

Recipe guide.

Recipes, tips,
& more.



nutribullet
LIMITLESS™
FOOD PROCESSOR

WARNING! To reduce the risk of serious injury, read the User Guide before operating your nutribullet Limitless™ Food Processor. Save these instructions. Be sure anyone who uses the nutribullet® knows how to do so safely.

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Thank you for purchasing the nutribullet Limitless™ Food Processor.



nutribullet Limitless™ Food Processor recipe guide.

With the right tools, your possibilities are limitless. And when it comes to meal prep, that perfect tool is the nutribullet Limitless™ Food Processor.

This convertible powerhouse features a 5½-cup Work Bowl for mixing, kneading, and pureeing, plus the Endless Chute attachment, which allows you to chop, shred, and slice into any dish for higher-volume output. So whether you're making dip for a day or prepping salads for the week, you've got everything you need in one compact machine.

But with limitless options, where do you start? That's where this guide comes in. In these pages, you'll find recipes for a wonderful array of meals, sides, and sweet treats to get you prepped and ready for any occasion.

Take a look, pick your favorites, then riff on our recipes to see where your tastebuds take you. With this versatile prep partner by your side, there's no end to the deliciousness you can create.

Recommended maximum Work Bowl capacity.

Food	Max Capacity	Time (Seconds, Pulses)*
Chopped fruit or vegetables (cut into 2-3-inch pieces)	2 cups	5-10 pulses
Sliced or shredded fruit or vegetables	3 cups	10-20 seconds
Chopped meat, or, seafood (cut into 2-inch pieces)	1 pound	5-10 pulses
Chopped cheese (cut into 2-inch pieces)	3 cups	10-20 seconds
Sliced or shredded cheese	3 cups	10-20 seconds
Herbs	1 ½ cups (packed)	5-10 pulses
Nuts	2 cups	5-10 pulses

*Endless Chute Attachment times out at 120 seconds.

⚠ WARNING! Blades and discs are sharp. Handle with care. ALWAYS handle the blades from the plastic areas. NEVER attempt to remove the blade or disc by tilting the Work Bowl and having the piece drop out onto your hand.

⚠ WARNING! Never use hands, fingers or utensils to push food down into the Feed Chute or Work Bowl. Only use the Food Pusher provided.

Meal prep chart.

Ingredient	Amount	Makes	Time	Attachment
Lettuce (shredded)	1 head (small)	7 cups	20 seconds	Endless Chute/ Slice Disc
Apple (sliced)	4 (quartered)	5 cups	20 seconds	Endless Chute/ Slice Disc
Jalapeño (sliced)	2	1 cup	10 seconds	Endless Chute/ Slice Disc
Carrots (sliced)	2	2 cups	10 seconds	Endless Chute/ Slice Disc
English cucumber (sliced)	1	3 cups	5 seconds	Endless Chute/ Slice Disc
Bell pepper (sliced)	2	3 cups	10 seconds	Endless Chute/ Slice Disc
Cremini mushrooms (chopped)	8	2 cups	15 seconds	Work Bowl/ Chopping Blade
Roma tomatoes (chopped)	4	2 cups	15 seconds	Work Bowl/ Chopping Blade (Pulse)
Onion (chopped)	1	2 cups	10 seconds	Work Bowl/ Chopping Blade
Parsley, cilantro, basil	1 bunch (stems removed)	1.5 cups	10 seconds	Work Bowl/ Chopping Blade
Mozzarella cheese (shredded)	8 oz	2 cups	5 seconds	Endless Chute/ Shred Disc

Recipe icons.

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:



CONTAINS NUTS

Contains nut ingredients or byproducts.



CONTAINS GLUTEN

Recipes that contain gluten like wheat, barley, or rye.



CONTAINS DAIRY

Contains milk or milk-based ingredients, including casein, whey, or lactose.



PROTEIN POWERHOUSE

Each recipe marked with this icon contains a notable amount of protein.

 **WARNING!** Always power off and unplug the unit before assembling, disassembling, changing accessories, or cleaning to avoid laceration or other bodily injury.





Dips and sauces.

Salsa, pesto, hummus — the **nutribullet Limitless™** Food Processor has the power and prowess to whip up all your favorite dips and dunks.



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

Vegan scallion pesto.



MAKES 10 SERVINGS

Punch up the flavor of any savory dish with this shocking-green scallion pesto, filled with fresh, oniony, creamy goodness.

- 1 CUP SCALLIONS, QUARTERED, LOOSELY PACKED
- 1 CUP FLAT LEAF PARSLEY, STEMS REMOVED, LOOSELY PACKED
- 3 CLOVES GARLIC
- ½ CUP CASHEWS, ROASTED
- ¾ CUP OLIVE OIL
- 2 TBSP LEMON JUICE
- ½ TSP SALT
- ½ TSP PEPPER

NUTRITION FACTS PER SERVING: 190 calories, 19g fat, 5g carbs, <1g fiber, <1g total sugars, 0g added sugars, 2g protein. **Nutrition facts are based on the recipe as listed. Adding or swapping any ingredients will alter nutritional content.**

- 1 Add scallions and parsley to the **Work Bowl** and **PROCESS** until the greens are evenly minced.
- 2 Add the remaining ingredients and process until fully combined.
- 3 Transfer to a serving bowl. Serve immediately, or refrigerate in an airtight container for up to 2 days.

NUTRITIONIST TIP

You can adapt this recipe to whatever ingredients you have on-hand. Swap the greens for other leafy herbs like cilantro, basil or spinach, and the cashews for almonds, pine nuts, or sunflower seeds.

Avocado protein dip.



MAKES 4 SERVINGS

This creamy, flavorful avocado dip is an ideal snack or appetizer, offering filling protein and healthy fats in every satiating bite.

- 1 CUP COTTAGE CHEESE
- 1 AVOCADO, MEDIUM, PITTED AND PEELED
- 2 TBSP FRESH LEMON JUICE
- ¼ CUP EXTRA-VIRGIN OLIVE OIL
- 3 CLOVES GARLIC
- ½ TSP ONION POWDER
- 1 TSP SALT
- ½ TSP PEPPER

NUTRITION FACTS PER SERVING:

240 calories, 20g fat, 9g carbs, 3g fiber, 3g total sugars, 0g added sugars, 7g protein. **Nutrition facts are based on the recipe as listed. Adding or swapping any ingredients will alter nutritional content.**

- 1 Add ingredients in the order listed to the **Work Bowl**.
- 2 **PROCESS** until completely smooth, about 40 seconds. Scrape down the sides as needed.
- 3 Transfer to a serving bowl. Serve immediately or refrigerate in an airtight container for up to 2 days

NUTRITIONIST TIP

Fats of all kinds help with nutrient absorption (specifically for fat-soluble vitamins A, D, E, and K), as well as hormone production. They also help promote satiety (the feeling of fullness).

White bean hummus.



MAKES 16 SERVINGS

This delicious dip uses white beans and cashews in place of traditional chickpeas to create a smooth and mellow hummus that's sure to satisfy.

3 CLOVES	GARLIC
1	15-OZ CAN WHITE BEANS, DRAINED AND RINSED
2 TBSP	TAHINI
½ CUP	CASHEWS, SOAKED IN HOT WATER FOR 20 MINUTES AND DRAINED
½ CUP	EXTRA VIRGIN OLIVE OIL
½ TSP	CUMIN
1 TSP	SALT
¼ TSP	PEPPER
2 TBSP	LEMON JUICE
¼ CUP	ICE WATER
2	ICE CUBES

NUTRITION FACTS PER SERVING:
130 calories, 10g fat, 8g carbs, 2g fiber, 0g total sugars, 0g added sugars, 3g protein. Nutrition facts are based on the recipe as listed. Adding or swapping any ingredients will alter nutritional content.

- 1 Add all ingredients, except the ice water and ice cubes, to the **Work Bowl** in the order listed. **PROCESS** for 1 minute.
- 2 Add water and ice to the mixture through the **Feed Chute** and run again until the dip reaches your desired consistency.

CULINARY TIP

Don't skip soaking your cashews; it softens them, so they blend up silky and smooth in your dip.





Pantry party salsa.

MAKES 24 SERVINGS

Looking to spice things up when your fridge is bare? This complex, flavorful salsa is concocted exclusively from canned and dried ingredients, giving you freshly made salsa when you're out of "fresh" ingredients.

- 1 15-OZ CAN WHOLE TOMATOES
- 4 CANNED PICKLED JALAPEÑO SLICES, PLUS A FEW CARROT SLICES FROM THE CAN
- 1/3 CUP BRINE, FROM THE CANNED JALAPEÑOS
- 2 TBSP DRIED CHIVES
- 1 TBSP CRUSHED RED PEPPER FLAKES
- 2 TSP GARLIC POWDER
- 2 TSP ONION POWDER
- 1 1/2 TSP SALT
- 2 TBSP WHITE WINE VINEGAR
- 1/2 TSP PEPPER
- 1 15-OZ CAN YELLOW PEACHES, DRAINED

- 1 Add all ingredients, except the peaches, to the **Work Bowl** in the order listed. **PULSE** 4–5 times, until the consistency is to your liking.
- 2 Add sliced peaches and **PULSE** 2–3 more times to mix into the salsa.
- 3 Adjust seasoning to taste. Serve immediately or refrigerate in an airtight container for up to 7 days.

NUTRITIONIST TIP

Canned fruits and vegetables offer a convenient, long-lasting, and often cost-effective way to enjoy nutrient-rich produce year-round.

NUTRITION FACTS PER SERVING:

15 calories, 0g fat, 3g carbs, <1g fiber, 2g total sugars, 1g added sugars, 0g protein. Nutrition facts are based on the recipe as listed. Adding or swapping any ingredients will alter nutritional content.

Creamy herb dressing.

MAKES 10 SERVINGS

Perfect as a salad dressing, sauce, or dip, this cool and creamy all-star adds freshness and brightness to just about everything. It's also dairy-free, making it great for sensitive systems and plant-based palates alike.

1½ CUPS	CASHEWS, SOAKED IN HOT WATER FOR 20 MINUTES AND DRAINED
1 CUP	WATER
⅓ CUP	EXTRA-VIRGIN OLIVE OIL
2 TBSP	LEMON JUICE
3 CLOVES	GARLIC
1 CUP	CILANTRO, LIGHTLY PACKED, STEMS REMOVED
1 CUP	PARSLEY, LIGHTLY PACKED, STEMS REMOVED
3	GREEN ONIONS, QUARTERED
2 TBSP	WHITE WINE VINEGAR
½ TSP	SALT
¼ TSP	PEPPER

NUTRITION FACTS PER SERVING:
170 calories, 15g fat, 7g carbs, <1g fiber, 1g total sugars, 0g added sugars, 4g protein. Nutrition facts are based on the recipe as listed. Adding or swapping any ingredients will alter nutritional content.

- 1 Add the cashews and water to the **Work Bowl** and process until smooth, about 1 minute.
- 2 Add the olive oil, lemon juice, garlic, cilantro, parsley, green onions, vinegar, salt and pepper. **PROCESS** until very smooth, about 2 minutes, scraping down the sides as needed.
- 2 Transfer to an airtight container and refrigerate for up to 7 days.

CULINARY TIP

Soaked cashews blend into a smooth, creamy texture that mimics dairy, making them an ideal base for rich vegan dressings.





Snacks and sides.

Slice and shred your way to delicious, crowd-pleasing side dishes that level up your dinner game.



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

Potatoes au gratin.



MAKES 6 SERVINGS

Cheesy, creamy, potatoes with a crisp, golden-brown top — we'd be hard-pressed to think of a more perfect side dish.

- 2 LBS YELLOW POTATOES, SMALL (1½ TO 2-INCH), SCRUBBED
- 1 BLOCK WHITE CHEESE (GRUYÈRE, CHEDDAR, PROVOLONE, ETC.)
- 1 CUP NONFAT GREEK YOGURT
- 1 CUP MILK
- 1 TSP GARLIC POWDER
- 1 TSP ONION POWDER
- 1 TSP SALT
- 2 TSP DRIED CHIVES
- ¼ TSP PAPRIKA
- 1 TBSP CORNSTARCH

- 1 Attach the **Slice/Shred Disc**, slice side-up, and the **Endless Chute** to the **Motor Base**. Slice the potatoes. Fill a large mixing bowl with water, add the potatoes, and set aside to soak. This will keep your potatoes from oxidizing and turning brown.
- 2 Rinse and dry the Blade. Attach the **Work Bowl**, then attach the **Slice/Shred Disc** with the shredding side up. **SHRED** the block of cheese.

- 3 Remove the **Slice/Shred Disc** from the **Work Bowl** and replace with the **Chopping Blade**. Add remaining ingredients to the shredded cheese in the work bowl. **PROCESS** until smooth and fully combined.

- 4 Heat oven to 350°F. Spread half the cheese mixture in the bottom of a 3-quart baking dish. Remove half the potato slices from the water, pat dry, and layer on top of the sauce. Repeat with the remaining sauce and potatoes.

- 5 Cover the dish tightly with foil and bake for 45 minutes. Remove the foil and bake until the top is browned and bubbling, about 30 minutes more.

- 6 Let the gratin rest at room temperature for 20 minutes before serving.

NUTRITION FACTS PER SERVING:
230 calories, 7g fat, 30g carbs, 3g fiber, 6g total sugars, 0g added sugars, 13g protein. **Nutrition facts are based on the recipe as listed. Adding or swapping any ingredients will alter nutritional content.**

Pickled veggies.

MAKES 9 SERVINGS

Pickling your own veggies might seem intimidating, but once you see how easy it is, you'll be hard-pressed to go back to storebought! We love this gorgeous veggie medley, which adds color, crunch, and tang to your dishes, but feel free to adapt this formula to whatever veggies you have floating around in your fridge.

- 2 CARROTS
- 6 RADISHES
- 2 JALAPENO
- 3 PERSIAN CUCUMBERS
- ½ RED ONION
- 3 CUPS WATER
- 2 CUPS VINEGAR
- ½ CUP SUGAR
- 2 TBSP SALT
- 2 TSP PEPPERCORNS
- 1 TSP FENNEL SEEDS

NUTRITION FACTS PER SERVING:
80 calories, 0g fat, 17g carbs, 1g fiber, 14g total sugars, 11g added sugars, 1g protein. **Nutrition facts are based on the recipe as listed. Adding or swapping any ingredients will alter nutritional content.**

- 1 Attach the **Slice/Shred Disc**, slice side-up, and the **Endless Chute** to the **Motor Base**. **SLICE** the carrots, radishes, jalapenos, cucumbers and onion and layer them into clean glass jars.
- 2 In a medium saucepan, combine water, vinegar, sugar, salt, peppercorns, and fennel seeds. Bring to a simmer until the sugar and salt are fully dissolved.
- 3 Pour the brine over the vegetables inside the glass jars, ensuring they're completely submerged.
- 4 Tightly seal the jars and refrigerate for 24 hours before serving.

CULINARY TIP

If you don't want to use your stove, try quick-pickling! Mix up a simple brine, pour it over sliced vegetables, and let them sit for 15 minutes up to a few hours — no heating necessary!

Salads.

It wouldn't be nutribullet® without a collection of recipes devoted to all things veggie. These delicious salads feature unique combinations of nourishing vegetables and mix-ins, bringing color and crunch to your tabletop.



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



Rainbow slaw.

MAKES 6 SERVINGS

This colorful shredded veggie medley makes the perfect base for any style of slaw. Dress it up with a classic mayo mixture, enjoy it with Thai-style peanut sauce, or mix miso paste, sesame oil, and soy sauce together for a Japanese twist.

- | | | | |
|--------|--|---|--|
| 3 | KALE LEAVES, CLEANED AND DEVEINED | 1 | Attach the Slice/Shred Disc , slice side-up, and the Endless Chute to the Motor Base . SLICE the kale into a large mixing bowl. Add olive oil to the kale ribbons and massage until the kale turns dark green. |
| 1 TBSP | EXTRA-VIRGIN OLIVE OIL | 2 | Continue, slicing the cabbage and broccoli florets into the bowl with the kale. |
| 1/4 | RED CABBAGE, CUT INTO PIECES TO FIT THE FEED CHUTE | 3 | Flip the Slice/Shred Disc to the shred side, then PROCESS the carrots. |
| 2 | CARROTS, MEDIUM | 4 | Toss with additional toppings, if desired, and your dressing of choice. |
| 3 CUPS | BROCCOLI | | |

NUTRITION FACTS PER SERVING:
45 calories, 2.5g fat, 5g carbs, 2g fiber, 2g total sugars, 0g added sugars, 2g protein. **Nutrition facts are based on the recipe as listed. Adding or swapping any ingredients will alter nutritional content.**

NUTRITIONIST TIP

Sprinkle pepitas and raisins on top for added crunch and natural sweetness.

Swicy stir fry.



MAKES 4 SERVINGS

Creamy, crunchy, sweet and vegetable, this delicious slaw-like salad combines a wide array of textures and flavors into one seriously satisfying side dish. It just so happens to be seriously nutritious, too.

- | | | | |
|----------|---|---|--|
| 1/4 | CABBAGE, SMALL, DESEEDED, CUT INTO PIECES TO FIT THE FEED CHUTE | 1 | Attach the Slice/Shred Disc , slice side-up, and the Endless Chute to the Motor Base . SLICE cabbage, carrot, broccoli, peppers, celery, onion and garlic into a large bowl. |
| 1 | CARROT, PEELED | 2 | Replace the Slice/Shred Disc and Endless Chute with the Work Bowl and Chopping Blade . Add all sauce ingredients to the Work Bowl and PROCESS for 10 seconds. |
| 1 | CELERY STALK | 3 | Heat the olive oil in a sauté pan over medium heat. Add the vegetables and cook until softened, about 3–5 minutes. Add the sauce and cook for an additional 2–3 minutes until fully combined and gently browned. |
| 1 CUP | BROCCOLI FLORETS | | |
| 1/2 | RED BELL PEPPER, DESEEDED, CUT INTO PIECES TO FIT THE FEED CHUTE | | |
| 1/2 | YELLOW BELL PEPPER, DESEEDED, CUT INTO PIECES TO FIT THE FEED CHUTE | | |
| 3 | SPRING ONIONS | | |
| 4 CLOVES | GARLIC | | |
| 3 TBSP | OIL FOR SAUTEING | | |

SWICY STIR-FRY SAUCE

- | | |
|---------|----------------------|
| 1/4 CUP | LOW SODIUM SOY SAUCE |
| 3 TBSP | HONEY |
| 2 TBSP | RICE VINEGAR |
| 2 TBSP | SRIRACHA |
| 1 TBSP | CORNSTARCH |
| 1 TSP | SESAME OIL |

NUTRITIONIST TIP

Serve with rice and your choice of protein for a nutritionally balanced meal.

NUTRITION FACTS PER SERVING:
210 calories, 11g fat, 26g carbs, 3g fiber, 18g total sugars, 14g added sugars, 4g protein. **Nutrition facts are based on the recipe as listed. Adding or swapping any ingredients will alter nutritional content.**



Brussels & apple slaw.



SALAD: MAKES 6 SERVINGS | DRESSING: MAKES 12 SERVINGS

Creamy, crunchy, sweet and vegetal, this delicious slaw packs a sensation of textures and flavors into every bite.

SALAD

- 3 CUPS **BRUSSEL SPROUTS**
- 1 CUP **KALE (ABOUT 3 LEAVES)**
- 2 **APPLES, SMALL, CORED AND HALVED**
- 1/3 CUP **HAZELNUTS, TOASTED AND ROUGHLY CHOPPED**
- 1/4 CUP **RAISINS**

POPPYSEED DRESSING

- 1/2 TSP **SALT**
- 1/2 CUP **LEMON JUICE**
- 1 CUP **OLIVE OIL**
- 1 1/2 TSP **POPPY SEEDS**
- 2 TBSP **HONEY**

- 1 Attach the **Slice/Shred Disc**, slice side-up, and the **Endless Chute** to the **Motor Base**. **SLICE** the Brussels sprouts, kale, and apples into a large mixing bowl.
- 2 Replace the **Slice/Shred Disc** and **Endless Chute** with the **Work Bowl** and **Chopping Blade**. Add

dressing ingredients to the **Work Bowl** and **PROCESS** until fully combined.

- 3 Add the hazelnuts, raisins, and dressing to the mixing bowl along with the sliced ingredients and toss until evenly dressed.

CULINARY TIP

Kale salads are ideal for meal prepping since kale is a hearty green that doesn't wilt easily, allowing it to stay fresh and crisp for several days.

SALAD NUTRITION FACTS PER 1 CUP SERVING:

110 calories, 5g fat, 18g carbs, 4g fiber, 10g total sugars, 0g added sugars, 3g protein. **Nutrition facts are based on the recipe as listed. Adding or swapping any ingredients will alter nutritional content.**

DRESSING NUTRITION FACTS PER 2 TBSP SERVING:

170 calories, 18g fat, 4g carbs, 0g fiber, 3g total sugars, 3g added sugars, 0g protein. **Nutrition facts are based on the recipe as listed. Adding or swapping any ingredients will alter nutritional content.**

Classic greek salad.



SALAD: MAKES 3 SERVINGS | DRESSING: MAKES 12 SERVINGS

If you can't make it to Mykonos, make this salad instead. Briny feta and a myriad of fresh veggies mix together to provide a taste of the Aegean in every bite.

SALAD

1/2	RED ONION, SMALL
3	PERSIAN CUCUMBERS
1 CUP	CHERRY TOMATOES
1	YELLOW BELL PEPPER
1/2 CUP	KALAMATA OLIVES, PITTED
4 OZ	FETA CHEESE

DRESSING

1 CUP	OLIVE OIL
1/4 CUP	RED WINE VINEGAR
2 TBSP	LEMON JUICE
2 CLOVES	GARLIC
1 TBSP	DIJON MUSTARD
1 TBSP	HONEY
1 TSP	OREGANO
1/2 TSP	PEPPER
1/2 TSP	SALT

- 1 Attach the **Slice/Shred Disc**, slice side-up, and the **Endless Chute** to the **Motor Base**. **SLICE** the onion, cucumbers, tomatoes, bell pepper and olives into a large mixing bowl.

- 2 Replace the **Slice/Shred Disc** and **Endless Chute** with the **Work Bowl** and **Chopping Blade**. Add all dressing ingredients to the **Work Bowl** and **PROCESS** for 30 seconds.

- 3 Pour dressing into the bowl of prepared vegetables, add feta cheese, and toss to combine.

CULINARY TIP

Plant fats in the Mediterranean diet, such as those from olive oil, nuts, and seeds, are rich in monounsaturated and

SALAD NUTRITION FACTS PER 1 CUP SERVING:

180 calories, 11g fat, 15g carbs, 3g fiber, 8g total sugars, 0g added sugars, 8g protein. **Nutrition facts are based on the recipe as listed. Adding or swapping any ingredients will alter nutritional content.**

DRESSING NUTRITION FACTS PER 2 TBSP SERVING:

170 calories, 18g fat, 4g carbs, 0g fiber, 2g total sugars, 1g added sugars, 0g protein. **Nutrition facts are based on the recipe as listed. Adding or swapping any ingredients will alter nutritional content.**





Entrées.

The nutribullet Limitless™ Food Processor's many functions help you enjoy all sorts of fresh and filling meals, whether it's meat or veggies — or both — that are on the table.



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

Veggie shepherd's pie.



MAKES 6 SERVINGS

A super-cozy, veggie-packed meal hearty enough to satisfy hardcore vegetarians and meat-eaters alike.

FOR THE FILLING

- 1/2 ONION, SMALL
- 2 CELERY STICKS
- 1 CARROT, MEDIUM, PEELED
- 2 CLOVES GARLIC
- 1 SPRIG ROSEMARY
- 1 SPRIG THYME
- 8 CREMINI MUSHROOMS
- 1/2 TSP SALT
- 1/2 TSP PEPPER
- 2 TBSP OLIVE OIL
- 1 CUP LENTILS, COOKED OR CANNED
- 1/2 CUP PEAS, FROZEN
- 2 TBSP TOMATO PASTE
- 1 CUP LOW-SODIUM VEGETABLE STOCK
- 1/2 TSP GARLIC POWDER
- 1 TBSP CORNSTARCH

FOR THE WHIPPED POTATOES

- 6-8 POTATOES, SMALL, COOKED, PEELED, AND QUARTERED
- 3 TBSP UNSALTED BUTTER (OR VEGAN ALTERNATIVE)
- 1/3 CUP MILK OF CHOICE
- 1 TSP GARLIC POWDER
- 1/2 TSP SALT
- 1/2 TSP PEPPER

NUTRITION FACTS PER SERVING:
260 calories, 9g fat, 38g carbs, 6g fiber, 4g total sugars, 0g added sugars, 7g protein. **Nutrition facts are based on the recipe as listed. Adding or swapping any ingredients will alter nutritional content.**

- 1 Heat oven to 400°F.
- 2 Add the onion, celery, carrot and garlic to the **Work Bowl**. **PULSE** 8 to 10 times, then transfer to a bowl and set aside.
- 3 Add the rosemary, thyme, mushrooms, salt and pepper to the **Work Bowl**. **PROCESS** until minced, about 20 seconds.
- 4 In a medium pan, heat the oil over medium. Add the vegetable and mushroom mixture and sauté for 3 minutes. Stir in the lentils, peas, tomato paste and garlic powder, and cook until the peas are warmed through.
- 5 Pour in the stock and let simmer. Stir in the cornstarch until combined and the mixture thickens, 2 to 3 minutes. Transfer to a 2-quart baking dish and set aside.
- 6 Wipe down the **Work Bowl**. Add the cooked potatoes, butter, milk, garlic powder, salt and pepper. **PROCESS** until whipped and smooth, about 20 seconds.
- 7 Spread the whipped potatoes evenly over the filling. Bake until the top is lightly browned, about 30 minutes. For extra color, broil for 5 minutes.
- 8 Let rest 10 minutes before serving.

CULINARY TIP

Mushrooms and lentils make a nice meat substitute due to their hearty texture and satisfying umami flavor.

Chicken nuggets.



MAKES 16 NUGGETS

These fresh, flavorful chicken nuggets are the perfect game day appetizer, after-school snack, or any-time treat. Coating them in panko breadcrumbs and air-frying makes them extra crispy, without excess oil or fat.

- 1 - 15 OZ CAN OF CHICKPEAS, DRAINED AND RINSED
- 1 CARROT, MEDIUM, PEELED AND QUARTERED
- 1/2 ONION, QUARTERED
- 1 CELERY STICK, LARGE, QUARTERED
- 1 LB CHICKEN THIGHS, BONELESS, SKINLESS
- 1 TSP SALT
- 1 1/2 TSP GARLIC POWDER
- 1 TSP ONION POWDER
- 1 TSP PEPPER
- 2 TSP PAPRIKA
- 1 EGG
- 3 CUPS PANKO BREADCRUMBS FOR COATING

NUTRITION FACTS PER SERVING
260 calories, 9g fat, 38g carbs, 6g fiber, 4g total sugars, 0g added sugars, 7g protein. **Nutrition facts are based on the recipe as listed.** Swapping any ingredients will alter nutritional content.

- 1 Add carrot, onion, and celery to the **Work Bowl**. **PROCESS** for 10 seconds to mince. Transfer the mixture to a clean bowl.
- 2 Add the chicken thighs and remaining ingredients to the **Work Bowl**. **PULSE** 3-4 times, then **PROCESS** to mix completely for roughly 15 seconds. Add carrot, onion and celery mixture back into the **Work Bowl** with the chicken mixture and **PROCESS** for 10 seconds, until ingredients are fully combined.
- 3 Remove the blade and form the mixture into 2-oz nuggets, then coat with panko breadcrumbs.
- 4 Line an air fryer drawer with parchment paper. Spray the drawer with oil, then air-fry nuggets in batches, making sure to leave enough space between each piece. Cook for a total of 20 minutes, flipping over at the 10-minute mark until the nuggets' internal temperature reaches 165°F degrees.



PRO TIP

If baking in a conventional oven, line a baking sheet with parchment paper and line all the nuggets on the paper. Bake at 350°F for 30 minutes, flipping half way through.



PRO TIP

Serve with White Bean Hummus (p 14), Pickled Veggies (p 23), and heaps of fresh pita bread.

Beef kofta.



MAKES 8 KOFTAS

Made with ground beef, fresh herbs and a myriad of spices, these savory meat patties pair perfectly with pita, hummus, and your favorite Middle Eastern accoutrements.

1 CUP	PARSLEY, PACKED
½	ONION, QUARTERED
1	RED BELL PEPPER, DESEEDED, QUARTERED
3	GARLIC
1	JALAPENO, DESEEDED
1 LB	BEEF ROAST, QUARTERED
2 TSP	SALT
1 TSP	BLACK PEPPER
½ TSP	ALLSPICE
1 TSP	TURMERIC POWDER
1 TBSP	PAPRIKA
1 TSP	BAKING SODA

NUTRITION FACTS PER SERVING:

270 calories, 12g fat, 9g carbs, 3g fiber, 2g total sugars, 0g added sugars, 33g protein. **Nutrition facts are based on the recipe as listed. Adding or swapping any ingredients will alter nutritional content.**

- 1 Add parsley, onion, bell pepper, garlic and jalapeño to the **Work Bowl** and **PROCESS** for 1 minute, until completely minced. Transfer mixture to a fine strainer and press down with a spatula to remove excess liquid. Transfer to a large mixing bowl and set aside.
- 2 Add the beef and remaining seasonings to the **Work Bowl**. **PULSE** 3–4 times to break down, then **PROCESS** continuously until completely ground.
- 3 Add the minced vegetables back into the **Work Bowl**, along with the ground meat. **PROCESS** for 30 seconds, until fully combined.
- 4 Transfer the meat mixture to the large mixing bowl. Divide the beef mixture into 2½-oz portions and shape into elongated ovals.
- 5 Line a sheet pan with parchment or foil and arrange the kofta patties in a single layer. Transfer the sheet pan to the refrigerator and chill for 30 minutes.
- 6 While the beef chills, preheat the oven to 400°F. Transfer the sheet pan to the oven and bake until cooked through and golden brown, about 20 minutes.

Desserts.

From fruity galettes to yummy muffins, your opportunities for enjoying tasty treats just multiplied exponentially.



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Apricot & peach galette.



MAKES 8 SERVINGS

An elegant, yet simple dessert that makes the most of juicy summer stone fruits. Use our mix of peaches and apricots, or mix it up with plums, cherries, or a blend of them all.

CRUST

- 6 TBSP UNSALTED BUTTER OR PLANT-BASED ALTERNATIVE
- 3 TBSP MAPLE SYRUP
- 1 TSP VANILLA EXTRACT
- ¼ CUP PLAIN NONFAT GREEK YOGURT OR COCONUT YOGURT
- ¼ CUP TAPIOCA FLOUR
- 2 CUPS OAT FLOUR + 2 TBSP FOR FLOURING SURFACE
- 2 TSP BAKING POWDER
- 2 TBSP UNSWEETENED PLAIN ALMOND MILK
- 2 TBSP WATER, IF NEEDED

NUTRITION FACTS PER SERVING: 300 calories, 11g fat, 44g carbs, 5g fiber, 13g total sugars, 7g added sugars, 7g protein. Nutrition facts are based on the recipe as listed. Adding or swapping any ingredients will alter nutritional content.

CULINARY TIP

Swap out peaches and apricots with your favorite summer fruits — plums, berries, mango — they're all delicious!

FILLING

- 2 PEACHES, HALVED, STONES REMOVED
- 4 APRICOTS, HALVED, STONES REMOVED
- 1 TBSP LEMON JUICE, FRESH
- 1 TSP VANILLA EXTRACT
- 2 TSP CORNSTARCH
- ¼ TSP SALT
- 2 TBSP MAPLE SYRUP

1 **Make the crust:** Attach the **Work Bowl** and **Chopping Blade**. Add the butter, maple syrup, vanilla, and yogurt to the **Work Bowl** and **PROCESS** until creamed and slightly fluffy. Add the tapioca flour, oat flour, baking powder, almond milk, and water if needed. **PULSE** 5 times until the dough comes together. Form into a ball and set aside.

2 Preheat oven to 400°F.

3 **Prepare the filling:** Attach the **Endless Chute** and **Slice/**

Shred Disc, slice side-up. **SLICE** the peach and apricot halves into a mixing bowl. Add lemon juice, vanilla, cornstarch, salt, and maple syrup; toss to combine.

- 4 Roll the dough out on a floured surface until it is roughly 9-inches around and ¼ inch thick. Transfer to a parchment-lined baking sheet.
- 5 Pile the sliced fruit in the center of the dough, leaving a 2-inch border. Fold the edges over the filling, overlapping slightly and pinching the bottom of the dough cracks. Cover loosely with foil.
- 6 Bake for 40 minutes, removing the foil after 30 minutes. Continue baking until the crust is golden and the fruit is bubbling.
- 7 Let cool 10 minutes before serving.



NUTRITIONIST TIP

Coconut sugar has a slightly lower glycemic index than regular sugar, which means it may lead to a gentler rise in blood sugar. However, if you don't have any on hand, brown sugar makes an easy substitute.

Carrot zucchini muffins.



MAKES 15 MUFFINS

These not-too-sweet, perfectly spiced muffins use a mix of carrots, zucchini, and banana in their batter, delivering a solid dose of fruit-and-veggie goodness in delectable muffin form.

- 2 ZUCCHINIS
- 2 CARROTS, LARGE
- 2 EGGS, LARGE
- 1 CUP COCONUT SUGAR
- 2 BANANAS, MASHED
- ½ CUP VEGETABLE OIL
- 1 TSP VANILLA EXTRACT
- 2½ CUPS OAT FLOUR
- 1 TSP BAKING POWDER
- ½ TSP BAKING SODA
- ½ TSP SALT
- 2 TSP PUMPKIN SPICE
- 1 TSP CINNAMON

NUTRITION FACTS PER SERVING:

230 calories, 11g fat, 30g carbs, 3g fiber, 14g total sugars, 11g added sugars, 5g protein. Nutrition facts are based on the recipe as listed. Adding or swapping any ingredients will alter nutritional content.

- 1 Preheat the oven to 350°F.
- 2 Attach the **Slice/Shred Disc** (shred side up) and **Endless Chute** to the **Motor Base**. **SHRED** the zucchini into a bowl lined with a clean dish towel. Use the towel to squeeze out excess liquid, discard the liquid, and return the zucchini to the bowl. **SHRED** the carrots into the same bowl.
- 3 Attach the **Work Bowl** and **Chopping Blade**. Add the eggs, coconut sugar, bananas, oil, and vanilla; **PROCESS** for 10 seconds until combined.
- 4 In a separate bowl, whisk together the dry ingredients. Fold in the wet ingredients, followed by the shredded zucchini and carrots.
- 5 Grease or line a muffin tin. Divide the batter among the cups, about ⅓ cup per muffin. Bake until golden brown, 20–22 minutes.
- 6 Let the muffins cool for 5 minutes, then loosen the edges with a knife and transfer to a wire rack to finish cooling.

Cherry pie energy bites.



MAKES 12 BALLS

When you need something fast, tasty, and nutritious, these balanced bites do the trick. Made with dried cherries, dates, protein, and oats, their blend of micro and macro-nutrients will help sustain you for the long-haul. Make them in advance, then refrigerate so they're ready when you need a quick boost on the go.

- $\frac{3}{4}$ CUP CHERRIES, DRIED
- $\frac{1}{2}$ CUP MEDJOL DATES, PITTED
- $\frac{1}{2}$ CUP CASHEWS, RAW
- 2 TBSP CASHEW BUTTER
- 2 SCOOPS VANILLA PROTEIN POWDER
- $\frac{1}{2}$ CUP ROLLED OATS
- $\frac{1}{3}$ CUP COCONUT, UNSWEETENED, SHREDDED
- 4 TBSP WATER, DIVIDED

NUTRITION FACTS PER SERVING

140 calories, 5g fat, 21g carbs, 2g fiber, 12g total sugars, 2g added sugars, 4g protein. Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.

NUTRITIONIST TIP

Snacks that combine protein and fiber are great because they help keep you full longer and support steady energy levels throughout the day.

- 1 Attach the **Work Bowl** and **Chopping Blade**. Add the dried dates and cherries and **PROCESS** until they form a loose, paste-like consistency.
- 2 Add the cashews, cashew butter, protein powder, and oats, along with 2 tablespoons of water. **PROCESS** for 30 seconds.
- 3 Scrape down the sides of the **Work Bowl** and add the remaining 2 tablespoons of water. **PROCESS** for another 30 seconds.
- 4 Remove the blade from the **Work Bowl** and form the mixture into bite-size balls, about 1 $\frac{1}{2}$ ounces each.
- 5 Store in the refrigerator up to 7 days.



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