







CAUTIONARY INFORMATION

FOR YOUR SAFETY, CAREFULLY READ ALL INSTRUCTIONS BEFORE OPERATING YOUR NUTRIBULLET.

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

PERSONAL SAFETY

- DO NOT PUT HOT LIQUIDS IN ANY OF THE BLENDING VESSELS BEFORE BLENDING. Start with cool or room temperature ingredients. Heated ingredients can create internal pressure in a sealed blending vessel, which may erupt on opening and cause thermal injury.
- FRICTION FROM THE ROTATING BLADE CAN CAUSE INGREDIENTS TO HEAT AND GENERATE INTERNAL PRESSURE IN THE SEALED VESSEL. Do not continuously operate for more than one minute. If the vessel is warm to touch, allow to cool before carefully opening pointed away from your body.
- NEVER PERMIT ANY BLENDED MIXTURE TO SIT INSIDE A SEALED VESSEL WITHOUT FIRST RELEASING INTERNAL PRESSURE.
- NEVER STORE THE precision extractor BLADE ON THE POWER BASE! NEVER
 LEAVE THE precision extractor BLADE ON the POWER BASE WITHOUT A
 CUP OR VESSEL ATTACHED.
- REMOVE SPOON OR OTHER FOREIGN OBJECTS BEFORE BLENDING.
- NEVER LEAVE THE NUTRIBULLET UNATTENDED WHILE IT IS IN USE. CLOSE SUPERVISION IS NECESSARY WHEN ANY APPLIANCE IS USED BY OR NEAR CHILDREN.
- TO AVOID RISK OF ELECTRIC SHOCK, NEVER IMMERSE THE CORD, PLUG, OR POWER BASE OF BLENDER IN WATER OR OTHER LIQUIDS.
- AT ALL TIMES, AVOID CONTACT WITH MOVING PARTS
- NEVER BLEND CARBONATED INGREDIENTS OR LIQUIDS. BUILT-UP PRESSURE FROM RELEASED GASES CAN CAUSE CONTAINER TO BURST, RESULTING IN POSSIBLE INJURY.

- To reduce the risk of personal injury or damage to the device, keep hands and utensils away from the cutting blade.
- To reduce the risk of injury and leakage, make sure the blade base is securely screwed onto the cup before placing it on the Power Base and operating the appliance.
- Blades are sharp. Handle carefully.
- The use of attachments not recommended or sold by the manufacturer may cause fire, electric shock, or injury.
- Never remove cup/blade assembly from the Power Base until the motor comes to a complete stop. Removing the cup/blade assembly while Power Base is still running may cause damage the blade coupling or motor gear.
- Do not allow blended mixtures to sit for long periods in a sealed container.
 The sugars in the fruit 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.
- Never blend carbonated beverages. Built-up pressure from released gases can cause container to burst, resulting in possible injury.
- If the NutriBullet malfunctions or is dropped, or damaged in any manner, discontinue use and contact Customer Service for further assistance.

SAVE THESE INSTRUCTIONS FOR HOUSEHOLD USE ONLY

EXTRACTION SAFETY PRECAUTIONS

The **NutriBullet Select** has the following modes: Pulse, Blend, Crush and Variable Speed Mode, which are discussed in the "How It Works" section of this manual. Carefully read and follow all safety precautions, particularly when operating the **NutriBullet Select** in each of the aforementioned modes.

- NEVER USE THE PRECISION EXTRACTOR BLADE TO BLEND WITHOUT LIQUID AS DOING SO MAY DAMAGE IT.
- NEVER PUT YOUR HANDS OR UTENSILS NEAR THE MOVING PRECISION EXTRACTOR BLADE AND NEVER USE YOUR HANDS OR UTENSILS TO PRESS THE ACTIVATOR BUTTONS DOWN WHILE THE NUTRIBULLET SELECT IS PLUGGED IN.
- THE PRECISION EXTRACTOR BLADE IS SHARP! HANDLE CAREFULLY. USE CARE WHILE HANDLING THE PRECISION EXTRACTOR BLADE. DO NOT TOUCH THE PRECISION EXTRACTOR BLADE EDGES TO AVOID INJURY.
- CHECK GASKET TO MAKE SURE IT IS COMPLETELY SEATED IN THE PRECISION EXTRACTOR BLADE UNIT BEFORE EACH USE. CONTACT CUSTOMER SERVICE FOR ASSISTANCE IF THE GASKET IS NOT COMPLETELY SEATED.
- WE RECOMMEND REPLACING YOUR PRECISION EXTRACTOR BLADE EVERY 6 MONTHS OR AS NEEDED FOR OPTIMAL PERFORMANCE. TO ORDER A REPLACEMENT PRECISION EXTRACTOR BLADE, SIMPLY VISIT: WWW.BULLETBRANDS.CO.NZ
- THE NUTRIBULLET SELECT IS NOT INTENDED FOR USE IN MICROWAVE OVENS. DO NOT PLACE THE NUTRIBULLET SELECT CUPS, POWER BASE OR ANY NUTRIBULLET SELECT ACCESSORY IN A MICROWAVE OVEN AS THIS MAY RESULT IN DAMAGE TO THE ACCESSORY. TO HEAT SOUPS AFTER BLENDING COOL OR ROOM TEMPERATURE INGREDIENTS, TRANSFER MIXTURE TO A MICROWAVE SAFE CONTAINER OR TO A STOVE-TOP POT PRIOR TO HEATING.
- NEVER MICROWAVE ANY UNVENTED, SEALED CONTAINERS AS THEIR CONTENTS MAY EXPAND WITH HEAT PRESSURE AND EXPLODE, RESULTING IN POSSIBLE INJURY OR PROPERTY DAMAGE.

- DO NOT PUT HOT INGREDIENTS INTO THE BLENDER PITCHER CONTAINER. ALWAYS START WITH ROOM TEMPERATURE OR COOLER INGREDIENTS. THE BLENDER CONTAINER SHOULD ALWAYS BE USED WITH THE VENTED LID. TO HEAT SOUPS AFTER BLENDING COOL OR ROOM TEMPERATURE INGREDIENTS, TRANSFER MIXTURE TO A MICROWAVE SAFE CONTAINER OR A STOVE-TOP POT PRIOR TO HEATING. DO NOT RUN THE NUTRIBULLET SELECT WITH EMPTY CUPS OR AN EMPTY PITCHER AS THIS CAN DAMAGE THE UNIT.
- AFTER BLENDING INGREDIENTS, ALLOW THE CONTENTS TO SETTLE AND RELEASE ANY PRESSURE THAT MAY HAVE BUILT UP DURING THE EXTRACTION PROCESS. ALWAYS UNSCREW THE PRECISION EXTRACTOR BLADE ASSEMBLY FROM THE VESSEL SLOWLY AND POINTED AWAY FROM YOU IN CASE THERE IS ANY BUILT UP PRESSURE.
- IF YOU WILL NOT CONSUME YOUR BLAST / SOUP IMMEDIATELY, USE THE STAY FRESH LID TO CLOSE THE CONTAINER. REMEMBER TO UNSCREW THE LID AND RELEASE PRESSURE PERIODICALLY AS THIS WILL RELEASE ANY ADDED PRESSURE THAT MAY HAVE BUILT UP DUE TO FERMENTATION. THE SUGARS IN THE FRUIT 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.
- NEVER PERMIT ANY BLENDED MIXTURE TO SIT INSIDE A SEALED CUP WITH A PRECISION EXTRACTOR BLADE WITHOUT FIRST RELEASING THE PRESSURE. BY UNSCREWING THE LID AND OPENING THE CUP FOR A FEW MOMENTS, THE PRESSURE WILL DISSIPATE. DO NOT USE THE PITCHER ON THE MOTOR BASE WITHOUT THE BLACK LID AND CLEAR VENT TOP IN PLACE WHEN RUNNING THE NUTRIBULLET SELECT.

WARNING! POTENTIAL OF PERSONAL INJURY FROM MISUSE.

TAKE CARE WHEN HANDLING THE SHARP CUTTING BLADES,

EMPTYING THE PITCHER AND DURING CLEANING.

- Avoid contact with moving parts.
- NEVER STORE THE PRECISION EXTRACTOR BLADE ON THE POWER BASE!

 NEVER LEAVE THE PRECISION EXTRACTOR BLADE ON THE POWER BASE

 WITHOUT A CUP OR VESSEL ATTACHED.
- Do not use the precision extractor blade for grinding dry materials such as grains, cereal, or coffee.
- Do not use the NutriBullet Select outdoors or in inclement weather.

SAFETY WARNINGS: EXTRACTING FOR NUTRIBLASTS

- THE NUTRIBULLET SELECT IS PROGRAMMED TO RUN FOR 1 MINUTE IN EACH SELECTED MODE.
- IF THE POWER DOES NOT SHUT OFF AFTER 1 MINUTE DURING ANY SELECTED MODE, STOP IT MANUALLY BY TURNING THE KNOB TO OFF OR SIMPLY TWIST THE VESSEL TO THE RIGHT AND LIFT CUP OFF POWER BASE.
- TO TURN OFF THE MACHINE AT ANY TIME DURING THE CYCLE (G BUTTON WILL BE GREEN), TURN THE POWER KNOB TO THE UPRIGHT OFF POSITION OR SIMPLY PUSH DOWN ON THE CUP AND TWIST TO THE RIGHT AND LIFT THE CUP OFF THE POWER BASE, WHICH WILL TURN OFF THE UNIT. THE LIGHT WILL STOP GLOWING, AND THE MOTOR WILL STOP, SIGNIFYING THAT THE POWER IS OFF. ALWAYS ALLOW THE MOTOR TO STOP COMPLETELY BEFORE REMOVING THE CUP/ PRECISION EXTRACTOR BLADE. ALWAYS UNPLUG THE POWER BASE UPON COMPLETION OF USE.
- DO NOT TOUCH COUPLING GEAR DIRECTLY WITH HANDS AFTER USE!

 THE COUPLING GEAR IN PRECISION EXTRACTOR BLADE BASE AND
 POWER BASE WILL BE HOT!
- DO NOT RUN IN ANY MODE FOR MORE THAN 1 MINUTE INTERVALS.
- AFTER INITIAL CYCLE, ALLOW POWER BASE TO SHUT OFF COMPLETELY AND WAIT FOR 15 SECONDS BEFORE STARTING ANOTHER CYCLE.
- DO NOT RUN FOR MORE THAN 3 CONSECUTIVE 1 MINUTE INTERVALS WITHOUT ALLOWING THE POWER BASE TO COOL TO PREVENT OVERHEATING AND ALLOW INGREDIENTS TO SETTLE FOR 2-3 MINUTES AFTER THE 3RD EXTRACTION CYCLE.
- POWER BASE IS EQUIPPED WITH AN INTERNAL THERMAL BREAKER THAT SHUTS OFF THE POWER BASE IF THE UNIT OVERHEATS.
- IF THE POWER BASE OVERHEATS AND SHUTS OFF, UNPLUG THE POWER BASE AND LET IT COOL FOR AN HOUR OR MORE BEFORE ATTEMPTING TO USE IT AGAIN. POWER BASE WILL RESET WHEN THE UNIT IS POWERED OFF AND THE THERMAL BREAKER HAS COOLED DOWN SUFFICIENTLY.
- ALLOW MACHINE TO COOL DOWN FOR 10 MIN AFTER 4-5 CYCLES TO PREVENT OVERHEATING AND DAMAGING THE UNIT.
- To prevent leakage, always align and hand-tighten the precision extractor blade to the vessel or cup prior to inverting it and placing the assembly on to the motor base.
- TO TURN ON THE NUTRIBULLET SELECT: Choose the desired Mode by turning the dial to align with the desired mode as indicated on the NutriBullet Select Power Base. Press the center button. The light will glow GREEN and the motor will cycle up.

- In Pulse Mode, push and release until you achieve the desired consistency.
 For Blend and Crush Modes, once you push the button it will continuously glow GREEN while it performs the pre-programmed function. After 1 minute, the light will glow RED and the motor will power down automatically.
- **Note:** In the Pulse Mode, the motor will run for a maximum of one minute while pressing the G-button. After one minute, to reset it to pulse again, simply rotate the knob back to the OFF position to reset and then back to the Pulse mode. Always turn the dial so that the pointer is in pointing to OFF and unplug the unit when processing is finished.
- Once activated, the unit will run for 1 minute in **Blend, Crush and Variable** modes before it automatically turns off. The G-button will stop glowing **GREEN** at the end of the 1-minute cycle. To turn off completely before the cycle is complete, rotate the knob to the upright OFF position. The light on the G-button will no longer be lit, signifying the power is off.
- In **Crush Mode**, the unit will turn on and off several times and run for a total of 75 seconds then stop. To reset, rotate the knob to the OFF position to reset and then back to crush mode. This is a normal function of the **NutriBullet Select.**
- Turn the NutriBullet Select off after each use by rotating the G-button knob to the upright OFF position. The GREEN light will stop glowing, signifying power is off.

PITCHER INSTRUCTIONS

- Always attach the precision extractor blade to **Pitcher** and hand tighten it to prevent leakage prior to adding ingredients into the pitcher.
- NEVER USE THE PRECISION EXTRACTOR BLADE TO BLEND WITHOUT LIQUID AS DOING SO MAY DAMAGE THE BLADE.
- Do not use the pitcher on the motor base without the black lid and clear vent top in place when running the **NutriBullet Select**.
- Always allow the power base motor and precision extractor blade to come to a complete stop prior to adding additional ingredients during the processing period.
- WARNING! NEVER PUT YOUR HANDS IN THE PITCHER WHEN ATTACHED TO THE POWER BASE AS DOING SO MAY CAUSE SERIOUS INJURY.

POWER OFF INSTRUCTIONS

• To turn off the machine at any time while running (indicated by the **GREEN** glowing G-button), simply press the G-Button. The motor will stop. Then rotate the knob to the upright OFF position. Always make sure that the knob is in the upright OFF position and the unit is unplugged when the machine is not in use.

CLEANING THE NUTRIBULLET

ALWAYS UNPLUG THE NUTRIBULLET WHEN CLEANING OR ASSEMBLING.

- NEVER SUBMERGE THE POWER BASE IN WATER OR PLACE IT IN THE DISHWASHER.
- RINSE BLADES (AND CUP) IMMEDIATELY AFTER USE TO PREVENT DEBRIS
 FROM DRYING AND STICKING TO VESSELS IF NECESSARY, USE A DISH
 BRUSH TO LOOSEN ANY DEBRIS.
- HAND WASH ONLY WITH MILD DISH SOAP AND WARM WATER (NOT HOT).
- DRY IMMEDIATELY.
- FOR TOUGH DEBRIS, FILL THE CUP ½ FULL WITH WARM (NOT HOT),
 MILD SOAPY WATER. THEN, SIMPLY TWIST ON THE BLADE, POP IT ON THE
 BASE AND GIVE IT A RUN FOR 30- 45 SECONDS. FOLLOW UP WITH A QUICK
 BRUSH.
- DO NOT PUT THE BLADES IN THE DISHWASHER AS ELEVATED
 TEMPER ATURES CAN DAMAGE GASKETS. SIMPLY HAND WASH WITH WARM,
 MILD SOAPY WATER.
- WHEN WASHING BLADE, DO NOT ATTEMPT TO REMOVE THE GASKET RING. SIMPLY HAND WASH THE BLADES IN WARM, MILD SOAPY WATER. IF NECESSARY, USE A DISH BRUSH TO LOOSEN DEBRIS. IF DESIRED, THE BLADE AND GASKET MAY BE FURTHER DISINFECTED BY RINSING IN A 10% DILUTED SOLUTION OF WHITE VINEGAR AND WATER OR USE LEMON JUICE. ATTEMPTED REMOVAL OF THE GASKET MAY PERMANENTLY DAMAGE THE BLADE CONFIGURATION AND CAUSE LEAKAGE.
- IF IN TIME, A GASKET BECOMES LOOSE OR DAMAGED WITH USE, PLEASE CONTACT CUSTOMER SERVICE FOR A REPLACEMENT BLADE HOLDER AT WWW.BULLETBRANDS.AU OR WWW.BULLETBRANDS.CO.NZ

BLADES AND CUPS ARE CONSUMABLE PARTS AND WILL REQUIRE REPLACEMENT.

WE RECOMMEND 6 MONTHS ON BLADES AND CUPS AS REQUIRED.

WARNING:

DO NOT WASH THE BLADES IN THE DISHWASHER. THE NUTRIBULLET CUP AND BLADE SHOULD NOT BE IMMERSED IN BOILING WATER FOR ANY REASON AS THIS WILL WARP THE PLASTIC AND DAMAGE THE GASKETS.

STUBBORN CLEANUP

If ingredients dry inside the NutriBullet, make your cleanup a snap by filling the cup about $\frac{2}{3}$ full with warm (not hot) soapy water and screw on the Blade. Place the cup assembly on the NutriBullet, Power Base for about 20-30 seconds. That will loosen the stuck ingredients, and with a light scrub, you'll be all done.

MAINTENANCE

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 cloth to wipe down the inside and outside of the Power Base.

IN THE EVENT OF SPILL, CHECK THE UNDERSIDE OF THE BASE. IF LIQUID FOOD IS EXITING THE VENTS, DO NOT USE UNTIL INSPECTED BY A CERTIFIED ELECTRICIAN AS THE MOTOR HAS LIKELY BEEN COVERED IN FOOD, POTENTIALLY GIVING USER AN ELECTRIC SHOCK.

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.

	PULSE	BLEND
RPM	4,000	20,000
USER INSTRUCTIONS	Rotate dial to the left to Pulse setting. Press and release the center button until the desired texture is achieved. Pulse will run for a maximum of one minute while holding the center button. After one minute, rotate back to "off" to reset.	Rotate dial to the left to Blend setting. Press center button. Blend will run for one minute. After one minute, unit will stop. Rotate back to "off" to reset.
RECIPE USAGE	For creating chunky textured foods. Salsa, diced tomatoes, minced garlic, onions, and dips.	For silky smooth consistencies like smoothies, soups and purees.

CRUSH	VARIABLE SPEED
20,000	4,000-20,000
Rotate dial to the left to Crush setting. Press center button. This is a SMART Technology Pre-Program. Unit will turn on and off several times and run for a total of 75 seconds then stop. Rotate back to "off" to reset.	Rotate dial to the right to desired speed. Press center button and the unit will run for one minute. Change variable speed at any time during the one-minute cycle to achieve desired consistency. After one minute, unit will stop. Rotate back to "off" to reset.
For crushing ice, frozen fruit, nuts, seeds and more.	This setting is for complete control of your own recipes. With Variable Speed control you decide how you blend your ingredients!



NUTR'BULLET Select.

USER GUIDE & RECIPE BOOK



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WHY NUTRIBULLET SELECT?

Now you can enjoy all the power and ease of the original NutriBullet coupled with a whole new level of versatility and control. NutriBullet Select has the settings and variable speeds you need to have the perfect amount of control over your recipe output. With three useful settings: pulse, blend and crush, along with 5 variable speeds you get all the power, control and versatility of other high priced blenders, without the gigantic price tag and without giving up precious counter top space! Chunky salsas and chutneys, silky smooth smoothies, soups and dips, healthy fruit sorbets and tangy icees...are all made in seconds with the powerful, versatile NutriBullet Select.



/ WHAT YOU GET

THE POWER BASE

NutriBullet Select comes with a powerful 1000-watt* power base with 3 preprogrammed settings and 5 variable speeds.



PULSE – Press the button as many times as you need to achieve your desired consistency. This is the setting you use for chunkier recipes like salsas, chutneys and minces.

BLEND – Just push the button to get 60 seconds of straight nutrient extraction power. Use this setting when you want your dish to turn out silky smooth.

CRUSH – Transform rock-hard ice into tasty treats with the Crush setting. Simply select Crush and press the button. The NutriBullet Select hands-free technology takes over and crushes your hard ingredients to perfection.

VARIABLE SPEED SETTINGS – The variable speeds run from setting 1 at 4,000 RPM, through setting 5 which goes up to 20,000 RPM. Low settings are great for whipping foods, then slowly move up to higher settings for foods such as cream cheese and sauces.

^{*}The 1000 watt rating of this appliance was obtained by using the 700ml Cup with Blade Holder Assembly and 500g of Rice at max speed.

POWER SETTINGS:



PULSE

You control the power with the Pulse setting. Make chunky salsas or creamy dips, and mince, chop and dice with ease.



BLEND

Precise 60-second Blend setting for smoothies, shakes, and creamy soups—anything you want to have a silky smooth consistency.



CRUSH

Use the Crush setting for rock-hard foods like ice, frozen fruits, nuts, cinnamon sticks, etc.



VARIABLE SPEEDS

Use Variable Speeds for whipping foods by starting slow and increasing to high—for foods such as cream cheese, mayonnaise, sauces, etc.



PRECISION EXTRACTOR BLADE

Chop, blend and crush your ingredients to perfection with the state-of-the-art Precision Extractor Blade. Simply twist the Precision Extractor Blade onto the Pitcher or NutriBullet Select Cups and you are ready to start.



PITCHER WITH LID

The 800ml Pitcher is a perfect vessel for making multiple servings of your favorite drinks, smoothies and sauces. Plus, you can add ingredients as you blend. Just use the pop out lid. Simply twist on the Precision Extractor Blade, choose your favorite setting and give it a whirl!



COMFORT LIP RING

Attach this Lip Ring for comfortable, easy sipping.



SHORT CUP

When making smaller-sized recipes like dips, salsas, minced foods and chutneys, the 290ml Short Cup is the perfect vessel for the job. Simply twist on the Precision Extractor Blade, choose your favorite setting and either pulse or blend your ingredients to the exact consistency you desire.



COLOSSAL CUP

Enjoy a hefty serving of your favorite beverages, shakes, sauces and dips with the handy 700ml Colossal Cup. Simply twist on the Precision Extractor Blade, choose your favorite setting and enjoy your favorite recipe in just seconds!



FLIP-TOP LID

Take your masterpiece on the go with the handy Flip-Top Lid. Simply twist the lid onto your cup and you are ready to run out the door!



VESSEL GRIP

Attach this Vessel Grip for comfortable, easy handling.

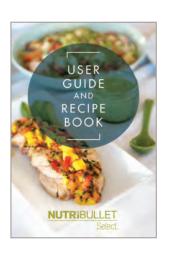


RESEALABLE LID

Store your recipes and leftovers right in the cup! Just twist on the Resealable Lid and you have a perfect storage vessel.

MORE PARTS AVAILABLE AT

WWW.BULLETBRANDS.AU OR WWW.BULLETBRANDS.CO.NZ



NUTRIBULLET SELECT USER GUIDE & RECIPE BOOK

This book features nutritional information and recipes to inspire you on your journey to optimal health. Learn the ins and outs of your new NutriBullet Select including important safety precautions and care for safe, effective, long-term use.

/ SUPPORT TOOLS

NutriLiving.com has hundreds of Blast recipes, as well as informative articles and professional advice from a team of Registered Dietitians. At NutriLiving.com, you will also find amazing NutriBullet success stories.



NUTRIBULLET APP

Make the perfect NutriBlast smoothie every time! With hundreds of recipes featuring your favorite fruits and vegetables, our free recipes app will ensure you have every resource you need to achieve your personal health goals.



24/7 ACCESS TO NUTRILIVING.COM

PROFESSIONAL SUPPORT WHEN YOU NEED IT MOST.

Get answers to your health-related questions from our NutriBullet community and Registered Dietitians 24/7.



SHOP ONLINE

WWW.BULLETBRANDS.COM.AU
WWW.BULLETBRANDS.CO.NZ





USING THE NUTRIBULLET SELECT

Each NutriBullet Select recipe comes with a suggested vessel and technique. Simply follow the directions provided and you are sure to create a recipe you'll want to enjoy again and again.



THE FOLLOWING ICONS WILL APPEAR IN THE RECIPES:



If the recipe calls for using variable speed, please note how high to increase the speed as you are processing the ingredients. This will be called out in the recipe, so just follow the instructions and you are sure to get great results.

/ HOW IT WORKS



Fill ingredients into the **Short Cup, Tall Cup, or Pitcher.*** Do not exceed the MAX line. (Liquid is required!)

Twist the **Precision Extractor Blade** onto the **Cup or Pitcher***and tighten by hand to make sure the vessel is sealed. With Cup in place, the G-button will blink GREEN 3 times to show that the unit is powered on and that a setting needs to be selected.

Press the vessel
Precision Extractor
Blade-side down
onto the **Power Base** and turn
counter-clockwise
to lock.

*Note: Add Precision Extractor Blade to the Pitcher before filling.

CAUTION: Friction from the rotating Precision Extractor Blade when extracting can cause ingredients to heat and generate internal pressure in the sealed vessel. If the vessel is warm to touch, allow to cool before carefully opening pointed away from your body.



**PULSE – Turn the dial to "Pulse" then press the center of the dial until you achieve the consistency you desire.

BLEND – Turn the dial to "Blend" then press the button once. The hands-free blend cycle will start, run for 60 seconds, then stop.

CRUSH – Turn the dial to "Crush" then press the button once. The hands-free crush cycle will start, run through its 75-second program, then stop.

VARIABLE SPEEDS – Start at number 1, then increase the variable speed as needed for your particular recipe.

/ OVERVIEW

PULSE

Use for mincing, chopping and dicing when you want a chunky consistency. Turn the dial to "Pulse" then press the center of the dial until you achieve the consistency you desire.

BLEND

Use for smoothies, shakes, purees and creamy soups. Anything you want to have a silky smooth consistency. Turn the dial to "Blend" then press the button once. The hands-free blend cycle will start, run for 60 seconds, then stop.

CRUSH

Use for crushed ice, sorbets and crushed hard items (cinnamon sticks, candies, nuts). Turn the dial to "Crush" then press the button once. The hands-free crush cycle will start, run through its preprogrammed 60-second cycle, then stop.

VARIABLE SPEEDS

Use for whipping foods by starting slow and increasing to higher speeds for items such as cream cheese, mayonnaise, and sauces. Start at number 1 and increase the speed in variable amounts as needed for your particular recipe.

CLEANING THE NUTRIBULLET SELECT

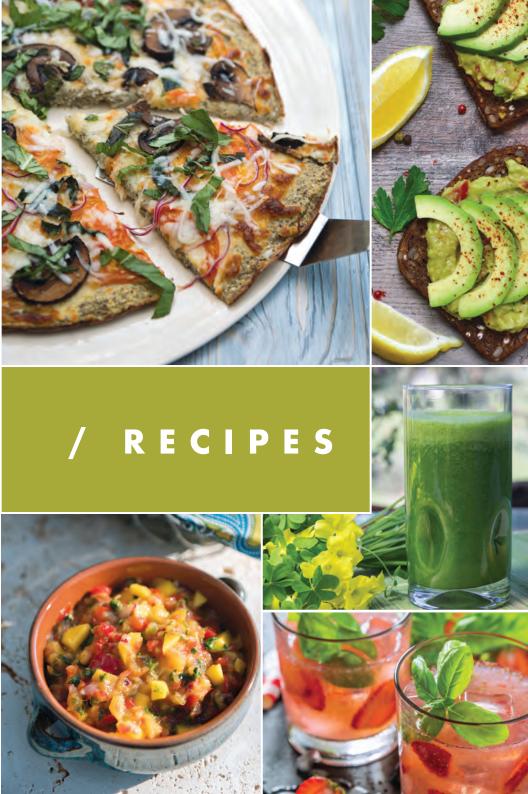
Not only does the NutriBullet Select quickly prepare food; it also saves a huge amount of cleanup time! This machine lets you make delicious pasta sauces, salsa, sandwich fillings, fresh soups, and more without dirtying a single cutting board, pot, or pan!

Cleaning the individual parts is also a snap. All NutriBullet Select Cups, the Pitcher, Stay-Fresh Lids, and Precision Extractor Blade can be quickly hand-washed with soap and warm (not hot) water.

STORING

The NutriBullet Select includes a Stay-Fresh Resealable Lid that twists directly onto your NutriBullet Select 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. Just remember to unscrew the lid periodically to release pressure if storing your mixture for longer than a few hours.









Use for mincing, chopping and dicing foods with a chunky consistency. Turn the dial to "Pulse" then press the center of the dial until you achieve the consistency you desire.

CHUNKY BLACK BEAN DIP

There won't be much chatter after you set this delight out for guests — just lots of crunches, oohs & aahs!







- 1 Add the ingredients in the order they are listed to the Short Cup and twist on the Precision Extractor Blade.
- 2 Push and twist the cup on to the base. A green light will flash when the unit is ready.
- 3 Turn the dial to the PULSE option. Press and release the green button. Repeat until you achieve the desired consistency.
- 4 Remove the cup from the Power Base and remove the Precision Extractor Blade from the cup.
- 5 Pour into a suitable container. Heat the dip over the stove or in the microwave until warm. Enjoy with slices of baguette or with tortilla chips.

MAGNIFICENT MARINARA

You won't believe how simple yet fantastic this scrumptious addition to any meal is.







- 1½ cups cherry tomatoes 2 Tbsp olive oil
- 1 clove garlic, peeled
- 3 basil leaves (or 2 pinches dried basil)
- 1 pinch sea salt

- Add the ingredients in the order they are listed to the Short Cup and twist on the Precision Extractor Blade.
- 2 Push and twist the cup on to the base. A green light will flash when the unit is ready.
- 3 Turn the dial to the PULSE option. Press and release the green button. Repeat until you achieve the desired consistency.
- 4 Remove the cup from the Power Base and remove the Precision Extractor Blade from the cup.
- Pour into a suitable container. Heat the sauce over the stove or in the microwave until warm. Enjoy over a favorite pasta or spiralized veggie.

MANGO SALSA

The sweet and the heat come together in this fantastic recipe!





1 cup mango chunks
½ cup red bell pepper pieces
¼ cup red onion
‰ cup fresh cilantro
juice of one lime
2 pinches sea salt

- Add the ingredients in the order they are listed to the Short Cup and twist on the Precision Extractor Blade.
- 2 Push and twist the cup on to the base. A green light will flash when the unit is ready.
- 3 Turn the dial to the PULSE option. Press and release the green button. Repeat until you achieve the desired consistency.
- 4 Remove the cup from the Power Base and remove the Precision Extractor Blade from the cup.
- 5 Serve cold over hot fish, on tacos or as a dip with tortilla chips.





CHICKPEA UNTUNA SALAD

A vegetarian option to the classic sandwich — Charlie will not be missed!





1 can chickpeas, drained and rinsed ¼ cup mayo (or vegan mayo)

- 1 Tbsp Dijon mustard
- 1½ Tbsp balsamic vinegar
- 2 tsp celery seeds
- 2 Tbsp minced green onion or red onion
- 2 pinches fresh ground black pepper
- 2 pinches chili flakes
- Add the ingredients in the order they are listed to the Short Cup and twist on the Precision Extractor Blade.
- 2 Push and twist the cup on to the base. A green light will flash when the unit is ready.
- 3 Turn the dial to the PULSE option. Press and release the green button. Repeat until you achieve the desired consistency.
- 4 Remove the cup from the Power Base and remove the Precision Extractor Blade from the cup.
- 5 Chill for 1 hour. Serve on a sandwich or as a dip with veggies.



CURRIED KIDNEY BEAN DIP

This dip, with a bit of spice, is a luscious treat you and your guests will enjoy!





- 1 can kidney beans, drained and rinsed
- 2 Tbsp curry paste
- 1 Tbsp tomato paste
- 1 good-sized chunk of onion, peeled
- 2 cloves garlic, peeled
- 1 Tbsp maple syrup
- A squeeze of sriracha (or to taste)
- Juice and zest one lemon
- 1 Add the ingredients in the order they are listed to the Short Cup and twist on the Precision Extractor Blade.
- 2 Push and twist the cup on to the base. A green light will flash when the unit is ready.
- 3 Turn the dial to the PULSE option. Press and release the green button. Repeat until you achieve the desired consistency.
- 4 Remove the cup from the Power Base and remove the Precision Extractor Blade from the cup.
- 5 Pour into a suitable container. Heat the dip over the stove or in the microwave until warm. Enjoy with slices of baguette, crackers or tortilla chips.



CAULIFLOWER PIZZA CRUST

A delicious and satisfying option for those cautious of highly processed carbs.



1 medium head cauliflower, cut into chunks1 tsp Italian spice4 Tbsp chia seed4 eggs

- Add the cauliflower to the Colossal Cup and twist on the Precision Extractor Blade.
- 2 Push and twist the cup on to the base. A green light will flash when the unit is ready.
- 3 Turn the dial to the PULSE option. Press and release the green button. Repeat until you achieve your desired consistency.
- 4 Pour cauliflower out onto a towel and wring out any liquid.
- 5 Put the cauliflower and the remaining ingredients into the Colossal Cop and Pulse a few more times (until mixed together).
- Remove the cup and remove the precision extractor blade from the cup. Put the resealable lid on the cup and chill for 30 minutes to an hour.
- 7 Spread cauliflower mixture onto a slightly greased cookie sheet and bake for 15 minutes.
- Add your favorite pizza toppings and bake for an additional 15-20 minutes. Enjoy!

APPLE CHUTNEY

Chutney is a too often forgotten addition to the kitchen table. This fast, homemade recipe makes proteins shine.







1 granny smith apple,
cored and sliced
1 thumb-sized piece
ginger root
1/4 cup apple cider vinegar
1 Tbsp maple syrup
1/4 onion, peeled
pinch hot red pepper flakes
1 clove
1 bay leaf
1 Tbsp lemon juice
1/4 cup golden raisins

- Add the ingredients in the order they are listed to the Short Cup and twist on the Precision Extractor Blade.
- Push and twist the cup on to the base. A green light will flash when the unit is ready.
- 3 Turn the dial to the PULSE option. Press and release the green button. Repeat until you achieve the desired consistency.
- 4 Remove the cup from the Power Base and remove the Precision Extractor Blade from the cup.
- Pour into a suitable container. Heat the chutney over the stove or in the microwave until warm. This recipe is fantastic over pork chops or grilled chicken, to name a few.

VEGGIE FRITTATA

No more boring eggs for breakfast with your NutriBullet Select and this flavorful dish.





1 zucchini, halved 1/4 wedge red onion, peeled 2 handfuls cherry tomato pinch black pepper pinch sea salt 6 eggs

- 1 Twist the Precision Extractor Blade to the bottom of the Pitcher.
- Add the ingredients (except the eggs!) in the order they are listed into the Pitcher and secure the lid.
- 3 Push and twist the Pitcher on to the base. A green light will flash when the unit is ready.
- 4 Turn the dial to the PULSE option. Press and release the green button. Repeat until you achieve the desired consistency.
- 5 Pour the ingredients into a sauce pan and sauté until tender.
- 6 Transfer the ingredients to a baking dish.
- 7 Blend the 6 eggs in the Short Cup and pour the egg mixture over the top of the sautéed vegetables and bake at 180°C for 20-30 minutes.

MINCING ONIONS



No more crying over chopped onions!





1 onion, peeled

- 1 Quarter an onion and add it to the Short Cup. Twist on the Precision Extractor Blade.
- 2 Push and twist the cup on to the base. A green light will flash when the unit is ready.
- 3 Turn the dial to the PULSE option. Press and release the green button. Repeat until you achieve the desired consistency.

MINCING GARLIC



Mere seconds for minced garlic!





6 garlic cloves, peeled

- 1 Add garlic to the Short Cup and twist on the Precision Extractor Blade.
- 2 Push and Twist the cup on to the base. A green light will flash when the unit is ready.
- 3 Turn the dial to the PULSE option. Press and release the green button. Repeat until you achieve the desired consistency.





Use this mode for smoothies, shakes, purees, creamy soups, or anything you want to have a silky smooth consistency. Turn the dial to "Blend" and then press the button once. The hands-free blend cycle will start, run for 60 seconds, then stop.

ON-THE-GO BREAKFAST BLAST

A perfect way to get the most important meal of the day into your diet. Easy, fast and ready for on-the-go!





1 cup spinach
1/4 cup blueberries
1/4 cup raspberries
1 serving chocolate
 protein powder
1 tsp cacao
unsweetened almond milk
 to max line

- Add the ingredients in the order listed to the Colossal Cup, add almond milk up to the max line, and twist on the Precision Extractor Blade.
- 2 Push and twist the cup on to the base. A green light will flash when the unit is ready.
- Turn the dial to the BLEND option. Press the green button. The auto BLEND program begins and runs for 60 seconds. Unit stops and the light turns green again.
- 4 Ready to enjoy!

VERY BERRY OMEGA BLAST

You'll feel as powerful as a T. Rex!





1 cup Dinosaur kale
1/4 cup cherries
1/4 cup strawberries
1 serving vanilla
protein powder
1 tsp chia seed
1 tsp hemp seeds
unsweetened almond
milk to max line

- Add the ingredients in the order listed to the Colossal Cup, add almond milk up to the max line, and twist on the Precision Extractor Blade.
- 2 Push and twist the cup on to the base. A green light will flash when the unit is ready.
- 3 Turn the dial to the BLEND option. Press the green button. The auto BLEND program begins and runs for 60 seconds. Unit stops and the light turns green again.
- 4 Ready to enjoy!

HEALTHY SHAMROCK SHAKE

Start St. Paddy's Day — and every day — off right with this creamy wonder.



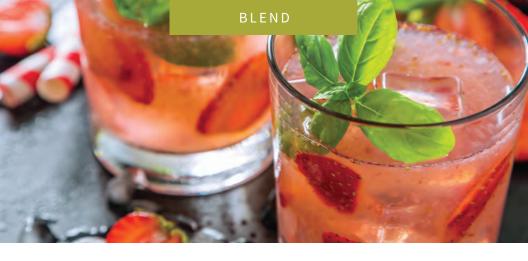




1 serving vanilla
protein powder

½ small frozen banana
½ cup frozen spinach
1 cup ice
6 drops peppermint extract
½ tsp vanilla extract
¼ cup unsweetened
almond milk
½ cup water to max line

- Add the ingredients in the order listed to the Colossal Cup, add almond milk up to the max line, and twist on the Precision Extractor Blade.
- 2 Push and twist the cup on to the base. A green light will flash when the unit is ready.
- 3 Turn the dial to the BLEND option. Press the green button. The auto BLEND program begins and runs for 60 seconds. Unit stops and the light turns green again.
- 4 Ready to enjoy!



STRAWBERRY BASIL LEMONADE

Whoever decided fresh herbs were good for drinks is a genius!



1½ cups water
¼ cup fresh basil leaves
1 lemon, peeled & halved
4 strawberries, hulled
¼ Tbsp honey
½ cup ice

- 1 Twist the Precision Extractor Blade to the bottom of the Pitcher. Add ingredients in the order listed into the Pitcher and secure the lid.
- Push and twist the Pitcher on to the base. A green light will flash when the unit is ready.
- 3 Turn the dial to the BLEND option. Press the green button. The auto BLEND program begins and runs for 60 seconds. Unit stops and the light turns green again.
- 4 Ready to enjoy!



AVOCADO BISQUE

This dish is simply delicious and easy to make. We're finishing off our next batch with some jumbo cooked shrimp!





2 avocados, peeled and pitted juice of one lemon

1 cup vegetable broth

1/2 cup unsweetened almond milk

- 1 pinch black pepper
- 1 pinch sea salt
- 1 pinch red pepper flakes (optional)
- Add the ingredients in the order listed to the Short Cup and twist on the Precision Extractor Blade.
- Push and twist the cup on to the base. A green light will flash when the unit is ready.
- Turn the dial to the BLEND option. Press the green button. The auto BLEND program begins and runs for 60 seconds. Unit stops and the light turns green again.
- 4 Ready to enjoy cold or warm for a comforting delight!



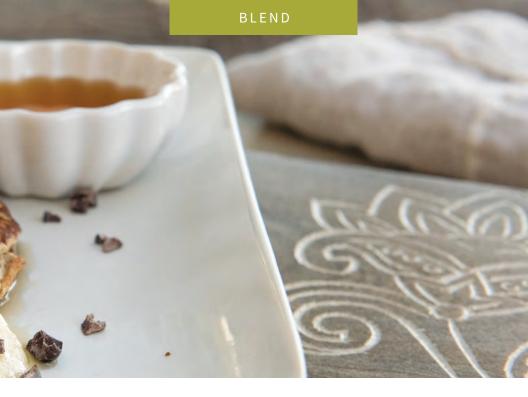
PROTEIN-PACKED BANANA PANCAKES

Pancakes are already awesome, but the addition of a protein powerhouse takes them over the top!





- 1 banana
- 2 eggs
- 1 tsp vanilla
- 1 pinch cinnamon
- 1 splash unsweetened almond milk



- Add the ingredients in the order listed to the Short Cup and twist on the Precision Extractor Blade.
- 2 Push and twist the cup on to the base. A green light will flash when the unit is ready.
- 3 Turn the dial to the BLEND option. Press the green button. The auto BLEND program begins and runs for 60 seconds. Unit stops and the light turns green again.
- 4 Pour the pancake batter onto a heated griddle or fry pan. Flip when the edges are golden brown. Cook the other side of the pancake.
- 5 Serve with fresh fruit or syrup.

FRESH & LIGHT BLUEBERRY SYRUP

Whatever you put syrup on, try this. Trust us. You won't go back!







1 cup blueberries, fresh or frozen 1 tsp lemon zest 1/4 cup water 4-6 drops stevia or 1 Tbsp honey

- Add the ingredients in the order listed to the Short Cup and twist on the Precision Extractor Blade.
- 2 Push and twist the cup on to the base. A green light will flash when the unit is ready.
- Turn the dial to the BLEND option. Press the green button. The auto BLEND program begins and runs for 60 seconds. Unit stops and the light turns green again.
- 4 Remove the cup from the Power Base and remove the Precision Extractor Blade from the cup.
- 5 Heat the syrup in a sauce pan over medium heat until it begins to reduce and thicken.
- 6 Pour over pancakes, or whatever your heart desires, and it's ready to enjoy!

BANANA "ICE CREAM"

With or without the cacao nibs, this dish is decadently delicious!







2 bananas, frozen
and cut in chunks
1 cup unsweetened
almond milk
1 Tbsp cacao nibs
2 drops stevia (optional)

- Add the ingredients in the order listed to the Short Cup and twist on the Precision Extractor Blade.
- 2 Push and twist the cup on to the base. A green light will flash when the unit is ready.
- 3 Turn the dial to the BLEND option. Press the green button. The auto BLEND program begins and runs for 60 seconds. Unit stops and the light turns green again.
- 4 Remove the cup from the Power Base and remove the Precision Extractor Blade from the cup.
- 5 Pour into a dish (or eat in the cup), and it's ready to enjoy!

SMOOTHIE BOWL

Smoothie bowls allow us to creatively decorate with beautiful toppings such as blueberries, banana, chia seeds and cacao nibs!





BLAST:

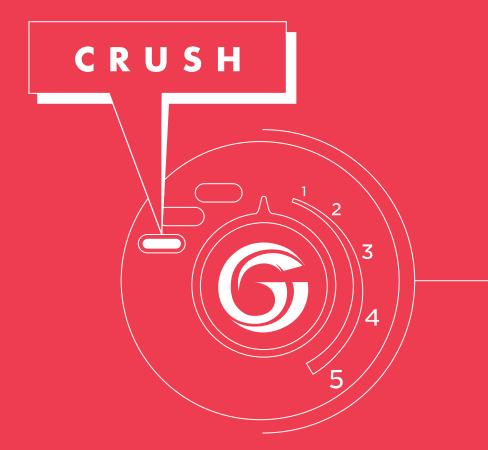
1 cup spinach
½ cup frozen cherries, pitted
½ cup frozen blueberries
1 Tbsp vanilla protein powder
1 tsp coconut oil

TOPPINGS:

1 Tbsp fresh blueberries
½ banana, sliced
1 Tbsp almonds
1 Tbsp goji berries
sprinkle of shredded coconut

- Add the ingredients in the order listed to the Colossal Cup and twist on the Precision Extractor Blade.
- 2 Push and twist the cup on to the base. A green light will flash when the unit is ready.
- 3 Turn the dial to the BLEND option. Press the green button. The auto BLEND program begins and runs for 60 seconds. Unit stops and the light turns green again.
- 4 Pour the smoothie mixture into a bowl, sprinkle the toppings across the top of the bowl, and enjoy!







Use this mode for crushing ice and other hard items (cinnamon sticks, candies, nuts). Turn the dial to "Crush" then press the button once. The hands-free Crush cycle will start, run through its preprogrammed 75-second cycle, then stop.

RASPBERRY SORBET

This isn't the kind you'd find in a second-hand store — it's primo!







2 large ice cubes 1 cup raspberries, frozen ⅓ cup water 3 drops vanilla stevia (or 1 tsp honey)

- Add the ingredients in the order listed to the Short Cup and twist on the Precision Extractor Blade.
- 2 Push and twist the cup on to the base. A green light will flash when the unit is ready.
- 3 Turn the dial to the CRUSH option. Press the green button. The auto CRUSH program begins and runs for 60 seconds. Unit stops and the light turns green again.
- 4 Enjoy right out of the cup!

STRAWBERRY MINT SLUSHIE

This wonderfully fresh fizzy delight will brighten even the darkest of days.







½ cup ice cubes½ cups strawberries, frozenfresh mint leaves¼ cup water¼ cup sparkling water

- Add the ingredients in the order listed, *except the sparkling water*, to the Short Cup and twist on the Precision Extractor Blade.
- 2 Push and twist the cup on to the base. A green light will flash when the unit is ready.
- 3 Turn the dial to the CRUSH option. Press the green button. The auto CRUSH program begins and runs for 60 seconds. Unit stops and the light turns green again.
- 4 Pour the sparkling water over the mixture and stir with a straw. Enjoy right out of the cup!



BLUEBERRY SNOW

This just may be the tastiest "snow cone" we've ever had!









SNOW:

2 cups ice 1/4 cup water

BLUEBERRY SYRUP:

1 cup fresh blueberries 1/4 cup water 5-6 drops liquid stevia

FOR THE SYRUP:

- Add the ingredients in the order listed to the Short Cup and twist on the Precision Extractor Blade.
- 2 Push and twist the cup on to the base. A green light will flash when the unit is ready.
- 3 Turn the dial to the CRUSH option. Press the green button. The auto CRUSH program begins and runs for 60 seconds. Unit stops and the light turns green again.

FOR THE SNOW:

- Add the ingredients in the order listed to the Colossal Cup and twist on the Precision Extractor Blade.
- Push and twist the cup on to the base. A green light will flash when the unit is ready.
- 3 Turn the dial to the CRUSH option. Press the green button. The auto CRUSH program begins and runs for 60 seconds. Unit stops and the light turns green again.
- 4 Pour the snow into a bowl. Top with Blueberry Syrup!

VEGAN BLACK BEAN VEGGIE BURGER

It is so nice to know you're doing your body a favor when you're eating something this delicious!





1 cup black beans

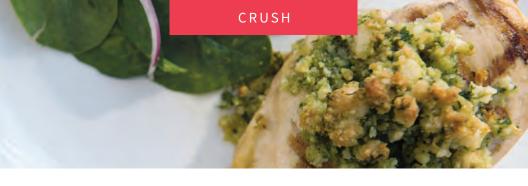
1/4 cup onions, finely chopped

1/2 red bell pepper (cut in 1/2)

1/4 cup panko bread crumbs

- 3 cloves garlic
- 2 Tbsp ketchup
- 2 Tbsp almond flour
- 2 tsp olive oil
- 1 tsp cayenne pepper
- Add the ingredients in the order listed to the Short Cup and twist on the Precision Extractor Blade.
- 2 Push and twist the cup on to the base. A green light will flash when the unit is ready.
- 3 Turn the dial to the CRUSH option. Press the green button. The auto CRUSH program begins and runs for 60 seconds. Unit stops and the light turns green again.
- 4 Remove the cup from the Power Base and remove the Precision Extractor Blade from the cup.
- Form mixture into 4 patties and bake at 230°C for 15 minutes on each side. Enjoy!





MACADAMIA NUT CRUST

Macadamia nuts have antioxidants, vitamins, and minerals with significant health-boosting potential...and they make a delicious crust!



20 macadamia nuts 2 Tbsp olive oil 2½ bunches flat leaf parsley 1 garlic clove

- Add the ingredients in the order listed to the Short Cup and twist on the Precision Extractor Blade.
- 2 Push and twist the cup on to the base. A green light will flash when the unit is ready.
- 3 Turn the dial to the CRUSH option. Press the green button. The auto CRUSH program begins and runs for 60 seconds. Unit stops and the light turns green again.
- 4 Remove the cup from the Power Base and remove the Precision Extractor Blade from the cup.
- 5 Sprinkle over fish or chicken and bake at 180°C until done. Enjoy!



GRAIN-FREE CHICKEN TENDERS

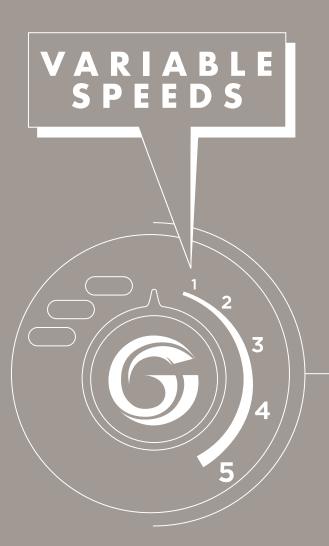
Simply AMAZING, and without any fried fat!





1 cup raw almonds
100g block Parmesan Cheese
½ tsp dried basil
½ tsp dried thyme
salt and pepper to taste
700g boneless chicken breast,
cut into strips
½ cup butter, melted

- Add ingredients (except chicken!) in the order listed into the Short Cup and twist on the Precision Extractor Blade.
- 2 Push and twist the cup on to the base. A green light will flash when the unit is ready.
- 3 Turn the dial to the CRUSH option. Press the green button. The auto CRUSH program begins and runs for 60 seconds. Unit stops and the light turns green again.
- 4 Remove the cup from the Power Base and remove the Precision Extractor Blade from the cup.
- Pour the almond mix in a bowl and roll the chicken strips in the mixture until coated. Cook at 190°C for 20+ minutes until fully cooked (not pink in center).





Use this mode for whipping foods by starting slow and increasing to higher speeds. This process is good for cream cheese, mayonnaise and other sauces, you name it! Start at number 1 and increase the speed as needed for your particular recipe.



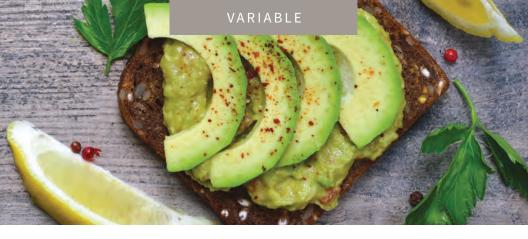
PEANUT BUTTER SORBET

This is such a fantastic homemade treat — made in mere seconds!



½ cup peanut butter½ cup honey2 cups ice cubes2 pinches sea salt

- Add the ingredients in the order listed to the Tall Cup and twist on the Precision Extractor Blade.
- 2 Push and twist the cup on to the base. A green light will flash when the unit is ready.
- 3 Turn the dial to the Variable Speed 1 option. Press the green button. Start on 1 then quickly ramp up to 5 until the ingredients are properly blended.
- 4 Remove the cup from the power base, remove the Precision Extractor Blade from the cup and enjoy!



CORRIANDER LIME AVOCADO TOAST

Many versions of this dish seem to be all the rage, and this one doesn't disappoint.



Meat of 2 avocados Juice of 1 lime 1/4 cup corriander pinch crushed capsicum pinch sea salt pinch black pepper

- Add the ingredients in the order listed to the Short Cup and twist on the Precision Extractor Blade.
- 2 Push and twist the cup on to the base. A green light will flash when the unit is ready.
- 3 Turn the dial to the Variable Speed 1 option. Press the green button. Start on 1 then slowly ramp up to 3 until the ingredients are properly blended.
- 4 Remove the cup from the power base and remove the Precision Extractor Blade from the cup. Spread on toasted multi-grain bread. Enjoy!



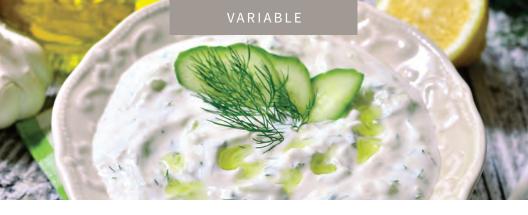
CILANTRO CASHEW CREAM SAUCE

This luscious and versatile cream sauce will become a kitchen staple!



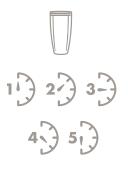
1 cup fresh cilantro leaves ½ cup unsweetened almond milk ½ cup raw cashews 1 tsp sea salt ¼ tsp black pepper 1 lime, peeled and halved

- Add the ingredients in the order listed to the Short Cup and twist on the Precision Extractor Blade.
- 2 Push and twist the cup on to the base. A green light will flash when the unit is ready.
- 3 Turn the dial to the Variable Speed 1 option. Press the green button. Start on 1 then slowly ramp up to 5 until the ingredients are properly blended.
- 4 Remove the cup from the power base and the Precision Extractor Blade from the cup. Pour over tacos, or use as a veggie dip or salad dressing. Enjoy!



TZATZIKI DRESSING

The creaminess of the yogurt paired with the cool, refreshing cucumbers is a pair made in heaven.



2 (200g) containers plain yogurt 2 cucumbers, peeled and seeded 2 Tbsp olive oil juice of ½ lemon salt and pepper to taste 1 Tbsp chopped fresh dill 3 garlic cloves, peeled

- Add the ingredients in the order listed to the Colossal Cup and twist on the Precision Extractor Blade.
- 2 Push and twist the cup on to the base. A green light will flash when the unit is ready.
- 3 Turn the dial to the Variable Speed 1 option. Press the green button. Start on 1 then slowly ramp up to 5 until the ingredients are properly blended.
- 4 Remove the cup from the power base and the Precision Extractor Blade from the cup. Pour over your favorite salad or use as a dip with veggies. Enjoy!

CHOCOLATE AVOCADO PUDDING

We're serious — give it a try. You won't be disappointed!















4 large avocados, peeled, pitted, and cubed 1 cup unsweetened cocoa powder ²/₃ cup brown sugar ²/₃ cup coconut milk 1 Tbsp vanilla extract pinch ground cinnamon

- 1 Twist the Precision Extractor Blade onto the bottom of the Pitcher.
- 2 Add the ingredients in the order listed into the Pitcher and secure the lid.
- 3 Push and twist the Pitcher on to the power base. A green light will flash when the unit is ready.
- 4 Turn the dial to the Variable Speed 1 option. Press the green button. Start on 1 then slowly ramp up to 5 until the ingredients are properly blended.
- 5 Remove the Pitcher from the power base and the Precision Extractor Blade from the cup. Pour into 6 pudding cups and chill. Enjoy!

GARLIC MASHED CAULIFLOWER

You'll never miss the potatoes. It must be tasted to believe!













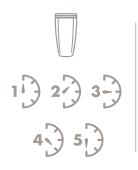


1 head cauliflower, cut into florets and steamed 1 Tbsp olive oil 1 clove garlic 1 cup unsweetened almond milk 1 tsp nutritional yeast 1/2 tsp kosher salt 1/8 tsp freshly ground black pepper

- 1 Allow steamed cauliflower to cool to room temperature prior to blending.
- Twist the Precision Extractor Blade onto the bottom of the Pitcher.
- 3 Add the ingredients in the order listed into the Pitcher and secure the lid.
- 4 Push and twist the Pitcher on to the power base. A green light will flash when the unit is ready.
- 5 Turn the dial to the Variable Speed 1 option. Press the green button. Start on 1 then slowly ramp up to 5 until the ingredients are properly blended.
- 6 Remove the Pitcher from the power base and the Precision Extractor Blade from the cup. Enjoy!

FRESH BASIL PESTO

The wonderful aroma of basil will brighten your spirits just as much as your entrée.



2 cups fresh basil leaves
50g chunk Parmesan-Reggiano cheese
½ cup extra virgin olive oil
⅓ cup pine nuts
3 garlic cloves, minced
pinch sea salt
pinch black pepper

- Add the ingredients in the order listed to the Colossal Cup and twist on the Precision Extractor Blade.
- Push and twist the cup on to the power base. A green light will flash when the unit is ready.
- 3 Turn the dial to the Variable Speed 1 option. Press the green button. Start on 1 then slowly ramp up to 5 until the ingredients are properly blended.
- 4 Remove the cup from the power base and the Precision Extractor Blade from the cup. To heat, pour into an appropriate microwave safe container or stove top pot and heat to desired temperature. Enjoy!







ONE (1) YEAR LIMITED REPLACEMENT WARRANTY STATEMENT

If your product becomes defective due to faulty material or workmanship within a period of 1 year from the date of purchase, we warrant to do the following:

- For New Zealand Consumers: We will replace the product with a new product, free of charge, or repair the product at our cost, at our discretion.
- For Australian Consumers: Our goods come with guarantees that cannot be
 excluded under the Australian Consumer Law. You are entitled to a replacement
 or refund for a major failure and for compensation for any other reasonably
 foreseeable loss or damage. You are also entitled to have the goods repaired or
 replaced if the goods fail to be of acceptable quality and the failure does not amount
 to a major failure.

Your warranty is subject to the following conditions:

- DO NOT operate the appliance with a damaged plug or cord, or if the unit has been
 dropped, damaged or dropped in water. To avoid the risk of electric shock, do not
 disassemble or attempt to repair the appliance on your own. If the supply cord is
 damaged, it must be replaced by a qualified electrician in order to avoid a
 hazard. Incorrect re-assembly or repair can cause a risk of electric shock or injury
 to persons when the appliance is used.
- The item has not been misused, abused, neglected, altered, modified or repaired by anyone.
- The item has been subjected to fair wear and tear.
- The item has not been used for trade, professional or hire purposes.
- The item has not sustained damage through foreign objects, substances or accident.

Your warranty does not cover:

- Components that are subject to natural wear and tear caused by normal use in accordance with operating instructions.
- Unauthorised/improper maintenance/handling or overload is excluded from this warranty.
- For guarantee claims, you will need to submit a proof of purchase in the form of a valid receipt that displays date and place of purchase.

This warranty does not replace but is in addition to your statutory rights.

This warranty does not apply to accessories supplied with the item.

This warranty applies only to the original purchaser and may not be transferred.

Replacement items will be covered by the limited warranty for the balance of the warranty period from the date of the original purchase.

Please note:

Only the defective product or parts returned to place of purchase will be replaced under this warranty.



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/ USER GUIDE & RECIPE BOOK

Now you can enjoy all the power and ease of the original NutriBullet coupled with a whole new level of versatility and control. NutriBullet Select has the settings and variable speeds you need to have the perfect amount of control over your recipe output. With three useful settings, pulse, blend and crush, along with 5 variable speeds you get all the power, control and versatility of other high priced blenders, without the gigantic price tag and without giving up precious counter top space! Chunky salsas and chutneys, silky smooth smoothies, dips, healthy fruit sorbets and tangy icees...are all made in seconds with the powerful, versatile NutriBullet Select.



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