



MAGICOOK

RECIPE BOOK

Preparation (decarboxylation)

You will want to use decarboxylated (decarbed) herb for your infused butter in order to make the active ingredients available.

It is a complicated sounding name for a simple process. The basic idea is to heat the dried herbs to 121°C (250°F) for 90 minutes. The only difficulty is that temperature control is critical. Some people use their oven with a good quality thermometer. The MagiCook Pro Infuser has a decarb function that works well for small amounts. The infuser will heat the dried herbs at the correct temperature and the blades do not spin during the decarb process.

If you want to do a large amount at one time, then you will want to use the oven method. Make sure that your oven is operating at the correct temperature. Place your dried herbs on a baking pan covered in parchment paper in an even layer, then tightly cover with aluminum foil and place on the center rack.

You do not need to use a grinder. Just crumble your herb up by hand into roughly even-sized pieces.

DECARB FUNCTION

As discussed in the preparation section, you will need to decarb all of your dried herbs before making any type of infusion.

To decarb a small amount-14 grams (1/2 oz or less) in the infuser spread an even layer of no more than 1/2 inch high of dried herbs on the bottom. Press "Choose" until "Decarb" is flashing and then set time and temperature as described in Basic Operation.

You can easily find dozens of decarb procedures but most generally agree to the following:

T-C: Decarb at 121°C (250°F) for 90min

C-D: Decarb at 140°C (280°F) for 60-90min

C-N: Decarb at 160°C (320°F) for 90-120min

Please note the default decarb function runs for 90 mins. You can amend the time if required.

Another point of general agreement is that decarbing at the lower end of the temperature range preserves the herb flavor while decarbing at the higher end will minimize the flavor.

You will want to experiment with times and temperature that works best for you. If you need to decarb a large amount of herb at one time use the oven method described earlier but make sure your oven settings are matching the correct temperatures. You can easily ruin a batch of herb by overheating it.

Please note that the mixing blades do not operate in the decarb setting. It is a heating only operation.

Disclaimer: The information in this manual does not replace any statutory requirements under any relevant Commonwealth, state, or territory legislation. For more information about medical cannabis please refer to the website of the TGA.

Oil Function

For many, oil infusions and specifically coconut oil infusions, are becoming the daily go-to infusion. A coconut oil infusion is very versatile. Oils work well in any food recipe and as rub-in topical ointments.

Coconut oil is a great oil to use because it has a very high saturated fat content (90% compared with 60% for butter). The active ingredients in herbs have a high affinity for absorption by saturated fat. This means you can easily make potent mixtures or use much less herb to make your infusions.

Lecithin is key ingredient in infused coconut oil. Lecithin helps with absorption of herb oil into your intestinal walls and is used as an emulsifier. The small particles in your herb oil are absorbed more easily, making it more potent and effective. Sunflower Lecithin is a popular type to use.

Directions

- For a 1/2 batch-14gr decarbed herb with 470-590ml coconut oil.
- For a Whole batch-28gr decarbed herb with 950-1180ml coconut oil.
- Use 1 tbsp lecithin for both



The infuser is preset to run at 70°C for one hour. When the temperature reaches 53°C the mixing blades will turn on for 20 second intervals as the temperature continues to 70°C and then to the end of the cycle. You may also set your own time and temperature. When the cycle has finished, follow the directions in the STRAINING section of this manual.

If you are not experienced with using coconut oil infusions, use very small doses at first and wait a long time (5hours) to really judge potency. Coconut oil with lecithin can produce very potent infusions. You can gradually work your way up to the right levels for you. It is easy to overdo it and it is an unpleasant experience. In general, the directions we provide here are a good starting point but experimenting a bit with time, temperature, and potency will give you the best results in the long run.

Butter Function

Butter infused with herb (infused butter) is one of the mainstays in making edibles and is still probably the most popular infused product. As with coconut oil, it is the saturated fat in butter that make it all work. If you like butter and are used to using it in your recipes, infused butter will work well for you.

Directions

- For a 1/2 batch use 14gr decarbed herb with 470-590ml unsalted butter.
- For a whole batch use 28gr decarbed herb with 950-1180ml unsalted butter.
- Use 1 tbsp sunflower lecithin with both batch sizes.



If you use the preset "butter" option on the infuser it will run for 2 hours at 70°C. The blades will cycle on for 20 second intervals starting when the temperature reaches 53°C. You can also set your own custom time and temperature.

When the cycle has finished, follow the directions in the STRAINING section of this manual.

Many people prefer using clarified butter or ghee instead of regular unsalted butter. Be sure to try this if you are not satisfied with results using butter.

If you are new to edibles start with really small doses and wait a long time (5 hours) and gradually work up to a comfortable level. It is easy to overdo it with edibles and it is not a pleasant experience.

Experimentation with all the variable is good to try. Our directions are a good starting point but you may create a better taste or potency by trying new settings on time, temperature, or amount of herb added.

Tincture Function

Tinctures are alcohol-extracted herbal products. The herb liquid tincture contains high levels of active ingredients that have been leached out into the alcohol to form a liquid. Tinctures are usually taken by placing a few drops of the highly concentrated liquid under the user's tongue. They have become a popular alternative to smoking and are widely used by medical users who do not wish to smoke the product.

Tinctures are rapidly absorbed by the body and work quickly. Most users rapidly feel the effects and the effects tend to last for an extended time.

The active ingredients in tinctures break down quickly if exposed to heat or light. Therefore, tinctures should be kept in airtight, dark containers, and stored away from heat and light. Unlike other herbal products, tinctures have no telltale odor.

Glycerin VS Alcohol Tinctures

In most tincture formulas, alcohol is the standard solvent. Alcohol is efficient in extracting the active ingredients so that you can create a potent tincture. The ethanol content in alcohol increases the speed of absorption meaning that you will feel the effects faster.

However, not everyone can or wants to consume alcohol. Glycerin is a great alternative for those who want to avoid alcohol. Glycerin is in many food products and is completely safe to consume. It can be made from plant or animal matter and many prefer plant-based glycerin. Glycerin is often considered a sweetener and many enjoy a slightly sweet taste for their tincture.

The downside to glycerin-based tinctures is in its potency. Glycerin can only retain about 1/3 of the active ingredients compared to alcohol. Glycerin tinctures also have a shorter shelf life. Vegetable glycerin can be stored for a year while alcohol tinctures can last up to 4 years.



DO NOT have any open flame around the prep materials, the infuser unit, or the finished products if you are making your tincture with ethanol alcohol. If you have any doubt at all about heating alcohol, use a non-heat method for making your tincture. There are numerous methods and recipes posted on the internet.

Only use this function if you have done it before and know the risks involved. Please read the disclaimer in the safety section page marked #3. We also do not recommend using alcohol and refer people to use Glycerin because of the higher risk involved.

Tincture Function (continued)

Glycerin is considered safe to heat but it is still in the alcohol family.

Do not take any unnecessary chances with open flames around Glycerin either.

Safety!!!

HEATING ALCOHOL
RELEASES HIGHLY
FLAMMABLE FUMES.



Preparation

For a 1/2 batch-14grams decarbed herb with 470-590ml of vegetable glycerin or 95% ethanol alcohol (150-190 proof).

For a whole batch-28 grams decarbed herb with 950-1180ml of vegetable glycerin or 95% ethanol alcohol.

The preset tincture function will run for 4 hours at 70°C. The blades will cycle on for 20 second intervals starting when the temperature reaches 53°C.

You can also set your own custom time and temperature.

When the cycle has finished , follow the directions in the STRAINING section of this manual.

Gummies

Once you have made a tincture you can use it to make herbal gummies. You do not do this in the infuser but on your stovetop. Here are the steps.



Ingredients

118ml Coconut Oil

118ml Water

1 168gr Jello pack

28gr gelatin

1/2 to 1 tbsp of
herbal tincture (As
always you will want
to experiment with
the amount of
herbal product that
works for you)

Silicone molds

Preparation

Set your stovetop burner to medium

Put the coconut oil and water in a pot on
the burner

Stir vigorously until the water and oil are
combined

Add tincture and keep stirring

Slowly pour the Jello into the mix and stir
while gradually raising the heat to medium
high.

When the Jello is completely mixed in, start
to slowly mix in the gelatin while stirring
continuously.

At this point, the mix should be fairly thick
and viscous

Carefully pour your mix into the silicone
molds

Put the molds in the refrigerator for 20
mins.

If you like, powder your gummies with the
sugar type of your choice

Infused Gummy Bears

by Tammy



Ingredients

½ tsp honey or agave

188ml green juice (spinach)

188ml of red juice (cranberry or tart cherry)

188ml of yellow juice (pineapple)

MCT oil tincture with **25mg** of flower extract

1 tbsp gelatine powder or agar agar

A pinch of salt

Gummy bear moulds or shapes of your choice.

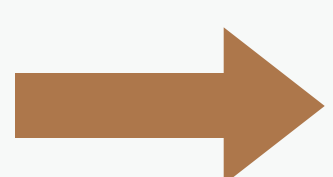
Preparation

Infuse your MCT oil, add flowers of choice, approx. 7 grams to your Magicook, and add your MCT oil, approx. 250ml.

Set the temperature to approx. 85°C for 1-2 hours.

Strain when finished, and discard solids. Please keep in mind that each coloured juice makes one batch: Pour the juice of your choice into a saucepan on low heat. Gently stir in the salt, honey, or agave until all of the contents are melted and well combined. sift in agar or gelatine, being sure to whisk constantly until all ingredients are incorporated evenly with no clumps. Next, add the desired dosage of tincture and whisk. Acting quickly, use the wide plastic dropper or spout of a measuring cup to pour the mixture into your gummy bear mould. Transfer it gently to the refrigerator until set.

Remove the bears from the moulds and store them in the refrigerator in an airtight container.



[YT video](#)

Cocoa Function

Infused cocoa is always delicious and is great way to infuse various herbs. The herbs are infused into cocoa butter, which has a high fat content. The basic idea is to use the infuser to make infused cocoa butter and then make the finished product in a double boiler. The infuser settings for this is 11/2 hours at 80C.

Stuff you need

- Herbal Infuser
- Double Boiler pan
- Silicone Molds or Flat sheet with Wax Paper
- 28grams (1oz) herb
- 473ml (2 cups) melted cocoa butter (food grade)
- 10ml (2 tsps) lecithin (sunflower preferred)
- 473 ml (2 cups) cocoa powder
- 237 ml (1 cup) honey
- 10ml (2 tsps) real vanilla extract
- 2.5ml (1/2) tsp salt
- Toasted nuts (optional)
- Orange or mint extract (optional)



Of course, there are many variations and additions you could make to the ingredients above, but this is a good start.

Preparation

Place your decarbed herb, melted cocoa butter (it is easy to melt it in the double boiler) and lecithin in the infuser. Press the “chocolate” button and let run for the full 1 1/2 hours. You can also manually set your own time and temperature. Strain this infusion as described in the Straining and Storage section of this manual. Place the infusion, honey, vanilla, and salt in the double boiler and mix well while heating. Slowly add the cocoa powder stirring continuously until fully mixed in. The mixture should have a “glossy” look to it. Avoid getting any water into the mix! Do not cover the double boiler or condensation may get into the mix. At this point, you can mix in any extras such as nuts and extracts. Use a small amount of extract (1/2 tsp) You can now pour into molds or flat onto a sheet. It is best to pour out when the mix is still fairly warm.

Place either molds or sheet into the refrigerator for 1/2 hour or more.

Now you can use your chocolate in any recipes you love or by itself.

Granola Bars



Ingredients

125ml infused coconut oil

63ml honey, agave or maple syrup

63ml nut butter of choice

500ml rolled oats

63ml dried fruit (raisins, cranberries, blueberries)

63ml seeds (hemp, chia, flax)

63ml nuts (peanuts, cashews, almonds)

63ml chocolate chips or coconut flakes/shreds

Preparation

Preheat the oven to 165°C.

After infusing coconut oil in the Magicook Herbal Infuser, set aside the above amount to cool.

In a large bowl, combine all the dry ingredients, from oats to chocolate chips.

In a medium pan over low heat, warm coconut oil, sweetener, and nut butter until the mixture is warm enough to drip off of a spoon.

Remove it from the heat and pour into the bowl with the dry ingredients.

Mix well and gently press the mixture onto a baking sheet fitted with a piece of parchment paper or greased with a few teaspoons of oil.

Bake for 20 minutes at 165°C, or until the oats are golden brown.
Allow it to cool before cutting into bars.

Chocolate Espresso Bean Granola Bars



Ingredients

125ml coffee, room temperature

6 medjool dates

63ml coconut oil

440ml rolled oats

1 tsp chia seeds

1 tbsp hemp seeds

125ml raisins or dried fruit of your choice

63ml raw honey

1/2 tsp vanilla extract

1 tsp cinnamon

125ml espresso beans dipped in dark chocolate

1 tbsp raw cacao or cocoa powder

Preparation

After infusing coconut oil in the Magicook herbal infuser, set aside 63ml to cool.

Pour the coffee into a small bowl.

Remove the pits from the dates and soak them in coffee for up to 1 hour.

Pour coffee and dates into a blender and pulse until the mixture is smooth and creamy. Pour the mixture into a large bowl. Add coconut oil, honey, and vanilla to the coffee date mixture and stir until combined.

In a separate bowl, mix together oats, chia and hemp seeds, dried fruit, cinnamon, espresso beans, and cacao or cocoa powder.

Add the oat mixture into the wet mixture, making sure the oats are well coated.

Pour the granola into a 20x20cm dish that has been lightly coated with infused coconut oil.

Gently press the mixture down, then place the dish in the refrigerator for 1-2 hours.

Remove from the refrigerator and cut into bars.

Chocolate Bars



Ingredients

125ml raw cacao or cocoa powder

125ml infused coconut oil

63ml pure maple syrup

1 tsp almond or vanilla extract

¼ tsp sea salt

½ tsp cinnamon

125ml dried fruit,

125ml nuts/seeds are optional

Preparation

Set aside 125ml of the infused coconut oil in the Magicook Herbal Infuser to cool.

Place cacao powder, coconut oil, and maple syrup in a medium-sized pan. Warm over medium-low heat until well combined.

Remove from the heat and stir in the cinnamon and vanilla or almond extract. Add in dried fruit and nuts if used.

Scoop out the mixture and spread it all over the greased baking dish with a rubber spatula.

Top with sea salt.

Place in the refrigerator for up to an hour, or until the mixture is solid. Using a dull knife, break the chocolate into bars.

Peanut Butter Honey Cups



Ingredients

250ml infused
coconut oil

500ml peanut butter
powder

63ml local raw
honey (or any variety)

Preparation

After infusing coconut oil in the Magicook Infuser, set aside the above amount to cool. When coconut oil is cooled but still in a liquid state (not solid), pour into a measuring cup with a spout, add in peanut butter powder, 125ml at a time, stirring well, until peanut butter is smooth and slightly runny (the consistency of pancake batter).

Grease a mini or regular-sized muffin tin on the bottom and sides. Gently pour a small amount into the bottoms of the tins, about $\frac{1}{4}$ of the way up. Carefully place the tray into the freezer for 10 minutes. From the freezer, remove them and drop a teaspoon of honey on top of the frozen peanut butter bottoms. Return the dish to the freezer for 10 minutes to allow the honey to slightly harden.

Remove tray from freezer and pour the remaining peanut butter mixture over the honey to cover the entire peanut butter cup. Return them to the freezer for another half hour, or until the peanut butter and honey cups are solid. Because they will melt at room temperature, serve them immediately or store them in the refrigerator.

Salted Chocolate Pretzels



Ingredients

12 pretzels of choice
(sourdough,
gluten-free or pretzel
rods)

250ml infused
chocolate sauce:

125ml infused
coconut oil

63ml pure maple
syrup

125ml raw cacao or
cocoa powder

1/2 tsp vanilla
extract

1 tsp sea salt

Preparation

After infusing coconut oil in Magicook, set aside the above amount to cool.

To prepare Mighty Chocolate Sauce, warm coconut oil over low medium heat in a medium sized pan.

Add in maple syrup, vanilla and cacao powder and mix until chocolate sauce is well blended.

Remove from heat and allow to cool for 10 minutes.

Place a large piece of waxed or parchment paper over a large cookie sheet.

Dip pretzel into chocolate sauce, allow excess to drip off and then place pretzel gently down on waxed paper.

Repeat until all pretzels are coated with chocolate.

Sprinkle salt over pretzels.

Place the cookie sheet into the refrigerator for up to an hour or until chocolate hardens onto pretzels. Gently peel chocolate covered pretzels off of waxed paper and serve immediately.

Infused Mango Smoothie



Ingredients

1 tsp infused honey
and **1 tsp** to drizzle
on top

250ml frozen mango

125ml milk
(vegan or dairy)

125ml apple juice

1 tsp hemp seeds

Preparation

After infusing honey in the Magicook Herbal Infuser, set aside the above amount to cool.

Place all ingredients, except 1 tsp honey, in a high-speed blender, for example, the Optimum G2.6.

Pulse on high for 1-2 minutes until smooth and creamy.
Add more milk or juice if the smoothie is too thick.

Pour into a glass and top with 1 tsp of infused honey. Sit back, relax, and enjoy.

Strawberry Shake



Ingredients

1-2 tsp honey (or desired amount)

125ml milk

250ml frozen strawberries

125ml juice (any berry flavour all natural juice)

1 tsp hemp seeds

1 tsp chia seeds

Preparation

After infusing honey in the Herbal Infuser, set aside the desired amount to cool.

Place all of the ingredients in a high-speed blender.

Pulse on high for 1-2 minutes or until smooth and creamy.

It is best if served right away.

Double Chocolate



Ingredients

1 tsp Magicook infused honey or agave

2 heaping tbsp of infused chocolate syrup

125ml milk (plant based or dairy)

1 large frozen banana

1 tsp hemp seeds

250ml ice cubes

1 tbsp cocoa or cacao powder

Preparation

After infusing honey in the Magicook, set aside the above amount to cool.

After infusing coconut oil in the Herbal Infuser, set aside 125ml to cool.

To make chocolate sauce:

Whisk together; 125ml cocoa or cacao powder, 125ml maple syrup and 125ml infused coconut oil (in liquid form).

Set aside. Store extra chocolate sauce in the refrigerator.

Chocolate will harden in the fridge.

To return to liquid, heat gently on the stove.

Place all ingredients in an Optimum blender.

Pulse on high for 1-2 minutes or until smooth and creamy.

Top with whipped cream and enjoy immediately.

Cranberry Sauce



Ingredients

340g fresh
cranberries

125ml honey (raw or
infused)

1 ½ tsp infused
coconut oil

Zest from **½** fresh
orange

1 tsp orange juice,
freshly squeezed

63ml chopped
walnuts

125ml mandarin
oranges or 125ml
fresh chopped
oranges

1 tsp cornstarch

Preparation

After infusing coconut oil in the Magicook, set aside the above amount to cool. Remove the cranberries from the bag and rinse thoroughly.

Dry cranberries and place them in a medium-sized pan over medium-low heat. Add in honey, coconut oil, orange zest, and orange juice.

Stir frequently, cooking until the cranberries open up, approximately 10–12 minutes. Add in chopped walnuts and chopped oranges.

To give a classic gel texture to the sauce, slowly sprinkle in cornstarch while constantly mixing the sauce during the last few minutes of cooking.

Nougat



Ingredients

63ml infused butter
or coconut oil

283g marshmallows

1 bag of white
chocolate chips
(approximately
340ml)

188ml small
gummies

Preparation

After infusing butter or coconut oil in the Magicook Herbal Infuser, set aside the above amount to cool.

In a large deep sauté pan over medium-low heat, melt butter. Add the marshmallows and stir constantly until the marshmallows are beginning to melt.

Add in white chocolate chips and continue to stir constantly to prevent burning until all the marshmallows and chocolate are melted. Remove from the heat and stir in the gummies.

Pour the nougat mixture into the parchment lined 20x20cm pan and gently press down to flatten and spread the nougat evenly.

Place in the refrigerator for 1 hour, or until firm to the touch. Remove the nougat from the refrigerator, peel off the parchment paper, and place it on a cutting board. Cut into the desired pieces before serving. Store leftovers (doubtful there will be any) in an airtight container in the refrigerator for up to 2 weeks.

Hemp Seed Butter



Ingredients

500ml raw hemp seeds

½ tsp sea salt

3 tbsp Infused Honey

1-2 tbsp. infused coconut oil

½ tsp cinnamon

Preparation

After infusing honey in the Herbal Infuser, set aside 3 tablespoons until cooled.

After infusing coconut oil, set aside 1-2 tablespoons until cooled.

When cooled add hemp seeds, salt, honey, 1 tablespoon oil and cinnamon to a high powered blender.

Blend until smooth and creamy, adding more oil if needed to make butter creamy and smooth.

Spread on your favourite fruit, celery, toast or use in smoothies.

Superfood Balls



Ingredients

63ml infused coconut oil

63ml raw cacao

63ml pure maple syrup

250ml of unsweetened shredded coconut plus 63ml set aside

6 medjool dates

1 tsp pure vanilla extract

3 tbsp chia seeds

125ml hemp seeds

1 tsp cinnamon

63ml mini dark chocolate chips

Optional: 63ml chopped pecans (into tiny pieces)

Preparation

After infusing coconut oil with the infuser, set aside 63ml to cool. In a small bowl, mix together 63ml unsweetened shredded coconut, hemp seeds, and well-chopped pecans, if using, and set aside.

In another small bowl, remove pits from dates and cover with a few tablespoons of warm water- just enough to cover dates, set aside. In a large bowl, mix together the coconut oil, raw cacao, and maple syrup to form the chocolate.

Add in 63ml coconut, vanilla extract, chia seeds, cinnamon, and dark chocolate chips. Pour dates and water into a blender and pulse on high for 1-2 minutes or until the date paste is smooth. Pour into the bowl with the other ingredients. Mix well, making sure to incorporate all the ingredients. Scoop out tablespoon-sized amounts and roll into balls. After rolling all balls spread coconut hemp seed pecan mixture onto a large cutting board. Roll balls into the mixture until fully covered. Place on waxed paper in the refrigerator until firm.

Almond Butter Cookies



Ingredients

63ml infused coconut butter or oil

250ml of almond butter

375ml almond meal

1 tsp almond extract

½ tsp sea salt

1 egg or 1 chia seed egg (1 tbsp chia seeds soaked in 3 tbsp water for 10 min)

Optional: 1 tbsp slivered almonds

Preparation

After infusing coconut oil or butter in the Magicook, set aside the above amount to cool.

Preheat the oven to 160°C.

In a large bowl, mix coconut oil or butter, almond butter, almond extract, and eggs. In a separate bowl, mix together almond meal and salt.

Combine the dry and wet bowls.

Fold in slivered almonds.

Place the bowl of batter in the refrigerator for 15 minutes.

Remove from the refrigerator; if the batter is too runny, add 63ml more almond meal. Using a cold tablespoon, scoop out tablespoon-sized balls and place them onto a parchment paper-lined baking sheet.

Bake in a preheated oven for 8–10 minutes, or until the edges are golden brown. Before serving, remove from the oven and cool on a cooling rack.

Pumpkin Spice Latte



Ingredients

1-2 tbsp infused
agave or honey

250ml fresh brewed
coffee

¼ tsp pumpkin pie
spice

1 heaping tsp of
pumpkin puree

188ml milk

Preparation

After infusing agave or honey in the Magicook, set aside the above amount to cool.

Using a frother or whisk, froth milk until desired frothiness is achieved!
Whisk in pumpkin pie spice into the frothed milk.

Whisk in pumpkin puree, making sure to whisk vigorously so the puree is well combined with milk.

Pour coffee into the milk-pumpkin mixture. Add in 1-2 tablespoons of infused agave or honey. Enjoy!

Hummus

with infused olive oil



Ingredients

2 tbsp infused olive oil

1 can of organic chickpeas

1 whole ripe avocado

2 cloves garlic, chopped

Juice from **½** lime

2 tbsp of cilantro, chopped

1 tsp cumin

1-2 tsp sea salt

½ tsp ground pepper

½ tsp paprika

Preparation

After infusing olive oil in the Magicook, set aside the above amount and allow it to cool.

Open the can of chickpeas, drain the liquid, and place the chickpeas in a blender. Add in 1 tablespoon of olive oil, avocado, garlic, lime juice, cilantro, and spices.

Blend all the ingredients in an Optimum blender till smooth.

Using a rubber spatula, transfer the contents of the blender to a bowl.

Drizzle the remaining tablespoon of olive oil over the hummus and season with ground cayenne pepper to taste. Serve immediately.

Antioxidant Smoothie with Sea moss



Ingredients

250ml cashews milk

4 strawberries

1 banana

2 dates

handful of
blueberries

1 tsp chia seeds

1 tsp red Seamoss
gel

1 tbsp goji berries

Preparation

Put all of the ingredients into your Magicook Pro, close the lid.

Select DIY function, lower the temperature to 0°C then select the timer to 30 min (minimum) and blend for 1-2 minutes.

Alkaline Butternut Squash Soup



Ingredients

500ml of butternut squash

1/2 red onion

125ml of nutritional yeast

1 tbsp cayenne pepper

some fresh rosemary

1 tsp agave

1/2 tsp pink Himalayan salt

1 tsp kuzu

500ml of water

Preparation

Add all ingredients into the Optimum Magicook jug.

Stir lightly to distribute the flavours.

Close the lid and select the decarb function.

Set the temperature to 120°C and the timer for 30 minutes.

The Magicook will gently heat and infuse the soup to perfection.

Once done, give it a quick blend if you prefer it smoother.

Serve warm, topped with a sprinkle of rosemary or a swirl of coconut cream.

Homemade Sweet Almond Milk



Ingredients

250gr almonds
(soaked for at least 8 hrs)

500ml purified water

Optional: a pinch of pink salt

1 tbsp agave (skip for unsweetened)
Vanilla to taste

Preparation

Add all of the ingredients to your Magicook Pro, using the DIY function, set the time to 30 min and the temperature to 0°C, you can stop the Magicook Pro after 10 minutes just by opening the lid while the blades are not operating.

Using the 190 mesh bag and a container, pour the content into the mesh bag and squeeze the bag until you get all the milk out. (I suggest you keep the almond fibers left in the mesh bag as you can use it for other tasty recipes)

If you wish your milk to be warm you can simply put it back into the Magicook pro and heat the milk at the desired temperature for a few minutes.

Coconut Oil & Shea Butter Body Lotion



Ingredients

125ml infused
coconut oil

125ml shea butter

optional: 10-15
drops essential oils;
tea tree oil, lavender,
lemon balm

Preparation

After infusing coconut oil in the Herbal Infuser, set aside the above amount to cool. In a medium-sized pan over medium-low heat, combine coconut oil and shea butter until melted—do not boil.

Once coconut oil and shea butter are in a liquid state, carefully pour them into a large mixing bowl.

Allow the mixture to set in the refrigerator for about 10 minutes, or just until it hardens slightly.

Remove from the fridge and whisk or use a hand-held mixer on medium-low speed for about 10 minutes, or until the coconut oil or shea butter is light and fluffy.

Gently fold in any essential oils if using.

Store lotion in a glass jar with a tight-fitting lid.

Keep lotion in the refrigerator if the room temperature is too warm to keep coconut oil as a solid.

Use your herb-infused lotion as prescribed.

Homemade Lip Balm



Ingredients

63ml infused coconut oil

2 tbsp of beeswax (organic if available)

½ tsp fresh lemon juice or 5-10 drops of desired essential oil

small glass containers with tight-fitting lid to store lip balm

Preparation

After infusing coconut oil in the Magicook, set aside the above amount to cool.

While still in liquid form, add infused coconut oil and beeswax to a small pan and warm over medium-low heat.

Mix constantly for 5 minutes, or until everything is melted and combined. Remove it from the heat and stir in the lemon juice. Mix well.

Allow the mixture to cool for 10 minutes before carefully pouring into small glass containers. Cover with a lid.

Coconut oil becomes liquid in warmer temperatures, so store it in the refrigerator if necessary to remain solid.

Herbal Ointment



Ingredients

375ml Organic
Cocoa Butter

125ml Organic
Coconut Oil

14g dried herbs

Metal or glass
storage container
with lid

Strainer/Sieve

Measuring cup with
a spout, for pouring

Preparation

Put on your apron and decarboxylate (activate) the herbs according to Magicook directions. (Or use the oven to dry your herbs by breaking apart the herbs, and heat them for about 25 minutes on a baking pan in the oven on 120C heat).

When complete, remove and set aside to cool (to avoid a “burned” smell in your finished ointment!)

If your cocoa butter is solid, you’ll need to carefully melt it in a saucepan over low heat. You don’t need to heat it to a boiling liquid, just soften it enough so that it pours. If it turns into liquid, that is OKAY. Don’t panic! Just make sure it is on low heat.

Pour the Cocoa Butter and Coconut Oil into the Herbal Infuser.

Add the dried, activated herb and any additional dried herbs you want for therapeutic botanical aromas and powerful

Herbal Ointment (continued)



Disclaimer

This is not medical advice and should not be used by anyone who is allergic to any of the above ingredients. This massage ointment has successfully been used by myself and others to ease the symptoms of menstrual cramps, minor skin irritations, back pain, headaches, and sore, stiff joints and muscles.

Your finished product will have a “cooling” effect, while cinnamon or eucalyptus will have a “warming” effect, and lavender will have a “relaxing” effect. Close the infuser and select the oil function.

When the cooking cycle is finished, strain the dried plant material into a clean, sterilised storage container.

Place the finished medicinal ointment in the refrigerator for a couple of hours to solidify.

You can use this on skin irritations, sore muscles, aches, and pains. Do not use it on open wounds or infected areas. Just apply where it hurts (except, please use discretion and do not apply an ointment that contains cinnamon, mint, or eucalyptus directly on or around the eye area).

You may store it at room temperature if you will be using it regularly, but if you only use it occasionally, please store it in the refrigerator.