

# Recipe guide.

Recipes, tips,  
& more!



**nutribullet**  
**SMARTSENSE™**  
BLENDER

Before operating your nutribullet SmartSense™ Blender, read the User Guide for important safety information. Be sure anyone who uses your nutribullet® knows how to do so safely.

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Thank you for purchasing the nutribullet SmartSense™ Blender.



# nutribullet SmartSense™ Blender.

Full-spectrum speed,  
simple functionality,  
serious style.

The nutribullet SmartSense™ Blender is here to bring a world of deliciousness to your kitchen. Designed for ease and precision, the 1400-Watt blender features 5 variable speed settings — the widest range of any nutribullet®, and an advanced auto cycle for optimal control over every blend.

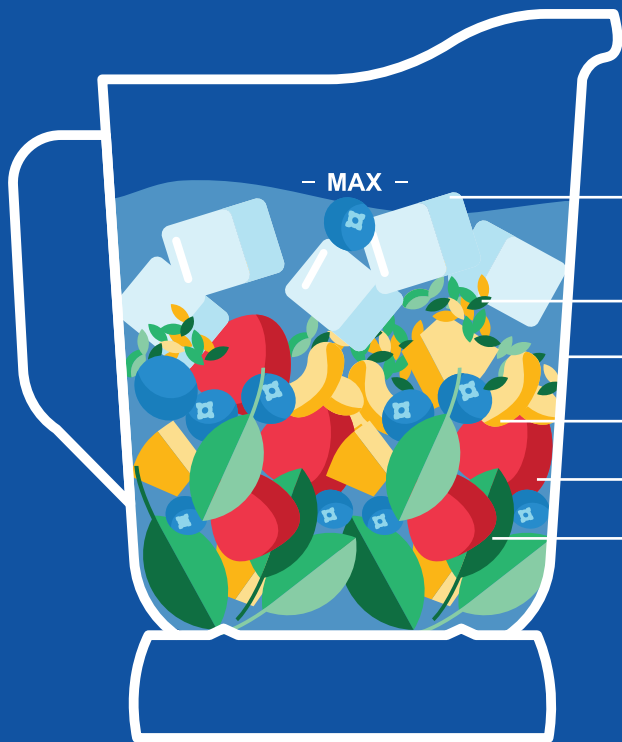
To help you take advantage of its advanced capabilities, we've compiled this collection of mouth-watering recipes that push beyond the basics. Chile-infused chayote and birria sauces, a vibrant purple ube smoothie bowl, homemade sea moss gel — they're all on the menu, as are puréed veggie soups, fresh cocktails, and wholesome sweet treats. It's a whole spectrum of fresh flavors, and an exciting array of new settings, all there for the making.

So what are you waiting for? Grab your ingredients, set your speed, and get blending. You'll see first-hand the benefits of mixing it up with a SmartSense.

# Building a smoothie.

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

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



## Our perfected method:

- 6 **ICE\*** (Optional)  
Limit to 25% of your total smoothie ingredients.
- 5 **BOOSTS** (Optional)
- 4 **LIQUID**  
Never exceed MAX line
- 3 **NUTS** (Optional)
- 2 **FRUIT**
- 1 **GREENS & VEGGIES**

⚠ **WARNING!** When using the Blender Pitcher to blend hot ingredients or liquids, exercise caution when opening the Pitcher Lid, being mindful of escaping hot steam or splattering hot 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 powerful motor, sharp spinning blades, and durable attachments of the nutribullet SmartSense™ Blender 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/seed butters** (almond, peanut, cashew, sunflower seed)
- **superfood powders** (cacao, maca, chlorella, spirulina)
- **seeds** (chia seeds, flax seeds, hemp seeds)
- **sweeteners** (honey, agave, maple syrup)

⚠ **WARNING!** NEVER use a nutribullet® Cup attachment to blend hot, warm, or carbonated ingredients. Doing so may pressurize contents to such a degree that the Cup and Blade forcefully separate when removed from the Motor Base or when opened, resulting in the expulsion of hot ingredients and/or exposure to the Blade. In both cases, serious bodily injury can occur. NEVER blend any ingredients in the nutribullet® Cup attachment for longer than one minute at a time.



# Recipe icons.

Despite the many health benefits that come from eating fruits and vegetables, many of us fall short of meeting the daily recommended intake. To help reach your fruit and veggie goals, we've marked our recipes with icons\* to help.



## NUMBER OF FRUIT SERVINGS

Each apple equates to one serving of fruit. A half apple equates to half a serving of fruit. The number of apple icons = the number of fruit servings per recipe.

\* Icons are rounded to nearest half cup.



## NUMBER OF VEGGIE SERVINGS


Each carrot equates to one serving of veggies. A half carrot equates to half a serving of veggies. The number of carrot icons = the number of veggie servings per recipe.





# Smoothies, bowls, boosts.

These fresh blends offer a vibrant dose of plant-based goodness in every sip (or spoonful).

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# Choco-coco almond bliss smoothie.



**YIELDS 5 CUPS; MAKES 4 SERVINGS**

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

- 1 APPLE, QUARTERED
- 1 BANANA, FROZEN
- 2 TBSP ALMOND BUTTER
- ¼ CUP CACAO NIBS
- 2 TBSP COCONUT BUTTER
- 2 TBSP VEGAN VANILLA PROTEIN POWDER
- 3 CUPS VANILLA ALMOND MILK, UNSWEETENED
- 2 CUPS ICE

- 1 Add all ingredients to the **Blender Pitcher**.
- 2 Select **SPEED 4** and blend for 30 seconds until smooth.

## NUTRITION TIP

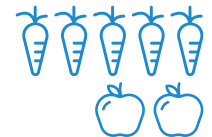
Packed with chocolatey flavor, cacao nibs host a plethora of health benefits. They're loaded with nutrients, low in sugar, and provide a good source of fiber, protein, and healthy fats.

## NUTRITION FACTS PER 10 OZ SERVING

320 calories, 19g fat, 25g carbs, 9g fiber, 8g total sugars, 0g added sugars, 16g protein. **Nutrition facts are based on the recipe as listed. 1 scoop of protein powder is based on 30g or ¼ cup of organic pea protein blend.**



# Cactus cooler smoothie.



**YIELDS 5 CUPS; MAKES 4 SERVINGS**

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

- 2 CUPS GREENS
- 2 CUPS CACTUS (NOPAL), 1-2 LEAVES, SPINES REMOVED, PEELED, CHOPPED
- 1 CUP PINEAPPLE, FROZEN
- ⅔ CUP CELERY, CHOPPED
- 2 TBSP HEMP SEEDS
- 4 DATES, PITTED
- 1 TSP CINNAMON, GROUND
- 2 CUPS COCONUT WATER
- 1 CUP WATER
- 1 CUP ICE

- 1 Add all ingredients to the **Blender Pitcher**.
- 2 Select **AUTO** and blend for a full cycle.

## CULINARY TIP

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

## NUTRITION FACTS PER 10 OZ SERVING

150 calories, 2.5g fat, 32g carbs, 4g fiber, 26g total sugars, 0g added sugars, 3g protein. **Nutrition facts are based on the recipe as listed. Adding protein powder or swapping any ingredients will alter nutritional content.**



## Ube smoothie bowl.



**YIELDS 4 CUPS; MAKES 2 SERVINGS**

A staple of Filipino cooking ube gives this smoothie bowl its sweet and nutty flavor, creamy texture, and stunning purple color.

2 CUPS	<b>UBE OR PURPLE SWEET POTATO, STEAMED, COOLED</b>
½ CUP	<b>FULL-FAT CANNED COCONUT MILK</b>
½ CUP	<b>ALMOND MILK, UNSWEETENED</b>
1 TSP	<b>VANILLA</b>
2 CUPS	<b>ICE</b>
2	<b>DATES, PITTED</b>

### **NUTRITION FACTS PER 16 OZ SERVING**

310 calories, 13g fat, 47g carbs, 6g fiber, 26g total sugars, 0g added sugars, 4g protein. **Nutrition facts are based on the recipe as listed.**

- 1 Add all ingredients to the **Blender Pitcher**.
- 2 Select **SPEED 5** and blend for 50 seconds until smooth.
- 3 Divide evenly between two bowls and garnish with desired toppings.

### **NUTRITION TIP**

Ube is a purple yam originating from the Philippines. It's even sweeter than its orange relative, and offers complex carbohydrates, fiber, and antioxidants.

### **CULINARY TIP**

Top your smoothie bowl with unsweetened shredded coconut, granola, sliced kiwi, blueberries, and hemp seeds.



# Pineapple ginger sea moss gel.



**YIELDS 4½ CUPS; MAKES 36 SERVINGS**

One of the trendiest “superfoods” on the scene, sea moss is getting tons of buzz these days for its impressive nutrient composition. While you can buy expensive gel from the health food store, we always love a DIY option — especially when it’s filled with tropical fruit flavor.

1 CUP     **DRIED SEA MOSS**  
4 CUPS   **WARM WATER**  
2 CUPS   **PINEAPPLE, FROZEN**  
2" PIECE **GINGER, PEELED**  
4         **DATES, PITTED**  
2 CUPS   **WATER**

## **NUTRITION FACTS PER 2 TBSP SERVING**

15 calories, 0g fat, 4g carbs, 0g fiber,  
2g total sugars, 0g added sugars, 0g  
protein. **Nutrition facts are based on  
the recipe as listed.**

**⚠ WARNING! NEVER use a nutribullet®  
Cup attachment to blend hot or warm  
sea moss. Doing so may pressurize  
contents to such a degree that the  
cup and blade forcefully separate  
when removed from the Motor Base or  
opened, resulting in the expulsion of  
hot ingredients and/or exposure to the  
blade. In both cases, serious bodily  
injury can occur.**

**The Blender Pitcher with the Vented  
Pitcher Lid is the only attachment that  
should be used to blend hot, warm, or  
carbonated ingredients.**

- 1 In a small bowl, soak the raw sea moss in 4 cups of water for 4–8 hours. This can be done overnight.
- 2 Rinse the rehydrated sea moss, then add to the **Blender Pitcher**.
- 3 Add pineapple, ginger, dates, and 2 cups of water. Select **AUTO** and blend for a full cycle.
- 4 Store refrigerated in an airtight container for up to 10 days.

## **NUTRITION TIP**


Sea moss is a rich source of vitamins, minerals, and anti-inflammatory compounds. Just one ounce contains 14% of the daily recommended value of iron and 10% of the daily recommended value of magnesium. It's also a potent natural source of iodine, an important mineral for healthy thyroid function. Add a serving to your smoothie, stir into oatmeal, or simply enjoy it on its own.





# Sauces, dips, dressings.

Go beyond the basics and use your nutribullet SmartSense™ Blender to unlock a world of incredible condiments. Your dishes will never be the same.

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# Carrot ginger miso dressing.



**YIELDS 4½ CUPS; MAKES 24 SERVINGS**

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

- 3 CARROTS, MEDIUM, ROUGHLY CHOPPED
- ½ ONION, QUARTERED
- ¼ CUP GINGER ROOT, ROUGHLY CHOPPED
- 3 TBSP AGAVE
- ¼ CUP MISO
- 1 TSP SALT
- 1 TSP BLACK PEPPER
- 1 TBSP ROASTED SESAME OIL
- ½ CUP RICE VINEGAR
- 1 CUP AVOCADO OIL (OR OTHER NEUTRALLY-FLAVORED OIL)

## NUTRITION FACTS PER 2 TBSP SERVING

110 calories, 10g fat, 5g carbs, 0g fiber, 3g total sugars, 2g added sugars, 0g protein. **Nutrition facts are based on the recipe as listed.**

- 1 Add all ingredients to the **Blender Pitcher**.
- 2 Select **AUTO** and blend for a full cycle.



# Maple ginger dressing.

**YIELDS 3 CUPS; MAKES 24 SERVINGS**

Sweet and tangy with just the right amount of spice, this refreshing dressing can elevate even the plainest pile of greens to star-player status.

- ⅓ CUP SHALLOTS, ROUGHLY CHOPPED
- 1½ TSP GINGER, PEELED, CHOPPED
- 1½ CUP OLIVE OIL
- ⅓ CUP LEMON JUICE
- ¾ CUP WHITE WINE VINEGAR
- ¾ CUP MAPLE SYRUP
- 1 TSP GARLIC POWDER
- 2 TSP CAYENNE, GROUND
- 1 TSP SALT

- 1 Add all ingredients to the **Blender Pitcher**.
- 2 Select **SPEED 3** and blend for 30 seconds.

## CULINARY TIP

Serve with salad, over a grain bowl or with roasted veggies.

## NUTRITION TIP

The family of hot spices that includes chili pepper, paprika and cayenne pepper adds potent flavor — and health benefits — to your cooking. These spicy powders all contain high concentrations of capsaicin, a compound that studies suggest has cancer-protective, anti-inflammatory and pain-reducing effects.

## NUTRITION FACTS PER 2 TBSP SERVING

150 calories, 14g fat, 7g carbs, 0g fiber, 6g total sugars, 0g added sugars, 0g protein. **Nutrition facts are based on the recipe as listed.**





# Chamoy sauce.



## YIELDS 4 CUPS; MAKES 32 SERVINGS

Sweet, savory, and a little spicy, this versatile sauce is as delicious as a glaze for pork chops as it is a topping for fresh fruit. Stir it into micheladas or frozen mango margaritas, drizzle it on top of ice cream or popsicles, or spread it over crispy raw veggies — it's a welcome guest at any kind of party.

4 CUPS	<b>WATER</b>
$\frac{2}{3}$ CUP	<b>MANGO, DRIED, UNSWEETENED</b>
$\frac{2}{3}$ CUP	<b>APRICOTS, DRIED, UNSWEETENED</b>
$\frac{2}{3}$ CUP	<b>PRUNES, DRIED</b>
4	<b>DATES, PITTED</b>
$\frac{2}{3}$ CUP	<b>HIBISCUS, DRIED, PACKED</b>
$\frac{1}{2}$ CUP	<b>CHILI POWDER MIX</b>
2 TSP	<b>CAYENNE</b>
1 TSP	<b>SALT</b>
$\frac{1}{2}$ CUP	<b>AGAVE</b>
$\frac{1}{2}$ CUP	<b>WATER</b>

## NUTRITION FACTS PER 2 TBSP SERVING

50 calories, 0g fat, 12g carbs, 1g fiber, 10g total sugars, 2g added sugars, 0g protein. **Nutrition facts are based on the recipe as listed.**

## NUTRITION TIP

Chamoy is a popular sauce in Mexican cuisine traditionally made from dehydrated fruits, sugar, and seasonings. It's incredibly versatile — try topping on fruit or serving alongside meat or fish. You can even incorporate it into smoothies and cocktails!

- 1 Bring water to a simmer in a small pot. Add mango, apricots, prunes, dates, and hibiscus. Simmer for 15 minutes, then turn off the heat.
- 2 Allow the mixture to cool completely — this will take roughly one hour — then pour into the **Blender Pitcher**.
- 3 Add in the chili powder mix, cayenne, salt, and agave. Select **SPEED 4** and blend for 45 seconds. Add more water, if necessary, to reach your desired consistency.
- 4 Transfer to an airtight container and refrigerate for up to 14 days.

## CULINARY TIP

If you don't have access to dried hibiscus, simmer three bags of hibiscus tea along with the fruit in your cooking water, then remove the bags before blending.



# Salsa de cacahuete (spicy peanut sauce).



**YIELDS 6 CUPS; MAKES 48 SERVINGS**

This smoky, nutty sauce adds richness and complexity to whatever dish it accompanies. Try it with meat, fish, tacos, or even as a simple dip for tortilla chips and veggies.

3 TBSP AVOCADO OIL  
½ ONION, ROUGHLY CHOPPED  
6 CLOVES GARLIC, PEELED  
10 OZ PEANUTS, RAW, SHELLLED  
1 TBSP SESAME SEEDS  
1 TSP CUMIN SEEDS  
8 GUAJILLO CHILES, DRIED, DESEEDED, STEM REMOVED  
½ CUP CHILE DE ARBOL, DRIED, STEMS REMOVED  
5 CUPS WATER, DIVIDED  
1 TBSP SALT  
1 TSP GROUND PEPPER

constantly to evenly coat all ingredients, about 4 minutes.

- 4 Add 2 cups of water and cover the pan with a lid. Bring to a simmer and cook until the chiles soften, about 5 minutes.
- 5 Remove from heat and allow to cool to room temperature\* – 30 minutes to one hour.
- 6 Transfer the mixture to the **Blender Pitcher**. Add salt and pepper and up to 3 additional cups of water, depending on your desired consistency. Attach the **Lid**. Load the **Pitcher** and lock onto the **Motor Base**.
- 7 Select **AUTO** and blend for a full cycle.
- 8 Taste and adjust salt and pepper as needed.
- 9 Warm the sauce in a pan on the stovetop before serving. When storing, allow to cool completely, then transfer to an airtight container and refrigerate.

- 1 Heat oil in a large pan over medium heat.
- 2 Add onion and garlic and sauté until soft. Add peanuts and continue stirring for 2 minutes.
- 3 Lower the heat and add cumin, sesame seed, guajillo chiles, and chile de arbol to the pan, stirring



## NUTRITION TIP

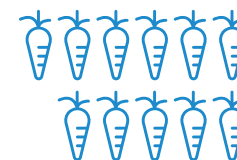
Among commonly-consumed nuts, peanuts have the highest protein content per serving.

## NUTRITION FACTS PER 2 TBSP SERVING

50 calories, 4g fat, 3g carbs, 1g fiber, <1g total sugars, 0g added sugars, 2g protein. **Nutrition facts are based on the recipe as listed.**



## Spicy garlic-avocado salsa.



**YIELDS 4½ CUPS; MAKES 32 SERVINGS**

Made with roasted garlic, spicy jalapeño peppers, creamy avocado, and a grab-bag of other aromatic ingredients, this mega-flavorful salsa is the perfect condiment for anyone who can handle the heat.

- ¾** **YELLOW ONION, SMALL, QUARTERED**
- 3** **JALAPEÑOS, MEDIUM, SEEDS REMOVED (OPTIONAL)**
- 6 CLOVES** **GARLIC**
- 3** **AVOCADOS, MEDIUM, HALVED, RIPE**
- 3** **LIMES, JUICED**
- 2 CUPS** **CILANTRO, PACKED**
- 2 TSP** **SALT (ADJUST TO TASTE)**
- 2 CUPS** **WATER**

- 1** Roast or air fry the onion, jalapeño, and garlic at 400°F for 10-15 minutes.
- 2** Allow roasted ingredients to cool to room temperature for 30 minutes to 1 hour.
- 3** Once cooled, add all ingredients to the **Blender Pitcher**. Select **SPEED 3** and blend until smooth, about 40 seconds.

### CULINARY TIP

For a spicier salsa, keep the seeds in the jalapeño. Serve this mega-flavorful sauce with tacos, kebabs, grain bowls, or salads.

### NUTRITION FACTS PER 2 TBSP SERVING

25 calories, 2g fat, 2g carbs, <1g fiber, 0g total sugars, 0g added sugars, 1g protein. **Nutrition facts are based on the recipe as listed.**



# Enchilada/ birria sauce.



**YIELDS 7 CUPS; MAKES 28 SERVINGS**

This traditional Mexican sauce makes a rich and flavorful accompaniment to enchiladas, chilaquiles, birria, and tacos.

- 15 GUAJILLO CHILES, DRIED
- 3 PASILLA CHILES, DRIED
- 3 TBSP AVOCADO OIL
- 1 ONION, SMALL, ROUGHLY CHOPPED
- 6 CLOVES GARLIC, LARGE
- 1 TSP CUMIN SEEDS, WHOLE
- 2 CUPS WATER
- 3 CUPS VEGETABLE STOCK
- 2 TBSP VEGETABLE BOUILLON
- 1 TSP GINGER, GROUND
- ¼ TSP ALLSPICE, GROUND
- SALT AND PEPPER TO TASTE

- 1 Remove the stems from and de-seed the dried chiles.
- 2 Heat oil in a large pan over medium heat. Add onion and garlic and cook until soft, about 5 minutes.

- 3 Lower the heat and add cumin, guajillo chiles, and pasilla chiles. Stir consistently to mix evenly for another 5 minutes.
- 4 Add water, cover the pan, and bring to a simmer until the chilis are softened — about another 5 minutes.
- 5 Remove from heat and allow to cool for at least 20 minutes.
- 6 Transfer the mixture to the **Blender Pitcher** and add the remaining ingredients. Attach the **Lid**. Lock the **Pitcher** onto the **Motor Base**.
- 7 Select **SPEED 5** and blend for 45 seconds.
- 8 Taste and add salt and pepper as needed.
- 9 Allow to cool completely, then transfer to an airtight container and refrigerate for up to 10 days.



## NUTRITION FACTS PER ¼ CUP SERVING

20 calories, 1.5g fat, 1g carbs, 0g fiber, 0g total sugars, 0g added sugars, 0g protein. **Nutrition facts are based on the recipe as listed.**


## NUTRITION TIP

Herbs and spices are some of the most potent health-promoting ingredients in your kitchen. Different varieties are associated with specific benefits, such as digestion-supporting ginger, inflammation-taming turmeric and garlic, and stomach-soothing cumin.



# Soups.

Easy, comforting, and full of veggie goodness, these blended soups provide an ultra-smooth route to getting a nourishing meal on the table.

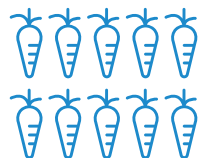
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# Green goddess soup.



**YIELDS 7 CUPS; MAKES 7 SERVINGS**

Filled with fresh leafy greens and aromatic alliums, this glowing soup has the power to convert veggie skeptics into fresh produce zealots.

2 TBSP **AVOCADO OIL**  
 1 CUP **SHALLOTS, ROUGHLY CHOPPED**  
 1 CUP **FENNEL BULB, ROUGHLY CHOPPED**  
 1 CUP **CELERY, ROUGHLY CHOPPED**  
 3 CUPS **PEAS, FROZEN**  
 2 CUPS **KALE, PACKED**  
 4 CUPS **VEGETABLE STOCK**  
 2 CUPS **SPINACH, PACKED**  
 1 TBSP **VEGETABLE BOUILLON**  
**SALT AND PEPPER TO TASTE**

- 1 Heat oil in a medium pot over medium heat. Add onion, shallots, celery and cook until soft.
- 2 Add peas, vegetable stock, and vegetable bouillon. Bring to simmer for 10 minutes, or until peas are soft. Add garlic and cook until soft, about 5 minutes.
- 3 Add chopped kale and stir to combine. Simmer for another 2 minutes, until kale is fully cooked down.
- 4 Remove from the heat and allow to cool for 30 minutes to one hour.
- 5 Transfer mixture to the **Blender Pitcher**, add spinach, and attach the **Lid**. Load the **Pitcher** and lock onto the **Motor Base**.
- 6 Select **SPEED 2** and blend for 20 seconds. Increase to **SPEED 4** and blend for an additional 10 seconds, until the mixture is silky-smooth.
- 7 Add salt and pepper to taste.
- 8 Re-heat on the stovetop and garnish before serving.
- 9 When storing extra servings of the soup, allow it to cool completely before transferring to an airtight container. It will keep refrigerated for up to 7 days.



## **NUTRITION FACTS PER 1 CUP SERVING**

130 calories, 5g fat, 18g carbs, 5g fiber, 7g total sugars, 0g added sugars, 6g protein. **Nutrition facts are based on the recipe as listed.**

## **NUTRITION TIP**

It's a great idea to incorporate dark leafy greens (spinach, chard, kale, etc.) into your diet every day. These veggies are chock-full of antioxidants and nutrients that support your body in fending off all sorts of major health issues.



# Creamy mushroom soup.



**YIELDS 5 CUPS; 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, DIVIDED</b>
1 TSP	<b>SALT</b>
3 CLOVES	<b>GARLIC</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, 8g carbs, 1g fiber, 3g total sugars, 0g added sugars, 4g protein. **Nutrition facts are based on the recipe as listed.**

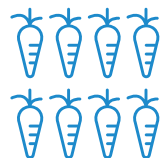
## CULINARY TIP

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

- 1 Heat 1 tbsp of olive oil in a small pan over medium heat. Add mushrooms and sauté until softened. Transfer to a plate and set aside.
- 2 Add the remaining tbsp of olive oil, plus onion, garlic, and cashews to the pan and sauté until the onions are soft and translucent, about 5 minutes.
- 3 Setting aside 5 slices of sautéed mushroom for the garnish, combine all remaining ingredients in the **Blender Pitcher**. Cover the **Blender Pitcher** with the **Pitcher Lid**, making sure **Vented Lid Cap** is inserted and secured before blending.
- 4 Select **SPEED 2** and blend for 20 seconds.
- 5 Transfer blended soup to a small pot and simmer for 2–3 minutes.
- 6 Serve with mushroom garnish, plus salt and pepper, if needed.



# Creamy squash soup.



**YIELDS 7 CUPS; MAKES 7 SERVINGS**

Roasting your squash before blending lends a rich, toasty depth of flavor to this cozy, comforting soup.

- 1 TBSP OLIVE OIL
- 1 ACORN SQUASH, SMALL, WASHED, CUT INTO 1-INCH CHUNKS (ABOUT 3 CUPS)
- ½ BUTTERNUT SQUASH, SMALL, WASHED, CUT INTO 1-INCH CHUNKS (ABOUT 3 CUPS)
- 2 TBSP AVOCADO OIL
- ½ ONION, ROUGHLY CHOPPED
- 3 CLOVES GARLIC, PEELED
- 2 CELERY STALKS, ROUGHLY CHOPPED
- 2 CARROTS, SMALL, ROUGHLY CHOPPED
- 4 CUPS VEGETABLE STOCK
- 1 TBSP VEGETABLE BOUILLON
- 1 SPRIG THYME
- SALT AND PEPPER TO TASTE

olive oil, salt, and pepper and transfer to a parchment-lined baking sheet. Bake until squash is fork-tender, about 30 minutes.

- 3 While the squash roasts, heat avocado oil in a medium pot over medium heat. Add onions, garlic, celery, and carrots. Cook the mixture, stirring occasionally until fragrant and softened, about 10 minutes.
- 4 Add the vegetable stock, vegetable bouillon, and thyme sprig. Cover and simmer on medium-low for 12–15 minutes.
- 5 Remove from the heat and allow to cool to room temperature for 30 minutes to one hour.
- 6 Once the squash is finished roasting, remove from the oven and allow to cool to room temperature for 30 minutes to one hour.
- 7 Transfer the soup mixture and roasted squash to the **Blender Pitcher** and attach

- 1 Preheat oven to 400°F.
- 2 In a large bowl, toss the acorn and butternut squash with



the **Lid**. Load and lock the **Pitcher** onto the **Motor Base**.

- 8 Select **SPEED 2** and blend for 20 seconds. Increase to **SPEED 4** and blend for an additional 10 seconds to yield a silky-smooth consistency.
- 9 Re-heat on the stovetop and garnish before serving. If storing, transfer the room-temperature mixture to an airtight container and refrigerate. It will keep fresh up to 1 week.

## NUTRITION FACTS PER 1 CUP SERVING


130 calories, 6g fat, 18g carbs, 3g fiber, 8g total sugars, 0g added sugars, 2g protein. **Nutrition facts are based on the recipe as listed.**

## NUTRITION TIP

Keep the skins on your squash for this recipe. Not only will you save time, but you'll also enjoy a higher quantity of beneficial phytochemicals — the compounds that give plant foods their color and flavor. Phytochemicals are often concentrated in the skin, since they serve as a natural defense for the plant, protecting it against environmental threats such as sun damage and insects.

# "Flour," "butter," "milk."

We put them in quotes because they're "alternative." Enjoy your favorite alt-ingredient staples sans the icky additives and supermarket upcharges.

 **WARNING!** The Blender Pitcher with Vented Pitcher Lid is the only attachment that should be used for the following recipes.



For more delicious recipes,  
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# Vanilla flax almond milk.

**YIELDS 8 CUPS; MAKES 8 SERVINGS**

Homemade nut milk is super easy to make in the nutribullet Pro Blender — no straining required! Adding flax seeds gives you a boost of omega-3 benefits.

¼ CUP     **FLAX SEEDS**  
1½ CUP    **ALMONDS, RAW**  
2          **DATES, PITTED**  
1 TBSP    **VANILLA EXTRACT**  
7 CUPS    **WATER**

**NUTRITION FACTS PER  
1 CUP SERVING**

200 calories, 16g fat, 12g carbs, 5g fiber,  
5g total sugars, 0g added sugars, 7g  
protein. **Nutrition facts are based on  
the recipe as listed.**

- 1 Add all ingredients to the **Blender Pitcher**.
- 2 Select **SPEED 5** and blend for 3 minutes, or three 60 second cycles.

**NUTRITIONIST TIP**

Nuts and seeds have been valued by humans (and animals!) for their taste, sustenance, and health benefits. All contain notable amounts of protein, healthy fats, fiber, vitamins, minerals, and anti-inflammatory phytochemicals. Incorporate a wide variety into your diet to diversify your nutrient intake.

# Coconut cashew milk.

**YIELDS 8 CUPS; MAKES 8 SERVINGS**

Nutty and creamy with a touch of date-infused sweetness, this alternative milk is a great choice when you're feeling decadent.

2 CUPS    **CASHEWS, RAW**  
1 CUP      **COCONUT,  
SHREDDED,  
UNSWEETENED**  
2          **DATES, PITTED**  
7 CUPS    **WATER**

**NUTRITION FACTS PER  
1 CUP SERVING**

250 calories, 19g fat, 16g carbs, 2g fiber,  
6g total sugars, 0g added sugars, 7g  
protein. **Nutrition facts are based on  
the recipe as listed.**

- 1 Add all ingredients to the **Blender Pitcher**.
- 2 Select **SPEED 5** and blend for 3 minutes, or three 60 second cycles.

**CULINARY TIP**

Storing your nuts in the freezer will greatly extend their shelf life — up to a year in most cases!



# DIY flour.

**YIELDS 4 CUPS; MAKES 16 SERVINGS**

Whether you're gluten-free, celiac, or simply looking to add more variety to your baked goods, making your own whole-grain flour is a great way to go.

4 CUPS    **WHEATBERRIES,  
BUCKWHEAT,  
OR OATS**

**NUTRITION FACTS PER  
¼ CUP SERVING**

150 calories, 2g fat, 26g carbs, 4g fiber,  
1g total sugars, 0g added sugars, 7g  
protein. **Nutrition facts are based on  
the recipe as listed. It may vary  
depending on grain used.**

- 1 Add grains to the **Blender Pitcher**.
- 2 Select **SPEED 2** and blend for 30 seconds. Increase to **SPEED 4** and blend for an additional 30 seconds.

**NUTRITIONIST TIP**

Gluten is a protein found in all forms of wheat (such as spelt and farro), rye, and barley, but despite its name, buckwheat is surprisingly gluten-free.



## Homemade peanut butter.

**YIELDS 1 LB; MAKES 16 SERVINGS**

Whether you're topping toast, oats, or ice cream, homemade peanut butter lends a deep aroma that prepackaged never quite captures.

**1 LB**      **PEANUTS, DRY,  
ROASTED,  
UNSALTED**

- 1 Add ingredient to the **Blender Pitcher**.
- 2 Select **SPEED 5** and blend for 2 minutes.

### **NUTRITION FACTS PER 2 TBSP SERVING**

160 calories, 14g fat, 5g carbs, 2g fiber, 1g total sugars, 0g added sugars, 7g protein. **Nutrition facts are based on the recipe as listed.**

## Homemade almond butter.

**YIELDS 1 LB; MAKES 16 SERVINGS**

This heavenly homemade almond butter is rich and deeply nutty, and saves you a good chunk of change compared to standard storebought varieties.

**1 LB**      **ALMONDS,  
DRY, ROASTED,  
UNSALTED**

- 1 Add ingredient to the **Blender Pitcher**.
- 2 Select **SPEED 1** and blend for 15 seconds to break down almonds. Stop and scrape down the sides of the blender.
- 3 Select **SPEED 2** and blend for 30 seconds. Increase to **SPEED 3** and blend for an additional 30 seconds.

### **NUTRITION FACTS PER 2 TBSP SERVING**

160 calories, 14g fat, 5g carbs, 2g fiber, 1g total sugars, 0g added sugars, 7g protein. **Nutrition facts are based on the recipe as listed.**

### **NUTRITIONIST TIP**

A handful of almonds (23 to be exact, but who's counting?) provides 6 grams of plant protein, 4 grams of fiber, 13 grams of "good" unsaturated fats (and only 1 gram of saturated fat), magnesium, antioxidant vitamin E, and more.





# Desserts.

Treats that hit the sweet spot...  
with a nutritious twist.



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# Berry n'ice cream sandwiches.



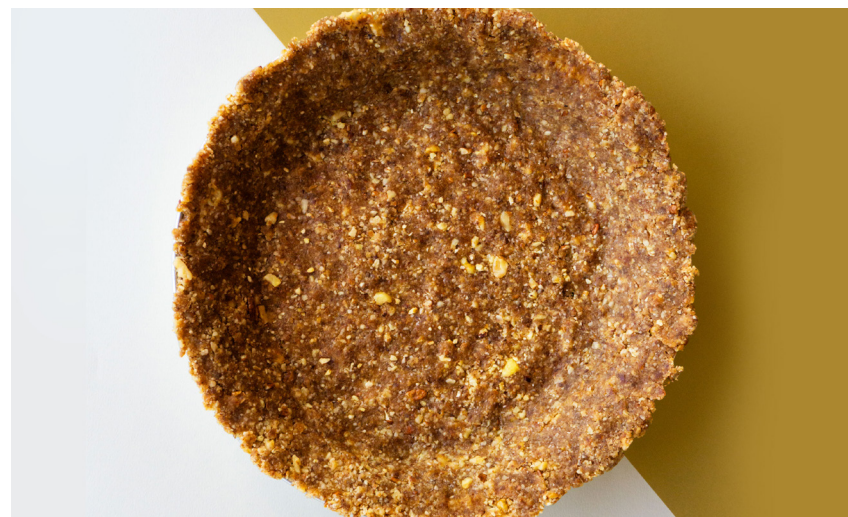
## MAKES 12

These photo-worthy n'ice cream sandwiches are 100% plant-based and dairy-free. They're also packed with the nutritious benefits of whole fruit, oats, and almond butter.

- |         |   |   |  |
|---------|---|---|--|
| 2       | <b>BANANAS, FROZEN</b>                  | 4 | Place in the freezer to harden.  |
| 1 CUP   | <b>STRAWBERRIES, FROZEN</b>             |   |  |
| 1 CUP   | <b>RASPBERRIES, FROZEN</b>              | 5 | While the cookies harden, make the n'ice cream by combining the remaining ingredients in your <b>Blender Pitcher</b> . Select <b>SPEED 2</b> and blend for 20 seconds. Increase to <b>SPEED 4</b> and blend for an additional 15 seconds until smooth. |
| 1 CUP   | <b>VANILLA ALMOND MILK, UNSWEETENED</b> |   |  |
| 2 CUPS  | <b>OATS, ROLLED, GLUTEN-FREE</b>        | 6 | Assemble the sandwiches, layering one scoop of n'ice cream between two cookies and pressing down to set.   |
| 1 CUP   | <b>GRAHAM CRACKER CRUMBS</b>            |   |  |
| 1½ CUPS | <b>ALMOND BUTTER, NO ADDED SALT</b>     | 7 | Store in the freezer until ready to eat.   |
| ½ CUP   | <b>COCONUT OIL</b>                      |   |  |
- Line a baking sheet with parchment paper.
  - Combine the oats, graham crackers, almond butter, and coconut oil in a microwave-safe bowl. Warm in the microwave for about 30 seconds, remove, and mix to combine.
  - Shape the dough into 1½-inch balls, flatten, and place on the baking sheet.

### NUTRITION FACTS PER SANDWICH SERVING

440 calories, 29g fat, 37g carbs, 8g fiber, 8g total sugars, 0g added sugars, 12g protein. **Nutrition facts are based on the recipe as listed.**



## No-bake crust.

### MAKES ONE 16-SERVING PIE CRUST

Made with three simple ingredients, this sweet and nutty vegan crust makes the perfect base for your favorite plant-based pies. It's also super easy to make — no oven required.

- |        |                               |   |   |
|--------|-------------------------------|---|---|
| 2 CUPS | <b>WALNUTS, RAW, UNSALTED</b> | 3 | Add dates to nut crumbles and mix to combine. |
| 2 CUPS | <b>PECANS, ROASTED</b>        |   |   |
| 2 CUPS | <b>DATES, PITTED</b>          |   |   |
- Combine walnuts and pecans in your **Blender Pitcher**. Select **PULSE** and press for 2 second pulses for 5 times until crumbled into small bits and set aside.
  - Add dates to **Blender Pitcher**. Select **PULSE** and press for 2 second pulses for 5 times until broken down to small bits.
  - NOTE: If the dough is too sticky, add more nuts. If it's not sticking together, add more dates.**
  - Press into a 9-inch pie pan to use for your favorite pies.

**NUTRITION FACTS PER SERVING**  
290 calories, 19g fat, 31g carbs, 5g fiber, 25g total sugars, 0g added sugars, 4g protein. **Nutrition facts are based on the recipe as listed.**





# Cocktails.

It's time happy hour got an upgrade. Made with the freshest ingredients, these blended bevs are well worth the cheers.



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# Berry passion fruit cooler.



**YIELDS 6 CUPS; MAKES 12 SERVINGS**

We're passionate about this tart, fresh, and fruity vodka cocktail.

1½ CUPS	BLUEBERRIES, FROZEN
¾ CUP	PASSION FRUIT PULP, FROZEN
⅓ CUP	AGAVE
3 OZ	TRIPLE SEC
6 OZ	VODKA
3 CUPS	ICE

## NUTRITION FACTS PER 4 OZ SERVING

110 calories, 0g fat, 16g carbs, 2g fiber, 13g total sugars, 6g added sugars, 0g protein. **Nutrition facts are based on the recipe as listed.**

- 1 Add all ingredients to the **Blender Pitcher**.
- 2 Select **SPEED 2** and blend for 10 seconds. Increase to **SPEED 4** and blend for an additional 10 seconds until smooth.

## CULINARY TIP

You can use fresh passion fruit or find frozen pulp in the freezer aisle. If using fresh passion fruit, cut the fruit in half and scoop the pulp directly into your **Blender Pitcher**.

⚠ **CAUTION!** Ice should not exceed 25% of your total ingredients. Always use sufficient liquid ingredients.



# Strawberry soju cocktail.



**YIELDS 4 CUPS; MAKES 8 SERVINGS**

Sweet and creamy with just the right kick, this pretty pink party drink goes down easy.

8	STRAWBERRIES
6 OZ	SOJU OR VODKA
1½ CUPS	SWEETENED YOGURT DRINK OR KEFIR
4 CUPS	ICE

- 3 Pour the blended drink over the strawberries. Enjoy!

## NUTRITION TIP

Gut bacteria comprise more than 75% of the immune system. Enjoying probiotic-rich foods can foster the growth of "good" bacteria. You can find probiotics in fermented foods like cultured dairy or non-dairy yogurts, kefir, sauerkraut, kombucha, and tempeh.

## NUTRITION FACTS PER 4 OZ SERVING

80 calories, 0g fat, 5g carbs, 0g fiber, 5g total sugars, 2g added sugars, 2g protein. **Nutrition facts are based on the recipe as listed.**

- 1 Add strawberries to the **Blender Pitcher** and pulse for 2–3 seconds. Divide between two serving cups.
- 2 Add soju/vodka, yogurt drink, and ice to the **Blender Pitcher**. Select **SPEED 1** and blend for 15 seconds.





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BLENDER



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