

# Recipe guide.

Recipes, tips  
& more!



**nutribullet.**  
BLENDER

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



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Thank you for purchasing the NutriBullet® Blender.



EASY. DELICIOUS. NUTRITIOUS.

# NutriBullet® Blender recipe guide.

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

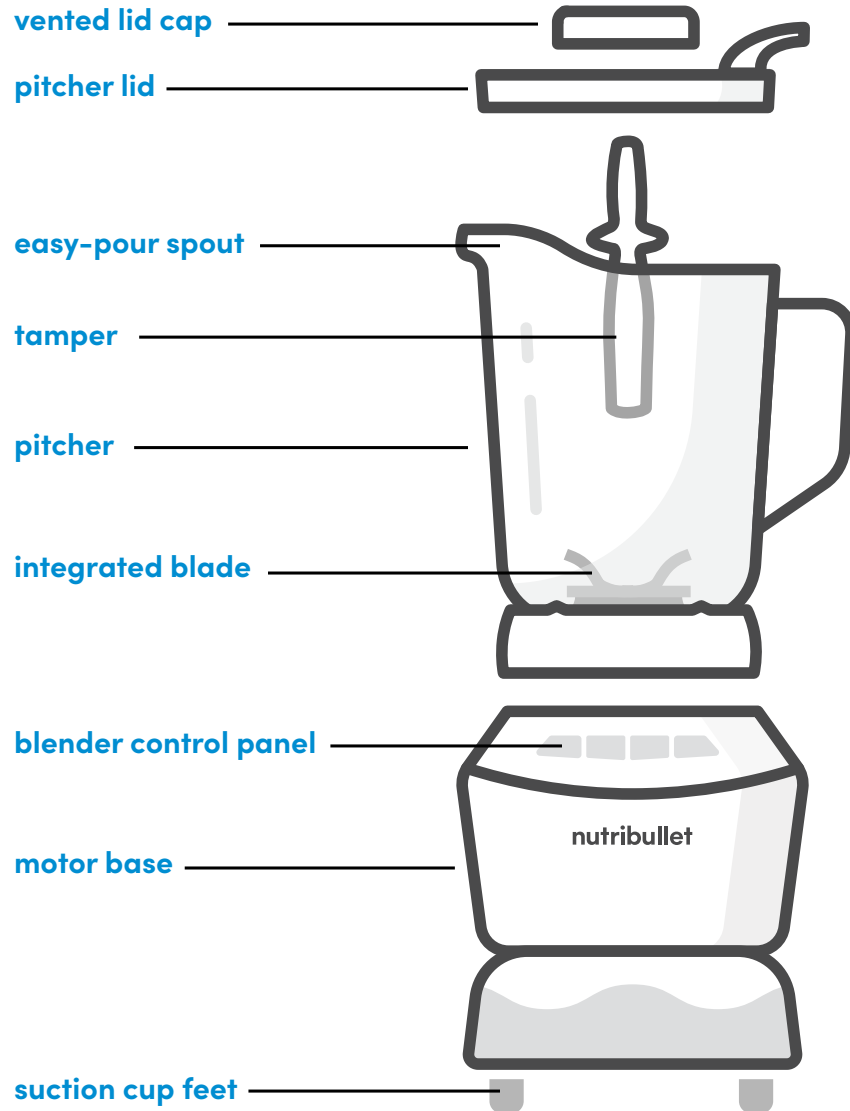
Meet the NutriBullet® Blender. It's the NutriBullet® you know and love, but with more power, more control, and more capacity so you can make even more delicious and nourishing creations.

With 3 speeds plus a pulse setting, the NutriBullet® Blender helps you whip up an endless array of fresh, tasty recipes with minimal effort. Need a quick, energizing breakfast? Make a big batch of fruit and veggie smoothies for the whole family. Running late for dinner? Purée a warm, comforting soup in one minute (literally), right in your pitcher. Entertaining? Savory dips come together in a snap (and so do fruity frozen cocktails).

*And by the way:* it's super easy to clean.

There's really no easier way to make simple, healthy smoothies, meals, snacks, and treats you actually want to eat than with this do-it-all machine. We've compiled some of our favorite recipes in this book to get you acquainted. Try them out, then experiment with your own. We can't wait to see what you create!

# Assembly guide.



# Pitcher assembly.

SEE USER GUIDE FOR DETAILED ASSEMBLY INSTRUCTIONS.



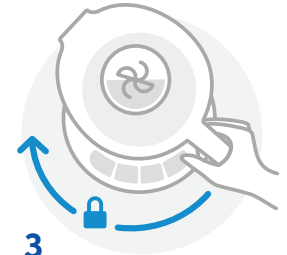
1

Place the pitcher on a clean, dry, level surface. Add the ingredients to the pitcher, making sure they do not exceed the MAX line.



2

Place the lid with vented lid cap inserted on the pitcher, making sure it's aligned to the handle.



3

Lower the pitcher on the motor base, aligning handle on the right, and twist clockwise to lock in place. When you hear the click, it's locked and ready to blend.



4

Press **POWER** ⏻, then select a speed on the blending control panel.



5

Once you reach your desired consistency, stop the appliance by pressing **POWER** ⏻ and wait for blades to stop turning.



6

Twist the pitcher and lift off the motor base. Pour and enjoy!

**!** **CAUTION:** Do not use a knife, spoon, spatula or any apparatus other than the included tamper to push ingredients closer to the blade.

# Blending control panel.



## TURNING ON/OFF

The power button actuates the master power of the appliance. When pressed, this button lights up to indicate the motor is powered on, and the other functions can be used. Always turn the master power off and unplug the unit when the machine is not in use.



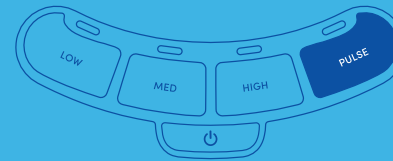
## HIGH SPEED

Use to liquefy thick mixtures and extract frozen fruits and vegetables into smoothies.



## LOW SPEED

Use to mix thin batters, gravies, marinades; scramble eggs; process cooked foods and uncooked fruits.



## PULSE

Use to control chopping and processing.

 **WARNING: DO NOT** use this setting with hot ingredients!



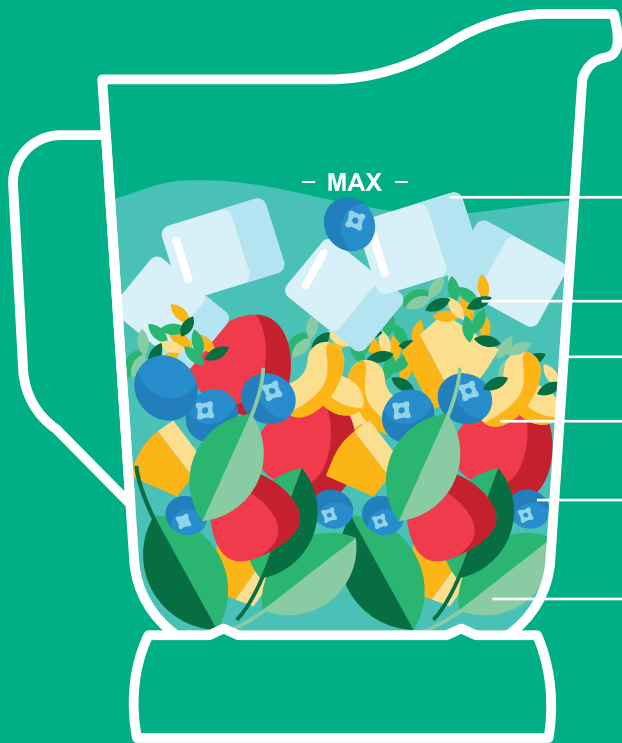
## MEDIUM SPEED

Use to cream soups, mix dips, grind nuts, and blend sauces, spreads, mixed drinks, powdered drinks, and milkshakes.

# 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 and liquid 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**
- 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

## 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's powerful motor, sharp spinning blades, and cup and pitcher shapes 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 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.

Nothing makes a nutrient-extracted smoothie quite like the NutriBullet® Blender. 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](https://www.nutribullet.com)





# Essential green smoothie.



## MAKES 4 SERVINGS

Consider this blend the little black dress of NutriBullet® smoothies: it never goes out of style.

- 4 CUPS **SPINACH (OR OTHER LEAFY GREEN), LOOSELY PACKED**
- 4 **SMALL BANANAS, FROZEN**
- 1 ½ CUPS **UNSWEETENED VANILLA ALMOND MILK (OR OTHER MILK/MILK ALTERNATIVE)**
- ¼ CUP **PEANUT BUTTER**
- 2 CUPS **PLAIN NONFAT GREEK YOGURT**
- 4 SCOOPS **PROTEIN POWDER (OPTIONAL)**
- 2 CUPS **ICE CUBES**

### NUTRITION FACTS PER SERVING

270 calories, 10g fat, 33g carbs, 4g fiber, 18g sugar, 17g protein. Nutrition facts are based on the recipe as listed. Adding protein powder or swapping any ingredients will alter nutritional content.

- 1 Add ingredients to the pitcher in the order listed.
- 2 Cover with the pitcher lid and blend on **HIGH** until smooth, about one minute. Enjoy!

### NUTRITIONIST TIP

To help keep your energy stable throughout the day (good-bye, 3pm slump!), aim to balance your meals and snacks with high-quality protein, healthy fats, and fiber-filled carbs. This combo of greek yogurt, peanut butter, fruit and veggies should do the trick.

### HAVE A NUT ALLERGY?

Substitute the peanut butter for sunflower seed butter and substitute the almond milk for another liquid of your choice such as regular milk, soy milk, or even water.



## Super blue smoothie.



**MAKES 4 SERVINGS**

Is there such a thing as a perfect smoothie? This sweet medley certainly makes a strong case.

- 6 CUPS **SPINACH (OR OTHER LEAFY GREEN), PACKED**
- 2 CUPS **BLUEBERRIES, FROZEN**
- 2 **BANANAS, FROZEN**
- 6 CUPS **UNSWEETENED VANILLA ALMOND MILK (OR OTHER MILK/MILK ALTERNATIVE)**
- ¼ CUP **ALMOND BUTTER**
- 2 TSP **CINNAMON**
- 4 SCOOPS **PROTEIN POWDER (OPTIONAL)**

- 1 Add ingredients to the pitcher in the order listed.
- 2 Cover with the pitcher lid and blend on **HIGH** until smooth, about one minute. Enjoy!

### **NUTRITIONIST TIP**

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! Enjoy a serving a day to reap their many benefits.

### **NUTRITION FACTS PER SERVING**

260 calories, 13g fat, 31g carbs, 8g fiber, 15g sugar, 8g protein. Nutrition facts are based on the recipe as listed. Adding protein powder or swapping any ingredients will alter nutritional content.



## Immunity boost smoothie.



**MAKES 4 SERVINGS**

This bright orange smoothie delivers an energizing lift, whether you're feeling under the weather or on top of the world.

- 2 **ORANGES, PEELED**
- 2 CUPS **CARROTS**
- 2 CUPS **MANGO CHUNKS, FROZEN**
- 4 CUPS **COCONUT WATER**
- ¼ CUP **HEMP SEEDS**
- 2 INCHES **TURMERIC ROOT**
- 2 INCHES **GINGER ROOT**
- ¼ TSP **CAYENNE PEPPER**
- 4 SCOOPS **PROTEIN POWDER (OPTIONAL)**
- WATER, IF NEEDED TO REACH MAX LINE**

- 1 Add ingredients to the pitcher in the order listed.
- 2 Cover with the pitcher lid and blend on **HIGH** until smooth, about one minute. Enjoy!

### **NUTRITIONIST TIP**

Herbs and spices add flavor and body-boosting compounds to your food. Different types have been linked to specific benefits like digestive-supporting ginger, inflammation-taming turmeric, and metabolism-boosting cayenne pepper. Rev up your smoothies by adding a variety of flavorful 'extras' to the mix.

### **NUTRITION FACTS PER SERVING**

230 calories, 5g fat, 43g carbs, 6g fiber, 34g sugar, 5g protein. Nutrition facts are based on the recipe as listed. Adding protein powder will alter nutritional content.

# Loco-cocoa recovery shake.



**MAKES 4 SERVINGS**

A chocolately, protein-packed smoothie ideal for a post-workout treat.

- 4 **BANANAS**
- 1 **AVOCADO**
- 6 CUPS **UNSWEETENED VANILLA ALMOND MILK (OR OTHER MILK/MILK ALTERNATIVE)**
- 2 TSP **VANILLA**
- ¼ CUP **CACAO NIBS**
- ¼ CUP **UNSWEETENED CACAO POWDER**
- 2 TSP **CINNAMON**
- 4 SCOOPS **PROTEIN POWDER**

## **NUTRITION FACTS PER SERVING**

390 calories, 16g fat, 41g carbs, 7g fiber, 15g sugar, 27g 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.

- 1 Add ingredients to the pitcher in the order listed.
- 2 Cover with the pitcher lid and blend on **HIGH** until smooth, about one minute. Enjoy!

## **NUTRITIONIST TIP**

After a workout, your body is like a sponge ready to absorb nutrients. Replenish it with a recovery snack filled with complex carbs, protein, and a little healthy fat.

## **PRO TIP**

Kick up your smoothie with a sprinkle of cayenne pepper.



# Smoothie bowls.

Like a smoothie, but spoonable. These bowls are great when you want something refreshing and creamy, but a bit more substantial than your average blended beverage. Top with granola, fresh fruit, cacao nibs, nuts, seeds, or nut butters to turn your bowl into a mega-nutritious and satisfying meal.



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## Berry smoothie bowl.



### MAKES 4 SERVINGS

Sweet, tart and juicy, this vibrant bowl is filled with berrylicious flavor and beneficial fiber.

- 4 CUPS **STRAWBERRIES, FROZEN**
- 2 CUPS **RASPBERRIES, FROZEN**
- 4 **BANANAS, FROZEN**
- 4 **DATES, PITTED**
- 4 CUPS **UNSWEETENED VANILLA ALMOND MILK (OR OTHER MILK/MILK ALTERNATIVE)**

### NUTRITION FACTS PER SERVING

260 calories, 3.5g fat, 58 carbs, 13g fiber, 30g sugar, 4g protein. Nutrition facts are based on the recipe as listed.

- 1 Add ingredients to the pitcher in the order listed.
- 2 Cover with the pitcher lid and blend on **HIGH** until smooth, about one minute.
- 3 Transfer to a bowl and garnish with toppings of your choice, if desired.

### NUTRITIONIST TIP

A high-fiber diet is linked to improved blood sugar control, better digestion and a reduced risk of heart disease and cancer, among other benefits. Add more to your diet by eating fiber-filled fruits like strawberries and raspberries. Just be sure to increase your intake gradually. Too much too soon can mess with digestion!



# Green monster smoothie bowl.



## MAKES 4 SERVINGS

Green is good — especially when it comes to smoothies (and smoothie bowls).

- 4 CUPS **SPINACH (OR OTHER LEAFY GREEN), LOOSELY PACKED**
- 2 CUPS **BABY KALE (OR OTHER LEAFY GREEN), LOOSELY PACKED**
- 4 **SMALL BANANAS, FROZEN**
- 1 **AVOCADO**
- 3 CUPS **UNSWEETENED VANILLA ALMOND MILK (OR OTHER MILK/MILK ALTERNATIVE)**
- ½ CUP **CASHEW BUTTER**

### OPTIONAL TOPPINGS:

- GRANOLA**
- CHOPPED ALMONDS**
- FRESH RASPBERRIES**

### NUTRITION FACTS PER SERVING

(without toppings):  
 360 calories, 23g fat, 38g carbs, 7g fiber, 13g sugar, 8g protein. Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.

- 1 Add ingredients to the pitcher in the order listed.
- 2 Cover with the pitcher lid and blend on **HIGH** until smooth, about one minute.
- 3 Transfer to four bowls (or store leftovers for later) and top with almonds, raspberries, and granola, if desired.

### NUTRITIONIST TIP

To get the ultimate nutrient bang for your calorie buck, incorporate dark, leafy green vegetables (spinach, chard, kale, etc.) into your diet each day. Reach your green goal (and then some!) with this recipe.



# Soups.

An easy way to “eat” your veggies? Soup! And you don’t need to simmer a pot all day for a nourishing bowlful. The recipes in this section come together in minutes, making fast and nutritious meals that seriously satisfy.

## PRO TIP:

Flying solo? Freeze any leftover soup in reusable bags. Simply thaw & warm up over the stove when you want a quick dinner.



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## Vegan tomato soup.



### MAKES 4 SERVINGS

Dairy not your thing? This rich tomato soup subs cashews for cream without sacrificing any flavor.

2	14.5-OZ CANS OF WHOLE TOMATOES, DRAINED
1	YELLOW ONION, PEELED
4	GARLIC CLOVES
1 ½ CUP	CASHEWS
3 TBSP	EXTRA VIRGIN OLIVE OIL
2 CUPS	LOW SODIUM VEGETABLE BROTH
½ TSP	CELERY SALT

**NUTRITION FACTS PER SERVING**  
410 calories, 29g fat, 26g carbs, 6g fiber,  
10g sugar, 10g protein

- 1 Combine all ingredients in the pitcher in the order listed and cover with the pitcher lid. Make sure the vented lid cap is inserted and secure before blending.
- 2 Start the blender on **LOW**. Once ingredients are mixed and level, increase speed to **HIGH** until fully puréed, about 1 minute.
- 3 Transfer soup to a small saucepan on the stovetop and heat over medium until warmed through. Serve with desired toppings.

### NUTRITIONIST TIP

Don't fear the fat! Healthy fats like those found in cashews and olive oil help stabilize blood sugar and keep hunger pangs at bay. Research is also showing us that these unsaturated, plant-based fats may help to keep our hearts healthy.





**CAUTION**

Only make soup in the pitcher with vented lid attached.

# Purple potato & cauliflower soup.



**MAKES 4 SERVINGS**

Cozy up to this savory soup whenever you need a little comfort.

- |        |  |   |  |
|--------|--|---|--|
| 1 HEAD | <b>PURPLE CAULIFLOWER, CUT INTO FLORETS</b>    | 1 | Preheat your oven to 400°F.  |
| 6      | <b>BABY PURPLE POTATOES, WASHED AND HALVED</b> | 2 | Toss the cauliflower florets, potatoes, onion and garlic in olive oil with salt and pepper and spread out on an oven-safe sheet pan. Roast for 20 minutes, or until potatoes are tender. |
| 8      | <b>GARLIC CLOVES</b>                           | 3 | Combine roasted veggies and remaining ingredients in the pitcher and attach the pitcher lid with the vented lid cap inserted.  |
| ½      | <b>WHITE ONION</b>                             | 4 | Start the blender on <b>LOW</b> power. As soon as the ingredients are mixed, increase power to <b>HIGH</b> until puréed — about 1 minute.  |
| ¼ CUP  | <b>EXTRA VIRGIN OLIVE OIL</b>                  | 5 | If the soup is not warm enough, transfer to a saucepan and warm on the stovetop over medium heat until warmed through.   |
| 2 CUPS | <b>LOW SODIUM VEGETABLE STOCK</b>              |   |  |
| 1 CAN  | <b>LIGHT COCONUT MILK</b>                      |   |  |
| ½ TSP  | <b>SALT</b>                                    |   |  |
| 1 TSP  | <b>PEPPER</b>                                  |   |  |

**PRO TIP**

Roast your veggies up to two days in advance and refrigerate in an airtight container. They'll be cooked and ready for blending when you are.

**NUTRITION FACTS PER SERVING**

320 calories, 20g fat, 30g carbs, 6g fiber, 6g sugar, 6g protein

**NUTRITIONIST TIP**

Cruciferous veggies like cauliflower are filled with sulfur-containing compounds known to help tame inflammation — which helps to keep you feeling your best!

# Butternut squash & apple soup.



## MAKES 4 SERVINGS

Squash and apples: it's a match made in autumnal heaven. Whip this one up and start living your fall fantasy.

- 3 CUPS **BUTTERNUT SQUASH, CUT INTO 1" CUBES**
- 1 **WHITE ONION, PEELED AND CUT INTO 2" PIECES**
- 1 **GRANNY SMITH APPLE, PEELED, CORED, AND CUT INTO 2" PIECES**
- 2 TBSP **EXTRA VIRGIN OLIVE OIL**
- 3 CUPS **LOW SODIUM VEGETABLE BROTH**
- ½ TSP **SALT**

### NUTRITIONIST TIP

There's reason behind the term "eat the rainbow." The phytonutrients that give foods their vibrant hues also supply health-protecting benefits. Get your fill of these beneficial compounds from the bright yellow squash and fresh green apple in this tasty soup.

### PRO TIP

Roast your veggies up to two days in advance and refrigerate in an airtight container. They'll be cooked and ready for blending when you are.

### NUTRITION FACTS PER SERVING

170 calories, 7g fat, 26g carbs, 5g fiber, 10g sugar, 2g protein

- 1 Preheat your oven to 400°F.
- 2 Toss the butternut squash, apples and onion in olive oil with salt and pepper and spread out on an oven-safe sheet pan. Roast for 30–40 minutes, or until fork tender.
- 3 Combine roasted squash, apples and onion with the remaining ingredients in the pitcher and attach the pitcher lid with the vented lid cap inserted.
- 4 Start the blender on **LOW** power. As soon as the ingredients are mixed, increase power to **MEDIUM** and blend until fully puréed, about 1 minute.
- 5 If the soup is not warm enough, transfer to a saucepan and warm on the stovetop over medium until warmed through.



### CAUTION

Only make soup in the pitcher with vented lid attached.

# Dips and sauces.

Consider these recipes the ‘best supporting actors’ of your meal. While you can find pre-packaged varieties at the grocery store, the jarred stuff doesn’t hold a candle to the flavor of homemade versions made from fresh ingredients.



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## Classic hummus.



**MAKES ABOUT 24 SERVINGS**

**Nothing beats homemade hummus...NOTHING.**

2	<b>15-OZ CAN GARBANZO BEANS, DRAINED AND RINSED</b>
2	<b>CLOVES GARLIC</b>
¼ CUP	<b>LEMON JUICE</b>
¼ CUP	<b>EXTRA VIRGIN OLIVE OIL</b>
2 TBSP	<b>WATER</b>
½ CUP	<b>TAHINI</b>
½ TSP	<b>SALT</b>
¼ TSP	<b>CUMIN</b>

**NUTRITION FACTS PER SERVING**

100 calories, 6g fat, 9g carbs, 2g fiber,  
1g sugar, 3g protein

- 1 Add all ingredients to the pitcher and cover with the pitcher lid – vented lid cap removed.
- 2 Begin on **LOW** until liquid is incorporated into the mixture, then switch to **MEDIUM** and blend until hummus reaches your desired consistency.
- 3 If you find ingredients are not blending evenly, insert the tamper through the hole in the pitcher lid and stir to redistribute the contents.
- 4 Blend until you get a smooth, even purée.

**NUTRITIONIST TIP**

Time for a heart-to-heart: heart-friendly diets include plenty of fruits, veggies, whole grains, low/non-fat dairy and lean proteins. What they don't: sodium, saturated fat, and added sugar. Serve this heart-happy hummus with a rainbow of cut veggies to pump up its benefits.

**CAUTION**

The tamper is specifically designed not to come in contact with the blade. Never use spatulas, spoons or other tools as they may be long enough to reach the blade, resulting in potential damage to the machine and/or personal injury.



# Smoky chipotle sauce.



**MAKES ABOUT 10 SERVINGS**

**A zesty topping that tastes as good on tacos, meats, and fish as it does with a basket of tortilla chips.**

1 TSP	<b>EXTRA VIRGIN OLIVE OIL</b>
2	<b>CLOVES GARLIC</b>
½	<b>JALAPENO</b>
¼	<b>WHITE ONION</b>
1	<b>14.5-OZ CAN WHOLE TOMATOES</b>
¼	<b>7-OZ CAN CHIPOTLE PEPPERS</b>
1 TBSP	<b>LIME JUICE</b>
½ TSP	<b>SALT</b>

### PRO TIP

Feel free to roast a whole onion and jalapeño and save leftovers for salads, bowls, or toppings. Just double your olive oil and add 5 minutes to your roasting time, and you should be good to go.

### NUTRITION FACTS PER SERVING

20 calories, 0.5g fat, 3g carbs, 0g fiber, 2g sugar, 1g protein

- 1 Preheat your oven to 400°F.
- 2 Toss the garlic, jalapeno, and onion in olive oil and spread on an oven-safe pan. Roast for 15 minutes.
- 3 Add roasted ingredients and remaining ingredients in the order listed to the pitcher and attach the pitcher lid with the vented lid cap inserted.
- 4 Begin on **LOW** until liquid is incorporated into the mixture, then switch to **HIGH** until smooth, about one minute. Enjoy!

### NUTRITIONIST TIP

Hot peppers – like chipotles – are a source of capsaicin, which studies suggest has cancer-protective, anti-inflammatory and pain-reducing effects. So, keep it spicy.

### CAUTION

Only make soup in the pitcher with vented lid attached.

# Perfect pesto.

**MAKES ABOUT 20 SERVINGS**

**Everything tastes better with pesto. Adventurous types, feel free to switch up your herbs, nuts, and/or cheeses.**

- 3 CUPS **FRESH BASIL LEAVES, PACKED**
- 2 CUPS **PARMESAN CHEESE, GRATED**
- 1 ½ CUPS **PINE NUTS**
- 8 **CLOVES GARLIC**
- 1 ¼ CUPS **EXTRA VIRGIN OLIVE OIL**
- ½ TSP **SALT**
- ½ TSP **BLACK PEPPER**

## **NUTRITION FACTS PER SERVING**

250 calories, 24g fat, 2g carbs, 0g fiber, 0g sugar, 5g protein

- 1 Add ingredients to the pitcher in the order listed, cover with the pitcher lid, and **PULSE** 3-5 times to combine.
- 2 Increase speed to **MEDIUM** until ingredients are evenly blended. If you find ingredients are not blending evenly, insert the tamper through the hole in the pitcher lid and stir to redistribute the mixture.

## **NUTRITIONIST TIP**

Keeping it low carb? This pesto only contains 2 grams per serving! Add it to grilled seafood, chicken, or even scrambled eggs for a hit of savory goodness.



## **CAUTION**

The tamper is specifically designed not to come in contact with the blade. Never use spatulas, spoons or other tools as they may be long enough to reach the blade, resulting in potential damage to the machine and/or personal injury.

# Cocktails.

You didn't think we'd create a whole book about blending and not include cocktails, did you?



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## Green apple martini.



### MAKES 4 SERVING

This light, refreshing cocktail goes down easy. **VERY** easy.

- 2 GREEN APPLES, CORED, PEELED, AND ROUGHLY CHOPPED
- 2 TBSP LEMON JUICE
- ¾ CUP VODKA
- ¼ CUP WATER
- 1 INCH GINGER ROOT
- ¼ CUP AGAVE SYRUP
- 2 CUPS ICE

- 1 Add ingredients to the pitcher in the order listed.
- 2 Cover with the pitcher lid and blend on **HIGH** until smooth, about one minute. Enjoy!

### PRO TIP

Don't like green apples or have one on hand? Use a pear or sliced watermelon instead! Same fresh fruity goodness, different vibe.

### NUTRITION FACTS PER SERVING

230 calories, 0g fat, 34g carbs, 3g fiber, 29g sugar, 1g protein. Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.



## Mango margarita.



**MAKES 4 SERVINGS**

Tequila, lime, and mango. Sold.

4 CUPS **MANGO, FROZEN**  
 1 CUP **ORANGE JUICE**  
 ¼ CUP **LIME JUICE**  
 1 CUP **GOLD TEQUILA**  
**TAJIN CHILI POWDER TO GARNISH (OPTIONAL)**

- 1 Add ingredients to the pitcher in the order listed.
- 2 Cover with the pitcher lid and blend on **HIGH** until ingredients are evenly blended, about 1 minute.
- 3 Rub rim of each glass with lime juice then dip in Tajin chili powder to garnish. Distribute margarita between glasses.

**PRO TIP**

Skip the sugar-laden processed syrups and blends that include corn syrup, brown rice syrup, or cane juice, and utilize nature's dessert — fruit — instead!

**NUTRITION FACTS PER SERVING**  
 280 calories, 0g fat, 40g carbs, 3g fiber, 34g sugar, 0g protein



## Raspberry daiquiri.



**MAKES 4 SERVINGS**

Paradise is just a sip away.

4 CUPS **RASPBERRIES, FROZEN**  
 ½ CUP **WATER, PLUS AN ADDITIONAL ¼ CUP RESERVED**  
 ¼ CUP **LIME JUICE**  
 1 CUP **RUM**  
 ¼ CUP **HONEY**

- 1 In a glass or bowl, stir together ¼ cup honey with ½ cup water to create a honey syrup.
- 2 Add syrup, frozen raspberries, remaining ¼ cup water, lime juice, and rum to the pitcher.
- 3 Cover and blend on **HIGH** until ingredients are evenly blended.

**PRO TIP**

When fresh is not in season, opt for frozen. Frozen fruits, like the raspberries in this daiquiri, are picked at peak ripeness and frozen within hours, "locking in" their nutrients and flavor.

**NUTRITION FACTS PER SERVING**  
 300 calories, 1.5g fat, 41g carbs, 12g fiber, 24g sugar, 3g protein



# Odds n' ends.

Some of our favorite concoctions defy categorization. This selection of 'miscellaneous' recipes can be enjoyed in many forms.



## Matcha frappe.



**MAKES 4 SERVINGS**

Need a midday caffeine boost? This green tea treat offers a low-key buzz, plus beneficial antioxidants.

- 6 CUPS UNSWEETENED VANILLA ALMOND MILK (OR OTHER MILK/MILK ALTERNATIVE)
- ½ CUP AGAVE
- 2 TBSP MATCHA GREEN TEA POWDER + 2 TSP
- 2 CUPS ICE

- 1 Add ingredients to the pitcher in the order listed.
- 2 Cover with the pitcher lid and blend on **HIGH** until smooth, about one minute. Enjoy!

### NUTRITION FACTS PER SERVING

180 calories, 4g fat, 34g carbs, 0g fiber, 32g sugar, 6g protein

### NUTRITIONIST TIP

Matcha and coffee have similar amounts of caffeine, but matcha lovers claim it gives you a "calming" energy boost without the added jitters. You can thank L-theanine for this – which may induce relaxation.





# N'ice cream.



**MAKES 4 SERVINGS**

**Feeling decadent? This frozen banana treat totally hits the spot.**

4 **BANANAS, FROZEN**  
1 CUP **UNSWEETENED VANILLA ALMOND MILK**  
¼ TSP **PURE VANILLA EXTRACT**

**NUTRITION FACTS PER SERVING**  
110 calories, 1g fat, 27g carbs, 3g fiber,  
14g sugar, 2g protein

- 1 Add ingredients to the pitcher in the order listed.
- 2 Cover with the pitcher lid and blend on **HIGH** until the mixture reaches the consistency of soft serve ice cream. Add more almond milk if needed to create a smooth, creamy consistency.
- 3 Enjoy immediately.

### **NUTRITIONIST TIP**

Not all sugar is created equal. The naturally occurring sugar found in fruit comes with the added benefits of fiber, vitamins, and minerals — unlike added sugar found in processed desserts. Now you can feel good devouring every last spoonful.

### **PRO TIP**

Add in different ingredients to change up your flavorings like ½ cup of unsweetened cacao powder, a handful of frozen strawberries or raspberries, or ¼ tsp of peppermint extract. Top with nuts, nut butter, shredded coconut, chocolate chips, or fresh fruit for an extra-special treat.



# Almond milk.



**MAKES 6 SERVINGS**

**Flex your culinary skills. Make your own homemade almond milk.**

**3 CUPS ALMONDS, RAW, SOAKED FOR 4 HOURS**  
**6 CUPS WATER**  
**2 TSP VANILLA EXTRACT**

**PRO TIP**

Swap almonds with cashews, peanuts, pecans, or sunflower seeds to make different kinds of non-dairy milk.

**NUTRITION FACTS PER SERVING**  
40 calories, 3g fat, 2g carbs, 0g fiber, 0g sugar, 2g protein. **Nutrition information may vary.**

- 1 Soak almonds in water for 4 hours (max 6 hours).
- 2 Strain and rinse almonds. Add soaked almonds and  $\frac{1}{2}$  cup water to the pitcher, cover with pitcher lid and **PULSE** to break up into a thick paste.
- 3 Select **LOW** and blend for one minute.
- 4 Add the remaining water and vanilla.
- 5 Select **HIGH** and blend for two minutes.
- 6 Strain liquid through a milk bag, fine mesh sieve or cheesecloth into a resealable glass container. The milk will keep fresh up to 3 days.
- 7 Keep the remaining paste as a nut flour to use for baking, if desired.

**NUTRITIONIST TIP**

If dairy doesn't sit well with your stomach, non-dairy milks are a great alternative. Homemade versions provide an added bonus since they don't contain any additional thickeners, additives, or artificial ingredients.



### CAUTION

The tamper is specifically designed not to come in contact with the blade. Never use spatulas, spoons or other tools as they may be long enough to reach the blade, resulting in potential damage to the machine and/or personal injury.

# Almond butter.



## MAKES 16 SERVINGS

Rich and creamy almond butter tastes even better when it's made from scratch.

4 CUPS ALMONDS, RAW  
4 TBSP COCONUT OIL

### NUTRITIONIST TIP

Seeds & nuts are powerful sources of plant protein, fiber, and healthy fats. Drizzle nut butters, like this one, on top of your smoothie bowls for an extra boost of nutrition.

### PRO TIP

If you want your almond butter sweeter, add a little honey or agave to the mix.

### NUTRITION FACTS PER SERVING

210 calories, 18g fat, 6g carbs, 4g fiber, 1g sugar, 6g protein

- 1 Preheat your oven to 400°F.
- 2 Spread almonds on an oven-safe sheet pan. Roast for 15 minutes, or until lightly toasted. Allow to cool for at least 10 minutes before blending.
- 3 Add warm roasted almonds and room temperature coconut oil to the pitcher to the pitcher and cover with the pitcher lid.
- 4 **PULSE** 4 times to break down almonds into uniform small pieces.
- 5 Select **LOW**. If ingredients aren't blending evenly, insert the tamper through the hole in the pitcher lid and stir to redistribute the mixture. Stop blending as needed to scrape the almond pieces from the side of your vessel.
- 6 Once the mixture becomes more uniform, switch speed to **HIGH** until it reaches your desired consistency.
- 7 Store in an airtight container.

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## BLENDER



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