

Recipe guide.

Recipes,
tips, & more!



nutribullet®
PRO

Please carefully read the enclosed
User Guide prior to operating your unit.



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Thank you for purchasing the nutribullet® Pro.

EASY. DELICIOUS. NUTRITIOUS.

nutribullet® Pro recipe guide.

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

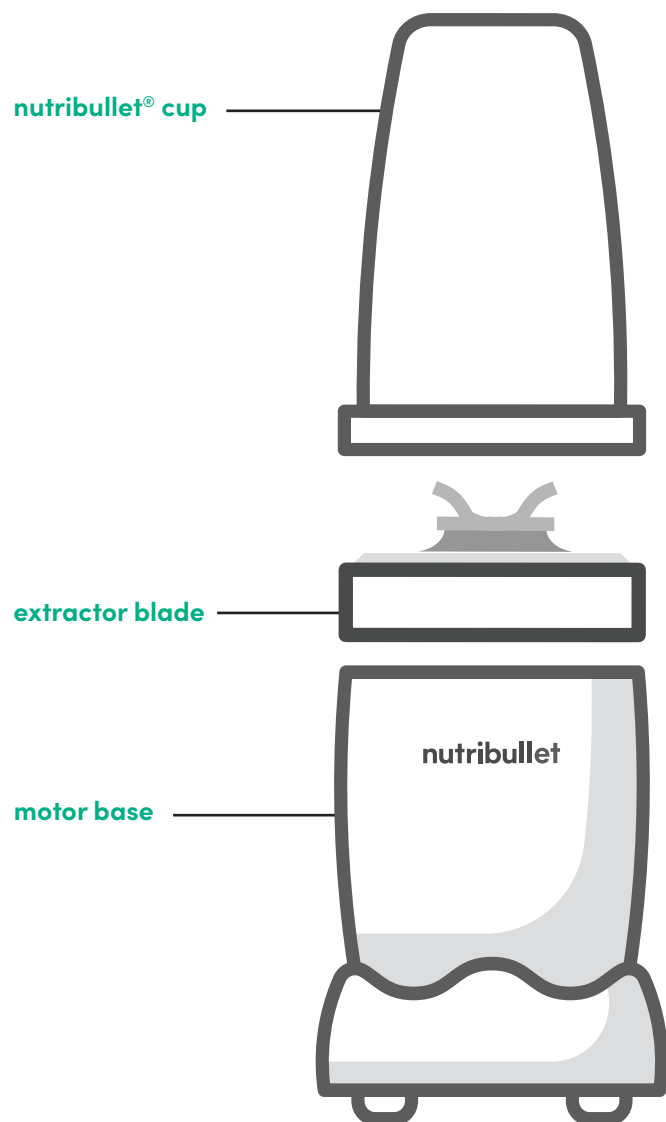
Meet the nutribullet® Pro — our powerfully compact nutrient extractor™. Designed to support and streamline your healthy lifestyle, this unique blender system with cyclonic action® breaks down veggies, fruits, nuts, seeds, and stems into silky smoothies you can take on-the-go.

It's strong, but handy. It's simple and intuitive. And it takes under a minute to make its nutritious and tasty creations. It's also super easy to clean. There's really no better way to optimize your fruit and veggie intake than with this small-but-mighty appliance.

We've compiled some of our favorite recipes in this book to get you two acquainted. In addition to classic smoothies and smoothie bowls, you'll find sauces, dips, and frozen cocktails — all fun, simple fare made with real, nutritious ingredients. Take a look, try a few, and get inspired. We can't wait to see how you make the nutribullet® part of your every day.



Assembly guide.



nutribullet® cup assembly.

SEE USER GUIDE FOR DETAILED
ASSEMBLY INSTRUCTIONS.



Add ingredients* to the **nutribullet® Cup**.



Place the **Extractor Blade** onto the **nutribullet® Cup** and twist until it is tightly sealed.



Turn the **nutribullet® Cup** upside down and place it onto the **Motor Base**, gently push and twist.



To turn off the **nutribullet®**, simply twist in the opposite direction (counterclockwise) and remove the **nutribullet® Cup** from the **Motor Base**.



Once the **Extractor Blade** stops completely, remove the **nutribullet® Cup** from the **Motor Base**. Enjoy!



CAUTION: Do not run the **Motor Base** in excess of 1 minute per interval. Do not run the **Motor 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 warm the ingredients and pressurize the **nutribullet® Cup**.

Friction from the rotating **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.

Building a smoothie.

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

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



Our perfected method:

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

What is nutrient extraction™?

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

GREENS & VEGGIES

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

FRUIT

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

NUTS

- almonds
- cashews
- peanuts
- pecans
- walnuts

LIQUID TO THE MAX LINE

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

BOOSTS

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



Recipe icons.

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



HELPS WITH DIGESTION:

Keep it moving

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



IMMUNE BOOSTING:

What sick days?

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



SNACK SUITABLE:

Just a nibble

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



PROTEIN POWERHOUSE:

Get pumped

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



NUT-FREE:

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

Smoothies & smoothie bowls.

Nothing makes a nutrient-extracted smoothie quite like the **nutribullet®**. Toss in your greens, your veggies, your fruits, and a little liquid and watch them transform into a smooth, creamy treat in seconds.

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



For more delicious recipes, visit **nutribullet.com**





Citrus medley.



SERVES: 1

Brighten your day with this light and refreshing blend!

- 2 CUPS **SPINACH, OR OTHER LEAFY GREENS OF CHOICE (OPTIONAL)**
- ½ **ORANGE, MEDIUM, PEELED**
- ¼ **GRAPEFRUIT, MEDIUM, PEELED**
- 1 **CLEMENTINE, PEELED**
- 1 CUP **COCONUT WATER**
- 1 TBSP **HEMP SEEDS**
- ½ CUP **ICE***
- WATER* TO THE MAX LINE**

- 1 Add ingredients to the **nutribullet® Cup** in the order listed.
- 2 Screw on the **Easy-Twist Extractor Blade**.
- 3 Blend until smooth.

PRO TIP

Swap out coconut water for aloe vera juice.

* You may need to add more liquid or ice to your smoothies to reach the MAX line for optimal blending.



CAUTION: NEVER blend hot foods or carbonated liquid.

NUTRITION FACTS PER SERVING:
(calculated without optional ingredients): 200 calories, 5g fat, 34g carbs, 8g fiber, 24g sugar, 7g protein. Swapping any ingredients will alter nutritional content.

Creamy strawberry mango.



SERVES: 1

The classic combo of strawberry and mango made better with creamy cashew butter.

- 1 CUP SPINACH, OR OTHER LEAFY GREENS OF CHOICE (OPTIONAL)
- ½ CUP STRAWBERRIES, FROZEN
- ½ CUP MANGO CHUNKS, FROZEN
- 1½ CUP UNSWEETENED VANILLA ALMOND MILK*
- 1 TBSP CASHEW BUTTER, NO SALT ADDED
- ¼ TSP VANILLA EXTRACT
- ½ CUP ICE*
- 1 SCOOP VANILLA PROTEIN BLEND (OPTIONAL)

- 1 Add ingredients to the **nutribullet® Cup** in the order listed.
- 2 Screw on the **Easy-Twist Extractor Blade**.
- 3 Blend until smooth.

NUTRITIONIST TIP

When selecting a protein powder, opt for those that use primarily whole food-based ingredients without a lot of additives, fillers, or sweeteners.

* You may need to add more liquid or ice to your smoothies to reach the MAX line for optimal blending.



CAUTION: NEVER blend hot foods or carbonated liquid.

NUTRITION FACTS PER SERVING (calculated without optional ingredients): 210 calories, 12g fat, 25g carbs, 5g fiber, 15g sugar, 5g protein. Swapping any ingredients will alter nutritional content.

PB&J.



SERVES: 1

This flavor favorite is suitable for kids and kids at heart.

- 2 CUPS SPINACH, OR OTHER LEAFY GREENS OF CHOICE (OPTIONAL)
- ½ CUP GRAPES, SEEDLESS
- ½ BANANA, MEDIUM
- 1½ CUPS UNSWEETENED VANILLA ALMOND MILK*
- 2 TBSP PEANUT BUTTER, NO SALT ADDED
- ½ TSP CINNAMON
- ½ CUP ICE*
- 1 SCOOP NUTRIBULLET® VANILLA PLANT-BASED PROTEIN (OPTIONAL)

- 1 Add ingredients to the **nutribullet® Cup** in the order listed.
- 2 Screw on the **Easy-Twist Extractor Blade**.
- 3 Blend until smooth.

PRO TIP

Use frozen grapes and a frozen banana for the ideal icy texture.

* You may need to add more liquid or ice to your smoothies to reach the MAX line for optimal blending.



CAUTION: NEVER blend hot foods or carbonated liquid.

NUTRITION FACTS PER SERVING (calculated without optional ingredients): 340 calories, 21g fat, 37g carbs, 6g fiber, 22g sugar, 10g protein. Swapping any ingredients will alter nutritional content.



Key lime pie.



SERVES: 1

Proving that delicious and nutritious are not mutually exclusive... one recipe at a time.

- 1 CUP SPINACH, OR OTHER LEAFY GREENS OF CHOICE
- 1 BANANA, MEDIUM
- ¼ AVOCADO, MEDIUM
- 2 TBSP PLAIN NONFAT GREEK YOGURT
- 2 TBSP LIME JUICE
- ½ CUP COCONUT WATER*
- 1 CUP UNSWEETENED VANILLA ALMOND MILK*
- 1 TSP HONEY
- 1 TBSP UNSWEETENED COCONUT FLAKES

- 1 Add ingredients to the **nutribullet® Cup** in the order listed.
- 2 Screw on the **Easy-Twist Extractor Blade**.
- 3 Blend until smooth.

* You may need to add more liquid or ice to your smoothies to reach the MAX line for optimal blending.



CAUTION: NEVER blend hot foods or carbonated liquid.

NUTRITION FACTS PER SERVING:

340 calories, 15g fat, 50g carbs, 10g fiber, 25g sugar, 9g protein.
Swapping any ingredients will alter nutritional content.

Almond joy.



SERVES: 1

Yes, this is as good as it sounds.

- 2 CUPS **SPINACH, OR OTHER LEAFY GREENS OF CHOICE**
- 1 **BANANA, MEDIUM**
- 1 **APPLE, MEDIUM**
- 1½ CUPS **UNSWEETENED VANILLA ALMOND MILK***
- 1 TBSP **ALMOND BUTTER, NO SALT ADDED**
- 1 TSP **COCONUT BUTTER**
- 2 TBSP **CACAO NIBS**
- ½ CUP **ICE***
- 1 SCOOP **NUTRIBULLET® CHOCOLATE PLANT-BASED PROTEIN (OPTIONAL)**

- 1 Add ingredients to the **nutribullet® Cup** in the order listed.
- 2 Screw on the **Easy-Twist Extractor Blade**.
- 3 Blend until smooth.

NUTRITIONIST TIP

Designed to be a balanced, fully-satisfying meal, you can pump up the flavor and staying power to this smoothie even more by adding a scoop of chocolate protein powder. Our plant-powered protein offers 35 grams of protein per scoop!

- * You may need to add more liquid or ice to your smoothies to reach the MAX line for optimal blending.



CAUTION: NEVER blend hot foods or carbonated liquid.

NUTRITION FACTS PER SERVING
(calculated without optional ingredients): 510 calories, 27g fat, 67g carbs, 18g fiber, 35g sugar, 11g protein. Swapping any ingredients will alter nutritional content.

Stone fruit smoothie.



SERVES: 1

With peaches, plums, apricots, and cherries, this is practically summertime in a cup!

- 1½ CUPS **KALE, OR OTHER LEAFY GREENS OF CHOICE (OPTIONAL)**
- ½ **PEACH, RIPE, PIT REMOVED**
- 1 **PLUM, RIPE, PIT REMOVED**
- 2 **APRICOTS, PITS REMOVED**
- ½ CUP **CHERRIES, FROZEN**
- ½ CUP **COCONUT WATER***
- 1 CUP **WATER**
- 1 TBSP **CHIA SEEDS**
- ½ CUP **ICE***
- ½ SCOOP **VANILLA PROTEIN BLEND (OPTIONAL)**

- 1 Add ingredients to the **nutribullet® Cup** in the order listed.
- 2 Screw on the **Easy-Twist Extractor Blade**.
- 3 Blend until smooth.

PRO TIP

If fresh apricots aren't available, opt for dried.

- * You may need to add more liquid or ice to your smoothies to reach the MAX line for optimal blending.



CAUTION: NEVER blend hot foods or carbonated liquid.

NUTRITION FACTS PER SERVING
(calculated without optional ingredients): 190 calories, 4.5g fat, 36g carbs, 9g fiber, 27g sugar, 5g protein. Swapping any ingredients will alter nutritional content.



Honey lemon boost.



SERVES: 1

Give yourself some TLC with this immune-supporting smoothie that calls on several anti-inflammatory ingredients.

- 1 CUP DARK LEAFY GREENS OF CHOICE, LIKE SPINACH OR KALE (OPTIONAL)
- ½ LEMON, PEELED
- 1½ CUPS WATER*
- 1 INCH GINGER ROOT, FRESH
- ½ INCH TURMERIC ROOT, FRESH
- 1 TBSP HONEY
- 1 TSP WHOLE FLAX SEEDS
- ½ CUP ICE*

- 1 Add ingredients to the **nutribullet® Cup** in the order listed.
- 2 Screw on the **Easy-Twist Extractor Blade**.
- 3 Blend until smooth.

PRO TIP

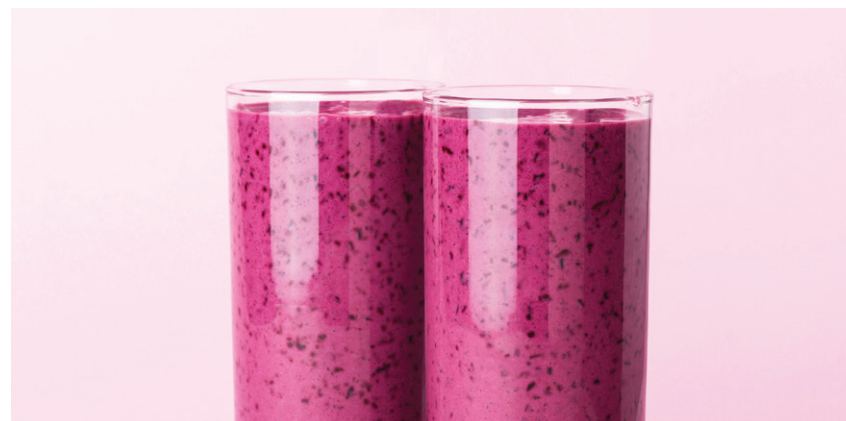
If you don't have fresh turmeric or ginger on hand, the powdered spices will be just fine. Powders are more potent than fresh so less is more. Swap for 1 teaspoon of powdered ginger and ½ teaspoon of powdered turmeric.

* You may need to add more liquid or ice to your smoothies to reach the MAX line for optimal blending.



CAUTION: NEVER blend hot foods or carbonated liquid.

NUTRITION FACTS PER SERVING (calculated without optional ingredients): 100 calories, 1.5g fat, 23g carbs, 2g fiber, 18g sugar, 1g protein. Swapping any ingredients will alter nutritional content.



Berry minty beet.



SERVES: 1

The combination of lime, mint, and sea salt gives this smoothie an added zing that your taste buds will love.

- 1 CUP SPINACH, OR OTHER LEAFY GREENS OF CHOICE
- ½ BEET, MEDIUM
- ½ CUP BLUEBERRIES, FROZEN
- 1 TBSP LIME JUICE
- 1 CUP COCONUT WATER
- 5 MINT LEAVES, FRESH
- 1 TBSP CHIA SEEDS
- PINCH HIMALAYAN SEA SALT
- ½ CUP ICE*
- WATER* TO THE MAX LINE

- 1 Add ingredients to the **nutribullet® Cup** in the order listed.
- 2 Screw on the **Easy-Twist Extractor Blade**.
- 3 Blend until smooth.

NUTRITIONIST TIP

We often hear that "fresh is best," but that's not always the case when it comes to produce. Frozen fruits and veggies are picked at the peak of ripeness so the nutrients are essentially locked in.

* You may need to add more liquid or ice to your smoothies to reach the MAX line for optimal blending.

NUTRITION FACTS PER SERVING: 170 calories, 5g fat, 30g carbs, 11g fiber, 24g sugar, 7g protein. Swapping any ingredients will alter nutritional content.



CAUTION: NEVER blend hot foods or carbonated liquid.



Tropic sunshine smoothie bowl.



SERVES: 1

A bowl so beautiful it's (almost) too pretty to eat.

- ¼ CUP MANGO, FROZEN
- ½ CUP PINEAPPLE, FROZEN
- ¼ BANANA, MEDIUM, FROZEN
- ½ CUP PITAYA, FROZEN
- ½ CUP COCONUT WATER*
- ½ CUP WATER*
- 1 TBSP COCONUT BUTTER
- 1 TBSP CHIA SEEDS
- ¼ CUP ICE*
- OPTIONAL GARNISH:**
UNSWEETENED SHREDDED COCONUT, CHIA SEEDS, FRESH MANGO

- 1 Add ingredients to the **nutribullet® Cup** in the order listed.
- 2 Screw on the **Easy-Twist Extractor Blade** and blend to a smooth consistency.
- 3 Transfer to a bowl and garnish with toppings of your choice, if desired.

* You may need to add more liquid or ice to your smoothies to reach the MAX line for optimal blending.

NUTRITION FACTS PER SERVING
(calculated without optional ingredients): 340 calories, 13g fat, 52g carbs, 14g fiber, 24g sugar, 7g protein. Swapping any ingredients will alter nutritional content.



CAUTION: NEVER blend hot foods or carbonated liquid.

Cold brew.



SERVES: 1

Rise and shine with a smooth blend that tastes almost too good to be true.

- 2 CUPS COLD BREW COFFEE
- ½ CUP OAT MILK*
- 1 TBSP CACAO POWDER
- 1 TBSP MAPLE SYRUP
- 1 CUP ICE*
- OPTIONAL GARNISH:**
CINNAMON, HOMEMADE WHIPPED CREAM (PAGE 26)

- 1 Add ingredients to the **nutribullet® Cup** in the order listed.
- 2 Screw on the **Easy-Twist Extractor Blade**.
- 3 Blend until smooth.
- 4 **Optional:** sprinkle with cinnamon & top with homemade whipped cream.

PRO TIP

For an extra decadent treat, swap out the oat milk for half and half.

* You may need to add more liquid or ice to your smoothies to reach the MAX line for optimal blending.



CAUTION: NEVER blend hot foods or carbonated liquid.

Breakfast.



Oat pancake batter.



SERVES: 6

Your weekend morning meal just got a whole lot easier.

- 2 CUPS OLD FASHIONED OATS
- 1 BANANA, MEDIUM
- 1 EGG, MEDIUM
- ½ CUP OAT MILK
- 2 TBSP MAPLE SYRUP
- ½ TSP BAKING POWDER
- ½ TSP CINNAMON
- OPTIONAL MIX-INS:**
CHOPPED NUTS,
BLUEBERRIES,
CHOCOLATE CHIPS

- 1 Add ingredients to the **nutribullet® Cup**.
- 2 Screw on the **Easy-Twist Extractor Blade** and blend to a smooth consistency.
- 3 Use batter for pancakes or waffles.

PRO TIP

If you're short on time and ingredients, try this 2-ingredient pancake batter recipe: simply blend 1 banana with 2 eggs in your nutribullet®. It's that easy!

NUTRITION FACTS PER SERVING
(calculated without optional mix-in ingredients): 160 calories, 3g fat, 29g carbs, 3g fiber, 8g sugar, 5g protein. Swapping any ingredients will alter nutritional content.



Cocktail.

Cele-rita.



SERVES: 1

Our Chef Mayra's personal favorite, you'll be pleasantly surprised with this cocktail.

1 STALK **CELERY**
1/4 **CUCUMBER,**
MEDIUM,
WITH SKIN
1 1/2 OZ **LIME JUICE**
1 1/2 OZ **TEQUILA**
2 TBSP **AGAVE**
1/4 CUP **ICE**
OPTIONAL
GARNISH:
HIMALAYAN
SEA SALT

- 1 Add ingredients to the **nutribullet® Cup**.
- 2 Screw on the **Easy-Twist Extractor Blade** and blend to a smooth consistency.
- 3 Strain into a chilled salt rimmed glass on the rocks and garnish with sea salt, if desired.

NUTRITION FACTS PER SERVING
(calculated without optional garnish):
250 calories, 0g fat, 39g carbs, 1g fiber,
31g sugar, 1g protein. Swapping any
ingredients will alter nutritional content.

Odds n'
ends.

Salted caramel nice cream.



SERVES: 1

Ridiculously creamy, this may become your new go-to dessert.

- 1 BANANA, FROZEN, MEDIUM
- 1/3 CUP UNSWEETENED VANILLA ALMOND MILK
- 1/4 TSP VANILLA EXTRACT
- 1 MEDJOO DATE, PITTED
- 1/4 TSP COARSE SEA SALT
- 1/4 CUP ICE
- OPTIONAL GARNISH:**
CHOPPED DATES, WALNUTS, & SEA SALT

NUTRITION FACTS PER SERVING
(calculated without optional garnish):
190 calories, 1.5g fat, 46g carbs, 5g fiber,
31g sugar, 2g protein. Swapping any
ingredients will alter nutritional content.

- 1 Add ingredients to the **nutribullet® Cup**.
- 2 Screw on the **Easy-Twist Extractor Blade** and blend to a smooth consistency.
- 3 Transfer to a bowl and garnish with toppings of your choice, if desired.

NUTRITIONIST TIP

Added sugar and naturally occurring sugar are not created equal. The general rule of thumb is to aim for no more than 200 calories (12 tsp) of added sugar per day if you're consuming a 2,000 calorie/day diet. However, the Dietary Guidelines for Americans doesn't have a limit on natural sugar consumption — so, enjoy fruit in all its natural glory.



Whipped cream.



SERVES: 12

Store bought whipped cream doesn't hold a candle to the real stuff. And now, you can make homemade whipped cream in seconds.

- 1 CUP **HEAVY WHIPPING CREAM**
- ¼ TSP **VANILLA EXTRACT**
- ½ TSP **STEVIA**

NUTRITION FACTS PER SERVING:

35 calories, 0g fat, 0g carbs, 0g fiber, 0g sugar, 0g protein. Swapping any ingredients will alter nutritional content.

- 1 Add ingredients into the **nutribullet® Cup**.
- 2 Screw on the **Easy-Twist Extractor Blade** and blend until mixture starts to thicken, being careful not to overmix.

PRO TIP

Add a teaspoon of cacao for mocha flavored whipped cream.



Raspberry vinaigrette.



SERVES: 12

Elevate a simple green salad with a vibrant vinaigrette that highlights sweet, yet tart raspberries.

- ¼ CUP **RASPBERRIES, FRESH**
- ¾ CUP **EXTRA VIRGIN OLIVE OIL**
- ¼ CUP **RED WINE VINEGAR**
- ⅛ CUP **APPLE CIDER VINEGAR**
- 2 TBSP **HONEY**
- 1 SPRIG **THYME**
- 1 TSP **SALT**

NUTRITION FACTS PER SERVING:

130 calories, 14g fat, 3g carbs, 0g fiber, 3g sugar, 0g protein. Swapping any ingredients will alter nutritional content.

- 1 Add ingredients to the **nutribullet® Cup**.
- 2 Screw on the **Easy-Twist Extractor Blade** and blend to a smooth consistency.

nutribullet®

PRO

RECIPE GUIDE.
RECIPE GUIDE.



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striving to improve our products, therefore the specifications
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