



magic
BULLET
Kitchen Express™

Recipe Guide





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Intro

All-in-one and done, the Magic Bullet Kitchen Express™ packs serious culinary prowess in one little package. Switch between single-serve cups for smoothies, shakes, and cocktails and a work bowl for mixing dips, shredding slaws, slicing veggies, making meals, and more. It's simpler than a traditional food processor, smaller than a blender, and way more fun than both. Plus, it's easy to clean. We're not saying it's magic, but we're also not not saying it...

Icons

The Magic Bullet Kitchen Express™ is a great tool for those who like to know exactly what goes into their food. To accommodate mindful eaters, we've created a series of icons that identify vegan, vegetarian and/or gluten-free recipes that appear in this book.

We've also included icons that show you which blade to use with each recipe — it doesn't get any easier than this!

RECIPE ICONS



GLUTEN-FREE: Recipes free of ingredients that contain gluten like wheat, wheat flour, barley, or rye.



VEGETARIAN: Recipes free of meat. May contain dairy, eggs, or honey.



VEGAN: Recipes free of meat, dairy, eggs, or other animal products.

BLADE ICONS



SLICE/SHRED DISC



CHOPPING BLADE



CROSS BLADE

dips & spreads

spinach & artichoke dip

If it ain't broke, don't fix it — this dip has the sumptuous, creamy texture and distinctive tang you know, love, and crave.

¼ onion

4 garlic cloves

1 14oz can artichoke

5 cups spinach,
loosely packed

1 8oz packet cream cheese

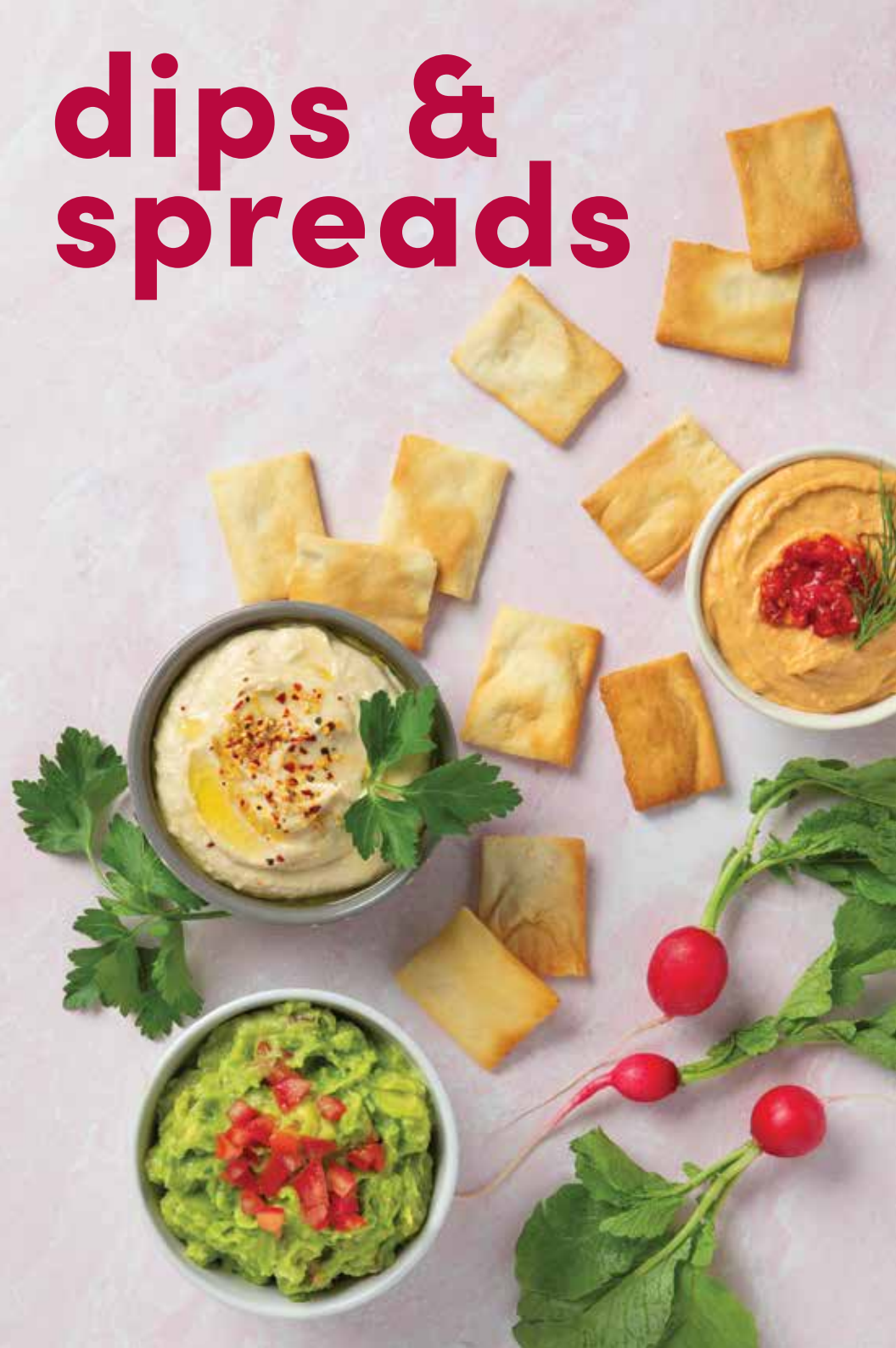
½ cup mayonnaise

½ cup sour cream

1 cup parmesan, shredded

salt & pepper to taste

- 1** Add onion and garlic to work bowl and run until minced.
- 2** Add artichoke to work bowl and pulse 10 times.
- 3** Transfer to serving bowl.
- 4** Add 3 cups spinach to work bowl and pulse 5 times. Add remaining spinach to bowl and pulse 5 times. Transfer chopped spinach to serving bowl with artichoke mixture.
- 5** Add remaining ingredients to work bowl and run for 20 seconds or until well mixed.
- 6** Transfer cream cheese mixture to serving bowl with artichoke and spinach, mix to combine.
- 7** Season with salt and pepper, to taste.
- 8** Can be served cold or warm up in microwave for 2 minutes before serving.



guacamole

A crowd favorite — one bite of this heavenly guac, and you'll understand why!

¼ yellow onion
2 stalks green onion,
cut into 3" pieces
1 cup cilantro,
packed, no stems
1 tbsp lime juice
1 tbsp lemon juice
1 jalapeno,
halved and seeded
½ tbsp salt
1 tbsp olive oil
2 large avocados,
remove skin and seeds

- 1** Add all ingredients from onion to salt to work bowl and run for 10 seconds.
- 2** Add olive oil and 1 avocado to work bowl and run for 5 seconds.
- 3** Add second avocado to work bowl and run for 5 seconds.
- 4** Transfer to serving bowl and serve with chips or as a side to your favorite taco recipe!

OPTIONAL:
mix in diced tomato by hand.



avocado cilantro dressing

Fresh, creamy, and the most beautiful color green, this dressing really adds some zing to any salad!

1 bunch cilantro, stems
removed
2 garlic cloves
1 avocado
¼ cup olive oil
1 tbsp apple cider vinegar
1 tbsp lime juice
¼ cup Greek yogurt
⅓ cup water
1 tsp salt
¼ tsp pepper
Pinch ground cumin

- 1** Place cilantro and garlic in work bowl and run for 20 seconds.
- 2** Add remaining ingredients and run for 30 seconds.
- 3** Store in fridge in air-tight container for up to 1 week. Can be used as a dip for vegetables or as a salad dressing.



salsa verde

This tart and tangy alternative to traditional salsa packs an unexpected kick!

8 tomatillos
3 jalapenos,
halved and seeded
6 garlic cloves
olive oil
1 cup cilantro packed,
stems removed
¼ cup water
2 tbsp lime juice
1 tsp salt
¼ tsp pepper
¼ red onion



- 1 Preheat oven to 400°F.
- 2 Spread tomatillos, jalapeno, and garlic cloves on baking sheet. Drizzle with olive oil and roast in oven for 20 minutes.
- 3 Add cilantro, garlic, jalapeno, tomatillos, water, lime juice, salt, and pepper to work bowl. Run for 20 seconds.
- 4 Remove salsa from work bowl and transfer to serving bowl.
- 5 Add onion to food processor bowl and run for 5 seconds.
- 6 Mix diced onion into salsa and serve.

pico de gallo

Juicy, crunchy, zesty, bold — is there anything this iconic salsa can't do?

3 cups cilantro, packed,
stems removed
½ onion
4 roma tomatoes, halved
2 tbsp lemon juice
2 tbsp lime juice
2 tsp salt



- 1 Place cilantro and onion in work bowl, run until minced. Transfer to serving bowl.
- 2 Place tomatoes in work bowl and pulse until chopped, transfer to bowl with onion and cilantro. Stir to combine.
- 3 Add lime juice, lemon juice, and salt to pico de gallo mixture, stir to combine. Drizzle with olive oil and serve.

hummus

A tasty, protein-packed appetizer that's perfect for any gathering.

1 15.5oz can of
chickpeas, drained
3 cloves garlic
2 tbsp lemon juice
¼ cup olive oil
2 tbsp tahini
1 tsp salt
¼ tsp cumin



- 1 Place all ingredients in work bowl and run for 10 seconds.
- 2 Remove lid and scrape hummus down sides of bowl with spatula and run again for 10 seconds.
- 3 Transfer to bowl and serve.

homemade mayonnaise

When you see how easy (and tasty) it is to make homemade mayo, you'll...well...you'll probably make more of it.

2 egg yolks
4 tsp mustard
2 tbsp lemon juice
¼ tsp salt
½ tsp pepper
1 ¼ cups olive oil

- 1 Add egg yolks, mustard, lemon juice, salt, and pepper to work bowl. Run for 20 seconds.
- 2 Remove pusher from feed chute. While bowl is running, slowly drizzle in oil.
- 3 Continue to run for 10 seconds.
- 4 Store in air-tight container in fridge for up to 1 week.



simple salad dressing

Simple does not equal boring. This delightfully bright salad dressing is versatile, cheerful, and a real crowd pleaser.

1 cup olive oil
¼ cup apple cider vinegar
2 cloves of garlic
2 tbsp lemon juice
1 ½ tsp salt
1 tbsp honey

- 1 Add all ingredients to work bowl and run for 20–25 seconds.
- 2 Store in an air-tight container in the fridge for up to 1 week.



chimichurri sauce

This herby, garlicky, Argentinean condiment is great for dipping, dressing or marinating meat, chicken, fish, or veggies.

2 cups Italian parsley, stems removed, packed
1 cup cilantro, stems removed, packed
6 mint leaves
4 cloves of garlic
1 tbsp fresh oregano, stems removed
2 tbsp white wine vinegar
1 cup olive oil
¼ tsp crushed red pepper
Dash of cayenne

- 1 Add parsley to work bowl and pulse 5 times.
- 2 Add remainder of ingredients to work bowl and run for 20 seconds.
- 3 Use as a marinade or sauce for meat, chicken or fish. Can also be used as a salad dressing or dipping sauce.
- 4 Store in air-tight container in fridge for up to 1 week.



sides & entrees



zucchini fritters

A veggie-filled appetizer guaranteed to be a crowd-pleaser.

- 1 medium zucchini
- 1 sweet potato
- $\frac{2}{3}$ cup all-purpose flour
- 2 eggs
- 2 green onions stalks, quartered
- $\frac{1}{4}$ tsp salt
- $\frac{1}{8}$ tsp pepper
- 2 tbsp olive oil



- 1** Cut zucchini in half lengthwise. Using shred disc, shred zucchini.
- 2** Place shredded zucchini in a colander and sprinkle with salt. Let rest for 10 minutes.
- 3** After 10 minutes, pressing down with your hands, squeeze out as much liquid as you can from the zucchini. Once you have removed the liquid, transfer zucchini to a clean mixing bowl.
- 4** Cut sweet potato in quarters and shred using shred disc. Transfer shredded sweet potato to mixing bowl with zucchini.
- 5** Remove shred disc and place chopping blade in work bowl. Add green onions to work bowl and run for 10 seconds until minced.
- 6** Add eggs, salt, and pepper to the work bowl with the green onions and run for 10 seconds to combine. Pour mixture into the bowl with the zucchini and sweet potato and mix well with a silicone spatula.
- 7** Add the flour to the mixture and mix well with spatula to form batter.
- 8** Add olive oil to a pan over medium heat. Once oil is hot, scoop $\frac{1}{4}$ cup mounds of the zucchini-sweet potato mixture into the pan, pressing lightly so the rounds form a circle. Make sure to space the fritters 2" apart.
- 9** Cook the fritters for 2-3 on each side and then transfer to a paper-towel lined plate.
- 10** Repeat with the remaining mixture until done. Serve fritters topped with sour cream.

hamburger sliders

Whoever shrunk normal burgers down to a size where it's acceptable to eat three in one sitting, we salute you.

1 ½ lb chuck meat
¼ onion
3 garlic cloves
2 tbsp worcestershire sauce



- 1 Cut meat into cubes.
- 2 Load work bowl with ¼ lb of meat at a time and pulse 10 times and transfer ground meat to clean mixing bowl.
- 3 Add onion and garlic to work bowl and pulse 5 times. Transfer to meat mixture.
- 4 Add sauce to mixture, mix until combined.
- 5 Split mixture into 6 portions and form slider patties with each portion.
- 6 Cook on pan to desired doneness.

SUGGESTION:

Use Hawaiian rolls as slider buns

sweet potato hash brown

A little sweetness never hurt anyone, especially in the form of a giant crispy potato cake. Breakfast is served.

2 small sweet potatoes
½ tsp salt
¼ tsp pepper
¼ tsp garlic powder
¼ tsp onion powder



- 1 Using shred disc, shred sweet potatoes one at a time. Transfer shredded sweet potatoes to a bowl.
- 2 Add seasoning to bowl and mix to combine.
- 3 Heat butter in a pan over medium heat. Add sweet potatoes and spread around pan into single layer.
- 4 Cook until browned and flip. Cook second side until browned and transfer to plate to serve.

chicken meatballs

Fresh, flavorful, and a little lighter — though no less satisfying — than your traditional meatball.

1 lb boneless chicken thigh meat
¼ cup parsley
⅛ cup mint
3 cloves garlic
¼ onion
1 tsp Italian seasoning
1 tsp salt
½ tsp pepper
1 cup flour

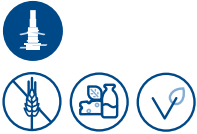


- 1 Place garlic and onion in work bowl, and run until minced.
- 2 Add parsley and mint to work bowl and run until minced.
- 3 Add seasoning, salt, pepper to bowl and run for 5 seconds.
- 4 Transfer all contents to a mixing bowl.
- 5 Place ½ lb chicken to work bowl at a time and pulse 10 times. Transfer to bowl with rest of mixture and repeat with remaining ½ lb of chicken.
- 6 Add 1 egg to meatball mixture and mix to combine.
- 7 Form mixture into 2" meatballs.
- 8 Place flour in a small bowl. Coat outside of each meatball with flour.
- 9 Heat oil on pan over medium heat, place meatballs on pan and cook through.
- 10 Serve plain or with marinara sauce.

cauliflower rice

A low-carb, high nutrition alternative to white or brown rice in any of your favorite recipes.

3 cups cauliflower florets



TIP: Use cauliflower rice in recipes as a substitute for white or brown rice —like fried rice or stir fries!

- 1 Add 2 cups of cauliflower florets to work bowl and pulse 3–5 times.
- 2 Add remaining cauliflower florets to work bowl and run for 10 seconds.
- 3 **to cook:** To cook cauliflower rice, just add to a skillet with olive oil and cook for 5–8 minutes. Season with salt and pepper to taste.
- 4 Cooked cauliflower rice can be stored in fridge for up to 5 days, uncooked cauliflower rice can be stored in freezer for up to 1 month.

red pizza sauce

DIY pizza sauce? D-I-why not? It's easy, it's fresh, and man, does it taste good.

1 14.5oz can diced tomato

3 cloves of garlic

2 tsp fresh oregano

¼ cup fresh basil, packed

¼ tsp salt

¼ tsp pepper

½ tsp sugar



- 1 Load all ingredients except for tomatoes into work bowl and run for 10 seconds.
- 2 Add diced tomatoes and run for 10 seconds.

TIP: Simmer sauce for 25 minutes on low heat for a quick marinara dipping sauce.

cauliflower crust pizza

Who knew low-carb pizza could taste this good? Replace your regular pizza dough recipe with this veggie-filled alternative.

3 cups raw **cauliflower rice** (from recipe on p.17)

½ cup shredded mozzarella cheese

½ cup shredded parmesan cheese

1 cup almond flour

1 egg, beaten



- 1 Preheat oven to 400°F.
- 2 Place raw cauliflower rice in a mixing bowl and microwave for 3 minutes to steam cauliflower.
- 3 Place steamed cauliflower in a colander and strain out excess liquid (push down on cauliflower to get water out).
- 4 Transfer strained cauliflower to a mixing bowl.
- 5 Add cheeses, flour, and egg and combine/mix to form dough.
- 6 Form dough into ball.
- 7 Place ball on greased baking sheet and spread flat into desired shape.
- 8 Bake at 400°F for 10 minutes, until golden but not browned. Remove from oven and let cool for 10 minutes.
- 9 Add **pizza sauce** (from recipe on p.17) and desired toppings, place back in oven for 10 minutes (or until cheese has melted).

mashed potatoes

Creamy and comforting — the perfect side dish for any meal.

- 3 golden potatoes
- 2 tbsp unsalted butter
- ¼ cup heavy cream
- 3 roasted garlic cloves
- ½ tsp of salt
- 1 tbsp chopped chives



- 1 Peel potatoes to remove skin.
- 2 Add potatoes to a large pot and cover with cold water.
- 3 Bring water to a boil, then reduce to a simmer. Remove cover from pot and add peeled potatoes.
- 4 Keep potatoes simmering in water for 15–20 minutes. The potatoes are done when tender.
- 5 Drain water from potatoes and let potatoes cool.
- 4 Once cooled, cut potatoes into quarters. Place 6 potato quarters in work bowl and pulse 5 times.
- 7 Add rest of potato quarters to bowl and pulse 5 more times.
- 8 Add remaining ingredients and run for 10 seconds.
- 9 Transfer to serving bowl and heat before serving.

potato casserole

A side dish guaranteed to impress — perfect for holidays and dinner parties.

- 1 ½ lbs baby dutch yellow potatoes (or any variety of small potatoes)
- 3 tbsp butter
- 2 cloves garlic, minced
- 3 tbsp all purpose flour
- 3 cups whole milk
- 1 cup shredded cheddar
- 1 cup shredded parmesan
- 2 tsp salt
- ½ tsp pepper



- 1 Preheat oven to 350°F.
- 2 Using slice disc, slice potatoes, 3–4 at a time until all are sliced.
- 3 Transfer potato slices to bowl and cover with water; let soak while preparing the sauce.
- 4 Heat pan on stove. Add butter and garlic to pan and saute for 1 minute.
- 5 Add flour to pan and stir to combine. Next, add milk to pan, bring to simmer and then add cheese, salt, and pepper.
- 6 Spread single layer of potatoes on bottom of 8x8 pan, top with layer of cheese sauce. Repeat layers until you have used all potatoes. Top with remaining sauce.
- 7 Cover with foil and bake for 1 hour. At 30 minute mark, remove foil and continue baking.
- 8 Cool for 10–15 minutes before serving.

coleslaw

Comes together in a snap for a picture-perfect picnic day.

½ head purple cabbage

½ head green cabbage

2 carrots

1 small bunch parsley,
stems removed

1 cup mayo

2 tbsp apple cider vinegar

2 tbsp mustard

1 tbsp lemon juice

1 tsp celery seeds

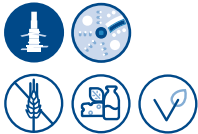
¼ tsp salt / ¼ tsp pepper

1 One ingredient at a time, use shred disc to shred cabbages and carrots. Transfer to serving bowl.

2 Remove shred disc and replace with chopping blade. Add remaining ingredients and run for 10 seconds until fully incorporated with parsley.

3 Add parsley mixture to bowl with shredded vegetables.

4 Mix until well combined and serve.



veggie burgers

These savory bean and 'shroom burgers are protein-packed and seriously delicious.

1 15.5oz can chickpeas,
drained

1 15oz can black beans

8oz baby bella mushrooms

½ small onion

Pinch of cumin

½ tsp salt

¼ tsp pepper

½ tsp garlic powder

1 tbsp tomato paste

⅓ cup panko

⅓ cup almond flour



1 Place mushrooms in work bowl and pulse until finely diced.

2 Drain water from mushrooms and transfer to a mixing bowl.

3 Add onion to work bowl and run until finely diced.

4 Saute onions and mushrooms in pan on medium high heat for 5 minutes. Transfer to mixing bowl when done.

5 Drain water from beans and chickpeas and place in work bowl. Pulse 4-5 times. Transfer to bowl with onions and mushrooms.

6 Add spices, tomato paste, panko and flour to bowl. Mix to combine.

7 Form patties the size of your palm (approx. 3.5 oz) with the mixture.

8 Heat oil in pan over medium heat, add patties to pan and cook for 5 minutes on each side, until browned.

veggie frittata

A delicious and healthy veggie-filled breakfast to start your day.

2 small zucchini
(about $\frac{3}{4}$ lb)
6 eggs
2 tbsp unsalted butter
 $\frac{1}{4}$ cup heavy cream
2 shallots
1 tsp salt
 $\frac{1}{4}$ tsp pepper
4oz cheddar cheese



- 1 Using shred disc, shred cheese and set aside.
- 2 Cut zucchini in half lengthwise and using shred disc, shred both zucchinis.
- 3 Place shredded zucchini on top of a few layers of paper towels and wring dry to remove moisture from zucchini pieces.
- 4 Remove shred disc from food processor and replace with chopping blade. Add shallots to work bowl and run 10 seconds until shallots are finely diced.
- 5 Heat a pan over medium high heat. Add butter to the pan.
- 6 Once butter has melted add shallots, zucchini, and $\frac{1}{2}$ teaspoon salt to the pan. Let cook for 5 minutes.
- 7 While zucchini is cooking, add eggs, cream, remaining $\frac{1}{2}$ teaspoon salt and pepper to work bowl. Run for 20 seconds to whisk the eggs.
- 8 Pour eggs into pan with zucchini and top with shredded cheese.
- 9 Reduce pan heat to low, cover with lid and cook for 20–25 minutes until eggs are set.

rainbow salad

Chop, chop. This fresh and tasty salad is loaded with veggies and comes together seriously fast.

1 cup kale, packed
1 cup purple leaf kale, packed
1 cup romaine lettuce, packed
 $\frac{1}{2}$ yellow bell pepper
 $\frac{1}{2}$ orange bell pepper
2 persian cucumbers, cut in quarters
 $\frac{1}{2}$ red cabbage, cut in quarters
 $\frac{1}{2}$ cup grape tomatoes, halved length wise
 $\frac{1}{2}$ cup green grapes, halved length wise
 $\frac{1}{2}$ cup cubed mozzarella



- 1 Place kale in work bowl and pulse 3 times until chopped. Transfer to serving bowl.
- 2 Repeat the above with the purple leaf kale and romaine lettuce.
- 3 Place bell peppers in work bowl and pulse 3 times. Add to serving bowl with lettuces.
- 4 Repeat the above with cucumber and red cabbage.
- 5 Top salad with halved grape tomatoes, green grapes, and cubed mozzarella.
- 6 Toss with our **simple salad dressing** (from recipe on p. 11) or your favorite vinaigrette and serve.



sweet treats

graham cracker crust

Whether it's the base of your cheesecake, pie, or tart, this versatile crust never disappoints.

12 graham crackers
⅓ cup light brown sugar
½ cup unsalted butter,
melted
Pinch of salt



- 1** Break 6 graham crackers into portions and add to work bowl. Run for 20 seconds, transfer crumbs to a mixing bowl.
- 2** Repeat with remaining 6 graham crackers and add to mixing bowl.
- 3** Add light brown sugar and pinch of salt to bowl, mix to combine.
- 4** Add butter and mix until all crumbs are moistened.
- 5** Spread crust into a pie dish, making sure it's packed tightly. Use the back of a measuring cup to pack down crumbs and make crust even.
- 6** Chill in freezer for 30 minutes before filling.

cheesecake

Decadent and delicious — this creamy cheesecake filling comes together in a snap.

2 packets cream cheese
½ cup light brown sugar
1 tsp vanilla extract
1 egg



- 1** Place cream cheese, sugar and vanilla in work bowl and run for 30 seconds.
- 2** Add egg and run for 30 seconds.
- 3** Pour into crust. Bake for 35 minutes or until a toothpick inserted in center comes out clean.
- 4** Chill for 3 hours before serving.

oatmeal chocolate chip cookies bites

It's a simple upgrade, but adding oats to your chocolate chip cookies really ramps up the satisfaction factor.

1 cup oats
¼ cup butter
¼ cup brown coconut sugar
¼ tsp vanilla extract
¼ tsp salt
¼ cup almond flour
2 tbsp heavy cream
¼ cup dark chocolate chips



- 1 Add butter and sugar to work bowl and run until creamed.
- 2 Add heavy cream, vanilla, and salt to bowl and pulse 2 times.
- 3 Add ½ cup of oats to work bowl and pulse 5 times; repeat with remaining oats.
- 4 Add flour and pulse until well combined. Transfer dough to mixing bowl.
- 5 Fold in chocolate chips.
- 6 **For no-bake cookie bites:** Form in balls and refrigerate for 30 minutes before serving.

For baked cookies: Drop dough by tablespoon on baking sheet and bake at 350°F for 10–12 minutes, cool before serving.

brownies

At any given moment, you are only 6 ingredients away from these insanely ooey, gooey brownies, and that is a gift to cherish always.

¼ cup salted butter, melted
½ cup sugar
1 egg
½ tsp vanilla extract
¼ cup unsweetened cocoa powder
3 tbsp all-purpose flour



- 1 Preheat oven to 300°F, grease an 8x4" bread pan.
- 2 Add butter and sugar to work bowl and run for 10 seconds.
- 3 Add egg and vanilla extract to work bowl and run for 10 seconds.
- 4 Add cocoa powder and flour to work bowl and pulse until combined.
- 5 Pour batter into greased pan and bake for 18–20 minutes.

mango sorbet

Transport yourself somewhere tropical with this refreshing treat.

2 cups frozen mango chunks



- 1 Place mango chunks in microwave for 30 seconds until softened but not warm.
- 2 Add softened chunks to work bowl and for 30 seconds.

carrot cake

Moist and sweet with the perfect amount of spice, this simple carrot cake yields positively dreamy results. Top with Cream Cheese frosting, naturally.

2 carrots
1 cup all purpose flour
1 tsp baking soda
½ tsp salt
1 tsp cinnamon
½ tsp ground nutmeg
½ tsp ground all spice
½ tsp ground cloves
2 eggs
½ cup brown sugar
¾ cup oil
½ cup walnuts



- 1 Preheat oven to 350°F.
- 2 Shred carrots using shred disc, set aside.
- 3 Using chopping blade, pulse walnuts in work bowl until chopped. Remove and set aside.
- 4 Add all dry ingredients including spices to a mixing bowl.
- 5 Add eggs and brown sugar to work bowl. Run for 5 seconds.
- 6 Remove food pusher, turn knob to on and slowly add oil to bowl through chute until all oil has been incorporated.
- 7 Transfer wet mixture to dry mixture. Stir until combined.
- 8 Stir in shredded carrots and chopped walnuts.
- 9 Spread batter into greased 8x8" pan.
- 10 Bake for 30 minutes or until center of cake comes out clean.
- 11 Cool to room temperature before frosting with **cream cheese frosting** (from recipe on p. 30).

cream cheese frosting

An obvious match for carrot cake, but this easy frosting also goes great with cakes, muffins, and more.

1 8oz packet cream cheese, softened
1 tbsp butter, softened
½ tsp vanilla extract
½ cup confectioners sugar
pinch of salt

- 1 Add cream cheese to work bowl, run 10 seconds.
- 2 Add sugar, vanilla extract and salt to work bowl. Run for 20 seconds.
- 3 Use immediately to frost your cake or store in an air-tight container for up to 5 days.





smoothies & cocktails

berry protein smoothie

When you're looking for a healthy breakfast on-the-go, this protein packed smoothie makes for a convenient, satisfying option.

- ½ cup milk of choice
- ½ cup fresh or frozen blueberries
- ½ cup ice cubes
- ½ medium banana
- 1 serving high quality protein powder

- 1 Add all ingredients to the tall cup and twist on the cross blade.
- 2 Blend until smooth.



banana coffee frappe

Don't waste money on expensive, sugary frozen drinks. Instead, try this tasty twist, using a frozen banana in place of artificially-sweetened mixes.

- ½ frozen banana, slightly thawed
- ¼ cup brewed coffee (Allow brewed coffee to cool to room temperature prior to blending.)
- ½ cup milk of choice (dairy, almond, soy, hazelnut, hemp, etc.)
- ⅛ tsp vanilla extract

- 1 Blend the frozen banana, cooled coffee, milk, and vanilla in the tall cup until smooth.





tropical green smoothie

Get a taste of sunshine in this fun and fruity mix.

- 1 cup spinach
- ½ cup pineapple chunks
- ½ kiwi
- 1 tbsp hemp seeds
- splash of lime juice
- 1 cup of coconut water

- 1** Add all ingredients to the tall cup and twist on the cross blade.
- 2** Blend until smooth.



strawberry banana smoothie

This deliciously satisfying, fruity drink is perfect any time of day.

- ½ cup fresh or frozen strawberries
- 1 banana
- 1 cup ice
- ½ cup orange juice

- 1** Add all ingredients to the tall cup and twist on the cross blade.
- 2** Blend until smooth.





strawberry daiquiri

While the original daiquiri is associated with a super sweet frozen mixture, this recipe uses a mix of fresh ingredients to create a breezy beach favorite!

2 oz white rum

1 ½ cups frozen strawberries

¼ cup fresh lime juice

2 tbsp honey
or agave nectar

1 Add all ingredients to the tall cup, screw on the cross blade and blend until smooth and slushy.

2 To serve, screw on the comfort lip ring or pour into a serving glass.



frozen margarita

This refreshing classic gets a boost from fresh lime and agave nectar.

1 ½ oz tequila

½ oz triple sec
or cointreau

1 ½ oz fresh lime juice

1 ½ tbsp agave nectar

1 cup ice

Salt (optional)



1 Add liquid ingredients to the tall cup.

2 Fill with ice, do not exceed the MAX line. Screw on the cross blade and blend until smooth and slushy.

3 If you like a salt rim on your margarita, rub a lime wedge around the perimeter of the comfort lip ring and dip in salt to coat.

4 Gently screw the lip ring onto the tall cup containing your margarita and enjoy!



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