

Recipe guide.

Recipes,
tips,
& more!



nutribullet.
BREW CHOICE™
POD + CARAFE

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



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Thank you for purchasing the nutribullet® Brew Choice™ Pod + Carafe.



nutribullet® Brew Choice™ Pod + Carafe recipe guide.

Two ways to brew.

*Brew a single cup with a coffee pod or the Reusable Pod,** or brew a carafe with coffee grounds.*

As the owner of a nutribullet® Brew Choice™ Pod + Carafe, you know that pod and drip coffee brewing don't have to be mutually exclusive. In fact, you can enjoy your coffee however you crave it with this streamlined machine, featuring dual functionality that's compatible with *K-Cup® pods and filtered coffee grounds alike.

Not only is the Brew Choice™ versatile, it's also super simple to operate. Its Brew Sense™ Technology automatically detects whether you've added a pod or a filter filled with coffee grounds, and adjusts its interface accordingly—no toggling or fussing required. Plus, it's ultra-compact, with a single-stack silhouette that fits right into any size kitchen.

But with a world of coffee possibilities on your countertop, where do you start? We might be biased, but we think this recipe guide is a good place. With 40+ formulas for coffee-based classics, filter-brewed specialties, gourmet add-ins, java-infused desserts, and coffee-spiked cocktails, this handy booklet contains everything you need (including a solid dose of caffeine) to get your day going.

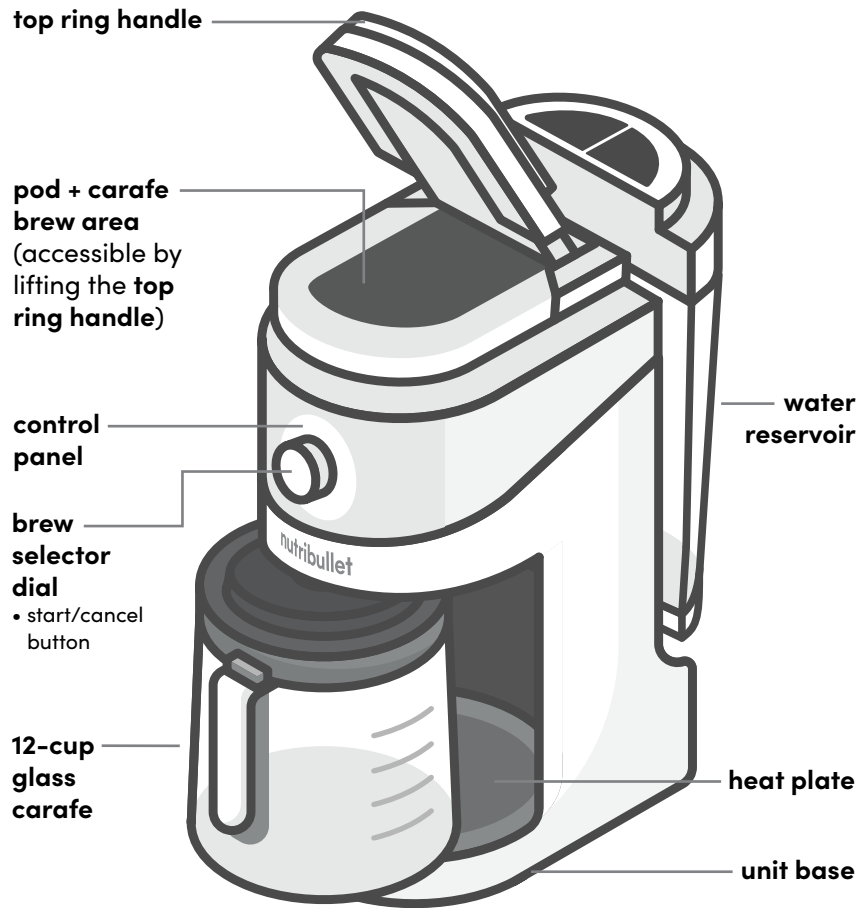
Have a look, try a few of our suggestions, and get your coffee on. We think you'll take to the Brew Choice™ perks pretty quickly.

*Photography may differ from product purchased.

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**Accessories included in the box will vary based on product purchased.

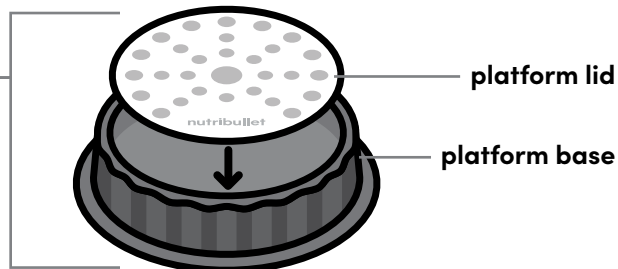
Assembly guide.



NOTE: Attached power cord not shown.

removable mug platform

NOTE:
For pod brewing only.



Two ways to brew.

The **nutribullet® Brew Choice™ Pod + Carafe** lets you brew a single cup of coffee with a coffee pod or the Reusable Pod,** or a carafe with coffee grounds.

POD BREWING:

pod puncture needle

single-serve coffee pod or the reusable pod** filled with coffee grounds

pod holder

pod

pod holder

removable mug platform

Pop in a single-serve coffee pod or the Reusable Pod,** choose your cup size, and hit the ground running for optimum convenience. Compatible with *K-Cup® pods.

CARAFE BREWING:

coffee ground scoop**

gold tone filter**

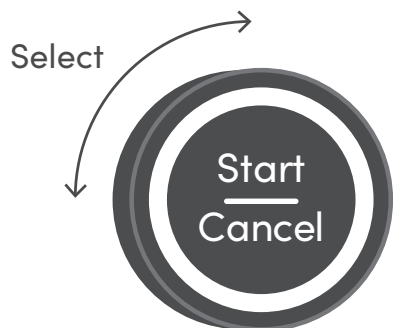
filter**

brew basket

12-cup glass carafe

Brew a carafe of your favorite ground blend using a filter** for a classic coffee experience.

Control panel.



BREW SELECTOR DIAL:

Use the **Brew Selector Dial** to choose your brew size. The **Control Panel** will illuminate either "Pod" or "Carafe" depending on whether a single-serve coffee pod or a filter** is inserted into the **Pod + Carafe Brew Area**. Three associated sizes will also illuminate. To scroll through these sizes, simply turn the dial in either direction. The highlighted size will appear brighter than the other two size options.

POD:

When the **Pod Holder** is inserted into the **Pod + Carafe Brew Area**, the left side of the **Control Panel** will illuminate blue, showing you 3 pod size selections: 6, 8, and 10oz.

CARAFE:

When the **Brew Basket + a filter**** is inserted into the **Pod + Carafe Brew Area**, the right side of the **Control Panel** will illuminate white, showing you 3 carafe size selections: 6, 9, or 12 cups.

START / CANCEL BUTTON:

Once you've used the **Brew Selector Dial** to choose your desired brew size, push the **Start/Cancel Button** to begin brewing.

To cancel the brew cycle push the **Start/Cancel Button** at any time.

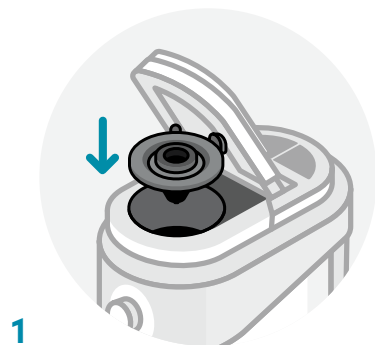
**Accessories included in the box will vary based on product purchased.

Brewing your coffee.

SEE USER GUIDE FOR DETAILED ASSEMBLY INSTRUCTIONS.

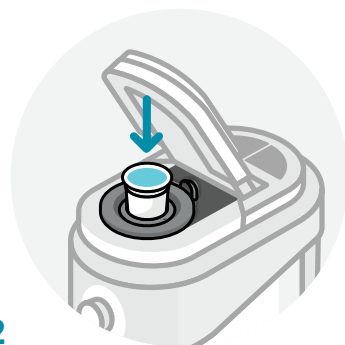
POD BREWING

To brew a single cup of coffee with a coffee pod or the Reusable Pod**:



1

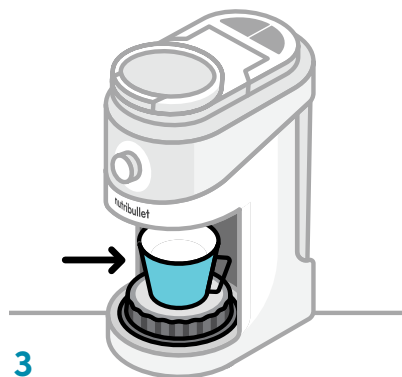
Insert the **Pod Holder** into the **Pod + Carafe Brew Area**.



2

Insert a single-serve coffee pod or a **Reusable Pod**** filled with coffee grounds into the **Pod Holder**.

NOTE: Compatible with *K-Cup® pods.



3

Place a cup on the **Removable Mug Platform**, or place a travel mug directly onto the heat plate. **See the User Guide for details.**



4

Select the cup size you'd like to brew, then press the **Start/Cancel Button** to begin brewing. Enjoy!

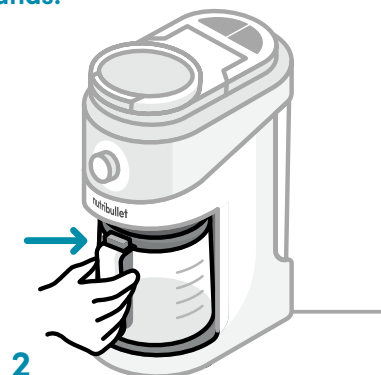
CARAFE BREWING

To brew a carafe of coffee with grounds:



1

Insert the **Brew Basket + a filter**** into the **Pod + Carafe Brew Area**. Use the **Coffee Ground Scoop**** to measure the appropriate amount of coffee grounds into your filter.**



2

Place the **Carafe** onto the heat plate.



3

Select the carafe size you'd like to brew, then press the **Start/Cancel Button** to begin brewing. Enjoy!

**Accessories included in the box will vary based on product purchased.

**Accessories included in the box will vary based on product purchased.

Tips & tricks.

BREW SIZE TIPS:

- For recipes that call for 3oz of brewed coffee, we recommend selecting 6oz on the Control Panel so it's easy to double the recipe. Or, simply use half the coffee for the recipe.
- For recipes that call for 4oz of brewed coffee, we recommend selecting 8oz on the Control Panel for the same reason.

COFFEE ICE CUBES:

- If you're anything like us, you like to savor every last drop of your coffee. Most of our drinks require you to make more coffee than you'll need for a single serving. Instead of tossing your excess brew, we've got a hack for you: coffee ice cubes!
- To make your coffee cubes, transfer your extra brewed coffee into an ice cube tray and freeze. That way, you'll have plenty at the ready when you want to whip up a cold one.

NUTRITION TIP:

- The 2020-2025 Dietary Guidelines for Americans supports moderate coffee consumption for adults, or up to 400mg per day of caffeine.

- Research suggests that drinking a moderate amount of coffee has been linked to lower risk of heart disease, type 2 diabetes, and Parkinson's disease.

FROTHING TIPS:

- While our recipes often call for whisking ingredients together vigorously to reach a frothy consistency, you also have the option to use a handheld or automatic milk frother.
- If you don't have a milk frother, you can also use a mason jar to froth your milk. Pour the milk into the jar and seal tightly with the lid; shake vigorously until the milk becomes frothy. Remove the lid and warm in the microwave, uncovered.

NO BLENDER?

- No problem! Instead of using a blender to mix ingredients, you can pour all ingredients into a sealed mason jar and shake vigorously to combine them.

STEAMING TIPS:

- Instead of warming milk and other ingredients on the stove top over medium heat, you can steam them in the microwave.

Recipe icons.

All of our coffee recipes are vegetarian, but we've added additional icons to highlight health benefits and special qualities. Here's what they mean:



VEGAN:

Recipes free of all animal products, including dairy, eggs, and meat.



CONTAINS GLUTEN:*

Recipes that include ingredients with gluten, such as wheat, barley, or rye.



CONTAINS DAIRY:*

Recipes that contain milk-based ingredients like casein, whey, or lactose.



CONTAINS NUTS:*

Recipes that contain nut ingredients and byproducts.

The classics.

Tried and true coffee recipes
that hit the spot, every time.



Cappuccino.



POD | SERVINGS: 1

Filled to the brim with froth, this delightful beverage makes you feel like you're sipping on a caffeinated cloud.

3 OZ* **DARK ROAST COFFEE, BREWED FROM POD**
¼ CUP **OAT MILK (PAGE 65) OR OTHER MILK OF CHOICE**
CINNAMON FOR GARNISH (OPTIONAL)

NUTRITION FACTS PER SERVING (calculated with oat milk):
25 calories, 0g fat, 5g carbs, <1g fiber, 0g sugar, 1g protein. **Swapping any ingredients will alter nutritional content.**

- 1 Froth the **Oat Milk** with a handheld or automatic milk frother.
- 2 Pour 3oz brewed coffee into a mug and top with foamed **Oat Milk**. Sprinkle with cinnamon, if desired.

PRO TIP:

Use our homemade **Oat Milk (page 65)** for a plant-based option free of fillers, stabilizers, and other additives.

Use espresso instead of coffee for a stronger, more authentic flavor.

NUTRITIONIST TIP:

With so many milks on the market, the sky's the limit! Cashew and oat milks yield a richer, creamier consistency, while almond and rice milks tend to be lighter. From a nutritional standpoint, soy milk and pea protein milk are most comparable to cow's milk.

*Refer to page 8 for tricks on how to make the right amount of coffee for your recipe and tips for saving any excess brew.

Classic latte.



POD | SERVINGS: 1

With a mellow frothiness that perfectly balances out its coffee kick, the latte takes a softer, gentler approach to getting you up and at 'em.

3 OZ* **COFFEE, BREWED FROM POD**
1 CUP **OAT MILK (PAGE 65), OR OTHER MILK OF CHOICE**

NUTRITION FACTS PER SERVING (calculated with oat milk):
80 calories, 1.5g fat, 14g carbs, 2g fiber, 1g sugar, 3g protein. **Swapping any ingredients will alter nutritional content.**

- 1 **Steam 1 cup of Oat Milk:**
Warm milk in a small saucepan on your stovetop over medium heat and vigorously whisk until it reaches a frothy consistency.
- 2 Pour 3oz brewed coffee into a large mug and combine with ½ cup of the steamed milk, reserving as much foam as possible as you pour. Spoon the reserved foam over the surface.

PRO TIP:

Use espresso instead of coffee for a stronger, more authentic flavor.

To make a flavored latte, stir 2–3 tablespoons of your favorite flavored syrup or homemade sweetener into your brewed coffee before adding the steamed milk. You can also skip the syrup, and flavor your brew with cinnamon, vanilla extract, cocoa powder, and/or flavored milks and creamers.

*Refer to page 8 for tricks on how to make the right amount of coffee for your recipe and tips for saving any excess brew.

Mocha latte.



POD | SERVINGS: 1

Chocolate is good for you, didn't you hear? Our suggestion to add cocoa to your morning joe has everything to do with its health benefits and absolutely nothing to do with the decadent dessert-like flavor it brings to your cup. **NOTHING, ok?**

- 3 OZ* **DARK ROAST COFFEE, BREWED FROM POD**
- 1 CUP **OAT MILK (PAGE 73), OR OTHER MILK OF CHOICE**
- 2 TBSP **MAPLE SYRUP**
- 1 TBSP **COCOA POWDER**
- CHOCOLATE SHAVINGS (OPTIONAL)**

NUTRITION FACTS PER SERVING (calculated with oat milk and without chocolate shavings):

210 calories, 2.5g fat, 45g carbs, 4g fiber, 25g sugar, 4g protein. **Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.**

- 1 **Make steamed chocolate milk:** Combine **Oat Milk** with cocoa powder and maple syrup in a small saucepan over medium-low heat. Whisk vigorously until ingredients are fully combined, mixture is warmed through, and the milk has reached a frothy consistency.
- 2 Pour 3oz brewed coffee into a large mug and top with steamed cocoa mixture, reserving some foam. Stir together, then top with extra foam and chocolate shavings, if desired.

PRO TIP:

Use espresso instead of coffee for a stronger, more authentic flavor.

NUTRITIONIST TIP:

While oats themselves are naturally gluten-free, they are often contaminated with gluten-containing grains during storage and transportation. If you're concerned with gluten, check to make sure the oats you buy are clearly labeled "gluten-free."

*Refer to page 8 for tricks on how to make the right amount of coffee for your recipe and tips for saving any excess brew.





*Photography may differ from product purchased.

Flat white.



POD | SERVINGS: 1

This Aussie creation cuts down on the froth of a traditional latte, while retaining its mellow flavor and caffeine spike. G'day!

- 3 OZ* **DARK ROAST COFFEE, BREWED FROM POD**
- ½ CUP **OAT MILK (PAGE 65), OR OTHER MILK OF CHOICE**

NUTRITION FACTS PER SERVING (calculated with oat milk):

50 calories, 1g fat, 9g carbs, <1g fiber, <1g sugar, 2g protein. Swapping any ingredients will alter nutritional content.

- 1 **Steam ½ cup of Oat Milk:**
Warm the milk in a small saucepan on your stovetop and vigorously whisk until it reaches a frothy consistency.
- 2 Pour 3oz brewed coffee into a mug and top with steamed milk.

PRO TIP:

Use espresso instead of coffee for a stronger, more authentic flavor.

*Refer to page 8 for tricks on how to make the right amount of coffee for your recipe and tips for saving any excess brew.

Classic frappe.



POD OR CARAFE | SERVINGS: 1

Whether it's a summer afternoon pick-me-up or a winter morning refreshment, this frozen coffee delight feels like a treat, any time or season.

- 1 CUP **COFFEE ICE CUBES**
- 1 CUP **OAT MILK (PAGE 65), OR OTHER MILK OF CHOICE**
- 2 TSP **AGAVE NECTAR**
- CINNAMON, FOR GARNISH (OPTIONAL)**

- 1 Make coffee ice cubes at least 4 hours in advance, using leftover coffee from your coffee pod blend, or the **Carafe** option. See page 8 for instructions.
- 2 Combine all ingredients together in a blender. Blend until the mixture reaches a slushy consistency. Pour into a glass and sprinkle cinnamon on top, if desired.

NUTRITION FACTS PER SERVING (calculated with oat milk):

130 calories, 1.5g fat, 25g carbs, 2g fiber, 10g sugar, 3g protein. Swapping any ingredients will alter nutritional content.

Specialty drinks.

Express yourself with these creative coffees, featuring unique syrups, spices, and other flavored mix-ins to spark your imagination.



Mocha peppermint latte.



POD | SERVINGS: 1

Adding a cool dash of peppermint extract to the classic mocha is a very chill way to level up your coffee game. Well played.

- | | | |
|--------|----------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 3 OZ* | DARK ROAST COFFEE, BREWED FROM POD | 1 Combine Oat Milk , cocoa powder, and maple syrup together in a small saucepan over medium-low heat. Whisk vigorously until ingredients are fully combined, the mixture is warmed through, and the milk has reached a frothy consistency. |
| 1 CUP | OAT MILK (PAGE 65), OR OTHER MILK OF CHOICE | |
| 2 TBSP | MAPLE SYRUP | |
| 1 TBSP | COCOA POWDER | |
| ¼ TSP | PEPPERMINT EXTRACT | |
| | CHOCOLATE SHAVINGS (OPTIONAL) | 2 Pour brewed coffee into a mug, then stir in peppermint extract. Combine with the frothed cocoa/milk mixture. Top with chocolate shavings, if desired. |

NUTRITION FACTS PER SERVING

(without optional ingredients):

210 calories, 2.5g fat, 45g carbs, 4g fiber, 25g sugar, 4g protein. **Nutrition facts are based on the recipe as listed.**

Swapping any ingredients will alter nutritional content.

PRO TIP:

Use espresso instead of coffee for a stronger, more authentic flavor.

*Refer to page 8 for tricks on how to make the right amount of coffee for your recipe and tips for saving any excess brew.

Caramel frappe.



POD | SERVINGS: 1

Add a little luxury to your day with this rich, creamy coffee treat. For a touch of virtue (not too much—don't worry), opt for our date-based Caramel Creamer (page 69) over the pre-bottled option.

- | | | |
|-------|-----------------------------------------------------|--------------------------------------------------------------------------------------------------------|
| 3 OZ* | DARK ROAST COFFEE, BREWED FROM POD | 1 Combine all ingredients together in a blender. Blend until the mixture reaches a slushy consistency. |
| ¼ CUP | CARAMEL CREAMER (PAGE 69) | |
| ½ CUP | RICE MILK (PAGE 66), OR OTHER MILK OF CHOICE | |
| 1 CUP | ICE | |

PRO TIP:

Use espresso instead of coffee for a stronger, more authentic flavor.

NUTRITIONIST TIP:

The benefit of our homemade milks and creamers is that they taste as good (even better, in our opinion) as any store-bought variety, but are made with whole-food ingredients — nothing artificial. You can always substitute your favorite brands, though, if you're not feeling the extra step.

*Refer to page 8 for tricks on how to make the right amount of coffee for your recipe and tips for saving any excess brew.

NUTRITION FACTS PER SERVING

(calculated with rice milk):

110 calories, 1g fat, 27g carbs, 0g fiber, 14g sugar, 3g protein. **Nutrition facts are based on the recipe as listed.**

Swapping any ingredients will alter nutritional content.

Salted caramel latte.



POD | SERVINGS: 1

A delicious latte layered with homemade caramel cream — sound decadent? Well, it is, but subbing our date-based Caramel Creamer (page 69) for the heavy stuff puts it on the more wholesome end of the spectrum.

- 3 OZ* **DARK ROAST COFFEE, BREWED FROM POD**
- ½ CUP **RICE MILK (PAGE 66), OR OTHER MILK OF CHOICE**
- ¼ CUP **CARAMEL CREAMER (PAGE 69)**
- PINCH OF SALT**

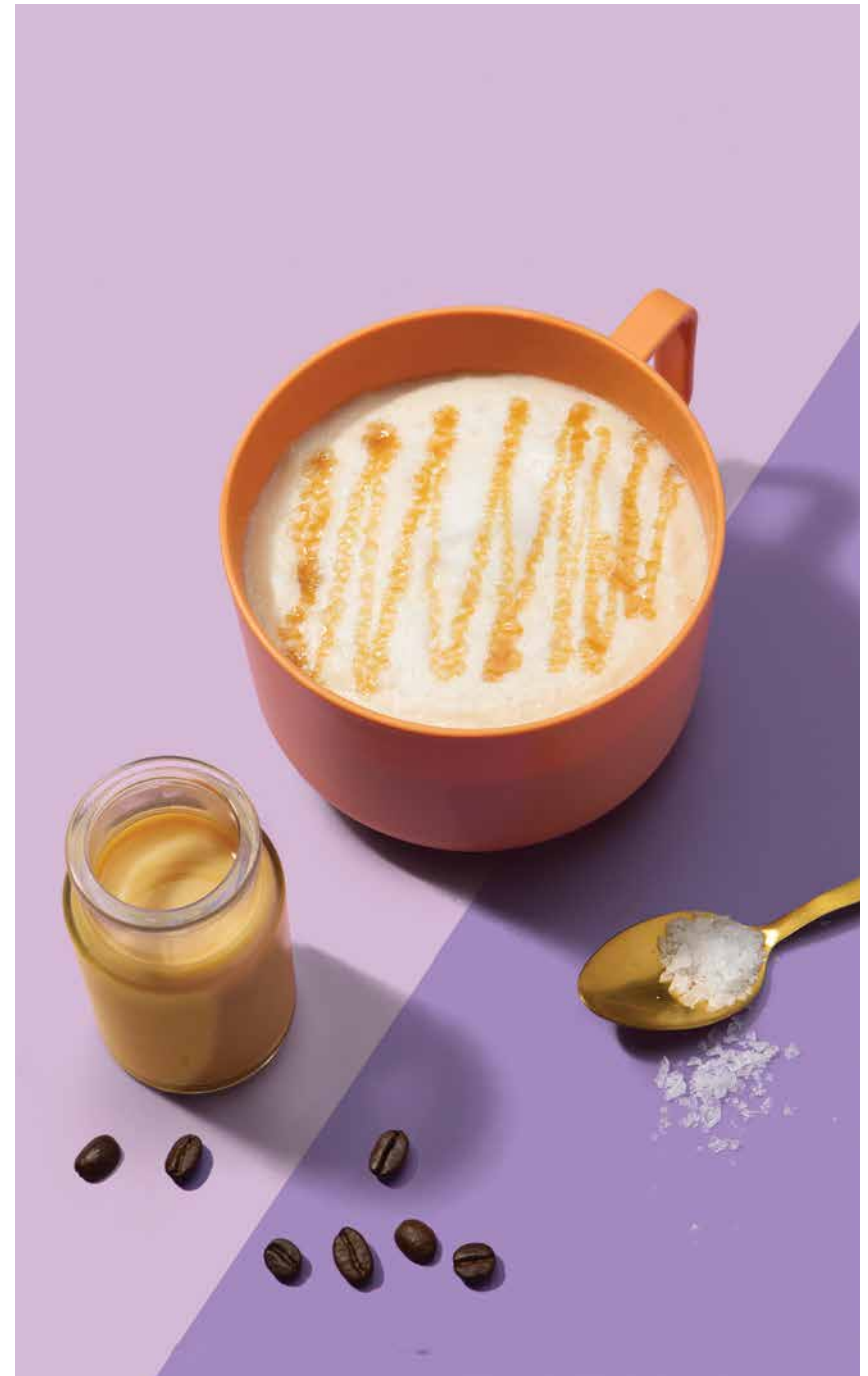
NUTRITION FACTS PER SERVING
(calculated with rice milk):
100 calories, 1g fat, 25g carbs, 0g fiber,
16g sugar, 1g protein. Nutrition facts
are based on the recipe as listed.
Swapping any ingredients will alter
nutritional content.

- 1 **Steam milk:** Warm the **Rice Milk** in a small saucepan on your stovetop and vigorously whisk until it reaches a frothy consistency.
- 2 Froth ¼ cup **Caramel Creamer** using the same technique.
- 3 In a mug, mix together 3oz brewed coffee and **Rice Milk**, then top with **Caramel Creamer**.
- 4 Sprinkle with a pinch of salt.

PRO TIP:

Use espresso instead of coffee for a stronger, more authentic flavor.

*Refer to page 8 for tricks on how to make the right amount of coffee for your recipe and tips for saving any excess brew.





Iced mint latte



POD | SERVINGS: 1

It may seem like an unexpected combo, but one sip of this cool, creamy, and seriously refreshing coffee will show you this blend is *mint* to be.

- 3 OZ* **DARK ROAST COFFEE, BREWED FROM POD**
- 1 CUP **ICE**
- 3 TBSP **MINT SYRUP (PAGE 70)**
- ¾ CUP **UNSWEETENED VANILLA ALMOND MILK (PAGE 64)**
- 1 SPRIG **FRESH MINT, TO GARNISH (OPTIONAL)**

NUTRITION FACTS PER SERVING (without optional ingredients): 70 calories, 2g fat, 12g carbs, 0g fiber, 9g sugar, 1g protein. *Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.*

- 1 Add ice to a sturdy 12oz glass.
NOTE: Since you'll be pouring hot coffee over ice cubes, make sure to use a sturdy glass that can withstand temperature changes. You can also bring your brew to room temperature before mixing to err on the side of caution.
- 2 Pour **Mint Syrup** over the ice, followed by 3oz of brewed coffee, then the milk.
- 3 Stir together and garnish with fresh mint, if desired.

PRO TIP:

Use espresso instead of coffee for a stronger, more authentic flavor.

*Refer to page 8 for tricks on how to make the right amount of coffee for your recipe and tips for saving any excess brew.

Dirty chai.



POD | SERVINGS: 1

People always talk about coffee and tea as an either/or situation, but we say, why choose one when you can have both? Combined together, fragrant, spicy chai, and rich coffee create a potent elixir with a beautiful complexity.

- 1 CHAI TEA BAG
- ¾ CUP BOILING WATER
- 3 OZ* DARK ROAST COFFEE, BREWED FROM POD
- 1 TBSP MAPLE SYRUP
- ½ CUP OAT MILK (PAGE 65), OR THE MILK OF YOUR CHOICE

NUTRITION FACTS PER SERVING
(calculated with oat milk):
100 calories, 1g fat, 21g carbs, <1g fiber, 13g sugar, 2g protein. Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.

- 1 In a mug, steep the chai tea bag with ¾ cup boiling water for 2 minutes.
- 2 Add 3oz brewed coffee to the mug containing the chai tea. Stir to combine.
- 3 Add maple syrup to the coffee and tea mixture and stir to dissolve. Set aside.
- 4 **Steam and froth Oat Milk:**
Warm the milk in a small saucepan on your stovetop and vigorously whisk until it reaches a frothy consistency.
- 5 Pour steamed milk over the chai and coffee mixture.

PRO TIP:

Use espresso instead of coffee for a stronger, more authentic flavor.

*Refer to page 8 for tricks on how to make the right amount of coffee for your recipe and tips for saving any excess brew.

Cafe de olla.



POD | SERVINGS: 1

A traditional Mexican coffee enjoyed in the country's colder climates, Cafe de Olla is aromatic, spicy, and sweet enough to warm you to your core.

- 6 OZ COFFEE, BREWED FROM POD
- ½ CUP HOT WATER
- 1 CINNAMON STICK, BROKEN, PLUS ONE MORE TO GARNISH, IF DESIRED
- 1 TSP AGAVE NECTAR (OPTIONAL)

NUTRITION FACTS PER SERVING
(without optional ingredients):
0 calories, 0g fat, 1g carbs, 0g fiber, 0g sugar, 0g protein. Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.

- 1 Brew 6oz coffee using a pod into a cup.
- 2 In a saucepan, combine coffee, hot water, cinnamon, and agave (if desired) over medium heat.
- 3 Bring to a simmer for 5 minutes to infuse the coffee with cinnamon flavor.
- 4 Pour into a mug and serve with a cinnamon stick as a stirrer, if desired.

Spiced pumpkin chai latte.



POD | SERVINGS: 1

Nothing says “Autumn” like a PSL, and this one’s the real deal, made with wholesome pumpkin purée, quality vanilla extract, and your favorite cozy spices.

- 1 CHAI TEA BAG
- ½ CUP BOILED WATER
- 3 OZ* DARK ROAST COFFEE, BREWED FROM POD
- ½ CUP UNSWEETENED VANILLA ALMOND MILK (PAGE 64)
- 2 TBSP PUMPKIN PURÉE
- 1 TBSP MAPLE SYRUP
- ¼ TSP VANILLA EXTRACT
- ¼ TSP PUMPKIN SPICE BLEND

NUTRITION FACTS PER SERVING:

100 calories, 1.5g fat, 19g carbs, 1g fiber, 13g sugar, 1g protein. **Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.**

NUTRITIONIST TIP:

Homemade specialty drinks like this one are loaded with flavor, but contain significantly less calories, fat, and added sugar than the ones you’d pick up at a coffee shop.

- 1 In a large mug, steep 1 chai tea bag with ½ cup of boiling water for 2 minutes. Remove the tea bag.
- 2 Pour 3oz of brewed coffee into the mug containing the chai tea and stir to combine.
- 3 In a small saucepan over medium heat, add **Unsweetened Vanilla Almond Milk**, pumpkin, maple syrup, vanilla extract, and spices. Whisk together vigorously until ingredients are evenly combined, mixture is warmed through, and the milk has reached a frothy consistency.
- 4 Pour the spiced milk mixture over the coffee/chai tea and gently stir to combine.

PRO TIPS:

This drink pairs deliciously with our homemade **Coffee Cake** (page 50).

Use espresso instead of coffee for a stronger, more authentic flavor.

*Refer to page 8 for tricks on how to make the right amount of coffee for your recipe and tips for saving any excess brew.





Vanilla bean infused iced coffee.



CARAFE | SERVINGS: 1

When you see the flecks, you know it's good. Using homemade Vanilla-Infused Syrup (page 71) made with real vanilla bean adds a truly divine level of flavor to this cold and creamy beverage.

6 OZ	BREWED COFFEE, CHILLED
3-5	COFFEE ICE CUBES
½ CUP	UNSWEETENED VANILLA ALMOND MILK (PAGE 64)
1 TBSP	VANILLA-INFUSED SYRUP (PAGE 71)

NUTRITION FACTS PER SERVING:
35 calories, 1.5g fat, 4g carbs, 0g fiber, 3g sugar, 1g protein. **Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.**

- 1 **At least 5 hours before you'll want your iced coffee:** Brew a full carafe of coffee.
- 2 Allow coffee to cool and fill one ice cube tray with the freshly brewed coffee. Freeze for at least 4 hours.
- 3 Cover and chill the remaining coffee in the refrigerator for a minimum of 2 hours before making your iced coffee.
NOTE: Refrigerate coffee for up to 24 hours. Freeze or discard remaining coffee after 24 hours.
- 4 Combine 6oz chilled coffee, **Unsweetened Vanilla Almond Milk**, and **Vanilla-Infused Syrup** together in a tall glass, stirring vigorously to ensure syrup is evenly distributed. Add 3-5 coffee ice cubes and enjoy.

PRO TIP:

Prep your chilled and frozen coffee ingredients the night before, so come morning, this iced coffee is ready as soon as you are.

Hot chocolate coffee.



POD | SERVINGS: 1

Combining coffee with cocoa is always an excellent choice. This version uses maple syrup for a rich sweetness that gives you a taste of the trees.

- 4 OZ* **DARK ROAST COFFEE, BREWED FROM POD**
- 1 CUP **UNSWEETENED VANILLA ALMOND MILK (PAGE 64), OR MILK OF YOUR CHOICE**
- 1 TBSP **UNSWEETENED COCOA**
- ¼ TSP **VANILLA EXTRACT**
- 1 TBSP **MAPLE SYRUP**
- SHAVED DARK CHOCOLATE, TO GARNISH (OPTIONAL)**

NUTRITION FACTS PER SERVING

(without optional ingredients):
110 calories, 3.5g fat, 18g carbs, 2g fiber, 12g sugar, 3g protein. **Nutrition facts are based on the recipe as listed.** Swapping any ingredients will alter nutritional content.

- 1 **Make hot chocolate:** In a small saucepan, bring the milk to boil, then reduce to simmer. Whisk in maple syrup, followed by the cocoa powder until ingredients are combined, mixture is warmed through, and milk reaches a frothy consistency.
- 2 Pour hot chocolate into a large mug. If desired, create more foam using a handheld or automatic milk frother.
- 3 Pour 4oz brewed coffee into the center of the drink, disturbing as little foam as possible. Garnish with shaved chocolate, if desired.

*Refer to page 8 for tricks on how to make the right amount of coffee for your recipe and tips for saving any excess brew.

Lavender latte.



POD | SERVINGS: 1

It may sound a touch unconventional, but trust us: lovely lavender makes a soothing, herbaceous addition to your cup of joe.

- 3 OZ* **DARK ROAST COFFEE, BREWED FROM POD**
- ½ CUP **LAVENDER MILK (PAGE 67)**
- FOOD-GRADE DRIED LAVENDER, TO GARNISH (OPTIONAL)**

NUTRITION FACTS PER SERVING

(without optional ingredients):
45 calories, 1.5g fat, 7g carbs, 0g fiber, 6g sugar, 1g protein. **Nutrition facts are based on the recipe as listed.** Swapping any ingredients will alter nutritional content.

- 1 **Froth milk:** Add premade **Lavender Milk** to a saucepan over medium heat and whisk vigorously until it's heated through and has reached a frothy consistency.
- 2 Add 3oz brewed coffee to a mug, then pour frothed **Lavender Milk** on top, stirring gently to combine.

PRO TIPS:

This recipe calls for our homemade **Lavender Milk (page 67)**. Be sure to use food-grade dried lavender, which you can find at a specialty food store or online.

Use espresso instead of coffee for a stronger, more authentic flavor.

NUTRITIONIST TIP:

Lavender has been shown to help soothe headaches, improve sleep, and reduce cortisol levels.

*Refer to page 8 for tricks on how to make the right amount of coffee for your recipe and tips for saving any excess brew.

Rose vanilla latte.



POD | SERVINGS: 1

Love is in the air — and in your coffee cup. This delightful latte combines rose and vanilla with fresh-brewed coffee for a creamy, dreamy, and ultra-unique take on a coffee shop classic.

3 OZ* **DARK ROAST COFFEE, BREWED FROM POD**

½ CUP **VANILLA ROSE MILK (PAGE 68)**

FOOD-GRADE DRIED ROSE PETALS, TO GARNISH (OPTIONAL)

NUTRITION FACTS PER SERVING (without optional ingredients):

60 calories, 2g fat, 9g carbs, 0g fiber, 7g sugar, 1g protein. Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.

1 **Froth milk:** Add premade **Vanilla Rose Milk** to a saucepan over medium heat and whisk vigorously until it's heated through and has reached a frothy consistency.

2 Add 3oz brewed coffee to a mug, then pour frothed rose milk on top, stirring gently to combine. Garnish with dried rose petals, if desired.

PRO TIPS:

This recipe calls for our homemade **Vanilla Rose Milk (page 68)**. Be sure to use food-grade dried rose petals, which you can find at a specialty food store or online.

Use espresso instead of coffee for a stronger, more authentic flavor.

*Refer to page 8 for tricks on how to make the right amount of coffee for your recipe and tips for saving any excess brew.



Hazelnut almond milk frappe.



POD | SERVINGS: 1

This decadently creamy frozen coffee includes wholesome hazelnut butter, which not only gives the drink its rich, nutty flavor and creamy texture, but also adds a nice dose of healthy fats to the mix.

- 1 CUP ICE
- 6 OZ BREWED COFFEE, CHILLED
- 1 CUP UNSWEETENED VANILLA ALMOND MILK (PAGE 64)
- 2 TSP HAZELNUT BUTTER
- 2 TSP CARAMEL DATE SYRUP (PAGE 70)
- GROUND NUTMEG, TO GARNISH (OPTIONAL)

- 1 Brew a cup of coffee, cover, and chill for at least 4 hours.
- 2 Add all ingredients to a blender and blend until you reach your desired consistency. Transfer to a cup and sprinkle with nutmeg, if desired.

PRO TIPS:

Frozen coffee drinks are a great way to use up any leftover coffee from your morning carafe. Just transfer your brew to a covered cup and refrigerate until you're ready to blend.

NUTRITION FACTS PER SERVING

(without optional ingredients):

130 calories, 9g fat, 10g carbs, <1g fiber, 6g sugar, 3g protein. Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.

Iced horchata latte.



POD | SERVINGS: 1

Spice up your day with this sweet and cinnamon take on a classic iced coffee.

- 6 OZ BREWED DARK-ROAST COFFEE, CHILLED
- 1 CUP RICE MILK (PAGE 66)
- 1 TSP CINNAMON, GROUND, PLUS MORE TO GARNISH
- 1 TSP MAPLE SYRUP
- 1 CUP ICE

- 1 Brew a cup of coffee, cover, and chill for at least 4 hours.
- 2 Make horchata by blending Rice Milk, cinnamon, and maple syrup together in a blender.
- 3 Fill a 12oz glass with ice to the top and add 6oz chilled coffee, followed by the horchata mixture.
- 4 Sprinkle with cinnamon, if desired.

NUTRITION FACTS PER SERVING:

70 calories, 2g fat, 17g carbs, 1g fiber, 4g sugar, 1g protein. Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.

Cocktails.

A selection of coffee-infused cocktails for a smooth and invigorating good time.



Iced coffee cocktail.



CARAFE | SERVINGS: 1

This iced coffee is double-spiked, first with coffee liqueur, then with our homemade Vanilla-Infused Syrup (page 71) taking it to truly heavenly heights.

3-5	COFFEE ICE CUBES
¾ CUP	BREWED COFFEE, CHILLED
1 OZ	COFFEE LIQUEUR
1 TBSP	VANILLA-INFUSED SYRUP (PAGE 71)
½ CUP	UNSWEETENED ALMOND MILK, OR OTHER MILK OF CHOICE

NUTRITION FACTS PER SERVING (calculated with almond milk):

140 calories, 1.5g fat, 15g carbs, 0g fiber, 14g sugar, 1g protein. Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.

- 1 **At least 5 hours before you'll want your cocktail:**
Brew a full carafe of coffee.
- 2 Allow coffee to cool and fill one ice cube tray with the freshly brewed coffee. Freeze for at least 4 hours.
- 3 Cover and chill the remaining coffee in the refrigerator for a minimum of 2 hours before making your cocktail.
NOTE: Refrigerate coffee for up to 24 hours. Freeze or discard remaining coffee after 24 hours.
- 4 In a tall glass, combine coffee liqueur and **Vanilla-Infused Syrup**, stirring vigorously to ensure the syrup is evenly distributed. Add ¾ cup chilled coffee and stir with the sweetened liqueur to thoroughly combine. Add coffee ice cubes, then pour almond milk over the top. Stir together and enjoy.

White russian.



CARAFE | SERVINGS: 1

Made with our rich and velvety Cashew Creamer (page 69), this dairy-free take on the famed cocktail is every bit as rich as the original.

- 5 COFFEE ICE CUBES
- ¾ CUP BREWED COFFEE
- 2 TSP AGAVE NECTAR
- ½ FL OZ VODKA
- ½ FL OZ RUM
- ¼ CUP CASHEW CREAMER (PAGE 69)

NUTRITION FACTS PER SERVING
210 calories, 7g fat, 19g carbs, 0g fiber, 13g sugar, 4g protein. **Nutrition facts are based on the recipe as listed.**
Swapping any ingredients will alter nutritional content.

- 1 **At least 5 hours before you'll want your cocktail:**
Brew a full carafe of coffee.
- 2 Allow coffee to cool and fill one ice cube tray with the freshly brewed coffee. Freeze for at least 4 hours.
- 3 Pour ¾ cup of the remaining brewed coffee into a cup and stir in agave while hot. Then, cover and chill in the refrigerator for a minimum of 2 hours before making your cocktail.
NOTE: Refrigerate coffee for up to 24 hours. Freeze or discard remaining coffee after 24 hours.
- 4 Fill a large glass tumbler with coffee ice cubes. Add sweetened coffee, vodka, rum, and **Cashew Creamer**. Stir to combine.

PRO TIP:

Assuming you'll be enjoying this cocktail in the evening, you can brew a bigger carafe than usual in the morning, and use the extra coffee to make the frozen and chilled components of your nighttime tippie.

Irish coffee.



POD | SERVINGS: 1

Infused with Irish whiskey and topped with a decadent dollop of whipped coconut cream, this sweet, cozy cocktail feels like a pot of gold in every sip.

- 6 OZ MEDIUM ROAST COFFEE, BREWED FROM POD
- 1 OZ IRISH WHISKEY
- 1 TBSP MAPLE SYRUP
- ¼ CUP WHIPPED COCONUT CREAM
- SHAVED DARK CHOCOLATE, TO GARNISH (OPTIONAL)

NUTRITION FACTS PER SERVING (without optional ingredients):
240 calories, 12g fat, 15g carbs, 0g fiber, 12g sugar, 0g protein. **Nutrition facts are based on the recipe as listed.**
Swapping any ingredients will alter nutritional content.

- 1 Brew 6oz coffee using a pod into a large cup or toddy glass.
- 2 Add whiskey and maple syrup to the brewed coffee and stir together.
- 3 Top with whipped coconut cream and shaved chocolate, if desired.

NUTRITIONIST TIP:

Whipped coconut cream is a dairy-free, plant-based alternative to traditional whipped cream. It's insanely delicious and easy to make.

Just pick up a can of coconut milk, scoop out the hardened coconut cream on top (reserve the clear liquid for your smoothies), add a touch of sweetener or vanilla, if desired, and whip with a hand mixer until soft peaks form.



Horcha-tini.



POD | SERVINGS: 1

We saw your horchata coffee and raised it, adding a wee dram of rum to transport you to paradise.

6 OZ	COFFEE, BREWED FROM POD, CHILLED
¾ CUP	RICE MILK (PAGE 66),
1 TSP	CINNAMON, GROUND, PLUS MORE TO GARNISH
1 TSP	MAPLE SYRUP
1 OZ	RUM

NUTRITION FACTS PER SERVING

130 calories, 0g fat, 16g carbs, 1g fiber, 4g sugar, 1g protein. Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.

- 1 Brew a 6oz cup of coffee, cover, and chill for at least 4 hours.
- 2 Combine coffee, **Rice Milk**, cinnamon, maple syrup, and rum together in a blender, and blend until the mixture reaches a frothy consistency.
- 3 Fill a large tumbler or highball glass with ice. Pour blended mixture into the glass and sprinkle with cinnamon, if desired.

PRO TIPS:

Unlike a lot of our recipes, in which the type of milk is interchangeable, horchata requires fresh-made **Rice Milk (page 66)** to taste authentic.

Mixing your cocktail in a nutribullet® or other blender gives it a delightfully light and frothy consistency.

Midnight coffee.



POD | SERVINGS: 1

If you're in search of an after-dinner drink that will also prep you for a night on the town, this cozy coffee blend should do the trick. Sweet and creamy with a kick, it's coffee, dessert, and a cocktail, all in one.

6 OZ	MEDIUM ROAST COFFEE, BREWED FROM POD
1 FL OZ	COFFEE LIQUEUR
½ CUP	OAT MILK (PAGE 65), OR OTHER MILK OF CHOICE
1 TBSP	VANILLA-INFUSED SYRUP (PAGE 71)
	GROUND CINNAMON, TO GARNISH (OPTIONAL)

NUTRITION FACTS PER SERVING (calculated with oat milk and without optional ingredients):

160 calories, 1g fat, 21g carbs, 1g fiber, 14g sugar, 2g protein. **Nutrition facts are based on the recipe as listed.** Swapping any ingredients will alter nutritional content.

- 1 Brew 6oz coffee using a pod into a large cup or toddy glass.
- 2 Add liquor to your coffee and stir to combine.
- 3 Combine **Oat Milk** and **Vanilla-Infused Syrup** in a small saucepan over medium heat. Vigorously whisk until ingredients are fully combined, the mixture is warmed through, and the milk reaches a frothy consistency.
- 4 Top coffee with the sweetened steamed milk, gently stirring to combine ingredients while retaining a frothy texture. Sprinkle with ground cinnamon, if desired.



Desserts.

Frozen desserts, cake, and more—these sweet treats all benefit from a boost of coffee goodness.



Coffee nice cream.



POD OR CARAFE | SERVINGS: 6

Banana makes an excellent base for a sweet and creamy dairy-free ice cream. Infusing it with coffee adds depth and sophistication to the favorite plant-based treat.

- | | | | |
|-------|----------------------------------------------------------------------------------------------------------------------------------------|---|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 2 | BANANAS, SLICED & FROZEN (1 CUP OF SLICES) | 1 | Slice bananas, then freeze for a minimum of 4 hours. |
| 1 CUP | COFFEE ICE CUBES | 2 | Make coffee ice cubes at least 4 hours in advance using leftover coffee from your coffee pod blend, or the Carafe option. See page 8 for instructions. |
| ¼ TSP | VANILLA EXTRACT | 3 | In a blender, combine frozen bananas and coffee ice cubes with all remaining ingredients. Blend on high, until the mixture reaches a smooth consistency. If necessary, add more Cashew Milk , one splash at a time, to get the ingredients blending evenly. Avoid adding excess milk, as this will create an icier texture when the dessert freezes. |
| ¼ TSP | SALT | 4 | Transfer mixture to an airtight glass dish. Stir in mix-ins, if desired. Smooth the top, then press plastic wrap directly onto the mixture to seal. Close the lid. Freeze for at least 4 hours. |
| 2 | DATES, PITTED | 5 | To serve, scoop nice cream into a bowl. Garnish with the toppings of your choice. |
| 1 TSP | COCONUT OIL | | |
| ½ CUP | CASHEW MILK (PAGE 65), OR MILK OF CHOICE | | |
| | ROUGHLY CHOPPED COFFEE BEANS, CHOCOLATE COVERED ESPRESSO BEANS, OR CHOCOLATE CHIPS, TO TASTE, AS A MIX-IN OR GARNISH (OPTIONAL) | | |

NUTRITION FACTS PER SERVING

(without optional ingredients):
80 calories, 1.5g fat, 18g carbs, 2g fiber,
13g sugar, 1g protein. **Nutrition facts**
are based on the recipe as listed.
Swapping any ingredients will alter
nutritional content.

PRO TIP:

To avoid having to use too much extra liquid while blending, let the bananas thaw slightly (2–3 minutes) before adding to the blender.



Affogato.



POD | SERVINGS: 1

Our twist on the classic Italian treat, this dessert tops a scoop of homemade Coffee Nice Cream (page 47) with warm coffee and frothy milk. Buon appetito!

- | | | | |
|----------|---------------------------------------------------------------------------------------------------------------|---|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 3 OZ* | DARK ROAST COFFEE, BREWED FROM POD | 1 | Steam ½ cup Cashew Milk:
Warm the milk in a small saucepan over medium heat and vigorously whisk until it reaches a frothy consistency. |
| 2 SCOOPS | COFFEE NICE CREAM (PAGE 47), OR ICE CREAM OF CHOICE | | |
| ¼ CUP | CASHEW MILK (PAGE 65), OR OTHER MILK OF CHOICE

CHOCOLATE SHAVINGS, TO GARNISH (OPTIONAL) | 2 | Scoop Coffee Nice Cream into a large cup or bowl. Pour 3oz brewed coffee over the scoops, followed by the frothed milk. Top with chocolate shavings, if desired. |

NUTRITION FACTS PER SERVING (without optional ingredients):

170 calories, 3.5g fat, 36g carbs, 4g fiber, 26g sugar, 2g protein. **Nutrition facts are based on the recipe as listed.** Swapping any ingredients will alter nutritional content.

PRO TIP:

Use espresso instead of coffee for a stronger, more authentic flavor.

*Refer to page 8 for tricks on how to make the right amount of coffee for your recipe and tips for saving any excess brew.

Coffee cake.



POD | SERVINGS: 12-15

This delicious cake is rich enough for dessert, but wholesome and satisfying enough to make a special breakfast or afternoon snack, with or without a side of coffee.

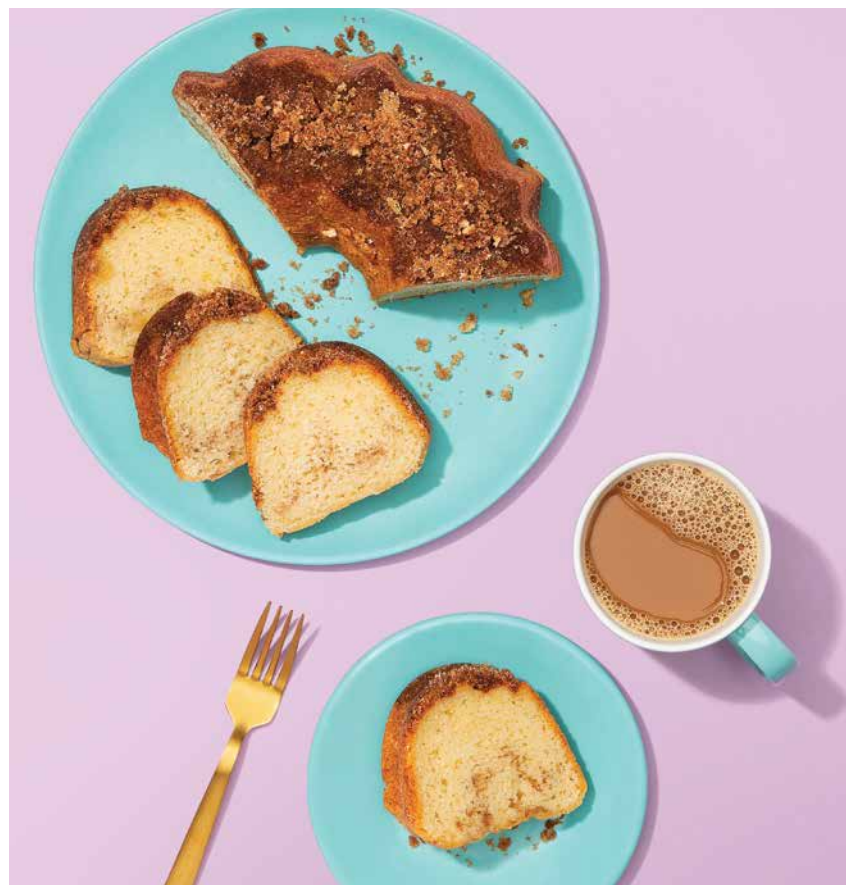
FOR STREUSEL:

- 1/3 CUP LIGHT BROWN SUGAR
- 1/2 CUP WHITE WHOLE WHEAT FLOUR
- 2 TSP GROUND CINNAMON
- 1/2 TSP GROUND NUTMEG
- 3 TBSP UNSALTED BUTTER, COLD, CUBED

FOR CAKE:

- 4 OZ* DARK-ROAST COFFEE, BREWED FROM POD, COOLED SLIGHTLY
- 1/4 CUP AVOCADO OIL
- 1/2 CUP NONFAT PLAIN GREEK YOGURT
- 3/4 CUP COCONUT SUGAR
- 1 EGG, LARGE
- 2 EGG WHITES
- 2 TSP VANILLA EXTRACT
- 1 1/3 CUP WHITE WHOLE WHEAT FLOUR
- 1 TSP BAKING POWDER
- 1/4 TSP BAKING SODA
- 1/4 TSP SALT
- 1 TSP GROUND CINNAMON

- 1 Preheat oven to 350°F. Grease an 8x8 baking dish with butter, coconut oil, or baking spray.
- 2 Brew 4oz coffee for the cake batter. Let it cool while you make the streusel topping.
- 3 **Make streusel:** In a large bowl, combine sugar, flour, cinnamon, and nutmeg. Add cubed butter, and, using a fork, press and mix the mixture until all dry ingredients have been thoroughly combined with the butter, creating 1/4 to 1/2-inch crumbles. Set aside.
- 4 **Mix wet batter ingredients:** In another large bowl, whisk together oil, yogurt, brewed coffee, sugar, egg, egg whites, and vanilla. Set aside.
- 5 **Mix dry batter ingredients:** In a separate bowl, gently whisk together flour, baking powder, baking soda, salt, and cinnamon.



- 6 Gently fold dry ingredients into wet ingredients, about a cup at a time, stirring softly in between to incorporate ingredients before adding the next portion. Take care not to overmix.
- 7 Pour half the batter into your greased pan, followed by half of the streusel mixture, then the second half of the batter. Top with the remaining streusel.
- 8 Once oven is preheated to 350°F, bake for 25-30 minutes, until a toothpick inserted into the center of the cake comes out clean. Allow to fully cool before slicing.

NUTRITION FACTS PER SERVING
210 calories, 8g fat, 28g carbs, 2g fiber, 16g sugar, 5g protein. **Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.**

*Refer to page 8 for tricks on how to make the right amount of coffee for your recipe and tips for saving any excess brew.



Coffee mocha pudding.

POD | SERVINGS: 4

Adding coffee to this plant-based pudding cuts the “avocado flavor” of the mixture, so all you’re left with is a rich and creamy treat filled with intoxicating coffee and chocolate goodness.

2 OZ* **COFFEE, BREWED FROM POD, CHILLED**

1 LARGE **AVOCADO, RIPE**

¼ CUP **CACAO POWDER**

2 TBSP **HONEY**

1 TSP **VANILLA EXTRACT**

⅛ TSP **SALT**

BERRIES, CHOCOLATE SHAVINGS, CHOPPED NUTS, AND/OR COCONUT TO GARNISH (OPTIONAL)

- 1 Brew, cover, and chill 2oz of coffee for at least 4 hours.
- 2 Add coffee and all remaining ingredients together in a blender. Blend until combined, transfer to your serving dish, then refrigerate for 30 minutes to set before serving.

PRO TIP:

Garnish with shaved chocolate, nuts, berries, coconut, or your other favorite toppings to add extra flavor and texture to the mix.

*Refer to page 8 for tricks on how to make the right amount of coffee for your recipe and tips for saving any excess brew.

NUTRITION FACTS PER SERVING

140 calories, 8g fat, 16g carbs, 4g fiber, 9g sugar, 2g protein. Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.

Buzz bites.



POD | SERVINGS: 9 1-OZ BITES

Whether fueling a workout or seeking an afternoon pick-me-up, these nutritious bites contain a nice blend of carbs, healthy fats, and of course, coffee, to get you going.

- | | | |
|-------|-----------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 4 OZ* | COFFEE, BREWED FROM POD, CHILLED | 1 Brew, cover, and chill 4oz of coffee for at least 4 hours. |
| ¾ CUP | ROLLED OATS | |
| ½ CUP | PITTED DATES, TIGHTLY PACKED | 2 Add oats, dates, and almonds to a food processor and pulse together until they form sticky clumps. Add coffee and pulse to combine, taking care not to overmix. |
| ¼ CUP | ALMONDS, CHOPPED | |
-
- | | |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------|
| NUTRITION FACTS PER SERVING
100 calories, 2g fat, 17g carbs, 2g fiber, 8g sugar, 3g protein. Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content. | 3 Form mixture into nine bite-sized balls about 1-inch in diameter each. |
| | 4 Store in an airtight container in the refrigerator. |

*Refer to page 8 for tricks on how to make the right amount of coffee for your recipe and tips for saving any excess brew.

Coffee mocha smoothie bowl.



POD | SERVINGS: 1

If you're more of a one-and-done breakfast person, this deliciously frosty bowl combines your daily cup of coffee with a nutritious breakfast smoothie, so you can pack in the good stuff and get out the door.

- | | | |
|--------|-------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|
| 3 OZ* | DARK ROAST COFFEE, BREWED FROM POD | 1 In a blender, combine 3oz brewed coffee with the remaining ingredients and blend until smooth. |
| 1 CUP | FROZEN BANANA SLICES (ABOUT 2 BANANAS) | |
| ¼ CUP | UNSWEETENED ALMOND MILK OR MILK OF CHOICE | 2 The mixture will be thick, so you may need to stop blending, stir to redistribute, and blend for a second time to make sure everything is smooth. |
| 2 TBSP | CACAO NIBS | |
| 1 TBSP | AGAVE NECTAR | |
| 1 CUP | ICE | 3 Pour mixture in a bowl and garnish with your topping(s) of choice. |
| | CHOPPED NUTS, SLICED BANANA, GRANOLA, SHAVED CHOCOLATE TO GARNISH (OPTIONAL) | |

*Refer to page 8 for tricks on how to make the right amount of coffee for your recipe and tips for saving any excess brew.

NUTRITION FACTS PER SERVING
(calculated with almond milk and without optional ingredients):
350 calories, 11g fat, 60g carbs, 9g fiber, 32g sugar, 5g protein. **Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.**

Frozen drinks.

Rev up and chill out with this selection of frosty java-infused refreshments.



Hazelnut mocha shake.



POD | SERVINGS: 1

Nutritious enough for a healthy snack and delicious enough for dessert, this frosty favorite makes a special anytime treat.

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|--------|------------------------------------------------------------------------|---|----------------------------------------------------------------------------------------------------------|
| 1 | BANANA, SLICED, FROZEN (ENOUGH TO YIELD ½ CUP OF SLICES) | 1 | Slice, then freeze banana for a minimum of 4 hours. |
| 6 OZ | COFFEE, BREWED FROM POD, CHILLED | 2 | Brew 6oz coffee using a pod. Cover and chill for at least 4 hours. |
| ½ CUP | COFFEE NICE CREAM (PAGE 47) | 3 | Add banana, coffee, Nice Cream, Almond Milk , and hazelnut spread and blend until fully combined. |
| ½ CUP | UNSWEETENED VANILLA ALMOND MILK (PAGE 64) OR MILK OF CHOICE | 4 | Transfer to a glass and garnish with cacao powder and cacao nibs, if desired. |
| 1 TBSP | HAZELNUT SPREAD CACAO POWDER AND/OR NIBS, TO GARNISH (OPTIONAL) | | |

NUTRITION FACTS PER SERVING (calculated with almond milk and without optional ingredients):

270 calories, 9g fat, 46g carbs, 4g fiber, 33g sugar, 4g protein. **Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.**

Creamy coffee protein shake.



POD OR CARAFE | SERVINGS: 1

Ideal for a post-morning workout snack, this delicious shake refuels your body with premium plant-based protein while upping your energy for the day ahead.

- | | | | |
|---------|--------------------------------------------------------------------------------------------|---|---------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1 CUP | COFFEE ICE CUBES | 1 | Make coffee ice cubes at least 4 hours in advance using leftover coffee from your coffee pod blend, or the Carafe option. See page 8 for instructions. |
| 1 CUP | UNSWEETENED ALMOND MILK (PAGE 64) OR OTHER MILK OF CHOICE | | |
| 1 SCOOP | NUTRIBULLET® PLANT-BASED CHOCOLATE PROTEIN POWDER OR OTHER PROTEIN POWDER OF CHOICE | 2 | Add all ingredients to a blender and blend until fully combined. Transfer to a glass and enjoy! |

**NUTRITION FACTS PER SERVING
(calculated with almond milk):**
190 calories, 7g fat, 11g carbs, 2g fiber, 0g sugar, 23g protein. **Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.**

Banana coffee shake.



POD | SERVINGS: 1

Craving a coffee milkshake? This coffee and banana blend does the trick with just a few simple, wholesome ingredients.

- | | | | |
|-------|--------------------------------------------------------------------------|---|----------------------------------------------------------------------|
| ½ | BANANA, SLICED, FROZEN (ENOUGH TO YIELD ABOUT ¼ CUP OF SLICES) | 1 | Slice, then freeze banana for a minimum of 4 hours. |
| 6 OZ | COFFEE, BREWED FROM POD, CHILLED | 2 | Brew 6oz coffee using a pod. Cover and chill for at least 4 hours. |
| ½ CUP | UNSWEETENED VANILLA ALMOND MILK (PAGE 64) OR OTHER MILK OF CHOICE | 3 | Combine all ingredients in a blender and blend on high until smooth. |
| ⅛ TSP | VANILLA EXTRACT | | |

NUTRITION FACTS PER SERVING

(calculated with almond milk):

60 calories, 1.5g fat, 9g carbs, <1g fiber, 5g sugar, 1g protein. Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.





Homemade milks & sweeteners.

Our homemade coffee companions provide all of the fun and flavor of your favorite mix-ins without artificial ingredients or additives.

Unlike their store-bought counterparts, our blends are made from wholesome ingredients and flavored with natural sweetness from dates, agave, honey, and maple syrup.

Unsweetened vanilla almond milk.



YIELDS: 48 OZ

When you make your own almond milk, you get to control exactly what goes in — no hidden chemicals, stabilers, or emulsifiers necessary. It's also laughably easy, no joke.

3 CUPS **ALMONDS, RAW**
6 CUPS **WATER**
2 TSP **VANILLA EXTRACT**

NUTRITION FACTS PER 8 OZ

SERVING: 40 calories, 3g fat, 2g carbs, 0g fiber, 0g sugar, 2g protein.

Nutritional information may vary.

PRO TIP:

If desired, make almond meal from the remaining pulp: spread pulp in a thin layer over a parchment-lined cookie sheet. Bake in a 200°F oven for 1½ to 2 hours until thoroughly dried. Allow to cool, then transfer to a food processor and blend until finely ground.

- 1 Add raw almonds to a large bowl and cover with water so the nuts are fully submerged. Soak for 4–10 hours. This can be done overnight
- 2 Strain and rinse almonds, then add to your blender along with 3 cups of water. Blend until smooth and add remaining water and vanilla.
- 3 Strain liquid through a milk bag or cheesecloth. Transfer to a bottle or jar with an airtight lid. Store in the refrigerator until ready to use, no longer than 3–5 days.

Cashew milk.



YIELDS: 16 OZ

Cashews are a naturally softer, creamier nut, making them a great choice for the base of your dairy-free creamer.

1 CUP **CASHEWS, RAW**
2 CUPS **WATER**

- 1 Add raw cashews to a large bowl and cover with water, so the nuts are fully submerged. Soak for 4–10 hours. This can be done overnight.
- 2 Strain and rinse cashews, then combine with water

in a blender. Blend on high until smooth.

- 3 Strain the liquid through a milk bag or cheesecloth. Transfer to a bottle or jar with an airtight lid. Store in the refrigerator until ready to use, no longer than 3–5 days.

NUTRITION FACTS PER 8 OZ

SERVING: 25 calories, 2g fat, 1g carbs, 0g fiber, 0g sugar, 0g protein.

Nutritional information may vary.

Oat milk.



YIELDS: 32 OZ

Who knew oats could taste so rich? This creamy, plant-based milk has a mild taste that blends beautifully with hot and cold coffees alike.

1 CUP **ROLLED OATS**
4 CUPS **WATER, CHILLED**
1 TSP **VANILLA EXTRACT (OPTIONAL)**
PINCH OF SALT

- 1 Add ingredients in the order listed to your blender. Blend until smooth, about 1 minute.
- 2 Strain oat milk in a nut milk bag or cheesecloth. Repeat if necessary.

- 3 Transfer to a bottle or jar with an airtight lid. Store in the refrigerator until ready to use, no longer than 3–5 days.

NUTRITION FACTS PER 8 OZ

SERVING: 80 calories, 1.5g fat, 14g carbs, 2g fiber, <1g sugar, 3g protein. Nutritional information may vary.

Rice milk.



YIELDS: 32 OZ

Rice milk is one of the preferred bases used to make horchata, the delicious Spanish beverage enjoyed throughout Spain, Central America, and beyond. It's also a great plant-based milk option for anyone with nut allergies or sensitivities. Making your own at home is super affordable, and super easy.

1 CUP **RICE, UNCOOKED**
4 CUPS **WATER**

NUTRITION FACTS PER 8 OZ
SERVING: 45 calories, 2g fat, 10g carbs, 0g fiber, 0g sugar, 1g protein.
Nutritional information may vary.

- 1 Add rice to a medium bowl and submerge in cold water overnight, or in hot water for at least four hours.
- 2 Strain and rinse rice, then transfer to your blender. Add water and blend until smooth.
- 3 Strain the liquid through a milk bag or cheesecloth. Transfer to a bottle or jar with an airtight lid. Store in the refrigerator until ready to use, no longer than 3–5 days.

Lavender milk.



YIELDS: 16 OZ

Infusing your favorite plant milk with a touch of lavender is an easy way to incorporate some herbal benefits into your routine. The aromatic plant not only lends a unique flavor to your milk, it also has a deeply soothing effect on the system.

2 CUPS **UNSWEETENED VANILLA ALMOND MILK (PAGE 64)**
1 TBSP **FOOD-GRADE DRIED LAVENDER**
2 TBSP **MAPLE SYRUP**

NUTRITION FACTS PER 8 OZ
SERVING: 90 calories, 3g fat, 15g carbs, 0g fiber, 12g sugar, 2g protein.
Nutritional information may vary.

- 1 Combine the **Unsweetened Vanilla Almond Milk**, maple syrup, and dried lavender in a saucepan over medium heat.
- 2 Bring to a boil and stir, then remove from the heat and allow to sit for 30 minutes. Strain the mixture into a bottle or jar with an airtight lid.
- 3 Store in the refrigerator until ready to use, no longer than 3–5 days.

PRO TIP:

This recipe makes enough lavender milk to make 3–4 **Lavender Lattes (page 33)**. You can also enjoy this mixture warmed up, sans coffee for a soothing bedtime treat.

Vanilla rose milk.



YIELDS: 16 OZ

Both marvelous by themselves, rose and vanilla create next-level loveliness when combined with warm milk. Enjoy this special concoction on its own, or mix with your favorite coffees, teas, and tisanes.

- 2 CUPS UNSWEETENED VANILLA ALMOND MILK (PAGE 64)
- 1 VANILLA BEAN, SPLIT IN HALF LENGTHWISE WITH A KNIFE
- 2 TBSP AGAVE NECTAR
- 1 TBSP FOOD-GRADE DRIED ROSE PETALS

NUTRITION FACTS PER 8 OZ
SERVING: 110 calories, 3.5g fat, 19g carbs, 0g fiber, 15g sugar, 2g protein.
Nutritional information may vary.

- 1 Combine the **Unsweetened Vanilla Almond Milk**, agave nectar, and dried rose petals in a saucepan. Add vanilla, first scraping as many seeds from the pod, into the milk as you can, before dropping the full pod into the pot.
- 2 Bring to a boil over medium heat, stir to combine all ingredients, then remove from the heat and allow to sit for 30 minutes.
- 3 Strain the mixture into a bottle or jar with an airtight lid. Store in the refrigerator until ready to use, no longer than 3–5 days.

PRO TIP:

This recipe makes enough rose milk to make 3–4 **Rose Vanilla Latte** (page 34). You can also enjoy this mixture warmed up, sans coffee for a sweet treat.

Cashew creamer.



YIELDS: 48 OZ

For a thicker, creamier option than your standard milk or milk substitute, try our cashew creamer. Its nutty, lightly sweet flavor pairs perfectly with any brew.

- 3 CUPS CASHEWS, RAW
- 4 PITTED DATES
- 6 CUPS WATER
- 1 TSP VANILLA EXTRACT
- PINCH OF SALT

- 1 Add raw cashews to a large bowl and cover with water so the nuts are fully submerged. Soak for 4–10 hours. This can be done overnight.
- 2 Strain and rinse cashews, then add to your

blender, along with all remaining ingredients.

- 3 Strain milk through your nut milk bag or cheesecloth. Transfer to a bottle or jar with an airtight lid, and refrigerate up to 2 weeks.

NUTRITION FACTS PER 2 TBSP
SERVING: 50 calories, 3.5g fat, 4g carbs, 0g fiber, 2g sugar, 2g protein.
Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.

Caramel creamer.



YIELDS: 2 CUPS

This dairy and nut-free creamer gives you the richness and sweetness of a traditional creamer, but without the artificial ingredients and excess sugar.

- 2 CUPS RICE MILK (PAGE 66)
- ¼ CUP CARAMEL DATE SYRUP (PAGE 70)
- ¼ TSP VANILLA EXTRACT

- 1 Add all ingredients to a blender and blend until smooth.

- 2 Transfer to a bottle or jar with an airtight lid and refrigerate up to 1 week.

NUTRITION FACTS PER 2 TBSP
SERVING: 40 calories, 0g fat, 10g carbs, <1g fiber, 8g sugar, 0g protein.
Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.

Caramel date syrup.



YIELDS: 16 OZ

This date syrup is insanely easy to make, and offers a wholesome alternative to more processed sweeteners.

6 CUPS **WATER**
2 CUPS **PITTED DATES**

NUTRITION FACTS PER 1 TBSP
SERVING: 35 calories, 0g fat, 9g carbs, <1g fiber, 8g sugar, 0g protein. **Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.**

- 1 Add water and dates to a medium saucepan over high heat. Bring mixture to a boil, then turn off heat and allow to cool to room temperature, about 2 hours.
- 2 Once cooled, transfer saucepan contents to a blender and blend together until smooth. Transfer to a bottle or jar with an airtight lid and refrigerate up to 1 week.

Mint-infused syrup.



YIELDS: 6 OZ

Add minty freshness to your hot and cold coffee drinks with this quick and easy simple syrup. It's especially delicious with chocolate-infused beverages — bring on the mint mochas!

1 CUP **WATER**
3 TBSP **HONEY**
5 SPRIGS **MINT**

NUTRITION FACTS PER 1 TBSP
SERVING: 10 calories, 0g fat, 3g carbs, 0g fiber, 3g sugar, 0g protein. **Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.**

PRO TIP:
Use in **Iced Mint Latte recipe (page 25).**

- 1 Add water and honey to a sauce pan and heat over medium until honey dissolves into the water.
- 2 Remove from heat, add mint sprigs, and allow the mixture to cool to room temperature.
- 3 Remove the mint sprigs, transfer syrup to a bottle or jar with an airtight lid, and refrigerate up to one month.

Vanilla-infused syrup.



YIELDS: 6 OZ

Keep this syrup on-hand to add sweetness and aroma to your favorite beverages, desserts, and beyond. Using whole vanilla bean will infuse your syrup with unbelievable flavor.

1 CUP **WATER**
3 TBSP **AGAVE NECTAR**
1 **VANILLA BEAN**

NUTRITION FACTS PER 1 TBSP
SERVING: 15 calories, 0g fat, 3g carbs, 0g fiber, 3g sugar, 0g protein. **Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.**

- 1 Add water and agave nectar to a sauce pan and heat over medium until agave is melted. Turn heat off.
- 2 With a knife, split the vanilla bean lengthwise, scrape as many seeds into the liquid mixture as possible, then add the rest of the pod to the pot. Allow mixture to cool to room temperature.
- 3 Transfer syrup to a bottle or jar with an airtight lid and refrigerate up to 2 weeks.

NUTRITIONIST TIP:
Making homemade syrups and creamers may sound intimidating, but it's actually incredibly easy. We love them because they don't contain any of the artificial flavorings, sweeteners, or stabilizers that you'll find in the store-bought ones.

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