

**VEGGIE  
BULLET™**



# **VEGGIE BULLET COOKBOOK**

HEALTHY ♡ CONVENIENT ♡ DELICIOUS









# VEGGIE BULLET™ COOKBOOK

HEALTHY 🌿 CONVENIENT 🌿 DELICIOUS

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# IMPORTANT SAFEGUARDS & CAUTIONARY INFORMATION

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

**SAVE INSTRUCTIONS FOR FUTURE REFERENCE.**

**Any person using this appliance should carefully read this  
instruction manual and exercise appropriate caution.**

**CAUTION! SHREDDER, SLICER, AND SPIRALIZER BLADES ARE EACH  
EXTREMELY SHARP! TO AVOID CUTS OR LACERATIONS, CAREFULLY HANDLE  
BLADE DISCS USING CIRCULAR FINGER GRIPS. USE A BRUSH TO SCRUB  
BLADES; DO NOT TOUCH BLADES WITH BARE HANDS.**

- **FOR ADULT USE ONLY. NEVER LEAVE VEGGIE BULLET UNATTENDED AROUND  
YOUNG CHILDREN. ALWAYS UNPLUG POWER BASE WHEN NOT IN USE.**
- **WARNING: TO PROTECT AGAINST ELECTRICAL SHOCK, NEVER IMMERSE  
MOTOR BASE, POWER CORD, OR POWER PLUG IN WATER OR ANY LIQUID.**
- **NEVER ATTEMPT TO OVERRIDE POWER INTERLOCK SWITCH. BEFORE EACH  
OPERATION, ASSURE SHOOTER OR SPIRALIZER BASE IS SECURELY LOCKED  
ON TO MOTOR BASE, THE LID IS PROPERLY ATTACHED AND LATCHED, AND  
THAT THE HINGE-PIN IS CLOSED.**
- **NEVER OPERATE VEGGIE BULLET NEAR EDGE OF COUNTER OR WITH POWER  
CORD DANGLING IN REACH OF YOUNG CHILDREN. NEVER OPERATE NEAR HEAT  
SOURCES LIKE A STOVE, WHICH CAN DAMAGE THE UNIT OR POWER CORD.**
- **CAREFULLY INSPECT POWER CORD AND ENTIRE UNIT FOR DAMAGE  
BEFORE EACH USE. IF DAMAGE IS DETECTED, UNPLUG UNIT AND CONTACT  
CUSTOMER SERVICE.**

- The Veggie Bullet has an automatic power cut-off time of 1 minute to prevent damage to the motor via overheating. If you need to power the Veggie Bullet for longer than one minute, simply press the Power Button again after the machine has automatically powered off. This will re-start the motor. It is recommended to wait at least 30 seconds before re-starting the motor after it automatically powers off.

- If the motor overheats, the Veggie Bullet will go into Motor Protection Mode. This causes the motor to shut down until it has cooled — protecting your Veggie Bullet from permanent damage.
- If your Veggie Bullet goes into **Motor Protection Mode** you need to:
  - **UNPLUG THE POWER-BASE** to reset the motor, wait 30 to 60 minutes for the motor to cool down.
  - Use a spoon to REPOSITION THE FOOD that caused the overheating and when motor has cooled, plug the unit back in and try again.
- **SUPERHEATED WATER** – Liquids such as water, coffee, tea or soups when microwaved are able to be overheated beyond the boiling point without appearing to be boiling. Visible bubbling or boiling when the container is removed from the microwave or from the stove is not always present. **This could result in very hot liquids. Never microwave any component of the Veggie Bullet. Moreover, do not pour hot liquids or hot ingredients into any Veggie Bullet component as this can cause damage to the unit and can present the potential risk of burn injuries to the user.**

## **WARNING: VENTILATION CAUTION**

- **ALWAYS OPERATE THE VEGGIE BULLET ON A CLEAN, LEVEL, HARD, DRY SURFACE, LEAVING UNOBSTRUCTED SPACE BENEATH AND AROUND THE POWER BASE TO PERMIT PROPER AIR CIRCULATION SLOTS AND OPENINGS ON THE BOTTOM OF THE PRODUCT ARE PROVIDED FOR VENTILATION TO ENSURE RELIABLE MOTOR OPERATION AND PREVENT OVER-HEATING.**
- **TO PREVENT FIRE HAZARD POWERBASE OPENINGS SHOULD BE FREE OF DUST OR LINT AND NEVER OBSTRUCTED WITH FLAMMABLE MATERIALS SUCH AS NEWSPAPERS, TABLE CLOTHS, NAPKINS DISHTOWELS OR PLACE MATS THAT COULD BLOCK THE VENTS.**

## ELECTRICAL SAFETY:

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

- **THIS VEGGIE BULLET UNIT IS MANUFACTURED IN COMPLIANCE WITH US AND CANADIAN ELECTRICAL STANDARDS AND PLUG TYPES. USE OF THIS PRODUCT IN LOCATIONS WITH DIFFERENT ELECTRICAL SPECIFICATIONS MAY RESULT IN DAMAGE TO THE PRODUCT AND VOID THE WARRANTY.**
- **DO NOT USE THE VEGGIE BULLET WITH ANY TYPE OF ADAPTOR OR VOLTAGE CONVERTER DEVICE. USE OF ADAPTERS AND CONVERTERS IS CONSIDERED AN UNAUTHORIZED MODIFICATION OF THIS PRODUCT AND AS SUCH WILL VOID THE WARRANTY.**

- Only use attachments that are sold by the manufacturer specifically for use with this product. Use of attachments not recommended or sold by the manufacturer for use with the Veggie Bullet may cause damage, fire, electric shock or injury and **will void your warranty.**
- Always make sure Veggie Bullet Indicator light is powered **OFF** when assembling or disassembling.
- **ALWAYS POWER OFF THE MOTOR AND UNPLUG THE VEGGIE BULLET WHEN IT IS NOT IN USE.**
- **MAKE SURE THE VEGGIE BULLET POWERBASE IS UNPLUGGED BEFORE ASSEMBLING, DISASSEMBLING, ADDING ADDITIONAL PARTS OR CLEANING.**
- **CAUTION!** To avoid risk of electrical shock, never immerse the cord, plug or powerbase of the Veggie Bullet in water or other liquids.
- Do not use the Veggie Bullet outdoors or in inclement weather such as rain or other wet conditions.
- This appliance has important markings on the plug blade. The attachment plug or entire cord set is not suitable for replacement. If damaged, the appliance shall be replaced.
- Do not pull, twist or damage the power cord.
- Do not allow the cord to hang over the side of the counter or table.
- Do not allow the cord to touch hot surfaces, including the stove.
- If the appliance malfunctions or is dropped or damaged in any manner, discontinue use and contact Customer Service for assistance in obtaining a replacement.



## BLADE SAFETY:

### CAUTION! BLADES ARE SHARP!

USE EXTREME CARE WHEN HANDLING CUTTING BLADES, ESPECIALLY WHEN REMOVING THEM FROM THE UNIT AND DURING CLEANING.

- Always inspect your blades for any damage prior to use.
- Avoid contact with moving parts.
- Do not touch the cutting blades, discs, or any moving parts of the **Veggie Bullet** while it is plugged in.
- Never push food down into the feed tubes by hand. Always use the proper Outer/Inner Food Pusher to avoid injury. In the slicer/shredder chute or the spiralizer chute for guiding food into Veggie Bullet slicer/shredder set configuration or the spiralizer set configuration.
- Keep hands and utensils out of the container while the **Veggie Bullet** is powered on to reduce risk of severe injury to persons or damage to the **Veggie Bullet**. A scraper may be used but only when the appliance is powered off and unplugged.
- **CAUTION!** Keep hands and utensils away from cutting blades while slicing, shredding, spiralizing or blending food to reduce the risk of severe personal injury or damage to the device.
- To avoid injury from moving parts or food debris when operating **Veggie Bullet**, keep face and fingers out of and away from the **Veggie Bullet** Slicer/Shredder discharge outlet. **Never place fingers or hands up discharge chute.**
- Use the Inner Food Pusher only after inserting the Outer Food Pusher to narrow the chute opening and insert the Inner Food Pusher into the Outer Food Pusher chute opening.
- Do not insert utensils in the slicer/shredder chute or the spiralizer chute for while the **Veggie Bullet** is running. Always turn off the powerbase and unplug the unit before removing the Outer/Inner Pusher from the chute. While unit is powered off and unplugged, and the lid is unlocked, a spatula or scraper may be used if necessary to dislodge food stuck in the chute and or blade.
- Empty the spiralizer food basket frequently so that the ingredients do not obstruct the blade.
- When not in use, do not store blades or discs on the motor shaft. To reduce the risk of injury, never place cutting blades on **Motor Base** without assembling the desired configuration.

## GENERAL SAFETY:

**CLOSE SUPERVISION IS NECESSARY WHEN ANY APPLIANCES ARE USED BY OR NEAR CHILDREN. NEVER LEAVE THE VEGGIE BULLET RUNNING UNATTENDED.**

- This appliance is not intended for use by children or persons with reduced physical, sensory or mental capabilities.
- Make sure the Safety Clamps securely lock the cover in place and that the Outer/Inner Food Pusher is properly inserted in the chute, before operating the **Veggie Bullet**.
- Do not attempt to defeat or override Safety Clamp mechanism.
- Do not unlock the lid while the **Veggie Bullet** is running. Wait for blades to stop rotating. Power the **Veggie Bullet** off with the power button on the powerbase before disengaging the clamps and opening the lid.
- Make sure the motor has completely stopped and powered off before releasing the clamps and removing covers.
- To avoid clogs in the **Food Chutes**, foods should be cut into sizes no larger than 2 inches in diameter when using the larger Outer Pusher or 1 inch in diameter when using the smaller Inner Food Pusher.
- If food becomes lodged in the feed chute, only use **Outer Pusher with Inner Pusher installed** to push the lodged food down. If this does not unclog the tube, turn off and unplug the **Veggie Bullet** and disassemble the **Slicer/Shredder Set** or **Spiralizer Set** to remove any remaining lodged food.

## CLEANING SAFEGUARDS

- **ALWAYS UNPLUG THE VEGGIE BULLET WHEN CLEANING, ASSEMBLING OR DISASSEMBLING.**
- **DO NOT IMMERSE THE POWER BASE IN WATER FOR ANY REASON AS THIS WILL PERMANENTLY DAMAGE THE MOTOR. USE A DAMP SOAPY CLOTH TO CAREFULLY WIPE OFF ANY SOIL OR DEBRIS FROM THE OUTSIDE OF THE POWERBASE.**
- **CAUTION! BLADES ARE SHARP USE CAUTION WHEN WASHING TO AVOID INJURY!**
- **DO NOT IMMERSE THE VEGGIE BULLET PARTS IN BOILING OR VERY HOT WATER AS THIS MAY PERMANENTLY DAMAGE THE PARTS**
- Rinse blades, cups and accessories immediately after use to prevent debris or stains from vegetables such as beets and turmeric from drying and sticking to vessels — if necessary use a dish brush to loosen any debris.
- Carefully hand wash blades only with mild dish soap and warm (not hot) water using a dish brush as needed to loosen debris.
- All parts other than the power base may be washed in the dishwasher on the top rack only using the normal setting — do not use the sterilize or high heat setting as this may cause damage to the parts.
- Dry immediately to avoid water spots.

## SAVE THESE INSTRUCTIONS FOR HOUSEHOLD USE ONLY

- **THIS APPLIANCE HAS A POLARIZED PLUG (ONE BLADE IS WIDER THAN THE OTHER). TO REDUCE THE RISK OF ELECTRICAL SHOCK, THIS PLUG WILL 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. DO NOT MODIFY THE PLUG IN ANYWAY.**

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# VEGGIE BULLET™

## WHERE HEALTH MEETS CONVENIENCE

It's no secret that most of us intend to eat healthy. But with our busy schedules and limited time, hitting up that local takeout spot at the end of the day often seems much more appealing than preparing a healthy, homemade, nutritionally balanced meal. In addition to grocery shopping, cooking, and cleaning, creating meals from scratch also involves chopping, dicing, shredding, and slicing — all of which take up the bulk of food preparation time.

That's where the Veggie Bullet comes in. With settings for shredding, slicing, and spiralizing, this one-of-a-kind machine preps huge quantities of vegetables, fruits, cooked meats, and more in mere seconds—allowing you to prepare and serve a wide variety of healthy foods in fun, exciting ways. Make Courgette noodles for tonight's dinner, then shred a whole head of cabbage for coleslaw, sautés, pickles, and soup later on in the week. Transform the produce lingering in your fridge into restaurant-quality chopped salads, savory hash browns, or carb-friendly grain substitutes like cauliflower “rice” or broccoli stem “noodles.” Spruce up your brown-bag lunch by slicing last night's baked chicken breast or Sunday's roast into a delicious, gourmet sandwich. With the Veggie Bullet, there's truly no limit to what you can create.

The Veggie Bullet takes the grunt-work out of food prep, eliminating the extra effort that often comes between you and a healthy, homemade meal. Additionally, its versatility erases the need for bulky kitchen gadgets that clog up valuable space. With the Veggie Bullet, the days of hand-grating carrots, slicing uneven potatoes, or cranking out ‘zoodles’ are finished, as are the hard-to-clean grater, the razor-sharp mandolin, and the hand-cranked spiralizer. This exciting 3-in-1 machine essentially does the hardest kitchen work for you, freeing up time and space for you to enjoy beautiful, healthy food at every meal.

# WHAT YOU GET



## VEGGIE BULLET BASE

Whether using the Shooter or the Spiralizing Set, the Veggie Bullet Base ensures fast, efficient results every time. Its compact size, streamlined shape, and elegant design make it a welcome addition to any kitchen counter.

## PUSHER

The 2-piece pusher helps you guide food down the chute of both the Shooter and Spiralizer lids, giving you more control as you feed your ingredients into the blades, which results in more consistent, even results.

A



**A. OUTER PUSHER:** The Outer Pusher fits the width of the the Shooter and Spiralizer Chutes. The Inner Pusher fits inside of the Outer Pusher and can be added or removed based on the size of your ingredients. For larger, wider items like cucumbers, beet chunks, pieces of meat, and potatoes, use the Outer Pusher with the Inner Pusher inserted inside to guide ingredients towards the blade.

B



**B. INNER PUSHER:** The Inner Pusher lifts out of the Outer Pusher, revealing a narrow opening through which to fit thinner items like carrots and celery. Place these items inside the narrow chute created by the Outer Pusher, then use the Inner Pusher to guide them to the blade with accuracy.

**Safety Note:** *The Inner Pusher must only be inserted into the narrower Outer Pusher chute. Do not attempt to use the Inner Pusher without the Outer Pusher inserted.*

## SHOOTER SET

Use this attachment to make perfectly sliced and shredded ingredients.

1A



### 1A. SHOOTER

This container holds and shoots out sliced and shredded food from the Veggie Bullet.

1B



### 1B. BASE PLATE

The Base Plate spins to quickly and efficiently move sliced and shredded food out of the Veggie Bullet.

1C



### 1C. SHREDDER/ SLICER BLADE

This double-sided blade offers two styles of food prep: the slicer side yields thin, even slices, while the shredder yields restaurant-quality grated food.

1D



### 1D. SHOOTER LID

This lid snaps on to keep your Veggie Bullet session safe and clean. This lid has the Shooter Chute located on the top edge of the lid.



2A



## SPIRALIZER SET

2B



### 2A: SPIRALIZER BASE

This attachment serves as the foundation of the Veggie Bullet's Spiralizer function.

### 2B: SPIRALIZER BASKET

This handy container catches your perfectly-carved noodles.

2C



### 2C: SPIRALIZER BLADE

Creates twirlable noodles out of healthy ingredients.

2D



### 2D: SPIRALIZER LID

This lid helps you keep control of ingredients as you feed them into the spiralizer blade. Use the Outer/Inner Pusher to fit ingredients through the Spiralizer Chute.

# ASSEMBLING YOUR VEGGIE BULLET

The Veggie Bullet operates with two different assemblies: The SHOOTER and the SPIRALIZER. Use the SHOOTER ASSEMBLY (1) for slicing and shredding ingredients. Use the SPIRALIZER ASSEMBLY (2) for spiralizing (making “noodles” out of) ingredients.

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## A. SHOOTER ASSEMBLY (1)

**SAFETY NOTE:** Please make sure the Veggie Bullet is powered **OFF**, and the Indicator light is **RED** when assembling or disassembling.

The **SHOOTER LID** is the one with the feeder chute positioned on the outer edge of the lid. The lids are not interchangeable.



### STEP 1:

Place the **SHOOTER** attachment (**1A**) on **POWER BASE** by aligning the **LOCK / UNLOCK** arrow at the bottom with the **UNLOCK** icon on **POWER BASE**, and then turn clockwise to click into **LOCK** position.

To **UNLOCK** and remove **SHOOTER** attachment (**1A**) from **POWER BASE**, simply turn counter-clockwise toward the **UNLOCK** icon and lift.

## STEP 2:

Place the black **BASE PLATE (1B)** inside the **SHOOTER** attachment (**1A**) through the center spindle and align into place. Make sure that the **BASE PLATE** is properly seated in and aligned with the spokes on the spindle.

---



## STEP 3:

*Using the circular finger grips,* carefully place the **SHREDDER / SLICER BLADE (1C)** over the top of the **BASE PLATE (1B)** through the center spindle. Make sure that the **SHREDDER / SLICER BLADE** is properly seated in and aligned with the spokes on the spindle.

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**A. For shredding,** place the side labeled “**SHRED**” facing upward through the center spindle.

**B. For slicing,** place the side labeled “**SLICE**” facing upward through the center spindle.



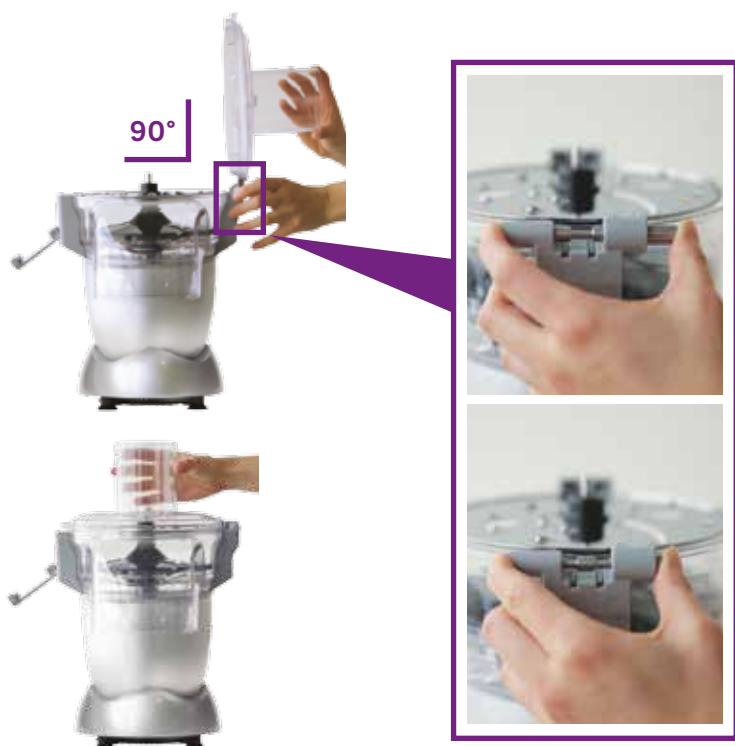
**BLADE DISCS ARE  
SHARP! USE CAUTION  
WHEN HANDLING!**

## STEP 4:

Fasten **SHOOTER LID (1D)** to the back of the **SHOOTER** attachment (**1A**) by squeezing the retractable hinge pin on back of the **SHOOTER** and holding the **SHOOTER LID** at 90 degree angle.

Interlock the metal hinge on the **LID** with the back metal hinge pin, then release the hinge pin and close the **SHOOTER LID** flat over **SHREDDER / SLICER BLADE (1C)**.

**SAFETY NOTE:** Check to make sure that the lid is securely locked in place and that the push button on the hinge pin is not pushed in.



1D



### STEP 5:

To securely close the **SHOOTER LID (1D)**, hook the front safety clasp over the **LID** and press down to **LOCK**. The **POWER INDICATOR LIGHT** will glow **RED** when all pieces are locked and in place.

Press the Power Button to turn the machine **ON**. The Button will glow **GREEN** and the motor will run. If the Button doesn't glow **GREEN** (if not glowing at all, assembly is incorrect), turn off power and check your assembly to make sure all pieces are locked and in place.



To **UNLOCK** and open the **SHOOTER LID (1D)**, first press the Power Button to turn **OFF** the machine. The **POWER INDICATOR LIGHT** will glow **RED** when the unit is off. Then, pull the bottom arm of the safety clasp outward to unhook and simply lift lid to open.



## B. SPIRALIZER ASSEMBLY (2)

**SAFETY NOTE:** Please make sure Veggie Bullet is powered **OFF** before assembling or disassembling.

The **SPIRALIZER LID** is the one with the feeder chute centered in the middle of the lid. The lids are not interchangeable.



### STEP 1:

Place the **SPIRALIZER BASE** attachment (**2A**) on **POWER BASE** by aligning the **LOCK / UNLOCK** arrow at the bottom with the **UNLOCK** icon on **POWER BASE**, and then turn clockwise to click into **LOCK** position.

To **UNLOCK** and remove **SPIRALIZER BASE** attachment (**2A**) from **POWER BASE**, simply turn counter-clockwise toward the **UNLOCK** icon and lift.



## STEP 2:

Place **SPIRALIZER BASKET** component (2B) over top of the center spindle inside of the **SPIRALIZER BASE** attachment (2A). Make sure that the basket is properly seated in and aligned with the spokes on the spindle.

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## STEP 3:

*Using the circular finger grips,* carefully place the **SPIRALIZER BLADE** (2C) on the **SPIRALIZER BASKET** (2B) and set the rectangular notches into place on the top of the **SPIRALIZER BASKET** (2B).

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## STEP 4:

Fasten **SPIRALIZER LID** (2D) to the back of the **SPIRALIZER BASE** attachment (2A) by squeezing the retractable hinge pin on the back of the **SPIRALIZER BASE** (2A) and holding the **SPIRALIZER LID** (2D) at 90 degree angle.

Interlock the metal hinge on the **SPIRALIZER LID** (2D) with the back metal hinge pin, then release the hinge pin and close the **SPIRALIZER LID** (2D) flat over **SPIRALIZER BLADE** (2C).

**SPIRALIZER BLADE DISC IS SHARP!  
USE CAUTION WHEN HANDLING!**



**SAFETY NOTE:** Check to make sure that the lid is securely locked in place and that the push button on the hinge pin is not pushed in.



## STEP 5:

To securely close the **SPIRALIZER LID (2D)**, hook the front safety clasp over the **LID** and press down to **LOCK**. The **POWER INDICATOR LIGHT** will glow **RED** when all pieces are locked and in place.

Press the Power Button to turn the machine **ON** and the indicator light **GREEN**. If everything is properly assembled, the Button will glow **GREEN** and the motor will run. If the Button doesn't glow **GREEN**, turn off power and check your assembly to make sure all pieces are locked and in place.

To **UNLOCK** and open the **SPIRALIZER LID (2D)**, first turn **OFF** the machine by pressing the Power Button. The **POWER INDICATOR LIGHT** will glow **RED** when the unit is off. Then, pull the bottom arm of the safety clasp outward to unhook and simply lift lid to open.



**SAFETY NOTE:** Always unplug the Veggie Bullet when not in use.

# USING YOUR VEGGIE BULLET

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The Veggie Bullet features three main functions: shredding, slicing, and spiralizing. The shredding and slicing functions operate with the Shooter Set (1), while the spiralizing function uses the Spiralizer Set (2).

## **SHREDDING:** HOW TO SHRED YOUR VEGETABLES USING THE VEGGIE BULLET

1. Make sure the Veggie Bullet Base is powered off, and assemble the Shooter Set so the lid is on and the Shredder Blade is correctly placed. For more detailed instructions on how to assemble the machine, view the Shooter assembly instruction guide on page 21.
2. Make sure that the ingredient you are about to prep is clean and ready for consumption. If shredding meat, check that it is fully cooked to avoid the spread of potentially harmful pathogens. If shredding produce, make sure the skin is washed, scrubbed, and/or peeled accordingly.
3. If necessary, prep ingredients so they will fit down the chute. Larger or irregularly shaped ingredients like cauliflower, potatoes, apples, or beets will most likely need to be cut into halves, quarters or eighths to fit through the machine.
4. Place a large mixing bowl directly below the Shooter Dispenser so that it catches the shredded ingredients.
5. Next, simply place your ingredient into the chute, turn the machine on, and guide it down using the pusher. For thinner items like celery stalks, asparagus, etc., we recommend using the inner pusher for greater accuracy and control.
6. Finally, turn the machine off and wait for the blade to stop completely before opening the lid.

**WORKS WITH:** Carrots • Cauliflower (Cauliflower Rice) • Beets  
• Courgette • Yellow squash • Broccoli • Cabbage • Onion  
• Potatoes (regular, sweet) • Cheese • Firm Tofu • Brussels Sprouts • Apple  
• Mango • Steak • Hard-Boiled Eggs • Cooked Chicken

## SLICING: HOW TO SLICE YOUR VEGETABLES USING THE VEGGIE BULLET

1. Make sure the Veggie Bullet Base is powered off, and assemble the Shooter Set so the lid is on and the Slicer Blade is correctly placed. For more detailed instructions on how to assemble the machine, view the Shooter assembly instruction guide on page 21.
2. Make sure that the ingredient you are about to prep is clean and ready for consumption. If slicing meat, check that it is fully cooked to avoid the spread of potentially harmful pathogens. If slicing produce, make sure the skin is washed, scrubbed, and/or peeled accordingly.
3. If necessary, prep ingredients so they will fit down the chute. Larger or irregularly shaped ingredients like cauliflower, potatoes, apples, or beets will most likely need to be cut into halves, quarters or eighths to fit through the machine.
4. Place a large mixing bowl directly below the Shooter Dispenser so that it catches the sliced ingredients.
5. Next, simply place your ingredient into the chute, turn the machine on, and guide it down using the pusher. For thinner items like celery stalks, asparagus, etc., we recommend using the inner pusher for greater accuracy and control.
6. Finally, turn the machine off and wait for the blade to stop completely before opening the lid.

**WORKS WITH:** Carrots • Radish • Beets • Courgette • Yellow squash • Cabbage • Iceberg Lettuce • Leafy greens • Onion • Cucumber • Broccoli • Shallots • Garlic • Potatoes (regular, sweet) • Celery • Firm tomatoes (roma, eg) • Red pepper • Lemon/lime • Orange • Hard Cheese • Apple • Mango • Kiwi • Pear • Pineapple • Strawberry • Nuts (almonds, cashews, peanuts) • Brussels Sprouts • Steak • Turkey • Cooked Chicken

## SPIRALIZING: HOW TO SPIRALIZE YOUR VEGETABLES USING THE VEGGIE BULLET

1. Make sure the Veggie Bullet Base is powered off, and assemble the Spiralizer Set. For more detailed instructions on how to assemble the machine, view the Spiralizer assembly instruction guide on page 25.
2. Make sure that the ingredient you are about to spiralize is clean and ready for consumption. If spiralizing produce, make sure the skin is washed, scrubbed, and/or peeled accordingly.
3. If necessary, prep ingredients so they will fit down the chute. Larger or irregularly shaped ingredients like potatoes, beets, or butternut squash will most likely need to be cut into halves, quarters or eighths to fit through the machine. **It is extremely important that you only spiralize *one ingredient at a time*, whether that is one whole Courgette or carrot, or one small chunk of beet.** Do not stack ingredients on top of one another or try to crowd the chute with multiple pieces. Spiralizing works best with oblong, regularly sized ingredients like Courgette, yellow squash, broccoli stems, and carrots.
4. For thinner ingredients like carrots, keep the outer pusher inside the chute and only guide the carrot through the blades using the inner pusher. With larger sized ingredients, keep the machine turned off and place your ingredient into the chute with both the inner and outer pusher.
5. Turn the Veggie Bullet machine on, and guide your ingredient down through the chute and through the spiralizer blade. Once finished, switch the button OFF and wait for the blades to come to a complete stop before retrieving the noodles.

**WORKS WITH:** Courgette • Beets • Yellow Squash • Sweet Potato  
• Butternut Squash • Carrots • Broccoli Stems • Cucumber • Parsnips  
• Kohlrabi

# RECIPES

## 1. MASTERING THE BASICS, PREPPING FOR SUCCESS

Before you dive into the world of possibilities with the Veggie Bullet, it's good to have a few things on hand. While the Veggie Bullet is great for shredding, slicing, and spiralizing raw ingredients as you need them, it's also an excellent tool for prepping multiple portions of meals, snacks, and sides in advance to get you through the week.

To expedite meal-making during your busiest days, it's a good idea to take an hour or two on a less busy day (say the weekend) to cook some items ahead of time. That way, when you're in a rush to get a healthy dinner on the table or to pack your lunch, you'll have everything you need ready to go when you need it.

This section details how to prepare basic ingredients that can be enjoyed on their own, mixed and matched, or incorporated into more advanced recipes during the week. All of the following items can be stored for up to 5 days in the refrigerator, or several months in the freezer.\*

*\*STORAGE DISCLAIMER: Refrigerator and freezer storage instructions are included in this book as a general guideline, and are based on ideal temperature and sanitation conditions. Instructions do not account for changes in temperature and conditions of individual refrigerators and freezers, and it is the user's responsibility to gauge whether or not food is safe to eat.*

# VEGETABLES

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## TIPS & TRICKS

### HOW TO SCRUB ROOT VEGETABLES

*Use for beets, carrots, potatoes, parsnips, and turnips*

Many recipes in this book instruct you to scrub your vegetables before preparing. Scrubbing is a great alternative to peeling because it takes less time, makes less mess and waste, and retains the nutrients and mineral content of a root's outermost layer. Here's the technique we recommend. You will need:

*White vinegar*

*Warm water*

*Large bowl*

*Vegetable Scrubbing Brush*

Fill a large bowl with warm water and add 2 Tbsp. white vinegar. Add desired vegetables and soak for 3-5 minutes. Remove vegetables from bowl one by one, giving a quick rinse under the tap in warm water. Scrub the entire surface of the vegetable with your brush and rinse one more time to get rid of any loose particles and residual vinegar. Repeat until all of your vegetables are clean.

If you'd like to save time, we suggest scrubbing your veggies as soon as you get home from the grocery store. That way, they are prepped and ready to go when the time comes to use them in a recipe.

# CAULIFLOWER RICE

MAKES: 4–6 SERVINGS

## INGREDIENTS:

*1 head of cauliflower, rinsed,  
dried, and leaves trimmed*

## DIRECTIONS:

Assemble the Shooter Set of your Veggie Bullet with the Shredder Blade facing up. Cut cauliflower into pieces small enough to fit through the chute and place a large bowl underneath the dispenser. Add several pieces of cauliflower to the chute, then turn the Power Base on, using the Outer Pusher to guide pieces to the blade. Repeat until the whole cauliflower is riced.

Cauliflower rice can be enjoyed raw or cooked. You can also store it raw if you plan to cook it with other ingredients later in the week.

**Baked:** Toss cauliflower with 1-2 Tbsp. olive oil. Preheat oven to 425°F. Line a baking sheet with parchment paper and



spread cauliflower in a thin layer. Bake for 20-25 minutes until lightly brown, turning with tongs every five minutes to avoid burning.

**Sautéed:** Heat 1 Tbsp. olive, coconut, or sunflower seed oil in a large skillet over medium-high heat. Add cauliflower (in batches, if necessary) and stir until softened — about 5-8 minutes.

**Steamed:** Add cauliflower to a microwave-safe bowl along with one tsp. Water. Cover with a microwave-safe lid and heat on high for 3 minutes. Allow to cool for 2-3 minutes before eating.

**USED IN:** Umami Macro Bowl (pg. 73), Cauliflower Rice with Hazlenuts and Tarragon (pg. 89), Cauliflower "Cous Cous" (pg. 90)



# SWEET POTATO NOODLES

MAKES 4–6 SERVINGS

## INGREDIENTS:

**4 medium sweet potatoes,**  
*scrubbed\**

*\*See pg. 39 for scrubbing  
technique*

## DIRECTIONS:

Assemble the Spiralizer Set of your Veggie Bullet. If necessary, cut potatoes lengthwise so pieces are narrow enough to fit through the chute. Add potato pieces to the chute, steadying with the Outer Pusher, then turn the Power Base on, using the Outer Pusher to guide pieces to the blade. Repeat with all potato pieces.

Refrigerating raw sweet potatoes is not recommended, as it will change their flavor and texture. Instead, we recommend cooking the potato noodles before storing.



**Baked:** Preheat oven to 450°F. Line a baking sheet with parchment paper and spread potatoes in a thin layer. Drizzle with olive or sunflower seed oil and season with salt and pepper. Bake for 10-15 minutes until tender, turning with tongs every few minutes to avoid burning.

**Sautéed:** Add 1-2 Tbsp. of olive, coconut, or sunflower seed oil to a large skillet over medium-high. Add noodles (in batches, if necessary) and stir until softened — about 6-8 minutes.

**USED IN:** Sweet Potato Noodle Macro Bowl (pg. 71), Sweet Potato Pad Thai (pg. 87)

# COURGETTE & YELLOW SQUASH NOODLES

MAKES 4 SERVINGS

## INGREDIENTS:

**4 whole, medium Courgette or yellow squash, ends trimmed**

## DIRECTIONS:

Assemble the Spiralizer Set of your Veggie Bullet. Add Courgette/squash to the chute lengthwise, steadying with the Outer Pusher. Turn on the Power Base, using the Outer Pusher to guide the squash to the blade. Repeat with all Courgette/squash.

Courgette/squash noodles can be enjoyed raw or cooked. You can also store them raw if you plan to cook them with other ingredients later in the week.

**Baked:** Preheat oven to 400°F. Line a baking sheet with parchment paper and spread Courgette/squash in a thin



layer. Drizzle with olive or sunflower seed oil and season with salt and pepper. Bake for 10-15 minutes until tender, turning with tongs every few minutes to avoid burning.

**Sautéed:** Add 1-2 Tbsp. of olive, coconut, or sunflower seed oil to a large skillet over medium-high. Add noodles (in batches, if necessary) and stir until softened — about 3-5 minutes.

## USED IN:

**Courgette:** Pesto Courgette Noodles with Sautéed Shrimp (pg. 76), Courgette Bolognese (pg. 81)

**Yellow Squash:** Yellow Squash Noodles with Spicy Tomato Sauce (pg. 77), Spiralized Lo-Mein (pg. 79)

# CARROT NOODLES

MAKES 2-4 SERVINGS

## INGREDIENTS:

**4 Carrots, scrubbed\* with tops and ends trimmed (save tops for Carrot Top Pesto on pg. 128)**

*\*See pg. 31 for scrubbing technique*

## DIRECTIONS:

Assemble the Spiralizer Set of your Veggie Bullet. Place the Outer Pusher into the chute to narrow the opening. Add your first carrot to the spiralizer, placing the thickest side of the carrot on the bottom (stem side-down) and steadying with the Inner Pusher. Turn the Power Base on, using the Inner Pusher to guide the vegetable to the blade. Repeat with all carrots.

Carrot noodles can be enjoyed and stored both raw and cooked. Store them raw if you plan to cook them with other ingredients later in the week.



**Baked:** Preheat oven to 425°F. Line a baking sheet with parchment paper and spread carrot noodles in a thin layer. Drizzle with olive or sunflower seed oil and season with salt and pepper. Bake for 5-10 minutes until tender, turning with tongs halfway through to avoid burning.

**Sautéed:** Add 1-2 Tbsp. of olive, coconut, or sunflower seed oil to a large skillet over medium-high heat. Add noodles (in batches, if necessary) and stir until softened — about 6-10 minutes.

**USED IN:** Red Chicken Curry (pg. 84), Carrot Cake Oatmeal (pg. 103), Pho (pg. 109)

# CHOPPED CABBAGE

MAKES 4–6 SERVINGS

*You can use either the Shredder or Slicer Blade for this preparation. The Shredder Blade will yield very small pieces of cabbage while the Slicer creates slightly larger strips.*

## INGREDIENTS:

**1 large purple or green cabbage,**  
**rinsed and ried, end trimmed**

## DIRECTIONS:

Assemble the Shooter with either the Slicer or Shredder Blade facing up, according to preference. Place a large bowl underneath the dispenser. Cut your cabbage into pieces small enough to fit through the chute. Add cabbage pieces to the chute one by one, steadying with the Pusher. Turn the Power Base on, using the Outer Pusher to guide the vegetable to the blade.

Chopped cabbage can be enjoyed raw or cooked. Raw cabbage can be added to salads, soups, stews and more.

**Sautéed:** Add 1 Tbsp. olive, coconut, or sunflower seed oil to a large skillet over medium-high heat. Add cabbage (in batches, if necessary) and stir until softened — about 6-10 minutes.

**Steamed:** Bring two inches of water to boil in a pot over medium-high heat. Fill a steamer basket with as much cabbage as it can hold. Reduce heat to simmer and carefully lower the steamer basket into the pot. Add more cabbage if the pot will support it. Cover the pot and let steam for 3-6 minutes until just tender. Cabbage chopped with the Shredder Blade will require less cooking time than cabbage prepared with the Slicer Blade.

## USED IN:

Rainbow Confetti Salad (pg. 50), Avocado-Edamame Confetti Boats (pg. 51), Classic Coleslaw (pg. 57), Crunchy Asian Slaw (pg. 58), Balsamic Braised Cabbage (pg. 61), Quinoa Stuffed Bell Peppers (pg. 62), Sweet Potato Macro Bowl (pg. 71), Southwestern Macro Bowl (pg. 72), Umami Macro Bowl (pg. 73)

# CHOPPED KALE

## INGREDIENTS:

*1 bunch lacinato or curly kale,  
cleaned\* and thoroughly dried*

*\*To clean kale, submerge leaves in a mixture of 3 parts water to 1 part white vinegar for 5-10 minutes to remove any dirt and debris. Remove leaves in small groups and thoroughly rinse with water to remove any vinegar residue. Pat dry with towels or run through a salad spinner to dry. It is important to dry kale thoroughly, especially if baking or freezing raw for later use.*

## DIRECTIONS:

Assemble the Shooter Set of your Veggie Bullet with the Slicer Blade facing up. Place a large bowl underneath the Dispenser.

**Trim the kale:** on each leaf, locate the point where the woody stalk softens into the leaf. From this point, cut around the stalk in a downward “V” shape to remove the stalk while keeping the leafy area in tact.

Stack the leaves on top of one another, then roll into a tight bundle. Stuff this roll tightly into the Chute, steadying with the Outer Pusher. Turn the Power Base on, using the Outer Pusher to guide the kale to the blade.

Kale can be enjoyed raw or cooked. The taste and texture of raw kale can be improved by gentle rubbing — a technique known as massaging, detailed below. Kale can also be sautéed and steamed for a more traditional presentation, or baked to make crispy morsels for snacking or garnishing.

**Massaged:** Massaging kale breaks down the vegetable’s cellulose, leaving you with a sweeter, more tender leaf that’s perfect for raw salads. Prior to chopping kale with the

Veggie Bullet, stack your kale leaves and rub them together, massaging with your hands until the kale loses some of its stiffness, becoming softer and more pliable. Feel free to add a little bit of olive, coconut, or sunflower seed oil to your hands while massaging if desired. It is best to massage kale right before eating it, since you'll be breaking down some of the structures that help to keep it fresh in the fridge.

**Sautéed:** Add 1 Tbsp. olive, coconut, or sunflower seed oil to a large skillet over medium-high heat. Add kale (in batches, if necessary) and stir until softened — about 6-10 minutes.

**Steamed:** Bring two inches of water to boil in a pot over medium-high heat. Fill a steamer basket with as much chopped kale as it can hold. Reduce heat to simmer and carefully lower the steamer basket into the pot. Add more kale if the pot will support it. Cover the pot and let steam for 5-7 minutes until tender.

**Baked:** Preheat oven to 300°F. Line one to two baking sheets with parchment paper.

Remove the bowl of chopped kale from underneath the Veggie Bullet dispenser, and toss with ½ Tbsp. - 1 Tbsp. olive or sunflower seed oil, as well as any seasonings you like (salt, pepper, spices, etc), taking care to coat each piece evenly.

Arrange kale in a flat layer on your baking sheet(s), taking care to leave some space in between the leaves. Bake for 10 minutes, then open the oven, rotate your pan(s), and cook for an additional 12-15 minutes. Remove from the oven and let sit for 15-20 minutes to crisp up before eating.

**USED IN:** Avocado-Edamame Confetti Boats (pg. 51), Kale Salad with Cherries and Chickpeas (pg. 52), Southwestern Macro Bowl (pg. 72), Butternut Squash Noodles with Sage, Kale, Almonds, and Goat Cheese (pg. 82), Sweet Potato Kale Breakfast Hash (pg. 104)





# CHOPPED SWISS CHARD

## INGREDIENTS:

**1 bunch Swiss chard, cleaned\*  
and thoroughly dried**

*\*To clean chard, submerge leaves in a mixture of 3 parts water to 1 part white vinegar for 5-10 minutes to remove any dirt and debris. Remove leaves in small groups and thoroughly rinse with water to remove any vinegar residue. Pat dry with towels or run through a salad spinner to dry. It is important to dry chard thoroughly, especially if storing raw for later use.*

## DIRECTIONS:

Assemble the Shooter Set of your Veggie Bullet with the Slicer Blade facing up. Place a large bowl underneath the Dispenser.

**Trim the chard:** Chard stalks are tasty, but they can get a little dried out and woody at the ends. Simply trim the stalks about one inch from the bottom to prep. Stack the leaves on top of one another, then roll into a tight bundle. Stuff this roll tightly into the Chute, steadying with the Outer Pusher. Turn the Power Base

on, using the Outer Pusher to guide the chard to the blade.

Swiss chard can be enjoyed raw or cooked. Like kale, the taste and texture of raw chard can be improved by massaging. Chard is also delicious when sautéed. Steaming provides an oil-free mode of preparation for those looking to keep things light.

**Sautéed:** Add 1 Tbsp. olive, coconut, or sunflower seed oil to a large skillet over medium-high heat. Add chard (in batches, if necessary) and stir until softened — about 6-10 minutes.

**Steamed:** Bring two inches of water to boil in a pot over medium-high heat. Fill a steamer basket with as much chopped chard as it can hold. Reduce heat to simmer and carefully lower the steamer basket into the pot. Add more chard if the pot will support it. Cover the pot and let steam for 4-6 minutes until tender.

**USED IN:** Sweet Potato Macro Bowl (pg. 71), Beet Noodles with Walnuts, Chard, Orange, and Tarragon (pg. 83)



# SLICED BEETS

MAKES 4–6 SERVINGS

## INGREDIENTS:

*4–6 beets, scrubbed  
and trimmed*

## DIRECTIONS:

Assemble the Shooter Set of your Veggie Bullet with the Slicer Blade facing up. Place a large bowl underneath the dispenser. Add the first beet to the chute. If your beet is larger in diameter than the chute, trim the sides so it can fit through. Save the trimmings and cook along with the slices. Steady the beet with the Outer Pusher, then turn the Power Base on, using the Inner and Outer Pusher assembly to guide the vegetable to the blade. Repeat for all beets.

**Roasted:** Preheat oven to 450°F. Line two baking sheets with parchment paper and spread beet slices in a thin layer on each. Drizzle with olive or sunflower seed oil and season with salt and pepper. Bake for 20–25 minutes the



edges are slightly crisp and the center is tender, turning with tongs halfway through to avoid burning.

**Steamed:** Bring three inches of water to boil in a pot over medium-high heat. Fill a steamer basket with as many beet slices as it can hold. Reduce heat to simmer and carefully lower the steamer basket into the pot. Add more slices if the pot will support them. Cover the pot and let steam for 10–15 minutes until tender.

**USED IN:** Beet Salad (pg. 60)

# BEANS & GRAINS

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## BEANS

*You can always use canned beans if you're in a rush, but the flavor of home-cooked beans is really worth the extra steps. Plus, beans freeze beautifully. One big batch can last months, saving you time, effort, and cash down the line.*

### INGREDIENTS:

***1 lb. dry chickpeas, black beans, or pinto beans***

### DIRECTIONS:

Purchase dry chickpeas/black beans/pinto beans. Rinse them under cool water and pick out any debris. Transfer to a large glass bowl for soaking. Fill the bowl so there is at least 5 inches of water on top of the dry beans. Soak in filtered water for 6-8 hours, or overnight. When ready to prepare, promptly rinse under the sink a few times, then place into a large pot and cover beans under 4 inches of water.

Bring to a boil and then turn down and let simmer for 30-40 minutes or until your legumes are tender and easily pierceable by a fork. The longer you soak the beans, the less time you will need to boil them.

### USED IN:

**Chickpeas:** Kale Salad with Cherries and Chickpeas (pg. 52), Italian Chopped Salad (pg. 54), Cauliflower "Cous Cous" (pg. 90)

**Black Beans:** Southwestern Macro Bowl (pg. 72)

**Pinto Beans:** Umami Macro Bowl (pg. 73)



## COOKED QUINOA

MAKES 4–6 SERVINGS

### INGREDIENTS:

*1 cup quinoa, any variety*

*2 cups water or broth*

*½ tsp. salt*

### DIRECTIONS:

Add quinoa to a fine mesh strainer and thoroughly rinse under cold water for 1-2 minutes, swirling quinoa by hand to ensure all seeds get cleaned. Do not skip this step — it removes the seeds' natural outer coating which can taste bitter when cooked.

Add rinsed quinoa to your saucepan along with 2 cups of water or chicken/vegetable broth. Add salt and bring to a rolling boil over high heat. Once the liquid reaches boiling, turn

the heat down to low, cover the saucepan, and cook for 15 minutes. After 15 minutes, remove the saucepan from heat, but keep the lid on for an additional 5 minutes.

After five minutes, remove the lid and fluff quinoa with a fork before serving.

**USED IN:** Quinoa Tabbouleh (pg. 63), Quinoa Stuffed Bell Peppers (pg. 62), Southwestern Macro Bowl (pg. 72), Beet Burger (pg. 96)

# PROTEINS

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## SAVORY GROUND TURKEY

**MAKES 4–6 SERVINGS**

*The key to delicious ground turkey is plenty of seasoning. This recipe features spices and herbs that should compliment a variety of dishes, but feel free to substitute them according to your desired taste profile.*

### INGREDIENTS:

**1 Tbsp. olive**  
**or sunflower seed oil**  
**2 cloves garlic, sliced with**  
**Slicer Blade**  
**1 onion, sliced with Slicer Blade**  
**1 Tbsp. Bragg's liquid aminos**  
**or soy sauce**  
**1 Tbsp. white vinegar**  
**1 ¼ pounds ground turkey**  
**(1 package)**  
**1 Tbsp. fresh oregano**  
**or 1 tsp. dry**  
**1 Tbsp. fresh thyme**  
**or 1 tsp. dry**  
**1 tsp. Sea salt**  
**Black pepper to taste**  
**Up to ½ cup chicken/vegetable**  
**broth or water**

### DIRECTIONS:

Add oil to a large skillet over medium-high heat. Add garlic and onions and sauté until just translucent, about 2-3 minutes. Add in aminos/soy sauce and vinegar and quickly stir with a wooden spoon to distribute. Add in ground turkey, breaking it into pieces as you stir. Stir in oregano, thyme, salt, and pepper. Continue to stir turkey until it is completely cooked through, about 25 minutes, adding broth or water 2 Tbsp. at a time if the pan starts to dry out.

**USED IN:** Avocado-edamame Confetti Boats (pg. 51), Romaine Boats (pg. 67)



## BAKED CHICKEN BREASTS

**MAKES 4**

*Covering the chicken breasts with oiled parchment paper helps to lock in moisture, but if you don't have any, simply drizzle oil directly onto the chicken.*

### INGREDIENTS:

**Four Boneless, skinless**

**chicken breasts**

**½ to 1 tsp. dried herbs —**

**thyme, rosemary, sage,  
etc. (optional)**

**1-2 Tbsp. olive or coconut oil**

**Salt and pepper to taste**

**Parchment paper**

**Glass or ceramic baking pan**

### DIRECTIONS:

Preheat oven to 400°F.

Coat a baking pan with olive oil. Measure parchment paper to cover the baking pan and coat one side with olive oil. Pat chicken breasts dry with a paper towel and add to the pan, spaced an inch or two apart. Season with

herbs, salt, and pepper, then cover with the parchment paper, oil side-down, tucking the edges under the two end breasts and pressing the parchment on top of the chicken. This will help to keep the breasts moist while cooking.

Bake until the chicken is fully cooked, about 30-40 minutes. To test doneness, insert a knife into the thickest part of the breast. If the juices run clear, the chicken is finished. If the juice is pink, keep cooking.

### USED IN:

Shredded Cobb Salad (pg. 55),  
Luscious Lavash Wrap (pg. 95)

# OVEN ROASTED SALMON

MAKES 2 SERVINGS



## INGREDIENTS:

*2 5-oz filets fresh salmon*

*½ Tbsp. olive oil*

*Salt and pepper to taste*

*Dried herbs such as thyme,  
sage, rosemary,  
or mint to taste*

## DIRECTIONS:

Preheat oven to 425°F. Line a baking sheet with foil or parchment paper. Rub salmon with olive oil and place skin-side-down on the sheet. Season with salt, pepper, and herbs.

**USED IN:** Avocado-edamame Confetti Boats (pg. 51), Butternut Squash Noodles with Sage, Kale, Almonds, and Goat Cheese (pg. 82)

Roast for 12-15 minutes until cooked to desired doneness. Salmon will continue to cook when pulled out of the oven, so keep that in mind when you remove from the oven.

# BAKED TURKEY/TEMPEH BACON

SERVES 4–6

*Baking your bacon substitute cuts down on the extra oil (ie extra calories) required when cooking in a pan.*

## INGREDIENTS:

**8-12 slices of turkey bacon  
or tempeh bacon  
(recommended brands:  
Lightlife or Tofurkey)**  
**1 Tbsp. olive or sunflower  
seed oil**

**USED IN:** Shredded Cobb  
Salad (pg. 55), Warm Brussels  
Sprout Slaw (pg. 59)

## DIRECTIONS:

Preheat oven to 375°F. Line standard baking sheet with parchment paper. Arrange turkey/tempeh bacon in a flat layer and drizzle with oil, flipping pieces over to make sure both sides are coated. Bake for 8-10 minutes on one side, then remove from the oven, flip pieces over, and bake an additional 8-10 minutes until edges are crisp.

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# CURED TOFU

SERVES 4–6

## INGREDIENTS:

**1 block firm tofu, cut into  
½-inch strips**  
**½ lemon**  
**½ tsp. sea salt**

**USED IN:** Easy Caprese (pg. 53), Veggie Crostini (pg. 68), Umami Macro Bowl (pg. 73), Green Goddess Sandwich (pg. 97)

## DIRECTIONS:

Set sliced tofu onto a baking tray. Drizzle with lemon juice and season with salt. Cover with foil and chill in the refrigerator overnight. The salt and lemon juice will add flavor and pull moisture from the tofu, giving it the toothsome consistency of mozzarella cheese.

## 2. NEXT-LEVEL NOSHING

**This diverse array of dishes uses many of the elements and techniques detailed in the previous section to form unique, delicious meals, sides and snacks. From fresh salads to spiralized main courses, hearty bowls to decadent, yet healthful desserts, this series of recipes ensures you make the most of your Veggie Bullet and all of its incredible functions.**

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# SATISFYING SALADS

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## CARROT SESAME SALAD WITH THAI PEANUT DRESSING

SERVES 4–6

*Get your Beta-carotene fix with this tangy, crunchy side salad, ready in under 10 minutes. The toasted sesame seeds add a depth of flavor that will leave your taste buds ever-so-satisfied! Make it a meal by adding cured tofu (pg. 47) or baked chicken (pg. 45) on top.*



### INGREDIENTS:

*1 lb carrots, trimmed and scrubbed,\* shredded with the Shredder Blade*

*⅔ cup Thai Peanut Dressing (pg. 197)*

*¼ cup toasted sesame seeds (standard or black)*

*Fresh-ground black pepper to taste*

*chopped green onions, to garnish (optional)*

*\*See pg. 31 for scrubbing technique*

### DIRECTIONS:

Add shredded carrots into a large bowl. Top with Thai Peanut Dressing, sesame seeds, and black pepper, and toss. Garnish with chopped green onions, if desired.



## RAINBOW CONFETTI SALAD WITH TAHINI TURMERIC DRESSING

SERVES 2-4

*This colorful, crunchy, and heart-healthy salad is as pleasing to the tastebuds as it is to the eye, with pops of purple, orange, green and red, finished off with intensely yellow turmeric dressing.*

### INGREDIENTS:

*½ head purple cabbage,  
shredded with*

*Shredder Blade*

*2 Large carrots, shredded with  
Shredder Blade*

*1 beet, trimmed, scrubbed,\*  
shredded with  
Shredder Blade*

*1 Green apple, quartered, core  
removed, shredded with  
Shredder Blade*

*1 cup fresh cilantro  
or parsley leaves,  
sliced with Slicer Blade*

*1 Tbsp. roasted black  
sesame seeds*

*2-4 Tbsp. Tahini Turmeric  
Dressing (pg. 122)*

*\*See pg. 31 for scrubbing  
technique*

### DIRECTIONS:

Run cabbage, carrots, beet, apple, and cilantro through the Veggie Bullet and into a large bowl. Add sesame seeds and toss with dressing to taste.



## AVOCADO-EDAMAME CONFETTI BOATS

**MAKES 4–6 SERVINGS**

*Fill avocados with refreshing, crunchy vegetables and buttery edamame for a fun and tasty lunch or side dish. Feel free to swap this confetti salad recipe for the Rainbow Confetti Salad (pg. 50), or make both and fill each avocado half with a different version. Feel free to add ground turkey (pg. 44) or flaked, roasted salmon (pg. 46) to ramp up the protein.*

### INGREDIENTS:

- ¼ red cabbage, shredded with  
Slicer Blade*
- 3 leaves kale, chopped with  
Slicer Blade*
- 2 large carrots, scrubbed  
and shredded with  
Shredder Blade*
- 3 radishes, trimmed  
and shredded with  
Shredder Blade*
- ¾ cups shelled edamame*
- ¼–½ cup Sesame Vinaigrette  
(pg. 122)*
- 4 avocados, halved with  
pits removed*

### DIRECTIONS:

Prep all vegetables in the Veggie Bullet and add to a large bowl. Add edamame and dressing and toss to distribute.

Arrange avocado halves on a platter. Spoon confetti salad into the space where the pit used to be. Feel free to overfill as much as you'd like.

This salad makes enough to fill 8 avocados, plus extra. Feel free to serve the extra salad alongside the boats, or to store for later use.



## KALE SALAD WITH CHERRIES & CHICKPEAS

SERVES 4–6

*The ubiquitous kale salad gets an upgrade when tossed with chickpeas, dried cherries, and our delectable Tahini Turmeric Dressing (pg. 122).*

### INGREDIENTS:

***1 head lacinato kale, chopped  
with the Slicer Blade and  
massaged with 2 tsp. olive  
oil (pg. 37)***

***1 cup cooked chickpeas,  
canned and drained or  
home-cooked (pg. 42)***

***½ cup dried,  
unsweetened cherries***

***½ cup Tahini Turmeric Dressing  
(pg. 122)***

### DIRECTIONS:

Chop kale in the Veggie Bullet and massage with oil according to instructions on pg. 37. Add kale to a large bowl along with cherries and chickpeas. Add dressing if serving right away and toss to coat.

# EASY CAPRESE

MAKES 4 SERVINGS

*If you're not a dairy lover, cured tofu makes an excellent, toothsome substitute for traditional mozzarella.*



## INGREDIENTS:

*4 Roma tomatoes, sliced with  
Slicer Blade*

*8-12 leaves fresh basil, rinsed  
and dried, sliced with  
Slicer Blade*

*4 oz buffalo mozzarella, sliced  
with Slicer Blade OR sliced  
cured tofu (pg. 47)*

*¼ cup good olive oil*

*2 Tbsp. high quality  
balsamic vinegar*

*Salt and fresh ground black  
pepper to taste*

## DIRECTIONS:

On a large platter, arrange ingredients so that they overlap slightly, but still cover the whole plate, alternating sliced tomato, sliced mozzarella/tofu. Sprinkle with basil leaves. Drizzle evenly with olive oil and vinegar, season with salt and pepper, and serve.

# ITALIAN CHOPPED SALAD

**MAKES 4 SERVINGS**

*This salad makes good use of the Veggie Bullet's Shooter Set with a wide array of chopped, sliced, and diced ingredients. Serve alongside crusty ciabatta and a crisp Italian white wine to round out the theme.*

## INGREDIENTS:

- 1 head Iceberg lettuce,**  
*quartered, then chopped  
with Slicer Blade*
- ½ cup dry-roasted or smoked**  
*almonds, chopped with  
Slicer Blade*
- 1 cup canned artichoke hearts**  
*(packed in water) drained,  
sliced with Slicer Blade*
- 4 roasted red peppers from**  
*a jar, drained, sliced with  
Slicer Blade*
- 8 oz fresh smoked turkey breast**  
*(not deli slices), diced with  
Shredder Blade*
- ½ cup dried (not oil-packed)**  
*sun-dried tomatoes, diced  
with Shredder Blade*
- 1 small red onion, quartered,**  
*or one shallot, diced with  
Shredder Blade*
- 1 can chickpeas, rinsed and**  
*drained or 1½ cups cooked  
chickpeas (pg. 42)*
- ¼-½ cup oregano dressing**  
*(pg. 125)*

## DIRECTIONS:

Assemble Veggie Bullet Shooter with the Slicer Blade facing up. Place a medium-sized bowl underneath the dispenser and a large salad bowl nearby. Shred the lettuce through the Slicer Blade and into the medium bowl, then transfer to the large salad bowl. Repeat for almonds, artichoke hearts, and roasted red peppers.

Unhinge the Veggie Bullet and flip the blade so that the Shredder Blade is facing up. Secure the lid, then shred turkey breast, sun-dried tomatoes, and onion/shallot into the medium bowl. Add to the large salad bowl with the other ingredients, along with the drained chickpeas.



# SHREDDED COBB SALAD

**SERVES 4–6**

*This crowd-pleasing salad makes for a hearty meal, placing salty, crunchy tempeh bacon bits alongside juicy tomatoes and protein-packed hard boiled eggs.*

## INGREDIENTS:

- 1 Tbsp. coconut oil*
- 8 strips cooked tempeh bacon or turkey bacon (pg. 47)*
- 1 head iceberg lettuce, washed and chopped with Slicer Blade*
- 4 roma tomatoes, sliced with Slicer Blade*
- 4 hard-boiled eggs, peeled, chopped with Shredder Blade*
- 2 large cooked chicken breasts (pg. 45), shredded with Shredder Blade*
- 1 avocado, cut into 1-inch chunks*
- 4 oz sheep's milk feta, cut into cubes (optional)*
- ¼ - ½ cup Cleaned-Up Ranch Dressing (pg. 124)*

## DIRECTIONS:

**Cook bacon:** According to instructions on page 85.

**Assemble salads:** Set up the Veggie Bullet Shooter Set and place a medium bowl under the dispenser. Place four to six individual salad bowls nearby. Shred the lettuce using the Slicer Blade, then divide among the six smaller bowls.

Repeat with tomatoes and arrange them in rows on top of each small salad bowl. Unhinge the Veggie Bullet and flip the blade so that the Shredder Blade is facing up. Secure the lid, shred the eggs, then arrange in another row alongside the tomatoes. Repeat with the chicken.

Hand crumble the tempeh bacon in another row, then add the cubed avocado and feta in subsequent rows. Dress and serve.

# SLAWS, SIDES, AND ASSEMBLE-ABLES

The recipes in this section taste great on their own, as a side dish, or as mixable, matchable pieces to combine over grains, spiralized noodles, or veggie “rice” to form a singular meal (see Bases, Bowls, and Beds section on pg. 70 for ideas). If choosing the latter option, it’s best to make several sides in advance for quick, easy assembly when mealtime comes.

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# SUCCULENT SLAWS & SIDES

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## CLASSIC COLESLAW

SERVES 4–6

*You can't go wrong with this classic, crunchy side dish. Feel free to substitute mayonnaise with plain Greek yogurt to lighten things up without sacrificing any creaminess. This will also taste great with the Cleaned-Up Ranch Dressing (pg. 124) if you have some on hand.*

### INGREDIENTS:

- ½ head green cabbage,  
sliced with Slicer Blade*
- ½ head purple cabbage,  
sliced with Slicer Blade*
- 3 carrots, scrubbed\* and  
shredded with  
Shredder Blade*
- ¾ cup mayonnaise or Greek  
Yogurt (at least 2% milkfat)*
- 2 Tbsp. apple cider vinegar*
- ½ Tbsp. honey or agave nectar*
- 1 tsp. salt*
- ½ tsp. Celery seed*

*\*See pg. 31 for scrubbing  
technique*



### DIRECTIONS:

Run all vegetables through the Veggie Bullet and into the same large bowl. In a separate bowl, whisk together mayo/yogurt, vinegar, honey, salt, and celery seed. Pour the dressing over the vegetables, toss to coat, cover the bowl with foil or plastic wrap, and refrigerate for at least 2 hours before serving.

# CRUNCHY ASIAN SLAW

SERVES 4–6

*Crunchy, nutty, and full of flavor, this delicious side dish is the perfect addition to any summertime barbeque or picnic.*

## INGREDIENTS:

- ½ head Napa cabbage, sliced  
with Slicer Blade*
- ½ head purple cabbage, sliced  
with Slicer Blade*
- ¼ cup toasted almonds, sliced  
with Slicer Blade*
- ¼ cup fresh basil, chopped with  
Slicer Blade*
- ¼ cup fresh cilantro, chopped  
with Slicer Blade*
- 2 carrots, scrubbed\* and grated  
with Shredder Blade*
- ½ cup bean sprouts*
- 2 Tbsp. toasted sesame seeds*
- ¼–½ cup Sesame Vinaigrette  
(pg. 122)*
- ¼ Thai Peanut Dressing  
(pg. 123)*

*\*See pg. 31 for scrubbing  
technique*

## DIRECTIONS:

Add shredded Napa and purple cabbage, shredded carrots, bean sprouts, basil, cilantro, avocado, sesame seeds, and sliced almonds into a large bowl.

Pour both sesame and peanut dressing (page 122 and 123, respectively) over the chopped vegetable mixture before serving and toss to coat evenly.



# WARM BRUSSELS SPROUT SLAW

SERVES 6–8

*This warm, savory-sweet slaw makes a perfect addition to any holiday table, but is easy enough to enjoy on a weeknight.*

## INGREDIENTS:

***¾ pound cooked turkey or  
tempeh bacon (pg. 47) cut  
into ½-inch pieces***

***4 Tbsp. unsalted butter  
or olive oil (or a  
combination of the two)***

***2 pounds Brussels sprouts  
shredded with  
Shredder Blade***

***2 Granny Smith apples  
shredded with  
Shredder Blade***

***1 tsp. dried thyme  
Salt and freshly ground  
pepper, to taste***

## DIRECTIONS:

Cook bacon according to instructions on page 85. Allow to cool, then cut into ½-inch pieces.

Melt the butter or heat the olive oil in a large stovetop casserole dish or frying pan over high heat. Add the Brussels sprouts in batches, stirring until softened but still bright green—about eight minutes total. Season with salt and pepper. Add apples and thyme and cook, stirring until the apples are warmed through. Add the turkey bacon/tempeh until heated. Transfer slaw to a platter and serve.



## BEET SALAD

SERVES 4–6

*This is one of the easiest (and tastiest) side dishes you can make with the Veggie Bullet. Steam beets a day ahead of time to make prep even faster.*

### INGREDIENTS:

*8 beets, sliced with the Slicer  
Blade and steamed (pg. 41)  
¼ cup Tarragon Dijon dressing  
(pg. 121)  
¼ cup crumbled goat cheese  
¼ cup chopped  
toasted walnuts*

### DIRECTIONS:

Slice and steam beets and allow to cool to room temperature, about 20 minutes. Once cooled, add to a large bowl and toss with dressing. Sprinkle with goat cheese and toasted walnuts. Serve.

# BALSAMIC BRAISED CABBAGE

MAKES 6 SERVINGS

*Humble purple cabbage transforms into something completely delectable when given the braising treatment. A pressure cooker changes preparation from a slow-paced Sunday afternoon affair to a hyper-fast weeknight possibility, but either method yields delicious results.*

## INGREDIENTS:

**1 head red cabbage, chopped in the Slicer Blade**

**1 Tbsp. olive oil**

**½ cup balsamic vinegar (¼ cup if using pressure cooker)**

**½ cup apple cider or apple juice (¼ cup if using pressure cooker)**

**1 cup vegetable broth (¾ cup if using pressure cooker)**

**½ tsp. salt**

**Fresh ground pepper to taste**

**1 tsp. caraway seeds**

## DIRECTIONS:

**Stovetop:** Prep cabbage in the Veggie Bullet.

Add vinegar and apple cider/juice to a large saucepan over high heat. Bring to a boil, then add broth, season with salt and pepper, and reduce heat to simmer for 10 minutes

until liquid is reduced. Add the cabbage and toss well to fully coat with liquid.

Cover the pan and cook for 25-35 minutes, stirring every 5-20 minutes. Uncover the pan, add the caraway seeds, stir and cook until most of the liquid evaporates, roughly 25-35 minutes more.

**Pressure Cooker:** Adjust the amounts of ingredients as recommended. Add all ingredients except the ground pepper to the pressure cooker and stir to evenly distribute. Lock on lid and set cooker to high pressure for 3 minutes.

Use the quick-release method to release pressure. Remove lid, season with pepper and stir, and transfer to a serving dish.

# GRAINS AND BAKES

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## QUINOA STUFFED BELL PEPPERS

*Wonderful by themselves or paired with grilled chicken, fish, or steak, these festive stuffed peppers are easy to make and easy to store — keeping fresh in the fridge in an airtight container for up to 3 days.*

### INGREDIENTS:

***2 bell peppers, halved, scooped  
and seeded***

***1 cup Fresh baby arugula***

***¼ purple cabbage, shredded  
with Shredder Blade (you  
can also substitute any of  
the slaw recipes, beginning  
on pg. 57)***

***8 Grape tomatoes, halved***

***1 cup cooked quinoa (pg. 43)***

***Micro greens***

***¼ cup Carrot Top Pesto  
(pg. 128)***

### DIRECTIONS:

Cook quinoa using the directions on page 43. Set aside to cool.

Lay cleaned bell peppers onto a clean surface. Scoop half of the quinoa into each bell pepper.

Top with shredded cabbage, sliced grape tomatoes and microgreens. Garnish with a dollop of carrot top pesto (roughly 2 Tbsp. per pepper).



## QUINOA TABBOULEH

*This updated take on a classic Middle Eastern dish tastes even more refreshing when made with protein-rich quinoa and fresh herbs. Enjoy as a snack, side dish, or as a full meal by mixing in cubes of baked chicken breast (pg. 45) or cured tofu (pg. 47).*

### INGREDIENTS:

- 1 cup quinoa, cooked and cooled (pg. 43)**
- $\frac{1}{2}$  tsp. kosher salt plus more to taste**
- 2 Tbsp. fresh lemon juice**
- 1 garlic clove, sliced**
- $\frac{1}{2}$  cup extra virgin olive oil**
- freshly ground pepper**
- 1 large English cucumber or 2 Persian cucumbers, sliced with Slicer Blade**
- 2 roma tomatoes, sliced with Slicer Blade**
- $\frac{2}{3}$  cup flat leaf parsley, chopped with Slicer Blade**
- $\frac{1}{2}$  cup fresh mint, chopped with Slicer Blade**
- 2 scallions, chopped with Slicer Blade**

### DIRECTIONS:

Cook quinoa (pg. 43). Let cool. Mix lemon juice and garlic in a small bowl. Whisk in the olive oil. Season with salt and pepper to taste.

Transfer cooked and cooled quinoa to a large mixing bowl and stir in  $\frac{1}{4}$  cup dressing. This can be done up to a day ahead of time and stored in an airtight container in the fridge, as flavors will intensify overnight. Cover and store any leftover dressing and quinoa separately for later use.

Add cucumbers, tomatoes, herbs, and scallions to a large bowl with quinoa and toss to coat. Season with salt and pepper to taste, and drizzle with the remaining dressing, if more is desired.





## **INGREDIENTS:**

- 1 medium Courgette, sliced  
with Slicer Blade*
- 1 medium yellow squash, sliced  
with Slicer Blade*
- 1 small eggplant, sliced  
with Slicer Blade*
- 1 roma tomato, sliced  
with Slicer Blade*
- 1 russet potato, sliced  
with Slicer Blade*
- 1 large white onion, sliced with  
Slicer Blade*
- 2 garlic cloves, shredded with  
Shredder Blade*
- ¼ cup mozzarella or cheddar  
cheese, shredded with  
Shredder Blade*
- 1 Tbsp. olive oil*
- ½ tsp. Italian seasoning*
- Salt and black pepper to taste*
- 2 Tbsp. freshly grated parmesan  
cheese, grated with  
Shredder Blade*



# VEGETABLE TIAN

SERVES 8–12

*A popular summertime side dish in the south of France, this casserole uses lots and lots of sliced veggies, making it a perfect dish to show off your Veggie Bullet's capabilities.*

## DIRECTIONS:

Preheat oven to 400°F. Coat a round pie pan with olive oil and set aside.

Add olive oil to a small pan over medium-high heat. Add chopped garlic and onion and cook until soft and fragrant, around 6 minutes. Remove from heat. Spread the onion and garlic mixture onto the pie pan.

Evenly arrange the sliced vegetables, alternating the Courgette, squash, eggplant, tomato, and potato as you go. You can make rows of vegetables, or you can make a spiral tian. Continue layering to fill until there are no open spaces!

Drizzle the top with 1 Tbsp. olive oil and a generous sprinkle of Italian seasoning, salt, and pepper. Cover with aluminum foil and bake for 30 minutes in the oven at 400°F.

Remove aluminum foil and sprinkle with mozzarella/cheddar and parmesan. Place it back into the oven and bake for an additional 15 minutes, or until your cheese is golden brown.

Great served alongside grilled chicken or fish.

## ‘APPY HOUR

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# ROMAINE BOATS

MAKES 6 SERVINGS

*Fresh, handy, and packed with protein, these tasty stuffed leaves are perfect for pleasing Paleo-centric palates.*

## INGREDIENTS:

- 1 yellow squash, sliced  
with Slicer Blade**
- 1 green Courgette, sliced  
with Slicer Blade**
- 2 radishes, sliced with  
Slicer Blade**
- 1 Tbsp. olive oil**
- 1 large head romaine, washed**
- Cooked ground turkey (pg. 44)**
- Avocado (optional)**
- Chipotle cream sauce  
(recipe on pg. 126)**
- ¼ cup chopped cilantro or  
parsley, to garnish (optional)**

## DIRECTIONS:

Heat olive oil in a pan over medium-high heat. Sauté squash and Courgette until golden, about 3-5 minutes.

Gently remove the romaine leaves from the root of the stalk. Lay down on a clean surface. Spoon a few slices of squash and Courgette on the romaine “boat.”

Add sliced radishes, ground turkey, avocado, and drizzle with chipotle cream sauce (pg. 126).

Boats should be assembled the day of, but you can cook your squash and turkey up to 2 days in advance.

# VEGGIE CROSTINI

SERVES 5

*These tasty crostinis make an elegant hors d'oeuvre at any cocktail or dinner party, combining tender roasted vegetables with crunchy, crumbly toasts for a delectable mix of textures and flavors.*

## INGREDIENTS:

**1 squash, sliced with**

**Slicer Blade**

**1 small eggplant, sliced**

**with Slicer Blade**

**2 carrots, sliced with**

**Slicer Blade**

**1 medium sized beet,**

**sliced with Slicer Blade**

**Garlic cloves, shredded**

**with Shredder Blade**

**2 Tbsp. olive oil, plus more to taste**

**Salt and pepper to taste**

**Cilantro for garnish (optional)**

**1 block cured tofu, sliced into**

**¼-inch slices (pg. 47; optional)**

While the vegetables are baking,

cut the bread into 1½" slices.

Lightly drizzle the bread with

olive oil. Add to the oven with

the vegetables for 3-5 minutes,

until lightly toasted and just

beginning to brown around

the edges. Remove from oven

promptly, allowing vegetables

to complete their cooking time.

Remove veggies from the

oven and allow to cool slightly.

Increase oven temperature

to the broil setting (about

500°F). Place a small amount

of vegetables and the cured

tofu, if desired, onto the toasts.

Return toasts back to oven for 3

minutes, watching carefully to

avoid burning. Remove, drizzle

with additional olive oil, sprinkle

with salt to taste, and top with a

sprig of cilantro before serving.

## DIRECTIONS:

Preheat oven to 400°F. In a large mixing bowl, toss your vegetables with 2 Tbsp. olive oil, garlic, and salt and pepper to taste. Place onto a parchment or foil-lined baking sheet and pop into the oven until lightly browned and tender, about 20 minutes. Remove.

# RAINBOW SPRING ROLLS

MAKES 4–6 SERVINGS

*A bounty of textures, flavors, and colors all rolled into one tasty appetizer! These fresh, rainbow-filled rolls are sure to be a hit at your next shindig. Serve with soy sauce, Thai Peanut Dressing (pg. 123), or Sesame Vinaigrette (pg. 122) as a dipping sauce.*

## INGREDIENTS:

**1 small beet, shredded with**

**Shredder Blade**

**1 small Courgette, shredded**

**with Shredder Blade**

**1 large carrot, shredded with**

**Shredder Blade**

**½ cucumber, sliced with Slicer**

**Blade, then cut**

**into matchsticks**

**1 avocado**

**2 Tbsp. fresh lemon juice**

**Nori sheets (seaweed)**

Add the strips of beet, cucumber, Courgette, and carrot on top of the avocado spread. Be careful not to overstuff or your nori wrap will break. Using two hands, tightly roll up the nori sheet from the edge that is closest to you, rolling away from you. Cut in half and enjoy.

## DIRECTIONS:

Organize your beets, cucumber, Courgette, avocado and carrot on a large plate. Lay a nori sheet along a clean flat surface.

Slice the avocado by hand. Mash your avocado in a small bowl, along with the lemon juice. Spread the avocado mixture onto the bottom half of your nori sheet.

Rolls should be assembled the day of, but you can prepare and store your raw vegetables (excluding avocado) up to 1 day in advance. Store each type of veggie in a separate airtight container in the fridge and drizzle with a bit of lemon juice to preserve moisture and freshness. If using this method, reduce the amount of lemon juice you add to the avocado by 1 Tbsp.

# **BASES, BOWLS, AND BEDS**

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## **MACRO BOWLS**

A Macro Bowl is a balanced dish that contains a starchy carb, a serving of protein, a healthy fat source, and a number of raw and cooked vegetables, providing all of your macronutrient needs. Macro Bowls present a perfect opportunity to mix and match pre-cooked ingredients and leftovers.

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# SWEET POTATO NOODLE MACRO BOWL

SERVES 2

*Rainbow-colored and bursting with flavor, this delicious bowl will leave you feeling nourished and energized for the long road ahead. As with most Macro Bowls, this one's easiest to assemble when the cooked ingredients are made in advance.*

## INGREDIENTS:

***½ cup purple cabbage, chopped  
with Slicer Blade***

***5 leaves Swiss Chard, chopped  
with Slicer Blade***

***6 white mushrooms, washed  
with stems removed, sliced  
with Slicer Blade***

***1 medium cucumber, spiralized  
in Spiralizer***

***1 medium sweet potato,  
spiralized in Spiralizer***

***1 cup cooked chickpeas  
(pg. 42), or canned,  
rinsed and drained***

***½ Avocado, sliced by hand***

***1 Tbsp. Dill Cashew Cream  
(pg. 126)***

Sauté your mushroom slices in 1 Tbsp. olive oil for 3-5 minutes and add salt and pepper to taste. Set aside.

Steam chard (pg. 40) for a few minutes until bright green and slightly wilted.

Start by placing a ½ cup of chard into 2 separate bowls. Next, add ¼ cup purple cabbage to each bowl in its own section. Then add ½ cup cucumber spirals to each bowl. Then, add ½ cup cooked sweet potato spirals. Next, add ½ cup cooked white mushrooms to the bowl. Add ½ cup of beans to each bowl. Top with avocado sliced on top of each bowl. Dress with a Tbsp. of Dill Cashew Cream (pg. 126).

## DIRECTIONS:

Sauté your sweet potato spirals in 1 Tbsp. olive oil for 6-8 minutes and add salt and pepper to taste. Set aside.

# SOUTHWESTERN MACRO BOWL

**MAKES 2 SERVINGS**

*Packed with Tex-Mex flavors and loaded with nutrients, this delicious bowl makes a super satisfying lunch or dinner. The recipe makes two portions, so share with a compadre or take the lone ranger route and save leftovers for later.*

## INGREDIENTS:

- 1 roma tomato, sliced with Slicer Blade**
- 2 limes (for garnishing), sliced with Slicer Blade**
- 4 red radishes, trimmed and sliced with Slicer Blade**
- 1 sweet potato, sliced with Slicer Blade and roasted**
- 3 leaves kale, chopped with Slicer Blade**
- ¼ purple cabbage, shredded with Shredder Blade**
- 1½ cups cooked quinoa (pg. 43)**
- 1 cup cooked black beans (canned and drained or home-cooked, pg. 42)**
- ½ cup fresh corn kernels (optional)**
- 1 avocado, cubed**

## To garnish (optional):

- Salsa, sour cream, hot sauce, and/or Chipotle Cream Sauce (pg. 126)**
- Chopped green onions**
- Chopped cilantro**

## DIRECTIONS:

Cook quinoa (pg. 43). Slice radishes, tomato, and limes with Slicer Blade, keeping them in separate bowls, and set aside. Slice cabbage and kale into the same bowl. Sauté kale and cabbage in 1 Tbsp. oil over medium-high heat until tender — about 5-7 minutes.

Divide cooked quinoa into two bowls to serve as the base (or one bowl and one airtight container, if saving a portion for later). On top of the quinoa, arrange half of the kale and cabbage, beans, sweet potato slices, tomato, corn (if using), radishes, and avocado in each bowl, placing each ingredient side-by-side so they form an arrangement similar to a pie chart. Garnish with sliced lime, drizzle with salsa, sour cream, hot sauce, and/or chipotle cream, and top with sliced green onions and/or cilantro, if desired.



# UMAMI MACRO BOWL

**MAKES 1 SERVING**

*This bowl really makes use of the weekend setup idea. When you prepare various healthy dishes in advance, assembling a super delicious, satisfying meal can take less than 5 minutes!*

## **INGREDIENTS:**

**1 tsp. olive or sunflower seed oil**  
**1 clove garlic, minced**  
**1 cup spinach**  
**3 cherry tomatoes, halved**  
**1 Tbsp. Liquid aminos / soy sauce**  
 **$\frac{3}{4}$  cup cooked cauliflower rice**  
**(pg. 32)**  
 **$\frac{1}{4}$  cup store-bought**  
**pickled cabbage**  
 **$\frac{1}{2}$  cup Balsamic Braised**  
**Cabbage (pg. 61), Brussels**  
**Sprout Slaw (pg. 59), or**  
**other shredded cabbage**  
**recipe of your choice**  
**2 Tbsp. toasted almonds**  
**2-3 slices cured tofu (pg. 47)**  
 **$\frac{1}{2}$  cup cooked pinto beans**  
**(pg. 42) (can use canned)**  
 **$\frac{1}{4}$  avocado, sliced (optional)**  
**1 small handful of arugula or**  
**cilantro (optional)**  
**2 Tbsp. Tahini-Turmeric**  
**Dressing (pg. 122)**

## **DIRECTIONS:**

Heat oil in a medium pan over high heat. Add garlic and fry for 1 minute. Add tomatoes, spinach, and aminos/soy sauce, and stir until tomatoes are softened and warm, greens are wilted, and sauce is reduced — about 3-5 minutes. Set aside.

Arrange your bowl: using the rice/cauliflower rice as your base, assemble spinach/tomato sauté, pickled veggies, shredded cabbage/brussels sprout dish, toasted almonds, and pinto beans in a pie-chart-like formation. Top with avocado and arugula/cilantro if desired, and drizzle with tahini-turmeric dressing.

This bowl can be enjoyed warm or cold. If you prefer to enjoy warm, reheat pre-cooked ingredients separately in the microwave before assembling.



## SPIRALIZED DELIGHTS

Substituting spiralized vegetables for traditional noodles reduces the amount of empty carbohydrates in your meal and increases its overall nutrient content. They also taste great!

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# RAW BROCCOLI STEM NOODLES WITH DIJON SHALLOT VINAIGRETTE

MAKES 2 SERVINGS

*Light and crunchy with a pleasantly bitter taste, spiralized broccoli stem pairs perfectly with delicate shallot dressing.*

## INGREDIENTS:

**4 broccoli stalks**

***¼ cup dijon shallot vinaigrette***  
***(pg. 121)***

***Salt and pepper to taste***

## DIRECTIONS:

Wash and dry broccoli. Cut off the florets and reserve for broccoli rice. Trim the ends of the stalk. Peel the first layer off of the broccoli stem using a vegetable peeler, then run stems through the Spiralizer Blade.

Transfer broccoli stem noodles to a large bowl and toss with dressing. Season with salt and pepper before serving.



## PESTO COURGETTE NOODLES WITH SAUTÉED SHRIMP

**MAKES 4 SERVINGS**

*Shrimp is the perfect protein to perch atop these pesto-coated noodles, adding delicate brininess and unique texture to the soft crunch of Courgette.*

### INGREDIENTS:

**2 Courgette, spiralized**  
**1 lb shrimp, cleaned and**  
**deveined with tails left on**  
**2 Tbsp. olive or sunflower seed**  
**oil, divided**  
**Salt and pepper to taste**  
**½ cup Carrot Top (or traditional)**  
**Pesto Sauce (pg. 128)**

### DIRECTIONS:

Spiralize Courgette and set aside. Add oil to a large skillet over medium heat. Add shrimp and stir until firm and opaque on each side, about 2-4 minutes depending on size. Transfer shrimp to a separate dish and add more oil to the pan if needed. Add Courgette noodles and pesto, sautéing until al dente, about 4 minutes. Remove from heat, add shrimp, and toss to fully mix.

# YELLOW SQUASH NOODLES

## WITH SPICY TOMATO SAUCE

**SERVES 2-4**

*Ready in just under 15 minutes, this warming, vegetable-centric dish is as savory and delicious as it is satisfying.*

### INGREDIENTS:

*1 small onion,  
sliced with Slicer Blade*  
*2 cloves garlic,  
sliced with Slicer Blade*  
*3 yellow squash,  
spiralized in Spiralizer*  
*2 cups Spicy Tomato Sauce  
(pg. 127)*  
*1/3 cup fresh chopped parsley,  
to garnish*  
*Optional: grated Parmesan  
cheese or nutritional yeast*

### DIRECTIONS:

Heat oil in a large skillet over medium. Add onion and garlic and sauté until translucent. Add squash “noodles” and cook until lightly brown, about 5 minutes, stirring occasionally to cook evenly.

Pour tomato sauce on top of the “noodles” and stir to coat. Cook for an additional 3-5 minutes until thoroughly heated. Season with salt and pepper and divide between serving bowls. Garnish with fresh parsley and Parmesan cheese, if desired.







## **INGREDIENTS:**

- 1-inch piece of ginger root,  
grated with Shredder Blade*
- 1 carrot, scrubbed\* and grated  
with Shredder Blade*
- 2 cloves garlic, minced with  
Shredder Blade*
- 6 shiitake mushrooms, sliced  
with Slicer Blade*
- 3 green onions, trimmed and  
sliced with Slicer Blade*
- 1 red bell pepper, cored,  
cut into thirds, and sliced  
with Slicer Blade*
- 2 large yellow squash,  
trimmed and spiralized*
- 2 Tbsp. Bragg's Liquid Aminos  
or soy sauce*
- ½ - 1 tsp. Sriracha sauce*
- 1 tsp. Sesame oil*
- 1 tsp. Honey or agave*
- 2 Tbsp. olive, sunflower seed, or  
coconut oil, divided*
- ½ cup canned, sliced water  
chestnuts, drained and rinsed*
- 1 lb fresh shrimp, cleaned,  
deveined, and peeled, with  
tails on*
- 1 Tbsp. rice vinegar*
- 1 tsp. White or black sesame  
seeds, to garnish*

# SPIRALIZED LO-MEIN

MAKES 2-3 SERVINGS

*Transform this classic Chinese takeout dish into a healthy go-to weeknight meal. Sautéed shrimp adds an extra protein boost!*

*\*See pg. 31 for scrubbing technique*

## DIRECTIONS:

Grate ginger, garlic, and carrots with the Shredder Blade into separate bowls. Switch to the Slicer Blade and slice mushrooms, green onion, and bell pepper into separate bowls. Switch to the Spiralizer set and spiralize the squash. Set aside.

In a small bowl, mix together ginger, aminos/soy sauce, Sriracha, sesame oil, and honey/agave. Set aside.

Heat olive/coconut/sunflower seed oil in a large skillet or wok over high heat. Add garlic, mushrooms, and green onions. Cook for a minute, then add peppers, carrots, and water chestnuts. Cook for another minute, then add rice vinegar. Cook for another minute.

Add the soy/ginger/honey sauce and spiralized noodles. Cook for 3-5 minutes until squash noodles are tender-crisp. Set aside.

Heat second Tbsp. of oil in a separate pan over medium heat. Add shrimp and stir until firm and opaque on each side, about 2-4 minutes, depending on size.

Arrange noodles in a bowl or dish and top with desired amount of shrimp. Garnish with sesame seeds.





# COURGETTE BOLOGNESE

**MAKES 2-3 SERVINGS**

*Light Courgette noodles get the hearty treatment when topped with meaty Bolognese sauce. The traditional Italian meat sauce takes a while to simmer, but the end result is totally worth it. Make the sauce on a weekend, then spiralize and cook your noodles on the day of for a quick, easy weeknight meal.*

## INGREDIENTS:

**1 medium onion, sliced with**

**Slicer Blade**

**1 celery stalk,**

**sliced with Slicer Blade**

**1 carrot, thoroughly scrubbed\* and**

**grated with Shredder Blade**

**2 Courgette, trimmed and**

**spiralized**

**2 Tbsp. extra virgin olive oil,**

**divided**

**6 oz ground beef (85% lean)**

**¼ cup dry red wine**

**2 cups beef stock**

**1 ½ Tbsp. tomato paste**

**1 bay leaf**

**Salt and pepper**

**Grated parmesan cheese to**

**garnish (optional)**

Add onions, celery, and carrots to a large pot over medium-high heat. Sauté until tender, about 8-10 minutes. Add beef, breaking it up with the back of a spoon and cook until browned, about 10-15 minutes. Add wine and bring to a boil for one minute, stirring continuously to scrape up any bits sticking to the pot. Add 1 ½ cups of stock, tomato paste, and the bay leaf and stir to fully combine. Reduce heat to low and simmer, stirring occasionally, for 1½ hours to meld all of the flavors. Season with salt and pepper.

**\*See pg. 31 for scrubbing technique**

## DIRECTIONS:

Prep Courgette and set aside.

In a separate pan, heat 1 Tbsp. Oil over medium-high heat. Sauté Courgette noodles until tender-crisp, about 3-5 minutes. Plate and top with Bolognese. Add parmesan cheese, if desired.



## **BUTTERNUT SQUASH NOODLES WITH SAGE, KALE, ALMONDS & GOAT CHEESE**

**MAKES 2 SERVINGS**

*Savory, warming, and packed with nutty-sweet butternut squash, this is the perfect cozy dinner to enjoy when the weather gets chilly.*

### **INGREDIENTS:**

***1 butternut squash, bulbous  
area removed, shaft peeled  
and spiralized***

***1 Tbsp. olive oil***

***¼ cup fresh sage leaves***

***½ medium onion, sliced  
with Slicer Blade***

***2 leaves kale, washed, dried,  
trimmed, and chopped with  
Slicer Blade***

***Salt and pepper to taste***

***¼ cup crumbled goat cheese***

***¼ cup sliced toasted almonds***

***Red pepper flakes to garnish  
(Optional) Oven Roasted  
Salmon filets (pg. 46)***

### **DIRECTIONS:**

Prep all ingredients.

In a large skillet, heat 1 Tbsp. olive oil. Add onions and cook until translucent. Add butternut squash noodles and cook for 4 minutes, tossing throughout. Add chopped kale, sage leaves, salt and pepper to skillet and cook for an additional 4-5 minutes.

Sprinkle the goat cheese and almonds over the skillet and garnish with red pepper flakes and additional salt, and pepper, if desired. Divide between bowls and serve alongside salmon, if desired.

# BEET NOODLES

## WITH WALNUTS, CHARD, ORANGE, & TARRAGON

MAKES 2-4 SERVINGS

*This earthy, flavorful dish brings depth, color, and texture to your plate.*

### INGREDIENTS:

*3 cloves garlic, sliced  
with Slicer Blade*  
*1 yellow onion, sliced  
with Slicer Blade*  
*1 orange, peeled, sliced with  
Slicer Blade, then cut into  
bite-sized segments*  
*3 leaves Swiss chard,  
chopped with Slicer Blade*  
*2 tsp. dried parsley*  
*1 tsp. dried thyme*  
*4 large beets, scrubbed\**  
*and spiralized*  
*¼ cup fresh tarragon*  
*½ lemon, cut into wedges  
for squeezing*  
*¼ cup walnut halves and pieces*  
*1 Tbsp. olive or sunflower seed oil*  
*½ cup crumbled goat cheese*  
*Salt and pepper, to taste*  
*2 Tbsp. - ¼ cup Tarragon Dijon  
Dressing (pg. 121)*

*\*See pg. 31 for scrubbing  
technique*

### DIRECTIONS:

Prep garlic, onion, orange, chard, and beets in the Veggie Bullet as directed, into separate bowls.

Heat a large, dry pan over medium-high heat. Add walnuts and toast for 1-3 minutes until slightly browned and fragrant, stirring constantly to prevent burning. Transfer to a small dish and set aside.

Wipe down the pan and return to medium-high heat. Heat 1 Tbsp. olive oil, then add onion and garlic, along with dried parsley and thyme, stirring until translucent.

Season with salt and pepper, then add spiralized beets and sauté for 7 minutes. Add tarragon, chopped chard, and orange slices, and squeeze the lemon juice on top. Cook for an

additional 3 minutes until the greens are wilted and the beets are just tender (but not mushy).

Transfer the mixture to a serving dish and crumble walnuts and goat cheese on top (you can also serve straight from the pan). Drizzle with Tarragon Dijon Vinaigrette and season with salt and pepper, if desired.

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## RED CHICKEN CURRY WITH CARROT NOODLES

**MAKES 8 SERVINGS**

*Great for entertaining, this big-batch, crowd-pleasing curry is bursting with flavor.*

### INGREDIENTS:

- |  |  |
|--|--|
| <b>2 Tbsp. coconut oil</b>   | <b>1 red bell pepper, cut into<br/>1-inch chunks</b>       |
| <b>4 Tbsp. red curry paste</b>   | <b>1 cup sugar snap peas, ends<br/>and strings removed</b> |
| <b>1 lb. boneless, skinless chicken<br/>breasts, patted dry with<br/>paper towels and seasoned<br/>with salt and pepper, and<br/>cut into 1-inch cubes</b>           | <b>1 can light coconut milk</b>                            |
| <b>2 carrots, peeled and sliced<br/>with Slicer Blade, plus 8-10<br/>large carrots, spiralized<br/>in Spiralizer (save tops for<br/>Carrot Top Pesto on pg. 128)</b> | <b>1 cup chicken<br/>or vegetable stock</b>                |
| <b>1 large onion, thinly sliced with<br/>Slicer Blade</b>  | <b>1 Tbsp. raw honey</b>                                   |
| <b>2 Roma tomatoes, sliced<br/>with Slicer Blade</b>   | <b>1 Tbsp. Thai fish sauce</b>                             |
|  | <b>¼ cup fresh basil,<br/>roughly chopped</b>              |
|  | <b>Lime wedges, for squeezing</b>                          |
|  | <b>Salt and pepper to taste</b>                            |

## **DIRECTIONS:**

Prep onion, first two carrots, and tomato with the Slicer Blade, dividing into separate bowls. Spiralize carrot noodles and set aside. Prep other veggies by hand.

Add coconut oil to a large saucepan over medium heat. Add curry paste and stir until fragrant – about 1 ½ minutes. Add onion and sauté for 5 minutes, until translucent. Add chicken and stir until golden brown on all sides. Add bell pepper, carrots, tomato, and snap peas and stir to coat all the vegetables in the curry paste.

Add coconut milk and stock. Raise heat to medium-high and bring to a simmer. Stir in honey and fish sauce until fully mixed. Let simmer for 15 minutes, then add spiralized carrot to the pot and cook for an additional 5-7 minutes. Stir in basil and remove from heat. Chicken should be fully cooked through and the carrot noodles should be tender.

Divide curry between 8 bowls along with lime wedges for squeezing.



## **INGREDIENTS:**

### **Pad Thai Sauce:**

- 3 Tbsp. fish sauce*
- 1 Tbsp. tamarind paste*
- 1 Tbsp. freshly squeezed lime juice*
- 1 Tbsp. coconut sugar*  
*OR maple syrup*
- 1 tsp. chili powder*

### **Toppings:**

- 1 cup toasted cashews or peanuts, chopped with the Slicer Blade*
- ½ cup cilantro, chopped with the Shredder Blade*
- 1 lime cut into 3 wedges for serving*

### **Omelet shreds:**

- 1-2 tsp. olive oil*
- 4 eggs*

### **Sweet Potato:**

- 1½ pounds sweet potatoes, spiralized in Spiralizer*
- 2 Tbsp. olive oil*
- 1 large clove garlic, sliced with the Slicer Blade*
- 1 bunch green onions, sliced with the Slicer Blade*

# SWEET POTATO PAD THAI

MAKES 4–6 SERVINGS

*Sweet and savory Pad Thai gets the veggie treatment in this dish, which substitutes traditional rice noodles for spiralized sweet potatoes.*

## DIRECTIONS:

Mix together all the ingredients for the sauce, and prep all the toppings to set aside until the end.

Preheat a non-stick skillet over medium heat. Add 1-2 teaspoons oil to the pan, whisk the eggs together in a bowl and then pour them into the preheated pan. Swirl the eggs around to all the edges, then push the set eggs to the middle and continue to swirl the uncooked eggs to the sides of the pan. When the eggs are about half cooked, lower the heat to low and cover. Cook without stirring until the omelet is done. Using a spatula, carefully slide the omelet out of the pan onto a cutting board. Cut the omelet into strips about ¼” wide, and set aside.

Add the 2 Tbsp. of oil to the same pan you used for the omelet along with the garlic and green onions, sauté over medium high heat for about 1 minute, and then add the sweet potato noodles. Sauté the sweet potato noodles until just softened, about 8-10 minutes.

When the noodles have softened, add the Pad Thai sauce, omelet shreds, cashews, and chopped cilantro to the pan. Continue cooking over medium high heat while tossing the noodles just until everything is coated. Serve immediately with lime wedges, nuts, and cilantro.

A close-up photograph of a white ceramic bowl filled with cauliflower rice. The rice is finely chopped and has a fluffy texture. It is garnished with small pieces of red bell pepper and green herbs. The bowl is set against a dark background, and a red cloth is visible in the bottom right corner.

## NICE “RICE”

Cut down on carbs and calories by substituting finely chopped cauliflower and broccoli in your favorite rice dishes! With its fluffy texture and satisfying fiber content, we doubt you'll miss the original one bit (or bite).

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## CAULIFLOWER “RICE” WITH HAZELNUTS AND TARRAGON DRESSING

SERVES 4

*Serve alongside roasted salmon (pg. 46) for a healthy and elegant dinner.*

### INGREDIENTS:

*1 head cauliflower, rinsed,  
dried, and ends trimmed  
1 Tbsp., plus ¼ cup good olive  
oil, divided  
1 clove garlic, minced  
¼ - ⅓ cup Tarragon Dijon  
Dressing (pg. 121)*

### DIRECTIONS:

Prepare the “rice” using the baking method on page 32.

Add cooked “rice” to a large bowl. Top with dressing, add hazelnuts and black pepper, and toss. Divide among four bowls to serve.

# CAULIFLOWER “COUS COUS”

**SERVES 4–6**

*Cauliflower makes a great stand-in for the traditional Middle Eastern grain. Serve alongside lamb or chicken for a hearty meal.*

## **INGREDIENTS:**

*1 head cauliflower, “riced” (pg. 32) with the Shredder Blade*  
*2 Tbsp. extra virgin olive oil, divided*  
*1 ½ tsp. ground cumin*  
*1 ½ tsp. ground coriander*  
*½ tsp. ground cinnamon*  
*2 cloves garlic, peeled and minced*  
*1 medium yellow onion, peeled and sliced with Slicer Blade*  
*2 large carrots, peeled and sliced with Slicer Blade*  
*1 red pepper, quartered, seeds removed, and sliced with Slicer Blade*  
*½ cup vegetable broth*  
*¼ tsp. saffron powder*  
*½ cup golden raisins or dried black currants*  
*1 tsp. coarse salt*  
*1 cup canned chickpeas, rinsed and drained*  
*¼ cup chopped flat leaf parsley*

## **DIRECTIONS:**

Heat 2 Tbsp. olive oil in a large saucepan over medium heat. Add cumin, coriander, and cinnamon and stir to toast for 1-2 minutes. Add onion, garlic, and carrots and sauté until onion is translucent, about 4 minutes. Add red pepper and cook for an additional 2-3 minutes until lightly brown. Pour vegetable broth over the mixture and add saffron powder, raisins/currants, and salt. Cover the pan, reduce heat to simmer, and cook for 5 minutes until carrots are soft and raisins are plump. Add cooked chickpeas and cauliflower rice. Raise heat to high, and stir until the broth evaporates and cauliflower is cooked through, about 5 minutes.



# BIBIMBAP RICE BOWL

## WITH BROCCOLI RICE

MAKES 4 SERVINGS

*A low-carb version of the classic Korean dish, this “rice” bowl is packed with mixable, matchable veggie portions that can be prepped and stored in advance for speedy weeknight assembly.*



### INGREDIENTS:

*½ cup mung bean sprouts*

*2 cups Spinach*

*Florets from two bunches of  
broccoli, “riced” with the  
Shredder Blade (pg. 32)*

*1 Cucumber, sliced with  
Slicer Blade*

*1 Courgette, sliced with  
Slicer Blade*

*1 Carrot, sliced with Slicer Blade*

*2 Garlic cloves, sliced  
with Slicer Blade*

*2 Scallions, sliced with  
Slicer Blade*

*1 small white onion,  
sliced with Slicer Blade*

*1 8-12 oz. roast beef tenderloin,  
shredded with Shredder Blade*

*Soy sauce*

*Sesame seeds*

*3 Tbsp. sesame oil, divided, plus  
more to garnish*

*4 eggs, fried sunny-side-up in  
sesame, olive, or coconut oil*

*Salt and pepper*

## DIRECTIONS:

Toss mung bean sprouts with 1 tsp. minced garlic, 2 tsp. sesame oil, ½ tsp. sesame seeds, and salt and pepper to taste.

Blanch the spinach by placing in boiling water for 30 seconds until slightly wilted, then place in a bucket of ice water. Squeeze out water. Cut into 3-inch lengths. Toss with 1 Tbsp. of chopped scallion, 1 tsp. minced garlic, 1 tsp. of sesame oil, ½ tsp. of sesame seeds and salt and pepper to taste.

Cut the cucumber in half lengthwise, sprinkle salt over sliced cucumbers and set aside for 15 minutes. Squeeze out excess liquid. Toss with 1 Tbsp. of chopped scallion, ½ tsp. minced garlic, 1 tsp. sesame oil and ½ tsp. of sesame seeds.

Cut your Courgette sliced in half. Generously sprinkle salt over sliced Courgettes and set aside for 10–15 minutes. Squeeze out excess liquid from salted Courgette by hand. Add 1 Tbsp. of chopped scallion, ½ tsp. minced garlic, 1 tsp. sesame oil and ½ tsp. sesame seeds. Sauté in a lightly oiled skillet for 1–2 minutes over medium–high heat.

Cut the carrot slices into thin matchsticks. Sauté in a lightly oiled skillet for 1–2 minutes over medium–high heat, sprinkling salt and pepper to taste.

To assemble, place ½ cup of broccoli rice in each bowl. Nicely arrange a small amount of each prepared vegetable over the rice. Drizzle a little sesame oil over. Top with an egg fried sunny-side up and serve.





# HANDS-ON FOODS

Sandwiches, wraps, & flatbreads  
OH MY!

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# LUSCIOUS LAVASH WRAP

SERVES 1

*This satisfying lunch is easy and fun to assemble. Middle-Eastern Lavash flatbread is available in most markets, but you can substitute a whole wheat tortilla if you prefer.*

## INGREDIENTS:

- 1 small roma tomato,**  
*sliced with Slicer Blade*
- ¼ cucumber, sliced**  
*with Slicer Blade*
- 1 4-oz turkey or chicken breast,**  
*sliced with Slicer Blade (you can use leftover baked chicken from pg. 45 or sub pre-sliced deli turkey, if desired)*
- ¼ head iceberg lettuce, shredded**  
*with Slicer Blade*
- 1 sheet of lavash**  
*(sub whole wheat tortilla, if unavailable)*
- 2 Tbsp. hummus**
- 5 pitted kalamata olives,**  
*roughly chopped*
- ½ jarred roasted red pepper,**  
*chopped*
- 1 oz crumbled feta or 1 Tbsp.**  
*Horseradish Yogurt Sauce (pg. 129)*
- ½ Tbsp. Oregano Dressing (pg. 55)**

## DIRECTIONS:

Prep roma tomato, cucumber, iceberg lettuce, and turkey/chicken separately in the Veggie Bullet.

Lay lavash sheet on a flat surface. Spread hummus to cover the flatbread. Arrange tomato, cucumber, lettuce on top. Arrange sliced chicken/turkey in a horizontal row towards the bottom of the wrap. Spoon the olives, red pepper, and feta/yogurt sauce in rows above the turkey.

Drizzle Oregano Dressing over all of the ingredients. Starting with the bottom, tightly roll the lavash up so ingredients are neatly contained inside. Slice in half, secure each side with a toothpick and enjoy.

# BEET BURGER

MAKES 5 PATTIES

*Sink your teeth into this rib-sticking vegetable burger. With earthy beet flavors, crispy quinoa, crunchy sunflower seeds and zing from the red onion, this delicious patty is a far cry from the sad, bland veggie burgers of yore. In fact, it might even “beet” the meat version!*

## INGREDIENTS:

**2 beets, skins scrubbed and  
shredded with Shredder Blade**

**2 carrots, scrubbed\* and  
shredded with Shredder Blade**

**1 white onion, shredded  
with Shredder Blade**

**⅔ cup cooked quinoa (pg. 43)**

**1 tsp. salt**

**1 large clove garlic**

**1 tsp. black pepper**

**2 eggs**

**⅓ cup sunflower seeds**

**⅓ cup rolled organic oats**

*\*See pg. 31 for scrubbing technique*

## DIRECTIONS:

Add the shredded beets, garlic, carrot and onion to the NutriBullet or high speed blender. Mix for 1 minute. Add cooked quinoa and rolled oats. Process until finely chopped. Add the sunflower seeds and process another 10 seconds,

leaving some sunflowers whole for texture. Add salt and pepper. Transfer to a mixing bowl.

Using the dressing bullet, crack your eggs and blend for 10 seconds. Pour over the mixing bowl. Mix together until well combined. Cover and place in the fridge for at least 30 minutes. Once mixture is chilled, remove it from fridge and form the patties. Divide mixture into 4-5 patties and place them onto a plate.

Heat 1-2 Tbsp. olive oil in a cast iron skillet. Cook the patties for 5-6 minutes on either side, until the edges are brown. Do 2-3 patties at a time, don't crowd the pan!

Serve on a toasted bun, tucked inside pita bread, or on top of a leafy green salad with avocado and micro greens.



# GREEN GODDESS SANDWICH

MAKES 2 SERVINGS

*Whether you're picnic-bound or lunching in the comfort of your own kitchen, this beautiful sandwich—stacked high with fresh vegetables and accented with succulent, herbaceous Green Goddess Mayo—will elevate your midday meal to something divine. Feel free to halve the recipe and store extra veggies for later to make a single portion.*

## INGREDIENTS:

**4 slices good bread**

**½-1 Tbsp Green Goddess Mayo**

*(pg. 129)*

**¼ cucumber, sliced**

*with Slicer Blade*

**1 celery stalk, sliced**

*with Slicer Blade*

**1 medium sized green zebra**

**tomato (or another**

**heirloom tomato variety),**

**sliced by hand**

**½ small ripe avocado,**

**sliced by hand**

**Sliced onion to taste**

**2 leaves butter**

**or romaine lettuce**

**4 ¼-inch slices cured tofu**

**(pg. 47; optional)**

**Microgreens or sprouts, rinsed**

**and dried**



## DIRECTIONS:

Toast bread and spread each slice with ½ Tbsp. Green Goddess Mayo (pg. 129).

Layer cucumber, celery, tomato, avocado, pickled red onion, lettuce, cured tofu, if desired, and sprouts on top of two of the bread slices, then top with the remaining bread slices to make two sandwiches.

# BIG, JUICY ROAST BEEF & VEGGIE SANDWICH

SERVES 2

*This delicious sandwich is bursting with flavor and texture, using roasted vegetables and freshly sliced beef to make a truly sensational taste. For speedier assembly, roast veggies a day or two ahead of time and store in the fridge in an airtight container. This recipe can also be halved to make a single serving. Save any leftover veggies for macro bowls, noodle dishes, and other sandwiches.*



## INGREDIENTS:

**1 Roma tomato,**  
*sliced with Slicer Blade*

**1 Courgette, sliced with**  
*Slicer Blade*

**1 red bell pepper, cored and**  
*sliced into thin rings by hand*

**½ Tbsp. dried thyme**

**1 Tbsp. olive oil**

**Salt and pepper**

**¼ cup grated parmesan,**  
*manchego, or nutritional*  
*yeast (you can grate cheese*  
*with the Shredder Blade, or*  
*by hand)*

**3 small red radishes or 1**  
*watermelon radish,*  
*sliced with Slicer Blade*

**1 8-12 oz roast beef tenderloin,**  
*sliced with Slicer Blade*

**Arugula**

**Dijon Mustard**

**4 thick slices rustic whole grain,**  
*rye bread, or sourdough*  
*bread, toasted*

**Horseradish Yogurt Sauce**  
*(pg. 129)*

## DIRECTIONS:

Preheat oven to 375°F. In a parchment-lined roasting pan, spread Courgette, tomato, and bell pepper in a single layer. Drizzle with olive oil and sprinkle with thyme, salt, and pepper. Mix vegetables to coat with the oil and seasoning, then return to the single layer. Distribute cheese/nutritional yeast evenly over the vegetables. Place in the oven for 20-25 minutes, until vegetables are tender and the cheese is lightly browned.

Slice the radishes and beef in the Veggie Bullet and toast bread while the vegetables roast. Remove veggies from the oven and construct your sandwich.

Layer 2 slices of toasted bread with yogurt sauce, beef, roasted veggies, sliced radishes, and arugula. Spread the other two slices of bread with a generous amount of dijon mustard. Season with additional salt and pepper, if desired, and place atop the layered ingredients to make two sandwiches.



# VEGGIE PIZZA

MAKES 2 PERSONAL PIZZAS

*Making pizza from scratch is super fun. Load yours up with roasted veggies for an earthy combination of textures and flavors.*

## INGREDIENTS:

*½ Courgette, sliced with Slicer Blade*

*½ carrot, sliced with Slicer Blade*

*½ small eggplant, sliced with Slicer Blade*

*1 white onion, sliced with Slicer Blade*

*½ cup mushrooms, sliced with Slicer Blade*

*1 lbs. Pizza dough, store bought or homemade*

*½-¾ cup tomato sauce (jarred or Spicy Tomato Sauce on pg. 127)*

*1 Tbsp. olive oil*

*Handful of arugula (optional)*

*Salt and pepper to taste*

*Sprinkle of cornmeal or flour*

and pepper to taste. Cover and cook for another 10 minutes. Set aside.

Slice the dough in half and cover one half with an upside-down bowl or a clean kitchen towel while you prepare the other pizza. Lay down a piece of parchment paper on top of a baking tray and sprinkle with cornmeal. Place the dough on top of the parchment paper and begin to knead, flattening with both hands to form a round disc roughly ¼ inch thick.

Top the pizza with a few spoonfuls of tomato sauce, using the back of the spoon to spread it out onto the edges. Pile on the cooked veggies from the pan. Bake for 5 minutes, then rotate the pizza in the oven. Bake another 5-10 minutes until the crust is golden brown. Let cool for 10 minutes before cutting. Top with arugula, if desired.

## DIRECTIONS:

Preheat oven to 500°F.

In a saucepan over medium high heat, saute white onion for 2 minutes. Add Courgette, 1 Tbsp. of water, carrots, eggplant, and mushrooms. Season with salt



A top-down view of a white bowl filled with a vibrant green smoothie. The smoothie is topped with several slices of almonds and small clumps of golden-brown granola. The bowl is set against a solid yellow background.

## **BREAKFAST BESTS**

Start your day off right!

---

# CARROT CAKE OATMEAL

MAKES 2–3 SERVINGS

*Hit your sweet tooth and fuel up for the day with this seemingly decadent oatmeal dish that's actually loaded with fiber and nutrients.*

## INGREDIENTS:

*⅔ cup gluten free oats*

*¼ cup chia seeds*

*4 carrots, spiralized in spiralizer,  
plus a few spiralized pieces  
set aside to garnish*

*2 cups hot water*

*1 tsp. cinnamon*

*Toppings: 1 tsp. raisins, 1 tsp.  
almond butter*

## DIRECTIONS:

Bring 2 cups of water, oats and spiralized carrots to a boil. Add chia seeds. Let simmer. Stir in cinnamon.

Transfer to a bowl and top with raisins, extra carrot spirals, almond butter and a small amount of maple syrup.



# SWEET POTATO KALE BREAKFAST HASH

SERVES 2

## INGREDIENTS:

**1 medium sweet potato, shredded  
with Shredder Blade**

**4 leaves lacinato kale,  
sliced with Slicer Blade**

**½ white onion, sliced  
with Slicer Blade**

**1 finely red bell pepper (optional),  
sliced with Slicer Blade**

**2 eggs**

**¼ cup olive oil,  
plus 1 additional Tbsp.**

**Spices: paprika, salt, cumin,  
black pepper, red pepper**

## DIRECTIONS:

Heat ¼ cup extra virgin olive oil in a large skillet over medium heat. Once hot, add the finely shredded sweet potatoes, sliced onion, cumin, paprika, red pepper flakes, salt, and pepper to the skillet. Add a finely diced red pepper at this point if desired.

Cook mixture, stirring occasionally, until the sweet potatoes are cooked through and fork-tender, browning slightly at the edges (about 15 minutes). Add kale into the skillet during the last 5 minutes of cooking. Stir well.

In a separate nonstick pan, heat 1 Tbsp. olive oil over medium heat. Once the oil is hot, crack eggs into the skillet and cover for 3-5 minutes until the whites are set. Feel free to cook longer if you prefer.

Portion the hash brown mixture onto 2 plates and top each with one egg. Season with salt, pepper, and red chili flakes as desired.



# VEGGIE EGG SKILLET

MAKES 1-2 SERVINGS

*The perfect hearty breakfast for a weekend morning, this dish is not only filling, but also loaded with healthy veggies and protein to get your day started right.*

## INGREDIENTS:

**1 tsp. olive oil, coconut oil,  
or butter**  
**2 organic broccoli stems,  
sliced with Slicer Blade**  
**½ organic Courgette,  
sliced with Slicer Blade**  
**1 clove of organic garlic,  
sliced with Slicer Blade**  
**1 roma tomatoes, sliced  
with Slicer Blade**  
**2 eggs**  
**⅓ organic avocado,  
cut into large chunks**  
**2 Tbsp. salsa of choice**  
**1 wedge of lemon (optional)**  
**Salt and pepper to taste**

## DIRECTIONS:

Melt olive oil/coconut oil/butter over medium high heat in a nonstick pan or skillet. Once melted, add broccoli stems. Wait 1 minute, then add Courgette. Stir frequently. Add sliced garlic. Continue to cook for 4-5 minutes over medium high. Add cherry tomatoes, salt and pepper.

Turn down to low-medium. Push all the veggies over to one side of the pan. Crack 2 eggs over the vegetables and cover the pan for 3-5 minutes until egg whites are set and the yolk is still runny. If you prefer a harder yolk, feel free to cook longer.

When finished, transfer mixture to plate. Top with salsa, avocado, and a squeeze of fresh lemon.

# GREEN DETOX SMOOTHIE BOWL

MAKES 1 SERVING

*This light, refreshing, all-green breakfast smoothie bowl will energize your morning, or get you back on track after a not-so-healthy evening. Ginger and cilantro help to kickstart your digestion, while cucumber and coconut water hydrate your body from the inside out.*

## INGREDIENTS:

***¼ pineapple, cut lengthwise and  
sliced with Slicer Blade***

***1 handful spinach***

***½ green apple***

***¼ avocado***

***1 tsp. fresh cilantro***

***1 small cucumber, halved***

***1 stalk celery***

***1 knob peeled ginger***

***½ cup coconut water***

***2 tsp. Hemp hearts***

***1 sprig fresh mint, to garnish***

## DIRECTIONS:

Add spinach, green apple, avocado, cilantro, half of the cucumber, ginger, and coconut water to a NutriBullet or another high speed blender. Process until completely smooth.

Pour into a bowl. Slice the pineapple and other half of the cucumber with Slicer Blade and arrange on top of the mixture. Sprinkle hemp seeds next to the slices and garnish with a sprig of mint.



## BLUEBERRY SMOOTHIE BOWL

MAKES 1 SERVING

*A classic berry-licious flavor combination, this sweet bowl makes an invigorating, refreshing start to your day.*

### INGREDIENTS:

- 1 frozen banana**
- ½ cup frozen blueberries**
- ½ cup almond milk**
- 1 tsp. cinnamon**
- ⅓ frozen avocado 2**  
**strawberries, sliced**  
**with Slicer Blade**
- 1 Tbsp. roasted almonds, sliced**  
**with Slicer Blade**
- 1 tsp. pumpkin seeds**
- 1 Tbsp. unsweetened**  
**coconut flakes**

### DIRECTIONS:

Add banana, blueberry, almond milk, cinnamon, and avocado to the NutriBullet or other high-speed blender. Process until smooth and all ingredients are blended together nicely. You want a very thick smoothie here to hold up your toppings.

Pour smoothie mixture into a bowl and top with sliced strawberries, pumpkin seeds, almonds, and coconut flakes.



## SOUP'S ON

Nourishing bowls  
to warm your spirits.

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# PHO

**MAKES 4 SERVINGS**

*Our take on the Vietnamese classic makes good use of the Veggie Bullet with freshly cut vegetables, spiralized carrot, and thinly sliced beef.*

## **INGREDIENTS:**

*2 tsp. coconut, sesame, or  
sunflower seed oil*  
*1 medium sized onion,  
sliced with Slicer Blade*  
*4 large cloves of garlic*  
*2-3 pieces of ginger, peeled and  
shredded with Shredder Blade*  
*1 star anise*  
*Black pepper to taste*  
*4 cans of chicken stock*  
*2 Tbsp. of sugar*  
*2 Tbsp. Asian Fish Sauce*  
*1 bunch bok choy,  
sliced with Slicer Blade*  
*1 cup broccoli,  
sliced with Slicer Blade*  
*1 cup white or brown mushrooms,  
sliced with Slicer Blade*  
*1 cup spinach, washed and  
shredded with Shredder Blade*  
*1 medium carrot, scrubbed and  
spiralized in Spiralizer*

## **Toppings:**

*12 oz. steak, sliced with Slicer  
Blade (optional)*  
*2 jalapeno peppers, sliced with  
Slicer Blade*

*1 cup basil leaves, to garnish*  
*1 tbsp black sesame seeds  
for garnish*  
*1 lime, sliced with Slicer Blade*

## **DIRECTIONS:**

Heat oil in a 6-quart pot over medium-high heat. Add sliced onion, garlic, ginger, star anise, and black pepper and sauté until onions are translucent and other ingredients are fragrant, about 5 minutes. Add chicken stock, sugar, and fish stock and bring to a boil.

Reduce to simmer and add bok choy, broccoli, and mushrooms to the pot. Cover and cook for 10 minutes. Uncover, add carrot noodles and spinach, and cook, covered, for another 10 minutes.

Divide soup between four bowls if serving right away. Top each bowl with sliced beef, jalapenos, basil leaves, lime slices, and sesame seeds to taste.

# GOLDEN BELL PEPPER SOUP

**MAKES 4 SERVINGS**

*Velvety, bright, and good year-round, this simple and tasty soup recipe is delicious by itself, or served beneath a layer of crispy croutons. Top with garbanzo beans to make a nutritious powerhouse lunch or dinner.*

## INGREDIENTS:

*½ small onion, shredded  
with Shredder Blade*  
*2 medium carrots, shredded  
with Shredder Blade*  
*1 celery stalk, shredded  
with Shredder Blade*  
*8 yellow, red, and/or orange bell  
peppers, sliced  
with Slicer Blade*  
*¼ cup extra virgin olive oil*  
*Sea salt and freshly ground  
pepper, to taste*  
*1 large sweet potato, scrubbed\*  
and sliced with Slicer Blade*  
*4 cups low sodium vegetable  
broth (or chicken broth  
if not vegetarian)*  
*Optional: 3 tsp. finely chopped  
fresh marjoram*  
*Sliced avocado, for garnish*

*\*See pg. 31 for scrubbing technique*

## DIRECTIONS:

Prep onions, carrots, celery, and peppers in the Veggie Bullet. In a large pot, heat olive

oil over medium heat. Add onion, carrot, celery, and a pinch of salt and black pepper. Cook until the vegetables are tender, about 4 minutes.

Add the bell peppers and cook until soft, about 6 minutes.

Add the sweet potatoes and broth. Season with salt and black pepper, cover the pot, and bring to a boil. Lower the heat. Simmer until the vegetables are tender, about 20 minutes.

Let the soup cool for 10-15 minutes, then, in batches, transfer to a blender and puree until smooth. If needed, thin the soup with water or more vegetable broth. Adjust the seasoning with salt and black pepper if necessary.

Return the soup to the pot to keep warm until serving. Garnish with cubed avocado.



## CARROT GINGER SOUP

**MAKES 4–6 SERVINGS**

*This comforting soup is creamy and warming with just enough ginger zing to please the whole family. For a tropically infused vegan version, sub coconut oil for butter and full-fat coconut milk for whipping cream.*

### INGREDIENTS:

**2 white onions, peeled and sliced with Slicer Blade**  
**2 lbs. carrots, scrubbed\* and sliced with Slicer Blade**  
**2 Tbsp. unsalted butter or coconut oil**  
**6 cups chicken broth**  
**2 Tbsp. freshly grated ginger**  
**1 cup whipping cream or full fat coconut milk**  
**Salt and pepper to taste**  
**Sour cream (optional)**  
**Parsley for garnish**

***\*See pg. 31 for scrubbing technique***

### DIRECTIONS:

In a 6-quart saucepan, add butter/oil and onions and cook over medium high heat, stirring often until onions are soft, about 4-5 minutes. Add broth, carrots, and ginger. Bring to a boil, then reduce to a simmer and cover until carrots are tender when pierced.

Remove from heat and let cool for 10-15 minutes. Then, transfer to the NutriBullet or a high speed blender. Do not fill all the way. Be careful as mixture can be hot. Remove from heat and return to pan. Stir in the cream over high heat until hot. Ladle soup into bowls and garnish with a dollop of sour cream and parsley sprigs.



# ASPARAGUS PEA SOUP

**MAKES 4 SERVINGS**

*Light and delicate, yet surprisingly protein-packed, this creamy soup makes a perfect springtime appetizer or entree, served alongside grilled bread or crispy roasted salmon (pg. 46).*



## **INGREDIENTS:**

- 12 ounces (1 large bundle)  
asparagus, bottoms  
trimmed, sliced with Slicer  
Blade, with 2 spears set  
aside for garnish*
- 1 shallot, sliced with Slicer Blade*
- 4 cloves garlic, minced*
- 2 Tbsp. olive oil*
- Salt and pepper, to taste*
- 10 ounces (2 cups) fresh or  
frozen peas*
- 2 cups vegetable broth*
- Juice of ½ lemon*
- 1-2 Tbsp. grated parmesan cheese  
or nutritional yeast, plus more  
to garnish*



## **DIRECTIONS:**

Slice shallots and garlic with the Slicer Blade into one bowl. Rinse blade and slice asparagus with the Slicer Blade into another separate bowl.

Heat oil in a large saucepan or pot over medium-high heat. Once hot, add shallot and garlic. Season lightly with salt and pepper and stir to coat. Cook for 2-3 minutes, or until fragrant and translucent. Reduce heat. Set aside 2 asparagus stalks for garnish. Add remaining asparagus to the pan and stir to sauté until tender.

Add peas and vegetable broth to the saucepan and season with more salt and pepper. Remove from heat and let cool to room temperature (10 minutes in the fridge, 30 minutes on the counter).

Transfer cooled soup mixture to your NutriBullet or another high speed blender. Blend until creamy and smooth. Add cheese/nutritional yeast if desired. Taste and adjust seasonings as needed, adding more salt and pepper if desired. Remove from blender and stir in lemon juice.

Reheat on the stove for 5-10 minutes before serving.

To serve, slice the reserved asparagus spears in the Veggie Bullet. Pour warmed soup into serving bowls and divide the asparagus pieces among the bowls, adding a small pile to the center of each soup dish to garnish. Crack more black pepper over the top and sprinkle with additional parmesan/nutritional yeast.

A top-down view of a white bowl filled with a smooth, brown chocolate pudding. The pudding is garnished with a generous pile of shredded white coconut on the left, several slices of ripe yellow banana on the right and bottom, and a single fresh green mint leaf in the center. A dark, crumbly topping, possibly chocolate brownie bits, is also visible. A white rectangular box with a thin black border is centered over the bowl, containing text.

## SWEET TREATS AND TIPPLES

Add some sweetness to your day.

---

# MINTY CHOCOLATE SMOOTHIE BOWL

MAKES 1 SERVING

*A dessert that doubles as breakfast, the mint chocolate milkshake gets a refreshing makeover in this mouthwatering smoothie bowl. With ingredients like fresh mint and crunchy cacao nibs, you'll forget that you're actually eating something good for you.*

## INGREDIENTS:

**1½ frozen bananas**  
**1 tsp. cacao powder**  
**2 Tbsp. fresh mint leaves**  
**or ¼-½ tsp. food grade**  
**peppermint oil**  
**1 Tbsp. cacao nibs, plus 1 tsp.**  
**for topping**  
**½ cup almond milk**  
**½ banana, sliced with the**  
**Slicer Blade**  
**½ Tbsp. shredded coconut**  
**Fresh mint sprigs**

## DIRECTIONS:

Add frozen banana, cacao powder, mint leaves/extract, cacao nibs, and almond milk to a NutriBullet or other high speed blender. Blend until smooth and pour into a bowl.

Top with remaining cacao nibs, sliced banana, shredded coconut, and fresh mint.

# MANGO-COCONUT CHIA PUDDING PARFAIT

## INGREDIENTS:

- ¼ cup chia seeds*
- 1 cup unsweetened almond milk*  
*(or nut milk of choice)*
- 1 Tbsp. agave (optional)*
- ¼ tsp. vanilla extract*
- 1 Tbsp. shredded*  
*unsweetened coconut*
- 1 large ripe mango, peeled, cut into*  
*large pieces around the pit,*  
*then sliced with Slicer Blade*
- ½ tsp. orange or lime zest*  
*(optional)*

## MAKES 1 SERVING

*This tropical-tasting treat makes a satisfying dessert or a decadent breakfast on those more indulgent days. Filled with fiber, beneficial fatty acids, and vitamin C, this layered concoction is as nutritious as it is delicious.*

## DIRECTIONS:

Combine almond milk, agave, and vanilla extract in a large bowl and stir together until fully mixed. Add chia seeds and coconut and stir vigorously for another 2 minutes. Cover the bowl and set in the fridge for at least 20 minutes, but preferably overnight.

Slice the mango and zest the orange/lime, if using.

Spoon half of the chia mixture into a 8-oz drinking glass or mason jar. Top it with half of the mango slices and half of the citrus zest. Repeat with the second half, layering the remaining chia pudding with the mango and the citrus zest.





## CITRUS SANGRIA

**MAKES 6 SERVINGS**

*When the summer heat rolls around, nothing beats a juicy glass of sangria to cool you down and chill you out. Our version uses red wine and sliced citrus, but you can experiment with different types of wine and fruit to suit your preferences. Try a pinot grigio with strawberries and peaches, or a bottle of rosé with raspberries and blood orange. Whatever you choose, the results are sure to be tasty and refreshing.*

### INGREDIENTS:

**2 oranges, quartered and sliced  
with Slicer Blade**

**2 limes, sliced with Slicer Blade**

**1 lemon, sliced with Slicer Blade**

**1 bottle dry, inexpensive red  
wine—merlot, rioja,  
or malbec**

**1 cup fresh orange juice**

**½ cup fresh lime juice**

**¼ cup honey or agave**

**¼ cup triple sec**

### DIRECTIONS:

Prep all citrus slices with the Veggie Bullet and set aside.

In a large pitcher, mix wine, orange juice, lime juice, honey, and triple sec. Stir until fully combined and honey/agave is dissolved. Add fruit, give another stir, then cover and let sit in the refrigerator for at least 4 hours before serving (overnight is preferable).

# SPA WATER

MAKES 4–8 SERVINGS PER PITCHER

*Sip in luxury with these super simple, super refreshing flavor-infused waters.*

## 1. CUCUMBER MINT WATER

### INGREDIENTS:

*1 cucumber, sliced with  
Slicer Blade  
¼ cup tightly-packed mint  
leaves, washed  
½ gallon (8 cups) filtered water*

### DIRECTIONS:

Add all ingredients to a large pitcher. Cover with foil or plastic wrap, and chill in the refrigerator for at least 4 hours before drinking.

---

## 2. STRAWBERRY BASIL LIME

### INGREDIENTS:

*6 medium strawberries, sliced  
with Slicer Blade  
1 lime, sliced with Slicer Blade  
¼ cup packed basil leaves, washed  
½ gallon (8 cups) filtered water*

### DIRECTIONS:

Add all ingredients to a large pitcher. Cover with foil or plastic wrap, and chill in the refrigerator for at least 4 hours before drinking.

---

## 3. LEMON, ORANGE, & ROSEMARY

### INGREDIENTS:

*1 orange, sliced with Slicer Blade  
1 lemon, sliced with Slicer Blade  
2-3 sprigs fresh rosemary,  
washed  
½ gallon (8 cups) filtered water*

### DIRECTIONS:

Add all ingredients to a large pitcher. Cover with foil or plastic wrap, and chill in the refrigerator for at least 4 hours before drinking.







# DRESSINGS AND SAUCES

Pour some style into  
your creations.

---



## DIJON SHALLOT VINAIGRETTE

MAKES 4–8 SERVINGS

*Liven up your veggies with this light, fresh salad dressing.*

### INGREDIENTS:

**1 small shallot**

**2 Tbsp. fresh thyme (or 1 tsp. dry)**

**½ cup white wine vinegar**

**½ cup good olive oil**

**1 Tbsp. dijon mustard**

**1 tsp. light maple or agave  
syrup (optional)**

**½ tsp. Salt**

**Fresh ground pepper to taste**

### DIRECTIONS:

Add all ingredients to the NutriBullet or other high-speed blender and blend until smooth. Alternatively, you can chop the shallot in the Veggie Bullet with the ShredderBlade, then whisk by hand in a large bowl with the other ingredients.

**Served with** Raw Broccoli Stem Noodles (pg. 75).

## TARRAGON DIJON DRESSING

MAKES 4 SERVINGS

*Spoon this fresh, bright flavored dressing over salads, or use as a marinade for grilled and roasted veggies, chicken, pork, or fish.*

### INGREDIENTS:

**½ cup olive oil**

**2 Tbsp. Dijon mustard**

**¼ cup fresh lemon juice**

**½ cup fresh tarragon leaves**

**½ tsp. salt**

### DIRECTIONS:

Add all ingredients to the NutriBullet or another high speed blender and extract until smooth, about 30 seconds. Alternatively, finely chop tarragon by hand and whisk ingredients together in a medium bowl.

**Served with** Beet Noodles with Walnuts, Chard, Orange and Tarragon (pg. 83), and Cauliflower “Rice” with Hazelnuts (pg. 89).

# SESAME VINAIGRETTE

MAKES 4–8 SERVINGS

*Delicate and flavorful, this Japanese-inspired dressing makes a lovely topping to thinly sliced cucumbers and light salads.*

## INGREDIENTS:

*½ cup rice vinegar*  
*1 Tbsp. honey, agave,*  
*or light maple syrup*  
*2 Tbsp. sesame oil*  
*¼ tsp. salt*

## DIRECTIONS:

Combine vinegar, honey, sesame oil, and salt in a bowl with a whisk, or in the NutriBullet or other high speed blender.

**Served with** Avocado-Edamame Confetti Boats (pg. 51), Crunchy Asian Slaw (pg. 58), and Rainbow Spring Rolls (pg. 69).

---

# TAHINI TURMERIC DRESSING

MAKES 16 SERVINGS

*Savory tahini, pungent turmeric, and sweet honey meld together to make this totally unique, totally addictive yellow sauce.*

## INGREDIENTS:

*½ cup tahini*  
*¼ cup olive oil*  
*¼ cup lemon juice*  
*¼ cup water*  
*1 Tbsp. honey*  
*½-inch chunk fresh ginger*  
*2 tsp. ground turmeric*  
*½ tsp. salt*  
*Fresh ground black pepper*  
*to taste*

## DIRECTIONS:

Add all ingredients to the NutriBullet, a food processor, or another high-speed blender and blend until fully smooth and combined. If using the NutriBullet, you may need to untwist the blade and scrape down the sides halfway through extracting to ensure an even mixture.

**Served with** Rainbow Confetti Salad (pg. 50), Kale Salad with Cherries and Chickpeas on (pg. 52), and Umami Macro Bowl (pg. 73).



## THAI PEANUT DRESSING

MAKES 4–6 SERVINGS

*Choc-full of peanuts, coconut, garlic, and ginger, this sweet/nutty/spicy/savory sauce is a total treat for the tastebuds. It's surprisingly versatile as well, making a great topping for shredded carrots, Asian-inspired slaws, and spiralized veggie noodles as well as a dip for homemade springrolls.*

### INGREDIENTS:

- 1 Tbsp. soy sauce, tamari,  
or liquid aminos**
- 1 Tbsp. rice vinegar**
- $\frac{1}{3}$  cup unsweetened, unsalted  
creamy peanut butter**
- $\frac{3}{4}$  cup coconut milk  
(carton, not can)**
- 1 Tbsp. honey**
- 1 clove garlic, peeled**
- $\frac{1}{2}$  inch piece fresh ginger  
or  $\frac{1}{2}$  tsp. Ground ginger**
- $\frac{1}{2}$  tsp. chili flakes**
- $\frac{1}{2}$  tsp. salt**

### DIRECTIONS:

Add all ingredients to the NutriBullet or another high speed blender and extract until smooth, about 30 seconds.

**Served with** Carrot Sesame Salad (pg. 49), Crunchy Asian Slaw (pg. 58), and Rainbow Spring Rolls (pg. 69).



## CLEANED-UP RANCH DRESSING

**MAKES 8–12 SERVINGS**

*Usually made with sour cream and mayo, classic ranch dressing has long been relegated to the “comfort food” category. Not anymore. This version substitutes creamy, nutritious cashews for its dairy and mayo counterparts, so you can feel comfortable enjoying it without hesitation.*

### INGREDIENTS:

**1 cup roasted cashews**

**$\frac{3}{4}$  cup water**

**2 Tbsp. lemon juice**

**$\frac{1}{4}$  cup apple cider vinegar**

**$\frac{1}{3}$  cup olive oil**

**2 Tbsp. maple syrup**

**1 clove garlic**

**2 tsp. onion powder**

**1 Tbsp. fresh dill or 1 tsp. dried**

**$\frac{1}{2}$  tsp. salt**

**Fresh cracked pepper to taste**

### DIRECTIONS:

Add all ingredients to the NutriBullet or other high speed blender and blend until smooth.

**Served with** Shredded Cobb Salad (pg. 55) and Classic Coleslaw (pg. 57).



## OREGANO DRESSING

MAKES 4–8 SERVINGS

*A classic topping for chopped salads or Italian subs, this flavorful dressing is as tasty as it is easy to make.*

### INGREDIENTS:

*¼ cup good olive oil*  
*¼ cup red wine vinegar*  
*2 Tbsp. lemon juice*  
*1 Tbsp. dried oregano*  
*2 tsp. salt*  
*1-2 tsp. ground pepper*  
*2 cloves garlic, minced if not using blender*

### DIRECTIONS:

Whisk ingredients together in a large bowl, or blend in a NutriBullet or high-speed blender until fully mixed.

**Served with** Italian Chopped Salad (pg. 54) and Luscious Lavash Wrap (pg. 95).



## CHIPOTLE CREAM SAUCE

**MAKES 4–8 SERVINGS**

*Smokey and creamy, this delectable sauce makes a great addition to tacos, burrito bowls, and other Mexican and Southwestern dishes.*

### INGREDIENTS:

**1 cup full fat Greek yogurt**  
**1 chipotle pepper in adobo sauce**  
**1 garlic clove, peeled**  
**1 tsp. fresh squeezed lime juice**  
**1 tsp. Extra-virgin olive oil**  
**1 tsp. honey**  
**Sea salt, black pepper**

### DIRECTIONS:

Add all ingredients to your NutriBullet or other high speed blender and process until smooth.

**Served with** Romaine Boats (pg. 67) and Southwestern Macro Bowl (pg. 72).



## DILL CASHEW CREAM

**MAKES 8 SERVINGS**

*An incredible “cream” sauce without the dairy, this decadent sauce makes a great sub for cream cheese, sour cream, or Mexican crema atop bowls, sandwiches, and proteins alike.*

### INGREDIENTS:

**1 cup raw soaked unsalted cashews**  
**¼ cup lemon juice**  
**1 Tbsp. olive oil**  
**¼ cup fresh dill**  
**¼ cup fresh oregano**  
**1 Tbsp. fresh mint**  
**1 Tbsp. fresh rosemary**

### DIRECTIONS:

Add all of your ingredients to a blender. Blend on high until smooth, about 1 or 2 minutes.

**Served with** Sweet Potato Macro Bowl (pg. 71).



## SPICY TOMATO SAUCE

MAKES 6–8 SERVINGS

*Based on classic Arrabiata sauce, this recipe adds juicy umami flavor and spice to veggie noodles, pizza, and more.*

### INGREDIENTS:

*½ onion, sliced with Slicer Blade*

*3 cloves garlic,*

*sliced with Slicer Blade*

*2 Tbsp. olive oil*

*1½ Tbsp. crushed red*

*pepper flakes*

*⅓ cup tomato paste*

*½ cup red wine (optional)*

*1 Tbsp. honey (optional)*

*1 can crushed tomatoes*

*½ tsp. salt*

*Pepper to taste*

### DIRECTIONS:

Heat olive oil in a large saucepan over medium-high heat.

Add crushed pepper flakes and cook until oil is infused, about 1 minute. Add onions and cook

until translucent, about 4 minutes. Add garlic and cook until just brown, another 3–5 minutes. Add tomato paste, red wine, and honey and stir to mix with the onions, garlic, red pepper, and oil.

Continue stirring as the mixture bubbles for roughly two minutes. When contents start to stick, add the crushed tomatoes and salt. Stir until fully combined, reduce heat to low, and let simmer 5–10 minutes, until sauce reaches desired consistency.

**Served with** Yellow Squash Noodles with Spicy Tomato Sauce (pg. 77) and Veggie Pizza (pg. 101).

# CARROT TOP PESTO

SERVES 4–6

*Make good use of your carrot tops with this delicious sauce, which gets its deep nuttiness from home-toasted almonds. For a more traditional tasting pesto, simply swap out the carrot tops for fresh basil leaves and almonds for pine nuts.*

## INGREDIENTS:

*½ cup almonds, toasted on a  
pan to release flavor  
2 cups carrot tops, chopped  
2 garlic cloves  
¼ cup grated parmesan  
(optional)  
1 cup evoo  
2 tsp. salt  
1 Tbsp. honey  
juice and zest ½ lemon*

## DIRECTIONS:

Toast the almonds in a dry pan over medium heat. Watch them carefully as they can catch and burn in seconds.

Add toasted almonds, chopped carrot fronds, garlic cloves, parmesan, olive oil, salt, honey, and lemon zest to a Nutribullet, food processor, or high-speed blender and process until ingredients form an evenly-textured paste.

Spoon into a small sterilized jar and cover with a tablespoon of olive oil to seal the top of the pesto from air, allowing it keep its gorgeous green color.

**Served with** Quinoa Stuffed Bell Peppers (pg. 62) and Pesto Courgette Noodles with Grilled Shrimp (pg. 76).



## GREEN GODDESS MAYO

MAKES 8 SERVINGS

*Bursting with fresh herbal flavor, this delicious spread tastes great on toast and sandwiches, or even mixed in with grains and cauliflower “rice.”*

### INGREDIENTS:

*⅓ cup packed basil leaves  
⅓ cup packed tarragon leaves  
⅓ cup packed chopped chives  
1 small shallot  
2 anchovy fillets  
or 1 tsp. Miso paste  
zest and juice of ½ a lemon  
¼ tsp. salt  
½ cup olive oil mayonnaise  
or Veganaise*

### DIRECTIONS:

Add all ingredients to the NutriBullet, a food processor, or a high speed blender and blend until totally smooth.

**Served with** Green Goddess Sandwich (pg. 97).

## HORSERADISH YOGURT SAUCE

MAKES 4–8 SERVINGS

*Spicy horseradish combines with cool yogurt and dill to create this tasty mixture—a perfect partner to salmon, steak, and roasted vegetables alike.*

### INGREDIENTS:

*1 cup Greek yogurt (non-fat, 2%, or full fat, according to preference)  
¼ cup fresh chopped dill  
2 Tbsp. lemon juice  
2 Tbsp. prepared horseradish  
½-1 tsp. Salt  
Fresh ground black pepper, to taste*

### DIRECTIONS:

Add all ingredients to a medium mixing bowl and stir until fully combined.

**Served with** Luscious Lavash Wrap (pg. 95) and Big, Juicy Roast Beef and Veggie Sandwich (pg. 98).

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