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Recipes for AENO Table blender TB3



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Soy milk

●●●●● Complexity Average	Training 6 min	Cooking 25 min	Portions 4-5
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Ingredients:

Soy	150 g
Water	1100 ml

Cooking:

- Rinse the soybeans, add water and leave to soak for 6 hours.
- Drain the water in which the soybeans were soaked.
- Put soy in a blender bowl and cover with water.
- Click the «ON/OFF» on button.
- Using the «Function» button, select the «Soy milk» program and press the «ON/OFF» button.
- After the end of cooking, pour the mixture out of the blender and strain thoroughly through the filter or fine sieve.
- The resulting liquid is soy milk.
- Cool milk and store in the refrigerator for no more than 48 hours.



Hazelnut milk

●●○○○ Complexity Light	🕒 Training 4 min	🔥 Cooking 25 min	🍲 Portions 3
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Ingredients:

Hazelnut	150 g
Water	750 g

Cooking:

Soak nuts in water for 4 hours.

Drain the water in which the nuts were soaked.

Put nuts in the blender bowl, add clean water and close the blender lid.

Click the  «ON/OFF» on button.

Using the  «Function» button, select the  “Soy milk” program and press the  «ON/OFF» button.

Cook until the end of the program.

After the end of cooking, pour the resulting mixture out of the blender and strain thoroughly through a filter or fine sieve.

The resulting liquid is nut milk.

Do not throw away the remnants of nuts, they can be dried and used in the preparation of confectionery and baking.

Cool milk and store in the refrigerator for no more than 48 hours.



Almond milk

●●○○○ Complexity Light	Training 4 min	Cooking 25 min	Portions 4
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Cooking:

Soak nuts in water for 4 hours.

Drain the water in which the nuts were soaked.

Put nuts in the blender bowl, add clean water and close the blender lid.

Click the «ON/OFF» on button.

Using the «Function» button, select the “Soy milk” program and press the «ON/OFF» button.

After the end of cooking, pour the resulting mixture out of the blender and strain thoroughly through a filter or fine sieve.

Done!

Do not throw away the remnants of nuts, they can be dried and used in the preparation of confectionery and baking.

Ingredients:

Almonds	120 g
Water	900 ml
Pitted dates	40 g





Walnut milk

Ingredients:

Walnuts	50 g
Water	850 ml

●●●●●
Complexity
Light

⌚
Training
8 min

🔥
Cooking
25 min

🍲
Portions
3-4

Cooking:

Soak nuts in water for 8 hours.

Drain the water in which the nuts were soaked.

Into the blender bowl.

Put nuts in the blender bowl, add clean water and close the blender lid.

Click the  «ON/OFF» on button. Using the  «Function» button, select the  “Soy milk” program and press the  «ON/OFF» button.

Cook until the end of the program.

After the end of cooking, pour the resulting mixture out of the blender and strain thoroughly through a filter or fine sieve.

The resulting liquid is nut milk.

Remains of cake from nuts.

Do not throw away the remnants of nuts, they can be dried and used in the preparation of confectionery and baking.

Cool milk and store in the refrigerator for no more than 48 hours.





Milk-nut drink with cocoa

●●○○○ Complexity Light	Training 2 min	Cooking 25 min	Portions 3
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Ingredients:

Hazelnuts	50 g
Cocoa	30 g
Sugar	40 g
Milk	600 ml
Chocolate for garnish	

Cooking:

Soak nuts in water for 4 hours.

Drain the water in which the nuts were soaked.

Put nuts, cocoa, sugar in the blender bowl, add milk and close the blender lid.

Click the «ON/OFF» on button.

Using the «Function» button, select the “Soy milk” program and press the «ON/OFF» button.

After the end of cooking, pour the resulting mixture out of the blender and strain thoroughly through a filter or fine sieve.

Serve hot, if desired, crinkle with chocolate on top.



Milk buckwheat cream porridge with cocoa

●●●●● Complexity Light	Training 2 min	Cooking 15 min	Portions 3
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Cooking:

Rinse the buckwheat well and put in a blender bowl, add water, milk, salt, sugar or honey, cocoa powder, nuts and close the top lid.

Click the «ON/OFF» on button.

Using the «Function» button, select the «RISE PASTE» program and press the «ON/OFF» button.

Cook until the end of the program.

Pour the prepared porridge into a plate and garnish it with banana slices.

Ingredients:

Buckwheat	75 g
Water	210 ml
Milk	300 ml
Cocoa powder	3 tsp
A pinch of salt	
Sugar or honey	
Any nuts	70 g
Banana for garnish	70 g





Milk oat cream porridge with banana

Ingredients:

Oat flakes	170 g
Water	250 ml
Milk	250 ml
A pinch of salt	
Sugar or honey	
Any nuts	70 g
Banana	150 g
Blueberries for decoration	

Cooking:

Put the oatmeal in a blender bowl, add water, milk, salt, sugar or honey, banana, nuts and close the top lid.

Click the  «ON/OFF» on button.

Using the  «Function» button, select the  «RISE PASTE» program and press the  «ON/OFF» button.

Cook until the end of the program.

Pour the prepared porridge into a plate or tureen and decorate with fresh berries, for example, blueberries, raspberries, strawberries.

 Complexity Light	 Training 3 min	 Cooking 15 min	 Portions 2-3
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Milk rice cream porridge with apple and raisins

●●●●● Complexity Light	Training 4 min	Cooking 15 min	Portions 2-3
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Ingredients:

Basmati rice	170 g
Water	400 ml
Milk	250 ml
A pinch of salt	
Sugar or honey	
Apples	120 g
Butter	15 g
Raisins for garnish	

Cooking:

Rinse the rice and put in a blender bowl, add water, milk, salt, sugar or honey, a peeled apple and close the top lid.

Click the «ON/OFF» on button.

Using the «Function» button, select the «RISE PASTE» program and press the «ON/OFF» button. Cook until the end of the program.

Pour the prepared porridge into a plate, put a piece of butter and garnish with raisins.



Pumpkin cream porridge with milk and rice

●●○○○ Complexity Light	Training 4 min	Cooking 15 min	Portions 2-3
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Cooking:

Peel the pumpkin and cut it into slices.

Rinse the rice and put in a blender bowl, add water, milk, salt, sugar or honey, a peeled apple and close the top lid.

Click the «ON/OFF» on button.

Using the «Function» button, select the «RISE PASTE» program and press the «ON/OFF» button.

Cook until the end of the program.

Pour the prepared porridge into a plate and sprinkle with cinnamon.

Ingredients:

Pumpkin	350 g
Rice	70 g
Water	60 g
Milk	200 ml
Water	200 ml
Salt	
Sugar	
Nuts for garnish	





Rice milk porridge

●●○○○ Complexity Light	Training 3 min	Cooking 17 min	Portions 3
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Ingredients:

Milk for children	400 ml
Rice	35 g
Water	100 ml
Vanilla extract	0.5 tsp
Sugar	
Salt	

Cooking:

Put rice in a blender bowl, add milk, water, salt, sugar, vanilla extract and close the lid.

Click the «ON/OFF» on button.

Using the «Function» button, select the «PORRIDGE» program and press the «ON/OFF» button.

Cook until the end of the program.



Oatmeal drinking porridge with banana and dates

●●○○○ Complexity Light	Training 4 min	Cooking 17 min	Portions 3-4
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Ingredients:

Oat flakes	70 g
Water	500 g
Banana	150 g
Yoghurt	100 g
Dates or prunes	50 g
Cocoa powder	5 g
Sugar	

Cooking:

Put oatmeal in a blender bowl, add water, sugar, cocoa powder, yoghurt, banana, dates or prunes cut into pieces and close the lid.

Click the «ON/OFF» on button.

Using the «Function» button, select the «PORRIDGE» program and press the «ON/OFF» button.

Cook until the end of the program.



Oatmeal with apples and cinnamon

Ingredients:

Oat flakes	60 g
Apples	150 g
Yogurt	100 g
Water	300 ml
Milk	150 ml
Cinnamon	
Sugar	

Cooking:

Put oatmeal, peeled apples in a blender bowl, add milk, yoghurt, water, sugar, cinnamon and close the lid.

Click the  «ON/OFF» on button. Using the  «Function» button, select the  «PORRIDGE» program and press the  «ON/OFF» button.

Cook until the end of the program.

 Complexity Light	 Training 4 min	 Cooking 17 min	 Portions 3
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Spicy creamy zucchini soup

●●●●● Complexity Average	Training 10 min	Cooking 20 min	Portions 2-3
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Ingredients:

Zucchini	300 g
Potatoes	100 g
Water	350 g
Cream	150 g
Salt	1 tsp.
Curry powder	0.5 tsp.
Fresh dill	2 sprigs
Croutons	30r

Cooking:

Wash the zucchini, trim off the ends, remove the seeds and grate on a coarse grater.

Cut the potatoes into cubes.

Transfer the grated zucchini to a blender, add potatoes, water and close the blender lid.

Click the «ON/OFF» on button.

Using the «Function» button, select the «THICK SOUP» program and press the «ON/OFF» button.

7 minutes before the end of the program, open the filling lid, add cream, salt, curry and replace the lid.

Cook until the end of the program.

When serving, add dill and croutons on top.



Lentil cream soup

●●●●● Complexity Average	Training 10 min	Cooking 20 min	Portions 4-5
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Cooking:

Cut onions and carrots into medium cubes.

Put lentils, onions, carrots in a blender and cover with water.

Close the top cover.

Click the «ON/OFF» on button.

Using the «Function» button, select the «THICK SOUP» program and press the «ON/OFF» button.

7 minutes before the end of the program, open the lid for adding food, add cream, salt, pepper, put the lid back on and cook until the end of the program.

At the end of the program, pour the pureed soup into a plate, sprinkle with croutons and garnish with herbs.

Ingredients:

Red lentils	250 g
Bulb onions	140 g
Carrots	150 g
Cream (10–15%)	200 g
Salt	1 tsp.
Ground black pepper	
Water	1000 ml
White Toast Bread (crou- tons)	





Cheese cream soup

Ingredients:

Processed cream cheese	200 g
Potatoes	200 g
Bulb onions	100 g
Carrots	100 g
Cream (10–15%)	150 g
Salt	
Ground black pepper	
Garlic	1 clove
Water	800 ml
White Toast Bread (croutons)	

Cooking:

Cut potatoes, onions and carrots into small cubes.

Put lentils, onions, carrots in a blender and cover with water.

Close the top cover.

Click the  «ON/OFF» on button.

Using the  «Function» button, select the  «THICK SOUP» program and press the  «ON/OFF» button.

7 minutes before the end of the program, open the lid for adding food, add cream, salt, pepper, put the lid back on and cook until the end of the program.

At the end of the program, pour the pureed soup into a plate, sprinkle with croutons and garnish with herbs.

 Complexity Average	 Training 10 min	 Cooking 20 min	 Portions 4
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Champignon cream soup

●●●●● Complexity Average	Training 10 min	Cooking 20 min	Portions 4
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Ingredients:

Champignons	400 g
Bulb onions	150 g
20% Cream	200 ml
Milk	100 ml
Water	600 ml
Thyme pinch	
Salt	
Ground black pepper	
Crackers for garnish	

Cooking:

Cut the champignons and onions into slices.

Put champignons, onions, milk in a blender and add water.

Close the top cover.

Click the «ON/OFF» on button.

Using the «Function» button, select the «THICK SOUP» program and press the «ON/OFF» button.

7 minutes before the end of the program, open the lid for adding food, add cream, salt, pepper, put the lid back on and cook until the end of the program.

At the end of the program, pour the pureed soup into a plate, sprinkle with croutons and garnish with herbs.



Onion Cream Soup

●●●●● Complexity Average	Training 10 min	Cooking 20 min	Portions 4-5
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Ingredients:

Bulb onions	400 g
Potatoes	150 g
20% Cream	200 ml
Dry white wine	50 ml
Pinch of nutmeg	щепотка
Salt	
Water	800 ml
Ground black pepper	
Crackers for garnish	
Cheese for garnish	
Greenery for garnish	

Cooking:

Cut the potatoes into cubes.

Put lentils, onions, carrots in a blender and cover with water.

Close the top cover.

Click the «ON/OFF» on button.

Using the «Function» button, select the «THICK SOUP» program and press the «ON/OFF» button.

7 minutes before the end of the program, open the lid for adding food, add cream, salt, pepper, put the lid back on and cook until the end of the program.

At the end of the program, pour the pureed soup into a plate, top with croutons, garnish with herbs and sprinkle with grated cheese.



Celery, apple and kiwi cocktail

●●○○○ Complexity Light	Training 5 min	Cooking 2 min	Portions 3
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Ingredients:

Kiwi	300 g
Celery stalk	100 g
Apple	200 g
Lettuce leaves	30 g
Parsley	15 g
Honey	(optional)
Still water	250 ml

Cooking:

Peel the kiwi and apple and put in a blender bowl, add celery, parsley, lettuce, honey, water and close the lid.

Click the «ON/OFF» on button.

Using the «Function» button, select the «FRUITS VEGETABLES» program and press the «ON/OFF» button.

Cook until the end of the program.



Carrot and pumpkin cocktail with apple

●●○○○ Complexity Light	Training 2 min	Cooking 5 min	Portions 2-3
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Ingredients:

Carrots	150 g
Pumpkin	100 g
Apple	150 g
Apple juice	400 ml

Cooking:

Peel the carrots, pumpkin and apple, chop and place in a blender bowl, then add the juice and close the lid.

Click the «ON/OFF» on button.

Using the «Function» button, select the «FRUITS VEGETABLES» program and press the «ON/OFF» button.

Cook until the end of the program.



Green detox cocktail

●●●●● Complexity Light	Training 5 min	Cooking 2 min	Portions 3-4
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Cooking:

Cut the celery and cucumber into pieces and put them in a blender bowl, add spinach, parsley, oatmeal, flax seeds, olive oil, lemon juice, salt, water and close the lid.

Click the «ON/OFF» on button.

Using the «Function» button, select the «FRUITS VEGETABLES» program and press the «ON/OFF» button.

Cook until the end of the program.

Ingredients:

Celery stalk	200 g
Spinach	100 g
Parsley	50 g
Oat flakes	100 g
Flaxseed	50 g
Olive oil	50 g
Water	500 ml
Cucumber	200 g
Lemon juice	25 ml
Sea salt	





Pumpkin citrus smoothie with ginger

Ingredients:

Pumpkin pulp	250-300 g
Grapefruit	350 g
Orange	200 g
Honey	40 g
Ginger (root)	5 g
Cinnamon	1/4 tsp
Fruit juice	100 ml

●●○○○
Complexity
Light

⌚
Training
5 min

🔥
Cooking
2 min

🍲
Portions
4

Cooking:

Peel the pumpkin, orange and grapefruit, chop and place in a blender bowl, then add honey, ginger, cinnamon, juice and close the lid.

Click the  «ON/OFF» on button.

Using the  «Function» button, select the  «FRUITS VEGETABLES» program and press the  «ON/OFF» button.

Cook until the end of the program.





Tomato fresh with basil

●●●●● Complexity Light	Training 5 min	Cooking 2 min	Portions 2-3
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Ingredients:

Tomatoes	500 g
Basil	1 stem
Salt	1 tsp.
Sugar	10 g

Cooking:

Wash the tomatoes and pour boiling water over for 2 minutes.

Peel the tomatoes.

Put tomatoes, basil, salt, sugar in a blender bowl and close the lid.

Click the «ON/OFF» on button.

Using the «Function» button, select the «FRUITS VEGETABLES» program and press the «ON/OFF» button.

Cook until the end of the program.



Frozen berry smoothie

 Complexity Light	 Training 3 min	 Cooking 1 min	 Portions 2-3
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Ingredients:

Frozen berries	
(any)	250 g
Greek Yogurt	250 g
Vanilla extract	1 tsp
Fruit juice or milk	200 g

Cooking:

Place the frozen berries in a blender bowl, add yoghurt, vanilla extract, juice or milk and close the lid.

Click the  «ON/OFF» on button.

Using the  «Function» button, select the  «SMOOTHIE» program and press the  «ON/OFF» button.

Cook until the end of the program.



Apple and Herb Smoothie

●●○○○ Complexity Light	Training 5 min	Cooking 1 min	Portions 2-3
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Ingredients:

Green apple	400 g
Lemon juice	20 g
Fresh basil	30 g
Fresh parsley	30 g
Curly parsley	20 g
Water	200 ml

Cooking:

Wash, peel and cut the apples into 4 pieces.

Put apples, lemon juice, basil, parsley in a blender bowl and close the lid.

Click the «ON/OFF» on button.

Using the «Function» button, select the «SMOOTHIE» program and press the «ON/OFF» button.

Cook until the end of the program.



Cottage cheese banana smoothie with oat flakes

Ingredients:

Banana	200 g
Cottage cheese	150 g
Milk	300 ml
Oatmeal flakes	30 g
Sugar or honey	

●●○○○
Complexity
Light

⌚
Training
3 min

🔥
Cooking
1 min

🍲
Portions
2-3

Cooking:

Peel the banana and place in a blender bowl, add cottage cheese, milk, oatmeal, sugar or honey and close the lid.

Click the  «ON/OFF» on button.

Using the  «Function» button, select the  «SMOOTHIE» program and press the  «ON/OFF» button.

Cook until the end of the program.





Classic milkshake

 Complexity Light	 Training 2 min	 Cooking 1 min	 Portions 3-4
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Cooking:

Put ice cream in a blender bowl, add milk, water, salt, sugar, vanilla extract and close the lid.

Click the  «ON/OFF» on button.

Using the  «Function» button, select the  «SMOOTHIE» program and press the  «ON/OFF» button.

Cook until the end of the program.

Ingredients:

Milk	500 g
Ice cream	200 g
Vanilla extract	1 tsp
Sugar	(optional)
Ice	150 g





Ground Meat

●●○○○ Complexity Light	Training 3 min	Cooking 2 min	Portions 2-3
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Ingredients:

Meat	300 g
Onions	100 g
Ground black pepper	
Salt	

Cooking:

Cut the meat and onion into 3 cm cubes, put in a blender bowl, add salt, pepper and close the lid.

Click the «ON/OFF» on button.

Using the «Function» button, select the «GRIND» program and press the «ON/OFF» button.

Cook until the end of the program.



Tomato sauce for spaghetti

●●●●● Complexity Average	Training 3 min	Cooking 1 min	Portions 2-3
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Ingredients:

Scalded tomatoes without skin	300 g
Bulgarian red pepper	70 g
Fresh basil	10 g
Garlic	7 g
Ground black pepper	
Sunflower oil	30 g
Salt	
Sugar	

Cooking:

Put tomatoes, sliced Bulgarian pepper, basil, garlic, sunflower oil, salt, sugar, ground black pepper in a blender bowl and close the lid.

Click the «ON/OFF» on button.

Using the «Function» button, select the «GRIND» program and press the «ON/OFF» button.

Cook until the end of the program.



Fish soup

Ingredients:

Fish fillet	200 g
Potatoes	150 g
Onion	50 g
Carrots	50 g
Water	800 g
Salt and pepper	
Greenery for garnish	
Butter	40 g

Cooking:

Cut the fish fillet into pieces.

Peel potatoes, onions, carrots and cut into small cubes.

Put potatoes, carrots, onions, water, salt in the blender bowl and close the blender lid.

Click the  «ON/OFF» on button. Using the  «Function» button, select the  «STEAM» program and press the  «ON/OFF» button.

10 minutes before the end of the program, open the lid to add fish, ground black pepper, butter and replace the lid.

Cook until the end of the program.

Let it brew for 10 minutes.

Sprinkle with herbs on top when serving.

 Complexity Average	 Training 10 min	 Cooking 20 min	 Portions 4-5
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Bulgur with dried fruits

●●○○○ Complexity Light	Training 5 min	Cooking 20 min	Portions 4
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Ingredients:

Bulgur groats	200 g
Onion	50 g
Dried apricots	50 gp
Raisins	35 g
Water	360 ml
Salt	

Cooking:

Peel the onion, cut into strips and put in a blender bowl, add dried apricots cut into strips, add bulgur, raisins, salt, water and close the blender lid.

Click the «ON/OFF» on button.

Using the «Function» button, select the «STEAM» program and press the «ON/OFF» button.

Cook until the end of the program.

Let it brew for 10 minutes.



Rice porridge with apples

●●●●● Complexity Light	Training 5 min	Cooking 20 min	Portions 4
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Cooking:

Rinse the rice to clean water.

Peel and cut the apples into small cubes.

Put rice, apples, raisins, cinnamon, salt, sugar, water in the blender bowl and close the blender lid.

Click the «ON/OFF» on button.

Using the «Function» button, select the «STEAM» program and press the «ON/OFF» button.

Cook until the end of the program.

Let it brew for 10 minutes.

Ingredients:

Basmati rice	150 g
Water	300 ml
Apples	50 g
Raisins	30 g
Cinnamon	
Salt and sugar	

