

nutrichef

nutrichef



PKBFB18

Baby Food Processor & Steam Cooker

Baby Food Maker - Electric Baby Food Processor,
Blender & Food Steamer with Puree Pulse Blending

USER MANUAL

CATALOGUE

User's Manual

01	Warning
02	Caution
04	Product Introduction <ul style="list-style-type: none">• Panel Features• Parts Of Product
06	Preparation For Operation
06	Functions & Operation
09	Ingredients & Steaming lime
09	Cleaning & Maintenance
11	Clean And Descale The Water Tank
11	Fault Analysis And Diagnosis
13	Others <ul style="list-style-type: none">• Security System• Electromagnetic Fields (EMF)• EnvironmentalProtection• Storage• Accessories Option

14 Warranty

Baby Food Guidelines

15	Baby Food For Different Stages
17	The stage of swallowing For 4-6 months old baby
19	The stage of teeth grinding For 7-9 months old baby
21	The stage of chewing for Above 10 months old baby
23	The Role Of Nutrients
23	Nutritious Food
24	Technical Specs

WARNING

1. Check if the voltage indicated on the bottom of the appliance corresponds to the local mains voltage before connecting the power.
2. **DO NOT** use the appliance, if the plug, the mains cord or the appliance itself is damaged.
3. If the mains cord is damaged, you must have it replaced by a service center authorized by **Nutrichef** or similarly qualified persons in order to avoid a hazard.
4. If the blade is stuck, clean the ingredients after removing the plug.
5. In order to avoid scalding, please do not touch the water tank & stirring cup which could reach high temperature when steaming. Please do use the stirring up with the handle.
6. Please be careful with high-temperature steam which comes from the stirring cup, when steaming or opening the cup.
7. Please make sure that the stirring cup could be put into proper position. Otherwise, it won't work.
8. Please be careful when adding water or cleaning. Do not add too much water, then the water will overflow into the appliance. It may cause short circuit or other problems.
9. Do remember to test the temperature of baby food by hand before feeding.
10. After steaming, more food need to be added together to stir. Please make sure that the stirring cup is cooled before opening it and the food can not exceed 300ml logo of the stirring cup.
11. Empty the water tank and add purified water before steaming.
12. After steaming, keep the appropriate amount of broth according to the food consistency.

CAUTION

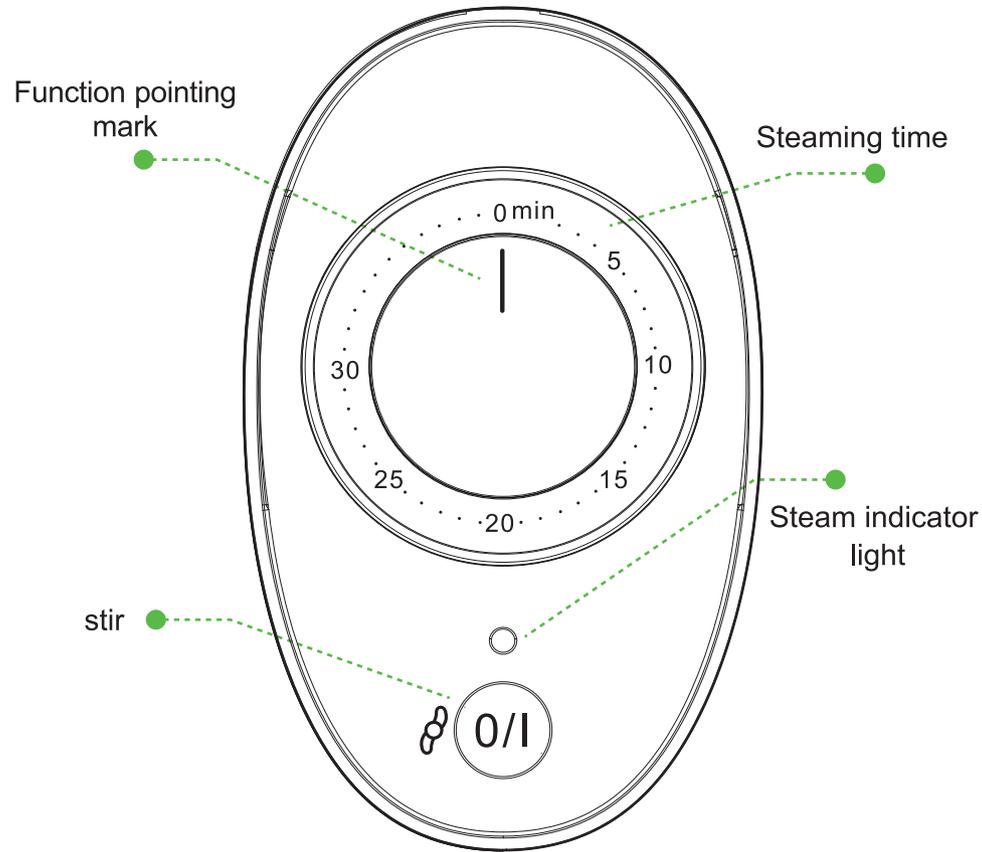
1. Do not use accessories or parts produced by other manufacturers or not recommended by **Nutrichef**. If used, the warranty will become invalid.
2. Do not immerse the main body in water. Do not put the appliance on or near the stove or cooker which are being used or heating.
3. Do not use a sterilizer or microwave oven to disinfect the stirring cup or any parts of the appliance. This method is not suitable for handle or blade.
4. The appliance is designed for household use only. If operated inappropriately (used for commercial/semi commercial purposes or not according to the user's Manual), the warranty will become invalid. The loss caused by inappropriately operating, **Nutrichef** will not take any responsibility.
5. Place the appliance on a stable, flat position and make sure there is enough space to avoid damage to cabinet and other items caused by the steam from the appliance.
6. Do not steam without adding water.
7. If there is any breakage or damages, please do not use it again. Send it to the service center which is authorized by **Nutrichef** for repair.
8. Do not drip the puree or juice into water tank to prevent coating of heating plate corroded by acidity and basicity of the food.
9. Do not lift or move the appliance when using.
10. Do not insert any objects into water inlet or steam outlet.
11. Do not add water to the tank when steaming, otherwise, the hot water or steam may be expelled.
12. Do check the uniformity of food to ensure there is no other objects or coagulation in the cooked food.
13. It takes about 15 minutes to complete steaming. The interval is 3 minutes if steaming next time.
14. Any bones, nuts (walnuts, macadamia nuts) are forbidden to stir.
15. No empty cup stirring, no stirring food over 15 seconds at a time. Wait for 10 seconds to restart each time after the previous stirring. Steam with nothing twice before using, and no less than 15 minutes each time.

CAUTION

16. It is possible that the stirring cup is colored by food, so please clean it after it is cooled. Even it is normal that the stirring cup gets colored, please be assured to use it. The stirring cup should be cleaned regularly.
17. Be careful when handing the sharp cutting blades, emptying the bowl and during cleaning.
18. Be careful if hot liquid is poured into the food processor as it can be ejected out of the appliance due to a sudden steaming.
19. Switch off the appliance and disconnect from supply before changing accessories or approaching parts that move in use.
20. This appliance is intended to be used in household and similar applications such as:
 - staff kitchen areas in shops, offices and other working environments;
 - farm houses;
 - by clients in hotels, motels and other residential type environments;
 - bed and breakfast type environments.
21. Always disconnect the appliance from the supply if it is left unattended and before assembling, disassembling or cleaning.
22. This appliance shall not be used by children. Keep the appliance and its cord out of reach of children.
23. Appliances can be used by persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and if they understand the hazards involved.
24. Children shall not play with the appliance.
25. If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid hazard.
26. To protect against electric shock, do not immerse main parts of the product, cord or plug in water or other liquids.
27. WEEE symbol.

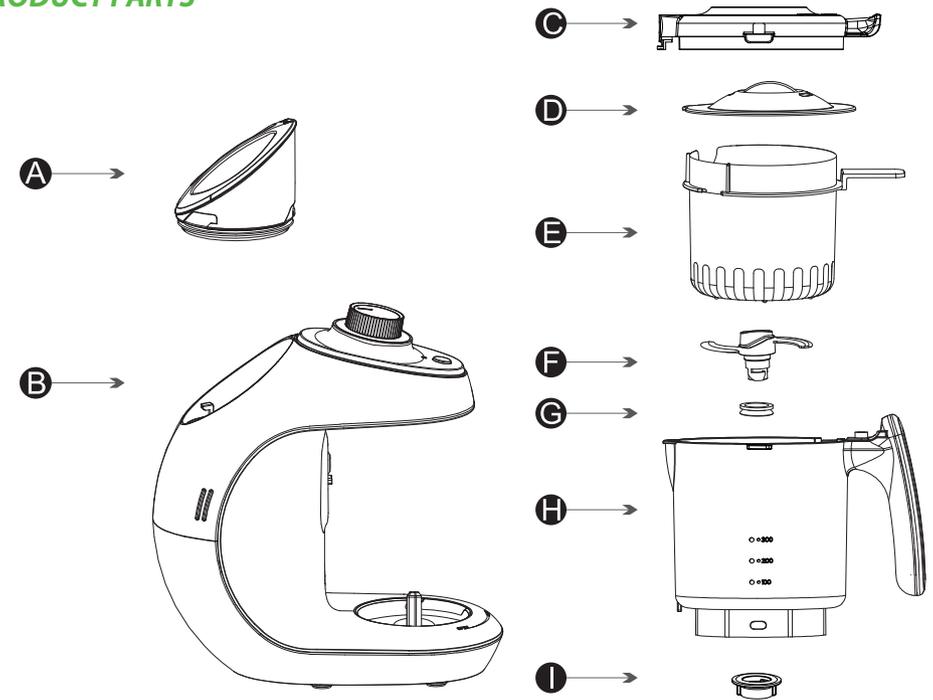
PRODUCT INTRODUCTION

Panel Features



Put the plug into the power socket and the appliance will be in stand-by mode. Rotate the timer knob on the right so that the "I" on the knob panel is aligned with the steaming time you choose. Then the steaming function is working now (The steam indicator light is flashing). The timer knob will turn back slowly counter clockwise. When the "I" logo is aligned with the "0^{min}" with a sound of "Ding", the steaming work is completed. Then the appliance is in stand-by mode. When holding the stirring function key, the stirring function is working. Once the hand leaves the knob, the appliance stops stirring. Then appliance is in stand-by mode again.

PRODUCT PARTS



ITEM	Name	Material	Heat Resistant Temp	Cold Resistant Temp	QTY
A	Water Tank Rotary cover	Food-grade PP	248°F	-4°F	1
B	Main Body	ABS	248°F	-4°F	1
C	Stirring Cup Lid	Food-grade PP	248°F	-4°F	1
D	Spill-proof cover	Food-grade PP	248°F	-4°F	1
E	Steaming Basket	Food-grade PP	248°F	-4°F	1
F	Blade holder	Food-grade PP	248°F	-4°F	1
G	Waterproof circle	Food-grade Silicone	248°F	-4°F	1
H	Stirring Cup	Tritan	248°F	-4°F	1
I	Blade holder	Food-grade PP	248°F	-4°F	1

PREPARATION

Adding water to the tank: Pour the purified water or distilled water into the tank to reach the MAX logo then rotate the cover on the tank.

CAUTION:

1. Do not use tap water or mineral water which may cause the incrustation scale on water tank.
2. Make sure not to add too much water to the tank.
Water cannot exceed the MAX logo.
3. Only purified water can be poured into the tank.

FUNCTIONS & OPERATION



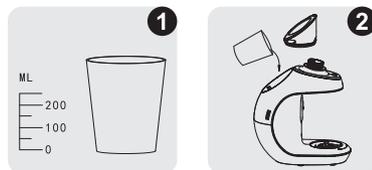
Steam



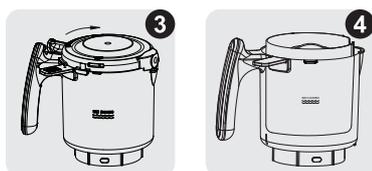
Stir

The appliance has powerful two functional modules (Steam, Stir). The appliance is designed for making fresh food to feed the babies. Operate these two functional modules easily according to the **Function & Operation** from the user's manual.

1. Add water (it is suggested about 200ml pure water) into tank first before steaming. The water capacity depends on the hardness and toughness of food. The more water you add, the longer the steaming time you spend. You can add the appropriate capacity of water into the tank again (see picture 1,2).



2. Holding the stirring cup and then rotate the lid clockwise. (see picture 3 and picture 4)



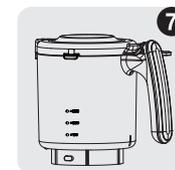
3. Put the food into steaming basket.
Cut the solid food into small chunks (not exceed 1.5cm) see picture 5.

CAUTION:

DO NOT steam large amount of solid food at a time. A large amount of solid food should be steamed separately for several times.



4. Put the steaming basket into stirring cup and cover the lid. Then you can rotate the cup counterclockwise in the proper position (The logo "►" of stirring cup lid should be aligned to the logo "◄" or handle). (see picture 6,7)



5. Put the stirring cup on the cup seat and rotate the timer knob to setting time (The cup seat, the logo "↓" of stirring cup should be aligned to the "close" logo on the cup seat). Then the stirring function is working. (please take reference according to user's manual's "steaming time"). Then it starts to steam. see picture 8,9.



6. Remove the stirring cup and unscrew the lid after steaming. Take the steamed food from the steaming basket into the stirring cup and cover the lid. Put the stirring cup on the cup seat and rotate the cup counterclockwise into proper position. The steaming basket should be placed near the appliance or clean it immediately. (Add the other ingredients for mixing, such as pure water, milk and sugar) see picture 10,11.



7. Press the stirring button to start the stirring function. Releases the button (the continuous time for stirring must be less than 15 seconds every time) until the food reaches the required thickness. And it stops stirring.

Caution:

1. If there are small cube sticks to the cup wall, please remove the stirring cup from the main body and open the lid. Take out the small cubes using a spoon.
2. If bigger cubes still need to be stirred in the cup, press the "Stir" button to start stirring until it's done.

8. If puree is done, please check the puree with spoon to ensure there is no other objects or coagulation. Empty all the puree into the cup or bowl. Don't taste until it is cooled. (see the picture 12)



INGREDIENTS & STEAMING TIME

Material	Steaming Time	Product Name	Material	Steaming Time	
Apple	15min	Vegetable	Green beans	15min	
Orange	15min		Leek	15min	
Peach	15min		Onion	15min	
Pear	15min		Peas	15min	
Pineapple	15min		Leaf mustard	15min	
Plum	15min		Potato	20min	
Asparagus	15min		Pumpkin	15min	
Broccoli	15min		Spinach	15min	
Carrot	20min		Cabbage	15min	
Cauliflower	15min		Sweet potato	15min	
Celery	15min		Tomato	15min	
Watermelon	15min		Meat	Chicken / Beef / Mutton	20min
Fennel	15min		Fish	Salmon / Cod	15min

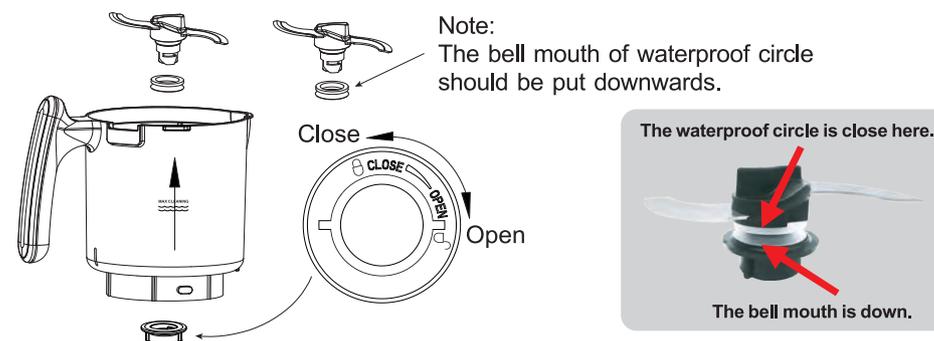
CLEANING & MAINTENANCE

Caution

- Clean the appliance immediately after use every time.
- Do not immerse the main body in water.
- Do not use the bleaching or chemical solution/ tablets in the appliance.
- Do not use the steel wool, abrasive cleansers or corrosive liquid (such as petrol, acetone or alcohol) to clean the appliance.

CLEANING METHOD

1. Switch off and then remove the stirring cup from the cup seat.
2. Take out the lid from the stirring cup.
3. Take out the blade from the stirring cup.
 - Disassemble the blade (see the picture on the right)
4. Please wash them completely with tap water immediately after using.
 - Please clean the inner side of blade.
5. Wash the other parts immediately with warm water and detergent after using.
6. Please clean the appliance with dry cloth if necessary.
7. Check whether there is any food particles into the tank. If yes, please clean the tank. (reference to the chapter of "cleaning and descaling for water tank")
8. Keep the tank as dry as possible to prevent bacterial growth.
9. Remove stirring cup and open the lid. Then pour water into stirring cup to reach the Max cleaning position. Put Spill-proof cover on the stirring cup and close the lid of the stirring cup. Then put the stirring cup on the cup seat and rotate the cup in the proper position. Press the stirring button and start to "Clean". It is necessary to empty the water in the tank before washing. Clean it for 2-3 times according to the same step.



- The blade holder is rotated on the left to install the blade assembly.
- The blade holder is rotated on the right to remove the blade assembly.

Caution:

1. Be careful to deal with the blade assembly to avoid being cut by the extremely sharp blade.
2. When cleaning the blade assembly completely, wash them in dishwasher after cleaning (Any parts can be washed in dishwasher except the main body)

CLEAN AND DESCALE THE WATER TANK

The incrustation scale should be removed every week to ensure 100% working efficiency. It can help to reduce the accumulation of incrustation scale, if adding the purified water or filtering water. **Getting rid of the food particles and the incrustation scale in the water tank, please do the following instruction:**

1. Mix a small bag of citric acid (about 10 grams) with the purified water (about 200ml) into the water tank.

Notes: Use a mixture of 150ml pure water and 50ml vinegar (8% concentration of acetic acid) to get rid of the incrustation scale from the water tank.

2. Start the "Steam" function, the indicator gets bright then it starts to steam.
3. After steaming for 5-6 minutes and then switch **OFF**.
4. Empty the used acetic acid (or vinegar) solution from the water tank.
5. Wash the water tank and stirring cup thoroughly with water.
6. Before using the appliance, please add 100ml-200ml water into the water tank and start to steam with empty cup for 10 minutes to get rid of some remaining odor.
7. Keep the tank as dry as possible to prevent bacterial growth.

FAULT ANALYSIS AND DIAGNOSIS

The chapter summarizes the problems we most probably face. If the problems can not be solved under the following information, please contact the customer service center nearby.

Initial Failure

Fault	Cause Analysis	Eliminative Methods
No steam.	① Is there water in the tank? ② Is the stirring cup put on the cup seat and rotated counterclockwise in the proper position?	① Please add water to the tank . ② Wait for 1-2 minutes, then start the steaming function. ③ The logo "▶" of stirring cup lid should be aligned to the logo "◀" of handle. ④ When the stirring cup is put on the cup seat, the logo "↓" of stirring cup should be aligned to the "close θ" logo on the cup seat.
The blade can not stir.	Is the stirring cup put on the cup seat and rotated counterclockwise in the proper position?	① The logo "▶" of stirring cup lid should be aligned to the logo "◀" of handle. ② When the stirring cup is put on the cup seat, the logo "↓" of stirring cup should be aligned to the "close θ" logo on the cup seat.

Common Faults

Fault	Cause Analysis	Eliminative Methods
The appliance can not work.	Does the power socket have electricity? Is the power switch on?	Is the voltage a standard voltage of 120V?
The fault of stirring function.	Is the lid put on the stirring cup properly? Is the stirring cup rotated on cup seat properly? The ingredients is too much or so hard that the blade is stuck.	Put the lid on the stirring cup properly. Rotate the stirring cup on cup seat properly. Reduce the capacity of ingredients.
When stirring, motor is not strong.	Is it Low voltage? Is the food too hard or too thick? Is there too much food in the cup?	Is the voltage used correctly? Do you add water in the proper proportions? When stirring, the max volume of ingredients can not exceed 300ml of stirring cup.
The steam is not enough strong so that the food can not be cooked completely.	The steam outlet is blocked or the volume of food is too large.	Clean the steam outlet. Lengthen the steaming time, cut the food into 1.5cm cubes, or cut into small chunks.
When steaming, the water is ejected from the vent of water tank.	The water level in the tank is too high.	when adding water, the water level can not exceed the Max position.
The fault of steaming switch.	The function of overheating protection Is working.	After steaming, wait 2-3 minutes to work again or add water again and then wait 1-2 minutes to work again.

OTHERS

Security System

- The appliance has a built-in safety lock. If the stirring cup is not rotating to accurate position or the lid is not installed properly, the motor will not work. All the parts should be assembled correctly, the built-in safety lock should be unlocked to make the motor work properly.
- The appliance also has overheating protection function. If the interval between two steaming process is too short or the working time for stirring is too long or there are too much food in the stirring cup, all of them can cause overheating problems.

If the overheating protection function is started when using, the appliance will not work. Please turn **OFF** the power and then let it cool off for several minutes before connecting the appliance then the appliance can work again.

ELECTRO MAGNETIC FIELDS (EMF)

- This appliance complies with all standards regarding electromagnetic fields (EMF). If handled properly and according to the instructions in this user manual, the appliance is safe to use based on scientific evidence available today.

Environmental Protection

- Do not discard the appliance together with household garbage. It would be environmentally friendly to hand it to the official recycling center.
- It is normal there's odor of insulation paint come from the motor when using the new appliance first few times. It will gradually fade away after using several times.

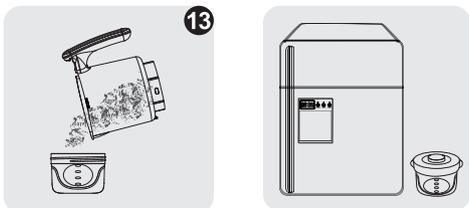
Storage

- Empty the water from water tank before storing the appliance.
- Make sure to keep all the parts are clean and dry before storing the appliance. (reference to the "Clean and maintenance")
- Place the blade assembly in the stirring cup when storing the appliance to prevent from damage.

ACCESSORIES OPTION

Using Method For Baby Food Storage Box

- Pour the cooked food into baby food storage box
(The storage box can be put into refrigerator to keep fresh). see the picture 13.



WARRANTY

- It is free to provide the maintenance services or replacement within one year from the date of purchase, if there are quality problems or failure problems in normal use conditions.
- The accessories of consumable are not covered under warranty.
- When maintaining, please show the warranty card.

Free maintain won't be given under the following circumstance

- During the warranty period, repaired by technical staff who is not from Nutrichef, installed or used improperly or improper transportation.
- The damage caused by customer inappropriate installation, disassembly, or the usage.
- Warranty card lost or damaged.
- Nutrichef reserves all the right for the final explanation.

Note: Product specifications are subject to change without notice.

Baby Food Guidelines

Baby's appetite improves dramatically using the Smart Baby Food Processor.

It is the fastest stage of children's growth from 0 to 3 years old. The absorption of this stage for children determines the brain development and the establishment of the immune mechanism, even the health. Baby nutrition recipes become especially important during this period. **The Smart Baby Food Processor** and parents lay a solid foundation for the children in the special growth stage together.



Baby Food For Different Stages

Don't add food supplement for baby as early as 4 months old, and not later than 6 months old, from vegetable soup to fruit puree.

Because every baby has its own characteristics, whether we can start to add food supplements or not according to the following points.

• The stage of swallowing for 4-6 months old baby

1. If the baby hasn't been full after feeding, and the feeding times increased.
2. Baby often swallows, staring when adults eat, then swallow and drooling.
3. When feeding, tongue lick the spoon.
4. Baby can sit down when leaning, and his head can stand up, indicating whether he wants to eat or not simply.

Baby Food for Different Stages	Name	Materials	Comments On Nutrition	Cooking Method
The stage of swallowing for 4-6 months old baby	 <p>Carrot Puree</p>	Half an carrot, rice paste, purified water.	Carrot is rich in suger, fat, oil, carotenes, vitamin A, vitaminB1, vitaminB2, procyanidins, calcium, iron etc nutrients, which can improve immunity, playing a very important role for promoting baby's growth and development and their vision. Rice paste is very easy to be absorbed and digested.	<ol style="list-style-type: none"> 1. Peel the carrot and cut into cubes about 1.5CM. 2. Add water into the tank below MAX, then steam for 20 minutes. 3. Mix the prepared rice paste and the steamed carrots, then pour them into the stirring cup.
	 <p>Apple Puree</p>	Half an apple, purified water.	Apple is rich in Minerals and vitamins, and it can supply calcium, phosphorus for baby to prevent Rickets. Also it has the effect of strengthening the spleen and stomach and adjusting the vitality and nourishing the blood, with a better therapeutic effect for baby's iron deficiency anemia. What's more, it is also more suitable for indigestion spleen deficiency baby, and apple puree is easier to digest .	<ol style="list-style-type: none"> 1. Wash the apple, remove the kernel and cut it into small chunks about 1.5cm, then put them into the steaming basket. 2. Add water into the tank below MAX, then steam for 15 minutes. 3. Pour the steamed apple into stirring cup, keep the broth, and stir until the apple puree is fine and smooth.
	 <p>Spinach Puree</p>	Spinach, purified water.	Carotene in spinach can be transformed into vitamin A in human body, maintaining normal vision and epithelial cell health and increasing the ability to prevent infection to promote baby growth and development. Also, spinach is rich in carotene, vitamin C, calcium, phosphorus and a certain amount of iron, vitamin E, and other beneficial components, which can supply a variety of nutrients for human body. Besides, its iron can prevent iron deficiency anemia effectively.	<ol style="list-style-type: none"> 1. Remove the roots after washing the spinach. 2. Add water into the tank below MAX, put the spinach into steaming basket to steam for 15 minutes, which can remove oxalic acid to prevent calcium absorption. 3. Pour the steamed spinach into the stirring cup, keep the broth, and stir until the spinach puree is fine and smooth. 4. The Stirred spinach puree is very fine and smooth, can be mixed into rice paste, porridge to feed baby, also can be mixed with eggs to steam for egg soup.
	 <p>Milk banana Puree</p>	Half an banana, 2 spoons of milk powder, purified water.	Banana is rich in potassium and magnesium, and contains high protein, minerals. It's not only a good tonic food, but also the best food for constipation baby.	<ol style="list-style-type: none"> 1. Peel and cut the banana, then put them into the steaming basket. 2. Add water into tank below MAX, and steam for 5 minutes. 3. Mix the milk, and pour the milk and cooled banana into stirring cup, then stir to be fine and smooth.

Baby Food For Different Stages

After feeding for 2 months, baby has gotten used to baby food, and has gradually adapted to the uncomfourt caused by the solid food, baby tableware and feeding. Next, feeding will be much easier.

• The stage of tongue grinding for 7-9 months old baby

But it doesn't mean that the baby's digestive ability is the same as adult's. Thus, on the addition of food, we still adhere to the principle of .. feeding step by step". And pay attention to supply protein, carbohydrates, DHA and other nutrients.

Baby Food for Different Stages	Name	Materials	Comments On Nutrition	Cooking Method
The stage of tongue grinding for 7-9 months old baby	 <p>Garden Mashed Potatoes</p>	Potato, carrot, corn, cucumber, purified water.	Potato can be with baby staple food instead of rice. Because potato supplies more carbohydrates and protein than congee, and it is rich in vitamins and minerals. It is very sample and nutritious that potato come with corn, cucumber and carrot.	<ol style="list-style-type: none"> 1. Peel the carrot, potato, cucumber, and cut them into about 1.5cm small chunks. Wash the corn, and put the corn and carrot, potato, cucumber together into steaming basket. 2. Add water to the tank below MAX, then steam for 20 minutes. 3. Pour the steamed food into stirring cup and add some warm boiled water, then stir to be smooth.
	 <p>Wax gourd Gruel with meat</p>	100g rice, meat, wax gourd, purified water.	Wax gourd contains pulp and seeds, and is rich in protein, carbohydrates, vitamins and minerals. Lean meat is rich in protein, fat, carbohydrates, calcium, phosphorus and other ingredients.	<ol style="list-style-type: none"> 1. Soak the rice an hour ahead of time, put the rice into a pan to be boiled, then simmer for 30 minutes. 2. Wash and the wax gourd, cut it into about 1.5cm small chunks, slice the meat, and put them together into steaming basket. 3. Add water into tank below MAX, and steam for 20 minutes. 4. Pour the cooked gruel , wax gourd and meat into stirring cup, mix them together, and the smoothness of gruel can be adjusted according to baby's chewing ability.
	 <p>Liver congee with vegetables</p>	100g rice, 50g liver, a green vegetable, purified water right amount.	Iron is crucial to baby's growth and development. Liver is good for supplement iron, and contains 25mg/100g iron. And it has high absorption and utilization rate. In addition, liver contains amount of vitamin A, preventing the night blindness caused by vitamin A deficiency.	<ol style="list-style-type: none"> 1. Soak the rice an hour ahead of time, put the rice into a pan to be boiled, then simmer for 30 minutes. 2. Wash and chop vegetables, put the liver into a bowl and soak it for 30 minutes to remove the blood, cut the liver into small chunks, then put them into steaming basket. 3. Add water into the tank below MAX, and steam for 20 minutes. 4. Put the cooked congee and liver together into stirring cup, and mix them. The smoothness of congee can be adjusted according to baby's chewing ability.
	 <p>Beef oatmeal</p>	30g beef, 20g oats, purified water	Oats are rich in linoleic acid, and have an effect on constipation and strengthening the physical strength. Their calcium, phosphorus, iron, zinc and other minerals to promote the growth of bones and prevent anemia. Beef is rich in iron and enhance baby's hematopoiesis.	<ol style="list-style-type: none"> 1. Soak the oats, and wash them, then cook them to oatmeal. 2. Slice the beef thinly, then put the beef into steaming baske. 3. Add water to tank below MAX, then steam for 20 minutes. 4. Put the oatmeal and cooked beef together into stirring cup for stirring. And the smoothness of the beef oatmeal can be adjusted according to the baby's chewing ability

Baby Food For Different Stages

For more than 10 months baby, the baby food can be more rich and varied. For hardness of the food, it is not necessary to make it quite fine and smooth. Otherwise, it will affect the baby's chewing ability and digestive ability.

The stage of chewing for above 10 months old baby

For the baby food, the mother can not be lazy. Ensure to provide the baby with overall nutrition food. Make as many different kinds of complementary food as possible for baby.

Baby Food for Different Stages	Name	Materials	Comments On Nutrition	Cooking Method
The stage of chewing for above 10 months old baby	 <p>Purple Sweet Potato Toast</p>	one piece of toast, purple sweet potato, a banana, 20ml milk.	Purple sweet potato is rich in dietary fiber, selenium and anthocyanin. Dietary fiber can ease baby's constipation and the selenium is good for baby intelligence development. Besides, the content of anthocyanin in purple sweet potato is next to the blueberry and black Lycium. It can promote the development of baby's vision and is a very economical anthocyanin food.	<ol style="list-style-type: none"> 1. Peel the purple sweet potato and cut into cubes about 1.5cm. Add water into water tank below Max mark. Then put it into steaming basket and steam for 15 minutes. 2. Make the steamed purple potato cool for a while and add it together with 20ml milk into the stirring cup. Do not stop stirring until mud is done. (The fineness of the mud can be adjusted according to the baby's chewing ability). 3. Cut the edge of toast and then press with the rolling pin, coat it evenly with purple potato mud. 4. Put banana on the toast and roll up. Press the joint tightly and cut the head and tail of banana into the size that the baby can grasp in one hand.
	 <p>Zucchini Egg Cake</p>	right amount of Zucchini, egg, flour, and pure water	Its water content is very high (95%), but the content of vitamins and minerals is relatively low, the nutritional value is more common. But it is a very common vegetable. It is not only suitable to be made into the fried food, but also can be made into the zucchini egg cake.	<ol style="list-style-type: none"> 1. Peel the Zucchini and cut it into cubes about 1.5cm. And then put into the steaming basket. 2. Add water into the tank below Max mark and Steam for 15mins. 3. Put the steamed Zucchini together with a egg, right amount flour and water in the bowl. And then stir. (If the mixture is too thick, it means one egg is not enough. Pour the egg batter on the pan and it can not flow naturally on the pan. besides, the baked cakes are very thick. It means water is not enough). 4. Pour the base oil into the pan and brush evenly. Then pour the egg batter into the pan and turn the handle of pan to make the egg batter to flow naturally until it spread all over the pot bottom. (cut into four pieces and then turn it over easily).
	 <p>Steamed Yam Cake</p>	Pork 40g, yam 60g, onion 10g, egg whites 5g, amyllum right amount.	The Chinese yam is good for spleen, stomach and lung. For a baby with a poor appetite, the situation can be improved if eating. If the food is cooked by steaming, it can preserve the food's original protein, cellulose and other nutrients. Furthermore, it can maintain the original flavor of the food and it also is suitable for digestion and absorption of baby stomach.	<ol style="list-style-type: none"> 1. Wash the yam and put on a disposable glove to peel it. Then cut the yam into slices and soak them into water. 2. Chop the onion into pieces, cut the pork into about 1.5 cm cubes, and place them into the stirring cup to stir until it is mashed. 3. Take a piece of yam and dip into the right amount of amyllum. 4. Put the crushed pork on one piece of yam which is dipped into amyllum. Then take another piece of yam to put on the crushed pork and press all of them lightly. 5. Put it into the steaming basket and start to steam for 20mins.
	 <p>Chinese cabbage & meat dumplings</p>	120g Pork, 150g cabbage, 200g flour, 50g spinach.	Flour is rich in protein, carbohydrates, vitamins, and minerals which are calcium, iron, phosphorus, potassium, and magnesium. It is good for the hear, kidney and spleen. The cabbage is rich in a variety of vitamins and minerals and especially in vitamin C and calcium, dietary fiber.	<ol style="list-style-type: none"> 1. Make the flour into the dough. Then roll the dough into the dumpling wrapper with a rolling pin 2. Wash the pork and cut into slices. Rinse the cabbage and cut into small pieces. Put them together into the stirring cup to stir until mashed. 3. Cut a few scallion and ginger, and then soak in water for one hour. (the soaked water can be used later) 4. Add a few linseed oil, salt and the soaked water into the mixture which is mashed cabbage and pork. (Stir with chopsticks to ensure that they are well combined) 5. Make the dumplings with dumpling wrapper and mashed pork. Boil into the boiling water until cooked.

The Role Of Nutrients

Nutrients	Effects
Vitamin A	Promote growth, improve resistance to infect diseases, protect vision and keeps skin cells healthy.
Vitamin B1	Regulate gastroinstestion, enhance absorption and maintain the circulation and digestion.
Vitamin B2	It is the required substances for metabolism and energy use of protein, sugar, falty acids and others.
Vitamin B12	Promote the storage of vitamin A and cell maturation and metabolism, prevent anemia.
Vitamin C	Connect bones, teeth, enhance antibodies and resistance and promote red cell maturation.
Vitamin D	Promote absorption and bone's growth, and regulate calcium absorption.
Vitamin E	Maintain normal muscle growth and metabolism.
Vitamin B9	Anti anemia, maintenance of normal cell growth and immune system function.
Calcium	Prevent rickets, osteoporosis, weakness of the lumbar muscles, numbness of the hands and feet, and muscle spasms.
Magnesium	Prevent cardiovascular disease, intestinal spasm, improve mental status and help to sleep.
Zine	Increase appetite, promote intelligence and growth, and improve immunity.
Iron	Prevent anemia, cold, strengthen immunity and improve attention.
Copper	Prevent anemia, hair discoloration, neurasthenia, rheumatism, joint pain.
Protein	Promote growth and development and ensure the normal metabokic cycle.
Fibrin	Promote gastrointestinal motility and eliminate excess fat and toxins.

Nutritious Food

Nutrients	Nutritious Food
Vitamin A	Carrots, pepers, eegs, watercress, orange, sea buckthorn, liver and other animal offal.
Vitamin B1	Sausage, seaweed, sunflower kernels, pork chops, black sesame, peas, tomatoes, oranges, etc.
Vitamin B2	Dry mushroom, dry letinous edodes, liver, seaweed, duck,eel,bananas, grapes etc.
Vitamin B12	Cod, sardines, beans, corn, pigskin, bacon, sweet scented osmanthus etc.
Vitamin C	Bean sprouts, cauliflower, okra,garlic, pepper, kiwi, balsam pear, strawberry, etc.
Vitamin D	Crab flavored mushroom, skimmed milk, cod liver oil, cheese, silkworm chrysalis, nut, seafood, etc.
Vitamin E	Mulberry, sunflower seeds, black sesame, soybeans, Yuba, fermented black bean, red bean, scallop in shell,pomegranate, etc.
Vitamin B9	Spinach, tomotoes, oranges, liver, poultry, eggs, lettuce, strawberries, etc.
Calcium	Bracken,sesame, shrimp, cheese, beans, kelp, beef, walnut and so on.
Magnesium	Oat, amaranth, seaweed, sea cucumber,pine nuts, hazelnuts, bananas, honey, red dates, etc.
Zine	Morchella, oysters, wheat gem powder, bracken, walnut, horse meat, scallop in shell, etc.
Iron	Red mushroom, liver, fungus, seaweed, ginger, alfalfa seeds, jellyfish, etc.
Copper	Octopus, oyster, foie gras, horse heart, buckwheat, pumpkin, truffle, almond, etc.
Protein	Shredded tofu, squid, squid, curry beef jerky, beef, shrimp, eggs, potatoes and so on.
Fibrin	Corn, white shoots, star anise, vegetables, celery, carrots, tomatoes, apples and so on.

According to every stage of growth that the baby needs, the **Baby Food Processor** creates different delicious food supplement in the gradual process which is from less to more, from fine to thick.



Baby Food Processor User Guidance

- Before steaming, add water into the tank first, then put the steaming basket with food cut up with small chunks into stirring cup, after that, put the lib on.
- Before stirring, the soup left after steaming can be kept according to the consistency of the food, then pour the food of the steaming basket into the stirring cup and put the anti overflow cover and lib on.

Baby Food Processor & Steam Cooker

Baby Food Maker - Electric Baby Food Processor,
Blender & Food Steamer with Puree Pulse Blending

Features:

- Digital Baby Food Maker Food Processor
- 2-in-1 Food Steamer Cooker + Puree Blender
- Elegant Modern Kitchen Countertop Style
- Simple Electric Plug-in Design
- Hassle-Free Control Settings
- Adjustable Steam Timer
- Soft Touch Button Activated 'Pulse' Blending
- Achieve the Perfect Food Consistency as Desired
- Create Delicious Puree, Ground & Soft Chopped Meals
- Integrated Easy-Fill Water Tank for Steaming
- Auto Power-Off Safety Function
- Removable Dishwasher Safe Parts
- Laboratory Tested, Food Grade Safe Construction
- Safe for Placement on Any Kitchen Table or Countertop
- Serves Newborn Babies, Infants & Toddlers of All Ages!

What's in the Box:

- Food Processor
- Steam Basket
- Blend Cup

Technical Specs:

- Power Output: 300 Watt
- Steam Cook Timer Settings: Up to 30 Minutes
- Water Tank capacity: 6.8 oz (200 ml)
- Stirring Cup Capacity: 10.2 oz (300 ml)
- Construction Material: Engineered ABS Housing
- Power Cord Length: 3.0' ft.
- Power Supply: 120
- Dimensions (L x W x H): 11.6" x 5.5" x 11.0" -inches