



# IMPORTANT SAFEGUARDS & CAUTIONARY INFORMATION

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

## 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 power cord, plug, or power base of blender in water or other liquids.
- The use of attachments not recommended or sold by the manufacturer may cause fire, electric shock, or injury.

- **DO NOT USE THE NUTRIBULLET WITH ANY TYPE OF ADAPTOR OR VOLTAGE CONVERTER DEVICE.**
- **USE OF ADAPTERS AND CONVERTERS IS CONSIDERED AN UNAUTHORIZED MODIFICATION OF THE NUTRIBULLET AND AS SUCH WILL VOID THE WARRANTY. USE OF THE NUTRIBULLET IN AREAS WITH DIFFERENT ELECTRICAL SPECIFICATIONS MAY RESULT IN DAMAGE TO THE PRODUCT.**
- **UNPLUG THE NUTRIBULLET WHEN IT IS NOT IN USE. MAKE SURE THE POWER BASE IS UNPLUGGED BEFORE ASSEMBLING, DISASSEMBLING, ADDING ADDITIONAL PARTS, OR CLEANING.**
- **IF THE POWER BASE DOES NOT STOP AFTER ONE MINUTE, UNPLUG IT AND CALL CUSTOMER SERVICE.**

- Do not pull, twist, or damage the power cord.
- Do not allow the power cord to hang over the side of the counter or table.
- Do not allow the power cord to touch hot surfaces, including stove.
- Periodically inspect the power cord and plug for signs of damage. Never operate any appliance with a damaged power cord or plug.
- If the NutriBullet malfunctions or is dropped, or damaged in any manner, discontinue use and contact Customer Service for further assistance.
- At all times, avoid contact with moving parts.
- Keep hands and utensils away from the cutting 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 the NutriBullet is unplugged.

- **NEVER LEAVE THE NUTRIBULLET UNATTENDED WHILE IT IS IN USE.**
- **CLOSE SUPERVISION IS NECESSARY WHEN USED BY OR NEAR CHILDREN.**
- To prevent overheating, never allow the motor to run for more than one minute at a time, as this may cause damage to the motor as well as increase the thermal pressure inside the cup which can cause personal injury.
- If the motor stops for any reason, unplug the Power Base and let it cool for at least an hour as this will reset the internal thermal breaker.
- To reduce the risk of injury and leakage, make sure the blade base is securely screwed onto the cup before placing it on the Power Base and operating the NutriBullet.
- Do not use NutriBullet outdoors. Do not allow the NutriBullet to be exposed to inclement weather elements such as rain or other wet conditions.
- **BLADES ARE SHARP. HANDLE CAREFULLY.**
- **NEVER INSERT THE BLADE INTO THE POWER BASE WITHOUT FIRST ATTACHING THE CUP.**
- Check gasket to make sure it is completely seated in the cross blade before each use.
- The NutriBullet is not intended for use in microwave ovens. Do not place the NutriBullet cups, power base or any accessories in a microwave as this may result in damage to its various parts.
- To reduce the risk of personal injury or damage to the device, keep hands and utensils away from the cutting blade.
- Never blend carbonated beverages. Built-up pressure from released gases can cause the sealed cup to burst, resulting in possible injury.
- **Do not put hot liquids in any of the blending vessels before blending. Start with cool or room temperature ingredients. Heated ingredients can create internal pressure in a sealed blending vessel, which may erupt on opening and cause thermal injury. When opening vessels after extraction, possible pressure may be released. Make sure the vessel is pointing away from the body when opening the cup and blade assembly.**
- **CAUTION! Friction from the rotating blade can cause ingredients to heat and generate internal pressure in the sealed vessel. Do not continuously operate for more than one minute. If the vessel is warm to touch, allow it to cool before carefully opening it pointed away from your body.**
- **Never permit any blended mixture to sit inside a sealed vessel without first releasing internal pressure.**

- **Do not allow blended mixtures to sit for long periods of time in a sealed container. The sugars in the fruit and vegetables can ferment, creating gas and causing pressure to build up and expand in the vessel which can cause ingredients to burst and spray out when moved or opened.**
- Never use the NutriBullet to blend ingredients without adding liquid in as doing so may damage the blade.
- The cyclonic action of your NutriBullet requires the use of liquids to make NutriBlasts and other nutritious beverages. The NutriBullet is not intended to be used as an ice crusher, and not without liquids. To make a delicious cold NutriBlast, we suggest that you use frozen fruit and chilled liquids. Alternatively, you may add crushed ice, up to 25% of the total cup volume, with water or other liquid filled up to the “MAX” line. Do not crush ice or other hard items without liquid, as such prolonged use over time may dull or damage the blades. Always inspect your blades before each use.
- Never remove the cup and blade assembly from the power base until the motor comes to a complete stop. Removing the cup/blade assembly while the power base is still running may cause damage to the blade coupling or motor gear.

### **WARNING: VENTILATION CAUTION**

- **Always operate the NutriBullet 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 NutriBullet 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, dish towels, or place mats.**

## **SAVE THESE INSTRUCTIONS FOR HOUSEHOLD USE ONLY**

### **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: APPLE SEEDS, APRICOT SEEDS, CHERRY PITS, PLUM PITS, AND PEACH PITS.**

### **CLEANING SAFEGUARDS**

- **RINSE BLADES (AND CUPS) IMMEDIATELY AFTER USE TO PREVENT DEBRIS FROM DRYING AND STICKING TO VESSELS — IF NECESSARY, USE A DISH BRUSH TO LOOSEN ANY DEBRIS.**
- **HAND WASH ONLY WITH MILD DISH SOAP AND WARM WATER (NOT HOT).**
- **DRY IMMEDIATELY.**
- **FOR TOUGH DEBRIS, FILL THE CUP ½ FULL WITH WARM (NOT HOT), MILD SOAPY WATER. THEN, SIMPLY TWIST ON THE BLADE, POP IT ON THE BASE AND GIVE IT A RUN FOR 30-45 SECONDS. FOLLOW UP WITH A QUICK BRUSH.**
- **DO NOT PUT THE BLADES IN THE DISHWASHER AS ELEVATED TEMPERATURES CAN DAMAGE GASKETS. SIMPLY HAND WASH WITH WARM, MILD SOAPY WATER.**
- **THE NUTRIBULLET CUPS CAN BE WASHED ON THE TOP RACK OF THE DISHWASHER USING THE NORMAL (NOT SANITIZE) CYCLE. THE NUTRIBULLET CUPS AND BLADES SHOULD NOT BE IMMERSED IN BOILING WATER FOR ANY REASON AS THIS WILL WARP THE PLASTIC AND DAMAGE THE GASKET.**
- **WHEN WASHING BLADES, DO NOT ATTEMPT TO REMOVE THE GASKET RING. SIMPLY HAND WASH THE BLADES IN WARM, MILD SOAPY WATER. IF NECESSARY, USE A DISH BRUSH TO LOOSEN DEBRIS. IF DESIRED, THE BLADE AND GASKET MAY BE FURTHER DISINFECTED BY RINSING IN A 10% DILUTED SOLUTION OF WHITE VINEGAR AND WATER OR USE LEMON JUICE. ATTEMPTED REMOVAL OF THE GASKET MAY PERMANENTLY DAMAGE THE BLADE CONFIGURATION AND CAUSE LEAKAGE. IF IN TIME A GASKET COMES LOOSE OR DAMAGED, PLEASE CONTACT CUSTOMER SERVICE FOR A NEW BLADE.**

# CLEANING THE NUTRIBULLET

Everyone hates cleaning up, which is just one more reason the NutriBullet is such a wonderful time saver.

## WARNING:

- ALWAYS UNPLUG THE NUTRIBULLET WHEN CLEANING OR ASSEMBLING.

Cleaning the NutriBullet is so easy... simply place any of the pieces (except for the power base and blades) on the top shelf of the dishwasher or hand wash with warm soapy water and rinse.

## WARNING:

DO NOT WASH THE BLADES IN THE DISHWASHER. THE NUTRIBULLET CUPS CAN BE WASHED IN THE DISHWASHER BUT ONLY ON THE TOP RACK USING THE NORMAL (NOT SANITIZE) CYCLE. THE NUTRIBULLET CUPS AND BLADES SHOULD NOT BE IMMERSSED IN BOILING WATER FOR ANY REASON AS THIS WILL WARP THE PLASTIC AND DAMAGE THE GASKETS.

## STUBBORN CLEANUP

If ingredients dry inside the NutriBullet, make your cleanup a snap by filling the cup about  $\frac{3}{4}$  full with warm soapy water and screw on the Extractor Blade. Place the cup assembly on the NutriBullet, power base for about 20-30 seconds. This will loosen the stuck ingredients, and with a light scrub, you'll be all done.

## CLEANING THE NUTRIBULLET POWER BASE

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

Here's how to clean it up.

**Step 1:** The most important thing is to UNPLUG the power base before cleaning!

**Step 2:** Make sure the blade is not attached to the power base.

**Step 3:** 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.

- Never put your hands or utensils near the moving blade and never use your hands or utensils to press the activator buttons down while the power base is plugged in.

# SAVE THESE INSTRUCTIONS FOR HOUSEHOLD USE ONLY

## STAINLESS STEEL VESSEL WARNINGS:

- NEVER BLEND HOT LIQUIDS OR FOOD.
- NEVER BLEND FOR MORE THAN ONE MINUTE AS CONTENTS CAN HEAT AND ERUPT UNDER PRESSURE.
- DO NOT OPEN UNTIL BLADES STOP.
- DO NOT EXCEED THE MAX LINE WHEN FILLING THE CUPS WITH INGREDIENTS. THE MAX LINE IS LOCATED INSIDE THE VESSEL.

## PITCHER WARNINGS\*:

*\*For use with NutriBullet MAX, U.S. version only.*

- ALWAYS USE THE VENTED TWO-PIECE LID WHILE OPERATING THE NUTRIBULLET WITH THE PITCHER.
- DO NOT EXCEED THE MAX LINE.
- ALWAYS ATTACH THE BLADE TO THE PITCHER AND HAND TIGHTEN TO PREVENT LEAKAGE.
- DO NOT REMOVE LID DURING PROCESSING.
- DO NOT ADD INGREDIENTS DURING PROCESSING. WAIT UNTIL MOTOR STOPS COMPLETELY, REMOVE THE PITCHER FROM THE POWER BASE BEFORE REMOVING THE LID. AFTER THE PITCHER HAS BEEN REMOVED FROM THE POWER BASE, THE LID MAY BE CAREFULLY REMOVED AND ADDITIONAL INGREDIENTS ADDED.
- WAIT AT LEAST 2 MINUTES BETWEEN BLASTING CYCLES.
- KEEP HANDS AND UTENSILS AWAY FROM THE LID OPENING AND /OR CUTTING BLADE WHILE CHOPPING OR BLENDING FOOD TO REDUCE THE RISK OF SEVERE INJURY OR DAMAGE TO THE DEVICE. A SCRAPER MAY BE USED BUT ONLY WHEN THE NUTRIBULLET IS NOT RUNNING AND PITCHER HAS BEEN REMOVED FROM THE POWER BASE..
- BLADES ARE SHARP! HANDLE CAREFULLY. USE CARE WHILE HANDLING THE BLADES NOT TO TOUCH THE BLADE EDGES TO AVOID INJURY.
- KEEP HANDS AWAY FROM BLADES. USE CARE WHEN HANDLING BLADES.
- USE CAUTION WHEN OPENING AND POURING FROM PITCHER.

TASK	ITEM	TIME	WEIGHT
Blending	Smoothies, vegetables, fruits, nuts	1 minute	9-81g
Chopping	Tomatoes, olives, salsa	Remove cup after 4-5 seconds	90g
Grinding	Grain	30 seconds or 20-30 seconds	700g for NutriBullet Power 800g for NutriBullet Max
Ice Crushing	Ice	Remove cup after 4-5 seconds	108g

**NUTRiBULLET®**

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**USER GUIDE & RECIPE BOOK**

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# 12 INTRODUCTION

For busy, active people, good nutrition is a prime concern. Eating wholesome, high quality food ensures you operate at the highest level, whether on the field, in the boardroom, in the classroom, or at home. The problem that so often presents itself, however, is that unprocessed whole food requires more preparation than packaged convenience food—taking time and energy that many don't have in their already busy lifestyles.

Enter the NutriBullet. More than a blender and more than a juicer, the NutriBullet is a powerful nutrition extractor that uses patented technology to transform nutrient-dense greens, vegetables, fruits, nuts, seeds, and other healthful foods into silky-smooth, super-portable NutriBlast smoothies. When enjoyed as a meal replacement or a snack,

NutriBlasts provide all the sustenance of whole fruits and vegetables—fiber, pulp, seeds, and skins included—without any peeling, dicing, slicing, or even chewing, saving you the time, energy, and cleanup required of traditional food preparation.

Prioritizing nutrition doesn't have to be inconvenient. Create fast, nourishing meals and snacks with the NutriBullet, and see what happens when you start giving your body the fuel it deserves. We're confident you'll be blasting for a long time to come.

NutriBullet

*Long live you.*

# GLOSSARY OF TERMS

There's a lot of frequently used terminology in the NutriBullet universe. If you're having trouble distinguishing your Bullet from your Blast, let this list offer some guidance.

## NUTRIBLAST

Or "Blast" for short is the nutrient-extracted drink made in your NutriBullet. Blasts are designed to increase the amount of produce you consume in your daily diet, fitting an average of 5-7 servings of vegetables and fruits into just one beverage.

## NUTRIENT EXTRACTION

Nutrient Extraction is the process by which whole food ingredients are converted into NutriBlasts in the NutriBullet. Engineered to create the most nutritionally dense drinks possible, the extraction process transforms even the toughest ingredients into a silky-smooth consistency. Unlike blenders and juicers, the NutriBullet gives you the health benefits of eating the whole fruit and/or vegetable—fiber, pulp, seeds, skins, and all—via nutrient extraction. Nothing is left behind.

## CYCLONIC ACTION

Cyclonic Action is the patented spinning movement generated by the NutriBullet's components. When Power Base meets Extractor Blade meets Contained Vessel (Colossal Cup) meets gravity, the result is a mini-cyclone that evenly distributes ingredients to the spinning blade, creating the unique silky-smooth extracted texture of your NutriBullet.

**Check out [NutriLiving.com](https://www.nutriliving.com)**  
for NutriBlast recipes, articles,  
nutrition Q&A, and special offers.







## SUPERFOOD

On a basic level, we use the word *superfood* to refer to any food with an exceptional nutritional profile. For example, kale is often considered a superfood due to its nutritional density per relatively small portion. One cup of kale contains over 200% of the recommended daily amount (RDA) of Vitamin A needs and over 100% the RDA of Vitamin C, plus fiber and antioxidants. Other foods we consider to be superfoods include maca, cacao, blue and green algae like spirulina and chlorella, avocado, walnuts, chia seeds, and blueberries, among others.

## NUTRIBULLET SUPERFOOD BLENDS

The NutriBullet SuperFood Blends are pre-packaged mixtures of 100% organic superfoods sourced from around the world. Most blends are formulated to support a particular health focus, containing ingredients whose nutrients are known to be beneficial for specific bodily processes. For example, the SuperFood Fat Burning Boost® is made from foods linked with thermogenic (fat burning), metabolism-boosting, and satiating properties like green tea, cayenne pepper, inulin, chia, and cinnamon. Other blends include the SuperFood Cleansing Greens™, SuperFood Protein Blend®, SuperFood Healthy Gut™, and the SuperFood Beauty Boost™, among others.



Check out [NutriLiving.com/shop/SuperFoods](https://NutriLiving.com/shop/SuperFoods) for product information and ordering.





**Check out  
NutriLiving.com**  
for recipes, advice, Q&A  
from our NutriBullet  
Registered Dietitians, and  
forums that connect you  
with fellow **NutriBullet**  
followers!



## NUTRIBULLET RECIPES APP

*Delicious Smoothies at Your Fingertips*

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 everything you need to achieve your personal health goals.

## NUTRILIVING

Found at **NutriLiving.com**, NutriLiving is a one-stop healthy lifestyle resource founded by NutriBullet in 2012. Equipped with thousands of health articles, NutriBlast smoothie recipes, professional Q&A forums, and so much more, the content on NutriLiving addresses a multitude of topics including women's health, men's health, weight control, digestion, inflammation, and more to help guide your health and fitness lifestyle.

NutriLiving also houses the NutriBullet online store, where you can order all models of NutriBullet nutrient extractors and blenders, as well as the full line of NutriBullet SuperFood Blends. **NutriLiving members get 10% off and free shipping in the shop, on all orders, and membership is free.** All you need to do is sign up!

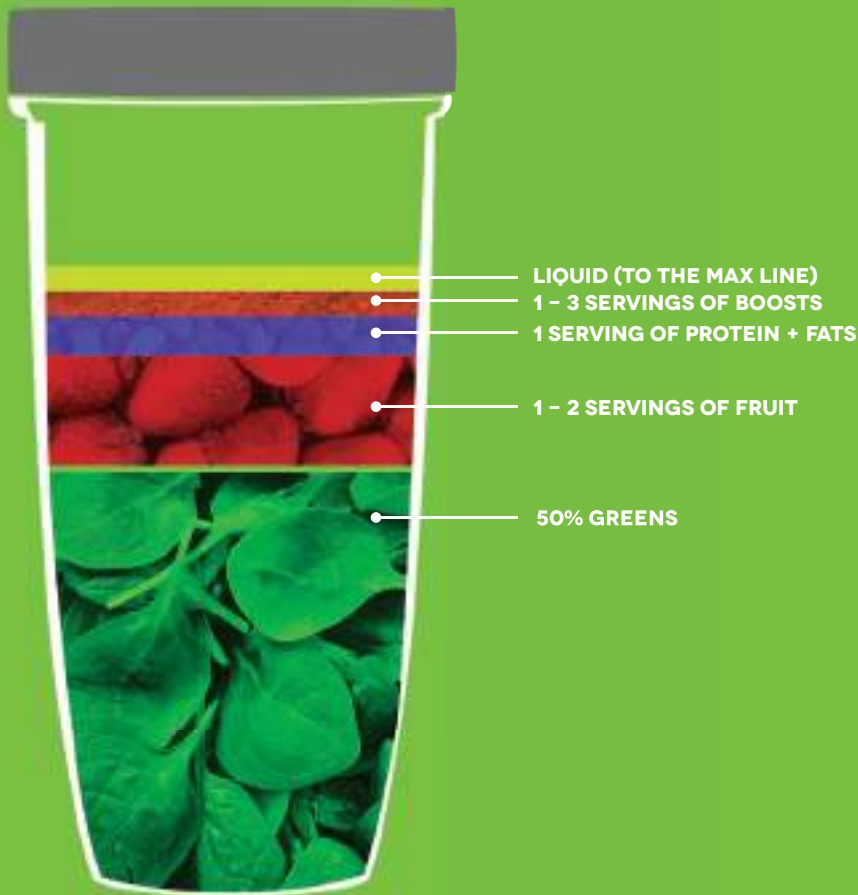
**Sign up today!**





# BUILDING A BLAST

You can't make a Blast without ingredients! NutriBlasts are super simple to assemble, but it is important to incorporate a variety of vegetables, fruits, nuts, seeds, and other superfoods to ensure you're getting a wide array of nutrients, especially if you plan to drink one every day. In general, especially when starting out, we recommend using the following formula to build your Blast:



## LIQUID TO THE MAX LINE

- Unsweetened almond or cashew milk
- Water
- Other non-dairy alternative
- Green or herbal tea (brewed and chilled)
- 100% cold-pressed greens juice (*no fruit*)

## 1-3 SERVINGS OF "BOOSTS"

- SuperFood SuperBoosts
- Lemon or lime juice
- Herbs and spices (cinnamon, fresh mint, fresh basil,
- fresh cilantro, ground ginger or turmeric, fresh ginger or turmeric root)
- Other superfood powders like cacao,
- maca, chlorella, or spirulina
- High quality protein powder

## 1 SERVING OF HEALTHY FAT

- 1-2 Tbsp. nut butter
- 1-2 Tbsp. chia seeds
- 1-2 Tbsp. flax seeds
- 1-2 Tbsp. pumpkin or sunflower seeds
- ¼ to ½ avocado, pitted
- 2 Tbsp. shredded coconut
- 1 Tbsp. coconut, flax, or olive oil
- ¼ cup nuts

## 1-2 SERVINGS OF FRUIT

- 1 serving of fruit =**
- 1 banana
- 1 medium apple
- 1 medium pear
- 1 medium peach/plum
- 1 cup berries,
- 1 cup mango chunks
- 1 cup pineapple chunks
- ¾ cup pitted cherries
- 1 orange
- 2 mandarin or clementine oranges

## 50% DARK LEAFY GREENS

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



## BLASTING ON THE GO?

Keep your NutriBlast smoothies cold for up to 8 hours with the travel-friendly Stainless Steel Vessel! Simply extract your NutriBlast in the Stainless Steel cup and go.

**Stays COLD  
for up to  
8 HRS!**



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**NOTE:** If you're Blasting in the Pitcher (only available with select NutriBullet Max models), simply double ingredients. This will make two full NutriBlast servings.

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# RECIPES 25



# VEGGIE-FUL BLASTS

## LETTUCE GLOW

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SERVES: 1

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### INGREDIENTS:

½ Colossal/Steel Cup romaine  
lettuce  
½ red bell pepper  
1 carrot, trimmed  
1 stalk celery, trimmed  
5 cherry tomatoes  
1 tsp ground turmeric, or  
1 ½-inch chunk fresh  
turmeric root  
½ lemon, peeled  
1 Tbsp. chia seeds  
1 Tbsp. extra virgin olive oil  
½ tsp. Himalayan salt  
¼ tsp. Fresh Ground pepper  
Water to the MAX Line





## BASIL BOUNTY

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**SERVES:** 1

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### INGREDIENTS:

½ Colossal/Steel Cup spinach  
5 leaves fresh basil  
¼ avocado  
1 cucumber, roughly chopped  
1 Tbsp. virgin coconut oil  
1 lime, peeled  
Water to the MAX LINE

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**NOTE:** *If you're Blasting in the Pitcher (only available in select NutriBullet Max models), simply double ingredients. This will make two full NutriBlast servings.*

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**Check out [NutriLiving.com](https://www.nutriliving.com)**  
for more NutriBlast recipes, plus articles,  
nutrition Q&A, and special offers.

## SWISS BEETS

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**SERVES: 1**

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**INGREDIENTS:**

½ Colossal/Steel Cup Swiss  
Chard  
½ cup frozen peas  
¼ avocado  
1 2-inch chunk fresh beetroot  
6 leaves fresh mint  
Water to the MAX LINE







## TAKE CARROT

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**SERVES: 1**

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### INGREDIENTS:

½ Colossal/Steel Cup kale  
3 carrots, trimmed and peeled  
¾ cup blueberries  
½ cup cooked sweet potato  
½ lemon, peeled  
1 tsp. ground ginger, or 1  
    ½-inch chunk fresh ginger  
    root  
1 Tbsp. cashew butter  
½ tsp. Himalayan salt  
Water to the MAX LINE

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## PEPPER POP

SERVES: 1

### INGREDIENTS:

- ½ Colossal/Steel Cup Swiss chard
- 1 red pepper, seeds and stems removed
- ½ cup cooked sweet potato
- 1 clove garlic
- 1 Tbsp. extra virgin olive oil
- 1 Tbsp. almond butter
- ½ Tbsp. fresh thyme
- ½ tsp. Himalayan salt
- ¼ tsp. cayenne pepper (Optional)
- Unsweetened almond milk to the MAX LINE

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## CACAOVACADO

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**SERVES: 1**

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### **INGREDIENTS:**

½ Colossal/Steel Cup spinach  
¼ avocado  
⅓ cup frozen peas  
½ cucumber, cut into chunks  
2 Tbsp. vanilla protein powder  
(NutriBullet Superfood Protein Blend)  
1 Tbsp. almond butter  
1 Tbsp. raw cacao powder  
Unsweetened almond milk to the  
MAX LINE

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## PERFECT PARSLEY

**SERVES: 1**

**INGREDIENTS:**

½ Colossal/Steel Cup romaine  
1 cucumber, chopped  
½ avocado  
⅓ cup chopped parsley  
½ lemon, peeled  
Water to MAX LINE







## GREEN TO THE LAST DROP

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**SERVES: 1**

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**INGREDIENTS:**

½ Colossal/Steel cup spinach  
⅓ cup frozen edamame  
¼ avocado  
2 stalks celery, trimmed  
1 Persian cucumber  
1 handful fresh cilantro or parsley  
1 lime, peeled  
1 Tbsp. NutriBullet SuperFood Cleansing Greens (optional)  
Water to MAX LINE

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# FRUIT- FORWARD BLASTS

## BANANA BONANZA

SERVES: 1

### INGREDIENTS:

½ Colossal/Steel Cup collard  
greens or Swiss chard  
1 banana, frozen  
½ cup blueberries  
1 Tbsp. oats  
1 Tbsp. cashew butter  
1 tsp. cinnamon  
Unsweetened almond milk to  
MAX LINE







## WATERMELON COOLER

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**SERVES: 1**

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### INGREDIENTS:

½ Colossal/Steel Cup spinach  
1 cup watermelon chunks  
½ cup frozen mango  
6 mint leaves  
1 lime, peeled  
Water or coconut water to  
MAX LINE

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**NOTE:** If you're Blasting in the Pitcher (only available in select NutriBullet Max models), simply double ingredients. This will make two full NutriBlast servings.

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## WHEN BERRY MET CELERY

**SERVES: 1**

**INGREDIENTS:**

½ Colossal/Steel Cup kale  
1 cup frozen strawberries  
½ cup frozen blueberries  
½ cup frozen pineapple  
1 stalk celery, trimmed  
½ -inch chunk ginger root  
Water or coconut water to  
MAX LINE

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## MINT CHOCOLATE CHILLER

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**SERVES: 1**

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### INGREDIENTS:

- ½ Colossal/Steel Cup spinach
- 1 banana, frozen
- 2 Tbsp. NutriBullet SuperFood Protein Blend or other vanilla flavored protein powder
- 1 Tbsp. almond butter
- 2 tsp. raw cacao
- ½ tsp. peppermint extract
- Unsweetened almond milk to MAX LINE

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**NOTE:** *If you're Blasting in the Pitcher (only available in select NutriBullet Max models), simply double ingredients. This will make two full NutriBlast servings.*

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## ROOTY QUEEN

SERVES: 1

### INGREDIENTS:

½ Colossal/Steel Cup kale

1 banana

1-inch chunk fresh beetroot

½-inch chunk fresh ginger

½-inch chunk fresh turmeric  
root

½ Tbsp. coconut oil

1 Tbsp. chia seeds

1 tsp. cinnamon

Unsweetened almond milk to  
MAX LINE





## PLEASURE AND PAPAIN

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**SERVES: 1**

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### **INGREDIENTS:**

½ Colossal/Steel Cup Swiss  
Chard  
1 cup frozen pineapple  
½ cup frozen mango  
½ cucumber  
¼ avocado  
1 Tbsp. NutriBullet SuperFood  
Healthy Gut Formula or  
unsweetened shredded  
coconut  
Coconut water to MAX LINE

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**NOTE:** *If you're Blasting in the Pitcher (only available in select NutriBullet Max models), simply double ingredients. This will make two full NutriBlast servings.*

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## BLACK FOREST BLAST

SERVES: 1

### INGREDIENTS:

½ Colossal/Steel Cup collard  
greens or kale  
1 cup frozen unsweetened cherries  
½ banana  
1 Tbsp. oats  
1 Tbsp. almond butter  
2 Tsp. raw cacao  
unsweetened vanilla almond milk  
to MAX LINE







## CITRUS REFRESH

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**SERVES: 1**

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**INGREDIENTS:**

½ Colossal/Steel Cup Spinach  
½ grapefruit, peeled  
1 small orange, peeled  
½ lime, peeled  
¼ avocado  
2 tsp. NutriBullet SuperFood  
Beauty Boost (optional)  
Water or Coconut Water to  
MAX LINE

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**NOTE:** *If you're Blasting in the Pitcher (only available in select NutriBullet Max models), simply double ingredients. This will make two full NutriBlast servings.*

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## RUBY TUESDAY

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**SERVES: 1**

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**INGREDIENTS:**

½ Colossal/Steel Cup spinach  
4 frozen strawberries  
½ cup red grapes  
½ cup frozen unsweetened  
cherries  
1-inch chunk fresh beetroot  
½ lemon, peeled  
1 Tbsp. chia seeds  
1 Tbsp. cashew butter  
Water or chilled green tea to  
MAX LINE

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## COLADA COOLER

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**SERVES: 1**

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### **INGREDIENTS:**

½ Colossal/Steel Cup spinach  
½ banana  
½ cup frozen mango  
½ cup frozen pineapple  
1 Tbsp. NutriBullet SuperFood  
Healthy Gut Formula or  
unsweetened shredded  
coconut  
1 Tbsp. coconut butter  
Coconut water to MAX LINE

---

**NOTE:** *If you're Blasting in the Pitcher (only available in select NutriBullet Max models), simply double ingredients. This will make two full NutriBlast servings.*

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## APPLE SNAP

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**SERVES: 1**

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**INGREDIENTS:**

½ Colossal/Steel Cup Swiss  
chard  
1 apple, core removed  
1 Tbsp. oats  
1 Tbsp. peanut butter  
1 Tbsp. NutriBullet SuperFood  
Protein Blend or other  
vanilla flavored protein  
powder  
1 tsp. cinnamon  
Unsweetened almond milk to  
MAX LINE





## BERRY TREASURE

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**SERVES: 1**

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### INGREDIENTS:

½ Colossal/Steel Cup Swiss chard  
½ cup frozen blueberries  
½ cup frozen raspberries  
5 frozen strawberries  
2 Tbsp. NutriBullet SuperFood  
Protein Blend or other vanilla  
protein powder  
1 Tbsp. cashew butter  
Coconut water to MAX LINE

---

**NOTE:** *If you're Blasting in the Pitcher (only available in select NutriBullet Max models), simply double ingredients. This will make two full NutriBlast servings.*

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**Check out [NutriLiving.com](https://www.nutriliving.com)**  
for more NutriBlast recipes, plus articles,  
nutrition Q&A, and special offers.



## TRUE BLUE

**SERVES: 1**

**INGREDIENTS:**

½ Colossal/Steel Cup kale  
1 cup frozen blueberries  
½ cup frozen mango  
½ cucumber  
2 tsp. NutriBullet SuperFood  
Beauty Boost (optional)  
1 Tbsp. almond butter  
Unsweetened almond milk to  
MAX LINE







## PEANUT BUTTER JELLY TIME

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**SERVES: 1**

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### **INGREDIENTS:**

- ½ Colossal/Steel Cup spinach
- 1 banana, frozen
- ½ cup red grapes
- 1 Tbsp. NutriBullet SuperFood Protein Blend or other vanilla protein powder
- 1 Tbsp. unsweetened, unsalted peanut butter
- ½ tsp. cinnamon
- Unsweetened almond milk to MAX LINE

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**NOTE:** *If you're Blasting in the Pitcher (only available in select NutriBullet Max models), simply double ingredients. This will make two full NutriBlast servings.*

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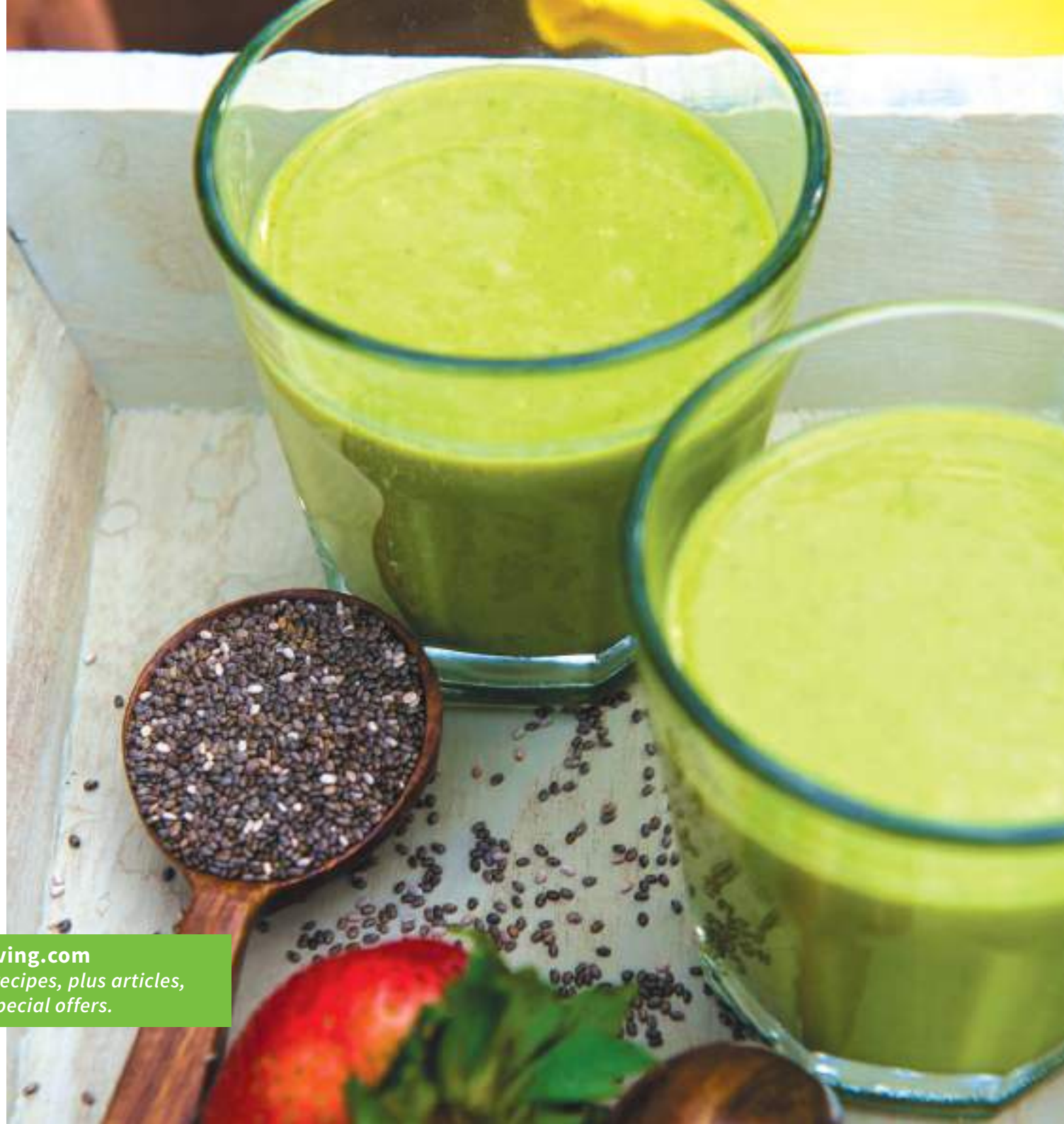
## GARDEN VARIETY

SERVES: 1

### INGREDIENTS:

½ Colossal/Steel Cup kale  
½ banana  
1 clementine, peeled  
3 frozen strawberries  
½-inch chunk fresh ginger  
root  
1 Tbsp. chia seeds  
1 Tbsp. SuperFood Cleansing  
Greens (optional)  
Unsweetened almond milk to  
MAX LINE

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# DIPS, SNACKS, AND DESSERTS

## THAI PEANUT SAUCE

### INGREDIENTS:

*1 Tbsp. soy sauce or Bragg's  
Liquid Aminos*  
*1/3 cup unsweetened, unsalted  
creamy peanut butter*  
*1/2 cup unsweetened coconut  
milk (the kind in the carton,  
not the can)*  
*1 Tbsp. honey*  
*1 clove garlic, peeled*  
*½ tsp. chili flakes*  
*½ tsp. salt*

### DIRECTIONS:

Add all ingredients to the Colossal/Steel Cup and extract until fully combined. Use as a topping for spiralized vegetable “noodles,” actual noodles, or rice, or as a dip for sliced vegetables and spring rolls. You can adjust the thickness by modifying the amount of coconut milk you add.



## CHOCOLATE CHIA PUDDING

### INGREDIENTS:

2 Tbsp. chia seeds  
2 Tbsp. raw cacao powder  
2 Tbsp. raw, organic honey  
½ tsp. vanilla extract  
¾ cup unsweetened almond milk

**NOTE:** If you're Blasting in the Pitcher (only available in select NutriBullet Max models), simply double ingredients. This will make two full NutriBlast servings.

### OPTIONAL TOPPINGS:

cacao nibs, coconut flakes,  
chopped nuts, fresh  
berries, etc

### DIRECTIONS:

Add all ingredients to the Colossal/Steel Cup and extract until smooth. Twist stay-fresh lid onto the cup and chill for at least 1-2 hours in the fridge. Transfer to a serving dish and garnish with desired toppings.

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## CHERRY VANILLA CHIA PUDDING

### INGREDIENTS:

*2 Tbsp. chia seeds*

*4 frozen cherries*

*1 ½ Tbsp. organic maple syrup*

*1 tsp. lemon juice*

*Seeds from ½ vanilla bean pod*

*OR ½ tsp. vanilla extract*

*¼ cup unsweetened almond milk*

### DIRECTIONS:

Add all ingredients to the Colossal/Steel Cup and extract until smooth. Twist stay-fresh lid onto the cup and chill for at least 1-2 hours in the fridge. Transfer to a serving dish and garnish with desired toppings.



## BANANA ICE CREAM

**MAKES:** 1-2 servings

### INGREDIENTS:

*2 bananas, peeled, sliced, and  
frozen in a freezer bag for at  
least 6 hours*  
2 Tbsp. almond milk

### OPTIONAL FLAVOR ENHANCERS:

1 Tbsp. nut butter of your choice  
1 Tbsp. raw cacao powder  
2 tsp. maca Powder  
1 tsp. cinnamon  
½ tsp. vanilla extract

### OPTIONAL MIX-INS AND TOPPINGS:

2 Tbsp. cacao nibs  
2 Tbsp. chopped nuts  
2 Tbsp. chocolate chips  
1 Tbsp. shredded coconut  
Fresh berries

### DIRECTIONS:

Add frozen banana, almond milk, and desired flavor enhancers to the NutriBullet Colossal/Steel Cup. Extract until smooth.

Transfer to a serving bowl and add desired mix-ins and toppings.



## HELPFUL RESOURCES



### NUTRILIVING

Looking for more? NutriLiving.com has hundreds of Blast recipes, as well as articles, Q&A forums with our team of registered dietitians, true-life NutriBullet success stories, and NutriBullet's online store. Register as a NutriLiving member and get 10% off of all online orders, plus direct access to dietitians, saved recipe logs, health assessments and NutriLiving community boards!



### NUTRIBULLET RECIPES APP

*Delicious Smoothies at Your Fingertips*

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 everything you need to achieve your personal health goals.



### NUTRIBULLET UNIVERSITY

A HANDS ON EDUCATION AND HEALTHY EATING EXPERIENCE FOR STUDENTS

See how our 90-day program is transforming the way kids look at whole foods. A portion of every NutriBullet sold funds the NutriBullet University school program.

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