

Recipe guide.

**Recipes, tips
& more!**



nutribullet.
PRO 1000

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



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Thank you for purchasing the NutriBullet Pro® 1000.



EASY. DELICIOUS. NUTRITIOUS.

NutriBullet Pro® 1000 recipe guide.

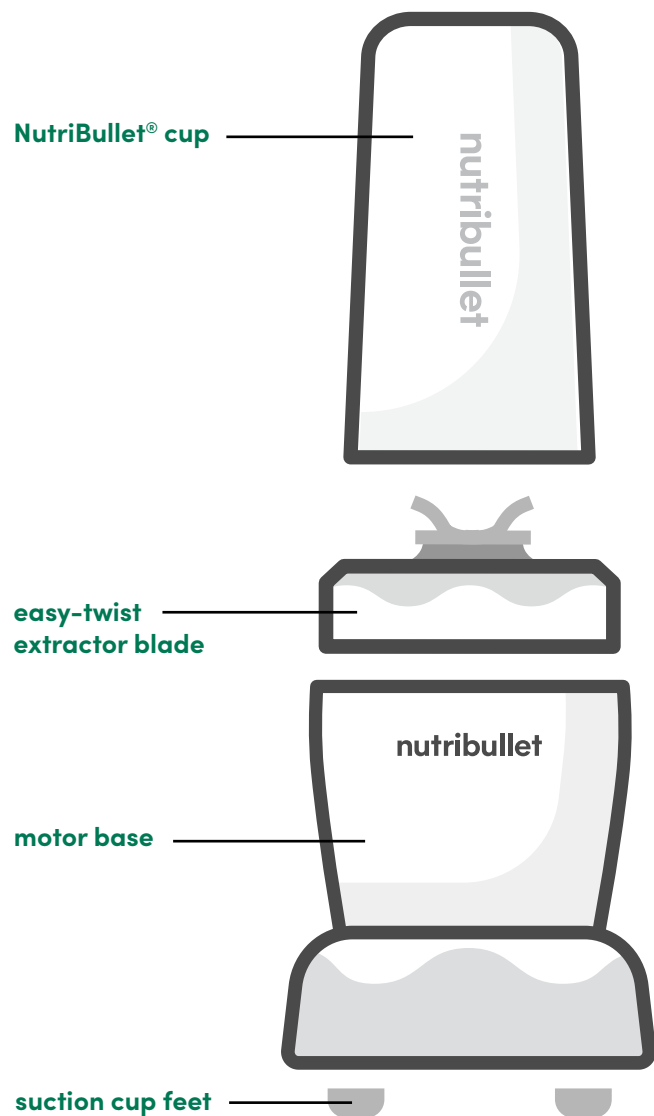
**Life is complicated. Eating
healthy doesn't have to be.**

Meet the NutriBullet Pro® 1000 — our original nutrient extractor™, upgraded. With 1000 Watts of power, this optimized blender takes your smoothie game to the next level, breaking down the toughest veggies, fruits, nuts, seeds, and stems into silky-smooth drinks you can take on-the-go. It's compact, but powerful. It's simple and intuitive. And it takes under a minute to make its nutritious and tasty creations.

And by the way: it's super easy to clean.

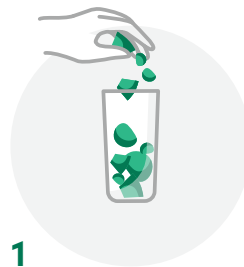
There's really no easier way to streamline your healthy lifestyle than with this small-but-mighty appliance. We've compiled some of our favorite recipes in this book to get you acquainted. In addition to classic smoothies and smoothie bowls, you'll find sauces, dips, and frozen cocktails to give you a sense of all of your possibilities. We can't wait to see how you make the NutriBullet® part of your everyday.

Assembly guide.



NutriBullet® cup assembly.

SEE USER GUIDE FOR DETAILED ASSEMBLY INSTRUCTIONS.



1 Add ingredients* to the NutriBullet® cup.



2 Place the easy-twist extractor blade onto the cup and twist until it is tightly sealed.



3 Turn the cup upside down and place it onto the motor base, gently turning clockwise to lock in place. This will activate the extraction cycle.



4 The extraction cycle will automatically run for 1 minute. If you'd like to stop extracting before the cycle is over, proceed to step 5.



5 When extraction is finished, unlock the assembly by gently twisting the cup counterclockwise. You will hear a click. Enjoy!



***NEVER** blend hot or carbonated ingredients in the NutriBullet® cups.

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 not more than 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's powerful motor, sharp spinning blades, and 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)



Recipe icons.

We've marked our recipes with icons to highlight health benefits and special qualities. Here's what they mean:



HELPS WITH DIGESTION:

Keep it moving

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



IMMUNE BOOSTING:

What sick days?

Help keep your body humming right along with these fortifying recipes.



SNACK SUITABLE:

Just a nibble

These contain less than 250 calories per serving. Perfect for a pick-me-up in between meals.



PROTEIN POWERHOUSE:

Get pumped

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



NUT-FREE:

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





Smoothies.

Toss in your greens, your veggies, your fruits, and a little liquid and watch them transform into a smooth, creamy treat in seconds.

We're not saying it's magic, but we're also not *not* saying it...



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



Essential green smoothie.



MAKES 1 SERVING

Consider this blend the little black dress of NutriBullet® smoothies: it never goes out of style.

- 1 CUP **SPINACH (OR OTHER LEAFY GREEN), LOOSELY PACKED**
- 1 **BANANA, FROZEN**
- ½ CUP **UNSWEETENED VANILLA ALMOND MILK (OR OTHER MILK/MILK ALTERNATIVE)**
- 1 TBSP **PEANUT BUTTER**
- ½ CUP **PLAIN NONFAT GREEK YOGURT**
- 1 SCOOP **PROTEIN POWDER (OPTIONAL)**
- ICE CUBES**

NUTRITION FACTS PER SERVING

270 calories, 10g fat, 33g carbs, 4g fiber, 18g sugar, 17g protein. Nutrition facts are based on the recipe as listed. Adding protein powder or swapping any ingredients will alter nutritional content.

- 1 Add ingredients to the NutriBullet® cup of your choice in the order listed.
- 2 Twist on the extractor blade, turn the cup upside-down, and gently rotate onto the motor base to lock into place.
- 3 Blend until you reach your desired consistency. Enjoy!

NUTRITIONIST TIP

To help keep your energy stable throughout the day (good-bye, 3pm slump!), aim to balance your meals and snacks with high-quality protein, healthy fats, and fiber-filled carbs. This combo of greek yogurt, peanut butter, fruit and veggies should do the trick.

HAVE A NUT ALLERGY?

Substitute the peanut butter for sunflower seed butter and substitute the almond milk for another liquid of your choice such as regular milk, soy milk, or even water.



Super blue smoothie.



MAKES 1 SERVING

Is there such a thing as a perfect smoothie? This sweet medley certainly makes a strong case.

- 1 ½ CUPS **SPINACH, PACKED**
- ½ CUP **BLUEBERRIES, FROZEN**
- ½ **BANANA, FROZEN**
- 1 ½ CUPS **UNSWEETENED VANILLA ALMOND MILK (OR OTHER MILK/MILK ALTERNATIVE)**
- 1 TBSP **ALMOND BUTTER**
- ½ TSP **CINNAMON**
- 1 SCOOP **PROTEIN POWDER (OPTIONAL)**

NUTRITION FACTS PER SERVING

260 calories, 13g fat, 31g carbs, 8g fiber, 15g sugar, 8g protein. Nutrition facts are based on the recipe as listed. Adding protein powder or swapping any ingredients will alter nutritional content.

- 1 Add ingredients to the NutriBullet® cup of your choice in the order listed.
- 2 Twist on the extractor blade, turn the cup upside-down, and gently rotate onto the motor base to lock into place.
- 3 Blend until you reach your desired consistency. Enjoy!

NUTRITIONIST TIP

Berries are some of our favorite superfoods — they're well researched for the role they play in cancer prevention, as well as brain, gut, and heart health support. Plus, they're delicious! Enjoy a serving a day to reap their many benefits.



Immunity boost smoothie.



MAKES 1 SERVING

This bright orange smoothie delivers an energizing lift, whether you're feeling under the weather or on top of the world.

- ½ **ORANGE, PEELED**
- ½ CUP **CARROTS**
- ½ CUP **MANGO CHUNKS, FROZEN**
- 1 CUP **COCONUT WATER**
- 1 TBSP **HEMP SEEDS**
- ½ INCH **TURMERIC ROOT**
- ½ INCH **GINGER ROOT**
- PINCH **CAYENNE PEPPER**
- 1 SCOOP **PROTEIN POWDER (OPTIONAL)**

WATER, IF NEEDED TO REACH MAX LINE

NUTRITION FACTS PER SERVING

230 calories, 5g fat, 43g carbs, 6g fiber, 34g sugar, 5g protein. Nutrition facts are based on the recipe as listed. Adding protein powder will alter nutritional content.

- 1 Add ingredients to the NutriBullet® cup of your choice in the order listed.
- 2 Twist on the extractor blade, turn the cup upside-down, and gently rotate onto the motor base to lock into place.
- 3 Blend until you reach your desired consistency. Enjoy!

NUTRITIONIST TIP

Herbs and spices add flavor and body-boosting compounds to your food. Different types have been linked to specific benefits like digestive-supporting ginger, inflammation-taming turmeric, and metabolism-boosting cayenne pepper. Rev up your smoothies by adding a variety of flavorful 'extras' to the mix.

Loco-cocoa recovery shake.



A chocolatey, protein-packed smoothie ideal for a post-workout treat.

- 1 **BANANA**
- ¼ **AVOCADO**
- 1 ½ CUPS **UNSWEETENED VANILLA ALMOND MILK (OR OTHER MILK/MILK ALTERNATIVE)**
- ½ TSP **VANILLA**
- 1 TBSP **CACAO NIBS**
- 1 TBSP **UNSWEETENED CACAO POWDER**
- ½ TSP **CINNAMON**
- 1 SCOOP **PROTEIN POWDER**

NUTRITION FACTS PER SERVING
390 calories, 16g fat, 41g carbs, 7g fiber, 15g sugar, 27g protein. Nutrition facts are based on the recipe as listed. 1 scoop of protein powder is based on 30g or ¼ cup of organic pea protein blend.

- 1 Add ingredients to the NutriBullet® cup of your choice in the order listed.
- 2 Twist on the extractor blade, turn the cup upside-down, and gently rotate onto the motor base to lock into place.
- 3 Blend until you reach your desired consistency. Enjoy!

NUTRITIONIST TIP

After a workout, your body is like a sponge ready to absorb nutrients. Replenish it with a recovery snack filled with complex carbs, protein, and a little healthy fat.

PRO TIP

Kick up your smoothie with a sprinkle of cayenne pepper.



Smoothie bowls.

Like a smoothie, but spoonable. These bowls are great when you want something refreshing and creamy, but a bit more substantial than your average blended beverage. Top with granola, fresh fruit, cacao nibs, nuts, seeds, or nut butters to turn your bowl into a mega-nutritious and satisfying meal.



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





Berry smoothie bowl.



MAKES 1 SERVING

Sweet, tart and juicy, this vibrant bowl is filled with berrylicious flavor and beneficial fiber.

- 1 CUP **STRAWBERRIES, FROZEN**
- ½ CUP **RASPBERRIES, FROZEN**
- 1 **BANANA, FROZEN**
- 1 **DATE, PITTED**
- 1 CUP **UNSWEETENED VANILLA ALMOND MILK (OR OTHER MILK/MILK ALTERNATIVE)**

- 1 Add ingredients to the NutriBullet® cup of your choice in the order listed.
- 2 Twist on the extractor blade, turn the cup upside-down, and gently rotate onto the motor base to lock into place.
- 3 Blend until you reach your desired consistency. Enjoy!

NUTRITIONIST TIP

A high-fiber diet is linked to improved blood sugar control, better digestion and a reduced risk of heart disease and cancer, among other benefits. Add more to your diet by eating fiber-filled fruits like strawberries and raspberries. Just be sure to increase your intake gradually. Too much too soon can mess with digestion!

NUTRITION FACTS PER SERVING
260 calories, 3.5g fat, 58 carbs, 13g fiber, 30g sugar, 4g protein. **Nutrition facts are based on the recipe as listed.**



Green monster smoothie bowl.



MAKES 1 SERVING

Green is good — especially when it comes to smoothies (and smoothie bowls).

- 1 CUP **SPINACH, PACKED**
- ½ CUP **BABY KALE (OR OTHER LEAFY GREEN), PACKED**
- 1 **BANANA, FROZEN**
- ¼ **AVOCADO**
- ¾ CUP **UNSWEETENED VANILLA ALMOND MILK (OR OTHER MILK/MILK ALTERNATIVE)**
- 2 TBSP **CASHEW BUTTER**

- 1 Add ingredients to the NutriBullet® cup of your choice in the order listed.
- 2 Twist on the extractor blade, turn the cup upside-down, and gently rotate onto the motor base to lock into place.
- 3 Blend until you reach your desired consistency. Enjoy!

NUTRITIONIST TIP

To get the ultimate nutrient bang for your calorie buck, incorporate dark, leafy green vegetables (spinach, chard, kale, etc.) into your diet each day. Reach your green goal (and then some!) with this recipe.

NUTRITION FACTS PER SERVING
(without toppings):
360 calories, 23g fat, 38g carbs, 7g fiber, 13g sugar, 8g protein. **Nutrition facts are based on the recipe as listed.**
Swapping any ingredients will alter nutritional content.

Dips and sauces.

Consider these recipes the 'best supporting actors' of your meal. While you can find pre-packaged varieties at the grocery store, the jarred stuff doesn't hold a candle to the flavor of homemade versions made from fresh ingredients.



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





Classic hummus.



MAKES ABOUT 24 SERVINGS

Nothing beats homemade hummus...NOTHING.

- 1 15-OZ CAN GARBANZO BEANS, DRAINED AND RINSED
- 1 CLOVES GARLIC
- 2 TBSP LEMON JUICE
- 2 TBSP EXTRA VIRGIN OLIVE OIL
- 1 TBSP WATER
- ¼ CUP TAHINI
- ¼ TSP SALT
- ⅛ TSP CUMIN

NUTRITIONIST TIP

Time for a heart-to-heart: heart-friendly diets include plenty of fruits, veggies, whole grains, low/non-fat dairy and lean proteins. What they don't: sodium, saturated fat, and added sugar. Serve this heart-happy hummus with a rainbow of cut veggies to pump up its benefits.

NUTRITION FACTS PER SERVING

100 calories, 6g fat, 9g carbs, 2g fiber, 1g sugar, 3g protein

- 1 Add ingredients to the NutriBullet® cup in the order listed.
- 2 Twist on the extractor blade, turn the cup upside-down, and gently rotate onto the motor base to lock into place
- 3 Run in 1-minute intervals. Between each interval, remove the cup and blade assembly from the motor, untwist the blade, and scrape down the sides of your cup to ensure mixture distributes evenly. Reattach blade tightly before replacing on the motor base.
 - * Be sure to allow the motor to cool for at least one minute in between each blending session. Do not run the motor for more than three consecutive one-minute intervals. If the hummus requires more than 3 one-minute intervals, let the motor rest for 3-5 minutes before resuming blending.
- 4 Repeat until smooth. Enjoy!



CAUTION!

Never blend hot foods in a sealed NutriBullet® cup. Allow cooked foods to cool completely through and through before attempting to blend.

Smokey chipotle sauce.



MAKES ABOUT 10 SERVINGS

A zesty topping that tastes as good on tacos, meats, and fish as it does with a basket of tortilla chips.

1 TSP	EXTRA VIRGIN OLIVE OIL
2	CLOVES GARLIC
1/2	JALAPENO
1/4	WHITE ONION
1	14.5-OZ CAN WHOLE TOMATOES
1/4	7-OZ CAN CHIPOTLE PEPPERS
1 TBSP	LIME JUICE
1/2 TSP	SALT

PRO TIP

Feel free to roast a whole onion and jalapeño and save leftovers for salads, bowls, or toppings. Just double your olive oil and add 5 minutes to your roasting time, and you should be good to go.

NUTRITION FACTS PER SERVING

20 calories, 0.5g fat, 3g carbs, 0g fiber, 2g sugar, 1g protein

- 1 Preheat your oven to 400°F.
- 2 Toss the garlic, jalapeno, and onion in olive oil and spread on an oven-safe pan. Roast for 15 minutes. Transfer to a separate plate and allow to completely cool through and through to room temperature — about 20–30 minutes. You can place them in the refrigerator to speed up the process.
- 3 Add cooled ingredients, along with remaining ingredients, to the cup in the order listed.
- 4 Twist on the extractor blade, turn the cup upside-down, and gently rotate onto the motor base to lock into place.
- 5 Blend until you reach your desired consistency. Enjoy!

NUTRITIONIST TIP

Hot peppers – like chipotles – are a source of capsaicin, which studies suggest has cancer-protective, anti-inflammatory and pain-reducing effects. So, keep it spicy.

Perfect pesto.

MAKES ABOUT 10 SERVINGS

Everything tastes better with pesto. Adventurous types, feel free to switch up your herbs, nuts, and/or cheeses.

1 ½ CUPS FRESH BASIL LEAVES, PACKED
1 CUP PARMESAN CHEESE, GRATED
¾ CUP PINE NUTS
4 CLOVES GARLIC
½ CUP EXTRA VIRGIN OLIVE OIL
+ 2 TBSP
¼ TSP SALT
PINCH BLACK PEPPER

NUTRITIONIST TIP

Keeping it low carb? This pesto only contains 2 grams per serving! Add it to grilled seafood, chicken, or even scrambled eggs for a hit of savory goodness.

NUTRITION FACTS PER SERVING

250 calories, 24g fat, 2g carbs, 0g fiber, 0g sugar, 5g protein

- 1 Add ingredients to the NutriBullet® cup in the order listed.
- 2 Twist on the extractor blade, turn the cup upside-down, and gently rotate onto the motor base to lock into place
- 3 Run in 1-minute intervals. Between each interval, remove the cup and blade assembly from the motor, untwist the blade, and scrape down the sides of your cup to ensure mixture distributes evenly. Reattach blade tightly before replacing on the motor base.
 - * Be sure to allow the motor to cool for at least one minute in between each blending session. Do not run the motor for more than three consecutive one-minute intervals. If the pesto requires more than 3 one-minute intervals, let the motor rest for 3–5 minutes before resuming blending.
- 4 Repeat until smooth. Enjoy!





Cocktails & mocktails.

Fun, zippy sips to get you
feeling festive.



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



Green apple martini.



MAKES 1 SERVING

This light, refreshing cocktail goes down easy. **VERY** easy.

- | | | | |
|-------------|--|---|---|
| 1/2 | GREEN APPLE, CORED, PEELED, AND ROUGHLY CHOPPED | 1 | Add ingredients to the NutriBullet® cup of your choice in the order listed. |
| 1 1/2 TSP | LEMON JUICE | 2 | Twist on the extractor blade, turn the cup upside-down, and gently rotate onto the motor base to lock into place. |
| 1 1/2 FL OZ | VODKA | 3 | Blend until you reach your desired consistency. Enjoy! |
| 1 TBSP | WATER | | |
| 1/4 INCH | GINGER ROOT | | |
| 1 TBSP | AGAVE SYRUP | | |
| 1/2 CUP | ICE | | |

NUTRITION FACTS PER SERVING
230 calories, 0g fat, 34g carbs, 3g fiber, 29g sugar, 1g protein. **Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.**

PRO TIP
Don't like green apples or have one on hand? Use a pear or sliced watermelon instead! Same fresh fruity goodness, different vibe.



Mango margarita.



MAKES 1 SERVING

Tequila, lime, and mango. **Sold.**

- | | | | |
|---------|---|---|---|
| 1 CUP | MANGO, FROZEN | 1 | Add ingredients to the NutriBullet® cup of your choice in the order listed. |
| 1/4 CUP | ORANGE JUICE | 2 | Twist on the extractor blade, turn the cup upside-down, and gently rotate onto the motor base to lock into place. |
| 1 TBSP | LIME JUICE | 3 | Blend until you reach your desired consistency. Enjoy! |
| 1/4 CUP | GOLD TEQUILA | | |
| | TAJIN CHILI POWDER TO GARNISH (OPTIONAL) | | |

NUTRITION FACTS PER SERVING
280 calories, 0g fat, 40g carbs, 3g fiber, 34g sugar, 0g protein

PRO TIP
Skip the sugar-laden processed syrups and blends that include corn syrup, brown rice syrup, or cane juice, and utilize nature's dessert — fruit — instead!



Raspberry daiquiri.



MAKES 1 SERVING

Paradise is just a sip away.

- 1 CUP **RASPBERRIES, FROZEN**
- 2 TBSP **WATER, PLUS AN ADDITIONAL 1 TBSP, RESERVED**
- 1 TBSP **LIME JUICE**
- ¼ CUP **RUM**
- 1 TBSP **HONEY**

PRO TIP

When fresh is not in season, opt for frozen. Frozen fruits, like the raspberries in this daiquiri, are picked at peak ripeness and frozen within hours, "locking in" their nutrients and flavor.

NUTRITION FACTS PER SERVING

300 calories, 1.5g fat, 41g carbs, 12g fiber, 24g sugar, 3g protein

- 1 In a small bowl, whisk together 1 Tbsp. of water and 1 Tbsp. honey to make a syrup.
- 2 Add raspberries, remaining 2 Tbsp. water, lime juice, and rum to the NutriBullet® cup of your choice, followed by the honey syrup.
- 3 Twist on the extractor blade, turn the cup upside-down, and gently rotate onto the motor base to lock into place.
- 4 Blend until you reach your desired consistency. Enjoy!



Matcha frappe.



MAKES 1 SERVING

Need a midday caffeine boost? This green tea treat offers a low-key buzz, plus beneficial antioxidants.

- 1 ½ CUPS **UNSWEETENED VANILLA ALMOND MILK (OR OTHER MILK/MILK ALTERNATIVE)**
- 2 TBSP **AGAVE**
- 2 TSP **MATCHA GREEN TEA POWDER**
- 2 CUPS **ICE**

NUTRITION FACTS PER SERVING

180 calories, 4g fat, 34g carbs, 0g fiber, 32g sugar, 6g protein

- 1 Add ingredients to the NutriBullet® cup of your choice in the order listed.
- 2 Twist on the extractor blade, turn the cup upside-down, and gently rotate onto the motor base to lock into place.
- 3 Blend until you reach your desired consistency. Enjoy!

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. You can thank L-theanine for this — which may induce relaxation.

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