



Making Raw Nut Milks

Raw almond milk and raw cashew milk are great alternatives for people who observe a raw-vegan diet, and they are easy to make with Soyabella. Follow these instructions to make raw almond milk. You may substitute the almonds with cashews or your favorite nut for a variety of delicious flavors and consistencies.

1. **Soak almonds:** Use the measuring cup and take a full cup of dry almonds. Rinse almonds thoroughly and leave to soak. Recommendations: Soak the almonds overnight, or for at least 4 hours.

*TIP: When soaking the beans, put beans directly into the milk screen and place the screen into the utility cup. Pour water into the utility cup to soak the beans and let it sit.

*TIP: Soyabella will work fine even if you do not soak the nuts. However, we always recommend soaking nuts and beans before making milks in order to maximize health benefits.

2. **Load Milk Screen:** Load the almonds and load them into the Milk Screen. You may add a little bit more soaked almonds if you want thicker milk.
3. **Attach the Milk Screen to the head unit:** Attach the Milk Screen to the head unit by moving the blade in a side-to-side motion to allow the screen to slide properly into place. Lock the Milk Screen into place by turning it counter-clockwise.

***CAUTION: BE SURE THE MILK SCREEN IS PROPERLY LOCKED IN PLACE!** If the Milk Screen becomes loose during operation, the spinning blade could damage the Milk Screen!

4. **Add water to stainless steel chamber:** Fill the stainless-steel chamber with water so that water level is between the upper and lower water-level lines. You can control the consistency of the almond milk by adding more or less water. The lower level mark will be appropriate for 2.5 oz (70g) of almonds, while the upper level mark will be appropriate for 3.5 oz (95g) of almonds
5. **Assemble machine and run MILL function:** Connect the head unit to the stainless steel chamber. Make sure the upper plug slides into the upper plug receptacle on top of the handle. Plug the provided power cord into the power plug receptacle, and connect the other end to a wall socket. Once plugged in, Soyabella will beep and a red light will flash, indicating that the power is on. Choose the grinder setting by pressing the "MILL" button on the head unit, and the red light will turn solid. The grinder will immediately begin milling your ingredients for approximately 10 seconds. Wait about 3 seconds until the red light blinks. Press the "MILL" button again so the grinder begins milling your ingredients for another 10 seconds. Repeat this procedure 3-5 times depending on how thick you want the milk.
6. **Pour milk and enjoy:** Unplug the base unit. Lift the head unit with the screen from the stainless steel chamber. Make sure that all the milk drains from the screen before moving the head unit away from the stainless steel chamber. Place the head unit with the screen still attached into the utility cup. Carefully pour milk from the stainless steel chamber.

*TIP: Add your favorite ingredients to flavor your almond milk. Add a pinch of sea salt, or try agave nectar, evaporated cane juice, vanilla, or any other flavors you like.



Making Split-Pea, Lentil, or other Soups

You can make delicious soups with Soyabella. These instructions are for split-pea soup, but you can substitute your favorite pea or bean! Short-grain white rice (sticky rice) is used as a soup base to thicken the soup to a nice consistency. Amounts in recipes are measured by the measuring cup provided with Soyabella.

Ingredients:

- 1 ½ measuring cup split peas
- ¾ measuring cup short-grain white rice (sticky rice)
- 1.3L water
- salt and seasonings for flavor

1. **Soak peas and rice:** Rinse peas and rice thoroughly and leave in water to soak. For best results, soak peas and rice overnight, or for at least 4 hours.

*TIP: When soaking the peas and rice, put the peas and rice directly into the **paste screen** and place the screen into the utility cup. Pour water into the utility cup to soak the peas and let it sit.

2. **Add water to stainless steel chamber:** Fill the stainless-steel chamber with water so that water level is at the upper line (1.3L). You may add warm water to shorten the processing time. Do NOT add water over 104°F (40°C).
3. **Load peas and rice; attach the paste screen to the head unit:** Drain the peas and rice and load them into the paste screen. Attach the paste screen to the head unit by moving the blade in a side-to-side motion to allow the screen to slide properly into place. Lock the paste screen by turning it counter-clockwise (markings on the paste screen indicate the proper lock and unlock directions).

***CAUTION: BE SURE THE SCREEN IS PROPERLY LOCKED IN PLACE!** If the screen becomes loose during operation, the spinning blade could damage the screen.

4. **Assemble machine and run paste function:** Connect the head unit to the stainless steel chamber. Make sure the upper plug slides into the upper plug receptacle on top of the handle. Plug the provided power cord into the power plug receptacle, and connect the other end to a wall socket. Once plugged in, the soymilk maker will beep and a red light will flash, indicating that the power is on. Choose the paste setting by pressing the "PASTE" button on the head unit, and the red light will turn solid, indicating that the cycle is starting. The cycle will take approximately 20 minutes. When finished, the indicator light will blink green, and the machine will beep.
5. **Pour soup and enjoy:** Unplug the base unit. Lift the head unit with the screen from the stainless steel chamber. Make sure that all the soup drains from the screen before moving the head unit away from the stainless steel chamber. Place the head unit with the screen still attached into the utility cup to cool. Carefully pour soup from the stainless steel chamber. **CAUTION:** Soup will be hot. Allow soup to cool before serving.

*TIP: Add your favorite ingredients to flavor your soup. Add salt, spices, or whatever seasonings you like best.