

# Recipe guide.

Recipes, tips  
& more!



**nutribullet.**  
SMART TOUCH  
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®  
Smart Touch Blender™.



EASY. DELICIOUS. NUTRITIOUS.

# NutriBullet® Smart Touch Blender™ recipe guide.

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

Meet the NutriBullet® Smart Touch Blender™. With high-performance wattage, intelligent programs, and multiple speeds, this sophisticated machine delivers a world of blended possibilities, all at the touch of a finger.

The Smart Touch Blender™ operates via a sleek touchscreen display, which lights up with a variety of settings to serve all of your blending needs. Use the expertly designed intelligent programs to blend up the perfect ready-to-heat soup, purée, smoothie, or frozen drink. Or, take more control over your culinary creations with three manual speeds and a pulse function. It's all set and ready to go; all you have to do is choose.

To get you started, we've compiled our favorite recipes that make use of each intelligent program. This collection of soups, smoothies, sauces, desserts, and beyond uses wholesome, nourishing ingredients to make easy, deliciously healthful dishes that fit seamlessly into any lifestyle. Give them a try, or get started with your own ideas. Whatever you're in the mood to make, this blender is smart enough to keep up.



nutribullet®

10  
8  
6  
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CUPS  
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Purées

Soups



Frozen Drinks

Smoothies

00:00

Pulse

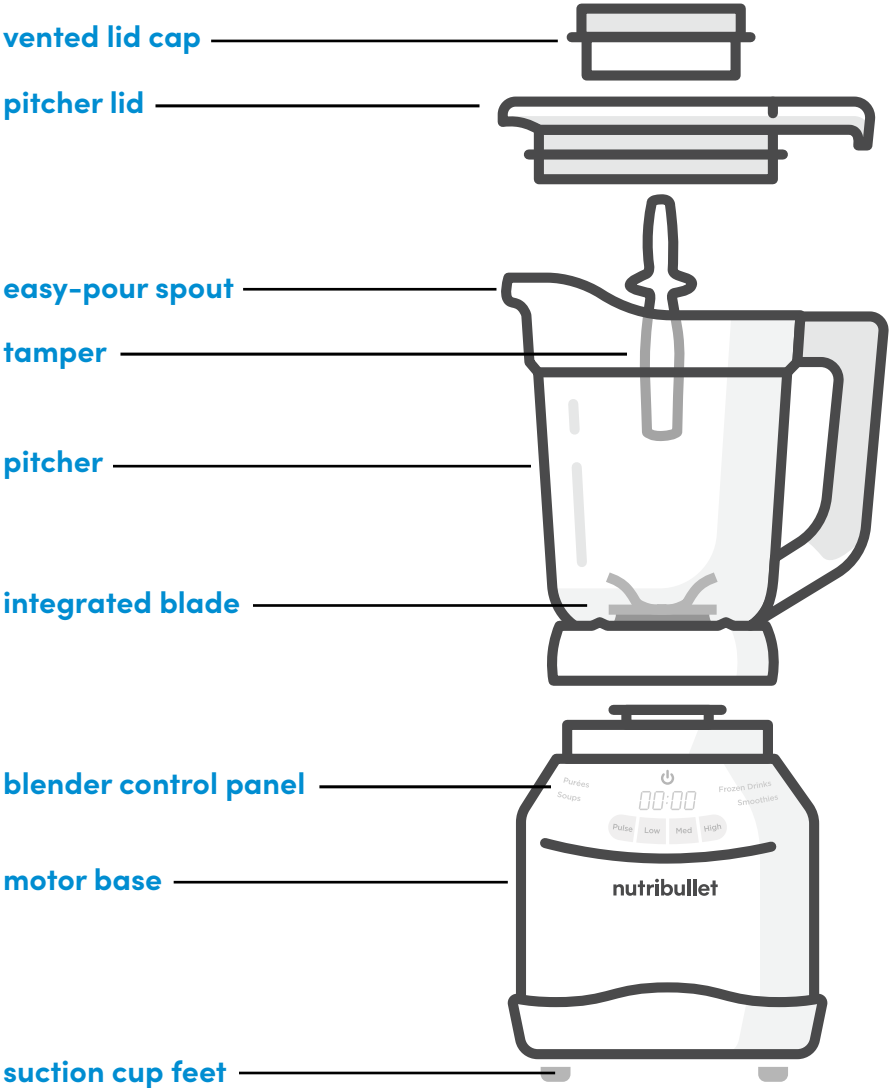
Low

Med

High

nutribullet®

# What's included.



# Pitcher assembly.

SEE USER GUIDE FOR DETAILED ASSEMBLY INSTRUCTIONS.

1 A line drawing of the motor base, which is a cylindrical unit with a handle on the right side. The word "nutribullet" is printed on the front.

Place the motor base on a clean, dry, level surface such as a counter or table.

2 A line drawing showing a hand pouring blue liquid and blue chunks into the pitcher. The pitcher is sitting on the motor base. The pitcher has a handle on the right and a "MAX" line on the front.

Add ingredients to the pitcher, making sure they do not exceed the MAX line or liquid MAX line.


3 A line drawing showing the pitcher with ingredients inside. A blue lid with a vented cap is being placed on top. An arrow points down from the lid to the pitcher.

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

**NOTE:** The blender will not operate unless pitcher lid is locked on to the pitcher.

4 A line drawing showing the lid being twisted clockwise to lock. A hand is shown turning the lid. A blue arrow indicates the clockwise direction. A lock icon is shown on the lid, and a power button icon is visible on the motor base.

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.


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

 **ALWAYS** be careful when opening the pitcher after blending hot or warm ingredients.





5

Plug the power cord into an electrical outlet and press **POWER**  to turn on the blender. Once the pitcher is fully locked and the unit is plugged in, the **Blending Control Panel** will illuminate and the unit will be ready to operate.





6

**To begin blending**, select a manual speed or program on the **Blending Control Panel**. To pause blending, press the current speed or program once, the unit will stop running and the timer will pause. **To resume blending**, press a manual speed or the same program again.



7

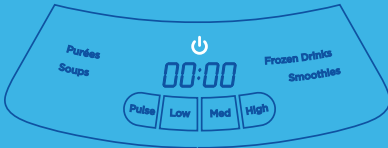
When you have reached your desired consistency, stop the appliance by pressing **POWER** . If you are using a program, you will hear a beep when the program has completed. Wait for the blades to stop turning. The unit will enter idle-mode. The timer will reset and the **Blending Control Panel** will remain illuminated. Press **POWER**  again to turn off the unit completely and the illuminated display will turn off.




8

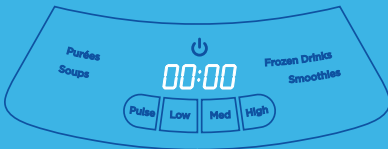
Twist pitcher counterclockwise and lift off the motor base. Pour and enjoy!

# Blending control panel: manual speeds.



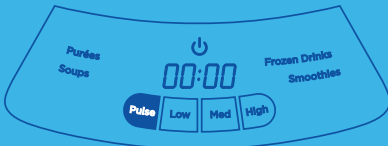
## TURNING ON/OFF

The power button actuates the master power of the appliance. When pitcher with pitcher lid is locked in place, pressing **POWER**  will indicate the motor is powered on and the **Blending Control Panel** will illuminate.



## TIMER

**When using a blending speed:** timer starts at zero (00:00) and increases during operation, showing time elapsed since blending began. **When using program presets:** timer counts down during operation until program is completed.

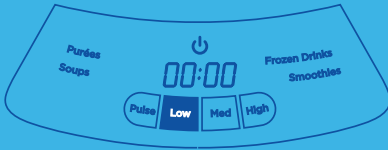


## PULSE

Use to control chopping and processing.



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



## LOW SPEED

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



## MEDIUM SPEED

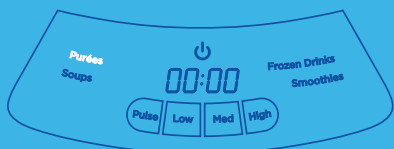
Use to cream soups, mix dips, grind nuts, and blend sauces, spreads, mixed drinks, powdered drinks, and milkshakes.



## HIGH SPEED

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

# Blending control panel: intelligent programs.



## PURÉES

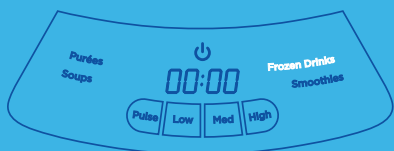
Delivers a perfectly smooth texture — ideal for dips, sauces and spreads of all kinds.



## SOUPS

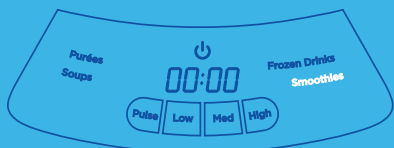
Blends sweet or savory ingredients into the silkiest of ready-to-heat soups and chilled gachachos.

**NOTE:** The **Soup program** does not heat the content you are blending.



## FROZEN DRINKS

Perfect for ice-blended mocktails or cocktails, and frappe style drinks.



## SMOOTHIES

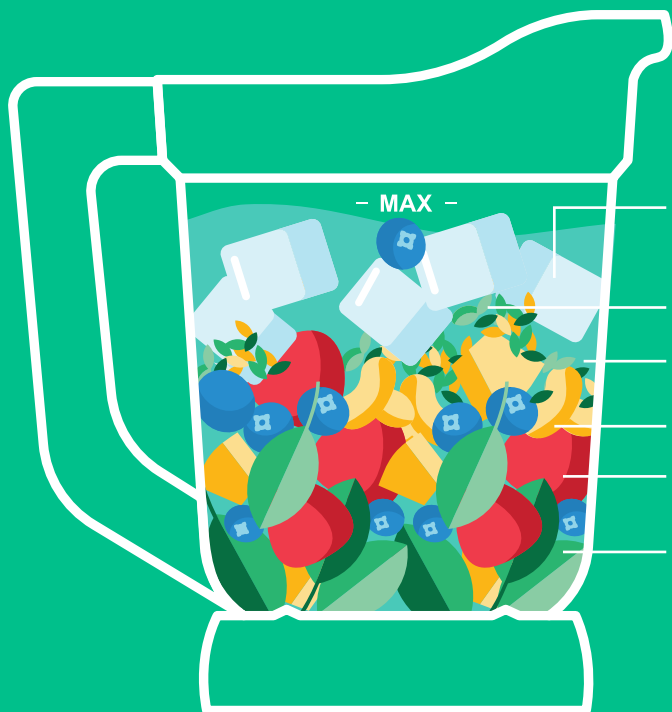
Easily turn fresh or frozen fruits and vegetables into sippable nutritious smoothies.



# 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 the pitcher. 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:

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



# 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.



## SNACK SUITABLE:

### Just a nibble

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



## IMMUNE BOOSTING:

### What sick days?

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



## 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® Smart Touch 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 2 SERVINGS

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

2 CUPS	<b>SPINACH</b>
2	<b>SMALL BANANAS, FROZEN</b>
1 CUP	<b>UNSWEETENED VANILLA ALMOND MILK (OR OTHER MILK/MILK ALTERNATIVE)</b>
2 TBSP	<b>PEANUT BUTTER, CREAMY, UNSALTED</b>
1 CUP	<b>GREEK YOGURT, PLAIN, NON-FAT</b>
2 SCOOPS	<b>SUPERFOOD ESSENTIALS VANILLA PLANT-BASED PROTEIN</b>

- 1 Add ingredients to the pitcher in the order listed.
- 2 Cover with the pitcher lid and blend using the **SMOOTHIES** program. Enjoy!

### NUTRITIONIST TIP

This recipe is a good recipe to keep on hand when you need a satisfying on-the-go meal. It's packed with belly-filling fiber, satisfying protein, and heart healthy fats, making it perfectly balanced.

### 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.

### NUTRITION FACTS PER 16 OZ SERVING

440 calories, 15g fat, 44g carbs, 8g fiber, 18g sugar, 38g protein. Nutrition facts are based on the recipe as listed. Adding protein powder or swapping any ingredients will alter nutritional content.



# Apple pie smoothie.



## MAKES 2 SERVINGS

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

2	<b>LARGE APPLES, CORED &amp; QUARTERED</b>
2 CUPS	<b>BABY SPINACH</b>
4	<b>MEDJOO DATES, PITTED</b>
1 PACK (12 OZ)	<b>SOFT SILKEN TOFU, CHILLED</b>
1 TSP	<b>VANILLA EXTRACT</b>
1 TSP	<b>CINNAMON</b>
¼ TSP	<b>CARDAMOM</b>
½ CUP	<b>UNSWEETENED ALMOND MILK (OR OTHER MILK ALTERNATIVE)</b>
2 CUPS	<b>ICE</b>

## NUTRITION FACTS PER 16 OZ SERVING

370 calories, 8g fat, 67g carbs, 10g fiber, 50g sugar, 12g protein. Nutrition facts are based on the recipe as listed. Adding protein powder or swapping any ingredients will alter nutritional content.

- 1 Add all ingredients except ice to the pitcher in the order listed.
- 2 Cover with the pitcher lid and blend on **HIGH** for 30 seconds.
- 3 Add ice and blend using the **SMOOTHIES** program.
- 4 Serve with a dash of cinnamon.

## NUTRITIONIST TIP

Anti-soy messages are rampant online, but the science actually indicates that moderate consumption of soy is safe and healthy. According to the American Institute for Cancer Research, moderate consumption of soy is 1 – 2 daily servings of whole soy foods, such as tofu, soy milk, and edamame. It is a great way to get fiber and protein in one!

# Berry whey protein smoothie.



## MAKES 2 SERVINGS

Into berries? We're whey ahead of you. This protein-packed smoothie makes a great meal replacement or post-workout recovery snack to fuel you towards your goals.

2 CUPS	<b>MIXED BERRIES, FROZEN</b>
1	<b>BANANA, FROZEN</b>
3 CUPS	<b>UNSWEETENED VANILLA ALMOND MILK</b>
2 SCOOPS	<b>NUTRIBULLET® VANILLA WHEY PROTEIN</b>
1½ CUPS	<b>ICE</b>

- 1 Add ingredients to the pitcher in the order listed.
- 2 Cover with the pitcher lid and blend using the **SMOOTHIES** program. Enjoy!

### NUTRITIONIST TIP

Over the past few decades, a cascade of research has unveiled the many health benefits of berries, linking berry consumption to lowering the risk for cancer, heart disease, diabetes, and age-related mental decline.

### NUTRITION FACTS PER 16 OZ SERVING

270 calories, 5g fat, 34g carbs, 9g fiber, 18g sugar, 23g protein. Nutrition facts are based on the recipe as listed. Adding protein powder or swapping any ingredients will alter nutritional content.





# Coconut matcha smoothie.



## MAKES 2 SERVINGS

When it comes to antioxidants, there's no such thing as too matcha. This powerful smoothie combines fresh green tea flavor with nourishing coconut for a sweet, creamy treat that tastes as good as it makes you feel.

- 1 FROZEN BANANA
- 4 CUPS SPINACH
- ¼ CUP UNSWEETENED COCONUT FLAKES
- 2 PACKETS NUTRIBULLET® SUPERBOOSTS ENERGY MATCHA GREEN TEA (OR 2 TSP MATCHA POWDER)
- 2 CUPS UNSWEETENED ALMOND MILK (OR OTHER MILK ALTERNATIVE)
- 1 CUP ICE

## NUTRITION FACTS PER 16 OZ SERVING

160 calories, 7g fat, 21g carbs, 6g fiber, 7g sugar, 4g protein. Nutrition facts are based on the recipe as listed. Adding protein powder will alter nutritional content.

- 1 Add ingredients to the pitcher in the order listed.
- 2 Cover with the pitcher lid and blend using the **SMOOTHIES** program.
- 3 Serve with a dash of cinnamon and coconut flakes.

## NUTRITIONIST TIP

"Matcha" literally translates to "powdered tea." When you drink traditional tea, the tea leaves are discarded. With matcha, you drink the actual tea leaves which have been made into a powder — making matcha a more potent form of nutrients and antioxidants.

# 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.



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





# Stone fruit smoothie bowl.



## MAKES 2 SERVINGS

We're peachy keen on this summery smoothie bowl — perfect for a refreshing breakfast or a hydrating post-workout snack.

- 1 PEACH, LARGE, PITTED
- 1 PLUM, LARGE, PITTED
- 2 APRICOTS, PITTED
- 1 BANANA, FROZEN
- ½ CUP UNSWEETENED ALMOND MILK (OR OTHER MILK ALTERNATIVE)
- 2 TBSP MAPLE SYRUP
- 3 CUPS ICE

OPTIONAL: ADD VANILLA PLANT BASED PROTEIN OR WHEY PROTEIN

## NUTRITION FACTS PER 2½ CUP SERVING

180 calories, 1.5g fat, 43 carbs, 4g fiber, 33g sugar, 3g protein. Nutrition facts are based on the recipe as listed.

- 1 Add ingredients to the pitcher in the order listed.
- 2 Cover the pitcher with the pitcher lid and blend using the **SMOOTHIES** program.
- 3 Transfer to two bowls. Garnish with fresh fruit, nuts, granola or toppings of your choice.

### PRO TIP

Peaches, plums, and apricots are all members of stone fruit family because their flesh surrounds a hard, stone-like pit. These juicy orbs are equally delicious blended into popsicles, pulsed into sweet and savory salsas, or pureed as a topping for pancakes or yogurt.

# Berry smoothie bowl.



## MAKES 2 SERVINGS

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

2 CUPS	<b>STRAWBERRIES, FROZEN</b>
1 CUP	<b>RASPBERRIES, FROZEN</b>
2	<b>BANANAS, FROZEN</b>
2	<b>MEDJOO DATES, PITTED</b>
1 CUP + ¼ CUP MORE IF NEEDED	<b>UNSWEETENED ALMOND MILK (OR OTHER MILK ALTERNATIVE)</b>

- 1 Add ingredients to the pitcher in the order listed.
- 2 Cover with the pitcher lid and blend using the **SMOOTHIES** program.
- 3 Transfer to a bowl and garnish with toppings of your choice, if desired.

## NUTRITION FACTS PER 16 OZ SERVING

(without toppings):  
260 calories, 3.5g fat, 58g carbs, 13g fiber, 30g sugar, 4g protein. Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.

## NUTRITIONIST TIP

Sugar in your diet is found in two forms: naturally occurring (found in fruit, for example) or added (like table sugar or honey). When you eat naturally occurring sugar from whole foods, you're also consuming the inherently good properties, such as fiber and antioxidants, from those foods. According to the 2015–2020 Dietary Guidelines for Americans, aim to limit your intake of added sugar, not the sugar found naturally in food.









# 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 containers. Simply thaw & warm up over the stove when you want a quick dinner.



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

# Creamy mushroom soup.



## MAKES 5 SERVINGS

Super savory and full of good-for-you ingredients, this shroomy, plant-based soup is a forest to be reckoned with.

8 OZ	<b>CRIMINI MUSHROOMS, CUT IN THIRDS</b>
1/4	<b>YELLOW ONION, PEELED</b>
2 TBSP	<b>OLIVE OIL</b>
1 TSP	<b>SALT</b>
3	<b>GARLIC CLOVES</b>
1/2 CUP	<b>CASHEWS, RAW</b>
3 CUPS	<b>VEGETABLE STOCK</b>
1/4 TSP	<b>BLACK PEPPER</b>

## NUTRITION FACTS PER 1 CUP SERVING

140 calories, 12g fat, 7g carbs, 1g fiber, 2g sugar, 4g protein

## PRO TIP

Mix up your mushrooms. Try adding portobello, button mushrooms, or a mushroom blend to build a more complex flavor profile.

- 1 In a small pan over medium heat, saute mushrooms with 1 Tbsp of olive oil until softened and set aside.
- 2 Add onion, garlic and cashews to pan and saute with 1 Tbsp of olive oil until softened.
- 3 Setting aside 5 slices of sauteed mushroom for garnish, combine all ingredients in the pitcher. Cover the pitcher with the pitcher lid, making sure vented lid cap is inserted and secure before blending.
- 4 Blend using the **SOUPS** program.
- 5 Add blended soup to a small pot and simmer for 2-3 minutes.
- 6 Serve with mushroom garnish, plus salt and pepper, if needed.



**CAUTION**

Only make soup in the pitcher with vented lid attached. The Soup program will not heat the ingredients. You must heat the blended ingredients on your stove-top or microwave.



**CAUTION**

Only make soup in the pitcher with vented lid attached. The Soup program will not heat the ingredients. You must heat the blended ingredients on your stove-top or microwave.

# Carrot & ginger soup.



## MAKES 4 SERVINGS

Get in touch with your roots. This deeply nourishing soup is equal parts sweet and savory, with a kick of fresh ginger to make its flavors sing.

- 1 TBSP OLIVE OIL
- 3 CLOVES GARLIC, LARGE
- 1 ONION, SMALL, ROUGHLY CHOPPED
- 1 ½ CUPS CARROT, ROUGHLY CHOPPED
- ½ CUP CELERY ROOT, ROUGHLY CHOPPED
- ½ CUP PARSNIP, ROUGHLY CHOPPED
- 1 INCH PIECE GINGER
- 2 CUPS VEGETABLE BROTH
- 1 CUP WATER
- ½ TSP SALT
- 1 TBSP APPLE CIDER VINEGAR

OPTIONAL: SPRINKLE SCALLION OR CHIVES FOR GARNISH

## NUTRITION FACTS PER 1 CUP SERVING

(without toppings):

110 calories, 3.5g fat, 18g carbs, 4g fiber, 9g sugar, 2g protein

## NUTRITIONIST TIP

This soup is packed with nutrient-rich root vegetables that are filled with fiber and provide our gut with healthy prebiotics.

- 1 Saute garlic, onion, carrot, celery root, parsnip with olive oil and ¼ teaspoon of salt in pan for 2 minutes on low to medium heat.
- 2 Add 1 cup broth and ginger and cover pan to soften the vegetables for 10 minutes.
- 3 Turn off heat and remove lid to allow mixture to cool.
- 4 Add all ingredients plus remaining 1 cup broth, 1 cup water, apple cider vinegar, ¼ tsp salt to pitcher. Cover the pitcher with pitcher lid, making sure vented lid cap is inserted and secure before blending.
- 5 Blend using the **SOUPS** program.
- 6 Add blended soup to a small pot and simmer for 2–3 minutes.
- 7 Serve with parsley garnish and drizzle of cashew crema (see recipe on page 46).

# Green chile corn chowder.



## MAKES 6 SERVINGS

Sunshine-sweet corn and fire-roasted peppers combine in this delectable soup, bringing the heat of summer to your kitchen, any time of year.

- 1 12OZ CAN GREEN CHILIES
- 2 TBSP OLIVE OIL
- ¼ ONION, MEDIUM YELLOW, LARGELY DICED
- 3 CLOVES, GARLIC
- 3 YUKON GOLD POTATOES, LARGELY DICED
- ½ TSP SALT
- ½ TSP BLACK PEPPER
- 1 15.5 OZ CAN OF WHOLE KERNEL CORN, DRAINED
- 3 CUPS VEGETABLE STOCK

## NUTRITION FACTS PER 1 CUP SERVING

160 calories, 5g fat, 27g carbs, 4g fiber, 6g sugar, 4g protein

- 1 Add olive oil to a medium pan over low heat. Saute onion, garlic, potatoes and corn with ¼ tsp salt and pepper for 5-10 minutes.
- 2 Add 2 cups stock and ¼ tsp salt to pan. Let it simmer with the ingredients until softened.
- 3 Remove pan from heat and let the mixture cool for 5 minutes.
- 4 Add all ingredients to the pitcher with remaining cup of stock. Cover the pitcher with the pitcher lid, making sure vented lid cap is inserted and secure before blending.
- 5 Blend using the **SOUPS** program.
- 6 Add blended soup back to the pan and bring to a simmer before serving.



**CAUTION**

Only make soup in the pitcher with vented lid attached. The Soup program will not heat the ingredients. You must heat the blended ingredients on your stove-top or microwave.







# 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.



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

# Broccoli pesto spread.

## MAKES 16 SERVINGS

Obsessed with pesto? This recipe bulks up the traditional sauce with wholesome broccoli, so you can dip, mix, and spread to your heart's content.

2 CUPS	<b>BROCCOLI FLORETS, STEAMED AND COOLED</b>
3	<b>CLOVES GARLIC</b>
1 CUP	<b>CUP BASIL LEAVES</b>
½ CUP	<b>PUMPKIN SEEDS (TOASTED IN PAN)</b>
½ TSP	<b>SALT</b>
½ TSP	<b>BLACK PEPPER</b>
⅓ CUP	<b>AVOCADO OIL (OR OLIVE OIL)</b>
2 TBSP	<b>LEMON JUICE</b>

## NUTRITION FACTS PER

### 2 TBSP SERVING

50 calories, 4.5g fat, 2g carbs, <1g fiber, 0g sugar, 1g protein

- 1 Add all ingredients to the pitcher.
- 2 Cover the pitcher with pitcher lid and blend using the **PURÉES** program.
- 3 Serve as a dip for veggies, as a spread on sandwiches, or over pasta.

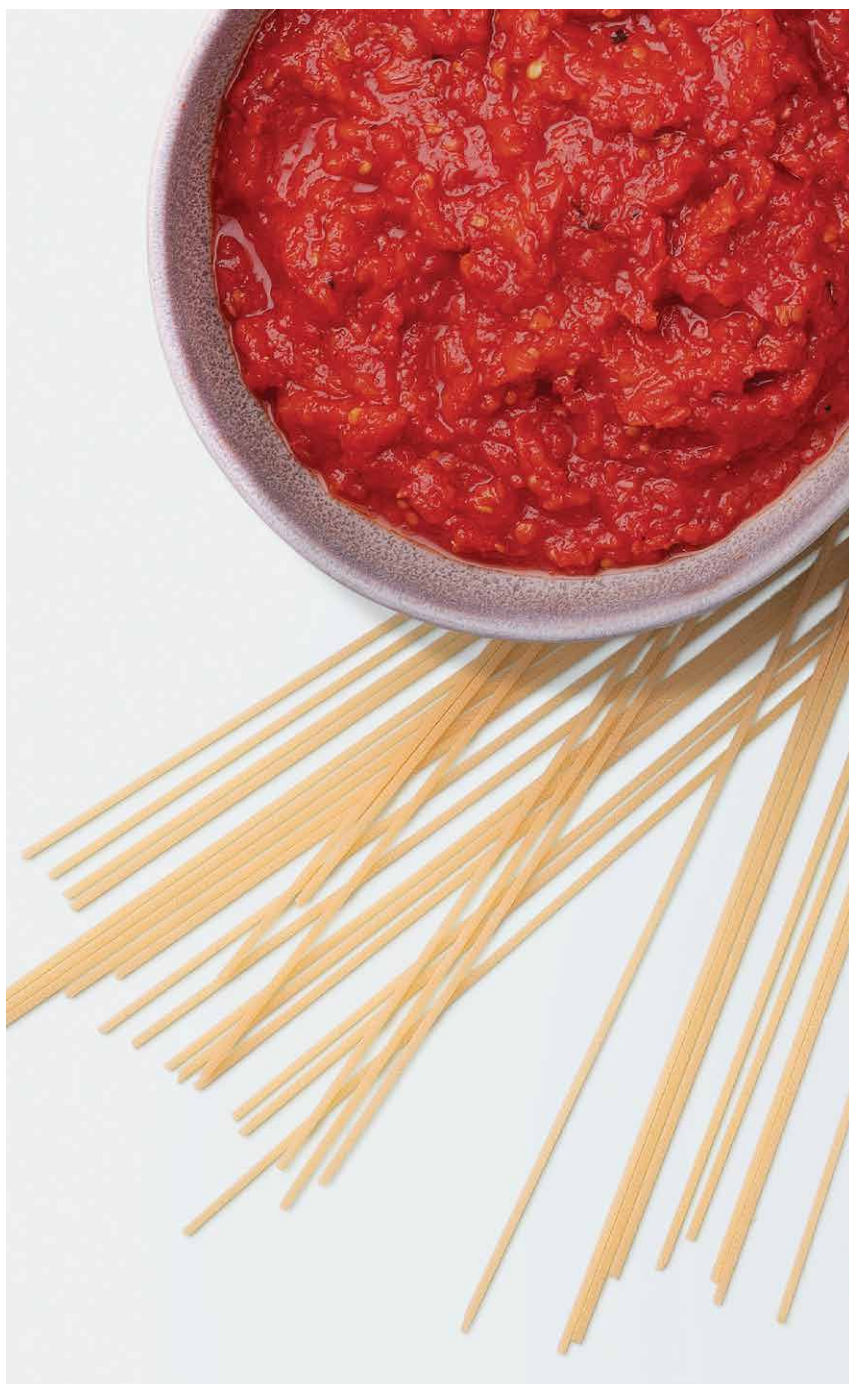
### PRO TIP

Save your broccoli stems and make another batch of pesto! This recipe is a great way to use the entire head of broccoli. The stems are packed with the same great nutrients and flavor.



**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.



# Sweet pepper marinara.



## MAKES 6 SERVINGS

Juicy red bell peppers not only add depth and richness to traditional tomato-based marinara, but also loads of beneficial nutrients.

- 2 TBSP OLIVE OIL
- 1 CUP SWEET ONION, CHOPPED
- 2 RED BELL PEPPERS, LARGE, CHOPPED AND DESEEDED
- 4 CLOVES GARLIC
- 1 TBSP ITALIAN SEASONING
- ¼ TSP CRUSHED RED PEPPER
- 1 28 OZ CANS WHOLE PEELED TOMATOES
- ½ TSP SUGAR
- 1 TSP SALT

OPTIONAL: **BASIL, PARSLEY OR OTHER HERBS TO GARNISH**

### NUTRITIONIST TIP

Tomatoes are packed with the powerful antioxidant lycopene which has shown to help protect skin.

### NUTRITION FACTS PER

½ CUP SERVING

110 calories, 4.5g fat, 13g carbs, 4g fiber, 8g sugar, 2g protein

- 1 In a saute pan over medium heat, add olive oil, onion, red bell pepper, garlic, italian seasoning and crushed red pepper and saute for 3-5 minutes until softened.
- 2 Transfer sauteed ingredients to pitcher.
- 3 Add half the can of peeled tomatoes, sugar and salt to pitcher. Cover the pitcher with the pitcher lid and blend on **MEDIUM**.
- 4 Add remaining half of canned peeled tomatoes and pulse until desired consistency is reached (chunky to smooth).
- 5 Pour mixture back into pan and simmer for 20 minutes.
- 6 Serve over veggies or pasta.

# Cashew crema.



## MAKES 14 SERVINGS

Drizzle and dollop this cool, creamy, dairy-free condiment over soups, tacos, grilled veggies and beyond.

2 CUPS	<b>RAW CASHEWS (SOAK IN HOT WATER FOR 20 MINS)</b>
1½ TBSP	<b>LEMON JUICE</b>
1 CUP	<b>WATER</b>
½ TSP	<b>SALT</b>

## NUTRITION FACTS PER 2 TBSP SERVING

100 calories, 8g fat, 6g carbs, <1g fiber,  
1g sugar, 3g protein

- 1 Add ingredients listed to the pitcher in the order listed.
- 2 Cover the pitcher with the pitcher lid and blend using the **PURÉES** program.

### PRO TIP

Use this cashew cream as a topping for all your savory dishes that need a little extra cream, a base of a dressing, soups, baked potatoes or nachos.

# Cookie dough dip.



## MAKES 12 SERVINGS

Who hasn't snuck a swipe of dough when baking cookies? This protein and fiber packed dip delivers all the doughiness you crave without the worry of raw ingredients.

- 1 15 OZ CAN CHICKPEAS (1 CAN, DRAINED, RINSED AND PEELED FOR SMOOTHER CONSISTENCY)
- 2 TBSP MAPLE SYRUP
- 1/4 CUP ALMOND MILK OR MILK OF CHOICE
- 1/8 TSP SALT
- 1/8 TSP BAKING POWDER
- 1 TSP PURE VANILLA EXTRACT
- 1/4 CUP CASHEW BUTTER (OR NUT BUTTER OF CHOICE)
- 1/4 CUP ALMOND FLOUR
- 1/4 CUP CHOCOLATE CHIPS

- 1 Add all ingredients to the pitcher except for chocolate chips.
- 2 Cover the pitcher with pitcher lid.
- 3 Blend on **PULSE** setting 5 times, scrape sides down and check for consistency. Pulse as needed to fully incorporate mixture until you reach desired consistency.
- 4 Transfer blended dip to a bowl, mix in chocolate chips.

### NUTRITIONIST TIP

With this chickpea based recipe, you'll be feeding your gut with fiber-rich legumes.

### NUTRITION FACTS PER 2 TBSP SERVING

120 calories, 7g fat, 13g carbs, 2g fiber, 6g sugar, 4g protein

# Spicy berry glaze.



## MAKES 16 SERVINGS

This succulent grill-ready glaze doubles as a sophisticated spread, adding unexpected flavor to a cheese board or home-made sandwich.

- 3 CUPS FROZEN MIXED BERRIES, THAWED
- 1/4 CUP SRIRACHA
- 1/4 CUP MAPLE SYRUP
- 1/4 CUP SOY SAUCE  
+ 2 TBSP (TAMARI)

## NUTRITION FACTS PER 2 TBSP SERVING

35 calories, 0g fat, 8g carbs, 1g fiber, 6g sugar, 1g protein

- 1 Add all ingredients to a small pot and bring to a boil.
- 2 Cool mixture for 10 minutes.
- 3 Add cooled mixture to pitcher. Cover pitcher with the pitcher lid, making sure that vented lid cap is inserted and secure before blending.
- 4 Blend using **PURÉES** program. Enjoy!

### PRO TIP

This sweet and spicy glaze can be used on fresh or grilled vegetables. It also adds the perfect touch to your cracker and cheese board.







# Cocktails.

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



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# Pina colada cocktail.

## MAKES 4 SERVINGS

Coconut, pineapple, rum, a frosty taste of paradise... you know the drill (and the song, which we're trying very, very hard not to get stuck in our heads).

1	<b>12 OZ BAG OF FROZEN PINEAPPLE CHUNKS</b>
1	<b>13.5 OZ CAN OF COCONUT CREAM, CHILLED</b>
¼ CUP	<b>UNSWEETENED COCONUT FLAKES, TOASTED</b>
1 TBSP	<b>LIME JUICE</b>
¼ CUP	<b>RUM</b>
2 TBSP	<b>AGAVE SYRUP</b>
½ CUP	<b>ICE</b>

## NUTRITION FACTS PER 8 OZ SERVING

200 calories, 9g fat, 22g carbs, 2g fiber, 9g sugar, 2g 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 the pitcher with the pitcher lid and blend twice using the **FROZEN DRINKS** program.
- 3 Serve with whipped cream and toasted coconut.

### PRO TIP

While you're getting a can of coconut cream for this recipe, go ahead and get another to whip up a batch of dairy-free, coconut whipped cream. It may just change your life.





# Lemon lime basil margarita.

## MAKES 4 SERVINGS

It doesn't get more refreshing than a margarita... until you add cool, herbacious basil to the mix. Cheers to that.

4 CUPS	ICE
1 TSP	LEMON ZEST
1 TSP	LIME ZEST
2 TBSP	LEMON JUICE
2 TBSP	LIME JUICE
6OZ	TEQUILA
2OZ	TRIPLE SEC
¼ TSP	SALT
¼ CUP	AGAVE SYRUP
8	BASIL LEAVES

- 1 Add ingredients to the pitcher in the order listed.
- 2 Cover the pitcher with the pitcher lid and blend using the **FROZEN DRINKS** program.
- 3 Serve in salt-rimmed glass; garnish with sliced lemon, lime and basil leaves.

## NUTRITION FACTS PER 8 OZ SERVING

190 calories, 0g fat, 17g carbs, 0g fiber,  
15g sugar, 0g protein

### PRO TIP

How to salt a glass rim: pour salt in a plate or bowl and run a lemon or lime wedge around the glass rim. Then, dip the rim in the salted bowl.

### PRO TIP

Swap out the lemon and lime for grapefruit and orange!





# Odds n' ends.

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



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# Vanilla bean ice cream.



## MAKES 4 SERVINGS

With their mellow sweetness and smooth and creamy texture, bananas make the perfect base to set off luxurious flecks of vanilla bean.

2 CUPS	<b>FROZEN BANANA SLICES</b>
1 CUP	<b>HEAVY CREAM</b>
1 ½	<b>VANILLA BEAN POD SEEDS OR 1 ½ TSP VANILLA EXTRACT</b>

## NUTRITION FACTS PER ½ CUP SERVING

270 calories, 20g fat, 17g carbs, 2g fiber, 9g sugar, 1g protein

- 1 Add ingredients to the pitcher in the order listed.
- 2 Cover the pitcher with the pitcher lid and blend using the **FROZEN DRINKS** program.
- 3 Pour mixture in container and place in freezer for at least 2 hours. Serve with desired toppings.

## PRO TIP

While a bit pricier, vanilla beans offer the ultimate vanilla flavor and fragrance. Vanilla extract is made by combining vanilla beans in a water and alcohol mixture — it's easier to find and more affordable, too.



# Pecan milk.

## MAKES 7 SERVINGS

Made from roasted pecans and sweet date, this unique nut milk is rich and delectable treat in its own right. It also tastes incredible with coffee, oatmeal, cereal, smoothies, and so much more.

2 CUPS RAW PECANS  
(SOAKED IN HOT  
WATER FOR 30  
MINUTES)

8 CUPS WATER

3 MEDJOOOL DATES,  
PITTED

1 TSP PURE VANILLA  
EXTRACT

¼ TSP SEA SALT

1 Add all ingredients to the pitcher, cover with the pitcher lid, and blend on **HIGH** for 1 minute and 30 seconds.

2 Strain milk by pouring mixture through a cheesecloth. Store milk in a sealed jar or container in the fridge for up to 3–5 days.

### PRO TIP

Add strained pulp to oatmeal, baked goods or yogurt for a boost of fiber.

### PRO TIP

Try using pecans that have been roasted for 10 minutes at 350°F and add a dash of cinnamon and nutmeg.

### NUTRITION FACTS PER 1 CUP SERVING

218 calories, 20g fat, 12g carbs, 0g fiber, 8g sugar, 3g protein. **Nutrition information may vary.**

**NOTE:** nutrition information will change depending on how much pulp is removed.

# Macadamia nut butter.



## MAKES 40 SERVINGS

We love peanut and almond butter as much as the next person, but when you're craving something a little 'extra,' this rich, luxurious nut butter does the trick.

3 CUPS     **MACADAMIA NUTS**  
UP TO     **COCONUT OIL**  
½ CUP  
  
¼ TSP     **SALT**  
2 TBSP    **HONEY**

### NUTRITIONIST TIP

All nuts — pistachios, walnuts, peanuts, almonds, brazil nuts, cashews, and macadamia nuts — contain protein, fiber, heart-healthy fat, vitamins, minerals, and phytochemicals... so enjoy them all!

### NUTRITION FACTS PER 2 TBSP SERVING

100 calories, 10g fat, 2g carbs, <1g fiber,  
1g sugar, 1g protein

- 1 Spread nuts in a single layer on a pan. On low heat, stir occasionally for about 10 minutes to toast nuts. Be careful not to let them burn.
- 2 Add toasted nuts, ¼ cup of oil, and salt to the pitcher. Cover pitcher with pitcher lid and pulse 5 times.
- 3 Scrape down the sides and add honey. Cover pitcher with pitcher lid and blend on **LOW** setting, remove lid cap and add 1 tablespoon of oil at a time while pulsing until you reach desired consistency.
- 4 Keep in the fridge for up to 2 months in an airtight container.

### 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.



# Golden milk frappe.



## MAKES 4 SERVINGS

Sweet, creamy, and loaded with mega-beneficial herbs and spices, this majorly flavorsome beverage brings nourishing adventure to every sip.

3 CUPS	<b>UNSWEETENED VANILLA ALMOND MILK</b>
2 TBSP	<b>GROUND TURMERIC</b>
½ TSP	<b>GROUND GINGER</b>
½ TSP	<b>CINNAMON</b>
⅛ TSP	<b>BLACK PEPPER</b>
4	<b>MEDJOOOL DATES, PITTED</b>
4 CUPS	<b>ICE</b>

- 1 Add ingredients to the pitcher in the order listed.
- 2 Cover with the pitcher lid and blend using the **FROZEN DRINKS** program.
- 3 Add remaining cup of ice and blend again using the **FROZEN DRINKS** program.
- 4 Serve with whipped cream and dash of cinnamon.

## NUTRITION FACTS PER 16 OZ SERVING

200 calories, 4g fat, 42g carbs, 6g fiber, 32g sugar, 3g protein

## NUTRITIONIST TIP

Curcumin, the active ingredient found in turmeric is responsible for the spice's characteristic yellow color and its many health benefits. Black pepper helps your body absorb more curcumin (up to 2000% more!) so these two spices make a perfect pair.

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