

# Recipe guide.

Recipes, tips,  
& more!



**nutribullet**  
EVERYGRAIN™  
COOKER

Please make sure to read the enclosed  
User Guide prior to using your unit.



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Thank you for purchasing the nutribullet® EveryGrain™ Cooker.



EASY. DELICIOUS. NUTRITIOUS.

# nutribullet® EveryGrain™ Cooker recipe guide.

## Go with the grain.

The **nutribullet® EveryGrain™ Cooker** lives up to its name, cooking grains to tender, toothsome perfection. With preset programs for white rice, brown rice, oats, and quinoa, and an overarching “grains” setting for less common selections like farro, barley, buckwheat, and beyond, this streamlined cooker prepares all of your favorites automatically — no stovetop sweating required.

The **EveryGrain™ Cooker** also includes a steamer basket, which lets you steam veggies, fish, and other staples at the same time you cook your grains. It’s a healthy and seriously easy way to get a great meal on the table.

To sow inspiration for your **EveryGrain™** lifestyle, we’ve created this guide, which includes a number of delicious grain-based recipes for every meal — breakfast through dessert. Take a look, get some ideas, and get your grain on. We have a feeling your **EveryGrain™ Cooker** will become an every-day cooker as well.



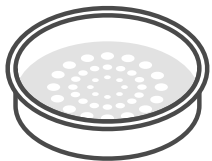
# What's included.



cooker base



10-cup cooking pot



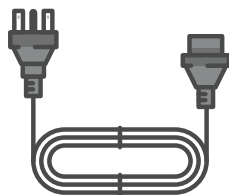
steaming basket



rice/grain  
measuring scoop

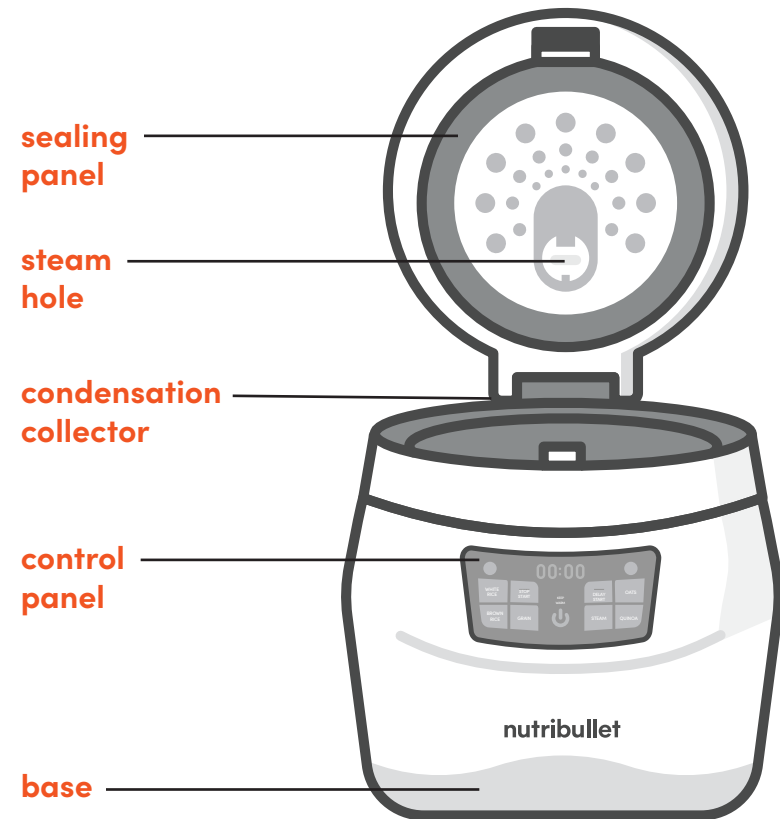
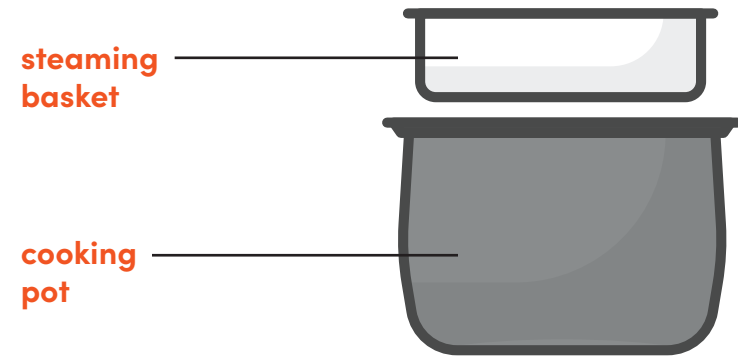


rice spatula



power cord

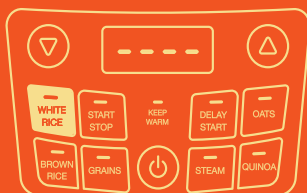
# Cooker assembly.





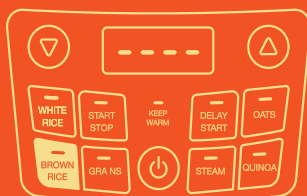
# Control panel: cooking modes.

The **EveryGrain™** Cooker features **5 Auto-Cook Programs**, plus a **STEAM** program if you're steaming food.



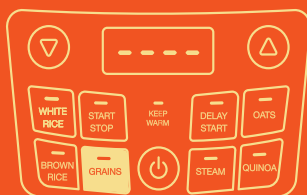
## WHITE RICE

This cooking mode yields light, fluffy results, whether you're cooking jasmine, basmati, or sushi rice. Measure your scoops into the **Cooking Pot** and add water to the corresponding **WHITE RICE** line inside of the pot. Select the **WHITE RICE** program and press **START**.



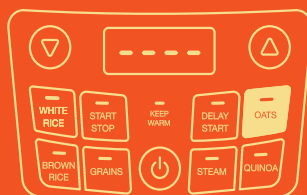
## BROWN RICE

This setting delivers expertly cooked **BROWN RICE** of every variety, every time, including short-grain brown rice, Indian and Pakistani brown basmati rice, and brown jasmine rice. Measure your scoops into the **Cooking Pot** and add water to the corresponding **BROWN RICE** line inside of the pot. Select the **BROWN RICE** program and press **START**.



## GRAINS

Many ancient grains such as amaranth, farro, spelt, buckwheat and millet offer many health benefits as well as great flavor and texture. Consult our **Measuring Guide** on **page 8** for water-to-grain ratios, or simply measure the grain and water as the grain package directs. Select the **GRAINS** program and press **START**.



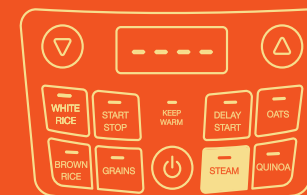
## OATS

Whether steel-cut or rolled, this cooking mode turns your oats into creamy, comforting porridge. Use a 1:2 ratio of oats to water for rolled oats, or measure your oats using the measuring scoop and fill the **Cooking Pot** with water to the **OATS** line. Select the **OATS** program and press **START**.



## QUINOA

This superfood is actually a seed, which makes it high in protein and other nutrients. Quinoa comes in white, black, brown, or multicolored varieties. For all quinoa types, measure your quinoa using the scoop and fill the **Cooking Pot** with water to the corresponding **Quinoa** line. Select the **QUINOA** program and press **START**.



## STEAM

To steam items on their own, simply fill the **Measuring Scoop** with water and add to the cooker. Set ingredients in the **Steam Basket**, close the lid, and select the **STEAM** program.

This will activate the timer to display 0:00. Press or hold the up/down arrows to adjust the steaming time in 1-minute increments, up to 1 hour. If cooking tender green vegetables, remove them promptly from the steamer when the timer beeps, and shock in ice-cold water to prevent overcooking.



## KEEP WARM

Most programs will automatically switch to **KEEP WARM** once the cooking program has completed, for up to 3 hours. This will keep your grains at an ideal temperature for when you are ready to enjoy them. The timer will count up in the **KEEP WARM** stage to let you know how long cooked foods have been resting. Remove tender foods from the heat immediately at the end of the cooking cycle to ensure they do not overcook.

**NOTE:** **STEAM** mode will not initiate the **KEEP WARM** feature once the cooking program has completed to prevent from over cooking ingredients.



## DELAY START

You can delay the start of your cooking program for up to 12 hours. To do this, select your desired cooking program, then select **DELAY START**. The timer will appear with a two-hour default setting. Adjust this to your needs in 15-minute increments using the up and down arrows. After you've set your desired delay time, press the Start/Stop button to activate the countdown to your cooking time.

# Measuring & cook time guide.

Reference the full measuring & cook time guide included separately with your **nutribullet® EveryGrain™ Cooker** for more details.

**NOTE:** To ensure the best cooking results, it is not recommended to cook less than 1 scoop of rice or grains.

GRAIN OR RICE TYPE	COOKING MODE	GRAIN TO LIQUID RATIO	SERVING SIZE (uncooked)	1 SCOOP		2 SCOOPS		3 SCOOPS	
				AUTOMATIC COOK TIME (minutes)	COOKED YIELD (cups)	AUTOMATIC COOK TIME (minutes)	COOKED YIELD (cups)	AUTOMATIC COOK TIME (minutes)	COOKED YIELD (cups)
Amaranth	Grains	Pilaf – 1:1½ Cereal – 1:2½	¼ Cup	50	1¼	53	2¾	54	4½
Barley	Grains	1:2	¼ Cup	53	2¼	57	5	Do not cook more than 2 scoops to avoid overfilling the cooking pot	
Black Rice	Brown Rice	1:1¾	¼ Cup	53	1¾	56	3½	59	5⅓
Brown Rice	Brown Rice	1:1¾	¼ Cup	53	2	56	4	60	5½
Buckwheat	Grains	1:2½	¼ Cup	50	2	53	4	56	6
Farro	Grains	1:3½	¼ Cup	39	1	53	2	Do not cook more than 2 scoops to avoid overfilling the cooking pot	
Jasmine Rice	White Rice	1:1½	¼ Cup	50	2	52	4	55	5⅓
Millet	Grains	1:2	¼ Cup	50	2½	54	3¾	58	7¾
Oats	Oats	1:1¾	½ Cup	50	2⅓	51	3⅓	51	4¾
Quinoa	Quinoa	1:2	¼ Cup	38	2⅓	40	4	39	6
Red Rice	Brown Rice	1:1¾	¼ Cup	54	2¼	55	4¼	61	6½
Spelt	Grains	1:3	¼ Cup	54	1⅓	62	3⅓	73	5⅓
Teff	Grains	1:2½	¼ Cup	47	2	50	4	51	6
Texmati	Grains	1:2¼	¼ Cup	54	2¼	58	3	62	6
White Rice	White Rice	1:2	¼ Cup	28	2	31	3¾	34	5½

## Steam time guide.

When using the **STEAM** program, the **EveryGrain™ Cooker** will automatically preheat before it begins the timer countdown. Preheating takes between 5–9 minutes.

Food	Steam Time (Minutes)	Food Cut Size Suggestions
Asparagus	6	Thick asparagus
Bok Choy	4	Trimmed and leaves cut into quarters
Broccoli	8	Trimmed florets of 1 small bunch
Cabbage	11	½ large head, cut into 1½" wedges
Carrots	12	¼" thick coins
Cauliflower	8	Trimmed florets of 1 small bunch
Chicken	23	2 medium-sized split breasts <small>*Always use a cooking thermometer to ensure the internal temperature has reached 165°F</small>
Green Beans	8	Trimmed
Mushrooms	8	Whole White Button or Cremini Mushroom
Salmon	9	2 8-ounce pieces
Spinach	3	3 large handfuls
Squash	12	¾-1" cubes
Sweet Potatoes	12	¾-1" cubes
White Fish	11	2 8-ounce pieces
White Potatoes	12	¾-1" cubes
Zucchini	7	Quartered lengthwise and then ½" thick

## Icon status.

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



### VEGAN

Recipes free of meat, dairy, eggs, or other animal products.



### VEGETARIAN

Recipes free of meat. May contain dairy, eggs, or honey.



### GLUTEN-FREE

Recipes free of ingredients that contain gluten like wheat, barley, or rye.



### DAIRY-FREE

Recipes free from any milk-based ingredients like casein, whey, or lactose.



### NUT-FREE

Safe for those with with nut allergies or sensitivities, these recipes contain no nut ingredients or byproducts.





# Breakfast.

Whole grains have been a breakfast staple for millennia, and for good reason — their distinct blend of slow-digesting carbohydrates, fiber, and phytonutrients is the perfect fuel for any productive morning. Our breakfast recipes take it one step further, rounding out their starchy profile with protein, healthy fats, and complimentary vitamins and minerals to set your day up for success. It also doesn't hurt that they're very, very delicious.



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

# Peaches & cream oatmeal.



## SERVES 4

Keen on peaches? This luscious bowl of oats pairs sweet, tangy peaches with rich, creamy coconut milk for a nourishing breakfast that tastes like dessert.

- 1 CUP **ROLLED OATS**
- 1 CUP **WATER**
- 1 **15-OZ CAN OF COCONUT MILK, FULL FAT**
- 1 CUP **FRESH PEACHES, DICED**
- 2 TBSP **MAPLE SYRUP**
- 1 TSP **VANILLA EXTRACT**

**OPTIONAL TOPPINGS**  
**PEACHES, COCONUT FLAKES, HEMP SEEDS, COCONUT YOGURT**

### NUTRITION FACTS PER SERVING

340 calories, 24g fat, 30g carbs, 4g fiber, 15g sugar, 5g protein  
Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.

- 1 Combine oats, water, and coconut milk to the **Cooking Pot**; select the **OATS** program and set a timer for 20 minutes.
- 2 When the timer goes off, open the lid and stir in peaches, maple syrup, and vanilla extract. Close the lid and continue cooking for another 10 minutes.\*
- 3 Spoon desired portion into a bowl. Garnish with sliced peaches, coconut flakes, hemp seeds, and/or a dollop of coconut yogurt.

\* Be sure to set a separate timer. EveryGrain™ Cooker will not track the cooking time.

# Berry & banana steel cut oats.



## SERVES 4

Bananas and berries mix together in this fun and fruity bowl of morning oats — a perfect breakfast treat for kids and grownups alike.

- 1 CUP **STEEL CUT OATS**
- 2 CUPS **UNSWEETENED ALMOND MILK, PLAIN**
- 1 **BANANA, MEDIUM, MASHED**
- 2 TBSP **CHIA SEEDS**
- 2 TBSP **MAPLE SYRUP**
- ½ CUP **BLUEBERRIES**
- 1 CUP **FRESH STRAWBERRIES, CHOPPED**

**OPTIONAL TOPPINGS**  
**SLICED STRAWBERRIES, BANANAS, ALMOND BUTTER**

### NUTRITION FACTS PER SERVING

270 calories, 6g fat, 47g carbs, 8g fiber, 14g sugar, 9g protein  
Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.

- 1 Add oats, almond milk, banana, chia, and maple syrup to the **Cooking Pot**. Select the **OATS** program, close the lid, and set a timer for 20 minutes.
- 2 When the timer goes off, open the lid and stir in blueberries and strawberries. Close the lid to resume cooking for another 10 minutes.\*
- 3 Spoon the desired portion into a small bowl. Garnish with sliced strawberries, bananas, and/or a drizzle of almond butter.

\* Be sure to set a separate timer. EveryGrain™ Cooker will not track the cooking time.

### NUTRITIONIST TIP

Fiber and fat help to slow down the rate at which food is absorbed into our system, which helps to prevent blood sugar spikes (and the subsequent, miserable crashes). Nuts, seeds, and nut butters all provide both healthy fats and fiber.

# Apple cinnamon steel cut oats.



SERVES: 4

Oats, apples, maple, and cinnamon: it doesn't get more comforting than that. It's also a great way to start your day, with fiber, slow-digesting carbohydrates, and beneficial vitamins that will keep you going through lunchtime.

- 1 CUP STEEL CUT OATS\*
- 2 HONEYCRISP APPLES, CORED AND DICED IN 1-2" CHUNKS
- 2 CUPS WATER
- 2 CUPS UNSWEETENED ALMOND MILK, PLAIN, DIVIDED
- 3 TBSP MAPLE SYRUP
- 1/8 TSP SALT
- 1 TBSP GROUND CINNAMON

OPTIONAL TOPPINGS  
SLICED APPLES, CHOPPED NUTS, & YOGURT

## NUTRITION FACTS PER SERVING

250 calories, 4g fat, 48g carbs, 7g fiber, 17g sugar, 8g protein

Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.

- 1 Add all ingredients to the **Cooking Pot**. Select the **OATS** program, close the lid, and set a timer for 30 minutes.
- 2 Once your timer goes off, open the lid and stir in the second cup of unsweetened almond milk. Close the lid to resume cooking and set a timer for 20 minutes.
- 3 Once complete, spoon the desired portion into a bowl. Garnish with sliced apples, chopped nuts and/or a dollop of yogurt.

\*For an extra nutty flavor, toast oats in a fry pan over medium heat until fragrant prior to adding to the **EveryGrain™ Cooker**.

## NUTRITIONIST TIP

The U.S. Dietary Guidelines for Americans recommend that at least half of our grain intake comes from whole grains. Whole grains have been associated with reduced risk of heart disease, cancer, stroke, diabetes, and obesity.

# Sweet potato millet porridge.



SERVES: 2

A deliciously satisfying alternative to oatmeal, this cozy bowl of millet includes sweet potato and creamy coconut milk for an extra pop of flavor, texture, and nutrition.

- 1/2 CUP MILLET, RINSED
- 1 SMALL SWEET POTATO PEELED & DICED
- 2 CUPS WATER
- 2 CUPS COCONUT MILK (NOT CANNED)
- 1/8 TSP SALT
- GROUND CINNAMON, TO GARNISH

## NUTRITION FACTS PER SERVING

280 calories, 7g fat, 47g carbs, 6g fiber, 3g sugar, 6g protein

Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.

- 1 Combine millet and all other ingredients to the **Cooking Pot**. Close the lid, select the **GRAINS** program, and set a timer for 40 minutes to begin cooking. At the halfway mark (20 minutes), open the lid to stir the ingredients, then close to resume cooking.
- 2 Spoon the desired portion into a small bowl and garnish with ground cinnamon.

## NUTRITIONIST TIP

Whole grains – an intact grain or seed with an outer bran layer, endosperm layer, and an inner germ layer – not only provide carbohydrates, they are packed with vitamins, minerals, fiber, and even protein.





# Amaranth with steamed eggs, mushrooms & pea shoots.



## SERVES: 2

A brunch dish to rival the hippest of establishments, this savory mix of amaranth, eggs, and veggies elevates your morning meal to haute cuisine status.

### AMARANTH

- 1 CUP **AMARANTH, RINSED**
- 2 CUPS **LOW-SODIUM VEGETABLE BROTH**
- 1 CUP **WATER**
- ½ **CLOVE GARLIC, MINCED**
- 1 TBSP **EXTRA VIRGIN OLIVE OIL**

### 2 EGGS\*

**OPTIONAL TOPPINGS**  
**SHAVED PARMESAN CHEESE,**  
**RED PEPPER FLAKES,**  
**CHOPPED PARSLEY**

### NUTRITION FACTS PER SERVING

560 calories, 21g fat, 76g carbs, 11g fiber, 7g sugar, 22g protein  
 Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.

### FOR MUSHROOM & PEAS

- 5 OZ **SHIITAKE MUSHROOMS**
- 1 TSP **EXTRA VIRGIN OLIVE OIL**
- ⅛ TSP **SALT**
- ½ **CLOVE GARLIC, MINCED**
- 1 TSP **PARSLEY, MINCED**
- 1 CUP **PEA SHOOTS\*\***

- 1 Add amaranth, broth, water, garlic, and olive oil to the **Cooking Pot**. Stir until amaranth is submerged.
- 2 Add 2 eggs to the **Steaming Basket** and set in place over the amaranth mixture.
- 3 Select the **QUINOA** program, close the lid, and set a timer for 10 minutes.\*
- 4 When your timer goes off, open the **EveryGrain™ Cooker**, remove the eggs from the **Steaming Basket**, and immediately submerge them in cold water.
- 5 Stir the amaranth mixture, close the lid, and continue to cook on the **QUINOA** program for 23 minutes.
- 6 As the amaranth continues to cook, toss together mushrooms, olive oil, salt, remaining minced garlic, and parsley.

- 7 When your timer goes off, open the lid of the **EveryGrain™ Cooker**. In the steam basket, arrange seasoned mushrooms on one side, and pea shoots on the other. Close the lid and resume cooking on the **QUINOA** program for 7 minutes.
- 8 While the amaranth and vegetables finish cooking, peel and halve your eggs.
- 9 Once cooking is complete, transfer the amaranth to a serving plate and top with the mushrooms, pea shoots, and eggs. Garnish with shaved Parmesan, chopped parsley, and red pepper flakes, if desired.

\* Steaming eggs for 10 minutes will yield a medium-firm yolk, but you can adjust the time to your preference. For soft eggs, steam for 5 minutes. For hard-yolked eggs, steam for 10-15 minutes. If you change the egg cooking time, be sure to adjust the subsequent amaranth cooking time accordingly.

\*\*Pea shoots can be substituted with any kind of leafy green. Spinach, Swiss chard, and kale are all great options.

### NUTRITIONIST TIP

Whole grains boast high levels of antioxidants – those powerful compounds that help to combat inflammation in the body. Certain whole grains contain even higher levels of antioxidants than many fruits and veggies.

# Salads.

Grain salads are easy, nutritious, and incredibly versatile, with a hearty nature that makes them ideal for meal prep, buffet-style entertaining, picnics, and packed lunches. This section's recipes take inspiration from all over the world, pairing both familiar and more notable grains with the freshest herbs, vegetables, and seasonings available.



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







# Roasted cauliflower, chickpea & barley salad.



**SERVES: 6**

Easy enough for a side dish and hearty enough for the main event, this mix of barley, spiced chickpeas, and lemony cauliflower is sure to be a hit, however you serve it.

1 CUP **BARLEY, RINSED**

1½ CUP **WATER**

⅛ TSP **SALT**

1 TSP **EXTRA VIRGIN OLIVE OIL**

## ROASTED VEGGIES

2 CUPS **MULTI-COLOR CAULIFLOWER FLORETS**

1 **15-OZ CAN OF GARBANZO BEANS, DRAINED & RINSED**

½ TSP **SALT**

1½ TBSP **EXTRA VIRGIN OLIVE OIL**

1 TSP **PAPRIKA**

## DRESSING

¼ CUP **EXTRA VIRGIN OLIVE OIL**

2 TBSP **MEYER LEMON JUICE**

2 **GARLIC CLOVES, MINCED**

1 TBSP **DIJON MUSTARD**

¼ CUP **PARSLEY, ROUGHLY CHOPPED, DIVIDED**

½ TSP **SALT**

½ TSP **BLACK PEPPER**

½ TSP **CRUSHED RED PEPPER FLAKES**

## PRO TIP

Can be served warm or cool.

## NUTRITION FACTS PER SERVING

310 calories, 15g fat, 38g carbs, 9g fiber, 3g sugar, 7g protein

Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.



- 1 Pre-heat your oven to 400°F.
- 2 Add barley, water, salt, and olive oil to the **Cooking Pot**. Close the lid, select the **GRAINS** program.
- 3 While the barley cooks, toss the cauliflower and garbanzo beans with olive oil, salt, and paprika, and arrange in an even layer on a baking sheet. Roast for 10 minutes at 400°F, then set the oven to broil. Broil vegetables for 3 minutes, or until their surface turns golden-brown.
- 4 Make the dressing. Add all ingredients to a small bowl and whisk to combine.
- 5 Once the barley has cooked, transfer to a colander, rinse and drain, then transfer to a large mixing bowl.
- 6 Add the roasted veggies and beans to the barley and toss with the dressing until all ingredients are evenly mixed. Garnish with additional chopped parsley, if desired.

## Mediterranean quinoa.



### SERVES: 8

It doesn't get any fresher than this flavorful grain dish, which features a host of deliciously crunchy veggies, plus chickpeas, olives, and feta for a taste of the Mediterranean. For easy prep, cook your quinoa ahead of time and store in the refrigerator, so you won't have to wait for it to cool down before mixing with your ingredients.

½ CUP	TRI-COLORED QUINOA, RINSED	1	GREEN BELL PEPPER, DICED
1 CUP	WATER	1	RED BELL PEPPER, DICED
⅛ TSP	SALT	¼	RED ONION, DICED
1 TSP	EXTRA VIRGIN OLIVE OIL	¼ CUP	PARSLEY, PACKED & MINCED
2	PERSIAN CUCUMBERS, DICED	¼ CUP	KALAMATA OLIVES (PACKED)

½ CUP **CHERRY TOMATOES, HALVED**

1 **15-OZ CAN GARBANZO BEANS, DRAINED & RINSED**

¼ CUP **FETA CHEESE (OPTIONAL)**

### DRESSING

1 **LEMON, JUICED**

3 TBSP **EXTRA VIRGIN OLIVE OIL**

2 TSP **RED WINE VINEGAR**

½ TSP **SALT**

½ TSP **GROUND PEPPER**

### NUTRITION FACTS PER SERVING

150 calories, 8g fat, 19g carbs, 4g fiber, 4g sugar, 4g protein

Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.

### NUTRITIONIST TIP

Quinoa is a good source of plant protein and fiber that supplies all the essential amino acids (the building blocks required to build proteins in the body) that the body needs.

- 1 Close the lid and select the **QUINOA** program.
- 2 While the quinoa cooks, make the salad dressing by whisking all of the ingredients together.
- 3 Once the quinoa has cooked, transfer to a large bowl and allow to cool to room temperature. You can speed this up by placing in the refrigerator for 20–30 minutes.
- 4 Once the quinoa has cooled, add in the chopped vegetables, olives, beans, feta, and dressing. Toss together until evenly distributed.



# Tabbouleh.



## SERVES 8

This classic Middle-Eastern side dish freshens up any plate. Serve alongside grilled meats and fish, falafel, hummus and pita, or any other savory treat.

- 1 CUP **BULGUR WHEAT, RINSED**
- 1 CUP **WATER**
- ¼ TSP **SALT**
- 1 TSP **EXTRA VIRGIN OLIVE OIL**
- 2 (2 CUPS) **LARGE TOMATOES, DICED**
- 1 (2 CUPS) **LARGE ENGLISH CUCUMBER DICED, PEELED**
- ¼ TSP **SALT**
- 3½ CUPS **PARSLEY, ROUGHLY CHOPPED**
- ⅓ CUP **MINT, ROUGHLY CHOPPED**
- 5 (½ CUP) **SPRING ONIONS, ROUGHLY SLICED**

## DRESSING

- 3 TBSP **LEMON JUICE**
- ¼ CUP **EXTRA VIRGIN OLIVE OIL**
- 2 CLOVES **GARLIC, MINCED**
- ½ TSP **SALT**
- ½ TSP **PEPPER**

- 1 Combine bulgur with water, oil, and salt in the **Cooking Pot**. Close the lid and select the **GRAINS** program.
- 2 In a separate bowl, combine tomatoes, cucumber, and salt. Set aside for 10 minutes to allow the salt to pull water from the vegetables.
- 3 While the bulgur cooks and the cucumbers and tomatoes cure, whisk dressing ingredients together in a small bowl or jar.
- 4 Once the bulgur is cooked, open the lid, fluff the grains, and transfer to a large mixing bowl. Drain the cucumber and tomato mixture, then combine all ingredients together, including the dressing, in a large mixing bowl. Toss until evenly mixed.

## NUTRITION FACTS PER SERVING

150 calories, 8g fat, 19g carbs, 4g fiber, 4g sugar, 4g protein  
Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.

# Buckwheat pilaf with mushrooms & fennel.



**SERVES: 4**

With its distinctive texture and deep flavor, buckwheat pairs perfectly with an intensely savory mix of mushrooms, fennel, and kale.

- 1 CUP **BUCKWHEAT, RINSED**
- 1 CUP **LOW-SODIUM VEGETABLE BROTH**
- 1 TSP **EXTRA VIRGIN OLIVE OIL**
- 1/8 TSP **SALT**
- 5 OZ **SHIITAKE MUSHROOMS, SLICED**
- 1/2 **FENNEL BULB, THINLY SLICED**
- 1/4 **WHITE ONION, THINLY SLICED**
- 2 **LEAVES OF KALE, STEMS REMOVED & ROUGHLY CHOPPED**
- 2 **GARLIC CLOVES, MINCED**
- 2 TBSP **AVOCADO OIL**
- 1/4 TSP **SALT**
- 1/4 TSP **BLACK PEPPER**

## NUTRITION FACTS PER SERVING

250 calories, 10g fat, 39g carbs, 7g fiber, 4g sugar, 7g protein

Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.

- 1 Combine buckwheat, water, broth, and salt in the **Cooking Pot**. Close the lid, select the **GRAINS** program, and set a timer for 15 minutes.
- 2 While the buckwheat cooks, warm the avocado oil in a large frying pan over medium heat. Add onion and sauté until soft, about 3 minutes, followed by the fennel for another 2 minutes. Add mushrooms, garlic, salt, and pepper, and continue to sauté for another 3 minutes.
- 3 When the buckwheat finishes cooking, open the lid and fluff the grains. Add sautéed veggies and chopped kale to the buckwheat in the **Cooking Pot**, and stir to mix.
- 4 Close the lid to resume cooking for an additional 10 minutes.
- 5 Garnish with chopped parsley if desired, and serve.

# Farro salad with citrus-ginger dressing.



**SERVES: 6**

This colorful, comforting grain dish is filled with wholesome veggies and fiber-filled farro for a nourishing main course or side that majorly satisfies.

- 1 CUP **FARRO, RINSED**
- 3 CUPS **WATER**
- 1/4 TSP **SALT**
- 1/2 CUP **BABY CARROTS, SLICED**
- 1 CUP **CAULIFLOWER FLORETS**
- 1 CUP **ARUGULA, PACKED**
- DRESSING**
- 1/4 CUP **EXTRA VIRGIN OLIVE OIL**
- 2 TBSP **RED WINE VINEGAR**
- 2 TBSP **LEMON JUICE**
- 1 TSP **LEMON ZEST**
- 1 TSP **ORANGE ZEST**
- 1 TBSP **FRESH GINGER, GRATED**
- 1/4 TSP **SALT**
- 1/4 TSP **GROUND BLACK PEPPER**
- 1/4 CUP **PARSLEY (PACKED), CHOPPED**

## OPTIONAL TOPPINGS

**2-3 ARTICHOKE HEARTS, QUARTERED, 1 TBSP CAPERS**

- 1 Combine farro with water and salt in the **Cooking Pot**. Close the lid, select the **GRAINS** program, and set a timer for 45 minutes.
- 2 Place sliced baby carrots and cauliflower florets into the **Steaming Basket**. After the farro has cooked for 40 minutes, add the **Steaming Basket** filled with veggies to the **EveryGrain™ Cooker** and close the lid. Resume cooking for the remaining 5 minutes.
- 3 Once cooking time ends, remove the **Steaming Basket** from the cooker and allow the vegetables to cool. Transfer cooked farro to a colander to rinse and drain, if desired. In a large bowl, combine all ingredients, including baby arugula and dressing, and toss to combine.

## NUTRITION FACTS PER SERVING

200 calories, 10g fat, 25g carbs, 3g fiber, 1g sugar, 5g protein

Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.





# Mains.

And now, the main event! Grains have always been a dinnertime staple, but these recipes take them to the next level, making the most of the vast variety of flavors, textures, and nutrients they have to offer. From classic rice bowls to more adventurous selections featuring sorghum, rye berries, and DIY sushi, the dishes in this section deliver comfort and expand comfort zones in equal measure.



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# Salmon & brown rice bowl with bok choy.



## SERVES: 4

Flavored with soy, garlic, and ginger, this succulent duo of salmon and bok choy sits beautifully on its bed fluffy veggie-filled rice.

### BROWN RICE

- 1 CUP BROWN RICE, RINSED
- 1¼ CUPS LOW-SODIUM VEGETABLE BROTH
- ½ CUP CARROTS, DICED
- ½ CUP EDAMAME
- 1 TSP EXTRA VIRGIN OLIVE OIL
- SALT & PEPPER, TO TASTE
- 2 BABY BOK CHOY
- SALMON
- 2 3-OZ SALMON FILLETS
- 2 TBSP LOW-SODIUM SOY SAUCE
- 1 TSP GINGER, GRATED
- 1 TSP GARLIC, MINCED
- ⅛ TSP CHILI FLAKES

### NUTRITION FACTS PER SERVING

390 calories, 8g fat, 43g carbs, 4g fiber, 4g sugar, 34g protein  
Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.

- 1 Add brown rice, broth, carrots, edamame, olive oil, salt, and pepper to the **Cooking Pot**. Close the lid, select the **BROWN RICE** program, and set a timer for 20 minutes.
- 2 While the rice cooks, coat bok choy and salmon with soy sauce, ginger, garlic, and chili in a bowl or dish. Arrange the seasoned bok choy and salmon in the **Steaming Basket**. After the rice has cooked for 20 minutes, open the **Cooking Pot**, set the **Steaming Basket** in place, close the lid, and continue cooking for 10 minutes.
- 3 After 10 minutes, remove the **Steaming Basket** from the **EveryGrain™ Cooker** and set aside. Transfer the rice mixture to a serving platter and top with the salmon filets and bok choy.

# Spanish rice.



## SERVES: 6

For a little something special, swap plain, unseasoned rice with this classic preparation. Its subtle tang and beautiful orange color is perfect served alongside fajitas, enchiladas, tapas, beans, and any number of proteins.

- 1 CUP JASMINE RICE,
- 1 CUP WATER
- 4 OZ LOW-SODIUM TOMATO SAUCE
- ½ TSP LOW-SODIUM BOUILLON
- ⅛ TSP SALT
- ¼ TSP GROUND BLACK PEPPER
- 2 GARLIC CLOVES, FINELY MINCED
- 2 TBSP AVOCADO OIL

### NUTRITION FACTS PER SERVING

170 calories, 5g fat, 29g carbs, 1g fiber, 1g sugar, 3g protein  
Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.

- 1 Add all ingredients to the **Cooking Pot** and stir to combine. Close the lid and select the **WHITE RICE** program. After 10–15 minutes, open the lid and give the ingredients another stir. Close the lid to resume cooking for the remainder of the program.
- 2 When the cooking program is complete, fluff the rice in the **Cooking Pot**, then transfer to a serving dish.



# 3 sisters wild rice.



## SERVES: 4

The “three sisters” this dish refers to are corn, squash, and beans. In a technique originated by Northeastern Native American tribes, the three crops are planted together so the corn stalk provides support for the climbing bean plant, while the squash spreads horizontally to cover and protect the soil. The “sisters” also complement each other nutritionally, offering complex carbohydrates, fiber, protein, and a host of phytonutrients in every bite.

- 2 CUPS BUTTERNUT SQUASH, CUT INTO 1-INCH CUBES
- 1½ CUPS CORN KERNELS (FRESH OR FROZEN)
- 1 TBSP EXTRA VIRGIN OLIVE OIL, PLUS TWO TSP, DIVIDED
- ¼ TSP SALT
- ½ TSP CHILI POWDER
- 1 CUP WILD RICE, RINSED
- 1¼ CUPS WATER
- 1 15-OZ CAN BLACK BEANS, DRAINED & RINSED
- ⅓ CUP LIME JUICE (ABOUT 1 LIME)

## NUTRITION FACTS PER SERVING

370 calories, 7g fat, 67g carbs, 12g fiber, 6g sugar, 15g protein

Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.

- 1 Preheat oven to 425°F.
- 2 Toss the butternut squash and corn with 1 Tbsp olive oil, salt, and chili powder. Spread on a baking sheet and bake for 20-30 minutes, until the squash is fork-tender.
- 3 While the veggies roast, combine rice, water, and 1 tsp of olive oil in the **Cooking Pot**. Close the lid and select the **BROWN RICE** program.
- 4 Once the rice and roasted vegetables have finished cooking, combine them together in a large bowl. Add the black beans, lime juice, and remaining 1 tsp of olive oil, and toss to combine.

## NUTRITIONIST TIP

The digestive benefits of fiber are well-known, but new research indicates that fiber may also be helpful in boosting immune health and reducing the risk of several chronic diseases.





# Savory polenta with roasted balsamic mushrooms & tomatoes.



## SERVES: 4

Easy enough for a weeknight, but sophisticated enough for entertaining, this combination of creamy, comforting polenta, earthy mushrooms, succulent tomatoes, and tangy goat cheese is a hit, no matter the occasion.

### POLENTA

½ CUP	POLENTA OR COARSELY GROUND CORNMEAL
3 CUPS	WATER
¼ TSP	SALT
¼ TSP	GROUND BLACK PEPPER
1	GARLIC CLOVE, MINCED
¼ CUP	PARMESAN, FRESHLY GRATED
	CRUSHED RED PEPPER, TO GARNISH

### VEGGIES

4	BABY PORTABELLA MUSHROOMS, HALVED
½ CUP	GRAPE TOMATOES, HALVED
1 TBSP	EXTRA VIRGIN OLIVE OIL
1 TBSP	BALSAMIC VINEGAR
	SALT AND PEPPER TO TASTE

OPTIONAL GARNISH:  
2-OZ (2 TBSP)  
GOAT CHEESE, CRUMBLD

### NUTRITION FACTS PER SERVING

130 calories, 6g fat, 16g carbs, 2g fiber, 2g sugar, 4g protein

Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.

- 1 Preheat the oven to 400°F.
- 2 Combine all polenta ingredients in the **Cooking Pot** and stir together. Close the lid and select the **WHITE RICE** program.
- 3 While the polenta cooks, line a baking sheet with

parchment paper. Spread mushrooms and tomatoes on the sheet and toss with olive oil, balsamic vinegar, and salt and pepper. Roast for 12 minutes.

- 4 When the cooking program is complete, wait 10 minutes before opening the lid to

ensure the polenta absorbs all of the liquid in the pot.

- 5 Spoon polenta into a serving platter and top with the roasted vegetables and crumbled goat cheese. Drizzle with olive oil and sprinkle with crushed pepper flakes before serving.



# Steamed shrimp & veggies with ginger basmati rice.



## SERVES: 4

Full of fresh vegetables, succulent shrimp, and aromatic lentils and rice, this beautiful dinner serves up all of the food groups with style. The best part? It comes together in minutes, making it ideal for busy weeknights.

### GINGER BASMATI RICE

1 CUP	BASMATI RICE, RINSED
2 TSP	GINGER, GRATED
½ TSP	GARLIC, MINCED
¼ TSP	SALT
¼ TSP	GROUND PEPPER
1 TBSP	EXTRA VIRGIN OLIVE OIL
1 CUP	LOW-SODIUM CHICKEN OR VEGETABLE BROTH
½ CUP	WATER
½ CUP	RED LENTILS
2	SCALLIONS, THINLY SLICED, DIVIDED

### NUTRITION FACTS PER SERVING

440 calories, 12g fat, 62g carbs, 11g fiber, 4g sugar, 22g protein

Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.

### STEAMED SHRIMP & VEGGIES

1	GREEN ZUCCHINI, SLICED INTO ¼-INCH HALF-MOONS
2	YELLOW SQUASH, SLICED INTO ¼-INCH HALF-MOONS
4	CREMINI MUSHROOMS, QUARTERED
1 BUNCH	KALE
2 TBSP	EXTRA VIRGIN OLIVE OIL, DIVIDED
6 OZ	LARGE SHRIMP, PEELED & DEVEINED
½ TSP	PAPRIKA
	SALT & PEPPER, TO TASTE

OPTIONAL GARNISH:  
SLICED AVOCADO



- 1 Combine rice with all ingredients except the lentils and scallions in the **Cooking Pot**. Close the lid, select the **WHITE RICE** program, and set a timer for 10 minutes.
- 2 In a bowl, toss mushrooms, squash, zucchini, and kale with 1 Tbsp of olive oil. In a separate bowl, toss shrimp with salt, pepper, paprika, and the remaining Tbsp of olive oil.
- 3 Line the **Steaming Basket** with the vegetables, then top with the shrimp.
- 4 When the timer goes off, open the cooker and stir in lentils and half of the sliced scallions. Set the **Steaming Basket** containing the vegetables and shrimp in

place over the rice in the **Cooking Pot**. Close the lid to resume cooking for an additional 12 minutes.

- 5 Once cooking is complete, remove the **Steaming Basket** and set aside. Transfer rice to a serving dish and toss with the remaining sliced scallions. Serve alongside the shrimp and vegetable mixture.

### PRO TIP

You can also steam the shrimp and vegetables on their own, without cooking any rice. Just add water to the **Cooking Pot**, set the **Steaming Basket** over the water, close the lid, and select the **STEAM** program. Set the timer for 12 minutes, then select **START**.

# Rye berries & eggplant with steamed rainbow trout.



## SERVES: 2

Rye berries have a firm, chewy texture that contrasts nicely with soft, silky eggplant. Topped with flaky roasted trout, this intriguing grain bowl brings an unexpected twist to the tried-and-true formula of grain + protein.

1 CUP	RYE BERRIES, RINSED, SOAKED FOR 2 HOURS, & RINSED AGAIN AFTER SOAKING
2 CUPS	LOW-SODIUM VEGETABLE BROTH
1/8 TSP	SALT
1 TSP	EXTRA VIRGIN OLIVE OIL
2	4-OZ RAINBOW TROUT FILLETS
1 TBSP	EXTRA VIRGIN OLIVE OIL
1 TSP	ORANGE ZEST
1	GARLIC CLOVE, MINCED
1/2 TSP	PAPRIKA
1/8 TSP	SALT
1/8 TSP	PEPPER

2 CUPS	CHOPPED EGGPLANT (ROUGHLY 1/2 A MEDIUM-SIZED FRUIT)
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1 TSP	EXTRA VIRGIN OLIVE OIL
-------	------------------------

1/8 TSP	SALT
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1/8 TSP	PEPPER
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OPTIONAL GARNISH:  
CHOPPED PARSLEY, ORANGE SLICES, OLIVE OIL, TO DRIZZLE

1 Add rye berries, broth, water, salt, and olive oil to the **Cooking Pot**. Close the lid, select the **GRAINS** program, and set a timer for 1 hour.

2 While the rye berries cook, prepare the trout marinade by whisking olive oil, orange zest, garlic, salt, pepper, and paprika together in a small bowl. Brush fillets with a generous amount of marinade.

3 Transfer each marinated fillet onto a separate piece of parchment paper large enough to completely cover the fish when folded. Create a packet out of the parchment paper: fold the paper up and over the fillet. Starting at one end, pinch and fold the two sides of the paper together to seal, continuing across the entire length of the fillet until the packet is fully closed. Repeat for the second piece of fish.

4 Season the eggplant with olive oil, salt, and pepper.

5 At the 30-minute mark of cooking the rye berries, add the trout packets to the **Steaming Basket**, open the lid, and set the basket in place. Close the lid and steam the fillets while the rice cooks for 15 minutes. Remove the fish from the **Steaming Basket**, close the lid, and reset your timer for 5 minutes. Set the fillets aside, keeping them sealed in their parchment packets until ready to serve.

6 Add the eggplant to the **Steaming Basket**. When the 5-minute timer ends, replace the **Steaming Basket** inside the pot over the rye berries. Close the lid and reset your timer for a final 10 minutes.

7 Once cooking is complete, add the eggplant to the rye berries in the **Cooking Pot** and stir to combine. Divide the mixture between plates and top each with a trout fillet.

8 Garnish with parsley, a drizzle of olive oil, and/or sliced orange, if desired.

## NUTRITION FACTS PER SERVING

500 calories, 10g fat, 73g carbs, 17g fiber, 6g sugar, 33g protein

Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.



# Stuffed squash with curry-spiced sorghum.



**SERVES: 4\***

A gluten-free cereal with as much protein as quinoa, sorghum is a great grain to add to your rotation. This preparation is filled with warm spices and nourishing veggies for boatloads of flavor and nutrients.

## SORGHUM

1 CUP SORGHUM, RINSED AND SOAKED FOR 1 HOUR, THEN RINSED AGAIN

3 CUPS

BABY KALE, ROUGHLY CHOPPED

1

15-OZ CAN LENTILS, RINSED & DRAINED

2 CUPS LOW-SODIUM VEGETABLE BROTH

2 TSP

RED CURRY POWDER

1 TSP EXTRA VIRGIN OLIVE OIL

½ TSP

SALT

## SQUASH

1 YELLOW SQUASH, HALVED, & SCOOPED, PULP RESERVED & MINCED

OPTIONAL GARNISH  
CHOPPED PARSLEY

1 Preheat oven to 400°F. Line a baking dish with parchment paper.

1 ZUCCHINI, HALVED & SCOOPED, PULP RESERVED & MINCED

2 Add sorghum, stock, and olive oil to the **Cooking Pot**. Close the lid, select the **GRAINS** program, and set a timer for 50 minutes. Prepare other ingredients as the sorghum cooks.

2 TBSP EXTRA VIRGIN OLIVE OIL

½ ONION, FINELY DICED

2 GARLIC CLOVES, MINCED

3 Place squash and zucchini "boats" in the **Steaming Basket**. When the 50-minute timer goes off, set the

1 CUP CARROTS, DICED



**Steaming Basket** in place in the **Cooking Pot**, close the lid, and continue cooking for 10 more minutes.

4 Meanwhile, warm olive oil in a large sauté pan or skillet over medium heat. (saucepan would be too small for this recipe). Add onion and sauté until soft.

5 Add garlic, carrots, lentils, and squash pulp, and sauté for an additional 5–7 minutes, until the carrots soften.

6 Stir in curry powder and salt, and cook for one more minute. Remove from heat, but not from the pan.

7 When the cooking program is complete, remove the squash halves from the steamer and set aside. Add the sorghum to the lentil and vegetable mixture in the pan. Top with kale and cook on low for another 5 minutes, until kale is wilted.

8 Fill the squash boats with the curried sorghum stuffing (roughly ¼ cup per boat). Transfer "boats" to the baking sheet, cover with aluminum foil and bake at 400°F for 20 minutes.

\* use leftover sorghum to make a grain bowl.

## NUTRITION FACTS PER SERVING

420 calories, 11g fat, 69g carbs, 16g fiber, 9g sugar, 18g protein  
Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content. This recipe makes enough sorghum filling for 8 servings.

# California roll.



**SERVES: 4 (ABOUT 6 PIECES EACH)**

Making your own sushi is a fun and interactive way to enjoy your EveryGrain™ Cooker, and the classic California roll is a great place to start. Once you get the hang of it, you'll want to experiment with all kinds of fillings.

## RICE

1 CUP	<b>SUSHI RICE, RINSED</b>
1¼ CUPS	<b>WATER</b>
¼ TSP	<b>SALT</b>
1 TSP	<b>EXTRA VIRGIN OLIVE OIL</b>
3 TBSP	<b>RICE VINEGAR</b>
1 TBSP	<b>LIGHT BROWN SUGAR</b>

## VEGGIE FILLING

1	<b>MEDIUM CUCUMBER, PEELED, HALVED, AND THINLY SLICED IN LONG STRIPS</b>
2	<b>MEDIUM CARROTS, PEELED, HALVED, AND THINLY SLICED IN LONG STRIPS</b>
1	<b>MEDIUM AVOCADO, SLICED</b>

## CRAB FILLING

5 OZ	<b>CRAB MEAT, CHOPPED</b>
1 TBSP	<b>SOY SAUCE</b>
1 TBSP	<b>MAYONNAISE</b>
1 TBSP	<b>SRIRACHA</b>
4 SHEETS	<b>NORI PAPER</b>

**OPTIONAL:  
BLACK & WHITE SESAME  
SEEDS, GINGER, WASABI,  
SOY SAUCE**

## NUTRITION FACTS PER SERVING

340 calories, 9g fat, 52g carbs,  
6g fiber, 6g sugar, 12g protein  
Nutrition facts are based on the recipe as  
listed. Swapping any ingredients will alter  
nutritional content.

## PRO TIP

For vegetarian sushi, substitute the crab  
meat with grated carrots.



- 1 Add rice, water, salt, and olive oil to the **Cooking Pot**. Close the lid and select the **WHITE RICE** program. Transfer rice to a large bowl once the program is complete.
- 2 Add rice vinegar, sugar, and salt to the cooked rice. Mix by hand and set aside. Allow rice to cool.
- 3 Next, make the crab filling. Gently stir together crab meat, soy sauce, mayo, and sriracha in a bowl.
- 4 Prepare the sushi. Distribute 1¼ cup of rice in a thin layer on the surface of each sheet of nori.
- 5 Flip the nori to its other side (the rice should stick to the nori), so the side with the rice is on the bottom.
- 6 Place strips of cucumber and avocado lengthwise in the middle of the nori paper. Add a thin row of crab meat, about 3 tablespoons per nori sheet.
- 7 Begin to fold the sushi with the seaweed side closest to you so it forms a roll. Once the sushi is completely rolled, cut into equal pieces. Repeat for the remaining nori sheets.
- 8 Garnish with sesame seeds and serve with ginger, wasabi, and soy sauce.



# Desserts.

Dessert isn't always the first thing that comes to mind when it comes to grains, but dig a little deeper and you'll find a world of cereal-based sweets that are both delicious and nourishing. Inspired by delicacies from Southeast Asia to South America and beyond, these recipes incorporate fresh fruits, spices, and a variety of grains to achieve their distinctive flavor and texture.



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# Mango coconut sticky rice.



## SERVES: 6

This delicious Thai dessert pairs sticky rice with juicy mango and creamy coconut, creating a tantalizing array of textures and tropical flavors for a taste of paradise.

- 1 CUP **SUSHI RICE, RINSED**
- 1¼ CUPS **WATER**
- 1 **15-OZ CAN OF FULL-FAT COCONUT MILK, DIVIDED**
- REMAINING HALF OF COCONUT MILK**
- 2 TBSP **MAPLE SYRUP**
- ¼ TSP **VANILLA EXTRACT**
- 1 TBSP **CORNSTARCH**
- 2 TBSP **WATER**
- 2 **MEDIUM MANGOES, RIPE, PEELED & SLICED**

**OPTIONAL GARNISH:**  
**SESAME SEEDS, FRESH MINT**

### NUTRITION FACTS PER SERVING

350 calories, 16g fat, 51g carbs,  
3g fiber, 21g sugar, 5g protein

Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.

- 1 Add rice, water, and half of the can of coconut milk to the **Cooking Pot**. Close the lid and select the **WHITE RICE** program, and bring to a simmer.
- 2 In a small saucepan, combine remaining coconut milk, maple syrup, and vanilla extract and bring to a simmer.
- 3 Dissolve cornstarch in 2 Tbsp of water, then add to the saucepan with the other sauce ingredients.
- 4 Allow sauce to thicken for about 2 minutes, until it slowly runs off a spoon.
- 5 **Plate the rice:** tightly pack a small bowl with the cooked rice. Place the serving plate over the surface of the bowl, then flip over, so the plate is on the bottom. Set the plate on a steady surface, then gently lift the bowl off the top of the

rice. It should be molded into a neat mound. Repeat for remaining servings. and bring to a simmer.

- 6 Frame the rice with the sliced mango, then pour the sauce on top.

- 7 Sprinkle with toasted sesame seeds and top with a few sprigs of mint, if desired.

# Arroz con leche.



## SERVES: 6

Warm, creamy, and insanely comforting, this cinnamon-filled rice pudding feels like a hug for your taste buds.

- 1 CUP **LONG GRAIN RICE, RINSED**
- 2 CUPS **WATER**
- 1 **CINNAMON STICK**
- 2- INCH **STRIP OF ORANGE PEEL**
- ½ CUP **UNSWEETENED ALMOND MILK, PLAIN**
- ¼ CUP **ALMOND MILK YOGURT OR ALMOND MILK SOUR CREAM**
- ¼ CUP **MAPLE SYRUP**

**OPTIONAL GARNISH:**  
**GROUND CINNAMON & COCONUT FLAKES**

- 1 Add rice, water, cinnamon stick, and orange peel to the **Cooking Pot**. Close the lid, select the **WHITE RICE** program, and set a timer for 20 minutes.
- 2 After the first 20 minutes, open the **EveryGrain™ Cooker** and stir in almond milk, almond yogurt, and maple syrup. Close the lid to continue cooking for an additional 10 minutes.
- 3 Top individual servings with ground cinnamon and coconut flakes, if desired.

### NUTRITION FACTS PER SERVING

160 calories, 1.5g fat, 34g carbs,  
0g fiber, 8g sugar, 3g protein

Nutrition facts are based on the recipe as listed. Swapping any ingredients will alter nutritional content.

# Meyer lemon quinoa pudding.



## SERVES: 6

With a flavor residing right between lemon and orange, meyer lemon provides a fresh tang that beautifully balances the creamy coconut milk and golden-sweet honey in this unique grain pudding.

1 CUP	WHITE QUINOA, RINSED
1½ CUPS	WATER
1	MEYER LEMON
1	15-OZ CAN COCONUT MILK, FULL-FAT
½ CUP	UNSWEETENED PLAIN ALMOND MILK
2 TBSP	HONEY

**OPTIONAL TOPPINGS**  
COCONUT FLAKES, SLIVERED  
ALMONDS, ADDITIONAL ZEST  
TO GARNISH

## NUTRITION FACTS PER SERVING

270 calories, 17g fat, 27g carbs,  
3g fiber, 8g sugar, 6g protein

Nutrition facts are based on the recipe as  
listed. Swapping any ingredients will alter  
nutritional content.

- 1 Combine quinoa and water to the **Cooking Pot**. Close the lid, select the **QUINOA** program, and set a timer for 30 minutes.
- 2 With a vegetable peeler, remove as much meyer lemon rind as possible, taking care not to include too much of the white pith. After peeling, juice the lemon into a small bowl.
- 3 After the quinoa has cooked for 30 minutes, open the **EveryGrain™ Cooker** and add meyer lemon juice and peel, coconut milk, almond milk, and honey. Stir to distribute, then close the lid to continue cooking until the program has completed.
- 4 Spoon into a serving dish and garnish with coconut flakes, slivered almonds, and lemon zest, if desired.

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