

THE ORIGINAL
maGiC
BULLET®

10-SECOND RECIPES

& USER GUIDE



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**10-SECOND
RECIPES**
& USER GUIDE

IMPORTANT SAFEGUARDS

SAVE THESE INSTRUCTIONS HOUSEHOLD USE ONLY

Read all instructions before operating the Magic Bullet. When using electrical appliances, basic safety precautions should always be followed, including:

GENERAL SAFETY

- Cross blades are sharp. **Handle carefully.**
- Always use your Magic Bullet on a clean, flat, hard, dry surface, never on cloth or paper which may block the fan vents and cause overheating.
- Do not immerse the cord, plug or base in water or other liquids.
- Close supervision is necessary when any appliances are used by or near children.
- Do not use Magic Bullet in the rain or in wet conditions.
- Do not use outdoors if exposed to inclement weather elements.
- Do not use appliance for other than intended use.
- Do not attempt to defeat the cover interlock mechanism.
- The use of attachments or parts not recommended or sold by the manufacturer may cause fire, electric shock or injury and void any applicable warranty.
- Check gasket to make sure it is not damaged, and it is completely seated in the cross blade unit before each use.
- Avoid contact with moving parts.
- Keep hands and utensils away from the cross blade while chopping or blending food to reduce the risk of severe injury to person or damage to the blender/chopper. A scraper may be used, but only when the blender/food chopper is not running.
- **NEVER KEEP THE CROSS BLADE RUNNING FOR MORE THAN ONE MINUTE AT A TIME, AS IT CAN CAUSE PERMANENT DAMAGE TO THE MOTOR.** If the motor stops working, unplug the Power 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 off the unit when it overheats. Letting the thermal breaker cool down should allow the Power Base to reset.
- **NEVER LEAVE THE MAGIC BULLET UNATTENDED WHILE IT IS IN USE.**
- Never run the Magic Bullet without food or liquid contents in any of the cups.
- To reduce the risk of injury, never place the cross blade on the power base without attaching a cup or Party Mug to it.
- Be certain that the cross blade is completely and firmly screwed on to the cups or Party Mug before operating appliance.
- Always completely assemble the cross blade and cup before placing on Power Base; never insert or store the cross blade in base unless attached to a cup.
- **NEVER BLEND CARBONATED INGREDIENTS OR LIQUIDS.** Built-up pressure from released gases can cause container to burst, resulting in possible injury.
- **NEVER BLEND HOT INGREDIENTS!** Always allow ingredients to cool before blending. Heat and blending can cause vessel to pressurize and expel hot contents, resulting in possible injury.
- Do not fill the cup with ingredients beyond the MAX line. Some head room is needed at the top to effectively blend using the cyclonic action which creates internal pressure. Overfilling may result in leakage during use.

- **AFTER BLENDING INGREDIENTS, REMOVE THE CROSS BLADE ASSEMBLY—ALLOW THE VESSEL WITH ITS CONTENTS TO SETTLE AND TO RELEASE ANY PRESSURE THAT MAY HAVE BUILT UP DURING THE EXTRACTION PROCESS. IF YOU WILL NOT CONSUME IT IMMEDIATELY, USE THE STAY FRESH LID TO CLOSE THE CONTAINER. UNSCREW THE LID AND RELEASE PRESSURE PERIODICALLY IF STORING LONGER THAN A FEW HOURS TO RELEASE ANY ADDED PRESSURE THAT MAY HAVE BUILT UP DUE TO FERMENTATION.**
- **NEVER PERMIT ANY BLENDED MIXTURE TO SIT INSIDE A CUP SEALED WITH A CROSS BLADE BASE WITHOUT FIRST RELEASING THE PRESSURE.**
- **DO NOT ALLOW BLENDED CONTENTS TO SIT FOR LONG PERIODS IN A SEALED CONTAINER. THE SUGARS IN FRUITS AND VEGETABLES CAN FERMENT, CAUSING PRESSURE TO BUILD UP AND EXPAND IN THE VESSEL WHICH CAN CAUSE INGREDIENTS TO BURST AND SPRAY OUT WHEN MOVED OR OPENED. UNSCREW THE LID AND OPEN THE CUP FOR A FEW MOMENTS TO RELEASE ANY PRESSURE THAT HAS BUILT UP.**
- **RELEASE PRESSURE BY CAREFULLY UNSCREWING THE LID AND OPENING THE CUP FOR A FEW MOMENTS.**

ELECTRICAL SAFETY

- Do not pull, twist or mistreat the power cord.
- Do not allow the cord to hang over the side of the counter or table.
- Do not allow cord to touch hot surfaces, including stove.
- Do not operate any appliance with a damaged cord or plug or if the appliance malfunctions, or is dropped or damaged in any manner. Contact Customer Service for assistance in obtaining a replacement.
- This appliance has important markings on the plug blade. The attachment plug or entire cord set is not suitable for replacement. If damaged, the appliance shall be replaced.
- 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.**

- **DO NOT USE THIS PRODUCT WITH ANY TYPE OF ADAPTOR OR VOLTAGE CONVERTER DEVICE. THIS UNIT IS MANUFACTURED IN COMPLIANCE WITH U.S. AND CANADIAN ELECTRICAL STANDARDS AND PLUG TYPES.**
- **USE OF ADAPTERS AND CONVERTERS IS CONSIDERED AN UNAUTHORIZED MODIFICATION OF THE PRODUCT AND AS SUCH VOIDS THE WARRANTY. USE OF THIS PRODUCT IN LOCATIONS WITH DIFFERENT ELECTRICAL SPECIFICATIONS MAY RESULT IN DAMAGE TO THE PRODUCT.**
- **UNPLUG THE MAGIC BULLET WHEN IT IS NOT IN USE. MAKE SURE THE MACHINE IS UNPLUGGED BEFORE ASSEMBLING, DISASSEMBLING, ADDING ADDITIONAL PARTS, AND CLEANING.**

SAVE THESE INSTRUCTIONS
HOUSEHOLD USE ONLY

IMPORTANT MICROWAVE SAFEGUARDS

The Magic Bullet has gone BPA Free! All of the recipes that require cooking in the Magic Bullet vessels have been updated to reflect our new BPA free instructions. Because every microwave is different, we now recommend microwaving foods for a maximum of 2 minutes, then checking the temperature of the food and continue heating only if the contents of the vessel are not hot enough.

- **Never heat foods for longer than 2 minutes consecutively. Heat for 2 minutes. Let the food sit for 2 minutes, remove from microwave, open the container and carefully stir, then heat for 2 minutes again.**

- **NEVER MICROWAVE UNVENTED, SEALED CONTAINERS AS THEIR CONTENTS MAY EXPAND WITH HEAT PRESSURE AND EXPLODE, RESULTING IN INJURY OR PROPERTY DAMAGE. DO NOT USE THE SOLID LID IN THE MICROWAVE, USE ONLY THE VENTED LIDS.**
- **WARNING: NEVER MICROWAVE CUPS WITH THE BLADE ATTACHED TO THE CUP. THE METAL IN THE BLADE MAY SPARK, OR FIRE AND MAY RESULT IN INJURY OR DAMAGE TO PROPERTY.**

- After microwaving, always use heat resistant pads to handle Magic Bullet cups. Allow the ingredients to settle for a moment and then carefully open the lid pointing the container away from your body as escaping steam and moisture may cause scalding burns.
- Do not use the Party Mug in the microwave.
- Follow the precautions and recommendations found in your microwave oven instruction manuals, specifically the overall heating times, but never run microwave longer than 2 minutes consecutively.
- Do not use excessive amounts of time when heating water or liquids in the microwave, and do not exceed more than 2 minutes consecutively.
- **Superheated Water** – Liquids such as water, coffee, tea or soups are able to be overheated beyond the boiling point without appearing to be boiling. Visible bubbling or boiling when the container is removed from the microwave is not always present. **This could result in very hot liquids suddenly boiling over when the container is disturbed or a spoon or other utensil (such as a Magic Bullet blade) is inserted into the liquid.** To reduce the risk of injury to persons:
 - Do not overheat the liquid.
 - Stir the liquid both before and halfway through heating it to avoid eruption.
 - After heating, allow the container to stand in the microwave for a short time before removing container.
 - Use extreme care when inserting a spoon or other utensils into the container.
 - Avoid heating baby food or formula in Magic Bullet cups.
 - Don't defrost frozen beverages in Magic Bullet cups (especially carbonated beverages). Even if the container is opened, pressure can build up. This can cause the container to burst, possibly resulting in injury.
 - Hot foods and steam can cause burns. Be careful when removing Magic Bullet cups from the microwave when they contain hot foods and liquids.
 - To prevent possible injury, always use protective oven gloves and direct steam away from hands and face.

- Do not overcook food. Carefully attend to appliance when Magic Bullet Cups are placed inside an operating microwave.
- Some products, such as whole eggs, may explode and should not be heated using the Magic Bullet cups in the microwave.

CLEANING INSTRUCTIONS

- **DO NOT PUT THE CROSS BLADE IN THE DISHWASHER. HANDLE BLADES WITH CARE AS THEY ARE SHARP! SIMPLY HAND WASH WITH WARM SOAPY WATER. IF NEEDED, USE A DISHBRUSH TO LOOSEN DEBRIS. FOR FURTHER DISINFECTION, YOU MAY RINSE THE BLADE USING A 10% SOLUTION OF VINEGAR AND WATER OR LEMON JUICE.**
- **THE MAGIC BULLET CUPS CAN BE WASHED ON THE TOP RACK OF THE DISHWASHER USING THE NORMAL (NOT SANITIZE) CYCLE. THE MAGIC BULLET CUPS AND CROSS BLADE SHOULD NOT BE STERILIZED IN BOILING WATER FOR ANY REASON AS THIS WILL WARP THE PLASTIC.**
- **WHEN WASHING THE CROSS BLADE, DO NOT ATTEMPT TO REMOVE THE GASKET RING. SIMPLY HAND WASH IN WARM SOAPY WATER. ATTEMPTED REMOVAL OF THE GASKET MAY PERMANENTLY DAMAGE THE BLADE CONFIGURATION AND CAUSE LEAKAGE. IF IN TIME A GASKET BECOMES LOOSE OR DAMAGED, PLEASE CONTACT CUSTOMER SERVICE FOR A REPLACEMENT MAGIC BULLET BLADE HOLDER AT: 1-866-446-6352.**

For the most part the Power Base doesn't really get dirty, but if you neglect to twist the blade on to the cup tightly, liquids can leak out and get into the base and activator buttons. Here's how to clean it up.

Step 1: The most important thing is to UNPLUG the Power Base before cleaning!

Step 2: Make sure the blade is not attached to the Power Base.

Step 3: Use a damp rag to wipe down the inside and outside of the Power Base.

- **NEVER SUBMERGE THE POWER BASE IN WATER OR PLACE IT IN THE DISHWASHER.**
- Never put your hands or utensils near the moving blade and never use your hands or utensils to press the activator buttons down while the Power Base is plugged in.
- Periodically, the Power Base actuator tabs where the cup tabs insert may be come soiled and sticky. To clean the actuators, first make sure the Power Base is unplugged. Then, use a rag dampened with warm soapy water and gently scrub the area, allowing the debris to dissolve completely and be wiped away. For excessive soilage, you may use a 10% dilution of vinegar and water to clean the area thoroughly.

SAVE THESE INSTRUCTIONS
HOUSEHOLD USE ONLY

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magic
BULLET

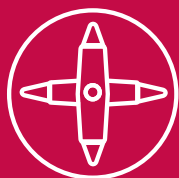
INTRO

MANY KITCHEN APPLIANCES promise to make your life easier, but with their bulky size, difficult cleanup, and lack of flexibility they actually create more work for you! Enter the Magic Bullet. This compact little machine acts as a food processor, blender, and electric mixer all in one. It's small, versatile, and easy to clean, completing tasks so quickly, it's like having a personal countertop magician!

With the Magic Bullet, you can make wholesome, delicious food in less time than it takes to order a pizza! Skip the jarred pasta sauce full of sodium and preservatives and prepare fresh, homemade marinara in seconds. Lose expensive store-bought party dips and create velvety hummus and zesty salsa from scratch! Restaurant quality omelets, gourmet cocktails, comforting soups...they're all a snap to make with this totally unique machine. When cooking is this simple, you won't have to sacrifice your health or your pocketbook for the sake of convenience.

So what are you waiting for? Get to the kitchen and give the Magic Bullet a shot! We're confident that this magically versatile appliance will soon become a household favorite.

WHAT YOU GET



1 stainless steel cross blade



1 flip-top lid



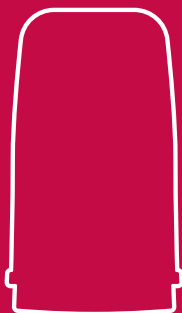
1 short cup with 1 lip ring



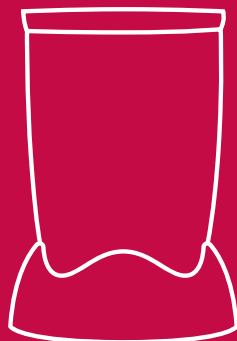
2 stay-fresh resealable lids



1 party mug with 1 lip ring



1 tall cup

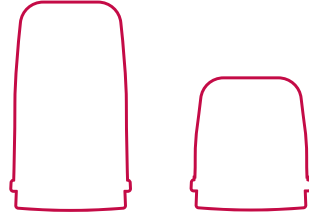


1 high-torque power base

MAGIC BULLET ASSEMBLY

TALL CUP & SHORT CUP

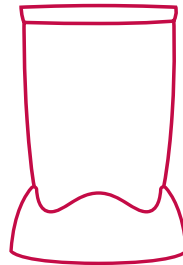
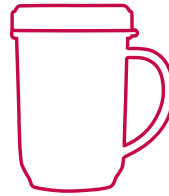
These cups are used to mix, cook and store your ingredients. They are dishwasher-safe (top rack only) and microwave-safe.



PARTY MUG AND COMFORT LIP RINGS

The *Party Mug** turns your Magic Bullet into the Ultimate Party Machine. You can make and serve frozen party drinks right in the same mug. It even comes with two Comfort Lip Rings to cover the threads.

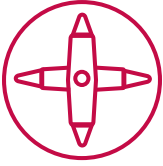
* The *Party Mug* is not microwave safe.



POWER BASE

The *Power Base* is the heart of the Magic Bullet. Simply place one of the Bullet Cups or *Party Mug* onto the *High-Torque Power Base* and press. Nothing could be easier.

CAUTION: Do not submerge the Power Base in water and always unplug the Power Base before cleaning it. Do not put cross blade with the gasket in the dishwasher.



CROSS BLADE

The Magic Bullet comes with one Stainless Steel *Cross Blade* for chopping, grating and blending foods such as onions, cheeses, meats and frozen drinks.

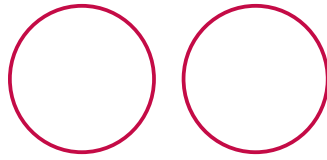
Do not put the cross blade in the dishwasher. Simply hand wash with warm soapy water. In the base of the cross blades, there is a plastic gasket that creates an airtight fit with the Magic Bullet cups. When washing the cross blades, do not attempt to remove the gasket ring. Attempted removal of the gasket may permanently damage the blade configuration and cause leakage.

If in time a gasket becomes loose or damaged, please contact customer service for a replacement Magic Bullet blade holder at: 1-866-446-6352.



FLIP-TOP LID

The flip-top lid fits right over the Bullet cups to conveniently take and enjoy your favorite beverage anywhere.



STAY-FRESH RE-SEALABLE LIDS

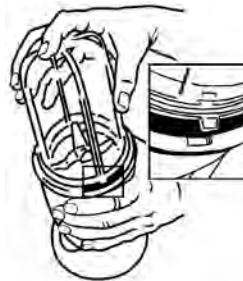
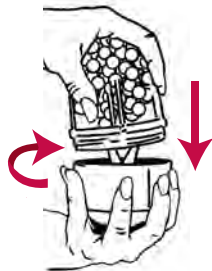
With the Magic Bullet — your personal, versatile, countertop magician — you can prep, cook and store your food in the very same vessel. No plastic wrap or storage containers are needed to keep your leftovers fresh. Your Magic Bullet comes with two *Stay-fresh Re-sealable Lids* that fit right on to the *Tall Cup*, *Short Cup* and *Party Mug* to keep your leftovers fresh for days.

Never store perishable food in any sealed Magic Bullet cup unless properly refrigerated. Fermenting foods naturally release gases that can pressurize and burst cups or seals.

USING THE MAGIC BULLET

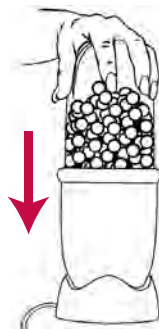
Using the Magic Bullet is as easy as 1, 2, 3:

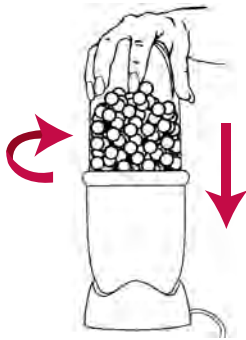
- 1 Load the ingredients into the *Tall Cup*, *Short Cup* or *Party Mug*.
- 2 Twist on the *Cross Blade* until the blade and cup have a tight seal.
- 3 Line up the tabs on the cup and with the tabs on the *Power Base*. Press the cup down onto the base to turn on the machine.



HERE'S HOW IT WORKS:

The Magic Bullet will blend for as long as you press the cup down onto the *Power 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 *Power Base*. Once you are in *Lock On Mode*, the motor will run continually. To turn it off, simply twist the cup back counter-clockwise and release the cup.

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 Power Base is plugged in.

IF THE CROSS BLADE STOPS SPINNING WHILE IN LOCK ON MODE, IMMEDIATELY UNPLUG THE MAGIC BULLET.

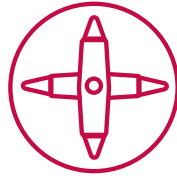
Hard ingredients like carrots or celery can get stuck in the cross blade and stop it from turning. If this happens, **UNPLUG THE MAGIC BULLET RIGHT AWAY.** Remove the cross blade/cup assembly from the

Power 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 by hand (they are sharp) 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 Power 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.

THE CROSS BLADE



The Magic Bullet Cross Blade is great for:

CHOPPING

Chop veggies like onions and garlic for cooking, or make chunky salsas and bean dips.

BLENDING

Pulverize frozen fruit for smoothies and sorbets, or whip up refreshing frozen cocktails, mocktails, and milkshakes.

MIXING

Fold batters for pancakes, muffins, and quick-breads without dirtying the whole kitchen.

GRATING

Shred hard and soft cheeses, chocolate, or lemon zest to use in your favorite dishes.

PUREEING

Whip up homemade hummus, creamy soups, or homemade baby food in seconds.

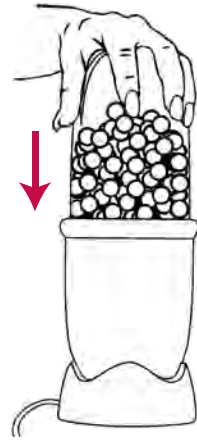
GRINDING MEATS

Quickly prepare ground beef and turkey, chicken and tuna salad or gourmet pâtés.

GRINDING COFFEE

Grind whole coffee beans in the bullet for the freshest tasting brews.

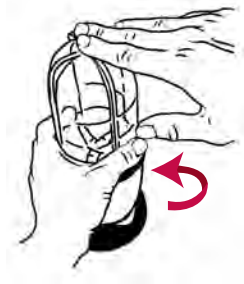
MAGIC BULLET TECHNIQUES



THE “PULSE” TECHNIQUE

If you’re looking to prepare foods with a chunkier texture in the Magic Bullet, like fresh salsa or chopped onions, you should use the *Pulse Technique*.

To *pulse*, simply press the Magic Bullet cup down on the *Power Base*, then quickly release. Let the cross blades come to a complete stop before pulsing again. Two to three pulses will generally yield a coarse, even chop, while more pulses create a finer texture.



THE SECRET

The trick to successful *pulsing* is to make sure that the machine doesn’t accidentally slip into *Lock On Mode*. To avoid this, simply use your other hand to apply counter-clockwise pressure on the cup as you *pulse*.

1 Hold the cup at the base and apply counter-clockwise pressure to it to keep it from locking on.

2 With your other hand, tap the top of the cup and immediately release. Continue *pulsing* until you get the consistency you want.

THE “SHAKE” TECHNIQUE

This technique is helpful when working with dense ingredients that don't always distribute evenly when blending. If you

find the ingredients at the top of the cup aren't making it to the cross blade, try one of the following:

THE “COCKTAIL” SHAKE

When making smoothies, dips or other recipes:

- 1 Remove the Cup/Blade assembly from the *Power Base*.
- 2 Shake it like a cocktail shaker, then return it to the *Power Base*.
- 3 Repeat if necessary until you achieve the consistency you want.

THE “SHAKIN’ PULSE”

Use this technique to coarsely chop ingredients for recipes like salsa, gazpacho, and tuna or chicken salad.

- 1 Before pulsing, lift the whole Magic Bullet (*Power Base* and Cup/Blade assembly) with both hands. Make sure one hand grips the cup while the other holds the *Power Base*.

- 2 With force, shake the whole Bullet downwards to force ingredients into the cross blade. *Pulse* at the bottom of the shake.
- 3 Repeat until your food reaches the desired consistency.

THE “TAP” TECHNIQUE

If ingredients are sticking to the sides of the cup, use this technique to move them down to the cross blade:

- 1 Take the cup off the *Power Base* and *tap* the Cup/Blade assembly on the counter to force the ingredients down into the cross blades.
- 2 Return Cup/Blade assembly to the *Power Base* and finish processing.

COOKING IN THE MAGIC BULLET CUPS

Unlike conventional blenders and food processors, the Magic Bullet doesn't stop working after ingredients are blended. Not only can you prepare food in the Bullet, you can cook in it as well, allowing you to serve hot soups, rich and hearty pasta sauces, or delicious melted cheese toppings without dirtying an extra dish, pot, or pan. To safely microwave your food in the Bullet, follow these steps:

- 1 Blend or *pulse* your ingredients together.
- 2 Remove the cross blade and place the cup in the microwave.
- 3 Cook until ready, then remove with an oven mitt and serve.

CAUTION: The single most important rule to remember for using the cups in the microwave: **Take off the cross blade!** The cross blades have metal in them and we all know that metal and microwaves don't mix. Never microwave food using the airtight lids, always leave cups uncovered. Also, remember that the contents and the cup will be hot, so always use an oven mitt.

STORING LEFTOVERS IN THE MAGIC BULLET CUPS

The Magic Bullet includes two *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.

TASK	FOOD	TIME	
Blending	Smoothies, frozen cocktails & coffee drinks	10-15 seconds	
Puréeing	Soups, vegetables	10-20 seconds	
	Fruits	10 seconds	
	Curry/Laksa pastes	20 seconds	
Mixing	Batter, soaked nuts	20 seconds	
	Nut Milks	30 seconds	
Mincing	Meat	15 seconds	
Milling	Gluten-free grain flours (quinoa, oats, brown rice)	30 seconds	
Chopping	Garlic, onions, ginger, nuts, herbs	10 seconds	
Grinding	Coffee beans	4 5-second increments	
Crumbling	Breadcrumbs	5 seconds	
Emulsifying	Mayonnaise, salad dressing, sauces, marinades	10 seconds	

TECHNIQUE

DIRECTIONS

Lock-on	For optimum results, add small ice cubes—use pulse action in succession.
Lock-on	Add ½ cup water for a smooth blend.
Lock-on	Use ½ cup of desired fruit. Blend until smooth.
Lock-on	Use 7 oz. of paste and water. Then add chopped onion, ginger, garlic oil, herbs and spices. Blend all together.
Lock-on	Blend ingredients until fully mixed and appropriate texture is reached.
Lock-on	Blend ½ cup soaked nuts with 1½ cups water and additional flavorings (maple syrup, vanilla, etc.) if desired. Strain through a nut milk bag or cheese cloth.
Pulse	Cut 4 oz. of meat into ½" to ¾" cubes before blending. Use pulse action.
Shake n' pulse	Add dry ingredients to the Tall Cup and blend for 30 seconds until it achieves a flour consistency.
Pulse	Chop max up to ½ cup, to ensure evenly sized pieces.
Lock-on, cocktail shake	Blend coffee in lock-on mode for 5 seconds at a time. Remove blade/cup attachment from Power Base and shake in between blending to ensure an even grind.
Lock-on	Tear stale bread into small pieces before placing in cup. Crumble until desired consistency is reached.
Lock-on	Blend until well mixed.

EASY CLEAN-UP

CLEANING THE MAGIC BULLET

The Magic Bullet doesn't only quickly prepare food, it also saves a huge amount of cleanup time! This little machine lets you make delicious, piping hot pasta sauces, salsa, sandwich fillings, fresh soups, and more without dirtying a single cutting board, pot, or pan.

Cleaning the pieces themselves is also a snap. All Magic Bullet cups and Stay-Fresh lids can be washed in the top shelf of the dishwasher, and cross blades can be quickly hand washed with soap and water.

CAUTION:

Always unplug the Magic Bullet when cleaning or assembling.

Do not put the cross blades in the dishwasher as the heat from some dishwashers can cause the gaskets to deteriorate or come loose.

STUBBORN CLEANUP:

If tough-to-clean ingredients like melted cheese or dried tomato are caked onto the sides of your Magic Bullet cup, fill the cup with soapy water and heat in the microwave for one minute. This should loosen ingredients enough to be wiped away with a light scrub.

CLEANING THE MAGIC BULLET POWER BASE

The *Power Base* doesn't generally get dirty, but liquids can leak out of cups and into the base and activator tabs if the cross blade isn't twisted on tightly enough during blending. If this happens, UNPLUG THE POWER BASE (this is very important), then wipe the inside and outside of the base with a damp cloth. Let the machine dry for a few minutes before using again.

If leakage isn't immediately or thoroughly cleaned, it can dry in the *Power Base*, leaving sticky residue on the activator tabs. Sticky tabs can get jammed in lock-on mode during blending, causing the motor to continue

spinning even after the cup/cross blade assembly is removed from the base. If this happens, immediately unplug the *Power Base*. Using a damp cloth, work the activator buttons up and down to soften and remove any sticky substances. Let the *Power Base* dry for a few minutes before blending again.

CAUTION:

Never submerge the power base in water or place it in dishwasher. Never put your hands or utensils near the moving cross blade and never use your hands or utensils to press the activator buttons down while the *Power Base* is plugged in.

10-SECOND RECIPES

Most of the recipes in this book allow you to prepare amazing food in as little as 10 seconds, provided you have the proper ingredients. However, 10 seconds can turn into longer if you need to peel and cut vegetables before blending. Use the following foods in your recipes to save valuable time:

BOILER ONIONS

These mini onions are about an inch to an inch and a half in diameter, making them a perfect size for the Magic Bullet. Simply peel and pop into your Magic Bullet cup, no cutting, chopping, or crying required! One or two of these onions is roughly equivalent to $\frac{1}{4}$ cup of chopped onion. You can adjust the amount you use in your recipes according to your taste.

PRE-PEELED GARLIC IN JARS

Most grocery stores sell these in the produce section. Add them straight into your Magic Bullet cup for any recipe calling for a clove or two of garlic.

CHERRY TOMATOES

Cherry tomatoes are perfectly sized for the Magic Bullet and extremely flavorful. Our recipes are based on cherry tomatoes that are about one inch in diameter. 4-6 cherry tomatoes are roughly equivalent to $\frac{1}{4}$ cup diced tomato.

BABY CARROTS

Cutting and peeling carrots is surprisingly time-consuming. Use baby carrots instead; they're pre-cut, pre-peeled, and perfectly sized for the Magic Bullet.

ICONS & INDEX

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, kid-friendly, and/or gluten-free recipes that appear in this book. The icon key can be found below and a corresponding index of recipes appears on page 112.



KID-FRIENDLY:

Recipes that appeal to most kids' tastes.



VEGETARIAN:

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



GLUTEN-FREE:

Recipes free of ingredients that contain gluten like wheat, wheat flour, barley, or rye.



VEGAN:

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

BREAKFAST





WE'VE ALL HEARD that breakfast is the most important meal of the day, but it also has a lot of potential to hurt your health, especially if you're grabbing it on the go. Fortunately, the Magic Bullet makes it fast and easy to make delicious, energizing morning meals so you won't have to skip breakfast, or reach for that donut next time you're in a hurry!

BANANA NUT MINI MUFFINS

Go nuts (or bananas — take your pick!) over these delightful little breakfast nibbles. Eat them on their own, or alongside Greek yogurt for a full, satisfying breakfast!

- 1 ripe banana,
cut into chunks
- ¼ cup almond butter
- 1 egg
- ½ tsp vanilla extract
- 1 Tbsp maple syrup
- ¼ tsp baking powder
- ¼ cup oat flour
- ¼ cup chopped
walnuts

Serves:

18 mini muffins

Serving Size:

2 mini muffins

1 Preheat oven to 400F. Coat mini muffin tin with coconut oil spray.

2 In the *Tall Cup*, combine banana, almond butter, egg, vanilla, and maple syrup. Twist on the *Cross Blade* and blend until well combined, but avoid over-mixing so your muffins don't turn out too tough.

3 Fold in the flour, baking powder, and nuts.

4 Fill each mini muffin cup with batter until ¾ full.

5 Bake in oven for about 8-10 minutes.





VARIATIONS

Personalize your muffin with your favorite mix-ins and toppings:

- Fold in $\frac{1}{2}$ cup fresh blueberries or diced strawberries
- Add a dollop of jam in the center of the muffin batter before baking then spread peanut butter once done. A new twist on peanut butter and jelly!
- Substitute the almond butter with any of your favorite nut or seed butter (peanut, cashew, walnut, sunflower seed)
- Make them vegan by using “flax egg” in place of the egg. Combine 1 Tbsp ground flax seed with 3 Tbsp water and allow it to sit until it forms a gel.
- Mix in $\frac{1}{4}$ cup unsweetened coconut flakes or simply sprinkle on top.
- Craving dessert for breakfast? Add in $\frac{1}{4}$ cup chocolate chips.
- Mix in 1 tsp cinnamon, diced apples, nuts, or your favorite dried fruit like raisins or cranberries.
- Add lemon juice and poppy seeds for a healthy take on a classic flavor.
- The options are only limited by your imagination. Have fun!



BREAKFAST COOKIES

Cookies? For breakfast? You heard right! But don't get too worked up, this variety is filled with healthy, nourishing ingredients to get your day off on the right foot!

- ½ medium ripe banana, cut into small chunks
- ½ cup rolled oats
- 2 tsp almond butter (may sub favorite nut or seed butter)
- 2 tsp ground flax
- 2 tsp chia seeds
- ¼ tsp cinnamon
- 1/8 tsp nutmeg
- Pinch of sea salt

Serves: 3

Serving Size:

2 cookies



1 Preheat oven to 350F.

2 In the *Tall Cup*, add banana, oats, almond butter, flax, and chia, then seasonings. Twist on *Cross Blade* and pulse on the *Power Base* until well combined, using the *Tap Technique* (pg. 18) to get any stuck ingredients down to the blade.

3 With a spoon, scoop small mounds of cookie dough onto a parchment-lined baking sheet and bake for about 10-12 minutes until slightly firm.

TIP: Top with fruit preserves, coconut oil, or more nut butter! We suggest you make two batches so you can have one for each day of the week.

PERSONAL PANCAKES

Scrap the pre-made mix for these homemade, wheat-free pancakes!

- 1 cup rolled oats
- 2/3 cup milk or almond milk
- 1/2 ripe banana
- 1/4 tsp cinnamon
- 2 tsp pure maple syrup + more to drizzle on top
- Dash of sea salt
- 1/2 tsp vanilla extract
- 1/2 tsp baking powder
- 1 tsp butter or coconut oil

Serves: 1

Serving Size: 3 pancakes



1 Place oats in the *Tall Cup*, twist on *Cross Blade*, and blend on *Power Base* to form a powder. Add remaining ingredients (excluding butter/coconut oil) and blend until smooth. Do not over mix or pancakes will be tough.

2 Heat butter/coconut oil in a skillet over medium heat. Once hot, pour 1/3 of the batter into the skillet.

3 Once bubbles appear, flip the pancake until both sides are lightly browned.

4 Serve with your favorite fruit toppings, nuts and a drizzle of pure maple syrup.

TIP: Don't like or are allergic to banana? Simply replace the banana with 1/4 cup applesauce. Batter too thick? Add a splash of milk or almond milk to thin it out.



SIX-SECOND SCRAMBLED EGGS

Whip your eggs in the **Magic Bullet** before cooking to make them extra light and fluffy.

3 eggs
salt and pepper to taste
fresh dill or parsley
(optional)
½ Tbsp butter
or olive oil



1 Add all ingredients to the *Tall Cup*, twist on *Cross Blade*, and blend on the *Power Base* for six seconds until fully whipped.

2 Heat butter/olive oil in a pan on the stove over medium heat.

3 Add egg mixture, reduce heat to low, and cook, gently stirring occasionally to create a fluffy texture until the eggs fully set.

SCRAMBLED TOFU

If eggs aren't your bag, try this savory protein-packed breakfast instead!

- 16 oz block of extra-firm tofu, pressed & drained
- 1 Tbsp olive oil
- ½ onion, diced
- 2 cup diced vegetables (zucchini, bell pepper, mushrooms), diced
- 1 clove garlic
- 2 Tbsp tahini
- 1 tsp soy sauce
- 1 Tbsp Dijon mustard
- ½ tsp turmeric powder
- 3 Tbsp parmesan cheese or nutritional yeast
- 1 cup spinach
- Pinch of sea salt
- Pepper to taste

Serves: 4

Serving Size: ¾–1 cup



1 In the *Tall Cup*, blend tahini, soy sauce, mustard, turmeric, garlic, cheese/nutritional yeast, and seasoning.

2 Add onion and veggies to a *Party Mug* or other Magic Bullet cup attachment and *pulse* to coarsely chop.

3 Heat oil in a skillet over medium heat and sauté the onion and veggies until soft.

4 Roughly crumble the tofu with your fingers into the skillet. Pour tahini mixture on top and stir to combine until tofu is warmed and cooked through (approximately 3-5 minutes). Add in spinach and mix until wilted.

TIP: Serve alongside a piece of hearty whole grain toast with avocado slices or roll up in a brown rice or whole wheat tortilla and top with salsa and guacamole for a filling breakfast burrito!

VEGGIE OMELET

Start your day with a full serving of vegetables with this delicious and filling breakfast!

½ Tbsp olive oil
or butter
1 boiler onion or ¼
medium white onion
½ tomato
or 3 cherry tomatoes
½ cup spinach
3 eggs
salt and pepper to taste



1 Heat ½ Tbsp olive oil or butter in a small pan over medium heat. Add onion and tomatoes to the *Tall 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 *Tall Cup*. Add in eggs, salt, and pepper, twist on the *Cross Blade*, and *pulse* on the *Power Base* 5-7 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.



WESTERN OMELET

Take this classic for a spin in the **Bullet!**

- ½ Tbsp olive oil
or butter
- 1 boiler onion or ¼
medium white onion
- ½ bell pepper, seeds
and stem removed
- ¼ cup diced cooked
lean ham or turkey
- 3 eggs
- salt and pepper to taste
- 1 oz shredded Monterey
Jack Cheese, grated
in the Bullet or
pre-shredded



1 Heat ½ Tbsp olive oil or butter in a small pan over medium heat. Add onion and pepper to the *Tall Cup*, screw on the *Cross Blade* and pulse to coarsely chop. Transfer to the pan and sauté until soft, about 4 minutes. Stir in ham/turkey for 1 minute to warm. Reduce heat to low.

2 Rinse and dry the *Tall Cup*. Add in eggs, salt, and pepper, twist on *Cross Blade*, and *pulse* on the *Power Base* 5-7 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, add Monterey Jack cheese on one side, fold the egg ‘pancake’ in half and serve.



COFFEE DRINKS





COFFEE IS MORE than a drink. For many of us, coffee is a ritual that prepares us for the day ahead. That's why it's so important to get your cup of coffee right! Whether you prefer a classic cup of drip coffee, a frothy espresso drink, or a sweet frozen coffee concoction, the **Magic Bullet** is your go-to tool for your favorite type of joe.



CLASSIC MAGIC BULLET COFFEE

For the best tasting coffee, grind your beans fresh in the **Magic Bullet** with the *Cross Blade*, then brew in your filter or coffee pot!

1 cup roasted whole coffee beans



1 Add coffee beans to the *Short Cup* and blend for 10 seconds until evenly ground.

2 Add to your preferred coffee brewing machine and enjoy.

BANANA COFFEE FRAPPE

Don't waste money on expensive, sugary frozen drinks from big chain coffee shops. Instead, whip up your own using fresh, healthful ingredients in the Magic Bullet! This version gets a tropical twist, using a frozen banana in place of artificially sweetened mixes.

- 1 frozen banana, slightly thawed
- 1/2 cup brewed coffee, chilled for 1-2 hours
- 1 cup milk of choice (dairy, almond, soy, hazelnut, hemp, etc.)
- 1/4 tsp vanilla extract

- 1 Blend the frozen banana, coffee, milk, and vanilla in *Tall Cup* until smooth.



ALMOND COFFEE COOLER

Get grooving with this yummy, nutty frozen coffee drink!

- 3/4 cup brewed coffee, chilled for 1-2 hours
- 1 Tbsp almond butter
- 1/2 cup almond milk
- 1 Tbsp honey
- 1/2 tsp nutmeg
- 2 ice cubes
- Dash of cinnamon

- 1 Place all ingredients into the *Tall Cup* and blend until smooth.



COCONUT MOCHA

Coconut, coffee, and chocolate — is there anything more delicious? Beat the morning blues with this tasty concoction and you'll be ready to take on the day!

- ½ cup brewed coffee
- ¾ cup milk of choice
(dairy, almond, soy,
hazelnut, hemp, etc.)
- 2 tsp cacao powder
- 1 Tbsp coconut butter
- 2 tsp honey

Optional:

- 1/8 tsp almond
or vanilla extract

1 Blend milk, cacao, coconut butter, honey and optional extract in the *Tall Cup*.

2 Twist the cap open and pour in hot brewed coffee.

3 Stir to combine and enjoy.



CREAMY COCONUT COFFEE

Coconut oil is believed to have fantastic energy-boosting properties. Infuse your cup of joe with this nut of coco and get buzzin'!

1½ cups brewed
coffee*
1½ tsp cold-pressed
coconut oil

**Allow brewed coffee to cool to room temperature prior to blending.*

1 Combine both ingredients 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.



FROTHY COFFEE MIX

This simple classic has the perfect coffee-to-milk ratio. It's espresso at its finest, and oh, that delicious foam!

- 2 coffee cups filled with hot espresso
- ½ cup milk of choice (dairy, almond, coconut, cashew, etc.)
- 2 pinches powdered cacao powder or cinnamon, to garnish (optional)



-
- 1 Pre-make two cups of espresso (or hot coffee).
 - 2 Fill the *Tall Cup* full of milk and blend with the *Cross Blade* for 5-10 seconds.
 - 3 Transfer milk to a microwave-safe cup, and microwave on high for 35-45 seconds (be careful not to let the milk foam up out of the cup — stop it before it hits the top of the cup).
 - 4 Allow the milk to settle for a bit. Pour the thinner steamed milk into the coffee, then scoop out dollops of the foamy milk and let it ride on the top.
 - 5 Sprinkle each drink with a pinch of cacao or cinnamon (optional) and serve.



HOMEMADE NUT MILK

The **Magic Bullet** is a great tool for making homemade milk alternatives, especially nut milks that are so popular these days. We have found that almonds and cashews make the creamiest milk substitutes, but you can use any type of nut as long as its papery brown skin has been removed. Add to your coffee or smoothies for a satisfying, creamy texture.

½ cup blanched (no papery brown skin) almonds, cashews, or other nut of choice, soaked for 4-8 hours and drained

1½ cups water

Optional:

1 Tbsp pure maple syrup

½ tsp vanilla extract

1 Add all ingredients to the *Tall Cup*, twist on the *Cross Blade*, and blend for 30 seconds until all ingredients are fully blended.

2 Strain liquid through a nut milk bag or cheesecloth into a separate storage container.



SMOOTHIES







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* or *Party Mug* and twist on the *Cross Blade*. Blend until smooth.

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





MANGO COCONUT SMOOTHIE

Get a taste of paradise with this tropical fruit-infused smoothie!

- ½ cup mango
- 1 banana
- 1 cup ice
- ½ cup coconut water

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

TIP: For an added nutritional boost, sneak in ½ cup of baby spinach; you won't even taste it!





BERRY PROTEIN SMOOTHIE

Whether you are looking for a healthy breakfast on-the-go or a weight loss meal replacement, a high protein smoothie makes a convenient, satisfying option.

V

- ½ cup milk of choice (organic dairy or soy, almond, coconut, etc.)
- ½ cup fresh or frozen blueberries
- ½ cup ice cubes
- ½ medium banana
- 1 serving high quality protein powder (chocolate or vanilla)

1 Fill the *Tall Cup* or *Party Mug* halfway with ice.

2 Add the remaining ingredients. Twist on the *Cross Blade* and blend until smooth. Serve.

TIP: Add in some healthy fats to make this a complete meal. A Tbsp of nut butter, a small handful of your favorite nuts or seeds, or a quarter of an avocado are all great options!

CHOCO-BERRY MINT SMOOTHIE

With rich cacao, bright berries, and refreshing mint, this smoothie tastes as good as it is for you!

- 1 cup spinach
- 2 Tbsp rolled oats
- ½ cup blueberries
- 1 tsp cacao powder
- 2-3 fresh mint leaves
- 1 cup coconut milk (or almond milk)

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



GREEN MACHINE SMOOTHIE

Greens go down easy when they're this tasty!

- 1 cup spinach
- 1/2 ripe banana
- 1 Tbsp almond butter
- 1 Tbsp chia seeds
- 1 Tbsp Superfood Superboost (optional)
- 1 cup coconut water

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



TROPICAL GREEN SMOOTHIE

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

- 1 cup spinach
- 1/2 cup pineapple chunks
- 1/2 kiwi
- 1 Tbsp hemp seeds
- splash of lime juice
- 1 cup coconut water

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





SOUPS & SANDWICHES





HEARTY AND FILLING, soups and sandwiches are the gold standard of lunches. The **Magic Bullet** won't disappoint in this arena; these delicious meals are as satisfying as they are easy to make. Whip them up next time your tummy rumbles to power you through your afternoon!



BRISK BROCCOLI SOUP

Creamy green broccoli soup makes a warm and cozy meal or snack. Serve with crusty bread for a hearty, homey presentation.

- 1 cup broccoli florets, steamed*
- 1 clove garlic
- ½ cup vegetable stock
- ⅓ cup cream (see tips for substitutions)
- ¼ tsp salt

Makes: 1 bowl
(approximately 2 cups)

**Allow steamed broccoli to cool to room temperature prior to blending.*



-
- 1 Add broccoli, garlic, cream, and vegetable stock to the *Tall Cup*.
 - 2 Twist on the *Cross Blade* and blend into a smooth soup-like consistency.
 - 3 Remove *Cross Blade* and microwave soup in the *Tall Cup* for 2 minutes.

Ingredients will be hot. Use caution when removing soup.

TIPS:

- To help your little one adapt to eating greens and veggies, add some melted cheese to the soup for a tasty kid-friendly meal.
- To make dairy-free, substitute the cream with a milk of your choice such as almond, cashew, organic soy, or coconut.
- Add some protein by using Organic Greek yogurt in place of cream.

ALMOST INSTANT ASPARAGUS SOUP

This delicately flavored soup is delicious on its own, but also makes the perfect accompaniment to a springtime meal.

- 1 cup cooked asparagus tips*
(about 7-10 spears)
- 1 clove garlic
- ½ cup vegetable stock
- 1/3 cup of cream (see tips for substitutions)

Makes: 1 bowl
(approximately 2 cups)

**Allow cooked asparagus to cool to room temperature prior to blending.*



-
- 1 Add asparagus, garlic, cream and vegetable stock to the *Tall Cup*.
 - 2 Twist on the *Cross Blade* and blend until smooth.
 - 3 Remove *Cross Blade* and microwave soup in the *Tall Cup* for 2 minutes.

Ingredients will be hot. Use caution when removing soup.

TIPS:

- Make the most of your asparagus. Don't use a knife to cut the ends off — snap the end of each stalk off with your hands, it will break off at exactly the point you want to use.
- To make dairy-free, substitute the cream with a milk of your choice such as almond, cashew, organic soy, or coconut.
- Add some protein by using Organic Greek yogurt in place of cream.



TURBO TOMATO SOUP

Want to hear your kids beg for vegetables? This savory, homemade soup is sure to become a family favorite. Serve alongside grilled cheese for a classic combination.

10-12 cherry tomatoes
or **1** regular size
tomato (about a cup)

1 clove garlic

1/2 cup vegetable stock

1/3 cup cream (see
tips for substitutions)

Makes: 1 bowl
(approximately 2 cups)

1 Add tomato, garlic, cream, and vegetable stock to the *Tall Cup*.

2 Twist on the *Cross Blade* and blend into a smooth soup-like consistency.

3 Remove *Cross Blade* and microwave soup in the *Tall Cup* for 2 minutes.

Ingredients will be hot. Use caution when removing soup.



TIPS:

- To make dairy-free, substitute the cream with a milk of your choice such as almond, cashew, organic soy, or coconut.
- Add some protein by using Organic Greek yogurt in place of cream.



GAZPACHO

This chilled Spanish soup is a refreshing, healthy way to enjoy summer flavors. Perfect as an appetizer for a brunch or dinner party, gazpacho leaves an elegant impression whenever it's served!

½ red pepper
1-2 cloves garlic
1 cup vegetable stock
splash of red wine
vinegar
¼ of a hothouse
(English) cucumber
sprig of fresh chopped
parsley

Makes: 4 cups

Serves: 2



1 Add all of the ingredients in the order listed to the *Tall Cup* and twist on the *Cross Blade*.

2 *Pulse* (see *Pulse Technique* on pg. 17) until the consistency is smooth but still has some texture.

3 Best served chilled in a soup bowl for a refreshing treat.

TIP: For a fabulously fancy appetizer, place chilled, cooked baby shrimp in the bottom of small cocktail cups and pour gazpacho over the top. Gazpacho can also be used as a tasty dip for pita chips or crackers.



TUNA SALAD SAMMIE

Light on mayo but full of flavor, this classic tuna salad recipe is sure to please.

- ½ can tuna, drained
- 1 scallion, diced
- 1/8 red onion
- 1 tsp sweet relish
(may also use 3-4 pitted green olives)
- ¼ celery stalk
- 1 tsp fresh lemon juice
- ½ clove garlic
- 1 tsp extra-virgin olive oil
- 2 Tbsp mayonnaise (see tips for substitution)
- 1 tsp mustard
(yellow, Dijon, coarse grain, honey)
- dash of salt
- pepper to taste
- 2 slices whole grain bread of choice
(ciabatta is quite tasty!)

Optional toppings:
sliced tomato, lettuce

Makes: 1 sandwich

1 Place all ingredients in the *Tall Cup*, twist on the *Cross Blade* and *pulse* to combine.

2 Spread tuna salad on one slice of bread (or toast), add your favorite toppings and place second slice of bread on top.

TIP: For a no-mayo option, replace the mayonnaise and oil in the original recipe with 1 Tbsp vinaigrette dressing, Greek yogurt, tahini, or an egg-less mayo such as Vegenaise. Alternatively you may keep the olive oil and add 1 tsp balsamic vinegar and ½ tsp honey.



SIX-SECOND CHICKEN SALAD

Loaded with walnuts and apples, this quick and easy chicken salad recipe reminds us how delicious simplicity can be.

- 1/4 of a cored apple
(about 1/4 cup diced)
- 1 slice of onion
- 1 cup cooked chicken*
- 2 Tbsp walnuts
- 1-2 Tbsp mayonnaise

Makes: 1 1/2 cups
(2 sandwiches)

**Allow cooked chicken to cool to room temperature prior to blending.*



1 Add the ingredients in the order they appear to the *Tall Cup* and twist on the *Cross Blade*.

2 Chop and mix ingredients using the *Shakin' Pulse Technique* (pg. 18). If the chicken salad is not blending evenly, try the *Cocktail Shake* or *Tap techniques* (pg. 18). If it's still having trouble mixing evenly, scoop the finished chicken salad towards the bottom of the *Cross Blade* into a separate bowl then *pulse* the remaining ingredients together.

3 Once everything is chopped, you can add it all back together in the cup and give it a quick *pulse* to mix everything together.



TIPS:

- For a no-mayo option, replace the mayonnaise and oil in the original recipe with 1 Tbsp vinaigrette dressing, Greek yogurt, tahini, or an egg-less mayo such as Vegenaise. Alternatively you may keep the olive oil and add 1 tsp balsamic vinegar and ½ tsp honey.
- Chicken salad is very versatile. Feel free to add other things into your list of ingredients. Try sprinkling in a little nutmeg or cinnamon. Serve on toast, or add a scoop on top of a mixed green salad. To create a Curry Chicken Salad, skip the apples and walnuts and add a dash or two of curry powder.

EXPRESS EGG SALAD

Get delicious egg salad without the slicing and dicing! This recipe makes a quick and tasty lunch that the whole family will enjoy.

2 hard-boiled eggs*
1 stalk celery
1 slice of onion
1-2 Tbsp mayonnaise
pinch of mustard
powder (optional)

Makes: ½ cup

Serves: 1

**Allow hard-boiled eggs to cool to room temperature prior to blending.*



1 Break the celery stalks in half and pull to remove as much of the celery string as possible.

2 Add the ingredients in the order they appear to the *Tall Cup* and twist on the *Cross Blade*.

3 *Pulse* using the quick *Pulse technique*. Just press down on the cup and release the pressure immediately. Pause and let the ingredients settle. Then, quickly *pulse* again until you've reached a good consistency.



TIPS:

- Spice things up by adding a little sweet pickle relish, or add a dab of Dijon mustard to your ingredients before you blend. Sprinkle a little paprika over the top and serve on toast or add a scoop on top of a mixed green salad.
- For a no-mayo option, replace the mayonnaise and oil in the original recipe with 1 Tbsp vinaigrette dressing, Greek yogurt, tahini, or an eggless mayo such as Vegenaïse. Alternatively you may keep the olive oil and add 1 tsp balsamic vinegar and ½ tsp honey.



PARTY DIPS & APPETIZERS





THROWING A PARTY? Why spend a fortune on mediocre store-bought dips and appetizers when you can make tantalizing spreads and dainty finger foods for a fraction of the cost in your Magic Bullet? We've selected the fastest, easiest, and tastiest appetizer recipes made from fresh, wholesome ingredients, so you can impress your guests without adding any stress to your soirée! Party on...



SEVEN-SECOND SALSA

Skip the jarred stuff and get the party started with fresh homemade salsa. With tomatoes, onion, and a touch of jalapeno, this tasty dip brings zest to any fiesta!

1–2 boiler onions, or $\frac{1}{4}$
medium white onion

2–3 small slices of
fresh jalapeno

8–10 cherry tomatoes
or 1 tomato, quartered

1 clove garlic

juice of $\frac{1}{2}$ lemon
or lime

salt and pepper to taste

Optional:

sprigs of cilantro to taste

1 Add all ingredients to the *Tall Cup*, screw on *Cross Blade* and pulse 4–6 times until ingredients are mixed, but still chunky.

2 Remove *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.





HALLELUJAH HUMMUS

This rich, creamy hummus makes an excellent appetizer at any gathering. For a classic presentation, garnish with a drizzle of olive oil and a dusting of paprika, and serve with warm pita triangles, pita chips, or raw sliced veggies. It's also great spread on sandwiches, stirred into soups, or just eaten by the spoonful!

1/4 cup vegetable broth

1 14-oz can of chickpeas, drained

2 cloves garlic

2 Tbsp lemon juice

3 Tbsp tahini (sesame seed paste)

1/2 tsp salt

Optional:

Olive oil, to garnish

Paprika, to garnish

1 Add all ingredients to the *Tall Cup*, twist on the *Cross Blade*, and blend until smooth.





SPEEDY GUACAMOLE

Avocados have enjoyed a huge surge in popularity in the last decade. One bite of this heavenly guac and you'll understand why! Serve with crispy tortilla chips or fresh veggies for a delicious dip, or spread on top of crispy toast for a breakfast, lunch, or dinnertime delight.

- 2** avocados
- Juice of **1** small lime
or $\frac{1}{2}$ large lime
- $\frac{1}{4}$ tsp salt
- 1-2** cloves garlic
(optional)
- 1** boiler onion or $\frac{1}{4}$
medium white onion

Optional:

- 1-2** sprigs fresh cilantro
- 4** cherry tomatoes
- 2** slices jalapeno
pepper

- 1** Cut avocados in half lengthwise, circling the pit with your knife.
- 2** Twist to separate halves and remove the pits of each.
- 3** Scoop the flesh out of the avocados and into the *Tall Cup*.
- 4** Add all desired remaining ingredients, twist on *Cross Blade*, and *pulse* on the *Power Base* until mixture reaches the consistency you like.



BEFORE YOU KNOW IT BEAN DIP

Hearty, healthy, and bursting with flavor, this bean dip will steal the show at your next shindig.

- 1 14-oz can black beans, drained
- 1 boiler onion or $\frac{1}{4}$ medium white onion
- 1-2 cloves garlic
- $\frac{1}{4}$ cup jarred roasted red peppers
- $\frac{1}{4}$ cup vegetable broth
- 1 tsp chili powder
- 2 Tbsp red wine vinegar
- 2 Tbsp sour cream or Greek yogurt (optional)
- Cayenne pepper to taste (optional)

Sliced avocado, shredded cheese, or chopped tomatoes to garnish (optional)

1 Add all ingredients to the *Tall Cup*, twist on the *Cross Blade*, and quickly *pulse* on the *Power Base* until dip reaches the consistency you like.

2 Transfer to a serving dish and top with avocado, cheese, or tomatoes, if desired.



OLIVE TAPENADE

This savory olive dip adds excitement to any table. Serve with crackers, pita, or sliced toasted baguette, or as a topping to our stuffed mushrooms on page 74 for an elegant presentation.

- ½ cup pitted kalamata olives
- ½ cup pitted green olives
- 2 cloves garlic, peeled and chopped
- ¼ cup roasted red peppers
- 2 Tbsp fresh Italian parsley, chopped
- 1 Tbsp fresh rosemary, chopped

- 2 Tbsp capers
 - 2 Tbsp lemon juice
 - 2 Tbsp olive oil
 - Salt and pepper to taste
-

- 1 Combine all ingredients in the *Tall Cup*, twist on the *Cross Blade* and *pulse* 4-6 times, just enough to chop finely, but not turn the tapenade into mush.



LENTIL CASHEW DIP

Impress your guests with this unique and healthful dip!

1 cup cooked green or brown lentils* (if using canned lentils, drain and rinse well)

½ cup roasted/salted cashews

pinch of black pepper

½ tsp chopped fresh ginger (or a pinch of ginger powder)

1 tsp raw honey

**Allow cooked lentils to cool to room temperature prior to blending.*

1 Add all ingredients into the *Tall Cup*, twist on the *Cross Blade* and *pulse* until well combined. For a thinner consistency, allow to run continuously.

2 Scoop into a serving dish alongside raw vegetables and/or crackers, or use as a sandwich spread.





FRESH BRUSCHETTA

Fresh bruschetta makes a welcome addition to any appetizer spread with its bright colors and equally vibrant flavor.

½ baguette, sliced into
¼-inch rounds and
brushed with olive oil

1½ cups cubed roma
tomatoes

3 Tbsp thinly sliced
fresh basil leaf

1 clove garlic

1 Tbsp extra-virgin
olive oil

1 Tbsp balsamic
vinegar

¼ tsp salt

¼ tsp fresh ground
pepper

1 Preheat oven to 450°F.

2 Place baguette oil side-down on a baking sheet and toast for 5-10 minutes until lightly browned.

3 Add tomatoes, basil, garlic, olive oil, vinegar, salt, and pepper to the *Tall Cup*. Twist on the *Cross Blade* and *pulse* until well combined.

4 Divide mixture and spread onto the oiled side of toasted baguette rounds.





ANGEL EGGS

This version of deviled eggs swaps mayo for Greek yogurt, giving you all the flavor and fun of the classic party appetizer without the extra bulk.

- 12** hard-boiled eggs*,
peeled and sliced
in half
- ½** cup 2% Greek
yogurt
- ½** tsp kosher salt
- 2** Tbsp dijon or yellow
mustard
- ½** tsp hot sauce
(Tabasco, Sriracha,
Cholula, etc.)
- smoked paprika to
garnish

Makes: 24

**Allow hard-boiled eggs to cool to room temperature prior to blending.*

- 1** Scoop the yolks from the middle of your halved eggs into the *Tall Cup*. Set egg whites aside on a large plate or baking sheet.
- 2** Add Greek yogurt, salt, mustard, and hot sauce to the egg yolks, screw on the *Cross Blade*, and *pulse* for 10 seconds, until ingredients are evenly mixed.
- 3** Spoon roughly 1 Tbsp of the yolk mixture into the hole of each halved egg white. Shake paprika over the top, transfer to a serving platter, and watch your guests gobble up these little pieces of heaven!



SPINACH & GOAT CHEESE STUFFED MUSHROOMS

These savory morsels add style to any gathering.

- ½ cup of frozen chopped spinach, thawed and drained well
- 3 Tbsp of sun-dried tomatoes, diced
- 6 oz of goat cheese, softened
- 1 tsp of dry basil
- ¼ tsp of garlic powder
- 12 baby portabella or crimini mushrooms, rinsed and dried

Makes: 12
mushroom bites



- 1 Preheat oven to 350°F.
- 2 Add thawed and drained spinach, diced sun-dried tomatoes, dry basil, garlic powder, and softened goat cheese to *Tall Cup*. Twist on the *Cross Blade* and *pulse* 4-6 times on the *Power Base* until well combined. Set aside.
- 3 Remove stems from the mushrooms. Stuff each mushroom with the spinach and goat cheese mixture in the hollow space left by the removal of the stem. Place on baking sheet with the filling facing up and bake for 20-30 minutes until golden brown.



ICE COLD COCKTAILS





THIS SECTION CONTAINS recipes for fresh, delicious beverages sure to delight each and every one of your guests, from the artisanal cocktail aficionado to the broiest broseph. Whether you're brunching al fresco, chilling poolside, or hosting a swanky shindig, your **Magic Bullet** will make sure you have a great time!

For breezy frozen drinks, skip the sticky blender and mix and serve drinks directly in your *Magic Bullet Party Mug*. Made from high grade BPA-free plastic, these cups won't shatter if dropped, and clean up easily in the dishwasher. To get the party started, simply add ingredients to the *Party Mug*, twist on the *Cross Blade*, blend on the *Power Base*, twist on a *Comfort Lip Ring* and serve. Your moment in paradise awaits!



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 Speedy Guacamole (pg. 68) for a little sip of la vida Mexicana.

1½ oz tequila
½ oz triple sec
or cointreau
1½ oz fresh lime juice
1½ Tbsp agave nectar
1 cup ice
salt (optional)



-
- 1 Add liquid ingredients to the *Magic Bullet Party Mug*.
 - 2 Fill with ice, 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 *Party Mug* containing your margarita and enjoy!
-

TIPS: For flavored margaritas, replace ice with 1 cup of your favorite frozen fruit. Mango, peaches, watermelon, and strawberries all make delicious options!

If you're in a hurry, you can blend ¾ cup of good quality margarita mix with 2 oz tequila and a cup of ice for a speedy and tasty frozen 'rita.

STRAWBERRY DAIQUIRI

While the original daiquiri is a shaken cocktail consisting of lime, rum, and sugar, most associate the drink with the super-sweet frozen strawberry mixture served from big machines. We've decided to riff on that version, but instead of using a mix loaded with corn syrup and artificial flavors, we're using the good stuff: lime juice, frozen strawberries, a little natural sweetener, and, of course, rum! One sip of this fresh, breezy beach favorite and you'll never go back to the big batch variety. If you still want to pour it into a styrofoam cup, though, we won't judge you.

- 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 *Magic Bullet Party Mug*, 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.



PIÑA COLADA

If you like piña coladas, you'll love the **Magic Bullet**; it's the perfect machine to mix this decadent cocktail! Our version scraps super-processed ingredients for rich coconut butter and real frozen pineapple. Now that's paradise!

2 oz rum

1½ Tbsp coconut butter

1 cup frozen pineapple

1½ Tbsp agave nectar

splash pineapple juice,
milk, or almond milk

1 Add all ingredients to the *Magic Bullet Party Mug*, screw on the *Cross Blade* and blend until smooth and slushy.

2 Screw on the *Comfort Lip Ring* or pour into a serving glass.



BOULEVARD BELLINI

Life is peachy with this frozen version of the traditional champagne cocktail.

- ½ cup frozen peaches
- 2 oz peach schnapps
- 1 Tbsp honey
- 2 oz champagne



1 Add peaches, schnapps, and honey to the *Magic Bullet Party Mug*, screw on the *Cross Blade* and blend until smooth and slushy.

2 Screw on the *Comfort Lip Ring* or pour into a champagne glass.

3 Top off with champagne and serve.

SKY HIGH MANHATTAN

*Spin this classic cocktail in the **Magic Bullet** to take your soirée to the next level!*

- 2 oz rye whiskey
- ½ oz sweet vermouth
- 2-3 dashes Angostura Bitters
- 1 ice cube
- Maraschino Cherry, to garnish



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.



MYSTIC 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.

DINNER DISHES





SPEEDY SAUCE

BOLOGNESE

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

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
(optional)
2 Tbsp tomato paste
2 cloves garlic
2 sprigs fresh thyme or
½ tsp dried thyme
¼ cup cooked lean
hamburger, steak,
chicken or turkey*
pinch of Italian
seasoning (optional)
salt and pepper to taste
Fresh parmesan cheese
(optional)

Serving Size: 2

**Allow cooked meats or poultry to cool to room temperature prior to blending.*

1 Add all ingredients in the order they are listed to the *Tall Cup*. Twist on the *Cross Blade* and *pulse* using the *Pulse Technique* (pg. 17). Just press down on the cup and release the pressure immediately, pause and let the ingredients settle. Then, quickly *pulse* again until you've reached a good consistency.

2 Remove the *Cross Blade* and microwave in a microwave-safe bowl or heat on the stove in a saucepan until warm. Serve over hot pasta.

Ingredients will be hot. Use caution when removing sauce.

TIP: To add fresh parmesan cheese, add a chunk of Parmesan to the *Tall Cup* and twist on the *Cross Blade*. Chop until the consistency is a coarse powder. Sprinkle on top of pasta and sauce.



PRESTO, IT'S PESTO!

*Pesto is really one of the most delicious sauces in the world, combining fresh, herbaceous basil with rich pine nuts, comforting olive oil, powerful garlic, and zesty parmesan cheese to create a totally distinctive, totally delicious topper for pasta, meat, and more. Use your **Magic Bullet** to make this amazing sauce in a snap!*

10-12 fresh basil leaves

2 Tbsp of pine nuts

2 Tbsp extra-virgin
olive oil

1½ tsp coarse salt
(optional)

1-2 cloves of garlic

1 small chunk
Parmesan cheese



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.

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.

TIPS:

- To top with more fresh parmesan cheese, add a chunk of Parmesan to the *Tall Cup* and twist on the *Cross Blade*. Chop until the consistency is a coarse powder. Sprinkle on top of pasta and sauce.
- Alternatively, pesto makes a great dip. Serve hot or at room temperature with sliced Italian or French Bread or use as a sandwich spread.

YELLOW CURRY

Save time by prepping this dish's incredibly flavorful broth in the **Magic Bullet!**

- 1 Tbsp coconut oil, melted
- 2 boiler onions (or $\frac{1}{4}$ onion, quartered)
- $\frac{1}{4}$ inch chunk fresh ginger
- $\frac{1}{2}$ garlic clove (about $\frac{1}{4}$ tsp chopped garlic)
- $2\frac{1}{2}$ tsp curry powder
- $\frac{3}{4}$ cups coconut milk
- 2 Tbsp water
- juice of $\frac{1}{4}$ lemon
- 2 new potatoes, quartered
- 1 carrot, peeled and cut into chunks
- 4 oz chicken, cut into 1-inch pieces
- 1 cups cooked white or brown rice

Serves: 1

1 Add coconut oil, onions, ginger, garlic, curry powder, coconut milk, water, and lemon juice to the *Tall Cup*. Blend for 10 seconds, then transfer mixture to a small saucepan on the stove over medium heat.

2 Bring to a boil, then add potatoes and carrots and reduce heat to medium for 20 minutes.

3 Add chicken pieces and cook for an additional 10 minutes. The curry is ready to eat when the carrots and potatoes are tender and the chicken is cooked through. Spoon over rice and enjoy!



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 fiber-rich brown rice and black beans, zesty tomatoes, and a wide array of aromatic herbs and spices to keep your tummy full and satisfied until breakfast rolls around.

2 bell peppers, halved
with seeds and
veins removed

1 cup baby spinach

2 boiler onions (or ½
small onion, cubed)

1 clove garlic

1 cup canned black
beans, 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

Serves: 2

**Allow cooked rice to cool
to room temperature prior to
blending.*

1 Preheat oven to 400°F.

2 Add spinach, onions, garlic,
tomatoes, chili powder, cumin, paprika,
olive oil, and salt to the *Tall Cup*. Blend
until ingredients are evenly mixed.

3 Add beans and brown rice, then stir
to combine.

4 Portion mixture between the two bell
pepper halves and bake in the oven for
20 minutes.



QUINOA VEGGIE PATTY

Filled with fresh vegetables and protein-rich quinoa, these delicious veggie patties make a healthy and satisfying dinner.

¼ cup cooked quinoa*
½ carrot, diced
1 scallion, sliced
1 clove garlic
½ cup cooked black beans*
2 Tbsp Italian seasoned dried breadcrumbs
2 tsp flax meal
+ 1½ Tbsp water
1 tsp ground cumin
¼ tsp salt
Dash of black pepper
Olive oil

Serves: 2

Serving Size: 1 patty

**Allow cooked quinoa and cooked beans to cool to room temperature prior to blending.*

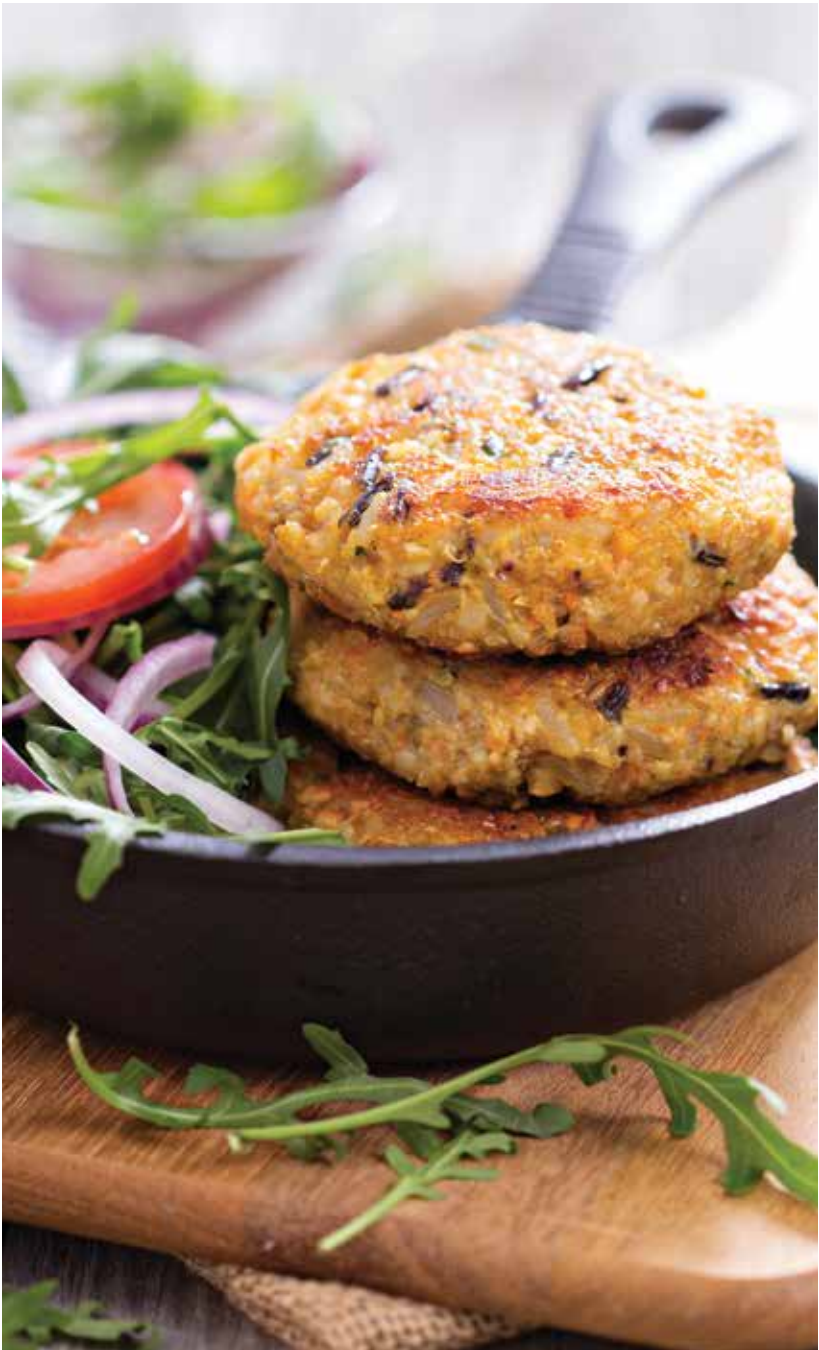
1 Cook quinoa according to package directions.

2 Combine flax and water and allow to gel for about 3 minutes.

3 In the *Tall Cup*, *pulse* carrot until finely chopped. Add cooked quinoa, scallions, garlic, beans, breadcrumbs, flax mixture, cumin, salt, and pepper; *pulse* until combined but still slightly chunky. Form the mixture into two even patties.

4 In a large nonstick skillet, heat the oil over medium; cook burgers until browned, about 8 minutes per side.





DESSERT







FABULOUSLY FAST FRUIT SORBET

Got a sweet tooth, but don't feel like indulging too much? Try this refreshing fruit sorbet! It's so fast and easy to make, you just might make room for dessert every night.

- 1 cup of your favorite frozen fruit (we love mixed berries)
 - 2-3 Tbsp water (or fruit juice, or your favorite liqueur if not serving to the kiddos!)
- Dollop of whipped cream — pg. 101 (optional)

-
- 1 Add ingredients to the *Tall Cup* and blend until smooth.
 - 2 Add more or less liquid to reach your desired consistency.
 - 3 Serve in your favorite dessert dish.
-

TIP: For a fancy brunch or party dessert, make a variety of flavors (blueberry, strawberry, mango) and pour the different flavors into cocktail glasses, layering flavors with contrasting colors in the same cup for a nice presentation. Top with a dollop of whipped cream (pg. 101) for an extra treat.





CHOCOLATE CHIA SEED PUDDING

Healthy pudding? It is possible! This delicious treat combines omega-3 rich chia seeds with intense cacao powder for a sweet and 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.

TIPS:

- To increase the creamy factor, add ¼ avocado or ½ ripe banana.
- Add a boost with 1 Tbsp protein powder (may need to increase the liquid by a Tbsp).
- Top with your favorite fresh berries, coconut flakes, or cacao nibs!



BANANA NICE CREAM

All the frosty, creaminess of ice cream with the added nutritional benefits of bananas! A great alternative for those with dairy issues, or those simply looking to lighten up their diet, this delicious treat might just become your favorite.

1 frozen banana,
peeled and slightly
thawed

2-3 Tbsp almond milk

Optional:

2 tsp raw cacao
powder, vanilla
extract, fresh or
frozen berries

Top With:

cacao nibs, coconut
flakes, fresh berries,
nuts, etc.

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!







BLACK BEAN BROWNIES

Some days all you want is a dense, chocolatey brownie. This version of the home-baked classic uses black beans and flax meal to make a rich, healthy brownie that hits the sweet spot without the excess fat, sugar, or refined carbohydrates.

- 1 cup canned black beans (rinsed and drained)
- 1 Tbsp ground flax meal
- 2½ Tbsp water
- 1 Tbsp melted coconut or avocado oil
- 1/3 cup raw cacao powder
- ½ tsp vanilla extract
- 1 Tbsp coconut sugar
- 1 Tbsp maple syrup
- ½ tsp baking powder

Optional:

walnuts, pecans, chocolate chips



- 1 Preheat oven to 360°F.
- 2 Grease a small baking dish — may use a tiny loaf pan or mini muffin pan.
- 3 Combine flax meal and water. Stir and allow to sit and thicken; about 3 minutes.
- 4 Add beans, oil, cacao, vanilla, sweeteners, baking powder, and flax gel in the *Tall Cup*. Puree until smooth, scraping the sides as needed.
- 5 Pour batter into pan (muffin tin) and add desired toppings.
- 6 Bake in oven for 15 minutes until the top begins to harden and edges start to crisp.
- 7 Allow to cool before removing from the pan.

MINI PINEAPPLE UPSIDE DOWN CAKES

These mini-cakes are as pretty as they are tasty! Serve them on their own, with coffee, or with ice cream (or our banana “Nice Cream”) for a wonderful sweet treat!

1 Tbsp butter, melted

2 tsp brown sugar

2 unsweetened
pineapple rings

2 cherries

¼ cup milk of choice

¼ tsp vanilla extract

⅓ cup all-purpose
flour

2 Tbsp sugar

½ tsp baking powder

Pinch of salt

Pinch of nutmeg

Serving Size:

Two 4-inch cakes

1 Preheat the oven to 350°F.

2 Use some of the melted butter to grease two 4-inch ramekins, then sprinkle 1 tsp of brown sugar in each ramekin.

3 Add the pineapple slices to the ramekins on top of the brown sugar, and place the cherries in the middle.

4 Add the remaining butter and ingredients to the *Tall Cup* and blend, scraping the sides with a spatula.

5 Divide the batter between the two ramekins and bake for 18-20 minutes, until a toothpick comes out dry.





WHIPPED CREAM

When fresh, homemade whipped cream is at your fingertips, you'll never reach for that can again.

- $\frac{3}{4}$ cup heavy whipping cream
- $\frac{1}{2}$ Tbsp granulated sugar
- $\frac{1}{4}$ tsp vanilla extract

1 Add ingredients to the *Tall Cup*, twist on the *Cross Blade* and blend on the *Power Base* for 10-20 seconds. You will know the whipped cream is finished when the blending sound changes to a lower pitch.

2 Repeat 3 or 4 times until cream is stiff and ready to top your next treat!



BABY FOOD







CARROT BABY FOOD

Start your little one off eating healthy with this tasty carrot purée!

1 cup baby carrots,
steamed*
splash of water,
optional

**Allow carrots to cool to room temperature prior to blending.*



1 Toss steamed baby carrots into the *Short Cup*.

2 For a thinner consistency, add a splash of water. For younger babies, add about a tablespoon or so of water. For bigger kids, water may not be needed. You can always add more to thin it out.

3 Twist on *Cross Blade* and blend until you've achieved a smooth puree.

4 Let cool and serve.

CHICKEN & RICE BABY FOOD

Get all the goodness of this go-to dinner into your baby's belly!

1/2 cup cooked chicken*
1/2 cup cooked rice*
splash of water or
chicken stock

**Allow cooked chicken
and cooked rice to cool to
room temperature prior to
blending.*

1 Place ingredients in the *Short Cup* and twist on the *Cross Blade*. Blend until smooth.

2 Heat until slightly warm and serve.



AVOCADO SWEET POTATO BABY FOOD

This sweet potato and avocado purée is an awesome first food for babies, with lots of vitamins to keep your bundle growing strong!

1/2 cup sweet potato
1/4 cup avocado
splash of water or
vegetable stock

**Allow cooked sweet potato
to cool to room temperature
prior to blending.*

1 Cook sweet potato in a microwave, oven, or steamer. Remove skin, allow to cool*, and cube.

2 Place ingredients in the *Short Cup*, twist on the *Cross Blade* and blend until smooth. Add more liquid as desired.





THE CRAZY-QUICK COCKTAIL PARTY

Throwing a party doesn't have to be stressful! The **Magic Bullet** makes it easy for you to entertain without breaking a sweat. Gotta try it to believe it? Check out this Crazy-Quick Cocktail Party guide, which helps you seamlessly prepare nibbles and of course, cocktails for you and five friends using some of the **Magic Bullet's** most popular recipes!

MENU

GUESTS ARRIVE TO:

Lentil Cashew Dip & Hallelujah Hummus with warm pita triangles
Raw vegetables for dipping: baby carrots, cherry tomatoes, celery,
bell peppers, and cucumbers

COCKTAILS:

Boulevard Bellinis
Mystic Martinis

APPETIZERS:

Spinach and Goat Cheese Stuffed Mushrooms
Bruschetta

COFFEE:

Classic Magic Bullet Coffee served with milk and sugar

SHOPPING LIST

PRODUCE

1 bag baby Carrots
1 pint cherry tomatoes
6 roma tomatoes
1 bunch celery
2 red bell peppers
1 cucumber
1 head of garlic
2 lemons
24 baby portabella
or crimini mushrooms
(1-2 packages)
Fresh basil

DRY INGREDIENTS, CANNED GOODS, & SPICES

Olive oil
Balsamic vinegar
Salt
Black Pepper
Sugar
1 can green lentils
Roasted & salted cashews

Ginger powder
Garlic powder
Dried basil
Paprika
Raw Honey
Vegetable Broth
1 can chickpeas
Tahini
Sun-dried tomatoes
Jarred pitted
green olives

BEVERAGE SECTION

1/4 pound bag roasted coffee beans
1 bottle gin
or vodka
1 bottle dry vermouth
1 bottle dry champagne
Peach Schnapps
2 lbs ice

FROZEN FOODS

- 1 bag frozen spinach
- 1 bag frozen peaches

BREAD SECTION

- 3 packages
pita bread
- 1 baguette

DAIRY SECTION

- 12 oz goat cheese
- Milk, cream, and/or milk
substitutes to serve with
coffee

NON-FOOD ITEMS

- 20-30 cocktail napkins
- 20-30 appetizer plates
- 6 martini glasses
- 6 Champagne glasses
- 6 coffee cups

- Coffee creamer
- Sugar bowl
- 3 baking sheets
- 1 serving platter
+ bowl for hummus and pita
- 1 serving platter
+ bowl for lentil cashew dip
and vegetables
- 1 serving platter
for mushrooms
- 1 serving platter for bruschetta
- Large ice bucket

PARTY PREP

2 HOURS BEFORE

1 Put all liquor in the freezer, and champagne in the fridge.

2 Make a batch of hummus. Follow recipe on page 67 and cover and chill in the refrigerator.

3 Make a batch of lentil cashew dip. Follow recipe on page 71 and cover and chill in the refrigerator.

4 Prep a double batch of the stuffed mushrooms. Follow the recipe on page 74, but do not bake. Instead, lay filled mushrooms on a cookie sheet, and chill in the refrigerator.

5 Prep dipping vegetables and arrange on platter. Rinse tomatoes, rinse and cut celery, bell peppers, and cucumbers

into slices. Baby carrots can be left as they are. Cover and chill in the refrigerator.

6 Slice Baguette into 1/3 -inch rounds. Arrange on 2 cookie sheets and drizzle with olive oil.

7 Make Bruschetta mixture (triple the recipe on page 72) and store in the fridge.

8 Make sure serving platters are clean and ready to go and slice pita bread into triangles.

9 Arrange napkins and plates near your serving area.

10 Clean your Magic Bullet Cups.

11 Go freshen up.

30 MINUTES BEFORE

1 Stack the three loafs of pita bread on top of a large sheet of tinfoil. Cut the rounds into sixths but try to retain the round shape of the loafs, taking care not to slice the foil underneath. Wrap the stack in foil and place in the oven at 350°F for 20 minutes (it will take the oven time to heat up).

2 As the pita warms, set up your bar: fill the large ice bucket with ice and place vodka or gin, vermouth, champagne, peach schnapps, and frozen peaches inside, within arm's reach of the Magic Bullet. Set cocktail olives nearby.

3 Pour hummus and lentil dips into their serving bowls. Arrange cut vegetables on a serving tray and place in the serving area near the napkins and placemats.

TEN MINUTES BEFORE

1 Remove pita from the oven and arrange on the serving platter. Keep oven heated.

PARTY TIME!

1 As guests arrive, offer them a martini or bellini and show them where dips are

2 Show off the Magic Bullet. Let your friends give it a whirl!

3 Have a cocktail yourself! You deserve it!

30 MINUTES IN

1 Place Stuffed Mushrooms and baguette slices in the oven. Remove the bread after 10 minutes and spoon bruschetta mixture on top. Arrange on serving platter. When the mushrooms are done (20 minutes), arrange on serving platter. Bring both appetizers out to your guests.

90 MINUTES IN

1 Brew a pot of coffee

2 Serve coffee with cream/milk/dairy substitute and sugar to your guests.

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RECIPES & USER GUIDE



HUMMUS

Make it snack time
in no time.



GRATED CHEESE

Grate, shake,
enjoy, all in one.



GROUND COFFEE

Wake up to fresh
ground coffee.



SALSA

Chunky or smooth,
you decide.



COCKTAILS

Blend without
the bartender.



PESTO SAUCE

All the flavour,
none of the fuss.



SMOOTHIES

Blend and sip,
in the same cup.



GUACAMOLE

Enjoy the party
without the mess.