

nutribullet

nutribullet® | nutribullet Pro®

Recipe guide.

Recipes, tips, & more!



Please carefully read the enclosed
User Guide prior to operating your unit.



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Thank you for purchasing the nutribullet®.

EASY. DELICIOUS. NUTRITIOUS.

nutribullet® recipe guide.

Life is complicated. Eating healthy doesn't have to be.

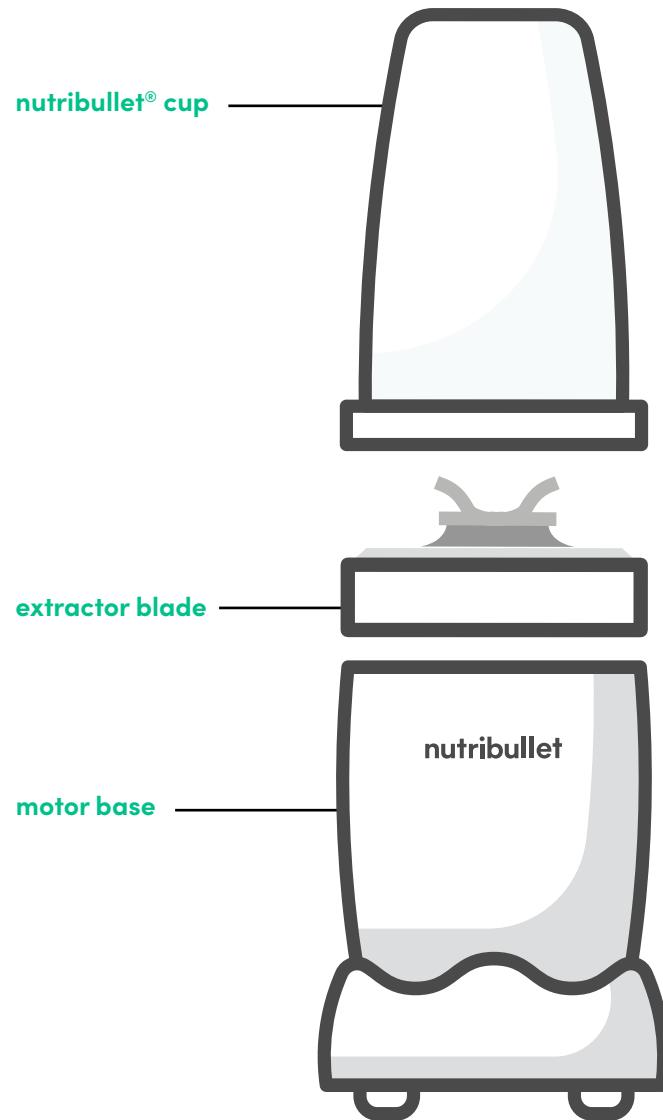
Meet the nutribullet® – our powerfully compact nutrient extractor™. Designed to support and streamline your healthy lifestyle, this unique blender system with Cyclonic Action® breaks down veggies, fruits, nuts, seeds, and stems into silky smoothies you can take on-the-go.

It's strong, but handy. It's simple and intuitive. And it takes under a minute to make its nutritious and tasty creations. It's also super easy to clean. There's really no better way to optimize your fruit and veggie intake than with this small-but-mighty appliance.

We've compiled some of our favorite recipes in this book to get you two acquainted. In addition to classic smoothies and smoothie bowls, you'll find sauces, dips, and frozen cocktails – all fun, simple fare made with real, nutritious ingredients. Take a look, try a few, and get inspired. We can't wait to see how you make the nutribullet® part of your every day.



Assembly guide.



nutribullet® cup assembly.

SEE USER GUIDE FOR DETAILED ASSEMBLY INSTRUCTIONS.



1

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



2

Place the **Extractor Blade** onto the **nutribullet® Cup** and twist until it is tightly sealed.



3

Turn the **nutribullet® Cup** upside down and place it onto the **Motor Base**, gently push and twist



4

To turn off the **nutribullet®** — simply twist in the opposite direction (counterclockwise) and remove **nutribullet® Cup** from **Motor Base**.



5

Once the **Extractor Blade** stops completely, remove the **nutribullet® Cup** from the **Motor Base**. Enjoy!

!

CAUTION: Do not run the **Motor Base** in excess of 1 minute per interval. Do not run the **Motor Base** for more than three 1-minute intervals without allowing it to cool for 2-3 minutes after the third extraction. Running the motor for more than 1 minute consecutively in any interval may warm the ingredients and pressurize the **nutribullet® Cup**.

Friction from the rotating blade when extracting can cause ingredients to heat and generate internal pressure in the sealed vessel. If the vessel is warm to touch, allow to cool before carefully opening pointed away from your body.

Building a smoothie.

Our go-to guide for building a great smoothie, every time. For the best results, add ingredients in the numeric sequence 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 not more than 25% of the cup's total volume.*



Our perfected method:

1 GREENS & VEGGIES

Only up to 25% of your total smoothie ingredients

2 FRUIT

as many varieties as you like

3 NUTS (Optional)

4 LIQUID

Never exceed MAX line

5 BOOSTS (Optional)

6 ICE* (Optional)

What is nutrient extraction™?

Nutrient extraction™ is the process of breaking plant based foods down into tiny, drinkable particles so your body can absorb them more efficiently. The nutribullet's powerful motor, sharp spinning blades, and cup 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 and seed 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 highlight health benefits and special qualities. Here's what they mean:



HELPS WITH DIGESTION:

Keep it moving

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



IMMUNE BOOSTING:

What sick days?

Help keep your body humming right along with these fortifying recipes.



SNACK SUITABLE:

Just a nibble

These contain less than 250 calories per serving. Perfect for a pick-me-up in between meals.



PROTEIN POWERHOUSE:

Get pumped

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



NUT-FREE:

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

Smoothies. Bowls. Desserts. And more.

Nothing makes a nutrient-extracted smoothie quite like the nutribullet®. Toss in your greens, your veggies, your fruits, and a little liquid and watch them transform into a smooth, creamy treat in seconds.

We're not saying it's magic, but we're also not *not* saying it...



For more delicious recipes, visit nutribullet.com





Strawberry banana smoothie.



We love this delicious, classic combo of strawberries and banana made even better because of the chia seeds in this blend, which offer heart healthy omega-3 fatty acids and a hearty dose of fiber. Add a scoop of protein powder to this mix for some extra staying power.

1 CUP **BANANA, FROZEN**

½ CUP **STRAWBERRIES**

1 ½ CUPS **UNSWEETENED
VANILLA ALMOND
MILK (OR OTHER
MILK/MILK
ALTERNATIVE)**

1 TBSP **CHIA SEED**

1 Add ingredients to the **nutribullet® Cup** in the order listed and blend until smooth.

NOTE

Add a serving of veggies and 1 cup of spinach or other leafy greens of your choice to boost the nutritional value.



Triple berry smoothie.

Berries are some of our favorite superfoods — they're well-researched for the role they play in cancer prevention, as well as brain, gut, and heart health support. Plus, they're delicious! That's why this recipe calls for three berry varieties!

1 CUP	SPINACH OR OTHER LEAFY GREENS
½ CUP	RASPBERRIES, FROZEN*
½ CUP	BLUEBERRIES, FROZEN*
½ CUP	STRAWBERRIES, FROZEN*
1 CUP	UNSWEETENED VANILLA ALMOND MILK (OR OTHER MILK/MILK ALTERNATIVE)
½ CUP	PLAIN REDUCED-FAT GREEK YOGURT

- 1 Add ingredients to the **nutribullet® Cup** in the order listed and blend until smooth.

NOTE

*Or, 1 ½ cups of frozen mixed berry blend.



Breakfast smoothie.

Didn't think you could 'drink' your oats? Our classic Breakfast Smoothie proves otherwise. Oats not only fortify your smoothie with belly-filling fiber, they also give it a pleasantly thick and creamy texture.

1 CUP	SPINACH OR OTHER LEAFY GREENS
½	BANANA, FROZEN
1 ½ CUPS	UNSWEETENED VANILLA ALMOND MILK (OR OTHER MILK/MILK ALTERNATIVE)
¼ CUP	OATS
1 TBSP	PEANUT BUTTER (OR OTHER NUT BUTTER)
1 TBSP	HONEY

Raspberry protein smoothie.



Thick and creamy, this smoothie is like sticking your straw in cheesecake. And thanks to the cottage cheese and almond butter, it packs a serious dose of high-quality protein.

1 CUP	RASPBERRIES, FROZEN
1 CUP	UNSWEETENED VANILLA ALMOND MILK (OR OTHER MILK/MILK ALTERNATIVE)
1 ½ CUP	REDUCED-FAT COTTAGE CHEESE
1 TBSP	ALMOND BUTTER (OR OTHER NUT BUTTER)
1 TBSP	HONEY

- 1 Add ingredients to the **nutribullet® Cup** in the order listed and blend until smooth.

NOTE

Add a serving of veggies and 1 cup of spinach or other leafy greens of your choice to boost the nutritional value.





Citrus smoothie.

If you tend to like things a bit tart, this is the one for you. Aside from vitamin C-loaded citrus fruits, you can also reap the natural anti-nausea benefits of ginger by sipping on this smoothie. It's a good one for helping to combat motion sickness.

½	ORANGE, PEELED	1	Add ingredients to the nutribullet® Cup in the order listed and blend until smooth.
¼	GRAPEFRUIT, PEELED		
½ CUP	PINEAPPLE	NOTE	Add a serving of veggies and 1 cup of spinach or other leafy greens of your choice to boost the nutritional value.
½ CUP	COCONUT WATER		
1 TBSP	HEMP SEEDS		
½ INCH	GINGER ROOT, FRESH		

Creamy coffee smoothie.

Rise and shine with a creamy smoothie that offers more nutrition and less added sugar than your typical blended beverage. The Greek yogurt also helps to stabilize your energy levels so you won't fall victim to a mid-morning crash.

1	BANANA, FROZEN	½ CUP	PLAIN REDUCED-FAT GREEK YOGURT
½ CUP	COLD BREW	¼ TSP	CINNAMON
	NEVER USE HOT COFFEE	1 TBSP	MAPLE SYRUP
½ CUP	UNSWEETENED VANILLA ALMOND MILK (OR OTHER MILK/MILK ALTERNATIVE)		

- 1 Add ingredients to the **nutribullet® Cup** in the order listed and blend until smooth.

Carrot cake smoothie.

We wholeheartedly recommend this cake-inspired smoothie. With hints of cinnamon and nutmeg, this creamy beverage doubles as a healthy treat to sip on between meals -- or whenever your sweet tooth is calling.

½ CUP	CARROTS	¼ TSP	UNSWEETENED COCONUT FLAKES
¼ CUP	PLAIN REDUCED-FAT GREEK YOGURT	½ TSP	CINNAMON
1½ CUPS	UNSWEETENED VANILLA ALMOND MILK (OR OTHER MILK/MILK ALTERNATIVE)	DASH	NUTMEG
2	DATES, PITTED		

- 1 Add ingredients to the **nutribullet® Cup** in the order listed and blend until smooth.



Mother Earth's green smoothie bowl.

Shake what mama Earth gave you and nourish your body with this delicious smoothie bowl full of fresh, leafy greens and satisfying healthy fats.

2 CUPS	SPINACH
1 CUP	OTHER LEAFY GREENS, LIKE CHARD OR KALE
1	FROZEN, BANANA
½	AVOCADO
1 CUP	UNSWEETENED VANILLA ALMOND MILK (OR OTHER MILK/MILK ALTERNATIVE)
2 TBSP	CASHEW BUTTER

OPTIONAL TOPPINGS:
GRANOLA
CHOPPED ALMONDS
FRESH RASPBERRIES

- 1 Add all ingredients, except for the granola, chopped almonds, and raspberries, into **nutribullet® Cup** and blend until smooth, being careful not to overmix.
- 2 Top with granola, chopped almonds, raspberries, or any other toppings of your choice.



Peach smoothie bowl.

Fresh and peachy, this fruity smoothie bowl gets an boost of nutrition from Omega-3-rich hemp seeds.

2 CUPS PEACHES, FROZEN

1 BANANA, FROZEN

1½ CUPS UNSWEETENED VANILLA ALMOND MILK (OR OTHER MILK/MILK ALTERNATIVE)

1 TBSP HEMP SEEDS

OPTIONAL TOPPINGS:
EDIBLE FLOWERS
FRESH PEACH SLICES
FRESH PINEAPPLE SLICES

- 1 Add all ingredients, except for the edible flowers, fresh peach slices, and fresh pineapple slices into **nutribullet® Cup** and blend until smooth, being careful not to overmix.

- 2 Top with edible flowers, fresh peach slices, fresh pineapple slices, or any other toppings of your choice.



Honey mustard dressing.

MAKES 15 SERVINGS

One taste of this homemade honey mustard dressing and you'll never opt for bottled again! Bonus: it's cheaper than store-bought and free of any nasty additives. Win-win.

7 OZ **WHOLE GRAIN DIJON MUSTARD**

2 TBSP **APPLE CIDER VINEGAR**

2 TBSP **WHITE WINE VINEGAR**

1 TBSP **LEMON JUICE**

2 TBSP **HONEY**

1 CUP **OLIVE OIL**

1 Combine all ingredients to your **nutribullet® Cup** and blend until smooth.

Creamy avocado cilantro spread.

MAKES 15 SERVINGS

Your burger just got a whole lot better thanks to this rich and creamy avocado spread. Just one-third of an avocado contributes nearly 20 vitamins, minerals and phytonutrients, making it a nutrient-dense addition to any meal or snack.

1 6-OZ CAN TOMATILLOS WITH JUICE

3 MEDIUM AVOCADOS

1/4 CUP FRESH CILANTRO

1/4 WHITE ONION

2 TBSP LIME JUICE

1 TSP SALT

1/2 TSP PEPPER

1 Combine all ingredients to your **nutribullet® Cup** and blend until smooth.

Tropical passionfruit cocktail.



Tropical and filled with fruity goodness, this cocktail is vacation in a cup. Calling on naturally sweet mango and passion fruit means you don't need to use a lot of agave or added sugar.

1/4 CUP PASSION FRUIT

- 1 Add ingredients to the **nutribullet® Cup** in the order listed and blend until smooth.

1/2 CUP MANGO

1 1/2 OZ RUM

1 TBSP AGAVE

1/3 CUP ICE CUBES

Real fruit paloma.



Tangy and tart, this refreshing paloma uses fresh citrus and honey in place of sugary soda. Drink it year-round to channel that summer state of mind.

1/2 CUP GRAPEFRUIT

- 1 Add the first 6 ingredients to the **nutribullet® Cup** in the order listed, blend, and pour into a salt rimmed cup.

1/2 LIME, JUICED

1/2 LEMON, JUICED

1 1/2 OZ TEQUILA

- 2 Top with sparkling water.

1 TBSP HONEY

- 3 Sip and enjoy!

1/3 CUP ICE

SPARKLING WATER

SALT RIMMED CUP



2-ingredient mango popsicles.



MAKES 6 POPSICLES

Using two ingredients, these tropical mango pops could not be easier to make - or more delicious. They also pack a nutritional punch: just one cup of mango provides 10% of your daily vitamin B6, 35% of your vitamin A, and 100% of your daily recommended vitamin C.

2 CUPS MANGO, FROZEN

1 CUP COCONUT WATER

- 1 Combine both ingredients in your **nutribullet® Cup** and blend.

- 2 Pour the mixture into popsicle molds and freeze until set, about 4 hours.



Berry n'ice cream sandwiches with no-bake graham cracker cookies.



MAKES 6 SERVINGS

Not only are these frozen treats delicious, they're also 100% plant-based. Bonus: they're packed with nutritious fruit, oats and almond butter. Your body and taste buds will love you for these.

FOR THE COOKIES

1 CUP	OATS
4	GRAHAM CRACKERS
¾ CUP	ALMOND BUTTER
¼ CUP	COCONUT OIL, MELTED

FOR THE N'ICE CREAM

1	BANANA, FROZEN
½ CUP	STRAWBERRIES, FROZEN
½ CUP	RASPBERRIES, FROZEN
½ CUP	UNSWEETENED VANILLA ALMOND MILK (OR OTHER MILK/MILK ALTERNATIVE)

- 1 First, make the cookies. Line a baking sheet with parchment paper.
- 2 Combine all cookie ingredients in a microwave safe bowl. Warm in the microwave for about 30 seconds, remove, and mix all ingredients to combine.
- 3 Shape the batter into 1 ½ inch balls, flatten and place on the baking sheet.
- 4 Place in the freezer to harden.
- 5 While the cookies harden, make the n'ice cream by blending all ingredients in your **nutribullet® Cup**.
- 6 Assemble the cookie sandwiches by placing a scoop of n'ice cream in-between two cookies.
- 7 Keep in the freezer until ready to eat.

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RECIPE GUIDE. RECIPE GUIDE.



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