

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

# NINJA®

## Professional Blender & Nutri Ninja® Cups

Getting Started:  
Assembly, Tips, and Recipes



# WELCOME TO THE NINJA® FAMILY!

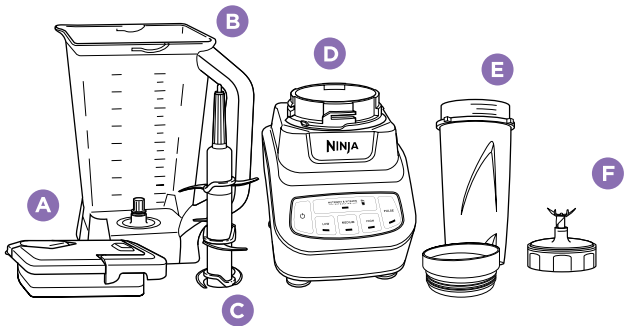
This guide will help you create delicious drinks, dips, desserts, and more.

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## Getting Started



- A Pitcher Lid with Locking Handle**
- B XL 72 oz. Pitcher**
- C Stacked Blade Assembly**
- D 1100-Watt Motor Base**
- E Nutri Ninja® Cups with To-Go Lids**
- F Nutri Ninja Blade Assembly**

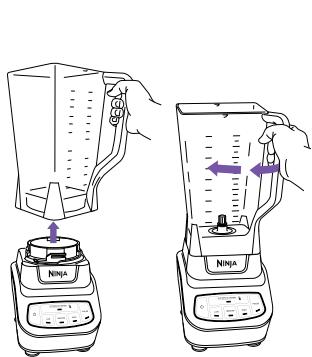
## Cleaning Instructions

**Hand-washing:** Wash containers, lids, and blade assemblies in warm, soapy water. When washing the blade assemblies, use a dishwashing utensil with a handle to avoid direct hand contact with blades. Handle the blade assemblies with care to avoid contact with sharp edges. Rinse and air-dry thoroughly.

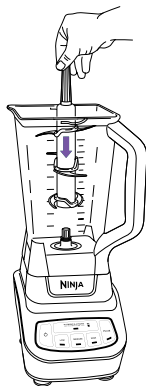
**Dishwasher:** Containers, lids, and blade assemblies are all top-rack dishwasher safe. Ensure the blade assemblies are removed from their containers before placing in the dishwasher.

**⚠ WARNING:** Handle the blade assemblies with care when washing, as the blades are sharp. Contact with the blades' edges can result in laceration.

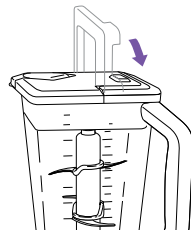
## Quick Assembly for Pitcher



- 1.**  
Place pitcher on base and turn clockwise to lock in place.



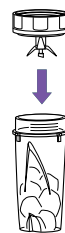
- 2.**  
Holding the stacked blade assembly by the top of the shaft, insert it into the pitcher.



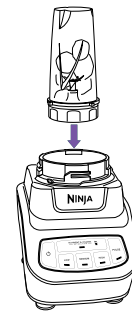
- 3.**  
Align arrows on lid and handle, then lower handle to lock in place.

**! WARNING:** Stacked Blade Assembly is sharp and not locked in place. Make sure lid is locked onto the pitcher before pouring. If pouring without lid, carefully remove Stacked Blade Assembly first. Failure to do so will result in a risk of laceration. Refer to the Ninja® Owner's Guide for additional information.

## Quick Assembly for Nutri Ninja® Cups



- 1.**  
Screw on the blade assembly clockwise until you have a tight seal.



- 2.**  
Turn cup upside down and lower it onto the base.



- 3.**  
Turn cup clockwise to lock in place.



- 4.**  
Remove blade assembly after completion of blending.

**! CAUTION:** Remove the Nutri Ninja Blade Assembly from the Nutri Ninja Cup upon completion of blending. Do not store ingredients before or after blending them in the cup with the blade assembly attached. Some foods may contain active ingredients or release gases that will expand if left in a sealed container, resulting in excessive pressure buildup that can pose a risk of injury. For ingredient storage in the cup, use only Spout Lid to cover.

**! WARNING:** Handle the Nutri Ninja Blade Assembly with care, as the blades are sharp.

4 SERVINGS



## STRAWBERRY BANANA SMOOTHIE

4 small ripe bananas, cut in half  
2 cups low-fat milk  
¼ agave nectar  
4 cups frozen strawberries

1. Place all ingredients into the 72 oz. pitcher in the order listed.
2. Turn unit ON, PULSE 3 times, then blend on HIGH until smooth, about 45 seconds.

4 SERVINGS



## ISLAND SUNRISE SMOOTHIE

2 cups coconut water  
1 cup pineapple, cut in 1-inch chunks  
1 cup frozen mango, cut in 1-inch chunks  
1 small ripe banana  
1 cup frozen strawberries

1. Place all of the ingredients into the 72 oz. pitcher in the order listed.
2. Turn unit ON, PULSE 3 times, then blend on HIGH until smooth, about 45 seconds.





1 SERVING

## LEAN GREEN NINJA



- ¼ cup ice
- ¼ cup spinach, packed
- ¼ cup kale leaves, packed
- ¼ cup fresh pineapple, cut in 1-inch chunks
- ¼ cup fresh mango, cut in 1-inch chunks
- ½ small ripe banana
- ¼ cup water

1. Place all ingredients into the 16 oz. Nutri Ninja® Cup in the order listed.
2. Turn unit ON, PULSE 3 times, then select NUTRIENT & VITAMIN EXTRACTION.
3. Remove blades from cup after blending.

1 SERVING

## POWER BALL



- 1 cup frozen blueberries
- 1 teaspoon unsweetened cocoa powder
- ½ small ripe banana
- 1 cup unsweetened coconut milk

1. Place all ingredients into the 16 oz. Nutri Ninja® Cup in the order listed.
2. Turn unit ON, PULSE 3 times, then select NUTRIENT & VITAMIN EXTRACTION.
3. Remove blades from cup after blending.





1 SERVING

## STRAWBERRY MELON BLAST



- ¼ cup ice**
- ¼ medium cucumber, peeled, cut in half**
- 4 strawberries, hulled**
- ¾ cup cantaloupe, cut in 1-inch chunks**

1. Place all ingredients into the 16 oz. Nutri Ninja® Cup in the order listed.
2. Turn unit ON, PULSE 3 times, then select NUTRIENT & VITAMIN EXTRACTION.
3. Remove blades from cup after blending.

1 SERVING

## COOL HONEYDEW CUCUMBER



- ¼ cup ice**
- ¼ medium cucumber, peeled, cut in half**
- ½ cup honeydew melon, cut in 1-inch chunks**
- ½ cup fresh pineapple, cut in 1-inch chunks**
- ¼ cup water**

1. Place all ingredients into the 16 oz. Nutri Ninja® Cup in the order listed.
2. Turn unit ON, PULSE 3 times, then select NUTRIENT & VITAMIN EXTRACTION.
3. Remove blades from cup after blending.







1 SERVING

## BERRIES GALORE



- ¼ cup ice**
- ½ cup frozen blueberries**
- 5 strawberries, hulled, cut in half**
- 1 orange, peeled, cut in quarters, seeds removed**
- ¼ cup coconut water**

1. Place all ingredients into the 16 oz. Nutri Ninja® Cup in the order listed.
2. Turn unit ON, PULSE 3 times, then select NUTRIENT & VITAMIN EXTRACTION.
3. Remove blades from cup after blending.

1 SERVING

## CHERRY LIME RICKEYADE



- 1 tablespoon lime juice**
- 1 cup coconut water**
- ½ cup frozen cherries**

1. Place all ingredients into the 16 oz. Nutri Ninja® Cup in the order listed.
2. Turn unit ON, PULSE 3 times, then select NUTRIENT & VITAMIN EXTRACTION.
3. Remove blades from cup after blending.
4. Pour mixture through a fine mesh strainer to extract the flavored water.





1 SERVING

## BLUEBERRY CHILL



- ¼ cup ice
- 1 teaspoon red cabbage, chopped
- ½ celery stalk, cut in half
- ½ granny smith apple, unpeeled, uncored, cut in half
- ½ cup blueberries
- ¼ cup watermelon, cut in 1-inch chunks

1. Place all ingredients into the 16 oz. Nutri Ninja® Cup in the order listed.
2. Turn unit ON, PULSE 3 times, then select NUTRIENT & VITAMIN EXTRACTION.
3. Remove blades from cup after blending.

1 SERVING

## SPICY PINEAPPLE KICK



- ¼ cup ice
- ¼ small jalapeno pepper, seeds removed
- ¼-inch piece fresh ginger, peeled
- ½ lime, peeled, cut in half, seeds removed
- 1 cup fresh pineapple, cut in 1-inch chunks
- ¼ cup orange juice

1. Place all ingredients into the 16 oz. Nutri Ninja® Cup in the order listed.
2. Turn unit ON, PULSE 3 times, then select NUTRIENT & VITAMIN EXTRACTION.
3. Remove blades from cup after blending.







4 SERVINGS

## CLASSIC MARGARITA



- $\frac{3}{4}$  cup tequila**
- $\frac{1}{4}$  cup triple sec**
- $\frac{2}{3}$  cup fresh lime juice**
- $\frac{2}{3}$  cup water**
- $\frac{3}{4}$  cup frozen limeade**

1. Place all ingredients into the 72 oz. pitcher in the order listed.
2. Turn unit ON, PULSE 3 times, then blend on HIGH until smooth, about 45 seconds.

4 SERVINGS

## CURRY BLOODY MARY



- |  |  |
|--|--|
| <b>2 small stalks celery, cut in cut in 1-inch chunks, plus extra stalks for garnish</b> | <b>2 teaspoons green curry paste</b>   |
| <b>1 lemon, peeled, cut in half, seeds removed</b>                                       | <b>1 teaspoon tamarind concentrate</b> |
| <b>4 small vine-ripened tomatoes, cut in quarters</b>                                    | <b>4 dashes hot sauce</b>              |
| <b>1 cup carrot juice</b>  | <b>Small pinch celery seed</b>         |
|  | <b>4 ounces vodka</b>                  |
|  | <b>4 cups ice</b>                      |

1. Place all ingredients, except ice, into the 72 oz. pitcher in the order listed.
2. Turn unit ON, PULSE 3 times, then blend on HIGH until smooth, about 45 seconds.
3. Serve over ice and garnish with celery stalks.





1 SERVING

## MOCHA BANANA SHAKE



- 1 frozen ripe banana
- ¼ cup brewed coffee, chilled
- 1 ½ tablespoons creamy almond butter
- 1 teaspoon unsweetened cocoa powder
- ½ teaspoon agave nectar
- ½ cup almond milk

1. Place all ingredients into the 16 oz. Nutri Ninja® Cup in the order listed.
2. Turn unit ON, PULSE 3 times, then select NUTRIENT & VITAMIN EXTRACTION.
3. Remove blades from cup after blending.

**DO NOT BLEND HOT INGREDIENTS.**

8 SERVINGS

## SPINACH FETA STRATA



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



1. Coat a round 9-inch pan with cooking spray and place torn bread in pan. Set aside.
2. Add remaining ingredients to the 72 oz. pitcher.
3. Turn unit ON, then PULSE 5 times. Pour egg mixture over bread and chill in the refrigerator for 4 hours to allow egg mixture to soak into the bread.
4. Preheat oven to 350°F. Place pan in oven and bake for 25 minutes.



1 SERVING

## TOP O' THE MORNIN'



- ½ cup ice
- 1 small ripe banana, cut in quarters
- ½ teaspoon ground cinnamon
- 1 scoop whey protein powder
- 1 cup unsweetened vanilla almond milk
- 1 orange, peeled, cut in quarters

1. Place all ingredients into the 16 oz. Nutri Ninja® Cup in the order listed.
2. Turn unit ON, PULSE 3 times, then select NUTRIENT & VITAMIN EXTRACTION.
3. Remove blades from cup after blending.

2 SERVINGS

## TOMATO BASIL SCRAMBLE



- 4 large eggs
- ¼ cup vine-ripened tomato, deseeded
- ¼ cup mozzarella cheese
- 1 teaspoon loosely packed fresh basil
- ⅛ teaspoon kosher salt
- ⅛ teaspoon black pepper
- 2 teaspoons unsalted butter

1. Place all ingredients except butter into the 16 oz. Nutri Ninja® Cup in the order listed.
2. Turn unit ON, then PULSE 2–3 times until finely chopped.
3. Remove blades from cup after blending.
4. Heat butter in a nonstick pan over medium-high heat. Add egg mixture and cook, stirring frequently, until fluffy and cooked through.





4 CUPS

# BEST BLENDER SALSA



- 2 (10 ounce) cans whole peeled tomatoes
- 1 small white onion, peeled, cut in quarters
- 1 jalapeno pepper, cut in half, seeds removed
- 1 canned chipotle pepper, in adobo sauce
- 2 tablespoons adobo sauce
- 1 bunch cilantro, stems removed
- 1 lime, peeled, cut in quarters, seeds removed
- Salt and pepper, to taste

1. Place all ingredients into the 72 oz. pitcher in the order listed.
2. Turn unit ON, then PULSE until desired consistency is achieved. Cover and refrigerate at least 1 hour before serving.

6 SERVINGS

# ROASTED GARLIC AND ROMA TOMATO SOUP



- 1 can whole peeled tomatoes
- 4 cloves garlic, peeled
- 3 tablespoons tomato paste
- ¾ cup silken tofu
- 3 tablespoons extra virgin olive oil
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- 1 cup vegetable broth
- 1 tablespoon fresh basil leaves

**DO NOT BLEND HOT INGREDIENTS.**



1. Place all ingredients into the 72 oz. pitcher in the order listed.
2. Turn unit ON, then blend on MEDIUM until smooth, about 45 seconds.
3. Transfer contents to a large saucepan and simmer over medium-low heat for about 15 minutes or until heated through.

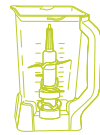




1. Add cubed turkey to the 72 oz. Pitcher. Turn unit ON, then PULSE until turkey is finely chopped, about 5–7 times. Do not overprocess.
2. Transfer ground turkey to a bowl and add remaining ingredients, except marinara sauce, mixing to combine. Form mixture into 15 mini meatballs.
3. Lightly coat a large skillet with cooking spray. Saute meatballs over medium-high heat until browned on all sides, about 5 minutes. Add marinara sauce and simmer until sauce is thickened and meatballs are cooked through, about 15–20 minutes.

15 MEATBALLS

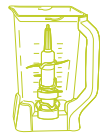
# TURKEY MEATBALLS



- 1 pound dark turkey meat, cut in 1-inch cubes, well chilled
- ½ onion, peeled, chopped
- 4 garlic cloves, peeled, minced
- 1 teaspoon Italian parsley leaves, chopped
- ½ cup Parmesan cheese, grated
- ¼ cup bread crumbs
- 2 tablespoons tomato paste
- 2 eggs, beaten
- Salt and pepper, to taste
- 4 cups marinara sauce

4 CUPS

# SPINACH AND ARTICHOKE DIP



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

**DO NOT BLEND HOT INGREDIENTS.**



1. Preheat oven to 350°F. Place mayonnaise, sour cream, cream cheese, lemon juice, mozzarella, parmesan, and garlic into the 72 oz. pitcher.
2. Turn unit ON, then blend on MEDIUM until ingredients are thoroughly combined, about 30 seconds.
3. Add artichoke hearts and spinach, then PULSE 5 times, until incorporated.
4. Spoon dip into a heat-resistant serving dish and bake for 20 minutes. Serve warm with sliced French bread.





4 CUPS

## MUHAMMARA DIP



- |  |                                   |
|--|-----------------------------------|
| ½ cup pita, torn in pieces                             | 2 tablespoons ground sumac        |
| 1 (14 ounces) jar roasted red peppers, liquid reserved | 2 tablespoons harissa paste       |
| 2 cups walnuts, toasted                                | 1 tablespoon pomegranate molasses |
| ¼ cup lemon juice                                      | 2 teaspoons ground cumin          |
| ¼ cup tomato paste                                     | ¼ cup olive oil                   |
| 2 tablespoons Aleppo pepper                            | Kosher salt and pepper, to taste  |

1. Soak pita in 1 cup roasted red pepper liquid until soft, 2-3 minutes.
2. Place all ingredients, including pita, into the 72 oz. pitcher in the order listed.
3. Turn unit ON, blend on LOW for 15 seconds, then blend on HIGH until smooth, about 30 seconds.

1 ¾ CUPS

## PASSION FRUIT MUSTARD DRESSING




- |   |
|---|
| ½ cup frozen passion fruit pulp, thawed |
| 2 tablespoons Dijon mustard             |
| ¼ cup rice wine vinegar                 |
| 3 tablespoons honey                     |
| 2 tablespoons fresh thyme               |
| ½ teaspoon kosher salt                  |
| 3 tablespoons olive oil                 |
| ¾ cup fat-free sour cream               |

1. Place all ingredients into the 16 oz. Nutri Ninja® Cup in the order listed.
2. Turn unit ON, then select NUTRIENT & VITAMIN EXTRACTION.
3. Remove blades from cup after blending.




Dips, Sauces & Entrees



6 SERVINGS

# BROCCOLI CHEDDAR SOUP



3 tablespoons butter

½ small yellow onion, peeled, chopped

1 medium carrot, peeled, chopped

3 cups broccoli florets

2 tablespoons flour

3 cups chicken broth

1 cup whole milk

6 ounces cheddar cheese, shredded

Salt and pepper, to taste


1. Melt butter in a heavy-bottom saucepan. Add the onion and carrot and cook until tender, about 5 minutes. Whisk in flour and cook 5 more minutes. Add broth and continue stirring as mixture thickens. Add broccoli and simmer on medium until tender, 20–25 minutes, stirring occasionally. Cool to room temperature.

2. Place cooled soup into the 72 oz. Pitcher. Turn unit ON, then blend on HIGH until smooth.

3. Transfer soup back to the saucepan. Add milk, cheese, and seasonings, then simmer until heated through.


DO NOT BLEND HOT INGREDIENTS.

Desserts



1 SERVING

# MANGO CREAMSICLE



1 ½ cups frozen mango

¼ cup coconut water

2 teaspoons honey

¼ cup nonfat yogurt

1. Place all ingredients into the 16 oz. Nutri Ninja® Cup in the order listed.

2. Turn unit ON, PULSE 3 times, then select NUTRIENT & VITAMIN EXTRACTION.

3. Remove blades from cup after blending.

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ninjakitchen.com

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