

THE ORIGINAL  
**maGiC**  
BULLET®

**10-SECOND  
RECIPES**  
& USER GUIDE

# IMPORTANT SAFEGUARDS

## SAVE THESE INSTRUCTIONS HOUSEHOLD USE ONLY

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

### GENERAL SAFETY

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

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

### ELECTRICAL SAFETY

- Do not pull, twist or mistreat the power cord.
  - Do not allow the cord to hang over the side of the counter or table.
  - Do not allow cord to touch hot surfaces, including stove.
  - Do not operate any appliance with a damaged cord or plug or if the appliance malfunctions, or is dropped or damaged in any manner. Contact Customer Service for assistance in obtaining a replacement.
  - This appliance has important markings on the plug blade. The attachment plug or entire cord set is not suitable for replacement. If damaged, the appliance shall be replaced.
  - This appliance has a polarized plug (one prong is wider than the other). To reduce the risk of electric shock, this plug will correctly fit in a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. **Do not modify the plug in any way.**
- **DO NOT USE THIS PRODUCT WITH ANY TYPE OF ADAPTOR OR VOLTAGE CONVERTER DEVICE. THIS UNIT IS MANUFACTURED IN COMPLIANCE WITH U.S. AND CANADIAN ELECTRICAL STANDARDS AND PLUG TYPES.**
  - **USE OF ADAPTERS AND CONVERTERS IS CONSIDERED AN UNAUTHORIZED MODIFICATION OF THE PRODUCT AND AS SUCH VOIDS THE WARRANTY. USE OF THIS PRODUCT IN LOCATIONS WITH DIFFERENT ELECTRICAL SPECIFICATIONS MAY RESULT IN DAMAGE TO THE PRODUCT.**
  - **UNPLUG THE MAGIC BULLET WHEN IT IS NOT IN USE. MAKE SURE THE MACHINE IS UNPLUGGED BEFORE ASSEMBLING, DISASSEMBLING, ADDING ADDITIONAL PARTS, AND CLEANING.**

## SAVE THESE INSTRUCTIONS HOUSEHOLD USE ONLY

## IMPORTANT MICROWAVE SAFEGUARDS

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

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

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

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

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

## CLEANING INSTRUCTIONS

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

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

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

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

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

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

**SAVE THESE INSTRUCTIONS**  
**HOUSEHOLD USE ONLY**

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# INTRO

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

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

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

# WHAT YOU GET



1 stainless steel cross blade



1 flip-top lid



1 short cup with 1 lip ring



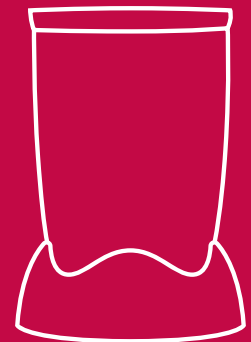
2 stay-fresh resealable lids



1 party mug with 1 lip ring



1 tall cup

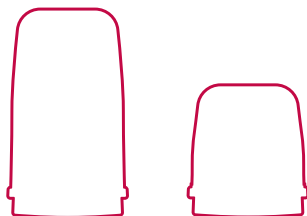


1 high-torque power base

# MAGIC BULLET ASSEMBLY

## TALL CUP & SHORT CUP

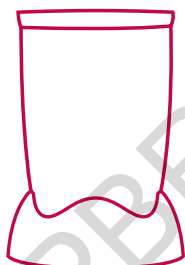
These cups are used to mix, cook and store your ingredients. They are dishwasher-safe (top rack only) and microwave-safe.



## PARTY MUG AND COMFORT LIP RINGS

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

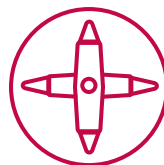
\* The *Party Mug* is not microwave safe.



## POWER BASE

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

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



## CROSS BLADE

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

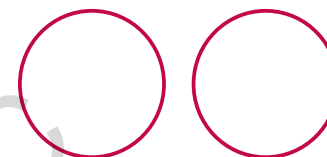
Do not put the cross blade in the dishwasher. Simply hand wash with warm soapy water. In the base of the cross blades, there is a plastic gasket that creates an airtight fit with the Magic Bullet cups. When washing the cross blades, do not attempt to remove the gasket ring. Attempted removal of the gasket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

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



## FLIP-TOP LID

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



## STAY-FRESH RE-SEALABLE LIDS

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

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

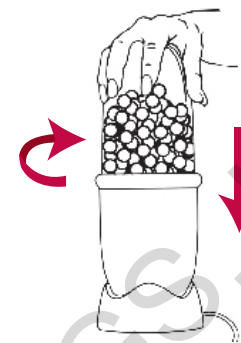
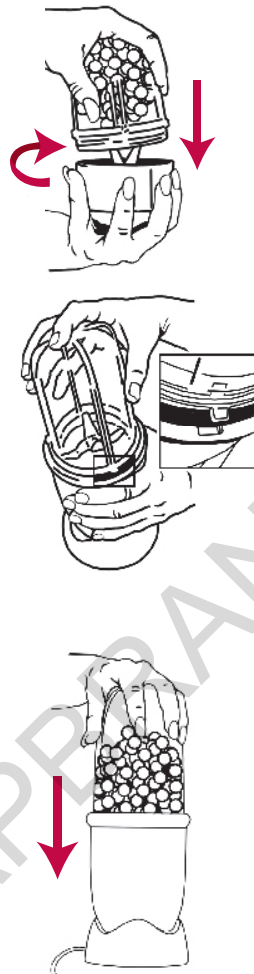
# USING THE MAGIC BULLET

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

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

## HERE'S HOW IT WORKS:

The Magic Bullet will blend for as long as you press the cup down onto the *Power Base*. To stop blending, simply release pressure on the cup.



## "LOCK ON" MODE:

For hands-free operation, press down and gently turn the cup clockwise until the tabs lock under the lip of the *Power Base*. Once you are in *Lock On Mode*, the motor will run continually. To turn it off, simply twist the cup back counter-clockwise and release the cup.

## CAUTION:

Before using the cross blade, check the gasket to make sure it is not damaged and it is completely seated in the cross blade unit before each use.

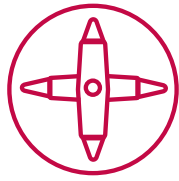
Never put your hands or utensils near the moving cross blades and never use your hands or utensils to press the activator buttons down while the *Power Base* is plugged in.

**IF THE CROSS BLADE STOPS SPINNING WHILE IN LOCK ON MODE, IMMEDIATELY UNPLUG THE MAGIC BULLET.** Hard ingredients like carrots or celery can get stuck in the cross blade and stop it from turning. If this happens, **UNPLUG THE MAGIC BULLET RIGHT AWAY.** Remove the cross blade/cup assembly from the

*Power Base*, and give ingredients a good shake to unblock the cross blade. If the cross blade still remains obstructed, twist the cross blade attachment off of the cup and carefully spin the metal blades by hand (they are sharp) to release the blockage. Reattach the cross blade to the cup, plug in the Magic Bullet and try again. It should spin normally.

**NEVER RUN THE MAGIC BULLET FOR MORE THAN ONE MINUTE AT A TIME, AS IT CAN CAUSE PERMANENT DAMAGE TO THE MOTOR.** If the motor stops working, unplug the *Power Base* and let it cool for a few hours before attempting to use it again. Your Magic Bullet has an internal thermal breaker that shuts the unit off when it overheats. Letting the thermal breaker cool down should allow it to reset.

# THE CROSS BLADE



The Magic Bullet Cross Blade is great for:

## CHOPPING

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

## BLENDING

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

## MIXING

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

## GRATING

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

## PUREEING

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

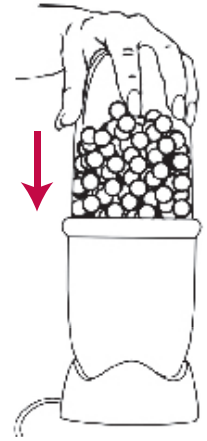
## GRINDING MEATS

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

## GRINDING COFFEE

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

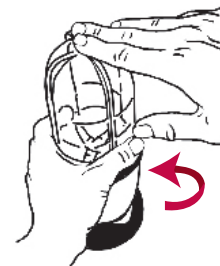
# MAGIC BULLET TECHNIQUES



## THE "PULSE" TECHNIQUE

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

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



## THE SECRET

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

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

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

## THE “SHAKE” TECHNIQUE

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

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

### THE “COCKTAIL” SHAKE

When making smoothies, dips or other recipes:

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

### THE “SHAKIN’ PULSE”

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

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

- 2 With force, shake the whole Bullet downwards to force ingredients into the cross blade. *Pulse* at the bottom of the shake.

- 3 Repeat until your food reaches the desired consistency.

### THE “TAP” TECHNIQUE

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

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

## COOKING IN THE MAGIC BULLET CUPS

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

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

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

## STORING LEFTOVERS IN THE MAGIC BULLET CUPS

The Magic Bullet includes two *Stay-Fresh Resealable Lids* that twist directly onto your Magic Bullet cups, allowing you to prep food ahead of time, keep leftovers fresh, or take your meal on the go without dirtying an extra storage container.

TASK	FOOD	TIME	TECHNIQUE	DIRECTIONS
<b>Blending</b>	Smoothies, frozen cocktails & coffee drinks	10-15 seconds	Lock-on	For optimum results, add small ice cubes—use pulse action in succession.
<b>Puréeing</b>	Soups, vegetables	10-20 seconds	Lock-on	Add ½ cup water for a smooth blend.
	Fruits	10 seconds	Lock-on	Use ½ cup of desired fruit. Blend until smooth.
	Curry/Laksa pastes	20 seconds	Lock-on	Use 7 oz. of paste and water. Then add chopped onion, ginger, garlic oil, herbs and spices. Blend all together.
<b>Mixing</b>	Batter, soaked nuts	20 seconds	Lock-on	Blend ingredients until fully mixed and appropriate texture is reached.
	Nut Milks	30 seconds	Lock-on	Blend ½ cup soaked nuts with 1½ cups water and additional flavorings (maple syrup, vanilla, etc.) if desired. Strain through a nut milk bag or cheese cloth.
<b>Mincing</b>	Meat	15 seconds	Pulse	Cut 4 oz. of meat into ½" to ¾" cubes before blending. Use pulse action.
<b>Milling</b>	Gluten-free grain flours (quinoa, oats, brown rice)	30 seconds	Shake n' pulse	Add dry ingredients to the Tall Cup and blend for 30 seconds until it achieves a flour consistency.
<b>Chopping</b>	Garlic, onions, ginger, nuts, herbs	10 seconds	Pulse	Chop max up to ½ cup, to ensure evenly sized pieces.
<b>Grinding</b>	Coffee beans	4 5-second increments	Lock-on, cocktail shake	Blend coffee in lock-on mode for 5 seconds at a time. Remove blade/cup attachment from Power Base and shake in between blending to ensure an even grind.
<b>Crumbling</b>	Breadcrumbs	5 seconds	Lock-on	Tear stale bread into small pieces before placing in cup. Crumble until desired consistency is reached.
<b>Emulsifying</b>	Mayonnaise, salad dressing, sauces, marinades	10 seconds	Lock-on	Blend until well mixed.

# EASY CLEAN-UP

## CLEANING THE MAGIC BULLET

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

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

### CAUTION:

Always unplug the Magic Bullet when cleaning or assembling.

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

### STUBBORN CLEANUP:

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

## CLEANING THE MAGIC BULLET POWER BASE

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

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

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

### CAUTION:

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

# 10-SECOND RECIPES

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

## BOILER ONIONS

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

## PRE-PEELED GARLIC IN JARS

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

## CHERRY TOMATOES

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

## BABY CARROTS

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

# PINEAPPLE SLUSHY

*Pineapple and coconut are a match made in tropical heaven. Sweet, juicy pineapple and citrusy lime give your body a mighty dose of antioxidants to boost immunity. Combine them with hydrating coconut water for a refreshing island getaway in a cup!*

- 1 cup frozen unsweetened pineapple chunks
- 1 Tbsp coconut oil
- $\frac{1}{2}$  lime, squeezed
- $\frac{1}{2}$  tsp stevia
- $\frac{1}{2}$  cup coconut water

- 1 Add all of the ingredients into your tall cup, and blend for 30 seconds or until smooth. Add up to 1 cup of coconut water, depending on how you prefer the consistency.



## SAVORY CITRUS SALAD DRESSING

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*So many people think salads are bland, boring lettuce piles with no personality that need heavy, fattening dressings to hide their distaste. No more! All you need are a few ingredients to make this light, savory and mouth-watering salad dressing in a snap. And, it's absolutely guilt-free.*

- 1½ oranges
- ¼ cup chopped green onions
- 2 Tbsp balsamic vinegar
- 1 garlic clove
- 1 Tbsp raw honey
- ¼ lime
- ¼ cup olive oil
- sea salt
- pepper

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**1** Add all of the ingredients into your tall cup, and blend for 30 seconds or until smooth.

**2** Add some salt or pepper for desired flavor.

**3** Pour over your salad, toss and enjoy!

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## SUN-DRIED TOMATO AND BASIL CROSTINI

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*Crostino, or "little toast" in Italian, are fun appetizers that you can't help but enjoy with different toppings and flavor combinations. A French baguette works best for this recipe, but you can also spread it on crackers.*

- ½ cup sun-dried tomatoes
- ¼ cup basil
- 2 Tbsp olive oil
- ¼ tsp lemon juice
- salt
- pepper

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**1** Add all ingredients into your small cup and pulse a few times until evenly blended.

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## SPINACH AVOCADO PESTO

*Everything you love about the classic pesto with a creamy and heart-healthy twist! Toss with whole wheat or brown rice pasta, spread it on sandwiches, or use it to make delicious salad dressings and dips.*

- 1 cup spinach
- ½ avocado
- 6 stalks basil, leaves only
- 1 bunch parsley
- 1 clove garlic
- 3 Tbsp lemon juice
- 1 Tbsp olive oil
- 1 Tbsp Parmesan cheese (optional)

- 1 Add all ingredients except for the olive oil to your Magic Bullet and pulse until you have a chunky paste.
- 2 Add olive oil and blend again, adding more oil as necessary.
- 3 Enjoy the pesto in your favorite dishes or freeze pesto in ice-cube trays for long-term storage.

## HOMEMADE GRANOLA

*Prepare a batch of super easy homemade granola and store in an airtight container for up to a month. Pack small bags for your purse or car to satisfy any sudden cravings. Add unsweetened almond milk for breakfast cereal, or just top with yogurt and fresh berries.*

- 1 cup whole oats
  - 2 Tbsp toasted quinoa
  - 2 Tbsp ground flax seeds
  - 1 Tbsp chia seeds
  - 2 Tbsp wheat germ
  - 2 Tbsp olive oil, divided
  - 1¾ Tbsp honey
  - 1 Tbsp cinnamon
- Your favorite dried fruits and nuts

- 1 Preheat the oven to 350 degrees F. Coat a baking sheet with one tablespoon of olive oil.
- 2 Add oats and toasted quinoa in a container and combine thoroughly.
- 3 Add the remaining ingredients into your Magic Bullet and blend, until you have a crumbly consistency.
- 4 Pour the mixture into the container with the oats and quinoa and thoroughly combine.
- 5 Pour all of the ingredients onto your baking sheet and bake for 15 to 20 minutes, or until browned.
- 6 Remove from the oven, stir, and let it cool completely.
- 7 Once cooled, combine with dried fruits and nuts of your choice. Enjoy!



