly, and crush it until you squeeze the last drops of the rice's pulp.

### Water temperature

Do it always with hot water (60° to 80° Celsius)

- With very hot water, the drink's texture might be thick\*, yogurt type.
- If you use hot water, you will get a texture that is not so thick.
- Anyway avoid using cold water, because the drink would be watered down and badly homogenized.

*\*If it is too thick, you can always add a little bit of water and move it until it homogenizes, or use less rice in preparation.*

If you are not going to drink it right now, keep in the fridge.





## Nº 62. RICE HORCHATA (WITH LEFTOVERS OF COOKED RICE)

### Ingredients

- 1 litre of water.
- 65 grams of cooked rice (leftovers of some whole-grain rice or white rice you have done).
- 50 grams of sugar/35 grams of Cane juice/35 grams of honey/20 ml of Agave.
- 1/8 of lemon or lime peel or 1/4 of an orange or tangerine peel.
- A bit of cinnamon.
- A bit of salt.

### Preparation

1. *Put 1 litre of water in the Chufamix container.*
2. *Put the cooked rice, peel, cinnamon, salt and the sweetener in the filter glass.*
3. *Put the mixer and mix the rice for 1 minute.*
4. *Take the filter glass out of the water, move it with a wooden spoon or spatula until you see the pulp, then put the Chufamix mortar slowly, and squash it until you squeeze the last drops of the rice's pulp.*

### Water temperature

Do it with hot, natural or cold water, as you prefer. If you are not going to drink it right now, keep in the fridge.

If you are not going to drink it right now, keep in the fridge.



## Nº 63. RICE MILK (WITH RAW RICE)

### Ingredients

1 litre of water for soaking.

1 litre of water for producing it.

50 grams of whole-grain rice, or thai, basmati or white rice.

50 grams of sugar/35 grams of Cane juice/35 grams of honey/20 ml of Agave.

1/8 of lemon or lime peel or 1/4 of an orange or tangerine peel.

A bit of cinnamon.

A spoonful of sesame virgin oil (optional).

A bit of salt.



### Preparation

1. *Leave the rice soaking one night.*
2. *Put 1 litre of hot water in the Chufamix container.*
3. *Put the soaked rice, peel, cinnamon, sesame oil, salt and the sweetener in the filter glass.*
4. *Put the mixer and mix the rice for 1.5 minutes.*
5. *Leave it soaking for at least 2 minutes.*
6. *Take the filter glass out of the water, move it with a wooden spoon or spatula until you see the pulp, then put the Chufamix mortar slowly, and squash it until you squeeze the last drops of the rice's pulp.*

### Water temperature

Do it with hot water (60° to 80° Celsius), though it works with cold water. If you are not going to drink it right now, keep in the fridge.



## Nº 64. RICE MILK WITH HAZELNUTS (OR OTHER NUTS)



### Ingredients

- 1 litre of water.
- 50 grams of rice (raw, cooked or in flakes).
- 80 grams of sugar/50 grams of Cane juice/50 grams of honey/25 ml of Agave.
- 60 grams of ground hazelnuts (or other nuts such as almond or walnut).
- A spoonful of sesame virgin oil (optional).
- A bit of salt.

### Preparation

*Use the preparation method of recipe number 61, if you use rice flakes, or number 62 if you use cooked rice, or number 63 if you use soaked raw rice. The same works for water temperature.*

### Add:

Add 60 grams of ground hazelnut into the filter before mixing it all together.



## N<sup>o</sup> 65. RICE MILK WITH SEAWEED

### Ingredients

- 1 litre of water.
- 50 grams of rice (raw, cooked or in flakes).
- 50 grams of sugar/35 grams of Cane juice/35 grams of honey/20 ml of Agave.
- 45 grams of seaweed.
- 2 spoonfuls of vanilla sugar or a bit of vanilla aroma.
- 1/8 of a lemon peel or 1/4 of an orange or tangerine peel.
- A spoonful of sesame virgin oil (optional).
- A bit of salt.



### Preparation

*Use the preparation method of recipe number 61, if you use rice flakes, or number 62 if you use cooked rice, or number 63 if you use soaked raw rice. The same works for water temperature.*

### Add:

Add 45 grams of "Arame" or "Iziki" seaweed (which are rich in calcium) in the Chufamix filter. You can ask your shopkeeper or herbalist to advice you about other kinds of seaweed because there are many types, with different properties. Be aware, because usually they need to be soaked and, in this process, their size grows. Usually between 20 and 40 minutes is enough to wet them.



# SPELT JUICE

## Nutritional properties



Spelt is an ancient cereal, and its vegetal juice or “milk” is very easy to digest, with a bitter taste if no natural sweetener is added.

Be aware because as a cereal, it has gluten, although in small quantities, so it can't be part of the diet of people who are allergic to gluten.

It also has good quality proteins, and a proper balance of essential amino acids. Fat acids omega 3, omega 6 and omega 9 predominate, which makes it healthy for the heart.

Due to its supply of silicic acid, strengthens tissues (bones, nerves, tendons, etc.) and strengthens the immune and circulatory system.

Its fibre supply makes it perfect to avoid constipation. As oats, it is good against stress, due to its magnesium supply.

The minerals that predominate are iron, zinc, copper, magnesium and phosphorus and vitamins E, B1, B2 and B3.



## Nº 66. SPELT JUICE

### Ingredients

1 litre of water.  
70 grams of Spelt flakes.  
60 grams of sugar/40 grams of Cane juice/40 grams of honey/25 ml of Agave.  
A bit of salt.  
A bit of cinnamon.  
1/8 of lemon peel.



### Preparation

1. *Put 1 litre of hot water in the Chufamix container.*
2. *Put the spelt flakes, peel, salt, cinnamon and the sweetener in the filter glass.*
3. *Put the mixer and mix the spelt for 1 minute.*
4. *Leave it soaking for 5 minutes.*
5. *Take the filter glass out of the water, move it with a wooden spoon or spatula with patience until you clearly see the pulp, then put the Chufamix mortar slowly, and squash it until you squeeze the last drops of the Spelt's pulp.*

### Water temperature

Use hot water (60° to 80° Celsius). If you are not going to drink it right now, keep in the fridge.



## Nº 67. SPELT JUICE WITH FRUITS

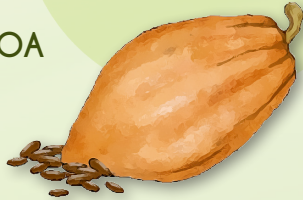
Use hot water (60° to 80° Celsius). If you are not going to drink it right now, keep in the fridge.



## Nº 68. SPELT JUICE WITH COCOA

### Ingredients

- 1 litre of water.
- 70 grams of spelt flakes.
- 90 grams of sugar/70 grams of Cane juice/70 grams of honey/40 ml of Agave.
- A bit of salt.
- 25 grams of powder cocoa.



### Preparation

1. *Put 1 litre of hot water in the Chufamix container*
2. *Put the spelt flakes, salt, cocoa and the sweetener that you wish in the filter glass*
3. *Put the mixer and mix the spelt for 1 minute*
4. *Leave it soaking for 5 minutes*
5. *Take the filter glass out of the water, move it with a wooden spoon or spatula with patience until you clearly see the pulp, then put the Chufamix mortar slowly, and squash it until you squeeze the last drops of the Spelt's pulp*

### Water temperature

Use hot water (60° to 80° Celsius). If you are not going to drink it right now, keep in the fridge.



## 4.6. SOYA MILK

### Nutritional properties

It is a vegetable of eastern origins that represents as no other the real **Yin-Yang** philosophy:



- **YIN:** Especially rich in proteins, compared with other vegetal drinks, because it contains the 8 essential amino acids that the body needs to work.

Moreover, it has less fats, so less calories, than other vegetal milks. It has neither gluten nor lactose.

It is rich in Lecithin (a substance that nourishes nerves and helps balance the cholesterol that is bad for the blood), its main characteristics are having more iron, half the fats and calories, and the same amount of vitamin E than cow milk.

However, its calcium content is lower than in other drinks, so it is good to enrich it with natural products that have calcium or, even better, to alternate with other vegetal drinks or foods with calcium as green leaf vegetables, fermented dairies, nuts, sesame etc.

Soya is the main source of isoflavone, a phytohormone or phytoestrogen, very similar to female hormones, so taking it helps to balance the hormonal changes caused by menopause as some deficiencies brought by chronic diseases such as arteriosclerosis, osteoporosis and some kinds of cancer.



- **YANG:** Despite all this, these benefits have also created a big controversy, because it seems that these phytohormones, taken on a daily basis by children, may change their hormonal balance due to their intense estrogen activity, and in adult men, daily use may reduce testosterone levels, as well as semen production levels.

Because of this, a growing number of doctors and nutritionists advise to avoid taking Soya to pregnant women, children under 5 years, or adult men with virility problems.

Moreover, these same experts say that Soya may contain some substances that inhibit calcium, zinc and iron, that are important for growth. It is also related to possible changes in the thyroid gland.

Nevertheless these same doctors agree that Soya has the nutritional benefits previously described, provided that it is taken with moderation.

If we take a look at history, in the Far East it has been drank for thousands of years, but not as big companies make us believe: on a daily basis and in big quantities. For example the Chinese, always took Soya but not every day, and just in small quantities, and usually in derivatives produced from fermented Soya.







Because of this, **our** advice is to produce Soya drink from precooked organic Soya, and to drink it on a weekly basis, and not on a daily basis.

And please:

Don't even think about taking foods enriched with genetically modified Soya or drinking Soya milk which are not organic.

We give you 2 main reasons:

**1- Health:** 90% of products that are not organic and have Soya are produced with genetically modified Soya (even though they will never tell you this in the label). Genetically modified Soya has a chemical combination of genes and toxins that, potentially, may be very harmful for our health, according to Harvard University studies, and those of other organizations and known researchers.

**2- Environment:** Soya for food, for the fodder for animals that we will eat, for biodiesel, for medicines, for plastics, Soya for everything...the new green oil. Because of Soya agriculture, countries that had diversity in their agriculture like Argentina and Brazil, are turning their farming into one, Soya, and industrializing it. And it is because of Soya (in some cases, certified organic Soya), that some atrocities are taking place in the millenary habitat of some people, pushing indigenous tribes out of their homeland, cutting down trees in areas as big as Europe in the Amazon rainforest, the Brazilian Mato Grosso, and other areas of Chile, Paraguay, Argentina...





## Nº 69. SOYA MILK (WITH PRECOOKED SOYA)

### Ingredients

1 litre of water.

70 grams of precooked Soya.

60 grams of sugar/50 grams of Cane juice/50 grams of honey/30 ml of Agave.

1/8 of lemon or lime peel or 1/4 of an orange peel.

A bit of cinnamon powder, or a spoonful of vanilla sugar or a bit of vanilla aroma.



### Preparation

1. *Put 1 litre of hot water in the Chufamix container.*
2. *Put the Soya, peel, cinnamon or vanilla, and the sweetener in the filter glass.*
3. *Put the mixer and mix the Soya approximately 1 minute.*
4. *Take the filter glass out of the water, put the Chufamix mortar slowly, and crush it until you squeeze the last drops of the Soya's pulp.*

### Water temperature

Produce always with hot water (60° to 80° Celsius). If you are not going to drink it right now, keep in the fridge.



## Nº 70. SOYA MILK

(WITH GRAIN OR GRAIN CUT INTO PIECES)



### Ingredients

- 1 litre of water to boil the Soya
- 1 litre of other water that we will put in the Chufamix
- 70 grams of white Soya in grain, or grain cut into pieces
- 60 grams of sugar/50 grams of Cane juice/50 grams of honey/30 ml of Agave
- 1/8 of lemon or lime peel or 1/4 of an orange peel.
- A bit of cinnamon powder or a small branch of cinnamon (optional)
- A spoonful of vanilla sugar or a bit of vanilla aroma (optional)

### Preparation

1. *Boil the grains of Soya between 30 minutes and 1 hour (consult your nutritionist).*
2. *Put 1 litre of hot water in the Chufamix container.*
3. *Put the boiled Soya, peel, cinnamon or vanilla and the sweetener in the filter glass.*
4. *Put the mixer and mix the Soya approximately 1 minute.*
5. *Take the filter glass out of the water, put the Chufamix mortar slowly, and crush it until you squeeze the last drops of the Soya's pulp.*

### Water temperature

Produce always with hot water (60° to 80° Celsius). If you are not going to drink it right now, keep in the fridge.



## Nº 7 1. SOYA MILK WITH NUTS

### Ingredients

- 1 litre of water
- 70 grams of precooked Soya
- 50 grams of nuts (walnuts, almonds, hazelnuts, etc...)
- 60 grams of sugar/50 grams of Cane juice/50 grams of honey/30 ml of Agave
- 20 grams of sunflower seeds
- 1/8 of lemon or lime peel or 1/4 of an orange peel (optional)

### Preparation

1. *Put 1 litre of hot water in the Chufamix container.*
2. *Put the Soya, nuts, peel, sunflower seeds and the sweetener in the filter glass.*
3. *Put the mixer and mix the Soya approximately 1 minute.*
4. *Take the filter glass out of the water, move it with a wooden spoon or spatula until you see the pulp, then put the Chufamix mortar slowly, and squash it until you squeeze the last drops of the Soya's pulp.*

### Water temperature

Produce always with hot water (60° to 80° Celsius). If you are not going to drink it right now, keep in the fridge.



## Nº 72. SOYA MILK WITH FRUITS

### \*FRUIT QUANTITIES:

Nº 72. **A. Popeye Soya:** Same quantities as in oats recipe No 47A.

Nº 73. **Solarium Soya:** Same quantities as in oats recipe No 48.

Nº 74. **Wild strawberry Soya:** Same quantities as in oats recipe No 49.

Nº 75. **Canary Soya:** Same quantities as in oats recipe No 50.

Nº 76. **Melon Soya:** Same quantities as in oats recipe No 51.

Nº 77. **Pineapple Soya:** Same quantities as in oats recipe No 52.

Nº 78. **Peach Soya:** Same quantities as in oats recipe No 53.

Nº 79. **Pear Soya:** Same quantities as in oats recipe No 54.

Nº 80. **Ber-ber Soya:** Same quantities as in oats recipe No 55.

Nº 81. **Blackberry Soya:** Same quantities as in oats recipe No 56.

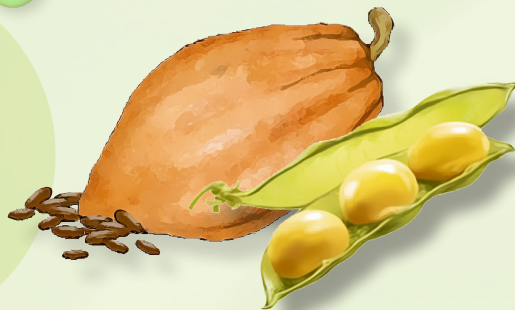
Nº 82. **Fig Soya:** Same quantities as in oats recipe No 57.



## Nº 83. SOYAKOA

### Ingredients

- 1 litre of water.
- 70 grams of pre-cooked Soya.
- 25 grams of powder cocoa.
- 80 grams of sugar/60 grams of Cane juice/60 grams of honey/30 ml of Agave.
- 15 grams of sunflower seeds.
- The peel of a clean orange.



### Preparation

1. Put 1 litre of hot water in the Chufamix container.
2. Put the Soya, salt, peel, sunflower seeds, cocoa and the sweetener that you wish in the filter glass.
3. Put the mixer and mix the Soya approximately 1 minute.
4. Take the filter glass out of the water, move it with a wooden spoon or spatula until you see the pulp, then put the Chufamix mortar slowly, and squash it until you squeeze the last drops of the Soya's pulp.

### Water temperature

Produce always with hot water (60° to 80° Celsius). If you are not going to drink it right now, keep in the fridge.



## Nº 84. SOYA MILK WITH CAROB

### Ingredients

- 1 litre of water.
- 70 grams of precooked Soya.
- 15 grams of ground carob or carob flour.
- 15 grams of sunflower seeds.
- 90 grams of sugar/70 grams of Cane juice/70 grams of honey/40 ml of Agave.



### Preparation

1. *Put 1 litre of hot water in the Chufamix container.*
2. *Put the Soya, carob, sunflower seeds and the sweetener that you wish in the filter glass.*
3. *Put the mixer and mix the Soya approximately 1 minute.*
4. *Take the filter glass out of the water, move it with a wooden spoon or spatula until you see the pulp, then put the Chufamix mortar slowly, and squash it until you squeeze the last drops of the Soya's pulp.*

### Water temperature

Produce always with hot water (60° to 80° Celsius). If you are not going to drink it right now, keep in the fridge.



## Nº 85. ORANGE SOYA MILK

### Ingredients

1 litre of water.  
70 grams of precooked Soya.  
The clean peel of 1/3 of an orange.  
15 grams of sunflower seeds.  
50 grams of sugar/50 grams of Cane juice/50 grams of honey/25 ml of Agave.



### Preparation

1. *Put 1 litre of hot water in the Chufamix container*
2. *Put the Soya, orange peel, sunflower seeds and the sweetener that you wish in the filter glass.*
3. *Put the mixer and mix the Soya approximately 1 minute*
4. *Take the filter glass out of the water, move it with a wooden spoon or spatula until you see the pulp, then put the Chufamix mortar slowly, and squash it until you squeeze the last drops of the Soya's pulp*

### Water temperature

Produce always with hot water (60° to 80° Celsius). If you are not going to drink it right now, keep in the fridge.





## 4.7. VEGGIE DRINKS WITH A TEA BASE

Make your tea in your favourite teapot. Add the tea to your vegetal drink, and mix it all together.

**No 86. The relaxing** Lime tea, lemon balm, orange blossom and lemon verbena.

**No 87. The digestive** Lemon verbena, mint, anise and camomile.

**No 88. The purifying** Nettle, sage and elder.

**No 89. The energizing** A mix of teas, sages or other stimulating plants.





## 4.8. FRUITS AND VEGETABLES JUICES

### Nº 90. GRAPE JUICE

#### Properties

Fresh grape juice, just made, is a “cleaning” drink and strongly purifies the intestine, is alkaline and with much vitamin B and potassium. It has many natural healing properties that may help people affected by rheumatic diseases such as arthritis and gout, kidney problems, people with an irritable colon or intestinal problems, dynamizes the circulation of the blood so it is good for high blood pressure, arteriosclerosis, etc. And on top of that it is an excellent natural laxative, and moreover, it is delicious.





## Ingredients

1/2 a litre of water.

A bunch of ripe grapes.

60 grams of sugar/40 grams of Cane juice/40 grams of honey/25 ml of Agave.

## Preparation

1. *Put 1/2 litre of water in the Chufamix container*
2. *Put the whole clean grape until it gets to the upper part of the steel filter, but fill it outside the container.*
3. *Then fit the filter glass, with the grape inside, in the container full of water (and add the sweetener if you wish, before or after production)*
4. *Put the mixer and mix the grape 1 minute*
5. *Leave it soaking 5 minutes (optional)*
6. *Take the filter glass out of the water, move it with a wooden spoon or spatula with patience until you clearly see the pulp, then put the Chufamix mortar slowly, and squash it until you squeeze the last drops of the pulp and grape's seeds.*

## Water temperature

Do it with natural or cold water, as you prefer. If you are not going to drink it right now, keep in the fridge.

## Comments

Using half a litre of water, we get approximately 750 ml. of grape juice



## Nº 91. VEGETABLES JUICE (LIQUID GAZPACHO)

### Ingredients

- 1/2 a litre of water.
- 3 tomatoes cut by half.
- 1/2 a cucumber.
- 1/2 a garlic.
- 1 onion.
- 1 pepper that is not big (without seeds).
- Salt.
- Vinegar.
- Virgin extra olive oil.



### Preparation

1. *Put half a litre of water in the Chufamix container.*
2. *Fit the filter glass and put first the hardest vegetables, and then the softest: garlic, cucumber, pepper, onion and tomato.*
3. *Put the mixer and mix it all approximately for one minute.*
4. *Take the filter glass out of the water, move it with a wooden spoon or spatula with patience until you clearly see the pulp, then put the Chufamix mortar slowly, and squash it until you squeeze the last drops of the vegetable's pulp.*
5. *First add salt, then a trickle of vinegar and finally a trickle of olive oil.*
6. *Move\* with the wooden spatula.*

### Water temperature

Do it with natural or cold water, as you prefer. If you are not going to drink it right now, keep in the fridge.

**Comment:** *The vegetables juice does stratify, so you must shake the container properly before serving it.*



# COCONUT MILK

## Nutritional properties

Coconut is a tropical fruit, and the vegetal drink produced with its pulp (do not mistake it for “coconut water”, the one inside the coconut) is delicious, and furthermore it is recommended to people that have osteoporosis because it strengthens the bones, as well as the teeth (because it has mineral salts that mineralize the bones, such as magnesium, calcium and phosphorus). It is known that with a glass of coconut milk every day, positive effect in the bones will soon be felt.

Compared with other nutrients, it supplies a lot of fibre, which improves intestinal movement, and helps reducing the risk of some diseases.

Regarding its magnesium content, this is related with the intestine, nerves and muscles, improves immunity and has a soft laxative effect.

It has potassium, which helps in a proper generation and transmission of the nervous impulse as well as for a normal muscular activity.

Also outstanding is its vitamin E content, with an antioxidant effect, and some water-soluble B group vitamins, which are necessary for a good functioning of our body.

It does not have gluten or lactose.

Taking it each week or each 2 weeks is considered healthy for all age groups and for anyone who is healthy: children, young people, and the adults, people who practise sport, pregnant women, lactating mothers and the elders.





## Nº 92. COCONUT MILK

### Ingredients

1 litre of water.  
180 grams of natural coconut's pulp.  
60 grams of sugar/40 grams of Cane juice/40 grams of honey/20 ml of Agave.



### Preparation

1. *Fill the Chufamix container with 1 litre of water.*
2. *Put the coconut, and the sweetener if you wish, in the filter glass.*
3. *Put the mixer and mix the coconut for 1 minute.*
4. *Take the filter glass out of the water, move it with a wooden spoon or spatula until you see the pulp, then put the Chufamix mortar slowly, and squash it until you squeeze the last drops of the coconut's pulp.*

### Water temperature

Do it with natural or cold water, as you prefer. If you are not going to drink it right now, keep in the fridge.



## 5. COOK WITH CHUFAMIX'S PULPS

### Tricks about Chufamix's pulps

**Our advice:** Try always to recycle the pulp that remains after making your vegetal drinks, and anyway, never throw it down the sink because it will block it.

**Preservation:** Be aware, the pulp ferments fast if you don't put it on the fridge, and even in the fridge we shouldn't keep it more than 48 hours.

**How to take it out of the filter:** Either with our hands, or with a wooden spoon, and always doing it carefully, taking care of the filter.

#### Different possibilities:

- a- **Gastronomic:** You may cook delicious recipes, both sweet and salty. Here there are some of these recipes
- b- **Muesli:** You can use the pulp, in small quantities, like muesli for yogurts. Add a teaspoon of the remaining pulp to the yogurt, mix it, and you will be adding pure vegetal fibre to the yogurt, good for the intestinal flora, as well as complementing the yogurt with the other minerals or vitamins that remain in the pulp ( that will change according to the raw material used to make your drink).
- c- **Plants and garden:** Great compost for our garden or our plants.
- d- **Animals:** Good for the chicken, they love vegetal pulps.
- e- **Cosmetics:** Yet to be discovered.



## 5.1. CULINARY RECIPES



# ChufaMix<sup>®</sup> **RECIPES**

ChufaMix<sup>®</sup>  
**RECIPES**





## ORXATA NUTS BISCUITS

### Ingredients

- 100 grams of Orxata nuts almond pulp
- 80 grams of flour
- 30 grams of sugar
- 25 grams of butter
- 1/2 a teaspoon of yeast
- 1/2 a teaspoon of ginger



by Giovanna Vivian

### Directions

1. Mix the Orxata nuts pulp with the sugar. Melt the butter and add it.
2. Mix properly and add flour, yeast and ginger
3. Make small balls, with your hands, that you will then smash a little, in a soft way, and then put in a mould, on paper. Keep in the oven, not too hot, for 25 minutes.



With these amounts you will have between 18 to 20 biscuits.

They can also be made with almond's pulp, and you can add chocolate, in small pieces.

*Giovanna Vivian teaches languages and Italian cuisine, you can visit her blog at: <http://italia-en-russafa.blogspot.com.es>*



## ALMOND AND COCONUT TRUFFLES

### Ingredients

100 grams of almond pulp  
70 grams of sugar  
2 teaspoons of brandy  
Grated coconut  
Pure cocoa powder



by Giovanna Vivian

### Directions

1. Mix the almond's pulp with the sugar and add the brandy
2. Then add grated coconut, enough to be able to make balls that will later be put in the cocoa.
3. Put the truffles in small paper moulds
4. Keep in the fridge until you eat it, you **can keep it 4 days.**



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you can visit her blog at*

<http://italia-en-russafa.blogspot.com.es>



## SALENTO'S ALMONDS CAKE

### Ingredients

200 grams of almond pulp  
200 grams flour  
200 grams of sugar  
4 eggs  
1 packet of yeast  
150 grams of melt butter



by Giovanna Vivian

### Directions

1. Mix the yolks with the sugar. Add the flour, the almond pulp and the yeast. Melt the butter and add it
2. Stir the white and mix it all up
3. Put in the oven at 180° Celsius for 45 minutes  
Keep watching it while it is in the oven



*Giovanna Vivian teaches languages and Italian cuisine, you can visit her blog at <http://italia-en-russafa.blogspot.com.es>*



## CHOCOLATE CAKE

### Ingredients

- 250 grams of sugar
- 125 grams of flour
- 125 grams of almond or hazelnut pulp
- 100 grams of pure cocoa powder
- 1 packet of yeast
- 1/2 litre of a vegetal drink made with almonds, hazelnuts or orxata nuts.



by **Giovanna Vivian**

### Directions

1. Mix the sugar, flour, cocoa and yeast
2. Mix all with the vegetal drink
3. Put in the oven for 40 minutes or more at 180° Celsius  
*Taste always a little bit to know if the cake is ready*



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## ORXATA NUTS CAKES

### Egyptian recipe (1504-1450 B. C.)



by Carlos Azcoytia

In the hieroglyph commenting a scene in the tomb in tebas of rekmire (who was vizier of Pharaoh Tutmosis III, 1504-1450 B.C.), there is a recipe, of some special cakes, made with Orxata nuts flour.

These cakes were kept for the god's table, and were made at the temple's bakery, and this is what it says:

- Crush some Orxata nuts with a mortar
- Sieve this flour carefully
- Add a cup of honey and knead
- Put all of it in a metal pan
- Put on the fire adding a little bit of grease
- Cook over low heat until it gets hard
- Let it cool, and make cone-shaped breads

*This amazing story, was brought to us by Carlos Azcoytia, director and biographer on the online magazine <http://www.historiacocina.com/es>*



## PEACH AND NECTARINE JAM AND JUICE



by Dolores Plà

### THE JUICE Ingredients

1/2 litre of water  
2 peaches  
2 nectarines

### Directions

- 1- Fill the container with water up to the 1/2 litre mark.
- 2- Put the fruit, cut to pieces, without the bones-it may have the skin.
- 3- Put the mixer and blend.
- 4- Pull up the filter and then squeeze the pulp with the mortar until we take all of the juice. We don't need to add sugar.

### THE JAM

We take the pulp out of the filter and we put it in a pan over low heat and we add 4 big spoons of sugar. We check, several times, the consistency, until we see it gets enough thickness to be spread.



*Dolores Plà, one of our "horchata" sellers, wanted to help with this great recipe 2 in 1.*



## COCOA AND NUTS CREAM (HOMEMADE NUTZILLA)

After making a drink with almonds or hazelnuts, use the pulp that remains in the filter:



- 1- Take it out of the filter, with your hands or with a wooden spoon and put the pulp in a Tupperware or in a glass jar.
- 2- Add between 1 to 3 spoonfuls of organic cocoa powder
- 3- Add honey, agave, palm tree syrup or other liquid sweetener to get it together
- 4- With the same wooden spoon, mix and squash these 3 ingredients (the pulp, liquid sweetener and cocoa) until it is like a cream (around 5 minutes).

That's it, now you have your organic homemade nutzilla that you may spread on bread, biscuits or use it for other cooking inventions.

Keep your homemade nutzilla always in the fridge.

*Told us an unknown friend at the Eibar 2012 organic fair.*



# ALMOND RAW PÂTÉ WITH HERBS

(dedicated to Maite Aguirre)

## Ingredients

- The pulp that remains after making an almond's drink (3,5 ounces, dry).
- A big clove of garlic.
- A dozen celery leaves.
- A dozen parsley leaves.
- 11 drops of lemon or vinegar.
- 50 ml. of olive oil.

*(If we use organic products, this increases both the flavour and its properties.)*

## Preparation

Cut the garlic and the herbs in small pieces. Mix it with the almond's pulp in a bowl. Then add salt and lemon, and mix again. Finally, add the olive oil, and let it rest (You may mix it with a hand blender, to make it homogeneous).

You can eat it with bread, or with pieces of carrot or celery.

Another idea related to this recipe is to add water and bread crumb and mix it with the blender to make an almond cold soup.







# VOATS & CEREALS PULPS' VEGGIBURGERS

## Ingredients (for 2 people)

- The remaining pulp of an oats drink (1,7 ounces of flakes).
- 3,5 ounces of boiled cereals (rice, millet, spelt).
- 0,8 ounces of whole flour.
- 1 tea spoonful of soya sauce (soyu).
- 1 garlic cut in pieces.
- Curry, cumin, ginger.
- Salt.



*(If we use organic products, this increases both the flavour and its properties)*

## Preparation

First we mix the oats' pulp with the boiled cereals (when we cook cereals, we should remember to keep aside these 3,5 ounces to mix it with the pulp at anytime). Then we add the curry, garlic, ginger and salt. If we want to add vegetables or mushrooms this would be the right moment. Then we add a teaspoon of soya sauce and we mix it all up. When the dough is seasoned, we add the flour to be able to dry it and shape it. Once the dough is done, we put a little of flour in our hand and we shape it giving it a hamburger shape. We fry it with just a little bit of oil, and with a medium fire. Before putting them on the frying pan, you may put grated bread.

You may present them with chips and tomatoes. Enjoy!

Aware: if the dough is too humid we can add more flour, but be aware, because if we put more flour it will lose its flavour.



## BBROCOLI COOKED AU GRATIN WITH SOYA BÉCHAMEL

### For 4/6 people

- Steam the broccoli, a big flower of it:
- On the meantime, prepare the vegetal béchamel



by Giovanna Vivian

### Béchamel ingredients

- 50 ml of olive oil
- 1,7 ounces of whole flour
- 1,06 pints of soya drink
- Salt
- Nutmeg

### Béchamel preparation

- 1- Heat the oil and start to add the flour, mixing it to avoid lumps. Boil for a couple of minutes.
- 2- Add the flour little by little and go on mixing.
- 3- Add a little bit of salt.
- 4- Keep heating it until it boils and let it thicken a little..

- When the béchamel is ready, then we add a little bit of nutmeg.
- Cut the broccoli in pieces and put it in a roasting pan with a little bit of oil.
- Put the béchamel on it, and put it in the oven until it is gratiné
- If somebody wishes to, you may add cheese.

### Eat it hot

\*There are many versions of this recipe made with other vegetables like cauliflower, potatoes (which must be previously boiled), spinach (you can put them directly in the oven without boiling) or asparagus.

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<http://italia-en-russafa.blogspot.com.es>



## SALENTO'S PASTA IN THE OVEN WITH SOYA BÉCHAMEL

### Ingredients (for 4 people)

12,3 ounces of pasta-maccheroni or fusili type-2  
2 hard-boiled eggs  
8 or 10 black olives  
Pot with 14,1 ounces of peeled tomatoes  
An onion  
Oil, salt and pepper or chilli pepper



### Preparation

- 1- Prepare the tomato sauce with the pieces of onion and the peeled tomatoes. Add salt and pepper as much as you like.
- 2- Boil the pasta and mix it with the tomato sauce
- 3- Put it in a roasting pan
- 4- Make the vegetal béchamel (see the broccoli recipe)
- 5- Cut the hard-boiled eggs and the olives and mix with the pasta.
- 6- Put the béchamel on it and put it in the oven
- 7- Let it cook au gratin and eat it very hot

*This recipe, with our change of the vegetal béchamel, comes from a traditional cuisine in the south of Italy, specifically from Naples and Salento, in Puglia. Some people add small pieces of ham or small meatballs.*

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Veggie Drinks Maker

# Recipe book

MAKE YOUR OWN

# NATURAL VEGGIE DRINKS

...AND COOKING  
WITH THEIR PULPS

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