

# HOW TO MAKE THE PERFECT NUTRI BLAST

## STEPS:

- 1** Add about 50% leafy greens to the Tall Cup.
- 2** Add about 50% of your favorite fruits / vegetables.
- 3** **ADD LIQUID UP TO THE MAX LINE.**
- 4** **OPTIONAL:** Add a boost. Ex: Handful of nuts, seeds, goji berries, or one of our SuperFood blends.
- 5** **OPTIONAL:** For a cooler Blast, you can add ice **but don't exceed 25% of your total Blast ingredients.** And for the most nutritious, frosty Blasts, we recommend using frozen fruit and/or veggies.
- 6** **TWIST ON THE BLADE, EXTRACT, ENJOY!**

## IMPORTANT:

The cyclonic action of the **NUTRIBULLET** system requires the use of liquids. **Add liquid to the MAX line** for any NutriBlast. Our favorites: water, coconut water & unsweetened almond milk.



Add liquid to MAX line

Add ice  
*(optional - only up to 25% of your total Blast ingredients)*

Add a boost  
*(optional)*

50% fruit  
**(as many varieties as possible!)**

50% leafy greens  
**(2 cups = 1 serving)**

**\*Don't overfill your cup! Make sure your ingredients and liquid reach no higher than the MAX line. For best results, you must add liquid to your Blast ingredients.**

**\* The cyclonic action of your NutriBullet requires the use of liquids to make NutriBlasts and other nutritious beverages. It is not intended to be used as an ice crusher, and not without liquids. To make a delicious cold NutriBlast, we suggest that you use frozen fruit and chilled liquids. Alternatively, you may add crushed ice, up to 25% of the total cup volume, with water or other liquid filled up to the "MAX--" line. Do not crush ice or other hard items without liquid, as such prolonged use may dull or damage your blades. Always inspect your blades before each use.**

# NUTRIBULLET. RECIPES

## CUSTOMER QUESTIONS

Many questions regarding product usage, accessories, technical issues, warranties and parts, and service can be answered by visiting our website at: [www.nutribullet.com](http://www.nutribullet.com), simply click the Customer Service link, fill out and submit the customer contact form and we will be glad to help you. If you are in need of help and prefer to talk to a knowledgeable Customer Service Agent, please call our center at **1-855-34-NUTRI (1-855-346-8874)**.

### PHASE 1

#### Toxin Cleansing Blast

Flush toxins from your body with this delicious, fruity concoction.

- 1-2 handfuls of rinsed spinach
- 1 cored pear
- 1 banana
- 1 cored apple
- 1 cup of pineapple
- liquid to MAX line

### PHASE 2

#### Energy Elixir

Add some serious pep to your step with this delicious, energizing elixir. A perfect afternoon pick me up.

- 2 handfuls of rinsed spring greens
- 1 banana
- 1 cup red grapes
- 1 cored pear
- 1/8 cup of walnuts
- liquid to MAX line

### PHASE 3

#### Life Boost Blast

Start your day with a blast of calcium and magnesium. No supplement ever tasted this good!

- 1-2 handfuls of rinsed kale
- 1 pitted peach
- 1 banana
- 1 handful of strawberries
- 1/8 cup flax seeds
- 1/8 cup of goji berries
- liquid to MAX line

#### The Immune Booster

Keep healthy even during flu season with this delicious elixir packed with antioxidant goodness.

- 1-2 handfuls of rinsed spring greens
- 1 banana
- 1 peeled orange
- 1 cup of pineapple
- 1 handful of blueberries
- liquid to MAX line

#### Nature's Candy

Balance hormones by way of this fantastic tasting treat.

- 2 cups butterhead lettuce
- 1 cored pear
- 1 cored apple
- 1 cup blueberries
- 1 banana
- 1 tsp maca powder
- liquid to MAX line

#### Free Radical Fighter

Give free radicals a knock-out punch with a tasty Free Radical Fighter!

- 2 handfuls Swiss chard
- 1 avocado
- 1 cup watermelon
- 1 cup blackberries
- 1 fig
- 1/2 cup blueberries
- 1/8 cup flax seeds
- liquid to MAX line

## WARNING!

- IF YOU ARE TAKING ANY MEDICATION, PLEASE CHECK WITH YOUR DOCTOR BEFORE CONSUMING ANY OF THE NUTRIBLAST RECIPES.

## CLEANING SAFEGUARDS

- DO NOT PUT THE BLADES IN THE DISHWASHER. SIMPLY HAND WASH WITH WARM SOAPY WATER.
- WHEN WASHING BLADES, DO NOT ATTEMPT TO REMOVE THE GASKET RING. SIMPLY HAND WASH THE BLADES IN WARM SOAPY WATER. IF IN TIME A GASKET BECOMES LOOSE OR DAMAGED, PLEASE CONTACT CUSTOMER SERVICE FOR A REPLACEMENT NUTRIBULLET BLADE HOLDER AT: 1-855-346-8874.

For more recipes and tips, visit: [www.NutriBullet.com](http://www.NutriBullet.com)