

nutribullet.
IMMERSION
BLENDER



User guide.

Important safeguards.

Warning! To avoid the risk of serious injury, carefully read all instructions before operating your NutriBullet®. When using any electrical appliance, basic safety precautions should always be observed, including the following important information.

! Save these instructions! ● FOR HOUSEHOLD USE ONLY

GENERAL SAFETY INFORMATION

- Close supervision is necessary when any appliance is used by or near children. Keep cord out of reach of children.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory, or mental capabilities, or lack of experience and knowledge, unless they are closely supervised and instructed concerning use of the appliance by a person responsible for their safety.
- Do not use outdoors.

Always unplug the NutriBullet® when not in use.

WARNING! Never continuously operate for longer than necessary to create your recipe — generally less than one minute.

BLADE SAFETY

WARNING! **BLADES ARE SHARP! HANDLE CAREFULLY.** Use care when handling any blade. To avoid laceration injury, do not handle or touch any blade edge. Always hold the S-blade by its upper plastic part.

AVOID CONTACT WITH MOVING PARTS! Keep hands and utensils out of and away from the attachments (especially the blade or whisk) while blending food to reduce the risk of severe personal injury.

- Keep hands, hair, clothing, as well as spatulas and other utensils away from attachments during operation to reduce the risk of injury to persons or damage to the product.
- To prevent possible separation of components during operation, you must properly align, securely attach (hand tighten), and fully lock attachments to the motor body, and check for separation before operating your NutriBullet®.

- Once you are done using your NutriBullet®, wait until the motor comes to a complete stop and the unit powers down completely before removing the attachments from the motor body.
- Always make sure that your NutriBullet® is unplugged before you attempt to remove or attach the blending arm.

Never blend using the blending arm without at least some liquid, as doing so may damage the blade or motor.

- In most cases, your NutriBullet® requires the use of liquids to blend or whisk ingredients properly. Avoid blending food without at least one liquid ingredient.
- **DO NOT USE** the blending arm, for grinding dry ingredients such as grains, cereal, or coffee, as this may damage the motor, the blade, or the whisk.
- After you have finished blending, always turn-off your blender and wait until the motor comes to the complete stop before removing the blending arm from the mixture, especially if the mixture is hot so as to avoid thermal injuries.

ELECTRICAL SAFETY

WARNING! Do not use this product in locations with different electrical specifications or plug types. Do not operate with any type of plug adapter or voltage converter device, as these may cause electrical shorting, fire, electric shock, personal injury or product damage. This appliance has important markings on the plug blade. The cord is not suitable for replacement. If damaged the appliance shall be replaced.

POLARIZED PLUG INFORMATION:

- Your NutriBullet® has a polarized plug (one prong is wider than the other) to reduce the risk of electric shock. This plug will correctly fit in a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. For your safety, do not modify the plug or motor body in any way. Doing so will increase risk of injury and void the product’s warranty.
- The use of third-party attachments, including canning jars, is forbidden and may cause fire, electric shock, personal injury, or product damage and will void the warranty.
- **To avoid risk of electric shock, never immerse the cord, plug, or motor body of blender in water or other**

electrical current conducting liquids. Discontinue use if the cord, plug, or motor body is damaged.

- Always **UNPLUG** the NutriBullet® when it is not in use or **BEFORE** assembling, disassembling, changing accessories, or cleaning. Do not attempt to handle the NutriBullet® until all parts have stopped moving.
- To unplug, grasp the plug and pull from the outlet. Never pull from the power cord.
- Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions, or is dropped or damaged in any manner. **NutriBullet® Customer Service** for assistance at **1 (800) 523-5993**.
- Do not allow the cord to hang over the edge of the table or counter. Do not pull, twist, or damage the power cord. Do not allow cord to touch hot surfaces, including the stove.
- If the motor stops working and feels hot, unplug the appliance and let it cool for an hour before attempting to use it again. Your NutriBullet® has an internal thermal breaker that shuts off the motor when it overheats. The thermal breaker will reset when the unit is unplugged and the thermal breaker cools down sufficiently.

VENTILATION

WARNING! Never place your NutriBullet® on top of flammable materials such as newspapers, tablecloths, napkins, dish towels, place mats, or other similar types of materials.

MICROWAVE & STOVE TOP HEATING SAFETY

- Do not place any NutriBullet® parts in the microwave or oven. Only the Blending Arm attachment or Whisk attachment may be immersed in liquid or used on the stove top, but always keep the motor body dry.
- Avoid blending the following seeds and pits with the NutriBullet®, as they contain a chemical known to release cyanide into the body when ingested: apple seeds, cherry pits, plum pits, peach pits, and apricot pits. Fruit pits may also cause damage to the blade and other attachment parts.

MEDICAL SAFETY

- The information contained in this user guide is not meant to replace the advice of your physician. Always consult your physician regarding health and nutrition concerns.

MEDICATION INTERACTIONS:

- If you are taking any medication, especially cholesterol lowering medication, blood thinners, blood pressure drugs, tranquilizers, or antidepressants, please check with your physician before trying any of the recipes contained in this guide.

ADDITIONAL INSTRUCTIONS FOR PROPER USAGE

- Make sure to always allow room at the top of whatever container you are blending in. The blending action of the NutriBullet® Immersion Blender requires space to blend or whisk effectively blending in a full container can result in leakage or spillage.
- Remove whisk from the product before washing.
- Whisk and blade are specific to the exact model of NutriBullet®. Use of incompatible parts (parts from other models) may result in damage to your NutriBullet® or create safety hazards. When replacing blades or ordering additional attachments or accessories from nutribullet.com, or by contacting Customer Service, please specify the model for parts that are compatible with your unit.
- Periodically inspect all NutriBullet® components for damage or wear that may impair proper function or present an electrical hazard. Make sure that the power cord and plug are undamaged. Discontinue use and replace if you detect damage to the motor body, blending arm, or any attachments. Ensure that the blades or whisk rotate freely and that the structure is undamaged. Follow the recommended procedures in the Care and Maintenance section of this guide, and never operate your NutriBullet® with damaged components. If your NutriBullet® malfunctions in any way, immediately discontinue use and contact **NutriBullet Customer Service at 1 (800) 523-5993.**
- **If your NutriBullet® malfunctions in any way, immediately discontinue use and contact Customer Service at 1 (800) 523-5993.** You may purchase new NutriBullet® attachments or other parts at nutribullet.com or by contacting Customer Service.
- If you have any comments, questions, or concerns, please go to **nutribullet.com**. Or call Customer Service at **1 (800) 523-5993.**

! Save these instructions!



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Thank you for purchasing the NutriBullet® Immersion Blender.

What's included.



motor body

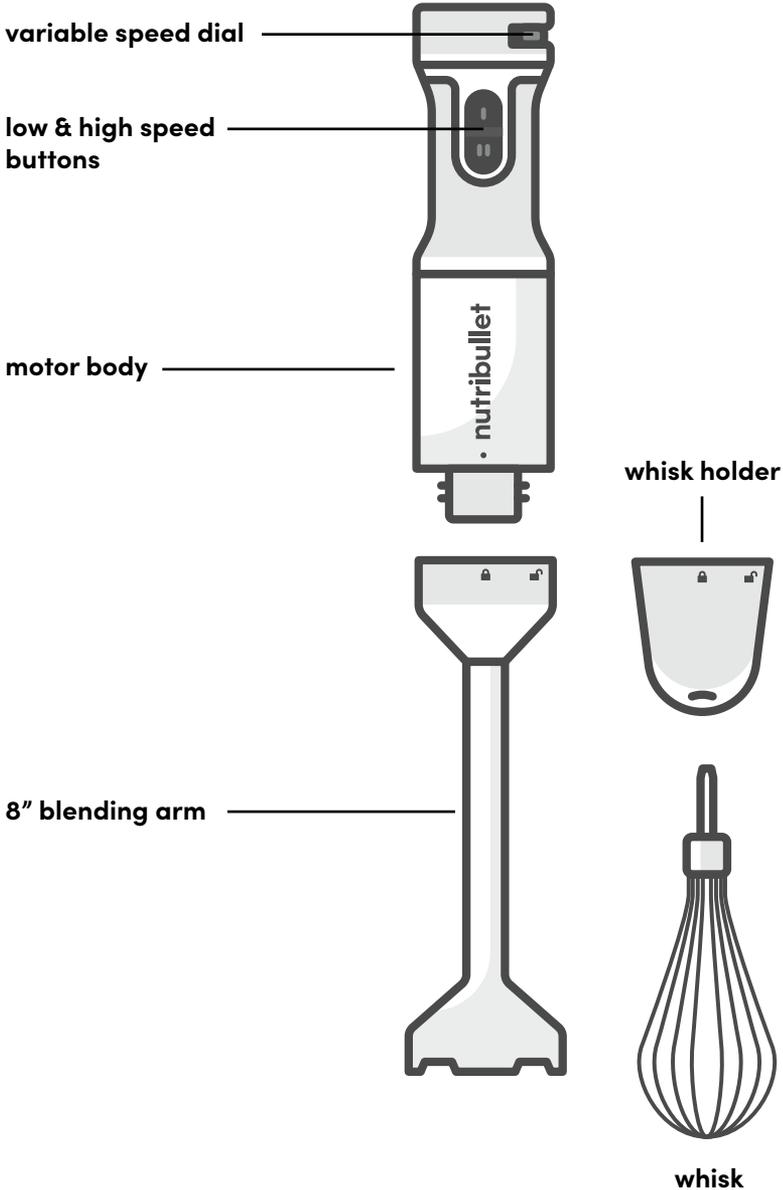


8" blending arm



**whisk
& whisk holder**

Assembly guide.



Getting started.

Before using your blender for the first time, please take a moment to perform the steps below:

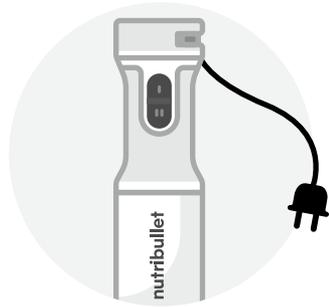
1. UNPACK: Open box. Remove blender and attachments. Place all parts on a flat dry surface.

2. CLEAN: Rinse all detachable parts and accessories (except the motor body) with warm, soapy water. Dry. Clean the motor body with a damp cloth.

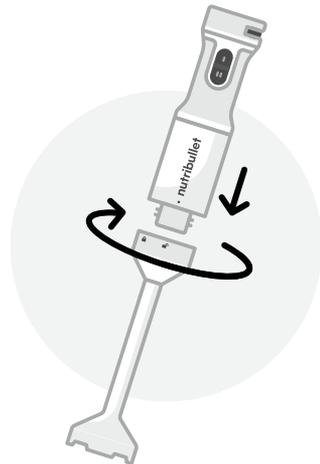


WARNING: Never submerge the motor body in water or any other liquid.

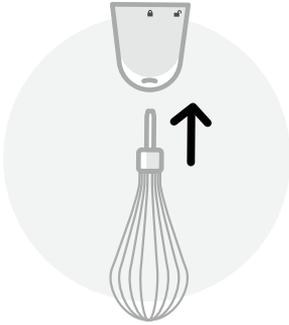
Assembly.



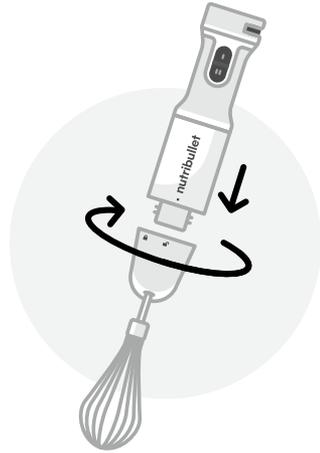
- 1** Before starting assembly, make sure that the appliance is **unplugged**.
- 2** Attach one of the accessories (**blending arm, whisk**) onto the bottom of the main **motor body**:



- 2a BLENDING ARM:** Insert the bottom of the **motor body** into the top of the **blending arm**; push the **motor body** down and turn it clockwise until it locks.



2b WHISK: Insert the top of the **whisk** into the bottom of the **whisk holder**.



Then insert the bottom of the **motor body** into the top of the **whisk holder**, pushing the **motor body** down and turning clockwise until it locks.

Usage instructions.

- 1 Prepare foods for blending; make sure only blendable foods are used.
 - Remove any hard seeds, pits, and skin – for example, peel, pits, and rind should be removed from oranges, lemons, grapefruits, and melons.
 - Cut foods into smaller pieces if needed.
 - **Do not attempt to process overly thick or hard foods (since these may damage the motor or blade).**
 - **Do not blend hard fruits or vegetables without liquid.**

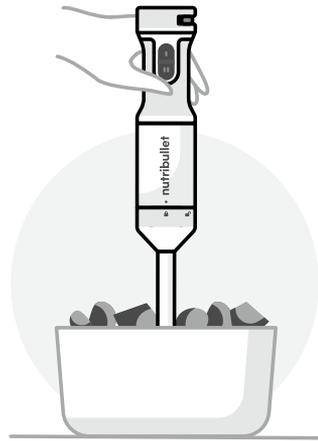


- 2 Place mixing vessel (cup, cooking pot, or mixing bowl) on flat, dry surface. Make sure your selected attachment is tightly fastened to the bottom of the **motor body** and locked in place. (See Assembly section.). The blender is now ready to operate.



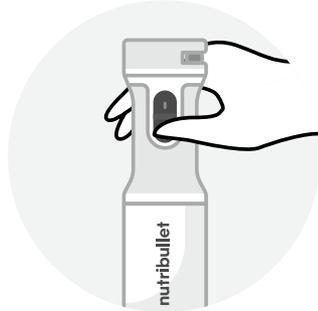
- 3** Place the prepared food and/or liquid into your cup or mixing bowl, without forcing items in and without overfilling.

CAUTION: Do not blend or whisk, too much food or liquid at one time. Don't overfill cup or bowl.



- 4** Carefully submerge the **blending arm** or **whisk** into the mixing vessel with ingredients that you wish to mix or blend.

CAUTION: Do not press the power button before placing the blending arm into the container as it will cause splattering. Also, do not blend near the top of your mixture so as to prevent splattering.



- 5** Press and hold the **Low-speed (I)** or **High-speed (II) Power Button** to operate unit. If desired, fine tune blending speed by the **Variable Speed Dial** while pressing the **Low-Speed** button.



Before pressing either Power Button, you can finely adjust the speed by turning the **Speed Dial** and then pressing the **Low-Speed (1)** button.

NOTE: The Variable Speed Dial may only be used when pressing the Low-speed button.

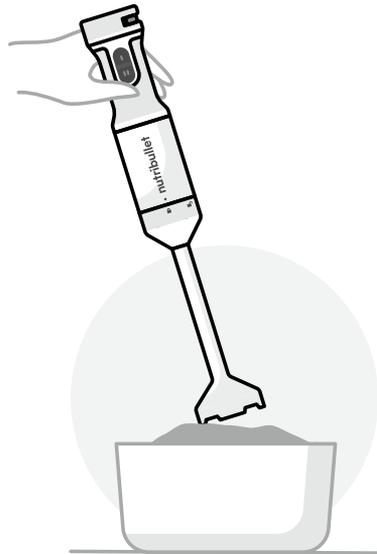
Pressing either speed button activates the motor. Releasing the button stops the unit. The button must be depressed continuously for blending operation to continue.

CAUTION: Do not operate the unit for long periods of time without blending any ingredients.

CAUTION: Do not put fingers, palms, utensils, or foreign objects on or near attachment during operation.

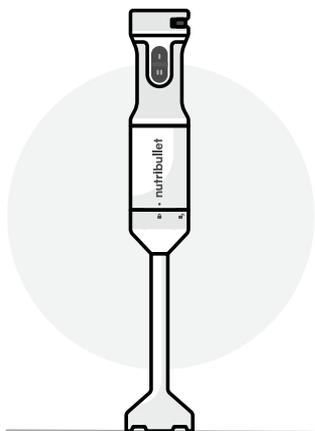


- 6** When you are done, release the **power button** to shut off the blender.



- 7** Remove the blender from your mixing vessel. Gently shake off any excess mixture from the **blending arm**.

CAUTION: Wait until the motor comes to the complete stop before removing the blending arm from the mixture, especially if the mixture is hot so as to avoid splatter and thermal injuries.



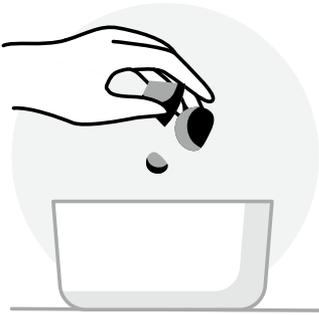
- 8 Place the **motor body** and **blending arm** or **whisk** on the counter (or other flat, dry surface).

Using the blending arm.

The **blending arm** is perfectly suited for preparing a wide range of dishes, such as dips, sauces, soups, condiments, milkshakes, even baby food – as well as for many other mixing needs. For best results, always include one or more liquid ingredients.

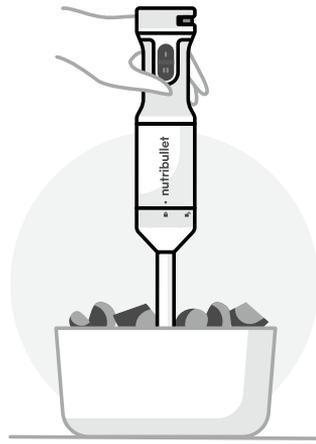


- 1 Place mixing vessel on flat, dry surface. Make sure your selected attachment is tightly fastened to the bottom of the **motor body** and locked in place. (See Assembly section). The blender is now ready to operate.



- 2** Place the prepared food and/or liquid into your mixing vessel, without forcing items in and without overfilling.

CAUTION: Do not blend too much food or liquid at one time. Don't overfill cup or bowl.



- 3** Place the **blending arm** into the mixing vessel containing the items you wish to blend.

NOTE: Do not place blender in cup or bowl at an angle. Make sure blender is fully upright.

CAUTION: Do not press the power button before placing the blending arm into the container as it will cause splattering.



- 4** Press and hold the **Low-speed (I)** or **High-speed button (II)** to begin blending operation.

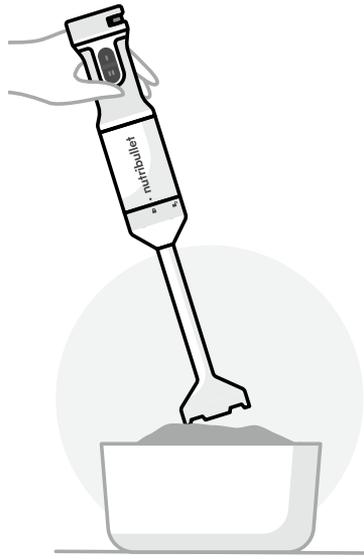


- 5** If desired, fine tune blending speed using the **Variable Speed Dial** before starting blending by pressing the **Low-speed button**.

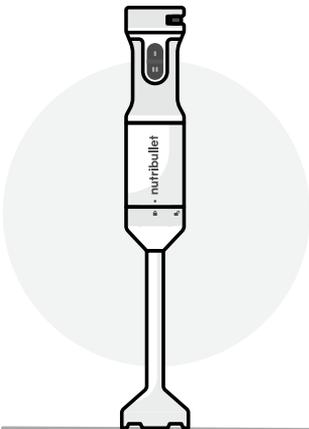
CAUTION: Avoid using the blender arm for longer than 1 minute, and avoid blending food without a liquid ingredient.



- 6** When you are done, release the button and wait for blending action to stop. Unplug the unit.



- 7** Remove the blender from your mixing vessel. Gently shake off any excess mixture from the blending arm.



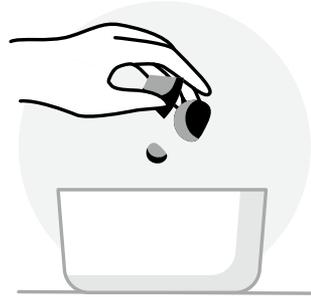
- 8** Place the **motor body** and **blending arm** on the counter (or other flat, dry surface).

Using the whisk.

Use the **whisk** only for light or fluffy foods such as whipping cream, beating egg whites, and mixing “ready-mix” desserts. Items to whisk should be moist, with one or more liquid ingredients.

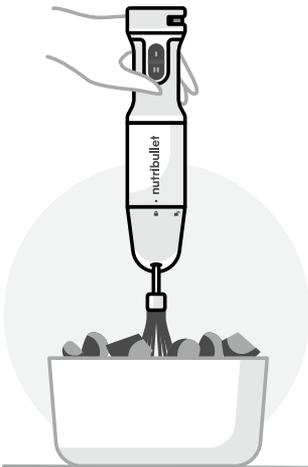


- 1** Place mixing vessel on flat, dry surface. Make sure your selected attachment is tightly fastened to the bottom of the motor body and locked in place. (See Assembly section.) The blender is now ready to operate.



- 2** Place the prepared food and/or liquid into your mixing vessel, without forcing items in and without overfilling.

CAUTION: Do not blend too much food or liquid at one time. Do not overfill cup or bowl.



- 3** Place the whisk upright in your mixing vessel.

NOTE: Do not place blender in cup or bowl at an angle. Make sure blender is fully upright.

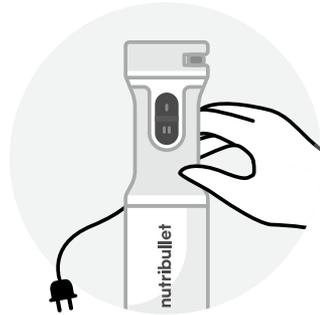
CAUTION: Do not press the power button before placing the blending arm into the container as it will cause splattering.



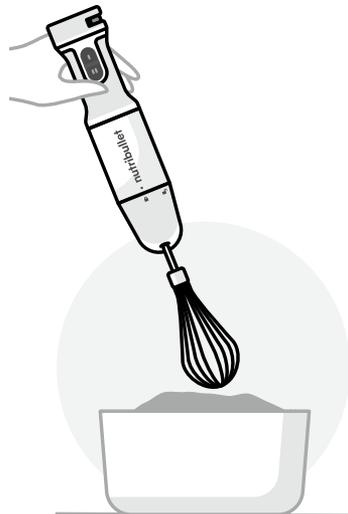
- 4** Press and hold either the **Low speed button (1)** to begin whisking operation.

NOTE: It is recommended to only use the whisk attachment with Low-speed.

CAUTION: Avoid using the whisk for longer than 2 minutes, and avoid whisking items without a liquid ingredient.

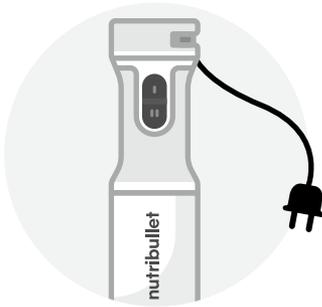


- 5** When you are done, release the **Low speed button (1)** and wait for whisking action to stop. Unplug the unit.

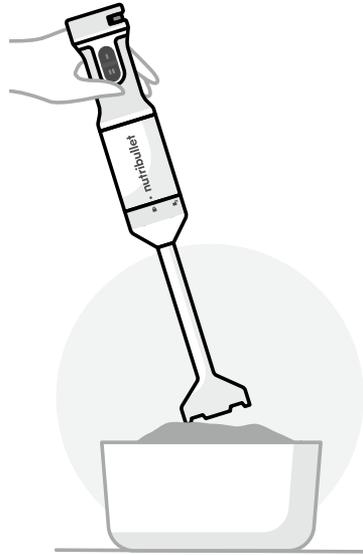


- 6** Remove the blender from your mixing vessel. Gently shake off any excess mixture from the blending arm.

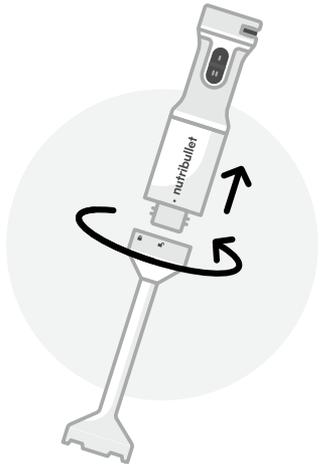
Disassembly.



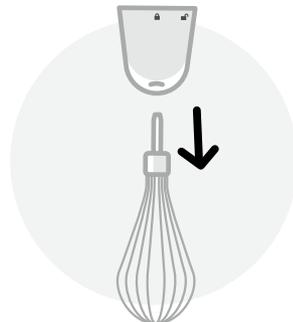
- 1 Make sure the blender is OFF and unplugged.**
Ensure that the motor has completely stopped, the blade or whisk has stopped moving, and all moving parts have stopped before disassembling the blender.



- 2 Remove the blender from your mixing cup or bowl.**



- 3 Detach the motor body from the blending arm or whisk attachment.**



- 4 Separate attachment parts, if needed (Whisk-Whisk holder). The blending arm attachment is one single part.**

Blending tips.

PROPER PRODUCE PREP

Prepare food items such as fruits and vegetables before inserting them into your cup or bowl:

- **Clean produce properly.**
Rinse with lukewarm water, produce wash, or water and apple cider vinegar.
- **Peel or remove skin as needed.**
Foods with thick or hard skin must be peeled before being put into the blender.
- **Remove rind from all citrus fruits before blending.**
- **Remove large pits and seeds from stone fruit before blending.** Stone fruit may be used only if the seeds or pits have been removed. Fruit with hard cores must be pitted. The cores of peach, plum, mango, apricot, and jujube should not be processed, to avoid any potential malfunction.
- **Pre-chop larger food items down to the right size** – small enough to fit easily into your bowl or cup, without having to force pieces in.
- **Longer or thicker foods with less moisture and hard fiber** should be cut into slices.
- **Leafy vegetables and foods with long, hard fiber** (such as celery, wild celery herb, collard): Cut the stems into slices 3–5 cm long.

BLADE SAFETY

- **Never put your palms, fingers, utensils, or foreign objects on or near blender attachments while attached to the blender (especially during blending).**

CAUTION: blades in the blending arm are very sharp! Avoid touching them.

- Do not overload your cup, mixing bowl with food or thick mixtures, as this may cause the blade to stop functioning properly (rotating motion may be impeded).

CHANGING BLENDING SPEED

This Immersion Blender features two main speed settings (Low and High), and a variable speed dial.

Always start on Low-speed when blending to prevent suction of the blade to the bottom of the blending vessel. Once ingredients are broken down, switch to High-speed if desired.

When using the Low button, turn speed dial to the right to increase blending speed.

Troubleshooting.

BEFORE BLENDING: UNIT ASSEMBLED BUT CANNOT POWER ON

If the unit is not operating, this may be due to parts not being fully locked in place. Check to make sure the attachment you are using is locked tightly onto the main body of the blender.

DURING OPERATION: BLENDER STOPS (STUCK, NOT BLENDING, NOT OPERABLE)

In the unlikely event that the blending arm or whisk gets stuck and blending stops, release the power button, wait for the unit to shut off, and look at your mixture (the items you're processing).

If the problem seems to be an overly thick mixture that caused the blade to stop moving, try adding water or other liquid

to soften the mixture, or try separating the mixture by hand, or removing some of the mixture. Then try blending or whisking again on the loosened or thinned out mixture.

Also check the cutting area of your attachment (blade or whisk) to see if there is residue or food particle buildup; if so, rinse off with warm water, then try blending again.

If the blender still won't operate, turn it off, unplug it, disassemble it, then reassemble it. After reassembly, power on the blender and see if normal function has been restored.

OVERHEATING

To avoid overheating, allow the Immersion Blender to cool down for at least 5 minutes between uses.

Care and maintenance.

Cleaning the NutriBullet® Immersion Blender is quick and easy. All parts (except for the motor body) can be cleaned by simply rinsing with warm soapy water. Here are some tips for cleaning and best practices.

1 Always make sure the unit is **unplugged** before you begin assembly, disassembly, cleaning, or storage of the unit.

2 Detach and separate the parts of the blender (see Disassembly section).

3 Remove the contents of the mixing vessel.

4 Clean all blender parts (except the motor body) with warm soapy water. Do not soak parts in water as it may damage the internal gears.

 **CAUTION:** Blending arm and whisk holder are NOT dishwasher safe. Do not place these parts in the dishwasher as it may damage the internal gears of these attachments.

 **CAUTION:** Do not use a metal sponge to clean the parts, as that may scratch or damage them.

5 Be sure to properly clean the blade or whisk every time you use them. Leftover traces of food can cause residue buildup on the blade or whisker, which may degrade blending performance or inhibit maximum blending.

 **CAUTION:** Blade is sharp, so handle carefully during cleaning.

6 Clean the motor body with a damp cloth only.

 **WARNING:** Never immerse the motor body in water or other liquid.

7 Let all parts dry thoroughly, then store the appliance and its attachments in a dry place.

PRO TIP: Clean your appliance as soon as possible after using it. If allowed to sit, food residue may dry on the blade or whisk, which can make it more difficult to remove. If any food residue does cake onto parts of the unit (other than the motor body), let those parts soak in hot water for 30 minutes, which should soften the residue and make it easier to remove.

How to store.

You can save blended or whisked contents for future use by putting them in a cup or bowl, covered by plastic wrap or other cover, and storing them in your refrigerator. When not in use, store the blender in a safe dry place where parts will not be damaged and won't cause harm.

Replacement parts.

To order additional parts and accessories, please visit our website at [nutribullet.com/shop/accessories](https://www.nutribullet.com/shop/accessories) or feel free to contact Customer Service: **1 (800) 523-5993**.

Recipes.

Banana bread pancakes.

4 SERVINGS; YIELDS 4-4" PANCAKES

2	BANANAS, MEDIUM (1½ CUPS MASHED BANANAS)
1 TBSP	COCONUT OIL
1¼ CUP	UNSWEETENED ALMOND MILK (RESERVE ¼ CUP TO THIN OUT BATTER)
1 CUP	ALL PURPOSE FLOUR
2 TBSP	SUGAR
2 TSP	BAKING POWDER
½ TSP	SALT
2 TSP	CINNAMON
½ TSP	GROUND NUTMEG
½ CUP	WALNUTS, TOASTED

NUTRITION FACTS PER 1-4" PANCAKE SERVING

330 calories, 14g fat, 48g carbs, 4g fiber,
14g sugar, 6g protein. Nutrition facts are
based on the recipe as listed.

- 1 In a bowl, blend 2 bananas, coconut oil, and 1 cup of almond milk on **LOW**, **PULSE** until blended.
- 2 Add flour, sugar, baking powder, salt, cinnamon, nutmeg and **blend** on **LOW** speed.
- 3 Mix in walnuts. Add in more almond milk if needed to thin out batter.
- 4 Heat a skillet or griddle over medium. Carefully rub skillet with an oiled paper towel.
- 5 For each pancake, spoon 2-3 tablespoons of batter onto skillet leaving 1" apart from other pancakes.
- 6 Cook until surface of pancakes has some bubbles, around 1-2 minutes. With spatula, carefully flip and cook the other side for 1-2 more minutes until golden brown.

Tomato marinara.

18 SERVINGS; YIELDS 9 CUPS

20	ROMA TOMATOES (OR USE 2-28 OZ CANS OF PEELED TOMATOES)
6	GARLIC CLOVES
1/2	ONION, LARGE, CHOPPED
2 TBSP	BROWN SUGAR
8 LEAVES	BASIL
1 TBSP	OREGANO DRIED
1 TBSP	ITALIAN SEASONING
1 TBSP	BALSAMIC VINEGAR
2	BAY LEAVES
1 TBSP	SALT
1/2 TBSP	PEPPER
1/4 CUP	EXTRA VIRGIN OLIVE OIL

NUTRITION FACTS PER 1/2 CUP SERVING

45 calories, 3g fat, 4g carbs, 1g fiber,
3g sugar, 1g protein. Nutrition facts are
based on the recipe as listed.

- 1 Score 20 roma tomatoes (place a shallow X on the bottom of each tomato).
- 2 Bring a pot of water to a boil. Submerge tomatoes in boiling water for 15–20 seconds, depending on ripeness, until the skins are loosened.
- 3 Move the blanched tomatoes to a bowl of ice or cold water. Peel the skins off from the X.
- 4 Add peeled tomatoes to a pot and crush tomatoes with blender on **LOW** speed for 5 seconds.
- 5 Add remaining ingredients to the pot — garlic, onion, brown sugar, oregano, italian seasoning, balsamic vinegar, bay leaves, salt, pepper, and olive oil.
- 6 Bring to a boil. Turn heat down to simmer on low for 45 minutes – 1 hour.
- 7 Remove bay leaves.
- 8 **Blend** sauce until desired consistency, for chunkier sauce blend 4–5 pulses. for smoother consistency, blend 5–10 pulses.
- 9 Add in 8 leaves of basil and simmer for 30 more minutes until thick.

Veggie frittata.

4-6 SERVINGS; YIELDS 10" FRITTATA

½	ONION, SMALL
½	ZUCCHINI, MEDIUM
1	CARROT, MEDIUM
½	RED BELL PEPPER, MEDIUM
2 CUPS	SPINACH
8	EGGS
½ CUP	REDUCED-FAT MILK
2 TBSP	NUTRITIONAL YEAST
½ TSP	SALT
½ TSP	PEPPER
2 TBSP	EXTRA VIRGIN OLIVE OIL

NUTRITION FACTS PER ⅙ FRITTATA SERVING

150 calories, 11g fat, 48g carbs, 5g fiber, 3g sugar, 9g protein. Nutrition facts are based on the recipe as listed.

- 1 Preheat oven to 350°F.
- 2 Roughly chop all vegetables and set aside.
- 3 In a bowl, **whisk** eggs, milk, nutritional yeast, salt and pepper and set aside.
- 4 In a 10" cast iron skillet, add 2 tablespoons of oil and sauté chopped vegetables on medium heat until softened.
- 5 Turn heat off and pour in egg mixture (make sure vegetables are evenly spread out).
- 6 Bake in oven for 15 minutes.

Roasted leek & zucchini soup.

6 SERVINGS; YIELDS 6 CUPS

- | | | |
|---------|--|---|
| 2 TBSP | EXTRA VIRGIN OLIVE OIL | 1 Preheat oven at 350°F. |
| 3 | ZUCCHINI, MEDIUM, CHOPPED INTO 1" PIECES | 2 Drizzle olive oil on zucchini, leeks, cauliflower, and garlic bulb and roast at 350°F for 45 minutes. |
| 2 | LEEKS, CHOPPED INTO 1" PIECES (WHITE & PALE GREEN PARTS ONLY) | 3 Finely chop carrot, celery, and onion. |
| 1 CUP | CAULIFLOWER FLORETS | 4 In a 4 quart pot, add oil, chopped carrot, celery, salt, and pepper. Sauté until soft. |
| 1 | HEAD OF GARLIC | 5 Add vegetable broth, marjoram, basil and bring to a boil. |
| 1 | CARROT, MEDIUM | 6 Add roasted vegetables to pot and nutritional yeast. Bring to simmer and turn off heat. |
| 1 | CELERY STALK, MEDIUM | 7 Blend on LOW until smooth. |
| ¼ | ONION, MEDIUM | |
| ½ TSP | SALT | |
| 1 SPRIG | MARJORAM | |
| 1 SPRIG | BASIL | |
| 32 OZ | VEGETABLE BROTH | |
| 3 TBSP | NUTRITIONAL YEAST | |

NUTRITION FACTS PER 1 CUP SERVING

100 calories, 5g fat, 13g carbs, 2g fiber, 6g sugar, 3g protein. Nutrition facts are based on the recipe as listed.

Split pea soup.

6 SERVINGS; YIELDS 6 CUPS

1½ CUP	SPLIT PEAS
4 CUPS	WATER
1 TSP	SALT
½ TSP	PEPPER
2	CARROTS, SMALL
½	ONION, MEDIUM
1	YUKON GOLD POTATO
1 TBSP	CANOLA OIL
4	GARLIC CLOVES
32 OZ	VEGETABLE BROTH
1	BAY LEAF
1 SPRIG	THYME
⅓ CUP	NUTRITIONAL YEAST

NUTRITION FACTS PER 1 CUP SERVING

280 calories, 3g fat, 48g carbs, 16g fiber, 7g sugar, 16g protein. Nutrition facts are based on the recipe as listed.

- 1 Bring water to a boil and add split peas, salt, and pepper.
- 2 Turn heat to low and simmer until water is mostly evaporated and peas are cooked (about 45 minutes).
- 3 Finely chop two carrots, onion, and yukon potato.
- 4 In a 4 quart pot, add oil and saute garlic and vegetables until softened.
- 5 Add 32 oz of vegetable broth to pot and bring to a simmer.
- 6 Add bay leaf, thyme, and nutritional yeast and simmer for 30 minutes, then remove bay leaf.
- 7 **Blend** in circular motions on **LOW** for about 1 minute, or until desired consistency.
- 8 Adjust salt and pepper to taste.

Roasted cauliflower mash.

6 SERVINGS; YIELDS 3 CUPS

1 TBSP	CANOLA OIL
1 HEAD	CAULIFLOWER (4 CUPS OF FLORETS)
4	GARLIC CLOVES
1 TBSP	PLANT-BASED BUTTER OR OIL
1 SPRIG	THYME, REMOVE LEAVES
1 SPRIG	ROSEMARY, REMOVE LEAVES
½ CUP	UNSWEETENED ALMOND MILK
¼ TSP	SALT

- 1 Preheat oven to 375°F. Drizzle oil on cauliflower florets and garlic and roast in the oven for 40 minutes.
- 2 In a pot, add butter, thyme, rosemary, and garlic on low heat, then add roasted cauliflower, almond milk, and salt.
- 3 **Blend** in a pot on **HIGH** until smooth. Add more milk if needed.

NUTRITION FACTS PER ½ CUP SERVING

70 calories, 4.5g fat, 6g carbs, 2g fiber, 2g sugar, 2g protein. Nutrition facts are based on the recipe as listed.

Hollandaise sauce.

10 SERVINGS; YIELDS 10 OZ

4	EGG YOLKS
¼ TSP	SALT
¼ TSP	PEPPER
2 TSP	LEMON JUICE
4 OZ	BUTTER, MELTED

NUTRITION FACTS PER 2 TBSP SERVING

100 calories, 11g fat, 0g carbs, 0g fiber, 0g sugar, 1g protein. Nutrition facts are based on the recipe as listed.

- 1 Add all ingredients to a cup or bowl except butter and **whisk** on **LOW**.
- 2 Slowly drizzle in butter into mixture while **whisking** on **LOW** until incorporated.
- 3 Put mixture in microwave for 15 seconds and **whisk** for 1 minute. Then, microwave for 10 seconds and **whisk** for another minute. Repeat if necessary until reaching a thick velvety consistency.

Roasted garlic aioli.

12 SERVINGS; YIELDS 1½ CUPS OR 12 OZ

- 1 HEAD **GARLIC**
- 2 **EGGS**
- 1 TBSP **LEMON JUICE**
+1 TSP
- ½ TSP **SALT**
- ¼ TSP **PEPPER**
- ½ TSP **YELLOW MUSTARD**
- 1¼ CUP **EXTRA VIRGIN OLIVE OIL**

NUTRITION FACTS PER 2 TBSP SERVING

220 calories, 24g fat, 1g carbs, 0g fiber, 0g sugar, 1g protein. Nutrition facts are based on the recipe as listed.

ROASTED GARLIC

- 1 Preheat oven to 400°F.
- 2 Drizzle 1 tsp olive oil garlic and wrap in aluminum foil.
- 3 Place in center of oven on sheet pan and roast for 45 to 55 minutes. Garlic is done when fragrant and cloves are soft enough to squeeze.
- 4 Set aside to cool completely. Once cool, gently loosen and remove skins.

MAYO FROM SCRATCH

- 5 Crack 2 eggs in a cup or bowl.
- 6 Add 1 Tbsp lemon juice, ¼ tsp salt, pepper, and mustard. **Blend** all ingredients for 10 seconds on **LOW** speed.
- 7 Add ¼ cup of olive oil and **blend** for 20 seconds on **HIGH** to max setting and repeat four more times until 1¼ cup of oil is incorporated.
- 8 **Blend** until thick and creamy.

GARLIC AIOLI

- 9 In a cup, add mayo from scratch or 1½ cups of mayo, 1 head of peeled, roasted garlic cloves, ½ tsp of lemon juice, ¼ tsp salt. **Blend** on **HIGH** on max setting for 1 minute.

OPTIONAL: Add 2 tsp sriracha or chili powder for a spicy garlic aioli.

Easy balsamic vinaigrette.

10 SERVINGS; YIELDS 10 OZ

¾ CUP	OLIVE OIL
¼ CUP	BALSAMIC VINEGAR
3 TBSP	MAPLE SYRUP
1 TSP	DIJON MUSTARD
1 TBSP	SHALLOT, MINCED
1	GARLIC CLOVE, MINCED (1 TSP)
½ TSP	SALT
½ TSP	BLACK PEPPER

- 1 Add all ingredients to a cup and **blend** until ingredients are combined.

NUTRITION FACTS PER 2 TBSP SERVING

170 calories, 17g fat, 5g carbs, 0g fiber, 5g sugar, 0g protein. Nutrition facts are based on the recipe as listed.

Lavender whipped cream.

6 SERVINGS; YIELDS 1½ CUPS

1½ CUP	HEAVY CREAM
1 TBSP	LAVENDER
1 TBSP	CONFECTIONERS SUGAR

NUTRITION FACTS PER ¼ CUP SERVING

90 calories, 9g fat, 2g carbs, 0g fiber, 2g sugar, 1g protein. Nutrition facts are based on the recipe as listed.

- 1 In a small pot, bring heavy cream to a simmer and turn heat off.
- 2 Add lavender buds to pot and let it steep until mixture is cool. Refrigerate for two hours.
- 3 Strain and remove lavender from cream.
- 4 Add cream to a cup with confectioners sugar. **Whisk** on **HIGH** for 4 minutes.
- 5 Serve with fruit and desserts.

Ginger mint nice cream.

5 SERVINGS; YIELDS 20 OZ

2	BANANAS, FROZEN, SLICED
1 CUP	CAULIFLOWER FLORETS, FROZEN OR FROZEN RICED CAULIFLOWER
8	MINT LEAVES
¼ CUP	UNSWEETENED ALMOND MILK
1 OZ	GINGER JUICE OR 1" PIECE GINGER, FRESH
2 TBSP	LEMON JUICE
1 TBSP	AGAVE, OPTIONAL

- 1 Add all ingredients to a bowl and **blend** in circular motion, up and down until smooth, about 1 minute.
- 2 Freeze for at least 2 hours before serving.
- 3 Serve with chopped fruit — pineapple or blueberries.

NUTRITION FACTS PER ½ CUP SERVING

70 calories, 0g fat, 16g carbs, 2g fiber,
9g sugar, 1g protein. Nutrition facts are
based on the recipe as listed.

Berry chia swirl yogurt bark with chopped nuts.

12 SERVINGS; YIELDS 24 OZ

- 32 OZ **LOW-FAT GREEK YOGURT (DAIRY OR NON-DAIRY)**
- ¼ CUP **RASPBERRIES, FRESH**
- ½ CUP **BLUEBERRIES, FRESH**
- 2 TBSP **CHIA SEEDS**
- 2 TBSP **HONEY (OR MAPLE SYRUP)**
- ¼ CUP **MIXED NUTS, UNSALTED**

OPTIONAL: **DRIZZLE MORE HONEY OR SWEETENER OVER YOGURT SPREAD OR USE VANILLA YOGURT**

NUTRITION FACTS PER 2 OZ SERVING

100 calories, 4g fat, 8g carbs, 1g fiber, 6g sugar, 8g protein. Nutrition facts are based on the recipe as listed.

- 1 On a lined baking sheet, spread yogurt evenly.
- 2 In a cup, **blend** ¼ cup of berries, chia seeds, and honey and set aside to let it thicken (about 2 minutes).
- 3 Roughly chop nuts.
- 4 Dot the yogurt spread with the blended berries. Use a toothpick to swirl the berries into the yogurt.
- 5 Top with nuts and whole berries.
- 6 Freeze for at least 2 hours or overnight.
- 7 Break apart and store in an airtight container in the fridge.

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