

Recipe guide.

Recipes, tips,
& more.



nutribullet
CHILL™
ICE CREAM MAKER

WARNING! To reduce the risk of serious injury, read the User Guide before operating your nutribullet Chill™ Ice Cream Maker.



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Thank you for purchasing the nutribullet Chill™ Ice Cream Maker.



nutribullet Chill™ Ice Cream Maker recipe guide.

Powerful performance, creamy perfection. As the owner of a nutribullet Chill™, you now have anytime access to irresistible frozen treats from the convenience of your countertop! With 5 deliciously simple preset programs for homemade ice cream, sorbet, gelato, smoothie bowls, and frozen yogurt, there's no limit to the frosty scoops you can whip up, whether you're using traditional cream and sugar or wholesome fresh fruit.

To get you started on your tasty adventure, we've pulled together this guide, which features recipes for each setting so you can make the most of all your Chill has to offer. Take a look, give them a whirl, then experiment with your own favorite flavors. With so many options for frosty fun, the scoop's the limit!

Recipe icons.

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



DAIRY-FREE

Made without milk, yogurt, or other dairy products. Recipe may feature dairy substitutes like coconut milk, almond milk, or oat milk.



NUT-FREE

Does not include any peanut or tree nut ingredients.

- ⚠ **WARNING! NEVER** use your hands, fingers or tongue to remove any mixture from the blade. The blades are sharp and may cause bodily injuries.
- ⚠ **WARNING!** The nutribullet Chill™ should only be used to churn fully frozen recipes. Churning thawed or liquid ingredients can lead to unsafe operation that can damage the unit or cause bodily injury.
- ⚠ **WARNING! NEVER** use the nutribullet Chill™ Pint Cup to blend hot, warm, or carbonated ingredients using a compatible nutribullet® blender and do not blend for longer than 30 seconds, as the contents may pressurize and erupt upon opening, causing serious bodily injuries or damage.





Ice cream.

Cold, sweet, creamy ice cream... is there anything better? The Ice Cream setting on the nutribullet Chill™ delivers frosty, homemade perfection in every scoop.



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

Classic vanilla ice cream.



YIELDS 450G | MAKES 4 SERVINGS

Perfect on its own or as a base for virtually any combination of toppings, this sweet, fragrant vanilla ice cream is anything but plain.

2 EGG YOLKS, LARGE
50G SUGAR
240G HEAVY CREAM
245G MILK
PINCH KOSHER SALT
4.5G VANILLA EXTRACT

NUTRITION FACTS PER SERVING:

310 calories, 25g fat, 17g carbs, 0g fiber, 17g total sugars, 12g added sugars, 5g protein. Nutrition facts are based on the recipe as listed. Adding or swapping any ingredients will alter nutritional content.

- 1 Add the egg yolks and sugar to a medium bowl and whisk until lightened in color.
- 2 In a saucepan, combine the heavy cream, milk, kosher salt, and vanilla. Stir over medium heat until the mixture starts to steam.
- 3 Ladle 120G of the warm milk mixture into the sugar and egg yolks, whisking to combine.
- 4 Ladle another 120G of the warm milk mixture into the egg mixture, whisking constantly, until the eggs are gently warmed.
- 5 Slowly pour the egg-milk mixture back into the saucepan. Cook over medium heat, stirring constantly with a silicone spatula or wooden spoon, until the mixture thickens slightly and an instant-read thermometer reads 74–79°C. Be careful not to overcook.
- 6 Remove from heat and strain the custard through a fine-mesh sieve into a bowl set over an ice bath. Cover with plastic wrap and allow to cool completely.
- 7 Pour the cooled mixture into the **nutribullet Chill™ Pint Cup** and cover with the **Lid**. Freeze for 24 hours.
- 8 When ready to process, uncover the **Pint Cup** and twist the **Blade Block** into place.
- 9 Attach the **Pint Cup** to the **Motor Base** and twist to engage.



- 10 Select the **ICE CREAM** setting and press the center **START** button.
- 11 When the program finishes, press the **Release** button and twist off the **Blade Block**. Serve immediately or store in the freezer.



Toasted coconut ice cream.



YIELDS 450G | MAKES 4 SERVINGS

Take your tastebuds to paradise with this toasty and tropical ice cream that's smooth, creamy, and imbued with that distinctive coconut aroma.

30G	COCONUT FLAKES, DRIED, UNSWEETENED	160G	HEAVY CREAM
		PINCH	KOSHER SALT
330G	WHOLE MILK	15G	SHREDDED COCONUT, DRIED, SWEETENED, FOR GARNISH
62.5G	SUGAR		

- 1 In a small skillet over low heat, toast the unsweetened coconut flakes until golden brown and fragrant. Transfer to a bowl and let cool.
- 2 In a heavy saucepan over medium heat, stir frequently to dissolve sugar, and heat until the mixture begins to bubble around the edges. Stir in the toasted coconut flakes.
- 3 Remove from heat, cover, and let the mixture steep for 15 to 20 minutes.
- 4 Once the mixture has cooled slightly, blend for about 10 seconds, then strain through a fine-mesh sieve, pressing to extract the liquid. Discard the coconut pulp.
- 5 Pour the strained mixture into the **nutribullet Chill™ Pint Cup** and cover with the **Lid**. Freeze for 24 hours.
- 6 Meanwhile, in a clean skillet over low heat, toast the sweetened shredded coconut until golden. Let cool and set aside.
- 7 When ready to process, uncover the **Pint Cup** and twist the **Blade Block** into place.
- 8 Attach the **Pint Cup** to the **Motor Base** and twist to engage.
- 9 Select the **ICE CREAM** setting and press the center **START** button.
- 10 When the program finishes, press the **Release** button and twist off the **Blade Block**.
- 11 Serve topped with the toasted sweetened coconut.

NUTRITION FACTS PER SERVING:
310 calories, 23g fat, 24g carbs, 1g fiber, 22g total sugars, 17g added sugars, 4g protein. Nutrition facts are based on the recipe as listed. Adding or swapping any ingredients will alter nutritional content.

Pistachio ice cream.

YIELDS 450G | MAKES 4 SERVINGS

This decadent pistachio ice cream hits all the salty-sweet-nutty notes you crave for a creamy, luxurious treat.

115G	PISTACHIOS, SHELLED, ROASTED
360G	WHOLE MILK
4.5G	VANILLA EXTRACT
4	MEDJOL DATES, PITTED
25G	SUGAR
PINCH	SALT

NUTRITION FACTS PER SERVING:

280 calories, 14g fat, 35g carbs, 4g fiber, 29g total sugars, 6g added sugars, 8g protein. Nutrition facts are based on the recipe as listed. Adding or swapping any ingredients will alter nutritional content.

- 1 Add all ingredients to a blender and blend until smooth.
- 2 Pour the mixture into the **nutribullet Chill™ Pint Cup** and cover with the **Lid**. Freeze for 24 hours.
- 3 When ready to process, uncover the **Pint Cup** and twist the **Blade Block** into place.
- 4 Attach the **Pint Cup** to the **Motor Base** and twist to engage.
- 5 Select the **ICE CREAM** setting and press the center **START** button.
- 6 When the program finishes, press the **Release** button and twist off the **Blade Block**. Serve immediately or store in the freezer.





Golden milk ice cream



YIELDS 450G | MAKES 4 SERVINGS

Inspired by traditional *haldi doodh* — turmeric milk — this vegan ice cream is filled with delicious, warming spices, giving it an amazing depth of flavor, plus a host of nutritional benefits.

415G	FULL-FAT COCONUT MILK
3	MEDJOL DATES, PITTED
60G	MAPLE SYRUP
5G	VANILLA EXTRACT
1.5G	GROUND CINNAMON
2G	GROUND TURMERIC
0.5G	GROUND GINGER
PINCH	GROUND BLACK PEPPER
PINCH	KOSHER SALT

NUTRITION FACTS PER SERVING:
280 calories, 20g fat, 27g carbs, 2g fiber, 22g total sugars, 9g added sugars, 2g protein. Nutrition facts are based on the recipe as listed. Adding or swapping any ingredients will alter nutritional content.

- 1 Add all ingredients to a blender and blend until smooth.
- 2 Pour the mixture into the **nutribullet Chill™ Pint Cup** and cover with the **Lid**. Freeze for 24 hours.
- 3 When ready to process, uncover the **Pint Cup** and twist the **Blade Block** into place.
- 4 Attach the **Pint Cup** to the **Motor Base** and twist to engage.
- 5 Select the **ICE CREAM** setting and press the center **START** button.
- 6 When the program finishes, press the **Release** button and twist off the **Blade Block**. Serve immediately or store in the freezer.

Gelato.

Ice Cream's denser, softer, sweeter Italian cousin, gelato makes for a silky and luxurious treat, no matter the occasion. With the Gelato setting on your **nutribullet Chill™**, you can recreate the *dolce vita* of the gelateria from the comfort of your kitchen. *Che buono!*



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





Honey lavender gelato.

YIELDS 450G | MAKES 4 SERVINGS

A silky, creamy treat with a lovely floral aroma, this lavender honey gelato evokes balmy afternoons and breezy summer nights.

247G **WHOLE MILK**
160G **HEAVY CREAM**
2G **LAVENDER BUDS, DRIED**
85G **HONEY**
35G **BLUEBERRIES, FROZEN**

NUTRITION FACTS PER SERVING:
240 calories, 16g fat, 23g carbs, 0g fiber, 22g total sugars, 17g added sugars, 3g protein. Nutrition facts are based on the recipe as listed. Adding or swapping any ingredients will alter nutritional content.

- 1 In a medium saucepan, combine the lavender, milk, and heavy cream. Simmer over low heat for 10 minutes. Remove from heat and let cool.
- 2 Strain the mixture through a fine-mesh sieve, discarding the lavender buds.
- 3 Transfer the milk and cream mixture to a blender. Add the honey and blueberries and blend until smooth.
- 4 Pour the mixture into the **nutribullet Chill™ Pint Cup** and cover with the **Lid**. Freeze for 24 hours.
- 5 When ready to process, uncover the **Pint Cup** and twist the **Blade Block** into place.
- 6 Attach the **Pint Cup** to the **Motor Base** and twist to engage.
- 7 Select the **GELATO** setting and press the center **START** button.
- 8 When the program finishes, press the **Release** button and twist off the **Blade Block**. Serve immediately or store in the freezer.

Mexican hot chocolate gelato.



YIELDS 450G | MAKES 4 SERVINGS

A rich, creamy dark cocoa gelato peppered with cayenne and cinnamon for a warm, subtle spiciness.

247G	WHOLE MILK
28G	COCOA POWDER, SIFTED
75G	SUGAR
2.3G	VANILLA EXTRACT
2G	GROUND CINNAMON
0.3G	GROUND CAYENNE
120G	HEAVY CREAM

NUTRITION FACTS PER SERVING:

220 calories, 13g fat, 26g carbs, 3g fiber, 22g total sugars, 18g added sugars, 4g protein. Nutrition facts are based on the recipe as listed. Adding or swapping any ingredients will alter nutritional content.

CULINARY TIP

If you like spice, increase the cayenne to 0.5 to 1g.

- 1 In a bowl, combine the milk, cocoa powder, sugar, vanilla extract, cinnamon, and cayenne. Whisk until the sugar is fully dissolved.
- 2 Stir in the heavy cream.
- 3 Pour the mixture into the **nutribullet Chill™ Pint Cup** and cover with the **Lid**. Freeze for 24 hours.
- 4 When ready to process, uncover the **Pint Cup** and twist the **Blade Block** into place.
- 5 Attach the **Pint Cup** to the **Motor Base** and twist to engage.
- 6 Select the **GELATO** setting and press the center **START** button.
- 7 When the program finishes, press the **Release** button and twist off the **Blade Block**. Serve immediately or store in the freezer.





Ricotta cheesecake gelato.



YIELDS 450G | MAKES 4 SERVINGS

Enjoy one classic Italian dessert in the form of another! This gelato uses fresh ricotta and lemon zest to make a smooth, tangy, and creamy treat.

306G	WHOLE MILK RICOTTA
160G	HEAVY CREAM
67G	SUGAR
1G	LEMON ZEST
4.5G	VANILLA EXTRACT

NUTRITION FACTS PER SERVING:
340 calories, 24g fat, 20g carbs, 0g fiber, 18g total sugars, 16g added sugars, 10g protein. Nutrition facts are based on the recipe as listed. Adding or swapping any ingredients will alter nutritional content.

- 1 In a medium bowl, whisk together the ricotta, heavy cream, sugar, lemon zest, and vanilla extract until smooth and free of lumps.
- 2 Pour the mixture into the **nutribullet Chill™ Pint Cup** and cover with the **Lid**. Freeze for 24 hours.
- 3 When ready to process, uncover the **Pint Cup** and twist the **Blade Block** into place.
- 4 Attach the **Pint Cup** to the **Motor Base** and twist to engage.
- 5 Select the **GELATO** setting and press the center **START** button.
- 6 When the program finishes, press the **Release** button and twist off the **Blade Block**. Serve immediately or store in the freezer.

Chocolate gelato.



YIELDS 450G | MAKES 4 SERVINGS

Rich, velvety chocolate gelato is always the right choice.

247G	WHOLE MILK
30G	COCOA POWDER, SIFTED
75G	SUGAR
2.25G	VANILLA EXTRACT
120G	HEAVY CREAM

NUTRITION FACTS PER SERVING:

230 calories, 14g fat, 27g carbs, 3g fiber, 23g total sugars, 19g added sugars, 4g protein. Nutrition facts are based on the recipe as listed. Adding or swapping any ingredients will alter nutritional content.

- 1 In a medium bowl, whisk together the milk, cocoa powder, sugar, and vanilla extract until the sugar is dissolved.
- 2 Stir in the heavy cream.
- 3 Pour the mixture into the **nutribullet Chill™ Pint Cup** and cover with the **Lid**. Freeze for 24 hours.
- 4 When ready to process, uncover the **Pint Cup** and twist the **Blade Block** into place.
- 5 Attach the **Pint Cup** to the **Motor Base** and twist to engage.
- 6 Select the **GELATO** setting and press the center **START** button.
- 7 When the program finishes, press the **Release** button and twist off the **Blade Block**. Serve immediately or store in the freezer.





Sorbet.

Light, refreshing, and filled with frosty fruit flavor, these sorbets hit your tastebuds like a cool breeze on a hot day. Use the Sorbet setting to churn a new level of delight from your favorite fruit ingredients.



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Refreshing raspberry sorbet.



YIELDS 450G | MAKES 4 SERVINGS

Bright, tangy, and sweet, this raspberry sorbet makes a refreshing dessert any time of year. Enjoy its tart berry flavor on its own or paired alongside dark chocolate or cream-based treats.

350G	RASPBERRIES, FROZEN
120G	WATER
30G	FRESH LIME JUICE
63G	AGAVE NECTAR
42G	HONEY
4.5G	VANILLA EXTRACT

NUTRITION FACTS PER SERVING:

130 calories, 0.5g fat, 32g carbs, 6g fiber, 25g total sugars, 21g added sugars, 1g protein. Nutrition facts are based on the recipe as listed. Adding or swapping any ingredients will alter nutritional content.

- 1 In a blender, purée the raspberries and water until smooth.
- 2 Press the mixture through a fine-mesh sieve; discard the seeds.
- 3 Return the purée to the blender cup and add the lime juice, agave, honey, and vanilla. Blend until fully combined.
- 4 Pour the mixture into the **nutribullet Chill™ Pint Cup** and cover with the **Lid**. Freeze for 24 hours.
- 5 When ready to process, uncover the **Pint Cup** and twist the **Blade Block** into place.
- 6 Attach the **Pint Cup** to the **Motor Base** and twist to engage.
- 7 Select the **SORBET** setting and press the center **START** button.
- 8 When the program finishes, press the **Release** button and twist off the **Blade Block**. Serve immediately or store in the freezer.





Lemon sorbet.



YIELDS 450G | MAKES 4 SERVINGS

There's nothing like the zesty zing of lemon sorbet. Tart and frosty with just the right amount of sweetness to balance it all out, this is a dream dessert on a hot summer day.

120G	FRESH LEMON JUICE
360G	WARM WATER
67G	SUGAR
2G	LEMON ZEST

NUTRITION FACTS PER SERVING:

70 calories, 0g fat, 19g carbs, 0g fiber, 17g total sugars, 16g added sugars, 0g protein. Nutrition facts are based on the recipe as listed. Adding or swapping any ingredients will alter nutritional content.

- 1 In a medium bowl, whisk together the lemon juice, warm water, sugar, and lemon zest until the sugar is fully dissolved.
- 2 Pour the mixture into the **nutribullet Chill™ Pint Cup** and cover with the **Lid**. Freeze for 24 hours.
- 3 When ready to process, uncover the **Pint Cup** and twist the **Blade Block** into place.
- 4 Attach the **Pint Cup** to the **Motor Base** and twist to engage.
- 5 Select the **SORBET** setting and press the center **START** button.
- 6 When the program finishes, press the **Release** button and twist off the **Blade Block**. Serve immediately or store in the freezer.

Tropical mango sorbet.



YIELDS 450G | MAKES 4 SERVINGS

Silky-smooth and juicy-sweet, this easy mango sorbet is a tropical treat you can enjoy any season.

330G **MANGO, FROZEN,
FRESH OR THAWED**
30G **FRESH LIME JUICE**
60mL **AGAVE NECTAR**

NUTRITION FACTS PER SERVING:

90 calories, 0g fat, 23g carbs, 1g fiber, 21g total sugars, 9g added sugars, 1g protein. Nutrition facts are based on the recipe as listed. Adding or swapping any ingredients will alter nutritional content.

- 1 Add all ingredients to a blender and blend until smooth.
- 2 Pour the mixture into the **nutribullet Chill™ Pint Cup** and cover with the **Lid**. Freeze for 24 hours.
- 3 When ready to process, uncover the **Pint Cup** and twist the **Blade Block** into place.
- 4 Attach the **Pint Cup** to the **Motor Base** and twist to engage.
- 5 Select the **SORBET** setting and press the center **START** button.
- 6 When the program finishes, press the **Release** button and twist off the **Blade Block**. Serve immediately or store in the freezer.





Spiked strawberry sorbet.



YIELDS 450G | MAKES 4 SERVINGS

A splash of orange liqueur makes this fresh strawberry sorbet a sophisticated, adults-only treat. Serve it for dessert at your next dinner party for a light and elegant finish.

420G

FRESH STRAWBERRIES, HULLED, QUARTERED

30G

POWDERED SUGAR

15G

ORANGE-FLAVOURED LIQUEUR

NUTRITION FACTS PER SERVING:

80 calories, 0g fat, 18g carbs, 2g fiber, 15g total sugars, 8g added sugars, 1g protein. Nutrition facts are based on the recipe as listed. Adding or swapping any ingredients will alter nutritional content.

- 1 Add all ingredients to a blender and blend until smooth.
- 2 Pour the mixture into the **nutribullet Chill™ Pint Cup** and cover with the **Lid**. Freeze for 24 hours.
- 3 When ready to process, uncover the **Pint Cup** and twist the **Blade Block** into place.
- 4 Attach the **Pint Cup** to the **Motor Base** and twist to engage.
- 5 Select the **SORBET** setting and press the center **START** button.
- 6 When the program finishes, press the **Release** button and twist off the **Blade Block**. Serve immediately or store in the freezer.

Frozen yogurt.

We love the light, creamy tang of frozen yogurt, and making your own in the Chill is a real game-changer. Fro-yo has the added benefits of protein and probiotics, so you can satisfy your sweet tooth and get the good stuff all in one scoop.



For more delicious recipes,
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Fresh strawberry frozen yogurt.



YIELDS 450G | MAKES 4 SERVINGS

Strawberries and cream – a match made in heaven! This frozen yogurt is sweet and light, delivering fresh berry goodness with a gentle tang that keeps you coming back for more.

190G	FRESH STRAWBERRIES, HULLED, QUARTERED
245G	WHOLE-MILK VANILLA YOGURT
60G	AGAVE NECTAR

NUTRITION FACTS PER SERVING:
120 calories, 2g fat, 24g carbs, <1g fiber, 21g total sugars, 16g added sugars, 1g protein. **Nutrition facts are based on the recipe as listed. Adding or swapping any ingredients will alter nutritional content.**

CULINARY TIP

For an elevated presentation, transfer your homemade frozen yogurt to a piping bag fitted with a large star or round tip. Pipe into bowls or glasses in a swirl, starting from the center and moving upward for that classic soft-serve frozen yogurt look.

- 1 In a blender, pulse the strawberries, yogurt, and agave until just combined, leaving some texture to the berries.
- 2 Pour the mixture into the **nutribullet Chill™ Pint Cup** and cover with the **Lid**. Freeze for 24 hours.
- 3 When ready to process, uncover the **Pint Cup** and twist the **Blade Block** into place.
- 4 Attach the **Pint Cup** to the **Motor Base** and twist to engage.
- 5 Select the **FROZEN YOGURT** setting and press the center **START** button.
- 6 When the program finishes, press the **Release** button and twist off the **Blade Block**. Serve immediately or store in the freezer.

Dulce de leche frozen yogurt.



YIELDS 450G | MAKES 4 SERVINGS

This rich, creamy frozen yogurt is super easy to make, using jarred dulce de leche to achieve its silky-sweet caramel goodness.

375G WHOLE-MILK
YOGURT,
UNSWEETENED

160G DULCE DE LECHE,
STOREBOUGHT OR
HOMEMADE

0.75G KOSHER SALT

NUTRITION FACTS PER SERVING:

160 calories, 6g fat, 21g carbs, 0g fiber, 18g total sugars, 15g added sugars, 5g protein. Nutrition facts are based on the recipe as listed. Adding or swapping any ingredients will alter nutritional content.

CULINARY TIP

For an elevated presentation, transfer your homemade frozen yogurt to a piping bag fitted with a large star or round tip. Pipe into bowls or glasses in a swirl, starting from the center and moving upward for that classic soft-serve frozen yogurt look.

- 1 Add all ingredients to a medium mixing bowl and stir with a silicone spatula until smooth and free of lumps.
- 2 Pour the mixture into the **nutribullet Chill™ Pint Cup** and cover with the **Lid**. Freeze for 24 hours.
- 3 When ready to process, uncover the **Pint Cup** and twist the **Blade Block** into place.
- 4 Attach the **Pint Cup** to the **Motor Base** and twist to engage.
- 5 Select the **FROZEN YOGURT** setting and press the center **START** button.
- 6 When the program finishes, press the **Release** button and twist off the **Blade Block**. Serve immediately or store in the freezer.





Dairy-free mixed berry frozen yogurt.



YIELDS 450G | MAKES 4 SERVINGS

Love frozen yogurt but can't hang with dairy? This plant-based fro-yo uses cashew-coconut yogurt for its creamy base and folds in mixed berries for fruity flavor.

160mL	DAIRY-FREE UNSWEETENED CASHEW COCONUT YOGURT
160G	UNSWEETENED ALMOND MILK
105G	MIXED BERRIES, FROZEN
60mL	AGAVE NECTAR

NUTRITION FACTS PER SERVING:

110 calories, 3g fat, 22g carbs, 1g fiber, 18g total sugars, 16g added sugars, 1g protein. **Nutrition facts are based on the recipe as listed. Adding or swapping any ingredients will alter nutritional content.**

CULINARY TIP

For an elevated presentation, transfer your homemade frozen yogurt to a piping bag fitted with a large star or round tip. Pipe into bowls or glasses in a swirl, starting from the center and moving upward for that classic soft-serve frozen yogurt look.

- 1 Add all ingredients to a blender and blend until smooth.
- 2 Pour the mixture into the **nutribullet Chill™ Pint Cup** and cover with the **Lid**. Freeze for 24 hours.
- 3 When ready to process, uncover the **Pint Cup** and twist the **Blade Block** into place.
- 4 Attach the **Pint Cup** to the **Motor Base** and twist to engage.
- 5 Select the **FROZEN YOGURT** setting and press the center **START** button.
- 6 When the program finishes, press the **Release** button and twist off the **Blade Block**. Serve immediately or store in the freezer.

Orange creamsicle frozen yogurt.



YIELDS 450G | MAKES 4 SERVINGS

If you love the mellow, dreamy combination of orange and vanilla, this creamsicle fro-yo will be your new favorite dessert!

375mL	VANILLA WHOLE-MILK YOGURT
1.3G	ORANGE ZEST, GRATED
62G	FRESH ORANGE JUICE
62G	WHOLE MILK
42G	AGAVE NECTAR
2.3G	VANILLA EXTRACT
0.3G	KOSHER SALT

NUTRITION FACTS PER SERVING:

130 calories, 3g fat, 23g carbs, 0g fiber, 20g total sugars, 13g added sugars, 2g protein. Nutrition facts are based on the recipe as listed. Adding or swapping any ingredients will alter nutritional content.

CULINARY TIP

For an elevated presentation, transfer your homemade frozen yogurt to a piping bag fitted with a large star or round tip. Pipe into bowls or glasses in a swirl, starting from the center and moving upward for that classic soft-serve frozen yogurt look.

- 1 In a medium bowl, whisk together all ingredients until fully combined.
- 2 Pour the mixture into the **nutribullet Chill™ Pint Cup** and cover with the **Lid**. Freeze for 24 hours.
- 3 When ready to process, uncover the **Pint Cup** and twist the **Blade Block** into place.
- 4 Attach the **Pint Cup** to the **Motor Base** and twist to engage.
- 5 Select the **FROZEN YOGURT** setting and press the center **START** button.
- 6 When the program finishes, press the **Release** button and twist off the **Blade Block**. Serve immediately or store in the freezer.





Smoothie bowl.

Did you know you can turn your favorite smoothie into frosty scoops? Blend ingredients like fruit, protein powder, and milk together as your base, then churn in the Chill for a tasty and nutritious treat.



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

Pumpkin chai smoothie bowl.



YIELDS 450G | MAKES 4 SERVINGS

Full of spicy autumnal flavor, this scoopable smoothie bowl has the cold and creamy texture of ice cream, but is made with wholesome, nutrient-rich ingredients.

2	CHAI TEA BAGS
120G	BOILING WATER
120G	PUMPKIN PUREE, CANNED
240G	UNSWEETENED VANILLA ALMOND MILK
16G	UNSALTED ALMOND BUTTER
60G	MAPLE SYRUP
5G	POWDERED STEVIA
0.3G	KOSHER SALT
4.5G	VANILLA EXTRACT
1G	PUMPKIN SPICE SEASONING

NUTRITION FACTS PER SERVING:

90 calories, 3g fat, 14g carbs, 1g fiber, 10g total sugars, 9g added sugars, 2g protein. Nutrition facts are based on the recipe as listed. Adding or swapping any ingredients will alter nutritional content.

- 1 Brew the chai tea in boiling water and let the liquid cool completely.
- 2 In a blender, combine the brewed tea with the remaining ingredients and blend until smooth.
- 3 Pour the mixture into the **nutribullet Chill™ Pint Cup** and cover with the **Lid**. Freeze for 24 hours.
- 4 When ready to process, uncover the **Pint Cup** and twist the **Blade Block** into place.
- 5 Attach the **Pint Cup** to the **Motor Base** and twist to engage.
- 6 Select the **SMOOTHIE BOWL** setting and press the center **START** button.
- 7 When the program finishes, press the **Release** button and twist off the **Blade Block**. Serve immediately or store in the freezer.





Cherry hibiscus smoothie bowl.



YIELDS 450G | MAKES 4 SERVINGS

Filled with berries and hibiscus, this frosty, tangy treat is a perfect bowl of refreshment.

2	HIBISCUS TEA BAGS
84G	HONEY
180G	BOILING WATER
150G	CHERRIES, FROZEN
125G	RASPBERRIES, FROZEN
5G	FRESH GINGER, PEELED

NUTRITION FACTS PER SERVING:
110 calories, 0g fat, 28g carbs, 3g fiber, 23g total sugars, 17g added sugars, 1g protein. Nutrition facts are based on the recipe as listed. Adding or swapping any ingredients will alter nutritional content.

- 1 Brew the hibiscus tea bags in the boiling water and stir in honey while hot. Let the liquid cool completely.
- 2 In a blender, combine the cooled tea mixture, frozen cherries, frozen raspberries, and fresh ginger. Blend until smooth.
- 3 Pour the mixture into the **nutribullet Chill™ Pint Cup** and cover with the **Lid**. Freeze for 24 hours.
- 4 When ready to process, uncover the **Pint Cup** and twist the **Blade Block** into place.
- 5 Attach the **Pint Cup** to the **Motor Base** and twist to engage.
- 6 Select the **SMOOTHIE BOWL** setting and press the center **START** button.
- 7 When the program finishes, press the **Release** button and twist off the **Blade Block**. Serve immediately or store in the freezer.

Chocolate banana smoothie bowl.



YIELDS 450G | MAKES 4 SERVINGS

This chocolate-banana frozen dessert might be our favorite way to pack in the protein.

150G	BANANA, PEELED, CUT INTO ½ PIECES
30G	DAIRY-FREE COCONUT YOGURT
20mL	AGAVE NECTAR
5G	COCOA POWDER
30G	CHOCOLATE PLANT-BASED PROTEIN POWDER
180G	UNSWEETENED ALMOND MILK

NUTRITION FACTS PER SERVING:
80 calories, 1g fat, 17g carbs, 2g fiber,
10g total sugars, 5g added sugars, 3g
protein. Nutrition facts are based on
the recipe as listed. Adding or swapping
any ingredients will alter nutritional
content.

- 1 Add all ingredients to a blender and blend until smooth.
- 2 Pour the mixture into the **nutribullet Chill™ Pint Cup** and cover with the **Lid**. Freeze for 24 hours.
- 3 When ready to process, uncover the **Pint Cup** and twist the **Blade Block** into place.
- 4 Attach the **Pint Cup** to the **Motor Base** and twist to engage.
- 5 Select the **SMOOTHIE BOWL** setting and press the center **START** button.
- 6 When the program finishes, press the **Release** button and twist off the **Blade Block**. Serve immediately or store in the freezer.





Tropical smoothie bowl.



YIELDS 450G | MAKES 4 SERVINGS

The perfect summer breakfast or afternoon refresher, this blend of mango, pineapple, and coconut water is a vacation in a bowl.

200G	MANGO, FROZEN
185G	PINEAPPLE JUICE
120G	COCONUT WATER
30G	PLAIN LOW-FAT GREEK YOGURT
28G	AGAVE NECTAR

NUTRITION FACTS PER SERVING:
80 calories, 0g fat, 20g carbs, 1g fiber, 18g total sugars, 5g added sugars, 1g protein. Nutrition facts are based on the recipe as listed. Adding or swapping any ingredients will alter nutritional content.

- 1 Add all ingredients to a blender and blend until smooth.
- 2 Pour the mixture into the **nutribullet Chill™ Pint Cup** and cover with the **Lid**. Freeze for 24 hours.
- 3 When ready to process, uncover the **Pint Cup** and twist the **Blade Block** into place.
- 4 Attach the **Pint Cup** to the **Motor Base** and twist to engage.
- 5 Select the **SMOOTHIE BOWL** setting and press the center **START** button.
- 6 When the program finishes, press the **Release** button and twist off the **Blade Block**. Serve immediately or store in the freezer.

nutribullet

CHILL™

ICE CREAM MAKER



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