

# Recipe guide.

Nature's prescription  
for optimum health.™



**nutribullet**  
RX

# nutribullet

RX<sup>®</sup>

RECIPE GUIDE.  
RECIPE GUIDE.  
RECIPE GUIDE.



Stop allowing your food to fall short of its nutritional potential! Maximize the nutrient availability of your food, and your body's ability to absorb it with the NutriBullet Rx<sup>®</sup>. With the power of "nature's prescription" — extracted nutrition — you'll join the millions of NutriBullet<sup>®</sup> users who have transformed their health and their lives to look and feel better than they ever thought possible. With over 150 pages of information and recipes, learn exactly how to customize smoothies and SouperBlasts to fit your specific health needs.

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Thank you for purchasing the NutriBullet Rx®.

STRONG. SMART. VERSATILE.



## NutriBullet Rx<sup>®</sup> recipe guide.

**The next level of extraction.**

At the time of this book's printing, over 10 million individuals will have joined the NutriBullet<sup>®</sup> Revolution! Whether you've previously owned a NutriBullet<sup>®</sup>, or are just starting your journey with our line of products, your purchase of the NutriBullet Rx<sup>®</sup> proves your commitment to health and wellness.



## Eating a diet rich in fruits and vegetables has proven to be one of the best steps to take on the path to longevity.

A recent study conducted by the University College of London found a 42% decrease in mortality rates among individuals who ate 7 or more servings of fresh fruits

and vegetables a day compared with those who ate less than one daily serving!

While those conclusions are impressive, consuming that much produce is not always easy. Fruits and vegetables generally require lots of preparation and lots of chewing to make it to your digestive system. Many complain about their taste,

and many others have digestive disorders that can be agitated when taxed with the breakdown of high-fiber foods. This is where the **NutriBullet Rx** comes in.

With its 1700 horsepower motor, 7-minute heating cycle, and large vessel sizes, the **NutriBullet Rx** embodies the next progression in eating for longevity. This newest addition to the **NutriBullet** family allows you to make the smoothies you know and love with more power than ever before, plus all-new SouperBlasts — puréed vegetable-based soups mixed and heated right in the machine! The power, speed, size, and heating capabilities of the **NutriBullet Rx** make it easier than ever to maximize your intake of vegetables, fruits, nuts, seeds, and other superfoods!

### The Rx Smoothie: The Best of Its Kind

The **NutriBullet Rx** outperforms any other machine of its kind when it comes to breaking down plant foods, making the Rx Smoothie — the delicious vegetable and fruit-based drink

mixed inside the machine—one of the most powerfully nutritious meals available! Extracting a Rx Smoothie in your **NutriBullet** allows you to quickly prepare and take in a full spectrum of veggies, fruits, and other superfoods in one convenient, smooth, and delicious beverage!

### Introducing the SouperBlast

In addition to its incredible extraction powers, the **NutriBullet Rx** features a 7-Minute Heating Cycle that turns your favorite vegetables, fruits, nuts, seeds, and spices into delicious, piping hot SouperBlasts. SouperBlasts have the taste and texture of puréed soups, but contain the power of extracted nutrition within. Simply add your ingredients to the vent-topped SouperBlast Pitcher and press the **n.-Button** to activate the Heating Cycle. In seven minutes, you will have a multi-serving batch of a warm and delicious superfood SouperBlast.



# Vitality.

**While nutrition is a complex field of study, nature gives us much of the information we need to choose our produce according to our personal health requirements. The easiest way to identify the nutrition locked within a given food is by looking at its color.**

Our minds and bodies naturally associate different colored foods with different health needs: Have you ever found yourself craving oranges, orange juice, or carrots when you feel a cold coming on? This is due in part to the fact that they contain immune-boosting vitamin C and carotenoids—nutrients that work to fight off infection and illness in the body. Is your system calling for green juices and salads after a night of overindulging? On some level, you know that green foods contain the cleansing and detoxifying nutrients your body needs to regain its balance.

The **NutriBullet Rx<sup>®</sup>** aims to empower you with an understanding of the nutritional clues provided by nature's color spectrum. When you can recognize the vitamins and minerals associated with specific fruit and vegetable coloration, as well as the bodily systems and functions those nutrients support, you can make informed decisions on how to eat to address your specific health needs.

In the following section, you will find the **NutriBullet Rx<sup>®</sup> Nature's Prescription Quiz**. This quiz asks an extensive array of health-oriented questions to help you determine the best colors of foods for your system.



IN GENERAL, FOODS CAN BE CATEGORIZED AS FOLLOWS:

**Red.**  
anti-aging

**Oranges.**  
immune-boosting

**Yellows.**  
inflammation-regulating

**Green.**  
detoxifying

**Blue.**  
brain-boosting

#### NOTE

While the physical color of recommended foods generally matches their color category, there are a few foods we have included in each category that match the health benefits of the others, but differ in color.

For example, avocado is labeled as a “Blue Brain Boosting” food despite its green color because it contains an exceptional amount of healthy fats that have been shown to support healthy brain function.

For a full list of the categories, their associated benefits, recommended foods, and delicious recipes, consult our color section on **page 34**.

Take our **NutriBullet Rx® Color Quiz** and find out what colors you should include in your Rx smoothies and SouperBlasts to suit your specific health needs!



# Nature's prescription quiz.

## 01

Circle the points you score for each of your answers.

## 02

Add up your points within each color category and consult the **Score Card on page 32** to find out which color category (or categories) will most **benefit your body!** Then read on to your recommended color section and learn how to formulate your **Rx Smoothie** and **SouperBlasts** according to your specific health needs!

### 01 WHAT IS YOUR SEX?

	RED	ORANGE	YELLOW	GREEN	BLUE
<input type="radio"/> Female					
<input type="radio"/> Male					

### 02 WHAT IS YOUR AGE?

	RED	ORANGE	YELLOW	GREEN	BLUE
<input type="radio"/> 21 and under					
<input type="radio"/> 22-34					
<input type="radio"/> 35-44	5				
<input type="radio"/> 45-54	10				
<input type="radio"/> 55-64	15				
<input type="radio"/> 65+	15				

### 03 WHAT IS YOUR ETHNICITY?

	RED	ORANGE	YELLOW	GREEN	BLUE
<input type="radio"/> White					
<input type="radio"/> Hispanic or Latino			5		
<input type="radio"/> Black or African American			5		
<input type="radio"/> Native American or American Indian					
<input type="radio"/> Asian/Pacific Islander			5		
<input type="radio"/> Other					

**04** HOW OFTEN DO YOU DRINK ALCOHOL?

	RED	ORANGE	YELLOW	GREEN	BLUE
<input type="radio"/> Never					
<input type="radio"/> Seldom					
<input type="radio"/> Sometimes				5	
<input type="radio"/> Often	5			10	
<input type="radio"/> Everyday	10			20	

**05** HOW OFTEN DO YOU SMOKE?

	RED	ORANGE	YELLOW	GREEN	BLUE
<input type="radio"/> Never					
<input type="radio"/> Previous Smoker	10			10	10
<input type="radio"/> Current Smoker	20			20	20

**06** HOW OFTEN DO YOU FEEL STRESSED?

	RED	ORANGE	YELLOW	GREEN	BLUE
<input type="radio"/> Never					
<input type="radio"/> Seldom					5
<input type="radio"/> Sometimes	5				10
<input type="radio"/> Often	10				15
<input type="radio"/> Everyday	20				20

**07** HOW OFTEN DO YOU FEEL DOWN, DEPRESSED, OR HOPELESS?

	RED	ORANGE	YELLOW	GREEN	BLUE
<input type="radio"/> Never					
<input type="radio"/> Seldom					5
<input type="radio"/> Sometimes					10
<input type="radio"/> Often	5				15
<input type="radio"/> Everyday	10				20

**08** DO YOU HAVE TROUBLE SLEEPING?

	RED	ORANGE	YELLOW	GREEN	BLUE
<input type="radio"/> Never					
<input type="radio"/> Seldom					
<input type="radio"/> Sometimes	5				5
<input type="radio"/> Often	10		5		10
<input type="radio"/> Everyday	20		10		15

**09** HAVE YOU EVER BEEN DIAGNOSED WITH MIGRAINES?

	RED	ORANGE	YELLOW	GREEN	BLUE
<input type="radio"/> Yes			10		20
<input type="radio"/> No					

## 10 HOW OFTEN DO YOU GET HEADACHES?

	RED	ORANGE	YELLOW	GREEN	BLUE
<input type="radio"/> Never					
<input type="radio"/> Seldom			5		5
<input type="radio"/> Sometimes			10		10
<input type="radio"/> Often			15		15
<input type="radio"/> Everyday			20		20

## 11 HOW OFTEN DO YOU TAKE MEDICATION TO CONTROL YOUR HEADACHES?

	RED	ORANGE	YELLOW	GREEN	BLUE
<input type="radio"/> Never				10	
<input type="radio"/> Seldom				15	
<input type="radio"/> Sometimes				20	
<input type="radio"/> Often					
<input type="radio"/> Everyday					

## 12 DO YOU EXPERIENCE PAIN THAT PREVENTS YOU FROM DOING DAILY ACTIVITIES, SUCH AS COOKING, CLEANING, OR GETTING DRESSED?

	RED	ORANGE	YELLOW	GREEN	BLUE
<input type="radio"/> Never					
<input type="radio"/> Seldom			5		5
<input type="radio"/> Sometimes			10		10
<input type="radio"/> Often			15		15
<input type="radio"/> Everyday			20		20

## 13 IN THE PAST MONTH, HAVE YOU EXPERIENCED INCREASED FATIGUE, STIFFNESS, SORENESS, SENSITIVITY TO PRESSURE, OR FEELINGS OF DEPRESSION FOR NO APPARENT REASON?

	RED	ORANGE	YELLOW	GREEN	BLUE
<input type="radio"/> Never					
<input type="radio"/> Seldom			5		5
<input type="radio"/> Sometimes			10		10
<input type="radio"/> Often			15		15
<input type="radio"/> Everyday			20		20

## 14 HOW MUCH WEIGHT ARE YOU INTERESTED IN LOSING?

	RED	ORANGE	YELLOW	GREEN	BLUE
<input type="radio"/> None					
<input type="radio"/> 1-5 lbs				5	
<input type="radio"/> 6-20 lbs			5	10	
<input type="radio"/> 21-50 lbs.			10	15	
<input type="radio"/> 51-100 lbs			15	20	
<input type="radio"/> 101+ lbs			20	25	

## 15 HOW MUCH NATURAL, UNPROCESSED FRUIT IS IN YOUR DAILY DIET?

	RED	ORANGE	YELLOW	GREEN	BLUE
<input type="radio"/> I eat fruit numerous times throughout the day.		5			
<input type="radio"/> I eat fruit numerous times throughout the week.		10			
<input type="radio"/> I rarely eat fruit.	10	15			
<input type="radio"/> I never eat fruit.	20	20			

## 16 HOW MANY NATURAL, UNPROCESSED VEGETABLES ARE IN YOUR DAILY DIET?

	RED	ORANGE	YELLOW	GREEN	BLUE
<input type="radio"/> I eat vegetables numerous times throughout the day.		5			

## 16 CONTINUED

	RED	ORANGE	YELLOW	GREEN	BLUE
<input type="radio"/> I eat vegetables numerous times throughout the week.		10	5		
<input type="radio"/> I rarely eat vegetables.	10	15	10		
<input type="radio"/> I never eat vegetables	20	20	15		

## 17 HOW OFTEN DO YOU EXERCISE?

	RED	ORANGE	YELLOW	GREEN	BLUE
<input type="radio"/> Never	20	10	10		
<input type="radio"/> Seldom	15	5	5		
<input type="radio"/> Sometimes	10				
<input type="radio"/> Often	5	5	5		
<input type="radio"/> Everyday		10	10		

## 18 HOW OFTEN DO YOU EXPERIENCE SHORTNESS OF BREATH?

	RED	ORANGE	YELLOW	GREEN	BLUE
<input type="radio"/> Never					
<input type="radio"/> Seldom					
<input type="radio"/> Sometimes			5		
<input type="radio"/> Often			10		
<input type="radio"/> Everyday			15		

**19** I OFTEN FEEL RESTLESS AT BEDTIME.

	RED	ORANGE	YELLOW	GREEN	BLUE
<input type="radio"/> Never					
<input type="radio"/> Seldom					
<input type="radio"/> Sometimes		5		5	5
<input type="radio"/> Often		10		10	10
<input type="radio"/> Everyday		20		15	15

**20** IT TAKES ME \_\_\_\_\_ TO FALL ASLEEP.

	RED	ORANGE	YELLOW	GREEN	BLUE
<input type="radio"/> Less than 30 minutes.					5
<input type="radio"/> Between 30 minutes and an hr.				5	10
<input type="radio"/> Between 1 and 2 hours				10	15
<input type="radio"/> Between 2 and 3 hours				15	20
<input type="radio"/> More than 3 hours				20	25

**21** HAVE YOU EVER BEEN DIAGNOSED WITH INSOMNIA?

	RED	ORANGE	YELLOW	GREEN	BLUE
<input type="radio"/> Yes	5	5			10
<input type="radio"/> No					

**22** I OFTEN WAKE UP FEELING TIRED, DROWSY, AND WITH NO ENERGY.

	RED	ORANGE	YELLOW	GREEN	BLUE
<input type="radio"/> Strongly disagree					
<input type="radio"/> Disagree					
<input type="radio"/> Neither agree nor disagree					
<input type="radio"/> Agree		5		10	5
<input type="radio"/> Strongly agree		20		20	10

**23** DOES ANYONE IN YOUR IMMEDIATE FAMILY HAVE TYPE 1 OR TYPE 2 DIABETES?

	RED	ORANGE	YELLOW	GREEN	BLUE
<input type="radio"/> Yes	20	5	10		
<input type="radio"/> No					
<input type="radio"/> I don't know	10	5	5		

**24** HAVE YOU EVER BEEN DIAGNOSED WITH HIGH BLOOD PRESSURE?

	RED	ORANGE	YELLOW	GREEN	BLUE
<input type="radio"/> Yes	20			20	
<input type="radio"/> No					
<input type="radio"/> I don't know	10			10	

**25** HAVE YOU RECENTLY EXPERIENCED ANY OF THE FOLLOWING?

	RED	ORANGE	YELLOW	GREEN	BLUE
<input type="radio"/> Increased thirst	5		5		
<input type="radio"/> Increased hunger	5		5		
<input type="radio"/> Increased urination	5				
<input type="radio"/> Suddenly feeling tired	5		5		
<input type="radio"/> Sudden weight loss	5		5		
<input type="radio"/> None					

**26** HOW OFTEN DO YOU GET INTENSE MOOD SWINGS?

	RED	ORANGE	YELLOW	GREEN	BLUE
<input type="radio"/> Never					
<input type="radio"/> Seldom					5
<input type="radio"/> Sometimes				5	10
<input type="radio"/> Often				10	15
<input type="radio"/> Everyday				15	20

# women only.

**27** HOW OFTEN DO YOU EXPERIENCE HOT FLASHES OR NIGHT SWEATS?

	RED	ORANGE	YELLOW	GREEN	BLUE
<input type="radio"/> Never					
<input type="radio"/> Seldom					
<input type="radio"/> Sometimes	10				
<input type="radio"/> Often	15				
<input type="radio"/> Everyday	20				

**28** DO YOU EXPERIENCE IRREGULAR MENSTRUAL CYCLES?

	RED	ORANGE	YELLOW	GREEN	BLUE
<input type="radio"/> No					
<input type="radio"/> Yes				20	
<input type="radio"/> Varies				10	

**29** DO YOU EXPERIENCE PAINFUL PMS SYMPTOMS?

	RED	ORANGE	YELLOW	GREEN	BLUE
<input type="radio"/> Never					
<input type="radio"/> Seldom			5		
<input type="radio"/> Sometimes			10	5	5
<input type="radio"/> Often			15	10	10
<input type="radio"/> Always			20	15	15



# men only.

## 30 HOW OFTEN DO YOU GET SUGAR CRAVINGS?

	RED	ORANGE	YELLOW	GREEN	BLUE
<input type="radio"/> Never					
<input type="radio"/> Seldom				5	
<input type="radio"/> Sometimes				10	
<input type="radio"/> Often				15	
<input type="radio"/> Everyday				20	

## 31 IN THE PAST 4 MONTHS, HAVE YOU EXPERIENCED LOWER THAN NORMAL LIBIDO?

	RED	ORANGE	YELLOW	GREEN	BLUE
<input type="radio"/> No				5	10
<input type="radio"/> Yes					
<input type="radio"/> I don't know					5

**NOTE:** Only these two questions are for men alone.  
The remainder of questions are for both men and women.

## 32 WHAT IS YOUR LDL CHOLESTEROL?

	RED	ORANGE	YELLOW	GREEN	BLUE
<input type="radio"/> Below 70 mg/dL					
<input type="radio"/> 71-100 mg/dL	5				
<input type="radio"/> 101-129 mg/dL	10				
<input type="radio"/> 130-159 mg/dL	15				
<input type="radio"/> 160+ mg/dL	20				
<input type="radio"/> I don't know	10				

## 33 WHAT IS YOUR BLOOD PRESSURE?

	RED	ORANGE	YELLOW	GREEN	BLUE
<input type="radio"/> Less than 120 over 80 (120/80)					
<input type="radio"/> 120-139 over 80-89	10		5		
<input type="radio"/> 140-159 over 90-99	15		10		
<input type="radio"/> 160 and above over 100 and above	20		15		
<input type="radio"/> I don't know	5		5		

**34** HAVE YOU EVER SUFFERED FROM A HEART ATTACK OR STROKE?

	RED	ORANGE	YELLOW	GREEN	BLUE
<input type="radio"/> Yes	20		10		10
<input type="radio"/> No					
<input type="radio"/> I don't know					

**35** HOW MANY SERVINGS OF RED OR PROCESSED MEAT (INCLUDING BEEF, PORK AND DELI-STYLE LUNCH MEATS) DO YOU CONSUME IN A WEEK?

	RED	ORANGE	YELLOW	GREEN	BLUE
<input type="radio"/> 1 serving or less					
<input type="radio"/> 2 servings	5				5
<input type="radio"/> 3 servings	10				10
<input type="radio"/> 4 servings	15				15
<input type="radio"/> 5 servings	20				20

**36** HOW OFTEN DO YOU TAKE ASPIRIN, IBUPROFEN, OR GENERAL PAIN RELIEVERS FOR ACHES AND PAINS?

	RED	ORANGE	YELLOW	GREEN	BLUE
<input type="radio"/> Never					
<input type="radio"/> Seldom			5	5	
<input type="radio"/> Sometimes			10	10	
<input type="radio"/> Often			15	15	
<input type="radio"/> Everyday			20	20	

**37** I NOW STRUGGLE TO DO THE ACTIVITIES I ONCE USED TO LOVE (WALKING, SHOPPING, HOUSEHOLD CHORES, ETC.)

	RED	ORANGE	YELLOW	GREEN	BLUE
<input type="radio"/> Strongly disagree					
<input type="radio"/> Disagree					
<input type="radio"/> Neither agree nor disagree					
<input type="radio"/> Agree		10	10		
<input type="radio"/> Strongly agree		15	20		

**38** I HAVE SORENESS OR SWELLING IN ONE OR MORE JOINTS.

	RED	ORANGE	YELLOW	GREEN	BLUE
<input type="radio"/> Strongly disagree					
<input type="radio"/> Disagree					
<input type="radio"/> Neither agree nor disagree					
<input type="radio"/> Agree			10	5	
<input type="radio"/> Strongly agree			20	10	

**39** I HAVE PERSISTENT PAIN OR STIFFNESS AFTER GETTING OUT OF BED IN THE MORNING.

	RED	ORANGE	YELLOW	GREEN	BLUE
<input type="radio"/> Strongly disagree					
<input type="radio"/> Disagree					
<input type="radio"/> Neither agree nor disagree					
<input type="radio"/> Agree		5	10		
<input type="radio"/> Strongly agree		10	20		

**40** I AM CONCERNED WITH THE APPEARANCE OF MY SKIN, HAIR AND /OR NAILS.

	RED	ORANGE	YELLOW	GREEN	BLUE
<input type="radio"/> Strongly disagree					
<input type="radio"/> Disagree					
<input type="radio"/> Neither agree nor disagree					
<input type="radio"/> Agree	15			15	5
<input type="radio"/> Strongly agree	20			20	10

**41** I AM CONCERNED WITH LOOKING OLDER THAN MY AGE.

	RED	ORANGE	YELLOW	GREEN	BLUE
<input type="radio"/> Strongly disagree					
<input type="radio"/> Disagree					
<input type="radio"/> Neither agree nor disagree					
<input type="radio"/> Agree	15		10	15	
<input type="radio"/> Strongly agree	20		15	20	

**42** I SUFFER FROM ACNE, OILY AND CLOGGED SKIN, OR OTHER SKIN ISSUES.

	RED	ORANGE	YELLOW	GREEN	BLUE
<input type="radio"/> Strongly disagree					
<input type="radio"/> Disagree					
<input type="radio"/> Neither agree nor disagree					
<input type="radio"/> Agree	5		10	10	
<input type="radio"/> Strongly agree	10		15	20	

**43** HOW OFTEN DO YOU EXPERIENCE GAS OR BLOATING?

	RED	ORANGE	YELLOW	GREEN	BLUE
<input type="radio"/> Never					
<input type="radio"/> Seldom					
<input type="radio"/> Sometimes				5	
<input type="radio"/> Often				10	
<input type="radio"/> Everyday				15	

**44** HOW OFTEN DO YOU HAVE A BOWEL MOVEMENT?

	RED	ORANGE	YELLOW	GREEN	BLUE
<input type="radio"/> Less than 2 times per week			15	20	
<input type="radio"/> Between 2-4 times per week			10	15	
<input type="radio"/> Between 5-7 times per week			5	10	
<input type="radio"/> Between 8-12 times per week				5	
<input type="radio"/> Two or more times per week					

**45** HOW OFTEN DO YOU EXPERIENCE HEARTBURN?

	RED	ORANGE	YELLOW	GREEN	BLUE
<input type="radio"/> Never					
<input type="radio"/> Seldom			5		
<input type="radio"/> Sometimes			10		
<input type="radio"/> Often			15		
<input type="radio"/> Everyday			20		
<b>TOTAL</b>					

# Score card.

## 1 serving of fruit = 2 TBSP

Add this amount of fruit in addition to your baseline leafy greens for your perfect, personally-formulated recipe.

### Red. anti-aging

SCORE	SERVINGS
0-37	0
38-111	1
112-185	2
186-259	3
260-370	4

See PAGE 36 to learn how the “Reds” can supercharge your smoothie and your health!

### Orange. immunity

SCORE	SERVINGS
0-11	0
12-34	1
35-57	2
58-80	3
81-115	4

See PAGE 46 to learn how the “Oranges” can supercharge your smoothie and your health!

### Yellow. inflammation-regulating

SCORE	SERVINGS
0-36	0
37-109	1
110-182	2
182-255	3
256-365	4

See PAGE 56 to learn how the “Yellows” can supercharge your smoothie and your health!

### Green. detoxifying

SCORE	SERVINGS
0-36	0
37-108	1
109-181	2
182-253	3
254-360	4

See PAGE 68 to learn how the “Greens” can supercharge your smoothie and your health!

### Blue. brain & central nervous system

SCORE	SERVINGS
0-30	0
31-90	1
91-150	2
151-210	3
211-300	4

See PAGE 78 to learn how the “Blues” can supercharge your smoothie and your health!



Color  
guide.





# the reds.

## anti-aging

Seeing red isn't always a bad thing. In the case of diet and nutrition, red pigmentation often indicates a special blend of vitamins, minerals, and antioxidant nutrients that can help to protect the body from certain stressors associated with aging.

While the phrase "anti-aging" generally brings about images of mythical fountains of youth and magical elixirs, there is concrete evidence supporting the powerful role nutrition can play in slowing, and in some cases, reversing the wear and tear of time on the body.

Consult your quiz results to determine how many additional servings of "red" foods are recommended to incorporate into your Rx Smoothies or SouperBlasts to suit your health needs, and choose from the following list. See the end of this section for recipe ideas.

# Top 10

## anti-aging reds.

In addition to foods that appear red physically, there are several foods listed in this section that are not necessarily red in color, but provide similar benefits.

### 01 APPLE

Apples are rich in antioxidant nutrients — specifically flavonoids, which have been shown to neutralize the effects of oxidative stress on the body. Flavonoids are also linked with cardiovascular support, and may help to protect against clogged arteries, regulate blood pressure, and improve circulation.

### 02 CRANBERRY

Cranberries have long been hailed for their vitamin C content and urinary tract protection, but recent laboratory experiments have linked the small red fruits to increased lifespan. While these findings are not yet conclusive in humans, there's no

question that this antioxidant-rich superfood makes an excellent addition to the diet.

### 03 GOJI BERRIES

Also known and sold as the wolfberry, this antioxidant powerhouse is renowned for slowing the aging process, protecting the brain, and defending the body against disease. The goji berry's vitamin A content boosts immune response and eye health, and helps to prevent heart disease.

### 04 POMEGRANATE

Pomegranate was one of the first fruits to be deemed a "superfood," and for good reason: the small seeds of this ancient fruit are filled with polyphenol antioxidants,

which have been shown to support the prevention of heart disease and certain cancers.

### 05 RED BELL PEPPER

Bell peppers are high in antioxidant carotenoids, which are highly regarded for their eye health-supporting and disease-fighting properties. Red bell peppers also contain vitamins A, C, and E, which provide a wide range of free-radical-fighting and immune-boosting benefits.

### 06 STRAWBERRY

Strawberries rank among the highest antioxidant fruits on the planet, making them excellent protectors against oxidative stress in the body, a

condition often associated with aging, heart disease, and the development of cancer cells.

## 07 TOMATO

This popular fruit is well known for its antioxidant phytonutrient content, particularly its concentration of lycopene. Lycopene has been linked with a variety of health benefits, including protection against UV radiation and certain cancers. Tomatoes are also thought to play a role in heart health, and consumption of them has been linked to lower levels of LDL cholesterol and triglycerides in the blood.

## 08 ALMONDS

Filled with monounsaturated fats, fiber, and the nutrients biotin and vitamin E, almonds provide a slew of heart protecting and blood sugar-regulating benefits. Additionally, almonds have been shown to be helpful in lowering the risk of weight gain, despite their relatively high caloric content. This may be due to their satiating properties and their stabilizing effect on blood sugar levels.

## 09 CACAO

Raw cacao ranks among the highest antioxidant foods in the world and is well-regarded for its role in supporting heart health, balancing blood sugar levels, and regulating mood and alertness. In addition to its high concentration of antioxidant flavonoids, cacao also contains magnesium, chromium, iron, manganese, phosphorus, zinc, and copper—minerals that assist in metabolic functioning, muscular contraction, and the transportation of oxygen through the blood stream.

## 10 GREEN TEA

Loaded with antioxidant polyphenol and catechin compounds, green tea is one of the most healthful drinks on the planet. Regular consumption of green tea has been linked to benefits ranging from cancer prevention to weight loss. Green tea is also known for its neurological benefits, and several studies have found a connection between the polyphenols in green tea and protection against degenerative brain conditions like Parkinson's and Alzheimer's diseases.





## All Vegged out.

**SERVES: 2**

**TOTAL FRUIT/VEGETABLE SERVINGS: 10**

2 CUPS	ROMAINE LETTUCE	½ CUP	RED GRAPES OPTIONAL (CHOOSE FROZEN FOR A CHILLED SMOOTHIE)
2	TOMATOES	2 CUPS	WATER
1 CUP	CARROT CHUNKS		
½ CUP	BROCCOLI FLORETS		
½	RED BELL PEPPER		
1	BEET SMALL RAW OR STEAMED		

Add all ingredients to the NutriBullet Rx® Short Cup and extract until smooth.

## Young at heart.

**SERVES: 2**

**TOTAL FRUIT/VEGETABLE SERVINGS: 6**

2 CUPS	SPINACH	2 CUPS	ALMOND MILK UNSWEETENED VANILLA
2	BANANA MEDIUM FROZEN		
1 CUP	RASPBERRIES		
¼ CUP	GOJI BERRIES DRIED		
2 TBSP	CACAO POWDER		
1 TBSP	ALMOND BUTTER		

Add all ingredients to the NutriBullet Rx® Short Cup and extract until smooth.



# Comforting tomato basil.

SERVES: 4-6

TOTAL FRUIT/VEGETABLE SERVINGS: 5

5	VINE TOMATOES PEELED & CHOPPED	½ TSP	HIMALAYAN SALT
1	GARLIC CLOVE SKIN ON	1 TBSP	CHIA SEEDS
½ CUP	RAW CASHEWS	2 CUPS	ALMOND MILK UNSWEETENED VANILLA
¼ CUP	BASIL LEAVES FRESH, LOOSELY PACKED		
¼ TSP	THYME DRIED		

Add all ingredients to the SouperBlast Pitcher and extract on the 7-Minute Heated Cycle.

# Ruby sipper.

SERVES: 2

TOTAL FRUIT/VEGETABLE SERVINGS: 5

2 CUPS	RED SWISS CHARD	¼ CUP	ALMONDS
2	RED BEETS SMALL RAW OR STEAMED	½ TSP	LEMON JUICE FRESH
½ CUP	PURE POMEGRANATE JUICE	2 CUPS	WATER
1	BANANA	3 TO 5	ICE CUBES

Add all ingredients to the NutriBullet Rx® Short Cup and extract until smooth.



# the Immune-boosting oranges.

The immune system acts as the first line of defense against harmful invaders like viruses and illness-causing bacteria, and as “damage control” for the entire body — helping to heal and repair infection or disease-induced harm. Immune responses involve a complex array of bodily processes that require nutritional compounds in order to function.

The nutrients commonly found in orange foods have long been associated with immune support. Case in point: oranges. The citrus fruit and its juice are frequently praised for their immune-boosting vitamin C content. However, oranges and vitamin C provide only a small slice of a deliciously varied array of immune-supporting foods.

Most notably, Vitamin A, the B-vitamins, Vitamin D, Vitamin E, selenium, and zinc contribute directly to the immune response, and are abundant in many of your favorite fruits, vegetables, nuts, seeds, and superfoods.

If your quiz results suggest that you could use an extra few servings of “orange” foods in your diet, check out the following pages for a guide to the top 10 foods for immunity, as well as a list of recipes that are far tastier and healthier than that glass of OJ.





# Top 10

## immune-boosting oranges.

The “orange” foods included in this section contain exceptional amounts of the aforementioned nutrients. Add them to your Rx Smoothie and SouperBlasts during cold and flu season, or at any time you start to feel under the weather.

### 01 CAMU CAMU

Native to the Amazon region, camu camu contains one of nature’s highest concentrations of vitamin C. Perhaps the most well-known immunity-boosting nutrient, vitamin C has antioxidant, antibacterial, and antiviral properties. Including camu-camu in your daily regimen, especially during cold and flu season, can help your body build its defenses against harmful invaders.

### 02 CARROT

Carrots are highly regarded for their beta-carotene content, an antioxidant carotenoid that the body converts into vitamin A. Vitamin A has been found to play a role in protecting the body against infection, and also supports vision, bone, and skin health.

### 03 ORANGE

Oranges have long been hailed as the go-to immune-boosting fruit, and for good reason. This juicy citrus is filled with vitamin C, as well as fiber, folate, vitamin B1, and potassium. They also taste delicious, making them an easy choice for immune-boosting Rx Smoothie!

### 04 ORANGE BELL PEPPER

Much like carrots, orange bell peppers are loaded with carotenoids—specifically, alpha carotene, beta-carotene, lutein, and lycopene, among others—all of which have immune, heart, and vision-supporting properties. Bell peppers also contain vitamin C, which can help protect the body against infection.

### 05 RED LENTILS

Lentils contain a wealth of nutrients, including vitamin B6, zinc, and iron—all of which play an important role in immune support. Vitamin B6 and zinc, in particular, help the body manufacture white blood cells—an integral part of the immune response.

### 06 SWEET POTATO

Nutritionally similar to carrots, sweet potatoes contain a wealth of beta-carotene and vitamin A, which work together to fight oxidative stress in the body that often results from infection or disease. Sweet potatoes also contain several other beneficial antioxidant nutrients. It is advisable that you pair sweet potatoes with a small amount of healthful plant-based fats—roughly 3-5 grams—to maximize your body’s absorption of beta-carotene.

## 07 BRAZIL NUT

This large tree nut is one of nature's best sources of selenium—a nutrient which helps produce proteins that prompt the immune response. Just one Brazil nut contains the daily requirement of selenium; including just one per day in your Rx Smoothie or SouperBlast can help prepare your body for battle against the many invaders it encounters on a daily basis.

## 08 CAULIFLOWER

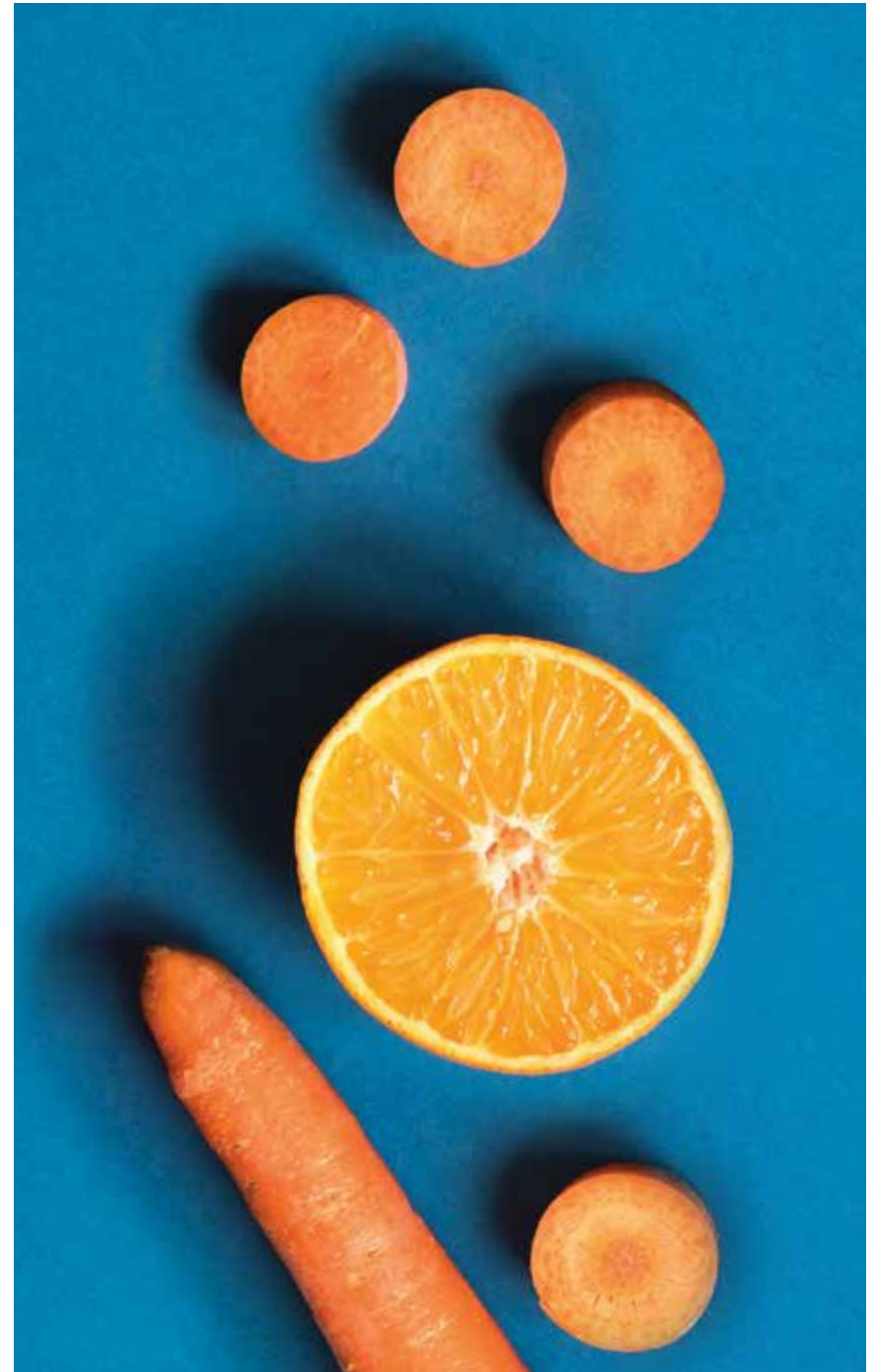
Cauliflower makes an excellent immune boosting food due to its many antioxidants, including glutathione, which fights harmful bacteria in the body to protect against infection. Cauliflower also contains folate — a B-vitamin necessary for the production of invader-fighting white blood cells. Enjoy raw in a Rx smoothie or SouperBlast to enjoy the many health benefits this veggie provides.

## 09 GARLIC

This pungent little plant is known for its immune-boosting prowess. Home to hundreds of sulfuric compounds, garlic has been studied for its antibacterial and antiviral qualities, and has been used as remedy for infections ranging from gangrene to the common cold throughout the course of history. It certainly packs a punch of flavor, but adding a clove or two of raw garlic to your SouperBlasts might be the secret to warding off those sniffles come cold and flu season.

## 10 ONION

Much like garlic, onion contains sulfuric compounds that have proven to be helpful in fighting infection. Onions also contain prebiotic compounds, which feed the good bacteria in your gut that ease digestion.



# Sweet papaya punch.

SERVES: 2

TOTAL FRUIT/VEGETABLE SERVINGS: 7

2 CUPS	SWISS CHARD
1½ CUPS	PAPAYA
1	SWEET POTATO MEDIUM, STEAMED
2 TBSP	ALMOND BUTTER
2 TSP	CINNAMON
2 CUPS	WATER

Add all ingredients to the NutriBullet Rx® Short Cup and extract until smooth.

# Morning star.

SERVES: 2

TOTAL FRUIT/VEGETABLE SERVINGS: 6.5

2 CUPS	SPINACH
1½	BANANAS
2 TBSP	PUMPKIN SEEDS
1	ORANGE
2	CARROT STICKS MEDIUM
2 TBSP	PLANT-BASED PROTEIN POWDER
2 CUPS	ALMOND MILK UNSWEETENED VANILLA

Add all ingredients to the NutriBullet Rx® Short Cup and extract until smooth.

# Slimming vitamin c-citrus.

SERVES: 2

TOTAL FRUIT/VEGETABLE SERVINGS: 7

2 CUPS	SPINACH	½ CUP	RASPBERRIES
½ CUP	BROCCOLI FLORETS	2 TBSP	CHIA SEEDS
½ CUP	MANGO	2 CUPS	WATER
1	ORANGE MEDIUM	Add all ingredients to the NutriBullet Rx® Short Cup and extract until smooth.	
4	STRAWBERRIES MEDIUM		

# Sweet & spicy carrot.

SERVES: 4-6

TOTAL FRUIT/VEGETABLE SERVINGS: 10

1 TBSP	SHALLOT MINCED	2 CUPS	VEGETABLE BROTH
½ TSP	GINGER FRESH, MINCED	2 TSP	LEMON JUICE
2 CUPS	CARROTS CUT INTO COINS	½ TSP	TURMERIC GROUND
2 CUPS	CAULIFLOWER WASHED DRAINED & FINELY CHOPPED	¼ TSP	CAYENNE PEPPER
2 CUPS	CAULIFLOWER WASHED DRAINED & FINELY CHOPPED	½ TSP	SEA SALT
1	SWEET POTATO MEDIUM, BAKED OR STEAMED PEELED & CUT INTO CHUNKS	⅓ CUP	YELLOW ONION CARAMELIZED (OPTIONAL)

Add all ingredients to the SouperBlast Pitcher and extract on the 7-Minute Heated Cycle.



## Garlic roasted butternut squash.

**SERVES: 4-6**

**TOTAL FRUIT/VEGETABLE SERVINGS: 6-8**

- |                |  |          |   |
|----------------|--|----------|---|
| <b>2 TBSP</b>  | <b>OLIVE OIL</b>   | <b>1</b> | Preheat oven to 400°F.  |
| <b>3</b>       | <b>GARLIC CLOVES<br/>MINCED</b>  | <b>2</b> | Mix olive oil, garlic, parsley, sage, and salt together.  |
| <b>3 TBSP</b>  | <b>PARSLEY<br/>FRESH</b>   | <b>3</b> | Add the prepared squash and toss to coat.   |
| <b>10</b>      | <b>SAGE LEAVES<br/>FRESH, RINSED<br/>DRIED &amp;<br/>CHOPPED</b>                                     | <b>4</b> | Transfer the mixture to a baking dish and roast for 50-55 minutes until the squash is tender. <b>REMOVE FROM THE OVEN AND ALLOW TO COOL TO ROOM TEMPERATURE FOR AT LEAST 30 MINUTES.</b> You can accelerate this process by refrigerating the squash for 10-20 minutes. |
| <b>1 TSP</b>   | <b>SALT</b>  | <b>5</b> | Transfer the cooked squash to the SouperBlast Pitcher. Add the broth and extract the mixture on the 7-minute Heating Cycle.   |
| <b>3 LBS</b>   | <b>BUTTERNUT SQUASH<br/>ABOUT 1½<br/>MEDIUM<br/>SQUASH, PEELED<br/>AND CUT INTO<br/>1-INCH CUBES</b> |          |   |
| <b>1½ CUPS</b> | <b>CHICKEN OR<br/>VEGETABLE<br/>BROTH*</b>   |          |   |

**TIP**

Many stores offer frozen butternut squash. Prepare as it appears on the bag. Mix with herbs and broth and blend.

\* Cooled to room temperature for at least 30 minutes, if making it fresh!



# the inflammation -soothing yellows.

If you've ever enjoyed a delicious bowl of Indian curry, you are most likely familiar with turmeric — the spice that gives traditional curry its glowing yellow color. Turmeric is one of nature's most potent anti-inflammatory foods due to its concentrated content of the phenol curcumin, and it is not the only yellow-hued food to assist in the body's regulation of inflammation.

Studies show that consuming foods rich in yellow flavonoids and dark yellow carotenoids can help calm persistent inflammation in the body — a condition considered a major driver of many modern day diseases, including diabetes, cancer, heart disease, arthritis, and dementia.

To fight inflammation, it is equally as important to avoid foods in the diet that foster the condition as it is to eat foods that fight it. Fast food, fried food, processed foods, refined grains, sugar-laden desserts and soda, and alcohol all promote a cascade of reactions in the body that ultimately signal trouble.

If you scored high for yellow, your body is most likely engaged in some type of inflammatory response. To soothe your inner fire, avoid the aforementioned foods, and incorporate the "Top 10 Yellows" detailed in this section into your Rx Smoothie or SouperBlast.



# Top 10

## inflammation- soothing yellows.

THE FOODS LISTED IN THIS SECTION CAN BE CONSIDERED ANTI-INFLAMMATORY FOR THE FOLLOWING REASONS:

- They contain phenolic compounds and enzymes that help blunt the inflammatory response.
- They contain antioxidants that scavenge free radicals in the body, preventing them from causing further damage.
- They lower the levels of certain enzymes in the body known to cause inflammation.

### 01 GINGER

Known for its anti-nausea effects, ginger is also a powerful anti-inflammatory food due to its suppression of compounds known to signal the inflammatory response. There is some evidence that ginger may also help reduce pain caused by osteoarthritis (OA), but results are not yet conclusive.

### 02 GOLDEN BEETS

Many of the betalains found in beets function both as antioxidants and anti-inflammatory molecules. While the yellow variety is less potent than its red cousin, it's still a great (and less messy!) addition to your Rx Smoothie.

### 03 PINEAPPLE

Pineapples contain the enzyme bromelain. Bromelain has been shown in several studies to reduce inflammation associated with arthritis, sinusitis, tendonitis, sprains, and other inflammatory conditions.

### 04 RAINIER CHERRIES

These sweet yellow-red cherries are bursting with polyphenolic compounds known to reduce inflammation and oxidation in the body. Specifically, numerous clinical studies have found cherries to be especially helpful in relieving the muscular damage and inflammation that follow vigorous exercise.

### 05 SAFFRON

Though saffron is known primarily as one of the world's most expensive flavor-enhancing spices, it has been used for centuries in Asia as a medicinal plant. Its antioxidant and scavenging properties help the body fight against pro-inflammatory cytokine proteins and various free radicals.

### 06 TURMERIC

Turmeric is one of the most celebrated anti-inflammatory foods due its high concentrations of the compound curcumin, which gives the root its intense yellow color. Curcumin has been found to reduce the levels of two enzymes in the body that cause inflammation, and has proven especially effective in soothing arthritic symptoms.



## 07 VIRGIN OLIVE OIL

Olive oil is rich in Vitamin E, a powerful antioxidant shown to spur anti-inflammatory activity in tissues. Additionally, studies have revealed that a compound in the oil prevents the body from releasing two pro-inflammatory enzymes: COX-1 and COX-2, which can cause pain in the body when produced in excess.

## 08 YELLOW CHILI PEPPER

Chili peppers are rich in capsaicin, a chemical used in topical creams to reduce pain and inflammation. Adding a small piece or two into your Rx Smoothie or SouperBlast can help to heal your insides as well! Just use caution with your serving size...a little bit of this potent pepper goes a long way!

## 09 FLAX SEEDS

Flax seeds are a rich source of ALA Omega-3 fatty acids, which have been shown to significantly reduce the concentration of pro-inflammatory compounds in the blood. The benefits of flax seed are only available to the body in powdered form, making the NutriBullet Rx® the perfect tool for enjoying this healthful food!

## 10 KIWI

Though its flesh is green, kiwi earns its spot on the list of "Top 10 Yellows" due to its inflammation-reducing properties. Like pineapple, kiwi contains a beneficial protein-digesting enzyme that boosts the body's ability to fight inflammation. It is also bursting with vitamin C.





## Best smoothie ever.

**SERVES: 2**

**TOTAL FRUIT/VEGETABLE SERVINGS: 7**

**2 CUPS    SPINACH**

**1         BANANA  
            FROZEN**

**1 CUP    PEACHES  
            SLICED**

**1 CUP    PINEAPPLE  
            FROZEN**

**2 TBSP   COCONUT FLAKES  
            UNSWEETENED**

**2 SMALL DROPS PURE  
            VANILLA EXTRACT**

**¼ TSP    CINNAMON**

**1 CUP    COCONUT WATER**

**1 CUP    ALMOND MILK  
            UNSWEETENED  
            VANILLA**

Add all ingredients to the NutriBullet Rx® Short Cup and extract until smooth.

# Inflamed no more.

SERVES: 2

TOTAL FRUIT/VEGETABLE SERVINGS: 5  
{6 IF INCLUDING WHEATGRASS}

2 CUPS	SPINACH	20	WALNUT HALVES
PINCH	WHOLE WHEATGRASS	1 TBSP	FLAX SEEDS
OR 2 TSP	WHEATGRASS POWDER {2 TBSP WHEATGRASS JUICE MAY ALSO BE USED}	½ CUP	RAINIE CHERRIES — PITTED (MAY SUB FROZEN CHERRIES)
½ CUP	PINEAPPLE CHUNKS	2 CUPS	GREEN TEA BREWED AND CHILLED
1	BANANA		

Add all ingredients to the NutriBullet Rx® Short Cup and extract until smooth.

# Cherry on top.

SERVES: 2

TOTAL FRUIT/VEGETABLE SERVINGS: 5

2 CUPS	SPINACH
1	BANANA
1 CUP	RAINIER CHERRIES, PITTED (MAY SUB FROZEN CHERRIES)
¼ CUP	WALNUTS
½ INCH	GINGER FRESH
2 CUPS	ALMOND MILK UNSWEETENED VANILLA

Add all ingredients to the NutriBullet Rx® Short Cup and extract until smooth.



# Turmerific.

SERVES: 2

TOTAL FRUIT/VEGETABLE SERVINGS: 7

2 CUPS	SPINACH	1 TBSP	FLAX SEEDS
1 CUP	PINEAPPLE DICED	½ TSP	TURMERIC POWDER
½ CUP	PAPAYA DICED	2 CUPS	WATER
¼	LIME		
¼	LEMON		
½ CUP	GRAPEFRUIT SLICED		

Add all ingredients to the NutriBullet Rx® Short Cup and extract until smooth.



# Coconut curry pumpkin soup.

**SERVES: 4-6**

**TOTAL FRUIT/VEGETABLE SERVINGS: 5**

**2 CUPS PUMPKIN, ROASTED\***  
(MAY ALSO USED CANNED PURE PUMPKIN PURÉE)

**1 TBSP COLD PRESSED COCONUT OIL**

**1/3 CUP (ABOUT 1/8TH) YELLOW ONION, CHOPPED**

**1/2 SWEET APPLE MEDIUM, CORE & SEEDS REMOVED**

**1/2 CLOVE GARLIC OR 1-2 CLOVES ROASTED GARLIC**

**1 TSP CURRY POWDER**

**1/4 TSP NUTMEG**

**1 CUP VEGETABLE BROTH\***

**1 CUP LIGHT COCONUT MILK**

**SALT AND PEPPER TO TASTE**

- 1 If using roasted pumpkin: Cut pumpkin into large chunks. Place into a ziplock bag and drizzle in olive oil and salt. Shake until fully coated with oil. Place onto baking sheet and roast on 400 degrees F in the oven for for about 30-40 min or until soft and fork-tender. **ALLOW TO COOL FOR 30 MIN TO ROOM TEMPERATURE.** You can accelerate this process by refrigerating the pumpkin for 10-20 minutes.
- 2 Add all ingredients to the SouperBlast Pitcher, screw on the Vent Top, and extract until smooth and warm.
- 3 Flavanoid-rich cherries combine with the omega-3 fatty acids found in walnuts and the zing of ginger to create this delicious, inflammation-fighting smoothie.

\* Cooled to room temperature for at least 30 minutes, if making it fresh!



# the **Detoxifying** greens.

Detoxification is a natural bodily process and most organ systems have developed their own methods of self-cleansing. However, in our modern era, our exposure to environmental, chemical, dietary, and even emotional toxins is greater than ever before and most bodies could do with a little external assistance.

If the concept of “detoxing” terrifies you, have no fear! Our methods of detoxification do not involve forgoing all food in favor of overpriced green elixirs or soaking in an Epson salt bath for the larger portion of the day. If your quiz results skewed green, all we suggest is that you toss some of the green cleansing foods detailed in this section into your Rx Smoothies and SouperBlasts in addition to your baseline leafy greens.

Green foods contain chlorophyll, a pigment responsible for their green color and a critical component of the photosynthetic process. Chlorophyll has been shown to neutralize free radicals and eliminate toxins like heavy metals, pesticides, and industrial pollutants from the body, making it an essential addition to the diet in our increasingly toxic environment.



Despite a survey showing that 28% of Americans “fear the [way they] look,” green juices and smoothies have never been more popular. If you believe in the power of green as strongly as we do, the NutriBullet Rx® is your ideal tool, helping you maximize your intake of leafy greens and cruciferous veggies without spending a fortune at the juice bar or smoothie shop. Choose from a wide array of delicious and satisfying Rx Smoothie and

SouperBlast recipes and kiss those toxins goodbye! We promise you won't miss them.

Consult your quiz results to determine how many additional servings of “green” foods are recommended to incorporate into your Rx Smoothie or SouperBlasts to suit your health needs and choose from the following list. See the end of this section for recipe ideas.

# Top 10

## Detoxifying greens.

The foods listed in this section can be considered detoxifying for the following reasons:

- They contain certain molecules that bind carcinogens and other internal toxins together to prepare for excretion.
- They provide critical nutrients for the liver's natural detoxification pathways.
- They contain phytochemicals such as Indole-3-Carbinol (I3C), which appear to have anti-carcinogenic and anti-cancer properties.
- They promote acid/alkaline balance that can lead to more effective elimination of toxins from the body.

### 01 ARTICHOKE

The liver detoxifies the body by filtering the blood, producing bile, and breaking down toxins and waste. Artichokes have been shown in human studies to increase the production of bile, which helps to eliminate toxins in the body by flushing them out through the colon.

### 02 BROCCOLI

A member of the brassica family, broccoli is rich in sulfur-containing compounds known as glucosinates. Human studies show that glucosinate-containing compounds may trigger detoxifying enzyme systems in the body. Increasing consumption of glucosinates may help to fuel this process.

### 03 BRUSSELS SPROUTS

Like broccoli, Brussels sprouts are also a member of the brassica family, and are also rich in sulfur-containing glucosinates. Brussels sprouts contain compounds shown to be helpful in both Phase 1 and Phase 2 of the detoxification process, supplying ample antioxidant support during the former, and liver support during the latter.

### 04 CILANTRO AND PARSLEY

Proving that great things come in small packages, these herbs are known for their heavy-metal chelating capabilities—meaning they help bind metal ions for easier elimination from the body.

### 05 CHLORELLA

This single-celled algae has been shown to bind heavy metals such as mercury and other toxic pollutants together to escort them out of vital tissues. Chlorella is noted for its large amounts of chlorophyll, which is why one tiny scoop will make your entire Rx Smoothie glow green!

### 06 GREEN TEA

Green tea is rich in antioxidants known as catechins. These have shown to boost liver function and help reduce fat storage in the liver.

## 07 KALE

Kale is one of the top detoxifying greens for a number of reasons: it contains ample antioxidants, which neutralize toxic free radical compounds in the body; it is highly fibrous and improves bowel regularity, which facilitates elimination of bulk and toxins from the colon; and, as a member of the brassica family, it is filled with compounds known to support healthy liver functioning.

## 08 RED BEETS & THEIR GREENS

Beets are not green, you're correct, but they are hugely helpful when it comes to detoxification. The deep red root and its leafy tops contain betalins—compounds with powerful antioxidant properties that also support Phase 2 Detoxification in the liver.

## 09 WHEATGRASS

Wheatgrass contains multiple enzymes, minerals, and vitamins, as well as our beloved chlorophyll that aid the body's natural ability to cleanse itself. While the mechanism isn't exactly known, it is believed that since the chlorophyll molecule is similar in structure to hemoglobin, it helps boost blood flow which aids in general detoxification.

## 10 LEMONS

Though yellow in color, lemons rightly deserve their place among the "Top-10 Greens" with their detoxifying properties. Lemon juice helps to balance pH levels in body and, like artichokes, stimulates the production of bile from the liver, which helps to bind and remove toxins from the body.





# Green food lover's smoothie.

SERVES: 2

TOTAL FRUIT/VEGETABLE SERVINGS: 7

1 CUP	BABY KALE	¼ CUP	PARSLEY FRESH
1 CUP	SPINACH	2 TBSP	CHIA SEEDS
¼ CUP	CUCUMBER SLICED	2 TSP	CHLORELLA POWDER
¼ CUP	ZUCCHINI SLICED	1 CUP	COCONUT WATER
2	CELERY STALKS MEDIUM	1 CUP	GREEN TEA BREWED (CHILLED)
1 CUP	PINEAPPLE, FRESH		

Add all ingredients to the NutriBullet Rx® Short Cup and extract until smooth.

# Clean spring soup.

SERVES: 4-6

TOTAL FRUIT/VEGETABLE SERVINGS: 10

1	APPLE	2 CUPS	LOW SODIUM VEGETABLE BROTH
6	CELERY STALKS		BLACK PEPPER TO TASTE
3 CUPS	SPINACH		
½ CUP	WALNUTS		
1 TBSP	DIJON MUSTARD		
½ TSP	HIMALAYAN SALT		
1 TBSP	LEMON JUICE		

Add all ingredients to the NutriBullet Rx® Short Cup and extract until smooth.





## Green detox machine.

SERVES: 2

TOTAL FRUIT/VEGETABLE SERVINGS: 8

2 CUPS	DINOSAUR KALE	2	MINT LEAVES FRESH
2	GREEN APPLES, CORE & SEEDS REMOVED	1 TBSP	COLD-PRESSED UNREFINED COCONUT OIL
1 CUP	CUCUMBER	1 CUP	COCONUT WATER
1	CELERY STALK	1 CUP	WATER
½ CUP	PINEAPPLE (MAY SUBSTITUTE MANGO)	4-5	ICE CUBES
½	LEMON PEELED	Add all ingredients to the NutriBullet Rx® Short Cup and extract until smooth.	
¼ CUP	HEMP SEEDS		



## So fresh & so clean.

SERVES: 2

TOTAL FRUIT/VEGETABLE SERVINGS: 8.5

2 CUPS	SWISS CHARD	½	ORANGE PEELED
½ CUP	CUCUMBER	¼	LEMON PEELED
2	CELERY STALKS	½ INCH	GINGER FRESH
¼ CUP	PARSLEY FRESH	½ CUP	PINEAPPLE
½ CUP	CARROT CHUNKS	2 CUPS	WATER
1	PEAR MEDIUM CORE & SEEDS REMOVED	Add all ingredients to the NutriBullet Rx® Short Cup and extract until smooth.	



# The blues.

## brain empowering

Getting the blues never seemed so smart! Foods that are physically blue or purple in color contain a wealth of antioxidant nutrients that benefit the brain and central nervous system. In particular, anthocyanin—the antioxidant pigment that gives these foods their indigo shades—has been linked to maintaining long-term brain health, extending the sharpness of memory and overall cognitive functioning that tend to decline with age.

Anthocyanins are also known for supporting circulation in the body. A brain cannot function in the absence of nutrients and oxygen, so a consistent blood flow is integral to its health.

In addition to anthocyanin-rich blue fruits and vegetables, foods rich in DHA omega-3 fatty acids have proven effective in improving and maintaining brain health. The gray matter tissue present in our brains is largely comprised of DHA fatty acids, a substance the body cannot produce on its own. To receive the building blocks of this gray matter, our body must rely on food sources. Absent or decaying “gray matter” has been associated with dementia and Alzheimer’s Disease, so including a hefty dose of Omega-3 fatty acids in the diet could be beneficial for aging brains.

Consult your quiz results to determine how many additional servings of “blue/purple” foods are recommended to incorporate into your Rx Smoothies or SouperBlasts to suit your health needs and choose from the following list. See the end of this section for recipe ideas.

# Top 10

## Brain-empowering blues.

### 01 BLACK BEANS

These popular legumes are often praised for their protein and fiber content, but what separates this variety from other beans is their rich anthocyanin content. Anthocyanin antioxidants supply a wide variety of health benefits, but they've come to recent attention for their protective effect on the brain. Though much is still being researched about anthocyanin pigments, studies suggest that they may help the brain recover from trauma and help protect against age-related brain degeneration.

### 02 BLACKBERRIES

Another anthocyanin-rich fruit, blackberries also contain healthful fiber and

vitamin C. A 2009 Tufts University study found that anthocyanin-rich pigments potentially increase signaling between neurons in the brain, which could help to prevent inflammation in the brain.

### 03 BLUEBERRIES

Blueberries have become the poster child for the neurological benefits of anthocyanin pigments, and for good reason. Studies show that even short-term inclusion of blueberries in the diet can improve memory function in aging brains. Blueberries have also shown to have preventative effects against destructive brain processes leading to Parkinson's disease and Alzheimer's disease in several laboratory studies.

### 04 EGGPLANT

Like many of the foods in this section, the skin of the eggplant contains anthocyanin pigments. Specifically, the globe eggplant contains the anthocyanin nasunin, which has proven especially effective in protecting the brain's fatty tissues. Cooked eggplant makes a delicious addition to any SouperBlast.

### 05 PLUMS

While plums come in a variety of colors, those with the darkest skin and flesh are typically highest in anthocyanin antioxidants. However, all varieties provide a wealth of beneficial nutrients, and can be incorporated into Rx Smoothies and SouperBlasts alike!

### 06 PURPLE CABBAGE

In addition to its brain-protecting anthocyanin pigments, cabbage also contains sulfuric compounds known to assist in anti-inflammatory and detoxifying processes within the body. To reap the maximum benefits from this superfood, enjoy raw in Rx Smoothies or SouperBlasts, or cook for less than 5 minutes.

### 07 PURPLE GRAPES

Like the other darkly colored foods on this list, dark purple grapes contain anthocyanin pigments shown to extend brain health with age. Additionally, grapes contain resveratrol, an antioxidant variant linked to anti-aging benefits. Generally



speaking, the darker the skin and flesh of the grape, the more antioxidant-rich it will be, so look out for dark blue-black varieties like the Concord or Ribier grape.

## 08 AVOCADO

Avocados contain the highest concentration of healthy fats among all fruits, compounds that are essential to healthy brain development. Among these fats are Omega-3 fatty acids, which have been found play a role in reducing harmful inflammation that can impair brain and other bodily functions. In addition to their healthy fats, avocados contain vitamin E, protein, and fiber.

## 09 FLAX SEEDS

These seeds contain a high proportion of brain-boosting omega-3 fatty acids—over 100% of the recommended daily intake in just one 2-tbsp

serving! To reap the benefits of these healthy fats, as well as the remaining nutrients locked within these somewhat slippery seeds, it is best to extract flax seeds in the NutriBullet Rx® prior to consuming.

## 10 WALNUTS

These brain-shaped nuts are powerful sources of omega-3 fatty acids, which have been shown to help improve brain health and memory. In addition to their brain-boosting prowess, walnuts also contain gamma-tocopherol, an especially heart-healthy form of vitamin E.





## Blues be gone.

SERVES: 2

TOTAL FRUIT/VEGETABLE SERVINGS: 7

2 CUPS	KALE	2 TBSP	CACAO RAW
1 CUP	BLACKBERRIES	2 CUPS	ALMOND MILK
1 CUP	BLUEBERRIES	Add all ingredients to the NutriBullet Rx® Short Cup and extract until smooth.	
1	BANANA		
½ CUP	BLACK BEANS COOKED		
¼ CUP	WALNUTS		

## Brainiac smoothie.

SERVES: 2

TOTAL FRUIT/VEGETABLE SERVINGS: 7

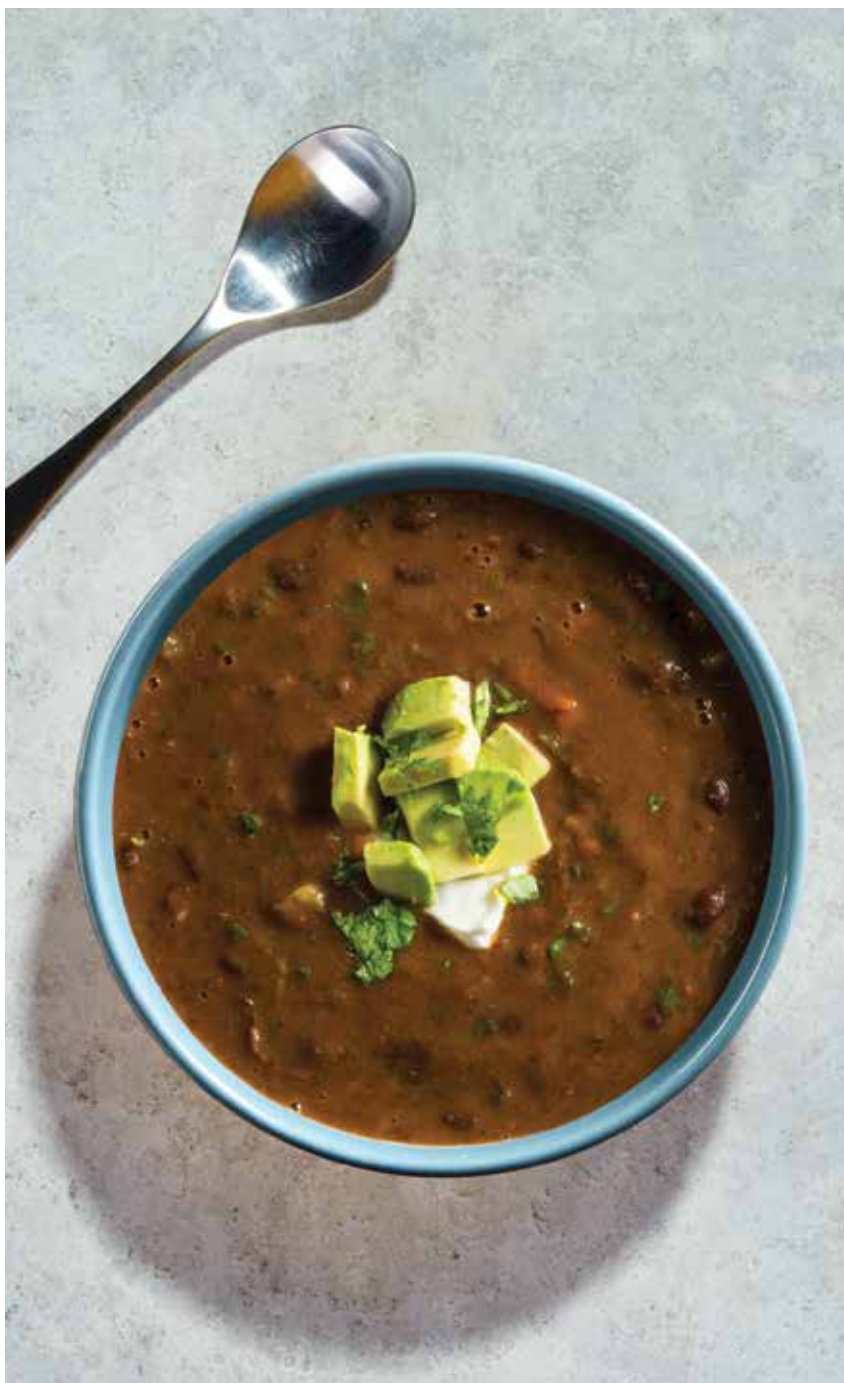
2 CUPS	BABY KALE	1 TSP	CHLORELLA POWDER (OPTIONAL)
1½ CUP	BLUEBERRIES FROZEN	6	ICE CUBES
1	AVOCADO	Add all ingredients to the NutriBullet Rx® Short Cup and extract until smooth.	
2 TBSP	HEMP SEEDS		
1 CUP	COCONUT WATER		
1 CUP	GREEN TEA BREWED (CHILLED)		
1 TBSP	LIME JUICE		

## Shades of grape.

SERVES: 2

TOTAL FRUIT/VEGETABLE SERVINGS: 5

2 CUPS	SPINACH	1 CUP	GREEN TEA BREWED (CHILLED)
1½ CUPS	RED OR PURPLE GRAPES, FROZEN	1 CUP	WATER
¼ CUP	WALNUTS CHOPPED	Add all ingredients to the NutriBullet Rx® Short Cup and extract until smooth.	
2 DASHES	CINNAMON		



# Black bean soup.

**SERVES: 4-6**

**TOTAL FRUIT/VEGETABLE SERVINGS: 11**

- 1 TBSP** OLIVE OIL
- 1** ONION  
MEDIUM DICED
- 2** RIBS CELERY
- 1** CARROT,  
LARGE, DICED
- 1** CLOVE GARLIC
- 2 15-OZ** CANS ORGANIC  
BLACK BEANS  
DIVIDED
- 1 TBSP** LIME JUICE FRESH
- 1 TSP** SALT
- 2 TSP** CUMIN, GROUND
- ¼ TSP** RED PEPPER  
FLAKES
- 2 CUPS** VEGETABLE  
BROTH\*  
PLUS ¼ CUP IF  
NECESSARY TO  
MOISTEN POT  
INGREDIENTS
- ¼ CUP** CILANTRO  
FRESH, DIVIDED  
(HALF IN SOUP  
AND HALF AS  
GARNISH)
- GROUND PEPPER  
TO TASTE**

- 1** Heat oil in a pot over medium heat. Add onion, celery, carrot, and garlic and sauté until tender, about 4 minutes. Add canned beans, lime juice, salt, cumin, and red pepper flakes and stir until combined and heated through, about 5 minutes. If ingredients start to stick to the pot, add up to ¼ cup of vegetable broth to moisten the mixture.
- 2** Allow the pot mixture to cool to room temperature, at least 30 minutes. You can accelerate this process by transferring to the refrigerator for 10–20 minutes.
- 3** Add half of the sauté mixture to the SouperBlast Pitcher along with 2 tbsp. fresh cilantro and 2 cups vegetable broth. Extract on the 7-minute Heated Cycle.

\* Cooled to room temperature for at least 30 minutes, if making it fresh!



# More recipes.

The recipes in this section are not organized by color—though you are welcome to boost them according to your specific color profile. However, they do include a wide variety of incredible fruits, vegetables, nuts, and seeds to meet a wide variety of nutritional needs. From hearty meal-replacing Rx Smoothies to nut butters, belly-warming classic soups to warm superfood elixirs, this section shows you how to make use of the full range of healthy eating options the NutriBullet Rx<sup>®</sup> provides!





# Hearty smoothies.

These delicious Rx Smoothies are loaded with stick-to-your ribs fruits, vegetables, nuts, and seeds, and provide a great alternative to a standard meal. Enjoy the following recipes for a quick and incredibly nutritious breakfast, lunch, or dinner, and see how your body responds to the power of extracted nutrition!



# Bean queen.

SERVES: 2

2 CUPS KALE  
1½ CUPS BLACKBERRIES  
1 BANANA  
½ CUP BLACK BEANS  
COOKED  
20 ALMONDS  
2 TBSP CACAO  
RAW

2 CUPS WATER

Add all ingredients to the NutriBullet Rx® Short Cup and extract until smooth.

# Dessert rose.

SERVES: 2

2 CUPS MIXED GREENS  
1 BANANA  
FROZEN  
1 CUP RASPBERRIES,  
FROZEN  
20 HAZELNUTS  
2 TBSP CACAO, RAW

1 TSP PURE VANILLA  
EXTRACT  
(OR VANILLA  
POWDER)  
2 CUPS ALMOND MILK  
UNSWEETENED  
VANILLA

Add all ingredients to the NutriBullet Rx® Short Cup and extract until smooth.

# Touch of grass.

SERVES: 2

PINCH WHOLE WHEATGRASS  
OR  
2 TSP WHEATGRASS  
POWDER  
(2 TBSP WHEATGRASS  
JUICE MAY ALSO BE USED)  
½ CUP PINEAPPLE  
CHUNKS  
1 BANANA

20 WALNUT  
HALVES  
1 TBSP CHIA SEEDS  
½ CUP CHERRIES  
PITTED  
2 CUPS GREEN TEA  
BREWED  
(CHILLED)

Add all ingredients to the NutriBullet Rx® Short Cup and extract until smooth.

# N'zinc.

SERVES: 2

2 CUPS BABY KALE  
1½ BANANAS  
2 TBSP PUMPKIN SEEDS  
2 TBSP SESAME SEEDS  
¾ CUP STEEL CUT OATS  
COOKED

2 CUPS ALMOND MILK  
UNSWEETENED

Add all ingredients to the NutriBullet Rx® Short Cup and extract until smooth.

# Macarita.

SERVES: 2

- 2 CUPS SWISS CHARD
- 1½ BANANAS
- ¼ CUP ALMONDS
- 2-4 TBSP PLANT-BASED PROTEIN POWDER
- 2 TSP MACA POWDER
- 2 CUPS COCONUT WATER

Add all ingredients to the NutriBullet Rx® Short Cup and extract until smooth.

# Bran new.

SERVES: 2

- 2 CUPS BABY KALE
- 1½ BANANAS
- 1 CUP RASPBERRIES
- 1 CUP BLUEBERRIES
- ⅓ CUP WHEAT BRAN
- ¼ CUP CASHEWS
- 5 TSP CACAO RAW
- 2 CUPS WATER

Add all ingredients to the NutriBullet Rx® Short Cup and extract until smooth.



# Calci-yum.

SERVES: 2

2 CUPS	SPINACH	1 TBSP	BLACKSTRAP MOLASSES
1½	BANANAS	2 CUPS	WATER
1	ORANGE		
¼ CUP	ALMONDS		
1 TBSP	CHIA SEEDS		

Add all ingredients to the NutriBullet Rx® Short Cup and extract until smooth.

# Chard, I'm sure.

SERVES: 2

1 CUP	SWISS CHARD	2 TBSP	CACAO POWDER OR NIBS
1 CUP	KALE	2 CUPS	ALMOND MILK UNSWEETENED
1	PEAR MEDIUM		
1 CUP	BLUEBERRIES		
¼ CUP	CASHEWS		
½ CUP	GOJI BERRIE DRIED		

Add all ingredients to the NutriBullet Rx® Short Cup and extract until smooth.

# Magnesium elysium.

SERVES: 2

1 CUP	SPINACH	1 CUP	PINEAPPLE
1 CUP	SWISS CHARD	¼ CUP	CASHEWS
2 TBSP	PUMPKIN SEEDS (PEPITAS)	2 CUPS	COCONUT WATER
1 CUP	MANGO		

Add all ingredients to the NutriBullet Rx® Short Cup and extract until smooth.

# David Wolfe's best day smoothie ever.

SERVES: 2

2	BANANAS	½ CUP	ALOE VERA JUICE
2 TBSP	CACAO POWDER RAW	1½ CUPS	COCONUT WATER
¼ CUP	GOJI BERRIES DRIED		
2 TSP	HONEY RAW		

Add all ingredients to the NutriBullet Rx® Short Cup and extract until smooth.

# Cardio pump.

SERVES: 2

2 CUPS	KALE	2 TBSP	CHIA SEEDS
2 SMALL	CARROTS	2 CUPS	ALMOND MILK UNSWEETENED VANILLA
½ CUP	UNCOOKED ROLLED OATS (MAY USE COOKED IF DESIRED)		HANDFUL OF ICE
1 CUP	MIXED BERRIES		

Add all ingredients to the NutriBullet Rx® Short Cup and extract until smooth.



## Almond ally.

**SERVES: 2**

<b>2 CUPS</b>	<b>SPINACH</b>
<b>¼ CUP</b>	<b>ALMOND BUTTER</b> RAW
<b>4</b>	<b>PITTED DATES</b>
<b>2</b>	<b>BANANAS</b>
<b>2 CUPS</b>	<b>ALMOND MILK</b> UNSWEETENED

Add all ingredients to the NutriBullet Rx® Short Cup and extract until smooth.

## Sipping Steady.

**SERVES: 2**

<b>2 CUPS</b>	<b>SPINACH</b>
<b>2 TBSP</b>	<b>CHIA SEEDS</b>
<b>1½ TBSP</b>	<b>CACAO POWDER</b> RAW OR NIBS
<b>2 TSP</b>	<b>CINNAMON</b>
<b>1</b>	<b>APPLE</b> CORED
<b>½</b>	<b>AVOCADO</b>
<b>2 CUPS</b>	<b>WATER</b>

Add all ingredients to the NutriBullet Rx® Short Cup and extract until smooth.

## Blood sugar baby.

**SERVES: 2**

<b>2 CUPS</b>	<b>SWISS CHARD</b>
<b>1</b>	<b>APPLE</b> SMALL
<b>1</b>	<b>BANANA</b>
<b>¼ CUP</b>	<b>PUMPKIN SEEDS</b>
<b>¼ CUP</b>	<b>WALNUT HALVES</b>
<b>2 TSP</b>	<b>CEYLON CINNAMON</b>
<b>2 CUPS</b>	<b>WATER</b>

Add all ingredients to the NutriBullet Rx® Short Cup and extract until smooth.

# Light smoothies.

Maximize your daily intake of fruits, veggies, nuts, and seeds by enjoying these light Rx Smoothies as a snack or side dish. Loaded with incredible extracted nutrition and tallying less than 200 calories per serving, these smoothies make a perfect pick-me-up any time of day!



# I bran so far.

SERVES: 2

½ CUP	WHEAT BRAN
2 CUPS	COLLARD GREENS
1	BANANA
1 CUP	BLUEBERRIES (MAY SUB STRAWBERRIES)
20	ALMONDS RAW

2 CUPS WATER

Add all ingredients to the NutriBullet Rx® Short Cup and extract until smooth.

# Avocado ambrosia.

SERVES: 2

2 CUPS	SPINACH
1½ CUPS	BLUEBERRIES
½	AVOCADO
2 TBSP	CACAO POWDER RAW

2 CUPS WATER  
OR  
COCONUT WATER

Add all ingredients to the NutriBullet Rx® Short Cup and extract until smooth.

# Broom service.

SERVES: 2

2 CUPS	KALE
6	PARSLEY SPRIGS FRESH
½ CUP	CUCUMBER SLICED
2	CELERY STALKS SMALL
1	PEAR

½ INCH GINGER

1 TBSP BRAGG'S  
APPLE CIDER  
VINEGAR

2 CUPS WATER

Add all ingredients to the NutriBullet Rx® Short Cup and extract until smooth.

# Swell soother.

SERVES: 2

2 CUPS	SPINACH
¾ CUP	BLUEBERRIES
1 CUP	PINEAPPLE DICED
1 TSP	MACA POWDER

1½ TBSP CHIA SEEDS

2 CUPS WATER

Add all ingredients to the NutriBullet Rx® Short Cup and extract until smooth.



## Grape escape.

SERVES: 2

2 CUPS	SPINACH	2 TBSP	SUNFLOWER SEEDS
1½ CUP	PURPLE SEEDLESS GRAPES	½-INCH	PIECE GINGER FRESH
2 TBSP	APPLE CIDER VINEGAR	½ TSP	CINNAMON
1 CUP	PINEAPPLE CHUNKS	2 CUPS	WATER

Add all ingredients to the NutriBullet Rx® Short Cup and extract until smooth.

## Papaya punch.

SERVES: 2

2 CUPS	SWISS CHARD	2 TSP	CINNAMON
1½ CUPS	PAPAYA	2 CUPS	WATER
1	SWEET POTATO SMALL STEAMED	Add all ingredients to the NutriBullet Rx® Short Cup and extract until smooth.	
2 TBSP	ALMOND BUTTER		

## Easy cider.

SERVES: 2

2 CUPS	SPINACH	1 TSP	CEYLON CINNAMON
1½	BANANAS	2 CUPS	WATER
2	KIWI	Add all ingredients to the NutriBullet Rx® Short Cup and extract until smooth.	
2 TBSP	APPLE CIDER VINEGAR		
1 INCH	GINGER SLICE FRESH		



# Soothe operator.

SERVES: 2

2 CUPS MIXED LETTUCE  
3 CELERY STALKS  
SMALL  
1½ BANANA  
1½ CUPS PAPAYA  
(OR PINEAPPLE)

2 CUPS WATER

Add all ingredients to the NutriBullet Rx® Short Cup and extract until smooth.

# Ginger snap.

SERVES: 2

2 CUPS BUTTER LETTUCE  
1½ BANANAS  
2 PEARS,  
SMALL, RIPE  
1 INCH GINGER

2 TSP CEYLON  
CINNAMON

½ TSP NUTMEG

2 CUPS ALMOND MILK  
UNSWEETENED

Add all ingredients to the NutriBullet Rx® Short Cup and extract until smooth.

# Movin' and groovin'.

SERVES: 2

2 CUPS SWISS CHARD  
1 SWEET POTATO  
SMALL, STEAMED  
1 CUP BLUEBERRIES  
5 APRICOTS  
DRIED  
1 CUP COCONUT WATER

1 CUP WATER

Add all ingredients to the NutriBullet Rx® Short Cup and extract until smooth.

# Tummy tamer.

SERVES: 2

2 CUPS SPINACH  
¾ CUP CHERRIES  
PITTED  
¾ CUP GRAPES  
½ CUP ROLLED OATS  
1 TBSP CHIA SEEDS

½ CUP PURE APPLE  
JUICE

1½ CUPS WATER

Add all ingredients to the NutriBullet Rx® Short Cup and extract until smooth.

## Lean green.

SERVES: 2

¼ CUP	CUCUMBER SLICED	1 CUP	SPINACH
¼ CUP	ZUCCHINI SLICED	¼ CUP	PARSLEY FRESH
2	CELERY STALKS SMALL	2 TBSP	CHIA SEEDS
1 CUP	PINEAPPLE FRESH	2 TSP	MACA POWDER
¾ CUP	BABY KALE	2 CUPS	COCONUT WATER

Add all ingredients to the NutriBullet Rx® Short Cup and extract until smooth.

## Svelte and sweet.

SERVES: 2

2 CUPS	SPINACH	1 TSP	CINNAMON
½ CUP	GARBANZO BEANS COOKED	2 CUPS	ALMOND MILK UNSWEETENED
4	STRAWBERRIES COOKED		
4	MINT LEAVES		
1	BANANA		

Add all ingredients to the NutriBullet Rx® Short Cup and extract until smooth.



## Citrus slimmer.

SERVES: 2

2 CUPS	SPINACH	¾ CUP	RASPBERRIES
½ CUP	GRAPEFRUIT SECTIONS	2 TBSP	CHIA SEEDS
1	ORANGE SMALL	2 CUPS	WATER
4	STRAWBERRIES MEDIUM		

Add all ingredients to the NutriBullet Rx® Short Cup and extract until smooth.

## Pep step.

SERVES: 2

2 CUP	<b>COLLARD GREENS</b>
1	<b>APPLE, MEDIUM CORED</b>
1 CUP	<b>PINEAPPLE FRESH</b>
½-INCH	<b>GINGER SLICE FRESH</b>

1 TBSP	<b>APPLE CIDER VINEGAR RAW</b>
2 TSP	<b>MACA POWDER</b>
2 CUPS	<b>COCONUT WATER</b>

Add all ingredients to the NutriBullet Rx® Short Cup and extract until smooth.

## Nice and slow.

SERVES: 2

2 CUPS	<b>SPINACH</b>
½	<b>AVOCADO</b>
1 CUP	<b>BLACKBERRIES</b>
½ CUP	<b>ROLLED OATS</b>

2 TSP	<b>CEYLON CINNAMON</b>
2 CUPS	<b>ALMOND MILK UNSWEETENED</b>

Add all ingredients to the NutriBullet Rx® Short Cup and extract until smooth.



# Souper- blasts.

These delicious SouperBlasts—warm smoothies made using the NutriBullet Rx<sup>®</sup>'s 7-Minute Heated Cycle—make for delicious meals any time of day. Ranging from light, detoxifying recipes to heartier mixtures, the SouperBlasts found in this section combine the best gifts the earth has to offer into one nourishing bowl.

**CAUTION:**

Only make soup in the vented SouperBlast pitcher. Never blend hot or carbonated ingredients in the sealed NutriBullet<sup>®</sup> cups.



# Pear & cauliflower.

SERVES: 4-6

½	<b>HEAD OF CAULIFLOWER</b> CHOPPED	1 CUP	<b>VEGETABLE OR CHICKEN BROTH*</b>
1	<b>PEAR</b> PEELED & CORED	1 CUP	<b>ALMOND MILK</b> UNSWEETENED
1 TBSP	<b>ALMOND BUTTER</b>		<b>SALT AND PEPPER</b> TO TASTE
1 TBSP	<b>COLD PRESSED VIRGIN COCONUT OIL</b> OR <b>EXTRA VIRGIN OLIVE OIL</b>	Add all ingredients to the SouperBlast Pitcher and extract on the 7-Minute Heated Cycle.	
1½ TBSP	<b>DIJON MUSTARD</b>	* Cooled to room temperature for at least 30 minutes, if making it fresh!	

# Coconut & red pepper.

SERVES: 4-6

2	<b>RED BELL PEPPERS</b> LARGE	⅓ CUP	<b>CASHEWS</b> RAW SOAKED 4-8 HOURS
2 TBSP	<b>SWEET ONION</b> OR <b>SHALLOT</b> MINCED	⅛ TSP	<b>CAYENNE PEPPER</b>
¼	<b>GARLIC CLOVE</b>	½ TSP	<b>TURMERIC</b>
2	<b>TOMATOES</b> RIPE QUARTERED	½ TSP	<b>HIMALAYAN SALT</b>
¼ CUP	<b>ORGANIC COCONUT BUTTER</b>	2	<b>LEAVES BASIL</b> FRESH
1 CUP	<b>WATER</b>	Add all ingredients to the SouperBlast Pitcher and extract on the 7-Minute Heated Cycle.	
1 CUP	<b>COCONUT MILK</b> LIGHT		

# Zucchini hemp.

SERVES: 4-6

3	<b>ZUCCHINI</b> CHOPPED INTO 1-INCH CUBES	⅓ CUP	<b>HEMP SEEDS</b> RAW, SHELLLED
4	<b>VINE TOMATOES</b> SMALL	2 CUPS	<b>WATER</b> OR <b>VEGETABLE BROTH</b>
¾ CUP	<b>PINEAPPLE</b> FRESH		<b>SALT AND PEPPER</b> TO TASTE
¼ CUP	<b>PARSLEY</b> FRESH	Add all ingredients to the SouperBlast Pitcher and extract on the 7-Minute Heated Cycle.	
1 TBSP	<b>DILL</b> FRESH, CHOPPED	* Cooled to room temperature for at least 30 minutes, if making it fresh!	
1 TBSP	<b>APPLE CIDER VINEGAR</b>		

# Garden party.

SERVES: 4-6

4	<b>ROMA TOMATOES</b> SLICED INTO CHUNKS	2 TSP	<b>HOT SAUCE</b>
2	<b>CELERY STALKS</b> CHOPPED		<b>BLACK PEPPER</b>
2	<b>CARROTS</b> CHOPPED	2 CUPS	<b>VEGETABLE BROTH*</b>
½	<b>BEET, CHOPPED</b>	Add all ingredients to the SouperBlast Pitcher and extract on the 7-Minute Heated Cycle.	
¼ CUP	<b>PARSLEY</b> FRESH, CHOPPED	* Cooled to room temperature for at least 30 minutes, if making it fresh!	
2 CUPS	<b>SPINACH</b>		



## Tomatillo & gazpacho.

**SERVES: 4-6**

1 TBSP	<b>EXTRA-VIRGIN OLIVE OIL</b> DIVIDED	1-2	<b>JALAPEÑO PEPPERS</b> SEEDED
2	<b>GARLIC CLOVES</b> ROASTED	¼ TSP	<b>SALT</b>
1	<b>ENGLISH CUCUMBER</b>	1	<b>SCALLION</b>
1	<b>AVOCADO</b> PEEL REMOVED AND PITTED	1 TSP	<b>HONEY</b> RAW (OPTIONAL)
1 LB	<b>TOMATILLOS</b> (OR 1-11 OZ CAN) HUSKS REMOVED	2 CUPS	<b>VEGETABLE BROTH*</b>
1	<b>GREEN BELL PEPPER</b> SEEDS & STEM REMOVED	Add all ingredients to the SouperBlast Pitcher and extract on the 7-Minute Heated Cycle.	

\* Cooled to room temperature for at least 30 minutes, if making it fresh!

## Veggie tortilla soup.

**SERVES: 6-8**

1 CAN	<b>BLACK BEANS</b> COOKED PLUS AN OPTIONAL ½ CAN TO ADD AFTER EXTRACTION & BEFORE SERVING IF A CHUNKY CONSISTENCY IS DESIRED	<b>OPTIONAL GARNISHES PER BOWL</b>	
2 TBSP	<b>CANNED GREEN CHILI PEPPERS</b>	2 TSP	<b>CILANTRO</b>
2	<b>TOMATOES</b> MEDIUM COARSELY CHOPPED	2	<b>AVOCADO SLICES</b>
1 TBSP	<b>OLIVE OIL</b>	2 TSP	<b>GREEN ONION FINELY CHOPPED</b>
1 TBSP	<b>RED ONIONS</b> RAW, CHOPPED	1 TBSP	<b>ROASTED CORN KERNELS</b>
1 TSP	<b>CUMIN</b>	Add all ingredients, except for the optional half can of black beans and garnishes, to the SouperBlast Pitcher and extract on the 7-Minute Heated Cycle	
½ TSP	<b>CHILI POWDER</b>	* Cooled to room temperature for at least 30 minutes, if making it fresh!	
2	<b>RED BELL PEPPERS</b>		
¼ TSP	<b>LIME JUICE</b>		
2 CUPS	<b>VEGETABLE BROTH*</b>		





## White bean soup.

**SERVES: 4**

**2 CUPS** WHITE BEANS, COOKED\* (CANNELLINI OR WHITE NORTHERN)

**2** SAGE LEAVES FRESH

**1 TBSP** ROSEMARY FRESH

**1 TBSP** EXTRA VIRGIN OLIVE OIL

**2 CUPS** VEGETABLE STOCK\*

**¼ TSP** SALT

**BLACK PEPPER TO TASTE**

Add all ingredients to the SouperBlast Pitcher and extract on the 7-Minute Heated Cycle.

\* Cooled to room temperature for at least 30 minutes, if making it fresh!



## David Wolfe's root soup.

**SERVES: 4**

**4** BEETS RAW SMALL RINSED & SCRUBBED

**4** CARROTS MEDIUM RINSED & SCRUBBED

**1 CUP** KALE, CHOPPED

**2** CELERY STALKS TRIMMED

**¼ CUP** TARRAGON FRESH

**1 TSP** CARAWAY SEEDS

**½ TSP** HIMALAYAN SALT

**1 CUP** COCONUT WATER

**1 CUP** WATER OR VEGETABLE BROTH\*

**GROUND PEPPER TO TASTE**

Add all ingredients to the SouperBlast Pitcher and extract on the 7-Minute Heated Cycle.

\* Cooled to room temperature for at least 30 minutes, if making it fresh!



# Hearty soups.

This section contains classic soup recipes. Filled with cooked vegetables and a wide variety of flavors and textures, their preparation is a bit more involved than that of their SouperBlast counterparts, but well worth the extra effort. From a satiating baked potato to a vegan clam chowder you'll swear is brimming with cream and shellfish, the recipes in this section are healthful, satisfying, and soupreremely delicious!



# Ratatouille Soup.

**SERVES: 4-6**

- ¼ CUP OLIVE OIL**
- 1 YELLOW ONION**  
SMALL, DICE
- 2 GARLIC CLOVES**  
MINCED
- ½ EGGPLANT**  
LARGE DICED WITH  
SKIN IN TACT
- 1 RED BELL PEPPER**  
LARGE, DICED
- 1 ZUCCHINI**  
LARGE, DICED
- 1 YELLOW SQUASH**  
LARGE, DICED
- 3 TOMATOES**  
SEEDED & DICED
- 2 TBSP BASIL**  
FRESH, CHOPPED
- 1½ CANS CANNELLINI BEANS**  
(OR 3 CUP  
COOKED)\* ORGANIC  
RINSED & DRAINED  
IF CANNED
- 1 TBSP TOMATO PASTE**
- 2 CUPS VEGETABLE**  
OR CHICKEN STOCK\*
- 1 TBSP LEMON JUICE**
- ½ TSP SALT PEPPER**  
TO TASTE
- 1 TBSP PARSLEY**  
FRESH, CHOPPED  
TO GARNISH

- 1 Heat oil in a large soup pot over medium heat. Add onions and garlic and sauté until lightly browned, about 3 minutes. Add eggplant and thyme, stirring occasionally until the eggplant is partially cooked, about 3 minutes. Add the peppers, zucchini, and squash and cook for another 5 minutes. Stir in tomatoes, beans, tomato paste, vegetable stock, lemon juice, and salt and cover with a lid. Simmer for 5 minutes.
- 2 Remove the mixture from the heat and **ALLOW TO COOL TO ROOM TEMPERATURE, ABOUT 30 MINUTES TO AN HOUR.** To accelerate this process, transfer the pot to the refrigerator for 10-20 minutes.
- 3 Once cooled, add ⅓ of the mixture to the SouperBlast Pitcher. Transfer the remaining ⅔ to a microwave-safe dish or the stove top to reheat and stir in once the pureed soup has heated through.

\* Cooled to room temperature for at least 30 minutes, if making it fresh!



# “Clam” chowder.

SERVES: 4-6

## CASHEW BASE

1 CUP CASHEWS  
SOAKED 3-12 HOURS

4 TSP ARROWROOT  
FLOUR

2 CUPS VEGETABLE  
OR CHICKEN  
BROTH\*

1½ TSP WORCESTERSHIRE  
SAUCE

## POT INGREDIENTS

1 TBSP COCONUT OIL

1 YELLOW ONION  
LARGE, DICED

3 CARROTS  
PEELED & CHOPPED

3 CELERY STALKS  
PEELED &  
CHOPPED

1½ CUPS SHIITAKE  
MUSHROOM  
SLICED  
(4 OZ)

2 CUPS WHITE MUSHROOM  
SLICED  
(8 OZ)

7 RED POTATOES  
SMALL, SCRUBBED  
& QUARTERED

2 NORI SHEETS  
FINELY CHOPPED

1 TSP SALT

4 CUPS VEGETABLE  
OR CHICKEN  
BROTH\*

2 TBSP TOMATO PASTE

2 TBSP LEMON JUICE

1 Prepare the cashew base by draining the soaked cashews and adding them to the SouperBlast Pitcher. Add the arrowroot flour, broth, and Worcestershire sauce and extract until smooth, about 90 seconds.

2 In a large pot, heat coconut oil over medium heat. Add onions and carrots and cook until tender, about 5 minutes. Add mushrooms and celery and cook until the mushrooms are cooked through, but firm, to mimic the texture of clams. Add the chopped new potatoes, nori, salt, and remaining vegetable/chicken broth and cover to bring to a boil, then reduce to simmer over low heat for 10-15 minutes until potatoes are cooked through.

3 Slowly add the cashew cream base into the pot and simmer 5-8 minutes, stirring occasionally until desired thickness is achieved. Finally, stir in tomato paste and lemon juice, stir until fully combined, then remove from heat and serve.

\* Cooled to room temperature for at least 30 minutes, if making it fresh!





## “Cream” of Mushroom.

**SERVES: 4-6**

**1 CUP SWEET ONION  
DICED**

**3 GARLIC CLOVES  
MINCED**

**1 TBSP THYME, FRESH**

**1 TBSP SAGE, FRESH**

**16 OZ BUTTON  
MUSHROOMS**

**½ CUP CASHEWS, RAW**

**1 CUP VEGETABLE  
STOCK\***

**2 TBSP OF WATER SAUTÉ**

**1 CUP ALMOND MILK**

**1 TSP SALT**

**FRESHLY GROUND  
PEPPER TO TASTE**

**GARNISH PARSLEY  
& PAPRIKA  
CHOPPED FRESH**

**2** Add the minced garlic, thyme, and sage, and cook for an additional 2 minutes. Add sliced mushrooms and cook for 5 more minutes, stirring continuously until cooked through.

**3** Allow the pot mixture to cool to room temperature, at least 30 minutes. You can accelerate this process by transferring to the refrigerator for 10-20 minutes.

**4** Empty ⅓ of the pot's ingredients to the SouperBlast Pitcher. Add cashews, almond milk, and vegetable stock and extract on the 7-minute heated cycle until smooth and warm.

**5** While the soup extracts reheat the remaining mushroom/onion mixture over medium heat, adding liquid if necessary.

**6** Pour the extracted soup into bowls and top with a scoop of the solid mushroom mixture.

**1** Add onions and 2 tbsp vegetable stock to a pot over medium-high heat. Cook the onions in the liquid until translucent, about 5 minutes, stirring continuously and adding small amounts of vegetable stock as necessary to prevent sticking.

\* Cooled to room temperature for at least 30 minutes, if making it fresh!



# “Cream” of broccoli.

**SERVES: 4-6**

- 1/3 CUP SWEET ONION CHOPPED\***
- 1 POTATO SMALL, BAKED\***
- 2 BUNCHES BROCCOLI STEAMED\***
- 2 CUPS ALMOND MILK UNSWEETENED PLAIN**
- 1/2 TSP HIMALAYAN SALT**  
**FRESH GROUND PEPPER TO TASTE**

- 1** Steam broccoli and onion for about 5 min. Cook the potato either by baking, steaming, or roasting. Remove the skin.
- 2** Allow all ingredients to cool fully. Once cool, add all ingredients to the SouperBlast Pitcher and extract on the 7-Minute Heated Cycle.

\* Cooled to room temperature for at least 30 minutes, if making it fresh!



# Roasted parsnip & cauliflower.

**SERVES: 4-6**

- 1 TBSP** OLIVE OIL
- 2** SHALLOTS  
SMALL, DICED
- ½** LEEK, WHITE & LIGHT GREEN
- PART ONLY**  
HALVED  
LENGTHWISE  
CLEANED &  
CHOPPED  
COARSE SALT
- 3** PARSNIPS  
SMALL, PEELED  
QUARTERED  
CORED, & DICED
- 1** HEAD  
CAULIFLOWER  
ROUGHLY CHOPPED
- 2½ CUPS** WATER, CHICKEN STOCK OR VEGETABLE STOCK\*
- 1** BAY LEAF
- 1 TBSP** THYME LEAVES  
FRESH, CHOPPED
- 2½ TBSP** TARRAGON LEAVES  
FRESH, CHOPPED
- 2 TBSP** PARSLEY  
FRESH, CHOPPED
- SALT & PEPPER TO TASTE**

- 1** Heat the olive oil in a large heavy-bottomed soup pot over medium heat. Add the shallots, leek, and a pinch of salt and sauté, stirring until translucent and tender—about 5 minutes. Add the parsnips and cauliflower, and another pinch of salt. Partially cover the pot and cook for another 5-10 minutes, removing the lid periodically to stir the vegetables. When parsnips and cauliflower are cooked through but still firm, add the stock, bay leaf, thyme, tarragon, and parsley. Bring to a boil, then reduce to a simmer for 45 minutes, or until the vegetables are very soft and the soup is fragrant.
- 2** Remove the soup from the heat, remove the bay leaf, and transfer to the refrigerator until it has cooled completely — about 3 hours. Once cool, add all ingredients to the SouperBlast Pitcher and extract on the 7-minute Heated Cycle.

\* Cooled to room temperature for at least 30 minutes, if making it fresh!



# Pumpkin beet.

**SERVES: 4-6**

- 2** **BEET ROOT**  
SMALL
- 1 CUP** **PUMPKIN PURÉE**  
(OR MAY USE 1 LB  
FRESH PUMPKIN)
- 3-4** **NEW POTATOES**  
SMALL
- 2 TSP** **EXTRA VIRGIN**  
**OLIVE OIL**
- ¼ CUP** **ONION**  
SLICED
- ½ TSP** **CINNAMON**
- ¼ TSP** **NUTMEG POWDER**
- ¼ TSP** **SALT**
- ½ CUP** **LIGHT COCONUT**  
**MILK**
- 1½ CUPS** **VEGETABLE**  
**BROTH\***  
(OR WATER)
- 2 TBSP** **PUMPKIN SEEDS**  
(FOR GARNISH)
  
- BLACK PEPPER**  
**TO TASTE**

- 1** Preheat oven to 400° F. Wash beets and potatoes well. Cut beets, potatoes, and pumpkin if using fresh into 1-2 inch pieces. Place on a baking tray along with sliced onion and lightly drizzle with olive oil and a light dusting of salt. Toss to coat. Bake for about 35-45 minutes until fork tender.
  
- 2** **ALLOW TO COOL FOR ABOUT 15-20 MINUTES.** You may place ingredients in the refrigerator to speed up the process. Place all ingredients (except pumpkin seeds) in the SouperBlast Pitcher and allow to run on the 7-minute Heating Cycle.

\* Cooled to room temperature for at least 30 minutes, if making it fresh!



# Cheesy baked potato soup with tempeh bacon bits.

SERVES: 4-6

## SOUP

2-3 TBSP **NUTRITIONAL YEAST**

½ CUP **CASHEWS**  
SOAKED & DRAINED

2 **BAKING POTATOES**  
MEDIUM, COOKED  
SKIN REMOVED\*

1 CUP **ALMOND MILK**  
UNSWEETENED  
PLAIN

1 CUP **VEGETABLE BROTH\***

½ TBSP **DIJON MUSTARD**

2 **GARLIC CLOVES**  
ROASTED\*

½ TSP **ONION POWDER**

**SALT & PEPPER**  
TO TASTE

**GARNISH** **DICED CHIVES**  
(OPTIONAL)

1 Soak cashews in filtered water overnight or for at least 4 hours; drain liquid.

2 Cook potato either by baking it in the oven at 350°F for about 45 minutes until fork tender or by peeling, cutting into cubes and steaming in a steamer basket. Allow potato to cool and remove skin.

3 Roast garlic by peeling the outer papery layer away from an entire head, cutting the top end of the head to expose the tips of all cloves, and roasting at 400 degrees for 30-35 minutes; you can also purchase pre-roasted garlic cloves.

4 Combine all ingredients in the SouperBlast Pitcher, top with the Vent Top Lid and set to the 7-Minute heating mode. Divide among serving bowls and top with optional tempeh bacon bits!

\* Cooled to room temperature for at least 30 minutes, if making it fresh!



## TEMPEH BACON

1 PACKAGE **TEMPEH**  
(8 OZ, CUT INTO  
THIN STRIPS  
TO MIMIC THE  
SHAPE OF  
BACON)

¼ CUP **SOY SAUCE**

¼ - ½ TSP **LIQUID SMOKE**

2 TBSP **MAPLE SYRUP**

1 TBSP **APPLE CIDER VINEGAR**

1 In medium bowl, mix together the soy sauce, liquid smoke, vinegar, and maple syrup. Marinate sliced tempeh in the liquid mixture for at least 4 hours.

2 When ready to prepare, preheat oven to 325°F. Remove tempeh slices from liquid, pat excess liquid away with a clean towel, and place on a baking sheet lined with parchment paper. Bake for 20-25 minutes, flipping the pieces over half way through cooking time. **ALLOW TO COOL SLIGHTLY BEFORE CHOP INTO SMALL BACON-BIT SIZED PIECES** (if desired for soup). Refrigerate leftovers in a tightly sealed container for up to 4 days.



# Nut butters.

There's something so comforting about the silky, savory-sweet taste of nut butter. From Classic Peanut to exotic Tropical Spice macadamia, the recipes in this section provide ideas to quickly and easily extract your own decadent concoctions for a fraction of the cost of retail varieties. Consult our list below, or experiment to create your own mixtures using 3 cups of nuts,  $\frac{1}{4}$  cup of liquid, and  $\frac{1}{2}$  teaspoon of salt. Happy spreading!



## Classic old-fashioned peanut butter.

**SERVES: 8** (2 TBS PER SERVING)

- 3 CUPS** PEANUTS  
ROASTED  
SHELLS REMOVED
- ¼ CUP** PEANUT  
OR  
GRAPESEED OIL
- ½ TSP** SEA SALT

- 1** Add all ingredients to the NutriBullet Rx® Short Cup and extract for 30 seconds. Carefully remove the blade and stir ingredients to make sure the nuts reach the blade evenly. Repeat until the nuts form a smooth, even texture. This will take 3-6 rounds of extracting, removing the blade, and stirring.

## Honey roasted peanut.

**SERVES: 8** (2 TBS PER SERVING)

- 3 CUPS** PEANUTS  
RAW SHELLS  
REMOVED
- ¼ CUP** HONEY
- ¼ TSP** KOSHER SALT

- 1** Preheat oven to 325°F. Line a baking sheet with parchment paper.
- 2** In a large bowl, heat the honey in the microwave for 15-20 seconds until it reaches a liquid consistency. Add the peanuts and stir to coat.
- 3** Pour the honey-coated peanuts over the parchment-lined baking sheet in a flat layer. Roast for a total of 25 minutes, removing the

sheet from the oven and turning the nuts over every five minutes to ensure an even roast.

- 4** Remove roasted peanuts from the oven and **ALLOW TO COOL TO ROOM TEMPERATURE, AT LEAST 30 MINUTES**. You can accelerate this process by transferring to the refrigerator for 10-20 minutes.
- 5** Once cool, add all ingredients to the NutriBullet Rx® Short Cup and extract for 30 seconds. Carefully remove the blade and stir ingredients to make sure the nuts reach the blade evenly. Repeat until the nuts form a smooth, even texture. This will take 3-6 rounds of extracting, removing the blade, and stirring.





# Peanut & coconut.

**SERVES: 8** (2 TBS PER SERVING)

**3 CUPS** PEANUTS ROASTED  
SHELLS REMOVED

**½ TSP** SEA SALT

**3 TBSP** MAPLE SYRUP  
OR  
AGAVE NECTAR  
OR  
BLACKSTRAP  
MOLASSES  
OR  
RAW HONEY  
OR  
MAPLE SYRUP  
OR  
AGAVE NECTAR  
(OPTIONAL)

**½ CUP** COCONUT BUTTER

- 1 Add all ingredients to the NutriBullet Rx® Short Cup and extract for 30 seconds. Carefully remove the blade and stir ingredients to make sure the nuts reach the blade evenly. Repeat until the nuts form a smooth, even texture. This will take 3-6 rounds of extracting, removing the blade, and stirring.



# Almond.

**SERVES: 8** (2 TBS PER SERVING)

**3 CUPS** ALMONDS  
RAW OR ROASTED

**½ TSP** SEA SALT  
(OPTIONAL)

**¼ CUP** GRAPSEED  
ALMOND  
OR  
WALNUT OIL

- 1 Add all ingredients to the NutriBullet Rx® Short Cup and extract for 30 seconds. Carefully remove the blade and stir ingredients to make sure the nuts reach the blade evenly. Repeat until the nuts form a smooth, even texture. This will take 3-6 rounds of extracting, removing the blade, and stirring.

# Cashew.

**SERVES: 8** (2 TBS PER SERVING)

**3 CUPS** CASHEWS  
RAW OR ROASTED

**½ TSP** SEA SALT  
(OPTIONAL)

**¼ CUP** GRAPSEED OIL  
OR  
ALMOND OIL  
OR  
WALNUT OIL

- 1 Add all ingredients to the NutriBullet Rx® Short Cup and extract for 30 seconds. Carefully remove the blade and stir ingredients to make sure the nuts reach the blade evenly. Repeat until the nuts form a smooth, even texture. This will take 3-6 rounds of extracting, removing the blade, and stirring.

# Coconut butter.

**SERVES: 8** (2 TBS PER SERVING)

- 3 CUPS** **COCONUT FLAKES**  
UNSWEETENED  
DRY
- 2 TBSP** **VIRGIN COLD-  
PRESSED  
COCONUT OIL**
- 1 TSP** **PURE VANILLA  
EXTRACT**  
(OPTIONAL)
- ½ TSP** **HIMALAYAN  
SEA SALT**  
(OPTIONAL)

**1** Add all ingredients to the NutriBullet Rx® Short Cup and extract for 30 seconds. Carefully remove the blade and stir ingredients to make sure the nuts reach the blade evenly. Repeat until the nuts form a smooth, even texture. This will take 3-6 rounds of extracting, removing the blade, and stirring.

# Chocolate pecan butter.

**SERVES: 8** (2 TBS PER SERVING)

- 3 CUPS** **PECAN**  
TOASTED  
UNSALTED
- 3 TBSP.** **CACAO POWDER**  
RAW
- ¼ CUP** **HONEY**  
RAW
- ½ TSP** **SEA SALT**

**1** Add all ingredients to the NutriBullet Rx® Short Cup and extract for 30 seconds. Carefully remove the blade and stir ingredients to make sure the nuts reach the blade evenly. Repeat until the nuts form a smooth, even texture. This will take 3-6 rounds of extracting, removing the blade, and stirring.



# Not-ella.

**SERVES: 8** (2 TBS PER SERVING)

- 3 CUP** HAZELNUTS  
TOASTED  
UNSALTED
- ¼ CUP** MAPLE SYRUP  
OR  
RAW HONEY  
OR  
AGAVE NECTAR
- 3 TBSP** CACAO POWDER  
RAW
- 1-2 TBSP** WATER  
FILTERED
- 1 TSP** COCONUT OIL
- 1 TSP** PURE VANILLA  
EXTRACT
- ¼ - ½ TSP** HIMALAYAN  
SEA SALT

- 1** Remove hazelnut skins by rolling the nuts in a slightly damp tea towel.
- 2** Add all ingredients to the NutriBullet Rx® Short Cup and extract for 30 seconds. Carefully remove the blade and stir ingredients to make sure the nuts reach the blade evenly. Repeat until the nuts form a smooth, even texture. This will take 3-6 rounds of extracting, removing the blade, and stirring.

# Maple cinnamon walnut.

**SERVES: 8** (2 TBS PER SERVING)

- 3 CUPS** WALNUTS  
DRY, ROASTED
- ¼ CUP** MAPLE SYRUP
- 2 TSP** CINNAMON
- ½ TSP** SEA SALT

- 1** Add all ingredients to the NutriBullet Rx® Short Cup and extract for 30 seconds. Carefully remove the blade and stir ingredients to make sure the nuts reach the blade evenly. Repeat until the nuts form a smooth, even texture. This will take 3-6 rounds of extracting, removing the blade, and stirring.

# Tropical spice butter.

**SERVES: 8** (2 TBS PER SERVING)

- 1 CUP** CASHEWS  
RAW, UNSALTED
- 1 CUP** MACADAMIA NUTS  
RAW, UNSALTED
- ½ CUP** COCONUT  
SHREDDED  
UNSWEETENED
- ¼ TSP** TURMERIC
- ¼ TSP** GINGER
- ½ TSP** CEYLON  
CINNAMON
- ¼ CUP** RAW HONEY  
OR  
MAPLE SYRUP  
OR  
AGAVE NECTAR  
(OPTIONAL)

- 1** Add all ingredients to the NutriBullet Rx® Short Cup and extract for 30 seconds. Carefully remove the blade and stir ingredients to make sure the nuts reach the blade evenly. Repeat until the nuts form a smooth, even texture. This will take 3-6 rounds of extracting, removing the blade, and stirring.

# Superfood elixirs.

The following beverages taste like desserts and calorie-laden coffee drinks, but are actually loaded with delicious, highly nutritious superfoods! Using high-quality ingredients like cacao, goji berries, maca, and raw honey, these beverages satisfy even the most extreme sweet tooth without leading you off track from your healthy lifestyle.



# Almond coffee cooler.

SERVES: 1

1 CUP	COFFEE BREWED*	1 CUP	ICE CRUSHED
1 TBSP	ALMOND BUTTER		DASH OF CINNAMON
1 CUP	ALMOND MILK UNSWEETENED	Place all ingredients into the NutriBullet Rx® Short Cup and extract for 25 seconds.	
1 TBSP	HONEY RAW	* Cooled to room temperature for at least 30 minutes, if making it fresh!	
½ TSP	NUTMEG		

# Caramel cooler.

SERVES: 1

1 CUP	COFFEE BREWED*		DASH OF SALT
2	PITTED DATES	½ CUP	ALMOND MILK
1 TSP	COCONUT OIL	½ CUP	ICE CUBES
1 TBSP	CASHEW BUTTER	Place all ingredients into the NutriBullet Rx® Short Cup and extract for 25 seconds.	
1 TSP	MAPLE SYRUP	* Cooled to room temperature for at least 30 minutes, if making it fresh!	
¼ TSP	VANILLA EXTRACT		

# Coconut mocha delight.

SERVES: 1

1 CUP	COFFEE FRESH BREWED*	Add all ingredients to the SouperBlast Pitcher and extract on the 7-Minute Heated Cycle.	
1 CUP	COCONUT WATER	* Cooled to room temperature for at least 30 minutes, if making it fresh!	
1 TSP	REISHI MUSHROOM POWDER		
½ TSP	MACA POWDER		
1-3	VANILLA LIQUID STEVIA DROPS		
1 TBSP	COLD-PRESSED COCONUT OIL		

# Sweet cinnamon chai.

SERVES: 1

1 CUP	CHAI TEA BREWED*	Add all ingredients to the SouperBlast Pitcher and extract on the 7-Minute Heated Cycle.	
2	PITTED DATES	* Cooled to room temperature for at least 30 minutes, if making it fresh!	
¼ TSP	CEYLON CINNAMON		
½ CUP	HAZELNUT MILK (MAY USE ALMOND MILK)		
½	BANANA, RIPE (OPTIONAL)		



# Dairy-free hot chocolate.

SERVES: 1

1½ CUPS	<b>COCONUT MILK LIGHT</b> (FROM A CAN)
2 TBSP	<b>CACAO POWDER</b> RAW
2 TSP	<b>COLD-PRESSED COCONUT OIL</b>
1 TBSP	<b>HONEY</b> RAW
½ TSP	<b>PURE VANILLA EXTRACT</b>

Place all ingredients into the NutriBullet Rx® Short Cup and extract for 25 seconds.

# Hot cinnamon apple cider.

SERVES: 1

1	<b>APPLE, CORE &amp; SEEDS REMOVED</b>
½ TSP	<b>CINNAMON</b>
1 CUP	<b>WATER</b>
½ CUP	<b>PURE APPLE JUICE</b>
1 TBSP	<b>APPLE CIDER VINEGAR</b>
1	<b>CLOVE</b> (OPTIONAL)

Place all ingredients into the NutriBullet Rx® Short Cup and extract for 25 seconds.

# Superfood superboost hot toddie.

SERVES: 1

12 OZ	<b>WATER</b> FILTERED
2 TBSP	<b>SUPERFOOD SUPERBOOST</b>
2 TSP	<b>COLD-PRESSED COCONUT OIL</b>
2 TSP	<b>HONEY</b> RAW

Place all ingredients into the NutriBullet Rx® Short Cup and extract for 25 seconds.

\* Cooled to room temperature for at least 30 minutes, if making it fresh!

# Goji berry light roast.

SERVES: 1

1 CUP	<b>LIGHT ROAST COFFEE</b> BREWED*
3 TBSP	<b>GOJI BERRIES</b> DRIED
1 CUP	<b>WATER</b>
1 TSP	<b>MACA POWDER</b>

Place all ingredients into the NutriBullet Rx® Short Cup and extract for 25 seconds.

\* Cooled to room temperature for at least 30 minutes, if making it fresh!



# Pumpkin spice latte.

SERVES: 1

**1 SHOT** **ESPRESSO\***  
(OR ½ CUP STRONG  
BREWED COFFEE)

**½ CUPS** **VANILLA  
ALMOND MILK**  
(MAY ALSO USE  
ORGANIC  
VANILLA SOY  
OR  
HAZELNUT MILK)

**1 TBSP** **CANNED PURE  
PUMPKIN PURÉE**

**½ TSP** **PUMPKIN PIE  
SPICE**  
(MAY SUBSTITUTE  
CINNAMON  
& NUTMEG)

**¼ TSP** **VANILLA  
EXTRACT**

**5 DROPS** **VANILLA  
LIQUID STEVIA**  
(MAY USE 1-2 TSP  
RAW HONEY)  
(OPTIONAL)

Place all ingredients into the  
NutriBullet Rx® Short Cup and  
extract for 25 seconds.

\* Cooled to room temperature for at  
least 30 minutes, if making it fresh!

# Peppermint mocha.

SERVES: 1

**2-3** **MINT LEAVES**  
FRESH

**1 CUP** **COFFEE**  
FRESH BREWED\*

**1 TBSP** **CACAO POWDER**

**1 CUP** **ALMOND MILK**  
UNSWEETENED

**2 DROPS** **PEPPERMINT  
EXTRACT**  
(OPTIONAL FOR  
A MORE  
MINTY PUNCH)

Place all ingredients into the  
NutriBullet Rx® Short Cup and  
extract for 25 seconds.

\* Cooled to room temperature for at  
least 30 minutes, if making it fresh!



