

Bosch Galleria

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BOSCH
Invented for life

秒速綻放營養，
促進全面吸收。
Blend fast. Release nutrients
in seconds.



VitaBoost
高轉速攪拌機
High Performance
Blender

每分鐘切割
高達 Up to
180,000次
cuts per min.



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你的健康生活。

Your daily portion of health.

5 份蔬菜及水果 5 Portions of fruits and vegetables

營養專家一致認為，每人每天應該進食最少5份蔬果。但是，在現今繁忙生活或許相當難以達到。

Nutritionists recommend a daily intake of 5 portions of fruits and vegetables. However, it is quite difficult for most people amidst a busy life.

簡單的解決方案

Simple solutions

無論是美味的果汁或沙冰甚至蔬菜湯，都可使用VitaBoost攪拌機，讓您每天進食足夠的新鮮蔬果。

Whether it's a delicious juice or smoothie, even veggie soup. With VitaBoost blender, you can easily enjoy healthy portions of fruits and vegetables everyday.



30+
營養食譜
Healthy recipes



多國語言選擇
Multi-languages



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VitaBoost

高速攪拌萃取豐富的蔬果精華。

High speed blending
to release extreme nutrient.

釋出最豐富的蔬果營養

Release the richest vegetable nutrients



6葉刀片每分鐘
轉動30,000轉，
切割180,000次。
Over 30,000 revolutions
and up to 180,000 cut
per minute



極鋒利不鏽鋼6葉刀片，
可處理較為堅硬的食材。
6 extremely sharp
stainless steel blades,
even for hard ingredients.

6種攪拌效果

Six blending results



奶昔
Shakes

只需
only 20 秒
sec



沙冰
Smoothies

只需
only 50 秒
sec



熱湯
Hot soups

只需
only 330 秒
sec



醬料
Sauce

只需
only 25 秒
sec



雪糕/雪葩
Ice cream/
Sorbet

只需
only 55 秒
sec



研磨
Grinding

只需
only 5 秒
sec

一機多用，冷熱皆宜。
Multi-functional ideal for
hot and cold.

每分鐘切割
高達 Up to
180,000次
cuts per min.



堅固2公升Tritan™
耐溫攪拌杯 (不含雙酚A)
Durable 2-litre Tritan™
blender jug (BPA-free)



6葉極鋒利不鏽鋼刀片
Six-bladed stainless
steel knife



多段遞進速度及點動功能
Variable speed setting
and pulse function

6個自動程式：
奶昔、沙冰、湯、醬料、雪糕/雪葩和清潔
6 automatic programmes:
Shakes, Smoothies, Soups, Sauce, Ice cream/
Sorbet and Cleaning



攪拌棒
Tamper



進食生熟蔬果 吸收多元營養素。

Raw or Cooked Fruits and Vegetables? Best to Eat Both for Optimal Nutrition.

進食原隻蔬果是攝取全效蔬果營養的最佳法門。較少吃蔬果人士，可考慮飲用無添加糖的蔬果沙冰(Smoothie)來達致每天蔬果攝取量。另外，利用攪拌機將原隻蔬果製成蔬果沙冰，能有效保留營養素如維他命和礦物質等，當中所保存的膳食纖維更能提升飽肚感。製作蔬果飲料時，建議以兩份蔬菜和一份水果為主食材。此做法不但能減低糖份，飲用一杯已能輕易達到衛生署建議每天進食兩份水果和三份蔬菜的50%了！

需要注意，某些抗氧化營養素(例：茄紅素 Lycopene)需經過有效加熱才能被身體有效吸收。因此，將蕃茄、露筍和紅燈籠椒等食材利用加熱方法烹調，當中的抗氧化茄紅素能更容易被人體吸收。

Eating whole fruits and vegetables is essential for us to obtain most optimal nutrition. For people who do not enjoy eating them, drinking fruits and vegetables smoothies is a convenient choice to meet your daily recommended intake. Blending fruits and vegetables does not significantly change their nutritional value unless you store the drink for an extended period. Therefore, drinking fresh smoothies nourishes your body with most of their vitamins and minerals. Unlike juicing, blending fruits and vegetables can keep all of their dietary fibre, hence, smoothies can keep you fuller for longer. To limit the sugar content of your smoothie, it is recommended to blend two servings of vegetables with one serving of fruits.

Heat can effectively enhance the bioavailability of some antioxidants, such as lycopene, in some vegetables. Therefore, eating cooked tomatoes, asparagus and red bell peppers, which are high in lycopene, can substantially promote the absorption of this antioxidant in our body.



撰寫：澳洲註冊營養師鄧沛茹

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VitaBoost 高轉速攪拌機 High Performance Blender



	MMBH6P6BGB
最大功率 Max. power consumption	1600W
摩打速度 Motor speed	每分鐘3000轉/RPM
速度選擇 Speed setting	多段遞進速度及點動功能 Variable speed setting and pulse function
顏色 Color	黑色 Black
產品尺寸(高 x 闊 x 深) Dimensions (H x W x D)	500 x 200 x 225 毫米 mm
淨重量 Net weight	5.22 公斤 Kg
產品特點 Product features	
攪拌杯物料 Blender jar material	Tritan™ 耐溫塑膠 (不含雙酚A) Tritan™ (BPA free)
攪拌杯容量 (公升) Blender jar capacity (L)	2
不銹鋼6葉刀 Six-bladed stainless steel knife	✓
可使用洗碗機清潔(蓋子除外) Dishwasher safe jug (except lid)	✓
6個自動功能 6 Automatic programmes	
沙冰 Smoothies	✓
奶昔 Shakes	✓
湯 Soups	✓
醬料 Sauce	✓
雪糕/雪葩 Ice cream/Sorbet	✓
清潔 Cleaning	✓
配件 Accessory	
攪拌桿 Tamper	✓
食譜 Recipe book	✓



份量：人 x 4

忌廉綠湯 – 西蘭花湯 Creamy Green Soup - Broccoli soup

材料 Ingredients

- 西蘭花 Broccoli 400克
- 蒜瓣 Garlic ½個
- 蔬菜湯 Vegetable stock (室溫) 600毫升
- 法式酸忌廉 Creme fraiche 4茶匙
- 鹽 Salt
- 胡椒 Pepper
- 肉豆蔻 Nutmeg

1 清洗西蘭花並切成大塊，削掉梗部的皮。把蒜瓣去皮。將準備好的材料連同蔬菜湯放進VitaBoost攪拌杯中。蓋上密封蓋子，並用力裝好。Add the prepared ingredients to the VitaBoost blender jug with the vegetable stock. Put on the lid with the sealing cap and press it firmly.

2 啟動VitaBoost。按下濃湯程序按鈕，將所有材料細緻攪拌，直到攪拌機自動關閉。或者將旋轉設置為最高速，將材料細緻地攪拌約5分半鐘，高速攪拌期間亦會同時加熱。

Switch on the VitaBoost. Press the Soup program button and mix everything finely until the appliance switches off. Or, set the rotary selector to the highest setting and finely mix the ingredients for about 5½ minutes, heating the mixture at the same time.

3 在忌廉綠湯中加入鹽、胡椒和肉豆蔻調味，倒入四個碗裡。在每碗湯上澆上一大匙法式酸忌廉並享用。

Season the Creamy Green Soup with salt, pepper and nutmeg and pour into four bowls. Add a spoonful of crème fraîche to each bowl and serve.

Bosch tips 貼士

與香脆麵包一起享用。添加幾條煙熏三文魚或熏鱒魚扒，來為這款湯品畫龍點睛。

Serve with crusty white bread. Give the soup a wonderful finishing touch by adding several strips of smoked salmon or smoked trout file.