

CLEAN LIVING™

Plant Milker™

#MilkPlantsNotCows

Instruction Manual



Better for you, Better for the Planet

Brought to you by **TSC**
Product Lab.
a div of The Sneaky Chef, Inc.



CLEAN LIVING™

with Michelle



Thank you for purchasing our Plant Milker! We're excited about all the beautiful, plant-based milks you'll get to make and share. We hope you'll love the recipes!

Clean Living with Michelle is the vision of Plant-Based Chef, Michelle Carolla. It's a brand built on passion, purpose, and the belief that clean and healthy living can be easy, enjoyable, and absolutely delicious.

"It all started with a simple realization: That nourishing our bodies with clean, wholesome, plant-based foods and using clean, chemical-free products not only benefits our health but also profoundly impacts the world we live in."

It's the mission of the entire Clean Living Team to simplify the way we approach a clean lifestyle. We believe that preparing and enjoying wholesome meals should never be complicated or intimidating. Instead, it should be a fun journey that starts with a few simple ingredients, a dash of creativity, and a whole lot of flavor.

We'd love to connect on social! Send us your stories, pics of your fabulous glasses of milk, videos of you using your Plant Milker and any creative recipes you dream up!

You can find us on:     @cleanlivingwithmichelle
#MilkPlantsNotCows

Clean Living With Michelle is more than just a brand, it's a community of like-minded people who celebrate the beauty of a chemical-free, low-impact clean lifestyle. We invite you to join us on this journey and to explore the endless possibilities of nourishing your body and soul with food that's both.

Better for You, Better for The Planet.

Michelle

After unboxing your Plant Milker

- Wash the inside of the Plant Milker with warm soapy water & a soft cloth.
- Dispose of packing materials in an environmentally friendly way.

Specification

Model	HB-B108K
Capacity	1.0L / 4 cups
Rated Voltage	120V/60Hz
Rated Power	180W
Heating Power	800W

Included Accessories

2.9ft power cord



Stainless Steel Strainer

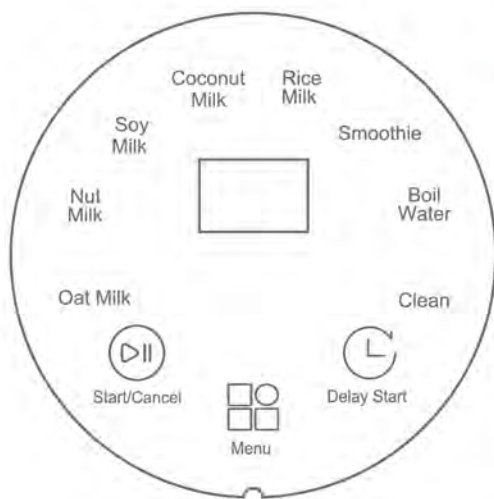


Cleaning Brush



Control Panel

- **START/CANCEL:** This button is used to “Start” and “Cancel” functions.
- **MENU:** Allows you to choose a function. Press until you land on the function you desire.
- **DELAY START:** Allows you to prep your milk now and make at a later time. The default time is “08”-8 minutes. You can press the key to choose between 1-12 hours.
- **OAT MILK:** Creates room temperature oat milk.
- **NUT MILK:** Creates a variety of nut milks listed on the menu grid.
- **SOY MILK:** Creates heated soy milk.
- **COCONUT MILK:** Creates heated coconut milk.
- **RICE MILK:** Creates room temperature rice milk.
- **SMOOTHIE:** Creates a variety of fruit smoothies.
- **BOIL WATER:** Boils water, replaces a separate kettle.
- **CLEAN:** Starts the automatic 11 minute cleaning process.



Function timing:

Oat Milk	2 minutes
Nut Milk	8 minutes
Soy Milk	35 minutes
Coconut Milk	35 minutes
Rice Milk	2 minutes
Smoothie	3 minutes
Boil Water	10 minutes
Clean	11 minutes

Operating Instructions

1. Plug 3 prong side of cord into your Plant Milker.
2. Plug power cord into outlet.
3. Your Plant Milker will be in power standby state and you will hear a quick beep.
4. Add your ingredients to your Plant Milker. Reference Cooking Guide on page 6 for recipe recommendations
5. Press "Menu" to choose your desired function. For safety, the unit will not function until lid is properly lined up with the handle.
6. Press "Start/Cancel" to start the Plant Milker. If you press a second time, it will cancel the function.
7. If you'd like to prep now & make later press "Delay Start" to choose your desired time.
8. The cooking time will show on display.
9. Once complete, the Plant Milker will automatically turn off and you'll hear a series of beeps. Your milk is now ready to enjoy!
10. Boiling Water-Fill to the min or max line and press "Boil" to heat water.
11. Cleaning your Plant Milker - Fill the Plant Milker to the "Max Water Line" as indicated on the inside of the machine. (Don't overfill past this line) . Press "Function" until you reach "Clean"
Press "Start/Cancel"
Once the cleaning cycle is complete, the Plant Milker will beep 10 times. Use caution when discarding cleaning water as it will be hot.

The product uses a high speed motor. When chopping or heating, it is normal to hear loud sounds.

Maintenance

- Remove the plug from the unit before cleaning.
- Let the interior cool before cleaning.
- Do not wipe the machine with chemicals such as alcohol.
- Do not directly wash the machine under water.
- If needed, soak the Plant Milker in hot water to loosen residue. Wipe out and rinse with clean water.
- Use a clean, dry towel to dry the outside of the Plant Milker.

Safety Precautions

- Be careful of the chopper blades when cleaning, they're sharp.
- Keep away from fire and heat.
- Keep powered off & unplugged when not in use.
- Keep plug & body dry.
- Do not disassemble or modify the product, this could cause the machine to malfunction.
- Do not touch the interior sharp blades.
- Do not allow children to play with the appliance.
- Keep away from fire and flammable materials.
- When using the Plant Milker, do not use above the maximum line or below the minimum line to avoid spills, boils & scorching.
- Be careful when removing cap, steam is hot and may burn.
- If the lid is moved or opened during a cycle the Plant Milker will stop.
- During use, it's not recommended to add raw sugar as it may stick to bottom. Recommend liquids such as agave.
- Do not insert any type of utensil inside the Plant Milker to stir, blend, etc as it may hit the moving blades and cause injury or machine failure.
- Do not store the Plant Milker in a refrigerator or freezer. Pour mixture into a separate, airtight container for storage.
- To protect the chopper blades, please refrain from placing ice cubes inside the Plant Milker.

Cooking Guide

Milk Type	Function	Ingredients	Measurement	Water/Milk	Strain after cooking
Oat Milk	Oat Milk	rolled oats	7 tbsp	4 cups	yes
Almond Milk	Nut Milk	unsalted almonds	1/4 cup	4 cups	yes
Cashew	Nut Milk	raw, unsalted cashews	1 cup	4 cups	no
Macadamia Milk	Nut Milk	raw, macadamia nuts	1 cup	4 cups	no
Hazelnut Milk	Nut Milk	ready-to-eat hazelnuts	3/4 cup	3 1/2 cups	yes
Soy Milk	Soy Milk	soaked soy beans (4-6 Hours)	1/2 cup	4 cups	yes
Coconut Milk	Coconut Milk	dry coconut shavings or pieces	2 cups	4 cups	yes
Rice Milk	Rice Milk	soaked and rinsed white rice (2 hours)	3 cups	4 cups	yes
Smoothie	Smoothie	frozen or fresh fruit	1 cup	2 cups Milk	no

To add a touch of sweetness or a light salt flavor, add one of these to your milk before starting the cycle.

- 1/8 tsp salt
- 1/8 tsp vanilla extract, agave, or maple syrup
- 1 tbsp of minced dates

Trouble Shooting

Malfunction	Cause Description	Solution
Odor occurs when first used	The normal condition of the initial use of the new motor	The odor will fade after a few uses. It's recommended to place the machine in a well-ventilated area to dissipate the odor
Ingredients did not properly process	The incorrect amount of product was used	Stop the machine and adjust the ingredient measurement
	Insufficient water	Please add water to reach the max fill line
Liquid overflow	Too much water	Please remove excess water until the liquid reaches the max fill line
E1 Alarm with 2 Beep	The sensor is malfunctioning	Contact customer service
E2 Alarm with 3 Beep	The lid of the cup is loose, Magnetic control switch off	Close cover according to the instructions
E3 Alarm with 5 Beep	Dry burning	Add ingredients according to instructions
E8 Alarm with 1 Beep	The machine itself is faulty and the sensor is short-circuited	Contact customer service

Limited 2 Year Warranty

This is the only express warranty for this product. The Sneaky Chef, Inc, warrants this product to be free from defects in material and workmanship for single-family household use for two years from the date of original purchase. Use of product for anything other than its intended purpose is also not warrantied. We exclude liability for all consequential damages. Your exclusive remedy is repair or replacement of the nonconforming product, at our option. All liability is limited to purchase price. All other warranties, including any statutory warranty or condition of merchantability or fitness for a particular purpose, are disclaimed. You may have legal rights that vary depending on where you live. For repair or replacement, please contact our service team with information on your product's proof of purchase and description of the problem. Customer Service Number: 844-689-0904



TSC Product Lab, a div of The Sneaky Chef, Inc. Sag Harbor, NY 11963

Made in China

OAT MILK



Function	Ingredients
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Oat Milk	Rolled oats
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Quantity	Water	Strain after preparation
7 tbsp	4 cups	

For additional flavoring, try the below:

- 1/8 tsp salt
- 1/8 tsp vanilla, agave, or maple syrup
- 1 tbsp of minced dates



Michelle's Tip

Oat milk add a tbsp of your fav flavor makes perfectly clean coffee creamer!



ALMOND MILK



Function	Ingredients
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Nut Milk	Unsalted almonds
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Quantity	Water	Strain after preparation
1/4 cup	4 cups	

For additional flavoring, try the below:

- 1/8 tsp salt
- 1/8 tsp vanilla, agave, or maple syrup
- 1 tbsp of minced dates

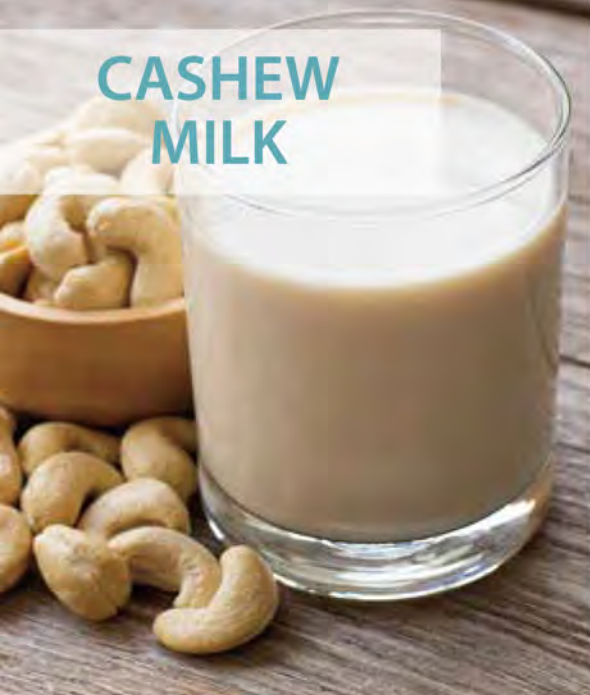


Michelle's Tip

Add 2 tbsp of organic dark cocoa powder for rich, chocolate milk!



CASHEW MILK



Function	Ingredients
Nut Milk	Raw, unsalted cashews

Quantity	Water	Straining not required
1 cup	4 cups	

For additional flavoring, try the below:

- 1/8 tsp salt
- 1/8 tsp vanilla, agave, or maple syrup
- 1 tbsp of minced dates

Michelle's Tip

Substitute cashew milk for heavy cream. It's rich and thick and a clean, non-dairy alternative!

Michelle's Favorite!
"I love the creamy texture and taste of the cashew milk."



MACADAMIA MILK



Function	Ingredients
Nut Milk	Raw, macadamia nuts

Quantity	Water	Straining not required
1 cup	4 cups	

For additional flavoring, try the below:

- 1/8 tsp salt
- 1/8 tsp vanilla, agave, or maple syrup
- 1 tbsp of minced dates

Michelle's Tip

Macadamia milk is a great substitute when making desserts!



HAZELNUT MILK



Function	Ingredients
Nut Milk	Ready-to-eat hazelnuts

Quantity	Water	Strain after preparation
3/4 cup	3 1/2 cups water	

For additional flavoring, try the below:

- 1/8 tsp salt
- 1/8 tsp vanilla, agave, or maple syrup
- 1 tbsp of minced dates
- If using raw, unshelled Hazelnuts, peel and soak for 8 hours.

Michelle's Tip

Make Chocolate Hazelnut Milk by adding 1tbsp of unsweetened cocoa powder & a sweetener of choice.



SOY MILK



Function	Ingredients
Soy Milk	Soaked soy beans (4-6 Hours)

Quantity	Water	Strain after preparation
1/2 cup	4 cups	

For additional flavoring, try the below:

- 1/8 tsp salt
- 1/8 tsp vanilla, agave, or maple syrup
- 1 tbsp of minced dates

Michelle's Tip

Soy Milk is perfect for your morning smoothie. It adds sweetness without the sugar!





COCONUT MILK

Function	Ingredients
Coconut Milk	Dry coconut shavings or pieces

Quantity	Water	Strain after preparation
2 cups	4 cups	

For additional flavoring, try the below:

- 1/8 tsp salt
- 1/8 tsp vanilla, agave, or maple syrup
- 1 tbsp of minced dates

Michelle's Tip

Coconut milk adds an extra layer of flavor when baking! (Don't forget to save the strained coconut for smoothies and creamy desserts)



RICE MILK

Function	Ingredients
Rice Milk	Soaked and rinsed white rice (2 hours)

Quantity	Water	Strain after preparation
3 cup	4 cups	

For additional flavoring, try the below:

- 1/8 tsp salt
- 1/8 tsp vanilla, agave, or maple syrup
- 1 tbsp of minced dates

Michelle's Tip

Rice milk is a great lactose and gluten-free option!



SMOOTHIE



Function	Ingredients
Smoothie	Frozen or fresh fruit

Quantity	Milk	Straining not required
1 cups	2 cups	

For additional flavoring, try the below:

- 1/8 tsp salt
- 1/8 tsp vanilla, agave, or maple syrup
- 1 tbsp of minced dates

Michelle's Tip

Smoothies have near-endless combos! Don't forget to add seeds and grains for an extra nutrient boost!



STORING YOUR PLANT MILK

We suggest a glass milk bottle with a lid to store your milk. The milk will last in the refrigerator for 2-4 days.

Be sure to shake before each use due the natural separation that can occur with fresh milks.

Straining your milk is optimal, but if you enjoy the small bits of nuts feel free to leave them!

Leftover pulp is great for smoothies and baking!