

nutribullet®

Quick & easy recipes with pantry staples:

Recipe	Pantry items	Preparation	Elevate it!
Superfood Smoothie	Frozen fruit and/or veggies, nut milk or other plant-based alternative, nut butter, nuts and/or seeds	Combine your favorite flavor combination in the NutriBullet® and blend	Top with granola, fresh fruit, or coconut flakes
Morning Oatmeal	Oats, dried or frozen fruit, seeds of your choice, nuts of your choice	Add all ingredients + water to a saucepan on the stovetop and cook (<i>*for amount of water, refer to the instructions listed on the packaging for the oats</i>)	Pour nut milk on top and drizzle with honey, maple syrup, or nut butter
Sweet Potato "Toast"	Olive oil, sweet potato, nut butter of your choice	Slice a sweet potato length-wise to create slices about ¼-inch thick; drizzle with olive oil and bake until tender; top with nut butter of your choice	Top with sliced banana and a sprinkle of cinnamon
Trail Mix Energy Bites	Nuts of your choice, dried fruit of your choice, and oats	In your NutriBullet®, pulse together ½ cup dried fruit with 1 cup nuts; combine with 1 cup oats; roll into bite size balls and refrigerate for 1 hour	Sprinkle each bite with coconut flakes prior to refrigerating
Easy Bean Dip	Garbanzo beans (drained and rinsed) and olive oil	Combine in your NutriBullet® and blend until smooth	Add tahini and cumin to make traditional hummus
Chia Seed Jam	Frozen fruit, chia seeds	Allow the fruit to thaw; in the NutriBullet®, blend the fruit into a puree; add the chia seeds (1 tablespoon for each cup of fruit), and refrigerate	Add vanilla, lemon zest, or other spices of your choice (such as nutmeg, ginger, cinnamon, cardamom)
Sweet Potato & Bean Chili	Olive oil, black beans, pinto beans, canned tomatoes, diced sweet potatoes, broth	Combine all ingredients on the stove top, bring to a boil, and allow to simmer until the potatoes soften	Sauté an onion and garlic together prior to combining the remaining ingredients; add cumin and oregano; top with shredded cheese or avocado
Loaded Mashed Potatoes	Russet potato, leftover Sweet Potato & Bean chili	Cook the potato, mash, and top with leftover Sweet Potato & Bean Chili	Alternatively, top with cooked, frozen vegetables, beans, or any leftovers you have on hand
Green Veggie Pasta	Olive oil, frozen vegetables (such as spinach, peas, or broccoli), whole grain pasta	Cook and drain the pasta, sauté the veggies in olive oil, and combine	Top with fresh herbs and/or sprinkle with Parmesan cheese
Vegetable Stir-fry	Olive oil, beans of your choice (drained and rinsed), frozen vegetables, quinoa or brown rice	Stir-fry the beans and vegetables in olive oil and serve over cooked brown rice or quinoa	Top with a simple savory peanut butter sauce (blend ½ cup peanut butter with 1 tablespoon honey, 2 tablespoons soy sauce, and ¼ cup water)