



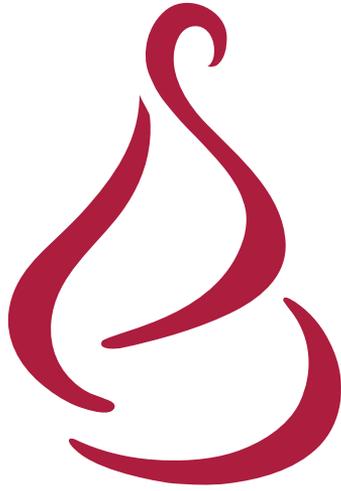
# DESSERT BULLET™

USER GUIDE & RECIPES BOOK

**ALL THE FLAVOR...**  
WITHOUT ALL THE FAT,  
SUGAR, & CALORIES



DESSERTS **EVERYONE** CAN ENJOY!



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**BULLET**™  
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# IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should always be used, including the following:

- **READ ALL INSTRUCTIONS.**

- Caution! To avoid risk of electric shock, never immerse the cord, plug, or base blender in water or other liquids.
- This appliance has a polarized plug (one prong is wider than the other) to reduce the risk of electric shock. This plug will correctly fit in a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. **Do not modify the plug in any way.**
- The use of attachments not recommended or sold by the manufacturer, including electrical adapters or converters may cause fire, electric shock, or injury.
- Unplug the Dessert Bullet when it is not in use. **Make sure the machine is unplugged before assembling, disassembling, adding additional parts, and cleaning.**
- Do not pull, twist, or mistreat the power cord.
- Do not allow the cord to hang over the side of the counter or table.
- Do not allow cord to touch hot surfaces, including stove.
- Periodically inspect cord and plug for damage. Do not operate any appliance with a damaged cord or plug. If the appliance malfunctions, or is dropped or damaged in any manner, discontinue use. Contact Customer Service for assistance in obtaining a replacement.
- **Avoid contact with moving parts.**

- **Never** push food down into the feed tubes by hand. Always use the Feed Tube Pusher to avoid injury.
- **Never** leave the Dessert Bullet unattended while it is in use.
- Close supervision is necessary when any appliance is used by or near children.
- **Never Allow the Dessert Bullet to run continuously for more than 1 minute at a time as it can cause permanent damage to the motor.** If you do overheat your motor, the unit will go into Motor Protection Mode. This causes the motor to shut down until it has cooled – protecting your Dessert Bullet from permanent damage. If your Dessert Bullet goes into Motor Protection Mode you need to : UNPLUG THE POWERBASE to reset the motor, wait 30 to 60 minutes for the motor to cool down and when cooled, plug the unit back in and try again.
- Always allow your food to partially thaw at room temperature before putting in Dessert Bullet. Please see page 13 for food thawing times. If the frozen fruit is not partially thawed, the final result of the desserts will not be smooth.,
- Do not use Dessert Bullet outdoors if exposed to inclement weather elements such as rain or in wet conditions.
- Never feed food by hand. Always use food pusher.
- Never operate your Dessert Bullet on any type of towel or fabric that could block the vents on the bottom of the unit.

- Always use your Dessert Bullet on a clean, flat, hard, dry surface.
- This appliance is not intended for use by children or persons with reduced physical, sensory or mental capabilities. Any person using this appliance should carefully read this instruction manual and exercise appropriate caution.
- Any person using this appliance should carefully read this instruction manual and exercise appropriate caution.
- Large pieces of hard ingredients like nuts, hard candies, chocolate, and chunky granolas may clog the spinner and cause damage to the machine. Any mix-in ingredients larger than a standard chocolate chip must be crushed or chopped into smaller pieces before adding to the Dessert Bullet Chute.
- Never put ice, nuts or fruits with seeds or pits in machine.

## **SAVE THESE INSTRUCTIONS FOR HOUSEHOLD USE ONLY**

## **CLEANING SAFEGUARDS**

- Make sure the machine is unplugged before disassembling, and cleaning.
- Rinse ALL PIECES immediately after use TO PREVENT DEBRIS FROM DRYING AND STICKING TO VESSELS – if necessary, use a dish brush to loosen any debris.
- Hand wash only with mild dish soap and warm water (not hot).
- Dry Immediately.
- The Dessert Bullet parts should not be sterilized in boiling water for any reason as this will warp the plastic.

## **CLEANING THE DESSERT BULLET POWER BASE**

The Power Base doesn't usually get dirty, but sometimes food or liquid may come in contact with the base.

Here's how to clean it up.

- Step 1:** The most important thing is to UNPLUG the Power Base.
- Step 2:** Use a damp rag to wipe down the inside and outside of the Power Base.
- NEVER SUBMERGE THE POWER BASE IN WATER OR PLACE IT IN THE DISHWASHER.

## WELCOME!

Now you can make **delicious, healthy, all-natural** desserts in just seconds. Easy to use and easy to clean, with the Dessert Bullet you can have your cake and eat it too!

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## PURCHASING/PREPARING/ FREEZING:

**1** You may purchase fresh or already frozen fruit. Choose organic produce when possible. Wash and dry fresh fruit thoroughly prior to freezing.

**2** If fresh, remove any peels, skins, rinds, pits, seeds or leaves and cut into bite-size or 2 inch pieces small enough to fit into the Dessert Bullet chute.



**3** For fresh berries, grapes, or anything not needing to be peeled and de-seeded, simply rinse and dry well before freezing. Hull strawberries prior to freezing.

**4** Bananas should be peeled and broken into 1-2 inch sections before freezing.

**5** Place prepared fresh fruit in a freezer-safe container or plastic bag and store in the freezer.

**6** Freeze your desired fruit for at least 24 hours before using in the Dessert Bullet to allow enough time for the fruit to chill through. If using already frozen fruit this wait time is not necessary.

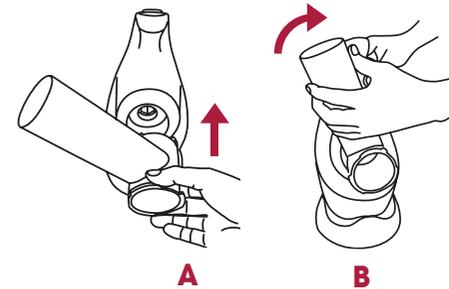
**7** In addition to frozen fruit, some recipes call for 'add-ins' or toppings. Check the recipe prior to starting and have these on hand in the cupboard or pantry.

**Tip:** Freeze your fruit on a cookie sheet lined with wax or parchment paper in a single layer, and cover with plastic wrap so it doesn't freeze in a clump. After 24 hours simply transfer them into a resealable plastic bag for easy access. An alternative if your cookie sheet is too large for your freezer is to repurpose the plastic clam shells you find spinach and other salad fixings in at the grocery to line and freeze your fruit!

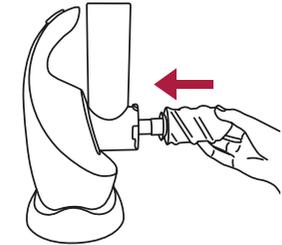
## DESSERT BULLET ASSEMBLY:

**1** Place your Dessert Bullet base on a sturdy, dry countertop or hard surface near an electrical outlet. Be sure the cord and unit are away from any water source. **Do NOT plug the power base in to your electrical outlet until it has been completely assembled.**

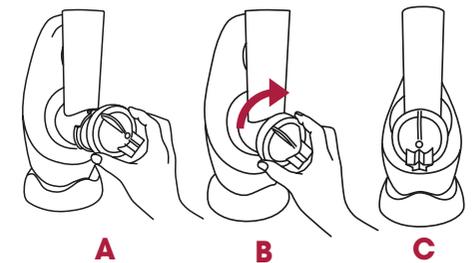
**2** Pick up the Dessert Bullet Fruit Chute and insert ribbed barrel with the small hole facing back into the motor base at an angle (**facing 11:00**). Rotate clockwise until it clicks into place (**at 12:00**).



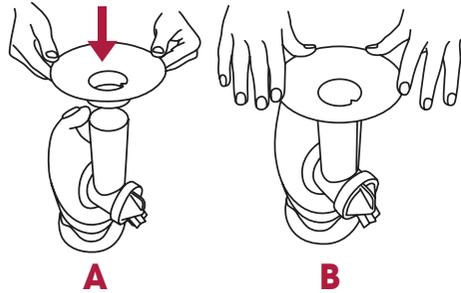
**3** Insert Spindle, skinny side first, into the ribbed barrel.



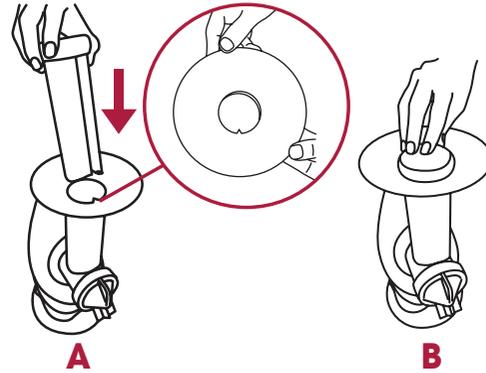
**4** Take the Dispenser Cap of your choice (oval or star-shaped) and place it over the spindle with the vertical dial slightly slanted to the left (facing 11:00) and rotate clockwise into place. The dial should be vertically aligned with the chute (at 12:00) with the spout facing down.



- 5** Place Funnel on top of Fruit Chute aligning the triangle on the Funnel with the triangle on the Chute. Press into place.



- 6** Insert Fruit Plunger into the chute. Make sure the groove in the plunger is aligned with the triangle in the chute.



 **Note:** The Dispenser Caps “shape” your “ice cream.” The star shape creates ridges and the oval shape creates a smoother look.

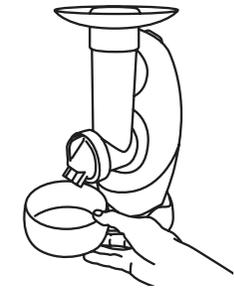
- 7** Plug the cord into an electrical outlet.
- 8** Your Dessert Bullet is now ready to make a delightful, healthy dessert!

## PREPARING A DESSERT BULLET RECIPE:

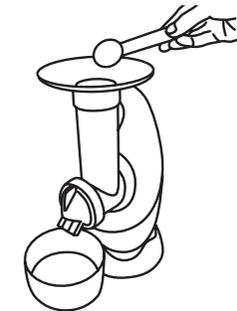
- 1** Remove ingredients to be used from the freezer prior to preparing your dessert, allowing them to thaw slightly. Please see the thawing chart on the next page to help you achieve the best texture. You may either place ingredients in the refrigerator or on the counter (any unused portions should be placed back in the freezer so that they are not given time to thaw completely).
- 2** Gather dry pantry ‘add-ins’/ toppings such as spices, extracts, cacao nibs, coconut chips, sweeteners, nuts, and other dried condiments to be included with the recipe.

**Note:** Large pieces of hard ingredients like nuts, hard candies, chocolate, and chunky granolas may clog the spinner and cause damage to the machine. Any mix-in ingredients larger than a standard chocolate chip must be crushed or chopped into smaller pieces before adding to the Dessert Bullet Chute.

- 3** Place a dessert bowl or serving dish directly beneath the Dispenser Cap.



- 4** Measure the desired portions for the fruit and ‘add-ins’/ toppings. Using the Funnel, add ingredients into the Fruit Chute according to recipe directions.

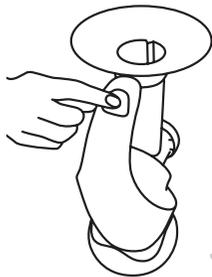


**5** If not using a recipe, alternate fruit pieces and 'add-ins'/ toppings when placing ingredients through the funnel into the chute. This will ensure that the toppings mix thoroughly with the fruit for consistent flavor throughout your frozen treat.

**6 Do not overstuff or cram ingredients into the chute.**

**7** Once ingredients are added, secure Fruit Pusher on top of ingredients in the Fruit Chute. Make sure ingredients are not overflowing on the Funnel.

**8** Press and release the grey power button to turn on the Dessert Bullet motor.



**9** Slowly and gently press down on the Fruit Pusher until it is fully inserted into the chute and all ingredients are pushed through the Dispenser Cap. This will guide the ingredients through the Spindle and out into your dessert bowl or serving dish as a transformed, soft serve "ice

cream-like" dessert. If pushing is difficult, wait 10 seconds before pushing again.

**Tip:** If you are having to use effort to push the ingredients down the Fruit Chute, release all pressure, wait 3 seconds and try again.

**10** If more ingredients are to be added, simply remove the Fruit Pusher from the Fruit Chute and repeat the process until all ingredients are turned into a deliciously smooth treat!

**11** To turn off the Dessert Bullet, press and release the grey power button again (as shown in step 8).

**12** Gather your frosty treat-filled bowl and a spoon. Enjoy!

## CLEANING THE DESSERT BULLET:

**1** Before cleaning the Dessert Bullet, make sure that the motor is turned off and the base is unplugged from the electrical socket. Do not place the base or cord into water, liquid, or in a dishwasher. Use a wet, non-abrasive cloth to wipe down any food debris from the base.

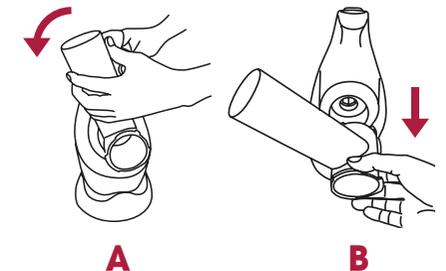
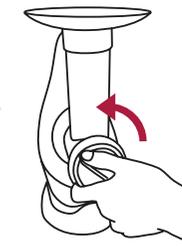
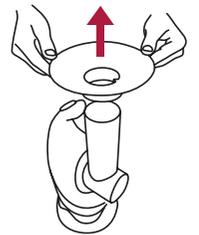
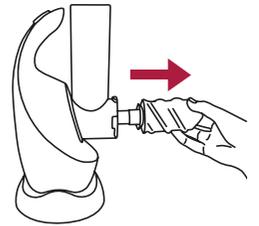
**2** To disassemble the components, simply remove the Fruit Pusher from the top of the Fruit Chute.

**3** Twist the Dispenser Cap counterclockwise to disconnect it from the Fruit Chute Barrel.

**4** Next, remove the Spindle from inside the Barrel.

**5** Remove the Funnel from the top of the Fruit Chute.

**6** Disconnect the Fruit Chute from the base of the Dessert Bullet by first rotating it counterclockwise, then pulling away from the base.





**7** Rinse all parts thoroughly using a non-abrasive cloth or sponge with warm soapy water or place them on the top rack of a dishwasher.

**8** Use a wet cloth to wipe down the area where the base and chute attach.

**9** Allow all components to dry or hand dry with a soft cloth before reassembling them.

**10** When ready, re-assemble the Dessert Bullet components by following the directions in the “Dessert Bullet Assembly” section.

**11** The Dessert Bullet is now ready to make your next creamy, nutritious dessert!

## DESSERT BULLET POPULAR INGREDIENT **THAWING CHART:**

Each ingredient not only contains different vitamins, minerals, and antioxidants, they each have unique thaw times to make the perfect Dessert Bullet treat! Use the following

chart as a guide for how long some of the most popular frozen foods will need to be removed from your freezer prior to creating your masterpiece.

Food	Thawing Time
BANANAS (WHOLE)	5-7 minutes
CHERRIES	3 minutes
BLACKBERRIES	3-5 minutes
BLUEBERRIES	3 minutes
RASPBERRIES	3 minutes
STRAWBERRIES (WHOLE)	8-10 minutes
MELON: WATERMELON, CANTALOUPE, HONEYDEW (2 INCH CUBES)	10-15 minutes
KIWI (EACH CUT INTO 4-6 PIECES)	10 minutes
MANGO (CUBES)	10-12 minutes
APPLES (SLICES)	12-15 minutes
PEARS (SLICES)	12-15 minutes
PINEAPPLE (2 INCH CUBES)	10-12 minutes
PEACHES (SLICES)	5-7 minutes
YOGURT - DAIRY AND NON-DAIRY (IN CUBES)	15-20 minutes
FRUIT PUREE CUBES (EX. PUMPKIN PIE) (IN CUBES)	15-20 minutes
GRAPES	5-7 minutes
ORANGES (SLICES)	8-10 minutes
LIMES, LEMON (SLICES)	10 minutes
AVOCADO (CUBED OR SLICED INTO 1/8TH PORTIONS)	15-20 minutes

## DESSERT BULLET RECIPES:

Enjoy your favorite ice creams, sorbets, and more using nutritious, all-natural, vitamin-rich ingredients

— you'll be amazed by how decadent they taste! And what's more, the Dessert Bullet churns out all of its frozen concoctions in 10 Seconds or Less! That's right; you can make fantastic, desserts that are full of nutrition in less time than it takes to thaw a pint of ice cream!

### MINT CHOCOLATE CHIP

**Chill out with this delicious Dessert Bullet mixture, but be gentle with potent peppermint extract. Too much can turn your first bite into frostbite! Add just the right amount and you will be rewarded with a sweet, frosty, chocolatey crunch to rival any of your favorite ice creams!**

- 1 medium frozen banana, halved
- 1 Tbsp raw cacao nibs or vegan chocolate chips, divided in two portions
- 1 Tiny drop (<1/4th of the cap) Peppermint Extract
- ¼ tsp gluten-free vanilla extract
- 2 mint leaves, to garnish (optional)

- 1 Turn the Dessert Bullet on and add vanilla and peppermint into chute. Run for 5 seconds to coat the spinner, and then turn off.
- 2 Alternate adding one banana half with ½ of the cacao nibs into the chute until all ingredients are used.
- 3 Turn on the Dessert Bullet and press ingredients through the dispenser into a serving bowl. Garnish with fresh mint, if desired.

**Calories: 185**

**Diabetic Exchange: 1.5 Fruits**

### BANANA SPLIT

**This cleaned-up treat hits every flavor note of the famed parlor classic, right down to the cherry on top! If you're feeling extra decadent, doctor this dish up with whipped topping and a little hot fudge.**

- ½ frozen banana
- ¼ cup frozen pineapple chunks
- 2 frozen cherries
- 1 Tbsp cacao nibs (or chocolate chips for a few more calories)
- 1 Tbsp raw chopped pecans

**Optional:** whipped topping

**Optional:** chocolate sauce/hot fudge on top

- 1 Place all ingredients in a bowl and mix together.
- 2 Pour ingredients into chute, turn on machine and press ingredients through the chute.
- 3 If desired, add the optional toppings. If adding these toppings, the recipe will no longer be diabetic-friendly, dairy-free, or under 200 calories. It may also no longer be gluten-free, depending on the variety of toppings chosen. Check ingredient labels if there are any dietary concerns through the chute.

**Calories: 200 (excluding chocolate sauce or whipped topping)**

**Diabetic Exchange: 2 fruit**

## CHUNKY CHERRY CHIP

Sweet, creamy vanilla is the perfect contrast to tart cherries and rich chocolate chips in this seemingly indulgent, but surprisingly healthful dessert.

½ cup low fat vanilla yogurt  
(5-6 frozen cubes)

\*option to use coconut milk yogurt for a dairy-free, vegan option

1 Tbsp vegan chocolate chips,  
divided

4 frozen cherries, divided

**1** Pour yogurt into an ice cube tray and freeze for at least 4 hours.

**2** Add 2oz of yogurt, 2 frozen cherries and one half of the chocolate chips to the chute. Repeat with the second half of the ingredients

**3** Turn on the machine and press ingredients through the dispenser into a serving bowl.

**Calories: 190**

**Diabetic Exchange: 1 Fruit, 0.5 Milk**

## FROZEN LEMONADE

“Pucker up and grab a glass of this intensely refreshing icy treat!”

2 Tbsp raw honey

4 Tbsp lemon juice

¾ cup water

**1** In a microwave-safe bowl, heat lemon juice and honey for 20 seconds and stir to combine.

**2** Stir in the water and pour ingredients into an ice cube tray.

**3** Freeze for at least four hours until solid.

**4** Add frozen lemonade cubes into the dessert bullet chute and press down through the dispenser into a serving dish.

**Calories per serving: 68**

**Makes 2 servings**

# PEANUT BUTTER ICEBOX PIE

**Decadent chocolate nut crust cradles the Dessert Bullet's Chocolate Peanut Butter filling in this rich and comforting frozen treat.**

## **Chocolate Peanut Butter Cup Filling:**

Make 2 Portions of the Chocolate Peanut Butter Dessert Bullet recipe (page 30).

## **Chocolate Nut Crust:**

2 tbsp cacao powder

¼ cup raw cashews

¼ cup raw almonds

¼ cup shredded unsweetened ¼ coconut

¼ cup gluten-free oats

⅛ tsp salt

½ cup pitted dates OR figs (roughly 8 small dates), soaked for 2 hours

**1** Combine coconut flakes, cacao powder, and oats in a food processor or NutriBullet and process into a flour. Set aside.

**2** In a separate container, process almonds and cashews into a thick flour using a NutriBullet or food processor. Be careful not to over-process; the mixture should form a flour, not a nut butter.

**3** Add the chocolate coconut mixture to the nut flour. Add dates and process until all ingredients are evenly distributed, forming a thick, firm paste.

**4** Press the paste into and up the sides of two 4 to 5-inch diameter pie tins. Cover and refrigerate for at least one hour.

**5** While the crust chills, make 2 portions of the Chocolate Peanut Butter recipex.

**6** Remove the pie tins from the refrigerator and fill each crust with one batch of the Chocolate Peanut Butter Cup flavor. Slice each pie into four servings and enjoy!

**Crust with "Chocolate PB ice cream" totals (per serving: ¼ pie):  
143 Calories**



# CHOCOLATE CHIP COOKIE SANDWICHES

Cool your inner cookie monster with this fantastic “ice cream” sandwich! The recipe below fills two moist vegan chocolate chip cookies with the Dessert Bullet’s classic chocolate flavor, but feel free to replace the filling with any of our delicious concoctions!

## Cookies:

- 1 cup gluten-free oat flour
- ¼ tsp salt
- ¾ tsp baking soda
- 3 Tbsp Coconut Palm Sugar
- 1 Tbsp evaporated cane juice (or cane sugar)
- 1 tsp pure gluten-free vanilla extract
- 2 Tbsp unsweetened vanilla almond milk
- 2 Tbsp brown sugar
- 1 ½ Tbsp cold-pressed, organic coconut oil
- 3 Tbsp vegan chocolate chips

## Filling:

Servings of the New-Fashioned Chocolate Dessert Bullet flavor on page 31, or any other flavor of choice.

## Bake cookies:

- 1 Preheat oven to 375°F. Mix oat flour, salt, baking soda, and palm sugar/evaporated cane juice together in a large bowl and set aside. In a separate large bowl, whisk together vanilla extract and almond milk. Add brown sugar and coconut oil to the wet ingredients, one tablespoon at a time, whisking in between to form an even consistency.
- 2 Using a wooden spoon or rubber spatula, fold dry ingredient mixture into the wet ingredients, ¼ cup at a time. The batter will get sticky and start to form a ball once the dry ingredients mix with the wet. Fold the chocolate

chips into the batter, making sure to mix well enough to distribute them throughout the dough.

- 3 Refrigerate the dough in its bowl for five to ten minutes. While the dough chills, grease a cookie sheet with a thin layer of coconut oil or organic baking spray.
- 4 Remove the dough from fridge and scoop 12 tablespoon-sized balls onto a greased cookie sheet. Bake in the oven for 7 minutes. Cookies will still look slightly undercooked.
- 5 Remove cookies from the oven and refrigerate for 10 minutes, or let cool on the counter for 30 minutes before removing from baking sheet and assembling sandwiches. Store any leftover cookies in a tightly sealed container.

## Filling:

While the baked cookies cool, make 3 portions of the New-Fashioned Chocolate Dessert Bullet flavor on page 31, or any other flavor of choice. Freeze for 3 minutes so the filling is solid, but still spreadable.

## Assembly:

Remove cookies from the refrigerator if chilling, and filling from the freezer. Assemble sandwiches by filling two cookies with roughly 1/6 of the “ice cream” mixture. Wrap each sandwich tightly in plastic wrap to maintain shape, and freeze for at least two hours before serving. The sandwiches will last in the freezer up to 4 days.

**Calories: 240 per sandwich**  
**Makes 6 “ice cream” sandwiches**

## VANILLA ICE CREAM

**Spiked with real vanilla extract, the king of all frozen flavors is anything but boring!**

1 medium frozen banana  
¼ tsp gluten-free vanilla extract

**1** Turn the Dessert Bullet on and add vanilla extract into the chute. Run to coat the spinner, about 5 seconds, then turn off.

**2** Add banana, turn on machine and press through the dispenser into a serving bowl.

**Tip:** Turn this Classic Vanilla into Chocolate Chip Cookie dough by topping with our all-natural Cookie Dough Bites, found on page 32.

**Calories: 105**

**Diabetic Exchange: 1.5 Fruits**

## COOKIES AND CREAM

**With rich vanilla flavor seeping into every nook and cranny of chocolate cookie crunch, our Dessert Bullet version will please even the most die-hard cookies and cream enthusiasts!**

1 frozen banana  
2 crumbled Organic, vegan,  
creme-filled cookie  
¼ tsp gluten-free vanilla extract

**1** Add vanilla extract to the base of the Dessert Bullet chute and turn machine on for 5 seconds to coat the spinner.

**2** Turn the machine off, then crumble one cookie into chute.

**3** Add ½ banana, then crumble the second cookie in chute, followed by the second banana half.

**Calories: 235**

## CHOCOLATE NUT SUNDAE

Go coco-nuts for this cacao, nut, and coconut treat that's as nutritious as it is delicious! With antioxidants from cacao powder, vitamin-E from walnuts, and fiber from coconut, enjoying this crunchy, chocolatey mix is no tough nut to crack!

- 1 frozen banana
- 1 Tbsp raw cacao powder
- 1 tsp unsweetened coconut flakes
- 1 ½ tsp raw chopped walnuts
- Small drop (about ¼ tsp) of gluten-free vanilla extract

- 1 Turn on machine and add vanilla into chute. Run for 5 seconds to coat the spinner and then turn off.
- 2 Break banana into 4 or 5 pieces. In a bowl, combine the banana with the remaining ingredients.
- 3 Pour mixed ingredients into chute, turn on machine and press ingredients through the dispenser into a serving dish.

**Calories: 180**

**Diabetic Exchange: 1.5 Fruits, 1 Fat**

## S'MORES

This frozen version of the campfire classic oozes with the unbeatable chocolate, marshmallow, and graham cracker flavor combination you know and love for a fun and frosty twist on the old favorite. Make a bowl for yourself, or invite your pals to gather 'round and enjoy this treat together!

- ½ frozen Banana, broken into two pieces
- ¼ tsp gluten-free vanilla extract
- ½ sheet dairy-free graham cracker, broken into two pieces at the dividing line
- 2 tsp cacao nibs
- 2 Tbsp mini marshmallows

### Entertaining Option:

Make individual S'more parfaits by layering graham cracker crumbs, Dessert Bullet vanilla "ice cream", cacao nibs, and marshmallows in small shot glasses. Top with more graham cracker crumbs to mimic the sandwich structure of a campfire S'more.

- 1 Coat the Dessert Bullet spinner with vanilla extract by adding extract to the base of the chute and turning the machine on for 5 seconds.
- 2 Turn off, then add half of the banana, ¼ sheet of the crumbled graham cracker, 1 Tbsp mini marshmallows, and 1 tsp cacao nibs.
- 3 Add the remaining banana. Press ingredients through the Dessert Bullet dispenser into a separate bowl.
- 4 Place the other ¼ sheet graham cracker on bottom of your serving dish, and top with banana "ice cream." Sprinkle with remaining cacao nibs and marshmallows and enjoy!

**Calories: 183**

# MINI MINT WHOOPIE PIES

**Pillowy chocolate cookies cradle refreshingly snappy mint chocolate chip “ice cream” in this delicious, crowd-pleasing dessert.**

## **Whoopie Pies:**

- ¾ cup gluten-free oat flour
- ¼ cup raw cacao
- ¼ cup coconut sugar
- ¼ tsp salt
- ¼ tsp baking soda
- ¼ tsp cinnamon
- 1 tsp pure gluten-free vanilla extract
- 3 tbsps unsweetened vanilla almond milk
- 1 Tbsp pure maple syrup
- 1 ripe banana, mashed
- 2 Tbsp brown sugar
- 2 Tbsp cold-pressed, organic coconut oil-softened

## **Filling:**

Servings of Dessert Bullet Mint Chocolate Chip flavor (page 14).

## **Bake cookies:**

- 1** Mix oat flour, raw cacao, coconut sugar, salt, baking soda, and cinnamon together in a large bowl. In a separate large bowl, whisk together vanilla extract, almond milk, and maple syrup. Add the mashed banana to the wet ingredients in three rounds, whisking in between to form a thick, evenly-textured liquid. Add brown sugar and coconut oil a tablespoon at a time, whisking in between so wet ingredients form a thick, evenly-textured liquid.
- 2** Using a wooden spoon or rubber spatula, fold dry ingredient mixture into the wet ingredients, ¼ cup at a time. The batter will have a similar consistency to brownie batter when complete.
- 3** Refrigerate the batter for 30-45 minutes. While the dough chills, preheat the oven to 300°F and

grease a cookie sheet with a thin layer of coconut oil or organic baking spray.

- 4** Remove the batter from the fridge and scoop tablespoon-sized balls onto a greased cookie sheet. Gently flatten to form 2” round circles, leaving roughly one inch between each, as they will spread slightly during baking.
- 5** Bake at 300°F for 10 minutes. The cookies will still look slightly undercooked. Remove cookies from the oven and refrigerate for 10 minutes, or let cool on the counter for 30 minutes before removing from baking sheet and assembling whoopie pies. Store any leftover cookies in a tightly sealed container.

## **Filling:**

While the baked cookies cool, make 4 portions of the Mint Chocolate Chip Dessert Bullet flavor on page

14, or any other flavor of choice. Freeze for 3 minutes so the filling is solid, but still spreadable.

## **Assembly:**

Remove cookies from the refrigerator or baking pan, and filling from the freezer. Assemble whoopie pies by filling two cookies with roughly 1/7 of the “ice cream” mixture. There might be some filling leftover. Wrap each sandwich tightly in plastic wrap to maintain shape, and freeze for at least two hours before serving. The sandwiches will last in the freezer up to 4 days.

**Total Calories for one sandwich (2 cookies and half serving of mint chocolate chip recipe = 260)**

**Makes 7 whoopie pies**

## STRAWBERRY BON BON

½ cups frozen strawberries

1 frozen banana, halved

1 Batch of Chocolate Shell (see recipe on next page)

- 1** Alternate adding strawberries and banana halves in the Dessert Bullet chute. Turn the machine on and press ingredients through the dispenser into a bowl. Transfer to the freezer to harden for 5 minutes.
- 2** While the filling freezes, prepare the Chocolate Shell according to directions on next page.
- 3** Using a large melon baller, scoop eight “ice cream” balls onto a flat baking sheet lined with parchment paper, or alternatively into 8 separate miniature cupcake wrappers. Slowly pour chocolate over each ball to coat, and return to the freezer for at least 5 minutes before serving. If planning to keep longer than a day, cover with plastic wrap and store in the freezer up to 4 days.

**Serving size: 1 bon bon**

**Calories per bon bon: 85**

**Makes 8 Servings**

## CHOCOLATE SHELL

**This melted chocolate and coconut oil topping adds fun, delicious, and wholesome decadence to any Dessert Bullet flavor.**

2 ½ oz vegan dark chocolate

2 Tbsp coconut oil (measured when hard)

### **Microwave:**

- 1** In a small bowl, microwave dark chocolate and coconut oil in 20-second intervals, stirring each time until smooth. The mixture will be runny and warm. Let cool for one minute before pouring over dessert of choice.

### **Stovetop:**

- 1** In a small saucepan over medium heat, melt dark chocolate and coconut oil, stirring until smooth. Once smooth, remove from heat. The mixture will be runny and warm. Let cool for one minute before pouring over dessert of choice.

**Calories per 1-Tbsp serving: 63**

**Makes 8-10 servings**

## CHOCOLATE PEANUT BUTTER

Romeo and Juliet. Peas and carrots. Peanut Butter and...chocolate? Yes, it seems that chocolate is giving jelly a run for its money as peanut butter's favorite partner. This tasty Dessert Bullet flavor adds raw cacao powder and crunchy cacao nibs to the nutty, bittersweet mix for a multi-layered treat brimming with potassium, magnesium, and powerful antioxidants. Sorry jelly, it looks like we just might have a winner ...

- 1 medium small frozen banana
- 2 tsp natural peanut butter
- 1 tsp raw cacao nibs
- 1 tsp cacao powder

- 1 Coat banana in cacao powder and add into the chute, may need to break banana in half.
- 2 Add peanut butter and cacao nibs directly into the chute along side the banana. Turn on machine and press ingredients through the chute.

\*If you are feeling extra indulgent, sprinkle a bit of peanut butter cup candy on top.

**Calories: 198**

**Diabetic Exchange: 1.5 Fruit, 1 Fat**

## NEW-FASHIONED CHOCOLATE

Chocolate ice cream is often considered one of life's loveliest simple pleasures. For many, however, the dairy, sugar, calories, and processed ingredients it often contains can hinder enjoyment. Clean it up and leave your worries behind with this dairy and refined sugar-free version.

- 1 medium frozen banana
- 2 Tbsp raw cacao powder
- Small drop (about ¼ tsp) gluten-free vanilla extract (optional)

- 1 If using vanilla, add it into the chute first and turn the machine on for 5 seconds to coat the spinner.
- 2 In a small bowl, cover the frozen banana with cacao powder.
- 3 Add the banana along with any remaining loose cacao powder into the chute.
- 4 Turn on the machine and press ingredients through the dispenser into a serving bowl.

**Calories: 135**

**Diabetic Exchange: 1.5 Fruits**

## COOKIE DOUGH BITES

These tiny “cookie dough” balls make an excellent addition to any Dessert Bullet flavor, but we recommend adding them to our Classic Vanilla (pg 24) to recreate that unbeatable taste of cookie dough ice cream.

$\frac{2}{3}$  Cup raw cashews

$\frac{1}{3}$  cup gluten-free oats

$\frac{1}{2}$  tsp sea salt

1 Tbsp raw honey (softened)

1 Tbsp maple syrup

1 tsp gluten-free vanilla extract

$\frac{1}{4}$  cup vegan chocolate chips OR

3 Tbsp cacao nibs

**1** Combine cashews, oats, and salt in the NutriBullet or food processor and blend just until they form a powdery flour. Take care not to overblend to avoid making oat-cashew butter; the final texture of the dough balls will turn out better if ingredients stay dry. Those using a NutriBullet may need to unscrew the blade and redistribute ingredients periodically to ensure an even consistency.

**2** Add honey, maple syrup and vanilla extract into the dry ingredient mixture. If using a food processor, blend until the mixture forms a sticky ball. If using the NutriBullet, press the cup down in short “pulses” until combined. Stop when ingredients form a sticky ball.

**3** Stir chocolate chips or cacao nibs in by hand, then roll into individual small balls and set on a plate. If the mixture is too sticky, refrigerate it for 30 min before rolling.

**4** Cover the plate, and chill or freeze the cookie dough balls to top future batches of Dessert Bullet flavors

**Yields about 30 tiny balls**

**Calories per dough ball: 32**



## ORANGE DREAMSICLE

Tart, juicy orange and sweet, creamy vanilla never fail to deliver when paired together, and this dessert is no exception! Feel free to substitute coconut yogurt or almond milk yogurt for a dairy-free twist on this classic mixture.

2 frozen "cutie" mandarins or  
½ orange, peeled and frozen  
in segments  
½ cup vanilla yogurt  
(5-6 frozen cubes)

### Alternative Option:

Divide the recipe in half and freeze in a popsicle mold with a wooden stick to make 100-calorie orange dreamsicle pops!

Cuties is a registered trademark of Sun Pacific®

- 1 Transfer yogurt into an ice cube tray and freeze until solid, at least 4 hours. Remove from the freezer to thaw for 5-10 minutes before adding to the Dessert Bullet.
- 2 Layer ingredients into the Dessert Bullet chute, alternating ½ of the yogurt cubes and ½ of the citrus until all ingredients are used.
- 3 Turn on the machine and press ingredients through the dispenser into a serving dish

**Calories: 200**

**Diabetic Exchange: 1 fruit, 0.5 milk**

## TROPICAL TUTTI FRUTTI

The Italian phrase meaning "all fruits" gets taken to the equator in this very varied mix of mango, pineapple, banana, and coconut. Full of warm, enticing flavors, and brimming with vitamin C and antioxidants, Tropical Tutti Frutti is the perfect dessert for any night of the week!

½ cup frozen Mango chunks  
½ cup frozen Pineapple chunks  
½ frozen Banana chunks  
1 Tbsp unsweetened coconut flakes

- 1 Stir all ingredients together in a mixing bowl.
- 2 Transfer to the Dessert Bullet chute, turn on the motor and press through the dispenser into a serving dish.

**Calories: 180**

## CHOCOLATE PEPPERMINT SHAKE

Shake up the classically cool pairing of chocolate and mint with this sensationally satisfying shake! Add crushed peppermint candies and raw cacao nibs for a fantastic boost of flavor and texture.

1 frozen banana, halved  
1 drop peppermint extract  
2 tsp cacao powder  
2 peppermint candies, smashed  
2 tsp cacao nibs (optional)  
1 cup almond milk

**Note:** Large pieces of hard ingredients like nuts, hard candies, chocolate, and chunky granolas may clog the spinner and cause damage to the machine. Any mix-in ingredients larger than a standard chocolate chip must be crushed or chopped into smaller pieces before adding to the Dessert Bullet Chute.

- 1 Coat both halves of the frozen banana in cacao powder and allow to thaw for 3-5 minutes.
- 2 Layer 1 smashed peppermint candy, 1 tsp cacao nibs, the first cacao-coated banana half, 1 drop of peppermint extract, the remaining cacao powder, the remaining peppermint candy and cacao nibs, and the second cacao-coated banana half into the Dessert Bullet chute in that order.
- 3 Press through the dispenser into a 16-oz glass. Add almond milk to the top of the Dessert Bullet mixture and stir until all ingredients are evenly mixed into a shake consistency. Enjoy!

**Calories: 245, including cacao nibs;  
195 without cacao nibs**

## CREAMY BERRY SORBET

Easy and refreshing enough to whip up on a hot summer afternoon and elegant enough to serve at a dinner party, this versatile berry sorbet is surprisingly smooth for an all-fruit dessert. Top with coconut flakes for a nice texture in contrast.

4 medium frozen strawberries  
1/3 cup frozen blueberries  
1/3 cup frozen blackberries  
Small drop (about 1/4 tsp) of gluten-free vanilla extract or liquid stevia (optional)  
1 Tbsp unsweetened coconut flakes

- 1 If using sweetener and/or vanilla, turn on machine and add into chute. Run for 5 seconds to ensure spinner is coated.
- 2 Alternate fruits and coconut flakes into the chute.
- 3 Turn on machine and press ingredients through the chute. Sprinkle coconut on top if desired.

**Calories: 98**

**Diabetic Exchange: 1.5 Fruits**

## PEACH COBLER

Whether banana or vanilla-based, this creamy dessert is sure to get you feeling just peachy (and cobbler-y?).

¾ frozen banana

1 cup frozen peach slices

1 Tbsp vanilla granola

(choose gluten-free, vegan, or nut-free according to dietary needs)

¼-½ tsp of cinnamon

Dash of allspice (optional)

¼ gluten-free vanilla extract

### Optional:

\*May sub 4oz frozen vanilla yogurt in place of banana - take yogurt out of the freezer an additional 10 minutes before use. This recipe will not be dairy-free or vegan if a dairy-based yogurt is used.

**Note:** Large pieces of hard ingredients like nuts, hard candies, chocolate, and chunky granolas

may clog the spinner and cause damage to the machine. Any mix-in ingredients larger than a standard chocolate chip must be crushed or chopped into smaller pieces before adding to the Dessert Bullet Chute.

**1** Sprinkle frozen banana with cinnamon or allspice.

**2** Turn on machine and add vanilla into chute. Run for 5 seconds to coat the spinner, then turn off.

**3** Add half of the frozen peaches, half of the granola, frozen banana (or frozen yogurt), then the remaining frozen peaches and granola into chute. Turn on machine and press ingredients through the chute.

**Calories: 150 (using banana)**

## ROCKY ROAD

There are enough bumps and lumps on the road of life as it is; we don't need to add more to our waistlines. Try this delicious lightened-up version next time a Rocky Road craving hits, and keep your diet cruising down easy street.

2 tsp chopped walnuts

1 small frozen banana

1 tsp raw cacao powder

2 tsp mini marshmallows, divided

2 tsp vegan chocolate chips

Small drop (about ¼ tsp) of gluten-free vanilla extract

**Note:** Large pieces of hard ingredients like nuts, hard candies, chocolate, and chunky granolas may clog the spinner and cause damage to the machine. Any mix-in ingredients larger than a standard chocolate chip must be crushed or chopped into smaller pieces before adding to the Dessert Bullet Chute

**1** Turn on machine and add vanilla into chute. Run for 5 seconds to coat the spinner, then turn off.

**2** Break banana in half and coat both halves in cacao powder. Layer banana halves alternating with chocolate chips and first teaspoon of marshmallows into the chute.

**3** Turn on machine and press ingredients through the dispenser into a serving dish.

**4** Top with walnuts and the second teaspoon of marshmallows.

**Calories: 200**

## MANGO CINNAGRAM CRUNCH

The cozy taste combination of cinnamon and graham cracker makes a great match for warm, creamy mango.

1 cup frozen mango chunks

1 tsp ground cinnamon

1 sheet graham cracker, broken into bite-sized pieces

### Optional:

\*May sub 4oz frozen vanilla yogurt in place of banana - take yogurt out of the freezer an additional 10 minutes before use. This recipe will not be dairy-free or vegan if a dairy-based yogurt is used.

**Note:** Large pieces of hard ingredients like nuts, hard candies, chocolate, and chunky granolas may clog the spinner and cause damage to the machine. Any mix-in ingredients larger than a standard chocolate chip must be crushed or chopped into smaller pieces before adding to the Dessert Bullet Chute.

- 1 Add all ingredients to a small mixing bowl and toss to evenly coat frozen mango with cinnamon and graham cracker pieces.
- 2 Add the coated mango to the Dessert Bullet chute along with any remaining loose cinnamon and graham cracker pieces.
- 3 Turn on the Dessert Bullet and press ingredients through the dispenser into a serving bowl.

**Calories: 120**

## COCONUT COLADA

If you like pina coladas, you'll love this creamy, coconutty, pineapple mixture! Plus, unlike the classic poolside cocktail containing four times as many calories, this Dessert Bullet flavor won't have you running to cover up that swimsuit!

3 oz frozen vanilla coconut milk yogurt

½ cup frozen Pineapple chunks

1 Tbsp unsweetened coconut flakes

- 1 Transfer coconut milk yogurt into an ice cube tray and cover with a freezer-safe container or plastic bag.
- 2 Freeze yogurt cubes for at least 4 hours, until solid. Remove from the freezer to thaw for 10 minutes before adding to the Dessert Bullet.
- 3 Add yogurt cubes, pineapple, and coconut flakes to a mixing bowl and stir to combine ingredients, coating the fruit and yogurt cubes with coconut flakes.
- 4 Add to the Dessert Bullet chute, making sure to alternate yogurt and pineapple pieces. Add any remaining coconut from the mixing bowl to the chute. Turn power on and push ingredients through the dispenser into a serving dish.

**Calories: 130**

**Diabetic Exchange: 1.5 carbohydrates, 0.5 Fat**

## SUNDAE CONE

Does lightening up your diet make you nostalgic for more decadent days of yore? Try this wholesome recreation of an ice cream truck classic next time a craving—or a chime-box version of “The Entertainer”—hits your brain.

- ½ frozen banana
- 2 tsp cacao nibs
- 2 Tbsp Chocolate Shell sauce (pg 29)
- 2 chopped peanuts
- 1 small sugar cone

### Alternative Options:

For a more indulgent treat, mix peanuts into our Chocolate Shell recipe, and pour over scoop before placing it on the sugar cone.

For an under-200 calorie version of this treat, skip the Chocolate Shell coating and roll your banana-cacao scoop into the peanuts.

**Note:** Large pieces of hard ingredients like nuts, hard candies, chocolate, and chunky granolas may clog the spinner and cause damage to the machine. Any mix-in ingredients larger than a standard chocolate chip must be crushed or chopped into smaller pieces before adding to the Dessert Bullet Chute.

- 1 Add banana half and cacao nibs into the Dessert Bullet chute. Press ingredients through the dispenser and into a freezer-safe bowl or container. Set in the freezer for 5 minutes to harden.
- 2 While the banana/cacao flavor sets, prepare the chocolate shell according to ingredients on page 29.

- 3 Remove banana/cacao flavor from the freezer, and form into a round scoop. Place on a plate or shallow dish and set aside. Remove two tablespoons of the Chocolate Shell mixture and stir with 2 tsp chopped peanuts in a small bowl. Pour the peanut-filled chocolate shell over the banana/cacao scoop, coating as evenly as possible.
- 4 Mount the chocolate and peanut-coated scoop on top of a sugar cone and enjoy!

**Calories: 300**



## MONEY BACK GUARANTEE

Because we have so much faith that you are going to absolutely love your Dessert Bullet, Homeland Housewares offers a 30-day Money Back Guarantee. If you are not completely satisfied within the first 30 days of ownership, simply call our customer service department

at 1-855-3-MB-DESSERT (1-855-362-3377) or contact us via email from our website at [www.DessertBullet.com](http://www.DessertBullet.com). Simply click the Customer Service link and fill out and submit the customer contact form for information about how to get your Dessert Bullet repaired or replaced.

## DESSERT BULLET ONE-YEAR LIMITED WARRANTY

At Homeland Housewares, we take pride in our products. We go out of our way to make products of superior quality and craftsmanship, products designed to meet or exceed the demands placed on them through everyday use. Because of this commitment to quality, we warrant the Dessert Bullet to be free of defects for one full year. Here's the deal: If your Dessert Bullet stops operating to your satisfaction due to defects in materials or workmanship, we'll gladly repair it or replace it for free (excluding shipping and handling charges). For warranty service, simply call our customer service department at 1-855-3-MB-DESSERT (1-855-362-3377) or contact us via e-mail from our website at [www.DessertBullet.com](http://www.DessertBullet.com), simply click the Customer Service link, fill out and submit the customer contact form and we will be glad to help you. At Homeland Housewares, your complete satisfaction is our daily goal (hey, we know what it's like to be the customer!).

Homeland Housewares warrants that the Dessert Bullet is free of defects in materials and workmanship for one year from the date of purchase. This warranty is valid only in

accordance with the conditions set forth:

1. Normal wear and tear are not covered by this warranty. This warranty applies to consumer use only, and is void when the product is used in a commercial or institutional setting.
2. This warranty extends only to the original consumer purchaser and is not transferable. In addition, proof of purchase must be demonstrated. This warranty is void if the product has been subject to accident, misuse, abuse, improper maintenance or repair, or unauthorized modification.
3. This limited warranty is the only written or express warranty given by Homeland Housewares. Any implied warranties on the product (including but not limited to any implied warranties of merchantability or fitness for a particular purpose) are limited in duration to the duration of this warranty. Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you.
4. Repair or replacement of the product (or, if repair or replacement is not feasible, a refund of the purchase price) is the exclusive remedy of the consumer under this warranty. Homeland Housewares shall not be liable for any incidental or consequential damages for breach of this warranty or any implied warranty on this product. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.
5. This warranty gives you specific legal rights, and you may also have other rights, which vary from state to state.



Dessert Bullet, LLC



# DESSERT BULLET™

USER GUIDE & RECIPES BOOK



## ALL THE FLAVOR... WITHOUT ALL THE FAT, SUGAR, & CALORIES

The Dessert Bullet turns simple frozen fruits into delicious frosty treats without the extra sugar, fat, chemicals, or calories of traditional frozen desserts! By using fresh fruits as your main ingredient, Dessert Bullet desserts taste just like your favorite ice cream but are not only not bad for you, they are actually good for you.

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Enjoy your favorite ice creams, sorbets, icebox pies, and more using nutritious, all-natural, vitamin-rich ingredients — you'll be amazed by how decadent they taste! And what's more, the Dessert Bullet churns out all of its frozen concoctions in 10 Seconds or Less! That's right; you can make fantastic, desserts that are full of nutrition in less time than it takes to thaw a pint of ice cream!

## DESSERTS EVERYONE CAN ENJOY!