

# NUTRIBULLET®

USER GUIDE 1200 series



THE SUPERFOOD NUTRITION EXTRACTOR®



NUTRIBULLET.  
1200 SERIES



# IMPORTANT SAFEGUARDS

WHEN USING ANY ELECTRICAL APPLIANCE, BASIC SAFETY PRECAUTIONS SHOULD ALWAYS BE OBSERVED, INCLUDING THE FOLLOWING:

**WARNING!** TO AVOID THE RISK OF SERIOUS INJURY, CAREFULLY READ ALL INSTRUCTIONS BEFORE OPERATING YOUR NUTRIBULLET®.

## SAVE THESE INSTRUCTIONS! FOR HOUSEHOLD USE ONLY

### ⚠️ GENERAL SAFETY INFORMATION

- Close supervision is necessary when any appliance is used by or near children. Keep cord out of reach of children.
- NEVER LEAVE THE NUTRIBULLET® UNATTENDED WHILE IT IS IN USE.

### 🔥 HEAT AND PRESSURE SAFETY

- **WARNING:** TO AVOID PERSONAL INJURY, NEVER BLEND HOT INGREDIENTS OR LIQUID IN ANY CLOSED-TOP BLENDING CONTAINER OR PITCHER!! Heated ingredients can pressurize sealed containers when agitated and violently expel hot contents upon opening. Always start the blending process with room temperature or refrigerated ingredients and liquids (21 °C/70 °F or cooler).
- **WARNING:** Never Continuously Operate for Longer Than Necessary to Create a Smoothie — generally less than one-minute. Blade friction from prolonged operation can heat ingredients and generate internal pressure in the sealed container. If the Blending Container is warm to touch, allow to cool. Slowly unscrew the Blade Assembly from the Blending Container, pointed away from your face and body, to release any residual pressure. Pressure can cause the blended contents to erupt from the Container, resulting in possible personal injury or property damage.
- **WARNING:** Never Blend Carbonated Liquids or Effervescent Ingredients (e.g., baking soda, baking powder, yeast, etc.). Pressure from released gases can cause a sealed Blending Container to burst, resulting in possible injury or property damage.

• FRICTION FROM THE ROTATING EXTRACTOR BLADES WHEN BLENDING CAN CAUSE INGREDIENTS TO HEAT AND GENERATE INTERNAL PRESSURE IN THE SEALED CUP, IF LEFT TO RUN FOR LONGER THAN A MINUTE. IF THE CUP IS WARM TO TOUCH ALLOW IT TO COOL COMPLETELY BEFORE CAREFULLY OPENING, POINTED AWAY FROM YOUR BODY TO AVOID INJURY.

- After blending, allow the contents to settle and release any pressure that may have built up during the extraction process by slowly unscrewing the container from the blade assembly. Have the container pointed away from you in case there is any built-up pressure.
- If you need to blend for longer than one minute, blend for 1-minute intervals. After the initial and each subsequent 1-minute blending cycle, allow the Power Base to

- shut off completely and wait at least one minute before starting another cycle.
- Do not run for more than 3 consecutive 1-minute intervals to prevent the contents from overheating. Allow contents to settle for 2-3 minutes after the third extraction cycle to prevent overheating and buildup of pressure.
- Sugar in fruits and vegetables can ferment over time, releasing gases and causing pressure to build up in a sealed Blending Container. If you will not consume your smoothie immediately, remove the Blade, cover the Container with a lid or plastic wrap, and refrigerate. **Never store any blended mixture in a sealed Blending Container either unrefrigerated or for any prolonged period of time; contents will spoil and ferment.**

### ⚠️ EXTRACTOR BLADE SAFETY

- **BLADES ARE SHARP! HANDLE CAREFULLY.** Use care when handling any Blade. To avoid laceration injury, do not handle or touch any Blade edge.
- **AVOID CONTACT WITH MOVING PARTS!** Keep hands and utensils out of and away from the Extractor Blade while blending food to reduce the risk of severe personal injury.
- TO REDUCE THE RISK OF PERSONAL INJURY OR PROPERTY DAMAGE, **make sure the Extractor Blade is securely screwed (hand tightened) onto the Cup before placing it on the Power Base and operating the NutriBullet®.**

• **NEVER STORE ANY BLADE** in the Power Base unless attached to a Blending Container. An exposed blade can present a laceration hazard.

- **To Prevent Leakage and the Possible Separation of Components During Operation,** properly align and securely attach (hand tighten) the Blade to a Blending Container, and check for leakage before placing it on the Power Base and operating your NutriBullet®.
- Once you have stopped your NutriBullet®, wait to remove the Cup/Extractor Blade assembly from the Power Base until the motor comes to a complete stop and the unit powers down completely. Taking the container off the unit prior to complete power down can cause damage to the Extractor Blade coupling or motor gear.
- **NEVER BLEND WITHOUT LIQUID AS DOING SO MAY DAMAGE THE EXTRACTOR BLADE.** The Cyclonic Action® of your NutriBullet® requires the use of liquids to make smoothies and other nutritious beverages. The NutriBullet® is not intended to be used as an ice crusher or without liquids. Always add liquid to your smoothie.
- **DO NOT USE the Extractor Blade for grinding dry ingredients such as grains, cereal, or coffee as this may damage the motor and the Extractor Blade.**
- We recommend replacing your Extractor Blade every 6 months or as needed for optimal performance.

### ⚡ ELECTRICAL SAFETY

- Do not use this product in locations with different electrical specifications or plug types. Do not operate with any type of plug adapter or voltage converter device, as these may cause electrical shorting, fire, electric shock, personal injury or product damage.

### POLARIZED PLUG INFORMATION:

- Your NutriBullet® has a US/Canadian configured polarized plug (one prong is

wider than the other) to reduce the risk of electric shock. This plug will correctly fit in a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. For your safety, do not modify the plug or Motor Base in any way. reverse the plug. If it still does not fit, contact a qualified electrician. Do not modify the plug in any way, as doing so will void the warranty.

- The use of attachments, including canning jars, is not recommended and may cause fire, electric shock, personal injury, or product damage and will void the warranty.
- **To avoid risk of electric shock, never immerse the Cord, Plug, or Power Base of blender in water or other electrical current conducting liquids. Discontinue use if the Cord, Plug, or Power Base is damaged.**
- **Always POWER OFF and UNPLUG the NutriBullet® when it is not in use or BEFORE assembling, disassembling, changing accessories, or cleaning.** Do not attempt to handle the NutriBullet® until all parts have stopped moving.
- Periodically inspect all NutriBullet® components for damage or wear that may impair proper function or present an electrical hazard. Assure that power cord and plug are undamaged. Discontinue use and replace Blending Containers if you detect cracking, crazing, cloudiness or damage to the plastic. Assure that the Blades rotate freely and that the gasket is seated and undamaged. Assure that Power Base switch actuators are unobstructed, clean, and depress easily. Follow maintenance in User Manual and never operate your NutriBullet® with damaged components. If your NutriBullet® malfunctions in any way, immediately discontinue use and **contact NutriBullet Customer Service at (855) 346-8874.**
- Do not allow the cord to hang over the edge of the table or counter. Do not pull, twist, or damage the power cord. Do not allow cord to touch hot surfaces, including the stove.
- If the motor stops working, unplug the Power Base and let it cool for an hour before attempting to use it again. Your NutriBullet® has an internal thermal breaker that shuts off the motor when it overheats. The thermal breaker will reset when the unit is unplugged and the thermal breaker cools down sufficiently.

## VENTILATION SAFETY

- To prevent a fire hazard, the openings on the bottom of the Power Base should be free of dust or lint and never obstructed as they are provided for ventilation to ensure reliable motor operation to prevent over-heating. Never place your NutriBullet® on top of flammable materials such as newspapers, tablecloths, napkins, dishtowels, place mats or other similar type of materials.
- Always operate the NutriBullet® on a level surface, leaving unobstructed space beneath and around the Power Base to permit proper air circulation. Slots on the bottom of the Power Base are provided for ventilation to ensure reliable operation and to prevent motor over-heating.

## MICROWAVE & STOVE-TOP HEATING SAFETY

- **DO NOT BLEND HOT INGREDIENTS!** After blending room temperature or cooler ingredients (21 °C/70°F or less), transfer mixture to an unsealed, microwave-safe container or to a stove-top pot to heat. Always use a thermometer to test the internal temperature of cooked ingredients, they may feel cool to the touch, but still be hot inside.
- Do not place any of the NutriBullet® parts in a microwave, oven or stove-top pot or immerse in boiling water as this may result in damage to the accessory.

## MEDICAL SAFETY

- The information contained in this user guide is not meant to replace the advice of your physician. Always consult your physician regarding health and nutrition concerns.

### MEDICATION INTERACTIONS:

- If you are taking any medication, especially cholesterol lowering medication, blood thinners, blood pressure drugs, tranquilizers, or antidepressants, please check with your physician before trying any of the smoothie recipes contained in this guide.

**BAD SEEDS: DO NOT USE THE FOLLOWING SEEDS OR PITS IN THE NUTRIBULLET®, AS THEY CONTAIN A CHEMICAL THAT RELEASES CYANIDE INTO THE BODY WHEN INGESTED: APPLE SEEDS, CHERRY PITS, PLUM PITS, PEACH PITS AND APRICOT PITS.**

### ADDITIONAL TIPS FOR PROPER USE

- **TO AVOID LEAKAGE, DO NOT OVERFILL THE CUP!** Make sure ingredients and liquid do not exceed the MAX line. The Cyclonic Action® of the NutriBullet® requires room to extract effectively and exceeding the MAX line can result in leakage and may create a dangerous pressurization which can cause the vessel and blade assembly to separate.
- Cup and extractor blades are specific to the exact model of NutriBullet®. Use of incompatible parts (parts from other models) may result in damage to your NutriBullet® or create safety hazards. When replacing Cups or an Extractor Blade or ordering additional accessories from NutriLiving.com, or by contacting Customer Service, please specify the model for parts that are compatible with your unit.
- Periodically inspect your NutriBullet® and its components for damage or wear that may impair proper function. Discontinue use and replace components if you detect cracking, crazing or cloudiness or other damage to the vessel, tabs on the vessel, Actuator tabs of the Power Base. You may purchase new Cups and Extractor Blades at NutriLiving.com or by contacting Customer Service. **WE RECOMMEND REPLACING YOUR CUP EVERY SIX MONTHS.**

### NUTRIBULLET CLEANING & USER MAINTENANCE INSTRUCTIONS

- Cleaning the NutriBullet® is easy, simply place any of the pieces (except for the Power Base and Extractor Blade) on the top shelf of the dishwasher or hand wash with warm soapy water and rinse.

#### HERE'S HOW TO CLEAN THE NUTRIBULLET®:

- **STEP 1:** The most important thing — **ALWAYS POWER OFF and UNPLUG the Power Base from the power supply outlet when it is left unattended, before assembling, disassembling, changing accessories or approaching parts that move in use or when cleaning.** Do not attempt to handle the appliance until all parts have stopped moving!
- **STEP 2:** Make sure the Cup / Extractor Blade is not attached to the Power Base.
- **STEP 3:** Cleaning the individual components (Power Base, Extractor Blades, NutriBullet Cups) as follows:



### POWER BASE:

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

- **To avoid risk of injury, NEVER use your hands or utensils to clean the White Actuator Tabs while the NutriBullet® is plugged in.**
- Do not remove the rubber or plastic liners inside the Power Base.
- Use a sponge or dish cloth dampened with warm soapy water to wipe down the inside and outside of the Power Base until clean.
- Pay particular attention to the white Actuator Tabs on the inside of the Power Base to loosen any sticky debris from drips and spills. If necessary, you may use a small brush to scrub the area to ensure it is kept clean.

### EXTRACTOR BLADES:

- **DO NOT REMOVE THE GASKET** as this will permanently damage the Extractor Blade and cause leakage. If after washing as indicated above additional disinfecting is desired, you may rinse with a 10% vinegar/water solution or with lemon juice. If, over time, the gasket becomes loose or damaged, you may order a new Extractor Blade at [NutriLiving.com](http://NutriLiving.com) or contact Customer Service.
- Dry the Extractor Blade completely. It is helpful to turn the blade on its side in your dish drainer to ensure BOTH SIDES of the Extractor Blade are completely dried.

### NUTRIBULLET® CUPS, LIDS AND LIP RINGS:

- These items are all TOP RACK dishwasher safe. We recommend rinsing them and giving them a quick brush with a dish brush to remove any dried debris before washing them in the dishwasher. NEVER use the sanitize cycle to wash the Cups as this may warp the plastic. **Please note: BLADES are NOT dishwasher safe!**
- Regularly check the 3 tabs on the side of the Cup (cracking, crazing, breakage or rounding). If damaged, replace immediately to prevent possible personal injury.
- **NEVER USE A CUP WITH A BROKEN TAB AS DOING SO MAY CAUSE THE CUP AND POWER BASE TO SEPARATE EXPOSING THE BLADE ASSEMBLY!**

### STUBBORN CLEAN UP

- If ingredients dry inside the NutriBullet® Cup, make your cleanup a snap by filling the Cup about 2/3 full with room temperature (21 °C/70°F or less) water and screw on the Extractor Blade. Place the Cup/Extractor Blade assembly on the NutriBullet® Power Base for about 20-30 seconds. This will loosen the stuck ingredients, and with a light scrub and rinse, you'll be all finished.

## SAVE THESE INSTRUCTIONS

IF YOU HAVE ANY COMMENTS, QUESTIONS OR CONCERNS, PLEASE GO TO [NUTRILIVING.SHOP](http://NUTRILIVING.SHOP) OR E-MAIL: [INFO@NUTRIBULLETBENELUX.NL](mailto:INFO@NUTRIBULLETBENELUX.NL)



CHECK OUT  
[NUTRILIVING.COM](http://NUTRILIVING.COM)  
FOR RECIPES, ADVICE, Q&A  
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REGISTERED DIETITIANS!

Banana Bread Protein Smoothie | To Get The Recipe Visit [NutriLiving.com](http://NutriLiving.com)

## TABLE OF CONTENTS

10

---

NUTRIBULLET  
SMOOTHIES

12

---

BUILDING  
A SMOOTHIE

14

---

BLENDING  
A SMOOTHIE

16

---

TIPS FOR USING  
YOUR NUTRIBULLET

18

---

CHANGING LIVES  
EVERYDAY

21

---

RECIPE  
IDEAS

22

---

BEGINNER  
RECIPES

23

---

INTERMEDIATE  
RECIPES

24

---

ADVANCED  
RECIPES

25

---

WEIGHT  
LOSS

25

---

BLENDING YOUR  
WAY TO ENERGY



*NOTE: The information contained in our guide and recipe book is not a substitute for regular health care. Always consult your physician regarding health and nutrition.*

# NUTRIBULLET SMOOTHIES

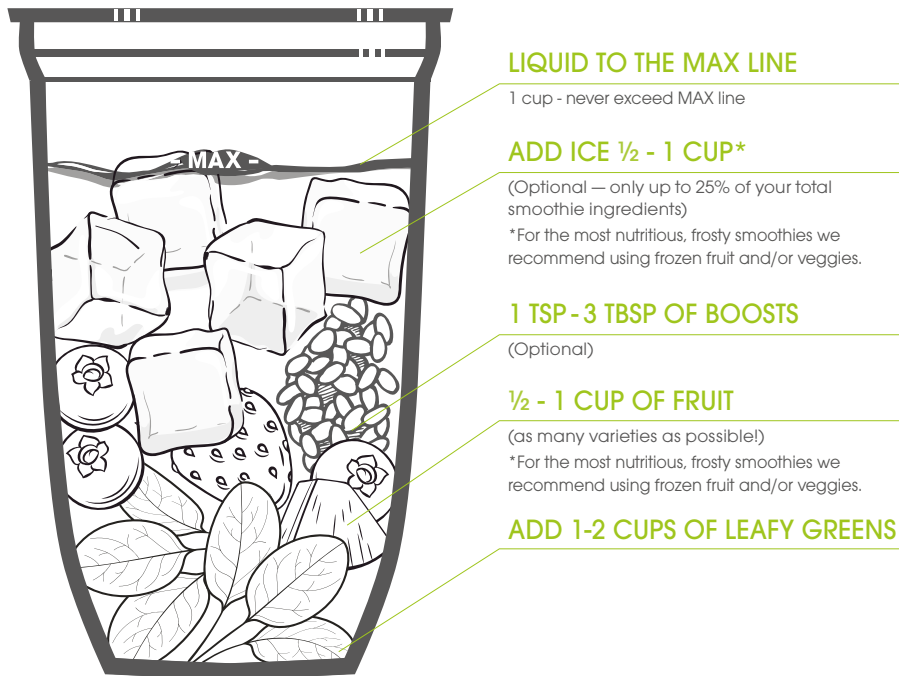
Our smoothie recipes are designed to make it easy to incorporate an array of healthy ingredients into your daily routine. All variations follow a basic formula: **1-1½ cups leafy greens, ½-1 cups servings of fruit, 1-2 Tbsp serving of healthy fats, 1 tsp-3 Tbsp servings of boosts, and liquid to the MAX line.**

A smoothie is a quick and ideal breakfast choice to give you a boost in the morning. It can also be enjoyed as a snack or meal replacement for those looking to add even more healthful ingredients to their lifestyle.

Happy Belly Smoothie | To Get The Recipe Visit [NutriLiving.com](http://NutriLiving.com)

# BUILDING A SMOOTHIE

Smoothies are simple to assemble. Use a variety of vegetables, fruits, nuts, seeds and other superfoods to ensure you're getting a wide array of nutrients. In general, we recommend using the following formula to build your smoothie:



## 1-1½ CUPS OF LEAFY GREENS

- Spinach
- Swiss Chard
- Romaine Lettuce
- Kale
- Collard Greens

## ½ - 1 CUP OF FRUIT

- Banana
- Plum
- Pitted Cherries
- Apple
- Berries
- Orange
- Pear
- Mango Chunks
- Peach
- Pineapple Chunks

## 1-2 TBSP OF HEALTHY FAT

- Nut Butter
- Pumpkin Seeds
- Nuts (¼ cup)
- Chia Seeds
- Sunflower Seeds
- Flax Seeds
- Avocado, pitted (¼-½)

## 1 TSP - 3 TBSP OF BOOSTS

- SuperFood SuperBoosts
- Other superfood powders like Cacao, Maca, Chlorella, or Spirulina
- Lemon or Lime Juice
- High-quality Protein Powder
- Herbs and spices (Cinnamon, Fresh Mint, Fresh Basil, Fresh Cilantro, Ground Ginger or Turmeric, Fresh Ginger or Turmeric root)

## LIQUID TO THE MAX LINE

- Water
- Chilled Unsweetened Tea
- Coconut Water
- Unsweetened Coconut Milk
- Unsweetened Almond Milk
- Unsweetened Hemp Seed Milk
- Unsweetened Cashew Milk

## NOTE!

- 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 smoothie, you can add ice but **not more than 25% of the cups total volume.**



Baby Kale Kiwi Shakeup | To Get The Recipe Visit [NutriLiving.com](http://NutriLiving.com)



# BLENDING A SMOOTHIE

1 —



Fill ingredients into the **Cup** size of your choice.

2 —

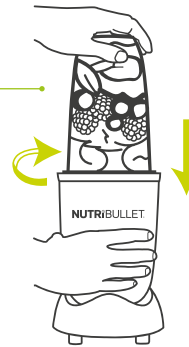
Add liquid of your choice up to the MAX line. (Liquid is required!).

3 —



Twist the **Extractor Blade** onto the **Cup** and hand tighten to make sure the vessel has been sealed securely.

4 —



Press the vessel blade side-down onto the **Power Base**. Press down and twist to the left to extract for no longer than 1 minute. If more extraction is needed, wait 1 minute, then repeat the extraction process in 1 minute intervals, up to 3 times as needed to achieve the desired consistency. If more than three 1-minute extractions are needed, allow the power base to cool for 2-3 minutes after the third extraction before beginning the next round. You can see the extraction process happening. Keep an eye on the consistency. Your smoothie is ready when it looks smooth and creamy!

5 —



To turn off the NutriBullet — simply twist in the opposite direction (to the right) to release the tabs and stop pressing down on the **Cup**. Once the **Power Base** stops completely, remove the **Cup** from the **Power Base**.

## CAUTION:

- Do not run the Power Base in excess of 1 minute per interval. Do not run the Power Base for more than three 1-minute intervals without allowing it to cool for 2-3 minutes after the third extraction. Running the motor for more than 1 minute consecutively in any interval may result in permanent damage to the Power Base.
- Friction from the rotating 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.

# TIPS FOR USING YOUR NUTRIBULLET

## PULSE TECHNIQUE

Because the NutriBullet's motor is so powerful, it emulsifies the ingredients when you blend. That is why when you want to make foods such as chunky salsa, or coarse chopped onions, the **Pulse** technique is key. Pulsing takes a tiny bit of getting used to, but once you get a feel for it, you'll be a Pro in no time!

To **Pulse**, you simply press down on the **Cup** very quickly and immediately release. For foods that you want coarsely chopped, a quick tap on the top of the **Cup** is all you need. Then let the **Blade** come to a complete stop and tap again until you get the consistency you desire.

**THE SECRET:** The trick to successful **Pulsing** is to make sure that the machine doesn't accidentally slip into Lock On mode. To avoid this, simply use your other hand to apply counter-clockwise pressure on the **Cup** as you **Pulse**.

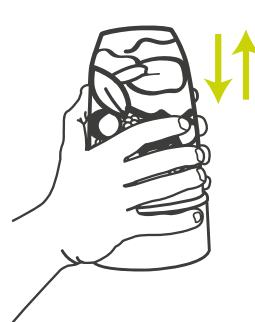


- 1 — To start, hold the cup at the base and **apply counter-clockwise pressure to it, to keep it from locking on.**
- 2 — With your other hand, tap the top of the **Cup** and immediately release. Continue **Pulsing** until you get the consistency you want.

**CAUTION:** Do not run the Power Base in excess of 1 minute per interval. Do not run the Power Base for more than three 1-minute intervals without allowing it to cool for 2-3 minutes after the third extraction. Running the motor for more than 1 minute consecutively in any interval may result in personal injury, property damage or permanent damage to the Power Base.

## SHAKE TECHNIQUE

If you pack the ingredients down inside the **Cup**, or do not add enough water, the results can increase the density of the mixture. This makes it hard for the ingredients toward the top of the **Cup** to make it down to the **Blade**. If some of your ingredients are having a hard time making it down to the **Blade**, simply use the **Shake Technique**.

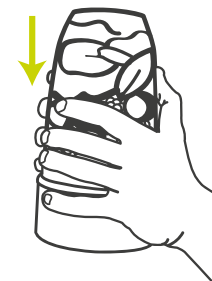


- 1 — Remove the **Cup** and **Blade** assembly from the **Power Base**.
- 2 — With the **Cup** and **Blade** assembly in hand, shake it like a cocktail shaker. Then put it back on the **Power Base** and operate as usual.

## TAP TECHNIQUE

For really stubborn ingredients that are clinging to the side of the **Cup**, simply use the **Tap Technique**.

- 1 — Remove the **Cup** and **Blade** assembly from the **Power Base**.
- 2 — Tap the **Blade** side of the **Cup/Blade** assembly on the counter with just enough force to dislodge ingredients from the sides of the **Cup**. Be careful not to tap too hard to avoid damaging the **Cup**.
- 3 — Return the **Cup** and **Blade** assembly to the **Power Base** and resume blending. Repeat if necessary.



# CHANGING LIVES EVERYDAY

NutriBullet allows people to change the way they eat and feel on a daily basis. But don't just take our word for it! These posts from real NutriBullet owners describe the revolutionary impact the NutriBullet has had on their health and overall quality of life.

*"I've only had my NutriBullet one week, but I love it. I am sleeping better and waking up feeling more alert. I don't think I'm losing weight, yet, but hope the pounds will begin to come off. I do know my stomach doesn't feel as puffy and my blood pressure is much better, so much so, I've cut back on the meds. Thank you NutriBullet!!!"*

-- **Kay F.**, NutriLiving.com Member

*"WOW, I love having my smoothie every morning. I finally enjoy having my fruits and veggies thanks to my NutriBullet. It has charged my metabolism back up and is putting that bounce back in my step. Thanks, NutriBullet!"*

-- **Ellen**, NutriLiving.com Member

CHECK OUT  
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TO GET RECIPES, ADVICE, Q&A  
FROM OUR NUTRIBULLET  
REGISTERED DIETITIANS!







## NUTRIBULLET RECIPE IDEAS!

Whether you are new to blending smoothies or advanced and looking for new and exciting recipes, we have you covered! We hope these recipes will inspire you to be creative with your NutriBullet.

Over the next few pages you will find recipes for beginner, immediate, and advanced smoothie-makers. If you are interested in weight loss or boosting your energy levels, we have those recipes too! Visit [Nutraliving.com](http://Nutraliving.com) to find even more tasty recipes for different occasions and dietary preferences. While there, you can talk to our **NutriBullet Registered Dietitians** to find out what foods and recipes are right for you. They can provide you with tips to live your most vibrant life.

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### 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 smoothie recipes.

## BEGINNER RECIPE

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### BEGINNER GREEN SMOOTHIE

Wake up your taste buds with this delicious green smoothie! You will never know that Spinach is in it!

- 1 C. Spinach
  - 1 Banana
  - ½ C. Pineapple Chunks
  - 1½ C. Filtered Water
  - ½ C. Ice, Optional
- 



## INTERMEDIATE RECIPE

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### PEANUT BUTTER PUSH

Healthy fats and flavors abound in this creamy peanut butter smoothie.

- 1 C. Spinach
  - 1 Medium Banana
  - 1 Tbsp. Peanut Butter
  - 1 tsp. Hemp Seeds
  - 1½ C. Unsweetened Vanilla Almond Milk
  - ½ C. Ice, Optional
- 

If you have a nut allergy, try using sunflower seed butter as a substitution.





## ADVANCED RECIPE

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### RELIEVE ANXIETY SMOOTHIE

Immune boosting ingredients make this smoothie flavorful and so good for you!

- 1 C. Spinach
  - 1 C. Blueberries
  - ¼ Avocado
  - 1 Tsp. Fresh Turmeric
  - 1 Tsp. Fresh Ginger
  - ½ C. Green Tea, Brewed & thoroughly Cooled
  - 1 C. Unsweetened Vanilla Almond Milk
- 



## WEIGHT LOSS RECIPE

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### FILLING ALMOND BUTTER SMOOTHIE

Who said weight loss had to be boring? Try this smoothie that has the perfect amount of sweetness and is oh-so satisfying!

- 1 C. Spinach
  - ½ Banana
  - 1 Tbsp. Almond Butter
  - 1 Tsp. Chia Seeds
  - 2 Tbsp. Pea Protein Powder
  - 1½ C. Unsweetened Vanilla Almond Milk
  - ½ C. Ice, Optional
- 



If you have a nut allergy, try using sunflower seed butter as a substitution.

## ENERGY-BOOSTING RECIPE

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### PB & BLUEBERRY J

Grab a quick energy boost with this delicious smoothie!

- 1 C. Spinach
  - 1 C. Blueberries
  - 1 Tbsp. Hemp Seeds
  - 1 Tbsp. Peanut Butter
  - 1½ C. Unsweetened Vanilla Almond Milk
  - ½ C. Ice, Optional
- 

If you have a nut allergy, try using sunflower seed butter as a substitution.





# NUTRIBULLET®

## USER GUIDE

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The NutriBullet started a health revolution that has transformed millions of lives. Drink one delicious smoothie a day - packed with fruits and vegetables - and feel the tremendous effects that real, unprocessed, whole foods can have on your health and well-being.

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