

Recipe guide.

Recipes, tips,
& more.



nutribullet
FLEX™

PORTABLE BLENDER

⚠ **WARNING!** To reduce the risk of serious injury, read the User Guide before operating your nutribullet Flex™ Portable Blender.



Contents.

- 05 Intro
- 06 Building a smoothie
- 08 Recipe icons
- 11 Recipes
 - 11 Smoothies

Thank you for purchasing the nutribullet Flex™.





nutribullet Flex™ recipe guide.

With its flexible design and powerful portability, the nutribullet Flex™ is built for life on the move. Now that your lightweight, convertible blender is in hand, what will you be mixing up? The possibilities are endless—but if you need a little inspiration, this recipe guide is a great place to start.

From nutrient-packed smoothies to protein-rich post-workout shakes and icy coffee treats, these recipes serve up a variety of tasty options to help you fuel your day. Take a peek, give a few blends a whirl, and enjoy sipping deliciously wherever life leads you!

Building a smoothie.

Our go-to guide for 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. Make sure your ingredients and liquid reach no higher than the MAX line.
- 3 For a cooler, more flavorful smoothie, we recommend using frozen fruit and/or veggies. You can also add ice, but it should not exceed 25% of the cup'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 **FRUIT**
as many varieties as you like
- 1 **GREENS & VEGGIES**

Our favorite ingredients for the Flex.

GREENS & VEGGIES

- romaine lettuce
- spinach
- zucchini

FRUIT

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

NUTS & SEED BUTTERS

- peanut butter
- almond butter
- sunflower seed butter
- coconut butter
- cashew butter

LIQUID TO THE MAX LINE

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

BOOSTS

- **herbs and spices**
(cinnamon, fresh mint, fresh basil, fresh cilantro, ground ginger or turmeric, fresh ginger or turmeric root)
- **high-quality protein powders**
- **superfood powders**
(cacao, maca, chlorella, spirulina)
- **seeds**
(chia seeds, flax seeds, hemp seeds)
- **sweeteners**
(honey, agave, maple syrup)
- **yogurt**
- **cottage cheese**

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

*Remove all pits and large seeds from ingredients before blending.

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:



PROTEIN POWERHOUSE

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



HELPS WITH DIGESTION

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



CONTAINS DAIRY

Contains milk or milk-based ingredients, including casein, whey, or lactose.



CONTAINS NUTS

Contain nut ingredients or byproducts.



IMMUNE BOOSTING

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

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





Smoothies.

Pre-workout or post-workout, morning coffee or midnight snack — however you like to sip, these on-the-go recipes keep it smooth.

⚠ WARNING! NEVER use the Blending Cup to blend hot, warm, or carbonated ingredients. Doing so may pressurize contents to such a degree that the Cup and blade forcefully separate when removed from the Hybrid Motor Base, Blade, and Lid when opened, resulting in the expulsion of hot ingredients and/or exposure to the blade. In both cases, serious bodily injury can occur.

NEVER blend any ingredients in the Blending Cup for longer than one minute at a time.



For more delicious recipes, visit [nutribullet.com](https://www.nutribullet.com)

Good morning green smoothie.



YIELDS 14 OZ | MAKES 1 SERVING

Start your day on a high note with this nutritiously cheerful blend of greens, mango, banana, and chia seeds.

- 1 CUP SPINACH
- ½ CUP MANGO, FROZEN
- ½ BANANA
- 1 TBSP CHIA SEEDS
- ½ TBSP HONEY
- 1¼ CUPS UNSWEETENED ALMOND MILK

NUTRITION FACTS PER SERVING

260 calories, 8g fat, 46g carbs, 8g fiber, 30g sugar, 9g added sugar, 6g protein. Nutrition facts are based on the recipe as listed. Adding or swapping any ingredients will alter nutritional content.

CULINARY TIP

Forever one of our favorite smoothie ingredients, spinach packs in a serious dose of nutrition with each 1-cup serving. You can't even taste it when it's blended with all your other delicious ingredients!

- 1 Wake up the unit by pressing the power button.
- 2 Add all ingredients to the **Blending Cup** in the order listed.
- 3 Press the power button again to start the 30-second blend cycle.
- 4 Check consistency and blend for a second cycle, if needed.



Classic strawberry banana smoothie.



YIELDS 14 OZ | MAKES 1 SERVING

We've said it before, and we'll say it again: classics are classic for a reason. Don't overcomplicate things — blend up strawberries with banana and keep it moving.

- ½ CUP STRAWBERRY, SLICED, FROZEN
- 1 BANANA, SLICED, FROZEN
- 1¼ CUPS UNSWEETENED ALMOND MILK
- 1 TBSP CHIA SEEDS
- 1 TBSP HONEY

NUTRITION FACTS PER SERVING

310 calories, 8g fat, 60g carbs, 9g fiber, 37g total sugar, 17g added sugar, 6g protein. Nutrition facts are based on the recipe as listed. Adding or swapping any ingredients will alter nutritional content.

- 1 Wake up the unit by pressing the power button.
- 2 Add all ingredients to the **Blending Cup** in the order listed.
- 3 Press the power button again to start the 30-second blend cycle.
- 4 Check consistency and blend for a second cycle, if needed.

NUTRITIONIST TIP

Chia seeds are packed with omega-3 fatty acids, fiber, and protein, which help support heart health, improve digestion, and provide sustained energy.



Protein cold brew.



YIELDS 18 OZ | MAKES 1 SERVING

Boost your morning coffee with a hearty dose of protein in this hybrid frozen coffee/smoothie concoction.

- ½ CUP COLD BREW COFFEE**
- ¼ CUP GREEK YOGURT**
- 1 CUP UNSWEETENED ALMOND MILK**
- 2 TBSP DATE SYRUP**
- 2 TBSP (15G) VEGAN VANILLA PROTEIN POWDER**

HOW TO MAKE DATE SYRUP

- 4 DATES, PITTED, SOAKED IN HOT WATER FOR ABOUT 20 MINUTES**
- 4 OZ WATER**

Blend hydrated dates with water until smooth and syrupy consistency is achieved.

- 1** Wake up the unit by pressing the power button.
- 2** Add all ingredients to the **Blending Cup** in the order listed.
- 3** Press the power button again to start the 30-second blend cycle.
- 4** Check consistency and blend for a second cycle, if needed.

NUTRITION FACTS PER SERVING
 210 calories, 5g fat, 24g carbs, 0g fiber, 19g total sugar, 0g added sugar, 17g protein. **Nutrition facts are based on the recipe as listed. Adding or swapping any ingredients will alter nutritional content.**

⚠ WARNING! NEVER use a Blending Cup to blend hot, warm, or carbonated ingredients.

Spiced blueberry cooler.



YIELDS 16 OZ | MAKES 1 SERVING

Filled with inflammation-fighting turmeric and ginger, this antioxidant-rich smoothie is the perfect pre-workout energy boost.

½ CUP	BLUEBERRIES, FROZEN
2 THIN SLICES	GINGER ROOT
2 THIN SLICES	TURMERIC ROOT
1¼ CUPS	UNSWEETENED ALMOND MILK
PINCH	BLACK PEPPER
1 TBSP	HONEY

NUTRITION FACTS PER SERVING

160 calories, 4g fat, 31g carbs, 3g fiber, 24g total sugars, 17g added sugars, 6g protein. **Nutrition facts are based on the recipe as listed. Adding or swapping any ingredients will alter nutritional content.**

- 1 Wake up the unit by pressing the power button.
- 2 Add all ingredients to the **Blending Cup** in the order listed.
- 3 Press the power button again to start the 30-second blend cycle.
- 4 Check consistency and blend for a second cycle, if needed.

CULINARY TIP

If you can't get fresh ginger and turmeric, dried spices work just as well. Use ½ teaspoon of ground ginger and ¼ to ½ teaspoon of ground turmeric.

Adding a pinch of black pepper to recipes that include turmeric enhances the absorption of curcumin, turmeric's active compound, making it more effective in the body.





Spa day smoothie.

YIELDS 12 OZ | MAKES 1 SERVING

Need to chill? When booking a massage isn't an option, this creamy, replenishing blend of fresh mint, avocado, and orange should do the trick.

1/2	ORANGE, PEELED, QUARTERED
1/4	AVOCADO
6-8	MINT LEAVES
1 CUP	COCONUT WATER
1 TBSP	HONEY
1/2 CUP	ICE

NUTRITION FACTS PER SERVING

160 calories, 5g fat, 31g carbs, 2g fiber, 26g total sugars, 17g added sugars, 1g protein. Nutrition facts are based on the recipe as listed. Adding or swapping any ingredients will alter nutritional content.

- 1 Wake up the unit by pressing the power button.
- 2 Add all ingredients to the **Blending Cup** in the order listed.
- 3 Press the power button again to start the 30-second blend cycle.
- 4 Check consistency and blend for a second cycle, if needed.

NUTRITIONIST TIP

The scent of mint has been shown to boost alertness and improve memory!

Cherry cheesecake recovery shake.

YIELDS 18 OZ | MAKES 1 SERVING

Thick, creamy, and filled with protein, complex carbs, and healthy fats, this smoothie hits the sweet spot for post-workout replenishment.

½ CUP	CHERRIES, FROZEN
¼ CUP	COTTAGE CHEESE
1¼ CUPS	UNSWEETENED ALMOND MILK
1 TBSP	HONEY
1 TBSP	ALMOND BUTTER
¼ CUP	ICE

NUTRITION FACTS PER SERVING

300 calories, 14g fat, 36g carbs, 3g fiber, 29g total sugars, 17g added sugars, 12g protein. **Nutrition facts are based on the recipe as listed. Adding or swapping any ingredients will alter nutritional content.**

NUTRITIONIST TIP

Post-workout, your body is like a sponge, ready to absorb nutrients. Consuming protein and carbohydrates after a workout helps to repair muscle tissue and replenish glycogen stores, promoting faster recovery.

- 1 Wake up the unit by pressing the power button.
- 2 Add all ingredients to the **Blending Cup** in the order listed.
- 3 Press the power button again to start the 30-second blend cycle.
- 4 Check consistency and blend for a second cycle, if needed.





Turmeric colada smoothie.

YIELDS 14 OZ | MAKES 1 SERVING

This rich and creamy smoothie adds turmeric to the classic coconut and pineapple combo, making a tropical treat that also boasts powerful anti-inflammatory properties.

½ CUP	PINEAPPLE, FROZEN
½	BANANA
3 THIN SLICES	TURMERIC ROOT
1 CUP	LIGHT COCONUT MILK, CANNED
½ CUP	WATER
PINCH	BLACK PEPPER
1 TBSP	DATE SYRUP

HOW TO MAKE DATE SYRUP

4	DATES, PITTED, SOAKED IN HOT WATER FOR ABOUT 20 MINUTES
4 OZ	WATER

Blend hydrated dates with water until smooth and syrup consistency is achieved.

NUTRITION FACTS PER SERVING

390 calories, 15g fat, 63g carbs, 4g fiber, 46g total sugars, 12g added sugars, 1g protein. Nutrition facts are based on the recipe as listed. Adding or swapping any ingredients will alter nutritional content.

- 1 Wake up the unit by pressing the power button.
- 2 Add all ingredients to the **Blending Cup** in the order listed.
- 3 Press the power button again to start the 30-second blend cycle.
- 4 Check consistency and blend for a second cycle, if needed.

CULINARY TIP

Feel free to swap fresh turmeric for the dried powder. Three thin slices of fresh turmeric root (about 1 inch total) are roughly equivalent to ½ to 1 teaspoon of ground turmeric.

Chocolate covered strawberry smoothie.



YIELDS 18 OZ | MAKES 1 SERVING

The decadence of chocolate-covered strawberries, in smoothie form! This delicious blend is full of fiber, antioxidants, and protein, for a sweet treat that packs a berry nutritious punch!

- ½ CUP STRAWBERRIES, FROZEN**
- ½ BANANA, SLICED, FROZEN**
- 1¼ CUPS UNSWEETENED ALMOND MILK**
- 1 SCOOP STRAWBERRY VEGAN PROTEIN POWDER (31G)**
- 2 TBSP CACAO POWDER**

NUTRITION FACTS PER SERVING

310 calories, 7g fat, 35g carbs, 10g fiber, 12g total sugars, <1g added sugars, 22g protein. **Nutrition facts are based on the recipe as listed. Adding or swapping any ingredients will alter nutritional content.**

- 1 Wake up the unit by pressing the power button.
- 2 Add all ingredients to the **Blending Cup** in the order listed.
- 3 Press the power button again to start the 30-second blend cycle.
- 4 Check consistency and blend for a second cycle, if needed.

NUTRITIONIST TIP

Frozen produce is often picked and flash-frozen at peak ripeness, preserving its nutrients and flavor. It also lasts longer, reduces food waste, and is usually more affordable year-round than its fresh counterpart.





Coconut creamsicle smoothie.



YIELDS 12 OZ | MAKES 1 SERVING

Creamy coconut milk, zesty citrus — this smooth, creamy smoothie is straight out of an orange dream.

½ CUP	COCONUT MILK, CANNED
½ CUP	WATER
¼ TSP	VANILLA EXTRACT
1 TSP	MAPLE SYRUP
½	ORANGE
½	BANANA
¼ CUP	ICE

NUTRITION FACTS PER SERVING
340 calories, 25g fat, 33g carbs, 5g fiber, 21g total sugars, 4g added sugars, 4g protein. **Nutrition facts are based on the recipe as listed. Adding or swapping any ingredients will alter nutritional content.**

- 1 Wake up the unit by pressing the power button.
- 2 Add all ingredients to the **Blending Cup** in the order listed.
- 3 Press the power button again to start the 30-second blend cycle.
- 4 Check consistency and blend for a second cycle, if needed.

Chocolate peanut butter banana smoothie.



YIELDS 12 OZ | MAKES 1 SERVING

Peanut butter and banana, what could be tastier? Boosted with protein powder and a touch of cacao, this sweet and nutty smoothie is the perfect blend of fun and filling.

1/2	BANANA, CUT INTO SLICES
1 CUP	UNSWEETENED ALMOND MILK
1 TBSP	CREAMY PEANUT BUTTER
1 TBSP	PEANUT BUTTER POWDER
2 TBSP	VEGAN PROTEIN POWDER (15G)
1 TBSP	CACAO POWDER
1/4 CUP	ICE

NUTRITION FACTS PER SERVING
300 calories, 13g fat, 28g carbs, 6g fiber, 11g total sugars, 0g added sugars, 22g protein. **Nutrition facts are based on the recipe as listed. Adding or swapping any ingredients will alter nutritional content.**

- 1 Wake up the unit by pressing the power button.
- 2 Add all ingredients to the **Blending Cup** in the order listed.
- 3 Press the power button again to start the 30-second blend cycle.
- 4 Check consistency and blend for a second cycle, if needed.

CULINARY TIP

You can find sliced frozen bananas in most supermarkets now, but we're still big proponents of freezing your own, especially when your bunch is getting a little too brown on the counter.



nutribullet

FLEX™

PORTABLE BLENDER



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