MAGIC BULLET®

QUICK START GUIDE



STRAWBERRY BANANA **SMOOTHIE**

This deliciously satisfying, fruity drink is perfect any time of day.

- ½ cup fresh or frozen strawberries
- 1 banana
- 1 cup ice
- ½ cup orange juice

Add all ingredients to the **Tall Cup** or **PartyMug** and twist on the **Cross Blade**. Blend until smooth.

TIP: To reduce your sugar intake, replace orange juice with unsweetened almond milk, water, coconut water or chilled green tea.

FOR MORE DELICIOUS RECIPES VISIT
GETMAGICBULLET.COM

In addition to smoothies, make breakfast, frappes, desserts, dips, soups, sauces or cocktail recipes.

HOW IT WORKS

Using the Magic Bullet® is as easy as 1, 2, 3:



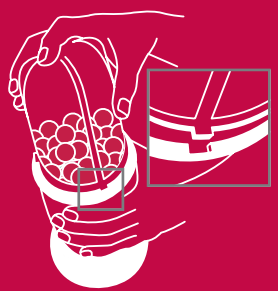
1

Load the ingredients into the **Tall Cup, Short Cup** or **Party Mug**



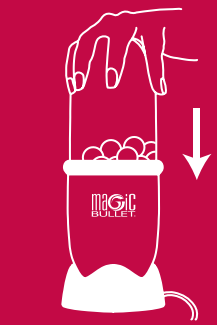
2

Twist on the **Cross Blade** until the blade and cup have a tight seal.



3

Line up the tabs on the cup and with the tabs on the **Power Base**. Press the cup down onto the base to turn on the machine.



For more information on how to use your Magic Bullet® please see your Magic Bullet® user guide.

QUICK REFERENCE SAFE BLENDING GUIDE

THESE SAFETY GUIDELINES ARE INTENDED FOR QUICK REFERENCE ONLY. CAREFULLY READ ALL INSTRUCTIONS IN YOUR USER MANUAL BEFORE OPERATING YOUR MAGIC BULLET®. SAVE THESE INSTRUCTIONS.

GENERAL SAFETY

Close supervision is necessary when any appliance is used by or near children. Keep cord out of reach of children.

Always operate the **Magic Bullet®** on a level surface, leaving unobstructed space beneath and around the Power Base to permit proper air circulation. Slots on the bottom of the Power Base are provided for ventilation to ensure reliable operation and to prevent motor over-heating.

Periodically inspect all **Magic Bullet®** components for damage or wear that may impair proper function or present an electrical hazard. Assure that the power cord and plug are undamaged. Discontinue use and replace Blending Containers if you detect cracking, crazing, cloudiness or damage to the plastic. Assure that the Blades rotate freely and that the gasket is seated and undamaged. Assure that Power Base switch actuators are unobstructed, clean, and depress easily. Follow maintenance instructions in User Manual and never operate your **Magic Bullet®** with damaged components. If your **Magic Bullet®** malfunctions in any way, immediately discontinue use and contact the **Magic Bullet Customer Service at (855) 346-8874.**

HEAT AND PRESSURE SAFETY

WARNING: TO AVOID PERSONAL INJURY, NEVER BLEND HOT INGREDIENTS OR LIQUID IN ANY CLOSED-TOP BLENDING CONTAINER OR PITCHER!! Heated ingredients can pressurize sealed containers when agitated and violently expel hot contents upon opening. Always start the blending process with room temperature or refrigerated ingredients and liquids (21°C/70°F or cooler).

WARNING: Never Continuously Operate for Longer Than Necessary to Create a Smoothie — generally less than one-minute. Blade friction from prolonged operation can heat ingredients and generate internal pressure in the sealed container. **If the Blending Container is warm to touch, allow to cool. Slowly unscrew the Blade Assembly from the Blending Container, pointed away from your face and body, to release any residual pressure.** Pressure can cause the blended contents to erupt from the Container, resulting in possible personal injury or property damage.

WARNING: Never Blend Carbonated Liquids or Effervescing Ingredients (e.g., baking soda, baking powder, yeast, etc.). Pressure from released gases can cause a sealed Blending Container to burst, resulting in possible injury or property damage.

Sugar in fruits and vegetables can ferment over time, releasing gases and causing pressure to build up in a sealed Blending Container. If you will not consume your smoothie immediately, remove the Blade, cover the Container with a lid or plastic wrap, and refrigerate. **Never store any blended mixture in a sealed Blending Container or for any prolonged period of time; contents will spoil and ferment.**

BLADE SAFETY

BLADES ARE SHARP! HANDLE CAREFULLY. Use care when handling any Blade. To avoid laceration injury, do not handle or touch any Blade edge.

To Prevent Leakage and the Possible Separation of Components During Operation, properly align and securely attach (hand tighten) the Blade to a Blending Container, and check for leakage before placing it on the Power Base and operating your **Magic Bullet®**.

Never Store any Blade in the Power Base unless attached to a Blending Container. An exposed blade can present a laceration hazard.

ELECTRICAL SAFETY

When using any electrical appliance, basic safety precautions should always be observed, including the following:

To avoid risk of electric shock, never immerse the Cord, Plug, or Power Base of blender in water or other electrical current conducting liquids. Discontinue use if the Cord, Plug, or Power Base is damaged.

Do not use this product in locations with different electrical specifications or plug types. Do not operate with any type **of plug adapter or voltage converter device, as these may cause electrical shorting, fire, electric shock, personal injury or product damage.**

Your **Magic Bullet®** has a **US/Canadian** configured polarized plug (one prong is wider than the other) to reduce the risk of electric shock. This plug will correctly fit in a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. For your safety, do not modify the plug or Motor Base in any way.

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magic BULLET®



User & Recipe Guide

Important Safeguards

Warning! To avoid the risk of serious injury, carefully read all instructions before operating your Magic Bullet®. When using any electrical appliance, basic safety precautions should always be observed, including the following important information.

Save These Instructions!
FOR HOUSEHOLD USE ONLY

GENERAL SAFETY INFORMATION

- Close supervision is necessary when an appliance is used by or near children. Keep cord out of reach of children.
- **NEVER LEAVE THE MAGIC BULLET® UNATTENDED WHILE IT IS IN USE.**
- Do not use your Magic Bullet® for anything other than its intended use.

HEAT & PRESSURE SAFETY

Do not blend hot or carbonated ingredients!

- Never put hot or carbonated ingredients in any of the cups before or while blending. Heated ingredients can cause pressure to build up in the sealed cup, causing possible expulsion of hot ingredients which may cause personal injury or property damage. **Start with room temperature or cooler ingredients (21°C/70°F or cooler).**
- To prevent overheating and pressure build up, **never allow the Magic Bullet® to run more than one minute** at a time. Ingredients can overheat, building pressure inside the cup that may cause the cup to burst, which may result in possible personal injury or property damage.
- **Never blend carbonated liquids or effervescing ingredients (e.g., baking soda, baking powder, yeast, cake batter, etc.).** Built-up pressure from released gases can cause the cup to burst resulting in possible personal injury or property damage.

WARNING!

If the machine is left to run for longer than a minute, friction from the rotating extractor blades can heat ingredients and build pressure inside of the sealed cup. If your cup is warm to the touch, stop the machine immediately and allow cup to cool completely. To open, point the cup away from your body and slowly untwist the lid.

- After blending ingredients, allow the contents to settle and release any pressure that may have built up during the extraction process by slowly unscrewing the cup from the blade assembly. Point the cup away from you as you open it, in case there is any built-up pressure.
- If the motor stops working, unplug the motor base and let it cool down for at least 15 minutes before attempting to use it again. Your Magic Bullet® has an internal thermal breaker that shuts off the unit when it overheats. Letting the thermal breaker cool down should allow the motor base to reset.
- **Do not allow blended mixtures to sit in a sealed cup for long periods of time!** Sugar in fruits and vegetables can ferment, causing pressure to build up and expand in the cup. This can cause ingredients to burst and spray out when moved or opened. If you do not plan to consume the contents immediately, seal your cup with the Magic Bullet® stay-fresh resealable lid. Periodically unscrew the lid to release internal pressure if storing longer than a few hours.

CROSS BLADE SAFETY

Cross blades are sharp! Handle carefully.

WARNING!

Use care while handling the cross blades. Do not touch the cross blade edges to avoid injury.

AVOID CONTACT WITH MOVING PARTS! To reduce the risk of severe personal injury, keep hands and utensils out of and away from the cross blade while blending food. **To reduce risk of personal injury or property damage,** make sure the cross blade is securely hand-tightened onto the cup before placing it on the motor base and operating the Magic Bullet®.

Never store the cross blade in the motor base without a cup attached. The exposed blades can present a very dangerous hazard.

- To prevent leakage and/or property damage, **always make sure your cross blade is undamaged and the**

gasket is completely seated in the cross blade before each use. Leakage may cause residue buildup and damage the motor base. Contact Customer Service 1 (800) 523-5993 for assistance if any component is damaged or loose, or if you have any questions.

- Once you have finished using your Magic Bullet®, wait to remove the cup/cross blade assembly from the motor base until the motor comes to a complete stop and the unit powers down completely. Taking the cup off the unit prior to complete power down can cause damage to the cross blade coupling and/or motor gear.

Never run the Magic Bullet® without food or liquid ingredients in any of the cups.

- Your Magic Bullet® is not intended to be an ice crusher. Attempting to crush ice may cause permanent damage to the cross blades or cause the unit to malfunction, resulting in personal injury or property damage.

CUP SAFETY

- **To avoid leakage, do not overfill the cup!** Make sure your ingredients and liquid do not exceed the MAX line. The Cyclonic Action® of your Magic Bullet® requires room to operate effectively. Exceeding the MAX line can result in leakage and may create a dangerous pressurization which can cause the vessel and blade assembly to separate.
- Periodically inspect your Magic Bullet® components for damage or wear that may impair proper function. Discontinue use and replace components if you detect cracking, crazing or cloudiness, or other damage to the plastic cups, tabs (on the side of the cup), or the motor base. You may purchase new cups and cross blades at getmagicbullet.com or by contacting Customer Service. **We recommend replacing your cross blade and cups every 6 months or as needed for optimal performance.**

ELECTRICAL SAFETY

WARNING!

Do not use this product in locations with different electrical specifications, or plug types or with any type of plug adapter or voltage converter device. Doing so may result in fire, electric shock, personal injury or product damage. Use of adapters and converters or use in locations with different electrical specifications or plug types is considered an unauthorized modification of the and will therefore void the warranty.

- The use of attachments, including canning jars, is not recommended and may cause fire, electric shock, personal injury, or product damage and will void the warranty.
- To avoid risk of electric shock, never immerse the cord, plug, or motor base in water or other liquids which can conduct an electrical current.
- Always **POWER OFF** and **UNPLUG** the Magic Bullet® when it is not in use, and **BEFORE** assembling, disassembling, changing accessories, or cleaning.
- Periodically inspect the cord, plug, and machine for damage. Do not operate the Magic Bullet® if its cord or plug is damaged. Cease operation of the Magic Bullet® if it has been dropped or damaged, or if it malfunctions in any manner (including making a louder-than-normal or abnormal sound when blending).
- Do not use the Magic Bullet® outdoors or in inclement weather.
- Do not allow the cord to hang over the edge of the table or counter.
- Do not pull, twist, or damage the power cord.
- Do not allow cord to touch hot surfaces, including the stove.

POLARIZED PLUG INFORMATION:

- This appliance has a polarized plug (one prong is wider than the other) to reduce the risk of electric shock. This plug will correctly fit in a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not modify the plug in any way, as doing so will void the warranty.
- The plug of your Magic Bullet® features important markings that render it unsuitable for replacement. If damaged, please contact Customer Service for assistance in obtaining a replacement motor base.

VENTILATION SAFETY

- The motor base features ventilated openings on the bottom to ensure reliable motor operation and prevent over-heating. To prevent a fire hazard, make sure that these openings remain unobstructed by dust, lint, or other materials. Never place your Magic Bullet® on top of flammable items such as newspapers, tablecloths, napkins, dishtowels, place

mats or other similar materials.

- **CAUTION!** Always operate the Magic Bullet® on a level surface, leaving unobstructed space beneath and around the motor base to permit proper air circulation.

IMPORTANT MICROWAVE SAFEGUARDS

- Do not place any of the Magic Bullet® parts in a microwave, oven or stove-top pot or immerse in boiling water as this may result in damage.

MEDICAL SAFETY

- The information contained in this User Guide is not meant to replace the advice of your physician. Always consult your physician regarding health and nutrition concerns.

MEDICATION INTERACTIONS:

- If you are taking any medication, especially cholesterol medication, blood thinners, blood pressure drugs, tranquilizers, or antidepressants, please check with your physician before trying any of the recipes.
- Avoid blending the following seeds and pits, as they contain a chemical known to release cyanide into the body when ingested: apple seeds, cherry pits, plum pits, peach pits, and apricot pits.

CLEANING & MAINTENANCE INSTRUCTIONS

- Cleaning the Magic Bullet® is easy. Simply place any of the parts (except for the motor base and cross blade) on the top rack of the dishwasher or hand wash with warm, soapy water and rinse.

HERE'S HOW TO CLEAN THE MAGIC BULLET®

- **STEP 1: ALWAYS POWER OFF** and **UNPLUG** the motor base from the outlet when it is left unattended, before assembling, disassembling, changing accessories or approaching parts that move in use or when cleaning. **Do not attempt to handle the appliance until all parts have stopped moving!**
- **STEP 2:** Make sure the blending cup/cross blade is not attached to the motor base.
- **STEP 3:** Clean the individual components (motor base, cross blades, Magic Bullet® blending cups).

MOTOR BASE:

- To avoid risk of injury, **NEVER** use your hands or utensils to clean the White Actuator Tabs while the Magic Bullet® is plugged in.
- **NEVER** submerge the motor base in water or put in the dishwasher.
- Do not remove the rubber or plastic liners inside the motor base.
- Use a sponge or dish cloth dampened with warm soapy water to wipe down the inside and outside of the motor base until clean.
- Pay particular attention to the actuator tabs on the inside of the motor base to loosen any stuck or sticky debris from drips and spills. If necessary you may use a small brush to scrub the area to ensure it is kept clean.

CROSS BLADES:

Do not remove the gasket as this may permanently damage the cross blade and cause leakage.

- If after washing as indicated additional disinfecting is desired, you may rinse with a 10% vinegar/water solution. If, over time, the gasket becomes loose or damaged, you may order a new cross blade at getmagicbullet.com or contact Customer Service for a replacement cross blade.
- Dry the cross blades completely. It is helpful to turn the blade on its side in your dish drainer to ensure **BOTH SIDES** of the cross blade are completely dried.
- We recommend replacing your Magic Bullet® cross blade every 6 months or as needed for optimal performance. To order replacement cross blades, simply visit: getmagicbullet.com.

BLENDING CUPS (CUPS, LIDS AND LIP RINGS):

- These items are all **TOP RACK** dishwasher safe. We recommend rinsing them and giving them a quick brush with a dish brush to remove any dried debris before washing them in the dishwasher. **NEVER** use the sanitize cycle to wash the blending cups as this may warp the plastic.
- Regularly check the tabs (3) on the sides of the cups for damage (cracking, crazing, breakage or rounding). If the tabs are damaged, discontinue use and replace immediately to prevent possible personal injury.

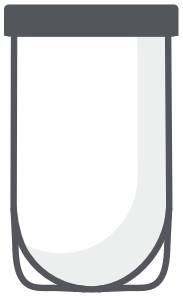
Save These Instructions!



What's Included



motor base



tall cup
with lip ring



stainless steel
cross blade



short cup



stay-fresh
resealable lid



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Intro

READY TO WIN IN THE KITCHEN?
Let the Magic Bullet® be your partner in crime. Fast, versatile, and easy to use, this one-of-a-kind appliance makes an endless array of tasty creations for just about any occasion.

Whip up chunky salsas, creamy party dips, refreshing smoothies, and festive cocktails in seconds for entertaining and solo snacking alike.

Another bonus? Its compact size. The Magic Bullet® takes up way less counter space than bulky blenders or food processors - though it has the chops to tackle both of their jobs. Its handy design makes food prep a joy and cleanup a snap, and most components are dishwasher-safe.

It's the easiest way to create a world of treats. Chop, blend and mix your way to tasty fun with the your personal kitchen assistant.

Icons

The Magic Bullet® is a great tool for those who like to know exactly what goes into their food. To accommodate mindful eaters, we've created a series of icons that identify vegan, vegetarian and/or gluten-free recipes that appear in this book.

GLUTEN-FREE: Recipes free of ingredients that contain gluten like wheat, wheat flour, barley, or rye.

VEGETARIAN: Recipes free of meat. May contain dairy, eggs, or honey.

VEGAN: Recipes free of meat, dairy, eggs, or other animal products.

THE RECIPES IN THIS COOKBOOK provide tasty meals, snacks, and treats to get you started on your Magic Bullet® journey. Stick to the book word for word, add or omit ingredients from its recipes, or concoct totally original creations to suit your individual tastes. Whatever you decide, the Magic Bullet® will be right by your side for all of your kitchen adventures!

Using the Magic Bullet®

Using the Magic Bullet® is as easy as 1, 2, 3:



1

Load the ingredients into the cup (do not exceed the MAX line



2

Twist on the cross blade until the blade and cup are tightly sealed.



3

Line up the tabs on the cup and with the tabs on the motor base. Press the cup down onto the base to turn on the machine.

Here's how it works:

The Magic Bullet® will blend for as long as you press the cup down onto the motor base. To stop blending, simply release pressure on the cup.



"Lock-on" mode:

For hands-free operation, press down and gently turn the cup clockwise until the tabs lock under the lip of the motor base. Once you are in lock-on mode, the motor will run continually (do not run for longer than a minute!). To stop blending, simply twist the cup counter-clockwise to release pressure on the tabs.

Storing leftovers in the Magic Bullet® cups

The Magic Bullet® includes Stay Fresh Resealable lids that twist directly onto your Magic Bullet® cups, allowing you to prep food ahead of time, keep leftovers fresh, or take your meal on the go without dirtying an extra storage container.

CAUTION:
Before using the cross blade, check the gasket to make sure it is not damaged and it is completely seated in the cross blade unit before each use.

Never put your hands or utensils near the moving cross blades and never use your hands or utensils to press the activator buttons down while the motor base is plugged in.

IF THE CROSS BLADE STOPS SPINNING WHILE IN LOCK ON MODE, IMMEDIATELY UNPLUG THE MAGIC BULLET®. Hard ingredients like carrots or celery can get stuck in the cross blade and stop it from turning. If this happens, **UNPLUG THE MAGIC BULLET® RIGHT AWAY.** Remove the blade/cup assembly from the motor base, and give ingredients a good shake to unblock the cross blade. If the cross blade still remains obstructed, twist the cross blade attachment off of the cup and carefully spin the metal blades using a utensil (not your fingers) to release the blockage. Reattach the cross blade to the cup, plug in the Magic Bullet® and try again. It should spin normally.

NEVER RUN THE MAGIC BULLET FOR MORE THAN ONE MINUTE AT A TIME, AS IT CAN CAUSE PERMANENT DAMAGE TO THE MOTOR. If the motor stops working, unplug the motor base and let it cool for a few hours before attempting to use it again. Your Magic Bullet® has an internal thermal breaker that shuts the unit off when it overheats. Letting the thermal breaker cool down should allow it to reset.



Veggie Omelet

Whip up this hearty, healthy breakfast to start your day with veggies.

¼ tbsp olive oil
or butter

½ boiler onion
or ⅛ medium
white onion

¼ tomato or 1-2
cherry tomatoes

¼ cup spinach

1-2 eggs

Salt & pepper to taste

1. Heat ½ tbsp olive oil or butter in a small pan over medium heat. Add onion and tomatoes to the short cup, screw on the cross blade and pulse to coarsely chop. Transfer to the pan and sauté until soft, about 3 minutes. Add spinach and cook until wilted and warm, another two minutes. Reduce heat to low.

2. Rinse and dry the short cup. Add in eggs, salt, and pepper, twist on the cross blade, and pulse on the motor base 3-5 times until fully whipped. Add to the pan, stirring quickly to distribute ingredients, then let rest to form a flat omelet.

3. When the omelet sets, fold the egg 'pancake' in half and serve.



Banana Coffee Frappe

Don't waste money on expensive, sugary frozen drinks. Instead, try this tasty twist, using a frozen banana in place of artificially sweetened mixes.

½ frozen banana, slightly thawed

¼ cup brewed coffee (Allow brewed coffee to cool to room temperature prior to blending.)

½ cup milk of choice (dairy, almond, soy, hazelnut, hemp, etc.)

⅛ tsp vanilla extract

1. Blend the frozen banana, cooled coffee, milk, and vanilla in the tall cup until smooth.



Creamy Coconut Coffee

Infuse your coffee with this coconut and get buzzin'!

1½ cups brewed coffee (Allow brewed coffee to cool to room temperature prior to blending.)

1½ tsp cold-pressed coconut oil

1. Combine cooled coffee and coconut oil in the tall cup, blend until well incorporated.
2. Transfer to a coffee mug and heat in the microwave. Alternatively, you may heat on the stove in a small pot.

Ingredients will be hot. Use caution when removing mug.



Berry Protein Smoothie

When you're looking for a healthy breakfast on-the-go, this protein packed smoothie make a convenient, satisfying option.

½ cup milk of choice

½ cup fresh
or frozen blueberries

½ cup ice cubes

½ medium banana

1 serving high quality
protein powder

1 Add all ingredients to the tall cup and twist on the cross blade.

2 Blend until smooth.

Mango Coconut Smoothie

Get a taste of sunshine in this fun and fruity mix!

½ cup mango

1 banana

1 cup ice

½ cup coconut water

1 Add all ingredients to the tall cup and twist on the cross blade.

2 Blend until smooth.





Tropical Green Smoothie

Get a taste of sunshine in this fun and fruity mix.

1 cup spinach

½ cup pineapple chunks

½ kiwi

1 tbsp hemp seeds

splash of lime juice

1 cup of coconut water

1. Add all ingredients to the tall cup and twist on the cross blade.
2. Blend until smooth.



Strawberry Banana Smoothie

This deliciously satisfying, fruity drink is perfect any time of day.

½ cup fresh or frozen strawberries

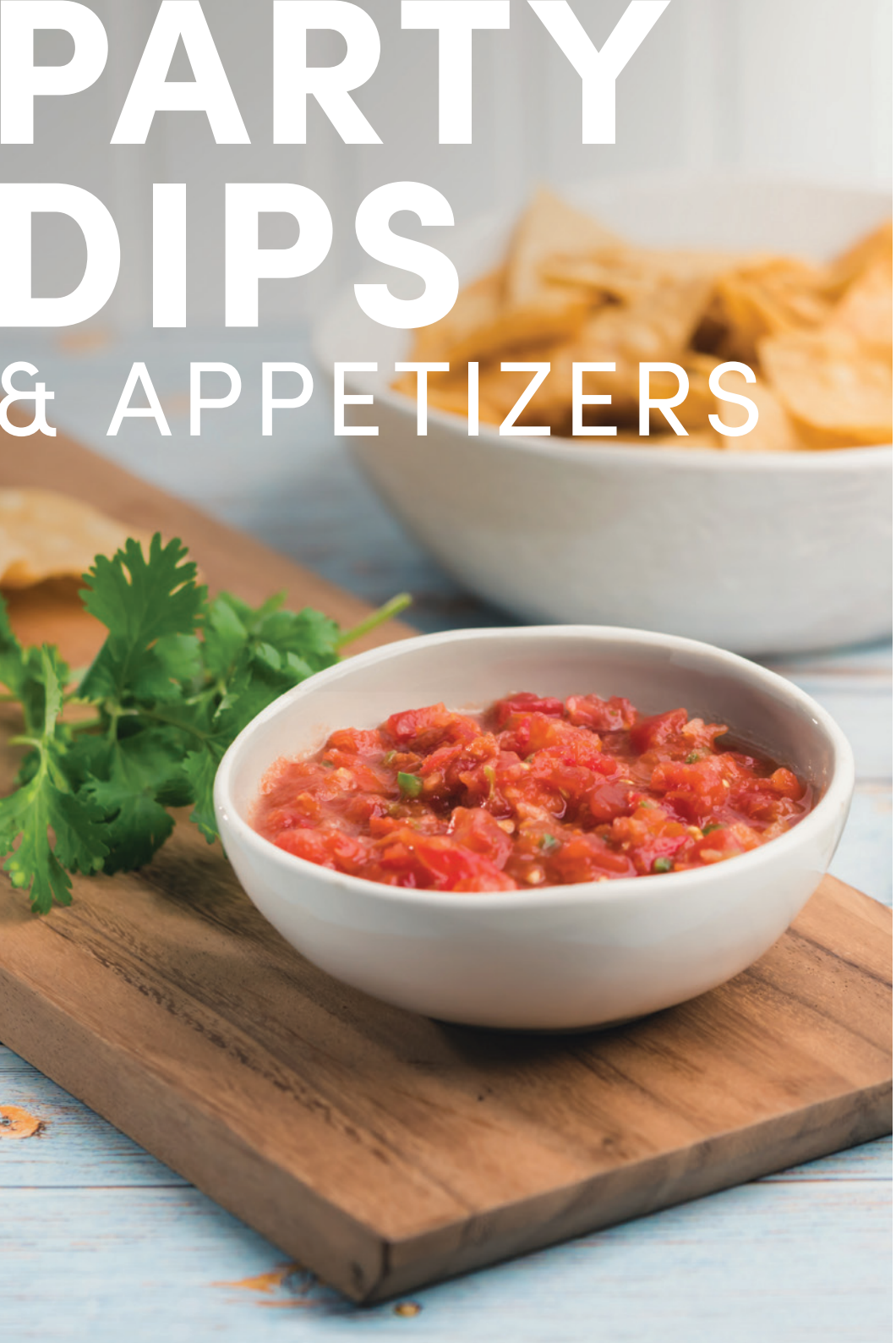
1 banana

1 cup ice

½ cup orange juice

1. Add all ingredients to the tall cup and twist on the cross blade.
2. Blend until smooth.

PARTY DIPS & APPETIZERS



Magic Bullet® Salsa

Skip the jarred stuff and get the party started with fresh homemade salsa that brings zest to any fiesta!

- 1–2 boiler onions, or ¼ medium white onion
- 2–3 small slices of fresh jalapeño
- ½ cup cherry tomatoes
- 1 tsp garlic powder
- Juice of ½ lemon or lime
- ¼ tsp sea salt
- Pepper to taste
- Sprigs of cilantro to taste (optional)

1. Add all ingredients to the tall cup, screw on the cross blade and pulse 4-6 times until ingredients are mixed, but still chunky.
2. Remove the cross blade and pour into a serving dish. Don't worry if the salsa looks foamy; it will settle in a minute or two. This recipe makes a thin salsa, but feel free to strain off any liquid if you prefer a thicker consistency.



Homemade Hummus

An excellent appetizer at any gathering.

⅓ cup vegetable broth

1 14-oz can of chickpeas, rinsed and drained

1 clove garlic

2 tbsp lemon juice

3 tbsp tahini (sesame seed paste)

¼ tsp sea salt

Olive oil, to garnish

Paprika, to garnish



1 Add all ingredients to the tall cup, twist on the cross blade, and blend until smooth.



Magic Bullet® Guacamole

Avocados have enjoyed a huge surge in popularity in the last decade. One bite of this heavenly guac and you'll understand why!

2 small avocados

Juice of 1 small lime or ½ large lime

¼ tsp salt

1 boiler onion or ¼ medium white onion

1-2 cloves garlic*

1-2 sprigs fresh cilantro*

4 cherry tomatoes*

2 slices jalapeño pepper*



1 Add all ingredients to the tall cup, twist on the cross blade, and blend until smooth.

*optional



Presto, It's Pesto!

Our homemade pesto comes together in a snap, combining fresh, wholesome ingredients to make a delectable topping for pasta, meat, and more.

- 1 cup fresh basil leaves
- 2 tbsp of pine nuts
- 3 tbsp extra-virgin olive oil
- ½ tsp coarse sea salt (optional)
- 1-2 cloves of garlic
- 1 small chunk Parmesan cheese
- 1-2 tbsp filtered water

1. Add all ingredients in the order they appear into the tall cup. Screw on the cross blade and pulse until the pesto has the consistency of a slightly grainy paste. Add an extra tbsp of filtered water for a smoother consistency.
2. Transfer the sauce to a microwave-safe bowl and cook on high for 2 to 3 minutes, or heat on the stove in a saucepan until thoroughly heated. Stir and serve over hot pasta.

Ingredients will be hot.
Use caution when removing sauce.

Bolognese Sauce

This recipe is a great option for leftover hamburger meat or ground turkey. Whip it up on a busy weeknight and you'll even trick yourself into thinking you slaved over the stove for hours!

SERVING SIZE: 2

¼ cup chicken broth

10-12 cherry tomatoes or 1 tomato (quartered)

1 boiler onion or ¼ of a regular sized onion

2 tbsp red wine*

2 tbsp tomato paste

2 cloves garlic

2 sprigs fresh thyme or ½ tsp dried thyme

¼ cup cooked ground meat (hamburger, steak, chicken, pork, or turkey)
(Allow cooked meats or poultry to cool to room temperature prior to blending.)

Pinch of Italian seasoning*

Salt & pepper to taste

Fresh Parmesan cheese to garnish*

1. Add all ingredients (except Parmesan) in the order they are listed to the tall cup. Twist on the cross blade and pulse. Press down on the cup and release the pressure immediately, pause and let the ingredients settle. Then, quickly pulse again until you've reached your desired consistency.

2. Remove the cross blade and pour contents into a microwave-safe bowl and microwave to heat, or heat on the stove in a saucepan until warm. Serve over hot pasta.

*optional

Ingredients will be hot.
Use caution when removing sauce.





Stuffed Bell Peppers

Skip the takeout and whip up a batch of this tasty vegetarian dish next time you're looking for a quick dinner. Don't let the absence of meat fool you; these peppers are loaded with flavor and filling ingredients to keep you satisfied until breakfast rolls around.

SERVES: 2

- 2 bell peppers, tops cut off and seeds and veins removed
- 1 cup baby spinach
- 2 boiler onions (or ½ small onion, cubed)
- 1 clove garlic
- 1 cup canned black beans, rinsed and drained
- ¾ cup cooked brown rice
- 5 cherry tomatoes
- 1 tbsp chili powder
- 1 tsp cumin
- 1 tsp paprika
- 1 tbsp olive oil
- ½ tsp salt
- 1 tbsp filtered water

1. Preheat oven to 400°F.
2. Add spinach, onions, garlic, tomatoes, chili powder, cumin, paprika, olive oil, salt, and filtered water to the tall cup. Blend until ingredients are evenly mixed.
3. In a separate bowl, combine beans, rice and blended mixture together until evenly combined.
4. Portion mixture between the two peppers and bake in the oven for 20 minutes.

DESSERTS



Chocolate Chia Seed Pudding

This recipe is full of omega-3s and antioxidants making it a nourishing dessert.

1½ cups almond milk (or milk of choice)

1/3 cup chia seeds

5-7 pitted dates

3 tbsp cacao powder (may also use 6 tbsp unsweetened cocoa powder)

½ tsp vanilla extract

½ tsp cinnamon (optional)

Pinch of salt

1. Add all ingredients to the tall cup and blend until well combined.
2. Pour into serving cups and allow to chill in the fridge for at least 30 minutes.

Banana Nice Cream

All the frosty, creaminess of ice cream with the added nutritional benefits of bananas!

1 frozen banana, peeled and slightly thawed

2-3 tbsp almond milk

2 tsp raw cacao powder (may also use 2/8 tsp vanilla extract or 1/4 cup fresh or frozen berries) (optional)

1. Add frozen banana, almond milk and optional ingredients into the tall cup. Twist on the cross blade and blend until it reaches the consistency of soft serve ice cream.
2. Sprinkle with your favorite toppings. Enjoy!



Frozen Margarita

This refreshing classic gets a boost from fresh lime and agave nectar. Sip it on a hot afternoon with a side of chips and **Magic Bullet® Guacamole** (pg. 26) for a little sip of la vida Mexicana.

1 ½ oz tequila

½ oz triple sec or cointreau

1 ½ oz fresh lime juice

1 ½ tbsp agave nectar

1 cup ice

Salt (optional)

1. Add liquid ingredients to the tall cup.
2. Fill with ice, do not exceed the MAX line. Screw on the cross blade and blend until smooth and slushy.
3. If you like a salt rim on your margarita, rub a lime wedge around the perimeter of the comfort lip ring and dip in salt to coat.
4. Gently screw the lip ring onto the tall cup containing your margarita and enjoy!



Ice-Cold Martini

Mix this classic in the Magic Bullet® with just one ice cube to get an uber cold martini flecked with slivers of ice.

3 oz gin or vodka

1 ounce of dry vermouth

½ ounce olive brine (optional)

1 ice cube

1 Add all ingredients to the tall cup and pulse until the ice is nearly gone and just a few small slivers remain.

2 Pour into a martini glass and garnish with an olive or cocktail onion.



Strawberry Daiquiri

While the original daiquiri is associated with a super sweet frozen mixture, this recipe uses a mix of fresh ingredients to create a breezy beach favorite!

2 oz white rum

1½ cups frozen strawberries

¼ cup fresh lime juice

2 tbsp honey or agave nectar

1 Add all ingredients to the tall cup, screw on the cross blade and blend until smooth and slushy.

2 To serve, screw on the comfort lip ring or pour into a serving glass.

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