

# NINJA<sup>®</sup> STORM<sup>™</sup>

**Blend Easy, Chop Happy: 100 Simple Recipes**  
Smoothies, Quick Meals, and Entertaining



Please make sure to read the enclosed Ninja® Owner's Guide prior to using your unit.

**NINJA**® **STORM**™

**Blend Easy, Chop Happy: 100 Simple Recipes**  
Smoothies, Quick Meals, and Entertaining

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## Get ready to take meal prep by storm.

Congratulations on the purchase of your new Ninja® Storm™. With all the easy-to-make recipes in this book, we've got a feeling you'll be dishing out delicious smoothies, dips, drinks, and salads left and right.

That's because your Ninja Storm features a compact power pod and a 40-ounce Master Prep® Bowl, which doubles as a blender and a food processor, giving you the power and functionality of two kitchen appliances in one simple system.

With all that blend-and-chop convenience, you'll find it's easier than ever to fit good-for-you dishes into your everyday routine and restaurant-style frozen blended cocktails into your next get-together. Yep, the Ninja Storm will take you from smoothies and rich dips to fresh chopped salads and wholesome meals in just a few pulses.

**Notice: Remove the Master Pod, Splashguard, and 4-Blade Assembly after processing. Some ingredients have the potential to expand after processing.**



## Pulsing makes perfect.

The key to perfectly blended and chopped ingredients is all in your hands. Literally. When you're working with heavier ingredients or need smoother results, press down in 2-second pulses. When using lighter ingredients for salsas, dips, or chopped salads, use shorter, half-second pulses.





## Crowd-pleasing made easy.

With the power of two appliances in one, your Ninja® Storm™ is as great for entertaining as it is for making everyday meals. But we know menu planning can be intimidating, so we've lined up some thought-starters for you. All of these themed recipes can be found right in this cookbook—armed with your Ninja® Storm™, you're the host with the most in a few pulses flat.

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### Spicy Pineapple Recharge page 8



PREP TIME: 5 minutes   MAKES: 4 servings  
CONTAINER: 40-ounce Master Prep® Bowl

## Spicy Pineapple Recharge

### Ingredients

3 cups fresh pineapple chunks  
½-inch piece fresh ginger, peeled  
2 limes, peeled, cut in half  
1 small jalapeño pepper,  
seeds removed  
1 ½ cups orange juice  
1 cup ice

### Directions

- 1 Place all ingredients into the 40-ounce Master Prep Bowl in the order listed.
- 2 PULSE until smooth, using long pulses.



RIPE PINEAPPLES WILL IMPART THE PERFECT AMOUNT OF SWEETNESS TO BLEND WITH THE HINT OF HEAT AND FRAGRANT TASTE OF GINGER.

PREP TIME: 5 minutes   MAKES: 4 servings  
CONTAINER: 40-ounce Master Prep® Bowl

## Lean Green Ninja

### Ingredients

1 ½ small ripe bananas  
¾ cup kale leaves  
¾ cup baby spinach  
1 ½ cups fresh  
pineapple chunks  
1 ½ cups fresh  
mango chunks  
1 ½ cups ice  
1 ½ cups coconut water

### Directions

- 1 Place all ingredients into the 40-ounce Master Prep Bowl in the order listed.
- 2 PULSE until smooth, using long pulses.



PREP TIME: 5 minutes   MAKES: 4 servings  
CONTAINER: 40-ounce Master Prep® Bowl

## Watermelon Quench

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### Ingredients

2 ½ cups fresh watermelon chunks  
2 cups pomegranate juice  
1 cup frozen peach slices

### Directions

- 1 Place all ingredients into the 40-ounce Master Prep Bowl in the order listed.
- 2 PULSE until smooth, using long pulses.

PREP TIME: 5 minutes   MAKES: 4 servings  
CONTAINER: 40-ounce Master Prep® Bowl

## Peach Soother Smoothie

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### Ingredients

2 teaspoons fresh ginger, peeled  
1 ½ pears, cored, chopped  
2 tablespoons ground flaxseed  
1 ½ cups plain nonfat kefir  
¾ cup nonfat yogurt  
1 ¼ cups frozen peaches

### Directions

- 1 Place all ingredients into the 40-ounce Master Prep Bowl in the order listed.
- 2 PULSE until smooth, using long pulses.

PREP TIME: 5 minutes   MAKES: 2 servings  
CONTAINER: 40-ounce Master Prep® Bowl

## Pear & Green Tea Smoothie

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### Ingredients

1 pear, cored, cut in quarters  
1 cup spinach  
1 lemon, peeled, cut in quarters  
1 tablespoon honey  
2 cups chilled brewed green tea  
1 ½ cups ice

### Directions

- 1 Place all ingredients into the 40-ounce Master Prep Bowl in the order listed.
  - 2 PULSE until smooth, using long pulses.
- DO NOT BLEND HOT INGREDIENTS.**

PREP TIME: 5 minutes   MAKES: 4 servings  
CONTAINER: 40-ounce Master Prep® Bowl

## Tropical Squeeze Smoothie

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### Ingredients

1 small ripe banana  
1 orange, peeled, cut in quarters  
½ cup fresh pineapple chunks  
2 cups water  
1 cup nonfat yogurt  
1 ¼ cups frozen mango chunks

### Directions

- 1 Place all ingredients into the 40-ounce Master Prep Bowl in the order listed.
- 2 PULSE until smooth, using long pulses.



PREP TIME: 5 minutes   MAKES: 4 servings  
CONTAINER: 40-ounce Master Prep® Bowl

## Cool Honeydew Cucumber

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### Ingredients

½ cucumber, peeled,  
cut in 1-inch chunks  
1 cup fresh honeydew  
melon chunks  
1 ½ cups fresh pineapple chunks  
1 cup water  
1 cup ice

### Directions

- 1 Place all ingredients into the 40-ounce Master Prep Bowl in the order listed.
- 2 PULSE until smooth, using long pulses.

PREP TIME: 5 minutes   MAKES: 2 servings  
CONTAINER: 40-ounce Master Prep® Bowl

## Apple Berry Protein

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### Ingredients

1 cup red seedless grapes  
½ apple, cored, chopped  
2 tablespoons vanilla  
protein powder  
¾ cup coconut water  
1 ¼ cups frozen blueberries

### Directions

- 1 Place all ingredients into the 40-ounce Master Prep Bowl in the order listed.
- 2 PULSE until smooth, using long pulses.

PREP TIME: 5 minutes   MAKES: 4 servings  
CONTAINER: 40-ounce Master Prep® Bowl

## Island Mood Boost

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### Ingredients

1 ½ cups fresh pineapple chunks  
1 ½ small ripe bananas  
1 ½ cups frozen strawberries  
1 ½ cups frozen mango chunks  
3 cups coconut water

### Directions

- 1 Place all ingredients into the 40-ounce Master Prep Bowl in the order listed.
- 2 PULSE until smooth, using long pulses.

PREP TIME: 5 minutes   MAKES: 4 servings  
CONTAINER: 40-ounce Master Prep® Bowl

## Power Ball

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### Ingredients

2 ¼ cups frozen blueberries  
2 ¾ cups unsweetened light  
coconut milk  
1 ½ small ripe bananas  
2 teaspoons unsweetened  
cocoa powder

### Directions

- 1 Place all ingredients into the 40-ounce Master Prep Bowl in the order listed.
- 2 PULSE until smooth, using long pulses.

PREP TIME: 5 minutes   MAKES: 4 servings  
CONTAINER: 40-ounce Master Prep® Bowl

## Strawberry Banana Protein Smoothie

### Ingredients

- 1 ½ cups frozen strawberries
- 2 small ripe bananas
- ¾ cup nonfat Greek yogurt
- 1 ½ cups orange juice
- 1 scoop vanilla protein powder

### Directions

- 1 Place all ingredients into the 40-ounce Master Prep Bowl in the order listed.
- 2 PULSE until smooth, using long pulses.



BE CREATIVE AND FEEL FREE TO SUBSTITUTE YOUR FAVORITE FROZEN FRUIT, USING BLUEBERRIES, RASPBERRIES, PINEAPPLE OR MANGO.

PREP TIME: 5 minutes   MAKES: 4 servings  
CONTAINER: 40-ounce Master Prep® Bowl

## Easy Does It Green Juice

### Ingredients

- ⅓ cucumber, peeled, cut in quarters
- 1 cup green seedless grapes
- 1 cup baby spinach
- ½ pear, cut in half, cored
- ½ small ripe banana
- ¾ cup coconut water
- 1 cup ice

### Directions

- 1 Place all ingredients into the 40-ounce Master Prep Bowl in the order listed.
- 2 PULSE until smooth, using long pulses.

PREP TIME: 5 minutes   MAKES: 4 servings  
CONTAINER: 40-ounce Master Prep® Bowl

## Fruit Salad Smoothie

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### Ingredients

½ cup frozen pineapple chunks  
¾ cup frozen mango chunks  
1 cup green seedless grapes  
1 small ripe banana, cut in half  
½ apple, peeled, cored,  
cut in half  
1 cup orange juice

### Directions

- 1 Place all ingredients into the 40-ounce Master Prep Bowl in the order listed.
- 2 PULSE until smooth, using long pulses.

PREP TIME: 5 minutes   MAKES: 4 servings  
CONTAINER: 40-ounce Master Prep® Bowl

## Chai-Spiced Eye Opener

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### Ingredients

2 cups baby spinach  
2 ripe pears, cored, cut in quarters  
2 cups chilled brewed chai tea  
1 cup frozen mango chunks  
½-inch piece fresh ginger, peeled  
1 tablespoon plus 1 teaspoon  
fresh lemon juice  
Dash salt

### Directions

- 1 Place all ingredients into the 40-ounce Master Prep Bowl in the order listed.
  - 2 PULSE until smooth, using long pulses.
- DO NOT BLEND HOT INGREDIENTS.**



PREP TIME: 15 minutes   COOK TIME: 10-12 minutes   MAKES: 8 servings  
CONTAINER: 40-ounce Master Prep® Bowl

## Chicken Apple Sausage

### Ingredients

- 1 small onion, cut in quarters
- 2 apples, peeled, cored, cut in quarters
- $\frac{1}{3}$  cup fresh sage leaves
- 1 tablespoon olive oil
- 1 pound boneless skinless chicken thighs, cut in 2-inch cubes
- Pinch cinnamon
- $\frac{3}{4}$  teaspoon salt
- $\frac{3}{4}$  teaspoon ground black pepper

### Directions

- 1 Preheat oven to 350°F. Line a cookie sheet with parchment paper; set aside. Place the onion, apples, and sage into the 40-ounce Master Prep Bowl. PULSE 5 to 7 times, using short pulses, until finely chopped.
- 2 Heat the olive oil in a medium skillet over medium heat. Add apple mixture and cook, sautéing until aromatic and tender. Remove from heat and place in a large bowl to cool.
- 3 Place cubed chicken into the 40-ounce Master Prep Bowl and PULSE, using long pulses, until finely ground, about 10 times. Add the ground chicken to the bowl with the apple mixture. Add the cinnamon, salt, and pepper. Mix well, using your hands.
- 4 Form mixture into eight patties and place on prepared cookie sheet. Bake 10 to 12 minutes, until cooked through.

**DO NOT BLEND HOT INGREDIENTS.**



PREP TIME: 10 minutes COOK TIME: 15 minutes MAKES: 16 (1-ounce) pancakes (4–6 servings)  
CONTAINER: 40-ounce Master Prep® Bowl

## Lemon Ricotta Pancakes

### Ingredients

1 cup pancake mix  
¼ teaspoon ground ginger  
½ teaspoon cinnamon  
1 large egg  
¾ cup lowfat buttermilk  
1 ½ tablespoons melted butter  
½ cup ricotta cheese  
½ teaspoon lemon zest  
1 tablespoon canola oil

### Directions

- 1 In a small bowl, combine pancake mix, ginger, and cinnamon.
- 2 Place egg, buttermilk, melted butter, ricotta cheese, lemon zest, and dry mixture into the 40-ounce Master Prep Bowl. PULSE to combine, using long pulses.
- 3 Heat a large nonstick skillet with 1 tablespoon canola oil over medium heat. Spoon 2 to 3 tablespoons of batter onto skillet at a time. Cook until pancakes start to bubble, about 1 to 2 minutes.
- 4 Flip with a spatula, and cook until underside is browned, about 1 to 2 minutes. Transfer to a platter, and serve with your favorite topping.

PREP TIME: 15 minutes COOK TIME: 12–14 minutes MAKES: 8 scones  
CONTAINER: 40-ounce Master Prep® Bowl

## Date & Orange Scones

### Ingredients

1 ¾ cups all-purpose flour  
2 tablespoons baking powder  
2 tablespoons olive oil  
1 tablespoon agave nectar  
¾ cup dates, pits removed, chopped  
¾ cup orange juice  
2 tablespoons orange zest  
1 teaspoon ground cinnamon  
½ teaspoon ground ginger

### Directions

- 1 Preheat oven to 375°F. Position rack in middle of oven.
- 2 Place flour, baking powder, oil, and agave nectar into the 40-ounce Master Prep Bowl. PULSE 5 times, until all ingredients are combined and dough forms coarse crumbs.
- 3 Add dates, orange juice, orange zest, cinnamon, and ginger. PULSE until combined completely.
- 4 Shape dough into triangles, and place on a greased baking pan, 1 ½ inches apart. Bake 12 to 14 minutes until light golden brown.

PREP TIME: 5 minutes   MAKES: 2 servings  
CONTAINER: 40-ounce Master Prep® Bowl

## Dragon Fruit Smoothie Bowl

### Ingredients

#### Smoothie

1 package (3.5 ounces) frozen dragon fruit puree, thawed  
½ small frozen ripe banana  
1 tablespoon white chia seeds  
⅔ cup coconut milk  
2 teaspoons lime juice

#### Toppings

Shredded coconut  
Fresh dragon fruit  
Fresh strawberries  
Fresh raspberries  
Fresh blueberries  
Shelled pistachios

### Directions

- 1 Place all smoothie ingredients into the 40-ounce Master Prep Bowl in the order listed.
- 2 Blend for 15 seconds, or until desired consistency is reached.
- 3 Place in bowl and add desired toppings.

PREP TIME: 20 minutes   CHILL TIME: 1 hour   MAKES: 12 bars  
CONTAINER: 40-ounce Master Prep® Bowl

## Superfood Snack Bars

### Ingredients

1 cup raw almonds  
8 dates, pits removed  
¼ cup dried cherries  
2 tablespoons unsweetened coconut flakes  
1 tablespoon hemp seed  
2 teaspoons maple syrup  
2 tablespoons toasted pumpkin seeds  
1 tablespoon water

### Directions

- 1 Line an 8x8-inch baking dish with plastic wrap; set aside.
- 2 Place all ingredients, except the pumpkin seeds and water, into the 40-ounce Master Prep Bowl in the order listed.
- 3 PULSE until dates have been broken down and mixture is coarsely chopped. Scrape down sides of the bowl as necessary.
- 4 Add pumpkin seeds and water to the 40-ounce Master Prep Bowl and PULSE until ingredients are fully combined.
- 5 Press mixture firmly into the lined baking dish, cover, and refrigerate at least 1 hour.
- 6 Invert onto a cutting board, remove plastic, and cut into 2-inch square bars. Wrap pieces in plastic wrap to store.

PREP TIME: 5 minutes COOK TIME: 5 minutes MAKES: 2 servings  
CONTAINER: 40-ounce Master Prep® Bowl

## Tomato Herb Omelet

### Ingredients

4 eggs  
1 tablespoon fresh parsley leaves  
1 tablespoon fresh dill  
¼ cup fresh spinach  
1 green onion, cut in 3 pieces  
⅛ teaspoon salt  
⅛ teaspoon ground black pepper  
Vegetable cooking spray  
½ cup shredded cheddar cheese  
4 slices vine-ripened tomato

### Directions

- 1 Place eggs, parsley, dill, spinach, green onion, salt, and pepper into the 40-ounce Master Prep Bowl in the order listed.
- 2 PULSE, using short pulses, until herbs are finely chopped.
- 3 Lightly spray a nonstick pan with cooking spray and place over medium-high heat. Add half the egg mixture and, using a rubber spatula, gently push the cooked edges of the eggs into the center of the pan, allowing the raw eggs to reach the edges and cook. When the eggs are cooked through, sprinkle half the cheese and two tomato slices on one half of the eggs, then fold over to form an omelet.
- 4 Repeat with remaining egg mixture, cheese, and tomato slices to make a second omelet.

PREP TIME: 10 minutes COOK TIME: 20–22 minutes MAKES: 8 servings  
CONTAINER: 40-ounce Master Prep® Bowl

## Fresh Veggie Frittata

### Ingredients

Vegetable cooking spray  
1 stalk broccoli, cut in 2-inch florets  
½ red bell pepper, seeds removed, cut in half  
¼ onion, peeled  
1 clove garlic  
1 tablespoon olive oil  
6 eggs  
¾ cup grated Parmesan cheese, divided  
½ teaspoon dried basil  
½ teaspoon salt  
⅛ teaspoon ground black pepper

### Directions

- 1 Preheat oven to 350°F. Spray a 9x9-inch square baking dish with cooking spray; set aside. Place broccoli, red pepper, onion and garlic into the 40-ounce Master Prep Bowl. PULSE, using short pulses, until roughly chopped.
- 2 In a medium skillet over medium-high heat, heat olive oil. Add chopped vegetables and cook until softened, about 10 minutes. Transfer to prepared baking dish.
- 3 Add the eggs, ½ cup Parmesan, basil, salt and pepper. Blend for 15 to 20 seconds, until smooth. Pour egg mixture over vegetables and sprinkle remaining cheese on top. Bake for 20 to 22 minutes or until center is set and top is lightly browned.





PREP TIME: 15 minutes plus 4 hours rest COOK TIME: 25 minutes  
MAKES: 8 servings CONTAINER: 40-ounce Master Prep® Bowl

## Spinach Feta Strata

### Ingredients

Cooking spray  
1 loaf day-old French bread, torn into bite-sized pieces  
5 large eggs  
1 cup half & half  
½ cup cubed Monterey Jack cheese  
½ cup cubed feta cheese  
1 cup frozen spinach, thawed, squeezed of excess liquid  
½ teaspoon salt  
¼ teaspoon ground nutmeg  
¼ teaspoon ground black pepper

### Directions

- 1 Coat a round 9-inch baking pan with cooking spray and place the torn bread into the pan. Set aside.
- 2 Add the remaining ingredients to the 40-ounce Master Prep Bowl in the order listed.
- 3 PULSE, using long pulses, until mixed well. Pour the mixture over the bread then cover and chill for 4 hours to allow egg mixture to soak into the bread.
- 4 Preheat oven to 350°F. Bake for 20 to 25 minutes until puffed up and golden brown. Serve hot.

PREP TIME: 15 minutes COOK TIME: 20 minutes MAKES: 4 servings  
CONTAINER: 40-ounce Master Prep® Bowl

## Turkey Hash

### Ingredients

½ medium onion, peeled, cut in half  
½ red bell pepper, seeds removed, cut in half  
1 clove garlic  
1 pound uncooked turkey breast, cut in 2-inch cubes  
1 tablespoon vegetable oil  
1 pound sweet potato, peeled, cut in 1-inch cubes, cooked  
¾ cup low-sodium chicken broth  
1 teaspoon dried thyme  
¾ teaspoon salt  
¾ teaspoon ground black pepper

### Directions

- 1 Place the onion, red pepper, and garlic into the 40-ounce Master Prep Bowl and PULSE, using short pulses, to desired chop. Remove vegetables and set aside.
- 2 Place the cubed turkey into the 40-ounce Master Prep Bowl and PULSE, using long pulses, until finely chopped.
- 3 Heat the oil in a medium skillet over medium heat. Add vegetable mixture, and sauté until tender, about 4 minutes.
- 4 Add the ground turkey and cook for 4 minutes, then add the remaining ingredients and cook for 10 minutes or until turkey is cooked through, stirring occasionally.

PREP TIME: 5 minutes REST TIME: 1 hour COOK TIME: 5 minutes MAKES: 8 servings  
CONTAINER: 40-ounce Master Prep® Bowl

## Buckwheat Boosted Pancakes

### Ingredients

2 cups lowfat buttermilk  
2 eggs  
½ cup canola oil  
1 cup buckwheat flour  
1 cup all-purpose flour  
2 teaspoons baking soda  
2 teaspoons sugar  
1 teaspoon salt  
2 tablespoons honey

### Directions

- 1 Place all ingredients into the 40-ounce Master Prep Bowl in the order listed.
- 2 PULSE 3 times, using short pulses, and then blend for 30 seconds until smooth. Chill batter for 1 hour before using.
- 3 Lightly spray a skillet with vegetable cooking spray and place over medium heat. Pour pancake batter in desired size and cook until small bubbles form. Flip and continue cooking until center is puffed and springs back when gently pushed.

PREP TIME: 5 minutes MAKES: 2 servings  
CONTAINER: 40-ounce Master Prep® Bowl

## Mango Coconut Smoothie Bowl

### Ingredients

**Smoothie**  
1 ½ cups frozen mango chunks  
1 tablespoon lime juice  
¼-inch piece fresh ginger, peeled  
¾ cup coconut milk

### Toppings Ideas

Toasted coconut flakes  
Macadamia nuts  
Pineapple chunks  
Blueberries  
Granola

### Directions

- 1 Place all smoothie ingredients into the 40-ounce Master Prep Bowl in the order listed.
- 2 PULSE 5 times, then blend for 45 seconds.
- 3 Transfer to bowls and add desired toppings.



PREP TIME: 10 minutes COOK TIME: 5 minutes MAKES: 6 servings  
CONTAINER: 40-ounce Master Prep® Bowl

## Midwest Breakfast Burrito

### Ingredients

¼ pound cooked ham,  
cut in 2-inch cubes  
½ medium green bell pepper,  
cut in half  
½ cup cubed lowfat  
cheddar cheese  
⅛ yellow onion  
9 large eggs  
¼ teaspoon salt  
½ teaspoon ground black pepper  
6 (6-inch) whole wheat  
flour tortillas  
1 ¼ cups Best Blender  
Salsa, page 76

### Directions

- 1 Place all ingredients, except tortillas and salsa, into the 40-ounce Master Prep Bowl in the order listed.
- 2 PULSE, using short pulses, until finely chopped.
- 3 Lightly spray a skillet with vegetable cooking spray and place on medium-high heat. Add the egg mixture and stir until eggs are cooked through.
- 4 Divide the mixture onto each tortilla and top with Best Blender Salsa. Roll up each tortilla and serve.

PREP TIME: 5 minutes MAKES: 2 servings  
CONTAINER: 40-ounce Master Prep® Bowl

## Banana & Oats

### Ingredients

1 small ripe banana  
1 tablespoon  
shelled walnuts  
1 cup lowfat milk  
½ cup cold,  
cooked oatmeal  
¼ teaspoon  
ground cinnamon  
½ cup nonfat  
vanilla yogurt

### Directions

- 1 Place all ingredients into the 40-ounce Master Prep Bowl in the order listed.
  - 2 PULSE until smooth, using long pulses.
- DO NOT BLEND HOT INGREDIENTS.**

**NINJA**  
KNOW-HOW

CHANGE IT UP WITH FRESH  
BERRIES INSTEAD OF THE  
BANANA.



PREP TIME: 10 minutes COOK TIME: 5 minutes MAKES: 3 servings  
CONTAINER: 40-ounce Master Prep® Bowl

## Egg & Veggie Scramble

### Ingredients

1 cup broccoli florets,  
cut in 1-inch pieces

½ small red bell pepper,  
cut in 1-inch pieces

¾ cup summer squash,  
cut in 1-inch pieces

5 large eggs

½ cup shredded cheddar cheese

2 tablespoons unsalted butter

Small corn or flour tortillas,  
warm, for serving

Hot sauce, for serving

### Directions

- 1 Place broccoli, red pepper, squash, eggs, and cheese into the 40-ounce Master Prep Bowl.
- 2 PULSE 7 to 10 times, or until mixture is evenly chopped.
- 3 Heat the butter in a nonstick skillet over medium heat. Add the egg mixture and cook, stirring, until set.
- 4 Spoon egg mixture into warm tortillas and top with hot sauce, if desired.



SWAP ANY ALLIUM—SUCH AS SHALLOT, RED ONION, OR SCALLION—FOR THE ONION.

PREP TIME: 5 minutes MAKES: 2 servings  
CONTAINER: 40-ounce Master Prep® Bowl

## Mocha Banana Shake

### Ingredients

2 small frozen ripe bananas

½ cup chilled, brewed coffee

3 tablespoons creamy almond butter

2 teaspoons unsweetened cocoa powder

2 teaspoons agave nectar

1 cup unsweetened almond milk

Dash sea salt

### Directions

- 1 Place all ingredients into the 40-ounce Master Prep Bowl in the order listed.
  - 2 PULSE until smooth, using long pulses.
- DO NOT BLEND HOT INGREDIENTS.**

PREP TIME: 5 minutes   MAKES: 4 servings  
CONTAINER: 40-ounce Master Prep® Bowl

## Autumn Balancer

### Ingredients

1 ½ cups cooked sweet potato  
2 cups unsweetened almond milk  
¼ cup maple syrup  
2 teaspoons ground flaxseed  
½ teaspoon ground turmeric  
1 teaspoon salt  
1 ½ cups ice

### Directions

- 1 Place all ingredients into the 40-ounce Master Prep Bowl in the order listed.
  - 2 PULSE until smooth, using long pulses.
- DO NOT BLEND HOT INGREDIENTS.**

PREP TIME: 15 minutes   CHILL TIME: 1 hour   MAKES: 24 bites  
CONTAINER: 40-ounce Master Prep® Bowl

## Almond Chia Bites

### Ingredients

½ cup almonds  
½ cup dark chocolate chips  
6 Medjool dates, cut in half,  
pits removed  
1 tablespoon coconut oil, melted  
½ cup almond butter  
1 tablespoon chia seed  
1 cup old-fashioned rolled oats

### Directions

- 1 Place all ingredients into the 40-ounce Master Prep Bowl in the order listed.
- 2 PULSE 10 times, then blend for 30 seconds.
- 3 Roll dough into 24 evenly sized bites, about 1 ¼ inches round. Refrigerate 1 hour before serving.

**NINJA**  
KNOW-HOW

THESE ARE A GREAT  
MID-MORNING OR AFTERNOON  
SNACK TO TAKE ON THE GO.



PREP TIME: 5 minutes   MAKES: 4 servings  
CONTAINER: 40-ounce Master Prep® Bowl

## Citrus Splash

### Ingredients

- 3 small ripe bananas
- 3 cups unsweetened almond milk
- 1 ½ teaspoons ground cinnamon
- 3 seedless oranges, peeled, cut in half
- 3 scoops protein powder
- 1 ½ cups ice

### Directions

- 1 Place all ingredients into the 40-ounce Master Prep Bowl in the order listed.
- 2 PULSE until smooth, using long pulses.

PREP TIME: 15 minutes   CHILL TIME: 30 minutes   MAKES: 16 bars  
CONTAINER: 40-ounce Master Prep® Bowl

## Homemade Granola Bars

### Ingredients

- 2 tablespoons coconut oil, melted
- ¼ cup honey
- 1 cup granola
- ½ cup crispy rice cereal
- ¼ cup dried cranberries
- ½ cup shelled pistachios
- ¼ cup semisweet chocolate chips

### Directions

- 1 Line an 8x8-inch baking dish with plastic wrap; set aside.
- 2 Place all ingredients into the 40-ounce Master Prep Bowl in the order listed.
- 3 PULSE 10 times, then blend for 10 seconds.
- 4 Spread mixture into prepared baking dish.
- 5 Cover mixture with plastic wrap and refrigerate 30 minutes.
- 6 Cut in 2-inch squares before serving.



REPLACE DRIED CRANBERRIES WITH DRIED CHERRIES.



PREP TIME: 15 minutes   COOK TIME: 15 minutes   MAKES: 2 cups  
CONTAINER: 40-ounce Master Prep® Bowl

## Tandoori Marinade

### Ingredients

- 1 package (2 ounces) dried ancho chili peppers
- ¼-inch piece fresh ginger, peeled
- 2 cloves garlic
- ½ cup fresh cilantro leaves
- 2 tablespoons garam masala powder
- ⅛ teaspoon ground nutmeg
- 1 tablespoon freshly squeezed lemon juice
- 1 cup nonfat Greek yogurt
- ½ cup cold water

### 43 Directions

- 1 Place the dried ancho chili peppers into a small saucepan and pour just enough water to cover the peppers. Bring to a boil, reduce to a simmer, and cook for 10 minutes. Strain peppers, discarding the liquid, and cool.
- 2 Remove the top and seeds from the peppers.
- 3 Place all ingredients into the 40-ounce Master Prep Bowl in the order listed. PULSE until desired consistency, using long pulses.

**DO NOT BLEND HOT INGREDIENTS.**



PREP TIME: 10 minutes    MAKES: 1 ¼ cups  
CONTAINER: 40-ounce Master Prep® Bowl

## Mojo Marinade

### Ingredients

1 small orange, peeled,  
cut in quarters, seeds removed  
¾ cup water  
½ cup olive oil  
¼ cup white vinegar  
1 medium shallot, peeled, cut in half  
2 cloves garlic, peeled  
1 teaspoon dried oregano  
1 ½ teaspoons ground cumin  
½ cup fresh cilantro leaves  
1 jalapeño pepper, cut in half,  
seeds removed  
½ teaspoon kosher salt  
½ teaspoon ground black pepper

### Directions

- 1 Place all ingredients into the 40-ounce Master Prep Bowl in the order listed.
- 2 Blend for 20 seconds, or until smooth.



FOR A SERIOUS FLAVOR INFUSION,  
MARINATE CHICKEN IN THIS SAUCE  
FOR 2 TO 6 HOURS BEFORE COOKING.

PREP TIME: 10 minutes    MAKES: 2 cups  
CONTAINER: 40-ounce Master Prep® Bowl

## Mango Rum Remoulade

### Ingredients

1 ½ cups light mayonnaise  
⅓ cup cornichons  
2 tablespoons drained capers  
3 tablespoons dark rum  
1 ripe mango, peeled,  
pits removed, cut in 1-inch chunks  
2 tablespoons water  
½ teaspoon salt

### Directions

- 1 Place all ingredients into the 40-ounce Master Prep Bowl in the order listed.
- 2 PULSE until desired consistency, using short pulses.

PREP TIME: 25 minutes COOK TIME: 30 minutes MAKES: 2 cups  
CONTAINER: 40-ounce Master Prep® Bowl

## Kale & Sunflower Seed Pesto

### Ingredients

½ medium bunch kale, stems removed  
¼ cup fresh basil  
1 large clove garlic  
¼ cup roasted unsalted sunflower seeds  
2 tablespoons Parmesan cheese  
Zest and juice of ½ lemon  
¼ cup olive oil, plus more as needed  
Salt, to taste  
Ground black pepper, to taste

### Directions

- 1 Bring 4 quarts salted water to a boil. Blanch kale leaves for 30 seconds and upon removal, immediately plunge into ice water. Squeeze kale leaves dry.
- 2 Add kale, basil, garlic, sunflower seeds, Parmesan cheese, lemon juice and zest, olive oil, and a pinch of salt and pepper to the 40-ounce Master Prep Bowl.
- 3 PULSE until desired pesto consistency is achieved. Add more oil if needed.

DO NOT BLEND HOT INGREDIENTS.

PREP TIME: 10 minutes COOK TIME: 7 minutes MAKES: 2 servings  
CONTAINER: 40-ounce Master Prep® Bowl

## Thai Chicken Stir-Fry

### Ingredients

#### Peanut Sauce

¾ cup coconut milk  
1 tablespoon soy sauce  
½ teaspoon fish sauce  
½ teaspoon red pepper flakes  
1 tablespoon peanut butter  
½ tablespoon lime juice  
1 tablespoon light brown sugar

#### Mix-Ins

½ small onion, peeled, cut in 1-inch chunks  
¾ cup broccoli florets, cut in 1-inch pieces  
½ cup carrots, peeled, cut in 1-inch pieces  
½ pound uncooked chicken breast, cut in 1-inch pieces  
½ cup sliced shiitake mushrooms  
Brown rice, cooked, for serving  
Fresh basil, chopped, for garnish

### Directions

- 1 Place all ingredients for peanut sauce into the 40-ounce Master Prep Bowl.
- 2 Blend for 5 seconds.
- 3 Leave sauce in bowl. Add onion, broccoli, carrots, and chicken breast to the bowl.
- 4 PULSE 7 times.
- 5 Transfer mixture to a skillet and sauté over medium heat until chicken is cooked through and vegetables are tender, about 5 minutes.
- 6 Add mushrooms to skillet and cook until tender, about 2 minutes.
- 7 Serve over brown rice and top with fresh basil.

PREP TIME: 20 minutes COOK TIME: 40 minutes MAKES: 8-10 servings  
CONTAINER: 40-ounce Master Prep® Bowl

## Ratatouille Baked Ravioli

### Ingredients

1 medium onion, peeled,  
cut in quarters  
1 small zucchini, cut in quarters  
1 small yellow squash,  
cut in quarters  
1 small eggplant, cut in quarters  
2 medium green bell peppers,  
cut in quarters  
8 plum tomatoes, cut in quarters  
3 cloves garlic  
½ teaspoon dried oregano  
2 tablespoons olive oil  
2 pounds frozen cheese ravioli,  
cooked and drained  
4 ounces fresh mozzarella cheese

### Directions

- 1 Place onion into the 40-ounce Master Prep Bowl. PULSE until chopped (about 3 pulses). Transfer to a bowl.
- 2 Place zucchini, squash, eggplant, and green peppers into the 40-ounce Master Prep Bowl. PULSE until chopped (about 3 pulses). Transfer to a separate bowl.
- 3 Place tomatoes, garlic, and oregano into the 40-ounce Master Prep Bowl. PULSE until smooth, using long pulses. Transfer to a separate bowl.
- 4 Heat olive oil in a large skillet on medium-high heat. Add onions and cook until translucent, about 5 to 8 minutes. Add zucchini, squash, eggplant, and peppers, and sauté until they start to soften, about 10 to 15 minutes.
- 5 Add tomato mixture to skillet and simmer 5 to 10 minutes.
- 6 Place cooked ravioli into a 9x13-inch baking dish.
- 7 Pour vegetable tomato sauce over ravioli, making sure it is evenly distributed. Then spread sliced mozzarella over the top.
- 8 Bake uncovered, until golden, about 25 minutes.

DO NOT BLEND HOT INGREDIENTS.

PREP TIME: 15 minutes MAKES: 2 cups filling (4 pita sandwiches)  
CONTAINER: 40-ounce Master Prep® Bowl

## Mediterranean Tuna Pitas

### Ingredients

¼ cup red bell pepper, cut in  
2-inch chunks, divided in half  
¼ cup green olives, pits removed,  
divided in half  
½ small red onion, cut in 2-inch  
chunks, divided in half  
1 stalk celery, cut in quarters,  
divided in half  
1 solid white albacore tuna pouch  
(6.4 ounces) or 1 can (5 ounces)  
½ cup plain Greek yogurt  
1 tablespoon lemon juice  
½ teaspoon dried oregano  
2 round pitas  
¼ cup baby spinach

### Directions

- 1 Place half the red pepper, olives, red onion, and celery into the 40-ounce Master Prep Bowl in the order listed.
- 2 Place half the tuna on top of the vegetables. Then place the remaining vegetables, followed by the remaining tuna, into the 40-ounce Master Prep Bowl.
- 3 PULSE until finely chopped, about 3 to 5 pulses. Scrape down sides of bowl if necessary during chopping. Transfer tuna salad to a mixing bowl; set aside.
- 4 To make the dressing, whisk together yogurt, oregano, and lemon juice. Add dressing to tuna salad.
- 5 To make the sandwiches, cut each pita in half, then divide the baby spinach and tuna salad between each of the 4 pita halves.

PREP TIME: 10 minutes   MAKES: 2 cups  
CONTAINER: 40-ounce Master Prep® Bowl

## Asian Sweet & Sour Sauce

### Ingredients

4 cloves garlic, peeled  
2-inch piece fresh ginger, peeled  
2 cans (8 ounces each)  
crushed pineapple  
1 cup ketchup  
⅓ cup rice wine vinegar  
½ cup low-sodium soy sauce  
½ cup sugar  
¼ cup sesame oil  
1 teaspoon kosher salt  
1 teaspoon ground black pepper

### Directions

- 1 Place garlic and ginger into the 40-ounce Master Prep Bowl. PULSE 5 to 7 times.
- 2 Place remaining ingredients into the bowl in the order listed.
- 3 Blend for 30 seconds, or until desired consistency is reached.



MAKE THIS SAUCE SWEET, SOUR,  
AND SPICY BY ADDING  
1 CHOPPED JALAPEÑO PEPPER.

PREP TIME: 5 minutes   CHILL TIME: 1 hour   MAKES: 2 cups  
CONTAINER: 40-ounce Master Prep® Bowl

## Fresh Herb Ranch Dressing

### Ingredients

½ cup light buttermilk  
1 cup lowfat mayonnaise  
1 tablespoon lemon juice  
¼ cup fresh parsley leaves  
12 fresh chives, cut in half  
2 tablespoons fresh tarragon leaves  
1 clove garlic  
½ teaspoon salt  
⅛ teaspoon ground black pepper

### Directions

- 1 Place all ingredients into the 40-ounce Master Prep Bowl in the order listed.
- 2 PULSE until smooth, using long pulses.
- 3 Chill dressing for at least 1 hour before serving to allow flavors to meld.

PREP TIME: 10 minutes COOK TIME: 10 minutes MAKES: 8 tacos  
CONTAINER: 40-ounce Master Prep® Bowl

## Taco Tuesday

### Ingredients

1 pound uncooked boneless turkey breast, cut in 2-inch cubes  
½ medium yellow onion, cut in quarters  
1 tablespoon canola oil  
1 package (1 ounce) low-sodium taco seasoning mix  
8 hard taco shells  
1 cup shredded lettuce  
½ cup shredded lowfat cheddar cheese  
¼ cup jalapeño peppers  
⅓ cup cilantro leaves  
Best Blender Salsa, page 76

### Directions

- 1 Place turkey and onion into the 40-ounce Master Prep Bowl. PULSE until finely ground, using short pulses.
- 2 Heat the oil in a medium skillet over medium heat and sauté turkey mixture for 6 to 8 minutes or until cooked. Add taco seasoning mix; stir to combine.
- 3 Assemble each taco with cooked turkey, lettuce, cheese, jalapeño peppers, cilantro, and our Best Blender Salsa.

PREP TIME: 20 minutes COOK TIME: 40 minutes MAKES: 8 servings  
CONTAINER: 40-ounce Master Prep® Bowl

## Vegetable Tortilla Soup

### Ingredients

1 medium onion, cut in quarters  
2 cloves garlic  
1 medium jalapeño pepper  
2 small zucchini, cut in quarters  
1 jar (13 ounces) roasted red peppers  
4 plum tomatoes, cut in half  
3 tablespoons olive oil  
½ teaspoon ground coriander  
1 teaspoon ground cumin  
4 cups vegetable stock  
1 cup frozen corn kernels, thawed  
¼ cup lime juice  
Crushed tortilla chips, for garnish  
Avocado slices, for garnish

### Directions

- 1 Place onion, garlic, and jalapeño pepper into the 40-ounce Master Prep Bowl. PULSE until desired size (about 3 pulses). Transfer to a bowl; set aside.
- 2 Place zucchini into the 40-ounce Master Prep Bowl. PULSE until desired size (about 3 to 4 pulses). Transfer to a separate bowl; set aside.
- 3 Place roasted peppers into the 40-ounce Master Prep Bowl. PULSE until desired size (about 4 to 6 pulses). Transfer to a separate bowl; set aside.
- 4 Place tomatoes into the 40-ounce Master Prep Bowl. PULSE until desired size (about 4 to 6 pulses). Transfer to the bowl with the roasted peppers; set aside.
- 5 Add olive oil to a medium-sized soup pot over medium heat.
- 6 Add onion, garlic, and jalapeño pepper. Cook for 5 minutes, stirring frequently.
- 7 Add coriander and cumin and cook for 2 minutes.
- 8 Add roasted peppers and tomatoes. Cover and cook for 10 to 15 minutes, stirring occasionally.
- 9 Add vegetable stock and bring to a boil. Add zucchini, corn, and lime juice. Simmer uncovered for 15 minutes or until the zucchini becomes tender.

DO NOT BLEND HOT INGREDIENTS.



PREP TIME: 15 minutes COOK TIME: 20-25 minutes MAKES: 15 mini meatballs  
CONTAINER: 40-ounce Master Prep® Bowl

## Turkey Meatballs

### Ingredients

½ pound uncooked dark turkey meat, cut in 1-inch cubes, well-chilled  
¼ onion, chopped  
2 cloves garlic, peeled, minced  
2 tablespoons fresh Italian parsley leaves, chopped  
¼ cup grated parmesan cheese  
2 tablespoons breadcrumbs  
1 tablespoon tomato paste  
1 egg, beaten  
Salt, to taste  
Ground black pepper, to taste  
Cooking spray  
2 cups marinara sauce

### Directions

- 1 Place the turkey into the 40-ounce Master Prep Bowl and PULSE to a fine chop. Do not overprocess.
- 2 Transfer the turkey to a bowl and add remaining ingredients, except cooking spray and marinara sauce. Mix to combine. Form mixture into 15 mini meatballs.
- 3 Lightly coat a large skillet with cooking spray. Over medium-high heat, sauté meatballs until browned on all sides, about 5 minutes. Add marinara sauce and simmer until sauce is thickened and meatballs are cooked through completely, about 15 to 20 minutes.

PREP TIME: 10 minutes COOK TIME: 45 minutes MAKES: 2 servings  
CONTAINER: 40-ounce Master Prep® Bowl

## Butternut Squash & Beet Savory Bowl

### Ingredients

4 medium beets, peeled, sliced  
2 tablespoons extra virgin olive oil  
½ teaspoon kosher salt  
¼ teaspoon pepper  
3 cups butternut squash, peeled, cut in 1-inch pieces  
2 teaspoons canola oil  
2 tablespoons unsalted butter  
2 cloves garlic, peeled, chopped  
2 small shallots, peeled, chopped  
½ cup goat cheese, plus more for garnish  
Toasted pepitas

### Directions

- 1 Preheat oven to 400°F.
- 2 Toss beets with olive oil and spread on a baking sheet. Sprinkle with salt and pepper.
- 3 On a separate baking sheet, drizzle squash with canola oil and place cut-side down.
- 4 Place both sheets in the pre-heated oven. Roast beets until cooked through and slightly crispy, about 20 to 25 minutes. Roast squash until fork-tender, about 35 to 40 minutes. Let cool.
- 5 Melt the butter in a medium sauté pan over medium heat. Add the garlic and shallots and cook until softened and translucent, about 3 to 5 minutes. Let cool.
- 6 Place the cooled squash, shallots, garlic, and goat cheese into the 40-ounce Master Prep Bowl.
- 7 PULSE 5 times, then blend until ingredients are fully combined.
- 8 Serve the squash puree topped with roasted beets, pepitas, and extra goat cheese if desired.

DO NOT BLEND HOT INGREDIENTS.

PREP TIME: 10 minutes MAKES: 2 cups  
CONTAINER: 40-ounce Master Prep® Bowl

## Cilantro Mayonnaise

### Ingredients

- 1 ½ cups cilantro leaves
- 1 ½ cups light mayonnaise
- 1 clove garlic
- 1 ½ teaspoons fresh lime juice
- ¼ teaspoon salt

### Directions

- 1 Place all ingredients into the 40-ounce Master Prep Bowl in the order listed.
- 2 BLEND until smooth.



SERVE WITH A TURKEY BURGER, CHICKEN PANINI, OR EVEN BRUSHED ON A PIECE OF FISH.

PREP TIME: 15 minutes COOK TIME: 30 minutes MAKES: 4 servings  
CONTAINER: 40-ounce Master Prep® Bowl

## Broccoli Cheddar Soup

### Ingredients

- ½ yellow onion, cut in half
- 1 clove garlic
- ½ tablespoon canola oil
- 3 cups broccoli florets
- 2 cups low-sodium vegetable broth
- ¼ cup half & half
- ½ cup shredded cheddar cheese
- Salt, to taste
- Ground black pepper, to taste

### Directions

- 1 Place the onion and garlic into the 40-ounce Master Prep Bowl. PULSE 3 to 5 times, using short pulses, until finely chopped.
- 2 Heat the oil in a medium saucepan over medium heat. Add the chopped onions and garlic and sauté for 5 minutes, until translucent.
- 3 Add the broccoli florets to the pot and cook 1 to 2 minutes. Add vegetable broth, bring to a boil and reduce heat to low and simmer 25 minutes until broccoli is fork tender. Add the half & half and the cheddar cheese then remove from heat. Cool to room temperature.
- 4 Working in batches, place half the cooled soup in the 40-ounce Master Prep Bowl and blend until smooth, using long pulses.
- 5 Place soup into a large bowl and repeat with remaining soup. Return puréed soup back to saucepan and simmer until heated through. Season with salt and pepper to taste.

DO NOT BLEND HOT INGREDIENTS.

PREP TIME: 20 minutes COOK TIME: 1 hour MAKES: 8 servings  
CONTAINER: 40-ounce Master Prep® Bowl

## White Bean & Chicken Chili

### Ingredients

2 tablespoons olive oil  
1 onion, chopped  
1 green bell pepper, cored, chopped  
3 cloves garlic, peeled, smashed  
¾ pound uncooked boneless, skinless chicken breasts, chilled  
Salt, to taste  
Ground black pepper, to taste  
1 packet (1 ounce) chili seasoning  
3 cans (15.5 ounces each) cannellini beans (2 cans drained)  
2 cans (4 ounces each) diced green chiles  
3 cups low-sodium chicken broth  
½ cup shredded white cheddar cheese, for garnish  
2 tablespoons chopped fresh cilantro leaves, for garnish

### Directions

- 1 Heat the oil in a large soup pot over medium heat. Add the onion, green pepper, and garlic. Sauté until softened, stirring frequently.
- 2 Place chicken in the 40-ounce Master Prep Bowl. PULSE to a fine chop. Do not overprocess.
- 3 Add chicken, salt, pepper, and chili seasoning to the pot. Stir in 2 cans drained beans, green chiles, and chicken broth.
- 4 Place remaining can of beans with liquid in the 40-ounce Master Prep Bowl and PULSE until smooth. Add to chili and simmer for 30 to 40 minutes until slightly thickened.
- 5 Garnish each serving with shredded cheese and cilantro.

**DO NOT BLEND HOT INGREDIENTS.**

PREP TIME: 10 minutes COOK TIME: 20–25 minutes MAKES: 2 servings  
CONTAINER: 40-ounce Master Prep® Bowl

## Cauliflower Mash with Brussels & Blue Cheese

### Ingredients

3 ½ cups cauliflower florets, cut in 1-inch pieces  
1 tablespoon butter  
3 tablespoons whole milk  
1 teaspoon kosher salt, plus more to taste  
Ground black pepper, to taste  
8 small Brussels sprouts, trimmed, cut in half  
1 small shallot, peeled, cut in half  
1 clove garlic, peeled  
2 tablespoons olive oil  
4 slices cooked bacon, chopped, for garnish  
¼ cup crumbled blue cheese, for garnish

### Directions

- 1 Cook the cauliflower florets in boiling water for 12 to 15 minutes, or until very tender. Drain and discard all water.
- 2 Place cauliflower back in pot and add butter, milk, salt, and pepper. Set aside until butter melts and mixture is cooled to room temperature.
- 3 Place the Brussels sprouts, shallot, and garlic into the 40-ounce Master Prep Bowl in the order listed.
- 4 PULSE 5 times.
- 5 Heat oil in a skillet on medium-medium high. Sauté Brussels sprout mixture for 8 to 10 minutes, stirring often, until cooked through. Add salt, to taste. Set aside.
- 6 Place the cooled cauliflower mixture into the 40-ounce Master Prep Bowl.
- 7 PULSE 5 times, then blend for 30 seconds. Transfer mixture to 2 bowls.
- 8 Spoon Brussels sprout mixture on top of cauliflower puree. Top with bacon and blue cheese.

**DO NOT BLEND HOT INGREDIENTS.**

PREP TIME: 10 minutes MAKES: 2 servings  
CONTAINER: 40-ounce Master Prep® Bowl

## Savory Egg Salad

### Ingredients

- ¼ cup fresh parsley leaves
- 5 hard-boiled eggs, peeled
- ¼ cup light mayonnaise
- 2 teaspoons Dijon mustard
- ⅛ teaspoon salt
- ¼ teaspoon ground black pepper
- ¼ teaspoon Worcestershire sauce
- ¼ teaspoon onion powder

### Directions

- 1 Place all ingredients into the 40-ounce Master Prep Bowl in the order listed.
- 2 PULSE until finely chopped, using short pulses.



FOR A TASTY TWIST, TRY USING ¼ CUP AVOCADO OR ¼ CUP PLAIN GREEK YOGURT IN PLACE OF THE MAYONNAISE.

PREP TIME: 30 minutes COOK TIME: 30 minutes MAKES: 4 servings  
CONTAINER: 40-ounce Master Prep® Bowl

## Sun-Dried Tomato Sauce

### Ingredients

- 1 yellow onion, cut in quarters
- 4 cloves garlic
- 1 tablespoon olive oil
- 1 can (28 ounces) whole tomatoes and juice
- ¾ cup sun-dried tomatoes packed in olive oil
- ½ cup dry red wine
- ½ teaspoon red pepper flakes
- ½ teaspoon salt
- ⅛ teaspoon ground black pepper
- ¼ bunch fresh basil, chopped

### Directions

- 1 Place the onion and garlic into the 40-ounce Master Prep Bowl and PULSE until roughly chopped, using short pulses.
- 2 In a medium saucepan over medium heat, heat the olive oil. Add the onions and garlic and sauté for 5 minutes, until softened.
- 3 Add the tomatoes with juice, sun-dried tomatoes, red wine, red pepper flakes, salt, and pepper to the 40-ounce Master Prep Bowl. PULSE, using short pulses, until desired consistency.
- 4 Add the tomato sauce to the saucepan with the garlic and onions. Simmer for 20 minutes. Add fresh basil at the end.

DO NOT BLEND HOT INGREDIENTS.



PREP TIME: 10 minutes    MAKES: 4 servings  
CONTAINER: 40-ounce Master Prep® Bowl

## Tomato Basil Soup

### Ingredients

1 can (28 ounces)  
crushed tomatoes  
2 tablespoons tomato paste  
1 clove garlic  
1 cup vegetable broth  
½ cup fresh basil  
¼ teaspoon salt  
½ teaspoon ground black pepper

### Directions

- 1 Place all ingredients into the 40-ounce Master Prep Bowl in the order listed.
  - 2 PULSE until smooth, using long pulses.
  - 3 Pour soup into a medium saucepan and simmer until heated through.
- DO NOT BLEND HOT INGREDIENTS.**

PREP TIME: 30 minutes + marinate 2 hours    COOK TIME: 4 minutes  
MAKES: 4 servings    CONTAINER: 40-ounce Master Prep® Bowl

## Tandoori Turkey Pitas

### Ingredients

1 pound uncooked turkey  
breast, cut in 2-inch cubes  
¼ cup Tandoori Marinade,  
page 42  
4 (8-inch) whole wheat  
pita bread rounds  
2 vine-ripe tomatoes, sliced  
8 Boston lettuce leaves  
⅓ cup Cucumber Feta Dip,  
page 83

### Directions

- 1 In a medium bowl combine the cubed turkey and the Tandoori Marinade. Cover and chill for 2 hours.
- 2 Place the marinated turkey into the 40-ounce Master Prep Bowl and PULSE using short pulses, until finely ground.
- 3 Spray a nonstick skillet with vegetable cooking spray and place over medium heat. Add the ground turkey to the skillet and sauté, until cooked, about 4 minutes.
- 4 To assemble sandwiches, cut pita bread rounds in half, open the pockets, place lettuce and tomato in each pocket, then divide the cucumber feta dip and cooked ground turkey between the pockets.



PREP TIME: 5 minutes   MAKES: 2 serving  
CONTAINER: 40-ounce Master Prep® Bowl

## Curry Chicken Salad

### Ingredients

½ pound cooked chicken breast,  
cut in 2-inch cubes  
¼ cup cilantro leaves  
¼ small red onion  
1 celery stalk, cut in 3 pieces  
¼ cup light mayonnaise  
2 teaspoons curry powder  
2 teaspoons fresh lime juice

### Directions

- 1 Place all ingredients into the 40-ounce Master Prep Bowl in the order listed.
- 2 PULSE until finely chopped, using short pulses.

PREP TIME: 10 minutes   COOK TIME: 6 minutes   MAKES: 4 burgers  
CONTAINER: 40-ounce Master Prep® Bowl

## Salmon Burgers

### Ingredients

2 green onions,  
cut in thirds  
1 ¼ pound boneless and  
skinless salmon, cut in  
2-inch chunks  
2 teaspoons Dijon mustard  
1 tablespoon lemon juice  
1 large egg  
¼ teaspoon crab seasoning  
½ teaspoon ground  
black pepper  
¼ cup panko breadcrumbs

### Directions

- 1 Place all ingredients into the 40-ounce Master Prep Bowl in the order listed. PULSE, using short pulses, until desired consistency. Form into 4 patties.
- 2 Spray a nonstick skillet or grill pan with vegetable cooking spray and heat over medium-high heat. Add burgers and cook until golden brown on outside and cooked through, about 3 minutes per side.
- 3 Serve on whole wheat buns with lettuce and tomato, or on a bed of your favorite greens.





PREP TIME: 10 minutes    MAKES: 2 servings  
CONTAINER: 40-ounce Master Prep® Bowl

## Asian Chopped Salad

### Ingredients

¼-inch piece fresh ginger, peeled  
1 tablespoon honey  
1 tablespoon rice vinegar  
2 tablespoons low-sodium soy sauce  
2 tablespoons canola oil  
1 teaspoon sesame oil  
1 carrot, peeled, cut in 1-inch pieces  
1 small red pepper, cut in 1-inch pieces  
2 scallions, trimmed, cut in 1-inch pieces  
½ cup edamame  
4 cups mixed baby lettuces, for serving  
⅓ cup crushed peanuts, for garnish

### Directions

- 1 Place ginger into the 40-ounce Master Prep Bowl. PULSE 3 times.
- 2 Add honey, rice vinegar, soy sauce, canola oil, and sesame oil to the bowl.
- 3 Blend for 10 seconds.
- 4 Add the carrot, red pepper, scallions, and edamame to the bowl.
- 5 PULSE 7 to 10 times, or until evenly chopped.
- 6 Toss mixture with mixed baby lettuces. Top with crushed peanuts.



FOR A HEARTIER SALAD, TOP IT WITH SLICED CUCUMBERS, BEAN SPROUTS, OR BROCCOLI FLORETS. FOR ADDITIONAL PROTEIN, TOP WITH GRILLED CHICKEN OR SHRIMP.

PREP TIME: 10 minutes    COOK TIME: 20–25 minutes    MAKES: 2 servings  
CONTAINER: 40-ounce Master Prep® Bowl

## Spicy Burrito Bowl

### Ingredients

½ pound uncooked boneless pork chop, cut in 1-inch pieces  
2 cloves garlic, peeled  
½ large red bell pepper, cut in 1-inch pieces (about ¾ cup)  
½ red onion, cut in 1-inch pieces (about ½ cup)  
¼ cup chipotle in adobo sauce  
Zest and juice from 1 large lime (1 tablespoon zest and ¼ cup juice)  
1 tablespoon honey  
1 ¼ teaspoons kosher salt  
1 tablespoon olive oil  
2 cups hot cooked white rice (about ½ cup dry rice cooked with 1 cup water)  
1 can (14.5 ounces) black beans or pinto beans, rinsed, drained  
¼ cup cooked corn  
¼ cup cilantro leaves, for garnish

### Directions

- 1 Place pork, garlic, red pepper, red onion, chipotle in adobo sauce, lime zest and juice, honey, and salt into the 40-ounce Master Prep Bowl.
- 2 PULSE 10 times, or until mixture is evenly chopped.
- 3 Heat oil in a large skillet over medium-high heat. Add meat mixture and cook about 10 minutes, stirring occasionally, or until pork is cooked through and most liquid has evaporated. Mix in rice, beans, and corn.
- 4 Serve in 2 bowls, topped with cilantro.



FOR SPICE LOVERS, ADD AN EXTRA 2 TABLESPOONS CHIPOTLE IN ADOBO SAUCE. FOR THOSE WHO ARE SENSITIVE TO SPICE, DECREASE CHIPOTLE IN ADOBO SAUCE BY HALF.

PREP TIME: 10 minutes COOK TIME: 10 minutes MAKES: 2 servings  
CONTAINER: 40-ounce Master Prep® Bowl

## Creamy Mushroom Pasta

### Ingredients

6 small cloves garlic, peeled  
1 ½ cups small cremini or button mushrooms, stems trimmed, cut in quarters  
½ small yellow onion, cut in 1-inch pieces  
1 tablespoon fresh thyme leaves  
2 tablespoons butter  
¾ cup heavy cream  
½ cup grated Parmesan cheese, plus more for serving  
½ teaspoon kosher salt  
3 cups (16 ounces) cooked spaghetti or linguine, for serving

### Directions

- 1 Place garlic into the 40-ounce Master Prep Bowl. PULSE 5 to 7 times, or until finely chopped.
- 2 Add mushrooms, onion, and thyme to the Nutri Bowl. PULSE 5 times, or until evenly chopped.
- 3 Melt the butter in a large skillet over medium heat. Add the vegetable mixture and stir. Sauté until vegetables are softened, about 5 to 7 minutes.
- 4 Add cream, Parmesan, and salt to the skillet. Cook until thickened slightly, about 5 minutes.
- 5 Stir in cooked pasta until heated through, about 1 to 2 minutes. Sprinkle with additional Parmesan before serving.



TOP WITH FRIED SAGE LEAVES OR A SLICE OF CRISPY, PAN-FRIED PROSCIUTTO.

PREP TIME: 20 minutes COOK TIME: 15 minutes MAKES: 2 servings  
CONTAINER: 40-ounce Master Prep® Bowl

## Penne Alla Vodka

### Ingredients

½ small onion, peeled, cut in 1-inch pieces  
2 cloves garlic, peeled  
¼ teaspoon red pepper flakes  
½ teaspoon kosher salt  
1 can (28 ounces) diced tomatoes  
1 tablespoon olive oil  
½ cup vodka  
¾ cup heavy cream  
½ cup grated Pecorino Romano cheese, plus more for serving  
½ package (8 ounces) penne pasta, cooked al dente  
¼ cup fresh basil, torn

### Directions

- 1 Place onion, garlic, red pepper flakes, salt, and tomatoes into the 40-ounce Master Prep Bowl.
- 2 PULSE 5 times, then blend for 10 seconds, or until desired consistency is reached.
- 3 Heat oil in a large skillet over medium-high heat. Place tomato mixture and vodka in skillet and bring to a simmer. Simmer about 10 minutes, or until thickened.
- 4 Add heavy cream, cheese, and the pasta to the skillet. Sauté until heated through. Allow pasta to soak up sauce for at least 5 minutes before serving.
- 5 Garnish with additional cheese and fresh basil.

PREP TIME: 5 minutes   MAKES: 3 servings  
CONTAINER: 40-ounce Master Prep® Bowl

## Grape & Walnut Chicken Salad

### Ingredients

- 1 celery stalk, cut in quarters
- 1 ½ cups cooked chicken, cooled, cubed
- 3 tablespoons walnuts
- ½ cup mayonnaise
- ¼ teaspoon kosher salt
- ¼ teaspoon ground black pepper
- ¼ teaspoon onion powder
- ¼ cup red grapes
- 6 slices toasted bread, for serving

### Directions

- 1** Place all ingredients, except bread, into the 40-ounce Master Prep Bowl in the order listed.
- 2** PULSE 10 times, or until evenly chopped.
- 3** Divide chicken salad between the bread to make three sandwiches.

DO NOT BLEND HOT INGREDIENTS.



SERVE THIS FOR LUNCH ON SOME CRUNCHY TOAST, OR FOR DINNER ON A BED OF FRESH GREENS.

PREP TIME: 20 minutes   COOK TIME: 25–30 minutes   MAKES: 4 servings  
CONTAINER: 40-ounce Master Prep® Bowl

## Chicken & Green Chile Enchiladas

### Ingredients

- ½ package (4 ounces) cream cheese, softened to room temperature
- ¼ cup cilantro leaves, plus more for garnish
- 2 cups cooked chicken, cut in 1-inch cubes
- 2 tablespoons milk
- ½ can (2 ounces) chopped green chilies (about 2 tablespoons)
- ½ teaspoon onion powder
- ¼ teaspoon ground cumin
- ½ teaspoon kosher salt
- 1 jar (15 ounces) green enchilada sauce, divided
- 8 small corn tortillas, warm
- 1 ½ cups shredded cheddar cheese
- Scallions, chopped, for garnish

### Directions

- 1** Preheat oven to 350°F.
- 2** Place cream cheese, cilantro, chicken, milk, green chilies, and spices into the 40-ounce Master Prep Bowl.
- 3** PULSE 7 times, using long pulses, then blend for 10 seconds.
- 4** Lightly coat a 2-quart baking dish with half the enchilada sauce.
- 5** Divide chicken filling between tortillas and top each with 2 tablespoons cheese, then roll and place seam-side down into the baking dish. Cover with remaining sauce and sprinkle with additional cheese.
- 6** Bake until cheese is melted and beginning to brown, about 25 to 30 minutes. Sprinkle with chopped scallions and cilantro.

PREP TIME: 15 minutes COOK TIME: 15 minutes MAKES: 16 meatballs  
CONTAINER: 40-ounce Master Prep® Bowl

## Asian Pork Meatballs

### Ingredients

1 pound uncooked pork tenderloin, cut in 2-inch cubes  
2 cloves garlic  
½-inch piece fresh ginger, peeled  
4 sliced green onions, divided  
2 tablespoons low-sodium soy sauce  
1 teaspoon ground coriander  
1 large egg  
Juice of 1 lime  
½ cup fresh pineapple chunks  
1 tablespoon whole-grain mustard  
½ cup plain breadcrumbs  
2 cups prepared sweet-and-sour sauce, warmed

### Directions

- 1 Preheat oven to 350°F. Line a cookie sheet with parchment paper; set aside.
- 2 Place the pork, garlic, ginger, half of the green onions, soy sauce, coriander, egg, lime juice, pineapple, mustard, and breadcrumbs into the 40-ounce Master Prep Bowl and PULSE using long pulses, until finely ground.
- 3 Form into 16 meatballs and place on prepared cookie sheet. Bake for 15 minutes or until cooked through.
- 4 Toss meatballs with the warm sweet-and-sour sauce. Garnish with remaining green onions.

PREP TIME: 15 minutes COOK TIME: 10 minutes MAKES: 4 servings  
CONTAINER: 40-ounce Master Prep® Bowl

## South of the Border Black Bean Quinoa Burgers

### Ingredients

**Burgers**  
1 cup red quinoa, cooked, cooled  
¼ small red pepper, cut in 1-inch pieces  
¼ small red onion, peeled, cut in quarters  
½ cup panko bread crumbs  
¼ cup cilantro leaves  
½ cup cooked black beans, drained, cooled  
¼ cup corn, cooked, cooled  
1 medium egg  
1 teaspoon cumin  
½ teaspoon chili powder  
1 teaspoon kosher salt  
2 tablespoons olive oil

### For Serving

4 burger buns  
1 cup arugula  
4 slices tomato  
4 slices avocado  
4 tablespoons chipotle mayonnaise

### Directions

- 1 Place all burger ingredients, except oil, into the 40-ounce Master Prep Bowl in the order listed.
- 2 PULSE 7 times. With a spatula, scrape ingredients down towards blade. PULSE 5 times, then blend for 5 to 10 seconds.
- 3 Carefully form the mixture into 4 patties, squeezing to keep from falling apart.
- 4 Heat the oil in a large skillet over medium heat. Add the burgers and cook until fully browned with a crust, about 5 minutes. Carefully flip burgers and cook another 3 to 5 minutes, or until browned.
- 5 To serve, place arugula on the bottom burger bun, followed by a burger. Top with tomato, avocado, and chipotle mayonnaise, or other toppings of your choice. Repeat with remaining burgers.

**DO NOT BLEND HOT INGREDIENTS.**



PREP TIME: 10 minutes   COOK TIME: 20 minutes   MAKES: 4 cups  
CONTAINER: 40-ounce Master Prep® Bowl

## Spinach Artichoke Dip

### Ingredients

- ¼ cup mayonnaise
- ¼ cup sour cream
- 8 ounces cream cheese
- 2 tablespoons lemon juice
- ½ cup shredded lowfat mozzarella cheese
- ½ cup grated Parmesan cheese
- 4 cloves garlic
- 1 can (14 ounces) artichoke hearts, drained
- 1 cup frozen spinach, thawed, excess liquid squeezed out

### Directions

- 1 Preheat oven to 350°F. Place the mayonnaise, sour cream, cream cheese, lemon juice, mozzarella, Parmesan, and garlic into the 40-ounce Master Prep Bowl. PULSE 5 times, using long pulses.
- 2 Add the artichokes and spinach then PULSE 5 additional times, using short pulses, until mixed well.
- 3 Carefully remove the blades and spoon the dip into a heat-resistant baking dish. Bake for 20 minutes, until golden brown and bubbly. Serve warm with sliced French bread.

**NINJA**  
KNOW-HOW

FOR A LIGHTER OPTION, USE LIGHT MAYONNAISE, LOWFAT CREAM CHEESE OR LOWFAT SOUR CREAM.

PREP TIME: 5 minutes   MAKES: 4 cups  
CONTAINER: 40-ounce Master Prep® Bowl

## Best Blender Salsa

### Ingredients

1 can (14 ounces) whole peeled tomatoes  
1 white onion, peeled, cut in quarters  
¼ cup cilantro leaves  
1 fresh jalapeño pepper, seeds removed  
1 chipotle chile  
2 tablespoons adobo sauce  
1 lime, peeled, cut in quarters  
Salt, to taste  
Ground black pepper, to taste

### Directions

- 1 Place all ingredients into the 40-ounce Master Prep Bowl in the order listed.
- 2 PULSE, to desired consistency, using short pulses, about 3 to 5 times.



FOR A TROPICAL VARIATION,  
ADD ½ CUP FRESH MANGO

PREP TIME: 5 minutes   COOK TIME: 8 hours   MAKES: 12 ice cubes  
CONTAINER: 40-ounce Master Prep® Bowl

## Watermelon Basil Cubes

### Ingredients

3 cups watermelon, cut in 1-inch pieces  
2 tablespoons sugar  
12 fresh basil leaves  
Lemonade, for serving

### Directions

- 1 Place watermelon and sugar into the 40-ounce Master Prep Bowl.
- 2 Blend for 20 seconds, or until smooth.
- 3 Pour watermelon puree into ice cube tray.
- 4 Rinse basil leaves and place 1 leaf into each cube. Cover and freeze until cubes are solid, about 8 hours.
- 5 Serve cubes in lemonade or your favorite beverage.

PREP TIME: 25 minutes COOK TIME: 7-9 minutes MAKES: 2 cups  
CONTAINER: 40-ounce Master Prep® Bowl

## French Onion Tofu Dip

### Ingredients

3 tablespoons vegetable oil  
2 medium yellow onions, chopped  
½ teaspoon kosher salt  
¼ teaspoon ground black pepper  
3 tablespoons malt vinegar  
1 ½ cups firm tofu  
½ package (4 ounces) nonfat cream cheese, softened, cut in 1-inch pieces  
½ cup fat-free sour cream

### Directions

- 1 Heat the oil in a sauté pan over medium heat. Add the onion, salt, and pepper. Cook 6 to 8 minutes, stirring occasionally, until caramelized. Add the malt vinegar and cook for 1 minute.
- 2 Remove mixture from heat and let cool.
- 3 Place the cooled onion mixture, tofu, cream cheese, and sour cream into the 40-ounce Master Prep Bowl.
- 4 PULSE 5 times, then blend for 15 seconds or until desired consistency is reached.

**DO NOT BLEND HOT INGREDIENTS.**

PREP TIME: 8 minutes MAKES: 6 servings  
CONTAINER: 40-ounce Master Prep® Bowl

## Classic Bloody Mary

### Ingredients

2 cans (8-ounces each) tomato sauce  
1 lemon, peeled, cut in half, seeds removed  
2 tablespoons prepared horseradish  
2 teaspoons Worcestershire sauce  
1 teaspoon hot sauce  
1 teaspoon ground black pepper  
¼ teaspoons celery salt  
¾ cup vodka  
4 cups ice  
6 celery stalks, for garnish

### Directions

- 1 Place all ingredients, except ice, into the 40-ounce Master Prep Bowl in the order listed.
- 2 PULSE until smooth, using long pulses. Divide Bloody Mary between 6 glasses of ice and garnish with a celery stalk.



PREP TIME: 5 minutes MAKES: 2 ½ cups  
CONTAINER: 40-ounce Master Prep® Bowl

## Classic Hummus

### Ingredients

2 cups cooked, drained garbanzo beans (liquid reserved)

¼ cup plus 2 tablespoons garbanzo bean liquid

¼ cup lemon juice

¼ cup olive oil

1 clove garlic

2 tablespoons tahini

1 teaspoon ground cumin

¼ teaspoon salt

### Directions

- 1 Place all ingredients into the 40-ounce Master Prep Bowl in the order listed.
- 2 PULSE until desired consistency, using long pulses.

PREP TIME: 5 minutes CHILL TIME: 8 hours MAKES: 18 ice cubess  
CONTAINER: 40-ounce Master Prep® Bowl

## Honey Lemon Ginger Cubes

### Ingredients

1 ½ cups water

1 ½ cups lemon juice

½ cup honey

2-inch piece fresh ginger, peeled, sliced

18 raspberries

Sparkling water, for serving

### Directions

- 1 Place all ingredients, except raspberries and sparkling water, into 40-ounce Master Prep Bowl.
- 2 PULSE 3 times, then blend for 45 seconds, or until smooth.
- 3 Place a raspberry in each section of the ice cube trays. Pour lemon ginger mixture over each berry. Freeze until cubes are solid, about 8 hours.
- 4 Serve cubes in sparkling water or your favorite beverage.

PREP TIME: 15 minutes COOK TIME: 15 minutes MAKES: 1 cup filling (40 medium-sized stuffed mushrooms)  
CONTAINER: 40-ounce Master Prep® Bowl

## Baked Falafel Stuffed Mushrooms

### Ingredients

1 can (15.5 ounces) garbanzo beans, drained  
 ½ medium onion, cut in quarters  
 ½ teaspoon garlic salt  
 ½ teaspoon coriander  
 ½ teaspoon ground cumin  
 ¼ teaspoon ground black pepper  
 2 tablespoons all-purpose flour  
 1 tablespoon lemon juice  
 ½ teaspoon salt  
 1 tablespoon panko breadcrumbs  
 40 medium white mushroom caps

### Directions

- 1 Preheat oven to 375°F.
- 2 Place all ingredients, except panko breadcrumbs and mushroom caps, into the 40-ounce Master Prep Bowl, in the order listed. PULSE to desired consistency, using long pulses. Scrape down sides of bowl as needed.
- 3 Rinse and dry mushrooms, then stuff them with the garbanzo bean mixture. Next, sprinkle panko breadcrumbs over them.
- 4 Bake for 15 minutes. Serve immediately.

PREP TIME: 10 minutes MAKES: 2 cups  
CONTAINER: 40-ounce Master Prep® Bowl

## Cucumber Feta Dip

### Ingredients

¼ small red onion  
 ⅓ cucumber, cut in quarters  
 ¼ cup fresh dill  
 ½ cup crumbled feta cheese  
 1 tablespoon freshly squeezed lemon juice  
 ½ teaspoon ground black pepper

### Directions

- 1 Place all ingredients into the 40-ounce Master Prep Bowl in the order listed.
- 2 PULSE until desired consistency, using short pulses.

PREP TIME: 5 minutes MAKES: 4 servings  
CONTAINER: 40-ounce Master Prep® Bowl

## Piña Colada

### Ingredients

2 ½ cups frozen pineapple chunks  
2 cups ice  
1 cup light coconut milk  
¾ cup light rum

### Directions

- 1 Place all ingredients into the 40-ounce Master Prep Bowl in the order listed.
- 2 PULSE until smooth, using long pulses.

PREP TIME: 5 minutes MAKES: 4 servings  
CONTAINER: 40-ounce Master Prep® Bowl

## Frozen Margarita

### Ingredients

¾ cup tequila  
¼ cup triple sec  
½ cup fresh lime juice  
⅓ cup water  
¾ cup frozen concentrated limeade  
2 cups ice

### Directions

- 1 Place all ingredients into the 40-ounce Master Prep Bowl in the order listed.
- 2 PULSE until smooth, using long pulses.



SUBSTITUTE FROZEN STRAWBERRIES FOR THE ICE IN THIS RECIPE AND MAKE A DELICIOUS STRAWBERRY MARGARITA.

PREP TIME: 5 minutes   MAKES: 4 servings  
CONTAINER: 40-ounce Master Prep® Bowl

## Banana Colada

### Ingredients

1 ½ cups frozen pineapple chunks  
1 ½ frozen ripe bananas  
¾ cup light rum  
1 ½ cups pineapple juice  
¾ cup light coconut milk  
¾ cup ice

### Directions

- 1 Place all ingredients into the 40-ounce Master Prep Bowl in the order listed.
- 2 PULSE until smooth, using long pulses.

PREP TIME: 5 minutes   MAKES: 6 servings  
CONTAINER: 40-ounce Master Prep® Bowl

## Frozen Sangria

### Ingredients

1 ¼ cups frozen strawberries  
1 ¼ cups frozen pineapple chunks  
1 ¼ cups frozen peach slices  
1 lime, peeled, cut in half  
1 seedless orange, peeled,  
cut in half  
1 ¼ cups red wine  
¼ cup brandy

### Directions

- 1 Place all ingredients into the 40-ounce Master Prep Bowl in the order listed.
- 2 PULSE until smooth, using long pulses.



FOR EXTRA FLAVOR, ADD ½  
TEASPOON GROUND CINNAMON.

PREP TIME: 5 minutes MAKES: 2 servings  
CONTAINER: 40-ounce Master Prep® Bowl

## Frozen Mudslide

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### Ingredients

2 tablespoons vodka  
3 tablespoons coffee liqueur  
3 tablespoons Irish cream liqueur  
2  $\frac{3}{4}$  cups ice  
Whipped cream, for garnish  
1 tablespoon chocolate syrup,  
for garnish

### Directions

- 1 Place all ingredients, except whipped cream and chocolate syrup, into the 40-ounce Master Prep Bowl in the order listed.
- 2 PULSE until smooth, using long pulses.
- 3 Serve topped with whipped cream and a drizzle of chocolate syrup.

PREP TIME: 5 minutes MAKES: 3 servings  
CONTAINER: 40-ounce Master Prep® Bowl

## Walk on the Beach

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### Ingredients

$\frac{1}{2}$  cup vodka  
 $\frac{1}{4}$  cup peach schnapps  
 $\frac{1}{2}$  grapefruit, peeled,  
cut in quarters  
 $\frac{1}{2}$  lime, peeled  
2 tablespoons grenadine  
2 cups ice

### Directions

- 1 Place all ingredients into the 40-ounce Master Prep Bowl in the order listed.
- 2 PULSE until smooth, using long pulses.

PREP TIME: 10 minutes COOK TIME: 10 minutes MAKES: 4 burgers  
CONTAINER: 40-ounce Master Prep® Bowl

## Weeknight Burger Bar

### Ingredients

1 pound uncooked lean strip  
steak beef, cut in 1-inch cubes  
Salt, to taste  
Ground black pepper, to taste  
1 tablespoon canola oil  
4 whole wheat hamburger buns  
4 lettuce leaves  
4 slices tomato  
4 slices lowfat cheddar cheese

### Directions

- 1 Place the beef into the 40-ounce Master Prep Bowl.
- 2 PULSE to desired consistency, using short pulses.
- 3 Form into 4 patties; season with salt and pepper.
- 4 Heat the oil in a medium frypan over medium-high heat and sauté burgers for 4 minutes per side or to desired degree of doneness.
- 5 Serve on whole wheat buns with lettuce, tomato, and cheese, or on a bed of your favorite greens.

PREP TIME: 5 minutes MAKES: 4 servings  
CONTAINER: 40-ounce Master Prep® Bowl

## Cool Watermelon Martini

### Ingredients

2 cups fresh watermelon chunks  
5 tablespoons vodka  
2 ½ tablespoons triple sec  
2 tablespoons agave nectar  
1 ½ cups ice

### Directions

- 1 Place all ingredients into the 40-ounce Master Prep Bowl in the order listed.
- 2 PULSE until smooth, using long pulses.
- 3 Serve in chilled martini glasses.



PREP TIME: 20 minutes COOK TIME: 30 minutes MAKES: 12 muffins  
CONTAINER: 40-ounce Master Prep® Bowl

## Peach Muffins

### Ingredients

- 2 ripe peaches, pits removed, cut in quarters
- 1 teaspoon lemon juice
- ¼ cup vegetable oil
- ½ cup lowfat milk
- ¼ cup nonfat yogurt
- 2 teaspoons vanilla extract
- 1 large egg
- ¾ cup sugar
- 1 ¾ cups all-purpose flour
- 2 teaspoons baking powder
- ¼ cup ground flaxseed
- ½ teaspoon salt

### Directions

- 1 Preheat oven to 350°F. Lightly coat a 12-cup nonstick muffin pan with cooking spray; set aside.
- 2 Place the peaches into the 40-ounce Master Prep Bowl and PULSE to finely chop, using short pulses. Remove peaches and set aside.
- 3 Place the lemon juice, oil, milk, yogurt, vanilla, and egg into the 40-ounce Master Prep Bowl and PULSE until smooth, using long pulses.
- 4 Add the sugar, flour, baking powder, flaxseed, and salt to the 40-ounce Master Prep Bowl and PULSE until combined, scraping bowl as needed. Do not overmix. Carefully remove blades and fold in the chopped peaches with a spatula.
- 5 Scoop the mixture into the prepared muffin pan, filling ¾ full. Bake for 30 minutes or until a wooden toothpick inserted into the center comes out clean. Cool before serving.



PREP TIME: 25 minutes CHILL TIME: 4 hours MAKES: 12 servings  
CONTAINER: 40-ounce Master Prep® Bowl

## No-Bake Mini Cheesecakes

### Ingredients

2 ½ cups honey graham crackers,  
roughly chopped

¼ cup light brown sugar

½ stick (¼ cup) unsalted  
butter, melted

1 package (8 ounces) cream cheese,  
softened, cut in 1-inch pieces

¼ cup granulated sugar

1 teaspoon lemon juice

½ teaspoon vanilla extract

1 tub (8 ounces) whipped  
topping, thawed

### Directions

- 1 Line a standard 12-cup muffin pan with paper or aluminum liners. Lightly coat the inside of the liners with cooking spray. Set pan aside.
- 2 Place graham crackers and sugar into the 40-ounce Master Prep Bowl.
- 3 Pulse 3 times, then blend for 15 seconds until mixture is finely ground. Add melted butter and blend for 10 seconds or until combined.
- 4 Spoon 2 tablespoons of mixture into each cup in the pan. Press on bottom of pan until evenly spread.
- 5 Place cream cheese, sugar, lemon juice, and vanilla into the 40-ounce Master Prep Bowl.
- 6 Blend for 25 seconds, remove lid, scrape down sides of bowl, and blend until mixture is creamy and well combined. Spoon cream cheese mixture into a medium bowl and gently fold in whipped topping until evenly incorporated.
- 7 Spoon cheesecake mixture into prepared cups and spread to level. Refrigerate for at least 4 hours or overnight.

PREP TIME: 10 minutes COOK TIME: 25 minutes MAKES: 12 servings  
CONTAINER: 40-ounce Master Prep® Bowl

## Carrot Cake

### Ingredients

2 medium carrots, peeled,  
cut in 2-inch chunks

1 cup water

½ cup unsweetened applesauce

4 large eggs

1 (15.25 ounce) box carrot cake mix  
Light Cream Cheese Frosting,  
page 103

### Directions

- 1 Preheat oven to 325°F. Lightly spray the bottom of a 9x13-inch baking dish with vegetable cooking spray; set aside.
- 2 Place the carrots into the 40-ounce Master Prep Bowl and PULSE until chopped small, using short pulses.
- 3 Add remaining ingredients, except frosting, and PULSE, using short pulses, until ingredients are mixed well.
- 4 Pour batter into the prepared pan. Bake for 25 minutes or until a wooden toothpick inserted in the center comes out clean. Cool completely before frosting, if desired.

PREP TIME: 5 minutes   MAKES: 2 servings  
CONTAINER: 40-ounce Master Prep® Bowl

## Tropical Frozen Treat

### Ingredients

¾ cup frozen pineapple chunks  
¾ cup frozen mango chunks  
1 tablespoon lime juice  
¾ cup macadamia milk

### Directions

- 1 Place all ingredients into the 40-ounce Master Prep Bowl in the order listed.
- 2 PULSE 5 times, then blend for 50 seconds.



ADD 1/4 CUP SHREDDED COCONUT AND 1/4 TEASPOON GROUND CARDAMOM.

PREP TIME: 20 minutes   COOK TIME: 40 minutes   MAKES: 12 servings  
CONTAINER: 40-ounce Master Prep® Bowl

## Cheddar Jalapeño Corn Bread

### Ingredients

1 cup lowfat milk  
⅓ cup vegetable oil  
1 large egg  
⅓ cup sugar  
1 teaspoon salt  
1 cup yellow cornmeal  
1 cup all-purpose flour  
1 teaspoon baking soda  
1 cup shredded cheddar cheese  
2 fresh jalapeño peppers, seeds removed, chopped  
½ cup canned corn, drained

### Directions

- 1 Preheat oven to 350°F. Lightly coat a 9x9-inch baking dish with vegetable cooking spray; set aside.
- 2 Place the milk, oil, and egg into the 40-ounce Master Prep Bowl and PULSE 3 to 5 times, using long pulses.
- 3 Add the sugar, salt, cornmeal, flour, and baking soda and PULSE until combined, using long pulses, scraping bowl as needed. Do not overmix.
- 4 Carefully remove blades then fold in the cheese, jalapeño peppers, and corn. Pour the batter into the prepared baking dish.
- 5 Bake for 35 to 40 minutes or until a wooden toothpick inserted into the center comes out clean. Cool before serving.

PREP TIME: 5 minutes   MAKES: 4 servings  
CONTAINER: 40-ounce Master Prep® Bowl

## Raspberry Frozen Yogurt

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### Ingredients

- 1 ½ cups lowfat vanilla yogurt
- 1 tablespoon stevia
- 2 ½ cups frozen raspberries

### Directions

- 1 Place all ingredients into the 40-ounce Master Prep Bowl in the order listed.
- 2 PULSE until smooth, using long pulses.

PREP TIME: 10 minutes   COOK TIME: 25 minutes   MAKES: 12 servings  
CONTAINER: 40-ounce Master Prep® Bowl

## Chocolate Espresso Cake

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### Ingredients

- ½ cup lowfat milk
- ½ cup coconut oil, melted
- ½ cup water
- 4 large eggs
- 2 tablespoons instant espresso
- 1 (3.9 ounce) package chocolate fudge pudding mix
- 1 (16.5 ounce) box dark chocolate fudge cake mix
- Light Cream Cheese Frosting, page 103

### Directions

- 1 Preheat oven to 350°F. Lightly spray the bottom of a 9x13-inch baking pan with vegetable cooking spray; set aside.
- 2 Place all ingredients, except frosting, into the 40-ounce Master Prep Bowl in the order listed and PULSE until smooth, using long pulses.
- 3 Pour batter into the prepared pan. Bake for 25 minutes or until a wooden toothpick inserted in the center comes out clean. Cool completely before frosting, if desired.

PREP TIME: 20 minutes COOK TIME: 35–40 minutes MAKES: 12 bars  
CONTAINER: 40-ounce Master Prep® Bowl

## Lemon Bars

### Ingredients

1 cup (2 sticks) unsalted butter, softened  
2 cups sugar, divided  
2 ½ cups all-purpose flour, divided  
4 large eggs  
¾ cup freshly squeezed lemon juice  
Confectioners' sugar, for dusting

### Directions

- 1 Preheat oven to 350°F.
- 2 Place the butter, ½ cup sugar, and ½ cups flour into the 40-ounce Master Prep Bowl. PULSE, using long pulses, until dough forms pea-sized crumbles. Press crust into the bottom of an ungreased 9x13-inch baking dish. Bake for 15 minutes or until firm and golden in color. Cool for 10 minutes.
- 3 Place the eggs, 1 ½ cups sugar, ⅓ cup flour, and lemon juice into the 40-ounce Master Prep Bowl. PULSE until smooth and sugar is dissolved, using long pulses. Pour mixture over the baked crust.
- 4 Bake 20 to 25 minutes. Bars will firm as they cool. Dust with confectioners' sugar when completely cooled.

PREP TIME: 10 minutes FREEZE TIME: 8 hours MAKES: 4 ice pops  
CONTAINER: 40-ounce Master Prep® Bowl

## Cucumber, Lime & Basil Ice Pops

### Ingredients

½ English cucumber, peeled, cut in quarters  
Juice of 1 lime  
8 basil leaves, cut in half  
2 tablespoons agave nectar  
1 cup water

### Directions

- 1 Place all ingredients into the 40-ounce Master Prep Bowl in the order listed.
- 2 Blend for 30 seconds, or until smooth.
- 3 Pour mixture into ice pop molds and freeze for 8 hours or overnight.

PREP TIME: 20 minutes COOK TIME: 1 hour MAKES: 12 servings  
CONTAINER: 40-ounce Master Prep® Bowl

## Apple Bundt Cake

### Ingredients

Vegetable cooking spray  
4 green apples, peeled, cored,  
thinly sliced  
2 large eggs  
1 cup plus 4 teaspoons  
sugar, divided  
½ cup vegetable oil  
⅓ cup orange juice  
2 teaspoons vanilla extract  
2 cups all-purpose flour  
1 teaspoon baking powder  
¼ teaspoon salt  
2 teaspoons ground cinnamon

### Directions

- 1 Preheat oven to 350°F. Grease a Bundt pan with vegetable cooking spray; set aside.
- 2 Place sliced apples in a strainer.
- 3 Add eggs, 1 cup sugar, oil, orange juice, and vanilla extract to the 40-ounce Master Prep Bowl. PULSE until well mixed and sugar is dissolved.
- 4 Add flour, baking powder, and salt and PULSE until combined, scraping down sides of bowl as needed.
- 5 Drain liquid from apples.
- 6 Pour about ⅓ of the batter into the prepared pan, then add a layer of apples and dust with 1 teaspoon cinnamon and 2 teaspoons sugar. Repeat with batter and apples, ending with batter. Bake for approximately one hour or until a knife inserted in cake comes out clean.
- 7 Let cake cool for at least 1 hour before removing from pan.

PREP TIME: 5 minutes MAKES: 1 ½ cups  
CONTAINER: 40-ounce Master Prep® Bowl

## Light Cream Cheese Frosting

### Ingredients

1 ½ packages (12 ounces)  
lowfat cream cheese  
3 tablespoons nonfat Greek yogurt  
2 teaspoons vanilla extract  
1 cup confectioners' sugar

### Directions

- 1 Place all ingredients into the 40-ounce Master Prep Bowl in the order listed.
- 2 PULSE until smooth, using long pulses.



MAKE YOUR OWN FROSTING—ADD LEMON, LIME OR ORANGE ZEST. ADD A DROP OF YOUR FAVORITE EXTRACT, LIKE ALMOND OR PEPPERMINT TO CREATE DIFFERENT FLAVOR COMBINATIONS.

PREP TIME: 20 minutes   MAKES: 1 crust  
CONTAINER: 40-ounce Master Prep® Bowl

## Basic Pie Dough

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### Ingredients

1 ¼ cups all-purpose flour  
½ teaspoon salt  
3 tablespoons cold unsalted butter,  
cut in half  
3 tablespoons cold vegetable  
shortening stick, cut in half  
¼ cup cold water

### Directions

- 1 Place the flour, salt, butter, and shortening into the 40-ounce Master Prep Bowl. PULSE, using long pulses, until pea-sized crumbles of dough form.
- 2 Add the water to the 40-ounce Master Prep Bowl and PULSE until dough just comes together. Do not overprocess.
- 3 Remove dough to a lightly floured work surface, gently form a ball, then flatten to a 1-inch disk. Wrap with plastic wrap and refrigerate until needed.

PREP TIME: 3 minutes   MAKES: 4 servings  
CONTAINER: 40-ounce Master Prep® Bowl

## Blueberry Sorbet

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### Ingredients

2 ½ cups frozen blueberries  
1 cup apricot nectar

### Directions

- 1 Place all ingredients into the 40-ounce Master Prep Bowl in the order listed.
- 2 PULSE until smooth, using long pulses.

PREP TIME: 5 minutes CHILL TIME: 8 hours MAKES: 8 ice pops  
CONTAINER: 40-ounce Master Prep® Bowl

## Tropical Fresh Fruit Ice Pops

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### Ingredients

2 cups mango chunks  
4 cups pineapple chunks  
¼ cup agave nectar

### Directions

- 1 Place all ingredients into the 40-ounce Master Prep Bowl in the order listed.
- 2 PULSE 3 times, then blend for 45 seconds.
- 3 Pour mixture into ice pop molds and freeze for 8 hours or overnight.

PREP TIME: 15 minutes MAKES: 4 servings  
CONTAINER: 40-ounce Master Prep® Bowl

## Chocolate Avocado Mousse

---

### Ingredients

2 ripe bananas, cut in half  
2 ripe avocados, cut in half,  
peeled, pits removed  
¼ cup chocolate sauce  
Juice of ½ an orange  
2 tablespoons cocoa powder

### Directions

- 1 Place all ingredients into the 40-ounce Master Prep Bowl in the order listed.
- 2 PULSE until smooth, scraping down the sides of bowl as needed.
- 3 Place mousse into an airtight container and refrigerate until chilled.



PREP TIME: 20 minutes COOK TIME: 10-12 minutes MAKES: 24 cookies  
CONTAINER: 40-ounce Master Prep® Bowl

## Gluten-Free Cherry Oaties

### Ingredients

½ cup coconut oil  
1 egg  
½ teaspoon vanilla extract  
⅓ cup packed brown sugar  
⅓ cup granulated sugar  
1 ¼ cups gluten-free flour  
½ cup almond meal  
½ cup gluten-free oats  
¼ cup unsweetened shredded coconut  
½ teaspoon baking soda  
1 teaspoon salt  
½ teaspoon ground cinnamon  
½ cup dried cherries, roughly chopped

### Directions

- 1 Preheat oven to 350°F. Line 2 cookie sheets with parchment paper; set aside.
- 2 Place the coconut oil, egg, vanilla extract, brown sugar, and granulated sugar into the 40-ounce Master Prep Bowl. PULSE, using long pulses, until ingredients are combined. Scrape down sides of bowl as needed.
- 3 In a medium bowl, combine the flour, almond meal, oats, coconut, baking soda, salt, and cinnamon and stir to combine. Add half the dry mixture to the 40-ounce Master Prep Bowl. PULSE until combined, using long pulses. Scrape down sides of bowl, then add remaining dry mixture. PULSE until ingredients are mixed well.
- 4 Add the cherries to the 40-ounce Master Prep Bowl and PULSE 5 to 7 times, until cherries are evenly dispersed throughout dough.
- 5 Drop dough by rounded tablespoon onto prepared cookie sheets, about 2 inches apart. Bake for 10 to 12 minutes until just golden brown. Cookies will be very soft upon removal from oven but will set within 5 minutes of resting.

PREP TIME: 5 minutes MAKES: 4 servings  
CONTAINER: 40-ounce Master Prep® Bowl

## Peach Ice Cream

### Ingredients

2 ½ cups frozen peach slices  
1 tablespoon fresh lime juice  
3 tablespoons sugar  
1 cup 2% reduced-fat milk

### Directions

- 1 Place all ingredients into the 40-ounce Master Prep Bowl in the order listed.
- 2 PULSE until smooth, using long pulses.



FEEL FREE TO USE YOUR FAVORITE MILK FOR THIS RECIPE, INCLUDING DAIRY-FREE OPTIONS LIKE ALMOND OR COCONUT MILK.

PREP TIME: 5 minutes   MAKES: 4 servings  
CONTAINER: 40-ounce Master Prep® Bowl

## Honey Nut Frozen Treat

### Ingredients

2 cups sweetened oat milk  
1 cup shelled walnuts  
½ teaspoon vanilla extract  
3 cups ice  
3 tablespoons honey

### Directions

- 1 Place all ingredients into the 40-ounce Master Prep Bowl in the order listed.
- 2 PULSE until smooth, using long pulses.



IF YOU DON'T HAVE OAT MILK,  
ANY OTHER NON-DAIRY MILK  
CAN BE SUBSTITUTED.

PREP TIME: 5 minutes   FREEZE TIME: 8 hours   MAKES: 4 ice pops  
CONTAINER: 40-ounce Master Prep® Bowl

## Kiwi, Melon & Coconut Ice Pops

### Ingredients

1 kiwi, peeled, cut in quarters  
1 cup honeydew melon chunks  
Juice of ½ lime  
1 cup coconut milk  
2 tablespoons agave nectar  
Pinch of kosher salt

### Directions

- 1 Place all ingredients into the 40-ounce Master Prep Bowl in the order listed.
- 2 Blend for 15 seconds.
- 3 Pour mixture into ice pop molds, and freeze 8 hours or overnight.

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