



## Oat Paste 燕麥糊

### Main ingredients:

1 cup	Oat
1 cup	Corn
1 cup	Rice
1 cup	Banana
1000 ml	Water

### 材料:

1 杯	燕麥
1 杯	玉蜀黍
1 杯	米
1 杯	香蕉
1000 毫升	水

### Method 制作方法:

Add cold water into the i-chef jug until the maximum water level. Wash all the ingredients and place them into the i-chef filter, and close it tight. Press select dry/soak bean button, then press on button will be ready within 20 minutes. You may add honey accordingly.

在 i-chef 杯內加入冷水至水位線上，將主料和配料洗淨後放入 i-chef 網罩內擰緊，安裝完畢後插緊電源，按米糊鍵，再按啟動鍵，二十分鐘后即可制作完畢，可依個人口味加入適量的蜂蜜。

### Effectiveness 功效:

Helps in treating diabetes, anti-cholesterol, reduce high blood pressure, and appetite.  
有助治療糖尿病、降低膽固醇、降低血壓、增進食欲。