

Recipe guide.

Recipes, tips,
& more.



nutribullet
LITE™
IMMERSION BLENDER

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



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Thank you for purchasing the nutribullet Lite™ Immersion Blender.



nutribullet Lite™ Immersion Blender recipe guide.

Silky soups, hearty stews, smooth sauces—whatever you're whipping up, the nutribullet Lite™ gets right into the mix to make easy work of it all.

This ergonomic immersion blender can be used for a wide range of culinary tasks, from blending hearty soups right in the pot to mixing batters and emulsifying dressings and spreads.

To start you off, we've compiled some of our favorite recipes that showcase the ease and versatility of this handy blender. Sumptuous sauces, fluffy whipped cream, crowd-pleasing brunch dishes – it's all on the menu. Once you get a handle (pun intended) on its many capabilities, you'll be equipped to concoct unlimited creations of your own.

Recipe icons.

We've marked our recipes with icons to help you quickly identify their health benefits and special qualities. Here's the scoop on what they mean:



VEGAN

Free of meat, dairy, eggs, or other animal products.



CONTAINS NUTS

Contains nut ingredients or byproducts.



CONTAINS DAIRY

Contains milk or milk-based ingredients, including casein, whey, or lactose.



CONTAINS GLUTEN

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



PROTEIN POWERHOUSE

Each recipe marked with this icon contains a notable amount of protein.

⚠ WARNING! Blades are sharp, handle with care. Always unplug the blender before attempting to dislodge any food from the blades. Always unplug the blender before attempting to attach or remove the Blending Arm or other component.





Sauces, dressings, & condiments.

From sweet to savory, this selection of dressings, sauces, and other accoutrements bring next-level deliciousness to every bite.



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

⚠ CAUTION! To prevent splattering, always ensure the Blending Arm is completely submerged in your mixture before blending. Never blend near the top of your mixture, especially when blending hot ingredients, so as to avoid thermal injuries. Always allow the motor to come to a complete stop before removing the Blending Arm from the mixture.

Classic marinara.



YIELDS 2½ CUPS | MAKES 5 (½ CUP) SERVINGS

With your immersion blender, homemade marinara sauce is incredibly easy to make, and so delicious, you might just ditch the jar for good. Buon appetito!

- 1 ONION, SMALL, QUARTERED, FINELY CHOPPED
- 8 CLOVES GARLIC, MINCED
- 3 TBSP AVOCADO OIL
- 1 28-OZ CAN OF WHOLE PEELED ROMA TOMATOES
- 1 TBSP ITALIAN SEASONING
- 1 TSP OREGANO
- 1 TSP SALT
- 1 TSP SUGAR
- 8 BASIL LEAVES

- 1 Heat oil in a medium pot over medium heat. Add garlic and onion and sauté until translucent.
- 2 Add the whole can of Roma tomatoes with the liquid included, along with the Italian seasoning, oregano, salt, and sugar. Simmer for 30 minutes.
- 3 Remove the pot from the heat and stir in the fresh basil leaves. Using the **Blending Arm** of the **nutribullet Lite™ Immersion Blender**, blend ingredients in the pot until they reach the desired consistency.

NUTRITIONIST TIP

When tomatoes are heated — as they are in the canning process — their powerful antioxidant, lycopene becomes more available to the body. This means lightly processed tomato products may offer even more health benefits than their fresh counterparts.

NUTRITION FACTS PER ½ CUP SERVING:

120 calories, 8g fat, 11g carbs, 2g fiber, 5g total sugars, <1g added sugars, 2g protein. **Nutrition facts are based on the recipe as listed. Adding or swapping any ingredients will alter nutritional content.**



Date caramel.



YIELDS 2½ CUPS | MAKES 18 (2 TBSP) SERVINGS

Silky, rich, and sweet, this delectable treat makes a lovely plant-based alternative to classic caramel. Use it as a natural sweetener for coffee drinks and smoothies, as a spread for bread and pastries, or as a topping for ice cream and other desserts.

- 12 OZ MEDJOOOL DATES, DRIED, PITTED (ABOUT 20 DATES)
- 3 CUPS WATER
- 2 TSP VANILLA EXTRACT

NUTRITION FACTS PER 2 TBSP SERVING:

50 calories, 0g fat, 14g carbs, 1g fiber, 13g total sugars, 0g added sugars, 0g protein. **Nutrition facts are based on the recipe as listed. Adding or swapping any ingredients will alter nutritional content.**

CULINARY TIP

If you have the 3-in-1 nutribullet Lite™ configuration, you can blend your dates using the Chopping Bowl attachment.

- 1 Soak dates in water for 4 – 8 hours.
- 2 Add the dates, with their water and the vanilla, to a mixing bowl. Using the **Blending Arm** of the **nutribullet Lite™ Immersion Blender**, blend ingredients until the mixture is smooth and thick.

NUTRITIONIST TIP

This recipe is free of added sugar. Opting for naturally sweet whole foods like dates instead of refined and processed sweeteners gives you additional nutritional benefits, like fiber and antioxidants.



Hot honey mustard vinaigrette.

YIELDS 1 CUP | MAKES 8 (2 TBSP) SERVINGS

Spicy, sweet, and tangy, this delicious dressing adds pizzaz to salads, veggie trays, sandwiches, and more!

¾ CUP	OLIVE OIL
¼ CUP	APPLE CIDER VINEGAR
2 TBSP	LEMON JUICE
½ TSP	ONION POWDER
½ TSP	GARLIC POWDER
¼ TSP	WHITE PEPPER
¼ TSP	SALT
1 TSP	CHILI FLAKES
1 TSP	DRIED PARSLEY
1 TSP	WHOLE GRAIN MUSTARD
2 TBSP	HONEY

- 1 Add all ingredients to the **nutribullet Lite™ Blending Cup**, or a wide-mouth jar.
- 2 Attach the **Blending Arm** of the **nutribullet Lite™ Immersion Blender** and mix on high until ingredients are fully combined.

NUTRITIONIST TIP

Studies have proven that fats help to stabilize blood sugar levels and keep hunger pangs at bay. Plant-based fats found in avocados, nuts, seeds, and certain oils protect our hearts from cardiovascular disease.

NUTRITION FACTS PER 2 TBSP SERVING:

200 calories, 20g fat, 5g carbs, 0g fiber, 5g total sugars, 4g added sugars, 0g protein. **Nutrition facts are based on the recipe as listed. Adding or swapping any ingredients will alter nutritional content.**

Whipped cream.



YIELDS 1½ CUPS | MAKES 6 (¼ CUP) SERVINGS

Nothing beats fresh whipped cream. Add a dollop to just about anything to make it instantly better.

1¼ CUPS **HEAVY CREAM**
1 TBSP **CONFECTIONERS SUGAR**
½ TSP **VANILLA EXTRACT**

NUTRITION FACTS PER ¼ CUP SERVING:

90 calories, 9g fat, 2g carbs, 0g fiber, 2g total sugars, 1g added sugars, 1g protein. **Nutrition facts are based on the recipe as listed. Adding or swapping any ingredients will alter nutritional content.**

- 1 Add all ingredients to the **nutribullet Lite™ Blending Cup**, or a large bowl.
- 2 Attach the **Whisk** attachment to the **nutribullet Lite™ Motor Body** and whisk on **HIGH** for 4 minutes, or until soft peaks form.

CULINARY TIP

To elevate your homemade whipped cream even more, add in finely chopped fresh herbs like mint or lavender before mixing. You can also try a bit of lemon or orange zest for a fresh, citrusy touch.





Hardboiled egg mayo.

YIELDS 1½ CUPS | MAKES 24 (1 TBSP) SERVINGS

This innovative mayo method yields creamy, delicious results while cutting way down on oil, making it a lower fat, lower-calorie alternative to the traditional spread.

4	HARDBOILED EGGS
¼ CUP	WATER
1 TSP	WHOLE GRAIN MUSTARD
½ TSP	SALT
2 TBSP	OIL

- 1 Add all ingredients to the **nutribullet Lite™ Blending Cup**, or a wide-mouth jar.
- 2 Attach the **Blending Arm** of the **nutribullet Lite™ Immersion Blender** and blend ingredients on high until smooth.

NUTRITION FACTS PER 1 TBSP SERVING:

25 calories, 2g fat, 0g carbs, 0g fiber, 0g total sugars, 0g added sugars, 1g protein. **Nutrition facts are based on the recipe as listed. Adding or swapping any ingredients will alter nutritional content.**

NUTRITIONIST TIP

While you can find pre-packaged condiments at the grocery store, the processed, jarred stuff doesn't hold a candle to the flavor of homemade versions made from fresh and simple ingredients.

Heartier fare.

Big breakfasts, filling stews – when you're looking to mix, whisk, or blend up heartier fare, the Lite is here to lend a hand.



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



Banana bread pancakes.



YIELDS FOUR 4" PANCAKES | MAKES 4 SERVINGS

This recipe takes banana pancakes and makes them even tastier, adding walnuts, cinnamon, and nutmeg for an extra helping of cozy comfort.

2	BANANAS, MEDIUM (1½ CUPS MASHED BANANA)	2 TSP	BAKING POWDER
		½ TSP	SALT
1 TBSP	COCONUT OIL	2 TSP	GROUND CINNAMON
1 CUP + ¼ CUP	UNSWEETENED ALMOND MILK, DIVIDED	½ TSP	GROUND NUTMEG
		½ TSP	WALNUTS, TOASTED
1 CUP	ALL-PURPOSE FLOUR		COCONUT OIL OR COOKING SPRAY
2 TBSP	SUGAR		



1 Add bananas, coconut oil, and 1 cup of almond milk to a large mixing bowl. Attach the **Blending Arm** to the **nutribullet Lite™ Immersion Blender** and blend on **HIGH**.

2 Add flour, sugar, baking powder, salt, cinnamon, and nutmeg and blend on **LOW** until combined. Mix in more almond milk if needed to thin out the batter, then gently fold in the walnuts.

3 Warm a skillet or griddle on the stove over medium heat. Carefully rub the surface with an oiled paper towel.

4 Spoon 2-3 tablespoons of batter onto the skillet for each pancake, leaving at least 1" of space between them. Cook until the surface begins to bubble, around 1-2 minutes. With a spatula, carefully flip and cook the other side for 1-2 more minutes, until golden brown.

NUTRITIONIST TIP

Gluten is a protein found in all forms of wheat (such as spelt and farro), rye, and barley. It's responsible for giving baked goods their elasticity, volume, and texture.

A gluten-free diet is recommended for anyone diagnosed with celiac disease, an autoimmune disorder that is triggered by gluten. It's also for people with an intolerance to digesting gluten, or gluten sensitivity.

NUTRITION FACTS PER

1-4" PANCAKE:

310 calories, 15g fat, 42g carbs, 4g fiber, 8g total sugars, 0g added sugars, 6g protein. **Nutrition facts are based on the recipe as listed. Adding or swapping any ingredients will alter nutritional content.**

Smoky lentil soup.



YIELDS 48 OZ | MAKES 8 SERVINGS

This is a fantastic, healthy weeknight meal that gets a great textural boost from the **nutribullet Lite™ Immersion Blender**. It's also great for meal prep — make a big batch and enjoy it all week long!

- 1 ONION, MEDIUM, QUARTERED
- 6 CLOVES GARLIC, MINCED
- 2 CARROTS, MEDIUM, DICED
- 2 CELERY STALKS, DICED
- 1 LEEK, WHITE ONLY, THINLY SLICED
- 2 TBSP OLIVE OIL
- 16 OZ RED LENTILS (1 LB)
- 1 TSP SMOKED PAPRIKA
- 1 TSP TURMERIC
- ¼ TSP GROUND CUMIN
- ½ TSP THYME, DRIED
- 1½ TSP SALT
- ¼ TSP PEPPER
- 4 CUPS VEGETABLE BROTH
- 4 CUPS WATER

NUTRITION FACTS PER SERVING:
260 calories, 4g fat, 43g carbs, 7g fiber, 4g total sugars, 0g added sugars, 15g protein. **Nutrition facts are based on the recipe as listed. Adding or swapping any ingredients will alter nutritional content.**

- 1 Heat oil in a large pot over medium, and add in the onion, garlic, carrots, celery, and leeks. Stir until the onion is translucent and the other veggies have softened, about 5 minutes.
- 2 Add the remaining ingredients and increase the heat to high to bring the mixture to a boil. Partially cover the pot and reduce the heat to maintain a gentle simmer for 25 to 30 minutes, or until the lentils are tender.
- 3 Turn off the heat. Attach the **Blending Arm** of the **nutribullet Lite™ Immersion Blender** and blend until the soup is thick and creamy, with some larger pieces of lentils and vegetables still intact.

CULINARY TIP

Serve with lemon wedges for a bright burst of flavor.

If your **nutribullet Lite™** comes with a chopper, you can use it to chop the garlic, onions, carrots, and celery.



NUTRITIONIST TIP

While eating legumes like lentils is great for our bodies, growing them is great for the soil. This is because they help to “fix” nitrogen – a natural process in which certain plants, like legumes, work with specific bacteria to convert nitrogen from the air into a form that plants can use for growth. This can improve soil fertility and reduce the need for synthetic fertilizers.

⚠ WARNING! If using the Chopper Attachment, avoid tilting the bowl. The blade can drop on your hand, which can cause severe injuries.

Veggie frittata.



YIELDS ONE 10" FRITTATA | MAKES 4-6 SERVINGS

Frittatas are a wonderful way to use up those last bits of produce in your fridge. These veggie suggestions are great, but you can adapt your mix-ins to whatever you have available.

1/2	ONION, QUARTERED	2 CUPS	BABY SPINACH
1/2	ZUCCHINI, SMALL, QUARTERED	8	EGGS
1	CARROT, MEDIUM, QUARTERED	1/2 CUP	REDUCED-FAT MILK
1/2	RED BELL PEPPER, MEDIUM, QUARTERED	2 TBSP	NUTRITIONAL YEAST
		1/2 TSP	SALT
		1/2 TSP	PEPPER
		2 TBSP	OLIVE OIL



- 1 Preheat oven to 350°F.
- 2 Add the onion, zucchini, carrot, and bell pepper to the **Chopping Bowl** attachment. Attach the **nutribullet Lite™ Motor Body** and pulse on **HIGH** until sufficiently chopped. Transfer to a bowl and set aside.
- 3 Add the spinach to the **Chopping Bowl** attachment, attach the **Motor Body** and pulse on **LOW** until chopped. Set aside.
- 4 Add eggs, milk, nutritional yeast, salt and pepper to a large bowl. Attach the **Whisk** to the **Motor Body** and mix on Low until fully combined. Set aside.
- 5 Warm olive oil in a 10" cast iron skillet on the stovetop over medium heat. Add vegetables and sauté until softened.
- 6 Turn off the burner and make sure vegetables are evenly distributed before pouring in the egg mixture.
- 7 Transfer to the oven and bake for 15 minutes, or until an inserted skewer comes out clean.

NUTRITIONIST TIP

Choline is an essential nutrient that plays a crucial role in several important bodily functions, including brain development, liver function, muscle movement, and nerve signaling. Eggs (or specifically, egg yolks) are one of the richest sources of choline.

CULINARY TIP

If your nutribullet Lite™ does not include the Chopping Bowl or Whisk attachment, you can dice the veggies in advance and whisk the egg mixture with the Blending Arm.

NUTRITION FACTS PER

1/6 FRITTATA SERVING:

150 calories, 11g fat, 5g carbs, 1g fiber, 3g total sugars, 0g added sugars, 10g protein. **Nutrition facts are based on the recipe as listed. Adding or swapping any ingredients will alter nutritional content.**

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