

# Recipe guide.

Recipes, tips,  
& more!



**nutribullet.**  
EVERYGRAIN™  
COOKER

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



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Thank you for purchasing the NutriBullet® EveryGrain™ Cooker.

EASY. DELICIOUS. NUTRITIOUS.

# NutriBullet® EveryGrain™ Cooker recipe guide.

## Go with the grain.

The NutriBullet EveryGrain™ Cooker lives up to its name, cooking grains to tender, toothsome perfection. With preset programs for white rice, brown rice, oats, and quinoa, and an overarching “grains” setting for less common selections like farro, barley, buckwheat, and beyond, this streamlined cooker prepares all of your favorites automatically — no stovetop sweating required.

The EveryGrain™ Cooker also includes a steamer basket, which lets you steam veggies, fish, and other staples at the same time you cook your grains. It’s a healthy and seriously easy way to get a great meal on the table.

To sow inspiration for your EveryGrain™ lifestyle, we’ve created this guide, which includes a number of delicious grain-based recipes for every meal — breakfast through dessert. Take a look, get some ideas, and get your grain on. We have a feeling your EveryGrain™ Cooker will become an everyday one as well.



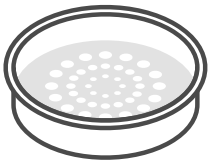
# What's included.



cooker base



10-cup cooking pot



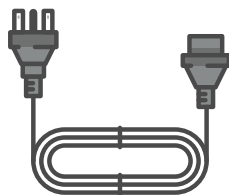
steaming basket



1-cup rice/grain  
measuring scoop

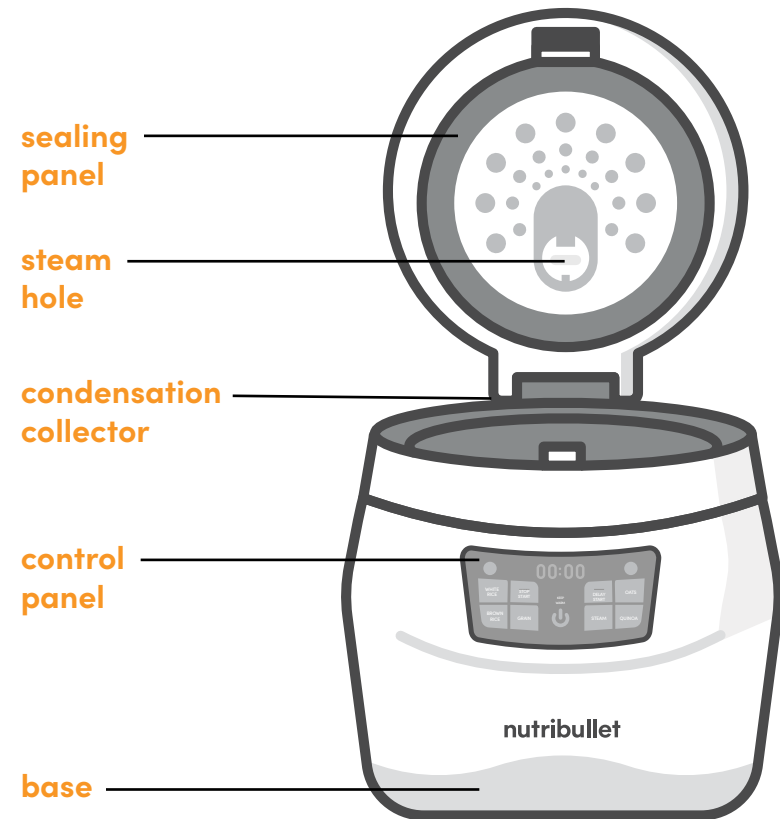
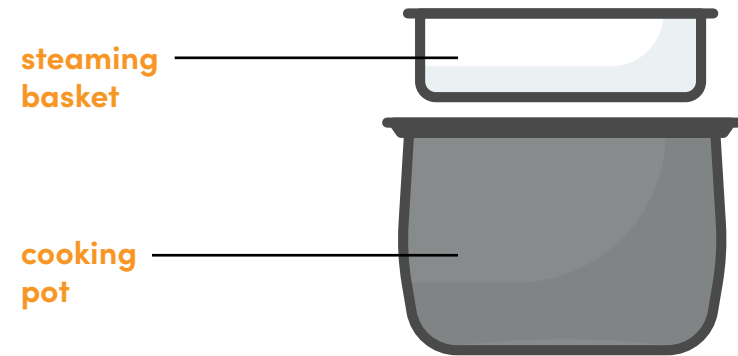


rice spatula



power cord

# Cooker assembly.



# Control panel: cooking modes.

The **EveryGrain™** Cooker features **5 Auto-Cook Programs**, plus a Steam Program if you're steaming food.



## WHITE RICE

This cooking mode yields light, fluffy results, whether you're cooking jasmine, basmati, or sushi rice. Measure your scoops add to the **Cooking Pot**, and fill with water to the **WHITE RICE** line in the **Cooking Pot**. Select the **WHITE RICE** program and press **START**.



## BROWN RICE

This setting delivers expertly cooked brown rice, every time. Fill the **Cooking Pot** to the **BROWN RICE** line for whole grain brown rice, and for Indian and Pakistani brown basmati rice. Select the **BROWN RICE** program and press **START**.



## GRAINS

Many ancient grains such as amaranth, farro, spelt, buckwheat and millet offer many health benefits as well as great flavor and texture. Consult our **MEASURING GUIDE** on **PAGE 8** for water to grain ratios, or simply measure the grain and water as grain package directs. Select the **GRAINS** program and press **START**.



## OATS

Whether steel-cut or rolled, this cooking mode turns your oats into creamy, comforting porridge. Use a 1:2 ratio of oats to water for rolled oats or measure your oats using the measuring scoop and fill the **Cooking Pot** with water to the line. Select the **OATS** program and press **START**.



## QUINOA

This superfood is actually a seed, which makes it high in protein and other nutrients. **QUINOA** comes in white, black, brown, or multicolored. For all quinoa types, measure your quinoa using the scoop and fill the **Cooking Pot** with water to the **QUINOA** line. Select the **QUINOA PROGRAM** and press **START**.



## STEAM

The **EveryGrain™** Cooker lets you steam foods in one of two ways: you can steam items and cook grains simultaneously, or you can steam items on their own. To **STEAM** items on their own, simply fill the measuring scoop with water and add to the cooker, select the **STEAM** setting, and set the timer for the length of time your food requires to cook. For tender green vegetables, remove promptly to stop cooking by shocking in ice cold water.



## KEEP WARM

All programs will automatically switch to **KEEP WARM** once the cooking program has completed, for up to 3 hours. This will keep your grains at an ideal temperature for when you are ready to eat. The timer will count up in the **KEEP WARM** stage to let you know how long cooked foods have been resting. Remove tender foods from heat immediately after the end of the cooking program to ensure they will not overcook.



## DELAY START

After selecting your desired cooking program, you can choose to delay cooking for up to 12 hours! This will ensure Grains or Rice are ready on your schedule. Select your desired cooking program, then press **DELAY START**, set your time (up to 12 hours, the timer defaults to 2 hours. Use the arrows to move up and down in increments of 15 minutes.) After setting to your desired delay time, select **START**, and the countdown to commence cooking will begin.



# Measuring & cook time guide.

Reference the full measuring & cook time guide included separately with your **NutribBullet® EveryGrain™ Cooker** for more details.

GRAIN OR RICE TYPE	COOKING MODE	GRAIN TO LIQUID RATIO	SERVING SIZE (uncooked)	1 SCOOP		2 SCOOPS		3 SCOOPS	
				AUTOMATIC COOK TIME (minutes)	COOKED YIELD (cups)	AUTOMATIC COOK TIME (minutes)	COOKED YIELD (cups)	AUTOMATIC COOK TIME (minutes)	COOKED YIELD (cups)
White Rice	White Rice	1:2	¼ Cup	28	2	31	3¾	34	5½
Brown Rice	Brown Rice	1:2½	¼ Cup	53	2	56	4	60	5½
Quinoa	Quinoa	1:2	¼ Cup	38	2⅓	40	4	39	6
Oats	Oats	1:1¾	½ Cup	50	2⅓	51	3⅓	51	4¾
Farro	Grains	1:3½	¼ Cup	39	1	53	2	Do not cook more than 2 scoops to avoid overfilling the cooking pot	
Barley	Grains	1:2	¼ Cup	53	2¼	57	5		
Millet	Grains	1:2	¼ Cup	50	2½	54	3¼	58	7¾
Amaranth	Grains	Pilaf – 1:1½ Cereal – 1:2½	¼ Cup	50	1¼	53	2¾	54	4⅕
Jasmine Rice	White Rice	1:1½	¼ Cup	50	2	52	4	55	5⅓
Texmati	Grains	1:2¼	¼ Cup	54	2¼	58	3	62	6
Spelt	Grains	1:3	¼ Cup	54	1⅓	62	3⅓	73	5⅕
Teff	Grains	1:1½	¼ Cup	47	2	50	4	51	6
Buckwheat	Grains	1:2	¼ Cup	50	2	53	4	56	6
Red Rice	Brown Rice	1:1¾	¼ Cup	54	2¼	55	4¼	61	6½
Black Rice	Brown Rice	1:1¾	¼ Cup	53	1¾	56	3½	59	5⅓

## Steam time guide.

When using the **STEAM PROGRAM**, **EveryGrain™ Cooker** will automatically preheat before it begins the timer countdown. Preheating takes between 5–9 minutes.

Food	Steam Time (Minutes)	Food Cut Size Suggestions
Broccoli	8	Trimmed florets of 1 small bunch
Squash	12	¾–1" cubes
Zucchini	7	Quartered lengthwise and then 1/2" thick
Carrots	12	¼" thick coins
Asparagus	6	Thick asparagus
Cauliflower	8	Trimmed florets of 1 small bunch
Green Beans	8	Trimmed
Bok Choy	4	Trimmed and leaves cut into quarters
Spinach	3	3 large handfuls
Mushrooms	8	Whole White Button or Cremini Mushroom
Sweet Potatos	12	¾–1" cubes
White Potatoes	12	¾–1" cubes
Cabbage	11	1/2 large head, cut into 11/2" wedges
Salmon	9	2 8-ounce pieces
White Fish	11	2 8-ounce pieces
Chicken	23	2 medium-sized split breasts

\*Always use a cooking thermometer to ensure the internal temperature has reached 165°F

## Icon status.

We've marked our recipes with icons to help you quickly identify their health benefits and special qualities. Here's the scoop on what they mean:



### VEGAN

Recipes free of meat, dairy, eggs, or other animal products.



### VEGETARIAN

Recipes free of meat. May contain dairy, eggs, or honey.



### GLUTEN-FREE

Recipes free of ingredients that contain gluten like wheat, barley, or rye.



### DAIRY-FREE

Recipes free from any milk-based ingredients like casein, whey, or lactose.



### NUT-FREE

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



# Breakfast.

Whole grains have been a breakfast staple for millennia, and for good reason — their distinct blend of slow-digesting carbohydrates, fiber, and phytonutrients is the perfect fuel for any productive morning. Our breakfast recipes take it one step further, rounding out their starchy profile with protein, healthy fats, and complimentary vitamins and minerals to set your day up for success. It also doesn't hurt that they're very, very delicious.



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



# Peaches & cream oatmeal.



## SERVES 4

Keen on peaches? This luscious bowl of oats pairs sweet, tangy peaches with rich, creamy coconut milk for a breakfast treat that tastes like dessert.

- 1 CUP **ROLLED OATS**
- 1 CUP **WATER**
- 1 **15-OZ CAN OF COCONUT MILK, FULL FAT**
- 1 CUP **FRESH PEACHES, DICED**
- 2 TBSP **MAPLE SYRUP**
- 1 TSP **VANILLA EXTRACT**

**OPTIONAL TOPPINGS**  
**PEACHES, COCONUT FLAKES, HEMP SEEDS, COCONUT YOGURT**

**NUTRITION FACTS PER SERVING**  
340 calories, 24g fat, 30g carbs, 4g fiber, 15g sugar, 5g protein  
Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.

- 1 Combine oats, water, and coconut milk to the **Cooking Pot**; select the **OATS** setting and set a timer for 20 minutes.
- 2 When the timer goes off, add peaches, maple syrup, and vanilla extract. Close and continue cooking for another 10 minutes.\*
- 3 Spoon desired portion into a bowl. Garnish with sliced peaches, coconut flakes, hemp seeds, and/or a dollop of coconut yogurt.

\* Be sure to set a timer as the EveryGrain™ Cooker will not beep after 10 minutes.

# Berry & banana steel cut oats.



## SERVES 4

Bananas and berries combine in this fun and fruity bowl of morning oats — a perfect breakfast treat for kids and grownups alike.

- 1 CUP **STEEL CUT OATS**
- 2 CUPS **UNSWEETENED ALMOND MILK, PLAIN**
- 1 **BANANA, MEDIUM, MASHED**
- 2 TBSP **CHIA SEEDS**
- 2 TBSP **MAPLE SYRUP**
- ½ CUP **BLUEBERRIES**
- 1 CUP **FRESH STRAWBERRIES, CHOPPED**

**OPTIONAL TOPPINGS**  
**SLICED STRAWBERRIES, BANANAS, ALMOND BUTTER**

**NUTRITION FACTS PER SERVING**  
270 calories, 6g fat, 47g carbs, 8g fiber, 14g sugar, 9g protein  
Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.

- 1 Add oats, almond milk, banana, chia, and maple syrup to the **Cooking Pot**. Select the **OATS** setting, close the lid, and set a timer for 20 minutes.
- 2 When the timer goes off, open the lid and stir in blueberries and strawberries. Close the lid to resume cooking for another 10 minutes.\*
- 3 Spoon the desired portion into a small bowl. Garnish with sliced strawberries, bananas, and/or a drizzle of almond butter.

\* Be sure to set a timer as the EveryGrain™ Cooker will not beep after 10 minutes.

**NUTRITIONIST TIP**  
Fiber and fat are two key components that help to slow down the rate food is absorbed into our systems AKA they help to prevent spikes in blood sugar and the subsequent, miserable crashes. Nuts, seeds, and nut butters all provide both healthy fats and fiber.

# Apple cinnamon steel cut oats



SERVES 4

Oats, apples, maple, and cinnamon: it doesn't get more comforting than that. It's also a great way to start your day, with fiber, slow-digesting carbohydrates, and beneficial vitamins that will keep you going through lunchtime.

- 1 CUP STEEL CUT OATS\*
- 2 HONEYCRISP APPLES, CORED AND DICED IN 1-2" CHUNKS
- 2 CUPS WATER
- 2 CUPS UNSWEETENED ALMOND MILK, PLAIN, DIVIDED
- 3 TBSP MAPLE SYRUP
- 1/8 TSP SALT
- 1 TBSP GROUND CINNAMON

OPTIONAL TOPPINGS  
SLICED APPLES, CHOPPED NUTS, & YOGURT

**NUTRITION FACTS PER SERVING**  
250 calories, 4g fat, 48g carbs, 7g fiber, 17g sugar, 8g protein  
Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.

- 1 Add all ingredients to the **Cooking Pot**. Select the **OATS** setting, close the lid, and set a timer for 30 minutes.
- 2 Once your timer goes off, open the lid and stir in the second cup of unsweetened almond milk. Close the lid to resume cooking and set a timer for 20 minutes.
- 3 Once complete, spoon the desired portion into a bowl. Garnish with sliced apples, chopped nuts and/or a dollop of yogurt.

\* For an extra nutty flavor, toast oats in a fry pan over medium heat until fragrant prior to adding to the **EveryGrain™ Cooker**.

**NUTRITIONIST TIP**  
The U.S Dietary Guidelines for Americans advises to make at least half of our grain servings whole. Whole grains have been associated with reduced risk of heart disease, cancer, stroke, diabetes, and obesity.

# Sweet potato millet porridge.



SERVES 2

A deliciously satisfying alternative to oatmeal, this cozy bowl of millet includes sweet potato and creamy coconut milk for an extra pop of flavor, texture, and nutrition.

- 1/2 CUP MILLET, RINSED
- 1 SMALL SWEET POTATO PEELED & DICED
- 2 CUPS WATER
- 1 15-OZ CAN OF COCONUT MILK, FULL-FAT
- 1/8 TSP SALT
- GROUND CINNAMON, TO GARNISH

- 1 Combine millet and all other ingredients to the **Cooking Pot**. Close the lid, select the **GRAINS** setting and set a timer for 40 minutes to begin cooking. At the halfway mark (20 minutes), open the lid to stir the ingredients, then close to resume cooking.
- 2 Spoon the desired portion into the small bowl and garnish with ground cinnamon.

**NUTRITION FACTS PER SERVING**  
270 calories, 5g fat, 50g carbs, 6g fiber, 3g sugar, 7g protein  
Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.

**NUTRITIONIST TIP**  
Whole grains – an intact grain or seed with an outer bran layer, endosperm layer, and an inner germ layer – not only provide carbohydrates, they are packed with vitamins, minerals, fiber, and even protein.



# Amaranth polenta with steamed eggs mushrooms & pea shoots.



## SERVES 2

A brunch dish to rival the hippest of establishments, this savory mix of polenta, amaranth, eggs, and savory veggies elevates your morning meal to haute cuisine status.

### AMARANTH

- 1 CUP **AMARANTH, RINSED**
- 2 CUPS **LOW SODIUM VEGETABLE BROTH**
- 1 CUP **WATER**
- 1/2 **CLOVE GARLIC, MINCED**
- 1 TBSP **EXTRA VIRGIN OLIVE OIL**

### 2 EGGS\*, MEDIUM

OPTIONAL TOPPINGS  
**SHAVED PARMESAN CHEESE, RED PEPPER FLAKES, CHOPPED PARSLEY**

**NUTRITION FACTS PER SERVING**  
620 calories, 2g fat, 76g carbs, 11g fiber, 7g sugar, 22g protein  
Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.

### FOR MUSHROOM & PEAS

- 5 OZ **SHITAKE MUSHROOMS**
- 1 TSP **EXTRA VIRGIN OLIVE OIL**
- 1/8 TSP **SALT**
- 1/2 **CLOVE GARLIC, MINCED**
- 1 TSP **PARSLEY, MINCED**
- 1 CUP **PEA SHOOTS\*\***

- 1 Add amaranth, broth, water, garlic, and olive oil to **Cooking Pot**. Stir until amaranth is submerged.
- 2 Add 2 eggs to the **Steaming Basket** and set in place over the amaranth mixture.
- 3 Cook on **QUINOA** setting, close the lid and set a timer for 10 minutes.
- 4 When your timer goes off, open the **EveryGrain™ Cooker**, remove the eggs from the **Steaming Basket**, and immediately submerge them in cold water.
- 5 Stir the amaranth mixture and continue to cook on the **QUINOA** setting. Set a timer for 23 minutes.
- 6 As the amaranth continues to cook, toss together mushrooms, olive oil,

salt, remaining minced garlic, and parsley.

- 7 When your timer goes off, open the lid of the **Everygrain™ Cooker** and add seasoned mushrooms to one side of the **Steaming Basket** and the pea shoots to the other side. Close the lid, and resume cooking for 7 more minutes.
- 8 While the amaranth and vegetables finish cooking, peel and halve your eggs.
- 9 Once cooking is complete, transfer the amaranth to a serving plate and top with the mushrooms, pea shoots, and halved eggs. Garnish with shaved Parmesan, chopped parsley, and red pepper flakes, if desired.

\* 10 minutes will yield medium-cooked eggs. For soft, steam for 5 minutes. And for hard, steam 12-15 minutes.

\*\*If you are not able to find pea shoots, substitute for greens of your choice, like spinach or Swiss chard.

### NUTRITIONIST TIP

Whole grains boast high levels of antioxidants – those powerful compounds that help to combat inflammation in the body. Some whole grains contain levels of antioxidants even higher than those in many fruits and veggies.

# Salads.

Grain salads are easy, nutritious, and incredibly versatile, with a hearty nature that makes them ideal for meal prep, buffet-style entertaining, picnics, and packed lunches. This section's recipes take inspiration from all over the world, pairing both familiar and more notable grains with the freshest herbs, vegetables, and seasonings available.



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







# Roasted cauliflower, chickpea, & barley salad.



**SERVES 6**

Easy enough for a side dish and hearty enough for the main event, this mix of barley, spiced chickpeas, and lemony cauliflower is sure to be a hit, however you serve it.

**1 CUP BARLEY, RINSED**

**1½ CUP WATER**

**⅛ TSP SALT**

**1 TSP EXTRA VIRGIN OLIVE OIL**

## ROASTED VEGGIES

**2 CUPS MULTI-COLOR CAULIFLOWER FLORETS**

**1 15-OZ CAN OF GARBANZO BEANS, DRAINED & RINSED**

**½ TSP SALT**

**1½ TBSP EXTRA VIRGIN OLIVE OIL**

**1 TSP PAPRIKA**

## DRESSING

**¼ CUP EXTRA VIRGIN OLIVE OIL**

**2 TBSP MEYER LEMON JUICE**

**2 GARLIC CLOVES, MINCED**

**1 TBSP DIJON MUSTARD**

**¼ CUP PARSLEY, ROUGHLY CHOPPED, DIVIDED**

**½ TSP SALT**

**½ TSP BLACK PEPPER**

**½ TSP CRUSHED RED PEPPER FLAKES**

## PRO TIP

Can be served warm or cool.

## NUTRITION FACTS PER SERVING

310 calories, 15g fat, 38g carbs, 9g fiber, 3g sugar, 7g protein

Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.



- 1 Pre-heat your oven to 400°F.
- 2 Add barley, water, salt, and olive oil to the **Cooking Pot**. Close the lid, select the **GRAINS** setting.
- 3 While barley cooks, lay out cauliflower and garbanzo beans on a baking sheet and toss with olive oil, salt, and paprika. Roast for 10 minutes at 400°F, then set the oven to broil for 3 minutes, or until the top is golden-brown.
- 4 Make the dressing. Add all ingredients to a small bowl and whisk to combine.
- 5 Once the barley has cooked, transfer to a colander, rinse and drain, then transfer to a large mixing bowl.
- 6 Add the roasted veggies and beans to the barley and toss with the dressing until all ingredients are evenly mixed. Garnish with additional chopped parsley, if desired.

# Mediterranean quinoa.



## SERVES 8

It doesn't get any fresher than this tasty grain dish, which features a host of deliciously crunchy veggies, plus chickpeas, olives, and feta for a taste of the Mediterranean. For easy prep, cook your quinoa ahead of time and store in the refrigerator, so you won't have to wait for it to cool down before mixing with your ingredients.

½ CUP	TRI-COLORED QUINOA, RINSED	1	RED BELL PEPPER, DICED
1 CUP	WATER	¼	RED ONION, DICED
⅛ TSP	SALT	¼ CUP	PARSLEY, PACKED & MINCED
1 TSP	EXTRA VIRGIN OLIVE OIL*	¼ CUP	KALAMATA OLIVES (PACKED)
2	PERSIAN CUCUMBERS, DICED	½ CUP	CHERRY TOMATOES, HALVED
1	GREEN BELL PEPPER, DICED		

1 15-OZ CAN GARBANZO BEANS, DRAINED & RINSED

¼ CUP FETA CHEESE (OPTIONAL)

## DRESSING

1 LEMON, JUICED

3 TBSP EXTRA VIRGIN OLIVE OIL

2 TSP RED WINE VINEGAR

½ TSP SALT

½ GROUND PEPPER

## NUTRITION FACTS PER SERVING

150 calories, 8g fat, 19g carbs, 4g fiber, 4g sugar, 4g protein

Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.

## NUTRITIONIST TIP

Quinoa is a good source of plant protein and fiber that supplies all the essential amino acids (the building blocks required to build proteins in the body) that the body needs.

- 1 Add quinoa, water, salt, and olive oil to the **Cooking Pot**. Close the lid, select the **QUINOA**.
- 2 While the quinoa cooks, make the salad dressing by whisking all of the ingredients together.
- 3 Once the quinoa has cooked, transfer to a large bowl and allow to cool to room temperature. You can speed this up by placing in the refrigerator for 20–30 minutes.
- 4 Once the quinoa has cooled, add in the chopped vegetables, olives, beans, feta, and dressing. Toss together until evenly distributed.



# Tabbouleh.



## SERVES 8

This classic Middle-Eastern side dish freshens up any plate. Serve alongside grilled meats and fish, falafel, hummus and pita, or any other savory treat.

- 1 CUP **BULGER, RINSED**
- 1 CUP **WATER**
- ¼ TSP **SALT**
- 1 TSP **EXTRA VIRGIN OLIVE OIL**
- 2 **LARGE TOMATOES, DICED (2 CUPS)**
- 1 **LARGE ENGLISH CUCUMBER, DICED, PEELED\* (2 CUPS)**
- ¼ TSP **SALT**
- 3½ CUPS **PARSLEY, ROUGHLY CHOPPED**
- ⅓ CUP **MINT, ROUGHLY CHOPPED**
- 5 **SPRING ONIONS, ROUGHLY SLICED (½ CUP)**

## DRESSING

- 3 TBSP **LEMON JUICE**
- ¼ CUP **EXTRA VIRGIN OLIVE OIL**
- 2 CLOVES **GARLIC, MINCED**
- ½ TSP **SALT**
- ½ TSP **PEPPER**

- 1 Combine bulgur with water, oil, and salt in the **Cooking Pot**. Close the lid, select the **GRAINS** setting.
- 2 In a separate bowl, combine tomatoes, cucumber, and salt. Set aside for 10 minutes to allow the salt to pull water from the vegetables.
- 3 While the bulgur cooks and the cucumbers and tomatoes cure, whisk dressing ingredients together in a small bowl or jar.
- 4 Once the bulgur is cooked, open the lid, fluff the grains, and transfer to a large mixing bowl. Drain the cucumber and tomato mixture, then combine all ingredients, including the dressing, in a large bowl and toss until evenly mixed.

## NUTRITION FACTS PER SERVING

150 calories, 8g fat, 19g carbs, 4g fiber, 4g sugar, 4g protein

Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.

# Buckwheat pilaf with mushrooms & fennel.



SERVES 4

With its distinctive chewy texture and deep flavor, buckwheat pairs perfectly with an intensely savory mix of mushrooms, fennel, and kale.

- |         |  |   |   |
|---------|--|---|---|
| 1 CUP   | <b>BUCKWHEAT, RINSED</b>                                   | 1 | Combine buckwheat, water, broth, and salt in the <b>Cooking Pot</b> . Close the lid, select the <b>GRAINS</b> setting, and set a timer for 15 minutes.  |
| 1 CUP   | <b>LOW SODIUM VEGETABLE BROTH</b>                          |   |   |
| 1 TSP   | <b>EXTRA VIRGIN OLIVE OIL</b>                              | 2 | While the buckwheat cooks, warm the avocado oil in a large frying pan over medium heat. Add onion and sauté until soft, about 3 minutes, followed by the fennel for another 2 minutes. Then add mushrooms, garlic, salt, and pepper, and continue to sauté for another 3 minutes. |
| 1/8 TSP | <b>SALT</b>  |   |   |
| 5 OZ    | <b>SHIITAKE MUSHROOMS, SLICE</b>                           |   |   |
| 1/2     | <b>BULB FENNEL, THINLY SLICED</b>                          |   |   |
| 1/4     | <b>WHITE ONION, THINLY SLICED</b>                          |   |   |
| 2       | <b>LEAVES OF KALE, STEMS REMOVED &amp; ROUGHLY CHOPPED</b> | 3 | When the buckwheat finishes cooking, open the lid and fluff the grains. Add sautéed veggies and chopped kale to the buckwheat in the <b>Cooking Pot</b> , and stir to mix.  |
| 2       | <b>GARLIC CLOVES, MINCED</b>                               |   |   |
| 2 TBSP  | <b>AVOCADO OIL</b>   | 4 | Close the lid to resume cooking for an additional 10 minutes.   |
| 1/4 TSP | <b>SALT</b>  |   |   |
| 1/4 TSP | <b>BLACK PEPPER</b>  | 5 | Garnish with chopped parsley if desired, and serve.   |

## NUTRITION FACTS PER SERVING

250 calories, 10g fat, 39g carbs, 7g fiber, 4g sugar, 7g protein

Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.

# Farro salad with citrus ginger dressing.



SERVES 6

This colorful, comforting grain dish is filled with wholesome veggies and fiber-filled farro for a nourishing main course or side that majorly satisfies.

- |                 |                                  |   |   |
|-----------------|----------------------------------|---|---|
| 1 CUP           | <b>FARRO, RINSED</b>             | 1 | Combine farro with water and salt in the <b>Cooking Pot</b> . Close the lid, select the <b>GRAINS</b> setting, and set a timer for 45 minutes   |
| 3 CUPS          | <b>WATER</b>                     |   |   |
| 1/4 TSP         | <b>SALT</b>                      |   |   |
| 1/2 CUP         | <b>BABY CARROTS, SLICED</b>      | 2 | Place sliced baby carrots and cauliflower florets into the <b>Steaming Basket</b> . After the farro has cooked for 40 minutes, add the <b>Steaming Basket</b> filled with veggies to the <b>EveryGrain™ Cooker</b> and close the lid. Resume cooking for the remaining 5 minutes    |
| 1 CUP           | <b>CAULIFLOWER FLORETS</b>       |   |   |
| 1 CUP           | <b>ARUGULA, PACKED</b>           |   |   |
| <b>DRESSING</b> |                                  |   |   |
| 1/4 CUP         | <b>EXTRA VIRGIN OLIVE OIL</b>    |   |   |
| 2 TBSP          | <b>RED WINE VINEGAR</b>          | 3 | Once cooking time ends, remove the <b>Steaming Basket</b> from the cooker and allow the vegetables to cool. Transfer cooked farro to a colander to rinse and drain, if desired. In a large bowl, combine all ingredients, including baby arugula and dressing, and toss to combine. |
| 2 TBSP          | <b>LEMON JUICE</b>               |   |   |
| 1 TSP           | <b>LEMON ZEST</b>                |   |   |
| 1 TSP           | <b>ORANGE ZEST</b>               |   |   |
| 1 TBSP          | <b>FRESH GINGER, GRATED</b>      |   |   |
| 1/4 TSP         | <b>SALT</b>                      |   |   |
| 1/4 TSP         | <b>GROUND BLACK PEPPER</b>       |   |   |
| 1/4 CUP         | <b>PARSLEY (PACKED), CHOPPED</b> |   |   |

## NUTRITION FACTS PER SERVING

200 calories, 10g fat, 25g carbs, 3g fiber, 1g sugar, 5g protein

Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.

## OPTIONAL TOPPINGS

2-3 ARTICHOKE HEARTS, QUARTERED, 1 TBSP CAPERS





# Mains.

And now, the main event! Grains have always been a dinnertime staple, but these recipes take them to the next level, making the most of the vast variety of flavors, textures, and nutrients they have to offer. From classic rice bowls to more adventurous selections featuring sorghum, rye berries, and DIY sushi, the dishes in this section deliver comfort and expand comfort zones in equal measure.



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

# Salmon & brown rice bowl with bok choy.



## SERVES 4

Flavored with soy, garlic, and ginger, this succulent duo of salmon and bok choy sits beautifully on its bed fluffy veggie-filled rice.

### BROWN RICE

- 1 CUP **BROWN RICE, RINSED**
- 1 ¼ CUPS **LOW SODIUM VEGETABLE BROTH**
- ½ CUP **CARROTS, DICED**
- ½ CUP **EDAMAME**
- 1 TSP **EXTRA VIRGIN OLIVE OIL**
- SALT & PEPPER, TO TASTE**
- 2 **BABY BOK CHOY**
- SALMON**
- 2 **3-OZ SALMON FILLETS**
- 2 TBSP **LOW SODIUM SOY SAUCE**
- 1 TSP **GRATED, GINGER**
- 1 TSP **GARLIC, MINCED**
- ⅛ TSP **CHILI FLAKES**

- 1 Add brown rice, broth, carrots, edamame, olive oil, salt, and pepper to the **Cooking Pot**. Close the lid, select the **BROWN RICE** setting, and set timer for 20 minutes.
- 2 While the rice cooks, coat bok choy and salmon with soy sauce, ginger, garlic, and chili in a bowl or dish. Arrange the seasoned bok choy and salmon in the **Steaming Basket**. After the rice has cooked 20 minutes, open the **Cooking Pot**, set the **Steaming Basket** in place, close the lid, and continue cooking for 10 minutes.
- 3 After 10 minutes, remove the **Steaming Basket** from the **EveryGrain™ Cooker** and set aside. Transfer the rice mixture to a serving platter and top with the salmon filets and bok choy.

### NUTRITION FACTS PER SERVING

390 calories, 8g fat, 43g carbs, 4g fiber, 4g sugar, 34g protein

Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.

# Spanish rice.



## SERVES 6

For a little something special, swap plain, unseasoned rice with this classic preparation. Its subtle tang and beautiful orange color is perfect served alongside fajitas, enchiladas, tapas, beans, and any number of proteins.

- 1 CUP **JASMINE RICE,**
- 1 CUP **WATER**
- 4 OZ **LOW SODIUM TOMATO SAUCE**
- ½ TSP **LOW-SODIUM BOUILLON**
- ⅛ TSP **SALT**
- ¼ TSP **GROUND BLACK PEPPER**
- 2 **GARLIC CLOVES, FINELY MINCED**
- 2 TBSP **AVOCADO OIL**

- 1 Combine all ingredients in the **Cooking Pot**. Close the lid, select the **WHITE RICE** setting. After 10-15 minutes, open the lid and stir ingredients to ensure they're evenly combined. Close the lid to resume cooking.
- 2 When the cooking program is complete, fluff the rice before transferring to a serving dish.

### NUTRITION FACTS PER SERVING

170 calories, 5g fat, 29g carbs, 1g fiber, 1g sugar, 3g protein

Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.



# 3 sisters wild rice.



## SERVES 4

The “three sisters” this dish refers to are corn, squash, and beans. In a technique originated by Northeastern Native American tribes, the three crops are planted together so the corn stalk provides support for the climbing bean plant, while the squash spreads horizontally to cover and protect the soil. The “sisters” also complement each other nutritionally, offering complex carbohydrates, fiber, protein, and a host of phytonutrients in every bite.

- 2 CUPS **BUTTERNUT SQUASH, CUT INTO 1-INCH CUBES**
- 1 ½ CUPS **CORN KERNELS (FRESH OR FROZEN)**
- 1 TBSP **EXTRA VIRGIN OLIVE OIL, PLUS TWO TSP, DIVIDED**
- ¼ TSP **SALT**
- ½ TSP **CHILI POWDER**
- 1 CUP **WILD RICE, RINSED**
- 1 ¼ CUPS **WATER**
- 1 **15-OZ CAN BLACK BEANS, DRAINED & RINSED**
- ⅓ CUP **LIME JUICE (ABOUT 1 LIME)**

## NUTRITION FACTS PER SERVING

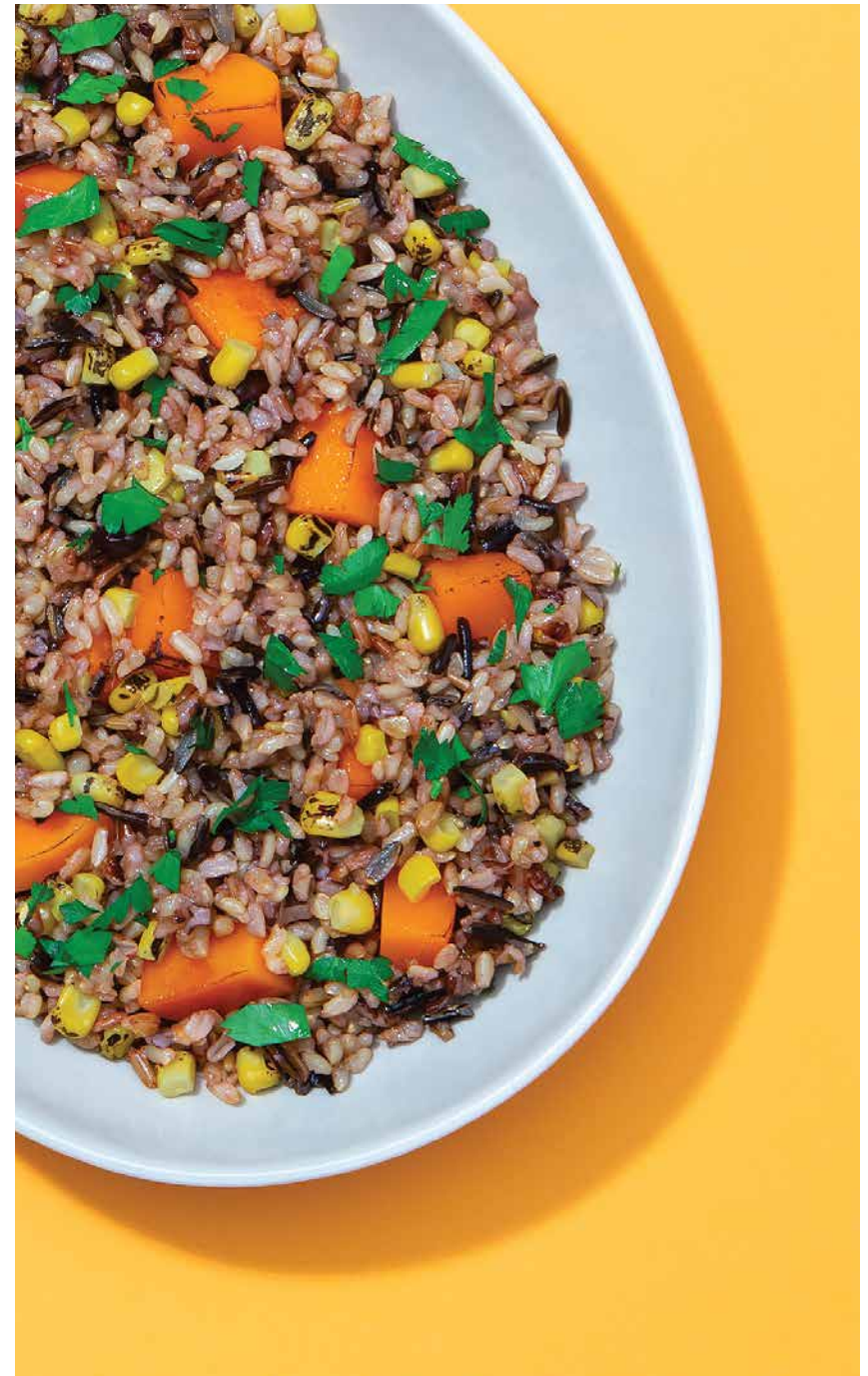
400 calories, 11g fat, 67g carbs, 12g fiber, 6g sugar, 15g protein

Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.

- 1 Preheat oven to 425°F.
- 2 Toss the butternut squash and corn with 1 Tbsp olive oil, salt, and chili powder. Spread on a baking sheet and bake for 20–30 minutes, until the squash is tender enough to be pierced easily with a fork.
- 3 As the veggies roast, combine rice, water, and 1 tsp of olive oil in the **Cooking Pot**. Close the lid, select the **BROWN RICE** setting.
- 4 Once the rice has finished cooking, combine with the cooked squash and corn together in a large bowl. Add the black beans, lime juice, and remaining 1 tsp of olive oil and toss and combined.

## NUTRITIONIST TIP

Dietary fiber has long been known for its digestive benefits, but the scientific research is booming on fiber’s ability to boost immune health and reduce risk of several chronic diseases. Eating fiber-rich whole grains is one of the easiest ways to boost your intake.



# Savory polenta with roasted balsamic mushrooms & tomatoes.



SERVES 4

Easy enough for a weeknight, but sophisticated enough for entertaining, this combination of creamy, comforting polenta, earthy mushrooms, succulent tomatoes, and tangy goat cheese is a hit, no matter the occasion.

## POLENTA

½ CUP	POLENTA OR COARSELY GROUND CORNMEAL
3 CUPS	WATER
¼ TSP	SALT
¼ TSP	GROUND BLACK PEPPER
1	GARLIC CLOVE, MINCED
¼ CUP	PARMESAN, FRESHLY GRATED
	CRUSHED RED PEPPER, TO GARNISH

## VEGGIES

4	BABY PORTABELLA MUSHROOMS, HALVED
½ CUP	GRAPE TOMATOES, HALVED
1 TBSP	EXTRA VIRGIN OLIVE OIL
1 TBSP	BALSAMIC VINEGAR
	SALT AND PEPPER TO TASTE

OPTIONAL GARNISH:  
2-OZ (2 TBSP) GOAT CHEESE

## NUTRITION FACTS PER SERVING

160 calories, 5g fat, 27g carbs, 3g fiber,  
2g sugar, 4g protein

Nutrition facts are based on the recipe as  
listed. Swapping any ingredients will alter  
nutritional content.

- 1 Preheat the oven to 400°F.
- 2 Combine all polenta ingredients in the **Cooking Pot** and stir together. Close the lid, select the **WHITE RICE** setting.
- 3 While the polenta cooks, line a baking sheet with



parchment paper. Spread mushrooms and tomatoes on the sheet and toss with olive oil, balsamic vinegar, and salt and pepper. Roast for 12 minutes.

- 4 Once the **EveryGrain™ Cooker** completes the cooking program, allow the polenta

to sit for 10 minutes before opening the lid to ensure it absorbs all of the liquid.

- 5 Spoon polenta into a serving platter and top with the roasted vegetables and goat cheese. Drizzle with olive oil and sprinkle with crushed pepper flakes before serving.

# Steamed shrimp & veggies with ginger basmati rice.



## SERVES 4

Full of fresh vegetables, succulent shrimp, and aromatic lentils and rice, this beautiful dinner serves up all of the food groups with style. The best part? It comes together in minutes, making it ideal for busy weeknights.

### GINGER BASMATI RICE

1 CUP	BASMATI RICE, RINSED
2 TSP	GINGER, GRATED
½ TSP	GARLIC, MINCED
¼ TSP	SALT
¼ TSP	GROUND PEPPER
1 TBSP	EXTRA VIRGIN OLIVE OIL
1 CUP LOW	LOW SODIUM CHICKEN OR VEGETABLE BROTH
½ CUP	WATER
½ CUP	RED LENTILS
2	SCALLIONS, THINLY SLICED, DIVIDED

### STEAMED SHRIMP AND VEGGIES

1	GREEN ZUCCHINI, SLICED & HALVED
2	YELLOW SQUASH, SLICED & HALVED
4	CREMINI MUSHROOMS, QUARTERED
1 BUNCH	KALE
2 TBSP	EXTRA VIRGIN OLIVE OIL, DIVIDED
6 OZ	LARGE SHRIMP, PEELED & DEVEINED
½ TSP	PAPRIKA
	SALT & PEPPER, TO TASTE

OPTIONAL GARNISH:  
SLICED AVOCADO

### NUTRITION FACTS PER SERVING

400 calories, 12g fat, 56g carbs, 8g fiber, 4g sugar, 20g protein

Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.



- 1 Combine rice with all ingredients except for the lentils and scallions in the **Cooking Pot**. Close the lid, select the **WHITE RICE** setting, and set a timer for 10 minutes.
- 2 In a bowl, toss mushrooms, squash, zucchini, and kale with 1 Tbsp of olive oil. In a separate bowl, toss shrimp with salt, pepper, paprika, and the remaining Tbsp of olive oil.
- 3 Line the **Steaming Basket** with the vegetables, then top with the shrimp.
- 4 When the timer goes off, open the cooker and stir in lentils and half of the sliced scallions. Set the **Steaming Basket** containing
- 5 the vegetables and shrimp in place over the rice in the **Cooking Pot**. Close the lid to resume cooking for an additional 12 minutes.
- 5 Once cooking is complete, remove the **Steaming Basket** and set aside. Transfer rice to a serving dish and toss with the remaining sliced scallions. Serve alongside the shrimp and vegetable mixture.

### PRO TIP

You can also steam the shrimp and veggies without the rice using the **STEAM** function, set at 12 minutes. Garnish with avocado and sliced scallions.

# Rye berries & eggplant with steamed rainbow trout.



## SERVES 2\*

Rye berries have a firm, chewy texture that pairs wonderfully with velvety eggplant. Topped with flaky roasted trout, this intriguing grain bowl brings an unexpected twist to the tried-and-true formula of grain + protein.

1 CUP	RYE BERRIES, RINSED, SOAKED FOR 2 HOURS, & RINSED AGAIN AFTER SOAKING	2 CUPS	CHOPPED EGGPLANT (ROUGHLY ½ A MEDIUM-SIZED FRUIT)
2 CUPS	LOW SODIUM VEGETABLE BROTH	1 TSP	EXTRA VIRGIN OLIVE OIL
⅛ TSP	SALT	⅛ TSP	SALT
1 TSP	EXTRA VIRGIN OLIVE OIL	⅛ TSP	PEPPER
2	4-OZ RAINBOW TROUT FILLETS	OPTIONAL GARNISH: CHOPPED PARSLEY, ORANGE SLICES, DRIZZLE OF OLIVE OIL	
1 TBSP	EXTRA VIRGIN OLIVE OIL	1	Add rye berries, broth, water, salt, and olive oil to the <b>Cooking Pot</b> . Close the lid, select the <b>GRAINS</b> setting, and set a timer for 1 hour.
1 TSP	ORANGE ZEST	2	While rye berries cook, prepare the trout marinade by whisking olive oil, orange zest, garlic, salt, pepper, and paprika together in a small bowl. Brush each fillet generously with the marinade.
1	GARLIC CLOVE, MINCED		
½ TSP	PAPRIKA		
⅛ TSP	SALT		
⅛ TSP	PEPPER		

- 3 Transfer each marinated fillet onto a piece of parchment paper large enough to completely cover the fish when folded. Create a packet out of the parchment paper: fold the paper up and over the fish. Starting at one end, pinch and fold the two sides of the paper together to seal, continuing across the entire length of the fillet until the packet is fully closed.
4. Season the eggplant with olive oil, salt, and pepper.
- 5 At the 30-minute mark of cooking the rye berries, add the trout to the **Steaming Basket**, open the lid, and set the basket in place. Close the lid and steam the fillets while the rice cooks for 15 minutes. Remove the fish from the **Steaming Basket**, close the lid, and reset your timer for 5 minutes. Set the fish aside, keeping it sealed in parchment paper until ready to serve.
- 6 Add the eggplant to the **Steaming Basket**. When the 5-minute timer ends, replace the **Steaming Basket** inside the pot over the rye berries. Close the lid and reset your timer for a final 10 minutes.
- 7 Once cooking is finished, add the eggplant in with the rye berries in the **Cooking Pot** and stir to combine. Divide the mixture between plates and top with a trout fillet.
8. Garnish with parsley, a drizzle of olive oil, and/or sliced orange, if desired.

**NUTRITION FACTS PER SERVING**  
500 calories, 10g fat, 73g carbs, 17g fiber, 6g sugar, 33g protein  
Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.





# Stuffed squash with curry spiced sorghum.



**SERVES 4\***

A gluten-free cereal with as much protein as quinoa, sorghum is a great grain to add to your rotation. This preparation is filled with warm spices and nourishing veggies for boatloads of flavor and nutrients.

## SORGHUM

1 CUP 1 CUP SORGHUM,  
RINSED AND  
SOAKED FOR  
1 HOUR, THEN  
RINSED AGAIN

2 CUPS LOW SODIUM  
VEGETABLE BROTH

1 TSP EXTRA VIRGIN  
OLIVE OIL

1 CUP CARROTS, DICED

3 CUPS BABY KALE,  
ROUGHLY CHOPPED

1 15-OZ CAN LENTILS,  
RINSED & DRAINED

2 TSP RED CURRY  
POWDER

½ TSP SALT

## SQUASH

1 YELLOW SQUASH,  
HALVED, &  
SCOOPED, PULP  
RESERVED  
& MINCED

1 ZUCCHINI, HALVED  
& SCOOPED,  
PULP RESERVED &  
MINCED

2 TBSP EXTRA VIRGIN  
OLIVE OIL

½ ONION,  
FINELY DICED

2 GARLIC CLOVES,  
MINCED

## OPTIONAL GARNISH CHOPPED PARSLEY

- 1 Preheat oven to 400°F. Line a baking dish with parchment paper.
- 2 Add sorghum, stock, and olive oil to the **Cooking Pot**. Close the lid, select the **GRAINS** setting, and set a timer for 50 minutes. Prepare other ingredients as the sorghum cooks.



- 3 Place squash and zucchini “boats” in the **Steaming Basket**. When the 50-minute timer goes off, set the **Steaming Basket** in place in the **Cooking Pot**, close the lid, and continue cooking for 10 more minutes.
- 4 Meanwhile, add olive oil to a large saucepan and warm over medium heat. Add onion and sauté until soft.
- 5 Add garlic, carrots, lentils, and squash pulp, and sauté for an additional 5–7 minutes, until carrots soften
- 6 Stir in curry powder, garlic paste, and salt, and cook for one more minute. Remove from heat, but not from the pan.

- 7 Once sorghum is finished cooking, transfer it to the saucepan with the lentil and vegetable mixture. Top with kale, and cook on low for another 5 minutes, until kale is wilted.
- 8 Fill the squash boats with the curried sorghum stuffing (roughly  $\frac{1}{4}$  cup per boat). Cover with aluminum foil and bake at 400°F for 20 minutes.

\* use leftover sorghum to make a grain bowl.

#### **NUTRITION FACTS PER SERVING**

210 calories, 6g fat, 35g carbs, 8g fiber, 5g sugar, 9g protein

Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content. This recipe makes enough sorghum filling for 8 servings.

# California roll.



SERVES 4 ROLLS (ABOUT 6 PIECES EACH)

Making your own sushi is a fun and interactive way to enjoy your EveryGrain™ Cooker and the classic California roll is a great place to start. Once you get the hang of it, you'll want to experiment with all kinds of fillings.

## RICE

1 CUP **SUSHI RICE,  
RINSED**

1 ¼ CUPS **WATER**

¼ TSP **SALT**

1 TSP **EXTRA VIRGIN  
OLIVE OIL**

3 TBSP **RICE VINEGAR**

1 TBSP **LIGHT BROWN  
SUGAR**

## VEGGIE FILLING

1 **MEDIUM  
CUCUMBER,  
PEELED, HALVED,  
AND THINLY  
SLICED IN LONG  
STRIPS**

2 **MEDIUM CARROTS,  
PEELED, HALVED,  
AND THINLY  
SLICED IN LONG  
STRIPS**

1 **MEDIUM  
AVOCADO, SLICED**

## CRAB FILLING

5 OZ **CRAB MEAT,  
CHOPPED**

1 TBSP **SOY SAUCE**

1 TBSP **MAYONNAISE**

1 TBSP **SRIRACHA**

**NORI PAPER**

**BLACK & WHITE  
SESAME SEEDS**

**GINGER**

**WASABI**

**SOY SAUCE**

## NUTRITION FACTS PER SERVING

340 calories, 9g fat, 52g carbs, 6g fiber,  
6g sugar, 12g protein

Nutrition facts are based on the recipe as  
listed. Swapping any ingredients will alter  
nutritional content.

## PRO TIP

For vegetarian sushi, substitute the crab  
meat with sliced carrots.



- 1 Add rice, water, salt, and olive oil to the **Cooking Pot**. Close the lid, select the **WHITE RICE** setting, once the program has completed, transfer the rice to a bowl.
- 2 Add rice vinegar, sugar, and salt to the cooked rice. Mix by hand and set aside. Allow rice to cool.
- 3 Next, make the crab filling. Gently stir together crab meat, soy sauce, mayo, and sriracha in a bowl.
- 4 Prepare the sushi. Spread 1 ¼ cup of rice on nori, completely covering it with a thin layer.
- 5 Turn the nori to its other side (the rice should stick to the nori), so the side with the rice is on the bottom.
- 6 Place strips of cucumber and avocado lengthwise in the middle of the nori paper. Add a thin row of crab meat, using about 3 tablespoons.
- 7 Begin to fold the sushi with the seaweed side closest to you so it forms a roll. Once the sushi is completely rolled, cut into equal pieces.
- 8 Garnish with sesame seeds and serve with ginger, wasabi, and soy sauce.

# Desserts.

Dessert isn't always the first thing that comes to mind when it comes to grains, but dig a little deeper and you'll find a world of cereal-based sweets that are both delicious and nourishing. Inspired by delicacies from Southeast Asia to South America and beyond, these recipes incorporate fresh fruits, spices, and a variety of grains to achieve their distinctive flavor and texture.



For more delicious recipes,  
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# Mango coconut sticky rice.



SERVES 6

This delicious Thai dessert pairs sticky rice with juicy mango and creamy coconut, creating a tantalizing array of textures and tropical flavors for a taste of paradise

- 1 CUP **SUSHI RICE, RINSED**
- 1 ¼ CUPS **WATER**
- 1 **15-OZ CAN OF FULL-FAT COCONUT MILK, DIVIDED**
- SAUCE**
- REMAINING HALF OF COCONUT MILK**
- 2 TBSP **MAPLE SYRUP**
- ¼ TSP **VANILLA EXTRACT**
- 1 TBSP **CORNSTARCH**
- 2 TBSP **WATER**
- 2 **MEDIUM MANGOS, PEELED & SLICED**

OPTIONAL GARNISH:  
**SESAME SEEDS, FRESH MINT**

## NUTRITION FACTS PER SERVING

350 calories, 16g fat, 51g carbs, 3g fiber, 21g sugar, 5g protein

Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.

- 1 Add rice, water, and a half-can of coconut milk to the **Cooking Pot**. Close the lid, select the **WHITE RICE** setting.
- 2 In a small saucepan, combine remaining coconut milk, maple syrup, and vanilla extract and bring to a simmer.
- 2 Dissolve cornstarch in the water and add to the sauce.
- 4 Allow sauce to thicken for about 2 minutes, until it slowly runs off a spoon
- 5 Plate the rice by using a bowl to mold the rice, placing a plate on top of the bowl, then flipping it over and lifting the bowl off of the rice.
- 6 Frame the rice with the sliced fresh mango and pour the sauce over the top.
- 7 Sprinkle with toasted sesame seeds and top with a few sprigs of mint, if desired.

# Arroz con leche.



SERVES 6

Warm, creamy, and insanely comforting, this cinnamon-filled rice pudding tastes like a hug in every bite.

- 1 CUP **LONG GRAIN RICE, RINSED**
- 2 CUPS **WATER**
- 1 **CINNAMON STICK**
- 2- INCH **STRIP OF ORANGE PEEL**
- ½ CUP **UNSWEETENED ALMOND MILK, PLAIN**
- ¼ CUP **ALMOND MILK YOGURT OR ALMOND MILK SOUR CREAM**
- ¼ CUP **MAPLE SYRUP**
- GROUND CINNAMON & COCONUT FLAKES, TO GARNISH**

OPTIONAL GARNISH:  
**GROUND CINNAMON & COCONUT FLAKES**

## NUTRITION FACTS PER SERVING

160 calories, 1.5g fat, 34g carbs, 0g fiber, 8g sugar, 3g protein

Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.

- 1 Add rice, water, cinnamon stick, and orange peel to the **Cooking Pot**. Close the lid, select the **WHITE RICE** setting, and set a timer for 20 minutes.
- 2 After the first 20 minutes, open the **EveryGrain™ Cooker**, and stir in almond milk, almond yogurt, and maple syrup. Close the lid to continue cooking for an additional 10 minutes.
- 3 Top individual servings with ground cinnamon and coconut flakes.

# Meyer lemon quinoa pudding.



## SERVES 6

With a flavor residing right between lemon and orange, meyer lemon provides a fresh tang that beautifully balances the creamy coconut milk and golden-sweet honey in this unique grain pudding. If deliciousness weren't enough, this dessert's quinoa base offers fiber, protein, and a unique blend of phytonutrients.

1 CUP **WHITE QUINOA,  
RINSED**

1 ½ CUPS **WATER**

1 **15-OZ CAN OF  
FULL-FAT  
COCONUT MILK,  
DIVIDED**

1 **1 MEYER LEMON**

1 **15-OZ CAN  
COCONUT MILK,  
FULL-FAT**

½ CUP **UNSWEETENED  
PLAIN ALMOND  
MILK**

2 TBSP **HONEY**

**OPTIONAL TOPPINGS**  
**COCONUT FLAKES, SLIVERED**  
**ALMONDS, ADDITIONAL ZEST**  
**TO GARNISH**

### NUTRITION FACTS PER SERVING

270 calories, 17g fat, 27g carbs, 3g fiber,  
8g sugar, 6g protein

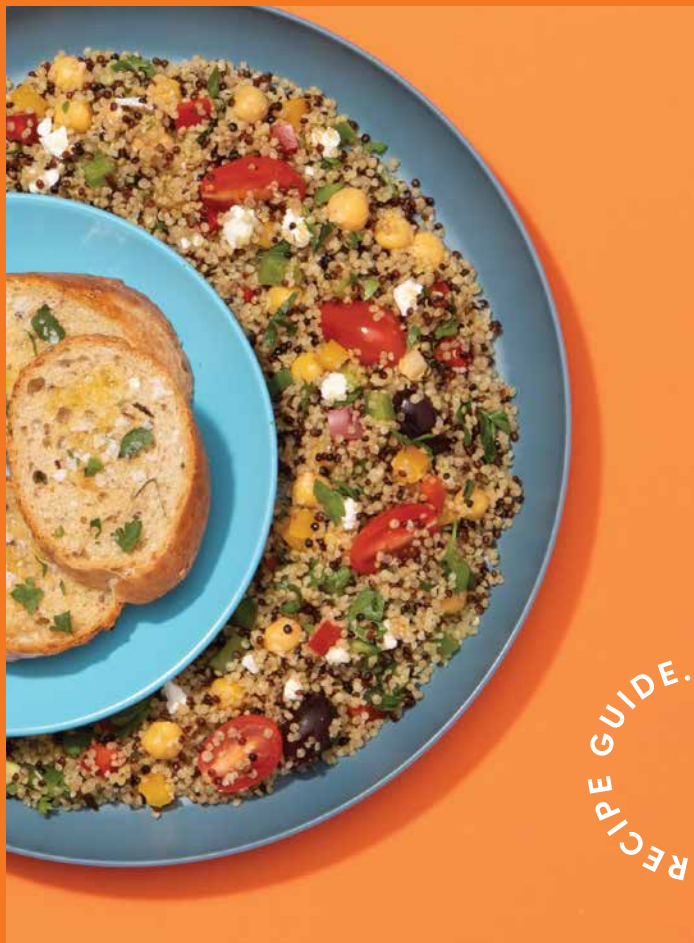
Nutrition facts are based on the recipe as  
listed. Swapping any ingredients will alter  
nutritional content.

- 1 Combine quinoa and water to the **Cooking Pot**. Close the lid, select the **QUINOA** setting, and set a timer for 30 minutes.
- 2 With a vegetable peeler, remove as much meyer lemon rind as possible, taking care not to include too much of the white pith. After peeling, juice the lemon into a small bowl.
- 3 After the quinoa has cooked for 30 minutes, open the **EveryGrain™ Cooker** and add meyer lemon juice and peel, coconut milk, almond milk, and honey. Stir to distribute, then close continue cooking until the program has completed.
- 4 Spoon into a serving dish and garnish with coconut flakes, slivered almonds, and lemon zest, if desired.



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