



Pumpkin Paste 南瓜米糊

Main ingredients:

2 cups	Pumpkin
1 cup	Rice
1000 ml	Water

材料:

2 杯	南瓜
1 杯	米
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:

Enhance intestinal condition, appetite and prolong life.

增進腸道健康、增進食欲、延年益壽。