

Recipe guide.

Recipes, tips,
& more.



nutribullet
TURBO™

⚠ WARNING! To reduce the risk of serious injury, read the User Guide before operating your nutribullet Turbo™ Personal Blender.



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Thank you for purchasing the nutribullet Turbo™.



nutribullet Turbo™ recipe guide.

Powerfully smooth nutrient extraction with a hands-free auto cycle — the nutribullet Turbo™ delivers silky smoothies, shakes, dips, dressings, and more without the guesswork. Whether you're boosting your gains with a post-workout protein shake or chilling poolside with a frozen cocktail, this sleek and powerful personal blender is all you need to make it fast, easy, and seriously delicious.

To get you started, we've compiled this collection of delicious recipes that run the gamut from fresh smoothies to savory crepes, rich desserts to coffee shop classics. Have a look, fill your cup, and let the Turbo smooth out the rest.

Cheers!

Building a smoothie.

Our go-to guide for 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:

- 1 **GREENS & VEGGIES**
- 2 **FRUIT**
as many varieties as you like
- 3 **NUTS (optional)**
- 4 **LIQUID**
Never exceed MAX line
- 5 **BOOSTS (optional)**
- 6 **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® Ultra's powerful motor, sharp spinning blades, and durable cups are designed to maximize its extraction capabilities.

GREENS & VEGGIES

- carrot
- cauliflower
- collard greens
- kale
- romaine lettuce
- spinach
- swiss chard
- zucchini

FRUIT

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

NUTS

- almonds
- cashews
- peanuts
- pecans
- walnuts

LIQUID TO THE MAX LINE

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

BOOSTS

- **herbs and spices**
(cinnamon, fresh mint, fresh basil, fresh cilantro, ground ginger or turmeric, fresh ginger or turmeric root)
- **high-quality protein powders**
- **nut butters**
(almond, peanut, cashew, sunflower seed)
- **superfood powders**
(cacao, maca, chlorella, spirulina)
- **seeds**
(chia seeds, flax seeds, hemp seeds)
- **sweeteners**
(honey, agave, maple syrup)

! WARNING! NEVER add hot, warm, or carbonated ingredients to the sealed nutribullet® Cups.

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:



VEGAN

Free of meat, dairy, eggs, or other animal products.



CONTAINS NUTS

Contains nut ingredients or byproducts.



CONTAINS DAIRY

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



PROTEIN POWERHOUSE

Recipes marked with this icon contain a notable amount of protein.



HELPS WITH DIGESTION

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



WARNING! NEVER add hot, warm, or carbonated ingredients to the sealed nutribullet® Cups.





Smoothies, slushies, frappes.

Blend up peak refreshment with these frosty favorites, whether it's daybreak, gym time, or happy hour.



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

⚠ DO NOT use the Rapid Extractor Blade as a storage lid as the blended mixture can ferment, increasing pressure within the Cup that may cause the Cup and Blade to separate, potentially resulting in bodily injury and property damage. Use the To-Go Lid, Turbo Storage Lid accessory, or transfer to a vented container for storage after blending.

Double chocolate protein smoothie.



YIELDS 16 OZ | MAKES 1 SERVING

With a double dose of cacao in powder and nib form, plus an ingredient list loaded with protein, fiber, and healthy fats, this decadent smoothie might be the tastiest way to fuel those active days.

½ CUP	UNSWEETENED COCONUT MILK
1 CUP	WATER
¼ CUP	ALMONDS, RAW
1 TBSP	CACAO NIBS
1 TBSP	CACAO POWDER
1	DATE
2 TBSP	VEGAN VANILLA PROTEIN POWDER
1 CUP	ICE

NUTRITION FACTS PER 16 OZ SERVING

490 calories, 28g fat, 43g carbs, 13g fiber, 21g sugar, 0g added sugar, 22g protein. **Nutrition facts are based on the recipe as listed. Adding or swapping any ingredients will alter nutritional content.**

NUTRITIONIST TIP: FIT TO ORDER

You can adjust the ingredients in this recipe to align with your fitness goals. If gains are your game, this coconut milk version is great. If you're looking for something lighter in fat and calories, reduce the almonds by half. You can also add in a handful of spinach or some frozen fruit to ramp up the fiber content.

- 1 Add ingredients to the **Blending Cup** in the order listed and blend using the **Auto Cycle**.

NUTRITIONIST TIP: COCOA VS. CACAO

Wondering what the difference is between these two ingredients? Both refer to powdered forms of the cacao bean but differ in the way they are processed. Cocoa powder is made from beans roasted at high temperatures. It's often treated with an alkaline solution to temper the chocolate's natural acidity and enhance shelf life and sometimes combined with powdered milk and/or sugar.

Cacao powder, on the other hand, comes from beans that are roasted at much lower temperatures, and it contains little to no additives. Because it undergoes less heat and chemical processing, it retains more nutritional benefits than cocoa powder.



Matcha frappe.



YIELDS 24 OZ | MAKES 2 SERVINGS

Skip the coffee shop and make your own frozen matcha at home with this cold, creamy, and refreshing green tea treat.

1½ CUPS	UNSWEETENED ALMOND MILK
1 TBSP	AGAVE
2 TSP	MATCHA POWDER
½ TSP	VANILLA EXTRACT
2 CUPS	ICE

NUTRITION FACTS PER 12 OZ SERVING

140 calories, 2.5g fat, 27g carbs, 2g fiber, 21g sugar, 21g added sugar, 2g protein. **Nutrition facts are based on the recipe as listed. Adding or swapping any ingredients will alter nutritional content.**

- 1 Add ingredients to the **Blending Cup** in the order listed and blend using the **Auto Cycle**.

NUTRITIONIST TIP

Matcha and coffee have similar amounts of caffeine, but matcha lovers claim it gives you a "calming" energy boost without the added jitters. This green tea treat offers a low-key buzz, plus beneficial antioxidants.



Strawberry vodka slushie.



YIELDS 12 OZ | MAKES 2 SERVINGS

Made with real strawberries and fresh mint, this frosty cocktail makes a delightful refreshment on hot days and balmy evenings.

1½ CUPS STRAWBERRIES, FROZEN
4 MINT LEAVES
¾ CUP WATER
2 TBSP AGAVE
1 TBSP LEMON JUICE
2 OZ VODKA

1 Add ingredients to the **Blending Cup** in the order listed and blend using the **Auto Cycle**.

CULINARY TIP

To make this a mocktail, replace the vodka with still water and then top the blended mixture with a small pour of sparkling water.

NUTRITION FACTS PER 6 OZ SERVING

170 calories, 0g fat, 27g carbs, 2g fiber, 19g sugar, 14g added sugar, 1g protein.
Nutrition facts are based on the recipe as listed. Adding or swapping any ingredients will alter nutritional content.

⚠ WARNING! Alcohol consumption can impair judgement, reaction time, and coordination, which are crucial for safely operating blenders. **DO NOT** operate the blender after consuming an alcoholic beverage.

Orange mango vodka slushie.



YIELDS 14 OZ | MAKES 2 SERVINGS

Mixed with mango, citrus, and a nice little nip of vodka, this succulent frozen cocktail is a ray of sunshine in a glass.

- 1 CUP MANGO, FROZEN
- 1 ORANGE, SMALL, PEELED
- 1 LIME, SMALL, PEELED
- 2 TBSP AGAVE
- 2 OZ VODKA
- ½ CUP WATER
- 1 CUP ICE

- 1 Add ingredients to the **Blending Cup** in the order listed and blend using the **Auto Cycle**.

NUTRITION FACTS PER 7 OZ SERVING

220 calories, 0g fat, 39g carbs, 4g fiber, 32g sugar, 14g added sugar, 1g protein.
Nutrition facts are based on the recipe as listed. Adding or swapping any ingredients will alter nutritional content.

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Dips and dressings.

Spruce up your salads and cheer up your chips with these fresh and flavorful accoutrements.



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

Black bean dip.



YIELDS 16 OZ | MAKES 8 SERVINGS

This rich vegan black bean dip is chock-full of protein, fiber, antioxidants and flavor. Serve it with veggies, chips, and crackers, or dollop it over salads, grain bowls and beyond.

- 1 15-OZ CAN BLACK BEANS
- 2 GARLIC CLOVES
- 1/8 TSP CUMIN
- 1/2 TSP ONION POWDER
- 2 TSP LIME JUICE
- 1/4 CUP VEGETABLE BROTH, LOW SODIUM
- 1 JALAPEÑO, DESEEDED
- 1/2 TSP SALT

NUTRITION FACTS PER 1/4 CUP SERVING

50 calories, 0g fat, 9g carbs, 4g fiber, 0g sugar, 0g added sugar, 3g protein.

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

- 1 Add ingredients to the **Blending Cup** in the order listed and pulse ingredients until the beans and veggies are broken down to your liking.

CULINARY TIP

If you don't have black beans on hand, white, pinto, or garbanzo beans make an equally delicious, comparably nutritious substitute.

Creamy poppyseed dressing.



YIELDS 12 OZ | MAKES 12 SERVINGS

Steer your salads into tasty new territories with this tart and creamy dressing that adds a pop of flavor to every bite!

- 1 CUP GREEK YOGURT
- 1/4 CUP APPLE CIDER VINEGAR
- 2 TBSP DIJON MUSTARD
- 1/4 CUP POPPY SEEDS
- 1/4 CUP HONEY
- 1 TSP GARLIC POWDER
- 1/4 CUP NUTRITIONAL YEAST
- 1 TSP SALT
- 1 TSP PEPPER
- 2 TBSP POPPY SEEDS, TO GARNISH (OPTIONAL)

- 1 Add ingredients to the **Blending Cup** in the order listed and blend using the **Auto Cycle**.

NUTRITIONIST TIP

Nutritional yeast is a plant-based source of vitamin B12, which is essential for healthy nerve function and protein metabolism. It adds a slightly tangy, umami flavor to the mix, and is often used as a substitute for parmesan cheese.

NUTRITION FACTS PER 2 TBSP SERVING

80 calories, 3.5g fat, 9g carbs, <1g fiber, 7g sugar, 6g added sugar, 4g protein. Nutrition facts are based on the recipe as listed. Adding or swapping any ingredients will alter nutritional content.



Sweets.

Sweet treats made from nutritious ingredients – it's a win-win.



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Protein crepes.



YIELDS EIGHT 4-5" CREPES

These versatile crepes are made with naturally high-protein ingredients that also contain fiber and healthy fats to keep you full and energized. Enjoy them sweet or savory, any time of day!

1 CUP	OATS, GLUTEN-FREE
½ CUP	FLAX SEEDS
¼ CUP	CASHEWS
2	EGGS
2 TBSP	AVOCADO OIL, PLUS MORE FOR THE PAN
1-1¼ CUPS	UNSWEETENED ALMOND MILK OR OTHER MILK OF YOUR CHOICE
PINCH	SALT

NUTRITION FACTS PER CREPE
200 calories, 12g fat, 17g carbs, 5g fiber, 1g sugar, 0g added sugar, 7g protein.
Nutrition facts are based on the recipe as listed. Adding or swapping any ingredients will alter nutritional content.

- 1 Add the flax seeds and oats to the **Blending Cup** and blend until finely ground.
- 2 Add the remaining ingredients to the **Blending Cup** and blend until fully combined. If the batter is too thick, add up to ¼ cup more almond milk, mixing in 1 tbsp. at a time, until it reaches the desired consistency.

- 3 Lightly grease a small frying pan with avocado oil, using a thickly folded paper towel or a basting brush to coat the surface. Set the pan over medium heat.
- 4 Pour a small amount of batter into the pan, swirling to evenly coat the bottom.
- 5 Cook until the underside is golden and the crepe releases easily from the pan, about 2 minutes.
- 6 Flip the crepe using a silicone spatula and cook until the second side is golden, about 1 minute.
- 7 Transfer the cooked crepe to a plate and cover with a clean kitchen towel to keep warm. Repeat with the remaining batter.

CULINARY TIP

For sweet crepes, add ½ tsp vanilla extract and ½ tsp ground cinnamon to your batter.

Chocolate chia pudding.



YIELDS 10 OZ | MAKES 2 SERVINGS

This chocolate chia pudding is made with coconut milk, dates, and protein powder for a rich, high-protein dessert that hits your macros while satisfying your sweet tooth.

1½ CUPS	COCONUT MILK, CANNED
2	DATES, PITTED
½ TSP	VANILLA EXTRACT
2 TBSP	CACAO POWDER
2 TBSP	VEGAN VANILLA PROTEIN POWDER
¼ CUP	CHIA SEEDS

NUTRITION FACTS PER 5 OZ SERVING

580 calories, 45g fat, 40g carbs, 15g fiber, 19g sugar, 0g added sugar, 15g protein. **Nutrition facts are based on the recipe as listed. Adding or swapping any ingredients will alter nutritional content.**

- 1 Add ingredients to the **Blending Cup** in the order listed and blend using the **Auto Cycle**.
- 2 Pour the mixture into a mixing bowl and stir in chia seeds to evenly distribute.
- 3 Cover and refrigerate for at least 4 hours, so the chia seeds plump up, giving you a thick, pudding-like texture.

CULINARY TIP

For a lighter dessert, swap the canned coconut milk for 1 cup of unsweetened non-dairy milk, like almond milk. And for something in between, blend in a tablespoon of nut butter with your lighter milk to boost protein and richness.

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RECIPE GUIDE.



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