

Recipe guide.

Recipes, tips
& more!



nutribullet.
SMART TOUCH
BLENDER™ COMBO

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



Contents.

- 05** Intro
- 07** What's included
- 08** Pitcher assembly
- 10** NutriBullet® cup assembly
- 12** Blending control panel
 - 12 Manual speeds
 - 14 Intelligent programs
- 16** Building a smoothie
- 18** Recipe icons
- 21** Recipes
 - 21 Smoothies
 - 28 Smoothie bowls
 - 35 Soups
 - 43 Dips & sauces
 - 53 Cocktails
 - 59 Odds n' ends

Thank you for purchasing the NutriBullet®
Smart Touch Blender™ Combo.



EASY. DELICIOUS. NUTRITIOUS.

NutriBullet® Smart Touch Blender™ Combo recipe guide.

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

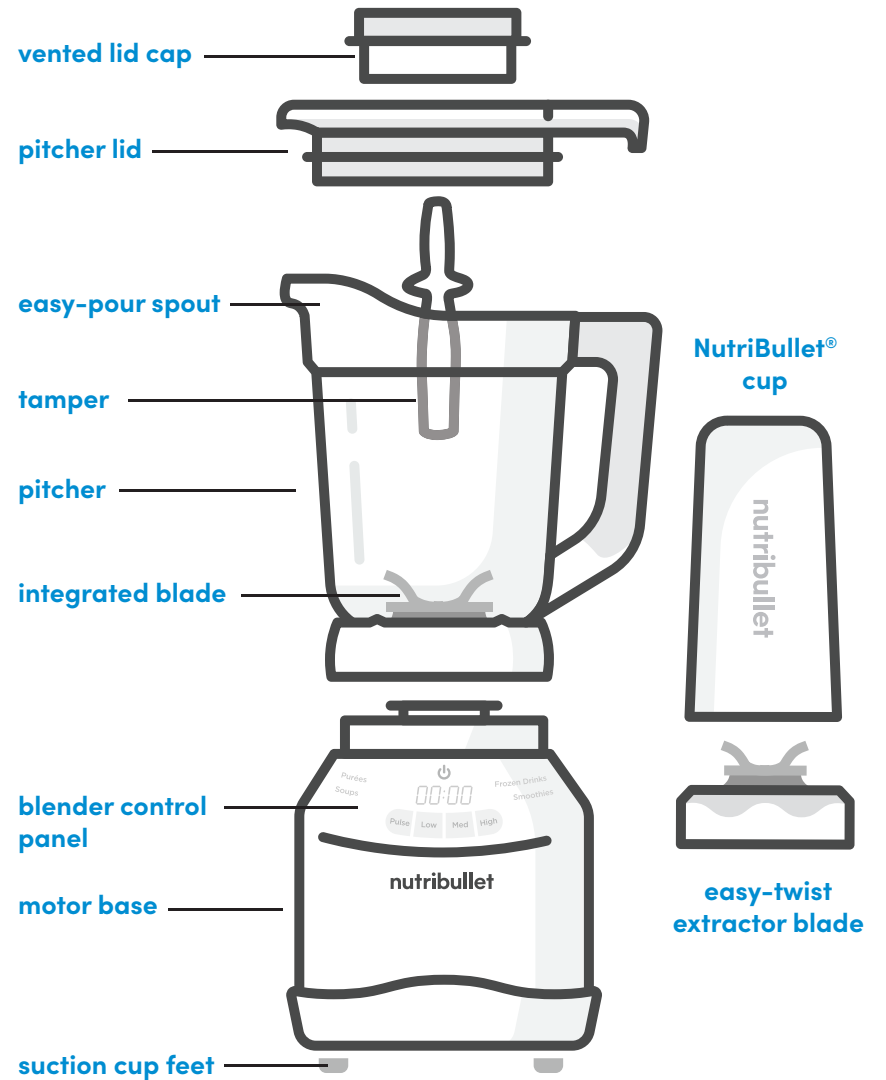
Meet the NutriBullet® Smart Touch Blender™ Combo. With high-performance wattage, intelligent programs, and multiple speeds, this sophisticated machine delivers a world of blended possibilities, all at the touch of a finger.

The Smart Touch Blender™ Combo operates via a sleek touchscreen display. When you attach either the blender pitcher, or a single-serve cup, the display will illuminate with a variety of settings to serve all your blending needs. The intelligent programs adjust based on which vessel is attached and are expertly designed to deliver professional results of all sizes. Use the programs to blend up the perfect ready-to-heat soup, purée, smoothie, or frozen drink. Or, take more control over your culinary creations with three manual speeds and a pulse function. It's all set and ready to go; all you have to do is choose.

To get you started, we've compiled our favorite recipes that make use of each intelligent program. This collection of soups, smoothies, sauces, desserts, and beyond uses wholesome, nourishing ingredients to make easy, deliciously healthful dishes that fit seamlessly into any lifestyle. Give them a try, or get started with your own ideas. Whatever you're in the mood to make, this blender is smart enough to keep up.



What's included.



Pitcher assembly.

SEE USER GUIDE FOR DETAILED ASSEMBLY INSTRUCTIONS.



Place the motor base on a clean, dry, level surface such as a counter or table.

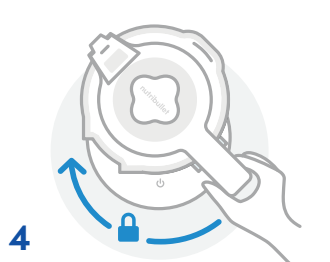


Add ingredients to the pitcher, making sure they do not exceed the MAX line or liquid MAX line.



Place the lid with vented lid cap inserted on the pitcher, making sure it's aligned to the handle.

NOTE: The blender will not operate unless pitcher lid is locked on to the pitcher.



Lower the pitcher on the motor base, aligning handle on the right, and twist clockwise to lock in place. When you hear the click, it's locked and ready to blend.

CAUTION: Do not use a knife, spoon, spatula or any apparatus other than the included tamper to push ingredients closer to the blade.

ONLY USE the pitcher with the vented lid when blending hot or warm ingredients. **ALWAYS** be careful when opening the pitcher after blending hot or warm ingredients. **NEVER** use the NutriBullet® cups.



Plug the power cord into an electrical outlet and press **POWER** to turn on the blender. Once the pitcher is fully locked and the unit is plugged in, the **Blending Control Panel** will illuminate and the unit will be ready to operate.



To begin blending, select a manual speed or program on the **Blending Control Panel**. To pause blending, press the current speed or program once, the unit will stop running and the timer will pause. **To resume blending**, press a manual speed or the same program again.



When you have reached your desired consistency, stop the appliance by pressing **POWER**. If you are using a program, you will hear a beep when the program has completed. Wait for the blades to stop turning. The unit will enter idle-mode. The timer will reset and the **Blending Control Panel** will remain illuminated. Press **POWER** again to turn off the unit completely and the illuminated display will turn off.



Twist pitcher counterclockwise and lift off the motor base. Pour and enjoy!

NutriBullet® cup

assembly. SEE USER GUIDE FOR DETAILED ASSEMBLY INSTRUCTIONS.

1



Place the motor base on a clean, dry, level surface such as a counter or table.

2



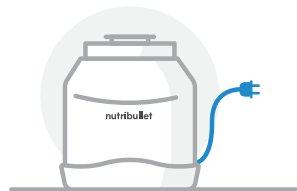
Add ingredients* to the NutriBullet® cup.


3



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

4



Plug the power cord into an electrical outlet and press **POWER**  to turn on the blender.

5



Turn the cup upside down and place it onto the motor base, gently turning clockwise to lock in place. You'll feel a click when cup is locked in place properly.



6



To begin blending, select a manual speed or program on the **Blending Control Panel**. **To pause blending**, press the current speed or program once, the unit will stop running and the timer will pause. **To resume blending**, press a manual speed or the same program.

7



When you have reached your desired consistency, stop the appliance by pressing **POWER** . If you are using a program, you will hear a beep when the program has completed. The unit will enter idle-mode. The timer will reset and the **Blending Control Panel** will remain illuminated. Press **POWER**  again to turn off the unit completely.

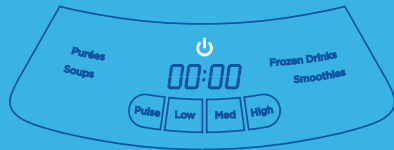
8



Unlock the assembly by gently twisting the cup counterclockwise. You will hear a click. Enjoy!

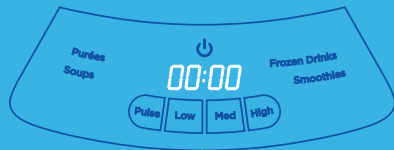
 **NEVER** blend hot or carbonated ingredients in the sealed NutriBullet® cups, which will pressurize, separate and cause possible personal injury.

Blending control panel: manual speeds.



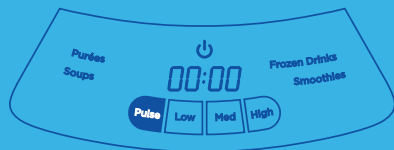
TURNING ON/OFF

The power button controls the master power of the appliance. When pitcher with pitcher lid or NutriBullet® cup is locked in place, pressing **POWER** will indicate the motor is powered on and the **Blending Control Panel** will illuminate.



TIMER

When using a blending speed: timer starts at zero (00:00) and increases during operation, showing time elapsed since blending began. **When using program presets:** timer counts down during operation until program is completed.



PULSE

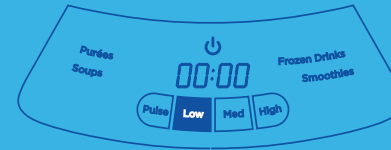
Use to control chopping and processing.

WARNING: DO NOT use this setting with hot ingredients as contents may splash.



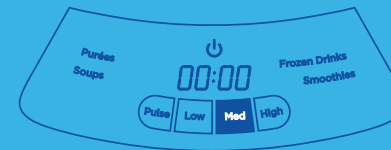
WARNING!

NEVER BLEND HOT OR CARBONATED INGREDIENTS OR LIQUIDS IN ANY SEALED NUTRIBULLET® CUP. Doing so may cause excessive pressure buildup, resulting in risk of personal injury or property damage. Hot items should only be blended in the vented pitcher, following proper safeguards in the User Guide.



LOW SPEED

Use to mix thin batters, gravies and marinades. Or, to scramble eggs, process cooked foods and uncooked fruits.



MEDIUM SPEED

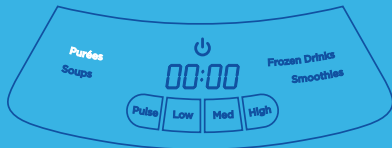
Use to cream soups, blend sauces and spreads, or mix dips. Also great for grinding nuts, making mixed drinks, powdered drinks or milkshakes.



HIGH SPEED

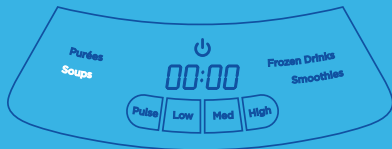
Use to liquefy thick mixtures and extract frozen fruits and vegetables into smoothies.

Blending control panel: intelligent programs.



PURÉES

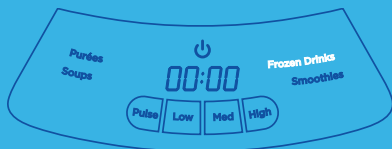
Delivers a perfectly smooth texture — ideal for dips, sauces and spreads of all kinds.



SOUPS

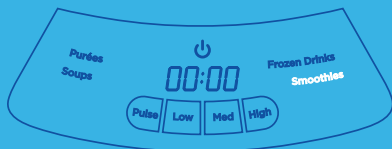
Blends sweet or savory ingredients into the silkiest of ready-to-heat soups and chilled gazpachos. **The Soups program is only available when using the pitcher.**

NOTE: The **Soup program** does not heat the ingredients you are blending.



FROZEN DRINKS

Perfect for ice-blended mocktails or cocktails, and frappe-style drinks.



SMOOTHIES

Easily turn fresh or frozen fruits and vegetables into sippable nutritious smoothies.



Building a smoothie.

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

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



Our perfected method:

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

What is nutrient extraction™?

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

GREENS & VEGGIES

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

FRUIT

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

NUTS

- almonds
- cashews
- peanuts
- pecans
- walnuts

LIQUID TO THE MAX LINE

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

BOOSTS

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

CAUTION: NEVER add hot or carbonated liquids to the sealed NutriBullet® cup. The cup may pressurize and separate, causing personal injury.

Recipe icons.

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



HELPS WITH DIGESTION:

Keep it moving

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



IMMUNE BOOSTING:

What sick days?

Help keep your body humming right along with these antioxidant-rich recipes.



SNACK SUITABLE:

Just a nibble

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



PROTEIN POWERHOUSE:

Get pumped

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



NUT-FREE:

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



PITCHER RECIPE:

Recipes marked with this icon are made in the pitcher. Party of one? Divide ingredients by 4 and blend in your NutriBullet® cup*.



NUTRIBULLET® CUP RECIPE:

This icon marks a recipe made in a NutriBullet® cup. Serving more than one? Multiply ingredients by up to four, and blend in your pitcher.



CAUTION: NEVER blend hot ingredients in the sealed NutriBullet cups. The cup may pressurize and separate, causing personal injury.





Smoothies.

Nothing makes a nutrient-extracted smoothie quite like the NutriBullet® Smart Touch Blender™ Combo. Toss in your greens, your veggies, your fruits, and a little liquid and watch them transform into a smooth, creamy treat in seconds.

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



For more delicious recipes,
visit: bulletbrands.com.au
bulletbrands.co.nz



Essential green smoothie.



MAKES 1 SERVING

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

- 250 G **SPINACH**
- 1 **BANANAS, FROZEN**
- 125 ML **UNSWEETENED VANILLA ALMOND MILK OR OTHER MILK/MILK**
- 16 G **PEANUT BUTTER, CREAMY, UNSALTED**
- 125 G **GREEK YOGURT, PLAIN, NON-FAT**
- 1 SCOOP **SUPERFOOD ESSENTIALS VANILLA PLANT-BASED PROTEIN**

- 1 Add ingredients to the NutriBullet® cup in the order listed.
- 2 Screw on the easy-twist extractor blade and blend using the **SMOOTHIES** program. Enjoy!

NUTRITIONIST TIP

This recipe is a good recipe to keep on hand when you need a satisfying on-the-go meal. It's packed with belly-filling fiber, satisfying protein, and heart healthy fats, making it perfectly balanced.

HAVE A NUT ALLERGY?

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

NUTRITION FACTS PER 250 ML SERVING

440 calories, 15g fat, 44g carbs, 8g fiber, 18g sugar, 38g protein. Nutrition facts are based on the recipe as listed. Adding protein powder or swapping any ingredients will alter nutritional content.



Apple pie smoothie.



MAKES 1 SERVING

Apple pie a la mode meets nourishing, plant-based nutrition — it doesn't get much more wholesome than that.

- 1 **LARGE APPLE, CORED AND QUARTERED**
- 250 G **BABY SPINACH**
- 2 **MEDJOO DATES, PITTED**
- ½ PACK (200 G) **SOFT SILKEN TOFU, CHILLED**
- 2.5 ML **VANILLA EXTRACT**
- 1.3 G **GROUND CINNAMON**
- .34 G **CARDAMOM**
- 62.5 G **UNSWEETENED ALMOND MILK OR OTHER MILK/MILK ALTERNATIVE**
- 250 G **ICE**

- 1 Add all ingredients except ice to the NutriBullet® cup in the order listed.
- 2 Screw on the easy-twist extractor blade and blend on **HIGH** for 30 seconds.
- 3 Add ice and blend using the **SMOOTHIES** program.
- 4 Serve with a dash of cinnamon.

NUTRITIONIST TIP

Anti-soy messages are rampant online, but the science actually indicates that moderate consumption of soy is safe and healthy. According to the American Institute for Cancer Research, moderate consumption of soy is 1 – 2 daily servings of whole soy foods, such as tofu, soy milk, and edamame. It is a great way to get fiber and protein in one!

NUTRITION FACTS PER

250 ML SERVING

370 calories, 0.5g fat, 67g carbs, 10g fiber, 50g sugar, 12g protein. Nutrition facts are based on the recipe as listed. Adding protein powder or swapping any ingredients will alter nutritional content.



Berry whey protein smoothie.



MAKES 1 SERVING

Into berries? We're whey ahead of you. This protein-packed smoothie makes a great meal replacement or post-workout recovery snack to fuel you towards your goals.

- 250 G **MIXED BERRIES, FROZEN**
- ½ **BANANA, FROZEN**
- 350 ML **UNSWEETENED VANILLA ALMOND MILK**
- 1 SCOOP **NUTRIBULLET® VANILLA WHEY PROTEIN**
- 250 G **ICE**

- 1 Add ingredients to the NutriBullet® cup in the order listed.
- 2 Screw on the easy-twist extractor blade and blend using the **SMOOTHIES** program. Enjoy!

NUTRITIONIST TIP

Over the past few decades, a cascade of research has unveiled the many health benefits of berries linking berry consumption to lowering the risk for cancer, heart disease, diabetes, and age-related mental decline.

NUTRITION FACTS PER

250 ML SERVING

270 calories, 5g fat, 34g carbs, 9g fiber, 18g sugar, 23g protein. Nutrition facts are based on the recipe as listed. Adding protein powder or swapping any ingredients will alter nutritional content.



Coconut matcha smoothie.



MAKES 1 SERVING

When it comes to antioxidants, there's no such thing as too much matcha. This powerful smoothie combines fresh green tea flavor with nourishing coconut for a sweet, creamy treat that tastes as good as it makes you feel.

- ½ FROZEN BANANA
- 500 G SPINACH
- 31.5 G UNSWEETENED COCONUT FLAKES
- 1 PACKET NUTRIBULLET SUPERFOOD BOOSTS ULTIMATE ENERGY MATCHA GREEN TEA (OR 1 TSP MATCHA POWDER)
- 250 G UNSWEETENED ALMOND MILK
- 125 G ICE

NUTRITION FACTS PER 250 ML SERVING

160 calories, 7g fat, 21g carbs, 6g fiber, 7g sugar, 4g protein. Nutrition facts are based on the recipe as listed. Adding protein powder or swapping any ingredients will alter nutritional content.

- 1 Add ingredients to the NutriBullet® cup in the order listed.
- 2 Twist on the easy-twist extractor blade and blend using the **SMOOTHIES** program.
- 3 Serve with a dash of cinnamon and coconut flakes.

NUTRITIONIST TIP

“Matcha” literally translates to “powdered tea.” When you drink traditional tea, the tea leaves are discarded. With matcha, you drink the actual tea leaves which have been made into a powder – making matcha a more potent form of nutrients and antioxidants.

Smoothie bowls.

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



For more delicious recipes, visit: bulletbrands.com.au
bulletbrands.co.nz





Stone fruit smoothie bowl.



MAKES 2 SERVINGS

We're peachy keen on this summery smoothie bowl — perfect for a refreshing breakfast or a hydrating post-workout snack.

- 1 PEACH, LARGE, PITTED
- 1 PLUM, LARGE, PITTED
- 2 APRICOTS, PITTED
- 1 BANANA, FROZEN
- 125 ML UNSWEETENED ALMOND MILK (OR OTHER MILK ALTERNATIVE)
- 30 ML MAPLE SYRUP
- 750 G ICE

OPTIONAL: ADD VANILLA PLANT BASED PROTEIN OR WHEY PROTEIN

NUTRITION FACTS PER 625 G SERVING

180 calories, 1.5g fat, 43 carbs, 4g fiber, 33g sugar, 3g protein. Nutrition facts are based on the recipe as listed.

- 1 Add ingredients to the pitcher in the order listed.
- 2 Cover the pitcher with the pitcher lid and blend using the **SMOOTHIES** program.
- 3 Transfer to two bowls. Garnish with fresh fruit, nuts, granola or toppings of your choice.

PRO TIP

Peaches, plums, and apricots are all members of stone fruit family because their flesh surrounds a hard, stone-like pit. These juicy orbs are equally delicious blended into popsicles, pulsed into sweet and savory salsas, or pureed as a topping for pancakes or yogurt.

Berry smoothie bowl.



MAKES 1 SERVING

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

250 G	STRAWBERRIES, FROZEN
125 G	RASPBERRIES, FROZEN
1	BANANA, FROZEN
1	MEDJOO DATES, PITTED
250 ML	UNSWEETENED VANILLA ALMOND MILK OR OTHER MILK/MILK ALTERNATIVE

NUTRITION FACTS PER

250 ML SERVING (without toppings): 260 calories, 3.5g fat, 58g carbs, 13g fiber, 30g sugar, 4g protein. Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.

- 1 Add ingredients to the NutriBullet® cup in the order listed.
- 2 Screw on the easy-twist extractor blade and blend using the **SMOOTHIES** program.
- 3 Transfer to a bowl and garnish with toppings of your choice, if desired.

NUTRITIONIST TIP

Sugar in your diet is found in two forms: naturally occurring (found in fruit, for example) or added (like table sugar or honey). When you eat naturally occurring sugar from whole foods, you're also consuming the inherently good properties, such as fiber and antioxidants, from those foods. According to the 2015–2020 Dietary Guidelines for Americans, aim to limit your intake of added sugar, not the sugar found naturally in food.





Soups.

An easy way to “eat” your veggies? Soup! And you don’t need to simmer a pot all day for a nourishing bowlful. The recipes in this section come together in minutes, making fast and nutritious meals that seriously satisfy.

PRO TIP:

Flying solo? Freeze any leftover soup in reusable containers. Simply thaw & warm up over the stove when you want a quick dinner.



CAUTION:

Only make soup in the vented pitcher. Never blend hot or carbonated ingredients in the sealed NutriBullet® cups.

Creamy mushroom soup.



MAKES 5 SERVINGS

Super savory and full of good-for-you ingredients, this shroomy, plant-based soup is a forest to be reckoned with.

226 G	CRIMINI MUSHROOMS, CUT IN THIRDS
¼	YELLOW ONION, PEELED
30 ML	OLIVE OIL
6 G	SALT
3	GARLIC CLOVES
125 G	CASHEWS, RAW
700 ML	VEGETABLE STOCK
.66 G	BLACK PEPPER

NUTRITION FACTS PER 250 G SERVING

140 calories, 12g fat, 7g carbs, 1g fiber, 2g sugar, 4g protein

PRO TIP

Mix up your mushrooms. Try adding portobello, button mushrooms, or a mushroom blend to build a more complex flavor profile.

- 1 In a small pan over medium heat, sauté mushrooms with 30 ml of olive oil until softened and set aside.
- 2 Add onion, garlic and cashews to pan and sauté with 30 ml of olive oil until softened.
- 3 Setting aside 5 slices of sautéed mushroom for garnish, combine all ingredients in the pitcher. Cover the pitcher with the pitcher lid, making sure vented lid cap is inserted and secure before blending.
- 4 Blend using the **SOUPS** program.
- 5 Add blended soup to a small pot and simmer for 2–3 minutes.
- 6 Serve with mushroom garnish, plus salt and pepper, if needed.



CAUTION

Only make soup in the pitcher with vented lid attached. The Soup program will not heat the ingredients. You must heat the blended ingredients on your stove-top or microwave.



Carrot & ginger soup.



MAKES 4 SERVINGS

Get in touch with your roots. This deeply nourishing soup is equal parts sweet and savory, with a kick of fresh ginger to make its flavors sing.

- | | | |
|--------|--|---|
| 30 ML | OLIVE OIL | 1 Sauté garlic, onion, carrot, celery root, parsnip with olive oil and 1.32 g of salt in pan for 2 minutes on low to medium heat. |
| 3 | CLOVES GARLIC, LARGE | |
| 1 | ONION, SMALL, ROUGHLY CHOPPED | |
| 375 G | CARROT, ROUGHLY CHOPPED | 2 Add 250 ml broth and ginger and cover pan to soften the vegetables for 10 minutes. |
| 125 G | CELERY ROOT, ROUGHLY CHOPPED | |
| 125 G | PARSNIP, ROUGHLY CHOPPED | 3 Turn off heat and remove lid to allow mixture to cool. |
| 2.5 CM | PIECE GINGER | |
| 500 ML | VEGETABLE BROTH | 4 Add all ingredients plus remaining 250 ml broth, 250 ml water, apple cider vinegar, .66 g salt to pitcher. Cover the pitcher with pitcher lid, making sure vented lid cap is inserted and secure before blending. |
| 250 ML | WATER | |
| 1.32 G | SALT | |
| 14 ML | APPLE CIDER VINEGAR | |
| | SPRINKLE SCALLION OR CHIVES FOR GARNISH | 5 Blend using the SOUPS program. |
| | | 6 Add blended soup to a small pot and simmer for 2–3 minutes. |
| | | 7 Serve with scallion or chive garnish and a drizzle of cashew crema (see recipe on page 48). |

NUTRITION FACTS PER 250 ML SERVING

(without toppings):
110 calories, 3.5g fat, 18g carbs,
4g fiber, 9g sugar, 2g protein

NUTRITIONIST TIP

This soup is packed with nutrient-rich root vegetables that are filled with fiber and provide our gut with healthy prebiotics.

CAUTION

Only make soup in the pitcher with vented lid attached. The Soup program will not heat the ingredients. You must heat the blended ingredients on your stove-top or microwave. **NEVER** use the sealed NutriBullet® cup with any hot ingredients.

Green chile corn chowder.



MAKES 6 SERVINGS

Sunshine-sweet corn and fire-roasted peppers combine in this delectable soup, bringing the heat of summer to your kitchen, any time of year.

- 1 340 G CAN GREEN CHILIES
- 30 ML OLIVE OIL
- ¼ ONION, MEDIUM YELLOW, LARGELY DICED
- 3 CLOVES, GARLIC
- 3 YUKON GOLD POTATOES, LARGELY DICED
- 3 G SALT
- 3 G BLACK PEPPER
- 1 432 G CAN OF WHOLE KERNEL CORN, DRAINED
- 700 ML VEGETABLE STOCK

NUTRITION FACTS PER 250 G SERVING

160 calories, 5g fat, 27g carbs, 4g fiber, 6g sugar, 4g protein

- 1 Add olive oil to a medium pan over low heat. Sauté onion, garlic, potatoes and corn with .66 g salt and pepper for 5-10 minutes.
- 2 Add 500 ml stock and .66 g salt to pan. Let it simmer with the ingredients until softened.
- 3 Remove pan from heat and let the mixture cool for 5 minutes.
- 4 Add all ingredients to the pitcher with remaining 200 ml of stock. Cover the pitcher with the pitcher lid, making sure vented lid cap is inserted and secure before blending.
- 5 Blend using the **SOUPS** program.
- 6 Add blended soup back to the pan and bring to a simmer before serving.



CAUTION

Only make soup in the pitcher with vented lid attached. The Soup program will not heat the ingredients. You must heat the blended ingredients on your stove-top or microwave. **NEVER** use the sealed NutriBullet® cup with any hot ingredients.



Dips and sauces.

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



For more delicious recipes,
visit: bulletbrands.com.au
bulletbrands.co.nz

Broccoli pesto spread. 🍏 🚫

MAKES 16 SERVINGS

Obsessed with pesto? This recipe bulks up the traditional sauce with wholesome broccoli, so you can dip, mix, and spread to your heart's content.

500 G	BROCCOLI FLORETS, STEAMED AND COOLED
3	CLOVES GARLIC
250 G	BASIL LEAVES
125 G	PUMPKIN SEEDS (TOASTED IN PAN)
1.32 G	SALT
1.32 G	BLACK PEPPER
80 ML	AVOCADO OIL (OR OLIVE OIL)
30 ML	LEMON JUICE

NUTRITION FACTS PER 30 G SERVING

50 calories, 4.5g fat, 2g carbs, <1g fiber, 0g sugar, 1g protein

- 1 Add all ingredients to the pitcher.
- 2 Cover the pitcher with pitcher lid and blend using the **PURÉES** program.
- 3 Serve as a dip for veggies, as a spread on sandwiches, or over pasta.

PRO TIP

Save your broccoli stems and make another batch of pesto! This recipe is a great way to use the entire head of broccoli. The stems are packed with the same great nutrients and flavor.



CAUTION

The tamper is specifically designed not to come in contact with the blade. Never use spatulas, spoons or other tools as they may be long enough to reach the blade, resulting in potential damage to the machine and/or personal injury.



Sweet pepper marinara.

MAKES 6 SERVINGS

Juicy red bell peppers not only add depth and richness to traditional tomato-based marinara, but also loads of beneficial nutrients.

- 30 ML **OLIVE OIL**
- 250 G **SWEET ONION, CHOPPED**
- 2 **RED BELL PEPPERS, LARGE, CHOPPED AND DESEEDED**
- 4 **CLOVES GARLIC**
- 2.6 G **ITALIAN SEASONING**
- .66 G **CRUSHED RED PEPPER**
- 1 **793 G CAN WHOLE PEELED TOMATOES**
- 1.32 G **SUGAR**
- 2.6 G **SALT**

OPTIONAL: BASIL, PARSLEY OR OTHER HERBS TO GARNISH

NUTRITIONIST TIP

Tomatoes are packed with the powerful antioxidant lycopene which has shown to help protect skin.

NUTRITION FACTS PER 125 G SERVING

110 calories, 4.5g fat, 13g carbs, 4g fiber, 8g sugar, 2g protein

- 1 In a sauté pan over medium heat, add olive oil, onion, red bell pepper, garlic, italian seasoning and crushed red pepper and sauté for 3-5 minutes until softened.
- 2 Transfer sautéed ingredients to pitcher.
- 3 Add half the can of peeled tomatoes, sugar and salt to pitcher. Cover the pitcher with the pitcher lid and blend on **MEDIUM**.
- 4 Add remaining half of canned peeled tomatoes and pulse until desired consistency is reached (chunky to smooth).
- 5 Pour mixture back into pan and simmer for 20 minutes.
- 6 Serve over veggies or pasta.



Cashew crema.



MAKES 14 SERVINGS

Drizzle and dollop this cool, creamy, dairy-free condiment over soups, tacos, grilled veggies and beyond.

- 500 G RAW CASHEWS (SOAK IN HOT WATER FOR 20 MINS)
- 22 ML LEMON JUICE
- 250 ML WATER
- 1.32 G SALT

NUTRITION FACTS PER 15 G SERVING

100 calories, 8g fat, 6g carbs, <1g fiber, 1g sugar, 3g protein

- 1 Add ingredients to the pitcher in the order listed.
- 2 Cover the pitcher with the pitcher lid and blend using the **PURÉES** program.

PRO TIP

Use this cashew cream as a topping for all your savory dishes that need a little extra cream, a base of a dressing, soups, baked potatoes or nachos.



Cookie dough dip.



MAKES 12 SERVINGS

Who hasn't snuck a swipe of dough when baking cookies? This protein and fiber packed dip delivers all the doughiness you crave without the worry of raw ingredients.

- 1 439 G CAN CHICKPEAS (1 CAN, DRAINED, RINSED AND PEELED FOR SMOOTHER CONSISTENCY)
- 16 ML MAPLE SYRUP
- 63 ML ALMOND MILK OR MILK OF CHOICE
- .53 G SALT
- .53 G BAKING POWDER
- 5 ML PURE VANILLA EXTRACT
- 60 G CASHEW BUTTER (OR NUT BUTTER OF CHOICE)
- 31 G ALMOND FLOUR
- 62.5 G CHOCOLATE CHIPS

- 1 Add all ingredients to the pitcher except for chocolate chips.
- 2 Cover the pitcher with pitcher lid.
- 3 Blend on **PULSE** setting 5 times, scrape sides down and check for consistency. Pulse as needed to fully incorporate mixture until you reach desired consistency.
- 4 Transfer blended dip to a bowl, mix in chocolate chips.

NUTRITIONIST TIP

With this chickpea based recipe, you'll be feeding your gut with fiber-rich legumes.

NUTRITION FACTS PER 32 G SERVING

120 calories, 7g fat, 13g carbs, 2g fiber, 6g sugar, 4g protein

Spicy berry glaze.



MAKES 16 SERVINGS

This succulent grill-ready glaze doubles as a sophisticated spread, adding unexpected flavor to a cheese board or home-made sandwich.

750 G **FROZEN MIXED BERRIES, THAWED**
 60 ML **SRIRACHA**
 60 ML **MAPLE SYRUP**
 60 ML **SOY SAUCE**
 + 30 ML **(TAMARI)**

NUTRITION FACTS PER 30 G SERVING

35 calories, 0g fat, 8g carbs, 1g fiber, 6g sugar, 1g protein

- 1 Add all ingredients to a small pot and bring to a boil.
- 2 Cool mixture for 10 minutes.
- 3 Add cooled mixture to pitcher. Cover pitcher with the pitcher lid, making sure that vented lid cap is inserted and secure before blending.
- 4 Blend using **PURÉES** program. Enjoy!

PRO TIP

This sweet and spicy glaze can be used on fresh or grilled vegetables. It also adds the perfect touch to your cracker and cheese board.





Cocktails.

You didn't think we'd create a whole book about blending and not include cocktails, did you?



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bulletbrands.co.nz

Pina colada cocktail.

MAKES 4 SERVINGS

Coconut, pineapple, rum, a frosty taste of paradise... you know the drill (and the song, which we're trying very, very hard not to get stuck in our heads).

- 1 340 G BAG OF FROZEN PINEAPPLE CHUNKS
- 1 400 ML CAN OF COCONUT CREAM, CHILLED
- 63 G UNSWEETENED COCONUT FLAKES, TOASTED
- 20 ML LIME JUICE
- 60 ML RUM
- 30 ML AGAVE SYRUP
- 125 G ICE

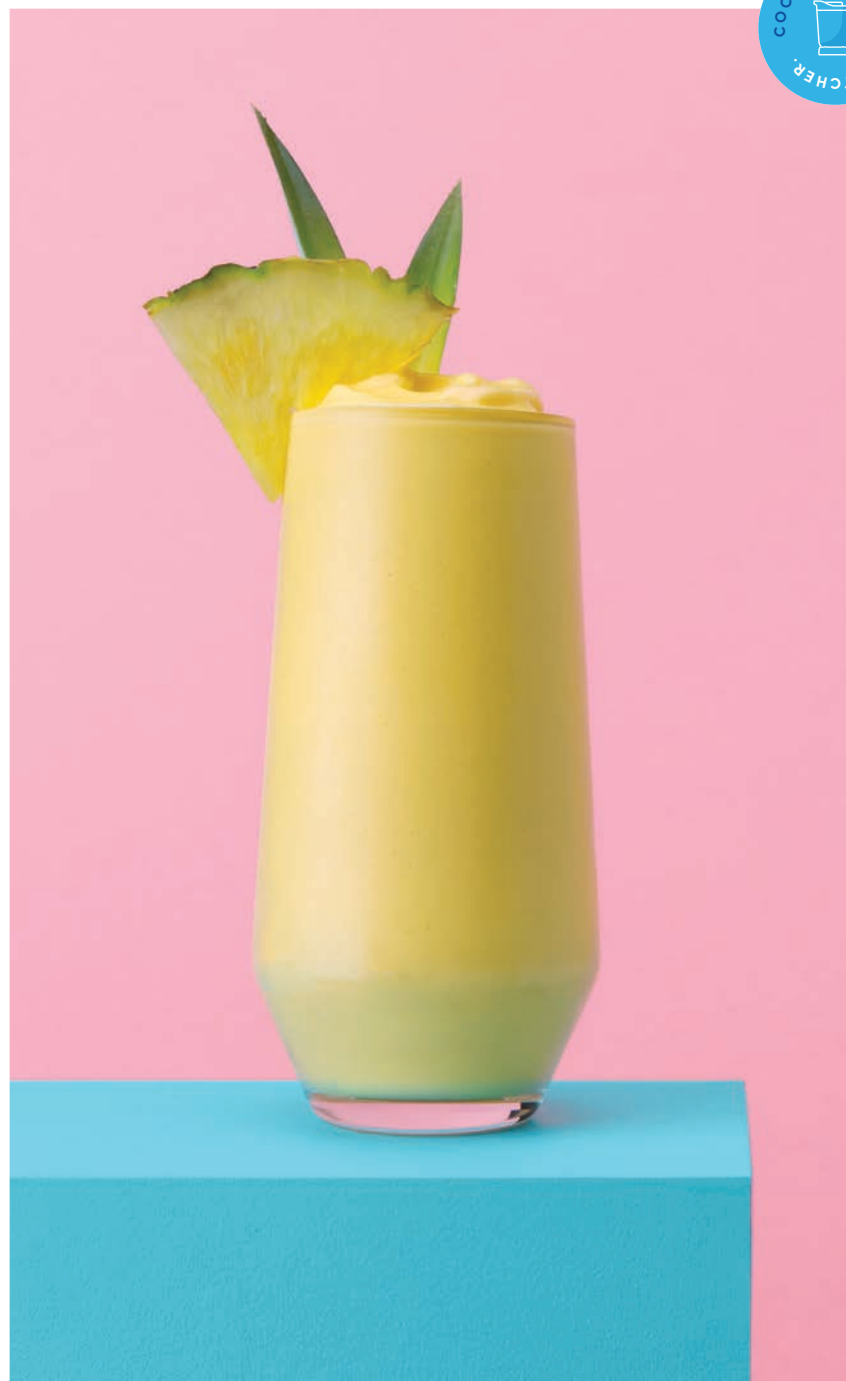
NUTRITION FACTS PER 250 ML SERVING

200 calories, 9g fat, 22g carbs, 2g fiber, 9g sugar, 2g protein. Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.

- 1 Add ingredients to the pitcher in the order listed.
- 2 Cover the pitcher with the pitcher lid and blend twice using the **FROZEN DRINKS** program.
- 3 Serve with whipped cream and toasted coconut.

PRO TIP

While you're getting a can of coconut cream for this recipe, go ahead and get another to whip up a batch of dairy-free, coconut whipped cream. It may just change your life.





Lemon lime basil margarita.

MAKES 4 SERVINGS

It doesn't get more refreshing than a margarita... until you add cool, herbaceous basil to the mix. Cheers to that.

1 KG	ICE
5 ML	LEMON ZEST
5 ML	LIME ZEST
40 ML	LEMON JUICE
40 ML	LIME JUICE
150 ML	TEQUILA
50 ML	TRIPLE SEC
.66 G	SALT
100 ML	AGAVE SYRUP
8	BASIL LEAVES

NUTRITION FACTS PER 250 ML SERVING

190 calories, 0g fat, 17g carbs, 0g fiber, 15g sugar, 0g protein

- 1 Add ingredients to the pitcher in the order listed.
- 2 Cover the pitcher with the pitcher lid and blend using the **FROZEN DRINKS** program.
- 3 Serve in salt-rimmed glass; garnish with sliced lemon, lime and basil leaves.

PRO TIP

How to salt a glass rim: pour salt in a plate or bowl and run a lemon or lime wedge around the glass rim. Then, dip the rim in the salted bowl.

PRO TIP

Swap out the lemon and lime for grapefruit and orange!



Odds n' ends.

Some of our favorite concoctions defy categorization. This selection of 'miscellaneous' recipes can be enjoyed in many forms.



For more delicious recipes,
visit: bulletbrands.com.au
bulletbrands.co.nz

Vanilla bean ice cream.

MAKES 4 SERVINGS

With their mellow sweetness and smooth and creamy texture, bananas make the perfect base to set off luxurious flecks of vanilla bean.

500 G **FROZEN BANANA SLICES**
250 G **HEAVY CREAM**
1 ½ **VANILLA BEAN POD SEEDS OR 1 ½ TSP VANILLA EXTRACT**

NUTRITION FACTS PER 125 G SERVING
270 calories, 20g fat, 17g carbs, 2g fiber, 9g sugar, 1g protein

- 1 Add ingredients to the pitcher in the order listed.
- 2 Cover the pitcher with the pitcher lid and blend using the **FROZEN DRINKS** program.
- 3 Pour mixture in container and place in freezer for at least 2 hours. Serve with desired toppings.

PRO TIP

While a bit pricier, vanilla beans offer the ultimate vanilla flavor and fragrance. Vanilla extract is made by combining vanilla beans in a water and alcohol mixture – it's easier to find and more affordable, too.





Pecan milk.

MAKES 7 SERVINGS

Made from roasted pecans and sweet date, this unique nut milk is rich and delectable treat in its own right. It also tastes incredible with coffee, oatmeal, cereal, smoothies, and so much more.

- 500 G RAW PECANS (SOAKED IN HOT WATER FOR 30 MINUTES)
- 2 L WATER
- 3 MEDJOOOL DATES, PITTED
- 5 ML PURE VANILLA EXTRACT
- 1.4 G SEA SALT

PRO TIP

Add strained pulp to oatmeal, baked goods or yogurt for a boost of fiber.

NUTRITION FACTS PER 250 ML SERVING

218 calories, 20g fat, 12g carbs, 0g fiber, 8g sugar, 3g protein. Nutrition information may vary.

NOTE: nutrition information will change depending on how much pulp is removed.

- 1 Add all ingredients to the pitcher, cover with the pitcher lid, and blend on **HIGH** for 1 minute and 30 seconds.
- 2 Strain milk by pouring mixture through a cheesecloth. Store milk in a sealed jar or container in the fridge for up to 3-5 days.

PRO TIP

Try using pecans that have been roasted for 10 minutes at 350°F and add a dash of cinnamon and nutmeg.



Macadamia nut butter.



MAKES 40 SERVINGS

We love peanut and almond butter as much as the next person, but when you're craving something a little 'extra,' this rich, luxurious nut butter does the trick.

- 750 G MACADAMIA NUTS
- UP TO 125 ML COCONUT OIL
- 1.4 G SALT
- 40 ML HONEY

NUTRITIONIST TIP

All nuts — pistachios, walnuts, peanuts, almonds, brazil nuts, cashews, and macadamia nuts — contain protein, fiber, heart-healthy fat, vitamins, minerals, and phytochemicals... so enjoy them all!

NUTRITION FACTS PER 40 ML SERVING

100 calories, 10g fat, 2g carbs, <1g fiber, 1g sugar, 1g protein

- 1 Spread nuts in a single layer on a pan. On low heat, stir occasionally for about 10 minutes to toast nuts. Be careful not to let them burn.
- 2 Add toasted nuts, 62.5 ml of oil, and salt to the pitcher. Cover pitcher with pitcher lid and pulse 5 times.
- 3 Scrape down the sides and add honey. Cover pitcher with pitcher lid and blend on **LOW** setting, remove lid cap and add 20 ml of oil at a time while pulsing until you reach desired consistency.
- 4 Keep in the fridge for up to 2 months in an airtight container.

CAUTION

The tamper is specifically designed not to come in contact with the blade. Never use spatulas, spoons or other tools as they may be long enough to reach the blade, resulting in potential damage to the machine and/or personal injury.



Golden milk frappe.



MAKES 4 SERVINGS

Sweet, creamy, and loaded with mega-beneficial herbs and spices, this majorly flavorsome beverage brings nourishing adventure to every sip.

750 ML	UNSWEETENED VANILLA ALMOND MILK
30 G	GROUND TURMERIC
1.32 G	GROUND GINGER
1.32 G	CINNAMON
.33 G	BLACK PEPPER
4	MEDJOOOL DATES, PITTED
1 KG	ICE

NUTRITION FACTS PER 16 OZ SERVING

200 calories, 4g fat, 42g carbs, 6g fiber, 32g sugar, 3g protein

- 1 Add all ingredients, reserving 500 g of ice, to the pitcher in the order listed.
- 2 Cover with the pitcher lid and blend using the **FROZEN DRINKS** program.
- 3 Add remaining 500 g of ice and blend again using the **FROZEN DRINKS** program.
- 4 Serve with whipped cream and dash of cinnamon.

NUTRITIONIST TIP

Curcumin, the active ingredient found in turmeric is responsible for the spice's characteristic yellow color and its many health benefits. Black pepper helps your body absorb more curcumin (up to 2000% more!) so these two spices make a perfect pair.

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SMART TOUCH
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