Recipe guide.

Recipes, tips, & more!



nutribullet®
TRIPLE PREP SYSTEM

Before operating your nutribullet® Triple Prep System, read the User Guide for important safety information. Be sure anyone who uses your nutribullet® knows how to do so safely.

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Thank you for purchasing the nutribullet® Triple Prep System.


00:10
Low
Medium
High
nutribullet.

nutribullet® Triple Prep System recipe guide.

Blend, purée, slice, shred, chop, knead, and mix your way to culinary bliss with our most versatile product ever. A fully functional full-sized blender, single-serve blender, and food processor, the nutribullet® Triple Prep System does pretty much any food prep task all with a twist, a lock, and the touch of a button.

The food processor attachment features a slice/shred disc, a chopping blade, and a dough blade to create incredible salads, slaws, dips, and baked goods. The full-sized blender is perfect for whipping up soups, sauces, and party drinks for a crowd. And the single-serve blender makes the classic nutribullet® smoothies you know and love, plus a smattering of treats and toppings to add extra personality to your bites. Plus, all attachments give you the option to pulse ingredients, or blend them, using a range of speeds for ultimate control over time and texture.

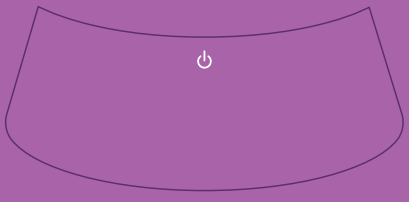
It's three essential appliances in one streamlined package.

With this many options to work with, there's truly no limit to the deliciousness you can create. If you need a place to start, we've compiled this recipe guide with dishes that run the gamut from fruity breakfast smoothies to rich and savory pasta dinners. Check it out, get inspired, and get cooking! A celebration of flavor awaits.

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Control panel.

Reference the User Guide for detailed operating instructions.



OFF/ON

The Power button controls the master power of the appliance. If the Blending Pitcher with Lid, nutribullet® Cup, or Processing Work Bowl is locked in place, pressing **POWER** will indicate the motor is powered on and illuminate the Control Panel.



TIMER

When using a Speed:
Timer starts at zero (00:00) and increases during operation, showing time elapsed since blending began.

When using program presets:
Timer counts down during operation until program is completed.

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MANUAL SPEEDS

Manual speeds can be used for continuous blending or processing using any of the attachments.

Low speed: Continuous Low speed blending or processing.

Medium speed: Continuous Medium speed blending or processing.

High speed: Continuous High speed blending or processing.

Pulse: Use to control blending, chopping, and processing. Press and release the Pulse button to chop ingredients. Holding down will cause it to run continuously. Do not hold and run Pulse continuously for more that one minute.

⚠ **WARNING! NEVER** add hot or warm ingredients in your Blending Cup. Heated ingredients can cause pressure to build up in the sealed Cup that may expel hot contents upon opening causing personal injury or property damage.

NEVER blend carbonated liquids or effervescing ingredients built-up pressure from released gases can cause the Cup to burst resulting in possible personal injury or property damage.

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SINGLE SERVE MODE

Preset programs for using Single-Serve Cups:

Dressing: Use for small batch dressings for salads.

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

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



BLENDER PITCHER MODE

Preset programs for using the Blending Pitcher:

Purée: Delivers a perfectly smooth texture — ideal for soups, sauces, and spreads.

Frozen Drinks: Perfect for large batch ice-blended mocktails or cocktails, and frappe style drinks.

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

Nut Milk: Creates fresh non-dairy milks, like almond or cashew, with no straining required.

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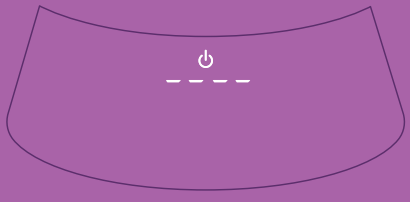
FOOD PROCESSING MODE

Preset programs for food processing:

Chop: Use for chopping fresh ingredients like onions.

Dough: Use for mixing small batches of dough, like pizza dough or tortilla dough.

Dip: Great for mixing salsas and other chunky dips.



This is how the display interface appears when the unit base it powered on without an attachment locked in place.

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Recipe icons.

We've marked our recipes with icons to help you quickly identify their health benefits and special qualities. Here's the scoop on what they mean:



VEGAN

Contains ingredients free of all animal-based products.



VEGETARIAN

Contains ingredients free of meat, poultry, or seafood.



NUT FREE

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



HELPS WITH DIGESTION

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



PROTEIN POWERHOUSE

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

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Single-serve blender.

Sometimes, you have to get personal. Whether you're whipping up a smoothie for one or a make-ahead dressing for your next dinner party, the single-serve blending function is just the right size for your smaller-scale creations.



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Building a smoothie.

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

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



Our perfected method:

6 **ICE*** **(Optional)**
Only up to 25% of your total smoothie ingredients

5 **BOOSTS** **(Optional)**

4 **LIQUID**
Never exceed MAX line

3 **NUTS** **(Optional)**

2 **FRUITS**
as many varieties as you like

1 **GREENS & VEGGIES**
as many varieties as you like

⚠ **WARNING! NEVER** add hot or carbonated ingredients to the sealed **nutribullet® Cups**.

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What is nutrient extraction™?

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

GREENS & VEGGIES

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

FRUIT

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

NUTS

- **almonds**
- **cashews**
- **peanuts**
- **pecans**
- **walnuts**

LIQUID TO THE MAX LINE

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

BOOSTS

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

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Smoothies and bowls.

Keep it smooth with nutritious blends that refresh and fortify, whether you prefer to sip or spoon.



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

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Pink power smoothie.

SINGLE-SERVE CUP | 1 SERVING

If the deep fuchsia color of this smoothie doesn't win you over, its sweet tropical flavors certainly will.

1 CUP	**PITAYA (DRAGON FRUIT)**
1	**BANANA**
1	**DATE, PITTED**
1 CUP	**UNSWEETENED ALMOND MILK**
⅓ CUP	**PLANT-BASED YOGURT**
2 TBSP	**HEMP SEEDS**

NUTRITION FACTS PER SERVING

480 calories, 14g fat, 80g carbs, 13g fiber, 54g sugar, 13g protein. **Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.**

1. Add all ingredients to the **Single-Serve Cup** in the order listed.
2. Twist on the **Extractor Blade** and blend using the **SMOOTHIE** program.

PRO TIP

Look for pitaya in the frozen food aisle or fresh at Asian supermarkets.

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Pink lemonade smoothie.

SINGLE-SERVE CUP | 1 SERVING

Nothing like a tall glass of lemonade on a hot summer day. We take the refreshment a step further, using frozen fruit to turn a sugary treat into a nutritious and super-cool sipper.

½ CUP	**CHERRIES, FROZEN**
½ CUP	**STRAWBERRIES, FROZEN**
2	**DATES, PITTED**
¼ CUP	**LEMON JUICE**
1½ CUPS	**UNSWEETENED ALMOND MILK**
1 TBSP	**HONEY**
1 TBSP	**CHIA SEEDS**
⅓ CUP	**ICE**

1. Add all ingredients to the **Single-Serve Cup** in the order listed.
2. Twist on the **Extractor Blade** and blend using the **SMOOTHIE** program.

NUTRITION FACTS PER SERVING

390 calories, 9g fat, 80g carbs, 10g fiber, 61g sugar, 6g protein. **Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.**

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Essential green smoothie.



SINGLE-SERVE CUP | 1 SERVING

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

1 CUP	**SPINACH**
1	**BANANA, FROZEN**
½ CUP	**UNSWEETENED VANILLA ALMOND MILK OR OTHER MILK/MILK ALTERNATIVE**
1 TBSP	**PEANUT BUTTER, CREAMY, UNSALTED**
½ CUP	**GREEK YOGURT, PLAIN, NON-FAT**
1 SCOOP	**VANILLA PLANT-BASED PROTEIN POWDER**

1. Add all ingredients to the **Single-Serve Cup** in the order listed.
2. Twist on the **Extractor Blade** and blend using the **SMOOTHIE** program.

NUTRITIONIST TIP

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

NUTRITION FACTS PER SERVING

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

HAVE A NUT ALLERGY?

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

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Silky apple pie smoothie.

SINGLE-SERVE CUP | 1 SERVING

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

1	**APPLE, LARGE, CORED AND QUARTERED**
1 CUP	**BABY SPINACH**
2	**MEDJOOL DATES, PITTED**
½ PACK (6 OZ)	**SOFT SILKEN TOFU, CHILLED**
½ TSP	**VANILLA EXTRACT**
½ TSP	**GROUND CINNAMON**
⅛ TSP	**CARDAMOM**
¼ CUP	**UNSWEETENED ALMOND MILK OR OTHER MILK/MILK ALTERNATIVE**
1 CUP	**ICE**

NUTRITION FACTS PER SERVING

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

1. Add all ingredients to the **Single-Serve Cup** in the order listed.
2. Twist on the **Extractor Blade** and blend using the **SMOOTHIE** program.
3. Serve with a dash of cinnamon.

NUTRITIONIST TIP

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

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Berry smoothie bowl.

SINGLE-SERVE CUP | 1 SERVING

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

1 CUP	**STRAWBERRIES, FROZEN**
½ CUP	**RASPBERRIES, FROZEN**
1	**BANANA, FROZEN**
1	**MEDJOOL DATES, PITTED**
1 CUP	**UNSWEETENED VANILLA ALMOND MILK OR OTHER MILK/MILK ALTERNATIVE**

NUTRITION FACTS PER SERVING

260 calories, 3.5g fat, 58g carbs, 13g fiber, 30g sugar, 4g protein. **Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.**

1. Add all ingredients to the **Single-Serve Cup** in the order listed.
2. Twist on the **Extractor Blade** and blend using the **SMOOTHIE** program.
3. Transfer to a bowl and garnish with toppings of your choice, if desired.

NUTRITIONIST TIP

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

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Stone fruit smoothie bowl.

SINGLE-SERVE CUP | 2 SERVINGS

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

1	**PEACH, LARGE, PITTED**
1	**PLUM, LARGE, PITTED**
2	**APRICOTS, PITTED**
1	**BANANA, FROZEN**
½ CUP	**UNSWEETENED ALMOND MILK OR OTHER MILK/MILK ALTERNATIVE**
2 TBSP	**MAPLE SYRUP**
3 CUPS	**ICE**
OPTIONAL	**VANILLA PLANT BASED PROTEIN OR WHEY PROTEIN**

NUTRITION FACTS PER SERVING

180 calories, 1.5g fat, 43g carbs, 4g fiber, 33g sugar, 3g protein. **Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.**

1. Add all ingredients to the **Single-Serve Cup** in the order listed.
2. Twist on the **Extractor Blade** and blend using the **SMOOTHIE** program.
3. Transfer to two bowls. Garnish with fresh fruit, nuts, granola, or toppings of your choice.

NUTRITIONIST TIP

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

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Sauces and dressings.

When you only want a little sauciness, the personal blender is your BFF. Make smaller batches of your favorites to order and store any leftovers in the fridge for future dollops.

For more delicious recipes,
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Sesame noodles.



SINGLE-SERVE CUP | 6 SERVINGS

Nutty, salty, tangy, and just the right amount of sweet, the sesame sauce on these noodles hits just about every flavor note imaginable. Here, we include directions for serving it with noodles, but you can also toss it with crunchy shredded veggies or use it as a dip for rice paper spring rolls.

1 LB	**CHINESE EGG NOODLES OR LONG PASTA LIKE LINGUINE**
2 TBSP	**TOASTED SESAME OIL**
3 TBSP	**SESAME PASTE OR TAHINI**
2 TBSP	**PEANUT BUTTER (SEE HOMEMADE PEANUT BUTTER ON PAGE 67)**
1½ TBSP	**SOY SAUCE**
2½ TBSP	**MAPLE SYRUP**
1 TBSP	**CHINESE BLACK VINEGAR**
1 TBSP	**RICE VINEGAR**
¼ CUP + 2 TBSP	**WATER**
½ TBSP	**SICHUAN PEPPERCORN OIL (OPTIONAL)**

1 Boil water and cook noodles according to package directions.

2 While the noodles cook, add all remaining ingredients to the **Single-Serve Cup**, twist on the **Extractor Blade**, and blend using the **DRESSING** program, or on **LOW**, until smooth.

3 Drain noodles and top with desired amount of sauce. Store any leftover sauce in an airtight container and store in the refrigerator.

PRO TIP

Traditionally eaten in many parts of China and Taiwan, enjoy these noodles hot or cold anytime by making large batches of the sauce ahead of time.

NUTRITION FACTS PER SERVING (WITHOUT OPTIONAL INGREDIENTS)

440 calories, 15g fat, 63g carbs, 3g fiber, 7g sugar, 14g protein. **Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.**

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Chipotle aioli.



SINGLE-SERVE CUP | 1½ CUP YIELD | 24 SERVINGS

Creamy and spicy with a little kick of heat, this sauce adds depth and texture to tacos, sandwiches, burgers, patatas bravas, and pretty much any other savory snack.

½ CUP	**MAYONNAISE**
½ CUP	**LOW-FAT GREEK YOGURT, PLAIN**
2 TBSP	**CHIPOTLE PEPPER IN ADOBO SAUCE**
1 TBSP	**LEMON JUICE**
1 TBSP	**APPLE CIDER VINEGAR**
6 CLOVES	**GARLIC, ROASTED AND COOLED**
¼	**ONION, ROASTED AND COOLED**
¾ TSP	**SALT**

NUTRITION FACTS PER 1 TBSP SERVING

40 calories, 3.5g fat, <1g carbs, 0g fiber, 0g sugar, 1g protein. **Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.**

1. Add all ingredients to the **Single-Serve Cup** in the order listed.
2. Twist on the **Extractor Blade** and blend using the **DRESSING** program.

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Cocktails.

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



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Piña colada cocktail.

SINGLE-SERVE CUP | 4 SERVINGS

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

1¾ CUPS	**PINEAPPLE, FROZEN**
1½ CUPS	**COCONUT MILK, CANNED — OR COCONUT CREAM**
¼ CUP	**COCONUT, UNSWEETENED FLAKES**
1 TBSP	**LIME JUICE**
¼ CUP	**RUM**
2 TBSP	**AGAVE NECTAR**
½ CUP	**ICE**

1. Add ingredients to the **Single-Serve Cup** in the order listed.
2. Twist on the **Extractor Blade** and blend twice using the **FROZEN DRINKS** program.
3. Serve with whipped cream and toasted coconut.

NUTRITION FACTS PER SERVING

320 calories, 23g fat, 22g carbs, 2g fiber, 12g sugar, 2g protein. **Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.**

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Lemon lime basil margarita.

SINGLE-SERVE CUP | 4 SERVINGS

It doesn't get more refreshing than a margarita... until you add cool, herbaceous basil to the mix. Enjoy in a salt-rimmed glass or switch things up by swapping lemon and lime for grapefruit and orange. Cheers to that!

4 CUPS	**ICE**
1 TSP	**LEMON ZEST**
1 TSP	**LIME ZEST**
2 TBSP	**LEMON JUICE**
2 TBSP	**LIME JUICE**
¾ CUP	**TEQUILA**
¼ TSP	**SALT**
¼ CUP	**AGAVE NECTAR**
8	**BASIL LEAVES**
¼ CUP	**TRIPLE SEC**

1 Add ingredients to the **Single-Serve Cup** in the order listed.

2 Twist on the **Extractor Blade** and blend twice using the **FROZEN DRINKS** program.

3 Serve in a salt-rimmed glass. Garnish with sliced lemon, lime, and basil leaves.

NUTRITION FACTS PER SERVING

200 calories, 0g fat, 24g carbs, 0g fiber, 23g sugar, 0g protein. **Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.**

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Full-size blender.

When it's time to go big, we've got your back. Multi-batch sauces, hearty puréed soups, homemade nut milks... whatever you're craving, our full-size blender has the brawn to bring it home.



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Sauces, dips, and spreads.

Rich and deeply flavorful, these special sauces blend beautifully in the full-sized pitcher.



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

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Vegan pasta alla vodka.



PITCHER | 6 SERVINGS

This vegan twist on the Italian American classic gives you all the rich creaminess of the original without any actual cream. Sprinkle in some crushed red pepper to add a welcome bite to the otherwise rich and mellow flavors.

3 TBSP	**OLIVE OIL**
½	**ONION**
1 TBSP	**GARLIC, MINCED**
¼ CUP	**TOMATO PASTE**
1 TSP	**CRUSHED RED PEPPER FLAKES**
1	**14-OZ CAN WHOLE TOMATOES**
½ TSP	**SALT**
⅓ CUP	**VODKA**
1 LB	**RIGATONI PASTA**
2 CUPS	**CASHEWS, RAW, SOAKED**
2 CUPS	**WATER**
½ CUP	**PASTA WATER**
1 TBSP	**VEGETABLE BOUILLON**
OPTIONAL	**PARSLEY, CHOPPED, TO GARNISH**

1. Heat oil in a large pan over medium heat. Add onion and sauté until translucent, about 7-10 minutes. Add garlic and cook until just fragrant, about 30 seconds. Stir in tomato paste and pepper flakes and sauté for an additional 3 minutes. Add the whole tomatoes and salt and cook for 5 minutes, crushing the tomatoes with a wooden spoon to release their juices as you stir the mixture.

2. Add vodka and continue to cook for another 5 minutes. Turn off the heat and allow to cool.

3. As your sauce cools, bring a pot of water to a boil. Cook pasta to al dente texture and drain, reserving ½ cup of pasta water.

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4 Attach the **Pitcher** to the **Motor Base**. Drain the cashews, then add to the **Pitcher**. Blend until creamy.

5 Once the tomato/vodka mixture has cooled for at least 20 minutes, transfer to the **Pitcher**. Add pasta water and vegetable bouillon and blend on **MEDIUM** until creamy.

6 Pour mixture into the pan and bring to a simmer.

7 Add cooked rigatoni to the warm sauce and gently toss until all the pasta is warm and evenly coated with sauce. Serve and garnish with parsley, if desired.

NUTRITION FACTS PER 1 CUP SERVING

630 calories, 28g fat, 76g carbs, 6g fiber, 9g sugar, 19g protein. **Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.**

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Broccoli pesto spread.

PITCHER | 16 SERVINGS

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

2 CUPS	**BROCCOLI FLORETS, STEAMED AND COOLED**
3 CLOVES	**GARLIC**
1 CUP	**BASIL LEAVES**
½ CUP	**PUMPKIN SEEDS, TOASTED IN PAN**
½ TSP	**SALT**
½ TSP	**BLACK PEPPER**
⅓ CUP	**AVOCADO OIL OR OLIVE OIL**
2 TBSP	**LEMON JUICE**

NUTRITION FACTS PER SERVING
50 calories, 4.5g fat, 2g carbs, <1g fiber, 0g sugar, 1g protein. **Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.**

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

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

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

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Sweet pepper marinara.

PITCHER | 16 SERVINGS

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

2 TBSP	**OLIVE OIL**
1 CUP	**SWEET ONION, CHOPPED**
2	**RED BELL PEPPERS, LARGE, CHOPPED AND DESEEDED**
4 CLOVES	**GARLIC**
1 TBSP	**ITALIAN SEASONING**
¼ TSP	**CRUSHED RED PEPPER**
1	**28-OZ CAN WHOLE PEELED TOMATOES**
½ TSP	**SUGAR**
1 TSP	**SALT**
OPTIONAL	**BASIL, PARSLEY, OR OTHER HERBS TO GARNISH**

NUTRITION FACTS PER SERVING

110 calories, 4.5g fat, 13g carbs, 4g fiber, 8g sugar, 2g protein. **Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.**

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

NUTRITIONIST TIP

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

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Smoky, spicy salsa.

PITCHER | 24 SERVINGS

Infused with chipotle, jalapeño, and chile de árbol, this deep, smoky salsa packs the heat! Enjoy with tortilla chips or add a dollop to tacos, fish, meats, bowls and more for a big hit of flavor.

½	**YELLOW ONION, CUT IN HALF**
6 CLOVES	**GARLIC**
2	**JALAPEÑO PEPPERS, SEEDS REMOVED**
1 TSP	**OLIVE OIL**
½ CUP	**CILANTRO LEAVES, PACKED**
5	**DRIED CHILES DE ÁRBOL**
1	**CHIPOTLE PEPPER FROM CANNED CHIPOTLES IN ADOBO SAUCE**
3 TBSP	**LIME JUICE (JUICE OF 2 LIMES)**
1½ TSP	**SALT**
1	**14-OZ CAN DICED TOMATOES**

NUTRITION FACTS PER 2 TBSP SERVING

10 calories, 0g fat, 2g carbs, 0g fiber, <1g sugar, 0g protein. **Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.**

1. Preheat oven to 400°F.
2. Toss onion, garlic, and jalapeño in olive oil and spread on a baking sheet. Roast for 10 minutes, then allow to cool for another 10 minutes.
3. Attach the **Pitcher** to the **Motor Base**. Add the roasted vegetables along with remaining ingredients to the **Pitcher** and **PULSE** 8 times, until ingredients are broken down, but still moderately textured.

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Soups.

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

⚠ **WARNING! Only make soup in the Pitcher with Vented Lid attached. NEVER use the sealed nutribullet® Cup with any hot ingredients.**



For more delicious recipes,
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Carrot & ginger soup.

PITCHER | 4 SERVINGS

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

1 TBSP	**OLIVE OIL**
3 CLOVES	**GARLIC, LARGE**
1	**ONION, SMALL, ROUGHLY CHOPPED**
1½ CUPS	**CARROT, ROUGHLY CHOPPED**
½ CUP	**CELERY ROOT, ROUGHLY CHOPPED**
½ CUP	**PARSNIP, ROUGHLY CHOPPED**
1 INCH	**GINGER PIECE**
2 CUPS	**VEGETABLE BROTH**
1 CUP	**WATER**
½ TSP	**SALT**
1 TBSP	**APPLE CIDER VINEGAR**
OPTIONAL	**SPRINKLE SCALLION OR CHIVES FOR GARNISH**

NUTRITION FACTS PER SERVING

110 calories, 3.5g fat, 18g carbs, 4g fiber, 9g sugar, 2g protein. **Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.**

NUTRITIONIST TIP

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

1. Sauté garlic, onion, carrot, celery root, and parsnip with olive oil and ¼ teaspoon of salt in pan for 2 minutes on low to medium heat.
2. Add 1 cup broth and ginger and cover pan to soften the vegetables for 10 minutes.
3. Turn off heat and remove lid to allow mixture to cool.
4. Add all ingredients plus remaining 1 cup broth, 1 cup water, apple cider vinegar, and ¼ tsp salt to **Pitcher**. Cover the **Pitcher** with **Pitcher Lid**, making sure **Vented Lid Cap** is inserted and secure before blending.
5. Blend using the **PURÉE** program.
6. Add blended soup to a small pot and simmer for 2-3 minutes.
7. Serve with scallion or chive garnish.

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Heirloom tomato soup.

PITCHER | 4 SERVINGS

Warm, comforting, and full of nourishing veggies, this flavorful soup is perfect as a main dish, or as a side for dunk-able grilled cheese sandwiches.

3	**HEIRLOOM TOMATOES, LARGE, CUT INTO 1-INCH CHUNKS**
1	**RED BELL PEPPER, SLICED INTO ½-INCH STRIPS**
6 CLOVES	**GARLIC, PEELED**
½	**ONION, CUT INTO 1-INCH CHUNK**
1 TBSP	**OLIVE OIL**
¼ TSP	**SALT**
¼ TSP	**BLACK PEPPER**
1 TSP	**BETTER THAN BULLION VEG. PASTE**
½ CUP	**WATER**
PINCH	**OREGANO, DRIED**
2 SPRIGS	**THYME, FRESH**
OPTIONAL	**HEAVY CREAM, TO DRIZZLE**
OPTIONAL	**CROUTONS AND PEPPER FLAKES, TO GARNISH**

NUTRITION FACTS PER SERVING (WITHOUT OPTIONAL INGREDIENTS)
80 calories, 4g fat, 10g carbs, 3g fiber, 5g sugar, 2g protein. **Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.**

1. Preheat oven or air fryer to 400°F.
2. Add vegetables to a large bowl and mix with olive oil, salt, and pepper. Spread over a baking tray or in the air fryer basket and roast/air fry for 20-25 minutes, until golden brown and tender.
3. Remove vegetables from oven/air fryer and allow to cool for 30 minutes.
4. Attach the **Pitcher** to the **Motor Base**. Transfer cooled mixture to the **Pitcher**, along with the better than bouillon, water, dried oregano, and thyme leaves. Blend using the **PURÉE** program.
5. Transfer the soup to a small pot and bring to a simmer over medium heat. Add salt and pepper to taste.
6. Serve and garnish with cream, pepper flakes, and/or croutons, if desired.

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NOTE
The **PURÉE** program will not heat the ingredients. You must heat the blended ingredients on your stovetop or microwave.

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Green chile corn chowder.

PITCHER | 6 SERVINGS

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

1	**12-OZ CAN GREEN CHILES**
2 TBSP	**OLIVE OIL**
¼	**YELLOW ONION, MEDIUM, LARGELY DICED**
3	**GARLIC**
3	**YUKON GOLD POTATOES, LARGELY DICED**
½ TSP	**SALT**
½ TSP	**BLACK PEPPER**
1	**15.5-OZ CAN OF WHOLE KERNEL CORN, DRAINED**
3 CUPS	**VEGETABLE STOCK**

NUTRITION FACTS PER SERVING
160 calories, 5g fat, 27g carbs, 4g fiber, 6g sugar, 4g protein. **Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.**

1. Add olive oil to a medium pan over low heat. Sauté onion, garlic, potatoes, and corn with ¼ tsp salt and pepper for 5-10 minutes.
2. Add 2 cups stock and ¼ tsp salt to pan. Let it simmer with the ingredients until softened.
3. Remove pan from heat and let the mixture cool for 5 minutes.
4. Add all ingredients to the **Pitcher** with remaining cup of stock. Cover the **Pitcher** with the **Pitcher Lid**, making sure **Vented Lid Cap** is inserted and secure before blending.
5. Blend using the **PURÉE** program.
6. Add blended soup back to the pan and bring to a simmer before serving.

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Nut milk.

Why opt for store-bought when you've got a Triple Prep Pitcher? Our powerful blender makes creamy, flavorful nut milks in no time.



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

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Almond milk.

PITCHER | 6 SERVINGS

This mild nut milk adds body and flavor to smoothies, cereal, and other delicious staples. Flavor with vanilla, as suggested here, to use in sweeter recipes, or leave it out if you want more versatility.

3 CUPS	**ALMONDS, RAW**
3 CUPS	**HOT WATER (TO SOAK ALMONDS)**
6 CUPS	**FILTERED WATER**
1 TSP	**VANILLA EXTRACT**
PINCH	**SEA SALT**

NUTRITION FACTS PER SERVING
70 calories, 6g fat, 2g carbs, 2g fiber, 0g sugar, 3g protein. **Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.**

1. Soak almonds in hot water for 20 minutes until water cools.
2. Remove almond skin (optional yet recommended). Strain and rinse almonds.
3. Add soaked almonds and remaining ingredients into **Pitcher**.
4. Select **NUTMILK** program and blend.
5. Store in the refrigerator until ready to use, no longer than three to five days.

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Cashew milk.

PITCHER | 6 SERVINGS

The high fat content and mellow flavor of cashews makes them a great base for nut milk, creating a smooth, rich, and creamy consistency that's great in coffee, smoothies, and beyond.

3 CUPS	**CASHEWS, RAW**
3 CUPS	**HOT WATER (TO SOAK CASHEWS)**
6 CUPS	**FILTERED WATER**
1 TSP	**VANILLA EXTRACT**
PINCH	**SEA SALT**

NUTRITION FACTS PER SERVING
60 calories, 4.5g fat, 3g carbs, 0g fiber, 0g sugar, 2g protein. **Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.**

1. Soak cashews in hot water for 20 minutes until water cools.
2. Strain and rinse cashews.
3. Add soaked cashews and remaining ingredients into **Pitcher**.
4. Select **NUTMILK** program and blend.
5. Store in the refrigerator until ready to use, no longer than three to five days.

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Food processor.

Slice, shred, chop, and mix your way to culinary delight. With an attachment this versatile, it's hard to find any dish that's off the table.



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Sauces, dips, and spreads.

The Triple Prep food processor attachment opens you up to a whole world of saucy, dippy, spready delight. Pesto, nut butter, actual butter — if you can think it up, odds are good you can make it here.

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

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Feta and roasted cherry tomato dip.



CHOPPING BLADE | 12 SERVINGS

If flavor is what you're after, this succulent, savory dip delivers big, with tart tomatoes, salty feta, and punchy garlic screaming "umami" in every bite.

2 CUPS	**CHERRY TOMATOES**
5 CLOVES	**GARLIC, PEELED**
3 TBSP	**OLIVE OIL**
PINCH	**SALT AND PEPPER**
2 CUPS	**FETA CHEESE**
2 TBSP	**LEMON JUICE**
½ TSP	**ITALIAN SEASONING**

NUTRITION FACTS PER 2 TBSP SERVING

100 calories, 9g fat, 2g carbs, 0g fiber, 2g sugar, 4g protein. **Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.**

PRO TIP

The **DIP** program is designed to work best with chunky dips, so if you prefer a creamier dip, we suggest to run the **DIP** program twice.

PRO TIP

Serve with **Focaccia (page 76)** or add as a dip to your next charcuterie or crudite board.

1. Set oven or air fryer to 400°F. In a bowl, toss tomatoes and garlic in 1 tablespoon of olive oil and sprinkle with salt and pepper. Transfer to a baking sheet or air fryer basket and roast for 15 minutes.

2. Set up the **Food Processor Work Bowl** and attach the **Chopping Blade**. While the tomatoes and garlic cook, add feta, remaining olive oil, lemon juice, and Italian seasoning to the **Food Processor** and process on **HIGH** until smooth.

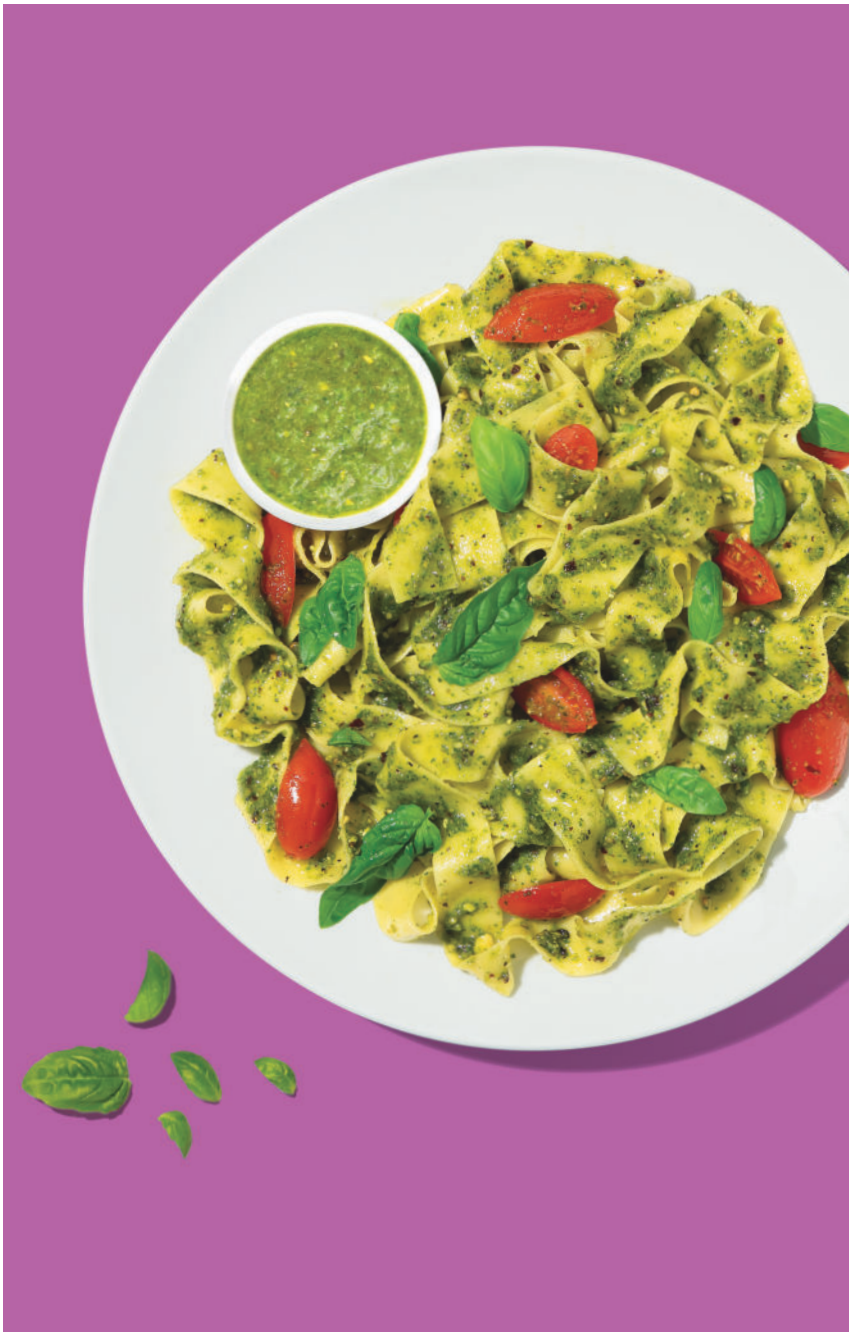
3. Add in ¼ cup of roasted tomatoes and process using the **DIP** program until desired consistency is reached.

4. Transfer the feta blend to a serving bowl and top with remaining roasted tomatoes.

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⚠ **WARNING! Keep fingers from the Blade's sharp edges.**

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Arugula pistachio pesto.

CHOPPING BLADE | 12 SERVINGS

For a peppery twist on the Italian classic, swap out basil and pine nuts for arugula and pistachios. Our version also subs nutritional yeast for parmesan to create a fully plant-based alternative.

3 CUPS	**ARUGULA, PACKED**
½ CUP	**PISTACHIOS, SHELLED**
⅔ CUP	**EXTRA VIRGIN OLIVE OIL**
3 CLOVES	**GARLIC**
¼ CUP	**NUTRITIONAL YEAST**
½ TSP	**RED PEPPER FLAKES**
½ TSP	**SALT**
½ TSP	**PEPPER**

NUTRITION FACTS PER SERVING

140 calories, 15g fat, 3g carbs, <1g fiber, <1g sugar, 2g protein. **Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.**

1. Add all ingredients to the **Work Bowl** and blend with the **Chopping Blade** on **HIGH** until smooth, 1½ minutes.
2. Store in fridge in an airtight container for up to 1 week.

NUTRITIONIST TIP

Like other nuts, pistachios are a heart-healthy, fiber-filled source of plant-based protein. Research has also shown that pistachios may help to lower blood sugar levels and protect against type 2 diabetes.

PRO TIP

This flavorful condiment tastes great tossed with cooked pasta, mixed into scrambled eggs, or spread over sandwich bread or toast.

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Homemade butter.



CHOPPING BLADE | 32 SERVINGS

Making your own butter from cream is an easy and fun process that makes you feel like a proper chef.

4 CUPS **HEAVY CREAM**

½ CUP **ICE WATER**

1. Set up the **Work Bowl** with the **Chopping Blade** attachment. Add heavy cream to the **Work Bowl**, close and run on **HIGH** for 4-6 minutes.
2. Once the cream separates into butter solids and buttermilk, stop the processor.
3. Pour the separated buttermilk into an airtight container and set aside.
4. To continue separating the butter solids and keep the butter firm, "wash" the mixture by adding ice water into the **Work Bowl**. Run the mixture on **HIGH** for one minute.
5. Pour any remaining liquid from the **Work Bowl** into the container holding the buttermilk. This can be used in baking or to make sauces or dressing in the future.
6. Transfer the butter solids to a cheese cloth and wring out any remaining liquid.
7. Form butter into desired shape, store in a separate airtight container and refrigerate.

NUTRITION FACTS PER 1 TBSP SERVING

100 calories, 11g fat, <1g carbs, 0g fiber, <1g sugar, 1g protein. **Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.**

⚠ **WARNING! NEVER attempt to make any of the butter recipes using the Cups. Never use the Cups to blend continuously for longer than one minute.**

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Compound butter.



CHOPPING BLADE | 16 SERVINGS

Filled with fresh herbs and roasted garlic, this ultra-flavorful butter transforms even the simplest piece of bread into a work of art.

1 CUP	**BUTTER, HOMEMADE (PAGE 64) OR STORE-BOUGHT**
1 HEAD	**GARLIC, TOP TRIMMED, PAPERY OUTER LAYERS REMOVED**
½ TSP	**OLIVE OIL**
2 TBSP	**SAGE, FRESH**
2 TBSP	**ROSEMARY, FRESH**
2 TBSP	**THYME, FRESH**
2 TBSP	**PARSLEY, FRESH**
½ TSP	**SALT**

NUTRITION FACTS PER 1 TBSP SERVING

100 calories, 11g fat, <1g carbs, 0g fiber, 0g sugar, 1g protein. **Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.**

1. Remove butter from the refrigerator and rest, covered, at room temperature, to soften.
2. Lightly coat garlic head in olive oil, wrap in tin foil, and roast in the oven for 30 minutes at 400°F.
3. Set up the **Work Bowl** with the **Chopping Blade** attachment. Add herbs and run on **HIGH** until fully minced.
4. Allow garlic to cool, then squeeze roasted cloves out of their skins and into the **Work Bowl** along with the herbs. Add softened butter and salt and run on **MEDIUM** for 1 minute.
5. Using a spatula, transfer the butter mixture to a silicone mold or a large sheet of plastic wrap to shape into a log. Refrigerate until ready to use.

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Super seed butter.

CHOPPING BLADE | 10 SERVINGS

Packed with nutrition, this delicious seed butter is the perfect topping for oats, toast, or any other food that could benefit from a dollop of rich, roasty goodness.

1 CUP	**SUNFLOWER SEEDS**
1 CUP	**PUMPKIN SEEDS, RAW**
2 TBSP	**COCONUT OIL**
2 TBSP	**MAPLE SYRUP**
2 TBSP	**CHIA SEEDS**
PINCH	**SEA SALT**

NUTRITION FACTS PER SERVING

200 calories, 16g fat, 8g carbs, 3g fiber, 3g sugar, 7g protein. **Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.**

NUTRITIONIST TIP

While the health benefits of nuts have garnered more attention in recent years, seeds are packed with potent nutritional benefits – healthy fats, fiber, vitamins, minerals, and phytochemicals. Chia seeds in particular are rich in brain-friendly omega-3 fatty acids and sunflower seeds are rich in vitamin E.

⚠ **WARNING! NEVER attempt to make any of the butter recipes using the Cups. Never use the Cups to blend continuously for longer than one minute.**

1. In a medium skillet on medium heat, lightly dry-toast the pumpkin seeds and sunflower seeds, stirring frequently with a spatula, for about 3 minutes until lightly browned.
2. Add the pumpkin seeds and sunflower seeds to the **Work Bowl**. Process on **HIGH**, stopping every few minutes to scrape down the sides as necessary, for about 7–10 minutes.
3. Add oil and continue to process on **HIGH** for 2 minutes, or until butter is completely formed.
4. Add maple syrup and salt, and process on **LOW** for 1 minute to incorporate.
5. Transfer to a jar and stir in chia seeds.
6. Store in a cool, dry place, or refrigerate.

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Homemade peanut butter.



CHOPPING BLADE | 10 SERVINGS

Store-bought peanut butter is great, but when only the deepest, roastiest, peanuttiest flavor will do, nothing beats a fresh grind. Made with just two ingredients, this recipe proves that deliciousness doesn't need to be complicated.

3 CUPS	**PEANUTS, UNSALTED, ROASTED**
PINCH	**SALT**

NUTRITION FACTS PER 2 TBSP SERVING

250 calories, 22g fat, 7g carbs, 4g fiber, 2g sugar, 11g protein. **Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.**

1. Set up the **Food Processor Work Bowl** and attach the **Chopping Blade**.
2. Add peanuts and salt to the **Food Processor** and blend on **LOW** for 1 minute.
3. Stop the machine and scrape down the sides of the **Work Bowl**. Continue blending on **LOW** for 5 minutes, stopping every minute to scrape the sides.
4. Switch the speed to **HIGH** and repeat the mixing/scraping process for an additional 5 minutes.
5. Transfer to an airtight container for later use.

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Sides.

A good side dish can steal the show, especially when it's well presented. Take advantage of the food processor's slicing and shredding capabilities to make gorgeous sides just screaming for a closeup.



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Ratatouille.

SLICE/SHRED DISC AND CHOPPING BLADE | 6 SERVINGS

A simple blend of summer vegetables becomes a showstopper when thinly sliced and arranged in a beautiful spiral formation. It's the perfect dish for an elegant dinner party, or any special meal.

VEGETABLES

1	ZUCCHINI, MEDIUM
1	YELLOW SQUASH, MEDIUM
1	EGGPLANT, MEDIUM
1	ONION, SMALL, HALVED

NUTRITION FACTS PER SERVING

70 calories, 0.5g fat, 15g carbs, 5g fiber, 9g sugar, 3g protein. **Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.**

SAUCE

½	GREEN BELL PEPPER
½	ORANGE OR RED BELL PEPPER
3 CLOVES	GARLIC
¼	ONION
1	15-OZ CAN CRUSHED TOMATOES
½ TSP	SALT
½ TSP	PEPPER
½ TSP	ITALIAN SEASONING
4	FRESH BASIL LEAVES

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1 Using the **Slicing Disc**, load the **Feed Chute** with the zucchini, yellow squash, eggplant, and onion, and slice on **HIGH**. Set aside.

2 Remove the **Slicing Disc**; add the **Chopping Blade**.

3 Add peppers, garlic, and onion into the **Work Bowl**. Mince, using the **Chopping Blade** and selecting the **CHOP** program.

4 Add crushed tomatoes and remaining ingredients; run on **LOW** for 10 seconds until well incorporated.

5 Pour sauce into a round 8-inch baking pan and spread sauce over the base of the pan.

6 Starting at the outside edge of the dish, layer the sliced vegetables over the sauce so they're slightly overlapping. Follow the shape of the pan toward the center to create a spiral.

7 Drizzle with olive oil and sprinkle with salt, pepper, and Italian herbs.

8 Cover with foil and bake at 375°F for 30 minutes. Uncover and continue baking for 10 minutes until all veggies are tender and sauce is bubbling. Let cool for 10 minutes.

9 Garnish with grated parmesan and serve with fresh bread, pasta, meat, or fish.

PRO TIP
This dish can also be baked in an air fryer.

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Cilantro-lime slaw.

SLICE/SHRED DISC AND SINGLE-SERVE CUP | 4 SERVINGS

Bright, crunchy, and citrusy, this mega-fresh slaw is great as a side dish for grilled fish or meat, or as topping for tacos, burgers, and beyond.

DRESSING

1 TBSP	**LEMON JUICE**
1 TBSP	**LIME JUICE**
2 TBSP	**APPLE CIDER VINEGAR**
½ CUP	**CILANTRO, PACKED**
½ CUP	**OLIVE OIL**
1 TSP	**MAPLE SYRUP**
2	**GARLIC CLOVES**
½ TSP	**ONION POWDER**
½ TSP	**SALT**

SLAW

2	**CARROTS, PEELED**
¼	**RED CABBAGE, SMALL**
¼	**GREEN CABBAGE, SMALL**
1 CUP	**CILANTRO LEAVES**

NUTRITION FACTS PER SERVING
120 calories, 9g fat, 9g carbs, 3g fiber, 5g sugar, 1g protein. **Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.**

1. Add all dressing ingredients to the **Single-Serve Cup**, twist on the blade, and attach to the **Motor Base**. Blend using the **DRESSING** program.

2. Remove the **Single-Serve Cup and Blade** assembly from the **Motor Base** and set up the **Food Processor Work Bowl**. Attach the **Shred Disc**, then shred carrots.

3. Flip the **Shred Disc** to the **Slice** side, then slice both cabbage quarters.

4. Transfer vegetables to a large mixing bowl. Add cilantro leaves, then toss with ½ cup of the dressing. Save the remaining dressing to use for salads or as a marinade.

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Breads and dough.

Bread, pie crust, tortillas... some of the tastiest foods require serious dough. If you prefer to knead without all the elbow grease, the food processor attachment's got all the tools for the job.



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Homemade focaccia.

DOUGH BLADE | 15 SERVINGS

Chewy, bubbly focaccia is shockingly easy to make at home, since most of the "work" involves letting it rest. Enjoy this Italian bread on its own, dunk it into flavored oils and dips, or add your favorite herbs, cheeses, and other toppings prior to baking.

1	**PACKET OF FAST-ACTING INSTANT YEAST**
1¼ CUPS	**WARM WATER**
1 TBSP + 1 TSP + 1 TSP + 2 TSP	**OLIVE OIL**
2 CUPS	**ALL-PURPOSE FLOUR**
1 CUP	**WHOLE WHEAT FLOUR**
1 TSP	**SALT**

NUTRITION FACTS PER SERVING
110 calories, 2.5g fat, 18g carbs, 1g fiber, 0g sugar, 3g protein. **Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.**

1. In a medium bowl, add yeast to warm water and stir. Allow the mixture to sit for 5-10 minutes, so it starts to bubble.
2. Once bloomed, add 1 tablespoon of olive oil to the liquid. Set aside.
3. Set up the **Food Processor Work Bowl** and attach the **Dough Blade**. Add all-purpose flour, whole wheat flour, and salt. **PULSE** 3 times to distribute ingredients.
4. Select the **DOUGH** program, then slowly pour the liquid yeast mixture through the **Feed Chute**. Run for 1 minute until ingredients are evenly mixed.

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5 Coat the bottom of a large bowl with 1 teaspoon of olive oil. Transfer the dough mixture from the food processor into the bowl. Cover the bowl with a clean kitchen towel and place in a warm place to rise until it doubles in size. This should take about 2 hours.

6 Brush the bottom of a 13 x 9-inch pan with 1 teaspoon of oil and stretch the dough to fit the pan as best as you can. Cover the pan and let it rest in a warm place for 30 minutes.

7 Preheat oven to 450°F.

8 After 30 minutes, use your fingers to make indents all over the dough and drizzle 2 teaspoons of olive oil evenly over the surface.

9 Bake for 22-25 minutes.

PRO TIP
Mix crushed garlic, chopped rosemary, and a drizzle of balsamic vinegar into your favorite olive oil to make a tasty dipping oil for your focaccia.

PRO TIP
This focaccia also pairs beautifully with our **Feta and Roasted Cherry Tomato Dip (page 60)**.

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Pizza dough.

DOUGH BLADE | YIELDS ONE 9" PIZZA | 8 SERVINGS

Prepping homemade pizza dough is a breeze with the Dough Blade. This version uses whole wheat flour, giving it an earthy flavor and an extra boost of belly-filling fiber. It also freezes great, so you can always make it ahead of time and thaw it out when you're craving a slice.

2⅓ CUPS	**WHOLE WHEAT FLOUR**
1	**PACKET OF FAST-ACTING INSTANT YEAST**
½ TSP	**SALT**
2 TBSP	**OLIVE OIL**
6 OZ	**WARM WATER**

SUGGESTED TOPPINGS

SWEET PEPPER MARINARA SAUCE (PAGE 43)

ARUGULA PESTO (PAGE 63)

SHREDDED MOZZARELLA*

SLICED VEGETABLES**

***Can be pre-shredded, or shredded in the food processor using the shred disc.**

****Can be sliced in the food processor using the slice disc.**

1. Set up the **Food Processor Work Bowl** and attach the **Dough Blade**. Add all dry ingredients to the **Work Bowl** and pulse a few times to mix.

2. Select the **DOUGH** program and slowly pour the oil through the **Feed Chute**, followed by the warm water, until the dough begins to form a ball.

3. Remove dough from the **Work Bowl** and transfer to a floured surface. Form the dough into a ball, then press down into the center of the ball with your fist to indent. Fold the dough over itself, then repeat for 5 times total. Re-form into a ball, then transfer to a large, greased bowl.

4. Cover the bowl with a clean towel, and allow the dough to rise for 1-2 hours, until it doubles in size. If storing for later, brush the outside of the dough with oil, then tightly wrap in plastic wrap. It will keep in the freezer for up to 3 months.

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5 When you're ready to bake your pizza, stretch the dough to the edges of a greased pizza pan, cast iron skillet, or sheet pan. Add sauce, cheese, and any other desired toppings and bake for 20-25 minutes until the cheese and crust are both golden-brown.

NUTRITION FACTS PER SERVING
150 calories, 4.5g fat, 26g carbs, 4g fiber, 0g sugar, 5g protein. **Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.**

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Spinach-corn tortillas.

DOUGH BLADE AND SINGLE-SERVE CUP | YIELDS 16 4" TORTILLAS | 16 SERVINGS

Nothing beats the flavor and texture of fresh corn tortillas. Adding spinach to the mix lends a vibrant green color to their floral, earthy essence.

2 CUPS	**SPINACH**
1 CUP	**WATER**
2 CUPS	**MASECA CORN FLOUR**
1 TSP	**SALT**
1 TSP	**BAKING POWDER**

1. Add spinach and water to the **Single-Serve Cup**. Twist on the blade and blend until completely mixed. Set aside.

2. Set up the **Food Processor Work Bowl** and attach the **Dough Blade**. Add Maseca, salt, and baking powder and pulse 3-5 times to mix dry ingredients.

3. Select the **DOUGH** program and slowly pour in the blended spinach and water mixture through the **Feed Chute** until it mixes with the dry ingredients to form a soft, doughy consistency.

4. Prepare a tortilla press by lining the top and bottom with plastic wrap or wax paper. Heat a skillet over high heat.

5. Roll the dough into 1½-oz balls (we suggest using a kitchen scale, for accuracy). One at a time, place each ball in between the paper/plastic-lined plates of the press, then press down to create a tortilla that's about ⅛-inch thick. If you don't have a tortilla press, you can flip over a baking sheet and use a heavy skillet to press the dough flat on top of the baking sheet. You will still need to use wax paper or plastic wrap to prevent sticking.

6. Gently transfer the flat tortilla dough to a hot skillet. Cook for 30 seconds on the bottom, then flip and cook for an additional 45 seconds to 1 minute on the other side. The tortillas will puff up while cooking.

NUTRITION FACTS PER SERVING
60 calories, 0.5g fat, 12g carbs, 1g fiber, <1g sugar, 2g protein. **Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.**

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Whole wheat pie crust.



DOUGH BLADE | 8 SERVINGS

Whole wheat flour lends a rustic earthiness to this pie crust dough, which can be used in both sweet and savory creations. We love it with our Mini Chicken Pot Pies (pg. 84).

1½ CUPS	**WHOLE WHEAT FLOUR**
½ TSP	**SALT**
1 STICK	**UNSALTED BUTTER, COLD, CUT INTO 1-INCH CUBES**
6 TBSP	**ICE WATER**

NUTRITION FACTS PER SERVING
180 calories, 12g fat, 16g carbs, 2g fiber, 0g sugar, 3g protein. **Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.**

1. Attach the **Dough Blade** to the **Work Bowl**. Add flour and salt to the **Work Bowl** and **PULSE** a few times to combine.

2. Add cold butter and run on **LOW** until the butter is distributed evenly throughout the mixture. Add ice water through the **Feed Chute**, one tablespoon at a time, until the mixture comes together. The dough should just stick together when you pack it.

3. Transfer the crust to a large piece of plastic wrap, bring corners, wrap and form a large ball, press down to complete a disc form. Refrigerate for at least half an hour, and up to 3 days before rolling out.

4. When ready to roll out your crust, allow it to sit outside of the refrigerator for 10-15 minutes. Rolling the dough when it is too cold can result in breakage.

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Mix and match.

Now that you've mastered your food processor's capabilities, it's time to level up. These dishes combine some of our earlier recipes with a few new ingredients to feast upon.

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Chicken pot pie.

SLICE DISC | YIELDS 6 MINI POT PIES | 6 SERVINGS

Creamy, savory filling tucked under a blanket of buttery crust — is there any cozier comfort food than chicken pot pie? Our version divides the classic up into ramekins to make fresh and flaky single servings.

1	WHOLE WHEAT PIE CRUST (PAGE 81)
½	ONION
2	CARROTS
2	CELERY STALKS
6	BABY BELLA MUSHROOMS, STEMS REMOVED
3 TBSP	AVOCADO OIL
1 TSP	SALT
½ TSP	WHITE PEPPER
2 CLOVES	GARLIC, MINCED
1 CUP	BROCCOLI FLORETS
2 TBSP	THYME LEAVES, FRESH
2	CHICKEN BREASTS, COOKED, CUT INTO BITE-SIZED CUBES
3 TBSP	WHOLE WHEAT FLOUR
3 CUPS	CHICKEN STOCK
½ CUP	HEAVY CREAM
1	EGG, BEATEN

1. Set up the **Food Processor Work Bowl** and attach the **Slice Disc**. Select the **LOW** setting and, one ingredient at a time, feed onion, celery, carrots, and mushrooms through the **Feed Chute** using the **Food Pusher**.

2. Add avocado oil to a large sauté pan over medium-high heat. Transfer the sliced vegetables to the pan and sauté until tender, about 7 minutes. Add salt, pepper, thyme, and minced garlic and sauté until fragrant.

3. Return to the **Work Bowl/ Slice Disc** assembly and feed broccoli florets through the **Feed Chute** to slice.

4. Add sliced broccoli to the vegetables in the pan and continue to sauté for 2 minutes.

5. Add flour and sauté for 1 minute. Add the cubed chicken and chicken stock and bring to a simmer, about 4 minutes.

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6 Add heavy cream and simmer for an additional 2 minutes. Adjust seasoning to taste. Set filling aside.

7 Heat oven to 400°F. Remove pie dough from the refrigerator and allow to rest for 15 minutes. Divide crust into six portions (about 2 ounces each) and roll out on a floured surface to a width just big enough to cover each ramekin.

8 Portion ½ cup of chicken pot pie filling in each of the six 4-ounce ramekins. Drape the pie crust portions over top of each ramekin and crimp against the lip of the dish. Brush the egg wash over the top of each crust.

9 Place mini pies on a baking sheet and bake for 16 minutes. Then set the oven to broil and cook for an additional 2 minutes until the crust is golden brown.

PRO TIP

Freeze excess filling for future batches or mix into chicken noodle soup to thicken the consistency.

NUTRITION FACTS PER SERVING

550 calories, 35g fat, 35g carbs, 5g fiber, 0g sugar, 28g protein. **Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.**

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Fish tacos.

DOUGH BLADE | 16 SERVINGS

Mixing your fry batter in the food processor ensures an even consistency that crisps up beautifully. You can prepare your fish tacos any way you'd like, but wrapping them in our Homemade Spinach Tortillas and topping with Homemade Slaw and Chipotle Aioli will bring an unmatched level of freshness and deliciousness.

1½ CUPS	**ALL-PURPOSE FLOUR**
2 TBSP	**PAPRIKA**
½ TBSP	**ONION POWDER**
½ TBSP	**GARLIC POWDER**
1 TSP	**SALT**
½ TSP	**BLACK PEPPER**
1	**12-OZ BEER**
32 OZ	**COD FILET, CUT INTO 2-OZ STRIPS**

NUTRITION FACTS PER SERVING

100 calories, 0g fat, 11g carbs, <1g fiber, 0g sugar, 10g protein. **Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.**

PRO TIP

For a vegetarian option, swap the fish out for tofu or cauliflower.

1. Preheat air fryer or oven to 400°F.
2. Set up the **Food Processor Work Bowl** and attach the **Dough Blade**. Add all dry ingredients, then mix on the **LOW** setting until combined.
3. Keeping the **Food Processor** on the **LOW** setting, slowly pour the beer through the **Feed Chute** until it fully combines with the dry ingredients to create a batter.
4. Transfer batter to a mixing bowl.
5. If using an air fryer, line the air fryer basket or baking sheet with parchment paper, and spray or brush with olive oil. Coat the fish strips in batter and transfer directly to your air fryer basket or baking sheet. Spray strips with oil and cook for 10 minutes.

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6 If pan frying, heat oil in a large skillet over medium-high heat. Coat the fish strips in batter and transfer directly to the pan. Sear for 2 minutes, until the edges begin to crisp. Gently flip strips and cook for another 1–2 minutes, so they're fully cooked through. Transfer to a paper towel-lined dish. Repeat until all strips are cooked.

7 Wrap in **Spinach-Corn Tortillas (page 80)**, and top with **Cilantro-Lime Slaw (page 73)** and **Chipotle Aioli (page 27)**.

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Nut and seed butter cups.

8 SERVINGS

Chocolate and nut/seed butter are a match made in heaven. These decadent treats taste amazing with both our Homemade Peanut Butter and Homemade Super Seed Butter. Whichever silky spread you use, your sweet tooth is sure to be satisfied.

2 CUPS	**DARK CHOCOLATE CHIPS, DIVIDED**
¼ CUP	**COCONUT OIL, DIVIDED**
½ CUP	**HOMEMADE SUPER SEED BUTTER (PAGE 66) OR HOMEMADE PEANUT BUTTER (PAGE 67)**
¼ CUP	**ALMOND MEAL**
1 TBSP	**MAPLE SYRUP**
	FLAKY SEA SALT (OPTIONAL)

1. Prepare **Super Seed Butter (page 66)** or **Homemade Peanut Butter (page 67)**. Set aside.

2. In a microwaveable bowl, add 1 cup of chocolate chips and 2 tablespoons of coconut oil. Microwave on high for 30 seconds, stir, then resume for another 30 seconds. Continue heating in 30-second increments and mixing until fully melted.

3. Add 2 teaspoons of melted chocolate to the bottom of each cupcake liner. Transfer the cupcake tray to the freezer and freeze for 20 minutes.

4. While the chocolate sets, combine the peanut butter/seed butter, almond meal and maple syrup in a mixing bowl.

5. Remove the cupcake tray from the freezer and add 1 teaspoon of the peanut butter/seed butter mixture to each liner. Spread to the edge of each liner to create an even middle layer of peanut butter/seed butter. Return to the freezer for another 10 minutes.

6. When the peanut butter/seed butter layer is set, melt the remaining 1 cup of chocolate with coconut oil. Remove the cupcake tray from the freezer and

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distribute the chocolate evenly over each peanut butter/seed butter layer. Sprinkle the top of each cup with flaky sea salt.

7 Return the cupcake tray to the freezer for another 20 minutes. Once the cups are fully set, transfer them to an airtight container and store in the refrigerator.

NUTRITION FACTS PER SERVING (MADE WITH HOMEMADE PEANUT BUTTER)
360 calories, 31g fat, 12g carbs, 4g fiber, 6g sugar, 12g protein. **Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.**

⚠ **WARNING! NEVER attempt to make any of the butter recipes using the Cups. Never use the Cups to blend continuously for longer than one minute.**

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