

Recipe guide.

Recipes, tips,
& more!



nutribullet
FOOD PROCESSOR

Please make sure you thoroughly read the enclosed User Guide and warnings prior to using your unit.

Contents.



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Thank you for purchasing the nutribullet® Food Processor.



EASY. DELICIOUS. NUTRITIOUS.

nutribullet® Food Processor recipe guide.

Creative, inspired food doesn't have to be complicated. In fact, we believe it should be simple and fun. Enter the nutribullet® Food Processor. Designed with optimum ease and functionality in mind, this tidy appliance lets you slice, shred, chop, mix, and spiralize your way to more vibrant eating, every day.

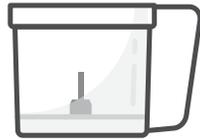
Unlike other food processors that feature bulky components, hard-to-reach nooks and crannies, and pieces that require handwashing, ours is simple to assemble, easy to store, and a breeze to clean (it's dishwasher-friendly).

When food processing is this streamlined, there's nothing standing in the way of your more delicious, nutritious lifestyle. The only challenge is deciding which great recipe to whip up first.

What's included.



motor base



1.7 L
work bowl



work bowl lid
with feed chute



dual-size
food pusher



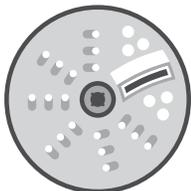
blade adaptor



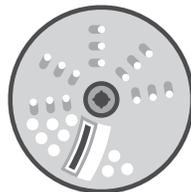
chopping blade



dough blade



reversible thin
slice/shred disc

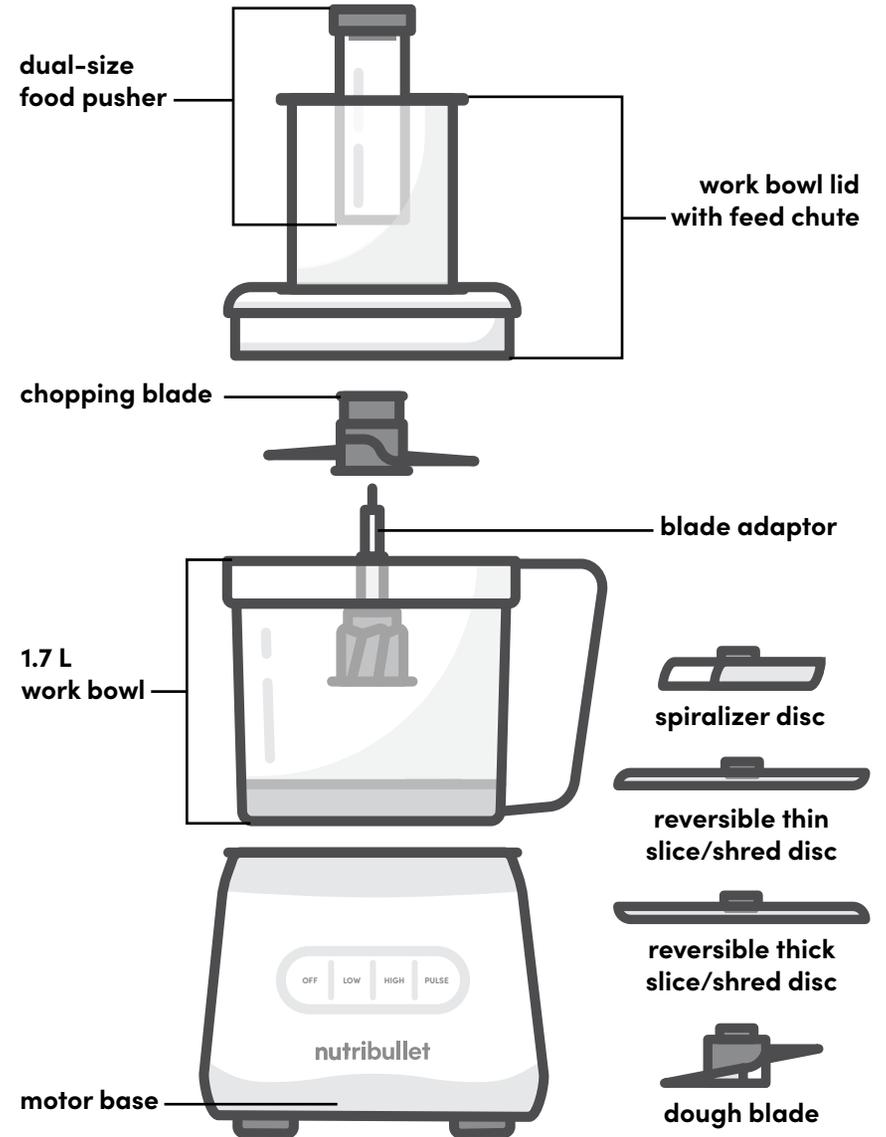


reversible thick
slice/shred disc



spiralizer disc

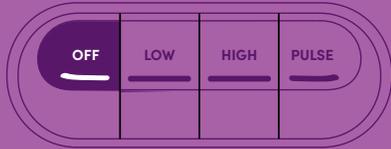
Assembly guide.



CAUTION: Blades are sharp. Handle Carefully.

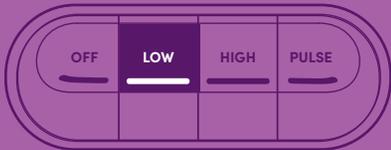
Control panel: speeds.

The nutribullet® Food Processor features a multi-speed control panel for all types of food prep.



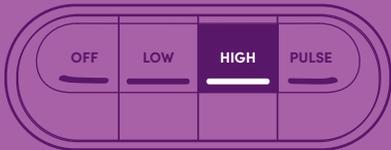
OFF

Stops the Food Processor when being used on continuous **LOW** or **HIGH** speeds.



LOW

Continuous **LOW** speed chopping or mixing.



HIGH

Continuous **HIGH** speed chopping or mixing.



PULSE

A burst of chopping or mixing that runs at **HIGH** speed. **PULSE** must be held to activate; motion will stop when the button is released.

Recipe icons.

All of our recipes (except our **Salmon Burgers**) are vegetarian. Icons have been included to highlight other health benefits and/or special qualities. Here's the scoop on what they mean:



VEGAN

Recipes free of meat, dairy, eggs, and other animal products.



CONTAINS DAIRY*

Recipes that contain milk-based ingredients like casein, whey, or lactose.



CONTAINS GLUTEN*

Recipes that contain gluten like wheat, barley, or rye.



CONTAINS NUTS*

Recipes that contain nut ingredients and byproducts.

*If a recipe does not include these icons, it is gluten-free, dairy-free, and/or nut-free.



Dips and sauces.

The nutribullet® Food Processor is an ideal tool for making all sorts of dips, dressings, and sauces. Whether emulsifying plant-based mayo, blending creamy dressings and dips, or chopping fresh salsas, consider this machine your ultimate condiment companion.



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

Pineapple salsa.



CHOPPING BLADE | SERVES 10

Sweet, spicy, and super juicy, this salsa makes a great dip for chips, or a dynamic topping for grilled meat, tacos, and other savory fare.

- 128 G FRESH PINEAPPLE, DICED
- 2 LARGE ROMA TOMATOES, QUARTERED
- 1 JALAPEÑO, SEEDED AND QUARTERED
- 3 CLOVES GARLIC
- ¼ ONION, HALVED
- 1 TBSP LEMON JUICE
- 128 G CORIANDER, STEMS REMOVED
- 1 118 ML CAN DICED GREEN CHILIS
- 1 TSP SALT
- ½ TSP PEPPER

- 1 Add onions, garlic, and Coriander to the **Work Bowl** and pulse with the **Chopping Blade** 5 times.
- 2 Open the lid and scrape down the sides.
- 3 Add the remainder of the ingredients and **PULSE** 10 times, or until salsa reaches the desired consistency.

NUTRITIONIST TIP

Coriander is polarizing. You either love it, or... you don't. Either way, we can chalk it up to genetics. If you perceive Coriander to have a soapy taste, this is due to olfactory-receptor genes that cause you to strongly perceive the aldehydes in Coriander leaves.

NUTRITION FACTS PER SERVING

15 calories, 0 fat, 4g carbs, <1g fiber, 2g sugar, 0 protein

Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.

Creamy poppy seed dressing.



CHOPPING BLADE | SERVES 8

This creamy dressing is great on all sorts of veggies, but its thick texture pairs especially well with crunchier picks like cabbage, kale, carrots, and celery.

- 128 G WHOLE MILK GREEK YOGURT
- 32 G APPLE CIDER VINEGAR
- 2 TBSP DIJON MUSTARD
- 32 G POPPY SEEDS
- 32 G HONEY
- 1 TSP GARLIC POWDER
- 32 G NUTRITIONAL YEAST
- 1 TSP SALT
- ½ TSP PEPPER
- 2 TBSP POPPY SEEDS, FOR GARNISH

- 1 Add all ingredients to the **Work Bowl** and blend with the **Chopping Blade** on **HIGH** until smooth, about 1 minute.
- 2 Stir in remaining 2 tablespoons poppyseeds.
- 3 Store in fridge in an airtight container for up to 1 week.

NUTRITIONIST TIP

Nutritional yeast is deactivated, which means it will not make bread rise. It's popular among plant-based eaters for its savory, nutty, and cheesy flavor, and because it's often fortified with vitamin B-12.

PRO TIP

We recommend this dressing for the **Shaved Brussels Sprout and Apple Salad** (page 24).

NUTRITION FACTS PER SERVING

120 calories, 4.5g fat, 13g carbs, 1g fiber, 11g sugar, 5g protein

Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.

Rocket pistachio pesto.



CHOPPING BLADE | SERVES 12

For a peppery twist on the Italian classic, swap out basil and pine nuts for rocket and pistachios. Our version also subs nutritional yeast for parmesan to create a fully plant-based alternative.

384 G ROCKET, PACKED

64 G PISTACHIOS, SHELLED

85 G EXTRA VIRGIN OLIVE OIL

3 CLOVES GARLIC

32 G NUTRITIONAL YEAST

½ TSP RED PEPPER FLAKES

½ TSP SALT

½ TSP PEPPER

NUTRITION FACTS PER SERVING

140 calories, 15g fat, 3g carbs, <1g fiber, <1g sugar, 2g protein

Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.

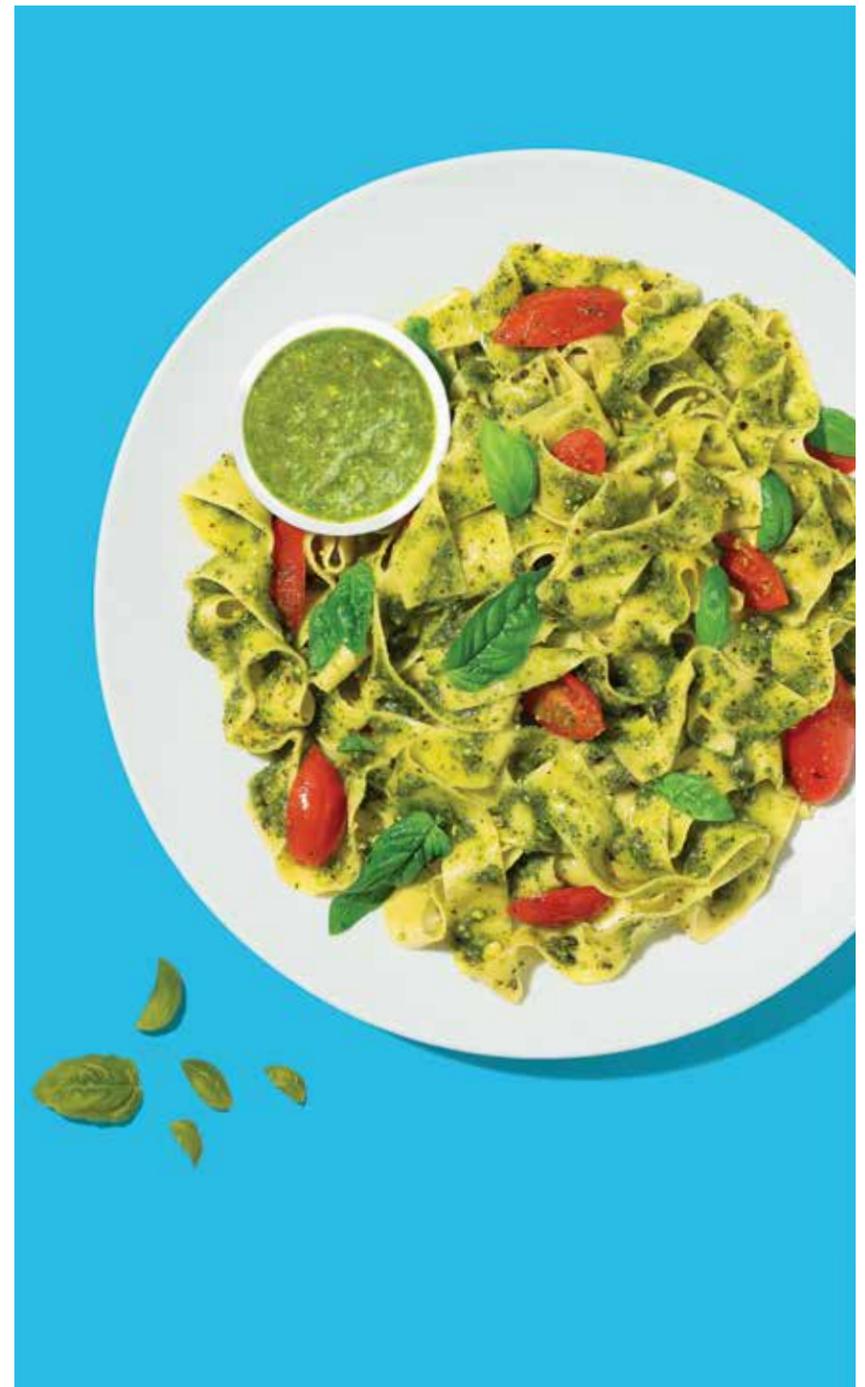
- 1 Add all ingredients to the **Work Bowl** and blend with the **Chopping Blade** on **HIGH** until smooth, 1½ minutes.
- 2 Store in fridge in an airtight container for up to 1 week.

NUTRITIONIST TIP

Like other nuts, pistachios are a heart-healthy, fiber-filled source of plant-based protein.

PRO TIP

This flavorful condiment tastes great tossed with cooked pasta, mixed into scrambled eggs, or spread over sandwich bread or toast.



Green goddess dressing.



CHOPPING BLADE | SERVES 12

Herby, fresh, and creamy, this dairy-free version of the famed dressing livens up salads, sandwiches, veggie platters, and so much more.

164 G CASHEWS,
SOAKED IN HOT
WATER FOR
20 MINUTES,
THEN STRAINED

128 G WATER

43 G EXTRA VIRGIN
OLIVE OIL

2 TBSP LEMON JUICE

3 CLOVES GARLIC

128 G CORIANDER,
LIGHTLY PACKED,
STEMS REMOVED

128 G PARSLEY,
LIGHTLY PACKED,
STEMS REMOVED

3 GREEN ONIONS

2 TBSP WHITE WINE
VINEGAR

½ TSP SALT

¼ TSP PEPPER

- 1 Add cashews and water to the **Work Bowl** and mix with the **Chopping Blade** on **HIGH** until smooth, about 1 minute.
- 2 Add remaining ingredients to the **Work Bowl** and mix with the **Chopping Blade** until smooth, about 2 minutes.
- 3 Store in fridge in an airtight container for up to 1 week.

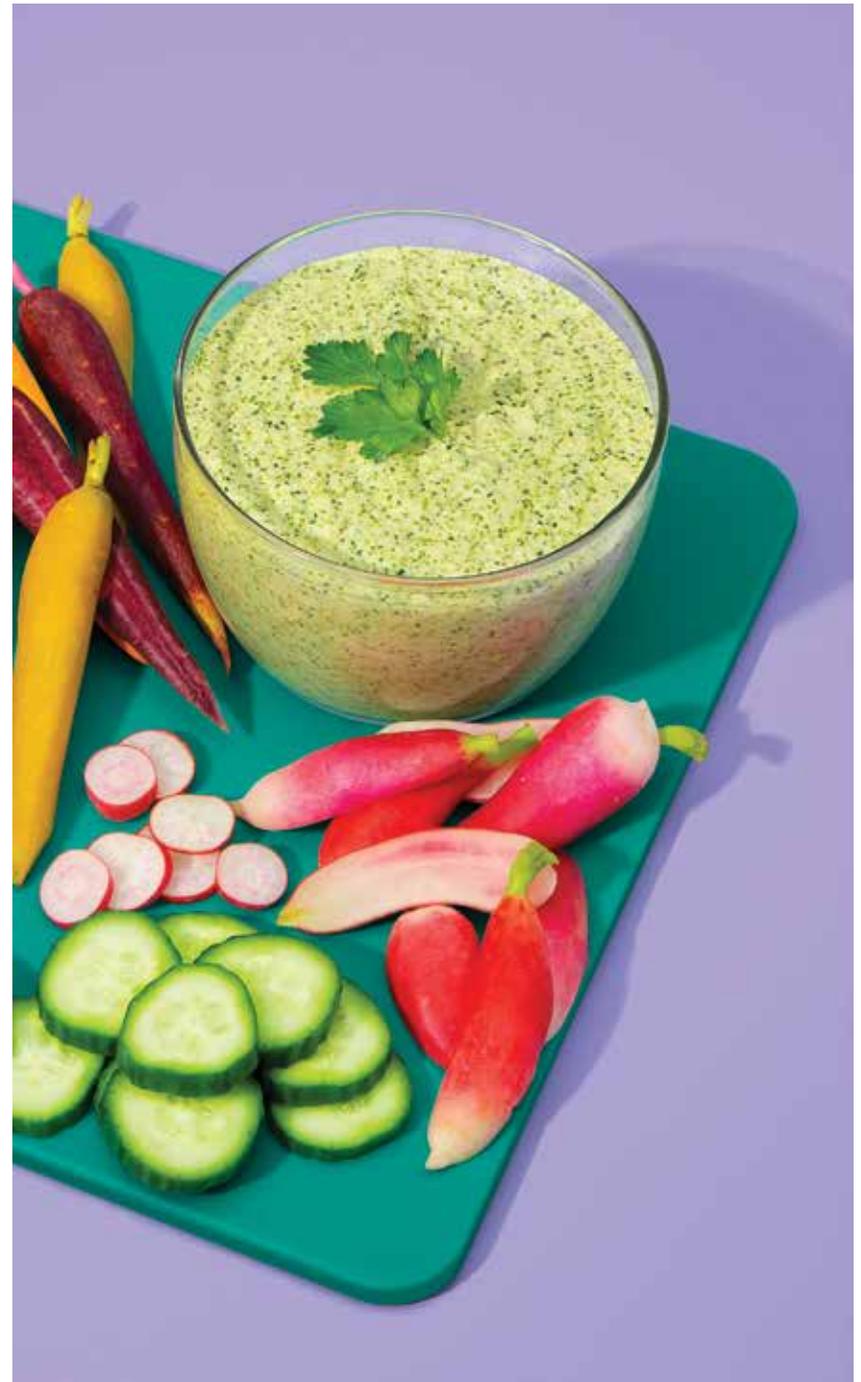
PRO TIP

Serve with the **Broccoli & Red Cabbage Slaw** (page 25).

NUTRITION FACTS PER SERVING

150 calories, 13g fat, 6g carbs,
<1g fiber, 1g sugar, 3g protein

Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.



Vegan mayo.



CHOPPING BLADE | SERVES 12

All of mayo's tangy, creamy smoothness without any eggs — that's no yolk!

32 G	AQUAFABA (THE LIQUID FROM A CAN OF CHICKPEAS)
96 G	AVOCADO OIL
1½ TSP	APPLE CIDER VINEGAR
¼ TSP	WHOLE GRAIN MUSTARD
¼ TSP	PEPPER

NUTRITION FACTS PER SERVING

120 calories, 14g fat, 0 carbs, 0 fiber,
0 sugar, 0 protein

Nutrition facts are based on the recipe as
listed. Swapping any ingredients will alter
nutritional content.

- 1 Add aquafaba to the **Work Bowl** and run on **HIGH** with the **Chopping Blade** for 1–2 minutes.
- 2 While the **Work Bowl** is running, pour 64 g avocado oil in a slow stream and run for 1 minute on **HIGH**.
- 3 Add the vinegar, mustard, and pepper to the **Work Bowl** and run for 1 minute on **HIGH**.
- 4 While the **Work Bowl** is running, slowly pour in the remaining 32 g avocado oil. Run for an additional 3 minutes on **HIGH**.

NUTRITIONIST TIP

Aquafaba is water in which chickpeas (or other beans) have been cooked and is a plant-based substitute for egg whites. Especially popular in baked desserts (think: meringue), it's also great in vegan mayo.

White bean houmous.



CHOPPING BLADE | SERVES 16

White bean houmous is a unique alternative to the traditional chickpea version. Our recipe adds soaked cashews to create an addictively creamy texture.

3 CLOVES	GARLIC
1	425 G CAN WHITE BEANS, DRAINED AND RINSED
2 TBSP	TAHINI
64 G	CASHEWS, SOAKED
64 G	EXTRA VIRGIN OLIVE OIL
½ TSP	CUMIN
1 TSP	SALT
¼ TSP	PEPPER
2 TBSP	LEMON JUICE

- 1 Add garlic cloves to the **Work Bowl** and **PULSE** until minced.
- 2 Add the remainder of the ingredients and run on **HIGH** until creamy.

PRO TIP

Soaking the cashews is important, as it allows them to soften and blend into a smooth and creamy consistency.

NUTRITION FACTS PER SERVING

120 calories, 10g fat, 8g carbs, 2g fiber,
0 sugar, 3g protein

Nutrition facts are based on the recipe as
listed. Swapping any ingredients will alter
nutritional content.

Snacks and sides.

Level up your go-to snacks and side dishes with these delicious and inventive recipes. From unique hors d'oeuvres to delectable plant butters, this section has optimum nibbling in mind.



For more delicious recipes,
visit nutribullet.co.uk

Super seed butter.



CHOPPING BLADE | SERVES 10

Packed with nutrition, this delicious seed butter is the perfect topping for oats, toast, or any other food that could benefit from a dollop of rich, roasty goodness.

- 128 G SUNFLOWER SEEDS
- 128 G PUMPKIN SEEDS, RAW
- 2 TBSP COCONUT OIL
- 2 TBSP MAPLE SYRUP
- 2 TBSP CHIA SEEDS
- PINCH SEA SALT

NUTRITION FACTS PER SERVING

200 calories, 16g fat, 8g carbs, 3g fiber, 3g sugar, 7g protein

Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.

NUTRITIONIST TIP

While the health benefits of nuts have garnered more attention than seeds in recent years, these tiny kernels are packed with potent nutritional benefits – healthy fats, fiber, vitamins, minerals, and phytochemicals. Chia seeds in particular are rich in brain-friendly omega-3 fatty acids and sunflower seeds are rich in vitamin E.

- 1 In a medium skillet on medium heat, lightly dry-toast the pumpkin seeds and sunflower seeds, stirring frequently with a spatula, for about 3 minutes until lightly browned.
- 2 Add the pumpkin seeds and sunflower seeds to the **Work Bowl**. Process on **HIGH**. Stop every few minutes to scrape down the sides as necessary, for about 7-10 minutes.
- 3 Add oil and continue to process on **HIGH** for 2 minutes, or until butter is completely formed.
- 4 Add maple syrup and salt, and process on **LOW** for 1 minute to incorporate.
- 5 Transfer to a jar and stir in chia seeds.
- 6 Store in a cool, dry place, or refrigerate.

Vegan crab cakes.



CHOPPING BLADE AND THIN SLICE/SHRED DISC | SERVES 6

With their briny flavor and tender texture, hearts of palm make a convincing plant-based alternative to crab meat in these crispy and satisfying cakes.

- 1½ SLICES TOASTED BREAD OR 128 G DIY BREADCRUMBS
- 1 425 G CAN HEARTS OF PALM, DRAINED AND RINSED
- 32 G VEGAN MAYONNAISE*
- 32 G GREEN ONIONS, CHOPPED
- 1 TBSP LEMON JUICE
- ¼ TSP SALT
- ¼ TSP PEPPER
- 2 TBSP EXTRA VIRGIN OLIVE OIL

NUTRITION FACTS PER SERVING

140 calories, 12g fat, 9g carbs, 5g fiber, 2g sugar, 5g protein

Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.

NUTRITIONIST TIP

Hearts of palm are a slightly sweet, crunchy veggie harvested from the inside of certain palm trees. Aside from using them in these Vegan Crab Cakes, they're delicious in salads and can be blended up into a flavorful dip alongside olive oil, lemon juice, and garlic.

- 1 Add the toasted bread to the **Work Bowl**. Run **HIGH** with the **Chopping Blade** until the bread becomes crumbs. Pour the breadcrumbs into a large bowl.
- 2 Remove the **Chopping Blade**; add the **Shredding Disc**.
- 3 Using the **Shredding Disc**, shred the hearts of palm on **LOW**. Pour shredded hearts of palm into the bowl with the breadcrumbs.
- 4 Add the mayo, green onions, lemon juice, salt, and pepper. Mix to combine.
- 5 Form the mixture into 6 patties.
- 6 Pour olive oil into a large fry pan and add the patties. Cook over medium-low heat until brown, about 3-4 minutes. Flip and cook on the other side until brown, another 3-4 minutes.
- 7 Serve with lemon wedges.

PRO TIP

If using pre-made breadcrumbs (see our **DIY recipe on page 44**), skip steps 1 and 2.

*Refer to **Vegan Mayo recipe (page 14)**.



Cheesy carrot bites.



CHOPPING BLADE AND THIN SLICE/SHRED DISC | SERVES 16

Whether passed as an hors d'oeuvre at a cocktail party or served up as an after school snack, these satisfying bites are sure to be a big hit, no matter the occasion.

- 1½ SLICES **TOASTED BREAD, OR 128 G DIY BREADCRUMBS**
- 2 **CARROTS, LARGE**
- 128 G **CHEDDAR CHEESE, GRATED (½ WHITE CHEDDAR, ½ YELLOW CHEDDAR)**
- 1 **EGG**
- ½ TSP **GARLIC POWDER**
- 1 TSP **PAPRIKA**
- ½ TSP **SALT**
- ½ TSP **PEPPER**
- ⅛ TSP **CAYENNE, OPTIONAL**

NUTRITION FACTS PER SERVING

50 calories, 3g fat, 4g carbs, <1g fiber, <1g sugar, 3g protein

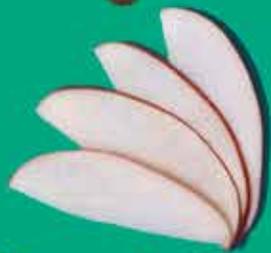
Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.

PRO TIP

If using pre-made **DIY Breadcrumbs** (page 44), skip step 2 and just process the breadcrumbs with the egg for 15 seconds, as detailed in step 3.

We suggest using a 50/50 blend of white and yellow cheddar, but it's not required.

- 1 Preheat oven to 400°F. Line a baking sheet with parchment paper.
- 2 Add the toasted bread to the **Work Bowl**. Run **HIGH** with the **Chopping Blade** until the bread becomes crumbs.
- 3 Add the egg and process again on **LOW** for 15 seconds.
- 4 Remove the **Chopping Blade**; add the **Shredding Disc**. Shred carrots on **HIGH** until carrots are completely shredded. Add cheese.
- 5 Remove the disc and transfer the mixture to a medium bowl.
- 6 Add seasonings and stir to combine.
- 7 Shape the mixture into 28 g balls and arrange 16 balls on the lined baking sheet.
- 8 Bake for 20 minutes.
- 9 Serve warm.



Salads.

It wouldn't be **nutribullet®** without a collection of recipes devoted to all things veggie. These delicious salads feature unique combinations of nourishing vegetables and mix-ins, bringing balance, flavor, and texture to every bite.



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

Shaved brussels sprout & apple salad.



THIN SLICE/SHRED DISC | SERVES 6

With its hearty ingredients and crunchy, nutty goodness, this salad is an excellent choice for picnics and meal prep, or pretty much any mealtime situation.

384 G BRUSSELS SPROUTS

2 APPLES, SMALL, CORED AND HALVED

43 G HAZELNUTS, TOASTED

32 G RAISINS

1 Using the **Shredding Disc**, load the feed shoot with the Brussels sprouts and shred on **LOW**. Transfer shredded Brussels sprouts to a large bowl.

2 Use the **Shredding Disc** to process the apples. Add to the large bowl with the Brussels sprouts.

3 Add raisins and hazelnuts and toss to combine.

4 Serve with the **Creamy Poppy Seed Dressing (page 9)** on the side or in the salad.

NUTRITIONIST TIP

That signature spicy “bite” you taste when eating cruciferous veggies like Brussels sprouts, cabbage and broccoli comes from glucosinates. These are sulfur-containing compounds that deliver a host of health benefits along with their characteristic flavor.

NUTRITION FACTS PER SERVING

130 calories, 6g fat, 19g carbs, 4g fiber, 13g sugar, 3g protein

Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.

Broccoli slaw.



CHOPPING BLADE AND THICK SLICE/SHRED DISC | SERVES 6

A substantial salad that’s loaded with crunchy, flavorful veggies, this slaw is perfect as a summer barbeque side dish, or as a meal on its own.

¼ RED CABBAGE, CUT INTO LARGE CHUNKS

2 CARROTS, MEDIUM, CHOPPED INTO LARGE PIECES

384 G BROCCOLI FLORETS

3 KALE LEAVES, DEVEINED

½ TSP SALT

64 G RAISINS

64 G PUMPKIN SEEDS

1 TBSP EXTRA VIRGIN OLIVE OIL

1 Using the **Shredding Disc**, shred the cabbage piece-by-piece on **LOW**. Pour shredded cabbage into a large bowl.

2 Next, shred the carrots with the **Shredding Disc** on **LOW**. Pour into the large bowl with the cabbage.

3 Next, switch to the **Chopping Blade**. Add half of the broccoli florets to the **Work Bowl** and run on **LOW** with the **Chopping Blade**

until minced. Remove the minced broccoli from the **Work Bowl** and repeat with the remaining florets. Pour into the large bowl with the cabbage and broccoli.

4 Next, add the kale to the **Work Bowl** and run on **LOW** until minced, using the **Chopping Blade**. Pour the kale into the large bowl with the cabbage, carrots, broccoli, and kale.

5 Add 1 Tbsp of olive oil and toss to combine.

6 Add raisins and pumpkin seeds. Mix.

7 Toss with the **Green Goddess Dressing (page 12)**.

NUTRITION FACTS PER SERVING

180 calories, 8g fat, 23g carbs, 6g fiber, 14g sugar, 7g protein

Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.

Entrées.

The nutribullet® Food Processor's many functions help you enjoy all sorts of fresh and filling meals, whether you're thinly slicing vegetables, spiralizing courgette, or mincing ingredients for burgers and other patties.



For more delicious recipes,
visit nutribullet.co.uk

Ratatouille.



THICK SLICE/SHRED DISC AND CHOPPING BLADE | SERVES 6

A simple blend of summer vegetables becomes a showstopper when thinly sliced and arranged in a beautiful spiral formation. It's the perfect dish for an elegant dinner party, or any special meal.

VEGETABLES

- 1 COURGETTE, MEDIUM
- 1 YELLOW SQUASH, MEDIUM
- 1 AUBERGINE, MEDIUM
- 1 ONION, SMALL, HALVED

NUTRITION FACTS PER SERVING

70 calories, 0.5g fat, 15g carbs, 5g fiber, 9g sugar, 3g protein

Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.

SAUCE

- ½ GREEN BELL PEPPER
- ½ ORANGE OR RED BELL PEPPER
- 3 CLOVES GARLIC
- ¼ ONION
- 1 443 ML CRUSHED TOMATOES
- ½ TSP SALT
- ½ TSP PEPPER
- ½ TSP ITALIAN SEASONING
- 4 FRESH BASIL LEAVES

- 1 Using the **Slicing Disc**, load the feed chute with the courgette, yellow squash, eggplant, and onion, and slice on **HIGH**. Set aside.
- 2 Remove the **Slicing Disc**; add the **Chopping Blade**.
- 3 Add peppers, garlic, and onion into the **Work Bowl**. Mince, using the **Chopping Blade** on **HIGH** for about 30 seconds.
- 4 Add crushed tomatoes and remaining ingredients; run on **LOW** for 10 seconds until well incorporated.
- 5 Pour sauce into an 20 cm round baking pan and spread sauce over the base of the pan.
- 6 Starting at the outside edge of the dish, layer the sliced vegetables on top of the sauce so they're slightly overlapping. Follow the shape of the pan toward the center to create a spiral.
- 7 Drizzle with olive oil all around and sprinkle with salt, pepper, and Italian herbs.
- 8 Cover **Ratatouille** and bake at 135°C for 30 minutes. Uncover and continue baking for 10 minutes until all veggies are tender and sauce is bubbling. Let cool for 10 minutes.
- 9 Garnish with grated parmesan and serve with favorite type of bread like a toasted baguette.

NUTRITIONIST TIP

This dish can also be baked in an air fryer.



Creamy courgette noodles.



CHOPPING BLADE AND SPIRALIZER DISC | SERVES 4

Nothing's quite as satisfying as a big bowl of noodles and these courgette spirals, paired with a rich and creamy cashew sauce, truly hits the spot.

3 COURGETTES
(MAKES APPROX.
384 G OF NOODLES)

SAUCE

128 G RAW CASHEWS,
SOAKED
(4-6 HOURS)

128 G UNSWEETENED SOY
MILK

1 TSP GARLIC POWDER
OR 1 CLOVE

¼ TSP SALT

¼ TSP BLACK PEPPER

PINCH RED PEPPER FLAKES

TOPPINGS

1 BASIL SPRIG

32 G TOMATOES,
CHOPPED

NUTRITION FACTS PER SERVING

280 calories, 16g fat, 28g carbs,
7g fiber, 12g sugar, 15g protein

Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.

1 Using the **Spiralizer Disc**, load the feed chute with the courgette and spiralize on **LOW**. Set aside.

2 After removing the **Spiralizer Disc** and the courgette noodles from the **Work Bowl**, secure the **Chopping Blade** onto the **Blade Adapter**. Add all sauce ingredients: soaked cashews, soy milk, garlic, salt, pepper, and red pepper flakes. Run on **LOW** for 1-3 minutes, stopping periodically to scrape down the sides, until smooth and creamy.

3 In a pan on medium heat, add sauce and noodles and mix till combined. Add 1-2 tablespoons of water if needed. Heat for 3-5 minutes. Serve with basil and tomatoes.

PRO TIP

Combine courgette with butternut squash or summer squash for a colorful "pasta" mix!

Salmon burgers.



CHOPPING BLADE | SERVES 4

We recommend using an air fryer to get these juicy salmon burgers extra-crispy, but you can also pan-fry or bake them for similar results. Here, we suggest serving on a bun, but they're also great over salads, grain bowls, and other savory favorites.

- 4 142 G SALMON FILLETS, QUARTERED
- 96 G BREADCRUMBS
- 32 G FRESH DILL, PACKED
- 1 SMALL SHALLOT, QUARTERED
- 1 TBSP DIJON MUSTARD
- 1 EGG, BEATEN
- ½ TSP SALT
- 1 TSP GARLIC POWDER
- ½ TSP BLACK PEPPER

NUTRITION FACTS PER SERVING

250 calories, 10g fat, 5g carbs, <1g fiber, <1g sugar, 31g protein

Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.

PRO TIP

To elevate classic mayonnaise, combine a few heaping spoonfuls of mayonnaise with the juice from one lemon and a tablespoon of freshly chopped dill.

- 1 Add the dill and shallots to the **Work Bowl** and pulse with the **Chopping Blade** 4 times for 1 second each **PULSE**, or until minced.
- 2 Add the salmon along with remaining ingredients. **PULSE** 5 times for 2 seconds each pulse.
- 3 Transfer the salmon mixture to the mixing bowl and add the beaten egg and remaining seasonings. Mix by hand until ingredients are fully combined. Shape the mixture into four even patties.
- 4 Next, air fry the patties. Add them to the air fryer basket and cook at 176°C for 4 minutes. Flip and cook on the other side for 3 minutes.
- 5 Remove and top with **Broccoli Slaw with Red Cabbage & Carrots (page 25)**, avocado, and seasoned mayonnaise. Serve on a bun



Desserts.

Life is sweet when you can whip up wholesome desserts with minimal fuss and mess. Here, we give a sample of all of the lovely treats this machine can help create, from plant-based ice cream to hearty pie dough.



For more delicious recipes, visit nutribullet.co.uk

Healthier lemon bar.



CHOPPING BLADE | SERVES 9

These tangy-sweet lemon bars use tofu and tapioca instead of eggs and butter to create a plant-based dessert that hits all of your sweet (and sour) spots.

CRUST

400 G	ROLLED OATS
43 G	WHOLE FLAX SEEDS
1/8 TSP	SALT
4	DATES, PITTED
1/2 TSP	VANILLA EXTRACT
2 TBSP	UNSWEETENED ALMOND MILK
43 G	COCONUT OIL

NUTRITION FACTS PER SERVING

270 calories, 16g fat, 28g carbs,
4g fiber, 11g sugar, 5g protein
Nutrition facts are based on the recipe as
listed. Swapping any ingredients will alter
nutritional content.

FILLING

326 G	SILKEN TOFU, DRAINED
43 G	LEMON JUICE
1	LEMON, ZESTED
1 TSP	VANILLA EXTRACT
2 TBSP	MAPLE SYRUP
2 TBSP	TAPIOCA FLOUR
1/4 TSP	TURMERIC
2 TBSP	COCONUT OIL

- 1 Preheat the oven to 375°F. Line an 20x20 cm baking sheet with parchment paper.
- 2 Add oats, flax seeds, and salt to the **Work Bowl** and process on **HIGH** with the **Chopping Blade** until it reaches a flour-like consistency.
- 3 Add the dates, vanilla, and coconut oil. Process on **HIGH** with the **Chopping Blade** until smooth.
- 4 Add the almond milk and process again. Once it reaches a crumbly consistency, it's ready to transfer to the lined baking pan.
- 5 Press down evenly.
- 6 Make the lemon filling. Add all filling ingredients to the **Work Bowl** and process on **HIGH** for 1 minute until you have a creamy, custard-like consistency.
- 7 Pour the filling on top of the crust.
- 8 Bake for 40 minutes.
- 9 Cool and refrigerate for 2 hours. Cut into 9 bars and dust with powdered sugar.

NUTRITIONIST TIP

Tofu is made of condensed soy milk and can be found in a wide variety of textures, from silken to super firm. The difference is in how much water is pressed out of the tofu. Silken tofu is undrained and has a custard-like consistency.



Apricot & peach galette.



DOUGH BLADE AND THICK SLICE/SHRED DISC | SERVES 6

An elegant, yet simple dessert that makes the most of juicy summer stone fruits. Use our mix of peaches and apricots, or mix it up with plums, cherries, or a blend of them all.

CRUST

- 6 TBSP UNSALTED BUTTER OR PLANT-BASED ALTERNATIVE
- 3 TBSP MAPLE SYRUP
- 1 TSP VANILLA EXTRACT
- 32 G PLAIN NONFAT GREEK YOGURT OR COCONUT YOGURT
- 32 G TAPIOCA FLOUR
- 400 G OAT FLOUR + 2 TBSP FOR FLOURING SURFACE
- 2 TSP BAKING POWDER
- 2 TBSP UNSWEETENED PLAIN ALMOND MILK
- 2 TBSP WATER, IF NEEDED

FILLING

- 2 PEACHES, HALVED, STONE REMOVED
- 4 APRICOTS, HALVED, STONE REMOVED
- 1 TBSP LEMON JUICE, FRESH
- 1 TSP VANILLA EXTRACT
- 2 TSP CORNSTARCH
- ¼ TSP SALT
- 2 TBSP MAPLE SYRUP

NUTRITION FACTS PER SERVING

380 calories, 15g fat, 52 carbs, 5g fiber, 17g sugar, 9g protein

Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.

1 Make the crust. Add butter, maple syrup, vanilla, and yogurt to the **Work Bowl**. Process on **LOW** with the **Dough Blade** until creamed together and slightly fluffy. Add in tapioca flour, oat flour, baking powder, and liquid. **PULSE** 5 times, or until dough forms. Remove from **Work Bowl**. Form dough into a ball and set aside.

2 Preheat oven to 204°C.

Directions continued on the next page.



Peanut butter & cacao n'ice cream.

CHOPPING BLADE | SERVES 6

Frozen bananas make a brilliant base for dairy-free ice cream due to their thick and creamy texture. Here, we kick their flavor up a notch, adding peanut butter and cacao nibs for an extra-special treat.

- 3 Remove the **Dough Blade**; add the **Slicing Disc**. Process apricot and plum halves using the **Slicing Disc**. Transfer sliced fruit to a bowl and add remaining ingredients for the filling. Toss to mix.
- 4 Roll out the dough on an oat-floured surface into a roughly 23 cm round shape – no need for neat edges. Thickness should be about 6 mm. Transfer to a parchment-lined baking sheet.
- 5 Place the sliced peach and apricot mixture in the center of the dough, leaving a 5 cm border. Fold the edges up and over the filling, overlapping slightly (pinch together dough at bottom if it cracks when folding over). Cover with aluminum foil.

- 6 Bake for 40 minutes, removing the aluminum foil after 30 minutes.
- 7 Continue baking until crust is golden and fruits are slightly bubbling. Allow to cool 10 minutes before serving.

NUTRITIONIST TIP

Scientists have discovered concentrations of health-promoting properties in the peel of stone fruit – so keep that peel on and eat it.

PRO TIP

For additional sweetness, lightly brush the crust with maple syrup prior to baking.

- 340 G BANANA SLICES, FROZEN (ABOUT 2 LARGE BANANAS)
- 32 G CACAO NIBS
- 1 TBSP MAPLE SYRUP
- 1 TSP VANILLA EXTRACT
- 32 G PEANUT BUTTER
- 32 G UNSWEETENED ALMOND MILK

NUTRITION FACTS PER SERVING

200 calories, 11g fat, 22g carbs, 5g fiber, 10g sugar, 5g protein

Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.

- 1 Add all ingredients to the **Work Bowl**. Process on **HIGH** with the **Chopping Blade** for 1 minute.
- 2 Scrape down the sides. Process again for another minute.
- 3 Transfer **N'ice Cream** to a loaf pan lined with parchment paper.
- 4 Freeze for 2 hours and serve.

NUTRITIONIST TIP

Cocoa powder starts out as cacao, but is processed at high heats and is often combined with powdered milk or sugar. Cacao is processed at much lower temperatures – therefore retaining more of its nutritional benefits.



Food foundations.

Basic components you can make and use in a variety of recipes and creations.



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DIY oat flour.



CHOPPING BLADE | 16 SERVINGS

Homemade oat flour is a breeze to make, and so much more affordable than its store-bought counterpart.

384 G ROLLED OATS

NUTRITION FACTS PER SERVING

110 calories, 2g fat, 19g carbs,
3g fiber, <1g sugar, 5g protein

Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.

- 1 Add oats to the **Work Bowl**. Process on **HIGH** with the **Chopping Blade** for about 1 minute, then stir. Repeat the process until the oats become flour.
- 2 Store in an airtight container.

DIY breadcrumbs.



CHOPPING BLADE | 2 SERVINGS

There's nothing easier than making homemade breadcrumbs. Feel free to experiment with different types of bread, or mix in herbs and flavorings for a little something extra.

3 SLICES BREAD, TOASTED

NUTRITION FACTS PER SERVING

100 calories, 1.5g fat, 18g carbs,
2g fiber, 2g sugar, 4g protein

Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.

- 1 Add the toasted bread to the **Work Bowl**. Process on **HIGH** with the **Chopping Blade** until the bread becomes crumbs.
- 2 Store in an airtight container.

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