

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



QUICK START GUIDE

+ 20 DELICIOUS RECIPES

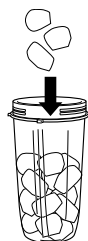
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NINJA®

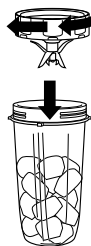
NUTRI-BLENDER PRO

QUICK ASSEMBLY

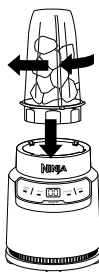
ASSEMBLY



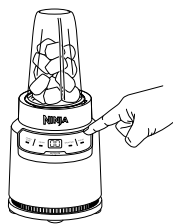
1.
Add ingredients to the Single-Serve Cup. **DO NOT** add ingredients past the **MAX LIQUID** line.



2.
Place the Pro Extractor Blades Assembly on the top of the cup and turn clockwise to seal.



3.
Turn the cup upside down and install on the motor base by aligning the tabs on the cup with the slots on the base. Then, rotate cup clockwise until it clicks. Once locked in place, the programs will illuminate and the unit will be ready for use.



4.
If using an Auto-iQ® program, select the program that best suits your desired output. The preset feature will automatically stop at the end of the program. To stop the unit at any time, press the currently active program again.

NINJA® NUTRI-BLENDER PRO

AUTO-iQ® PROGRAMS

Intelligent preset programs that combine unique blending and pausing patterns that do the work for you. Once a preset program is selected, it will start immediately and automatically stop when blending is complete. To stop blending before the end of the program, press the currently active button again.



CRUSH: Turn ice, juices, and fruit into expertly blended frozen drinks.

SMOOTHIE: Combine your favorite fresh or frozen ingredients, liquids, and powders to create smoothies and protein shakes.

MANUAL PROGRAMS

START/STOP: Press once to start continuous running up to 60 seconds; press again to stop. Can also be pressed to stop a running Auto-iQ program.

PULSE: Offers greater control of pulsing and blending. Operates only when **PULSE** is pressed. Use short presses for short pulses and long presses for long pulses.

NOTE: Manual programs cannot be used in conjunction with any Auto-iQ programs.

LOAD IT UP

Do not go past the **MAX LIQUID** line when loading the cup.

Overfilling ingredients may harm the unit when in use. If you feel resistance when attaching the Pro Extractor Blades Assembly to the cup, remove some ingredients.

WARNING: Handle the Pro Extractor Blades Assembly with care, as the blades are sharp.

CLEANING

DISHWASHER: The containers, lids, and blade assembly are all dishwasher safe. Ensure the blade assembly is removed from the lid container before placing in the dishwasher.

HAND-WASHING: Wash containers, lids, and blade assembly in warm, soapy water. When washing the blade assembly, use a dishwashing utensil with a handle.

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

WARNING: Always unplug your blender base before cleaning.

SMOOTHIE

ORANGE BLUSH

PREP: 5 MINUTES | **CONTAINER:** 24-OUNCE SINGLE-SERVE CUP | **MAKES:** 2 (12 OUNCE) SERVINGS

INGREDIENTS

1/2 cup watermelon, cut in 1-inch pieces
3/4 cup orange juice
1 cup frozen strawberries
1/2 cup ice cubes

DIRECTIONS

1. Place all ingredients in the 24-ounce Single-Serve Cup in the order listed, then install the blade assembly.
2. Select SMOOTHIE.
3. Remove blades from cup after blending.

APPLE PIE SMOOTHIE

PREP: 5 MINUTES | **CONTAINER:** 24-OUNCE SINGLE-SERVE CUP | **MAKES:** 2 (12 OUNCE) SERVINGS

INGREDIENTS

1 Golden Delicious apple, peeled, cored, cut in quarters
1 cup unsweetened almond milk
3/4 teaspoon lemon juice
1 1/2 teaspoons brown sugar
1/4 teaspoon ground cinnamon
1/8 teaspoon ground nutmeg
1/8 teaspoon kosher salt
1 cup ice cubes

DIRECTIONS

1. Place all ingredients in the 24-ounce Single-Serve Cup in the order listed, then install the blade assembly.
2. Select SMOOTHIE.
3. Remove blades from cup after blending.

SMOOTHIE

ISLAND SUNRISE SMOOTHIE

PREP: 5 MINUTES | **CONTAINER:** 24-OUNCE SINGLE-SERVE CUP | **MAKES:** 2 (12 OUNCE) SERVINGS

INGREDIENTS

3/4 cup pineapple, cut in 1-inch pieces
1 small ripe banana, peeled, halved
1 1/4 cups coconut water
3/4 cup frozen strawberries
3/4 cup frozen mango chunks

DIRECTIONS

1. Place all ingredients in the 24-ounce Single-Serve Cup in the order listed, then install the blade assembly.
2. Select SMOOTHIE.
3. Remove blades from cup after blending.

TROPICAL CHILL

PREP: 5 MINUTES | **CONTAINER:** 24-OUNCE SINGLE-SERVE CUP | **MAKES:** 2 (12 OUNCE) SERVINGS

INGREDIENTS

1 small ripe banana, peeled, halved
1/2 cup pineapple, cut in 1-inch pieces
1/2 cup honeydew melon, cut in 1-inch pieces
1/4 lime, peeled
3/4 cup coconut water
1 cup ice cubes

DIRECTIONS

1. Place all ingredients in the 24-ounce Single-Serve Cup in the order listed, then install the blade assembly.
2. Select SMOOTHIE.
3. Remove blades from cup after blending.

LEAN GREEN

PREP: 5 MINUTES | **CONTAINER:** 24-OUNCE SINGLE-SERVE CUP | **MAKES:** 2 (12 OUNCE) SERVINGS

INGREDIENTS

1/2 small ripe banana, cut in 1-inch pieces
1/4 cup packed baby spinach
1/4 cup packed kale leaves
1/2 cup fresh pineapple, cut in 1-inch pieces
1/2 cup mango, cut in 1-inch pieces
1/2 cup coconut water
1 cup ice cubes

DIRECTIONS

1. Place all ingredients in the 24-ounce Single-Serve Cup in the order listed, then install the blade assembly.
2. Select SMOOTHIE.
3. Remove blades from cup after blending.

CREAMY BANANA ORANGE PROTEIN SHAKE

PREP: 5 MINUTES | **CONTAINER:** 24-OUNCE SINGLE-SERVE CUP | **MAKES:** 2 (10 OUNCE) SERVINGS

INGREDIENTS

1 small ripe banana, cut in 1-inch pieces
1 small navel orange, peeled, cut in half, pith removed
1 cup unsweetened almond milk
1/4 teaspoon ground cinnamon
1 scoop vanilla protein powder
1/2 cup frozen mango chunks
1/2 cup ice cubes

DIRECTIONS

1. Place all ingredients in the 24-ounce Single-Serve Cup in the order listed, then install the blade assembly.
2. Select SMOOTHIE.
3. Remove blades from cup after blending.

BERRY ALMOND SMOOTHIE

PREP: 5 MINUTES | **CONTAINER:** 24-OUNCE SINGLE-SERVE CUP | **MAKES:** 2 (9 OUNCE) SERVINGS

INGREDIENTS

1/2 small ripe banana, cut in 1-inch pieces
1 1/4 cups almond milk
1 tablespoon almond butter
1 1/4 cups frozen mixed berries

DIRECTIONS

1. Place all ingredients in the 24-ounce Single-Serve Cup in the order listed, then install the blade assembly.
2. Select SMOOTHIE.
3. Remove blades from cup after blending.

STRAWBERRY BANANA PROTEIN SHAKE

PREP: 5 MINUTES | **CONTAINER:** 24-OUNCE SINGLE-SERVE CUP | **MAKES:** 2 (8 OUNCE) SERVINGS

INGREDIENTS

1 small ripe banana, cut in 1-inch pieces
1/3 cup nonfat Greek yogurt
3/4 cup orange juice
1 scoop vanilla protein powder
3/4 cup frozen strawberries

DIRECTIONS

1. Place all ingredients in the 24-ounce Single-Serve Cup in the order listed, then install the blade assembly.
2. Select SMOOTHIE.
3. Remove blades from cup after blending.

SMOOTHIE

MANGO PROTEIN SHAKE

PREP: 5 MINUTES | **CONTAINER:** 24-OUNCE SINGLE-SERVE CUP | **MAKES:** 2 (12 OUNCE) SERVINGS

INGREDIENTS

1 1/4 cups 1% milk
2 scoops vanilla protein powder
2 cups frozen mango chunks

DIRECTIONS

1. Place all ingredients in the 24-ounce Single-Serve Cup in the order listed, then install the blade assembly.
2. Select SMOOTHIE.
3. Remove blades from cup after blending.

STRAWBERRY DAIQUIRI

PREP: 5 MINUTES | **CONTAINER:** 24-OUNCE SINGLE-SERVE CUP | **MAKES:** 2 (12 OUNCE) SERVINGS

INGREDIENTS

1/2 cup strawberries, hulled, plus 2 for garnish
1/4 cup lime juice
1/2 cup light rum
1 cup ice cubes

DIRECTIONS

1. Place all ingredients in the 24-ounce Single-Serve Cup in the order listed, then install the blade assembly.
2. Select CRUSH.
3. Remove blades from cup after blending.

CRUSH

FROZEN PIÑA COLADA

PREP: 5 MINUTES | **CONTAINER:** 24-OUNCE SINGLE-SERVE CUP | **MAKES:** 2 (12 OUNCE) SERVINGS

INGREDIENTS

1/2 cup light rum
3/4 coconut milk
1/2 cup frozen pineapple chunks
1 cup ice cubes

DIRECTIONS

1. Place all ingredients in the 24-ounce Single-Serve Cup in the order listed, then install the blade assembly.
2. Select CRUSH.
3. Remove blades from cup after blending.

HAWAIIAN FRAPPE

PREP: 5 MINUTES | **CONTAINER:** 24-OUNCE SINGLE-SERVE CUP | **MAKES:** 2 (10 OUNCE) SERVINGS

INGREDIENTS

1/2 small ripe banana, cut in 1-inch pieces
1 cup coconut water
1 tablespoon sweetened coconut flakes
1 cup frozen pineapple chunks
1 cup ice cubes

DIRECTIONS

1. Place all ingredients in the 24-ounce Single-Serve Cup in the order listed, then install the blade assembly.
2. Select CRUSH.
3. Remove blades from cup after blending.

CRUSH

CRUSH

CRUSH

FROZEN HOT CHOCOLATE

PREP: 5 MINUTES | **CONTAINER:** 24-OUNCE SINGLE-SERVE CUP | **MAKES:** 2 (10 OUNCE) SERVINGS

INGREDIENTS

1 cup low fat milk, divided
1/4 cup instant nonfat dry milk
2 1/2 tablespoons unsweetened cocoa powder
2 tablespoons agave nectar
Pinch kosher salt
1 1/2 cups ice cubes

DIRECTIONS

1. In a bowl, combine 1/2 cup milk with instant nonfat dry milk, cocoa powder, agave nectar, and salt. Stir with a whisk or fork until ingredients have formed a smooth slurry. Add the slurry, ice, and remaining 1/2 cup milk to the 24-ounce Single-Serve Cup, then install the blade assembly.
2. Select CRUSH.
3. Remove blades from cup after blending.

CHOCOLATE MALT

PREP: 5 MINUTES | **CONTAINER:** 24-OUNCE SINGLE-SERVE CUP | **MAKES:** 2 (12 OUNCE) SERVINGS

INGREDIENTS

1 1/2 cups milk of choice
1 tablespoon chocolate syrup
2 tablespoons malted milk powder
2 cups chocolate ice cream
2 ice cubes

DIRECTIONS

1. Place all ingredients into the 24-ounce Single-Serve Cup in the order listed, then install the blade assembly.
2. Select CRUSH.
3. Remove blades from cup after blending.

CRUSH

FROZEN JOE

PREP: 5 MINUTES | **CONTAINER:** 24-OUNCE SINGLE-SERVE CUP | **MAKES:** 2 (12 OUNCE) SERVINGS

INGREDIENTS

1/2 cup iced coffee
1 tablespoon chocolate sauce
1 tablespoon caramel sauce
1/2 cup low fat dark chocolate frozen yogurt
5 ice cubes
2 tablespoons whipped cream

DIRECTIONS

1. Place all ingredients into the 24-ounce Single-Serve Cup in the order listed, then install the blade assembly.
2. Select CRUSH.
3. Remove blades from cup after blending.

FROZEN WHITE SANGRIA

PREP: 5 MINUTES | **CONTAINER:** 24-OUNCE SINGLE-SERVE CUP | **MAKES:** 2 (12 OUNCE) SERVINGS

INGREDIENTS

3 fresh mint leaves
1 cup white wine
1/4 cup brandy
1/4 cup triple sec
1 frozen orange, peeled
1 cup frozen pineapple chunks
1/2 cup ice cubes

DIRECTIONS

1. Place all ingredients into the 24-ounce Single-Serve Cup in the order listed, then install the blade assembly.
2. Select CRUSH.
3. Remove blades from cup after blending.

CRUSH

CRUSH

LEM-OSA

PREP: 5 MINUTES | **CONTAINER:** 24-OUNCE SINGLE-SERVE CUP | **MAKES:** 2 (12 OUNCE) SERVINGS

INGREDIENTS

3 fresh mint leaves
2 lemons, peeled, cut in half, seeded
1 cup dry white wine
1 tablespoon agave nectar
1 1/2 cups ice cubes

DIRECTIONS

1. Place all ingredients into the 24-ounce Single-Serve Cup in the order listed, then install the blade assembly.
2. Select CRUSH.
3. Remove blades from cup after blending.

AVOCADO CAESAR DRESSING

PREP: 5 MINUTES | **CONTAINER:** 24-OUNCE SINGLE-SERVE CUP | **MAKES:** 2 CUPS

INGREDIENTS

1 ripe avocado, pitted, cut in half
3 cloves garlic
1-inch chunk (1 1/2 ounces) Parmesan cheese
2 oil-cured anchovy filets
1/2 teaspoon ground black pepper
2 tablespoons fresh lemon juice
2 tablespoons apple cider vinegar
1 cup cold water
1/8 teaspoon kosher salt

DIRECTIONS

1. Place all ingredients into the 24-ounce Single-Serve Cup in the order listed, then install the blade assembly.
2. Select START/STOP, and blend for 30 seconds, or until desired consistency is achieved.
3. Remove blades from cup after blending.

PINEAPPLE MANGO MOJITO

PREP: 5 MINUTES | **CONTAINER:** 24-OUNCE SINGLE-SERVE CUP | **MAKES:** 2 (10 OUNCE) SERVINGS

INGREDIENTS

6 fresh mint leaves
1 cup sparkling water
1 lime, juiced
1/3 cup rum
1 tablespoon granulated sugar
1/2 cup frozen pineapple chunks
1/2 cup frozen mango chunks
2 cups ice cubes

DIRECTIONS

1. Place all ingredients into the 24-ounce Single-Serve Cup in the order listed, then install the blade assembly.
2. Select CRUSH.
3. Remove blades from cup after blending.

CLASSIC HUMMUS

PREP: 5 MINUTES | **CONTAINER:** 24-OUNCE SINGLE-SERVE CUP | **MAKES:** 1 1/4 CUPS

INGREDIENTS

1 can (14 ounces) garbanzo beans, drained, liquid reserved
1/4 cup + 2 tablespoons garbanzo bean liquid
2 tablespoons fresh lemon juice
2 tablespoons olive oil
1 clove garlic, peeled
1 tablespoon tahini
1/2 teaspoon ground cumin
1/2 teaspoon kosher salt

DIRECTIONS

1. Place all ingredients into the 24-ounce Single-Serve Cup in the order listed, then install the blade assembly.
2. Select START/STOP, and blend for 30 seconds, or until desired consistency is achieved.
3. Remove blades from cup after blending.

NOTES

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NOTES

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