

Recipe guide.

Recipes, tips,
& more.



nutribullet
POWER CORE™
BLENDER

WARNING! To reduce the risk of serious injury, read the User Guide before operating your nutribullet Power Core™ Blender.

Contents.

- 05 Intro
- 06 Building a smoothie
- 08 Recipe icons
- 11 Recipes
 - 11 Smoothies, smoothie bowls, & frozen drinks
 - 24 Dips, sauces, & spreads
 - 38 Soups, meals, & sweet treats



Thank you for purchasing the nutribullet Power Core™ Blender.



nutribullet Power Core™ Blender recipe guide.

Big blender, big ambitions. The nutribullet Power Core™ Blender features an XL blending pitcher and a 1400W peak-power motor to make perfectly textured smoothies, soups, sauces, and beyond — in ample amounts.

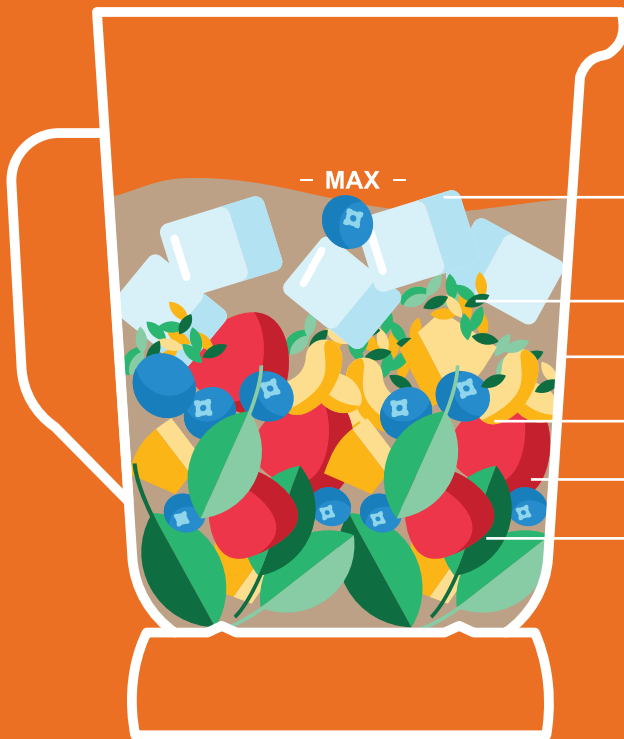
Whether you've got a large family or a large meal prep regimen, this powerhouse delivers the goods, with three speeds, a pulse button, and a pre-programmed smoothie setting for as much or as little control as you'd like over the timing and texture of your blends.

To get you started on your Power Core™ path, we've compiled this collection of succulent recipes that run the gamut from mocktails to nut butters, soups to special sauces. Take a look, have a taste, and see how just a little effort can make a very big difference in how you prepare and enjoy nutritious food, every day.

Building a smoothie.

Our go-to guide to building a great smoothie, every time. For the best results, follow these helpful tips and tricks.

- 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 add ice, but it should not exceed 25% of the total volume of the cup or pitcher.*



How to layer ingredients:

- 6 ICE* (Optional)
Limit to 25% of your total smoothie ingredients.
- 5 BOOSTS (Optional)
- 4 LIQUID
Never exceed MAX line
- 3 NUTS (Optional)
- 2 FRUIT
- 1 GREENS & VEGGIES

! WARNING! When using the Blender Pitcher to blend hot ingredients or liquids, exercise caution when opening the Vented Pitcher Lid, being mindful of escaping hot steam or splattering hot ingredients.

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 powerful motor, sharp spinning blades, and durable attachments of the nutribullet Power Core™ Blender are designed to maximize its extraction capabilities.

GREENS & VEGGIES

- carrot
- cauliflower
- kale
- romaine lettuce
- spinach
- zucchini

FRUIT

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

NUTS

- almonds
- cashews
- peanuts
- pecans
- pistachios
- walnuts

LIQUID TO THE MAX LINE

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

BOOSTS

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

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:



HEART HEALTH

This recipe supports heart health and meets DASH Diet (Dietary Approaches to Stop Hypertension) guidelines.



GUT HEALTH

Recipe provides a hearty dose of fiber, and/or includes fermented foods, prebiotics, and/or probiotics.



IMMUNE BOOSTING

Recipe is high in immune-boosting antioxidants, including vitamins A, C, and E.



PROTEIN POWERHOUSE

Recipe contains 10 or more grams of protein per serving.



SUSTAINABLE

Recipe incorporates sustainable practices, such as reducing food waste or using ingredients that require fewer resources or support regenerative ecology.





Smoothies, Smoothie Bowls, & Frozen Drinks

Smooth, creamy, and full of frosty,
fruity goodness.

 **WARNING!** Always ensure the Lid Cap vent slots on the Pitcher Lid are unobstructed and clear of debris before blending hot, warm, or carbonated ingredients. Always exercise caution when opening the Pitcher Lid after blending hot, warm or carbonated ingredients, being mindful of escaping hot steam or splattering hot ingredients.



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

Very berry protein smoothie.



MAKES 4 SERVINGS

Start your day with an amazing dose of fiber and protein with this berrylicious, super-nutritious big-batch smoothie.

150G	KALE, PACKED
450G	MIXED BERRIES, FROZEN
240G	BANANAS
46G	VEGAN PROTEIN POWDER OF YOUR CHOICE, BERRY OR VANILLA FLAVOR
1.2L	UNSWEETENED ALMOND MILK

- 1 Add all ingredients to **Blender Pitcher** and blend on **SMOOTHIE**.

NUTRITIONIST TIP

Over the past few decades, a cascade of research has highlighted the powerful health benefits of berries, linking regular consumption to lower risks of cancer, heart disease, diabetes, and age-related cognitive decline.

NUTRITION FACTS PER SERVING:

220 calories, 6g fat, 31g carbs, 7g fiber, 14g sugars, <1g added sugars, 14g protein. Nutrition facts are based on the recipe as listed. Adding or swapping any ingredients will alter nutritional content.



Turmeric colada smoothie.



MAKES 4 SERVINGS

Rev up your mornings with this creamy, luxurious smoothie that's made with immune-boosting, inflammation-fighting ingredients.

500G	PINEAPPLE CHUNKS, FROZEN
180G	BANANA
400G	ORANGES, PEELED, HALVED
60G	MEDJOO DATES, PITTED
1.08L	UNSWEETENED COCONUT MILK
2G	GINGER POWDER
5.5G	TURMERIC POWDER
PINCH	BLACK PEPPER
260G	ICE

- 1 Add all ingredients to **Blender Pitcher** and blend on **SMOOTHIE**.

NUTRITIONIST TIP

Turmeric's natural antioxidants are more effectively absorbed by the body when paired with black pepper.

NUTRITION FACTS PER SERVING:

310 calories, 6g fat, 59g carbs, 8g fiber, 34g sugars, 0g added sugars, 5g protein. Nutrition facts are based on the recipe as listed. Adding or swapping any ingredients will alter nutritional content.



Cherry cheesecake smoothie.



MAKES 4 SERVINGS

Nutritious smoothie? Rich, creamy dessert? Get the best of both worlds in this cherrylicious blend.

450G	CHERRIES, FROZEN
480mL	UNSWEETENED ALMOND MILK
225G	LOW-FAT COTTAGE CHEESE
45G	ALMOND BUTTER
65G	HONEY
150G	ICE

- 1 Add all ingredients to **Blender Pitcher** and blend on **SMOOTHIE**.

NUTRITION FACTS PER SERVING:

250 calories, 8g fat, 36g carbs, 3g fiber, 29g total sugars, 13g added sugars, 11g protein. Nutrition facts are based on the recipe as listed. Adding or swapping any ingredients will alter nutritional content.

Mango tango smoothie bowl.



MAKES 2 SERVINGS

This thick and creamy mango smoothie bowl is incredibly refreshing. Enjoy it as-is or load it up with your favorite toppings for a fruity, frosty treat!

500G	MANGO CHUNKS, FROZEN
480mL	UNSWEETENED COCONUT MILK
140G	BANANA, LARGE, FROZEN
26G	CHIA SEEDS

NUTRITION FACTS PER SERVING:

210 calories, 6g fat, 37g carbs, 6g fiber, 28g sugars, 0g added sugars, 3g protein. Nutrition facts are based on the recipe as listed. Adding or swapping any ingredients will alter nutritional content.

NUTRITIONIST TIP

Frozen fruit is picked at peak ripeness and quickly preserved, making it a nutrient-rich, convenient, and budget-friendly way to add more vitamins and antioxidants to your diet.

- 1 Add all ingredients to the **Blender Pitcher**. Pulse a few times to begin breaking down the frozen fruit.
- 2 Insert the **Tamper*** through the lid opening and use it to help move the mixture toward the blades.
- 3 Blend on **LOW** to **MEDIUM** until the mixture is thick, smooth, and evenly blended.
- 4 Spoon into a bowl and top with toasted coconut, chopped nuts, and fresh fruit.

* Not all configurations of the nutribullet Power Core™ Blender include a Tamper. If you do not have a Tamper, pause blending and mix ingredients to redistribute. **NEVER** use any utensils in place of the Tamper during blending.





Acai & berry smoothie bowl.



MAKES 2 SERVINGS

Made with frozen acai, berries, and banana, this thick, creamy smoothie bowl is packed with fiber and antioxidants, making it as good for you as it is to eat!

200G	UNSWEETENED FROZEN ACAI, PIECES OR PULP
300G	MIXED BERRIES, FROZEN
20G	MEDJOL DATE, PITTED
120G	BANANA, FROZEN
360mL	UNSWEETENED ALMOND MILK
46G	VEGAN PROTEIN POWDER OF YOUR CHOICE, STRAWBERRY FLAVORED

- 1 Add all ingredients to the **Blender Pitcher**. Pulse a few times to begin breaking down the frozen fruit.
- 2 Insert the **Tamper*** through the lid opening and use it to help move the mixture toward the blades.
- 3 Blend on **LOW** to **MEDIUM** until the mixture is thick, smooth, and evenly blended.
- 4 Spoon into bowls and top with fresh fruit, granola, and a drizzle of honey.

NUTRITION FACTS PER SERVING:

190 calories, 4.5g fat, 26g carbs, 7g fiber, 15g sugars, 0g added sugars, 12g protein. **Nutrition facts are based on the recipe as listed. Adding or swapping any ingredients will alter nutritional content.**

CULINARY TIP

If you want to incorporate even more protein into this recipe, add 245g of Greek yogurt to your blend.

* Not all configurations of the nutribullet Power Core™ Blender include a Tamper. If you do not have a Tamper, pause blending and mix ingredients to redistribute. **NEVER** use any utensils in place of the Tamper during blending.

Ube smoothie bowl.



MAKES 2 SERVINGS

Ube — Filipino purple yam — gives this creamy, satisfying smoothie bowl its distinctive sweet and nutty flavor.

600G	PURPLE SWEET POTATO, COOKED, COOLED
240mL	COCONUT MILK, CANNED
240mL	UNSWEETENED ALMOND MILK
45G	MEDJOO DATES, PITTED
5mL	VANILLA EXTRACT
15G	UBE POWDER
40G	MAPLE SYRUP
260G	ICE

NUTRITION FACTS PER SERVING:

310 calories, 13g fat, 47g carbs, 6g fiber, 26g total sugars, 0g added sugars, 4g protein. Nutrition facts are based on the recipe as listed. Adding or swapping any ingredients will alter nutritional content.

CULINARY TIP

Top your smoothie bowl with unsweetened shredded coconut, granola, sliced kiwi, blueberries, and hemp seeds.

If you're not able to find purple sweet potato at your local market, double the amount of ube powder and ice in the recipe.

- 1 Add all the ingredients to the **Blender Pitcher**. Pulse a few times to begin breaking down the frozen fruit.
- 2 Insert the **Tamper*** through the lid opening and use it to help move the mixture toward the blades.
- 3 Blend on **LOW** to **MEDIUM** until the mixture is thick, smooth, and evenly blended.
- 4 Spoon into bowls and garnish with fresh fruit, granola, and your choice of chopped nuts.

NUTRITIONIST TIP

Ube is a purple yam originating from the Philippines. It's even sweeter than its orange relative, and offers complex carbohydrates, fiber, and antioxidants.

* Not all configurations of the nutribullet Power Core™ Blender include a Tamper. If you do not have a Tamper, pause blending and mix ingredients to redistribute. **NEVER** use any utensils in place of the Tamper during blending.





Frozen strawberry margarita mocktail.

MAKES 8 SERVINGS

A frosty, fresh fiesta in a glass! Whip up a big batch at your next summer shindig for that beachside feeling, wherever you happen to be.

450G	STRAWBERRIES, FROZEN
185G	PASSION FRUIT, FROZEN
360mL	NON-ALCOHOLIC MARGARITA MIX
60G	LIME JUICE
330G	AGAVE NECTAR
260G	ICE
720mL	WATER

- 1 Add all ingredients to the **Blender Pitcher** and blend on **MEDIUM** until smooth and slushy.

CULINARY TIP

If you'd like to make this a cocktail, replace 240mL of water with 240mL of your favorite tequila.

NUTRITION FACTS PER SERVING:

180 calories, 0g fat, 47g carbs, 1g fiber, 44g sugars, 40g added sugars, 0g protein. Nutrition facts are based on the recipe as listed. Adding or swapping any ingredients will alter nutritional content.

Dips, Spreads, & Sauces.

Tasty toppers that make every
bite better.

 **WARNING!** Always ensure the Lid Cap vent slots on the Pitcher Lid are unobstructed and clear of debris before blending hot, warm, or carbonated ingredients. Always exercise caution when opening the Pitcher Lid after blending hot, warm or carbonated ingredients, being mindful of escaping hot steam or splattering hot ingredients.



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



Pineapple salsa verde.

MAKES 24 SERVINGS

This tangy, sweet, and spicy salsa is guaranteed to freshen up your next fiesta.

700G CANNED TOMATILLOS, DRAINED
35G JALAPEÑOS, DESEEDED FOR MILD HEAT (ADD EXTRA FOR SPICIER SALSA)
20G GARLIC
20G CILANTRO
60G RED ONION, SMALL, QUARTERED
30mL LIME JUICE
12G SALT
2.5G BLACK PEPPER
6G GARLIC POWDER
5G ONION POWDER
250G PINEAPPLE CHUNKS, FRESH

- 1 Add the tomatillos, jalapeños, garlic, cilantro, onion, lime juice, salt, pepper, garlic powder, and onion powder to the **Blender Pitcher**. Blend on **LOW** for about 20 seconds, until mostly smooth.
- 2 Add the pineapple chunks and **PULSE** about 7 times, or until the salsa reaches a chunky consistency. For a smoother salsa, continue pulsing until the mixture reaches your desired texture.

NUTRITIONIST TIP

Pineapple is rich in bromelain, a natural enzyme that helps break down proteins, which can support digestion.

NUTRITION FACTS PER SERVING:

20 calories, 0.5g fat, 3g carbs, 1g fiber, 1g total sugars, 0g added sugars, 0g protein. Nutrition facts are based on the recipe as listed. Adding or swapping any ingredients will alter nutritional content.



Smoky maple chipotle dressing.

MAKES 16 SERVINGS

This smoky-spicy-sweet dressing makes the perfect partner to heartier salad ingredients like kale, beans, corn, and grains.

60G CHIPOTLE PEPPERS
30G ADOBO SAUCE
12G GARLIC
60mL RED WINE VINEGAR
30mL LEMON JUICE
80G MAPLE SYRUP
355mL OLIVE OIL
2.5G ONION POWDER
3G SALT

- 1 Add all ingredients to the **Blender Pitcher** and blend on **MEDIUM** for the full cycle.

NUTRITION FACTS PER SERVING:

200 calories, 20g fat, 4g carbs, 0g fiber, 3g total sugars, 3g added sugars, 0g protein. Nutrition facts are based on the recipe as listed. Adding or swapping any ingredients will alter nutritional content.



Sweet pepper marinara.



MAKES 6 SERVINGS

This red sauce gets a sweet, piquant boost from red bell peppers, adding freshness and depth to an otherwise traditional marinara recipe.

30mL	OLIVE OIL
150G	ONION, CHOPPED
400G	RED BELL PEPPERS, LARGE
4 CLOVES	GARLIC
7G	ITALIAN SEASONING
0.5G	CRUSHED RED PEPPER
794G	CAN OF WHOLE PEELED TOMATOES
2G	SUGAR
6G	SALT
OPTIONAL	BASIL, PARSLEY, OR OTHER HERBS TO GARNISH

NUTRITION FACTS PER SERVING:
120 calories, 5g fat, 18g carbs, 4g fiber, 10g total sugars, 0g added sugars, 3g protein. Nutrition facts are based on the recipe as listed. Adding or swapping any ingredients will alter nutritional content.

- 1 Warm the olive oil in a medium sauté pan over medium heat. Add the onion, red bell peppers, garlic, Italian seasoning, and crushed red pepper, and cook, stirring occasionally, until the vegetables are softened, about 3 to 5 minutes.
- 2 Transfer the sautéed vegetables to the **Blender Pitcher**. Add the canned tomatoes, sugar, and salt. **PULSE** 4 times, then blend on **LOW** until the sauce reaches your desired consistency.
- 3 Pour the blended sauce back into the pan and simmer over low heat for 20 minutes. Serve over pasta, roasted vegetables, or as a dip for bread sticks, meatballs, or mozzarella sticks.

NUTRITIONIST TIP

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

Plant-based mole negro.



MAKES 8-10 SERVINGS

This plant-based version of Oaxacan mole negro substitutes vegetable broth for more traditional meat-based broths without sacrificing any flavor. Prepping ingredients for this recipe takes a bit of effort, but the result is a smoky, sweet, nutty sauce you can enjoy with a wide array of dishes.

50G	PASILLA PEPPERS, DRIED	34G	PUMPKIN SEEDS, UNSALTED
270G	TOMATOES, SMALL	10G	CACAO POWDER
100G	ONION, RAW, SMALL	0.3G	CLOVES, GROUND
		0.3G	CUMIN, GROUND
150G	PLANTAIN, SMALL	720mL	VEGETABLE BROTH, LOW-SODIUM (WITH 2 ADDITIONAL CUBES OF VEGETABLE BOUILLON)
36G	SESAME SEEDS		
35G	ALMONDS		
24G	GARLIC		
80G	DATES, PITTED		
1.3G	GROUND CINNAMON (OR TWO CINNAMON STICKS)	7mL	OLIVE OIL (OR AS MUCH AS NEEDED)

- 1 Remove stems and seeds from the pasilla chiles. (Using gloves and kitchen shears makes this easier.)
- 2 Heat a medium nonstick skillet on low. Add a little olive oil, then the chiles. Toast gently until softened and aromatic, taking care not to let them burn, or they'll turn bitter. Transfer the chiles to the **Blender Pitcher** and allow to cool.
- 3 In the same pan, add the tomato halves and onion quarters. Sear over medium heat until lightly charred on all sides. Transfer to the **Blender Pitcher** with the chiles and let cool.
- 4 Toasting each ingredient separately and, adding oil as needed, toast the plantain, sesame seeds, almonds, garlic, dates, cinnamon, and pumpkin seeds. Add each



- ingredient to the **Blender Pitcher** once toasted.
- 5 Add the cacao powder, ground clove and cumin, 600mL of the vegetable broth, and bouillon cubes to the **Blender Pitcher**. Secure the **Lid** with the **Vent Cap** attached and blend on **MEDIUM** for a total of 1 minute, removing the **Vent Cap** as soon as the mixture levels off. After 1 minute, adjust the speed to **HIGH** for 30 seconds, until mixture is smooth.
- 6 Pour the blended mixture into a medium saucepan. Bring to a gentle simmer over medium heat.
- 7 Stir in the remaining 120mL broth to loosen the sauce. Taste and adjust for sweetness or savoriness to your preference.

NUTRITIONIST TIP

Spices are rich in antioxidants that can help support immune function, digestion, and overall metabolic health.

NUTRITION FACTS PER SERVING: 170 calories, 8g fat, 23g carbs, 5g fiber, 13g total sugars, 0g added sugars, 5g protein. Nutrition facts are based on the recipe as listed. Adding or swapping any ingredients will alter nutritional content.



Sun-dried tomato pesto.

MAKES 16 SERVINGS

This succulent sun-dried tomato pesto is packed with bright, umami flavor, making it a perfect accompaniment to sandwiches, meats, pasta, and beyond!

240G	JAR OF SUN-DRIED TOMATOES, INCLUDING OIL
70G	PINE NUTS, ROASTED
12G	GARLIC
50G	PARMESAN CHEESE, CUBED OR SHREDDED
3G	BASIL LEAVES
118mL	OLIVE OIL
6G	SALT
1.2G	BLACK PEPPER
20G	MEDJOL DATE, PITTED

- 1 Add all ingredients to the **Blender Pitcher**. **PULSE** until the mixture begins to break down, then blend on **MEDIUM** until it reaches your desired consistency.
- 2 If needed, insert the **Tamper*** through the **Lid** to help redistribute ingredients as they blend.

CULINARY TIP

Add more olive oil to the sauce if you prefer a thinner pesto. Spread this pesto on sandwiches, wraps, and burgers, use as a marinade for chicken, or toss with cooked pasta for a stellar (and easy) dinner.

NUTRITION FACTS PER SERVING: 140 calories, 12g fat, 6g carbs, 1g fiber, 4g total sugars, 0g added sugars, 2g protein. **Nutrition facts are based on the recipe as listed. Adding or swapping any ingredients will alter nutritional content.**

* Not all configurations of the nutribullet Power Core™ Blender include a Tamper. If you do not have a Tamper, pause blending and mix ingredients to redistribute. **NEVER** use any utensils in place of the Tamper during blending.

Pistachio butter.

MAKES 16 SERVINGS

Smooth and rich, this toasty, lightly sweet pistachio butter transforms even the humblest slice of toast or bowl of oats into a luxurious treat.

250G	PISTACHIOS, BLANCHED, SKIN REMOVED
120mL	UNSWEETENED ALMOND MILK
30mL	HONEY
120mL	WATER

NUTRITION FACTS PER SERVING:

100 calories, 7g fat, 6g carbs, 2g fiber, 3g total sugars, 2g added sugars, 3g protein. Nutrition facts are based on the recipe as listed. Adding or swapping any ingredients will alter nutritional content.

CULINARY TIP

Elevate your homemade pistachio butter by blending in flavors like vanilla, citrus zest, rosewater, cocoa, toasted coconut, or a pinch of sea salt to create unique and delicious variations.

- 1 Blanch the pistachios: bring a pot of water to a boil, add the pistachios, and cook for 10 minutes. Drain and pat dry with a clean towel, rubbing gently to remove the papery skins.
- 2 Transfer the pistachios to the **Blender Pitcher** and **PULSE** 4 times to break them down. Add the almond milk and honey, then blend on **MEDIUM**. Stop blending occasionally to scrape down the sides, using the **Tamper*** as needed. Add water through the **Vent Lid**, a tablespoon at a time, until the butter is smooth and creamy.

* Not all configurations of the nutribullet Power Core™ Blender include a Tamper. If you do not have a Tamper, pause blending and mix ingredients to redistribute. **NEVER** use any utensils in place of the Tamper during blending.





Soups, Meals, & Sweet Treats.

A solid selection of heartier fare.

 **WARNING!** Always ensure the Lid Cap vent slots on the Pitcher Lid are unobstructed and clear of debris before blending hot, warm, or carbonated ingredients. Always exercise caution when opening the Pitcher Lid after blending hot, warm or carbonated ingredients, being mindful of escaping hot steam or splattering hot ingredients.



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

Orange loaf cake.



MAKES 12 SERVINGS

Made from wholesome ingredients, this delicious, orange-scented loaf cake is nutritious enough to enjoy any time of day.

- | | | | |
|------|----------------------------------|---|--|
| 260G | NAVEL ORANGES,
PEELED, HALVED | 1 | Add all ingredients to the Blender Pitcher in the order listed. |
| 7G | ORANGE ZEST | 2 | Blend on LOW until the mixture is smooth and even. |
| 115G | COTTAGE CHEESE | 3 | Pour batter into a 23cm parchment-lined loaf pan |
| 200G | EGGS, BEATEN | 4 | Bake at 175°C for 40 minutes. Insert a toothpick to ensure the cake is cooked through before removing from the oven. |
| 60mL | OLIVE OIL | | |
| 80G | MAPLE SYRUP | | |
| 5mL | VANILLA | | |
| 85G | ROLLED OATS | | |
| 240G | FLOUR | | |
| 14G | BAKING POWDER | | |

NUTRITION FACTS PER SERVING:
220 calories, 6g fat, 35g carbs, 2g fiber, 13g total sugars, 10g added sugars, 5g protein. **Nutrition facts are based on the recipe as listed. Adding or swapping any ingredients will alter nutritional content.**

CULINARY TIP

Take this cake to the next level and drizzle with this simple glaze: whisk ~60g of powdered sugar with 30mL melted butter and 45mL milk until the sugar fully dissolves.



Blended blueberry overnight oats.



MAKES 8 SERVINGS

We love the pudding-like texture of these big-batch overnight oats, designed to be made in advance and pre-portioned for a quick,

- | | | | |
|-------|------------------------------|---|--|
| 340G | FROZEN
BLUEBERRIES | 1 | Add all ingredients to the Blender Pitcher in the order listed and blend on HIGH until smooth and creamy. |
| 240G | NON-FAT GREEK
YOGURT | 2 | Pour the mixture into individual jars or containers. Top with your choice of nuts, coconut flakes, nut butter, or fresh fruit. |
| 63G | AGAVE NECTAR | 3 | Cover the jars and refrigerate overnight. Serve chilled the next morning. |
| 5G | CINNAMON | | |
| 15mL | VANILLA | | |
| 340G | ROLLED OATS | | |
| 950mL | COCONUT MILK,
UNSWEETENED | | |
| 41G | CHIA SEEDS | | |

NUTRITION FACTS PER SERVING:
450 calories, 10g fat, 71g carbs, 12g fiber, 16g total sugars, 6g added sugars, 17g protein. **Nutrition facts are based on the recipe as listed. Adding or swapping any ingredients will alter nutritional content.**

CULINARY TIP

Drizzle with nut butter (we love our homemade pistachio butter (pg. 34), melted chocolate, or your other favorite toppings to make these oats extra delicious.

Roasted veggie sheet pan soup.



MAKES 8 SERVINGS

Roasting your soup veggies not only makes for super easy cooking, it also imbues your puree with a depth of flavor that will keep you coming back for seconds and thirds.

400G	HEAD CAULIFLOWER, SMALL, CUT INTO FLORETS	50G	HEAD OF GARLIC, CUT IN HALF TO EXPOSE CLOVES
100G	ONION, SMALL, CUT IN HALF	4 SPRIGS	THYME
70G	CARROTS, MEDIUM, CUT IN 5 CM PIECES	5mL	OLIVE OIL
80G	STALKS OF CELERY, CUT IN 5 CM PIECES	PINCH	SALT AND PEPPER
150G	GRAPE TOMATOES	6G	ONION POWDER
150G	YELLOW OR ORANGE BELL PEPPERS, DESEEDED, CUT INTO QUARTERS	6G	GARLIC POWDER
		4G	ITALIAN SEASONING
		950mL	WATER
		5G	VEGETABLE BOULLION
		6G	SALT

- 1 Preheat the oven to 190°C. Prepare the vegetables and toss them with olive oil, salt, and pepper. Spread evenly on a parchment-lined sheet pan.
Pitcher along with the remaining ingredients. Pulse a few times, then blend on **HIGH** until smooth. Add water as needed to reach your desired consistency.
- 2 Roast for 30 minutes, until tender and lightly caramelized.
- 3 Transfer the roasted vegetables to the **Blender**
- 4 Pour the soup into a medium pot and bring to a gentle simmer.
- 5 Ladle into bowls and serve hot.



NUTRITION FACTS PER SERVING: 45 calories, 1g fat, 8g carbs, 2g fiber, 3g total sugars, 0g added sugars, 2g protein. **Nutrition facts are based on the recipe as listed. Adding or swapping any ingredients will alter nutritional content.**

CULINARY TIP
This soup can be made with whatever fresh or frozen vegetables you have on hand. For a boost of good-for-you greens, mix in some chopped kale or baby spinach while reheating and simmer until the greens are soft and tender.



Green chile corn chowder.



MAKES 6 SERVINGS

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

340G	GREEN CHILES
30mL	OLIVE OIL
40G	ONION, MEDIUM, QUARTERED
12G	GARLIC
550G	YUKON GOLD POTATOES, SMALL, QUARTERED
3G	SALT
1.2G	BLACK PEPPER
425G	CANNED CORN, DRAINED
710mL	VEGETABLE STOCK
35G	SPINACH, PACKED

NUTRITION FACTS PER SERVING: 200 calories, 5g fat, 37g carbs, 5g fiber, 5g total sugars, 0g added sugars, 5g protein. Nutrition facts are based on the recipe as listed. Adding or swapping any ingredients will alter nutritional content.

CULINARY TIP

Spinach is rich in iron, folate, and vitamin K, and its mild flavor makes it incredibly easy to blend into soups or smoothies for an effortless nutrient boost.

- 1 Heat olive oil in a medium pan over low heat. Add onion, garlic, potatoes, corn, 1.5g, and pepper. Sauté for 5–10 minutes, until fragrant and slightly softened.
- 2 Add 480mL of vegetable stock and 1.5g salt. Simmer until the potatoes are tender.
- 3 Remove from heat and let the mixture cool for 5 minutes.
- 4 Transfer the mixture to the **Blender Pitcher** along with the remaining 240mL of stock and the spinach. Attach the **Lid** with the **Lid Cap** in place.
- 5 Start the blender on **HIGH** for the full cycle. As soon as the mixture levels out, remove the **Lid Cap** to ventilate. The mixture should be smooth and creamy at the end of the cycle.
- 6 Transfer the soup back to the pan and bring to a gentle simmer. Serve hot.

nutribullet

POWER CORE™
BLENDER



RECIPE GUIDE.

nutribullet, LLC | nutribullet.com | All rights reserved.
nutribullet® and the nutribullet logo are trademarks of CapBran Holdings, LLC registered in the U.S.A. and worldwide.

Illustrations may differ from the actual product. We are constantly striving to improve our products, therefore the specifications contained herein are subject to change without notice.

260715_NBIxx200