

NINJA®

Inspiration Guide



NINJA MEGA KITCHEN SYSTEM

CONGRATULATIONS

**You've just purchased the
Ninja® Mega Kitchen System**

Ninja® Mega Kitchen System is a complete system to inspire healthy living for the entire family. Ninja® Mega Kitchen System combines the function of many kitchen appliances all into one for OPTIMAL performance...

...a true asset to any kitchen.



Ninja® Mega Kitchen System

Gives you the power and convenience to live a healthy lifestyle by combining Ninja® blade technology with an extra large 72oz pitcher, 64oz processing bowl, single serve drinking cups and easy to use attachments for all your kitchen needs.

NUTRIENT/COMPLETE
JUICING

FROZEN
BLENDING

FOOD
PROCESSING

DOUGH
MIXING



NUTRIENT/COMPLETE JUICING

Unlike juicers the Ninja® Mega Kitchen System allows you to turn whole fruits and vegetables into delicious drinks leaving all the nutritious pulp. Combine your favorite whole fruits, vegetables, and a few ice cubes and the Ninja® blade technology will do the rest!

*Tips & Tricks

Pulp is the healthiest part of any juice-providing you with the most nutrition.

If you prefer less pulp, use more water based fruits and vegetables like melon and cucumber. The longer you blend, the smoother it gets. If you must, use a strainer.

If you prefer a more liquid type juice, add some water.

what you need:



72 OZ. PITCHER



6 BLADE



BASE



SINGLE SERVE



FROZEN BLENDING

A complete kitchen system to inspire and simplify healthy living for active lifestyles. Whether you desire a delicious fruit smoothie, protein shake, frappe, slushie or even resort style frozen cocktail... we've got you covered!

*Tips & Tricks

For best results, quickly pulse 3-4 times to help break up the ice.
The harder the ingredients, the more pulses you'll need.

what you need:



72 OZ. PITCHER



6 BLADE



BASE



SINGLE SERVE



FOOD PROCESSING

Chop fresh ingredients evenly without any mush! Effortlessly mince, chop, grind and blend a variety of ingredients for easy meal preparation or final touches!

*Tips & Tricks

Quick pulsing is the best method to process foods.

Pulse similarly textured foods together for better consistency.

what you need:



64 OZ. BOWL



4 BLADE



BASE



SINGLE SERVE



DOUGH MIXING

Effortlessly turn dry and wet ingredients into breads and decadent desserts in seconds. The Ninja® Mega Kitchen System has the power to create rustic pizza doughs, delicious cookie dough, and even delicate crepe batter.

*Tips & Tricks

For best results when mixing, place liquids in first, then dry ingredients.

Use the motor base lock for extra support when mixing dough.

what you need:



64 OZ. BOWL



DOUGH BLADE



BASE



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Creative and delicious recipes created to use with your Ninja® Mega Kitchen System!

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APPLE & PINEAPPLE JUICE BLEND

4 apples, peeled and cored
½ cup fresh pineapple cut in chunks
½ tsp ground cinnamon
4 cups apple juice

healthy tip

Home juicing apples keeps all the valuable nutrients vitamins, phytochemicals & live enzymes

15 minutes • makes 4 servings



Place apples and pineapple in a microwave safe bowl, add 2 tbsp. of water. Cover and cook on High for 6 minutes or until very tender. Spoon the mixture into the Pitcher and add the cinnamon and ice cubes. Blend on 2 until smooth. For a smoother blend, add apple juice to reduce the pulp.

PINEAPPLE BANANA SWIRL

2 cups fresh pineapple
1 banana peeled
2 cups pineapple juice
ice cubes

5 minutes • makes 4 servings



Place all ingredients in the pitcher,
blend on 3 until smooth.

Tip: Add ice cubes before blending for
a smoother texture and to serve cold.

Pineapple
contains
powerful digestive
enzymes

healthy
tip



MELON COOLER

1 ½ cups cantaloupe
1 ½ cups honeydew
¾ cup pineapple
½ cup spinach
5 ice cubes

healthy tip

Melons are a high water volume food that has been shown to help with weight loss

5 minutes • makes 4 servings



Place all ingredients in the pitcher, blend on 3 until smooth.

PINEAPPLE GINGER MINT

2 ½ cups pineapple
2 thin slices fresh ginger
5-6 mint leaves
5-6 ice cubes

10 minutes • makes 4 servings

72oz

Place all ingredients in the pitcher,
blend on 3 until smooth.

healthy tip
Pineapple,
ginger & mint
are powerful
digestive agents





EMERALD GREEN ELIXIR

½ cup white grape juice
½ small banana
½ cup baby spinach leaves
1 kiwi, peeled
2 tsp honey
ice cubes

healthy tip

Kiwis have
twice the
vitamin C of
oranges

5 minutes • makes 1 serving

16
OZ

Place all ingredients in the single serve cup. Pulse the single serve button until smooth.

LEAN & GREEN

- 1 cup baby spinach
- 1 banana, peeled
- 2 whole kiwis, peeled
- 1½ cups pineapple chunks
- 5 ice cubes

healthy tip

Ounce for ounce, kiwi is the most nutrient dense when compared to 27 other fruits

5 minutes • makes 2 servings



Place all ingredients in the pitcher, blend on 3 until smooth.

CANTALOUPE BREEZE

healthy tip

Watermelon is
92% water.
Water based
foods have been
shown to help
you eat less

½ cup cantaloupe
¾ cup watermelon seedless
2-3 mint leaves
Ice cubes

2 minutes • makes 1 serving

16
OZ

Place all ingredients in the single
serve cup. Pulse the Single Serve
button until smooth.

RASPBERRY & MINT LEMONADE

8 oz club soda
½ cup lemonade
½ cup fresh raspberries
2 tbsp powdered sugar
4 mint leaves
Ice cubes

5 minutes • makes 4 servings

72oz

Place all ingredients in pitcher except the ice cubes, blend on 2 until smooth. Fill 4 cocktail glasses with ice, pour and serve.

healthy tip
Raspberries
have 8 grams of
fiber in 1 cup

healthy tip

Bananas
are high in
potassium
and fiber

BERRY BANANA TWIST

1 cup fresh/frozen strawberries
1 cup fresh/frozen blackberries
1 banana peeled
½ cup vanilla yogurt
1 cup orange juice
Ice cubes

5 minutes • makes 2 servings

72oz

Place all ingredients in pitcher,
pulse ingredients 4-5 times then
blend until smooth on 3.

BLACKBERRY BURST

1 cup frozen blackberries
1 cup frozen blueberries
½ cup strawberries
½ cup yogurt
1 cup orange juice

healthy tip

Blackberries have high antioxidant power. They are a good source of vitamin A, potassium and calcium

5 minutes • makes 2 servings

72oz

Place all ingredients in the pitcher, blend on 3 until smooth.

CRANBERRY COSMO FREEZE

½ cup fresh/frozen cranberries, washed
½ cup cranberry juice
2 oz triple sec
4 oz vodka, chilled

3 hours • makes 4 servings



In advance, place the cranberries and juice in the pitcher and pulse until smooth. Spoon the mixture into ice cube trays and freeze until ice cubes are formed. Place the cranberry juice, ice cubes and the remaining ingredients into the pitcher and pulse until smooth. Serve right away in chilled martini glasses.

healthy tip

Studies have shown that cranberries contain properties that may help prevent UTI's and bacteria adhesion to teeth and stomach lining

POMEGRANATE SMOOTHIE

1 cup yogurt
1 cup pomegranate juice
1 cup frozen blueberries
2 tbsp honey
Ice cubes

healthy tip

Pomegranate juice contains high antioxidant capacity compared to other juices

5 minutes • makes 2 servings

72oz

Place all ingredients in pitcher, pulse ingredients 4-5 times then blend until smooth on 2.

JAMAICAN SCREWDRIIVER

6 oz of vodka
4 oz light rum
2 cups orange juice
1 cup pineapple juice
4 cups ice cubes
4 orange slices for garnish

10 minutes • makes 4 servings

72oz

Place all ingredients except orange slices, into the pitcher and blend on 3 until smooth and frothy. Pour into chilled glasses and garnish with orange slices.

A tall glass filled with a thick, orange-colored smoothie. A garnish of three thin cucumber slices is perched on the rim. The background is softly blurred, showing hints of green leaves and white flowers.

healthy tip

1 cup of
grapefruit has
120% of daily
vitamin C needs

CUCUMBER BLAST

2 grapefruits, peeled and quartered
2 oranges, peeled and quartered
½ cucumber, peeled
4-6 ice cubes

10 minutes • makes 4 servings

A purple icon of a pitcher with the text "72oz" inside.

72oz

Place all ingredients in pitcher,
pulse ingredients 4-5 times then
blend until smooth on 3.

BLUEBERRY CAIPIROSKA

1 cup fresh blueberries
8 oz vodka
16 ice cubes
8 large mint leaves for garnish

5 minutes • makes 4 servings

72oz

Place all ingredients in pitcher,
blend on 3 until smooth

healthy tip

Blueberries
may help sharpen
your memory
functions



BLUEBERRY BLAST

½ cup white grape juice
½ cup low fat yogurt
½ banana
½ cup fresh blueberries
ice cubes

5 minutes • makes 1 servings

16
OZ

Place all ingredients in the single serve cup, pulse the single serve button until smooth.

healthy tip

Artichokes
are known to
be a liver
cleansing food

ARTICHOKE DIP

- 1 cup mayonnaise
- 4 oz can marinated artichokes (reserve 2 tbsp liquid)
- ½ pound low fat mozzarella cheese, cut into large pieces
- ½ cup parmesan cheese, cut into pieces or grated
- 2 green onions, sliced
- 1 round sourdough bread, cut into 2 inch pieces



30 minutes

64oz

Preheat oven to 350°F. Place the mayonnaise, artichokes with 2 Tbsp. of liquid, mozzarella cheese and parmesan in the bowl, blend on 2 for 20 seconds or until uniformly smooth. Spoon the dip into a heat-proof serving dish and bake for 20 minutes.

FRESH ZUCCHINI SPEARS WITH CREAMY DILL DIP



healthy tip

Zucchini contains riboflavin, which is needed for helping carbohydrates convert to energy

- 1 ½ cup low fat sour cream
- 1 tbsp fresh dill
- 1 tsp salt
- ¼ tsp pepper
- 1 tbsp milk
- 3 medium zucchini, quartered horizontally

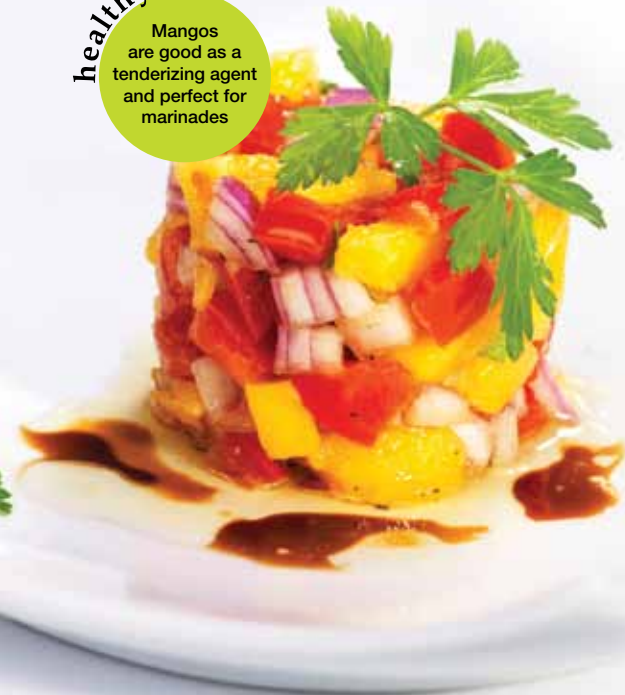
10 minutes



Place all ingredients, except zucchini, in the bowl, pulse 3-4 times. Add teaspoons of milk as needed to reach your desired consistency. Remove the dip and place in a small serving bowl. Offer zucchini spears with the fresh dill dip.

healthy tip

Mangos
are good as a
tenderizing agent
and perfect for
marinades



SPICY MANGO SALSA

- 1 ripe mango, peeled
(frozen chunk mango thawed)
- ¼ red onion, peeled
- ½ ripe tomato, quartered
- 1 jalapeño pepper, halved and seeded
- ¼ green pepper
- ¼ cup cilantro
- 1 lime, juiced

10 minutes



Place all ingredients in the bowl,
pulse 3-4 times for roughly chopped salsa.

WATERMELON GRANITA

6 cups watermelon
(peeled and seeded roughly cut)
1 tbsp lime juice
½ cup sugar

10 minutes • makes 4 servings



Place the watermelon in chunks in the pitcher, blend on 2 for 1 minute. Strain the watermelon and pour back into the pitcher. Add lime juice and sugar and blend on 2 until ingredients are combined. Pour into a bowl or ice cube trays, freeze 3-4 hours until almost solid.

healthy tip

Watermelon
is a great source
of vitamin A and
carotenoids

SPINACH SALAD WITH CHAMPAGNE HONEY VINAIGRETTE



6 cups baby spinach leaves
8 cremini mushrooms, sliced and sautéed
¼ small red onion, peeled, roughly cut
2 tbsp. champagne vinegar
2 tbsp. extra virgin olive oil
2 tbsp. raw, unfiltered honey
1 tsp. salt
½ tsp. ground black pepper
4 tbsp. crumbled feta cheese, for garnish

10 minutes • makes 4-6 servings

16
OZ

In a large mixing bowl, combine the spinach leaves and mushrooms. Set aside. Place the red onion in the Single Serve Cup and pulse until chopped. Add the onion to the spinach and mushrooms. Place the vinegar, oil, honey, salt and pepper in the Single Serve Cup and pulse to blend. Drizzle the vinaigrette over the salad to taste. Garnish each serving with a sprinkling of feta cheese. Serves 4 to 6.

CASHEW BUTTER



2 cups raw cashews (or use raw pecans,
walnuts or almonds)

2-4 tbsp. canola oil

¼ tsp. salt

pinch sugar (optional)

10 minutes • makes 1 pint



Preheat oven to 375°F. Place the cashews in a single layer on a rimmed baking tray and toast cashews for 5-6 minutes, until golden. Remove and set aside. Place 2 tablespoons oil in the Bowl and add the toasted cashews. Pulse 10 times and scrape down the sides of the bowl, if needed. Add up to 2 tablespoons oil, the salt and sugar and blend on Speed 2 for 5-10 seconds, or until very smooth. Store in the refrigerator until use.



healthy tip

Peanuts contain iron which has been shown to be essential for the proper functioning of red blood cells

CRUNCHY THAI PEANUT SPREAD

2 cups roasted peanuts
3 tbsp canola oil
3-4 tbsp soy sauce

5 minutes



Place peanuts in the bowl and pulse until chunky. Add the canola oil and soy sauce and continue pulsing for 30 seconds.

WILD SALMON BURGER

16 oz. boneless, skinless salmon, frozen for 30 minutes, cut in chunks

1½ tsp. Dijon mustard

1 tbsp. lemon juice

1 egg, beaten

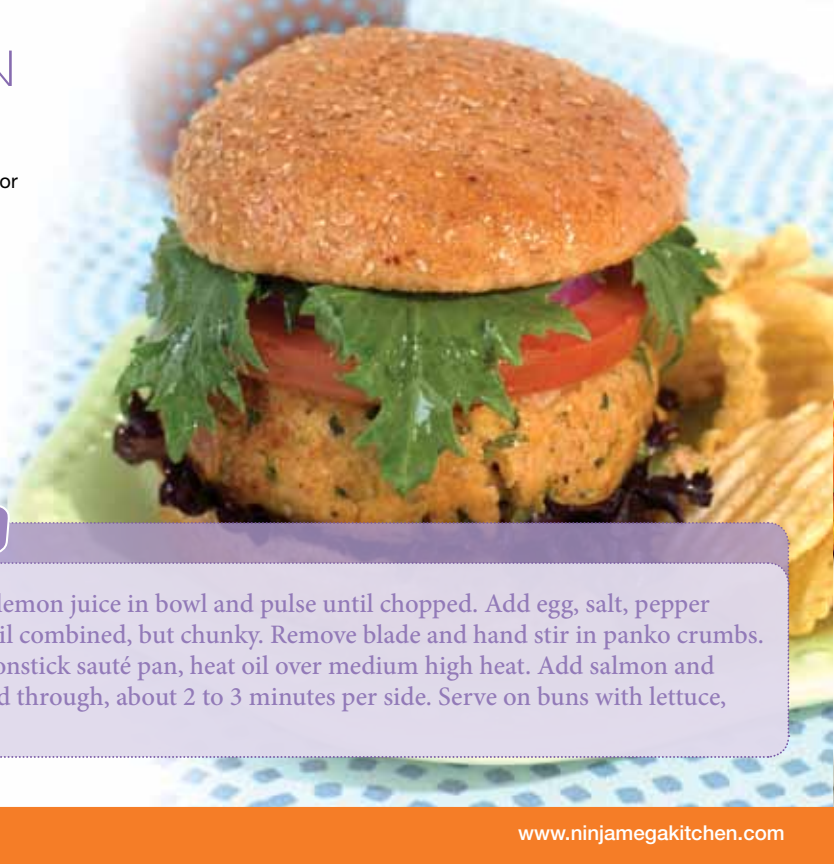
½ tsp. salt

½ tsp. black pepper

2 green onions, cut in half

¼ cup panko bread crumbs

2 tsp. olive oil



10 minutes • makes 6 servings



Place 1/4 of the salmon, mustard, & lemon juice in bowl and pulse until chopped. Add egg, salt, pepper salmon & green onion and pulse until combined, but chunky. Remove blade and hand stir in panko crumbs. Shape mixture into 4 burgers. In a nonstick sauté pan, heat oil over medium high heat. Add salmon and cook until golden outside and cooked through, about 2 to 3 minutes per side. Serve on buns with lettuce, tomato and red onion.

healthy tip

Tomatoes are an excellent source of vitamin C. Vine-ripened tomatoes have double the vitamin C than hothouse varieties

ROASTED TOMATO BRUSCHETTA



4 medium tomatoes, cored quartered
2 tbsp extra virgin olive oil
Salt & pepper
1 clove garlic
½ cup black olives, pitted
1 tsp fresh basil
Toasted french bread rounds

1 hour • makes 4-6 servings



Place tomatoes on a baking sheet and toss with oil and salt & pepper. Bake at 350°F for 30-40 minutes or until tender. Remove and cool slightly. Place cooled tomatoes, garlic, olives and basil in the bowl. Pulse for a few seconds until the vegetables are roughly chopped. Spoon over French bread rounds and serve.

SWEET CARROT COOKIES

$\frac{3}{4}$ cup sugar
2 eggs
1 cup carrots, peeled, grated
2 cups flour
2 tsp baking powder
 $\frac{1}{2}$ tsp salt

15 minutes • makes 36 servings



Place the dough hook in the bowl and add all the ingredients. Blend on 1 just until combined. Do not over-mix. Drop the batter by teaspoons onto a cookie sheet that has been lightly coated with cooking spray. Bake for 8 to 10 minutes.

healthy tip
In some studies carrots have been shown to help prevent macular degeneration and cataracts



EASY PIZZA DOUGH

1 package (¼ oz) dry active yeast
1 tsp salt
1 tbsp sugar
⅔ cup water warmed
¼ cup olive oil
2 cups flour

1 hour 10 minutes • makes 1 pizza crust

64oz

Using the dough blade, place the yeast, salt, sugar and water in the bowl and blend on 1 for 10 seconds. Add the oil and flour 1 cup at a time, blend on 1 until the dough is smooth. Transfer the dough to a lightly oiled bowl and cover. Let rise for an hour.

BIG BLONDE BROWNIE BITES

- 1 cup all-purpose flour
- ½ tsp. baking powder
- ¼ tsp. baking soda
- ½ tsp. salt
- ½ cup melted butter
- 1 cup brown sugar
- 1 egg, beaten
- 1 tsp. vanilla extract
- ½ cup chocolate chips
- ½ cup butterscotch chips
- ½ cup toasted pecans

30 minutes • makes 81 bites



Preheat oven to 350°F. Place the dough attachment in bowl and add the flour, baking powder, baking soda and salt, blend on 1 to combine. Add brown sugar, egg, butter and vanilla and blend again on 1 just until the mixture is combined. Add chips and pecans and pulse until dough cleans the sides of bowl. Spread dough evenly in a lightly oiled 9 x 9-inch pan and bake for 20 to 25 minutes. Cool slightly and cut into 1-inch squares. Makes 81 bites.



WARM HILL PEACH COBBLER



- 3 cups fresh peaches, peeled and sliced
- 1 tsp. vanilla extract
- 1½ cups dark brown sugar, divided
- ¾ cup all-purpose flour
- 2 tsp. baking powder
- ½ tsp. baking soda
- ¾ cup buttermilk
- ½ cup butter, melted

55 minutes • makes 6-8 servings



Preheat oven to 350°F. Toss peaches with vanilla and one-fourth cup brown sugar and set aside. Place the brown sugar, flour, baking powder, and baking soda in the bowl with dough blade and blend on 1 briefly to combine. Add the buttermilk and blend on 1 until smooth. Pour melted butter into a 9 x 9-inch baking dish. Pour batter over melted butter and top with sliced peaches. Bake for 45 minutes or fruit is bubbly and crust is golden. Cool slightly before serving.

MEDITERRANEAN FOCACCIA



1 Classic Pizza Dough (p. 27)

½ cup jarred in oil, sun-dried tomatoes,
chopped, divided

½ cup pitted kalamata olives, divided

½ cup kasseri cheese, shredded, divided

2 tsp. fresh oregano leaves

½ tsp. red chile flakes

¼ cup olive oil

2 hours • makes 6-8 servings

64oz

Combine 2 tablespoons each sun-dried tomatoes, olives, & kasseri cheese and set aside.

Lightly oil a baking sheet and sprinkle with corn meal. Turn dough out on to a lightly floured work surface and knead in remaining sun-dried tomatoes, olives, and cheese, and add the oregano and chile flakes. Use palms to stretch and press dough into an oblong, about ½-inch thick. Transfer to prepared baking sheet, cover and let rise for 30 minutes.

Preheat oven to 400°F. Dimple dough with fingertips. Drizzle dough with olive oil and top with tomato, olive and cheese mixture. Bake for 15 to 20 minutes, until golden brown. Serve hot.

BLUEBERRY MUFFINS

- ¾ cup whole milk
- 1 egg
- ½ cup vegetable shortening
- 2 tbsp sugar
- ¾ tsp salt
- 2 ½ tsp baking powder
- 2 cups flour
- 1 cup fresh blueberries

healthy tip

Substitute
1 tbsp of agave
nectar instead
of sugar

DOUGH

30 minutes • makes 12 servings



Using the dough blade, place the milk, egg, shortening and sugar in the bowl and blend on 1 until smooth. Add the salt, baking powder, and flour and blend on 1 until ingredients are combined. Do not over process. Remove the batter and fold in the blueberries. Prepare a 12 cup muffin tin with cooking spray and spoon the batter in evenly. Bake at 400°F for 25 minutes or until golden brown.



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