

Recipe guide.

Recipes, tips,
& more.



nutribullet® FLIP

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



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Thank you for purchasing the nutribullet® Flip Insulated Portable Blender.



nutribullet® Flip Insulated Portable Blender recipe guide.

Flip the script on portable blending.

Portable and powerful, innovative and intuitive — your nutribullet® Flip Insulated Portable Blender turns everything you think you know about on-the-go blending on its head.

With its integrated blade and flip-top lid, the nutribullet® Flip transforms from a blender to a tumbler with — you guessed it — a flip. Simply add ingredients, blend with the blade on the bottom, flip the cup over, and open the flip-top lid to enjoy. It's all there, inside the cup — no messy parts to deal with when you're on the move.

With the nutribullet® Flip by your side, you've got the juice to make smooth, top-quality blends, wherever you happen to be. A silky green smoothie at the crest of your hike? Trail yeah. A blended iced coffee to fuel your morning commute? Coming right up. A frozen margarita on the beach? Cheers to that.

It's also our most powerful portable blender, fueled by a 3-cell rechargeable battery that supplies the unit with 11.1 volts of power. Just charge it up, fill with your ingredients, and blend when the moment is right.

The possibilities are endless, but to get you started, we've compiled this collection of simple and delicious recipes that deliver big flavor, whether you're in your kitchen or on the go. Have a look, blend your favorites, and get a move on. We know you'll flip over just how easy it is.

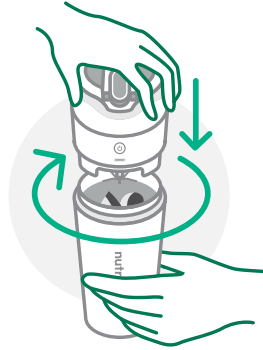
Always read the User Guide for instructions for proper use, safety precautions, care, and charging.

Using the nutribullet® Flip.

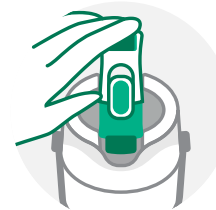


- 1** Twist off the **Hybrid Motor Base, Blade, and Lid** and add ingredients.

NOTE: Make sure you don't overfill the **Cup**. Follow the minimum liquid and MAX fill marks on the **Cup**.



- 2** Twist the **Hybrid Motor Base, Blade, and Lid** back onto the **Blending Cup**. Make sure the **Flip-Top Lid** is snapped closed and sealed.



- 5** Once blending is complete, flip your blender right-side-up. Open the **Flip-Top Lid** to sip and enjoy.



- 6** Use the **Carry Handle** to easily transport your blend.



- 3** With the blender right side-up (**Hybrid Motor Base, Blade, and Lid** on top), press the **Power Button** once to wake up, and then again to start a 30-second blending cycle.

NOTE: Always start the blending cycle with the **Hybrid Motor Base, Blade, and Lid** on top to prevent blade blockage or stalling.



- 4** Once blending begins, flip your blender upside-down (**Hybrid Motor Base, Blade, and Lid** on bottom) and place on a clean, dry, level surface until blending is complete.

Refer to the User Guide for cleaning instructions.

⚠ WARNING! DO NOT exceed the **MAX** fill capacity. 20oz total Cup capacity. 16oz **MAX** fill line capacity.

NEVER open the Flip-Top Lid or attempt to place anything into the sipping spout while the motor is running to prevent injury or damage.

ALWAYS allow the motor to come to a complete stop before opening the Flip-Top Lid. **NEVER** attempt to drink while the motor is running or powering down to prevent injury or damage.

Building a smoothie.

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

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



Our perfected method:

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

What is nutrient extraction?

Nutrient extraction is the process of breaking plant foods down into tiny, drinkable particles so your body can absorb them more efficiently. The nutribullet® Flip's powerful motor, sharp spinning blades, and durable cups are designed to maximize its extraction capabilities.

GREENS & VEGGIES

- romaine lettuce
- spinach
- swiss chard
- zucchini

FRUIT

- avocado
- banana
- berries
- cherries
- mango
- orange
- peach
- pear
- pineapple
- plum
- dates

NUTS & SEEDS

- almond butter
- cashew butter
- peanut butter
- chia seeds
- hemp seeds

LIQUID TO THE MAX LINE

- almond milk
- cashew milk
- coconut milk
- coconut water
- hemp seed milk
- oat milk
- soy milk
- tea, chilled
- water

BOOSTS

- **herbs and spices** (cinnamon, fresh mint, fresh basil, fresh cilantro, ground ginger or turmeric)
- **high-quality protein powders**
- **superfood powders** (cacao, maca, chlorella, spirulina)
- **sweeteners** (honey, agave, maple syrup)

! WARNING! NEVER add hot, warm, or carbonated ingredients to the Blending Cup.

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:



PROTEIN POWERHOUSE

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



HELPS WITH DIGESTION

Recipes marked with this icon deliver a hearty dose of belly-filling fiber.



CONTAINS DAIRY

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



CONTAINS NUTS

Contain nut ingredients or byproducts.



 **WARNING! NEVER add hot, warm, or carbonated ingredients to the Blending Cup.**



Smoothies and shakes.

Pre-workout or post-workout, morning coffee or midnight snack — however you like to sip, these on-the-go recipes keep it smooth.

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

NEVER blend any ingredients in the Blending Cup for longer than one minute at a time.



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

Beetberry boost smoothie.



YIELDS 14 OZ; MAKES 1 SERVING

Searching for the perfect pre-workout pick-me-up? This smoothie fits the bill with hydrating coconut water, antioxidant-rich blueberries, and beets, which are rich in nitrates — compounds shown to support blood flow and muscle contraction in the body.

- 1/3 CUP BEETS, STEAMED, COOKED, QUARTERED, COOLED TO ROOM TEMPERATURE*
- 1/3 CUP BLUEBERRIES, FROZEN
- 1 CUP COCONUT WATER
- 1 MINT SPRIG
- 1/2 CUP ICE**

NUTRITION FACTS PER SERVING

90 calories, 1g fat, 19g carbs, 5g fiber, 14g total sugars, 0g added sugars, 3g protein. **Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.**

NUTRITIONIST TIP

The compounds responsible for beets' beautiful, ruby hue are called betalains. They're not just pretty — they also offer a host of anti-inflammatory benefits.

- 1 Add all ingredients to the **Blending Cup** in the order listed.
- 2 Twist on the **Hybrid Motor Base, Blade, and Lid**.
- 3 Press the **Power Button** to turn on the blender. Allow the white light to complete its circle, then press the button again to start the blending cycle.
- 4 Flip the **Cup** over and place it blade-side-down on a flat surface.
- 5 Blend for 2 cycles or until blend reaches desired consistency.

*Allow steamed or heated ingredients to cool to room temperature (70°F or cooler) before inserting into the Blending Cup.

**CAUTION! Ice should not exceed more than 25% of the Cup's total volume. Always use sufficient liquid ingredients when blending ice.





Parfait all day smoothie.



YIELDS 12 OZ; MAKES 1 SERVING

Berries, yogurt, honey... it's the classic breakfast parfait in refreshing smoothie form.

- ½ CUP MIXED BERRIES, FROZEN**
- 1 CUP VANILLA ALMOND MILK, UNSWEETENED**
- 2 TBSP PLAIN LOW-FAT GREEK YOGURT**
- 2 TSP HONEY**
- 1 TBSP HEMP SEEDS**
- ⅓ CUP ICE***

NUTRITION FACTS PER SERVING
190 calories, 8g fat, 23g carbs, 5g fiber, 18g total sugars, 11g added sugars, 8g protein. **Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.**

NUTRITIONIST TIP

Frozen berries are one of our favorite items to keep on-hand. Since they're picked and flash frozen at peak ripeness, they retain their delicious flavor and nutritional benefits.

- 1 Add all ingredients to the **Blending Cup** in the order listed.
- 2 Twist on the **Hybrid Motor Base, Blade, and Lid**.
- 3 Press the **Power Button** to turn on the blender. Allow the white light to complete its circle, then press the button again to start the blending cycle.
- 4 Flip the **Cup** over and place it blade-side-down on a flat surface.
- 5 Blend for 2 cycles or until blend reaches desired consistency.

***CAUTION! Ice should not exceed more than 25% of the Cup's total volume. Always use sufficient liquid ingredients when blending ice.**

Chocolate chill smoothie.



YIELDS 12 OZ; MAKES 1 SERVING

Tastes like a milkshake, fuels like a protein smoothie — this blend of chocolate, peanut butter, banana, and protein powder has it all, but doesn't make a big deal about it.

- 1 BANANA, FROZEN, SLIGHTLY THAWED, SLICED
- 1 CUP VANILLA ALMOND MILK, UNSWEETENED
- 1 TBSP PEANUT BUTTER
- 1 TBSP CACAO POWDER
- 1 TBSP PLANT-BASED CHOCOLATE PROTEIN POWDER
- 1/3 CUP ICE*

NUTRITION FACTS PER SERVING
310 calories, 14g fat, 38g carbs, 8g fiber, 16g total sugars, 0g added sugars, 13g protein. **Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.**

NUTRITIONIST TIP

Cacao, not to be confused with chocolate or cocoa powder, is the ingredient that gives this shake its chocolatey goodness. Cacao powder is made from raw cacao beans and is packed with health compounds that help to combat inflammation.

- 1 Add all ingredients to the **Blending Cup** in the order listed.
- 2 Twist on the **Hybrid Motor Base, Blade, and Lid**.
- 3 Press the **Power Button** to turn on the blender. Allow the white light to complete its circle, then press the button again to start the blending cycle.
- 4 Flip the **Cup** over and place it blade-side-down on a flat surface.
- 5 Blend for 2 cycles or until blend reaches desired consistency.

***CAUTION! Ice should not exceed more than 25% of the Cup's total volume. Always use sufficient liquid ingredients when blending ice.**





Mango matcha frappe smoothie.



YIELDS 12 OZ; MAKES 1 SERVING

Frosty and sweet with an energizing zing of matcha, this refreshing blend is a great way to pep up your day.

- 1 CUP **VANILLA ALMOND MILK, UNSWEETENED**
- ½ CUP **MANGO CHUNKS, FROZEN, SLIGHTLY THAWED**
- 1½ TSP **MATCHA POWDER, UNSWEETENED**
- 2 TSP **AGAVE**
- ⅓ CUP **ICE (OPTIONAL)***

NUTRITION FACTS PER SERVING
 140 calories, 3g fat, 27g carbs, 5g fiber, 20g total sugars, 9g added sugars, 3g protein. **Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.**

CULINARY TIP

If you prefer a creamy iced latte-style drink instead of a frozen beverage, add the ice after blending.

NUTRITIONIST TIP

Rich in antioxidants, matcha tea powder offers myriad health benefits along with its energy-boosting properties.

- 1 Add all ingredients to the **Blending Cup** in the order listed.
- 2 Twist on the **Hybrid Motor Base, Blade, and Lid**.
- 3 Press the **Power Button** to turn on the blender. Allow the white light to complete its circle, then press the button again to start the blending cycle.
- 4 Flip the **Cup** over and place it blade-side-down on a flat surface.
- 5 Blend for 2 cycles or until blend reaches desired consistency.

***CAUTION! Ice should not exceed more than 25% of the Cup's total volume. Always use sufficient liquid ingredients when blending ice.**

Coffee frappe smoothie.



YIELDS 16 OZ; MAKES 1 SERVING

Why wait in line for an expensive sugary coffee when it's this easy to make your own fresh blend on the go? Plus, DIY-ing your drink carries minimal risk of a name misspelling. Win-win.

½	BANANA, FROZEN, SLICED
½ CUP	COFFEE, COOLED TO ROOM TEMPERATURE*
½ CUP	VANILLA ALMOND MILK, UNSWEETENED
2 TBSP	PLAIN LOW-FAT GREEK YOGURT
¼ TSP	GROUND CINNAMON
1 TBSP	MAPLE SYRUP
¾ CUP	ICE**

NUTRITION FACTS PER SERVING
140 calories, 2g fat, 29g carbs, 2g fiber, 20g total sugars, 12g added sugars, 4g protein. **Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.**

CULINARY TIP

If you prefer a creamy iced latte-style drink instead of a frozen beverage, use an unfrozen banana in your blend, then add ice to the Cup once blending is complete.

- 1 Add all ingredients to the **Blending Cup** in the order listed.
- 2 Twist on the **Hybrid Motor Base, Blade, and Lid**.
- 3 Press the **Power Button** to turn on the blender. Allow the white light to complete its circle, then press the button again to start the blending cycle.
- 4 Flip the **Cup** over and place it blade-side-down on a flat surface.
- 5 Blend for 2 cycles or until blend reaches desired consistency.

*Allow steamed or heated ingredients to cool to room temperature (70°F or cooler) before inserting into the **Blending Cup**.

**CAUTION! Ice should not exceed more than 25% of the Cup's total volume. Always use sufficient liquid ingredients when blending ice.





Cocktails.

Take a load off with fresh, frosty cocktails guaranteed to hit the spot, whether you're inside or poolside.

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

NEVER blend any ingredients in the Blending Cup for longer than one minute at a time.



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

Spicy margarita.

YIELDS 12 OZ; MAKES 2 SERVINGS (6 OZ EACH)

Turn up the heat on a classic with this jalapeño-infused margarita. Serve on the rocks or blend with ice.

½	JALAPEÑO, SEEDED, QUARTERED
½ CUP	COCONUT WATER
2 FL OZ	TEQUILA SILVER
1 FL OZ	TRIPLE SEC
2 TBSP	LIME JUICE
1 TBSP	AGAVE
¾ CUP	ICE*

NUTRITION FACTS PER SERVING
180 calories, 0g fat, 19g carbs, 2g fiber, 16g total sugars, 7g added sugars, 1g protein. **Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.**

PRO TIP

If you prefer your drink on the rocks, omit the ice during blending and add after.

- 1 Add all ingredients to the **Blending Cup** in the order listed.
- 2 Twist on the **Hybrid Motor Base, Blade, and Lid**.
- 3 Press the **Power Button** to turn on the blender. Allow the white light to complete its circle, then press the button again to start the blending cycle.
- 4 Flip the **Cup** over and place it blade-side-down on a flat surface.
- 5 Blend for 2 cycles or until blend reaches desired consistency.
- 6 Transfer to a drinking glass and garnish, if desired.

***CAUTION! Ice should not exceed more than 25% of the Cup's total volume. Always use sufficient liquid ingredients when blending ice.**





Scarlet crush cocktail.

YIELDS 12 OZ; MAKES 2 SERVINGS (6 OZ EACH)

We're crushing hard on this refreshing cocktail, which features tart lemon, vodka, and a blush of cherry and strawberry to sweeten the experience.

- 1/3 CUP **CHERRIES, FROZEN, SLIGHTLY THAWED**
- 1/3 CUP **STRAWBERRIES, FROZEN, HALVED**
- 3/4 CUP **COCONUT WATER**
- 3 TBSP **LEMON JUICE, FRESH**
- 2 FL OZ **VODKA**
- 2 TBSP **AGAVE**
- 1 1/2 TSP **CHIA SEEDS**
- 1/2 CUP **ICE***

NUTRITION FACTS PER SERVING
 190 calories, 1g fat, 30g carbs, 2g fiber, 23g total sugars, 14g added sugars, 1g protein. **Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.**

PRO TIP

If you prefer your cocktails on the rocks, omit the ice while blending and add at the end.

- 1 Add all ingredients to the **Blending Cup** in the order listed.
- 2 Twist on the **Hybrid Motor Base, Blade, and Lid**.
- 3 Press the **Power Button** to turn on the blender. Allow the white light to complete its circle, then press the button again to start the blending cycle.
- 4 Flip the **Cup** over and place it blade-side-down on a flat surface.
- 5 Blend for 2 cycles or until blend reaches desired consistency.
- 7 Transfer to drinking glasses and garnish with a lemon wedge, a strawberry slice, and/or a cherry.

***CAUTION! Ice should not exceed more than 25% of the Cup's total volume. Always use sufficient liquid ingredients when blending ice.**

Caramel rum punch.



YIELDS 10 OZ; MAKES 2 SERVINGS (5 OZ EACH)

This sweet, desserty tippie is made with bananas, dates, and almond milk, giving you all the richness of a more decadent ingredient list while still keeping it light.

½ CUP	VANILLA ALMOND MILK, UNSWEETENED
½	BANANA, FROZEN, SLIGHTLY THAWED
2	MEDJOOOL DATES, SOAKED IN HOT WATER FOR 10 MINUTES, PITTED, QUARTERED
¼ TSP	VANILLA EXTRACT
2 FL OZ	RUM
1 CUP	ICE, DIVIDED*

NUTRITION FACTS PER SERVING

190 calories, 1g fat, 32g carbs, 3g fiber, 23g total sugars, 0g added sugars, 1g protein. **Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.**

- 1 Add all ingredients to the **Blending Cup** in the order listed, with the exception of ½ cup of ice.
- 2 Twist on the **Hybrid Motor Base, Blade, and Lid**.
- 3 Press the **Power Button** to turn on the blender. Allow the white light to complete its circle, then press the button again to start the blending cycle.
- 4 Flip the **Cup** over and place it blade-side-down on a flat surface.
- 5 Blend for 1 cycle.
- 6 Add remaining ½ cup of ice and blend for a second cycle.

***CAUTION! Ice should not exceed more than 25% of the Cup's total volume. Always use sufficient liquid ingredients when blending ice.**



nutribullet®

FLIP



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