

nutribullet.

# 21 day guide

to own the morning





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# Feel the blend.

**Own the morning with NutriBullet®  
21 days of fast, nutritious, delicious  
breakfast smoothies.**

We've heard it about 20 million times at this point: "breakfast is the most important meal of the day." So why do we still settle for sugary, fatty, salty breakfasts devoid of nutrition – or choose to skip our morning meal altogether?

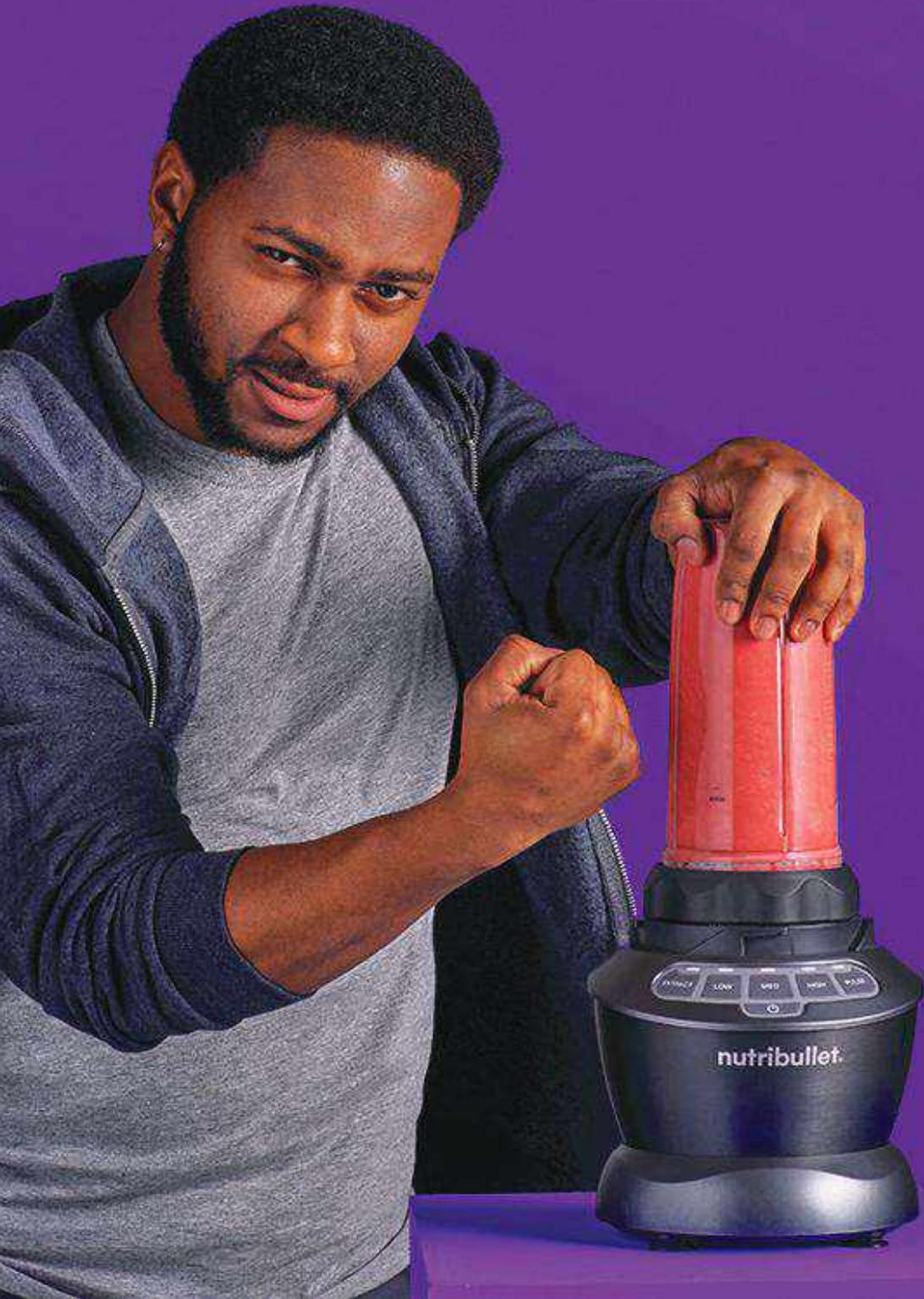
Usually, the answer involves time. There's never enough, is there? Whether you commute to an office or work from home, are trying to wrangle the kids for school or get your own butt to class, getting anything of quality in your system in the morning always presents a challenge.

## **That's where we come in.**

With NutriBullet, you can make insanely nutritious breakfast smoothies in less time than it takes to brush your teeth. And when you start your day with multiple servings of veggies, fruits, and other super foods, you really feel the difference – a feeling that encourages you to make healthier choices all day long.

Unsure of where to start? This 21-day guide contains everything you need to win at breakfast, from shopping guides to recipes, to useful tips and tricks. Why 21 days, you ask? According to some psychologists, that's how long it takes to make (or break) a habit. Commit to sticking with us for three weeks, and we're confident you'll make this healthy daily routine a lifelong habit.

So rise and shine, buttercup. It's time to own the morning.



# Breakfast is served.

We've broken your plan down into three 7-day sections, provided recipes, and written out your shopping list for each week to make this process as easy as possible. Each smoothie contains health-promoting superfoods, such as nutrient-rich fruits, vegetables, healthy fats, or spices, aimed to keep you satisfied and energized through those early hours of the day.

**Who knows? You might feel so energized by plant power, you won't even crave that morning cup of Joe!**

Oh no. Did we just lose you? We take it back. By all means, please continue to enjoy your coffee.

Also, our plan may make breakfast easy, but that doesn't mean you shouldn't humble brag to all your friends about how virtuous and disciplined you are for following it. Post photos of your daily creations to your social channels, and be sure to tag [@nutribullet](#) and [#OwnTheMorningNB](#) to spread the word. We also selfishly love seeing how you make NutriBullet part of your daily life.

All right, enough talk. It's time to get your blend on.

**Let's get to it!**

# Week 1

To get the ball rolling, we're starting you off with some of our most popular smoothies. These crowd-pleasers contain familiar ingredients, and are a bit more straight-forward than the recipes you'll find later on. Remember, we love attention, so don't forget to tag @nutribullet and #OwnTheMorningNB if you decide your smoothies need a social life. Happy blending!



## Grocery list for Week 1:

The key ingredient to healthful eating is planning in advance. Fill your kitchen with these good-for-you foods and you're halfway there. This will likely be your biggest shopping week since you'll have to stock up on some essential smoothie ingredients you might not already have on hand.

Section	Item	Notes
Fresh Produce	1 5-oz bag of leafy greens of your choice <i>*get more if you plan on adding extra greens to your smoothies for a nutrition boost!</i>	Feel free to get any leafy greens you love, such as spinach, baby kale or "Power Greens" and use whenever the recipe calls for leafy greens.
	6 bananas	Once home, peel all bananas, cut them in half, place in a resealable freezer bag, and store in the freezer.
Freezer Aisle	1 10-oz bag frozen raspberries 1 10-oz bag frozen blueberries 1 10-oz bag frozen strawberries 1 10-oz bag mixed berry blend 1 10-oz bag frozen peaches	Keep these bags for your smoothies over the next 3 weeks – you'll need 'em!
Dairy & Non-Dairy Milks & Products	½ gallon of unsweetened vanilla almond milk or other milk/milk alternative of your choice  1-8oz container of non-fat plain Greek yogurt	Other options include soy milk, fat-free dairy milk, rice milk, coconut milk, or hemp milk.
Cereal	Granola	This is optional for topping on smoothie bowls.
Nuts, Seeds, or Dried Fruit	1 small bag chia seeds and/or hemp seeds	Feel free to get both types of seeds if budget allows. If not, use your favorite whenever the recipe calls for one type of seed. Both varieties offer heart-healthy omega-3 fatty acids!
	1 small bag of dates	
Condiments & Spices	1 jar of unsalted peanut butter and/or almond butter	Feel free to get both nut butters if budget allows. If not, use your favorite whenever the recipe calls for a certain type of nut butter.
	1 small container unsweetened cacao	
	1 jar cinnamon 1 jar vanilla extract	
Nutritional Supplements	Tub of NutriBullet Protein Blend™	

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## Essential green smoothie.

Consider this blend the little black dress of NutriBullet smoothies: it never goes out of style. There's no better way to start the next 21 days than with this forever-on-trend blend.

1 CUP	<b>SPINACH OR OTHER LEAFY GREENS</b>	1 TBSP	<b>PEANUT BUTTER, CREAMY, UNSALTED</b>
1	<b>BANANA, FROZEN</b>	½ CUP	<b>GREEK YOGURT, PLAIN, NON-FAT</b>
½ CUP	<b>UNSWEETENED VANILLA ALMOND MILK (OR OTHER MILK/MILK ALTERNATIVE)</b>	2 TBSP	<b>NUTRIBULLET PROTEIN BLEND™</b>

1 Add ingredients to the NutriBullet® cup in the order listed and blend until smooth.

### NUTRITION TIP:

To help keep your energy stable throughout the day, aim to balance your meals and snacks with high quality protein, healthy fats, and fiber-filled carbs – like this combo of Greek yogurt, peanut butter, fruit, and veggies.

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## Triple berry smoothie.

Berries are some of our favorite superfoods – they're well researched for the role they play in cancer prevention, as well as brain, gut, and heart-health support. Plus, they're delicious!

1 CUP	<b>SPINACH OR OTHER LEAFY GREENS</b>	1 CUP	<b>UNSWEETENED VANILLA ALMOND MILK (OR OTHER MILK/MILK ALTERNATIVE)</b>
½ CUP	<b>RASPBERRIES, FROZEN*</b>		
½ CUP	<b>BLUEBERRIES, FROZEN*</b>	½ CUP	<b>GREEK YOGURT, PLAIN, NON-FAT</b>
½ CUP	<b>STRAWBERRIES, FROZEN*</b>		

1 Add ingredients to the NutriBullet® cup in the order listed and blend until smooth.

### NOTE

\*Or, 1 ½ cups of frozen mixed berry blend.



### NUTRITION TIP:

If dairy isn't your thing, feel free to swap out the Greek yogurt for your favorite plant-based yogurt alternative.

## Strawberry banana smoothie.



## Super blue smoothie.



## Strawberry banana smoothie.

The deliciously classic combo of strawberry and banana is made even better with the addition of chia seeds, which offer heart-healthy omega-3 fatty acids and an extra dose of fiber. We recommend adding a scoop of protein powder to keep you feeling satisfied all morning long.

- 1 **BANANA, FROZEN**
- ½ CUP **STRAWBERRIES, FROZEN**
- 1½ CUPS **UNSWEETENED VANILLA ALMOND MILK (OR OTHER MILK/MILK ALTERNATIVE)**
- 1 TBSP **CHIA SEEDS**

- 1 Add ingredients to the NutriBullet® cup in the order listed and blend until smooth.

### NOTE

Power up this smoothie's nutritional content with a serving of mild-tasting veggies. Our favorites? Spinach, chard, and frozen favorites like zucchini.

## Super blue smoothie.

As a collective team at NutriBullet, we've tested a LOT of smoothies over the years. This one is – without a doubt – one of our company's go-to favorites. Simple, wholesome, and super easy to whip up, we present you with our signature blueberry and spinach smoothie.

- 1½ CUPS **SPINACH**
  - ½ CUP **BLUEBERRIES, FROZEN**
  - ½ **BANANA, FROZEN**
  - 1½ CUP **UNSWEETENED VANILLA ALMOND MILK (OR OTHER MILK/MILK ALTERNATIVE)**
  - 1 TBSP **ALMOND BUTTER, NO ADDED SALT**
  - ½ TSP **CINNAMON, GROUND**
  - 2 TBSP **NUTRIBULLET PROTEIN BLEND™ – OPTIONAL**
- 1 Add ingredients to the NutriBullet® cup in the order listed and blend until smooth.

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## Chocolate peanut butter smoothie.

Eating for health doesn't mean you should compromise on flavor. Case-in-point? This insanely yummy smoothie made from banana, peanut butter, and chocolate. Yup, chocolate is officially a breakfast food now. Ain't life grand?

1	<b>BANANA, FROZEN</b>	2 TBSP	<b>CACAO POWDER</b>
1 TSP	<b>VANILLA EXTRACT</b>	2 TBSP	<b>PEANUT BUTTER, CREAMY, UNSALTED</b>
1 ½ CUPS	<b>ALMOND MILK, VANILLA, UNSWEETENED</b>	1	Add ingredients to the NutriBullet® cup in the order listed and blend until smooth.

### NUTRITION TIP:

Toss in a handful of spinach or other leafy green to these blends to boost the nutritional value and to add an important serving of leafy greens to your day. You won't even taste them.

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## Berry smoothie bowl.

This simple smoothie bowl has the goodness of berries we love – with a thicker consistency and prettier presentation than your average smoothie. Drizzle some almond or peanut butter on top and you have yourself a spin on a classic PB & J – smoothie style!

1 CUP	<b>STRAWBERRIES, FROZEN</b>	1	<b>DATES, PITTED</b>
½ CUP	<b>RASPBERRIES, FROZEN</b>	1 CUP	<b>ALMOND MILK, VANILLA, UNSWEETENED – OR OTHER MILK/ MILK ALTERNATIVE</b>
1	<b>BANANA, FROZEN</b>		

- 1 Add ingredients to the NutriBullet® cup in the order listed and blend until smooth.

### PRO TIP:

Adding fiber-rich fruits, like strawberries and raspberries, to your diet can help improve digestion and blood sugar control. Plus, they make great toppings for this smoothie bowl!



**NUTRITION TIP:**

To boost protein content, use regular milk or unsweetened soy milk in your smoothie instead of almond milk. Both offer about 8 grams of protein per 1-cup serving vs. almond milk's 1 gram.

# Peach smoothie bowl.

Keep the smoothie bowl momentum going with this 4-ingredient recipe that's (almost) too pretty to eat.

2 CUP	<b>PEACH, FROZEN,</b>
1	<b>BANANA, FROZEN</b>
½ CUP	<b>ALMOND MILK, VANILLA, UNSWEETENED</b>
1 TBSP	<b>HEMP SEEDS</b>

- 1 Add the first four ingredients in the order listed and blend until smooth, about 30 to 60 seconds
- 2 Finish off with your choice of toppings. We recommend pineapple, coconut, peach slices, orange slices, and/or edible flowers if you're feeling really fancy.

**PRO TIP:**

Smoothie bowls are slightly thicker than your average smoothie and call for a spoon rather than a straw. The fun part? You can experiment with whatever toppings you love such as fresh fruit, granola, nuts, or seeds.

# Week 2



## Week 1? Done!

You're a third of a way through your 21-Day breakfast reboot and we're PUMPED to introduce you to the next phase. Week two challenges you to incorporate ingredients that may seem a bit out-of-the box, like oats, turmeric, or cottage cheese. Don't sweat it - we know you can handle it.

## Grocery list for Week 2:

Check out this week's grocery guide to get prepped for your next week of awesome mornings! You'll be able to use some of the ingredients you bought last week for this week's and next week's smoothies.

Section	Item	Notes
Fresh Produce	1 5-oz bag leafy greens of your choice 1 orange 2 medium carrots 1 grapefruit 1 banana	If you have at least 1 cup of greens leftover from last week, there's no need to get more unless you prefer to add greens to all your smoothies
Fresh Herbs & Spices	Turmeric root Ginger root	
Freezer Aisle	1 10-oz bag frozen mango 1 10-oz bag frozen pineapple 1 10-oz bag frozen cherries	
Dairy & Non-Dairy Milks & Products	½ gallon of unsweetened vanilla almond milk or other milk/milk alternative of your choice  1-8oz container of non-fat cottage cheese	Other options include soy milk, fat-free dairy milk, rice milk, coconut milk, or hemp milk.
Cereal	1 small container or bag of old-fashioned rolled oats	
Nuts, Seeds, or Dried Fruit	1 small bag of flax seeds	If you're watching your wallet, feel free to skip these and use the chia or hemp seeds from last week.
Condiments & Spices	1 jar cayenne pepper  1 jar peppermint extract 1 jar nutmeg 1 small bag unsweetened coconut flakes 1 small jar honey	Sensitive to spicy? Skip this, if you want.  Feel free to use maple syrup instead of honey, too.
Misc.	1 L of coconut water	Be sure to hold on to the remaining coconut water for next week's recipes.

## Tangy citrus smoothie.

This bright smoothie tastes like “good morning!” in a cup. Blend in some Greek yogurt or protein powder for an extra boost of staying power.

½	<b>ORANGE, FRESH</b>	½ TBSP	<b>GINGER ROOT, FRESH</b>
¼	<b>GRAPEFRUIT, FRESH</b>	1 CUP	<b>COCONUT WATER</b>
⅓ CUP	<b>PINEAPPLE, FROZEN</b>	1 TBSP	<b>HEMP SEEDS</b>

- 1 Add ingredients to the NutriBullet® cup in the order listed and blend until smooth.



### NUTRITION TIP:

If you haven't tried coconut water in your smoothie, here's your chance. It's sweet and tasty, but has way less sugar and calories than other fruit juices. Plus, it's a natural source of hydrating electrolytes like potassium and sodium. Bottom's up!

## Pink peppermint smoothie.

Give your taste buds a treat today with a surprisingly sweet, yet refreshing smoothie balanced with plant-based protein.

1 CUP	<b>CHERRIES, FROZEN</b>	1 TBSP	<b>ALMOND BUTTER, NO ADDED SALT</b>
½ CUP	<b>BANANA</b>	2 TBSP	<b>NUTRIBULLET PROTEIN BLEND™</b>
¼ TSP	<b>PEPPERMINT EXTRACT</b>	¼ CUP	<b>ICE</b>
1 ½ CUPS	<b>ALMOND MILK, UNSWEETENED</b>		

- 1 Add ingredients to the NutriBullet® cup in the order listed and blend until smooth.

### PRO TIP:

Save even more time in the morning by building your smoothie directly in your NutriBullet cup (minus the liquid) and cover with plastic wrap. In the morning, add the liquid and blend when you're ready to go.





## Immunity boost smoothie.

Brighten up your morning with a sunshine-y smoothie loaded with citrus flavor and a little kick, thanks in large part to superstar spices turmeric and ginger.

½	<b>ORANGE, FRESH</b>	½ TBSP	<b>GINGER ROOT, FRESH</b>
½ CUP	<b>CARROT, FRESH</b>	⅛ TSP	<b>CAYENNE PEPPER POWDER</b>
½ CUP	<b>MANGO, FROZEN CHUNKS</b>	2 TBSP	<b>NUTRIBULLET PROTEIN BLEND™ – OPTIONAL</b>
1 CUP	<b>COCONUT WATER</b>	1	Add ingredients to the NutriBullet® cup in the order listed and blend until smooth.
1 TBSP	<b>HEMP SEEDS</b>	2	Top with water, if needed to reach the MAX line.
½ TBSP	<b>TURMERIC, FRESH</b>		

### NUTRITION TIP:

Fresh herbs and spices are a cost-effective way to boost your smoothies' nutritional benefits, but they tend to have a short shelf life. Fortunately, hardy roots like ginger and turmeric keep well in the freezer. Store in an airtight bag and they'll stay good for months.

## Breakfast smoothie.

This smoothie is a dairy-free take on the Essential Green Smoothie, but also contains the belly filling fiber found in old-fashioned rolled oats. Didn't think you could "drink" your oats? They help make your smoothie feel a bit more substantial and create a thick, satisfying consistency.

1 CUP	<b>SPINACH</b>	¼ CUP	<b>OATS, ROLLED, GLUTEN-FREE</b>
½	<b>BANANA, FROZEN</b>	1 TBSP	<b>PEANUT BUTTER, CREAMY, UNSALTED</b>
1 ½ CUPS	<b>ALMOND MILK, VANILLA, UNSWEETENED</b>	1 TBSP	<b>HONEY</b>

- 1 Add ingredients to the NutriBullet® cup in the order listed and blend until smooth.

### NUTRITION TIP:

Frozen fruits and veggies are just as nutritious as fresh ones – sometimes even more so! Feel free to replace any fresh ingredients with their frozen counterparts, just know they'll require a bit more liquid to blend smoothly.



**PRO TIP:**

Cottage cheese is an unexpected smoothie ingredient that gives it a serious protein pump with 13 grams in a 1/2 cup serving.

# Raspberry protein smoothie.

This creamy, thick smoothie is (almost) like sticking your straw into dessert – but it offers a super-satisfying combo of fiber, fat, and protein.

- 1 CUP **RASPBERRIES,  
FROZEN**
- 1 CUP **ALMOND  
MILK, VANILLA,  
UNSWEETENED**
- ½ CUP **COTTAGE  
CHEESE, LOW-FAT,  
UNSALTED**
- 1 TBSP **ALMOND BUTTER,  
NO ADDED SALT**
- 1 TBSP **HONEY**

- 1 Add ingredients to the NutriBullet® cup in the order listed and blend until smooth.

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## Healthy carrot cake smoothie.

Whip up this classic cake, in smoothie form! This creamy smoothie with hints of nutmeg and cinnamon can double as a slightly sweet treat or snack to sip on between meals. Add more Greek yogurt for an extra boost of protein!

½ CUP **CARROT, FRESH**

2 **DATES, PITTED**

1 TBSP **COCONUT, UNSWEETENED FLAKES**

1 ½ CUPS **ALMOND MILK, UNSWEETENED**

¼ CUP **GREEK YOGURT, PLAIN, NON-FAT**

¼ TSP **CINNAMON, GROUND**

⅛ TSP **NUTMEG, GROUND**

1 Add ingredients to the NutriBullet® cup in the order listed and blend until smooth.

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## Tropical smoothie.

Get that vacation feeling any day of the week with this refreshing tropical smoothie. Mini umbrella optional.

½ CUP **PINEAPPLE, FROZEN**

½ CUP **MANGO, FROZEN CHUNKS**

½ **BANANA, FROZEN**

1 CUP **COCONUT WATER**

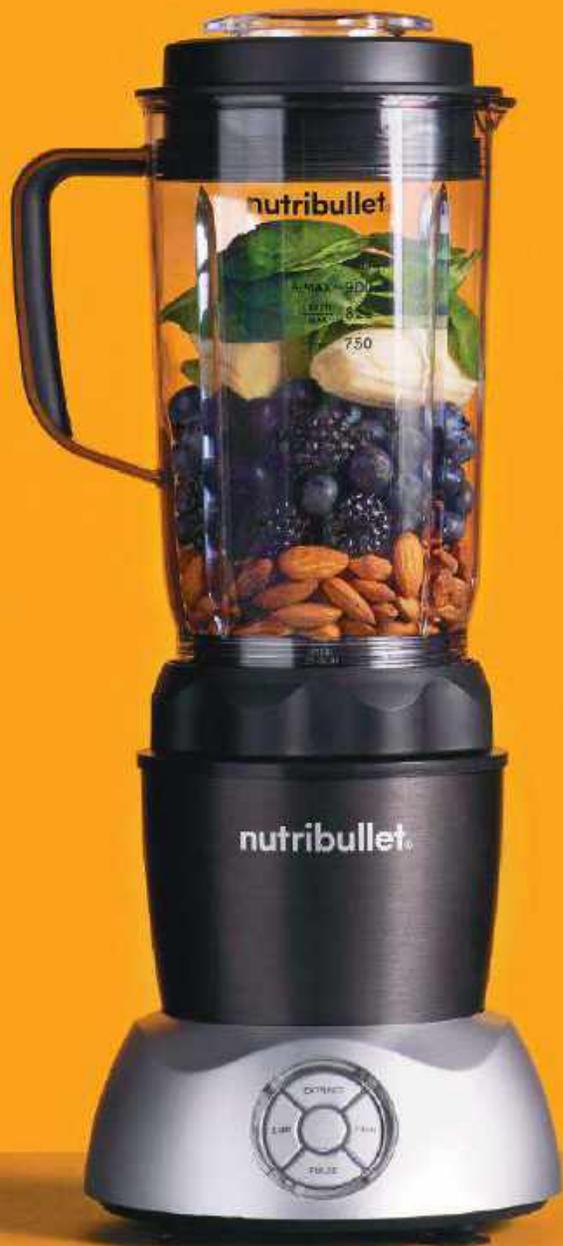
½ CUP **WATER**

1 TBSP **FLAX SEEDS**

1 Add ingredients to the NutriBullet® cup in the order listed and blend until smooth.



# Week 3



## It's the home stretch, baby!

Now that you're a smoothie-making pro, we're upping your game with the real top-shelf ingredients. We're talking raw cacao nibs. We're talking pitaya – yes, PITAYA -- AKA dragon fruit, AKA magenta magic (actually, we might be the only ones who call it that). Ready to get serious? Good. Here's your grocery list. Go forth and conquer.

### Grocery list for Week 3:

As mentioned, we're really going for the superfoods this week. If you have trouble finding some of the more obscure ingredients, check out online grocers, or use your best judgment and make reasonable swaps. YES YOU CAN!

Section	Item	Notes
Fresh Produce	1-5 oz bag of leafy greens of your choice 1 lime 2 clementines 1 carrot  2 ripe avocados  3 bananas	Be sure to store these in the fridge so they don't get overripe before you're ready to use 'em!  Once home, peel all bananas, cut them in half, place in a resealable freezer bag, and store in the freezer
Freezer Aisle	Dragon fruit (pitaya) frozen puree	
Dairy & Non-Dairy Milks & Products	½ gallon of unsweetened vanilla almond milk or other milk/milk alternative of your choice  1 quart original hemp milk 1-8oz container of non-fat Greek yogurt	Other options include soy milk, fat-free dairy milk, rice milk, or coconut milk.
Condiments & Dried Spices	1 jar cashew butter, no salt added  1 small jar maple syrup and/or agave nectar  1 small container matcha green tea powder 1 small bag cacao nibs 1 small bag coffee	If you're watching your wallet, feel free to skip this and use the peanut butter or almond butter you already have on hand.  Go ahead and get both if budget allows! If not, these are interchangeable in your recipes. You can also use the honey from last week.

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## Creamy coffee smoothie.

Skip the café drive-thru and make yourself a caffeinated blended beverage that offers more nutritional benefits and way less added sugar than your typical frappe.

1	<b>BANANA, FROZEN</b>	½ CUP	<b>GREEK YOGURT, PLAIN, NON-FAT</b>
½ CUP	<b>COFFEE, BLACK, COOLED</b>	¼ TSP	<b>CINNAMON, GROUND</b>
½ CUP	<b>ALMOND MILK, VANILLA, UNSWEETENED</b>	1 TBSP	<b>MAPLE SYRUP</b>

- 1 Add ingredients to the NutriBullet® cup in the order listed and blend until smooth.

### NUTRITION TIP:

The protein in Greek yogurt also helps to stabilize your energy levels so you won't fall victim to a mid-morning crash.

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## Matcha frappe.

Matcha is like coffee's slightly chiller cousin. In addition to offering beneficial antioxidants, it also delivers a potentially 'calming' energy boost. To assemble a complete, balanced breakfast, we recommend pairing this beverage with a sliced apple and a scoop of peanut butter.

1 ½ CUPS	<b>ALMOND MILK, VANILLA, UNSWEETENED – OR OTHER MILK/ MILK ALTERNATIVE</b>	2 TSP	<b>MATCHA GREEN TEA POWDER</b>
		2 CUPS	<b>ICE</b>
2 TBSP	<b>AGAVE NECTAR</b>		

- 1 Add ingredients to the NutriBullet® cup in the order listed and blend until smooth.

### NUTRITION TIP:

While we tend to steer clear of added forms of sugar, like maple syrup and honey, in most of our recipes, you can always drizzle in a little bit if you're taste buds are still in training. Another option is to add one or two pitted dates to your blends.

## Mother earth's green smoothie bowl.

We're not messing around with this smoothie bowl. It's seriously nutrient-dense and guaranteed to fuel your day. For mornings that aren't too hectic, this is a perfect recipe to sit down and savor each delicious bite. If this is your first time adding avocado in a smoothie or smoothie bowl, we doubt it will be your last.

2 CUPS	<b>SPINACH</b>
1 CUP	<b>KALE - OR CHARD</b>
½	<b>AVOCADO</b>
1	<b>BANANA, FROZEN</b>
1 CUP	<b>ALMOND MILK, UNSWEETENED</b>
2 TBSP	<b>CASHEW BUTTER, PLAIN, NO ADDED SALT</b>

- 1 Add ingredients to the NutriBullet® cup in the order listed and blend until smooth.
- 2 Top with granola, chopped almonds, raspberries, or any other toppings of your choice.

## Mother earth's green smoothie bowl.



## Loco-cocoa recovery shake.

Filled with carbs, protein, and a little healthy fat, this workout recovery shake doubles as a really delicious breakfast smoothie.

1	<b>BANANA</b>	1 TBSP	<b>CACAO NIBS</b>
¼	<b>AVOCADO</b>	1 TBSP	<b>CACAO POWDER</b>
1 ½ CUPS	<b>ALMOND MILK, VANILLA, UNSWEETENED – OR OTHER MILK/ MILK ALTERNATIVE</b>	½ TSP	<b>CINNAMON, GROUND</b>
½ TSP	<b>VANILLA EXTRACT</b>	2 TBSP	<b>NUTRIBULLET PROTEIN BLEND™</b>

- 1 Add ingredients to the NutriBullet® cup in the order listed and blend until smooth.



**Loco-cocoa  
recovery  
shake.**

**NUTRITION TIP:**

Don't fear the fat! Plant fats like avocado, seeds, and nuts have been shown to help stabilize blood sugar, keep us feeling full, and protect our precious hearts.

# Heart healthy hemp smoothie.

¼	<b>AVOCADO</b>	1 CUP	<b>HEMP MILK, UNSWEETENED</b>
1	<b>CLEMENTINE</b>	½ CUP	<b>WATER</b>
1 CUP	<b>MIXED BERRIES, FROZEN</b>	1 TBSP	<b>HEMP SEEDS</b>
1	<b>DATE, PITTED</b>	1 TBSP	<b>CACAO NIBS – OPTIONAL</b>

1 Add ingredients to the NutriBullet® cup in the order listed and blend until smooth.

A diet that's good for your heart is one that's packed with plant foods like fruits, vegetables, and healthy fats. This smoothie 'ticks' all those boxes.



## Carrot mango smoothie bowl.

Greek yogurt, oats, and sweet mango make this smoothie bowl a dream combination for starting your day on a healthy AND delicious note.

1	<b>CARROT</b>	½ TSP	<b>VANILLA EXTRACT</b>
½ CUP	<b>MANGO, FROZEN</b>	1 TBSP	<b>COCONUT, UNSWEETENED FLAKES</b>
1 CUP	<b>ALMOND MILK, UNSWEETENED</b>	2 TBSP	<b>OATS, ROLLED, GLUTEN-FREE</b>
½ CUP	<b>GREEK YOGURT, PLAIN, NON-FAT</b>	½ TSP	<b>CINNAMON, GROUND</b>

- 1 Add ingredients to the NutriBullet® cup in the order listed and blend until smooth, about 30 to 60 seconds.
- 2 Transfer to a bowl and garnish with toppings of your choice.

### **NUTRITION TIP:**

Smoothie bowls offer the perfect opportunity for a mindful eating moment – a time to be present and savor the taste and textures of your food.

## Pitaya pineapple smoothie bowl.

Despite its mild flavor, Pitaya – commonly known as dragonfruit – offers a nutritional profile as bold as its deep fuchsia color. Since this Southeast Asian fruit is hard to come by fresh, we recommend buying frozen Pitaya purée, which is available at most grocery stores 365 days a year.

1 CUP	<b>DRAGON FRUIT (PITAYA), FROZEN PUREE</b>	¼ TBSP	<b>LIME JUICE</b>
½ CUP	<b>PINEAPPLE, FROZEN</b>	2 TBSP	<b>COCONUT, UNSWEETENED FLAKES</b>
¼	<b>AVOCADO</b>	½ CUP	<b>ICE – OPTIONAL</b>
2	<b>DATES, PITTED</b>		
½ CUP	<b>COCONUT WATER</b>		

- 1 Add ingredients to the NutriBullet® cup in the order listed and blend until smooth.
- 2 Transfer to a bowl and garnish with toppings of your choice.



# You did it!

You officially own the morning! Give yourself a high-five! A pat on the back! A round of applause!

You deserve it all. Not only did you shop for and prep three weeks' worth of smoothies, you also drank them. That means you started every morning with a substantial dose of veggies, fruits, and superfoods, nourishing your body with the best fuel nature has to offer. Every. Dang. Day.

We hope you're feeling great – so great, that your morning smoothie is now a can't-miss part of your routine. To keep your momentum going, check out [NutriBullet.com](https://www.nutribullet.com) for hundreds more dietitian-approved smoothie recipes. With breakfasts as vibrant, nourishing, and delicious as these, we bet your mornings will continue to go smoothly.

Here's to your health,

## nutribullet®



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

