



USER
GUIDE
AND
RECIPE
BOOK

NUTRIBULLET

Select.

NUTRIBULLET
Select.

USER GUIDE & RECIPE

IMPORTANT SAFEGUARDS & CAUTIONARY INFORMATION

SAVE THESE INSTRUCTIONS

FOR YOUR SAFETY, CAREFULLY READ ALL INSTRUCTIONS BEFORE OPERATING YOUR NUTRIBULLET SELECT.

MEDICAL WARNING!

- IF YOU ARE TAKING ANY MEDICATION, ESPECIALLY CHOLESTEROL-LOWERING MEDICATION, BLOOD THINNERS, BLOOD PRESSURE DRUGS, TRANQUILIZERS, OR ANTIDEPRESSANTS, PLEASE CHECK WITH YOUR DOCTOR BEFORE CONSUMING ANY OF THE NUTRIBLAST RECIPES.
- THE FOLLOWING LIST OF SEEDS AND PITS CONTAIN CHEMICALS THAT RELEASE CYANIDE INTO THE BODY WHEN INGESTED. DO NOT USE THE FOLLOWING SEEDS AND PITS IN THE NUTRIBULLET SELECT: APPLE SEEDS, APRICOT PITS, CHERRY PITS, PLUM PITS, PEACH PITS.

ELECTRICAL SAFETY

When using any electrical appliance, basic safety precautions should always be observed, including the following:

- CAUTION! TO AVOID RISK OF ELECTRIC SHOCK, NEVER IMMERSE THE CORD, PLUG, OR POWER BASE OF BLENDER IN WATER OR OTHER LIQUIDS.
- DO NOT USE THIS PRODUCT WITH ANY TYPE OF ADAPTER OR VOLTAGE CONVERTER DEVICE.
- USE OF ADAPTERS AND CONVERTERS IS CONSIDERED AN UNAUTHORIZED MODIFICATION OF THE PRODUCT AND AS SUCH WILL VOID THE WARRANTY. USE OF THIS PRODUCT IN LOCATIONS WITH DIFFERENT ELECTRICAL SPECIFICATIONS MAY RESULT IN DAMAGE TO THE PRODUCT.
- THE USE OF ATTACHMENTS, INCLUDING CANNING JARS, NOT RECOMMENDED OR SOLD BY MANUFACTURER MAY CAUSE FIRE, ELECTRIC SHOCK, OR INJURY AND WILL VOID THE WARRANTY.
- UNPLUG THE NUTRIBULLET SELECT AND MAKE SURE TO TURN THE POWER KNOB TO THE UPRIGHT OFF POSITION WHEN IT IS NOT IN USE. MAKE SURE THE POWER BASE IS UNPLUGGED BEFORE ASSEMBLING, DISASSEMBLING, ADDING ADDITIONAL PARTS, OR CLEANING.

- This appliance has important markings on the plug and is not suitable for replacement. If damaged, please call Customer Service for a replacement.
- Do not pull, twist, or damage the power cord.
- Do not allow the cord to hang over the side of the counter or table.
- Do not allow cord to touch hot surfaces, including the stove.
- Periodically inspect the cord and plug for damage. Do not operate any appliance with a damaged cord or plug. If the appliance malfunctions or is dropped or damaged in any manner, discontinue use and contact Customer Service for assistance in obtaining a replacement.
- To clean the inside of the power base, unplug the unit and wipe with a sponge moistened with warm water.

- **THIS APPLIANCE CAN BE USED BY CHILDREN AGED 8 YEARS AND ABOVE AND BY PERSONS WITH REDUCED PHYSICAL, SENSORY OR MENTAL CAPABILITIES OR LACK OF EXPERIENCE AND KNOWLEDGE IF THEY HAVE BEEN GIVEN INSTRUCTION OR ARE SUPERVISED CONCERNING THE USE OF THE APPLIANCE IN A SAFE MANNER AND UNDERSTAND THE HAZARDS AND RISKS INVOLVED.**
- **IF THE SUPPLY CORD IS DAMAGED, IT MUST BE REPLACED BY NUTRIBULLET, ITS SERVICE AGENT OR IN ORDER TO AVOID A HAZARD.**
- **TURN THE KNOB TO OFF TO POWER DOWN THE APPLIANCE AFTER EACH USE. DISCONNECT FROM POWER SOURCE BEFORE CHANGING ACCESSORIES AND DO NOT ATTEMPT TO HANDLE UNTIL ALL PARTS HAVE STOPPED MOVING.**
- **THERE IS POTENTIAL FOR PERSONAL INJURY FROM MISUSE OF THE NUTRIBULLET SELECT. TAKE CARE WHEN HANDLING THE SHARP CUTTING PRECISION EXTRACTOR BLADES AND EMPTYING THE PITCHER/CUP. UNPLUG THE UNIT AND USE CAUTION DURING CLEANING.**
- **THE NUTRIBULLET SELECT IS NOT A TOY, AND CHILDREN SHOULD NOT PLAY WITH IT.**

WARNING: VENTILATION CAUTION

Always operate the NUTRIBULLET SELECT on a level surface, leaving unobstructed space beneath and around the power base to permit proper air circulation. Slots and openings on the bottom of the product are provided for ventilation to ensure reliable motor operation and to prevent over-heating. **Warning:** To prevent fire hazard, power base openings should be free of dust or lint and never obstructed with flammable materials such as newspapers, tablecloths, napkins, dishtowels, place mats or other similar type materials.

EXTRACTION SAFETY PRECAUTIONS

The **NutriBullet Select** has the following modes: Pulse, Blend, Crush and Variable Speed Mode, which are discussed in the "How It Works" section of this manual. Carefully read and follow all safety precautions, particularly when operating the **NutriBullet Select** in each of the aforementioned modes.

- **NEVER LEAVE THE NUTRIBULLET SELECT UNATTENDED WHILE IN USE!**
- **CLOSE SUPERVISION IS NECESSARY WHEN ANY APPLIANCE IS USED BY OR NEAR CHILDREN.**
- **NEVER USE THE PRECISION EXTRACTOR BLADE TO BLEND WITHOUT LIQUID AS DOING SO MAY DAMAGE IT.**

- **NEVER PUT YOUR HANDS OR UTENSILS NEAR THE MOVING PRECISION EXTRACTOR BLADE AND NEVER USE YOUR HANDS OR UTENSILS TO PRESS THE ACTIVATOR BUTTONS DOWN WHILE THE NUTRIBULLET SELECT IS PLUGGED IN.**
- **THE PRECISION EXTRACTOR BLADE IS SHARP! HANDLE CAREFULLY. USE CARE WHILE HANDLING THE PRECISION EXTRACTOR BLADE. DO NOT TOUCH THE PRECISION EXTRACTOR BLADE EDGES TO AVOID INJURY.**
- **CHECK GASKET TO MAKE SURE IT IS COMPLETELY SEATED IN THE PRECISION EXTRACTOR BLADE UNIT BEFORE EACH USE. CONTACT CUSTOMER SERVICE FOR ASSISTANCE IF THE GASKET IS NOT COMPLETELY SEATED.**
- **WE RECOMMEND REPLACING YOUR PRECISION EXTRACTOR BLADE EVERY 6 MONTHS OR AS NEEDED FOR OPTIMAL PERFORMANCE. TO ORDER A REPLACEMENT PRECISION EXTRACTOR BLADE, SIMPLY VISIT: WWW.NUTRILIVING.COM**
- **THE NUTRIBULLET SELECT IS NOT INTENDED FOR USE IN MICROWAVE OVENS. DO NOT PLACE THE NUTRIBULLET SELECT CUPS, POWER BASE OR ANY NUTRIBULLET SELECT ACCESSORY IN A MICROWAVE OVEN AS THIS MAY RESULT IN DAMAGE TO THE ACCESSORY. TO HEAT SOUPS AFTER BLENDING COOL OR ROOM TEMPERATURE INGREDIENTS, TRANSFER MIXTURE TO A MICROWAVE SAFE CONTAINER OR TO A STOVE-TOP POT PRIOR TO HEATING.**
- **NEVER MICROWAVE ANY UNVENTED, SEALED CONTAINERS AS THEIR CONTENTS MAY EXPAND WITH HEAT PRESSURE AND EXPLODE, RESULTING IN POSSIBLE INJURY OR PROPERTY DAMAGE.**
- **NEVER BLEND CARBONATED INGREDIENTS OR LIQUIDS. BUILT-UP PRESSURE FROM RELEASED GASES CAN CAUSE CONTAINER TO BURST, RESULTING IN POSSIBLE INJURY.**

- **DO NOT PUT HOT INGREDIENTS IN ANY OF THE BLENDING VESSELS BEFORE BLENDING. THE HEAT FROM THE INGREDIENTS CAN CAUSE PRESSURE TO BUILD IN THE SEALED VESSEL CAUSING POSSIBLE EXPULSION OF THE INGREDIENTS AND CAUSING PERSONAL INJURY**
- **OR PROPERTY DAMAGES. START WITH COOL OR ROOM TEMPERATURE INGREDIENTS. (21°C/70°F OR LESS).**
- **DO NOT PUT HOT INGREDIENTS INTO THE BLENDER PITCHER CONTAINER. ALWAYS START WITH ROOM TEMPERATURE OR COOLER INGREDIENTS. THE BLENDER CONTAINER SHOULD ALWAYS BE USED WITH THE VENTED LID. TO HEAT SOUPS AFTER BLENDING COOL OR ROOM TEMPERATURE INGREDIENTS, TRANSFER MIXTURE TO A MICROWAVE SAFE CONTAINER OR A STOVE-TOP POT PRIOR TO HEATING. DO NOT RUN THE NUTRIBULLET SELECT WITH EMPTY CUPS OR AN EMPTY PITCHER AS THIS CAN DAMAGE THE UNIT.**
- **AFTER BLENDING INGREDIENTS, ALLOW THE CONTENTS TO SETTLE AND RELEASE ANY PRESSURE THAT MAY HAVE BUILT UP DURING THE EXTRACTION PROCESS. ALWAYS UNSCREW THE PRECISION EXTRACTOR BLADE ASSEMBLY FROM THE VESSEL SLOWLY AND POINTED AWAY FROM YOU IN CASE THERE IS ANY BUILT UP PRESSURE.**
- **IF YOU WILL NOT CONSUME YOUR BLAST / SOUP IMMEDIATELY, USE THE STAY FRESH LID TO CLOSE THE CONTAINER. REMEMBER TO UNSCREW THE LID AND RELEASE PRESSURE PERIODICALLY AS THIS WILL RELEASE ANY ADDED PRESSURE THAT MAY HAVE BUILT UP DUE TO FERMENTATION. THE SUGARS IN THE FRUIT AND VEGETABLES CAN FERMENT, CAUSING PRESSURE TO BUILD UP AND EXPAND IN THE VESSEL, WHICH CAN CAUSE INGREDIENTS TO BURST AND SPRAY OUT WHEN MOVED OR OPENED.**
- **NEVER PERMIT ANY BLENDED MIXTURE TO SIT INSIDE A SEALED CUP WITH A PRECISION EXTRACTOR BLADE WITHOUT FIRST RELEASING THE PRESSURE. BY UNSCREWING THE LID AND OPENING THE CUP FOR A FEW MOMENTS, THE PRESSURE WILL DISSIPATE. DO NOT USE THE PITCHER ON THE MOTOR BASE WITHOUT THE BLACK LID AND CLEAR VENT TOP IN PLACE WHEN RUNNING THE NUTRIBULLET SELECT.**

WARNING! POTENTIAL OF PERSONAL INJURY FROM MISUSE. TAKE CARE WHEN HANDLING THE SHARP CUTTING BLADES, EMPTYING THE PITCHER AND DURING CLEANING.

- Avoid contact with moving parts.
- **NEVER STORE THE PRECISION EXTRACTOR BLADE ON THE POWER BASE! NEVER LEAVE THE PRECISION EXTRACTOR BLADE ON THE POWER BASE WITHOUT A CUP OR VESSEL ATTACHED.**

- Keep hands and utensils away from the precision extractor blade while chopping or blending food to reduce the risk of severe personal injury or damage to the device. A scraper may be used, but only when the blender/food chopper is not running and is unplugged.
- Do not use the precision extractor blade for grinding dry materials such as grains, cereal, or coffee.
- Do not use the NutriBullet Select outdoors or in inclement weather.
- NEVER blend hot liquids.

SAFETY WARNINGS: EXTRACTING FOR NUTRIBLASTS

- **THE NUTRIBULLET SELECT IS PROGRAMMED TO RUN FOR 1 MINUTE IN EACH SELECTED MODE.**
- **IF THE POWER DOES NOT SHUT OFF AFTER 1 MINUTE DURING ANY SELECTED MODE, STOP IT MANUALLY BY TURNING THE KNOB TO OFF OR SIMPLY TWIST THE VESSEL TO THE RIGHT AND LIFT CUP OFF POWER BASE.**
- **TO TURN OFF THE MACHINE AT ANY TIME DURING THE CYCLE (G BUTTON WILL BE GREEN), TURN THE POWER KNOB TO THE UPRIGHT OFF POSITION OR SIMPLY PUSH DOWN ON THE CUP AND TWIST TO THE RIGHT AND LIFT THE CUP OFF THE POWER BASE, WHICH WILL TURN OFF THE UNIT. THE LIGHT WILL STOP GLOWING, AND THE MOTOR WILL STOP, SIGNIFYING THAT THE POWER IS OFF. ALWAYS ALLOW THE MOTOR TO STOP COMPLETELY BEFORE REMOVING THE CUP/ PRECISION EXTRACTOR BLADE. ALWAYS UNPLUG THE POWER BASE UPON COMPLETION OF USE.**
- **DO NOT TOUCH COUPLING GEAR DIRECTLY WITH HANDS AFTER USE! THE COUPLING GEAR IN PRECISION EXTRACTOR BLADE BASE AND POWER BASE WILL BE HOT!**
- **DO NOT RUN IN ANY MODE FOR MORE THAN 1 MINUTE INTERVALS.**
- **AFTER INITIAL CYCLE, ALLOW POWER BASE TO SHUT OFF COMPLETELY AND WAIT FOR 15 SECONDS BEFORE STARTING ANOTHER CYCLE.**
- **DO NOT RUN FOR MORE THAN 3 CONSECUTIVE 1 MINUTE INTERVALS WITHOUT ALLOWING THE POWER BASE TO COOL TO PREVENT OVERHEATING AND ALLOW INGREDIENTS TO SETTLE FOR 2-3 MINUTES AFTER THE 3RD EXTRACTION CYCLE.**
- **POWER BASE IS EQUIPPED WITH AN INTERNAL THERMAL BREAKER THAT SHUTS OFF THE POWER BASE IF THE UNIT OVERHEATS.**
- **IF THE POWER BASE OVERHEATS AND SHUTS OFF, UNPLUG THE POWER BASE AND LET IT COOL FOR AN HOUR OR MORE BEFORE ATTEMPTING TO USE IT AGAIN. POWER BASE WILL RESET WHEN THE UNIT IS POWERED OFF AND THE THERMAL BREAKER HAS COOLED DOWN SUFFICIENTLY.**
- **ALLOW MACHINE TO COOL DOWN FOR 10 MIN AFTER 4-5 CYCLES TO PREVENT OVERHEATING AND DAMAGING THE UNIT.**

- To prevent leakage, always align and hand-tighten the precision extractor blade to the vessel or cup prior to inverting it and placing the assembly on to the motor base.
- **TO TURN ON THE NUTRIBULLET SELECT:** Choose the desired Mode by turning the dial to align with the desired mode as indicated on the NutriBullet Select Power Base. Press the center button. The light will glow **GREEN** and the motor will cycle up.
- In Pulse Mode, push and release until you achieve the desired consistency. For Blend and Crush Modes, once you push the button it will continuously glow **GREEN** while it performs the pre-programmed function. After 1 minute, the light will glow RED and the motor will power down automatically.
- **Note:** In the Pulse Mode, the motor will run for a maximum of one minute while pressing the G-button. After one minute, to reset it to pulse again, simply rotate the knob back to the OFF position to reset and then back to the Pulse mode. Always turn the dial so that the pointer is in pointing to OFF and unplug the unit when processing is finished.
- Once activated, the unit will run for 1 minute in **Blend, Crush and Variable** modes before it automatically turns off. The G-button will stop glowing green at the end of the 1-minute cycle. To turn off completely before the cycle is complete, rotate the knob to the upright OFF position. The light on the G-button will no longer be lit, signifying the power is off.
- In **Crush Mode**, the unit will turn on and off several times and run for a total of 75 seconds then stop. To reset, rotate the knob to the OFF position to reset and then back to crush mode. This is a normal function of the **NutriBullet Select**.
- Turn the NutriBullet Select off after each use by rotating the G-button knob to the upright OFF position. The **GREEN** light will stop glowing, signifying power is off.

PITCHER INSTRUCTIONS

- Always attach the precision extractor blade to **Pitcher** and hand tighten it to prevent leakage prior to adding ingredients into the pitcher.
- **NEVER USE THE PRECISION EXTRACTOR BLADE TO BLEND WITHOUT LIQUID AS DOING SO MAY DAMAGE THE BLADE.**
- Do not use the pitcher on the motor base without the black lid and clear vent top in place when running the **NutriBullet Select**.
- Always allow the power base motor and precision extractor blade to come to a complete stop prior to adding additional ingredients during the processing period.
- **WARNING! NEVER PUT YOUR HANDS IN THE PITCHER WHEN ATTACHED TO THE POWER BASE AS DOING SO MAY CAUSE SERIOUS INJURY.**

POWER OFF INSTRUCTIONS

- To turn off the machine at any time while running (indicated by the **GREEN** glowing G-button), simply press the G-Button. The motor will stop. Then rotate the knob to the upright OFF position. Always make sure that the knob is in the upright OFF position and the unit is unplugged when the machine is not in use.

CLEANING SAFEGUARDS

- **THE PRECISION EXTRACTOR BLADE MUST BE CLEANED IMMEDIATELY AFTER EACH USE.**
- **ALWAYS UNPLUG THE POWER BASE AND TURN THE G-BUTTON KNOB UPRIGHT TO THE OFF POSITION PRIOR TO CLEANING, ASSEMBLING OR DISASSEMBLING.**
- **NEVER SUBMERGE THE POWER BASE IN WATER OR PLACE IT IN THE DISHWASHER. WIPE OFF ANY DEBRIS INSIDE THE POWER BASE IMMEDIATELY WITH WARM WATER TO KEEP IT IN GOOD WORKING ORDER.**
- **DO NOT WASH THE PRECISION EXTRACTOR BLADE IN THE DISHWASHER AS ELEVATED TEMPERATURES CAN DAMAGE GASKET SEALS.**
- **THE NUTRIBULLET SELECT CUPS AND PRECISION EXTRACTOR BLADES SHOULD NOT BE IMMERSSED IN BOILING WATER FOR ANY REASON AS THIS WILL WARP THE PLASTIC AND DAMAGE THE GASKETS.**
- **THE PRECISION EXTRACTOR BLADE IS SHARP! USE CARE WHEN CLEANING THE PRECISION EXTRACTOR BLADES TO AVOID INJURY! RINSE PRECISION EXTRACTOR BLADES IMMEDIATELY AFTER EACH USE TO PREVENT DEBRIS FROM DRYING AND STICKING TO IT. IF NECESSARY, USE A DISH BRUSH TO LOOSEN ANY DEBRIS AROUND BLADE, GASKETS AND BLADE HOUSING THREADS WITH CARE. DO NOT USE YOUR FINGERS.**
- **HAND WASH ONLY WITH MILD DISH SOAP AND WARM WATER (NOT HOT).**
- **ALLOW TO AIR DRY PRIOR TO PROPER STORAGE.**
- **FOR TOUGH DEBRIS, FILL THE CUP ½ FULL WITH ROOM TEMPERATURE (NOT WARM OR HOT), MILD SOAPY WATER. THEN, SIMPLY TWIST ON THE PRECISION EXTRACTOR BLADE, POP IT ON THE BASE AND GIVE IT A RUN FOR 30-45 SECONDS. FOLLOW UP WITH A QUICK BRUSH.**
- **WHEN WASHING PRECISION EXTRACTOR BLADE, DO NOT ATTEMPT TO REMOVE THE GASKET RING. SIMPLY HAND WASH THE PRECISION EXTRACTOR BLADE IN WARM, MILD SOAPY WATER. ATTEMPTED REMOVAL OF THE GASKET MAY PERMANENTLY DAMAGE THE PRECISION EXTRACTOR BLADE CONFIGURATION AND CAUSE LEAKAGE. IF IN TIME A GASKET BECOMES LOOSE OR DAMAGED, PLEASE CONTACT CUSTOMER SERVICE FOR A REPLACEMENT NUTRIBULLET SELECT PRECISION EXTRACTOR BLADE HOLDER AT: 1-877-528-7761.**

STUBBORN CLEANUP

If ingredients dry inside the **NutriBullet Select** Cups or **Pitcher**, make your cleanup a snap by filling the cup about $\frac{2}{3}$ full with room temperature soapy water (not warm or hot) and screw on the **Precision Extractor Blade**, and if using the **Pitcher**, put the lid on. Place the cup assembly on the **NutriBullet**

Select Power Base for about 20-30 seconds. This will loosen the stuck ingredients, and with a light scrub and rinse, you'll be all done.

CLEANING THE NUTRIBULLET SELECT POWER BASE

For the most part, the Power Base doesn't really get dirty, but if you neglect to twist the precision extractor blade on to the cup tightly, liquids can leak out and get into the base and stick to the activator buttons.

HERE'S HOW TO CLEAN IT UP:

Step 1: The most important thing — UNPLUG the Power Base before cleaning!

Step 2: Use a damp rag to wipe down the inside and outside of the Power Base.

- **NEVER SUBMERGE THE POWER BASE IN WATER OR PLACE IT IN THE DISHWASHER.**

- **BLADES ARE SHARP!** Never put your hands or utensils near the precision extractor blade and never use your hands or utensils to press the activator buttons down while the Power Base is plugged in.

HEAVY CLEANING:

- Should the inside of the base become sticky due to spillage you may follow these additional cleaning instructions:

- **UNPLUG** the Power Base and make sure the unit is off **BEFORE** cleaning.

- Place the Power Base on a dish towel to catch any liquid or debris.

- Pour a Tablespoon of a diluted solution of distilled vinegar and warm (not hot) water (1 part vinegar to 2 parts water) in to the Power Base where the precision extractor blade assembly would sit during normal use.

- Immediately use a damp dish brush to dislodge any debris and wipe it out with a damp cloth.

- The Power Base is constructed with a drain tube that will drain any liquid debris safely through to the dish towel without damaging the inside components.

SAVE THESE INSTRUCTIONS FOR HOUSEHOLD USE ONLY

	PULSE	BLEND
RPM	4,000	20,000
USER INSTRUCTIONS	<p>Rotate dial to the left to Pulse setting. Press and release the center button until the desired texture is achieved. Pulse will run for a maximum of one minute while holding the center button. After one minute, rotate back to "off" to reset.</p>	<p>Rotate dial to the left to Blend setting. Press center button. Blend will run for one minute. After one minute, unit will stop. Rotate back to "off" to reset.</p>
RECIPE USAGE	<p>For creating chunky textured foods. Salsa, diced tomatoes, minced garlic, onions, and dips.</p>	<p>For silky smooth consistencies like smoothies, soups and purees.</p>

CRUSH	VARIABLE SPEED
20,000	4,000-20,000
<p>Rotate dial to the left to Crush setting. Press center button. This is a SMART Technology Pre-Program. Unit will turn on and off several times and run for a total of 75 seconds then stop. Rotate back to "off" to reset.</p>	<p>Rotate dial to the right to desired speed. Press center button and the unit will run for one minute. Change variable speed at any time during the one-minute cycle to achieve desired consistency. After one minute, unit will stop. Rotate back to "off" to reset.</p>
<p>For crushing ice, frozen fruit, nuts, seeds and more.</p>	<p>This setting is for complete control of your own recipes. With Variable Speed control you decide how you blend your ingredients!</p>



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WHY NUTRIBULLET SELECT?

Now you can enjoy all the power and ease of the original NutriBullet coupled with a whole new level of versatility and control. NutriBullet Select has the settings and variable speeds you need to have the perfect amount of control over your recipe output. With three useful settings: pulse, blend and crush, along with 5 variable speeds you get all the power, control and versatility of other high priced blenders, without the gigantic price tag and without giving up precious counter top space! Chunky salsas and chutneys, silky smooth smoothies, soups and dips, healthy fruit sorbets and tangy icees...are all made in seconds with the powerful, versatile NutriBullet Select.





/ WHAT YOU GET

THE POWER BASE

NutriBullet Select comes with a powerful 950-watt* power base with 3 pre-programmed settings and 5 variable speeds.



PULSE – Press the button as many times as you need to achieve your desired consistency. This is the setting you use for chunkier recipes like salsas, chutneys and minces.

BLEND – Just push the button to get 60 seconds of straight nutrient extraction power. Use this setting when you want your dish to turn out silky smooth.

CRUSH – Transform rock-hard ice into tasty treats with the Crush setting. Simply select Crush and press the button. The NutriBullet Select hands-free technology takes over and crushes your hard ingredients to perfection.

VARIABLE SPEED SETTINGS – The variable speeds run from setting 1 at 4,000 RPM, through setting 5 which goes up to 20,000 RPM. Low settings are great for whipping foods, then slowly move up to higher settings for foods such as cream cheese and sauces.

**The 950 watt rating of this appliance was obtained by using the 24oz Cup with Blade Holder Assembly and 500g of Rice at max speed.*

POWER SETTINGS:



PULSE

You control the power with the Pulse setting. Make chunky salsas or creamy dips, and mince, chop and dice with ease.



BLEND

Precise 60-second Blend setting for smoothies, shakes, and creamy soups—anything you want to have a silky smooth consistency.



CRUSH

Use the Crush setting for rock-hard foods like ice, frozen fruits, nuts, cinnamon sticks, etc.



VARIABLE SPEEDS

Use Variable Speeds for whipping foods by starting slow and increasing to high—for foods such as cream cheese, mayonnaise, sauces, etc.



PRECISION EXTRACTOR BLADE

Chop, blend and crush your ingredients to perfection with the state-of-the-art Precision Extractor Blade. Simply twist the Precision Extractor Blade onto the Pitcher or NutriBullet Select Cups and you are ready to start.



PITCHER WITH LID

The 28-ounce Pitcher is a perfect vessel for making multiple servings of your favorite drinks, smoothies and sauces. Plus, you can add ingredients as you blend. Just use the pop out lid. Simply twist on the Precision Extractor Blade, choose your favorite setting and give it a whirl!



COMFORT LIP RING

Attach this Lip Ring for comfortable, easy sipping.



SHORT CUP

When making smaller-sized recipes like dips, salsas, minced foods and chutneys, the 10-ounce Short Cup is the perfect vessel for the job. Simply twist on the Precision Extractor Blade, choose your favorite setting and either pulse or blend your ingredients to the exact consistency you desire.



COLOSSAL CUP

Enjoy a hefty serving of your favorite beverages, shakes, sauces and dips with the handy 24-ounce Colossal Cup. Simply twist on the Precision Extractor Blade, choose your favorite setting and enjoy your favorite recipe in just seconds!



FLIP-TOP LID

Take your masterpiece on the go with the handy Flip-Top Lid. Simply twist the lid onto your cup and you are ready to run out the door!



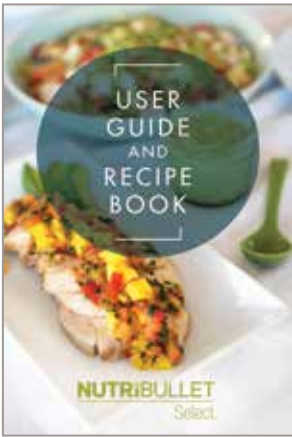
VESSEL GRIP

Attach this Vessel Grip for comfortable, easy handling.



RESEALABLE LID

Store your recipes and leftovers right in the cup! Just twist on the Resealable Lid and you have a perfect storage vessel.



NUTRIBULLET SELECT USER GUIDE & RECIPE BOOK

This book features nutritional information and recipes to inspire you on your journey to optimal health. Learn the ins and outs of your new NutriBullet Select including important safety precautions and care for safe, effective, long-term use.

/ SUPPORT TOOLS

NutriLiving.com has hundreds of Blast recipes, as well as informative articles and professional advice from a team of Registered Dietitians. At NutriLiving.com, you will also find amazing NutriBullet success stories and NutriBullet's online store. When you register as a NutriLiving member, you will get 10% off all online orders, direct access to our dietitians, the ability to save recipes, take part in health assessments, and so much more!



NUTRIBULLET APP

Make the perfect NutriBlast smoothie every time! With hundreds of recipes featuring your favorite fruits and vegetables, our free recipes app will ensure you have every resource you need to achieve your personal health goals.



24/7 ACCESS TO NUTRILIVING.COM

PROFESSIONAL SUPPORT WHEN YOU NEED IT MOST.

Get answers to your health-related questions from our NutriBullet community and Registered Dietitians 24/7.

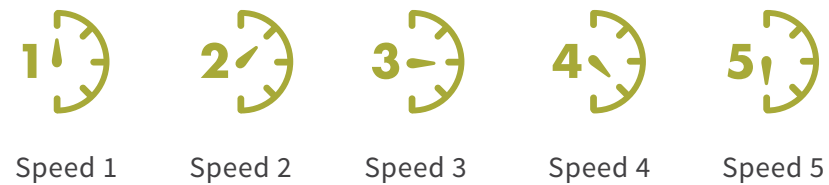


USING THE NUTRIBULLET SELECT

Each NutriBullet Select recipe comes with a suggested vessel and technique. Simply follow the directions provided and you are sure to create a recipe you'll want to enjoy again and again.



THE FOLLOWING ICONS
WILL APPEAR IN THE RECIPES:



If the recipe calls for using variable speed, please note how high to increase the speed as you are processing the ingredients. This will be called out in the recipe, so just follow the instructions and you are sure to get great results.

/ HOW IT WORKS



1 Fill ingredients into the **Short Cup, Tall Cup, or Pitcher.*** Do not exceed the MAX line. (Liquid is required!)

2 Twist the **Precision Extractor Blade** onto the **Cup or Pitcher*** and tighten by hand to make sure the vessel is sealed. With Cup in place, the G-button will blink GREEN 3 times to show that the unit is powered on and that a setting needs to be selected.

3 Press the vessel Precision Extractor Blade-side down onto the **Power Base** and turn counter-clockwise to lock.

***Note:** Add Precision Extractor Blade to the Pitcher before filling.

CAUTION: Friction from the rotating Precision Extractor Blade when extracting can cause ingredients to heat and generate internal pressure in the sealed vessel. If the vessel is warm to touch, allow to cool before carefully opening pointed away from your body.



4

Turn the dial to select a setting.



5

Press the G-button to activate.**

**** PULSE** – Turn the dial to “Pulse” then press the center of the dial until you achieve the consistency you desire.

BLEND – Turn the dial to “Blend” then press the button once. The hands-free blend cycle will start, run for 60 seconds, then stop.

CRUSH – Turn the dial to “Crush” then press the button once. The hands-free crush cycle will start, run through its 75-second program, then stop.

VARIABLE SPEEDS – Start at number 1, then increase the variable speed as needed for your particular recipe.

To heat, pour into an appropriate microwave safe container or stove top pot and heat to desired temperature.

/ OVERVIEW

PULSE

Use for mincing, chopping and dicing when you want a chunky consistency. Turn the dial to “Pulse” then press the center of the dial until you achieve the consistency you desire.

BLEND

Use for smoothies, shakes, purees and creamy soups. Anything you want to have a silky smooth consistency. Turn the dial to “Blend” then press the button once. The hands-free blend cycle will start, run for 60 seconds, then stop.

CRUSH

Use for crushed ice, sorbets and crushed hard items (cinnamon sticks, candies, nuts). Turn the dial to “Crush” then press the button once. The hands-free crush cycle will start, run through its preprogrammed 60-second cycle, then stop.

VARIABLE SPEEDS

Use for whipping foods by starting slow and increasing to higher speeds for items such as cream cheese, mayonnaise, and sauces. Start at number 1 and increase the speed in variable amounts as needed for your particular recipe.

CLEANING THE NUTRIBULLET SELECT

Not only does the NutriBullet Select quickly prepare food; it also saves a huge amount of cleanup time! This machine lets you make delicious pasta sauces, salsa, sandwich fillings, fresh soups, and more without dirtying a single cutting board, pot, or pan!

Cleaning the individual parts is also a snap. All NutriBullet Select Cups, the Pitcher, Stay-Fresh Lids, and Precision Extractor Blade can be quickly hand-washed with soap and warm (not hot) water.

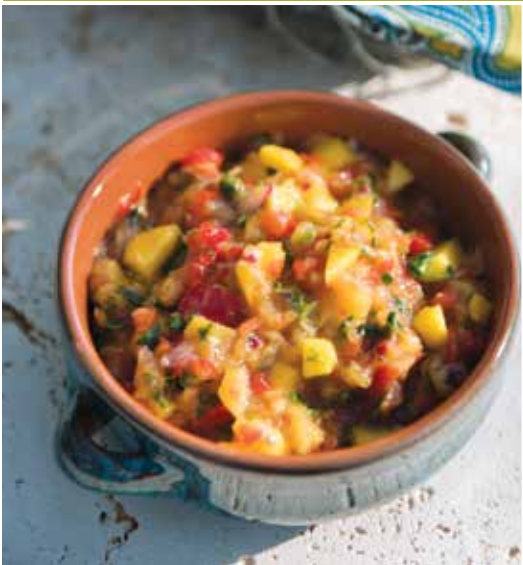
STORING

The NutriBullet Select includes a Stay-Fresh Resealable Lid that twists directly onto your NutriBullet Select cups, allowing you to prep food ahead of time, keep leftovers fresh, or take your meal on the go without dirtying an extra storage container. Just remember to unscrew the lid periodically to release pressure if storing your mixture for longer than a few hours.





/ RECIPES



PULSE





Use for mincing, chopping and dicing foods with a chunky consistency. Turn the dial to “Pulse” then press the center of the dial until you achieve the consistency you desire.

CHUNKY BLACK BEAN DIP

There won't be much chatter after you set this delight out for guests — just lots of crunches, oohs & aahs!



- 1 can black beans (drained)
- 1 pinch chipotle pepper flakes
- 1 tsp garlic powder
(or 1 raw clove)
- 1 pinch sea salt
- 1 Tbsp sour cream (optional)

- 1 Add the ingredients in the order they are listed to the Short Cup and twist on the Precision Extractor Blade.
- 2 Push and twist the cup on to the base. A green light will flash when the unit is ready.
- 3 Turn the dial to the PULSE option. Press and release the green button. Repeat until you achieve the desired consistency.
- 4 Remove the cup from the Power Base and remove the Precision Extractor Blade from the cup.
- 5 Pour into a suitable container. Heat the dip over the stove or in the microwave until warm. Enjoy with slices of baguette or with tortilla chips.

MAGNIFICENT MARINARA

You won't believe how simple yet fantastic this scrumptious addition to any meal is.



- 1½ cups cherry tomatoes
- 2 Tbsp olive oil
- 1 clove garlic, peeled
- 3 basil leaves (or 2 pinches dried basil)
- 1 pinch sea salt

- 1 Add the ingredients in the order they are listed to the Short Cup and twist on the Precision Extractor Blade.
- 2 Push and twist the cup on to the base. A green light will flash when the unit is ready.
- 3 Turn the dial to the PULSE option. Press and release the green button. Repeat until you achieve the desired consistency.
- 4 Remove the cup from the Power Base and remove the Precision Extractor Blade from the cup.
- 5 Pour into a suitable container. Heat the sauce over the stove or in the microwave until warm. Enjoy over a favorite pasta or spiralized veggie.

MANGO SALSA

The sweet and the heat come together in this fantastic recipe!



1 cup mango chunks
½ cup red bell pepper pieces
¼ cup red onion
⅛ cup fresh cilantro
juice of one lime
2 pinches sea salt

- 1 Add the ingredients in the order they are listed to the Short Cup and twist on the Precision Extractor Blade.
- 2 Push and twist the cup on to the base. A green light will flash when the unit is ready.
- 3 Turn the dial to the PULSE option. Press and release the green button. Repeat until you achieve the desired consistency.
- 4 Remove the cup from the Power Base and remove the Precision Extractor Blade from the cup.
- 5 Serve cold over hot fish, on tacos or as a dip with tortilla chips.

PULSE





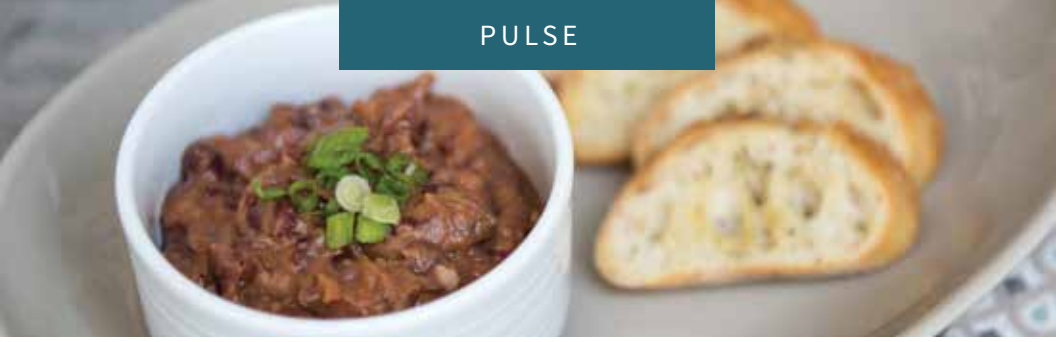
CHICKPEA UNTUNA SALAD

A vegetarian option to the classic sandwich — Charlie will not be missed!



1-14oz can chickpeas,
drained and rinsed
¼ cup mayo (or vegan mayo)
1 Tbsp Dijon mustard
1½ Tbsp balsamic vinegar
2 tsp celery seeds
2 Tbsp minced green onion
or red onion
2 pinches fresh ground black pepper
2 pinches chili flakes

- 1 Add the ingredients in the order they are listed to the Short Cup and twist on the Precision Extractor Blade.
- 2 Push and twist the cup on to the base. A green light will flash when the unit is ready.
- 3 Turn the dial to the PULSE option. Press and release the green button. Repeat until you achieve the desired consistency.
- 4 Remove the cup from the Power Base and remove the Precision Extractor Blade from the cup.
- 5 Chill for 1 hour. Serve on a sandwich or as a dip with veggies.



CURRIED KIDNEY BEAN DIP

This dip, with a bit of spice, is a luscious treat you and your guests will enjoy!



1 can kidney beans, drained and rinsed
 2 Tbsp curry paste
 1 Tbsp tomato paste
 1 good-sized chunk of onion, peeled
 2 cloves garlic, peeled
 1 Tbsp maple syrup
 A squeeze of sriracha (or to taste)
 Juice and zest one lemon

- 1 Add the ingredients in the order they are listed to the Short Cup and twist on the Precision Extractor Blade.
- 2 Push and twist the cup on to the base. A green light will flash when the unit is ready.
- 3 Turn the dial to the PULSE option. Press and release the green button. Repeat until you achieve the desired consistency.
- 4 Remove the cup from the Power Base and remove the Precision Extractor Blade from the cup.
- 5 Pour into a suitable container. Heat the dip over the stove or in the microwave until warm. Enjoy with slices of baguette, crackers or tortilla chips.

PULSE



CAULIFLOWER PIZZA CRUST

A delicious and satisfying option for those cautious of highly processed carbs.



1 medium head cauliflower,
cut into chunks
1 tsp Italian spice
4 Tbsp chia seed
4 eggs

- 1 Add the cauliflower to the Colossal Cup and twist on the Precision Extractor Blade.
- 2 Push and twist the cup on to the base. A green light will flash when the unit is ready.
- 3 Turn the dial to the PULSE option. Press and release the green button. Repeat until you achieve your desired consistency.
- 4 Pour cauliflower out onto a towel and wring out any liquid.
- 5 Put the cauliflower and the remaining ingredients into the Colossal Cop and Pulse a few more times (until mixed together).
- 6 Remove the cup and remove the precision extractor blade from the cup. Put the resealable lid on the cup and chill for 30 minutes to an hour.
- 7 Spread cauliflower mixture onto a slightly greased cookie sheet and bake for 15 minutes.
- 8 Add your favorite pizza toppings and bake for an additional 15-20 minutes. Enjoy!

APPLE CHUTNEY

Chutney is a too often forgotten addition to the kitchen table. This fast, homemade recipe makes proteins shine.



- 1 granny smith apple,
cored and sliced
- 1 thumb-sized piece
ginger root
- ¼ cup apple cider vinegar
- 1 Tbsp maple syrup
- ¼ onion, peeled
- pinch hot red pepper flakes
- 1 clove
- 1 bay leaf
- 1 Tbsp lemon juice
- ¼ cup golden raisins

- 1 Add the ingredients in the order they are listed to the Short Cup and twist on the Precision Extractor Blade.
- 2 Push and twist the cup on to the base. A green light will flash when the unit is ready.
- 3 Turn the dial to the PULSE option. Press and release the green button. Repeat until you achieve the desired consistency.
- 4 Remove the cup from the Power Base and remove the Precision Extractor Blade from the cup.
- 5 Pour into a suitable container. Heat the chutney over the stove or in the microwave until warm. This recipe is fantastic over pork chops or grilled chicken, to name a few.

VEGGIE FRITTATA

No more boring eggs for breakfast with your NutriBullet Select and this flavorful dish.



1 zucchini, halved
 ¼ wedge red onion, peeled
 2 handfuls cherry tomato
 pinch black pepper
 pinch sea salt
 6 eggs

- 1 Twist the Precision Extractor Blade to the bottom of the Pitcher.
- 2 Add the ingredients (except the eggs!) in the order they are listed into the Pitcher and secure the lid.
- 3 Push and twist the Pitcher on to the base. A green light will flash when the unit is ready.
- 4 Turn the dial to the PULSE option. Press and release the green button. Repeat until you achieve the desired consistency.
- 5 Pour the ingredients into a sauce pan and sauté until tender.
- 6 Transfer the ingredients to a baking dish.
- 7 Blend the 6 eggs in the Short Cup and pour the egg mixture over the top of the sautéed vegetables and bake at 350°F for 20-30 minutes.

MINCING ONIONS



No more crying over chopped onions!



1 onion, peeled

- 1 Quarter an onion and add it to the Short Cup. Twist on the Precision Extractor Blade.
- 2 Push and twist the cup on to the base. A green light will flash when the unit is ready.
- 3 Turn the dial to the PULSE option. Press and release the green button. Repeat until you achieve the desired consistency.

MINCING GARLIC



Mere seconds for minced garlic!



6 garlic cloves, peeled

- 1 Add garlic to the Short Cup and twist on the Precision Extractor Blade.
- 2 Push and Twist the cup on to the base. A green light will flash when the unit is ready.
- 3 Turn the dial to the PULSE option. Press and release the green button. Repeat until you achieve the desired consistency.

B L E N D





Use this mode for smoothies, shakes, purees, creamy soups, or anything you want to have a silky smooth consistency. Turn the dial to “Blend” and then press the button once. The hands-free blend cycle will start, run for 60 seconds, then stop.

ON-THE-GO BREAKFAST BLAST

A perfect way to get the most important meal of the day into your diet. Easy, fast and ready for on-the-go!



1 cup spinach
 ¼ cup blueberries
 ¼ cup raspberries
 1 serving chocolate
 protein powder
 1 tsp cacao
 unsweetened almond milk
 to max line

- 1 Add the ingredients in the order listed to the Colossal Cup, add almond milk up to the max line, and twist on the Precision Extractor Blade.
- 2 Push and twist the cup on to the base. A green light will flash when the unit is ready.
- 3 Turn the dial to the BLEND option. Press the green button. The auto BLEND program begins and runs for 60 seconds. Unit stops and the light turns green again.
- 4 Ready to enjoy!

VERY BERRY OMEGA BLAST

You'll feel as powerful as a T. Rex!



1 cup Dinosaur kale
 ¼ cup cherries
 ¼ cup strawberries
 1 serving vanilla
 protein powder
 1 tsp chia seed
 1 tsp hemp seeds
 unsweetened almond
 milk to max line

- 1 Add the ingredients in the order listed to the Colossal Cup, add almond milk up to the max line, and twist on the Precision Extractor Blade.
- 2 Push and twist the cup on to the base. A green light will flash when the unit is ready.
- 3 Turn the dial to the BLEND option. Press the green button. The auto BLEND program begins and runs for 60 seconds. Unit stops and the light turns green again.
- 4 Ready to enjoy!

HEALTHY SHAMROCK SHAKE

Start St. Paddy's Day — and every day — off right with this creamy wonder.



- 1 serving vanilla protein powder
- ½ small frozen banana
- ½ cup frozen spinach
- 1 cup ice
- 6 drops peppermint extract
- ½ tsp vanilla extract
- ¼ cup unsweetened almond milk
- ½ cup water to max line

- 1 Add the ingredients in the order listed to the Colossal Cup, add almond milk up to the max line, and twist on the Precision Extractor Blade.
- 2 Push and twist the cup on to the base. A green light will flash when the unit is ready.
- 3 Turn the dial to the BLEND option. Press the green button. The auto BLEND program begins and runs for 60 seconds. Unit stops and the light turns green again.
- 4 Ready to enjoy!



STRAWBERRY BASIL LEMONADE

Whoever decided fresh herbs were good for drinks is a genius!



1½ cups water
¼ cup fresh basil leaves
1 lemon, peeled & halved
4 strawberries, hulled
¼ Tbsp honey
½ cup ice

- 1 Twist the Precision Extractor Blade to the bottom of the Pitcher. Add ingredients in the order listed into the Pitcher and secure the lid.
- 2 Push and twist the Pitcher on to the base. A green light will flash when the unit is ready.
- 3 Turn the dial to the BLEND option. Press the green button. The auto BLEND program begins and runs for 60 seconds. Unit stops and the light turns green again.
- 4 Ready to enjoy!

BLEND



AVOCADO BISQUE

This dish is simply delicious and easy to make. We're finishing off our next batch with some jumbo cooked shrimp!



2 avocados, peeled and pitted
 juice of one lemon
 1 cup vegetable broth
 ½ cup unsweetened almond milk
 1 pinch black pepper
 1 pinch sea salt
 1 pinch red pepper flakes (optional)

- 1 Add the ingredients in the order listed to the Short Cup and twist on the Precision Extractor Blade.
- 2 Push and twist the cup on to the base. A green light will flash when the unit is ready.
- 3 Turn the dial to the BLEND option. Press the green button. The auto BLEND program begins and runs for 60 seconds. Unit stops and the light turns green again.
- 4 To heat, pour into an appropriate microwave safe container or stove top pot and heat to desired temperature. Ready to enjoy cold or warm for a comforting delight!



PROTEIN-PACKED BANANA PANCAKES

Pancakes are already awesome, but the addition of a protein powerhouse takes them over the top!



- 1 banana
- 2 eggs
- 1 tsp vanilla
- 1 pinch cinnamon
- 1 splash unsweetened almond milk



- 1 Add the ingredients in the order listed to the Short Cup and twist on the Precision Extractor Blade.
- 2 Push and twist the cup on to the base. A green light will flash when the unit is ready.
- 3 Turn the dial to the BLEND option. Press the green button. The auto BLEND program begins and runs for 60 seconds. Unit stops and the light turns green again.
- 4 Pour the pancake batter onto a heated griddle or fry pan. Flip when the edges are golden brown. Cook the other side of the pancake.
- 5 Serve with fresh fruit or syrup.

FRESH & LIGHT BLUEBERRY SYRUP

Whatever you put syrup on, try this. Trust us. You won't go back!



1 cup blueberries,
fresh or frozen
1 tsp lemon zest
¼ cup water
4-6 drops stevia
or 1 Tbsp honey

- 1 Add the ingredients in the order listed to the Short Cup and twist on the Precision Extractor Blade.
- 2 Push and twist the cup on to the base. A green light will flash when the unit is ready.
- 3 Turn the dial to the BLEND option. Press the green button. The auto BLEND program begins and runs for 60 seconds. Unit stops and the light turns green again.
- 4 Remove the cup from the Power Base and remove the Precision Extractor Blade from the cup.
- 5 Heat the syrup in a sauce pan over medium heat until it begins to reduce and thicken.
- 6 Pour over pancakes, or whatever your heart desires, and it's ready to enjoy!

BANANA “ICE CREAM”

With or without the cacao nibs, this dish is decadently delicious!



- 2 bananas, frozen
and cut in chunks
- 1 cup unsweetened
almond milk
- 1 Tbsp cacao nibs
- 2 drops stevia (optional)

- 1 Add the ingredients in the order listed to the Short Cup and twist on the Precision Extractor Blade.
- 2 Push and twist the cup on to the base. A green light will flash when the unit is ready.
- 3 Turn the dial to the BLEND option. Press the green button. The auto BLEND program begins and runs for 60 seconds. Unit stops and the light turns green again.
- 4 Remove the cup from the Power Base and remove the Precision Extractor Blade from the cup.
- 5 Pour into a dish (or eat in the cup), and it's ready to enjoy!

SMOOTHIE BOWL

Smoothie bowls allow us to creatively decorate with beautiful toppings such as blueberries, banana, chia seeds and cacao nibs!



BLAST:

- 1 cup spinach
- ½ cup frozen cherries, pitted
- ½ cup frozen blueberries
- 1 Tbsp vanilla protein powder
- 1 tsp coconut oil

TOPPINGS:

- 1 Tbsp fresh blueberries
- ½ banana, sliced
- 1 Tbsp almonds
- 1 Tbsp goji berries
- sprinkle of shredded coconut

- 1 Add the ingredients in the order listed to the Colossal Cup and twist on the Precision Extractor Blade.
- 2 Push and twist the cup on to the base. A green light will flash when the unit is ready.
- 3 Turn the dial to the BLEND option. Press the green button. The auto BLEND program begins and runs for 60 seconds. Unit stops and the light turns green again.
- 4 Pour the smoothie mixture into a bowl, sprinkle the toppings across the top of the bowl, and enjoy!

BLEND



CRUSH





Use this mode for crushing ice and other hard items (cinnamon sticks, candies, nuts). Turn the dial to “Crush” then press the button once. The hands-free Crush cycle will start, run through its preprogrammed 75-second cycle, then stop.

RASPBERRY SORBET

This isn't the kind you'd find in a second-hand store — it's primo!



- 2 large ice cubes
- 1 cup raspberries, frozen
- 1/3 cup water
- 3 drops vanilla stevia
(or 1 tsp honey)

- 1 Add the ingredients in the order listed to the Short Cup and twist on the Precision Extractor Blade.
- 2 Push and twist the cup on to the base. A green light will flash when the unit is ready.
- 3 Turn the dial to the CRUSH option. Press the green button. The auto CRUSH program begins and runs for 60 seconds. Unit stops and the light turns green again.
- 4 Enjoy right out of the cup!

STRAWBERRY MINT SLUSHIE

This wonderfully fresh fizzy delight will brighten even the darkest of days.



- ½ cup ice cubes
- ½ cups strawberries, frozen
- 3 fresh mint leaves
- ¼ cup water
- ¼ cup sparkling water

- 1 Add the ingredients in the order listed, **except the sparkling water**, to the Short Cup and twist on the Precision Extractor Blade.
- 2 Push and twist the cup on to the base. A green light will flash when the unit is ready.
- 3 Turn the dial to the CRUSH option. Press the green button. The auto CRUSH program begins and runs for 60 seconds. Unit stops and the light turns green again.
- 4 Pour the sparkling water over the mixture and stir with a straw. Enjoy right out of the cup!

CRUSH



BLUEBERRY SNOW

This just may be the tastiest “snow cone” we’ve ever had!



SNOW:

2 cups ice
1/4 cup water



BLUEBERRY SYRUP:

1 cup fresh blueberries
1/4 cup water
5-6 drops liquid stevia

FOR THE SYRUP:

- 1 Add the ingredients in the order listed to the Short Cup and twist on the Precision Extractor Blade.
- 2 Push and twist the cup on to the base. A green light will flash when the unit is ready.
- 3 Turn the dial to the CRUSH option. Press the green button. The auto CRUSH program begins and runs for 60 seconds. Unit stops and the light turns green again.

FOR THE SNOW:

- 1 Add the ingredients in the order listed to the Colossal Cup and twist on the Precision Extractor Blade.
- 2 Push and twist the cup on to the base. A green light will flash when the unit is ready.
- 3 Turn the dial to the CRUSH option. Press the green button. The auto CRUSH program begins and runs for 60 seconds. Unit stops and the light turns green again.
- 4 Pour the snow into a bowl. Top with Blueberry Syrup!

VEGAN BLACK BEAN VEGGIE BURGER

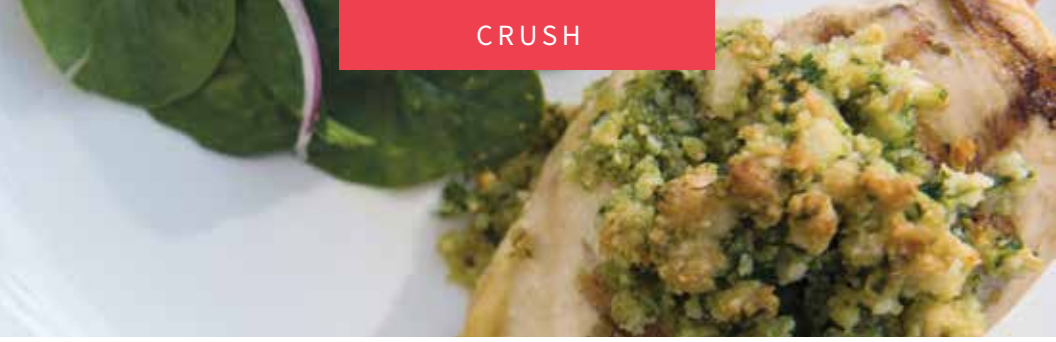
It is so nice to know you're doing your body a favor when you're eating something this delicious!



1 cup black beans
 ¼ cup onions, finely chopped
 ½ red bell pepper (cut in ½)
 ¼ cup panko bread crumbs
 3 cloves garlic
 2 Tbsp ketchup
 2 Tbsp almond flour
 2 tsp olive oil
 1 tsp cayenne pepper

- 1 Add the ingredients in the order listed to the Short Cup and twist on the Precision Extractor Blade.
- 2 Push and twist the cup on to the base. A green light will flash when the unit is ready.
- 3 Turn the dial to the CRUSH option. Press the green button. The auto CRUSH program begins and runs for 60 seconds. Unit stops and the light turns green again.
- 4 Remove the cup from the Power Base and remove the Precision Extractor Blade from the cup.
- 5 Form mixture into 4 patties and bake at 450°F for 15 minutes on each side. Enjoy!





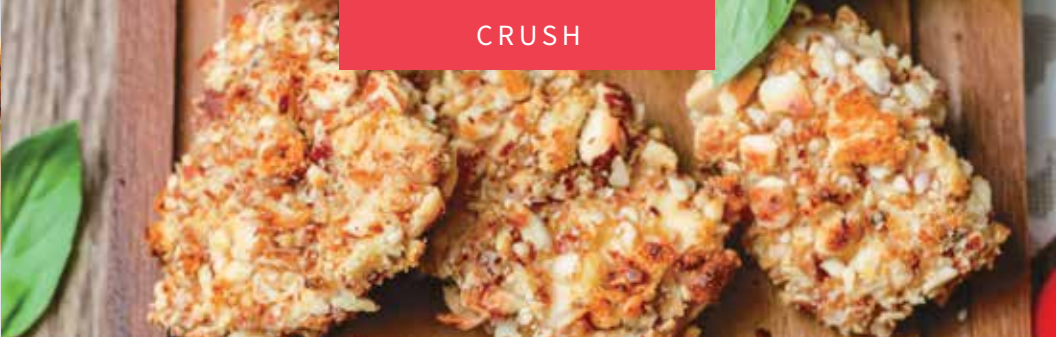
MACADAMIA NUT CRUST

Macadamia nuts have antioxidants, vitamins, and minerals with significant health-boosting potential...and they make a delicious crust!



20 macadamia nuts
2 Tbsp olive oil
2½ bunches flat leaf parsley
1 garlic clove

- 1 Add the ingredients in the order listed to the Short Cup and twist on the Precision Extractor Blade.
- 2 Push and twist the cup on to the base. A green light will flash when the unit is ready.
- 3 Turn the dial to the CRUSH option. Press the green button. The auto CRUSH program begins and runs for 60 seconds. Unit stops and the light turns green again.
- 4 Remove the cup from the Power Base and remove the Precision Extractor Blade from the cup.
- 5 Sprinkle over fish or chicken and bake at 350°F until done. Enjoy!



GRAIN-FREE CHICKEN TENDERS

Simply AMAZING, and without any fried fat!



1 cup raw almonds
 4 oz. block Parmesan Cheese
 ½ tsp dried basil
 ½ tsp dried thyme
 salt and pepper to taste
 1½ lbs boneless chicken breast,
 cut into strips
 ½ cup butter, melted

- 1 Add ingredients (except chicken!) in the order listed into the Short Cup and twist on the Precision Extractor Blade.
- 2 Push and twist the cup on to the base. A green light will flash when the unit is ready.
- 3 Turn the dial to the CRUSH option. Press the green button. The auto CRUSH program begins and runs for 60 seconds. Unit stops and the light turns green again.
- 4 Remove the cup from the Power Base and remove the Precision Extractor Blade from the cup.
- 5 Pour the almond mix in a bowl and roll the chicken strips in the mixture until coated. Cook at 375°F for 20+ minutes until fully cooked (not pink in center).

VARIABLE SPEEDS



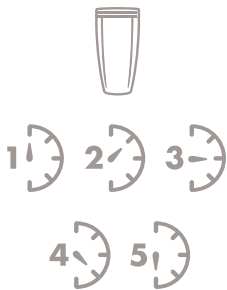


Use this mode for whipping foods by starting slow and increasing to higher speeds. This process is good for cream cheese, mayonnaise and other sauces, you name it! Start at number 1 and increase the speed as needed for your particular recipe.



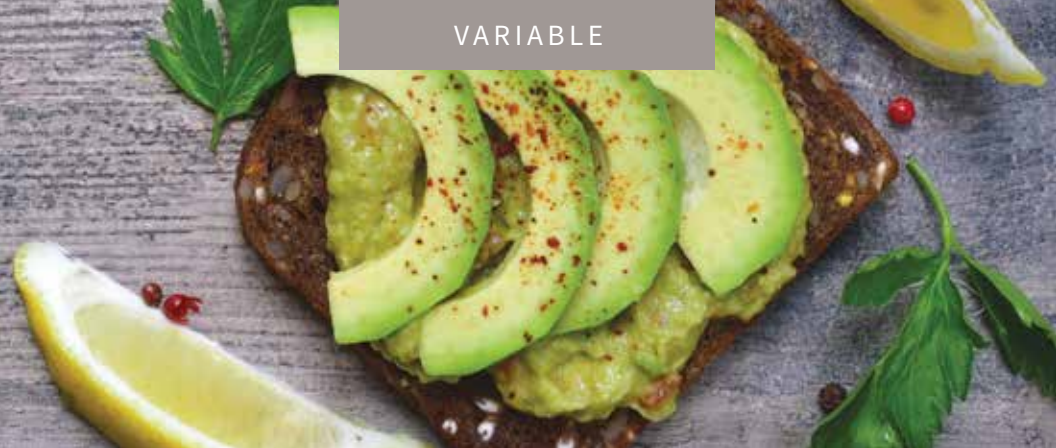
PEANUT BUTTER SORBET

This is such a fantastic homemade treat — made in mere seconds!



$\frac{1}{2}$ cup peanut butter
 $\frac{1}{3}$ cup honey
 2 cups ice cubes
 2 pinches sea salt

- 1 Add the ingredients in the order listed to the Tall Cup and twist on the Precision Extractor Blade.
- 2 Push and twist the cup on to the base. A green light will flash when the unit is ready.
- 3 Turn the dial to the Variable Speed 1 option. Press the green button. Start on 1 then quickly ramp up to 5 until the ingredients are properly blended.
- 4 Remove the cup from the power base, remove the Precision Extractor Blade from the cup and enjoy!



CILANTRO LIME AVOCADO TOAST

Many versions of this dish seem to be all the rage, and this one doesn't disappoint.



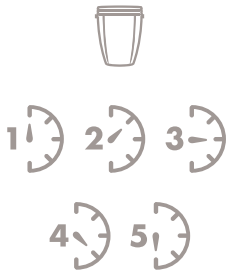
Meat of 2 avocados
 Juice of 1 lime
 1/4 cup cilantro
 pinch crushed red pepper
 pinch sea salt
 pinch black pepper

- 1 Add the ingredients in the order listed to the Short Cup and twist on the Precision Extractor Blade.
- 2 Push and twist the cup on to the base. A green light will flash when the unit is ready.
- 3 Turn the dial to the Variable Speed 1 option. Press the green button. Start on 1 then slowly ramp up to 3 until the ingredients are properly blended.
- 4 Remove the cup from the power base and remove the Precision Extractor Blade from the cup. Spread on toasted multi-grain bread. Enjoy!



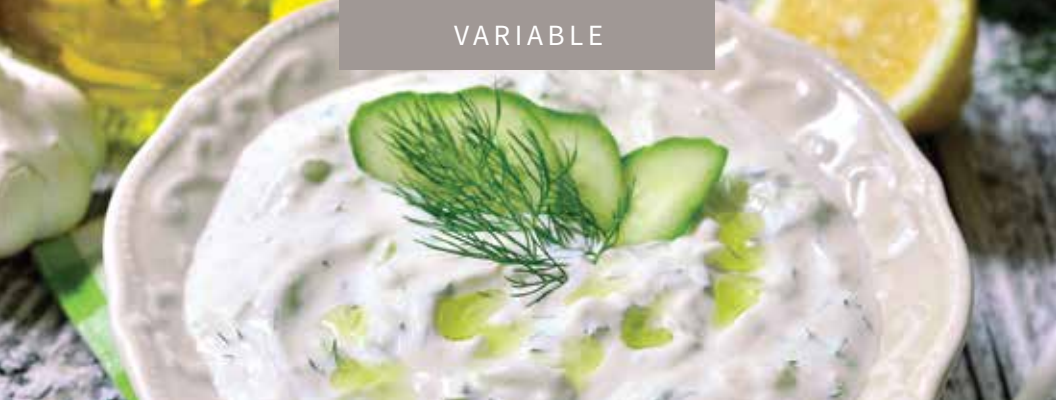
CILANTRO CASHEW CREAM SAUCE

This luscious and versatile cream sauce will become a kitchen staple!



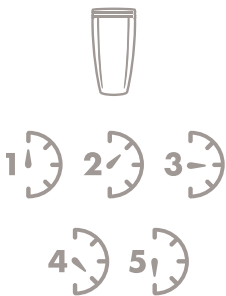
1 cup fresh cilantro leaves
 ½ cup unsweetened almond milk
 ½ cup raw cashews
 1 tsp sea salt
 ¼ tsp black pepper
 1 lime, peeled and halved

- 1 Add the ingredients in the order listed to the Short Cup and twist on the Precision Extractor Blade.
- 2 Push and twist the cup on to the base. A green light will flash when the unit is ready.
- 3 Turn the dial to the Variable Speed 1 option. Press the green button. Start on 1 then slowly ramp up to 5 until the ingredients are properly blended.
- 4 Remove the cup from the power base and the Precision Extractor Blade from the cup. Pour over tacos, or use as a veggie dip or salad dressing. Enjoy!



TZATZIKI DRESSING

The creaminess of the yogurt paired with the cool, refreshing cucumbers is a pair made in heaven.



2 (8 oz) containers plain yogurt
 2 cucumbers, peeled and seeded
 2 Tbsp olive oil
 juice of ½ lemon
 salt and pepper to taste
 1 Tbsp chopped fresh dill
 3 garlic cloves, peeled

- 1 Add the ingredients in the order listed to the Colossal Cup and twist on the Precision Extractor Blade.
- 2 Push and twist the cup on to the base. A green light will flash when the unit is ready.
- 3 Turn the dial to the Variable Speed 1 option. Press the green button. Start on 1 then slowly ramp up to 5 until the ingredients are properly blended.
- 4 Remove the cup from the power base and the Precision Extractor Blade from the cup. Pour over your favorite salad or use as a dip with veggies. Enjoy!

CHOCOLATE AVOCADO PUDDING

We're serious — give it a try. You won't be disappointed!



4 large avocados, peeled,
pitted, and cubed
1 cup unsweetened
cocoa powder
 $\frac{2}{3}$ cup brown sugar
 $\frac{2}{3}$ cup coconut milk
1 Tbsp vanilla extract
pinch ground cinnamon

- 1 Twist the Precision Extractor Blade onto the bottom of the Pitcher.
- 2 Add the ingredients in the order listed into the Pitcher and secure the lid.
- 3 Push and twist the Pitcher on to the power base. A green light will flash when the unit is ready.
- 4 Turn the dial to the Variable Speed 1 option. Press the green button. Start on 1 then slowly ramp up to 5 until the ingredients are properly blended.
- 5 Remove the Pitcher from the power base and the Precision Extractor Blade from the cup. Pour into 6 pudding cups and chill. Enjoy!

GARLIC MASHED CAULIFLOWER

You'll never miss the potatoes. It must be tasted to believe!

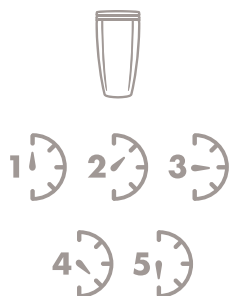


- 1 head cauliflower, cut into florets and steamed
- 1 Tbsp olive oil
- 1 clove garlic
- 1 cup unsweetened almond milk
- 1 tsp nutritional yeast
- ½ tsp kosher salt
- ⅛ tsp freshly ground black pepper

- 1 Allow steamed cauliflower to cool to room temperature prior to blending.
- 2 Twist the Precision Extractor Blade onto the bottom of the Pitcher.
- 3 Add the ingredients in the order listed into the Pitcher and secure the lid.
- 4 Push and twist the Pitcher on to the power base. A green light will flash when the unit is ready.
- 5 Turn the dial to the Variable Speed 1 option. Press the green button. Start on 1 then slowly ramp up to 5 until the ingredients are properly blended.
- 6 Remove the Pitcher from the power base and the Precision Extractor Blade from the cup. Enjoy!

FRESH BASIL PESTO

The wonderful aroma of basil will brighten your spirits just as much as your entrée.



2 cups fresh basil leaves
 2 oz chunk Parmesan-Reggiano cheese
 ½ cup extra virgin olive oil
 ⅓ cup pine nuts
 3 garlic cloves, minced
 pinch sea salt
 pinch black pepper

- 1 Add the ingredients in the order listed to the Colossal Cup and twist on the Precision Extractor Blade.
- 2 Push and twist the cup on to the power base. A green light will flash when the unit is ready.
- 3 Turn the dial to the Variable Speed 1 option. Press the green button. Start on 1 then slowly ramp up to 5 until the ingredients are properly blended.
- 4 Remove the cup from the power base and the Precision Extractor Blade from the cup. To heat, pour into an appropriate microwave safe container or stove top pot and heat to desired temperature. Enjoy!



NUTRIBULLET SELECT'S ONE-YEAR LIMITED WARRANTY

LIMITED WARRANTY FOR NUTRIBULLET SELECT

NutriBullet Select's limited warranty obligations are confined to the terms set forth below:

NutriBullet, LLC, ("NutriBullet") warrants the NutriBullet Select against defects in materials and workmanship for a period of one year from the date of original retail purchase. This limited warranty is valid only in the country in which the product was purchased and comes with the product at no extra charge (an additional four year extended warranty can be purchased separately, please see details below), however shipping and processing fees will be incurred for returns, replacements and or refunds.

If a defect exists, and NutriBullet is obligated under this limited warranty, at its option, NutriBullet will (1) repair the product at no charge, using new or refurbished replacement parts, (2) exchange the product with a product that is new or that has been manufactured from new or serviceable used parts and is at least functionally equivalent to the original product, or (3) refund the purchase price of the product. A replacement product assumes the remaining warranty of the original product. A repaired product has a one-year limited warranty from the date of repair. When a product or part is exchanged, any replacement item becomes your property and the replaced item becomes NutriBullet's property. If a refund is given to you, your product becomes NutriBullet's property.

OBTAINING WARRANTY SERVICE

For limited warranty service, simply call our customer service department @1-877-528-7761 or contact us via email from our website at www.NutriLiving.com. Simply click the Contact Us link, fill out and submit the customer contact form and we will be glad to help you. When you contact our customer service department you will be asked to furnish your name, address, telephone number and to provide proof of the original purchase (receipt) containing a description of the product(s), purchase date, and the appropriate NutriBullet Select bar code(s). Before you send your product for limited warranty service please make sure to keep a copy of all relevant documents for your files (receipt, etc.). It is always recommended to purchase product insurance and tracking services when sending your product in for service. Remember, shipping and processing fees will be incurred and are not covered by the one-year limited warranty.

EXCLUSIONS AND LIMITATIONS

This NutriBullet Select one-year limited warranty applies only to NutriBullet products distributed by or for NutriBullet that can be identified by the "NutriBullet" trademark, trade name, logo affixed to it and bar code. NutriBullet Select's one-year limited warranty does not apply to any product that may appear to be authentic, but was not distributed by NutriBullet or was not sold by one of its exclusive authorized sellers. Contact Customer Service if you have any questions.

Normal wear and tear is not covered by this one-year limited warranty. This one-year limited warranty applies to consumer use only, and is void when the product was used in a commercial or institutional setting.

This one-year limited warranty extends only to the original purchaser and is not transferable. In addition, proof of purchase must be demonstrated.

Repair or replacement of the product (or, if repair or replacement is not feasible, a refund of the purchase price) is the exclusive remedy of the consumer under this limited one-year warranty. NutriBullet shall not be liable for any incidental or consequential damages for breach of this one-year limited warranty or any implied warranty on this product.

This one-year limited warranty gives you specific legal rights, and you may also have other rights which vary from state to state. NutriBullet is not liable for any damage to products not covered by this one-year limited warranty (e.g., cups, book, User Guide).

This one-year limited warranty does not apply: (a) to damage caused by accident, abuse, misuse, or misapplication; (b) to damage caused by improper maintenance (including unauthorized parts service); (c) to a product or a part that has been modified in any way; (d) if any NutriBullet Select bar code or trademark has been removed or defaced; and or (e) if the product has been used with an adapter/converter.

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NUTRIBULLET SELECT'S FOUR (4) YEAR EXTENDED WARRANTY

EXTENDED WARRANTY FOR NUTRIBULLET SELECT

NutriBullet Select's extended warranty obligations are limited to the terms set forth below:

For a fee of \$14.99 you may purchase an extended four (4) year limited warranty for your NutriBullet Select. The four (4) year extended warranty must be purchased within the original one-year limited warranty period (e.g., within one year of the date of the purchase) and does not cover shipping and processing fees for returns, replacements and or refunds.

NutriBullet, LLC, ("NutriBullet") warrants our NutriBullet Select product against defects in materials and workmanship for a period of four (4) years from the date of the expiration of the one-year limited warranty that comes with the NutriBullet Select free of charge. That means, when you purchase the four (4) year extended warranty service you are getting 51 months of coverage from the date of the original purchase. This extended warranty is valid only in the country in which the product is purchased and must be registered at MyNutriLiving.com to be valid.

If a defect exists, and NutriBullet is obligated under this extended warranty, at its option NutriBullet will (1) repair the product at no charge, using new or refurbished replacement parts, (2) exchange the product with a product that is new or that has been manufactured from new or serviceable used parts and is at least functionally equivalent to the original product, or (3) refund the purchase price of the product. A replacement product assumes the remaining

extended warranty of the original product. A repaired product has a two (2) year warranty from the date of repair. When a product or part is exchanged, any replacement item becomes your property and the replaced item becomes NutriBullet's property. When a refund is given, your product becomes NutriBullet's property.

OBTAINING WARRANTY SERVICE

For extended warranty service, you must first register your NutriBullet Select at MyNutriLiving.com. Then, if you experience any issue with your NutriBullet Select, simply call our customer service department @1-877-528-7761 or contact us via email from our website at www.NutriLiving.com, click the Contact Us link, fill out and submit the customer contact form and we will be glad to help you. When you contact our customer service department you will be asked to furnish your name, address, telephone number and to provide proof of the original purchase (receipt) containing a description of the product(s), purchase date, and the appropriate NutriBullet Select bar code(s). Before you send your product for extended warranty service please make sure to keep a copy of all relevant documents for your files (receipt, etc.). It is always recommended to purchase product insurance and tracking services when sending your product for service. Remember, shipping and processing fees will be incurred and are not covered by the four (4)year extended warranty.

EXCLUSIONS AND LIMITATIONS

This NutriBullet Select Four (4) Year Extended Warranty applies only to products distributed by or for NutriBullet that can be identified by the "NutriBullet Select" trademark, trade name, and the NutriBullet logo affixed to it and bar code. The NutriBullet Select Four (4) Year Extended Warranty cannot be purchased for a product that may appear to be authentic, but was not distributed by www.NutriLiving.com.

Normal wear and tear is not covered by this extended warranty. This extended warranty applies to consumer use only, and is void when the product is used in a commercial or institutional setting.

This extended warranty applies only to the original consumer purchaser and is not transferable. In addition, proof of purchase must be demonstrated.

Repair or replacement of the product (or, if repair or replacement is not feasible, a refund of the purchase price) is the exclusive remedy of the consumer under this extended warranty.

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This extended warranty gives you specific legal rights, and you may also have other rights which vary from state to state. NutriBullet is not liable for any damage to products not covered by this warranty (e.g., cups).

This extended warranty does not apply: (a) to damage caused by accident, abuse, misuse, or misapplication; (b) to damage caused by improper maintenance (including unauthorized parts service); (c) to a product or a part that has been modified in any way; (d) if any NutriBullet Select bar code or trademark has been removed or defaced; (e) and or if the product has been used with an adapter or converter.

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/ USER GUIDE & RECIPE

Now you can enjoy all the power and ease of the original NutriBullet coupled with a whole new level of versatility and control. NutriBullet Select has the settings and variable speeds you need to have the perfect amount of control over your recipe output. With three useful settings, pulse, blend and crush, along with 5 variable speeds you get all the power, control and versatility of other high priced blenders, without the gigantic price tag and without giving up precious counter top space! Chunky salsas and chutneys, silky smooth smoothies, soups and dips, healthy fruit sorbets and tangy icees...are all made in seconds with the powerful, versatile NutriBullet Select.

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