



## Yam Paste 芋頭糊

### Main ingredients:

2 cups	Yam
1 cup	Rice
1000 ml	Water

### 材料:

2 杯	芋頭
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:

Reduce was blood pressure, anti-cholesterol, beauty booster for flawless complexion, improve kidney system, supplements internal organs such as gastrointestinal, kidneys.

降低血壓、降低膽固醇、補腎、豐潤肌膚、補肝及脾胃