

# Recipe guide.

Recipes, tips,  
& more.



**nutribullet.**  
ultra

Please make sure to read the enclosed User Guide prior to using your unit.

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Thank you for purchasing the nutribullet® Ultra.





# nutribullet® Ultra recipe guide.

**Ultra sleek.**  
**Ultra durable.**  
**Ultra powerful.**

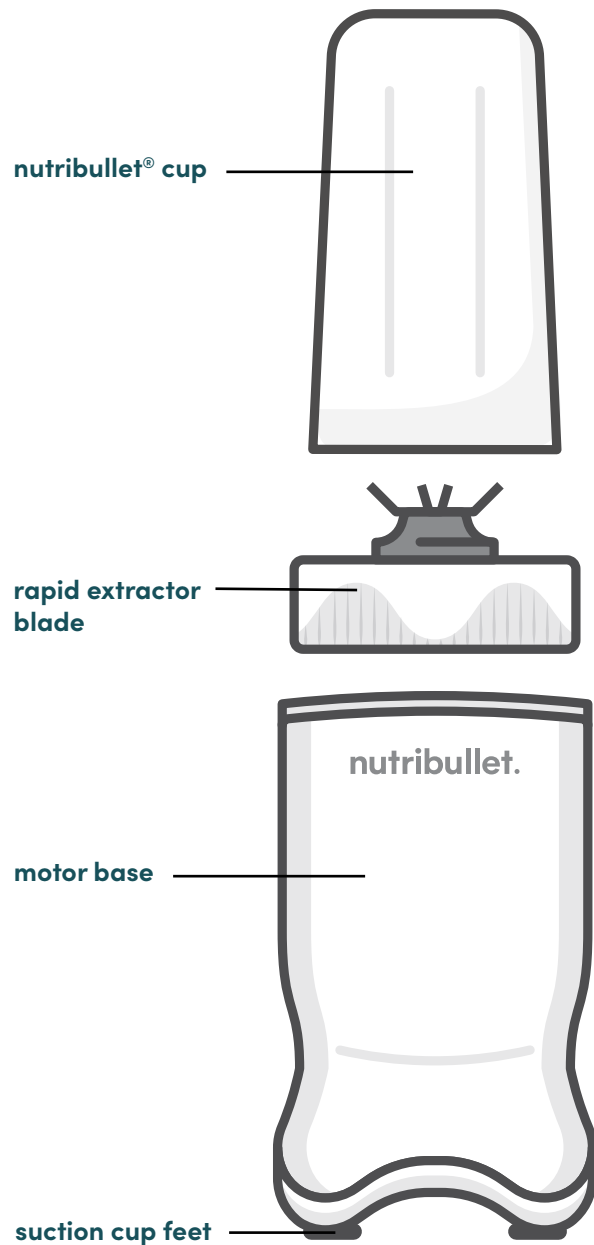
## Introducing the next evolution of nutribullet®.

The Ultra takes the essence of the nutribullet® you know and love and advances it forward, refining its design with increased wattage, an intuitive illuminated interface, and enhanced blade performance and durability. Its streamlined silhouette adds sophistication to any countertop, while its Tritan™ Renew blending cups bring sustainable strength to the table. It's stylish, it's powerful, and it delivers the highest quality results from every ingredient.

To get you started on your Ultra journey, we've assembled this guide full of delicious smoothies, condiments, sweet treats, and cocktails. Take a look, try what looks good and see how delicious the new era of nutribullet® can be.


**It's time to advance the blending story.**

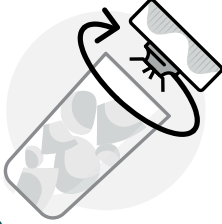
# Assembly guide.





# nutriBullet® cup assembly.

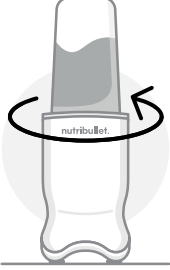
SEE USER GUIDE FOR DETAILED ASSEMBLY INSTRUCTIONS.

- 

1 Add ingredients and liquid to the nutriBullet® Cup.
- 

2 Twist the **Rapid Extractor Blade** onto the nutriBullet® Cup until it's tightly sealed.
- 

3 Flip the **Cup** downward, set it onto the **Motor Base**, and twist clockwise until it "clicks" into place. This will illuminate the **Control Panel**.
- 

4 Press the **Solid Circle** to start an automated blending cycle or press and hold the **Dashed Circle** to pulse ingredients.
- 

5 Twist the **Cup** counterclockwise to unlock, then remove it from the **Motor Base**. You will hear a "click" when the **Cup** unlocks. Enjoy!

**⚠ WARNING! NEVER use Cups to blend hot, warm, or carbonated ingredients which may cause ingredients to heat, pressurize, separate, and cause serious bodily injury. DO NOT run consecutive blend cycles.**

# Building a smoothie.

Our go-to guide to building a great smoothie, every time. For the best results, add ingredients in the order listed below.

- 1 You must always add liquid before you blend a smoothie.
- 2 Don't overfill your cup. Make sure your ingredients and liquid reach no higher than the MAX line.
- 3 For a cooler, more flavorful smoothie, we recommend using frozen fruit and/or veggies. You can also add ice, but it should not exceed 25% of the cup's total volume.



## Our perfected method:

- 1 **GREENS & VEGGIES**
- 2 **FRUIT**  
as many varieties as you like
- 3 **NUTS (optional)**
- 4 **LIQUID**  
Never exceed MAX line
- 5 **BOOSTS (optional)**
- 6 **ICE (optional)**  
Only up to 25% of your total smoothie ingredients

**⚠ WARNING! NEVER add hot, warm, or carbonated ingredients to the sealed nutribullet® Cups.**

## What is nutrient extraction?

Nutrient extraction is the process of breaking plant foods down into tiny, drinkable particles so your body can absorb them more efficiently. The nutribullet® Ultra's powerful motor, sharp spinning blades, and durable cups are designed to maximize its extraction capabilities.

### GREENS & VEGGIES

- carrot
- cauliflower
- collard greens
- kale
- romaine lettuce
- spinach
- swiss chard
- zucchini

### FRUIT

- apple
- avocado
- banana
- berries
- cherries
- mango
- orange
- peach
- pear
- pineapple
- plum

### NUTS

- almonds
- cashews
- peanuts
- pecans
- walnuts

### LIQUID TO THE MAX LINE

- almond milk
- cashew milk
- coconut milk
- coconut water
- hemp seed milk
- oat milk
- soy milk
- tea, chilled
- water

### BOOSTS

- **herbs and spices**  
(cinnamon, fresh mint, fresh basil, fresh cilantro, ground ginger or turmeric, fresh ginger or turmeric root)
- **high-quality protein powders**
- **nut butters**  
(almond, peanut, cashew, sunflower seed)
- **superfood powders**  
(cacao, maca, chlorella, spirulina)
- **seeds**  
(chia seeds, flax seeds, hemp seeds)
- **sweeteners**  
(honey, agave, maple syrup)

# Recipe icons.

We've marked our recipes with icons to help you quickly identify their health benefits and special qualities. Here's the scoop on what they mean:



## SUSTAINABLE

Highlights foods that are nutritious and delicious with a lower environmental impact.\*



## HELPS WITH DIGESTION

Recipes marked with this icon deliver a hearty dose of belly-filling fiber.



## PROTEIN POWERHOUSE

Each recipe marked with this icon contains a notable amount of protein.



## CONTAINS DAIRY

Contains milk or milk-based ingredients, including casein, whey, or lactose.



## NUT FREE

Safe for those with allergies or sensitivities, these recipes contain no nut ingredients or byproducts.

\* With a focus on the future of our food systems, recipes marked "sustainable" are plant-forward and made with ingredients whose growth, manufacturing, and/or shipping methods have a lower environmental impact than alternatives. Resources include "Future 50 Foods" from Knorr and World Wildlife Fund, Menus of Change Principles from The Culinary Institute of America and Harvard T.H. Chan School of Public Health, and the Planetary Health Diet from EAT-Lancet.

 **WARNING! NEVER add hot, warm, or carbonated ingredients to the sealed nutribullet® Cups.**





# Smoothies.

Go beyond basic with these nourishing blends, which combine smoothie stalwarts like banana and pineapple with fragrant spices, tropical fruits, and surprising veggies for a fresh take on the essential beverage.



For more delicious recipes,  
visit [nutribullet.com](https://www.nutribullet.com)

# Passion flower smoothie.



## MAKES 20 OZ

Tart passion fruit, creamy mango and banana, and cooling aloe lend full-bloom tropical flavor to every sip of this deeply refreshing blend.

1/3 CUP	PASSION FRUIT, FROZEN
1/2 CUP	MANGO, FROZEN
1/4 CUP	ALOE VERA GEL, PREPARED FROM PLANT
1/2	BANANA, FROZEN
1 TBSP	AGAVE
1 CUP	COCONUT WATER
1/2 CUP	WATER
1/2 CUP	ICE

- 1 Add all ingredients to the **nutribullet® Cup**.
- 2 Blend and enjoy.

### NUTRITION TIP

Aloe gel, a part of the aloe plant, has been shown to help reduce GI tract inflammation.

### NUTRITION FACTS PER SERVING

290 calories, 1g fat, 71g carbs, 11g fiber, 51g sugar, 4g protein. **Nutrition facts are based on the recipe as listed. Adding protein powder or swapping any ingredients will alter nutritional content.**

# Chocolate peanut butter smoothie.



## MAKES 20 OZ

Chocolate, banana, *and* peanut butter? If we didn't know better, we'd think this was a straight-up milkshake. The great news is, it's full of fiber, phytonutrients, and protein to keep you energized for the long-haul.

1 CUP	SPINACH
1/2	BANANA, FROZEN
1 TBSP	PEANUT BUTTER
1 TBSP	CACAO NIBS
1/2 TBSP	CACAO POWDER
1 TBSP	VEGAN VANILLA PROTEIN POWDER
3/4 CUP	UNSWEETENED VANILLA ALMOND MILK
1/2 CUP	ICE

- 1 Add all ingredients to the **nutribullet® Cup**.
- 2 Blend and enjoy.

### NUTRITION FACTS PER SERVING

320 calories, 18g fat, 28g carbs, 9g fiber, 10g sugar, 17g protein. **Nutrition facts are based on the recipe as listed. Adding protein powder or swapping any ingredients will alter nutritional content.**





# Cactus cooler smoothie.



## MAKES 20 OZ

Cool off from the inside out with this refreshing, fortifying, and ultra-hydrating blend of cactus, greens, pineapple, and more.

1 CUP	<b>GREENS</b>
1 CUP	<b>CACTUS (NOPAL), 1-2 LEAVES, SPINES REMOVED, PEELED, CHOPPED</b>
½ CUP	<b>PINEAPPLE</b>
⅓ CUP	<b>CELERY, CHOPPED</b>
1 TBSP	<b>HEMP SEEDS</b>
2	<b>DATES, PITTED</b>
½ TSP	<b>CINNAMON</b>
1 CUP	<b>COCONUT WATER</b>
½ CUP	<b>WATER</b>
½ CUP	<b>ICE</b>

- 1 Add all ingredients to the **nutribullet® Cup**.
- 2 Blend and enjoy.

### CULINARY TIP

Nopal — a type of cactus frequently used in Mexican cuisine — can be enjoyed in both sweet and savory dishes. Add to smoothies or sauté with other veggies to enjoy its unique flavor.

### NUTRITION FACTS PER SERVING

300 calories, 5g fat, 63g carbs, 8g fiber, 51g sugar, 7g protein. **Nutrition facts are based on the recipe as listed. Adding protein powder or swapping any ingredients will alter nutritional content.**

# Choco-coco almond bliss smoothie.



## MAKES 20 OZ

Chocolate, coconut, almond – this smoothie delivers dessert decadence with the nutritional profile of a well-rounded meal. Enjoy any time of day to hit the sweet spot.

½	APPLE, SLICED
½	BANANA, FROZEN
1 TBSP	ALMOND BUTTER
2 TBSP	CACAO NIBS
1 TBSP	COCONUT BUTTER
1 TBSP	VEGAN VANILLA PROTEIN POWDER
1½ CUPS	UNSWEETENED VANILLA ALMOND MILK
1 CUP	ICE

- 1 Add all ingredients to the **nutribullet® Cup**.
- 2 Blend and enjoy.

### NUTRITION TIP

Packed with chocolatey flavor, cacao nibs host a plethora of health benefits. They're loaded with nutrients, low in sugar, and provide a good source of fiber, protein, and healthy fats.

### NUTRITION FACTS PER SERVING

310 calories, 19g fat, 23g carbs, 8g fiber, 8g sugar, 16g protein. **Nutrition facts are based on the recipe as listed. 1 scoop of protein powder is based on 30g or ¼ cup of organic pea protein blend.**





## Pb & yay smoothie.



### MAKES 20 OZ

Rev up nostalgia mode with this medley of peanut butter, grape, and banana. Vanilla protein adds sweetness and substance, while a pop of spinach delivers green goodness for kids and kids-at-heart.

2 CUPS	<b>SPINACH</b>
½ CUP	<b>GRAPES, FROZEN</b>
½	<b>BANANA, FROZEN</b>
2 TBSP	<b>PEANUT BUTTER</b>
1 TBSP	<b>VEGAN VANILLA PROTEIN POWDER</b>
1 CUP	<b>UNSWEETENED VANILLA ALMOND MILK</b>
½ TSP	<b>CINNAMON</b>
½ CUP	<b>ICE</b>

- 1 Add all ingredients to the **nutribullet® Cup**.
- 2 Blend and enjoy.

### NUTRITION FACTS PER SERVING

460 calories, 21g fat, 44g carbs, 8g fiber, 25g sugar, 32g protein. **Nutrition facts are based on the recipe as listed. Adding protein powder or swapping any ingredients will alter nutritional content.**

# Silky apple pie smoothie.



## MAKES 20 OZ

Apple pie à la mode meets nourishing, plant-based nutrition — it doesn't get much more wholesome than that.

- 1 GRANNY SMITH APPLE, CORED AND SLICED
- 1 CUP BABY SPINACH
- 2 MEDJOO DATES, PITTED
- ½ PACKAGE SOFT SILKEN TOFU, CHILLED
- ½ TSP VANILLA EXTRACT
- ½ TSP GROUND CINNAMON
- ⅛ TSP CARDAMOM
- ¼ CUP ALMOND MILK
- 1 CUP ICE

- 1 Add all ingredients except ice to the **nutribullet® Cup** and blend for 30 seconds.
- 2 Add ice and blend until smooth.
- 3 Serve with a dash of cinnamon.

### NUTRITION TIP

Silken tofu is a versatile plant-based protein that adds creaminess to any recipe.

### NUTRITION FACTS PER SERVING

350 calories, 6g fat, 67g carbs, 9g fiber, 51g sugar, 11g protein. **Nutrition facts are based on the recipe as listed. Adding protein powder or swapping any ingredients will alter nutritional content.**





## Strawberry banana smoothie.



### MAKES 16 OZ

Strawberry and banana — the definitive classic smoothie combo. We revved it up with some heart-healthy, omega-3-rich chia seeds for an added nutritional punch.

- 1 BANANA, FROZEN
- ½ CUP STRAWBERRIES
- 1½ CUP UNSWEETENED VANILLA ALMOND MILK
- 1 TBSP CHIA SEEDS

- 1 Add all ingredients to the **nutribullet® Cup**.
- 2 Blend and enjoy.

### NUTRITION FACTS PER SERVING

260 calories, 9g fat, 41g carbs, 9g fiber, 18g sugar, 6g protein. **Nutrition facts are based on the recipe as listed. Adding protein powder or swapping any ingredients will alter nutritional content.**



## Sweet potato pie smoothie.



### MAKES 20 OZ

Cozy up to sweet and spicy flavors, plus good stuff like fiber, vitamin A, and anti-inflammatory compounds in this tasty cup of autumnal bliss.

- ¾ CUP SWEET POTATO, COOKED, CHILLED
- ½ BANANA, FROZEN
- 1½ CUPS UNSWEETENED VANILLA ALMOND MILK
- ½ TSP VANILLA
- 1 TBSP MAPLE SYRUP
- ½ TSP CINNAMON
- ⅓ TSP NUTMEG POWDER
- ⅓ TSP GINGER POWDER
- 1 CUP ICE

- 1 Add all ingredients to the **nutribullet® Cup**.
- 2 Blend and enjoy.

### NUTRITION TIP

Sweet potatoes are an excellent source of vitamin C and a good source of fiber and potassium.

### NUTRITION FACTS PER SERVING

360 calories, 5g fat, 74g carbs, 8g fiber, 34g sugar, 6g protein. **Nutrition facts are based on the recipe as listed. Adding protein powder or swapping any ingredients will alter nutritional content.**

# Creamy coffee smoothie.



## MAKES 16 OZ

This coffee-infused blend tastes like a frozen coffee treat, but is full of fiber and protein to sustain you well beyond the buzz.

- 1 BANANA, FROZEN
- ½ CUP BLACK COFFEE, COOLED TO ROOM TEMPERATURE
- ½ CUP UNSWEETENED VANILLA ALMOND MLK
- ½ CUP PLAIN NONFAT GREEK YOGURT
- ¼ TSP GROUND CINNAMON
- 1 TBSP MAPLE SYRUP


### NUTRITION FACTS PER SERVING

250 calories, 2.5g fat, 46g carbs, 3g fiber, 30g sugar, 14g protein. **Nutrition facts are based on the recipe as listed. Adding protein powder or swapping any ingredients will alter nutritional content.**

- 1 Add all ingredients to the **nutribullet® Cup**.
- 2 Blend and enjoy.

### CULINARY TIP

Save your excess coffee in the fridge, or freeze in an ice cube tray to have cold coffee on-hand when you're ready to blend.

 **Allow coffee to cool to room temperature (70-72°F). NEVER insert hot or warm liquids in the Cup which may cause ingredients to heat, pressurize, separate and cause serious bodily injury.**





# Garden hearty smoothie.



## MAKES 20 OZ

Heart-healthy fats from hemp seeds and avocado meld with fresh greens and strawberries to deliver a tasty, creamy dose of potent plant-based nutrition.

- 2 CUPS GREENS (OPTIONAL)
- ¾ CUP STRAWBERRIES, FROZEN
- ⅛ AVOCADO
- 1 TBSP HEMP HEARTS
- ½ TSP CINNAMON
- 1 TBSP HONEY
- 1 CUP COCONUT WATER
- ½ CUP WATER
- ½ CUP ICE

- 1 Add all ingredients to the **nutribullet® Cup**.
- 2 Blend and enjoy.

## NUTRITION FACTS PER SERVING

220 calories, 8g fat, 36g carbs, 6g fiber, 27g sugar, 7g protein. **Nutrition facts are based on the recipe as listed. Adding protein powder or swapping any ingredients will alter nutritional content.**

# Dips and dressings.

We love it when things get saucy. Whether you're dunking, dolloping, or drizzling, these condiments add an intensity of flavor that makes every bite a little brighter.



For more delicious recipes,  
visit [nutribullet.com](https://www.nutribullet.com)







# Hummus.



## MAKES 8 OZ

Hummus where the heart is. Enjoy this protein-packed dip with pita chips, fresh veggies, and grain bowls, or eat it by the spoonful – we don't judge.

- 1 CAN CHICKPEAS,  
UNSALTED,  
DRAINED,  
RINSED
- 1 CLOVE GARLIC
- 2 TBSP LEMON JUICE
- 2 TBSP TAHINI
- ¼ CUP OLIVE OIL
- ¼ TSP SEA SALT
- PINCH CUMIN
- 2 ICE CUBES

- 1 Add all ingredients to the **nutribullet® Cup**.
- 2 Blend for 2 cycles using the **BLEND** program. Transfer to a serving dish and enjoy.

### CULINARY TIP

No chickpeas? No problem. This recipe works just as well with whatever canned beans you happen to have in your pantry.

### NUTRITION FACTS PER 2 TBSP SERVING

220 calories, 8g fat, 36g carbs, 6g fiber,  
27g sugar, 7g protein. **Nutrition facts**  
are based on the recipe as listed.

# Mushroom and carrot "paté."



## MAKES 8 OZ

This deeply savory, veggie-packed spread makes an elegant topping for bruschetta, crackers, roasted meats, and more.

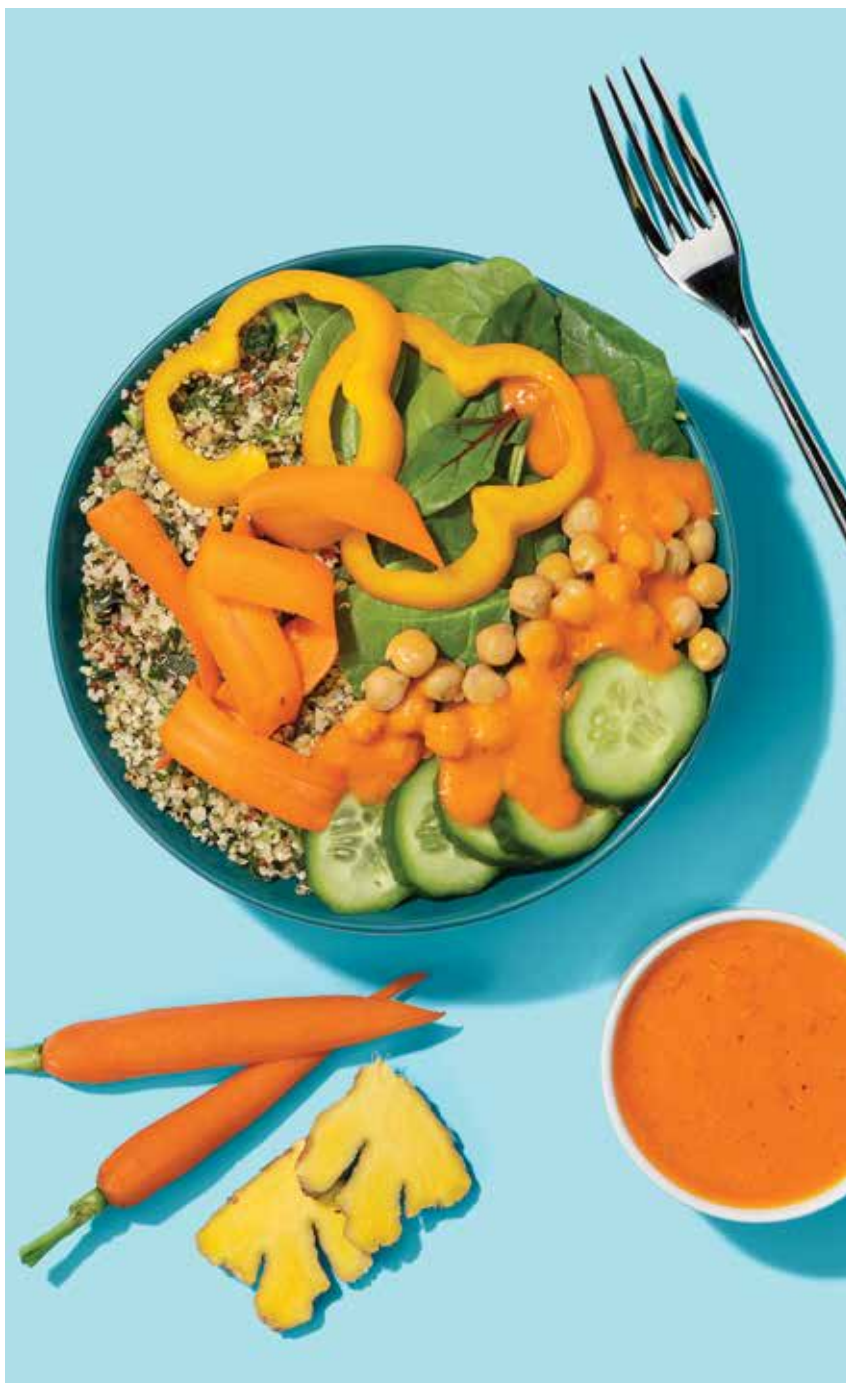
3 TBSP	<b>OLIVE OIL</b>
2	<b>SHALLOTS, SLICED</b>
8 OZ	<b>WHITE BUTTON MUSHROOMS, SLICED</b>
1	<b>CARROT, SLICED</b>
¼ TSP	<b>SALT</b>
¼ TSP	<b>PEPPER</b>
1 TBSP	<b>PARSLEY</b>
¼ CUP + 1 TBSP	<b>VEGETABLE STOCK</b>

## NUTRITION FACTS PER 2 TBSP SERVING

60 calories, 5g fat, 4g carbs, <1g fiber, 2g sugar, 1g protein. **Nutrition facts are based on the recipe as listed.**

- 1 In a pan over medium heat, add oil and shallots and sauté until translucent.
- 2 Add sliced mushrooms and carrots, then sauté until tender, about 5-8 minutes.
- 3 Allow the mixture to cool completely for at least an hour, then transfer to the **nutribullet® Cup** along with seasoning and stock.
- 4 **PULSE** until the mixture reaches an even, yet textured consistency.
- 5 Serve with baguette or crudité.





# Carrot ginger miso dressing.



## MAKES 13 OZ

Love that succulent salad dressing they serve at Japanese restaurants? It's actually super easy to make at home. Drizzle over crisp iceberg lettuce and shredded veggies to recreate the refreshing classic from your own kitchen.

1½	CARROT
¼	ONION
2" PIECE	GINGER
1½ TBSP	AGAVE
2 TBSP	MISO
¼ TSP	SALT
PINCH	BLACK PEPPER
1½ TSP	ROASTED SESAME OIL
½ CUP	RICE VINEGAR
¼ CUP	AVOCADO OIL (OR OTHER NEUTRALLY-FLAVORED OIL)

- 1 Add all ingredients to the **nutribullet® Cup**.
- 2 Blend until smooth and enjoy.

## NUTRITION FACTS PER 2 TBSP SERVING

80 calories, 4.5g fat, 8g carbs, 0g fiber, 6g sugar, 0g protein. **Nutrition facts are based on the recipe as listed.**

# Vegan caesar dressing.



## MAKES 14 OZ

This vegan spin on Caesar dressing uses seaweed instead of anchovies to achieve its distinctive briny flavor, letting you enjoy all the umami goodness in fully plant-based form.

- 1 CUP CASHEWS, UNROASTED, SOAKED FOR AT LEAST 2 HOURS
- 2 CLOVES GARLIC
- 1 TBSP CAPERS
- 1 TSP CAPER BRINE
- 2 TBSP LEMON JUICE
- 2 TSP MUSTARD
- 1 CUP WATER
- ¾ TSP SALT
- ½ TSP PEPPER
- ½ TSP GARLIC POWDER
- 5 GRAMS SEAWEED PACKET (SNACK SIZE), CRUMBLed

- 1 Drain cashews and add all ingredients to the **nutribullet® Cup**.
- 2 Blend until smooth.

### NUTRITION TIP

Packed with umami goodness, seaweed can be grown sustainably throughout the year without the use of pesticides or fertilizers.

### NUTRITION FACTS PER 2 TBSP SERVING

60 calories, 4.5g fat, 3g carbs, 0g fiber, <1g sugar, 2g protein. **Nutrition facts are based on the recipe as listed.**





## Lemon tahini dressing.



**MAKES 16 OZ**

Zesty, tangy, and sumptuously creamy, this dressing is bound to become your go-to sauce for just about everything.

- ¼ CUP LEMON JUICE
- 2 TBSP TAHINI
- 1 CLOVE GARLIC
- ½ CUP OLIVE OIL
- 1 TBSP MAPLE SYRUP
- 2 TBSP WHITE WINE VINEGAR
- ¼ TSP SALT
- ¼ TSP PEPPER

**NUTRITION FACTS PER  
2 TBSP SERVING**

120 calories, 13g fat, 3g carbs, 0g fiber, 1g sugar, 1g protein. **Nutrition facts are based on the recipe as listed.**

- 1 Add all ingredients to the **nutribullet® Cup**.
- 2 Blend until smooth and enjoy.



## Garlic spread (toum).



**MAKES 10 OZ**

This silky-smooth, intensely flavorful spread is a classic match for roasted chicken, but can be paired with pretty much any savory dish for a pop of major flavor.

- 1 HEAD GARLIC, PEELED
- 3 TBSP COLD WATER
- 2 CUPS GRAPESEED OIL
- ¼ CUP LEMON JUICE
- 1 TSP SALT

**NUTRITION FACTS PER  
2 TBSP SERVING**

250 calories, 27g fat, <1g carbs, 0g fiber, 0g sugar, 0g protein. **Nutrition facts are based on the recipe as listed.**

**CULINARY TIP**

Traditional toum, also known as Lebanese garlic sauce, is traditionally served with grilled veggies and meat.

- 1 Add garlic cloves and cold water to the **nutribullet® Cup**. Blend for 20 seconds.
- 2 Add ½ cup of oil and blend for 20 seconds.
- 3 Add another ½ cup of oil, plus 2 tbsp of lemon juice, then blend for an additional 20 seconds. Repeat for a second round.
- 4 Add the final ½ cup of oil, along with the salt, and blend for a final 20 seconds. The spread should be fluffy and silky when ready.



# Chimichurri.



## MAKES 8 OZ

The classic cilantro-packed steak topping adds herby complexity to any savory dish. If beef isn't your thing, it's just as good atop grain bowls, fish, chicken, or roasted veggies.

- ½ CUP FLAT LEAF PARSLEY LEAVES, LOOSELY PACKED
- ½ CUP CURLY LEAF PARSLEY LEAVES, LOOSELY PACKED
- ½ CUP CILANTRO LEAVES, LOOSELY PACKED
- ¼ CUP SAGE, LOOSELY PACKED
- 4 CLOVES GARLIC
- 1 TSP RED PEPPER FLAKES (OR FRESH RED CHILI)
- 1 TSP SALT
- ¼ TSP BLACK PEPPER
- ½ CUP OLIVE OIL
- 2 TBSP WHITE WINE VINEGAR

1 Add all ingredients to the **nutribullet® Cup**.

2 **PULSE** until the mixture reaches your desired consistency.

### CULINARY TIP

This Argentinian sauce can add flavor and excitement to even the simplest meals. We recommend keeping a batch in the fridge at all times.

### NUTRITION FACTS PER 2 TBSP SERVING

130 calories, 14g fat, 2g carbs, <1g fiber, 0g sugar, 0g protein. **Nutrition facts are based on the recipe as listed.**

# Spicy vegan alfredo.

## MAKES 8 OZ

This plant-based alfredo sauce is every bit as sumptuous as its creamy, cheesy counterpart, but adds the benefits of nutrient-dense cashews and B-12-rich nutritional yeast to the mix.

1 CUP	CASHEWS, UNROASTED, SOAKED AT LEAST 3 HOURS
2 TBSP	OLIVE OIL
2 CLOVES	GARLIC
½ TSP	ONION POWDER
½ TSP	GARLIC POWDER
¼ CUP	NUTRITIONAL YEAST
¾ TSP	SALT
½ TSP	BLACK PEPPER
½ TSP	CHILI FLAKES
1	LEMON, JUICED
2 CUPS	UNSWEETENED ALMOND MILK

## NUTRITION FACTS PER ¼ CUP SERVING

140 calories, 11g fat, 7g carbs, 1g fiber,  
1g sugar, 5g protein. **Nutrition facts are  
based on the recipe as listed.**

- 1 Add all ingredients to the **nutribullet® Cup**.
- 2 Blend until smooth.
- 3 Transfer mixture to a large stovetop pan over low-to-medium heat. Bring to a simmer.
- 4 Stir continuously until the sauce begins to thicken.
- 5 Serve with pasta.





# Sweets.

These treats might be a little out of the box, but trust us, they're every bit as satisfying for your sweet tooth.



For more delicious recipes,  
visit [nutribullet.com](https://www.nutribullet.com)



# Chocolate mug cake.

## MAKES 2 MINI MUG CAKES

Homemade chocolate cake in under 5 minutes, with no bulky mixer or egg beaters to clean? We're in!

¼ CUP	UNSWEETENED ALMOND MILK
¼ CUP	RASPBERRIES
2 TBSP	GRAPESEED OIL
1 TSP	VANILLA
¼ CUP	ALL-PURPOSE FLOUR
¼ CUP	COCOA POWDER
3 TBSP	SUGAR
½ TSP	BAKING POWDER
1 TBSP	CHOCOLATE CHIPS
SPRINKLE	KOSHER SALT

- 1 Add all ingredients, except for chocolate chips and salt, to the **nutribullet® Cup**.
- 2 Blend ingredients until evenly mixed and divide the batter into two mini mugs (about ½ cup of batter per mug).
- 3 Divide chocolate chips between the mugs and stir to distribute. Microwave each mug for 1 minute.
- 4 Sprinkle with salt to finish.

**NUTRITION FACTS PER SERVING**  
330 calories, 18g fat, 44g carbs, 6g fiber, 24g sugar, 5g protein. **Nutrition facts are based on the recipe as listed.**



# Yogurt dip.

## MAKES 10 OZ

A mellow dip that adds sweetness and creaminess (plus a solid dose of protein) to fresh fruit, graham crackers, pretzels, and other dunkable snacks.

1 CUP	PLAIN GREEK YOGURT
3	DATES, PITTED, SOAKED
½ CUP	CASHEWS, UNROASTED, SOAKED
½ TSP	VANILLA
¼ TSP	CINNAMON


- 1 Add all ingredients, except cinnamon, to the **nutribullet® Cup**.
- 2 Blend until smooth.
- 3 Sprinkle with cinnamon.

**NUTRITION FACTS PER SERVING**  
70 calories, 3g fat, 8g carbs, <1g fiber, 6g sugar, 4g protein. **Nutrition facts are based on the recipe as listed.**



# Cocktails.

**Fresh ingredients, easy blending, and delicious sipping. Let's raise a glass to that.**

 **CAUTION!** Do not overfill with ice or other hard ingredients. Always use sufficient liquids when blending.



For more delicious recipes,  
visit [nutribullet.com](https://www.nutribullet.com)

# Berry passion fruit cooler.



## MAKES 20 OZ

Sweet-tart and full of fresh, fruity goodness, this vodka cocktail is well worth the cheers.

½ CUP	BLUEBERRIES
¼ CUP	PASSION FRUIT PULP
2 TBSP	AGAVE
2 TBSP	TRIPLE SEC
2 OZ	VODKA
1 CUP	ICE

- 1 Add all ingredients to the **nutribullet® Cup**.
- 2 Blend and enjoy.

### CULINARY TIP

You can use fresh passion fruit, or find frozen pulp in the freezer aisle. If using fresh passion fruit, cut the fruit in half and scoop the pulp out into your **nutribullet® Cup**.

### NUTRITION FACTS PER SERVING

70 calories, 3g fat, 8g carbs, <1g fiber, 6g sugar, 4g protein. **Nutrition facts are based on the recipe as listed.**

# Piña colada.

## MAKES 20 OZ

When you can't take an actual vacation, this blissed-out cocktail is the next best option. Blend. Sip. Feel the breeze.

½ CUP	PINEAPPLE
2 TBSP	UNSWEETENED COCONUT FLAKES
½ CUP	COCONUT MILK
2 OZ	RUM
1½ CUPS	ICE

- 1 Add all ingredients to the **nutribullet® Cup**.
- 2 Blend and enjoy.

### NUTRITION FACTS PER SERVING

330 calories, 24g fat, 13g carbs, 4g fiber, 7g sugar, 3g protein. **Nutrition facts are based on the recipe as listed.**





# Rum-away punch.

## MAKES 20 OZ

Escape to the tropics with this refreshing rum punch. This version uses fresh melon and cucumber, plus a little dash of coconut milk to achieve its distinctive mellow creaminess.

- ½ CUP CANTALOUPE
- ½ CUP HONEYDEW
- 2 CUCUMBER SLICES
- 2 TBSP HONEY
- 2 OZ RUM
- ½ CUP COCONUT MILK
- 1½ CUPS ICE

- 1 Add all ingredients to the **nutribullet® Cup**.
- 2 Blend and enjoy.

**NUTRITION FACTS PER SERVING**  
250 calories, 12g fat, 21g carbs, 1g fiber,  
19g sugar, 2g protein. **Nutrition facts**  
are based on the recipe as listed.

# Green garden margarita.



## MAKES 20 OZ

Didn't think this classic could get any more refreshing? Try blending it with cucumber and celery. Like fresh dew on a blade of grass...

½ CUP	CUCUMBER
¼ CUP	CELERY, TRIMMED AND CHOPPED
2 OZ	LIME JUICE (ABOUT 2 LIMES)
2 TBSP	AGAVE
2 OZ	TRIPLE SEC
2 OZ	TEQUILA SILVER
1½ CUPS	ICE

- 1 Add all ingredients to the **nutribullet® Cup**.
- 2 Blend and enjoy.

## NUTRITION FACTS PER SERVING

220 calories, 0g fat, 26g carbs, 0g fiber, 22g sugar, 0g protein. **Nutrition facts are based on the recipe as listed.**





# nutribullet® ultra



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