

KLEVA

# MEALiO

**DOWNLOADABLE  
RECIPE E-BOOK**



**30**

*DELICIOUSLY HEALTHY*  
**RECIPES**



**MEALiO**<sup>™</sup>  
The hot and cold nutritional blender

  
**KLEVA**  
Recipes



- 2** BREAKFAST BLASTS
- 7** COOL COCKTAILS
- 9** DELIGHTFUL DRINKS
- 11** DELICIOUS DIPS & DRESSINGS
- 21** SUPER SOUPS
- 28** DREAMY DESSERTS



# ACAI SMOOTHIE BOWL

*Acai Smoothie Bowls make for a fantastic breakfast, full of antioxidants and vitamins, simply add a variety of toppings - such as bee pollen, berries and seeds and it's a quick and easy meal in minutes. This acai bowl not only tastes delicious, it's a sure-fire winner with the kids.*

## INGREDIENTS

- 2 packets of frozen acai
- 1 cup frozen mixed berries
- 1 banana
- 1 cup almond milk
- 2 Tbsp almond butter

### Toppings (optional)

- Bee pollen
- Chia seeds
- Coconut flakes
- Mixed berries
- Hemp seeds
- Cacao nibs

**SERVES: 2**

**SETTING: SMOOTHIE**

**PREP TIME: 5 MINS**

**BLEND TIME: 50 SEC**

## DIRECTIONS

**1. Starting with the almond milk, place all of the acai bowl ingredients together in your Mealio® Hot & Cold Blender and select 'SMOOTHIE' setting.**

**2. Pour into two bowls and top with mixed fruit and a variety of toppings, keeping each topping in a line.**

*Hints and Tips: Acai bowls can get runny pretty quickly especially in warmer weather, so make sure you enjoy it straight away.*

*If you prefer it extra creamy just add a spoonful of yoghurt or coconut yoghurt, if you are vegan*



# BANANA BERRY SMOOTHIE

*Feeling healthy? Blend berries, bananas and milk with a single push of the Smoothie button. It's that easy!*

## INGREDIENTS

- 1 cup frozen blueberries, slightly thawed
- 2 fresh bananas, broken in chunks
- ¼ cup oats
- ½ cup milk

## DIRECTIONS

1. Place frozen blueberries, bananas, oats and milk into the Mealio® Blender.
2. Push the 'SMOOTHIE' Button to start the Blending.
3. Pour your smoothie into a glass and garnish to taste.

**SERVES: 2**

**SETTING: SMOOTHIE**

**PREP TIME: 2 MIN**

**BLEND TIME: 50 SEC**



# BANANA STRAWBERRY ICE-CREAM SMOOTHIE

*Treat yourself to a sweet dessert smoothie!  
The MEALiO® will blend all the ingredients  
to perfection in under a minute.*

## INGREDIENTS

- 2 frozen bananas
- 2 cups frozen strawberries
- ½ cup ice cream

## DIRECTIONS

1. Place bananas, strawberries and ice cream into the Mealio® Blender.
2. Push the 'SMOOTHIE' button to start the blending.
3. Pour your smoothie into a glass and garnish to taste.

**SERVES: 2**

**SETTING: SMOOTHIE**

**PREP TIME: 2 MIN**

**BLEND TIME: 50 SEC**



# PEANUT BUTTER SMOOTHIE

*High in protein and full of flavour, you can't go wrong with a good peanut butter smoothie!*

## INGREDIENTS

- 1 frozen banana
- 2 Tbsp peanut butter
- 2 cups strawberries
- 1 cup cream

## DIRECTIONS

1. Place banana, peanut butter, strawberries and cream into the Mealio® Blender.
2. Push the 'SMOOTHIE' button to start the blending.
3. Pour your smoothie into a glass and garnish to taste.

**SERVES: 2**

**SETTING: SMOOTHIE**

**PREP TIME: 2 MIN**

**BLEND TIME: 50 SEC**



# HOT CHOCOLATE BREAKFAST SMOOTHIE

*Great for chilly mornings, this delicious Hot Chocolate Breakfast Smoothie is filled to the brim with nutrient dense ingredients.*

## INGREDIENTS

- 60g oats
- 4 medjool dates, pitted
- 2 Tbsp cashew nut butter (or any other nut butter)
- 250ml freshly boiled water
- 1 cup of coconut milk
- 40g dark chocolate
- Pinch sea salt
- 2 tsp vanilla extract

### For Serving:

- 10g dark chocolate
- marshmallows

## DIRECTIONS

1. Place the oats and medjool dates in a bowl and cover with freshly boiled water and leave to steep for 5 minutes in order to soften the ingredients.
2. Once the water has cooled to ambient temperature, pour the oats, dates and water into your Mealio® Hot & Cold Blender. Add the remaining ingredients, secure the lid shut, and select the 'SMOOTHIE' function. Allow to blend for 50 sec.
3. Select 'SOUP' function then adjust the time to 10 min and allow it to heat. While it is heating, grate the remaining dark chocolate.
4. Once warm select 'SMOOTHIE' function to blend through prior to serving.
5. Pour into a mug and top with grated dark chocolate and marshmallows

*Hints & Tips: This can easily be made gluten free by using gluten free oats*

**SERVES: 2**

**SETTING: SMOOTHIE/SOUP**

**PREP TIME: 5 MINS**

**BLEND TIME: 12 MINS**





# MARGARITA MIX

*With the MEALiO® you don't need fancy equipment to make cocktails! Simply push the Quick Crush button to crush the ice and blend all the ingredients together.*

## INGREDIENTS

- 200g ice
- 2 whole limes, peeled
- 100 ml water

## DIRECTIONS

1. Place ice, limes, and 50ml water into the Mealio® Blender.
2. Push the 'QUICK CRUSH' button to start the blending
3. Once finished, add 50ml water - Push 'QUICK CRUSH' again
4. Pour into a cocktail glass and garnish with mint leaves, lime slices and salt flakes

**SERVES: 2**

**SETTING: QUICK CRUSH**

**PREP TIME: 2 MIN**

**BLEND TIME: 50 SEC**

# TROPICAL WATERMELON SLUSHIE



*Super chilled, this tropical slushie gives you a cool refresh on a hot Summer's day. Plus it's guaranteed that the kids will absolutely love it.*

## INGREDIENTS

- 1 cup frozen mango
- 1 cup frozen pineapple
- $\frac{3}{4}$  cup filtered water (plus more if needed)
- $\frac{1}{2}$  large panama passionfruit
- $\frac{1}{2}$  cup watermelon cubed in small pieces
- 1 cup of frozen watermelon

**SERVES: 2**  
**SETTING: QUICK CRUSH**  
**PREP TIME: 2 MIN**  
**BLEND TIME: 50 SEC**

## DIRECTIONS

- 1. Pour water in the glass pitcher, followed by the passionfruit and then  $\frac{1}{2}$  cup watermelon. Add the frozen mango and pineapple on top.**
- 2. Blitz all ingredients on 'QUICK CRUSH' until thick and smooth. Spoon into chilled glasses.**
- 3. Add the frozen watermelon to your Mealio® Hot & Cold Blender and then 'PULSE' until combined. Pour over the top of the slushie.**
- 4. Serve with a straw and spoon**

*Hints & Tips: Add more filtered water at any time if your blades get stuck on any of the frozen fruit.*



# COOKIES & CREAM MILKSHAKE

*This indulgent cookies and cream milkshake is a super sweet treat for the kids on school holidays. Easy to make and even easier to drink, blast it out in your Mealio® in a few pulses.*

## INGREDIENTS

- ⅔ cups almond milk
- 1 tsp vanilla extract
- 2 cups vanilla ice cream
- 8 Oreo cookies

### Optional to Serve

- 1 Oreo cookie
- Whipped cream

**SERVES: 2**  
**SETTING: QUICK CRUSH**  
**PREP TIME: 1 MIN**  
**BLEND TIME: 2 MIN**

## DIRECTIONS

1. Place all ingredients in your Mealio® Hot & Cold Blender starting with the milk, vanilla extract, ice cream and then cookies.
2. Select 'PULSE' for a few presses until all combined.
3. Serve in your favourite milkshake glass. Top with whipped cream and another oreo cookie



# COFFEE LOVERS FRAPPE

*There's nothing better in the morning than freshly made coffee and this frappe not only delivers you coffee, but also feels more like a meal due to the added banana and protein powder. Super delicious, quick and easy, this recipe gives you a nice chocolate hit from the cacao, a boost of protein and makes a great morning breakfast or pick me up at the 3 o'clock slump.*

## INGREDIENTS

- $\frac{3}{4}$  cup brewed coffee, cooled in the fridge
- 1 frozen medium ripe banana
- 1 tsp vanilla extract
- 1 Tbsp peanut butter (or nut butter of choice)
- $\frac{3}{4}$  cup frozen cauliflower (or  $\frac{1}{2}$  cup ice)
- $\frac{1}{4}$  cup unsweetened coconut or almond milk, plus more if necessary
- $\frac{1}{2}$  Tbsp cacao powder

### Optional

- 1 serving of your favourite protein powder
- $\frac{1}{2}$  cup of ice if you like it thicker (pulsed in)
- Whipped cream for topping

**SERVES: 2**

**SETTING: QUICK CRUSH**

**PREP TIME: 2 MIN**

**BLEND TIME: 50 SEC**

## DIRECTIONS

**1. Pour in milk, coffee and vanilla extract to your Mealio® Hot & Cold Blender, followed by banana, cauliflower, cacao, peanut butter and protein powder. Add the lid securely and then select 'QUICK CRUSH'.**

**2. Once blended, pour into your favourite cup and top with whipped cream if desired.**

*Hints & Tips: If necessary, add in more almond milk to thin the frappe.*



# CORIANDER & LIME VINAIGRETTE

*Brighten up a boring old salad with this fun and fresh vinaigrette. With just a few healthy and flavourful no fuss ingredients, this coriander & lime dressing is quick and easy to make and free of those nasty store bought additives.*

## INGREDIENTS

- ½ cup extra virgin olive oil
- ¼ cup finely chopped coriander
- 2 Tbsp. fresh lime juice
- 1 tsp. lime zest
- 2 Tbsp. honey
- Pinch of salt
- ¼ tsp. paprika

**SERVES: 4-6**  
**SETTING: PULSE**  
**PREP TIME: 5 MIN**  
**BLEND TIME: 30 SEC**

## DIRECTIONS

**1. Add ingredients to your Mealio® Hot & Cold Blender and 'PULSE' for 30 seconds.**

**2. Pour over the salad of your choice**

*Hints & Tips: Store coriander and lime dressing in your refrigerator for up to one week between servings.*



# OLIVE TAPENADE

*This Olive Tapenade is salty, savoury and smooth and is perfect as a dip, spread on sandwiches or even on pizza. Full of flavour, you'll get hints of lemon, garlic and sun dried tomato. Blitz it in a few minutes in your Mealio® and you have a healthy dip ready to go.*

## INGREDIENTS

- 2 ½ cups mixed pitted olives such as black, kalamata and green
- 2 Tbsp capers, drained
- 2 Tbsp marinated sun dried tomatoes, drained
- 1 Tbsp garlic, chopped
- 1 tsp oregano, dried
- 4 Tbsp fresh parsley leaves, chopped
- 1 Tbsp fresh basil leaves, chopped
- 1 Tbsp lemon juice
- ¼ cup olive oil
- Ground black pepper

**SERVES: 4-6**  
**SETTING: PULSE**  
**PREP TIME: 10 MIN**  
**BLEND TIME: 10 MIN**

## DIRECTIONS

- 1. Place all ingredients into your Mealio®, starting with the olive oil, lemon juice, olives, capers, tomatoes, garlic, oregano, parsley, basil and black pepper.**
- 2. For a spreadable tapenade, select 'PULSE' and process until a paste is formed, stopping to scrape down the bowl a few times if necessary.**
- 3. Garnish with parsley leaves and olive oil.**

*Hints & Tips: Store in a covered container in the refrigerator for up to 2 weeks.*



# GARLICKY FETA DIP

*This creamy, tangy dip is just gorgeous on a cheese platter or works a treat when you're entertaining. Grill up some Lebanese bread or crunchy baguette pieces and this is sure to be a crowd pleaser.*

## INGREDIENTS

- ¾ cup feta cheese, crumbled in small pieces
- ½ cup cream cheese, softened
- 150g Greek yogurt
- 3 cloves garlic, minced
- ¼ cup chopped fresh dill
- 2 Tbsp lemon juice and lemon zest to top.
- 2 Tbsp Olive Oil
- Salt and black pepper, to taste and reserve some for serving
- 1 Roma tomato, diced
- Fresh herbs, to top
- Olive oil, to top
- pretzels, bruschetta, or crackers, to serve

**SERVES: 4-6**  
**SETTING: PULSE**  
**PREP TIME: 5 MIN**  
**BLEND TIME: 5 MIN**

## DIRECTIONS

- 1. Put the lemon juice, olive oil, greek yoghurt, feta, cream cheese, garlic and dill and salt and pepper in your Mealio® Hot & Cold Blender.**
- 2. Select 'PULSE' until well combined. You may need to stop from time to time and add a little extra lemon juice or olive oil as this is quite a thick dip. Use the spatula to slide some of the dip down and to remove air pockets.**
- 3. Scoop into a bowl and top with lemon zest, tomato, a pinch of black pepper, fresh herbs, and a very light drizzle of olive oil.**

*Hints & Tips: Serve with pita chips, pretzels, bruschetta, or crackers, to dip.*



# SWEET CHILLI SALAD DRESSING

*No need to go to the store to buy sweet chilli dressing when the MEALiO® can whip it up in under a minute!*

## INGREDIENTS

- 3 birdseye chillies
- 3 knobs ginger
- ½ cup rice wine vinegar
- ½ cup sugar
- ½ lime

## DIRECTIONS

1. Place birdseye chillies, ginger, rice wine vinegar, sugar and lime into the Mealio® Blender
2. Push the 'QUICK CRUSH' Button to start the blending
3. Pour your dressing into a small dish or over your salad

**SERVES: 4-6**  
**SETTING: QUICK CRUSH**  
**PREP TIME: 3 MINS**  
**BLEND TIME: 50 SEC**





# TOMATO PASTA SAUCE

*Cook up an authentic tomato pasta sauce in under 20 minutes! This versatile sauce is perfect with spaghetti, ravioli, penne and more.*

## INGREDIENTS

- 4 halved tomatoes (de-seeded)
- 3 Tbsp tomato paste
- 2 garlic cloves
- 1 brown onion
- 1 tsp extra virgin olive oil
- ½ cup red wine
- 1 Tbsp basil leaves

## DIRECTIONS

1. Place the de-seeded tomatoes, tomato paste, garlic cloves, onion, olive oil, red wine and basil leaves into the Mealio® Blender.
2. Push the 'PASTE' Button to start the blending and cooking.
3. Allow to cook for 17 minutes.
4. Add salt and pepper to taste, stir the sauce into your pasta.

**SERVES: 4-6**

**SETTING: PASTE**

**PREP TIME: 5 MINS**

**BLEND TIME: 17 MINS**



# BEETROOT DIP

*Preparing a grazing board for a special occasion, or just want something light to snack on? Try our Beetroot Dip recipe with the MEALiO® Quick Crush button.*

## INGREDIENTS

- 4 baby beetroots
- ½ cup cream
- 2 garlic cloves
- ½ cup pistachios

## DIRECTIONS

1. Place baby beetroots, cream, pistachios and garlic cloves into the Mealio® Blender.
2. Push the 'QUICK CRUSH' button to start the blending.
3. Pour your dip into a small dish and serve with your choice of breads and crackers.

**SERVES: 4-6**  
**SETTING: QUICK CRUSH**  
**PREP TIME: 5 MINS**  
**BLEND TIME: 50 SEC**



# CREAMY MUSHROOM SAUCE

*This thick mushroom sauce with chopped mushrooms added in for texture works beautifully on top of your favourite pasta. Alternatively skip the pasta and serve it warm as a soup. Great for vegetarians or anyone looking to incorporate more plant based recipes into their week.*

## INGREDIENTS

- 1 onion
- 1 garlic clove
- 250g mushroom (chopped) + 3 extra mushrooms chopped
- 375ml chicken stock
- 2 Tbsp single cream
- Small handful parsley (chopped)

### For Serving

- Crusty baguette

**SERVES: 2**  
**SETTING: THICK SOUP**  
**PREP TIME: 5 MIN**  
**BLEND TIME: 25 MIN**

## DIRECTIONS

- 1. Place mushrooms, onion, garlic, and stock into Mealio™ and put on 'THICK SOUP' Function.**
- 2. Once cycle is complete, pour out sauce and add cream to taste. Garnish with parsley.**
- 3. Heat and add chopped mushrooms for thickness.**
- 4. Pour over your pasta of choice and serve with crusty baguette**

*Hints and tips: Chestnut or button mushrooms work well for this recipe*



# ALFREDO SAUCE

Who doesn't love creamy pasta on a cozy Saturday night, at your local Italian diner? Well now you can bring that delicious restaurant quality taste into your very own kitchen with your Mealio™ Hot & Cold Blender. In just 15 mins you can create a moreish Alfredo Pasta Sauce that's sure to get chins wagging.

## INGREDIENTS

- 15g butter
- 2 garlic cloves
- 150ml thickened cream
- 1 Tbsp chopped parsley
- ¼ cup finely grated parmesan cheese
- Milk (optional)

**SERVES: 2**  
**SETTING: PASTE**  
**PREP TIME: 2 MIN**  
**BLEND TIME: 3 MIN**

## DIRECTIONS

- 1. Melt butter for approximately 30 seconds in the microwave.**
- 2. Add all ingredients to Mealio™ .**
- 3. Optional: add milk for thicker sauce.**
- 4. Secure lid and select 'PASTE' setting.**
- 5. Once done, heat and serve over pasta of choice.**

*Hints and Tips: Do not melt butter in the microwave for longer than 30 second increments, as it may cause it to splatter.*



# CREAMY PESTO PASTA SAUCE

*Pesto sauce is a bright green basil-based pasta sauce that doesn't require any cooking to prepare. Pesto usually contains pine nuts so it is important to let your guests know, in case of allergies.*

## INGREDIENTS

- 2 cups basil leaves
- 1/3 cup pine nuts
- 1/2 cup extra virgin olive oil
- 1/2 cup parmesan cheese
- 1/3 cup cream (optional)

**SERVES: 2**

**SETTING: QUICK CRUSH**

**PREP TIME: 2**

**BLEND TIME: 2**

## DIRECTIONS

1. Add pine nuts, basil leaves, olive oil and parmesan to Meelio™.
2. Secure lid and select 'QUICK CRUSH'.
3. Once blended, add the cream and select 'QUICK CRUSH' again until all blended together. If you prefer, omit the cream.
4. Pour over your pasta of choice



# ARRABIATA SAUCE

*Arrabbiata sauce is a spicy tomato-based spaghetti sauce. It brings some heat to your signature dishes and pairs well with a glass of red wine or rosé.*

## INGREDIENTS

- 4 halved tomatoes (de-seeded)
- 1 onion
- 1 garlic clove
- 1 small red chilli (de-seeded if you prefer less heat)
- 1 tsp extra virgin olive oil
- Small handful of basil

**SERVES: 2**

**SETTING: THICK SOUP**

**PREP TIME: 5 MIN**

**BLEND TIME: 25 MIN**

## DIRECTIONS

1. Place tomatoes, red chili, olive oil, onion and garlic into Mealio™ and select 'THICK SOUP Soup'.
2. Once cycle is complete, pour over your pasta of choice and add basil to garnish.
3. Enjoy!



# PUMPKIN SOUP

*With the sweetness and umami of pumpkin, a few ingredients go a long way! Cook up a creamy pumpkin soup with a single push of the Soup button.*

## INGREDIENTS

- 600g pumpkin
- 1 brown onion
- 2 cloves garlic
- 2 cups stock

**SERVES: 2**

**SETTING: SOUP**

**PREP TIME: 5 MIN**

**BLEND TIME: 30 MIN**

## DIRECTIONS

- 1. Place peeled pumpkin, onion, garlic cloves and stock into the Mealio™ Blender.**
- 2. Push the 'SOUP' button to start the blending and cooking.**
- 3. Allow to cook for 30 minutes**
- 4. Add salt and pepper to taste, then add either milk or cream if you prefer.**



# VEGETABLE SOUP

*A classic vegetable soup is the ultimate comfort meal on a chilly day. It's easy to make, hearty and healthy.*

## INGREDIENTS

- 1 cup veggie stock
- 6 baby carrots
- small handful green beans
- 3 sticks celery
- 1 brown onion
- 1 can diced tomatoes

**SERVES: 2**

**SETTING: SOUP**

**PREP TIME: 5 MIN**

**BLEND TIME: 30 MIN**

## DIRECTIONS

1. Place veggie stock, onion, baby carrots, celery, tomatoes and green beans into the Mealio™ Blender.
2. Push the 'SOUP' button to start the blending and cooking.
3. Allow to cook for 30 minutes
4. Add salt and pepper to taste





# PEA SOUP

*A rich and flavoursome 3-ingredient soup  
that warms you from the inside out!*

## INGREDIENTS

- 2 cups frozen peas
- 2 cloves garlic
- 1 cup stock

## DIRECTIONS

1. Place peas, garlic cloves and stock into the Mealio™ Blender.
2. Push the 'SOUP' button to start the blending and cooking.
3. Allow to cook for 30 minutes
4. Add salt and pepper to taste

**SERVES: 2**

**SETTING: SOUP**

**PREP TIME: 5 MIN**

**BLEND TIME: 30 MIN**



# CARROT & GINGER SOUP

*This Carrot & Ginger soup is a fantastic cold weather soup. Healthy and easy to make with a creamy smooth texture, it's just what the doctor ordered. Made from fresh carrots, ginger, onion, broth and a hint of spices, it's also dairy-free and vegan.*

## INGREDIENTS

- ½ medium onion, diced
- 2 cloves garlic, minced
- 1 Tbsp ginger, minced or finely diced
- 5 carrots, peeled and chopped roughly
- 1 ¼ cups vegetable broth/stock
- 1 tsp cinnamon
- 1 tsp salt

### Toppings

- Drizzle olive oil
- 1 shallot
- 1 Tbsp coconut cream
- 1 Tbsp coriander, chopped
- 1 tsp pine nuts

**SERVES: 2**

**SETTING: SOUP**

**PREP TIME: 10 MIN**

**BLEND TIME: 30 MIN**

## DIRECTIONS

1. Add the stock, ginger, garlic, carrot, onion and cinnamon to your Mealio™ Hot & Cold Blender.
2. Select the 'SOUP' and let it heat and blend for the 30 minute cycle
3. While blending, slice shallots and chop coriander. If you like crispy shallots, cook them in your Diamond Earth® pan for 1-2 mins with a little olive oil until crispy.
4. Once done, pour soup in a bowl, swirl in coconut cream and garnish with crispy shallots, pine nuts and coriander.



# BROCCOLI & GOATS CHEESE SOUP

*This gorgeous broccoli soup is so easy to make with just 3 key ingredients. Full of vitamins and nutrients, it is both healthy and hearty and feels like it warms you from inside out.*

## INGREDIENTS

- 1 ½ small heads of broccoli washed and cut into chunks
- a generous pinch of sea salt
- 1 ¼ cup vegetable stock
- Freshly cracked black pepper
- Goats cheese
- A handful of chopped walnuts
- Olive oil for drizzling

**SERVES: 2**

**SETTING: SOUP**

**PREP TIME: 5 MIN**

**BLEND TIME: 30 MIN**

## DIRECTIONS

- 1. Add the veggie stock, broccoli chunks, salt and pepper to your Mealio™ Hot & Cold Blender. Ensure the contents don't go past the 800ml mark.**
- 2. Select 'SOUP' and allow it to heat and blend until smooth.**
- 3. Serve with a drizzle of olive oil, chopped walnuts and goats cheese etc.**

*Hints & Tips: As soon as you add a nice hit of protein to this dish, in the form of goats cheese and walnuts, it becomes a filling yet healthy meal*



# CAULIFLOWER & CHORIZO SOUP WITH GARLIC CROUTONS

*This cauliflower soup is so moreish, with the added crunch from the croutons and salty flavour from the chorizo. It really tantalizes the senses and is more than just a soup, it's a complete meal in one.*

## INGREDIENTS

- 1 Tbsp Olive Oil
- 1 onion, chopped
- 1 small head of cauliflower, cut into florets
- 2 garlic cloves, finely chopped
- 500 ml vegetable stock
- 6-10 slices of chorizo
- 1 large slice of crusty bread
- 2 Tbsp double cream
- Small bunch of parsley, finely chopped
- Pinch of sea salt

**SERVES: 2**  
**SETTING: SOUP/PULSE**  
**PREP TIME: 10 MIN**  
**BLEND TIME: 30 MIN**

## DIRECTIONS

1. In your Mealio™ add the stock, onion, salt, cauliflower and half the garlic ensuring you do not fill past the 800ml line. Select 'SOUP' setting and let cook for 30 mins.
2. Meanwhile, chop the chorizo into small pieces. Toast the bread, then cut into crouton-sized pieces. Heat oil in your Diamond Earth Frying Pan™, add the chorizo and fry until crisp. Tip in the bread and remaining garlic and cook for a minute or so until everything is nicely coated in the chorizo oils. Set aside. Finely chop your parsley.
3. Add the double cream to your soup mix and 'PULSE' a couple of times to combine.
4. To serve, divide the soup into two bowls. Top generously with the parsley, chorizo and croutons.

*Hints & Tips: To make gluten free use gluten free bread of your choice*



# POTATO & LEEK SOUP

*This creamy, moreish soup is a huge crowd pleaser! With its unique Soup function, you can let the MEALiO® do all the hard work.*

## INGREDIENTS

- 2 medium/large whole peeled potatoes
- 1 leek, white end only, cut in thirds
- 4 garlic cloves
- 1 brown onion, cut in half
- 1 knob butter
- 400mL veggie stock
- 1 chorizo (pre cooked)

**SERVES: 2**

**SETTING: SOUP**

**PREP TIME: 5 MIN**

**BLEND TIME: 30 MIN**

## DIRECTIONS

- 1. Place potatoes, leek, garlic, onion, butter, chorizo and veggie stock into the Mealio™ Blender.**
- 2. Push the 'SOUP' Button to start the blending and cooking.**
- 3. Allow to cook for 30 minutes**
- 4. Add salt and pepper to taste, add a piece of toast or croutons for a crunchy garnish**



# SALTED CARAMEL NICE CREAM

*The perfect balance of rich, creamy, salty and sweet, this salted caramel nice cream is just dreamy and delicious without the guilt. Made with only 4 ingredients it's a breeze to make and is the perfect choice on a Summer's day.*

## INGREDIENTS

- 1 cup medjool dates, pitted
- Pinch sea salt
- 1 cup coconut milk
- 4 frozen bananas, chopped

**SERVES: 4**

**SETTING: PASTE/PULSE**

**PREP TIME: 5. MIN**

**BLEND TIME: 25 MIN + 4 HRS**

**FREEZE TIME**

## DIRECTIONS

1. In your Mealio™ Hot & Cold Blender simply add ½ cup of coconut milk, 1 cup medjool dates and a pinch of sea salt.
2. Select 'PASTE' and heat until combined
3. Scrape down the sides
4. Add in the other ½ cup coconut milk and your 4 frozen bananas and pulse in
5. Place in a silicone or glass container and then put in the freezer and leave for 4 hours.
6. Scoop and serve



# LEMON & MANGO SORBET

*Who doesn't love icy cold sorbet on a hot day? You don't need a fancy ice cream machine to make soft, tasty and refreshing sorbet at home. Whiz it up in your Mealio® Hot & Cold Blender and enjoy in your favourite cone or cup.*

## INGREDIENTS

- 1 ½ cups frozen mango cubes, slightly thawed
- 2 ripe bananas
- ½ cup lemon juice
- ¼-½ cup maple syrup, depending on desired sweetness

### Toppings:

- ½ tsp cinnamon
- 2-3 Tbsp maple syrup

**SERVES: 4**

**SETTING: QUICK CRUSH**

**PREP TIME: 5 MIN**

**BLEND TIME: 50 SEC + 4 HRS**

**FREEZE TIME**

## DIRECTIONS

1. In your Mealio® Hot & Cold Blender add all of the ingredients in the following order - lemon juice, maple syrup, bananas and mango. Select 'QUICK CRUSH' and blend the mixture until smooth and creamy.
2. Pour the mixture into a metal or glass container and store in the freezer for at least 4 hours.
3. Combine cinnamon with maple syrup for the topping.
4. When ready to serve, scoop into a bowl, pour over topping and serve immediately.



# SOY MILK

*Forget store bought milks with added preservatives and fillers. You can now make alternative milks at home with your Mealio™ Hot & Cold Blender. Made with clean and healthy ingredients, blend your way to fresh soy milk any day of the week. Add it to your smoothies, frappes or hot coffee in the morning or simply enjoy a refreshing glass on its own.*

## INGREDIENTS

- ½ cup soy beans (optional: soak in water)
- 2.5 cups of water

**SERVES: 2**

**SETTING: SOY MILK**

**PREP TIME: 2 MIN**

**BLEND TIME: 3 MIN**

## DIRECTIONS

- 1. Optional: soak soy beans overnight or for a few hours.**
- 2. Place beans and water into Mealio™ Hot & Cold Blender.**
- 3. Secure lid and place on soy milk setting.**
- 4. Once done, strain out beans.**
- 5. Pour into a glass and enjoy or add to your smoothies or coffee.**





# ALMOND MILK

*Almond milk is the biggest thing since sliced bread and tastes fantastic in your morning iced coffee or latte. Say goodbye to store bought milk, now you can finally make your own with no added sugar. Soak overnight and blend in your Mealio™ Hot & Cold Blender in a matter of minutes.*

## INGREDIENTS

- ½ cup almonds (soaked overnight)
- 2.5 cups of water
- 1 tsp vanilla essence (optional)
- Pinch of Salt

**SERVES: 2**

**SETTING: SMOOTHIE**

**PREP TIME: 2 MIN**

**BLEND TIME: 3 MIN**

## DIRECTIONS

- 1. Soak almonds overnight or for a few hours.**
- 2. Place soaked almonds and water, vanilla essence and salt into Mealio™ Hot & Cold Blender.**
- 3. Secure lid and place on 'SMOOTHIE' setting.**
- 4. Strain out almond milk.**
- 5. Enjoy in your hot tea or coffee, in a smoothie or on its own**



## KLEVA RANGE™

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