

# MAGIC BULLET<sup>®</sup> USER GUIDE



**magic**  
**BULLET®**  
**USER GUIDE**

# IMPORTANT SAFEGUARDS

When Using Electrical Appliances Like Your Magic Bullet®,  
Basic Safety Precautions Should Always Be Followed:

**WARNING! TO AVOID THE RISK OF SERIOUS INJURY, CAREFULLY READ ALL INSTRUCTIONS BEFORE OPERATING YOUR MAGIC BULLET®.**

**SAVE THESE INSTRUCTIONS!**  
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 AND PRESSURE SAFETY

- **DO NOT BLEND HOT INGREDIENTS OR LIQUIDS!** Never put hot 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 as it may result in the ingredients overheating which can increase the pressure and may cause the cup to burst, resulting 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.

**• FRICTION FROM THE ROTATING EXTRACTOR BLADES WHILE BLENDING CAN CAUSE INGREDIENTS TO HEAT AND GENERATE INTERNAL PRESSURE IN THE SEALED CUP, IF LEFT TO RUN FOR LONGER THAN A MINUTE. IF THE CUP IS WARM TO TOUCH, ALLOW IT TO COOL BEFORE CAREFULLY OPENING POINTED AWAY FROM YOUR BODY TO AVOID INJURY.**

- 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. Have the cup pointed away from you in case there is any built-up pressure.

- 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.
- **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 that 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. If you do not plan to consume the contents immediately, use the stay fresh lid to close the cup. Periodically unscrew the lid to release internal pressure if storing longer than a few hours.

## CROSS BLADE SAFETY

- **CROSS BLADES ARE SHARP! HANDLE CAREFULLY.** Use care while handling the Cross Blades, do not touch the Cross Blade edges to avoid injury.
- **AVOID CONTACT WITH MOVING PARTS!** Keep hands and utensils out of and away from the Cross Blade while blending food to reduce the risk of severe personal injury.
- TO REDUCE RISK OF PERSONAL INJURY OR PROPERTY DAMAGE, **MAKE SURE THE Cross Blade is securely screwed (hand tightened) onto the cup before placing it on the Power Base and operating the Magic Bullet®.**

**• NEVER STORE THE CROSS BLADE IN THE POWER 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 Power Base. Contact Customer Service for assistance if any component is damaged or loose, or if you have any questions.
- We recommend replacing your Cross Blade every 6 months or as needed for optimal performance.
- Once you have finished blending with your Magic Bullet®, wait to remove the cup/ Cross Blade assembly from the Power 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 contents in any of the cups.
- Your Magic Bullet® is not intended to be an ice crusher and attempting to crush ice may result in permanent damage to the Cross Blades and may cause the unit to malfunction and cause 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 extract effectively and 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 or the tabs (on the side of the cup) or the Power Base. You may purchase new cups and Cross Blades at NutriLiving.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

- 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 as this may cause 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 product and as such will void the warranty.
- This appliance 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. Do not modify the plug in any way, as doing so will 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 Power Base in water or other electrical current conducting liquids.
- **Always POWER OFF and unplug the Magic Bullet® when it is not in use or BEFORE assembling, disassembling, changing accessories, or cleaning.**
- Periodically inspect the cord and plug for damage. Do not operate the Magic Bullet® with a damaged cord or plug or if the Magic Bullet® is dropped, damaged or 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.
- Your Magic Bullet® has important markings on the plug and is not suitable for replacement. If damaged, please contact Customer Service for assistance in obtaining a replacement Power Base.

## VENTILATION SAFETY

- To prevent a fire hazard, the openings on the bottom of the Power Base should be free of dust or lint and never obstructed as they are provided for ventilation to ensure reliable motor operation to prevent over-heating. Never place your Magic Bullet® on top of flammable materials such as newspapers, tablecloths, napkins, dishtowels, place mats or other similar type of materials.
- Always operate the Magic Bullet® on a level surface, leaving unobstructed space beneath and around the Power Base to permit proper air circulation.

## IMPORTANT MICROWAVE SAFEGUARDS

The Magic Bullet® has gone BPA-free! All of the recipes that require cooking in the Magic Bullet® cups 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 cup 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 AND CAREFULLY STIR, THEN RE-HEAT FOR 2 MINUTES AGAIN.**

**• NEVER MICROWAVE UNVENTED, SEALED CUPS AS THEIR CONTENTS WILL EXPAND WITH HEAT PRESSURE AND EXPLODE, RESULTING IN POSSIBLE SERIOUS INJURY OR PROPERTY DAMAGE. DO NOT USE THE SOLID LID IN THE MICROWAVE, USE ONLY THE VENTED LIDS.**

**• WARNING: NEVER MICROWAVE CUPS WITH THE CROSS BLADE ATTACHED TO THE CUP. THE METAL IN THE BLADE MAY SPARK OR MAY CAUSE A FIRE AND MAY RESULT IN INJURY OR DAMAGE TO PROPERTY.**

- After microwaving, always use heat-resistant pads to handle Magic Bullet® blending cups.
- Do not use the Party Mug in the microwave.
- Follow the precautions and recommendations found in your microwave oven instruction manual, specifically the overall heating times, but never run your microwave for longer than 2 minutes consecutively.
- **SUPER-HEATED 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 cup is removed from the microwave is not always present. **Super-heated or very hot liquids may suddenly boil over when the cup 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 liquid.
  - Stir the liquid both before and halfway through heating to avoid eruption.

- After heating, allow the cup to stand in the microwave for a short time before removing cup.
- Use extreme care when inserting a spoon or other utensils into the cup.
- Avoid heating baby food or formula in Magic Bullet® cups.
- Don't defrost frozen beverages in Magic Bullet® blending cups (especially carbonated beverages). Even if the cup is opened, pressure can build up. This can cause the cup to burst, possibly resulting in injury.
- Hot foods and steam can cause burns. Be careful when removing Magic Bullet® blending 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 by opening the cup in the direction pointed away from you.
- Some products, such as whole eggs, may explode and should not be heated using the Magic Bullet® cups in the microwave.

## 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.

**• BAD SEEDS: DO NOT USE THE FOLLOWING SEEDS AND PITS IN THE MAGIC BULLET®, AS THEY CONTAIN A CHEMICAL THAT RELEASES CYANIDE INTO THE BODY WHEN INGESTED: APPLE SEEDS, CHERRY PITS, PLUM PITS, PEACH PITS AND APRICOT PITS.**

## MAGIC BULLET® CLEANING & USER MAINTENANCE INSTRUCTIONS

- Cleaning the Magic Bullet® is easy, simply place any of the pieces (except for the Power Base and Cross Blade) on the top shelf of the dishwasher or hand wash with warm, soapy water and rinse.

### HERE'S HOW TO CLEAN THE MAGIC BULLET®

- Step 1: **The most important thing – ALWAYS POWER OFF AND UNPLUG the Power Base from the power supply 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 Power Base.
- STEP 3: Cleaning the individual components (Power Base, Cross Blades, Magic Bullet® blending cups).

### POWER BASE:

- For the most part, the Power Base doesn't really get dirty, but if you neglect to twist the Cross Blade onto the blending cup tightly, liquids can leak out and get into the base and stick to the activator buttons.
- **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 Power Base in water or put in the dishwasher.
- Do not remove the rubber or plastic liners inside the Power Base.
- Use a sponge or dish cloth dampened with warm soapy water to wipe down the inside and outside of the Power Base until clean.
- Pay particular attention to the white actuator tabs on the inside of the Power 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.

### EXTRACTOR 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 or with lemon juice. If, over time, the gasket becomes loose or damaged, you may order a new Cross Blade at [NutriLiving.com](http://NutriLiving.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: [NutriLiving.com](http://NutriLiving.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!**  
HOUSEHOLD USE ONLY

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# 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, counter-top magician!

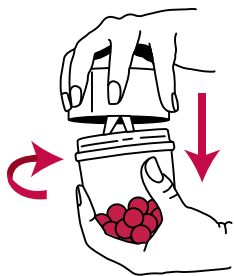
With the Magic Bullet®, you can make wholesome, delicious food in less time than it takes to order a pizza! Skip the jarred pasta sauce full of sodium and preservatives and prepare fresh, homemade marinara in seconds. Lose the expensive, store-bought party dips and create velvety hummus and zesty salsa from scratch! Restaurant quality omelets, gourmet cocktails, comforting soups are 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.



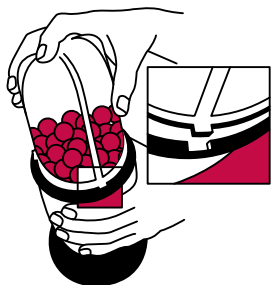
# USING THE MAGIC BULLET®

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



**1** Load the ingredients into the **Tall Cup, Short Cup** or **Party Mug** (do not exceed the MAX line).

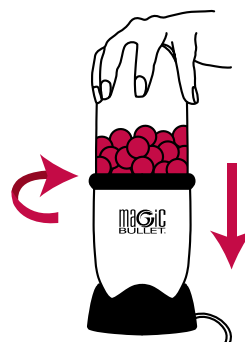
**2** Twist on the **Cross Blade** until the blade and cup have a tight seal.



**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 (do not run for longer than a minute!). 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 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 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 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.

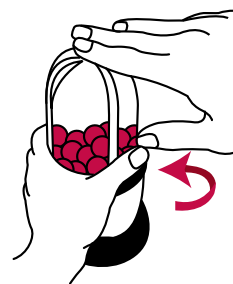
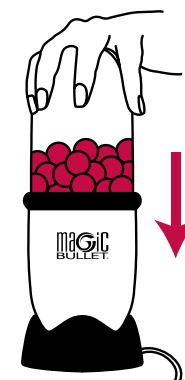


## MAGIC BULLET® TECHNIQUES

### 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 Blade** 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.

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## 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

Shake the entire unit downwards with enough force to dislodge the ingredients. Place it back on the counter-top, and **pulse** again.

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 gently **tap** the cup/blade assembly on the counter to force the ingredients down into the **Cross Blade**.

2

Return cup/blade assembly to the **Power Base** and finish processing.

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## 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.

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# 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 pasta sauces, salsa, sandwich fillings, fresh soups, and more without dirtying a single cutting board, pot, or pan.

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

## 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 stuck-on substances. Let the **Power Base** dry for a few minutes before blending again.

**TIPS:** Always unplug the Magic Bullet® when cleaning or assembling.

**STUBBORN CLEANUP:** If ingredients dry inside the Magic Bullet cups, make your cleanup a snap by filling the cup about 2/3 full with room temperature soapy water (not hot) and screw on the Cross Blade. Place the cup/blade assembly on the Power Base for about 20-30 seconds. This will loosen the stuck ingredients, and with a light scrub and rinse, you'll be all done.

**CAUTION:** Do not put the Cross Blades in the dishwasher as the heat may cause the gaskets to deteriorate or come loose.

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. However, 10 seconds can turn into longer if you need to clean, peel or 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 to the 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 ¼ 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 ¼ 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

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.



**KID-FRIENDLY:** Recipes that appeal to most kids' tastes.



**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 to help you on all of your kitchen adventures!

## PERSONAL PANCAKES

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



**SERVES:** 1  
**SERVING SIZE:**  
3 pancakes

1 cup rolled oats

2/3 cup milk  
or almond milk

½ ripe banana

¼ tsp cinnamon

2 tsp pure maple syrup  
+ more to drizzle  
on top

Dash of sea salt

½ tsp vanilla extract

½ tsp baking powder

1 tsp butter  
or coconut oil

**1** Place oats in the **Tall Cup**, twist on the **Cross Blade**, and blend on the **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 ¼ cup applesauce. Batter too thick? Add a splash of milk or almond milk to thin it out.

**WE'VE ALL HEARD** breakfast is the most important meal of the day. Magic Bullet® makes it fast and easy to whip up delicious, energizing morning meals so you won't have to skip breakfast, or reach for that donut next time you're in a hurry!

# SIX-SECOND SCRAMBLED EGGS

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



- 3 eggs
- Salt & pepper to taste
- Fresh dill or parsley (optional)
- ½ tbsp butter or olive oil

**1** Add all ingredients to the **Tall Cup**, twist on the **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.



# 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 & 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.



# BANANA COFFEE FRAPPE

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



1 frozen banana,  
slightly thawed

½ cup brewed coffee  
(Allow brewed coffee  
to cool to room  
temperature prior  
to blending)

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

¼ tsp vanilla extract

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



# CREAMY COCONUT COFFEE

Infuse your Cup of Joe with this nut of coco 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.

# CHOCOLATE CHIA SEED PUDDING

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



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!





## BERRY PROTEIN SMOOTHIE

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



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.

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**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!

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## 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!



# TROPICAL GREEN SMOOTHIE

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



- 1 cup spinach
- ½ cup pineapple chunks
- ½ 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**.
- 2 Blend until smooth.



# SOUPS

## BRISK BROCCOLI SOUP

Creamy green broccoli soup makes a warm and cozy meal or snack.



**MAKES:** 1 bowl  
(approximately 2 cups)

1 cup broccoli florets, steamed (*Allow steamed broccoli to cool to room temperature prior to blending.*)

½ tsp garlic powder

½ cup vegetable stock

1/3 cup cream  
(*see tips for substitutions*)

1/8 tsp sea salt

**1** Add cooled 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** Pour soup in a microwave safe bowl and microwave on high for 2 minutes, or until warmed through.

*Ingredients will be hot. Use caution when removing soup.*

**TIPS:** For a tasty, kid-friendly meal, add some melted cheese. • 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 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.



**MAKES:** 1 bowl  
(approximately 2 cups)

1 cup cooked  
asparagus tips  
(about 7-10 spears)  
(Allow cooked  
asparagus to cool to  
room temperature  
prior to blending.)

½ tsp garlic powder

½ cup vegetable stock

1/3 cup of cream  
(see tips for  
substitutions)

1/8 tsp sea salt

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

**2** Twist on the **Cross Blade** and blend until smooth.

**3** Pour soup in a microwave safe bowl and microwave on high for 2 minutes, or until warmed through.

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 this soup dairy-free, substitute the cream with a milk of your choice such as almond, cashew, organic soy, or coconut. • Add some protein by using 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.



**MAKES:** 1 bowl  
(approximately 2 cups)

½ cup cherry tomatoes

½ tsp garlic powder

½ cup vegetable stock

1/3 cup cream  
(see tips for  
substitutions)

1/8 tsp sea salt

**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** Pour soup in a microwave-safe bowl and microwave on high for 2 minutes, or until warmed through.

Ingredients will be hot. Use caution when removing soup.

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

# 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 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.

# HALLELUJAH HUMMUS

This rich, creamy hummus makes an excellent appetizer at any gathering.



- 1/3 cup vegetable broth
- 1 14-oz can of chickpeas, drained
- 1 clove garlic
- 2 tbsp lemon juice
- 3 tbsp tahini (sesame seed paste)
- 1/4 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.

**TIP:** 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.



# 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 1/4 medium white onion
- 1-2 cloves garlic
- 1/4 cup jarred roasted red peppers
- 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.



# 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 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  
(optional)

1-2 sprigs fresh cilantro  
(optional)

4 cherry tomatoes  
(optional)

2 slices jalapeño  
pepper (optional)

**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 the **Cross Blade**, and **pulse** on the **Power Base** until mixture reaches the consistency you like.





**PRESTO, IT'S PESTO! 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.

**PRESTO,  
IT'S PESTO!**

Pesto is really one of the most delicious sauces in the world, combining fresh, wholesome ingredients to create a 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
- 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.**

# 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!



## 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  
(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  
(Allow cooked meats  
or poultry to cool to  
room temperature  
prior to blending.)

Pinch of Italian  
seasoning (optional)

Salt & pepper to taste

Fresh Parmesan cheese  
(optional)

**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. 15). 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 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.



**SERVES:** 2

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 (**Allow  
cooked rice or to cool  
to room temperature  
prior to blending.**)

5 cherry tomatoes

1 tbsp chili powder

1 tsp cumin

1 tsp paprika

1 tbsp olive oil

½ tsp salt

1 tbsp filtered water

## 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.**



**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** Add beans and brown rice, then stir to combine in a separate bowl.

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



**YOUR MAGIC BULLET®** will make sure you have a great time, whether you're brunching al fresco, chilling poolside, or hosting a swanky party!

**TIP:** For breezy, frozen drinks, 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.

## 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.

# 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. 46) 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.



## 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.

## 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 **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.



# MAGIC BULLET® ONE-YEAR LIMITED WARRANTY

## LIMITED WARRANTY FOR MAGIC BULLET®

The Magic Bullet® limited warranty obligations are confined to the terms set forth below:

Homeland Housewares, LLC, warrants the Magic Bullet® against defects in materials and workmanship for a period of one year from the date of original retail purchase. This limited warranty is valid only in the country in which the product is purchased and comes with the product at no additional charge, however shipping and processing fees will be incurred for returns, replacements and or refunds.

If a defect exists, and Magic Bullet® is obligated under this limited warranty, at its option, Homeland Housewares, LLC will (1) repair the product at no charge, using new or refurbished replacement parts, (2) exchange the product with a product that is new or that has been manufactured from new or serviceable used parts and is at least functionally equivalent to the original product, or (3) refund the purchase price of the product. A replacement product assumes the remaining warranty of the original product. A repaired product has a one-year warranty from the date of repair. When a product or part is exchanged, any replacement item becomes your property and the replaced item becomes Homeland Housewares, LLC's property. When a refund is given, your product becomes Homeland Housewares, LLC's property.

## OBTAINING WARRANTY SERVICE

For limited warranty service, simply call our customer service department @1-800-523-5993 or contact us via email from our website at [www.GetMagicBullet.com](http://www.GetMagicBullet.com), simply click the Customer Service link and fill out the customer service form, and we will be glad to help you. When you contact our customer service department you will be asked for your name, address, telephone number and to provide proof of the original purchase (receipt) containing a description of the product(s), purchase date, and the appropriate Magic Bullet® bar code(s). Before you send your product for limited warranty service please make sure to keep a copy of all relevant documents for your files (receipt, etc.). It is always recommended to purchase product insurance and tracking services when sending your product for service. Remember, shipping and processing fees will be incurred and are not covered by the one-year limited warranty.

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# MAGIC BULLET® FOUR (4) YEAR EXTENDED WARRANTY

## EXTENDED WARRANTY FOR MAGIC BULLET®

The Magic Bullet® extended warranty obligations are limited to the terms set forth below:

For a fee of \$12.49 you may purchase an extended four (4) year extended warranty for your Magic Bullet®. The four (4) year extended warranty must be purchased within the original one-year limited warranty period (e.g., within one year of the date of the purchase) and does not cover shipping and processing fees for returns, replacements and or refunds.

Homeland Housewares, LLC warrants the Magic Bullet® against defects in materials and workmanship for a period of four (4) years from the date of the expiration of the one-year limited warranty that comes with the Magic Bullet® free of charge. That means, when you purchase the four (4) year extended warranty service you are getting 51 months of coverage from the date of the original purchase. This extended warranty is valid only in the country in which the product is purchased and must be registered at MyNutriLiving.com to be valid.

If a defect exists, and Homeland Housewares, LLC is obligated under this extended warranty, at its option Homeland Housewares, LLC will (1) repair the product at no charge, using new or refurbished replacement parts, (2) exchange the product with a product that is new or that has been manufactured from new or serviceable used parts and is at least functionally equivalent to the original product, or (3) refund the purchase price of the product. A replacement product assumes the remaining extended warranty of the original product. A repaired product has a two (2) year warranty from the date of repair. When a product or part is exchanged, any replacement item becomes your property and the replaced item becomes Homeland Houseware's property. When a refund is given, your product becomes Homeland Houseware's property.

## OBTAINING EXTENDED WARRANTY SERVICE

For extended warranty service, you must first register your Magic Bullet® at MyNutriLiving.com. Then, if you experience any issue with your Magic Bullet®, simply call our customer service department @1-800-523-5993 or contact us via email from our website at www.GetMagicBullet.com, simply click the Customer Service link, fill out the form, and we will be glad to help you. When you contact our customer service department you will be asked for your name, address, telephone number and to provide proof of the original purchase (receipt) containing a description of the product(s), purchase date, and the appropriate

Magic Bullet® bar code(s). Before you send your product for extended warranty service please make sure to keep a copy of all relevant documents for your files (receipt, etc.). It is always recommended to purchase product insurance and tracking services when sending your product for service. Remember, shipping and processing fees will be incurred and are not covered by the four (4) year extended warranty.

## EXCLUSIONS AND LIMITATIONS

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Repair or replacement of the product (or, if repair or replacement is not feasible, a refund of the purchase price) is the exclusive remedy of the consumer under this extended warranty.

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# MAGIC BULLET® USER GUIDE

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**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, counter-top magician!

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